

## **What is the Bergen County Division of Senior Services?**

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

The Division advocates for those with the greatest economic and social need.

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

Through the Bergen ADRC system, the Division provides information and assistance about various resources and services. It helps homebound individuals access long-term care community-based options. The Division also promotes health and wellness of age 60+ adults.



**The Division is open weekdays from  
8:30 am to 4:30 pm.**

(201) 336-7400  
1-877-222-3737 (toll free)  
TTY 1-800-852-7897

Walk-ins are welcome.

Extended hours for caregivers  
(by appointment only).

## **COUNTY OF BERGEN**



**James J. Tedesco III**

*County Executive*

### **BOARD OF CHOSEN FREEHOLDERS**

#### **DEPARTMENT OF HUMAN SERVICES**

**Jane C. Linter**

*Director*

#### **DIVISION OF SENIOR SERVICES**

**Lorraine Joewono**

*Director*



**BERGEN**  
NEW JERSEY *County*

## **Bergen ADRC**

### **Aging and Disability Resource Connection**

Access to health and human services  
for older adults and adults with disabilities.



County of Bergen  
Department of Human Services  
Division of Senior Services  
One Bergen County Plaza, 2nd Floor  
Hackensack, NJ 07601

Phone: 1-877-222-3737  
201-336-7400  
TTY: 1-800-852-7897  
Fax: 201-336-7424

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

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

## **Bergen ADRC Information and Assistance**

Information & Assistance Specialists provide up-to-date and accurate information, including but not limited to:

- Adult Day Care
- Adult Protective Services
- Assistive Devices
- Benefits Eligibility
- Bilingual Assistance
- Consumer Protection
- Health Issues
- Home Care Programs
- Home Modification/Maintenance
- Housing
- Institutional Care
- Legal Services
- Leisure/Education/Volunteer
- Medicare Saving Programs
- Mental Health Counseling
- Ombudsman/Quality of Care
- Pharmaceutical Assistance
- Respite Care
- Reverse Mortgage
- SAVVERS Discount Program
- Senior Activity Centers
- Social Security/SSI/Medicaid
- Tax Relief
- Transportation
- Utilities Assistance

## **Bergen NJ ADRC Care Management**

The Division can refer homebound individuals and provide options to caregivers regarding care management. ADRC care managers can help care recipients and their families understand the complex long-term care community-based system and obtain the needed services. The goal for ADRC is to help people Age-in-Place as an alternative to institutionalized care.

For information call:  
Bergen ADRC at (201) 336-7400.

## **Meals on Wheels Program**

Homebound adults may participate in the Meals on Wheels Program. This program provides a mid-day meal that is delivered directly to the clients' home. It assists eligible adults who are unable to shop and prepare their own meals to remain in the community with independence and dignity.

For information on eligibility and options available call (201) 336-7420.

## **Lunch Nutrition Program**

Adults age 60+ may participate in the Senior Lunch Nutrition Program. This program provides a well-balanced, mid-day meal at 26 senior centers conveniently located throughout Bergen County. The program fosters social interaction and provides access to other supportive services available to Bergen County seniors. Lunch is served Monday through Friday. Transportation may be available. Quarterly Nutrition/Wellness lectures are offered at each Center.

## **HealthEASE**

HealthEASE is an expansion of the ADRC system designed to improve or sustain the health and wellness of age 60+ adults through education, preventive health screenings, and support of healthy behaviors. The program offers:

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

## **Reverse Mortgage Counseling**

### **Home Equity Conversion Mortgages (HECM)**

The Division of Senior Services offers a program with a certified counselor trained by the Agency for Housing and Urban Development (HUD), advising adults age 62+ on ways to access their home equity so they can remain at home and Age-in-Place.

For information: (201) 336-7569  
Fax: (201) 336-7430

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

The Division offers a program with counselors who have been trained and certified by the NJ Department of Health & Senior Services to help Medicare enrollees understand what benefits they are entitled to such as:

- Medicare A, B, and D Coverage
- Medigap, HMO, PPO and Long Term Care Policies

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

## **Senior Activity Centers**

Bergen County operates ten Senior Activity Centers that are open to **all** Bergen County residents 60+ and their significant other or caregiver, regardless of age.

**Bergenfield**

**Midland Park**

**East Rutherford**

**North Arlington**

**Elmwood Park**

**Palisades Park**

**Garfield**

**Ridgefield Park**

**Americas Unidas**

**Wallington**

Our centers offer comfortable and stimulating surroundings where eligible adults can come to socialize, participate in educational and wellness programs, and share lunch with friends.

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

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

