



**COUNTY OF BERGEN**  
**DEPARTMENT OF HUMAN SERVICES**  
**Division of Senior Services/Aging and Disability Resource Connection**  
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**BERGEN ADRC**  
201-336-7400 or 1-877-222-3737

**THE 10 BEST WAYS FOR SENIORS TO SAVE \$\$\$**

**Transportation**

**NJ Transit Senior Discount/Reduced Fare** 973-491-7112 or Bergen ADRC 201-336-7400

Seniors age 62 years or people who have been determined disabled are eligible to pay no more than one-half the regular one way fare on all intrastate bus and rail routes and most interstate bus and rail routes into adjacent states. (Or you can use your Medicare card to get a discount!)

**E-ZPass Discount for Seniors** 732-750-5300

Drivers age 65 and over with an EZPass can receive a discount off the full fare off-peak toll on the New Jersey Turnpike and Garden State Parkway

**Community Transportation** 201-368-5955

The Division of Community Transportation was created to provide a safe, trouble-free, scheduled transportation system for persons with disabilities, seniors, and frail residents of Bergen County.

**Medicare and Prescriptions**

**SHIP Medicare Counseling** 201-336-7413 or 201-336-7400

Trained SHIP Counselors can help Medicare beneficiaries make informed decisions which can save you money. Counselors will see if you qualify for benefits such as the Low Income Subsidy (LIS/Extra Help), the Medicare Savings Programs, or the PAAD program to save money on prescriptions.

**Shared Housing**

**Women's Rights Information Center** 201-568-1166

The Shared Housing program brings together home owners with home seekers in exchange for a mutually agreed upon monthly fee. This service includes a careful screening process through extensive interviews. Background checks and personal references are available.

**Property Tax**

**Senior Freeze (Property Tax Reimbursement)** PTR Hotline: 800-882-6597/ADRC: 201-336-7400

This program reimburses eligible senior citizens and disabled persons for property tax or mobile home park site fee increases on their principal residence.

**Property Tax Relief programs** Regional Office 201-791-0500/ADRC: 201-336-7400

Property tax deductions are available for senior citizens, disabled person, and veterans. Disabled veterans can also contact their municipality to see if they qualify for a property tax exemption.

## Utilities

### Comfort Partners

800-915-8309

Comfort Partners is a free energy saving and energy education program for qualified low-income customers to help save energy and money and make homes healthier and more energy efficient.

### Home Energy Assistance Programs GBCA

201-488-5100 ext. 7008

Home energy assistance programs help income-qualified individuals experiencing a financial challenge pay their energy bill and remain in their home. Programs include LIHEAP, USF, TRUE, PAGE, NJ SHARES, and Suez.

**For a complete list of energy assistance programs, call the Bergen ADRC at 201-336-7400.**

## Home Repair

### Chore Program at Bergen Volunteer Center

201-489-7790

The Chore Service helps ensure that senior citizens and the disabled remain independent and safe in their homes by installing grab bars and railings and performing other minor safety repairs.

### Safely@Home at Jewish Home Family

201-518-1175

Offers home safety modification to ensure that members of our community aging in their own homes can do so safely, including one point-of-contact for all required home modifications, repairs and renovations

## Phone

If it's been a while since you've signed up for telephone service you might be able to save! Call your phone company and ask how to lower your bill, or shop around to different companies. Many people also have chosen to disconnect their landline and just use a cell phone, and many companies offer cheap plans for basic cell service.

Eligible, low-income consumers might also qualify for free phones and service through these providers:

### SafeLink Wireless (TracFone Wireless)

1-800-Safelink (723-3546)

### Assurance Wireless (Virgin Mobile)

1-888-321-5880

## Entertainment

**Cut or Eliminate your Cable Bill:** Many people have cut off their cable service and instead watch their favorite shows over the internet or with an antenna. For these options, visit an electronics store to find out what you will need. If you want to keep your cable, many cable companies now offer cheaper plans, so call your provider to ask how you can reduce your bill.

### National Parks Pass

Sign up at a National Park or [www.nps.gov](http://www.nps.gov)

Seniors age 62 and over can purchase a \$20 annual pass or \$80 lifetime pass which provides access to parks and public lands nationwide.

### NJ State Parks Senior Citizen Pass

Sign up at a NJ State Park or call 800-843-6420

NJ residents age 62 + get a free lifetime pass and free admission to NJ State Parks.

### Senior Activity Centers

Call Bergen ADRC at 201-336-7400

Senior Centers offer a range of programs, services, and activities. Some centers also offer meals or transportation. For a listing of Senior Centers near you, contact the Bergen County ADRC.

## Shopping

### Bergen County Senior Golden Key Card

Call Bergen County Clerk at 201-336-7000

Free photo card for senior discounts at participating businesses

**ASK for the Senior Discount at your favorite stores:** many retailers offer discounts for seniors. Seniors can save on food, clothing, entertainment, travel, restaurant, and more. Sometimes the senior discount policy is not advertised or only applies a specific day of the week, so ask about a discount when you are shopping.

## Check your Benefits

### Benefits CheckUp: National Coalition on Aging

[www.ncoa.org/resources/benefitscheckup/](http://www.ncoa.org/resources/benefitscheckup/)

Use NCOA's free online service to see if you're eligible for benefits to pay for food, medicine, rent, and other daily expenses. BenefitsCheckUp® screens for more than 2,500 public and private programs available to older adults.