

Bergen County
Senior Care Center

327 East Ridgewood Avenue
Paramus, New Jersey 07652-4895
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Bergen County



Senior Care Center

Bergen County
Department of Health Services
327 East Ridgewood Avenue
Paramus, NJ 07652-4895
201-634-2600 • FAX: 201-599-6270

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www.bergenhealth.org

Senior Care: A Sensible Option

The Bergen County Department of Health Services Senior Care Center is a social day care program with a caring staff that enhances the quality of life for clients and caregivers. Our elderly loved ones need social outlets that provide continued enrichment and the opportunity to make new friends. Caregivers also need respite from the attention they give their loved ones in order to work and do daily errands.

Our mission is to provide clients with comprehensive quality care through health monitoring, stimulating activities and socialization to help maintain an optimal level of independence. An additional facet of our mission is to provide caregivers with a high standard of professionalism, case management, education and supportive services.

“Keeping Families Together”

The Senior Care Center offers a day care program designed to meet the needs of frail elderly and caregivers.

DAY CARE PROGRAM

In answer to the social and recreational needs of its clients, the Senior Care Center provides a wide array of activities from Monday to Friday, every week of the year.

Caregivers can rest assured in the quality of professional care and supervision clients receive.

A program coordinator oversees the operations of the center.

A registered nurse is on hand to monitor clients, ensure administration of prescribed medication and see that dietary needs are met.

A social worker provides initial assessments and participates in case management.

A recreational supervisor plans and directs activities.

Services are designed to meet our client needs:

- ◆ Nutritious Continental Breakfast and Complete Lunch
- ◆ Structured Recreation Program
- ◆ Transportation Assistance
- ◆ Podiatry Services
- ◆ Hair Salon Services
- ◆ Caregiver Support Group

One of the most difficult experiences of adulthood is caring for aging parents or loved ones while raising children, maintaining a household and/or career.

The Senior Care Center can assist caregivers by providing daily relief for those who would like to:

- ◆ Enjoy free time
- ◆ Visit a friend
- ◆ Go shopping
- ◆ Handle business matters
- ◆ Engage in other activities

Our clients enjoy a caring, secure atmosphere and the following activities:

- ◆ Music
- ◆ Crafts
- ◆ Board Games
- ◆ Creative Arts
- ◆ Exercise
- ◆ Socializing
- ◆ Pet Therapy
- ◆ Professional Entertainment

The Center is open from 7:30 a.m. to 5:30 p.m., Monday through Friday.

HELPR

HELPR is a self-help support group for caregivers that:

Helps restore a feeling of self-worth

Enables the caregiver to cope more effectively

Lets the caregiver share feelings

Provides the “tools” to deal with guilt, anger and other emotions

Reminds the caregiver of positive accomplishments

HELPR meets in the afternoon on the third Thursday of every month.

Information Resource

The Bergen County Senior Care Center can provide information on these services and:

- ◆ Education for Caregivers
- ◆ Counseling
- ◆ Volunteering
- ◆ Resources/Referrals
- ◆ Special Events
- ◆ Intergenerational Program
- ◆ Community Outreach

The Bergen County Senior Care Center is located in the Major Charles J. Watters Community Services Building
327 East Ridgewood Avenue
Paramus, NJ 07652-4895



Directions:

FROM RT. 4 EAST OR WEST

In Paramus, take Forest Avenue north to East Ridgewood Avenue. Turn left onto East Ridgewood Avenue. Turn right onto County Lane immediately after Medical Examiner's Building. Building is to the left.

FROM RT. 17 NORTH OR SOUTH

In Paramus, take the Midland Avenue exit toward Oradell. At fourth light, turn left onto Farview Avenue. At second light, turn right onto East Ridgewood Avenue. Take first left into parking lot.

FROM GSP NORTH OR SOUTH

Take exit 165 toward Oradell. At first light, turn right onto Pascack Road. Take second right (jughandle). Go through light. Take first left into parking lot.