

SENIOR RESOURCES

Community Meals, Inc.

September, 2017

CHEER PROGRAM “At home but not alone”

A Visiting Homemaker Bergen County program

298 Union St., Hackensack, NJ 201.488.0041 www.vhsbc.com

- The purpose of CHEER is to provide quality in home and community services for individuals who are unable to care for themselves or need assistance. These services prevent the disruption of family life, foster independence, and maintain dignity.
- Established in 1965, non-profit, supported by Bergen County Div. of Social Services assisting isolated home-bound Senior Citizens aged 60 years or older who live in Bergen County.

ESI Service Centers - NCOA, National Council on Aging

For a FREE ESI/BenefitsCheckUp® contact: Cynthia Arone, ESI Case Manager at 201.968.0200 x 7501, email: Cynthia.arone@greaterbergen.org Greater Bergen Community Action, Economic Security Initiative, 316 State St., Hackensack, NJ

- ESI Service Centers can assist you with FINANCES, JOBS, HEALTH, LEGAL SERVICES, HOUSING, PUBLIC BENEFITS and AGING NETWORK SERVICES

iTN *NorthJersey* “Dignified transportation for seniors”

205 Hillcrest Ave., Wyckoff NJ 07481, 201.398.6885 info@itnnorthjersey.org

- iTNAmerica® has affiliates from coast to coast. They provide an invaluable service to riders as well as adult children who no longer need to worry or leave work to give rides to their parents.
- iTNAmerica® provides dignified community-based and community-supported transportation for seniors and the visually impaired.

AGE FRIENDLY RIDGEWOOD “To bring older adults into the conversation as our community plans for the future.”

<https://www.agefriendlyridgewood.org>

- Log on to learn about the numerous resources in HOUSING, TRANSPORTATION, HEALTH/MEDICAL and COMMUNITY.

VISITING HOMEMAKER Home Health Aide Service of Bergen County, Inc,

298 Union St., Hackensack, NJ 201.488.0041 800.246.2402 www.vhsbc.com

- Home Care and Companion Services give families peace of mind knowing that their loved ones are safely cared for by compassionate, skilled and mature certified home health aides and companions.
- Visiting Homemaker Home Health Aid Service is a recognized pioneer in home care services. Non-profit, community-based agency established in 1954.