



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

Feb 28 Deadline for Renters & Homeowners to File for Tax Relief



Renters: You May Be Eligible for up to \$450!
New State Program for Renters: ANCHOR

The cost of living is a huge burden for New Jersey residents. That's why AARP NJ fought to increase property tax relief – for both homeowners and renters – and we won.

If you lived in and rented housing on **October 1, 2019**, you may be eligible for up to **\$450** under a new state program, Affordable New Jersey Communities for Homeowners and Renters (ANCHOR). Renter/tenant requirements include:

- You were a NJ resident
- Your 2019 NJ gross income was not more than \$150,000
- You rented and occupied a residence in NJ that was your principal residence (main home) on October 1, 2019
- Your name was on the lease or rental agreement
- You paid rent
- Your unit had its own separate kitchen and bath facilities, if the building consisted of multiple units
- The rental property was subject to local property taxes or a PILOT (Payment in Lieu of Taxes)

The deadline to apply **FEBRUARY 28, 2023**
For more information, visit aarp.org/NJResources or call (888)-238-1233



As this deadline for the new tax relief program nears, NJ Division of Taxation staff will be on hand at free community events to help homeowners and renters participate in the Affordable New Jersey Communities for Homeowners and Renters (ANCHOR) program, including one **upcoming event in Teaneck**

Wednesday, Feb 15
1:00 to 3:00 pm
Arbor Terrace
600 Frank W. Burr Blvd.

Representatives can help determine eligibility, answer application questions and check the status of filed applications. **For other locations, click [here](#)**

More info: Visit: nj.gov/treasury/taxation/anchor
ANCHOR Hotline: 1-888-238-1233, press 4

How Financially Secure is Your Future?

Upcoming Presentation and YouTube Page Offer Practical Advice

[Secure Futures for Senior Women](#) to host workshop on financial preparedness, featuring an expert from PNC Bank.

Tuesday, Feb 28 at 3:00 pm
Bergen Family Center at SESCIL
228 Grand Avenue, Englewood

Click flyer on right for details.

Haven't made
it to other
SFSW
workshops?



Click [here](#) to be directed to the program's YouTube channel of previous program recordings



Secure Futures for Senior Women
FREE Workshop Series

Keep it Safe: Financial Preparedness

Tuesday, February 28, 2023 at 3:00 pm

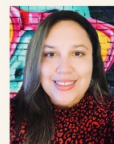


BERGEN FAMILY CENTER AT SESCIL
(Southeast Senior Center for Independent Living)
228 GRAND AVENUE
ENGLEWOOD, NJ 07631



Special Guest Speaker: PNC Bank Officer, Jamie Cid

You never know when an emergency will strike, so it's best to plan ahead to get you through a crisis. **Learn how to guard against identity theft, plan for unexpected death or disability, and prepare for financial disasters** with a financial expert!



DID YOU KNOW?

80% of households with older adults—or 47 million—are financially struggling today or are at risk of falling into economic insecurity as they age.



Please RSVP by calling 201-530-6756
or emailing sfsw@agefriendlyteaneck.org
Light refreshments will be served



@TheBrightSideFamily

TheBrightSideFamily



Interested in watching past SFWS workshops?
Visit: <https://bit.ly/3WwV12a>



Secure Futures for Senior Women is a FREE workshop series brought to you by a grant from Women United in Philanthropy through The Bright Side Family

The program is a supplement to [Senior Checks](#), a volunteer-supported program offering free money-management assistance to older Bergen residents. More information on both of these programs can be found on thebrightsidefamily.org

Tax Filing Season is Upon Us - Free Assistance is Available



Bergen Volunteers, a Paramus-based non-profit, offers free tax preparation services through the [Volunteer Income Tax Assistance \(VITA\) program](#) for income-eligible residents and seniors in Bergen County

Questions? Call 201-489-9454 x206

Searching for Affordable Housing Options? Sign up for Alerts



NAVIGATOR NOTES February 1, 2023
Housing Wait Lists
A service of the Bergen County
Department of Human Services-
Division of Senior Services
201-336-7400

Finding and securing affordable housing can be a frustrating exercise. The Bergen County Division of Senior Services has a monthly [Housing Navigator newsletter](#) that may help ease the process.

Click [here](#) to sign up for it

Age-Friendly Teaneck wants to help, too. We have a contact list for Teaneck residents wishing to be notified when applications are available for the new 40-unit affordable senior building at 1425 Teaneck Road. We'll also send alerts about future housing information events. **To be added to this list, please email us at info@agefriendlyteaneck.org**

Mark Your Calendar: State Leaders Want to Hear From You! Listening Sessions on Making NJ a Better Place for All Ages

The New Jersey Age-Friendly Advisory Council and the Department of Human Services are holding two virtual

listening sessions to hear from older residents and their caregivers on ways to make NJ more age-friendly.

Tuesday, March 14
10:00 am to noon
&
Tuesday, March 21
5:00 to 7:00 pm



HOW CAN NEW JERSEY BE A BETTER PLACE FOR ALL AGES?
Share your experiences and ideas at an official listening session

We're all aging every day — an age-friendly New Jersey helps everyone.

The New Jersey Age-Friendly Advisory Council and the Department of Human Services have been tasked by Governor Murphy to promote inclusive communities for people of all ages. The Council is holding two **virtual listening sessions** to hear from older residents and those who care for them about what the state can do.

With help from your testimonies, the Council will identify best practices for social participation, housing, transportation, and age-friendly employment; address disparities faced by the state's diverse population of older adults; and shape the blueprint on how to advance age-friendly practices across the state. Help make New Jersey a better place for all ages by signing up today.

To register to testify, click [here](#).
To provide written testimony, email DoAS.AgeFriendlyNJ@dhs.nj.gov.
Registration will be closed two days before each hearing. Testimonies are limited to three minutes per speaker.
Questions? Call 800-792-8820

SESSION #1
Tuesday, March 14th
10 am to noon

SESSION #2
Tuesday, March 21st
5 pm to 7 pm

Sign language interpreters and real-time captioning will be provided.
Listening sessions will be livestreamed on the [official DHS YouTube page](#).

State of New Jersey Phil Murphy, Governor
NJ Department of Human Services
NJ Department of Human Services Social Assistance Commissioner

Click [here](#) to register to testify.
To provide written testimony, email DoAS.AgeFriendlyNJ@dhs.nj.gov
Questions? Call 800-792-8820

Teaneck is Not Alone, Lots of Age-Friendly Work in NJ



In addition to the state's Age-Friendly Advisory Council, our community initiative is part of a regional alliance known as [Age-Friendly North Jersey](#)

Click image on the left to view a video of the wide-ranging programs and activities that occurred in 2022

Take Time To Focus On Your Cardiovascular Health

February is not only a time to celebrate love on Valentine's Day but a chance to listen and take care of your heart. There are things you can do today to take charge of your heart health and lower your risk of heart attack and stroke.



Click [here](#) for a CDC article on Preventing and Managing High Blood Pressure
And take their quiz to brush up on your basics: [Blood Pressure 101](#)

Looking for Ways to Commemorate Black History Month?



These informative presentations, sponsored by [The Martin Luther King, Jr., Birthday Committee](#) and [Teaneck Public Library](#) will be held on the following Thursday nights at the Teaneck Library Auditorium, 840 Teaneck Road

Thur, Feb. 16, 7 pm: ARCHAEOLOGICAL FINDINGS at Dunkerhook:
A presentation on the research of historic African American Community in Paramus. Archaeological deposits contain thousands of artifacts that help to describe the everyday lives and activities of the Bennett household, who lived in the community from its founding in the 1830s until the 1910s.

Thur, Feb. 23, 2023, 7 pm: HEALTH and NUTRITION

Presenter: Marie Trice Jenkins, Consultant for Marble Jam Foundation, Fitness Instructor and Nutritionist specializing in the needs of Autistic and other neurodiverse community members.

Need to Plan for Shoveling if Snow Actually Falls this Winter?



The Teaneck High School FORUM offers snow removal assistance for Teaneck residents during the winter months. For a set fee per visit, a homeowner can be matched with a student who will clear the walkway, steps, and driveway. **Those interested must register in advance by calling the FORUM at 201-833-5400**

Looking for Help? Reach out to Teaneck's Social Worker

Alex Cerbone, MSW, LSW
Phone: 201-837-1600, ext.1503
Fax: 201-837-5948
[Email Social Services](mailto:alex@teanecknj.gov)
www.teanecknj.gov/social-services



Office Hours:
Monday - Friday, 8 am to 4 pm
Office Location:
Teaneck Township Municipal
Building-South Entrance
Health Dept-1st Floor

On Wednesdays, he is located on the Upper Level of the Rodda Center in the Medical Outreach offices of the Senior Center for easier accessibility.

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



Age-Friendly North Jersey
AN ALLIANCE OF LEADERS STRENGTHENING COMMUNITIES FOR ALL AGES

Check out the alliance's [blog](#) about age-friendly issues in NJ

***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

STAY CONNECTED

