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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 – 4:30PM, Monday – Friday  
Website: http://www.co.bergen.nj.us/bcdhs/divisions/senior.htm

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

Community Resource Council (CRC)  
Help Line: 201-343-6543  
75 Newman Street, Hackensack, NJ 07601  
Help Line: 201-343-4900 (main #)  
Information and referral service of Bergen County services & programs.

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

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.

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)

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.

Bergen County Office of Emergency Management  
285 Campgaw Road, Mahwah, NJ 07430  
Fax: 201-336-7424

This directory was prepared from information provided by listed agencies. A listing in this guide does not constitute an endorsement of an agency or service by The Bergen County Division of Senior Service.
# 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
  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
  For family members of heroin and prescription drug addicts
  addiction hotline: 844-276-2777
  recovery connect: 855-652-3737

**Office of Emergency Management**
609-799-0110

**Disaster & Terrorism Branch**
609-799-8868

**New Jersey State Police**
350 Lawrence Station Road, Lawrenceville, NJ 08648

**211**
877-652-1148

Information about health, human services, community resources, government assistance people need every day as well as in time of crisis.
Call 211 from your phone or search our database at:
www.nj211.org
NJ Area Agencies on Aging/NJ ADRC
21 Counties

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

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

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

### Alzheimer Disease Education & Referral Center

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

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

### Bergen County Sheriff’s Office (Alzheimer Association)

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 (Alzheimer’s Resource Center)

100 Metroplex Dr., Suite 200, Edison, NJ 08817  
A statewide program that includes a dementia clinic and a resource center that provides education, information and support to the families and caregivers of people with dementia. Institute staff train and provide consultation to geriatric professionals throughout New Jersey.

### Holy Name Hospital Asian Dementia Center

718 Teaneck Road, Teaneck, NJ 07666  
Screening, education programs, family support groups.
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Address</th>
<th>Website</th>
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</thead>
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<tr>
<td><strong>Arthritis Foundation NJ State Office:</strong></td>
<td>888-467-3112</td>
<td>555 Route 1 South Suite 320, Iselin, NJ 08830</td>
<td><a href="http://www.arthritis.org">www.arthritis.org</a></td>
</tr>
<tr>
<td></td>
<td>732-283-4300</td>
<td>Mon- Fri 9:00am – 5:00pm</td>
<td></td>
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<tr>
<td><strong>Cancer</strong></td>
<td><strong>Cancer Care, Inc.</strong></td>
<td>201-444-6630</td>
<td>141 Dayton Street, Suite 204, Ridgewood, NJ 07450</td>
</tr>
<tr>
<td></td>
<td><strong>American Cancer Society</strong></td>
<td>201-343-2222</td>
<td>20 Mercer Street, Hackensack. NJ 07601</td>
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<tr>
<td></td>
<td><strong>Cancer Support Community at Holy Name Hospital</strong></td>
<td>201-833-3392</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Diabetes</strong></td>
<td><strong>American Diabetes Association</strong></td>
<td>800-342-2383</td>
<td>A professional organization that provides diabetes research, comprehensive info &amp; advocacy, support for caregivers</td>
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<tr>
<td></td>
<td><strong>Diabetes Program</strong></td>
<td>201-894-3335</td>
<td>In home service available for diabetes management-contact program for eligibility requirements.</td>
</tr>
<tr>
<td><strong>Heart &amp; Stroke</strong></td>
<td><strong>NJ Chapter American Heart Association</strong></td>
<td>609-208-0020</td>
<td>Information and referral; maintains a listing of groups for stroke survivors, their families, caregivers and interested professionals.</td>
</tr>
<tr>
<td></td>
<td><strong>American Heart Association</strong></td>
<td>800-242-8721</td>
<td>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.</td>
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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. 732-745-7520
100 Kirkpatrick Street, New Brunswick, NJ 08901
Apdanj.org

Sickle Cell Disease
Sickle Cell Disease New Jersey Chapter 973-482-9070
1016 Broad street, Newark, NJ 07102

Sickle Cell Disease Association of America, Inc. 800-421-8453
3700 Koppers street, suite 570, Baltimore, Md. 21227
Advocacy, support groups and direct services. (e.g., counseling,
testing, referrals, etc.)

Employment Opportunities

New Jersey State Employment Services 201-996-8940
60 State Street, Hackensack, NJ 07601
Offers services such as workshops, counseling, job search, skilled
training, etc.

Vocational Rehabilitation Services for the Disabled 201-996-8970
Unemployment and disability Insurance 201-996-8940
60 State street, Hackensack NJ 07601

Senior Community Service Employment Program (SCSEP) 855-215-4541

Easter Seals 201-845-0247
194 Route 17 North, Rochelle Park, NJ
Easter Seals provides job training and employment opportunities for eligible
individuals aged 55 and older.
Hospitals

**Bergen Regional Medical Center**  
230 East Ridgewood Ave.  
Paramus, NJ 07652  
www.bergenregional.com

**Englewood Hospital and Medical Center**  
350 Engle Street  
Englewood, NJ 07631  
www.englewoodhospital.com

**Hackensack University Medical Center**  
30 Prospect Avenue  
Hackensack, NJ 07601

**Hackensack University Medical Center at Pascack Valley**  
250 Old Hook Road,  
Westwood, NJ 07675  
www.hackensackumcpv.com

**Holy Name Medical Center**  
718 Teaneck Road  
Teaneck, NJ 07666  
www.holyname.org

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

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**LEGAL ASSISTANCE**

**Bergen County Bar Association, Inc.**  
Lawyers Referral Plan  
15 Bergen Street, Hackensack, NJ 07601  
Monday through Thursday 10:00am - 3:00pm  
201-488-0044

**Community Mental Health Law Project**  
Legal and Advocacy for the mentally ill  
One Bergen County Plaza, 4th floor, Hackensack NJ 07601  
Monday through Friday 9:00am - 4:30pm, by appointment  
201-634-2762

**Legal Services of New Jersey**  
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

**NJ Protection and Advocacy (NJP&A)**  
210 South Broad Street, 3rd Floor, Trenton, NJ 08608  
Consumer organization serving New Jersey designated protection and advocacy system for disabilities with mental illness, social security beneficiary benefits, rehabilitation services, health care, and insurance matters.  
800-922-7233

**Northeast NJ Legal Services – BC Division**  
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

**New Jersey State Bar Foundation**  
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’s 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 310-477-0707
(GLARP) is a non-profit corporation that calls attention to the
aging issues in the LGBT community.
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  
55 George Street, Allendale, NJ 07401  
The Rev. E. Michael Allen, info@trinitynbc.org  
www.episcopalchurch.org/

**Cresskill Congregational Church**  
85 Union Avenue, Cresskill NJ 07626  
Pastor David C. Bocock, bo@cresskillucc.org  
Theresa Muti, office@cresskillucc.org  
www.cresskillucc.org/

**St Paul's Church** - Englewood  
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  
228 Grand Ave., Englewood NJ 07631  
Rev. Paul Dodenhoff, minister@uucpalisades.org, Staff@uucpalisades.org  
www.uucpalisades.org

**Trinity Evangelical Lutheran Church** – Fairview  
295 Hudson Place, Fairview NJ 07022  
Bishop E. Roy Riley, support@trinityfairview.org  
www.trinityfairview.org/

**Church of the Good Shepherd** - Fort Lee  
1576 Palisade Ave, Fort Lee NJ 07024  
Rev. Allison Moore, churchofthegs@verizon.net  
Ms. Olga Derick, churchofthegs@verizon.net  

**All Saints** - Glen Rock  
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  
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
229 Terrace Ave, Hasbrouck Heights NJ 07604
Rev Mark Beckwith, mbeckwith@dioceseofnewark.org, church@saintjohndivine.com
www.saintjohndivine.com/#

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

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

Leonia UMC
396 Broad Avenue, Leonia NJ 07605
Rev David Wehrle, David@LeoniaChurch.org
Yevgeniya Przhebelskaya, Yevgeniya@Leonia.Church
www.leoniachurch.com

Presbyterian Church in Leonia
181 Fort Lee Road, Leonia NJ 07605
JOEVDW@aol.com, secretaryleonia@gmail.com
www.leoniapres.org/

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

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

Ponds Reformed Church – Oakland
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
1 Church Lane, Oakland NJ 07436
Rev. Kathryn King
Diane Firkins, stallbansOFL@optimum.net
www.stalbansflow.org


**Prince of Peace** – Old Tappan  
106 Orangeburgh Road, Old Tappan NJ 07675  
Pastor Holliday, pastorholliday@princeofpeacenj.org  
Denise Pallatta, secretary@princeofpeacenj.org  
www.princeofpeacenj.org/

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**Central Unitarian Church Paramus**  
156 Forest Avenue, Paramus NJ 07652  
Rev. David M. Horst, revhorst@cucparamus.org  
Melody Villanueva-Arroyo, marroyo@cucparamus.org  
www.cucparamus.com

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**St John's** - Ramsey  
301 East Main Street, Ramsey NJ 07446  
Rev Julian R. Eibin  
Ellen Joyce, ellen.joyce@stjohnsramsey.org.  
www.stjohnsramsey.org/

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**Christ Episcopal Church** - Ridgewood  
105 Cottage Place, Ridgewood NJ 07450  
Father Daniel, rector@christchurchridgewood.org  
Ms. Mary Fezza, staff@christchurchridgewood.org  
www.christchurchridgewood.org/

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**Unitarian Society of Ridgewood**  
113 Cottage Place, Ridgewood NJ 07450  
Intern Minister, Carlos Martinez  
Chandrika Chowdhry, usr.secretary@verizon.net  
www.uuridgewood.org/

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**WestSide Presbyterian Church** - Ridgewood  
6 South Monroe Street, Ridgewood NJ 07450  
Rev. Marc A. Oehler, moehler@westside.org  
Deirdre DiMauro, DDimauro@westside.org  
www.westside.org/

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**First Congregational Church of River Edge**  
109 Continental Ave, River Edge NJ 07661  
Rev. Dennis TeBeest,  
Theresa Wallace, office@fccriveredge.org  
www.fccriveredge.org/

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**Rutherford Congregational Church**  
251 Union Ave, Rutherford NJ 07070  
Rev Ronald (“Ron”) E. Verblaauw  
Teresa (Terry) Bronico  
www.rccucc.com/
Rutherford UMC  
56 West Passaic Avenue, Rutheford NJ 07070  
Pastor BJ Kim, bjkurz@gmail.com  
www.rutherfordumc.org/  

St Mark's Church - Teaneck  
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  
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  
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  
56 Ridgewood Rd # 1, Township of Washington NJ 07676  
Rabbi Ruth Zlotnick, info@templebethornj.org  
www.templebethornj.org/  

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TRANSPORTATION

NJ FIND A RIDE
WWW.NJFINDARIDE.ORG
Information service that finds agencies that provide transport

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.

American Cancer Society
800-277-2345 ext. 5
20 Mercer Street, Hackensack, NJ 07601
Transportation for Cancer Patients only
Road to Recovery Program. Free Service.
Website: www.cancer.org

Bergen County Community Transportation
201-368-5955
178 Essex St., Lodi, NJ 07644
Provides a safe, trouble-free, scheduled transportation system for the elderly and frail residents of Bergen County (door to door service).

Discount/Reduced Fare for NJ Transit Bus & Rail
973-491-7112
201-336-7400
Seniors or people who have been determined disabled are eligible to pay no more than one-half the regular one-way fare on all interstate bus, rail routes, and most interstate bus and rail routes into adjacent states (NY and PA). Applications are available through the Division of Senior Services. www.reducefare@njtransit.com

EZ-Ride Ryde4Life Program
201 -939-4242
866-208-1307 ext. 4
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

GoGo Grandparents
855-464-6872
855-gogo-usa
On demand 24/7 car service.
Operators arrange transportation for older adults through Uber and Lyft. No smartphone is necessary. Gogograndparent.com
ITN North Jersey
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.

Veterans Affairs Benefits Administration (Regional Office)
20 Washington Place, Newark, NJ 07102
Federal benefits for veterans and dependents. Call to inquire about services/benefits.

United States Department of Veterans Affairs (Lyons)
151 Knollcroft Road, Lyons, NJ 07903

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.

VA Healthcare Enrollment (New Jersey)

Veterans Affairs Practice Hackensack Clinic
385 Prospect Avenue, Hackensack, NJ 07601

Veterans Memorial Home Paramus
1 Veterans Drive, Paramus, NJ 07652

Community Transportation for Veterans
178 Essex Street, Hackensack, NJ 0760
Transportation services to VA hospitals and Veteran health care sites.

Veteran Employment Federal Positions
www.usajobs.gov
www.fedshirevets.gov
www.vaforvets.va.gov

Veterans Employment Initiative:
Community Hope 855-483-8466
959 Route 46 East, Suite 402, Parsipany, NJ 07054 973-463-9600
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

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 201-785-5757
285 Campgaw Road, Mahwah, NJ 07430 201-336-7705

American Red Cross (will respond to natural disasters) 973-797-3300

Adult Protective Services 201-368-4300
Bergen County Board of Social Services 800-624-0275 (after hours)
For vulnerable adults who are being subjected to abuse, neglect or exploitation, and who cannot protect or care for themselves.

United Way Bergen County Compassion Fund 211 or 201-294-4050
6 Forest Avenue, Paramus, NJ 07652 877-652-1148
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

Housing, Health & Human Services Center 201-336-6475
120 South River Street, Hackensack NJ 07601
Temporary Shelter, meals, and links to community services.

Family Promise of Bergen County 201-833-8009
100 Dayton Street Ridgewood, NJ
This program helps working families who are facing homelessness. Monday-Friday 9:00am-5:00pm

Alternatives to Domestic Violence ADV 201-336-7575
One Bergen County Plaza, Hackensack, NJ 07601
ADV offers services including crisis intervention; counseling; legal assistance; individual, group and family counseling; etc.
Calls remain confidential.

Center for Hope and Safety 201-498-9247
201-944-9600 HOTLINE
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.hopeandsafetynj.org
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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) 201-569-1804
192A West Demarest Avenue, Englewood, NJ 07631
Fax: 201-569-5619
Mon., Wed., Thur., Fri., 9:00am–5:00pm. Tues. 900am to 6:30pm

Fairview Office 201-945-5831
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

Hackensack Office 201-883-9375
New Hope Baptist Church
3316 First Street (rear), Hackensack, NJ 07601
Mon.-Thur. 9:30am-3:30pm, Fri., 9:30am -2:30pm
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Towns Served for Food: Bogota, Hackensack, Hasbrouck Heights, Little Ferry, Moonachie. Oradell, River Edge, South Hackensack, Teterboro.

**Mahwah Office:**
90 Ridge Road, Mahwah, NJ 07430
Mon., 10:00am-6:30pm, Tues. – Fri.10:00am– 2:00pm.

**Saddle Brook Office:**
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

**Bergen County Food Pantries**

**Bergenfield**
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**
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**
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
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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

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

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

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

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

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

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
Little Ferry
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
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
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
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
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
224 Old Tappan Road, Old Tappan
Information Needed to Qualify: Proof of Residence
For Old Tappan residents
Hours of Operation: By appointment

Paramus
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
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  
Korean food pantry, 1061 Slocum Avenue Bldg. A, Ridgefield  
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  
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  
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  
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  
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  
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  
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

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Teaneck
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
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
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

Bergen Community College 201-447-7488
400 Paramus Road, Paramus, NJ 07652
Continuing education program
www.bergen.cc.nj.us

Senior Net Program at JCC on the Palisades 201-569-7900
411 East Clinton Ave., Tenafly, NJ 07670
Computer classes in Microsoft Word, Graphics, Quicken,
Internet, etc.

Farleigh Dickinson University 201-692-6500
Teaneck, NJ 07666
Continuing education programs
www.fdu.edu

Project Literacy of Greater Bergen county 201- 489-7066
355 Main Street, Hackensack, NJ 07601
Free tutoring services by trained volunteers to adults in need of basic
literacy education (reading and writing), HSE (GED) preparation,
math and ESL.
www.project-literacy.org

The Southeast Senior Center for Independent Living (SESCIL) 201-569-4080
228 Grand Avenue, Englewood, NJ 07631
www.Sescil.org

Korean-American Senior Citizen Association 201-945-2400
1061 Slocum Avenue, Ridgefield, NJ
ESL program will service the Korean Population 60 +
English instruction for communication in Health and Citizenship

Institute of New Dimensions 973-291-8220
PO Box 17, Butler NJ -07405
The institute offers a variety of courses in literature, computers,
sociology, history, economic, music, and more.
www.indbergen.org

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English as Second Language and Basic Language Courses

**Project Literacy of Greater Bergen County**
355 Main Street, Hackensack, NJ 07601
www.project-literacy.org

**Literacy Volunteers of America**
973-470-0039
Passaic County Literacy Program
195 Gregory Avenue, Passaic, NJ 07055
Recruits and trains volunteer tutors for the Basic Literacy (BL) and English as a Second Language (ESL) programs.

**Bergen County Technical School**
201-343-6000
Education Building
200 Hackensack Avenue, Hackensack, NJ 07601
http://bcts.bergen.org

**Bergen Community College**
201-489-1551
Ciarco Learning Center
355 Main Street, Hackensack, NJ 07601
www.bergen.edu/ciarccenter

**Greater Bergen Community Action**
201-366-1020
Cliffside Park and vicinity
263 Lafayette Ave, Cliffside Park
Garfield and vicinity
973-685-0005 ext. 7060
535 Midland Ave, Garfield
www.bergencap.org

**Hispanic Institute**
201-368-1414
17 Arcadian Avenue, Paramus, NJ 07652
www.hird.org

**Korean American Senior Citizen Association of New Jersey**
201-945-2400
1061 Slocum Avenue, #A, Ridgefield, NJ 07657
201-945-2401

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

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

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Englewood Public Library
31 Engle Street, Englewood, NJ 07631
http://www.englewoodlibrary.org/?page_id=173
Free of charge

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

Johnson Public Library
274 Main Street, Hackensack, NJ 07601
http://johnsonlib.org/adults/classes/esl/
Free of charge

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

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
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.bgcflodi.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*
293 Murray Hill Terrace, 07621
201-387-7212

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

Closter
4 Lewis Street, 07624
201-784-0971

Cresskill
38 Spring St, 07626
201-503-9831

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

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

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

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

Elmwood Park*
500 Boulevard and Market Street, 07407
201-796-3342
This directory was prepared from information provided by listed agencies. A listing in this guide does not constitute an endorsement of an agency or service by The Bergen County Division of Senior Service.
<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Lyndhurst</td>
<td>201-896-1629</td>
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<tr>
<td></td>
<td>281 Stuyvesant Avenue, 07071</td>
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<tr>
<td>Mahwah</td>
<td>201-529-5757</td>
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<tr>
<td></td>
<td>475 Corporate Drive, P.O. Box 733 07430</td>
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<tr>
<td>Ext. 213</td>
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<tr>
<td>Maywood Senior Center</td>
<td>201-368-1522</td>
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<td></td>
<td>145 West Magnolia Avenue, 07607</td>
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<tr>
<td>Midland Park*</td>
<td>201-445-5690</td>
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<td></td>
<td>Northwest Bergen Regional Senior Center</td>
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<td></td>
<td>46-50 Center Street, 07432</td>
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<tr>
<td>New Milford*</td>
<td>201-599-7565</td>
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<td>275 River Road, 07646</td>
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<tr>
<td>North Arlington*</td>
<td>201-998-5636</td>
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<td></td>
<td>St. Paul Episcopal Church</td>
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<td></td>
<td>11 York Road 07031</td>
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<tr>
<td>Northvale*</td>
<td>201-767-6299</td>
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<td></td>
<td>James F. McGuire Center</td>
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<td>116 Paris Avenue, 07647</td>
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<td>Oakland</td>
<td>201-405-7731</td>
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<td>20 Lawlor Drive, 07436</td>
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<td>Palisades Park*</td>
<td>201-944-5616</td>
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<td>300 Highland Avenue, 07650</td>
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<td>Paramus</td>
<td>201-265-2100</td>
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<td>93 North Farview Avenue, 07652</td>
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<td>Ramsey</td>
<td>201-825-1975</td>
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<td>205 Church Street, 07446</td>
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<tr>
<td>Ridgefield Park*</td>
<td>201-641-1220</td>
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<td></td>
<td>159 Park Street, 07660</td>
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<tr>
<td>Ridgewood</td>
<td>201-670-5500</td>
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<td></td>
<td>131 North Maple Avenue, 07450</td>
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<tr>
<td>Rutherford*</td>
<td>201-460-1600</td>
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<td>55 Kip Senior Center</td>
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<td>55 Kip Avenue, 07070</td>
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<tr>
<td>Saddle Brook</td>
<td>201-845-4594</td>
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<tr>
<td></td>
<td>8 Caldwell Avenue, 07663</td>
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</tbody>
</table>

This directory was prepared from information provided by listed agencies. A listing in this guide does not constitute an endorsement of an agency or service by The Bergen County Division of Senior Service.
Teaneck*
250 Colonial Court, 07666 201-837-0171

Teaneck AWCA *
Asian Women’s Christian Association
9 Genesee Avenue 07666 201-862-1665

Tenafly
20 South Summit Street, 07670 201-569-2159

Tenafly*
Kaplen JCC on the Palisades
411 East Clinton Avenue, 07670 201-569-7900 ext. 1450

Tenafly
Friends of Grace Seniors, Korean Comm. Center
100 Grove Street, Tenafly 07670 201-541-1200
Website:www.fgskcc.org

Wallington*
24 Union Boulevard, 07055 973-777-5815

Washington Township*(Kosher)
Temple Beth Or
56 Ridgewood Road
Tue-Wed-Thurs only 201-664-7422

Westwood*
T.J. Riley Multipurpose Senior Center
100 Madison Avenue, 07675 201-666-0840
HEALTH & WELLNESS PROGRAMS

Mental Health

**Bergen County Mental Health Board**  
One Bergen County Plaza, 4th Floor, Hackensack, NJ 07601  
Information, referrals to treatment agencies, and advocacy for all  
Bergen County residents with mental illness or family members  
seeking assistance for their loved ones.

**Care Plus, NJ (Serves northern New Jersey)**  
CarePlus offers a wide-array of programs and services to provide a  
holistic, comprehensive approach to aid in recovery from mental  
ilness and substance abuse.

**Care Plus Psychiatric Screening Center for Bergen (Hot Line)**  
www.careplusnj.org

**Care Plus Center for primary & Behavioral Health Service**  
Partial Care-Geriatric, Supportive Housing, Outpatient Services,  
residential Services, Supported Employment Services.

**Care Plus intensive Outpatient treatment crossroad to wellness**  
610 Valley Health Plaza, Paramus, NJ 07652

**Care Plus Integrated Case Management Service**  
& Jail Diversion Program  
Care Plus involuntary outpatient commitment  
611 Route 46 West, Suite 300, Hasbrouck Heights, NJ 07604

**CBHCare Wellness & Support Center (Walk Ins)**  
569 Broadway, Westwood, NJ 07675  
Mon.-Fri. 8:00 am-8:00 pm.  
Saturday & Sunday 9:00 am -5:00 pm  
Telephone 24 Hours 7 days a week

**Comprehensive Behavioral Health Care Inc.**  
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.

**Lyndhurst Services**  
516 Valley Brook Avenue Lyndhurst NJ 07071  
Outpatient Services, partial care-geriatric services
Christian Health Care Center
301 Sicomac Avenue, Wyckoff, NJ 07481
www.christianhealthcare.org

Christian Health Care Counseling Center 201-848-5800
Provides individual, family, and group counseling for children to seniors in a supportive environment.

Ramapo Ridge Partial Hospitalization Program 201-848-5500
A voluntary program that provides short-term, outpatient treatment to adults experiencing severe symptoms.

Ramapo Ridge Psychiatric Hospital 201-848-5500
A fully accredited inpatient psychiatric hospital for adult and geriatric patients.

Vantage Health System 201-385-4400
Dumont Center
2 Park Avenue, Dumont, NJ 07628
Outpatient Services, partial care-geriatric services, Dually-Diagnosed Day treatment Center. (Developmental disabilities and psychiatric illness).

Englewood Center 201-567-0059
93 W. Palisade Avenue, Englewood, NJ 07631
Outpatient Services, partial care for seriously mentally ill adults, residential services and supportive housing.

West Bergen Mental Healthcare – Access Center 201-485-7172
120 Chestnut Street, Ridgewood, NJ 07450
www.westbergen.org
West Bergen is a full-range community mental health center that offers a wide variety of services and programs tailored to the special needs of children, families, adults and seniors.

West Bergen Partial Care Program 201-444-3550 ext 7116
The Partial Care program serves individuals with mental health challenges who are seeking moderate to intensive psychiatric services through a structured day program.

National Alliance on Mental Illness (NAMI) 800-950-6264
www.Nami.org
Provides information and support for adults with mental illness and their families; conducts monthly educational seminars or support groups. Visit their website for specific information.
Psychiatric Emergency Screening Program (PESP) 201-262-HELP (4357)
Bergen Regional Medical Center

NJSHGCH – New Jersey Self Help Group Clearing House 800-367-6274
673 Morris Ave. Suite 100, Springfield NJ 07081
Maintains a database of over 4,000 self-help support groups in New Jersey, and over 800 Organization. Provides information and referral services as well as training to form self-help groups.
www.njgroups.org

Medical Care for the Uninsured

Bergen Volunteer Medical Initiative – BVMI 201-342-2478
75 Essex Street Suite 100, Hackensack, NJ 07601
Provides free primary medical care and, where possible, referrals to free specialty care for working, low-income Bergen county residents who have no health insurance.
www.bvmi.org

North Hudson Community Action Corporation (NHCAC) 201-210-0100
535 Midland Park ave, Garfield NJ 07026 973- 340-1182
25 East Salem street, Hackensack NJ 07601 201- 464-7844
197 South van Brunt street, Englewood, NJ 07631 201- 537-4442
Supports residents living in Hudson, Bergen, and Passaic Counties to receive high-quality primary health care services for OB/GYN, Pediatrics, Internal Medicine, and Dental. These programs are offered to underserved community members at little or no cost.
http://nhcac.org/
Dental Services

Bergen Community College  201-447-6532
Dental Hygiene Clinic
400 Paramus Road, Paramus, NJ 07652

New Jersey Dental Association  800-831-6532
One Dental Plaza, North Brunswick, NJ 08902
Eligible persons receive a minimum courtesy reduction of 15% on all
dental services from participating dentists only. Must be on the PAAD
program and must not be receiving dental insurance or Medicaid.

Rutgers School of Dental Medicine (RSDM)  973-972-4242
110 Bergen Street, Newark, NJ 07103
50 12th 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

Visiting Dental Associates  201-670-0097
No dental insurance accepted – self-pay

The Southeast Senior Center for Independent Living (SESCIL)  201-569-4080
228 Grand Avenue, Englewood, NJ 07631
The dental services are provided by licensed dentist and hygienist. at a
rate approximately 50% lower than most dentists, clients are offered
X-rays, teeth cleanings, extractions and more.
www.SESCIL.org

Center for Dentistry at Hackensack University Medical Center  551-996-2111
St. John Building, 30 Prospect Avenue, Hackensack, NJ 07601
551-996-3519
Hillcrest Building, 60 Second Street, Hackensack, NJ 07601
www.hackensackumc.org/dental
## Services and Programs for People with Vision Loss

### Adjustment to Vision Loss Project
**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
**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](http://www.eyecareamerica.org)

### New Eyes for the Needy, Inc.
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](http://www.neweyesfortheneedy.org)

### NJ State Library Talking Book & Braille Center (TBBC)
2300 Stuyvesant Avenue, P. O. Box 501, Trenton, NJ 08618  
The Talking Book & Braille Center (TBBC) is a library that serves NJ residents of all ages who cannot read standard print or who cannot hold a book or turn the pages of a book due to a physical impairment, a reading disability, or a vision impairment. TBBC provides long-term loans of digital audiobook players and audiobooks and has audio news-reading services. All services are delivered to the home without cost.  
[http://www.njstatelib.org](http://www.njstatelib.org)
NJ Commission for the Blind & Visually Impaired 973-648-3333
153 Halsey street 6th floor, Newark NJ 07101
Education, vocational rehabilitation, social work, health screenings; teaches rehabilitation & independent living skills; referral assistance

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

Services and Programs for People with Hearing Loss

Center for Hearing and Communication 917-305-7700 (Voice) 917-305-7999 (TTY)
50 Broadway, 6th Floor, New York, NY 10004
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

Hackensack University Medical Center Audiology Department 551-996-5327
30 Prospect Street, Hackensack, NJ 07601

Hearing Loss Association of New Jersey (HLA-NJ) 201-995-9594 (Voice)
Bergen County Chapter
Provides information about hearing aids, assistive technology, arts access, legal rights, and other topics. Inductive loop assistive listening system and CART (real-time captioning) available at meetings.
www.hearingloss-nj.org

Division of the Deaf & Hard of Hearing 800-792-8339 (Voice and TTY) 609-588-2648
PO BOX 074 Trenton, NJ 08625
Information and referral, interpreter and CART (real-time captioning) referral service, advocacy, workshops, assistive listening devices demonstration center.
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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
201-336-7400
A prescription discount program for the elderly and people with disabilities. Eligible persons pay $7 for name-brand prescriptions and $5 for generic prescriptions.
Eligible persons: New Jersey residents at least 65 years of age or receiving Social Security Disability. Income limits change annually.

**Senior Gold Prescription Discount Program**
800-792-9745
201-336-7400
Senior Gold is a prescription discount program for elderly and disabled New Jersey residents who do not qualify for PAAD. Senior Gold cardholders can have income up to $10,000 above the PAAD limits, and pay $15 plus 50% of the remaining cost for each covered prescription.

**Extra Help with Medicare Prescription Drug Plan Costs**
800-772-1213
Federal program that helps pay for either full or partial costs of Medicare prescription drug coverage. Income and assets are reviewed.
Apply at Social Security agency or online www.socialsecurity.gov

**State Health Insurance Program (SHIP)**
201-336-7413
Provides Medicare beneficiaries with assistance and information about health insurance policies, claim forms, prescription coverage, and evaluates health insurance options.

**Partnership for Prescription Assistance (PPA)**
The Partnership for Prescription Assistance may help patients who are uninsured or underinsured access the medicines they need through the program that is right for them.
https://www.pparx.org
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

**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](http://www.njshares.org)
Or
Call Verizon at 800-837-4966 or visit [www.verizon.com/lifeline](http://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) 1-800-MEDICARE 1-800-633-4227
www.medicare.gov

MEDICARE PART A 800-633-4227
Hospital insurance. Covers inpatient hospital care

MEDICARE PART B 800-633-4227
Covers physician and some out-patient services.

MEDICARE PART C 800-633-4227
Medicare advantage plans. HMOs, PPOs, and other health plan options provided through one network. Plan benefits may include vision, hearing and dental screening and/or discounts, Rx drug coverage and/or health club membership.

MEDICARE PART D 800-633-4227
Prescription coverage. Optional prescription drug plans which add drug coverage to original Medicare.

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

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

201-368-4200

www.bcbss.com

**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 Counseling

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.

Reverse Mortgage

Reverse Mortgage Counseling 201-336-7569

Home Equity Conversion Mortgages (HECM) 201-336-7400
AFFORDABLE HOUSING

Rental Assistance and Tenant Services

**NJ State Rental Assistance Program**  201-996-8990
100 First Street, Room 207, Hackensack, NJ 07601
Assistance with rent for eligible older adults.

**Advance Housing Inc.**  201-288-0545
100 Hollister Road, Teterboro, NJ 07608
Help meet housing needs of people with mental illness through direct services, education, information, and referrals.

**Section 8 Housing Voucher Program**  201-336-7600
Housing Authority of Bergen County
One Bergen County Plaza, 2nd 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.

**Social Service Association/Ridgewood Area**  201-444-2980
6 Station Plaza, Ridgewood, NJ 07450
Serves Ridgewood, Glen Rock, Ho-Ho-Kus, Midland Park, Waldwick and Wyckoff.
Services for low-income persons in need of rental assistance, food pantry, fuel, non-prescription medication and household counseling.

**Greater Bergen Community Action**

**Bergen County Housing Coalition**  201-488-6767  201-488-5100 ext 3
316 State Street, Hackensack, NJ 07601
(Tenant Outreach Program)
Provides outreach, legal guidance, information and referral, workshops, speakers.

**Homeless Prevention Program**  201-488-5100
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.

**Northeast NJ Legal Services/Senior Law Project**  201-487-2166
190 Moore Street, Suite 100, Hackensack, NJ 07601
Provides free legal service program for senior citizens 60 years of age and older targeting low income clients. Provides information about legal rights and entitlements, legal counseling, and education. Makes referrals to lawyers.
Monday – Friday 8:30 am-5 pm.
Urban League of Bergen County  
12 Tenafly Road, Englewood, NJ 07631  
Housing counseling, referrals, rental assistance and Tenant/landlord disputes.

Fair Housing Council  
131 Main Street, Hackensack, NJ 07601  
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  
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  
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  
Volunteer Center of Bergen County  
64 Passaic Street, Hackensack, NJ 07601  
Minor household repairs without charge (except for materials).

Rebuilding Together North Jersey  
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.
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**Safely@Home – Home Improvements/Repairs**

10 Link Drive, Rockleigh, NJ 07547 - 201-518-1175

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**

One Bergen County, 2nd Floor, Hackensack, NJ 07601 - 201-336-7600

**Housing Authorities Municipal**

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

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

Englewood, Greater Englewood Housing - 201-871-0178
1 Rock Creek Terrace

Englewood, Garrett Apartment - 201-569-8963
130 Grand Avenue

Fairview, Eastview Towers - 201-567-0070
370 Fairview Avenue

Fort Lee, Malcolm Towers - 201-944-5270
475 Main Street

Fort Lee, Mediterranean House - 201-944-5015
505 North Avenue

Hasbrouck Heights, Hasbrouck Heights Senior Housing - 201-592-8118
245 Hamilton Ave.

Hillsdale, Hillsdale House - 201-666-5290
32 Piermont Avenue

Leonia, Leonia Retirement Housing Corps - 201-947-9779
270 Glenwood Avenue

Maywood, Lydecker Manor - 201-368-0926
150 East Passaic Street
Paramus, Paramus Senior Housing 201-845-8090
200 Garden State Blvd.

Ramsey, The Woodlands at Ramsey 201-818-0230
141 Prince Street

Ridgefield Park, Ryan Lombardi Apartments 201-440-9621
278 Main Street

Rutherford, Rutherford Senior Manor 201-438-7327
67 Kipp Avenue

Ridgewood, Ridgecrest Senior Housing 201-444-0722
7-11 Ridge Road

Teaneck, Teaneck Senior Housing 201-833-1033
5 Dogwood Lane

Tenafly, Tenafly House 201-569-7933
357 Tenafly Road

Westwood, Westwood House 201-666-1778
100 Madison Avenue

Other Housing Arrangements

Adult Retirement Communities

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

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

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

Licensed Boarding homes/Shared Living Arrangements

Carner House 201-342-8940
280 Larch Avenue, Bogota, NJ 07603

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

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

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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
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.
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)
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
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.
www.mealsnorthjersey.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  732-571-1000 or 888-771-3338
615 Hope Rd, Building 5 A Eatontown, NJ 07724
Provides medical care to patients who have difficulty getting out of their homes.
In-Home Emergency Response Systems

**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.  
908-508-1200  
fax: 973-880-9136  
(e-mail: info@cahcnj.org)
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, NJ 07607  
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**  
(NO FEC)  
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.
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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

Caregivers Handling Crisis

Adult Protective Service
201-368-4300
Investigates reports of suspected abuse, neglect, and exploitation of vulnerable adults living in the community.

Psychiatric Emergency Screening Program (PESP)
201-262-4357
Care Plus NJ, Inc.
610 Valley Health Plaza, Paramus, 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.

Care 2 Caregivers
800-424-2494
Peer Support Helpline for Dementia Caregivers
Provides peer support, guidance on coping with loved when with dementia. Also provides counseling as well as education
Call or email: care@care2caregvers.com

Grandparents as Caregivers

HOTLINE: Kinship Navigator
201-398-9110
201-797-2660
609-888-7400
Kinship Caregivers – P.O. Box 717, Trenton, NJ 08625
Information, referral and advocacy services for family caregivers.
Request a copy of the brochure which lists services for grandparents raising grandchildren. Also, inquire about available services and benefits.

Grandparents raising grandchildren support group
201-796 6209 xt. 102
Bergen Family Center/Family Success Center
44 Armory street, 2nd floor, Englewood, NJ 07631
ls@fsobergen.org
www.fsobergen.org
**Family Support Organization of Bergen County**
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**
1 Bergen County Plaza 2nd Floor
Hackensack, NJ 07601
Juvenile/Family Crisis Unit Hotline
All youth under 18 years old

**FSO Bergen.org**
201-796-6209

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**Respite Care Services**

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

**Statewide Respite Care Program**
Bergen County Division on Disability Services
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**
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**
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.*)
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Alzheimer’s New Jersey 888-280-6055
The Respite Care and Wellness Program 973-586-4300
400 Morris Avenue, Suite 251, Denville, NJ 07834
www.alznj.org

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

Care Management

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

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

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

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

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

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

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

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

**Aging Care Association Care Management**
1 Pike Drive Wayne, NJ 07470
inf@jsfnorthjersey.org
973-595-0111

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

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

**Bergen Family Center**
44 Armory Street, Englewood, NJ 07631
Social Day Care for the frail

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

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

**Comprehensive Behavioral Healthcare Inc.**
516 Valley Brook Avenue, Lyndhurst, NJ 07071
Medical Adult Day Care
Alzheimer & Dementia

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

**Comprehensive Behavioral Healthcare Inc.**
516 Valley Brook Avenue, Lyndhurst, NJ 07071
Psychiatric (Partial) Adult Day Care

**Day Away Holy Name Medical Center**
725 Teaneck Road, Teaneck, NJ 07666
Medical Adult Day Care

**Gallen Day Center - Adult Day Care Programs**
Jewish Home at Rockleigh
10 Link Drive, Rockleigh, NJ 07674
Medical Day Care
Good Shepard Adult Day Care  201- 933-0711
725 Valley Brook Avenue, Lyndhurst, NJ 07071
Medical Day Care

Kaplen JCC on the Palisade ARC program  201-569-7900
411 E. Clinton Avenue, Tenafly, NJ 07670
Social Adult Day Care

Long Life Adult Day Care  201-943-7111
596 Anderson Avenue, Cliffside Park, NJ 07010
Medical Adult Day Care

My Home Adult Day Care Center Inc.  201-291-8811
217 Hergesell Avenue, Maywood, NJ 07607
Medical Adult Day Care

New Life Medical Day Care Center  201-265-0606
340 Evelyn Street, Paramus, NJ 07652

Peaceful Adult Day Care  201-870-6265
101 Industrial Road Suite C, Little Ferry NJ 07643
Medical (speak Korean)

Patriot Elder Care  201-880-7755
15 North Fifth Street Unit 101, Saddle Brook, NJ 07663
Social Adult Day Care

Regency Memory Daycare  201-525-2200
91 Route 4 East, River Edge, NJ 07661
Memory social day club for those with memory impairment

Senior Connection Adult Day Care  201-857-3558
164 Franklin Turnpike, Waldwick, NJ 07463
Social Adult Day Care

Sunshine Adult Day Care  201-387-8500
16 N. Washington Avenue, Bergenfield, NJ 07621
Medical Adult Day Care

Northern Valley Adult Day Healthcare Center  201-385-4400 ext. 3084
2 Park Avenue, Dumont, NJ 07628
Medical Adult Day Care
Hospice Service/End of life

Home Care & Hospice Association of NJ
485D route 1 South, suite 210, Iselin, NJ 08830
www.homecarenj.org
info@homecarenj.org
732-877-1100

Compassionate Care Hospice
www.cchnet.net
973-537-5606

Care Alternative Hospice
65 Jackson Dr., Cranford, NJ07016
www.ascendhealth.com
908-931-9080

Holy Name Medical Center Home Care – Hospice Unit
718 Teaneck Rd, Teaneck, NJ 07666
201-833-3188

Hospice Care Of Hackensack
21 Main Street, Suite 253, Hackensack, NJ 07601
201-342-7766

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

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

Villa Marie Claire
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](http://www.nj.gov/health/njhealth/ltc_guide)
For information on long-term health care facilities in New Jersey go to [www.medicare.gov](http://www.medicare.gov) and [www.state.nj.us/health](http://www.state.nj.us/health)

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**Quality of Care Issues / Ombudsman**

**NJ Department Of Health & Senior Services**

**OFFICE OF ONBUDSMAN**

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.

**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](http://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.

**Arbor Terrace of Teaneck**
600 Frank W. Burr Blvd., Teaneck, NJ 07666

**Atrium Senior Living**
124 Noyes Drive, Park Ridge, NJ 07656

**Brandywine Senior Living**
814 Wyckoff Avenue, Mahwah, NJ 07430

**Brighten Gardens of Saddle River**
5 Brookline Road, Saddle River 07458

**Brightview**
55 Hudson Avenue, Tenafly, NJ 07670

**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

**Bristol at Woodcliff Lake**
364 Chestnut Ridge Road, Woodcliff Lake, NJ 07677

**Brookdale Senior Living Paramus**
186 Paramus Road, Paramus, NJ 07652

**Brookdale Senior Living Emerson**
590 Old Hook Road, Emerson, NJ 07630

**Chestnut Hill Residence**
338 Chestnut Street, Passaic, NJ 07055

**Christian Health Care Center**
301 Sicomac Avenue, Wyckoff, NJ 07481

**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

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Evergreen Court Retirement Residence 845-356-7700
65 Lafayette Street, Spring Valley, NY 10977
Affordable Assisted Living; SSI Accepted.

Five Star Premium Residences of Teaneck 201-836-3634
655 Pomander Walk Street A, Teaneck, NJ 07666

Jewish Home Assisted Living, Kaplen Family Senior Residence 201-666-2370
685 Westwood Ave., River Vale, NJ 07675
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

The Longview (Christian Healthcare Center) 201-848-4303
301 Sicomac Avenue, Wyckoff, NJ 07481

Mill Gardens at Midland Park 201-493-7400
36 Faner Road, Midland Park, NJ 07432

Sunrise Assisted Living 201-871-0300
3 Tenakill Park E., Cresskill, NJ 07626

Sunrise Assisted Living 201-941-6111
351 River Road, Edgewater, NJ 07020

Sunrise Assisted Living 201-750-1110
195 Old Tappan Road, Old Tappan, NJ 07675

Sunrise Assisted Living 201-493-9889
567 Paramus Road, Paramus, NJ 07652

Sunrise Assisted Living 201-818-8680
5 Boroline Road, Saddle River, NJ 07458

Sunrise Assisted Living 201-782-1888
430 Chestnut Ridge Road, Woodcliff Lake, NJ 07677
Residential Care Homes for People with Alzheimer’s/Dementia

**Memory Care Living at Cresskill**
248 Madison Avenue, Cresskill, NJ 07626 201-368-7070

**Memory Care Living at Hillsdale**
45 Pascack Road, Hillsdale, NJ 07642 201-368-7070

**Memory Care Living at Mahwah**
699 Wyckoff Avenue, Mahwah, NJ 07430 201-368-7070

**Memory Care Living at Paramus**
143 North Farview Avenue, Paramus, NJ 07652 201-368-7070

**Memory Care Living at Park Ridge**
103 Kinderkamack Road, Park Ridge, NJ 07656 201-368-7070

**Memory Care Living at Ramsey**
38 North Central, Ramsey, NJ 07446 201-368-7070

**Memory Care Living at Woodcliff Lake**
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**
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**
100 McClellan Street, Norwood, NJ 07648

**Five Star Premium Residences of Teaneck**
655 Pomander Walk, Teaneck, NJ 07666

**Hillcrest Residence (Christian Health Care Center)**
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**
70 Main Street Emerson, NJ 07630
Residential Health Care Facility/Multi-Level Facility – Medicare/Medicaid certified
*Connected with a nursing home

**Waterfront Rest Home**
210 Broadway, Woodcliff Lake, NJ 07675

201-825-0660
201-768-6222
201-836-3634
201-848-5856
201-261-6662
201-391-2442
# Nursing Homes

**The Actor's Fund Home** 201-871-8882
155 West Hudson Avenue, Englewood, NJ 07631
For retired theatrical persons
Medicare/Medicaid/Private Pay

**Alaris Health Care Center** 201-845-0099
96 Parkway, Rochelle Park, NJ 07662
Medicare/Medicaid/Private

**Allendale Nursing Home** 201-825-0660
85 Harreton Road, Allendale, NJ 07401
Medicare/Medicaid/Private Pay

**Armenian Nursing & Rehabilitation Center** 201-261-6662
70 Main Street, Emerson, NJ 07630
Medicare/Medicaid/Private

**Bergen County Health Care Center** 201-750-8310
35 suite B Piermont Road, Rockleigh, NJ 07647
Medicare/Medicaid/Private

**Bergen Regional Medical Center** 201-967-4170
230 E. Ridgewood Avenue, Paramus, NJ 07652
Medicare/Medicaid/Private

**Buckingham At Norwood** 201-768-6222
100 McClellan Street, Norwood, NJ 07648
Buckingham has a dedicated unit for Korean patients
Medicare/Medicaid/Private Pay

**Care One At Cresskill** 201-567-9310
221 County Road, Cresskill, NJ 07626
Medicare/Private Pay

**Care One At Ridgewood Avenue** 201-652-1950
90 West Ridgewood Avenue, Paramus, NJ 07652
Medicare/Private Pay

**Care One At Teaneck** 201-862-3300
544 Teaneck Rd., Teaneck, NJ 07666
Medicare/Private Pay

**Care One At Valley** 201-664-8888
300 Old Hook Road, Westwood, NJ 07675
Medicare/Medicaid/Private
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<tr>
<th><strong>Care One At Wellington</strong></th>
<th>201-487-4900</th>
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<td>301 Union Street, Hackensack, NJ 07601</td>
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<th><strong>County Manor Health Care &amp; Rehabilitation</strong></th>
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<td>133 County Road, Tenafly, NJ 07670</td>
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<tr>
<th><strong>Daughters Of Israel Geriatric Center</strong></th>
<th>973-731-5100</th>
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<td>1155 Pleasant Valley Way, West Orange, NJ 07052</td>
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<tr>
<th><strong>Daughters Of Miriam Center</strong></th>
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<tr>
<th><strong>Dellridge Health &amp; Rehabilitation Center</strong></th>
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<td>532 North Farview Avenue, Paramus, NJ 07652</td>
<td>Medicare/Medicaid/Private</td>
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<tr>
<th><strong>Emerson Health Care Center</strong></th>
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<td>100 Kinderkamack Road, Emerson, NJ 07630</td>
<td>Medicare/Medicaid/Private</td>
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<table>
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<tr>
<th><strong>Inglemoor Center</strong></th>
<th>201-568-0900</th>
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<tr>
<td>333 Grand Avenue, Englewood, NJ 07631</td>
<td>Medicare/ Medicaid/Private Pay</td>
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<tr>
<th><strong>Jewish Home at Rockleigh</strong></th>
<th>201-784-1414</th>
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<tbody>
<tr>
<td>Rehabilitation Center 10 Link Drive, Rockleigh, NJ 07647</td>
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<th><strong>Lincoln Park Care Center</strong></th>
<th>973-696-3300</th>
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<tbody>
<tr>
<td>499-521 Pine Brook Road, Lincoln Park, NJ 07035</td>
<td>Located in Morris County) (Medicare/Medicare Private *Intermediate Care Center also.</td>
</tr>
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<table>
<thead>
<tr>
<th><strong>Maple Glen Center Nursing &amp; Rehabilitation</strong></th>
<th>201-797-9522</th>
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<tbody>
<tr>
<td>12-15 Saddle River Road, Fair Lawn, NJ 07410</td>
<td>Medicare/Medicaid/Private Pay</td>
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</tbody>
</table>

<table>
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<tr>
<th><strong>Maywood Center For Health &amp; Rehabilitation</strong></th>
<th>201-843-8411</th>
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</thead>
<tbody>
<tr>
<td>100 West Magnolia Ave., Maywood, NJ 07607</td>
<td>Medicare, Medicaid, Private Pay</td>
</tr>
</tbody>
</table>
Oakland Rehabilitation & Health Care Center  
20 Breakneck Road, Oakland, NJ 07436  
Medicare/Medicaid/Private  

Oradell Health Care Center  
600 Kinderkamack Road, Oradell, NJ 07649  
Medicare/Medicaid/Private  

Prospect Heights Care Center  
336 Prospect Ave., Hackensack, NJ 07601  
Medicare/Medicaid/Private Pay  

Regent Care Center  
50 Polifly Road, Hackensack, NJ 07601  
Medicare/Medicaid/Private  

Ridgewood Center  
330 Franklin Turnpike, Ridgewood, NJ 07450  
Medicare/Medicaid/Private  

Teaneck Nursing Home  
1104 Teaneck Road, Teaneck, NJ 07666  
Medicare/Medicaid/Private  

Van Dyk Healthcare of Ridgewood  
304 South Van Dien Avenue, Ridgewood, NJ 07450  
Medicare/Medicaid/Private  

Woodcliff Lake Health & Rehabilitation Center  
555 Chestnut Ridge Road, Woodcliff Lake, NJ 07677  
Medicare/Medicaid/Private  

Woodcrest Healthcare Center  
800 River Road, New Milford, NJ 07646  
Medicare/Medicaid/Private  

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](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 800-267-6355
30 New Bridge Road, Bergenfield, NJ 07621
Medicare & Medicaid & most Insurance
[www.cornellsurgical.com](http://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](http://www.reliablemedical.org)
Medicare & Medicaid
Mon-Fri. 8:00 am-5:00 pm

Stair Lifts:

Unipak 973-947-6173
5 Whippoorwill 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 제공함으로서 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
ext. 111,112
한인동포회관
100 Grove St, Tenafly, NJ 07670
모든분들의 건강하고 독립적인 생활을 증진시키고 문화와 교육, 아웃리치,
의료복지, 시민 옹호를 통해서 한인들을 주류사회에 연계하고자 합니다.
The KCC’s Mission is to promote healthy and independent living for
all ages and to integrate the people with Korean Heritage into the
greater community through culture & education, outreach, health &
social services, and civic advocacy.
www.kccus.org
This directory was prepared from information provided by listed agencies. A listing in this guide does not constitute an endorsement of an agency or service by The Bergen County Division of Senior Service.
The goal of the New Jersey Korean-American Mutual Aid Association is continuing the Korean tradition of mutual aid which is providing united effort to help a person who is dealing with a major family event.
E-mail: kascmaanj@gmail.com

Korean Programs in Hospitals

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

Englewood Hospital and Medical Center strives to offer the highest level of healthcare services in a humanistic environment and works to deliver the best health services and facilities to the growing Korean population in Bergen County. The Center for Korean Health and Wellness assists 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
Korean Medical Initiative
30 Prospect Avenue, Hackensack, NJ 07601
www.hackensackumc.org/korean

Center for Healthy Senior Living
360 Essex Street, Suite 401, Hackensack, NJ

Holy Name Medical Center
Korean Medical Program
718 Teaneck Road, Teaneck, NJ 07666
www.kholonyme.com
**Korean Home Health Aide**  한인 가정 요양 보호사

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

<table>
<thead>
<tr>
<th>Agency</th>
<th>Address</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>Asian Women’s Christian Association (AWCA) Home Care Agency</td>
<td>9 Genesee Ave., Teaneck, NJ 07666</td>
<td>201-862-9111(Korean) 201-862-0006(Chinese)</td>
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<tr>
<td>Care Finders Total Care</td>
<td>171 Main St. Hackensack, NJ 07601</td>
<td>201-342-5122</td>
</tr>
<tr>
<td>Confident Care – Hackensack</td>
<td>3 University Plaza Drive, Hackensack, NJ 07601</td>
<td>201-498-9400</td>
</tr>
<tr>
<td>Gentle Heart Care LLC</td>
<td>3 University Plaza Drive, Hackensack, NJ 07601</td>
<td>201-613-6173</td>
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<tr>
<td>Loving Care</td>
<td>190 Moore Street, Hackensack, NJ 07601</td>
<td>201-592-8117</td>
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<td>SERVICES / KEY WORDS</td>
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<td>ADULT DAY CARE PROGRAM</td>
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<td>ALZHEIMER’S</td>
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<td>BERGEN COUNTY OFFICE OF EMERGENCY MANAGEMENT</td>
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<td>BERGEN COUNTY OFFICE OF CONSUMER AFFAIRS</td>
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<td>BERGEN COUNTY HOUSING COALITION</td>
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<td>BERGEN COUNTY Sheriff (ALZHEIMER’S)</td>
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