



Age-Friendly Teaneck News & Updates

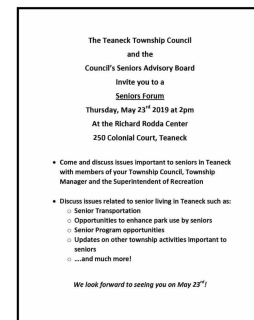
As Teaneck works to create a more age-friendly environment for its residents, we'll keep you posted about new developments, important programs and events of interest

[VISIT OUR WEBSITE](#)

Senior Forum Will Offer a Chance to Have Voices Heard

Transportation. Township parks. Senior recreation programs. These are some of the topics that will be on the agenda of a Senior Forum, planned for 2 p.m. Thursday, May 23rd at the Rodda Center. **Please don't miss this opportunity to talk to Township officials about the things you believe older adults in Teaneck need.**

[View Flyer](#)



Age-Friendly Teaneck Project Director Testifies at County Public Hearing



Each spring, Bergen County holds a hearing on the needs of older adults. Age-Friendly Teaneck Project Director Elizabeth Davis was among the many community leaders who testified at the May 2 hearing. Davis spoke to the need for more transportation options and raised concern about the future housing and long-term care needs of middle-income adults, who won't be able to afford the luxury types of senior housing and assisted living buildings that dominate today's building market.

[Click Here](#) to Read Her Full Testimony

VOLUNTEER SPOTLIGHT: A Look at Teaneck's Older Adults in Action

Wallace Lee Never Retired from Helping Schoolchildren

Wallace Lee was the kind of parent – and grandparent – who always volunteered in

schools. But he's never stopped. The 71-year-old retiree volunteers twice-a-week with preschoolers at Bryant School.

Teaneck Public Schools welcome community volunteers, and Lee is one of many older adults who are filling roles most people retire from when their kids age out of elementary, middle or high school.

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Teaneck Students Will Learn About Elder Industry Career Paths



Age-Friendly Teaneck is thrilled to be offering - for the second year - an internship opportunity for high school students interested in learning more about careers in the geriatric field.

[Read More](#)

Older Adults Can Get Help from Bergen County's Housing Navigator



Finding affordable housing in Bergen County can feel like a search for water in a desert. Demand is high, supply is low; and on top of those tough market realities, there is no universal application or wait list for all of the affordable units scattered around the region, in buildings managed by entities many haven't heard of.

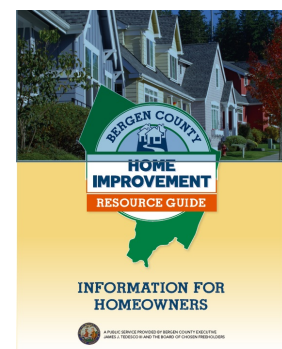
The Bergen County Division of Senior Services is trying to make the search easier, with its hiring of a full-time "Housing Navigator," who has created a clearinghouse of information on affordable housing,

[Read More](#)

Bergen County Also Has New Guide to Getting Help with Home Repairs

This new four-page guide, available in print and electronic formats, contains information about county and non-profit programs that can help eligible seniors, veterans, and those with special needs or financial struggles to receive needed home improvements or help with hard-to-manage chores.

[Click Here](#) to See the Guide



We're Taking Our Information Campaign on the Road.



Age-Friendly Teaneck leaders want to make sure more residents are aware of our campaign to make the Township a great place to grow old as well as a great place to grow up. So we've been packing up our newsletters, brochures and our extremely helpful resource guides and bringing them to community gatherings.

Would you like us to make a presentation to your organization?

[Read More](#)

Shared Housing Program Can Help Older Adults Find Roommates

The decades-old Shared Housing program operated by the Women's Rights Information Center in Englewood has long been the only non-profit in Bergen County to serve as a matchmaker between overburdened homeowners and home-seekers priced out of the traditional housing market. Thanks to two new grants, the Shared Housing program is expanding, hoping to increase both its reach and its services.

[Read more](#)



Are You a Caregiver? Here's Some News You Can Use

NEW JERSEY STATEWIDE RESPITE CARE PROGRAM

- Are you caring for a frail adult or a loved one with disabilities?
- Do you need rest or a break from the challenges of caregiving?
- If you are the primary caregiver for an individual, you may want to consider applying for respite care.
- Respite gives caregivers a break, which allows them to have time for themselves. This may help decrease stress put on families while caring for loved one.

THERE ARE SEVERAL FORMS OF RESPITE CARE JUST FOR YOU:

- Home Care
- Adult Day Care
- Companionship
- A short stay in a facility
- There is even a Caregiver Directed Option, so you can pay for services or items that make caregiving easier and be reimbursed.

For more information, please contact the Statewide Respite Care Program at (201) 336-6511
Bergen County Department of Human Services, Division of Disability Services
One Bergen County Plaza, 2nd Floor • Hackensack, NJ 07601

Funding made available through the New Jersey Division of Aging Services

New Jersey has a statewide respite program that can help family caregivers find a stand-in when they need a break or a back-up plan for making sure their loved one is cared for.

IN-HOME CAREGIVER EDUCATION & SUPPORT PROGRAM
A FREE SERVICE designed for the people currently caring for family members and loved ones.

A teaching plan is prepared for caregivers by a Registered Nurse after a free initial assessment identifies needs and enables caregivers to develop goals for learning skills necessary to provide care.

The caregiver may receive a limited number of home visits from the following disciplines:

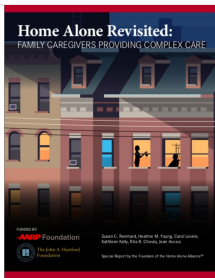
- ★Physical Therapist
- ★Occupational Therapist
- ★Speech Therapist
- ★Registered Dietician
- ★Licensed Clinical Social Worker (for stress management counseling)

BERGEN COUNTY DIVISION ON FUNDING
For eligibility info
Daniel S. K.

Bergen County provides a free service designed for the people currently caring for family members and loved ones. A teaching plan is prepared and home visits can be scheduled.

[Click Here](#) to Read the Flyer

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A new report reveals that half of America's 40 family caregivers are performing medical tasks they are not trained to do, from handling pain management to giving injections.

[Click Here](#) to Read the Study

Looking For Some Book and DVD bargains? Teaneck Library Has Them

The Friends of the Teaneck Library organization will be hosting its Annual Book Sale May 16-21 with more than 50,000 books and other media on sale.



[Click Here to See the Schedule and Other Details](#)

***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

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