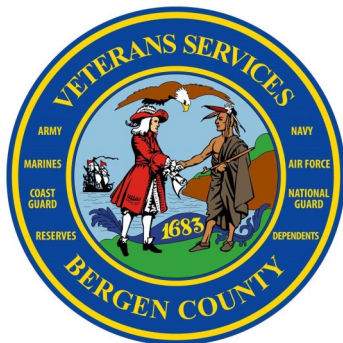


Veterans Newsletter

*1st Quarter 2022
January to March
Volume 47*



County of Bergen
Department of Human Services
Division of Veterans Services
One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601
201-336-6325
veterans@co.bergen.nj.us



A message from Bergen County Executive James J. Tedesco III



Veterans are an important part of the fabric of Bergen County and always will be. Although the COVID-19 pandemic has been an adjustment for everyone, especially our veterans, we want you to know that the Division of Veteran Services has and continues to serve those who have served our nation. The Division has compiled a list of Veteran Affairs resources for Veterans and their families to get them through this difficult time which can be referenced in this newsletter, if you don't find the information you are looking for please call our office and we will be happy to assist.

There are many benefits and discounts provided to our veterans. The Division of Veterans Services will assist the veteran and their families with all paperwork necessary to receive those benefits or guidance with discounts that may be available. If you want to submit a disability claim, please call NJ DMA-VA VSO, Mr. Joseph Restivo at 201-996-8050 or e-mail him at Joseph.Restivo@dmava.nj.gov. Please join me in welcoming our Acting Director of Veterans Services Mr. Shaun Hutchinson. Should you know of any veterans in need, regardless of when they served or how long they served, please have them contact our Veterans team at: (201) 336-6325 or email us at: veterans@co.bergen.nj.us. We are here to help.

Our Veterans are the reason why we enjoy the many freedoms we have today and that is why we will never stop working for you and your families while you serve and after you serve. We thank you for your service.

A message from Shaun Hutchinson, Acting Director, Division of Veterans Services

First, I would like to thank Bergen County Executive James Tedesco for the opportunity to serve the nearly 25,000 Veterans and their families who reside in our County. It is my mission to reach every single one of you, and to share the many resources and benefits that are currently available. We are in the process of creating a database that will streamline our communications, and we hope you will help us in spreading the word. We need your names, phone numbers, addresses, emails, and DD 214s which will expedite the process to assist you, should there ever be a need. If you know of a Veteran that has passed, please let us know where they are laid to rest so we can honor them with a flag on Memorial Day.

Another priority is the mental and physical security of all Veterans and their families which is the foundation for future success. We have teamed up with some excellent organizations that offer assistance, and we are adding new resources weekly. Soon we will devote a page on our website with links and contacts for quick and easy access to the information you need.

Should you know of any veterans in need, regardless of when they served, or for how long, please have them contact us at: (201) 336-6325 or email at: veterans@co.bergen.nj.us. You can also follow our Facebook Page at: www.facebook.com/bergencountyveteranservices/ and our county website at: www.co.bergen.nj.us/division-of-veterans-services.

I look forward to working tirelessly to serve our Veterans and their families.



Shaun Hutchinson Biography
Acting Director
Bergen County Division of Veterans Services

Shaun Hutchinson was born and raised in Louisiana and began his Army Service in 1996 as a mechanized infantryman in the 3rd Battalion, 15th INF, 3rd Infantry Division, Fort Stewart, Georgia where he was an automatic rifleman and Dismount Team Leader.

In 1998, he graduated from the Ranger Indoctrination Program at Fort Benning, Georgia where he started a long and successful career with the 75th Ranger Regiment. He served as an Automatic Rifleman, Team Leader, and Squad Leader in B Company 3/75th Ranger Regiment. After being specially selected to serve with the Regimental Reconnaissance Company (RRC), he served as a Communications Sergeant, Reconnaissance Sergeant, Assistant Team Sergeant, Operation Sergeant, and Liaison Officer with the RRC 75th Regimental Special Troops Battalion.

In 2009, Shaun was selected to work for the Joint Special Operations Command as a Training NCOIC. While assigned, he was detached to Special Operations Command where he deployed multiple times as a Task Force Senior Enlisted Advisor and Team Chief.

In 2011, he was selected to serve as a Platoon Sergeant with D Company 1/75th Ranger Regiment after attending the 75th Ranger Assessment and Selection Program.

In 2012, he was selected to serve with the Asymmetric Warfare Group. He served as Able Squadron's Operations Sergeant Major and the Group's Interagency Coordinator until he retired on July 31, 2016. His operational and combat deployments include Operation Intrinsic Action (1998) - Kuwait, Operation Enduring Freedom (2001, 2002, 2004, 2006, 2010, 2011, 2012) - Afghanistan and Operation Iraqi Freedom (2003, 2007, 2011) - Iraq.

Shaun holds a Master of Business Administration from Baker College and Bachelor of Applied Science in Resource Management from Troy University. He has attended the following military schools: Master Fitness Training; Senior Leader Course; Military Free Fall Jumpmaster; Survival Evasion Resistance Escape Course; Winter Mountain Warfare School; Military Free Fall; Advanced Leader Course; Long Range Surveillance Leader Course; Ranger Course; and Airborne.

Shaun received the following military decorations and awards: Ranger Tab, Combat Infantryman Badge, Expert Infantryman Badge, Military Free Fall Jumpmaster, Master Parachutist Badge, Bronze Star Medal (1 OLC), Meritorious Service Medal (1 OLC), Joint Army Commendation Medal (3 OLC), Army Commendation Medal (1 SLC, 3 OLC), Joint Army Achievement Medal, Army Achievement Medal (1 OLC), Joint Meritorious Unit Award, Valorous Unit Award, Army Superior Unit Award, Army Good Conduct Medal (6 Knots), National Defense Service Medal, Armed Forces Expeditionary Medal, Afghan Campaign Medal (4 CS), Iraqi Campaign Medal (3 CS), Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Non-Commission Officer Professional Development Ribbon (N3), Army Service Ribbon, and NATO Medal.

Shaun is married to Marisa Hutchinson and has five daughters—Jordan, age 23, Abigail, age 19, Alyssa, age 17, Natalie, age 3, and Samantha, age 4 months.



Donations to the *Tracers* program are used to supply bus tickets to jobs, assist in preparing the veteran for employment, and to fill in gaps in the service delivery system.

Since our inception, more that \$135,000 in bus tickets were given to homeless veterans.

GOLD (\$500 and above)

Adopt-A-Soldier Platoon, Inc.

Suez North America, Inc.

Oakland Elks

BCPCA

SILVER (\$250—\$499)

BOOSTERS (Under or up to \$99)

BRONZE (\$100—\$249)

Our veterans are thankful for every item that they receive through the generosity of all the organizations in Bergen County. Donations always needed:

- \$10 food gift cards for McDonald's, Dunkin Donuts, Burger King, and other restaurant establishments.
- \$25-\$50 gift cards redeemable in stores such as Shop Rite, BJs, Target, Walmart, Walgreens, and CVS Pharmacy.
- New items including: carrying bags, sweatshirts (Medium to 2X-Large), jackets, underwear and socks may be dropped off weekdays between the hours of 9:00 a.m. and 4:00 p.m.* (call for coordination)

"TRACERS" assures that every penny donated is spent on items and services which help improve the lives of former members of the United States Military and their families who are now homeless or are in danger of becoming homeless.

**Parking is available. Pickup can be arranged for big donations such as food, clothing, and toiletries (if volunteers are available).*

We still need your help for more supplies. Please mail your check or call us for needed supplies at:

Kindly make check payable to:

County of Bergen - Tracers

Bergen County Division of Veterans Services

One Bergen County Plaza, 2nd Floor

Hackensack, NJ 07601

TRICARE Pharmacy Copayments to Increase in 2022

Do you get your prescription drugs through TRICARE Pharmacy Home Delivery or at a TRICARE retail network pharmacy? If so, you'll pay anywhere from \$1 to \$8 more in co-payments starting January 1st.

As described in the TRICARE Pharmacy Program Overview, TRICARE groups prescription drugs based on the medical and cost effectiveness of a drug compared to other drugs of the same type. The cheapest, most widely available category is generic formulary drugs. This is followed by brand-name formulary drugs and non-formulary drugs. You'll see cost increases in all three of these categories. The new cost will depend on the type of pharmacy.

Here are the new copayment changes.

TRICARE Pharmacy Home Delivery (Up to a 90-day supply)

- Generic formulary drugs will increase from \$10 to \$12
- Brand-name formulary drugs will increase from \$29 to \$34
- Non-formulary drugs will increase from \$60 to \$68

TRICARE Retail Network Pharmacies (Up to a 30-day supply)

- Generic formulary drugs will increase from \$13 to \$14
- Brand-name formulary drugs will increase from \$33 to \$38
- Non-formulary drugs will increase from \$60 to \$68

Non-network Pharmacies (Up to a 30-day supply)

Non-network pharmacy costs remain the same if you use a TRICARE Prime plan. With a TRICARE Prime plan, you'll pay a 50% cost-share after you meet your point-of-service deductible for covered drugs. For all other health plans, non-network pharmacy costs are as follows:

- Generic formulary drugs and brand-name formulary drugs will cost \$38 (up from \$33) or 20% of the total cost, whichever is more, after you meet your annual deductible
- Non-formulary drugs will cost \$68 (up from \$60) or 20% of the total cost, whichever is more, after you meet your annual deductible

Have more questions about your TRICARE pharmacy benefit?

Go to <https://www.tricare.mil/CoveredServices/Pharmacy> to learn more.





TRUST HER TO FIND ANSWERS.

**The Women Veterans Call
Center is your guide to VA.**

CALL OR TEXT
1-855-829-6636

CHAT ONLINE
www.womenshealth.va.gov

HOURS OF OPERATION

Monday – Friday: 8:00 a.m. – 10:00 p.m. ET
Saturday: 8:00 a.m. – 6:30 p.m. ET



VA



U.S. Department
of Veterans Affairs

She's your guide to VA.

All the representatives at the Women Veterans Call Center are women, and many are Veterans themselves. In addition to linking women Veterans to information, the Women Veterans Call Center makes direct referrals to Women Veteran Program Managers (WVPM) located at every VA medical center. The Women Veteran Program Manager helps the woman Veteran coordinate services.

What will happen when I call the WVCC?

- ◆ You will be connected to a trained VA woman staff member.
- ◆ Call center staff will conduct a brief screening to assess your needs.
- ◆ Women Veterans will be provided personalized information regarding health care services, VA benefits and services, and a package of information will be sent to your home.
- ◆ You can call for yourself or for a women Veteran you know.
- ◆ The call is free and confidential.
- ◆ Contact information will be requested so staff may follow-up.

<https://www.womenshealth.va.gov/WOMENSHEALTH/ProgramOverview/wvcc.asp>

Women's Trauma Unit/ Military Sexual Coordinator

Phone: (908) 647-0180, extension: 1-5885

<https://www.mentalhealth.va.gov/msthome/index.asp>

DoD Safe Helpline (24/7)

(877) 995-5247

www.safehelpline.org

Veterans Healthcare Services

IMPORTANT INFORMATION!

COVID-19 Vaccines Are Available for All Veterans in Need



NewBridgeHealth.org

Now Available
Boosters for ALL COVID-19 Vaccines

Pfizer
Moderna
Johnson & Johnson



A Clinical Affiliate of **RUTGERS**



Walk-Ups Accepted, Appointments Preferred • Please bring your vaccine record card with you.

Schedule your vaccine @ bergencovidvaccine.com • Monday - Thursday: 7am - 3pm • Last Appointment 2:30pm



U.S. Department
of Veterans Affairs



Hackensack VA Clinic

Our outpatient clinic provides primary care and specialty health services, including laboratory services, mental health care, women's health services, and more. Below, you'll find our address and hours, parking and transportation information, and the other health services we offer at our Hackensack VA Clinic. The new 2-digit calling prefix for this site is 23. If you are trying to reach the main desk, please dial 23-2645.

Website: www.va.gov/new-jersey-health-care/locations/hackensack-va-clinic/

Location and contact information:

Address:

385 Prospect Avenue, Prospect Plaza, 1st Floor
Hackensack, NJ 07601-2570

[Directions](#)

Phone numbers:

Main phone: [201-342-4536](tel:201-342-4536)

Mental health clinic: [973-676-1000](tel:973-676-1000) x1421

Before you make an appointment:

You can make an appointment with us if both of the below are true for you.

You're enrolled in VA health care, **and**

You're registered as a patient at VA New Jersey health care

If you're not yet enrolled in VA health care

[Apply for VA health care](#)

If you're not registered at VA New Jersey health care

[Register for care here](#)

To make an appointment, click here:

www.va.gov/new-jersey-health-care/locations/hackensack-va-clinic/

Health services offered here:

Laboratory and pathology

Mental health care

My HealtheVet coordinator

Nutrition, food, and dietary care

Ophthalmology

Social work

Women Veteran care

Veterans Healthcare Services

AT BERGEN NEW BRIDGE MEDICAL CENTER



A Veterans Community Care Program PARTICIPATING PROVIDER

VETERANS ACCESS LINE
201-225-7189
Monday—Friday, 8:00 am to 5:30 pm

Bergen New Bridge offers Veterans a complete continuum of care, including:

- Imaging and diagnostic services, including: state-of-the-art digital MRI, and lowest dosage mammography, allowing for safe and quick results
- Full-Service Laboratory
- Pharmacy
- Behavioral Health Services
- Long Term Care
- Substance Abuse Services
- Medical Detox
- Comprehensive outpatient care services featuring more than 26 medical specialties in addition to primary care
- Rehabilitation
- 24/7 Emergency Department

All your healthcare needs under one roof.

Access to convenient, local healthcare services are available to you at Bergen New Bridge. Just ask your primary care physician for a referral to Bergen New Bridge Medical Center. It is important to follow your benefits program requirements as specified in your plan when seeking services regarding referrals, authorization, and appointments

All your healthcare needs under one roof.

Bergen New Bridge Medical Center offers acute medical services, including 24/7 emergency department, surgical suites, physical rehabilitation, pharmacy, laboratory, radiology services (including digital mammography), and more than 26 medical specialties available through its Ambulatory Care Center. Learn more at www.newbridgehealth.org/health-services/veterans-services.

Connect With Us



BRAVE IS MADE POSSIBLE THROUGH A GRANT FROM THE UNITED STATES DEPARTMENT OF VETERANS AFFAIRS, ADAPTIVE SPORTS PROGRAMS FOR DISABLED VETERANS AND DISABLED MEMBERS OF THE ARMED FORCES

The BRAVE Program showcases a broad selection of sports adapted with specialized equipment and participatory styles so veterans with almost any type of diagnosis and ability level will be able to successfully participate.

BRAVE is administered by Certified Therapeutic Recreation Specialists as part of the Adaptive Sports Program at Burke Rehabilitation Hospital. All programs follow safety recommendations set forth by the Centers for Disease Control and Prevention (CDC).

Burke Rehabilitation Hospital is the founding member of the Westchester County chapter of Move United, a national organization dedicated to providing adaptive sports programs to people of all ability levels.

BRAVE is offered in partnership with the VA Hudson Valley Health Care System in Montrose, NY and Wappingers Falls, NY.



BURKE REHABILITATION HOSPITAL MAIN CAMPUS

785 MAMARONECK AVE. WHITE PLAINS, NY 10605

Contact **BRAVE** Program at (914) 597-2468 or adaptivesports@burke.org.

Burke Rehabilitation Hospital is a not-for-profit, acute rehabilitation hospital in White Plains, NY. Founded in 1915, it is the only hospital in Westchester County dedicated solely to adult rehabilitation medicine. Burke is a member of the Montefiore Health System, Inc. The hospital offers both inpatient and outpatient programs for those who have experienced a disabling illness, traumatic injury or surgery. For additional information, please visit burke.org.

BURKE
Rehabilitation Hospital
MEMBER OF MONTEFIORE HEALTH SYSTEM

MOVE
UNITED

BRAVE
BURKE REHABILITATION
ADAPTIVE SPORTS
FOR VETERANS



BURKE
Rehabilitation Hospital
MEMBER OF MONTEFIORE HEALTH SYSTEM



WHAT IS BRAVE?

BURKE REHABILITATION ADAPTIVE SPORTS FOR VETERANS

BRAVE is a comprehensive program for veterans and members of the Armed Forces with medical diagnoses. The program offers access to adaptive sports and recreation opportunities. There is no charge to eligible participants who reside in New York's Lower Hudson Valley, (Westchester, Rockland, Orange and Putnam Counties), Bergen County, New Jersey, and Fairfield County, Connecticut.

Burke Rehabilitation offers the following adaptive sports through BRAVE:

- ARCHERY
- BOWLING
- BOXING
- HAND CYCLING
- HIKING
- KAYAKING
- OFF-ROAD / ATV RIDING
- ROCK CLIMBING
- SAILING
- SNOW SKIING
- WATER SKIING

PRE-REGISTRATION IS REQUIRED.

WITH THE PROPER SUPPORT, CREATIVITY AND COMMITMENT, ALMOST ANYONE CAN RETURN TO THE ACTIVITIES THEY ENJOY AFTER AN INJURY

BURKE REHABILITATION HOSPITAL ENCOURAGES PEOPLE OF ALL ABILITIES TO TAKE PART IN PHYSICAL ACTIVITIES SUCH AS SPORTS AND EXERCISE.

The programs are based on existing sports that are modified to meet the needs of those with a medical diagnosis such as PTSD, depression, traumatic brain injury, spinal cord injury, cardiac or pulmonary conditions, orthopedic issues, amputation, stroke, and other conditions.

Adaptive sports foster a sense of inclusion in a safe and supportive environment with a goal to achieve and maintain health and wellbeing in the company of old and new friends.



REGISTRATION PROCESS: All participants are required to register with the Adaptive Sports Program by contacting (914) 597-2468 or by emailing adaptivesports@burke.org.

CALLING ALL VETERANS COME JOIN THE TEAM!



Join fellow men and women Veterans
from all branches of service for
Camaraderie, Team, & Purpose, on
and off the ice!

To learn more, visit...
www.NJWarriors.org





HONORING ALL WHO SERVED



8 Veterans Plaza. Bergenfield, NJ 07621

February 12, 2022 11:00 am

Come down to the DAV Hall in Bergenfield, NJ to see us Saturday, February 12, and learn how we can provide you or someone you know who is suffering from PTSD with an emotional support dog - free of charge. For more information please contact us:

Operation K9 Beethoven

501(c)(3) NJ Non-profit Organization

EIN: 87-1417235

Telephone: 201-986-1111

Email: k9beethoven@yahoo.com

FB: Operation K9 Beethoven

Insta: [operation_k9_beethoven](#)

Website: www.operationk9beethoven.com

Housing Information

Low Income Home Energy Assistance Program (LIHEAP) and Universal Service Fund (USF)

The LIHEAP is designed to help low-income families and individuals meet home heating and medically necessary cooling costs. To apply for LIHEAP for Bergen County:

Greater Bergen Community Action Program

241 Moore Street
Hackensack, NJ 07601
Phone: (201) 968-0200 extensions 7036/ 7049
Fax: (201) 342-7452

Transitional Housing Program for Homeless Veterans

Alfred J. Thomas Home for Vets

Bergen County
Phone: (908) 647-5717 ext 320

Veteran's Haven North

200 Sanatorium Road
Glen Gardner, NJ 08826
Phone: (908) 537-1999
Toll Free: (877) 648-0091

Homeless Provider Directory Key

1. Motel/ Hotel Referral
2. Single Shelter
3. Family Shelter
4. Transitional Housing
5. Domestic Violence Shelter
6. Runaway Youth Shelter
7. Drop In Day Center
8. Soup Kitchen/ Feeding Program
9. Job Training
10. Counseling

Center For Food Action

(Emergency Rental Assistance)
192 West Demarest Avenue
Englewood, NJ 07631
Phone: (201) 569-1804

Family Promise of Bergen County

479 Maitland Avenue
Teaneck, NJ 07666
Phone: (201) 833-8009
03, 04, 08, 10

Salvation Army

89 State Street
Hackensack, NJ 07601
Phone: (201) 342-6531
10

Community Action Program

Drop-In Center/ Warner House/ Ladder Project

67 Orchard Street
Hackensack, NJ 07601
02, 07, 08, 09, 10

Mid-Bergen Community Mental Health Center

610 Industrial Avenue
Paramus, NJ 07652
Phone: (201) 265-8200
04

Center for Hope and Safety

12 Overlook Avenue
Rochelle Park, NJ 07662
Phone: (201) 498-9247
02, 03, 04, 05, 09, 10

Bergen County HEARTS

Family Shelter

40 Passaic Street
Hackensack, NJ 07601
03, 04, 10

West Bergen Mental Health Care

120 Chestnut Street
Ridgewood, NJ 07450
Phone: (201) 444-3550
04, 09, 10

Comprehensive Behavioral Health Care

516 Valley Brook Avenue
Lyndhurst, NJ 07071
Phone: (201) 935-3322
01, 04

Bergen County CAP Family Service

241 Moore Street
Hackensack, NJ 07601
Phone: (201) 489-2449
02, 08

Spring House Bergen County Dept. Of Health Services

327 East Ridgewood Avenue
Paramus, NJ 07652
Phone: (201) 261-3582
04

Bergen County—Housing, Health, and Human Services Center

120 S. River Street
Hackensack, NJ 07601
Phone: (201) 336-6475
Fax: (201) 488-9298

BERGEN County NEW JERSEY

COUNTY OF BERGEN
DEPARTMENT OF HUMAN SERVICES
DIVISION OF VETERAN SERVICES
One Bergen County Plaza • 2nd Floor • Hackensack, NJ 07601-7076
(201) 336-6325 • FAX (201) 336-6327
veterans@co.bergen.nj.us

BERGEN COUNTY MILITARY SERVICE MEDAL APPLICATION

Name of Veteran	_____				
Address	_____				
City	_____	State	_____	Zip Code	_____
Branch of Service	_____				
Dates of Service	_____				
Type of Discharge	_____				
Signature	_____	Phone Number	_____		

POSTHUMOUS AWARD YES NO (If YES, complete the following and attach copy of Death Certificate)

Name of Person to Receive Award	_____				
Relationship to Deceased Veteran	_____				
Address	_____				
City	_____	State	_____	Zip Code	_____
Signature	_____	Phone Number	_____		

Check here if you want your medal to be mailed to you upon approval

BERGEN COUNTY MILITARY SERVICE MEDAL REQUIREMENTS

- Veteran must currently reside in Bergen County.
- Veteran must have an Honorable Discharge.
- Application must be completed and submitted with a copy of the following:
 - If discharged prior to January 1, 1951, the following separation papers must be attached to the application:
 - U.S. Army: WSAGO 53-55
 - U.S. Navy & U.S. Coast Guard: NAVPERS 553
 - U.S. Marine Corps: NAVMC 790
 - If discharged after January 1, 1951, a copy of the DD 214 must be attached to the application.
 - Posthumous Medals will be awarded subject to the above requirements including a copy of a death certificate or obituary showing that the deceased veteran was a Bergen County resident at the time of his or her death.

Return this form, along with required documentation by fax or mail:

Fax to:
201-336-6327

Mail to:
Bergen County Division of Veteran Services
One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601

Email: veterans@co.bergen.nj.us



Questions? Call the Division of Veterans Services at 201-336-6325.



Department of Military and Veterans Affairs (DMAVA)

<https://www.nj.gov/military/>

Veterans Memorial Homes

<https://www.nj.gov/military/veterans/memorial-homes/>

Paramus

Veterans Memorial Home

1 Veterans Drive
Paramus, NJ 07652
Main: (201) 634-8200
Admissions: (201) 634-8435

Menlo Park

Veterans Memorial Home

132 Evergreen Road
P.O. Box 3013
Edison, NJ 078818
Main: (732) 452-4100
Admissions: (732) 452-4272

Vineland

Veterans Memorial Home

524 North West Boulevard
Vineland, NJ 078360
Main: (856) 405-4200
Admissions: (856) 405-4261

Introduction

The idea of a veterans home in the United States originated in the philanthropic mind of New Jersey Governor Marcus L. Ward, who had great concern for the sick and wounded soldiers of the Civil War. He believed that the commitment and obligation of the state and its citizens to those veterans did not end just because the war was over.

With the dedication of the New Jersey Soldiers' Home in Newark in 1866, a proud tradition began - a tradition of concern for and commitment to the veterans of New Jersey. Since that time, New Jersey has remained in the forefront in providing the finest in residential and skilled nursing care for our veterans and in responding and adapting to their changing health care needs.

Facilities & Services

The Division of Veterans Healthcare Services operates three modern long-term care nursing homes located in Paramus, Menlo Park, and Vineland. These homes are inspected and licensed annually by the New Jersey Department Health and the U.S. Department of Veterans Affairs.

Comprehensive services and a deep concern for the residents go hand-in-hand at New Jersey's three state-operated veterans nursing homes. Around-the-clock medical and nursing care is provided by a full-time staff of physicians, nurse practitioners, registered nurses, licensed practical nurses and certified nursing assistants.

Rehabilitative services, such as occupational and physical therapies, speech therapy, and recreational activities are provided under the supervision of contracted licensed therapists.

Resident accommodations are assigned based on level of care required and availability. In spacious dining rooms, residents are provided with wholesome meals prepared under the supervision of licensed dietitians. Tray service is available when necessary and special care is given to individually prescribed diets.

For the convenience and comfort of the residents, the homes feature fully equipped beauty and barber shops, lounges for socializing and watching television, outdoor patios and recreation areas, picnic grounds, and chapels for religious services for all faiths.

Recreational activities available include gardening, ceramics and other arts and crafts, cooking, bingo, shopping trips, music, art and pet therapy programs, movies, dinner trips, fishing excursions, billiards, and trips to sporting events.

The Division of Veterans Services would like to take this opportunity to remind our veterans about **Division of Senior Services** another great resource. The **Division of Senior Services** is located on the 2nd floor of One Bergen County Plaza down the hall from our office.

Multi-lingual assistant is available

Walk-ins are welcome

Extended hours by appointment

**Bergen County Department
of Human Services**
**Division of
SENIOR SERVICES**

***Aging & Disability
Resource Connection***

One Bergen County Plaza
Second Floor

Phone: (201) 336-7400

Fax: (201) 336-7430

The Division of Senior Services was established in 1968 under Federal Legislation of the Older Americans Act. It is the primary agency in Bergen County that plans and coordinates services for county residents age 60 and above, and their caregivers. The Division and its various committee advocate for those with the greatest economic and social needs. 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.

ADRC Information & Assistance

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.

Meals on Wheels

Eligible adults who are unable to shop and prepare their own meals, are provided with a mid-day meal delivered directly to their homes.

For information on eligibility and options available call (201) 336-7420. To apply online go to www.co.bergen.nj.us

Lunch Nutrition Program

Monday through Friday a well-balanced mid-day meal is served at senior centers located throughout Bergen County. The program fosters social interaction and educates participants through quarterly nutrition and wellness lectures. Transportation may be available.

Senior Activity Centers

Bergen County operates ten Senior Activity Centers that are open for services to all Bergen County residents 60+ and their significant others regardless of age.

- Zumba
- Tai –Chi
- Choir
- Muscle training
- Yoga
- Spanish workshop
- Board games
- Arthritis exercise
- Dancing classes
- Chair exercise
- ESL classes
- Meditation
- Computer workshop
- Knitting & crocheting

Locations:

Bergenfield · East Rutherford · Elmwood Park · Garfield - Hackensack · Midland Park · North Arlington · Palisades Park · Ridgefield Park · Wallington

Check your community center or town for senior activities. Eligibility criteria and fees may apply.



HealthEASE

HealthEASE is an expansion of the ADRC, system designed to improve and sustain the health and wellness of age 60+ adults provided through:

- Health Education
- Health Screenings
- Senior Farmers' Market
- Senior Wellness Fairs
- Health Resources
- Nutrition Counseling

For more information call (201) 336-7403.

Department of Human Services

Melissa H. DeBartolo, Esq.

Director

Division of Senior Services

Lorraine Joewono

Director

State Health Insurance Assistance Program (SHIP) Medicare Counseling

New Jersey state trained and certified counselors help Medicare beneficiaries and pre-enrollees understand their benefits, options, and entitlements.

For more information call (201) 336-7413,

(201) 336-7427 or (201) 336-7400.

Reverse Mortgage Counseling Home Equity Conversion Mortgage (HECM)

Certified counselors trained by the US Department of Housing and Urban Development (HUD), advise seniors age 62 and over on way to access their home equity so they can remain at home and age-in place.

For more information call (201) 336-7569.

National Headquarters

11975 Westline Industrial Drive

St. Louis, Missouri, 63146

Free Consultation Referrals: 1-888-314-6075

Fax Referrals: 1-800-640-7988

About the Veterans Aid & Attendance Pension benefit:

In 1952, Congress passed Title 38 of the United States Code, creating what we now call the Department of Veterans Affairs (VA), authorizing benefits for veterans. One of these benefits is the Non-Service Connected Pension, with "Aid & Attendance." (Veterans Aid & Attendance Pension benefit.)

Even though the pension has existed for 60 years, very few people know about it or understand how it works. Veterans Home Care has 18 years' experience successfully helping veteran families apply for and receive the pension. Let us help you, too.

At Veterans Home Care, we're dedicated to helping veterans who have proudly served their country, or their surviving spouses, get the benefits they deserve.

- **We help you determine if you qualify for the VA Aid & Attendance Pension Benefit.**
- **We assist you to identify and obtain documents needed for the application.**
- **We help you complete and submit the application to the VA.**
- **We provide your home care right away.**
- **We furnish an interest-free loan so you can pay for your home care while the VA processes your application.**
- **We monitor your application's progress, and assist with responses to VA requests for additional information until your pension is approved.**

Eligibility

Do You Have the "3-Ms"?

1. **Military:** Are you a veteran or the surviving spouse of a veteran who served at least 90 days on active duty, at least one day during wartime with an honorable or general discharge? (Persian Gulf War veterans must have two years of active duty or the full period of which they were called for active duty.)
2. **Medical:** Do you have a non service-connected medical condition causing you to need assistance with activities of daily living?
3. **Money:** Do you have a net worth at or less than \$130,773? (limit established by Congress 12.1.2020) A primary residence and auto are not counted as part of net worth. Ongoing non-reimbursable medical and long-term care expenses may reduce your countable income.

Did you serve during one of the VA Defined War Periods?

- **World War II: Dec 7, 1941-Dec. 31, 1946**
- **Korean Conflict: June 27, 1950-Jan. 31, 1955**
- **Vietnam Era: Aug. 5, 1964-May 7, 1975 For veterans who served Feb. 28, 1961-Aug 5, 1964, must have served "in country" (Vietnam).**
- **Persian Gulf War: Aug 2, 1990- date to be prescribed by Presidential proclamation or law.**
- **Must have served active duty for two years or the full period of which the veteran was called for active duty.**

<https://veteranshomecare.com/>

Veterans & Military Affairs Center

Home > New Students > Veterans & Military Affairs Center

Military Friendly School

Bergen Community College has earned recognition as a [military friendly school](#) by Victory Media, which annually compiles data on services provided for veterans by colleges and employers. Bergen enrolls approximately 300 students under the [Post-9/11 GI Bill[®] \(Chapter 33\)](#).

In 2013, the College opened its Veterans and Military Affairs Center at the main campus. The center offers veteran-specific counselors, advisers and information on benefits, events and resources.

Veterans Connections

The Veterans Connection at Bergen will:

- Work with you to assess your military experience in relation to your academic goals.
- Help you in learning about VA benefits and how to access them, as well as a variety of programs and services available to you.
- Assist you with reintegration into civilian and academic life
- Introduce you to other veterans at Bergen who share common experiences.
- Serve as a conduit for raising understanding on issues that impact veteran students.
- Present relevant educational topics that enhance your learning experience

GI Bill[®] is a registered trademark of the U.S. Department of Veterans Affairs (VA).

Office Location: Pitkin Education Center, Room L-113.

Office Hours: Hours: 8:30am-4:30pm, Monday to Friday.

Phone: (201)447-7997.

Email: veterans@bergen.edu

<https://bergen.edu/new-students/veterans-military-affairs-center/>



*ADVOCATING FOR
BERGEN COUNTY
VETERANS AND THEIR
FAMILIES*

