

**County Executive
James J. Tedesco III
and the
Board of
County Commissioners**

Key Services Guide for Older Adults and Caregivers

Bergen County Department of Human Services
Division of Senior Services
Aging and Disability Resource Connection (ADRC)
One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601
201-336-7400
www.co.bergen.nj.us

2024



BERGEN COUNTY

NEW JERSEY

A County of **Vision** • A Region of **History**



Key Services Guide for Older Adults and Caregivers

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

The Guide was updated in 2024 and is available on our website. It will be updated periodically to reflect changes. For additional assistance, to request copies, or to report corrections and updates, contact the Bergen County Division of Senior Services at 201-336-7400 or seniors@co.bergen.nj.us.

Division of Senior Services – Area Agency on Aging



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

One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601
201-336-7400
www.co.bergen.nj.us
seniors@co.bergen.nj.us

About the Bergen County Division of Senior Services

The Bergen County Division of Senior Services was established in 1966 under Federal Legislation of the Older Americans Act. The Division of Senior Services is the primary planning, coordinating, and funding agency for senior programs and services, promoting the well-being, health, and independence of Bergen County's older adults. The Division targets especially those vulnerable and in greatest social and economic need.

The Division also provides support to various community-based organizations that promote the well-being and independence of Bergen County's 200,000+ older adults.

As the lead agency for the Bergen County's Aging and Disability Resource Connection (ADRC), the Division helps older adults, individuals with disabilities over the age of 18, and their caregivers, access the complex, long-term care, community-based, health and human services.

About the Older Americans Act (from USAging)

The Older Americans Act (OAA) was passed in 1965 as part of President Johnson's "Great Society" initiative with the goal of supporting older Americans to live at home and in the community with dignity and independence for as long as possible.

For five decades, the OAA has been the foundation upon which the federal, state, and local organizational infrastructure has developed, planned and delivered home and community-based services and supports to older adults and their caregivers. This infrastructure is defined in the OAA as a national Aging Network that currently includes 56 state and territorial units on aging, more than 600 Area Agencies on Aging (AAAs), upwards of 260 Title VI Native American Aging Programs, and more than 20,000 community service providers.

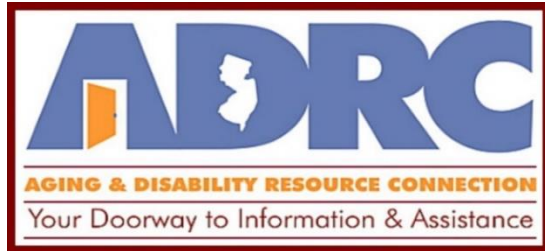
The OAA currently supports a wide array of programs and services, including information and referral, congregate and home-delivered meals, health and wellness programs, in-home care, transportation, elder abuse prevention, caregiver support and adult day care.

Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race, or sexual orientation in its provision of services or employment practices.

Bergen County Division of Senior Services maintains policies including the following: Non-Discrimination Policy, Termination Policy, Wait List Policy, Grievance Policy and Procedures, Donation Policy, and Privacy Policy. Copies of the policies are available by calling 201-336-7400 or by email at seniors@co.bergen.nj.us.

Services funded under the Bergen County Division of Senior Services Area Plan Contract (APC) are provided free of charge, but donations are accepted. Services will not be denied if a donation is not provided. Donations are used to expand services, programming, and outreach throughout Bergen County.

What is an ADRC?



The Aging and Disability Resource Connection (ADRC) serves as a visible and trusted source of information on aging services for persons of all incomes.

ADRC professional staff assists seniors, adults, and their caregivers in finding benefits and services they need. The ADRC goal is to improve the experience of consumers and their families when seeking access to information, support and services.

Whether you contact us by phone, in person, or online, you will be provided with:

- objective information on publicly and privately funded services
- screening to determine level of service needs
- counseling and assistance
- assistance with eligibility processes and applications and/or
- full care needs assessment when appropriate

The ADRC initiative is part of a nationwide effort to empower people to make informed decisions about their long-term services and supports and to help people more easily access services.

Bergen County ADRC

Department of Human Services

Division of Senior Services

One Bergen County Plaza, 2nd Floor

Hackensack, NJ 07601

Phone: 201-336-7400

Toll-free: 1-877-222-3737

TTY/TDD: 711

Website: www.co.bergen.nj.us

Email: seniors@co.bergen.nj.us

NJ ADRC by County

Atlantic	609-645-7700
Bergen	201-336-7400
Burlington	609-265-5069
Camden	856-858-3220
Cape May	609-886-2784
Cumberland	856-453-2220
Essex	973-395-8365
Gloucester	856-384-6900
Hudson	201-369-4313
Hunterdon	908-788-1362
Mercer	609-989-6661
Middlesex	732-745-3295
Monmouth	732-431-7450
Morris	973-285-6848
Ocean	732-929-2091
Passaic	973-569-4060
Salem	856-339-8622
Somerset	908-704-6346
Sussex	973-579-0555
Union	908-527-4858
Warren	908-475-6591

**NJ ADRC
Area Agency on Aging
1-877-222-3737**

**Eldercare Locator
Nationwide
1-800-677-1116**

ADRC Information & Assistance Unit

Bergen County ADRC provides information and assistance to older persons, adults with disabilities, caregivers, and professionals looking for services or programs.

Services we offer:

- Information about programs and services
- Benefits counseling and referrals
- Assistance filling out forms and applying for benefits
- Medicare counseling including Medicare Savings Programs
- Access to publicly-funded long-term care programs
- Wellness Check program

Resources we can help you find:

- Financial assistance
- Aging-in-place and other long-term care options
- Housing information including home modifications and repairs
- Transportation
- Caregiver information and support
- Health, wellness, nutrition
- Legal, advocacy, and keeping adults safe
- Employment and volunteer opportunities
- Social activities
- Tax relief and services
- And more!

To speak to an Aging Specialist call (201) 336-7400 or visit our office at One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601.



Bergen County Agencies and Services

Bergen County
One Bergen County Plaza
Hackensack, NJ 07601-7076
201-336-6000
www.co.bergen.nj.us

Bergen County Helpful Numbers

- Constituent Hotline: 201-336-7330
- County Executive: 201-336-7300
- Board of Commissioners: 201-336-6200
- Bergen County Clerk: 201-336-7000
- Bergen County Sheriff's Office: 201-336-3500
- Bergen County Surrogate's Office: 201-646-2252
- Bergen County Dept. of Parks: 201-336-7275

Division of Senior Services

Aging and Disability Resource Connection (ADRC)
Area Agency on Aging
201-336-7400
1-877-222-3737

One Bergen County Plaza - 2nd floor
Hackensack, NJ 07601
Comprehensive services for adults age 60 and over,
caregivers, and adults with disabilities.
www.co.bergen.nj.us

Bergen County Division on Disability Services **201-336-6500**

Services for disabled adults.
One Bergen County Plaza - 2nd floor
Hackensack, NJ 07601
www.co.bergen.nj.us

Bergen County Division of Veterans Services **201-336-6325**

Services for veterans
One Bergen County Plaza - 2nd Floor, Hackensack, NJ
www.co.bergen.nj.us

Bergen County Department of Health Services **201-634-2600**

One Bergen County Plaza - 4th floor
Hackensack, NJ 07601
Coordinates and provides comprehensive health care
and essential public health services through a county-
wide partnership.
www.co.bergen.nj.us

Bergen County Division of Mental Health **201-634-2745**

Crisis hotline: 201-262-help (4357)
One Bergen County Plaza
Hackensack, NJ 07601
Access to mental health care.
www.co.bergen.nj.us

Bergen and Passaic County Division of Consumer Affairs **201-336-6400**

220 E. Ridgewood Avenue
Paramus, NJ 07652
Protection of the public, educating consumers and
businesses about their rights and responsibilities, and
ensuring that businesses comply with the consumer
protection laws of the State of New Jersey.
www.bergenpassaicconsumeraffairs.com

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

Public assistance programs including Medicaid, SNAP
(food stamps), Adult Protective Services, General
Assistance, TANF.
218 Route 17 North, Building A
Rochelle Park, NJ 07662
Website: www.bcbss.com

NJ State Departments and Agencies

**NJ ADRC - New Jersey Aging & Disability
Connection**
877-222-3737

Consumer focused, statewide system: access to information and services for older and disabled New Jersey residents.
www.adrcnj.org

**NJ Department of Human Services, Division of Aging
Services**
800-792-8820

P.O. Box 807, Trenton, NJ 08625
www.state.nj.us/humanservices/doas/home/

NJ Division of Disability Services (DDS)
1-888-285-3036

11A Quaker Bridge Plaza
Mercerville, NJ 08619
www.state.nj.us/humanservices/dds
Access to services and information that promote and enhance independent living for individuals with all disabilities.

NJ Division of Deaf & Hard of Hearing (DDHH)
800-792-8339 or 609-588-2648

P.O. Box 704, Trenton, NJ 08635
www.nj.gov/humanservices/ddhh/

NJ Division of Developmental Disability (DDD)
800-832-9173

P.O. Box 726, Trenton, NJ 08625
www.nj.gov/humanservices/ddd/

**NJ Division of Medical Assistance
& Health Services (DMAHS)**
800-356-1561

P.O. Box 72, Trenton, NJ 08625
www.state.nj.us/humanservices/dmahs/home/

NJ Division of Mental Health Services (DMHS)
800-382-6717

Addiction hotline: 844-276-2777
Recovery Connect: 855-652-3737
P.O. Box 700, Trenton, NJ 08625
www.state.nj.us/humanservices/dmhas/home/

**NJ Office of Emergency Management - NJ State Police
Division Headquarter**

P.O. Box 7068
West Trenton, NJ 08628
nj.gov/njoem

Resource Locators

Information & Assistance Unit

Bergen County ADRC

201-336-7400

1-877-222-3737

Fax: 201-336-7424

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

Hours 9:00 AM – 4:00 PM, Monday – Friday

www.co.bergen.nj.us

**NJ ADRC-New Jersey Aging & Disability
Resource Connection**

877-222-3737

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

www.adrcnj.org

Eldercare Locator

1-800-677-1116

National information and referral service to assist individuals in finding eldercare services and caregiver support.

www.eldercare.acl.gov

NJ 211

Dial 211 or 877-652-1148

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

**Call 211 from your phone or search the database at
www.nj211.org**

Senior & Disability Advocacy and Information

Advocacy Services and Consumer Protection

Abuse, Neglect, Exploitation

Adult Protective Services (APS)

216 Route 17 North
Rochelle Park, NJ 07662
201-336-4300 or 800-624-0275 (after hours)
www.bcbss.com/adult-protective-services/
Report self-neglect, exploitation, abuse of older adults.

Alternatives to Domestic Violence (ADV)

One Bergen County Plaza
Hackensack, NJ 07601
201-336-7575
www.co.bergen.nj.us/adv
Domestic violence intervention program.

Center for Hope and Safety

201-498-9247 201-944-9600 Hotline
www.hopeandsafetynj.org
Assists victims of domestic violence, including emotional, economic, sexual, and physical abuse.

Healing Space

201-487-2227
www.ywcabergencounty.org
24/7 hotline for survivors of sexual assault and abuse, their families, and friends.

New Jersey Long-Term Care Ombudsman

877-582-6995
www.nj.gov/ooie
Promotes and protects the rights and welfare of seniors in long-term care facilities

SeniorHaven for the Prevention of Elder Abuse

855-455-0555
www.jewishhomefamily.org/seniorhaven
Shelter available for individuals over 65 who are victims of abuse.

Housing

Fair Housing Council

201-489-3552
Housing discrimination complaints
Advocacy for fair and affordable housing
www.fairhousingnj.org

LGBTQ+

Garden State Equality

973-509-5428
www.gardenstateequality.org
LGBTQ advocacy and education.

SAGE: Services and Advocacy for LGBTQ+ Elders

212-741-2247 888-234-SAGE
www.sageusa.org
Services and advocacy for LGBTQ+ Elders.

Disabilities

Bergen County Mental Health Board

201-634-2745
Advocacy for all Bergen County residents with mental illness and their family members.

Disability Rights NJ Protection and Advocacy

800-922-7233
www.disabilityrightsnj.org
Advocacy and protection system for those with disabilities.

Scams and Unwanted Calls

Consumer Protection

201-336-6400
www.bergenpassaicconsumeraffairs.com
Report scams, complaints against companies and agencies.

National Do Not Call Registry

888-382-1222
www.donotcall.gov
Reduce sales calls, report illegal calls.

Legal Assistance

Northeast NJ Legal Services

190 Moore Street - Suite 100
Hackensack, NJ 07601
201-487-2166

www.northeastnjlegalservices.org
Provides free legal services for senior citizens 60 years of age and older targeting low income older adults. Provides information on legal rights and entitlements, legal counseling, and education.

Legal Services of New Jersey

888-LSNJ-LAW
www.lsnj.org
Provides advice and referrals over the phone.

Bergen County Bar Association

15 Bergen Street
Hackensack, NJ 07601
201-488-0044
www.bergenbar.org
Legal referrals

New Jersey State Bar Foundation

One Constitution Square
New Brunswick, NJ 08901
800-FREE-LAW
www.njsbf.org
Provides free events, publications and educational programs for students, educators and all New Jersey's citizens.

Age-Friendly Community Initiatives (AFCIs)

Age-Friendly Community Initiatives (AFCIs) are deliberate and distinct efforts across stakeholders from multiple sectors within a defined and typically local geographic area to make social and/or physical environments more conducive to older adults' health, well-being, and ability to age in place and in the community. Bergen County has six AFCIs whose mission it is to help seniors who live in the community age in place:

Age-Friendly Englewood

www.age-friendlyenglewood.org

Fair Lawn for All Ages

www.fairlawnforallages.org

Generations for Garfield

www.generations4garfield.org

Bergen County Community Mental Health Law Project

One Bergen County Plaza - 4th floor
Hackensack, NJ 07601
201-634-2762
www.co.bergen.nj.us/mental-health-law-project
Legal services/advocacy for people with a mental illness.

Disability Rights New Jersey Protection and Advocacy

210 South Broad Street - 3rd floor
Trenton, NJ 08608
800-922-7233
www.disabilityrightsnj.org
Legal services/advocacy for people with disabilities.

Age-Friendly Ridgewood

www.agefriendlyridgewood.org

Age-Friendly Teaneck

www.agefriendlyteaneck.org

Westwood for All Ages

www.westwoodforallages.org

Emergency Assistance

Emergency and Disaster Organizations

American Red Cross of Northern New Jersey

800-507-6058

www.redcross.org/local/new-jersey/locations/fairfield

The American Red Cross responds to those affected by disasters including home fires, hurricanes and flooding by providing emergency assistance, health services and mental health services. If you have experienced a disaster & are in need of emergency assistance, call (800) RED-CROSS or (800) 507-6058 - 24 hours a day.

Bergen County Office of Emergency Management

285 Campgaw Road

Mahwah, NJ 07430

201-785-5757

The Bergen County Office of Emergency Management is the lead agency for preparedness, response, recovery, and mitigation in Bergen County.

Municipal Office of Emergency Management (OEM)

All municipalities are required to have an approved emergency plan which is maintained by the local Office of Emergency Management (OEM). Contact your municipality for more information including enrolling in the municipal registry for persons with access and functional needs. You can also sign up for emergency alerts through your municipality.

Office of Emergency Management

New Jersey State Police

Visit the NJ OEM website for information about planning and preparing for emergencies.

www.nj.gov/njoem

NJ Register Ready

www.ready.nj.gov/plan-prepare/access-functional-needs.shtml

“Register Ready – New Jersey’s Special Needs Registry for Disasters” allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency.

Ready.gov

Ready is a national public service campaign designed to educate and empower the American people to prepare for, respond to and mitigate emergencies, including natural and man-made disasters. The goal of the campaign is to promote preparedness through public involvement. Ready, and its Spanish language version *Listo*, ask individuals to do four key things: (1) stay informed about the different types of emergencies that could occur and their appropriate responses (2) make a family emergency plan and (3) build an emergency supply kit, and (4) get involved in your community by taking action to prepare for emergencies.

Emergency Shelter and Homelessness Prevention

Emergency Shelter

Homeless Hotline

Call 211 or visit NJ211.org

Bergen County Board of Social Services

201-368-4200

TANF, GA, SSI (eligible/ receiving) 218 Route 17 North,
Rochelle Park M - F: 8am - 4:30pm; T: until 8pm

Bergen HEARTS Family Shelter

Bergen HEARTS Bridge Housing

201-634-3060

Call for assessment and referrals

BC Housing, Health and Human Services Center

201-336-6480

Single men and women

Assessment prior to shelter entry

120 South River Street, Hackensack

Local Welfare Director

Call the local police station to get the number Single men and women

Center for Hope and Safety Hotline

201-944-9600

Victims of domestic violence

Prepared Meals

BC Housing, Health and Human Services Center

201-336-6475

120 South River Street, Hackensack

Daily Lunch- 11:30am - 12:30pm; Dinner: 5pm - 6pm

Salvation Army

201-342-6531

436 Union Street, Hackensack

Lunch: Sun: 12:30pm - 2:30pm

Bergen County Senior Lunch Program

201-336-7420

Weekday lunch for adults age 60 and over at multiple locations in Bergen County. See the "Nutrition Programs" section of this Guide for a complete list of locations

Homelessness Prevention

All assistance based on availability of funds

BC Board of Social Services

201-368-4200

Security Deposits, Rent, Utilities, for people receiving or eligible for TANF, GA, SSI

218 Route 17 North, Rochelle Park

BC Housing, Health and Human Services Center (Housing Authority of Bergen County)

Security Deposits, Rent arrears

201-336-6490

120 South River Street, Hackensack

CarePlus NJ Kinship Program

Security Deposits, Rent, Utilities

201-398-9110 Ext: 5645

Grandparents/relatives caring for children

Center for Food Action

201-569-1804

Security Deposits, Rent, Utilities

192 W. Demarest Avenue, Englewood

Greater Bergen Community Action, Inc.

GBCA Homeless Prevention Program

Security Deposits, Rent

201-488-5100 ext. 7041 or 7166

294 Union Street, Hackensack

GBCA LIHEAP Utility Assistance

201-488-5100

Jewish Family and Children's Services

Rent, Utilities

201-837-9090

1485 Teaneck Road, Teaneck

Never Alone Again

Domestic Violence Organization & Resource Center

201-289-1718

668 American Legion Dr # 5, Teaneck

NJ Buddies

201-489-2900

Security Deposits, Rent, Utilities, for people with HIV/AIDS.

149 Hudson Street, Hackensack

Bergen County's United Way, Compassion Fund

Security Deposits, Rent, Utilities

To apply, call 211 or visit NJ211.org

Social Service Assoc. of Ridgewood and Vicinity

Security Deposits, Rent, Utilities

201-444-2980

Residents of Waldwick, Ridgewood, Glen Rock, Ho-Ho-Kus, Midland Park, and Wyckoff

6 Station Plaza, Ridgewood

Nutrition Programs

Home Delivered Meals (Meals on Wheels)

Bergen County Division of Senior Services - Meals on Wheels Program: 201-336-7420

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

Bergen County Meals on Wheels is a program designed to enable homebound and disabled adults to remain in their community with independence and dignity. A nutritionally balanced meal is delivered to eligible individuals who are unable to prepare their own meals or shop for food, and do not have anyone to prepare meals or shop for them. There are a number of home delivered meal programs in Bergen County. Residents are served through government or non-profit agencies.

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

- Bergen County Resident
- Age 60 years and older; or age 18-59 with a disability and living alone
- 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

105 Cottage Place, Ridgewood, NJ 07450

www.communitymealsonwheels.org

Serving those of all ages that are ill or disabled. Special diet meals available. Two meals per day, Monday – Friday. Serving: Allendale, Glen Rock, Ho Ho Kus, Midland Park, Ridgewood, parts of Saddle River and Waldwick.

Jewish Family & Children's Services of Northern NJ (Kosher): 201-837-9090

1485 Teaneck Road, Teaneck, NJ 07666

www.jfcsnj.org/kosher-meals-on-wheels

One box of 5 or 7 frozen meals delivered once per week, serving all of Bergen County.

Meals on Wheels North Jersey: 201-358-0050

32 Pascack Road, Woodcliff Lake, NJ 07677

www.mealsonwheelsnorthjersey.org

Services homebound persons of all ages. Hot lunch and sandwich delivered, Monday – Friday, for \$7.35 per day or one hot meal for a donation based upon availability. Special diet meals available. Serving: Alpine, Closter, Cresskill, Demarest, Dumont, Emerson, Franklin Lakes, Harrington Park, Haworth, Hillsdale, Mahwah, Montvale, New Milford, Northvale, Norwood, Oakland, Old Tappan, Oradell, Paramus, Park Ridge, Ramsey, River Edge, River Vale, Rockleigh, Saddle River, Tenafly, Upper Saddle River, Washington Township, Westwood, Woodcliff Lake.

Mom's Meals: 877-508-6667

www.momsmeals.com

Fresh made meals delivered to clients. Special diet menus available.

Wyckoff Meals on Wheels: 201-891-4840

340 Franklin Avenue, Wyckoff, NJ 07481

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

Bergen County Senior Lunch (Congregate Meals)

The goal of the nutrition program for active adults, Senior Lunch, is to provide well-balanced meals, foster social interaction, and provide access to other supportive services available to Bergen County seniors. To be eligible, an individual must be age 60 or older, or the spouse of a participant. Lunch is served Monday-Friday at the programs listed. Reservations must be made at least 1 day in advance. Transportation may be available.

Please call the location of your choice for information and reservations.

Bergenfield

Senior Activity Center
Brookside Gardens
293 Murray Hill Terrace
201-387-7212

Cliffside Park

Senior Activity Center
Gerald A. Calabrese Complex
500 Gorge Road
201-943-3768

East Rutherford

Southwest Senior Activity Center
147 Hackensack Street
201-935-8920

Elmwood Park

Senior Activity Center
500 Mola Boulevard
201-796-3342

Englewood

Bergen Family Ctr. Adult Day Care
44 Armory Street
201-568-0817

Fair Lawn

Senior Center
11-05 Gardiner Road
201-796-1191

Fair Lawn (monthly)

Bergen County LGBTQ+ Alliance
Cozie Cafe, 14-25 Plaza Road N.
201-375-3549

Fort Lee

Richard & Catherine Nest Adult
Activity Center
319 Main Street
201-592-3754

Garfield

Senior Activity Center
480 Midland Avenue
973-478-0502

Garfield

Golden Towers
225 Midland Avenue
973-340-4179

Garfield

Belmont Gardens
377 Midland Avenue
973-340-4177

Hackensack

Americas Unidas
Senior Activity Center
101 Hudson St
201-336-3320

Hackensack

Martin Luther King, Jr. Senior
Center
375 First St
201-342-2654

Lyndhurst

Nutrition Program
281 Stuyvesant Avenue
201-896-1629

Midland Park

Northwest Senior Activity Center
46-50 Center Street
201-445-5690

North Arlington

Senior Activity Center
St. Paul Episcopal Church
11 York Road
201-998-5636

Palisades Park

Senior Activity Center
300 Highland Avenue
201-944-5616

Ridgefield Park

Senior Activity Center
159 Park Street
201-641-1220

River Edge

JCC of Northern NJ (Kosher)
Temple Avodat Shalom
385 Howland Ave.
201-641-1220

Rutherford (monthly)

Bergen County LGBTQ+ Alliance
Rutherford Pancake House
40 Park Avenue
201-375-3549

Rutherford

55 Kip Senior Center
55 Kip Avenue
201-460-1600

Teaneck

Rodda Community Center
250 Colonial Court
201-837-7130

Teaneck

Asian Women's Christian
Association (AWCA)
9 Genesee Ave
201-862-1665

Tenafly

Korean Community Center
100 Grove St
201- 541-1200

Tenafly

JCC on the Palisades (Kosher)
411 East Clinton Ave
201-569-7900

Wallington

Senior Activity Center
24 Union Boulevard
973-777-5815

Senior Farmer's Market Nutrition Program

The Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with benefits that can be exchanged for eligible foods (fruits, vegetables, and fresh-cut herbs) at certified farmers at local farmer's markets. The benefits are generally distributed annually in the summer. Bergen County's program is coordinated by the Bergen County Division of Senior Services. For information and instructions on how to apply, contact the DSS at 201-336-7400.

Nutrition Counseling and Nutrition Education

Bergen County Division of Senior Services

Nutrition counseling with a registered dietitian is available to all seniors over 60 years of age living in Bergen County. Any question regarding a special diet, how to adopt a healthier lifestyle, or better manage your health are welcomed. For an appointment, please call 201-336-7420.

Food Stamps (NJ SNAP)

The Food Stamp Program has been renamed the Supplemental Nutrition Assistance Program (SNAP). The Bergen County Board of Social Services operates the SNAP Program under the operational guidelines of the U. S. Department of Agriculture, Food & Nutrition Services. The Bergen County Board of Social Services office establishes eligibility and continuing eligibility for persons who apply for the program, and issues Food Stamp benefits.

BC Board of Social Services

201-368-4200

216 Rte. 17 N., Bldg. A, Rochelle Park

www.bcbss.com

Apply online at mynjhelps.gov

Bergen County Food Pantries

Call before visiting. Check with your municipality and local houses of worship.

Bergenfield (07621)

Borough of Bergenfield
198 North Washington Avenue
201-387-4055 ext. 6

CSBC MOMS Food Pantry
7 West Main Street
201-983-1027

St. John the Evangelist
29 North Washington Avenue
201-384-0101

Cliffside Park (07017)

El Faro Spanish Seventh-Day Adventist Church
220 Walker Street
551-358-3220

Epiphany Church Community Food Pantry
247 Knox Avenue
551-362-0221

Closter (07624)

Closter Food & Assistance Board
295 Closter Dock Road
201-784-0600 ext. 429

Cresskill (07071)

Cresskill Cares a NJ Nonprofit
85 Union Avenue
929-430-7626

Dumont (07628)

Dumont Food Pantry - DCGCares
39 Dumont Avenue
201-387-5062

St. Mary's Church
280 Washington Avenue
201-384-0557

The Food Brigade
185 West Madison Avenue
201-614-4414

East Rutherford (07073)

Meadowlands YMCA
390 Murray Hill Parkway
201-955-5300 ext. 255

Edgewater (07020)

Church of the Holy Rosary
365 Undercliff Avenue
201-945-6329

Elmwood Park (07407)

RAP/The People's Pantry
236 Falmouth Avenue
201-796-1457 ext. 106

Strangers Helping Strangers Just to Lend a Hand
690 River Drive
strangershelpingstrangersnj@gmail.com

Englewood (07631)

Center for Food Action
192 West Demarest Avenue
201-569-1804

Disabled Combat Veterans Youth Program
113 Engle Street
833-888-8129

Englewood Neighborhood Pantry
17 Bennett Road
551-206-8302

Englewood Parks and Rec
130 West Englewood Avenue
201-568-3472

Mount Calvary Baptist Church
101 Tenafly Road
201-567-0113

Office of Concern at St. Cecilia's
55 West Demarest Avenue
201-568-1465

Women's Rights Information Center
108 West Palisade Avenue
201-568-1166

Fair Lawn (07410)

Fair Lawn Food Pantry
8-01 Fair Lawn Avenue
201-794-5327

St. Anne's Food Pantry
15-05 St. Anne Street
201-791-1616

Van Riper Ellis Broadway Baptist Church
7-01 River Road
201-791-8844

Fairview (07022)

Franciscan Community Development Center of Fairview
239 Anderson Avenue
201-941-1000

Garfield (07026)

Calvary Baptist Church
217-245 Passaic Street
973-773-2444

Garfield Unity Pantry
529 Midland Avenue
973-245-9579

Garfield YMCA
33 Outwater Lane
973-772-7450

Garfield Spanish Church
111 Midland Avenue
973-760-3130

Glen Rock (07452)

Father's Cupboard Food Pantry at Grace Redeemer Church
21 Harristown Road
201-301-6260

Gurudwara Sri Guru Singh Sabha
541 Prospect Street
201-251-4300

St Catharine's Food Pantry
905 Maple Avenue
201-661-3651

Hackensack (07601)

All Access Community Development Corporation
351 First Street
info@allaccess-cdc.com

Buddies of New Jersey
149 Hudson Street
201-489-2900

Center for Food Action
316 First Street
201-883-9375

Community Agape Church
70 Polifly Road (*Mobile Food Pantry*)
786-368-5988

Harvest to Hope
Emmanuel Christian Fellowship
34 Van Wattering Place
201-487-8220

Mount Olive Baptist Church
260 Central Avenue
201-489-6888

Varick Memorial A.M.E. Zion Church
120 Atlantic Street
201-674-7024

Hasbrouck Heights (07604)
Hasbrouck Heights Food Pantry
320 Boulevard
201-288-0195

Hillsdale (07642)
Helping Hand Food Pantry
349 Hillsdale Avenue
201-664-0600

Little Ferry (07643)
Evangel Christian Church
165 Main Street
973-985-1860

Lodi (07644)
Saint Francis de Sales
125 Union Street
973-779-4330

Lyndhurst (07071)
Lyndhurst Food Pantry
253 Stuyvesant Avenue
201-804-2421

Sacred Heart Food Pantry
324 Ridge Road
201-438-1147

Mahwah (07430)
Center for Food Action
90 Ridge Road
201-529-2029

New Milford (07646)
Church of the Ascension Food Pantry
256 Azalea Drive
201-836-8961

North Arlington (07031)
Queen of Peace Church
10 Franklin Place
201-997-2086

Norwood (07648)
Norwood Food Pantry
66 Summit Street
201-394-4089

Oakland (07436)
Ponds Reformed Church
341 Ramapo Valley Road
201-337-6744

Old Tappan (07675)
Old Tappan Food Pantry
227 Old Tappan Road
201-664-1849 ext. 25

Palisades Park (07650)
St. Michael Church
19 E Central Blvd
201-944-1061

Paramus (07652)
Paramus Community Pantry
105 North Farview Avenue
201-265-2100 ext. 6102

Park Ridge (07656)
Tri Boro Food Pantry
65 Pascack Road
201-573-9083

Ridgefield (07657)
Never Alone Again Resource Center
941 Slocum Avenue
201-289-1718

The Food Brigade
555 Prospect Avenue
201-614-4414

Ridgefield Park (07660)
St. Francis of Assisi Parish
125 Park Street
201-641-6464

Ridgewood (07450)
Family Promise of Bergen County
100 Dayton Street
201-833-8009

Ridgewood YMCA
112 Oak Street
201-444-5600

Social Service Association of
Ridgewood
6 Station Plaza
201-444-2980

River Edge (07661)
St. Peter's Food Pantry
445 Fifth Avenue
201-261-3366

Rutherford (07070)
Grace Episcopal Church
128 West Passaic Avenue
201-312-2028

Rutherford Community Food Pantry
176 Park Avenue
201-460-3000 ext. 3168

Saddle Brook (07663)
Center for Food Action
224 Midland Avenue
201-703-9857

South Hackensack (07606)
Open Door Community Center
North Jersey Vineyard Church
310 Phillips Avenue
786-368-5988

Teaneck (07666)
Faith Hope & Love Pantry
480 Warwick Avenue
201-833-4502

Helping Hands Food Pantry
191 The Plaza
201-357-2545

Jewish Family and Children's Services
of Northern NJ
1485 Teaneck Road
201-837-9090

Wallington (07057)
N.J. Food & Clothing Rescue
To register, contact Renay
201-218-1707

Westwood (07675)
Annie Clyde Holt Food Pantry
100 Palisade Avenue
201-956-5614

Parkside Community Church
545 Fourth Ave
201-666-8998

St. Andrew RC Church
120 Washington Ave.
201-666-1100

Westwood United Methodist Church
105 Fairview Avenue
201-406-5409

Wood-Ridge (07075)
Assumption Church
143 1st Street
201-438-5555

Wyckoff (07481)
Families for Families
250 Braen Avenue
201-499-5622

Public Benefits

Social Security

The Social Security Administration's Bergen County Office assists applicants in filing for the following benefits:

- Retirement benefits
- Disability (permanent)
- Survivors benefits
- SSI - Supplemental Security Income
- Medicare

People planning to apply for Social Security Retirement benefits should do so at least 3 months before they are ready to retire.

Disability payments are made to people with severe physical or mental impairment that is expected to keep them from working for a year or more or to result in death. Disabled people who have worked long enough under Social Security may qualify for disability under SSI if they have few resources and little income.

Bergen County Social Security Office

401 Hackensack Avenue

Hackensack, NJ 07601

800-772-1213 800-325-0778 (TTY/TDD)

www.ssa.gov

Office Hours (call before arriving): Mon, Tue, Thu, & Fri 9:00am - 4:00pm, Wed 9:00am - 12:00pm; closed on Sat, Sun, and Federal Holidays

Bergen County Board of Social Services

BCBSS PROGRAMS

218 Route 17 North, Rochelle Park, NJ 07662-3300 Tel 201-368-4200

Hours: Weekdays 8:00 am thru 4:30 pm, Tuesdays until 8:00 pm, call for appointment

- Adult Protective Services
- Child Support
- Developmental Disabilities
- Emergency Assistance
- Early Screening & Treatment
- SNAP (Food Stamps)
- General Assistance
- Homeless Hotline
- Homemaker Program
- Medicaid-Aged/Blind/Disabled
- Rooming & Boarding
- Medicaid-FamilyCare
- Medicaid-Institutional
- Motel Placement
- Temporary Family Assistance
- Transportation Assistance

NJ 2-1-1

www.nj211.org

NJHelps

www.njhelps.org

Benefits and Entitlements for Bergen Seniors by Age

Income limits and other eligibility criteria may apply.

For information on the following programs, please call the Bergen Senior HelpLine at 201-336-7400.

- AGE 60** **Older Americans Act Programs**
Congregate meals at Senior Activity Centers and Nutrition Sites
Meals on Wheels for the Homebound
Bergen County Golden Key Card
Senior Transportation
Jersey Assistance for Community Caregiving (JACC)
- AGE 62** NJ Transit Reduced Fare Card
Eligibility for Subsidized Senior Housing
Early Retirement Social Security
Senior Pass for NJ State Parks (free) and Senior Pass for National Parks (discount)
\$2.00 Lifetime Senior Recreational Shellfish License
- AGE 64** SHIP Medicare Information and Counseling
- AGE 65** Medicare Benefits, Part A and Part B
Medicare Prescription Drug Plan
Pharmaceutical Assistance to the Aged & Disabled (PAAD)
Hearing Aid Assistance-to the Aged & Disabled (HAAD)
Lifeline Credit for Utilities
Senior Gold Prescription Discount Program
Supplementary Security Income (SSI), for aged
Medicaid, for aged
Managed Long Term Services and Supports (MLTSS), for aged
Property Tax Reimbursement (Senior Freeze) and Senior Citizen Tax Deduction
Senior Citizen Tuition Waiver Bergen Community College
Senior Citizen Discount Program for E-ZPass
- AGE 70** No Fishing License Required

Transportation

Transportation Programs

AARP Driver Safety Training

www.aarpdriversafety.org

Driver safety programs online or in-person

Access Link NJ Transit

www.accesslink.njtransit.com

973-491-4224

NJ Transit Info Center (24 hr): 973-275-5555

Hearing Impaired: 800-772-2287

Curb to curb service for eligible people with disabilities located within $\frac{3}{4}$ mile of bus routes. Transportation is provided during the same hours, days, and fares as the local NJ Transit bus network. Apply in person.

Arrangements can be made to application site.

American Cancer Society

800-277-2345

www.cancer.org

Road to Recovery Program provides free transportation for cancer patients.

Bergen County Division of Community Transportation - Ride Connect

201-368-5955

Ride Connect provides Bergen County residents, aged 60 and over, a one-stop travel information and trip planning service, provided by a Mobility Manager, to help seniors find information on available transportation options to senior centers medical appointments, shopping, etc. The process is simple. The Community Transportation operator works with the Mobility Manager to help seniors connect with the most accessible, reliable, and affordable option for their transportation needs. Options include: County shuttles, local town buses, EZ Ride, NJ Transit, AccessLink (if eligible) and more.

Discount/Reduced Fare for NJ Transit Bus & Rail

973-491-7112

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

EZ Ride Ryde4Life Program

201-939-4242

www.ezride.org

Offers transportation in partnership with Lyft/Uber to individuals over 50 years old on weekdays, weekends and holidays from 8am - 5pm. No smartphone is necessary. Subsidies may be available.

E-ZPass Discount for Seniors

NJ & NY E-ZPass senior discount (nytollsinfo.com)

Lyft - car service

www.lyft.com

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

Uber - car service

www.uber.com

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

Municipal Transportation (town senior bus)

Bergenfield

(201)-387-4055 option 3

Bogota

(201)-342-1736 ext.232

Carlstadt

shopping: (201)-531-7181;

Medical appointment (551)-486-9411

Cliffside Park

(201)-943-3768 ext.113

Closter

(201)-784-0600 ext.304

Cresskill

(201)-569-5400

Dumont

(201)-387-5040

East Rutherford

Bus:(201)-933-3444 ext.509;

Med Ride: (201)-933-5219

Edgewater

(201)-943-1700 ext.0

Emerson

(201)-262-6086 ext.1212

Fair Lawn

(201)-794-5327

Fairview

(201)-943-3768 ext.113

Fort Lee

(201)-592-3500 ext.1518

Norwood

(201)-767-7200 ext.2; Driver: (201)-768-5464

Oakland

(201)-405-7731 ext.0

Oradell

(201)-649-9271

Palisades Park

(201)-585-4114

Paramus

(201)-649-0738

Park Ridge

(201)-573-1800

Ramsey

(201)-825-3400 ext.221

Ridgefield

(201)-577-4040

Ridgewood

(201)-670-5500 ext.203

River Edge

(201)-599-6277

River Vale

(201)-664-2346 ext.1006

Rutherford

(201)-460-3000 ext.2

Saddle Brook

(201)-845-4594

Teaneck

(201)-837-7130 ext.7040

Tenafly

(201)-408-3625

Washington Township

(201)-664-3268

Westwood

(201)-664-7100 ext.170

Wood-Ridge

(201)-939-7507

Wyckoff

(201)-848-4287

Financial Services

Daily Money Management

A “Daily Money Manager” is a professional who helps a client with personal household finances such as bill paying, keeping up with mail, etc. The Bergen County Division of Senior Services has contracted with the following providers to offer daily money management services to eligible Bergen County seniors.

Senior Checks at Bright Side Family

300 Teaneck Road

Teaneck, NJ 07666

201-530-6756

www.thebrightsidefamily.org

Free money-management services to low- and moderate-income Bergen County residents age 60 and over, handling day-to-day tasks like paying bills and keeping a budget.

SilverBills - Money Management Services

800-825-1924

www.silverbills.com

SilverBills provides technology enabled bill management and guarantees bills are paid correctly. Every SilverBills client is paired with a professional U.S. based SilverBills Account Manager. SilverBills clients also receive fraud protection. SilverBills' service will be offered free of charge to seniors living in Bergen County.

Income Tax Preparation

AARP Tax Foundation Tax-Aide

888-OUR-AARP

www.aarp.org/money/taxes/aarp_taxaide

AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income.

Volunteer Income Tax Assistance Sites (VITA Sites)

211

www.nj211.org

Free in-person assistance in the preparation of federal and state income tax returns. At these sites, individuals of low to moderate income, individuals with disabilities, and non-English speaking taxpayers can find direct assistance in filing their returns.

In-Home Services (homebound)

Care Management

Care Management Screening and Referral

Bergen County Division of Senior Services
One Bergen County Plaza - 2nd Floor
Hackensack, NJ 07601
201-336-7400

The ADRC refers homebound individuals and their caregivers to our knowledgeable care managers who help recipients and their families understand and navigate the complex long-term community-based system and obtain needed services. Care managers help people age-in-place as an alternative to institutionalized care. The following care management agencies provide assistance with applications for Medicaid MLTSS, JACC, and other in-home programs and benefits.

Bergen Family Center

44 Armory Street
Englewood, NJ 07631
201-568-0817
www.bergenfamilycenter.org

Heightened Independence & Progress (*hip*)

131 Main Street - Suite 120
Hackensack, NJ 07601
201-996-9100
www.hipcil.org

Jewish Family & Children's Services of Northern NJ

1485 Teaneck Road
Teaneck, NJ 07666
201-837-9090
www.jfcsnj.org

Korean Community Center: Friends of Grace Seniors

100 Grove Street
Tenafly, NJ 07670
201-541-1200
www.kccus.org

Jersey Assistance for Community Caregiving (JACC)

201-336-7400

JACC is a State-funded program that provides a broad array of in-home services to enable an individual, at risk of placement in a nursing facility and who meets income and resource requirements, to remain in his or her community home. By providing a uniquely designed package of supports for the individual, JACC delays or prevents placement in a nursing facility.

Managed Long-Term Services and Supports (MLTSS)

Managed Long Term Services and Supports (MLTSS) refers to the delivery of long-term services and supports through New Jersey Medicaid's NJ FamilyCare managed care program. MLTSS is designed to expand home and community-based services, promote community inclusion and ensure quality and efficiency. MLTSS uses NJ FamilyCare Managed Care Organizations (also known as MCOs, HMOs or health plans) to coordinate ALL services. MLTSS provides comprehensive services and supports, whether at home, in an assisted living facility, in community residential services, or in a nursing home.

Two ways to apply

- Call Bergen County ADRC: 201-336-7400 (screen for service)
- Call Bergen County Board of Social Services: 201-368-4200 (apply for service)

Meals on Wheels

See "Nutrition" section on page 14 of this guide for information on Meals on Wheels programs in Bergen County. Bergen County Meals on Wheels is a program designed to enable homebound and disabled adults to remain in their community with independence and dignity. A nutritionally balanced meal is delivered to eligible individuals who are unable to prepare their own meals or shop for food, and do not have anyone to prepare meals or shop for them.

In-Home Physician Services

Bergen County does not expressly endorse and is not directly affiliated with the following listed agencies or organizations. This resource is solely a tool to aid users.

Community House Call Providers

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

Dispatch Health: Urgent care house calls

201-882-7528
www.dispatchhealth.com
Urgent care house calls.

Osler at Home

288 Boulevard
Hasbrouck Heights, NJ 07604
201-426-6554
www.oslerathome.com
Provides medical care to patients who have difficulty getting out of their homes.

Visiting Physician Services

23 Main Street, Suite D1
Holmdel, NJ 07733
732-571-1000
888-771-3338
www.vnahg.org/visiting-physicians-services
Provides medical care to patients who have difficulty getting out of their homes.

In-Home Emergency Response Systems

Personal Emergency Response System (PERS)

PERS is an electronic device which enables certain individuals at high risk of institutionalization to secure help in an emergency. The individual may also wear a portable "help" button to allow for mobility. The system is connected to the person's phone and programmed to signal a response center once a "help" button is activated. The response center is staffed by trained professionals. PERS services are limited to those individuals who live alone, or who are alone for significant parts of the day, and have no regular caregiver for extended periods of time, and who would otherwise require extensive routine supervision. Check with your insurance provider to see if PERS services are covered.

AngelSense Personal GPS Tracker

Service provided by the Bergen County Sheriff's Office Community Outreach Unit: 201-336-3540
AngelSense is an advanced wearable GPS tracking device to protect its wearers from wandering. It was designed specifically for kids, teens, and adults with autism and special needs, but the safety features make it perfect for those with dementia or Alzheimer's as well. It includes an easy to wear device and an app for you via mobile phone. The AngelSense device provides accurate location information and reliable alerts.

Telephone Reassurance/Friendly Visitors

Bergen County Wellness Check Program

One Bergen County Plaza - 2nd Floor
Hackensack, NJ 07601
201-336-7400
Free, automated phone call service through the Bergen County Division of Senior Services.

Bridgebuilders HOME FRIENDS

55 Kip Avenue
Rutherford, NJ 07070
201-460-1600
In-Home support services e.g. companionship; escort for shopping, errands, transportation needs, medical appointments, senior center visits; telephone contact; modified respite care; light household chores; light meal preparation; arranging doctor appointments, etc.

CHEER Program

64 Passaic Street
Hackensack, NJ 07601
201-489-9454 x203
Friendly callers, help with shopping, errands, light housekeeping, etc.

Jewish Family & Children Services of Northern NJ

1485 Teaneck Road
Teaneck, NJ 07666
201-837-9090
www.jfcsnj.org
Friendly visitor and telephone reassurance call programs.

Neighborcare: Telephone Network

201-491-3333
201-444-0810
www.neighborcare.us
Friendly callers help restore balance and improve the morale of incapacitated or lonely individuals through regular social contact. Service available for northwest Bergen County

Check with your local municipality for town wellness check program.

Home Health Care Locator Services

Commission on Accreditation for Home Care, Inc.

299 Market Street - #235
Saddle Brook, NJ 07663
201-880-9135
info@cahcnj.org
CAHC lists Accredited Agencies in good standing that service Bergen County.

Home Care Association of New Jersey

732-877-1100
www.homecarenj.org

New Jersey Board of Nursing

973-504-6430
www.njconsumeraffairs.gov/hhh
Provides "A Consumer's Guide to Homemaker-Home Health Aides" at www.njconsumeraffairs.gov/hhh.

US Centers for Medicare and Medicaid Services (CMS)

www.medicare.gov/HHCompare
Website that allows searches of Medicare-certified home health agencies at www.medicare.gov/HHCompare

Short/Long-Term Care Facilities

Adult Day Care Programs

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

Social Adult Day Care emphasizes social and recreational activities in a group setting, with some health monitoring. Clients attending Social Adult Day Care usually do not need medical attention during the day but may need supervision for safety and activities of daily living. To find a social adult day care program in your area, call the Bergen County Senior HelpLine at 201-336-7400.

Adult Day Programs supported by the Bergen County Division of Senior Services

Bergen Family Center

201-568-0817

44 Armory Street, Englewood, NJ 07631

Social Day Care for the frail, meals

Korean Community Center

201-541-1200

100 Grove Street, Tenafly, NJ 07670

Social Day Care

Comprehensive Behavioral Healthcare Inc.

201-935-3322

516 Valley Brook Avenue, Lyndhurst, NJ 07071

Psychiatric (Partial) Adult Day Care

Vantage Health

Northern Valley Adult Day Healthcare Center

201-385-4400 ext. 3084

2 Park Avenue, Dumont, NJ 07628

Medical Adult Day Care

Licensed Adult Medical Day programs are listed in the following "*Long-Term Facilities*" section of this guide.

Long-Term Facilities in Bergen County

NJ Department of Health: www.nj.gov/health/

Facility	Type	Funding
ACTORS FUND HOME, THE 175 West Hudson Ave, Englewood, NJ 07631 (201) 871-8882	Long Term Care Facility	Medicaid Medicare Private
ACTORS FUND HOME, THE 155-175 West Hudson Avenue, Englewood, NJ 07631 (201) 871-8882	Assisted Living Residence	Private
ACTORS FUND HOMES, THE 155-175 West Hudson Avenue, Englewood, NJ 07631 (201) 871-8882	Comprehensive Personal Care Home	Medicaid Private
ATMIYA ADULT DAY CARE, LLC 109 Midland Avenue, Ste B, Elmwood Park, NJ 07407 (201) 509-8870	Adult Day Health Care Services	Private
BRISTAL AT WALDWICK, THE 245 Wyckoff Avenue, Waldwick, NJ 07463 (201) 857-7200	Assisted Living Residence	Private
BRISTAL AT ENGLEWOOD, THE 412 South Van Brunt Street, Englewood, NJ 07631 (551) 775-6100	Assisted Living Residence	Private
BRISTAL AT WOODCLIFF LAKE, THE 364 Chestnut Ridge Road, Woodcliff Lake, NJ 07677 (201) 505-9500	Assisted Living Residence	Medicaid Private
BUCKINGHAM AT NORWOOD, THE 100 McClellan Street, Norwood, NJ 07648 (201) 768-6222	Long Term Care Facility	Medicaid Medicare Private
COMPLETE CARE AT INGLEMOOR, LLC 333 Grand Ave, Englewood, NJ 07631 (201) 568-0900	Long Term Care Facility	Medicaid Medicare Private
FAMILY OF CARING HEALTHCARE AT TENAFLY, LLC 133 County Road, Tenafly, NJ 07670 (201) 567-7800	Long Term Care Facility	Medicaid Medicare Private
LA PAULA AT MAIN, LLC 244 E Main Street, Bergenfield, NJ 07621 (201) 374-1364	Residential Dementia Care Home	Private
LONG LIFE ADULT DAYCARE, LLC 596 Anderson Avenue, Suite 110, Cliffside Park, NJ 07010 (201) 943-7111	Adult Day Health Care Services	Medicaid Private
ALARIS HEALTH AT THE CHATEAU 96 Parkway, Rochelle Park, NJ 07662 (201) 226-9600	Long Term Care Facility	Medicaid Medicare Private
ALLEGRO 200 Old Hook Road, Harrington Park, NJ 07640 (201) 899-4440	Assisted Living Residence	Private
ALLENDALE REHABILITATION AND HEALTHCARE CENTER 85 Harreton Road, Allendale, NJ 07401 (201) 825-0660	Long Term Care Facility	Medicaid Medicare Private

Facility	Type	Funding
ALLENDALE SENIOR LIVING 85 Harreton Road, Allendale, NJ 07401 (201) 825-0660	Comprehensive Personal Care Home	Medicaid Private
ARBOR TERRACE NORWOOD 545 Tappan Road, Norwood, NJ 07648 (201) 768-0208	Assisted Living Residence	Private
ATLAS REHABILITATION AND HEALTHCARE AT MAYWOOD 100 West Magnolia Avenue, Maywood, NJ 07607 (201) 843-8411	Long Term Care Facility	Medicaid Medicare Private
ATRIUM POST ACUTE CARE OF PARK RIDGE 120 Noyes Drive, Park Ridge, NJ 07656 (201) 505-1777	Long Term Care Facility	Medicaid Medicare Private
ATRIUM SENIOR LIVING OF PARK RIDGE 124 Noyes Drive, Park Ridge, NJ 07656 (201) 782-0440	Assisted Living Residence	Medicaid Private
BERGEN ADULT DAY CARE INC 139 E Central Blvd, Palisades Park, NJ 07650 (201) 907-4680	Adult Day Health Care Services	Private
BERGEN NEW BRIDGE MEDICAL CENTER 230 E Ridgewood Ave, Paramus, NJ 07652 (201) 967-4000	Long Term Care Facility	Medicaid Medicare Private
BERGEN NEW BRIDGE MEDICAL CENTER DAY HEALTH 230 East Ridgewood Avenue, Paramus, NJ 07652 (201) 967-4000	Adult Day Health Care Services	Medicaid Private
BRANDYWINE LIVING AT MAHWAH 814 Wyckoff Avenue, Mahwah, NJ 07430 (201) 800-8070	Assisted Living Residence	Private
BRIGHT SIDE MANOR 300 Teaneck Road, Teaneck, NJ 07666 (201) 692-1000	Comprehensive Personal Care Home	Medicaid Private
BRIGHTON GARDENS OF SADDLE RIVER 5 Boroline Road, Saddle River, NJ 07458 (201) 818-8680	Assisted Living Residence	Private
BRIGHTVIEW PARAMUS 396 Forest Avenue, Paramus, NJ 07652 (201) 957-1955	Assisted Living Residence	Private
BRIGHTVIEW TENAFLY 55 Hudson Avenue, Tenafly, NJ 07670 (201) 510-2060	Assisted Living Residence	Private
BROADWAY ADULT DAY CARE 24-20 Broadway, Fair Lawn, NJ 07410 (201) 797-1177	Adult Day Health Care Services	Medicaid Private
BROOKDALE EMERSON 590 Old Hook Road. Emerson, NJ 07630 (201) 986-9009	Assisted Living Residence	Medicaid Private
CARE ONE AT THE CUPOLA W 100 Ridgewood Avenue, Paramus, NJ 07652 (201) 444-8200	Assisted Living Residence	Medicaid Private

Facility	Type	Funding
CARE ONE AT VALLEY ASSISTED LIVING 300 Old Hook Road, Westwood, NJ 07675 (201) 664-8888	Assisted Living Residence	Private
CARE ONE HARMONY VILLAGE AT PARAMUS 189 Paramus Road, Paramus, NJ 07652 (551) 276-7200	Assisted Living Residence	Private
CAREONE AT NEW MILFORD 800 River Road, New Milford, NJ 07646 (201) 967-1700	Long Term Care Facility	Medicaid Medicare Private
CAREONE AT ORADELL 600 Kinderkamack Road, Oradell, NJ 07649 (201) 967-0002	Long Term Care Facility	Medicaid Medicare Private
CAREONE AT RIDGEWOOD AVENUE W-90 Ridgewood Ave, Paramus, NJ 07652 (201) 652-1950	Long Term Care Facility	Medicare Private
CAREONE AT TEANECK 544 Teaneck Road, Teaneck, NJ 07666 (201) 862-3300	Long Term Care Facility	Medicaid Medicare Private
CAREONE AT VALLEY 300 Old Hook Road, Westwood, NJ 07675 (201) 664-8888	Long Term Care Facility	Medicaid Medicare Private
CAREONE AT WELLINGTON 301 Union Street, Hackensack, NJ 07601 (201) 487-4900	Long Term Care Facility	Medicaid Medicare Private
CAREWAY MEDICAL DAY CARE CORP 511 Mola Boulevard, Elmwood Park, NJ 07407 (917) 734-7430	Adult Day Health Care Services	Private
CHRISTIAN HEALTH CARE CENTER 301 Sicomac Avenue, Wyckoff, NJ 07481 (201) 848-4300	Assisted Living Residence	Medicaid Private
CHRISTIAN HEALTH CARE CENTER 301 Sicomac Ave, Wyckoff, NJ 07481 (201) 848-5200	Long Term Care Facility	Medicaid Medicare Private
COMPLETE CARE AT PROSPECT HEIGHTS LLC 336 Prospect Ave, Hackensack, NJ 07601 (201) 678-1800	Long Term Care Facility	Medicare Private
COMPLETE CARE AT REGENT LLC 50 Polifly Road, Hackensack, NJ 07601 (201) 646-1166	Long Term Care Facility	Medicaid Medicare Private
DELLRIDGE HEALTH & REHABILITATION CENTER 532 Farview Ave, Paramus, NJ 07652 (201) 265-5600	Long Term Care Facility	Medicaid Medicare Private
EMERSON HEALTH CARE CENTER 100 Kinderkamack Road, Emerson, NJ 07630 (201) 265-3700	Long Term Care Facility	Medicaid Medicare Private
FAMILY OF CARING AT TEANECK 1104 Teaneck Road, Teaneck, NJ 07666 (201) 833-2400	Long Term Care Facility	Medicaid Medicare Private

Facility	Type	Funding
FAMILY OF CARING HEALTHCARE AT RIDGEWOOD 304 S. Van Dien Ave, Ridgewood, NJ 07450 (201) 445-8200	Long Term Care Facility	Medicaid Medicare Private
FIVE STAR PREMIER RESIDENCES OF TEANECK 655 Pomander Walk, Teaneck, NJ 07666 (201) 836-3634	Assisted Living Residence	Private
FOX TRAIL MEMORY CARE LIVING CRESSKILL 248 Madison Avenue, Cresskill, NJ 07626 (201) 569-2660	Residential Dementia Care Home	Private
FOX TRAIL MEMORY CARE LIVING HILLSDALE EAST 60 Pascack Road, Hillsdale, NJ 07642 (201) 722-2990	Residential Dementia Care Home	Private
FOX TRAIL MEMORY CARE LIVING HILLSDALE WEST 45 Pascack Road, Hillsdale, NJ 07642 (201) 722-3666	Residential Dementia Care Home	Private
FOX TRAIL MEMORY CARE LIVING LAKE STREET 70 Lake Street, Ramsey, NJ 07446 (201) 962-9527	Residential Dementia Care Home	Private
FOX TRAIL MEMORY CARE LIVING MAHWAH 699 Wyckoff Avenue, Mahwah, NJ 07430 (201) 848-8088	Residential Dementia Care Home	Private
FOX TRAIL MEMORY CARE LIVING PARAMUS 143 Fairview Avenue, Paramus, NJ 07652 (201) 634-0588	Residential Dementia Care Home	Private
FOX TRAIL MEMORY CARE LIVING PARK RIDGE 103 Kinderkamack Road, Park Ridge, NJ 07656 (201) 391-4310	Residential Dementia Care Home	Private
FOX TRAIL MEMORY CARE LIVING RAMSEY 38 North Central Avenue, Ramsey, NJ 07446 (201) 818-6855	Residential Dementia Care Home	Private
FOX TRAIL MEMORY CARE LIVING WOODCLIFF LAKE 290 Werimus Road, Woodcliff Lake, NJ 07677 (201) 476-0677	Residential Dementia Care Home	Private
GALLEN ADULT DAY HEALTH CARE AT THE JEWISH HOME 10 Link Drive, Rockleigh, NJ 07647 (201) 784-1414	Adult Day Health Care Services	Medicaid Private
GOLDEN ADULT DAY CARE 53-57 West Fort Lee Road, Bogota, NJ 07603 (201) 457-1007	Adult Day Health Care Services	Private
GOOD SHEPARD ADULT DAY CARE LLC 725 Valley Brook Avenue, Lyndhurst, NJ 07071 (201) 933-0711	Adult Day Health Care Services	Medicaid Private
HOLY NAME MEDICAL CENTER 718 Teaneck Road, Teaneck, NJ 07666 (201) 833-3756	Adult Day Health Care Services	Medicaid Private
JEWISH HOME ASSISTED LIVING 685 Westwood Avenue, River Vale, NJ 07675 (201) 666-2370	Assisted Living Residence	Medicaid Private

Facility	Type	Funding
JEWISH HOME AT ROCKLEIGH 10 Link Drive, Rockleigh, NJ 07647 (201) 784-1414	Long Term Care Facility	Medicaid Medicare Private
JUNIPER VILLAGE AT PARAMUS 186 Paramus Road, Paramus, NJ 07652 (201) 251-9600	Assisted Living Residence	Private
LA PAULA MANOR CORP 25 South Paula Drive, Bergenfield, NJ 07621 (201) 244-0809	Residential Dementia Care Home	Private
MAGNOLIA ADULT DAY CARE 2300 3rd Street, Fort Lee, NJ 07024 (201) 482-4500	Adult Day Health Care Services	Private
MAPLE GLEN CENTER 12-15 Saddle River Road, Fair Lawn, NJ 07410 (201) 797-9522	Long Term Care Facility	Medicaid Medicare Private
MILL GARDENS AT MIDLAND PARK 36 Faner Road, Midland Park, NJ 07432 (201) 493-7400	Assisted Living Residence	Medicaid Private
MORNING SUN ADULT MEDICAL DAY CENTER 248 Broad Avenue, 2nd Floor, Palisades Park, NJ 07650 (201) 669-1050	Adult Day Health Care Services	Private
MY HOME ADULT DAY CARE CENTER INC 37 Brook Avenue, Maywood, NJ 07607 (201) 291-8811	Adult Day Health Care Services	Medicaid Private
N J VETERANS MEMORIAL HOME PARAMUS 1 Veterans Drive, Paramus, NJ 07652 (201) 634-8212	Long Term Care Facility	Medicare Private
NEW JERSEY ADULT MEDICAL DAY CARE INC 22-08 Route 208, Fair Lawn, NJ 07410 (201) 773-9090	Adult Day Health Care Services	Medicaid Private
NEW LIFE ADULT MEDICAL DAY CARE 340 Evelyn Street, Paramus, NJ 07652 (201) 265-0606	Adult Day Health Care Services	Medicaid Private
NORTHERN VALLEY ADULT DAY HEAL 2 Park Avenue, Dumont, NJ 07628 (201) 385-4400	Adult Day Health Care Services	Private
OAKLAND REHABILITATION AND HEALTHCARE CENTER 20 Breakneck Road, Oakland, NJ 07436 (201) 337-3300	Long Term Care Facility	Medicaid Medicare Private
OUR HOME ADULT DAY CARE 475 Grand Avenue, Englewood, NJ 07631 (201) 731-3636	Adult Day Health Care Services	Private
PEACEFUL ADULT DAY CARE CENTER 101 Industrial Avenue, Suite C & B, Little Ferry, NJ 07643 (201) 870-6265	Adult Day Health Care Services	Private
PORTABLE ASSISTED LIVING SERVICES (PALS) 300 Teaneck Road, Teaneck, NJ 07666 (201) 692-1000	Assisted Living Program	Private

Facility	Type	Funding
PROVIDENCE PEDIATRIC MEDICAL DAY - BLDG E 22-08 Route 208 South, Fair Lawn, NJ 07410 (856) 753-7763	Pediatric Day Health Care Services	Medicaid Private
RIDGEWOOD CENTER 330 Franklin Turnpike, Ridgewood, NJ 07450 (201) 447-1900	Long Term Care Facility	Medicaid Medicare Private
SUNRISE ASSISTED LIVING OF OLD TAPPAN 195 Old Tappan Road, Old Tappan, NJ 07675 (201) 750-1110	Assisted Living Residence	Private
SUNRISE ASSISTED LIVING OF PARAMUS 567 Paramus Road, Paramus, NJ 07652 (201) 493-9889	Assisted Living Residence	Private
SUNRISE OF CRESSKILL 3 Tenakill Park Drive East, Cresskill, NJ 07626 (201) 871-0300	Assisted Living Residence	Medicaid Private
SUNRISE OF EDGEWATER 351 River Road, Edgewater, NJ 07020 (201) 941-6111	Assisted Living Residence	Private
SUNRISE OF FRANKLIN LAKES 728 Franklin Avenue, Franklin Lakes, NJ 07417 (201) 485-2006	Assisted Living Residence	Private
SUNRISE OF WOODCLIFF LAKE 430 Chestnut Ridge Road, Woodcliff Lake, NJ 07675 (201) 782-1888	Assisted Living Residence	Private
SUNSHINE ADULT DAY HEALTH CARE CENTER 16 N. Washington Avenue, Bergenfield, NJ 07621 (201) 387-8500	Adult Day Health Care Services	Medicaid Private
THRIVE AT MONTVALE 110 Summit Avenue, Montvale, NJ 07645 (404) 890-7988	Assisted Living Residence	Private
WOODCLIFF LAKE HEALTH & REHABILITATION CENTER 555 Chestnut Ridge Road, Woodcliff Lake, NJ 07677 (201) 391-0900	Long Term Care Facility	Medicaid Medicare Private

Caregiver Support

Respite Care Services

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

Bergen New Bridge Medical Center (formerly Bergen Regional) Long-Term Care Division

230 E. Ridgewood Avenue, Ridgewood, NJ 07450

201-967-4073

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.

Statewide Respite Care Program, Bergen County Division on Disability Services

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

201-336-6500

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

The Respite Care and Wellness Program: Alzheimer's NJ

425 Eagle Rock Avenue - Suite 203, Roseland, NJ 07069

888-280-6055, www.alznj.org

The Respite Care and Wellness Program is designed to provide family caregivers with information, education and help link to community-based respite care resources. Financial support available.

Volunteer Social Respite Care Program - Valley Home & Community Health Care, Inc.

15 Essex Road, Paramus, NJ 07652

201-291-6000

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; please call to apply and/or inquire about waiting list.

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

Caregiver Support Services

Act Now Foundation

201-721-6721

www.actnowfoundation.org

Free Caregiver Support Group for Alzheimer's Disease and related dementias. Team of experts provides counseling, support, education, and referrals that can make a difference. Groups are focused on helping you with the caregiving challenges you are experiencing now and what to expect in the future.

Adler Aphasia Center, Caregivers Support Group

60 West Hunter Avenue, Maywood, NJ 07607

201-368-8585

www.adleraphasiacenter.org

Support group for caregivers of people with aphasia.

Alzheimer's New Jersey

888-280-6055

www.alznj.org/services/family-support-groups/
Support groups provide families and caregivers with the emotional support and education they need to better understand Alzheimer's Disease and related dementia disorders. Our groups are free and open to the community. Groups are held at sites throughout Bergen County as well as virtually.

Care2Caregivers

800.424.2494

www.care2caregivers.com

Free, ongoing peer support for caregivers taking care of people with dementia. Caregiver helpline, support groups, educational materials.

Caregiver's Coalition**Bergen County Division of Senior Services**

201-336-7427

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

Dorot Caregivers' Connection

212-769-2850

www.dorotusa.org

Informational workshops and support groups are conducted through telephone conference calls.

Family Caregiver Alliance

800-445-8106

www.caregiver.org

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

Holy Name Medical Center Caregiver Support Group

725 Teaneck Road, Teaneck, NJ 07666

201-833-3757

www.holyname.org/Events

Classes and support groups for people impacted by cancer and their caregivers.

In-Home Caregiver Education & Support Program**Bergen County Division of Disability Services**

One Bergen County Plaza, Hackensack, NJ 07601

201-336-6504

www.co.bergen.nj.us/divisions-of-disability-services

Teaching plan for unpaid caregivers including learning skills necessary for providing care.

Jewish Family & Children's Services**Wolff Caregiver Center**

1485 Teaneck Road, Teaneck, NJ 07666

201-837-9090

www.jfcsnj.org/caregivers

Comprehensive services for family caregivers.

Kaplan JCC on the Palisades**Caregiver Support Group**

411 E. Clinton Avenue, Tenafly, NJ 07670

201-408-1450

www.jccotp.org/programs/caregiver-services/

Caregiver support groups, in-person and virtual.

National Organization for Empowering Caregiverswww.care-givers.com

Empowering caregivers with resources, private counseling and healing circle.

NJ Self-Help Group Clearinghouse

800-367-6274

www.njgroups.org

Maintains a database of information, provides information and referral services, also trains people to find and form self-help groups.

Ridgewood YMCA - Caretaker Support Group for Neurodegenerative Disease

112 Oak Street, Ridgewood, NJ 07450

201-444-5600

www.ridgewoodymca.org

Our Caretaker Support Group is meant to provide a welcoming and safe environment for caretakers of individuals with neurodegenerative diseases to share experiences and feelings.

Sunrise Assisted Living of Paramus, Caregiver Support Group

567 Paramus Road, Paramus, NJ 07652

201-493-9889

Caregiver support group

Vantage Health System, Inc.

2 Park Avenue, Dumont, NJ 07628

201-385-4400

Caregiver support group for spouses and adult children.

Caregivers Handling Crisis

Adult Protective Services

Bergen County Board of Social Services

201-368-4300, or after hours 1-800-624-0275

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

Care2Caregivers at COPSA Institute for Alzheimer's Disease and Related Disorders

800-424-2494

www.care2caregivers.com

Care2Caregivers provides free and confidential telephone counseling, education, support, referrals and resources for New Jersey individuals and the caregivers who support them.

Psychiatric Emergency Screening Program (PESP) - Care Plus NJ (mental health crisis)

201-262-HELP (4357)

A division of CarePlus NJ, "262-HELP" is the designated mental health crisis response and screening center for Bergen County. Services are available 24 hours a day, 365 days per year. For situations involving imminent danger, call 911.

Grandparents as Caregivers

Bergen County Division of Family Guidance

One Bergen County Plaza - 2nd floor

Hackensack, NJ 07601

201-336-7350

www.co.bergen.nj.us/divisions-of-family-guidance

The Bergen County Division of Family Guidance provides clinical, residential, educational, correctional, case management, and monitoring services to at-risk children, adolescents, and families, particularly those who are otherwise unable to receive needed services. It is Bergen County's resource for youth and families in need.

Bergen Family Center/Family Success Center

44 Armory Place - 2nd floor

Englewood, NJ 07631

201-568-0817 x 115

www.bergenfamilycenter.org

Community based services are delivered through The Family Success Center where mentors help families learn new skills and acquire resources and tools to make positive change. Families set and achieve goals and develop care plans with professional Family Success Staff.

Family Support Organization of Bergen County

0-108 29th Street

Fair Lawn, NJ 07410

201-796-6209

www.fsobergen.com

Provides education, advocacy, support groups, and workshops for families and caregivers of children with mental, emotional, and behavioral needs.

New Jersey Kinship Navigator

Call: 2-1-1

The Kinship Navigator program provides information, referral, financial assistance and legal services to caregivers raising children. The purpose of the Kinship Navigator program is to provide caregivers with services and supports that they or the children need.

Health Insurance Programs

Medicare Health Insurance

MEDICARE

1-800-MEDICARE (1-800-633-4227)

www.medicare.gov

- **MEDICARE PART A:** Hospital insurance, covers inpatient hospital care
- **MEDICARE PART B:** Covers physician and some out-patient services.
- **MEDICARE PART C:** Medicare advantage plans. HMOs, PPOs, and other health plan options provided through one network. Plan benefits may include vision, hearing and dental screening and/or discounts, Rx drug coverage and/or health club membership.
- **MEDICARE PART D:** Optional prescription drug plans which add drug coverage to original Medicare.

Medicare Rights Center – Medicare Interactive

888-466-9050

www.MedicareInteractive.org

The Medicare Rights Center works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs, and public policy initiatives.

Senior Medicare Patrol

1-877-SMP-4359 (1-877-767-4359)

www.smpresource.org

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

SHIP

State Health Insurance Assistance Program

Bergen County

201-336-7413

1-800-792-8820

Medicare Information and Counseling

Assistance 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. SHIP services are free and confidential.

Healthcare savings options: There are several programs to help low-income seniors save on prescription drugs, Medicare Part B payments, and other healthcare costs. SHIP Counselors can review eligibility and assist with completing and filing applications. Call Bergen County SHIP at 201-336-7413 for more information or to schedule an appointment.

Medicaid Health Insurance

Medicaid Programs Bergen County Board of Social Services

218 Route 17 North, Rochelle Park, NJ 07662

201-368-4200

www.bsbss.com

- **NJ FamilyCare (Medicaid):** NJ FamilyCare is federal and state funded health insurance program created to help qualified New Jersey residents of any age access to affordable health insurance. NJ FamilyCare is for people who do not have employer insurance. Apply online: www.njfamilycare.dhs.state.nj.us
- **Medicaid for Aged, Blind, Disabled:** The NJ FamilyCare Aged, Blind, Disabled (ABD) Programs provide medical coverage to individuals who are age 65 years or older as well as individuals determined blind or disabled by the Social Security Administration or by the State of NJ. It is designed for people whose income and resources are not enough to meet the cost of necessary care and services.
- **Medicaid Managed Long-Term Services and Supports (MLTSS):** MLTSS is a Medicaid waiver program that creates access to private duty nursing in the community for children who are not otherwise eligible for NJ FamilyCare due to income but require a skilled level of care. It also provides comprehensive support services, including private duty nursing, to adults with disabilities who meet clinical level of care and financial eligibility requirements. Administered through a NJ FamilyCare MCO, MLTSS is designed to coordinate individually based support services to allow individuals to remain living in the community.

Funeral-Burial Support Program (Medicaid) Bergen County Board of Social Services

218 Route 17 North, Rochelle Park, NJ 07662

201-368-4200

NJ Medical Assistance Customer Centers (Medicaid)

Regional office: 100 Hamilton Plaza - Suite 500, Paterson, NJ 07505

862-338-9890

- Provides assistance and information regarding health insurance programs to NJ Residents.
- Administers state Medicaid and Medicaid related programs
- Helps provide equitable access to quality health care.
- Provides assistance with questions or problems regarding Medicaid
- Provides NJ Family Care and Medicaid cards for SSI recipients.

Other Insurance Plans

Health Insurance Marketplace Assisters

www.nj.gov/getcoverednj/help/local/

Local "Assisters" provide free enrollment help. Trained and certified individuals help you apply and enroll in a health plan with savings or apply for Medicaid/Children's Health Insurance Program (CHIP). Provides fair, impartial, and accurate information.

New Jersey Health Insurance Marketplace: Get-CoveredNJ

833-677-1010

www.nj.gov/getcoverednj

The NJ Health Insurance Marketplace (also known as "Obamacare"), a key part of the Affordable Care Act, is a way for qualified individuals, families, and qualified employees of small businesses to get affordable health coverage. Financial assistance is also available to help with plan premiums and cost sharing. Medicare is NOT part of the Marketplace and you do not qualify for a plan on the Marketplace if you are eligible for Medicare.

Health and Wellness

Many local hospitals offer a full range of classes and support groups to help you lead a healthy life. Contact your preferred hospital for an updated schedule.

Healthcare Centers for the Uninsured

Bergen Volunteer Medical Initiative (BVMI)

75 Essex Street - Suite 100, Hackensack, NJ 07601

201-342-2478

www.bvmi.org

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

North Hudson Community Action Corporation (NHCAC)

201-210-0200

Locations in Bergen County:

- 197 S. Van Brunt Street, Englewood, NJ 07631
- 535 Midland Avenue, Garfield, NJ 07026
- 25 E. Salem Street, Hackensack, NJ 07601

NHCAC is the Federally Qualified Health Center (FQHC) serving Bergen County. FQHCs deliver high quality health care to all people regardless of their ability to pay. Health insurance is not required to receive care at a health center. FQHCs serve the uninsured as well as patients with Medicaid, NJ FamilyCare, Medicare and private insurance. If you are uninsured, fees are charged based on your income level using a sliding fee scale. No one is ever turned away for lack of funds. Health centers provide a wide range of services including comprehensive primary care, preventive health care, pediatric services, dental care, women's health, etc.

Dental Services

Bergen Community College - Dental Hygiene Clinic

400 Paramus Road, Paramus, NJ 07652

201-447-6532

www.bergen.edu/dental/dental-hygiene-clinic

Center for Dentistry at Hackensack Meridian

30 Prospect Avenue, Hackensack, NJ 07601

551-996-2111

www.centerfordentistryhumc.com

Dental Lifeline Network NJ

973-967-9171

www.dentalifeline.org/new-jersey/

Donated dental services; volunteers provide comprehensive treatment to eligible patients.

New Jersey Dental Association

One Dental Plaza North Brunswick, NJ 08902

800-831-6532

Eligible persons receive a minimum courtesy reduction of 15% on dental services from participating dentists only. Must be on the PAAD program and must not be receiving dental insurance or Medicaid.

North Hudson Community Action Corporation

535 Midland Avenue, Garfield, NJ 07026

201-210-0200

Federally Qualified Health Center. Accepts insurance. If uninsured, payment is based on income. (Additional locations in Passaic and Hudson Counties)

Rutgers School of Dental Medicine (RSDM)

110 Bergen Street, Newark, NJ 07103

973-972-4242

www.sdm.rutgers.edu/patients

Full range of oral health services while training the next generation of dentists, at rates much lower than private practices, but services are not free. RSDM accepts Medicaid plans, but not private insurance.

Visiting Dental Associates (Mobile Care Co.)

201-670-0097

www.mobilecareco.com

Mobile dental services, private pay only.

Services and Programs for People with Vision Loss

Adjustment to Vision Loss Project - Heightened Independence & Progress (*hip*)

131 Main Street, Suite 120, Hackensack, NJ 07601
201-996-9100

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

Assistive Technology Center - Johnson Public Library

274 Main Street, Hackensack, NJ 07601
201-343-4169 x22

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

National Eye Care Project - Eye Care America Program

877-887-6327

www.eyearaamerica.org

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.

New Eyes for the Needy, Inc.

973-376-4903

www.neweyesfortheneedy.org

Provides prescription eyeglasses to medically, indigent, visually impaired, older adults who are New Jersey residents. Referrals must be made in writing from social service agencies.

NJ Commission for the Blind & Visually Impaired

973-648-3333

www.state.nj.us/humanservices/cbvi/home/

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

NJ State Library Talking Book & Braille Center (TBBC)

800-792-8322

www.njstatelib.org

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

Services and Programs for People with Hearing Loss

NJ Division of the Deaf & Hard of Hearing

800-792-8339 Toll Free in New Jersey

609-588-2648

609-503-4862 Videophone

www.nj.gov/humanservices/ddhh/

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

Hearing Aid Assistance to Aged & Disabled (HAAAD)

800-792-9745

Up to \$1,000 reimbursement to eligible persons who purchase hearing aids. Eligibility requirements are the same as for the PAAD program. Need for hearing aid must be attested by a physician.

Hearing Loss Association of NJ - Bergen County

201-820-4110

www.hearingloss-nj.org

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

Richard West Assistive Technology Advocacy Center (ATAC) - Disability Rights New Jersey

609-292-9742 800-922-7233

www.drnj.org/atac

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

Pharmaceutical Assistance Programs

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

Pharmaceutical Assistance to the Aged & Disabled (PAAD)

800-792-9745

A prescription discount program for the elderly and people with disabilities. Eligible persons pay \$7 for name-brand prescriptions and \$5 for generic prescriptions. Eligible persons: New Jersey residents at least 65 years of age or receiving Social Security Disability. Income limits change annually.

Senior Gold Prescription Discount Program

800-792-9745

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

Extra Help with Medicare Prescription Drug Plan Costs

800-772-1213

www.socialsecurity.gov

Federal program that helps pay for either full or partial costs of Medicare prescription drug coverage. Income and assets are reviewed. Apply at Social Security agency or online.

Pharmaceutical Assistance Program

www.medicare.gov/pharmaceutical-assistance-program

Some pharmaceutical companies offer assistance programs for the drugs they manufacture. The Medicare website provides a list of drugs with instructions for applying.

Chronic Disease & Disability Health Issues

Alzheimer's and other forms of Dementia

Act Now Foundation

400 38th St., Suite 402, Union City, NJ 07087
201-721-6721

www.actnowfoundation.org

A non-profit organization that provides caregiver support, community and professional disease education, cognitive assessments, long-term care planning, resources and advocacy to families living with Alzheimer's disease and related dementias.

Partnership for Prescription Assistance (PPA)

www.pparx.org

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

Pharmaceutical Assistance to the Aged & Disabled (PAAD)*

800-792-9745

A prescription discount program for the elderly and people with disabilities. Eligible persons pay \$7 for name-brand prescriptions and \$5 for generic prescriptions. Eligible persons: New Jersey residents at least 65 years of age or receiving Social Security Disability. Income limits change annually.

Bergen County State Health Insurance Assistance Program (SHIP) Medicare Counseling

201-336-7413

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

Alzheimer's Association

800-272-3900

www.alz.org

24-hour Caregiver Information Referral Line

Alzheimer's New Jersey

888-280-6055

www.alznj.org

Resources include Helpline, The Respite Care and Wellness Program, family support groups, community and professional education training, Clinical Trial Connection and Always Safe®.

Bergen County Sheriff's Office - AngelSense

201-336-3540

www.bcsd.us

Rapid response to save lives and reduce the potential for serious injury for adults and children who wander due to Alzheimer's, dementia, Autism, Down syndrome and other related disorders.

**COPSA Institute for Alzheimer's Disease & Related Disorders (Alzheimer's Resource Center)
Care2Caregivers**

800-424-2494

www.care2caregivers.com

A statewide program that includes a dementia clinic and a resource center that provides education, information and support to the families and caregivers of people with dementia. Training and consultation to geriatric professionals.

Holy Name Hospital Asian Dementia Center

718 Teaneck Road, Teaneck, NJ 07666

201-833-3399

Screening, education programs, family support groups.

Arthritis**Arthritis Foundation NJ Chapter**

888-467-3112

www.arthritis.org

Social events, educational activities, and support for people with arthritis and their caregivers.

Cancer**American Cancer Society**

20 Mercer Street, Hackensack, NJ 07601

201-343-2222

www.cancer.org

Cancer Care, Inc.

141 Dayton Street, Suite 204, Ridgewood, NJ 07450

201-444-6630

www.cancer.org

Cancer Support Community at Holy Name Hospital

718 Teaneck Road, Teaneck, NJ 07666

201-833-3392

Offers educational workshops and support services to anyone impacted by cancer. Each event is free and open to the public.

Diabetes**American Diabetes Association**

800-342-2383

www.diabetes.org

A professional organization that provides diabetes research, comprehensive info & advocacy, support for caregivers.

Diabetes Program - Englewood Hospital/Home Care

350 Engle Street, 4th floor, Englewood, NJ 07631

201-894-3335

In-home services available for diabetes management. Contact program for eligibility requirements.

Heart & Stroke**Adler Aphasia Center**

60 W. Hunter Avenue, Maywood, NJ 07607

201-368-8585

www.adleraphasiacenter.org

The Adler Aphasia Center offers a variety of programs and activities to those living with aphasia and their caregivers, and strives to expand awareness and knowledge of aphasia.

National Stroke Association

800-787-6537

www.stroke.org

Stroke information and newsletter; guidance for starting stroke support clubs and groups.

NJ Chapter American Heart Association

1 Union Street, Robbinsville, NJ 08691

609-208-0020

www.heart.org

Information and referral; maintains a listing of groups for stroke survivors, their families, caregivers and interested professionals.

All Abilities Support Group (Post Stroke Program)

201-336-6502

Offers several stroke support groups throughout Bergen County.

HIV and AIDS

Buddies of New Jersey - Franklin A. Smith Resource Center

149 Hudson Street, Hackensack, NJ 07601
800-508-7577
www.njbuddies.org

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

Multiple Sclerosis

National Multiple Sclerosis Society

1 Kalisa Way - Suite 205
Paramus, NJ 07652
201-967-5599

www.nationalmssociety.org

Services for persons with Multiple Sclerosis, i.e. groups, newsletter, medical and legislative updates, and bulletin board/classified section of equipment for sale.

Hospitals in Bergen County

Bergen New Bridge Medical Center (formerly Bergen Regional)

230 E. Ridgewood Avenue, Paramus, NJ 07652
201-967-4000
www.newbridgehealth.org

Englewood Hospital and Medical Center

350 Engle Street, Englewood, NJ 07631
201-894-3000
www.Englewoodhealth.org

Hackensack Meridian Pascack Valley

250 Old Hook Road, Westwood, NJ 07675
201-383-1035
www.pascackmedicalcenter.com

Parkinson's Disease

American Parkinson Disease Association

100 Kirkpatrick Street
New Brunswick, NJ 08901
732-745-7520
apdanj.org

Sickle Cell Disease

Sickle Cell Disease Association of America, Inc .

3700 Koppers Street - #570 Baltimore, MD 021227
800-421-8453

Advocacy, support groups and direct services such as counseling, testing, referrals.

Sickle Cell Disease New Jersey Chapter

1016 Broad Street
Newark, NJ 07102
973-482-9070

Hackensack University Medical Center

30 Prospect Avenue, Hackensack, NJ 07601
551-996-2000
www.hackensackmeridianhealth.org

Holy Name Medical Center

718 Teaneck Road, Teaneck, NJ 07666
201-833-3000
www.holyname.org

Valley Hospital

4 Valley Health Plaza, Paramus, NJ 07652
201-447-8000
www.valleyhealth.com

Hospice Care

Hospice care is available for people whose physician has determined that they have an incurable condition and have a life expectancy of six months or less. Hospice services may be chosen by you or your caregiver, or recommended by your physician. Hospice care can be provided in the home or at an extended care facility, such as a nursing home or assisted living facility. There are also free-standing hospice centers, sometimes called residential hospice centers. Some families prefer this kind of setting because it feels more like home and less like an institution. Medicare, Medicaid, and most private insurance plans cover the costs of hospice care, or you may pay out-of-pocket. For a list of hospice providers in Bergen County, call the Senior HelpLine at 201-336-7400.

Medicare

800-633-4227

www.medicare.gov

Find hospices that serve your area and compare them based on the quality of care they provide. Hospice agencies most often provide services where you live, whether it's at home, an assisted living facility, or a nursing home.

National Association for Home Care and Hospice

www.agencylocator.nahc.org

Trade association that represents home care agencies, hospices, and home care aide organizations. It also offers a user-friendly tool on its website to locate agencies in your area that provide hospice.

The Center to Advance Palliative Care

www.getpalliativecare.org

National organization dedicated to increasing the availability of quality palliative care services.

The NJ Home Care Association

www.homecarenj.org

Non-profit organization which has hospice and home care resources including education and advocacy, technical assistance, support, and information for professionals, families, and friends.

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

Medical and Surgical Equipment and Supplies

Medicare Supplier Directory

For a list of local medical and surgical equipment and supplies providers, visit the Medicare Supplier Directory at www.medicare.gov/medical-equipment-suppliers or call **1-800-MEDICARE (1-800-633-4227)** for further information.

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

Mental Health

Community Mental Wellbeing Resources

Bergen County Division of Mental Health and Addiction Services

One Bergen County Plaza, 4th Floor
Hackensack, NJ 07601
201-634-2745
www.co.bergen.nj.us/mental-health-addiction-services
For Bergen residents seeking individual or group therapy, a psychiatric evaluation or medication for a mental health condition, specialized day programming, or vocational readiness, county-funded community mental health centers are a great resource. They offer a wide range of services and have staff that can professionally assess your needs and make sure you are connected to the appropriate service. The centers receive grant funding, accept Medicaid, Medicare, and private insurance, and offer sliding scale fees based on ability to pay.

West Bergen Mental Healthcare

Locations: Ridgewood, Ramsey
201-688-7098
www.westbergen.org

Care Plus NJ, Inc.

Locations: Paramus, Fair Lawn, Hasbrouck Heights
201-986-5000
www.careplusnj.org

Vantage Health System

Locations: Dumont, Englewood
201-567-0059
www.vantagenj.org

CBH Care

Locations: Hackensack, Lyndhurst, Westwood
201-646-0333
www.cbhcare.com

In a Mental Health Emergency

If you, a friend, or a family member are experiencing the signs or symptoms of a mental health illness and feel you are in crisis or in danger of hurting themselves or others:

Call 201-262-HELP (4357). Crisis counselors are available 24/7 to guide you through the next steps of getting help. If you feel you or a loved one are in imminent danger of hurting themselves or others, call 911.

Additional Resources

Bergen New Bridge Medical Center

Inpatient and outpatient services for adults and children.
Location: Paramus
1-800-730-2762
www.newbridgehealth.org

Collaborative Support Programs of NJ

Bergen County Wellness Community Wellness Center
Social, advocacy, and peer support center for adults.
Location: Hackensack
201-489-8402

National Alliance on Mental Illness (NAMI)

Greater Bergen Chapter

Family support, education, and advocacy.
201-935-6264
www.namigreaterbergen.org

Mental Health Association of New Jersey

Emotional support, information, referrals, 8am-8pm
1-866-202-HELP (4357)

988 Suicide and Crisis Helpline

Call 9-8-8
The national 988 Lifeline provides 24/7, free and confidential support for people in distress.

Mental Health Services for Older Adults and Caregivers

The Bergen County Division of Senior Services funds several mental health programs and supportive services for older adults and their caregivers. For more information about these programs, call the Senior HelpLine at 201-336-7400.

- Act Now Foundation
- Bergen Family Center
- CBH Care
- Christian Health
- Jewish Family & Children's Services
- Vantage Health System

Bereavement Services

Bereavement and grief support groups are offered by hospice organizations, faith-based institutions, hospitals, and through mental wellness professionals.

AARP Grief and Loss Program

800-687-2277

www.aarp.org/griefandloss

Offers a wide range of resources and information on grief and loss issues to adults who are bereaved.

Amedysis Home Health Care

21 Main Street - Suite 253, Hackensack, NJ 07601

201-342-7766

www.amedysis.com/services/hospice-care/services/hospice-bereavement-support

Group Counseling

Holy Name Medical Center

725 Teaneck Road, Teaneck, NJ 07666

201-833-3000 x7580

www.holyname.org

Bereavement groups and workshops.

Jewish Family and Children's Services of Northern New Jersey

1485 Teaneck Road, Teaneck, NJ 07666

201-897-9090

www.jfcsnnj.org/groups/

Bereavement Groups for widows and widowers and for adults who have lost a parent.

Valley Home Care

15 Essex Road, Paramus NJ 07652

201-291-6395

www.valleyhealth.com/services/bereavement-services

Bereavement services for adults and children are offered through Valley Home Care, both group and individual support are offered.

Vantage Health System – Survivors After Suicide

2 Park Ave, Dumont, NJ 07628

201-567-0059

Support group is for those who have experienced the loss of a loved one through suicide.

Leisure/Socialization

Recreational Activities

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

Bergen County Department of Parks

201-336-7275

www.co.bergen.nj.us/parks

NJ Senior Citizen and Disability State Parks Pass

Free entrance to parks and discounted camping.

www.nj.gov/dep/parksandforests/

YWCA Northern New Jersey

201-881-1700

www.ywcannj.org/seniors

Virtual and in-person fitness classes, mental health support groups, monthly book club, wellness and nutrition webinars, walking program, socialization.

US National Parks

“America the Beautiful Senior Passes”

Annual or lifetime passes for national parks and recreation areas.

www.nps.gov/planyourvisit/passes

Elder Hostel (Road Scholar)

800-454-5768

www.elderhostel.org

Non-profit organization providing low-cost educational travel programs for seniors.

JCC on the Palisades

411 E. Clinton Avenue, Tenafly, NJ 07670

201-569-7900

www.jccotp.org

A variety of health and fitness courses for seniors.

Senior Source

310 Riverside Square Mall, Hackensack, NJ 07601

201-342-0962

www.seniorsourcenj.org

Socialization and education for seniors.

YMCA of Greater Bergen County

New Milford YMCA Program Center

1092 Carnation Dr., New Milford, NJ 07646

201-487-6600

www.ymcagbc.org

Variety of fitness and wellness activities.

YMCA of Ridgewood

112 Oak Street

Ridgewood, NJ 07451

201-444-5600

www.ridgewoodymca.org

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

Senior Activity Centers and Senior Clubs

Senior Activity Centers of the Bergen County Division of Senior Services: Bergen County residents age 60+ and their significant others, regardless of age, are eligible to participate in Bergen County Senior Activity Center programs. Participation is free, but donations are accepted. 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 by calling the Center.

Monthly schedules and lunch menus are posted on the County's website at www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers

County-Run Senior Activity Centers:

Bergenfield Senior Activity Center
293 Murray Hill Terrace
(201) 387-7212

Northwest Senior Activity Center
46-50 Center Street, Midland Park
(201) 445-5690

Southwest Senior Activity Center
147 Hackensack Street, East Rutherford
(201) 935-8920

North Arlington Senior Activity Center
11 York Road
(201) 998-5636

Elmwood Park Senior Activity Center
500 Mola Boulevard
(201) 796-3342

Palisades Park Senior Activity Center
300 Highland Avenue
(201) 944-5616

Garfield Senior Activity Center
480 Midland Avenue
(973) 478-0502

Ridgefield Park Senior Activity Center
159 Park Street
(201) 641-1220

Americas Unidas Senior Activity Center
101 Hudson Street, Hackensack
(201) 336-3320

Wallington Senior Activity Center
24 Union Boulevard
(973) 777-5815

NOTE: Bergen County Division of Senior Services Senior Lunch Program

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

Bogota Senior Center
375 Larch Avenue
Bogota, NJ 07603
201-342-1736

Bergenfield Senior Activity Center*
293 Murray Hill Terrace
Bergenfield, NJ 07621
201-387-7212

Carlstadt Senior Center
425 4th Street
Carlstadt, NJ 07072
201-939-2850

Cliffside Park Senior Center*
500A Gorge Road
Cliffside Park, NJ 07010
201-943-3768

Closter Senior Center
295 Closter Dock Road
Closter, NJ 07624
201-784-0971

Cresskill Senior Center
38 Spring Street
Cresskill, NJ 07626
201-503-9831

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

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

East Rutherford Senior Center
37 Vreeland Avenue
East Rutherford, NJ 07073
201-933-3344

Elmwood Park Sr Activity Center*
500 Mola Boulevard
Elmwood Park, NJ 07407
201-796-3342

Emerson Senior Center
20 Palisades Avenue
Emerson, NJ 07630
201-599-6351

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

Englewood Cliffs Senior Citizens Center
7 West Bayview Avenue
Englewood Cliffs, NJ 07632
201-947-2838

Fair Lawn Senior Activity Center*
11-05 Gardiner Road
Fair Lawn, NJ 07410
201-796-1191

Fort Lee - Richard & Catherine Nest Adult Activity Center*
319 Main Street
Fort Lee, NJ 07024
201-592-3670

Franklin Lakes Senior Citizens Center (inside Firehouse)
479 Bender Court
Franklin Lakes, NJ 07417
201-891-1513

Garfield Senior Activity Center*
480 Midland Avenue
Garfield, NJ 07026
973-478-0502

Hackensack - United Senior Activity Center*
101 Hudson Street
Hackensack, NJ 07601
201-336-3320

Hackensack - Martin Luther King Jr. Senior Center*
375 First Street
Hackensack, NJ 07601
201-342-2654

Hackensack Rec - Senior Lounge
116 Holt Street
Hackensack, NJ 07601
201-464-8042

Hackensack - Senior Source, The Shops at Riverside
310 Riverside Square Mall
Hackensack, NJ 07601
201-342-0962

Hasbrouck Heights Senior Center
320 Boulevard
Hasbrouck Heights, NJ 07604
201-288-4143

Haworth Seniors (club)
Haworth, NJ 07641
201-384-4785

Hillsdale 50+ Club
Hillsdale, NJ 07642
201-497-1560

Leonia Senior Center
305 Beachwood Place
Leonia, NJ 07605
201-592-5783

Little Ferry Senior Center
95 Main Street
Little Ferry, NJ 07643
201-641-9234

Lodi Senior Citizens Club
22 Walnut Place
Lodi, NJ 07644
973-472-6994

Mahwah Senior Center
475 Corporate Drive
Mahwah, NJ 07430
201-529-5757

Maywood Senior Center
145 W. Magnolia Avenue
Maywood, NJ 07607
201-368-1522

Midland Park - Northwest Senior Activity Center*
46-50 Center Street
Midland Park, NJ 07432
201-445-5690

Montvale Senior Community Center
1 Memorial Drive
Montvale, NJ 07645
201-391-6464

Moonachie Senior Center
125 Moonachie Road
Moonachie, NJ 07074
201-641-6074

New Milford Senior Center
275 River Road
New Milford, NJ 07646
201-599-7565

North Arlington Senior Activity Center*
11 York Road
North Arlington, NJ 07031
201-998-5636

North Arlington Senior Center
10 Beaver Avenue
North Arlington, NJ 07031
201-991-9519

Northvale - James F. McGuire Senior Citizens Center
116 Paris Avenue
Northvale, NJ 07647
201-767-3330

Norwood Seniors (Club)
Norwood, NJ 07648
201-767-7200

Oakland Senior Center
20 Lawlor Drive
Oakland, NJ 07436
201-405-7731

Old Tappan Senior Center
247 Old Tappan Road
Old Tappan, NJ 07675
201-664-2380

Oradell Senior Center
1 Veterans Plaza
Oradell, NJ 07649
201-265-4192

Palisades Park Senior Activity Center*
300 Highland Avenue
Palisades Park, NJ 07650
201-944-5616

Paramus - Joseph Cipolla Senior Center
93 N. Fairview Avenue
Paramus, NJ 07652
201-265-2100

Ramsey Senior Center
75 East Oak Street
Ramsey, NJ 07446
201-825-1975

Ridgefield Seniors (club)
725 Slocum Avenue
Ridgefield, NJ 07657
201-943-5215

Ridgefield Park Senior Activity Center*
159 Park Street
Ridgefield Park, NJ 07660
201-641-1220

Ridgewood Senior Center
131 N. Maple Avenue
Ridgewood, NJ 07450
201-670-5500

Senior Citizens of River Edge And JCC of Northern NJ
385 Howland Avenue
River Edge, NJ 07661
201-489-2460

River Vale Senior Center
406 River Vale Road
River Vale, NJ 07675
201-664-2581

Rochelle Park Senior Center
151 W. Passaic Street
Rochelle Park, NJ 07662
201-587-7730

Rutherford - 55 Kip Senior Center
55 Kip Avenue
Rutherford, NJ 07070
201-460-1600

Saddle Brook Senior Center
8 Caldwell Avenue
Saddle Brook, NJ 07662
201-845-4594

South Hackensack Senior Club
227 Phillips Avenue
South Hackensack, NJ 07606
201-440-0719

Teaneck Senior Center*
250 Colonial Court
Teaneck, NJ 07666
201-837-7130

Teaneck - Asian Women's Christian Association (AWCA)*
9 Genesee Avenue
Teaneck, NJ 07666
201-837-0171

Tenafly - Korean Community Center*
100 Grove Street
Tenafly, NJ 07670
201-541-1200

Tenafly - Jewish Community Center (JCC) on the Palisades*
411 E. Clinton Avenue
Tenafly, NJ 07670
201-569-7900

Tenafly Senior Center
20 S. Summit Street
Tenafly, NJ 07670
201-569-2159

Wallington Senior Activity Center*
24 Union Boulevard
Wallington, NJ 07057
973-777-5815

Woodcliff Lake - Tice Senior Center
411 Chestnut Ridge Road
WoodCliff Lake, NJ 07677
201-391-3429

Wood-Ridge Senior Center
85 Humboldt Street
Wood-Ridge, NJ 07075
201-939-1215

Wyckoff Seniors (club)
340 Franklin Avenue
Wyckoff, NJ 07481
201-891-7000

Bergen County Libraries

Information from Bergen County Cooperative Library System (BCCLS) at www.bccls.org

Allendale Lee Memorial Library

500 W. Crescent Avenue
Allendale, NJ 07401
201-327-4338

Bergenfield Public Library

50 W. Clinton Avenue
Bergenfield, NJ 07621
201-387-4040

Bogota Public Library

375 Larch Avenue
Bogota, NJ 07603
201-488-7185

William E. Dermody Library

420 Hackensack Street
Carlstadt, NJ 07072
201-438-8866

Cliffside Park Library

505 Palisade Avenue
Cliffside Park, NJ 07010
201-945-2867

Closter Public Library

280 High Street
Closter, NJ 07624
201-768-4197

Cresskill Public Library

53 Union Avenue
Cresskill, NJ 07626
201-567-3521

Demarest Free Public Library

90 Hardenburgh Avenue
Demarest, NJ 07627
201-768-8714

Dumont's Dixon Homestead Library

180 Washington Avenue
Dumont, NJ 07628
201-384-2030

East Rutherford Memorial Library

143 Boiling Springs Avenue
East Rutherford, NJ 07073
201-939-3930

Edgewater Public Library

49 Hudson Avenue
Edgewater, NJ 07020
201-224-6144

Elmwood Park Public Library

210 Lee Street
Elmwood Park, NJ 07407
201-796-2449

Emerson Public Library

20 Palisades Avenue
Emerson, NJ 07630
201-261-5604

Englewood Public Library

31 Engle Street
Englewood, NJ 07631
201-568-2215

Maurice M. Pine Library

10-01 Fair Lawn Avenue
Fair Lawn, NJ 07704
201-796-3400

Fairview Public Library

213 Anderson Avenue
Fairview, NJ 07022
201-943-6244

Fort Lee Public Library

320 Main Street
Fort Lee, NJ 07024
201-592-3615

Franklin Lakes Public Library

470 DeKorte Drive
Franklin Lakes, NJ 07417
201-891-2224

Garfield Public Library

500 Midland Avenue
Garfield, NJ 07026
973-478-3800

Glen Rock Public Library

315 Rock Road
Glen Rock, NJ 07452
201-670-3970

Johnson Free Public Library

274 Main Street
Hackensack, NJ 07601
201-343-4169

Harrington Park Public Library

10 Herring Street
Harrington Park, NJ 07640
201-768-5675

Hasbrouck Heights Free Public Library

320 Boulevard
Hasbrouck Heights, NJ 07604
201-288-0488

Haworth Municipal Library

165 Stevens Place
Haworth, NJ 07641
201-384-1020

Hillsdale Free Public Library

509 Hillsdale Avenue
Hillsdale, NJ 07642
201-358-5072

Worth-Pinkham Memorial Library

91 Warren Avenue
Ho-Ho-Kus, NJ 07423
201-445-8078

Leonia Public Library

227 Fort Lee Road
Leonia, NJ 07605
201-592-5776

Little Ferry Public Library

239 Liberty Street
Little Ferry, NJ 07643
201-641-3721

Lodi Memorial Library

1 Memorial Drive
Lodi, NJ 07644
973-365-4044

Lyndhurst Public Library

355 Valley Brook Avenue
Lyndhurst, NJ 07071
201-804-2478

Mahwah Public Library
100 Ridge Road
Mahwah, NJ 07430
201-529-2972

Maywood Public Library
459 Maywood Avenue
Maywood, NJ 07607
201-845-2915

Midland Park Memorial Library
250 Godwin Avenue
Midland Park, NJ 07432
201-444-2390

Montvale Public Library
12 Mercedes Drive
Montvale, NJ 07645
201-391-5090

New Milford Public Library
200 Dahlia Avenue
New Milford, NJ 07646
201-262-1797

North Arlington Public Library
210 Ridge Road
North Arlington, NJ 07031
201-955-5640

Northvale Public Library
116 Paris Avenue
Northvale, NJ 07647
201-767-4784

Norwood Public Library
198 Summit Street
Norwood, NJ 07648
201-768-4940

Oakland Public Library
2 Municipal Plaza
Oakland, NJ 07436
201-337-3742

Old Tappan Public Library
56 Russell Avenue
Old Tappan, NJ 07675
201-664-3499

Oradell Public Library
375 Kinderkamack Road
Oradell, NJ 07649
201-262-2613

Palisades Park Public Library
257 2nd Street
Palisades Park, NJ 07650
201-585-4150

Paramus Public Library
116 E. Century Road
Paramus, NJ 07652
201-599-1300

Charles E. Reid Branch Library
239 W. Midland Avenue
Paramus, NJ 07652
201-444-4911

Park Ridge Public Library
51 Park Avenue
Park Ridge, NJ 07656
201-391-5151

Ramsey Free Public Library
30 Wyckoff Avenue
Ramsey, NJ 07446
201-327-1445

Ridgefield Free Public Library
527 Morse Avenue
Ridgefield, NJ 07657
201-941-0192

Ridgefield Park Public Library
107 Cedar Street
Ridgefield Park, NJ 07660
201-641-0689

Ridgewood Public Library
125 N. Maple Avenue
Ridgewood, NJ 07450
201-670-5600

River Edge Public Library
685 Elm Avenue
River Edge, NJ 07661
201-261-1663

River Vale Free Public Library
412 Rivervale Road
River Vale, NJ 07675
201-391-2323

Rochelle Park Free Public Library
151 W. Passaic Street
Rochelle Park, NJ 07662
201-587-7730

Rutherford Free Public Library
150 Park Avenue
Rutherford, NJ 07070
201-939-8600

Saddle Brook Public Library
340 Mayhill Street
Saddle Brook, NJ 07663
201-843-3287

Teaneck Public Library
840 Teaneck Road
Teaneck, NJ 07666
201-837-4171

Tenafly Public Library
100 River Edge Road
Tenafly, NJ 07670
201-568-8680

Upper Saddle River Public Library
245 Lake Street
Upper Saddle River, NJ 07458
201-327-2583

Waldwick Public Library
19 E. Prospect Street
Waldwick, NJ 07463
201-652-5104

John F. Kennedy Memorial Library
92 Hathaway Street
Wallington, NJ 07057
973-471-1692

Washington Township Public Library
144 Woodfield Road
Washington Township, NJ 07676
201-664-4586

Westwood Public Library
49 Park Avenue
Westwood, NJ 07675
201-664-0583

Wood-Ridge Memorial Library
231 Hackensack Street
Wood-Ridge, NJ 07075
201-438-2455

Wyckoff Public Library
200 Woodland Avenue
Wyckoff, NJ 07481
201-891-4866

Employment and Volunteering

Employment

Bergen County Job Center

60 State Street, Hackensack, NJ 07601
201-329-9600
www.bergenjobcenter.com

The Bergen County Job Center is a full-service employment and training center that offers a variety of services, free-of-charge, for workers, job seekers and employers – including expanded virtual services.

Senior Community Service Employment Program (SCSEP) at Easter Seals

Bergen County Job Center
60 State Street, Hackensack, NJ 07601
201-329-9600 ext. 5637

Easter Seals provides job training and employment opportunities for eligible individuals aged 55 and older.

Vocational Rehabilitation Services for the Disabled

Bergen County Job Center
60 State Street
Hackensack, NJ 07601
201-329-9600 and select option #5

NJ Division of Unemployment Insurance

www.nj.gov/labor/myunemployment/

Volunteering

Bergen Volunteers

64 Pasaic Street, Hackensack, NJ 07601
201-489-9454
www.bergenvolunteers.org

Bergen Volunteers connects people with opportunities to serve, operating model volunteer programs, building capacity for effective volunteering, and participating in strategic partnerships that meet community needs.

Redefining Retirement

Bergen Volunteers program matching retirees with volunteer jobs at local charities.
201-489-9454 x205

Corporation for National and Community Service

800-942-2677
Senior Corps, VISTA, and other national service programs

Retired Senior Volunteer Program (RSVP) - Jewish Family & Children's Services

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

SCORE (Service Corps of Retired Executives)

201-336-6090
Volunteer mentors for small businesses

Seniors4Seniors

201-880-9135
Training and education on advocacy for seniors.

Education

Adult Continuing Education

Bergen Community College

400 Paramus Road, Paramus, NJ 07652
201-447-7488
www.bergen.cc.nj.us
Continuing education program

Computer Center at JCC on the Palisades

411 E. Clinton Avenue, Tenafly, NJ 07670
201-569-7900
One-on-one or group computer classes

Farleigh Dickinson University

1000 River Road, Teaneck, NJ 07666
201-692-6500
www.fdu.edu
Continuing education program

Institute of New Dimensions

973-291-8220
www.indbergen.org
The institute offers a variety of courses in literature, computers, sociology, history, economic, music, etc.

English as Second Language and Basic Language Courses

Bergen Community College - Ciarco Learning Center

355 Main Street, Hackensack, NJ 07601
201-489-1551
www.bergen.edu/ciarcocenter

Greater Bergen Community Action

973-685-0005 x 7150
www.greaterbergen.org/education
Classes held in Cliffside Park and Hackensack
English as a Second Language, Citizenship classes,
High School Equivalency (GED)

Korean American Senior Citizens Association of NJ

133 Fort Lee Road
Leonia, NJ 07605
201-945-2400
ESL classes

Project Literacy of Greater Bergen County

355 Main Street, Hackensack, NJ 07601
201-301-9664
www.project-literacy.org
Free literacy tutoring for adults.

Women's Rights Information Center

108 W. Palisade Avenue, Englewood, NJ 07631
201-568-1166
www.womensrights.org
Career training, financial literacy, ESL. Classes open to both men and women.

Tuition Waiver (free classes)

Bergen Community College - Senior Citizen Tuition Waiver

400 Paramus Road, Paramus, NJ 07652
201-447-7100
www.bergen.edu/registration/tuition-waiver-regiatration-information

Bergen County residents who have reached their 65th birthday prior to the first day of classes are eligible for the Tuition Waiver. Tuition and Technology Fees are covered.

College Tuition Waivers in New Jersey

Many public colleges, universities, and community colleges in New Jersey offer tuition waivers for senior citizens. Contact your local institution for eligibility requirements and for more information.

Housing

Emergency Housing Assistance

Note: state and local housing assistance programs were created in response to the COVID pandemic. To find out if these temporary programs are still available, call NJ-211 or Bergen County Senior HelpLine at 201-336-7400.

Homeless Hotline

2-1-1

The Homeless Hotline assists people to secure accommodations at a homeless shelter. To be eligible to receive services you must be a Bergen County resident who is currently homeless or facing imminent homelessness. Staff also provides information and referrals to assist people in finding services to help them regain self-sufficiency. Homeless Hotline operates 24 hours a day, 7 days a week.

Bergen County Housing, Health, and Human Services Center

201-336-6475

120 South River Street, Hackensack, NJ 07601

Temporary shelter and comprehensive services for people who are homeless or at-risk of homelessness.

Bergen County Board of Social Services – Emergency Assistance Program

201-368-4200

Temporary housing and shelter-related assistance for people receiving General Assistance, TANF, or SSI.

Center for Food Action

Homeless Prevention Program – Rental Assistance

Provides financial assistance for clients with a court-ordered eviction notice or lock-out.

Can apply at any CFA location, but call-in advance for hours of operation:

- Englewood 192 W. Demarest Avenue 201-569-1804
- Hackensack 316 First Street 201-883-9375
- Mahwah 90 Ridge Road 201-529-2029
- Saddle Brook 224 Midland Avenue 201-703-9857
- Bergen Community College 400 Paramus Road 201-447-7191

Greater Bergen Community Action Homeless Prevention Program

201-488-5100 ext. 7505

Must be a Bergen County resident and meet eligibility criteria. Depending on funding, can pay for rent or utility arrears, security deposit or first month's rent payment.

Housing Authority of Bergen County – Homeless Prevention and Rapid Rehousing

201-336-7600

Funding for rental payment arrears, security deposits, and short-term rental assistance.

Jewish Family & Children's Services – Emergency Financial Assistance

201-837-9090

Northeast NJ Legal Services - Senior Law Project

201-487-2166

Free legal services program including eviction prevention.

Social Service Association - Ridgewood

201-444-2980

Emergency assistance for residents of Ridgewood, Glen Rock, Ho-Ho-Kus, Midland Park, Waldwick and Wyckoff.

United Way of Bergen County – Compassion Fund

Call 2-1-1 or visit the website www.nj211.org

Programs for Renters

Fair Housing Council of Northern NJ

131 Main Street, Hackensack, NJ 07601
201-489-3552

HUD approved Housing Counseling Agency; housing discrimination complaints.

Greater Bergen Community Action - Bergen County Housing Coalition Tenant Outreach Program

862-227-0123 or renters@greaterbergen.org

HUD approved Housing Counseling Agency; tenant counseling, workshops, homeless counseling.

HUD Approved Housing Counseling Agencies

www.hud.gov

HUD sponsors housing counseling agencies throughout the country that can provide advice on buying a home, renting, defaults, foreclosures, and credit issues.

NJ Housing Resource Center (NJHRC)

www.njhrc.org

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

Housing Authorities in Bergen County

Public Housing Authorities own and/or manage housing programs under the regulations of the US Department of Housing and Urban Development. Please note that many programs are not currently accepting applications for housing or have extensive waiting lists. Please call the individual Housing Authority for more information.

NJ Department of Community Affairs NJ State Rental Assistance Program (SRAP)

Section 8 Housing Choice Voucher program

973-225-7146

100 Hamilton Plaza, Suite 600, Paterson, NJ 07505

The SRAP is a state funded program that provides housing subsidies for the elderly, families, and disabled.

Limited enrollment period annually; check website for application period:

www.nj.gov/dca/divisions/dhcr/offices/section8hcv.html

Housing Authority of Bergen County

201-336-7600

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

Housing Authorities – Municipal

- Cliffside Park, 500 Gorge Road 201-941-0655
- Edgewater, 300 Undercliff Avenue 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 973-470-3650

Affordable Housing in Bergen County

Bergen County is home to many subsidized, or “affordable,” housing developments and programs. However, due to very high demand for affordable housing, many developments have years-long waiting lists or are not accepting applications for their waiting lists. The Bergen County Division of Senior Services ADRC maintains the “Navigator Notes” list of properties that are currently accepting applications for their waiting lists.



Housing Navigator Notes

Each low-income housing program has slightly different requirements and they all vary as to which has open wait lists and which do not. With qualifications for age, income and more, it can be tricky to navigate the options and figure out which one is best for you.

The most up-to date listing of apartments with open wait lists is the Bergen County Division of Senior Services' **Navigator Notes**. This electronic document has clickable links to view information about the properties and eligibility guidelines, learn about minimum and maximum income requirements, and where you can view, download and/or fill out applications online and more. It is updated every month and features any new properties or ones with application deadlines in its “Hot Topics” section. Call 201-336-7400 or email seniors@co.bergen.nj.us to sign up for the **Housing Navigator Notes**.

Other Housing Arrangements

SHARE Incorporated

104 Cottage Place and 130 Prospect Place, Ridgewood
201-670-9605
www.shareridgewood.org

Shared Housing - Women's Rights Information Center

108 W. Palisade Avenue, Englewood, NJ 07631
301-568-1166
www.womensrights.org/shared-housing

St. Peter the Apostle Senior Residence

415 Fifth Avenue, River Edge, NJ 07661
201-225-0707
www.stpetersresidence.org

Hillcrest Residence at Christian Health

301 Sicomac Ave., Wyckoff, NJ 07481
201-848-5200

Moving Costs

Bergen County Board of Social Services – Emergency Assistance Program

218 Route 17 North - Bldg. A, Rochelle Park, NJ 07662
201-368-4200
For beneficiaries of TANF, GA, or SSI

Boarding and Rooming Houses in Bergen County

The following list of boarding and rooming houses in Bergen County was compiled from information from the NJ Department of Community Affairs. Please contact the facilities for information about rates and availability.

City	Street Address	Phone Number
Allendale	115 W. Allendale Ave.	201-327-0530
Bogota	Carner House - 280 Larch Ave.	201-983-3717
Cliffside Park	44 Washington Ave.	917-402-7064
Closter	420 Piermont Ave.	201-784-2166
East Rutherford	75 Mozart Street	732-910-3155
Elmwood Park	105 Parkview Ave.	201-514-1603
Englewood	104 James Street	201-568-0690
Englewood	221 William Street	201-233-1111
Englewood	38 West Demarest Street	201-968-0200 ext7209
Englewood	89 James Street	201-968-0200 ext7209
Englewood	97-99 James Street	201-567-0015
Garfield	2 Belmont Ave	973-478-7011
Garfield	279 Passaic Street	201-803-8916
Garfield	463 River Rd.	201-697-2241
Garfield	9 Union Ave.	973-478-7977
Hackensack	100 Essex Street	201-342-0094
Hackensack	104 Elm Ave	201-682-7693
Hackensack	167-169 Central Ave	201-233-1111
Hackensack	190 Berry Street	201-233-7333
Hackensack	221 Anderson Street	201-403-6105
Hackensack	240 1st Street	305-967-3454
Hackensack	263 Union Street	201-403-6105
Hackensack	267 Union Street	347-992-9148
Hackensack	271 Union Street	201-403-6105
Hackensack	288 State Street	201-403-6105
Hackensack	315 Park Street	201-233-1111
Hackensack	32-34 Popular Ave	201-233-7333
Hackensack	325 Union Street	201-665-7143
Hackensack	331 Union Street	201-916-0499
Hackensack	345 Park Street	201-233-1111
Hackensack	429 Park Street	201-233-7333
Hackensack	65 Euclid Ave.	973-573-7960
Hackensack	66 Euclid Ave.	201-265-7836
Hackensack	89 Essex Street	201-342-0094
Hackensack	89 Maple Ave	201-487-3322
Hackensack	95 Essex Street	201-342-0094
Hasbrouck Heights	187 Terrace Ave.	201-462-0927
Little Ferry	143 Main Street	201-481-1742
Lodi	11 Terhune Ave	973-337-8756
Lodi	117 Prospect Street	973-471-6813
Lyndhurst	262 Ridge Road	201-259-3235
Paramus	40 Linwood Ave. (west)	201-652-8105
Park Ridge	121 Pascack Rd	979-709-9885
Park Ridge	56 Oak Ave	973-928-5412
Ridgefield Park	160 Bergen Ave.	973-928-5412
River Vale	602 Cleveland Avenue	732-910-3155
Teaneck	55 Glenwood Ave.	201-363-9522
Woodcliff Lake	The Waterfront Rest Home – 210 Broadway	201-391-2442
Wyckoff	Hillcrest Manor @ Christian Health – 301 Sicomac Ave.	(201) 848-5200

Foreclosure Assistance

NJ Housing and Mortgage Finance Agency

(855)-647-7700 or 609-278-7660

Housing counseling including mortgage default and foreclosure prevention.

Current list of foreclosure counseling agencies Bergen County: www.nj.gov/dca/hmfa/consumers/foreclosure/

New Jersey Property Tax Relief Programs

Affordable New Jersey Communities for Homeowners and Renters (ANCHOR)

877-658-2972

www.state.nj.us/treasury/taxation

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

Property Tax Reimbursement (Senior Tax Freeze)

800-882-6597

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

General NJ Tax Information:

NJ Division of Taxation	800-323-4400 or 609-826-4400
Main Customer Service Center	609-292-6400
NJ TAXATION - Regional office	609-943-4093
22-08 Route 208 South	
Fair Lawn, NJ 07410	

Property Tax Deduction/Credit

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

Senior Citizens and Veterans Annual Property Tax Deduction

Contact your municipal tax office.

Annual deduction of up to \$250 from property tax for homeowners age 65 or older or disabled who meet income (excluding Social Security income) and residency requirements. Contact your municipal tax office.

Reverse Mortgage

Reverse Mortgage Counseling/Home Equity Conversion Mortgages/HECM)

One Bergen County Plaza, Hackensack, NJ 07601

201-336-7569

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

Home Improvement, Safety & Repairs

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

Bergen County Community Development Home Improvement Program

One Bergen County Plaza - 4th floor
Hackensack, NJ 07601
201-336-6999

Provides resources to rehabilitate existing one- and two-family houses. Eligibility is based on income, family size and type of improvement. No payments until the home is sold or title is changed. Interest-free.

Bergen Volunteers

CHORE Program

64 Passaic Street, Hackensack, NJ 07601
201-489-7790

Program for seniors providing minor household repairs without charge (except for materials).

Greater Bergen Community Action

Weatherization Assistance Program

61 Voorhis Lane, Hackensack, NJ 07601
201-488-5100, press 6

The Weatherization Assistance Program assists homeowners & tenants in improving the energy efficiency of their homes. Technicians repair and replace faulty windows and doors, install high-efficiency insulation and, if necessary, repair or even replace boilers, furnaces or water heaters. Replacement of air filters to improve circulation and the quality of air in the home.

Heightened Independence & Progress (hip), Home Modifications/Home Repair

131 Main Street - Suite 120, Hackensack, NJ 07601
201-996-9100

MAP (Modification Access Program) and SNAP (Special Needs Assistance Program) provide assistance towards the acquisition of services and adaptive equipment. Assists with barrier-free home renovation projects (e.g., ramps, etc.).

I Want to Mow Your Lawn

862-66-MOWER

Nonprofit providing lawn mowing service for older adults, veterans, and people with disabilities.

Rebuilding Together North Jersey

217 Rock Road, Glen Rock, NJ 07452
201-447-8886

Provides critical home repairs and accessibility modifications at no cost for low-income homeowners. Installs smoke alarms and carbon monoxide detectors at no cost for low-income seniors and anyone with a disability.

Utility and Telephone Assistance Programs

Low Income Home Energy Assistance Program (LIHEAP)

A federally funded program that provides financial assistance to low-income households and individuals with heating (electric, natural gas, oil, and other deliverable fuels) and medically necessary cooling costs. Household must be responsible for home heating or cooling costs either directly or included in the rent. Persons who live in public housing and/or receive rental assistance are not eligible unless they pay their heating costs directly to the fuel supplier. Application period is October 1 through June 30th.

- State Hotline: 1-800-510-3102 for further information.
- Apply online at www.dcaid.dca.nj.gov
- Local Agency: Greater Bergen Community Action 201-488-5100, press 2

Universal Service Fund (USF)

USF is a program that provides monthly credits on residential electric and natural gas bills as well as forgiveness of overdue balances through the USF-Fresh Start Program. Monthly USF credit amounts are based on energy costs in relation to income.

Local Agency: Greater Bergen Community Action at 201-968-0200 ext. 7008

PAGE Energy Assistance Program (732) 982-8710

The Payment Assistance for Gas & Electric (PAGE) Program provides relief on natural gas and electric bills for low to moderate income households who are experiencing a temporary financial crisis. If income eligible, PAGE applicants should first apply for the Universal Service Fund (USF) or Low-Income Home Energy Assistance Program (LIHEAP) benefit. PAGE is administered by the Affordable Housing Alliance. To apply, print and download application at www.njpoweron.org and mail to 59 Broad St. Eatontown, NJ 07724, or call (732) 982-8710 for further information.

*Apply Nov 1st thru March 31st

Local Agency: Greater Bergen Community Action at 201-488-5100, press 2

Lifeline Utility Credit Program

The Lifeline Utility Assistance Program is for eligible low-income senior citizens and people with disabilities. Lifeline benefits help eligible homeowners and renters with electric and natural gas costs. Apply online with the NJSave application at www.aging.nj.gov

How to Apply:

- Call PAAD/Lifeline 800-792-9745 or
- For assistance applying, call Bergen County Division of Senior Services 201-336-7400

NJ SHARES

NJ SHARES is a nonprofit organization that provides assistance to income-eligible New Jersey households for paying their energy, telephone, broadband (internet), and water bills. Apply online at www.njshares.org or call 1-866-657-4273 for more information.

Winter Termination Program (WTP)

The New Jersey Board of Public utilities maintains the WTP by which regulated electric, or gas utility companies cannot discontinue services to certain households during the period November 15th - March 15th. Participants in LIHEAP, Lifeline Credit Program, PAAD, SSI, and USF are eligible as long as they make a "good faith" payment if possible. Persons unable to pay their utility bills because of circumstances beyond their control including unemployment, illness, medically related expenses, recent death of a spouse and any other circumstances which might cause financial hardship, are also eligible. Call your utility company to request WTP protection. For more information contact the NJ Board of Public Utilities at 800-624-0241.

Weatherization

Weatherization is the installation of home energy efficiency measures to help reduce energy bills. Eligible participants are provided with a free home energy audit to see how much energy can be saved on energy bills through weatherization, and the installation of recommended free energy efficiency measures, which may include energy efficient appliance replacement at no cost. New Jersey offers two free Weatherization programs: Comfort Partners and the Weatherization Assistance Program.

Comfort Partners

1-800-915-8309 or www.njcleanenergy.com

Comfort Partners is an energy saving and education program that directly installs energy savings measures FREE of charge for qualified low-income customers.

Weatherization Assistance Program

Greater Bergen Community Action 973-910-2500

See description under "Home Improvement Programs"

Lifeline Telephone Assistance Programs

The federal [Lifeline telephone assistance program](#) offers a monthly financial benefit towards phone or internet services for eligible subscribers. Eligibility is determined based on your income (135% or less than the federal poverty guidelines) or participation in other assistance programs. In general, if you participate in any of the following programs you also may qualify for telephone assistance: Supplemental Security Income (SSI), Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, Federal Public Housing Assistance (FPHA), Veterans Pension and Survivors Benefit, Tribal programs and Medicaid.

Telephone assistance is available to you if you are a qualified residential telephone customer. When you are seeking telephone assistance, please keep in mind that each telephone company and/or each program has different eligibility requirements, different benefits available and different restrictions. Some programs have restrictions on the optional services available to participants.

The following companies are some of the telephone service providers that participate in Lifeline Assistance in New Jersey:

- Verizon New Jersey: If you are a Verizon New Jersey customer, please call NJSHARES at 1-888-337-3339, or visit www.njshares.org/telecommunications/
- CenturyLink/United Telephone Company of New Jersey: 1-800-201-4099 or visit www.centurylink.com/Pages/Support/LifeLine
- Tracfone: 1-800-977-3768, or visit safelink.com
- Virgin Mobile: 1-888-898-4888, or visit assurancewireless.com
- Truconnect: 1-800-430-0443, or visit truconnect.com

Please contact your local telephone company to participate in any of these programs. Also to find out more information, you may also call the Universal Service Administration Company (USAC), which administer Lifeline for the Federal Communications Commission by calling 888-641-8722 or by visiting their website www.lifelinesupport.org.

Veterans Services

Bergen County Division of Veterans Services

One Bergen County Plaza - 2nd floor
Hackensack, NJ 07601
201-336-6325

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

Bergen County Community Transportation for Veterans

201-368-5955

Transportation services to VA hospitals and Veteran health care sites.

Hackensack VA Clinic

385 Prospect Avenue, Hackensack, NJ 07601
201-342-4536

Veterans Affairs Benefits - Regional Office

20 Washington Place, Newark, NJ 07103
800-827-1000

www.benefits.va.gov

Federal benefits for veterans and dependents.

VA Medical Center - Veterans Benefits

385 Tremont Avenue, East Orange, NJ 07017
800-315-7909

New Jersey Veterans Administration Health Care System.

Aid and Attendance and Housebound Benefits - Newark Regional Office

20 Washington Place, Newark, NJ 07103
800-827-1000

www.va.gov/pension/aid-attendance-housebound/
Help with daily activities or housebound.

VA Healthcare Enrollment (New Jersey)

877-222-8387

Veterans Memorial Home Paramus

1 Veterans Drive, Paramus, NJ 07652
201-634-8200

Long-term care nursing home open to veterans who were honorably discharged, the veteran's spouse, and to spouses and parents of members of the military who were killed in action during a period of war.

Veterans Employment Federal Positions

www.usajobs.gov

www.fedshirevets.gov

Interment At Brigadier General William C. Dolye Veterans Memorial Cemetery

201-336-6325

Veterans who were honorably or generally discharged from the military and have passed away. For more information, call Bergen County Division of Veterans Services at 201-336-6325.

Supportive Service for Veteran Families (SSVF)

- **Community Hope** 855-483-8466 *or*
- **Catholic Charities** 855-767-8387 *or*
- **Soldier On** 866-406-8449

Veterans are provided a range of supportive services designed to promote housing stability.

Your Local Municipality Tax Program for Veterans - Property Tax Exemption for Disabled Veterans

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

Your Local Municipality Tax Program for Veterans - Veterans Tax Deduction

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

Income Tax Exemption for Veterans

You are eligible for a \$6,000 exemption on your New Jersey Income Tax return if you are a military veteran who was honorably discharged or released under honorable circumstances from active duty in the Armed Forces of the United States on or any time before the last day of the tax year. Your spouse (or civil union partner) is also eligible for an exemption if they are a veteran who was honorably discharged or released under honorable circumstances and you are filing a joint return. This exemption is in addition to any other exemptions you are entitled to claim and is available on both the resident and nonresident returns. You cannot claim this exemption for a domestic partner or for your dependents. This exemption can only be claimed by qualifying veterans. It does not pass through to a surviving spouse.

LGBTQ+ Resources

Bergen County Office of LGBTQ+ Services

201-336-6008

www.co.bergen.nj.us/about-human-services

The Office of LGBTQ+ Services promotes community awareness, education, and training to create an inclusive and supportive environment for all LGBTQ+ residents.

Bergen County LGBTQ+ Alliance (BCLA)

201-375-3549

info@bergencountylgbtq.org

www.bergencountylgbtq.org

BCLA's mission is to advocate for equality and resources for the LGBTQ+ community in Bergen County. Hosts in-person and virtual events for 60+ year old LGBTQ+ seniors to meet, greet, and eat.

Bergen County LGBTQ+ Advisory Committee

Members discuss issues and topics affecting the Bergen County LGBTQ+ community. To apply:

www.co.bergen.nj.us/boards-commissions

Bergen County Sheriff's Office

NJ LGBTQ+ Liaison Team

www.bcsd.us/safe-place

Bergen New Bridge Medical Center

LGBTQ+ Health and Wellness Center

551-207-0386

LGBTQ@newbridgehealth.org

Garden State Equality

973-509-5428

www.gardenstateequality.org

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

Hudson Pride Connection Center - SAGE Program

32 Jones Street

Jersey City, NJ 07306

201-963-4779

www.hudsonpride.org

Social group for older adults.

Lambda Legal National LGBT Help Center Bergen County Office of LGBTQ+ Services

212-809-8585

www.lambdalegal.org

The Lambda Legal Help desk is a resource for the community we serve in providing general legal information and resources relating to discrimination based on sexual orientation, gender identity and gender expression, and HIV status.

PFLAG Paramus

201-503-4470

www.pflagparamus.org

Support, advocacy, and education for LGBTQ people, their parents, friends, and others.

Prime Timers

973-727-5174

www.primetimersww.com

Social and civic for mature gay and bisexual men.

SAGE: Advocacy and Services for LGBTQ+ Elders

212-741-2247

www.sageusa.org

National advocacy and services organization LGBTQ+ elders, including hotline, support services, national information clearinghouse, and senior centers in NYC.

Services for Korean-Speaking Older Adults and Caregivers

한인 시니어와 보호자를 위한 서비스

Korean-American Agencies

Asian Women's Christian Association (AWCA)

201-862-1665

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

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

9 Genesee Ave., Teaneck, NJ 07666

Website: www.awcanj.org

Email: info@awcanj.org

Friends of Grace Seniors (DBA Korean Community Center)

한인동포회관

201-541-1200 ext. 111, 112

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

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

100 Grove St, Tenafly, NJ 07670

Website: www.kccus.org

NJ ADRC Care Management Program

케어매니지먼트

201-541-1200 ext. 125

www.kccus.org/care-management-program/

The Care Management Program is a Consumer focused collaborative process which assesses individual's needs and plans, implements, coordinates, monitors, and evaluates options and services, using formal and informal resources, to meet home bound frail older adults and their caregivers' needs. This program is under the New Jersey ADRC system. A care manager is someone who is a registered nurse, social worker and/or other health related professionals who is trained by the New Jersey ADRC system. A care manager is responsible for care planning, monitoring of care needs, service delivery, and assisting with various programs and services to help individuals to remain in the community.

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

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

Korean American Senior Citizen's Association of New Jersey (KASCANJ)

뉴저지 한인 상록회

201-945-2400

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

1. Senior School (ESL, Health, Computer, Art, Music, Dance, etc.)
2. Social Security Welfare Counseling Center
3. Emergency Food Service Center
4. NJ Asian Healthcare Resources Center
5. Clubs: Golf Club, Hiking Club, Go-Game Club, Saxophone Club

뉴저지 한인 상록회 봉사 업무 안내

1. 상록학교: 영어, 건강, 컴퓨터, 다양한 취미 활동 교육
2. 사회복지상담센터
3. 비상식량지원센터
4. 뉴저지 한인 의료정보 봉사센터
5. 동호회: 바둑 동호회, 골프 동호회, 등산 동호회, 색소폰 동호회

133 Fort Lee Rd. #3rd Fl. Leonia, NJ 07605

Website: www.kascanj.org

E-mail: kascanj@gmail.com

New Jersey Korean-American Mutual Aid Association

뉴저지 한인 상조회

201-945-2411, 201-482-4929

The goal of the New Jersey Korean-American Mutual Aid Association is continuing the Korean tradition of mutual aid which is providing united effort to help a person who is having a major family event.

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

438 Broad Ave. Palisades Park, NJ 07650

Website: www.njsangjo.com

E-mail: kascmaanj@gmail.com

Korean Home Health Aide

한인 가정요양보호사

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

201-862-9111

9 Genesee Ave., Teaneck, NJ 07666

Website: www.awcanj.org

Confident Care - Hackensack*

201-498-9400

3 University Plaza Drive, Hackensack, NJ 07601

Gentle Heart Care LLC*

201-613-6173

333 Sylvan Ave Suite 205, Englewood Cliffs, NJ 07632

*agency has Korean speaking Home Health Aides. 한국인 가정요양보호사가 있습니다.

Adult Medical Day Care Center 메디컬 데이 케어

Atmiya Adult Day Care 대박 데이 케어 201-509-8870
109 Midland Avenue, Suite B, Elmwood Park, NJ 07407

Long Life Adult Day Care 롱라이프 데이 케어 201-943-7111
596 Anderson Ave, Suite 110, NJ 07010

Bergen Adult Day Care 수선화 시니어 데이 케어 201-907-4680
139 E Central Blvd., Palisades Park, NJ 07650

Golden Adult Day Care 골든 데이 케어 201-457-1007
53-57 West Fort Lee Rd., Bogota, NJ 07603
Website: golden-adultdaycare.com
E-mail: goldenadultdaycare@gmail.com

Happy Home Adult Day Care 해피홈 데이 케어 862-336-1701
680 Broadway, Paterson, NJ 07514

Magnolia Adult Day Care 한국 어덜트 데이 케어 센터 201-482-4500
2300 Third Street, Fort Lee, NJ 07024
Website: magnoliaadultdaycare.com

My Home Adult Day Care 노아 데이 케어 201-291-8811
37 Brook Avenue, Maywood, NJ 07607

New Jersey Adult Day Care Center 정원 201-773-9090
22-08 Route 208 South, Fair Lawn, NJ 07410
Website: njamdc.com
E-mail: futureforcusinc@yahoo.com

New Life Adult Day Care 뉴라이프 데이 케어 201-265-0606
340 Evelyn St., Paramus, NJ 07652
Website: newlifeadc.com
E-mail: contact@newlifeadc.com

Our Home Adult Day Care 우리집 데이 케어 201-731-3636
475 Grand Ave. Englewood, NJ 07631
Website: ohadc.com
E-mail: ourhomedirector@gmail.com

Peaceful Adult Day Care Center 수선화 시니어 데이케어 201-870-6265
101 Industrial Ave., Little Ferry, NJ 07643
Website: peacefuladultdaycare.com
E-mail: peacefuladc@gmail.com



Do you need help paying
for Medicare and
prescription drugs?

We're here to help!

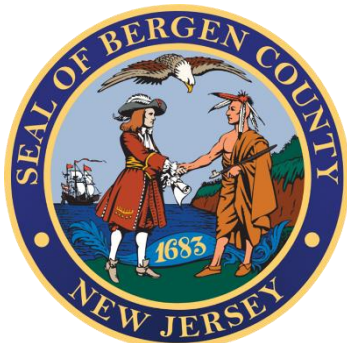
Medicare beneficiaries can start saving money right now on healthcare costs. New Jersey has several programs to help you save on Medicare Part B, prescription drugs, and other healthcare expenses.

Call the Bergen County SHIP Helpline at 201-336-7413 today to make a free and confidential appointment with a certified SHIP Counselor.

**Bergen County
SHIP
201-336-7413
1-800-792-8820**



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James J. Tedesco III
Bergen County Executive

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seniors@co.bergen.nj.us
www.co.bergen.nj.us

BERGEN NEW JERSEY

County



James J. Tedesco III
County Executive

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