

## Where to seek help

<u>Description</u>	<u>Agency</u>
<b>Adult Medical Day Care</b>	<b>Daughters of Miriam/The Gallen Institute</b> - Adult Medical Day Program accepts Medicaid and Medicare and also has grant monies available for low income seniors who reside in Passaic County. Rhonda Brandt, 973-253-5235.  <b>The Gallen Adult Day Health Care Center at the Jewish Home at Rockleigh</b> provides care and services to the elderly living in the community experiencing frail health and/or dementia. Participants may take advantage of the rehabilitation and outpatient medical services offered at the Jewish Home. 201-784-1414.
<b>Baby Accessories</b> (If you are in need of items such as a crib, stroller, high chair, etc.)	<b>Baby Gmach</b> (Hebrew for <i>gemilut chessed</i> – acts of loving kindness) Leah Zimmerman, 973-777-1456
<b>Baby Basics</b> (diapers & formula)	<b>Children’s Aid &amp; Family Services</b> Call 201-445-7015 to request application
<b>Clothing Discounts</b>	<b>Ezra’s Closet</b> Gently worn Shabbat & Yom Tov dresses, size newborn – teen/young adult. Open for shopping on Sundays from 5 PM - 7 PM and on Thursdays from 12 PM – 2 PM. Dawn Orlinsky, 201-836-5219 <a href="mailto:dawnorlinsky@yahoo.com">dawnorlinsky@yahoo.com</a> . Call for donation hours.  <b>Helen Sanders Thrift Shop at Daughters of Miriam Center/The Gallen Institute</b> 155 Hazel Street, Clifton 973-253-5277 Open Mon, Wed, Fri – 10 AM – 3 PM Call for donation hours.  <b>NCJW Thrift Shop</b> 75 S. Washington Ave., Bergenfield 201-385-4847 Open Mon, Tues, Wed, Fri, 10 AM-5:30 PM; Thurs, 10 AM -8 PM; Sat, 9:30 AM-5 PM Call for donation hours.

## Where to seek help

**Clothing Gmachs: Gown Gmach, Fair Lawn**  
**Dresses & Gowns** (Under auspices of Anshei Lubavitch of Fair Lawn)  
(Lends clothing in return for small donation) Bella Grinberg, 201-797-1770, [FairLawnGemach@aol.com](mailto:FairLawnGemach@aol.com)

**Gown Gmach, Englewood**  
Susan at 201-248-7313 or Debbie at 201-567-0134,  
[sabrams.gowngmach@gmail.com](mailto:sabrams.gowngmach@gmail.com)

**Gown Gmach, Teaneck**  
Daniella Neiman, 201-314-5383, [dneiman12@yahoo.com](mailto:dneiman12@yahoo.com)

### **Domestic Violence**

**Jewish Family Service of Bergen County:** (Teaneck area)  
201-837-9090

**Jewish Family Service of North Jersey:**  
(Fair Lawn/Wayne area)  
201-796-5151/973-595-0111

**Project S.A.R.A.H. (Stop Abusive Relationships At Home):**  
Call (973) 777-7638

**Shelter Our Sisters**  
Hotline (201) 944-9600

### **Education**

**Bramson ORT College**, offers quality college programs in business, technology and health services with two locations: Forest Hills, Queens and Bensonhurst, Brooklyn as well as **online courses**.

Queens Campus – 69-30 Austin Street, Forest Hills, NY 11375  
718.261.5800

Brooklyn Campus - 5812 20<sup>th</sup> Avenue, Brooklyn, NY 11204  
718.259.5300

**Computer Training** (MS Word, Excel, Power Point, Access, Quickbooks, Internet & Email)  
**Jewish Family Service of Bergen County:** (Teaneck area)  
201-837-9090

## Where to seek help

### **Employment Counseling**

**Jewish Family Service of Bergen County:** (Teaneck area)  
201-837-9090

**Jewish Family Service of North Jersey:**  
(Fair Lawn/Wayne area)  
201-796-5151/973-595-0111

#### **Project Ezrah**

Jennifer Proper: (201) 569-9047 ext. 17  
[Jennifer@ezrah.org](mailto:Jennifer@ezrah.org)

### **Energy Assistance**

**HEAP – Home Energy Assistance Program**  
Hotline: 1-800-510-3102.

**NJ Shares - New Jersey's Statewide Energy Fund Providing  
Temporary Assistance,** [www.njshares.org](http://www.njshares.org) or 1-866-657-4273

**NJ 211 Partnership: NJ Guide to Meeting Basic Utility Needs**  
[www.nj211.org/energy/index.cfm](http://www.nj211.org/energy/index.cfm)

### **Financial Management/ Loan Counseling**

**Jewish Family Service of Bergen County:** (Teaneck area)  
201-837-9090

**Jewish Family Service of North Jersey:**  
(Fair Lawn/Wayne area) 201-796-5151/973-595-0111

**NJ Citizen Action provides free Loan Counseling** as the  
state's largest HUD certified loan counseling agency:

- Crisis / Foreclosure Counseling and Mediation
- First-time Homebuying
- Reverse Mortgages for Seniors
- Home Improvement Loan Counseling

(973) 643-8800. [www.njcitizenaction.org](http://www.njcitizenaction.org)

### **Food Resources**

**Center for Food Action of NJ,** [www.cfanj.org](http://www.cfanj.org), 201-569-1804

**Community Food Bank of New Jersey**  
[www.njfoodbank.org](http://www.njfoodbank.org), 908-355-3663

**Food Banks of New Jersey -**  
<http://aesop.rutgers.edu/~wastemgmt/foodbanktable2.htm>

**Statewide Emergency Food And Anti-Hunger Network**  
[www.sefan.org](http://www.sefan.org) or 201-569-1804

## Where to seek help

### **Furniture**

#### **L'Chaim Furniture Gmach of Fair Lawn**

(Under auspices of Anshei Lubavitch of Fair Lawn)

Bella Grinberg, 201-797-1770, [FairLawnGemach@aol.com](mailto:FairLawnGemach@aol.com)

### **Home Safety Improvements**

(ie: grab bars, minor repairs, etc.)

#### **Bonim Builders, a program of the Synagogue Leadership Initiative of the UJA NNJ.**

Genene Kaye, 201-820-3903, [genenek@ujannj.org](mailto:genenek@ujannj.org)

**Chore Service**, sponsored by the Volunteer Center of Bergen County  
201-489-7790

### **Housing**

**Daughters of Miriam Apartments** are HUD (Housing & Urban Development) buildings and as such, are for low end income.  
Linda Emr at 973-253-5311

### **Legal Counseling**

**Jewish Family Service of Bergen County:** (Teaneck area)  
201-837-9090

#### **Jewish Family Service of North Jersey:**

(Fair Lawn/Wayne area)

201-796-5151/973-595-0111

#### **Legal Services of New Jersey**

1-888-LSNJ-LAW (1-888-576-5529)

<http://www.lsnj.org/>

### **Long Term Care & Rehabilitation**

**Daughters of Miriam/The Gallen Institute** accepts all insurances and Medicaid and Medicare.  
Admissions office, 973-253-5358

### **Oil Heat Help**

If you use oil to heat your home, joining **New Jersey Citizen Action's Oil Group** can save you up to 30% on your heating bill.  
(973) 643-8800. [www.njcitizenaction.org](http://www.njcitizenaction.org)

### **Public Programs**

**New Jersey Citizen Action's Economic Security Center** provides free, confidential benefits counseling to help individuals and families get information on public programs for which they qualify. These include **food stamps, health insurance, heating and utility bill assistance and more.**  
(973) 643-8800. [www.njcitizenaction.org](http://www.njcitizenaction.org)

## Where to seek help

**Receive Kosher Meals on Wheels during the week (Prepared by the Jewish Home at Rockleigh)**

**Jewish Family Service of Bergen County:** (Teaneck area)  
201-837-9090

**Jewish Family Service of North Jersey:**  
(Fair Lawn/Wayne area) 201-796-5151/973-595-0111

**Receive Kosher food for Shabbat**

**Tomchei Shabbos:**  
**Jewish Family Service of Bergen County:** (Teaneck area)  
201-837-9090

**Jewish Family Service of North Jersey:**  
(Fair Lawn/Wayne area) 201-796-5151 /973-595-0111

**Respite**

Free 2-month membership to provide respite to those under stress due to financial crisis. Opportunity to swim, exercise and take advantage of the gym.

**Bergen County Y, a JCC – 201-666-6610**

**JCC on the Palisades – 201-569-7900**

**YM-YWHA of North Jersey – 973-595-0100**

**Scholarships**

**National Council of Jewish Women** - Bergen County Section:

**For Female High School Seniors** - Criteria are as follows: the girls must be Jewish, have been accepted to a four year college, have financial need, have a high academic standing, be active in school activities, and be involved in community service.

**Zimmerman Scholarship** - undergraduate scholarship offered to young Jewish women in the community, who exemplify strengths in leadership and community service. Applicants must be planning to attend an accredited four year college and must reside in Bergen County. Decisions are based on application, essay, and interview. Financial need is not considered.

**Jewish Educational Scholarship** - offered to students majoring in a Jewish educational program. The applicant must be a college or graduate level student, reside or work in Bergen County, and be available for a personal interview after May 15. Awards are based on financial need, scholarship, and commitment. The scholarship can be used only at an institution in the United States.

For applications and more information contact :

National Council of Jewish Women, Bergen County Section  
75 South Washington Avenue, Bergenfield, NJ 07621

Phone: 201-385-4847

Email: [office@ncjwbcs.org](mailto:office@ncjwbcs.org)

## Where to seek help

### **Senior Counseling**

**The Jewish Home at Rockleigh** can offer counseling to help understand services available for seniors. 201-784-1414.

### **Special Needs**

**Jewish Association for Development Disabilities (J-ADD)** provides services to Jewish individuals who have developmental disabilities including kosher residential facilities, respite to families, & educational resources.  
Contact Abbe Greenberg, at 201-457-0058

### **Tax Preparation**

**NJ Citizen Action provides free Tax Preparation** for individuals and families with annual household incomes of less than \$42,000 at several Volunteer Income Tax Assistance (VITA) centers throughout the state.  
(973) 643-8800. [www.njcitizenaction.org](http://www.njcitizenaction.org)

### **Utility Payments**

**Jewish Family Service of Bergen County:** 201-837-9090