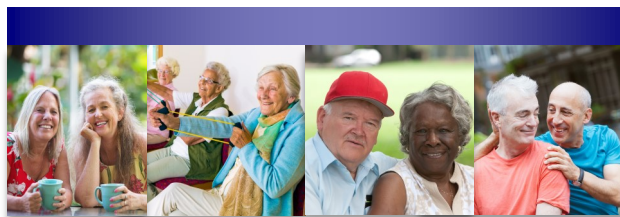


The Division of Senior Services was established in 1966 under Federal Legislation of the Older Americans Act. It is the primary agency in Bergen County that plans and coordinates services for county residents age 60 and above, and their caregivers.

The Division and its various committees advocate for those with the greatest economic and social needs.

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

*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.*



**James J. Tedesco III**  
*County Executive*

**BOARD OF COUNTY COMMISSIONERS**

**DEPARTMENT OF HUMAN SERVICES**  
**Melissa DeBartolo, Esq.**  
*Director*

**DIVISION OF SENIOR SERVICES**  
**Lorraine Joewono**  
*Director*

Hours of Operation  
8:30 AM - 4:30 PM  
(201) 336-7400  
1-877-222-3737 (toll free)  
TTY 1-800-852-7897

Multi-lingual assistance available.  
Walk-ins are welcome.  
Extended hours by appointment.



**BERGEN COUNTY**  
NEW JERSEY



**BERGEN COUNTY**  
NEW JERSEY

**Division of**  
**SENIOR SERVICES**

OVER 50 YEARS OF SERVING OLDER ADULTS



**AGING & DISABILITY**  
**RESOURCE CONNECTION**

One Bergen County Plaza  
Second Floor  
Hackensack, NJ 07601

Phone: (201) 336 - 7400

Fax: (201) 336 - 7430

[seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)



BCSeniorServices

[www.co.bergen.nj.us](http://www.co.bergen.nj.us)

## ADRC Information & Assistance

Bergen County ADRC provides information and assistance to older persons, adults with disabilities, caregivers, and professionals looking for services or programs.

### Services we offer:

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

### Resources we can help you find:

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

To speak to an Aging Specialist call (201) 336-7400 or visit our office



## Meals on Wheels

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

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

## Lunch Nutrition Program

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

Transportation may be available.

## Senior Activity Centers

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

### Activities we offer:

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

### Locations:

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

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

## State Health Insurance Assistance Program (SHIP) Medicare Counseling

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

For more information call (201) 336-7413, (201) 336-7427 or (201) 336-7400.

## HealthEASE

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

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

For more information call (201) 336-7403.

## Reverse Mortgage Counseling Home Equity Conversion Mortgage (HECM)

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

For more information call (201) 336-7569.