



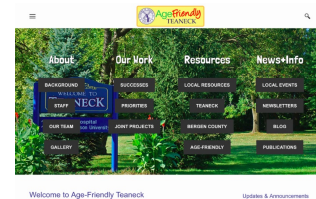
Age-Friendly Teaneck News & Updates

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](http://www.agefriendlyteaneck.org)

Log onto www.agefriendlyteaneck.org to see its new digital make-over

Please check out our newly updated web site. We've included new updates about our work and progress so far and redesigned the site to make it easier to link to resources for older adults.



New Apartments in Teaneck Will Bring Dozens of New Affordable Units - But High Demand Shows Need for Age-Friendly Planning



Housing is a hot topic now in Teaneck and two recent Township-sponsored forums on the subject serve as good illustrations of the themes that Age-Friendly Teaneck has been sounding in its effort to call attention to the challenges of aging in a suburban region. Both events reveal why Teaneck should plan differently for the future.

[Read More](#)

Age-Friendly Teaneck Wants to Partner with Houses of Worship

Age-Friendly Teaneck is partnering with religious leaders to identify and assist vulnerable older adults living increasingly homebound lives. Our leadership team met recently with members of several congregations to discuss how to serve the needs of their older members. We're hoping to increase those partnerships.



Age-Friendly Teaneck and Holy Name Medical Center teaming up to sponsor Health and Resource Fair on April 10 at Rodda Center



Holy Name Medical Center staff will be providing medical screenings for older adults, including blood work, body-mass index, blood pressure, bone density and more.

In addition, representatives from various community resources will be on hand with valuable information for seniors on housing, home services, transportation, care management, and more.

[View Flyer](#)

CHEER Program Pairs Volunteers with Older Adults who Need Help



At 94, Ethel feels at home in Teaneck, where she's lived for 45 years. Thanks to a non-profit program called CHEER,

Ethel didn't have to upend her life 10 years ago, when a car accident left her unable to drive or perform necessary tasks like grocery shopping. A young volunteer named Shani does it for her.

Sign Up For CHEER

Two hour visits once a week
Help with groceries and errands
Must have own transportation



To volunteer, or if you are an older adult in need of this service, contact:

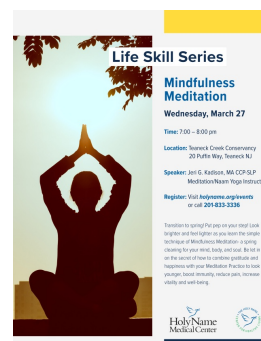
Michele Ogden
201.489.9454 x203
mogden@bergenvolunteers.org

[Read more](#)

Looking to Get on the Path to a Healthier Body and Mind?

Community Weight-Loss Challenge Kicks Off on March 18

Meditation Class - March 27



Teaneck's Community Weight-Loss Challenge

"Where Losers are Winners!"

KICK-OFF EVENT: Monday, March 18th | 7:00 — 8:30 pm

LOCATION: Holy Name Medical Center (Marian Hall)
718 Teaneck Road, Teaneck, NJ

Call 201-833-3336 or visit holyname.org/events to register | **FEE:** Free

Join your neighbors as we collectively lose weight to make Teaneck a healthier community. Whether you have a lot to lose or just want to shed a few pounds, here is your chance to start! Sponsored by Holy Name Medical Center, the Teaneck Health Department, the Department of Recreation and Glenpointe Spa and Fitness, the Weight Loss Challenge will run from mid-March to mid-May.

This 10-week program will include:

- FREE educational seminars
- FREE 30-day pass for exercise facilities at Glenpointe Spa and Fitness
- FREE pre and post cholesterol and blood sugar screening for first 50 people who register
- Weekly weigh-ins at various locations and times throughout the community
- Challenge finishers will be eligible to enter drawing for prizes



For details, attend the Kick-off event on March 18th or contact the Teaneck Health Department at health@teanecknj.gov.



Harmonicore - Kicks off on April 3



Harmonicore

Start Date: Wednesday, April 3rd | **Time:** 3:00 PM — 4:00 PM

Location: Holy Name Medical Center
718 Teaneck Road, Teaneck, NJ
Harmonicore's Physical Laughter-based on the Ho-Ho-Ho Pack is free to all and free for the West Jersey!

Register: Call 201-833-3336 | **Fee:** FREE

Are you struggling with a chronic lung condition? Holy Name is pleased to present a unique health program, HELL, to people with a diagnosis of COPD or other lung disease. The goal is to help you improve your breathing and overall health. The program is free and you will receive support from therapists, nurses, social workers and doctors. To learn about COPD and physical care programs.

Our program is free and includes the harmonica and lessons. Please call if you are on oxygen or you need another assistance.



Are Laughter, Food, and Fitness Your Ideas of the Best Medicine? Check Out These Upcoming and Important Community Fundraisers

Brightside Manor and PALS to Host Comedy Show on March 22

Geriatric Services
Presents:
Stand up COMEDY

TICKET RESERVATION
<https://bit.ly/2Hufack>
or call 201-692-1000

ROBERT MORGAN
Brooklyn Comedy Club

CHRISTIAN ESPINAL
Greenville Village Comedy Club

FLAIR HIRAK
The Comic City

Fri. 3.22.19

The Brookdale
60 BERGEN AVE
TEANECK, NJ 07666

START 7:00PM | DOORS OPEN 6:30PM
ENTRY: \$25-1 free drink & snacks
CASH BAR AVAILABLE | 21 AND OVER
50/50 Raffle

Rotary Club Hosts "Taste of Teaneck" on April 1

8th ANNUAL Taste of Teaneck
RESTAURANT SHOWCASE & TRICKY TRAY
A Sampling of the Best Restaurants in the Area, Including Kosher

Monday, April 1, 2019 - 5pm to 9:30pm
5pm to 6pm Registration & Networking. Doors open at 6pm
TEANECK MARRIOTT at GLENPOINTE
100 Frank W Burr Blvd, Teaneck, NJ 07666

Admission: \$50pp in advance, \$60pp at the door

All proceeds fund Rotary Club of Teaneck's numerous local And international humanitarian projects

Master of Ceremonies
Valerie Johnson

Live Jazz by
The Platinum Duo
Quartet
6pm-8pm

CONTACT INFORMATION:
General Information: Janice Pruski (Rotary President) 201.376.4056 or jpruski@rotary.org
Journal & Sponsorship: Tamara Elber, 201.590.5308 or tamarael@rotary.org
www.tasteofteaneck.com

TOPS to Sponsor 5K Run/Walk on May 5

5K & 1 MILE COLOR RUN

TEANECK RUN & WALK

SPONSORED BY T.O.P.S.
TEANECK ORGANIZATION FOR PUBLIC SCHOOLS

SUNDAY, MAY 5th
@ MILTON VOTEE PARK
TEANECK, NEW JERSEY

START TIME 9AM

FOR ALL AGES AND ABILITIES
THIS RACE IS TO RAISE FUNDS FOR THE
TEANECK PUBLIC SCHOOLS

LET'S COME TOGETHER TO SUPPORT
OUR CHILDREN'S EDUCATION!

REGISTER • DONATE • VOLUNTEER
SIGNUP ON TOPSTeaneck.org

Admission: 5K \$25, 1 Mile \$20
+ FREE T-SHIRT
plus a chance to win a prize!

Bergen County to Host Conference for Caregivers on April 6

Need help filing taxes this year? You might be eligible for assistance


 Bergen County Executive
 James J. Tedesco III
 and the
 Board of Chosen Freeholders
 present the
BERGEN NEW JERSEY
County
 Department of Human Services
 Division of Senior Services/ADRC

Caregivers Conference


In partnership with:
 DIVISION OF SENIOR SERVICES - ADVISORY COUNCIL, EDUCATION COMMITTEE
 FELICIAN UNIVERSITY-INSTITUTE FOR GERONTOLOGY
 &
 CAREGIVER COALITION OF BERGEN COUNTY
 Do you provide care for a loved one or neighbor?
 Find out about services, support, and other helpful information.

Saturday, April 6, 2019
 10:00AM – 2:00PM
 Bergen County Administration Building
 One Bergen County Plaza, 5th Floor
 Hackensack, New Jersey
 For more information, call Senior Services at 201-336-7416

BOARD OF CHOSEN FREEHOLDERS
 Germaine M. Ortiz, Chairwoman • Mary J. Amersoo, Vice Chairwoman • Dr. Juan M. Yoon, Chair Pro Tempore
 David L. Guse • Thomas J. Sullivan • Steven A. Tancik • Tracy Vitale Zur

DIVISION OF SENIOR SERVICES
 Lorraine Joewono, Director

Click [here](#) for more details, including schedule and list of speakers and presenters



What AARP Foundation Tax-Aide can do for you today

We offer free tax preparation help to anyone who needs it — with special attention to those who are 50 or older or have low to moderate income. AARP Foundation Tax-Aide volunteers are trained to assist you in filing many income tax forms and schedules. However, the Volunteer Protection Act requires that our volunteers stay within the scope of tax law set by the IRS for the program. In certain situations, our volunteers may be unable to provide assistance.

We can prepare most returns with:

- Wages, interest, dividends, capital gains/losses, unemployment compensation, pensions and other retirement income, Social Security benefits
- Self-employment income if no employees, no inventory, no loans, no depreciation, no business use of home, and no other complicating factors
- Most income reported on Form 1099-MISC
- Schedule K-1 that includes only interest, dividends, capital gains/losses or royalties
- Itemized deductions, including noncash contributions to charity that total no more than \$5,000
- Cancellation of nonbusiness credit card debt
- IRA contributions — deductible or not
- Most credits, such as earned income tax credit, education credits, child/additional child tax credits, child/dependent care credit, premium tax credit, simplified method foreign tax credit on investments, and retirement savings credit
- Repayment of first-time homebuyer credit
- Estimated tax payments
- Installment agreement request for taxes due
- Injured spouse allocation, depending on state
- Health Savings Accounts (HSA)*
- Amendments to filed returns
- Prior three tax years' returns

We cannot prepare returns with:

- Self-employment expenses that exceed \$25,000
- Complicated capital gains/losses, such as futures or options
- Rental income, except land-only rentals**
- Royalty income with expenses if not from self-employment
- Farm or farm co-op income or expenses
- Partially reimbursed employee business expenses
- Moving expenses**
- Tax on a Child's Investment and Other Unearned Income (Kiddie Tax)
- Some investment income or itemized deductions that are not included in our training
- Alternative Minimum Tax, Additional Medicare Tax, or Net Investment Income Tax
- Foreign financial asset reporting requirements

* HSA: Only when volunteer is certified in the HSA module to prepare, and another volunteer is certified to review, a return that includes HSA contributions or distributions

** Rental or moving: Can prepare for active military personnel when volunteer is certified in the military module to prepare and another volunteer is certified to review

AARP Foundation Tax-Aide service is offered in conjunction with the IRS.

1-888-227-7669 aarpfoundation.org/taxaide
(C247002)

AARP Foundation

Click [here](#) for info on where seniors with low-and moderate-incomes can receive tax prep assistance



*A great place to grow up
 and grow old!*

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

LOCAL EVENTS

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

STAY CONNECTED

