

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
218 N Rt 17, Rochelle Pk. www.bcbss.com
- Ctr for Food Action 201-703-9857
224 Midland Avenue, Saddle Brook
- 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
Fair Lawn, NJ
- Meals on Wheels 201-358-0050
www.pvmealsonwheels.org
- Medical Transportation 20-1368-5955
- Medicare Rights Ctr. 1800-333-4114
www.medicarerights.org
- Paramus Veterans Affairs 201-265-2100 x 6110
- Paramus Rehab Grants: 201-265-2100 x 2220
- Paramus Transportation: 201-265-2100 x 3150
- 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: www.nj.gov/labor
- U.S. Social Security: 1-800-772-1213;
www.ssa.gov

BOROUGH OF PARAMUS

HUMAN SERVICES

Anne Schneider
1 Jockish Square
Paramus, NJ 07652
201-265-2100 x 6101

aschneider@paramusborough.org

Mayor

Christopher DiPiazza

Borough Administrator

Hector Olmo

Council Liaison

Jeanne Webber

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.

01/2023

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

PARAMUS RESOURCE

&

CONTACT GUIDE



ADULT DAY PROGRAM

Gallen Adult Day Ctr. At Jewish Home
10 Link Drive, Rockleigh, NJ 07647
201-750-4243

New Life Adult Medical Day Care
340 Evelyn Street, Paramus NJ 07652
201-265-0606

The Regency Memory Care Club
Dedicated specifically to seniors with memory loss
201-525-2200
91 Rte 4 East, River Edge, NJ 07661

LONG TERM CARE

New Bridge Medical Care
230 East Ridgewood Ave. Paramus, NJ 07652
201-967-407 www.newbridgehealth.org

Dellridge Health and Rehab Center
532 Fairview 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
12 W Saddle River Rd., Saddle River NJ 07458
201-833-3188

ASSISTED LIVING

CARE ONE at the Cupola 201-444-8200
Assisted Living and Memory Care
100 W. Ridgewood Ave., Paramus, NJ 07652

Brookdale at Paramus Borough
186 Paramus Road, Paramus, NJ
201-251-9600

SENIOR SERVICES

Bergen Co Div of Senior Services 201-336-7400

Paramus Senior Center 201-265-2100 x 6200

HOME CARE

Caring Senior Service 201-930-8888
Transportation Meal Prep, Companionship,
Bathing, Grooming
www.CaringSeniorService.com

People Care of New Jersey, Inc
201-525-1502
90 Main Street Hackensack, NJ 07601
Accredited by CAHC No minimum Hours

Jersey Assistance for Community Caregiving JACC:
201-336-7400 Provides assistance to seniors age
60+

Holy Name Home Care
Insurance Accepted 201-833-3740
Senior Helpers Bergen Co.
Care & Comfort at a Moment's Notice
Caregivers drive *Hourly/Live-in
Dementia Specialist 201-968-5777
www.seniorhelpers.com/bergencounty-nj

MENTAL HEALTH

CBH CARE Wellness & Support Center
569 Broadway Westwood 201-957-1800
www.cbhcare.com Walks-ins welcome
Adolescent programs: Hackensack 201-646-0333

Care Plus Mental health Ctr: Outpatient, Partial
Care, Family Outreach services
610 Valley Health Plaza Rd. Paramus Borough 201-
265-8300 www.careplusnj.org

Perform Care: Children & Family Services
1-877-652-7624

Psychiatric Emergency Screening Program
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

Information Access: 844-ReachNJ

Or Reach NJ.gov

New Pathway aka S.O.A.R.

Alcohol/substance Out-Patient

20 Powers Drive, 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 Shelters: 201-336-6475

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