

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



**Bergen County  
Department of Human Services  
Division of Senior Services  
Aging and Disability Resource Connection**

**Bergen ADRC  
One Bergen County Plaza, 2<sup>nd</sup> Floor  
Hackensack, NJ 07601  
201-336-7400  
Toll-free #: 1-877-222-3737  
Telephone Relay Service for TTY users: CALL: 711**

**County Executive  
James J. Tedesco III**

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**ALPHABETICAL LISTING OF SERVICES/KEY WORDS**  
**PAGES 77-79**

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](mailto:seniors@co.bergen.nj.us)



# **GENERAL INFORMATION**

## **County Agencies and Services**

### **Bergen County Division of Senior Services - Bergen ADRC**

One Bergen County Plaza, 2<sup>nd</sup> Floor, Hackensack, NJ 07601  
Hours 8:30AM – 4:30 PM, Monday – Friday  
Website: <http://www.co.bergen.nj.us/bcdhs/divisions/senior.htm>

**201-336-7400**  
**1-877-222-3737**  
**Fax: 201-336-7424**

### **Bergen County Division on Disability Services**

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

**201-336-6500**

### **Community Resource Council (CRC)**

387 Main Street, Hackensack, NJ 07601  
Information and referral service of Bergen County services & programs.

**Help Line: 201-343-6543**  
**201-646-3676**

### **Bergen County Board of Social Services**

218 Route 17 North, Building A, Rochelle Park, NJ 07662  
Website: [www.bcbss.com](http://www.bcbss.com)

**201-368-4200**

### **Bergen County Department of Health Services**

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

**201-634-2600**

### **Bergen County Department of Mental Health**

If you or a family member are experiencing the signs or symptoms of mental illness.

Emergency/Crisis hotline: 201-262-help (4357)

**201-634-2745**

### **Bergen County Office of Consumer Affairs**

#### **Consumer Protection**

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

**201-336-6400**

### **Bergen County Office of Emergency Management**

285 Campgaw Road, Mahwah, NJ 07430

**201-785-5757**  
**201-336-7705**



**NJ Area Agencies on Aging/NJ ADRC**  
**21 Counties**

Atlantic	609-645-7700 Ext. 4700
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

## **Chronic Disease & Disability Health Issues**

### **Alzheimer's Association**

24-hour helpline  
Caregiver Information Referral Line  
For other details visit [www.alz.org](http://www.alz.org)

800-272-3900  
800-883-1180

### **COPSA Institute for Alzheimer's Disease & Related Disorders**

(Alzheimer's Resource Center)

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

A statewide program that includes a dementia clinic and a resource center that provides education, information and support to the families and caregivers of people with dementia. Institute staff train and provide consultation to geriatric professionals throughout New Jersey.

800-424-2494  
732-235-8400

### **Bergen County Sheriff's Office (Alzheimer Association)**

10 Main Street, Hackensack, NJ 07601

The Bergen County Sheriff office is participating in project lifesaver international, which helps provide rapid response to save lives and reduce the potential for serious injury for adults and children who wander due to Alzheimer's, Dementia, Autism, Down syndrome and other related disorders. Contact the Community outreach unit at the Sheriff's department for more information.

[www.bcsd.us](http://www.bcsd.us)

201-336-3540

### **Alzheimer Disease Education Center**

Comprehensive Alzheimer disease information and resources including  
Caregiver skills for behavioral problems and all other information  
[www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

800-438-4380

### **Alzheimer's New Jersey**

The Respite Care and Wellness Program  
400 Morris Avenue, Suite 251  
Denville, NJ 07834  
[www.alznj.org](http://www.alznj.org)

888-280-6055  
973-586-4300

### **Holy Name Hospital Asian Dementia Center**

718 Teaneck Road, Teaneck, NJ 07666

Screening, education programs, family support groups.

201-833-3000

### **Arthritis Foundation NJ State Office:**

555 Route 1 South Suite 320, Iselin, NJ 08830

Mon- Fri 9:00am – 5:00pm

[www.arthritis.org](http://www.arthritis.org)

888-467-3112  
732-283-4300

### **Cancer**

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

**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](http://www.stroke.org)**Post Stroke Program****201-336-6502**

Division of Disability Services

One Bergen County Plaza, 2<sup>nd</sup> Floor, Hackensack, NJ 07601

Offers several stroke support groups throughout Bergen County.

**HIV/Aids****Buddies of New Jersey****800-508-7577 (NJ only)****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.

[mark@njbuddies.org](mailto:mark@njbuddies.org)[www.njbuddies.org](http://www.njbuddies.org)**Multiple Sclerosis****National Multiple Sclerosis Society****201-967-5599**

North Jersey Chapter

1 Kalisa Way, Suite 205, Paramus, NJ 07652

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

[www.nationalmssociety.org](http://www.nationalmssociety.org)**Parkinson Disease****American Parkinson Disease Assoc.****732-745-7520**

100 Kirkpatrick, New Brunswick, NJ 08901

[Apdanj.org](http://Apdanj.org)**Sickle Cell Disease****Sickle Cell Disease New Jersey Chapter****973-482-9070**565 North 11<sup>th</sup>, Street, Newark, NJ 07107**Sickle Cell Disease Association of America, Inc.****800-421-8453**

231 East Baltimore Street, suite 800, Baltimore, Md. 21202

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



## Hospitals

**Bergen Regional Medical Center**

230 East Ridgewood Ave.  
Paramus, NJ 07652  
www.bergenregional.com

201-967-4000

**Englewood Hospital and Medical Center**

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

201-894-3000

**Hackensack University Medical Center**

30 Prospect Street  
Hackensack, NJ 07601

201-996-2000

**Hackensack University Medical Center - Pascack Valley**

250 Old Hook Road,  
Westwood, NJ 07675  
www.hackensackumcpv.com

201-383-1035

**Holy Name Medical Center**

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

201-833-3000

**Valley Hospital**

223 N. Van Dien Ave.,  
Ridgewood, NJ 07450  
www.valleyhealth.com

201-447-8000

## **LGBT RESOURCES**

### **GLRAP**

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

**310-722-1807**

or

**310-477-0707**

### **Lambda Legal National LGBT Legal Help Center**

120 Wall Street 19<sup>th</sup> floor, New York, NY 10005

**212-809-8585**

### **MS- Lambda Essential Group Support (MSLEGS)**

Self directed by GLBT with MS

[www.nationalmssociety.org/chapters/NJM/Groups-and-Discussions/Program/MS](http://www.nationalmssociety.org/chapters/NJM/Groups-and-Discussions/Program/MS)

**201-788-3663**

### **Prime Timers**

PO Box 1073, Sparta, NJ 07871

Social organization whose purpose is to ensure that mature gay and bisexual men  
have a rich and pleasurable social life with other like-minded men  
[www.meetup.com/New-Jersey-Primetimers/](http://www.meetup.com/New-Jersey-Primetimers/)

**973-727-5174**

### **Sage (Services and Advocacy for GLBT Elders)**

<http://www.sageusa.org>

**212-741-2247**

### **Sage New Jersey**

Hudson Pride Connection Center

32 Jones Street, Jersey City, NJ 07306

[www.hudsonpride.org/](http://www.hudsonpride.org/)

SAGE men's/women's group where people meet and enjoy each others company.  
There are discussions, guest speakers, video nights, and outings.

[www.hudsonpride.org/programs-services/pride-connections/lgbt-seniors/](http://www.hudsonpride.org/programs-services/pride-connections/lgbt-seniors/)

or call Gordon Sauer at 973-342-2360 (leave voicemail or text)

**201-963-4779**

<b><u>St John the Divine</u></b> – Hasbrouck Heights 229 Terrace Ave, Hasbrouck Heights NJ 07604 Rev Mark Beckwith, <a href="mailto:mbeckwith@dioceseofnewark.org">mbeckwith@dioceseofnewark.org</a> , <a href="mailto:church@saintjohnthedivine.com">church@saintjohnthedivine.com</a> <a href="http://www.saintjohnthedivine.com/#">www.saintjohnthedivine.com/#</a>	<b>201-288-0002</b>
<b><u>St. Luke's</u></b> - Haworth Massachusetts Ave & Grant Street, Haworth NJ 07641 Rev. Joseph S. Pickard, <a href="mailto:Office@StLukesHaworth.org">Office@StLukesHaworth.org</a> <a href="http://www.stlukeshaworth.org/">www.stlukeshaworth.org/</a>	<b>201-384-0706</b>
<b><u>All Saints</u></b> – Leonia 150 Park Avenue, Leonia NJ 07605 Rev. Dean Weber, <a href="mailto:dean.allsaints@verizon.net">dean.allsaints@verizon.net</a> Robin Kantrowitz, <a href="mailto:parishadministrator@allsaintsleoniam.com">parishadministrator@allsaintsleoniam.com</a> <a href="http://www.episcopalchurch.org/parish/all-saints-episcopal-church-leonia-nj">www.episcopalchurch.org/parish/all-saints-episcopal-church-leonia-nj</a>	<b>201-947-1233</b>
<b><u>Leonia UMC</u></b> 396 Broad Avenue, Leonia NJ 07605 Rev David Wehrle, <a href="mailto:David@LeoniaChurch.org">David@LeoniaChurch.org</a> Yevgeniya Przhebelskaya, <a href="mailto:Yevgeniya@Leonia.Church">Yevgeniya@Leonia.Church</a> <a href="http://www.leoniachurch.com">www.leoniachurch.com</a>	<b>201-944-2970</b>
<b><u>Presbyterian Church in Leonia</u></b> 181 Fort Lee Road, Leonia NJ 07605 <a href="mailto:JOEVDW@aol.com">JOEVDW@aol.com</a> , <a href="mailto:secretaryleoniam@gmail.com">secretaryleoniam@gmail.com</a> <a href="http://www.leoniapres.org/">www.leoniapres.org/</a>	<b>201-944-1358</b>
<b><u>Church of the Holy Communion</u></b> - Norwood 66 Summit Street, Norwood NJ 07648 Rev. James Petroccione, <a href="mailto:holycommunion.norwood@gmail.com">holycommunion.norwood@gmail.com</a> <a href="http://www.holycommunionnj.com/">www.holycommunionnj.com/</a>	<b>201-768-0634</b>
<b><u>Norwood Presbyterian</u></b> 701 Broadway, Norwood NJ 07648 Rev. Timothy Son, <a href="mailto:timothydson@gmail.com">timothydson@gmail.com</a> , <a href="mailto:pcinchurchoffice@gmail.com">pcinchurchoffice@gmail.com</a> <a href="http://www.pcnorwood.org/">www.pcnorwood.org/</a>	<b>201-768-2223</b>
<b><u>Ponds Reformed Church</u></b> – Oakland 341 Ramapo Valley Road, Oakland NJ 07436 Rev. Nathan S. Busker, <a href="mailto:nathan@pondsnj.org">nathan@pondsnj.org</a> Jane Casazza, <a href="mailto:jane@pondsnj.org">jane@pondsnj.org</a> <a href="http://www.pondsreformedchurch.org/">www.pondsreformedchurch.org/</a>	<b>201-337-6744</b>
<b><u>St.Alban's Church</u></b> - Oakland 1 Church Lane, Oakland NJ 07436 Rev. Kathryn King Diane Firkins <a href="mailto:stalbansOFL@optimum.net">stalbansOFL@optimum.net</a> <a href="http://www.stalbansflow.org">www.stalbansflow.org</a>	<b>201-337-4909</b>



**Rutherford UMC**

56 West Passaic Avenue, Rutherford NJ 07070  
Pastor BJ Kim, [bjkurz@gmail.com](mailto:bjkurz@gmail.com)  
[www.rutherfordumc.org/](http://www.rutherfordumc.org/)

**201-438-4486****St Mark's Church** - Teaneck

118 Chadwick Road, Teaneck NJ 07666  
Rev. Robert Shearer, [rshearer2077@gmail.com](mailto:rshearer2077@gmail.com)  
Themba Johnson, [office@stmarksteaneck.org](mailto:office@stmarksteaneck.org)  
[www.stmarksteaneck.org](http://www.stmarksteaneck.org)

**201-836-7275****St Paul's Lutheran** - Teaneck

61 Church Street, Teaneck NJ, 07666  
Pastor Rev. Dr. Gary LeCroy, [pastorgary@stpaulsteaneck.com](mailto:pastorgary@stpaulsteaneck.com)  
Sharla DeLawter, [SharlaDel@aol.com](mailto:SharlaDel@aol.com)  
[www.stpaulsteaneck.com/](http://www.stpaulsteaneck.com/)

**201-702-6189****Church of the Attonement** - Tenaflly

97 Highwood Ave, Tenaflly NJ 07670

**201-568-1763**

Rev Lynne Bleich Weber, [rector@atonement-tenafly.org](mailto:rector@atonement-tenafly.org)  
Patricia D'Anna, [parish.admin@atonement-tenafly.org](mailto:parish.admin@atonement-tenafly.org)  
[www.atonement-tenafly.org/](http://www.atonement-tenafly.org/)

**Temple Beth Or** – Township of Washington

56 Ridgewood Rd # 1, Township of Washington NJ 07676  
Rabbi Ruth Zlotnick, [info@templebethornj.org](mailto:info@templebethornj.org)  
[www.templebethornj.org/](http://www.templebethornj.org/)

**201-664-7422**

# **VETERANS AFFAIRS**

## **Veterans Services**

### **Division of Veterans' Services**

One Bergen County Plaza, 2<sup>nd</sup> Floor, Hackensack, NJ 07601

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

**201-336-6325**

**Fax: 201-336-6327**

### **Veterans Affairs Benefits Administration(Regional Office)**

20 Washington Place, Newark, NJ 07102

Federal benefits for veterans and dependents.

Call to inquire about services/benefits.

**800-827- 1000**

### **United States Department of Veterans Affairs (Lyons)**

151 Knollcroft Road, Lyons, NJ 07903

**908-647-0180**

### **Veterans Benefits**

New Jersey Veterans Administration Health Care System

Must enroll in the VA Program. Call toll-free for information and application packet. The VA Hospital is located in East Orange.

**800-315-7909**

### **VA Healthcare Enrollment (New Jersey)**

**888-954-3553**

### **Veterans Affairs Practice Hackensack Clinic**

385 Prospect Avenue, Hackensack, NJ 07601

**201-342-4536**

### **Veterans Memorial Home Paramus**

1 Veterans Drive  
Paramus, NJ 07652

**201-634-8200**

### **Community Transportation for Veterans**

Transportation services to VA hospitals and Veteran health care sites.

178 Essex Street, Hackensack, NJ 0760

**201-368-5955**

### **Veteran Employment Federal Positions**

**[www.usajobs.gov](http://www.usajobs.gov)**

**[www.fedshirevets.gov](http://www.fedshirevets.gov)**

**[www.vaforvets.va.gov](http://www.vaforvets.va.gov)**

### **Veterans Employment Initiative:**

**[www.open.gov/policy-data-oversight/veterans-employment-initiative/vet-guide](http://www.open.gov/policy-data-oversight/veterans-employment-initiative/vet-guide)**

## **EMERGENCY SERVICES**

### **Bergen County office of Emergency Management**

285 Campgaw Road, Mahwah, NJ 07430

201-785-5757

201-336-7705

### **American Red Cross (will respond to natural disasters)**

Englewood

201-588-8787

Hackensack

201-487-7470

Ridgewood

201-652-3210

Rutherford

201-939-2455

### **Adult Protective Services**

Bergen County Board of Social Services

201-368-4300

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

800-624-0275 (after hours)

### **United Way Bergen County Compassion Fund**

6 Forest Avenue

211 or 201-294-4050

Paramus, NJ 07652

[www.nj211.org](http://www.nj211.org)

The Compassion Fund provides help that is direct, concrete, vital and timely. Agency may assist with urgent financial needs from utility bills to medication and healthcare to help families remain in their home.

### **Housing, Health & Human Services Center**

201-336-6475

120 South River Street,

Hackensack NJ 07601

Temporary Shelter, meals, and links to community services.

### **Family Promise of Bergen County**

201-833-8009

100 Dayton Street Ridgewood, NJ

This program helps working families who are facing homelessness.

Monday-Friday 9:00am-5:00pm

### **Alternatives to Domestic Violence ADV**

201-336-7575

One Bergen County Plaza, Hackensack, NJ 07601

ADV offers services including crisis intervention; counseling; legal assistance; individual, group and family counseling; etc.

Calls remain confidential.

### **Center for Hope and Safety**

201-498-9247

548 Beverly Road, Teaneck, NJ 07666

201-944-9600 HOTLINE

Assists women and children who are victims of domestic violence, including emotional, economic, sexual and physical abuse. The agency provides emergency and transitional housing, emotional support, and a diversified continuum of services focused on safety, empowerment, and self-sufficiency.

[www.hopeand safetynj.org](http://www.hopeand safetynj.org)



## Center for Food Action

### Center for Food Action

Main Office: 192A West Demarest Avenue  
Englewood, NJ 07631  
www.cfanj.org

**201-569-1804**

**Fax 201-569-5619**

### **Services provided:**

#### **Emergency food.**

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

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

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

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

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

### Englewood Office (Main Office)

192A West Demarest Avenue, Englewood, NJ 07631

Mon., Wed., Thur., Fri., 9:00am–5:00pm. Tues. 9:00am to 6:30pm

Food, Rent and Utility Assistance Towns Served: Alpine, B Alpine, Bergenfield, Closter, Cresskill, Demarest, Dumont Emerson, Englewood, Englewood Cliffs, Fort Lee, Harrington Park, Haworth Hillsdale, Leonia, New Milford, Northvale, Norwood, Old Tappan, Palisades Park, Ridgely, Ridgely Park, River Vale, Teaneck, Tenafly

**201-569-1804**

**Fax: 201-569-5619**

### Fairview Office

St. John Baptist Church

239 Anderson Ave., Fairview, NJ 07022

Mon., Tues. and Thurs.: 9:00am– 4:30pm.

Towns Served for Food: Edgewater, Fairview and Cliffside Park

**201-945-5831**

**Town: Cliffside Park**

Pantry Name & Location: Church of the Epiphany Food Pantry

Information Needed to Qualify: ID

Area Served: anyone who needs assistance

Hours of Operation: Mon-Fri 9:00am-2:00pm

Address: 247 Knox Avenue, Cliffside Park

**Phone: 201-943-7320**

[www.epiphanyfoodpantry.moonfruit.com](http://www.epiphanyfoodpantry.moonfruit.com)

**Town: Closter**

Pantry Name & Location: Closter Borough Hall

Information Needed to Qualify: Proof of Residence

Area Served: Closter residents and neighboring communities without food pantries

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

Address: 295 Closter Dock Road, Closter

**Phone: 201-784-0600 ext:429**

**Town: Cresskill**

Pantry Name & Location: St. Therese/Cresskill Food Pantry

Information Needed to Qualify: Proof of Residence

Area Served: Cresskill residents

Hours of Operation: Tues 6:00pm-7:30pm, Wed 10:00-11:00am, Sat 10:00am-Noon

Address: 65 B Madison Avenue, Cresskill

**Phone: 201-569-5400**

**Town: Dumont**

Pantry Name: Borough

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

Area Served: Dumont residents

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

Address: 39 Dumont Avenue, Dumont

**Phone: 201-387-5022**

**Town: Edgewater**

Pantry Name & Location: Holy Rosary Church Pantry

Information Needed to Qualify: ID

Area Served: anyone who needs assistance

Hours of Operation: 3rd Thurs 11:00am- Noon

Address: 56 Edgewater Place, Edgewater

**Phone: 201-945-6329**

**Town: Englewood**

Pantry Name & Location: CENTER FOR FOOD ACTION

Information Needed to Qualify: Call for appointment

Area Served: anyone who needs assistance

Hours of Operation: Mon-Friday 9:00am-5:00pm, Tues 9:00am-7:00pm, And first Saturday of every month: 10:00am-1:00pm

Address: 192 W. Demarest Avenue, Englewood

**Phone: 201-569-1804**



**Town: Hackensack**

Pantry Name & Location: Buddies of New Jersey, Inc.

Information Needed to Qualify: AIDS/ HIV positive clients

Area Served: Bergen and Passaic County

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

Address: 149 Hudson Street, Hackensack

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

njbuddies.org

**Town: Hasbrouck Heights**

Pantry Name: Hasbrouck Heights Borough Hall

Information Needed to Qualify: copy of lease or utility bill

Area Served: Hasbrouck Heights residents

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

Address: 320 Boulevard, Hasbrouck Hts.

**Phone: 201-288-0195**

**Town: Hillsdale**

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

Information Needed to Qualify: ID

Area Served: Hillsdale and neighboring residents

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

Address: 349 Hillsdale Avenue, Hillsdale

**Phone: 201-664-0600**

**Town: Little Ferry**

Pantry Name: St. Margaret of Cortona Food Pantry

Information Needed to Qualify: proof of residence

Area Served: Little Ferry and Moonachie residents

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

Address: 31 Chamberlain Avenue, Little Ferry

**Phone: 201-641-2988**

**Town: Lyndhurst**

Pantry Name & Location: Sacred Heart Church

Information Needed to Qualify: proof of residence

Area Served: Lyndhurst

Hours of Operation: Sat 9:30am -11:00am

Address: 324 Ridge Road, Lyndhurst

**Phone: 201-483-1147**

**Town: Mahwah**

Pantry Name: CENTER FOR FOOD ACTION

Information Needed to Qualify: ID

Area Served: anyone who needs assistance

Hours of Operation: Mon 10:00am-6:30pm, Tues-Fri 10:00am-2:00pm

Address: 90 Ridge Road, Mahwah

**Phone: 201-529-2029**



**Town: Ridgefield**

Pantry Name: Korean food pantry

Information Needed to Qualify: Proof of income & identification, call to register

Area Served: Ridgefield

Hours of Operation: Mon. & Fri. 10:00am-4:pm

Address: 1061 Slocum Avenue Bldg. A. Ridgefield

**Phone: 201-242-0018, Soo, 201-956-7630 Cell**

**Town: Ridgefield Park**

Pantry Name & Location: St. Francis Food for Friends

Information Needed to Qualify: Proof of residence

Area Served: Ridgefield Park residents

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

Address: 114 Mt. Vernon St., Ridgefield Park

**Phone: 201-641-6464**

**Town: Ridgewood**

Pantry Name & Location: Social Services of Ridgewood

Information Needed to Qualify: Proof of residence and financial need

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

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

**Phone: 201-444-2980**

**Town: River Edge**

Pantry : St Peter the Apostle Catholic Church

Information Needed to Qualify: ID

Area Served: River Edge, New Milford, Oradell

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

Address: 445 5<sup>th</sup> Avenue, River Edge

**Phone: 201-261-3366**

**Town: River Vale**

Pantry Name : River Vale

Information Needed to Qualify: Proof of Residence

Area Served: River Vale

Hours of Operation: Wed 6:00pm-7:30pm, Thur.10:00am to 2:00pm

Address: 334 River Vale Road, River Vale (Behind Police Station)

**Phone: 201-280-0721**

**Town: Rutherford**

Pantry Name & Location: Rutherford Community Food Pantry

Information Needed to Qualify: Proof of Residence

Area Served: Rutherford residents

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

Address: 176 Park Ave, Rutherford

**Phone: 201-460-3628**

# **EDUCATION**

## **Adult Continuing Education**

### **Bergen Community College**

400 Paramus Road, Paramus, NJ 07652  
Continuing education program  
[www.bergen.cc.nj.us](http://www.bergen.cc.nj.us)

201-447-7488

### **Senior Net Program at JCC on the Palisades**

411 East Clinton Ave., Tenafly, NJ 07670  
Computer classes in Microsoft Word, Graphics, Quicken,  
Internet, etc.

201-569-7900

### **Farleigh Dickinson University**

Teaneck, NJ 07666  
Continuing education programs  
[www.fdu.edu](http://www.fdu.edu)

201-692-6500

### **Project Literacy of Greater Bergen county**

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

201- 489-7066

### **The Southeast Senior Center for Independent Living (SESCIL)**

228 Grand Avenue, Englewood, NJ 07631  
[www.Sescil.org](http://www.Sescil.org)

201-569-4080

### **Korean-American Senior Citizen Association**

1061 Slocum Avenue, Ridgefield, NJ  
ESL program will service the Korean Population 60 +  
English instruction for communication in Health and Citizenship

201-945-2400

### **Institute of New Dimensions**

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](http://www.indbergen.org)

973-291-8220

**Hillsdale Public Library**

509 Hillsdale Avenue

Hillsdale, NJ 07642

<http://hillsdalelibrary.org/services/adult-literacy/>

Fee: Free of charge for Hillsdale residents

201-358-5072

**Johnson Public Library**

274 Main Street

Hackensack, NJ 07601

<http://johnsonlib.org/adults/classes/esl/>

Fee: Free of charge

201-343-4169 ext. 34

**Park Ridge Public Library**

51 Park Avenue

Park Ridge, NJ 07656

<http://parkridge.bccls.org/esl.html>

Fee: Free of charge

201-391-5151

**Ridgewood Public Library**

125 North Maple Avenue

Ridgewood, NJ 07450

<http://www.ridgewoodlibrary.org/esl.htm>

Fee:\$30.00 Ridgewood Residents - \$75.00 Non-Ridgewood Residents

201-670-5600 ext.141



## Senior Activity Centers

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

### **NOTE: Bergen County Senior Lunch Program**

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

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

#### **Bergenfield\***

293 Murray Hill Terrace, 07621

201-387-7212

#### **Cliffside Park\***

Gerald A. Calabrese Complex  
500A Gorge Road, 07010

201-943-3768

#### **Closter**

295 Closter Dock Road, 07624

201-784-0971

#### **Cresskill**

38 Spring St, 07626

201-503-9831

#### **Demarest Senior Center**

31 Park Street, 07627  
[www.Demarest.nj.net](http://www.Demarest.nj.net)

201-767- 9785

#### **Dumont Senior Center**

39 Dumont Avenue, 07628

201-387-5040

#### **East Rutherford**

37 Vreeland Avenue, 07073

201-933-3344

#### **East Rutherford\***

Southwest Senior Center  
147 Hackensack Street, 07073

201-935-8920

#### **Elmwood Park\***

500 Boulevard and Market Street, 07407

201-796-3342

#### **Emerson**

20 Palisades Avenue, 07630

201-599-6351

<b><u>Mahwah</u></b> 475 Corporate Drive, P.O. Box 733 07430	<b>201-529-5757</b> <b>Ext. 213</b>
<b><u>Maywood Senior Center</u></b> 145 West Magnolia Avenue, 07607	<b>201-368-1522</b>
<b><u>Midland Park*</u></b> Northwest Bergen Regional Senior Center 46-50 Center Street, 07432	<b>201-445-5690</b>
<b><u>New Milford*</u></b> 275 River Road, 07646	<b>201-599-7565</b>
<b><u>North Arlington*</u></b> St. Paul Episcopal Church 11 York Road 07031	<b>201-998-5636</b>
<b><u>Northvale*</u></b> James F. McGuire Center 116 Paris Avenue, 07647	<b>201-767-6299</b>
<b><u>Oakland</u></b> 20 Lawlor Drive, 07436	<b>201-405-7731</b>
<b><u>Palisades Park*</u></b> 300 Highland Avenue, 07650	<b>201-944-5616</b>
<b><u>Paramus</u></b> 93 North Farview Avenue, 07652	<b>201-265-2100</b> <b>Ext: 664</b>
<b><u>Ramsey</u></b> 205 Church Street, 07446	<b>201-825-1975</b>
<b><u>Ridgefield Park*</u></b> 159 Park Street, 07660	<b>201-641-1220</b>
<b><u>Ridgewood</u></b> 131 North Maple Avenue, 07450	<b>201-670-5500</b> <b>Ext: 301</b>
<b><u>Rutherford*</u></b> 55 Kip Senior Center 55 Kip Avenue, 07070	<b>201-460-1600</b>
<b><u>Saddle Brook</u></b> 8 Caldwell Avenue, 07662	<b>201-845-4594</b>
<b><u>Teaneck*</u></b> 250 Colonial Court, 07666	<b>201-837-0171</b>

# **HEALTH & WELLNESS PROGRAMS**

## **Mental Health**

<b><u>Bergen County Mental Health Board</u></b> One Bergen County Plaza, 4 <sup>th</sup> Floor, Hackensack, NJ 07601	<b>201-634-2745</b>
<b><u>Care Plus, NJ (Serves Central Bergen County)</u></b> <b>Paramus Office (admissions)</b> 610 Valley Health Plaza, Paramus, NJ 07652	<b>201-265-8200</b>
<b>Paramus Office (all other business and voicemail)</b> 40 Eisenhower Drive, Paramus, NJ 07652	<b>201-843-5218</b>
<b>Fairlawn Center (admissions)</b> 17-07 Romaine Street, Fair Lawn, NJ 07410	<b>201-797-2660</b>
<b>Care Plus Primary Screening Center for Bergen (Hot Line)</b> <b>Bergen Regional Medical Center</b> 230 East Ridgewood Avenue, Paramus, NJ 07652	<b>201-262-4357</b>
<b><u>Care Plus Center for primary &amp; Behavioral Health Service</u></b> Partial Care-Geriatric, Supportive Housing, Outpatient Services, Residential Services, Supported Employment Services.	<b>201-265-8200</b>
<b><u>Care Plus intensive Outpatient treatment crossroad to wellness</u></b> 610 Valley Health Plaza, Paramus, NJ 07652	<b>201-986-5037</b>
<b><u>Care Plus Integrated Case Management Service</u></b> <b><u>&amp; Jail Diversion Program</u></b> Care Plus involuntary outpatient commitment 611 Route 46 West, Suite 300, Hasbrouck Heights, NJ 07604	<b>201-478-4162</b> <b>201-478-4166</b> <b>201-478-4183</b>
<b><u>Comprehensive Behavioral Health Service</u></b> <b><u>Wellness &amp; Support Center (Walk Ins)</u></b> 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	<b>201-957-1800</b>
<b><u>Comprehensive Behavioral Health Care Inc.</u></b> <b>Hackensack Services</b> 395 Main Street, Hackensack, NJ 07601 Acute care family services, homeless services, intensive family support services, outpatient services, partial care-geriatric, residential services, supportive housing.	<b>201-646-0333</b>



**Emotions Anonymous****551-804-3126**

64 Passaic St., Hackensack

Meetings are held: Tues &amp; Thu: 7:15 PM First Presbyterian Church

A twelve step program designed to help people achieve and maintain emotional health. Ages 18 and over are welcome to attend.

For more information, Call Sam, at 551-804-3126

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

Wood-Ridge - Provides information and support for adults with mental illness and their families; conducts monthly educational seminars.

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

Bergen Regional Medical Center

**NJSHC in Care Morris****800-367-6274**

1259 Route 46 East, Parsippany, NJ 07054

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.

[www.selfhelpgroups.org](http://www.selfhelpgroups.org)**Referral to specialized mental health services is also available from these agencies:****Office of Behavioral Health Services Director:****201-634-2740****County Mental Health Administrator:****201-634-2751****Medical Care for the Uninsured****Bergen Volunteer Medical Initiative – BVMI****201-342-2478**

241 Moore Avenue Suite 101, 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.

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

535 Midland Park ave, Garfield NJ 07026

**973- 340-1182**

25 East Salem street, Hackensack NJ 07601

**201- 464-7844**

197 South van Brunt street, 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.

<http://nhcac.org/>

## Services and Programs for People with Vision Loss

### Adjustment to Vision Loss Project

201-996-9100

#### **Heightened Independence & Progress (HIP)**

131 Main Street, Suite 120, Hackensack, NJ 07601

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

### National Eye Care Project

800-222-3937

#### **Eye Care America Program**

Medical eye care for the nation's disadvantaged senior citizens. Provides referrals for U.S. citizens or legal residents who are 65 or older who do not have access to an ophthalmologist in their community. Qualified patients receive medical eye examinations and treatment at no out-of-pocket costs. Doctors accept insurance reimbursement as payment in full for their services. Uninsured patients are provided care at no charge.

\* Those enrolled in HMO's or obtain care through a government care facility are not eligible. Note: Eyeglasses, prescriptions, hospital services and other medical services are not covered under the program.

### New Eyes for the Needy, Inc.

973-376-4903

549 Millburn Avenue, P. O. Box 332, Short Hills, NJ 07078

Provides prescription eyeglasses to medically, indigent, visually impaired, older adults who are New Jersey residents. Referrals must be made in writing from social service agencies. While federal poverty guidelines are used, exceptions can be made for low income persons who exceed these guidelines.

\*Note: New Eyes does not pay for eye examinations.

### NJ State Library Talking Book & Braille Center (TBBC)

800-792-8322

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

609-530-3239

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

<http://www.njsltbbc.org>

### NJ Commission for the Blind & Visually Impaired

973-648-3333 (Newark)

Education, vocational rehabilitation, social work, health

Screenings; teaches rehabilitation & independent living skills.

Referral assistance

### Assistive Technology Center - Johnson Public Library

201-343-4169 ext. 22

274 Main Street, Hackensack, NJ 07601

[Catherine.folk-pushee@hackensack.bccls.org](mailto:Catherine.folk-pushee@hackensack.bccls.org)

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



# **FINANCIAL BENEFITS & ASSISTANCE**

## **Pharmaceutical Assistance Programs**

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

**Pharmaceutical Assistance to the Aged & Disabled (PAAD)\*** 800-792-9745  
**Trenton** 201-336-7400  
**Division of Senior Services** 877-222-3737

A state-funded program to help New Jersey residents to pay for prescription medicines and certain pharmacy items. Eligible persons pay \$7 for name-brand prescriptions and \$5 for generic prescriptions.

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

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

**Senior Gold Prescription Discount Program** 800-792-9745  
**Trenton** 201-336-7400  
**Division of Senior Services**

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

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

**Extra Help with Medicare Prescription Drug Plan Costs** 800-772-1213  
Help with monthly premiums and annual deductibles and lower co-payments related to their plan. Income limited to \$15,600 for an individual or \$21,000 for a married couple, with resource limits.  
Website: [www.socialsecurity.gov](http://www.socialsecurity.gov)

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

**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/gethelp>



**Comfort Partners**

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

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

**How to Apply:****Call Weatherization Program (Marlton, NJ)****888-773-8326**

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

**Universal Service Fund (USF)**

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

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

**How to Apply:**

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

**Contact Greater Bergen Community Action****201-968-0200****Ext 7008**

or

**Bergen ADRC, Division Senior Services****201-336-7400**

\*\* USF accepts application all year.

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

[www.bergencap.org/liheap.html](http://www.bergencap.org/liheap.html)

**Winter Termination Program**

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

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

**How to Apply:**

Contact utility and make a "good faith" payment

**800-357-2262**

or

Negotiate affordable payment arrangements B. P. U.

**800-624-0241**

\* Program may continue past March 15 if cold weather persists.

[www.bergencap.org/liheap.html](http://www.bergencap.org/liheap.html)

## **Medicare Health Insurance**

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

### **MEDICARE ([www.medicare.gov](http://www.medicare.gov))**

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

**1-800-MEDICARE**

**1-800-633-4227**

### **MEDICARE PART A**

Payment for inpatient or skilled nursing facility (SNF)/payment for outpatient services at a hospital or SNF/EOMB information.

**800-633-4227**

### **MEDICARE PART B**

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

**800-633-4227**

### **MEDICARE PART D**

Prescription Coverage

Extra Help with Medicare Prescription Drug Plan Cost. Help with monthly premiums and annual deductibles and lower co-payments. Income limited to \$15,600 for an individual or \$21,000 for a married couple, with resources limits.

[www.socialsecurity.gov](http://www.socialsecurity.gov)

**800-633-4227**

### **Durable Medical Equipment**

**800-633-4227**

### **Health Care Quality Strategy Information Line**

557 Cranbury Road, Suite 21

East Brunswick, NJ 08816

Quality Improvement Organization of NJ/health care improve mentor programs/Medicare patients' rights/quality of care complaints  
[info@hqsi.org](mailto:info@hqsi.org)

**800-624-4557**

**732-238-5570**

### **State Health Insurance Program (SHIP)**

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

**201-336-7413**

### **Medicare Rights Center – Medicare Interactive**

**Website: [www.MedicareInteractive.org](http://www.MedicareInteractive.org)**

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



## **New Jersey Property Tax Relief Programs**

**New Jersey Division of Taxation**

**Information & Publication**

**PO Box 900**

**Trenton, NJ 08695**

**[nj.taxation@treas.state.nj.us](mailto:nj.taxation@treas.state.nj.us)**

### **Homestead Benefit**

Homeowners who owned and occupied a home in NJ that was their principal residence of the previous year October 1<sup>st</sup> 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/](http://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

\*Tax relief information is a summary from online NJ taxation and the Bergen County Division of Senior Quick Guide.

For further information and update on income eligibility contact:

### **General Tax Information:**

State of New Jersey  
Dept. of the Treasury – Division of Taxation  
PO Box 197  
Trenton, NJ 08695-0197  
[www.state.nj.us/treasury/taxation](http://www.state.nj.us/treasury/taxation)  
800-323-4400 or 609-826-4400

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

### **Property Tax Deduction/Credit**

**800-323-4400**

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.



# **AFFORDABLE HOUSING**

## **Rental Assistance and Tenant Services**

### **NJ State Rental Assistance Program**

**201-996-8990**

100 First Street, Room 207, Hackensack, NJ 07601

Assistance with rent for eligible older adults.

### **Advance Housing Inc.**

**201-288-0545**

100 Hollister Road, Teterboro, NJ 07608

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

### **Section 8 Housing Voucher Program**

**201-336-7600**

Housing Authority of Bergen County

One Bergen County Plaza, 2<sup>nd</sup> Floor, Hackensack, NJ 07601

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

The waiting list is currently closed, however, we encourage calling the agency to check the wait list status.

### **Social Service Association/Ridgewood Area**

**201-444-2980**

6 Station Plaza, Ridgewood, NJ 07450

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

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

### **Greater Bergen Community Action**

#### ***Bergen County Housing Coalition***

**201-488-6767**

316 State Street, Hackensack, NJ 07601

**201-488-5100 ext 3**

(Tenant Outreach Program)

Provides outreach, legal guidance, information and referral, workshops, speakers.

#### ***Homeless Prevention Program***

**201-488-5100 x7041**

Must be a Bergen County resident and meet eligibility criteria.

Depending on available funding, relief can come in the form of paying back utility payments or rent (arrearage); security deposit or first month's rent payment in order to obtain new rental housing.

### **Northeast NJ Legal Services/Senior Law Project**

**201-487-2166**

190 Moore Street, Suite 100, Hackensack, NJ 07601

Provides free legal service program for senior citizens 60 years of age and older targeting low income clients. Provides information about legal rights and entitlements, legal counseling, and education. Makes referrals to lawyers.

Monday –Friday 8:30 am-5 pm.

## **Affordable and Subsidized Housing Resources**

### **NJ Housing Resource Center (NJHRC)**

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

<http://www.njhrc.gov/>

### **Housing Authority of Bergen County**

**201-336-7600**

One Bergen County, 2<sup>nd</sup> Floor, Hackensack, NJ 07601

### **Housing Authorities Municipal**

**Cliffside Park, 500 Gorge Road**

**201-941-0655**

**Edgewater, 300 Undercliff Ave.**

**201-943-6000**

**Englewood, 111 West Street**

**201-871-3451**

**Fort Lee, 1403 Theresa Drive**

**201-947-7400**

**Garfield, 71 Daniel P. Conti Court**

**973-340-4170**

**Hackensack, 65 First Street**

**201-342-4280**

**Lodi, 50 Brookside Avenue**

**973-470-3653**

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

**Englewood, Greater Englewood Housing**

**201-871-0178**

1 Rock Creek Terrace

**Englewood, Garrett Apartment**

**201-569-8963**

130 Grand Avenue

**Fairview, Eastview Towers**

**201-567-0070**

370 Fairview Avenue

**Fort Lee, Malcolm Towers**

**201-944-5270**

475 Main Street

**Fort Lee, Mediterranean House**

**201-944-5015**

505 North Avenue

**Hasbrouck Heights, Hasbrouck Heights Senior Housing**

**201-592-8118**

245 Hamilton Ave.

**Hillsdale, Hillsdale House**

**201-666-5290**

32 Piermont Avenue

**Leonia, Leonia Retirement Housing Corps**

**201-947-9779**

270 Glenwood Avenue

**Maywood, Lydecker Manor**

**201-368-0926**

150 East Passaic Street

**Paramus, Paramus Senior Housing**

**201-845-8090**

200 Garden State Blvd.

**Ramsey, The Woodlands at Ramsey**

**201-818-0230**

141 Prince Street

**Ridgefield Park, Ryan Lombardi Apartments**

**201-440-9621**

278 Main Street

**Rutherford, Rutherford Senior Manor**

**201-438-7327**

67 Kipp Avenue

**Ridgewood, Ridgcrest Senior Housing**

**201-444-0722**



# **IN-HOME SERVICES**

## **Meals on Wheels**

### **Bergen County Division of Senior Services**

**201-336-7420**

Meals on Wheels Program

One Bergen County Plaza, 2<sup>nd</sup> Floor, Hackensack, NJ 07601

seniors@co.bergen.nj.us

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

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

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

#### **Hot Meal Plan:**

One hot meal delivered each weekday Monday – Friday

#### **Frozen Meal Plan:**

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

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

### **Community Meals, Inc.**

**201-447-8295**

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

[www.communitymealsonwheels.org](http://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.

### **Fair Lawn Meals on Wheels**

**201-794-5333**

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

Homebound or disabled of all ages that require a special diet.

Two meals per day, Monday – Friday. Serving: Fair Lawn.

### **Jewish family & Children's Services of North Jersey (Kosher)**

**201-796-5151**

17-10 River road, Fair Lawn, NJ 076410

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



## **In-Home Emergency Response Systems**

### **Lifeline Device**

**800-543-3546**

(Administered through local hospitals)

### **Hackensack University Medical Center**

**201-996-2050**

30 Prospect Avenue, Hackensack, NJ 07601

### **Holy Name Medical Center Home Care**

**201-833-3740**

222 Cedar Lane, Teaneck, NJ 07666

### **Valley Home Care**

**201-291-6233**

15 Essex Road, Paramus, NJ 007652

### **Bergen County Wellness Check Program**

**201-336-7400**

A daily electronic phone call will be made at a self-designated time.

If the system cannot make contact, a call will be placed to designated family or friends. Available free of charge to Bergen County residents over the age of 60, homebound or disabled.

## **Telephone Reassurance/ Friendly Visitors**

### **Kip Senior Center: Bridge Builders Program**

**201-460-1600**

55 Kip Avenue Rutherford, NJ 07070

This program serves those in South Bergen County who are isolated seniors, adults with disabilities, or temporarily incapacitated and are in need of in-home support service and companionship.

### **CHEER CALLERS**

**201-488-0041**

**Visiting Homemaker Service of Bergen County Inc.**

298 Union Street, Hackensack, NJ 07601

Daily phone calls to homebound elderly adults.

### **Telephone Reassurance and Friendly Visitors Program**

**201-837-9090**

**Jewish Family Service**

1485 Teaneck Rd., Teaneck, NJ 07666

## **CAREGIVERS SUPPORT SERVICES**

### **Adler Aphasia Center Caregivers Support Group**

**201-368-8585**

60 West Hunter Avenue, Maywood, NJ 07607

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

Contact Elissa Goldstein

[egoldstein@adleraphasiacenter.org](mailto:egoldstein@adleraphasiacenter.org)

### **Bergen Family Center**

**201-568-0817**

44 Armory Street, Englewood, NJ 07631

A Caregiver Support Group for caregivers-group discussion

Information access to resources, etc.

### **Care2Caregivers**

**800-424-2494**

151 Centennial Avenue, Piscataway, NJ 08854

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

[care@care2caregivers.com](mailto:care@care2caregivers.com)

[www.care2caregivers.com/](http://www.care2caregivers.com/)

### **Caregiver's Coalition**

**201-336-7427**

**Division of Senior Services, Advisory Council's Education Committee**

1 Bergen County Plaza 2<sup>nd</sup> floor, Hackensack, NJ 07601

Programs include the "Caregiver Chronicles (newsletter),

"The Challenge of Caregiving" (a panel to formal and informal caregivers), and "Caregivers Corner" (a compassionate ear).

### **NJ Self-Help Group Clearinghouse**

**800-367-6274**

[www.njgroups.org](http://www.njgroups.org)

**973-989-1122**

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](http://www.njgroups.org) to download the Self-Help Support Group directory.

### **National Organization for Empowering Caregivers**

**212-817-1204**

(NOFEC)

425 West 23<sup>rd</sup> Street #9B, New York, NY 10011

Empowering caregivers with resources, private counseling and healing circle.

[www.care-givers.com](http://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.

**Dorot Caregivers' Connection****212-769-2850  
1-877-819-9147**

Informational workshops and support groups are conducted through telephone conference calls. Caregivers can share concerns, exchange suggestions, and get much needed information in the comfort of their home.  
[www.dorotusa.org](http://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, NY 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 dementia in a loved one. Also provides counseling and education as well as call or. Email: [care@care2caregivers.com](mailto:care@care2caregivers.com)

**Grandparents as Caregivers****HOTLINE: Kinship Navigator****609-888-7400**

Information, referral and advocacy services for family caregivers.  
Kinship Caregivers – P.O. Box 717, Trenton, NJ 08625  
Request a copy of the brochure which lists services for grandparents raising grandchildren. Also, inquire about available services and benefits.

**Family Support Organization of Bergen County****201-796-6209**

0-108 29<sup>th</sup> St., Fair Lawn, NJ 07410  
A family-run, county-based nonprofit that provides education, advocacy, support groups, and workshops for families and caregivers.

**Family Support FSOBC Support Groups****201-796-6209 ext; 102****Bergen County Division of Family Guidance****201-336-7350**

1 Bergen County Plaza 2<sup>nd</sup> Floor  
Hackensack, NJ 07601  
Juvenile/Family Crisis Unit Hotline  
All youth under 18 years old.



# **LONG TERM CARE SERVICES**

## **Care Management**

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

**Bergen Family Center**

44 Armory Street  
Englewood, NJ 07631  
[www.bergenfamilycenter.org](http://www.bergenfamilycenter.org)

**201-568-0817**  
ext. 127

**Catholic Charities-Older Adult Services**

57 Pink Street  
Hackensack, NJ 07601  
[www.ccannj.org](http://www.ccannj.org)

**201-265-3840**

**Friends of Grace Seniors, Korean Community Center**

100 Grove Street  
Tenafly, NJ 07670  
[www.fgskcc.org](http://www.fgskcc.org)

**201-541-1200**

**Heightened Independence & Progress (HIP)**

131 Main Street, Suite 120  
Hackensack, NJ 07601  
[www.ber@hipcil.org](http://www.ber@hipcil.org)

**201-996-9100**

**Jewish Home at Home**

10 Link Drive, Rockleigh, NJ 07647  
<http://jewishhomefamily.org/JHaH/>  
Sliding scale for those people who are financially eligible.

**201-784-1414**

**Jewish Family Services**

1485 Teaneck Road  
Teaneck, NJ 07666  
[www.jfsbergen.org](http://www.jfsbergen.org)

**201-837-9090**

**Jewish Family Services of North Jersey**

1 Pike Drive Wayne, NJ 07470  
[inf@jsfnorthjersey.org](mailto:inf@jsfnorthjersey.org)

**973-595-0111**

**H.O.P.E. Individual and Family Services**

259 Passaic Street, Hackensack NJ 07601  
Monday- Friday 9:00am-4:00pm  
Opportunity, prevention, and education for ex-offenders.  
[www.hopeforexoffendersinc.org](http://www.hopeforexoffendersinc.org)

**201-646-1995**

<b><u>Christian Health Care Center</u></b> 301 Sicomac Avenue, Wyckoff, NJ 07481 Medical/ Social Adult Day Care (Alzheimer)	<b>201-848-5829</b>
<b><u>Comprehensive Behavioral Healthcare Inc.</u></b> 516 Valley Brook Avenue, Lyndhurst, NJ 07071 Medical Adult Day Care Alzheimer & Dementia	<b>201-935-3322</b>
<b><u>Christian Health Care Center</u></b> 301 Sicomac Avenue, Wyckoff, NJ 07481 Medical/ Social Adult Day Care (Alzheimer)	<b>201-848-5829</b>
<b><u>Comprehensive Behavioral Healthcare Inc.</u></b> 516 Valley Brook Avenue, Lyndhurst, NJ 07071 Medical Adult Day Care	<b>201-935-3322</b>
<b><u>Day Away Holy Name Medical Center</u></b> 718 Teaneck Road, Teaneck, NJ 07666 Medical Adult Day Care	<b>201-833-3740</b>
<b><u>Gallen Day Center - Adult Day Care Programs</u></b> <b><u>Jewish Home at Rockleigh</u></b> 10 Link Drive, Rockleigh, NJ 07674 Medical Day Care	<b>201-784-1414</b>
<b><u>Good Shepard Adult Day Care</u></b> 725 Valley Brook Avenue, Lyndhurst, NJ 07071 Medical Day Care	<b>201- 933-0711</b>
<b><u>Independence Place Rochelle Park</u></b> 96 Parkway, Rochelle Park, NJ 07662 Social Day Care	<b>201-368-7705</b>
<b><u>Kaplen JCC on the Palisade ARC program</u></b> 411 E. Clinton Avenue, Tenaflly, NJ 07670 Social Adult Day Care	<b>201-569-7900</b>
<b><u>Long Life Adult Day Care</u></b> 596 Anderson Avenue, Cliffside Park, NJ 07010 Medical Adult Day Care	<b>201-943-7111</b>
<b><u>My Home Adult Day Care Center Inc.</u></b> 217 Hergesell Avenue, Maywood, NJ 07607 Medical Adult Day Care	<b>201-291-8811</b>
<b><u>New Life Medical Day Care Center</u></b> 340 Evelyn Street, Paramus, NJ 07652	<b>201-265-0606</b>

## **Hospice Service/End of life**

**New Jersey Hospice & Palliative Care Organization (NJHPCO)** 908-233-0060  
175 Glenside Avenue, Scotch Plains, NJ 07076  
Offers services and provides information for hospices serving any  
New Jersey community.  
[www.thehospice.org](http://www.thehospice.org)

**Compassionate Care Hospice** 201-796-5600  
[www.compassionate-care.com](http://www.compassionate-care.com)

**Care Alternative Hospice** 908-931-9080  
70 Jackson Dr., Cranford, NJ 07016  
[www.carealt.com](http://www.carealt.com)

**Holy Name Medical Center Home Care – Hospice Unit** 201-833-3740  
718 Teaneck Rd, Teaneck, NJ 07666

**Hospice Care Of Hackensack** 201-342-7766  
25 East Salem Street, Hackensack, NJ 07601

**Palliative Care** 888-865-5103

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

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

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

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



## **Assisted Living**

### **Actor's Fund Home**

201-871-8882

155-175 West Hudson Avenue, Englewood, NJ 07631  
Retired Theatrical Persons/Multi-Level Facility/  
Connected with a nursing home.

### **Brandywine Senior Living**

201-800-8070

814 Wyckoff Avenue, Mahwah, NJ 07430

### **Brighten Gardens of Saddle River**

201-818-8680

5 Brookline Road, Saddle River 07458

### **Brightview**

201-510-2060

55 Hudson Avenue, Tenaflly, NJ 07670

### **Bright Side Manor**

201-692-1000

300 Teaneck Road, Teaneck, NJ 07666

Licensed Comprehensive Personal Care Home that provides assisted living services to people 60 and older. Serves older adults of all income levels. Accepts Medicaid without a private pay spend-down period.  
[www.brightsidemanor.org](http://www.brightsidemanor.org)

### **Bristol at Woodcliff Lake**

201-505-9500

364 Chestnut Ridge Road, Woodcliff Lake, NJ 07677

### **Brookdale Senior Living Paramus**

201-251-9600

186 Paramus Road , Paramus, NJ 07652

### **Brookdale Senior Living Emerson**

201-986-9009

590 Old Hook Road, Emerson, NJ 07630

### **Chestnut Hill Residence**

973-777-7800

338 Chestnut Street, Passaic, NJ 07055

### **Christian Health Care Center**

201-848-5855

301 Sicomac Avenue, Wyckoff, NJ 07481

### **Care One at the Cupola**

201-444-8200

West 100 Ridgewood Avenue, Paramus, NJ 07652  
(Residential Health Care Facility/Assisted Living retirement Residence)  
Connected with a nursing home

### **Evergreen Court Retirement Residence**

845-356-7700

65 Lafayette Street , Spring Valley, NY 10977  
Affordable Assisted Living; SSI Accepted.

## **Residential Care Homes for People with Alzheimer's/Dementia**

<b><u>Memory Care Living at Cresskill</u></b> 248 Madison Avenue, Cresskill, NJ 07626	<b>201-368-7070</b>
<b><u>Memory Care Living at Hillsdale</u></b> 45 Pascack Road, Hillsdale, NJ 07642	<b>201-722-9900</b>
<b><u>Memory Care Living at Mahwah</u></b> 699 Wyckoff Avenue, Mahwah, NJ 07430	<b>201-848-8088</b>
<b><u>Memory Care Living at Paramus</u></b> 143 North Farview Avenue, Paramus, NJ 07652	<b>201-634-0588</b>
<b><u>Memory Care Living at Park Ridge</u></b> 103 Kinderkamack Road, Park Ridge, NJ 07656	<b>201-391-4310</b>
<b><u>Memory Care Living at Ramsey</u></b> 38 North Central, Ramsey, NJ 07446	<b>201-818-6855</b>
<b><u>Memory Care Living at Woodcliff Lake</u></b> 290 Werimus Road, Woodcliff Lake, NJ 07675	<b>201-476-0677</b>

## **Nursing Homes**

### **The Actor's Fund Home**

201-871-8882

155 West Hudson Avenue, Englewood, NJ 07631  
For retired theatrical persons  
(Medicare/Medicaid/Private Pay)

### **Alaris Health Care Center**

201-845-0099

96 Parkway, Rochelle Park, NJ 07662  
(Medicare/Medicaid/Private)

### **Allendale Nursing Home**

201-825-0660

85 Harreton Road, Allendale, NJ 07401  
(Medicare/Medicaid/Private Pay)

### **Armenian Nursing & Rehabilitation Center**

201-261-6662

70 Main Street, Emerson, NJ 07630  
(Medicare/Medicaid/Private)

### **Bergen County Health Care Center**

201-750-8310

35B Piermont Road, Rockleigh, NJ 07647  
(Medicare/Medicaid/Private)

### **Bergen Regional Medical Center**

201-967-4170

230 E. Ridgewood Avenue, Paramus, NJ 07652  
(Medicare/Medicaid/Private)

### **Buckingham At Norwood**

201-768-6222

100 McClellan Street, Norwood, NJ 07648  
Buckingham has a dedicated unit for Korean patients  
(Medicare/Medicaid/Private Pay)

### **Care One At Cresskill**

201-567-9310

221 County Road, Cresskill, NJ 07626  
(Medicare/Private Pay)  
\*Participates in the Statewide Respite Program

### **Care One At Ridgewood Avenue**

201-652-1950

90 West Ridgewood Avenue, Paramus, NJ 07652  
(Medicare/Private Pay)

### **Care One At Teaneck**

201-862-3300

544 Teaneck Rd., Teaneck, NJ 07666  
(Medicare/Private Pay)

### **Care One At Valley**

201-664-8888

300 Old Hook Road, Westwood, NJ 07675  
(Medicare/Medicaid/Private)



<b><u>Maywood Center For Health &amp; Rehabilitation</u></b> 100 West Magnolia Ave., Maywood, NJ 07607 (Medicare, Medicaid, Private Pay)	<b>201-843-8411</b>
<b><u>Oakland Rehabilitation &amp; Health Care Center</u></b> 20 Breakneck Road, Oakland, NJ 07436 (Medicare/Medicaid/Private)	<b>201-337-3300</b>
<b><u>Oradell Health Care Center</u></b> 600 Kinderkamack Road, Oradell, NJ 07649 (Medicare/Medicaid/Private)	<b>201-967-0002</b>
<b><u>Plaza Regency At Park Ridge</u></b> 120 Noyes Dr., Park Ridge, NJ 07656 (Medicare/Medicaid/Private Pay)	<b>201-505-1777</b>
<b><u>Prospect Heights Care Center</u></b> 336 Prospect Ave., Hackensack, NJ 07601 (Medicare/ Medicaid /Private Pay)	<b>201-678-1800</b>
<b><u>Regent Care Center</u></b> 50 Polifly Road, Hackensack, NJ 07601 (Medicare/Medicaid/Private)	<b>201-646-1166</b>
<b><u>Ridgewood Center</u></b> (Genesis Elder Care Facility) 330 Franklin Turnpike, Ridgewood, NJ 07450 (Medicare/Medicaid/Private)	<b>201-447-1900</b>
<b><u>Teaneck Nursing Home</u></b> 1104 Teaneck Road, Teaneck, NJ 07666 (Medicare/Medicaid/Private)	<b>201-833-2400</b>
<b><u>Van Dyk Nursing Home</u></b> 304 South Van Dien Avenue, Ridgewood, NJ 07450 (Medicare/Private)	<b>201-445-8200</b>
<b><u>Woodcliff Lake Health &amp; Rehabilitation Center</u></b> 555 Chestnut Ridge Road, Woodcliff Lake, NJ 07677 (Medicare/Medicaid/Private)	<b>201-391-0900</b>
<b><u>Woodcrest Healthcare Center</u></b> 800 River Road, New Milford, NJ 07646 (Medicare/Medicaid/Private)	<b>201-967-1700</b>

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

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