

## MEALS ON WHEELS ELIGIBILITY

To be eligible for home delivered meals, you must:

- Reside in the area served by Bergen County Meals on Wheels
- Be age 60 years or older, or spouse and caregiver of eligible individual
- Be unable to leave your home without the assistance of another person and unable to prepare a nutritious meal for yourself
- Have daytime assistance for no greater than 4 hours during the day
- Not require a special diet

A social worker will periodically conduct an in-home interview to determine your eligibility for continuation in the Meals on Wheels program as well as eligibility for other services that may benefit you.

**Bergen County Meals on Wheels is a publicly funded program designed to enable homebound adults to remain in their community with independence and dignity.**

**Hot Meal Plan:** One meal a day delivered between 9:00AM-2:00PM, Monday-Friday

**Frozen Meal Plan:** One week supply of meals delivered on a scheduled day each week between 9:00AM-3:30PM

Frozen meals are fully cooked and can be reheated in the microwave or conventional oven.

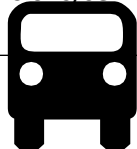
There is a suggested donation of \$1.25 per meal.

Weekend meals are available for nutritionally high-risk clients only.

Special diet meals are **not** available.

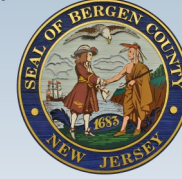
If you do not see your municipality listed, or require additional information, you can contact the Division of Senior Services at 201-336-7420 or visit:

[www.co.bergen.nj.us/bcdhs/divisions/senior.htm#meals](http://www.co.bergen.nj.us/bcdhs/divisions/senior.htm#meals)



# BERGEN NEW JERSEY

County



**James J. Tedesco III**  
*County Executive*

## Board of County Commissioners

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**Chairwoman**

**Thomas J. Sullivan**  
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**Dr. Joan M. Voss**  
**Chair Pro Tempore**

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**Steven A. Tanelli**

## Community Transportation



## *Serving The Residents of Bergen County*

**BERGEN NEW JERSEY**  
*County*

### **Community Transportation**

**Phone: 201-368-5955**

**Fax: 201-845-4683**



*Vehicles Are ADA Accessible*

*To make a service or ADA complaint and/or if you would like to make a reasonable accommodation request with Bergen County Community Transportation contact Joe Cinque at (201)336-3391 or send an email [j.cinque@co.bergen.nj.us](mailto:j.cinque@co.bergen.nj.us)*

*[www.co.bergen.nj.us](http://www.co.bergen.nj.us)*

### **MEALS ON WHEELS**

#### **Bergen County Meals On Wheels Program**

**One Bergen County Plaza, 2nd Floor**

**Hackensack, NJ 07601**

**201-336-7420**

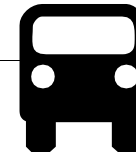
**Office Hours: 8:00AM—4:00PM**

**[seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)**

The goal of a home delivered meal program is to enable homebound adults to remain in their community with independence and dignity. Nutritionally balanced meals are delivered to eligible individuals who are unable shop for food, or to prepare their own meals and do not have anyone to prepare meals for them. There are a number of home delivered meal programs serving Bergen County residents through government or non-profit agencies.

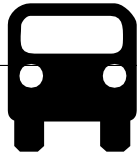
The Bergen County Meals On Wheels Program serves the following municipalities:

- |                  |                   |                  |
|------------------|-------------------|------------------|
| Bergenfield      | Garfield          | Ridgefield       |
| Bogota           | Hackensack        | Ridgefield Park  |
| Carlstadt        | Hasbrouck Heights | Rochelle Park    |
| Cliffside Park   | Leonia            | Rutherford       |
| East Rutherford  | Little Ferry      | Saddle Brook     |
| Edgewater        | Lodi              | South Hackensack |
| Elmwood Park     | Lyndhurst         | Teaneck          |
| Englewood        | Maywood           | Tenafly          |
| Englewood Cliffs | Moonachie         | Teterboro        |
| Fair Lawn        | New Milford       | Wallington       |
| Fairview         | North Arlington   | Wood-Ridge       |
| Fort Lee         | Palisades Park    |                  |



## CONTACT INFORMATION

|  |                        |
|--|------------------------|
| Bergenfield Town Vehicle                   | 201-387-4055 EXT. 4088 |
| Bogota Town Vehicle                        | 201-342-1736           |
| Carlstadt Town Vehicle                     | 201-939-2850           |
| Cliffside Park Town Vehicle                | 201-943-3768           |
| Cresskill Town Vehicle                     | 201-569-5400           |
| Dumont Town Vehicle                        | 201-387-5040           |
| East Rutherford Town Vehicle               | 201-933-5219           |
| Edgewater Town Vehicle                     | 201-943-1700           |
| Fair Lawn Town Vehicle                     | 201-794-5332           |
| Fairview                                   | 201-943-3768           |
| Fort Lee Parking Authority                 | 201-592-3500 EXT. 1518 |
| Garfield Town Vehicle                      | 973-478-7059           |
| Glen Rock                                  | 201-670-3956           |
| Hasbrouck Heights Senior Bus-Food Shopping | 201-693-8124           |
| Hillsdale                                  | 201-666-4800           |
| Haworth                                    | 201-385-3577           |
| Lyndhurst Town Vehicle                     | 201-804-2482           |
| Lodi                                       | 973-365-4068 KIM       |
| Mahwah Town Vehicle                        | 201-529-2691           |
| Montvale                                   | 201-391-5700 EXT. 225  |
| New Milford Town Vehicle                   | 201-967-7874           |
| North Arlington Town Vehicle               | 201-991-5519           |
| Oakland Town Vehicle                       | 201-405-7731           |
| Palisades Park Town Vehicle                | 201-585-4114           |
| Park Ridge                                 | 201-573-1800           |
| Paramus Town Bus                           | 201-265-2100 EXT. 660  |
| Ramsey Town Vehicle                        | 201-327-2697           |
| Ridgefield Town Vehicle-Shopping           | 201-945-5319           |
| River Edge Town Vehicle                    | 201-599-6277           |
| River Vale                                 | 201-664-2341           |
| Rutherford Town Vehicle                    | 201-460-3000           |
| Starfish of River Edge & Oradell           | 201-265-7777           |
| Starfish of Rutherford                     | 201-438-3406           |
| Saddle Brook Town Vehicle                  | 201-845-4594           |
| Teaneck Town Vehicle                       | 201-837-0171           |
| Westwood Senior Van                        | 201-664-7100 EXT. 170  |
| Woodcliff Lake                             | 201-391-4977 EXT. 200  |
| Wood-Ridge Town Vehicle                    | 201-939-7507           |



## GREETINGS FROM OUR COUNTY EXECUTIVE



Dear Bergen County Residents,

We are committed to meeting the transportation needs of our elderly, disabled and behaviorally challenged residents of Bergen County. In a county as large as Bergen with a population of more than 905,000 in 70 municipalities across 233 square miles, our team in the Bergen County Division of Community Transportation is committed to working hard to fill every transportation request possible.

We hope this guide will help you find all the information you need to take advantage of our services. It includes phone numbers, hours of operation and other valuable information geared to help you.

My administration is dedicated to helping improve your quality of life. I hope you will contact the Division of Community Transportation at (201) 368-5955 for your transportation needs when they arise and if you should ever need further assistance please do not hesitate to contact my office at (201) 336-7300. We are here to help you.

Sincerely,

James J. Tedesco III  
Bergen County Executive

The Division of Community Transportation is here to provide a trouble-free, shared transportation system for persons with disabilities, senior citizens, veterans and welfare to work residents of Bergen County.

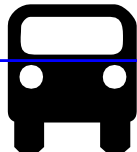
Services are provided in a professional, timely caring and courteous, manner in all types of weather. Our service is door-to-door and is provided by drivers who have been specially trained to assist senior citizens and persons with disabilities.

This vital service is life sustaining for clients with serious medical and health needs; a lifeline to homebound clients who are delivered nutritional meals daily; and a link to social services for clients who would otherwise be isolated and alone.

We currently provide transportation for:

- Routine medical visits (non-emergency care, dialysis, etc.)
- Senior activity centers
- Shopping
- Competitive and non-competitive employment
- Education
- Recreation
- Post-Stroke programs
- Meals on Wheels

The goals of Community Transportation are to increase the number of clients served, to expand service to include night hours for recreational, educational and medical purposes and to remain a national model for special transportation services.



ADDITIONAL INFORMATION

Residents are welcome to submit a complaint or compliment to the following number, 201-368-5955, or in writing to Bergen County Community Transportation, 178 Essex Street, Lodi, NJ 07644. If you are filing a Title VI complaint, you can locate the Title VI Complaint Form on our website at [www.co.bergen.nj.us](http://www.co.bergen.nj.us) or request a hard copy.

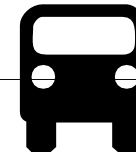
To make a service or ADA complaint and/or if you would like to make a reasonable accommodation request with Bergen County Community Transportation, contact Joe Cinque at 201-336-3391 or send an e-mail to: [jcinque@co.bergen.nj.us](mailto:jcinque@co.bergen.nj.us).

Due to the funding of our services, portable oxygen tanks and service animals are permitted on our vehicles. If you require the use of a portable oxygen tank or a service animal, please give us notice when making a reservation so proper accommodations can be made to provide the best service possible.

All special requests should be made at the time of the reservation. We are not able to accommodate every request made, but do our best to assure that each client is satisfied. If information is needed in another language or in another format please contact-Joseph Cinque-(201)336-3391.

**Bergen Community College Shuttle:**

This shuttle service operates from the Bergen Community College campus in Paramus to the Bergen Community College campus located in Lyndhurst. It provides transportation to students, faculty and employees.



## ROADSIDE ASSISTANCE FOR WHEELCHAIR EQUIPPED VEHICLES

We at Community Transportation understand the special challenges facing the physically impaired, yet active members of our community, when their wheelchair-modified vehicles become immobilized due to accident or mechanical failure.

When a County Residents wheelchair-modified automobile becomes immobilized or is involved in an accident, the driver can contact the local police via 911 for assistance. If the officer determines that the vehicle is disabled beyond immediate repair on site, he or she will then call for a towing service and will contact the County Police for further assistance. The County Police will then call Community Transportation during normal business hours, to dispatch a driver, based on availability, to transport the damaged vehicle's driver to either their intended destination or to their home, at which point service will end. This is offered as a free service on an **emergency basis only** to any person traveling in or through Bergen County in a wheelchair-modified vehicle, although transportation will only be available within the County limits.

## NON DISCRIMINATION POLICY (TITLE VI)

### Non-Discrimination policy

Bergen County Community Transportation operates its programs and services without regard to race, color, or national origin in accordance with Title VI of the Civil Rights Act of 1964, as amended. Any person who believes that she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint in writing to Bergen County Community Transportation. To file a complaint, or for more information on Bergen County Community Transportation's obligations under Title VI write to: Bergen County Community Transportation 178 Essex Street, Lodi NJ 07644 or visit Bergen County's website. Transportation services provided by this agency are in whole or part funded through federal funds received through NJ TRANSIT and as an individual you also have the right to file your complaint to both Bergen County Community Transportation as well as the Federal Transit Administration. Complaints may also be filed with the Federal Transit Administration in writing and may be addressed to: Title VI Program Coordinator, East Building, 5<sup>th</sup> Floor-TCR, U.S. Department of Transportation, Federal Transit Administration, Office of Civil Rights, 1200 New Jersey Ave, SE, Washington, DC 20590. If information is needed in another language please contact Joe Cinque-201-336-3391.



## SERVICE

Every effort is made to accommodate everyone who needs the transportation service, however, aside from subscription trips all rides are scheduled on a first come, first serve basis, depending on availability.

It is important to make reservations as early as possible as appointments are available on an availability basis. To insure service availability, please **make your appointments between 10:30am – 2pm**, and make reservations with us **at least 7-10 days in advance**. Service requests outside of these hours and on shorter notice can *sometimes* be accommodated however, be sure to ask if the dispatcher can take your trip request on a stand-by basis.

Requests for routine transportation, such as dialysis, physical therapy, or any other trip required on a weekly basis, should be faxed to us at 201-845-4683 by the facility providing the service. Shopping is provided to certain areas on a weekly or monthly schedule. Please ask the dispatcher for more information on the options available in your area.

Our office is closed and no service will be available on the following holidays: New Year's Day, Martin Luther King, Jr.'s Birthday, Presidents Day, Good Friday, Memorial Day, Juneteenth, Independence Day, Labor Day, Columbus Day, Election Day, Veteran's Day, Thanksgiving Day and the Friday after Thanksgiving, and Christmas Day. For the specific dates, please call 201-368-5955 and press 5.



## SHARE THE COST IF YOU CAN

We are pleased to be able to offer this service free of charge to eligible Bergen County residents however, this service is expensive to provide. While the average cost to provide a round trip is about \$16, we ask only a suggested donation of \$1 to help defray the cost.



## CANCELLATION/NO SHOW POLICY

When an appointment is scheduled, the date and time of the request is secured. As appointments are on an availability basis, if transportation is canceled it would prohibit another client from securing that date and time slot.

If you cancel three (3) scheduled appointments in one (1) month, transportation will be suspended for one (1) month.

If you have three (3) no show/at door cancellations in one (1) month, your transportation will be suspended for six (6) months.

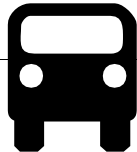
During the duration of suspension, no transportation will be provided, including previously confirmed transportation for the affected suspension period.

## INCLEMENT WEATHER

Due to our location, we do experience a number of winter storms each year, as well as an occasional hurricane or tropical storm. During these acts of nature, it is not always possible for us to provide a normal day of service.

If your trip is cancelled, or is scheduled during a closure of our office, you should contact us to reschedule it immediately so we can attempt to best accommodate you.

For the most up to date information on daily cancellations due to weather, you can visit our website at [www.co.bergen.nj.us](http://www.co.bergen.nj.us) or call 201-368-5955 and listen for an automated message.



## TRANSPORTATION OPTIONS

In addition to our services, a number of municipalities offer various types of transportation exclusively for their residents. The names and phone numbers of those municipalities have been provided for your convenience. Service levels vary from in town only to door-to-door to set routes as well as varying in the days, times, and types of trips offered. Although we have tried to gather specific information on their services, services change often and must be confirmed with the municipalities directly. Remember, even if you don't see your town listed here; call your municipal building directly to find out what transportation options they may have.

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### Access Link/NJ Transit Buses

Access Link is available to disabled clients who live within  $\frac{3}{4}$  of a mile of a bus route but are unable to use public transportation. This service is available the same hours as the public bus system. Call 1-800-955-2321 and ask for an assessment. NJ Transit offers lift-equipped buses on both local transit and commuter routes, although not all local bus trips are accessible. Check your NJ Transit timetable for bus trips marked with a "W" to determine which trips are available for people who require the use of lifts.

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### NJ Transit's Reduced Fares

Senior citizens and disabled residents can ride on most of the state's buses for a reduced fare, which is  $\frac{1}{2}$  of the regular fare, rounded down to the nearest five cents. To ride at the reduced fare you must have an identification card, a reduced fare ticket and the appropriate reduced fare. A Medicare card can be used as identification or you can obtain a special Reduced Fare Identification Card. Applications for senior citizens and reduced fare tickets can be obtained at most banks in New Jersey. Persons with disabilities who do not have a Medicare card must call the Reduced Fare Program office for an application, which must be filled out by a doctor. For more information, call the Reduced Fare Program Office at 201-761-8327 from 8:45am - 4:15pm, Monday through Friday.

