

# Help for Local Seniors

If you are a Morris or Upper Passaic\* county resident over age 60 or a caregiver for an elderly person, NewBridge SAIL (Senior Assistance for Independent Living) can help.



We provide links to:

- ◆ **Home health aides**
- ◆ **Transportation**
- ◆ **Shopping assistance**
- ◆ **Adult day care**
- ◆ **Procurement of benefits**
- ◆ **Legal counseling**
- ◆ **Nutrition programs**
- ◆ **Counseling**
- ◆ **Medication management**
- ◆ **Form completion**
- ◆ **Homerepairs**
- ◆ **Hospice**

To learn more, call 973-839-2520 and ask to speak with a NewBridge SAIL case manager.

\*NewBridge serves West Milford through Wayne in Upper Passaic County.

**NewBridge Services is a nonprofit provider of behavioral health and education programs and services.**

**For more information, visit us at [www.newbridge.org](http://www.newbridge.org).**



*Helping People  
Move Forward*