

# AT YOUR SERVICE

A GUIDE FOR  
ENGLEWOOD  
**SENIOR  
ADULTS**



AGE-FRIENDLY ENGLEWOOD



**The Community Chest**  
thanks the Age-Friendly Englewood Coalition  
for its excellent work in making  
this important information available to  
Englewood's older adult residents,  
their families and others who care  
for them and about them.

The Community Chest was founded in 1933 -- during the depths of The Great Depression -- by a group of caring and committed community residents who were concerned about the welfare of their neighbors.

Inspired by the neighborly spirit of our founders, we continue to fulfill their goal of *neighbors helping neighbors*.

Help us celebrate our 85th anniversary by sharing and enjoying the many events planned throughout the year.

For more information visit our website  
[www.thecommunitychestofenglewood.org](http://www.thecommunitychestofenglewood.org)

# Age-Friendly Englewood

## *At Your Service*

### *A Guide for Englewood's Senior Adults*

#### **About this directory**

This directory is designed to make it as easy as possible for older adult residents of Englewood, New Jersey – as well as those who care for them and/or those who care about them – to find and use the many resources that are available in our community.

This directory was developed and produced by Age-Friendly Englewood, a coalition of organizations and individuals who are working with the City of Englewood to make this a great place for people of all ages – especially for older adults who want to age-in-place in this wonderful city.

#### **How to use this directory**

This directory offers the names and telephone numbers of service providers in the Englewood area. Providers outside of the immediate area are also included when appropriate. It is our hope that Englewood residents will use this directory as a first place to look when they need information about available services.

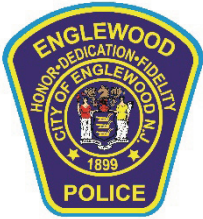
We have made every effort to cover the full range of services and topics of interest to older adults. If you are aware of additional services or of corrections to the information in this directory, please let us know!

#### **Age-Friendly Englewood**

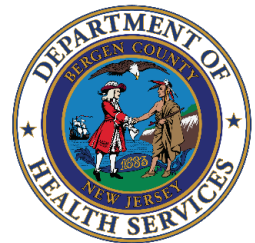
Website: [www.age-friendlyenglewood.org](http://www.age-friendlyenglewood.org)  
email: [agefriendlyenglewood@gmail.com](mailto:agefriendlyenglewood@gmail.com)  
Phone: 201-591-5162

# Age-Friendly Englewood

Our thanks to the organizations on these two pages, each of which is playing an integral role in helping the City of Englewood, NJ, become a city that not only helps older adults age in place with dignity and independence, but also is *great for people of all ages*.



Bergen County Senior Services  
Aging & Disability Resource Connection



Englewood Chamber of Commerce



Englewood Public Library



First Presbyterian Church of Englewood

ENGLEWOOD  
HOSPITAL AND MEDICAL CENTER



**iTN North Jersey**<sup>™</sup>  
Dignified transportation for seniors



A tradition of caring.

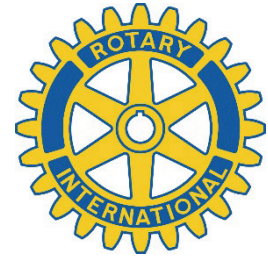


**Public Health**  
Prevent. Promote. Protect.



Formerly Bonim Builders

A Member of The Jewish Home Family



**SESCIL**

Southeast Senior Center  
For Independent Living

Visiting Homemaker  
Bergen County



Quality Care for Life's Challenges



**WOMEN'S  
RIGHTS  
INFORMATION  
CENTER**

**eliminating racism  
empowering women**  
**ywca**

Bergen County

# Age-Friendly Englewood

## About Age-Friendly Englewood

Age-Friendly Englewood is a project that is working to make it as easy as possible for residents of Englewood, New Jersey, to age in place with dignity and independence. Age-Friendly Englewood aims to help people throughout the community -- whether they live in an apartment, condo, single-family home, multi-family home or assisted-living facility -- live their lives as fully as possible, with access to a broad range of affordable services and amenities as they age.

Age-Friendly Englewood was launched early in 2016 with the formation of a coalition of organizations that provide services to Englewood residents, including nonprofit organizations, houses of worship, civic organizations, the Mayor, City Council and offices of City government. The coalition's first task was to assess where Englewood is at the present time, determine where there are needs and/or gaps in service, and develop a plan to meet those needs over the months and years ahead. Our work builds off of the City of Englewood's Master Plan and is guided by the World Health Organization's aging-in-place framework and AARP's Livable Communities initiative.

Our work focuses on helping the City of Englewood become more age-friendly within these broad categories:

- Housing
- Transportation
- Public Spaces (Parks & Streets)
- Communication & Information
- Access to Health Care and Social Services
- Civic Participation
- Social Inclusion

Age-Friendly Englewood operates under the auspices of the Community Chest of Englewood, which serves as fiscal sponsor of the program. Funding for Age-Friendly Englewood is provided by The Henry and Marilyn Taub Foundation, which is supporting similar projects in the Bergen County towns of Garfield, Ridgewood, Teaneck and Westwood.

### Age-Friendly Englewood

Website: [www.age-friendlyenglewood.org](http://www.age-friendlyenglewood.org)  
email: [agefriendlyenglewood@gmail.com](mailto:agefriendlyenglewood@gmail.com)  
Phone: 201-591-5162

***At Your Service***  
A Guide for Englewood Senior Adults

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*We have tried to include as many services for older adults in Englewood as possible. If you find errors, or if you know of additional services or organizations that should be included, please let us know!*

## **Age-Friendly Englewood**

Email: [agefriendlyenglewood@gmail.com](mailto:agefriendlyenglewood@gmail.com)

Phone: 201-591-5162

Website:

[www.age-friendlyenglewood.org](http://www.age-friendlyenglewood.org)

## General Information

### Bergen County Agencies & Services

#### **Bergen County Division of Senior Services Aging & Disability Resource Connection (ADRC)**

##### **Area Agency on Aging**

One Bergen County Plaza, 2nd Floor  
Hackensack, NJ 07601  
201-336-7400  
1-877-222-3737  
[www.co.bergen.nj.us/bcdhs/divisions/senior.htm](http://www.co.bergen.nj.us/bcdhs/divisions/senior.htm)

#### **Bergen County Division on Disability Services**

One Bergen County Plaza, 2nd Floor  
Hackensack, NJ 07601  
201-336-6500  
*Provides services for disabled adults. Call for information on eligibility.*  
[www.co.bergen.nj.us/bcdhs/divisions/disability.htm](http://www.co.bergen.nj.us/bcdhs/divisions/disability.htm)

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

218 Route 17 North, Building A  
Rochelle Park, NJ 07662  
201-368-4200  
[www.bcbss.com](http://www.bcbss.com)

#### **Bergen County Department of Health Services**

One Bergen County Plaza, 4th floor  
Hackensack, NJ 07601  
201-634-2600  
*Coordinates and provides comprehensive health care and essential public health services (e.g., alcohol and drug dependency, animal shelter, dental health, environmental health, health promotion, intermediate and senior care, mental health, partnership for community health, public health nursing) through a county-wide partnership.*

**Crisis hotline: 201-262-HELP (4357)**

## Activities

### **In or near Englewood**

#### **AARP NJ**

Englewood, NJ and Princeton, NJ 08540

**1-866-542-8165**

[local.aarp.org/bergen-county-nj](http://local.aarp.org/bergen-county-nj)

*Variety of meetings and activities weekly/monthly.*

#### **Arts For Life-NJ**

[artsforlifenj.com](http://artsforlifenj.com)

*Arts for Life NJ: provides high quality arts classes for active adults 50+. Find a new love or reignite an old passion - acting, dance, photography, more.*

#### **Arts Horizons**

1 Grand Avenue, Englewood

**(212) 268-7219**

[artshorizons.org](http://artshorizons.org)

*Provides performing, visual, literary and media arts and artistic expression to diverse people of all ages and abilities.*

#### **Bergen Family Center, Older Adult Services**

44 Armory Street, Englewood, NJ 07631

**201-568-0817**

[www.bergenfamilycenter.org](http://www.bergenfamilycenter.org)

*Adult Day Care for frail and visually impaired adults. Care management services for homebound older adults.*

#### **BergenPAC**

30 North Van Brunt St, Englewood

**201-227-1030**

[www.bergenpac.org](http://www.bergenpac.org)

*A non-profit regional theater, Bergen Performing Arts Center (bergenPAC) presents more than 175 shows a year. To enhance the quality of life, bergenPAC provides free tickets to organizations serving individuals who otherwise would be financially unable to experience the live performing arts. Since 2016, this Arts Access Initiative has granted over 17,000 such tickets, primarily to seniors.*

**Elder Hostel (Road Scholar)****800-454-5768**[www.roadscholar.org](http://www.roadscholar.org)*Provides low-cost educational travel programs for seniors to over 1,600 colleges, universities, and other facilities in the U.S. and abroad.***Flat Rock Brook Nature Association**

443 Van Nostrand Ave, Englewood

201-567-1265

[flatrockbrook.org](http://flatrockbrook.org)*150-acre preserve and environmental education center situated on the western slope of the Palisades.***Kaplen JCC on the Palisades**

411 East Clifton Avenue, Tenafly

**(201) 569-7900**[www.jccotp.org](http://www.jccotp.org)*The Kaplen Adult Reach Center's social day care program promotes independence, self-esteem and cognitive abilities for those living with dementia, in a vibrant, community center atmosphere.***Northern NJ Community Foundation**

1 Grand Avenue – Suite 3, Englewood

**201-568-5608**[nnjcf.org](http://nnjcf.org)*Promotes art and culture as powerful means of bridging diversity and bringing people together.***Senior Source**

310 Riverside Square Mall, Hackensack

**201-342-0962**[www.seniorsourcellc.com](http://www.seniorsourcellc.com)*Socialization and education on a range of topics for older adults -- every weekday at no charge.***Southeast Center for Independent Living**

228 Grand Avenue, Englewood

**201-569-4080**[sescil.com](http://sescil.com)*SESCIL provides myriad services for adults 55+, including programs that exercise body and mind. Only senior center in Bergen County to provide such medical services as podiatry, dentistry and chiropractor.***YMCA of Greater Bergen County**

360 Main Street, Hackensack

**201-487-6600**[www.ymcagbc.org](http://www.ymcagbc.org)*Offers a variety of fitness classes, including self defense and SMILE (Seniors Move In Light Exercise).***YWCA Bergen County**

214 State Street, Hackensack

**(201) 881-1700**[ywcabergencounty.org](http://ywcabergencounty.org)*Offers a variety of programs for seniors, including aquatics, fitness and wellness classes at its facility in Ridgewood. Some programs are offered in Englewood. Call for information.***Englewood Parks***Englewood boasts a number of beautiful parks. A map of locations is on the city's website. Click on "living."***Englewood Dept. Of Parks & Recreation**

120 West Englewood Ave (The Gatehouse)

**201-568-3472**[cityofenglewood.org](http://cityofenglewood.org)**Artus Park**

So. Dean &amp; Linden

*Playground***Broad Ave. Courts**

Broad Ave &amp; Rockwood Pl.

*Tennis & basketball***Cambridge Ave. Park**

Cambridge &amp; Knickerbocker

**Crystal Lake**

Sheffield Ave

*Dog run, pond, picnic***Denning Park**

Lafayette &amp; Forest

*Swings, basketball, picnic, playground, soccer, pond***Depot Square Park**

Van Brunt &amp; Demarest

*Playground, picnic*

**Dunning Park**  
Hillside Ave & Spring Lane

**Eleanor Harvey Park**  
500 Liberty Road

**Garrity Field**  
Broad Avenue  
*Ball fields, bathroom*

**Glenbrook Park**  
Glenbrook Pkwy & Howell Rd.  
*Swings, picnic*

**Mackay Park**  
Englewood Ave  
*Playground, picnic, pool, tennis, basketball, baseball, softball, soccer, arena, fitness route, ice skating, bathroom*

**Madison Park**  
Madison Ave.  
*Playground, baseball, picnic*

**Morris Park**  
Cross St. & Morris Park  
*Playground, basketball, picnic, bathroom*

**Triangle Park**  
Hudson Ave. & No. Dean  
*Playground*

**Trumble Park**  
Broad Ave., Rockwood Pl  
*Playground, baseball, picnic*

**Tyron Park**  
Tyron Ave  
*Ball fields, bathroom*

**Veterans Park**  
Dean Drive & Demarest  
*9/11 Memorial*

## **Senior Activity Centers** **In or near Englewood**

*Senior Citizens 60+ and their significant other, regardless of age, are eligible to participate in Activity Center 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 may also be available. For information on transportation call the center.*

### **Bergen County Senior Lunch Program**

*A nutritious mid-day meal is available for Bergen County senior citizens at the centers **marked with an asterisk (\*) below** Lunch is served Monday-Friday. Any Bergen County resident may attend any senior center. Residence in the town is not required, but transportation (where offered) may be limited to residents of the town.*

*Reservations for the meal must be made 1 day in advance. Below are Centers in or near Englewood.*

**Englewood\***  
Bergen Family Center  
44 Armory Street, 07631  
201-568-0817

**Englewood**  
Southeast Center for Independent Living  
228 Grand Avenue, 07631  
201-569-4080

**Fort Lee\***  
Richard & Catherine Nest Adult Activity Center  
201-592-3670  
319 Main Street, 07024

**Hackensack\***  
Americas Unidas Multicultural Senior Center  
101 Hudson Street, 07601  
201-336-3320

**Hackensack**  
Martin Luther King, Jr. Senior Center  
375 First Street, 07601  
201-342-2654

**Korean American Senior Citizen Association  
of New Jersey**

1061 Slocum Avenue, #A, Ridgefield, NJ 07657  
201-945-2400

**Leonia**

Leonia Recreation Center  
370 Broad Avenue, 07605  
201-302-9660

**Teaneck\***

250 Colonial Court, 07666  
201-837-0171  
201-862-1665

**Tenafly**

20 South Summit Street, 07670  
201-569-2159

**Tenafly\***

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

**Tenafly\***

Friends of Grace Seniors  
Korean Community Centre  
100 Grove Street, Tenafly 07670  
201-541-1200

**Institute for Learning in Retirement**

Bergen Community College  
400 Paramus Road, Paramus, NJ 07652  
**201-447-7156**

[bergen.edu/community/institute-for-learning-in-retirement/](http://bergen.edu/community/institute-for-learning-in-retirement/)

*Broad range of academic and cultural topics. No tests or grades. Programs sponsored jointly with Elderhostel; serves the intellectual and social needs of a vibrant community of lifelong learners.*

**Project Literacy Greater Bergen County**

355 Main Street, Hackensack  
**201-489-7066**

[www.project-literacy.org](http://www.project-literacy.org)

*Free tutoring services by trained volunteers to adults in need of basic literacy, math and ESL.*

**Senior Net Program**

Kaplen JCC on the Palisades  
411 East Clinton Ave., Tenafly, NJ 07670  
**201-569-7900**  
*Computer classes*

**SESCIL - Southeast Senior Center for  
Independent Living**

228 Grand Avenue, Englewood  
**201-459-4080**

[www.sescil.com](http://www.sescil.com)

*Offers a variety of educational programs.*

## Adult Continuing Education

**Bergen Community College**

400 Paramus Road, Paramus, NJ 07652  
**201-447-7488**

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

*Extensive continuing education program*

**Fairleigh Dickinson University**

1000 River Road, Teaneck, NJ 07666  
**201-692-6500**

[view2.fdu.edu/academics/continuing-education/](http://view2.fdu.edu/academics/continuing-education/)

*Extensive continuing education program*

## Bereavement Services

**AARP Grief & Loss Program**

800-687-2277

[www.aarp.org/griefandloss](http://www.aarp.org/griefandloss)

*Offers a wide range of resources on grief and loss.  
Family members welcome*

**Englewood Hospital Bereavement  
Support Group**

15 Engle Street, Englewood

**201-894-3333**

*Bereavement services offered through the Visiting Nurse Association of Bergen County, located in Englewood.*

## Business Services

### **Chamber of Commerce**

P.O Box 8161, Englewood

**201-567-2381**

[englewoodnjchamber.com](http://englewoodnjchamber.com).

*Provides directory of stores, restaurants, services and culture and entertainment, portal to bergenPAC and Englewood Hospital and Medical Center, City Government, chamber events, community events and community fundraisers and more.*

### **Economic Development**

*Special Improvement District Management*

*Corporation was formed in 2018 to promote growth and employment in the central business area. Its six members, who are appointed by the City Council, all have long-term business experience in Englewood.*

**201-510-8206**

## Caregiver Support Services

### **Caregiver Coalition of Bergen County**

B.C. Division of Senior Services

One Bergen County Plaza, Hackensack

**201-336-7427**

*Supportive and caring individuals who share a commitment to improving the lives of caregivers in Bergen County. Promotes knowledge of, sensitivity to and action around issues impacting caregivers. Groups meet regularly.*

### **In-Home Caregiver Education and Support Program**

Bergen County Division on Disability Services

### **Adler Aphasia Center Caregivers Support Group**

60 West Hunter Avenue, Maywood, NJ

**201-368-8585**

*Meets every second Monday, 7:00pm-9:00pm*

### **Care2Caregivers**

**800-424-2494**

151 Centennial Avenue, Piscataway, NJ 08854

*Free, ongoing peer support for caregivers taking care of people with dementia*  
[care@care2caregivers.com](mailto:care@care2caregivers.com)

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

**800-367-6274**

*Maintains database of information of thousands of self-help support organizations. Go to [www.njgroups.org](http://www.njgroups.org) to download the Self-Help Support Group directory.*

### **National Organization for Empowering Caregivers**

425 West 23<sup>rd</sup> Street #9B, New York, NY 10011

*Empowering caregivers with resources, private counseling and healing circle.*

[www.care-givers.com](http://www.care-givers.com)

### **Family Caregiver Alliance**

**800-445-8106**

*Provides education information with factsheets on caregiving & depression, dementia behavior and caregiving planning, etc.*

### **The Gallen Center's Caregiver Support Group A program from the Jewish Home Family**

10 Link Drive, Rockleigh, NJ

**201-784-1414**

[JewishHomeFamily.org](http://JewishHomeFamily.org)

*Under the auspices of Alzheimer's New Jersey, Caregiver Support Groups are held monthly, free of charge and open to the public to address the emotional and practical issues of caring for a loved one in a supportive atmosphere.*

### **Holy Name Medical Center Caregiver Support Group**

**Holy Name Medical Center Day Away Center**

725 Teaneck Road, Teaneck

**201-833-3757**

### **Vantage Health System Caregiver Support Group**

2 Park Avenue, Dumont

**201-385-4400, ext. 3084**

*Spouse Caregivers Support Group meets twice-monthly to dine and discuss 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**  
**Adult Reach Center**  
**201-408-1450 or 201-569-7900 ext. 439**  
411 East Clinton Avenue, Tenafly  
*Caregiver's support group, meets twice a month, 2<sup>nd</sup> Monday at 7:00 pm and 4<sup>th</sup> Tuesday at 10:30am.*

**Parkinson's Support Group**  
Cedar Hill Christian Reformed Church  
422 Cedar Hill Avenue, Wyckoff, NJ 07481  
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

### **Crisis Services**

**Adult Protective Service (includes Elder Abuse)**  
**201-368-4300**  
*Investigates reports of suspected abuse, neglect, and exploitation of vulnerable adults living in the community.*

**Psychiatric Emergency Screening Program Care Plus NJ, Inc.**  
610 Valley Health Plaza, Paramus, NY 07652  
**201-262-HELP (4357)**  
*Designated screening center for Bergen County. Services available 24/7/365.*

**Care 2 Caregivers**  
Peer Support Helpline for Dementia Caregivers  
**800-424-2494**  
*Provides peer support, guidance on coping, counseling and education.*  
Call or email: [care@care2caregivers.com](mailto:care@care2caregivers.com)

**Grandparents as Caregivers**  
**Kinship Navigator Hotline: 201-398-9110**  
Kinship Caregivers – P.O. Box 717, Trenton  
**201-797-2660 or 609-888-7400**  
*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**  
Bergen Family Center/Family Success Center  
44 Armory Street, Englewood  
**201-796 6209 ext. 102**  
*Grandparents share experiences and approaches that help with challenges of raising grandchildren.*  
www.fsobergen.org

### **Respite Care Services**

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

**Kaplen JCC on the Palisade Adult Reach Center (ARC)**  
411 E. Clinton Avenue, Tenafly  
**201-569-7900**  
*Social Adult Day Care*

**Statewide Respite Care Program**  
Bergen County Division on Disability Services  
**201-336-6500**  
One Bergen County Plaza, Hackensack  
*Provides relief services to caregivers.*

**New Bridge Medical Center**  
(Formerly Bergen Pines/Bergen Regional)  
**Long-Term Care Division**  
**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 and*

round-the-clock nursing care. Must complete application. Call to inquire about fees and/or to visit the facility. Medicaid and private pay.

### **Alzheimer's New Jersey**

The Respite Care and Wellness Program

400 Morris Avenue, Suite 251,

Denville, NJ 07834 [www.alznj.org](http://www.alznj.org)

**888-280-6055** or **973-586-4300**

Call for information and eligibility requirements

**\*NOTE:** Some home health agencies provide respite care services; call agencies to inquire about fees for service. Some nursing homes also provide respite beds on a temporary basis; call individual nursing homes to inquire.

## Clubs & Social Groups

All listed are open to interested participants. May require membership fees/dues and requirements for participation.

### **Elks Ideal Lodge #470**

17 Bennett Road, Englewood

**201-567-8707**

Founded by African-Americans who migrated to Englewood with strong southern roots, the Lodge is used by the diverse population of Englewood. Holds computer classes for elders. Available for events.

### **Englewood Rotary Club**

P.O. Box 412, Englewood, NJ

International service organization whose motto is "Service Above Self." Meets every Tuesday at 12:15 PM at the Crowne Plaza Hotel, 401 South Van Brunt Street.

### **League of Women Voters**

**201-390-8830**

Call for Information and meeting locations. Dedicated to ensuring that all eligible voters – particularly those from traditionally underrepresented or underserved communities, including first-time voters, non-college youth, new citizens, minorities, the elderly and low-income Americans – have the opportunity and the information to exercise their right to vote.

## De-Cluttering Your Home

### Not-for-Profit Thrift Shops

These shops generally accept used, clean clothing and household items in good condition.

They do not pick-up at your home.

### **Caring About The Strays (CATS)**

80 Kinderkamack Road, Westwood

201-666-5444

### **Goodwill Industries**

809 Route 17 (Southbound side), Paramus

201-444-0596

### **National Council of Jewish Women Thrift Shop**

75 Washington Ave., Bergenfield

201-385-4847

### These Agencies Pickup at your Home

Call or go online to schedule a pickup at your home

### **Big Brothers Big Sisters**

877-336-8828

[www.bbbspickupservice.org](http://www.bbbspickupservice.org)

Accepts just about anything except large furniture and appliances.

### **Green Drop**

[gogreendrop.com](http://gogreendrop.com)

Schedule pickup online.

Donated items are sold to benefit charity of your choice: American Red Cross, Society of St. Vincent DePaul, National Federation for the Blind, Military Order of Purple Heart Service Foundation.

### **Habitat for Humanity ReStore**

121 Carver Ave, Westwood, NJ

201-500-5009

[bergenrestore.org](http://bergenrestore.org)

Accepts furniture, appliances and building materials in good condition. Call or schedule pickup online.

### **Lupus Foundation of America**

888.445.8787

[lfapickupservice.org](http://lfapickupservice.org)

Accepts just about anything except large furniture and appliances.



**Salvation Army**

1-800-728-7825

[satruck.org](http://satruck.org)*Accepts just about anything. Call or schedule pickup online.***Vietnam Veterans of America**[pickupplease.org](http://pickupplease.org)*Accepts just about anything except large furniture and appliances.***Drop-off***These agencies accept dropped-off donations***Adult Care Brief Bank****Kaplen JCC on the Palisades**

411 East Clinton Ave., Tenafly, NJ 07670

**201-569-7900***Accepts adult absorbent products.***Bergen County Animal Shelter**

100 United Lane, Teterboro 07608

201-646-3200

*Accepts clean blankets & bedding, gloves, mops, buckets, etc. New pet supplies.***Pawsitively Furever Dog Rescue Center**

Hackensack, NJ

201-410-8566

[www.pawsitivelyforever.org](http://www.pawsitivelyforever.org)*Accepts blankets, towels, cleaning supplies***Ramapo-Bergen Animal Refuge, Inc.**

2 Shelter Lane, Oakland NJ 07436

201-337-5180

[www.rbari.org](http://www.rbari.org)*Accepts pet supplies.***Women's Rights Information Center**

108 W. Palisade Ave, Englewood

201-568-1166

*Accepts women's business clothing that is clean, in-season, on hangers and in good condition.***Donate Books****Bergen County Jail**

160 South River Street, Hackensack

201-336-3500, ext. 4355

*Accepts paperback books. Absolutely no hard cover books and no books with spiral binding. Drop off between 9AM-5PM.***Englewood Public Library**

31 Engle Street

201-568-2215

*Accepts used books in good condition. Call 201-768-1272 for pickup***Better World Books**

Drop-box at the Cresskill Library

53 Union Ave, Cresskill

[www.betterworldbooks.com](http://www.betterworldbooks.com)*They sell books that have been donated. Proceeds benefit nonprofits that provide literacy programs.***Emergency Services*****For a health, fire or life safety emergency  
call 911*****Englewood Police Department**

75 S Van Brunt Street, Englewood

**201-568-2711** (non-emergency)[www.cityofenglewood.org/](http://www.cityofenglewood.org/)**Bergen County Office of Emergency  
Management**

285 Campgaw Road, Mahwah, NJ 07430

**201-785-5757 of 201-336-7705****American Red Cross**

(responds to natural disasters)

**973-797-3300****Adult Protective Services****Bergen County Board of Social Services****201-368-4300 or 800-624-0275 (after hours)***For vulnerable adults who are being subjected to abuse, neglect or exploitation, and who cannot protect or care for themselves.*

**Bergen County's United Way Compassion Fund**

6 Forest Avenue, Paramus

**211 or 201-294-4050 or 877-652-1148**

*Provides help with urgent financial needs from utility bills to medication and healthcare to help families remain in their home.*

[www.nj211.org](http://www.nj211.org)

**Housing, Health & Human Services Center**

120 South River Street, Hackensack

**201-336-6475**

*Temporary shelter, meals, and links to community services.*

**Family Promise of Bergen County**

100 Dayton Street Ridgewood, NJ

**201-833-8009**

*Helps working families who are facing homelessness. Monday-Friday 9:00am-5:00pm*

**Alternatives to Domestic Violence**

One Bergen County Plaza, Hackensack

**201-336-7575**

*Offers services including crisis intervention; counseling; legal assistance; individual, group and family counseling; etc. Calls remain confidential.*

**Center for Hope and Safety**

12 Overlook Ave, Rochelle Park, NJ

**201-498-9247**

**201-944-9600 HOTLINE**

*Assists women and children who are victims of domestic violence, including emotional, economic, sexual and physical abuse. Provides emergency and transitional housing, emotional support, and a diversified continuum of services focused on safety, empowerment, and self-sufficiency.*

[www.hopeand safetynj.org](http://www.hopeand safetynj.org)

**Healing Space -YWCA**

214 State Street, #207, Hackensack

**201-487-2227 24-hour Hotline**

*Provides a confidential 24/7 hotline to survivors of sexual assault and abuse, their families and friends. Support is available to anyone who has experienced sexual violence, whether it happened hours or years ago.*

**SeniorHaven for the Prevention of Elder Abuse**

Program of **Jewish Home Family**

**855-455-0555**

*Shelter available for individuals over 65 who are victims of abuse. Abuse may be physical, sexual, financial, verbal, emotional, or psychological.*

*Referral from a professional is required.*

[jewishhomefamily.org/seniorhaven](http://jewishhomefamily.org/seniorhaven)

**Employment Opportunities**

**Re-Launch Career Services**

**Jewish Family & Children's Services**

**of Northern New Jersey**

1485 Teaneck Road, Teaneck

**201-837-9090 x225**

*Provides FREE overall guidance in career direction for job seekers of all ages. Hands-on practical support for revamping your resume, creating a compelling cover letter and interviewing skills*

**ReServe North Jersey**

**877-290-6145**

*Matches retired professionals -- teachers, business executives, lawyers, accountants, technology specialists, health care, human service and administrative professionals -- age 55+ with part-time service opportunities at nonprofit organizations and public institutions in order to strengthen their communities while earning a modest stipend.*

[www.reserveinc.org/newark](http://www.reserveinc.org/newark)

[info@reserve.org](mailto:info@reserve.org)

**New Jersey State Employment Services**

**Vocational Rehabilitation Services**

**for the Disabled**

**Unemployment and disability Insurance**

**One-Stop Career Center**

60 State Street, Hackensack

**201-996-8940 or 201-996-8970**

*Offers services such as workshops, counseling, job search, skilled training, etc.*

## **Senior Community Service Employment Program (SCSEP)**

### **Easter Seals**

194 Route 17 North, Rochelle Park, NJ

**855-215-4541 or 201-845-0247**

*Provides job training and employment opportunities for eligible individuals aged 55+*

## **English as a Second Language**

### **Englewood Library**

31 Engle Street, Englewood

**201-458-2215 ext 236**

[www.Englewoodlibrary.org/adults](http://www.Englewoodlibrary.org/adults)

*ESL classes open to men and women.*

### **Greater Bergen Community Action**

Offers ESL classes in Cliffside Park and Palisades Park

**201-366-1020 ext. 7236**

[www.greaterbergen.org](http://www.greaterbergen.org)

*Call for details*

### **Korean-American Senior Citizen Association**

1061 Slocum Ave, Ridgefield, NJ

*ESL program will service the Korean Population 60+; English instruction for communication in Health and Citizenship*

### **Project Literacy Greater Bergen County**

355 Main Street, Hackensack

201-489-7066

[www.project-literacy.org](http://www.project-literacy.org)

*Free tutoring services by trained volunteers to adults in need of basic literacy education, math and ESL.*

### **Women's Rights Information Center**

108 Palisade Ave., Englewood

**201-568-1166**

[www.womensrights.org](http://www.womensrights.org)

*ESL classes open to men and women.*

## **Financial Benefits & Assistance**

### **Consumer Credit Counselling**

**888-726-3260**

[www.cccsnj.org](http://www.cccsnj.org)

*Financial counseling for older adults 65+*

### **Greater Bergen Community Action Economic Security Initiative**

316 State Street, Hackensack

**201-488- 5100 ext. 7166**

[www.greaterbergen.org](http://www.greaterbergen.org)

*Assists older adults in completing a comprehensive economic review; helps them learn about services and resources in such areas as financial management, housing, employment, public benefits, health, and legal issues.*

### **Medicaid**

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

218 Route 17 North, Rochelle Park, NJ 07662

**201-368-4200 or 201-368-4785**

*Apply for general Assistance, SNAP (food stamps), Family Care, TANF, Institutional Medicaid, etc.*

[www.bcbss.com](http://www.bcbss.com)

#### **Funeral-Burial Support Program (Medicaid)**

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

218 Route 17 North

Rochelle Park, NJ 07662

**201-368-4200**

### **Medicare Health Insurance**

*These programs pay or help pay for the cost of medical care for older adults and disabled persons.*

#### **MEDICARE (www.medicare.gov)**

[www.medicare.gov](http://www.medicare.gov)

**1-800-MEDICARE**

**1-800-633-4227**

#### **MEDICARE PART A**

*Hospital insurance. Covers inpatient hospital care*

**800-633-4227**

## **MEDICARE PART B**

*Covers physician and some out-patient services.*

**800-633-4227**

## **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.*

**800-633-4227 or 800-633-4227**

## **MEDICARE PART D**

*Optional prescription drug plans which add drug coverage to original Medicare.*

**800-633-4227**

## **State Health Insurance Program (SHIP)**

**201-336-7413**

*Assistance in completing Medicare and other health insurance claim forms; information on supplemental policies; evaluation of specific claim forms and health insurance needs; information on prescription coverage and Medigap policies.*

## **Absolute Insurance Management (Medicare Made Easy)**

**973-470-8333**

*Provides evaluation, at no charge, of the various available options for Medicare.*

## **Medicare Rights Center – Medicare Interactive**

**888-466-9050**

[www.MedicareInteractive.org](http://www.MedicareInteractive.org)

*Provides help with Medicare appeals process.*

## **N.J. Property Tax Relief Programs**

### **Property Tax Deduction/Credit Englewood Tax Office**

2-10 North Van Brunt Street

**201-871-6607**

*Homeowners and tenants who pay property taxes, directly or through rent, on their principal residence in N.J. may qualify for either a deduction or a refundable credit on their N.J. resident income tax return. Tax benefit varies depending on amount of the taxpayer's income, amount of property taxes or rent paid, and filing status.*

## **Pharmaceutical Assistance Programs**

*These programs may help reduce pharmaceutical costs to seniors, veterans, and disabled persons.*

### **Pharmaceutical Assistance to the Aged & Disabled (PAAD)**

**800-792-9745 or 201-336-7400**

*Prescription discount program for elderly and people with disabilities. .*

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

**800-792-9745 or 201-336-7400**

*Prescription discount program for elderly and disabled NJ residents who do not qualify for PAAD.*

### **Extra Help with Medicare Prescription Drug Plan Costs**

**800-772-1213**

*Federal program that helps pay full or partial costs of Medicare prescription drug coverage.  
[www.socialsecurity.gov](http://www.socialsecurity.gov)*

### **State Health Insurance Program (SHIP)**

**201-336-7413**

*Provides Medicare beneficiaries with assistance and information about health insurance policies, claim forms, prescription coverage, and evaluates health insurance options.*

### **Partnership for Prescription Assistance**

*May help patients who are uninsured underinsured access the medicines they need through the program that is right for them.*

[www.pparx.org](http://www.pparx.org)

## **Reverse Mortgage**

### **Reverse Mortgage Counseling Home Equity Conversion Mortgages Division of Senior Services**

**ADRC-Aging & Disability Resource Connection  
201- 336-7569**

*The Division of Senior Services offers a trained and certified counselor to advise seniors age 62 and over on ways to access their home equity so they can remain at home and age-in-place.*

## **Social Security & SSI**

### **Social Security**

Continental Plaza  
401 Hackensack Avenue - 2nd fl., Hackensack  
**800-772-1213**

### **Supplemental Security Income (SSI)**

*Must be 65 years of age, blind, or have a disability and limited income.* [www.ssa.gov](http://www.ssa.gov)  
Apply online: [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount)

## **Utility & Telephone Assistance**

### **Low Income Home Energy Assistance Program (LIHEAP)**

*Federally funded program that provides financial assistance to low-income households and individuals with heating and medically necessary cooling costs. Apply between Oct. 1 through April 30.*  
**Hotline: 1-800-510-3102** for further information.

### **The TRUE and PAGE Program-Energy Assistance Program; Universal Service Fund**

*Temporary Relief for Utility Expenses & Payment Assistance for Gas & Electric programs provide relief on natural gas and electric bills for low to moderate income households experiencing a temporary financial crisis. USF provides credit for utility bills.*

*Call (732) 982-8710 for further information*  
[www.housingall.org](http://www.housingall.org) for eligibility requirements.

**Or call Greater Bergen Community Action at 201-968-0200 Ext 7008 or Bergen County Division of Senior Services/ADRC at 201-336-7400** \*Apply Nov 1st thru March 31st

### **Cooling Assistance**

Heightened Independence and Progress (hip)  
131 Main St., Hackensack, NJ 07601  
**201-996-9100 ext. 18**

*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. Eligibility requirements same as for PAAD program.*

### **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**

*Provides energy saving home improvements and energy education programs for low-income customers. Sponsored by Board of Public Utilities - NJ Clean Energy Program. Eligibility: At or below 225% of the Federal Poverty Guidelines.*

**How to Apply:** Call **888-773-8326** or go to [www.njcleanenergy.com](http://www.njcleanenergy.com)

### **Winter Termination Program (WTP)**

*Electric or gas utility companies cannot discontinue services to certain households between November 15th - March 15th. Participants in LIHEAP, Lifeline Credit Program, PAAD, SSI, USF are eligible as long as they make a "good faith" payment if possible. Persons unable to pay their utility bills because of circumstances beyond their control are also eligible. For information contact Customer Assistance at **800-624-0241**.*

### **NJ SHARES**

*Provides assistance to households in need of help paying their energy bills due to a financial crisis. **800- 272-1325** or **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. [www.njshares.org](http://www.njshares.org)*

### **Weatherization Assistance Program**

*Improves energy efficiency with repairs and replacement if necessary. Eligibility: Households must meet income guidelines below 200% of Federal Poverty Level.*

### **How to Apply:**

*Apply thru the LIHEAP or contact Greater Bergen Community Action Weatherization Program at **973-546-1441***

[www.GreaterBergen.org/home-energy](http://www.GreaterBergen.org/home-energy)

**Verizon New Jersey Communications LifeLine**  
*Low-income residential customers may be eligible to receive discounted local telephone service.*  
**How to Apply: 800-837-4966** or visit  
[www.verizon.com/lifeline](http://www.verizon.com/lifeline)

## FOOD

### **Food Stamps**

#### **B.C. Board of Social Services**

218 Rt. 17 North, Rochelle Park, NJ 07662  
**201-368-4200**

[www.bcbss.com](http://www.bcbss.com)

*Supplemental Nutrition Assistance Program (SNAP) helps low-income people buy food. Eligible to low-income elderly or disabled individuals.*

#### **Center for Food Action**

192A West Demarest Street, Englewood  
**201-569-1804**

[cfanj.org](http://cfanj.org)

*Mon.-Fri. 9-5, 10-2 on first Sat. every month. Provides emergency food, rental assistance, security deposits, utility assistance, counseling and advocacy services to low-income individuals and families. Additional locations throughout Bergen County.*

#### **Jewish Family & Children's Services of No. NJ**

1485 Teaneck Road, Teaneck  
**201-837-9090**

*Call for appointment and to find out what documents are needed to qualify.*

#### **Office of Concern - St. Cecilia Church**

85 Demarest Ave., Englewood  
**201-568-1465**

[officeofconcern.com](http://officeofconcern.com)

*Mon-Thurs. 9-1 Provides food and other basic needs to low-income people of all ages, regardless of religion, race or culture.*

#### **Senior Farmers Market Program**

1 Bergen County Plaza, Hackensack  
**201-336-7420**

[www.co.bergen.nj.us/580/Nutrition](http://www.co.bergen.nj.us/580/Nutrition)

*Provides checks to eligible senior participants to buy locally.*

***Also: Contact houses of worship in your neighborhood to see if they have a food pantry.***

## Health & Wellness Programs

### **Englewood Department of Health**

73 South Van Brunt Street, Englewood  
**201-568-3450**

*Our local public health department provides many services needed to protect and promote health. The Health Department conducts inspections of restaurants, pools, and other facilities to ensure proper sanitation, and investigates public health nuisance complaints such as trash or rodents. Issues birth, death and marriage/civil union certificates, marriage/civil union licenses and retail food and pet licenses, provides health clinics for children, and health promotion programs for all ages.*

### **B.C. Dept of Health Services**

One Bergen County Plaza, Hackensack  
**201-634-2600**

*Coordinates and provides comprehensive health care and essential public health services (e.g., alcohol and drug dependency, animal shelter, dental health, environmental health, health promotion, intermediate and senior care, mental health, partnership for community health, public health nursing).*

## Hospitals

### **Englewood Hospital and Medical Center**

350 Engle Street, Englewood  
**201-894-3000**

[www.Englewoodhealth.org](http://www.Englewoodhealth.org)

*Acute-care hospital offering a full range of services in Englewood*

### **Hackensack Meridian Health**

30 Prospect Avenue, Hackensack  
**201-996-2000**

[www.hackensackmeridianhealth.org](http://www.hackensackmeridianhealth.org)

*Acute-care hospital offering a full range of services - near Englewood*

### **Holy Name Medical Center**

718 Teaneck Road, Teaneck

**201-833-3000**

[www.holyname.org](http://www.holyname.org)

*Acute-care hospital offering a full range of services - near Englewood*

### **New Bridge Medical Center**

(Formerly Bergen Pines/Bergen Regional)

230 East Ridgewood Ave., Paramus, NJ 07652

**201-967-4000**

[www.bergenregional.com](http://www.bergenregional.com)

*Regional hospital providing long term, behavioral health and acute care.*

## **Chronic Disease & Disability**

### **Health Issues**

### **Alzheimer's Disease**

#### **Act Now Foundation**

830 Bergen Ave, Ste. 8A, Jersey City, NJ 07306

**201-721-6721**

*Raises awareness, provides educational workshops, memory screenings, support groups for caregivers and seniors with early stage dementia, and other resources. Serves Englewood.*

#### **Alzheimer's Association**

**800-272-3900**

24-hour helpline **800-883-1180**

*Caregiver Information Referral Line. For other details visit [www.alz.org](http://www.alz.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](http://www.nia.nih.gov/alzheimers)

#### **Alzheimer's New Jersey**

Northern Regional Office

690 Kinderkamack Rd., Ste100, Oradell, NJ 07649

**201-261-6009**

**Helpline: 888-280-6055**

*Education, respite care and wellness programs*

[www.alznj.org](http://www.alznj.org)

### **Lifesaver International program of the B.C.**

**Sheriff's Office**

2 Bergen Plaza, Hackensack

**201-336-3540**

*Provides rapid response to reduce potential for serious injury for those with Alzheimer's, dementia, autism, Down syndrome and other related disorders.*

### **COPSA Alzheimer's Resource Center**

100 Metroplex Dr., Suite 200, Edison, NJ 08817

**800-424-2494 or 732-235-8400**

*Statewide program that includes a dementia clinic and a resource center to help families and caregivers of people with dementia. Institute staff train and provide consultation to geriatric professionals throughout New Jersey.*

### **Holy Name Hospital Asian Dementia Center**

718 Teaneck Road, Teaneck, NJ 07666

**201-833-3399**

*Screening, education programs, family support groups.*

### **Other Diseases**

#### **Adler Aphasia Center**

60 West Hunter Ave., Maywood, NJ

**201-368-8585**

[www.adleraphasiacenter.org](http://www.adleraphasiacenter.org)

*Broad range of programs and activities to assist those with aphasia and their caregivers. Trains health care professionals to improve service delivery to people with aphasia.*

#### **Arthritis Foundation N.J.**

555 Route 1 South #320, Iselin, NJ

**888-467-3112**

[www.arthritis.org](http://www.arthritis.org)

*Provides information and resources, access to optimal care, advancements in science and community connections*

### **Cancer**

#### **American Cancer Society**

20 Mercer Street, Hackensack

**201-343-2222**

*Funds and conducts research, shares expert information, supports patients, and provides information about prevention.*

## **Cancer Care, Inc.**

141 Dayton Street #204, Ridgewood, NJ 07450  
**201-444-6630**

[www.cancer.org](http://www.cancer.org)

*Provides counseling, education, support groups, publications, financial assistance and community programs. Serves Englewood.*

## **Diabetes**

### **American Diabetes Association**

**800-342-2383**

[www.diabetes.org](http://www.diabetes.org)

*Professional organization that provides research, information, advocacy and support for caregivers.*

### **Englewood Hospital/Home Care**

350 Engle Street - 4th Floor, Englewood

**201-894-3335**

*In-home services for diabetes management; call for eligibility requirements.*

### **NJ Chapter-American Heart Association**

1 Union Street, Robbinsville, NJ 08691

**609-208-0020**

[www.heart.org](http://www.heart.org)

*Information & referral, listing of groups for stroke survivors/families/caregivers and professionals.*

## **HIV/AIDS**

### **Buddies of New Jersey**

149 Hudson Street, Hackensack

**201-489-2900**

[www.njbuddies.org](http://www.njbuddies.org)

*Offers network of support: case management, substance abuse treatment and counseling, housing assistance, dental services, support groups, transportation and food bank.*

### **National Multiple Sclerosis Society**

1 Kalisa Way, Paramus, NJ

**201-967-5599**

[www.nationalmssociety.org](http://www.nationalmssociety.org)

*Support groups, information, advocacy, equipment.*

### **American Parkinson Disease Assoc.**

New Brunswick, NJ 08901

**732-745-7520**

[apdanj.org](http://apdanj.org)

*Provides support services to help those with Parkinson's disease live life to the fullest.*

## **Stroke**

### **National Stroke Association**

**800-767-6537**

[www.stroke.org](http://www.stroke.org)

*Information about stroke and guidance in starting stroke support groups.*

### **Post-Stroke Program, B.C. Division of Disability Services**

One Bergen County Plaza, Hackensack

**201-336-6502**

*Offers several support groups throughout Bergen County, including Englewood.*

## **Sickle Cell Disease**

### **Sickle Cell Disease NJ Chapter**

1016 Broad Street, Newark, NJ 07102

**973-482-9070**

### **Sickle Cell Disease Assoc. of America**

Baltimore, MD

**800-421-8453**

[www.sicklecelldisease.org](http://www.sicklecelldisease.org)

*Provides information and advocacy.*

## **Dental Services**

### **Bergen Community College**

400 Paramus Road, Paramus

**201-447-6532**

*Dental Hygiene Clinic*

### **Hackensack Meridian Health Center for Dentistry**

30 Prospect Ave., Hackensack

**551-996-2111**

*Dental clinic provides a comprehensive spectrum of oral and dental services at reduced fees.*

### **SESCIL (Southeast Center for Independent Living)**

228 Grand Avenue, Englewood

**201-569-4080**

[www.sescil.com](http://www.sescil.com)

*SESCIL provides myriad services for adults 55+, including dental services at very low cost.*



## **Hearing Loss**

### **Hackensack University Medical Center Audiology Department**

30 Prospect Street, Hackensack, NJ 07601  
**551-996-5327**

*Screening, evaluation and treatment.*

### **Hearing Loss Association of New Jersey**

Bergen County Chapter

**201-995-9594 (Voice)**

*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**

PO BOX 074 Trenton, NJ 08625

**800-792-8339 (Voice and TTY) or 609-588-2648**

*Information and referral, interpreter and CART (real-time captioning) referral service, advocacy, workshops, assistive listening devices demonstration center. Aims to eliminate barriers and promote increased accessibility to programs, services, and information*

### **Hearing Aid Assistance to Aged & Disabled**

*A \$100 reimbursement to eligible persons who purchase a hearing aid. Eligibility requirements are the same as for the PAAD program.*

**201-336-7400 or 800-792-9745**

*Need for hearing aid must be attested by a physician*

## **Mental Health**

### **National Alliance for the Mentally Ill**

304 Valley Blvd, Wood-Ridge, NJ

**201-635-9595**

[www.nami.org](http://www.nami.org)

*Provides information and support for adults with mental illness and their families;  
conducts monthly educational seminars.*

### **Bergen Co. Div. of Mental Health Services**

1 Bergen County Plaza, Hackensack

**201-634-2745 Emergency/Crisis hotline:**

**201-262-help (4357)**

*Contact if you or a family member are experiencing the signs or symptoms of mental health.*

### **NJ Self-Help Clearing House**

673 Morris Ave-Suite 100, Springfield, NJ 07081

**800-367-6274**

[www.njgroups.org](http://www.njgroups.org)

*Database of thousands of self-help support groups and organizations in NJ. Information and referral services as well as training to form self-help groups.*

### **Psychiatric Emergency Screening Program (PSEP)**

**201-262-HELP (4357)**

*Emergency assistance. Located at Bergen Regional Medical Center but serves all of Bergen County.*

### **Reachnj.org – Addiction and Recovery**

**844-732-2465** Toll free 24/7

*Addiction and recovery information and resources.*

### **Vantage Health System**

93 W. Palisade Ave., Englewood

**201-567-0059**

*Services elders with mental health, addiction, developmental and eldercare challenges*

### **Vantage Health System/Northern Valley Adult Day Health Center**

2 Park Ave, Dumont

**201-385-4400, ext 3086**

*Geriatric Consultation. Evaluation of needs, care options and geriatric counseling if needed.*

## **Uninsured**

### **Bergen Volunteer Medical Initiative**

75 Essex St #100, Hackensack

**(201) 342-2478**

[bvmi.org](http://bvmi.org)

*Free primary healthcare care for low-income adults without insurance, referrals to specialty care and chronic disease management. Interpreters available.*

**North Hudson Community Action Corporation  
Englewood Health Center**

197 South Van Brunt Street, Englewood  
**201-537-4442**

[nhcac.org/](http://nhcac.org/)

*Provides services in Internal medicine, pediatrics, and womens' health.*

**Urgent Care Centers**

**A+ Urgent Care**

46 Union Ave., Cresskill

**201-205-2172**

*Provides a wide range of medical services in a state-of-the-art facility in Cresskill. Open evenings and weekends. No appointment necessary.*

**City MD Urgent Care**

282 Route 4 (Westbound), Paramus

**(551) 222-0800**

*Walk-in clinic where board-certified doctors treat minor urgent care needs quickly and reliably, 365 days a year.*

**MD Partners**

1 North Washington Ave., Bergenfield

**201-374-9106**

*Physicians network of Englewood Hospital and Medical Center offers primary care evenings and weekends for sick visits, non-emergency injuries, routine vaccinations, and other primary care needs.*

**Vision Loss**

**Bergen Family Center**

44 Armory Street, Englewood

**201-568-0817**

[www.bergenfamilycenter.org](http://www.bergenfamilycenter.org)

*Only Adult Day Care program in northern New Jersey that accepts visually impaired clients.*

**Adjustment to Vision Loss Project  
Heightened Independence & Progress (HIP)**

131 Main Street, Suite 120, Hackensack

**201-996-9100**

*Provides information & referral to services and resources throughout N.J. Peer Support groups meet at several locations in Bergen County.*

**New Eyes for the Needy, Inc.**

549 Millburn Ave., P. O. Box 332, Short Hills, NJ

**973-376-4903**

*Provides prescription eyeglasses to medically indigent, visually impaired, older adults who are N.J. residents. Referrals must be in writing from social service agencies. [www.neweyesforthe needy.org](http://www.neweyesforthe needy.org)*

**NJ State Library Talking Book & Braille Center**

2300 Stuyvesant Avenue, Trenton, NJ 08618

**800-792-8322 or 609-278-2640**

*Provides hands-on training in technology and 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](http://www.njstatelib.org)*

**NJ Commission for the Blind &  
Visually Impaired**

153 Halsey street 6<sup>th</sup> floor, Newark NJ 07101

**973-648-3333**

*Education, vocational rehabilitation, social work, health screenings; teaches rehabilitation & independent living skills; referral assistance.*

**Assistive Technology Center**

**Johnson Public Library**

274 Main Street, Hackensack

**201-343-4169 ext. 22**

*Provides opportunities to learn to use adaptive technologies on iPads and desktop computers for people with visual impairments, age 55 and older.*

**Houses of Worship**

**Englewood Hospital Chaplain**

350 Engle Street, Englewood

201-894-3228

**Shiloh AME Zion Church**

129 William Street, Englewood

201-568-5560

**Church of Jesus Christ Apostolic**

135 Lafayette Pl, Englewood

201-871-3310

**Englewood Assembly of God**

70 West Ivy Lane, Englewood  
2010-567-4576

**Baptist**

**Community Baptist Church of Englewood**

224 First Street, Englewood  
201-568-6369

**Ebenezer Baptist Church**

216 4th Street, Englewood  
201-569-1156

**Englewood Baptist Church**

320 Tenaflly Road, Englewood  
201-569-6648

**First Baptist Church of Englewood**

351 Englewood Avenue, Englewood  
201-568-3410

**Genesis Community Baptist Church**

215 West Englewood Ave, Englewood  
201-568-5505

**Mount Calvary Baptist Church**

90 West Demarest Avenue, Englewood  
201-567-0113

**Mount Olive Baptist Church**

181 Warren Street, Englewood  
201-569-5092

**New Jerusalem Baptist Church**

191 1st Street, Englewood  
201-816-8839

**Mision Bautista Hispana**

351 W. Englewood Ave, Englewood

**Charismatic Christian**

**True Vine Christian Center**

50 E. Palisade Ave, Englewood  
201-894-9118

**Christian Science**

**Christian Science Church and Reading Room**

75 Engle Street, Englewood  
201-568-1221

**Christian – Multli-Ethnic**

**Metro Community Church**

office: 291 S. Van Brunt St.

Services: Greico School, 50 Durie Ave., Englewood  
201-646-4765

**Church of God**

**Church of God of Prophecy**

192 W. Demarest Ave #2, Englewood  
201-871-3750

**Episcopal**

**St. Paul's Episcopal Church**

113 Engle Street, Englewood  
201-568-3276

**Jehovah's Witness**

**Jehovah's Witness Congregation of Englewood**

315 W. Palisade Ave., Englewood  
201-567-1636

**Korean**

**Englewood Grace Church**

66 West Hudson Avenue, Englewood  
201-541-7670

**Joy Christian Fellowship**

70 West Ivy Lane, Englewood  
201-731-3216

**Salvation Army Community Church**

380 S. Van Brunt St, Englewood  
201-503-9400

**Yul Bang Mission Church**

192 W. Demarest Ave #2, Englewood  
201-421-6446

**Jesus Christ is God's Church**

138 W. Palisade Ave., Englewood  
201-569-7731

**Korean Community United Methodist Church**

147 Tenaflly Road, Englewood  
201-816-1284

**Mormon – Church of Latter Day Saints**  
**Church of Jesus Christ of Latter Day Saints**  
62 East Forest Ave, Englewood  
201-541-1211

**Lutheran**  
**St. John's Lutheran Church**  
245 Tenaflly Road, Englewood  
201-567-6266

**Methodist**  
**First United Methodist Church**  
128 West Demarest, Englewood  
201-568-1941

**Galilee United Methodist Church**  
325 Genesse Avenue, Englewood  
201-567-0009

**Muslim**  
**Mehfil-e-Shahe Khorasan**  
28 Tenaflly Road, Englewood  
201-567-6577

**Orthodox Christian**  
**Antiochian Orthodox Church**  
358 Mountain Road, Englewood  
201-871-1355

**Pentecostal**  
**Englewood Church of God in Christ**  
191 Humphrey St., Englewood  
201-567-3197

**Refuge Temple Church of God in Christ**  
244 Waldo Place, Englewood  
201-894-0808

**Presbyterian**  
**First Presbyterian Church/Englewood**  
150 East Palisades Avenue, Englewood  
201-568-7373

**Young Nak Presbyterian Church**  
113 Engle Street, Englewood  
201-567-0797

**Bethany Presbyterian Church**  
62 West Palisade Ave., Englewood  
201-567-4132

**Roman Catholic**  
**St. Cecilia's Church**  
55 West Demarest Ave., Englewood  
201-568-0364

**Seventh Day Adventist**  
**Community Seventh Day Adventist Church**  
245 Tenaflly Road, Englewood  
201-871-6022

**Englewood Spanish Seventh Day Adventist**  
135 Lafayette Pl, Englewood  
201-476-1127

**Synagogues**  
**Congregation Ahavath Torah**  
240 Broad Avenue, Englewood  
201-568-1315

**Congregation Shomrei Emunah**  
89 Huguenot Avenue, Englewood  
201-567-9420

**East Hill Synagogue**  
255 Walnut Street, Englewood  
201-569-4008

**Kesher-Community Synagogue of Tenaflly & Englewood**  
509 Engle Street, Englewood  
201-227-1117

**Kol HaNeshamah**  
113 Engle Street, Englewood  
201-816-1611

**Unitarian Universalist**  
**Unitarian Universalist Congregation of the Palisades**  
228 Grand Ave.  
Mailing address: 162 Cambridge ave, Englewood  
*no phone number*

## Housing

### Affordable Rent-Subsidized Properties

#### **Englewood Housing Authority**

111 West Street, Englewood,

**201-871-3451**

*Preference given to people living or working in Englewood, NJ at their two primary locations:*  
Vincent K. Tibbs Senior Building: 152 apartments (111 West Street)  
Westmoor Gardens: 64 apartments (West Street and Slocum Avenue)

#### **Greater Englewood Housing Corporation**

1 Rock Creek Terrace, Englewood, NJ

**201-871-0178**

*270 apartments of various sizes*

#### **King Gardens**

71 Dubois Ct., Englewood, NJ

**201-871-1270**

*100 apartments of various sizes around the Humphrey & Williams Street area*

#### **Up With Housing**

70 Jay Street, Englewood, NJ

**201-541-8003**

*8 apartments*

#### **Englewood II**

68 William Street, Englewood, NJ

**973-282-1100 x5035**

*32 apartments*

#### **Pindle East**

270-272 Pindle Avenue, Englewood, NJ

**201-342-9523**

*32 apartments*

#### **Council on Affordable Housing (COAH)**

Has a few rental units in Englewood  
Vivian: 75 Sterling Blvd, Englewood, NJ

**201-568-5554**

*Sign up for wait list updates*

*<http://www.piazza-and-associates.com/afhousing.php?pa=vivian>*

### Housing Choice Voucher (Section 8)

#### **Englewood Housing Authority**

111 West Street, Englewood, NJ

**201-871-3451**

*Call to find out if there is a wait list*

#### **N.J Department of Community Affairs (DCA)**

Bergen County DCA Field Office

100 First Street, Hackensack, NJ

**201-996-8990**

[www.nj.gov/dca/divisions/dhcr/hc\\_vouchers.html](http://www.nj.gov/dca/divisions/dhcr/hc_vouchers.html)

### Home Improvement, Safety & Repairs

**(See Home Safety Check List on page 33)**

**\*NOTE: Fire Department (201-871-6696) or Police Department (201-568-2711) may offer free home safety programs. Call to find out.**

#### **Home Improvement Loan**

Bergen County Community Development

One Bergen County Plaza, 4th Floor, Hackensack,

**201-336-7200**

*Provides resources to rehabilitate existing homes. Eligibility is based on income, family size and type of improvement. The homeowner may be eligible for deferred loan for eligible home improvements.*

#### **Home Modifications/Home Repair**

Heightened Independence & Progress (HIP)

131 Main Street, Suite 120, Hackensack

**201-996-9100**

*Assists with adaptive equipment, and barrier-free home renovation projects- ramps, etc.*

#### **Chore Volunteer Handyman Service**

Bergen Volunteer Center

64 Passaic Street, Hackensack

**201-489-7790**

*Minor household repairs without charge (except for materials).*

**Greater Bergen Community Action**  
**973-910-2500**

**Weatherization Assistance Program**

*Free program that improves energy efficiency of homes by providing insulation, weather stripping, new windows or doors, work on heating systems or water heaters, energy efficient refrigerators, etc.*

**Lead Remediation Program:**

*Free program tests homes built prior to 1978 for the presence of lead due to lead based paint. If lead is detected it will be remediated using special techniques, materials and containment methods.*

**Habitat for Humanity of Bergen County**

121 Carver, Westwood, NJ

**201-457-1020**

*Provides critical home repairs and accessibility modifications at no or minor cost (materials only) for low-income homeowner. 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**

PO Box 1389 Ridgewood, NJ 07451

**201-447-8886**

*Provides critical home repairs and accessibility modifications and installs smoke alarms and carbon monoxide detectors at no cost for low-income homeowners or anyone with a disability.*

**Safely@Home – Home Improvements/Repairs**

**Jewish Home at Home in partnership**

**with Brad-Core**

10 Link Drive, Rockleigh, NJ 07547

**201-518-1175**

*Subscription-based service providing a single point-of-contact for needed repairs and modifications.*

*Member of the Jewish Home Family*

**Home Valuation**

**Eileen O'Driscoll/Century 21 Concept 100**

201-385-7100. or 201-220-0579

eileen.odriscoll@century21.com

*FREE service to evaluate the value of your home and how much equity you have invested in it.*

**Rental Assistance & Tenant Services**

**Fair Housing Council**

131 Main Street, Hackensack, NJ 07601

**201-489-3552 or 201-489-4692**

*Provides counseling for the buyer or renter; legal counseling in connection with discrimination complaints; foreclosure counseling.*

**NJ State Rental Assistance Program**

100 First Street, Room 207, Hackensack

**201-996-8990**

*Assistance with rent for eligible older adults.*

**Advance Housing Inc.**

100 Hollister Road, Teterboro, NJ 07608

**201-288-0545**

*Helps meet housing needs of people with mental illness through direct services, education, information, and referrals.*

**Section 8 Housing Voucher Program**

**Housing Authority of Bergen County**

One Bergen County Plaza, 2nd Floor, Hackensack

**201-336-7600**

*Provides rental assistance to eligible older adults and families. Preference is given to those who reside within Housing Authority member communities. (Englewood qualifies.)*

**Greater Bergen Community Action**

***Bergen County Housing Coalition***

392 Main Street, Hackensack

**201-488-6767 or 201-488-5100**

*Provides tenant outreach, legal guidance, information and referral, workshops, speakers.*

***Homeless Prevention Program***

**201-488-5100**

*May pay back utility bills or rent (arrears); security deposit or first month's rent payment in order to obtain new rental housing.*

**Urban League for Bergen County**

12 Tenafly Road, Englewood

**201-568-4988**

*Housing counseling, referrals, rental assistance and tenant/landlord disputes.*

## Shared Housing

### **Women's Rights Information Center Shared Housing Program**

108 West Palisade Avenue, Englewood  
**201-568-1166**

*Personalized service that matches those who are looking for housing with those who are looking to share their home or apartment.*

## Income Tax Assistance

### **AARP Foundation Tax-Aide**

Toll-free: 888-687-2277

Toll-free TTY: 877-434-7598

Email: [taxaide@aarp.org](mailto:taxaide@aarp.org)

### **Bergen Volunteer Center Volunteer Income Tax Assistance (VITA)**

Call 201-489-9454 or 2-1-1 to make appointment.

## Information & Referral

### **BergenResourceNet**

*Bergen County's mobile and social media friendly, online directory of wellbeing-related programs, events, services, groups, webinars, and other type of resources for your family. Each page can be translated into multiple languages and is printable. It is the fastest way to find the community resources that provide natural supports to families – keeping them connected to their communities.*

[www.bergenresourcenet.org](http://www.bergenresourcenet.org)

### **Aging & Disability Resource Connection (ADRC)**

Bergen County Division of Senior Services  
One Bergen County Plaza, Hackensack  
**201-336-7400**

[www.co.bergen.nj.us/578/Senior-Services](http://www.co.bergen.nj.us/578/Senior-Services)

*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.*

### **NJ 2-1-1**

Dial **2-1-1** or **1-877-652-1148**

**1-877-746-5211** (from a rotary phone)

**TTY - dial 973-602-7680**

[www.nj211.org](http://www.nj211.org)

*Information and referral about a broad range of health, human services, community resources, government assistance and emergency services; call or go online anytime 24/7/365.*

### **NJ EASE (Easy Access, Single Entry)**

**1-877-222-3737**

*Toll-free information about statewide programs and services for older adults and their families.*

### **National Council on Aging**

[www.ncoa.org](http://www.ncoa.org)

*Information and resources on a broad range of issues related to aging.*

### **National Institute on Aging**

#### **National Institutes of Health**

[www.nia.nih.gov/about](http://www.nia.nih.gov/about)

*Leads broad scientific effort to understand nature of aging and to extend the healthy, active years of life. NIA is the primary Federal agency supporting and conducting Alzheimer's disease research*

## In-Home Services

### **Assistive Technology**

*An increasing array of devices are coming onto the market. A word of advice: learn to use the technology while you and your loved ones are able. This website can help you make decisions:*

[www.retailmenot.com/blog/assistive-technology-buying-guide.html](http://www.retailmenot.com/blog/assistive-technology-buying-guide.html)

### **In-Home Emergency Response Systems**

#### **Medical Alert Devices**

*Each typically has a monthly cost of \$20-\$30*

#### **American Medical Alerts**

*A medical alert device that is covered by Medicare.*

**800-423-8684**

**American Medical ID**

Medical ID bracelet or necklace that describes medical conditions, DNR orders, or allergies to ensure appropriate medical care.

**800-363-5985**

**Bay Alarm Medical Alert**

Trained operators respond quickly and call friends, family, neighbors, and if necessary, your local 911 emergency services.

**877-522-9633**

**Life Alert NJ**

Single button initiates two-way communications between the senior and emergency operators, who contact fire, police, relatives or neighbors as needed.

**800-338-9090**

**Life Watch**

24/7/365 remote heart monitoring and other services that help physicians detect and analyze symptoms before they become major health problems.

**877-774-9846**

**Philips Lifeline**

Fast access to help, 24/7. Easy to use and can help you remain independent in your own home.

**800-587-5128**

**Safe Link Wireless**

Income eligible customers may enroll to receive a free cell phone. Apply on line or by phone.

**800-723-3546** www.safelinkwireless.com

**Grooming Services**

In-home care by licensed barbers and hairstylists at the homes of those who have trouble making the trip to a conventional barbershop or hair salon. The services listed below provide service in Englewood and will give you a price over the phone in advance.

**Cuts USA**

195 Valley Blvd., Woodridge, NJ 07075

**201-939-7979**

Will provide grooming care in the home. Call for an appointment and cost estimate.

**Mobile Hair Dresser for Seniors**

Church Street, Teaneck, NJ

**397-866-0759**

Will provide grooming care in the home. Call for an appointment and cost estimate.

**Home Care Services****Commission on Accreditation for Home Care**

154 South Street, New Providence, NJ

There are many home care agencies in and near Bergen County. This organization lists Accredited Agencies in good standing that service Bergen County.

**CHEER Program/ Visiting Homecare****Visiting Homemakers of Bergen County, Inc.**

298 Union Street, Hackensack

**201-488 0041**

Licensed aides assist in personal care. Also provide help with shopping, errands, light housekeeping, etc.

**Meals on Wheels**

Programs that provide delivery of meals to Englewood residents.

**Bergen County Division of Senior Services****Meals on Wheels Program**

One Bergen County, Hackensack, NJ 07601

**201-336-7420**

*Eligibility:* Bergen County resident age 60+ who is homebound and unable to shop and/or prepare a nutritious meal for himself/herself, who receives in-home assistance for no greater than 4 hours per day, and who does not require a special diet.

**Kosher Meals on Wheels****Jewish Family & Children's Services of Northern New Jersey**

1485 Teaneck Road, Teaneck

201-837-9090

Delivers one box of 5 or 7 frozen meals once per week. Provides services to Englewood residents.

**Moms Meals**

**1-877-508-6667**

Fresh made meals delivered to clients. Special diet menus available.



## In-Home Physician Services

### **Community House Call Providers**

196 Jewett Avenue, Jersey City, NJ 07304  
**201-536-9000**

*Provides medical care to patients with difficulty getting out of their homes. Nurse practitioners make house calls under a physician's supervision. Medicare covers 80% of the cost.*

[www.communityhousecallproviders.org](http://www.communityhousecallproviders.org)

### **Visiting Physician Services, member of VNA Health Group**

23 Main Street, Suite D1, Holmdel, NJ 07733  
**732-571-1000**

*Specializes in treating adult and geriatric homebound patients; makes house calls to private residences, senior housing buildings and assisted living facilities. Provides service in Bergen County.*

## Telephone Reassurance & Friendly Visitors

### **Good Morning Englewood**

*A service provided by the Englewood Police and Fire Departments in which an officer calls an individual every morning up to two times. If no answer, Emergency Medical personnel will respond to the home.*

Enroll by calling the Fire Department  
**201-871-6694.**

### **Bergen County Wellness Check Program**

**201-336-7400**

*A daily electronic phone call will be made at a self-designated time. If the system cannot make contact, a call will be placed to designated family or friends. Available free of charge to Bergen County residents over the age of 60, homebound or disabled.*

### **Jewish Family & Children's Services of Northern NJ**

1485 Teaneck Rd., Teaneck  
**201-837-9090**

*Matches seniors with volunteers who provide companionship through weekly visits.*

## Legal Assistance

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

15 Bergen Street, Hackensack, NJ 07601  
**201-488-0044** Referrals to lawyers.

### **Community Mental Health Law Project**

One Bergen County Plaza, 4<sup>th</sup> floor, Hackensack  
**201-634-2762**

*Legal and Advocacy for the mentally ill. Monday through Friday 9:00am - 4:30pm, by appointment*

### **Legal Services of New Jersey**

**888-576-5529**

*Provides advice and brief service over phone & possibly referrals. Mon.-Fri. 8:30am - 5:30pm*

[www.lsnjlawhotline.org](http://www.lsnjlawhotline.org) [www.lsnj.org](http://www.lsnj.org)

### **NJ Protection and Advocacy**

210 South Broad Street, 3rd Floor, Trenton, NJ  
**800-922-7233**

*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.*

### **Northeast NJ Legal Services – BC Division Senior Law Project**

190 Moore Street, Suite 100, Hackensack  
**201-487-2166**

*Provides free legal services for seniors age 60+ of low income. Provides information on legal rights and entitlements, legal counseling, and education. Monday through Friday 8:30am - 5:00pm  
Intake: Monday through Friday 8:30am – 12:00pm*

## LGBTQ Resources

### **Garden State Equality**

40 South Fullerton, Montclair, NJ 07042  
**973-509-5428**

[www.gardenstateequality.org](http://www.gardenstateequality.org)

*Statewide advocacy and education for the lesbian, gay, bisexual and transgender community.*

**GLARP - Gay & Lesbian Association of Retiring Persons, Inc.**  
**310-722-1807 or 310-477-0707**  
gaylesbianretiring.org  
*Nonprofit that calls attention to the aging issues in the LGBT community.*

**Lambda Legal**  
**212-809-8585**  
*National LGBT legal help center.*

**Prime Timers**  
P.O. Box 1073, Sparta, NJ 07871  
**973-727-5174**  
www.meetup.com/New-Jersey-Primetimers/  
*Social organization that ensures that mature gay and bisexual men have a rich and pleasurable social life with other like-minded men.*

**SAGE -Services and Advocacy for GLBT Elders Elder Hotline - 888-234-SAGE**  
*Hotline for LGBT elders in need of peer counseling, information and local resources.*

**SAGE NJ-Services & Advocay for GLBT Elders**  
32 Jones Street, Jersey City, NJ 07306  
**201-963-4779**  
www.hudsonpride.org  
*Men's/women's group where people meet and enjoy each others company. Discussions, guest speakers, video nights an outings.*

**LGBT Houses of Worship**  
(in or near Englewood)

**Church of the Atonement** - Episcopal  
97 Highwood Ave, Tenafly  
www.atonement-tenafly.org/

**St Mark's Church** - Episcopal  
118 Chadwick Road, Teaneck  
www.stmarksteaneck.org

**St. Paul's Church** - Episcopal  
113 Engle Street, Englewood  
**201-568-3276**  
www.welcome.stpaulsenglewood.org

**St Paul's Lutheran**  
61 Church Street, Teaneck NJ  
www.stpaulsteaneck.org

**Unitarian Universalist Congregation of the Palisades**  
228 Grand Avenue, Englewood  
**201-568-5540**

## LONG TERM CARE SERVICES

### **Care Management**

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

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

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

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

**Heightened Independence & Progress (HIP)**  
131 Main Street, Suite 120, Hackensack  
**201-996-9100**  
*For people with disabilities of all ages.*  
www.hipcil.org

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

### **Jewish Family & Children Services of No. NJ**

1485 Teaneck Road, Teaneck

**201-837-9090**

[www.jfcsnj.org](http://www.jfcsnj.org)

### **Aging Care Association Care Management**

National Organization

3275 West Ina Road Suite 130, Tuscan, Az. 85741

**520-881-8008**

[www.aginglifecare.org](http://www.aginglifecare.org)

### **Mental Health Service for Care Management**

**201-848-520**

### **Adult Day Care Programs**

*These programs provide multiple health/social services in a congregate setting, enhancing the daily lives of 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.*

### **Bergen Family Center**

44 Armory Street, Englewood

**201-568-0817**

*Social day care for the frail elderly.*

### **Day Away Holy Name Medical Center**

725 Teaneck Road, Teaneck

**201-833-3757**

*Medical Adult Day Care*

### **Vantage Health System/Northern Valley Adult Day Health Center**

2 Park Ave, Dumont, NJ

**201-385-4400, ext 3086**

*Medical Adult Day Care*

### **Assisted Living, Residential Health Care Facilities and Nursing Homes**

Check out "*Selecting a Long-Term Care Setting – A Guide for New Jersey Consumers*"

[www.nj.gov/health/njhealth/ltc\\_guide](http://www.nj.gov/health/njhealth/ltc_guide)

*For information on long-term health care facilities in New Jersey go to [www.medicare.gov](http://www.medicare.gov) and*

*[www.state.nj.us/health](http://www.state.nj.us/health)*

### **Quality of Care Issues / Ombudsman**

#### **NJ Department Of Health & Senior Services**

P O Box 852, Trenton, NJ 08625

**877-582-6995**

*Promotes & protects the rights, health, safety and welfare of seniors, age 60+ and in healthcare facilities (nursing homes, residential healthcare facilities, etc.) investigates specific complaints.*

#### **Nursing Home Volunteer Advocacy Program**

*Trained volunteers advocate for residents, providing socialization and help with any concerns about their personal situation and care.*

[www.nj.gov/ooie/home/volunteerprogramdescrip.html](http://www.nj.gov/ooie/home/volunteerprogramdescrip.html)

### **Assisted Living**

(in or near Englewood)

#### **Actor's Fund Home**

155-175 West Hudson Avenue, Englewood

**201-871-8882**

*Retired Theatrical Persons/Multi-Level Facility/Connected with a nursing home.*

#### **Arbor Terrace of Teaneck**

600 Frank W. Burr Blvd., Teaneck

**201-836-9260**

#### **Bright Side Manor**

300 Teaneck Road, Teaneck

**201-692-1000**

*Licensed Comprehensive Personal Care Home that provides assisted living services to people 60 and older of all income levels. Accepts Medicaid without a private pay spend-down period.*

[www.brightsidemanor.org](http://www.brightsidemanor.org)

#### **Brightview**

55 Hudson Avenue, Tenafly

**201-510-2060**

#### **Bristol Assisted Living**

South Van Brunt at Route 4, Englewood

*(anticipated opening in late 2018)*

#### **Five Star Premium Residences of Teaneck**

655 Pomander Walk Street A, Teaneck

**201-836-3634**

## **Jewish Home Assisted Living**

### **Kaplen Family Senior Residence**

685 Westwood Ave., River Vale, NJ 07675

**201-666-2370**

*Glatt Kosher community and non-sectarian community open to all seniors regardless of race, religion, and national origin. Connected with a nursing home.*

## **Sunrise Assisted Living**

3 Tenakill Park E., Cresskill

**201-871-0300**

## **Residential Health Care Facilities**

*Residential Health Care Facilities are licensed by the State. Licensed physician must certify that the resident does not have medical or personal care needs which exceed the level of services provided.*

*Provides a home-like atmosphere, while maintaining continuous supervision of health care and daily activity needs.*

*Licensed Residential Health Care Facilities provide the following services: (1) 24-hour supervision; (2) Provision of Assistance with personal hygiene, management of funds for clothing and other purchases and supervision of all medication; (3) Health Maintenance and Monitoring Services include assessment of medical, social, and health history needs and corresponding plans to meet those needs. (Registered Nurse); (4) dietary services; (5) arrangement for activity participation in and outside the facility.*

## **Buckingham at Norwood**

100 McClellan Street, Norwood, NJ 07648

**201-768-6222**

## **Five Star Premium Residences of Teaneck**

655 Pomander Walk, Teaneck, NJ 07666

**201-836-3634**

## **Home for Armenian Aged**

70 Main Street Emerson, NJ 07630

**201-261-6662**

*Residential Health Care Facility/Multi-Level Facility  
–Medicare/Medicaid certified  
Connected with a nursing home*

## **Facilities for People with Alzheimer's or Dementia**

### **Memory Care Living at Cresskill**

248 Madison Avenue, Cresskill, NJ 07626

**201-368-7070**

## **Nursing Homes**

*(in or near Englewood or serving specific groups)*

### **The Actor's Fund Home**

155 West Hudson Avenue, Englewood

**201-871-8882**

*For retired theatrical persons.*

*Medicare/Medicaid/Private Pay*

### **Armenian Nursing & Rehabilitation Center**

70 Main Street, Emerson, NJ

**201-261-6662**

*Medicare/Medicaid/Private*

### **Bergen County Health Care Center**

35 suite B Piermont Road, Rockleigh, NJ

**201-750-8310**

*Medicare/Medicaid/Private*

### **New Bridge Medical Center**

(Formerly Bergen Pines/Bergen Regional)

230 E. Ridgewood Avenue, Paramus

**201-967-4170**

*Medicare/Medicaid/Private*

### **Buckingham At Norwood**

100 McClellan Street, Norwood, NJ

**201-768-6222**

*Dedicated unit for Korean patients.*

*Medicare/Medicaid/Private Pay*

### **Care One At Cresskill**

221 County Road, Cresskill

**201-567-9310**

*Medicare/Private Pay*

### **Care One At Teaneck**

544 Teaneck Rd., Teaneck

**201-862-3300**

*Medicare/Private Pay*

## **County Manor Health Care & Rehabilitation**

133 County Road, Tenafly

**201-567-7800**

*Medicare/Medicaid/Private Pay*

## **Inglemoor Center**

333 Grand Avenue, Englewood

**201-568-0900**

*Medicare/ Medicaid/Private Pay*

## **Jewish Home at Rockleigh**

Nursing Home and Rehabilitation Center

10 Link Drive, Rockleigh, NJ

**201-784-1414**

*Medicare/Medicaid/Private*

## **Teaneck Nursing Home**

1104 Teaneck Road, Teaneck

**201-833-2400**

*Medicare/Medicaid/Private*

**NOTE:** *Some nursing homes provide respite beds/short stay services on a temporary basis. Call individual nursing homes to inquire.*

## **Hospice Service/End of life**

### **Home Care & Hospice Association of NJ**

485D route 1 South, suite 210, Iselin, NJ 08830

**732-877-1100**

[www.homecarenj.org](http://www.homecarenj.org)

[info@homecarenj.org](mailto:info@homecarenj.org)

### **Englewood Hospital**

*Home Care & Hospice Services provided through Visiting Nurse Association, which is headquartered in Englewood*

**800-862-3330**

### **Holy Name Medical Center Home Care**

#### **Hospice Unit**

718 Teaneck Rd, Teaneck

**201-833-3188**

**NOTE:** *Some nursing homes provide hospice beds. Call individual nursing homes to inquire.*

## **Nonprofit Organizations**

### **In Englewood**

### **Actors Fund Home**

(Lillian Booth Actors Fund Home)

155-175 West Hudson Ave.

201-871-8882

*Assisted living, skilled nursing care facility; provides a comfortable living environment for entertainment professionals on six acres of property.*

### **Arts Horizons**

1 Grand Avenue

201-567-1766

*Promotes arts as fundamental to a child's education; provides arts programs to diverse people of all ages and abilities.*

### **Artworks - The Naomi Cohain Foundation**

96 Engle Street

201-608-0146

*Provides children and young adults facing chronic and life-limiting illnesses, and their families, access to empowering and expressive art programs.*

### **Bergen Family Center**

44 Armory Street

201-568-0817

*Provides vital services to families, older adults, teens and toddlers; provides counseling and resources to help families manage challenges and improve the quality of their lives.*

### **Bergen Performing Arts Center (BergenPAC)**

30 N. Van Brunt St.

201-227-1030

*A non-profit regional theater, Bergen Performing Arts Center (bergenPAC) presents more than 175 shows a year. To enhance the quality of life, bergenPAC provides free tickets to organizations serving individuals who otherwise would be financially unable to experience the live performing arts. Since 2016, the Arts Access Initiative has granted over 17,000 such tickets, primarily to seniors.*

**Calvary Cares Community Development Corp**

90 W. Demarest Ave.  
201-568-2000

*Develops partnerships with public and private entities to improve the quality of life for residents*

**Center for Food Action**

192A West Demarest Street, Englewood  
201-569-1804

*Provides emergency food, rental assistance, security deposits, utility assistance, counseling and advocacy services to low-income individuals and families. Additional locations in Bergen County.*

**Chamber of Commerce**

2-10 N. Van Brunt St.  
201-567-2381

*Promotes business growth; serves as the eyes ears and voice of Englewood's commercial, business, professional and industrial community.*

**Community Chest**

122 South Van Brunt St.  
201-568-7474

*Strengthens the Eastern Bergen County community through partnership, leadership and philanthropy.*

**Englewood Hospital and Medical Center**

350 Engle Street, Englewood  
201-894-3000

[www.Englewoodhealth.org](http://www.Englewoodhealth.org)

*Acute-care hospital offering a full range of services in Englewood.*

**Englewood Volunteer Ambulance Corps.**

South Van Brunt (next to Police station)  
201-569-7962

*Responds to 911 calls; provides emergency basic life support; staffed by volunteers certified as Emergency Medical Technicians and First Responders.*

**Flat Rock Brook Nature Center**

443 Van Nostrand Ave, Englewood  
201-567-1265

[flatrockbrook.org](http://flatrockbrook.org)

*150-acre preserve and environmental education center situated on the western slope of the Palisades.*

**Friends of John T. Wright Arena**

Mackay Park  
201-568-3133

*Helps to improve the facilities of Englewood's only ice-skating rink and ensures programming that serves the city's residents.*

**Northern NJ Community Foundation**

1 Grand Avenue – Suite 3, Englewood  
201-568-5608

*Promotes art and culture as powerful means of bridging diversity and bringing people together.*

**Office of Concern Food Pantry**

St. Cecelia's Church  
55 W. Demarest Ave  
201-568-1465

*Dedicated to serving the invisible poor in our area*

**Planned Parenthood of Central & Greater North Jersey**

46 No. Van Brunt Street  
201-894-0966

*Provides high quality, affordable reproductive health care*

**Southeast Center for Independent Living (SESCIL)**

228 Grand Avenue  
201-569-4080 [sescil.com](http://sescil.com)

*Provides myriad services for adults 55+, including programs that exercise body and mind. Only local senior center that provides such medical services as podiatry, dentistry and chiropractor.*

**St. Paul's After School Choir Program**

113 Engle Street  
201-568-3276

*Tuition-free professional choral training, voice and piano lessons, leadership development, academic tutoring, and mentoring to children and teenagers*

**Urban League for Bergen County**

12 Tenafly Road, Englewood  
201-568-4988

*Dedicated to empowering the economically disadvantaged residents of Bergen County and surrounding areas to elevate the standards of living in historically underserved urban communities.*

**Vantage Health System**

93 W. Palisade Ave., Englewood  
201-567-0059

*Services elders with mental health, addiction, developmental and eldercare challenges*

**Visiting Nurse Association (VNA)**

15 Engle Street  
800-862-3330

*Provides home health and hospice care in partnership with Englewood Hospital and Medical Center*

**Vincent K. Tibbs Child Development Center**

183 William St.  
(201) 568-3937

**West Side Infant Teen Program**

192 West Demarest  
201-458-2571

*Provides child care and counseling services to teen mothers and their families*

**Women's Rights Information Center**

108 W. Palisade Ave  
201-568-1166

*Provides extensive services in employment and career development as well as assistance with affordable housing, peer counseling, legal consultations and appropriate referrals.*

**YWCA of Bergen County**

Hackensack (main office)  
201-444-5600 x 400

*Offers swim classes at the Crowne Plaza Hotel.*

**American Cancer Society**

20 Mercer Street, Hackensack  
**201-343-2222 or 201-457-3418**

*Transportation for cancer patients*

**Bergen County Community Transportation**

178 Essex St, Lodi, NJ 07644

**201-368-5955**

*Provides door-to-door scheduled transportation for elderly and frail residents of Bergen County.*

**EZ Ride - Ryde4Life**

144 Park Place East, Wood-Ridge, NJ 07075

**201-939-4242**

[www.ezride.org](http://www.ezride.org)

*Offers transportation in partnership with Uber and Lyft to individuals over 50 years old on weekdays from 8 am to 5 pm. No smartphone is necessary. Subsidies may be available*

**GoGoGrandparents**

**855-464-6872**

[gogograndparent.com](http://gogograndparent.com)

*Offers Uber and Lyft transportation to individuals over 50 years old anytime 24 hours/day. No smartphone is necessary. Subsidies may be available*

**iTNNorthJersey**

205 Hillcrest Ave., Wycoff, NJ 07481

**(201) 398-6885**

[itnnorthjersey.org](http://itnnorthjersey.org)

*Membership based Senior Transportation using volunteer drivers in Bergen County*

**NJ Find A Ride**

[www.njfindaride.org](http://www.njfindaride.org)

*Information service that finds agencies that provide transportation.*

**NJ Transit Reduced Fare Program**

**973-491-7112**

[www.reducefare@njtransit.com](mailto:www.reducefare@njtransit.com)

*Seniors or people with disabilities 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).*

## Transportation

**Access Link**

**1-800-955-2321**

**Hearing Impaired: 1-800-772-2287**

**24-hrs access: 973-275-5555**

*A service of NJ Transit that provides curb-to-curb transportation to eligible people with disabilities located within 3/4 mile from bus routes. Reserve in advance.*

## **Lyft**

www.lyft.com/cities/new-jersey-nj  
*On demand 24/7 car service. Sign up by downloading app on your cell phone and set up account with your credit card*

## **Uber**

www.uber.com  
*On demand 24/7 car service. Sign up by downloading app on your cell phone and set up account with your credit card*

## **Also:**

**Check with your local religious organizations. They may provide transportation services**

## **Driver Safety Programs**

### **AARP Driver Safety Course**

www.aarpdriversafety.org  
Online course enhances driver safety and may lower the cost of automobile insurance.

### **Driver Evaluation Program of The Jewish Home Family**

Email: [driving@jewishhomefamily.org](mailto:driving@jewishhomefamily.org)  
**201-518-1174**

Can assess driving abilities and recommend adaptive equipment to maximize safety. Open to people of all faiths.

## **Veterans Services**

### **United States Department of Veterans Affairs**

151 Knollcroft Road, Lyons, NJ 07903  
**908-647-0180**

### **Division of Veterans Services**

One Bergen County Plaza, Hackensack  
**201-336-6325**  
*Advises, guides, and assists Bergen County veterans and their dependents on the many veterans programs, services, and entitlements.*

### **Veterans Affairs Benefits Administration (Regional Office)**

20 Washington Place, Newark, NJ 07102  
**800-827- 1000**

*Federal benefits for veterans and dependents. Call to inquire about services/benefits.*

### **Veterans Health Benefits**

N.J. Veterans Administration Health Care System

**800-315-7909**

*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 Clinic**

385 Prospect Avenue, Hackensack  
**201-342-4536**

### **Veterans Memorial Home Paramus**

1 Veterans Drive, Paramus  
**201-634-8200**

### **Community Transportation for Veterans**

178 Essex Street, Hackensack  
**201-368-5955**

*Transportation services to VA hospitals and Veteran health care sites.*

### **Veteran Employment Federal Positions**

[www.usajobs.gov](http://www.usajobs.gov)  
[www.fedshirevets.gov](http://www.fedshirevets.gov)  
[www.vaforvets.va.gov](http://www.vaforvets.va.gov)

## **Financial Assistance for Homebound Veterans**

### **Aid and Attendance and Housebound Benefits**

Newark Regional Office  
20 Washington Place, Newark, NJ 07102  
800-827-1000

[www.veteranaid.org](http://www.veteranaid.org) [www.veteranaidbenefit.org](http://www.veteranaidbenefit.org)  
[www.vba.va.gov](http://www.vba.va.gov)



### **Property Tax Exemption for Disabled Veteran**

Tax Office-City Hall  
2-10 North Van Brunt St., Englewood  
**201-871-6607**

*Full exemption from property taxes on a principal residence for certain totally and permanently disabled war veterans and their unmarried surviving spouses or partners.*

### **Senior Veterans Tax Freeze**

**800-882-6497**  
*Apply through the State of New Jersey*

### **Veterans Deduction on Property Taxes**

Englewood Tax Office  
2-10 North Van Brunt St., Englewood  
**201-871-6607**  
*Annual deduction of up to \$250 from taxes due on real or personal property paid to qualified war veterans and their unmarried surviving spouses.*

### **Legal Services for Veterans**

#### **Northeast New Jersey Legal Services**

190 Moore Street-Suite 100, Hackensack  
**201-487-2166**  
[www.northeastnjlegalservices.org](http://www.northeastnjlegalservices.org)  
*Provides legal services to low-income and homeless veterans in the areas of health, housing, public benefits, consumer rights and employment.*

## **Volunteer Services**

### **In or near Englewood**

#### **Bergen Volunteer Center**

64 Passaic St., Hackensack  
**201-489-9454**  
*Engages volunteers to meet community needs. Online database matches prospective volunteers with hundreds of volunteer positions in Englewood and other communities in Northern N.J. The Center's **Redefining Retirement** program focuses exclusively on helping those who are retired find meaningful volunteer positions.*  
[www.bergenvolunteers.org](http://www.bergenvolunteers.org)

#### **Englewood Volunteer Ambulance Corps.**

South Van Brunt (next to Police station)  
201-569-7962  
*Responds to 911 calls; provides emergency basic life support; staffed by volunteers certified as Emergency Medical Technicians/First Responders.*

#### **Jewish Family & Children's Services of Northern NJ**

1485 Teaneck Road, Teaneck  
**201-837-9090**  
*Seeks volunteers for several varied and interesting positions. **RSVP** focuses on volunteers age 55+ [www.jfcsnnj.org](http://www.jfcsnnj.org)*

#### **North Jersey Villages**

**201-888-7736**  
North Jersey Villages is a member of the Village to Village Network.  
[www.vtvnetwork.org](http://www.vtvnetwork.org) *Intergenerational volunteers share their expertise and talents to develop neighborhood networks that foster friendships, exciting opportunities, and practical help for older adults who are choosing to age at home in Bergen County. Find out more at [www.northjerseyvillages.org](http://www.northjerseyvillages.org)*

#### **Note:**

**Most of the Nonprofits listed on pages 28-30 engage volunteers. Call for information about volunteering with them.**

# Home Safety Checklist

*How well does your home meet your needs?*

## Steps/Stairways/Walkways

- Are they in good shape?
- Do they have a smooth, safe surface?
- Are there handrails on both sides of the stairway?
- Do you have light switches at the top and bottom of the stairs?
- Is there grasping space for both knuckles and fingers on railings?
- Are the stair treads deep enough for your whole foot?
- Would a ramp be feasible in any of these areas if it became necessary?

## Floor Surfaces

- Is the surface safe?
- Nonslip?
- Any throw rugs or doormats that might slip underfoot?
- Is carpeting loose or torn?
- Are there changes in floor levels?
- If so, are they obvious or well marked?
- Do you have to step over any electric, telephone, or extension cords?

## Driveway and Garage

- Is there always space to park?
- Is it convenient to the entrance?
- Does the garage door open automatically?
- Windows & Doors
- Are windows and doors easy to open and close?
- Are locks sturdy and easy to operate?
- Do doorways accommodate a walker or wheelchair?
- Can you walk through the doorways easily?
- Is there space to maneuver while opening and closing doors?
- Does the front door have a view panel or peephole at the right height?

## Appliances, Kitchen & Bath

- Is the room arranged safely and conveniently?
- Do the oven and fridge open easily?
- Are stove controls clearly marked and easy to use?
- Is the counter the right height and depth?
- Can you work sitting down?
- Are cabinet doorknobs easy to use?
- Are faucets easy to use?
- Do you have a handheld shower head?
- Are the items you use often on high shelves?
- Do you have a step stool with handles?
- Can you easily get in and out of the tub or shower?
- Do you have a bath or shower seat?
- Are there grab bars where needed?
- Is the hot water heater regulated to prevent scalding or burning?

## Lighting & Ventilation

- Are there enough lights, and are they bright enough?
- Do you have night lights where needed?
- Is area well ventilated?

## Electrical Outlets, Switches, Alarms

- Can you turn switches easily on and off?
- Are outlets properly grounded to prevent a shock?
- Are extension cords in good shape?
- Do you have smoke detectors in all key areas?
- Do you have an alarm system?
- Is the telephone readily available for emergencies?
- Does the telephone have volume control?
- Can you hear the doorbell ring all throughout the house?

*Checklist courtesy of AARP*

## Summary of Transportation Options on pages 30-31

Organization	Phone	Website	Email	Description	When Provided	Cost
Bergen County Community Transportation	201-368-5955	co.bergen.nj.us/554/Community-Transportation	n/a	Provides a safe, trouble-free, scheduled transportation system for persons with disabilities, seniors, and frail residents of Bergen County.	Call to schedule at least 10 days in advance. Operates 8:30-4:30 but can make arrangements for earlier, later and weekend appointments or activities.	No charge; donation requested.
GoGoGrandparent	855-464-6872	gogograndparent.com	support@gogograndparent.com	On demand transportation services by Uber and Lyft accessible with a land line telephone.	Available on demand 24 hours/day, 7 days/week, 365 days/year. Car usually arrives within 10 minutes.	Uber and Lyft fares plus a small fee.
ITN North Jersey	201-398-6885	itnnorthjersey.org	info@itnNorthjersey.org	Provides a community-based, quality transportation service for seniors age 60+ and adults with visual impairments; drivers are screened and trained volunteers.	Provides rides in cars of volunteers 24 hours/day, 7 days/week, 365 days/year. Schedule at least a day in advance. Service depends on availability of volunteer drivers.	Membership fee plus per-ride charge; discounts may be available
NJ Transit	973-275-5555	njtransit.com	n/a	Provides scheduled bus, rail and light rail services throughout New Jersey. Comprehensive point-to-point information easily available online or by telephone.	Scheduled service. Check the schedule for a particular bus or train to determine exact timing and location.	Discount available for those age 62+ or people with disabilities. Call for details.
NJTIP@Rutgers	848-932-4499	njt看ip.rutgers.edu	njt看ip_info@njt看ip.rutgers.edu	The New Jersey Travel Independence Program (NJTIP) @ Rutgers help increase the independence and self-sufficiency of people with disabilities, older adults and others by empowering them to use the public transit system safely and independently. Provides instruction for groups or one-on-one.	Schedule programs in advance. Workshops are offered at times mutually convenient to the individual or the organization requesting the program.	No charge
Ryde4Life	866-208-1347	Ezride.org	Ryde4life@ezride.org	Provides rides with Uber and Lyft for individuals over 60 years old throughout New Jersey and is offered all working days from 8 am to 5 pm.	Rides can be scheduled in real time or in advance. Service is available from 8 AM-8 PM on work days (no evenings, weekends or holidays).	Membership fee plus per-ride charge

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### **Age-Friendly Englewood**

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Mayor	201-871-6666
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Fire (non-emergency)	201-568-6301
City Clerk	201-510-8213
Health Department	201-568-3450
Library	201-568-2215
Public Works	201-568-3401
Recreation	201-568-3472
Tax Collector	201-871-6607

[www.cityofenglewood.org](http://www.cityofenglewood.org)

For information about programs and services that help NJ residents in need:

dial 211      [www.nj211.org](http://www.nj211.org)

To get involved and give back:

Bergen Volunteer Center

201-489-9454

[www.bergenvolunteers.org](http://www.bergenvolunteers.org)

Jewish Family & Children's Services of Northern N.J.

201-837-9090

[www.jfcsnj.org](http://www.jfcsnj.org)

## AGE-FRIENDLY ENGLEWOOD

c/o Community Chest of Englewood

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