



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. Thank you [Kates Nussman Rapone Ellise & Farhi, LLP, Attorneys-at-Law](#) for sponsoring this month's newsletter!

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Hot off the press! Our newest newsletter has arrived!

Volume 3, Issue 4

Age-Friendly Times

News from Teaneck's Age-Friendly Community Initiative
Special Volunteerism Feature

Volunteering Linked to Improved Health and Happiness

Imagine choosing one activity that could decrease your stress level, lift you out of depression, lower your risk of cardiovascular disease, and extend your lifespan. Who wouldn't sign up for that?

Those are just some of the measurable health effects that studies have linked to volunteering. For older adults, there is also a long list of intangible benefits – increased community connections, a renewed sense of purpose, a chance to learn new skills, a way to set a good example for the grandkids. Then of course, there's the "helper's high" – that release of endorphins that comes with doing good, and why surveys show people who volunteer on a regular basis also report higher rates of happiness.

Volunteering is such a key component of good health that the United Health Foundation uses it as a measure of overall well-being in its annual America's Health Rankings Senior Report. While New Jersey's older adult health ranking improved slightly in 2019, its rate of volunteerism declined. Only about 22 percent of New Jerseyans over 65 reported volunteering sometime in the previous **TIME** on back

Older Adults Help in Many Ways in Teaneck Schools

Reading buddies. Math tutors. Lunch monitors. After-school club leaders. Clerical assistants. Teaneck Public Schools are seeking community volunteers to serve in a variety of roles, as part of a new vision the district is calling "The Teaneck Advantage."

"This 'advantage' includes all of our community volunteers who are so giving of their time, talent and treasure to help support the educational and emotional growth of our students," said Terry Corallo, director of community relations and chief of staff. "Our in-school volunteers are placed based on how they want to help work with our students or schools; and we welcome the Age-Friendly community to join us in this effort."

Volunteers may participate on a regular basis or a few times a year, depending on their interest and schedule. Those interested must attend a training session and undergo a criminal background check, the cost of which is reimbursed by the school district.

For more information or to apply, please call Ms. Corallo at 201-833-5498



Above at Bryant School: Retired business analyst Wallace Lee serves as an aide in pre-school classes; Suzanne Berelson, a former kindergarten teacher, puts her longtime experience to good use helping kindergartners with a counting exercise.



Below at Thomas Jefferson Middle School: Longtime bridge partners Barbara Ganin and Allan Bauer teach the card game to students after school; former art teacher Frank Ottochian leads an after-school art class.

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