



## Age-Friendly Teaneck News & Updates

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

VISIT OUR WEBSITE



**Celebrate With Us!**  
**and our partners**  
with a film that will make you  
question and reflect on what it  
means to grow old

### Film Explores This Question: What is a Life Well-Lived?

Tune into Special Screening & Virtual Q&A Event with Documentary Filmmaker

#### **LIVES WELL LIVED**

Celebrating the Secrets, Wit and Wisdom of Age

A film by Sky Bergman



40 people. 3000 years of collective life experience.



Produced and Directed by SKY BERGMAN Associate Producers: GAYLE FORCE & CATHERINE J. TRIUNILLO Edited by RANDI BARROS

f i t Lives Well Lived | [lives-well-lived.com](http://lives-well-lived.com)



Because Older Americans Month is the perfect time to combat ageist stereotypes, Age-Friendly Teaneck, the Teaneck Public Library and the Forum at Teaneck High School are celebrating by offering a free virtual screening of *Lives Well Lived: Celebrating the Secrets, Wit and Wisdom of Age*, with a Q&A with filmmaker Sky Bergman on May 23 at 4:30 pm [Learn More](#)

Viewers can see the film any time at their convenience from May 18-25. Or join the sponsors in viewing the film at 3 pm May 23, with 4:30 pm Q&A to follow

Click [here](#) to register for screening. Click [here](#) to register for Q&A



**Opening New  
Digital Doors**

Digital Technology Training

**A joint program to provide  
Teaneck's older residents with  
televised and individual technology  
training**

A new community collaboration in Teaneck seeks to help non-tech-savvy older residents cross the "digital divide" through televised training programs and individualized tutoring sessions. The Opening New Digital Doors program features a series of cable-access television episodes that are

airing afternoons on Optimum and Cablevision Channel 77 and on Fios Channel 47 Teaneck's two public-access television channels.

Beginning in June, teenage volunteers will also work one-on-one, over the phone or virtually, with older adults who need help learning a particular digital skill.

The program is a joint project of Age-Friendly Teaneck, the F.O.R.U.M at Teaneck High School, the Teaneck Public Library, and the Township of Teaneck.

[Learn More](#)

[Sign up online](#) for individual tutoring, or call 201-530-6756

[See television program viewing schedule](#)

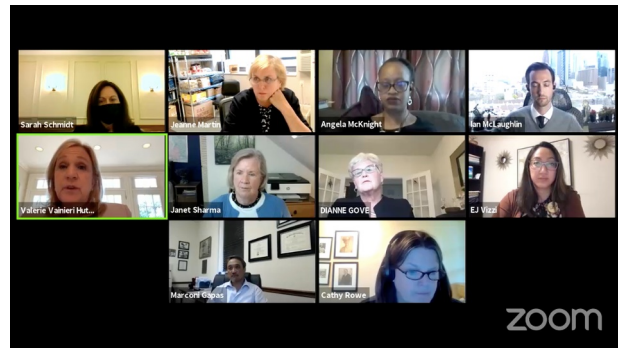
[Watch training videos on You Tube](#)

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## Age-Friendly Teaneck Leader Testifies in Legislative Hearing

Age-Friendly Teaneck Project Coordinator EJ Vizzi, along with age-friendly leaders Janet Sharma from Englewood and Jeanne Martin from Westwood, were invited by Assemblywoman Valerie Vainieri Huttel to testify at a May 5 virtual hearing of the Assembly Aging and Senior Services Committee. EJ spoke of the need for the state to work collaboratively with community leaders and local service providers to ensure the needs of older residents are met.

Legislative Leaders Hear Testimony from Older Adult Advocates on Pandemic Impact and Needs of Older Residents



Watch the legislative hearing [here](#)

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## Exciting News!

**New Jersey is Now the 9th State Accepted into AARP Network of Age-Friendly Communities.** The network helps participating states and communities adopt practices such as safe, walkable streets, better housing and transportation options, improved access to key services and new opportunities for residents to participate in community activities.

[Read More](#) about NJ's decision to join

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## Updates on New Jersey's COVID-19 Vaccine Campaign

### Getting a Vaccine is Getting Easier, Here's How to Get Yours Soon

Age-Friendly Teaneck has updated its **COVID-19 resource list** with new details, including information about getting rides to sites or getting the vaccine in your home. For more info: [Click Here](#)



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## New Project Seeks to Identify and Address Barriers That Keep Bergen Residents with Disabilities From Being Engaged in Their Communities

Bergen County residents with disabilities who have difficulty being involved in their communities are invited to participate in the **Supportive Housing Association of New Jersey's Integrated Community Project.**

The goal of the project is to increase the capacity of people with disabilities to become completely engaged in their communities. Focus groups will be held in June or July, with participants receiving \$25 gift cards. **Those who want to participate must first complete a survey at [this link](#).**



Inclusive Healthy  
Communities Grant Program  
2020



*The Integrated Community Project is funded by an [Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services](#). It has the potential to impact a combined 300,000 individuals in Bergen, Monmouth and Ocean Counties who live with a variety of disabilities, including physical, intellectual and developmental, as well as mental health and substance abuse disabilities and who experience homelessness or who are older adults. Age-Friendly Teaneck Project Advisor Jacqueline Kates is a member of the project's Bergen County Leadership Team.*

## RESOURCES, RESOURCES, RESOURCES - They are out there

### For Caregivers ...



#### **Bergen County Caregiver Conference Alzheimer's Disease: Resources & Strategies for Caregivers**

**Saturday, May 15th, at 10am**

This virtual conference will include an overview of community resources available through the Bergen County Division of

Senior Services/ADRC, information on a location tracking system for individuals with dementia, strategies for managing caregiver stress, and a presentation on wills, powers of attorney, and legal planning. Click [here](#) to sign-up

### For Renters, Homeowners...



A new New Jersey nonprofit has launched a website featuring local, state, and federal

resources for renters, homeowners, and landlords. [www.housinghelpnj.org](http://www.housinghelpnj.org) also features a resource library.

### For Those Who Can't Afford Internet



The Emergency Broadband Benefit Program is a Federal Communication Commission program providing a temporary discount on monthly broadband bills for qualifying low-income households. For details, click [here](#)



### Event Looks at How to Have Better Ballots

Age-Friendly Teaneck served as a co-sponsor for a virtual event hosted by [The League of Women Voters](#) of Teaneck on May 6. The event, called "BETTER BALLOTS" featured a discussion on efforts to change ballot layouts and processes in New Jersey,


including making sure ballots are designed in an age-friendly way.

Recording available at <https://bit.ly/3erdDFT> with the passcode: +W3A7lqR

## Teaneck Library Building Reopens, Self-Checkout Now Offered

Teaneck Public Library

**Contactless  
doorside  
pickup  
only**



Hours for doorside pickup  
will remain:


Mon 9:30 AM - 8:30 PM  
Tues 9:30 AM - 8:30 PM  
Wed 9:30 AM - 8:30 PM  
Thurs 9:30 AM - 8:30 PM  
Fri 9:30 AM - 4:30 PM  
Sat 9:30 AM - 4:30 PM  
Sun 1:00 PM - 5:00 PM

TEANECK PUBLIC LIBRARY Effective Monday, December 21 [teanecklibrary.org/reopening](https://teanecklibrary.org/reopening)

The Teaneck Library building is open for scheduled contactless doorside pickup, front desk pickup of reserved materials, express indoor browsing, and express computer usage. See more [details](#)

**Introducing  
Meescan Self-Checkout**

Streamlined checkout  
at a library kiosk  
or on your mobile device



Available on the  
App Store  
GET IT ON  
Google Play

TEANECK PUBLIC LIBRARY

Teaneck Library offers self-checkout with the Meescan app and library kiosk. No need to carry your library card around or stand in line at the circulation desk. See more [details](#)




## New Book Club in Teaneck For Ecology Lovers

For those who enjoy reading and care about the environment, join Eco Book Club hosted by Teaneck Creek Conservancy and Teaneck Public Library. Eco Book Club will be meeting (via Zoom) monthly to discuss environmental and nature-themed books. The May title is *The Lost Art of Reading Nature's Signs* by Tristan Gooley. [More details](#)

Teaneck Creek Conservancy &  
Teaneck Public Library  
invite you to join

**ECO BOOK CLUB**

MONDAY, MAY 24 AT 7PM  
ON ZOOM



## TIFF Sponsoring Film and Panel Discussion on Immigration



The Teaneck International Film Festival is sponsoring a **free** screening on May 19 of *The Donut King*, a rags-to-riches

story of a refugee from Cambodia who built an unlikely multimillion-dollar empire baking donuts. The 7 pm screening will be followed by a panel discussion on immigration and refugees.



Click [here](#) to register

Age-Friendly Teaneck is Proud to Be a Member of ...



**Age-Friendly NJ**  
BUILDING ALLIANCES FOR LIFELONG COMMUNITIES

Check out the new Age-Friendly NJ [website](#)

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

Be sure to visit our website  
and keep up-to-date on local  
news related to aging.

**LEARN MORE**

Age-Friendly Teaneck | 201-530-6756 | [www.agefriendlyteaneck.org](http://www.agefriendlyteaneck.org)

**STAY CONNECTED**

