

Age-Friendly Times

News from Teaneck's Age-Friendly Community Initiative

Leaders of New Historical Society Hope to Bring the Generations Together With Stories of Teaneck's Past

A retired fire chief, a used-book store owner, a celebrated civil rights activist, a former mayor and a chamber of commerce president.

A cross-section of community leaders has turned love of Teaneck into a common cause – the founding of the Teaneck Historical Society.

The members of this new non-profit aren't just history buffs looking to get-together once a month and trade stories. They want this venture to give birth to exhibits, lecture series or other types of history programs that attract both young and old. Recently, the Historical Society

persuaded Teaneck freelance writer Jay Levin, who specializes in historical pieces, to write a book about the township, similar to the ones that Arcadia Press has already published about other towns in New Jersey.

"We want to respect the history and learn from the history," said Robert Montgomery, a lifelong Teaneck resident and retired fire chief who is serving as the society's president. Without careful stewards to preserve it, history can be too quickly forgotten, Montgomery said.

"Things start to fade from memory after 30 or 40 years," he said. "We want to be able to tell people what the township was like before they got here. Knowing your town's history helps you feel more of a bond to it."

Age-Friendly Teaneck was instrumental in the historical society's founding in April 2017, viewing its creation as part of its mission to promote social and civic connections between young and old residents. Leaders believe young people are often interested in knowing more about where they live. But what's been missing in Teaneck is a communal effort to study and share Teaneck's history.

The society plans to collaborate with Fairleigh Dickinson University, Teaneck Public Library, the township-appointed Historic Preservation Commission and local schools. Over the years, Montgomery has assembled an assortment of fire department memorabilia, and he would like to see a permanent public exhibit for those items and an antique fire vehicle Teaneck owns.

SOCIETY on back



Mapping Path to Age-Friendly Future

To take the right steps forward sometimes you must look at the footprints you left behind. That's why Age-Friendly Teaneck backed two new studies of the Township.

A 54-page report drafted by New Jersey Future assesses Teaneck's built environment and explores opportunities to meet the needs of an aging population.



A "senior walkability workshop" on October 9 co-sponsored by AFT and the NJDOT featured a field walk (shown above) for residents and Township leaders. Input collected will be included in the consultants' report to the Township.

Visit our website to learn more about both studies.

*This edition of Age-Friendly
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cross river
Banking untangled

Care Managers Can Help Navigate Elder Care Maze

An older resident is ailing and can no longer shower or cook a meal without help.

An exhausted caregiver is near the breaking point, but there's little money for outside help.

In each scenario, the need for elder care assistance is getting desperate – but trying to find it is another heavy burden. If only someone could explain the options, give advice, and steer older adults or their caregivers through long and confusing applications for assistance. There is someone like that – a geriatric care manager.



Care managers can assist with confusing applications

The Bergen County Division of Senior Services contracts with several non-profits to provide care management to low- and moderate-income seniors. One of those agencies - Jewish Family & Children's Services of Northern New Jersey – has offices right here in Teaneck.

"People in situations like this are often living in the moment and feel like they only have time to manage what's in front of them," said Patricia Stoll, Director of Senior Services for JFCSNNJ. "They don't know what options are out there."

Care managers can help determine the type of help someone needs and qualifies for.

If an older adult, for example, is deemed

eligible for long-term-care services under Medicaid, then a care manager might spend as many as 20 hours over a period of months to help a client complete lengthy applications.

"It's complicated to try to apply for some programs on your own," Stoll said. "Our care managers are familiar with the requirements and can help someone avoid a situation where an application is rejected because information is missing or a step wasn't followed."

Not every client referred for care management qualifies for long-term-care or assistance paying for it. In those cases, however, care managers can advise on other types of help such as chore services, companionship visits or home-delivered meals. They can also advise a senior struggling to make ends meet on how to apply for food stamps or assistance with utility bills or prescription drug co-pays. "If we can't help them, then we always give them referrals to organizations that can," Stoll said.

Where to Find a Care Manager

Call county **Senior Help Line** 201-336-7400

Or directly contact these agencies, each serving seniors of all faiths & backgrounds:

Jewish Family & Children's Services of Northern NJ 201-837-9090, jfcsnnj.org

Bergen Family Center
201-568-0817, bergenfamilycenter.org

Catholic Charities – Older Adult Services
201-441-9421, ccannj.org

Friends of Grace Seniors
201-541-1200, kccus.org

SOCIETY from front

The specifics of future events are still taking shape but Montgomery wants to do more than just teach about William Walter Phelps, Gen. Thomas Van Buren and other prominent early residents of Teaneck. "Prominent figures get streets and parks named after them but people

who have lived here and built their lives and paid their taxes don't often get acknowledged," said Montgomery, adding that he hopes the society can also highlight the "ton of other people who were just as dedicated to the town."



www.agefriendlyteaneck.org