

**STATE & LOCAL**  
**RESOURCES & SERVICES FOR RESIDENTS:**  
**UPDATED 4-17-2020**

**To our Atlantic Highlands Neighbors:**

**Below is a “one-stop” gathering of various resources and services available for food & financial relief, counseling, unemployment insurance, volunteer delivery services, home schooling, etc, that will assist in saving a bit of time searching the internet for help when you might need it.**

**We’ve organized the information below by **LOCAL** and then **STATE** services.**

**If we’ve inadvertently missed a group, please reach-out and let us know so we can include them on the next update (you can email information to: [jcrowley@ahnj.com](mailto:jcrowley@ahnj.com))**

**Stay healthy,**

**Your Mayor & Council**

**LOCAL PROGRAMS:**

**THE BACKPACK CREW:**

*Providing meals to children on weekends when school lunches are not available.*  
[www.backpackcrew.org/](http://www.backpackcrew.org/)

**GROCERY/PRESCRIPTION DELIVERY:**

***THE NEIGHBORHOOD HELPERS CLUB*** are assisting Atlantic Highland’s residents who have difficulty shopping for groceries or picking-up their prescriptions during this pandemic (ie: the elderly, families with young children, or those in a high risk category). Volunteers will pick up groceries & prescriptions and drop them off on your doorstep, free of charge.  
[neighborhoodhelpers20@gmail.com](mailto:neighborhoodhelpers20@gmail.com) or call/text Kerri Kennedy at **917-817-4457**.

**GROCERY CHAIN DELIVERY SERVICES:**

Wal-Mart Grocery Delivery - <https://grocery.walmart.com/>

Amazon Prime Now Grocery Delivery - <https://primenow.amazon.com/>

**OTHER FOOD DELIVERY SERVICES:**

Uber Eats - <https://www.ubereats.com/>

DoorDash - <https://www.doordash.com/>

GrubHub - <https://www.grubhub.com/>

Postmates - <https://postmates.com/>

**INTERFAITH NEIGHBORS, Asbury Park**

*Meals on Wheels, Pay What You Can Café, Rental & Mortgage Assistance.*

**732-775-4553**

**JEWISH FAMILY & CHILDREN'S SERVICES OF MONMOUTH COUNTY**

*Kosher Meals on Wheels, Addiction & Mental Health Counseling*

**732-774-6886**

**MEALS ON WHEELS, Atlantic Highlands**

*Suggested: \$2.50 per day, or pay what you can*

**732-291-0999**

**OUR LADY OF PERPETUAL HELP FOOD PANTRY**

**732-291-0272, x110**

Sunday: 11:00am to 12:45pm; Monday: 5:30 to 7:15pm

**RED CROSS, Tinton Falls**

**732-493-9100**

**ST. VINCENT DEPAUL SOCIETY**

*Financial assistance for utilities, rent, etc.*

**732-291-0272, x113**

**SURGICAL MASK-MAKERS VOLUNTEER GROUP:**

*Local volunteer seamstresses making cloth masks for health professionals.*

[www.facebook.com/SOSmatters](http://www.facebook.com/SOSmatters)

**UNITED METHODIST FOOD BANK (AACC—Atlantic Highlands/Navesink)**

**732-291-0485**

Monday, Wednesday & Thursday

AM: 9:00am to 11:00am

PM “Care Packages”: 4:30pm to 6:00pm, Parking Lot

**STATE PROGRAMS:**

**ASSISTANCE FOR SENIORS:**

Links below can help the state’s most vulnerable senior residents seeking enrollment in social service benefits. In addition, through [NJ Save](#), low-income seniors and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses. Seniors can see if they qualify and apply online at:

<https://njdoas-ua.force.com/njsave/quickstart>

\*For **Medicare** counseling and general aging services questions: **1-800-792-8820**

\*For **NJ Save** (PAAD, Sr. Gold, Medicare Saving Programs, Lifeline, and more): **1-800-792-9745**

\*For access to **aging services** in your county: **1-877-222-3737**

\***Additional resources** for older residents can be found [here](#).

**CDC’S OFFICIAL WEBSITE FOR COVID-19 UPDATES:**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**EDUCATIONAL MATERIALS FOR KIDS AT HOME:**

Scholastic’s Free Learn at Home

<https://classroommagazines.scholastic.com/support/learnathome.html>

Khan Academy Free Learning

[https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAJrFwxxZ9Sa6zGOqOCNRms6Z7DZNq-tQWS3OhuVCUbh\\_-P-WmksHAzbsrk9d/pub](https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAJrFwxxZ9Sa6zGOqOCNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub)

Crash Course YouTube Channel

<https://thecrashcourse.com/>

### **INDIVIDUALS WITH DISABILITIES:**

**NJ ABLE** helps individuals with disabilities to save for qualified disability expenses without losing eligibility for some assistance programs (such as SSI and Medicaid).

Visit: <https://savewithable.com/nj/home.html>

In addition, **NJ Save** is an online application from the Department of Human Services' Division of Aging Services to help low-income seniors and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses.

Visit: <https://njdoas-ua.force.com/njsave/quickstart>

### **FOOD AND FINANCIAL ASSISTANCE:**

To see if you are eligible for food assistance (**SNAP**), cash assistance (**WFNJ/TANF** or **WFNJ/GA**), and health Insurance (**NJ FamilyCare/Medicaid**), click here: [NJHelps](#)

\*Apply for affordable **health coverage**,  
visit: <http://www.njfamilycare.org/default.aspx>.

\*Learn more about **NJ SNAP** and apply for help buying groceries,  
visit: <https://www.nj.gov/humanservices/njsnap/>.

\*Programs for **Women, Infants, and Children**, applicants can  
visit: <https://nj.gov/health/fhs/wic/participants/find-wic>

### **MENTAL HEALTH COUSELING:**

The **NJ MentalHealthCares** Help Line offers confidential telephone counseling, emotional support, information and assistance to get behavioral health services needed by you or a loved one by dialing, toll-free: **1-866-202-HELP (4357)**.

\*Those who may be having suicidal thoughts should call: **1-855-654-6735**

\***ReachNJ** is a 24-hour-a-day, 7 day-a-week addictions hotline where people who have Substance Use Disorder can get assistance from live, New Jersey-based, trained addiction counsellors: **1-844-ReachNJ**

### **MONMOUTH COUNTY DIVISION OF SOCIAL SERVICES**

*(housing, medical assistance, financial, auto & social services)*

732-431-6000

8:30 am to 4:30pm in Freehold.

<https://co.monmouth.nj.us/page.aspx?ID=163>

### **SMALL BUSINESS OWNERS IMPACTED BY COVID-19:**

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

Small business owners and nonprofits can now apply for forgivable federal loans through qualified lenders. [For more information, click here.](#)

[The Small Business Administration's Disaster Loan Assistance guidance](#)

[COVID-19/Coronavirus Information for New Jersey Businesses](#)

### **STUDENT LOANS:**

<https://studentaid.gov/announcements-events/coronavirus>

### **TAX RELIEF:**

The **IRS** has a webpage designed to help taxpayers, businesses and others affected by the Coronavirus-19: <https://www.irs.gov/coronavirus>.

If you do not file a federal tax return, [click here for more information on how to receive a stimulus check.](#)

The IRS has established a website to answer other questions about direct stimulus checks to taxpayers and to help taxpayers, businesses and others affected by the coronavirus. [Click here for more information.](#)

### **UNEMPLOYMENT BENEFITS:**

Those impacted may be eligible for a range of benefits including: **federal emergency paid sick leave, federal emergency childcare FMLA, earned sick leave, workers' compensation; unemployment insurance, temporary disability or family leave insurance**, check eligibility (and apply) here: [New Jersey Department of Labor.](#)

- **More information** is available at: <https://www.nj.gov/labor/worker-protections/earnedsick/covid.shtm>.

[Visit New Jersey's Jobs Portal](#)

[Employers in critical industries should click here to submit information about openings with urgent hiring needs related to COVID- 19.](#)

**WORKING AT HOME TIPS:**

<https://www.npr.org/2020/03/15/815549926/8-tips-to-make-working-from-home-work-for-you>

<https://www.businessinsider.com/how-to-work-from-home-during-the-coronavirus-outbreak-2020-3>

<https://www.cbsnews.com/news/coronavirus-pandemic-tips-for-working-from-home/>