



Dear Age-Friendly Teaneck Friends:

Teaneck has been hit very hard by COVID-19. We are facing unprecedented challenges to keep ourselves, our families and our community safe. Age-Friendly Teaneck will strive to help keep residents informed about ways to stay healthy and connected in this difficult time. Stay well, and please reach out with a daily call to a friend or neighbor living alone.

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### Mental Health Dial-In Calls

Jewish Family and Children's Services of Northern New Jersey, a Teaneck-based social services agency serving people of all backgrounds, is presenting a series of **community mental health dial-in calls**, in cooperation with the Township

**Today, Tuesday, March 24 at 2 PM**  
Allison Limmer, LCSW, Director of Clinical Services of JFCS-NNJ  
**Parenting Tips to Keep You Sane Through Corona**

Thursday, March 26 at 2 PM  
Pam Shipley, LPC Clinician at JFCS-NNJ  
**Tips for Staying Connected**

Please dial: **(563)-999-1684** to tune in.

You may [Click here](#) to listen to a recorded version of call-in program of March 22 led by Susan Greenbaum, LCSW, CEO of Jewish Family & Children's Services of Northern New Jersey: **Anxiety, Worry, Fear: We Are All Feeling It, How Do We Cope?**

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**Age-Friendly Teaneck has compiled a resource list to help residents find help and cope with impact of COVID-19 outbreak**

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## State of New Jersey Resources

**Web:** <https://covid19.nj.gov>

**Telephone:**

Call (General COVID-19 Questions): 2-1-1 (7a-11p)

Call (Clinical Questions): 1-800-962-1253 (24/7)

Text NJCOVID to 898-211 to receive alerts

## Bergen County/Regional Resources

**Web:** <https://www.co.bergen.nj.us/health-promotion/2019-novel-corona-virus>

**Telephone:**

Bergen Co. Dept. of Health: (201) 225-7000/After hours: (201) 785-8505

Bergen Co. Div. of Senior Services Senior HelpLine: 201-336-7400

SHIP (Medicare counseling): 201-336-7413

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

### [North Jersey Mutual Aid Resource Hub](#)

## COVID-19 Testing Information

Drive-through testing sites open at 8 a.m. every day (until 4 p.m. or supplies run out) at **Bergen Community College, 400 Paramus Road, Paramus**, and at **PNC Bank Arts Center, 116 Garden State Pkwy, Holmdel**

Demand is high and lines are long. Do not go for a test if you do not have symptoms (fever above 99.6, a cough or other respiratory symptoms, and shortness of breath), or you will be sent home.

**It is recommended** that you complete this [Self-Assessment](#) before visiting a testing site.

## Teaneck Resources and Information

### ***Municipal Government***

**Web:** <https://www.teanecknj.gov/news/post/8476/>

Main Phone Number: 201-837-1600

### [Teaneck Department of Health and Human Services](#)

Health Officer: 201-837-1600 ext. 1500

Email: [Health Officer](#)

Division of Social Services

Call: 201-837-1699 ext. 7164

Email: [social\\_svcs@teanecknj.gov](mailto:social_svcs@teanecknj.gov)

Hours: Monday, Wednesday, Thursday, 9 a.m. to 2 p.m.

This department can assist residents who may be dealing with social, emotional, physical and mental health issues and crises and also direct/refer residents to Social Services resources available, depending on their individual circumstance and need. Teaneck Division of Social Services may also provide financial service through the Public Assistance Trust Fund for those individuals or families who are eligible.

[Fire Department Check-Up Program](#) 7-day-a-week morning call service designed for people with health concerns who live alone and have no one to look in on them on a regular basis.

[Township Staff Phone Directory](#)

[Sign-Up for Township Alerts](#)

[Teaneck Businesses with Delivery/Take-Out Services](#)

[Teaneck Public Library](#) Closed to public but staffed remotely Mon-Fri, 9 am to 5 pm

Call/text: 201-817-9780

Email: [teancirc@bccls.org](mailto:teancirc@bccls.org); [reference@teaneck.bccls.org](mailto:reference@teaneck.bccls.org); [youth@teaneck.bccls.org](mailto:youth@teaneck.bccls.org)

Those with active library card have free access to

- Books and Audiobooks ([Hoopla](#), [Libby by Overdrive](#))
- Magazines ([RBDigital](#))
- Newspapers ([The New York Times Online](#))
- Music ([Hoopla](#))
- Movies and TV Shows ([Hoopla](#), [Kanopy](#))

Those who don't have library card [can apply online](#)

[Teaneck Creek Conservancy](#) The office at 20 Puffin Way is closed but park is open with patrons asked to practice social distancing and encouraged to visit Little Free Library at Fycke Lane Entrance. Leave a book, take a book.

[Helping Hands Food Pantry](#) Closed but available by telephone for emergency food distribution. Call 201-837-4818.

## **Government Program Interruption Information**

[Social Security](#)

[Medicare/Medicaid](#)

[IRS and Tax Relief](#)

[NJ Division of Taxation](#)

[NJ Unemployment](#)

[Bergen County Board of Social Services](#)

## **Social Services/Mental Health Providers**

[Jewish Family & Children's Services of Northern New Jersey](#)

Call: 201-837-9090

Email: [info@jfcsonnj.org](mailto:info@jfcsonnj.org)

Providing online/telephone counseling services, senior services, kosher meal delivery, as well as two food pantries, for people of all backgrounds.

JFCS COVID-19 Mental Health Support Line: 1-800-541-6076

Licensed therapists are available Mondays and Thursdays from 10am to 12pm and 7 to 9 pm.

Emotional Support NJ Hotline

Anyone seeking emotional support, dealing with anxiety, depression, etc:

1-877-294-4357

8am to 8pm, 7 days a week

### **Food and Prescription Deliveries**

Many local grocery stores have special hours for older adults to shop in-person or have set up new pick-up/delivery services.

Umbrella <https://www.askumbrella.com/coronavirus> is taking phone calls (844-402-2480) and emails from people who need to set up food and prescription deliveries.

If you need food pantry services or SNAP assistance, the Community Food Bank of New Jersey offers this search engine: <https://cfbnj.org/findfood/>

### **Guidance from Centers for Disease Control**

[If You Are Sick](#)

[If You Are Higher Risk](#)

[Preventing Household Spread](#)

### **Aging/Caregiver Resources**

[FamilyCaregiverAlliance](#) Articles on Readyng Your Home

[AARP](#) Holding Weekly TeleTownHalls

[Alzheimer's New Jersey](#) Holding Telephone Support Groups

[National Institutes on Aging](#) Free Exercise Videos

### **Things You Can Do to Help**

Donate Blood

NJ Health Commissioner of Health says there is an urgent need for blood across the state. [Click here for location](#) or contact the [Red Cross](#).

Support Holy Name Medical Center: <https://www.holyname.org/help/>

Support Other Organizations Fighting the

Virus: <https://www.nj.com/coronavirus/2020/03/how-to-volunteer-and-donate-in-new-jersey-during-the-coronavirus-outbreak-031920.html>

*REACH OUT TO AN OLDER ADULT RELATIVE, FRIEND, OR NEIGHBOR TO SEE IF THEY NEED*

*HELP. STAY CONNECTED!*

## **Things to Do While Staying Home**

**On-Line Museum Visits**: MCN has compiled list of free digital resources

**Free On-Line Ivy League Classes**: Links to hundreds of online classes

**Free Museum Coloring Books**: For adults or children;

**Free Streams of the Metropolitan Opera**: 7:30pm show times;

**Explore U.S. National Parks**: Virtual reality tours