



Age-Friendly Teaneck News & Updates

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Exciting Developments for Age-Friendly Teaneck

New Project Coordinator Joins Team as **Community Begins at Home** Project Gets Underway



Teaneck resident Janice Dorman is the new project coordinator of Age-Friendly Teaneck and will also lead our Community Begins at Home initiative. She will work in concert with EJ Vizzi, director of senior programs for The Bright Side Family, on steering both community projects.

[Read More](#)



Focus Group Sessions Wednesday, Oct. 18

Help shape this Teaneck community
undertaking!

Click Flyer on Right for Times/Meeting
Details



You're Invited!

Community Begins at Home Focus Group Meeting

Age-Friendly Teaneck and The Bright Side Family would greatly appreciate your attendance at a focus group meeting for the launch of **Community Begins at Home**, a new project in Teaneck to address the independent-living challenges and community barriers faced by residents aging with disabilities. According to the U.S. Census, roughly 3,800 Teaneck residents report living with one or more disabilities, and about 1,700 of them are over the age of 65.

This initiative will be shaped by input from individuals with lived experiences of having a disability, family caregivers and disability justice advocates. We plan to conduct a communitywide survey in Teaneck, develop a volunteer-supported program of home-safety assessments and establish a disability-justice advisory board. **Your feedback can help make this project a success.**

Wednesday, Oct 18

9 am to 10:30 a.m. (virtual meeting option)
Link will be emailed after RSVP received

Wednesday, Oct 18

10:30 am to noon (in-person meeting option)
LOCATION: The Brookdale, 60 Bergen Ave. Teaneck
Light refreshments to be served

Please click [HERE](#) to RSVP and tell us your meeting preference

Questions? Please email info@agefriendlyteaneck.org or call us at 201-530-6756

Community Begins at Home is being funded by an Inclusive Healthy Communities grant from the Division of Disability Services, New Jersey Department of Human Services. The project is being led by The Bright Side Family, as an outgrowth of the Age-Friendly Teaneck project, in partnership with the Township of Teaneck and Heightened, Independence and Progress (HIPIC).

Tomorrow is Ageism Awareness Day

Ageism Awareness Day is an opportunity to draw attention to the impact of ageism in our society. **One way for older adults to counter ageism is to make sure their voices are heard at the local-level on quality-of-life issues that impact their health, safety and ability to age-in-place.**



October Starts Medicare Open Enrollment Season

**Medicare Annual Open Enrollment Period is
October 15 to December 7**

This is the primary time every year when people with Medicare can compare the different plan options and choose the one that best fits their needs. [Bergen County SHIP](#) provides free help to Medicare beneficiaries who have problems with or questions about their health insurance. SHIP counselors are trained expert volunteers.



We Urge You to Share Your Views on Teaneck's Master Plan



The Township's master plan impacts housing options, transportation choices, parks, open spaces, neighborhood design, and many more aspects of community life.

**Teaneck Master Plan
Community Workshop
8 pm, Wednesday, Oct. 11
Richard Rodda Center
250 Colonial Court**

[Click Flyer for Details](#)

If you haven't filled out the master plan survey, there's still time.
Click [here](#) to complete it

October is also Long Term Care Planning Month

Secure Futures for Senior Women FREE Workshop Series

**Long Term Care Planning, a lecture and Q&A
Elder Law Attorney Robert J. Romano Jr.**

**Wednesday, Oct. 18
6 pm**

The Brookdale

60 Bergen Avenue, Teaneck

Free event, but registration encouraged

[Click Flyer for Details](#)

THE RIGHT SIDE FAMILY
Secure Futures for Senior Women
FREE Workshop Series
Long Term Care Planning Lecture and Q&A

Wednesday, October 18th, 2023 at 6:00 pm
THE BROOKDALE 60 BERGEN AVENUE
TEANECK, NJ 07666

Guest Speaker: Elder Law Attorney Robert J. Romano, Jr.

Robert J. Romano, Jr., the managing partner of the Andora & Romano firm, has been practicing law for forty years. He concentrates on such issues as preserving assets under the Medicaid Law, Estate Planning, and the preparation of Wills, Trusts, and Advance Directives for the elderly as well as Special Needs Trusts for the disabled.

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

Andora & Romano L.L.C.
Santander Bank

Interested in watching past SFWS workshop? Visit: <https://bit.ly/3WjY7a>

[TheRightSideFamily](https://www.facebook.com/TheRightSideFamily)

Remember: It's Property-Tax-Relief Application Time



Deadlines for NJ's property tax programs that benefit seniors are coming soon

The Senior Freeze (PTR)

This program establishes a base year at which an eligible 65+ homeowner can "freeze" taxes
Income-Eligibility Limits are Higher in 2023!
Deadline to apply is Oct 31, 2023

ANCHOR Property Tax Program

For homeowners and renters who received an ANCHOR payment last year, and whose info has not changed, benefits for the 2020 tax year will automatically be distributed by Nov. 1
New applicants need to file online by Dec. 29

More info about both programs available [here](#)

Mark Your Calendars For Important Health Info and Services Caregiver Conference, Medicare Enrollment Info, Flu Shots

CAREGIVERS CONFERENCE
Saturday, October 14, 2023
10:00AM - 2:00PM
BERGEN COUNTY ADMINISTRATION BUILDING
PUBLIC MEETING ROOM (5TH FLOOR)
Hackensack, NJ 07601

Featured Presenters & Topics:

- Antoinette C. Bennett, Executive Director of Administration & Senior Services, "Supporting Challenging Behaviors"
- Antoinette C. Bennett, Executive Director of Administration & Senior Services, "Supporting Challenging Behaviors"
- Antoinette C. Bennett, Executive Director of Administration & Senior Services, "Supporting Challenging Behaviors"

For RSVP, please call (201) 236-7400 or email SeniorServices@bergen.nj.us

Caregivers Conference

Saturday, Oct. 14
10 am to 2 pm
Bergen County
Administration Building
Public Meeting Room
(5th Floor)
One Bergen County Plaza
Hackensack, NJ 07601

MEDICARE 2024
ADVANTAGE AND PRESCRIPTION DRUG PLANS
AN EDUCATIONAL PRESENTATION
An expert from the Bergen County Division of Senior Services explains all the ins and outs of Advantage and Part D Prescription Drug Plans to help you make decisions during Open Enrollment - information that could save you money!

Oct. 17
Tuesday
10 AM

TEANECK PUBLIC LIBRARY

Medicare 2024 Advantage and Prescription Drug Plans and Educational Presentation

Tuesday, Oct. 17
10 am
Teaneck Public Library
840 Teaneck Road

FLU SHOTS
FLU AND COVID-19 SHOTS
FREE! OCTOBER 19, 2023
PLEASE CALL 201-837-1600, ext. 1500 TO SCHEDULE YOUR APPOINTMENT

Together We Can Beat the Flu

Oct 19, Oct 26, Nov 2
By appointment only
Richard Rodda Community Center
250 Colonial Court
Call 201-837-1600, ext. 1500 to schedule

Flu Shots for Teaneck Residents

Oct 19, Oct 26, Nov 2
By appointment only
Richard Rodda Community
Center
250 Colonial Court
Call **201-837-1600, ext. 1500** to schedule

A look back on a rewarding summer
We enjoyed our summer interns so much we made a video!



The 2023 Exploring Careers in Aging Internship program - the 4th Age-Friendly Teaneck has hosted - offered four Teaneck High School students a diverse range of experiences and learning opportunities.

Click image to view video

What's Happening Around Teaneck



Teaneck Farmer's Market
Thursdays until November ends
10 am to 4 pm
Garrison Avenue at Beverly Road
Click Flyer for More Deals



Teaneck International Film Festival

Nov. 5 to Nov. 12

Tickets On Sale Now

Click [Here](#) for Film Schedule
Click [Here](#) to Buy Tickets

Are You Prepared for Election Day on Nov. 7?



**Last day to register is Oct. 17, and
mail-in-voting has started**

Get questions about where and how to vote
answered and check registration status at:
www.vote411.org/new-jersey

Need to know more about local candidates?
The **[Teaneck League of Women Voters](#)** has a
recording of its Teaneck Board of Ed.
Candidates Forum. Click [here](#) to view it

**League of Women Voters of Teaneck
Voters' Guide
Board of Education 2023**

Our VOTERS GUIDE questionnaire and letter of invitation to the Candidates' Forum was mailed and mailed to each of the candidates for Teaneck Board of Education on August 30th. In addition to asking them about their Teaneck residency, occupation, education, family & community involvement, we asked each candidate to answer the following questions and to limit answers to a total of 500 words or less.

1. (a) For the incumbents: What have you learned as a board member so far and what do you look forward to accomplishing if re-elected, and why?
(b) For the non-incumbents: What issues do you think are affecting public education today and how do you see these issues affecting the Teaneck public schools? How would you work with the board and superintendent to address these issues?
2. Please share your thoughts on the "parental rights" movement and how your beliefs would inform your role as a member of Teaneck's board of education.
3. What issues have you used to develop your familiarity with the instructional offerings across all grade levels in Teaneck's schools? What types of support programs are working and what would you recommend be improved and/or eliminated?

The candidates' responses follow unedited, and are in the order received:

David Gruber, 4 Myron Court

Years residing in Teaneck: 31

Occupation: Consultant

Education: MD, Mount Sinai School of Medicine; MBA, Columbia Graduate School of Business; CCNY; Sigma Delta Chi; Phi Kappa Phi

Family: Ellen married 37 years. Four children: Ben, high tech entrepreneur; Dr. Alison, Jefferson University Hospital; Dr. Jesse, Emory University Hospital and

Also, account manager

Community involvement:

* Former board member, Congregation Neve Shalom

* Former member, Teaneck Board of Education (2013-2018)

1. There are many issues affecting public schools on a national basis including (1) Academic under-performance, impact of poverty and COVID learning loss (2) Inadequate funding (3) Social-emotional learning - student attitudes, quality, disrupted (4) Family factor: parental engagement (5) School safety (6) Bullying (7) Integration of advancing technology (8) Teacher retention (9) Chronic absenteeism.

Teaneck schools are affected by some, but not all of these issues. Academic under-performance is the most important issue for the Board and Superintendent. I would review the test data and identify the underperforming cohorts, determine root causes for the under-performance.

**The Teaneck League Compiled this
Board of Ed Election Guide**

Need Help? Reach Out to Teaneck's Social Worker

Alex Cerbone, MSW, LSW
Phone: 201-837-1600, ext.1503

Office Hours:
Monday - Friday, 8 am to 4 pm

Fax: 201-837-5948
Email Social Services
www.teanecknj.gov/social-services



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

