



Key Services Guide for Older Adults and Caregivers



**County Executive
James J. Tedesco III**

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

Key Services Guide for Older Adults and Caregivers

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The Division of Senior Services has prepared this directory from information provided by listed agencies. A listing in the Key Service Guide does not constitute an endorsement of an agency or service by the Bergen County Division of Senior Service. Help us keep this guide up-to-date and email changes to seniors@co.bergen.nj.us

Division of Senior Services

Area Agency on Aging

Mission

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 more than 190,000 older adults. The Division targets especially those vulnerable and in greatest social and economic need.

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.



Bergen County
Department of Human Services
Division of Senior Services

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, supports 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	973-395-8375
Gloucester	856-384-6900
Hudson	201-369-4313
Hunterdon	908-788-1362
Mercer	609-989-6661
Middlesex	732-745-3295
Monmouth	732-431-7450
Morris	973-285-6848
Ocean	732-929-2091
Passaic	973-569-4060
Salem	856-339-8622
Somerset	908-704-6346
Sussex	973-579-0555
Union	908-527-4858
Warren	908-475-6591

ADRC

Area Agency on Aging

Nationwide Toll-Free

Telephone Number

1-877-222-3737

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

Division of Senior Services
Aging and Disability Resource Connection (ADRC)
Area Agency on Aging
201-336-7400
1-877-222-3737
Comprehensive services for adults age 60 and over, caregivers, and adults with disabilities.
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601
Hours 9:00 AM – 4:00 PM, Monday – Friday Fax: 201-336-7424
Website: www.co.bergen.nj.us

Bergen County Division on Disability Services
201-336-6500
Services for disabled adults. Call for information on eligibility.
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601
Hours: 9:00 AM – 4:30 PM, Monday – Friday
Website: www.co.bergen.nj.us

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

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

Department of Mental Health
201-634-2745
Crisis hotline: 201-262-help (4357)
Access to mental health care.
Website: 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 07601
Website: www.co.bergen.nj.us

Bergen County Office of Consumer Protection
201-336-6400
One Bergen County Plaza 3rd floor, Hackensack, NJ 07601
Complaints about dishonest and unscrupulous business practices can be filed. Complaints will be investigated for violation of the Consumer Fraud Act.

Bergen County Helpful Numbers

- Constituent Hotline: 201-336-7330
- County Executive: 201-336-7300
- Board of Chosen Freeholders: 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

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.state.nj.us/humanservices/doas/home

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

PO 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

Access to services and information that promote and enhance independent living for individuals with all disabilities.

www.state.nj.us/humanservices/dds

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

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

PO Box 726, Trenton, NJ 08625

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

PO Box 72, Trenton, NJ 08625

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

Addiction hotline: 844-276-2777

Recovery Connect: 855-652-3737

PO Box 700, Trenton, NJ 08625

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

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
Connection**
877-222-3737

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

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

Eldercare Locator
1-800-677-1116

www.eldercare.acl.gov

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

Community Resource Council (CRC)
Help Line: 201-343-6543
201-343-4900 (main #)

75 Newman Street, Hackensack, NJ 07601

The CRC provides health and human services assistance, in English and Spanish, to anyone living or working within Bergen County

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 our database at
www.nj211.org

Senior & Disability Advocacy and Information

Advocacy Services and Consumer Protection

Abuse, Neglect, Exploitation

Alternatives to Domestic Violence (ADV)

201-336-7575 (24-Hour hotline)
Domestic violence intervention program
Website www.co.bergen.nj.us/adv

Adult Protective Services (APS)

201-368-4300
800-624-0275 (After Hours)
Report self-neglect, exploitation or abuse of and older adult
www.bcbss.com/adult-protective-services/

Center for Hope and Safety

201-498-9247
201-944-9600 HOTLINE
Assists women and children who are victims of domestic violence, including emotional, economic, sexual and physical abuse.
Website: www.hopeandsafetynj.org

Healing Space

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

Ombudsman for Institutionalized Elderly 877-582-6995

Promotes and protects the rights and welfare of seniors in facilities

SAAFE (Save Abused and Frail Elderly) 551-795-0471

Works with agencies and professionals serving the elderly to increase awareness and identification of abuse and neglect.
Website: www.saafenj.org

SeniorHaven for the Prevention of Elder Abuse

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

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
NJ Statewide advocacy and education for the LGBTQ community
www.gardenstateequality.org

SAGE

212-741-2247
888-234-sage (hotline)
Services and advocacy for GLBT Elders
www.sageusa.org

Mental Health

Bergen County Mental Health Board

201-634-2745
Advocacy for all Bergen County residents with mental illness or family members seeking assistance for their loved ones

Community Mental Health Law Project 201-634-2762

Legal advocacy for the mentally ill

NJ Protection and Advocacy (NJP&A) 800-922-7233

Advocacy system for those with disabilities and mental illness

Scams and Unwanted Calls

Consumer Protection

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

National Do Not Call Registry

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

Legal Assistance

Northeast NJ Legal Services – BC Division 201-487-2166

Senior Law Project
190 Moore Street, Suite 100, Hackensack, NJ 07601
Provides free legal services for senior citizens 60 years of age and older targeting low income older adults. Provides information on legal rights and entitlements, legal counseling, and education.
Monday through Friday 8:30am - 5:00pm

Legal Services of New Jersey 1-888-576-5529

Provides advice and brief service over phone & possibly referrals Monday through Friday 8:30am - 5:30pm

Bergen County Bar Association, Inc. 201-488-0044

Legal referrals
15 Bergen Street, Hackensack, NJ 07601
Monday through Thursday 10:00am - 3:00pm

Community Mental Health Law Project 201-634-2762

Legal and Advocacy for the mentally ill
One Bergen Co. Plaza, 4th FL, Hackensack NJ 07601
Monday through Friday 9:00am - 4:30pm
www.lsnjlawhotline.org or www.lsnj.org

NJ Protection and Advocacy (NJP&A) 800-922-7233

210 South Broad Street, 3rd Floor, Trenton, NJ 08608
Consumer organization serving New Jersey designated protection and advocacy system for disabilities with mental illness, social security beneficiary benefits, rehabilitation services, health care, and insurance matters.

New Jersey State Bar Foundation 800-FREE LAW or 800-373-3529

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

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 5 AFCIs whose mission it is to help seniors who live in the community age in place:

Age-Friendly Englewood

201-591-5162
www.age-friendlyenglewood.org

Generations for Garfield (973) 340-2000

www.generations4garfield.org

Age-Friendly Ridgewood

www.agefriendlyridgewood.org

Age-Friendly Teaneck

201-530-6756
www.agefriendlyteaneck.org

Westwood for All Ages

www.westwoodforallages.org

Income Tax Preparation

Volunteer Income Tax Assistance Sites (VITA Sites)

Call 211 or visit www.nj211.org
Free in-person assistance in the preparation of federal and state income tax returns at local sites throughout the community. 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.

AARP Tax Foundation Tax-Aide

(888) 687-2277
Free tax preparation help to anyone and if you're 50 and older and can't afford a tax preparation service

Emergency Assistance

Emergency and Disaster Organizations

NJ Register Ready

“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.

<http://ready.nj.gov/plan-prepare/access-functional-needs.shtml>

Bergen County Office of Emergency Management

201-785-5757 or 201-336-7705

285 Campgaw Road, Mahwah, NJ 07430

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

Office of Emergency Management

Disaster & Terrorism Branch

New Jersey State Police

609-799-0110 or 609-799-8868

350 Lawrence Station Road, Lawrenceville, NJ 08648

American Red Cross of Northern New Jersey

(973) 797-3300

209 Fairfield Road

Fairfield, NJ 07004

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.

<http://www.redcross.org/local/new-jersey/locations/fairfield>

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.

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.

Basic Needs: Homeless Prevention

BC Board of Social Services

Security Deposits, Rent, Utilities

201-368-4200

TANF, GA, SSI Recipients

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

M-F: 8 am-4:30 pm; open Tue. until 8 pm

BC Housing, Health, and Human Services Center

Security Deposits, Rent

201-336-6480

120 South River Street, Hackensack

M-F: 9 am-5 pm

Care Plus, NJ Kinship Program

Security Deposits, Rent, Utilities

201-265-0826

Grandparents/relatives caring for children

M-F: 9 am-5 pm

Center for Food Action

Security Deposits, Rent, Utilities

201-569-1804

192 W. Demarest Avenue, Englewood

M-F: 9 am-5 pm; T: 9 am-7 pm

Greater Bergen Community Action Inc. Homeless Prevention Program

Security Deposits, Rent

201-342-2323

7 East Salem Street, Hackensack

M-F: 9 am-5 pm; by appointment only

Low Income Heat & Energy Assistance Program (LIHEAP) Utilities

201-968-0200

241 Moore Street, Hackensack

M-F: 9 am-4 pm

Urban League of Bergen County

Mortgages

201-568-4988

40 North Van Brunt Street, Englewood

M-F: 9 am – 5 pm

Jewish Family and Children's Services

Rent, Utilities

201-837-9090

1485 Teaneck Rd., Teaneck

M-F: 9 am-5 pm

NJ Buddies

Security Deposits, Rent, Utilities

201-489-2900

People with HIV/AIDS

149 Hudson Street, Hackensack

M-F: 9 am-5 pm; by appointment

NJ 2-1-1

Bergen County's United Way, Compassion Fund

Security Deposits, Rent, Utilities

Access program via 2-1-1

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

M & Th: 9 am-3 pm; T & W: 9 am-1 pm

Salvation Army

Utilities

201-342-6531

346 Union Street, Hackensack

M-F: 9:30 am-2 pm

Basic Needs: Shelter

Bergen County Homeless Hotline

1-888-3-Bergen (1-888-323-7436)

BC Board of Social Services

201-368-4200

Age 18 and over, with or without children

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

M-F: 8 am-4:30 pm; Tue. until 8 pm

BC Housing, Health and Human Svc Center

201-336-6480

Single men and women

120 South River Street, Hackensack

Shelter Our Sisters Hotline

201-944-9600

Local Welfare Director

Check with your municipality about a town social worker or other program to help residents

BC Div. of Family Guidance**Juvenile/Family Crisis Unit Hotline**

201-336-7350

All youth under 18 years old

Family Promise of Bergen County

201-833-8009

Working families with children

479 Maitland Avenue, Teaneck

M-F: 9am-5pm

Basic Needs: Food

For a complete list of FOOD PANTRIES, see the "Nutrition Programs" section of this Guide

Prepared Meals**BC Housing, Health and Human****Services Center**

201-336-6480

120 South River Street, Hackensack

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

Salvation Army

201-342-6531

436 Union Street, Hackensack

Lunch: Sunday 12:30 pm-2:30 pm

Basic Needs: Clothing**BC Board of Social Services**

201-368-4200

Victims of natural disasters

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

M-F: 8 am-4:30 pm; open Tue. until 8 pm

Salvation Army

201-342-6531

436 Union Street, Hackensack

M-F: 9:30 am-2 pm

H.O.P.E. for Ex-Offenders, Inc.

201-646-1995

Bergen ex-offenders within 30 days of release

67 S. Prospect Ave, 3rd Reformed Church, Hackensack

M-Th: 11 am-2 pm

Women's Rights Information Center

201-568-1166

Women's professional clothing

108 West Palisade, Englewood

M-F: 9 am-5 pm; by appointment

Nutrition Programs

Meals on Wheels

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.

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

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

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

- Bergen County Resident
- Age 60 years and older; 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

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

www.communitymealsonwheels.org

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

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

201-837-9090

1485 Teaneck Road, Teaneck, NJ 07666 and 17-10 River road, Fair Lawn, NJ 076410

One box of 5 or 7 frozen meals delivered once per week Serving Bergenfield, Cliffside Park, Dumont, Edgewater, Englewood, Englewood Cliffs, Fairview, Fort Lee, Fair Lawn, Elmwood Park, Saddle Brook, Glen Rock, Hackensack, Lodi, Maywood, New Milford, Paramus, Ridgefield Park, Ridgewood, Teaneck, Tenafly, River Edge.

Meals on Wheels North Jersey

201-358-0050

100 Madison Ave., Westwood, NJ 07676

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

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

Town Hall, Franklin Avenue, Wyckoff, NJ 07481

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

Moms Meals**1-877-508-6667**

Fresh made meals delivered to clients. Special diet menus

www.momsmeals.com

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 Regional Senior Activity Center

147 Hackensack Street

201-935-8920

Elmwood Park

Senior Activity Center

500 Mola Boulevard

201-796-3342

Englewood

Bergen Family Adult Day Care

44 Armory Street

201-568-0817

Fair Lawn

Senior Center

11-05 Gardiner Road

201-796-1191

Fairview

Senior Center

53 Grant Street

201-943-5522

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

Housing Authority - Golden Towers

225 Midland Avenue

973-340-4179

Garfield

Housing Authority - Belmont Gardens

377 Midland Avenue

973-340-4177

Hackensack

Americas Unidas

Multicultural Senior Activity Center

101 Hudson St

201-336-3320

Hackensack

Martin Luther King 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

New Milford

Senior Center
 275 River Road
 201-599-7565

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

Rutherford

55 Kip Senior Center
 55 Kip Avenue
 201-460-1600
 Tue-Wed- Thurs-Fri-Saturday
 Lunch not served on Wednesday

Teaneck

Richard Rodda Community Center
 250 Colonial Court
 201-837-7130

Teaneck AWCA

Asian Women's Christian Association
 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

Washington Township (Kosher)

Temple Beth Or
 56 Ridgewood Road
 Tue and Thurs only
 201-666-6610

Westwood

TJ Riley Multipurpose Senior Center
 100 Madison Avenue
 201-666-0840

Senior Farmer's Market Nutrition Program

The Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at certified farmers at local farmer's markets. The coupons 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.

Food Stamps (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
M-F: 8 am-4:30 pm; Tue. until 8 pm
www.bcbss.com

Bergen County Food Pantries

Bergenfield

201-387-4055

Bergenfield Borough Hall, 198 N. Washington Avenue,
Bergenfield

Information Needed to Qualify: Proof of Bergenfield
residence.

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

Bergenfield

201-384-0101

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

Information Needed to Qualify: Interview

For Bergenfield residents and/or members of the
Parish

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

Bogota

201-342-6300

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

Information Needed to Qualify: Proof of residence
For Bogota and Teaneck residents

Hours of Operation: Tues 12:30pm-2:00pm, Wed
5:30pm-7:00pm,
Thurs-Mon 8:00am-4:30pm

Cliffside Park

201-943-7320

Church of the Epiphany Food Pantry, 247 Knox Avenue,
Cliffside Park

Information Needed to Qualify: ID

For Cliffside Park residents and neighboring towns

Hours of Operation: Friday 10:00am-12:00pm

Closter

201-784-0600 ext. 429

Closter Borough Hall, 295 Closter Dock Road, Closter

Information Needed to Qualify: Proof of Residence
For Closter residents and neighboring communities
without food pantries

Hours of Operation: 2nd Thursday of every month
9:00am-10:30am
and 7:15pm-8:15pm

Dumont

201-387-5022

39 Dumont Avenue, Dumont

Information Needed to Qualify: Proof of residence- call
for appointment

For Dumont residents

Hours of Operation: Mon.-Fri. 1:00pm-4:30pm

Edgewater

201-945-6329

Holy Rosary Church Pantry, 56 Edgewater Place,
Edgewater

Information Needed to Qualify: ID

For anyone who needs assistance

Hours of Operation: 4th Tuesday of every month;
11:00am- Noon

Englewood

201-569-1804

Center for Food Action, Main Office

192 W. Demarest Avenue, Englewood

Information Needed to Qualify: Call for appointment

For anyone who needs assistance

Hours of Operation: Mon-Fri 9:00am-5:00pm

Englewood**201-568-1465**

St. Cecilia Church/ Office of concern, 85 Demarest Avenue, Englewood

Information Needed to Qualify: application

Hours: Mon- Thurs 9:00am-1:00pm

Fair Lawn**201-794-5327**

Fair Lawn Health Department, 8-01 Fair Lawn Avenue, Fairlawn

Information Needed to Qualify: Proof of Residence

For Fair Lawn residents

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

Fair Lawn**201-837-9090**

Jewish Family and Children Services of Northern Jersey 17-10 River Road, Fair Lawn

Call for an appointment and to find out what documents are needed to qualify. (Kosher items available)

Hours: Tues only 9:00am-1:00pm

Fairview**201-945-5831**

Center for Food Action (St. John the Baptist) 239 Anderson Avenue, Fairview

Information Needed to Qualify: ID

For anyone who needs assistance

Hours: Mon, Tues, Thurs 9:00am-4:30pm

Garfield**973-773-2444**

Calvary Baptist Food and Clothing Pantry, 217-245 Passaic Street, Garfield

Information needed to qualify: Appointment

For anyone who needs assistance

Hours of Operation: Mon-Fri 10:00-11:00am;

Pickups are once a month on 3rd Saturday

Hackensack**201-883-9375**

Center for Food Action, 316 First Street, Hackensack

Information needed to qualify: ID

For anyone who needs assistance

Hours of Operation: Mon-Thurs 10am-3:30pm; Fri:

10am-2:30pm

Hackensack**201-336-6475**

Bergen County Housing, Health, and Human Services Center

120 South River Street, Hackensack

Information needed to qualify: ID

For Bergen County residents

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

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

Buddies of New Jersey, Inc. 149 Hudson Street, Hackensack

Information needed to qualify: AIDS/ HIV positive clients

For Bergen and Passaic County residents

Hours of Operation: Mon-Thu: 10am-4pm

njbuddies.org

Hasbrouck Heights**201-288-0195**

Hasbrouck Heights Borough Hall, 320 Boulevard, Hasbrouck Hts.

Information Needed to Qualify: copy of lease or utility bill

For Hasbrouck Heights residents

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

Hillsdale**201-664-0600**

Hillsdale Board of Health/ Helping Hands, Interfaith Food Pantry,

United Methodist Church, 349 Hillsdale Avenue, Hillsdale

Information Needed to Qualify: ID

For Hillsdale and residents from neighboring townships

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

Little Ferry**201-641-2988**

St. Margaret of Cortona Food Pantry, 31 Chamberlain Avenue, Little Ferry

Information Needed to Qualify: proof of residence

For Little Ferry and Moonachie residents

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

Lyndhurst**201-438-1147**

Sacred Heart Church, 324 Ridge Road, Lyndhurst

Information Needed to Qualify: proof of residence.

Last 2 Saturdays of the month: 9:30-11:30am

For Lyndhurst residents

www.sacredheartlynd.org/church

Lyndhurst**201-804-2500**

Lyndhurst food pantry – Part of Lyndhurst Health Department

253 Stuyvesant Avenue, Lyndhurst, NJ 07071

Lyndhurst residents only

Hours of Operation: Mon – Thu: 1:00-3:30pm

Mahwah**201-529-2029**

Center for Food Action, 90 Ridge Road, Mahwah

Information Needed to Qualify: ID

For anyone who needs assistance

Hours of Operation: Mon 10:00am-6:30pm, Tues-Fri

10:00am-2:00pm

New Milford**201-836-8961**

Pantry Name: Church of the Ascension

256 Azalea Drive, New Milford

Information Needed to Qualify: ID

For New Milford and residents from neighboring towns

Hours of Operation: 3rd Monday of every month.

6:00pm-7:00pm

North Arlington**201-997-0700**

Queen of Peace Church, 174 Ridge Road, North

Arlington

Information Needed to Qualify: Proof of Residence

For North Arlington residents

Hours of Operation: Sat 10:00-11:00am

Old Tappan**201-664-1849 ext. 25**

224 Old Tappan Road, Old Tappan

Information Needed to Qualify: Proof of Residence

For Old Tappan residents

Hours of Operation: By appointment

Paramus**201-265-2100 ext. 6102**

Paramus Community Pantry, 105 N. Farview Avenue,

Paramus

Information Needed to Qualify: Proof of Residence

For Paramus residents

Hours of Operation: Mon: 9:30am-1:30pm;

Tues: Closed; Wed: 4-7pm; Thu: 12-4pm;

Fri: 3-5pm

Park Ridge**201-573-9083**

Pascack Food Center, 65 Pascack Road, Park Ridge

Information Needed to Qualify: ID

For Park Ridge and residents from neighboring towns

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

Ridgefield Park**201-641-6464**

St. Francis Food for Friends, 114 Mt. Vernon St.,

Ridgefield Park

Information Needed to Qualify: Proof of residence

For Ridgefield Park residents

Hours of Operation - Registration: Mon-Fri 9:00am-

4:30pm; (Bi weekly meal pickups on Tuesdays)

Ridgewood**201-444-2980**

Social Services of Ridgewood,

Information Needed to Qualify: Proof of residence and financial need

For Ridgewood, Wyckoff, Ho-Ho-Kus, Midland Park, Waldwick, Glen Rock

Hours of Operation: Mon-Thu 9:00am-3:00pm

River Edge**201-261-3366**St Peter the Apostle Catholic Church, 445 5th Avenue,

River Edge

Information Needed to Qualify: ID

For River Edge, New Milford, and Oradell residents

Hours of Operation Wed. 3:30pm-5:30pm

River Vale**201-280-0721**

334 River Vale Road, River Vale (Yellow Building

Behind Police Station)

Information Needed to Qualify: Proof of Residence

For River Vale residents

Hours of Operation: Wed only 10am-12pm and 6pm-

7:30pm

Rutherford**201-460-3000 ext. 3168**

Rutherford Community Food Pantry, 176 Park Ave,

Rutherford

Information Needed to Qualify: Proof of Residence

For Rutherford residents

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

5:00-7:00pm

Saddle Brook**201-703-9857**

Center for Food Action, 224 Midland Ave, Saddle Brook

Information Needed to Qualify: Call for appointment

For residents of Clifton, Carlstadt, East Rutherford,

Elmwood Park, Fairlawn, Garfield, Lodi, Lyndhurst,

Maywood, West Arlington, Paramus, Rochelle Park,

Rutherford, Saddle Brook, Wallington, Woodridge

Hours of Operation: Mon/Wed/Thurs/Fri 9:30am-

3:30pm and Tues 12:00-6:00pm

Teaneck
201-833-4502

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

Teaneck
201-837-9090

Jewish Family & children's Services of Northern NJ
1485 Teaneck Road, Teaneck
Call for an appointment and to find out what
documents are needed to qualify.
Hours of Operation: M-F 9:30am-3:00pm

Teaneck

201-837-1600 ext. 1825 (temporary)
Helping Hands Food Pantry
818 Teaneck Road, Teaneck
Hours of Operation: Tuesday 12:30pm - 2:00pm and
6:00pm-7:30pm

Westwood
201-666-1100

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

Contact houses of worship in your municipality to see if they have a food pantry.

Nutrition Counseling

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.

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

Continental Plaza

401 Hackensack Ave

Hackensack, NJ 07601

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

Phone: (800) 772-1213

TTY/TDD Number: (800) 325-0778

Apply Online: www.ssa.gov

Online accounts: www.ssa.gov/myaccount

Bergen County Board of Social Services

BCBSS PROGRAMS - Available by Visiting the Agency

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)

- 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
-

Transportation

NJ FIND A RIDE

877-652-1148 or dial 2-1-1

WWW.NJFINDARIDE.ORG

Information service that finds agencies that provide transport

Access Link NJ Transit

800-955-2321

Hearing impaired 1-800-772-2287

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

Curb to curb service for eligible people with disabilities located within $\frac{3}{4}$ mile from 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 ext. 5

20 Mercer Street, Hackensack, NJ 07601

Free transportation for Cancer Patients only. Road to Recovery Program.

Website: www.cancer.org

Bergen County Community Transportation

201-368-5955

178 Essex St., Lodi, NJ 07644

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

Discount/Reduced Fare for NJ Transit Bus & Rail

973-491-7112 or 201-336-7400

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

www.reducefare@njtransit.com

EZ-Ride Ryde4Life Program

201 -939-4242 or 866-208-1307 ext. 4

144 Park Pl. East, Wood-Ridge, NJ 07075

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

www.ezride.org

GoGo Grandparents

855-464-6872 (855-gogo-usa)

On demand 24/7 car service. Operators arrange transportation for older adults through Uber and Lyft. No smartphone is necessary.

Gogograndparent.com

ITN North Jersey

201-398-6885

205 Hillcrest Avenue, Wyckoff, NJ 07481

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

www.itnnorthjersey.org/contact-us

Lyft

On demand 24/7 car service.

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

www.lyft.com/cities/new-jersey-nj

Uber Car service

On demand 24/7 car service.

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

www.uber.com

Check your township for more transportation services.

Home Services (homebound)

Care Management

Care Management Screening and Referral Bergen County Division of Senior Services/ADRC 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.

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

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

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

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

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

Mental Health Service for Care Management
201-848-5200
Christian Health Care Center
301 Sicomac Ave, Wyckoff, NJ 07481
www.CHCCNJ.org

National Organizations
Aging Care Association Care Management
520-881-8008
National Organization
www.aginglifecare.org

Jersey Assistance for Community Caregiving (JACC)

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.

Call Bergen County ADRC to apply: 201-336-7400

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 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

Community House Call Physicians

201-536-9000

196 Jewett Avenue, Jersey City, NJ 07304

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

Visiting Physician

615 Hope Rd, Building 5 A Eatontown, NJ 07724

732-571-1000 or 888-771-3338

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

In-Home Emergency Response Systems

Personal Emergency Response System (PERS)

A PERS is a pendant or wristband with a transmitter that the wearer can use to summon help to their home in an emergency 24 hours a day, 365 days a year. The help button activates an in-home communicator that calls the PERS provider's call center. To find a PERS provider in your area consult the phone book or use an Internet search engine (i.e., Google, Yahoo, etc.). Individuals enrolled in Managed Long Term Services and Supports (MLTSS) may be eligible for this service. Call the Bergen County ADRC for more information at 201-336-7400.

Lifeline Device

800-543-3546

(Administered through local hospitals)

Telephone Reassurance/ Friendly Visitors

Bergen County Wellness Check Program 201-336-7419

Free daily phone call service through the Bergen County Division of Senior Services.

NEIGHBORCARE Telephone Network 201-491-3333 or 201-444-0810

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

Telephone Reassurance and Friendly Visitors Program 201-837-9090

Jewish Family & Children's Services of Northern NJ

1485 Teaneck Rd., Teaneck, NJ 07666

Bridgebuilders HOME FRIENDS 201-460-1600

Kip Center – 55 Kip Avenue, Rutherford, NJ 07070

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

CHEER Program/Visiting Homecare 201-489-9454x203

Bergen Volunteer Center

64 Passaic St., Hackensack, NJ 07601

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

Check with your local municipality for town wellness check program.

Home Health Care Locator Services

Commission on Accreditation for Home Care, Inc. (201) 880-9135

299 Market St #235, Saddle Brook, NJ 07663 (e-mail: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

U.S. Centers for Medicare and Medicaid Services (CMS)

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

New Jersey Board of Nursing 973-504-6430

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

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

Adult Medical Day Care

201-773-9090

22-08 Route 208, Fair Lawn, NJ 07410

Medical Day Care

Bergen Family Center

201-568-0817

44 Armory St, Englewood, NJ 07631

Social Day Care for the frail, meals

Broadway Medical Adult Day Care

201-797-1177

24-20 Broadway, Fair Lawn, NJ 07410

Medical Adult Day Care

Christian Health Care Center

201-848-5829

301 Sicomac Avenue, Wyckoff, NJ 07481

Medical/ Social Adult Day Care (Alzheimer)

Comprehensive Behavioral Healthcare Inc.

201-935-3322

516 Valley Brook Ave, Lyndhurst, NJ 07071

Medical Adult Day Care

Alzheimer & Dementia

Christian Health Care Center

201-848-5829

301 Sicomac Avenue, Wyckoff, NJ 07481

Medical/ Social Adult Day Care (Alzheimer)

Comprehensive Behavioral Healthcare Inc.

201-935-3322

516 Valley Brook Ave, Lyndhurst, NJ 07071

Psychiatric (Partial) Adult Day Care

Day Away Holy Name Medical Center

201-833-3757

725 Teaneck Road, Teaneck, NJ 07666

Medical Adult Day Care

Gallen Day Center - Adult Day Care

201-784-1414

Jewish Home at Rockleigh

10 Link Drive, Rockleigh, NJ 07674

Medical Day Care

Good Shepard Adult Day Care

201- 933-0711

725 Valley Brook Ave, Lyndhurst, NJ 07071

Medical Day Care

Kaplen JCC on the Palisade ARC program

201-569-7900

411 E. Clinton Ave, Tenafly, NJ 07670

Social Adult Day Care

Long Life Adult Day Care

201-943-7111

596 Anderson Ave, Cliffside Park, NJ 07010

Medical Adult Day Care

My Home Adult Day Care Center Inc.

201-291-8811

217 Hergesell Avenue, Maywood, NJ 07607

Medical Adult Day Care

New Life Medical Day Care Center

201-265-0606

340 Evelyn Street, Paramus, NJ 07652

Peaceful Adult Day Care

201-870-6265

101 Industrial Rd., #C. Little Ferry NJ 07643

Medical (speak Korean)

Patriot Elder Care

201-880-7755

15 North Fifth Street Unit 101, Saddle Brook, NJ

07663

Social Adult Day Care

Regency Memory Daycare**201-525-2200**

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

Senior Connection Adult Day Care**201-857-3558**

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

Sunshine Adult Day Care**201-387-8500**

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

Northern Valley Adult Day Healthcare Center**201-385-4400 ext. 3084**

2 Park Avenue, Dumont, NJ 07628
 Medical Adult Day Care

Long-Term Facilities in Bergen County

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

Long Term Care Facility	Type	Funding
The Actors' Fund Homes 175 West Hudson Ave Englewood, NJ 07631 (201)871-8882	Long Term Care Facility	Medicaid Medicare Private
The Actors' Fund Homes 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
The Bristol At Woodcliff Lake 364 Chestnut Ridge Road Woodcliff Lake, NJ 07677 (201)505-9500	Assisted Living Residence	Medicaid Private
The Buckingham At Norwood Care & Rehabilitation 100 McClellan Street Norwood, NJ 07648 (201)768-6222	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 Day Care, LLC 596 Anderson Avenue, Suite 110 Cliffside Park, NJ 07010 (201)943-7111	Adult Day Health Care Services	Medicaid Private
New Jersey Adult Medical Day Care Center III, Inc 22-08 Route 208 Fair Lawn, NJ 07410 (201)773-9090	Adult Day Health Care Services	Medicaid Private
Alaris Health at Rochelle Park 96 Parkway Avenue Rochelle Park, NJ 07662 (201)845-0099	Long Term Care Facility	Medicaid Medicare Private

Long Term Care Facility	Type	Funding
Alaris Health at The Chateau 96 Parkway Rochelle Park, NJ 07662 (201)226-9600	Long Term Care Facility	Medicaid Medicare Private
Allendale Carlton Court 85 Harreton Road Allendale, NJ 07401 (201)825-0660	Comprehensive Personal Care Home	Medicaid Private
Allendale Nursing Home 85 Harreton Road Allendale, NJ 07401 (201)825-0660	Long Term Care Facility	Medicaid Medicare Private
Armenian Nursing and Rehabilitation Center 70 Main Street Emerson, NJ 07630 (201)261-6662	Long Term Care Facility	Medicaid Medicare Private
Atria Norwood 545 Tappan Road Norwood, NJ 07648 (201)768-0208	Assisted Living Residence	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 County Health Care Center 35 B Piermont Road Rockleigh, NJ 07647 (201)750-8310	Long Term Care Facility	Medicaid Medicare Private
Bergen Regional Medical Center Day Health Center 230 East Ridgewood Avenue Paramus, NJ 07652 (201)967-4000	Adult Day Health Care Services	Medicaid Private
Bergen Regional Medical Center 230 E Ridgewood Ave Paramus, NJ 07652 (201)967-4000	Long Term Care Facility	Medicaid Medicare Private
Brandywine Senior 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

Long Term Care Facility	Type	Funding
Brightview Paramus 396 Forest Avenue Paramus, NJ 07652 (201)957-1966	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
Brookdale Paramus 186 Paramus Road Paramus, NJ 07652 (201)251-9600	Assisted Living Residence	Private
Care One at Cresskill 221 County Road Cresskill, NJ 07626 (201)567-9310	Long Term Care Facility	Medicare Private
Care One at New Milford 800 River Road New Milford, NJ 07646 (201)967-1700	Long Term Care Facility	Medicaid Medicare Private
Care One at Oradell 600 Kinderkamack Road Oradell, NJ 07649 (201)967-0002	Long Term Care Facility	Medicaid Medicare Private
Care One at Ridgewood Avenue W-90 Ridgewood Ave Paramus, NJ 07652 (201)652-1950	Long Term Care Facility	Medicare Private
Care One At Teaneck 544 Teaneck Road Teaneck, NJ 07666 (201)862-3300	Long Term Care Facility	Medicare Private
Care One at The Cupola W 100 Ridgewood Avenue Paramus, NJ 07652 (201)444-8200	Assisted Living Residence	Medicaid Private
Care One at Valley 300 Old Hook Road Westwood, NJ 07675 (201)664-8888	Long Term Care Facility	Medicaid Medicare Private
Care One at Wellington 301 Union Street Hackensack, NJ 07601 (201)487-4900	Long Term Care Facility	Medicaid Medicare Private

Long Term Care Facility	Type	Funding
Care One Harmony Village at Paramus 175 Paramus Road Paramus, NJ 07652 (201)242-4914	Assisted Living Residence	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)848-5200	Adult Day Health Care Services	Medicaid 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
County Manor Rehabilitation and Health Care Center 133 County Road Tenafly, NJ 07670 (201)567-7800	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
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

Long Term Care Facility	Type	Funding
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
The Gallen Adult Day Health Care Center at The Jewish Home at 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)625-2723	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
Inglemoor Center 333 Grand Ave Englewood, NJ 07631 (201)568-0900	Long Term Care Facility	Medicaid Medicare Private
Jewish Home Assisted Living 685 Westwood Avenue River Vale, NJ 07675 (201)666-2370	Assisted Living Residence	Medicaid Private
Jewish Home At Rockleigh 10 Link Drive Rockleigh, NJ 07647 (201)784-1414	Long Term Care Facility	Medicaid Medicare Private
La Paula Manor Corp 25 South Paula Drive Bergenfield, NJ 07621 (201)244-0809	Residential Dementia Care Home	Private

Long Term Care Facility	Type	Funding
Maple Glen Center 12-15 Saddle River Road Fairlawn, 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
My Home Adult Day Care Center Inc 217 Hergesell 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 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 Health Center 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
Peaceful Adult Day Care Center 101 Industrial Avenue, Suite #c 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
Prospect Heights Care Center 336 Prospect Ave Hackensack, NJ 07601 (201)678-1800	Long Term Care Facility	Medicaid Medicare Private
Regent Care Center 50 Polifly Road Hackensack, NJ 07601 (201)646-1166	Long Term Care Facility	Medicaid Medicare Private
Ridgewood Center 330 Franklin Tpk Ridgewood, NJ 07450 (201)447-1900	Long Term Care Facility	Medicaid Medicare Private
Sunrise Assisted Living Of Cresskill 3 Tenakill Park Drive East Cresskill, NJ 07626 (201)871-0300	Assisted Living Residence	Medicaid Private

Long Term Care Facility	Type	Funding
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 Edgewater 351 River Road Edgewater, NJ 07020 (201)941-6111	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
Teaneck Nursing Center 1104 Teaneck Road Teaneck, NJ 07666 (201)833-2400	Long Term Care Facility	Medicaid Medicare Private
Van Dyk Manor of Ridgewood 304 S. Van Dien Ave Ridgewood, NJ 07450 (201)445-8200	Long Term Care Facility	Medicaid Medicare Private
Villa Marie Claire 12 West Saddle River Road Saddle River, NJ 07458 (201)783-8870	Comprehensive Personal Care Home	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.

Statewide Respite Care Program

201-336-6500 or 201-336-6500

Bergen County Division on Disability Services

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

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

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

201-967-4073 or 201-967-4073

230 East Ridgewood Avenue, Paramus, NJ 07652

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

Volunteer Social Respite Care Program

201-291-6000 ext. 1117499

Valley Home & Community Health Care, Inc.

15 Essex Rd., Paramus NJ, 07652

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

Alzheimer’s New Jersey

888-280-6055 or 973-586-4300

The Respite Care and Wellness Program

400 Morris Avenue, Suite 251, Denville, NJ 07834

www.alznj.org

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

Caregiver Support Services

Adler Aphasia Center Caregivers Support Group

201-368-8585

60 West Hunter Ave, Maywood, NJ 07607

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

Contact Elissa Goldstein

egoldstein@adleraphasiacenter.org

Care2Caregivers

800-424-2494

151 Centennial Ave, Piscataway, NJ 08854

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

www.care2caregivers.com

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

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

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

Family Caregiver Alliance
800-445-8106
National center on caregiving provides education information with fact sheets on caregiving & depression, dementia behavior and caregiving planning, etc.

The Gallen Center's Caregiver Support Group, Jewish Home Family
201-784-1414
10 Link Drive, Rockleigh, NJ 07647
www.JewishHomeFamily.org
Addresses the emotional and practical issues of caring for a loved one in a supportive atmosphere.

Holy Name Medical Center Caregiver Support Group
201-833-3757
Holy Name Day Away Center
725 Teaneck Road, Teaneck, NJ 07666

Care One at the Cupola, Caregiver Support Group
201-444-8200
W 100 Ridgewood Ave, Paramus, NJ 07652
1st Wednesday of the Month at 5:30 pm

Sunrise Assisted Living of Paramus, Caregiver Support Group
201-493-9889
567 Paramus Rd, Paramus, NJ 07652
3rd Sunday of the Month at 4:00 pm

Vantage Health System, Inc. Caregiver Support Group
201-385-4400
2 Park Avenue, Dumont, NJ 07629
Spouse Caregivers Support Group: Meets twice-monthly. Spouse caregivers dine and discuss caregivers' issues & spouse care recipients are supervised with therapeutic activities & dinner. Agency also has an Adult Child support group. Call for days and time.

Kaplen JCC on the Palisades, Caregiver Support Group , Kaplen Adult Reach Center
201-408-1450 or 201-569-7900 ext. 439
411 East Clinton Avenue, Tenafly, NJ 07670
Caregiver's support group, meets twice a month, 2nd Monday at 7:00 pm and 4th Tuesday at 10:30am

Parkinson's Support Group
422 Cedar Hill Avenue, Wyckoff, NJ 07481
Cedar Hill Christian Reformed Church
Ron773h@yahoo.com
aweldon@optonline.net
ratner2@optonline.net

Dorot Caregivers' Connection
212-769-2850 or 1-877-819-9147
Informational workshops and support groups are conducted through telephone conference calls. Caregivers can share concerns, exchange suggestions, and get much needed information in the comfort of their home.
www.dorotusa.org

Caregivers Handling Crisis

Adult Protective Service

201-368-4300

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

Psychiatric Emergency Screening Program (PESP)

201-262-4357

Care Plus NJ, Inc.

610 Valley Health Plaza, Paramus, NJ 07652

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

Care 2 Caregivers

800-424-2494

Peer Support Helpline for Dementia Caregivers

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

Call or email: care@care2caregivers.com

Grandparents as Caregivers

Kinship Navigator

HOTLINE: 201-398-9110

201-797-2660 or 609-888-7400

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

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

Grandparents raising grandchildren support group

201-796 6209 ext. 102

Bergen Family Center/Family Success Center

44 Armory Street, 2nd floor, Englewood, NJ 07631

ls@fsobergen.org

www.fsobergen.org

Family Support Organization of Bergen County

201-796-6209

0-108 29th St., Fair Lawn, NJ07410

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

www.FSOBergen.org

Bergen County Division of Family Guidance

201-336-7350

1 Bergen County Plaza 2nd Floor

Hackensack, NJ 07601

Juvenile/Family Crisis Unit Hotline

All youth under 18 years old

Health Insurance Programs

Medicare Health Insurance

MEDICARE (www.medicare.gov)
1-800-MEDICARE (1-800-633-422)
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.



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 file applications. Call Bergen County SHIP at 201-336-7413 for more information or to schedule an appointment.

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

Medicaid Health Insurance

Bergen County Board of Social Services

201-368-4200 or 201-368-4785 or 201-368-7693

218 Route 17 North, Rochelle Park, NJ 07662

MLTSS; Aged, Blind & Disabled; Institutional Medicaid, etc.

www.bcbss.com

Medicaid (Regional Office)

973-977-4077

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

Funeral-Burial Support Program (Medicaid)

201-368-4200

Bergen County Board of Social Services

218 Route 17 North, Rochelle Park, NJ 07662

Other Insurance Plans

Health Insurance Marketplace

1-800-318-2596

The 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.

www.HealthCare.gov

Health Insurance Marketplace Assisters

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)
- Required to provide fair, impartial, and accurate information
- Statewide assistance may also be available

For a complete list of local assisters, visit www.healthcare.gov.

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 **201-342-2478**

75 Essex Street Suite 100, Hackensack, NJ 07601

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

www.bvmi.org

North Hudson Community Action Corporation (NHCAC) 201-210-0100

535 Midland Park Ave, Garfield NJ 07026: **973- 340-1182**

25 East Salem St, Hackensack NJ 07601: **201- 464-7844**

197 South Van Brunt St, Englewood, NJ 07631: **201- 537-4442**

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

Dental Services

Bergen Community College **201-447-6532**

Dental Hygiene Clinic

400 Paramus Road, Paramus, NJ 07652

North Hudson Community Action Corporation **201-210-0200**

535 Midland Ave, Garfield, NJ 07026

(additional locations in Passaic and Hudson Counties)

Federally Qualified Health Center. Accepts insurance.

If uninsured, payment is based on income.

Center for Dentistry at Hackensack University Medical Center

551-996-2111 or 551-996-3519

30 Prospect Avenue, Hackensack, NJ 07601

60 Second Street, Hackensack, NJ 07601

www.hackensackumc.org/dental

New Jersey Dental Association **800-831-6532**

One Dental Plaza, North Brunswick, NJ 08902

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

The Oral Health Website

www.Oralhealth.acl.gov

This website lists community-based, affordable, oral health programs that one can find through the site's searchable database.

Rutgers School of Dental Medicine (RSDM) **973-972-4242**

110 Bergen Street, Newark, NJ 07103

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

The Southeast Senior Center for Independent Living (SESCIL)

201-569-4080

228 Grand Avenue, Englewood, NJ 07631

The dental services are provided by licensed dentist and hygienist. at a rate approximately 50% lower than most dentists, clients are offered X-rays, teeth cleanings, extractions and more.

www.SESCIL.org

Visiting Dental Associates

201-670-0097

No dental insurance accepted – self-pay

Services and Programs for People with Vision Loss

Adjustment to Vision Loss Project **201-996-9100**

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

National Eye Care Project **877-887-6327**

Eye Care America Program
Medical eye care for the nation's disadvantaged senior citizens. Provides referrals for U.S. citizens or legal residents who are 65 or older who do not have access to an ophthalmologist in their community. Qualified patients receive medical eye examinations and treatment at no out-of-pocket costs.
www.eyecareamerica.org

New Eyes for the Needy, Inc. **973-376-4903**

549 Millburn Avenue, P. O. Box 332, Short Hills, NJ 07078
Provides prescription eyeglasses to medically, indigent, visually impaired, older adults who are New Jersey residents. Referrals must be made in writing from social service agencies.
www.neweyesfortheneedy.org

NJ State Library Talking Book & Braille Center (TBBC) **800-792-8322 or 609-278-2640**

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

NJ Commission for the Blind & Visually Impaired **973-648-3333**

153 Halsey street 6th floor, Newark NJ 07101
Education, vocational rehabilitation, social work, health screenings; teaches rehabilitation & independent living skills; referral assistance
www.state.nj.us/humanservices/cbvi/home/

Assistive Technology Center - Johnson Public Library **201-343-4169 ext. 22**

274 Main Street, Hackensack, NJ 07601
Provides opportunities to learn to use adaptive technologies on iPads and desktop computers for people with visual impairments, age 55 and older.

Services and Programs for People with Hearing Loss

Center for Hearing and Communication **917-305-7700 (Voice)**

917-305-7999 (TTY)
50 Broadway, 6th Floor, New York, NY 1004
Hearing aids, assistive listening and alerting devices, cochlear implant rehabilitation, otology, psychotherapy, speech reading program, tinnitus treatment, publications and videotapes, and other hearing loss related services.
www.chchearing.org

Hearing Loss Association of New Jersey (HLA-NJ) **201-995-9594 (Voice)**

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

Division of the Deaf & Hard of Hearing **609-588-2648 or 800-792-8339 (Voice and TTY)**

PO BOX 074 Trenton, NJ 08625
Information and referral, interpreter and CART (real-time captioning) referral service, advocacy, workshops, assistive listening devices demonstration center.

Richard West Assistive Technology Advocacy Center (ATAC)

609-292-9742 or 800-922-7233 or 609-633-7106
Disability Rights New Jersey (DRNJ)
210 South Broad Street, 3rd Floor, Trenton, NJ 08608
Information and referral; device demonstrations, device loans, technical assistance, financing, advocacy services and legal representation Acts as a clearinghouse for items/assistive devices that are for sale (usually at a minimum cost) or offered for donation or loan.
www.drnj.org/atac

Assistive Listening Device Loan Program
609-588-2648 or 800-882-5593 (TTY)

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

Provides loans of personal and wide area assistive listening devices through designated regional libraries throughout the state. **NOTE:** Bergen County residents may borrow the equipment.
www.NJbh@njstate

Hearing Aid Assistance to Aged & Disabled (HAAD)
201-336-7400 or 800-792-9745

A \$100 reimbursement to eligible persons who purchase a hearing aid. Eligibility requirements are the same as for the PAAD program. Need for hearing aid must be attested by a physician.

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 or 201-336-7400

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 or 201-336-7400

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

Extra Help with Medicare Prescription Drug Plan Costs
800-772-1213

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

State Health Insurance Assistance Program (SHIP)
201-336-7413

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

Partnership for Prescription Assistance (PPA)

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

<https://www.pparx.org>

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.

www.medicare.gov/pharmaceutical-assistance-program/

Chronic Disease & Disability Health Issues

Alzheimer's and other forms of Dementia

Act Now Foundation 201-721-6721

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

Alzheimer Disease Education & Referral Center
800-438-4380

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

www.nia.nih.gov/alzheimers

Alzheimer's Association
800-272-3900 or 800-883-1180
24-hour helpline Caregiver Information Referral Line
www.alz.org

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

**Bergen County Sheriff's Office (Alzheimer Association)
Project Lifesaver International**
201-336-3540
2 Bergen Plaza, Hackensack, NJ 07601
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.
www.bcsd.us

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

Holy Name Hospital Asian Dementia Center
201-833-3399
718 Teaneck Road, Teaneck, NJ 07666
Screening, education programs, family support
groups.

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

Cancer

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

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

**Cancer Support Community at Holy Name Hospital
(formerly Gilda's Club)**
201-833-3392
Offers educational workshops and support services to
anyone impacted by cancer. Each event is free and
open to the public, regardless of where patients
www.holyname.org/RegionalCancerCenter/cancer-
support-community.aspx#

Diabetes

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

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

Heart & Stroke

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

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

Adler Aphasia Center (Stroke)
201-368-8585
60 West Hunter Avenue, Maywood, NJ 07607
The Adler Center offers a variety of programs and
activities to those living with Aphasia and their
caregivers, and strives to expand awareness and
knowledge of aphasia.
www.adleraphasiacenter.org

National Stroke Association
800-787-6537

9707 E. Easter Lane, Centennial, OH 80112
Stroke information and newsletter, Guidance for starting stroke support clubs and groups.
www.stroke.org

Post Stroke Program
201-336-6502

Division of Disability Services
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601
Offers several stroke support groups throughout Bergen County.

HIV and AIDS

Buddies of New Jersey

800-508-7577 (NJ only) or 201-489-2900
Franklin A. Smith Resource Center, 149 Hudson Street, Hackensack NJ 07601
A resource center serving Bergen and Passaic Counties, offering a network of support for people infected and affected by HIV/AIDS. Services include case management, substance abuse treatment and counseling, housing assistance, dental services, support groups, transportation, and a food bank.
www.njbuddies.org

Multiple Sclerosis

National Multiple Sclerosis Society
201-967-5599

North Jersey Chapter
1 Kalisa Way, Suite 205, Paramus, NJ 07652
Services for those persons with Multiple Sclerosis, i.e. groups, newsletter, medical and legislative updates, and bulletin board/classified section of equipment for sale.
www.nationalmssociety.org

Parkinson Disease

American Parkinson Disease Association
732-745-7520

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

Sickle Cell Disease

Sickle Cell Disease New Jersey Chapter
973-482-9070

1016 Broad Street, Newark, NJ 07102

Sickle Cell Disease Association of America, Inc
800-421-8453

3700 Koppers St., #570, Baltimore, Md. 21227
Advocacy, support groups and direct services such as counseling, testing, referrals.

Hospitals in Bergen County

New Bridge Medical Center (formerly Bergen Regional)

201-967-4000
230 East Ridgewood Ave.
Paramus, NJ 07652
www.bergenregional.com

Englewood Hospital and Medical Center
201-894-3000

350 Engle Street
Englewood, NJ 07631
www.Englewoodhospital.com

Hackensack University Medical Center
201-996-2000

30 Prospect Avenue
Hackensack, NJ 07601

Hackensack University Medical Center at Pascack Valley

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

Holy Name Medical Center
201-833-3000

718 Teaneck Road
Teaneck, NJ 07666
www.holyname.org

Valley Hospital
201-447-8000

223 N. Van Dien Ave.,
Ridgewood, NJ 07450
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.

Medicare

1-800-MEDICARE or 1-800-633-4227

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.

The Center to Advance Palliative Care

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

www.getpalliativecare.org

National Association for Home Care and Hospice

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.

www.agencylocator.nahc.org

The NJ Home Care Association

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

www.homecarenj.org

Bergen County Hospice

Compassionate Care Hospice

973-537-5606

www.cchnet.net

Care Alternative Hospice

908-931-9080

65 Jackson Dr., Cranford, NJ07016

www.ascendhealth.com

Holy Name Medical Center Home Care –

Hospice Unit

201-833-3188

718 Teaneck Rd, Teaneck, NJ 07666

Life source Services Hospice, LLC

201-967-4313

230 East Ridgewood Ave., Suite 307, Paramus, NJ 07652

Valley Homecare and Hospice

201-291-6000

15 Essex Road, Paramus, NJ 07652

Villa Marie Claire

201-783-8870

12 West Saddle River Road, Saddle River, NJ 07458

Hospice Care Of Hackensack

201-342-7766

21 Main Street, Suite 253, Hackensack, NJ 07601

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

Medical and Surgical Equipment and Supplies

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

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

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

Broadway Medical Supply Company

201-666-2112

60 Washington Avenue, Westwood, NJ 07675
Medicare & Medicaid & Insurance
Mon-Fri 9:00am-5:30pm, Sat. 9:00am-3:00pm

Cornell Medical & Surgical Company

201-384-9000 or 800-267-6355

30 New Bridge Road, Bergenfield, NJ 07621
Medicare & Medicaid & most Insurance
www.cornellsurgical.com
Mon.-Fri-9:00am-6:00pm
Closed Saturday; Sunday 9:00am-12:00pm

G & D Surgical Company

201-567-0011

225 North Dean Street, Englewood, NJ 07631
info@gdsurgical.com
Does not accept insurance

Reliable Medical

201-883-1515

238 High Street, Hackensack, NJ 07601
www.reliablemedical.org
Medicare & Medicaid
Mon-Fri. 8:00 am-5:00 pm

Stair Lifts:

Unipak

973-947-6173

5 Whipoorwill Lane, Rockaway, NJ

Alliance Bus Group

201-507-8500

Mental Health

Behavioral Health Programs

Bergen County Mental Health Board

201-634-2745

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

Information, referrals to treatment agencies, and advocacy for all Bergen County residents with mental illness or family members seeking assistance for their loved ones.

Care Plus, NJ (Serves northern New Jersey)

201-986-5000

CarePlus offers a wide-array of programs and services to provide a holistic, comprehensive approach to aid in recovery from mental illness and substance abuse.

Care Plus Psychiatric Screening Center for Bergen (Hot Line)

201-262-4357

www.careplusnj.org

Care Plus Center for primary & Behavioral Health Service

201-265-8200

Partial Care-Geriatric, Supportive Housing, Outpatient Services, residential Services, Supported Employment Services.

Care Plus intensive Outpatient Treatment Crossroad to Wellness

201-986-5037

610 Valley Health Plaza, Paramus, NJ 07652

Care Plus Integrated Case Management Service

201-478-4162

& Jail Diversion Program

201-478-4166

Care Plus involuntary outpatient commitment

201-478-4183

611 Route 46 West, Suite 300, Hasbrouck Heights, NJ 07604

CBHCare Wellness & Support Center (Walk Ins)

201-957-1800

569 Broadway, Westwood, NJ 07675

Mon.-Fri. 8:00 am-8:00 pm.

Saturday & Sunday 9:00 am -5:00 pm

Telephone 24 Hours 7 days a week

Comprehensive Behavioral Health Care Inc.

201-646-0333

Hackensack Services

25 E. Salem St., Hackensack, NJ 07601

Acute care family services, homeless services, intensive family support services, outpatient services, partial care-geriatric, residential services, supportive housing.

Lyndhurst Services

201-935-3322

516 Valley Brook Avenue Lyndhurst NJ 07071

Outpatient Services, partial care-geriatric services

Christian Health Care Center

301

Sicomac Avenue, Wyckoff, NJ 07481

www.christianhealthcare.org

Christian Health Care Counseling Center

201-848-5800

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

Ramapo Ridge Partial Hospitalization Program

201-848-5500

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

Ramapo Ridge Psychiatric Hospital

201-848-5500

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

Vantage Health System

201-385-4400

Dumont Center

2 Park Avenue, Dumont, NJ 07628

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

Englewood Center

201-567-0059

93 W. Palisade Avenue, Englewood, NJ 07631

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

West Bergen Mental Healthcare – Access Center
201-485-7172

120 Chestnut Street, Ridgewood, NJ 07450
www.westbergen.org

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

West Bergen Partial Care Program
201-444-3550 ext. 7116

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

National Alliance on Mental Illness (NAMI)
1-800-950-6264

www.Nami.org

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

Bereavement Services

AARP Grief and Loss Program
800-687-2277

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

Hackensack Community Nursing Services
201-342-7766

21 Main St. Suite 253, Hackensack, NJ 07601
Group Counseling

Bergen Community Health Care
201-359-2666

400 Old Hook Road, Westwood, NJ 07675

The Compassionate Friends
201-567-0089

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

Psychiatric Emergency Screening Program (PESP)
201-262-HELP (4357)

New Bridge Medical Center

NJSHGCH – New Jersey Self Help Group Clearing House
800-367-6274

673 Morris Ave. Suite 100, Springfield NJ 07081
Maintains a database of over 4,000 self-help support groups in New Jersey, and over 800 Organizations. Provides information and referral services as well as training to form self-help groups.
www.njgroups.org

Holy Name Medical Center
201-833-3000 ext. 7580

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

Englewood Hospital Bereavement
201-894-3333

Support Group
15 Engle Street, Englewood, NJ 07631

Valley Home Care
201-291-6395

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

Leisure/Socialization

Recreation and Activities

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

Bergen County Department of Parks
201-336-7275

One Bergen County Plaza, 4th Floor, Hackensack, NJ07601

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

460 Passaic Ave., Lodi, NJ07644
Aquacize program for seniors. Call for schedule.
www.bgcoflodi.org

Elder Hostel (Road Scholar)
800-454-5768

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

JCC On The Palisades
201-569-7900

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

Senior Excursions, Inc. 888-358-9880

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

Senior Source
201-342-0962

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

YMCA of Greater Bergen County
201-487-6600

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

YWCA of Ridgewood
201-444-5600

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

Senior Activity Centers

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

NOTE: Bergen County Senior Lunch Program

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

Bogota

Bogota Senior Center
375 Larch Ave, 07603
201-342-1736

Bergenfield*

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

Carlstadt

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

Cliffside Park*

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

Closter

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

Cresskill

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

Demarest

Demarest Senior Center
31 Park Street, 07627
201-767-9785

Dumont

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

East Rutherford*

Southwest Senior Activity Center
147 Hackensack, 07073
201-935-8920

East Rutherford

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

Elmwood Park*

Elmwood Park Senior Activity Center
500 Mola Blvd, 07407
201-796-3342

Emerson

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

Englewood*

Bergen Family Social Adult Day
Center
44 Armory Place, 07631
201-568-0817

Englewood

Southeast Senior Center for
Independent Living (SECIL)
228 Grand Ave, 07631
201-569-4080

Englewood Cliffs

Englewood Cliffs Senior Citizens
Center
7 West Bayview Ave., 07632
201-947-2838

Fair Lawn*

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

Fairview*

Fairview Senior Activity Center
53 Grant Street, 07022
201-943-5522

Fort Lee*

Richard and Catherine Nest Adult
Activity Center
319 Main Street, 07024
201-592-3670

Franklin Lakes

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

Garfield*

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

Garfield*

Golden Towers
(building residents only)
225 Midland Avenue, 07026
973-253-3910

Garfield*

Belmont Gardens
(building residents only)
377 Midland Avenue, 07026
973-253-3910

Hackensack*

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

Hackensack*

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

Hackensack

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

Hasbrouck Heights

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

Leonia

Leonia Senior Center
370 Broad Ave, 07605
201-592-5783

Little Ferry

Little Ferry Senior Center
95 Main St, 07643
(201) 641-9234

Lodi

Lodi Senior Citizen's Club
22 Walnut Place, 07644
973-472-6994

Lyndhurst*

Lyndhurst Nutrition Center
281 Stuyvesant Ave, 07071
201-896-1629

Mahwah

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

Maywood

Maywood Senior Center
145 West Magnolia Ave, 07607
201-368-1522

Midland Park*

Northwest Senior Activity Center
46-50 Center Street, 07432
201-445-5690

Montvale

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

Moonachie

Moonachie Senior Center
125 Moonachie Rd., 07074
201-641-6074

New Milford*

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

North Arlington*

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

North Arlington

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

Northvale

James F. McGuire Senior Citizens
Center
116 Paris Ave, 07647
201-767-3330

Oakland

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

Old Tappan

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

Oradell

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

Palisades Park*

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

Paramus

Joseph Cipolla Senior Center
93 North Fairview Ave, 07652
201-265-2100

Ramsey

Ramsey Senior Center
205 Church Street, 07446
201-825-1975

Ridgefield Park*

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

Ridgewood

Ridgewood Senior Center
131 North Maple Ave, 07450
201-670-5500

River Edge

River Edge Senior Center
385 Howland Ave, 07661
201-489-2460

River Vale

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

Rochelle Park

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

Rutherford*

55 Kip Senior Center
55 Kip Street, 07070
201-460-1600

Saddle Brook

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

Teaneck*

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

Teaneck*

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

Tenafly*

Korean Community Center
100 Grove St., 07670
201-541-1200

Tenafly*

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

Tenafly

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

Wallington*

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

Washington Township*

YJCC - Township of Washington
56 Ridgewood Road, 07676
201-666-6610

Westwood*

Thomas J. Riley Senior Center
100 Madison Ave, 07675
201-666-0840

Wood Cliff Lake

Tice Senior Center
411 Chestnut Ridge Road, 07677
201-391-3429

Wood Ridge

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

Employment and Volunteering

Employment Opportunities

New Jersey State Employment Services

201-996-8940

60 State Street, Hackensack, NJ 07601

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

Vocational Rehabilitation Services for the Disabled

201-996-8970

60 State Street, Hackensack NJ 07601

Unemployment and Disability Insurance

201-996-8940

60 State Street, Hackensack NJ 07601

Senior Community Service Employment Program (SCSEP)

855-215-4541

Easter Seals

201-845-0247

194 Route 17 North, Rochelle Park, NJ

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

Volunteering

Bergen Volunteer Center

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

www.bergenvolunteers.org

201-489-9454

Retired Senior Volunteer Program (RSVP)

Jewish Family and Children's Services

201-837-9090

1485 Teaneck Rd., Teaneck

www.jfcsnj.org

Corporation for National and Community Service

Senior Corps, VISTA, and other national service programs

1-800-942-2677

SCORE (Service Corps of Retired Executives)

Volunteer mentors for small businesses

201-336-6090

Education

Adult Continuing Education

Bergen Community College

201-447-7488

400 Paramus Road, Paramus, NJ 07652
Continuing education program
www.bergen.cc.nj.us

Computer Center at JCC on the Palisades

201-569-7900

411 East Clinton Ave., Tenafly, NJ 07670
One-on-one or group computer classes.

Farleigh Dickinson University

201-692-6500

Teaneck, NJ 07666
Continuing education programs
www.fdu.edu

Project Literacy of Greater Bergen County

201- 489-7066

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

The Southeast Senior Center for Independent Living (SESCIL)

201-569-4080

228 Grand Avenue, Englewood, NJ 07631
www.Sescil.org

Korean-American Senior Citizen Association

201-945-2400

7 Broad Ave., Palisades Park
ESL program will service the Korean Population 60 +
English instruction for communication in Health and Citizenship

Institute of New Dimensions

973-291-8220

PO Box 17, Butler NJ -07405
The institute offers a variety of courses in literature, computers, sociology, history, economic, music, and more.
www.indbergen.org

English as Second Language and Basic Language Courses

Project Literacy of Greater Bergen County

201-489-7066

355 Main Street, Hackensack, NJ 07601
www.project-literacy.org

Literacy Volunteers of America

973-470-0039

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

Bergen County Technical School

201 -343-6000

Education Building
200 Hackensack Avenue, Hackensack, NJ 07601
<http://bcts.bergen.org>

Bergen Community College

201-489-1551

Ciarco Learning Center
355 Main Street, Hackensack, NJ 07601
www.bergen.edu/ciarcocenter

Greater Bergen Community Action

201-366-1020

Cliffside Park and vicinity
263 Lafayette Ave, Cliffside Park
Garfield and vicinity
973-685-0005 ext. 7060
535 Midland Ave, Garfield
www.bergencap.org

Hispanic Institute

201-368-1414

17 Arcadian Avenue, Paramus, NJ 07652
www.hird.org

Korean American Senior Citizen Association of New Jersey
201-945-2400
7 Broad Avenue, Palisades Park, NJ 07650

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

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

Englewood Public Library
201-568-2215 ext. 236
31 Engle Street, Englewood, NJ 07631
http://www.Englewoodlibrary.org/?page_id=173
Free of charge

Hillsdale Public Library
201-358-5072
509 Hillsdale Avenue, Hillsdale, NJ 07642
<http://hillsdalelibrary.org/services/adult-literacy/>
Free of charge for Hillsdale residents

Johnson Public Library
201-343-4169 ext. 34
274 Main Street, Hackensack, NJ 07601
<http://johnsonlib.org/adults/classes/esl/>
Free of charge

Park Ridge Public Library
201-391-5151
51 Park Avenue, Park Ridge, NJ 07656
training@ParkRidge.bccls.org
Free of charge

Ridgewood Public Library
201-670-5600 ext.141
125 North Maple Avenue, Ridgewood, NJ 07450
<http://www.ridgewoodlibrary.org/esl.htm>
\$30.00 Ridgewood Residents - \$75.00 Non-Ridgewood Residents

Housing

Emergency Housing Assistance

Homeless Hotline

1-888-3 BERGEN

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.

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 Ave., 201-569-1804
- Fairview 239 Anderson Ave. 201-945-5831
- Hackensack 316 First St. 201-883-9375
- Mahwah 90 Ridge Road 201-529-2029
- Saddle Brook 224 Midland Ave. 201-703-9857
- Bergen Community College 400 Paramus Road 201-447-7191

Greater Bergen Community Action Homeless Prevention Program

201-488-5100 ext. 7041

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 Emergency Solutions Grants (ESG)

201-336-6490

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

Northeast NJ Legal Services/Senior Law Project

201-487-2166

190 Moore Street, Suite 100, Hackensack, NJ 07601

Free legal service program for age 60+, low-income.

Social Service Association/Ridgewood Area

201-444-2980

6 Station Plaza, Ridgewood, NJ 07450

Serves Ridgewood, Glen Rock, Ho-Ho-Kus, Midland Park, Waldwick Wyckoff. Services for low-income persons in need of rental assistance

Foreclosure Assistance

Urban League of Bergen County

201-568-4988

12 Tenafly Road, Englewood, NJ 07631

Housing counseling including mortgage default and foreclosure prevention.

NJ Housing and Mortgage Finance Agency

NJ Hardest Hit Fund and Homesaver programs

1 (855)-647-7700 or 609-278-7660

Housing counseling including mortgage default and foreclosure prevention.

Rental Assistance and Tenant Services

NJ Housing Resource Center (NJHRC)

www.njhrc.gov

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.

Greater Bergen Community Action

Bergen County Housing Coalition

Tenant Outreach Program

201-488-5100 ext. 7041

316 State Street, Hackensack, NJ 07601

HUD approved Housing Counseling Agency: tenant counseling, workshops, homeless counseling

Urban League of Bergen County

201-568-4988

12 Tenafly Road, Englewood, NJ 07631

HUD approved Housing Counseling Agency: housing counseling, pre-purchase, foreclosure prevention

Fair Housing Council

Or **201-489-3552** or **201-489-4692**

131 Main Street, Hackensack, NJ 07601

HUD approved Housing Counseling Agency: housing discrimination complaints

HUD Approved Housing Counseling Agencies

HUD sponsors housing counseling agencies throughout the country that can provide advice on buying a home, renting, defaults, foreclosures, and credit issues. For a complete list of HUD approved agencies, visit the HUD website at www.hud.gov.

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)

201-996-8990

100 First Street, Room 207, Hackensack, NJ 07601

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:

http://www.state.nj.us/dca/divisions/dhcr/srap_vouchers.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 973-470-3653

List of Affordable Developments in Bergen County

Please see the following list for affordable housing in Bergen County. Please note that affordable housing is in extremely high demand, and many properties might not be currently accepting applications, or the expected time on the waiting list could be several years. Please contact the properties directly for availability and more information. Information on waiting lists and applications was current as of summer 2018.

TOWN: Allendale
DEVELOPMENT: Allendale Senior Housing/Madeline Corporation
ADDRESS: Cebak Ct
PHONE: 201-944-3222
ACCEPTING APPLICATIONS: Yes

TOWN: Allendale
DEVELOPMENT: The Whitney at Allendale
ADDRESS: 136 Chestnut Street
PHONE: 201-236-1600
ACCEPTING APPLICATIONS: Yes

TOWN: Alpine
DEVELOPMENT: Alpine affordable housing/Borough of Alpine
ADDRESS: Not Specified
PHONE: 201-569-7454
ACCEPTING APPLICATIONS: Yes

TOWN: Bergenfield
DEVELOPMENT: Brookside Gardens
ADDRESS: 293 Murray Hill Terrace
PHONE: 201384-7523
ACCEPTING APPLICATIONS: No

TOWN: Bogota
DEVELOPMENT: Silver Maple Gardens
ADDRESS: 348 & 354 Leonia Av
PHONE: 201-592-8118
ACCEPTING APPLICATIONS: No

TOWN: Cliffside Park
DEVELOPMENT: Riverview Tower
ADDRESS: 500 Gorge Rd
PHONE: (201) 941-0655
ACCEPTING APPLICATIONS: Yes

TOWN: Cliffside Park
DEVELOPMENT: Terrace View Tower
ADDRESS: 550 Gorge Rd
PHONE: 201-941-0655
ACCEPTING APPLICATIONS: Yes

TOWN: Cresskill
DEVELOPMENT: Cresskill Mews
ADDRESS: Tenakill Park Dr East
PHONE: 2011840-0050
ACCEPTING APPLICATIONS: Yes

TOWN: Dumont
DEVELOPMENT: David F Roche Apts.
ADDRESS: 2 Aladdin Ave
PHONE: (201) 387-9107
ACCEPTING APPLICATIONS: No

TOWN: Dumont
DEVELOPMENT: St Marys Senior Apts
ADDRESS: 258 Washington Av
PHONE: (201) 385-5869
ACCEPTING APPLICATIONS: Not specified

TOWN: East Rutherford
DEVELOPMENT: Boiling Spring Gardens
ADDRESS: 147 Hackensack St
PHONE: 201-935-0790
ACCEPTING APPLICATIONS: No

TOWN: Edgewater
DEVELOPMENT: Vreeland Park Residences
ADDRESS: 1 Vreeland Ter
PHONE: 201-804-0050
ACCEPTING APPLICATIONS: Yes

TOWN: Edgewater
DEVELOPMENT: Avalon at Edgewater
ADDRESS: 100 River Mews Ln
PHONE: 201-945-4502
ACCEPTING APPLICATIONS: No

TOWN: Edgewater
DEVELOPMENT: St Moritz
ADDRESS: 1000 Portside Dr
PHONE: 201-840-8800
ACCEPTING APPLICATIONS: Not specified

TOWN: Edgewater
DEVELOPMENT: Waterford Towers/Metropolitan
ADDRESS: 190 River Rd
PHONE: 201-917-1100
ACCEPTING APPLICATIONS: Not specified

TOWN: Edgewater
DEVELOPMENT: Edgewater Senior Housing
ADDRESS: 27 Dempsey Av
PHONE: 201-943-6000
ACCEPTING APPLICATIONS: Yes

TOWN: Edgewater
DEVELOPMENT: Undercliff Apts/Edgewater Housing Authority
ADDRESS: 377 Undercliff Av
PHONE: 201-943-6000
ACCEPTING APPLICATIONS: Yes

TOWN: Edgewater
DEVELOPMENT: Edgewater Place Apts/Edgewater Housing Authority
ADDRESS: 75 & 79-85 Edgewater Pl
PHONE: 201-943-6000
ACCEPTING APPLICATIONS: Yes

TOWN: Edgewater
DEVELOPMENT: Ngbd Affordable Hsg Friends/Edgewater Housing Authority
ADDRESS: 300 Undercliff Ave, Attn: Christine Lodato
PHONE: 201-943-6000
ACCEPTING APPLICATIONS: Yes

TOWN: Englewood
DEVELOPMENT: Greater Englewood Housing
ADDRESS: 1 Rock Creek Terrace
PHONE: (201) 871-0178
ACCEPTING APPLICATIONS: Not specified

TOWN: Englewood
DEVELOPMENT: Vincent K Tibbs Senior Apts
ADDRESS: 111 West St
PHONE: 201-871-3451
ACCEPTING APPLICATIONS: Yes

TOWN: Englewood
DEVELOPMENT: John Foti Apts
ADDRESS: 115 Humphrey St
PHONE: 201871-3451
ACCEPTING APPLICATIONS: Not specified

TOWN: Englewood
DEVELOPMENT: Pindle East
ADDRESS: 270-2 Pindle Av
PHONE: (516) 466-6520
ACCEPTING APPLICATIONS: No

TOWN: Englewood
DEVELOPMENT: Englewood 2
ADDRESS: 68 William St
PHONE: Not specified
ACCEPTING APPLICATIONS: Not specified

TOWN: Englewood
DEVELOPMENT: King Gardens
ADDRESS: 72 Dubois Ct
PHONE: 201-871-1270
ACCEPTING APPLICATIONS: No

TOWN: Englewood
DEVELOPMENT: Englewood 1 / Up With Housing
ADDRESS: 80 Jay St
PHONE: Not specified
ACCEPTING APPLICATIONS: Not specified

TOWN: Englewood
DEVELOPMENT: Westmoor Gardens
ADDRESS: West St & Slocum Av
PHONE: 201-871-3451
ACCEPTING APPLICATIONS: No

TOWN: Fair Lawn
DEVELOPMENT: Fairlawn Commons Apts
ADDRESS: 1 Croucher Ln
PHONE: 201-794-7494
ACCEPTING APPLICATIONS: Yes

TOWN: Fair Lawn
DEVELOPMENT: River House
ADDRESS: 13-23 River Road
PHONE: 201-337-1187
ACCEPTING APPLICATIONS: Yes

TOWN: Fair Lawn
DEVELOPMENT: Fair Lawn Senior Housing
ADDRESS: 18-25 River Road
PHONE: Not specified
ACCEPTING APPLICATIONS: No

TOWN: Fairview
DEVELOPMENT: Fairview Gardens
ADDRESS: 220 Morris Av & 219 Broad Av
PHONE: 201-592-8118
ACCEPTING APPLICATIONS: No

TOWN: Fairview
DEVELOPMENT: Eastview Towers
ADDRESS: 370 Fairview Av
PHONE: Not specified
ACCEPTING APPLICATIONS: Not Specified

TOWN: Fort Lee
DEVELOPMENT: Liberty Place
ADDRESS: 101 Cedar St
PHONE: 201-592-9539
ACCEPTING APPLICATIONS: Yes

TOWN: Fort Lee
DEVELOPMENT: Holtje House, family apts
ADDRESS: 1403 Theresa Dr
PHONE: 201-947-7400
ACCEPTING APPLICATIONS: Yes

TOWN: Fort Lee
DEVELOPMENT: Malcolm Towers / Ft Lee Senior Apts
ADDRESS: 475 Main St
PHONE: 201-944-5270
ACCEPTING APPLICATIONS: No

TOWN: Fort Lee
DEVELOPMENT: Mediterranean House
ADDRESS: 505 North Av
PHONE: 201-944-5015
ACCEPTING APPLICATIONS: No

TOWN: Franklin Lakes
DEVELOPMENT: Franklin Lakes Supportive Housing
ADDRESS: McCoy and Colonial Roads
PHONE: 201-336-7600
ACCEPTING APPLICATIONS: Yes (preliminary applications beginning Monday, 6/25/18)

TOWN: Garfield
DEVELOPMENT: Garfield Senior Housing
ADDRESS: 15 Commerce St
PHONE: 973-365-6137
ACCEPTING APPLICATIONS: Yes

TOWN: Garfield
DEVELOPMENT: Golden Towers
ADDRESS: 225 Midland Av
PHONE: (973) 340-4170
ACCEPTING APPLICATIONS: No

TOWN: Garfield
DEVELOPMENT: Belmont Gardens
ADDRESS: 377 Midland Av
PHONE: (973) 340-4170
ACCEPTING APPLICATIONS: No

TOWN: Garfield
DEVELOPMENT: General Pulaski Court/GHA
ADDRESS: Shaw St / Spring Garden Ln
PHONE: (973) 340-4170
ACCEPTING APPLICATIONS: No

TOWN: Garfield
DEVELOPMENT: Louis Marzitelli Ct/GHA
ADDRESS: Midland Av & Grand St
PHONE: (973) 340-4170
ACCEPTING APPLICATIONS: No

TOWN: Garfield
DEVELOPMENT: Daniel P. Conti Court
ADDRESS: Daniel P Conti Ct
PHONE: (973) 340-4170
ACCEPTING APPLICATIONS: No

TOWN: Hackensack
DEVELOPMENT: Alston Arms
ADDRESS: 13-31 Newman St
PHONE: 201-342-9523
ACCEPTING APPLICATIONS: No

TOWN: Hackensack
DEVELOPMENT: Barcelona Ct
ADDRESS: 164 Beech St
PHONE: 201-342-4280
ACCEPTING APPLICATIONS: Yes

TOWN: Hackensack
DEVELOPMENT: Hackensack Housing Authority - Patrick DiZenzo Ct
ADDRESS: 65 First Street / 175 W Railroad Av/
PHONE: 201-342-4280
ACCEPTING APPLICATIONS: Yes

TOWN: Hackensack
DEVELOPMENT: Hackensack Housing Authority - Ostrowski Ct
ADDRESS: 65 First Street / 230 Central Av
PHONE: 201-342-4280
ACCEPTING APPLICATIONS: No

TOWN: Hackensack
DEVELOPMENT: Hackensack Housing Authority - Harry Berkie Gardens
ADDRESS: 65 First Street / 60 Kansas St
PHONE: 201-342-4280
ACCEPTING APPLICATIONS: Yes

TOWN: Hackensack
DEVELOPMENT: W B Windall Towers
ADDRESS: 65 1st St
PHONE: 201-342-4280
ACCEPTING APPLICATIONS: Yes

TOWN: Hackensack
DEVELOPMENT: Hackensack Housing Authority - Oratam Ct
ADDRESS: 65 First Street / (Bordered by) Railroad Ave & Newman St
PHONE: 201-342-4280
ACCEPTING APPLICATIONS: No

TOWN: Hasbrouck Heights
DEVELOPMENT: Hasbrouck Heights Sr Housing
ADDRESS: 245 Hamilton Av
PHONE: 201-592-8118
ACCEPTING APPLICATIONS: Yes (Currently Only to HH residents)

TOWN: Hillsdale
DEVELOPMENT: Hillsdale House / Hillsdale Senior Apts
ADDRESS: 32 Piermont Av
PHONE: (201) 666-5290
ACCEPTING APPLICATIONS: Yes

TOWN: Leonia
DEVELOPMENT: Station Square condominiums
ADDRESS: 101-3 Station Parkway
PHONE: Not Specified
ACCEPTING APPLICATIONS: Not Specified

TOWN: Leonia
DEVELOPMENT: Leonia Retirement Housing Corp/The Glenwood at Leonia
ADDRESS: 270 Glenwood Av
PHONE: 201-947-9779
ACCEPTING APPLICATIONS: No

TOWN: Leonia
DEVELOPMENT: LRHC Urban Renewal LTE
ADDRESS: 270 Glenwood Av
PHONE: 201-947-9779
ACCEPTING APPLICATIONS: No

TOWN: Lodi
DEVELOPMENT: George Ciliberto Senior Citizen Complex
ADDRESS: 15 Massey St
PHONE: 973-470-3650
ACCEPTING APPLICATIONS: No

TOWN: Lodi
DEVELOPMENT: Anthony B. Caniano Senior Citizen Complex
ADDRESS: 20 Rennie Pl/15 Massey
PHONE: 973-470-3650
ACCEPTING APPLICATIONS: No

TOWN: Lodi
DEVELOPMENT: DeVries Park Family Complex
ADDRESS: 200 Union St
PHONE: 973-470-3650
ACCEPTING APPLICATIONS: No

TOWN: Lodi
DEVELOPMENT: Matthew A. DiChiara Senior Citizen Complex
ADDRESS: 375 N Main St
PHONE: 973-470-3650
ACCEPTING APPLICATIONS: No

TOWN: Lyndhurst
DEVELOPMENT: Joseph A Carucci Apts
ADDRESS: 281 Stuyvesant Av
PHONE: 201-939-4380
ACCEPTING APPLICATIONS: No

TOWN: Mahwah
DEVELOPMENT: Norfolk Village
ADDRESS: 1201 Norfolk Court
PHONE: 201-512-9533
ACCEPTING APPLICATIONS: Not Specified

TOWN: Mahwah
DEVELOPMENT: Ramapo Brae Town Homes
ADDRESS: 1600 Ramapo Brae Ln
PHONE: 201-444-0722
ACCEPTING APPLICATIONS: No

TOWN: Mahwah
DEVELOPMENT: Pine Lake Village
ADDRESS: 45 Whiteny Rd
PHONE: 973-267-9000
ACCEPTING APPLICATIONS: Not Specified

TOWN: Mahwah
DEVELOPMENT: Mahwah Commons
ADDRESS: 92-98 Ramapo Valley Road
PHONE: 201-291-4050
ACCEPTING APPLICATIONS: Not Specified

TOWN: Maywood
DEVELOPMENT: Lydecker Manor / Maywood Senior Apts
ADDRESS: 150 E Passaic St
PHONE: 201-368-0926
ACCEPTING APPLICATIONS: Not Specified

TOWN: Midland Park
DEVELOPMENT: Kentshire Apts / Midland Park assisted living
ADDRESS: 187 Paterson Av
PHONE: 201-652-5557
ACCEPTING APPLICATIONS: Yes

TOWN: Montvale
DEVELOPMENT: The Old School #2/Montvale Senior Housing
ADDRESS: 11 East Grand Ave.
PHONE: 201-944-3222
ACCEPTING APPLICATIONS: Yes

TOWN: Montvale
DEVELOPMENT: Nottingham Manor Apts
ADDRESS: 138 Nottingham Ct
PHONE: 201-968-4833
ACCEPTING APPLICATIONS: Yes

TOWN: Montvale
DEVELOPMENT: Bear Brook Village
ADDRESS:
PHONE: 201-968-4833
ACCEPTING APPLICATIONS: Yes

TOWN: North Arlington
DEVELOPMENT: North Arlington rental subsidy program
ADDRESS: 100 Baler Blvd
PHONE: Not Specified
ACCEPTING APPLICATIONS: Not Specified

TOWN: Northvale
DEVELOPMENT: the Manor on Paris
ADDRESS: 176 Paris Av
PHONE: 201-336-7600
ACCEPTING APPLICATIONS: No

TOWN: Northvale
DEVELOPMENT: Franklin Heights / Franklin Commons
East - Pine Lake Village
ADDRESS: 187 Franklin St
PHONE: 201-336-7600
ACCEPTING APPLICATIONS: No

TOWN: Northvale
DEVELOPMENT: Franklin Street Villas Senior Residence
ADDRESS: 188 Franklin St
PHONE: 201-336-7600
ACCEPTING APPLICATIONS: No

TOWN: Norwood
DEVELOPMENT: Sutton Pl Apts
ADDRESS: 200 Sutton Pl
PHONE: 201-767-7596
ACCEPTING APPLICATIONS: Not Specified

TOWN: Old Tappan
DEVELOPMENT: Dorotockeys Run Apts
ADDRESS: 104 DeWolf Rd
PHONE: 201-664-1849
ACCEPTING APPLICATIONS: Not Specified

TOWN: Old Tappan
DEVELOPMENT: Old Tappan Commons
ADDRESS: 32-48 Russell Av
PHONE: 201-497-6692
ACCEPTING APPLICATIONS: No

TOWN: Old Tappan
DEVELOPMENT: Foxwood Estates / Knickerbocker
Villsenior/Borough of Old Tappan
ADDRESS: Knickerbocker Ln
PHONE: Not Specified
ACCEPTING APPLICATIONS: Not Specified

TOWN: Old Tappan
DEVELOPMENT: Winding Creek condominiums
ADDRESS: Winding Creek
PHONE: Not Specified
ACCEPTING APPLICATIONS: Not Specified

TOWN: Palisades Park
DEVELOPMENT: Highland View Apts
ADDRESS: 300 Highland St
PHONE: 201-592-8118
ACCEPTING APPLICATIONS: No

TOWN: Paramus
DEVELOPMENT: Paramus affordable housing
ADDRESS: 11 & 12 Ann Ct
PHONE: 201-836-4500
ACCEPTING APPLICATIONS: Yes

TOWN: Paramus
DEVELOPMENT: Pennwall Affordable Housing
ADDRESS: 11 & 12 Ann Ct
PHONE: 201-836-4500
ACCEPTING APPLICATIONS: Yes

TOWN: Paramus
DEVELOPMENT: Paramus Senior Apts / Walter Behnke
ADDRESS: 200 Garden State Plaza Blvd
PHONE:
ACCEPTING APPLICATIONS: Not Specified

TOWN: Park Ridge
DEVELOPMENT: Lehmann Gardens
ADDRESS: 12-14 Sulak Lane
PHONE: 201-497-6692
ACCEPTING APPLICATIONS: Yes

TOWN: Park Ridge
DEVELOPMENT: Hawthorne Terrace
ADDRESS: 26 Hawthorne Av
PHONE: 201-391-1976
ACCEPTING APPLICATIONS: Yes

TOWN: Park Ridge
DEVELOPMENT: Ridge Manor
ADDRESS: 71 Hawthorne Ave
PHONE: (201) 254-3246
ACCEPTING APPLICATIONS: Yes

TOWN: Park Ridge
DEVELOPMENT: Quail Run
ADDRESS: Park Ridge
PHONE: 201-391-1976
ACCEPTING APPLICATIONS: Yes

TOWN: Ramsey
DEVELOPMENT: Woodlands at Ramsey Senior Apts
ADDRESS: 141 Prince St
PHONE: 201818-0230
ACCEPTING APPLICATIONS: Yes

TOWN: Ramsey
DEVELOPMENT: DeSimone Court Town Homes
ADDRESS: 800-900 DeSimone Ct
PHONE: 201-444-0722
ACCEPTING APPLICATIONS: No

TOWN: Ridgefield Park
DEVELOPMENT: Ryan Lombardi Towers
ADDRESS: 278 Main St
PHONE: 201-332-4037
ACCEPTING APPLICATIONS: Yes

TOWN: Ridgewood
DEVELOPMENT: Broadwood condominiums
ADDRESS: 308-15 S Broad St
PHONE: Not specified
ACCEPTING APPLICATIONS: Not Specified

TOWN: Ridgewood
DEVELOPMENT: Ridgecrest Apts
ADDRESS: 7-11 Ridge Rd
PHONE: 201-336-7600
ACCEPTING APPLICATIONS: No

TOWN: River Vale
DEVELOPMENT: River Vale Senior Residence
ADDRESS: 430 Cedar Lane
PHONE: 201-497-6692
ACCEPTING APPLICATIONS: No

TOWN: Rochelle Park
DEVELOPMENT: Mercury Rising Apts
ADDRESS: 47 Central Av
PHONE: Not specified
ACCEPTING APPLICATIONS: Not Specified

TOWN: Rochelle Park
DEVELOPMENT: Park Terrace
ADDRESS: 106 Terrace Ave
PHONE: 201-880-0862
ACCEPTING APPLICATIONS: Yes

TOWN: Rutherford
DEVELOPMENT: Meadow Rd Apts
ADDRESS: 17 Meadow Rd
PHONE: 914380-7354
ACCEPTING APPLICATIONS: Not Specified

TOWN: Rutherford
DEVELOPMENT: Rutherford Senior Manor
ADDRESS: 67 Kip Av
PHONE: 201-438-7327
ACCEPTING APPLICATIONS: No

TOWN: Saddle River
DEVELOPMENT: Saddle River Senior Housing
ADDRESS: 1-20 Wolf Run
PHONE: 201-444-0722
ACCEPTING APPLICATIONS: No

TOWN: South Hackensack
DEVELOPMENT: Grove Gardens Senior Apts
ADDRESS: 41 Grove St
PHONE: 201-440-6500
ACCEPTING APPLICATIONS: No

TOWN: Teaneck
DEVELOPMENT: Township of Teaneck Rentals
ADDRESS: 1475 Palisade Ave
PHONE: 609-786-1100
ACCEPTING APPLICATIONS: Yes

TOWN: Teaneck
DEVELOPMENT: Township of Teaneck Rentals
ADDRESS: 159-161 Fort Lee Rd
PHONE: 609-786-1100
ACCEPTING APPLICATIONS: Yes

TOWN: Teaneck
DEVELOPMENT: Tryon Av West Apts
ADDRESS: 17 Tryon Av West
PHONE: 201-941-3330
ACCEPTING APPLICATIONS: Not Specified

TOWN: Teaneck
DEVELOPMENT: Brookdale
ADDRESS: 60 Bergen Ave
PHONE: 201-692-1000
ACCEPTING APPLICATIONS: No

TOWN: Teaneck
DEVELOPMENT: Teaneck Senior Citizen Housing Association
ADDRESS: 5 Dogwood Ln
PHONE: 201-833-1033
ACCEPTING APPLICATIONS: No

TOWN: Teaneck
DEVELOPMENT: Community Housing in Partnership
ADDRESS: 640 American Legion Dr
PHONE: 201-968-0200
ACCEPTING APPLICATIONS: Yes

TOWN: Tenafly
DEVELOPMENT: Tenafly Senior Apts
ADDRESS: 355-69 Tenafly Rd
PHONE: 201-569-7933
ACCEPTING APPLICATIONS: Not specified

TOWN: Teterboro
DEVELOPMENT: Vincent Pl
ADDRESS: 1-8 & 9-12 Vincent Pl
PHONE: Not Specified
ACCEPTING APPLICATIONS: Not Specified

TOWN: Upper Saddle River
DEVELOPMENT: The Commons at Upper Saddle River
ADDRESS: 2 Silverbeech Ct
PHONE: 201-825-8448
ACCEPTING APPLICATIONS: Yes

TOWN: Waldwick
DEVELOPMENT: Waldwick Station
ADDRESS: 41 W. Prospect Street
PHONE: 201-630-0834
ACCEPTING APPLICATIONS: Yes

TOWN: Wallington
DEVELOPMENT: Jasontown 2 Apts
ADDRESS: 3500 Stevens Rd
PHONE: 201-641-2800
ACCEPTING APPLICATIONS: Not Specified

TOWN: Westwood
DEVELOPMENT: Westwood House
ADDRESS: 100 Madison Av
PHONE: 201-666-1778
ACCEPTING APPLICATIONS: Yes

Other Housing Arrangements

Adult Retirement Communities

Brookside Village
201-768-0365
20, 40 & 60 Blanch Avenue, Harrington Park,
NJ 07640
(Adult Community)

Glen Courts Senior Citizens Apartments
201-445-5276
1 Glen Avenue, Glen Rock, NJ 07452
(Independent Living)

St. Peter the Apostle Senior Residence
201-225-0707
415 Fifth Avenue, River Edge, NJ 07661
www.stpetersresidence.org

Hillcrest Residence at Christian Health Care
201-848-5200
301 Sicomac Ave., Wyckoff, NJ 07481

Shared Living Arrangements

SHARE Incorporated
201-670-9605
The Cottage Place & Prospect Place
130 Prospect St., Ridgewood, NJ 07450

Shared Housing
201-568-1166
Women's Rights Information Center
108 West Palisade Avenue, Englewood, NJ 07631

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 directly for information about rates and availability.

City	Facility Name	Street Address	City/State/Zip	Phone
ALLENDALE	Allendale Hotel	115 W ALLENDALE AV	ALLENDALE, NJ 07401	201-818-4285
BOGOTA	Carner House	280 LARCH AV	BOGOTA, NJ 07603	201-342-8940
CLIFFSIDE PARK		44 WASHINGTON AV	CLIFFSIDE PARK, NJ 07010	917-402-7064
CLOSTER		420 PIERMONT RD	CLOSTER, NJ 07624	201-240-0146
ELMWOOD PARK		105 PARKVIEW AV	ELMWOOD PARK, NJ 07407	201-387-1279
ENGLEWOOD	Just Rooms	221 WILLIAM ST	ENGLEWOOD, NJ 07631	201-233-1111
ENGLEWOOD		97-99 JAMES ST	ENGLEWOOD, NJ 07631	201-567-0015
ENGLEWOOD		104 JAMES ST	ENGLEWOOD, NJ 07631	201-568-0690
ENGLEWOOD	GBCA Shepard House	38 W DEMAREST AV	ENGLEWOOD, NJ 07631	201-968-0200
ENGLEWOOD	GBCA Independence Hall	89 JAMES ST	ENGLEWOOD, NJ 07631	201-968-0200
GARFIELD		279 PASSAIC ST	GARFIELD, NJ 07026	973-472-0719
GARFIELD		2 BELMONT AV	GARFIELD, NJ 07026	973-478-7977
GARFIELD		450 RIVER DR	GARFIELD, NJ 07026	973-478-7977
GARFIELD		463 RIVER DR	GARFIELD, NJ 07026	973-478-7977
GARFIELD		9 UNION AV	GARFIELD, NJ 07026	973-478-7977
HACKENSACK	Just Rooms	315 PARK ST	HACKENSACK, NJ 07601	201-488-0534
HACKENSACK		439 PARK ST	HACKENSACK, NJ 07601	201-233-1111
HACKENSACK	Just Rooms	190 BERRY ST	HACKENSACK, NJ 07601	201-233-1111
HACKENSACK	Just Rooms	345 PARK ST	HACKENSACK, NJ 07601	201-233-1111
HACKENSACK	Just Rooms	32-34 POPLAR AV	HACKENSACK, NJ 07601	201-233-1111
HACKENSACK	Just Rooms	429 PARK ST	HACKENSACK, NJ 07645	201-233-1111
HACKENSACK	Just Rooms	167-169 CENTRAL AV	HACKENSACK, NJ 07601	201-233-1111
HACKENSACK		66 EUCLID AV	HACKENSACK, NJ 07601	201-265-7836
HACKENSACK		89 ESSEX ST	HACKENSACK, NJ 07601	201-342-0094
HACKENSACK		95 ESSEX ST	HACKENSACK, NJ 07601	201-342-0094
HACKENSACK		100 ESSEX ST	HACKENSACK, NJ 07601	201-342-0094
HACKENSACK	YMCA of Greater Bergen County	360 MAIN ST	HACKENSACK, NJ 07601	201-487-6600
HACKENSACK		89 MAPLE AV	HACKENSACK, NJ 07601	201-487-6944
HACKENSACK		240 1ST ST	HACKENSACK, NJ 07601	201-488-0666
HACKENSACK		104 ELM AV	HACKENSACK, NJ 07601	201-489-0168
HACKENSACK		161 CENTRAL AV	HACKENSACK, NJ 07601	201-657-2718
HACKENSACK		65 EUCLID AVENUE	HACKENSACK, NJ 07601	201-665-7143
HACKENSACK		325 UNION ST	HACKENSACK, NJ 07601	201-665-7143
HACKENSACK		221 ANDERSON ST	HACKENSACK, NJ 07601	201-913-2867
HACKENSACK		271 UNION ST	HACKENSACK, NJ 07601	201-913-2867
HACKENSACK	State House Hotel	288 STATE ST	HACKENSACK, NJ 07601	201-913-2867
HACKENSACK		331 UNION ST	HACKENSACK, NJ 07601	201-916-0499
HACKENSACK		267 UNION ST	HACKENSACK, NJ 07601	347-992-9148

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 directly for information about rates and availability.

City	Facility Name	Street Address	City/State/Zip	Phone
HACKENSACK	Dover Guest House	263 UNION ST	HACKENSACK, NJ 07601	551-587-8516
HACKENSACK		279 UNION ST	HACKENSACK, NJ 07601	732-618-4269
HASBROUCK HEIGHTS		187 TERRACE AV	HASBROUCK HTS, NJ 07604	201-462-0927
LITTLE FERRY		143 MAIN ST	LITTLE FERRY, NJ 07643	201-440-1917
LODI		11 TERHUNE AV	LODI, NJ 07644	201-745-7479
LYNDHURST		262 RIDGE RD	LYNDHURST, NJ 07071	973-493-2996
OAKLAND		42 HIAWATHA BLVD.	OAKLAND, NJ 07436	201-405-0260
OAKLAND	Carnation Manor	12 FRANKLIN AV	OAKLAND, NJ 07436	201-405-1129
PARAMUS		40 LINWOOD AV	PARAMUS, NJ 07452	201-652-8105
PARK RIDGE		56 OAK AV	PARK RIDGE, NJ 07656	201-391-4950
PARK RIDGE		121 PASCACK RD	PARK RIDGE, NJ 07656	845-735-8926
RIDGEFIELD		850 BROAD AV	RIDGEFIELD, NJ 07657	201-945-5164
RIDGEFIELD PARK	Bergen House	160 BERGEN AV	RIDGEFIELD PARK, NJ 07660	973-300-0018
RIDGEWOOD	The Cottage Place, SHARE Inc	104 COTTAGE PL	RIDGEWOOD, NJ 07450	201-670-9605
RIDGEWOOD	Prospect Place, SHARE Inc.	130 PROSPECT PL	RIDGEWOOD, NJ 07540	201-670-9605
SADDLE BROOK		156 MIDLAND AV	SADDLE BROOK, NJ 07662	973-478-3133
TEANECK		555 GLENWOOD AVE	TEANECK, NJ 07666	201-414-6469
WOODCLIFF LAKE	Waterfront Rest Home	210 BROADWAY	WOODCLIFF LAKE, NJ 07677	201-391-2442

New Jersey Property Tax Relief Programs

Homestead Benefit

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

Property Tax Reimbursement (Senior Tax Freeze)

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

For further information and update on income eligibility contact:

General Tax Information:

NJ Division of Taxation	800-323-4400 or 609-826-4400
Main Customer Service Center	609-292-6400
NJ TAXATION - Regional office	201-791-0500
22-08 Route 208 South	
Fair Lawn, NJ 07410	
Property Tax Deduction/Credit	

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

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)

201- 336-7569 or 201-336-7400

Division of Senior Services / ADRC

One Bergen county Plaza, Hackensack NJ, 07601

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

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

201-336-6999

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

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

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

201-996-9100

131 Main Street, Suite 120, Hackensack, NJ 07601

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

Bergen Volunteer Center Chore Program

201-489-7790

64 Passaic Street, Hackensack, NJ 07601

Minor household repairs without charge (except for materials).

Habitat for Humanity of Bergen County

201-457-1020

121 Carver Avenue, Westwood, NJ 07675

Provides critical home repairs and accessibility modifications at no or minor cost (materials only) for low-income homeowners, construct and install access ramps, refit bathrooms and interior access areas for low-income seniors and any family member with a disability.

Rebuilding Together North Jersey

201-447-8886

217 Rock Rd, Glen Rock, NJ 07452

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.

Jewish Home Family, Safely@Home – Home Improvements/Repairs

201-518-1175

10 Link Drive, Rockleigh, NJ 07547

www.jewishhomefamily.org/safely

Home modifications for seniors, as well as a one-stop-shop hotline for trusted service providers for routine and emergency maintenance.

Greater Bergen Community Action Weatherization Assistance Program (WAP)

973-546-1441

529 Midland Ave., Garfield, NJ 07026

Assist homeowners & tenants in lowering heating cost through home improvement for heat loss due to poor insulation or inefficient heating system. Improves energy efficiency with repairs and replacement if necessary. Eligibility Requirements: Households must meet income guidelines below 200% of Federal Poverty Level.

Utility & Telephone Assistance Programs

Low Income Home Energy Assistance Program (LIHEAP)

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

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

The TRUE and PAGE Program-Energy Assistance Program (732) 982-8710

59 Broad St. Eatontown, NJ 07724

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

How to Apply:

- Greater Bergen Community Action at 201-968-0200 Ext 7008
- Bergen County Division of Senior Services/ADRC at 201-336-7400

*Apply Nov 1st thru March 31st

You can apply for both HEAP (above) and Cooling assistance. Cooling Assistance provides \$100 to help pay for cooling costs. Eligibility Requirements: Must have a medical condition that requires use of any cooling device. Entire household income is counted.

Cooling Assistance

201-996-9100 ext. 18

Heightened Independence and Progress (*hip*)

131 Main St., Hackensack, NJ 07601

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

Lifeline Utility Credit Program

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

Eligibility requirements are the same as for the PAAD program. If you receive SSI, Lifeline rebate is reflected in your monthly check. If utilities are included in your rent, you may receive a direct payment.

How to Apply:

- Call PAAD/Lifeline 800-792-9745 or
- Bergen ADRC Division of Senior Services 201-336-7400 or
- Greater Bergen Community Action 201-968-0200 Ext 7008

Comfort Partners

888-773-8326

njcleanenergy.com

Provides energy saving home improvements and energy education programs for qualified low-income customers. Comfort Partners is sponsored by the Board of Public Utilities - NJ Clean Energy Program. Program representatives will work with each household to evaluate level of energy efficiency. Eligibility Requirements: at or below 225% of the Federal Poverty Guidelines.

Universal Service Fund (USF)

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

How to Apply:

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

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

** USF accepts application all year.

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

Winter Termination Program (WTP)

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

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.

NJ SHARES

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

How to Apply:

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

Verizon New Jersey Communications Lifeline

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

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

How to Apply:

- Call NJSHARES at 888-337-3339 or visit www.njshares.org
- Call Verizon at 800-837-4966 or visit www.verizon.com/lifeline

Veteran's Services

Division of Veterans' Services

201-336-6325

One Bergen County Plaza, 2nd Floor

Hackensack, NJ 07601

Fax: 201-336-6327

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

Veterans Affairs Benefits Administration (Regional Office)

800-827-1000

20 Washington Place, Newark, NJ 07102

Federal benefits for veterans and dependents.

Call to inquire about services/benefits.

United States Department of Veterans Affairs (Lyons)

908-647-0180

151 Knollcroft Road, Lyons, NJ 07903

Veterans Benefits

800-315-7909

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

VA Healthcare Enrollment (New Jersey)

888-954-3553

Veterans Affairs Practice Hackensack Clinic

201-342-4536

385 Prospect Avenue, Hackensack, NJ 07601

Veterans Memorial Home Paramus

201-634-8200

1 Veterans Drive, Paramus, NJ 07652

Community Transportation for Veterans

201-368-5955

178 Essex Street, Hackensack, NJ 0760

Transportation services to VA hospitals and Veteran health care sites.

Veteran Employment Federal Positions

www.usajobs.gov

www.fedshirevets.gov

www.vaforvets.va.gov

Community Hope

855-483-8466 or 973-463-9600

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

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

www.communityhope-nj.org

Financial Assistance for Homebound Veterans

Aid and Attendance and Housebound Benefits -

Newark Regional Office

800-827-1000

Newark Regional Office

20 Washington Pl, Newark, NJ 07102

Visit following websites:

www.veteranaid.org

www.vba.va.gov

Senior Veterans Tax Freeze

800-882-6597

You will need to apply with the State of New Jersey

Contact your Municipality for the following Programs:

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

Contact your municipality for this deduction.

Property Tax Exemption for Disabled Veteran

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

LGBTQ Resources

Garden State Equality

973-509-5428

40 South Fullerton Ave

Montclair, NJ 07042

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

www.gardenstateequality.org

GLRAP

310-722-1807

310-477-0707

The Gay & Lesbian Association of Retiring Person, Inc. (GLARP) calls attention to the aging issues in the LGBT community.

www.gaylesbianretiring.org

Lambda Legal National LGBT Help Center

212-809-8585

120 Wall Street 19th floor

New York, NY 10005

Prime Timers

973-727-5174

PO Box 1073

Sparta, NJ 07871

Social and civic for mature gay and bisexual men

www.primetimersww.com

SAGE (Services and Advocacy for GLBT Elders)

212-741-2247

888-234-SAGE (hotline)

www.sageusa.org

Hudson Pride Connection Center

SAGE Program

201-963-4779

SAGE NJ 973-342-2360

32 Jones Street, Jersey City, NJ 07306

Social group for older adults.

www.hudsonpride.org

LGBTQ-friendly Houses of Worship in Bergen County

Trinity Episcopal Church – Allendale

201-327-3012

55 George St, Allendale, NJ 07401

info@trinitynbc.org

www.episcopalchurch.org

Cresskill Congregational Church

201-568-0608

85 Union Ave, Cresskill NJ 07626

office@cresskillucc.org

www.cresskillucc.org

St Paul's Church - Englewood

201-568-3276

113 Engle St, Englewood NJ 07631

office@stpaulsenglewood.org

www.welcome.stpaulsenglewood.org

Unitarian Universalist Congregation of the Palisades - Englewood

201-568-5540

228 Grand Ave., Englewood NJ 07631

Staff@uucpalisades.org

www.uucpalisades.org

Trinity Evangelical Lutheran Church – Fairview

201-941-5755

295 Hudson Pl, Fairview NJ 07022

support@trinityfairview.org

www.trinityfairview.org

Church of the Good Shepherd - Fort Lee

201-461-7260

1576 Palisade Ave, Fort Lee NJ 07024

churchofthegs@verizon.net

www.goodshepherdfortlee.net

All Saints - Glen Rock

201-444-6874

40 Central Ave, Glen Rock NJ 07452

gary@allsaintsglenrock.org

www.allsaintsglenrock.org

St. Andrew's - Harrington Park

201-768-0819

31 Lynn St, Harrington Park NJ 07460

standrewhp@gmail.com

www.standrewsharringtonpark.org

St John the Divine – Hasbrouck Heights

201-288-0002
229 Terrace Ave, Hasbrouck Heights NJ 07604
church@saintjohnthedivine.com
www.saintjohnthedivine.com

St. Luke's – Haworth

201-384-0706
Grant St, Haworth NJ 07641
Office@StLukesHaworth.org
www.stlukeshaworth.org

All Saints – Leonia

201-947-1233
150 Park Avenue, Leonia NJ 07605
parishadministrator@allsaintsleoniaministry.com
www.episcopalchurch.org/parish/all-saints-episcopal-church-leonia-nj

Leonia UMC

201-944-2970
396 Broad Ave, Leonia NJ 07605
Yevgeniya@Leoniachurch.org
www.leoniachurch.com

Presbyterian Church in Leonia

201-944-1358
181 Fort Lee Rd, Leonia NJ 07605
secretaryleoniaministry@gmail.com
www.leoniapres.org

Church of the Holy Communion – Norwood

201-768-0634
66 Summit Street, Norwood NJ 07648
holycommunion.norwood@gmail.com
www.holycommunionnj.com

Norwood Presbyterian

201-768-2223
701 Broadway, Norwood NJ 07648
Rpcinchurchoffice@gmail.com
www.pcnorwood.org

Ponds Reformed Church – Oakland

201-337-6744
341 Ramapo Valley Rd, Oakland NJ 07436
jane@pondsnj.org
www.pondsreformedchurch.org

St. Alban's Church – Oakland

201-337-4909
1 Church Ln, Oakland NJ 07436
stalbansofl@optimum.net
www.stalbansflow.org

Prince of Peace – Old Tappan

201-768-8691
106 Orangeburgh Rd, Old Tappan NJ 07675
secretary@princeofpeacenj.org
www.princeofpeacenj.org

Central Unitarian Church Paramus

201-262-6300
156 Forest Ave, Paramus NJ 07652
marroyo@cucparamus.org
www.cucparamus.com

St John's - Ramsey

201-327-0703
301 East Main Street, Ramsey NJ 07446
ellen.joyce@stjohnsramsey.org
www.stjohnsramsey.org

Christ Episcopal Church - Ridgewood

201-652-2350
105 Cottage Pl, Ridgewood NJ 07450
staff@christchurchridgewood.org
www.christchurchridgewood.org

Unitarian Society of Ridgewood

201-444-6225
113 Cottage Pl, Ridgewood NJ 07450
usr.secretary@verizon.net
www.uuridgewood.org

WestSide Presbyterian Church Ridgewood

201-652-1966, ext. 7141
6 S Monroe St, Ridgewood NJ 07450
DDiMauro@westside.org
www.westside.org

First Congregational Church of River Edge

201-261-1712
109 Continental Ave, River Edge NJ 07661
office@fccriveredge.org
www.fccriveredge.org

Rutherford Congregational Church

201-438-6324
251 Union Ave, Rutherford NJ 07070
www.rccucc.com

Rutherford UMC

201-438-4486
56 W Passaic Ave, Rutherford NJ 07070
bjkurz@gmail.com
www.rutherfordumc.org

St Mark's Church – Teaneck

201-836-7275

118 Chadwick Rd, Teaneck NJ 07666

office@stmarksteaneck.org

www.stmarksteaneck.org

St Paul's Lutheran – Teaneck

201-702-6189

61 Church St, Teaneck NJ, 07666

SharlaDel@aol.com

www.stpaulsteaneck.com

Church of the Atonement – Tenafly

201-568-1763

97 Highwood Ave, Tenafly NJ 07670

parish.admin@atonement-tenafly.org

www.atonement-tenafly.org

Temple Beth Or – Township of Washington

201-664-7422

56 Ridgewood Rd #1, Washington NJ 07676

info@templebethornj.org

www.templebethornj.org

Services for Korean-Speaking Older Adults and Caregivers

AGENCIES SERVING KOREAN-AMERICAN SENIORS AND CAREGIVERS

Asian Women's Christian Association (AWCA)

201-862-1665

9 Genesee Ave., Teaneck, NJ 07666

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

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

www.awcanj.org

AWCA Family Counseling Center 가정상담소

201-862-1116

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

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

fcc@awcanj.org

AWCA Adult Continuing Education age 60+

201-862-1665

60세이상 아시아인 시니어들을 위한 평생교육 프로그램 제공.

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

info@awcanj.org

www.awcanj.org

Friends of Grace Seniors (DBA Korean Community Center)

201-541-1200 ext. 111,112

한인동포회관

100 Grove St, Tenafly, NJ 07670

모든분들의 건강하고 독립적인 생활을 증진시키고 문화와 교육, 아웃리치, 의료복지, 시민 옹호를 통해서

한인들을 주류사회에 연계하고자 합니다.

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

www.kccus.org

Korean Community Center NJ ADRC Care Management Program

201-541-1200 ext. 117

케어매니지먼트

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

NJ ADRC 케어 매니지먼트 프로그램은 혼자서는 생활 할 수 없는 의존적인 노인환자나 장애인들을 도와 주기 위한 뉴저지 주정부 프로그램입니다. 특히 양로원에 입주하는 것보다 자신의 집이나 지역사회에 계속해서

머물기 원하는 노인과 가족들에게 재정, 서비스, 정서적 도움을 지원해 주어 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. The Care Management Program is a Consumer focused collaborative process which assesses individuals' needs. Care managers plan, implement, coordinate, monitors, and evaluate options and services, using formal and informal resources, to meet homebound, frail, older adults and their caregivers' needs.

Korean American Senior Citizen's Association of New Jersey 뉴저지 한인 상록회

201-945-2400

7 Broad Ave, Palisades Park, NJ 07650

뉴저지 한인 상록회 봉사 업무 안내

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

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

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

New Jersey Korean-American Mutual Aid Association

201-945-2411

201-482-4929

뉴저지 한인 상호회

438 Broad Ave. Palisades Park, NJ 07650

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

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

E-mail: kascmaanj@gmail.com

Korean Programs in Hospitals

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

The Center for Korean Health and Wellness **한인건강센터**
350 Engle Street, Englewood, NJ 07631
www.Englewoodhealth.org

잉글우드병원은 환자에게 가장 쾌적한 환경에서, 지역내 최상의 의료서비스를 제공하기 위해 최선을 다하고자 합니다. 저희는 버겐카운티내 성장하고 있는 한인 커뮤니티를 위한 지원활동을 늘리며 의료서비스를 향상시키고자 항상 노력하고 있습니다. 한인건강센터는 한국 환자분들이 문화적인 어려움을 겪지 않도록 여러 방면에서 도움을 드리고 있습니다. 100명 이상의 한국인 의사분들이 여러 분야에서 여러분들의 건강을 책임지고 있습니다. 그 외에 한인 간호사, 직원 및 자원봉사자들이 한인 여러분들의 문화적인 어려움을 덜어드리고자 최선을 다하고 있습니다. 한국인 자원봉사자와 직원들이 환자의 일상 대화의 통역 서비스를 제공합니다. Englewood Hospital and Medical Center strives to offer the highest level of healthcare services in a humanistic environment and works to deliver the best health services and facilities to the growing Korean population in Bergen County. The Center for Korean Health and Wellness assists patients who experience cultural and/or language barriers. The center collaborates with over 100 Korean doctors to help meet the healthcare needs of Korean patients. In addition, a supportive team of Korean nurses, staff, and volunteers work together to provide a more hospitable environment to patients, and Korean staff and volunteers offer cultural interpretation services when requested.

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

Korean Medical Initiative **코리안 메디칼 이니셔티브**
30 Prospect Avenue, Hackensack, NJ 07601
www.hackensackumc.org/korean

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

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

Korean Medical Program **코리안 메디칼 프로그램**
718 Teaneck Road, Teaneck, NJ 07666
www.kholyname.com

Korean Nursing Homes 한국어 양로원

New Bridge Medical Center, Long Term Care admissions office

한국 요양원

230 East Ridgewood Avenue, Paramus, NJ 07652

<http://www.newbridgehealth.org/long-term-care>

201-768-6222

한국어 상담 : 201-225-4718

Buckingham at Norwood

은혜가든

100 McClellan Street, Norwood, NJ 07648

<http://www.windsorhealthcare.org/buckingham>

201-768-6222

한국어 상담: 201-768-5778

Gateway Care Center

은빛 요양원

139 Grant Avenue, Eatontown, NJ 07724

732-542-4700

한국어 상담 : 732-770-0609

Korean Home Health Aide 한인 가정 요양 보호사

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

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

201-862-9111(Korean)

201-862-0006(Chinese)

9 Genesee Ave., Teaneck, NJ 07666

www.awcanj.org

Care Finders Total Care

201-342-5122

171 Main St. Hackensack, NJ 07601

Confident Care – Hackensack

201-498-9400

3 University Plaza Drive, Hackensack, NJ 07601

Gentle Heart Care LLC

201-613-6173

3 University Plaza Drive, Hackensack, NJ 07601

Loving Care

201-592-8117

190 Moore Street, Hackensack, NJ 07601

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