

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.



**The Division is open weekdays from 8:30 am to 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 for caregivers  
(by appointment only).



## COUNTY OF BERGEN



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

### BOARD OF CHOSEN FREEHOLDERS

### DEPARTMENT OF HUMAN SERVICES

**Jane C. Linter**  
*Director*

### DIVISION OF SENIOR SERVICES

**Lorraine Joewono**  
*Director*

*Bergen County Senior Services  
Aging & Disability Resource Connection*

*Keeping Seniors Strong and Involved*

*Ask us*



Information & Assistance Specialists  
are available at:  
201-336-7400  
TTY: 1-800-852-7897

Or visit our office:  
Department of Human Services  
Division of Senior Services  
One Bergen County Plaza, 2nd floor  
Hackensack, NJ 07601

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

## Information and Assistance

Information about, links to, and assistance with completing applications for available resources:

- Adult Day Care
- Adult Protective Services
- Assistive Device Information
- Benefits Eligibility
- Consumer Protection
- Home Modification/Maintenance
- Housing
- Legal Services
- Leisure/Education/Volunteer
- Medicaid, MLTSS, JACC
- Medicare Saving Programs
- Mental Health Counseling
- Ombudsman/Quality of Care
- Pharmaceutical Assistance
- Respite Care
- SAVVERS Discount Program
- Tax Relief
- Transportation
- Utilities Assistance
- Wellness Check Program

To speak directly to an I&A Specialist call (201) 336-7400 or visit our office.

*Eligibility Criteria May Apply.*

## Bergen County Care Management

The Division refers homebound individuals and their caregivers to our knowledgeable care managers who help recipients and their families understand and navigate the complex long-term care community-based system and obtain needed services.

Care managers help people Age-in-Place as an alternative to institutionalized care.

For information call: (201) 336-7400.

## 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+, their significant others or caregivers regardless of age.

The centers offer a comfortable environment where one can socialize, participate in educational and wellness programs, have access to other available supportive services, and share lunch with friends. The centers are open from 8:00 am to 3:30 am. Locations:

**Bergenfield - East Rutherford - Elmwood Park - Garfield - Hackensack - Midland Park - North Arlington - Palisades Park - Ridgely Park - Wallington**

For information call (201) 336-7440 or (201) 336-7400.

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

## State Health Insurance Program (SHIP)

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

For 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 information call: (201) 336-7438

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

Certified counselors trained by the Agency for Housing and Urban Development (HUD), advise seniors 62 and over on ways to access their home equity so they can remain at home and Age-in-Place.

For information: (201) 336-7569

Fax: (201) 336-7430

**One Bergen County Plaza is wheelchair accessible.**

