



2022



**County Executive
James J. Tedesco III**

Key Services Guide for Older Adults and Caregivers

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

Key Services Guide for Older Adults and Caregivers

Table of Contents

Bergen County Division of Senior Services/AAA/ADRC	5
Division of Senior Services/Area Agency on Aging.....	5
About Bergen County ADRC	6
General Information.....	8
County Agencies and Services.....	8
State Agencies and Services	9
Resource Locators.....	9
Advocacy and Information for Older Adults and Persons with Disabilities	10
Advocacy Services and Consumer Protection	10
Legal Services.....	11
Age-Friendly Community Initiative	11
Emergency Assistance	12
Emergency and Disaster Organizations.....	12
Basic Needs: Homeless Prevention, Shelter, Food, Clothing	13
Nutrition Programs.....	15
Home Delivered Meals (Meals on Wheels).....	15
Congregate Meals	16
Farmers Market Vouchers	17
Nutrition Counseling.....	17
Food Stamps (NJ SNAP)	17
Food Pantries.....	18
Public Benefits	20
Social Security office	20
Board of Social Services	20
Benefits and Entitlements by Age	21
Transportation Services.....	22

Financial Services	23
Daily Money Management.....	23
Income Tax Preparation.....	23
In-Home Services (homebound)	24
Care Management.....	24
Jersey Assistance for Community Caregiving (JACC).....	24
Managed Long Term Services and Supports (MLTSS).....	24
Meals on Wheels.....	25
In-Home Physician Services.....	25
In-Home Emergency Response Systems/PERS.....	25
Telephone Reassurance/Friendly Visitors.....	26
Home Health Care Locator Services.....	26
Short/Long-Term Care	27
Adult Day Care.....	27
Long-Term Care Facilities in Bergen County.....	28
Caregiver Support	34
Respite Care Service.....	34
Caregiver Support Services.....	34
Caregivers Handling Crisis.....	36
Grandparents as Caregivers.....	36
Health Insurance Programs	37
Medicare, State Health Insurance Assistance Program (SHIP) Counseling.....	37
Medicaid.....	38
Other Health Insurance.....	38
Health and Wellness	39
Healthcare Centers for the Uninsured.....	39
Dental Services.....	39
Vision Loss Services.....	40
Hearing Loss Services.....	40
Pharmaceutical Assistance Programs.....	41
Chronic Disease and Disability.....	41
Hospitals.....	43
Hospice.....	44
Medical and Surgical Equipment and Supplies.....	44
Mental Health	45
Behavioral Health Programs.....	45
Bereavement Services.....	46
Leisure/Socialization	47
Recreational Activities.....	47
Senior Activity Centers.....	47
Bergen County Libraries.....	50
Employment and Volunteering	53
Education	54
Adult Continuing Education.....	54
English as a Second Language and Basic Language Classes.....	54
College Tuition Waiver.....	55

Housing Resources	56
Emergency Housing Assistance.....	56
Foreclosure Assistance	57
Rental Assistance and Tenant Services.....	57
Housing Authorities in Bergen County	57
List of Affordable Housing Developments	58
Adult Retirement Communities	58
Shared Living Arrangements	58
Boarding and Rooming Houses.....	59
Property Tax Relief Programs	61
Reverse Mortgage/Home Equity Conversion Mortgage.....	61
Home Improvement, Safety, Repairs	62
Utility, Telephone, Internet Assistance.....	63
 Veterans Services	 65
 LGBTQ Resources	 66
 Services for Korean Speaking Older Adults and Caregivers	 67

Important: Due to the Coronavirus pandemic, many services have been suspended or are operating on a virtual basis or at limited capacity. Please contact the agency before visiting.

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 Services. 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



Bergen County Department of Human Services Division of Senior Services

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

About the Bergen County Division of Senior Services

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

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

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

About the Older Americans Act (from USAging)

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

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

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

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

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

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

What is an ADRC?



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

ADRC professional staff assists seniors, adults, and their caregivers in finding benefits and services they need. The ADRC goal is to improve the experience of consumers and their families when seeking access to information, 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	973-395-8365
Gloucester	856-384-6900
Hudson	201-369-4313
Hunterdon	908-788-1362
Mercer	609-989-6661
Middlesex	732-745-3295
Monmouth	732-431-7450
Morris	973-285-6848
Ocean	732-929-2091
Passaic	973-569-4060
Salem	856-339-8622
Somerset	908-704-6346
Sussex	973-579-0555
Union	908-527-4858
Warren	908-475-6591

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

Bergen County Helpful Numbers

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

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

Comprehensive services for adults age 60 and over, caregivers, and adults with disabilities.
One Bergen County Plaza, 2nd Floor, Hackensack, NJ
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.
One Bergen County Plaza, 2nd Floor, Hackensack, NJ
Hours: 9:00 AM – 4:30 PM, Monday – Friday
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
Website: www.co.bergen.nj.us

Bergen County Department of Health Services
201-634-2600

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

Bergen County Division 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 Office of Consumer Protection
201-336-6400

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

Bergen County Board of Social Services
201-368-4200

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

NJ State Departments and Agencies

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

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

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

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
www.nj.gov/humanservices/ddhh/

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

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

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

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

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

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

**NJ Office of Emergency Management Disaster &
Terrorism Branch, State Police**
609-799-0110 or 609-799-8868

350 Lawrence Station Road, Lawrenceville, NJ 08648
www.njsp.org/division/homeland-security/emergency-management.shtml

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.adrcnj.org
Eldercare Locator

1-800-677-1116

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

NJ 211
Dial 211 or 877-652-1148

Information about health, human services, community resources, government assistance people need every day as well as in time of crisis.
Call 211 from your phone or search the database at
www.nj211.org

Senior & Disability Advocacy and Information

Advocacy Services and Consumer Protection

Abuse, Neglect, Exploitation

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

Center for Hope and Safety

201-498-9247 or 201-944-9600 HOTLINE
Assists victims of domestic violence, including emotional, economic, sexual and physical abuse.
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 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
www.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
LGBTQ advocacy and education
www.gardenstateequality.org

SAGE

212-741-2247 or 888-234-SAGE (hotline)
Services and Advocacy for GLBT Elders
www.sageusa.org

Disabilities

Bergen County Mental Health Board

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

Community Mental Health Law Project

201-634-2762
Legal advocacy for the mentally ill

Disability Rights NJ

NJ Protection and Advocacy (NJP&A)
800-922-7233
Advocacy system for those with disabilities and mental illness
www.drnj.org

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
www.northeastnjlegalservices.org

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
www.lsnj.org

Bergen County Bar Association 201-488-0044

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

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

Age-Friendly Englewood

www.age-friendlyenglewood.org

Fair Lawn for All Ages

www.fairlawnforallages.org

Generations for Garfield

www.generations4garfield.org

Age-Friendly Ridgewood

www.agefriendlyridgewood.org

Age-Friendly Teaneck

www.agefriendlyteaneck.org

Westwood for All Ages

www.westwoodforallages.org

Emergency Assistance

Emergency and Disaster Organizations

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.

www.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.

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

BC Housing, Health, and Human Services Center

Security Deposits, Rent
201-336-6480
120 South River Street, Hackensack

Care Plus, NJ Kinship Program

Security Deposits, Rent, Utilities
201-398-9110 ext. 5645
Grandparents/relatives caring for children

Center for Food Action

Security Deposits, Rent, Utilities
201-569-1804
192 W. Demarest Avenue, Englewood

Greater Bergen Community Action Inc. Homeless Prevention Program

Security Deposits, Rent
201-488-5100 ext. 7041 or 7166
294 Union St., Hackensack

Low Income Heat & Energy Assistance Program (LIHEAP) Utilities

201-488-5100
294 Union St., Hackensack

Jewish Family and Children's Services

Rent, Utilities
201-837-9090
1485 Teaneck Rd., Teaneck

Basic Needs: Shelter

Bergen County Homeless Hotline

Access program by calling 2-1-1

BC Board of Social Services

201-368-4200
Age 18 and over, with or without children
216 Rte. 17 N., Bldg. A, Rochelle Park

BC Housing, Health and Human Svc Center

201-336-6480
Single men and women
120 South River Street, Hackensack

NJ Buddies

Security Deposits, Rent, Utilities
201-489-2900
People with HIV/AIDS
149 Hudson Street, Hackensack

Never Alone Again

Domestic Violence, Resource Center
688 American Legion Dr. Teaneck
201-289-1718

NJ 2-1-1

Bergen County's United Way, Compassion Fund

Security Deposits, Rent, Utilities
Access program by calling 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

Salvation Army

Utilities
201-342-6531
346 Union Street, Hackensack

Center for Hope and Safety Hotline (formerly Shelter Our Sisters)

201-944-9600
Domestic Violence

Local Welfare Director

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

Bergen County Div. of Family Guidance Juvenile/Family Crisis Unit Hotline

201-336-7350
All youth under 18 years old

Bergen's Place Youth Center
201-336-3951
Youth 11-17
200 North Street, Teterboro

Family Promise of Bergen County
201-833-8009
Working families with children
479 Maitland Avenue, Teaneck

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

Salvation Army
201-342-6531
436 Union Street, Hackensack

H.O.P.E. Individual and Family Services
201-310-8110
Bergen ex-offenders within 30 days of release
64 Passaic St. Hackensack

Women's Rights Information Center
201-568-1166
Women's professional clothing
108 West Palisade, Englewood

Nutrition Programs

Meals on Wheels

Bergen County Division of Senior Services - Meals on Wheels Program, 201-336-7420, seniors@co.bergen.nj.us
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601

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

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

- Bergen County Resident
- Age 60 years and older; or age 18-59 with a disability and living alone
- Homebound and unable to shop and/or prepare a nutritious meal for oneself
- Receives in-home assistance for no greater than 4 hours per day
- Does not require a special diet

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

- Hot Meal Plan: One hot meal delivered each weekday Monday – Friday
- Frozen Meal Plan: Five fully cooked, flash frozen meals delivered once a week on a specified day.

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

Community Meals, Inc.

201-447-8295

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

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

Meals on Wheels North Jersey

201-358-0050

100 Madison Ave., Westwood, NJ 07676

Serves 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

Monday – Friday, special diets available. All ages

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 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

Fair Lawn (Kosher, Tues/Thurs)

Temple Beth Shalom
40-25 Fair Lawn Ave
201-666-6610 ext. 2

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

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

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

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, 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.

Nutrition Counseling and Nutrition Education

Bergen County Division of Senior Services

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

Food Stamps (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 (call before visiting pantry)

Bergenfield

201-387-4055

Bergenfield Borough Hall, 198 N. Washington Avenue

Eligibility: Proof of Bergenfield residence.

Bergenfield

201-384-0101

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

Eligibility: Bergenfield residents, parish members

Bogota

201-342-6300

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

Eligibility: Bogota and Teaneck residents

Cliffside Park

201-943-7320

Church of the Epiphany Food Pantry, 247 Knox Avenue

Eligibility: Cliffside Park residents, neighboring towns

Closter

201-784-0600 ext. 429

Closter Borough Hall, 295 Closter Dock Road

Eligibility: Closter residents, neighboring communities without food pantries

Dumont

201-387-5022

39 Dumont Avenue

Eligibility: Dumont residents

Edgewater

201-945-6329

Holy Rosary Church Pantry, 56 Edgewater Place

Eligibility: those in need

Englewood

201-569-1804

Center for Food Action, Main Office

192 W. Demarest Avenue, Englewood

Eligibility: those in need, call for appointment

Englewood

201-568-1465

St. Cecilia Office of Concern, 85 Demarest Ave

Eligibility: in need

Fair Lawn

201-794-5327

Fair Lawn Health Department, 8-01 Fair Lawn Avenue

Eligibility: Fair Lawn residents

Fair Lawn

201-837-9090

Jewish Family and Children Services of Northern Jersey

17-10 River Road

Eligibility: Call for an appointment, eligibility. (Kosher items available)

Fairview

201-941-1000

Franciscan CDC

239 Anderson Avenue, Fairview

Eligibility: anyone who needs assistance

Garfield

973-773-2444

Calvary Baptist Food and Clothing Pantry,

217-245 Passaic Street

Eligibility: For anyone who needs assistance

Hackensack

201-883-9375

Center for Food Action, 316 First Street, Hackensack

Eligibility: For anyone who needs assistance

Hackensack

201-336-6475

Bergen Co. Housing, Health, and Human Services Ctr.

120 South River Street

Eligibility: Bergen County residents

Hasbrouck Heights

201-288-0195

Hasbrouck Heights Borough Hall, 320 Boulevard

Eligibility: Hasbrouck Heights residents

Hillsdale

201-664-0600

Hillsdale Board of Health, Helping Hands Interfaith

Food Pantry

United Methodist Church, 349 Hillsdale Avenue,

Eligibility: Hillsdale residents, neighboring townships

Little Ferry

201-641-2988

St. Margaret Food Pantry, 31 Chamberlain Avenue

Eligibility: Little Ferry and Moonachie residents

Lyndhurst

201-438-1147

Sacred Heart Church, 324 Ridge Road, Lyndhurst

Eligibility: Lyndhurst residents

Lyndhurst
201-804-2500
Lyndhurst food pantry, Lyndhurst Health Department
253 Stuyvesant Avenue
Eligibility: Lyndhurst residents only

Mahwah
201-529-2029
Center for Food Action, 90 Ridge Road, Mahwah
Eligibility: For anyone who needs assistance

New Milford
201-836-8961
Church of the Ascension
256 Azalea Drive
Eligibility: New Milford residents, neighboring towns

North Arlington
201-997-0700
Queen of Peace Church, 174 Ridge Road
Eligibility: North Arlington residents

Old Tappan
201-664-1849 ext. 25
224 Old Tappan Road
Eligibility: Old Tappan residents

Paramus
201-265-2100 ext. 6102
Paramus Community Pantry, 105 N. Farview Avenue
Eligibility: Paramus residents

Park Ridge
201-573-9083
Pascack Food Center, 65 Pascack Road
Eligibility: Park Ridge, neighboring towns

Ridgefield Park
201-641-6464
St. Francis Food for Friends, 114 Mt. Vernon St
Eligibility: Ridgefield Park residents

Ridgewood
201-444-2980
Social Services of Ridgewood
Eligibility: Ridgewood, Wyckoff, Ho-Ho-Kus, Midland Park, Waldwick, Glen Rock

River Edge
201-261-3366
St Peter the Apostle Catholic Church, 445 5th Avenue,
Eligibility: River Edge, New Milford, and Oradell

River Vale
201-280-0721
334 River Vale Road
Eligibility: River Vale residents

Rutherford
201-460-3000 ext. 3168
Rutherford Community Food Pantry, 176 Park Ave
Eligibility: Rutherford residents

Saddle Brook
201-703-9857
Center for Food Action, 224 Midland Ave
Eligibility: Call for appointment

Teaneck
201-833-4502
Faith and Hope Food Pantry, 480 Warwick Ave
Eligibility: For anyone who needs assistance

Teaneck
201-837-9090
Jewish Family & Children's Services of Northern NJ
1485 Teaneck Road, Teaneck
Eligibility: call for appointment

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

Westwood
201-666-1100
St. Andrew's Church, 120 Washington Ave
Eligibility: Westwood, neighboring towns

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

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

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

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

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

Benefits and Entitlements for Bergen Seniors by Age

Income limits and other eligibility criteria may apply.

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

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

Transportation

Access Link NJ Transit

973-491-4224

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 Lyft to individuals over 50 years old on weekdays 8:00 am to 5:00 pm, and weekends and holidays from 8:00 am to 5:00 pm. No smartphone is necessary. Subsidies may be available.

www.ezride.org

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.

Financial Services

Daily Money Management

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

Silver Bills

1-800-825-1924

www.silverbills.com

Concierge bill management

Senior Checks at Bright Side Family

201-692-1000

www.thebrightsidefamily.org

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

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 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

Toll-free Nationwide: 888-OUR-AARP (888-687-2277)

www.aarp.org/money/taxes/aarp_taxaide/

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

In-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

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

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

Community House Call 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.

Dispatch Health

201-882-7527

Urgent care house calls

Osler At Home

201-426-6554

288 Boulevard, Hasbrouck Heights, NJ 07604

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

Visiting Physician

732-571-1000 or 888-771-3338

615 Hope Rd, Building 5 A Eatontown, NJ 07724

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

In-Home Emergency Response Systems

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, automated 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

201-489-9454x203

Bergen Volunteer Center

64 Passaic St., Hackensack, NJ 07601

Friendly callers, help with shopping, errands, light housekeeping, etc.

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 congregates setting, enhancing the daily lives of the program's participants and enabling their continued involvement in the community. These facilities provide a segment of time during the day or evening for the family/caregivers to engage in activities suitable to their personal needs. Transportation may be available.

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

Adult Day Programs funded through the Bergen County DSS Area Plan

Bergen Family Center

201-568-0817

44 Armory St, Englewood, NJ 07631

Social Day Care for the frail, meals

Korean Community Center

201-541-1200

100 Grove Street, Tenafly, NJ 07670

Social Day Care

Comprehensive Behavioral Healthcare Inc.

201-935-3322

516 Valley Brook Ave, Lyndhurst, NJ 07071

Psychiatric (Partial) Adult Day Care

Vantage Health

Northern Valley Adult Day Healthcare Center

201-385-4400 ext. 3084

2 Park Avenue, Dumont, NJ 07628

Medical Adult Day Care

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

Long-Term Facilities in Bergen County

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

Facility	Type	Funding
The Actors' Fund Homes 175 West Hudson Ave, Englewood, NJ 07631 (201)871-8882	Long Term Care Facility	Medicaid Medicare Private
Actors Fund Home, The 155-175 West Hudson Avenue, Englewood, NJ 07631 (201)871-8882	Assisted Living Residence	Private
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
Bristal at Waldwick, The 245 Wyckoff Avenue, Waldwick, NJ 07463 (201)857-7200	Assisted Living Residence	Private
Bristal At Englewood, The 412 South Van Brunt Street, Englewood, NJ 07631 (551)775-6100	Assisted Living Residence	Private
The Bristal 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
COMPLETE CARE AT INGLEMOR, LLC 333 Grand Ave, Englewood, NJ 07631 (201)568-0900	Long Term Care Facility	Medicaid Medicare Private
Family of Caring Healthcare at Tenafly 133 County Road, Tenafly, NJ 07670 (201)567-7800	Long Term Care Facility	Medicaid Medicare Private
La Paula At Main, Llc 244 E Main Street, Bergenfield, NJ 07621 (201)374-1364	Residential Dementia Care Home	Private
Long Life Adult Day Care, LLC 596 Anderson Ave, Suite 110, Cliffside Park, NJ 07010 (201)943-7111	Adult Day Health Care Services	Medicaid Private
Alaris Health at The Chateau 96 Parkway, Rochelle Park, NJ 07662 (201)226-9600	Long Term Care Facility	Medicaid Medicare Private
Allendale Health and Rehabilitation Center 85 Harreton Road, Allendale, NJ 07401 (201)825-0660	Long Term Care Facility	Medicaid Medicare Private

Facility	Type	Funding
Arbor Terrace Norwood 545 Tappan Road, Norwood, NJ 07648 (201)249-6104	Assisted Living Residence	Private
Atlas Rehabilitation & Healthcare at Maywood 100 West Magnolia Avenue, Maywood, NJ 07607 (201)843-8411	Long Term Care Facility	Medicaid Medicare Private
Atrium Post Acute Care of Park Ridge 120 Noyes Drive, Park Ridge, NJ 07656 (201)505-1777	Long Term Care Facility	Medicaid Medicare Private
Atrium Senior Living of Park Ridge 124 Noyes Drive, Park Ridge, NJ 07656 (201)782-0440	Assisted Living Residence	Medicaid Private
Bergen New Bridge Medical Center 230 E Ridgewood Ave, Paramus, NJ 07652 (201)967-4000	Long Term Care Facility	Medicaid Medicare Private
Bergen New Bridge Medical Center Day Health Center 230 East Ridgewood Avenue, Paramus, NJ 07652 (201)967-4000	Adult Day Health Care Services	Medicaid Private
Brandywine Living At Mahwah 814 Wyckoff Avenue, Mahwah, NJ 07430 (201)800-8070	Assisted Living Residence	Private
Bright Side Manor 300 Teaneck Road, Teaneck, NJ 07666 (201)692-1000	Comprehensive Personal Care Home	Medicaid Private
Brighton Gardens of Saddle River 5 Boroline Road, Saddle River, NJ 07458 (201)818-8680	Assisted Living Residence	Private
Brightview Paramus 396 Forest Avenue, Paramus, NJ 07652 (201)957-1955	Assisted Living Residence	Private
Brightview Tenafly 55 Hudson Avenue, Tenafly, NJ 07670 (201)510-2060	Assisted Living Residence	Private
Broadway Adult Day Care 24-20 Broadway, Fair Lawn, NJ 07410 (201)797-1177	Adult Day Health Care Services	Medicaid Private
Brookdale Emerson 590 Old Hook Road, Emerson, NJ 07630 (201)986-9009	Assisted Living Residence	Medicaid Private
Care One at 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

Facility	Type	Funding
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	Medicaid 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
Care One Harmony Village at Paramus 189 Paramus Road, Paramus, NJ 07652 (551)276-7200	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
Dellridge Health & Rehabilitation Center 532 Farview Ave, Paramus, NJ 07652 (201)265-5600	Long Term Care Facility	Medicaid Medicare Private
Emerson Health Care Center 100 Kinderkamack Road, Emerson, NJ 07630 (201)265-3700	Long Term Care Facility	Medicaid Medicare Private
Family of Caring Healthcare at Ridgewood 304 S. Van Dien Ave, Ridgewood, NJ 07450 (201)445-8200	Long Term Care Facility	Medicaid Medicare Private
Five Star Premier Residences of Teaneck 655 Pomander Walk, Teaneck, NJ 07666 (201)836-3634	Assisted Living Residence	Private
Fox Trail Memory Care Living Cresskill 248 Madison Avenue, Cresskill, NJ 07626 (201)569-2660	Residential Dementia Care Home	Private

Facility	Type	Funding
Fox Trail Memory Care Living Hillsdale West 45 Pascack Road, Hillsdale, NJ 07642 (201)722-3666	Residential Dementia Care Home	Private
Fox Trail Memory Care Living Lake Street 70 Lake Street, Ramsey, NJ 07446 (201)962-9527	Residential Dementia Care Home	Private
Fox Trail Memory Care Living Mahwah 699 Wyckoff Avenue, Mahwah, NJ 07430 (201)848-8088	Residential Dementia Care Home	Private
Fox Trail Memory Care Living Paramus 143 Fairview Avenue, Paramus, NJ 07652 (201)634-0588	Residential Dementia Care Home	Private
Fox Trail Memory Care Living Park Ridge 103 Kinderkamack Road, Park Ridge, NJ 07656 (201)391-4310	Residential Dementia Care Home	Private
Fox Trail Memory Care Living Ramsey 38 North Central Avenue, Ramsey, NJ 07446 (201)818-6855	Residential Dementia Care Home	Private
Fox Trail Memory Care Living Woodcliff Lake 290 Werimus Road, Woodcliff Lake, NJ 07677 (201)476-0677	Residential Dementia Care Home	Private
Golden Adult Day Care 53-57 West Fort Lee Road, Bogota, NJ 07603 (201)457-1007	Adult Day Health Care Services	Private
Good Shepard Adult Day Care Llc 725 Valley Brook Avenue, Lyndhurst, NJ 07071 (201)933-0711	Adult Day Health Care Services	Medicaid Private
Hackensack Meridian Health Nursing & Rehab 50 Polifly Road, Hackensack, NJ 07601 (201)646-1166	Long Term Care Facility	Medicaid Medicare Private
Hackensack Meridian Prospect Heights Care Center 336 Prospect Ave, Hackensack, NJ 07601 (201)678-1800	Long Term Care Facility	Medicare Private
Holy Name Medical Center 718 Teaneck Road, Teaneck, NJ 07666 (201)833-3756	Adult Day Health Care Services	Medicaid Private
Jewish Home Assisted Living 685 Westwood Avenue, River Vale, NJ 07675 (201)666-2370	Assisted Living Residence	Medicaid Private
Jewish Home At Rockleigh 10 Link Drive, Rockleigh, NJ 07647 (201)784-1414	Long Term Care Facility	Medicaid Medicare Private
Juniper Village at Paramus 186 Paramus Road, Paramus, NJ 07652 (201)251-9600	Assisted Living Residence	Private

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
Morning Sun Adult Medical Day Center 248 Broad Ave, 2nd Floor, Palisades Park, NJ 07650 (201)669-1050	Adult Day Health Care Services	Private
My Home Adult Day Care Center Inc 37 Brook Avenue, Maywood, NJ 07607 (201)291-8811	Adult Day Health Care Services	Medicaid Private
N. J. Veterans Memorial Home - Paramus 1 Veterans Drive, Paramus, NJ 07652 (201)634-8212	Long Term Care Facility	Medicare Private
New Jersey Adult Medical Day Care Inc. 22-08 Route 208, Fair Lawn, NJ 07410 (201)773-9090	Adult Day Health Care Services	Medicaid Private
New Life Adult Medical Day Care 340 Evelyn Street, Paramus, NJ 07652 (201)265-0606	Adult Day Health Care Services	Medicaid Private
Northern Valley Adult Day 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
Our Home Adult Day Care 475 Grand Avenue, Englewood, NJ 07631 (201)407-9644	Adult Day Health Care Services	Private
Peaceful Adult Day Care Center 101 Industrial Ave, Suite C/B, Little Ferry, NJ 07643 (201)870-6265	Adult Day Health Care Services	Private
Portable Assisted Living Services (PALS) 300 Teaneck Road, Teaneck, NJ 07666 (201)692-1000	Assisted Living Program	Private
Providence Pediatric Medical DayCare, Inc. 22-08 Route 208 South, Fair Lawn, NJ 07410 (856)753-7763	Pediatric Day Health Care Services	Medicaid Private
Ridgewood Center 330 Franklin Tpk, Ridgewood, NJ 07450 (201)447-1900	Long Term Care Facility	Medicaid Medicare Private
Sunrise Assisted Living Of Old Tappan 195 Old Tappan Road, Old Tappan, NJ 07675 (201)750-1110	Assisted Living Residence	Private

Facility	Type	Funding
Sunrise of Cresskill 3 Tenakill Park Drive East, Cresskill, NJ 07626 (201)871-0300	Assisted Living Residence	Medicaid Private
Sunrise Of Edgewater 351 River Road, Edgewater, NJ 07020 (201)941-6111	Assisted Living Residence	Private
Sunrise of Franklin Lakes 728 Franklin Avenue, Franklin Lakes, NJ 07417 (201)485-2006	Assisted Living Residence	Private
Sunrise of Woodcliff Lake 430 Chestnut Ridge Road Woodcliff Lake, NJ 07675 (201)782-1888	Assisted Living Residence	Private
Sunshine Adult Day Health Care Center 16 N. Washington Avenue, Bergenfield, NJ 07621 (201)387-8500	Adult Day Health Care Services	Medicaid Private
Teaneck Nursing Center 1104 Teaneck Road, Teaneck, NJ 07666 (201)833-2400	Long Term Care Facility	Medicaid Medicare 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: Bergen County Division on Disability Services
201-336-6500

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: Valley Home & Community Health Care, Inc.
201-291-6000 ext. 1117499

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.)

The Respite Care and Wellness Program: Alzheimer's New Jersey
888-280-6055 or 973-586-4300

425 Eagle Rock Ave., Suite 203, Roseland, NJ 07069

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

www.alznj.org

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

Caregiver Support Services

Act Now Foundation
201-721-6721

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

Adler Aphasia Center Caregivers Support Group
201-368-8585

60 West Hunter Ave, Maywood, NJ 07607
Meets Wednesdays and Thursdays
www.adleraphasiacenter.org

Care2Caregivers
800-424-2494

Free, ongoing peer support for caregivers taking care of people with dementia.
www.care2caregivers.com

Alzheimer's New Jersey
888-280-6055 or 973-586-4300

Support groups provide families and caregivers with the emotional support and education they need to better understand Alzheimer's Disease and related dementia disorders. Our groups are free and open to the community. Groups are held at sites throughout Bergen County. For a calendar and list of locations, visit the Alzheimer's New Jersey website at <https://www.alznj.org/programs/category/family-support-groups-bergen-county/>

Caregiver's Coalition
201-336-7427

**Bergen County Division of Senior Services
Advisory Council Education & Outreach Committee**
The coalition works to strengthen services, resources, and access to information for caregivers.

In-Home Caregiver Education & Support Program
Bergen County Division on Disability Services
201-336-6504

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

NJ Self-Help Group Clearinghouse
800-367-6274

www.njgroups.org
Maintains a database of information, provides information and referral services, also trains people to find and form self-help groups. Go to www.njgroups.org to download the Self-Help Support Group directory.

National Organization for Empowering Caregivers
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.

Holy Name Medical Center Caregiver Support Group
201-833-3757

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

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.

Care One at the Cupola, Caregiver Support Group
201-444-8200

100 West Ridgewood Ave, Paramus, NJ 07652
1st Wednesday of the Month at 5:30 pm

Sunrise Assisted Living, 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
Meets twice monthly, 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

Jewish Family & Children's Services

Wolff Care Giver Center
201-837-9090
Comprehensive services for family caregivers.

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.

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



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

SHIP

State Health Insurance Assistance Program
Bergen County
201-336-7413
1-800-792-8820
Medicare Information and Counseling

Assistance completing Medicare and other health insurance claim forms; information on supplemental health insurance policies; evaluation of specific health insurance claim forms; evaluation of specific health insurance needs; and information on prescription coverage and Medigap policies. SHIP services are free and confidential.

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

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

New Jersey Health Insurance Marketplace: Get Covered NJ

1-833-677-1010

The NJ Health Insurance Marketplace (also known as “Obamacare”), a key part of the Affordable Care Act, is a way for qualified individuals, families, and qualified employees of small businesses to get affordable health coverage.

Financial assistance is also available to help with plan premiums and cost sharing. Medicare is NOT part of the Marketplace and you do not qualify for a plan on the Marketplace if you are eligible for Medicare.

www.nj.gov/getcoverednj

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.nj.gov/getcoverednj/help/local/

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

Dental Lifeline Network New Jersey **973-967-9171**

Donated Dental Services volunteers provide comprehensive treatment to eligible patients.

www.dentallifeline.org/new-jersey/

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

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, 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.
www.NJbh@njstate

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

A \$1000 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.
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

3167 John Fitzgerald Kennedy Blvd., North Bergen
A non-profit organization that provides caregiver support, community and professional disease education, cognitive assessments, long-term care planning, resources and advocacy to families living with Alzheimer's disease and related dementias.
www.actnowfoundation.org

Alzheimer Disease Education & Referral Center
800-438-4380

Comprehensive Alzheimer disease information and resources including caregiver skills for behavioral problems and all other information.
www.nia.nih.gov/alzheimers

Alzheimer's 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
425 Eagle Rock Ave, #203, Roseland, NJ 07069
Resources include Helpline, The Respite Care and Wellness Program, Family Support Groups, Community and professional education training, Clinical Trial Connection and Always Safe®.
www.alznj.org

Bergen County Sheriff's Office, AngelSense
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's Disease

American Parkinson's 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

Bergen New Bridge Medical Center (formerly Bergen Regional)

201-967-4000
230 East Ridgewood Ave.
Paramus, NJ 07652
www.newbridgehealth.org

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 Meridian 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. For a list of hospice providers in Bergen County, call the Senior HelpLine at 201-336-7400.

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

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

Medical and Surgical Equipment and Supplies

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

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

Mental Health

Behavioral Health Programs

Bergen County Mental Health Board **201-634-2745**

One Bergen County Plaza, 4th Fl, 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 **201-262-4357 (Hot Line)**

www.careplusnj.org

Care Plus Center for Primary & Behavioral Health **201-265-8200**

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

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 Lyndhurst **201-935-3322**

516 Valley Brook Avenue Lyndhurst NJ 07071

Outpatient Services, partial care-geriatric services

Hackensack Services

Comprehensive Behavioral Health Care Hackensack **201-646-0333**

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.

Christian Health

201-848-5200

301 Sicomac Avenue, Wyckoff, NJ 07481

www.christianhealthnj.org

LiveWell Counseling - Christian Health

201-848-5800

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

Gracepoint Partial – Christian Health

201-848-5500

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

Ramapo Ridge Behavioral Health – Christian Health

201-848-5500

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

Jewish Family & Children’s Services of Northern NJ

201-837-9090

Counseling, therapy, tailored services.

Vantage Health System Dumont

201-385-4400

2 Park Avenue, Dumont, NJ 07628

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

Vantage Health System Englewood

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, NJ 07601
www.co.bergen.nj.us/departments-and-services/parks

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.

Senior Activity Centers and Senior Clubs

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 DSS Nutrition Unit's 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.

www.seniorsourcenj.org

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

YMCA of Ridgewood
201-444-5600

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

YWCA Northern New Jersey
201-881-1700

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

Bergenfield*

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

Bogota

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

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
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 Sr 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

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

Hackensack Rec. – Senior Lounge
116 Holt Street, 07601
201-646-8042

Hackensack

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

Hasbrouck Heights

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

Haworth

Haworth Seniors (club)
Call town for info
201-384-4785

Hillsdale

50+ Club
Call town for info
201-497-1560

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

<p>Montvale Montvale Senior Community Center 1 Memorial Drive, 07645 201-391-6464</p>	<p>Paramus Joseph Cipolla Senior Center 93 North Fairview Ave, 07652 201-265-2100</p>	<p>Teaneck* Teaneck Senior Center 250 Colonial Court, 07666 201-837-7130</p>
<p>Moonachie Moonachie Senior Center 125 Moonachie Rd., 07074 201-641-6074</p>	<p>Ramsey Ramsey Senior Center 205 Church Street, 07446 201-825-1975</p>	<p>Teaneck* Teaneck - Asian Women's Christian Association (AWCA) 9 Genesse Avenue, 07666 201-837-0171</p>
<p>New Milford New Milford Senior Center 275 River Road, 07646 201-599-7565</p>	<p>Ridgefield Ridgefield Seniors (club) 725 Slocum Ave., 07657 201-943-5215</p>	<p>Tenafly* Korean Community Center 100 Grove St., 07670 201-541-1200</p>
<p>North Arlington* North Arlington Senior Activity Center 11 York Road, 07031 201-998-5636</p>	<p>Ridgefield Park* Ridgefield Park Senior Activity Center 159 Park Street, 07660 201-641-1220</p>	<p>Tenafly* Jewish Community Center (JCC) on the Palisades 411 E. Clinton Avenue, 07670 201-569-7900</p>
<p>North Arlington North Arlington Senior Center 10 Beaver Ave, 07031 201-991-9519</p>	<p>Ridgewood Ridgewood Senior Center 131 North Maple Ave, 07450 201-670-5500</p>	<p>Tenafly Tenafly Senior Center 20 S. Summit St., 07670 201-569-2159</p>
<p>Northvale James F. McGuire Senior Citizens Center 116 Paris Ave, 07647 201-767-3330</p>	<p>River Edge River Edge Senior Center 385 Howland Ave, 07661 201-489-2460</p>	<p>Wallington* Wallington Senior Activity Center 24 Union Boulevard, 07057 973-777-5815</p>
<p>Norwood Norwood Seniors (club) 201-767-7200</p>	<p>River Vale River Vale Senior Center 406 River Vale Road, 07675 201-664-2581</p>	<p>Washington Township* YJCC - Township of Washington 56 Ridgewood Road, 07676 201-666-6610</p>
<p>Oakland Oakland Senior Center 20 Lawlor Drive, 07436 201-405-7731</p>	<p>Rochelle Park Rochelle Park Senior Center 151 W. Passaic Street, 07662 201-587-7730</p>	<p>Wood Cliff Lake Tice Senior Center 411 Chestnut Ridge Road, 07677 201-391-3429</p>
<p>Old Tappan Old Tappan Senior Center 247 Old Tappan Road, 07675 201-664-2380</p>	<p>Rutherford 55 Kip Senior Center 55 Kip Street, 07070 201-460-1600</p>	<p>Wood Ridge Wood Ridge Senior Center 451 Highland Avenue, 07075 201-939-1215</p>
<p>Oradell Oradell Senior Center 1 Veterans Plaza, 07649 201-265-4192</p>	<p>Saddle Brook Saddle Brook Senior Center 8 Caldwell Avenue, 07662 201-845-4594</p>	<p>Wyckoff Wyckoff Seniors (club) c/o 340 Franklin Ave, 07481 201-891-7000</p>
<p>Palisades Park* Palisades Park Senior Activity Center 300 Highland Avenue, 07650 201-944-5616</p>	<p>South Hackensack South Hackensack Senior Club c/o 227 Phillips Ave, 07606 201-440-0719</p>	

*Bergen County DSS Senior Lunch Program locations are marked by an **

Bergen County Libraries

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

Library	Address	Phone
Allendale - Lee Memorial Library	500 West Crescent Ave Allendale, NJ 07401	(201) 327-4338
Bergenfield Public Library	50 W Clinton Ave Bergenfield, New Jersey 07621-2707	201-387-4040
Bogota Public Library	375 Larch Avenue Bogota, NJ 07603	(201) 488-7185
Carlstadt's William E. Dermody Library	420 Hackensack St. Carlstadt, NJ 07072	(201) 438-8866
Cliffside Park Public Library	505 Palisade Ave Cliffside Park, NJ 07010	(201) 945-2867
Closter Public Library	280 High Street Closter, NJ 07624	(201) 768-4197
Cresskill Public Library	53 Union Avenue Cresskill, NJ 07626	(201) 567-3521
Demarest Free Public Library	90 Hardenburgh Avenue Demarest, NJ 07627	(201) 768 8714
Dumont's Dixon Homestead Library	180 Washington Avenue Dumont, NJ 07628	(201) 384-2030
East Rutherford Memorial Library	143 Boiling Springs Avenue East Rutherford, NJ 07073	(201) 939-3930
Edgewater Free Public Library	49 Hudson Avenue Edgewater, NJ 07020	(201) 224-6144
Elmwood Park Public Library	210 Lee Street Elmwood Park, NJ 07407	(201) 815-6403
Emerson Public Library	20 Palisade Ave. Emerson, NJ 07630	(201) 261-5604
Englewood Public Library	31 Engle Street Englewood, NJ 07631	(201) 568-2215
Fair Lawn's Maurice M. Pine Free Public Library	10-01 Fair Lawn Ave. Fair Lawn, NJ 07410	(201) 796-3400
Fairview Free Public Library	213 Anderson Ave Fairview, NJ 07022	(201) 943-6244
Fort Lee Free Public Library	320 Main St Fort Lee, NJ 07024	(201) 592-3615
Franklin Lakes Public Library	470 DeKorte Drive Franklin Lakes, New Jersey 07417	(201) 891-2224
Garfield Public Library	500 Midland Ave Garfield, NJ 07026	(973) 478-3800
Glen Rock Public Library	315 Rock Road Glen Rock, NJ 07452	(201) 670-3970
Hackensack's Johnson Free Public Library	274 Main Street Hackensack, NJ 07601	(201) 343-4169
Harrington Park Public Library	10 Herring St. Harrington Park, NJ 07640	(201) 768-5675
Hasbrouck Heights Free Public Library	320 Boulevard Hasbrouck Heights, NJ 07604	(201) 288-0484
Haworth Municipal Library	165 Stevens Place Haworth, NJ 07641	(201) 384-1020
Hillsdale Free Public Library	509 Hillsdale Avenue Hillsdale, NJ 07642	(201) 358-5072
Ho-Ho-Kus's Worth-Pinkham Memorial Library	91 Warren Ave Ho-Ho-Kus, NJ 07423	(201) 445-8078

Library	Address	Phone
Hoboken Public Library	500 Park Ave. Hoboken, NJ 07030	(201) 420-2346
Leonia Public Library	227 Fort Lee Road Leonie, NJ 07605	(201) 592-5770
Little Ferry Public Library	239 Liberty Street Little Ferry, NJ 07643	(201) 641-3721
Lodi Memorial Library	One Memorial Drive Lodi, NJ 07644	(973) 365-4044
Lyndhurst Public Library	355 Valley Brook Ave. Lyndhurst, NJ 07071	(201) 804-2478
Mahwah Public Library	100 Ridge Rd Mahwah, NJ 07430	(201) 529-READ
Maywood Public Library	459 Maywood Avenue Maywood, NJ 07607	(201) 845-2915
Midland Park Memorial Library	250 Godwin Ave Midland Park, NJ 07432	(201) 444-2390
Montvale Public Library	12 Mercedes Dr. Montvale, NJ 07645	(201) 391-5090
New Milford Public Library	200 Dahlia Avenue New Milford, NJ 07646	(201) 262-1221
North Arlington Public Library	210 Ridge Road North Arlington, NJ 07031	(201) 955-5640
Northvale Public Library	116 Paris Avenue Northvale, NJ 07647	(201) 768-4784
Norwood Public Library	198 Summit Street Norwood, NJ 07648	(201) 768-9555
Nutley Free Public Library	93 Booth Drive Nutley, NJ 07110	(973) 667-0405
Oakland Public Library	2 Municipal Plaza Oakland, NJ 07436	(201) 337-3742
Old Tappan Public Library	56 Russell Ave Old Tappan, NJ 07675	(201) 664-3499
Oradell Public Library	375 Kinderkamack Road Oradell, NJ 07649	(201) 262-2613
Palisades Park Public Library	257 2nd Street Palisades Park, NJ 07650	(201) 585-4150
Paramus Charles E. Reid Branch Library	239 West Midland Ave Paramus, NJ 07652	(201) 444-4911
Paramus Public Library	116 E. Century Rd. Paramus, NJ 07652	(201) 599-1300
Park Ridge Public Library	51 Park Ave Park Ridge, NJ 07656	(201) 391-5151
Ramsey Free Public Library	30 Wyckoff Ave Ramsey, NJ 07446	(201) 327-1445
Ridgefield Free Public Library	527 Morse Ave. Ridgefield, NJ 07657	(201) 941-0192
Ridgefield Park Public Library	107 Cedar Street Ridgefield Park, NJ 07660	(201) 641-0689
Ridgewood Public Library	125 N Maple Ave Ridgewood, NJ 07450	(201) 670-5600
River Edge Public Library	685 Elm Avenue River Edge, NJ 07661	(201) 261-1663
River Vale Free Public Library	412 Rivervale Road River Vale, NJ 07675	(201) 391-2323

Library	Address	Phone
Rochelle Park Free Public Library	151 W. Passaic St. Rochelle Park, NJ 07662	(201) 587-7730 ext 8
Rutherford Free Public Library	150 Park Ave Rutherford, NJ 07070	(201) 939-8600
Saddle Brook Public Library	340 Mayhill Street Saddle Brook, NJ 07663	(201) 843-3287
Teaneck Public Library	840 Teaneck Rd. Teaneck, NJ 07666	(201) 837-4171
Tenafly Public Library	100 Riveredge Road Tenafly, NJ 07670	(201) 568-8680
Upper Saddle River Public Library	245 Lake St. Upper Saddle River, NJ 07458	(201) 327-2583
Waldwick Public Library	19 E Prospect Waldwick, NJ 07463	(201) 652-5104
Wallington's John F. Kennedy Memorial Library	92 Hathaway St Wallington, NJ 07057	(973) 471-1692
Washington Township Public Library	144 Woodfield Road Twp. of Washington, NJ 07676	(201) 664-4586
Westwood Public Library	49 Park Avenue Westwood, NJ 07675	(201) 664-0583
Wood-Ridge Memorial Library	231 Hackensack Street Wood-Ridge, NJ 07075	(201) 438-2455
Wyckoff Public Library	200 Woodland Ave Wyckoff, NJ 07481	(201) 891-4866

Employment and Volunteering

Employment Opportunities

Bergen County Job Center

201-996-8940

www.bergenjobcenter.com

60 State Street, Hackensack, NJ 07601

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

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 SCSEP

201-845-0247

60 State Street, Hackensack, NJ 07601

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

Several public libraries in Bergen County offer free or low-cost ESL and language courses. Call your local library for information. For a complete listing of Bergen County libraries, visit www.bccls.org.

Hispanic Institute**201-368-1414**

17 Arcadian Avenue, Paramus, NJ 07652

www.hird.org**Korean American Senior Citizen Association of New Jersey (KASCA)****201-945-2400**

133 Fort Lee Road, Leonia, NJ 07605

Women's Rights Information Center**201-568-1166**

108 Palisade Avenue, Englewood, NJ 07631

Classes open to both men and women

www.womensrights.org**Tuition Waiver (free classes)****Bergen Community College****Senior Citizen Tuition Waiver****201-447-7100**

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

www.bergen.edu/registration/tuition-waiver-registration-information/

College Tuition Waivers in New Jersey

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

Housing

Emergency Housing Assistance

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

Homeless Hotline

2-1-1

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

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
- 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

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

Bergen County's United Way Compassion Fund

Dial 2-1-1 or www.nj211.org

Fair Housing Council

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)

Section 8 Housing Choice Voucher program

973-225-7146

100 Hamilton Plaza, Suite 600, Paterson, NJ 07505

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

Limited enrollment period annually; check website for application period:

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

Housing Authority of Bergen County

201-336-7600

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

Housing Authorities – Municipal

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

Affordable Housing in Bergen County

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



Housing Navigator Notes

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

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

Other Housing Arrangements

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

104 Cottage Place & 130 Prospect Place

Ridgewood, NJ 07450

<https://shareridgewood.org>

Shared Housing

201-568-1166

Women's Rights Information Center

108 West Palisade Ave, Englewood, NJ 0763

www.womensrights.org/shared-housing

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	201-913-286 7
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
HACKENSACK	Dover Guest House	263 UNION ST	HACKENSACK, NJ 07601	551-587-8516
HASBROUCK HEIGHTS		187 TERRACE AV	HASBROUCK HTS, NJ 07604	201-462-0927

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
LITTLE FERRY		143 MAIN ST	LITTLE FERRY, NJ 07643	201-440-1917
LODI		11 TERHUNE AV	LODI, NJ 07644	201-745-7479
LODI		117 PROSPECT ST.	LODI, NJ 07644	
LYNDHURST		262 RIDGE RD	LYNDHURST, NJ 07071	973-493-2996
MAHWAH		316 FOREST ROAD	MAHWAH, NJ 07430	
OAKLAND		42 HIAWATHA BLVD.	OAKLAND, NJ 07436	201-405-0260
OAKLAND		101 LONG HILL ROAD	OAKLAND, NJ 07436	
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
RUTHERFORD		55 PREBLE PLACE	RUTHERFORD, NJ 07070	
SADDLE BROOK		156 MIDLAND AV	SADDLE BROOK, NJ 07662	973-478-3133
TEANECK		555 GLENWOOD AVE	TEANECK, NJ 07666	201-414-6469
WESTWOOD		372 FAIRVIEW AVE	WESTWOOD, NJ 07675	
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

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	609-943-4093
22-08 Route 208 South	
Fair Lawn, NJ 07410	

Property Tax Deduction/Credit

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

Senior Citizens and Veterans Annual Property Tax Deduction

Contact your municipal tax office

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

Reverse Mortgage

Reverse Mortgage Counseling (Home Equity Conversion Mortgages/HECM)

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).

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

973-910-2500

The Weatherization Assistance Program is a nationwide effort to assist homeowners & tenants in improving the energy efficiency of their homes. GBCA is the provider of this service in Bergen County. **SERVICES:** Qualified crews of technicians repair and replace faulty windows and doors, install high-efficiency insulation and, if necessary, repair or even replace boilers, furnaces or water heaters. Replacement of air filters to improve circulation and the quality of air in the home.

Utility, Telephone, and Internet Assistance Programs

Low Income Home Energy Assistance Program (LIHEAP)

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

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

Universal Service Fund (USF)

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

How to Apply: Greater Bergen Community Action at 201-968-0200 ext. 7008

PAGE Energy Assistance Program (732) 982-8710

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

*Apply Nov 1st thru March 31st

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

Lifeline Utility Credit Program

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

How to Apply:

- Call PAAD/Lifeline 800-792-9745 or
- Bergen ADRC Division of Senior Services 201-336-7400

NJ SHARES

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

Winter Termination Program (WTP)

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

WEATHERIZATION

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

Comfort Partners

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

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

Weatherization Assistance Program

Greater Bergen Community Action 973-910-2500

See description under "Home Improvement Programs"

HOME PHONE, CELL PHONE, AND INTERNET

Verizon Home Phone (landline)

1-800-Verizon or www.verizon.com/lifeline

Lifeline is a government assistance program supported by the New Jersey Board of Public Utilities and the Federal Communications Commission. Verizon offers the following Lifeline-supported services as an Eligible Telecommunications Carrier:

- Voice Lifeline Flat Rate - \$1.95 per month
- Voice Lifeline Message Rate - \$0.40 per month
- Voice Lifeline Low Use Message Rate - no rate
- Broadband (internet) - \$9.25 monthly discount.

You may qualify for Lifeline service if you can show proof that you participate in certain government assistance programs or your annual income is 135% or below the Federal Poverty Guideline. If you qualify based on income, you will be required to provide income verification. You may also qualify with verification of eligibility in a state government database.

SafeLink Wireless and Assurance Wireless Cell Phone - Lifeline

Lifeline provides eligible low-income individuals with a free smartphone and free monthly data, free monthly minutes and unlimited texting. This is a federal program and should not be confused with the state's Lifeline utility assistance program. To apply, contact one of the providers below.

Assurance Wireless: 1-888-321-5880

SafeLink Wireless: 1-800-SafeLink (723-3546)

Broadband (Internet) – Affordable Connectivity Program

The Affordable Connectivity Program is a federal program that provides eligible households with a discount on broadband service and connected devices. The benefit provides a discount of up to \$30 per month towards internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers. If you have a Lifeline smartphone, you can also request the Affordable Connectivity Program for unlimited talk, text and data.

How to Apply for the Affordable Connectivity Program: If you already have a Lifeline smartphone, contact your provider and ask about available benefits under the Affordable Connectivity Program.

You can also:

- Go to ACPBenefit.org to submit an application or print out a mail-in application.
- Contact your preferred participating provider to select a service plan and have the discount applied to your bill.

Veterans Services

Bergen County Division of Veterans Services

201-336-6325

One Bergen County Plaza, 2nd Floor

Hackensack, NJ 07601

201-336-6325

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

Bergen County Community Transportation for Veterans

201-368-5955

178 Essex Street, Hackensack, NJ 0760

Transportation services to VA hospitals and Veteran health care sites.

Veterans Affairs Practice Hackensack Clinic

201-342-4536

385 Prospect Avenue, Hackensack, NJ 07601

Veterans Affairs Benefits Administration

(Regional Office)

800-827-1000

www.benefits.va.gov/newark/

20 Washington Place, Newark, NJ 07102

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

VA Medical Center - Veterans Benefits

800-315-7909

385 Tremont Avenue, East Orange, NJ 07018-1023

New Jersey Veterans Administration Health Care System. Must enroll in the VA Program. Call toll-free for information and application packet.

VA Healthcare Enrollment (New Jersey)

888-954-3553

Veterans Memorial Home Paramus

201-634-8200

1 Veterans Drive, Paramus, NJ 07652

Long-term care nursing home open to veterans who were honorably discharged from U.S. war or peacetime services, the veteran's spouse, and to spouses and parents of members of the military who were killed in action during a period of war (Gold Star Parent).

Veteran Employment Federal Positions

www.usajobs.gov

www.fedshirevets.gov

www.vaforvets.va.gov

Community Hope

855-483-8466 or 973-463-9600

www.communityhope-nj.org

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

Supportive services for low-income single veterans or veteran families.

Interment at Brigadier General William C. Doyle Veterans Memorial Cemetery

Veterans who were honorably or generally discharged from the military and have passed away may be interred in the Brigadier General William C. Doyle Veterans Memorial Cemetery in Arnetown, NJ. Their place of rest is marked and cared for perpetually. For more information, call Bergen County Division of Veterans Services at 201-336-6325.

Aid and Attendance and Housebound Benefits

800-827-1000

Newark Regional Office

20 Washington Pl, Newark, NJ 07102

Provides monthly payments added to the amount of a monthly VA pension for qualified Veterans and survivors. Help with daily activities or housebound.

Visit following websites:

www.veteranaid.org

www.vba.va.gov

Contact your municipality for the following tax programs for veterans:

Veterans Tax 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.

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

Bergen County LGBTQ+ Alliance

201-470-8946

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

www.bergencounty-lgbtq.org

Bergen County PFLAG

(201) 503-4470

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

www.bergenpflag.com

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.primetimerswww.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

Services for Korean-Speaking Older Adults and Caregivers

Korean-American Agencies

Asian Women's Christian Association (AWCA)

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

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

9 Genesee Ave., Teaneck, NJ 07666

www.awcanj.org

AWCA Family Counseling Center AWCA 가정상담소 201-862-1116

The Family Counseling Center of AWCA is a professional counseling center operated by licensed professional counselors. The FCC provides individual, couple's, family, and group counseling along with psychological testing, parenting classes, Grace Hotline volunteer training, and mental health education seminars.

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

fcc@awcanj.org

Adult Continuing Education age 60+ 201-862-1665

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

60세이상 아시아인 시니어들을 위한 평생교육 프로그램 제공.

info@awcanj.org

www.awcanj.org

Friends of Grace Seniors (DBA Korean Community Center) 한인동포회관 201-541-1200 ext. 111, 112

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

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

100 Grove St, Tenafly, NJ 07670

www.kccus.org

NJ ADRC Care Management Program 케어매니지먼트 201-541-1200 ext. 117

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

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

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

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

Korean American Senior Citizen's Association of New Jersey 뉴저지 한인 상록회 201-945-2400

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

1. Senior School (ESL, Health, Computer, Art, Music, Dance, etc.)
2. Social Security Welfare Counseling Center / 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

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

17 Brinkerhoff Terrace, Palisades Park, NJ 07650

E-mail: kascanj@gmail.com

Web Page: www.kascanj.org

New Jersey Korean-American Mutual Aid Association

뉴저지 한인 상호회

201-945-2411, 201-482-4929

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

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

438 Broad Ave. Palisades Park, NJ 07650

E-mail: kascmaanjan@gmail.com

Korean Home Health Aide 한인 가정 요양 보호사

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

9 Genesee Ave., Teaneck, NJ 07666

www.awcanj.org

201-862-9111 (Korean)

201-862-0006 (Chinese)

Care Finders Total Care *

171 Main St. Hackensack, NJ 07601

201-342-5122

Confident Care - Hackensack*

3 University Plaza Drive, Hackensack, NJ 07601

201-498-9400

Gentle Heart Care LLC*

3 University Plaza Drive, Hackensack, NJ 07601

201-613-6173

Loving Care *

190 Moore Street, Hackensack, NJ 07601

201-592-8117

*agency has Korean speaking Home Health Aides. 한국인 가정 요양 보호사가 있습니다.

Korean Programs in Hospitals

<u>Englewood Hospital and Medical Center</u>	잉글우드 병원	
The Center for Korean Health and Wellness	한인건강센터	201-608-2341
350 Engle Street, Englewood, NJ 07631		
www.Englewoodhealth.org		

Englewood Hospital and Medical Center strives to offer the highest level of healthcare services in a humanistic environment and works to deliver the best health services and facilities to the growing Korean population in Bergen County. The Center for Korean Health and Wellness assists with 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.

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 격지 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.

<u>Hackensack University Medical Center</u>	허켄섹 대학병원 메디칼 센터	
Korean Medical Initiative	코리안 메디칼 이니셔티브	551-996-2270
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		

<u>Holy Name Medical Center</u>	홀리 네임 병원	
Korean Medical Program	코리안 메디칼 프로그램	201-833-3399
718 Teaneck Road, Teaneck, NJ 07666		
www.kholyname.com		

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