



## ABOUT US

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

The Division and its various committees advocate for those with the greatest economic and social needs.

The Division also provides support to various community-based organizations that promote the well-being and independence of Bergen County's 220,000+ older adults.

Scan to Visit our Website:



Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race, or sexual orientation in its provision of services or employment practices.



**James J. Tedesco III**

*Bergen County Executive*

**Board of County Commissioners**

**Department of Human Services**

Melissa H. DeBartolo, Esq.

*Director*

**Division of Senior Services**

Lorraine Joewono

*Director*



## Hours of Operation

8:30 AM - 4:30 PM

(201) 336-7400

1-877-222-3737 (toll free)

TTY 1-800-852-7897

Multi-lingual assistance available.

Walk-ins are welcome.

Extended hours by appointment.



# Bergen County Division of Senior Services

*Over 50 Years of Serving Older Adults*



## AGING & DISABILITY RESOURCE CONNECTION

One Bergen County Plaza  
Second Floor

Hackensack, NJ 07601

Phone: (201) 336-7400

seniors@co.bergen.nj.us



One Bergen County Plaza, Hackensack, NJ,

## INFORMATION & ASSISTANCE

Bergen County DSS provides information and assistance to older persons, adults with disabilities, caregivers, and professionals looking for services or programs.

### Services we offer:

- Information about programs and services
- Benefits counseling and referrals
- Assistance filling out forms and applying for benefits
- Access to publicly-funded long-term care programs
- Wellness Check program

### Resources we can help you find:

- Financial assistance
- Aging-in-place and other long-term care options
- Housing information
- Transportation
- Caregiver information and support
- Health, wellness, nutrition
- Legal, advocacy, and keeping adults safe
- Employment and volunteer opportunities
- Social activities
- Tax relief programs
- Dementia Friendly information and support
- And more!

### To connect with an Aging Specialist:

call (201) 336-7400,  
email [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us) or  
visit our office at One Bergen County  
Plaza, Second Floor, Hackensack, NJ

**Senior HelpLine**  
**(201) 336-7400**

A service of the  
Aging and Disability Resource Connection  
(ADARC)

**Bergen County**  
Department of Human Services  
Division of Senior Services

## Senior Lunch Program

A healthy, nutritious lunch is served at many senior centers throughout Bergen County, Monday-Friday. This program promotes the general health and well-being of adults over the age of 60, fosters socialization, and reduces hunger, food insecurity and malnutrition. Seniors have access to nutrition screening, nutrition education, and nutrition counseling. Call (201) 336-7433 for details on lunch program locations or visit [www.co.bergen.nj.us](http://www.co.bergen.nj.us).

Transportation may be available.

## Senior Activity Centers

Bergen County operates ten Senior Activity Centers that are open for services to all Bergen County residents 60+ and their significant others regardless of age.

### Activities:

- Zumba
- Arthritis exercise
- Choir
- Muscle training
- Yoga
- Spanish workshop
- Board games
- Tai - Chi
- Dancing classes
- Chair exercise
- ESL classes
- Meditation
- Computer workshop
- Knitting & crocheting
- Drum Circle
- Card games

### Locations:

Bergenfield · East Rutherford ·  
Elmwood Park  
Garfield · Hackensack · Midland Park  
North Arlington · Palisades Park  
Ridgefield Park · Wallington

Check your local community center or town  
for additional senior activities. Eligibility

## als on Wheels

Eligible adults who are homebound and unable to shop, obtain or prepare their own meals, are provided with a daily nutritious meal delivered directly to their homes.

For complete information on eligibility and delivery options available, call (201) 336-7420. To apply online, go to [www.co.bergen.nj.us](http://www.co.bergen.nj.us).

## State Health Insurance Assistance Program (SHIP) Medicare Coverage

Certified SHIP counselors help Medicare beneficiaries and pre-enrollees to understand their benefits, options, and entitlements.

For more information call (201) 336-7413.

## HealthEASE

The goal of HealthEASE is to promote, support, and sustain older adults in living healthier, more independent lives.

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

For more information call (201) 336-7400.

## Reverse Mortgage Counseling Home Equity Conversion Mortgage (HEC )

Certified counselors trained by the U.S. Department of Housing and Urban Development (HUD), advise seniors age 62 and over on ways to access their home equity so they can remain at home and age-in-place.

For more information call (201) 336-7569.