RESOURCES FOR THE 55+ COMMUNITY IN & AROUND WESTWOOD, NJ

Please read through this booklet to learn about options for housing, transportation, health and community services, volunteer opportunities and more.
ABOUT US

Westwood for All Ages is a collaborative initiative that is addressing ways to enhance the quality of life for all who live in Westwood. Our aim is to help older adults in Westwood to have multiple options for transportation, housing and sources of communication so that they are able to thrive in their homes and fully participate in every aspect of community life, including having a voice that is heard and attended to in civic affairs.

The Borough of Westwood is proud to be a member of the AARP and the World Health Organization Network of Age Friendly Communities.

Funding for Westwood for All Ages provided by The Henry and Marilyn Taub Foundation.

For additional listing of resources or more information, visit us at: westwoodforallages.org & Facebook.com/Westwoodforallages
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HOUSING
FOR RENTERS

RENTAL SUBSIDY, LOW INCOME OR SUBSIDIZED APARTMENTS

Westwood House Senior Housing

The Westwood House is an independent affordable apartment complex for income qualified older adults age 62+ and people with mobility impairments. It is located at 100 Madison Avenue, Westwood, NJ. There is a waiting list for admission. Individuals must meet age, financial, credit and background check criteria at the time of application. Please direct all inquiries by calling 201-664-5311.

Housing Authority of Bergen County
201-336-7600
www.habcnj.org

The Housing Authority of Bergen County (HABC) was established in 1964 with the goal of providing housing opportunities for low income families and older adults. Check their website for a complete listing of HABC buildings, housing programs, and for notices when individual building waiting lists are open for applications.
New Jersey Department of Community Affairs
609-292-4080
nj.gov/dca/divisions/dhcr/offices/section8hcv.html

The listing of DCA County Field Offices can be found here:
nj.gov/dca/divisions/dhcr/offices/docs/fieldofficedirectory_2016_Aug.pdf Check websites for notices when waiting lists for their buildings are open. Waiting times can be up to 5 years. Section 8 – not accepting applications at this time. All programs will have preferences.

New Jersey Housing Resource Center (NJHRC)
www.njhrc.gov

The NJHRC is a FREE, online searchable registry of affordable and accessible housing units throughout the State of New Jersey, including: Affordable Rental Housing, Affordable For-sale Housing, Housing with Accessibility Features.

Center for Food Action – Mahwah Office
201-529-5029
www.cfanj.org

Can provide limited rental assistance for a person in need – one month’s back rent for a person who has received an eviction notice or the first month rent on a new, more affordable apartment up to a capped amount. Also may provide assistance to pay security deposit.
SHARED HOUSING

SHARE, Inc.
201-670-9605
www.shareridgewood.org

Two homes in Ridgewood provide affordable, home like environment for independent seniors. Contact directly for monthly rates and availability.

Women’s Rights Information Center
201-568-1166
www.womensrights.org/shared-housing/

Shared Housing is a personalized service that matches those who are looking for housing with those who are looking to share their home or apartment.

Additional Affordable Apartments

Contact municipalities to see if they have affordable housing options and if applications are available.

FOR HOMEOWNERS

PROPERTY TAX RELIEF

Homestead Benefit
1-877-658-2972

Tax credit on property tax bill when the state allocates money for this program.
Property Tax Reimbursement (Senior Freeze)
1-800-323-4400

PTR-1 form used for first time applicants, PTR-2 form for renewal.
Must apply each year, usually between mid to late February through mid October.

Senior Citizens Tax Deduction

Contact your municipality. Provides a deduction of $250 for homeowners whose income is $10,000 or less a year, excluding Social Security Benefit.

Veterans Deduction

Contact your municipality.

HOME REPAIRS / IMPROVEMENTS

Bergen County Home Improvement Program (HIP)
One Bergen Plaza, 4th Floor, Hackensack, NJ 07601
201-336-7210
https://www.co.bergen.nj.us/home-improvement-program

Deferred loan financing and home repairs (new roof, heating system, windows, doors, etc.) to help rehabilitate owner occupied homes for qualified homeowners.
The Modification Access Project (MAP)  
Heightened Independence and Progress  
201-996-9100 ext.18

Provides financial assistance to Bergen County residents who have disabilities or are over the age of 60 who need to make changes to their homes in order to accommodate disabilities. Such projects can include ramps, widening of doorways, roll-in showers, lifts, automatic door openers and more. Where needed, MAP can also help pay for professional evaluations. Funding up to $1800.

Chore Program at the Bergen Volunteer Center  
201-489-7790  
www.bergenvolunteers.org/chore-service

Volunteers do minor home repairs and install safety grab bars and railings for the cost of the materials.

Home Energy Assistance Program  
Bergen County Community Action Program  
201-968-0200 x 7008 or 973-546-1441

Insulation, new appliances, heating system, water heater to help with energy costs for households living 200% the federal poverty level.

Reverse Mortgage  
Bergen County Counselors available to educate and assist  
201-336-7431
Rebuilding Together North Jersey  
201-447-8886  
www.rtnorthjersey.org

Provides home repairs for low income residents, allowing them to live in a safe and healthy home.

SENIOR MOVE MANAGERS

If you are thinking about downsizing and moving and would like assistance organizing your belongings for the move, you might consider talking with a Senior Move Manager. The two fee-for-service companies listed below serve the Westwood area.

Transition Guardians, LLC  
P.O. Box 425 | Englewood, NJ 07631  
201-815-6661  
www.transitionguardians.com

Checklist LLC  
Mahway, NJ  
201-783-5183  
kathyc@srchecklist.com  
www.srchecklist.com

EXPENSE ASSISTANCE

FOR RENTERS AND HOMEOWNERS

Greater Bergen Community Action  
Cynthia Arone, ESI Case Manager  
201-968-0200 x 7501  
www.greaterbergen.org  
info@greaterbergen.org
Local ESI Service Center offers a “one-stop shop” where individuals receive referrals and assistance. The services are both private and anonymous. At a one-on-one meeting, an ESI case manager will look at all client needs and the ESI/BenefitsCheckUp® Program will find all of the services and programs for which the client may be eligible.

**Low Income Home Energy Assistance program (LIHEAP)**
 Greater Bergen Community Action  
316 State Street, Hackensack, NJ 07601  
201-488-5100

**PAAD/ Senior Gold for prescription assistance**  
800-792-9745

Also through PAAD — Lifeline Utility Credit program and Lifeline Communications provides a discount on Verizon home phone (landline) service.

**Communications Lifeline**
Those eligible for SNAP (Food Stamps), Medicaid, SSI, Section 8 Housing Assistance, Veterans and Survivor Pension Benefits or whose income is at or below $16,281 a year may qualify for a free cell phone or a discount on their Verizon landline bill. Safelink Wireless or Assurance Wireless provide the free cell phones with 350 minutes a month. Information about the free cell phones and applications are available at:  
- www.safelinkwireless.com, or  
- www.assurancewireless.com

To apply for a discount on the Verizon landline contact NJ Shares at 1-888-337-3339. The Lifeline discount is up to $22.50 a month.  
Note: You can only apply for one of these options – a free cell phone or a discount on your Verizon landline bill.
Social Services Department, Borough of Westwood
Kathy Elgert
201-664-7100, ext 110
email: kelgert@westwoodnj.gov

The Borough social services department helps residents access community services and provides limited emergency assistance as well as offering a food bank for low income residents in need.

They are open weekdays 9:30 to 2:30, but it is best to call the number above to verify their open hours before visiting.

New Jersey Polio Network
Heightened Independence and Progress
131 Main Street Suite 120, Hackensack, NJ 07601
201-996-9100 ext.18

Aids individuals throughout the state who have been affected by polio. Individuals can apply for grants for such needs as medical evaluations, home modifications, assistive devices and medical transportation costs. Funding up to $1000.

The Special Needs Assistance Program (SNAP)
Heightened Independence and Progress
131 Main Street Suite 120, Hackensack, NJ 07601
201-996-9100 ext.18

Assists Bergen County residents with disabilities or those who are over 60 to purchase medical and non-medical equipment and services that can help improve their day-to-day lives. This type of equipment could include bathroom safety bars, bath benches, walkers, hearing aids, automobile modifications, as well as rental of wheelchairs. Funding up to $300.
TRANSPORTATION

TRANSPORTATION FOR OLDER ADULTS

BERGEN COUNTY TRANSPORTATION

Bergen County Community Transportation
178 Essex Street Lodi, NJ 07664
201-368-5955 (Best to call between 10:30 AM and 2 PM)

Provides a safe, trouble-free, scheduled door-to-door bus transportation system for persons with disabilities, senior citizens, veterans, and welfare to work residents of Bergen County. Suggested donation $1.

It is important to make reservations 7 to 10 days in advance or as early as possible as appointments are available on a first-come, first served basis.

For those needing routine transportation for dialysis, physical therapy or any other trips requiring weekly service, requests should be faxed by the facility providing the service to Bergen County Community Transportation.

Provides transportation to:

- Routine medical appointments (given the highest priority when scheduling services)
- County Regional Senior Centers
- Shopping (in certain towns on a weekly basis)
- Competitive and non-competitive employment
- Education
- Recreation
- Post-stroke programs
BOROUGH OF WESTWOOD SENIOR TRANSPORTATION

The Westwood Senior Van
The Borough of Westwood’s Senior Van runs on the following days:

- Tuesdays and Thursdays - within the Pascack Valley region 9:00 am - 2:30 pm

To make a reservation, please call 201-664-7100 Ext #170. The phone is staffed M-F 8:30 am – 4:30 pm, if you call during other hours leave a message and you will get a call back.

EZ RIDE/RYDE4LIFE

144 Park Place East, Wood-Ridge, NJ 07075
201-939-4242 Option 4
Email: Ryde4life@ezride.org
www.ezride.org

Transportation for adults 50 years or older in partnership with Transportation Network Companies (TNC) like Lyft and Uber. No advance reservation required. Just call us and they will take care of all the scheduling arrangements.

To participate in the program you should have a credit or debit card, a cell phone (not a smart phone) and complete and sign a Registration and Agreement Form.

Costs:
- $15 annual membership fee
- $2.50 administrative fee per ride + Lyft/Uber trip rate at time of ride (will be quoted before pick up). Subsidies available for those with PAAD card. Call for details.
NJ TRANSIT

NJ Find a Ride
www.njfindaride.org or dial 211

NJ Find A Ride is an online directory of public and accessible transportation options. The website offers a searchable database which can be used to research and plan trips between locations.

Access Link
1-800-955-2321 / TT: 1-800-955-6765
Open weekdays 8:30AM - 5 PM

Access Link is available to a disabled person who lives within ¾ of a mile of a bus route and who cannot use public transportation.

Eligible people must apply in-person at one of the designated agencies, known as “Assessment Agencies”. All transportation assessments are held in-person. To schedule a transportation assessment appointment, contact NJ TRANSIT at the number above.

If transportation is required to the Assessment Agency, round-trip service on Access Link may be provided. Please make this request when scheduling your transportation assessment interview.

To make a reservation, call Access Link between 7:30 AM and 4 PM every day including holidays. Reservations may be made up to seven (7) days in advance, but not less than the day before your trip. Same day requests cannot be accommodated.
Reduced Fare Program
1 Penn Plaza East, 5th Floor Newark, NJ 07105
201-761-8327 (weekdays 8:45 AM - 4:15 PM)

Senior citizens 62 years or older (65 years of age for travel to/from Metro-North stations) and disabled people can ride for \( \frac{1}{2} \) the regular fare on NJ Transit buses, trains, and light rail. Many private bus companies operating in the state also participate in the program. (Please contact individual private carriers to find out if and how they participate.) A Medicare card can be used for identification or if you don’t have a Medicare card you may obtain a special Reduced Fare Identification Card. Applications for the Reduced Fare programs are available at most banks or can be obtained through the Reduced Fare Program office.

Allowable IDs for senior citizens 62 and older now include any ID or document printed with your date of birth and issued by a government, social service, or mass transportation agency.

For senior citizens 62 to 64, valid ID includes an NJ TRANSIT Reduced Fare Card; Driver’s License; Passport; Birth Certificate; State-Issued Non-Driver’s ID; or County, Medicaid, or Military ID.

For senior citizens 65 and older, this includes a NJ TRANSIT Reduced Fare ID; Medicare Card; Driver’s License; Passport; Birth Certificate; State-Issued Non-Driver’s ID; County, Medicaid, or Military ID; MTA Reduced Fare Card; PATH Senior Fare Card; or PA Senior Citizen Transit ID or PACE Card.

Note: NJ Transit’s bus fleet is 100% accessible with bus lifts and ramps. NJ Transit also offers kneeling buses for people who have difficulty with the first step up into the bus. If you would like to use the kneeling feature, simply ask the bus operator to make the bus kneel. When traveling into or out of the Port Authority or George Washington Bridge Bus Terminals, please call NJT Customer Service.
NEW JERSEY TRAVEL INDEPENDENCE PROGRAM (NJTIP) AT RUTGERS

The New Jersey Travel Independence Program (NJTIP) @ Rutgers was created in an effort to 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.

NJTIP @ Rutgers works with a variety of government agencies, community organizations and schools to teach travel skills to individuals. Travel instruction is also available in select counties to individuals and small groups based on available grant funding.

The instruction, which is provided in both English and Spanish, includes a spectrum of services meant to teach safe independent travel skills on public transit: the bus, train, light rail, county and private systems. Participants learn how to read bus and train schedules; plan their trips; pay their fares; and take safety precautions.

The service is available to Access Link applicants (except for those with visual impairments) who reside in any one of the following counties: Bergen, Essex, Hudson, Morris, Passaic, Somerset, or Union. The only cost to customers during training is paying their own fares. Each graduate receives a free one-month bus pass.

Learn more about this service by visiting their website: vtc.rutgers.edu/njtip/.

You may contact the service by phone at 848-932-4499 or email: njtip_info@njtip.rutgers.edu.
ITN NORTH JERSEY

205 Hillcrest Avenue, Wyckoff, NJ 07481
www.iTNNorthJersey.org
201-398-8895

ITNNorthJersey, a non-profit membership based 7-day a week transportation system, providing rides in private cars using Volunteer Drivers, helps those 60+ and the Visually Impaired 21+. Currently operating in Bergen County, ITNNorthJersey offers arm-through-arm, door-through-door service so their members can continue to participate in their communities. Drivers bring riders to medical appointments, jobs, the hairdresser and social engagements in a safe, reliable and personal manner. The drivers are friendly and professional. Please go to their website or call the number above for more information.

Annual Membership Fee $90. There are costs per ride, please call for current rates. No tipping accepted. Billed monthly – no money ever changes hands in the car.
ON-DEMAND TRANSPORTATION BUSINESSES

Uber
www.uber.com

An on-demand 24/7 car service.
In order to use this service, download the Uber app on your smartphone and set up an account with a credit card.

GoGoGrandparents
855-464-6872 (855-GOGO-USA)
www.gogograndparent.com

Operators connect older adults to Uber so smart phone not necessary. Rides monitored. Fees involved.

Lyft
www.lyft.com

An on-demand 24/7 car service.
In order to use this service, download the Lyft app on your smartphone and set up an account with a credit card.

Caring Coach
205 Franklin Rd., Denville, NJ 0783
973-453-6464
www.thecaringcoach.com

Serving Northern New Jersey, this private arm-in-arm, door-to-door car service will provide rides for seniors for medical, outpatient surgical, and social appointments. Caring Coach provides rides in Honda Odyssey Vans, $60 + tax each way plus $30 for each ½ hour waiting time if driver is required to wait for client while at an appointment. Client must be able to transfer in and out of the van.
Valley offers a free “non-emergent transportation service” for patients needing access to Valley’s Outpatient Programs. The service is for patients who are unable to drive or who do not have access to public transportation. The transportation must be for a service provided by the Valley Health System. The patient must live less than 30 minutes from the Valley Health System. Services are available on a first come, first served basis. The transport must occur between the service hours of operation, Monday through Friday from 6 a.m. to 6 p.m. Services are not available on holidays.

TRANSPORTATION FOR BERGEN COUNTY VETERANS TO VA HOSPITAL

201-368-5955 (Between 6:30 a.m. and 4 p.m.)

Bergen County veterans are eligible to receive transportation service to the VA Hospital in East Orange. Transportation is provided Monday through Friday (excluding holidays) between 10:30 a.m. and 11 a.m. and returns at 2 p.m. Veterans are asked to call 10 days in advance to book a seat. A $1 donation for the round-trip is requested.
E-Z PASS SENIOR CITIZEN DISCOUNT PROGRAM

New Jersey Turnpike Authority
Customer Service
P.O. Box 5042, Woodbridge, NJ 07095
732-750-5300
www.ezpassnj.com/en/about/plans.shtml

Customers must have a NJ E-ZPass account, have a valid driver’s license, a vehicle registered in their name and provide proof of eligible age (65 and over) to enroll in the plan and receive a discount off the full fare off-peak* toll on the New Jersey Turnpike and Garden State Parkway.

*Peak hours are Monday through Friday 7 AM to 9 AM and 4:30 PM to 6 PM and all day on Saturday and Sunday.
TRANSPORTATION FOR PEOPLE WITH CANCER

AMERICAN CANCER SOCIETY
20 Mercer Street, Hackensack, NJ 07601
201-343-2222 / 201-457-3418
www.cancer.org

Provide rides to medical appointments/treatment for those diagnosed with cancer.

CANCER CARE OF NEW JERSEY, INC.
141 Dayton St. Suite 204, Ridgewood, NJ 07450
201-444-6630
www.cancercare.org

Provides monetary grants to help pay for transportation (bus, train, cab, car service) to those diagnosed with cancer. Individuals must meet financial eligibility criteria. Call Cancer Care to discuss.

TRANSPORTATION FOR PEOPLE WITH POLIO

NEW JERSEY POLIO NETWORK
Heightened Independence and Progress
131 Main Street Suite 120, Hackensack, NJ 07601
201-996-9100 ext.18

Aids individuals throughout the state who have been affected by polio. Individuals can apply for grants for such needs as medical evaluations, home modifications, assistive devices and medical transportation costs. Funding up to $1000.
DRIVING EVALUATIONS

Kessler Rehabilitation Center and the Jewish Home Family provide driving assessments for Older Adults. Appointments must be scheduled and inquire whether Medicare or your health insurance can cover the cost of this assessment.

KESSLER REHABILITATION CENTER

300 Market Street #1, Saddle Brook, NJ 07663
201-368-6260
www.kesslerrehabilitationcenter.com/services/specialty-services/driving-program/

The Kessler Driving Program provides an individualized driving evaluation and training to those with physical, cognitive or vision limitations due to trauma, illness, disease or aging. A team of occupational therapists and certified driving specialists will help individuals gain the skills and understanding necessary to be on the road safely.

THE JEWISH HOME FAMILY

10 Link Drive, Rockleigh, NJ 07647
201-518-1174
www.jewishhomefamily.org/driving

The Jewish Home provides a driver assessment program. This is a two-step assessment process. The first step is an appointment with an occupational therapist to assess reaction time, vision, range of motion, knowledge of road signs, and cognition. The second step is a follow up appointment for a road assessment in a dual-control vehicle with an occupational therapist.
**HEALTH & MEDICAL**

**MEDICAL SERVICES**

**Hackensack Meridian Health - Pascack Valley Medical Center**

250 Old Hook Rd., Westwood, NJ 07675  
Main: 201-383-1035 / Find a Physician: 877-848-9355  
www.pascackmedicalcenter.com

**Community Care Clinic of Valley Hospital**

1114 Goffle Road, Hawthorne, NJ  
Main: 201-397-3767  
Hours: M-F 8am – 4:30pm

Community Care is for people of all ages who cannot afford private medical care and who have limited or no medical insurance. Any New Jersey resident is eligible if he/she meets the financial criteria.

**Hackensack University Medical Medical Center**

30 Prospect Avenue, Hackensack, NJ 07601  
Main: 551-996-2000 / Find a Physician: 855-424-9355  
www.hackensackumc.org

**Visiting Physician Services, Member of VNA Health Group**

23 Main Street, Suite D1, Holmdel, NJ 07733  
732-571-1000  
www.vnahg.org

Geriatric house calls that enables patients to remain at home while they age in place. Treats minor ailments to serious, chronic illnesses; Medicare accepted.
MEDICAL SERVICES FOR VETERANS

VA Hospital
385 Tremont Avenue, E. Orange, NJ 07018
973-676-1000
www.newjersey.va.gov

VA Outpatient Clinic – Hackensack
385 Prospect Avenue, Hackensack, NJ 07601
201-342-4536
www.newjersey.va.gov/locations/Hackensack.asp

Bergen County Veterans Affairs
One Bergen County Plaza, 2nd Fl., Hackensack, NJ 07601
201-366-6325
www.co.bergen.nj.us/bcdhs/division-of-veterans-services

Provides resident veterans and their dependents with information and assistance in obtaining earned entitlements from federal, state, and local governments, as well as any that are available from the private sector. Through a quarterly newsletter and direct client contact, the division provides Bergen’s veterans organizations and their auxiliaries and individual residents with benefit information.

Vet Assist Program of Veterans Home Care
14 Ridgedale Avenue, Suite 257, Cedar Knolls, NJ 07927
973-400-1395
www.veteranshomecare.com

Works with wartime veterans and surviving spouses to access in home care paid through a benefit from the Veterans Administration known as Aid and Attendance.
SERVICES RELATED TO ALZHEIMER’S DISEASE AND DEMENTIA

Alzheimer’s New Jersey
400 Morris Avenue, #251, Denville, NJ 07834
Phone: 973-586-4300
Helpline: 1-888-280-6055
Email: info@alznj.org
www.alznj.org

Call the Helpline above or email to find out about the wide variety of services offered to families and those diagnosed with dementia. Alzheimer’s New Jersey offers wellness programs and respite services, support groups, informational and educational programs, and professionally staffed assistance.

COPSA (Comprehensive Services on Aging at Rutgers University)
1-800-969-5300
www.ubhc.rutgers.edu/services/geriatric

COPSA offers a Memory Disorder Clinic, Outreach and Case Management Services, Geriatric Out Patient Service, and Alzheimer’s Resource Center. Call the number above to learn more about their services for Alzheimer’s Disease and Dementia.

Care2Caregivers Peer Support
1-800-424-2494
www.care2caregivers.com

A phone support program offered through Rutgers University to assist caregivers of individuals with Alzheimer’s Disease, memory impairment or a related disorder. Trained professionals who have been personal caregivers, will answer your call. Callers will be helped to learn about dementia, find resources, and given support.
MEDICAL SERVICES FOR PEOPLE WHO HAVE HAD A STROKE

Adler Aphasia Center
60 West Hunter Avenue, Maywood, NJ 07607
201-368-8585
info@adleraphasiacenter.org
www.AdlerAphasiaCenter.org

Provides help for those living with aphasia and their families. Aphasia is a language disorder usually from a stroke or other traumatic brain injury.

MEDICAL SERVICES FOR PEOPLE WHO HAVE HAD POLIO

New Jersey Polio Network
Heightened Independence and Progress
131 Main Street Suite 120, Hackensack, NJ 07601
201-996-9100 ext.18

Aids individuals throughout the state who have been affected by polio. Individuals can apply for grants for such needs as medical evaluations, home modifications, assistive devices and medical transportation costs.
Funding up to $1000.
MEDICAL SERVICES FOR UNINSURED

BVMI Healthcare Center
241 Moore Street, #101, Hackensack, NJ 07601
201-342-2478
www.bvmi.org

BVMI provides free primary and preventive medical care to low-income working Bergen County residents who do not have medical insurance. Patients are seen by appointment only five days a week, Monday through Friday. Call the number above to see if you qualify for service and to schedule an appointment.

VISION LOSS

Vision Loss Alliance of New Jersey
Elsa Zavoda, Program Director
973-627-0055 et 335
ezavoda@vlanj.org

Provides practical training and emotional support to help those who have experienced profound vision loss regain self-esteem and self-reliance. Programs conducted at Ridgewood Community Center can include yoga and music sessions.
HEARING LOSS

Division of the Deaf and Hard of Hearing
New Jersey Department of Human Services
PO Box 074, Trenton, NJ 08625-0074
800-792-8339 toll free in New Jersey
609-588-2648
609-588-2528 FAX
Email: Cathy.Grehlinger@dhs.state.nj.us
www.state.nj.us/humanservices/ddhh/home/index.html

The Division of the Deaf and Hard of Hearing, is a state run agency that provides resources including how to find a Sign Language Interpreter, information on available communication devises and technology, and information on patient and individual rights in accordance with ADA.

INSURANCE AND FINANCIAL HELP

Medicare
1-800-MEDICARE
www.medicare.gov

S.H.I.P (State Health Insurance assistance Program)
Bergen County Division of Senior Services
One Bergen County Plaza, 2nd floor, Hackensack, NJ 07601
201-336-7400
www.state.nj.us/humanservices/doas/services/ship

Volunteer counselors provide information on Medicare, Medicare Advantage Plans, Medigap/Supplemental Insurance, and Medicare Part D Prescription Plans.

The S.H.I.P. website, link above, has useful information on Medigap Policies and Medicare Advantage Plans.
**Medicare Rights Center**  
266 W. 37th Street, New York, NY 10018  
212-869-3850  
Helpline: 800-333-4114 Monday through Friday  
www.medicarerights.org

The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives. Through their national telephone helpline (phone number above), trained volunteers and staff answer questions from people with Medicare, their family members and friends helping callers to understand how their existing Medicare coverage works and, if needed, to find the right insurance coverage.

Todos nuestros servicios están disponibles en español. Si desea hablar con un consejero en español, llame a nuestra línea de servicio al cliente (1-800-333-4114) y presione el “8” cuando oiga el mensaje del operador.

**Medicaid**  
**Bergen County Board of Social Services**  
218 Route 17 N., Rochelle Park, NJ 07662  
201-368-4200  
Hours: Weekdays 8:00 am thru 4:30 pm (Tuesday’s until 8:00 pm)  
www.bcbss.com/medicaid-abd/

Medicaid provides eligible beneficiaries assistance in paying for medical care, prescriptions, transportation and homecare. Call the number above for specific information on available assistance and eligibility.
PAAD (The Pharmaceutical Assistance to the Aged and Disabled)
1-800-792-9745
www.state.nj.us/humanservices/doas/services/paad/index.html

New Jersey offers prescription assistance to NJ residents 65 years of age or older or 18 years of age or older and receiving Social Security Title II Disability benefits with annual income for 2019 of less than $27,951 if single or less than $34,268 if married (note: these income requirement levels may increase each year). PAAD beneficiaries must be enrolled in a Medicare Part D Prescription Plan. PAAD will pay the monthly premium for certain standard basic Part D plans with a monthly premium at or below the regional benchmark or standard basic plans or enhanced plans up to $20 above the benchmark amount that has no deductible. PAAD beneficiaries will pay $5 for each covered generic drug or $7 for each covered brand name drug. The PAAD application can be found online, at the web site above. For assistance completing the PAAD application contact the Eldercare Office at the NW Senior Center at 201-447-5695.

Medicare Part D Prescription Plans
1-800-MEDICARE
www.medicare.gov

Each year between October 15 and December 7, those eligible for Medicare may evaluate their prescription coverage and switch prescription plans to start on January 1. It is recommended that you review your plan annually and make sure that you have the best prescription coverage to meet your need. For questions about Medicare Part D contact the Eldercare Office at the NW Senior Center at 201-447-5695.
Social Security Helpline
800-772-1213

Social Security and Medicare benefits.

Senior Gold
1-800-792-9745
www.state.nj.us/humanservices/doas/services/seniorgold/

Senior Gold Prescription Discount Program is a State-funded prescription program with a different co-payment structure and income eligibility guidelines than those of PAAD.

NJ offers Senior Gold to NJ residents 65 years of age or older or 18 years of age or older and receiving Social Security Title II Disability benefits with an annual income for 2019 is between $27,951 and $37,951 if you are single or between $34,268 and $44,268 if you are married. All Medicare-eligible Senior Gold beneficiaries are required to enroll in a Medicare Part D Prescription Drug Plan of their choice.

Senior Gold beneficiaries pay a co-payment of $15 plus 50% of the remaining cost of each Senior Gold covered prescription. Once beneficiaries reach annual out-of-pocket expenses exceeding $2,000 for single persons or $3,000 for married couples, they pay only a flat $15 co-payment per prescription for the balance of that eligibility period. The Senior Gold application can be found online, at the web site above. For assistance completing the Senior Gold application contact the Eldercare Office at the NW Senior Center at 201-447-5695.
MOVEMENT AND EXERCISE PROGRAMS

The following organizations offer exercise programs for older adults.

**Westwood Community Center - Forever Young Program**
55 Jefferson Ave., Westwood, NJ
201-664-7882
Open Monday through Friday 8:30 AM to 4:30 PM (Closed State and Federal Holidays)
www.westwoodnj.gov

The Forever Young Program, operated by The Westwood Department of Recreation, offers a variety free of programs for adults 55 years of age and older. Currently the programs include Cardio Fitness, Strength and Conditioning, Yoga, MELT Method, and Pickle Ball. Other offerings include mahjong and cards, nutritional workshops, water color classes and more. The offerings may change from month to month and new ones offered. For a calendar of events, refer to the Forever Young Newsletter at the borough’s website or call the number above for more information.

**Thomas J. Riley Senior Center**
100 Madison Ave., Westwood
201-666-0840.
www.tjrileyseniorcenter.com

The Thomas J. Riley Senior Center, is a multi-function senior center that offers a number of fitness, social, recreational and educational programs such as chair yoga, tai chi, line dancing, and more. Classes are offered for a minimal requested donation of $2.00 per day. A daily schedule of activities is available on their website.
Westwood Mayors Wellness Campaign
www.westwoodmayorswellness.com
and Facebook.com/westwoodmayorswellness

In collaboration with Westwood for All Ages, the Forever Young Program of the Recreation Department, and the Mayor’s Office, the Mayors Wellness Campaign offers free health and wellness education and events throughout the year as well as partners with the Pascack Valley Medical Center for an annual 6-week Wellness Challenge. Weekly walks with the Mayor or other community leaders are held at Westvale Park at various times throughout the year and posted on the website and facebook age.

Emerson Community School
http://www.emersonschools.org
Joan Bayley at 201-262-5502.

As a service to the community, the Emerson Board of Education sponsors an evening adult and continuing education program, the Emerson Community School.

The Emerson Community School offers a variety of health, wellness and fitness related programs. To receive a course catalog or for additional information, please call the number above.

Hackensack Meridian Health - Pascack Valley Medical Center- Be Well Community Lecture Series
www.pascackvalleymedical.com/bewell
877-848-WELL (9355).

This series is designed to educate members of the local community about ways to stay well and lead healthier, more fulfilling lives.

All classes are offered free of charge. Online registration is available by going to the website or calling the number above.
MENTAL HEALTH SERVICES

Comprehensive Behavioral Care - Geriatric Outreach Program
569 Broadway, Westwood, NJ
201-646-0195
www.cbhcare.com

Provides in-home support to older Bergen County residents who are experiencing difficulties related to aging. This program is free; it is funded by Bergen County’s Division of Senior Services. Highlights include:

* Increase awareness and understanding of mental illness
* Identifying areas of daily life where support may be needed
* Facilitate access to community-based treatment services
* Increase knowledge regarding mental health, coping skills, symptom management
* Reinforce the importance of medication management
* Linkage to transportation is available on a very limited basis

Ramapo Ridge Psychiatric Hospital
301 Sicomac Ave., Wyckoff, NJ 07481
201-848-5500 (Admission Office)
www.christianhealthcare.org/mental-health/ramapo-ridge-psychiatric-hospital/

Ramapo Ridge is a 58-bed psychiatric hospital offering a general adult psychiatric program and a geriatric psychiatric program which specializes in the diagnosis and treatment of illnesses including, but not limited to, depression and Alzheimer’s disease. Both programs are designed for adults who require inpatient care, and full-time staff physicians are available to treat non-acute medical problems. If you are seeking assistance for a mental-health issue or problem, please call the Admissions Office at the number above.
Emergency Mental Health Services
201-262-Help (4357)

The purpose of 201-262-HELP is to provide emergency mental health services to residents of Bergen County.

GERIATRIC SERVICES

Geriatric Consultation Services
Vantage Health System Geriatric Consultation Service
2 Park Avenue, Dumont, NJ 07628
Contact:
Nancy Bortinger, LCSW, C-ASWCM at 201-385-4400 ext. 3086

Provides an assessment to evaluate needs of an older adult who may be exhibiting changes that are uncharacteristic and affect their ability to maintain their independence and/or care for themselves. Provides information options for care, and assists in making referrals and coordinating services. They also will provide counseling to assist families to understand the changes that are happening. Consultations can take place at their Dumont office or at a more convenient location for the older adult and family.

Bergen Care Management Program
Catholic Charities of the Archdiocese of Newark
174 South Main Ave., Hackensack, NJ 07601
Tel: (201) 265-3840
Fax: (201) 441-9423
Monday – Friday; 9 a.m. – 5 p.m.

Catholic Charities provides care-management services for older adults in partnership with Bergen NJ EASE, a program of the Bergen County Division of Senior Services. Services target frail, vulnerable, low-income adults, 60 years of age and older, who are at risk for premature institutionalization.
NUTRITION SERVICES

Hot Congregate Meal at the Thomas J. Riley Senior Center
100 Washington Ave., Westwood, NJ
www.tjrileyseniorcenter.com
201-666-0840

Hot lunch served Monday through Friday at 11:45 AM for adults 60 and over. Reservations for lunch must be made at least one day in advance before 1:00PM. Monthly menus for the lunch are available at the Center. There is a suggested donation of $3.50 for the lunch (subject to change each year). Call the number above for more information.

Meals on Wheels North Jersey
201-358-0050
jeanne@mealsonwheelsnorthjersey.org
www.mealsonwheelsnorthjersey.org

MOWNJ is a non-profit 501(c)(3) service organization that delivers meals to homebound seniors Monday through Friday. Volunteers deliver meals between 10:30AM and 12:30PM to clients living in Westwood and many of the surrounding northern Bergen County communities.

Office hours are 10AM to 2PM Monday through Friday. For more information about their services and prices, contact the office at the number above.

Circle of Friends Community Dinner
Parkside Community Church, 545 Fourth Ave., Westwood, NJ
201-666-8998

Provides free hot meals on the fourth thursday of each month (except November) to anyone regardless of need. Dinner is served at 6-7:00 PM.
SNAP (Supplemental Nutrition Assistance Program, formerly known as Food Stamps)
Bergen County Board of Social Services
218 Route 17 N., Rochelle Park, New Jersey 07662
201-368-4200
Hours: Weekdays 8:00 am thru 4:30 pm (Tuesday’s until 8:00 pm)

SNAP is a federal nutrition program that provides monthly benefits to low income individuals and families to purchase food at grocery stores, convenience stores and farmer’s markets.

Applications can be filed online at www.bcbss.com

Complete all sections of the application. Once the application is submitted online, you will receive a confirmation number. Bergen County Board of Social Services will receive the application electronically and contact you by mail within 7 to 10 days to schedule an in-person or telephone interview.

HELPING HAND FOOD PANTRY
349 Hillsdale Ave., Hillsdale, NJ
www.helpinghandfoodpantry.com

The pantry is a non-profit charitable organization that serves those in need. Services are limited to the towns of Emerson, Hillsdale, Oradell, Montvale, Washington Township, Westwood and Woodcliff Lake. To qualify for services, clients are required to confirm residency by providing two recent forms of ID with their name and address.

Hours of operation are Monday 5:30-7:00 PM and First Saturday of the Month 9:00-10:30 AM
Social Services Department, Borough of Westwood
Kathy Elgert; 100 Washington Ave.
201-664-7100, ext 110
email: kelgert@westwoodnj.gov

The Borough social services operates a limited pantry of food, toiletries, adult briefs and household goods for low income Westwood residents in need.

They are open weekdays 9:30 to 2:30, but it is best to call the number above to verify their open hours before visiting.

St. Andrews Church Food Pantry
120 Washington Ave.
201-666-1100

Offers a limited food pantry for those in need on Thursdays at 7:30 PM
SUPPORT SERVICES

GENERAL SUPPORT AND INFORMATION

NJ 211
Phone 2-1-1
www.NJ211.org
info@nj211.org

NJ 2-1-1 can help you find solutions to personal needs by informing you of resources in your community like day care facilities, shelters, affordable housing units, social services, employment training programs, senior services, medical insurance, and more.

NJ Foundation for Aging
www.njfoundationforaging.org/aging-insights
Broadcasts 30 minute TV programs about the issues that impact the lives of seniors, boomers and caregivers. Can be viewed online or on some TV stations.

www.njfoundationforaging.org/renaissance-magazine
Quarterly digital magazine accessible to all on website.

NJ Self Help Group Clearinghouse
1-800-367-6274
www.njgroups.org

The mission of the Clearinghouse is to help people find and form all types of self-help support groups in order to provide hope, strength and experience to those in need in order to not feel alone. They maintain a database of over 8,600 self-help group meetings statewide, as well as over 1,000 national self-help group headquarters, online and telephone groups, and networks.
Autumn Years Magazine and periodic Expos of Bergen County opportunities and services  
www.AutumnYearsMag.com  
Autumnyears杂志@gmail.com

Diabetes Foundation, Inc.  
13 Sunflower Avenue, Paramus, NJ 07652  
201-444-0337  
www.diabetesfoundationinc.org

Serves NJ residents with diabetes through emergency medication assistance, patient support and resources, free community education programs and camp sponsorships.

DOROT  
171 W. 85th Street, New York, New York 10024  
917-441-3726  
www.dorotusa.org

Teleconferencing program for older adult age 55 + regardless of income or health problems. Alleviates social isolation among older adults.

CAREGIVER SUPPORT SERVICES

Caregiver Support Group at the NW Senior Center  
50 Center Street, Midland Park, NJ 07432  
201-447-5695

This support group, facilitated by a geriatric social worker, meets Tuesday mornings from 10 AM to 11:15 AM for people taking care of an adult age 60 or over. Call the number above for information.

In Home Caregiver Education and Support Program  
Bergen County Division of Senior Services  
One Bergen County Plaza, 2nd floor, Hackensack, NJ 07601  
201-336-6504
This free service is designed for unpaid caregivers caring for a Bergen County resident 60 years of age or older. A registered nurse does an in-home assessment and prepares a plan to help the caregiver develop or refine the skills needed to provide care. The caregiver may receive a limited number of home visits from a physical therapist, speech therapist, occupational therapist, and/or registered dietician. In addition, a licensed clinical social worker is available for short-term counseling for the caregiver for stress management.

**Alzheimer’s New Jersey**
400 Morris Avenue, #251, Denville, NJ 07834
Phone: 973-586-4300
Helpline: 1-888-280-6055
Email: info@alznj.org
www.alznj.org

Call the Helpline above or email to find out about the wide variety of services offered to families and those diagnosed with dementia. Alzheimer’s New Jersey offers wellness programs and respite services, support groups, informational and educational programs, and professionally staffed assistance.

**Caregiver Coalition of Bergen County**
**Bergen County Division of Senior Services**
One Bergen County Plaza, 2nd floor, Hackensack, NJ 07601
201-336-7400

Call the number above to learn about the Coalition and scheduled meetings.
Spouse Caregiver Dine and Talk Group  
Vantage Health System at Northern Valley Adult Day Center  
2 Park Avenue, Dumont, NJ 07628  
201-385-4400 ext. 3086

This support group meets at the Northern Valley Adult Day Center and meets bi-monthly from 4 PM to 6 PM. Dinner is served. This support group, specifically for spouses, addresses the needs of the caregiver as well as the loved one. Call the number above for more information and specific meeting dates.
COMMUNITY
BOROUGH OF WESTWOOD

Municipal Government
100 Washington Ave., Westwood, NJ 07675
201-664-7100
Monday-Friday 8:30 am – 4:30 pm
Saturday and Sunday – closed
www.westwoodnj.gov

See web site or phone for information on Events, Departments, Services.

Emergency calls for Fire, Police and Ambulance - 911

Municipal Complex (Switchboard) (201) 664-7100
Administration (201) 664-7100 Ext. 150
Ambulance Corp (non-emerg.) (201) 664-0003
Board of Health (201) 664-7100 Ext. 129
Borough Clerk (201) 664-7100 Ext. 101
Building Department (201) 664-5900
Education, Board of (201) 664-0880
Fire Department (Non-emergency) (201) 664-0526
Fire Prevention Bureau (201) 664-7100 Ext. 308
Library (201) 664-0583
Municipal Court (201) 666-8510

Westwood for All Ages Resources
COMMUNITY PROGRAMS

Westwood Community Center
55 Jefferson Ave., Westwood, NJ 07675
201-664-7882
www.westwoodnj.gov

Open Monday through Friday 8:30 AM to 4:30 PM (Closed State and Federal Holidays)

The Westwood Community Center falls under the Recreation Department, offering a wide variety of exercise, social and intellectual programs for adults 55 years of age and older as part of the Forever Young Program. Classes are offered for free to Westwood residents. For class details see the Forever Young information page on the borough website above under Recreation Department.

Westwood Free Public Library
49 Park Ave., Westwood, NJ 07675
201-664-0583
www.westwoodpubliclibrary.org
www.facebook.com/westwoodpubliclibrary

Numerous programs and services including computer and technology classes, cultural enrichment, film events, home delivery options, specialized discussion groups, books in foreign languages, 55+ resources and librarians eager to assist.
Thomas J. Riley Senior Center
100 Madison Ave., Westwood
201-666-0840.
www.tjrileyseniorcenter.com

The Center is a multi-function senior center that offers a number of fitness, social, recreational, craft and educational programs as well as daily congregant hot lunches on weekdays. Most programs are offered for a minimal requested donation of $2.00 per day and $3.50 for a hot lunch for individuals 60 or over. Weekly Bingo is held each Friday at 1pm and a Coffee Clutch every weekday morning at 8:30 AM. A daily schedule of activities is available on their website.

Westwood Senior Fellowship
Residents of Westwood and nearby communities 55+ may join the fellowship for $5 per year. The group meets on the second Tuesday of each month at 11:30 AM for fellowship, refreshments, speakers, social programs, luncheons and more. Meetings are held at the Westwood Community Center at 55 Jefferson Ave. There are no meetings in July or August.
SAVVERS PROGRAM

Bergen County SAVVERS Discount Program
One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601
Phone: 201-336-7400
www.co.bergen.nj.us/474/SAVVERS-Discount-Program

The SAVVERS Discount Program is a free program to provide discounts and services for Bergen County Seniors age 60 and over, military Veterans, Volunteers, Active Military Personnel, Emergency Responders, and their families. Each eligible person and family member who signs up for the program will receive a membership ID card to present to participating businesses and professionals in order to receive their discount. There is no cost to become a member of SAVVERS. The online catalog listing all participating businesses and professional services can be found on the web site listed above.

EDUCATION

Institute for Learning in Retirement at Bergen Community College
201-447-7100
Bergen.edu/community/institute-for-learning-in-retirement

Lois E. Marshall Institute for Learning in Retirement (ILR) at Bergen Community College, in cooperation with Elderhostel, serves the intellectual and social needs of a vibrant community of Lifelong Learners age 55 and older. Our members have a thirst for learning and intellectual stimulation. One fee entitles members to attend courses which are taught by members and experts from the larger community. Each semester’s offerings cover a broad range of academic and cultural topics. There are no grades.
The Emerson Community School offers over 200 courses to area residents including courses on business, computers, hobbies, fitness and more. To receive a course catalog or for additional information, please call the number above. Works to increase awareness, operate hotline, identify abuse, and refer cases to the proper resources.

ELDER ABUSE

Adult Protective Services, Bergen County Board of Social Services
216 Route 17 North, Rochelle Park, NJ 07662
201-368-4300 or after hours: 1-800-624-0275

APS investigates reports of suspected abuse, neglect, and exploitation of vulnerable adults living in the community. Reports may be made by anyone. When a report is received, APS investigates. If the report is confirmed and the person is willing to accept help, APS will identify and put in place services that can help the vulnerable person.

SAAFE, Save Abused AND Frail Elderly
Teaneck NJ
551-795-0471

Works to increase awareness, operate hotline, identify abuse, and refer cases to the proper resources.
Senior Haven for Elder Abuse Prevention  
The Jewish Home Family  
855-455-0555

Short term stays, discharge planning, medical care, nutrition, legal assistance. No self-referrals.

Bergen County Alternatives to Domestic Violence (ADV)  
One Bergen County Plaza. 2nd Floor, Hackensack, NJ 07601  
201-336-7575  
www.co.bergen.nj.us

ADV is Bergen County’s co-lead domestic agency, offering clinical and legal services to individuals and families struggling with domestic abuse. Also provides community outreach and education programs.

LEGAL SERVICES

Northeast New Jersey Legal Services  
Senior Citizen Law Project  
Bergen County Division  
190 Moore St. Suite 100, Hackensack, NJ 07601  
201-487-2166

Provides free legal advice, assistance, and representation in a variety of civil law cases for eligible residents age 60 and over. Specialty areas include housing, family matters, public benefits, consumer issues and health care.
FOR LONG TERM CARE RESIDENTS

State of New Jersey Office of the Ombudsman for the Institutionalized Elderly
For more information call (609) 826-5090 or 1-877-582-6995

To file a complaint:
Call Toll Free Intake Line: 1-877-582-6995
Email: ombudsman@advocate.state.nj.us
Write: The Office of the Ombudsman, P.O. Box 852, Trenton, NJ 08625-0852
www.nj.gov/ooie

The New Jersey Office of the Ombudsman for the Institutionalized Elderly is part of a national resident-focused advocacy program that seeks to protect the health, safety, welfare, and civil and human rights of older individuals in institutions. Staff and volunteers work with individual residents to help them address challenges they face.

TAX PREPARATION

AARP Foundation Tax-Aide
Toll-free Nationwide: 888-OUR-AARP (888-687-2277)
Toll-free TTY: 877-434-7598
Email: taxaide@aarp.org

Bergen Volunteer Center Volunteer Income Tax Assistance (VITA)
201-489-9454 or 2-1-1
By Appointment
Thomas J. Riley Senior Center Income Tax Assistance
100 Madison Ave., Westwood, NJ
201-666-0840

From early February to early April, AARP volunteer income tax preparers are available two days a week by appointment only. Call the Center at the phone number above to schedule an appointment and receive a list of documents that should be brought to your appointment, so that your income tax return can be completed.

VOLUNTEER OPPORTUNITIES

AARP Create the Good
www.Createthegood.org

Volunteer opportunities cataloged by AARP.

AARP Driver Safety
Zone1nj@gmail.com
www.aarp.org/ws/EO/driver-safety-programs

Teach or promote AARP Driver Safety in your local community.

Bergen County SHIP, the State Health Insurance Program/
Bergen County Division of Senior Services
201-336-7413
LCross@co.bergen.nj.us
www.state.nj.us/humanservices/doas/home/sashipsite.html

SHIP is a Medicare Counseling Service. Must be people-oriented and have computer skills.
Bergen Volunteer Center
201-489-9454
info@bergenvolunteers.org
www.bergenvolunteers.org

Seeking mentors, chore volunteers, skilled volunteers and volunteer counselors for retirees.

Bergen Volunteer Medical Initiative-BVMI (Hackensack)
201-342-2478
www.bvmi.org

Looking for medical professionals, administrative help and volunteers that are bilingual in Spanish.

Community Blood Services
201-803-8920
bschindo@cbsblood.org
www.communitybloodservice.org

Need helpful people to call blood donors or serve juice and cookies at blood drives.

Family Promise of Bergen County
201-833-8009
mheller@bergenfamilypromise.org
www.bergenfamilypromise.org/bfp/

Volunteer applications will be provided, looking for help in the office and other.

Friends of the Westwood Library
www.westwoodpubliclibrary.org
201-664-0853

A volunteer organization formed to support the library through the monthly Book Sales and Annual Fund Drive. They also sponsor
special community-wide fundraising events in conjunction with the Westwood Chamber of Commerce. Expertise in bookkeeping, finances, publicity, legal, technology, art are all needed.

**Habitat for Humanity Bergen ReStore**
121 Carver Ave., Westwood, NJ 07675
www.bergenrestore.org/volunteer

Volunteers are needed to man the thrift shop store in Westwood during their Tuesday- Saturday hours of 10am-6pm (4pm Saturdays), Register online at website above.

**ITN North Jersey**
201-398-6885
www.ITNNorthJersey.org

Volunteer to drive for ITN and help seniors and the visually impaired stay connected, healthy and independent.

**Meals on Wheels North Jersey**
201-358-0050
www.mealsonwheelsnorthjersey.org

Volunteer drivers are needed to deliver meals to clients who are elderly, ill or disabled (even temporarily) who cannot shop or prepare meals for themselves and who live in northern Bergen County towns.

**Medicare Rights Center**
212-204-6242
smorales@medicarerights.org
www.medicarerights.org

Volunteers needed to serve on a national helpline whose mission is to assist those with questions and issues related to Medicare. Located on Eighth Ave, NYC.
Literacy Volunteers of Bergen County
Westwood Public Library
(201)664-7597
literacyvolunteers@gmail.com

A non-profit literacy program dedicated to assisting adults in our community learn English as a Second Language. Volunteers teach the most basic survival skills up through advanced reading and writing skills.

Neighborcare, Inc.
201-491-3333
www.neighborcare.us

Volunteers make outreach calls to check in on seniors needing contact and a friendly chat. You must be a person who cares about others and has time to make regular calls during the week to one or two people who are in need.

New Jersey Office of the Ombudsman for the Institutionalized Elderly, Volunteer Advocate Program (VAP)
609-943-4023
Deirdre.Mraw@ooie.nj.gov
www.nj.gov/ooie/

Volunteer advocates needed in nursing homes across the state.

Hackensack Meridian Health - Pascack Valley Medical Center
250 Old Hook Road
201-383-1020
https://pascackmedicalcenter.com/volunteer

Volunteer roles and responsibilities are varied and may include: greeting patients and visitors; assistance with patient transport; reception assistance; and assisting in areas such as accounting,
computer technology, and other skills. Through an application process, prospective volunteers are evaluated and selected for positions that best match their abilities and suit their availability. Apply in person. Volunteer packet available at website address above.

Read to Know
201-445-3176

Volunteers needed to read to children in day care centers; help with special events; help with acquisition; sorting and shelving of books, mainly for preschool children; people to collect books.

Thomas J. Riley Senior Center
100 Madison Ave.
201-666-0840

Volunteers are needed to help with a variety of activities such as delivering hot lunches to homebound residents of the Westwood house, assisting with social activities, office tasks, and more. For more information contact the center director at the number above.

Westwood committees and advisory boards
www.westwoodnj.gov

There are a number of volunteer opportunities at the municipal level to serve on various committees and advisory boards (including a Senior Advisory Committee) that will generally meet on a monthly basis. For more information and a list of volunteer opportunities, see the borough’s website.
GENERAL SUPPORT AND INFORMATION

NJ 211
Phone 2-1-1
www.NJ211.org
info@nj211.org

NJ 2-1-1 can help you find solutions to personal needs by informing you of resources in your community like day care facilities, shelters, affordable housing units, social services, employment training programs, senior services, medical insurance, and more.

NJ Foundation for Aging
www.njfoundationforaging.org/aging-insights
Broadcasts 30 minute TV programs about the issues that impact the lives of seniors, boomers and caregivers. Can be viewed online or on some TV stations.

www.njfoundationforaging.org/renaissance-magazine
Quarterly digital magazine accessible to all on website.

Bergen County Division of Senior Services
1 Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601
201-336-7400
877-222-3737
www.co.bergen.nj.us

If you are an adult 60 or over, an adult with a disability 18 or over, or a family member/caregiver contact the Division of Senior Services for information on available services through the county and the state.
Bergen County United Way and NJ 211
6 Forest Avenue, Paramus, NJ 07652
201-291-4051
www.bergenunitedway.org
www.nj211.org

211 is a 24/7 information/referral and intakes for various government programs including LIHEAP for energy/utilities assistance.

Center for Food Action
192 West Demarest Avenue, Englewood, NJ 07631
201-569-1804
www.cfanj.org

Emergency food, housing, utility assistance, advocacy, and other services for low-income individuals and families in Bergen and upper Passaic Counties.

Autumn Years Magazine and periodic Expos of Bergen County opportunities and services
www.AutumnYearsMag.com
Autumnyearsmagazine@gmail.com

LGBT RESOURCES

Sage
212-741-2247
www.sageusa.org
email: info@sageusa.org

Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders New York, several locations.
Anointing Church - (Korean speaking)
91 First Ave., Westwood
201-314-6232
info@anointichurch.net
anointingchurch.net

Worship on Sundays 11:00 AM; Wednesdays & Fridays 8:30 PM

Grace Episcopal Church
9 Harrington Ave., Westwood
gecparishoffice@gmail.com
www.gracewestwood.org
201-664-0407

Sundays:
7:45 a.m. Morning Prayer
8:00 a.m. Said Holy Eucharist
9:00 a.m. Children’s Mass
10:00 a.m. Sung Eucharist with Hymns

Wednesdays 9:00 AM Healing Eucharist

Lebanon Baptist Church
20 High St., Westwood
201-664-5712
westwoodlebanon@gmail.com

Worship on Sundays 10:30 AM

Mt. Zion Baptist Church
22 Sand Rd., Westwood.
201-664-1557

Worship on Sundays 10:00 AM
Parkside Community Church - (Reformed)
545 Fourth Ave., Westwood
201-666-8998
info@parksidechurch.net
www.parksidechurch.net

Worship on Sundays at 10:30 AM

St. Andrews Roman Catholic Church
120 Washington Ave. Westwood
201-666-1100
www.standrewwcc.com

Mass Times:
Sunday: 8:00 AM; 10:30 AM Children’s Liturgy of the Word offered
12:15 PM; 7:00 PM Spanish
Mon - Sat: 9:00 AM
Saturday: 5:00 PM

St. John AME
77 Palisade Ave.
(201) 664-9656

Worship on Sundays 11:00 AM

Westwood United Methodist
105 Fairview Ave.
201-664-0755
www.umc-westwood.org/
westwoodumcoffice@gmail.com

Worship on Sundays
7:30 AM    (Korean)
10:00 AM   (English)
Noon      (Korean)
Zion Lutheran Church and Early Childhood Center
155 2nd. Ave., Westwood
201-664-1325
zionwestwoodnj.org

Worship on Sundays 8:00AM; 10:15: AM
9:30 AM on last Sunday of each month

Pentecostal Deliverance Tabernacle
(services currently not available)
973-674-5615 for information

“In an age-friendly community, policies, services and structures related to the physical and social environment are designed to support and enable older people to ‘age actively’ – that is, to live in security, enjoy good health and continue to participate fully in society.”

- WORLD HEALTH ORGANIZATION
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Learn More at: Westwoodforallages.org & Facebook.com/Westwoodforallages