

## **Bergen County Resources Directory for Human Services**

### **ARC- Adult Reach Center**

Jewish Community Center on the Palisades, 411 E. Clinton Avenue  
Tenafly, NJ 07670  
Phone: 201-569-7900

Municipalities Covered: Tenafly Boro

Hours: 8:00AM - 6:00PM

Services: An adult day care center providing providing multiple health and social services in a congregate setting. Facility provides a segment of time during the day or evening for the family/caregiver to engage in activities suitable to their personal needs. Transportation may be available.

Resource Categories:

Adult Day / Senior Centers

### **Bergen County Bar Association, Inc.**

15 Bergen Street, Lawyers Referral Plan  
Hackensack, NJ 07601  
Phone: 201-488-0044

Municipalities Covered: This county only

Hours: 10 AM to 3 PM Monday through Thursday

Services: A short application form must be completed by those in need of an attorney. A minimal fee is charged for the first 1/2 hour consultation. Pro bono or reduced fee legal assistance may then be available. Call the Bar Association for more information.

Resource Categories:

Legal Services

### **Bergen County Board of Social Services**

216 Route 17 North  
North Rochelle Park, NJ 07662  
Phone: 201-368-4300

Municipalities Covered: All New Jersey

Hours: 8:30 AM to 5:00 PM Monday through Friday

Services: ADULT PROTECTIVE SERVICES: Helps vulnerable adults who are being subjected to abuse, neglect or exploitation & cannot fully protect or care for themselves. (\*After hours service call 1-800-624-0275)

Resource Categories:

Legal Services

## **Bergen County Resources Directory for Human Services**

### **Bergen County Community Transportation**

178 Essex Street  
Lodi, NJ 07644  
Phone: 201-646-3227

Municipalities Covered: This county only

Hours: 8:30AM - 4:30PM

Services: Provides a safe, trouble-free scheduled transportation system for the disabled, elderly and frail residents of Bergen County. (\*Door to door service.

Resource Categories:

Transportation

### **Bergen County Division of Senior Services**

One Bergen Plaza, 2nd Floor  
Hackensack, NJ 07601  
Phone: 201-336-7400

Municipalities Covered: This county only

Hours: 9 am - 4:30 pm

Services: New Jersey's 21 Area Agencies on Aging (AAA) are responsible for developing comprehensive, coordinated systems of community-based services for older adults. They also serve as local representatives for the New Jersey Unit on Aging through the Division of Aging and Community Service, and implement various aging programs in all 21 counties of the State. This website is currently under construction.

Resource Categories:

Adult Day / Senior Centers  
Legal Services  
Area Agency on Aging  
Medical Insurance  
Bills and Finance  
Nutrition Services and Sites  
Caregiver Support Services  
Specialized County Services  
Counseling Programs  
Tax Preparation Assistance  
General Support Groups  
Transportation  
Hospice Programs  
Utility Assistance  
Housing Information and Assistance  
VA Benefits  
In-home Support

## **Bergen County Resources Directory for Human Services**

### **Bergen County Legal Services**

Senior Law Project, 61 Kansas Street  
Hackensack, NJ 07601  
Phone: 201-487-2166

Municipalities Covered: This county only

Hours: 9 AM to 5 PM. Monday through Friday

Services: Provides free legal services to low income clients in civil cases, advises on all legal problems & represents clients before all courts & administrative agencies. SENIOR LAW PROJECT: Provides a no fee services program for senior citizens 60 years of age and older without regard to income. Information on legal rights and entitlements, legal counseling, eviction problems, as well as referrals to lawyers is available.

Resource Categories:

Legal Services

### **Bergen County Senior Care Center & Respite**

Club for the Frail Elderly, 327 East Ridgewood Avenue  
Paramus, NJ 07652  
Phone: 201-599-6177

Municipalities Covered: Paramus Boro

Hours: 8:00AM - 6:00PM

Services: Provides multiple health and social services in a congregate setting. Provides activities suitable to their personal needs. Transportation may be available.

Resource Categories:

Adult Day / Senior Centers

### **Bergen County Transit Information Center**

21 Main Street, Room 207W  
Hackensack, NJ 07601  
Phone: 201-336-6450

Municipalities Covered: This county only

Hours: 8:30AM - 4:30PM

Services: Provides all types of information regarding transportation in Bergen County.

Resource Categories:

Transportation

## **Bergen County Resources Directory for Human Services**

### **Bergen Family Center**

L.I.F.E. (Living Independence for Elders, 44 Armory Street  
Englewood, NJ 07631  
Phone: 201-568-0817

Municipalities Covered: Englewood City

Hours: 8:00AM - 6:00PM

Services: An adult day care center that 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. Provides activities suitable to their personal needs. Transportation may be available.

Resource Categories:

Adult Day / Senior Centers

### **CHORE Program/Volunteer Center of Bergen County**

64 Passaic Street  
Hackensack, NJ 07601  
Phone: 201-489-7790

Municipalities Covered: This county only

Hours: 8:30 AM to 5:00 PM Monday through Friday

Services: Utilizes volunteers to do handiwork or minor household repairs for seniors and the disabled.

Resource Categories:

Housing Information and Assistance

### **Center for Food Action**

192 Demarest Avenue  
Englewood, NJ 07631  
Phone: 201-569-1804

Municipalities Covered: This county only

Services: Emergency utility assistance for those who have shut-off notices may be available. Operates The Statewide Emergency Food & Anti-Hunger Network (SEFAN). Clients must be referred by a social service agency or a clergy person. (Note: Emergency utility assistance & housing assistance are also available to prevent homelessness.)

Resource Categories:

Bills and Finance

Nutrition Services and Sites

Utility Assistance

Housing Information and Assistance

## **Bergen County Resources Directory for Human Services**

### **Communications Lifeline Service/Link-up America**

c/o Bergen County Board of Social Services, 216 Route 17 North, Bldg. A  
Rochelle Park, NJ 07662  
Phone: 201-368-4200

Municipalities Covered: All New Jersey

Services: Affordable telephone service for qualified low-income residential customers or discount on telephone connection charges. (Only eligible, if you receive benefits from TNF, PAAD, Lifeline Utility Credit, Food Stamps, SSI/Medicaid, HEAP or general assistance.) You can also call Verizon direct 800-427-9977.

Resource Categories:

Bills and Finance

### **Day Away**

Holy Name Hospital, 718 Teaneck Road  
Teaneck, NJ 07666  
Phone: 201-833-3757

Municipalities Covered: All New Jersey

Hours: 8:00AM - 6:00PM

Services: An adult day care center that 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. Provides activities suitable to their personal needs. Transportation may be available. This facility serves individuals and dementias. This facility also has a caregiver support group

Resource Categories:

Adult Day / Senior Centers

### **ElderHostel**

75 Federal Street  
Boston, MA 02110-1941  
Phone: 877-426-8056  
Website: <http://www.elderhostel.org>

Municipalities Covered: All New Jersey

Services: Provides low-cost educational & travel programs for seniors to over 1600 colleges, universities & other educational facilities in the United States & abroad.

Resource Categories:

Adult Day / Senior Centers

## **Bergen County Resources Directory for Human Services**

### **Home Energy Assistance Program (HEAP)**

Bergen County Community Action Program (BCCAP), 241 Moore Street  
Hackensack, NJ 07601  
Phone: 201-968-0200

Municipalities Covered: This county only

Hours: 8:30 AM to 5:00 PM Monday through Friday

Services: Helps low income people meet heating and cooling costs (e.g., heating & cooling assistance). Assists eligible households with high energy bills. Other assistance includes: weatherization, insulation, storm windows/doors, caulking, etc.

Resource Categories:

Bills and Finance

### **JCC on the Palisades**

411 East Clinton Avenue  
Tenafly, NJ 07670  
Phone: 201-569-7900

Municipalities Covered: This county only

Hours: 8:30 AM to 5:00 PM Monday through Friday

Services: A variety of Health and fitness courses for seniors, including swimming.

Resource Categories:

Adult Day / Senior Centers

### **Meals on Wheels Program**

Bergen County Division of Senior Services, One Bergen County Plaza, 2nd floor  
Hackensack, NJ 07601  
Phone: 201-368-7420

Municipalities Covered: This county only

Hours: 9:00 AM to 4:30 PM Monday through Friday

Services: Delivers a nutritious mid-day meal to homebound seniors, age 60 and older to maintain health through improved nutrition & enable seniors to remain in the community with independence and dignity.

Resource Categories:

Nutrition Services and Sites

## **Bergen County Resources Directory for Human Services**

### **NJ Fdn. on Dentistry for Person with Disabilities**

PO Box 6020

North Brunswick, NJ 08902

Phone: 800-995-0055

Municipalities Covered: All New Jersey

Services: Comprehensive free or low-cost dental care provided to people of all ages who, because of serious disability, advanced age or medical problems lack adequate income to pay for needed dental care.

Resource Categories:

Medical Insurance

### **New Jersey Transit Access Link**

One Penn Plaza

Newark, NJ 07105

Phone: 800-955-2321

Municipalities Covered: All New Jersey

Services: Provides transportation service to individuals with disabilities who are unable to use the local public bus system. All passengers must be deemed eligible. All eligible riders can access service for any local NJ transit bus route within 3/4 of a mile of a designated route.

Resource Categories:

Transportation

### **Northern Valley Older Adult Day Care**

2 Park Avenue

Dumont, NJ 07628

Phone: 201-384-7734

Municipalities Covered: Dumont Boro

Hours: 8:00AM - 6:00PM

Services: An adult day care center that 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. Provides activities suitable to their personal needs. Transportation may be available. This facility provides a caregiver's support group.

Resource Categories:

Adult Day / Senior Centers

## **Bergen County Resources Directory for Human Services**

### **Pharmaceutical Assistance to the Aged & Disabled**

One Bergen County Plaza, 2nd floor  
Hackensack, NJ 07601  
Phone: 201-336-7400

Municipalities Covered: All New Jersey

Hours: 9 am to 4:30 pm

Services: PAAD: A state-funded program to help New Jersey residents to pay for prescription medicines and certain pharmacy items. Eligible persons pay \$5 for prescriptions.

Resource Categories:

Bills and Finance

### **Senior Care Centers of America**

120 Commerce Way  
Totowa, NJ 07512  
Phone: 973-890-5888

Municipalities Covered: All New Jersey

Hours: 8:00AM - 6:00PM

Services: An adult day care center that 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. Provides activities suitable to their personal needs. Transportation may be available. This facility serves individuals with early stages of Alzheimer's and dementias.

Resource Categories:

Adult Day / Senior Centers

### **Senior Discount/NJ Transit Bus & Rail**

One Bergen County Plaza  
Hackensack, NJ 07601  
Phone: 201-336-7400

Municipalities Covered: This county only

Hours: 8:30 AM to 5:00 PM Monday through Friday

Services: Seniors age 62 years or people who have been determined disabled, are eligible to pay no more than one-half the regular one-way fare on all intrastate bus & rail routes into adjacent states (e.g. New York & Pennsylvania)

Call the Division of Senior Services. (If you have a Medicare card, you should not apply & should use your Medicare card to receive reduced fares.)

Resource Categories:

Transportation

## **Bergen County Resources Directory for Human Services**

### **Senior Gold Prescription Discount Program**

One Bergen County Plaza, 2nd floor  
Hackensack, NJ 07601  
Phone: 201-336-7400

Municipalities Covered: All New Jersey

Hours: 9 am to 4:30 pm

Services: Senior Gold is a new prescription discount program for elderly & disabled New Jersey resident 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 prescription.

Resource Categories:

Bills and Finance

### **Senior Nutrition Program**

Bergen County Division of Senior Services, One Bergen Plaza, 2nd floor  
Hackensack, NJ 07601  
Phone: 201-336-7420

Municipalities Covered: This county only

Hours: 9:00 AM to 4:30 PM Monday through Friday

Services: Provides a well-balanced mid-day meal, nutrition education & fosters social interaction at 27 senior centers located throughout Bergen County. All persons age 60 and older are eligible. Note: Senior Centers with an asterisk \* offer a noon-time meal for which there is a suggested donation of \$1.25.

Reservation for the meal must be made one day in advance.

Resource Categories:

Nutrition Services and Sites

### **The Gallen Adult Day Health Care Center**

at the Jewish Home at Rockleigh, 10 Link Drive  
Rockleigh, NJ 07674  
Phone: 201-750-4238

Municipalities Covered: This county only

Hours: 8:00AM - 6:00PM

Services: An adult day care center that 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. Provides activities suitable to their personal needs. Transportation may be available.

Resource Categories:

Adult Day / Senior Centers

## **Bergen County Resources Directory for Human Services**

### **Valley Brook Center**

South Bergen Mental Health Center, Inc. , 516 Valley Brook Avenue  
Lyndhurst, NJ 07071  
Phone: 201-935-3322

Municipalities Covered: Lyndhurst Twp.

Hours: 8:00AM - 6:00PM

Services: An adult day care center that 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. Provides activities suitable to their personal needs. Transportation may be available. This facility serves individuals with early stages of Alzheimer's and dementias. This facility also has a caregiver's support group.

Resource Categories:

Adult Day / Senior Centers

### **YMCA of Bergen County**

360 Main Street  
Hackensack, NJ 07601  
Phone: 201-487-6600

Municipalities Covered: This county only

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

Resource Categories:

Adult Day / Senior Centers

## **Statewide Resources**

### **Caregiver Resources - General Support Groups**

PO Box 807  
Trenton, NJ 08625-0807  
Phone: 800-792-8820  
Website: <http://www.nj.gov/caregivernj/resources/support.shtml>

Municipalities Covered: All New Jersey

Hours: 8:30 AM - 5:00 PM Monday -Friday

Services: Provides information on caregiver support groups throughout New Jersey.

Resource Categories:

General Support Groups

## **Bergen County Resources Directory for Human Services**

### **Caregiver Resources - In home services**

PO Box 807

Trenton, NJ 08625-0807

Phone: 800-792-8820

Website: [http://www.nj.gov/caregivernj/resources/serv\\_home.shtml](http://www.nj.gov/caregivernj/resources/serv_home.shtml)

Municipalities Covered: All New Jersey

Hours: 8:30 AM - 5:00 PM Monday -Friday

Services: Resources page listing services for Adults at home.

Resource Categories:

Adult Day / Senior Centers

Nutrition Services and Sites

Caregiver Support Services

Counseling Programs

Housing Information and Assistance

In-home Support

### **Caregiver Resources - Insurance**

PO Box 807

Trenton, NJ 08625-0807

Phone: 800-792-8820

Website: <http://www.nj.gov/caregivernj/resources/insurance.shtml>

Municipalities Covered: All New Jersey

Hours: 8:30 AM - 5:00 PM Monday -Friday

Services: Provides information on insurance throughout New Jersey.

Resource Categories:

Medical Insurance

### **Caregiver Resources - Legal Services**

PO Box 807

Trenton, NJ 08625-0807

Phone: 800-792-8820

Website: <http://www.nj.gov/caregivernj/resources/legal.shtml>

Municipalities Covered: All New Jersey

Hours: 8:30 AM - 5:00 PM Monday -Friday

Services: Provides general information on legal services throughout New Jersey.

Resource Categories:

Legal Services

## **Bergen County Resources Directory for Human Services**

### **Caregiver Resources - Not at Home**

PO Box 807

Trenton, NJ 08625-0807

Phone: 800-792-8820

Website: [http://www.nj.gov/caregivernj/resources/serv\\_nothome.shtml](http://www.nj.gov/caregivernj/resources/serv_nothome.shtml)

Municipalities Covered: All New Jersey

Hours: 8:30 AM - 5:00 PM Monday -Friday

Services: Provides general information for caregivers of adults not living at home or needing an alternative living situation.

Resource Categories:

- Caregiver Support Services

- Housing Information and Assistance

- In-home Support

### **Caregiver Resources - Bills & Finance(s)**

PO Box 807

Trenton , NJ 08625-0807

Phone: 800-792-8820

Website: <http://www.nj.gov/caregivernj/resources/bills.shtml>

Municipalities Covered: All New Jersey

Hours: 8:30 AM - 5:00 PM Monday -Friday

Services: Offers assistance with a variety of financial situations: taxes, prescriptions, utilities, etc.

Resource Categories:

- Bills and Finance

### **Caregiver Resources-Transportation**

PO Box 807

Trenton, NJ 08625-0807

Phone: 800-792-8820

Website: <http://www.nj.gov/caregivernj/resources/transportation.shtml>

Municipalities Covered: All New Jersey

Hours: 8:30 AM - 5:00 PM Monday -Friday

Services: Provides information on transportation programs throughout New Jersey.

Resource Categories:

- Transportation

## **Bergen County Resources Directory for Human Services**

### **NJ Self-Help Group Clearinghouse**

Saint Clare's Behavioral Health Services, 375 E. McFarlan Street

Dover, NJ 07801

Phone: 800-367-6274

Website: <http://www.selfhelpgroups.org>

Municipalities Covered: All New Jersey

Hours: 8:30 AM - 5:00 PM

Services: Assists individuals to locate or to form any type of community support group.

Resource Categories:

Caregiver Support Services

Counseling Programs

General Support Groups

### **PAAD**

PO Box

Trenton, NJ 08625

Phone: 800-792-9745

Website: <http://www.nj.gov/health/seniorbenefits/paadapp.htm>

Municipalities Covered: All New Jersey

Services: PAAD (Pharmaceutical Assistance for the Aged and Disabled) is a program that assists eligible New Jersey residents to pay for their prescription medicines with a co-pay of \$5.00 for each covered prescription. Enrollment in this program provides access to additional benefits.

Resource Categories:

Bills and Finance