

## IMPORTANT PHONE NUMBERS

- **Affordable Health Care**  
1-800-318-2596 • [www.healthcare.gov](http://www.healthcare.gov)
  - **Bergen Co Disability Services: 201-336-6500**  
**Bergen Co Human Services: 201-336-7474**  
[www.co.bergen.nj.us](http://www.co.bergen.nj.us)
  - **Bergen Co Social Services: 201-368-4200**  
218N Rt. 17, Rochelle Pk. [www.bcbss.com](http://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](http://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](http://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](http://Bergenjobcenter.com)**
- U.S. Social Security: 1-800-772-1213;**  
[www.ssa.gov](http://www.ssa.gov)

# Borough of Paramus

## Human Services

**Irene Maury**  
1 Jockish Square  
Paramus, NJ 07652  
**201-265-2100 x6101**  
[imaury@paramusborough.org](mailto:imaury@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.

08/2021

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

# PARAMUS RESOURCE & CONTACT GUIDE



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

**ACCESS**

to

**CARE**

*Access for All*

**Irene Maury, LCSW**  
**Paramus Human Services**  
**201-265-2100 x6101**

## ADULT DAY PROGRAM

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### 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

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### New Bridge Medical Center

230 East Ridgewood Avenue, Paramus, NJ 07652  
201-967-4073 • [www.bergenregional.com](http://www.bergenregional.com)

### Dellridge Health and Rehab Center

532 Farview Avenue, Paramus, NJ 07652  
201-265-5600 • [www.dellridge.com](http://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

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**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

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

**Paramus Senior Center: 201-265-2100 x6120**

## HOME CARE

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**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

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### 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](http://www.SSRCares.com)

## MENTAL HEALTH

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### CBH Care Wellness & Support Center

569 Broadway, Westwood • **201-957-1800**

[www.cbhcare.com](http://www.cbhcare.com) WALK-INS WELCOME

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](http://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

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**AA/Alanon: [www.nnjaa.org](http://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](http://www.NewBridgeHealth.org)

• **Access Substance Use hotline and info : 844-ReachNJ** (844-732-2465) or [ReachNJ.gov](http://ReachNJ.gov)

### New Pathway aka S.O.A.R.

### Alcohol/Substance Out-Patient

20 Powers Dr., Paramus 201-436-1022

## LEGAL

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### Mental Health Law Project:

One Bergen Co. Plaza, Hackensack

201-634-2762

### Bergen Co. Legal Aid:

**201-487-2166**

## HOUSING/RESIDENTIAL

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### 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 x2223**