

# 2025-2026 **RESOURCE DIRECTORY**



**Siena Village of Wayne**  

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A Christian Health Community

## **Welcome to our Resource Directory**

At Siena Village of Wayne, we are committed to helping older adults live independently and safely in the place they call home. This directory is designed to connect residents and their families with trusted local resources, programs, and services that support aging in place—whether the need is daily living assistance, health care, social connections, transportation, or home maintenance.

We know that families play an essential role in supporting their loved ones. This directory can also serve as a guide for family members, helping them access information and tools to assist better the residents they care about.

Your Service and Activity Coordinator, Jodi Lee, is here to guide you. If you have any questions, need assistance navigating resources, or would like a referral, please reach out to her directly at 201-897-5404 or [JodiL@christianhealhtnj.org](mailto:JodiL@christianhealhtnj.org)

We hope this Resource Directory helps residents and families feel safe, supported, and connected in the Siena Village of Wayne community.

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| Adult Day Programs                               |                              |               |                                           |                |
|--------------------------------------------------|------------------------------|---------------|-------------------------------------------|----------------|
| Resource                                         | Street Address               | Town          | Phone Number                              | Notes          |
| Adult Day Care at Passaic County Senior Services | 930 Riverview Drive, Ste 200 | Totowa        | 973-569-4080                              | Social         |
| Diamond Years                                    | 360 Clinton Street           | Haledon       | 973-942-4111                              | Medical/social |
| My Day Home                                      | 120 Commerce Way             | Totowa        | 973-890-5888                              | Medical/social |
| Shepherds Haven Social Day Care                  | 420 Ramapo Ave               | Pompton Lakes | 973-835-4747                              | Social         |
| TrueCare Adult Medical Day Care                  | 1111 Paulison Avenue         | Clifton       | 973-913-5143                              | Medical/social |
| Adult Protective Services                        |                              |               |                                           |                |
| Resource                                         | Street Address               | Town          | Phone Number                              | Notes          |
| Adult Protective Services(Passaic)               | 80 Hamilton Street           | Paterson      | 973-592-1954<br>After Hours -800-315-4561 |                |

## Aging & Disability Resources

| Resource                               | Street Address | Town           | Phone Number | Notes |
|----------------------------------------|----------------|----------------|--------------|-------|
| Aging & Disability Resource Connection |                | Passaic County | 973-881-4000 |       |

## Animal Services

| Resource                    | Street Address               | Town  | Phone Number          | Notes                                                  |
|-----------------------------|------------------------------|-------|-----------------------|--------------------------------------------------------|
| Alan Purcell Animal Shelter | 201 Pompton Plains Crossroad | Wayne | 973-694-0767          |                                                        |
| Animal Control              |                              |       | 973-694-9295          | After hours call Wayne Police<br>973-694-1800 Ext 3281 |
| Rabies Clinic               |                              | Wayne | 973-694-1800 Ext 3313 |                                                        |
| Spay /Neutering Services    |                              |       | 973-282-0890          | Low cost neuter & spay                                 |
| SpayUSA                     |                              |       | 1-800-248-7729        |                                                        |
| Wayne Dog and Cat Licensing |                              | Wayne | 973-694-1800 Ext 3313 |                                                        |

| Banks                |                         |        |              |       |
|----------------------|-------------------------|--------|--------------|-------|
| Resource             | Street Address          | Town   | Phone Number | Notes |
| Bank of America      | 1005 Hamburg Turnpike   | Wayne  | 973-317-0192 |       |
| Chase Bank           | 1401 Valley Road        | Wayne  | 973-628-5618 |       |
| Columbia Bank        | 122 Berdan Avenue       | Wayne  | 973-696-8782 |       |
| M & T Bank           | 217 Berdan Avenue       | Wayne  | 973-305-9656 |       |
| Spencer Savings Bank | 183 Hamburg Turnpike    | Wayne  | 973-942-6004 |       |
| TD Bank              | 281 Valley Road         | Wayne  | 973-633-6514 |       |
| TD Bank              | 187 Berdan Avenue       | Wayne  | 973-709-0037 |       |
| Valley Bank          | 1200 Preakness Avenue   | Wayne  | 973-696-6500 |       |
| Wells Fargo Bank     | 501 Union Boulevard     | Totowa | 973-790-2341 |       |
| Wells Fargo Bank     | 1210 Hamburg Turnpike A | Wayne  | 973-790-2393 |       |

## Cardiologists

| Resource                                           | Street Address                  | Town           | Phone Number | Notes |
|----------------------------------------------------|---------------------------------|----------------|--------------|-------|
| Advanced Cardiology Practice                       | 510 Hamburg Turnpike, #201      | Wayne          | 973-942-8176 |       |
| Cardiac Associates of North Jersey                 | 43 Yawpo Ave                    | Oakland        | 201-337-0066 |       |
| Cardiology Associates of North Jersey              | 242 West Parkway                | Pompton Plains | 973-831-7455 |       |
| Cardiology Consultants of NJ                       | 246 Hamburg Turnpike            | Wayne          | 973-942-1141 |       |
| Heart & Vascular Associates of Northern New Jersey | 401 Hamburg Turnpike, Suite 109 | Wayne          | 973-595-5345 |       |
| New Jersey Heart and Vein                          | 855 Valley Road, Suite 112B     | Clifton        | 973-327-5000 |       |
| St. Joseph's Health Advanced Cardiology            | 225 Minnisink Road, Floor 3     | Totowa         | 862-657-3210 |       |
| St. Joseph's Health Advanced Cardiology            | 225 Minnisink Road, Floor 3     | Totowa         | 862-657-3210 |       |
| Total Cardiology Care                              | 2035 Hamburg Turnpike #L        | Wayne          | 973-248-0200 |       |
| Valley Medical Group/Cardiology                    | 1578 Route 23, # 103            | Wayne          | 973-778-3777 |       |

| Carpet Cleaners                   |                       |           |               |       |
|-----------------------------------|-----------------------|-----------|---------------|-------|
| Resource                          | Street Address        | Town      | Phone Number  | Notes |
| ChemDry Bergen and Passaic County |                       |           | 973- 773-5559 |       |
| OxiMagic Carpet Cleaning          | 132 Little Falls Road | Fairfield | 201-445-1000  |       |
| Sabatino's Carpet Cleaner         |                       | Wayne     | 973- 696-1600 |       |
| Stanley Steemer                   |                       | Clifton   | 973-778-8873  |       |
| UCM Carpet Cleaners of Wayne      | Route 23              | Wayne     | 973-826-7747  |       |
| Car Wash                          |                       |           |               |       |
| Resource                          | Street Address        | Town      | Phone Number  | Notes |
| Pristine Auto Spa & Service       | 2122 Hamburg Turnpike | Wayne     | 973-835-7765  |       |
| Progressive Car Care              | 587 Union Boulevard   | Totowa    | 973-956-1234  |       |
| Royal Car Wash                    | 1555 NJ23             | Wayne     | 973-633-1900  |       |
| Urban Auto Spa                    | 755 Hamburg Turnpike  | Wayne     | 973-595-5153  |       |
| Willowbrook Car Wash              | 1 Riverlawn Drive     | Wayne     | 973-785-2200  |       |

| Car Wash                        |                               |                   |              |       |
|---------------------------------|-------------------------------|-------------------|--------------|-------|
| Resource                        | Street Address                | Town              | Phone Number | Notes |
| Wolfie's Car Wash               | 784 Mountainview<br>Boulevard | Wayne             | 973-476-5889 |       |
| Pompton Plains Hand Car<br>Wash | 729 NJ-Route 23               | Pompton<br>Plains | 929-206-4700 |       |
| Sunshine Car Wash               | 200 Moutainview<br>Boulevard  | Wayne             | 973-305-8998 |       |
| Spark Car Wash                  | 1720 US-Route 46              | Woodland<br>Park  | 908-840-8900 |       |

| Dental Services                                 |                      |                |                       |                                                                             |
|-------------------------------------------------|----------------------|----------------|-----------------------|-----------------------------------------------------------------------------|
| Resource                                        | Street Address       | Town           | Phone Number          | Notes                                                                       |
| Fine Dental Care                                | 600 Valley Road      | Wayne          | 973-475-8898          |                                                                             |
| Robert Russo, DDS                               | 580 Alps Road        | Wayne          | 973-686-1445          |                                                                             |
| Valley Dental Arts                              | 911 Valley Road      | Wayne          | 973-694-9080          |                                                                             |
| Wayne Family Dental                             | 931 Hamburg Turnpike | Wayne          | 973-694-4494          |                                                                             |
| Diabetes Resources                              |                      |                |                       |                                                                             |
| Resource                                        | Street Address       | Town           | Phone Number          | Notes                                                                       |
| Chilton Medical Center/Atlantic Health          |                      | Pompton Plains | 973-831-5229          | Diabetes educational and self management program. Insurance accepted        |
| St. Joseph's Wayne John Victor Machuga Diabetes |                      | Paterson       | 973-720-6733          | Diabetes educational and self-management program. Insurance accepted        |
| Wayne Township Biannual Blood                   |                      | Wayne          | 973-694-1800 Ext 3281 | Screening offered by Wayne Health Dept checks glucose and A1C, nominal fees |

| Dog Parks                                                                 |                        |               |              |                       |
|---------------------------------------------------------------------------|------------------------|---------------|--------------|-----------------------|
| Resource                                                                  | Street Address         | Town          | Phone Number | Notes                 |
| North Haledon Dog Park                                                    | 61 Brookside Terrace   | North Haledon |              |                       |
| Oakland Dog Park                                                          | 123 Ramapo Valley Road | Oakland       |              | \$20 per year per dog |
| Pompton Lakes Dog Park                                                    | 70 Albany Avenue       | Pompton Lakes |              |                       |
| Educational Programs                                                      |                        |               |              |                       |
| Resource                                                                  | Street Address         | Town          | Phone Number | Notes                 |
| Wayne Public Library                                                      | 461 Valley Road        | Wayne         | 973-694-4272 |                       |
| William Paterson University School of Continuing & Professional Education | 1800 Valley Road       | Wayne         | 973-720-2354 |                       |
| Bergen Community College                                                  | 400 Paramus Road       | Paramus       | 201-447-7100 |                       |

| Endocrinologist                                                                 |                                   |         |              |       |
|---------------------------------------------------------------------------------|-----------------------------------|---------|--------------|-------|
| Resource                                                                        | Street Address                    | Town    | Phone Number | Notes |
| Dr. Fadwa Sumrein, DO                                                           | 2 Brighton Street                 | Clifton | 862-297-9696 |       |
| Dr. Gibiezaite, MD                                                              | 57 Willowbrook<br>Boulevard       | Wayne   | 973-754-4060 |       |
| Dr. Namrata Paul, MD                                                            | 225 Minnisink Road,<br>Suite 103  | Totowa  | 862-657-3180 |       |
| Dr. Vanessa Narwani/Advocare Institute of<br>Metabolism, endocrine and diabetes | 2025 Hamburg Turnpike             | Wayne   | 201-636-1887 |       |
| Dr. Nil Pudchong S                                                              | 342 Hamburg Turnpike<br>#107      | Wayne   | 973-790-6260 |       |
| Valley Medical -Endocrinology                                                   | 1578 Route 23 # 205               | Wayne   | 973-832-7487 |       |
| Dr. Yazan Vwich                                                                 | 224 Hamburg Turnpike              | Wayne   | 973-942-6900 |       |
| Energy Assistance (LIHEAP & USF)                                                |                                   |         |              |       |
| Resource                                                                        | Street Address                    | Town    | Phone Number | Notes |
| Weatherization and Home Energy Assistance                                       | 930 Riverview Drive,<br>Suite 250 | Totowa  | 973-569-4032 |       |

## Fall Prevention

| Resource                     | Street Address | Town | Phone Number | Notes |
|------------------------------|----------------|------|--------------|-------|
| Good Steps-Home Care Options |                |      | 973-523-1224 |       |

## Fed Ex

| Resource                      | Street Address        | Town  | Phone Number  | Notes |
|-------------------------------|-----------------------|-------|---------------|-------|
| Fed Ex Authorized Ship Center | 1536 NJ Route 23      | Wayne | 973-628-0707  |       |
| Fed Ex                        | 113 US-46             | Wayne | 973- 638-1227 |       |
| Fed Ex Ground                 | 95 Demarest Drive     | Wayne | 800-463-3339  |       |
| Fed Ex Drop Box ONLY          | 1615 Hamburg Turnpike | Wayne |               |       |

## Financial Counseling

| Resource                                | Street Address              | Town      | Phone Number | Notes                         |
|-----------------------------------------|-----------------------------|-----------|--------------|-------------------------------|
| Community Credit Counseling             | 3455 Route 66               | Neptune   | 732-845-2880 | State licensed Debt Adjusters |
| Consumer Credit & Budget Counseling     | 299 S Shore Road US Route 9 | Marmora   | 609-390-9652 | State licensed Debt Adjusters |
| Family Guidance Center Corp             | 1931 Nottingham Way         | Hamilton  | 609-586-2574 | State licensed Debt Adjusters |
| Garden State Consumer Credit Counseling | 200 US Highway 9            | Manalapan | 732-409-6281 | State licensed Debt Adjusters |
| Investigroup NP A NJ Non Profit         | 1282 Liberty Avenue         | Hillside  | 908-977-7320 | State licensed Debt Adjusters |

## Food Pantries

| Resource                       | Street Address         | Town     | Phone Number | Notes                      |
|--------------------------------|------------------------|----------|--------------|----------------------------|
| Calvary Temple Hope Ministries | 1111 Preakness Avenue  | Wayne    | 973-694-2938 |                            |
| Community Food Bank            |                        |          | 908-224-7776 | Text "FINDFOOD"            |
| CUMAC/ECHO                     | 223 Ellison Avenue     | Paterson | 973-742-5518 |                            |
| Ponds Valley Food Pantry       | 341 Ramapo Valley Road | Oakland  | 201-337-6744 | pantrydirector@pondsnj.org |
| Salvation Army                 |                        | Paterson | 973-790-4817 | by appointment             |

## Food Pantries

| Resource                      | Street Address      | Town    | Phone Number | Notes                                               |
|-------------------------------|---------------------|---------|--------------|-----------------------------------------------------|
| Wanaque Feed the Hungry       | 579 Ringwood Avenue | Wanaque | 973-839-3000 |                                                     |
| Wayne Interfaith Network Food |                     | Wayne   | 973-595-1900 | To apply 973-694-1800 ext. 3281 Apply through Wayne |
| Wayne SDA Church Food Pantry  |                     |         | 973-696-5645 | Wednesdays food pantry 7 p.m. -8 p.m.               |

| Grief Support Groups and Counseling |                         |               |              |                                                                     |
|-------------------------------------|-------------------------|---------------|--------------|---------------------------------------------------------------------|
| Resource                            | Street Address          | Town          | Phone Number | Notes                                                               |
| Livewell Counseling                 |                         | Wyckoff       | 201-848-5800 | Christian Health Service                                            |
| Valley Health Systems               |                         |               | 201-291-6246 | In person or virtual                                                |
| Grocery Stores                      |                         |               |              |                                                                     |
| Resource                            | Street Address          | Town          | Phone Number | Notes                                                               |
| Fresh Grocer North Haledon          | 1068 High Mountain Road | North Haledon | 973-423-5506 |                                                                     |
| Instacart Store Delivery App        | Various Stores          |               |              | <a href="https://www.instacart.com/">https://www.instacart.com/</a> |
| Shoprite Oakland                    | 14 Post Road            | Oakland       | 201-337-3900 | pickup or delivery available                                        |
| Shoprite Wayne                      | 30 Wayne Hills Mall     | Wayne         | 973-595-0079 | pickup or delivery available                                        |
| Stop & Shop                         | 1220 Hamburg Turnpike   | Wayne         | 973-305-1333 | pickup or delivery available                                        |
| Super FoodTown                      | 1466 Route 23           | Wayne         | 973-696-1977 |                                                                     |
| Whole Foods Market                  | 560 Valley Road         | Wayne         | 973-587-1470 | pickup or delivery available                                        |

| Gyms                       |                          |                |              |                         |
|----------------------------|--------------------------|----------------|--------------|-------------------------|
| Resource                   | Street Address           | Town           | Phone Number | Notes                   |
| Gold's Gym                 | 18 Furler Street         | Totowa         | 973-256-4653 |                         |
| LA Fitness                 | 1070 Hamburg Turnpike    | Wayne          | 973-694-0175 | Silver sneakers program |
| Orangetheory Fitness       | 650 Union Boulevard      | Totowa         | 973-500-6600 |                         |
| Orangetheory Fitness       | 1160 Hamburg Turnpike #4 | Wayne          | 973-826-2788 |                         |
| Planet Fitness             | 797 Hamburg Turnpike     | Wayne          | 862-221-9261 | Silver sneakers program |
| Spa 23 Fitness & Lifestyle | 381 Route 23             | Pompton Plains | 973-839-8823 |                         |
| Wayne Community Center     | 1 Pike Drive             | Wayne          | 973-758-9039 |                         |
| Handyman                   |                          |                |              |                         |
| Resource                   | Street Address           | Town           | Phone Number | Notes                   |
| Criss Johnson              | 93 Boonton Avenue        | Butler         | 201-696-1664 | Call for pricing        |
| HandyMike LLC              | 28 Greendale Avenue      | Pompton Plains | 201-456-2003 | Depends on the project  |
| House Care Hero            |                          |                | 201-677-2287 | Free estimates          |

| Handyman     |                |         |              |                  |
|--------------|----------------|---------|--------------|------------------|
| Resource     | Street Address | Town    | Phone Number | Notes            |
| Ken Do It    |                | Oakland | 201-803-6171 | Call for pricing |
| Lew Thurston |                |         | 201-846-1595 | Call for pricing |

## Hearing Services

| Resource                          | Street Address                  | Town      | Phone Number | Notes                |
|-----------------------------------|---------------------------------|-----------|--------------|----------------------|
| ENT Associates-Audiologist        | 1211 Hamburg Turnpike           | Wayne     | 973-633-0808 |                      |
| Granville Brady, Jr.              | 1135 Clifton Avenue Suite # 101 | Clifton   | 973-472-9361 |                      |
| Hearing Life                      | 601 Hamburg Turnpike Suite #104 | Wayne     | 862-203-3129 |                      |
| Miracle-Ear Hearing Aid Center    | 653 US-46 West                  | Fairfield | 973-524-7817 |                      |
| Oakland Vision and Hearing Center | 350 Ramapo Valley Road          | Oakland   | 201-651-1212 | Audiologist on staff |
| Penta Hearing Care                | 23 Berdan Avenue                | Wayne     | 973-834-9073 |                      |

## Home Delivered Meals

| Resource                             | Street Address                | Town           | Phone Number | Notes                                            |
|--------------------------------------|-------------------------------|----------------|--------------|--------------------------------------------------|
| Meals on Wheels North Jersey         | 32 Pascack Road               | Woodcliff Lake | 201-358-0050 |                                                  |
| Mom's Meals                          |                               |                | 877-508-6667 | <a href="http://momsmeals.com">momsmeals.com</a> |
| Passaic County Division of Nutrition | 930 Riverview Drive Suite 250 | Totowa         | 973-569-4099 |                                                  |

## Home Health Care Agencies

| Resource          | Street Address                | Town    | Phone Number | Notes |
|-------------------|-------------------------------|---------|--------------|-------|
| BrightStar        | 601 Hamburg Turnpike          | Wayne   | 973-321-0110 |       |
| Caring People     | 1169 Main Avenue              | Clifton | 973-859-2700 |       |
| Home Care Options | 2000 Siena Village            | Wayne   | 201-897-5550 |       |
| Visiting Angels   | 1211 Hamburg Turnpike<br>#213 | Wayne   | 973-839-3761 |       |

## Hospice

| Resource                                | Street Address | Town | Phone Number | Notes                                                   |
|-----------------------------------------|----------------|------|--------------|---------------------------------------------------------|
| Barnabas Health and Hospital            |                |      | 855-619-4448 | Various locations                                       |
| Hospice Care of Hackensack              |                |      | 844-777-0711 | Various locations                                       |
| Hospice of NJ                           |                |      | 973-893-0818 | Home visits, nursing home, AL or hospital               |
| Hospice/ Palliative St. Joseph's        |                |      | 973-276-3052 |                                                         |
| Hospice Palliative Care-Atlantic Health |                |      | 201-897-5550 | Hospice in home, nursing home, AL or hospital available |
| Journey Hospice of NJ                   |                |      | 973-276-3052 | Home visit, nursing home, AL                            |

## Hospice

| Resource                        | Street Address            | Town         | Phone Number  | Notes                                                       |
|---------------------------------|---------------------------|--------------|---------------|-------------------------------------------------------------|
| Medicare.gov- hospice care info | www.medicare.gov          |              |               | To find Medicare participating hospice that serve your area |
| Valley Hospice                  |                           |              | 201-291-6131  | Home, nursing home, hospital , AL                           |
| Holy Name Villa Marie Claire    | 12 West Saddle River Road | Saddle River | 551- 248-4800 | On site hospice facility                                    |
| Vitas                           |                           |              | 855-336-5329  |                                                             |

| Hospitals                              |                       |                  |                              |                                               |
|----------------------------------------|-----------------------|------------------|------------------------------|-----------------------------------------------|
| Resource                               | Street Address        | Town             | Phone Number                 | Notes                                         |
| Chilton Medical Center                 | 97 West Parkway       | Pompton Plains   | 973- 831-5000                | Wayne First Aid will transport you there      |
| Morristown Memorial Hospital           | 100 Madison Avenue    | Morristown       | 973- 971-5000                | Wayne First Aid will <b>NOT</b> transport you |
| St. Joseph's Hospital Wayne            | 224 Hamburg Turnpike  | Wayne            | 973-942-6900                 | Wayne First Aid will transport you there      |
| St. Joseph's University Medical Center | 703 Main Street       | Paterson         | 973-754-2000                 | Wayne First Aid will transport you there      |
| Valley Hospital                        | 4 Valley Health Plaza | Paramus          | 201- 447-8000                | Wayne First Aid will <b>NOT</b> transport you |
| Housekeeping Services                  |                       |                  |                              |                                               |
| Resource                               | Street Address        | Town             | Phone Number                 | Notes                                         |
| Busy Bea Cleaning                      | 511 Riverside Drive   | Wayne            | 973-797-9951                 |                                               |
| Home Care Options                      |                       | Wayne            | 201-897-5550                 | free quarterly seasonal                       |
| Merry Maids of North Jersey            |                       |                  | 973-354-3950                 |                                               |
| Molly Maid                             |                       | Lyndhurst/Nutley | 201-340-1472                 |                                               |
| Zhanna's Cleaning                      | 263 Franklin Avenue   | Ridgewood        | 212-645-5555<br>201-588-5555 |                                               |

| Immigration Services                         |                                |                                                                                 |              |                                                             |
|----------------------------------------------|--------------------------------|---------------------------------------------------------------------------------|--------------|-------------------------------------------------------------|
| Resource                                     | Street Address                 | Town                                                                            | Phone Number | Notes                                                       |
| IACO, Immigration & American citizenship Org |                                | <a href="https://immigrantintegration.org">https://immigrantintegration.org</a> | 973-472-4648 | Volunteers assist immigrants with their immigration process |
| Insurance Counseling (SHIP)                  |                                |                                                                                 |              |                                                             |
| Resource                                     | Street Address                 | Town                                                                            | Phone Number | Notes                                                       |
| SHIP/Passaic County Senior Services          | 930 Riverview Drive, Suite 200 | Totowa                                                                          | 973-569-4060 |                                                             |

## Junk Removers

| Resource                   | Street Address         | Town      | Phone Number   | Notes                     |
|----------------------------|------------------------|-----------|----------------|---------------------------|
| 1-800-Got-Junk             |                        | Wayne     | 1-800-468-5865 | Service in the Wayne area |
| College Hunks Hauling Junk | 1275 Bloomfield Avenue | Fairfield | 973-954-4651   |                           |
| Junk Pros                  |                        |           | 201-645-1103   |                           |

## Laundry Services

| Resource              | Street Address             | Town           | Phone Number | Notes |
|-----------------------|----------------------------|----------------|--------------|-------|
| Allwood Cleaners      | 48 Market Street           | Clifton        | 973-778-3008 |       |
| Laundry Unlimited     | 79 Union Boulevard         | Totowa         | 862-823-6309 |       |
| NJ Laundry Service    |                            | Passaic County | 201-431-0141 |       |
| The Palace Laundromat | 1116 McBride Avenue        | Woodland Park  | 973-341-2233 |       |
| Wayne Laundry         | 132 Mountainview Boulevard | Wayne          | 973-406-7333 |       |

| Legal Aid                             |                              |           |              |                                                                 |
|---------------------------------------|------------------------------|-----------|--------------|-----------------------------------------------------------------|
| Resource                              | Street Address               | Town      | Phone Number | Notes                                                           |
| Northeast NJ Legal Services           | 152 Market Street, 6th floor | Paterson  | 973-523-9002 | Anna Navatta                                                    |
| Eldercare Lawyer/Medicaid Specialist  |                              |           |              |                                                                 |
| Resource                              | Street Address               | Town      | Phone Number | Notes                                                           |
| Andora & Romano LLC                   | 15 Essex Road, #46           | Paramus   | 201-845-6621 |                                                                 |
| Michael Manna                         | 66 S Maple Avenue            | Ridgewood | 866-678-0459 |                                                                 |
| Ellen B Miller<br>Medicaid Specialist | 37 Eagle Ridge Circle        | Lakewood  | 908-222-9126 |                                                                 |
| Medicare/Medicaid Assistance          |                              |           |              |                                                                 |
| Resource                              | Street Address               | Town      | Phone Number | Notes                                                           |
| Medicare                              |                              |           | 800-633-4227 | <a href="http://www.medicare.gov">www.medicare.gov</a>          |
| Medicaid                              |                              |           | 800-633-4227 | <a href="https://www.medicaid.gov">https://www.medicaid.gov</a> |

## Medical Alert Systems

| Resource          | Street Address | Town | Phone Number   | Notes |
|-------------------|----------------|------|----------------|-------|
| Bay Alarm Medical |                |      | 1-877-522-9633 |       |
| LifeStation       |                |      | 1-866-715-6287 |       |
| Medical Alert     |                |      | 1-800-773-5948 |       |
| Medical Guardian  |                |      | 1-800-734-2092 |       |
| Mobile Help       |                |      | 1-800-923-1506 |       |
| Mobile Help       |                |      | 1-800-923-1506 |       |
| One Call Alert    |                |      | 1-844-466-4172 |       |

## Medical Transport

| Resource                         | Street Address       | Town          | Phone Number | Notes            |
|----------------------------------|----------------------|---------------|--------------|------------------|
| Aero Ambulance Services          | 52 Hackensack Avenue | Hackensack    | 201-343-0144 | Call for pricing |
| Pulse Medical Transport          | 24 Andrews Drive     | Woodland Park | 973-237-1313 | Call for pricing |
| Rapid Response Medical Transport | 240 Frisch Court     | Paramus       | 201-977-4448 | Call for pricing |

| Medical Transport       |                |            |              |                  |
|-------------------------|----------------|------------|--------------|------------------|
| Resource                | Street Address | Town       | Phone Number | Notes            |
| A & M Medical Transport |                |            | 973-835-1591 | Call for pricing |
| Life Ride               |                | Livingston | 551-225-0080 | Call for pricing |

| Mental Health and Counseling                |                                     |          |                  |                                    |
|---------------------------------------------|-------------------------------------|----------|------------------|------------------------------------|
| Resource                                    | Street Address                      | Town     | Phone Number     | Notes                              |
| Counseling Care Associates                  | 15 Furler Street                    | Totowa   | 973-890-9180     |                                    |
| Gracepoint                                  | 301 Sicomac Avenue                  | Wyckoff  | 201-848-4435     | Outpatient/partial hospitalization |
| Live Well Counseling                        | 301 Sicomac Avenue                  | Wyckoff  | 201-848-5800     | Counseling & mental health         |
| Mental Health Clinic- Passaic               | 1451 Van Houten Avenue              | Clifton  | 973-473-2775     |                                    |
| New Bridge Health                           | 680 Broadway Suite # 506            | Paterson | 201-225-7130     |                                    |
| NewBridge Counseling<br>(various locations) | 1069 Ringwood Avenue                | Haskell  | 973-915-4301     |                                    |
| NJ Mental Health Cares<br>Helpline          |                                     |          | 1-866-202-4357   |                                    |
| Ramapo Ridge Christian Health               | 301 Sicomac Avenue                  | Wyckoff  | 201-848-5805     | Inpatient                          |
| SAMSHA                                      |                                     |          | 1-800-662-4357   |                                    |
| Suicide Prevention                          |                                     |          | call or text 988 |                                    |
| Wayne Counseling and Family<br>Services     | 1022 Hamburg Turnpike               | Wayne    | 973-694-1234     | Counseling & mental health         |
| Wayne Behavioral Services                   | 401 Hamburg Turnpike<br>Suite # 302 | Wayne    | 973-790-9222     |                                    |

| Moving Companies              |                        |              |              |                                     |
|-------------------------------|------------------------|--------------|--------------|-------------------------------------|
| Resource                      | Street Address         | Town         | Phone Number | Notes                               |
| Casella & Sons Moving Service | 59 Village Park Road   | Cedar Grove  | 973-239-3278 | Fully licensed and insured          |
| Freedom Moving & Storage      | 20 Hanes Drive Suite A | Wayne        | 855-343-4700 | Fully licensed, bonded, and insured |
| Pony Express                  | 48 Notchcroft Drive    | Little Falls | 973-256-6591 |                                     |
| Two Men & A Truck Moving      | 18 Industrial Road     | Fairfield    | 973-512-2271 |                                     |

## Optimum Services

| Resource                  | Street Address | Town | Phone Number              | Notes                                  |
|---------------------------|----------------|------|---------------------------|----------------------------------------|
| Optimum/ Advanced support |                |      | 866-580-1620 866-580-1621 | Tech problems with cable and equipment |

## Parks

| Resource                       | Street Address            | Town           | Phone Number | Notes |
|--------------------------------|---------------------------|----------------|--------------|-------|
| Captain Kilroy Park            | 6 Concord Place           | Wayne          |              |       |
| Dave Waks Memorial Park        | 39 Barbour Pond Road      | Wayne          |              |       |
| Franklin Lakes Nature Preserve | 1 Nature Preserve Way     | Franklin Lakes | 201-891-4000 |       |
| Garret Mountain Reservation    | 8 Mountain Avenue         | Woodland Park  | 973-881-4833 |       |
| Goffle Brook Park              | 794 Lafayette Avenue      | Hawthorne      | 973-427-0609 |       |
| High Mountain Park Preserve    | 100 University Drive      | Wayne          |              |       |
| James W. Roe Memorial Pool     | 133 Garside Ave           | Wayne          | 973-694-1800 |       |
| Laurelwood Arboretum           | 725 Pines Lake Drive West | Wayne          | 973-831-5675 |       |
| Terhune Memorial Park          | 333 Terhune Drive         | Wayne          |              |       |

| Pharmacies                       |                           |         |               |       |
|----------------------------------|---------------------------|---------|---------------|-------|
| Resource                         | Street Address            | Town    | Phone Number  | Notes |
| Belmont Pharmacy                 | 364 Belmont Avenue        | Haledon | 973- 457-8850 |       |
| Black Oak Pharmacy               | 879 Black Oak Ridge Road  | Wayne   | 973-837-8770  |       |
| CVS Pharmacy                     | 54 Hamburg Turnpike       | Wayne   | 973-694-5500  |       |
| CVS Pharmacy                     | 2440 Hamburg Turnpike(Ter | Wayne   | 973-239-3400  |       |
| CVS Pharmacy                     | 1762 Ratzer Road          | Wayne   | 973-389-2081  |       |
| Plains Pharmacy                  | 578 Valley Road           | Wayne   | 973-694-5522  |       |
| Stop & Shop Pharmacy             | 1210 Hamburg Turnpike     | Wayne   | 973-305-5860  |       |
| Valley Pharmacy                  | 791 Hamburg Turnpike      | Wayne   | 973-832-7200  |       |
| Walgreens                        | 321 Valley Road           | Wayne   | 973-559-0909  |       |
| Wayne Pharmacy & Surgical Supply | 1055 Hamburg Turnpike     | Wayne   | 973-696-6667  |       |

| Places of Worship                       |                       |               |               |       |
|-----------------------------------------|-----------------------|---------------|---------------|-------|
| Resource                                | Street Address        | Town          | Phone Number  | Notes |
| Annunciation of the Blessed Virgin Mary | 45 Urban Club Road    | Wayne         | 973-694-5700  |       |
| Calvary Temple International            | 1111 Preakness Avenue | Wayne         | 973-694-2938  |       |
| Grace United Presbyterian               | 981 Preakness Avenue  | Wayne         | 862-248-5582  |       |
| Hawthorne Gospel Church                 | 2000 Route 28         | Hawthorne     | 973-427-6960  |       |
| Islamic Center of Passaic County        | 190 Haledon Avenue    | Prospect Park | 973- 278-7070 |       |
| Kingdom Hall of Jehovah Witnesses       | 281 Burhans Avenue    | Haledon       | 862-264-6455  |       |
| Our Lady of Consolation Church          | 1799 Hamburg Turnpike | Wayne         | 973-839-3444  |       |
| Our Lady of the Valley                  | 630 Valley Road       | Wayne         | 973-694-4585  |       |
| Preakness Reformed Church               | 131 Church Lane       | Wayne         | 973-694-5481  |       |
| St Timothy's Lutheran Church            | 395 Valley Road       | Wayne         | 973-694-8316  |       |
| St. Michael's Episcopal Church          | 1219 Ratzer Road      | Wayne         | 973-694-1026  |       |
| St Mary's Roman Catholic Church         | 17 Pompton Road       | Pompton Lakes | 973-835-0734  |       |

| Places of Worship                |                      |          |              |       |
|----------------------------------|----------------------|----------|--------------|-------|
| Resource                         | Street Address       | Town     | Phone Number | Notes |
| Temple Beth Tikvah<br>Synagogue  | 950 Preakness Avenue | Wayne    | 973-595-6565 |       |
| Templo Shalom<br>Synagogue       | 586 Main Street      | Paterson | 973-742-8647 |       |
| United Methodist<br>Church Wayne | 99 Parish Drive      | Wayne    | 973-694-3260 |       |
| Wayne SDA                        | 218 Ratzer Road      | Wayne    | 973-696-5645 |       |

| Police, EMT & Fire Department         |                              |       |              |                                  |
|---------------------------------------|------------------------------|-------|--------------|----------------------------------|
| Resource                              | Street Address               | Town  | Phone Number | Notes                            |
| Always call 911 first in an Emergency |                              |       |              |                                  |
| Wayne Fire Department                 | 475 Valley Road              | Wayne | 973-694-0600 |                                  |
| Wayne Police Non Emergency            | 475 Valley Road              | Wayne | 973-694-0600 | Police, Fire and EMT             |
| Wayne Township First Aid              |                              |       | 973-694-9263 | Non Emergency                    |
| Post Office                           |                              |       |              |                                  |
| Resource                              | Street Address               | Town  | Phone Number | Notes                            |
| US Post Office (Packanack Lake)       | 40 Lake Drive West           | Wayne | 973-694-2632 | Closed Saturday and Sunday       |
| US Post Office                        | 150 Pompton Plains Road      | Wayne | 973-694-0308 |                                  |
| US Post Office                        | 42 Preakness Shopping Center | Wayne | 973-694-3569 | Back side of the shopping center |
| US Post Office                        | 586 Valley Road              | Wayne | 973-694-1032 | Valley Ridge Shopping Center     |

## Primary Care Physicians

| Resource                          | Street Address          | Town    | Phone Number  | Notes            |
|-----------------------------------|-------------------------|---------|---------------|------------------|
| Allied Medical Associates         | 510 Hamburg Turnpike    | Wayne   | 973-942-6005  | Group of doctors |
| Atlantic Health Primary Care      | 340C Ramapo Valley Road | Oakland | 973-962-6200  | Group of doctors |
| Dr. Lisa Melsky, MD               | 87 Berdan Avenue Ste 2B | Wayne   | 973-692-9634  |                  |
| St Josephs Primary Care           | 225 Minnisink Road      | Totowa  | 862- 657-3066 | Group of doctors |
| Totowa Primary Care Center        | 160 Union Boulevard     | Totowa  | 973- 790-0090 | Group of doctors |
| Valley Medical Group              | 759 Hamburg Turnpike    | Wayne   | 973-709-0099  | Also urgent care |
| Wedgewood Primary Care Physicians | 1055 Hamburg Turnpike   | Wayne   | 973-248-1440  | Group of doctors |

## Public Transportation

| Resource          | Street Address            | Town  | Phone Number | Notes |
|-------------------|---------------------------|-------|--------------|-------|
| Access Link       |                           |       | 973-491-4224 |       |
| EZRyde4Life       |                           |       | 201-939-4242 |       |
| Garden State Taxi | 50 Galesi Drive, Suite 4C | Wayne | 973-887-7788 |       |

| Public Transportation      |                     |               |              |                                                     |
|----------------------------|---------------------|---------------|--------------|-----------------------------------------------------|
| Resource                   | Street Address      | Town          | Phone Number | Notes                                               |
| Lyft                       |                     |               |              | Requires an App on your smart phone and Credit Card |
| NJ Transit                 |                     |               | 973-275-5555 |                                                     |
| Uber                       |                     |               |              | Requires an App on your smart phone and Credit Card |
| Wayne Taxi and Limo        |                     |               | 973-509-3333 |                                                     |
| Woodland Park Taxi Service | 228 Rifle Camp Road | Woodland Park | 973-638-2505 |                                                     |

## Rehab Therapies-PT, Speech, and OT

| Resource                          | Street Address              | Town  | Phone Number | Notes                      |
|-----------------------------------|-----------------------------|-------|--------------|----------------------------|
| Christian Health Outpatient Rehab |                             |       | 201-485-5718 | PT, OT, and speech therapy |
| Intensive Therapeutic             | 70 Darlington Drive         | Wayne | 973-771-1582 | PT, OT, and speech therapy |
| SportsCare Physical Therapy       | 2055 Hamburg Turnpike Ste 2 | Wayne | 973-835-0909 |                            |
| SportsMed P/T                     | 211 Berdan Avenue           | Wayne | 201 254-7512 |                            |
| Trinity Rehab                     | 1172 Hamburg Turnpike       | Wayne | 862-684-8380 | Transportation provided    |
| Wayne Orthopedic Physical Therapy | 450 Hamburg Turnpike        | Wayne | 973-706-7620 |                            |

## Senior Community Programs

| Resource                                | Street Address         | Town         | Phone Number | Notes                                                                  |
|-----------------------------------------|------------------------|--------------|--------------|------------------------------------------------------------------------|
| Golden Age Circle                       | 1 PAL Drive            | Wayne        |              | <a href="mailto:waynegoldenage@gmail.com">waynegoldenage@gmail.com</a> |
| Passaic County Camp Hope Senior Program | 1792 Union Valley Road | West Milford | 973-881-2487 | Recreation and Socialization                                           |
| Prime Timers                            |                        | Wayne        | 973-305-0869 | Senior women 62 and older                                              |
| Senior Resource Group                   | Wayne Community Center | Wayne        | 201-478-2228 | Contact Diane Bromberg-Stern                                           |

## Senior Community Programs

| Resource                     | Street Address            | Town  | Phone Number              | Notes             |
|------------------------------|---------------------------|-------|---------------------------|-------------------|
| Wayne Adult Community Center | 1502 Hamburg Turnpike     | Wayne | 973-633-0734              | Community Program |
| Wayne for All Ages           | Captain Kilroy/Tom's Lake | Wayne | 973-694-1800 ext.<br>3281 | Community Program |

## Senior Shuttle Services

| Resource                  | Street Address      | Town  | Phone Number                | Notes                                            |
|---------------------------|---------------------|-------|-----------------------------|--------------------------------------------------|
| Go Go Grandparent         |                     |       | 855-755-2721 ext. 63541     | Taxi Service                                     |
| Modivcare                 |                     |       | 866-527-9933                | Non-emergency medial transportation for Medicaid |
| Para Transit              | 1310 Route 23 North | Wayne | 973-305-5756                | Call in advance, 2 weeks if possible             |
| Reliable Taxi             |                     | Wayne | 973-539-2500.               |                                                  |
| Ryde4Life                 |                     |       | 201-939-4242 option#4       | Membership Based                                 |
| Wayne Totowa Taxi         |                     | Wayne | (973) 666-2873              |                                                  |
| Wayne Township Senior Bus |                     | Wayne | 973-694-1800 x 3259 or 3260 |                                                  |

## SNAP Assistance

| Resource                      | Street Address     | Town     | Phone Number | Notes                                          |
|-------------------------------|--------------------|----------|--------------|------------------------------------------------|
| Passaic County Social Service | 1237 Ringwood Ave  | Haskell  | 973-839-5705 | 8:30 am - 4:30 pm                              |
| Passaic County Social Service | 80 Hamilton Street | Paterson | 973-881-0100 | 7:30 am - 4:00 pm                              |
| SNAP Application Assistance   |                    |          | 908-838-4831 | Will provide you with contact to help applying |

## Social Security Administration

| Resource                       | Street Address           | Town     | Phone Number | Notes |
|--------------------------------|--------------------------|----------|--------------|-------|
| Social Security Administration | 200 Federal Plaza Ste 1  | Paterson | 800-772-1213 |       |
| Social Security Administration | 935 Allwood Road Ste 300 | Clifton  | 800-772-1213 |       |

## Tax Preparation Assistance

| Resource                 | Street Address | Town | Phone Number | Notes |
|--------------------------|----------------|------|--------------|-------|
| AARP Foundation Tax-Aide |                |      | 888-227-7669 |       |
| TCE                      |                |      | 800-906-9887 |       |

| UPS                           |                        |                |               |                                                        |
|-------------------------------|------------------------|----------------|---------------|--------------------------------------------------------|
| Resource                      | Street Address         | Town           | Phone Number  | Notes                                                  |
| Staples UPS Services (Totowa) | 545 US Route 46        | Totowa         | 973-890-5454  |                                                        |
| UPS                           | 189 Berdan Avenue      | Wayne          | 973-628-1901  |                                                        |
| UPS                           | 576 Valley Road        | Wayne          | 973-696-5300  |                                                        |
| UPS                           | 14 Post Road Suite B   | Oakland        | 862-446-8020  | Inside Shoprite                                        |
| UPS                           | 5 Sicomac Road         | North Haledon  | 973-238-0015  |                                                        |
| UPS                           | 852 Franklin Avenue    | Franklin Lakes | 201-485-8801  |                                                        |
| Urgent Care                   |                        |                |               |                                                        |
| Resource                      | Street Address         | Town           | Phone Number  | Notes                                                  |
| Atlantic Health Urgent Care   | 225 US Route 46        | Totowa         | 973-256-0452  |                                                        |
| City MD                       | 1172 Hamburg Turnpike  | Wayne          | 908- 648-3579 |                                                        |
| City MD                       | 30 West Oakland Avenue | Oakland        | 201-351-8336  |                                                        |
| Dispatch Health               |                        |                | 201-882-7527  | Urgent care in your home, billed the same as in office |

| Urgent Care                     |                      |                |               |                  |
|---------------------------------|----------------------|----------------|---------------|------------------|
| Resource                        | Street Address       | Town           | Phone Number  | Notes            |
| Hackensack Meridian Urgent Care | 31 Boonton Turnpike  | Lincoln Park   | 848-308-4603  |                  |
| NJ Doctors Urgent Care          | 620 Route 23 North   | Pompton Plains | 973- 530-4362 |                  |
| St. Joes Urgent Care            | 225 Minnisink Road   | Totowa         | 862- 657-3100 |                  |
| Valley Medical Group            | 759 Hamburg Turnpike | Wayne          | 973-709-0099  | Also urgent care |

| Veteran Services                    |                                |         |                              |       |
|-------------------------------------|--------------------------------|---------|------------------------------|-------|
| Resource                            | Street Address                 | Town    | Phone Number                 | Notes |
| Veteran Affairs                     | 930 Riverview Drive Ste<br>200 | Totowa  | 973-569-4090<br>973-569-4060 |       |
| Veterinarians                       |                                |         |                              |       |
| Resource                            | Street Address                 | Town    | Phone Number                 | Notes |
| Companion Veterinary<br>Hospital    | 1510 Hamburg Turnpike          | Wayne   | 976-832-7474                 |       |
| Legacy Animal Hospital              | 785 Totowa Road                | Totowa  | 973-315-5235                 |       |
| Ramapo Valley Animal<br>Hospital    | 347 Ramapo Valley Road         | Oakland | 201-337-4870                 |       |
| Tri County Animal<br>Hospital       | 1302 Hamburg Turnpike          | Wayne   | 973-831-2426                 |       |
| Vetco Total Care Animal<br>Hospital | Route 46                       | Totowa  | 973-826-1685                 |       |
| Wayne Animal Hospital               | 2411 Hamburg Turnpike          | Wayne   | 973-839-3737                 |       |
| Wayne Valley Animal<br>Hospital     | 582 Valley Road                | Wayne   | 973-957-3232                 |       |

| Vision Services                   |                          |         |               |                                                           |
|-----------------------------------|--------------------------|---------|---------------|-----------------------------------------------------------|
| Resource                          | Street Address           | Town    | Phone Number  | Notes                                                     |
| Beacon Eye Center                 | 1777 Hamburg Turnpike    | Wayne   | 973-295-5200  | Ophthalmologist                                           |
| Dr. Charles S. Reing, MD          | 220 Hamburg Turnpike, #7 | Wayne   | 973- 790-1300 | Ophthalmologist                                           |
| Gilberti Eye and Laser            | 415 Totowa Road          | Totowa  | 973-595-0011  | Ophthalmologist                                           |
| Dr. Kaur                          |                          |         | 201-277-2020  | Onsite monthly, call your service coordinator for details |
| Oakland Vision and Hearing Center | 350 Ramapo Valley Road   | Oakland | 201-651-1212  | Optometrist                                               |
| Refocus eye health                | 43 Yawpo Avenue Suite #1 | Oakland | 201-337-9300  | Ophthalmologist                                           |
| The Eye Health Group of Totowa    | 360 Route 46             | Totowa  | 973-785-0900  | Optometrist                                               |
| The Eye Institute                 | 968 Hamburg Turnpike     | Wayne   | 973-696-0300  | Ophthalmologist                                           |
| The Retina Center of NJ           | 1 Corporate Drive        | Wayne   | 973-987-3380  | Ophthalmologist                                           |
| Totowa Eye Care                   | 169 Union Boulevard      | Totowa  | 973- 942-4221 | Optometrist                                               |

## Volunteer Opportunities

| Resource               | Street Address                         | Town       | Phone Number | Notes                                                                    |
|------------------------|----------------------------------------|------------|--------------|--------------------------------------------------------------------------|
| CASA of Passaic County | 415 Hamburg Turnpike<br>Suite D2       | Wayne      | 973-832-4002 |                                                                          |
| Christian Health       | 301 Sicomac Avenue                     | Wyckoff    | 201-848-5797 | Caroline Silva ,Volunteer and<br>Community Outreach Coordinator          |
| Habitat for Humanity   | 415 Hamburg Turnpike                   | Wayne      | 973-782-6993 |                                                                          |
| Jersey Cares           | 290 West Mount<br>Pleasant Avenue      | Livingston | 973-533-1993 | <a href="mailto:info@jerseycares.org">info@jerseycares.org</a>           |
| Riverview Garden Club  | Wayne Health Center<br>461 Valley Road | Wayne      | 201-598-9056 | Jacqueline Pisatowski<br>Runs Sept - June, Monthly                       |
| Wayne Public Library   | 461 Valley Road                        | Wayne      | 973-694-4272 |                                                                          |
| Wayne Rotary Club      |                                        | Wayne      | 201-220-4348 | <a href="http://www.rotaryclubwaynenj.org">www.rotaryclubwaynenj.org</a> |

| Window Cleaning              |                        |               |              |       |
|------------------------------|------------------------|---------------|--------------|-------|
| Resource                     | Street Address         | Town          | Phone Number | Notes |
| All American Window Cleaning | 20 Manchester Avenue   | North Haledon | 201-501-8300 |       |
| All Clear Pro Home Servies   | P.O. Box 325           | Ridgewood     | 201-300-7878 |       |
| Triple C Pro Window Cleaning | 85 Bay Street Suite 3A | Montclair     | 973-619-9996 |       |



## Communities

### Independent Living

**Evergreen Court**

**Hillcrest**

Independent Living Plus

**Siena Village** of Wayne

**Summer Hill** of Wayne

**The Vista**

Continuing Care Retirement Community

### Residential Health Care

**Windmere**

### Assisted Living

**Longview**

Premier Assisted Living

**Courtyard at Longview**

Memory Care Assisted Living

### Skilled Nursing Care

**Heritage Manor**

**Mountain View** at Windmere

**Southgate** Special Care

## Services

### Rehabilitation

Physical, Occupational, and Speech Therapy

**Bolger Short-Term Rehabilitation**

**Outpatient Rehabilitation**

### Home Health Services

**Home Care Options**

### Counseling, Housing, and Education

**NewBridge Services**

### Mental Health

**LiveWell Counseling**

**Gracepoint**

Partial-Hospitalization and  
Intensive Outpatient Program

## Hospital

### Mental Health

**Ramapo Ridge Behavioral Health**

**Haven at Ramapo Ridge**

Trauma-Informed Care for Women