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

Help us keep this guide up-to-date and email changes to

seniors@co.bergen.nj.us
GENERAL INFORMATION

County Agencies and Services

**Bergen County Division of Senior Services - Bergen ADRC**
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601
Hours: 8:30 AM – 4:30 PM, Monday – Friday
Website: [http://www.co.bergen.nj.us/bcdhs/divisions/senior.htm](http://www.co.bergen.nj.us/bcdhs/divisions/senior.htm)

**Bergen County Division on Disability Services**
Provides services for disabled adults. Call for information on 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](http://www.co.bergen.nj.us/bcdhs/divisions/disability.htm)

**Community Resource Council (CRC)**
75 Newman Street, Hackensack, NJ 07601
Information and referral service of Bergen County services & programs.
Help Line: 201-343-6543 201-343-4900 (main #)

**Bergen County Board of Social Services**
218 Route 17 North, Building A, Rochelle Park, NJ 07662
Website: [www.bcbss.com](http://www.bcbss.com)

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

**Bergen County Department of Mental Health**
If you or a family member are experiencing the signs or symptoms of mental illness.
Emergency/Crisis hotline: 201-262-help (4357)

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

**Bergen County Office of Emergency Management**
285 Campgaw Road, Mahwah, NJ 07430
201-785-5757 201-336-7705
Statewide Agencies & Services

NJ ADRC-New Jersey Aging & Disability Connection 877-222-3737
Consumer focused, statewide system: access to information and services for older and disabled New Jersey Citizens.
http://www.state.nj.us/humanservices/doas/home

N J Department of Human Services 800-792-8820
Division of Aging Services
PO Box 807, Trenton, NJ 08625
http://www.state.nj.us/humanservices/doas/home

Division of Deaf & Hard of Hearing (DDHH) 800-792-8339
PO Box 704 609-588-2648
Trenton, NJ 08635

Division of Developmental Disability (DDD) 800-832-9173
PO Box 726
Trenton, NJ 08625

Division of Disability Services (DDS) 888-285-3036
PO Box 704
11A Quaker Bridge Plaza, Mercerville, NJ 08619

Division of Medical Assistance & Health Services (DMAHS) 800-356-1561
PO Box 72, Trenton, NJ 08625

Division of Mental Health Services (DMHS) 800-382-6717
PO Box 704, Trenton, NJ 08625
addiction hotline: 844-276-2777
recovery connect: 855-652-3737
For family members of heroin and prescription drug addicts

Office of Emergency Management 609-799-0110
Disaster & Terrorism Branch 609-799-8868
New Jersey State Police
350 Lawrence Station Road, Lawrenceville, NJ 08648

211 877-652-1148
Information about health, human services, community resources, government assistance people need every day as well as in time of crisis.
Call 211 from your phone or search our database at:
www.nj211.org
<table>
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<tr>
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<td>Atlantic</td>
<td>609-645-7700</td>
</tr>
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<td>Bergen</td>
<td>201-336-7400</td>
</tr>
<tr>
<td>Burlington</td>
<td>609-265-5069</td>
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<tr>
<td>Camden</td>
<td>856-858-3220</td>
</tr>
<tr>
<td>Cape May</td>
<td>609-886-2784</td>
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<tr>
<td>Cumberland</td>
<td>856-453-2220</td>
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<tr>
<td>Essex</td>
<td>973-395-8375</td>
</tr>
<tr>
<td>Gloucester</td>
<td>856-384-6900</td>
</tr>
<tr>
<td>Hudson</td>
<td>201-369-4313</td>
</tr>
<tr>
<td>Hunterdon</td>
<td>908-788-1362</td>
</tr>
<tr>
<td>Mercer</td>
<td>609-989-6661</td>
</tr>
<tr>
<td>Middlesex</td>
<td>732-745-3295</td>
</tr>
<tr>
<td>Monmouth</td>
<td>732-431-7450</td>
</tr>
<tr>
<td>Morris</td>
<td>973-285-6848</td>
</tr>
<tr>
<td>Ocean</td>
<td>732-929-2091</td>
</tr>
<tr>
<td>Passaic</td>
<td>973-569-4060</td>
</tr>
<tr>
<td>Salem</td>
<td>856-339-8622</td>
</tr>
<tr>
<td>Somerset</td>
<td>908-704-6346</td>
</tr>
<tr>
<td>Sussex</td>
<td>973-579-0555</td>
</tr>
<tr>
<td>Union</td>
<td>908-527-4858</td>
</tr>
<tr>
<td>Warren</td>
<td>908-475-6591</td>
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</tbody>
</table>
Bereavement Services

**AARP Grief and Loss Program** 800-687-2277
Offers a wide range of resources and information on grief and loss issues to adults who are bereaved. Family members welcome. Program includes one-to-one outreach support. (e.g. widowed person services), a grief course, support groups, interactive on line support group, information booklets and brochures.
www.aarp.org/griefandloss

**Hackensack Community Nursing Services** 201-342-7766
21 Main street Suite 253, Hackensack, NJ 07601
(Group Counseling)

**Bergen Community Health Care** 201-359-2666
400 Old Hook Road, Westwood, NJ 07675

**The Compassionate Friends** 201-567-0089
301 Sicomac Avenue, Wyckoff, NJ 07481
Bereavement Support Group for Parents
Meets on the 4th Tuesday of the month 7:30pm

**Holy Name Medical Center** 201-833-3000 ext. 7580
Community Health Services Building
725 Teaneck Road, Teaneck, NJ 07666
Bereavement Groups for Adults. Three times a year
Contact Lenore Guido.

**Englewood Hospital Bereavement** 201-894-3333
Support Group
15 Engle Street, Englewood, NJ 07631

**Valley Home Care** 201-291-6395
Bereavement services for adults and children are offered through Valley Home Care, both group and individual support are offered.
http://www.valleyhealth.com/Support Programs

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Chronic Disease & Disability Health Issues

Alzheimer’s and other forms of Dementia

Act Now Foundation 201-721-6721
830 Bergen Avenue, Ste. 8A, Jersey City, NJ 07306
Alzheimer’s resource center of NJ. Raises awareness, provides educational workshops, memory screenings, support groups for caregivers and seniors with early stage dementia, and other resources.

Alzheimer’s Association 800-272-3900 800-883-1180
24-hour helpline
Caregiver Information Referral Line
For other details visit www.alz.org

Alzheimer Disease Education & Referral Center 800-438-4380
Comprehensive Alzheimer disease information and resources including caregiver skills for behavioral problems and all other information.
www.nia.nih.gov/alzheimers

Alzheimer’s New Jersey 888-280-6055 973-586-4300
400 Morris Avenue, Suite 251, Denville, NJ 07834
Respite Care and Wellness Program
www.alznj.org

Bergen County Sheriff’s Office (Alzheimer Association) 201-336-3540
2 Bergen Plaza, Hackensack, NJ 07601
The Bergen County Sheriff office is participating in project lifesaver international, which helps provide rapid response to save lives and reduce the potential for serious injury for adults and children who wander due to Alzheimer’s, Dementia, Autism, Down syndrome and other related disorders. Contact the Community outreach unit at the Sheriff’s department for more information.
www.bcsd.us

COPSA Institute for Alzheimer’s Disease & Related Disorders 800-424-2494 732-235-8400
(Alzheimer’s Resource Center)
100 Metroplex Dr., Suite 200, Edison, NJ 08817
A statewide program that includes a dementia clinic and a resource center that provides education, information and support to the families and caregivers of people with dementia. Institute staff train and provide consultation to geriatric professionals throughout New Jersey.

Holy Name Hospital Asian Dementia Center 201-833-3399
718 Teaneck Road, Teaneck, NJ 07666
Screening, education programs, family support groups.
Arthritis Foundation NJ State Office: 888-467-3112
555 Route 1 South Suite 320, Iselin, NJ 08830 732-283-4300
Mon- Fri 9:00am – 5:00pm
www.arthritis.org

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

American Cancer Society 201-343-2222
20 Mercer Street, Hackensack, NJ 07601 201-457-4318
www.cancer.org

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

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

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

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

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

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Adler Aphasia Center (Stroke) 201-368-8585
60 West Hunter Avenue, Maywood, NJ 07607
The Adler Center offers a variety of programs and activities to those living with Aphasia and their caregivers, and strives to expand awareness and knowledge of aphasia. The center provides a therapeutic environment of innovative programs that give people ways to live successfully with aphasia, offers opportunities for social connection for anyone who wishes to join us, trains health care professionals to improve service delivery to people with aphasia, conducts influential research through and partners with aphasia researchers across the country, and strives to make aphasia universally understood.
www.adleraphasiacenter.org

National Stroke Association 800-787-6537
9707 E. Easter Lane, Centennial, OH 80112
Stroke information and newsletter, Guidance for starting stroke support clubs and groups.
www.stroke.org

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 Bergen County.

HIV/Aids
Buddies of New Jersey 800-508-7577 (NJ only)
Franklin A. Smith Resource Center, 149 Hudson Street
Hackensack NJ 07601
A resource center serving Bergen and Passaic Counties, offering a network of support for people infected and affected by HIV/AIDS. Services include case management, substance abuse treatment and counseling, housing assistance, dental services, support groups, transportation, and a food bank.
mark@njbuddies.org
www.njbuddies.org

Multiple Sclerosis
National Multiple Sclerosis Society 201-967-5599
North Jersey Chapter
1 Kalisa Way, Suite 205, Paramus, NJ 07652
Services for those persons with Multiple Sclerosis, i.e. groups, newsletter, medical and legislative updates, bulletin board/classified section of equipment for sale, sponsors “THE MS-WALK”, etc.
www.nationalmssociety.org
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**Parkinson Disease**

**American Parkinson Disease Assoc.**

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

**Sickle Cell Disease**

**Sickle Cell Disease New Jersey Chapter**

1016 Broad street, Newark, NJ 07102

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

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

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**Employment Opportunities**

**New Jersey State Employment Services**

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

**Vocational Rehabilitation Services for the Disabled**

**Unemployment and disability Insurance**

60 State street, Hackensack NJ 07601

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

855-215-4541

**Easter Seals**

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

Bergen County Bar Association, Inc.  201-488-0044
Lawyers Referral Plan
15 Bergen Street, Hackensack, NJ 07601
Monday through Thursday 10:00am - 3:00pm

Community Mental Health Law Project  201-634-2762
Legal and Advocacy for the mentally ill
One Bergen County Plaza, 4th floor, Hackensack NJ 07601
Monday through Friday 9:00am - 4:30pm, by appointment

Legal Services of New Jersey  888-576-5529
Provides advice and brief service over phone & possibly referrals
Monday through Friday 8:30am - 5:30pm
www.lsnjlawhotline.org
www.lsnj.org

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 benefits, 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 for senior citizens 60 years of age and older targeting low income older adults. Provides information on legal rights and entitlements, legal counseling, and education.
Monday through Friday 8:30am - 5:00pm

New Jersey State Bar Foundation  800-FREE LAW
One Constitution Square, New Brunswick, NJ 08901
Provide free events, publications and educational programs for students, educators and all New Jersey's citizens
www.njsbf.org
**LGBTQ RESOURCES**

**Garden State equality**
40 South Fullerton Ave, Montclair, NJ 07042
NJ’ statewide advocacy and education organization for the lesbian, gay, bisexual, and transgender community
www.gardenstateequality.org
www.gardenstateequality.org/report_discrimination
www.gardenstateequality.org/pledge

**GLRAP**
The Gay & Lesbian Association of Retiring Person, Inc.
(GLARP) is a non-profit corporation that calls attention to the aging issues in the LGBT community.
http://gaylesbianretiring.org

**Lambda Legal National LGBT Legal Help Center**
120 Wall Street 19th floor, New York, NY 10005

**MS- Lambda Essential Group Support (MSLEGS)**
Self directed by GLBT with MS
www.nationalmssociety.org/chapters/NJM/Groups-and-Discussions/Program/MS

**Prime Timers**
PO Box 1073, Sparta, NJ 07871
Social organization whose purpose is to ensure that mature gay and bisexual men have a rich and pleasurable social life with other like-minded men
www.meetup.com/New-Jersey-Primetimers/

**Sage (Services and Advocacy for GLBT Elders)**
http://www.sageusa.org

**Sage New Jersey**
Hudson Pride Connection Center
32 Jones Street, Jersey City, NJ 07306
www.hudsonpride.org/
SAGE men’s/women’s group where people meet and enjoy each others company. There are discussions, guest speakers, video nights, and outings.
www.hudsonpride.org/programs-services/pride-connections/lgbt-seniors/
or call Gordon Sauer at 973-342-2360 (leave voicemail or text)

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

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LGBT friendly Houses of Worship in Bergen County:

**Trinity Episcopal Church** - Allendale
55 George Street, Allendale, NJ 07401
The Rev. E. Michael Allen, info@trinitynbc.org
[www.episcopalchurch.org/](http://www.episcopalchurch.org/)

**Cresskill Congregational Church**
85 Union Avenue, Cresskill NJ 07626
Pastor David C. Bocock, bo@cresskillucc.org
Theresa Muti, office@cresskillucc.org
[www.cresskillucc.org/](http://www.cresskillucc.org/)

**St Paul's Church** - Englewood
113 Engle St, Englewood NJ 07631
Rev. William H. Allport II, revballport@stpaulsenglewood.org
Miss Safiyyah Godwin, office@stpaulsenglewood.org
[www.welcome.stpaulsenglewood.org/](http://www.welcome.stpaulsenglewood.org/)

**Unitarian Universalist Congregation of the Palisades** - Englewood
228 Grand Ave., Englewood NJ 07631
Rev. Paul Dodenhoff, minister@uucpalisades.org, Staff@uucpalisades.org
[www.uucpalisades.org](http://www.uucpalisades.org)

**Trinity Evangelical Lutheran Church** – Fairview
295 Hudson Place, Fairview NJ 07022
Bishop E. Roy Riley, support@trinityfairview.org
[www.trinityfairview.org/](http://www.trinityfairview.org/)

**Church of the Good Shepherd** - Fort Lee
1576 Palisade Ave, Fort Lee NJ 07024
Rev. Allison Moore, churchofthegs@verizon.net
Ms. Olga Derick, churchofthegs@verizon.net

**All Saints** - Glen Rock
40 Central Ave, Glen Rock NJ 07452
Reverend Timothy Burger, m@allsaintsglenrock.org
Christine McGooey, gary@allsaintsglenrock.org
[www.all saints glenrock.org](http://www.all saints glenrock.org)

**St. Andrew's** - Harrington Park
31 Lynn Street, Harrington Park NJ 07460
Rev. Diane L. Rhodes, standrewhp@gmail.com
Glenda deKruif, standrewhp@gmail.com
[www.standrewsharringtonpark.org](http://www.standrewsharringtonpark.org)

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St John the Divine – Hasbrouck Heights
229 Terrace Ave, Hasbrouck Heights NJ 07604
Rev Mark Beckwith, mbeckwith@dioceseofnewark.org, church@saintjohnthedivine.com
www.saintjohnthedivine.com/

St. Luke's - Haworth
Massachusetts Ave & Grant Street, Haworth NJ 07641
Rev. Joseph S. Pickard, Office@StLukesHaworth.org
www.stlukeshaworth.org/

All Saints – Leonia
150 Park Avenue, Leonia NJ 07605
Rev. Dean Weber, dean.allsaints@verizon.net
Robin Kantrowitz, parishadministrator@allsaintsleonia.com
www.episcopalchurch.org/parish/all-saints-episcopal-church-leonia-nj

Leonia UMC
396 Broad Avenue, Leonia NJ 07605
Rev David Wehrle, David@LeoniaChurch.org
Yevgeniya Przhebelskaya, Yevgeniya@Leonia.Church
www.leoniachurch.com

Presbyterian Church in Leonia
181 Fort Lee Road, Leonia NJ 07605
JOEVDW@aol.com, secretaryleonia@gmail.com
www.leoniapres.org/

Church of the Holy Communion - Norwood
66 Summit Street, Norwood NJ 07648
Rev. James Petroccione, holycommunion.norwood@gmail.com
www.holycommunionnj.com/

Norwood Presbyterian
701 Broadway, Norwood NJ 07648
Rev. Timothy Son, timothydson@gmail.com, pcinchurchoffice@gmail.com
www.pcnorwood.org/

Ponds Reformed Church – Oakland
341 Ramapo Valley Road, Oakland NJ 07436
Rev. Nathan S. Busker, nathan@pondsnj.org
Jane Casazza, jane@pondsnj.org
www.pondsreformedchurch.org/

St.Alban's Church - Oakland
1 Church Lane, Oakland NJ 07436
Rev. Kathryn King
Diane Firkins, stalbansOFL@optimum.net
www.stalbansflow.org

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**Prince of Peace** – Old Tappan
106 Orangeburgh Road, Old Tappan NJ 07675
Pastor Holliday, pastorholliday@princeofpeacenj.org
Denise Pallatta, secretary@princeofpeacenj.org
www.princeofpeacenj.org/

**Central Unitarian Church Paramus**
156 Forest Avenue, Paramus NJ 07652
Rev. David M. Horst, revhorst@cucparamus.org
Melody Villanueva-Arroyo, marroyo@cucparamus.org
www.cucparamus.com

**St John's** - Ramsey
301 East Main Street, Ramsey NJ 07446
Rev Julian R. Eibin
Ellen Joyce, ellen.joyce@stjohnsramsey.org.
www.stjohnsramsey.org/

**Christ Episcopal Church** - Ridgewood
105 Cottage Place, Ridgewood NJ 07450
Father Daniel, rector@christchurchriddgewood.org
Ms. Mary Fezza, staff@christchurchriddgewood.org
www.christchurchriddgewood.org/

**Unitarian Society of Ridgewood**
113 Cottage Place, Ridgewood NJ 07450
Intern Minister, Carlos Martinez
Chandrika Chowdhry, usr.secretary@verizon.net
www.uuridgewood.org/

**WestSide Presbyterian Church** - Ridgewood
6 South Monroe Street, Ridgewood NJ 07450
Rev. Marc A. Oehler, moehler@westside.org
Deirdre DiMauro, DDiMauro@westside.org
www.westside.org/

**First Congregational Church of River Edge**
109 Continental Ave, River Edge NJ 07661
Rev. Dennis TeBeest,
Theresa Wallace, office@fccriveredge.org
www.fccriveredge.org/

**Rutherford Congregational Church**
251 Union Ave, Rutherford NJ 07070
Rev Ronald (“Ron”) E. Verblaauw
Teresa (Terry) Bronico
www.rccucc.com/
Rutherford UMC
56 West Passaic Avenue, Rutheford NJ 07070
Pastor BJ Kim, bjkurz@gmail.com
www.rutherfordumc.org

St Mark's Church - Teaneck
118 Chadwick Road, Teaneck NJ 07666
Rev. Robert Shearer, rshearer2077@gmail.com
Themba Johnson, office@stmarksteaneck.org
www.stmarksteaneck.org

St Paul's Lutheran - Teaneck
61 Church Street, Teaneck NJ, 07666
Pastor Rev. Dr. Gary LeCroy, pastorgary@stpaulsteaneck.com
Sharla DeLawter, SharlaDel@aol.com
www.stpaulsteaneck.com/

Church of the Attonement - Tenafly
97 Highwood Ave, Tenafly NJ 07670
Rev Lynne Bleich Weber, rector@atonement-tenafly.org
Patricia D'Anna, parish.admin@atonement-tenafly.org
www.atonement-tenafly.org/

Temple Beth Or – Township of Washington
56 Ridgewood Rd # 1, Township of Washington NJ 07676
Rabbi Ruth Zlotnick, info@templebethornj.org
www.templebethornj.org/
TRANSPORTATION

NJ FIND A RIDE 877-652-1148
WWW.NJFINDARIDE.ORG 2-1-1
Information service that finds agencies that provide transport

Access Link NJ Transit 800-955-2321
Hearing impaired 1-800-772-2287
24 hours access 973-275-5555 (NJ Transit information center)
Provides curb to curb service for eligible people with disabilities who are located within ¾ mile from bus routes.
Access Link service is comparable to the NJ TRANSIT local bus network. Transportation is provided during the same hours, days, and at the same fares as the local bus network. You must first apply in person. Arrangements for transportation for you to come and fill out the application can be made.

American Cancer Society 800-277-2345 ext. 5
20 Mercer Street, Hackensack, NJ 07601
Transportation for Cancer Patients only
Road to Recovery Program. Free Service.
Website: www.cancer.org

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).

Discount/Reduced Fare for NJ Transit Bus & Rail 973-491-7112
201-336-7400
Seniors or people who have been determined disabled are eligible to pay no more than one-half the regular one-way fare on all interstate bus, rail routes, and most interstate bus and rail routes into adjacent states (NY and PA).
Applications are available through the Division of Senior Services.
www.reducefare@njtransit.com

EZ-Ride Ryde4Life Program 201-939-4242
144 Park Place East, Wood-Ridge, NJ 07075
866-208-1307 ext. 4
Offers transportation in partnership with Uber and Lyft to individuals over 50 years old on weekdays from 8 am to 5 pm.
No smartphone is necessary. Subsidies may be available.
www.ezride.org

GoGo Grandparents 855-464-6872
855-gogo-usa
On demand 24/7 car service.
Operators arrange transportation for older adults through Uber and Lyft. No smartphone is necessary.
Gogograndparent.com
ITN North Jersey 201-398-6885
205 Hillcrest Avenue, Wyckoff, NJ 07481
Provides affordable transportation for older adults 7 days a week. An annual membership, pickup and mileage fee may apply. Bergen County Only
www.itnnorthjersey.org/contact-us

Lyft
On demand 24/7 car service.
You will first have to sign up by downloading the app on your cell phone and set up an account with your credit card.
www.lyft.com/cities/new-jersey-nj

Uber Car service
On demand 24/7 car service.
You will first have to sign up by downloading the app on your cell phone and set up an account with your credit card.
www.uber.com

Check your township for more transportation services.
VETERANS AFFAIRS

Veterans Services

Division of Veterans’ Services
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601
The mission of the office is to advise, guide, and assist Bergen County veterans and their dependents on the many veterans programs, services, and entitlements.

Veterans Affairs Benefits Administration (Regional Office)
20 Washington Place, Newark, NJ 07102
Federal benefits for veterans and dependents.
Call to inquire about services/benefits.

United States Department of Veterans Affairs (Lyons)
151 Knollcroft Road, Lyons, NJ 07903

Veterans Benefits
New Jersey Veterans Administration Health Care System
Must enroll in the VA Program. Call toll-free for information and application packet. The VA Hospital is located in East Orange.

VA Healthcare Enrollment (New Jersey)

Veterans Affairs Practice Hackensack Clinic
385 Prospect Avenue, Hackensack, NJ 07601

Veterans Memorial Home Paramus
1 Veterans Drive, Paramus, NJ 07652

Community Transportation for Veterans
178 Essex Street, Hackensack, NJ 0760
Transportation services to VA hospitals and Veteran health care sites.

Veteran Employment Federal Positions
www.usajobs.gov
www.fedshirevets.gov
www.vaforvets.va.gov

Veterans Employment Initiative:
Community Hope 855-483-8466 973-463-9600
959 Route 46 East, Suite 402, Parsipany, NJ 07054
Supportive services for low-income single veterans or veteran families. Social service and financial assistance such as housing counseling/housing search, securing utilities, mediation with property owners, financial budgeting, employment assistance, navigation of eligible benefits and services, temporary financial assistance with rent, utility payments, security payments, moving costs, childcare and transportation expenses.
www.communityhope-nj.org

Financial Assistance for Homebound Veterans

Aid and Attendance and Housebound Benefits 800-827-1000
Newark Regional Office
20 Washington Place, Newark, NJ 07102
Visit following websites:
www.veteranaid.org
www.veteranaidbenefit.org
www.vba.va.gov

Senior Veterans Tax Freeze 800-882-6597
You will need to apply with the State of New Jersey

Contact your Municipality for the following Programs:

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

Property Tax Exemption for Disabled Veteran
Full exemption from property taxes on a principal residence for certain totally and permanently disabled war veterans and their unmarried surviving spouses/surviving civil union partners/surviving domestic partners.
EMERGENCY SERVICES

**Bergen County office of Emergency Management**
285 Campgaw Road, Mahwah, NJ 07430
201-785-5757
201-336-7705

**American Red Cross** (will respond to natural disasters)
973-797-3300

**Adult Protective Services**
Bergen County Board of Social Services
For vulnerable adults who are being subjected to abuse, neglect or exploitation, and who cannot protect or care for themselves.
201-368-4300
800-624-0275 (after hours)

**United Way Bergen County Compassion Fund**
6 Forest Avenue, Paramus, NJ 07652
211 or 201-294-4050
877-652-1148
The Compassion Fund provides help that is direct, concrete, vital and timely. Agency may assist with urgent financial needs from utility bills to medication and healthcare to help families remain in their home.
www.nj211.org

**Housing, Health & Human Services Center**
120 South River Street, Hackensack NJ 07601
201-336-6475
Temporary Shelter, meals, and links to community services.

**Family Promise of Bergen County**
100 Dayton Street Ridgewood, NJ
201-833-8009
This program helps working families who are facing homelessness.
Monday-Friday 9:00am-5:00pm

**Alternatives to Domestic Violence ADV**
One Bergen County Plaza, Hackensack, NJ 07601
201-336-7575
ADV offers services including crisis intervention; counseling; legal assistance; individual, group and family counseling; etc.
Calls remain confidential.

**Center for Hope and Safety**
12 Overlook Ave, Rochelle Park, NJ
201-498-9247
201-944-9600 HOTLINE
Assists women and children who are victims of domestic violence, including emotional, economic, sexual and physical abuse. The agency provides emergency and transitional housing, emotional support, and a diversified continuum of services focused on safety, empowerment, and self-sufficiency.
www.hopeandsafetynj.org
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Healing Space
YWCA, 214 State Street, #207, Hackensack, NJ 07601
Provides a confidential 24/7 hotline to survivors of sexual assault and abuse, their families and friends. Support is available to anyone who has experienced sexual violence, whether it happened hours or years ago.

201-487-2227 24-hour Hotline

SeniorHaven for the Preventions of Elder Abuse
Program of the Jewish Home Family.
Shelter available for individuals over 65 who are victims of abuse.
Abuse may be physical, sexual, financial, verbal, emotional, or psychological.
A referral from a professional must be made by calling 855-455-0555
http://jewishhomefamily.org/seniorhaven

Bergen County Office of Consumer Affairs
Consumer Protection
220 E Ridgewood Ave. suite 202, Paramus, NJ 07652
Responsible for enforcing the NJ State Consumer Fraud Act and dedicated to protecting the rights of Bergen County Citizens.
Complaints about dishonest and unscrupulous business practices can be filed. Complaints will be investigated for violation of the Consumer Fraud Act.

201-336-6400

Salvation Army
436 Union Street, Hackensack, NJ 07601
Provides emergency disaster services, clothing and furniture distribution, food program, etc.
http://newjersey.salvationarmy.org/NewJersey/hackensack

201-342-6531
Center for Food Action

Center for Food Action 201-569-1804
Main Office: 192A West Demarest Avenue Fax 201-569-5619
Englewood, NJ 07631
www.cfanj.org

Services provided:

Emergency food.

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

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

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

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

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

Englewood Office (Main Office) 201-569-1804
192A West Demarest Avenue, Englewood, NJ 07631 Fax: 201-569-5619
Mon., Wed., Thur., Fri., 9:00am–5:00pm. Tues. 900am to 6:30pm

Fairview Office 201-945-5831
St. John Baptist Church
239 Anderson Ave., Fairview, NJ 07022
Mon., Tues. and Thurs.:9:00am– 4:30pm.
Towns Served for Food: Edgewater, Fairview and Cliffside Park

Hackensack Office 201-883-9375
New Hope Baptist Church
3316 First Street (rear), Hackensack, NJ 07601
Mon.-Thur. 9:30am-3:30pm, Fri., 9:30am -2:30pm
Towns Served for Food: Bogota, Hackensack, Hasbrouck Heights, Little Ferry, Moonachie, Oradell, River Edge, South Hackensack, Teterboro.

**Mahwah Office:**
90 Ridge Road, Mahwah, NJ 07430
Mon., 10:00am-6:30pm, Tues., – Fri. 10:00am–2:00pm.

**Saddle Brook Office:**
224 Midland Avenue, Saddle Brook, NJ 07663
Mon., Wed., Thurs., Fri., 9:30am–3:30pm
Tues. 12:00pm-6:00pm, 1st Sat. of month 10:00am-1:00pm

**Bergen County Food Pantries**

**Bergenfield**
Bergenfield Borough Hall, 198 N. Washington Avenue, Bergenfield
Information Needed to Qualify: Proof of Bergenfield residence
For Bergenfield residents
Hours of Operation: Mon- Fri 8:30am- 4:00pm

**Bergenfield**
St. John the Evangelist, 29 N. Washington Avenue, Bergenfield
Information Needed to Qualify: Interview
For Bergenfield residents and/or members of the Parish
Hours of Operation: Last Monday of month 8:30am-11:00am and 6:00pm – 7:00 pm

**Bogota**
St. Joseph’s Church, 115 E. Fort Lee Road, Bogota
Information Needed to Qualify: Proof of residence
For Bogota and Teaneck residents
Hours of Operation: Tues 12:30pm-2:00pm, Wed 5:30pm-7:00pm, Thurs-Mon 8:00am-4:30pm
Cliffside Park  201-943-7320
Church of the Epiphany Food Pantry, 247 Knox Avenue, Cliffside Park
Information Needed to Qualify: ID
For anyone who needs assistance
Hours of Operation: Mon-Fri 9:00am-2:00pm

Closter  201-784-0600 ext. 429
Closter Borough Hall, 295 Closter Dock Road, Closter
Information Needed to Qualify: Proof of Residence
For Closter residents and neighboring communities without food pantries
Hours of Operation: 2nd Thursday of every month 9:00am-10:30am
and 7:15pm-8:15pm

Dumont  201-387-5022
39 Dumont Avenue, Dumont
Information Needed to Qualify: Proof of residence- call for appointment
For Dumont residents
Hours of Operation: Mon.-Fri. 1:00pm-4:30pm

Edgewater  201-945-6329
Holy Rosary Church Pantry, 56 Edgewater Place, Edgewater
Information Needed to Qualify: ID
For anyone who needs assistance
Hours of Operation: 3rd Thurs 11:00am- Noon

Englewood  201-569-1804
Center for Food Action, 192 W. Demarest Avenue, Englewood
Information Needed to Qualify: Call for appointment
For anyone who needs assistance
Hours of Operation: Mon-Friday 9:00am-5:00pm, Tues 9:00am-7:00pm,
and first Saturday of every month: 10:00am-1:00pm

Englewood  201-568-1465
St. Cecilia Church/ Office of concern, 85 Demarest Avenue, Englewood
Information Needed to Qualify: application to fill out
For anyone who needs assistance
Hours of Operation: Mon- Thurs 9:00am-1:00pm

Fair Lawn  201-794-5327
Fair Lawn Health Department, 8-01 Fair Lawn Avenue, Fairlawn
Information Needed to Qualify: Proof of Residence
For Fair Lawn residents
Hours of Operation: Mon-Fri 8:30am- 4:30pm
**Fairview**  
Center for Food Action (In St. John the Baptist Church)  
239 Anderson Avenue, Fairview  
Information Needed to Qualify: ID  
For anyone who needs assistance  
Hours of Operation: Mon, Tues and Thurs 9:30am-5:00pm

**Garfield**  
Calvary Baptist Food and Clothing Pantry, 217-245 Passaic Street, Garfield  
Information needed to qualify: Appointment with Geraldine Scott  
For anyone who needs assistance  
Hours of Operation: Mon-Fri 10:00am-4:00pm, pickups are once a month on 3rd Saturday

**Hackensack**  
Center for Food Action, 316 First Street, Hackensack  
Information needed to qualify: ID  
For anyone who needs assistance  
Hours of Operation: Mon-Thurs 9:30am-3:30pm, Fri 9:30am-2:30pm

**Hackensack**  
Bergen County Housing, Health and Human Services Center  
120 South River Street, Hackensack  
Information needed to qualify: ID  
For Bergen County residents  
Hours of Operation: Lunch 11:30am-12:30am, Dinner 5:00pm-6:00pm

**Hackensack**  
Buddies of New Jersey, Inc. 149 Hudson Street, Hackensack  
Information needed to qualify: AIDS/ HIV positive clients  
For Bergen and Passaic County residents  
Hours of Operation: Mon 11:00am-2:00pm, Tues-Thurs 1:00pm-4:00pm  
njbuddies.org

**Hasbrouck Heights**  
Hasbrouck Heights Borough Hall, 320 Boulevard, Hasbrouck Hts.  
Information Needed to Qualify: copy of lease or utility bill  
For Hasbrouck Heights residents  
Hours of Operation: Mon 9:00am-11:00am

**Hillsdale**  
Hillsdale Board of Health/ Helping Hands, Interfaith Food Pantry, United Methodist Church, 349 Hillsdale Avenue, Hillsdale  
Information Needed to Qualify: ID  
For Hillsdale and residents from neighboring townships  
Hours of Operation: Mon 5:30pm-6:45pm, 1st Sat of month 9:00am-10:30am
Little Ferry 201-641-2988
St. Margaret of Cortona Food Pantry, 31 Chamberlain Avenue, Little Ferry
Information Needed to Qualify: proof of residence
For Little Ferry and Moonachie residents
Hours of Operation: 3rd Wed 10:00-Noon

Lyndhurst 201-438-1147
Pantry Name & Location: Sacred Heart Church, 324 Ridge Road, Lyndhurst
Information Needed to Qualify: proof of residence
For Lyndhurst residents
www.sacredheartlynd.org/church

Mahwah 201-529-2029
Center for Food Action, 90 Ridge Road, Mahwah
Information Needed to Qualify: ID
For anyone who needs assistance
Hours of Operation: Mon 10:00am-6:30pm, Tues-Fri 10:00am-2:00pm

New Milford 201-836-8961
Pantry Name: Church of the Ascension Food Pantry
256 Azalea Drive, New Milford
Information Needed to Qualify: ID
For New Milford and residents from neighboring towns
Hours of Operation: 3rd Mon 6:00pm-7:00pm, 3rd Tues 9:30am-10:00am

North Arlington 201-997-0700
Queen of Peace Church, 174 Ridge Road, North Arlington
Information Needed to Qualify: Proof of Residence
For North Arlington residents
Hours of Operation: Sat 9:00am

Old Tappan 201-664-1849 ext. 25
224 Old Tappan Road, Old Tappan
Information Needed to Qualify: Proof of Residence
For Old Tappan residents
Hours of Operation: By appointment

Paramus 201-265-2100 ext 6102
Paramus Dept. of Human Services, 105 N. Farview Avenue, Paramus
Information Needed to Qualify: Proof of Residence
For Paramus residents
Hours of Operation: Mon-Fri 8:30am-4:30pm

Park Ridge 201-573-9083
Pascack Food Center, 65 Pascack Road, Park Ridge
Information Needed to Qualify: ID
For Park Ridge and residents from neighboring towns
Hours of Operation: Tues/Thurs 9:00am-11:00am
Ridgefield
Korean food pantry, 1061 Slocum Avenue Bldg. A, Ridgefield
Information Needed to Qualify: Proof of income & identification, call to register
For Ridgefield residents
Hours of Operation: Mon. & Fri. 10:00am-4:pm

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

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

River Edge
St Peter the Apostle Catholic Church, 445 5th Avenue, River Edge
Information Needed to Qualify: ID
For River Edge, New Milford, and Oradell residents
Hours of Operation: Wed 3:30pm-5:30pm

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

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

Saddle Brook
Center for Food Action, 224 Midland Ave, Saddle Brook
Information Needed to Qualify: Call for appointment
For residents of Clifton, Carlstadt, East Rutherford, Elmwood Park, Fairlawn, Garfield, Lodi, Lyndhurst, Maywood, West Arlington, Paramus, Rochelle Park, Rutherford, Saddle Brook, Wallington, Woodridge
Hours of Operation: Mon/Wed/Thurs/Fri 10:00am-3:00pm, Tues 12:00-6:00pm
Teaneck
Faith and Hope Food Pantry, 480 Warwick Ave, Teaneck
Information Needed to Qualify: ID
For anyone who needs assistance
Hours of Operation: Sat 9:00am-11:00am

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

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

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

Adult Continuing Education

**Bergen Community College**
400 Paramus Road, Paramus, NJ 07652
Continuing education program
www.bergen.cc.nj.us

**Senior Net Program at JCC on the Palisades**
411 East Clinton Ave., Tenafly, NJ 07670
Computer classes in Microsoft Word, Graphics, Quicken, Internet, etc.

**Farleigh Dickinson University**
Teaneck, NJ 07666
Continuing education programs
www.fdu.edu

**Project Literacy of Greater Bergen county**
355 Main Street, Hackensack, NJ 07601
Free tutoring services by trained volunteers to adults in need of basic literacy education (reading and writing), HSE (GED) preparation, math and ESL.
www.project-literacy.org

**The Southeast Senior Center for Independent Living (SESCIL)**
228 Grand Avenue, Englewood, NJ 07631
www.Sescil.org

**Korean-American Senior Citizen Association**
1061 Slocum Avenue, Ridgefield, NJ
ESL program will service the Korean Population 60 +
English instruction for communication in Health and Citizenship

**Institute of New Dimensions**
PO Box 17, Butler NJ -07405
The institute offers a variety of courses in literature, computers, sociology, history, economics, music, and more.
www.indbergen.org
English as Second Language and Basic Language Courses

**Project Literacy of Greater Bergen County**  
355 Main Street, Hackensack, NJ 07601  
www.project-literacy.org  
201-489-7066

**Literacy Volunteers of America**  
Passaic County Literacy Program  
195 Gregory Avenue, Passaic, NJ 07055  
Recruits and trains volunteer tutors for the Basic Literacy (BL) and English as a Second Language (ESL) programs.  
973-470-0039

**Bergen County Technical School**  
Education Building  
200 Hackensack Avenue, Hackensack, NJ 07601  
http://bcts.bergen.org  
201-343-6000

**Bergen Community College**  
Ciarco Learning Center  
355 Main Street, Hackensack, NJ 07601  
www.bergen.edu/ciarcocenter  
201-489-1551

**Greater Bergen Community Action**  
Cliffside Park and vicinity  
263 Lafayette Ave, Cliffside Park  
Garfield and vicinity  
535 Midland Ave, Garfield  
www.bergencap.org  
201-366-1020  
973-685-0005 ext. 7060

**Hispanic Institute**  
17 Arcadian Avenue, Paramus, NJ 07652  
www.hird.org  
201-368-1414

**Korean American Senior Citizen Association of New Jersey**  
1061 Slocum Avenue, #A, Ridgefield, NJ 07657  
201-945-2400  
201-945-2401

**Women’s Rights Information Center**  
108 Palisade Avenue, Englewood, NJ 07631  
Classes open to both men and women  
www.womensrights.org  
201-568-1166

**Bergenfield Public Library**  
50 West Clinton Avenue, Bergenfield, NJ 07621  
http://Bergenfield.bccls.org/esl.shtml  
Registration fee $10.00  
201-387-4040 ext.2837

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Englewood Public Library
31 Engle Street, Englewood, NJ 07631
http://www.englewoodlibrary.org/?page_id=173
Free of charge

Hillsdale Public Library
509 Hillsdale Avenue, Hillsdale, NJ 07642
http://hillsdalelibrary.org/services/adult-literacy/
Free of charge for Hillsdale residents

Johnson Public Library
274 Main Street, Hackensack, NJ 07601
http://johnsonlib.org/adults/classes/esl/
Free of charge

Park Ridge Public Library
51 Park Avenue, Park Ridge, NJ 07656
training@ParkRidge.bccls.org
Free of charge

Ridgewood Public Library
125 North Maple Avenue, Ridgewood, NJ 07450
http://www.ridgewoodlibrary.org/esl.htm
30.00 Ridgewood Residents - $75.00 Non-Ridgewood Residents
RECREATION AND ACTIVITIES

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

**Bergen County Department of Parks**
One Bergen County Plaza, 4th Floor, Hackensack, NJ07601

**Boys and Girls Club of Lodi and Hackensack**
460 Passaic Ave., Lodi, NJ07644
Aquacize program for seniors. Call for schedule.
www.bgcoflodi.org

**Elder Hostel (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.
www.elderhostel.org

**JCC On The Palisades**
411 East Clinton Ave., Tenafly, NJ07670
A variety of health and fitness courses for seniors including swimming.
www.jccotp.org

**Senior Excursions, Inc.**
4807 Pacific Ave, Wildwood, NJ 08260
A variety of trips at affordable prices for fixed income seniors.
www.seniorexcursionsinc.com

**Senior Source**
The Shops at Riverside, 310 Riverside Square Mall, Hackensack
Socialization and education for seniors.
www.seniorsourcellc.com

**YMCA of Greater Bergen County**
360 Main Street, Hackensack, NJ07601
Swimming, adult fitness, self-defense class; SMILE (Seniors Move in Light Exercise) is a program of stretching and strengthening designed to keep the older adult fit. Call for schedules and cost of registration/membership.
www.ymcagbc.org

**YWCA of Ridgewood**
112 Oak St., Ridgewood, NJ07451
A variety of programs for seniors, including aquatics, fitness and wellness classes.
www.ywcabergencounty.org
Senior Activity Centers

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

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

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

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

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

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

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

**Demarest Senior Center**
31 Park Street, 07627
www.demarestnj.net/seniors.php
201-767-9785

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

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

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

**Elmwood Park**
500 Boulevard and Market Street, 07407
201-796-3342
Emerson
20 Palisades Avenue, 07630

Englewood*
44 Armory Street, 07631

Englewood
Southeast Center for Independent Living
228 Grand Avenue, 07631

Fair Lawn*
11-05 Gardiner Road, 07410

Fairview Senior Center
53 Grant Street, 07022

Fort Lee*
Richard & Catherine Nest Adult Activity Center
319 Main Street, 07024

Garfield*
480 Midland Avenue, 07026

Garfield*
225 Midland Avenue, 07026
(Open to building residents only)

Garfield*
377 Midland Avenue, 07026
(Open to building residents only)

Hackensack*
Americas Unidas Multicultural Senior Center
101 Hudson Street, 07601

Hackensack
Martin Luther King, Jr. Senior Center
375 First Street, 07601

Hasbrouck Heights
320 Boulevard, 07604

Korean American Senior Citizen Association of New Jersey
1061 Slocum Avenue, #A, Ridgefield, NJ 07657

Leonia
Leonia Recreation Center
370 Broad Avenue, 07605
<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lyndhurst</strong></td>
<td>201-896-1629</td>
<td>281 Stuyvesant Avenue, 07071</td>
</tr>
<tr>
<td><strong>Mahwah</strong></td>
<td>201-529-5757</td>
<td>475 Corporate Drive, P.O. Box 733 07430</td>
</tr>
<tr>
<td><strong>Maywood Senior Center</strong></td>
<td>201-368-1522</td>
<td>145 West Magnolia Avenue, 07607</td>
</tr>
<tr>
<td><strong>Midland Park</strong></td>
<td>201-445-5690</td>
<td>Northwest Bergen Regional Senior Center</td>
</tr>
<tr>
<td></td>
<td></td>
<td>46-50 Center Street, 07432</td>
</tr>
<tr>
<td><strong>New Milford</strong></td>
<td>201-599-7565</td>
<td>275 River Road, 07646</td>
</tr>
<tr>
<td><strong>North Arlington</strong></td>
<td>201-998-5636</td>
<td>St. Paul Episcopal Church</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11 York Road 07031</td>
</tr>
<tr>
<td><strong>Northvale</strong></td>
<td>201-767-6299</td>
<td>James F. McGuire Center</td>
</tr>
<tr>
<td></td>
<td></td>
<td>116 Paris Avenue, 07647</td>
</tr>
<tr>
<td><strong>Oakland</strong></td>
<td>201-405-7731</td>
<td>20 Lawlor Drive, 07436</td>
</tr>
<tr>
<td><strong>Palisades Park</strong></td>
<td>201-944-5616</td>
<td>300 Highland Avenue, 07650</td>
</tr>
<tr>
<td><strong>Paramus</strong></td>
<td>201-265-2100</td>
<td>93 North Farview Avenue, 07652</td>
</tr>
<tr>
<td></td>
<td>Ext: 6120</td>
<td></td>
</tr>
<tr>
<td><strong>Ramsey</strong></td>
<td>201-825-1975</td>
<td>205 Church Street, 07446</td>
</tr>
<tr>
<td><strong>Ridgefield Park</strong></td>
<td>201-641-1220</td>
<td>159 Park Street, 07660</td>
</tr>
<tr>
<td><strong>Ridgewood</strong></td>
<td>201-670-5500</td>
<td>131 North Maple Avenue, 07450</td>
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<tr>
<td></td>
<td>Ext: 301</td>
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<tr>
<td><strong>Rutherford</strong></td>
<td>201-460-1600</td>
<td>55 Kip Senior Center</td>
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<td></td>
<td></td>
<td>55 Kip Avenue, 07070</td>
</tr>
<tr>
<td><strong>Saddle Brook</strong></td>
<td>201-845-4594</td>
<td>8 Caldwell Avenue, 07663</td>
</tr>
<tr>
<td>Location</td>
<td>Phone Number</td>
<td>Address</td>
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<tr>
<td>Teaneck*</td>
<td>201-837-0171</td>
<td>250 Colonial Court, 07666</td>
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<tr>
<td>Teaneck AWCA</td>
<td>201-862-1665</td>
<td>Asian Women’s Christian Association</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9 Genesee Avenue 07666</td>
</tr>
<tr>
<td>Tenafly</td>
<td>201-569-2159</td>
<td>20 South Summit Street, 07670</td>
</tr>
<tr>
<td>Tenafly*</td>
<td>201-569-7900 ext. 1450</td>
<td>Kaplen JCC on the Palisades</td>
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<tr>
<td></td>
<td></td>
<td>411 East Clinton Avenue, 07670</td>
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<tr>
<td>Tenafly</td>
<td>201-541-1200</td>
<td>Friends of Grace Seniors, Korean Comm. Center</td>
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<tr>
<td></td>
<td></td>
<td>100 Grove Street, Tenafly 07670</td>
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<tr>
<td></td>
<td></td>
<td>Website: <a href="http://www.fgskcc.org">www.fgskcc.org</a></td>
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<tr>
<td>Wallington*</td>
<td>973-777-5815</td>
<td>24 Union Boulevard, 07055</td>
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<tr>
<td>Washington Township* (Kosher)</td>
<td>201-664-7422</td>
<td>Temple Beth Or</td>
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<tr>
<td></td>
<td></td>
<td>56 Ridgewood Road</td>
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<tr>
<td></td>
<td></td>
<td>Tue-Wed-Thurs only</td>
</tr>
<tr>
<td>Westwood*</td>
<td>201-666-0840</td>
<td>T.J. Riley Multipurpose Senior Center</td>
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<tr>
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<td>100 Madison Avenue, 07675</td>
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</tbody>
</table>
HEALTH & WELLNESS PROGRAMS

Mental Health

**Bergen County Mental Health Board** 201-634-2745
One Bergen County Plaza, 4th Floor, Hackensack, NJ 07601
Information, referrals to treatment agencies, and advocacy for all Bergen County residents with mental illness or family members seeking assistance for their loved ones.

**Care Plus, NJ (Serves northern New Jersey)** 201-986-5000
CarePlus offers a wide-array of programs and services to provide a holistic, comprehensive approach to aid in recovery from mental illness and substance abuse.

**Care Plus Psychiatric Screening Center for Bergen (Hot Line)** 201-262-4357
www.careplusnj.org

**Care Plus Center for primary & Behavioral Health Service** 201-265-8200
Partial Care-Geriatric, Supportive Housing, Outpatient Services, residential Services, Supported Employment Services.

**Care Plus intensive Outpatient treatment crossroad to wellness** 201-986-5037
610 Valley Health Plaza, Paramus, NJ 07652

**Care Plus Integrated Case Management Service & Jail Diversion Program** 201-478-4162
201-478-4166
Care Plus involuntary outpatient commitment 201-478-4183
611 Route 46 West, Suite 300, Hasbrouck Heights, NJ 07604

**CBHCare Wellness & Support Center (Walk Ins)** 201-957-1800
569 Broadway, Westwood, NJ 07675
Mon.-Fri. 8:00 am-8:00 pm.
Saturday & Sunday 9:00 am -5:00 pm
Telephone 24 Hours 7 days a week

**Comprehensive Behavioral Health Care Inc.** 201-646-0333
**Hackensack Services**
395 Main Street, Hackensack, NJ 07601
Acute care family services, homeless services, intensive family support services, outpatient services, partial care-geriatric, residential services, supportive housing.

**Lyndhurst Services** 201-935-3322
516 Valley Brook Avenue Lyndhurst NJ 07071
Outpatient Services, partial care-geriatric services
Christian Health Care Center  
301 Sicomac Avenue, Wyckoff, NJ 07481  
www.christianhealthcare.org

Christian Health Care Counseling Center  201-848-5800
Provides individual, family, and group counseling for children to seniors in a supportive environment.

Ramopo Ridge Partial Hospitalization Program  201-848-5500
A voluntary program that provides short-term, outpatient treatment to adults experiencing severe symptoms.

Ramapo Ridge Psychiatric Hospital  201-848-5500
A fully accredited inpatient psychiatric hospital for adult and geriatric patients.

Vantage Health System  201-385-4400
Dumont Center
2 Park Avenue, Dumont, NJ 07628
Outpatient Services, partial care-geriatric services, Dually-Diagnosed Day treatment Center. (Developmental disabilities and psychiatric illness).

Englewood Center  201-567-0059
93 W. Palisade Avenue, Englewood, NJ 07631
Outpatient Services, partial care for seriously mentally ill adults, residential services and supportive housing.

West Bergen Mental Healthcare – Access Center  201-485-7172
120 Chestnut Street, Ridgewood, NJ 07450  
www.westbergen.org
West Bergen is a full-range community mental health center that offers a wide variety of services and programs tailored to the special needs of children, families, adults and seniors.

West Bergen Partial Care Program  201-444-3550 ext 7116
The Partial Care program serves individuals with mental health challenges who are seeking moderate to intensive psychiatric services through a structured day program.

National Alliance on Mental Illness (NAMI)  800-950-6264
www.Nami.org
Provides information and support for adults with mental illness and their families; conducts monthly educational seminars or support groups. Visit their website for specific information.
| **Psychiatric Emergency Screening Program (PESP)** | 201-262-HELP (4357) |
| Bergen Regional Medical Center |

| **NJSHGCH – New Jersey Self Help Group Clearing House** | 800-367-6274 |
| 673 Morris Ave. Suite 100, Springfield NJ 07081 |
| Maintains a database of over 4,000 self-help support groups in New Jersey, and over 800 Organization. Provides information and referral services as well as training to form self-help groups. |
| [www.njgroups.org](http://www.njgroups.org) |

### Medical Care for the Uninsured

| **Bergen Volunteer Medical Initiative – BVMI** | 201-342-2478 |
| 75 Essex Street Suite 100, Hackensack, NJ 07601 |
| Provides free primary medical care and, where possible, referrals to free specialty care for working, low-income Bergen county residents who have no health insurance. |
| [www.bvmi.org](http://www.bvmi.org) |

| **North Hudson Community Action Corporation (NHCAC)** | 201-210-0100 |
| 535 Midland Park ave, Garfield NJ 07026 |
| 25 East Salem street, Hackensack NJ 07601 |
| 197 South van Brunt street, Englewood, NJ 07631 |
| Supports residents living in Hudson, Bergen, and Passaic Counties to receive high-quality primary health care services for OB/GYN, Pediatrics, Internal Medicine, and Dental. These programs are offered to underserved community members at little or no cost. |
| [http://nhcac.org/](http://nhcac.org/) |
Dental Services

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

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

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

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

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

The Southeast Senior Center for Independent Living (SESCIL)
228 Grand Avenue, Englewood, NJ 07631
201-569-4080
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

Visiting Dental Associates
No dental insurance accepted – self-pay
201-670-0097
Services and Programs for People with Vision Loss

Adjustment to Vision Loss Project 201-996-9100
Heightened Independence & Progress (HIP)
131 Main Street, Suite 120, Hackensack, NJ 07601
Provides information and referral related to services and resources throughout New Jersey. Peer Support groups meet at several locations throughout Bergen County.

National Eye Care Project 877-887-6327
Eye Care America Program
Medical eye care for the nation’s disadvantaged senior citizens. Provides referrals for U.S. citizens or legal residents who are 65 or older who do not have access to an ophthalmologist in their community. Qualified patients receive medical eye examinations and treatment at no out-of-pocket costs. Doctors accept insurance reimbursement as payment in full for their services. Uninsured patients are provided care at no charge.
* Those enrolled in HMO’s or who obtain care through a government care facility are not eligible. Note: Eyeglasses, prescriptions, hospital services and other medical services are not covered under the program.
www.eyecareamerica.org

New Eyes for the Needy, Inc. 973-376-4903
549 Millburn Avenue, P. O. Box 332, Short Hills, NJ 07078
Provides prescription eyeglasses to medically, indigent, visually impaired, older adults who are New Jersey residents. Referrals must be made in writing from social service agencies. While federal poverty guidelines are used, exceptions can be made for low income persons who exceed these guidelines.
*Note: New Eyes does not pay for eye examinations.
www.neweyesfortheneedy.org

NJ State Library Talking Book & Braille Center (TBBC) 800-792-8322
2300 Stuyvesant Avenue, P. O. Box 501, Trenton, NJ 08618 609-278-2640
The Talking Book & Braille Center (TBBC) is a library that serves NJ residents of all ages who cannot read standard print or who cannot hold a book or turn the pages of a book due to a physical impairment, a reading disability, or a vision impairment. TBBC provides long-term loans of digital audiobook players and audiobooks and has audio news-reading services. All services are delivered to the home without cost.
http://www.njstatelib.org
This directory was prepared from information provided by listed agencies. A listing in this guide does not constitute an endorsement of an agency or service by The Bergen County Division of Senior Service.

**NJ Commission for the Blind & Visually Impaired**
153 Halsey street 6th floor, Newark NJ 07101
Education, vocational rehabilitation, social work, health screenings; teaches rehabilitation & independent living skills; referral assistance

**Assistive Technology Center - Johnson Public Library**
274 Main Street, Hackensack, NJ 07601
Catherine.folk-pushee@hackensack.bccls.org
Provides opportunities to learn to use adaptive technologies on iPads and desktop computers for people with visual impairments, age 55 and older.

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

**Center for Hearing and Communication**
50 Broadway, 6th Floor, New York, NY 10004
Hearing aids, assistive listening and alerting devices, cochlear implant rehabilitation, otology, psychotherapy, speech reading program, tinnitus treatment, publications and videotapes, and other hearing loss related services.
[www.lhh.org](http://www.lhh.org)
[www.chchearing.org/nyc](http://www.chchearing.org/nyc)

**Hackensack University Medical Center Audiology Department**
30 Prospect Street, Hackensack, NJ 07601
551-996-5327

**Hearing Loss Association of New Jersey (HLA-NJ)**
Bergen County Chapter
Provides information about hearing aids, assistive technology, arts access, legal rights, and other topics. Inductive loop assistive listening system and CART (real-time captioning) available at meetings.
[www.hearingloss-nj.org](http://www.hearingloss-nj.org)

**Division of the Deaf & Hard of Hearing**
PO BOX 074 Trenton, NJ 08625
Information and referral, interpreter and CART (real-time captioning) referral service, advocacy, workshops, assistive listening devices demonstration center.

800-792-8339 (Voice and TTY)
609-588-2648
<table>
<thead>
<tr>
<th><strong>Assistive Technology Advocacy Center (ATAC)</strong></th>
<th><strong>609-292-9742</strong></th>
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<tbody>
<tr>
<td>Disability Rights New Jersey (DRNJ)</td>
<td><strong>800-922-7233</strong></td>
</tr>
<tr>
<td>210 South Broad Street, 3rd Floor, Trenton, NJ 08608</td>
<td><strong>609-633-7106</strong></td>
</tr>
<tr>
<td>Information and referral, device demonstrations, device loans, technical assistance, financing, advocacy services and legal representation</td>
<td>Acts as a clearinghouse for items/assistive devices that are for sale (usually at a minimum cost) or offered for donation or loan.</td>
</tr>
<tr>
<td><a href="http://www.drnj.org/atac">www.drnj.org/atac</a></td>
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<thead>
<tr>
<th><strong>Assistive Listening Device Loan Program</strong></th>
<th><strong>609-588-2648</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>NJ Division for the Blind and Handicapped, Deaf and Hard of Hearing Awareness Program Co-sponsored with the Division of the Deaf and Hard of Hearing, PO Box 501, Trenton, NJ 08025</td>
<td><strong>800-882-5593 (TTY)</strong></td>
</tr>
<tr>
<td>Provides loans of personal and wide area assistive listening devices through designated regional libraries throughout the state.</td>
<td><strong>800-792-833</strong></td>
</tr>
<tr>
<td><a href="http://www.NJbh@njstate">www.NJbh@njstate</a></td>
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<tr>
<th><strong>Hearing Aid Assistance to Aged &amp; Disabled (HAAD)</strong></th>
<th><strong>201-336-7400</strong></th>
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</thead>
<tbody>
<tr>
<td>A $100 reimbursement to eligible persons who purchase a hearing aid. Eligibility requirements are the same as for the PAAD program.</td>
<td><strong>800-792-9745</strong></td>
</tr>
<tr>
<td>Need for hearing aid must be attested by a physician</td>
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</tr>
</tbody>
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FINANCIAL BENEFITS & ASSISTANCE

Pharmaceutical Assistance Programs

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

Pharmaceutical Assistance to the Aged & Disabled (PAAD)*
A prescription discount program for the elderly and people with disabilities. Eligible persons pay $7 for name-brand prescriptions and $5 for generic prescriptions. Eligible persons: New Jersey residents at least 65 years of age or receiving Social Security Disability. Income limits change annually.

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

Extra Help with Medicare Prescription Drug Plan Costs
Federal program that helps pay for either full or partial costs of Medicare prescription drug coverage. Income and assets are reviewed. Apply at Social Security agency or online www.socialsecurity.gov

State Health Insurance Program (SHIP)
Provides Medicare beneficiaries with assistance and information about health insurance policies, claim forms, prescription coverage, and evaluates health insurance options.

Partnership for Prescription Assistance (PPA)
The Partnership for Prescription Assistance may help patients who are uninsured or underinsured access the medicines they need through the program that is right for them.
https://www.pparx.org
Utility & Telephone Assistance Programs

Low Income Home Energy Assistance Program (LIHEAP)
A federally funded program that provides financial assistance to low-income households and individuals with heating (electric, natural gas, oil and other deliverable fuels) and medically necessary cooling costs. Household must be responsible for home heating or cooling costs either directly or included in the rent and have gross income at or below 200% of the Federal Poverty Level. Persons who live in public housing and/or receive rental assistance are not eligible unless they pay their heating costs directly to the fuel supplier. Application period is between October 1 through April 30th.
Hotline: 1-800-510-3102 for further information.

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

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

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

Call Greater Bergen Community Action at 201-968-0200 Ext 7008 or Bergen County Division of Senior Services/ADRC at 201-336-7400
*Apply Nov 1st thru March 31st
You can apply for both HEAP (above) and Cooling assistance.
Cooling Assistance provides $100 to help pay for cooling costs.

Eligibility Requirements: Must have a medical condition that requires use of any cooling device. Entire household income is counted.
www.bergencap.org/liheap.html

Cooling Assistance 201-996-9100 ext. 18
Heightened Independence and Progress (hip)
131 Main St., Hackensack, NJ 07601
Air conditioners can be provided for Bergen County residents. Call for eligibility requirements.

Lifeline Utility Credit Program
Gives a $225 credit per year on your Public Service bill. (This credit can be given any time during the year.)
Eligibility requirements are the same as for the PAAD program. If you receive SSI, Lifeline rebate is reflected in your monthly check.
How to Apply:
Call PAAD/Lifeline 800-792-9745
or
Bergen ADRC Division of Senior Services 201-336-7400
or
Greater Bergen Community Action 201-968-0200 Ext 7008
* Applications only for Lifeline are available.
If utilities are included in your rent, you may receive a direct payment.

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

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

How to Apply:
Call Weatherization Program at 888-773-8326 or go to www.njcleanenergy.com

Universal Service Fund (USF)
Provides credit on utility bill for gas & electric.

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

How to Apply:
Can apply for USF & LIHEAP with one application Between Nov 1st and March 31st.

Contact Greater Bergen Community Action at 201-968-0200 ext. 7008
or
Bergen ADRC, Division Senior Services at 201-336-7400

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

Winter Termination Program (WTP)
The New Jersey Board of Public utilities maintains the WTP by which regulated electric or gas utility companies cannot discontinue services to certain households during the period November 15th - March 15th.
Participants in LIHEAP, Lifeline Credit Program, PAAD, SSI, USF are eligible as long as they make a “good faith” payment if possible. Persons unable to pay their utility bills because of circumstances
beyond their control including unemployment, illness, medically related expenses, recent death of a spouse and any other circumstances which might cause financial hardship, are also eligible.

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

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

**How to Apply:**
Call NJ SHARES to find out your local agency at 866-657-4273 or go to www.njshares.org

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

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

**How to Apply:**
Weatherization can be applied thru the LIHEAP application or contact GBCA Weatherization Program at 973-546-1441
529 Midland ave, Garfield, NJ 07026
www.GreaterBergen.org/home-energy

**Verizon New Jersey Communications Lifeline**
Verizon residential customers may be eligible to receive discounted local telephone service.

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

**How to Apply:**
Call NJSHARES at 888-337-3339 or visit www.njshares.org
Or
Call Verizon at 800-837-4966 or visit www.verizon.com/lifeline
**Medicare Health Insurance**

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

**MEDICARE (www.medicare.gov)**  
www.medicare.gov  
1-800-MEDICARE  
1-800-633-4227

**MEDICARE PART A**  
Hospital insurance. Covers inpatient hospital care  
800-633-4227

**MEDICARE PART B**  
Covers physician and some out-patient services.  
800-633-4227

**MEDICARE PART C**  
Medicare advantage plans. HMOs, PPOs, and other health plan options provided through one network. Plan benefits may include vision, hearing and dental screening and/or discounts, Rx drug coverage and/or health club membership.  
800-633-4227

**MEDICARE PART D**  
Prescription coverage. Optional prescription drug plans which add drug coverage to original Medicare.  
800-633-4227

**State Health Insurance Program (SHIP)**  
Assistance in completing Medicare and other health insurance claim forms; information on supplemental health insurance policies; evaluation of specific health insurance claim forms; evaluation of specific health insurance needs; and information on prescription coverage and Medigap policies.  
201-336-7413

**Medicare Rights Center – Medicare Interactive**  
Website: www.MedicareInteractive.org  
Provides help with Medicare appeals process.  
888-466-9050
**Medicaid**

**Bergen County Board of Social Services**
218 Route 17 North, , Rochelle Park, NJ 07662 201-368-4200
Apply for general Assistance, SNAP (food stamps), Family Care, TANF, Institutional Medicaid, etc. 201-368-4785
201-368-7693

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

**Medicaid (Regional Office)**
100 Hamilton Plaza, Suite 500, 5th Floor, Paterson, NJ 07505 973-977-4077

**Funeral-Burial Support Program (Medicaid)**
Bergen County Board of Social Services 201-368-4200
218 Route 17 North, Rochelle Park, NJ 07662

**Social Security & SSI**

**Social Security**
Continental Plaza 800-772-1213
401 Hackensack Avenue 2nd fl., Hackensack

**Clifton, Social Security office**
935 Allwood Road, Clifton, NJ 800-772-1213

**Paterson Social Security office**
200 Federal Plaza, Paterson, NJ 07505 800-772-1213

**Supplemental Security Income (SSI)**
Must be 65 years of age, blind, or have a disability and limited income. 800-772-1213

**Social Security how to apply on line**
[www.ssa.gov](http://www.ssa.gov)
[www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount)
New Jersey Property Tax Relief Programs

Homestead Benefit
Homeowners who owned and occupied a home in NJ that was their principal residence of the previous year October 1st and property taxes must have been paid.
Homeowners will be mailed applications after the end of the income tax filing season.
Rebate application can be filed either online at www.state.nj.us/treasury/taxation/ or by phone at 1-877-658-2972.

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

For further information and update on income eligibility contact:

General Tax Information:
NJ Division of Taxation 800-323-4400 or 609-826-4400
Main Customer Service Center 609-292-6400

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

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

Other Tax Relief Programs

Contact your Municipality for the following programs:

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

Reverse Mortgage Counseling  201- 336-7569
Home Equity Conversion Mortgages (HECM)  201-336-7400
Division of Senior Services / ADRC
One Bergen county Plaza, Hackensack NJ, 07601
The Division of Senior Services offers a program with a certified
counselor trained by the Agency for Housing and Urban Development
(HUD), advising seniors 62 and over on ways to access their home
equity so they can remain at home and age-in-place.
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 Road, Teterboro, NJ 07608  
201-288-0545  
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  
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601  
201-336-7600  
Provides rental assistance to eligible older adults and families. Preference is given to those who reside within Housing Authority member communities.

**Social Service Association/Ridgewood Area**  
6 Station Plaza, Ridgewood, NJ 07450  
201-444-2980  
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 Community Action**  
Bergen County Housing Coalition  
316 State Street, Hackensack, NJ 07601  
201-488-6767  
201-488-5100 ext 3  
(Tenant Outreach Program)  
Provides outreach, legal guidance, information and referral, workshops, speakers.

**Homeless Prevention Program**  
Must be a Bergen County resident and meet eligibility criteria. Depending on available funding, relief can come in the form of paying back utility payments or rent (arrears); security deposit or first month’s rent payment in order to obtain new rental housing.  
201-488-5100

**Northeast NJ Legal Services/Senior Law Project**  
190 Moore Street, Suite 100, Hackensack, NJ 07601  
201-487-2166  
Provides free legal service program for senior citizens 60 years of age and older targeting low income clients. Provides information about legal rights and entitlements, legal counseling, and education. Makes referrals to lawyers. Monday –Friday 8:30 am-5 pm.
Urban League of Bergen County  
12 Tenafly Road, Englewood, NJ 07631  
Housing counseling, referrals, rental assistance and Tenant/landlord disputes.

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

Home Improvement, Safety & Repairs

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

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

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

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

Rebuilding Together North Jersey  
PO Box 1389 Ridgewood, NJ 07451  
201-447-8886  
Provides critical home repairs and accessibility modifications at no cost for low-income homeowners. Installs smoke alarms and carbon monoxide detectors at no cost for low-income seniors and anyone with a disability.
Safely@Home – Home Improvements/Repairs
10 Link Drive, Rockleigh, NJ 07547 -
A program of the Jewish Home Family, Safely@Home is an on-a-need-bases and subscription-bases service providing home modifications for seniors, as well as a one-stop-shop hotline for trusted service providers for routine and emergency maintenance.
http://jewishhomefamily.org/safely

Affordable and Subsidized Housing Resources

NJ Housing Resource Center (NJHRC)
Free, online searchable registry for affordable and accessible housing units throughout the state of NJ including affordable rental housing, affordable for-sale housing, and housing with accessibility features.
http://www.njhrc.gov/

Housing Authority of Bergen County
One Bergen County, 2nd Floor, Hackensack, NJ 07601

Housing Authorities Municipal
Cliffside Park, 500 Gorge Road
201-941-0655
Edgewater, 300 Undercliff Ave.
201-943-6000
Englewood, 111 West Street
201-871-3451
Fort Lee, 1403 Theresa Drive
201-947-7400
Garfield, 71 Daniel P. Conti Court
973-340-4170
Hackensack, 65 First Street
201-342-4280
Lodi, 50 Brookside Avenue
973-470-3653

Subsidized Housing (Non-Profit and For-Profit Sponsors):
Englewood, Greater Englewood Housing
1 Rock Creek Terrace
201-871-0178
Englewood, Garrett Apartment
130 Grand Avenue
201-569-8963
Fairview, Eastview Towers
370 Fairview Avenue
201-567-0070
Fort Lee, Malcolm Towers
475 Main Street
201-944-5270
Fort Lee, Mediterranean House
505 North Avenue
201-944-5015
Hasbrouck Heights, Hasbrouck Heights Senior Housing
245 Hamilton Ave.
201-592-8118
Hillsdale, Hillsdale House
32 Piermont Avenue
201-666-5290
Leonia, Leonia Retirement Housing Corps
270 Glenwood Avenue
201-947-9779
Maywood, Lydecker Manor
150 East Passaic Street
201-368-0926
<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
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<tbody>
<tr>
<td>Paramus, Paramus Senior Housing</td>
<td>200 Garden State Blvd. 201-845-8090</td>
</tr>
<tr>
<td>Ramsey, The Woodlands at Ramsey</td>
<td>141 Prince Street 201-818-0230</td>
</tr>
<tr>
<td>Ridgefield Park, Ryan Lombardi Apartments</td>
<td>278 Main Street 201-440-9621</td>
</tr>
<tr>
<td>Rutherford, Rutherford Senior Manor</td>
<td>67 Kipp Avenue 201-438-7327</td>
</tr>
<tr>
<td>Ridgewood, Ridgecrest Senior Housing</td>
<td>7-11 Ridge Road 201-444-0722</td>
</tr>
<tr>
<td>Teaneck, Teaneck Senior Housing</td>
<td>5 Dogwood Lane 201-833-1033</td>
</tr>
<tr>
<td>Tenafly, Tenafly House</td>
<td>357 Tenafly Road 201-569-7933</td>
</tr>
<tr>
<td>Westwood, Westwood House</td>
<td>100 Madison Avenue 201-666-1778</td>
</tr>
</tbody>
</table>

**Other Housing Arrangements**

**Adult Retirement Communities**

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

**Licensed Boarding homes/Shared Living Arrangements**

<table>
<thead>
<tr>
<th>Community</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carner House</td>
<td>201-342-8940</td>
</tr>
<tr>
<td>280 Larch Avenue, Bogota, NJ 07603</td>
<td></td>
</tr>
<tr>
<td>SHARE Incorporated</td>
<td>201-670-9605</td>
</tr>
<tr>
<td>The Cottage Place &amp; Prospect Place</td>
<td>130 Prospect St., Ridgewood, NJ 07450</td>
</tr>
<tr>
<td>Hillcrest Residence at Christian Health Care</td>
<td>301 Sicomac Ave., Wyckoff, NJ 07481 201-848-5200</td>
</tr>
</tbody>
</table>
Shared Housing
Women’s Rights Information Center
108 West Palisade Avenue, Englewood, NJ 07631

201-568-1166
IN-HOME SERVICES

Meals on Wheels

Bergen County Division of Senior Services  201-336-7420
Meals on Wheels Program
One Bergen County Plaza, 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, parts of Saddle River and Waldwick.

Jewish family & Children’s Services of Northern New Jersey (Kosher)  201-837-9090
1485 Teaneck Road, Teaneck, NJ 07666
17-10 River road, Fair Lawn, NJ 076410
One box of 5 or 7 frozen meals delivered once per week
Meals on Wheels North Jersey 201-358-0050
100 Madison Ave., Westwood, NJ 07676
Services homebound persons of all ages.
Hot lunch and sandwich delivered, Monday – Friday, for $7.35 per day
or one hot meal for a donation based upon availability.
Special diet meals available.
Serving: Alpine, Closter, Cresskill, Demarest, Dumont, Emerson,
Franklin Lakes, Harrington Park, Haworth, Hillsdale, Mahwah,
Montvale, New Milford, Northvale, Norwood, Oakland, Old Tappan,
Oradell, Paramus. Park Ridge, Ramsey, River Edge, River Vale,
Rockleigh, Saddle River, Tenafly. Upper Saddle River, Washington
Township, Westwood, Woodcliff Lake.
www.mealsonwheelsnorthjersey.org

Wyckoff Meals on Wheels 201-891-4840
Town Hall, Franklin Avenue, Wyckoff, NJ 07481
All ages, Monday – Friday, special diets available. Serving: Wyckoff.

Moms Meals 1-877-508-6667
Fresh made meals delivered to clients. Special diet menus
www.momsmeals.com

In-Home Physician Services

Community House call Physicians 201-536-9000
196 Jewett Avenue, Jersey City, NJ 07304
Provides medical care to patients who have difficulty getting out of
their homes. Nurse practitioners make house calls under a physician’s
supervision. Medicare covers 80% of the cost.
Serving Bergen, Hudson, Essex Counties.

Visiting Physician 732-571-1000 or 888-771-3338
615 Hope Rd, Building 5 A Eatontown, NJ 07724
Provides medical care to patients who have difficulty getting out of
their homes.
In-Home Emergency Response Systems

**Lifeline Device**
(Administered through local hospitals)

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

**Telephone Reassurance/ Friendly Visitors**

**Kip Senior Center: Bridge Builders Program**
55 Kip Avenue Rutherford, NJ 07070
This program serves those in South Bergen County who are isolated seniors, adults with disabilities, or temporarily incapacitated and are in need of in-home support service and companionship.

**CHEER CALLERS**
Visiting Homemaker Service of Bergen County Inc.
298 Union Street, Hackensack, NJ 07601
Daily phone calls to homebound elderly adults.

**NEIGHBORCARE Telephone Network**
Friendly callers help restore balance and improve the morale of incapacitated or lonely individuals through regular social contact.
www.neighborcare.us

**Telephone Reassurance and Friendly Visitors Program**
Jewish Family & Children’s Services of Northern NJ
1485 Teaneck Rd., Teaneck, NJ 07666
Home Health Care Services

Commission on Accreditation for Home Care, Inc. 908-508-1200
154 South Street, 2nd floor fax: 973-880-9136
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.

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

Grooming Services

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

Cuts USA 201-939-7979
195 Valley Blvd., Woodridge, NJ 07075

Moble Hair Dresser for Seniors 397-866-0759
Church Street, Teaneck NJ 07666
Contact Patricia Bennett for an appointment
CAREGIVERS SUPPORT SERVICES

Adler Aphasia Center Caregivers Support Group 201-368-8585
60 West Hunter Avenue, Maywood, NJ 07607
Meets every second Monday of month 7:00pm-9:00pm
Contact Elissa Goldstein
egoldstein@adleraphasiacenter.org

Care2Caregivers 800-424-2494
151 Centennial Avenue, Piscataway, NJ 08854
Free, ongoing peer support for caregivers taking care of people with dementia
care@care2caregivers.com
www.care2caregivers.com/

Caregiver’s Coalition 201-336-7427
Division of Senior Services, Advisory Council’s Education & Outreach Committee
One Bergen County Plaza 2nd floor, Hackensack, NJ 07601
The coalition works to strengthen services, resources, and access to information for caregivers.

NJ Self-Help Group Clearinghouse 800-367-6274
www.njgroups.org
Maintains a database of information of over 4,000 self-help support groups in the U.S. and over 800 Organization: provides information and referral services: also trains people to find and form self-help groups.
Go to www.njgroups.org to download the Self-Help Support Group directory.

National Organization for Empowering Caregivers (NOFEC) 800-445-8106
425 West 23rd Street #9B, New York, NY 10011
Empowering caregivers with resources, private counseling and healing circle.
www.care-givers.com

Family Caregiver Alliance
National center on caregiving provides education information with fact sheets on caregiving & depression, dementia behavior and caregiving planning, etc.
This directory was prepared from information provided by listed agencies. A listing in this guide does not constitute an endorsement of an agency or service by The Bergen County Division of Senior Service.

**The Gallen Center’s Caregiver Support Group**
A program from the Jewish Home Family
10 Link Drive, Rockleigh, NJ 07647
http://JewishHomeFamily.org
In conjunction with the Alzheimer’s Association, Greater New Jersey Chapter, Caregiver Support Groups are held once a month, free of charge and open to the public. Facilitated by the Gallen Adult Day Health Care Center’s professional staff, the group addresses the emotional and practical issues of caring for a loved one in a supportive atmosphere.

**Holy Name Medical Center Caregiver Support Group**
Holy Name Medical Center Day Away Center
725 Teaneck Road, Teaneck, NJ 07666

**Care One at the Cupola, Caregiver Support Group**
W. 100 Ridgewood Avenue, Paramus, NJ 07652
1st Wednesday of the Month at 5:30 pm

**Sunrise Assisted Living of Paramus, Caregiver Support Group**
567 Paramus Road, Paramus, NJ 07652
3rd Sunday of the Month at 4:00 pm

**Sunrise Assisted Living of Basking Ridge**
404 King George Road, Basking Ridge, NJ 07920
3rd Wednesday of the Month at 7:00 pm

**Vantage Health System, Inc., Caregiver Support Group**
2 Park Avenue, Dumont, NJ 07629
Spouse Caregivers Support Group: Meets twice-monthly. Spouse caregivers dine and discuss caregivers issues & spouse care recipients are supervised with therapeutic activities & dinner. Agency also has an Adult Child support group. Call for days and time.

**Kaplen JCC on the Palisades, Caregiver Support Group**
Kaplen Adult Reach Center
411 East Clinton Avenue, Tenafly, NJ 07670
Caregiver’s support group, meets twice a month, 2nd Monday at 7:00 pm and 4th Tuesday at 10:30 am.

**Parkinson's Support Group**
422 Cedar Hill Avenue, Wyckoff, NJ 07481
Cedar Hill Christian Reformed Church
Ron773h@yahoo.com
aweldon@optonline.net
ratner2@optonline.net
**Dorot Caregivers’ Connection**
Informational workshops and support groups are conducted through telephone conference calls. Caregivers can share concerns, exchange suggestions, and get much needed information in the comfort of their home.
www.dorotusa.org

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**Caregivers Handling Crisis**

**Adult Protective Service**
Investigates reports of suspected abuse, neglect, and exploitation of vulnerable adults living in the community.
201-368-4300

**Psychiatric Emergency Screening Program (PESP)**
Care Plus NJ, Inc.
610 Valley Health Plaza, Paramus, NU 07652
A Division of Care Plus NJ, Inc. is the designated screening center for Bergen County. Services are available 24 hours per day, 365 days per year.
201-262-4357

**Care 2 Caregivers**
Peer Support Helpline for Dementia Caregivers
Provides peer support, guidance on coping with loved when with dementia. Also provides counseling as well as education
Call or email: care@care2caregvers.com
800-424-2494

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**Grandparents as Caregivers**

**HOTLINE: Kinship Navigator**
Kinship Caregivers – P.O. Box 717, Trenton, NJ 08625
Information, referral and advocacy services for family caregivers.
Request a copy of the brochure which lists services for grandparents raising grandchildren. Also, inquire about available services and benefits.
201-398-9110
201-797-2660
609-888-7400

**Grandparents raising grandchildren support group**
Bergen Family Center/Family Success Center
44 Armory street, 2nd floor, Englewood, NJ 07631
ls@fsobergen.org
www.fsfoobar.org
201-796 6209 xt. 102
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 of children with mental, emotional, and behavioral needs.
www.FSOBergen.org

Bergen County Division of Family Guidance 201-336-7350
1 Bergen County Plaza 2nd Floor
Hackensack, NJ 07601
Juvenile/Family Crisis Unit Hotline
All youth under 18 years old

Respite Care Services

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

Statewide Respite Care Program 201-336-6500
Bergen County Division on Disability Services
One Bergen County Plaza, 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.

Volunteer Social Respite Care Program 201-291-6000 ext. 1117499
Valley Home & Community Health Care, Inc.
15 Essex Rd., Paramus NJ, 07652
Volunteer program that is strictly “social” respite services; must be homebound and have a caregiver. Priority given to Valley Hospital patients. (*There is a waiting list; to apply and/or inquire about waiting list, call the above number.)
**Alzheimer’s New Jersey**  
The Respite Care and Wellness Program  
400 Morris Avenue, Suite 251, Denville, NJ 07834  
[www.alznj.org](http://www.alznj.org)

**888-280-6055**  
**973-586-4300**

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

Care Management

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

**Bergen Family Center**  
44 Armory Street, Englewood, NJ 07631  
www.bergenfamilycenter.org  
201-568-0817 ext. 127

**Catholic Charities-Older Adult Services**  
57 Pink Street, Hackensack NJ 07601  
www.ccannj.org  
201-441-9421

**Friends of Grace Seniors, Korean Community Center**  
100 Grove Street, Tenafly, NJ 07670  
www.kccus.org  
201-541-1200

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

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

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

**Jewish Family & Children Services of Northern NJ**  
1485 Teaneck Road, Teaneck, NJ 07666  
www.jfcsnnj.org  
201-837-9090

1 Pike Drive Wayne, NJ 07470  
inf@jsfnorthjersey.org  
973-595-0111

**Aging Care Association Care Management**  
National Organization  
3275 West Ina Road Suite 130, Tuscan, Az. 85741  
www.aginglifecare.org  
520-881-8008

**Mental Health Service for Care Management**  
Christian Health Care, Ramapo Ridge  
301 Sicomac Avenue, Wyckoff, NJ 07481  
www.CHCCNJ.org  
201-848-5200
**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.

<table>
<thead>
<tr>
<th><strong>Adult Medical Day Care</strong></th>
<th>201-773-9090</th>
</tr>
</thead>
<tbody>
<tr>
<td>22-08 Route 208, Fair Lawn, NJ 07410</td>
<td>Medical Day Care</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Bergen Family Center</strong></th>
<th>201-568-0817</th>
</tr>
</thead>
<tbody>
<tr>
<td>44 Armory Street, Englewood, NJ 07631</td>
<td>Social Day Care for the frail</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Broadway Medical Adult Day Care</strong></th>
<th>201-797-1177</th>
</tr>
</thead>
<tbody>
<tr>
<td>24-20 Broadway, Fair Lawn, NJ 07410</td>
<td>Medical Adult Day Care</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Christian Health Care Center</strong></th>
<th>201-848-5829</th>
</tr>
</thead>
<tbody>
<tr>
<td>301 Sicomac Avenue, Wyckoff, NJ 07481</td>
<td>Medical/ Social Adult Day Care (Alzheimer)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Comprehensive Behavioral Healthcare Inc.</strong></th>
<th>201-935-3322</th>
</tr>
</thead>
<tbody>
<tr>
<td>516 Valley Brook Avenue, Lyndhurst, NJ 07071</td>
<td>Medical Adult Day Care</td>
</tr>
<tr>
<td></td>
<td>Alzheimer &amp; Dementia</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Christian Health Care Center</strong></th>
<th>201-848-5829</th>
</tr>
</thead>
<tbody>
<tr>
<td>301 Sicomac Avenue, Wyckoff, NJ 07481</td>
<td>Medical/ Social Adult Day Care (Alzheimer)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Comprehensive Behavioral Healthcare Inc.</strong></th>
<th>201-935-3322</th>
</tr>
</thead>
<tbody>
<tr>
<td>516 Valley Brook Avenue, Lyndhurst, NJ 07071</td>
<td>Psychiatric (Partial) Adult Day Care</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Day Away Holy Name Medical Center</strong></th>
<th>201-833-3757</th>
</tr>
</thead>
<tbody>
<tr>
<td>725 Teaneck Road, Teaneck, NJ 07666</td>
<td>Medical Adult Day Care</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Gallen Day Center - Adult Day Care Programs</strong></th>
<th>201-784-1414</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Jewish Home at Rockleigh</strong></td>
<td></td>
</tr>
<tr>
<td>10 Link Drive, Rockleigh, NJ 07674</td>
<td>Medical Day Care</td>
</tr>
</tbody>
</table>
Good Shepard Adult Day Care
725 Valley Brook Avenue, Lyndhurst, NJ 07071
Medical Day Care

Kaplen JCC on the Palisade ARC program
411 E. Clinton Avenue, Tenafly, NJ 07670
Social Adult Day Care

Long Life Adult Day Care
596 Anderson Avenue, Cliffside Park, NJ 07010
Medical Adult Day Care

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

New Life Medical Day Care Center
340 Evelyn Street, Paramus, NJ 07652

Peaceful Adult Day Care
101 Industrial Road Suite C. Little Ferry NJ 07643
Medical (speak Korean)

Patriot Elder Care
15 North Fifth Street Unit 101, Saddle Brook, NJ 07663
Social Adult Day Care

Regency Memory Daycare
91 Route 4 East, River Edge, NJ 07661
Memory social day club for those with memory impairment

Senior Connection Adult Day Care
164 Franklin Turnpike, Waldwick, NJ 07463
Social Adult Day Care

Sunshine Adult Day Care
16 N. Washington Avenue, Bergenfield, NJ 07621
Medical Adult Day Care

Northern Valley Adult Day Healthcare Center
2 Park Avenue, Dumont, NJ 07628
Medical Adult Day Care
Hospice Service/End of life

**Home Care & Hospice Association of NJ** 732-877-1100
485D route 1 South, suite 210, Iselin, NJ 08830
www.homecarenj.org
info@homecarenj.org

**Compassionate Care Hospice** 973-537-5606
www.cchnet.net

**Care Alternative Hospice** 908-931-9080
65 Jackson Dr., Cranford, NJ07016
www.ascendhealth.com

**Holy Name Medical Center Home Care – Hospice Unit** 201-833-3188
718 Teaneck Rd, Teaneck, NJ 07666

**Hospice Care Of Hackensack** 201-342-7766
21 Main Street, Suite 253, Hackensack, NJ 07601

**Life source Services Hospice, LLC** 201-967-4313
230 East Ridgewood Ave., Suite 307, Paramus, NJ 07652

**Valley Homecare and Hospice** 201-291-6000
15 Essex Road, Paramus, NJ 07652

**Villa Marie Claire** 201-783-8870
12 West Saddle River Road, Saddle River, NJ 07458

**NOTE:** Some nursing homes provide hospice beds. Call individual nursing homes to inquire.
Assisted Living, Residential Health Care Facilities and Nursing Homes

For “Selecting a Long-Term Care Setting – A Guide for New Jersey Consumers” go to www.nj.gov/health/njhealth/ltc_guide
For information on long-term health care facilities in New Jersey go to www.medicare.gov and www.state.nj.us/health

Quality of Care Issues / Ombudsman

NJ Department Of Health & Senior Services  877-582-6995
OFFICE OF ONBUDSMAN
P O Box 852, Trenton, NJ 08625
Promotes & protects the rights, health, safety and welfare of seniors, age 60+ and in certain healthcare facilities (e.g. nursing homes, residential healthcare facilities, etc.) investigates specific complaints/reports of abuse.

Nursing Home Volunteer Advocacy Program
Trained volunteers advocate for residents of NH, providing socialization and help with any concerns about their personal situation and care.
www.nj.gov/ooie/home/volunteerprogramdescript.html
**Assisted Living**

**Actor’s Fund Home**
155-175 West Hudson Avenue, Englewood, NJ 07631
Retired Theatrical Persons/Multi-Level Facility/
Connected with a nursing home.

**Arbor Terrace of Teaneck**
600 Frank W. Burr Blvd., Teaneck, NJ 07666

**Atrium Senior Living**
124 Noyes Drive, Park Ridge, NJ 07656

**Brandywine Senior Living**
814 Wyckoff Avenue, Mahwah, NJ 07430

**Brighten Gardens of Saddle River**
5 Brookline Road, Saddle River 07458

**Brightview**
55 Hudson Avenue, Tenafly, NJ 07670

**Bright Side Manor**
300 Teaneck Road, Teaneck, NJ 07666
Licensed Comprehensive Personal Care Home that provides assisted living services to people 60 and older. Serves older adults of all income levels. Accepts Medicaid without a private pay spend-down period.

www.brightsidemanor.org

**Bristol at Woodcliff Lake**
364 Chestnut Ridge Road, Woodcliff Lake, NJ 07677

**Brookdale Senior Living Paramus**
186 Paramus Road, Paramus, NJ 07652

**Brookdale Senior Living Emerson**
590 Old Hook Road, Emerson, NJ 07630

**Chestnut Hill Residence**
338 Chestnut Street, Passaic, NJ 07055

**Christian Health Care Center**
301 Sicomac Avenue, Wyckoff, NJ 07481

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

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This directory was prepared from information provided by listed agencies. A listing in this guide does not constitute an endorsement of an agency or service by The Bergen County Division of Senior Service
Evergreen Court Retirement Residence 845-356-7700
65 Lafayette Street, Spring Valley, NY 10977
Affordable Assisted Living; SSI Accepted.

Five Star Premium Residences of Teaneck 201-836-3634
655 Pomander Walk Street A, Teaneck, NJ 07666

Jewish Home Assisted Living, Kaplen Family Senior Residence 201-666-2370
685 Westwood Ave., River Vale, NJ 07675
Glatt Kosher community and is a non-sectarian community open to all seniors regardless of race, religion, and national origin.
Connected with a nursing home

The Longview (Christian Healthcare Center) 201-848-4303
301 Sicomac Avenue, Wyckoff, NJ 07481

Mill Gardens at Midland Park 201-493-7400
36 Faner Road, Midland Park, NJ 07432

Sunrise Assisted Living 201-871-0300
3 Tenakill Park E., Cresskill, NJ 07626

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

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

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

Sunrise Assisted Living 201-818-8680
5 Boroline Road, Saddle River, NJ 07458

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

This directory was prepared from information provided by listed agencies. A listing in this guide does not constitute an endorsement of an agency or service by The Bergen County Division of Senior Service.
Residential Care Homes for People with Alzheimer’s/Dementia

Memory Care Living at Cresskill
248 Madison Avenue, Cresskill, NJ 07626
201-368-7070

Memory Care Living at Hillsdale
45 Pascack Road, Hillsdale, NJ 07642
201-368-7070

Memory Care Living at Mahwah
699 Wyckoff Avenue, Mahwah, NJ 07430
201-368-7070

Memory Care Living at Paramus
143 North Farview Avenue, Paramus, NJ 07652
201-368-7070

Memory Care Living at Park Ridge
103 Kinderkamack Road, Park Ridge, NJ 07656
201-368-7070

Memory Care Living at Ramsey
38 North Central, Ramsey, NJ 07446
201-368-7070

Memory Care Living at Woodcliff Lake
290 Werimus Road, Woodcliff Lake, NJ 07675
201-368-7070
Residential Health Care Facilities

Residential Health Care Facilities are licensed by the State Department of Health and Senior Services. A licensed physician must certify that the resident does not have a medical or personal care needs which exceed the level of services provided in a residential health care facility. The main purpose of this level of care is that it provides for many individuals (who are primarily elderly) and their families a delivery system that allows for a home-like atmosphere, while maintaining continuous supervision of health care and daily activity needs. Licensed Residential Health Care Facilities provide the following services: (1) 24-hour supervision; (2) Provision of Assistance with personal hygiene, management of funds for clothing and other purchases and supervision of all medication; (3) Health Maintenance and Monitoring Services include assessment of medical, social, and health history needs and corresponding plans to meet those needs. (Registered Nurse); (4) dietary services; (5) arrangement for activity participation in and outside the facility.

The Atrium
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
100 McClellan Street, Norwood, NJ 07648

Five Star Premium Residences of Teaneck
655 Pomander Walk, Teaneck, NJ 07666

Hillcrest Residence (Christian Health Care Center)
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
70 Main Street Emerson, NJ 07630
Residential Health Care Facility/Multi-Level Facility – Medicare/Medicaid certified
*Connected with a nursing home

Waterfront Rest Home
210 Broadway, Woodcliff Lake, NJ 07675

201-825-0660
201-768-6222
201-836-3634
201-848-5856
201-261-6662
201-391-2442
Nursing Homes

The Actor’s Fund Home 201-871-8882
155 West Hudson Avenue, Englewood, NJ 07631
For retired theatrical persons
Medicare/Medicaid/Private Pay

Alaris Health Care Center 201-845-0099
96 Parkway, Rochelle Park, NJ 07662
Medicare/Medicaid/Private

Allendale Nursing Home 201-825-0660
85 Harreton Road, Allendale, NJ 07401
Medicare/Medicaid/Private Pay

Armenian Nursing & Rehabilitation Center 201-261-6662
70 Main Street, Emerson, NJ 07630
Medicare/Medicaid/Private

Bergen County Health Care Center 201-750-8310
35 suite B Piermont Road, Rockleigh, NJ 07647
Medicare/Medicaid/Private

Bergen Regional Medical Center 201-967-4170
230 E. Ridgewood Avenue, Paramus, NJ 07652
Medicare/Medicaid/Private

Buckingham At Norwood 201-768-6222
100 McClellan Street, Norwood, NJ 07648
Buckingham has a dedicated unit for Korean patients
Medicare/Medicaid/Private Pay

Care One At Cresskill 201-567-9310
221 County Road, Cresskill, NJ 07626
Medicare/Private Pay

Care One At Ridgewood Avenue 201-652-1950
90 West Ridgewood Avenue, Paramus, NJ 07652
Medicare/Private Pay

Care One At Teaneck 201-862-3300
544 Teaneck Rd., Teaneck, NJ07666
Medicare/Private Pay

Care One At Valley 201-664-8888
300 Old Hook Road, Westwood, NJ 07675
Medicare/Medicaid/Private
Care One At Wellington
301 Union Street, Hackensack, NJ 07601
Medicare/Medicaid/Private Pay

Christian Health Care Center
301 Sicomac Avenue, Wyckoff, NJ 07481
Medicare/Medicaid/Private Pay

County Manor Health Care & Rehabilitation
133 County Road, Tenafly, NJ 07670
Medicare/Medicaid/Private Pay

Daughters Of Israel Geriatric Center
1155 Pleasant Valley Way, West Orange, NJ 07052
Medicare/Medicaid/Private Pay

Daughters Of Miriam Center
155 Hazel Street, Clifton, NJ 07015
Medicare/Medicaid/Private Pay

Dellridge Health & Rehabilitation Center
532 North Farview Avenue, Paramus, NJ 07652
Medicare/Medicaid/Private Pay

Emerson Health Care Center
100 Kinderkamack Road, Emerson, NJ 07630
Medicare/Medicaid/Private Pay

Inglemoor Center
333 Grand Avenue, Englewood, NJ 07631
Medicare/Medicaid/Private Pay

Jewish Home at Rockleigh
Rehabilitation Center
10 Link Drive, Rockleigh, NJ 07647
Medicare/Medicaid/Private Pay

Lincoln Park Care Center
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
12-15 Saddle River Road, Fair Lawn, NJ 07410
Medicare/Medicaid/Private Pay

Maywood Center For Health & Rehabilitation
100 West Magnolia Ave., Maywood, NJ 07607
Medicare, Medicaid, Private Pay
<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oakland Rehabilitation &amp; Health Care Center</td>
<td>201-337-3300</td>
</tr>
<tr>
<td>20 Breakneck Road, Oakland, NJ 07436</td>
<td></td>
</tr>
<tr>
<td>Medicare/Medicaid/Private</td>
<td></td>
</tr>
<tr>
<td>Oradell Health Care Center</td>
<td>201-967-0002</td>
</tr>
<tr>
<td>600 Kinderkamack Road, Oradell, NJ 07649</td>
<td></td>
</tr>
<tr>
<td>Medicare/Medicaid/Private</td>
<td></td>
</tr>
<tr>
<td>Prospect Heights Care Center</td>
<td>201-678-1800</td>
</tr>
<tr>
<td>336 Prospect Ave., Hackensack, NJ 07601</td>
<td></td>
</tr>
<tr>
<td>Medicare/Medicaid/Private Pay</td>
<td></td>
</tr>
<tr>
<td>Regent Care Center</td>
<td>201-646-1166</td>
</tr>
<tr>
<td>50 Polifly Road, Hackensack, NJ 07601</td>
<td></td>
</tr>
<tr>
<td>Medicare/Medicaid/Private</td>
<td></td>
</tr>
<tr>
<td>Ridgewood Center</td>
<td>201-447-1900</td>
</tr>
<tr>
<td>330 Franklin Turnpike, Ridgewood, NJ 07450</td>
<td></td>
</tr>
<tr>
<td>Medicare/Medicaid/Private</td>
<td></td>
</tr>
<tr>
<td>Teaneck Nursing Home</td>
<td>201-833-2400</td>
</tr>
<tr>
<td>1104 Teaneck Road, Teaneck, NJ 07666</td>
<td></td>
</tr>
<tr>
<td>Medicare/Medicaid/Private</td>
<td></td>
</tr>
<tr>
<td>Van Dyk Healthcare of Ridgewood</td>
<td>201-445-8200</td>
</tr>
<tr>
<td>304 South Van Dien Avenue, Ridgewood, NJ 07450</td>
<td></td>
</tr>
<tr>
<td>Medicare/Medicaid/Private</td>
<td></td>
</tr>
<tr>
<td>Woodcliff Lake Health &amp; Rehabilitation Center</td>
<td>201-391-0900</td>
</tr>
<tr>
<td>555 Chestnut Ridge Road, Woodcliff Lake, NJ 07677</td>
<td></td>
</tr>
<tr>
<td>Medicare/Medicaid/Private</td>
<td></td>
</tr>
<tr>
<td>Woodcrest Healthcare Center</td>
<td>201-967-1700</td>
</tr>
<tr>
<td>800 River Road, New Milford, NJ 07646</td>
<td></td>
</tr>
<tr>
<td>Medicare/Medicaid/Private</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

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

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

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

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

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

Stair Lifts:

Unipak 973-947-6173
5 Whippoorwill Lane, Rockaway, NJ

Alliance Bus Group 201-507-8500

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AGENCIES SERVING KOREAN-AMERICAN SENIORS AND CAREGIVERS

Asian Women’s Christian Association (AWCA)  201-862-1665
9 Genesee Ave., Teaneck, NJ 07666
AWCA 사명은 예수님의 사랑안에서 전문상담, 교육, 사회복지 서비스 및
홈케어 프로그램을 제공함으로서 아시아 여성과 그들의 가족이 건강한
자원으로 지역사회에 공헌할 수 있도록 돕는다.
The mission of the Asian Women’s Christian Association (“AWCA”) is centered on the love of Christ and their families with the resources to become healthy, contributing members of society. We accomplish this through our counseling, education, social services, and homecare program.
www.awcanj.org

AWCA Family Counseling Center  가정상담소  201-862-1116
AWCA 가정상담소는 상담사 자격증을 소지한 전문상담사들이 개인, 그룹,
부부 및 가족 상담과 심리검사, 자원봉사자 교육, 정신건강 교육 세미나 등을
제공하는 전문 상담 기관입니다.
A professional counseling center operated by licensed professional counselors. FCC provides individual, couples, family, and group counseling along with psychological testing, parenting classes, Grace Hotline volunteer training, and mental health education seminars.
fcc@awcanj.org

AWCA Adult Continuing Education age 60+  201-862-1665
60세이상 아시안 시니어들을 위한 평생교육 프로그램 제공.
ESL, Computer, smartphone, Citizenship, Line dance class will serve the Asian Community.
info@awcanj.org
www.awcanj.org

Friends of Grace Seniors (DBA Korean Community Center)  201-541-1200 ext. 111,112
한인동포회관
100 Grove St, Tenafly, NJ 07670
모든분들의 건강하고 독립적인 생활을 증진시키고 문화와 교육, 아웃리치,
의료복지, 시민 옹호를 통해서 한인들 주류사회에 연계하고자 합니다.
The KCC’s Mission is to promote healthy and independent living for all ages and to integrate the people with Korean Heritage into the greater community through culture & education, outreach, health & social services, and civic advocacy.
www.kccus.org
Korean Community Center NJ ADRC Care Management Program
https://www.kccus.org/care-management-program/

NJ ADRC 케어 메니지먼트 프로그램은 혼자서는 생활 할 수 없는 의존적인 노인환자나 장애인들을 도와주기 위한 뉴저지 주정부 프로그램입니다. 특히 양로원에 입주하는 것보다 자신의 집이나 지역사회에 계속해서 머물기 원하는 노인과 가족들에게 재정, 씨비스, 정서적 도움을 지원해 주어 이들 가족의 부담을 덜어 주고, 정부와 지역사회의 여러 자원들을 연결하고, 가정간호를 계획, 수행할 수 있도록 관리해 주는 씨비스입니다.
NJ ADRC 케어 메니지먼트는 뉴저지 정부로부터 정식 인가를 받은 전문 케어 메니져가 직접 집을 방문하여 환자의 필요를 진단하고, 여러 정부 프로그램을 연결하여, 노인과 가족의 어려움을 도와드립니다.
The Care Management Program is a Consumer focused collaborative process which assesses individuals’ needs. Care managers plan, implement, coordinate, monitors, and evaluate options and services, using formal and informal resources, to meet homebound, frail, older adults and their caregivers’ needs.

Korean American Senior Citizen's Association of New Jersey

뉴저지 한인 상록회
1061 Slocum Ave. Ridgefield, NJ 07657

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

Provides services focused on health, wealth and happiness for the seniors as follows:
1. Senior School (ESL, Health, Computer, Art, Music, Dance, etc.)
2. Social Security Welfare Counseling Center / Hotline: 201-945-2401
3. Emergency Food Service Center / Hotline: 201-956-7630
4. Job Training Center
5. Clubs: Golf Club, Hiking Club and Go-Game Club

E-mail: kascanj@gmail.com
Web Page: www.kascanj.org

New Jersey Korean-American Mutual Aid Association

뉴저지 한인 상조회
438 Broad Ave. Palisades Park, NJ 07650

Provides services focused on health, wealth and happiness for the seniors as follows:
1. Senior School (ESL, Health, Computer, Art, Music, Dance, etc.)
2. Social Security Welfare Counseling Center / Hotline: 201-945-2401
3. Emergency Food Service Center / Hotline: 201-956-7630
4. Job Training Center
5. Clubs: Golf Club, Hiking Club and Go-Game Club

E-mail: kascanj@gmail.com
Web Page: www.kascanj.org

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

Korean Programs in Hospitals

**Englewood Hospital and Medical Center**  
 잉글우드 병원  
201-608-2341

**The Center for Korean Health and Wellness**  
한인건강센터  
350 Engle Street, Englewood, NJ 07631  
[www.Englewoodhealth.org](http://www.Englewoodhealth.org)

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

**Hackensack University Medical Center**  
하켄섹 대학병원 메디칼 센터  
551-996-2270

**Korean Medical Initiative**  
코리안 메디칼 이니셔티브  
30 Prospect Avenue, Hackensack, NJ 07601  
[www.hackensackumc.org/korean](http://www.hackensackumc.org/korean)

**Center for Healthy Senior Living**  
노인의학센터  
360 Essex Street, Suite 401, Hackensack, NJ  
551-996-1140

**Holy Name Medical Center**  
홀리 네임 병원  
201-833-3399

**Korean Medical Program**  
코리안 메디칼 프로그램  
718 Teaneck Road, Teaneck, NJ 07666  
[www.kholyname.com](http://www.kholyname.com)
Korean Home Health Aide  한인 가정 요양 보호사
한국인 가정 요양 보호사가 있습니다. The following agencies have Korean speaking Home Health Aides.

Asian Women’s Christian Association (AWCA)  Home Care Agency
9 Genesee Ave., Teaneck, NJ 07666
www.awcanj.org

Care Finders Total Care
171 Main St. Hackensack, NJ 07601

Confident Care – Hackensack
3 University Plaza Drive, Hackensack, NJ 07601

Gentle Heart Care LLC
3 University Plaza Drive, Hackensack, NJ 07601

Loving Care
190 Moore Street, Hackensack, NJ 07601
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COUNTY OF BERGEN

James J. Tedesco III
County Executive

BOARD OF CHOSEN FREEHOLDERS
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