

**The Bergen NJ EASE
Key Services Guide
For
Older Adults and Caregivers**

(www.co.bergen.nj.us)



**Bergen County
Department of Human Services
Division of Senior Services**

**Bergen NJ EASE
One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601
201-336-7400**

**Toll-free #: 1-877-222-3737
Telephone Relay Service for TTY users: CALL: 711**

**Dennis McNerney
County Executive**

Updated: July 2010

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

GENERAL INFORMATION

AGENCIES & SERVICES

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

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

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

New Jersey Division of Aging and Community Services 1-800-792-8820
NJ Dept of Health and Senior Services
PO Box 807, Trenton, NJ 08625
Website: www.state.nj.us/health

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

NJ Area Agencies on Aging

Atlantic	609-645-7700	Middlesex	732-745-3295
Bergen	201-336-7400	Monmouth	732-431-7450
Burlington	609-265-5069	Morris	973-285-6848
Camden	856-858-3220	Ocean	732-929-2091
Cape May	609-886-2784	Passaic	973-569-4060
Cumberland	856-453-2220	Salem	856-339-8622
Essex	973-395-8375	Somerset	908-704-6346
Gloucester	856-232-4646	Sussex	973-579-0555
Hudson	201-271-4322	Union	908-527-4870
Hunterdon	908-788-1362	Warren	908-475-6591
Mercer	609-989-6661		

TRANSPORTATION

Bergen County Community Transportation

201-368-5955

178 Essex St., Lodi, NJ 07644

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

Jewish Home at Rockleigh, Assisted Transportation Program

201-784-1414

10 Link Drive, Rockleigh, NJ 07647

Ext. 5336

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

American Cancer Society

201-343-2222

Provides transportation to Cancer Patients only

Website: www.cancer.org

Bergen County Transit Information Center

201-336-6450

One Bergen County Plaza, Hackensack, NJ 07601

Provides information on transportation schedules and services

Senior Discount/Reduced Fare for NJ Transit Bus & Rail

201-336-7400

or

973-378-6401

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

Access Link

800-955-2321

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

Website: www.njtransit.com/as_al.shtml

Call your township for transportation services provided to residents.

CARE MANAGEMENT

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

Bergen Family Center

44 Armory St., Englewood, NJ 07631

201-568-0817

Website: www.bergenfamilycenter.org

Catholic Charities – Older Adult Services

415 Fifth Ave., River Edge, NJ 07661

201-265-3840

Website: www.ccannj.org

Friends of Grace Seniors, Korean Comm. Center

40 Bennett Rd., Englewood, NJ 07631

201-541-1200

Website: www.fgskcc.org

Heightened Independence & Progress (HIP)

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

201-996-9100

Website: www.hipcil.org

Jewish Family Service

1485 Teaneck Rd., Teaneck, NJ 07666

201-837-9090

Website: www.jfsbergen.org

National Association of Professional Geriatric Care Managers (NAPGCM)

visit www.caremanager.org

Mental Health Service for Care Management:

201-848-5276

Christian Health Care, Ramapo Ridge

301 Sicomac Avenue, Wyckoff, NJ 07481

Website: www.CHCCNJ.org

HOSPITALS

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

STATEWIDE AGENCIES & SERVICES

NJ ADRC – New Jersey Aging & Disability Connection

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

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

1-877-222-3737

New Jersey Division of Aging and Community Services/ NJ Dept. of Health and Senior Services

PO Box 807, Trenton, NJ 08625

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

1-800-792-8820

211

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

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

www.nj211.org

211

New Jersey Self-Help Clearing House at St. Clare's Hospital

100 East Hanover Ave., Cedar Knolls, NJ 07927

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

Website: www.selfhelpgroups.org

**1-800-367-6274
973-326-6789**

COMMUNITY INVOLVEMENT

EMPLOYMENT OPPORTUNITIES

Senior Community Service Employment Project (SCSEP) **201-336-7426**

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

Aid for qualified seniors age 55 and over who seek employment. Paid on the job training; free job placement; classroom training.

New Jersey State Employment Services **201-996-8940**

60 State St., Hackensack, NJ 07601

Offers services such as workshops, counseling, job search, skills training, etc.

Vocational Rehabilitation Services for the Disabled **201-996-8970**

Unemployment and disability Insurance **201-996-8940**

EDUCATION

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

Bergen County Division of Senior Services

201-336-7400

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

Bergen Community College

201-447-7488

Paramus, NJ

Continuing education programs

visit www.bergen.cc.nj.us

Senior Net Program at JCC on the Palisades

201-569-7900

411 East Clinton Ave., Tenafly, NJ 07670

Computer classes in Microsoft Word, Graphics, Quicken, Internet, etc.

Fairleigh Dickinson University

201-692-6500

Teaneck, NJ

Continuing education programs

Visit www.fdu.edu

Literacy Volunteers of America

201-342-4344

Bergen County Literacy Program

America at Felician College

15 Main St., Hackensack, NJ 07601

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

The Southeast Senior Center for Independent Living (SESCIL)

201-569-4080

228 Grand Avenue, Englewood, NJ 07631

Visit www.SESCIL.org

Dorot Caregivers' Connection

212-769-2850

877-819-9147

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

Visit www.dorotusa.org

RECREATION

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

Bergen County Department of Parks 201-336-7275
One Bergen County Plaza, 4th Floor, Hackensack, NJ 07601

Boys and Girls Club of Lodi 973-473-7410
460 Passaic Ave., Lodi, NJ 07644
Aquacize program for seniors. Call for schedule.

ElderHostel 800-454-5768
Provides low-cost educational travel programs for seniors to over 1,600 colleges, universities, and other educational facilities in the United States and abroad.
Visit www.elderhostel.org

JCC On The Palisades 201-569-7900
411 East Clinton Ave., Tenafly, NJ 07670
A variety of health and fitness courses for seniors, including swimming.

YMCA of Bergen County 201-487-6600
360 Main St., Hackensack, NJ 07601
Swimming, adult fitness, self-defense class; SMILE (Seniors Move in Light Exercise) is a program of stretching and strengthening designed to keep the older adult fit.
Call for schedules and cost of registration/membership)

YMCA/YWCA of Ridgewood 201-444-5600
112 Oak St., Ridgewood, NJ 07451
Aqua Therapy – Swimming classes for seniors (Call for schedule)

AARP (American Association of Retired Persons) 866-542-8165
101 Rockingham Rd., Princeton, NJ 08550
Offers many programs and services, e.g., Health Advocacy, Grandparent Information Center, Consumer Fraud Info, Retired Educators Association Liaison, Women's Issues, Tax Aide, Work Force, research on a variety of topics, volunteer opportunities, etc. Visit www.aarp.org

VOLUNTEER OPPORTUNITIES

American Red Cross Chapters 201-652-3210
74 Godwin Avenue
Ridgewood, NJ 07450

Care Alternative Hospice Program 908-931-9080
70 Jackson Dr., Cranford, NJ 07016
Volunteer opportunities throughout Bergen County.
www.carealt.com

CHORE Program 201-489-7790
Volunteer Center of Bergen County
64 Passaic Street, Hackensack, NJ 07601
Utilizes volunteers to do handiwork or minor household repairs for seniors and the disabled.

ezride 201-939-4242
144 Park Place East, Wood-Ridge, NJ 07075
Utilizes volunteers of the age 25 and older to provide transportation to seniors. Volunteers can earn free bankable rides for themselves or others. Cars are provided by ezride. Call for an application or email www.ezride.org

Literacy Volunteers of America 201-342-4344
Bergen County Literacy Program
15 Main Street (Bank of America), Hackensack, NJ 07601
Recruits and trains volunteer tutors for the Basic Literacy (BL) and English as a Second Language (ESL) Programs

National Senior Service Corps 800-424-8867
1201 New York Avenue, Washington, D.C. 20525
Foster Grandparent Program (FGP); Senior Companion Program (SCP); Retired & Senior Volunteer Program (RSVP).

State Health Insurance Program (SHIP) 201-336-7427
Division of Senior Services, one Bergen County Plaza,
Hackensack, NJ 07601
Recruits volunteers to become certified counselors to help Medicare enrollees understand what benefits they are entitled to.

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

201-489-9454

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

SENIOR ACTIVITY CENTERS

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

NOTE: Bergen County Senior Lunch Program

A nutritious mid-day meal is available for Bergen County senior citizens at the centers marked with an asterisk (*) below. The goal of the nutrition program is to provide well-balanced meals, foster social interaction, and provide access to other supportive services available to Bergen County seniors. To be eligible, persons must be age 60 or older, or the spouse of a participant. Lunch is served Monday-Friday and are planned by a dietician to provide the recommended nutritional requirements. Reservations for the meal must be made 1 day in advance.

- | | |
|--|---------------------|
| * <u>Bergenfield</u>
293 Murray Hill Terrace, 07621 | 201-387-7212 |
| * <u>Cliffside Park</u>
550 Gorge Road, 07010 | 201-943-3768 |
| <u>Demarest Senior Center</u>
Park Street, 07627 | 201-767-9785 |
| <u>Dumont Senior Center</u>
39 Dumont Avenue, 07628 | 201-387-5040 |
| * <u>East Rutherford</u>
Southwest Bergen Regional Senior Center
147 Hackensack Street, 07073 | 201-935-8920 |
| * <u>Elmwood Park</u>
Market Street and Boulevard, 07407 | 201-796-3342 |

- * **Englewood** 201-568-0817
44 Armory Street, 07631
- Englewood** 201-541-1200
Friends of Grace Seniors, Korean Comm. Center
40 Bennett Rd., Englewood, NJ 07631
Website: www.fgskcc.org
- Englewood** 201-569-4080
Southeast Center for Independent Living
228 Grand Avenue, 07631
- * **Fair Lawn** 201-796-1191
1105 Gardiner Road, 07410
- * **Fairview Senior Center** 201-943-5522
53 Grant Street, 07022
- * **Fort Lee** 201-592-3670
Richard A. Nest Senior Center
319 Main Street, 07024
- * **Garfield** 973-478-0502
480 Midland Avenue, 07026
- * **Garfield** 973-340-4179
225 Midland Avenue, 07026
(open to building residents only)
- * **Garfield** 973-340-4177
377 Midland Avenue, 07026
(open to building residents only)
- * **Garfield** 973-340-4170
71 Daniel P. Conte Court 07026
(open to building residents only)
- * **Hackensack** 201-646-3567
Americas Unidas Multicultural Senior Center
133 River Street 07601
- * **Hackensack** 201-343-8009
Martin Luther King, Jr. Senior Center
120 Atlantic St., 07601

<u>Leonia</u> Leonia recreation center 370 Broad Avenue, 07605	201-302-9660
* <u>Lyndhurst</u> 281 Stuyvesant Avenue, 07071	201-896-1629
<u>Mahwah</u> 475 Corporate Drive, P.O. Box 733 07430	201-529-5757 Ext. 213
<u>Maywood Senior Center</u> 145 West Magnolia Avenue, 07607	201-368-1522
* <u>Midland Park</u> Northwest Bergen Regional Senior Center 46-50 Center Street, 07432	201-445-5690
* <u>New Milford</u> 275 River Road, 07646	201-599-7565
* <u>North Arlington</u> St. Paul Episcopal Church 11 York Road 07031	201-998-5636
* <u>Northvale</u> James F. McGuire Center 116 Paris Avenue, 07647	201-767-6299
<u>Oakland</u> 20 Lawlor Drive, 07436	201-405-7731
* <u>Palisades Park</u> 300 Highland Avenue, 07650	201-944-5616
<u>Paramus</u> 93 North Farview Avenue, 07652	201-265-2100 Ext: 664
* <u>Ridgefield</u> 725 Slocum Avenue 07657	201-943-4078
* <u>Ridgefield Park</u> 159 Park Street, 07660	201-641-1220
<u>Ridgewood</u> 131 North Maple Avenue, 07450	201-566-2077

- * **Rutherford** 201-460-1600
55 Kip Senior Center
55 Kip Street 07070
- Saddle Brook** 201-845-4594
8 Caldwell Avenue, 07662
- * **Teaneck** 201-837-0171
Richard Rodda Community Center
250 Colonial Court, 07666
- * **Teaneck** 201-837-1422
Teaneck Kosher Jewish Community Center
70 Sterling Place, 07666
- Tenafly** 201-569-2159
20 South Summit Street, 07670
- * **Tenafly** 201-569-7900
Jewish Community Center on the Palisades
411 East Clinton Avenue, 07670
- * **Wallington** 973-777-5815
24 Union Boulevard, 07055
- * **Washington Township** 201-666-6610
Y-Jewish Community Center of Bergen County
805 Pascack Road, 07676
ext. 263
- * **Westwood** 201-666-0840
T.J. Riley Multipurpose Senior Center
100 Madison Avenue, 07675

INDEPENDENT LIVING

LEGAL ASSISTANCE

- Bergen County Bar Association, Inc.** **201-488-0044**
Lawyers Referral Plan
15 Bergen Street, Hackensack, NJ 07601
Hours: 10 AM to 3 PM, Monday through Thursday
- Legal Services of New Jersey** **888-576-5529**
Provides advice and brief service over phone & possibly
Referrals. **8:30 – 5:30**
- NJ Protection and advocacy (NJP&A)** **800-922-7233**
210 South Broad Street, 3rd Floor, Trenton, NJ 08608
Consumer organization serving New Jersey designated protection
and advocacy system for disabilities with mental illness, social
security beneficiary, rehabilitation services, health care, and
insurance matters
- Northeast NJ Legal Services – BC Division** **201-487-2166**
190 Moore Street, Suite 100, Hackensack, NJ 07601
Provides free legal services to low income clients in civil cases,
advises on all legal problems and presents clients before all
courts and administrative agencies
- Senior Law Project** **201-487-2169**
61 Kansas Street, Hackensack, NJ 07601
Provides a no-fee legal services program for senior citizens 60
years of age and older without regard to income. Information on
legal rights and entitlements, legal counseling, eviction problems, as
well as referrals to lawyers, are available.
Hours: 9:00 AM to 5:00 PM, Monday through Friday

ADULT PROTECTIVE SERVICES

Adult Protective Services

Bergen County Board of Social Services

216 Route 17 North, Rochelle Park, NJ 07662

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

201-368-4300

or

800-624-0275

(After hours)

Nursing Home Volunteer Advocacy Program

Bergen family Center

44 Armory Street, Englewood, NJ 07631

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

201-568-0817

Ext. 26

Bergen County Office of Consumer Affairs/Consumer Protection

Bergen County Plaza, Hackensack, NJ 07601

Responsible for enforcing the NJ State Consumer Fraud Act and dedicated to protecting the rights of Bergen County Citizens. Complaints about dishonest and unscrupulous business practices can be filed. Complaints will be investigated for violation of the Consumer Fraud Act.

201-336-6400

MENTAL HEALTH PROGRAMS

Community Mental Health Agencies:

Care Plus, NJ (Serves Central Bergen County)

Paramus Office (admissions)

201-986-5000

Paramus Office (all other business and voicemail)

201-265-8200

Fairlawn Center (admissions)

201-797-2660

Christian Health Care Center

301 Sicomac Avenue, Wyckoff, NJ 07481

Inpatient/Partial Admissions:

201-848-5500

Outpatient Admissions:

201-848-5800

Website: www.CHCCNJ.ORG

Comprehensive Behavioral Health Care Inc.

(Serves central to southern Bergen County)

Lyndhurst Office:

201-935-3322

Hackensack Office:

201-646-0333

River Edge:

201-441-9335

Vantage Health System (Services Northeastern Bergen County)

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

West Bergen Mental Healthcare

(Serves Northwestern Bergen County)

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

Emotions Anonymous

201-666-1009

159 Second Avenue*, Westwood, NJ 07675

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

Meetings are held:

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

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

Vantage Health System:

Dumont Center 201-567-0059

2 Park Avenue, Dumont, NJ 07628

Caregivers Support Group

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

Englewood Center 201-567-0059

93 W. Palisade Avenue, Englewood, NJ 07631

Senior Choices – West Bergen Mental Health Care

201-444-3550

120 Chestnut Street, Ridgewood, NJ 07450

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

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

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

County Mental Health Administrator: 201-634-2751

National Alliance for the Mentally Ill (NAMI)

Wood-Ridge:

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

201-635-9595

**Psychiatric Emergency Screening Program (PESP):
Bergen Regional Medical Center**

**201-262-HELP
(4357)**

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 the County's 75,000 veterans and their dependents on the many veteran's programs, services, and entitlements.

**201-336-6325
Fax: 201-336-6327**

Department of Veterans Affairs (Regional Office)

20 Washington Place, Newark, NJ 07102

Federal benefits for veterans and dependents.
Call to inquire about services/benefits.

800-827-1000

Veterans Affairs Practice

485 Prospect Avenue, Hackensack, NJ 07601

201-487-1390

VA Healthcare Enrollment (New Jersey)

888-954-3553

Community Transportation for Veterans

178 Essex Street, Hackensack, NJ 07601

201-368-5955

GRAND PARENTING ISSUES

Grandparents raising Grandchildren Monthly Support Group

American Red Cross Family Resource Center

201-796-6209

108 29th St., Fair Lawn, NJ 07410

Provides support, education and referral of resources for grandparents and other caregivers who have assumed the care of their grandchildren. Some sessions would include but not limited to: community resources, communication with grandchildren, child development, school related issues and preventive health planning and preparing for the future.

Grandparents Shop, Inc.

201-227-1500

1402 Teaneck Road, Teaneck, NJ 07666

Fax: 201-541-1844

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

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

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

For more information, call the American Red Cross Support Program

HOTLINE: Kinship Navigator

877-816-3211

Information, referral and advocacy services for family caregivers.

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

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

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

Family Support Organization of Bergen County

201-796-6209

0-108 29th St., Fair Lawn, NJ 07410

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

DENTAL SERVICES

Bergen Community College
Dental Hygiene Clinic, Paramus

201-447-7180

NJ Mobile Dental Practice

800 342-2300

P. O. Box 477, Colts Neck, NJ 07722

Comprehensive on-site dental program for seniors at nursing homes, adult day care centers, hospitals, etc. Accepts Medicaid at these facilities. Also services home-bound patients, but does not accept Medicaid for home-bound patients.

Senior Dental

732-821-9400

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

New Jersey Dental Association

One Dental Plaza, P. O. Box 6020

North Brunswick, NJ 08902

Eligible persons receive a minimum courtesy reduction of 15% on all dental services from participating dentists only.

Must be on the PAAD program and must not be receiving dental insurance or Medicaid.

University Hospital – Dental Clinic
(dental school)

973-972-4242

8am-5pm M-F

150 Bergen Street, Newark, NJ 07103

Charity Work – Extractions Only

(walk-in)

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

Need photo ID and insurance card(s).

or
973-972-5026

NJ Dental Sector

973-972-7370

110 Bergen Street, Newark, NJ 07103

9am-12, 2-4:30pm

M-F

Initial Screening Fee- \$55

NJ Mobile Dental Practice

800-342-2300

House Calls

Visiting Dental Associates

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. Information can be obtained by calling Heightened Independence and Progress.

National Eye Care Project

800-222-3937

Eyecare America Program

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

New Eyes for the Needy, Inc.

973-376-4903

549 Millburn Avenue, P. O. Box 332

Short Hills, NJ 07078

Provides prescription eyeglass to medically indigent visually impaired older adults who are New Jersey residents. Referrals must be made in writing from social service agencies. (While federal poverty guidelines are used, exceptions can be made for low income persons who exceed these guidelines. (*Note: New Eyes does not pay for eye examinations.)

Bergen County Department of Health Services

201-634-2600

327 Ridgewood Avenue, Paramus, NJ 07652

Coordinates and provides comprehensive health care and essential public health services (e.g., Alcohol and Drug Dependency, animal shelter, dental health, environmental health, health promotion, intermediate and senior care, mental health, partnership for community health, public health nursing) through a county-wide partnership.

NJ Library for the Blind & Handicapped

2300 Stuyvesant Avenue, P. O. Box 501

Trenton, NJ 08618

Provides loans of personal and wide area assistive listening devices and systems through designated regional libraries throughout the state. Co-sponsored with the Division of the Deaf and Hard of Hearing which has a Deaf and Hard of Hearing Awareness Program. New Jersey residents may borrow the equipment from these libraries.

The participating library in Bergen County is: the Teaneck Library, at: 840 Teaneck Road, Teaneck, NJ 07666

800-792-8322

or

609-530-3239

201-837-4171

NJ Commission for the Blind & Visually Impaired

Education, vocational rehabilitation, social work, health

Screenings; teaches rehabilitation & independent living skills.

Referral assistance

973-648-2111

(Newark)

201-977-4200

(Paterson)

Bergen Family Center – Shining Lights

44 Armory Street, Englewood, NJ 07631

Day care program with activities specifically for the visually impaired.

201-568-0817

Ext. 26

Bergen County Wellness Discount program: Vision plan

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

201-336-6405

-OR- 201-336-6418

SERVICES AND PROGRAMS FOR PEOPLE WITH HEARING LOSS

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

League for the Hard of Hearing

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

Website: www.lhh.org

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

917-305-7700

(Voice)

917-305-7999

(TTY)

Hackensack University Medical Center

30 Prospect Street, Hackensack, NJ 07601

Audiology Department

201-996-5327

Hearing Loss Association of New Jersey (HLA-NJ)

Bergen County Chapter, Saddle River, NJ

Provides information about hearing aids, assistive technology aids, assistive technology, arts access, legal rights, and other topics.

Inductive loop assistive listening system and CART (realtime captioning) available at meetings.

www.hearingloss-nj.org

201-995-9594

(Voice)

201-768-2552

(TTY)

Division of the Deaf & Hard of Hearing

Joseph Kohn Rehabilitation Center

130 Livingston Avenue, New Brunswick, NJ 08901

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

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

800-792-8339

(Voice and TTY)

Assistive Technology Advocacy Center (ATAC)

New Jersey Protection and Advocacy, Inc.

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

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

609-292-9742

800-922-7233

800-342-5832

Assistive Listening Technology Loan Program

SPONSORS:

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

609-530-3259

(Voice)

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

800-882-5593

(TTY)

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

Teaneck Library, 840 Teaneck Road, Teaneck, NJ 07666

201-837-4171

Project Link

**Center for Assistive Technology
University at Buffalo**

352-273-6162

Hearing Aid Assistance to Aged & Disabled (HAAD)

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

201-336-7400

Or

800-792-9745

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

Bergen County Wellness Discount program: Hearing plan

201-336-6405

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

-OR- 201-336-6418

COUNTY WELLNESS DISCOUNT PROGRAM

Bergen County Wellness Discount Program

201-336-6405

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

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

Please see last page for details and enrollment material.

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

BEREAVEMENT SERVICES

Bereavement Counseling **201-342-7766**
Hackensack Community Nursing Services
25th Salem St. 3rd Floor, Hackensack, NJ 07601
(Group Counseling)

Bergen Community Health Care **201-358-2900**
400 Old Hook Road, Westwood, NJ 07675

The Compassionate Friends **201-567-0089**
Christian Health Care Center
301 Sicomac Avenue, Wyckoff, NJ 07481
(Bereavement Support Group for parents)
Meets on the 4th Tuesday of the month

Holy Name Hospital **201-833-3740**
Community Health Services Building
725 Teaneck Road, Teaneck, NJ 07666
(* Bereavement Groups for Adults) **Ext: 2766**

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

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

Care Alternatives Bereavement Support Group **866-821-1212**
Meets at the Hillsdale Library on the 4th Monday of each month.
509 Hillsdale Ave., Hillsdale, NJ 07642
www.carealt.com

FINANCIAL BENEFITS

PHARMACEUTICAL ASSISTANCE PROGRAMS

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

Pharmaceutical Assistance to the Aged & Disabled (PAAD)*

Trenton:

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

Eligible persons pay \$7 for name-brand prescriptions and \$6 For generic prescriptions.

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

Income limits change annually. Maximum gross annual income in 2008: \$23,092(individuals) and \$28,313(couples)

Includes Medicare Part D premium fee.

For information and application call one of the numbers shown

At the right of this page, or your local pharmacy.

800-792-9745

or

Div. of Senior Services

201-336-7400

or

877-222-3737

Senior Gold Prescription Discount Program

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

Maximum gross annual income in 2008: Between \$23,092 and \$33,092 for individuals and \$28,313 and \$38,313 for couples.

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

800-792-9745

or

Div. of Senior Services

201-336-7400

Extra Help with Medicare Prescription Drug Plan Costs

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

Website: www.socialsecurity.gov

800-772-1213

Veterans Benefits

New Jersey Veterans Administration Health Care System

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

800-315-7909

State Health Insurance Program (SHIP)

201-336-7413

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

Bergen County Prescription Discount card

201-336-6405

-OR- 201-336-6418

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

MEDICARE HEALTH INSURANCE

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

MEDICARE (www.medicare.gov)

1-800-MEDICARE

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

800-633-4227

MEDICARE PART A

800-633-4227

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

MEDICARE PART B

800-633-4227

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

MEDICARE PART D

800-633-4227

Prescription Coverage

Durable Medical Equipment

800-633-4227

Extra Help with Medicare Prescription Drug Plan Costs

800-772-1213

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

Website: www.socialsecurity.gov

Health Care Quality Strategy Information Line

800-624-4557

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

State Health Insurance Program (SHIP)

201-336-7413

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

Medicare Rights Center – Medicare Interactive

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

Website: www.MedicareInteractive.org

MEDICAID

Bergen County Board of Social Services

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

201-368-4200

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

www.bcbss.com

Medicaid (Regional Office)

973-977-4077

100 Hamilton Street, 5th Floor, Paterson, NJ 07505

SOCIAL SECURITY AND SSI

SOCIAL SECURITY (MEDICARE/Disability Insurance)

Glen Rock.....201 Rock Road.....

800-772-1213

Hackensack.....22 Sussex Street

800-772-1213

Clifton935 Allwood Road

800-772-1213

Paterson21 Clark Street, Federal Plaza Building

800-772-1213

SUPPLEMENTAL SECURITY INCOME (SSI)

800-772-1213

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

There are income eligibility requirements – call to inquire.

Extra Help with Medicare Prescription Drug Plan Costs

800-772-1213

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

Website: www.socialsecurity.gov

CENTER FOR FOOD ACTION (www.cfang.org)

Englewood Office (Main Office)

201-569-1804

192A West Demarest Avenue, Englewood, NJ 07631

Fax: 201-569-5619

Mon – Fri : 9:00 a.m. – 5:00 p.m.

Food, Rent and Utility Assistance Towns Served:

Bergenfield, Closter, Cresskill, Demarest, Dumont,
Emerson, Englewood, Englewood Cliffs, Fort Lee,
Harrington Park, Haworth, Hillsdale, Leonia,
New Milford, Northvale, Norwood, Old Tappan, Palisades Park,
Ridgefield, Ridgefield Park, River Vale, Teaneck, Tenafly

Carlstadt Office

201-438-3200

301A Hoboken Rd.

Tues. and Thurs.: 10:00 a.m. – 4:00 p.m.

Towns Served for Food:

Carlstadt, East Rutherford, Lyndhurst, Rutherford,
North Arlington, Wallington, and Wood-Ridge

Fairview Office

201-945-5831

239 Anderson Ave., Fairview, NJ 07022

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

Towns Served for Food:

Edgewater, Fairview and Cliffside Park

Hackensack Office

201-883-9375

316 First Street (Rear)

Mon – Thu: 9:30 a.m. – 3:30 p.m.

Friday: 9:30 a.m. – 2:30 p.m.

Towns Served for Food:

Bogota, Hackensack, Hasbrouck Heights,
Oradell, River Edge, South Hackensack.

Mahwah Office:

201-934-5085

281 Campgaw Road – C2

Mon – Fri: 10:00 a.m. – 2:00 p.m.

Food, Rent and Utility Assistance Towns Served:

Allendale, Franklin Lakes, Glen Rock, Ho-Ho-Kus, Mahwah,
Midland Park, Montvale, Oakland, Park Ridge, Ramsey,
Ridgewood, Saddle River, Upper Saddle River, Waldwick,
Washington Township, Westwood, Woodcliff Lake, Wyckoff

Elmwood Park Office:

201-703-9857

21 Church Street

Mon, Wed, Fri: 10:00 a.m. – 2:00 p.m.

Food, Rent and Utility Assistance Towns Served

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

Palisades Park Office

201-242-0018

451 Grand Ave.

Mon. & Fri.: 10:00 a.m. – 4:00 p.m.

Korean food available

FINANCIAL ASSISTANCE FOR HOMEBOUND VETERANS

Aid and Attendance and Housebound benefits

Newark Regional Office

800-827-1000

20 Washington Place, Newark, NJ 07102

Visit following websites:

www.veteranaid.org

www.veteransaidbenefit.org

www.vba.va.gov

NEW JERSEY PROPERTY TAX RELIEF PROGRAMS

The NJ SAVER Rebate and Homestead Rebate Programs have been combined into the FAIR Rebate Program.

Fair Rebate

Who is eligible: Homeowners and tenants who occupied their principal residence in New Jersey on October 1, and who paid property taxes on that dwelling either directly or through rent, and whose gross income for the entire year does not exceed \$200,000 (homeowners) or \$100,000 (tenants). Those with life tenancy can apply.

What is the benefit: Rebates based on the amount of property taxes paid, whether directly or through rent, and gross income as follows: **Homeowners age 65 or older or disabled** are eligible for minimum of \$500, up to maximum of \$1,200. **Tenants age 65 or older or disabled** are eligible for minimum of \$150, up to a maximum of \$825. Tenants under age 65 and not disabled are eligible for a rebate of \$150.

How to File: Homeowners will be mailed applications after the end of the income tax filing season in April. They can apply for their rebates either online at www.state.nj.us/treasury/taxation/ or by phone at 1-877-658-2972 (toll free within NJ, NY, PA, DE, and MD) or 609-826-4288 (anywhere).

Homeowners will no longer file a rebate application with their income tax return.

When to File:

Homeowners file by June 1st

Tenants file by April 15th (or extended due date). Tenants file Form TR-1040 (and Form NJ-1040, if required), or Fair tenant rebate application section of Form NJ-1040EZ, or a return filed electronically using WebFile, NJ TeleFile, or approved vendor software. Tenants send completed application to:

**State of New Jersey
Dept. of the Treasury – Division of Taxation
PO Box 197
Trenton, NJ 08695-0197**

Bergen County residents can call for information and assistance to:

**NJ TAXATION
22-08 Route 208 South
Fair Lawn, NJ 07410**

201-791-0500

Property Tax Reimbursement

Who is eligible: Homeowners, including owners of mobile homes located in mobile home park, age 65 or older, or receiving Federal Social Security Disability benefits, who paid property taxes on their principal residence in New Jersey either directly or through mobile home park site fees. To establish “base year”, applicants must be New Jersey residents for at least the past 10 years, and living in the home for which reimbursement is claimed for at least the last 3 years, and must meet certain income limits. Applicants must meet all requirements for both base year and reimbursement year. Those with life tenancy can apply.

What is the benefit: Reimbursement of the difference between the amount of property taxes paid for the base year and the amount paid for the reimbursement year.

How to File: Form PTR-1 for residents who did not receive a prior years' reimbursement or Form PTR-2 for residents who received a reimbursement last year. Bergen NJ EASE sites will help complete this application.

When to File: By June 1st

Property Tax Deduction/Credit

Who is eligible: Homeowners and tenants who paid property taxes on their principal residence in New Jersey either directly or through rent during the year.

What is the benefit: Either: (a) Deduction from taxable income of the total amount of property taxes paid on principal residence (for tenants, 18% of rent) or \$10,000, whichever is less; or (b) \$50 refundable credit.

How to file: Form NJ-1040, Form NJ-1040EZ, a return filed electronically using NJ WebFile, NJ TeleFile, or approved vendor software, or FAIR rebate application if eligible and not required to file an income tax return.

When to File: By April 15th (or extended due date)

Other Tax Relief Programs

Senior Citizens' Annual Property Tax Deduction: Annual deduction of up to \$250 from property tax for homeowners age 65 or older or disabled who meet residency requirements and have less than \$10,000 annual income, excluding Social Security income. This benefit is administered by the local municipality.

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. This benefit is administered by the local municipality.

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

REVERSE MORTGAGE

Reverse Mortgage Counseling

201-336-7431

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

UTILITY ASSISTANCE PROGRAMS

Low Income Home Energy Assistance Program (LIHEAP)

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

Eligibility Requirements: Must be responsible for paying your own heat. This also applies to heat included in rent ENTIRE HOUSEHOLD INCOME IS COUNTED. *(2008) Monthly gross income limits for a household of (1) \$1,489; for (2) \$1,997

How to Apply: Call Bergen County CAP

201-968-0200

or

Ext 7008

Bergen NJ EASE Div. of Senior Services

201-336-7400

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

www.bergencap.org/liheap.html

Cooling Assistance

What It Does: Gives \$100 to help pay for cooling costs.

Eligibility Requirements: Must have a medical condition that requires use of any cooling device. ENTIRE HOUSEHOLD INCOME IS COUNTED. *(2008) Monthly gross income limits for a household of (1) \$1,489; a household of (2) \$1,997.

How to Apply: Call Bergen County CAP

201-968-0200

or

Ext 7008

Call Bergen NJ EASE Div. of Senior Services

201-336-7400

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

www.bergencaporg/liheap.html

Lifeline Utility Credit Program

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

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

How to Apply: Call PAAD/Lifeline **800-792-9745**
or
Bergen NJ EASE Div. of Senior Services **201-336-7400**
or
Bergen County CAP **201-968-0200 Ext**
7008

**** Applications only for Lifeline are available.**
If utilities are included in your rent, you may receive a direct payment.

Comfort Partners

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

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

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

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

Universal Service Fund (USF)

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

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

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

Contact Bergen County CAP **201-968-0200**
Or **Ext 7008**
Bergen NJ EASE, Div. Senior Services **201-336-7400**

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

Winter Termination Program

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

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

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

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

NJ SHARES

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

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

How to Apply: Call NJ SHARES to find out your local agency. **866-657-4273**
**** Maximum grant \$700 for natural gas. Maximum grant \$300 for electric. Maximum \$700 for those who heat with electric. Once per calendar year, NJ SHARES available all year. can apply at one of 96 agencies.**

Weatherization Assistance

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

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

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

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

Verizon New Jersey's Communications Lifeline

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

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

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

AFFORDABLE HOUSING

RENTAL ASSISTANCE AND TENANT SERVICES

NJ State Rental Assistance Program

100 First Street, Room 207, Hackensack, NJ 07601

201-996-8990

Assistance with rent for eligible older adults.

Section 8 Housing Voucher Program

Housing Authority of Bergen County

201-569-7454

25 Rockwood Place, 2nd Floor, Englewood, NJ 07631

TDD# 201-569-8539

Provides rental assistance to eligible older adults and families
Preference is given to those who reside within Housing
Authority member communities. The waiting list is currently
closed.

Social Service Association/Ridgewood Area

201-444-2980

6 Station Plaza, Ridgewood, NJ 07450

Serves: Ridgewood, Glen Rock, Ho-Ho-Kus, Midland Park, Waldwick
and Wyckoff

Services for low-income persons in need of rental assistance, food pantry,
fuel, non-prescription medication and household counseling.

Bergen County Housing Coalition

389 Main Street, Room 215, Hackensack, NJ 07601

201-488-6767

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

Senior Law Project

61 Kansas Street, Hackensack, NJ 07601

201-487-2169

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

Urban League of Bergen County

106 West Palisade Avenue, Englewood, NJ 07631

201-568-4988

Housing counseling, referrals, foreclosure counseling,
Rental assistance.

Fair Housing Council

131 Main Street, Hackensack, NJ 07601

201-489-3552

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

201-489-4692

Homeless Prevention Program

100 First Street, Room 207, Hackensack, NJ 07601

201-996-7377

Mon thru Thurs.

1-866-889-6270

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

EMERGENCY RENT, SECURITY & UTILITY ASSISTANCE

Center for Food Action

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

201-569-1804

Web site: www.cfanj.org

Fax 201-569-5619

Services provided are:

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

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

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

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

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

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

Emergency assistance offices are:

Englewood Office: (Main office)

192 West Demarest Avenue

201-569-1804

Mon – Fri: 9:00 am – 5:00 pm

Mahwah Office:

281 Campgaw Road – C2

201-934-5085

Mon – Fri: 10.00 am – 2: 00 pm

Elmwood Park Office:

21 Church Street

201-703-9857

Mon – Fri: 10:00 am – 2:00 pm

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

Bergen County CAP Office

Prevention (emergency) Services

201-968-0200

Mon, Wed, Fri: 9:00 am – 2:00

HOME IMPROVEMENT & REPAIRS

Home Improvement Loan

Bergen County Community Development

201-336-7200

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

Provides resources to rehabilitate existing one and two-family houses. Eligibility is based on income, family size and type of improvement. If you meet eligibility guidelines, the homeowner may be eligible for a 3% deferred loan for eligible home improvements.

Home Modifications/Home Repair

MAP (Modification Access Program)

201-996-9100

SNAP (Special Needs Assistance Program)

HIP (Heightened Independence & Progress)

131 Main Street, Suite 120, Hackensack, NJ 07601

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

Chore Program

Volunteer Center of Bergen County

201-489-7790

64 Passaic Street, Hackensack, NJ 07601

Make minor household repairs without charge (except for materials). Volunteer run program. *No emergencies.

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

REVERSE MORTGAGE

REVERSE MORTGAGE COUNSELING

201-336-7431

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

SUBSIDIZED HOUSING RESOURCES

Housing Authority County

Housing Authority of Bergen County 201-569-7454
25 Rockwood Place, 2nd Floor, Englewood, NJ 07631
Housing information: senior housing, subsidized housing, rent subsidy, etc., or to obtain an application.

Housing Authorities Municipal

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

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

Englewood, Greater Englewood Housing 201-871-0178
1 Rock Creek Terrace
Englewood, Garrett Apartment 201-569-8963
130 Grand Avenue
Fairview, Eastview Towers 201-567-0070
370 Fairview Avenue
Fort Lee, Malcolm Towers 201-944-5270
475 Main Street
Fort Lee, Mediterranean House 201-944-5015
505 North Avenue
Hasbrouck Heights, Hasbrouck Heights Senior Housing 201-935-0790
245 Hamilton Ave.
Hillsdale, Hillsdale House 201-666-5290
32 Piermont Avenue
Leonia, Leonia Retirement Housing Corps 201-947-9779
270 Glenwood Avenue
Maywood, Lydecker Manor 201-368-0926
150 East Passaic Street
Paramus, Paramus Senior Housing 201-845-8090
200 Garden State Blvd.
Ramsey, The Woodlands at Ramsey 201-818-0230
141 Prince Street
Ridgefield Park, Ryan Lombardi Apartments 201-440-9621
278 Main Street

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

OTHER HOUSING ARRANGEMENTS

Adult Retirement Communities

Brookside Village 20, 40 & 60 Blanch Avenue, Harrington Park, NJ 07640 (Adult Community)	201-767-5742
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Classic Residence by HYATT 655 Pomander Walk, Teaneck, NJ 07666 (Adult Retirement Condominium Community)	201-836-7474
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Glen Courts Senior Citizens Apartments 1 Glen Avenue, Glen Rock, NJ 07452 (Independent Living)	201-445-5276
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Licensed Boarding homes/Shared Living Arrangements

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

Women's Rights Information Center

108 West Palisade Avenue, Englewood, NJ 07631

(Shared housing is a transitional housing arrangement

For some: for others, it may be permanent arrangement.)

201-568-1166

LONG TERM CARE SERVICES

MEDICAID

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

Bergen County Board of Social Services

201-368-4200

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

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

www.bcbss.com

ADULT DAY CARE PROGRAMS

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

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

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

Bergen Family Center

201-568-0817

44 Armory St., Englewood, NJ 07631

Ext. 43

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

Bergen County Department of Health

201-634-2820

Senior Care Center

327 East Ridgewood Avenue, Paramus, NJ 07652

Social Adult Day Care

<u>Broadway Medical Adult Day Care</u> 24-20 Broadway, Fair Lawn, NJ 07410	201-797-1177
<u>Catholic Charities Senior Center</u> 415 Fifth St., River Edge, NJ 07661 Social Adult Day Care	201-265-3840 Ext. 226
<u>Christian Health Care Center *</u> 301 Sicomac Avenue, Wyckoff, NJ 07481 Medical/Social Adult Day Care	201-848-5829
<u>Comprehensive Behavioral Healthcare, Inc.</u> 516 Valley Brook Avenue, Lyndhurst, NJ 07071 Medical Adult Day Care	201-935-3322
<u>Day Away</u> Holy Name Hospital 725 Teaneck Road, Teaneck, NJ 07666 Medical Adult Day Care	201-833-3757 201-833-3756
<u>The Gallen Adult Day Health Care Center</u> At the Jewish Home at Rockleigh 10 Link Drive, Rockleigh, NJ 07674 Medical Adult Day Care	201-784-1414
<u>Golden Years Adult Day Care</u> 22-08 Route 208, Fair Lawn, NJ 07410 Medical Adult Day Care	201-703-9222
<u>JCC on the Palisade Kaplan ADC</u> 411 E. Clinton Avenue, Tenafly, NJ 07670 www.jccotp.org	201-569-7900
<u>Long Life Adult Day Care</u> 596 Anderson Ave., Cliffside Park, NJ 07010 Medical Adult Day Care	201-943-7111
<u>New Life Medical Day Care Center</u> 340 Evelyn St., Paramus, NJ 07652	201-265-0606

Northern Valley Older Adult Day Care#
2 Park Avenue, Dumont, NJ 07628
Medical Adult Day Care

201-384-7734

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

201-387-8500

RESPIRE CARE SERVICES

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

Statewide Respite Care Program

201-336-6500

Bergen County Division on Disability Services

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

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

Bergen Regional Medical Center

201-967-4073

Long-Term Care Division

230 East Ridgewood Avenue, Paramus, NJ 07652

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

GO (formerly known as CCPED and CAP)

201-368-4200

Bergen County Board of Social Services

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

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

Volunteer Social Respite Care Program

201-291-6246

Valley Home & Community Health Care, Inc.

947 Linwood Avenue, Ridgewood, NJ 07450

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

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

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

TELEPHONE REASSURANCE/FRIENDLY VISITORS

PEAL (Phone Elderly to Alleviate Loneliness) **201-489-9333**
RSVP of Bergen County Inc. **Fax: 201-487-0692**
64 Passaic Street, Hackensack, NJ 07601
Daily phone calls to homebound elderly adults.

Telephone Reassurance and Friendly Visitors Program **201-837-9090**
Jewish Family Service
1485 Teaneck Rd., Teaneck, NJ 07666/

Bergen County Wellness Check Program **201-336-7400**
This program is available free of charge to Bergen County residents living alone, over the age of 60, homebound, or disabled, either on a permanent or long-term basis.
Call for information and application.

LONG TERM CARE SERVICES FOR VETERANS

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

GERIATRIC ASSESSMENT PROGRAMS

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

Children's Aid and Family Services

201-445-7015

148 Prospect Street, Ridgewood, NJ 07450

Eldercare Counseling Program – 60 years and over

Geriatric Assessments at:

Northwest Senior Center

201-447-5695

4650 Center St., Midland Park, NJ 07432

See Care Management on page 3 for more agencies

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

CHRONIC DISEASE & DISABILITY HEALTH ISSUES

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

Alzheimer's

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

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

For other details visit www.alz.org

COPSA Institute for Alzheimer's Disease & Related Disorders

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

100 Metroplex Dr., Suite 200, Edison, NJ 08817

Center for the diagnosis, treatment and research of dementing illness.
Memory disorder clinic. A comprehensive counseling, referral and
information service, which is available to individuals and professionals
throughout the state of New Jersey. Provides caregivers and professionals with
information and referral on dementia, (including Alzheimer's disease),
depression, and other issues related to aging.

Arthritis Foundation

NJ State Office: 200 Middlesex Turnpike,
Iselin, NJ 08830

Website: www.arthritis.org

888-467-3112

or

732-283-4300

Cancer

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

Cancer Care, Inc.

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

Website: www.cancer.org

201-444-6630

American cancer Society

Website: www.americancancersociety.org

201-343-2222

Diabetes

American Diabetes Association

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

website: www.diabetes.org

800-342-2383

877-469-7979

Diabetes Program

201-894-3814

Englewood Hospital/Home Care

75 Demarest Avenue, Englewood, NJ 07631

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

National Multiple Sclerosis Society

Greater North Jersey Chapter

201-967-5599

1 Kalisa Way, Suite 205, Paramus, NJ 07652

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

website: www.nationalmssociety.org

Sickle Cell Disease Association of America, Inc.

231 East Baltimore St.

800-421-8453

Baltimore, MD

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

Stroke

Adler Aphasia Center

201-368-8585

60 West Hunter Avenue, Maywood, NJ 07607

Aphasia is a loss of communication ability due to a stroke, where intellect is not affected. The Adler Center offers a variety of programs and activities to those with Aphasia and to their caregivers. The emphasis is on support, caring, and encouragement to make up for the loss of talking, writing, reading, or being able to understand one or more of the forms of communication. Programs are provided to enhance a needed means of communication, and to facilitate opportunities for volunteering to aid, or be aided, back to a meaningful lifestyle.

(website: www.adleraphasiacenter.org)

American Heart Association

800-242-8721

7272 Greenville Avenue, Dallas, TX 75231-4596

Information and referral; maintains a listing of groups for stroke survivors, their families, caregivers and interested professionals. Publishes "Stroke Connection", a newsletter which stroke survivors and their families share information about coping with strokes. (*Call 1-888-MYHEART to receive information on reducing your risk of heart disease and stroke.)

website: www.americanheart.org

Helen Hayes Hospital**845-786-4000****Route 9W, West Haverstraw, NY 10993**

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

Kessler Institute for Rehabilitation**201-587-8500****300 Market Street, Saddle Brook, NJ 07662**

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

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

National Stroke Association**1-800-787-6537****9707 E. Easter Lane, Centennial, OH 80112**

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

www.stroke.org

Post Stroke Program**201-336-6502****Division of Disability Services****One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601**

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

SUPPORT SERVICES & GROUPS FOR CAREGIVERS

Caregivers' Coalition

201-336-7427

Division of Senior Services, Advisory Council's Education Committee
One Bergen County Plaza, 2nd Fl., Hackensack, NJ 07601

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

Family Caregivers Online

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

Website: www.familycaregiversonline.com

National Organization for Empowering Caregivers (NOFEC)

212-807-1204

Empowering caregivers with resources, private counseling and healing circle.

Website: www.care-givers.com

Family Caregiver Alliance

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

800-445-8106

website: www.caregiver.org

Alzheimer Disease Education Center

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

800-436-4380

Website: www.nia.nih.gov/alzheimers

Dynamic Living

888-940-0605

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

Website: www.dynamic-living.com

CAPS (Children of Aging Parents)

800-227-7294

P.O. Box 167, Richboro, PA 18954

Information and Referrals Support Groups, Educational Outreach Speakers Bureau

Website: www.caps4caregivers.org

Holy Name Hospital, Caregiver Support Group

201-833-3757

Holy Name Hospital Day Away Center
725 Teaneck Road, Teaneck, NJ 07666

<u>Adult Children of Aging Parents Program</u> Holy Name Hospital, Community Health Services Dept.	201-833-1850
<u>Caregivers to the Elderly Self-Help Group</u> Senior Services Center of Teaneck 250 Colonial Court, Teaneck, NJ 07666 Offering educational physical fitness and social recreational program for active adults ages 55 and over.	201-837-0171
<u>COPSA – Institute for Alzheimer’s Disease and Related Disorders</u> (Alzheimer’s Resource Center Hotline) 100 Metroplex Dr., Suite 200, Edison, NJ 08817 Support groups for spouses, general caregiver support groups and other specific support groups.	800-424-2494
<u>Care One at the Cupola, Caregiver Support Group</u> W. 100 Ridgewood Avenue, Paramus, NJ 07652 1 st Wednesday of the Month at 5:30 pm	201-444-8200
<u>Sunrise Assisted Living of Paramus, Caregiver Support Group</u> 567 Paramus Road, Paramus, NJ 07652 1 st Wednesday of the Month at 7:00 pm	201-493-9889
<u>Sunrise Assisted Living of Basking Ridge</u> 404 King George Road, Basking Ridge, NJ 07920 3 rd Wednesday of the Month at 7:00 pm	908-542-9000
<u>Sunrise Assisted Living of Wayne</u> 184 Berdan Ave., Wayne, NJ 07470	973-628-4900
<u>Bergen County Adult Day Care Center, Caregiver Support Group</u> 327 East Ridgewood Avenue, Paramus, NJ 07652 For people taking care of a loved one with dementia, Alzheimer’s, etc. Group meets on the 3 rd Thursday of the Month.	201-634-2820
<u>Vantage Health System, Inc., Spouse Caregiver Support Group</u> 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.	201-385-4400

Kaplen JCC on the Palisades, Caregiver Support Group.

**201-569-7900
ext. 461**

Kaplen Adult Reach Center

411 East Clinton Avenue

Tenafly, NJ 07670

Caregiver's support group, meets twice a month,
2nd Wednesday at 7:30 pm and 4th Thursday at 11:00am.

American Self-Help Group Clearinghouse

**1-800-367-6274
973-989-1122**

Saint Clare's Health Services

375 E. McFarlan St., Dover, NJ 07801

A guide to community and on-line support groups in NJ.

Website: www.njgroups.org

The Caregiver Initiative

A website containing information and support for caregivers.

Website: www.strengthforcaring.com

The Family Support Center of NJ

A website containing information and support for caregivers.

Website: www.fscnj.org

Dorot Caregivers' Connection

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

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.

Website: www.dorotusa.org

Caregivers Handling Crisis:

Adult Protective Service

201-368-4300

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

Psychiatric Emergency Screening Program (PESP)

201-262-4357

Care Plus NJ, Inc.

610 Valley Health Plaza, Paramus, NU 07652

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

IN-HOME FOOD PROGRAMS

Bergen County Division of Senior Services

201-336-7420

Meals on Wheels Program

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

seniors@co.bergen.nj.us

Persons who meet the following criteria may be eligible for enrollment

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

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

Hot Meal Plan:

One hot meal delivered each weekday Monday – Friday

Frozen Meal Plan:

Five fully cooked, flash frozen meals delivered once a week on a specified day.

Weekend meals are available for nutritionally high-risk clients only.

Community Meals, Inc.

201-447-8295

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

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, Waldwick.

Fair Lawn Meals on Wheels

201-794-5333

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

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

Franklin Lakes Meals on Wheels

201-891-4067

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

201-677-1768

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

Kosher Meals on Wheels

Jewish family & Children's Services of North Jersey

201-796-5151

17-10 River road, Fair Lawn, NJ 076410

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

Jewish family Services of Bergen County

201-837-9090

1485 Teaneck Road, Teaneck, NJ 07666

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

Ridgefield Park, Ridgewood, Teaneck, Tenafly.

Oakland Meals on Wheels **201-337-4542**

42 Lakeview Terrace, Oakland, NJ 07436

Disabled and homebound persons, Monday – Friday. One hot meal a day

Special diets available, serving: Oakland.

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

100 Madison Ave., Westwood, NJ 07676

All ages, two meals a day, Monday – Friday, special diet meals available.

Serving: Alpine, Closter, Cresskill, Demarest, Dumont, Emerson,

Harrington Park, Haworth, Hillsdale, Mahwah, Montvale, New Milford,

Northvale, Norwood, Old Tappan, Oradell, Park Ridge, Ramsey, River Edge,

River Vale, Washington Township, Westwood, Woodcliff Lake.

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

Town Hall, Franklin Avenue, Wyckoff, NJ 07481

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

IN-HOME PHYSICIANS' SERVICES

Community Housecall Physicians **877-536-1122**

Rutherford, NJ

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

www.community-housecall.com

IN-HOME EMERGENCY RESPONSE SYSTEMS

Lifeline Device **800-543-3546**

(Administered through local hospitals)

Hackensack University Medical Center **201-996-2050**

30 Prospect Avenue, Hackensack, NJ 07601

Holy Name Hospital Home Care **201-833-3740**

222 Cedar Lane, Teaneck, NJ 07666

Valley Home Care **201-291-6233**

15 Essex Road, Paramus, NJ 007652

Wellness Monitoring Lifeline **201-664-1000**

Personal emergency response

275 Fourth Avenue, Westwood, NJ 07675

Bergen County Wellness Check Program

201-336-7400

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

HOME HEALTH CARE SERVICES

Commission on Accreditation for Home Care, Inc.

908-508-1200

**154 South street, 2nd floor
New Providence, NJ 07974**

fax: 973-508-1205

CAHC lists Accredited Agencies in good standing that service Bergen County.
(e-mail: info@cahcnj.org)

Bridgebuilders HOME FRIENDS

201-460-1600

KIP CENTER – 55 Kip Avenue, Rutherford, NJ 07070

In-Home support services (e.g. companionship; escort for shopping, errands, transportation needs, medical appointments, senior center visits; telephone contact; modified respite care; light household chores; light meal preparation; arranging doctor appointments, etc.) offered at no charge for Rutherford residents

* Connected to the Kip Senior Center.

CHEER Program/ Visiting Homecare

Visiting Homemaker Service of Bergen County, Inc.

201-488-0041

298 Union Street, Hackensack, NJ 07601

Help with marketing, errands, escort service, etc.
(Not available in all towns)

HOSPICE SERVICES/END OF LIFE ISSUES

**New Jersey Hospice & Palliative Care Organization
(NJHPCO)**

908-233-0060

175 Glenside Avenue, Scotch Plains, NJ 07076

Offers services and provides information for hospices serving any New Jersey community.

Website: www.thehospice.org

Funeral-Burial Support Program (Medicaid)

201-368-4200

Bergen County Board of Social Services

216 Route 17 North, Rochelle Park, NJ 07662

<u>Holy Name Hospital Home Care – Hospice Unit</u> 222 Cedar Lane, Teaneck, NJ 07666	201-833-3740
<u>Compassionate Care Hospice</u> www.compassionate-care.com	888-285-3036
<u>Care Alternative Hospice</u> 70 Jackson Dr., Cranford, NJ 07016 www.carealt.com	908-931-9080
<u>Palliative Care</u> <u>Life source Services Hospice, LLC</u> 230 East Ridgewood Ave., Suite 307, Paramus, NJ 07652	888-865-5103 201-967-4313

ASSISTED LIVING & RESIDENTIAL HEALTH CARE FACILITIES

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

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

ASSISTED LIVING

Actor's Fund Home 201-871-8882

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

* Connected with a nursing home.

Bright Side Manor 201-692-1000

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

* Comprehensive Personal Care Home

Brighton Gardens by Marriott 201-251-9600

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

Brighton Gardens by Marriott 201-818-8680

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

The Garden at Emerson 201-986-9009

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

Plaza at Mill Pond 201-782-0440

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

<u>Chestnut Hill Residence</u> 338 Chestnut Street, Passaic, NJ 07055 (Assisted Living)	973-777-7800
<u>Christian Health Care Center</u> 301 Sicomac Avenue, Wyckoff, NJ 07481 (Assisted Living)	201-848-5855 or 201-848-5855
<u>The CUPOLA</u> West 100 Ridgewood Avenue, Paramus, NJ 07652 (Residential Health Care Facility/Assisted Living retirement Residence) * Connected with a nursing home	201-444-8200
<u>Evergreen Court Retirement Residence</u> 65 Lafayette Street, Spring Valley, NY 10977 Affordable Assisted Living; SSI Accepted. • 15 minutes from Bergen County/Rockland County	845-356-7700
<u>Jewish Home Assisted Living</u> 685 Westwood Ave., River Vale, NJ 07675 (Assisted Living) * Connected with a nursing home	201-666-2370
<u>Plaza at Milpond</u> 124 Noyes Drive, Park Ridge, NJ 07656 (Assisted Living) * Connected with a nursing home	201-782-0440
<u>Sunrise Assisted Living</u> 430 Chestnut Ridge Road, Woodcliff Lake, NJ 07677 (Assisted Living)	201-782-1888
<u>Sunrise Assisted Living</u> 195 Old Tappan Road, Old Tappan, NJ 07675 (Assisted Living)	201-750-1110
<u>Sunrise Assisted Living</u> 567 Paramus Road, Paramus, NJ 07652 (Assisted Living)	201-493-9889
<u>Sunrise Assisted Living</u> 351 River Road, Edgewater, NJ 07020 (Assisted Living)	201-941-6111

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

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

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

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

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

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

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

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

RESIDENTIAL HEALTH CARE FACILITIES

The Atrium

201-825-0660

Allendale Community for Mature Living
85 Harreton Road, Allendale, NJ 07401
(Residential Health Care and Multi-Level Facility)
* Connected with a nursing home

Buckingham at Norwood

201-768-6222

100 McClellan Street, Norwood, NJ 07648

Classic Residence by Hyatt

201-836-7474

655 Pomander Walk, Teaneck, NJ 07666

Hillcrest Residence

201-848-5856

301 Sicomac Avenue, Wyckoff, NJ 07481
(Residential Health Care Facility/Multi-Level Facility)
*Connected with a nursing home, Independent Living,
Psychiatric Hospital & Assisted Living

Home for Armenian Aged

201-261-6662

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

Waterfront Rest Home

201-391-2442

210 Broadway, Woodcliff Lake, NJ 07675

NURSING FACILITIES

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

<u>CARE ONE AT VALLEY</u> 300 Old Hook Road, Westwood, NJ 07675 (Medicare/Medicaid/Private)	201-664-8888
<u>CHATEAU AT ROCHELLE PARK</u> 96 Parkway, Rochelle Park, NJ 07662 (Medicare/Private Pay)	201-226-9600
<u>CHRISTIAN HEALTH CARE CENTER</u> 301 Sicomac Avenue, Wyckoff, NJ 07481 (Medicare/Medicaid/Private Pay)	201-848-5200
<u>COUNTY MANOR</u> 133 County Road, Tenafly, NJ 07670 (Medicare/Medicaid/Private Pay)	201-567-7800
<u>DAUGHTERS OF ISRAEL GERIATRIC CENTER</u> 1155 Pleasant Valley Way, West Orange, NJ 07052 (Located in Essex County) (Medicare/Medicaid/Private)	973-731-5100
<u>DAUGHTERS OF MIRIAM CENTER FOR THE AGED</u> 155 Hazel Street, Clifton, NJ 07015 (Located in Passaic County) (Medicare/Medicaid/Private)	973-772-3700
<u>DELLRIDGE HEALTH & REHABILITATION CENTER</u> 532 Fairview Avenue, Paramus, NJ 07652 (Medicare/Medicaid/Private)	201-265-5600
<u>EMERSON HEALTH CARE CENTER</u> 100 Kinderkamack Road, Emerson, NJ 07630 (Medicare/Medicaid/Private)	201-265-3700
<u>THE HERITAGE AT NORWOOD</u> 100 McClellan Street, Norwood, NJ 07648 (Medicare/Medicaid/Private)	201-768-6222
<u>HOME FOR ARMENIAN AGED</u> 70 Main Street, Emerson, NJ 07630 (Medicare/Medicaid/Private)	201-261-6662

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

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

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

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

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

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

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

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

<u>PROSPECT HEIGHTS CARE CENTER</u> 336 Prospect Ave., Hackensack, NJ 07601 (Medicare/ Medicaid/Private Pay)	201-678-1800
<u>REGENT CARE CENTER*</u> 50 Polify Road, Hackensack, NJ 07601 (Medicare/Medicaid/Private)	201-646-1166
<u>RIDGEWOOD CENTER</u> (GENESIS ELDER CARE FACILITY) 330 Franklin Turnpike, Ridgewood, NJ 07450 (Medicare/Medicaid/Private)	201-447-1900
<u>TEANECK NURSING HOME</u> 1104 Teaneck Road, Teaneck, NJ 07666 (Medicare/Medicaid/Private)	201-833-2400
<u>WOODCREST HEALTHCARE CENTER</u> 800 River Street, New Milford, NJ 07646 (Medicare/Medicaid/Private)	201-967-1700
<u>VANDYK NURSING HOME</u> 304 South Van Dien Avenue, Ridgewood, NJ 07450 (Medicare/Private)	201-445-8200
<u>WELLINGTON HALL NURSING HOME</u> 301 Union Street, Hackensack, NJ 07601 (Medicare/Medicaid/Private)	201-487-4900
<u>WOODCLIFF LAKE MANOR CARE CENTER</u> 555 Chestnut Ridge Road, Woodcliff Lake, NJ 07677 (Medicare/Medicaid/Private)	201-391-0900

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

QUALITY OF CARE ISSUES/ OMBUDSMAN

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

P O Box 852

Trenton, NJ 08625

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

Legal Assistance/Senior Law Project

201-487-2169

61 Kansas St., Hackensack, NJ 07601

Nursing Home Volunteer Advocacy Program

201-568-0817

Bergen family Center

Ext. 26

44 Armory Street, Englewood, NJ 07631

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

BERGEN COUNTY WELLNESS DISCOUNT PROGRAM

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

201-336-6405

-OR- 201-336-6418

The Wellness Discount Program includes discounts on the following:

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

This Discount Program is not insurance. For further information on the program, please www.co.bergen.nj.us/wellnessdiscount

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County of Bergen



Dennis McNerney

County Executive

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DEPARTMENT OF HUMAN SERVICES

DIVISION OF SENIOR SERVICES