Key Services Guide
for Older Adults and Caregivers

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

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This directory was prepared from information provided by listed agencies. A listing does not constitute an endorsement of an agency or service by the Bergen County Division of Senior Services.
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Important: Due to the Coronavirus pandemic, many services have been suspended or are operating on a virtual basis or at limited capacity. Please contact the agency before visiting.

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

Help us keep this guide up-to-date and email changes to seniors@co.bergen.nj.us
Division of Senior Services
Area Agency on Aging

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

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

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

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

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

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

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

ADRC professional staff assists seniors, adults, and their caregivers in finding benefits and services they need. The ADRC goal is to improve the experience of consumers and their families when seeking access to information, supports and services.

Whether you contact us by phone, in person, or online, you will be provided with:

- objective information on publicly and privately funded services
- screening to determine level of service needs
- counseling and assistance
- assistance with eligibility processes and applications and/or
- full care needs assessment when appropriate

The ADRC initiative is part of a nationwide effort to empower people to make informed decisions about their long-term services and supports and to help people more easily access services.

Bergen County ADRC
Department of Human Services
Division of Senior Services
One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601
Phone: 201-336-7400
Toll-free: 1-877-222-3737
TTY/TDD: 711
Website: www.co.bergen.nj.us
Email: seniors@co.bergen.nj.us

NJ ADRC by County

<table>
<thead>
<tr>
<th>County</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atlantic</td>
<td>609-645-7700</td>
</tr>
<tr>
<td>Bergen</td>
<td>201-336-7400</td>
</tr>
<tr>
<td>Burlington</td>
<td>609-265-5069</td>
</tr>
<tr>
<td>Camden</td>
<td>856-858-3220</td>
</tr>
<tr>
<td>Cape May</td>
<td>609-886-2784</td>
</tr>
<tr>
<td>Cumberland</td>
<td>856-453-2220</td>
</tr>
<tr>
<td>Essex</td>
<td>973-395-8365</td>
</tr>
<tr>
<td>Gloucester</td>
<td>856-384-6900</td>
</tr>
<tr>
<td>Hudson</td>
<td>201-369-4313</td>
</tr>
<tr>
<td>Hunterdon</td>
<td>908-788-1362</td>
</tr>
<tr>
<td>Mercer</td>
<td>609-989-6661</td>
</tr>
<tr>
<td>Middlesex</td>
<td>732-745-3295</td>
</tr>
<tr>
<td>Monmouth</td>
<td>732-431-7450</td>
</tr>
<tr>
<td>Morris</td>
<td>973-285-6848</td>
</tr>
<tr>
<td>Ocean</td>
<td>732-929-2091</td>
</tr>
<tr>
<td>Passaic</td>
<td>973-569-4060</td>
</tr>
<tr>
<td>Salem</td>
<td>856-339-8622</td>
</tr>
<tr>
<td>Somerset</td>
<td>908-704-6346</td>
</tr>
<tr>
<td>Sussex</td>
<td>973-579-0555</td>
</tr>
<tr>
<td>Union</td>
<td>908-527-4858</td>
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<tr>
<td>Warren</td>
<td>908-475-6591</td>
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ADRC
Area Agency on Aging
Nationwide Toll-Free Telephone Number
1-877-222-3737
Bergen County ADRC provides information and assistance to older persons, adults with disabilities, caregivers, and professionals looking for services or programs.

Services we offer:
- Information about programs and services
- Benefits counseling and referrals
- Assistance filling out forms and applying for benefits
- Medicare counseling including Medicare Savings Programs
- Access to publicly-funded long-term care programs
- Wellness Check program

Resources we can help you find:
- Financial assistance
- Aging-in-place and other long-term care options
- Housing information including home modifications and repairs
- Transportation
- Caregiver information and support
- Health, wellness, nutrition
- Legal, advocacy, and keeping adults safe
- Employment and volunteer opportunities
- Social activities
- Tax relief and services
- And more!

To speak to an Aging Specialist call (201) 336-7400 or visit our office at One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601.
Bergen County Agencies and Services

Bergen County
One Bergen County Plaza
Hackensack, NJ 07601-7076
201-336-6000
www.co.bergen.nj.us

Division of Senior Services
Aging and Disability Resource Connection (ADRC)
Area Agency on Aging
201-336-7400
1-877-222-3737
Comprehensive services for adults age 60 and over, caregivers, and adults with disabilities.
One Bergen County Plaza, 2nd Floor, Hackensack, NJ
Hours 9:00 AM – 4:00 PM, Monday – Friday
Fax: 201-336-7424
Website: www.co.bergen.nj.us

Bergen County Division on Disability Services
201-336-6500
Services for disabled adults. Call for information on eligibility.
One Bergen County Plaza, 2nd Floor, Hackensack, NJ
Hours: 9:00 AM – 4:30 PM, Monday – Friday
Website: www.co.bergen.nj.us

Bergen County Board of Social Services
201-368-4200
218 Route 17 North, Building A
Rochelle Park, NJ 07662
Website: www.bcbss.com

Department of Health Services
201-634-2600
One Bergen County Plaza, 4th floor, Hackensack, NJ
Coordinates and provides comprehensive health care and essential public health services through a county-wide partnership.
Website: www.co.bergen.nj.us

Department of Mental Health
201-634-2745
Crisis hotline: 201-262-help (4357)
Access to mental health care.
Website: www.co.bergen.nj.us

Bergen County Division of Veterans Services
201-336-6325
Services for veterans
One Bergen County Plaza, 2nd Floor, Hackensack, NJ
Website: www.co.bergen.nj.us

Bergen County Office of Consumer Protection
201-336-6400
One Bergen County Plaza 3rd floor, Hackensack, NJ
Complaints about dishonest and unscrupulous business practices can be filed. Complaints will be investigated for violation of the Consumer Fraud Act.

Bergen County Helpful Numbers
- Constituent Hotline: 201-336-7330
- County Executive: 201-336-7300
- Board of Commissioners: 201-336-6200
- Bergen County Clerk: 201-336-7000
- Bergen County Sheriff’s Office: 201-336-3500
- Bergen County Surrogate’s Office: 201-646-2252

This directory was prepared from information provided by listed agencies. A listing does not constitute an endorsement of an agency or service by the Bergen County Division of Senior Services.
NJ State Departments and Agencies

**NJ ADRC-New Jersey Aging & Disability Connection**  
877-222-3737  
Consumer focused, statewide system: access to information and services for older and disabled New Jersey residents.  
www.state.nj.us/humanservices/doas/home

**NJ Department of Human Services, Division of Aging Services**  
800-792-8820  
PO Box 807, Trenton, NJ 08625  
www.state.nj.us/humanservices/doas/home

**NJ Division of Disability Services (DDS)**  
1-888-285-3036  
11A Quaker Bridge Plaza  
Mercerville, NJ 08619  
Access to services and information that promote and enhance independent living for individuals with all disabilities.  
www.state.nj.us/humanservices/dds

**NJ Division of Developmental Disability (DDD)**  
1-888-285-3036  
11A Quaker Bridge Plaza  
Mercerville, NJ 08619  
Access to services and information that promote and enhance independent living for individuals with all disabilities.  
www.state.nj.us/humanservices/dds

**NJ Division of Medical Assistance & Health Services (DMAHS)**  
800-832-9173  
PO Box 72, Trenton, NJ 08625

**NJ Division of Mental Health Services (DMHS)**  
800-382-6717  
Addiction hotline: 844-276-2777  
Recovery Connect: 855-652-3737  
PO Box 700, Trenton, NJ 08625

**NJ Office of Emergency Management Disaster & Terrorism Branch, State Police**  
609-799-0110 or 609-799-8868  
350 Lawrence Station Road, Lawrenceville, NJ 08648

Resource Locators

**Information & Assistance Unit**  
Bergen County ADRC  
201-336-7400  
1-877-222-3737  
Fax: 201-336-7424  
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601  
Hours 9:00 AM – 4:00 PM, Monday – Friday  
www.co.bergen.nj.us

**NJ ADRC-New Jersey Aging & Disability Connection**  
877-222-3737  
Consumer focused, statewide system: access to information and services for older and disabled New Jersey residents.  
www.state.nj.us/humanservices/doas/home

**Eldercare Locator**  
1-800-677-1116  
www.eldercare.acl.gov  
National information and referral service to assist individuals in finding eldercare services and caregiver support.

**Community Resource Council (CRC)**  
Help Line: 201-343-6543  
201-343-4900 (main #)  
75 Newman Street, Hackensack, NJ 07601  
The CRC provides health and human services assistance, in English and Spanish, to anyone living or working within Bergen County

**NJ 211**  
Dial 211 or 877-652-1148  
Information about health, human services, community resources, government assistance people need every day as well as in time of crisis.  
Call 211 from your phone or search our database at www.nj211.org
Senior & Disability Advocacy and Information

Advocacy Services and Consumer Protection

Abuse, Neglect, Exploitation

Alternatives to Domestic Violence (ADV)  
201-336-7575 (24-Hour hotline)  
Domestic violence intervention program  
Website www.co.bergen.nj.us/adv

Adult Protective Services (APS)  
201-368-4300  
800-624-0275 (After Hours)  
Report self-neglect, exploitation or abuse of and older adult  
www.bcbss.com/adult-protective-services/

Center for Hope and Safety  
201-498-9247  
201-944-9600 HOTLINE  
Assists women and children who are victims of domestic violence, including emotional, economic, sexual and physical abuse.  
Website: www.hopeandsafetynj.org

Healing Space  
201-487-2227 24-hour Hotline  
24/7 hotline for survivors of sexual assault and abuse, their families, and friends.  
Website: www.ywcabergencounty.org

Ombudsman for Institutionalized Elderly 877-582-6995  
Promotes and protects the rights and welfare of seniors in facilities

SAAFE (Save Abused and Frail Elderly) 551-795-0471  
Works with agencies and professionals serving the elderly to increase awareness and identification of abuse and neglect.  
Website: www.saafenj.org

SeniorHaven for the Prevention of Elder Abuse  
855-455-0555  
Shelter available for individuals over 65 who are victims of abuse  
http://jewishhomefamily.org/seniorhaven

Housing

Fair Housing Council  
201-489-3552  
Housing discrimination complaints  
Advocacy for fair and affordable housing  
www.fairhousingnj.org

LGBTQ

Garden State Equality  
973-509-5428  
NJ Statewide advocacy and education for the LGBTQ community  
www.gardenstateequality.org

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

Mental Health

Bergen County Mental Health Board  
201-634-2745  
Advocacy for all Bergen County residents with mental illness or family members seeking assistance for their loved ones

Community Mental Health Law Project 201-634-2762  
Legal advocacy for the mentally ill

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

Scams and Unwanted Calls

Consumer Protection  
201-336-6400  
Report scams, complaints against companies and agencies  
www.bergencountyconsumeraffairs.com

National Do Not Call Registry  
888-382-1222  
Reduce sales calls, report illegal calls  
www.donotcall.gov

This directory was prepared from information provided by listed agencies. A listing does not constitute an endorsement of an agency or service by the Bergen County Division of Senior Services.
Legal Assistance

Northeast NJ Legal Services – BC Division
201-487-2166
Senior Law Project
190 Moore Street, Suite 100, Hackensack, NJ 07601
Provides free legal services for senior citizens 60 years of age and older targeting low income older adults. Provides information on legal rights and entitlements, legal counseling, and education.
Monday through Friday 8:30am - 5:00pm

Legal Services of New Jersey
1-888-576-5529
Provides advice and brief service over phone & possibly referrals Monday through Friday 8:30am - 5:30pm

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

Community Mental Health Law Project
201-634-2762
Legal and Advocacy for the mentally ill
One Bergen Co. Plaza, 4th FL, Hackensack NJ 07601
Monday through Friday 9:00am - 4:30pm
www.lsnjlawhotline.org or www.lsnj.org

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

New Jersey State Bar Foundation
800-FREE LAW or 800-373-3529
One Constitution Square, New Brunswick, NJ 08901
Provide free events, publications and educational programs for students, educators and all New Jersey’s citizens
www.njsbf.org

Age-Friendly Community Initiatives (AFCIs)
Age-Friendly Community Initiatives (AFCIs) are deliberate and distinct efforts across stakeholders from multiple sectors within a defined and typically local geographic area to make social and/or physical environments more conducive to older adults’ health, well-being, and ability to age in place and in the community. Bergen County has six AFCIs whose mission it is to help seniors who live in the community age in place:

Age-Friendly Englewood
201-591-5162
www.age-friendlyenglewood.org

Fair Lawn for All Ages
201-777-6135
www.fairlawnforallages.org

Generations for Garfield
(973) 340-2000
www.generations4garfield.org

Age-Friendly Ridgewood
www.agefriendlyridgewood.org

Age-Friendly Teaneck
201-530-6756
www.agefriendlyteaneck.org

Westwood for All Ages
www.westwoodforallages.org

Income Tax Preparation

Volunteer Income Tax Assistance Sites (VITA Sites)
Call 211 or visit www.nj211.org
Free in-person assistance in the preparation of federal and state income tax returns. At these sites, individuals of low to moderate income, individuals with disabilities, and non-English speaking taxpayers can find direct assistance in filing their returns.

AARP Tax Foundation Tax-Aide
(888) 227-7669
Free tax preparation help to anyone and if you're 50 and older and can't afford a tax preparation service
Emergency Assistance

Emergency and Disaster Organizations

NJ Register Ready
“Register Ready – New Jersey’s Special Needs Registry for Disasters” allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency.
http://ready.nj.gov/plan-prepare/access-functional-needs.shtml

Bergen County Office of Emergency Management
201-785-5757 or 201-336-7705
285 Campgaw Road, Mahwah, NJ 07430
The Bergen County Office of Emergency Management is the lead agency for preparedness, response, recovery, and mitigation in Bergen County.

Office of Emergency Management
Disaster & Terrorism Branch
New Jersey State Police
609-799-0110 or 609-799-8868
350 Lawrence Station Road, Lawrenceville, NJ 08648

American Red Cross of Northern New Jersey
(973) 797-3300
209 Fairfield Road
Fairfield, NJ 07004
The American Red Cross responds to those affected by disasters including home fires, hurricanes and flooding by providing emergency assistance, health services and mental health services. If you have experienced a disaster & are in need of emergency assistance, call (800) RED-CROSS or (800) 507-6058 - 24 hours a day.
http://www.redcross.org/local/new-jersey/locations/fairfield

Municipal Office of Emergency Management (OEM)
All municipalities are required to have an approved emergency plan which is maintained by the local Office of Emergency Management (OEM). Contact your municipality for more information including enrolling in the municipal registry for persons with access and functional needs. You can also sign up for emergency alerts through your municipality.

Ready.gov
Ready is a National public service campaign designed to educate and empower the American people to prepare for, respond to and mitigate emergencies, including natural and man-made disasters. The goal of the campaign is to promote preparedness through public involvement.

Ready and its Spanish language version Listo ask individuals to do four key things: (1) stay informed about the different types of emergencies that could occur and their appropriate responses (2) make a family emergency plan and (3) build an emergency supply kit, and (4) get involved in your community by taking action to prepare for emergencies.
### Basic Needs: Homeless Prevention

**BC Board of Social Services**  
Security Deposits, Rent, Utilities  
201-368-4200  
TANF, GA, SSI Recipients  
216 Rte. 17 N., Bldg. A, Rochelle Park  
M-F: 8 am-4:30 pm; open Tue. until 8 pm

**BC Housing, Health, and Human Services Center**  
Security Deposits, Rent  
201-336-6480  
120 South River Street, Hackensack  
M-F: 9 am-5 pm

**Care Plus, NJ Kinship Program**  
Security Deposits, Rent, Utilities  
201-265-0826  
Grandparents/relatives caring for children  
M-F: 9 am-5 pm

**Center for Food Action**  
Security Deposits, Rent, Utilities  
201-569-1804  
192 W. Demarest Avenue, Englewood  
M-F: 9 am-5 pm; T: 9 am-7 pm

**Greater Bergen Community Action Inc. Homeless Prevention Program**  
Security Deposits, Rent  
201-488-5100 ext. 7041  
316 State St., Hackensack  
M-F: 9 am-5 pm; by appointment only

**Low Income Heat & Energy Assistance Program (LIHEAP)**  
Utilities  
201-488-5100 ext. 7008  
316 State St., Hackensack  
M-F: 9 am-4 pm

**Jewish Family and Children’s Services**  
Rent, Utilities  
201-837-9090  
1485 Teaneck Rd., Teaneck  
M-F: 9 am-5 pm

**NJ Buddies**  
Security Deposits, Rent, Utilities  
201-489-2900  
People with HIV/AIDS  
149 Hudson Street, Hackensack  
M-F: 9 am-5 pm; by appointment

**NJ 2-1-1**  
Bergen County’s United Way, Compassion Fund  
Security Deposits, Rent, Utilities  
Access program via 2-1-1

**Social Service Assoc. of Ridgewood and Vicinity**  
Security Deposits, Rent, Utilities  
201-444-2980  
Residents of Waldwick, Ridgewood, Glen Rock, Ho-Ho-Kus, Midland Park, and Wyckoff  
6 Station Plaza, Ridgewood  
M & Th: 9 am-3 pm; T & W: 9 am-1 pm

**Salvation Army**  
Utilities  
201-342-6531  
346 Union Street, Hackensack  
M-F: 9:30 am-2 pm

---

### Basic Needs: Shelter

**Bergen County Homeless Hotline**  
1-888-3-Bergen (1-888-323-7436)

**BC Board of Social Services**  
201-368-4200  
Age 18 and over, with or without children  
216 Rte. 17 N., Bldg. A, Rochelle Park  
M-F: 8 am-4:30 pm; Tue. until 8 pm

**Center for Hope and Safety Hotline**  
(formerly Shelter Our Sisters)  
201-944-9600
<table>
<thead>
<tr>
<th>Local Welfare Director</th>
<th>Family Promise of Bergen County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check with your municipality about a town social worker or other program to help residents</td>
<td>201-833-8009</td>
</tr>
<tr>
<td></td>
<td>Working families with children</td>
</tr>
<tr>
<td></td>
<td>479 Maitland Avenue, Teaneck</td>
</tr>
<tr>
<td></td>
<td>M-F: 9am-5pm</td>
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<thead>
<tr>
<th>BC Div. of Family Guidance</th>
<th>BC Housing, Health and Human Services Center</th>
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<tbody>
<tr>
<td>Juvenile/Family Crisis Unit Hotline</td>
<td>201-336-6480</td>
</tr>
<tr>
<td></td>
<td>120 South River Street, Hackensack</td>
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<tr>
<td></td>
<td>Lunch: 11:30 am-12:30 pm; Dinner: 5-6 pm</td>
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<tr>
<th>Basic Needs: Food</th>
<th>Prepared Meals</th>
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<td>Prepared Meals</td>
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<tr>
<td></td>
<td>For a complete list of FOOD PANTRIES, see the “Nutrition Programs” section of this Guide</td>
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Nutrition Programs

Meals on Wheels

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

Bergen County Division of Senior Services - Meals on Wheels Program
201-336-7420
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; or age 18-59 with a disability and living alone
- Homebound and unable to shop and/or prepare a nutritious meal for oneself
- Receives in-home assistance for no greater than 4 hours per day
- Does not require a special diet

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

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

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

Community Meals, Inc.
201-447-8295
C/O Christ Church, 105 Cottage Place, Ridgewood, NJ 07450
www.communitymealsonwheels.org

Serving those of all ages that are ill or disabled. Special diet meals available. Two meals per day, Monday – Friday.
Serving: Allendale, Glen Rock, Ho Ho Kus, Midland Park, Ridgewood, parts of Saddle River and Waldwick.

Jewish Family & Children’s Services of Northern New Jersey (Kosher)
201-837-9090
1485 Teaneck Road, Teaneck, NJ 07666
One box of 5 or 7 frozen meals delivered once per week, serving all of Bergen County.

Meals on Wheels North Jersey
201-358-0050
100 Madison Ave., Westwood, NJ 07676
www.mealsonwheelsnorthjersey.org
Wyckoff Meals on Wheels
201-891-4840
Town Hall, Franklin Avenue, Wyckoff, NJ 07481
All ages, Monday – Friday, special diets available. Serving: Wyckoff.

Moms Meals
1-877-508-6667
Fresh made meals delivered to clients. Special diet menus
www.momsmeals.com

Bergen County Senior Lunch (Congregate Meals)
The goal of the nutrition program for active adults, Senior Lunch, is to provide well-balanced meals, foster social interaction, and provide access to other supportive services available to Bergen County seniors. To be eligible, an individual must be age 60 or older, or the spouse of a participant. Lunch is served Monday-Friday at the programs listed. Reservations must be made at least 1 day in advance. Transportation may be available.

Please call the location of your choice for information and reservations.

Bergenfield
Senior Activity Center
Brookside Gardens
293 Murray Hill Terrace
201-387-7212

Cliffside Park
Senior Activity Center
Gerald A. Calabrese Complex
500 Gorge Road
201-943-3768

East Rutherford
Southwest Regional Senior Activity Center
147 Hackensack Street
201-935-8920

Garfield
Senior Activity Center
377 Midland Avenue
973-340-4177

Englewood
Bergen Family Adult Day Care
44 Armory Street
201-568-0817

Fair Lawn
Senior Center
11-05 Gardiner Road
201-796-1191

Fort Lee
Richard & Catherine Nest Adult Activity Center
319 Main Street
201-592-3754

Garfield
Housing Authority - Golden Towers
225 Midland Avenue
973-340-4179

Garfield
Housing Authority - Belmont Gardens
377 Midland Avenue
973-340-4177

Hackensack
Americas Unidas
Multicultural Senior Activity Center
101 Hudson St
201-336-3320

Hackensack
Martin Luther King Senior Center
375 First St
201-342-2654
Lyndhurst
Nutrition Program
281 Stuyvesant Avenue
201-896-1629

Midland Park
Northwest Senior Activity Center
46-50 Center Street
201-445-5690

New Milford
Senior Center
275 River Road
201-599-7565

North Arlington
Senior Activity Center
St. Paul Episcopal Church
11 York Road
201-998-5636

Palisades Park
Senior Activity Center
300 Highland Avenue
201-944-5616

Ridgefield Park
Senior Activity Center
159 Park Street
201-641-1220

Rutherford
55 Kip Senior Center
55 Kip Avenue
201-460-1600
Tue-Wed- Thurs-Fri-Saturday
Lunch not served on Wednesday

Teaneck
Richard Rodda Community Center
250 Colonial Court
201-837-7130

Teaneck AWCA
Asian Women’s Christian Association
9 Genesee Ave
201-862-1665

Tenaify
Korean Community Center
100 Grove St
201-541-1200

Tenafly
JCC on the Palisades (Kosher)
411 East Clinton Ave
201-569-7900

Wallington
Senior Activity Center
24 Union Boulevard
973-777-5815

Washington Township (Kosher)
Temple Beth Or
56 Ridgewood Road
Tue and Thurs only
201-666-6610

Westwood
TJ Riley Multipurpose Senior Center
100 Madison Avenue
201-666-0840

Senior Farmer’s Market Nutrition Program
The Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, and fresh-cut herbs) at certified farmers at local farmer’s markets. The coupons are generally distributed annually in the summer. Bergen County’s program is coordinated by the Bergen County Division of Senior Services. For information and instructions on how to apply, contact the DSS at 201-336-7400.
Food Stamps (SNAP)

The Food Stamp Program has been renamed the Supplemental Nutrition Assistance Program (SNAP). The Bergen County Board of Social Services operates the SNAP Program under the operational guidelines of the U. S. Department of Agriculture, Food & Nutrition Services. The Bergen County Board of Social Services office establishes eligibility and continuing eligibility for persons who apply for the program, and issues Food Stamp benefits.

**BC Board of Social Services**

201-368-4200  
216 Rte. 17 N., Bldg. A, Rochelle Park  
M-F: 8 am-4:30 pm; Tue. until 8 pm  
www.bcbss.com

**Bergen County Food Pantries**

**Bergenfield**  
201-387-4055  
Bergenfield Borough Hall, 198 N. Washington Avenue, Bergenfield  
Information Needed to Qualify: Proof of Bergenfield residence.  
Hours of Operation: Mon- Fri 8:30am- 4:00pm

**Bergenfield**  
201-384-0101  
St. John the Evangelist, 29 N. Washington Avenue, Bergenfield  
Information Needed to Qualify: Interview  
For Bergenfield residents and/or members of the Parish  
Hours of Operation: Last Monday of month 8:30am- 11:00am  
and 6:00pm – 7:00 pm

**Bogota**  
201-342-6300  
St. Joseph’s Church, 115 E. Fort Lee Road, Bogota  
Information Needed to Qualify: Proof of residence  
For Bogota and Teaneck residents  
Hours of Operation: Tues 12:30pm-2:00pm, Wed 5:30pm-7:00pm,  
Thurs-Mon 8:00am-4:30pm

**Cliffside Park**  
201-943-7320  
Church of the Epiphany Food Pantry, 247 Knox Avenue, Cliffside Park  
Information Needed to Qualify: ID  
For Cliffside Park residents and neighboring towns  
Hours of Operation: Friday 10:00am-12:00pm

**Closter**  
201-784-0600 ext. 429  
Closter Borough Hall, 295 Closter Dock Road, Closter  
Information Needed to Qualify: Proof of Residence  
For Closter residents and neighboring communities without food pantries  
Hours of Operation: 2nd Thursday of every month  
9:00am-10:30am  
and 7:15pm-8:15pm

**Dumont**  
201-387-5022  
39 Dumont Avenue, Dumont  
Information Needed to Qualify: Proof of residence- call for appointment  
For Dumont residents  
Hours of Operation: Mon.-Fri. 1:00pm-4:30pm

**Edgewater**  
201-945-6329  
Holy Rosary Church Pantry, 56 Edgewater Place, Edgewater  
Information Needed to Qualify: ID  
For anyone who needs assistance  
Hours of Operation: 4th Tuesday of every month;  
11:00am- Noon

**Englewood**  
201-569-1804  
Center for Food Action, Main Office  
192 W. Demarest Avenue, Englewood  
Information Needed to Qualify: Call for appointment  
For anyone who needs assistance  
Hours of Operation: Mon-Fri 9:00am-5:00pm
Englewood
201-568-1465
St. Cecilia Church/ Office of concern, 85 Demarest Avenue, Englewood
Information Needed to Qualify: application
Hours: Mon- Thurs 9:00am-1:00pm

Fair Lawn
201-794-5327
Fair Lawn Health Department, 8-01 Fair Lawn Avenue, Fairlawn
Information Needed to Qualify: Proof of Residence
For Fair Lawn residents
Hours of Operation: Mon-Fri 8:30am- 4:30pm

Fair Lawn
201-837-9090
Jewish Family and Children Services of Northern Jersey
17-10 River Road, Fair Lawn
Call for an appointment and to find out what documents are needed to qualify. (Kosher items available)
Hours: Tues only 9:00am-1:00pm

Fairview
201-945-5831
Center for Food Action (St. John the Baptist)
239 Anderson Avenue, Fairview
Information Needed to Qualify: ID
For anyone who needs assistance
Hours: Mon, Tues, Thurs 9:00am-4:30pm

Garfield
973-773-2444
Calvary Baptist Food and Clothing Pantry,
217-245 Passaic Street, Garfield
Information needed to qualify: Appointment
For anyone who needs assistance
Hours of Operation: Mon-Fri 10:00-11:00am;
Pickups are once a month on 3rd Saturday

Hackensack
201-336-6475
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
201-489-2900 or 800- 508-7577 (NJ only)
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-Thu: 10am-4pm
njbuddies.org

Hasbrouck Heights
201-288-0195
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
201-664-0600
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
201-641-2988
St. Margaret of Cortona Food Pantry, 31 Chamberlain Avenue, Little Ferry
Information Needed to Qualify: proof of residence
For Little Ferry and Moonachie residents
Hours of Operation: 3rd Wed 10:00-Noon

Lyndhurst
201-438-1147
Sacred Heart Church, 324 Ridge Road, Lyndhurst
Information Needed to Qualify: proof of residence.
Last 2 Saturdays of the month: 9:30-11:30am
For Lyndhurst residents
www.sacredheartlynd.org/church

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Lyndhurst
201-804-2500
Lyndhurst food pantry – Part of Lyndhurst Health
Department
253 Stuyvesant Avenue, Lyndhurst, NJ 07071
Lyndhurst residents only
Hours of Operation: Mon – Thu: 1:00-3:30pm

Mahwah
201-529-2029
Center for Food Action, 90 Ridge Road, Mahwah
Information Needed to Qualify: ID
For anyone who needs assistance
Hours of Operation: Mon 10:00am-6:30pm, Tues-Fri
10:00am-2:00pm

New Milford
201-836-8961
Pantry Name: Church of the Ascension
256 Azalea Drive, New Milford
Information Needed to Qualify: ID
For New Milford and residents from neighboring towns
Hours of Operation: 3rd Monday of every month.
6:00pm-7:00pm

North Arlington
201-997-0700
Queen of Peace Church, 174 Ridge Road, North
Arlington
Information Needed to Qualify: Proof of Residence
For North Arlington residents
Hours of Operation: Sat 10:00-11:00am

Old Tappan
201-664-1849 ext. 25
224 Old Tappan Road, Old Tappan
Information Needed to Qualify: Proof of Residence
For Old Tappan residents
Hours of Operation: By appointment

Paramus
201-265-2100 ext. 6102
Paramus Community Pantry, 105 N. Farview Avenue,
Paramus
Information Needed to Qualify: Proof of Residence
For Paramus residents
Hours of Operation: Mon: 9:30am-1:30pm;
Tues: Closed; Wed: 4-7pm; Thu: 12-4pm;
Fri: 3-5pm

Park Ridge
201-573-9083
Pascack Food Center, 65 Pascack Road, Park Ridge
Information Needed to Qualify: ID
For Park Ridge and residents from neighboring towns
Hours of Operation: Tues/Thurs 9:00am-11:00am

Ridgewood
201-444-2980
Social Services of Ridgewood,
Information Needed to Qualify: Proof of residence and
financial need
For Ridgewood, Wyckoff, Ho-Ho-Kus, Midland Park,
Waldwick, Glen Rock
Hours of Operation: Mon-Thu 9:00am-3:00pm

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

River Vale
201-280-0721
334 River Vale Road, River Vale (Yellow Building
Behind Police Station)
Information Needed to Qualify: Proof of Residence
For River Vale residents
Hours of Operation: Wed only 10am-12pm and 6pm-
7:30pm

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

Saddle Brook
201-703-9857
Center for Food Action, 224 Midland Ave, Saddle Brook
Information Needed to Qualify: Call for appointment
For residents of Clifton, Carlstadt, East Rutherford,
Elmwood Park, Fairlawn, Garfield, Lodi, Lyndhurst,
Maywood, West Arlington, Paramus, Rochelle Park,
Rutherford, Saddle Brook, Wallington, Woodridge
Hours of Operation: Mon/Wed/Thurs/Fri 9:30am-
3:30pm and Tues 12:00-6:00pm

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an endorsement of an agency or service by the Bergen County Division of Senior Services.
Teaneck  
201-833-4502  
Faith and Hope Food Pantry, 480 Warwick Ave, Teaneck  
Information Needed to Qualify: ID  
For anyone who needs assistance  
Hours of Operation: Bi-weekly - Sat 9:00am-11:00am

Teaneck  
201-837-9090  
Jewish Family & Children’s Services of Northern NJ  
1485 Teaneck Road, Teaneck  
Call for an appointment and to find out what documents are needed to qualify.  
Hours of Operation: M-F 9:30am-3:00pm

Teaneck  
201-837-1600 ext. 1825 (temporary)  
Helping Hands Food Pantry  
818 Teaneck Road, Teaneck  
Hours of Operation: Tuesday 12:30pm – 2:00pm and 6:00pm-7:30pm

Westwood  
201-666-1100  
St. Andrew’s Church, 120 Washington Ave, Westwood  
(in the church basement)  
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.

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

Social Security
The Social Security Administration's Bergen County Office assists applicants in filing for the following benefits:

- Retirement benefits
- Disability (permanent)
- Survivors benefits
- SSI - Supplemental Security Income
- Medicare

People planning to apply for Social Security Retirement benefits should do so at least 3 months before they are ready to retire.

Disability payments are made to people with severe physical or mental impairment that is expected to keep them from working for a year or more or to result in death. Disabled people who have worked long enough under Social Security may qualify for disability under SSI if they have few resources and little income.

Bergen County Social Security Office
Continental Plaza
401 Hackensack Ave
Hackensack, NJ 07601
Office Hours (call before arriving):
Mon, Tue, Thu, & Fri 9:00am - 4:00pm, Wed 9:00am - 12:00pm
Closed on Sat, Sun, and Federal Holidays
Phone: (800) 772-1213
TTY/TDD Number: (800) 325-0778
Apply Online: www.ssa.gov
Online accounts: www.ssa.gov/myaccount

Bergen County Board of Social Services
BCBSS PROGRAMS - Available by Visiting the Agency
218 Route 17 North, Rochelle Park, NJ 07662-3300 Tel 201-368-4200
Hours: Weekdays 8:00 am thru 4:30 pm (Tuesdays until 8:00 pm)

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

**NJ FIND A RIDE**
877-652-1148 or dial 2-1-1
WWW.NJFINDARIDE.ORG
Information service that finds agencies that provide transport

**Access Link NJ Transit**
800-955-2321
Hearing Impaired 1-800-772-2287
24 hours access 973-275-5555 (NJ Transit information center)
Curb to curb service for eligible people with disabilities located within ¾ mile from bus routes. Transportation is provided during the same hours, days, and fares as the local NJ Transit bus network. Apply in person. Arrangements can be made to application site.

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

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

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

**EZ-Ride Ryde4Life Program**
201-939-4242 or 866-208-1307 ext. 4
144 Park Pl. East, Wood-Ridge, NJ 07075
Offers transportation in partnership with Lyft to individuals over 50 years old on weekdays 8:00 am to 5:00 pm, and weekends and holidays from 8:00 am to 5:00 pm. No smartphone is necessary. Subsidies may be available.
www.ezride.org

**Lyft**
On demand 24/7 car service.
You will first have to sign up by downloading the app on your cell phone and set up an account with your credit card.
www.lyft.com/cities/new-jersey-nj

**Uber Car service**
On demand 24/7 car service.
You will first have to sign up by downloading the app on your cell phone and set up an account with your credit card.
www.uber.com

*Check your township for more transportation services.*
In-Home Services (homebound)

Care Management

Care Management Screening and Referral
Bergen County Division of Senior Services/ADRC
201-336-7400
The ADRC refers homebound individuals and their caregivers to our knowledgeable care managers who help recipients and their families understand and navigate the complex long-term community-based system and obtain needed services. Care managers help people age-in-place as an alternative to institutionalized care.

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

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

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

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

Jersey Assistance for Community Caregiving (JACC)

JACC is a State-funded program that provides a broad array of in-home services to enable an individual, at risk of placement in a nursing facility and who meets income and resource requirements, to remain in his or her community home. By providing a uniquely designed package of supports for the individual, JACC delays or prevents placement in a nursing facility.

Call Bergen County ADRC to apply: 201-336-7400 (note: Bergen County program waiting list is currently closed)

Managed Long-Term Services and Supports (MLTSS)

Managed Long Term Services and Supports (MLTSS) refers to the delivery of long-term services and supports through New Jersey Medicaid's NJ FamilyCare managed care program. MLTSS is designed to expand home and community-based services, promote community inclusion and ensure quality and efficiency. MLTSS uses NJ FamilyCare Managed Care Organizations (also known as MCOs, HMOs or health plans) to coordinate ALL services. MLTSS provides comprehensive services and supports, whether at home, in an assisted living facility, in community residential services, or in a nursing home.

Two ways to apply
- Call Bergen County ADRC: 201-336-7400 (screen for service)
- Call Bergen County Board of Social Services: 201-368-4200 (apply for service)
Meals on Wheels

See “Nutrition” section of this guide for information on Meals on Wheels programs in Bergen County.

Bergen County Meals on Wheels is a program designed to enable homebound and disabled adults to remain in their community with independence and dignity. A nutritionally balanced meal is delivered to eligible individuals who are unable to prepare their own meals or shop for food, and do not have anyone to prepare meals or shop for them.

In-Home Physician Services

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

Community House Call Physicians
201-536-9000
196 Jewett Avenue, Jersey City, NJ 07304
Provides medical care to patients who have difficulty getting out of their homes. Nurse practitioners make house calls under a physician’s supervision. Medicare covers 80% of the cost. Serving Bergen, Hudson, Essex Counties.

Dispatch Health
201-882-7527
Ridgewood
Urgent care house calls

Osler At Home
201-426-6554
288 Boulevard, Hasbrouck Heights, NJ 07604
Provides medical care to patients who have difficulty getting out of their homes.

Visiting Physician
732-571-1000 or 888-771-3338
615 Hope Rd, Building 5 A Eatontown, NJ 07724
Provides medical care to patients who have difficulty getting out of their homes.

In-Home Emergency Response Systems

Personal Emergency Response System (PERS)
A PERS is a pendant or wristband with a transmitter that the wearer can use to summon help to their home in an emergency 24 hours a day, 365 days a year. The help button activates an in-home communicator that calls the PERS provider’s call center. To find a PERS provider in your area consult the phone book or use an Internet search engine (i.e., Google, Yahoo, etc.). Individuals enrolled in Managed Long-Term Services and Supports (MLTSS) may be eligible for this service. Call the Bergen County ADRC for more information at 201-336-7400.

Lifeline Device
800-543-3546
(Administered through local hospitals)
Telephone Reassurance/ Friendly Visitors

Bergen County Wellness Check Program
201-336-7419
Free, automated phone call service through the Bergen County Division of Senior Services.

NEIGHBORCARE Telephone Network
201-491-3333 or 201-444-0810
Friendly callers help restore balance and improve the morale of incapacitated or lonely individuals through regular social contact. Service available for northwest Bergen County
www.neighborcare.us

Telephone Reassurance and Friendly Visitors Program
201-837-9090
Jewish Family & Children’s Services of Northern NJ
1485 Teaneck Rd., Teaneck, NJ 07666

Bridgebuilders HOME FRIENDS
201-460-1600
Kip Center – 55 Kip Avenue, Rutherford, NJ 07070
In-Home support services e.g. companionship; escort for shopping, errands, transportation needs, medical appointments, senior center visits; telephone contact; modified respite care; light household chores; light meal preparation; arranging doctor appointments, etc.

CHEER Program
201-489-9454x203
Bergen Volunteer Center
64 Passaic St., Hackensack, NJ 07601
Friendly callers, help with shopping, errands, light housekeeping, etc.

*Check with your local municipality for town wellness check program.*

Home Health Care Locator Services

Commission on Accreditation for Home Care, Inc.
(201) 880-9135
299 Market St #235, Saddle Brook, NJ 07663 (e-mail:info@cahcnj.org)
CAHC lists Accredited Agencies in good standing that service Bergen County.

Home Care Association of New Jersey
732-877-1100
www.homecarenj.org

U.S. Centers for Medicare and Medicaid Services (CMS)
Website that allows searches of Medicare-certified home health agencies at www.medicare.gov/HHCompare

New Jersey Board of Nursing
973-504-6430

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Short/Long-Term Care Facilities

Adult Day Care Programs
The ever-increasing number of people who live to advanced years and whose functional levels are impaired has created a need for a broad range of community-based services to assist those older persons, younger disabled adults, and their families as caregivers. An adult day care program provides multiple health and social services in a 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**
201-773-9090
22-08 Route 208, Fair Lawn, NJ 07410
Medical Day Care

**Bergen Family Center**
201-568-0817
44 Armory St, Englewood, NJ 07631
Social Day Care for the frail, meals

**Broadway Medical Adult Day Care**
201-797-1177
24-20 Broadway, Fair Lawn, NJ 07410
Medical Adult Day Care

**Christian Health Care Center**
201-848-5829
301 Sicomac Avenue, Wyckoff, NJ 07481
Medical/ Social Adult Day Care (Alzheimer)

**Comprehensive Behavioral Healthcare Inc.**
201-935-3322
516 Valley Brook Ave, Lyndhurst, NJ 07071
Psychiatric (Partial) Adult Day Care

**Day Away Holy Name Medical Center**
201-833-3757
725 Teaneck Road, Teaneck, NJ 07666
Medical Adult Day Care

**Gallen Day Center - Adult Day Care**
201-784-1414
Jewish Home at Rockleigh
10 Link Drive, Rockleigh, NJ 07674
Medical Day Care

**Good Shepard Adult Day Care**
201-933-0711
725 Valley Brook Ave, Lyndhurst, NJ 07071
Medical Day Care

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

**Long Life Adult Day Care**
201-943-7111
596 Anderson Ave, 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 Rd., #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
Long-Term Facilities in Bergen County
NJ Department of Health: www.nj.gov/health/

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This directory was prepared from information provided by listed agencies. A listing does not constitute an endorsement of an agency or service by the Bergen County Division of Senior Services.
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<td>La Paula Manor Corp</td>
<td>Residential Dementia Care Home</td>
<td>Private</td>
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<tr>
<td>25 South Paula Drive</td>
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<tr>
<td>Bergenfield, NJ 07621</td>
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<tr>
<td>(201)244-0809</td>
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<tr>
<td>Maple Glen Center</td>
<td>Long Term Care Facility</td>
<td>Medicaid, Medicare, Private</td>
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<tr>
<td>12-15 Saddle River Road</td>
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<tr>
<td>Fairlawn, NJ 07410</td>
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<tr>
<td>(201)797-9522</td>
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<tr>
<td>Mill Gardens At Midland Park</td>
<td>Assisted Living Residence</td>
<td>Medicaid, Private</td>
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<tr>
<td>36 Faner Road</td>
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<tr>
<td>Midland Park, NJ 07432</td>
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<td>(201)493-7400</td>
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<tr>
<td>Morning Sun Adult Medical Day Center</td>
<td>Adult Day Health Care Services</td>
<td>Private</td>
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<tr>
<td>248 Broad Avenue, 2nd Floor</td>
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<tr>
<td>Palisades Park, NJ 07650</td>
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<tr>
<td>(201)669-1050</td>
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<tr>
<td>My Home Adult Day Care Center Inc</td>
<td>Adult Day Health Care Services</td>
<td>Medicaid, Private</td>
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<tr>
<td>217 Hergesell Avenue</td>
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<tr>
<td>Maywood, NJ 07607</td>
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<tr>
<td>(201)291-8811</td>
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<tr>
<td>N. J. Veterans Memorial Home - Paramus</td>
<td>Long Term Care Facility</td>
<td>Medicare, Private</td>
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<td>1 Veterans Drive</td>
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<tr>
<td>Paramus, NJ 07652</td>
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<tr>
<td>(201)634-8212</td>
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<tr>
<td>New Jersey Adult Medical Day Care</td>
<td>Adult Day Health Care Services</td>
<td>Medicaid, Private</td>
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<td>22-08 Route 208</td>
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<td>Fair Lawn, NJ 07410</td>
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<tr>
<td>New Life Adult Medical Day Care</td>
<td>Adult Day Health Care Services</td>
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<td>340 Evelyn Street</td>
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<td>Paramus, NJ 07652</td>
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<td>(201)265-0606</td>
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<tr>
<td>Northern Valley Adult Day Health Center</td>
<td>Adult Day Health Care Services</td>
<td>Private</td>
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<td>2 Park Avenue</td>
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<td>Dumont, NJ 07628</td>
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<td>(201)385-4400</td>
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<tr>
<td>Oakland Rehabilitation and Healthcare Center</td>
<td>Long Term Care Facility</td>
<td>Medicaid, Medicare, Private</td>
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<tr>
<td>20 Breakneck Road</td>
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<tr>
<td>Oakland, NJ 07436</td>
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<tr>
<td>(201)337-3300</td>
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<tr>
<td>Our Home Adult Day Care</td>
<td>Adult Day Health Care Services</td>
<td>Private</td>
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<tr>
<td>475 Grand Ave</td>
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<tr>
<td>Englewood, NJ 07631</td>
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<tr>
<td>(201) 407-9644</td>
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<tr>
<td>Peaceful Adult Day Care Center</td>
<td>Adult Day Health Care Services</td>
<td>Private</td>
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<tr>
<td>101 Industrial Avenue, Suite #c</td>
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<tr>
<td>Little Ferry, NJ 07643</td>
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<tr>
<td>(201)870-6265</td>
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<tr>
<td>Long Term Care Facility</td>
<td>Type</td>
<td>Funding</td>
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<tr>
<td>Portable Assisted Living Services (PALS)</td>
<td>Assisted Living Program</td>
<td>Private</td>
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<tr>
<td>300 Teaneck Road</td>
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<td></td>
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<tr>
<td>Teaneck, NJ 07666</td>
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<tr>
<td>(201)692-1000</td>
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<tr>
<td>Ridgewood Center</td>
<td>Long Term Care Facility</td>
<td>Medicaid, Medicare,</td>
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<tr>
<td>330 Franklin Tpk</td>
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<td>Private</td>
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<tr>
<td>Ridgewood, NJ 07450</td>
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<tr>
<td>(201)447-1900</td>
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<tr>
<td>Sunrise Of Cresskill</td>
<td>Assisted Living Residence</td>
<td>Medicaid, Private</td>
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<tr>
<td>3 Tenakill Park Drive East</td>
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<td>Cresskill, NJ 07626</td>
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<td>(201)871-0300</td>
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<tr>
<td>Sunrise Assisted Living Of Old Tappan</td>
<td>Assisted Living Residence</td>
<td>Private</td>
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<tr>
<td>195 Old Tappan Road</td>
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<tr>
<td>Old Tappan, NJ 07675</td>
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<tr>
<td>(201)750-1110</td>
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<tr>
<td>Sunrise Assisted Living Of Paramus</td>
<td>Assisted Living Residence</td>
<td>Private</td>
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<td>567 Paramus Road</td>
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<td>Paramus, NJ 07652</td>
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<td>(201)493-9889</td>
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<tr>
<td>Sunrise Of Edgewater</td>
<td>Assisted Living Residence</td>
<td>Private</td>
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<td>351 River Road</td>
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<tr>
<td>Edgewater, NJ 07020</td>
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<td>(201)941-6111</td>
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<tr>
<td>Sunrise of Woodcliff Lake</td>
<td>Assisted Living Residence</td>
<td>Private</td>
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<tr>
<td>430 Chestnut Ridge Road</td>
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<tr>
<td>Woodcliff Lake, NJ 07675</td>
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<tr>
<td>(201)782-1888</td>
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<tr>
<td>Sunshine Adult Day Health Care Center</td>
<td>Adult Day Health Care Services</td>
<td>Medicaid, Private</td>
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<tr>
<td>16 N. Washington Avenue</td>
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<td>Bergenfield, NJ 07621</td>
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<tr>
<td>(201)387-8500</td>
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<tr>
<td>Teaneck Nursing Center</td>
<td>Long Term Care Facility</td>
<td>Medicaid, Medicare,</td>
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<tr>
<td>1104 Teaneck Road</td>
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<td>Private</td>
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<tr>
<td>Teaneck, NJ 07666</td>
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<tr>
<td>(201)833-2400</td>
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<tr>
<td>Villa Marie Claire</td>
<td>Comprehensive Personal Care Home</td>
<td>Private</td>
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<tr>
<td>12 West Saddle River Road</td>
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<tr>
<td>Saddle River, NJ 07458</td>
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<tr>
<td>(201)783-8870</td>
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<tr>
<td>Woodcliff Lake Health &amp; Rehabilitation Center</td>
<td>Long Term Care Facility</td>
<td>Medicaid, Medicare,</td>
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<td>555 Chestnut Ridge Road</td>
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<td>Private</td>
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<td>Woodcliff Lake, NJ 07677</td>
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<td>(201)391-0900</td>
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</table>
Caregiver Support

Respite Care Services

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

Statewide Respite Care Program: Bergen County Division on Disability Services
201-336-6500
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601
Provides relief services e.g. homemakers/home health aides, medical or social adult day care, short-term inpatient care, camp, assisted living, (skilled nursing) to caregivers. Call to inquire about eligibility requirements.

New Bridge Medical Center (formerly Bergen Regional) Long-Term Care Division
201-967-4073 or 201-967-4073
230 East Ridgewood Avenue, Paramus, NJ 07652
Provides temporary residential care (beds) for a minimum of 3 days and up to 30 days. Meals are provided, as well as round the clock nursing care. Must complete application. Call to inquire about fees and/or to visit the facility. Medicaid and private pay.

Volunteer Social Respite Care Program: Valley Home & Community Health Care, Inc.
201-291-6000 ext. 1117499
15 Essex Rd., Paramus NJ, 07652
Volunteer program that is strictly “social” respite services; must be homebound and have a caregiver. Priority given to Valley Hospital patients. (*There is a waiting list; to apply and/or inquire about waiting list, call the above number.)

The Respite Care and Wellness Program: Alzheimer’s New Jersey
888-280-6055 or 973-586-4300
425 Eagle Rock Ave., Suite 203, Roseland, NJ 07069
The Respite Care and Wellness Program is designed to provide family caregivers with information, education and help link to community-based respite care resources. Financial support available.
www.alznj.org

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

Caregiver Support Services

Act Now Foundation
201-721-6721
Free Caregiver Support Group Meetings for Alzheimer’s Disease and Related Dementias. Team of experts provides counseling, support, education, and referrals that can make a difference. Groups are focused on helping you with the caregiving challenges you are experiencing now and what to expect in the future.
www.actnowfoundation.org

Adler Aphasia Center Caregivers Support Group
201-368-8585
60 West Hunter Ave, Maywood, NJ 07607
Meets Wednesdays and Thursdays
www.adleraphasiacenter.org

Care2Caregivers
800-424-2494
Free, ongoing peer support for caregivers taking care of people with dementia.
www.care2caregivers.com
Alzheimer’s New Jersey
888-280-6055 or 973-586-4300
Support groups provide families and caregivers with the emotional support and education they need to better understand Alzheimer’s Disease and related dementia disorders. Our groups are free and open to the community. Groups are held at sites throughout Bergen County. For a calendar and list of locations, visit the Alzheimer’s New Jersey website at https://www.alznj.org/programs/category/family-support-groups-bergen-county/

Caregiver’s Coalition
201-336-7427
Bergen County Division of Senior Services
Advisory Council Education & Outreach Committee
The coalition works to strengthen services, resources, and access to information for caregivers.

In-Home Caregiver Education & Support Program
Bergen County Division on Disability Services
201-336-6504
Teaching plan for unpaid caregivers including learning skills necessary for providing care.

NJ Self-Help Group Clearinghouse
800-367-6274
www.njgroups.org
Maintains a database of information, provides information and referral services, also trains people to find and form self-help groups. Go to www.njgroups.org to download the Self-Help Support Group directory.

National Organization for Empowering Caregivers
Empowering caregivers with resources, private counseling and healing circle.
www.care-givers.com

Family Caregiver Alliance
800-445-8106
National center on caregiving provides education information with fact sheets on caregiving & depression, dementia behavior and caregiving planning, etc.

Holy Name Medical Center Caregiver Support Group
201-833-3757
Holy Name Day Away Center
725 Teaneck Road, Teaneck, NJ 07666

The Gallen Center’s Caregiver Support Group, Jewish Home Family
201-784-1414
10 Link Drive, Rockleigh, NJ 07647
www.JewishHomeFamily.org
Addresses the emotional and practical issues of caring for a loved one in a supportive atmosphere.

Care One at the Cupola, Caregiver Support Group
201-444-8200
100 West Ridgewood Ave, Paramus, NJ 07652
1st Wednesday of the Month at 5:30 pm

Sunrise Assisted Living, Caregiver Support Group
201-493-9889
567 Paramus Rd, Paramus, NJ 07652
3rd Sunday of the Month at 4:00 pm

Vantage Health System, Inc., Caregiver Support Group
201-385-4400
2 Park Avenue, Dumont, NJ 07629
Meets twice monthly, dine and discuss caregivers’ issues & spouse care recipients are supervised with therapeutic activities & dinner. Agency also has an Adult Child support group. Call for days and time.

Kaplen JCC on the Palisades, Caregiver Support Group , Kaplen Adult Reach Center
201-408-1450 or 201-569-7900 ext. 439
411 East Clinton Avenue, Tenafly, NJ 07670
Caregiver’s support group, meets twice a month, 2nd Monday at 7:00 pm and 4th Tuesday at 10:30am

Parkinson’s Support Group
422 Cedar Hill Avenue, Wyckoff, NJ 07481
Cedar Hill Christian Reformed Church
Ron773h@yahoo.com, aweldon@optonline.net
ratner2@optonline.net

Dorot Caregivers’ Connection
212-769-2850 or 1-877-819-9147
Informational workshops and support groups are conducted through telephone conference calls. Caregivers can share concerns, exchange suggestions, and get much needed information in the comfort of their home.
www.dorotusa.org

Jewish Family & Children’s Services
Wolff Care Giver Center
201-837-9090
Comprehensive services for family caregivers.
Caregivers Handling Crisis

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

Psychiatric Emergency Screening Program (PESP)
201-262-4357
Care Plus NJ, Inc.
610 Valley Health Plaza, Paramus, NJ 07652
A Division of Care Plus NJ, Inc. is the designated screening center for Bergen County. Services are available 24 hours per day, 365 days per year.

Care 2 Caregivers
800-424-2494
Peer Support Helpline for Dementia Caregivers
Provides peer support, guidance on coping with loved when with dementia. Also provides counseling as well as education
Call or email: care@care2caregivers.com

Grandparents as Caregivers

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

Grandparents Raising Grandchildren support group
201-796 6209 ext. 102
Bergen Family Center/Family Success Center
44 Armory Street, 2nd floor, Englewood, NJ 07631
ls@fsobergen.org
www.fsobergen.org

Family Support Organization of Bergen County
201-796-6209
0-108 29th St., Fair Lawn, NJ07410
A family-run, county-based nonprofit that provides education, advocacy, support groups, and workshops for families and caregivers of children with mental, emotional, and behavioral needs.
www.FSOBergen.org

Bergen County Division of Family Guidance
201-336-7350
1 Bergen County Plaza 2nd Floor
Hackensack, NJ 07601
Juvenile/Family Crisis Unit Hotline
All youth under 18 years old
Health Insurance Programs

Medicare Health Insurance

MEDICARE (www.medicare.gov)
1-800-MEDICARE (1-800-633-422)
www.medicare.gov

- MEDICARE PART A: Hospital insurance, covers inpatient hospital care
- MEDICARE PART B: Covers physician and some out-patient services.
- MEDICARE PART C: Medicare advantage plans. HMOs, PPOs, and other health plan options provided through one network. Plan benefits may include vision, hearing and dental screening and/or discounts, Rx drug coverage and/or health club membership.
- MEDICARE PART D: Optional prescription drug plans which add drug coverage to original Medicare.

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

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

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

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

This directory was prepared from information provided by listed agencies. A listing does not constitute an endorsement of an agency or service by the Bergen County Division of Senior Services.
Medicaid Health Insurance

Bergen County Board of Social Services
201-368-4200 or 201-368-4785 or 201-368-7693
218 Route 17 North, Rochelle Park, NJ 07662
MLTSS; Aged, Blind & Disabled; Institutional Medicaid, etc.
www.bcbss.com

Medicaid (Regional Office)
973-977-4077
100 Hamilton Plaza, Suite 500, 5th Floor, Paterson, NJ 07505

Funeral-Burial Support Program (Medicaid)
201-368-4200
Bergen County Board of Social Services
218 Route 17 North, Rochelle Park, NJ 07662

Other Insurance Plans

New Jersey Health Insurance Marketplace: Get Covered NJ
1-833-677-1010
The NJ Health Insurance Marketplace (also known as “Obamacare”), a key part of the Affordable Care Act, is a way for qualified individuals, families, and qualified employees of small businesses to get affordable health coverage. Financial assistance is also available to help with plan premiums and cost sharing. Medicare is NOT part of the Marketplace and you do not qualify for a plan on the Marketplace if you are eligible for Medicare.
www.nj.gov/getcoverednj

Health Insurance Marketplace Assisters
Local “Assisters” provide free enrollment help:
- Trained and certified individuals
- Help you apply and enroll in a health plan with savings or apply for Medicaid/Children’s Health Insurance Program (CHIP)
- Required to provide fair, impartial, and accurate information
- Statewide assistance may also be available
For a complete list of local assisters, visit www.nj.gov/getcoverednj/help/local/
Health and Wellness

Many local hospitals offer a full range of classes and support groups to help you lead a healthy life. Contact your preferred hospital for an updated schedule.

Healthcare Centers for the Uninsured

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

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

Dental Services

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

Dental Lifeline Network New Jersey  
973-967-9171  
Donated Dental Services volunteers provide comprehensive treatment to eligible patients.  
www.dentallifeline.org/new-jersey/

North Hudson Community Action Corporation  
201-210-0200  
535 Midland Ave, Garfield, NJ 07026  
(additional locations in Passaic and Hudson Counties)  
Federally Qualified Health Center. Accepts insurance.  
If uninsured, payment is based on income.

Center for Dentistry at Hackensack University Medical Center  
551-996-2111 or 551-996-3519  
30 Prospect Avenue, Hackensack, NJ 07601  
60 Second Street, Hackensack, NJ 07601  
www.hackensackumc.org/dental

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

The Oral Health Website  
www.Oralhealth.acl.gov  
This website lists community-based, affordable, oral health programs that one can find through the site’s searchable database.

Rutgers School of Dental Medicine (RSDM)  
973-972-4242  
110 Bergen Street, Newark, NJ 07103  
Full range of oral health services while training the next generation of dentists, at rates much lower than private practices, but services are not free. RSDM accepts Medicaid plans, but not private insurance.  
www.sdm.rutgers.edu/patients

Visiting Dental Associates  
201-670-0097  
No dental insurance accepted – self-pay
Services and Programs for People with Vision Loss

Adjustment to Vision Loss Project
201-996-9100

Heightened Independence & Progress (HIP)
131 Main Street, Suite 120, Hackensack, NJ 07601
Provides information and referral related to services and resources throughout New Jersey. Peer Support groups meet at several locations throughout Bergen County.

National Eye Care Project
877-887-6327

Eye Care America Program
Medical eye care for the nation’s disadvantaged senior citizens. Provides referrals for U.S. citizens or legal residents who are 65 or older who do not have access to an ophthalmologist in their community. Qualified patients receive medical eye examinations and treatment at no out-of-pocket costs.
www eyecareamerica org

New Eyes for the Needy, Inc.
973-376-4903
549 Millburn Avenue, P. O. Box 332, Short Hills, NJ 07078
Provides prescription eyeglasses to medically, indigent, visually impaired, older adults who are New Jersey residents. Referrals must be made in writing from social service agencies.
www neweyesfortheneedy org

NJ State Library Talking Book & Braille Center (TBBC)
800-792-8322 or 609-278-2640
2300 Stuyvesant Avenue, P. O. Box 501, Trenton, NJ 08618
The Talking Book & Braille Center (TBBC) is a library that serves NJ residents of all ages who cannot read standard print or who cannot hold a book or turn the pages of a book due to a physical impairment, a reading disability, or a vision impairment. TBBC provides long-term loans of digital audiobook players and audiobooks and has audio news-reading services. All services are delivered to the home without cost.
www njstatelib org

NJ Commission for the Blind & Visually Impaired
973-648-3333
153 Halsey street 6th floor, Newark NJ 07101
Education, vocational rehabilitation, social work, health screenings; teaches rehabilitation & independent living skills; referral assistance
www state nj us humanservices cbvi home/

Assistive Technology Center - Johnson Public Library
201-343-4169 ext. 22
274 Main Street, Hackensack, NJ 07601
Provides opportunities to learn to use adaptive technologies on iPads and desktop computers for people with visual impairments, age 55 and older.

Services and Programs for People with Hearing Loss

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

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

Division of the Deaf & Hard of Hearing
609-588-2648 or 800-792-8339 (Voice and TTY)
PO BOX 074 Trenton, NJ 08625
Information and referral, interpreter and CART (real-time captioning) referral service, advocacy, workshops, assistive listening devices demonstration center.

Richard West Assistive Technology Advocacy Center (ATAC)
609-292-9742 or 800-922-7233 or 609-633-7106
Disability Rights New Jersey (DRNJ)
210 South Broad Street, 3rd Floor, Trenton, NJ 08608
Information and referral; device demonstrations, device loans, technical assistance, financing, advocacy services and legal representation. Acts as a clearinghouse for items/assistive devices that are for sale (usually at a minimum cost) or offered for donation or loan.
www drnj org/ atac

This directory was prepared from information provided by listed agencies. A listing does not constitute an endorsement of an agency or service by the Bergen County Division of Senior Services.
Assistive Listening Device Loan Program
609-588-2648 or 800-882-5593 (TTY)
NJ Division for the Blind and Handicapped, Division of the Deaf and Hard of Hearing,
PO Box 501, Trenton, NJ 08025
Provides loans of personal and wide area assistive listening devices through designated regional libraries throughout the state.
www.NJbh@njstate
Hearing Aid Assistance to Aged & Disabled (HAAD)
201-336-7400 or 800-792-9745
A $100 reimbursement to eligible persons who purchase a hearing aid. Eligibility requirements are the same as for the PAAD program. Need for hearing aid must be attested by a physician.

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

Pharmaceutical Assistance to the Aged & Disabled (PAAD)*
800-792-9745 or 201-336-7400
A prescription discount program for the elderly and people with disabilities. Eligible persons pay $7 for name-brand prescriptions and $5 for generic prescriptions. Eligible persons: New Jersey residents at least 65 years of age or receiving Social Security Disability. Income limits change annually.

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

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

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

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

Pharmaceutical Assistance Program
Some pharmaceutical companies offer assistance programs for the drugs they manufacture. The Medicare website provides a list of drugs with instructions for applying.
www.medicare.gov/pharmaceutical-assistance-program/

Chronic Disease & Disability Health Issues

Alzheimer's and other forms of Dementia

Act Now Foundation
201-721-6721
3167 John Fitzgerald Kennedy Blvd., North Bergen
A non-profit organization that provides caregiver support, community and professional disease education, cognitive assessments, long-term care planning, resources and advocacy to families living with Alzheimer's disease and related dementias.
www.actnowfoundation.org

Alzheimer Disease Education & Referral Center
800-438-4380
Comprehensive Alzheimer disease information and resources including caregiver skills for behavioral problems and all other information.
www.nia.nih.gov/Alzheimers
Alzheimer's Association
800-272-3900 or 800-883-1180
24-hour helpline Caregiver Information Referral Line
www.alz.org

Alzheimer's New Jersey
888-280-6055 or 973-586-4300
425 Eagle Rock Ave, #203, Roseland, NJ 07069
Resources include Helpline, The Respite Care and Wellness Program, Family Support Groups, Community and professional education training, Clinical Trial Connection and Always Safe®.
www.alznj.org

Bergen County Sheriff’s Office, Project Lifesaver
201-336-3540
2 Bergen Plaza, Hackensack, NJ 07601
Rapid response to save lives and reduce the potential for serious injury for adults and children who wander due to Alzheimer’s, Dementia, Autism, Down syndrome and other related disorders.
www.bcsd.us

COPSA Institute for Alzheimer’s Disease & Related Disorders (Alzheimer’s Resource Center)
800-424-2494 or 732-235-8400
100 Metroplex Dr., Suite 200, Edison, NJ 08817
A statewide program that includes a dementia clinic and a resource center that provides education, information and support to the families and caregivers of people with dementia. Training and consultation to geriatric professionals.

Holy Name Hospital Asian Dementia Center
201-833-3399
718 Teaneck Road, Teaneck, NJ 07666
Screening, education programs, family support groups.

Arthritis Foundation NJ State Office
888-467-3112 or 732-283-4300
555 Route 1 South Suite 320, Iselin, NJ 08830
Mon- Fri 9:00am – 5:00pm
www.arthritis.org

Cancer Support Community at Holy Name Hospital
(formerly Gilda’s Club)
201-833-3392
Offers educational workshops and support services to anyone impacted by cancer. Each event is free and open to the public, regardless of where patients
www.holyname.org/RegionalCancerCenter/cancer-support-community.aspx#

Diabetes

American Diabetes Association
800-342-2383
A professional organization that provides diabetes research, comprehensive info & advocacy, support for caregivers
www.diabetes.org

Diabetes Program
201-894-3335
Englewood Hospital/Home Care
350 Engle Street, 4th floor, Englewood, NJ 07631
In home service available for diabetes management-contact program for eligibility requirements.

Heart & Stroke

NJ Chapter American Heart Association
609-208-0020
1 Union Street, Robbinsville, NJ 08691
Information and referral; maintains a listing of groups for stroke survivors, their families, caregivers and interested professionals.
www.heart.org

American Heart Association
800-242-8721
7272 Greenville Avenue, Dallas, TX 75231-4596
Information and referral; maintains a listing of groups for stroke survivors, their families, caregivers and interested professionals. Publishes “Stroke Connection”, an informational newsletter that focuses on reducing stroke and/or heart disease risk.
www.americanheart.org

Adler Aphasia Center (Stroke)
201-368-8585
60 West Hunter Avenue, Maywood, NJ 07607
The Adler Center offers a variety of programs and activities to those living with Aphasia and their caregivers, and strives to expand awareness and knowledge of aphasia.
www.adleraphasiacenter.org

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National Stroke Association
800-787-6537
9707 E. Easter Lane, Centennial, OH 80112
Stroke information and newsletter, Guidance for starting stroke support clubs and groups.
www.stroke.org

Post Stroke Program
201-336-6502
Division of Disability Services
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601
Offers several stroke support groups throughout Bergen County.

HIV and AIDS
Buddies of New Jersey
800-508-7577 (NJ only) or 201-489-2900
Franklin A. Smith Resource Center, 149 Hudson Street, Hackensack NJ 07601
A resource center serving Bergen and Passaic Counties, offering a network of support for people infected and affected by HIV/AIDS. Services include case management, substance abuse treatment and counseling, housing assistance, dental services, support groups, transportation, and a food bank.
www.njbuddies.org

Multiple Sclerosis
National Multiple Sclerosis Society
201-967-5599
North Jersey Chapter
1 Kalisa Way, Suite 205, Paramus, NJ 07652
Services for those persons with Multiple Sclerosis, i.e. groups, newsletter, medical and legislative updates, and bulletin board/classified section of equipment for sale.
www.nationalmssociety.org

Parkinson Disease
American Parkinson Disease Association
732-745-7520
100 Kirkpatrick Street, New Brunswick, NJ 08901
Apdamnj.org

Sickle Cell Disease
Sickle Cell Disease New Jersey Chapter
973-482-9070
1016 Broad Street, Newark, NJ 07102
Sickle Cell Disease Association of America, Inc
800-421-8453
3700 Koppers St., #570, Baltimore, Md. 21227
Advocacy, support groups and direct services such as counseling, testing, referrals.

Hospitals in Bergen County
Bergen New Bridge Medical Center (formerly Bergen Regional)
201-967-4000
230 East Ridgewood Ave.
Paramus, NJ 07652
www.newbridgehealth.org

Englewood Hospital and Medical Center
201-894-3000
350 Engle Street
Englewood, NJ 07631
www.englewoodhospital.com

Hackensack University Medical Center
201-996-2000
30 Prospect Avenue
Hackensack, NJ 07601

Hackensack University Medical Center at Pascack Valley
201-383-1035
250 Old Hook Road,
Westwood, NJ 07675
www.hackensackumcpv.com

Holy Name Medical Center
201-833-3000
718 Teaneck Road
Teaneck, NJ 07666
www.holyname.org

Valley Hospital
201-447-8000
223 N. Van Dien Ave.,
Ridgewood, NJ 07450
www.valleyhealth.com

This directory was prepared from information provided by listed agencies. A listing does not constitute an endorsement of an agency or service by the Bergen County Division of Senior Services.
Hospice Care

Hospice care is available for people whose physician has determined that they have an incurable condition and have a life expectancy of six months or less. Hospice services may be chosen by you or your caregiver, or recommended by your physician. Hospice care can be provided in the home or at an extended care facility, such as a nursing home or assisted living facility. There are also free-standing hospice centers, sometimes called residential hospice centers. Some families prefer this kind of setting because it feels more like home and less like an institution. Medicare, Medicaid and most private insurance plans cover the costs of hospice care, or you may pay out-of-pocket.

Medicare
1-800-MEDICARE or 1-800-633-4227
www.medicare.gov
Find hospices that serve your area and compare them based on the quality of care they provide. Hospice agencies most often provide services where you live, whether it’s at home, an assisted living facility, or a nursing home.

The Center to Advance Palliative Care
National organization dedicated to increasing the availability of quality palliative care services.
www.getpalliativecare.org

National Association for Home Care and Hospice
Trade association that represents home care agencies, hospices, and home care aide organizations. It also offers a user-friendly tool on its website to locate agencies in your area that provide hospice.
www.agencylocator.nahc.org

The NJ Home Care Association
Nonprofit organization which has hospice and home care resources including education and advocacy, technical assistance, support, and information for professionals, families, and friends.
www.homecarenj.org

Bergen County Hospice

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

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

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

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

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

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

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

NOTE: Some nursing homes provide hospice beds. Call individual nursing homes to inquire.
Medical and Surgical Equipment and Supplies

Below is a partial list of vendors and the supplies they carry, sell and rent of bathroom safety equipment, canes, wheelchairs, 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. Contract suppliers in the bidding areas cannot charge more than the 20% coinsurance and any unmet yearly deductible for any equipment or supplies.

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

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

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

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

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

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

Stair Lifts:

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

Behavioral Health Programs

Bergen County Mental Health Board
201-634-2745
One Bergen County Plaza, 4th Fl, Hackensack, NJ 07601
Information, referrals to treatment agencies, and advocacy for all Bergen County residents with mental illness or family members seeking assistance for their loved ones.

Care Plus, NJ (Serves northern New Jersey)
201-986-5000
CarePlus offers a wide-array of programs and services to provide a holistic, comprehensive approach to aid in recovery from mental illness and substance abuse.

Care Plus Psychiatric Screening Center for Bergen
201-262-4357 (Hot Line)
www.careplusnj.org

Care Plus Center for Primary & Behavioral Health
201-265-8200
Partial Care-Geriatric, Supportive Housing, Outpatient Services, residential Services, Supported Employment.

Care Plus intensive Outpatient Treatment Crossroad to Wellness
201-986-5037
610 Valley Health Plaza, Paramus, NJ 07652

Care Plus Integrated Case Management Service
201-478-4162
Jail Diversion Program
201-478-4166
Care Plus involuntary outpatient commitment
201-478-4183
611 Route 46 West, Suite 300, Hasbrouck Heights, NJ 07604

CBHCare Wellness & Support Center (Walk-ins)
201-957-1800
569 Broadway, Westwood, NJ 07675
Mon.-Fri. 8:00 am-8:00 pm.
Saturday & Sunday 9:00 am -5:00 pm
Telephone 24 Hours 7 days a week

Comprehensive Behavioral Health Care Lyndhurst
201-935-3322
516 Valley Brook Avenue Lyndhurst NJ 07071
Outpatient Services, partial care-geriatric services

Hackensack Services
Comprehensive Behavioral Health Care Hackensack
201-646-0333
25 E. Salem St., Hackensack, NJ 07601
Acute care family services, homeless services, intensive family support services, outpatient services, partial care-geriatric, residential services, supportive housing.

Christian Health Care Center
201-848-5200
301 Sicomac Avenue, Wyckoff, NJ 07481
www.christianhealthcare.org

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.

Jewish Family & Children’s Services of Northern NJ
201-837-9090
Counseling, therapy, tailored services.

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

Vantage Health System Englewood
201-567-0059
93 W. Palisade Avenue, Englewood, NJ 07631
Outpatient Services, partial care for seriously mentally ill adults, residential services and supportive housing.
West Bergen Mental Healthcare – Access Center
201-485-7172
120 Chestnut Street, Ridgewood, NJ 07450
www.westbergen.org
West Bergen is a full-range community mental health center that offers a wide variety of services and programs tailored to the special needs of children, families, adults and seniors.

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

National Alliance on Mental Illness (NAMI)
1-800-950-6264
www.Nami.org
Provides information and support for adults with mental illness and their families; conducts monthly educational seminars or support groups. Visit their website for specific information.

Bereavement Services

AARP Grief and Loss Program
800-687-2277
Offers a wide range of resources and information on grief and loss issues to adults who are bereaved. Family members welcome. Program includes one-to-one outreach support. (e.g. widowed person services), a grief course, support groups, interactive on line support group, information booklets and brochures. www.aarp.org/griefandloss

Hackensack Community Nursing Services
201-342-7766
21 Main St. Suite 253, Hackensack, NJ 07601
Group Counseling

Bergen Community Health Care
201-359-2666
400 Old Hook Road, Westwood, NJ 07675

The Compassionate Friends
201-567-0089
301 Sicomac Avenue, Wyckoff, NJ 07481
Bereavement Support Group for Parents. Meets on the 4th Tuesday of the month 7:30pm

Psychiatric Emergency Screening Program (PESP)
201-262-HELP (4357)
New Bridge Medical Center

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

Holy Name Medical Center
201-833-3000 ext. 7580
Community Health Services Building
725 Teaneck Road, Teaneck, NJ 07666
Bereavement Groups for Adults. Three times a year

Englewood Hospital Bereavement
201-894-3333
Support Group
15 Engle Street, Englewood, NJ 07631

Valley Home Care
201-291-6395
Bereavement services for adults and children are offered through Valley Home Care, both group and individual support are offered.
http://www.valleyhealth.com/Support Programs
Leisure/Socialization

Recreation and Activities

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

Bergen County Department of Parks
201-336-7275
One Bergen County Plaza, 4th Floor, Hackensack, NJ07601

Boys and Girls Club of Lodi and Hackensack
973-473-7410
460 Passaic Ave., Lodi, NJ07644
Aquacize program for seniors. Call for schedule.
www.bgcoflodi.org

Elder Hostel (Road Scholar)
800-454-5768
Provides low-cost educational travel programs for seniors to over 1,600 colleges, universities, and other educational facilities in the United States and abroad.
www.elderhostel.org

JCC On The Palisades
201-569-7900
411 East Clinton Ave., Tenafly, NJ07670
A variety of health and fitness courses for seniors including swimming.
www.jccotp.org

Senior Excursions, Inc. 888-358-9880
4807 Pacific Ave, Wildwood, NJ 08260
A variety of trips at affordable prices for fixed income seniors.
www.seniorexcursionsinc.com

Senior Source
201-342-0962
The Shops at Riverside, 310 Riverside Square Mall, Hackensack Socialization and education for seniors.
www.seniorsourcenj.org

YMCA of Greater Bergen County
201-487-6600
360 Main Street, Hackensack, NJ07601
Swimming, adult fitness, self-defense class; SMILE (Seniors Move in Light Exercise) is a program of stretching and strengthening designed to keep the older adult fit. Call for schedules and cost of registration/membership.
www.ymcagbc.org

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 and Senior Clubs

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

NOTE: Bergen County DSS Nutrition Unit’s Senior Lunch Program
A nutritious mid-day meal is available for Bergen County senior citizens at the centers marked with an asterisk (*) below. The goal of the nutrition program is to provide well-balanced meals, foster social interaction, and provide access to other supportive services available to Bergen County seniors. To be eligible, persons must be age 60 or older, or the significant other of a participant. Lunch is served Monday-Friday and are planned by a dietician to provide the recommended nutritional requirements. Reservations for the meal must be made 1 day in advance.
<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
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</table>
| Bergenfield*            | Bergenfield Senior Activity Center
293 Murray Hill Terrace, 07621
201-387-7212             |
| Bogota                  | Bogota Senior Center
375 Larch Ave, 07603
201-342-1736             |
| Carlstadt               | Carlstadt Senior Center
425 - 4th Street, 07072
201-939-2850             |
| Cliffside Park*         | Cliffside Park Senior Activity Center
Gerald A. Calabrese Complex
500A Gorge Road, 07010
201-943-3768             |
| Closter                 | Closter Senior Center
295 Closter Dock Road, 07624
201-784-0971             |
| Cresskill               | Cresskill Senior Center
38 Spring Street, 07626
201-503-9831             |
| Demarest                | Demarest Senior Center
31 Park Street, 07627
201-767-9785             |
| Dumont                  | Dumont Senior Center
39 Dumont Avenue, 07628
201-387-5040             |
| East Rutherford*        | Southwest Senior Activity Center
147 Hackensack, 07073
201-935-8920             |
| Englewood*              | Bergen Family Social Adult Day
44 Armory Place, 07631
201-568-0817             |
| Englewood               | Southeast Senior Center for Independent Living (SECIL)
228 Grand Ave, 07631
201-569-4080             |
| Englewood Cliffs        | Englewood Cliffs Sr Citizens Center
7 West Bayview Ave., 07632
201-947-2838             |
| Fair Lawn*              | Fair Lawn Senior Activity Center
11-05 Gardiner Road, 07410
201-796-1191             |
| Fort Lee*               | Richard and Catherine Nest Adult Activity Center
319 Main Street, 07024
201-592-3670             |
| Franklin Lakes          | Franklin Lakes Senior Citizens Center (inside Firehouse)
479 Bender Court, 07417
201-891-1513             |
| Garfield*               | Garfield Senior Activity Center
480 Midland Avenue, 07026
973-478-0502             |
| Garfield*               | Golden Towers (building residents only)
225 Midland Avenue, 07026
973-253-3910             |
| Garfield*               | Belmont Gardens (building residents only)
377 Midland Avenue, 07026
973-253-3910             |
| Hackensack*             | United Senior Activity Center
101 Hudson Street, 07601
201-336-3320             |
| Hackensack*             | Martin Luther King Jr. Senior Center
375 First Street, 07601
201-342-2654             |
| Hackensack*             | Hackensack Rec. – Senior Lounge
116 Holt Street, 07601
201-646-8042             |
| Hackensack*             | Senior Source @ Shops at Riverside
310 Riverside Square Mall, 07601
201-342-0962             |
| Hasbrouck Heights       | Hasbrouck Heights Senior Center
320 Boulevard, 07604
201-288-4143             |
| Haworth                 | Haworth Seniors (club)
Call town for info
201-384-4785             |
| Hillsdale               | 50+ Club
Call town for info
201-497-1560             |
| Leonia                  | Leonia Senior Center
370 Broad Ave, 07605
201-592-5783             |
| Little Ferry            | Little Ferry Senior Center
95 Main St, 07643
(201) 641-9234           |
| Lodi                    | Lodi Senior Citizen's Club
22 Walnut Place, 07644
973-472-6994             |
| Lyndhurst*              | Lyndhurst Nutrition Center
281 Stuyvesant Ave, 07071
201-896-1629             |
| Mahwah                  | Mahwah Senior Center
475 Corporate Drive, 07430
201-529-5757             |
| Maywood                 | Maywood Senior Center
145 West Magnolia Ave, 07607
201-368-1522             |
| Midland Park*           | Northwest Senior Activity Center
46-50 Center Street, 07432
201-445-5690             |

*Bergen County DSS Senior Lunch Program locations are marked by an *
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<tr>
<th>Location</th>
<th>Agency Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Montvale</td>
<td>Montvale Senior Community Center</td>
<td>1 Memorial Drive, 07645</td>
<td>201-391-6464</td>
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<tr>
<td>Moonachie</td>
<td>Moonachie Senior Center</td>
<td>125 Moonachie Rd., 07074</td>
<td>201-641-6074</td>
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<tr>
<td>New Milford*</td>
<td>New Milford Senior Center</td>
<td>275 River Road, 07646</td>
<td>201-599-7565</td>
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<tr>
<td>New Milford*</td>
<td>New Milford Senior Center</td>
<td>275 River Road, 07646</td>
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<tr>
<td>North Arlington*</td>
<td>North Arlington Senior Activity Center</td>
<td>11 York Road, 07031</td>
<td>201-998-5636</td>
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<tr>
<td>North Arlington</td>
<td>North Arlington Senior Center</td>
<td>10 Beaver Ave, 07031</td>
<td>201-991-9519</td>
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<td>Northvale</td>
<td>James F. McGuire Senior Citizens Center</td>
<td>116 Paris Ave, 07647</td>
<td>201-767-3330</td>
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<tr>
<td>Norwood</td>
<td>Norwood Seniors (club)</td>
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<td>201-767-7200</td>
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<tr>
<td>Oakland</td>
<td>Oakland Senior Center</td>
<td>20 Lawlor Drive, 07436</td>
<td>201-405-7731</td>
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<td>Old Tappan</td>
<td>Old Tappan Senior Center</td>
<td>247 Old Tappan Road, 07675</td>
<td>201-664-2380</td>
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<tr>
<td>Oradell</td>
<td>Oradell Senior Center</td>
<td>1 Veterans Plaza, 07649</td>
<td>201-265-4192</td>
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<tr>
<td>Palisades Park*</td>
<td>Palisades Park Senior Activity Center</td>
<td>300 Highland Avenue, 07650</td>
<td>201-944-5616</td>
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<tr>
<td>Paramus</td>
<td>Joseph Cipolla Senior Center</td>
<td>93 North Fairview Ave, 07652</td>
<td>201-265-2100</td>
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<tr>
<td>Ramsey</td>
<td>Ramsey Senior Center</td>
<td>205 Church Street, 07446</td>
<td>201-825-1975</td>
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<tr>
<td>Ridgefield</td>
<td>Ridgefield Seniors (club)</td>
<td>725 Slocum Ave., 07657</td>
<td>201-943-5215</td>
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<tr>
<td>Ridgefield</td>
<td>Ridgefield Park Senior Activity Center</td>
<td>159 Park Street, 07660</td>
<td>201-641-1220</td>
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<td>Park*</td>
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<tr>
<td>Ridgewood</td>
<td>Ridgewood Senior Center</td>
<td>131 North Maple Ave, 07450</td>
<td>201-670-5500</td>
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<tr>
<td>River Edge</td>
<td>River Edge Senior Center</td>
<td>385 Howland Ave, 07661</td>
<td>201-489-2460</td>
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<tr>
<td>River Vale</td>
<td>River Vale Senior Center</td>
<td>406 River Vale Road, 07675</td>
<td>201-664-2581</td>
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<tr>
<td>Rochelle Park</td>
<td>Rochelle Park Senior Center</td>
<td>151 W. Passaic Street, 07662</td>
<td>201-587-7730</td>
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<tr>
<td>Rutherford*</td>
<td>55 Kip Senior Center</td>
<td>55 Kip Street, 07070</td>
<td>201-460-1600</td>
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<tr>
<td>Saddle Brook</td>
<td>Saddle Brook Senior Center</td>
<td>8 Caldwell Avenue, 07662</td>
<td>201-845-4594</td>
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<tr>
<td>South Hackensack</td>
<td>South Hackensack Senior Club</td>
<td>c/o 227 Phillips Ave, 07606</td>
<td>201-440-0719</td>
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</tbody>
</table>

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

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Employment and Volunteering

Employment Opportunities

Bergen County Job Center
201-996-8940
www.bergenjobcenter.com
60 State Street, Hackensack, NJ 07601
The Bergen County Job Center is a full-service employment and training center that offers a variety of services, free-of-charge, for workers, job seekers and employers – including expanded virtual services.

Vocational Rehabilitation Services for the Disabled
201-996-8970
60 State Street, Hackensack NJ 07601

Unemployment and Disability Insurance
201-996-8940
60 State Street, Hackensack NJ 07601

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

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

Volunteering

Bergen Volunteer Center
The Bergen Volunteer Center connects people with opportunities to serve, operating model volunteer programs, building capacity for effective volunteering, and participating in strategic partnerships that meet community needs.
www.bergenvolunteers.org
201-489-9454

Retired Senior Volunteer Program (RSVP)
Jewish Family and Children’s Services
201-837-9090
1485 Teaneck Rd., Teaneck
www.jfcsnnj.org

Corporation for National and Community Service
Senior Corps, VISTA, and other national service programs
1-800-942-2677

SCORE (Service Corps of Retired Executives)
Volunteer mentors for small businesses
201-336-6090

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Education

Adult Continuing Education

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

Computer Center at JCC on the Palisades
201-569-7900
411 East Clinton Ave., Tenafly, NJ 07670
One-on-one or group computer classes.

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

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

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

Korean-American Senior Citizen Association
201-945-2400
7 Broad Ave., Palisades Park
ESL program will service the Korean Population 60 + English instruction for communication in Health and Citizenship

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

English as Second Language and Basic Language Courses

Project Literacy of Greater Bergen County
201-489-7066
355 Main Street, Hackensack, NJ 07601
www.project-literacy.org

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

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

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

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

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
7 Broad Avenue, Palisades Park, NJ 07650

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

Englewood Public Library
201-658-2215 ext. 236
31 Engle Street, Englewood, NJ 07631
http://www.englewoodlibrary.org/?page_id=173
Free of charge

Hillsdale Public Library
201-358-5072
509 Hillsdale Avenue, Hillsdale, NJ 07642
http://hillsdalelibrary.org/services/adult-literacy/
Free of charge for Hillsdale residents

Johnson Public Library
201-343-4169 ext. 34
274 Main Street, Hackensack, NJ 07601
http://johnsonlib.org/adults/classes/esl/
Free of charge

Park Ridge Public Library
201-391-5151
51 Park Avenue, Park Ridge, NJ 07656
training@ParkRidge.bccls.org
Free of charge

Ridgewood Public Library
201-670-5600 ext.141
125 North Maple Avenue, Ridgewood, NJ 07450
http://www.ridgewoodlibrary.org/esl.htm
$30.00 Ridgewood Residents - $75.00 Non-Ridgewood Residents
Emergency Housing Assistance

Homeless Hotline
2-1-1
The Homeless Hotline assists people to secure accommodations at a homeless shelter. To be eligible to receive services you must be a Bergen County Resident who is currently homeless or facing imminent homelessness. Staff also provides information and referrals to assist people in finding services to help them regain self-sufficiency. Homeless Hotline operates 24 hours a day, 7 days a week.

Center for Food Action
Homeless Prevention Program – Rental Assistance
Provides financial assistance for clients with a court-ordered eviction notice or lock-out
Can apply at any CFA location, but call in advance for hours of operation:
- Englewood 192 W. Demarest Ave., 201-569-1804
- Hackensack 316 First St. 201-883-9375
- Mahwah 90 Ridge Road 201-529-2029
- Saddle Brook 224 Midland Ave. 201-703-9857
- Bergen Community College 400 Paramus Road 201-447-7191

Greater Bergen Community Action Homeless Prevention Program
201-488-5100 ext. 7041
Must be a Bergen County resident and meet eligibility criteria. Depending on funding, can pay for rent or utility arrears, security deposit or first month’s rent payment

Housing Authority of Bergen County Emergency Solutions Grants (ESG)
201-336-6490
Funding for rental payment arrears, security deposits, and short-term rental assistance.

Northeast NJ Legal Services/Senior Law Project
201-487-2166
190 Moore Street, Suite 100, Hackensack, NJ 07601
Free legal service program for age 60+, low-income.

Social Service Association/Ridgewood Area
201-444-2980
6 Station Plaza, Ridgewood, NJ 07450
Serves Ridgewood, Glen Rock, Ho-Ho-Kus, Midland Park, Waldwick Wyckoff. Services for low-income persons in need of rental assistance

Foreclosure Assistance

NJ Housing and Mortgage Finance Agency
NJ Hardest Hit Fund and Homesaver programs
1 (855)-647-7700 or 609-278-7660
Housing counseling including mortgage default and foreclosure prevention.
Rental Assistance and Tenant Services

NJ Housing Resource Center (NJHRC)
www.njhrc.gov
Free, online searchable registry for affordable and accessible housing units throughout the state of NJ including affordable rental housing, affordable for-sale housing, and housing with accessibility features.

Greater Bergen Community Action
Bergen County Housing Coalition
Tenant Outreach Program
201-488-5100 ext. 7041
316 State Street, Hackensack, NJ 07601
HUD approved Housing Counseling Agency: tenant counseling, workshops, homeless counseling

Bergen County’s United Way Compassion Fund
Dial 2-1-1 or www.nj211.org

Fair Housing Council
201-489-3552 or 201-489-4692
131 Main Street, Hackensack, NJ 07601
HUD approved Housing Counseling Agency: housing discrimination complaints

HUD Approved Housing Counseling Agencies
HUD sponsors housing counseling agencies throughout the country that can provide advice on buying a home, renting, defaults, foreclosures, and credit issues. For a complete list of HUD approved agencies, visit the HUD website at www.hud.gov.

Housing Authorities in Bergen County

Public Housing Authorities own and/or manage housing programs under the regulations of the US Department of Housing and Urban Development. Please note that many programs are not currently accepting applications for housing or have extensive waiting lists. Please call the individual Housing Authority for more information.

NJ Department of Community Affairs NJ State Rental Assistance Program (SRAP)
201-996-8990
100 First Street, Room 207, Hackensack, NJ 07601
The SRAP is a state funded program that provides housing subsidies for the elderly, families, and disabled. Limited enrollment period annually; check website for application period:
http://www.state.nj.us/dca/divisions/dhcr/srap_vouchers.html

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

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

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List of Affordable Developments in Bergen County

Please see the following list of affordable housing developments in Bergen County. Please note that affordable housing is in extremely high demand, and many properties might not be currently accepting applications, or the expected time on the waiting list could be several years. Please contact the properties directly for availability and more information.

TOWN: Allendale
DEVELOPMENT: The Whitney at Allendale
ADDRESS: 2004 Whitney Lane
PHONE: 201-236-1600
WEBSITE: www.piazza-and-associates.com

TOWN: Allendale
DEVELOPMENT: BCUW/Madeline Housing
ADDRESS: 289-301 Franklin Tpk/Crescent Commons
PHONE: 201-291-4050
WEBSITE: www.bergenunitedway.org

TOWN: Allendale
DEVELOPMENT: Allendale Senior Housing/Madeline
ADDRESS: Cebak Ct
PHONE: 201-291-4050
WEBSITE: www.bergenunitedway.org

TOWN: Alpine
DEVELOPMENT: Borough of Alpine
ADDRESS: 115 Route 9W
PHONE: 856-375-2800
WEBSITE: None Specified

TOWN: Bergenfield
DEVELOPMENT: Brookside Gardens
ADDRESS: 293 Murray Hill Terrace
PHONE: 201-384-7523
WEBSITE: www.habcnj.org

TOWN: Bogota
DEVELOPMENT: Silver Maple Gardens I&II
ADDRESS: 348 & 354 Leonia Av
PHONE: 201-592-8118
WEBSITE: www.habcnj.org

TOWN: Cresskill
DEVELOPMENT: "Cresskill Affordable Properties"
ADDRESS: 31-39 Broadway St & 35-39 Union Ave
PHONE: (609) 664-2769 x5
WEBSITE: www.affordablehomesnewjersey.com

TOWN: Cresskill
DEVELOPMENT: Cressskill Mews/Daibes Park
ADDRESS: Tenakill Park Dr East
PHONE: 201-840-0050
WEBSITE: Not Specified

TOWN: Demarest
DEVELOPMENT: DeVries Park Family Complex
ADDRESS: Bellaire Dr
PHONE: 201-768-0167
WEBSITE: Not Specified

TOWN: Dumont
DEVELOPMENT: David F Roche Apts.
ADDRESS: 2 Aladdin Ave
PHONE: (201) 387-9107
WEBSITE: www.habcnj.org

TOWN: Dumont
DEVELOPMENT: St Marys Senior Apts
ADDRESS: 258 Washington Av
PHONE: (201) 385-5869
WEBSITE: Not Specified

TOWN: Dumont
DEVELOPMENT: Dumont Senior Housing
ADDRESS: 9495 Schraalenburgh Way
PHONE: 201-836-4500
WEBSITE: call for application

TOWN: Dumont
DEVELOPMENT: Washington Promenade
EMAIL: tford@cmeusa1.com
To apply for wait list for this 2020 new construction

TOWN: East Rutherford
DEVELOPMENT: The Monarch
ADDRESS: 120 Schindler Ct
PHONE: 609-786-1100
WEBSITE: www.piazza-and-associates.com

TOWN: East Rutherford
DEVELOPMENT: Boiling Spring Gardens
ADDRESS: 147 Hackensack St
PHONE: 201-935-0790
WEBSITE: www.habcnj.org

TOWN: East Rutherford
DEVELOPMENT: "coming soon"
ADDRESS: Central and Oak
PHONE: 609-786-1100
WEBSITE: www.piazza-and-associates.com

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TOWN: Edgewater
DEVELOPMENT: Vreeland Park Residences
ADDRESS: 1 Vreeland Ter
PHONE: 201-804-0050
WEBSITE: Not Specified

TOWN: Edgewater
DEVELOPMENT: Avalon at Edgewater
ADDRESS: 100 River Mews Ln
PHONE: None specified
WEBSITE: www.affordablehomesnewjersey.com

TOWN: Edgewater
DEVELOPMENT: St Moritz
ADDRESS: 1000 Portside Dr
PHONE: 201-840-8800
WEBSITE: Not Specified

TOWN: Edgewater
DEVELOPMENT: Waterford Towers
ADDRESS: 190 River Rd
PHONE: 201-917-1100
WEBSITE: Not Specified

TOWN: Edgewater
DEVELOPMENT: Edgewater Senior Housing
ADDRESS: 27 Dempsey Av
PHONE: 201-943-6000
WEBSITE: www.edgewaterha.org

TOWN: Edgewater
DEVELOPMENT: Edgewater Sr Residence
ADDRESS: 300 Undercliff Ave
PHONE: 201-943-6000
WEBSITE: www.edgewaterha.org

TOWN: Edgewater
DEVELOPMENT: NAHF Undercliff Apts
ADDRESS: 377 Undercliff Av
PHONE: 201-943-6000
WEBSITE: www.edgewaterha.org

TOWN: Edgewater
DEVELOPMENT: - NAHF Edgewater Place Apts
ADDRESS: 75 & 79-85 Edgewater Pl
PHONE: 201-943-6000
WEBSITE: www.edgewaterha.org

TOWN: Elmwood Pk
DEVELOPMENT: River Walk
ADDRESS: 400 River Front Blvd
PHONE: 856-375-2800
WEBSITE: None Specified

TOWN: Emerson
DEVELOPMENT: Emerson Veterans
ADDRESS: 324 Main St.
PHONE: 201-336-7600
WEBSITE: www.habcnj.org

TOWN: Englewood
DEVELOPMENT: Greater Englewood Housing
ADDRESS: 1 Rock Creek Terrace/ 1 Parkview Ter
PHONE: (201) 871-0178
WEBSITE: Not Specified

TOWN: Englewood
DEVELOPMENT: Vincent K Tibbs Senior Apts
ADDRESS: 111 West St
PHONE: 201-871-3451
WEBSITE: www.ehahousing.org

TOWN: Englewood
DEVELOPMENT: John Foti Apts
ADDRESS: 115 Humphrey St
PHONE: 201-871-3451
WEBSITE: www.ehahousing.org

TOWN: Englewood
DEVELOPMENT: Westmoor Gardens
ADDRESS: 145-175 West St & 2-6 Slocum Ave
PHONE: 201-871-3451
WEBSITE: www.ehahousing.org

TOWN: Englewood
DEVELOPMENT: Pindle East
ADDRESS: 270-2 Pindle Av
PHONE: (516) 466-6520
WEBSITE: Not Specified

TOWN: Englewood
DEVELOPMENT: Englewood 2
ADDRESS: 68 William St
PHONE: Not specified
WEBSITE: Not Specified

TOWN: Englewood
DEVELOPMENT: King Gardens
ADDRESS: 72 Dubois Ct
PHONE: 201-871-1270
WEBSITE: None Specified

TOWN: Englewood
DEVELOPMENT: Englewood 1
ADDRESS: 80 Jay St
PHONE: Not specified
WEBSITE: Not Specified

TOWN: Fair Lawn
DEVELOPMENT: Fairlawn Commons Apts
ADDRESS: 1 Croucher Ln
PHONE: 201-794-7494
WEBSITE: www.piazza-and-associates.com

TOWN: Fair Lawn
DEVELOPMENT: River House
ADDRESS: 13-23 River Road
PHONE: 609-786-1100
WEBSITE: www.piazza-and-associates.com
TOWN: Fair Lawn
DEVELOPMENT: Fair Lawn Senior Housing
ADDRESS: 18-25 River Road
PHONE: 201-291-4050
WEBSITE: www.bergenunitedway.org

TOWN: Fairview
DEVELOPMENT: Fairview Gardens
ADDRESS: 220 Morris Av & 219 Broad Av
PHONE: 201-592-8118
WEBSITE: Not Specified

TOWN: Fairview
DEVELOPMENT: Eastview Towers
ADDRESS: 370 Fairview Av
PHONE: Not specified
WEBSITE: Not Specified

TOWN: Fort Lee
DEVELOPMENT: BCUW/Madeline Housing
ADDRESS: 1253 Inwood Terr
PHONE: 201-291-4050
WEBSITE: www.bergenunitedway.org

TOWN: Fort Lee
DEVELOPMENT: Malcolm Towers
ADDRESS: 475 Main St
PHONE: 201-944-5270
WEBSITE: Not Specified

TOWN: Fort Lee
DEVELOPMENT: Mediterranean House
ADDRESS: 505 North Av
PHONE: 201-944-5015
WEBSITE: Not Specified

TOWN: Fort Lee
DEVELOPMENT: Liberty Place
ADDRESS: 101 Cedar St
PHONE: 201-592-9538
WEBSITE: www.pennrose.com

TOWN: Fort Lee
DEVELOPMENT: Holtje House, family appts
ADDRESS: 1403 Theresa Dr
PHONE: 201-947-7400
WEBSITE: www.fiha.org

TOWN: Franklin Lakes
DEVELOPMENT: Franklin Lks Supportive housing
ADDRESS: McCoy & Colonial Roads
PHONE: 201-336-7600
WEBSITE: www.habcnj.org

TOWN: Garfield
DEVELOPMENT: Garfield Senior Housing
ADDRESS: 15 Commerce St
PHONE: 973-365-6137
WEBSITE: call for application

TOWN: Garfield
DEVELOPMENT: Golden Towers
ADDRESS: 225 Midland Av
PHONE: (973) 340-4170
WEBSITE: www.garfieldhousing.org

TOWN: Garfield
DEVELOPMENT: Belmont Gardens
ADDRESS: 377 Midland Av
PHONE: (973) 340-4170
WEBSITE: www.garfieldhousing.org

TOWN: Garfield
DEVELOPMENT: Daniel P. Conti Court
ADDRESS: Daniel P Conti Ct
PHONE: (973) 340-4170
WEBSITE: www.garfieldhousing.org

TOWN: Garfield
DEVELOPMENT: Louis Marzitelli Ct/GHA
ADDRESS: Midland Av & Grand St
PHONE: (973) 340-4170
WEBSITE: www.garfieldhousing.org

TOWN: Garfield
DEVELOPMENT: General Pulaski Court/GHA
ADDRESS: Shaw St/Spring Garden Ln
PHONE: (973) 340-4170
WEBSITE: www.garfieldhousing.org

TOWN: Hackensack
DEVELOPMENT: Alston Arms
ADDRESS: 13-31 Newman St
PHONE: 201-342-9523
WEBSITE: Not Specified

TOWN: Hackensack
DEVELOPMENT: Barcelona Ct
ADDRESS: 164 Beech St
PHONE: 201-342-4280
WEBSITE: www.hackensackhousing.org

TOWN: Hackensack
DEVELOPMENT: Hackensack HA- Patrick DiZenzo Ct
ADDRESS: 175 W. Railroad Ave
PHONE: 201-342-4280
WEBSITE: www.hackensackhousing.org

TOWN: Hackensack
DEVELOPMENT: Hackensack HA - Oratam Ct
ADDRESS: 230 Central Ave
PHONE: 201-342-4280
WEBSITE: www.hackensackhousing.org

TOWN: Hackensack
DEVELOPMENT: Hackensack HA Ostrowski Ct
ADDRESS: 230 Central Ave
PHONE: 201-342-4280
WEBSITE: www.hackensackhousing.org
<table>
<thead>
<tr>
<th>TOWN</th>
<th>DEVELOPMENT</th>
<th>ADDRESS</th>
<th>PHONE</th>
<th>WEBSITE</th>
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<tbody>
<tr>
<td>Hackensack</td>
<td>Hackensack HA- Harry Berkie Gardens</td>
<td>60 Kansas St</td>
<td>201-342-4280</td>
<td><a href="http://www.hackensackhousing.org">www.hackensackhousing.org</a></td>
</tr>
<tr>
<td>Hackensack</td>
<td>Widnal Towers</td>
<td>65 1st St</td>
<td>201-342-4280</td>
<td><a href="http://www.hackensackhousing.org">www.hackensackhousing.org</a></td>
</tr>
<tr>
<td>Hasbrouck Heights</td>
<td>Hasbrouck Heights Sr Housing</td>
<td>245 Hamilton Av</td>
<td>201-592-8118</td>
<td><a href="http://www.habcnj.org">www.habcnj.org</a></td>
</tr>
<tr>
<td>Hillsdale</td>
<td>Hillsdale House / Hillsdale Senior Apts</td>
<td>32 Piernont Av</td>
<td>201-666-5290</td>
<td>Not Specified</td>
</tr>
<tr>
<td>Leonia</td>
<td>Station Square</td>
<td>101-3 Station Parkway</td>
<td>Not Specified</td>
<td>Not Specified</td>
</tr>
<tr>
<td>Leonia</td>
<td>The Glenwood at Leonia</td>
<td>270 Glenwood Av</td>
<td>201-947-9779</td>
<td><a href="http://www.theglenwood.org">www.theglenwood.org</a></td>
</tr>
<tr>
<td>Lodi</td>
<td>George Ciliberto Sr Complex</td>
<td>15 Massey St</td>
<td>973-470-3650</td>
<td><a href="http://www.lodihousing.org">www.lodihousing.org</a></td>
</tr>
<tr>
<td>Lodi</td>
<td>Anthony B. Caniano Sr Complex</td>
<td>20 Rennie Pl</td>
<td>973-470-3650</td>
<td><a href="http://www.lodihousing.org">www.lodihousing.org</a></td>
</tr>
<tr>
<td>Lodi</td>
<td>DeVries Park Family Complex</td>
<td>200 Union St</td>
<td>973-470-3650</td>
<td><a href="http://www.lodihousing.org">www.lodihousing.org</a></td>
</tr>
<tr>
<td>Lodi</td>
<td>Matthew A. DiChiara Sr Complex</td>
<td>375 N Main St</td>
<td>973-470-3650</td>
<td><a href="http://www.lodihousing.org">www.lodihousing.org</a></td>
</tr>
<tr>
<td>Lyndhurst</td>
<td>Winston at Lyndhurst</td>
<td>120 Chubb Ave</td>
<td>(609) 664-2769 x5</td>
<td><a href="http://www.affordablehomesnewjersey.com">www.affordablehomesnewjersey.com</a></td>
</tr>
<tr>
<td>Lyndhurst</td>
<td>Station at Lyndhurst</td>
<td>240 Chubb Ave</td>
<td>(609) 664-2769 x5</td>
<td><a href="http://www.affordablehomesnewjersey.com">www.affordablehomesnewjersey.com</a></td>
</tr>
<tr>
<td>Lyndhurst</td>
<td>Joseph A Carucci Apts</td>
<td>281 Stuyvesant Av</td>
<td>Not Specified</td>
<td>Not Specified</td>
</tr>
<tr>
<td>Mahwah</td>
<td>Norfolk Village</td>
<td>1201 Norfolk Court</td>
<td>844-641-2960</td>
<td>Not Specified</td>
</tr>
<tr>
<td>Mahwah</td>
<td>Mahwah PH Ramapo Brae</td>
<td>1600 Ramapo Brae Ln</td>
<td>201-444-0722</td>
<td><a href="http://www.habcnj.org">www.habcnj.org</a></td>
</tr>
<tr>
<td>Mahwah</td>
<td>Pine Lake Village</td>
<td>45 Whitney Rd</td>
<td>973-267-9000</td>
<td>None Specified</td>
</tr>
<tr>
<td>Mahwah</td>
<td>Mahwah Commons</td>
<td>92-98 Ramapo Valley Road</td>
<td>201-291-4050</td>
<td><a href="http://www.bergenunitedway.org">www.bergenunitedway.org</a></td>
</tr>
<tr>
<td>Maywood</td>
<td>Lydecker Manor / Maywood Sr Apts</td>
<td>150 E Passaic St</td>
<td>201-368-0926</td>
<td>Not Specified</td>
</tr>
<tr>
<td>Midland Park</td>
<td>Kentshire Apts</td>
<td>187 Paterson Av</td>
<td>201-652-5557</td>
<td><a href="http://www.thekentshire.com">www.thekentshire.com</a></td>
</tr>
<tr>
<td>Montvale</td>
<td>Nottingham Manor Apts</td>
<td>138 Nottingham Ct</td>
<td>609-786-1100</td>
<td><a href="http://www.piazza-and-associates.com">www.piazza-and-associates.com</a></td>
</tr>
</tbody>
</table>
This directory was prepared from information provided by listed agencies. A listing does not constitute an endorsement of an agency or service by the Bergen County Division of Senior Services.
TOWN: Park Ridge
DEVELOPMENT: Quail Run
ADDRESS: various addresses
PHONE: 609-786-1100
WEBSITE: www.piazza-and-associates.com

TOWN: Ramsey
DEVELOPMENT: Woodlands at Ramsey Senior Apts
ADDRESS: 141 Prince St
PHONE: 201-818-0230
WEBSITE: www.springpointsl.org/affordable-housing/

TOWN: Ramsey
DEVELOPMENT: DeSimone Court Town Homes
ADDRESS: 800-900 DeSimone Ct
PHONE: 201-444-0722
WEBSITE: www.habcnj.org

TOWN: Ridgefield Park
DEVELOPMENT: Ryan Lombardi Towers
ADDRESS: 278 Main St
PHONE: 201-332-4037
WEBSITE: Not Specified

TOWN: Ridgewood
DEVELOPMENT: Broadwood condominiums
ADDRESS: 308-15 S Broad St
PHONE: Not specified
WEBSITE: Not Specified

TOWN: Ridgewood
DEVELOPMENT: Ridgecrest Apts
ADDRESS: 7-11 Ridge Rd
PHONE: 201-336-7600
WEBSITE: www.habcnj.org

TOWN: River Edge
DEVELOPMENT: New Bridge Crossing
ADDRESS: 230 Kinderkamack Rd
PHONE: 201-479-5274
WEBSITE: Not specified

TOWN: River Vale
DEVELOPMENT: River Vale Senior Residence
ADDRESS: 430 Cedar Lane
PHONE: 201497-6692
WEBSITE: www.habcnj.org

TOWN: Rochelle Park
DEVELOPMENT: Park Terrace
ADDRESS: 106 Terrace Ave
PHONE: 609-786-1100
WEBSITE: www.piazza-and-associates.com

TOWN: Rochelle Park
DEVELOPMENT: Mercury Rising Apts
ADDRESS: 47 Central Av
PHONE: Not specified
WEBSITE: Not specified

TOWN: Rutherford
DEVELOPMENT: Meadow Rd Apts
ADDRESS: 17 Meadow Rd
PHONE: apply on line
WEBSITE: www.affordablehomesnewjersey.com

TOWN: Rutherford
DEVELOPMENT: Rutherford Senior Manor
ADDRESS: 67 Kip Av
PHONE: 201-438-7327
WEBSITE: Not Specified

TOWN: Saddle Brook
ADDRESS: 29 Caldwell Ave
PHONE: 201-336-7600
WEBSITE: www.habcnj.org

TOWN: Saddle Brook
ADDRESS: 140 Mayhill
PHONE: 609-664-2769 X5
WEBSITE: www.affordablehomesnewjersey.com

TOWN: Saddle River
DEVELOPMENT: Saddle River Senior Housing
ADDRESS: 1-20 Wolf Run
PHONE: 201-444-0722
WEBSITE: www.habcnj.org

TOWN: South Hackensack
DEVELOPMENT: Grove Gardens Senior Apts
ADDRESS: 41 Grove St
PHONE: 201-440-6500
WEBSITE: www.habcnj.org

TOWN: Teaneck
DEVELOPMENT: 1475 Palisade Ave Apts.
ADDRESS: 1475 Palisade Ave
PHONE: 609-786-1100
WEBSITE: www.piazza-and-associates.com

TOWN: Teaneck
DEVELOPMENT: 159-161 Fort Lee Road Apts
ADDRESS: 159-161 Fort Lee Rd
PHONE: 609-786-1100
WEBSITE: www.piazza-and-associates.com

TOWN: Teaneck
DEVELOPMENT: Tryon Av West Apts
ADDRESS: 17 Tryon Av West
PHONE: 201-941-3330
WEBSITE: Not Specified

TOWN: Teaneck
DEVELOPMENT: Avalon Bay Teaneck
ADDRESS: 1775 Windsor Rd
PHONE: 609-786-1100
WEBSITE: www.piazza-and-associates.com

This directory was prepared from information provided by listed agencies. A listing does not constitute an endorsement of an agency or service by the Bergen County Division of Senior Services.
TOWN: Teaneck
DEVELOPMENT: Teaneck Senior Citizen Housing
ADDRESS: 5 Dogwood Ln
PHONE: 201-833-1033
WEBSITE: None Specified

TOWN: Teaneck
DEVELOPMENT: The Brookdale
ADDRESS: 60 Bergen Ave.
PHONE: 201-692-1000
WEBSITE: www.seniorhousingservices.org

TOWN: Teaneck
DEVELOPMENT: CHIP
ADDRESS: 640 American Legion Dr
PHONE: 201-968-0200
WEBSITE: www.greaterbergen.org

TOWN: Tenafly
DEVELOPMENT: BCUW/Madeline Housing
ADDRESS: 311 Tenafly Rd
PHONE: 201-291-4050
WEBSITE: www.bergenuitedway.org

TOWN: Tenafly
DEVELOPMENT: Tenafly Senior Apts
ADDRESS: 355-69 Tenafly Rd
PHONE: 201-569-7933
WEBSITE: Not Specified

TOWN: Teterboro
DEVELOPMENT: Vincent Pl
ADDRESS: 1-8 & 9-12 Vincent Pl
PHONE: Not Specified
WEBSITE: Not Specified

TOWN: Upper Saddle River
DEVELOPMENT: The Commons at Upper Saddle River
ADDRESS: 2 Silverbeech Ct
PHONE: 609-786-1100
WEBSITE: www.piazza-and-associates.com

TOWN: Waldwick
DEVELOPMENT: Waldwick Station
ADDRESS: 41 W. Prospect Street
PHONE: 609-786-1100
WEBSITE: www.piazza-and-associates.com

TOWN: Wallington
DEVELOPMENT: Jasontown 2 Apts
ADDRESS: 3500 Stevens Rd
PHONE: 201-641-2800
WEBSITE: Not Specified

TOWN: Westwood
DEVELOPMENT: Westwood House
ADDRESS: 100 Madison Av
PHONE: 201-666-1778
WEBSITE: apply via mail or in person

TOWN: Wood Ridge
DEVELOPMENT: The Willows at Wesmont Station
ADDRESS: 100 Johnson Drive
PHONE: 201-479-5299
WEBSITE: www.livewillows.com

TOWN: Wood Ridge
DEVELOPMENT: Avalon at Wesmont Station
ADDRESS: 100 Rosie Sq.
PHONE: 609-664-2769 x5
WEBSITE: www.affordablehomesnewjersey.com

TOWN: Woodcliff Lake
DEVELOPMENT: CHIP
ADDRESS: 29-49 Broadway
PHONE: 201-968-0200
WEBSITE: www.greaterbergen.org

TOWN: Wyckoff
To apply for any current or future affordable apartments—
WEBSITE: wyckoff-nj.com/affordablehousing
PHONE: 201-891-7000 x118
Note: non-refundable application fee may apply

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**Housing Navigator Notes**

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

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

Adult Retirement Communities

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

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

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

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

Shared Living Arrangements

SHARE Incorporated
201-670-9605
104 Cottage Place & 130 Prospect Place
Ridgewood, NJ 07450
https://shareridgewood.org

Shared Housing
201-568-1166
Women's Rights Information Center
108 West Palisade Ave, Englewood, NJ 07631
https://www.womensrights.org/shared-housing

Boarding and Rooming Houses in Bergen County

The following list of boarding and rooming houses in Bergen County was compiled from information from the NJ Department of Community Affairs. Please contact the facilities directly for information about rates and availability.

<table>
<thead>
<tr>
<th>City</th>
<th>Facility Name</th>
<th>Street Address</th>
<th>City/State/Zip</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALLENDALE</td>
<td>Allendale Hotel</td>
<td>115 W ALLENDALE AV</td>
<td>ALLENDALE, NJ 07401</td>
<td>201-818-4285</td>
</tr>
<tr>
<td>BOGOTA</td>
<td>Carner House</td>
<td>280 LARCH AV</td>
<td>BOGOTA, NJ 07603</td>
<td>201-342-8940</td>
</tr>
<tr>
<td>CLIFFSIDE PARK</td>
<td>44 WASHINGTON AV</td>
<td>CLIFFSIDE PARK, NJ 07010</td>
<td>917-402-7064</td>
<td></td>
</tr>
<tr>
<td>CLOSTER</td>
<td>420 PIERMONT RD</td>
<td>CLOSTER, NJ 07624</td>
<td>201-240-0146</td>
<td></td>
</tr>
<tr>
<td>ELMWOOD PARK</td>
<td>105 PARKVIEW AV</td>
<td>ELMWOOD PARK, NJ 07407</td>
<td>201-387-1279</td>
<td></td>
</tr>
<tr>
<td>ENGLEWOOD</td>
<td>Just Rooms</td>
<td>221 WILLIAM ST</td>
<td>ENGLEWOOD, NJ 07631</td>
<td>201-233-1111</td>
</tr>
<tr>
<td>ENGLEWOOD</td>
<td>97-99 JAMES ST</td>
<td>ENGLEWOOD, NJ 07631</td>
<td>201-567-0015</td>
<td></td>
</tr>
<tr>
<td>ENGLEWOOD</td>
<td>104 JAMES ST</td>
<td>ENGLEWOOD, NJ 07631</td>
<td>201-568-0690</td>
<td></td>
</tr>
<tr>
<td>ENGLEWOOD</td>
<td>GBCA Shepard House</td>
<td>38 W DEMAREST AV</td>
<td>ENGLEWOOD, NJ 07631</td>
<td>201-968-0200</td>
</tr>
<tr>
<td>ENGLEWOOD</td>
<td>GBCA Independence Hall</td>
<td>89 JAMES ST</td>
<td>ENGLEWOOD, NJ 07631</td>
<td>201-968-0200</td>
</tr>
<tr>
<td>GARFIELD</td>
<td>279 PASSAIC ST</td>
<td>GARFIELD, NJ 07026</td>
<td>973-472-0719</td>
<td></td>
</tr>
<tr>
<td>GARFIELD</td>
<td>2 BELMONT AV</td>
<td>GARFIELD, NJ 07026</td>
<td>973-478-7977</td>
<td></td>
</tr>
<tr>
<td>GARFIELD</td>
<td>450 RIVER DR</td>
<td>GARFIELD, NJ 07026</td>
<td>973-478-7977</td>
<td></td>
</tr>
<tr>
<td>GARFIELD</td>
<td>463 RIVER DR</td>
<td>GARFIELD, NJ 07026</td>
<td>973-478-7977</td>
<td></td>
</tr>
<tr>
<td>GARFIELD</td>
<td>9 UNION AV</td>
<td>GARFIELD, NJ 07026</td>
<td>973-478-7977</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>Just Rooms</td>
<td>315 PARK ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-488-0534</td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>439 PARK ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-233-1111</td>
<td></td>
</tr>
</tbody>
</table>

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The following list of boarding and rooming houses in Bergen County was compiled from information from the NJ Department of Community Affairs. Please contact the facilities directly for information about rates and availability.

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<tr>
<th>City</th>
<th>Facility Name</th>
<th>Street Address</th>
<th>City/State/Zip</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>HACKENSACK</td>
<td>Just Rooms</td>
<td>190 BERRY ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-233-1111</td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>Just Rooms</td>
<td>345 PARK ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-233-1111</td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>Just Rooms</td>
<td>32-34 POPLAR AV</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-233-1111</td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>Just Rooms</td>
<td>429 PARK ST</td>
<td>HACKENSACK, NJ 07645</td>
<td>201-233-1111</td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>Just Rooms</td>
<td>167-169 CENTRAL AV</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-233-1111</td>
</tr>
<tr>
<td>HACKENSACK</td>
<td></td>
<td>66 EUCLID AV</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-265-7836</td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>89 ESSEX ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-342-0094</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>95 ESSEX ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-342-0094</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>100 ESSEX ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-342-0094</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>YMCA of Greater Bergen County</td>
<td>360 MAIN ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-487-6600</td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>89 MAPLE AV</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-487-6944</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>240 1ST ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-488-0666</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>104 ELM AV</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-489-0168</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>161 CENTRAL AV</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-657-2718</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>65 EUCLID AVENUE</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-665-7143</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>325 UNION ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-665-7143</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>221 ANDERSON ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-913-2867</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>271 UNION ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-913-2867</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>State House Hotel</td>
<td>288 STATE ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-913-2867</td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>331 UNION ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>201-916-0499</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>267 UNION ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>347-992-9148</td>
<td></td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>Dover Guest House</td>
<td>263 UNION ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>551-587-8516</td>
</tr>
<tr>
<td>HACKENSACK</td>
<td>279 UNION ST</td>
<td>HACKENSACK, NJ 07601</td>
<td>732-618-4269</td>
<td></td>
</tr>
<tr>
<td>HASBROUCK HEIGHTS</td>
<td>187 TERRACE AV</td>
<td>HASBROUCK HTS, NJ 07604</td>
<td>201-462-0927</td>
<td></td>
</tr>
<tr>
<td>LITTLE FERRY</td>
<td>143 MAIN ST</td>
<td>LITTLE FERRY, NJ 07643</td>
<td>201-440-1917</td>
<td></td>
</tr>
<tr>
<td>LODI</td>
<td>11 TERHUNE AV</td>
<td>LODI, NJ 07644</td>
<td>201-745-7479</td>
<td></td>
</tr>
<tr>
<td>LYNDHURST</td>
<td>262 RIDGE RD</td>
<td>LYNDHURST, NJ 07071</td>
<td>973-493-2996</td>
<td></td>
</tr>
<tr>
<td>OAKLAND</td>
<td>42 HIAWATHA BLVD.</td>
<td>OAKLAND, NJ 07436</td>
<td>201-405-0260</td>
<td></td>
</tr>
<tr>
<td>OAKLAND</td>
<td>Carnation Manor</td>
<td>12 FRANKLIN AV</td>
<td>OAKLAND, NJ 07436</td>
<td>201-405-1129</td>
</tr>
<tr>
<td>PARAMUS</td>
<td>40 LINWOOD AV</td>
<td>PARAMUS, NJ 07452</td>
<td>201-652-8105</td>
<td></td>
</tr>
<tr>
<td>PARK RIDGE</td>
<td>56 OAK AV</td>
<td>PARK RIDGE, NJ 07656</td>
<td>201-391-4950</td>
<td></td>
</tr>
<tr>
<td>PARK RIDGE</td>
<td>121 PASCACK RD</td>
<td>PARK RIDGE, NJ 07656</td>
<td>845-735-8926</td>
<td></td>
</tr>
<tr>
<td>RIDGEFIELD</td>
<td>850 BROAD AV</td>
<td>RIDGEFIELD, NJ 07657</td>
<td>201-945-5164</td>
<td></td>
</tr>
<tr>
<td>RIDGEFIELD PARK</td>
<td>Bergen House</td>
<td>160 BERGEN AV</td>
<td>RIDGEFIELD PARK, NJ 07660</td>
<td>973-300-0018</td>
</tr>
<tr>
<td>RIDGEWOOD</td>
<td>The Cottage Place, SHARE Inc</td>
<td>104 COTTAGE PL</td>
<td>RIDGEWOOD, NJ 07450</td>
<td>201-670-9605</td>
</tr>
<tr>
<td>RIDGEWOOD</td>
<td>Prospect Place, SHARE Inc.</td>
<td>130 PROSPECT PL</td>
<td>RIDGEWOOD, NJ 07540</td>
<td>201-670-9605</td>
</tr>
<tr>
<td>SADDLE BROOK</td>
<td>156 MIDLAND AV</td>
<td>SADDLE BROOK, NJ 07662</td>
<td>973-478-3133</td>
<td></td>
</tr>
<tr>
<td>TEANECK</td>
<td>555 GLENWOOD AVE</td>
<td>TEANECK, NJ 07666</td>
<td>201-414-6469</td>
<td></td>
</tr>
<tr>
<td>WOODCLIFF LAKE</td>
<td>Waterfront Rest Home</td>
<td>210 BROADWAY</td>
<td>WOODCLIFF LAKE, NJ 07677</td>
<td>201-391-2442</td>
</tr>
</tbody>
</table>
New Jersey Property Tax Relief Programs

Homestead Benefit
Homeowners who owned and occupied a home in NJ that was their principal residence of the previous year October 1st and property taxes must have been paid. Homeowners will be mailed applications after the end of the income tax filing season. Rebate application can be filed either online at www.state.nj.us/treasury/taxation/ or by phone at 1-877-658-2972.

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

General Tax Information:
NJ Division of Taxation 800-323-4400 or 609-826-4400
Main Customer Service Center 609-292-6400
NJ TAXATION - Regional office 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.

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

Reverse Mortgage

Reverse Mortgage Counseling (Home Equity Conversion Mortgages/HECM)
201-336-7569 or 201-336-7400
Division of Senior Services / ADRC
One Bergen county Plaza, Hackensack NJ, 07601
The Division of Senior Services offers a program with a certified counselor trained by the Agency for Housing and Urban Development (HUD), advising seniors 62 and over on ways to access their home equity so they can remain at home and age-in-place.
Home Improvement, Safety & Repairs

*NOTE: Call local Fire or Police Departments to inquire if they offer home safety programs, e.g., free smoke detectors, alarms, decals, or other safety precautions.

Bergen County Community Development, Home Improvement Program
201-336-6999
One Bergen County Plaza, 4th Floor, Hackensack, NJ 07601
Provides resources to rehabilitate existing one and two-family houses. Eligibility is based on income, family size and type of improvement. No payments until the home is sold or title is changed. Interest-free.

Heightened Independence & Progress (hip), Home Modifications/Home Repair
201-996-9100
131 Main Street, Suite 120, Hackensack, NJ 07601
MAP (Modification Access Program) and SNAP (Special Needs Assistance Program) provides assistance towards the acquisition of services and adaptive equipment. Assists with barrier-free home renovation projects (e.g., ramps, etc.).

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

Habitat for Humanity of Bergen County
201-457-1020
121 Carver Avenue, Westwood, NJ 07675
Provides critical home repairs and accessibility modifications at no or minor cost (materials only) for low-income homeowners, construct and install access ramps, refit bathrooms and interior access areas for low-income seniors and any family member with a disability.

Rebuilding Together North Jersey
201-447-8886
217 Rock Rd, Glen Rock, NJ 07452
Provides critical home repairs and accessibility modifications at no cost for low-income homeowners. Installs smoke alarms and carbon monoxide detectors at no cost for low-income seniors and anyone with a disability.

Jewish Home Family, Safely@Home – Home Improvements/Repairs
201-518-1175
10 Link Drive, Rockleigh, NJ 07547
www.jewishhomefamily.org/safely
Home modifications for seniors, as well as a one-stop-shop hotline for trusted service providers for routine and emergency maintenance.

Greater Bergen Community Action Weatherization Assistance Program (WAP)
973-546-1441
529 Midland Ave., Garfield, NJ 07026
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.
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
(732) 982-8710
59 Broad St. Eatontown, NJ 07724
(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. To apply, print and download application at www.njpoweron.org and mail to 59 Broad St. Eatontown, NJ 07724 or call (732) 982-8710 for further information. *Apply Nov 1st thru March 31st

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

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

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

Comfort Partners
888-773-8326
njcleanenergy.com
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.
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.

How to Apply:
Can apply for USF & LIHEAP with one application Between Nov 1st and March 31st.
- Greater Bergen Community Action at 201-968-0200 ext. 7008
- 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.

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

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

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
- Call Verizon at 800-837-4966 or visit www.verizon.com/lifeline
Veteran’s Services

Division of Veterans' Services
201-336-6325
One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601
Fax: 201-336-6327
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)
800-827-1000
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)
908-647-0180
151 Knollcroft Road, Lyons, NJ 07903

Veterans Benefits
800-315-7909
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)
888-954-3553

Veterans Affairs Practice Hackensack Clinic
201-342-4536
385 Prospect Avenue, Hackensack, NJ 07601

Veterans Memorial Home Paramus
201-634-8200
1 Veterans Drive, Paramus, NJ 07652

Community Transportation for Veterans
201-368-5955
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

Community Hope
855-483-8466 or 973-463-9600
959 Route 46 East, Suite 402, Parsippany, NJ 07054
Supportive services for low-income single veterans or veteran families: 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 - Newark Regional Office
800-827-1000
Newark Regional Office
20 Washington Pl, Newark, NJ 07102
Visit following websites:
www.veteranaid.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.

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LGBTQ Resources

Garden State Equality
973-509-5428
40 South Fullerton Ave
Montclair, NJ 07042
NJ statewide advocacy and education organization for the lesbian, gay, bisexual, and transgender community
www.gardenstateequality.org

GLRAP
310-722-1807
310-477-0707
The Gay & Lesbian Association of Retiring Person, Inc. (GLARP) calls attention to the aging issues in the LGBT community.
www.gaylesbianretiring.org

Lambda Legal National LGBT Help Center
212-809-8585
120 Wall Street 19th floor
New York, NY 10005

Prime Timers
973-727-5174
PO Box 1073
Sparta, NJ 07871
Social and civic for mature gay and bisexual men
www.primetimesww.com

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

Hudson Pride Connection Center
SAGE Program
201-963-4779
SAGE NJ 973-342-2360
32 Jones Street, Jersey City, NJ 07306
Social group for older adults.
www.hudsonpride.org

LGBTQ-friendly Houses of Worship in Bergen County

Trinity Episcopal Church – Allendale
201-327-3012
55 George St, Allendale, NJ 07401
info@trinitynbc.org
www.episcopalchurch.org

Cresskill Congregational Church
201-568-0608
85 Union Ave, Cresskill NJ 07626
office@cresskillucc.org
www.cresskillucc.org

St Paul's Church - Englewood
201-568-3276
113 Engle St, Englewood NJ 07631
office@stpaulsenunglewood.org
www.welcome.stpaulsenunglewood.org

Unitarian Universalist Congregation of the Palisades - Englewood
201-568-5540
228 Grand Ave., Englewood NJ 07631
Staff@uucpalisades.org
www.uucpalisades.org

Trinity Evangelical Lutheran Church – Fairview
201-941-5755
295 Hudson Pl, Fairview NJ 07022
www.trinityfairview.org

Church of the Good Shepherd - Fort Lee
201-461-7260
1576 Palisade Ave, Fort Lee NJ 07024
churchofthegs@verizon.net
www.goodshepherdfortlee.net

All Saints - Glen Rock
201-444-6874
40 Central Ave, Glen Rock NJ 07452
gary@allsaintsglenrock.org
www.allsaintsglenrock.org

St. Andrew's - Harrington Park
201-768-0819
31 Lynn St, Harrington Park NJ 07460
standrewhp@gmail.com
www.standrewsharringtonpark.org
St John the Divine – Hasbrouck Heights
201-288-0002
229 Terrace Ave, Hasbrouck Heights NJ 07604
church@saintjohnthedivine.com
www.saintjohnthedivine.com

St. Luke's – Haworth
201-384-0706
Grant St, Haworth NJ 07641
Office@StLukesHaworth.org
www.stlukeshaworth.org

All Saints – Leonia
201-947-1233
150 Park Avenue, Leonia NJ 07605
parishadministrator@allsaintsleonia.com
www.episcopalchurch.org/parish/all-saints-episcopal-church-leonia-nj

Leonia UMC
201-944-2970
396 Broad Ave, Leonia NJ 07605
Yevgeniya@Leoniachurch.org
www.leoniachurch.com

Presbyterian Church in Leonia
201-944-1358
181 Fort Lee Rd, Leonia NJ 07605
secretaryleonia@gmail.com
www.leoniapres.org

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

Norwood Presbyterian
201-768-2223
701 Broadway, Norwood NJ 07648
Rpcsinchurchoffice@gmail.com
www.pcnorwood.org

Ponds Reformed Church – Oakland
201-337-6744
341 Ramapo Valley Rd, Oakland NJ 07436
jane@pondsnnj.org
www.pondsreformedchurch.org

St. Alban's Church – Oakland
201-337-4909
1 Church Ln, Oakland NJ 07436
stalbansOFL@optimum.net
www.stalbansflow.org

Prince of Peace – Old Tappan
201-768-8691
106 Orangeburgh Rd, Old Tappan NJ 07675
secretary@princeofpeacenj.org
www.princeofpeacenj.org

Central Unitarian Church Paramus
201-262-6300
156 Forest Ave, Paramus NJ 07652
marroyo@cucparamus.org
www.cucparamus.com

St John's - Ramsey
201-327-0703
301 East Main Street, Ramsey NJ 07446
ellen.joyce@stjohnsramsey.org.
www.stjohnsramsey.org

Christ Episcopal Church - Ridgewood
201-652-2350
105 Cottage Pl, Ridgewood NJ 07450
staff@christchurchridgewood.org
www.christchurchridgewood.org

Unitarian Society of Ridgewood
201-444-6225
113 Cottage Pl, Ridgewood NJ 07450
usr.secretary@verizon.net
www.uuridgewood.org

WestSide Presbyterian Church Ridgewood
201-652-1966, ext. 7141
6 S Monroe St, Ridgewood NJ 07450
DDiMauro@westside.org
www.westside.org

First Congregational Church of River Edge
201-261-1712
109 Continental Ave, River Edge NJ 07661
office@fccriveredge.org
www.fccriveredge.org

Rutherford Congregational Church
201-438-6324
251 Union Ave, Rutherford NJ 07070
www.rccucc.com

Rutherford UMC
201-438-4486
56 W Passaic Ave, Rutherford NJ 07070
bjkurz@gmail.com
www.rutherfordumc.org

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St Mark's Church – Teaneck
201-836-7275
118 Chadwick Rd, Teaneck NJ 07666
office@stmarksteaneck.org
www.stmarksteaneck.org

St Paul's Lutheran – Teaneck
201-702-6189
61 Church St, Teaneck NJ, 07666
SharlaDel@aol.com
www.stpaulsteanneck.com

Church of the Atonement – Tenafly
201-568-1763
97 Highwood Ave, Tenafly NJ 07670
parish.admin@atonement-tenafly.org
www.atonement-tenafly.org

Temple Beth Or – Township of Washington
201-664-7422
56 Ridgewood Rd #1, Washington NJ 07676
info@templebethornj.org
www.templebethornj.org
Services for Korean-Speaking Older Adults and Caregivers

Korean-American Agencies

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

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

9 Genesee Ave., Teaneck, NJ 07666
www.awcanj.org

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

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

fcc@awcanj.org

Adult Continuing Education age 60+       201-862-1116
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) 한인통합회관
The KCC’s Mission is to promote healthy and independent living for all ages and to integrate the people with Korean Heritage into the greater community through culture & education, outreach, health & social services, and civic advocacy.

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

100 Grove St, Tenafly, NJ 07670
www.kccus.org

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

NJ ADRC 케어 매니지먼트 프로그램은 혼자서는 생활 할 수 없는 의존적인 노인환자나 장애인들을 도와 주기 위한 뉴저지 주정부 프로그램입니다. 특히 약물에 입주하는 것보다 자신의 집이나 지역사회에 계속해서 머물기 원하는 노인과 가족들에게 개방, 써비스, 방역적 도움을 지원해 주아 이들 가족의 부양 부담을 덜어 주고, 정부와 지역사회의 여러 이민자를 연결하고, 가정간호를 계획, 수행할 수 있도록 관리해 주는 써비스입니다.

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

Korean American Senior Citizen's Association of New Jersey 뉴저지 한인 상록회
Provides diverse services focused on health, wealth and happiness for the seniors as follows:

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

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

New Jersey Korean-American Mutual Aid Association

201-945-2411, 201-482-4929

E-mail: kascmaanj@gmail.com

438 Broad Ave. Palisades Park, NJ 07650

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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

201-608-2341

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

**Hackensack University Medical Center**

Korean Medical Initiative
30 Prospect Avenue, Hackensack, NJ 07601
www.hackensackumc.org/korean

551-996-2270

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

551-996-1140

**Holy Name Medical Center**

Korean Medical Program
718 Teaneck Road, Teaneck, NJ 07666
www.kholyname.com

201-833-3399

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Korean Home Health Aide 한인 가정 요양 보호사

Asian Women’s Christian Association (AWCA) Home Care Agency *
9 Genesee Ave., Teaneck, NJ 07666
www.awcanj.org 201-862-9111 (Korean)
201-862-0006 (Chinese)

Care Finders Total Care *
171 Main St. Hackensack, NJ 07601 201-342-5122

Confident Care – Hackensack*
3 University Plaza Drive, Hackensack, NJ 07601 201-498-9400

Gentle Heart Care LLC*
3 University Plaza Drive, Hackensack, NJ 07601 201-613-6173

Loving Care *
190 Moore Street, Hackensack, NJ 07601 201-592-8117

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