

**Bergen County ADRC  
Key Services Guide  
For  
Older Adults and Caregivers**  
([www.co.bergen.nj.us](http://www.co.bergen.nj.us))



**Bergen County  
Department of Human Services  
Division of Senior Services  
Aging and Disability Resource Connection**

**Bergen ADRC  
One Bergen County Plaza, 2<sup>nd</sup> Floor  
Hackensack, NJ 07601  
201-336-7400  
Toll-free #: 1-877-222-3737  
Telephone Relay Service for TTY users: CALL: 711**

**County Executive  
James J. Tedesco III**

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**ALPHABETICAL LISTING OF SERVICES/KEY WORDS**  
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**The Division of Senior Services has prepared this directory from information provided by listed agencies. A listing in the Key Service Guide does not constitute an endorsement of an agency or service by the Bergen County Division of Senior Service.**

**Help us keep this guide up-to-date and email changes to [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)**



# **GENERAL INFORMATION**

## **County Agencies and Services**

### **Bergen County Division of Senior Services - Bergen ADRC**

One Bergen County Plaza, 2<sup>nd</sup> Floor, Hackensack, NJ 07601  
Hours 8:30AM – 4:30 PM, Monday – Friday  
Website: <http://www.co.bergen.nj.us/bcdhs/divisions/senior.htm>

**201-336-7400**  
**1-877-222-3737**  
**Fax: 201-336-7424**

### **Bergen County Division on Disability Services**

Provides services for disabled adults. Call for information on eligibility.  
One Bergen County Plaza, 2<sup>nd</sup> Floor, Hackensack, NJ 07601  
Hours: 9:00 AM – 4:30 PM, Monday – Friday  
Website: <http://www.co.bergen.nj.us/bcdhs/divisions/disability.htm>

**201-336-6500**

### **Community Resource Council (CRC)**

75 Newman Street, Hackensack, NJ 07601  
Information and referral service of Bergen County services & programs.

**Help Line: 201-343-6543**  
**201-343-4900 (main #)**

### **Bergen County Board of Social Services**

218 Route 17 North, Building A, Rochelle Park, NJ 07662  
Website: [www.bcbss.com](http://www.bcbss.com)

**201-368-4200**

### **Bergen County Department of Health Services**

One Bergen County Plaza, 4<sup>th</sup> floor, Hackensack, NJ 07601  
Coordinates and provides comprehensive health care and essential public health services (e.g., alcohol and drug dependency, animal shelter, dental health, environmental health, health promotion, intermediate and senior care, mental health, partnership for community health, public health nursing) through a county-wide partnership.

**201-634-2600**

### **Bergen County Department of Mental Health**

If you or a family member are experiencing the signs or symptoms of mental illness.

Emergency/Crisis hotline: 201-262-help (4357)

**201-634-2745**

### **Bergen County Office of Consumer Protection**

1 Bergen County Plaza 3<sup>rd</sup> floor, Hackensack, NJ 07601  
Responsible for enforcing the NJ State Consumer Fraud Act and dedicated to protecting the rights of Bergen County Citizens. Complaints about dishonest and unscrupulous business practices can be filed. Complaints will be investigated for violation of the Consumer Fraud Act.

**201-336-6400**

### **Bergen County Office of Emergency Management**

285 Campgaw Road, Mahwah, NJ 07430

**201-785-5757**  
**201-336-7705**

# Statewide Agencies & Services

## NJ ADRC-New Jersey Aging & Disability Connection

877-222-3737

Consumer focused, statewide system: access to information and services for older and disabled New Jersey Citizens.

<http://www.state.nj.us/humanservices/doas/home>

## N J Department of Human Services

800-792-8820

### Division of Aging Services

PO Box 807, Trenton, NJ 08625

<http://www.state.nj.us/humanservices/doas/home>

### Division of Deaf & Hard of Hearing (DDHH)

800-792-8339

PO Box 704

609-588-2648

Trenton, NJ 08635

### Division of Developmental Disability (DDD)

800-832-9173

PO Box 726

Trenton, NJ 08625

### Division of Disability Services (DDS)

888-285-3036

11A Quaker Bridge Plaza, Mercerville, NJ 08619

### Division of Medical Assistance & Health Services (DMAHS)

800-356-1561

PO Box 72, Trenton, NJ 08625

### Division of Mental Health Services (DMHS)

800-382-6717

PO Box 700, Trenton, NJ 08625

addiction hotline: 844-276-2777

For family members of heroin and prescription drug addicts

recovery connect: 855-652-3737

### Office of Emergency Management Disaster & Terrorism Branch

609-799-0110

### New Jersey State Police

609-799-8868

350 Lawrence Station Road, Lawrenceville, NJ 08648

## 211

211

Information about health, human services, community resources, government assistance people need every day as well as in time of crisis.

877-652-1148

Call 211 from your phone or search our database at:

[www.nj211.org](http://www.nj211.org)



**NJ Area Agencies on Aging/NJ ADRC**  
**21 Counties**

Atlantic	609-645-7700
Bergen	201-336-7400
Burlington	609-265-5069
Camden	856-858-3220
Cape May	609-886-2784
Cumberland	856-453-2220
Essex	973-395-8375
Gloucester	856-384-6900
Hudson	201-369-4313
Hunterdon	908-788-1362
Mercer	609-989-6661
Middlesex	732- 745-3295
Monmouth	732-431-7450
Morris	973-285-6848
Ocean	732-929-2091
Passaic	973-569-4060
Salem	856-339-8622
Somerset	908-704-6346
Sussex	973-579-0555
Union	908-527-4858
Warren	908-475-6591

## **Bereavement Services**

### **AARP Grief and Loss Program**

**800-687-2277**

Offers a wide range of resources and information on grief and loss issues to adults who are bereaved. Family members welcome. Program includes one-to-one outreach support. (e.g. widowed person services), a grief course, support groups, interactive on line support group, information booklets and brochures.  
[www.aarp.org/griefandloss](http://www.aarp.org/griefandloss)

### **Hackensack Community Nursing Services**

**201-342-7766**

21 Main street Suite 253, Hackensack, NJ 07601  
(Group Counseling)

### **Bergen Community Health Care**

**201-359-2666**

400 Old Hook Road, Westwood, NJ 07675

### **The Compassionate Friends**

**201-567-0089**

301 Sicomac Avenue, Wyckoff, NJ 07481  
Bereavement Support Group for Parents  
Meets on the 4<sup>th</sup> Tuesday of the month 7:30pm

### **Holy Name Medical Center**

**201-833-3000  
ext. 7580**

Community Health Services Building  
725 Teaneck Road, Teaneck, NJ 07666  
Bereavement Groups for Adults. Three times a year  
Contact Lenore Guido.

### **Englewood Hospital Bereavement**

**201-894-3333**

Support Group  
15 Engle Street, Englewood, NJ 07631

### **Valley Home Care**

**201-291-6395**

Bereavement services for adults and children are offered through Valley Home Care, both group and individual support are offered.  
<http://www.valleyhealth.com/Support Programs>

# **Chronic Disease & Disability Health Issues**

## **Alzheimer's and other forms of Dementia**

### **Act Now Foundation**

**201-721-6721**

830 Bergen Avenue, Ste. 8A, Jersey City, NJ 07306  
Alzheimer's resource center of NJ. Raises awareness, provides educational workshops, memory screenings, support groups for caregivers and seniors with early stage dementia, and other resources.

### **Alzheimer's Association**

**800-272-3900**

24-hour helpline  
Caregiver Information Referral Line  
For other details visit [www.alz.org](http://www.alz.org)

**800-883-1180**

### **Alzheimer Disease Education & Referral Center**

**800-438-4380**

Comprehensive Alzheimer disease information and resources including caregiver skills for behavioral problems and all other information.

[www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

### **Alzheimer's New Jersey**

**888-280-6055**

400 Morris Avenue, Suite 251, Denville, NJ 07834  
Respite Care and Wellness Program  
[www.alznj.org](http://www.alznj.org)

**973-586-4300**

### **Bergen County Sheriff's Office (Alzheimer Association)**

**201-336-3540**

2 Bergen Plaza, Hackensack, NJ 07601  
The Bergen County Sheriff office is participating in project lifesaver international, which helps provide rapid response to save lives and reduce the potential for serious injury for adults and children who wander due to Alzheimer's, Dementia, Autism, Down syndrome and other related disorders. Contact the Community outreach unit at the Sheriff's department for more information.

[www.bcsd.us](http://www.bcsd.us)

### **COPSA Institute for Alzheimer's Disease & Related Disorders**

**800-424-2494**

(Alzheimer's Resource Center)

**732-235-8400**

100 Metroplex Dr., Suite 200, Edison, NJ 08817  
A statewide program that includes a dementia clinic and a resource center that provides education, information and support to the families and caregivers of people with dementia. Institute staff train and provide consultation to geriatric professionals throughout New Jersey.

### **Holy Name Hospital Asian Dementia Center**

**201-833-3399**

718 Teaneck Road, Teaneck, NJ 07666  
Screening, education programs, family support groups.

**Arthritis Foundation NJ State Office:** 888-467-3112  
555 Route 1 South Suite 320, Iselin, NJ 08830 732-283-4300  
Mon- Fri 9:00am – 5:00pm  
www.arthritis.org

**Cancer**  
**Cancer Care, Inc.** 201-444-6630  
141 Dayton Street, Suite 204, Ridgewood, NJ 07450  
www.cancer.org

**American Cancer Society** 201-343-2222  
20 Mercer Street, Hackensack, NJ 07601 201-457-4318  
[www.cancer.org](http://www.cancer.org)

**Cancer Support Community at Holy Name Hospital** 201-833-3392  
Offers educational workshops and support services to anyone impacted by cancer. This nationally recognized nonprofit organization, formerly known as Gilda's Club, is helping to enhance the amount and type of programs being offered at Holy Name. Each event is free and open to the public, regardless of where patients received treatment.  
[www.holyname.org/RegionalCancerCenter/cancer-support-community.aspx#](http://www.holyname.org/RegionalCancerCenter/cancer-support-community.aspx#)

**Diabetes**  
**American Diabetes Association** 800-342-2383  
A professional organization that provides diabetes research, comprehensive info & advocacy, support for caregivers  
www.diabetes.org

**Diabetes Program** 201-894-3335  
Englewood Hospital/Home Care  
350 Engle Street, 4<sup>th</sup> floor, Englewood, NJ 07631  
In home service available for diabetes management-contact program for eligibility requirements.

**Heart & Stroke**  
**NJ Chapter American Heart Association** 609-208-0020  
1 Union Street, Robbinsville, NJ 08691  
Information and referral; maintains a listing of groups for stroke survivors, their families, caregivers and interested professionals.  
www.heart.org

**American Heart Association** 800-242-8721  
7272 Greenville Avenue, Dallas, TX 75231-4596  
Information and referral; maintains a listing of groups for stroke survivors, their families, caregivers and interested professionals. Publishes “Stroke Connection”, an informational newsletter that focuses on reducing stroke and/or heart disease risk.  
Call 1-888-MYHEART for further information.  
www.americanheart.org

**Adler Aphasia Center (Stroke)**

**201-368-8585**

60 West Hunter Avenue, Maywood, NJ 07607

The Adler Center offers a variety of programs and activities to those living with Aphasia and their caregivers, and strives to expand awareness and knowledge of aphasia. The center provides a therapeutic environment of innovative programs that give people ways to live successfully with aphasia, offers opportunities for social connection for anyone who wishes to join us, trains health care professionals to improve service delivery to people with aphasia, conducts influential research through and partners with aphasia researchers across the country, and strives to make aphasia universally understood.

[www.adleraphasiacenter.org](http://www.adleraphasiacenter.org)

**National Stroke Association**

**800-787-6537**

9707 E. Easter Lane, Centennial, OH 80112

Stroke information and newsletter, Guidance for starting stroke support clubs and groups.

[www.stroke.org](http://www.stroke.org)

**Post Stroke Program**

**201-336-6502**

Division of Disability Services

One Bergen County Plaza, 2<sup>nd</sup> Floor, Hackensack, NJ 07601

Offers several stroke support groups throughout Bergen County.

**HIV/Aids**

**Buddies of New Jersey**

**800-508-7577 (NJ only)**

**201-489-2900**

Franklin A. Smith Resource Center, 149 Hudson Street  
Hackensack NJ 07601

A resource center serving Bergen and Passaic Counties, offering a network of support for people infected and affected by HIV/AIDS. Services include case management, substance abuse treatment and counseling, housing assistance, dental services, support groups, transportation, and a food bank.

[mark@njbuddies.org](mailto:mark@njbuddies.org)

[www.njbuddies.org](http://www.njbuddies.org)

**Multiple Sclerosis**

**National Multiple Sclerosis Society**

**201-967-5599**

North Jersey Chapter

1 Kalisa Way, Suite 205, Paramus, NJ 07652

Services for those persons with Multiple Sclerosis, i.e. groups, newsletter, medical and legislative updates, bulletin board/classified section of equipment for sale, sponsors "THE MS-WALK", etc.

[www.nationalmssociety.org](http://www.nationalmssociety.org)

**Parkinson Disease**

**American Parkinson Disease Assoc.**

100 Kirkpatrick Street, New Brunswick, NJ 08901  
Apdanj.org

732-745-7520

**Sickle Cell Disease**

**Sickle Cell Disease New Jersey Chapter**

1016 Broad street, Newark, NJ 07102

973-482-9070

**Sickle Cell Disease Association of America, Inc.**

3700 Koppers street, suite 570, Baltimore, Md. 21227  
Advocacy, support groups and direct services. (e.g., counseling, testing, referrals, etc.)

800-421-8453

**Employment Opportunities**

**New Jersey State Employment Services**

60 State Street, Hackensack, NJ 07601  
Offers services such as workshops, counseling, job search, skilled training, etc.

201-996-8940

**Vocational Rehabilitation Services for the Disabled**

**Unemployment and disability Insurance**

60 State street, Hackensack NJ 07601

201-996-8970

201-996-8940

**Senior Community Service Employment Program (SCSEP)**

855-215-4541

**Easter Seals**

194 Route 17 North, Rochelle Park, NJ  
Easter Seals provides job training and employment opportunities for eligible individuals aged 55 and older.

201-845-0247

## Hospitals

<b><u>Bergen Regional Medical Center</u></b> 230 East Ridgewood Ave. Paramus, NJ 07652 www.bergenregional.com	<b>201-967-4000</b>
<b><u>Englewood Hospital and Medical Center</u></b> 350 Engle Street Englewood, NJ 07631 www.Englewoodhospital.com	<b>201-894-3000</b>
<b><u>Hackensack University Medical Center</u></b> 30 Prospect Avenue Hackensack, NJ 07601	<b>201-996-2000</b>
<b><u>Hackensack University Medical Center at Pascack Valley</u></b> 250 Old Hook Road, Westwood, NJ 07675 www.hackensackumcpv.com	<b>201-383-1035</b>
<b><u>Holy Name Medical Center</u></b> 718 Teaneck Road Teaneck, NJ 07666 www.holyname.org	<b>201-833-3000</b>
<b><u>Valley Hospital</u></b> 223 N. Van Dien Ave., Ridgewood, NJ 07450 www.valleyhealth.com	<b>201-447-8000</b>

# **LEGAL ASSISTANCE**

<b><u>Bergen County Bar Association, Inc.</u></b> Lawyers Referral Plan 15 Bergen Street, Hackensack, NJ 07601 Monday through Thursday 10:00am - 3:00pm	<b>201-488-0044</b>
<b><u>Community Mental Health Law Project</u></b> Legal and Advocacy for the mentally ill One Bergen County Plaza, 4 <sup>th</sup> floor, Hackensack NJ 07601 Monday through Friday 9:00am - 4:30pm, by appointment	<b>201-634-2762</b>
<b><u>Legal Services of New Jersey</u></b> Provides advice and brief service over phone & possibly referrals Monday through Friday 8:30am - 5:30pm <a href="http://www.lsnjlawhotline.org">www.lsnjlawhotline.org</a> <a href="http://www.lsnj.org">www.lsnj.org</a>	<b>888-576-5529</b>
<b><u>NJ Protection and Advocacy (NJP&amp;A)</u></b> 210 South Broad Street, 3 <sup>rd</sup> Floor, Trenton, NJ 08608 Consumer organization serving New Jersey designated protection and advocacy system for disabilities with mental illness, social security beneficiary benefits, rehabilitation services, health care, and insurance matters.	<b>800-922-7233</b>
<b><u>Northeast NJ Legal Services – BC Division</u></b> Senior Law Project 190 Moore Street, Suite 100, Hackensack, NJ 07601 Provides free legal services for senior citizens 60 years of age and older targeting low income older adults. Provides information on legal rights and entitlements, legal counseling, and education. Monday through Friday 8:30am - 5:00pm	<b>201-487-2166</b>
<b><u>New Jersey State Bar Foundation</u></b> One Constitution Square, New Brunswick, NJ 08901 Provide free events, publications and educational programs for students, educators and all New Jersey's citizens <a href="http://www.njsbf.org">www.njsbf.org</a>	<b>800-FREE LAW</b> <b>800-373-3529</b>



# LGBTQ RESOURCES

## Garden State equality

973-509-5428

40 South Fullerton Ave, Montclair, NJ 07042

NJ' statewide advocacy and education organization for the lesbian, gay, bisexual, and transgender community

[www.gardenstateequality.org](http://www.gardenstateequality.org)

[www.gardenstateequality.org/report\\_discrimination](http://www.gardenstateequality.org/report_discrimination)

[www.gardenstateequality.org/pledge](http://www.gardenstateequality.org/pledge)

## GLRAP

310-722-1807

The Gay & Lesbian Association of Retiring Person, Inc.

or

(GLARP) is a non-profit corporation that calls attention to the aging issues in the LGBT community.

310-477-0707

<http://gaylesbianretiring.org>

## Lambda Legal National LGBT Legal Help Center

212-809-8585

120 Wall Street 19<sup>th</sup> floor, New York, NY 10005

## MS- Lambda Essential Group Support (MSLEGS)

201-788-3663

Self directed by GLBT with MS

[www.nationalmssociety.org/chapters/NJM/Groups-and-Discussions/Program/MS](http://www.nationalmssociety.org/chapters/NJM/Groups-and-Discussions/Program/MS)

## Prime Timers

973-727-5174

PO Box 1073, Sparta, NJ 07871

Social organization whose purpose is to ensure that mature gay and bisexual men have a rich and pleasurable social life with other like-minded men

[www.meetup.com/New-Jersey-Primetimers/](http://www.meetup.com/New-Jersey-Primetimers/)

## Sage (Services and Advocacy for GLBT Elders)

212-741-2247

<http://www.sageusa.org>

## Sage New Jersey

201-963-4779

Hudson Pride Connection Center

32 Jones Street, Jersey City, NJ 07306

[www.hudsonpride.org/](http://www.hudsonpride.org/)

SAGE men's/women's group where people meet and enjoy each others company. There are discussions, guest speakers, video nights, and outings.

[www.hudsonpride.org/programs-services/pride-connections/lgbt-seniors/](http://www.hudsonpride.org/programs-services/pride-connections/lgbt-seniors/)

or call Gordon Sauer at 973-342-2360 (leave voicemail or text)

## SAGE LGBT Elder Hotline

888-234-SAGE

A hotline for LGBT elders in need of peer counseling, information, and local resources.

## **LGBT friendly Houses of Worship in Bergen County:**

- Trinity Episcopal Church** - Allendale **201-327-3012**  
55 George Street, Allendale, NJ 07401  
The Rev. E. Michael Allen, [info@trinitybc.org](mailto:info@trinitybc.org)  
[www.episcopalchurch.org/](http://www.episcopalchurch.org/)
- Cresskill Congregational Church** **201-568-0608**  
85 Union Avenue, Cresskill NJ 07626  
Pastor David C. Boccock, [bo@cresskillucc.org](mailto:bo@cresskillucc.org)  
Theresa Muti, [office@cresskillucc.org](mailto:office@cresskillucc.org)  
[www.cresskillucc.org/](http://www.cresskillucc.org/)
- St Paul's Church** - Englewood **201-568-3276**  
113 Engle St, Englewood NJ 07631  
Rev. William H. Allport II, [revballport@stpaulsenglewood.org](mailto:revballport@stpaulsenglewood.org)  
Miss Safiyyah Godwin, [office@stpaulsenglewood.org](mailto:office@stpaulsenglewood.org)  
[www.welcome.stpaulsenglewood.org/](http://www.welcome.stpaulsenglewood.org/)
- Unitarian Universalist Congregation of the Palisades** - Englewood **201-568-5540**  
228 Grand Ave., Englewood NJ 07631  
Rev. Paul Dodenhoff, [minister@uucpalisades.org](mailto:minister@uucpalisades.org), [Staff@uucpalisades.org](mailto:Staff@uucpalisades.org)  
[www.uucpalisades.org](http://www.uucpalisades.org)
- Trinity Evangelical Lutheran Church** – Fairview **201-941-5755**  
295 Hudson Place, Fairview NJ 07022  
Bishop E. Roy Riley, [support@trinityfairview.org](mailto:support@trinityfairview.org)  
[www.trinityfairview.org/](http://www.trinityfairview.org/)
- Church of the Good Shepherd** - Fort Lee **201-461-7260**  
1576 Palisade Ave, Fort Lee NJ 07024  
Rev. Allison Moore, [churchoftheGs@verizon.net](mailto:churchoftheGs@verizon.net)  
Ms. Olga Derick, [churchoftheGs@verizon.net](mailto:churchoftheGs@verizon.net)  
[https://www.facebook.com/pages/Church-of-the-Good-Shepherd/157746787634142?sk=info&tab=page\\_info](https://www.facebook.com/pages/Church-of-the-Good-Shepherd/157746787634142?sk=info&tab=page_info)
- All Saints** - Glen Rock **201-444-6874**  
40 Central Ave, Glen Rock NJ 07452  
Reverend Timothy Burger, [m@allsaintsglenrock.org](mailto:m@allsaintsglenrock.org)  
Christine McGooey, [gary@allsaintsglenrock.org](mailto:gary@allsaintsglenrock.org)  
[www.allsaintsglenrock.org/](http://www.allsaintsglenrock.org/)
- St. Andrew's** - Harrington Park **201-768-0819**  
31 Lynn Street, Harrington Park NJ 07460  
Rev. Diane L. Rhodes, [standrewhp@gmail.com](mailto:standrewhp@gmail.com)  
Glenda deKruif, [standrewhp@gmail.com](mailto:standrewhp@gmail.com)  
[www.standrewsharringtonpark.org](http://www.standrewsharringtonpark.org)

**St John the Divine** – Hasbrouck Heights 201-288-0002  
 229 Terrace Ave, Hasbrouck Heights NJ 07604  
 Rev Mark Beckwith, [mbeckwith@dioceseofnewark.org](mailto:mbeckwith@dioceseofnewark.org),  
[church@saintjohnthedivine.com](mailto:church@saintjohnthedivine.com)  
[www.saintjohnthedivine.com/#](http://www.saintjohnthedivine.com/#)

**St. Luke's** - Haworth 201-384-0706  
 Massachusetts Ave & Grant Street, Haworth NJ 07641  
 Rev. Joseph S. Pickard, [Office@StLukesHaworth.org](mailto:Office@StLukesHaworth.org)  
[www.stlukeshaworth.org/](http://www.stlukeshaworth.org/)

**All Saints** – Leonia 201-947-1233  
 150 Park Avenue, Leonia NJ 07605  
 Rev. Dean Weber, [dean.allsaints@verizon.net](mailto:dean.allsaints@verizon.net)  
 Robin Kantrowitz, [parishadministrator@allsaintsleoniam.com](mailto:parishadministrator@allsaintsleoniam.com)  
[www.episcopalchurch.org/parish/all-saints-episcopal-church-leonia-nj](http://www.episcopalchurch.org/parish/all-saints-episcopal-church-leonia-nj)

**Leonia UMC** 201-944-2970  
 396 Broad Avenue, Leonia NJ 07605  
 Rev David Wehrle, [David@LeoniaChurch.org](mailto:David@LeoniaChurch.org)  
 Yevgeniya Przhhebelskaya, [Yevgeniya@Leonia.Church](mailto:Yevgeniya@Leonia.Church)  
[www.leoniachurch.com](http://www.leoniachurch.com)

**Presbyterian Church in Leonia** 201-944-1358  
 181 Fort Lee Road, Leonia NJ 07605  
[JOEVDW@aol.com](mailto:JOEVDW@aol.com), [secretaryleoniam@gmail.com](mailto:secretaryleoniam@gmail.com)  
[www.leoniapres.org/](http://www.leoniapres.org/)

**Church of the Holy Communion** - Norwood 201-768-0634  
 66 Summit Street, Norwood NJ 07648  
 Rev. James Petroccione, [holycommunion.norwood@gmail.com](mailto:holycommunion.norwood@gmail.com)  
[www.holycommunionnj.com/](http://www.holycommunionnj.com/)

**Norwood Presbyterian** 201-768-2223  
 701 Broadway, Norwood NJ 07648  
 Rev. Timothy Son, [timothydson@gmail.com](mailto:timothydson@gmail.com), [pcinchurchoffice@gmail.com](mailto:pcinchurchoffice@gmail.com)  
[www.pcnorwood.org/](http://www.pcnorwood.org/)

**Ponds Reformed Church** – Oakland 201-337-6744  
 341 Ramapo Valley Road, Oakland NJ 07436  
 Rev. Nathan S. Busker, [nathan@pondsnj.org](mailto:nathan@pondsnj.org)  
 Jane Casazza, [jane@pondsnj.org](mailto:jane@pondsnj.org)  
[www.pondsreformedchurch.org/](http://www.pondsreformedchurch.org/)

**St.Alban's Church** - Oakland 201-337-4909  
 1 Church Lane, Oakland NJ 07436  
 Rev. Kathryn King  
 Diane Firkins, [stalbansOFL@optimum.net](mailto:stalbansOFL@optimum.net)  
[www.stalbansflow.org](http://www.stalbansflow.org)

- Prince of Peace** – Old Tappan 201-768-8691  
 106 Orangeburgh Road, Old Tappan NJ 07675  
 Pastor Holliday, [pastorholliday@princeofpeacenj.org](mailto:pastorholliday@princeofpeacenj.org)  
 Denise Pallatta, [secretary@princeofpeacenj.org](mailto:secretary@princeofpeacenj.org)  
[www.princeofpeacenj.org/](http://www.princeofpeacenj.org/)
- Central Unitarian Church Paramus** 201-262-6300  
 156 Forest Avenue, Paramus NJ 07652  
 Rev. David M. Horst, [revhorst@cucparamus.org](mailto:revhorst@cucparamus.org)  
 Melody Villanueva-Arroyo, [marroyo@cucparamus.org](mailto:marroyo@cucparamus.org)  
[www.cucparamus.com](http://www.cucparamus.com)
- St John's** - Ramsey 201-327-0703  
 301 East Main Street, Ramsey NJ 07446  
 Rev Julian R. Eibin  
 Ellen Joyce, [ellen.joyce@stjohnsramsey.org](mailto:ellen.joyce@stjohnsramsey.org).  
[www.stjohnsramsey.org/](http://www.stjohnsramsey.org/)
- Christ Episcopal Church** - Ridgewood 201-652-2350  
 105 Cottage Place, Ridgewood NJ 07450  
 Father Daniel, [rector@christchurchridgewood.org](mailto:rector@christchurchridgewood.org)  
 Ms. Mary Fezza, [staff@christchurchridgewood.org](mailto:staff@christchurchridgewood.org)  
[www.christchurchridgewood.org/](http://www.christchurchridgewood.org/)
- Unitarian Society of Ridgewood** 201-444-6225  
 113 Cottage Place, Ridgewood NJ 07450  
 Intern Minister, Carlos Martinez  
 Chandrika Chowdhry, [usr.secretary@verizon.net](mailto:usr.secretary@verizon.net)  
[www.uuridgewood.org/](http://www.uuridgewood.org/)
- WestSide Presbyterian Church** - Ridgewood 201-652-1966, ext. 7141  
 6 South Monroe Street, Ridgewood NJ 07450  
 Rev. Marc A. Oehler, [moehler@westside.org](mailto:moehler@westside.org)  
 Deirdre DiMauro, [DDiMauro@westside.org](mailto:DDiMauro@westside.org)  
[www.westside.org/](http://www.westside.org/)
- First Congregational Church of River Edge** 201-261-1712  
 109 Continental Ave, River Edge NJ 07661  
 Rev. Dennis TeBeest,  
 Theresa Wallace, [office@fccriveredge.org](mailto:office@fccriveredge.org)  
[www.fccriveredge.org/](http://www.fccriveredge.org/)
- Rutherford Congregational Church** 201-438-6324  
 251 Union Ave, Rutherford NJ 07070  
 Rev Ronald (“Ron”) E. Verblauw  
 Teresa (Terry) Bronico  
[www.rcucc.com/](http://www.rcucc.com/)

- Rutherford UMC** 201-438-4486  
 56 West Passaic Avenue, Rutherford NJ 07070  
 Pastor BJ Kim, [bjkurz@gmail.com](mailto:bjkurz@gmail.com)  
[www.rutherfordumc.org/](http://www.rutherfordumc.org/)
- St Mark's Church** - Teaneck 201-836-7275  
 118 Chadwick Road, Teaneck NJ 07666  
 Rev. Robert Shearer, [rshearer2077@gmail.com](mailto:rshearer2077@gmail.com)  
 Themba Johnson, [office@stmarksteaneck.org](mailto:office@stmarksteaneck.org)  
[www.stmarksteaneck.org](http://www.stmarksteaneck.org)
- St Paul's Lutheran** - Teaneck 201-702-6189  
 61 Church Street, Teaneck NJ, 07666  
 Pastor Rev. Dr. Gary LeCroy, [pastorgary@stpaulsteaneck.com](mailto:pastorgary@stpaulsteaneck.com)  
 Sharla DeLawter, [SharlaDel@aol.com](mailto:SharlaDel@aol.com)  
[www.stpaulsteaneck.com/](http://www.stpaulsteaneck.com/)
- Church of the Attonement** - Tenafly 201-568-1763  
 97 Highwood Ave, Tenafly NJ 07670
- Rev Lynne Bleich Weber, [rector@atonement-tenafly.org](mailto:rector@atonement-tenafly.org)  
 Patricia D'Anna, [parish.admin@atonement-tenafly.org](mailto:parish.admin@atonement-tenafly.org)  
[www.atonement-tenafly.org/](http://www.atonement-tenafly.org/)
- Temple Beth Or** – Township of Washington 201-664-7422  
 56 Ridgewood Rd # 1, Township of Washington NJ 07676  
 Rabbi Ruth Zlotnick, [info@templebethornj.org](mailto:info@templebethornj.org)  
[www.templebethornj.org/](http://www.templebethornj.org/)

# TRANSPORTATION

## NJ FIND A RIDE

[WWW.NJFINDARIDE.ORG](http://WWW.NJFINDARIDE.ORG)

Information service that finds agencies that provide transport

877-652-1148

2-1-1

## Access Link NJ Transit

**Hearing impaired 1-800-772-2287**

**24 hours access 973-275-5555 (NJ Transit information center)**

Provides curb to curb service for eligible people with disabilities who are located within ¾ mile from bus routes.

Access Link service is comparable to the NJ TRANSIT local bus network. Transportation is provided during the same hours, days, and at the same fares as the local bus network. You must first apply in person. Arrangements for transportation for you to come and fill out the application can be made.

800-955-2321

## American Cancer Society

20 Mercer Street, Hackensack, NJ 07601

Transportation for Cancer Patients only  
Road to Recovery Program. Free Service.

Website: [www.cancer.org](http://www.cancer.org)

800-277-2345 ext. 5

## Bergen County Community Transportation

178 Essex St., Lodi, NJ 07644

Provides a safe, trouble-free, scheduled transportation system for the elderly and frail residents of Bergen County (door to door service).

201-368-5955

## Discount/Reduced Fare for NJ Transit Bus & Rail

Seniors or people who have been determined disabled are eligible to pay no more than one-half the regular one-way fare on all interstate bus, rail routes, and most interstate bus and rail routes into adjacent states (NY and PA).

Applications are available through the Division of Senior Services.

[www.reducefare@njtransit.com](mailto:www.reducefare@njtransit.com)

973-491-7112

201-336-7400

## EZ-Ride Ryde4Life Program

144 Park Place East, Wood-Ridge, NJ 07075

Offers transportation in partnership with Uber and Lyft to individuals over 50 years old on weekdays from 8 am to 5 pm.

No smartphone is necessary. Subsidies may be available.

[www.ezride.org](http://www.ezride.org)

201 -939-4242

866-208-1307 ext. 4

## GoGo Grandparents

On demand 24/7 car service.

Operators arrange transportation for older adults through Uber and Lyft. No smartphone is necessary.

[Gogograndparent.com](http://Gogograndparent.com)

855-464-6872

855-gogo-usa

**ITN North Jersey****201-398-6885**

205 Hillcrest Avenue, Wyckoff, NJ 07481

Provides affordable transportation for older adults 7 days a week. An annual membership, pickup and mileage fee may apply. Bergen County Only

[www.itnnorthjersey.org/contact-us](http://www.itnnorthjersey.org/contact-us)

**Lyft**

On demand 24/7 car service.

You will first have to sign up by downloading the app on your cell phone and set up an account with your credit card.

[www.lyft.com/cities/new-jersey-nj](http://www.lyft.com/cities/new-jersey-nj)

**Uber Car service**

On demand 24/7 car service.

You will first have to sign up by downloading the app on your cell phone and set up an account with your credit card.

[www.uber.com](http://www.uber.com)

**Check your township for more transportation services.**

# **VETERANS AFFAIRS**

## **Veterans Services**

### **Division of Veterans' Services**

One Bergen County Plaza, 2<sup>nd</sup> Floor, Hackensack, NJ 07601

The mission of the office is to advise, guide, and assist Bergen County veterans and their dependents on the many veterans programs, services, and entitlements.

**201-336-6325**

**Fax: 201-336-6327**

### **Veterans Affairs Benefits Administration(Regional Office)**

20 Washington Place, Newark, NJ 07102

Federal benefits for veterans and dependents.

Call to inquire about services/benefits.

**800-827- 1000**

### **United States Department of Veterans Affairs (Lyons)**

151 Knollcroft Road, Lyons, NJ 07903

**908-647-0180**

### **Veterans Benefits**

New Jersey Veterans Administration Health Care System

Must enroll in the VA Program. Call toll-free for information and application packet. The VA Hospital is located in East Orange.

**800-315-7909**

### **VA Healthcare Enrollment (New Jersey)**

**888-954-3553**

### **Veterans Affairs Practice Hackensack Clinic**

385 Prospect Avenue, Hackensack, NJ 07601

**201-342-4536**

### **Veterans Memorial Home Paramus**

1 Veterans Drive, Paramus, NJ 07652

**201-634-8200**

### **Community Transportation for Veterans**

178 Essex Street, Hackensack, NJ 0760

Transportation services to VA hospitals and Veteran health care sites.

**201-368-5955**

### **Veteran Employment Federal Positions**

[www.usajobs.gov](http://www.usajobs.gov)

[www.fedshirevets.gov](http://www.fedshirevets.gov)

[www.vaforvets.va.gov](http://www.vaforvets.va.gov)

### **Veterans Employment Initiative:**

[www.open.gov/policy-data-oversight/veterans-employment-initiative/vet-guide](http://www.open.gov/policy-data-oversight/veterans-employment-initiative/vet-guide)



**Community Hope**

959 Route 46 East, Suite 402, Parsipany, NJ 07054

Supportive services for low-income single veterans or veteran families. Social service and financial assistance such as housing counseling/housing search, securing utilities, mediation with property owners, financial budgeting, employment assistance, navigation of eligible benefits and services, temporary financial assistance with rent, utility payments, security payments, moving costs, childcare and transportation expenses.

[www.communityhope-nj.org](http://www.communityhope-nj.org)

855-483-8466

973-463-9600

**Financial Assistance for Homebound Veterans****Aid and Attendance and Housebound Benefits**

800-827-1000

Newark Regional Office

20 Washington Place, Newark, NJ 07102

Visit following websites:

[www.veteranaid.org](http://www.veteranaid.org)

[www.veteranaidbenefit.org](http://www.veteranaidbenefit.org)

[www.vba.va.gov](http://www.vba.va.gov)

**Senior Veterans Tax Freeze**

800-882-6597

You will need to apply with the State of New Jersey

**Contact your Municipality for the following Programs:**

**Veterans Deduction:** Annual deduction of up to \$250 from taxes due on real or personal property paid to qualified war veterans and their unmarried surviving spouses.

Contact your municipality for this deduction.

**Property Tax Exemption for Disabled Veteran**

Full exemption from property taxes on a principal residence for certain totally and permanently disabled war veterans and their unmarried surviving spouses/surviving civil union partners/surviving domestic partners.

# **EMERGENCY SERVICES**

## **Bergen County office of Emergency Management**

285 Campgaw Road, Mahwah, NJ 07430

**201-785-5757**

**201-336-7705**

## **American Red Cross (will respond to natural disasters)**

**973-797-3300**

## **Adult Protective Services**

Bergen County Board of Social Services

For vulnerable adults who are being subjected to abuse, neglect or exploitation, and who cannot protect or care for themselves.

**201-368-4300**

**800-624-0275 (after hours)**

## **United Way Bergen County Compassion Fund**

6 Forest Avenue, Paramus, NJ 07652

The Compassion Fund provides help that is direct, concrete, vital and timely. Agency may assist with urgent financial needs from utility bills to medication and healthcare to help families remain in their home.

[www.nj211.org](http://www.nj211.org)

**211 or 201-294-4050**

**877-652-1148**

## **Housing, Health & Human Services Center**

120 South River Street, Hackensack NJ 07601

Temporary Shelter, meals, and links to community services.

**201-336-6475**

## **Family Promise of Bergen County**

100 Dayton Street Ridgewood, NJ

This program helps working families who are facing homelessness.

Monday-Friday 9:00am-5:00pm

**201-833-8009**

## **Alternatives to Domestic Violence ADV**

One Bergen County Plaza, Hackensack, NJ 07601

ADV offers services including crisis intervention; counseling; legal assistance; individual, group and family counseling; etc.

Calls remain confidential.

**201-336-7575**

## **Center for Hope and Safety**

12 Overlook Ave, Rochelle Park, NJ

Assists women and children who are victims of domestic violence, including emotional, economic, sexual and physical abuse. The agency provides emergency and transitional housing, emotional support, and a diversified continuum of services focused on safety, empowerment, and self-sufficiency.

[www.hopeand safetynj.org](http://www.hopeand safetynj.org)

**201-498-9247**

**201-944-9600 HOTLINE**

**Healing Space****201-487-2227 24-hour Hotline****YWCA, 214 State Street, #207, Hackensack, NJ 07601**

Provides a confidential 24/7 hotline to survivors of sexual assault and abuse, their families and friends. Support is available to anyone who has experienced sexual violence, whether it happened hours or years ago.

**SeniorHaven for the Preventions of Elder Abuse**

Program of the Jewish Home Family.

Shelter available for individuals over 65 who are victims of abuse.

Abuse may be physical, sexual, financial, verbal, emotional, or psychological.

A referral from a professional must be made by calling **855-455-0555**<http://jewishhomefamily.org/seniorhaven>**Bergen County Office of Consumer Affairs****201-336-6400****Consumer Protection**

220 E Ridgewood Ave. suite 202, Paramus, NJ 07652

Responsible for enforcing the NJ State Consumer Fraud Act and dedicated to protecting the rights of Bergen County Citizens.

Complaints about dishonest and unscrupulous business practices can be filed. Complaints will be investigated for violation of the Consumer Fraud Act.

**Salvation Army****201-342-6531**

436 Union Street, Hackensack, NJ 07601

Provides emergency disaster services, clothing and furniture distribution, food program, etc.

<http://newjersey.salvationarmy.org/NewJersey/hackensack>

## Center for Food Action

### Center for Food Action

Main Office: 192A West Demarest Avenue  
Englewood, NJ 07631  
www.cfanj.org

**201-569-1804**  
**Fax 201-569-5619**

### **Services provided:**

#### **Emergency food.**

**Rental assistance:** CFA can pay one month's back rent for people who have received an eviction notice, or the first month's rent on a new, more affordable apartment, up to a capped limit.

**Security deposits:** are available to people who have received Section 8 vouchers, and need this assistance in order to move into the apartment. (Seniors are not required to have section 8 vouchers). Payments are made directly to the landlords. If the tenant vacates the apartment, the landlord must refund the security deposit to CFA.

**Utility assistance:** CFA can pay one month's utility bill to prevent shut-off of services, or can pay for heating oil. Payments are made directly to the utility or fuel oil company when available, NJ SHARES can provide assistance in addition to our government funds.

**Eligibility:** Anyone who has a source of income either from work, written promise of employment, or other guaranteed source of income (SSI, SSD, Social Security, Worker's Compensation, unemployment, pension, etc.) sufficient to meet their housing or utility expense once assistance brings their situation up to date.

**\*Note:** Rental or utility assistance cannot be provided to individuals who have no promise of financial resources to meet their housing or utility needs on a regular monthly basis, or to anyone who is currently receiving welfare.

### Englewood Office (Main Office)

192A West Demarest Avenue, Englewood, NJ 07631  
Mon., Wed., Thur., Fri., 9:00am–5:00pm. Tues. 9:00am to 6:30pm  
Food, Rent and Utility Assistance Towns Served: Alpine, B Alpine, Bergenfield, Closter, Cresskill, Demarest, Dumont Emerson, Englewood, Englewood Cliffs, Fort Lee, Harrington Park, Haworth Hillsdale, Leonia, New Milford, Northvale, Norwood, Old Tappan, Palisades Park, Ridgefield, Ridgefield Park, River Vale, Teaneck, Tenafly

**201-569-1804**  
**Fax: 201-569-5619**

### Fairview Office

St. John Baptist Church  
239 Anderson Ave., Fairview, NJ 07022  
Mon., Tues. and Thurs.:9:00am– 4:30pm.  
Towns Served for Food: Edgewater, Fairview and Cliffside Park

**201-945-5831**

### Hackensack Office

New Hope Baptist Church  
3316 First Street (rear), Hackensack, NJ 07601  
Mon.-Thur. 9:30am-3:30pm, Fri., 9:30am -2:30pm

**201-883-9375**

Towns Served for Food: Bogota, Hackensack, Hasbrouck Heights, Little Ferry, Moonachie. Oradell, River Edge, South Hackensack, Teterboro.

**Mahwah Office:**

**201-529-2029**

90 Ridge Road, Mahwah, NJ07430

Mon., 10:00am- 6:30pm, Tues., – Fri.10:00am– 2:00pm.

Food, Rent and Utility Assistance Towns Served: Allendale, Franklin Lakes, Glen Rock, Ho-Ho-Kus, Mahwah, Midland Park, Montvale, Oakland, Park Ridge, Ramsey, Ridgewood, Saddle River, Upper Saddle River, Waldwick, Washington Township, Westwood, Woodcliff Lake, Wyckoff.

**Saddle Brook Office:**

**201-703-9857**

224 Midland Avenue, Saddle Brook, NJ 07663

Mon., Wed., Thurs., Fri., 9:30am–3:30pm

Tues. 12:00pm-6:00pm, 1<sup>st</sup> Sat. of month 10:00am-1:00pm

Food, Rent and Utility Assistance Towns Served: Carlstadt, East Rutherford, Elmwood Park, Fairlawn, Garfield, Lodi, Lyndhurst, Maywood, North Arlington, Paramus, Rochelle Park, Rutherford, Saddle Brook, Wallington, Wood-Ridge.

## **Bergen County Food Pantries**

**Bergenfield**

**201-387-4055**

Bergenfield Borough Hall, 198 N. Washington Avenue, Bergenfield

Information Needed to Qualify: Proof of Bergenfield residence

For Bergenfield residents

Hours of Operation: Mon- Fri 8:30am- 4:00pm

**Bergenfield**

**201-384-0101**

St. John the Evangelist, 29 N. Washington Avenue, Bergenfield

Information Needed to Qualify: Interview

For Bergenfield residents and/or members of the Parish

Hours of Operation: Last Monday of month 8:30am- 11:00am  
and 6:00pm – 7:00 pm

**Bogota**

**201-342-6300**

St. Joseph's Church, 115 E. Fort Lee Road, Bogota

Information Needed to Qualify: Proof of residence

For Bogota and Teaneck residents

Hours of Operation: Tues 12:30pm-2:00pm, Wed 5:30pm-7:00pm,  
Thurs-Mon8:00am-4:30pm

**Cliffside Park**

Church of the Epiphany Food Pantry, 247 Knox Avenue, Cliffside Park  
Information Needed to Qualify: ID  
For anyone who needs assistance  
Hours of Operation: Mon-Fri 9:00am-2:00pm

**201-943-7320****Closter**

Closter Borough Hall, 295 Closter Dock Road, Closter  
Information Needed to Qualify: Proof of Residence  
For Closter residents and neighboring communities without food pantries  
Hours of Operation: 2nd Thursday of every month 9:00am-10:30am  
and 7:15pm-8:15pm

**201-784-0600 ext. 429****Dumont**

39 Dumont Avenue, Dumont  
Information Needed to Qualify: Proof of residence- call for appointment  
For Dumont residents  
Hours of Operation: Mon.-Fri. 1:00pm-4:30pm

**201-387-5022****Edgewater**

Holy Rosary Church Pantry, 56 Edgewater Place, Edgewater  
Information Needed to Qualify: ID  
For anyone who needs assistance  
Hours of Operation: 3rd Thurs 11:00am- Noon

**201-945-6329****Englewood**

Center for Food Action, 192 W. Demarest Avenue, Englewood  
Information Needed to Qualify: Call for appointment  
For anyone who needs assistance  
Hours of Operation: Mon-Friday 9:00am-5:00pm, Tues 9:00am-7:00pm,  
and first Saturday of every month: 10:00am-1:00pm

**201-569-1804****Englewood**

St. Cecilia Church/ Office of concern, 85 Demarest Avenue, Englewood  
Information Needed to Qualify: application to fill out  
For anyone who needs assistance  
Hours of Operation: Mon- Thurs 9:00am-1:00pm

**201-568-1465****Fair Lawn**

Fair Lawn Health Department, 8-01 Fair Lawn Avenue, Fairlawn  
Information Needed to Qualify: Proof of Residence  
For Fair Lawn residents  
Hours of Operation: Mon-Fri 8:30am- 4:30pm

**201-794-5327**

- Fairview** **201-945-5831**  
Center for Food Action (In St. John the Baptist Church)  
239 Anderson Avenue, Fairview  
Information Needed to Qualify: ID  
For anyone who needs assistance  
Hours of Operation: Mon, Tues and Thurs 9:30am-5:00pm
- Garfield** **973-773-2444**  
Calvary Baptist Food and Clothing Pantry, 217-245 Passaic Street, Garfield  
Information needed to qualify: Appointment with Geraldine Scott  
For anyone who needs assistance  
Hours of Operation: Mon-Fri 10:00am-4:00pm,  
pickups are once a month on 3rd Saturday
- Hackensack** **201-883-9375**  
Center for Food Action, 316 First Street, Hackensack  
Information needed to qualify: ID  
For anyone who needs assistance  
Hours of Operation: Mon-Thurs 9:30am-3:30pm, Fri 9:30am-2:30pm
- Hackensack** **201-336-6475**  
Bergen County Housing, Health and Human Services Center  
120 South River Street, Hackensack  
Information needed to qualify: ID  
For Bergen County residents  
Hours of Operation: Lunch 11:30am-12:30am, Dinner 5:00pm-6:00pm
- Hackensack** **201-489-2900**  
**800- 508-7577 (NJ only)**  
Buddies of New Jersey, Inc. 149 Hudson Street, Hackensack  
Information needed to qualify: AIDS/ HIV positive clients  
For Bergen and Passaic County residents  
Hours of Operation: Mon 11:00am-2:00pm, Tues-Thurs 1:00pm-4:00pm  
njbuddies.org
- Hasbrouck Heights** **201-288-0195**  
Hasbrouck Heights Borough Hall, 320 Boulevard, Hasbrouck Hts.  
Information Needed to Qualify: copy of lease or utility bill  
For Hasbrouck Heights residents  
Hours of Operation: Mon 9:00am-11:00am
- Hillsdale** **201-664-0600**  
Hillsdale Board of Health/ Helping Hands, Interfaith Food Pantry,  
United Methodist Church, 349 Hillsdale Avenue, Hillsdale  
Information Needed to Qualify: ID  
For Hillsdale and residents from neighboring townships  
Hours of Operation: Mon 5:30pm-6:45pm, 1st Sat of month 9:00am- 10:30am

- Little Ferry** **201-641-2988**  
 St. Margaret of Cortona Food Pantry, 31 Chamberlain Avenue, Little Ferry  
 Information Needed to Qualify: proof of residence  
 For Little Ferry and Moonachie residents  
 Hours of Operation: 3rd Wed 10:00-Noon
- Lyndhurst** **201-438-1147**  
 Pantry Name & Location: Sacred Heart Church, 324 Ridge Road, Lyndhurst  
 Information Needed to Qualify: proof of residence  
 For Lyndhurst residents  
[www.sacredheartlynd.org/church](http://www.sacredheartlynd.org/church)
- Mahwah** **201-529-2029**  
 Center for Food Action, 90 Ridge Road, Mahwah  
 Information Needed to Qualify: ID  
 For anyone who needs assistance  
 Hours of Operation: Mon 10:00am-6:30pm, Tues-Fri 10:00am-2:00pm
- New Milford** **201-836-8961**  
 Pantry Name: Church of the Ascension Food Pantry  
 256 Azalea Drive, New Milford  
 Information Needed to Qualify: ID  
 For New Milford and residents from neighboring towns  
 Hours of Operation: 3rd Mon 6:00pm-7:00pm, 3rd Tues 9:30am-10:00am
- North Arlington** **201-997-0700**  
 Queen of Peace Church, 174 Ridge Road, North Arlington  
 Information Needed to Qualify: Proof of Residence  
 For North Arlington residents  
 Hours of Operation: Sat 9:00am
- Old Tappan** **201-664-1849 ext. 25**  
 224 Old Tappan Road, Old Tappan  
 Information Needed to Qualify: Proof of Residence  
 For Old Tappan residents  
 Hours of Operation: By appointment
- Paramus** **201-265-2100 ext 6102**  
 Paramus Dept. of Human Services, 105 N. Farview Avenue, Paramus  
 Information Needed to Qualify: Proof of Residence  
 For Paramus residents  
 Hours of Operation: Mon-Fri 8:30am-4:30pm
- Park Ridge** **201-573-9083**  
 Pascack Food Center, 65 Pascack Road, Park Ridge  
 Information Needed to Qualify: ID  
 For Park Ridge and residents from neighboring towns  
 Hours of Operation: Tues/Thurs 9:00am-11:00am



**Ridgefield** 201-242-0018  
Korean food pantry, 1061 Slocum Avenue Bldg. A. Ridgefield Soo, 201-956-7630  
Information Needed to Qualify: Proof of income & identification, call to register  
For Ridgefield residents  
Hours of Operation: Mon. & Fri. 10:00am-4;pm

**Ridgefield Park** 201-641-6464  
St. Francis Food for Friends, 114 Mt. Vernon St., Ridgefield Park  
Information Needed to Qualify: Proof of residence  
For Ridgefield Park residents  
Hours of Operation: Mon-Fri 9:00am-4:30pm (pickups bi weekly)

**Ridgewood** 201-444-2980  
Social Services of Ridgewood,  
Information Needed to Qualify: Proof of residence and financial need  
For Ridgewood, Wyckoff, Ho-Ho-Kus, Midland Park, Waldwick, Glen Rock  
Hours of Operation: Mon-Fri 10:00am-3:00pm

**River Edge** 201-261-3366  
St Peter the Apostle Catholic Church, 445 5<sup>th</sup> Avenue, River Edge  
Information Needed to Qualify: ID  
For River Edge, New Milford, and Oradell residents  
Hours of Operation Wed. 3:30pm-5:30pm

**River Vale** 201-280-0721  
334 River Vale Road, River Vale (Behind Police Station)  
Information Needed to Qualify: Proof of Residence  
For River Vale residents  
Hours of Operation: Wed 6:00pm-7:30pm, Thur.10:00am to 2:00pm

**Rutherford** 201-460-3000 ext. 3168  
Rutherford Community Food Pantry, 176 Park Ave, Rutherford  
Information Needed to Qualify: Proof of Residence  
For Rutherford residents  
Hours of Operation Mon/Thurs 2:00-4:00pm, Wed 5:00-7:00pm

**Saddle Brook** 201-703-9857  
Center for Food Action, 224 Midland Ave, Saddle Brook  
Information Needed to Qualify: Call for appointment  
For residents of Clifton, Carlstadt, East Rutherford, Elmwood Park,  
Fairlawn, Garfield, Lodi, Lyndhurst, Maywood, West Arlington,  
Paramus, Rochelle Park, Rutherford, Saddle Brook, Wallington,  
Woodridge  
Hours of Operation: Mon/Wed/Thurs/Fri 10:00am-3:00pm, Tues 12:00-6:00pm

**Teaneck****201-833-4501**

Faith and Hope Food Pantry, 480 Warwick Ave, Teaneck  
Information Needed to Qualify: ID  
For anyone who needs assistance  
Hours of Operation: Sat 9:00am-11:00am

**Teaneck****201-837-9090**

Jewish Family & children's Services of Northern NJ  
1485 Teaneck Road, Teaneck  
Call for an appointment and to find out what documents are needed to qualify.

**Westwood****201-666-1100**

St. Andrew's Church, 120 Washington Ave, Westwood  
Information Needed to Qualify: ID  
For Westwood and residents from neighboring towns  
Hours of Operation: Thurs 7:30pm

**Contact houses of worship in your Municipality to see if they have a food Pantry.**

# EDUCATION

## Adult Continuing Education

- Bergen Community College** 201-447-7488  
400 Paramus Road, Paramus, NJ 07652  
Continuing education program  
[www.bergen.cc.nj.us](http://www.bergen.cc.nj.us)
- Senior Net Program at JCC on the Palisades** 201-569-7900  
411 East Clinton Ave., Tenafly, NJ 07670  
Computer classes in Microsoft Word, Graphics, Quicken,  
Internet, etc.
- Farleigh Dickinson University** 201-692-6500  
Teaneck, NJ 07666  
Continuing education programs  
[www.fdu.edu](http://www.fdu.edu)
- Project Literacy of Greater Bergen county** 201- 489-7066  
355 Main Street, Hackensack, NJ 07601  
Free tutoring services by trained volunteers to adults in need of basic  
literacy education (reading and writing), HSE (GED) preparation,  
math and ESL.  
[www.project-literacy.org](http://www.project-literacy.org)
- The Southeast Senior Center for Independent Living (SESCIL)** 201-569-4080  
228 Grand Avenue, Englewood, NJ 07631  
[www.Sescil.org](http://www.Sescil.org)
- Korean-American Senior Citizen Association** 201-945-2400  
1061 Slocum Avenue, Ridgefield, NJ  
ESL program will service the Korean Population 60 +  
English instruction for communication in Health and Citizenship
- Institute of New Dimensions** 973-291-8220  
PO Box 17, Butler NJ -07405  
The institute offers a variety of courses in literature, computers,  
sociology, history, economic, music, and more.  
[www.indbergen.org](http://www.indbergen.org)

## English as Second Language and Basic Language Courses

### **Project Literacy of Greater Bergen County**

355 Main Street, Hackensack, NJ 07601

[www.project-literacy.org](http://www.project-literacy.org)

201-489-7066

### **Literacy Volunteers of America**

Passaic County Literacy Program

195 Gregory Avenue, Passaic, NJ 07055

Recruits and trains volunteer tutors for the Basic Literacy (BL) and English as a Second Language (ESL) programs.

973-470-0039

### **Bergen County Technical School**

Education Building

200 Hackensack Avenue, Hackensack, NJ 07601

<http://bcts.bergen.org>

201 -343-6000

### **Bergen Community College**

Ciarco Learning Center

355 Main Street ,Hackensack, NJ 07601

[www.bergen.edu/ciarcocenter](http://www.bergen.edu/ciarcocenter)

201-489-1551

### **Greater Bergen Community Action**

Cliffside Park and vicinity

263 Lafayette Ave, Cliffside Park

Garfield and vicinity

535 Midland Ave, Garfield

[www.bergencap.org](http://www.bergencap.org)

201-366-1020

973-685-0005 ext. 7060

### **Hispanic Institute**

17 Arcadian Avenue, Paramus, NJ 07652

[www.hird.org](http://www.hird.org)

201-368-1414

### **Korean American Senior Citizen Association of New Jersey**

1061 Slocum Avenue, #A, Ridgefield, NJ 07657

201-945-2400

201-945-2401

### **Women's Rights Information Center**

108 Palisade Avenue, Englewood, NJ 07631

Classes open to both men and women

[www.womensrights.org](http://www.womensrights.org)

201-568-1166

### **Bergenfield Public Library**

50 West Clinton Avenue, Bergenfield, NJ 07621

<http://Bergenfield.bccls.org/esl.shtml>

Registration fee \$10.00

201-387-4040 ext.2837

**Englewood Public Library**

31 Engle Street, Englewood, NJ 07631

[http://www.Englewoodlibrary.org/?page\\_id=173](http://www.Englewoodlibrary.org/?page_id=173)

Free of charge

**201-568-2215 ext. 236**

**Hillsdale Public Library**

509 Hillsdale Avenue, Hillsdale, NJ 07642

<http://hillsdalelibrary.org/services/adult-literacy/>

Free of charge for Hillsdale residents

**201-358-5072**

**Johnson Public Library**

274 Main Street, Hackensack, NJ 07601

<http://johnsonlib.org/adults/classes/esl/>

Free of charge

**201-343-4169 ext. 34**

**Park Ridge Public Library**

51 Park Avenue, Park Ridge, NJ 07656

[training@ParkRidge.bccls.org](mailto:training@ParkRidge.bccls.org)

Free of charge

**201-391-5151**

**Ridgewood Public Library**

125 North Maple Avenue, Ridgewood, NJ 07450

<http://www.ridgewoodlibrary.org/esl.htm>

30.00 Ridgewood Residents - \$75.00 Non-Ridgewood Residents

**201-670-5600 ext.141**

# **RECREATION AND ACTIVITIES**

Call local Senior Activity Centers and townships for information on outings and recreational activities.

**Bergen County Department of Parks** 201-336-7275

One Bergen County Plaza, 4<sup>th</sup> Floor, Hackensack, NJ07601

**Boys and Girls Club of Lodi and Hackensack** 973-473-7410

460 Passaic Ave., Lodi, NJ07644

Aquacize program for seniors. Call for schedule.

[www.bgcoflodi.org](http://www.bgcoflodi.org)

**Elder Hostel (Road Scholar)** 800-454-5768

Provides low-cost educational travel programs for seniors to over 1,600 colleges, universities, and other educational facilities in the United States and abroad.

[www.elderhostel.org](http://www.elderhostel.org)

**JCC On The Palisades** 201-569-7900

411 East Clinton Ave., Tenafly, NJ07670

A variety of health and fitness courses for seniors including swimming.

[www.jccotp.org](http://www.jccotp.org)

**Senior Excursions, Inc.** 888-358-9880

4807 Pacific Ave, Wildwood, NJ 08260

A variety of trips at affordable prices for fixed income seniors.

[www.seniorexcursionsinc.com](http://www.seniorexcursionsinc.com)

**Senior Source** 201-342-0962

The Shops at Riverside, 310 Riverside Square Mall, Hackensack  
Socialization and education for seniors.

[www.seniorsourcellc.com](http://www.seniorsourcellc.com)

**YMCA of Greater Bergen County** 201-487-6600

360 Main Street, Hackensack, NJ07601

Swimming, adult fitness, self-defense class; SMILE (Seniors Move in Light Exercise) is a program of stretching and strengthening designed to keep the older adult fit. Call for schedules and cost of registration/membership.

[www.ymcagbc.org](http://www.ymcagbc.org)

**YWCA of Ridgewood** 201-444-5600

112 Oak St., Ridgewood, NJ07451

A variety of programs for seniors, including aquatics, fitness and wellness classes.

[www.ywcabergencounty.org](http://www.ywcabergencounty.org)

## Senior Activity Centers

Senior Citizens 60+ and their significant other, regardless of age, are eligible to participate in Activity Center programs. These Centers offer a full range of programs, services and activities. Social, health and legal counseling, group classes in painting, arts and crafts, ceramics, knitting/crocheting and exercise, as well as educational and cultural programs are available. Some transportation is also available. For information on transportation call the center.

### **NOTE: Bergen County Senior Lunch Program**

A nutritious mid-day meal is available for Bergen County senior citizens at the centers marked with an asterisk (\*) below. The goal of the nutrition program is to provide well-balanced meals, foster social interaction, and provide access to other supportive services available to Bergen County seniors. To be eligible, persons must be age 60 or older, or the significant other of a participant. Lunch is served Monday-Friday and are planned by a dietician to provide the recommended nutritional requirements.

Reservations for the meal must be made 1 day in advance.

**Bergenfield\*** **201-387-7212**  
293 Murray Hill Terrace, 07621

**Cliffside Park\*** **201-943-3768**  
Gerald A. Calabrese Complex  
500A Gorge Road, 07010

**Closter** **201-784-0971**  
4 Lewis Street, 07624

**Cresskill** **201-503-9831**  
38 Spring St, 07626

**Demarest Senior Center** **201-767- 9785**  
31 Park Street, 07627  
[www.demarestnj.net/seniors.php](http://www.demarestnj.net/seniors.php)

**Dumont Senior Center** **201-387-5040**  
39 Dumont Avenue, 07628

**East Rutherford** **201-933-3321**  
37 Vreeland Avenue, 07073

**East Rutherford\*** **201-935-8920**  
Southwest Senior Center  
147 Hackensack Street, 07073

**Elmwood Park\*** **201-796-3342**  
500 Boulevard and Market Street, 07407

<b><u>Emerson</u></b> 20 Palisades Avenue, 07630	<b>201-599-6351</b>
<b><u>Englewood*</u></b> 44 Armory Street, 07631	<b>201-568-0817</b>
<b><u>Englewood</u></b> Southeast Center for Independent Living 228 Grand Avenue, 07631	<b>201-569-4080</b>
<b><u>Fair Lawn*</u></b> 11-05 Gardiner Road, 07410	<b>201-796-1191</b>
<b><u>Fairview Senior Center</u></b> 53 Grant Street, 07022	<b>201-943-5522</b>
<b><u>Fort Lee*</u></b> Richard & Catherine Nest Adult Activity Center 319 Main Street, 07024	<b>201-592-3500 ext. 1300</b>
<b><u>Garfield*</u></b> 480 Midland Avenue, 07026	<b>973-478-0502</b>
<b><u>Garfield*</u></b> 225 Midland Avenue, 07026 (Open to building residents only)	<b>973-340-4179</b>
<b><u>Garfield*</u></b> 377 Midland Avenue, 07026 (Open to building residents only)	<b>973-340-4177</b>
<b><u>Hackensack*</u></b> Americas Unidas Multicultural Senior Center 101 Hudson Street, 07601	<b>201-336-3320</b>
<b><u>Hackensack</u></b> Martin Luther King, Jr. Senior Center 375 First Street, 07601	<b>201-342-2654</b>
<b><u>Hasbrouck Heights</u></b> 320 Boulevard, 07604	<b>201-288-0195</b>
<b><u>Korean American Senior Citizen Association of New Jersey</u></b> 1061 Slocum Avenue, #A, Ridgefield, NJ 07657	<b>201-945-2400</b> <b>201-945-2401</b>
<b><u>Leonia</u></b> Leonia Recreation Center 370 Broad Avenue, 07605	<b>201-302-9660</b>



<b><u>Lyndhurst</u></b> 281 Stuyvesant Avenue, 07071	<b>201-896-1629</b>
<b><u>Mahwah</u></b> 475 Corporate Drive, P.O. Box 733 07430	<b>201-529-5757 Ext. 213</b>
<b><u>Maywood Senior Center</u></b> 145 West Magnolia Avenue, 07607	<b>201-368-1522</b>
<b><u>Midland Park*</u></b> Northwest Bergen Regional Senior Center 46-50 Center Street, 07432	<b>201-445-5690</b>
<b><u>New Milford*</u></b> 275 River Road, 07646	<b>201-599-7565</b>
<b><u>North Arlington*</u></b> St. Paul Episcopal Church 11 York Road 07031	<b>201-998-5636</b>
<b><u>Northvale*</u></b> James F. McGuire Center 116 Paris Avenue, 07647	<b>201-767-6299</b>
<b><u>Oakland</u></b> 20 Lawlor Drive, 07436	<b>201-405-7731</b>
<b><u>Palisades Park*</u></b> 300 Highland Avenue, 07650	<b>201-944-5616</b>
<b><u>Paramus</u></b> 93 North Farview Avenue, 07652	<b>201-265-2100 Ext: 6120</b>
<b><u>Ramsey</u></b> 205 Church Street, 07446	<b>201-825-1975</b>
<b><u>Ridgefield Park*</u></b> 159 Park Street, 07660	<b>201-641-1220</b>
<b><u>Ridgewood</u></b> 131 North Maple Avenue, 07450	<b>201-670-5500 Ext: 301</b>
<b><u>Rutherford*</u></b> 55 Kip Senior Center 55 Kip Avenue, 07070	<b>201-460-1600</b>
<b><u>Saddle Brook</u></b> 8 Caldwell Avenue, 07663	<b>201-845-4594</b>

<b><u>Teaneck*</u></b> 250 Colonial Court, 07666	<b>201-837-0171</b>
<b><u>Teaneck AWCA *</u></b> Asian Women's Christian Association 9 Genesee Avenue 07666	<b>201-862-1665</b>
<b><u>Tenafly</u></b> 20 South Summit Street, 07670	<b>201-569-2159</b>
<b><u>Tenafly*</u></b> Kaplen JCC on the Palisades 411 East Clinton Avenue, 07670	<b>201-569-7900 ext. 1450</b>
<b><u>Tenafly</u></b> Friends of Grace Seniors, Korean Comm. Center 100 Grove Street, Tenafly 07670 Website:www.fgskcc.org	<b>201-541-1200</b>
<b><u>Wallington*</u></b> 24 Union Boulevard, 07055	<b>973-777-5815</b>
<b><u>Washington Township*(Kosher)</u></b> Temple Beth Or 56 Ridgewood Road Tue-Wed-Thurs only	<b>201-664-7422</b>
<b><u>Westwood*</u></b> T.J. Riley Multipurpose Senior Center 100 Madison Avenue, 07675	<b>201-666-0840</b>

# HEALTH & WELLNESS PROGRAMS

## Mental Health

<b><u>Bergen County Mental Health Board</u></b>	<b>201-634-2745</b>
One Bergen County Plaza, 4 <sup>th</sup> Floor, Hackensack, NJ 07601 Information, referrals to treatment agencies, and advocacy for all Bergen County residents with mental illness or family members seeking assistance for their loved ones.	
<b><u>Care Plus, NJ (Serves northern New Jersey)</u></b>	<b>201-986-5000</b>
CarePlus offers a wide-array of programs and services to provide a holistic, comprehensive approach to aid in recovery from mental illness and substance abuse.	
<b><u>Care Plus Psychiatric Screening Center for Bergen (Hot Line)</u></b>	<b>201-262-4357</b>
<a href="http://www.careplusnj.org">www.careplusnj.org</a>	
<b><u>Care Plus Center for primary &amp; Behavioral Health Service</u></b>	<b>201-265-8200</b>
Partial Care-Geriatric, Supportive Housing, Outpatient Services, residential Services, Supported Employment Services.	
<b><u>Care Plus intensive Outpatient treatment crossroad to wellness</u></b>	<b>201-986-5037</b>
610 Valley Health Plaza, Paramus, NJ 07652	
<b><u>Care Plus Integrated Case Management Service &amp; Jail Diversion Program</u></b>	<b>201-478-4162</b>
Care Plus involuntary outpatient commitment	<b>201-478-4166</b>
611 Route 46 West, Suite 300, Hasbrouck Heights, NJ 07604	<b>201-478-4183</b>
<b><u>CBHCare Wellness &amp; Support Center (Walk Ins)</u></b>	<b>201-957-1800</b>
569 Broadway, Westwood, NJ 07675 Mon.-Fri. 8:00 am-8:00 pm. Saturday & Sunday 9:00 am -5:00 pm Telephone 24 Hours 7 days a week	
<b><u>Comprehensive Behavioral Health Care Inc.</u></b>	<b>201-646-0333</b>
<b>Hackensack Services</b> 395 Main Street, Hackensack, NJ 07601 Acute care family services, homeless services, intensive family support services, outpatient services, partial care-geriatric, residential services, supportive housing.	
<b>Lyndhurst Services</b>	<b>201-935-3322</b>
516 Valley Brook Avenue Lyndhurst NJ 07071 Outpatient Services, partial care-geriatric services	

**Christian Health Care Center**

301 Sicomac Avenue, Wyckoff, NJ 07481

[www.christianhealthcare.org](http://www.christianhealthcare.org)

**Christian Health Care Counseling Center**

Provides individual, family, and group counseling for children to seniors in a supportive environment.

**201-848-5800**

**Ramopo Ridge Partial Hospitalization Program**

A voluntary program that provides short-term, outpatient treatment to adults experiencing severe symptoms.

**201-848-5500**

**Ramapo Ridge Psychiatric Hospital**

A fully accredited inpatient psychiatric hospital for adult and geriatric patients.

**201-848-5500**

**Vantage Health System**

**Dumont Center**

2 Park Avenue, Dumont, NJ 07628

Outpatient Services, partial care-geriatric services, Dually-Diagnosed Day treatment Center. (Developmental disabilities and psychiatric illness).

**201-385-4400**

**Englewood Center**

93 W. Palisade Avenue, Englewood, NJ 07631

Outpatient Services, partial care for seriously mentally ill adults, residential services and supportive housing.

**201-567-0059**

**West Bergen Mental Healthcare – Access Center**

120 Chestnut Street, Ridgewood, NJ 07450

[www.westbergen.org](http://www.westbergen.org)

West Bergen is a full-range community mental health center that offers a wide variety of services and programs tailored to the special needs of children, families, adults and seniors.

**201-485-7172**

**West Bergen Partial Care Program**

The Partial Care program serves individuals with mental health challenges who are seeking moderate to intensive psychiatric services through a structured day program.

**201-444-3550 ext 7116**

**National Alliance on Mental Illness (NAMI)**

[www.Nami.org](http://www.Nami.org)

Provides information and support for adults with mental illness and their families; conducts monthly educational seminars or support groups. Visit their website for specific information.

**800-950-6264**

**Psychiatric Emergency Screening Program (PESP)**

Bergen Regional Medical Center

201-262-HELP (4357)

**NJSHGCH – New Jersey Self Help Group Clearing House**

673 Morris Ave. Suite 100, Springfield NJ 07081

Maintains a database of over 4,000 self-help support groups in New Jersey, and over 800 Organization. Provides information and referral services as well as training to form self-help groups.

[www.njgroups.org](http://www.njgroups.org)

800-367-6274

**Medical Care for the Uninsured**

**Bergen Volunteer Medical Initiative – BVMI**

75 Essex Street Suite 100, Hackensack, NJ 07601

Provides free primary medical care and, where possible, referrals to free specialty care for working, low-income Bergen county residents who have no health insurance.

[www.bvmi.org](http://www.bvmi.org)

201-342-2478

**North Hudson Community Action Corporation (NHCAC)**

535 Midland Park ave, Garfield NJ 07026

25 East Salem street, Hackensack NJ 07601

197 South van Brunt street, Englewood, NJ 07631

Supports residents living in Hudson, Bergen, and Passaic Counties to receive high-quality primary health care services for OB/GYN, Pediatrics, Internal Medicine, and Dental. These programs are offered to underserved community members at little or no cost.

<http://nhcac.org/>

201-210-0100

973- 340-1182

201- 464-7844

201- 537-4442

## Dental Services

**Bergen Community College** 201-447-6532  
Dental Hygiene Clinic  
400 Paramus Road, Paramus, NJ 07652

**Center for Dentistry at Hackensack University Medical Center** 551-996-2111  
St. John Building, 30 Prospect Avenue, Hackensack, NJ 07601 551-996-3519  
Hillcrest Building, 60 Second Street, Hackensack, NJ 07601  
[www.hackensackumc.org/dental](http://www.hackensackumc.org/dental)

**New Jersey Dental Association** 800-831-6532  
One Dental Plaza, North Brunswick, NJ 08902  
Eligible persons receive a minimum courtesy reduction of 15% on all dental services from participating dentists only. Must be on the PAAD program and must not be receiving dental insurance or Medicaid.

**The Oral Health Website**  
[www.Oralhealth.acl.gov](http://www.Oralhealth.acl.gov)  
This website lists community-based, affordable, oral health programs that one can find through the site's searchable database. The accompanying Oral Health Guide can assist communities in launching or enhancing their own oral health programs.

**Rutgers School of Dental Medicine(RSDM)** 973-972-4242  
110 Bergen Street, Newark, NJ 07103  
50 12<sup>th</sup> avenue, Newark  
RSDM provides a full range of oral health services while training the next generation of dentists, at rates much lower than private practices, but services are not free. RSDM accepts Medicaid plans, but not private insurance.  
[www.sdm.rutgers.edu/patients](http://www.sdm.rutgers.edu/patients)

**The Southeast Senior Center for Independent Living (SESCIL)** 201-569-4080  
228 Grand Avenue, Englewood, NJ 07631  
The dental services are provided by licensed dentist and hygienist. at a rate approximately 50% lower than most dentists, clients are offered X-rays, teeth cleanings, extractions and more.  
[www.SESCIL.org](http://www.SESCIL.org)

**Visiting Dental Associates** 201-670-0097  
No dental insurance accepted – self-pay

## **Services and Programs for People with Vision Loss**

### **Adjustment to Vision Loss Project**

**201-996-9100**

#### **Heightened Independence & Progress (HIP)**

131 Main Street, Suite 120, Hackensack, NJ 07601

Provides information and referral related to services and resources throughout New Jersey. Peer Support groups meet at several locations throughout Bergen County.

### **National Eye Care Project**

**877-887-6327**

#### **Eye Care America Program**

Medical eye care for the nation's disadvantaged senior citizens. Provides referrals for U.S. citizens or legal residents who are 65 or older who do not have access to an ophthalmologist in their community. Qualified patients receive medical eye examinations and treatment at no out-of-pocket costs. Doctors accept insurance reimbursement as payment in full for their services. Uninsured patients are provided care at no charge.

\* Those enrolled in HMO's or who obtain care through a government care facility are not eligible. Note: Eyeglasses, prescriptions, hospital services and other medical services are not covered under the program.

[www.eyecareamerica.org](http://www.eyecareamerica.org)

### **New Eyes for the Needy, Inc.**

**973-376-4903**

549 Millburn Avenue, P. O. Box 332, Short Hills, NJ 07078

Provides prescription eyeglasses to medically, indigent, visually impaired, older adults who are New Jersey residents. Referrals must be made in writing from social service agencies. While federal poverty guidelines are used, exceptions can be made for low income persons who exceed these guidelines.

\*Note: New Eyes does not pay for eye examinations.

[www.neweyesfortheneedy.org](http://www.neweyesfortheneedy.org)

### **NJ State Library Talking Book & Braille Center (TBBC)**

**800-792-8322**

2300 Stuyvesant Avenue, P. O. Box 501, Trenton, NJ 08618

**609-278-2640**

The Talking Book & Braille Center (TBBC) is a library that serves NJ residents of all ages who cannot read standard print or who cannot hold a book or turn the pages of a book due to a physical impairment, a reading disability, or a vision impairment. TBBC provides long-term loans of digital audiobook players and audiobooks and has audio news-reading services. All services are delivered to the home without cost.

<http://www.njstatelib.org>

**NJ Commission for the Blind & Visually Impaired**

153 Halsey street 6<sup>th</sup> floor, Newark NJ 07101

Education, vocational rehabilitation, social work, health screenings;  
teaches rehabilitation & independent living skills; referral assistance

**973-648-3333**

**Assistive Technology Center - Johnson Public Library**

**274 Main Street, Hackensack, NJ 07601**

**Catherine.folk-pushee@hackensack.bccls.org**

Provides opportunities to learn to use adaptive technologies on iPads  
and desktop computers for people with visual impairments, age 55  
and older.

**201-343-4169 ext. 22**

**Services and Programs for People with Hearing Loss**

**Center for Hearing and Communication**

50 Broadway, 6<sup>th</sup> Floor, New York, NY 1004

Hearing aids, assistive listening and alerting devices, cochlear implant  
rehabilitation, otology, psychotherapy, speech reading program,  
tinnitus treatment, publications and videotapes, and other hearing loss  
related services.

[www.lhh.org](http://www.lhh.org)

[www.chchearing.org/nyc](http://www.chchearing.org/nyc)

**917-305-7700 (Voice)**

**917-305-7999 (TTY)**

**Hackensack University Medical Center Audiology Department**

30 Prospect Street, Hackensack, NJ 07601

**551-996-5327**

**Hearing Loss Association of New Jersey (HLA-NJ)**

Bergen County Chapter

Provides information about hearing aids, assistive technology, arts  
access, legal rights, and other topics. Inductive loop assistive listening  
system and CART (real-time captioning) available at meetings.

[www.hearingloss-nj.org](http://www.hearingloss-nj.org)

**201-995-9594 (Voice)**

**Division of the Deaf & Hard of Hearing**

PO BOX 074 Trenton, NJ 08625

Information and referral, interpreter and CART (real-time captioning)  
referral service, advocacy, workshops, assistive listening devices  
demonstration center.

**800-792-8339**

**(Voice and TTY)**

**609-588-2648**



**Richard West Assistive Technology Advocacy Center (ATAC)**

Disability Rights New Jersey (DRNJ)

210 South Broad Street, 3<sup>rd</sup> Floor, Trenton, NJ 08608

Information and referral; device demonstrations, device loans, technical assistance, financing, advocacy services and legal representation Acts as a clearinghouse for items/assistive devices that are for sale (usually at a minimum cost) or offered for donation or loan.

[www.drnj.org/atac](http://www.drnj.org/atac)

**609-292-9742**

**800-922-7233**

**609-633-7106**

**Assistive Listening Device Loan Program**

NJ Division for the Blind and Handicapped, Deaf and Hard of Hearing Awareness Program Co-sponsored with the Division of the Deaf and Hard of Hearing, PO Box 501, Trenton, NJ 08025

Provides loans of personal and wide area assistive listening devices through designated regional libraries throughout the state.

**NOTE:** Bergen County residents may borrow the equipment.

[www.NJbh@njstate](mailto:www.NJbh@njstate)

**609-588-2648**

**800-882-5593 (TTY)**

**800-792-833**

**Hearing Aid Assistance to Aged & Disabled (HAAD)**

A \$100 reimbursement to eligible persons who purchase a hearing aid. Eligibility requirements are the same as for the PAAD program.

**Need for hearing aid must be attested by a physician**

**201-336-7400**

**800-792-9745**

# **FINANCIAL BENEFITS & ASSISTANCE**

## **Pharmaceutical Assistance Programs**

**These programs were formulated to help reduce pharmaceutical costs to seniors, veterans, and disabled persons.**

**Pharmaceutical Assistance to the Aged & Disabled (PAAD)\*** **800-792-9745**

A prescription discount program for the elderly and people with disabilities. Eligible persons pay \$7 for name-brand prescriptions and \$5 for generic prescriptions.

Eligible persons: New Jersey residents at least 65 years of age or receiving Social Security Disability. Income limits change annually.

**201-336-7400**

**Senior Gold Prescription Discount Program**

Senior Gold is a prescription discount program for elderly and disabled New Jersey residents who do not qualify for PAAD. Senior Gold cardholders can have income up to \$10,000 above the PAAD limits, and pay \$15 plus 50% of the remaining cost for each covered

**800-792-9745**

**201-336-7400**

**Extra Help with Medicare Prescription Drug Plan Costs**

Federal program that helps pay for either full or partial costs of Medicare prescription drug coverage. Income and assets are reviewed. Apply at Social Security agency or online [www.socialsecurity.gov](http://www.socialsecurity.gov)

**800-772-1213**

**State Health Insurance Program (SHIP)**

Provides Medicare beneficiaries with assistance and information about health insurance policies, claim forms, prescription coverage, and evaluates health insurance options.

**201-336-7413**

**Partnership for Prescription Assistance (PPA)**

The Partnership for Prescription Assistance may help patients who are uninsured or underinsured access the medicines they need through the program that is right for them.

<https://www.pparx.org>

## **Utility & Telephone Assistance Programs**

### **Low Income Home Energy Assistance Program (LIHEAP)**

A federally funded program that provides financial assistance to low-income households and individuals with heating (electric, natural gas, oil and other deliverable fuels) and medically necessary cooling costs. Household must be responsible for home heating or cooling costs either directly or included in the rent and have gross income at or below 200% of the Federal Poverty Level. Persons who live in public housing and/or receive rental assistance are not eligible unless they pay their heating costs directly to the fuel supplier.

Application period is between October 1 through April 30<sup>th</sup>.

**Hotline: 1-800-510-3102 for further information.**

### **The TRUE and PAGE Program-Energy Assistance Program**

(TRUE) Temporary Relief for Utility Expenses Program and (PAGE) Payment Assistance for Gas & Electric Program provide relief on natural gas and electric bills for low to moderate income households who are experiencing a temporary financial crisis. Eligible applicants cannot be currently receiving Universal Service Fund (USF) or Low Income Home Energy Assistance Program (LIHEAP) benefit. TRUE and PAGE are administered by the Affordable Housing Alliance.

Call (732) 982-8710 for further information or log onto <http://www.housingall.org> for a list of eligibility requirements for these programs.

### **How to Apply:**

Print and download application [www.njpoweron.org](http://www.njpoweron.org) and mail to 59 Broad St. Eatontown, NJ 07724 or call (732)982-8710 for further information.

Call Greater Bergen Community Action at 201-968-0200 Ext 7008 or

Bergen County Division of Senior Services/ADRC at 201-336-7400

\*Apply Nov 1<sup>st</sup> thru March 31<sup>st</sup>

You can apply for both HEAP (above) and Cooling assistance.

Cooling Assistance provides \$100 to help pay for cooling costs.

Eligibility Requirements: Must have a medical condition that requires use of any cooling device. Entire household income is counted.

[www.bergencap.org/liheap.html](http://www.bergencap.org/liheap.html)

### **Cooling Assistance**

**201-996-9100 ext. 18**

Heightened Independence and Progress (*hip*)

131 Main St., Hackensack, NJ 07601

Air conditioners can be provided for Bergen County residents. Call for eligibility requirements.

### **Lifeline Utility Credit Program**

Gives a \$225 credit per year on your Public Service bill. (This credit can be given any time during the year.)

Eligibility requirements are the same as for the PAAD program. If you receive SSI, Lifeline rebate is reflected in your monthly check.

**How to Apply:**

Call PAAD/Lifeline 800-792-9745

or

Bergen ADRC Division of Senior Services 201-336-7400

or

Greater Bergen Community Action 201-968-0200 Ext 7008

\* Applications only for Lifeline are available.

If utilities are included in your rent, you may receive a direct payment.

**Comfort Partners**

Provides energy saving home improvements and energy education programs for qualified low-income customers. Comfort Partners is sponsored by the Board of Public Utilities - NJ Clean Energy Program. Program representatives will work with each household to evaluate level of energy efficiency.

Eligibility Requirements: At or below 225% of the Federal Poverty Guidelines.

**How to Apply:**

Call Weatherization Program at 888-773-8326 or go to [www.njcleanenergy.com](http://www.njcleanenergy.com)

**Universal Service Fund (USF)**

Provides credit on utility bill for gas & electric.

Eligibility Requirements: Household's gross income must be at or below 175% of the Federal Poverty Level and household must pay more than 3% of its annual income for electric, or more than 3% for natural gas. If a household has electric heat, it must spend more than 6% of its annual income on electricity to be eligible. Apply for USF any time during the year.

**How to Apply:**

Can apply for USF & LIHEAP with one application Between Nov 1<sup>st</sup> and March 31<sup>st</sup>.

Contact Greater Bergen Community Action at 201-968-0200 ext. 7008

or

Bergen ADRC, Division Senior Services at 201-336-7400

\*\* USF accepts application all year.

Expenses for oil or propane are not eligible for USF benefits.

[www.bergencap.org/liheap.html](http://www.bergencap.org/liheap.html)

**Winter Termination Program (WTP)**

The New Jersey Board of Public utilities maintains the WTP by which regulated electric or gas utility companies cannot discontinue services to certain households during the period November 15<sup>th</sup> - March 15<sup>th</sup>.

Participants in LIHEAP, Lifeline Credit Program, PAAD, SSI, USF are eligible as long as they make a "good faith" payment if possible. Persons unable to pay their utility bills because of circumstances

beyond their control including unemployment, illness, medically related expenses, recent death of a spouse and any other circumstances which might cause financial hardship, are also eligible.

**For more information contact Customer's assistance at 800-624-0241.**

### **NJ SHARES**

Provides assistance to households in need of temporary help paying their energy bills due to a financial crisis. NJ SHARES also administers **NJ American Water's Assistance Programs 800-272-1325 and SUEZ Cares Water 888-942-8080**. Applicants must have a history of good-faith payments with their energy company and not be eligible for LIHEAP, USF, TRUE or PAGE programs.

#### **How to Apply:**

Call NJ SHARES to find out your local agency at **866-657-4273**  
or go to [www.njshares.org](http://www.njshares.org)

### **Weatherization Assistance Program (WAP)**

Assist homeowners & tenants in lowering heating cost through home improvement for heat loss due to poor insulation or inefficient heating system. Improves energy efficiency with repairs and replacement if necessary.

Eligibility Requirements: Households must meet income guidelines below 200% of Federal Poverty Level.

#### **How to Apply:**

Weatherization can be applied thru the LIHEAP application or contact GBCA Weatherization Program at **973-546-1441**

529 Midland ave, Garfield, NJ 07026

[www.GreaterBergen.org/home-energy](http://www.GreaterBergen.org/home-energy)

### **Verizon New Jersey Communications Lifeline**

Verizon residential customers may be eligible to receive discounted local telephone service.

Eligibility Requirements: Income at or below 135% Federal Poverty income level or receive benefits from one of the following programs: Medicaid, SSI, SNAP (Supplemental Nutrition Assistance Program), Section 8 Federal Public Housing Program, Veterans Pension, Veterans Survivors Pension.

#### **How to Apply:**

Call NJSHARES at 888-337-3339 or visit [www.njshares.org](http://www.njshares.org)

Or

Call Verizon at 800-837-4966 or visit [www.verizon.com/lifeline](http://www.verizon.com/lifeline)

## Medicare Health Insurance

**These programs pay or help pay for the cost of medical care for older adults and disabled persons.**

### MEDICARE ([www.medicare.gov](http://www.medicare.gov))

[www.medicare.gov](http://www.medicare.gov)

**1-800-MEDICARE**

**1-800-633-4227**

### MEDICARE PART A

Hospital insurance. Covers inpatient hospital care

**800-633-4227**

### MEDICARE PART B

Covers physician and some out-patient services.

**800-633-4227**

### MEDICARE PART C

Medicare advantage plans. HMOs, PPOs, and other health plan options provided through one network. Plan benefits may include vision, hearing and dental screening and/or discounts, Rx drug coverage and/or health club membership.

**800-633-4227**

### MEDICARE PART D

Prescription coverage. Optional prescription drug plans which add drug coverage to original Medicare.

**800-633-4227**

### State Health Insurance Program (SHIP)

Assistance in completing Medicare and other health insurance claim forms; information on supplemental health insurance policies; evaluation of specific health insurance claim forms; evaluation of specific health insurance needs; and information on prescription coverage and Medigap policies.

**201-336-7413**

### Medicare Rights Center – Medicare Interactive

**Website:** [www.MedicareInteractive.org](http://www.MedicareInteractive.org)

Provides help with Medicare appeals process.

**888-466-9050**

## Medicaid

### Bergen County Board of Social Services

218 Route 17 North, , Rochelle Park, NJ 07662

Apply for general Assistance, SNAP (food stamps), Family Care,  
TANF, Institutional Medicaid, etc.

[www.bcbss.com](http://www.bcbss.com)

201-368-4200

201-368-4785

201-368-7693

### Medicaid (Regional Office)

100 Hamilton Plaza, Suite 500, 5<sup>th</sup> Floor, Paterson, NJ 07505

973-977-4077

### Funeral-Burial Support Program (Medicaid)

Bergen County Board of Social Services

218 Route 17 North, Rochelle Park, NJ 07662

201-368-4200

## Social Security & SSI

### Social Security

Continental Plaza

401 Hackensack Avenue 2<sup>nd</sup> fl., Hackensack

800-772-1213

### Clifton, Social Security office

935 Allwood Road, Clifton, NJ

800-772-1213

### Paterson Social Security office

200 Federal Plaza, Paterson, NJ 07505

800-772-1213

### Supplemental Security Income (SSI)

Must be 65 years of age, blind, or have a disability and limited income.

800-772-1213

### Social Security how to apply on line

[www.ssa.gov](http://www.ssa.gov)

[www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount)

# **New Jersey Property Tax Relief Programs**

## **Homestead Benefit**

Homeowners who owned and occupied a home in NJ that was their principal residence of the previous year October 1<sup>st</sup> and property taxes must have been paid.

Homeowners will be mailed applications after the end of the income tax filing season.

Rebate application can be filed either online at [www.state.nj.us/treasury/taxation/](http://www.state.nj.us/treasury/taxation/) or by phone at 1-877-658-2972.

## **Property Tax Reimbursement (Senior Tax Freeze)**

Reimbursement of the difference between the amount of property taxes paid for the base year and the amount paid for the year you are applying.

Must be 65 years of age or older or on Social Security Disability; resident of NJ continuously for last 10 years as a homeowner or renter; owned and lived in NJ home for at least the last 3 years; property taxes should be paid in full for base year and succeeding years; meet income limits for base year and succeeding years. Form PTR-1 is for first time applicants and Form PTR-2 is a personalized application that is mailed to those who previously met eligibility requirements. 800-882-6597

For further information and update on income eligibility contact:

## **General Tax Information:**

NJ Division of Taxation **800-323-4400 or 609-826-4400**  
Main Customer Service Center **609-292-6400**

NJ TAXATION - Regional office **201-791-0500**  
22-08 Route 208 South  
Fair Lawn, NJ 07410

## **Property Tax Deduction/Credit**

Homeowners and tenants who pay property taxes, either directly or through rent, on their principal residence in New Jersey may qualify for either a deduction or a refundable credit on their New Jersey resident income tax return. The tax benefit varies depending on the amount of the taxpayer's taxable income, the amount of property taxes or rent paid, and filing status.

## **Other Tax Relief Programs**

**Contact your Municipality for the following programs:**

**Senior Citizens and veterans Annual Property Tax Deduction:** Annual deduction of up to \$250 from property tax for homeowners age 65 or older or disabled who meet income (excluding Social Security income) and residency requirements.



## **Reverse Mortgage**

### **Reverse Mortgage Counseling**

### **Home Equity Conversion Mortgages (HECM)**

Division of Senior Services / ADRC

One Bergen county Plaza, Hackensack NJ, 07601

The Division of Senior Services offers a program with a certified counselor trained by the Agency for Housing and Urban Development (HUD), advising seniors 62 and over on ways to access their home equity so they can remain at home and age-in-place.

**201- 336-7569**

**201-336-7400**

# **AFFORDABLE HOUSING**

## **Rental Assistance and Tenant Services**

<b><u>NJ State Rental Assistance Program</u></b> 100 First Street, Room 207, Hackensack, NJ 07601 Assistance with rent for eligible older adults.	<b>201-996-8990</b>
<b><u>Advance Housing Inc.</u></b> 100 Hollister Road, Teterboro, NJ 07608 Help meet housing needs of people with mental illness through direct services, education, information, and referrals.	<b>201-288-0545</b>
<b><u>Section 8 Housing Voucher Program</u></b> Housing Authority of Bergen County One Bergen County Plaza, 2 <sup>nd</sup> Floor, Hackensack, NJ 07601 Provides rental assistance to eligible older adults and families. Preference is given to those who reside within Housing Authority member communities.	<b>201-336-7600</b>
<b><u>Social Service Association/Ridgewood Area</u></b> 6 Station Plaza, Ridgewood, NJ 07450 Serves Ridgewood, Glen Rock, Ho-Ho-Kus, Midland Park, Waldwick and Wyckoff. Services for low-income persons in need of rental assistance, food pantry, fuel, non-prescription medication and household counseling.	<b>201-444-2980</b>
<b><u>Greater Bergen Community Action</u></b> <b><i>Bergen County Housing Coalition</i></b> 316 State Street, Hackensack, NJ 07601 (Tenant Outreach Program) Provides outreach, legal guidance, information and referral, workshops, speakers.	<b>201-488-6767</b> <b>201-488-5100 ext 3</b>
<b><i>Homeless Prevention Program</i></b> Must be a Bergen County resident and meet eligibility criteria. Depending on available funding, relief can come in the form of paying back utility payments or rent (arrears); security deposit or first month's rent payment in order to obtain new rental housing.	<b>201-488-5100</b>
<b><u>Northeast NJ Legal Services/Senior Law Project</u></b> 190 Moore Street, Suite 100, Hackensack, NJ 07601 Provides free legal service program for senior citizens 60 years of age and older targeting low income clients. Provides information about legal rights and entitlements, legal counseling, and education. Makes referrals to lawyers. Monday –Friday 8:30 am-5 pm.	<b>201-487-2166</b>

**Urban League of Bergen County** 201-568-4988  
12 Tenafly Road, Englewood, NJ 07631  
Housing counseling, referrals, rental assistance and Tenant/landlord disputes.

**Fair Housing Council** 201-489-3552  
131 Main Street, Hackensack, NJ 07601 201-489-4692  
HUD-comprehensive counseling agency for the home buyer or apartment seeker; legal counseling in connection with discrimination complaints. First-time homebuyers counseling, foreclosure counseling.

## **Home Improvement, Safety & Repairs**

**\*NOTE:** Call local Fire or Police Departments to inquire if they offer home safety programs, e.g., free smoke detectors, alarms, decals, or other safety precautions.

**Home Improvement Loan** 201-336-7200  
Bergen County Community Development  
One Bergen County Plaza, 4<sup>th</sup> Floor, Hackensack, NJ 07601  
Provides resources to rehabilitate existing one and two-family houses. Eligibility is based on income, family size and type of improvement. The homeowner may be eligible for a 3% deferred loan for eligible home improvements.

**Home Modifications/Home Repair** 201-996-9100  
Heightened Independence & Progress (HIP)  
131 Main Street, Suite 120, Hackensack, NJ 07601  
MAP (Modification Access Program) and SNAP (Special Needs Assistance Program) provides assistance towards the acquisition of services and adaptive equipment. Assists with barrier-free home renovation projects. (e.g., ramps, etc.)

**Chore Program** 201-489-7790  
Volunteer Center of Bergen County  
64 Passaic Street, Hackensack, NJ 07601  
Minor household repairs without charge (except for materials).

**Rebuilding Together North Jersey** 201-447-8886  
PO Box 1389 Ridgewood, NJ 07451  
Provides critical home repairs and accessibility modifications at no cost for low-income homeowners. Installs smoke alarms and carbon monoxide detectors at no cost for low-income seniors and anyone with a disability.

**Safely@Home – Home Improvements/Repairs**

**201-518-1175**

10 Link Drive, Rockleigh, NJ 07547 -

A program of the Jewish Home Family, Safely@Home is an on-a-need-bases and subscription-bases service providing home modifications for seniors, as well as a one-stop-shop hotline for trusted service providers for routine and emergency maintenance.

<http://jewishhomefamily.org/safely>

**Affordable and Subsidized Housing Resources**

**NJ Housing Resource Center (NJHRC)**

Free, online searchable registry for affordable and accessible housing units throughout the state of NJ including affordable rental housing, affordable for-sale housing, and housing with accessibility features.

<http://www.njhrc.gov/>

**Housing Authority of Bergen County**

**201-336-7600**

One Bergen County, 2<sup>nd</sup> Floor, Hackensack, NJ 07601

**Housing Authorities Municipal**

**Cliffside Park, 500 Gorge Road**

**201-941-0655**

**Edgewater, 300 Undercliff Ave.**

**201-943-6000**

**Englewood, 111 West Street**

**201-871-3451**

**Fort Lee, 1403 Theresa Drive**

**201-947-7400**

**Garfield, 71 Daniel P. Conti Court**

**973-340-4170**

**Hackensack, 65 First Street**

**201-342-4280**

**Lodi, 50 Brookside Avenue**

**973-470-3653**

**Subsidized Housing (Non-Profit and For-Profit Sponsors):**

**Englewood, Greater Englewood Housing**

**201-871-0178**

1 Rock Creek Terrace

**Englewood, Garrett Apartment**

**201-569-8963**

130 Grand Avenue

**Fairview, Eastview Towers**

**201-567-0070**

370 Fairview Avenue

**Fort Lee, Malcolm Towers**

**201-944-5270**

475 Main Street

**Fort Lee, Mediterranean House**

**201-944-5015**

505 North Avenue

**Hasbrouck Heights, Hasbrouck Heights Senior Housing**

**201-592-8118**

245 Hamilton Ave.

**Hillsdale, Hillsdale House**

**201-666-5290**

32 Piermont Avenue

**Leonia, Leonia Retirement Housing Corps**

**201-947-9779**

270 Glenwood Avenue

**Maywood, Lydecker Manor**

**201-368-0926**

150 East Passaic Street

<b>Paramus, Paramus Senior Housing</b> 200 Garden State Blvd.	201-845-8090
<b>Ramsey, The Woodlands at Ramsey</b> 141 Prince Street	201-818-0230
<b>Ridgefield Park, Ryan Lombardi Apartments</b> 278 Main Street	201-440-9621
<b>Rutherford, Rutherford Senior Manor</b> 67 Kipp Avenue	201-438-7327
<b>Ridgewood, Ridgecrest Senior Housing</b> 7-11 Ridge Road	201-444-0722
<b>Teaneck, Teaneck Senior Housing</b> 5 Dogwood Lane	201-833-1033
<b>Tenafly, Tenafly House</b> 357 Tenafly Road	201-569-7933
<b>Westwood, Westwood House</b> 100 Madison Avenue	201-666-1778

## Other Housing Arrangements

### Adult Retirement Communities

<b><u>Brookside Village</u></b> 20, 40 & 60 Blanch Avenue, Harrington Park, NJ 07640 (Adult Community)	201-768-0365
<b><u>Glen Courts Senior Citizens Apartments</u></b> 1 Glen Avenue, Glen Rock, NJ 07452 (Independent Living)	201-445-5276
<b><u>St. Peter the Apostle Senior Residence</u></b> 415 Fifth Avenue, River Edge, NJ 07661 <a href="http://www.stpetersresidence.org">www.stpetersresidence.org</a>	201-225-0707

### Licensed Boarding homes/Shared Living Arrangements

<b><u>Carner House</u></b> 280 Larch Avenue, Bogota, NJ 07603	201-342-8940
<b><u>SHARE Incorporated</u></b> The Cottage Place & Prospect Place 130 Prospect St., Ridgewood, NJ 07450	201-670-9605
<b><u>Hillcrest Residence at Christian Health Care</u></b> 301 Sicomac Ave., Wyckoff, NJ 07481	201-848-5200

**Shared Housing**

Women's Rights Information Center  
108 West Palisade Avenue, Englewood, NJ 07631

**201-568-1166**

# IN-HOME SERVICES

## Meals on Wheels

### Bergen County Division of Senior Services

201-336-7420

Meals on Wheels Program

One Bergen County Plaza, 2<sup>nd</sup> Floor, Hackensack, NJ 07601  
seniors@co.bergen.nj.us

Persons who meet the following criteria may be eligible for enrollment:

- Bergen County Resident
- Age 60 years and older
- Homebound and unable to shop and/or prepare a nutritious meal for oneself
- Receives in-home assistance for no greater than 4 hours per day
- Does not require a special diet

Weekday meals, Monday – Friday. Clients have a choice between the Hot Meal Plan or the Frozen Meal plan:

- Hot Meal Plan:  
One hot meal delivered each weekday Monday – Friday
- Frozen Meal Plan:  
Five fully cooked, flash frozen meals delivered once a week on a specified day.  
*Weekend meals are available for nutritionally high-risk clients only.*

### Community Meals, Inc.

201-447-8295

C/O Christ Church, 105 Cottage Place, Ridgewood, NJ 07450

[www.communitymealsonwheels.org](http://www.communitymealsonwheels.org)

Serving those of all ages that are ill or disabled. Special diet meals available. Two meals per day, Monday – Friday.

Serving: Allendale, Glen Rock, Ho Ho Kus, Midland Park, Ridgewood, parts of Saddle River and Waldwick.

### Jewish family & Children's Services of Northern New Jersey (Kosher)

201-837-9090

1485 Teaneck Road, Teaneck, NJ 07666

17-10 River road, Fair Lawn, NJ 076410

One box of 5 or 7 frozen meals delivered once per week

Serving Bergenfield, Cliffside Park, Dumont, Edgewater, Englewood, Englewood Cliffs, Fairview, Fort Lee, Fair Lawn, Elmwood Park, Saddle Brook, Glen Rock, Hackensack, Lodi, Maywood, New Milford, Paramus, Ridgely Park, Ridgewood, Teaneck, Tenafly, River Edge.

**Meals on Wheels North Jersey****201-358-0050**

100 Madison Ave., Westwood, NJ 07676

Services homebound persons of all ages.

Hot lunch and sandwich delivered, Monday – Friday, for \$7.35 per day or one hot meal for a donation based upon availability.

Special diet meals available.

Serving: Alpine, Closter, Cresskill, Demarest, Dumont, Emerson, Franklin Lakes, Harrington Park, Haworth, Hillsdale, Mahwah, Montvale, New Milford, Northvale, Norwood, Oakland, Old Tappan, Oradell, Paramus, Park Ridge, Ramsey, River Edge, River Vale, Rockleigh, Saddle River, Tenafly, Upper Saddle River, Washington Township, Westwood, Woodcliff Lake.

[www.mealsonwheelsnorthjersey.org](http://www.mealsonwheelsnorthjersey.org)**Wyckoff Meals on Wheels****201-891-4840**

Town Hall, Franklin Avenue, Wyckoff, NJ 07481

All ages, Monday – Friday, special diets available. Serving: Wyckoff.

**Moms Meals****1-877-508-6667**Fresh made meals delivered to clients. Special diet menus  
[www.momsmeals.com](http://www.momsmeals.com)**In-Home Physician Services****Community House call Physicians****201-536-9000**

196 Jewett Avenue, Jersey City, NJ 07304

Provides medical care to patients who have difficulty getting out of their homes. Nurse practitioners make house calls under a physician's supervision. Medicare covers 80% of the cost.

Serving Bergen, Hudson, Essex Counties.

**Visiting Physician**

615 Hope Rd, Building 5 A Eatontown, NJ 07724

Provides medical care to patients who have difficulty getting out of their homes.

**732-571-1000 or  
888-771-3338**



## **In-Home Emergency Response Systems**

### **Lifeline Device**

(Administered through local hospitals)

**800-543-3546**

### **Bergen County Wellness Check Program**

A daily electronic phone call will be made at a self-designated time. If the system cannot make contact, a call will be placed to designated family or friends. Available free of charge to Bergen County residents over the age of 60, homebound or disabled.

**201-336-7400**

## **Telephone Reassurance/ Friendly Visitors**

### **Kip Senior Center: Bridge Builders Program**

55 Kip Avenue Rutherford, NJ 07070

This program serves those in South Bergen County who are isolated seniors, adults with disabilities, or temporarily incapacitated and are in need of in-home support service and companionship.

**201-460-1600**

### **CHEER CALLERS**

**Visiting Homemaker Service of Bergen County Inc.**

298 Union Street, Hackensack, NJ 07601

Daily phone calls to homebound elderly adults.

**201-488-0041**

### **NEIGHBORCARE Telephone Network**

Friendly callers help restore balance and improve the morale of incapacitated or lonely individuals through regular social contact.

[www.neighborcare.us](http://www.neighborcare.us)

**201-491-333333**

**201-444-0810**

### **Telephone Reassurance and Friendly Visitors Program**

**Jewish Family & Children's Services of Northern NJ**

1485 Teaneck Rd., Teaneck, NJ 07666

**201-837-9090**

## **Home Health Care Services**

### **Commission on Accreditation for Home Care, Inc.**

154 South Street, 2<sup>nd</sup> floor

New Providence, NJ 07974

CAHC lists Accredited Agencies in good standing that service Bergen County.

(e-mail: [info@cahcnj.org](mailto:info@cahcnj.org))

**908-508-1200**

**fax: 973-880-9136**

### **Bridgebuilders HOME FRIENDS**

**Kip Center** – 55 Kip Avenue, Rutherford, NJ 07070

In-Home support services e.g. companionship; escort for shopping, errands, transportation needs, medical appointments, senior center visits; telephone contact; modified respite care; light household chores; light meal preparation; arranging doctor appointments, etc.

**201-460-1600**

### **CHEER Program/ Visiting Homecare**

Visiting Homemaker Service of Bergen County, Inc.

298 Union Street, Hackensack, NJ 07601

Help with shopping, errands, light housekeeping, etc. (Not available in all towns)

**201-488-0041**

## **Grooming Services**

In-home hair care by licensed barbers and hairstylists at the homes of those who have trouble making the trip to a conventional barbershop or hair salon.

### **Cuts USA**

195 Valley Blvd., Woodridge, NJ 07075

**201-939-7979**

### **Moble Hair Dresser for Seniors**

Church Street, Teaneck NJ 07666

Contact Patricia Bennett for an appointment

**397-866-0759**

# **CAREGIVERS SUPPORT SERVICES**

## **Adler Aphasia Center Caregivers Support Group**

**201-368-8585**

60 West Hunter Avenue, Maywood, NJ07607

Meets every second Monday of month 7:00pm-9:00pm

Contact Elissa Goldstein

egoldstein@adleraphasiacenter.org

## **Care2Caregivers**

**800-424-2494**

151 Centennial Avenue, Piscataway, NJ 08854

Free, ongoing peer support for caregivers taking care of people with dementia

care@care2caregivers.com

www.care2caregivers.com/

## **Caregiver's Coalition**

**201-336-7427**

**Division of Senior Services, Advisory Council's Education & Outreach Committee**

One Bergen County Plaza 2<sup>nd</sup> floor, Hackensack, NJ 07601

The coalition works to strengthen services, resources, and access to information for caregivers.

## **NJ Self-Help Group Clearinghouse**

**800-367-6274**

[www.njgroups.org](http://www.njgroups.org)

Maintains a database of information of over 4,000 self-help support groups in the U.S. and over 800 Organization: provides information and referral services: also trains people to find and form self-help groups.

Go to [www.njgroups.org](http://www.njgroups.org) to download the Self-Help Support Group directory.

## **National Organization for Empowering Caregivers**

(NOFEC)

425 West 23<sup>rd</sup> Street #9B, New York, NY 10011

Empowering caregivers with resources, private counseling and healing circle.

www.care-givers.com

## **Family Caregiver Alliance**

**800-445-8106**

National center on caregiving provides education information with fact sheets on caregiving & depression, dementia behavior and caregiving planning, etc.

**The Gallen Center's Caregiver Support Group** **201-784-1414**

**A program from the Jewish Home Family**

10 Link Drive, Rockleigh, NJ 07647

<http://JewishHomeFamily.org>

In conjunction with the Alzheimer's Association, Greater New Jersey Chapter, Caregiver Support Groups are held once a month, free of charge and open to the public. Facilitated by the Gallen Adult Day Health Care Center's professional staff, the group addresses the emotional and practical issues of caring for a loved one in a supportive atmosphere.

**Holy Name Medical Center Caregiver Support Group** **201-833-3757**

**Holy Name Medical Center Day Away Center**

725 Teaneck Road, Teaneck, NJ 07666

**Care One at the Cupola, Caregiver Support Group** **201-444-8200**

W. 100 Ridgewood Avenue, Paramus, NJ 07652

1<sup>st</sup> Wednesday of the Month at 5:30 pm

**Sunrise Assisted Living of Paramus, Caregiver Support Group** **201-493-9889**

567 Paramus Road, Paramus, NJ 07652

3<sup>rd</sup> Sunday of the Month at 4:00 pm

**Sunrise Assisted Living of Basking Ridge** **908-542-9000**

404 King George Road, Basking Ridge, NJ 07920

3<sup>rd</sup> Wednesday of the Month at 7:00 pm

**Vantage Health System, Inc., Caregiver Support Group** **201-385-4400**

2 Park Avenue, Dumont, NJ 07629

Spouse Caregivers Support Group: Meets twice-monthly. Spouse caregivers dine and discuss caregivers issues & spouse care recipients are supervised with therapeutic activities & dinner. Agency also has an Adult Child support group.  
Call for days and time.

**Kaplen JCC on the Palisades, Caregiver Support Group** **201-408-1450**

**Kaplen Adult Reach Center**

411 East Clinton Avenue, Tenafly, NJ 07670

Caregiver's support group, meets twice a month, 2<sup>nd</sup> Monday at 7:00 pm and 4<sup>th</sup> Tuesday at 10:30am .

**Parkinson's Support Group**

422 Cedar Hill Avenue, Wyckoff, NJ 07481

Cedar Hill Christian Reformed Church

[Ron773h@yahoo.com](mailto:Ron773h@yahoo.com)

[aweldon@optonline.net](mailto:aweldon@optonline.net)

[ratner2@optonline.net](mailto:ratner2@optonline.net)

### **Dorot Caregivers' Connection**

Informational workshops and support groups are conducted through telephone conference calls. Caregivers can share concerns, exchange suggestions, and get much needed information in the comfort of their home.

[www.dorotusa.org](http://www.dorotusa.org)

**212-769-2850**  
**1-877-819-9147**

## **Caregivers Handling Crisis**

### **Adult Protective Service**

Investigates reports of suspected abuse, neglect, and exploitation of vulnerable adults living in the community.

**201-368-4300**

### **Psychiatric Emergency Screening Program (PESP)**

Care Plus NJ, Inc.

610 Valley Health Plaza, Paramus, NU 07652

A Division of Care Plus NJ, Inc. is the designated screening center for Bergen County. Services are available 24 hours per day, 365 days per year.

**201-262-4357**

### **Care 2 Caregivers**

Peer Support Helpline for Dementia Caregivers

Provides peer support, guidance on coping with loved when with dementia. Also provides counseling as well as education

Call or email: [care@care2caregivers.com](mailto:care@care2caregivers.com)

**800-424-2494**

## **Grandparents as Caregivers**

### **HOTLINE: Kinship Navigator**

Kinship Caregivers – P.O. Box 717, Trenton, NJ 08625

Information, referral and advocacy services for family caregivers.

Request a copy of the brochure which lists services for grandparents raising grandchildren. Also, inquire about available services and benefits.

**201-398-9110**

**201-797-2660**

**609-888-7400**

### **Grandparents raising grandchildren support group**

Bergen Family Center/Family Success Center

44 Armory street, 2<sup>nd</sup> floor, Englewood, NJ 07631

[ls@fsobergen.org](mailto:ls@fsobergen.org)

[www.fsobergen.org](http://www.fsobergen.org)

**201-796 6209 xt. 102**

**Family Support Organization of Bergen County**

**201-796-6209**

0-108 29<sup>th</sup> St., Fair Lawn, NJ07410

A family-run, county-based nonprofit that provides education, advocacy, support groups, and workshops for families and caregivers of children with mental, emotional, and behavioral needs.

[www.FSOBergen.org](http://www.FSOBergen.org)

**Bergen County Division of Family Guidance**

**201-336-7350**

1 Bergen County Plaza 2<sup>nd</sup> Floor

Hackensack, NJ 07601

Juvenile/Family Crisis Unit Hotline

All youth under 18 years old

## **Respite Care Services**

Respite programs offer temporary relief for caregivers to help alleviate some of the physical and emotional demands associated with caregiving. Services available may include companions, homemaker, home health aides, medical/social adult day care, short-term inpatient care, skilled nursing, etc. Call individual programs to inquire about eligibility requirements and waiting lists.

**Statewide Respite Care Program**

**201-336-6500**

Bergen County Division on Disability Services

One Bergen County Plaza, 2<sup>nd</sup> Floor, Hackensack, NJ 07601

Provides relief services e.g. homemakers/home health aides, medical or social adult day care, short-term inpatient care, camp, assisted living, (skilled nursing) to caregivers.

Call to inquire about eligibility requirements.

**Bergen Regional Medical Center**

**201-967-4073**

Long-Term Care Division

230 East Ridgewood Avenue, Paramus, NJ 07652

Provides temporary residential care (beds) for a minimum of 3 days and up to 30 days. Meals are provided, as well as round the clock nursing care. Must complete application. Call to inquire about fees and/or to visit the facility. Medicaid and private pay.

**Volunteer Social Respite Care Program**

**201-291-6000**

**ext. 1117499**

Valley Home & Community Health Care, Inc.

15 Essex Rd., Paramus NJ, 07652

Volunteer program that is strictly “social” respite services; must be homebound and have a caregiver. Priority given to Valley Hospital patients. (\*There is a waiting list; to apply and/or inquire about waiting list, call the above number.)

**Alzheimer's New Jersey**

The Respite Care and Wellness Program

400 Morris Avenue, Suite 251, Denville, NJ 07834

[www.alznj.org](http://www.alznj.org)

**888-280-6055**

**973-586-4300**

**\*NOTE:** Some home health agencies provide respite care services; call agencies to inquire about fees for service. Also, there are nursing homes that provide respite beds on a temporary basis; call individual nursing homes to inquire about respite beds.

# LONG TERM CARE SERVICES

## Care Management

**One-stop service planning for older adults and people with a disability-comprehensive assessment of needs and assistance with linkage to programs and services.**

**Bergen Family Center** 201-568-0817  
44 Armory Street, Englewood, NJ 07631 ext. 127  
[www.bergenfamilycenter.org](http://www.bergenfamilycenter.org)

**Catholic Charities-Older Adult Services** 201-441-9421  
57 Pink Street, Hackensack NJ 07601  
[www.ccannj.org](http://www.ccannj.org)

**Friends of Grace Seniors, Korean Community Center** 201-541-1200  
100 Grove Street, Tenafly, NJ 07670  
[www.kccus.org](http://www.kccus.org)

**Heightened Independence & Progress (HIP)** 201-996-9100  
131 Main Street, Suite 120, Hackensack, NJ 07601  
[www.hipcil.org](http://www.hipcil.org)

**H.O.P.E. Individual and Family Services** 201-646-1995  
259 Passaic Street, Hackensack NJ 07601  
Case management, opportunity, prevention, and education for ex-offenders.  
[www.hopeforexoffendersinc.org](http://www.hopeforexoffendersinc.org)

**Jewish Home at Home** 201-750-3077  
10 Link Drive, Rockleigh, NJ 07647  
Sliding scale for those people who are financially eligible.  
[www.jewishhomefamily.org](http://www.jewishhomefamily.org)

**Jewish Family & Children Services of Northern NJ** 201-837-9090  
1485 Teaneck Road, Teaneck, NJ 07666  
[www.jfcsnj.org](http://www.jfcsnj.org)

1 Pike Drive Wayne, NJ 07470 973-595-0111  
[inf@jsfnorthjersey.org](mailto:inf@jsfnorthjersey.org)

**Aging Care Association Care Management** 520-881-8008  
National Organization  
3275 West Ina Road Suite 130, Tuscan, Az. 85741  
[www.aginglifecare.org](http://www.aginglifecare.org)

**Mental Health Service for Care Management** 201-848-5200  
**Christian Health Care, Ramapo Ridge**  
301 Sicomac Avenue, Wyckoff, NJ 07481  
[www.CHCCNJ.org](http://www.CHCCNJ.org)



## **Adult Day Care Programs**

The ever-increasing number of people who live to advanced years and whose functional levels are impaired has created a need for a broad range of community-based services to assist those older persons, younger disabled adults, and their families as caregivers. An adult day care program provides multiple health and social services in a congregated setting, enhancing the daily lives of the program's participants and enabling their continued involvement in the community. These facilities provide a segment of time during the day or evening for the family/caregivers to engage in activities suitable to their personal needs. Transportation may be available

**Adult Medical Day Care** **201-773-9090**

22-08 Route 208 , Fair Lawn, NJ 07410  
Medical Day Care

**Bergen Family Center** **201-568-0817**

44 Armory Street, Englewood, NJ 07631  
Social Day Care for the frail

**Broadway Medical Adult Day Care** **201-797-1177**

24-20 Broadway, Fair Lawn, NJ 07410  
Medical Adult Day Care

**Christian Health Care Center** **201-848-5829**

301 Sicomac Avenue, Wyckoff, NJ 07481  
Medical/ Social Adult Day Care (Alzheimer)

**Comprehensive Behavioral Healthcare Inc.** **201-935-3322**

516 Valley Brook Avenue, Lyndhurst, NJ 07071  
Medical Adult Day Care  
Alzheimer & Dementia

**Christian Health Care Center** **201-848-5829**

301 Sicomac Avenue, Wyckoff, NJ 07481  
Medical/ Social Adult Day Care (Alzheimer)

**Comprehensive Behavioral Healthcare Inc.** **201-935-3322**

516 Valley Brook Avenue, Lyndhurst, NJ 07071  
Psychiatric (Partial) Adult Day Care

**Day Away Holy Name Medical Center** **201-833-3757**

725 Teaneck Road, Teaneck, NJ 07666  
Medical Adult Day Care

**Gallen Day Center - Adult Day Care Programs** **201-784-1414**

**Jewish Home at Rockleigh**  
10 Link Drive, Rockleigh, NJ 07674  
Medical Day Care

<b><u>Good Shepard Adult Day Care</u></b> 725 Valley Brook Avenue, Lyndhurst, NJ 07071 Medical Day Care	<b>201- 933-0711</b>
<b><u>Kaplen JCC on the Palisade ARC program</u></b> 411 E. Clinton Avenue, Tenafly, NJ 07670 Social Adult Day Care	<b>201-569-7900</b>
<b><u>Long Life Adult Day Care</u></b> 596 Anderson Avenue, Cliffside Park, NJ 07010 Medical Adult Day Care	<b>201-943-7111</b>
<b><u>My Home Adult Day Care Center Inc.</u></b> 217 Hergesell Avenue, Maywood, NJ 07607 Medical Adult Day Care	<b>201-291-8811</b>
<b><u>New Life Medical Day Care Center</u></b> 340 Evelyn Street, Paramus, NJ 07652	<b>201-265-0606</b>
<b><u>Peaceful Adult Day Care</u></b> 101 Industrial Road Suite C. Little Ferry NJ 07643 Medical (speak Korean)	<b>201-870-6265</b>
<b><u>Patriot Elder Care</u></b> 15 North Fifth Street Unit 101, Saddle Brook, NJ 07663 Social Adult Day Care	<b>201-880-7755</b>
<b><u>Regency Memory Daycare</u></b> 91 Route 4 East, River Edge, NJ 07661 Memory social day club for those with memory impairment	<b>201-525-2200</b>
<b><u>Senior Connection Adult Day Care</u></b> 164 Franklin Turnpike, Waldwick, NJ 07463 Social Adult Day Care	<b>201-857-3558</b>
<b><u>Sunshine Adult Day Care</u></b> 16 N. Washington Avenue, Bergenfield, NJ 07621 Medical Adult Day Care	<b>201-387-8500</b>
<b><u>Northern Valley Adult Day Healthcare Center</u></b> 2 Park Avenue, Dumont, NJ 07628 Medical Adult Day Care	<b>201-385-4400 ext. 3084</b>

## Hospice Service/End of life

<b>Home Care &amp; Hospice Association of NJ</b> 485D route 1 South, suite 210, Iselin, NJ 08830 <a href="http://www.homecarenj.org">www.homecarenj.org</a> <a href="mailto:info@homecarenj.org">info@homecarenj.org</a>	<b>732-877-1100</b>
<b><u>Compassionate Care Hospice</u></b> <a href="http://www.cchnet.net">www.cchnet.net</a>	<b>973-537-5606</b>
<b><u>Care Alternative Hospice</u></b> 65 Jackson Dr., Cranford, NJ07016 <a href="http://www.ascendhealth.com">www.ascendhealth.com</a>	<b>908-931-9080</b>
<b><u>Holy Name Medical Center Home Care – Hospice Unit</u></b> 718 Teaneck Rd, Teaneck, NJ 07666	<b>201-833-3188</b>
<b><u>Hospice Care Of Hackensack</u></b> 21 Main Street, Suite 253, Hackensack, NJ 07601	<b>201-342-7766</b>
<b><u>Life source Services Hospice, LLC</u></b> 230 East Ridgewood Ave., Suite 307, Paramus, NJ 07652	<b>201-967-4313</b>
<b><u>Valley Homecare and Hospice</u></b> 15 Essex Road, Paramus, NJ 07652	<b>201-291-6000</b>
<b><u>Villa Marie Claire</u></b> 12 West Saddle River Road, Saddle River, NJ 07458	<b>201-783-8870</b>

**NOTE: Some nursing homes provide hospice beds. Call individual nursing homes to inquire.**

## **Assisted Living, Residential Health Care Facilities and Nursing Homes**

For “*Selecting a Long-Term Care Setting – A Guide for New Jersey Consumers*” go to [www.nj.gov/health/njhealth/ltc\\_guide](http://www.nj.gov/health/njhealth/ltc_guide)

For information on long-term health care facilities in New Jersey go to [www.medicare.gov](http://www.medicare.gov) and [www.state.nj.us/health](http://www.state.nj.us/health)

### **Quality of Care Issues / Ombudsman**

#### **NJ Department Of Health & Senior Services**

##### **OFFICE OF ONBUDESMAN**

P O Box 852, Trenton, NJ 08625

Promotes & protects the rights, health, safety and welfare of seniors, age 60+ and in certain healthcare facilities (e.g. nursing homes, residential healthcare facilities, etc.) investigates specific complaints/reports of abuse.

**877-582-6995**

#### **Nursing Home Volunteer Advocacy Program**

Trained volunteers advocate for residents of NH, providing socialization and help with any concerns about their personal situation and care.

[www.nj.gov/ooie/home/volunteerprogramdescript.html](http://www.nj.gov/ooie/home/volunteerprogramdescript.html)

## **Assisted Living**

### **Actor's Fund Home**

201-871-8882

155-175 West Hudson Avenue, Englewood, NJ 07631  
Retired Theatrical Persons/Multi-Level Facility/  
Connected with a nursing home.

### **Arbor Terrace of Teaneck**

201-836-9260

600 Frank W. Burr Blvd., Teaneck, NJ 07666

### **Atrium Senior Living**

201-782-0440

124 Noyes Drive, Park Ridge, NJ 07656

### **Brandywine Senior Living**

201-800-8070

814 Wyckoff Avenue, Mahwah, NJ 07430

### **Brighten Gardens of Saddle River**

201-818-8680

5 Brookline Road, Saddle River 07458

### **Brightview**

201-510-2060

55 Hudson Avenue, Tenafly, NJ 07670

### **Bright Side Manor**

201-692-1000

300 Teaneck Road, Teaneck, NJ 07666  
Licensed Comprehensive Personal Care Home that provides assisted living services to people 60 and older. Serves older adults of all income levels. Accepts Medicaid without a private pay spend-down period.  
[www.brightsidemanor.org](http://www.brightsidemanor.org)

### **Bristol at Woodcliff Lake**

201-505-9500

364 Chestnut Ridge Road, Woodcliff Lake, NJ 07677

### **Brookdale Senior Living Paramus**

201-251-9600

186 Paramus Road , Paramus, NJ 07652

### **Brookdale Senior Living Emerson**

201-986-9009

590 Old Hook Road, Emerson, NJ 07630

### **Chestnut Hill Residence**

973-777-7800

338 Chestnut Street, Passaic, NJ 07055

### **Christian Health Care Center**

201-848-4303

301 Sicomac Avenue, Wyckoff, NJ 07481

### **Care One at the Cupola**

201-444-8200

West 100 Ridgewood Avenue, Paramus, NJ 07652  
Residential Health Care Facility/Assisted Living retirement Residence  
Connected with a nursing home

<b><u>Evergreen Court Retirement Residence</u></b> 65 Lafayette Street , Spring Valley, NY 10977 <u>Affordable Assisted Living; SSI Accepted.</u>	<b>845-356-7700</b>
<b><u>Five Star Premium Residences of Teaneck</u></b> 655 Pomander Walk Street A, Teaneck, NJ 07666	<b>201-836-3634</b>
<b><u>Jewish Home Assisted Living, Kaplen Family Senior Residence</u></b> 685 Westwood Ave., River Vale, NJ07675 Glatt Kosher community and is a non-sectarian community open to all seniors regardless of race, religion, and national origin. Connected with a nursing home	<b>201-666-2370</b>
<b><u>The Longview (Christian Healthcare Center)</u></b> 301 Sicomac Avenue, Wyckoff, NJ 07481	<b>201-848-4303</b>
<b><u>Mill Gardens at Midland Park</u></b> 36 Faner Road, Midland Park, NJ 07432	<b>201-493-7400</b>
<b><u>Sunrise Assisted Living</u></b> 3 Tenakill Park E., Cresskill, NJ 07626	<b>201-871-0300</b>
<b><u>Sunrise Assisted Living</u></b> 351 River Road, Edgewater, NJ 07020	<b>201-941-6111</b>
<b><u>Sunrise Assisted Living</u></b> 195 Old Tappan Road, Old Tappan, NJ 07675	<b>201-750-1110</b>
<b><u>Sunrise Assisted Living</u></b> 567 Paramus Road, Paramus, NJ 07652	<b>201-493-9889</b>
<b><u>Sunrise Assisted Living</u></b> 5 Boroline Road, Saddle River, NJ 07458	<b>201-818-8680</b>
<b><u>Sunrise Assisted Living</u></b> 430 Chestnut Ridge Road, Woodcliff Lake, NJ 07677	<b>201-782-1888</b>

## **Residential Care Homes for People with Alzheimer's/Dementia**

<b><u>Memory Care Living at Cresskill</u></b> 248 Madison Avenue, Cresskill, NJ 07626	<b>201-368-7070</b>
<b><u>Memory Care Living at Hillsdale</u></b> 45 Pascack Road, Hillsdale, NJ 07642	<b>201-368-7070</b>
<b><u>Memory Care Living at Mahwah</u></b> 699 Wyckoff Avenue, Mahwah, NJ 07430	<b>201-368-7070</b>
<b><u>Memory Care Living at Paramus</u></b> 143 North Farview Avenue, Paramus, NJ 07652	<b>201-368-7070</b>
<b><u>Memory Care Living at Park Ridge</u></b> 103 Kinderkamack Road, Park Ridge, NJ 07656	<b>201-368-7070</b>
<b><u>Memory Care Living at Ramsey</u></b> 38 North Central, Ramsey, NJ07446	<b>201-368-7070</b>
<b><u>Memory Care Living at Woodcliff Lake</u></b> 290 Werimus Road, Woodcliff Lake, NJ 07675	<b>201-368-7070</b>

## **Residential Health Care Facilities**

Residential Health Care Facilities are licensed by the State Department of Health and Senior Services. A licensed physician must certify that the resident does not have a medical or personal care needs which exceed the level of services provided in a residential health care facility.

The main purpose of this level of care is that it provides for many individuals (who are primarily elderly) and their families a delivery system that allows for a home-like atmosphere, while maintaining continuous supervision of health care and daily activity needs.

Licensed Residential Health Care Facilities provide the following services: (1) 24-hour supervision; (2) Provision of Assistance with personal hygiene, management of funds for clothing and other purchases and supervision of all medication; (3) Health Maintenance and Monitoring Services include assessment of medical, social, and health history needs and corresponding plans to meet those needs. (Registered Nurse); (4) dietary services; (5) arrangement for activity participation in and outside the facility.

### **The Atrium**

**201-825-0660**

Allendale Community for Mature Living

Mailing: 85 Harreton Road, Allendale, NJ 07401

Visiting: 65 Route 17 South, Allendale, NJ 07401

Residential Health Care and Multi-Level Facility

\* Connected with a nursing home

### **Buckingham at Norwood**

**201-768-6222**

100 McClellan Street, Norwood, NJ 07648

### **Five Star Premium Residences of Teaneck**

**201-836-3634**

655 Pomander Walk, Teaneck, NJ 07666

### **Hillcrest Residence (Christian Health Care Center)**

**201-848-5856**

301 Sicomac Avenue, Wyckoff, NJ 07481

(Residential Health Care Facility/Multi-Level Facility)

\*Connected with a nursing home, Independent Living,

Psychiatric Hospital & Assisted Living

### **Home for Armenian Aged**

**201-261-6662**

70 Main Street Emerson, NJ 07630

Residential Health Care Facility/Multi-Level Facility –

Medicare/Medicaid certified

\*Connected with a nursing home

### **Waterfront Rest Home**

**201-391-2442**

210 Broadway, Woodcliff Lake, NJ 07675



## **Nursing Homes**

<b><u>The Actor's Fund Home</u></b> 155 West Hudson Avenue, Englewood, NJ 07631 For retired theatrical persons Medicare/Medicaid/Private Pay	<b>201-871-8882</b>
<b><u>Alaris Health Care Center</u></b> 96 Parkway, Rochelle Park, NJ 07662 Medicare/Medicaid/Private	<b>201-845-0099</b>
<b><u>Allendale Nursing Home</u></b> 85 Harreton Road, Allendale, NJ 07401 Medicare/Medicaid/Private Pay	<b>201-825-0660</b>
<b><u>Armenian Nursing &amp; Rehabilitation Center</u></b> 70 Main Street, Emerson, NJ 07630 Medicare/Medicaid/Private	<b>201-261-6662</b>
<b><u>Bergen County Health Care Center</u></b> 35 suite B Piermont Road, Rockleigh, NJ 07647 Medicare/Medicaid/Private	<b>201-750-8310</b>
<b><u>Bergen Regional Medical Center</u></b> 230 E. Ridgewood Avenue, Paramus, NJ 07652 Medicare/Medicaid/Private	<b>201-967-4170</b>
<b><u>Buckingham At Norwood</u></b> 100 McClellan Street, Norwood, NJ 07648 Buckingham has a dedicated unit for Korean patients Medicare/Medicaid/Private Pay	<b>201-768-6222</b>
<b><u>Care One At Cresskill</u></b> 221 County Road, Cresskill, NJ 07626 Medicare/Private Pay	<b>201-567-9310</b>
<b><u>Care One At Ridgewood Avenue</u></b> 90 West Ridgewood Avenue, Paramus, NJ 07652 Medicare/Private Pay	<b>201-652-1950</b>
<b><u>Care One At Teaneck</u></b> 544 Teaneck Rd., Teaneck, NJ07666 Medicare/Private Pay	<b>201-862-3300</b>
<b><u>Care One At Valley</u></b> 300 Old Hook Road, Westwood, NJ 07675 Medicare/Medicaid/Private	<b>201-664-8888</b>

<b><u>Care One At Wellington</u></b> 301 Union Street, Hackensack, NJ 07601 Medicare/Medicaid/Private	<b>201-487-4900</b>
<b><u>Christian Health Care Center</u></b> 301 Sicomac Avenue, Wyckoff, NJ 07481 Medicare/Medicaid/Private Pay	<b>201-848-5200</b>
<b><u>County Manor Health Care &amp; Rehabilitation</u></b> 133 County Road, Tenafly, NJ 07670 Medicare/Medicaid/Private Pay	<b>201-567-7800</b>
<b><u>Daughters Of Israel Geriatric Center</u></b> 1155 Pleasant Valley Way, West Orange, NJ 07052 Medicare/Medicaid/Private	<b>973-731-5100</b>
<b><u>Daughters Of Miriam Center</u></b> <b>155 Hazel Street, Clifton, NJ 07015</b> Medicare/Medicaid/Private	<b>973-772-3700</b>
<b><u>Dellridge Health &amp; Rehabilitation Center</u></b> 532 North Farview Avenue, Paramus, NJ 07652 Medicare/Medicaid/Private	<b>201-265-5600</b>
<b><u>Emerson Health Care Center</u></b> 100 Kinderkamack Road, Emerson, NJ 07630 Medicare/Medicaid/Private	<b>201-265-3700</b>
<b><u>Inglemoor Center</u></b> 333 Grand Avenue, Englewood, NJ 07631 Medicare/ Medicaid/Private Pay	<b>201-568-0900</b>
<b><u>Jewish Home at Rockleigh</u></b> Rehabilitation Center 10 Link Drive, Rockleigh, NJ 07647 Medicare/Medicaid/Private	<b>201-784-1414</b>
<b><u>Lincoln Park Care Center</u></b> 499-521 Pine Brook Road, Lincoln Park, NJ 07035 Located in Morris County) (Medicare/Medicare Private *Intermediate Care Center also.	<b>973-696-3300</b>
<b><u>Maple Glen Center Nursing &amp; Rehabilitation</u></b> 12-15 Saddle River Road, Fair Lawn, NJ 07410 Medicare/Medicaid/Private Pay	<b>201-797-9522</b>
<b><u>Maywood Center For Health &amp; Rehabilitation</u></b> 100 West Magnolia Ave., Maywood, NJ 07607 Medicare, Medicaid, Private Pay	<b>201-843-8411</b>

<b><u>Oakland Rehabilitation &amp; Health Care Center</u></b> 20 Breakneck Road, Oakland, NJ 07436 Medicare/Medicaid/Private	<b>201-337-3300</b>
<b><u>Oradell Health Care Center</u></b> 600 Kinderkamack Road, Oradell, NJ 07649 Medicare/Medicaid/Private	<b>201-967-0002</b>
<b><u>Prospect Heights Care Center</u></b> <b>336 Prospect Ave., Hackensack, NJ07601</b> Medicare/ Medicaid /Private Pay	<b>201-678-1800</b>
<b><u>Regent Care Center</u></b> 50 Polifly Road, Hackensack, NJ 07601 Medicare/Medicaid/Private	<b>201-646-1166</b>
<b><u>Ridgewood Center</u></b> 330 Franklin Turnpike, Ridgewood, NJ 07450 Medicare/Medicaid/Private	<b>201-447-1900</b>
<b><u>Teaneck Nursing Home</u></b> 1104 Teaneck Road, Teaneck, NJ 07666 Medicare/Medicaid/Private	<b>201-833-2400</b>
<b><u>Van Dyk Healthcare of Ridgewood</u></b> 304 South Van Dien Avenue, Ridgewood, NJ 07450 Medicare/Medicaid/Private	<b>201-445-8200</b>
<b><u>Woodcliff Lake Health &amp; Rehabilitation Center</u></b> 555 Chestnut Ridge Road, Woodcliff Lake, NJ 07677 Medicare/Medicaid/Private	<b>201-391-0900</b>
<b><u>Woodcrest Healthcare Center</u></b> 800 River Road, New Milford, NJ 07646 Medicare/Medicaid/Private	<b>201-967-1700</b>

**NOTE: Some nursing homes provide respite beds/short stay services on a temporary basis.  
Call individual nursing homes to inquire.**

# **MEDICAL & SURGICAL EQUIPMENT & SUPPLIES**

Below is a partial list of vendors and the supplies they carry, sell and rent of bathroom safety equipment, canes, wheel chairs, walkers, hospital beds, oxygen, medical and diabetic supplies etc. call for more information.

NOTE: Medicare Part B (Medical Insurance) covers medically necessary durable medical equipment (DME) that is prescribed by your doctor for use in your home. Durable Medical Equipment (DME) prescribed must meet Medicare criteria. If the supplier accepts assignment, the cost is 20% of the Medicare-Approved amount, and part B deductible applies (however, some restrictions may apply). If you live in or visit certain areas, you may be affected by Medicare's Competitive Bidding Program. Contact suppliers in the bidding areas cannot charge more than the 20% coinsurance and any unmet yearly deductible for any equipment or supplies.

Check <https://medicare.gov/supplierdirectory> or call **1-800-MEDICARE (1-800-633-4227)** for further information.

**Broadway Medical Supply Company** **201-666-2112**  
60 Washington Avenue, Westwood, NJ 07675  
Medicare & Medicaid & Insurance  
Mon-Fri 9:00am-5:30pm, Sat. 9:00am-3:00pm

**Cornell Medical & Surgical Company** **201-384-9000**  
30 New Bridge Road, Bergenfield, NJ 07621 **800-267-6355**  
Medicare & Medicaid & most Insurance  
[www.cornellsurgical.com](http://www.cornellsurgical.com)  
Mon.-Fri-9:00am-6:00pm  
Closed Saturday; Sunday 9:00am-12:pm

**G & D Surgical Company** **201-567-0011**  
225 North Dean Street, Englewood, NJ 07631  
[info@gdsurgical.com](mailto:info@gdsurgical.com)  
Does not except insurance

**Reliable Medical** **201-883-1515**  
238 High Street, Hackensack, NJ 07601  
[www.reliablemedical.org](http://www.reliablemedical.org)  
Medicare & Medicaid  
Mon-Fri. 8:00 am-5:00 pm

## **Stair Lifts:**

**Unipak** **973-947-6173**  
5 Whipoorwill Lane, Rockaway, NJ

**Alliance Bus Group** **201-507-8500**

# AGENCIES SERVING KOREAN-AMERICAN SENIORS AND CAREGIVERS

## Asian Women's Christian Association (AWCA)

201-862-1665

9 Genesee Ave., Teaneck, NJ 07666

AWCA 사명은 예수님의 사랑 안에서 전문상담, 교육, 사회복지 서비스 및 홈케어 프로그램을 제공 함으로서 아시아 여성과 그들의 가족이 건강한 자원으로 지역사회에 공헌할 수 있도록 돕는다.

The mission of the Asian Women's Christian Association ("AWCA") is centered on the love of Christ and their families with the resources to become healthy, contributing members of society. We accomplish this through our counseling, education, social services, and homecare program.

[www.awcanj.org](http://www.awcanj.org)

## AWCA Family Counseling Center     가정상담소

201-862-1116

AWCA 가정상담소는 상담사 자격증을 소지한 전문상담사들이 개인, 그룹, 부부 및 가족 상담과 심리검사, 자원봉사자 교육, 정신건강 교육 세미나 등을 제공하는 전문 상담 기관입니다

A professional counseling center operated by licensed professional counselors. FCC provides individual, couples, family, and group counseling along with psychological testing, parenting classes, Grace Hotline volunteer training, and mental health education seminars.

[fcc@awcanj.org](mailto:fcc@awcanj.org)

## AWCA Adult Continuing Education age 60+

201-862-1665

60세이상 아시안 시니어들을 위한 평생교육 프로그램 제공.

ESL, Computer, smartphone, Citizenship, Line dance class will serve the Asian Community.

[info@awcanj.org](mailto:info@awcanj.org)

[www.awcanj.org](http://www.awcanj.org)

## Friends of Grace Seniors (DBA Korean Community Center)

201-541-1200

### 한인동포회관

ext. 111,112

100 Grove St, Tenafly, NJ 07670

모든분들의 건강하고 독립적인 생활을 증진시키고 문화와 교육, 아웃리치, 의료복지, 시민 옹호를 통해서 한인들을 주류사회에 연계하고자 합니다.

The KCC's Mission is to promote healthy and independent living for all ages and to integrate the people with Korean Heritage into the greater community through culture & education, outreach, health & social services, and civic advocacy.

[www.kccus.org](http://www.kccus.org)

**Korean Community Center NJ ADRC Care Management Program**

**201-541-1200**

**케어매니지먼트**

**ext. 117**

<https://www.kccus.org/care-management-program/>

NJ ADRC 케어 매니지먼트 프로그램은 혼자서는 생활 할 수 없는 의존적인 노인환자나 장애인들을 도와 주기 위한 뉴저지 주정부 프로그램입니다. 특히 양로원에 입주하는 것보다 자신의 집이나 지역사회에 계속해서 머물기 원하는 노인과 가족들에게 재정, 서비스, 정서적 도움을 지원해 주어 이들에게 가족의 부양 부담을 덜어 주고, 정부와 지역사회의 여러 자원들을 연결하고, 가정간호를 계획, 수행할 수 있도록 관리해 주는 서비스입니다.

NJ ADRC 케어 매니지먼트는 뉴저지 정부로부터 정식 인가를 받은 전문 케어 매니저가 직접 집을 방문하여 환자의 필요를 진단하고, 여러 정부 프로그램을 연결하여, 노인과 가족의 어려움을 도와드립니다.

The Care Management Program is a Consumer focused collaborative process which assesses individuals' needs. Care managers plan, implement, coordinate, monitors, and evaluate options and services, using formal and informal resources, to meet homebound, frail, older adults and their caregivers' needs.

**Korean American Senior Citizen's Association of New Jersey**

**201-945-2400**

**뉴저지 한인 상록회**

1061 Slocum Ave. Ridgefield, NJ 07657

뉴저지 한인 상록회 봉사업무 안내

1. 상록학교: 영어, 건강, 컴퓨터, 다양한 취미 활동 교육
2. 사회복지상담센터 (직통: 201-945-2401)
3. 비상식량지원센터 (직통: 201-956-7630)
4. 직업교육훈련센터
5. 동호회: 바둑동호회, 골프 동호회, 등산동호회

Provides services focused on health, wealth and happiness for the seniors as follows:

1. Senior School (ESL, Health, Computer, Art, Music, Dance, etc.)
2. Social Security Welfare Counseling Center / Hotline: 201-945-2401
3. Emergency Food Service Center / Hotline: 201-956-7630
4. Job Training Center
5. Clubs: Golf Club, Hiking Club and Go-Game Club

E-mail: [kascanj@gmail.com](mailto:kascanj@gmail.com)

Web Page: [www.kascanj.org](http://www.kascanj.org)

**New Jersey Korean-American Mutual Aid Association**

**201-945-2411**

**뉴저지 한인 상조회**

**201-482-4929**

438 Broad Ave. Palisades Park, NJ 07650

뉴저지 한인 상조회는 우리 한인들이 가진 아름다운 풍습으로 경조사에 심시 일반으로 상부 상조하는 전통을 계승하여, 서로 돕는것을 목적으로 설립된 단체입니다.

The goal of the New Jersey Korean-American Mutual Aid Association is continuing the Korean tradition of mutual aid which is providing united effort to help a person who is dealing with a major family event.  
E-mail: kascmaan@gmail.com

## **Korean Programs in Hospitals**

### **Englewood Hospital and Medical Center**

**잉글우드 병원**

**201-608-2341**

### **The Center for Korean Health and Wellness 한인건강센터**

350 Engle Street, Englewood, NJ 07631

[www.Englewoodhealth.org](http://www.Englewoodhealth.org)

잉글우드병원은 환자에게 가장 쾌적한 환경에서, 지역내 최상의 의료서비스를 제공하기 위해 최선을 다하고자 합니다. 저희는 버겐카운티내 성장하고 있는 한인 커뮤니티를 위한 지원활동을 늘리며 의료서비스를 향상시키고자 항상 노력하고 있습니다. 한인건강센터는 한국 환자분들이 문화적인 어려움을 겪지 않도록 여러 방면에서 도움을 드리고 있습니다. 100명이상의 한국인 의사분들이 여러 분야에서 여러분들의 건강을 책임지고 있습니다. 그 외에 한인 간호사, 직원 및 자원봉사자들이 한인 여러분의 문화적인 어려움을 덜어드리고자 최선을 다하고 있습니다. 한국인 자원봉사자와 직원들이 환자의 일상 대화의 통역 서비스를 제공합니다.

Englewood Hospital and Medical Center strives to offer the highest level of healthcare services in a humanistic environment and works to deliver the best health services and facilities to the growing Korean population in Bergen County. The Center for Korean Health and Wellness assists patients who experience cultural and/or language barriers. The center collaborates with over 100 Korean doctors to help meet the healthcare needs of Korean patients. In addition, a supportive team of Korean nurses, staff, and volunteers work together to provide a more hospitable environment to patients, and Korean staff and volunteers offer cultural interpretation services when requested.

### **Hackensack University Medical Center**

**하켄섹 대학병원 메디칼 센터**

**551-996-2270**

### **Korean Medical Initiative**

**코리안 메디칼 이니셔티브**

30 Prospect Avenue, Hackensack, NJ 07601

[www.hackensackumc.org/korean](http://www.hackensackumc.org/korean)

### **Center for Healthy Senior Living**

**노인의학센터**

**551-996-1140**

360 Essex Street, Suite 401, Hackensack, NJ

### **Holy Name Medical Center**

**홀리 네임 병원**

**201-833-3399**

### **Korean Medical Program**

**코리안 메디칼 프로그램**

718 Teaneck Road, Teaneck, NJ 07666

[www.kholyname.com](http://www.kholyname.com)

## **Korean Home Health Aide 한인 가정 요양 보호사**

한국인 가정 요양 보호사가 있습니다. The following agencies have Korean speaking Home Health Aides.

### **Asian Women's Christian Association (AWCA) Home Care Agency**

9 Genesee Ave., Teaneck, NJ 07666

[www.awcanj.org](http://www.awcanj.org)

**201-862-9111(Korean)**

**201-862-0006(Chinese)**

### **Care Finders Total Care**

171 Main St. Hackensack, NJ 07601

**201-342-5122**

### **Confident Care – Hackensack**

3 University Plaza Drive, Hackensack, NJ 07601

**201-498-9400**

### **Gentle Heart Care LLC**

3 University Plaza Drive, Hackensack, NJ 07601

**201-613-6173**

### **Loving Care**

190 Moore Street, Hackensack, NJ 07601

**201-592-8117**



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# COUNTY OF BERGEN



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*County Executive*

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