



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

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Volume 3, Issue 1

Age-Friendly Times

News from Teaneck's Age-Friendly Community Initiative

Faith Leaders to Help Spread Age-Friendly Message

Age-Friendly Teaneck is partnering with religious leaders to identify and assist vulnerable older adults who might be living increasingly homebound lives.

Age-Friendly Teaneck's leadership team met recently with representatives from several congregations to discuss how to better serve the needs of their older members.

"We know as people get older, they can begin to feel more isolated and cut off from their community," said Age-Friendly Teaneck Project Director Elizabeth Davis. "But we also know that the community ties that remain strongest are to their houses of worship." Many churches, synagogues, temples, and mosques help congregants in need, from arranging rides to religious services to visiting those who are ill.

Age-Friendly Teaneck would like to bolster those efforts by providing information about local resources and connecting older adults to services that can help them continue to live – and worship – in the community they've long called home.

CLERGY on back



Volunteer to Bring Some CHEER

At 94, Ethel feels at home in her Teaneck apartment, and she's very attached to the friends she's made in her twice-weekly visits to the township senior center, where she enjoys exercising and taking classes on writing and "cerebral gymnastics."

She cherishes her ties to the community where she's lived for 45 years.

Thanks to a non-profit program called CHEER, Ethel didn't have to upend her life 10 years ago, when a serious accident left her unable to drive or perform necessary chores like grocery shopping or carrying a laundry basket down the stairs.

The decades-old program matches willing volunteers or trained aides with older residents who are capable of living alone but have health or mobility challenges that make it too hard for them to shop, run local errands, or do laundry and other housekeeping.

The program offers help with such routine tasks, but it also offers a social connection that, for some CHEER clients, can be just as much of a lifeline.

"There's a reason it's called CHEER," said Michele Ogden, who coordinates the program now operated by the non-profit Bergen Volunteer Center.

Ethel looks forward to her Tuesday morning visits with Shani, a 29-year-old Paramus resident with special needs. Some of CHEER's 36 active volunteers are participants in programs that offer vocational opportunities for special needs adults.

Those partnerships allow CHEER to serve a dual purpose, with **CHEER on back**

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