

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



**Bergen County
Department of Human Services
Division of Senior Services
Bergen ADRC
One Bergen County Plaza, 2nd 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**

Updated: January 2015

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The Division of Senior Services has prepared this directory from information provided by listed agencies. The Division is not equipped to evaluate the quality of services rendered nor to search out every agency that could qualify for inclusion. A listing in the Key Services Guide does not constitute an endorsement of an agency or service by the Bergen County Division of Senior Services.

GENERAL INFORMATION

AGENCIES & SERVICES

Bergen County Division of Senior Services (Bergen ADRC) 201-336-7400
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601 Or: 1-877-222-3737
Hours: 8:30 AM – 4:30 PM, Monday – Friday Fax: 201-336-7424
Website: <http://www.co.bergen.nj.us/bcdhs/divisions/senior.htm>

Bergen County Division on Disability Services 201-336-6500
Provides services for disabled adults. Call for information on age eligibility.
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601
Hours: 9:00 AM – 4:30 PM, Monday – Friday
Website: <http://www.co.bergen.nj.us/bcdhs/divisions/disability.htm>

COMMUNITY RESOURCE COUNCIL (CRC) Help Line: 201-343-6543
387 Main Street, Hackensack, NJ 07601 or: 201-646-3676
Information and referral service of Bergen County
services & programs.

New Jersey Department of Human Services 1-800-792-8820
Division of Aging Services
PO Box 807, Trenton, NJ 08625
Website: www.state.nj.us/health

Bergen County Board of Social Services 201-368-4200
218 Route 17 North, Building A, Rochelle Park, NJ 07662
Website: www.bcbss.com

NJ Area Agencies on Aging

Atlantic	609-645-7700	Middlesex	732-745-3295
Bergen	201-336-7400	Monmouth	732-431-7450
Burlington	609-265-5069	Morris	973-285-6848
Camden	856-858-3220	Ocean	732-929-2091
Cape May	609-886-2784	Passaic	973-569-4060
Cumberland	856-453-2220	Salem	856-339-8622
Essex	973-395-8375 (or 8368)	Somerset	908-704-6346
Gloucester	856-384-6900	Sussex	973-579-0555
Hudson	201-369-4313	Union	908-527-4870
Hunterdon	908-788-1362	Warren	908-475-6591
Mercer	609-989-6661		

TRANSPORTATION

Bergen County Community Transportation

201-368-5955

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)

Jewish Home at Rockleigh, Assisted Transportation Program

201-784-1414

10 Link Drive, Rockleigh, NJ 07647

Ext. 5336

provides affordable and safe transportation to seniors and disabled adults on Monday thru Thursday from 9:00 AM – 4:00 PM by appointment only. The service includes supervision on all vehicles, door-to-door transportation and wheelchair accessibility.

American Cancer Society

201-343-2222

Provides transportation to Cancer Patients only

Website: www.cancer.org

Bergen County Transit Information Center

201-336-6450

One Bergen County Plaza, Hackensack, NJ 07601

Provides information on transportation schedules and services

Senior Discount/Reduced Fare for NJ Transit Bus & Rail

201-336-7400

or

973-491-7112

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

800-955-2321

Access Link

Provides curb to curb service for eligible people with disabilities. Access Link service is comparable to the NJ TRANSIT local bus network. Transportation is provided during the same hours and days and at the same fares as the local bus network.

Website: www.njtransit.com/as_al.shtml

Call your township for transportation services provided to residents.

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

44 Armory St., Englewood, NJ 07631

201-568-0817

Website: www.bergenfamilycenter.org

Catholic Charities – Older Adult Services

57 Pink Street, Hackensack, NJ 07601

201-265-3840

Website: www.ccannj.org

Friends of Grace Seniors, Korean Comm. Center

40 Bennett Rd., Englewood, NJ 07631

201-541-1200

Website: www.fgskcc.org

Heightened Independence & Progress (HIP)

131 Main St., Suite 120, Hackensack, NJ 07601

201-996-9100

Website: www.hipcil.org

Jewish Family Service

1485 Teaneck Rd., Teaneck, NJ 07666

201-837-9090

Website: www.jfsbergen.org

National Association of Professional Geriatric Care Managers (NAPGCM)

visit www.caremanager.org

Mental Health Service for Care Management:

201-848-5220

Christian Health Care, Ramapo Ridge

301 Sicomac Avenue, Wyckoff, NJ 07481

Website: www.CHCCNJ.org

HOSPITALS

<u>Bergen Regional Medical Center</u> 230 East Ridgewood Ave., Paramus, NJ 07652 Website: www.bergenregional.com	201-967-4000
<u>Englewood Hospital and Medical Center</u> 350 Engle St., Englewood, NJ 07631 Website: www.Englewoodhospital.com	201-894-3000
<u>Hackensack University Medical Center</u> 30 Prospect St., Hackensack, NJ 07601 Website: www.humc.net	201-996-2000
<u>Holy Name Medical Center</u> 718 Teaneck Rd., Teaneck, NJ 07666 Website: www.holyname.org	201-833-3000
<u>Hackensack University Medical Center at Pascack Valley</u> 250 Old Hook Road, Westwood, NJ 07675 Website: www.hackensackumcpv.com	201 383-1035
<u>The Valley Hospital</u> Linwood & N. Van Dean Ave., Ridgewood, NJ 07450 Website: www.valleyhealth.com	1-800-825-5391

STATEWIDE AGENCIES & SERVICES

NJ ADRC – New Jersey Aging & Disability Connection

Consumer focused, statewide system; access to information and services for older New Jersey citizens.

Website: <http://www.state.nj.us/health>

1-877-222-3737

New Jersey Department of Human Services

Division of Aging Services

PO Box 807, Trenton, NJ 08625

Website: <http://www.state.nj.us/health>

1-800-792-8820

211

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

Call 2-1-1 from your telephone or search our database on line at

www.nj211.org

211

New Jersey Self-Help Clearing House at

St. Clare's Hospital

100 East Hanover Ave., Cedar Knolls, NJ 07927

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

Website: www.selfhelpgroups.org

1-800-367-6274

973-326-6789

EDUCATION

Call local school boards and towns for adult continuing education programs.

Bergen County Division of Senior Services **201-336-7400**

Call for information on Adult Basic Education, GED Programs, English as a Second Language (ESL) classes, Etc. Also help with translation/interpretation.

Bergen Community College **201-447-7488**

Paramus, NJ
Continuing education programs
visit 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.

Fairleigh Dickinson University **201-692-6500**

Teaneck, NJ
Continuing education programs
Visit www.fdu.edu

Literacy Volunteers of America **973-470-0039**

Bergen County Literacy Program
195 Gregory Ave
Passaic, NJ 07055
Recruits and trains volunteer tutors for the Basic Literacy (BL), and English as a Second Language (ESL) programs.

The Southeast Senior Center for Independent Living (SESCIL) **201-569-4080**

228 Grand Avenue, Englewood, NJ 07631
Visit www.SESCIL.org

Dorot Caregivers' Connection **212-769-2850**

Telephone conference call program that brings informational workshops to caregivers without having to leave their homes.
Visit www.dorotusa.org

RECREATION

Call local Senior Activity Centers for information on outings and recreational activities. (See pages 10-13)

Bergen County Department of Parks

One Bergen County Plaza, 4th Floor, Hackensack, NJ 07601

201-336-7275

Boys and Girls Club of Lodi and Hackensack

460 Passaic Ave., Lodi, NJ 07644

Aquacize program for seniors. Call for schedule.

973-473-7410

ElderHostel (Road Scholar)

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

Visit www.elderhostel.org

800-454-5768

JCC On The Palisades

411 East Clinton Ave., Tenafly, NJ 07670

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

201-569-7900

“Y” at the JCC

605 Pascack Road, Washington Twp., NJ 07676

A variety of health and fitness courses for seniors, including Kosher Congregate noonday meals.

201-666-6610

YMCA of Bergen County

214 State Street, Suite 207, Hackensack, NJ 07601

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)

201-487-6600

YMCA/YWCA of Ridgewood

112 Oak St., Ridgewood, NJ 07451

Aqua Therapy – Swimming classes for seniors (Call for schedule)

201-444-5600

AARP (American Association of Retired Persons)

866-542-8165

101 Rockingham Rd., Princeton, NJ 08550

Offers many programs and services, e.g., Health Advocacy, Grandparent Information Center, Consumer Fraud Info, Retired Educators Association Liaison, Women's Issues, Tax Aide, Work Force, research on a variety of topics, volunteer opportunities, etc. Visit www.aarp.org

VOLUNTEER OPPORTUNITIES

American Red Cross Chapters

201-652-3210

74 Godwin Avenue

Ridgewood, NJ 07450

Care Alternative Hospice Program

908-931-9080

70 Jackson Dr., Cranford, NJ 07016

Volunteer opportunities throughout Bergen County.

www.carealt.com

CHORE Program

201-489-7790

Volunteer Center of Bergen County

64 Passaic Street, Hackensack, NJ 07601

Utilizes volunteers to do handiwork or minor household repairs for seniors and the disabled.

ezride

201-939-4242

144 Park Place East, Wood-Ridge, NJ 07075

Utilizes volunteers of the age 25 and older to provide transportation to seniors. Volunteers can earn free bankable rides for themselves or others. Cars are provided by ezride. Call for an application or email

www.ezride.org

National Senior Service Corps

800-424-8867

1201 New York Avenue, Washington, D.C. 20525

Foster Grandparent Program (FGP); Senior Companion Program (SCP); Retired & Senior Volunteer Program (RSVP).

State Health Insurance Program (SHIP)

201-336-7427

**Division of Senior Services, one Bergen County Plaza,
Hackensack, NJ 07601**

Recruits volunteers to become certified counselors to help Medicare enrollees understand what benefits they are entitled to.

Volunteer Center of Bergen County
64 Passaic Street, Hackensack, NJ 07601

201-489-9454

Recruits, registers and refers individuals to appropriate health, recreational, welfare educational and cultural services/agencies requesting volunteers.

SENIOR ACTIVITY CENTERS

Senior Citizens 60+ and their spouses, 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 individual 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 spouse 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**

293 Murray Hill Terrace, 07621

201-387-7212

*** Cliffside Park**

500 Gorge Road, 07010

201-943-3768

Demarest Senior Center

31 Park Street, 07627

www.Demarest.nj.net

Dumont Senior Center

39 Dumont Avenue, 07628

201-387-5040

*** East Rutherford**

**Southwest Bergen Regional Senior Center
147 Hackensack Street, 07073**

201-935-8920

- * **Elmwood Park** 201-796-3342
500 Boulevard and market street, 07407
- * **Englewood** 201-568-0817
44 Armory Street, 07631
- Englewood** 201-541-1200
Friends of Grace Seniors, Korean Comm. Center
40 Bennett Rd., Englewood, NJ 07631
Website: www.fgskecc.org
- Englewood** 201-569-4080
Southeast Center for Independent Living
228 Grand Avenue, 07631
- * **Fair Lawn** 201-796-1191
1105 Gardiner Road, 07410
- * **Fairview Senior Center** 201-943-5522
53 Grant Street, 07022
- * **Fort Lee** 201-592-3670
Richard A. Nest Senior Center
319 Main Street, 07024
- * **Garfield** 973-478-0502
480 Midland Avenue, 07026
- * **Garfield** 973-340-4179
225 Midland Avenue, 07026
(open to building residents only)
- * **Garfield** 973-340-4177
377 Midland Avenue, 07026
(open to building residents only)
- * **Garfield** 973-340-4170
71 Daniel P. Conte Court 07026
(open to building residents only)
- * **Hackensack** 201-336-3320
Americas Unidas Multicultural Senior Center
101 Hudson Street, 07601
- Leonia** 201-302-9660
Leonia Recreation Center
370 Broad Avenue, 07605

* <u>Lyndhurst</u> 281 Stuyvesant Avenue, 07071	201-896-1629
<u>Mahwah</u> 475 Corporate Drive, P.O. Box 733 07430	201-529-5757 Ext. 213
<u>Maywood Senior Center</u> 145 West Magnolia Avenue, 07607	201-368-1522
* <u>Midland Park</u> Northwest Bergen Regional Senior Center 46-50 Center Street, 07432	201-445-5690
* <u>New Milford</u> 275 River Road, 07646	201-599-7565
* <u>North Arlington</u> St. Paul Episcopal Church 11 York Road 07031	201-998-5636
* <u>Northvale</u> James F. McGuire Center 116 Paris Avenue, 07647	201-767-6299
<u>Oakland</u> 20 Lawlor Drive, 07436	201-405-7731
* <u>Palisades Park</u> 300 Highland Avenue, 07650	201-944-5616
<u>Paramus</u> 93 North Farview Avenue, 07652	201-265-2100 Ext: 664
* <u>Ramsey</u> 205 Church Street, 07446	201-825-1975
* <u>Ridgefield</u> 725 Slocum Avenue, 07657	201-943-4078
* <u>Ridgefield Park</u> 159 Park Street, 07660	201-641-1220
<u>Ridgewood</u> 131 North Maple Avenue, 07450	201-670-5500 E xxt: 301

- * **Rutherford** 201-460-1600
 55 Kip Senior Center
 55 Kip Street 07070
- Saddle Brook** 201-845-4594
 8 Caldwell Avenue, 07662
- * **Teaneck** 201-837-0171
 Richard Rodda Community Center
 250 Colonial Court, 07666
- Tenafly** 201-569-2159
 20 South Summit Street, 07670
- * **Tenafly** 201-569-7900
 Jewish Community Center on the Palisades
 411 East Clinton Avenue, 07670
- * **Wallington** 973-777-5815
 24 Union Boulevard, 07055
- * **Washington Township** 201-666-6610
 Y-Jewish Community Center of Bergen County
 805 Pascack Road, 07676 ext. 263
- * **Westwood** 201-666-0840
 T.J. Riley Multipurpose Senior Center
 100 Madison Avenue, 07675

INDEPENDENT LIVING

LEGAL ASSISTANCE

- Bergen County Bar Association, Inc.** 201-488-0044
 Lawyers Referral Plan
 15 Bergen Street, Hackensack, NJ 07601
 Hours: 10 AM to 3 PM, Monday through Thursday
- Legal Services of New Jersey** 888-576-5529
 Provides advice and brief service over phone & possibly
 Referrals. 8:30 – 5:30

NJ Protection and advocacy (NJP&A)

800-922-7233

210 South Broad Street, 3rd Floor, Trenton, NJ 08608

Consumer organization serving New Jersey designated protection and advocacy system for disabilities with mental illness, social security beneficiary, rehabilitation services, health care, and insurance matters

Northeast NJ Legal Services – BC Division

201-487-2166

Senior Law Project

190 Moore Street, Suite 100, Hackensack, NJ 07601

Provides free legal services to low income clients in civil cases, advises on all legal problems and presents clients before all courts and administrative agencies. Also provides a no-fee legal services program for senior citizens 60 years of age and older without regard to income. Information on legal rights and entitlements, legal counseling, eviction problems, as well as referrals to lawyers, are available.

Hours: 8:30 AM to 5:00 PM, Monday through Friday

ADULT PROTECTIVE SERVICES

Adult Protective Services

201-368-4300

Bergen County Board of Social Services

or

218 Route 17 North, Rochelle Park, NJ 07662

800-624-0275

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

(After hours)

Nursing Home Volunteer Advocacy Program

201-568-0817

Bergen family Center

Ext. 26

44 Armory Street, Englewood, NJ 07631

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

Bergen County Office of Consumer Affairs/Consumer Protection

201-336-6400

Bergen County Plaza, 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.

MENTAL HEALTH PROGRAMS

Community Mental Health Agencies:

Care Plus, NJ (Serves Central Bergen County)

Paramus Office (admissions)	201-986-5000
Paramus Office (all other business and voicemail)	201-265-8200
Fairlawn Center (admissions)	201-797-2660

Christian Health Care Center

301 Sicomac Avenue, Wyckoff, NJ 07481

Inpatient/Partial Admissions:	201-848-5500
Outpatient Admissions:	201-848-5800
Website: www.CHCCNJ.ORG	

Comprehensive Behavioral Health Care Inc.

(Serves central to southern Bergen County)

Lyndhurst Office:	201-935-3322
Hackensack Office:	201-646-0333
River Edge:	201-441-9335

Vantage Health System (Services Northeastern Bergen County)

Englewood Office:	201-567-0500
Dumont Office:	201-385-4400
Admissions:	201-567-0059

West Bergen Mental Healthcare

(Serves Northwestern Bergen County)

Ridgewood Office:	201-444-3550
Ramsey Office (Children and Youth)	201-934-1160

Emotions Anonymous

201-666-1009

159 Second Avenue*, Westwood, NJ 07675

This is a twelve step program designed to help people to achieve and maintain emotional health.

Meetings are held:

Monday 7:30 PM 326 Hilldale Ave, Hillsdale
Tues & Thu: 7:30 PM 64 Passaic St., Hackensack
Saturday: 12:15 PM 641 Church St., Oradell

Ages 18 and over are welcome to attend; for more information,
Call Lee, at 201-666-1009.

Vantage Health System:

Dumont Center 201-567-0059

2 Park Avenue, Dumont, NJ 07628

Caregivers Support Group

Meets twice monthly, caregivers dine and discuss caregivers issues & care recipients are supervised with therapeutic activities & dinner.

Englewood Center 201-567-0059

93 W. Palisade Avenue, Englewood, NJ 07631

Senior Choices – West Bergen Mental Health Care 201-444-3550

120 Chestnut Street, Ridgewood, NJ 07450

This is a mental healthcare program designed to develop a healthy lifestyle and positive attitude to combat the aging difficulties for the families and caretakers through workshop and clinic counseling.

Referral to specialized mental health services is also available from these agencies:

Office of Behavioral Health Services Director: 201-634-2740

County Mental Health Administrator: 201-634-2751

**National Alliance for the Mentally Ill (NAMI)
Wood-Ridge:** 201-635-9595

Provides information and support for adults with mental illness and their families;
Conducts monthly educational seminars.

Psychiatric Emergency Screening Program (PESP): 201-262-HELP
Bergen Regional Medical Center (4357)

VETERANS' SERVICES

Division of Veterans' Services 201-336-6325

One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601 Fax: 201-336-6327

The mission of the office is to advise, guide, and assist the County's 75,000 veterans and their dependents on the many veteran's programs, services, and entitlements.

Department of Veterans Affairs (Regional Office) 800-827-1000

20 Washington Place, Newark, NJ 07102

Federal benefits for veterans and dependents.

Call to inquire about services/benefits.

Veterans Affairs Practice **201-487-1390**
385 Prospect Avenue, Hackensack, NJ 07601

VA Healthcare Enrollment (New Jersey) **888-954-3553**

Community Transportation for Veterans **201-368-5955**
178 Essex Street, Hackensack, NJ 07601

GRAND PARENTING ISSUES

Grandparents Shop, Inc. **201-227-1500**
1402 Teaneck Road, Teaneck, NJ 07666 **Fax: 201-541-1844**

For those who have computer on-line access, the shop may be reached on:

WEB: Taylorgrand@aol.com – or – www.grandparentsshop.org

This is a non-profit organization that provides assistance and services to custodial grandparents who are raising their grandchildren.

For more information, call the American Red Cross Support Program

HOTLINE: Kinship Navigator **609-888-7400**

Information, referral and advocacy services for family caregivers.

Kinship Caregivers – P.O. Box 716, Trenton, NJ 08625

* Call the Division of Senior Services at 201-336-7400

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

Family Support Organization of Bergen County **201-796-6209**
0-108 29th St., Fair Lawn, NJ 07410

A family-run, county-based nonprofit that provides education, advocacy, support groups, and workshops for families and caregivers.

DENTAL SERVICES

Bergen Community College
Dental Hygiene Clinic, Paramus

201-447-7180

Senior Dental

732-821-9400

1-800-792-8820 (State Division on Aging)

New Jersey Dental Association
One Dental Plaza, P. O. Box 6020
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.

University Hospital – Dental Clinic
(dental school)

973-972-4242

8am-5pm M-F

150 Bergen Street, Newark, NJ 07103

Charity Work – Extractions Only

(walk-in)

7:30am-9:30am M,T,TH,F

Need photo ID and insurance card(s).

or

973-972-5026

NJ Dental Sector

973-972-7370

110 Bergen Street, Newark, NJ 07103

9am-12, 2-4:30pm

M-F

Initial Screening Fee- \$55

Visiting Dental Associates

201-670-0097

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

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.

Information can be obtained by calling Heightened Independence and Progress.

National Eye Care Project

800-222-3937

Eyecare 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 who are enrolled in HMO's or 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.)

New Eyes for the Needy, Inc.

973-376-4903

549 Millburn Avenue, P. O. Box 332

Short Hills, NJ 07078

Provides prescription eyeglass 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.)

Bergen County Department of Health Services

201-634-2600

327 Ridgewood Avenue, Paramus, NJ 07652

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.

NJ State Library Talking Book & Braille Center (TBBC)
2300 Stuyvesant Avenue, P. O. Box 501
Trenton, NJ 08618

800-792-8322
or
609-530-3239

Need an Easier Way to Read? We Can Help! 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 and there is no cost. <http://www.njsltbbc.org>

NJ Commission for the Blind & Visually Impaired

973-648-2111
(Newark)

Education, vocational rehabilitation, social work, health Screenings; teaches rehabilitation & independent living skills. Referral assistance

Bergen Family Center – Shining Lights

201-568-0817
Ext. 26

44 Armory Street, Englewood, NJ 07631

Day care program with activities specifically for the visually impaired.

Bergen County Wellness Discount program: Vision plan

201-336-7400

The Bergen County Wellness Discount Program was formed to provide a way to reduce the medical costs for you and your family. This free program is open to all residents of Bergen County and the State of New Jersey. There are no age or income requirements.

SERVICES AND PROGRAMS FOR PEOPLE WITH HEARING LOSS

(Helping the late deafened and hard of hearing adjust to the loss of hearing and remain involved in the community)

League for the Hard of Hearing

50 Broadway, 6th Floor, New York, NY 1004

Website: www.lhh.org

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

917-305-7700

(Voice)

917-305-7999

(TTY)

Hackensack University Medical Center

30 Prospect Street, Hackensack, NJ 07601

Audiology Department

201-996-5327

Hearing Loss Association of New Jersey (HLA-NJ)

Bergen County Chapter, Saddle River, NJ

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

www.hearingloss-nj.org

201-995-9594

(Voice)

201-768-2552

(TTY)

Division of the Deaf & Hard of Hearing

Joseph Kohn Rehabilitation Center

PO BOX 074 Trenton, NJ 08625

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

Call for hours of operation, or to make and appointment to visit the assistive device center.

800-792-8339

(Voice and TTY)

Assistive Technology Advocacy Center (ATAC)

New Jersey Protection and Advocacy, Inc.

210 South Broad Street, 3rd Floor, Trenton, NJ 08608

Information and referral; 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.

609-292-9742

800-922-7233

800-342-5832

Assistive Listening Technology Loan Program

SPONSORS:

NJ Division for the Blind and Handicapped, Deaf and Hard of Hearing Awareness Program

Provides loans of personal and wide area assistive listening devices and systems through designated regional libraries throughout the state. Co-sponsored with the Division of the Deaf and Hard of Hearing.

800-882-5593
(TTY)

NOTE: Bergen County residents may borrow the equipment. The participating library in Bergen County is:

Teaneck Library, 840 Teaneck Road, Teaneck, NJ 07666

201-837-4171

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

201-336-7400
Or
800-792-9745

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

Bergen County Wellness Discount Program: Hearing Plan **201-336-7400**

The Bergen County Wellness Discount Program was formed to provide a way to reduce the medical costs for you and your family. This FREE program is open to *ALL* residents of Bergen County and the State of New Jersey. There are no age or income requirements.

COUNTY WELLNESS DISCOUNT PROGRAM

Bergen County Wellness Discount Program

201-336-7400

This free program is open to all NJ residents. It provides a way to reduce the cost of everyday medical related expenses.

The program includes discounts on prescription drugs; hearing exams & hearing aids; vision exams, eyeglasses, contact lenses & Lasik eye surgery; dental care; diabetic supplies and more....

Please see last page for details and enrollment material.

Website: www.co.bergen.nj.us/wellnessdiscount

BEREAVEMENT SERVICES

Bereavement Counseling

201-342-7766

**Hackensack Community Nursing Services
25th Salem St. 2nd Floor, Hackensack, NJ 07601
(Group Counseling)**

Bergen Community Health Care

201-358-2900

40 Old Hook Road, Westwood, NJ 07675

The Compassionate Friends

201-567-0089

**Christian Health Care Center
301 Sicomac Avenue, Wyckoff, NJ 07481
(Bereavement Support Group for parents)
Meets on the 4th Tuesday of the month**

Holy Name Medical Center

201-833-3740

**Community Health Services Building
725 Teaneck Road, Teaneck, NJ 07666
(* Bereavement Groups for Adults)**

Ext: 2766

Funeral-Burial Support Program (Medicaid)

201-368-4200

**Bergen County Board of Social Services
218 Route 17 North, Rochelle Park, NJ 07662**

Englewood Hospital Bereavement Support Group

201-894-3333

15 Engle Street, Englewood, NJ 07631

FINANCIAL BENEFITS

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)*

Trenton:

A state-funded program to help New Jersey residents to pay for prescription medicines and certain pharmacy items.

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.

For information and application call one of the numbers shown At the right of this page, or your local pharmacy.

800-792-9745

or

Div. of Senior Services

201-336-7400

or

877-222-3737

Senior Gold Prescription Discount Program

Senior Gold is a new prescription discount program for elderly and disabled New Jersey resident 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 prescription.

NOTE: Call the numbers shown for *PAAD above, or your local pharmacy.

800-792-9745

or

Div. of Senior Services

201-336-7400

Extra Help with Medicare Prescription Drug Plan Costs

Help with monthly premiums and annual deductibles and lower co-payments related to their plan. Income limited to \$15,600 for an individual or \$21,000 for a married couple, with resources limits.

Website: www.socialsecurity.gov

800-772-1213

Veterans Benefits

New Jersey Veterans Administration Health Care System

Must enroll in the VA Program. Call toll-free for information and application packet. Located in East Orange

800-315-7909

State Health Insurance Program (SHIP)

201-336-7413

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.

Bergen County Prescription Discount card

201-336-6405

-OR- 201-336-6418

The Bergen County Wellness Discount Program was formed to provide a way to reduce the medical costs for you and your family. This FREE program is open to **ALL** residents of Bergen County and the State of New Jersey. There are no age or income requirements.

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)

1-800-MEDICARE

The official word on today’s Medicare/The Medicare Handbook

800-633-4227

MEDICARE PART A

800-633-4227

Payment for inpatient or skilled nursing facility (SNF)/payment for Outpatient services at a hospital or SNF/EOMB info

MEDICARE PART B

800-633-4227

Empire Medicare Services/physician and outpatient billing/appealing a Part B payment determination

MEDICARE PART D

800-633-4227

Prescription Coverage

Durable Medical Equipment

800-633-4227

Extra Help with Medicare Prescription Drug Plan Costs

800-772-1213

Help with monthly premiums and annual deductibles and lower co-payments related to their plan. Income limited to \$15,600 for an individual or \$21,000 for a married couple, with resources limits.

Website: www.socialsecurity.gov

Health Care Quality Strategy Information Line

800-624-4557

The Peer Review Organization of NJ/health care improvement programs/Medicare patients’ rights/quality of care complaints

State Health Insurance Program (SHIP)

201-336-7413

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.

Medicare Rights Center – Medicare Interactive

Website-based counseling tool to help people with Medicare, up to date benefits information and advice based on real-life experiences and best practices of Medicare counselors.
Website: www.MedicareInteractive.org

MEDICAID

Bergen County Board of Social Services

218 Route 17 North, Bldg A, Rochelle Park, NJ 07662

201-368-4200

Provides information on special Medicaid programs: i.e. NJ Care, Medically Needy, etc., and institutional Medicaid for nursing homes.
www.bcbss.com

Medicaid (Regional Office)

973-977-4077

100 Hamilton Plaza, Suite 500, 5th Floor, Paterson, NJ 07505

SOCIAL SECURITY AND SSI

SOCIAL SECURITY (MEDICARE/Disability Insurance)

Hackensack.....Continental Plaza, 401 Hackensack Avenue.....
Clifton935 Allwood Road
Paterson21 Clark Street, Federal Plaza Building

800-772-1213
800-772-1213
800-772-1213

SUPPLEMENTAL SECURITY INCOME (SSI)

800-772-1213

Must be 65 years of age, blind, or have a disability.
There are income eligibility requirements – call to inquire.

Extra Help with Medicare Prescription Drug Plan Costs

800-772-1213

Help with monthly premiums and annual deductibles and lower co-payments related to their plan. Income limited to \$15,600 for an individual or \$21,000 for a married couple, with resources limits.

Website: www.socialsecurity.gov

CENTER FOR FOOD ACTION (www.cfang.org)

Englewood Office (Main Office)

201-569-1804

192A West Demarest Avenue, Englewood, NJ 07631

Fax: 201-569-5619

Mon – Fri : 9:00 a.m. – 5:00 p.m.

Food, Rent and Utility Assistance Towns Served:

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

Fairview Office

201-945-5831

239 Anderson Ave., Fairview, NJ 07022

Tues. and Thurs.: 9:00 a.m – 3:00 p.m.

Towns Served for Food:

Edgewater, Fairview and Cliffside Park

Mahwah Office:

201-529-5029

90n Ridge Road, Mahwah, NJ 07430

Mon – Fri: 10:00 a.m. – 2:00 p.m.

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, Fri: 10:00 a.m. – 2:00 p.m.

Food, Rent and Utility Assistance

Towns Served:

Elmwood Park, Fairlawn, Garfield, Lodi, Maywood, Paramus, Rochelle Park, Saddle Brook.

FINANCIAL ASSISTANCE FOR HOMEBOUND VETERANS

Aid and Attendance and Housebound benefits

Newark Regional Office

20 Washington Place, Newark, NJ 07102

800-827-1000

Visit following websites: www.veteranaid.org
www.veteransaidbenefit.org
www.vba.va.gov

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 1st and property taxes must have been paid.

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

They can apply for their rebates either online at www.state.nj.us/treasury/taxation/ or by phone at 1-877-658-2972.

Property Tax Reimbursement

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 are for first time applicants and Form PTR-2 are personalized applications that are mailed to those who previously met eligibility requirements.

***Tax relief information is a summary from online NJ taxation and BC Quick Guide.

For further information and update on income eligibility contact:

State of New Jersey
Dept. of the Treasury – Division of Taxation
PO Box 197
Trenton, NJ 08695-0197
www.state.nj.us/treasury/taxation
800-323-4400

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

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 municipality for following programs

Senior Citizens 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.

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.

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.

**Contact your municipality. If you have difficulty in getting enrolled,
call Bergen ADRC Div. of Senior Services. 201-336-7400**

REVERSE MORTGAGE

Reverse Mortgage Counseling

201-336-7431

The Division of Senior Services provides the required counseling to homeowners on the Federal Home Equity Insurance Program to help seniors utilize some of the equity in their home to meet current expenses - especially taxes and home health care – as provided by Bergen County/ New Jersey ADRC.

UTILITY ASSISTANCE PROGRAMS

Low Income Home Energy Assistance Program (LIHEAP)

What It Does: Gives assistance in paying the cost of heating.

Eligibility Requirements: Must be responsible for paying your own heat. This also applies to heat included in rent ENTIRE HOUSEHOLD INCOME IS COUNTED.

How to Apply: Call Bergen County CAP

201-968-0200 Ext 7008

or

Bergen ADRC Div. of Senior Services

201-336-7400

**** Apply Nov 1st thru March 31st. If eligible, your application will be reviewed for additional energy services.**

www.bergencap.org/liheap.html

Cooling Assistance

What It Does: Gives \$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.

How to Apply: Call Bergen County CAP

201-968-0200 Ext 7008

or

Call Bergen ADRC Div. of Senior Services

201-336-7400

**** Apply Nov. 1st thru March 31st. You can apply for both HEAP (above) and COOLING assistance.**

www.bergencaporg/liheap.html

Lifeline Utility Credit Program

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

Eligibility Requirements: Eligibility requirements are the same as for the PAAD program (see page 25). If you receive SSI, Lifeline rebate is reflected in your monthly check.

How to Apply: Call PAAD/Lifeline **800-792-9745**
or
Bergen ADRC Div. of Senior Services **201-336-7400**
or
Bergen County CAP **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

What It Does: Assists to lower natural gas & electric bills through energy education and installation of energy saving home improvements.

Eligibility Requirements: At or below 175% of the Federal Poverty Guideline or participate in one of the following programs: USF, SSI, HEAP, Lifeline, PAAD

How to Apply: Call Weatherization Program (Marlton, NJ) **888-773-8326**
For more information or to receive Comfort
Partners Program application.

**** Program representatives will work with each household to evaluate level of energy efficiency.**

Universal Service Fund (USF)

What It Does: Receive credit on utility bill for gas & electric.

Eligibility Requirements: Renters and homeowners must meet the Same income guidelines as LIHEAP AND pay more than 3% of its annual income for electric for electric & natural gas. Household with electric heat must spend more than 6% of annual income on electricity.

How to Apply: Can apply for USF & LIHEAP with one application
Between Nov 1st and March 31st.
Contact Bergen County CAP **201-968-0200 Ext 7008**
Or
Bergen ADRC, Div. Senior Services **201-336-7400**

**** USF accepts application all year.**
Expenses for oil or propane are not eligible for USF benefits.
www.bergencap.org/liheap.html

Winter Termination Program

What It Does: Protection from having your gas and/or electric shut-off from Nov. 15 – March 15.

Eligibility Requirements: If you receive NJ Lifeline Credit, PAAD, LIHEAP, SSI, NJ SHARES, USF or if unable to pay because of circumstances beyond your control.

How to Apply: Contact utility and make a “good faith” payment **800-357-2262**
or
Negotiate affordable payment arrangements B. P. U. **800-624-0241**

**** Program may continue past March 15 if cold weather persists.**
www.bergencap.org/liheap.html

NJ SHARES

What It Does: Assists individuals and families who need help paying energy bills due to a temporary financial crisis.
Also has UW CARES water utility bill assistance

Eligibility Requirements: No income guidelines for this program. Applicants cannot be receiving LIHEAP or USF. Must demonstrate a **temporary** financial need. Assistance for those who made a “good faith” payment of \$100 or more within 90 days prior to applying.

How to Apply: Call NJ SHARES to find out your local agency. **866-657-4273**

**** Maximum grant \$700 for natural gas. Maximum grant \$300 for electric. Maximum \$700 for those who heat with electric. Once per calendar year, NJ SHARES available all year. can apply at one of 96 agencies.**

Weatherization Assistance

What It Does: Lower heating cost through home improvement for heat loss due to poor insulation or inefficient heating system.

Eligibility Requirements: Meet same income guidelines as LIHEAP. Be a renter or homeowner. Not have received weatherization service Within the last 10 years.

How to Apply: Call Greater Bergen **201-968-0200**
241 Moore Street, Hackensack, NJ 07601

**** Types of services include Insulation, Caulking and Weather Stripping, Refrigerator Replacement. Heating System Repair, etc.**

Verizon New Jersey's Communications Lifeline

What It Does: Provides discounted local telephone service to low income residents and seniors. Three local service options (Flat rate, Moderate, Low Use). **Link Up America:** New customers receive a 50% discount on initial connection.

Eligibility Requirements: 65 or over and annual income is at or below 150% or below of Federal Poverty income level of receive benefits from Medicaid, Food Stamps, SSI, HEAP, Lifeline Utility, PAAD.

How to Apply: If on PAAD and/or Lifeline, call	800-792-9745
 If on SSI, Medicaid, Food Stamp, GA call	
 BC Board of Social Services	201-368-4200
** For information call Bergen ADRC, Div. of Senior Services	201-336-7400
 Or	
 NJSHARES	888-337-3339

AFFORDABLE HOUSING

RENTAL ASSISTANCE AND TENANT SERVICES

NJ State Rental Assistance Program

100 First Street, Room 207, Hackensack, NJ 07601

201-996-8990

Assistance with rent for eligible older adults.

Advance Housing Inc.

100 Hollister Street, Teterboro, NJ 07608

201-498-9140

Help meet housing needs of people with mental illness through direct services, education, information, and referrals

Section 8 Housing Voucher Program

Housing Authority of Bergen County

201-336-7600

One Bergen County Plaza, 2nd 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. The waiting list is currently
closed.

Social Service Association/Ridgewood Area

201-444-2980

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.

Greater Bergen Housing Coalition

Tenant Outreach/Guidance

241 Moore Street, Hackensack, NJ 07601

**201-968-0200,
ext. 7041**

Provides outreach, legal guidance, information and referral, workshops,
speakers. Typical questions addressed are: "How can I avoid eviction?"
"What maintenance and repairs are the landlord's responsibility?" etc.

Northeast NJ Legal Services/Senior Law Project

190 Moore Street, Suite 100, Hackensack, NJ 07601

201-487-2166

Provides of free legal service program for senior citizens 60 years
of age and older without regard to income. Provides information
legal rights and entitlements, legal counseling, and eviction problems.
Makes referrals to lawyers.

Urban League of Bergen County

40 North Van Brunt St., Englewood, NJ 07631

201-568-4988

Housing counseling, referrals, foreclosure counseling,
Rental assistance.

Fair Housing Council

131 Main Street, Hackensack, NJ 07601

201-489-3552

HUD-comprehensive counseling agency for the home buyer
or apartment seeker; legal counseling in connection with
discrimination complaints. First-time homebuyers counseling,
foreclosure counseling.

201-489-4692

Homeless Prevention Program

100 First Street, Room 207, Hackensack, NJ 07601

201-996-7377

Mon thru Thurs.

1-866-889-6270

Provides limited financial assistance for back rent &
foreclosures to eligible persons.

EMERGENCY RENT, SECURITY & UTILITY ASSISTANCE

Center for Food Action

Main Office: 192A West Demarest Avenue, Englewood, NJ 07631

201-569-1804

Web site: www.cfanj.org

Fax 201-569-5619

Services provided are:

* **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 a Section 8 voucher.) 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 expenses 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.

***Availability:** People may call CFA directly at our location nearest to you for an appointment for rental or utility assistance. (See Service area list). A person will need to provide identification, proof of income, and copy of eviction notice or lease, or copy of overdue utility bill.

Emergency assistance offices are:

Englewood Office: (Main office)

192 West Demarest Avenue **201-569-1804**
Mon – Fri: 9:00 am – 5:00 pm

Mahwah Office:

90 Ridge Rd. **201-529-5029**
Mon – Fri: 10.00 am – 2: 00 pm

Elmwood Park Office:

21 Church Street **201-703-9857**
Mon – Fri: 10:00 am – 2:00 pm

NOTE: Refer to page 28-29 of this manual for a listing of towns served by each office

Greater Bergen

Prevention (emergency) Services **201-968-0200**
Mon, Wed, Fri: 9:00 am – 2:00

Jewish Family Service, Inc

1485 Teaneck Road, Teaneck, NJ 07666 **201-837-9090**

The Compassion Fund

6 Forest Ave, Paramus, NJ 07652 **201-291-4050**

HOME IMPROVEMENT & REPAIRS

Home Improvement Loan

Bergen County Community Development

201-336-7200

One Bergen County Plaza, 4th 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. If you meet eligibility guidelines, the homeowner may be eligible for a 3% deferred loan for eligible home improvements.

Home Modifications/Home Repair

MAP (Modification Access Program)

201-996-9100

SNAP (Special Needs Assistance Program)

HIP (Heightened Independence & Progress)

131 Main Street, Suite 120, Hackensack, NJ 07601

Provides assistance towards the acquisition of services and adaptive Equipment. Assists with barrier-free home renovation projects. (e.g., ramps, etc.)

Chore Program

Volunteer Center of Bergen County

201-489-7790

64 Passaic Street, Hackensack, NJ 07601

Make minor household repairs without charge (except for materials).

Volunteer run program. *No emergencies.

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

REVERSE MORTGAGE

REVERSE MORTGAGE COUNSELING

201-336-7431

The Division of Senior Services provides the required Counseling to homeowners on the Federal Home Equity Insurance Program to help seniors utilize some of the Equity in their home to meet current expenses - especially taxes and home health care – as provided by Bergen County ADRC. Call the Division of Senior Services for information and/or an appointment at The telephone number listed above.

SUBSIDIZED HOUSING RESOURCES

Housing Authority County

Housing Authority of Bergen County 201-336-7600
One Bergen County, 2nd Floor, Hackensack, NJ 07601
Housing information: senior housing, subsidized housing, rent subsidy, etc., or to obtain an application.

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
Paramus, Paramus Senior Housing 201-845-8090
200 Garden State Blvd.
Ramsey, The Woodlands at Ramsey 201-818-0230
141 Prince Street
Ridgefield Park, Ryan Lombardi Apartments 201-440-9621
278 Main Street

Rutherford, Rutherford Senior Manor 67 Kipp Avenue	201-438-7327
Ridgewood, Ridgecrest Senior Housing 7-11 Ridge Road	201-444-0722
Teaneck, Teaneck Senior Housing 5 Dogwood Lane	201-833-1033
Tenaflly, Tenaflly House 357 Tenaflly Road	201-569-7933
Waldwick, Tamaron Association 8 Tamaron Drive	201-445-0297
Westwood, Westwood House 100 Madison Avenue	201-666-1778

OTHER HOUSING ARRANGEMENTS

Adult Retirement Communities

Brookside Village 20, 40 & 60 Blanch Avenue, Harrington Park, NJ 07640 (Adult Community)	201-767-5742
5 Star Premier Residences of Teaneck 655 Pomander Walk, Teaneck, NJ 07666 (Adult Retirement Condominium Community)	201-836-7474
Glen Courts Senior Citizens Apartments 1 Glen Avenue, Glen Rock, NJ 07452 (Independent Living)	201-445-5276
St. Peter the Apostle Senior Residence 415 Fifth Avenue, River Edge, NJ 07661 www.stpetersresidence.org	201-225-0707

Licensed Boarding homes/Shared Living Arrangements

Carner House 280 Larch Avenue, Bogota, NJ 07603	201-342-8940
SHARE Incorporated The Cottage Place & Prospect Place 130 Prospect St., Ridgewood, NJ 07450	201-670-9605

Hillcrest Residence at Christian Health Care
301 Sicomac Ave., Wyckoff, NJ 07481

201-848-5200

Shared Housing

Women's Rights Information Center
108 West Palisade Avenue, Englewood, NJ 07631
(Shared housing is a transitional housing arrangement
For some: for others, it may be permanent arrangement.)

201-568-1166

LONG TERM CARE SERVICES

MEDICAID

Medicaid Waivers: GLOBAL OPTIONS (GO) (formerly known as CCPED, CAP, and Assisted Living Medicaid Waiver).

Bergen County Board of Social Services **201-368-4200**

218 Route 17th North, Building A, Rochelle Park, NJ 07662

Medicaid waiver program offering home health care, homemakers, medical and social adult day care, medical transportation, respite care and case management to eligible persons. Call to inquire about other home care services you may be eligible for.

www.bcbss.com

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 congregate 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.

* Indicates that the facility serves individuals with early states of Alzheimer's and dementia.

Indicates that the facility has a caregiver's support group.

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

44 Armory St., Englewood, NJ 07631

Social day care for the frail and/or visually impaired adults

Ext. 43

Bergen Regional Medical Center Day Health Center **201-967-4000**

230 East Ridgewood Avenue, Paramus, NJ 07652

Medical Adult Day Care

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

Comprehensive Behavioral Healthcare, Inc. 201-935-3322
516 Valley Brook Avenue, Lyndhurst, NJ 07071
Medical Adult Day Care

Day Away 201-833-3757
Holy Name Medical Center 201-833-3756
725 Teaneck Road, Teaneck, NJ 07666
Medical Adult Day Care

The Gallen Adult Day Health Care Center 201-784-1414
At the Jewish Home at Rockleigh
10 Link Drive, Rockleigh, NJ 07674
Medical Adult Day Care

Good Shepard Adult Day Care, LLC 201-933-0711
725 Valley Brook Avenue, Lyndhurst, NJ 07071
Medical Adult Day Care

JCC on the Palisade Kaplan ADC 201-569-7900
411 E. Clinton Avenue, Tenafly, NJ 07670
www.jccotp.org
Social Adult Day Care

Long Life Adult Day Care 201-943-7111
596 Anderson Ave., Cliffside Park, NJ 07010
Medical Adult Day Care

My Home Adult Day Care Center, Inc. 201-291-8811
217 Hergesell Avenue, Maywood, NJ 07607
Medical Adult Day Care

New Life Medical Day Care Center 201-265-0606
340 Evelyn St., Paramus, NJ 07652
Medical Adult Day Care

Northern Valley Older Adult Day Care 201-385-4400
2 Park Avenue, Dumont, NJ 07628
Medical Adult Day Care

Patriot Elder Care 201-880-7755
15 Fifth (North 5th) Street, suite 101, Saddle Brook, NJ 07663

Spectrum Adult Day Health Care Program 201-836-3721
1200 River Road, Teaneck, NJ 07666
Medical Adult Day Care

Sunshine Adult Day Care 201-387-8500
16 N. Washington Ave., Bergenfield, NJ 07621
Medical Adult Day Care

RESPIRE 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, 2nd 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.

GO (formerly known as CCPED and CAP)

201-368-4200

Bergen County Board of Social Services

216 Route 17 North, Building A, Rochelle Park, NJ 07662

Medicaid waiver program offers respite care services. Call to inquire about eligibility and other home care services you may be eligible for.

Volunteer Social Respite Care Program

201-291-6246

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.)

*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.

**Also, see Alzheimer’s Disease Related Disorders Association on Page 48 for more information on respite services.

TELEPHONE REASSURANCE/FRIENDLY VISITORS

55 Kip Senior Center

201-460-1600

55 Kip Street Rutherford, NJ 07070

This program is anyone in South Bergen County who is an isolated senior, disabled of any age or temporarily incapacitated and is in need of in-home support services and companionship.

CHEERCALLERS

201-488-0041

Visiting Homemaker Service of Bergen County Inc.

298 Union Street, Hackensack, NJ 07601

Daily phone calls to homebound elderly adults.

Telephone Reassurance and Friendly Visitors Program

201-837-9090

Jewish Family Service

1485 Teaneck Rd., Teaneck, NJ 07666/

Bergen County Wellness Check Program

201-336-7400

This program is available free of charge to Bergen County residents living alone, over the age of 60, homebound, or disabled, either on a permanent or long-term basis.

Call for information and application.

LONG TERM CARE SERVICES FOR VETERANS

Aid and Attendance and Housebound benefits

Newark Regional Office

800-827-1000

20 Washington Place, Newark, NJ 07102

Visit following websites: www.veteranaid.org
 www.veteransaidbenefit.org
 www.vba.va.gov

GERIATRIC ASSESSMENT PROGRAMS

Assistance in making comprehensive multi-disciplinary evaluations of elderly persons who are having difficulties in the physical, psychological and/or social spheres. These programs may include hearing tests, which are also available from various other sources.

Children's Aid and Family Services

201-445-7015

148 Prospect Street, Ridgewood, NJ 07450

Eldercare Counseling Program – 60 years and over

Geriatric Assessments at:

Northwest Senior Center

201-447-5695

4650 Center St., Midland Park, NJ 07432

See Care Management on page 3 for more agencies

* For additional resources contact your local hospitals' physician referral service to obtain the name of a geriatric medical practitioner.

CHRONIC DISEASE & DISABILITY HEALTH ISSUES

Call the Division of Senior Services for information on other **201-336-7400**
Health issues such as arthritis, hearing, heart, lung, high blood
pressure, osteoporosis, flu shots, mental health, etc. Also, call your
local municipal health departments for information on health issues.

Alzheimer's

Alzheimer's Association: 24-hour helpline **800-272-3900**

Caregiver Information Referral Line **800-883-1180**

For other details visit www.alz.org

COPSA Institute for Alzheimer's Disease & Related Disorders

(Alzheimer's Resource Center) **800-424-2494**

100 Metroplex Dr., Suite 200, Edison, NJ 08817 **732-235-8400**

Center for the diagnosis, treatment and research of dementing illness.

Memory disorder clinic. A comprehensive counseling, referral and

information service, which is available to individuals and professionals

throughout the state of New Jersey. Provides caregivers and professionals with

information and referral on dementia, (including Alzheimer's disease),

depression, and other issues related to aging.

Arthritis Foundation

NJ State Office: 200 Middlesex Turnpike, **888-467-3112**

Iselin, NJ 08830

Mon- Fri 9:00am – 5:00pm

Website: www.arthritis.org **or** **732-283-4300**

Cancer

Information and referral, counseling for families
supplemental financial assistance possible.

Cancer Care, Inc. **201-444-6630**

141 Dayton Street, 2nd Floor, Ridgewood, NJ 07450

Website: www.cancer.org

American cancer Society **201-343-2222**

Website: www.americancancersociety.org

Diabetes

American Diabetes Association

800-342-2383

A professional organization that provides diabetes research, comprehensive info & advocacy, supporting caregivers

website: www.diabetes.org

Diabetes Program

201-894-3335

Englewood Hospital/Home Care

75 Demarest Avenue, Englewood, NJ 07631

Goes to home if homebound, and if the doctor generates an order, counselor can go to home and teach Diabetes Management.

National Multiple Sclerosis Society

Greater North Jersey Chapter

201-967-5599

1 Kalisa Way, Suite 205, Paramus, NJ 07652

Services for those persons with Multiple Sclerosis, i.e.

groups, Conference Calls, newsletter, medical and legislative updates, bulletin board/classified section

of equipment for sale, sponsors "THE MS-WALK", etc.

website: www.nationalmssociety.org

Sickle Cell Disease Association of America, Inc.

231 East Baltimore Street, suite 800, Baltimore, MD 21202

800-421-8453

Advocacy, support groups and direct services. (e.g., counseling, testing, referrals, etc.)

Stroke

Adler Aphasia Center

201-368-8585

60 West Hunter Avenue, Maywood, NJ 07607

Aphasia is a loss of communication ability due to a stroke, where intellect is not affected. The Adler Center offers a variety of programs

and activities to those with Aphasia and to their caregivers. The emphasis is on support, caring, and encouragement to make up

for the loss of talking, writing, reading, or being able to understand one or more of the forms of communication. Programs are provided

to enhance a needed means of communication, and to facilitate

opportunities for volunteering to aid, or be aided, back to a meaningful lifestyle.

(website: www.adleraphasiacenter.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", a newsletter which stroke survivors and their families share information about coping with strokes.

(*Call 1-888-MYHEART to receive information on reducing your risk of heart disease and stroke.)

website: www.americanheart.org

Helen Hayes Hospital

845-786-4000

Route 9W, West Haverstraw, NY 10993

Offers a complete range of rehabilitative services, plus specialized programs for those with physical disabilities and chronic disabling diseases. Patient care units focus on individual needs; specialties include: stroke, spinal cord injury, cardiac and pulmonary rehabilitation, arthritis, multiple sclerosis, osteoporosis, etc.

Kessler Institute for Rehabilitation

201-587-8500

300 Market Street, Saddle Brook, NJ 07662

Programs include: spinal cord injury, mild and traumatic brain injury, stroke rehabilitation, amputee services, orthopedic rehabilitation, pain management, sports medicine, prosthetics and orthopedics. Outpatient centers provide treatment for minor injuries.

Other services provided through the Stroke Rehabilitation Program include: Speech/communication disorders, medical management, nursing, physical and occupational therapies, psychology/neuropsychology services, driving evaluation and training, social service, career guidance and placement, support and education. (Note: Skilled nursing services and sub-acute rehabilitation are also available at Kessler Care Centers in Essex and Passaic Counties.)

National Stroke Association

1-800-787-6537

9707 E. Easter Lane, Centennial, OH 80112

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

www.stroke.org

Post Stroke Program

201-336-6502

Division of Disability Services

One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601

Offers several stroke support groups throughout county. (Caregivers are welcomed also.)

SUPPORT SERVICES & GROUPS FOR CAREGIVERS

Bergen Family Center

201-568-0817

44 Armory St., Englewood, NJ 07631

A Caregiver Support Group for caregivers- group discussion, information access to resources, etc. While caregivers attend, care recipients are provided with activities.

Caregivers' Coalition

201-336-7427

Division of Senior Services, Advisory Council's Education Committee

One Bergen County Plaza, 2nd Fl., Hackensack, NJ 07601

Programs include the "Caregiver Chronicles" (newsletter), "The Challenge of Caregiving" (a panel of formal and informal caregivers), and "Caregivers Corner" (a compassionate ear).

Family Caregivers Online

Education modules for role of family caregiver, behavior & emotion, caring for caregiver and sandwich generation/working caregiver

Website: www.familycaregiversonline.com

National Organization for Empowering Caregivers

(NOFEC)

212-807-1204

Empowering caregivers with resources, private counseling and healing circle.

Website: www.care-givers.com

Family Caregiver Alliance

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

800-445-8106

website: www.caregiver.org

Alzheimer Disease Education Center

Comprehensive Alzheimer disease information and resources including Caregiver's skills for behavioral problems and all other information

800-436-4380

Website: www.nia.nih.gov/alzheimers

Live Oak

888-940-0605

Special information and products for various impairments with living aids for promoting convenient, comfortable and safe home environments for aged. Also Mobility & Transferring

Website: www.dynamic-living.com

Holy Name Medical Center, Caregiver Support Group

201-833-3757

Holy Name Medical Center Day Away Center

725 Teaneck Road, Teaneck, NJ 07666

- Caregivers to the Elderly Self-Help Group** **201-837-0171**
 Senior Services Center of Teaneck
 250 Colonial Court, Teaneck, NJ 07666
 Offering educational physical fitness and social recreational program
 for active adults ages 55 and over.
- COPSA – Institute for Alzheimer’s Disease and Related Disorders** **800-424-2494**
 (Alzheimer’s Resource Center Hotline)
 100 Metroplex Dr., Suite 200, Edison, NJ 08817
 Support groups for spouses, general caregiver support groups
 and other specific support groups.
- Care One at the Cupola, Caregiver Support Group** **201-444-8200**
 W. 100 Ridgewood Avenue, Paramus, NJ 07652
 1st 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
 3rd Wednesday of the Month at 7:00 pm
- Sunrise Assisted Living of Basking Ridge** **908-542-9000**
 404 King George Road, Basking Ridge, NJ 07920
 3rd Wednesday of the Month at 7:00 pm
- Sunrise Assisted Living of Wayne** **973-628-4900**
 184 Berdan Ave., Wayne, NJ 07470
- Vantage Health System, Inc., Spouse 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.
- Kaplen JCC on the Palisades, Caregiver Support Group.** **201-408-1450**
201-569-7900
ext. 439
Kaplen Adult Reach Center
 411 East Clinton Avenue
 Tenafly, NJ 07670
 Caregiver’s support group, meets twice a month,
 2nd Wednesday at 7:30 pm and 4th Thursday at 11:00am.
- American Self-Help Group Clearinghouse** **1-800-367-6274**

Saint Clare's Health Services **973-989-1122**
375 E. McFarlan St., Dover, NJ 07801
A guide to community and on-line support groups in NJ.
Website: www.njgroups.org

The Caregiver Initiative

A website containing information and support for caregivers.
Website: www.strengthforcaring.com

The Family Support Center of NJ

A website containing information and support for caregivers.
Website: www.fscnj.org

Parkinson's Support Group

973-420-5716

of the Greater Ridgewood Area

Cedar Hill Christian Reformed Church
422 Cedar Hill Avenue, Wyckoff, NJ 07481

Dorot Caregivers' Connection

212-769-2850

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.

1-877-819-9147

Website: www.dorotusa.org

Caregivers Handling Crisis:

Adult Protective Service

201-368-4300

Subjected to abuse, neglect or exploitation, or unable care themselves

Psychiatric Emergency Screening Program (PESP)

201-262-4357

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.

Care 2 Caregivers

800-424-2494

Peer Support Helpline for Dementia Caregivers

Provides peer support, guidance on coping with demetia in a loved one. Also provides counseling and education as well as information on resources. They will establish communicate with you however is easiest; either phone, text, email or post email.

Email: care@care2caregivers.com

Website: www.care2caregivers.com

IN-HOME FOOD PROGRAMS

Bergen County Division of Senior Services

201-336-7420

Meals on Wheels Program

One Bergen County Plaza, 2nd 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

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, Saddle River and Waldwick.

Fair Lawn Meals on Wheels

201-794-5333

**Fair Lawn dept. of Human Services, 8-01 Fair Lawn Avenue,
Fair Lawn, NJ 07410**

Homebound or disabled of all ages that require a special diet. Two meals per day, Monday – Friday. Serving: Fair Lawn.

Franklin Lakes Meals on Wheels

201-677-1768

Borough Hall, DeKorte Dr., Franklin Lakes, NJ 07417

Serving all ages, Monday – Friday, special diet meals available.

Kosher Meals on Wheels

201-796-5151

Jewish family & Children's Services of North Jersey

17-10 River road, Fair Lawn, NJ 076410

One hot meal per day, weekdays & weekends, serving Fair Lawn and Elmwood Park.

Jewish Family Services of Bergen County **201-837-9090**

1485 Teaneck Road, Teaneck, NJ 07666

One meal per day, Monday – Friday. Serving Bergenfield, Cliffside Park, Dumont, Edgewater, Englewood, Englewood Cliffs, Fairview, Forte Lee, Glen Rock, Hackensack, Lodi, Maywood, New Milford, Paramus, Ridgefield Park, Ridgewood, Teaneck, Tenafly.

Oakland Meals on Wheels **201-405-7731**

20 Lawlord Drive, Oakland NJ 07436

Disabled and homebound persons, Monday – Friday. One hot meal a day
Special diets available, serving: Oakland.

Pascack Valley Meals on Wheels **201-358-0050**

100 Madison Ave., Westwood, NJ 07676

All ages, two meals a day, Monday – Friday, special diet meals available.
Serving: Alpine, Closter, Cresskill, Demarest, Dumont, Emerson, Harrington Park, Haworth, Hillsdale, Mahwah, Montvale, New Milford, Northvale, Norwood, Old Tappan, Oradell, Park Ridge, Ramsey, River Edge, River Vale, Washington Township, Westwood, Woodcliff Lake.

Wyckoff Meals on Wheels **201-891-4840**

Town Hall, Franklin Avenue, Wyckoff, NJ 07481

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

IN-HOME PHYSICIANS' SERVICES

Community Housecall Physicians **201-536-9000**

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.

Visiting Physician

615 Hope Rd, Building 5A Eatontown, NJ 07724

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.

www.visiting-physician.com

732-571-1000

OR

800-771-3338

IN-HOME EMERGENCY RESPONSE SYSTEMS

Lifeline Device **800-543-3546**

(Administered through local hospitals)

Hackensack University Medical Center

30 Prospect Avenue, Hackensack, NJ 07601

201-996-2050

Holy Name Medical Center Home Care 201-833-3740
222 Cedar Lane, Teaneck, NJ 07666
Valley Home Care 201-291-6233
15 Essex Road, Paramus, NJ 007652

Wellness Monitoring Lifeline 201-664-1000
Personal emergency response
275 Fourth Avenue, Westwood, NJ 07675

Bergen County Wellness Check Program 201-336-7400
You will receive a daily phone call, when the system cannot make contact with you, it will call designated family or friends. Available free of charge to Bergen County residents over the age of 60, homebound or disabled.

HOME HEALTH CARE SERVICES

Commission on Accreditation for Home Care, Inc. 908-508-1200
154 South street, 2nd floor fax: 973-508-1205
New Providence, NJ 07974
CAHC lists Accredited Agencies in good standing that service Bergen County.
(e-mail: info@cahcnj.org)

Bridgebuilders HOME FRIENDS 201-460-1600
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.) offered at no charge for Rutherford residents
* Connected to the Kip Senior Center.

CHEER Program/ Visiting Homecare
Visiting Homemaker Service of Bergen County, Inc. 201-488-0041
298 Union Street, Hackensack, NJ 07601
Help with marketing, errands, escort service, etc.
(Not available in all towns)

HOSPICE SERVICES/END OF LIFE ISSUES

<u>New Jersey Hospice & Palliative Care Organization (NJHPCO)</u>	908-233-0060
175 Glenside Avenue, Scotch Plains, NJ 07076 Offers services and provides information for hospices serving any New Jersey community. Website: www.thehospice.org	
<u>Funeral-Burial Support Program (Medicaid)</u>	201-368-4200
Bergen County Board of Social Services 216 Route 17 North, Rochelle Park, NJ 07662	
<u>Holy Name Medical Center Home Care – Hospice Unit</u>	201-833-3740
718 Teaneck Rd, Teaneck, NJ 07666	
<u>Compassionate Care Hospice</u>	201-796-5600
www.compassionate-care.com	
<u>Care Alternative Hospice</u>	908-931-9080
70 Jackson Dr., Cranford, NJ 07016 www.carealt.com	
<u>Palliative Care</u>	888-865-5103
<u>Life source Services Hospice, LLC</u>	201-967-4313
230 East Ridgewood Ave., Suite 307, Paramus, NJ 07652	

ASSISTED LIVING & RESIDENTIAL HEALTH CARE FACILITIES

Call the New Jersey Department of Health and Senior Services, Division of Long Term Care Systems Development & Quality at 1-800-367-6543 or www.state.nj.us/health to receive a free copy of: *Selecting a Long-Term Care Setting – A Guide for New Jersey Consumers*. This guide gives step-by-step advice in selecting nursing homes; descriptions of health care options; checklists of questions to ask; a directory of nursing homes, residential health care facilities and assisted living facilities throughout the state of New Jersey which are grouped by county. The directory also gives a profile on each nursing home, indicates size, Staff to patient ratio, and the number of valid complaints about the facility.

Log onto www.medicare.gov or www.state.nj.us/health , where you can check the quality of the nursing homes in Bergen County and throughout the State of New Jersey.

ASSISTED LIVING

Actor’s Fund Home 201-871-8882

155-175 West Hudson Avenue, Englewood, NJ 07631
(Retired Theatrical Persons/Multi-Level Facility/
Assisted Living Waiver)

* Connected with a nursing home.

Bright Side Manor 201-692-1000

300 Teaneck Road, Teaneck, NJ 07666
(Residential Health Care Facility)

* Comprehensive Personal Care Home

Emeritus at Paramus 201-251-9600

186 Paramus Road, Paramus, NJ 07652
(Assisted Living)

Brighton Gardens of Saddle River 201-818-8680

5 Boroline Road, Saddle River, NJ 07458
(Assisted Living)

Emeritus at Emerson 201-986-9009

590 Old Hook Road, Emerson, NJ 07630
(Assisted Living)

Plaza at Mill Pond 201-782-0440

124 Noyes Drive, Park Ridge, NJ 07656
(Assisted Living)

Chestnut Hill Residence 973-777-7800
338 Chestnut Street, Passaic, NJ 07055
(Assisted Living)

Christian Health Care Center 201-848-5855
301 Sicomac Avenue, Wyckoff, NJ 07481
(Assisted Living)

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

Evergreen Court Retirement Residence 845-356-7700
65 Lafayette Street, Spring Valley, NY 10977
Affordable Assisted Living; SSI Accepted.
• 15 minutes from Bergen County/Rockland County

Jewish Home Assisted Living 201-666-2370
685 Westwood Ave., River Vale, NJ 07675
(Assisted Living) * Connected with a nursing home

Sunrise Assisted Living 201-782-1888
430 Chestnut Ridge Road, Woodcliff Lake, NJ 07677
(Assisted Living)

Sunrise Assisted Living 201-750-1110
195 Old Tappan Road, Old Tappan, NJ 07675
(Assisted Living)

Sunrise Assisted Living 201-493-9889
567 Paramus Road, Paramus, NJ 07652
(Assisted Living)

Sunrise Assisted Living 201-941-6111
351 River Road, Edgewater, NJ 07020
(Assisted Living)

**RESIDENTIAL CARE HOMES FOR PEOPLE WITH
ALZHEIMER'S/DEMENTIA**

POTOMAC at Cresskill 800-935-9898
248 Madison Avenue, Cresskill, NJ 07626

POTOMAC at Hillsdale 800-935-9898
64 Pascack Road, Hillsdale, NJ 07642

POTOMAC at Mahwah 800-935-9898
699 Wyckoff Avenue, Mahwah, NJ 07430

POTOMAC at Paramus 800-935-9898
143 Farview Avenue, Paramus, NJ 07652

POTOMAC at Park Ridge 800-935-9898
103 Kinderkameck Road, Park Ridge, NJ 07656

POTOMAC at Ramsey 800-935-9898
38 North Central, Ramsey, NJ 07446

POTOMAC at Woodcliff Lake 201-986-1488
290 Werimus Road, Woodcliff Lake, NJ 07675
or
800-935-9898

RESIDENTIAL HEALTH CARE FACILITIES

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

Classic Residence by Hyatt

201-836-7474

655 Pomander Walk, Teaneck, NJ 07666

Hillcrest Residence

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 FACILITIES

<u>THE ACTOR'S FUND HOME</u> 155 West Hudson Avenue, Englewood, NJ 07631 For retired theatrical persons (Medicare/Medicaid/Private Pay)	201-871-8882
<u>ALLENDALE COMMUNITY MATURE LIVING</u> 85 Harreton Road, Allendale, NJ 07401 (Medicare/Medicaid/Private Pay)	201-825-0660
<u>BERGEN COUNTY HEALTH CARE CENTER</u> 35B Piermont Road, Rockleigh, NJ 07647 (Medicare/Medicaid/Private)	201-750-8310
<u>BERGEN REGIONAL MEDICAL CENTER</u> 230 E. Ridgewood Avenue, Paramus, NJ 07652 (Medicare/Medicaid/Private)	201-967-4170
<u>BRISTOL MANOR HEALTH CARE CENTER</u> 96 Parkway, Rochelle Park, NJ 07662 (Medicare/Medicaid/Private)	201-845-0099
<u>BUCKINGHAM AT NORWOOD</u> 100 McClellan Street, Norwood, NJ 07648 (Medicare/Medicaid/Private Pay)	201-768-6222
<u>CARE ONE AT DUNROVEN</u> 221 County Road, Cresskill, NJ 07626 (Medicare/Private Pay) *Participates in the Statewide Respite Program	201-567-9310
<u>CARE ONE AT PINE REST</u> 90 West Ridgewood Avenue, Paramus, NJ 07652 (Medicare/Private Pay)	201-652-1950
<u>CARE ONE AT TEANECK</u> 544 Teaneck Rd., Teaneck, NJ 07666 (Medicare/Private Pay)	201-862-3300

CARE ONE AT VALLEY 201-664-8888
300 Old Hook Road, Westwood, NJ 07675
(Medicare/Medicaid/Private)

CHATEAU AT ROCHELLE PARK 201-226-9600
96 Parkway, Rochelle Park, NJ 07662
Building 1
(Medicare/Private Pay)

CHRISTIAN HEALTH CARE CENTER 201-848-5200
301 Sicomac Avenue, Wyckoff, NJ 07481
(Medicare/Medicaid/Private Pay)

COUNTY MANOR 201-567-7800
133 County Road, Tenafly, NJ 07670
(Medicare/Medicaid/Private Pay)

DAUGHTERS OF ISRAEL GERIATRIC CENTER 973-731-5100
1155 Pleasant Valley Way, West Orange, NJ 07052
(Located in Essex County) (Medicare/Medicaid/Private)

DAUGHTERS OF MIRIAM CENTER FOR THE AGED 973-772-3700
155 Hazel Street, Clifton, NJ 07015
(Located in Passaic County) (Medicare/Medicaid/Private)

DELLRIDGE HEALTH & REHABILITATION CENTER 201-265-5600
532 Fairview Avenue, Paramus, NJ 07652
(Medicare/Medicaid/Private)

EMERSON HEALTH CARE CENTER 201-265-3700
100 Kinderkamack Road, Emerson, NJ 07630
(Medicare/Medicaid/Private)

HOME FOR ARMENIAN AGED 201-261-6662
70 Main Street, Emerson, NJ 07630
(Medicare/Medicaid/Private)

INGLEMOOR CENTER 201-568-0900
(GENESIS ELDER CARE FACILITY)
333 Grand Avenue, Englewood, NJ 07631
(Medicare/ Medicaid/Private Pay)

JEWISH HOME AT ROCKLEIGH 201-784-1414
Rehabilitation Center
10 Link Drive, Rockleigh, NJ 07647
(Medicare/Medicaid/Private)

LINCOLN PARK CARE CENTER 973-696-3300
499-521 Pine Brook Road, Lincoln Park, NJ 07035
(Located in Morris County) (Medicare/Medicare Private)
*Intermediate Care Center also.

**MAPLE GLEN CENTER NURSING
& REHABILITATION** 201-797-9522
(GENESIS ELDER CARE FACILITY)
12-15 Saddle River Road, Fair Lawn, NJ 07410
(Medicare/Medicaid/Private Pay)

**MAYWOOD CENTER FOR HEALTH &
REHABILITATION** 201-843-8411
100 East Magnolia Ave., Maywood, NJ 07607
(Medicare, Medicaid, Private Pay)

OAKLAND CARE CENTER 201-337-3300
20 Breakneck Road, Oakland, NJ 07436
(Medicare/Medicaid/Private)

ORADELL HEALTH CARE CENTER 201-967-0002
600 Kinderkamack Road, Oradell, NJ 07649
(Medicare/Medicaid/Private)

PLAZA REGENCY AT PARK RIDGE 201-505-1777
120 Noyes Dr., Park Ridge, NJ 07656
(Medicare/Medicaid/Private Pay)

PROSPECT HEIGHTS CARE CENTER 201-678-1800
336 Prospect Ave., Hackensack, NJ 07601
(Medicare/Private Pay)

REGENT CARE CENTER 201-646-1166
50 Polify Road, Hackensack, NJ 07601
(Medicare/Medicaid/Private)

RIDGEWOOD CENTER 201-447-1900
(GENESIS ELDER CARE FACILITY)
330 Franklin Turnpike, Ridgewood, NJ 07450
(Medicare/Medicaid/Private)

TEANECK NURSING HOME 201-833-2400
1104 Teaneck Road, Teaneck, NJ 07666
(Medicare/Medicaid/Private)

WOODCREST HEALTHCARE CENTER 201-967-1700
800 River Road, New Milford, NJ 07646
(Medicare/Medicaid/Private)

VANDYK NURSING HOME 201-445-8200
304 South Van Dien Avenue, Ridgewood, NJ 07450
(Medicare/Private)

CARE ONE AT WELLINGTON 201-487-4900
301 Union Street, Hackensack, NJ 07601
(Medicare/Medicaid/Private)

WOODCLIFF LAKE MANOR CARE CENTER 201-391-0900
555 Chestnut Ridge Road, Woodcliff Lake, NJ 07677
(Medicare/Medicaid/Private)

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

QUALITY OF CARE ISSUES / OMBUDSMAN

NJ DEPARTMENT OF HEALTH & SENIOR SERVICES 877-582-6995

P O Box 852

Trenton, NJ 08625

Promote & protect 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.

Northeast NJ Legal Services /Senior Law Project

201-487-2166

190 Moore Street, Suite 100, Hackensack, NJ 07601

Nursing Home Volunteer Advocacy Program

201-568-0817

Bergen family Center

Ext. 26

44 Armory Street, Englewood, NJ 07631

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

BERGEN COUNTY WELLNESS DISCOUNT PROGRAM

Save up to 10-50% on Prescription Drugs! The Bergen County Wellness Discount Program was formed to provide a way to reduce the medical costs for you and your family. This FREE program is open to **ALL** residents of Bergen County and the State of New Jersey. There are no age or income requirements.

201-336-7400

The Wellness Discount Program includes discounts on the following:

- Prescription Drugs
- Hearing Exams & Hearing Aids
- Vision Exams, Eyeglasses, Contact Lenses & Lasik Eye Surgery
- Dental Care
- Diabetic Supplies

This Discount Program is not insurance. For further information on the program, please

www.co.bergen.nj.us/wellnessdiscount

Bergen County Food Pantries

Town: Bergenfield

Pantry Name & Location: Bergenfield Borough Hall
Information Needed to Qualify: Proof of Bergenfield residence
Area Served: Bergenfield residents
Hours of Operation: Mon- Fri 8:30am- 4:00pm
Address: 198 N. Washington Ave, Bergenfield
Phone: **201-387-4055**

Town: Bergenfield

Pantry Name & Location: St. John the Evangelist
Information Needed to Qualify: Interview
Area Served: Bergenfield residents and/or members Parish
Hours of Operation: Last Monday of month 8:30am- 11:00am and 6:00pm – 7:00 pm
Address: 29 N. Washington Ave, Bergenfield
Phone: **201-384-0101**

Town: Bogota

Pantry Name & Location: St. Joseph's Church
Information Needed to Qualify: Proof of residence
Area Served: Bogota and Teaneck residents
Hours of Operation: Tues 12:30pm-2:00pm, Wed 5:30pm-7:00pm, Thurs-Mon 8:00am-4:30pm
Address: 115 E. Fort Lee Road, Bogota
Phone: **201-343-9150**

Town: Cliffside Park

Pantry Name & Location: Church of the Epiphany Food Pantry
Information Needed to Qualify: ID
Area Served: anyone who needs assistance
Hours of Operation: Mon-Fri 9:00am-2:00pm
Address: 247 Knox Ave, Cliffside Park
Phone: **201-943-7320**
www.epiphanyfoodpantry.moonfruit.com

Town: Closter

Pantry Name & Location: Closter Borough Hall
Information Needed to Qualify: Proof of Residence
Area Served: Closter residents and neighboring communities without food pantries
Hours of Operation: 2nd Thursday of every month (morning and evening hours)
Address: 295 Closter Dock Road, Closter
Phone: **201-784-0600 ext:429**

Town: Cresskill

Pantry Name & Location: St. Therese/Cresskill Food Pantry
Information Needed to Qualify: Proof of Residence
Area Served: Cresskill residents
Hours of Operation: Tues 6:00pm-7:30pm, Wed 10:00-11:11am, Sat 10:00am-Noon
Address: 65 B Madison Ave, Cresskill
Phone: **201-569-5400**

Town: Edgewater

Pantry Name & Location: Holy Rosary Church Pantry
Information Needed to Qualify: ID
Area Served: anyone who needs assistance
Hours of Operation: 3rd Thurs 11:00am- Noon
Address: 56 Edgewater Place, Edgewater
Phone: **201-945-6329**

Town: Englewood

Pantry Name & Location: CENTER FOR FOOD ACTION
Information Needed to Qualify: Call for appointment
Area Served: 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
Address: 192 W. Demarest Ave, Englewood
Phone: **201-569-1804**

Town: Englewood

Pantry Name & Location: St. Cecilia Church/ Office of concern
Information Needed to Qualify: application to fill out
Area Served: anyone who needs assistance
Hours of Operation: Mon- Thurs 9:00am-1:00pm
Address: 85 Demarest Ave, Englewood
Phone: **201-568-1465**

Town: Fair Lawn

Pantry Name & Location: Fair Lawn Health Department
Information Needed to Qualify: Proof of Residence
Areas served: Fair Lawn residents
Hours of Operation: Mon-Fri 8:30am- 4:30pm
Address: 8-01 Fair Lawn Ave, Fairlawn
Phone: **201-794-5327**

Town: Fairview

Pantry Name & Location: CENTER FOR FOOD ACTION (In St. John the Baptist Church)
Information Needed to Qualify: ID
Area Served: anyone who needs assistance
Hours of Operation: Mon, Tues and Thurs 9:30am-5:00pm
Address: 239 Anderson Avenue, Fairview
Phone: **201-945-5831**

Town: Garfield

Pantry Name & Location: Calvary Baptist Food and Clothing Pantry
Information Needed to Qualify: Appointment with Geraldine Scott
Area Served: anyone who needs assistance
Hours of Operation: Mon-Fri 10:00am-4:00pm, pickups are once a month on 3rd Saturday
Address: 217-245 Passaic St., Garfield
Phone: **973-773-2444**

Town: Hackensack

Pantry Name & Location: CENTER FOR FOOD ACTION

Information Needed to Qualify: ID

Area Served: anyone who needs assistance

Hours of Operation: Mon-Thurs 9:30am-3:30pm, Fri 9:30am-2:30pm

Address: 316 First Street, Hackensack

Phone: **201-883-9375**

Town: Hackensack

Pantry Name & Location: Bergen County Housing, Health and Human Services Center

Information Needed to Qualify: ID

Area Served: Bergen County resident

Hours of Operation: Lunch 11:30am-12:30am, Dinner 5:00pm-6:00pm

Address: 120 South River St., Hackensack

Phone: **201-336-6475**

Town: Hackensack

Pantry Name & Location: Buddies of New Jersey, Inc

Information Needed to Qualify: AIDS/ HIV positive clients

Area Served: Bergen and Passaic County

Hours of Operation: Mon 11:00am-2:00pm, Tues-Thurs 1:00pm-4:00pm

Address: 149 Hudson Street, Hackensack

Phone: **201-489-2900** or **800- 508-7577** (NJ only)

njbuddies.org

Town: Hasbrouck Heights

Pantry Name: Hasbrouck Heights Borough Hall

Information Needed to Qualify: copy of lease or utility bill

Area Served: Hasbrouck Heights residents

Hours of Operation: Mon 9:00am-11:00am

Address: 320 Boulevard, Hasbrouck Hts.

Phone: **201-288-0195**

Town: Hillsdale

Pantry Name: Hillsdale Board of Health/ Helping Hands, Interfaith Food Pantry, United Methodist Church

Information Needed to Qualify: ID

Area Served: Hillsdale and neighboring residents

Hours of Operation: Mon 5:30pm-6:45pm, 1st Sat of month 9:00am- 10:30am

Address: 349 Hillsdale Ave, Hillsdale

Phone: **201-664-0600**

Town: Little Ferry

Pantry Name: St. Margaret of Cortona Food Pantry

Information Needed to Qualify: proof of residence

Area Served: Little Ferry and Moonachie residents

Hours of Operation: 3rd Wed 10:00-Noon

Address: 31 Chamberlain Ave, Little Ferry

Phone: **201-641-2988**

Town: Lyndhurst

Pantry Name & Location: Sacred Heart Church
Information Needed to Qualify: proof of residence
Area Served: Lyndhurst
Hours of Operation: Sat 9:30am -11:00am
Address: 324 Ridge Rd., Lyndhurst
Phone: **201-483-1147**

Town: Mahwah

Pantry Name: CENTER FOR FOOD ACTION
Information Needed to Qualify: ID
Area Served: anyone who needs assistance
Hours of Operation: Mon 10:00am-6:30pm, Tues-Fri 10:00am-2:00pm
Address: 90 Ridge Rd, Mahwah
Phone: **201-529-2029**

Town: Maywood/Rochelle Park

Pantry Name & Location: Maywood/Rochelle Park Welfare
Information Needed to Qualify: proof of residence
Area Served: Maywood and Rochelle Park residents
Hours of Operation: Mon- Fri 10:00am-4:00pm
Address: 151 W Passaic Street, Rm 160, Rochelle Park
Phone: **201-581-7730**

Town: New Milford

Pantry Name: Church of the Ascension Food Pantry
Information Needed to Qualify: ID
Area Served: New Milford and Neighboring town residents
Hours of Operation: 3rd Mon 6:00pm-7:00pm, 3rd Tues 9:30am-10:00am
Address: 256 Azalea Drive, New Milford
Phone: **201-836-8961**

Town: North Arlington

Pantry Name: Queen of Peace Church
Information Needed to Qualify: Proof of Residence
Area Served: North Arlington residence
Hours of Operation: Sat 9:00am
Address: 174 Ridge Rd., North Arlington
Phone: **201-997-0700**

Town: Paramus

Pantry Name: Paramus Dept. of Human Services
Information Needed to Qualify: Proof of Residence
Area Served: Paramus residence
Hours of Operation: Mon-Fri 9:00am-4:00pm
Address: 93 N. Farview Ave, Paramus
Phone: **201-265-2100 ext:635**

Town: Park Ridge

Pantry Name: Pascack Food Center

Information Needed to Qualify: ID

Area Served: Park Ridge and neighboring residents

Hours of Operation: Tues/Thurs 9:00am-11:00am

Address: 65 Pascack Road, Park Ridge

Phone: **201-573-9083**

Town: Ridgefield Park

Pantry Name & Location: St. Francis Food for Friends

Information Needed to Qualify: Proof of residence

Area Served: Ridgefield Park residents

Hours of Operation: Mon-Fri 9:00am-4:30pm (pickups bi weekly)

Address: 114 Mt. Vernon St., Ridgefield Park

Phone: **201-641-6464**

Town: Ridgewood

Pantry Name & Location: Social Services of Ridgewood

Information Needed to Qualify: Proof of residence and financial need

Area Served: Ridgewood, Wyckoff, Ho-Ho-Kus, Midland Park, Waldwick, Glen Rock

Hours of Operation: Mon-Fri 10:00am-3:00pm

Phone: **201-444-2980**

Town: Rutherford

Pantry Name & Location: Rutherford Community Food Pantry

Information Needed to Qualify: Proof of Residence

Area Served: Rutherford residents

Hours of Operation Mon/Thurs 2:00-4:00pm, Wed 5:00-7:00pm

Address: 176 Park Ave, Rutherford

Phone: **201-460-3628**

Town: Saddle Brook

Pantry Name & Location: CENTER FOR FOOD ACTION

Information Needed to Qualify: Call for appointment

Area Served: Clifton, Calstadt, East Rutherford, Elmwood Park, Fairlawn, Garfield, Lodi, Lynhurst, 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

Address: 224 Midland Ave, Saddle Brook

Phone: **201-703-9857**

Town: Teaneck

Pantry Name & Location: Faith and Hope Food Pantry

Information Needed to Qualify: ID

Area served: anyone who needs assistance

Hours of Operation: Sat 9:00am-11:00am

Address: 480 Warwick Ave, Teaneck

Phone: **201-833-4501**

Town: **Westwood**

Pantry Name: St. Andrew's Church

Information Needed to Qualify: ID

Area Served: Westwood and neighboring town residents

Hours of Operation: Thurs 7:30pm

Address: 120 Washington Ave, Westwood

Phone: **201-666-1100**

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Ombudsman - NJ Dept. of Health & Senior Services.....	877-582-699566
PAAD -Pharmaceutical Assistance.....	201-336-740024
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PEAL (Phone Elderly to Alleviate Loneliness).....	201-489-933346
PESP (Psychiatric Emergency Screening Program).....	201-262-435716, 53
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Sickle Cell Disease Association of America.....	800-421-845349
Social Security (Medicare/Disability Insurance).....	800-772-121326-27
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Urban League of Bergen County.....	201-568-498835
Vantage Health Systems, Inc.....	201-567-005915-16
Verizon NJ Communication Lifeline.....	800-792-974534
Veterans' Administration Health Care System.....	800-315-790924
Veterans' Aide and Attendance and Housebound benefits...	800-827-100028
Veterans' Healthcare Enrollment.....	888-954-355317
Veterans' Services - Bergen County.....	201-336-632516
Veterans' Services - Federal.....	800-827-100016
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Wellness Monitoring Lifeline.....	201-664-100056
Winter Termination Program (shut-off prevention).....	800-357-226233
YMCA of Bergen County.....	201-487-66008

COUNTY OF BERGEN



James J. Tedesco III
County Executive

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