



Age-Friendly Teaneck News & Updates

As Teaneck works to create a more age-friendly environment for its residents, we'll keep you posted about new developments, important programs and events of interest

[VISIT OUR WEBSITE](#)

ALERT: Township Making it Easier For Residents to Find Help



The Teaneck Department of Health and Human Services recently relocated its social services offices to the 2nd Floor of the Richard Rodda Center.

Through a partnership that Age-Friendly Teaneck helped arrange, this new office is being staffed by a Master of Social Work candidate trained to help refer residents to assistance programs or social services.

[Read More](#)

Care Managers Are Helpful Guides Through the Elder Care Maze

An older resident is ailing and can't shower or cook a meal without help. An exhausted caregiver is reaching the breaking point, but there's little money to pay for outside help.

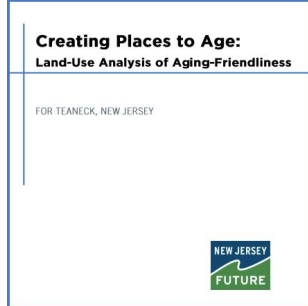
In each scenario, the need for elder care assistance is getting desperate – but trying to find is another heavy burden. If only someone could explain the different options and steer older adults or their caregivers through confusing applications for government assistance. There is someone like that - a geriatric care manager.



[Read more](#)

Some Steps We're Taking to Set a Course for Age-Friendly Future

Age-Friendly Teaneck supported an effort by New Jersey



Future to study the Township's built environment. The months-long effort yielded a comprehensive report that explores opportunities to meet the needs of an aging population. The report has been shared with the Township Council, and we look forward to public review and discussion. Please email us your input at info@agefriendlyteaneck.org

[Read Report](#)



Age-Friendly Teaneck Continues to Learn and Share with Others in Growing AARP Network.

Age-Friendly Teaneck Project Coordinator Jacqueline Kates was among hundreds of local leaders and advocates to attend the AARP Livable Communities National Conference on Nov. 12-14 in Charlotte, N.C. The event was a chance to share ideas on transportation, housing, health and other key issues.

Teaneck Historical Society to Bring the Generations Together



A cross-section of community leaders has turned their love of the township into a common cause – the establishment of the Teaneck Historical Society. The members of this new non-profit aren't just history buffs looking to get-together once a month and trade stories. They want this venture to give birth to exhibits, lecture series or other programs that attract both young and old.

[Read More](#)

Senior Walkability Workshop

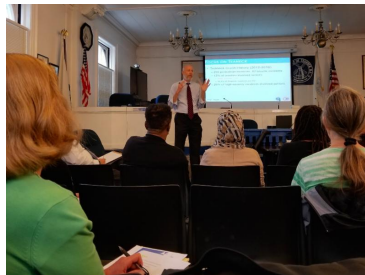
About three dozen people - a mix of older residents, community advocates and Township decision-makers, participated in a "Senior Walkability Workshop" last month. The event, sponsored by Age-Friendly Teaneck, the Township and the New Jersey Department of Transportation, featured a

presentation on pedestrian safety issues, followed by a short field walk on sidewalks near the Township municipal complex.

[Read more](#)



Participants also gathered around a map of Teaneck to denote areas of town where walking can be a challenge.



Keep up-to-date with all that Bergen County is offering

[Discover Bergen County](#)



[Bergen County Winter Wonderland](#)



[Bergen County - A County of Vision . A Region of History](#)

We're always happy to add to your reading list...

Study Examines One Of the Biggest Age-Friendly Challenges: Housing

More than half of United States households are now headed by someone 50 or over, according to a new report released by the Harvard

Report Looks at What Results When Young and Old Share the Same Space

A study by Generations United and Ohio State University, supported by The Eisner Foundation, looks at the benefits of intergenerational

Joint Center for Housing Studies.

programs.

[Read More](#)



[Read More](#)



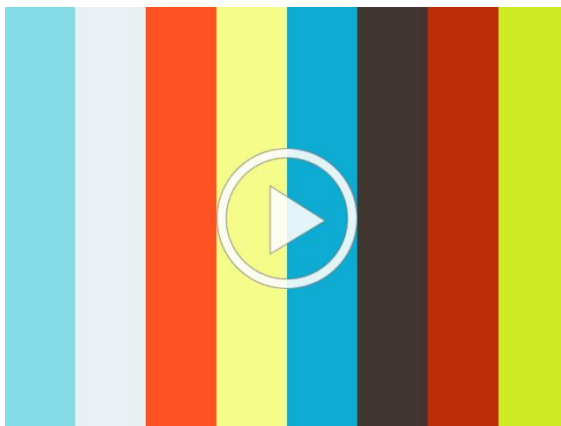
New Online Application Can Assist Seniors and the Disabled

The New Jersey Division of Aging Services in November launched NJSave, a new online application to help older and disabled residents with low-incomes save money on Medicare premiums, prescription costs, and other living expenses.



[Read more](#)

Time is Running Out to Shop for Medicare Plan - Dec. 7 deadline



If you haven't already, you need to select the Medicare plan that will cover you in 2019. Still undecided? You can get help from SHIP (State Health Insurance Assistance Program). But you need to hurry because open enrollment, which is the time you can easily make changes to your coverage, ends December 7. To learn more about SHIP, watch the video to the left or call our local office, **Bergen County SHIP: 201-336-7413**

SHIPs answer questions about insurance options and help navigate between confusing choices

A great place to grow up

Be sure to visit our website and keep up-to-date on free or low-cost local events.

and grow old!

LOCAL EVENTS

Age-Friendly Teaneck | 201-530-6756 | www.agefriendlyteaneck.org

STAY CONNECTED

