



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](#)

Age-Friendly Teaneck and Its Community Partners Hosted High School Interns This Summer

Four Teaneck High School students spent four weeks this summer with geriatric professionals in Teaneck. They toured hospital and nursing home wings, spent time with older adults and learned about many disciplines of care. They gained a lot from the experience, from career awareness to a better understanding of their own grandparents.



Our Interns with their "Graduation" Certificates

[Read more](#)

Come Help Make Teaneck a Great Place to Walk

Walking. It's such an essential part of life that we have an endless supply of clichés about it.

We can walk a fine line, a tightrope, or a mile in someone's shoes. A walk in the park. A walk down the aisle. A walk on the wild side. It all seems like a cake-walk when you're young.

As we get older, walking the walk can get harder. That's why we need to start talking the talk of "walkability." How walkable is the Township of Teaneck? Attend this [Senior Walkability Workshop](#) on Tuesday, October

The NJ Department of Transportation,
Age-Friendly Teaneck and the Township of Teaneck
invite you to attend a



This workshop is intended for seniors, community decision makers, and advocates who want to

help shape the transportation future of our communities!

Tuesday • October 9 • 2018

(Rain Date: October 16)

9:30 am - 12:30 pm

Teaneck Council Chambers

Teaneck Municipal Building

818 Teaneck Road • Teaneck • NJ

Please Join Us To:

- Better understand senior's walkability needs, benefits and barriers to walking and strategies to enhance walking
- Discuss general walkability issues in Teaneck

PLEASE RSVP!

For more information or to register please contact
Charlie Romanow at (909) 455-1880 or by email at
charlie.romanow@njdot.gov. The event is free, but seating is
limited and registration is recommended.
Light refreshments will be served.



The 2018 TIFF Is Going To Be One For the Ages



73-year-old Shula Chernick playing Annie

Age-Friendly Teaneck is proud to sponsor the Teaneck International Film Festival's screening of an old classic with a new, or some might even say, older twist.

My Annie Hall is an older adult version of the Woody Allen favorite. This half-hour feature will be shown at the 13th annual Teaneck International Film Festival on Sunday, November 4, followed by a panel discussion.

[Read More](#)

Mark Your Calendars for these Important Bergen County Events

[Bergen County Caregivers Conference](#)

Bergen County Executive
James J. Tedesco III
and the
Board of Chosen Freeholders
present the
BERGEN NEW JERSEY
Caregivers
Conference
Department of Human Services
Division of Senior Services/ADRC

BERGEN NEW JERSEY
Caregivers
Conference

Division of Senior Services - ADVISORY COUNCIL ON GERONTOLOGY
FELICIAN UNIVERSITY INSTITUTE FOR GERONTOLOGY
&
CAREGIVER COALITION OF BERGEN COUNTY

Do you provide care for a loved one or neighbor?
Find out about services, support, and other helpful information.

Thursday, October 11, 2018
5:00PM - 9:00PM
Bergen County Administration Building
Multi-Purpose Room, 1st Floor
One Bergen County Plaza
Hackensack, New Jersey

For more information, call Senior Services at 201-236-7414.

BOARD OF CHOSEN FREEHOLDERS
Thomas J. Belluso, Chairman • Catherine M. DeLo, Vice-Chairwoman • Nancy A. Adams, Chair Pro Tempore
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DEPARTMENT OF HUMAN SERVICES
Michael V. Bellucci, Acting Department Director

[Learn to Protect Loved Ones from Abuse](#)

ELDER ABUSE:
PREVENTION AND
INTERVENTION
BEST PRACTICES

An all day conference
for all professionals
and community
leaders concerned
about Elder Abuse.

SAVE THE DATE:
Friday, October 19, 2018

Bergen County
Law and Public Safety Institute
Mahwah, NJ 07430

Bergen County Executive
JAMES J. TEDESCO III
AND THE
BERGEN COUNTY
BOARD OF
CHOSEN FREEHOLDERS

Sponsored By:
SAAFE
Save Abused
And Frail Elderly

Phone: 551-795-0741
Info.BCElderConference3@gmail.com

Catch on up your Age-Friendly Teaneck blog readings

Older Adults Could Always Use Help - Consider Volunteering

The nest is empty and you're looking for more ways to feel connected to your community. Click here for a list of programs that need volunteers in their efforts to keep older adults healthy and socially engaged.

[Read more](#)

Good Morning Calls Can Save Lives

A simple “Good Morning” can start someone’s day off right. The Teaneck Fire Department believes it can also save a life – at least in the case of an elderly or disabled resident living on their own.

[Read More](#)



Teaneck Firefighter William Lynn makes calls an older resident on a recent morning.

Advice on Making Your Home Safe At Any Stage of Life

American household demographics constantly change. With kids grown and moved out, many adults are considering remodeling to meet their future needs.

Sometimes it's necessary to have elderly relatives move in to your home for them to thrive. Adult children will opt to make remodeling updates so spaces are safe, comfortable and accessible for all.

Making changes where it matters most will help transform the household into a secure space for aging adults.

[Click Here](#) for advice on projects

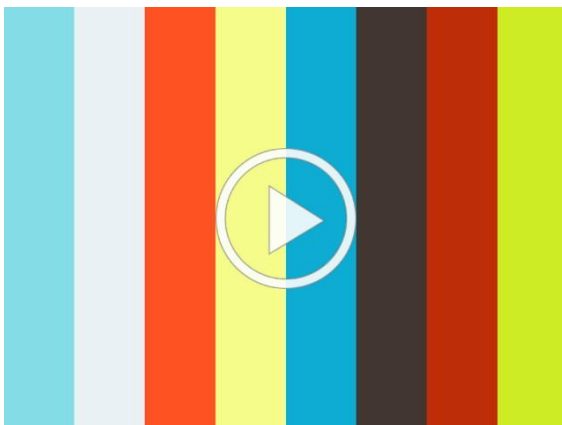
Why Working After Retirement Works

Did you know? An AARP survey of 3,900 people 45 and older found that even those who were retired (13 percent) said they were either still working or looking for work. Learn about why the boomer generation has the desire to work.

[Read more](#)



Open Enrollment for Medicare starts soon



Start shopping for Medicare plans now or make a free appointment with SHIP (State Health Insurance Assistance Program). Open enrollment, which is the time you can easily make changes to your insurance plans, is from October 15 through December 7. To learn more about SHIP, watch the video to the left or call our local office, **Bergen County SHIP: 201-336-7413**

and help navigate between confusing choices

***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

STAY CONNECTED

