

IMPORTANT PHONE NUMBERS

- **Affordable Health Care**
1-800-318-2596 • www.healthcare.gov
 - **Bergen Co Disability Services: 201-336-6500**
Bergen Co Human Services: 201-336-7474
www.co.bergen.nj.us
 - **Bergen Co Social Services: 201-368-4200**
218N Rt. 17, Rochelle Pk. www.bcbss.com
 - **Center for Food Action 201-703-9857**
224 Midland Avenue, Saddle Brook 2
 - **Children's Aid and Family Services**
201-261-2800 • www.cafsnj.org
 - **Chore Service 201-489-7790**
(Handyman assistance for elderly)
 - **Community Action Program (aka CAP)**
(Heat Assistance) 201-488-5100
316 State Street, Hackensack
 - **Community Service Helpline: 211**
 - **DDD 973-977-4004**
(Div. of Developmental Disabilities)
 - **Medical Equipment (loan)**
201-265-2100 x5210
 - **Families First 201-797-2660**
Fairlawn, NJ
 - **HRG Community Resource Guide:**<https://hrgmediaorg.files.wordpress.com/2021/05/summer-hrg-community-guide-pdf-2021-2.pdf>
 - **Meals on Wheels: 201-358-0050**
www.pvmealsonwheels.org
 - **Medical Transportation: 201-368-5955**
Available to elderly and disabled
 - **Medicare Rights Ctr. 1-800-333-4114**
Office of Veteran Affairs
201-265-2100x6110
 - **Paramus Rehab Grant: 201-265-2100x2220**
 - **Paramus Transportation 201-265-2100 x3150**
(Food shopping, etc. for elderly)
Project Reassurance 201-262-3400 x5554
 - **Property Tax Reimbursement for Seniors**
1-800-882-6597
 - **Protective Services: Adult: 1-800-624-0275**
Children: 1-877-652-2873
 - **Unemployment: Bergenjobcenter.com**
- U.S. Social Security: 1-800-772-1213;**
www.ssa.gov

Borough of Paramus

Human Services

201-265-2100 x6100
HumanServices@paramusborough.org

Mayor
Richard La Barbiera

Council Liaison
Maria Elena Bellinger

The listing of facilities is provided for informational purposes. The facilities have no connection with the Paramus Municipal Administration and the Borough makes no representations as to the nature or quality of any services provided. The Borough neither endorses nor supports any of the facilities listed herein.

10/2022

**PARAMUS
NEW JERSEY
PROUD TO BE
STIGMA-FREE**

PARAMUS RESOURCE & CONTACT GUIDE



Covid19VaccineScheduling Hotline: 855-568-0545
Registration:
www.covid19.nj.gov/vaccine
CDC Info: 1-800-232-4636 www.cdc.gov/cdc-info/index.html

ACCESS

to

CARE

Access for All

Paramus Human Services
201-265-2100 x6100

ADULT DAY PROGRAM

Gallen Adult Day Ctr. at Jewish Home

10 Link Drive, Rockleigh 201-750-4243

New Life Adult Medical Day Care

340 Evelyn Street, Paramus, NJ 07652
201-265-0606

The Regency Memory Care Club

Dedicated to seniors with memory loss.

201-525-2200

91 Rt. 4 East, River Edge, NJ 07661

LONG TERM CARE

New Bridge Medical Center

230 East Ridgewood Avenue, Paramus, NJ 07652
201-967-4073 • www.bergenregional.com

Dellridge Health and Rehab Center

532 Farview Avenue, Paramus, NJ 07652
201-265-5600 • www.dellridge.com

NJ Veterans Memorial Home

1 Veterans Drive, Paramus, NJ 07652
201-634-8200

Villa Marie Claire Hospice & Palliative Care: 201-833-3188

12 W Saddle River Rd, Saddle River 07458

ASSISTED LIVING

CARE ONE at the Cupola 201-444-8200

Assisted Living and Memory Care

'Your Experience Is Our Priority'

100 W. Ridgewood Ave, Paramus, NJ 07652

Brookdale at Paramus

186 Paramus Road, Paramus, NJ 07652
201-251-9600

SENIOR SERVICES

Bergen Co Div of Senior Services: 201-336-7400

Paramus Senior Center: 201-265-2100 x6120

HOME CARE

People Care of NJ: 201-525-1502

90 Main Street, Hackensack, NJ 07601

Accredited by CAHC No Minimum Hours

JACC: 201-336-7400 *For those at risk of nursing home placement: hire relatives.*

Holy Name Home Care

Insurance Accepted 201-833-374

Valley Home Care

Insurance Accepted 201-291-6000

Senior Helpers Bergen Co.

Care & Comfort at a Moment's Notice
Caregivers drive *Hourly/Live-in Dementia Specialists 201-968-5777

ELDER TRANSITION SERVICES

Superior Senior Resources

"The one source for all your senior needs" Home/Wellness visits, Assisted Living Placements,

Hoarding/Cleanouts, Errands/Medical appointments. 201-362-7233,

www.SSRCares.com

MENTAL HEALTH

CBH Care Wellness & Support Center

569 Broadway, Westwood • 201-957-1800

www.cbhcare.com WALK-IN SWELCOME

Adolescent programs: Hackensack 201-646-0333

Care Plus Mental Health Ctr: Out-

Patient, Partial-Care, Family Outreach Services

610 Valley Health Plaza Rd, Paramus

201-265-8200 • www.careplusnj.org

Perform Care: Children and Family

Services: 1-877-652-7624

Psychiatric Emergency Screening Prgm

(PESP) 201-262-HELP (hotline)

ALCOHOL and SUBSTANCE ABUSE Resources & Treatment

AA/Alanon: www.nnjaa.org. Enter a zip code for meeting locations.

Access Ctr for Mental Health & Addiction

Services at NEW BRIDGE Medical Center:

230 East Ridgewood Avenue, Paramus

800-730-2762 www.NewBridgeHealth.org

• Access Substance Use hotline and info : 844-ReachNJ (844-732-2465) or ReachNJ.gov

New Pathway aka S.O.A.R.

Alcohol/Substance Out-Patient

20 Powers Dr., Paramus 201-436-1022

LEGAL

Mental Health Law Project:

One Bergen Co. Plaza, Hackensack

201-634-2762

Bergen Co. Legal Aid:

201-487-2166

HOUSING/RESIDENTIAL

Bergen County Housing Authority

1 Bergen Co. Plz, Hackensack 201-336-7600

Fair Housing Council: 201-489-3552

Family-Only Shelter: 201-833-8009

HIP (Home Improvement): 201-336-6999

Homeless Shelter: 201-336-6475

120 S. River St, Hackensack

Housing Asst Programs: 201-488-5100

Paramus Affordable Senior Housing

Walt Behnke Complex 201-845-8090

Parkview Affordable Housing

in Paramus: 201-836-4500

Paramus Housing Liaison:

201-265-2100 x2220