

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



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

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

**County Executive
James J. Tedesco III**

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

Help us keep this guide up-to-date and email changes to seniors@co.bergen.nj.us

GENERAL INFORMATION

County Agencies and Services

Bergen County Division of Senior Services - Bergen ADRC

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

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

Bergen County Division on Disability Services

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

201-336-6500

Community Resource Council (CRC)

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

Help Line: 201-343-6543
201-343-4900 (main #)

Bergen County Board of Social Services

218 Route 17 North, Building A, Rochelle Park, NJ 07662
Website: www.bcbss.com

201-368-4200

Bergen County Department of Health Services

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

201-634-2600

Bergen County Department of Mental Health

If you or a family member are experiencing the signs or symptoms of mental illness.
Emergency/Crisis hotline: 201-262-help (4357)

201-634-2745

Bergen County Office of Consumer Protection

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

201-336-6400

Bergen County Office of Emergency Management

285 Campgaw Road, Mahwah, NJ 07430

201-785-5757
201-336-7705

Statewide Agencies & Services

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 Citizens.

<http://www.state.nj.us/humanservices/doas/home>

N J Department of Human Services

800-792-8820

Division of Aging Services

PO Box 807, Trenton, NJ 08625

<http://www.state.nj.us/humanservices/doas/home>

Division of Deaf & Hard of Hearing (DDHH)

800-792-8339

PO Box 704

609-588-2648

Trenton, NJ 08635

Division of Developmental Disability (DDD)

800-832-9173

PO Box 726

Trenton, NJ 08625

Division of Disability Services (DDS)

888-285-3036

11A Quaker Bridge Plaza, Mercerville, NJ 08619

Division of Medical Assistance & Health Services (DMAHS)

800-356-1561

PO Box 72, Trenton, NJ 08625

Division of Mental Health Services (DMHS)

800-382-6717

PO Box 700, Trenton, NJ 08625

addiction hotline: 844-276-2777

For family members of heroin and prescription drug addicts

recovery connect: 855-652-3737

Office of Emergency Management Disaster & Terrorism Branch

609-799-0110

New Jersey State Police

609-799-8868

350 Lawrence Station Road, Lawrenceville, NJ 08648

211

211

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

877-652-1148

Call 211 from your phone or search our database at:

www.nj211.org

NJ Area Agencies on Aging/NJ ADRC
21 Counties

| | |
|------------|---------------|
| Atlantic | 609-645-7700 |
| Bergen | 201-336-7400 |
| Burlington | 609-265-5069 |
| Camden | 856-858-3220 |
| Cape May | 609-886-2784 |
| Cumberland | 856-453-2220 |
| Essex | 973-395-8375 |
| Gloucester | 856-384-6900 |
| Hudson | 201-369-4313 |
| Hunterdon | 908-788-1362 |
| Mercer | 609-989-6661 |
| Middlesex | 732- 745-3295 |
| Monmouth | 732-431-7450 |
| Morris | 973-285-6848 |
| Ocean | 732-929-2091 |
| Passaic | 973-569-4060 |
| Salem | 856-339-8622 |
| Somerset | 908-704-6346 |
| Sussex | 973-579-0555 |
| Union | 908-527-4858 |
| Warren | 908-475-6591 |

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 street 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

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
Contact Lenore Guido.

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>

Chronic Disease & Disability Health Issues

Alzheimer's and other forms of Dementia

Act Now Foundation

201-721-6721

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

Alzheimer's Association

800-272-3900

24-hour helpline
Caregiver Information Referral Line
For other details visit www.alz.org

800-883-1180

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 New Jersey

888-280-6055

400 Morris Avenue, Suite 251, Denville, NJ 07834
Respite Care and Wellness Program
www.alznj.org

973-586-4300

Bergen County Sheriff's Office (Alzheimer Association)

201-336-3540

2 Bergen Plaza, Hackensack, NJ 07601
The Bergen County Sheriff office is participating in project lifesaver international, which helps provide rapid response to save lives and reduce the potential for serious injury for adults and children who wander due to Alzheimer's, Dementia, Autism, Down syndrome and other related disorders. Contact the Community outreach unit at the Sheriff's department for more information.

www.bcsd.us

COPSA Institute for Alzheimer's Disease & Related Disorders

800-424-2494

(Alzheimer's Resource Center)

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. Institute staff train and provide consultation to geriatric professionals throughout New Jersey.

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
555 Route 1 South Suite 320, Iselin, NJ 08830 732-283-4300
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
20 Mercer Street, Hackensack, NJ 07601 201-457-4318
www.cancer.org

Cancer Support Community at Holy Name Hospital 201-833-3392
Offers educational workshops and support services to anyone impacted by cancer. This nationally recognized nonprofit organization, formerly known as Gilda's Club, is helping to enhance the amount and type of programs being offered at Holy Name. Each event is free and open to the public, regardless of where patients received treatment.
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.
Call 1-888-MYHEART for further information.
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. The center provides a therapeutic environment of innovative programs that give people ways to live successfully with aphasia, offers opportunities for social connection for anyone who wishes to join us, trains health care professionals to improve service delivery to people with aphasia, conducts influential research through and partners with aphasia researchers across the country, and strives to make aphasia universally understood.

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/Aids

Buddies of New Jersey

800-508-7577 (NJ only)

201-489-2900

Franklin A. Smith Resource Center, 149 Hudson Street
Hackensack NJ 07601

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

mark@njbuddies.org

www.njbuddies.org

Multiple Sclerosis

National Multiple Sclerosis Society

201-967-5599

North Jersey Chapter

1 Kalisa Way, Suite 205, Paramus, NJ 07652

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

www.nationalmssociety.org

Parkinson Disease

American Parkinson Disease Assoc.

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

732-745-7520

Sickle Cell Disease

Sickle Cell Disease New Jersey Chapter

1016 Broad street, Newark, NJ 07102

973-482-9070

Sickle Cell Disease Association of America, Inc.

3700 Koppers street, suite 570, Baltimore, Md. 21227
Advocacy, support groups and direct services. (e.g., counseling, testing, referrals, etc.)

800-421-8453

Employment Opportunities

New Jersey State Employment Services

60 State Street, Hackensack, NJ 07601
Offers services such as workshops, counseling, job search, skilled training, etc.

201-996-8940

Vocational Rehabilitation Services for the Disabled

Unemployment and disability Insurance

60 State street, Hackensack NJ 07601

201-996-8970

201-996-8940

Senior Community Service Employment Program (SCSEP)

855-215-4541

Easter Seals

194 Route 17 North, Rochelle Park, NJ
Easter Seals provides job training and employment opportunities for eligible individuals aged 55 and older.

201-845-0247

Hospitals

| | |
|---|---------------------|
| <u>Bergen Regional Medical Center</u> 230 East Ridgewood Ave. Paramus, NJ 07652 www.bergenregional.com | 201-967-4000 |
| <u>Englewood Hospital and Medical Center</u> 350 Engle Street Englewood, NJ 07631 www.Englewoodhospital.com | 201-894-3000 |
| <u>Hackensack University Medical Center</u> 30 Prospect Avenue Hackensack, NJ 07601 | 201-996-2000 |
| <u>Hackensack University Medical Center at Pascack Valley</u> 250 Old Hook Road, Westwood, NJ 07675 www.hackensackumcpv.com | 201-383-1035 |
| <u>Holy Name Medical Center</u> 718 Teaneck Road Teaneck, NJ 07666 www.holyname.org | 201-833-3000 |
| <u>Valley Hospital</u> 223 N. Van Dien Ave., Ridgewood, NJ 07450 www.valleyhealth.com | 201-447-8000 |

LEGAL ASSISTANCE

| | |
|--|--|
| <u>Bergen County Bar Association, Inc.</u> Lawyers Referral Plan 15 Bergen Street, Hackensack, NJ 07601 Monday through Thursday 10:00am - 3:00pm | 201-488-0044 |
| <u>Community Mental Health Law Project</u> Legal and Advocacy for the mentally ill One Bergen County Plaza, 4 th floor, Hackensack NJ 07601 Monday through Friday 9:00am - 4:30pm, by appointment | 201-634-2762 |
| <u>Legal Services of New Jersey</u> Provides advice and brief service over phone & possibly referrals Monday through Friday 8:30am - 5:30pm www.lsnjlawhotline.org www.lsnj.org | 888-576-5529 |
| <u>NJ Protection and Advocacy (NJP&A)</u> 210 South Broad Street, 3 rd 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. | 800-922-7233 |
| <u>Northeast NJ Legal Services – BC Division</u> 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 Intake: Monday through Friday 8:30am – 12:00pm | 201-487-2166 |
| <u>New Jersey State Bar Foundation</u> 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 | 800-FREE LAW 800-373-3529 |

LGBTQ RESOURCES

Garden State equality

973-509-5428

40 South Fullerton Ave, Montclair, NJ 07042

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

www.gardenstateequality.org

www.gardenstateequality.org/report_discrimination

www.gardenstateequality.org/pledge

GLRAP

310-722-1807

The Gay & Lesbian Association of Retiring Person, Inc.

or

(GLARP) is a non-profit corporation that calls attention to the aging issues in the LGBT community.

310-477-0707

<http://gaylesbianretiring.org>

Lambda Legal National LGBT Legal Help Center

212-809-8585

120 Wall Street 19th floor, New York, NY 10005

MS- Lambda Essential Group Support (MSLEGS)

201-788-3663

Self directed by GLBT with MS

www.nationalmssociety.org/chapters/NJM/Groups-and-Discussions/Program/MS

Prime Timers

973-727-5174

PO Box 1073, Sparta, NJ 07871

Social organization whose purpose is to ensure that mature gay and bisexual men have a rich and pleasurable social life with other like-minded men

www.meetup.com/New-Jersey-Primetimers/

Sage (Services and Advocacy for GLBT Elders)

212-741-2247

<http://www.sageusa.org>

Sage New Jersey

201-963-4779

Hudson Pride Connection Center

32 Jones Street, Jersey City, NJ 07306

www.hudsonpride.org/

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

www.hudsonpride.org/programs-services/pride-connections/lgbt-seniors/

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

SAGE LGBT Elder Hotline

888-234-SAGE

A hotline for LGBT elders in need of peer counseling, information, and local resources.

LGBT friendly Houses of Worship in Bergen County:

- Trinity Episcopal Church** - Allendale **201-327-3012**
55 George Street, Allendale, NJ 07401
The Rev. E. Michael Allen, info@trinitynbc.org
www.episcopalchurch.org/
- Cresskill Congregational Church** **201-568-0608**
85 Union Avenue, Cresskill NJ 07626
Pastor David C. Boccock, bo@cresskillucc.org
Theresa Muti, office@cresskillucc.org
www.cresskillucc.org/
- St Paul's Church** - Englewood **201-568-3276**
113 Engle St, Englewood NJ 07631
Rev. William H. Allport II, revballport@stpaulsenglewood.org
Miss Safiyyah Godwin, office@stpaulsenglewood.org
www.welcome.stpaulsenglewood.org/
- Unitarian Universalist Congregation of the Palisades** - Englewood **201-568-5540**
228 Grand Ave., Englewood NJ 07631
Rev. Paul Dodenhoff, minister@uucpalisades.org, Staff@uucpalisades.org
www.uucpalisades.org
- Trinity Evangelical Lutheran Church** – Fairview **201-941-5755**
295 Hudson Place, Fairview NJ 07022
Bishop E. Roy Riley, support@trinityfairview.org
www.trinityfairview.org/
- Church of the Good Shepherd** - Fort Lee **201-461-7260**
1576 Palisade Ave, Fort Lee NJ 07024
Rev. Allison Moore, churchoftheGs@verizon.net
Ms. Olga Derick, churchoftheGs@verizon.net
https://www.facebook.com/pages/Church-of-the-Good-Shepherd/157746787634142?sk=info&tab=page_info
- All Saints** - Glen Rock **201-444-6874**
40 Central Ave, Glen Rock NJ 07452
Reverend Timothy Burger, m@allsaintsglenrock.org
Christine McGooey, gary@allsaintsglenrock.org
www.allsaintsglenrock.org/
- St. Andrew's** - Harrington Park **201-768-0819**
31 Lynn Street, Harrington Park NJ 07460
Rev. Diane L. Rhodes, standrewhp@gmail.com
Glenda deKruif, standrewhp@gmail.com
www.standrewsharringtonpark.org

St John the Divine – Hasbrouck Heights 201-288-0002
 229 Terrace Ave, Hasbrouck Heights NJ 07604
 Rev Mark Beckwith, mbeckwith@dioceseofnewark.org,
church@saintjohnthedivine.com
www.saintjohnthedivine.com/#

St. Luke's - Haworth 201-384-0706
 Massachusetts Ave & Grant Street, Haworth NJ 07641
 Rev. Joseph S. Pickard, Office@StLukesHaworth.org
www.stlukeshaworth.org/

All Saints – Leonia 201-947-1233
 150 Park Avenue, Leonia NJ 07605
 Rev. Dean Weber, dean.allsaints@verizon.net
 Robin Kantrowitz, parishadministrator@allsaintsleoniam.com
www.episcopalchurch.org/parish/all-saints-episcopal-church-leonia-nj

Leonia UMC 201-944-2970
 396 Broad Avenue, Leonia NJ 07605
 Rev David Wehrle, David@LeoniaChurch.org
 Yevgeniya Przhhebelskaya, Yevgeniya@Leonia.Church
www.leoniachurch.com

Presbyterian Church in Leonia 201-944-1358
 181 Fort Lee Road, Leonia NJ 07605
JOEVDW@aol.com, secretaryleoniam@gmail.com
www.leoniapres.org/

Church of the Holy Communion - Norwood 201-768-0634
 66 Summit Street, Norwood NJ 07648
 Rev. James Petroccione, holycommunion.norwood@gmail.com
www.holycommunionnj.com/

Norwood Presbyterian 201-768-2223
 701 Broadway, Norwood NJ 07648
 Rev. Timothy Son, timothydson@gmail.com, pcinchurchoffice@gmail.com
www.pcnorwood.org/

Ponds Reformed Church – Oakland 201-337-6744
 341 Ramapo Valley Road, Oakland NJ 07436
 Rev. Nathan S. Busker, nathan@pondsnj.org
 Jane Casazza, jane@pondsnj.org
www.pondsreformedchurch.org/

St.Alban's Church - Oakland 201-337-4909
 1 Church Lane, Oakland NJ 07436
 Rev. Kathryn King
 Diane Firkins, stalbansOFL@optimum.net
www.stalbansflow.org

- Prince of Peace** – Old Tappan 201-768-8691
 106 Orangeburgh Road, Old Tappan NJ 07675
 Pastor Holliday, pastorholliday@princeofpeacenj.org
 Denise Pallatta, secretary@princeofpeacenj.org
www.princeofpeacenj.org/
- Central Unitarian Church Paramus** 201-262-6300
 156 Forest Avenue, Paramus NJ 07652
 Rev. David M. Horst, revhorst@cucparamus.org
 Melody Villanueva-Arroyo, marroyo@cucparamus.org
www.cucparamus.com
- St John's** - Ramsey 201-327-0703
 301 East Main Street, Ramsey NJ 07446
 Rev Julian R. Eibin
 Ellen Joyce, ellen.joyce@stjohnsramsey.org.
www.stjohnsramsey.org/
- Christ Episcopal Church** - Ridgewood 201-652-2350
 105 Cottage Place, Ridgewood NJ 07450
 Father Daniel, rector@christchurchridgewood.org
 Ms. Mary Fezza, staff@christchurchridgewood.org
www.christchurchridgewood.org/
- Unitarian Society of Ridgewood** 201-444-6225
 113 Cottage Place, Ridgewood NJ 07450
 Intern Minister, Carlos Martinez
 Chandrika Chowdhry, usr.secretary@verizon.net
www.uuridgewood.org/
- WestSide Presbyterian Church** - Ridgewood 201-652-1966, ext. 7141
 6 South Monroe Street, Ridgewood NJ 07450
 Rev. Marc A. Oehler, moehler@westside.org
 Deirdre DiMauro, DDiMauro@westside.org
www.westside.org/
- First Congregational Church of River Edge** 201-261-1712
 109 Continental Ave, River Edge NJ 07661
 Rev. Dennis TeBeest,
 Theresa Wallace, office@fccriveredge.org
www.fccriveredge.org/
- Rutherford Congregational Church** 201-438-6324
 251 Union Ave, Rutherford NJ 07070
 Rev Ronald (“Ron”) E. Verblauw
 Teresa (Terry) Bronico
www.rccucc.com/

- Rutherford UMC** 201-438-4486
 56 West Passaic Avenue, Rutherford NJ 07070
 Pastor BJ Kim, bjkurz@gmail.com
www.rutherfordumc.org/
- St Mark's Church** - Teaneck 201-836-7275
 118 Chadwick Road, Teaneck NJ 07666
 Rev. Robert Shearer, rshearer2077@gmail.com
 Themba Johnson, office@stmarksteaneck.org
www.stmarksteaneck.org
- St Paul's Lutheran** - Teaneck 201-702-6189
 61 Church Street, Teaneck NJ, 07666
 Pastor Rev. Dr. Gary LeCroy, pastorgary@stpaulsteaneck.com
 Sharla DeLawter, SharlaDel@aol.com
www.stpaulsteaneck.com/
- Church of the Attonement** - Tenafly 201-568-1763
 97 Highwood Ave, Tenafly NJ 07670
- Rev Lynne Bleich Weber, rector@atonement-tenafly.org
 Patricia D'Anna, parish.admin@atonement-tenafly.org
www.atonement-tenafly.org/
- Temple Beth Or** – Township of Washington 201-664-7422
 56 Ridgewood Rd # 1, Township of Washington NJ 07676
 Rabbi Ruth Zlotnick, info@templebethornj.org
www.templebethornj.org/

TRANSPORTATION

NJ FIND A RIDE

WWW.NJFINDARIDE.ORG

Information service that finds agencies that provide transport

877-652-1148

2-1-1

Access Link NJ Transit

Hearing impaired 1-800-772-2287

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

Provides curb to curb service for eligible people with disabilities who are located within ¾ mile from bus routes.

Access Link service is comparable to the NJ TRANSIT local bus network. Transportation is provided during the same hours, days, and at the same fares as the local bus network. You must first apply in person. Arrangements for transportation for you to come and fill out the application can be made.

800-955-2321

American Cancer Society

20 Mercer Street, Hackensack, NJ 07601

Transportation for Cancer Patients only
Road to Recovery Program. Free Service.

Website: www.cancer.org

800-277-2345 ext. 5

Bergen County Community Transportation

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).

201-368-5955

Discount/Reduced Fare for NJ Transit Bus & Rail

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

973-491-7112

201-336-7400

EZ-Ride Ryde4Life Program

144 Park Place East, Wood-Ridge, NJ 07075

Offers transportation in partnership with Uber and Lyft to individuals over 50 years old on weekdays from 8 am to 5 pm.

No smartphone is necessary. Subsidies may be available.

www.ezride.org

201 -939-4242

866-208-1307 ext. 4

GoGo Grandparents

On demand 24/7 car service.

Operators arrange transportation for older adults through Uber and Lyft. No smartphone is necessary.

Gogograndparent.com

855-464-6872

855-gogo-usa

ITN North Jersey**201-398-6885**

205 Hillcrest Avenue, Wyckoff, NJ 07481

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

www.itnnorthjersey.org/contact-us

Lyft

On demand 24/7 car service.

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

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

Uber Car service

On demand 24/7 car service.

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

www.uber.com

Check your township for more transportation services.

VETERANS AFFAIRS

Veterans Services

Division of Veterans' Services

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

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

201-336-6325

Fax: 201-336-6327

Veterans Affairs Benefits Administration(Regional Office)

20 Washington Place, Newark, NJ 07102

Federal benefits for veterans and dependents.

Call to inquire about services/benefits.

800-827- 1000

United States Department of Veterans Affairs (Lyons)

151 Knollcroft Road, Lyons, NJ 07903

908-647-0180

Veterans Benefits

New Jersey Veterans Administration Health Care System

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

800-315-7909

VA Healthcare Enrollment (New Jersey)

888-954-3553

Veterans Affairs Practice Hackensack Clinic

385 Prospect Avenue, Hackensack, NJ 07601

201-342-4536

Veterans Memorial Home Paramus

1 Veterans Drive, Paramus, NJ 07652

201-634-8200

Community Transportation for Veterans

178 Essex Street, Hackensack, NJ 0760

Transportation services to VA hospitals and Veteran health care sites.

201-368-5955

Veteran Employment Federal Positions

www.usajobs.gov

www.fedshirevets.gov

www.vaforvets.va.gov

Veterans Employment Initiative:

www.open.gov/policy-data-oversight/veterans-employment-initiative/vet-guide

Community Hope

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

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

www.communityhope-nj.org

855-483-8466

973-463-9600

Financial Assistance for Homebound Veterans**Aid and Attendance and Housebound Benefits**

800-827-1000

Newark Regional Office

20 Washington Place, Newark, NJ 07102

Visit following websites:

www.veteranaid.org

www.veteranaidbenefit.org

www.vba.va.gov

Senior Veterans Tax Freeze

800-882-6597

You will need to apply with the State of New Jersey

Contact your Municipality for the following Programs:

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

Contact your municipality for this deduction.

Property Tax Exemption for Disabled Veteran

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

EMERGENCY SERVICES

Bergen County office of Emergency Management

285 Campgaw Road, Mahwah, NJ 07430

201-785-5757

201-336-7705

American Red Cross (will respond to natural disasters)

973-797-3300

Adult Protective Services

Bergen County Board of Social Services

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

201-368-4300

800-624-0275 (after hours)

United Way Bergen County Compassion Fund

6 Forest Avenue, Paramus, NJ 07652

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

www.nj211.org

211 or 201-294-4050

877-652-1148

Housing, Health & Human Services Center

120 South River Street, Hackensack NJ 07601

Temporary Shelter, meals, and links to community services.

201-336-6475

Family Promise of Bergen County

100 Dayton Street Ridgewood, NJ

This program helps working families who are facing homelessness.

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

201-833-8009

Alternatives to Domestic Violence ADV

One Bergen County Plaza, Hackensack, NJ 07601

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

Calls remain confidential.

201-336-7575

Center for Hope and Safety

12 Overlook Ave, Rochelle Park, NJ

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

www.hopeand safetynj.org

201-498-9247

201-944-9600 HOTLINE

Healing Space**201-487-2227 24-hour Hotline****YWCA, 214 State Street, #207, Hackensack, NJ 07601**

Provides a confidential 24/7 hotline to survivors of sexual assault and abuse, their families and friends. Support is available to anyone who has experienced sexual violence, whether it happened hours or years ago.

SeniorHaven for the Preventions of Elder Abuse

Program of the Jewish Home Family.

Shelter available for individuals over 65 who are victims of abuse.

Abuse may be physical, sexual, financial, verbal, emotional, or psychological.

A referral from a professional must be made by calling **855-455-0555**<http://jewishhomefamily.org/seniorhaven>**Bergen County Office of Consumer Affairs****201-336-6400****Consumer Protection**

220 E Ridgewood Ave. suite 202, Paramus, NJ 07652

Responsible for enforcing the NJ State Consumer Fraud Act and dedicated to protecting the rights of Bergen County Citizens.

Complaints about dishonest and unscrupulous business practices can be filed. Complaints will be investigated for violation of the Consumer Fraud Act.

Salvation Army**201-342-6531**

436 Union Street, Hackensack, NJ 07601

Provides emergency disaster services, clothing and furniture distribution, food program, etc.

<http://newjersey.salvationarmy.org/NewJersey/hackensack>

Center for Food Action

Center for Food Action

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

201-569-1804
Fax 201-569-5619

Services provided:

Emergency food.

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

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

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

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

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

Englewood Office (Main Office)

192A West Demarest Avenue, Englewood, NJ 07631
Mon., Wed., Thur., Fri., 9:00am–5:00pm. Tues. 9:00am to 6:30pm
Food, Rent and Utility Assistance Towns Served: Alpine, B Alpine, Bergenfield, Closter, Cresskill, Demarest, Dumont Emerson, Englewood, Englewood Cliffs, Fort Lee, Harrington Park, Haworth Hillsdale, Leonia, New Milford, Northvale, Norwood, Old Tappan, Palisades Park, Ridgefield, Ridgefield Park, River Vale, Teaneck, Tenafly

201-569-1804
Fax: 201-569-5619

Fairview Office

St. John Baptist Church
239 Anderson Ave., Fairview, NJ 07022
Mon., Tues. and Thurs.:9:00am– 4:30pm.
Towns Served for Food: Edgewater, Fairview and Cliffside Park

201-945-5831

Hackensack Office

New Hope Baptist Church
3316 First Street (rear), Hackensack, NJ 07601
Mon.-Thur. 9:30am-3:30pm, Fri., 9:30am -2:30pm

201-883-9375

Towns Served for Food: Bogota, Hackensack, Hasbrouck Heights, Little Ferry, Moonachie. Oradell, River Edge, South Hackensack, Teterboro.

Mahwah Office:

201-529-2029

90 Ridge Road, Mahwah, NJ07430

Mon., 10:00am- 6:30pm, Tues., – Fri.10:00am– 2:00pm.

Food, Rent and Utility Assistance Towns Served: Allendale, Franklin Lakes, Glen Rock, Ho-Ho-Kus, Mahwah, Midland Park, Montvale, Oakland, Park Ridge, Ramsey, Ridgewood, Saddle River, Upper Saddle River, Waldwick, Washington Township, Westwood, Woodcliff Lake, Wyckoff.

Saddle Brook Office:

201-703-9857

224 Midland Avenue, Saddle Brook, NJ 07663

Mon., Wed., Thurs., Fri., 9:30am–3:30pm

Tues. 12:00pm-6:00pm, 1st Sat. of month 10:00am-1:00pm

Food, Rent and Utility Assistance Towns Served: Carlstadt, East Rutherford, Elmwood Park, Fairlawn, Garfield, Lodi, Lyndhurst, Maywood, North Arlington, Paramus, Rochelle Park, Rutherford, Saddle Brook, Wallington, Wood-Ridge.

Bergen County Food Pantries

Bergenfield

201-387-4055

Bergenfield Borough Hall, 198 N. Washington Avenue, Bergenfield

Information Needed to Qualify: Proof of Bergenfield residence

For Bergenfield residents

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

Bergenfield

201-384-0101

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

Information Needed to Qualify: Interview

For Bergenfield residents and/or members of the Parish

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

Bogota

201-342-6300

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

Information Needed to Qualify: Proof of residence

For Bogota and Teaneck residents

Hours of Operation: Tues 12:30pm-2:00pm, Wed 5:30pm-7:00pm,
Thurs-Mon8:00am-4:30pm

Cliffside Park

Church of the Epiphany Food Pantry, 247 Knox Avenue, Cliffside Park
Information Needed to Qualify: ID
For anyone who needs assistance
Hours of Operation: Mon-Fri 9:00am-2:00pm

201-943-7320**Closter**

Closter Borough Hall, 295 Closter Dock Road, Closter
Information Needed to Qualify: Proof of Residence
For Closter residents and neighboring communities without food pantries
Hours of Operation: 2nd Thursday of every month 9:00am-10:30am
and 7:15pm-8:15pm

201-784-0600 ext. 429**Dumont**

39 Dumont Avenue, Dumont
Information Needed to Qualify: Proof of residence- call for appointment
For Dumont residents
Hours of Operation: Mon.-Fri. 1:00pm-4:30pm

201-387-5022**Edgewater**

Holy Rosary Church Pantry, 56 Edgewater Place, Edgewater
Information Needed to Qualify: ID
For anyone who needs assistance
Hours of Operation: 3rd Thurs 11:00am- Noon

201-945-6329**Englewood**

Center for Food Action, 192 W. Demarest Avenue, Englewood
Information Needed to Qualify: Call for appointment
For anyone who needs assistance
Hours of Operation: Mon-Friday 9:00am-5:00pm, Tues 9:00am-7:00pm,
and first Saturday of every month: 10:00am-1:00pm

201-569-1804**Englewood**

St. Cecilia Church/ Office of concern, 85 Demarest Avenue, Englewood
Information Needed to Qualify: application to fill out
For anyone who needs assistance
Hours of Operation: Mon- Thurs 9:00am-1:00pm

201-568-1465**Fair Lawn**

Fair Lawn Health Department, 8-01 Fair Lawn Avenue, Fairlawn
Information Needed to Qualify: Proof of Residence
For Fair Lawn residents
Hours of Operation: Mon-Fri 8:30am- 4:30pm

201-794-5327

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| <p>Fairview Center for Food Action (In St. John the Baptist Church) 239 Anderson Avenue, Fairview Information Needed to Qualify: ID For anyone who needs assistance Hours of Operation: Mon, Tues and Thurs 9:30am-5:00pm</p> | <p>201-945-5831</p> |
| <p>Garfield Calvary Baptist Food and Clothing Pantry, 217-245 Passaic Street, Garfield Information needed to qualify: Appointment with Geraldine Scott For anyone who needs assistance Hours of Operation: Mon-Fri 10:00am-4:00pm, pickups are once a month on 3rd Saturday</p> | <p>973-773-2444</p> |
| <p>Hackensack Center for Food Action, 316 First Street, Hackensack Information needed to qualify: ID For anyone who needs assistance Hours of Operation: Mon-Thurs 9:30am-3:30pm, Fri 9:30am-2:30pm</p> | <p>201-883-9375</p> |
| <p>Hackensack Bergen County Housing, Health and Human Services Center 120 South River Street, Hackensack Information needed to qualify: ID For Bergen County residents Hours of Operation: Lunch 11:30am-12:30am, Dinner 5:00pm-6:00pm</p> | <p>201-336-6475</p> |
| <p>Hackensack Buddies of New Jersey, Inc. 149 Hudson Street, Hackensack Information needed to qualify: AIDS/ HIV positive clients For Bergen and Passaic County residents Hours of Operation: Mon 11:00am-2:00pm, Tues-Thurs 1:00pm-4:00pm njbuddies.org</p> | <p>201-489-2900 800- 508-7577 (NJ only)</p> |
| <p>Hasbrouck Heights Hasbrouck Heights Borough Hall, 320 Boulevard, Hasbrouck Hts. Information Needed to Qualify: copy of lease or utility bill For Hasbrouck Heights residents Hours of Operation: Mon 9:00am-11:00am</p> | <p>201-288-0195</p> |
| <p>Hillsdale Hillsdale Board of Health/ Helping Hands, Interfaith Food Pantry, United Methodist Church, 349 Hillsdale Avenue, Hillsdale Information Needed to Qualify: ID For Hillsdale and residents from neighboring townships Hours of Operation: Mon 5:30pm-6:45pm, 1st Sat of month 9:00am- 10:30am</p> | <p>201-664-0600</p> |

- Little Ferry** **201-641-2988**
 St. Margaret of Cortona Food Pantry, 31 Chamberlain Avenue, Little Ferry
 Information Needed to Qualify: proof of residence
 For Little Ferry and Moonachie residents
 Hours of Operation: 3rd Wed 10:00-Noon
- Lyndhurst** **201-438-1147**
 Pantry Name & Location: Sacred Heart Church, 324 Ridge Road, Lyndhurst
 Information Needed to Qualify: proof of residence
 For Lyndhurst residents
www.sacredheartlynd.org/church
- Mahwah** **201-529-2029**
 Center for Food Action, 90 Ridge Road, Mahwah
 Information Needed to Qualify: ID
 For anyone who needs assistance
 Hours of Operation: Mon 10:00am-6:30pm, Tues-Fri 10:00am-2:00pm
- New Milford** **201-836-8961**
 Pantry Name: Church of the Ascension Food Pantry
 256 Azalea Drive, New Milford
 Information Needed to Qualify: ID
 For New Milford and residents from neighboring towns
 Hours of Operation: 3rd Mon 6:00pm-7:00pm, 3rd Tues 9:30am-10:00am
- North Arlington** **201-997-0700**
 Queen of Peace Church, 174 Ridge Road, North Arlington
 Information Needed to Qualify: Proof of Residence
 For North Arlington residents
 Hours of Operation: Sat 9:00am
- Old Tappan** **201-664-1849 ext. 25**
 224 Old Tappan Road, Old Tappan
 Information Needed to Qualify: Proof of Residence
 For Old Tappan residents
 Hours of Operation: By appointment
- Paramus** **201-265-2100 ext 6102**
 Paramus Dept. of Human Services, 105 N. Farview Avenue, Paramus
 Information Needed to Qualify: Proof of Residence
 For Paramus residents
 Hours of Operation: Mon-Fri 8:30am-4:30pm
- Park Ridge** **201-573-9083**
 Pascack Food Center, 65 Pascack Road, Park Ridge
 Information Needed to Qualify: ID
 For Park Ridge and residents from neighboring towns
 Hours of Operation: Tues/Thurs 9:00am-11:00am

Ridgefield 201-242-0018
Korean food pantry, 1061 Slocum Avenue Bldg. A. Ridgefield Soo, 201-956-7630
Information Needed to Qualify: Proof of income & identification, call to register
For Ridgefield residents
Hours of Operation: Mon. & Fri. 10:00am-4;pm

Ridgefield Park 201-641-6464
St. Francis Food for Friends, 114 Mt. Vernon St., Ridgefield Park
Information Needed to Qualify: Proof of residence
For Ridgefield Park residents
Hours of Operation: Mon-Fri 9:00am-4:30pm (pickups bi weekly)

Ridgewood 201-444-2980
Social Services of Ridgewood,
Information Needed to Qualify: Proof of residence and financial need
For Ridgewood, Wyckoff, Ho-Ho-Kus, Midland Park, Waldwick, Glen Rock
Hours of Operation: Mon-Fri 10:00am-3:00pm

River Edge 201-261-3366
St Peter the Apostle Catholic Church, 445 5th Avenue, River Edge
Information Needed to Qualify: ID
For River Edge, New Milford, and Oradell residents
Hours of Operation Wed. 3:30pm-5:30pm

River Vale 201-280-0721
334 River Vale Road, River Vale (Behind Police Station)
Information Needed to Qualify: Proof of Residence
For River Vale residents
Hours of Operation: Wed 6:00pm-7:30pm, Thur.10:00am to 2:00pm

Rutherford 201-460-3000 ext. 3168
Rutherford Community Food Pantry, 176 Park Ave, Rutherford
Information Needed to Qualify: Proof of Residence
For Rutherford residents
Hours of Operation Mon/Thurs 2:00-4:00pm, Wed 5:00-7:00pm

Saddle Brook 201-703-9857
Center for Food Action, 224 Midland Ave, Saddle Brook
Information Needed to Qualify: Call for appointment
For residents of Clifton, Carlstadt, East Rutherford, Elmwood Park,
Fairlawn, Garfield, Lodi, Lyndhurst, Maywood, West Arlington,
Paramus, Rochelle Park, Rutherford, Saddle Brook, Wallington,
Woodridge
Hours of Operation: Mon/Wed/Thurs/Fri 10:00am-3:00pm, Tues 12:00-6:00pm

Teaneck**201-833-4501**

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

Teaneck**201-837-9090**

Jewish Family & children's Services of Northern NJ
1485 Teaneck Road, Teaneck
Call for an appointment and to find out what documents are needed to qualify.

Westwood**201-666-1100**

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

Contact houses of worship in your Municipality to see if they have a food Pantry.

EDUCATION

Adult Continuing Education

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|--|----------------------|
| <u>Bergen Community College</u> 400 Paramus Road, Paramus, NJ 07652 Continuing education program www.bergen.cc.nj.us | 201-447-7488 |
| <u>Senior Net Program at JCC on the Palisades</u> 411 East Clinton Ave., Tenafly, NJ 07670 Computer classes in Microsoft Word, Graphics, Quicken, Internet, etc. | 201-569-7900 |
| <u>Farleigh Dickinson University</u> Teaneck, NJ 07666 Continuing education programs www.fdu.edu | 201-692-6500 |
| <u>Project Literacy of Greater Bergen county</u> 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 | 201- 489-7066 |
| <u>The Southeast Senior Center for Independent Living (SESCIL)</u> 228 Grand Avenue, Englewood, NJ 07631 www.Sescil.org | 201-569-4080 |
| <u>Korean-American Senior Citizen Association</u> 1061 Slocum Avenue, Ridgefield, NJ ESL program will service the Korean Population 60 + English instruction for communication in Health and Citizenship | 201-945-2400 |
| <u>Institute of New Dimensions</u> PO Box 17, Butler NJ -07405 The institute offers a variety of coursed in literature, computers, sociology, history, economic, music, and more. www.indbergen.org | 973-291-8220 |

English as Second Language and Basic Language Courses

Project Literacy of Greater Bergen County

355 Main Street, Hackensack, NJ 07601

www.project-literacy.org

201-489-7066

Literacy Volunteers of America

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.

973-470-0039

Bergen County Technical School

Education Building

200 Hackensack Avenue, Hackensack, NJ 07601

<http://bcts.bergen.org>

201 -343-6000

Bergen Community College

Ciarco Learning Center

355 Main Street ,Hackensack, NJ 07601

www.bergen.edu/ciarcocenter

201-489-1551

Greater Bergen Community Action

Cliffside Park and vicinity

263 Lafayette Ave, Cliffside Park

Garfield and vicinity

535 Midland Ave, Garfield

www.bergencap.org

201-366-1020

973-685-0005 ext. 7060

Hispanic Institute

17 Arcadian Avenue, Paramus, NJ 07652

www.hird.org

201-368-1414

Korean American Senior Citizen Association of New Jersey

1061 Slocum Avenue, #A, Ridgefield, NJ 07657

201-945-2400

201-945-2401

Women's Rights Information Center

108 Palisade Avenue, Englewood, NJ 07631

Classes open to both men and women

www.womensrights.org

201-568-1166

Bergenfield Public Library

50 West Clinton Avenue, Bergenfield, NJ 07621

<http://Bergenfield.bccls.org/esl.shtml>

Registration fee \$10.00

201-387-4040 ext.2837

Englewood Public Library

31 Engle Street, Englewood, NJ 07631

http://www.Englewoodlibrary.org/?page_id=173

Free of charge

201-568-2215 ext. 236

Hillsdale Public Library

509 Hillsdale Avenue, Hillsdale, NJ 07642

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

Free of charge for Hillsdale residents

201-358-5072

Johnson Public Library

274 Main Street, Hackensack, NJ 07601

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

Free of charge

201-343-4169 ext. 34

Park Ridge Public Library

51 Park Avenue, Park Ridge, NJ 07656

training@ParkRidge.bccls.org

Free of charge

201-391-5151

Ridgewood Public Library

125 North Maple Avenue, Ridgewood, NJ 07450

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

30.00 Ridgewood Residents - \$75.00 Non-Ridgewood Residents

201-670-5600 ext.141

RECREATION AND ACTIVITIES

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

Bergen County Department of Parks 201-336-7275

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

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

460 Passaic Ave., Lodi, NJ07644

Aquacize program for seniors. Call for schedule.

www.bgcoflodi.org

Elder Hostel (Road Scholar) 800-454-5768

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

www.elderhostel.org

JCC On The Palisades 201-569-7900

411 East Clinton Ave., Tenafly, NJ07670

A variety of health and fitness courses for seniors including swimming.

www.jccotp.org

Senior Excursions, Inc. 888-358-9880

4807 Pacific Ave, Wildwood, NJ 08260

A variety of trips at affordable prices for fixed income seniors.

www.seniorexcursionsinc.com

Senior Source 201-342-0962

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

www.seniorsourcellc.com

YMCA of Greater Bergen County 201-487-6600

360 Main Street, Hackensack, NJ07601

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

www.ymcagbc.org

YWCA of Ridgewood 201-444-5600

112 Oak St., Ridgewood, NJ07451

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

www.ywcabergencounty.org

Senior Activity Centers

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

NOTE: Bergen County Senior Lunch Program

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

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

Bergenfield* **201-387-7212**
293 Murray Hill Terrace, 07621

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

Closter **201-784-0971**
4 Lewis Street, 07624

Cresskill **201-503-9831**
38 Spring St, 07626

Demarest Senior Center **201-767- 9785**
31 Park Street, 07627
www.demarestnj.net/seniors.php

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

East Rutherford **201-933-3321**
37 Vreeland Avenue, 07073

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

Elmwood Park* **201-796-3342**
500 Boulevard and Market Street, 07407

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| <u>Emerson</u> 20 Palisades Avenue, 07630 | 201-599-6351 |
| <u>Englewood*</u> 44 Armory Street, 07631 | 201-568-0817 |
| <u>Englewood</u> Southeast Center for Independent Living 228 Grand Avenue, 07631 | 201-569-4080 |
| <u>Fair Lawn*</u> 11-05 Gardiner Road, 07410 | 201-796-1191 |
| <u>Fairview Senior Center</u> 53 Grant Street, 07022 | 201-943-5522 |
| <u>Fort Lee*</u> Richard & Catherine Nest Adult Activity Center 319 Main Street, 07024 | 201-592-3670 |
| <u>Garfield*</u> 480 Midland Avenue, 07026 | 973-478-0502 |
| <u>Garfield*</u> 225 Midland Avenue, 07026 (Open to building residents only) | 973-340-4179 |
| <u>Garfield*</u> 377 Midland Avenue, 07026 (Open to building residents only) | 973-340-4177 |
| <u>Hackensack*</u> Americas Unidas Multicultural Senior Center 101 Hudson Street, 07601 | 201-336-3320 |
| <u>Hackensack</u> Martin Luther King, Jr. Senior Center 375 First Street, 07601 | 201-342-2654 |
| <u>Hasbrouck Heights</u> 320 Boulevard, 07604 | 201-288-0195 |
| <u>Korean American Senior Citizen Association of New Jersey</u> 1061 Slocum Avenue, #A, Ridgefield, NJ 07657 | 201-945-2400 201-945-2401 |
| <u>Leonia</u> Leonia Recreation Center 370 Broad Avenue, 07605 | 201-302-9660 |

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| <u>Lyndhurst</u> 281 Stuyvesant Avenue, 07071 | 201-896-1629 |
| <u>Mahwah</u> 475 Corporate Drive, P.O. Box 733 07430 | 201-529-5757 Ext. 213 |
| <u>Maywood Senior Center</u> 145 West Magnolia Avenue, 07607 | 201-368-1522 |
| <u>Midland Park*</u> Northwest Bergen Regional Senior Center 46-50 Center Street, 07432 | 201-445-5690 |
| <u>New Milford*</u> 275 River Road, 07646 | 201-599-7565 |
| <u>North Arlington*</u> St. Paul Episcopal Church 11 York Road 07031 | 201-998-5636 |
| <u>Northvale*</u> James F. McGuire Center 116 Paris Avenue, 07647 | 201-767-6299 |
| <u>Oakland</u> 20 Lawlor Drive, 07436 | 201-405-7731 |
| <u>Palisades Park*</u> 300 Highland Avenue, 07650 | 201-944-5616 |
| <u>Paramus</u> 93 North Farview Avenue, 07652 | 201-265-2100 Ext: 6120 |
| <u>Ramsey</u> 205 Church Street, 07446 | 201-825-1975 |
| <u>Ridgefield Park*</u> 159 Park Street, 07660 | 201-641-1220 |
| <u>Ridgewood</u> 131 North Maple Avenue, 07450 | 201-670-5500 Ext: 301 |
| <u>Rutherford*</u> 55 Kip Senior Center 55 Kip Avenue, 07070 | 201-460-1600 |
| <u>Saddle Brook</u> 8 Caldwell Avenue, 07663 | 201-845-4594 |

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| <u>Teaneck*</u> 250 Colonial Court, 07666 | 201-837-0171 |
| <u>Teaneck AWCA *</u> Asian Women's Christian Association 9 Genesee Avenue 07666 | 201-862-1665 |
| <u>Tenafly</u> 20 South Summit Street, 07670 | 201-569-2159 |
| <u>Tenafly*</u> Kaplen JCC on the Palisades 411 East Clinton Avenue, 07670 | 201-569-7900 ext. 1450 |
| <u>Tenafly</u> Friends of Grace Seniors, Korean Comm. Center 100 Grove Street, Tenafly 07670 Website:www.fgskcc.org | 201-541-1200 |
| <u>Wallington*</u> 24 Union Boulevard, 07055 | 973-777-5815 |
| <u>Washington Township*(Kosher)</u> Temple Beth Or 56 Ridgewood Road Tue-Wed-Thurs only | 201-664-7422 |
| <u>Westwood*</u> T.J. Riley Multipurpose Senior Center 100 Madison Avenue, 07675 | 201-666-0840 |

HEALTH & WELLNESS PROGRAMS

Mental Health

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| <u>Bergen County Mental Health Board</u> One Bergen County Plaza, 4 th Floor, Hackensack, NJ 07601 Information, referrals to treatment agencies, and advocacy for all Bergen County residents with mental illness or family members seeking assistance for their loved ones. | 201-634-2745 |
| <u>Care Plus, NJ (Serves northern New Jersey)</u> 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. | 201-986-5000 |
| <u>Care Plus Psychiatric Screening Center for Bergen (Hot Line)</u> www.careplusnj.org | 201-262-4357 |
| <u>Care Plus Center for primary & Behavioral Health Service</u> Partial Care-Geriatric, Supportive Housing, Outpatient Services, residential Services, Supported Employment Services. | 201-265-8200 |
| <u>Care Plus intensive Outpatient treatment crossroad to wellness</u> 610 Valley Health Plaza, Paramus, NJ 07652 | 201-986-5037 |
| <u>Care Plus Integrated Case Management Service & Jail Diversion Program</u> Care Plus involuntary outpatient commitment 611 Route 46 West, Suite 300, Hasbrouck Heights, NJ 07604 | 201-478-4162 201-478-4166 201-478-4183 |
| <u>CBHCare Wellness & Support Center (Walk Ins)</u> 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 | 201-957-1800 |
| <u>Comprehensive Behavioral Health Care Inc.</u> Hackensack Services 395 Main Street, Hackensack, NJ 07601 Acute care family services, homeless services, intensive family support services, outpatient services, partial care-geriatric, residential services, supportive housing. | 201-646-0333 |
| <u>Lyndhurst Services</u> 516 Valley Brook Avenue Lyndhurst NJ 07071 Outpatient Services, partial care-geriatric services | 201-935-3322 |

Christian Health Care Center

301 Sicomac Avenue, Wyckoff, NJ 07481

www.christianhealthcare.org

Christian Health Care Counseling Center

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

201-848-5800

Ramopo Ridge Partial Hospitalization Program

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

201-848-5500

Ramapo Ridge Psychiatric Hospital

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

201-848-5500

Vantage Health System

Dumont Center

2 Park Avenue, Dumont, NJ 07628

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

201-385-4400

Englewood Center

93 W. Palisade Avenue, Englewood, NJ 07631

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

201-567-0059

West Bergen Mental Healthcare – Access Center

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.

201-485-7172

West Bergen Partial Care Program

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

201-444-3550 ext 7116

National Alliance on Mental Illness (NAMI)

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.

800-950-6264

Psychiatric Emergency Screening Program (PESP)

Bergen Regional Medical Center

201-262-HELP (4357)

NJSHGCH – New Jersey Self Help Group Clearing House

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 Organization. Provides information and referral services as well as training to form self-help groups.

www.njgroups.org

800-367-6274

Medical Care for the Uninsured

Bergen Volunteer Medical Initiative – BVMI

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

201-342-2478

North Hudson Community Action Corporation (NHCAC)

535 Midland Park ave, Garfield NJ 07026

25 East Salem street, Hackensack NJ 07601

197 South van Brunt street, Englewood, NJ 07631

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

<http://nhcac.org/>

201-210-0100

973- 340-1182

201- 464-7844

201- 537-4442

Dental Services

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| <u>Bergen Community College</u> Dental Hygiene Clinic 400 Paramus Road, Paramus, NJ 07652 | 201-447-6532 |
| <u>New Jersey Dental Association</u> 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. | 800-831-6532 |
| <u>Rutgers School of Dental Medicine(RSDM)</u> 110 Bergen Street, Newark, NJ 07103 50 12 th avenue, Newark RSDM provides a 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 | 973-972-4242 |
| <u>Visiting Dental Associates</u> No dental insurance accepted – self-pay | 201-670-0097 |
| <u>The Southeast Senior Center for Independent Living (SESCIL)</u> 228 Grand Avenue, Englewood, NJ 07631 The dental services are provided by licensed dentist and hygienist. at a rate approximately 50% lower than most dentists, clients are offered X-rays, teeth cleanings, extractions and more. www.SESCIL.org | 201-569-4080 |
| <u>Center for Dentistry at Hackensack University Medical Center</u> St. John Building, 30 Prospect Avenue, Hackensack, NJ 07601 Hillcrest Building, 60 Second Street, Hackensack, NJ 07601 www.hackensackumc.org/dental | 551-996-2111 551-996-3519 |

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. Doctors accept insurance reimbursement as payment in full for their services. Uninsured patients are provided care at no charge.

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

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. While federal poverty guidelines are used, exceptions can be made for low income persons who exceed these guidelines.

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

www.neweyesfortheneedy.org

NJ State Library Talking Book & Braille Center (TBBC)

800-792-8322

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

609-278-2640

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

<http://www.njstatelib.org>

NJ Commission for the Blind & Visually Impaired

153 Halsey street 6th floor, Newark NJ 07101

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

973-648-3333

Assistive Technology Center - Johnson Public Library

274 Main Street, Hackensack, NJ 07601

Catherine.folk-pushee@hackensack.bccls.org

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

201-343-4169 ext. 22

Services and Programs for People with Hearing Loss

Center for Hearing and Communication

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.lhh.org

www.chchearing.org/nyc

917-305-7700 (Voice)

917-305-7999 (TTY)

Hackensack University Medical Center Audiology Department

30 Prospect Street, Hackensack, NJ 07601

551-996-5327

Hearing Loss Association of New Jersey (HLA-NJ)

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

201-995-9594 (Voice)

Division of the Deaf & Hard of Hearing

PO BOX 074 Trenton, NJ 08625

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

800-792-8339

(Voice and TTY)

609-588-2648

Richard West Assistive Technology Advocacy Center (ATAC)

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

609-292-9742

800-922-7233

609-633-7106

Assistive Listening Device Loan Program

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

Provides loans of personal and wide area assistive listening devices through designated regional libraries throughout the state.

NOTE: Bergen County residents may borrow the equipment.

www.NJbh@njstate

609-588-2648

800-882-5593 (TTY)

800-792-833

Hearing Aid Assistance to Aged & Disabled (HAAD)

A \$100 reimbursement to eligible persons who purchase a hearing aid. Eligibility requirements are the same as for the PAAD program.

Need for hearing aid must be attested by a physician

201-336-7400

800-792-9745

FINANCIAL BENEFITS & ASSISTANCE

Pharmaceutical Assistance Programs

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

Pharmaceutical Assistance to the Aged & Disabled (PAAD)* **800-792-9745**

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.

201-336-7400

Senior Gold Prescription Discount Program

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

800-792-9745

201-336-7400

Extra Help with Medicare Prescription Drug Plan Costs

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

800-772-1213

State Health Insurance Program (SHIP)

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

201-336-7413

Partnership for Prescription Assistance (PPA)

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

<https://www.pparx.org>

Utility & Telephone Assistance Programs

Low Income Home Energy Assistance Program (LIHEAP)

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

Application period is between October 1 through April 30th.

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

The TRUE and PAGE Program-Energy Assistance Program

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

Call (732) 982-8710 for further information or log onto <http://www.housingall.org> for a list of eligibility requirements for these programs.

How to Apply:

Print and download application www.njpoweron.org and mail to 59 Broad St. Eatontown, NJ 07724 or call (732)982-8710 for further information.

Call Greater Bergen Community Action at 201-968-0200 Ext 7008 or

Bergen County Division of Senior Services/ADRC at 201-336-7400

*Apply Nov 1st thru March 31st

You can apply for both HEAP (above) and Cooling assistance.

Cooling Assistance provides \$100 to help pay for cooling costs.

Eligibility Requirements: Must have a medical condition that requires use of any cooling device. Entire household income is counted.

www.bergencap.org/liheap.html

Cooling Assistance

201-996-9100 ext. 18

Heightened Independence and Progress (*hip*)

131 Main St., Hackensack, NJ 07601

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

Lifeline Utility Credit Program

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

Eligibility requirements are the same as for the PAAD program. If you receive SSI, Lifeline rebate is reflected in your monthly check.

How to Apply:

Call PAAD/Lifeline 800-792-9745

or

Bergen ADRC Division of Senior Services 201-336-7400

or

Greater Bergen Community Action 201-968-0200 Ext 7008

* Applications only for Lifeline are available.

If utilities are included in your rent, you may receive a direct payment.

Comfort Partners

Provides energy saving home improvements and energy education programs for qualified low-income customers. Comfort Partners is sponsored by the Board of Public Utilities - NJ Clean Energy Program. Program representatives will work with each household to evaluate level of energy efficiency.

Eligibility Requirements: At or below 225% of the Federal Poverty Guidelines.

How to Apply:

Call Weatherization Program at 888-773-8326 or go to www.njcleanenergy.com

Universal Service Fund (USF)

Provides credit on utility bill for gas & electric.

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

How to Apply:

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

Contact Greater Bergen Community Action at 201-968-0200 ext. 7008

or

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

** USF accepts application all year.

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

www.bergencap.org/liheap.html

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, 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.

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

NJ SHARES

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

How to Apply:

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

Weatherization Assistance Program (WAP)

Assist homeowners & tenants in lowering heating cost through home improvement for heat loss due to poor insulation or inefficient heating system. Improves energy efficiency with repairs and replacement if necessary.

Eligibility Requirements: Households must meet income guidelines below 200% of Federal Poverty Level.

How to Apply:

Weatherization can be applied thru the LIHEAP application or contact GBCA Weatherization Program at **973-546-1441**

529 Midland ave, Garfield, NJ 07026

www.GreaterBergen.org/home-energy

Verizon New Jersey Communications Lifeline

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

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

How to Apply:

Call NJSHARES at 888-337-3339 or visit www.njshares.org

Or

Call Verizon at 800-837-4966 or visit www.verizon.com/lifeline

Medicare Health Insurance

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

MEDICARE (www.medicare.gov)

www.medicare.gov

1-800-MEDICARE

1-800-633-4227

MEDICARE PART A

Hospital insurance. Covers inpatient hospital care

800-633-4227

MEDICARE PART B

Covers physician and some out-patient services.

800-633-4227

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.

800-633-4227

MEDICARE PART D

Prescription coverage. Optional prescription drug plans which add drug coverage to original Medicare.

800-633-4227

State Health Insurance Program (SHIP)

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

201-336-7413

Medicare Rights Center – Medicare Interactive

Website: www.MedicareInteractive.org

Provides help with Medicare appeals process.

888-466-9050

Medicaid

Bergen County Board of Social Services

218 Route 17 North, , Rochelle Park, NJ 07662

Apply for general Assistance, SNAP (food stamps), Family Care,
TANF, Institutional Medicaid, etc.

www.bcbss.com

201-368-4200

201-368-4785

201-368-7693

Medicaid (Regional Office)

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

973-977-4077

Funeral-Burial Support Program (Medicaid)

Bergen County Board of Social Services

218 Route 17 North, Rochelle Park, NJ 07662

201-368-4200

Social Security & SSI

Social Security

Continental Plaza

401 Hackensack Avenue 2nd fl., Hackensack

800-772-1213

Clifton, Social Security office

935 Allwood Road, Clifton, NJ

800-772-1213

Paterson Social Security office

200 Federal Plaza, Paterson, NJ 07505

800-772-1213

Supplemental Security Income (SSI)

Must be 65 years of age, blind, or have a disability and limited income.

800-772-1213

Social Security how to apply on line

www.ssa.gov

www.socialsecurity.gov/myaccount

New Jersey Property Tax Relief Programs

Homestead Benefit

Homeowners who owned and occupied a home in NJ that was their principal residence of the previous year October 1st and property taxes must have been paid.

Homeowners will be mailed applications after the end of the income tax filing season.

Rebate application can be filed either online at www.state.nj.us/treasury/taxation/ or by phone at 1-877-658-2972.

Property Tax Reimbursement (Senior Tax Freeze)

Reimbursement of the difference between the amount of property taxes paid for the base year and the amount paid for the year you are applying.

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

For further information and update on income eligibility contact:

General Tax Information:

NJ Division of Taxation **800-323-4400 or 609-826-4400**
Main Customer Service Center **609-292-6400**

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

Property Tax Deduction/Credit

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

Other Tax Relief Programs

Contact your Municipality for the following programs:

Senior Citizens and veterans Annual Property Tax Deduction: 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.

Reverse Mortgage

Reverse Mortgage Counseling

Home Equity Conversion Mortgages (HECM)

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.

201- 336-7569

201-336-7400

AFFORDABLE HOUSING

Rental Assistance and Tenant Services

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|--|--|
| <u>NJ State Rental Assistance Program</u> 100 First Street, Room 207, Hackensack, NJ 07601 Assistance with rent for eligible older adults. | 201-996-8990 |
| <u>Advance Housing Inc.</u> 100 Hollister Road, Teterboro, NJ 07608 Help meet housing needs of people with mental illness through direct services, education, information, and referrals. | 201-288-0545 |
| <u>Section 8 Housing Voucher Program</u> Housing Authority of Bergen County One Bergen County Plaza, 2 nd Floor, Hackensack, NJ 07601 Provides rental assistance to eligible older adults and families. Preference is given to those who reside within Housing Authority member communities. | 201-336-7600 |
| <u>Social Service Association/Ridgewood Area</u> 6 Station Plaza, Ridgewood, NJ 07450 Serves Ridgewood, Glen Rock, Ho-Ho-Kus, Midland Park, Waldwick and Wyckoff. Services for low-income persons in need of rental assistance, food pantry, fuel, non-prescription medication and household counseling. | 201-444-2980 |
| <u>Greater Bergen Community Action</u> <i>Bergen County Housing Coalition</i> 316 State Street, Hackensack, NJ 07601 (Tenant Outreach Program) Provides outreach, legal guidance, information and referral, workshops, speakers. | 201-488-6767 201-488-5100 ext 3 |
| <i>Homeless Prevention Program</i> Must be a Bergen County resident and meet eligibility criteria. Depending on available funding, relief can come in the form of paying back utility payments or rent (arrears); security deposit or first month's rent payment in order to obtain new rental housing. | 201-488-5100 |
| <u>Northeast NJ Legal Services/Senior Law Project</u> 190 Moore Street, Suite 100, Hackensack, NJ 07601 Provides free legal service program for senior citizens 60 years of age and older targeting low income clients. Provides information about legal rights and entitlements, legal counseling, and education. Makes referrals to lawyers. Monday –Friday 8:30 am-5 pm. | 201-487-2166 |

Urban League of Bergen County 201-568-4988
12 Tenafly Road, Englewood, NJ 07631
Housing counseling, referrals, rental assistance and Tenant/landlord disputes.

Fair Housing Council 201-489-3552
131 Main Street, Hackensack, NJ 07601 201-489-4692
HUD-comprehensive counseling agency for the home buyer or apartment seeker; legal counseling in connection with discrimination complaints. First-time homebuyers counseling, foreclosure counseling.

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.

Home Improvement Loan 201-336-7200
Bergen County Community Development
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. The homeowner may be eligible for a 3% deferred loan for eligible home improvements.

Home Modifications/Home Repair 201-996-9100
Heightened Independence & Progress (HIP)
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.)

Chore Program 201-489-7790
Volunteer Center of Bergen County
64 Passaic Street, Hackensack, NJ 07601
Minor household repairs without charge (except for materials).

Rebuilding Together North Jersey 201-447-8886
PO Box 1389 Ridgewood, NJ 07451
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.

Safely@Home – Home Improvements/Repairs**201-518-1175**

10 Link Drive, Rockleigh, NJ 07547 -

A program of the Jewish Home Family, Safely@Home is an on-a-need-bases and subscription-bases service providing home modifications for seniors, as well as a one-stop-shop hotline for trusted service providers for routine and emergency maintenance.

<http://jewishhomefamily.org/safely>

Affordable and Subsidized Housing Resources**NJ Housing Resource Center (NJHRC)**

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

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

Housing Authority of Bergen County**201-336-7600**

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

Housing Authorities Municipal**Cliffside Park, 500 Gorge Road****201-941-0655****Edgewater, 300 Undercliff Ave.****201-943-6000****Englewood, 111 West Street****201-871-3451****Fort Lee, 1403 Theresa Drive****201-947-7400****Garfield, 71 Daniel P. Conti Court****973-340-4170****Hackensack, 65 First Street****201-342-4280****Lodi, 50 Brookside Avenue****973-470-3653****Subsidized Housing (Non-Profit and For-Profit Sponsors):****Englewood, Greater Englewood Housing****201-871-0178**

1 Rock Creek Terrace

Englewood, Garrett Apartment**201-569-8963**

130 Grand Avenue

Fairview, Eastview Towers**201-567-0070**

370 Fairview Avenue

Fort Lee, Malcolm Towers**201-944-5270**

475 Main Street

Fort Lee, Mediterranean House**201-944-5015**

505 North Avenue

Hasbrouck Heights, Hasbrouck Heights Senior Housing**201-592-8118**

245 Hamilton Ave.

Hillsdale, Hillsdale House**201-666-5290**

32 Piermont Avenue

Leonia, Leonia Retirement Housing Corps**201-947-9779**

270 Glenwood Avenue

Maywood, Lydecker Manor**201-368-0926**

150 East Passaic Street

| | |
|---|--------------|
| Paramus, Paramus Senior Housing 200 Garden State Blvd. | 201-845-8090 |
| Ramsey, The Woodlands at Ramsey 141 Prince Street | 201-818-0230 |
| Ridgefield Park, Ryan Lombardi Apartments 278 Main Street | 201-440-9621 |
| Rutherford, Rutherford Senior Manor 67 Kipp Avenue | 201-438-7327 |
| Ridgewood, Ridgecrest Senior Housing 7-11 Ridge Road | 201-444-0722 |
| Teaneck, Teaneck Senior Housing 5 Dogwood Lane | 201-833-1033 |
| Tenafly, Tenafly House 357 Tenafly Road | 201-569-7933 |
| Westwood, Westwood House 100 Madison Avenue | 201-666-1778 |

Other Housing Arrangements

Adult Retirement Communities

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|--|--------------|
| <u>Brookside Village</u> 20, 40 & 60 Blanch Avenue, Harrington Park, NJ 07640 (Adult Community) | 201-768-0365 |
| <u>Glen Courts Senior Citizens Apartments</u> 1 Glen Avenue, Glen Rock, NJ 07452 (Independent Living) | 201-445-5276 |
| <u>St. Peter the Apostle Senior Residence</u> 415 Fifth Avenue, River Edge, NJ 07661 www.stpetersresidence.org | 201-225-0707 |

Licensed Boarding homes/Shared Living Arrangements

| | |
|---|--------------|
| <u>Carner House</u> 280 Larch Avenue, Bogota, NJ 07603 | 201-342-8940 |
| <u>SHARE Incorporated</u> The Cottage Place & Prospect Place 130 Prospect St., Ridgewood, NJ 07450 | 201-670-9605 |
| <u>Hillcrest Residence at Christian Health Care</u> 301 Sicomac Ave., Wyckoff, NJ 07481 | 201-848-5200 |

Shared Housing

Women's Rights Information Center
108 West Palisade Avenue, Englewood, NJ 07631

201-568-1166

IN-HOME SERVICES

Meals on Wheels

Bergen County Division of Senior Services

201-336-7420

Meals on Wheels Program

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

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

- Bergen County Resident
- Age 60 years and older
- 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

17-10 River road, Fair Lawn, NJ 076410

One box of 5 or 7 frozen meals delivered once per week

Serving Bergenfield, Cliffside Park, Dumont, Edgewater, Englewood, Englewood Cliffs, Fairview, Fort Lee, Fair Lawn, Elmwood Park, Saddle Brook, Glen Rock, Hackensack, Lodi, Maywood, New Milford, Paramus, Ridgely Park, Ridgewood, Teaneck, Tenafly, River Edge.

Meals on Wheels North Jersey**201-358-0050**

100 Madison Ave., Westwood, NJ 07676

Services homebound persons of all ages.

Hot lunch and sandwich delivered, Monday – Friday, for \$7.35 per day or one hot meal for a donation based upon availability.

Special diet meals available.

Serving: Alpine, Closter, Cresskill, Demarest, Dumont, Emerson, Franklin Lakes, Harrington Park, Haworth, Hillsdale, Mahwah, Montvale, New Milford, Northvale, Norwood, Oakland, Old Tappan, Oradell, Paramus, Park Ridge, Ramsey, River Edge, River Vale, Rockleigh, Saddle River, Tenafly, Upper Saddle River, Washington Township, Westwood, Woodcliff Lake.

www.mealsonwheelsnorthjersey.org**Wyckoff Meals on Wheels****201-891-4840**

Town Hall, Franklin Avenue, Wyckoff, NJ 07481

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

Moms Meals**1-877-508-6667**Fresh made meals delivered to clients. Special diet menus
www.momsmeals.com**In-Home Physician Services****Community House call Physicians****201-536-9000**

196 Jewett Avenue, Jersey City, NJ 07304

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

Serving Bergen, Hudson, Essex Counties.

Visiting Physician

615 Hope Rd, Building 5 A Eatontown, NJ 07724

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

**732-571-1000 or
888-771-3338**

In-Home Emergency Response Systems

Lifeline Device

(Administered through local hospitals)

800-543-3546

Bergen County Wellness Check Program

A daily electronic phone call will be made at a self-designated time. If the system cannot make contact, a call will be placed to designated family or friends. Available free of charge to Bergen County residents over the age of 60, homebound or disabled.

201-336-7400

Telephone Reassurance/ Friendly Visitors

Kip Senior Center: Bridge Builders Program

55 Kip Avenue Rutherford, NJ 07070

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

201-460-1600

CHEER CALLERS

Visiting Homemaker Service of Bergen County Inc.

298 Union Street, Hackensack, NJ 07601

Daily phone calls to homebound elderly adults.

201-488-0041

Telephone Reassurance and Friendly Visitors Program

Jewish Family & Children's Services of Northern NJ

1485 Teaneck Rd., Teaneck, NJ 07666

201-837-9090

Home Health Care Services

Commission on Accreditation for Home Care, Inc.

154 South Street, 2nd floor

New Providence, NJ 07974

CAHC lists Accredited Agencies in good standing that service Bergen County.

(e-mail:info@cahcnj.org)

908-508-1200

fax: 973-880-9136

Bridgebuilders HOME FRIENDS

201-460-1600

Kip Center – 55 Kip Avenue, Rutherford, NJ 07070

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

CHEER Program/ Visiting Homecare

201-488-0041

Visiting Homemaker Service of Bergen County, Inc.

298 Union Street, Hackensack, NJ 07601

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

Grooming Services

In-home hair care by licensed barbers and hairstylists at the homes of those who have trouble making the trip to a conventional barbershop or hair salon.

Cuts USA

201-939-7979

195 Valley Blvd., Woodridge, NJ 07075

Moble Hair Dresser for Seniors

397-866-0759

Church Street, Teaneck NJ 07666

Contact Patricia Bennett for an appointment

CAREGIVERS SUPPORT SERVICES

Adler Aphasia Center Caregivers Support Group

201-368-8585

60 West Hunter Avenue, Maywood, NJ07607

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

Contact Elissa Goldstein

egoldstein@adleraphasiacenter.org

Care2Caregivers

800-424-2494

151 Centennial Avenue, Piscataway, NJ 08854

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

care@care2caregivers.com

www.care2caregivers.com/

Caregiver's Coalition

201-336-7427

Division of Senior Services, Advisory Council's Education & Outreach Committee

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

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

NJ Self-Help Group Clearinghouse

800-367-6274

www.njgroups.org

Maintains a database of information of over 4,000 self-help support groups in the U.S. and over 800 Organization: provides information and referral services: also trains people to find and form self-help groups.

Go to www.njgroups.org to download the Self-Help Support Group directory.

National Organization for Empowering Caregivers

(NOFEC)

425 West 23rd Street #9B, New York, NY 10011

Empowering caregivers with resources, private counseling and healing circle.

www.care-givers.com

Family Caregiver Alliance

800-445-8106

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

The Gallen Center's Caregiver Support Group **201-784-1414**

A program from the Jewish Home Family

10 Link Drive, Rockleigh, NJ 07647

<http://JewishHomeFamily.org>

In conjunction with the Alzheimer's Association, Greater New Jersey Chapter, Caregiver Support Groups are held once a month, free of charge and open to the public. Facilitated by the Gallen Adult Day Health Care Center's professional staff, the group addresses the emotional and practical issues of caring for a loved one in a supportive atmosphere.

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

Holy Name Medical Center Day Away Center

725 Teaneck Road, Teaneck, NJ 07666

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

W. 100 Ridgewood Avenue, Paramus, NJ 07652

1st Wednesday of the Month at 5:30 pm

Sunrise Assisted Living of Paramus, Caregiver Support Group **201-493-9889**

567 Paramus Road, Paramus, NJ 07652

3rd Sunday of the Month at 4:00 pm

Sunrise Assisted Living of Basking Ridge **908-542-9000**

404 King George Road, Basking Ridge, NJ 07920

3rd Wednesday of the Month at 7:00 pm

Vantage Health System, Inc., Caregiver Support Group **201-385-4400**

2 Park Avenue, Dumont, NJ 07629

Spouse Caregivers Support Group: Meets twice-monthly. Spouse caregivers dine and discuss caregivers issues & spouse care recipients are supervised with therapeutic activities & dinner. Agency also has an Adult Child support group.
Call for days and time.

Kaplen JCC on the Palisades, Caregiver Support Group **201-408-1450**

Kaplen Adult Reach Center

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

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

212-769-2850
1-877-819-9147

Caregivers Handling Crisis

Adult Protective Service

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

201-368-4300

Psychiatric Emergency Screening Program (PESP)

Care Plus NJ, Inc.

610 Valley Health Plaza, Paramus, NU 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.

201-262-4357

Care 2 Caregivers

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

800-424-2494

Grandparents as Caregivers

HOTLINE: Kinship Navigator

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.

201-398-9110

201-797-2660

609-888-7400

Grandparents raising grandchildren support group

Bergen Family Center/Family Success Center

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

ls@fsobergen.org

www.fsobergen.org

201-796 6209 xt. 102

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

Respite Care Services

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

Statewide Respite Care Program

201-336-6500

Bergen County Division on Disability Services

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

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

Call to inquire about eligibility requirements.

Bergen Regional Medical Center

201-967-4073

Long-Term Care Division

230 East Ridgewood Avenue, Paramus, NJ 07652

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

Volunteer Social Respite Care Program

201-291-6000

ext. 1117499

Valley Home & Community Health Care, Inc.

15 Essex Rd., Paramus NJ, 07652

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

Alzheimer's New Jersey

The Respite Care and Wellness Program

400 Morris Avenue, Suite 251, Denville, NJ 07834

www.alznj.org

888-280-6055

973-586-4300

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

LONG TERM CARE SERVICES

Care Management

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

Bergen Family Center 201-568-0817
44 Armory Street, Englewood, NJ 07631 ext. 127
www.bergenfamilycenter.org

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

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

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

H.O.P.E. Individual and Family Services 201-646-1995
259 Passaic Street, Hackensack NJ 07601
Case management, opportunity, prevention, and education for ex-offenders.
www.hopeforexoffendersinc.org

Jewish Home at Home 201-750-3077
10 Link Drive, Rockleigh, NJ 07647
Sliding scale for those people who are financially eligible.
www.jewishhomefamily.org

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

1 Pike Drive Wayne, NJ 07470 973-595-0111
inf@jsfnorthjersey.org

Aging Care Association Care Management 520-881-8008
National Organization
3275 West Ina Road Suite 130, Tuscan, Az. 85741
www.aginglifecare.org

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

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

Adult Medical Day Care **201-773-9090**

22-08 Route 208 , Fair Lawn, NJ 07410
Medical Day Care

Bergen Family Center **201-568-0817**

44 Armory Street, Englewood, NJ 07631
Social Day Care for the frail

Broadway Medical Adult Day Care **201-797-1177**

24-20 Broadway, Fair Lawn, NJ 07410
Medical Adult Day Care

Christian Health Care Center **201-848-5829**

301 Sicomac Avenue, Wyckoff, NJ 07481
Medical/ Social Adult Day Care (Alzheimer)

Comprehensive Behavioral Healthcare Inc. **201-935-3322**

516 Valley Brook Avenue, Lyndhurst, NJ 07071
Medical Adult Day Care
Alzheimer & Dementia

Christian Health Care Center **201-848-5829**

301 Sicomac Avenue, Wyckoff, NJ 07481
Medical/ Social Adult Day Care (Alzheimer)

Comprehensive Behavioral Healthcare Inc. **201-935-3322**

516 Valley Brook Avenue, Lyndhurst, NJ 07071
Psychiatric (Partial) Adult Day Care

Day Away Holy Name Medical Center **201-833-3757**

725 Teaneck Road, Teaneck, NJ 07666
Medical Adult Day Care

Gallen Day Center - Adult Day Care Programs **201-784-1414**

Jewish Home at Rockleigh
10 Link Drive, Rockleigh, NJ 07674
Medical Day Care

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|--|-------------------------------|
| <u>Good Shepard Adult Day Care</u> 725 Valley Brook Avenue, Lyndhurst, NJ 07071 Medical Day Care | 201- 933-0711 |
| <u>Kaplen JCC on the Palisade ARC program</u> 411 E. Clinton Avenue, Tenafly, NJ 07670 Social Adult Day Care | 201-569-7900 |
| <u>Long Life Adult Day Care</u> 596 Anderson Avenue, Cliffside Park, NJ 07010 Medical Adult Day Care | 201-943-7111 |
| <u>My Home Adult Day Care Center Inc.</u> 217 Hergesell Avenue, Maywood, NJ 07607 Medical Adult Day Care | 201-291-8811 |
| <u>New Life Medical Day Care Center</u> 340 Evelyn Street, Paramus, NJ 07652 | 201-265-0606 |
| <u>Peaceful Adult Day Care</u> 101 Industrial Road Suite C. Little Ferry NJ 07643 Medical (speak Korean) | 201-870-6265 |
| <u>Patriot Elder Care</u> 15 North Fifth Street Unit 101, Saddle Brook, NJ 07663 Social Adult Day Care | 201-880-7755 |
| <u>Regency Memory Daycare</u> 91 Route 4 East, River Edge, NJ 07661 Memory social day club for those with memory impairment | 201-525-2200 |
| <u>Senior Connection Adult Day Care</u> 164 Franklin Turnpike, Waldwick, NJ 07463 Social Adult Day Care | 201-857-3558 |
| <u>Sunshine Adult Day Care</u> 16 N. Washington Avenue, Bergenfield, NJ 07621 Medical Adult Day Care | 201-387-8500 |
| <u>Northern Valley Adult Day Healthcare Center</u> 2 Park Avenue, Dumont, NJ 07628 Medical Adult Day Care | 201-385-4400 ext. 3084 |

Hospice Service/End of life

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|---|---------------------|
| Home Care & Hospice Association of NJ 485D route 1 South, suite 210, Iselin, NJ 08830 www.homecarenj.org info@homecarenj.org | 732-877-1100 |
| <u>Compassionate Care Hospice</u> www.cchnet.net | 973-537-5606 |
| <u>Care Alternative Hospice</u> 65 Jackson Dr., Cranford, NJ07016 www.ascendhealth.com | 908-931-9080 |
| <u>Holy Name Medical Center Home Care – Hospice Unit</u> 718 Teaneck Rd, Teaneck, NJ 07666 | 201-833-3188 |
| <u>Hospice Care Of Hackensack</u> 21 Main Street, Suite 253, Hackensack, NJ 07601 | 201-342-7766 |
| <u>Life source Services Hospice, LLC</u> 230 East Ridgewood Ave., Suite 307, Paramus, NJ 07652 | 201-967-4313 |
| <u>Valley Homecare and Hospice</u> 15 Essex Road, Paramus, NJ 07652 | 201-291-6000 |
| <u>Villa Marie Claire</u> 12 West Saddle River Road, Saddle River, NJ 07458 | 201-783-8870 |

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

Assisted Living, Residential Health Care Facilities and Nursing Homes

For “*Selecting a Long-Term Care Setting – A Guide for New Jersey Consumers*” go to www.nj.gov/health/njhealth/ltc_guide

For information on long-term health care facilities in New Jersey go to www.medicare.gov and www.state.nj.us/health

Quality of Care Issues / Ombudsman

NJ Department Of Health & Senior Services

OFFICE OF ONBUDESMAN

P O Box 852, Trenton, NJ 08625

Promotes & protects the rights, health, safety and welfare of seniors, age 60+ and in certain healthcare facilities (e.g. nursing homes, residential healthcare facilities, etc.) investigates specific complaints/reports of abuse.

877-582-6995

Nursing Home Volunteer Advocacy Program

Trained volunteers advocate for residents of NH, providing socialization and help with any concerns about their personal situation and care.

www.nj.gov/ooie/home/volunteerprogramdescript.html

Assisted Living

Actor's Fund Home

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

201-871-8882

Arbor Terrace of Teaneck

600 Frank W. Burr Blvd., Teaneck, NJ 07666

201-836-9260

Atrium Senior Living

124 Noyes Drive, Park Ridge, NJ 07656

201-782-0440

Brandywine Senior Living

814 Wyckoff Avenue, Mahwah, NJ 07430

201-800-8070

Brighten Gardens of Saddle River

5 Brookline Road, Saddle River 07458

201-818-8680

Brightview

55 Hudson Avenue, Tenafly, NJ 07670

201-510-2060

Bright Side Manor

300 Teaneck Road, Teaneck, NJ 07666

Licensed Comprehensive Personal Care Home that provides assisted living services to people 60 and older. Serves older adults of all income levels. Accepts Medicaid without a private pay spend-down period.

www.brightsidemanor.org

201-692-1000

Bristol at Woodcliff Lake

364 Chestnut Ridge Road, Woodcliff Lake, NJ 07677

201-505-9500

Brookdale Senior Living Paramus

186 Paramus Road , Paramus, NJ 07652

201-251-9600

Brookdale Senior Living Emerson

590 Old Hook Road, Emerson, NJ 07630

201-986-9009

Chestnut Hill Residence

338 Chestnut Street, Passaic, NJ 07055

973-777-7800

Christian Health Care Center

301 Sicomac Avenue, Wyckoff, NJ 07481

201-848-4303

Care One at the Cupola

West 100 Ridgewood Avenue, Paramus, NJ 07652

Residential Health Care Facility/Assisted Living retirement Residence
Connected with a nursing home

201-444-8200

| | |
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| <u>Evergreen Court Retirement Residence</u> 65 Lafayette Street , Spring Valley, NY 10977 <u>Affordable Assisted Living; SSI Accepted.</u> | 845-356-7700 |
| <u>Five Star Premium Residences of Teaneck</u> 655 Pomander Walk Street A, Teaneck, NJ 07666 | 201-836-3634 |
| <u>Jewish Home Assisted Living, Kaplen Family Senior Residence</u> 685 Westwood Ave., River Vale, NJ07675 Glatt Kosher community and is a non-sectarian community open to all seniors regardless of race, religion, and national origin. Connected with a nursing home | 201-666-2370 |
| <u>The Longview (Christian Healthcare Center)</u> 301 Sicomac Avenue, Wyckoff, NJ 07481 | 201-848-4303 |
| <u>Mill Gardens at Midland Park</u> 36 Faner Road, Midland Park, NJ 07432 | 201-493-7400 |
| <u>Sunrise Assisted Living</u> 3 Tenakill Park E., Cresskill, NJ 07626 | 201-871-0300 |
| <u>Sunrise Assisted Living</u> 351 River Road, Edgewater, NJ 07020 | 201-941-6111 |
| <u>Sunrise Assisted Living</u> 195 Old Tappan Road, Old Tappan, NJ 07675 | 201-750-1110 |
| <u>Sunrise Assisted Living</u> 567 Paramus Road, Paramus, NJ 07652 | 201-493-9889 |
| <u>Sunrise Assisted Living</u> 5 Boroline Road, Saddle River, NJ 07458 | 201-818-8680 |
| <u>Sunrise Assisted Living</u> 430 Chestnut Ridge Road, Woodcliff Lake, NJ 07677 | 201-782-1888 |

Residential Care Homes for People with Alzheimer's/Dementia

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|--|---------------------|
| <u>Memory Care Living at Cresskill</u> 248 Madison Avenue, Cresskill, NJ 07626 | 201-368-7070 |
| <u>Memory Care Living at Hillsdale</u> 45 Pascack Road, Hillsdale, NJ 07642 | 201-368-7070 |
| <u>Memory Care Living at Mahwah</u> 699 Wyckoff Avenue, Mahwah, NJ 07430 | 201-368-7070 |
| <u>Memory Care Living at Paramus</u> 143 North Farview Avenue, Paramus, NJ 07652 | 201-368-7070 |
| <u>Memory Care Living at Park Ridge</u> 103 Kinderkamack Road, Park Ridge, NJ 07656 | 201-368-7070 |
| <u>Memory Care Living at Ramsey</u> 38 North Central, Ramsey, NJ07446 | 201-368-7070 |
| <u>Memory Care Living at Woodcliff Lake</u> 290 Werimus Road, Woodcliff Lake, NJ 07675 | 201-368-7070 |

Residential Health Care Facilities

Residential Health Care Facilities are licensed by the State Department of Health and Senior Services. A licensed physician must certify that the resident does not have a medical or personal care needs which exceed the level of services provided in a residential health care facility.

The main purpose of this level of care is that it provides for many individuals (who are primarily elderly) and their families a delivery system that allows for a home-like atmosphere, while maintaining continuous supervision of health care and daily activity needs.

Licensed Residential Health Care Facilities provide the following services: (1) 24-hour supervision; (2) Provision of Assistance with personal hygiene, management of funds for clothing and other purchases and supervision of all medication; (3) Health Maintenance and Monitoring Services include assessment of medical, social, and health history needs and corresponding plans to meet those needs. (Registered Nurse); (4) dietary services; (5) arrangement for activity participation in and outside the facility.

The Atrium

201-825-0660

Allendale Community for Mature Living

Mailing: 85 Harreton Road, Allendale, NJ 07401

Visiting: 65 Route 17 South, Allendale, NJ 07401

Residential Health Care and Multi-Level Facility

* Connected with a nursing home

Buckingham at Norwood

201-768-6222

100 McClellan Street, Norwood, NJ 07648

Five Star Premium Residences of Teaneck

201-836-3634

655 Pomander Walk, Teaneck, NJ 07666

Hillcrest Residence (Christian Health Care Center)

201-848-5856

301 Sicomac Avenue, Wyckoff, NJ 07481

(Residential Health Care Facility/Multi-Level Facility)

*Connected with a nursing home, Independent Living,
Psychiatric Hospital & Assisted Living

Home for Armenian Aged

201-261-6662

70 Main Street Emerson, NJ 07630

Residential Health Care Facility/Multi-Level Facility –
Medicare/Medicaid certified

*Connected with a nursing home

Waterfront Rest Home

201-391-2442

210 Broadway, Woodcliff Lake, NJ 07675

Nursing Homes

| | |
|--|---------------------|
| <u>The Actor's Fund Home</u> 155 West Hudson Avenue, Englewood, NJ 07631 For retired theatrical persons Medicare/Medicaid/Private Pay | 201-871-8882 |
| <u>Alaris Health Care Center</u> 96 Parkway, Rochelle Park, NJ 07662 Medicare/Medicaid/Private | 201-845-0099 |
| <u>Allendale Nursing Home</u> 85 Harreton Road, Allendale, NJ 07401 Medicare/Medicaid/Private Pay | 201-825-0660 |
| <u>Armenian Nursing & Rehabilitation Center</u> 70 Main Street, Emerson, NJ 07630 Medicare/Medicaid/Private | 201-261-6662 |
| <u>Bergen County Health Care Center</u> 35 suite B Piermont Road, Rockleigh, NJ 07647 Medicare/Medicaid/Private | 201-750-8310 |
| <u>Bergen Regional Medical Center</u> 230 E. Ridgewood Avenue, Paramus, NJ 07652 Medicare/Medicaid/Private | 201-967-4170 |
| <u>Buckingham At Norwood</u> 100 McClellan Street, Norwood, NJ 07648 Buckingham has a dedicated unit for Korean patients Medicare/Medicaid/Private Pay | 201-768-6222 |
| <u>Care One At Cresskill</u> 221 County Road, Cresskill, NJ 07626 Medicare/Private Pay | 201-567-9310 |
| <u>Care One At Ridgewood Avenue</u> 90 West Ridgewood Avenue, Paramus, NJ 07652 Medicare/Private Pay | 201-652-1950 |
| <u>Care One At Teaneck</u> 544 Teaneck Rd., Teaneck, NJ07666 Medicare/Private Pay | 201-862-3300 |
| <u>Care One At Valley</u> 300 Old Hook Road, Westwood, NJ 07675 Medicare/Medicaid/Private | 201-664-8888 |

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|--|---------------------|
| <u>Care One At Wellington</u> 301 Union Street, Hackensack, NJ 07601 Medicare/Medicaid/Private | 201-487-4900 |
| <u>Christian Health Care Center</u> 301 Sicomac Avenue, Wyckoff, NJ 07481 Medicare/Medicaid/Private Pay | 201-848-5200 |
| <u>County Manor Health Care & Rehabilitation</u> 133 County Road, Tenafly, NJ 07670 Medicare/Medicaid/Private Pay | 201-567-7800 |
| <u>Daughters Of Israel Geriatric Center</u> 1155 Pleasant Valley Way, West Orange, NJ 07052 Medicare/Medicaid/Private | 973-731-5100 |
| <u>Daughters Of Miriam Center</u> 155 Hazel Street, Clifton, NJ 07015 Medicare/Medicaid/Private | 973-772-3700 |
| <u>Dellridge Health & Rehabilitation Center</u> 532 North Farview Avenue, Paramus, NJ 07652 Medicare/Medicaid/Private | 201-265-5600 |
| <u>Emerson Health Care Center</u> 100 Kinderkamack Road, Emerson, NJ 07630 Medicare/Medicaid/Private | 201-265-3700 |
| <u>Inglemoor Center</u> 333 Grand Avenue, Englewood, NJ 07631 Medicare/ Medicaid/Private Pay | 201-568-0900 |
| <u>Jewish Home at Rockleigh</u> Rehabilitation Center 10 Link Drive, Rockleigh, NJ 07647 Medicare/Medicaid/Private | 201-784-1414 |
| <u>Lincoln Park Care Center</u> 499-521 Pine Brook Road, Lincoln Park, NJ 07035 Located in Morris County) (Medicare/Medicare Private *Intermediate Care Center also. | 973-696-3300 |
| <u>Maple Glen Center Nursing & Rehabilitation</u> 12-15 Saddle River Road, Fair Lawn, NJ 07410 Medicare/Medicaid/Private Pay | 201-797-9522 |
| <u>Maywood Center For Health & Rehabilitation</u> 100 West Magnolia Ave., Maywood, NJ 07607 Medicare, Medicaid, Private Pay | 201-843-8411 |

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|---|---------------------|
| <u>Oakland Rehabilitation & Health Care Center</u> 20 Breakneck Road, Oakland, NJ 07436 Medicare/Medicaid/Private | 201-337-3300 |
| <u>Oradell Health Care Center</u> 600 Kinderkamack Road, Oradell, NJ 07649 Medicare/Medicaid/Private | 201-967-0002 |
| <u>Prospect Heights Care Center</u> 336 Prospect Ave., Hackensack, NJ07601 Medicare/ Medicaid /Private Pay | 201-678-1800 |
| <u>Regent Care Center</u> 50 Polifly Road, Hackensack, NJ 07601 Medicare/Medicaid/Private | 201-646-1166 |
| <u>Ridgewood Center</u> 330 Franklin Turnpike, Ridgewood, NJ 07450 Medicare/Medicaid/Private | 201-447-1900 |
| <u>Teaneck Nursing Home</u> 1104 Teaneck Road, Teaneck, NJ 07666 Medicare/Medicaid/Private | 201-833-2400 |
| <u>Van Dyk Healthcare of Ridgewood</u> 304 South Van Dien Avenue, Ridgewood, NJ 07450 Medicare/Medicaid/Private | 201-445-8200 |
| <u>Woodcliff Lake Health & Rehabilitation Center</u> 555 Chestnut Ridge Road, Woodcliff Lake, NJ 07677 Medicare/Medicaid/Private | 201-391-0900 |
| <u>Woodcrest Healthcare Center</u> 800 River Road, New Milford, NJ 07646 Medicare/Medicaid/Private | 201-967-1700 |

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

MEDICAL & SURGICAL EQUIPMENT & SUPPLIES

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

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

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

Broadway Medical Supply Company **201-666-2112**
60 Washington Avenue, Westwood, NJ 07675
Medicare & Medicaid & Insurance
Mon-Fri 9:00am-5:30pm, Sat. 9:00am-3:00pm

Cornell Medical & Surgical Company **201-384-9000**
30 New Bridge Road, Bergenfield, NJ 07621 **800-267-6355**
Medicare & Medicaid & most Insurance
www.cornellsurgical.com
Mon.-Fri-9:00am-6:00pm
Closed Saturday; Sunday 9:00am-12:pm

G & D Surgical Company **201-567-0011**
225 North Dean Street, Englewood, NJ 07631
info@gdsurgical.com
Does not except insurance

Reliable Medical **201-883-1515**
238 High Street, Hackensack, NJ 07601
www.reliablemedical.org
Medicare & Medicaid
Mon-Fri. 8:00 am-5:00 pm

Stair Lifts:

Unipak **973-947-6173**
5 Whipoorwill Lane, Rockaway, NJ

Alliance Bus Group **201-507-8500**

AGENCIES SERVING KOREAN-AMERICAN SENIORS AND CAREGIVERS

Asian Women's Christian Association (AWCA)

201-862-1665

9 Genesee Ave., Teaneck, NJ 07666

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

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

www.awcanj.org

AWCA Family Counseling Center **가정상담소**

201-862-1116

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

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

fcc@awcanj.org

AWCA Adult Continuing Education age 60+

201-862-1665

60세이상 아시안 시니어들을 위한 평생교육 프로그램 제공.

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

info@awcanj.org

www.awcanj.org

Friends of Grace Seniors (DBA Korean Community Center)

201-541-1200

한인동포회관

ext. 111,112

100 Grove St, Tenafly, NJ 07670

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

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

www.kccus.org

Korean Community Center NJ ADRC Care Management Program

201-541-1200

케어매니지먼트

ext. 117

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

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

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

The Care Management Program is a Consumer focused collaborative process which assesses individuals' needs. Care managers plan, implement, coordinate, monitors, and evaluate options and services, using formal and informal resources, to meet homebound, frail, older adults and their caregivers' needs.

Korean American Senior Citizen's Association of New Jersey

201-945-2400

뉴저지 한인 상록회

1061 Slocum Ave. Ridgefield, NJ 07657

뉴저지 한인 상록회 봉사업무 안내

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

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

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

E-mail: kascanj@gmail.com

Web Page: www.kascanj.org

New Jersey Korean-American Mutual Aid Association

201-945-2411

뉴저지 한인 상조회

201-482-4929

438 Broad Ave. Palisades Park, NJ 07650

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

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

Korean Programs in Hospitals

Englewood Hospital and Medical Center

잉글우드 병원

201-608-2341

The Center for Korean Health and Wellness 한인건강센터

350 Engle Street, Englewood, NJ 07631

www.Englewoodhealth.org

잉글우드병원은 환자에게 가장 쾌적한 환경에서, 지역내 최상의 의료서비스를 제공하기 위해 최선을 다하고자 합니다. 저희는 버겐카운티내 성장하고 있는 한인 커뮤니티를 위한 지원활동을 늘리며 의료서비스를 향상시키고자 항상 노력하고 있습니다. 한인건강센터는 한국 환자분들이 문화적인 어려움을 겪지 않도록 여러 방면에서 도움을 드리고 있습니다. 100명이상의 한국인 의사분들이 여러 분야에서 여러분들의 건강을 책임지고 있습니다. 그 외에 한인 간호사, 직원 및 자원봉사자들이 한인 여러분의 문화적인 어려움을 덜어드리고자 최선을 다하고 있습니다. 한국인 자원봉사자와 직원들이 환자의 일상 대화의 통역 서비스를 제공합니다.

Englewood Hospital and Medical Center strives to offer the highest level of healthcare services in a humanistic environment and works to deliver the best health services and facilities to the growing Korean population in Bergen County. The Center for Korean Health and Wellness assists patients who experience cultural and/or language barriers. The center collaborates with over 100 Korean doctors to help meet the healthcare needs of Korean patients. In addition, a supportive team of Korean nurses, staff, and volunteers work together to provide a more hospitable environment to patients, and Korean staff and volunteers offer cultural interpretation services when requested.

Hackensack University Medical Center

하켄섹 대학병원 메디칼 센터

551-996-2270

Korean Medical Initiative

코리안 메디칼 이니셔티브

30 Prospect Avenue, Hackensack, NJ 07601

www.hackensackumc.org/korean

Center for Healthy Senior Living

노인의학센터

551-996-1140

360 Essex Street, Suite 401, Hackensack, NJ

Holy Name Medical Center

홀리 네임 병원

201-833-3399

Korean Medical Program

코리안 메디칼 프로그램

718 Teaneck Road, Teaneck, NJ 07666

www.kholyname.com

Korean Home Health Aide 한인 가정 요양 보호사

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

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

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

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