

**October-  
November  
2021**



76 South Orange Avenue, Suite 302, South Orange, NJ 07079 | 973-558-0863 | [www.SOMAtwotownsforallages.org](http://www.SOMAtwotownsforallages.org)

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*The Newsletter for South Orange and Maplewood Residents 60+  
SOMA Two Towns is an initiative of the towns of Maplewood and South Orange working to support and empower all residents to age in place in their homes and their community.*

**Tropical Storm Ida Information**

**Many residents suffered the ravages of Tropical Storm Ida this past September. Below are some resources that may help you with cleanup and FEMA information.**

**Crisis Cleanup**

If you experienced flood damage and need assistance with clean up, register for [Crisis Cleanup](#) by calling 844-965-1386. For more information and to view a flyer ([English](#)) ([Spanish](#)), visit our website.

**Documenting Your Flood Damage**

Before removing flood damaged items from your home, policyholders should be sure take photos and videos, record serial numbers, keep receipts, retain all material samples, and contact repair services.

**Report Damage**

The New Jersey Office of Emergency Management has launched a data collection portal to gather data from impacted individuals in Essex County where FEMA has declared the Major Disaster Declaration. Individuals can fill out the [Damage Report Form](#) to report damage to your home in the aftermath of a significant weather event or disaster (residential structures only, no vehicles).

**FEMA Assistance**

To apply for assistance, visit <https://www.disasterassistance.gov/> or call 800-621-3362 (TTY: 800-462-7585). The toll-free telephone lines operate from 7 a.m. to 11 p.m., seven days a week.

For a link to the Governor's Office information, visit <https://www.nj.gov/ida/>

**Transportation**

Governor Murphy announced a partnership with Uber and Lyft to provide free and discounted rides to NJ residents who lost a personal vehicle due to Tropical Storm Ida. If you need a ride to an essential service, text NJIDARIDE to 898-211 or dial 2-1-1.

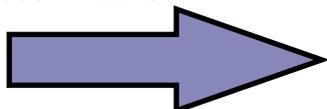
**Deadline Date to File:  
November 1, 2021**

The **Senior Freeze Property Tax Reimbursement Program** reimburses homeowners, who are age 65 or older, or receiving Social Security disability benefits, and who paid property taxes on their principal residence in New Jersey directly or through mobile home park site fees, for property tax increases on their main home. Income eligibility has increased so more people are now eligible.

SOMA Two Towns and the NJ Taxation University will have a presentation on the **Senior Freeze Property Tax Reimbursement Program on Tuesday, October 5, 2021 at 1 p.m. via Zoom.**

<https://us02web.zoom.us/j/86063748194?pwd=UmNRSXQyaINjNzRpejBnMStzakZEUT09>

Meeting ID: 860 6374 8194  
Passcode: 410840



To find out if you qualify for this property tax reimbursement and to receive a brochure by mail, call the Senior Freeze (Property Tax Reimbursement) information line at 1-800-882-6597 or visit <https://www.state.nj.us/treasury/taxation>

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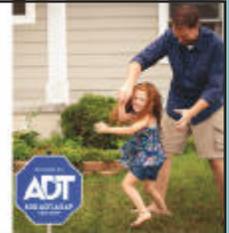


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06-5292

## Community Support

**According to the World Health Organization, Community Support is one of the domains of an age-friendly community.**

Medicare Open Enrollment  
**October 15th to December 7th, 2021**

**The State Health Insurance Assistance Program** (SHIP) provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about, their health insurance. For Medicare counseling and general aging services questions: 1-800-792-8820 or visit <https://www.state.nj.us/humanservices/doas/services/ship/>

**NJ Save** is an online application to help low-income seniors and individuals with disabilities save money on Medicare premiums, prescriptions costs, and other living expenses. For NJ Save (PAAD, Sr. Gold, Medicare Saving Programs, Lifeline, and more), call 1-800-792-9745 or apply online at <https://www.state.nj.us/humanservices/doas/services/njsave/>

**Family Connections of NJ** delivers a wide range of services across Northern New Jersey, including counseling, prevention and training, family bonding, family reunification, social-emotional skills-building – and more. For more information about their services, go to <https://www.familyconnectionsnj.org/>

**Seniors and Older Adults Needing Food Assistance**  
If you or someone you know is struggling with food bills, SOMA has three food pantries that are ready to help.

Our Lady of Sorrows, 217 Prospect Street, South Orange- 973-763-5454

St. Joseph's Food Pantry, 245 Hilton Avenue, Maplewood--973-761-5933

Bobrow Kosher Food Pantry, Oheb Shalom offers kosher food on certain days-call 973-762-7067

Little Pantry at the ELKS  
220 Prospect Street, South Orange

### Tech Teens Helping Seniors Fall Series

Teens will provide technology instruction on the 1st and 3rd Saturdays from October- December. Dates are 10/2, 10/16, 11/6, 11/20, 12/4, 12/18, 10 am to 11:30 am at the South Orange Library. Weather permitting, this will be outdoors in October and will move indoors in November/December. Sign up at the Reference Desk, call the library (973)762-0230, or send an email to [librarian@sopl.org](mailto:librarian@sopl.org) with the subject line: Tech Teens Helping Seniors.



Whether you are struggling with a personal challenge or recovering from a natural disaster, NJ 211 provides connections to services that often mean the difference between hope and despair. Their statewide service is free, confidential, multilingual and always open. NJ 211 provides live assistance 24 hours a day, every day of the year. You can connect in several ways:

By phone (simply dial 2-1-1)

Via text (send your zip code to 898-211)

Email ([info@nj211.org](mailto:info@nj211.org))

### Aging Services Program Guide

Did you know that the **NJ Division of Aging Services Program Guide** has a comprehensive listing of federal and state-funded programs that promote the well-being of seniors 60+ and adults with disabilities living in the community? For more information and a copy of the program guide, go to <https://www.nj.gov/humanservices/doas/home> or contact the Essex County Division of Senior Services, 465 Dr. Martin Luther King, Jr. Blvd, Newark, NJ 07102 at 973-395-8375.

### FIRE SAFETY

It's the Fall so it's that time of year to check batteries in your smoke and CO2 detectors. For more info about fire safety for older adults, visit [https://www.usfa.fema.gov/prevention/outreach/older\\_adults.html](https://www.usfa.fema.gov/prevention/outreach/older_adults.html) or [https://www.usfa.fema.gov/downloads/pdf/publications/fa\\_221.pdf](https://www.usfa.fema.gov/downloads/pdf/publications/fa_221.pdf)

### SOMA Community Resources

The Township of Maplewood and Village of South Orange, along with the Community Coalition on Race, have created a Community Resource guide that provides information on common concerns and community resources regarding COVID-19. For a copy, contact the Maplewood Health Department at 973-762-8120 or go to <https://www.twp.maplewood.nj.us/COVID19>

#### Happy Fall!

With the beautiful colors of Fall just around the corner I'm sure that you all have so much to focus on: holidays, fall cleaning, grandchildren back to school, meetings, winterizing, safety and so much more. But how about your health insurance? WHAT you say? Insurance? I'm all set with that. But are you?



Did you know that there may be opportunities to tweak your insurance plan so that you may access the best health plans to suit your needs? Have you asked yourself how to get the best health insurance coverage available at the most cost-effective rates? When was the last time you thought about the future of your health insurance needs?

The State Health Insurance Assistance Program (SHIP) through Jewish Family Service of MetroWest offers free counseling to help you understand plan options. You can review the basics of Medicare's four parts, determine what you are eligible for, how to enroll, and late enrollment penalties. You can also compare the plans and find out which programs HELP with Medicare costs. Learn about Medicare Savings Programs and if you're eligible for NJ PAAD, NJ Senior Gold discounts, and how to avoid scams! OPEN ENROLLMENT - what it is and how to make any changes that may assist you in your healthcare plans. Contact the help line at 973-637-1717 or email us at [medicarehelp@jfsmetrowest.org](mailto:medicarehelp@jfsmetrowest.org)

If you need any assistance with social services, please reach out and here's hoping for a healthy, safe and colorful Fall. Be WELL!

Carol Berman, MSW, LSW  
Townships of South Orange Village and Maplewood  
Jewish Family Service of MetroWest Social Worker  
973.986.4321, [SOsocialworker@southorange.org](mailto:SOsocialworker@southorange.org)

#### October is National Dental Health Month Protect Your Pearly Whites

The CDC released alarming dental health statistics noting that 25% of those ages 65 and older have no remaining teeth. Almost 33% of older adults have untreated tooth decay. It is especially important for seniors to practice good dental care to minimize bacteria build up and potential tooth extraction. There are four critical steps to keeping teeth healthy well into your 90's. Floss daily to remove food from in between your teeth. Gently brush twice daily for 2 minutes with a soft toothbrush and replace it every 3 to 4 months. Use a cotton swab with a little toothpaste or a sponge stick if toothbrushes cause discomfort. Then rinse for 30 seconds with a mouthwash. Get your teeth professionally cleaned at least twice a year.

#### Breast Cancer Awareness

Breast cancer risk for men and women increases with age. Approximately a third of female breast cancers are diagnosed in patients aged older than 70. Often patients are not diagnosed early.

How do we overcome these inherent disparities? Take care to check your breast regularly for the symptoms below and get annual mammograms as recommended by your physician. You are your best advocate since early detection yields the best survival rates.

**A painless lump** or thickening in your breast tissue,  
**Changes to the skin** covering your breast, such as dimpling, puckering, redness or scaling,  
**Changes to your nipple**, such as redness or scaling, or a nipple that begins to turn inward, and  
**Discharge** from your nipple.

Please share this information with your friends and loved ones. Though breast cancer does carry some genetic determinants, patients can get the disease without any family history.

#### FLU SHOTS

Make plans to get your shot early in the fall, before flu season begins. The CDC recommends that people get a flu vaccine by the end of October since it takes about two weeks after vaccination for antibodies to provide ample protection.

#### COVID VACCINES AND BOOSTER SHOTS

Essex County is offering both the Moderna and Pfizer vaccines, in addition to the booster if you qualify. If you are looking to get vaccinated go to: [essexcovid.org](http://essexcovid.org) to find a vaccine or booster location or call 973-877-8456.

## Save the Date and Volunteer Opportunities

### SAVE THE DATE

**Repair Café:** Saturday, October 16th from 1 to 4 p.m. at the Maplewood Senior Center, 106 Burnett Avenue, Maplewood. Rain date: Saturday, October 23th, same time. See volunteer opportunities below. To register to get an item fixed, please call 973-558-0863.

**Volunteer Fair:** Saturday, November 13, 2021 from 1-4 pm at The Woodland, Maplewood

**MAPLEWOODSTOCK:** Music and Art Festival has been postponed until 2022.

### VOLUNTEER OPPORTUNITIES

**Repair Café:** Are you handy? Good at fixing things? Contact us to be a repairer. If you are not handy yourself, we could still use your help with publicity, making sure things run smoothly day of, bringing refreshments, etc. Email: [soma2towns@gmail.com](mailto:soma2towns@gmail.com) or call (973) 558-0863 if you would like to volunteer.

**SOMA Two Towns for All Ages** is looking for volunteers to help with community events, website, distribute flyers and newsletters, update social media sites, etc. To volunteer, contact us at [soma2towns@gmail.com](mailto:soma2towns@gmail.com) or call 973-762-8120, x 4006.

Many more volunteer opportunities are available on our website at <https://www.somatwotownsforallages.org/volunteering>

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# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



# Local Events

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 1pm - Special Conversations with Special People (S)
4 2-7pm Maplewood Farmer's Market (every Monday thru 11/22/21) (W)	5 11 am <b>SOMA Walking Tour:</b> Springfield Ave Murals  1 pm <b>Senior Freeze Virtual Presentation</b>  1pm Mahjong (every Tues until Sept-(MSC) (W)	6 2-7 pm South Orange Farmer's Market (every Wed thru 10/2021) (W)	7	8 1pm - Special Conversations with Special People (S)
11	12 11 am <b>SOMA Walking Tour:</b> New Businesses Around Town	13 1pm - Creative Writing (S)  6:30 pm <b>AAA Virtual Presentation:</b> Key Timing/Planning Your Driving Retirement	14	15 1pm - Special Conversations with Special People (S)
18	19 11 am <b>SOMA Walking Tour:</b> Maplewood Notable Buildings	20	21	22 1pm - Special Conversations with Special People (S)
25	26	27 1pm - Creative Writing (S)	28	29

**Location key:**  
 MSC = call Maplewood Senior Center at (973) 763-0750  
 S = South Orange Library, www.SOPL.org  
 SA = Gazebo off Springfield Ave and Tuscan Road  
 F = Flood Hill, Ridgewood and Mead, South Orange  
 W = occurs every week until end date

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<p><b>Daria Knarvik</b>            973- 704-6718 (mobile)            973- 913-5055 (office)</p> <p>Your SOMA neighborhood specialist with a global reach            For all your real estate needs call Daria today            DariaHomeDelivery@gmail.com</p>  	<p>Serving ALL of Union, Morris, Essex, Passaic and Hudson Counties</p>  <p><b>SYNERGY HomeCare</b>  <i>Care for Everyone</i></p> <p>Companionship • Meal Preparation            Bathing Assistance • Memory Care            Errands &amp; Shopping • Transportation            Medication Reminders &amp; More!</p> <p><b>Call Today! 973.808.3475</b>  <a href="http://synergyhomecare.com/parsippany">synergyhomecare.com/parsippany</a>            Owners Casey Holstein &amp; David Katz</p>
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## Arts & Culture



September 15th to October 15th is Hispanic and Latinx Heritage Month!  
Check out your local events or visit <https://www.hispanicheritagemoth.gov/>

### Automobile Association of America and SOMA Two Towns presents

**Key Timing/Planning your Driving Retirement**  
on October 13th at 6:30 p.m. via Zoom

When is it time to “retire” from driving? This presentation is designed to help older drivers and caregivers determine when is the right time and will discuss a range of topics from conducting a driver evaluation to developing a mobility plan/agreement for driving cessation.

<https://us02web.zoom.us/j/82935429206?pwd=WUq2cEQ3QWplZzBETG5la3ZYOURWdz09>

Meeting ID: 829 3542 9206  
Passcode: 908484

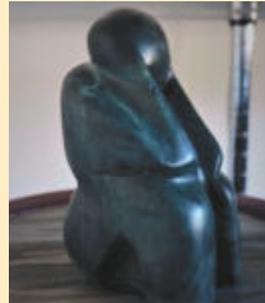


October 3, 2021  
1 pm - 3 pm

The Skate House at Meadowland Park

### Two Local Winners of the Essex County Senior Citizens Juried Art Competition

The show featuring entries and winners was held at the Essex County Robert J. O'Toole Community Center in Cedar Grove in September. Award categories included various artistic genres such as watercolor, oil, hand drawing, 2D, and 3D sculpture. An awards ceremony will be held there on Friday, October 1, 2021 at 10am. Only the first place winner will be entered in the New Jersey State competition to be juried later this fall.



Congratulations to South Orange resident Pearl Feder who is going to the big dance, the New Jersey State competition! Pearl was awarded **FIRST PLACE** for her non-professional soapstone sculpture titled *Mama*.

Congratulations to South Orange resident Karen Boss who received an Honorable Mention for her painting titled “Him” which is meant to convey the threat and nightmare of sexual abuse.



### Senior Tent and Seating

SOMA Two Towns arranges special seating for seniors at SOMA events. If you wish to attend our events and need senior seating, please contact us at 973-558-0863.

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## COMMUNITY NEWS



### Keisha M. Miller, NJ 2021 Librarian of the Year

The New Jersey Library Association (NJLA) named South Orange Public Librarian, Keisha Miller, 2021 Librarian of the Year. Recipients of this prestigious designation have to perform above and beyond what is expected to make an appreciable difference in library services and in their community.



Over the years as Teen Librarian & Volunteer Coordinator, Keisha has done that and more. Her many programs focused on exposing teens to academic, social justice, technology and community service endeavors while enriching their lives and their futures. She has participated in countless conferences presenting information on various topics, leading conversation groups and discussions, while engaging members of the community in best practice methodologies. An accomplished contributor of published articles on teen, or young adult library services and library-to-community collaborations and connections, we are so fortunate to have Keisha's expertise and leadership in guiding our teens.

The VolunTEEN Program, established by Keisha in 2009, is a summer program where teens focus on community service, leadership, self-awareness and more. Her commitment to connect teens to our greater community is evidenced by the summer program she implemented this past August, *Tech Teens Helping Seniors*. Over a two-week period VolunTEENS provided one-on-one technology instruction to helpseniors learn more about their smartphone, tablet and laptop use as they conducted the training on each senior's personal device.

Reaching beyond the confines of the South Orange Public Library, Keisha started the NJLA Librarians of Color Roundtable in 2019. This roundtable later became the Library Workers of Color - to include all people of color who work in libraries whether or not they have a degree in library science. Please stop by the South Orange Public Library and congratulate Keisha on her 2021 Librarian of the Year Award.

### Changes at South Orange Public Library

We thank **Phyllis Kalb**, who retired in August, for her years of dedicated service to the South Orange Public Library and the South Orange community. For the past 35 years Phyllis has exemplified a commitment to lifelong learning. She developed relationships with prominent authors and other fascinating professionals who keep us engaged during the pandemic with Special Conversations with Special People. This weekly event was especially helpful to our senior population and helped us to become comfortable using virtual technology.

Phyllis noted that "being here has been a 'labor of love' for me yet there comes a time when everyone has to pass the torch". She is so happy that **Laura Sims**, an acclaimed author, poet, and reference librarian at the South Orange Library, will continue the Friday Lecture Series on Zoom each week at 1 p.m. She will also lead the Creative Writing Group every other Wednesday. For further information about not only these programs but all great programs our library runs, please call, 973-762-0230, or e-mail [librarian@sopl.org](mailto:librarian@sopl.org).

### BUILDING A LIBRARY FOR THE 21ST CENTURY: INFORMATION FOR PATRONS



The Maplewood Memorial Library closed for construction in September 2021. As it moves forward with plans to build a library for the 21st Century, they will continue to provide excellent service to the community. Beginning October 4, 2021, **ADULT SERVICES ONLY** will be relocated to **129 Boyden Ave.** adjacent to the pool parking lot. Interim location hours will be: Monday-Thursday 10-8, Friday & Saturday 10-5, 973-762-1622

**CHILDREN'S & TEEN SERVICES ONLY** will be located at the Hilton Branch, at **1688 Springfield Ave.** The hours will be: Monday-Thursday 10-8, Friday & Saturday 10-5, Sunday 1-4 (beginning October 10), 973-762-1688. For more information and updates, please visit [maplewoodlibrary.org](http://maplewoodlibrary.org) or email them at [library@maplewoodlibrary.org](mailto:library@maplewoodlibrary.org).

### Increases in Social Security COLA 2022

In October, the Social Security Administration is expected to announce one of the largest increases to the cost-of-living adjustment for social security beneficiaries since the 1980's . Read more about it at <https://www.aarp.org/retirement/social-security/info-2021/cola-2022-increase-forecast.html>.

**The National Center on Law and Elder Rights (NCLER)** offers legal services and provides aging and disability communities with the tools and resources they need to serve older adults with the greatest economic and social needs. A centralized, one-stop shop for legal assistance, NCLER provides Legal Training, Case Consultations, and Technical Assistance on Legal Systems Development. Justice in Aging administers NCLER through a contract with the Administration for Community Living's Administration on Aging. For more information, visit their website at <https://ncler.acl.gov/>

**National Center on Elder Abuse:** The NCEA provides the latest information regarding research, training, best practices, news and resources on elder abuse, neglect and exploitation to professionals and the public. <https://ncea.acl.gov/> For statewide information about elder abuse, visit <https://www.state.nj.us/humanservices/doas/documents/APS%20flyer.pdf>



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## Senior Transportation Services

### Maplewood Township Senior Transportation

Maplewood has started providing Dial-a-Ride transportation services for Maplewood seniors 65+. Rides are available Monday to Friday, 9 am—1:30 pm to different locations in town and to select shopping areas. Vans are not ADA accessible. To sign up for a ride, call the Maplewood Senior Center at 973-763-5287.



### South Orange Village Senior Transportation

To schedule a trip, call 973-378 7715, ext. 2037.

### Essex County Special Transportation

This is a free, handicap accessible service within the county for doctor's appointments, shopping, and other essential errands. You must register for the service before your first ride. Call 973-618-1280 between 9 am - 3 pm to register for this service. You can also call 973-737-7200 to register for free EZ-Ride services.

## Our Environment



In support of sustainability, the SOMA Repair Café has drafted repair experts for sewing, jewelry, lamps and small electronics, bikes, tech devices, woodwork, carpentry, and more. So, if you have a broken, beloved item needing repair, don't throw it out – bring it to the Maplewood Senior Center Parking lot at 106 Burnett Avenue,

Maplewood on Saturday, October 16th, between 1 – 4 pm. (The rain date is October 23rd at the same time.)

Please call or email the SOMA Two Towns for All Ages office to register for a timeslot to get your item repaired. If you would like to share your repair skills or would like to volunteer to help at the event, please contact Tracy Carroll or Carmen Morales at [SOMA2towns@gmail.com](mailto:SOMA2towns@gmail.com) or call 973-558-0863. Volunteers of all skill levels are appreciated.

## KEEPING PRESCRIPTION MEDICATION OUT OF OUR WATER SUPPLY AND GARBAGE

**Project Medicine Drop Box** is a program that allows residents of Maplewood and South Orange a safe and secure way to dispose of unwanted/unused medications so that they don't wind up in household garbage and they aren't flushed into the water supply. The Drop Box accepts prescription and over the counter medications in pill or capsule form, as well as patches and inhalers. The Drop Box cannot accept any medication in liquid form, medical waste, or syringes. This program and drop box is completely anonymous and available to the public 24 hours a day/7 days a week.



Drop Box Locations: Lobby of Maplewood Police Department, 1618 Springfield Avenue, Maplewood. In South Orange, the South Orange Police Department lobby, 201 South Orange Avenue.

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## SOMA on the Move Walking Tours

With autumn in the near future we have to fight against our inclination to become more sedentary as the days get shorter and temperatures drop.

SOMA Two Towns for All Ages is hitting the streets, rather the sidewalks, this fall continuing our walking tour adventures. We will take short and mid range guided tours in our local communities. Each SOMA on the Move tour consists of specific sites where we will have the opportunity to learn a bit more about the location and perhaps notice things we have not seen yet or have overlooked. The schedule below includes the title of each October walking tour. We will offer new tours for the spring.

**October 5th**, 11:00 am **Springfield Avenue Murals**, meet at Yale Street Lot, Springfield Ave and Yale Street.

**October 12th** 11:00 am **New Business Tour**, meeting location to be determined

**October 19th** 11:00 am **Maplewood Notable Buildings**, meet at Ricalton Square, downtown Maplewood

Please bring water and a hat for sun protection. Tours may be lead by local experts who will provide interesting tidbits you can share with your family and friends.

If you want to walk on your own most maps are available on our website, [somatwotownsforallages.org](http://somatwotownsforallages.org), South Orange Village offices, the Maplewood Senior Center or can be mailed to you by calling (973) 558-0863 or emailing [SOMA2towns@gmail.com](mailto:SOMA2towns@gmail.com).

### Seniors Advisory Committees

Maplewood and South Orange have seniors advisory committees composed of residents who represent senior concerns in our community. The Maplewood committee can be reached at [maplewoodseniorsadvisory@gmail.com](mailto:maplewoodseniorsadvisory@gmail.com). The South Orange committee can be reached by emailing [khilton@southorange.org](mailto:khilton@southorange.org).

### Connect with Us

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