

## IMPORTANT PHONE NUMBERS

### BERGEN CTY BOARD OF SOCIAL SVCS

NJ Care/Medicaid/Food Stamps

201-368-4200

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

### BERGEN CTY OFFICE OF AGING & DISABILITY RESOURCE CONNECTION (BERGEN ADRC)

201-336-7400 / 877-222-3737 (TOLL-FREE)

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

### ADULT PROTECTIVE SERVICES

24HR HOTLINE 1-800-624-0275

### BERGEN CTY CONSUMER PROTECTION

201-336-6400

### BERGEN CTY DEPT OF COMMUNITY AFFAIRS

Weatherization, heating/cooling, water utilities

201-968-0200 ext 7008

### HOUSING AUTHORITY OF BERGEN CTY

201-336-7600

### NORTHEAST NJ LEGAL SVCS—BERGEN CTY

Senior Law Project

Provides advice and referrals

201-487-2166

### PAAD/SENIOR GOLD/LIFELINE/HAAD

Prescription discount program, annual utility credit, hearing aid reimbursement

800-792-9745

### STATE HEALTH INSURANCE PROGRAM (SHIP)

201-336-7413 / 201-336-7427

### VETERANS SERVICES 201-336-6325

SOCIAL SECURITY 800-772-1213

MEDICARE 800-633-4227

MEDICAID 201-368-4200

### BERGEN COUNTY MEALS ON WHEELS (MoW)

201-336-7420

ONE MID-DAY MEAL TO HOMEBOUND

INDIVIDUALS 60+ - SUGGESTED DONATION \$1.25

### NJ PROPERTY TAX REIMBURSEMENT

201-336-7400 / 800-882-6597

ANTHONY BARZELATTO  
DANIEL PARK  
MARK ZINNA  
MAXIM BASCH  
PAUL STEFANOWICZ  
SHAMA HAIDER

### COUNCIL MEMBERS

PETER RUSTIN, MAYOR

Borough of Tenafly  
100 Riveredge Road  
Tenafly, New Jersey 07670

## *Resource Guide for Older Adults & Their Families*



[www.tenaflynj.org](http://www.tenaflynj.org)

A public service provided by:

Tenafly Senior Services  
Committee

&

The Tenafly Senior Center

20 South Summit Street

Tenafly, NJ 07670

Telephone: 201-569-2159

2016

**TENAFLY SENIOR CENTER**  
Leisure and Learning for Adults 55 +  
20 South Summit Street  
Telephone: (201) 569 – 2159

**HOURS**  
Monday through Friday  
9:00 am – 4:00 pm

**STAFF**  
Director – Julie Villafuerte  
Assistant Director – Rebecca Stauffer

\*Center activities include:  
Art Classes – Watercolor – Drawing  
Education Speakers  
Exercise and Strength Training  
Delay The Disease-Parkinson’s Exercise Class  
Standing Pilates — Chair Yoga  
Tai Chi For Arthritis  
Folk Dancing & Line Dancing  
Luncheons  
Needleworks Crafts  
Movies  
Health Screenings  
Tai Chi & Qi Gong  
Mahjong  
Language Classes  
Discussion Group  
Trips  
English As A Second Language  
Bridge — Canasta  
Zumba Gold

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**IMPORTANT NUMBERS**

**TENAFLY POLICE / FIRE / AMBULANCE**  
EMERGENCY 911

**TENAFLY POLICE**  
Non – Emergency 201-568-5100

**TENAFLY BOROUGH HALL** 201-568-6100

**TENAFLY HOUSE (SENIOR HOUSING)**  
201-569-7933 / Fax 201-568-1180

**Chore Volunteer Handyman Service**  
[www.bergenvolunteers.org](http://www.bergenvolunteers.org)  
(201) 489 - 7790

Simple household repair services for Seniors  
60 + and disabled individuals in Bergen County.

**NO EMERGENCIES!**

Examples of services include:

**Minor Plumbing** – faucets & toilet leaks

**Minor Electrical** – replace light bulbs,  
door bells

**Weatherization** - seasonal of screens, weather  
strip doors and windows

**Repair or replace** – door locks, springs, filters  
and batteries

**Install** – smoke alarms, grab bars in bath areas

**WORK DOES NOT INCLUDE: outdoor work,  
cosmetic or appliance repairs**

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**‘Peace of Mind Program’**

Registration for cognitively impaired residents.  
Call Tenafly Police Department at (201) 568-5100  
for information.

**Bergen Cty Wellness Check**  
**Telephone Program**

201-336-7400

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**Medical Care**

For the names of doctors who make house calls or  
referrals, please contact your local hospital.

A nurse from Hackensack University Medical Cen-  
ter is available during the following time and loca-  
tions:

First Friday of the Month at 10 am to 12 pm  
Tenafly Public Library — 100 Riveredge Road

First Monday of the Month at 10 am to 12 pm  
Tenafly Senior Center — 20 South Summit Street

Third Friday of the Month at 10 am to 12 pm  
Tenafly Senior Center — 20 South Summit Street

**TRANSPORTATION**

**Bergen County Special Transportation**  
**(201) 368 - 5955**

**The County van is handicapped accessible.** Free transportation to medical ap-  
pointments in Bergen County only. Two weeks  
advanced notice is necessary. They will ask for  
your name, address, phone, birth date, Social  
Security number and an emergency contact.

**Food Shopping**

**For Tenafly Residents Only**

**WEDNESDAY MORNINGS ONLY**

**(201) 368 - 5955**

**The County van is handicapped accessible.** Free transportation to Shop Rite of  
Englewood for Bergen County residents only.

**Access Link**

Provides curb to curb service for eligible people  
with disabilities. Access Link Service is compara-  
ble to the NJ Transit local bus network. Transpor-  
tation is provided during the same hours and days  
and have the same fares as the local bus network.  
Please call 800-955-2321 for details.

**EZ Ride**

This program offers senior citizens personalized,  
curb-to-curb transportation for needs not currently  
filled by other transportation programs at a nomi-  
nal cost. Call 201-939-4242 for details on this  
program.