



# 60+ LIVING

IN WESTWOOD

*Westwood for All Ages*

## BEATING THE WINTER BLUES

### Tips for Improving Health & Well-Being During Our Pandemic Winter

By Lisa Bontemps— Wellness Coach, Program Director, Westwood for All Ages

Dealing with the brutal cold and snow, the continuing pandemic, the challenge of getting vaccinated, and more may have us feeling like life will never go back to a reasonable version of “normal.” Add in a bout of the “winter blues” coupled with “Covid fatigue,” and it’s no wonder that many of us are struggling to keep ourselves sane and functional.

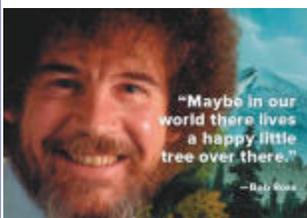
But as American naturalist, author and journalist Hal Borland aptly quipped, “No winter lasts forever; no spring skips its turn.”

One of biggest benefits of aging is the wisdom that comes along with it — to be able to discern what things are under your control and which things are not. With that in mind, I want to share a few strategies adapted from a variety of health and wellness sources that may help us get over the dreariness of winter and improve our overall health status as we look hopefully towards spring.



**Exercise** The research is clear that one of the best ways to lift your spirits, release pent-up stress and get those endorphins stimulated in your body is by MOVING it. That doesn’t mean you have to run a 5k or lift weights —it simply means to move more and sit less. Try marching in place for 5 minutes while moving your arms in an up and down motion and you’ll feel your heart pumping and blood moving around. Turn on some of your favorite music and just DANCE! Chair yoga and Pilates are also great ways to get in some exercise if you have problems being on your feet for too long. Need a guide to move? Look for 30 minute exercise programs on TV, like those on PBS stations in the morning hours, and give them a shot until you find one you really enjoy.

**Watch What You Are Watching** It’s tempting during times like these to watch an excessive amount of news or spend a lot of time on social media. Those seemingly mindless activities can actually *increase* our anxiety. Limit yourself to one hour a day of news and then change the channel to something entertaining. When it comes to social media like Facebook, don’t get sucked in to the political posts! The negativity and divisiveness in these forums can add to feelings of despair and anxiety.



**Express Yourself** Taking that TV Break? Let your inner creative spirit soar! Write in a journal; sing along to your favorite songs; break out the watercolor paints and channel your inner Bob Ross; bake your favorite desserts and share them with a neighbor. Remind yourself of the hobbies you used to enjoy and go for it! You might be surprised how quickly it all comes back to you and how gratifying it is to create something from scratch.

*Continued on page 3*



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## Continued from page 1

Keeping each other safe and connected is everyone's responsibility



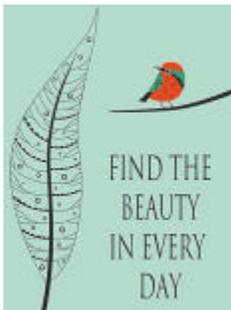
Physical distancing is not social isolation



**Stay Physically Distant, Not Socially Distant** One of the saddest things about this pandemic is the loss of human interaction and physical touch. We need to keep ourselves safe above all, but that doesn't mean we need to be isolated. Pick up the phone and call a friend or family member just to say hi and talk about life. Join one of our Social Connection Happy Hours (details on next page!) or any of the other online gatherings you can find on senior-planet.org. And when the weather warms up and it's easier to be outside, grab a friend and walk outdoors (with your masks and a few feet apart) or stroll through downtown Westwood or any of our wonderful parks and enjoy the sunshine.

**Focus On What You Can Control** Remember the old prayer that asks for the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference. Right now there are so many things we personally can't change, but the one thing we all have the power to change is our choices and our responses to things that happen in life. Own that power and don't allow any negative situation to influence your state of mind.

GOD GRANT ME THE  
**SERENITY**  
TO ACCEPT THE THINGS  
I CANNOT CHANGE  
**COURAGE**  
TO CHANGE THE  
THINGS I CAN AND  
**WISDOM**  
TO KNOW THE DIFFERENCE

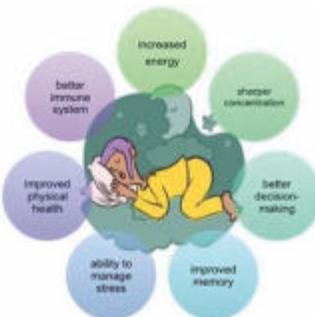


**Make a Gratitude List** Even in the most trying of circumstances, there are always little rays of light out there that we can be grateful for. What are those things that you are most grateful for? Don't just think about them --- write them down. Keeping a gratitude list is one of the quickest ways to create a positive mindset. Don't know what to be grateful for? Here's one: You woke up this morning! It's that simple! Once you have a list, post it somewhere in your home where you will see it every day. Put it on your refrigerator, or set it on your nightstand to read and add to before going to bed each night, or tape it to your bathroom mirror so you see it each morning when you brush your teeth.

**Practice Mindfulness** Mindfulness is a mental state achieved by focusing on the present without judging it as happy, sad, good, or bad. It means being aware of your thoughts and noticing what your inner voice is telling you. This is a good way to de-clutter your mind and allow it to calm down. Mindfulness can be achieved in many ways: meditation and prayer; deep breathing exercises; journaling; and any activity that puts you in touch with yourself rather than focusing on external factors.



**Get Enough Sleep** The best way to get good, restful sleep is to have a regular routine. Set a firm bedtime and then follow it each night. To get the best restorative effects of sleep, aim for getting 6-8 hours each night. And if you have difficulty falling asleep, remember to turn off the TV and electronic devices at least one hour before bed and opt instead to read a book. If you find yourself having to read the same page twice to pay attention to it then you know your body is ready for slumber. Weighted blankets have also been shown to help people get a more restful night of sleep.



When it seems like our winter discontent is getting the best of us, it's best to take a breath and think about what we can do to positively change our situation. By implementing just a few of these small strategies into your daily routine you can help create a better mindset so that you can beat the "winter blues" and get ready to greet the spring rejuvenated and ready to handle anything!

Westwood For All Ages

# Social Connection

Happy Hour!



Thursday, March 25, 3:00 p.m.  
Thursday, April 29, 3:00 p.m.

Register at  
[www.westwoodforallages.org](http://www.westwoodforallages.org)

Catch up with your friends and neighbors when you join us at our next Social Connection Happy Hour for news, updates, music, games and more! Save your spot today by registering today and be sure to invite your friends and family to do the same. **Want to join but have never used the Zoom video conference platform? Check out this tutorial to learn how -- <https://bit.ly/3koCSIU>**

Also, if you attended our January Social Connection Happy Hour and enjoyed the music of Gary Van Mirt, you are in luck! His new album **The Sensational Country Blues Wonder** is now available at the Westwood Public Library. Check it out!



Social Connection Happy Hour! A great way to keep in touch with friends!

## Coffee & Conversation

FRIDAYS AT 10AM



Join us for four Friday mornings as we explore the short, powerful plays by today's celebrated playwrights, actors and directors; from the Playing on Air podcast.

**Feb 19, Feb 26, March 5 and March 12**

Sponsored by Westwood Library and Westwood for All Ages



Register: [westwoodpubliclibrary.org](http://westwoodpubliclibrary.org)

### TECHNOLOGY RESOURCES!

Across the internet, organizations that serve the senior population have ramped up their technology training programs (many of them free or low-cost) that will get you Zooming, Texting, and Live Streaming in no time. Here's a few that [Westwood For All Ages](#) recommends:

- CyberSeniors** ([www.cyberseniors.org](http://www.cyberseniors.org))
- COVIA Well-Connected** (<https://covia.org/services/well-connected/> )
- Senior Planet** ([www.seniorplanet.org](http://www.seniorplanet.org)) .

You can also check out a tablet device (complete with AT&T data plan, Netflix, oldies radio, zoom and web browsing) from Meals on Wheels North Jersey. Contact [Westwood For All Ages](#) at 201-834-4192 for details!

## LET'S S-T-R-E-T-C-H OUT OUR GOLDEN YEARS!

By Dayna Krachtus, Westwood For All Ages volunteer

The benefits of yoga are practically endless, and yoga is especially beneficial for seniors. It improves mobility, balance and stability. It reduces stress and anxiety, and helps you breathe easier. It can even improve quality of sleep. A yoga practice can also make you happier. The simple act of being aware of your breath helps to root you in the present moment. More time in the moment is less time worrying, and we could all do with less worry. When people think of yoga they may think of complex poses that require bending themselves into a pretzel while standing on their hands. But yoga can be accessible to all ages and abilities. Chair yoga allows you to get the amazing benefits of yoga while sitting in a chair, and it is perfect for seniors. Start with these four basic chair yoga poses.

*Note: Yoga should not hurt. Stretch only as far as is comfortable and stop if you feel any discomfort.*



### Seated Mountain Pose

(This is a great pose to engage your core, improve your posture, and focus on your breath. Come to this pose after each of the poses below) 1. Take a deep breath and sit up straight, extending your spine. 2. As you exhale, root down into the chair with your sit bones (the lowest part of your tailbone, or the two points that take the weight when you sit). 3. Your legs should be at 90-degree angles, knees directly over your ankles. Your fist should fit between your knees, though you may need more room than this. 4. Take a deep breath and as you exhale, roll your shoulders

down your back, pull your bellybutton in toward your spine, and relax your arms down at your side, or with your hands on your lap. 5. Engage your legs by lifting your toes and pressing firmly into all four corners of your feet.



### Warrior 1

1. Starting in Seated Mountain, take a deep breath. As you inhale, lift your arms out to the sides, then raise your hands up to meet above your head. 2. Place your palms together. If this is not possible, hands can be shoulder width apart with palms facing each other. 3. As you exhale, roll your shoulders away from your ears, letting your shoulder blades slide down your back. 4. Continue to take deep and even breaths as you settle in here, taking at least 5 deep breaths before you release your clasped hands on an exhale and let your arms gently float back to your sides.



### Seated Twist

Though you will have your chair back to help you twist, keep in mind that you don't want to use the chair to yank yourself into a deeper twist. Your body will have a natural stopping point. Don't force the pose by

pulling with your hands. Forcing a twist can cause serious injury. 1. As you inhale, extend your spine again and raise your arms out to your sides and up. 2. As you exhale, gently twist to the right with your upper body and lower your arms. (your right hand will rest on the top of the chair back and help you to gently twist, your left hand will rest at your side) 3. Look over your right shoulder. Use your grip on the chair to help you stay in the twist but *not to deepen it*. 4. After 5 breaths, release this twist and return to facing the front. Repeat on your left side.



**Single-Leg Stretch** Inch close to the edge of your seat. Just be sure you're still on the chair enough that you won't slide off. 1. Sitting up tall, stretch your right leg out and rest your heel on the floor, toes pointing up, or place your foot flat on the floor--whichever is more comfortable. The closer to the edge of the seat you are, the straighter your leg can get. But again, be mindful of how supported you are before folding forward. 2. Rest both hands on your outstretched leg. As you inhale, raise up through your spine, and as you exhale, begin to bend over your right leg, sliding your hands down your leg as you go. 3. Take this stretch as far as you like while not straining or forcing anything and still feeling supported, both by the chair and by your hands. 4. Inhale and exhale slowly and evenly 5 times in this position, gently going deeper each time, and then release the pose by using an inhale to help you rise. Repeat this pose with your left leg outstretched, double-checking how supported your body is on the edge of the chair and realigning your right leg's knee over your ankle before you bend over.

On January 11, 2021, **Meals on Wheels North Jersey** proudly announced their partnership with Oakland Rehabilitation & Healthcare Center in Oakland.



“Meals on Wheels and Oakland Rehabilitation & Healthcare Center share the same passion for serving the whole person,” said MOW North Jersey’s Jeanne Martin, executive director. “The ongoing pandemic has been particularly isolating for seniors, taking a toll on the physical and mental well-being of many. Our partnership with Oakland enables us to work toward providing additional resources to seniors, helping them stay safe and healthy in their homes. We are grateful for Oakland’s support.”

Oakland’s Debra Ryan, director of dining and nutrition, and Herbert Turner, the facility’s head chef for more than three decades, are spearheading the MOW initiative. Monday through Friday, the skilled nursing facility prepares daily packages with two nutritious meals for approximately three dozen MOW North Jersey clients residing in Oakland, Franklin Lakes, Mahwah and Ramsey. The routes were transitioned from the Christian Healthcare Center and CareOne.

“This new initiative is a special opportunity for Oakland to help in addressing the growing needs of home-bound seniors in the community and support efforts to enrich their lives,” said Anthony Ventrella, vice president of dining at Marquis Health Consulting Services, which supports Oakland. Both Ventrella and Ryan have known Martin for many years, having worked on MOW North Jersey initiatives with other organizations.

Meals are delivered by MOW North Jersey volunteers, who also use the visit to interact with the home-bound clients. “It’s about so much more than delivering food,” added Martin. “Our wonderful volunteers are breaking through the isolation for seniors during the daily visits and making real connections.”

To become a MOW volunteer, drivers must be available to pick up and deliver meals between 10:30 a.m. and 12:30 p.m., Monday through Friday; drivers typically volunteer one day a month. If you are interested in volunteering or if you know of a home bound senior who could benefit from these services, please call, (201) 358-0050, or email [Jeanne@mealsonwheelsnorthjersey.org](mailto:Jeanne@mealsonwheelsnorthjersey.org) or visit [www.mealsonwheelsnorthjersey.org](http://www.mealsonwheelsnorthjersey.org) for more information.



We are thrilled about our new partnership with Oakland Rehabilitation & Health Care Center! Chef Charlie and the dietary team are an amazing addition to our Meals on Wheels family.

## FOOD DONATIONS, DISTRIBUTION AND ASSISTANCE

Many area churches and organizations are accepting food and financial donations to help stock food pantries that serve our community. Below is a list of food distribution sites and their most recent published schedules. [Additionally, If you are an older resident in Westwood who needs assistance with pick up and delivery of food pantry distributions, contact Westwood For All Ages at \(201\) 834-4192.](#)

### THE HELPING HAND FOOD PANTRY

**349 Hillsdale Avenue, Hillsdale, NJ 07642**

The Pantry is located at the Hillsdale United Methodist Church's South entrance on the corner of Magnolia Avenue & Washington Avenue. **Hours:** Monday 5:30-7:00 PM First Saturday of the Month 9:00-10:30 a.m. **Email:** TheHelpingHandFoodPantry@gmail.com

### ST. ANDREW'S FOOD PANTRY

**120 Washington Ave., Westwood, NJ 07675**

Food Pantry distribution is held on Thursdays from 6:15-7:15 p.m. Non-perishable food can be dropped off in the Parish Center lobby Monday through Thursday 9 am - 1pm. If you would like to donate perishable items, please send an email to [parishinfo@standrewcc.com](mailto:parishinfo@standrewcc.com). Supermarket gift cards are always welcome, too.

### WESTWOOD UNITED METHODIST CHURCH

**Kinderkamack Ave. and Bergen Street, Westwood, NJ 07675**

Food distribution will be held every 2nd Tuesday from 6:00 p.m.—7:30 p.m. All are welcome. Participant information will be collected for accounting purposes only. No identification needed.

### MT. ZION BAPTIST CHURCH FOOD DISTRIBUTION

**22 Sand Road, Westwood, NJ 07675**

Food distribution is held every 3rd Saturday from 11:00 a.m.—1:00 p.m. All are welcome. Participant information will be collected for accounting purposes only. No identification needed. For additional information call 201-664-1557 or email [mzbcwestwood@gmail.com](mailto:mzbcwestwood@gmail.com).

### FOOD PANTRY AT PARKSIDE CHURCH

**545 4th Avenue, Westwood, NJ 07675**

The food pantry distribution at Parkside Church operates on the 4th Tuesday of the month from 6:00-7:30 p.m. Non-perishables can be donated any time by dropping off in the donation box in the front of the church on Park Avenue.

## OUTDOOR YOGA RETURNS TO VETERANS PARK!

Register now for Westwood Recreation Department's Forever Young Yoga class. Starting in April classes move outdoors to Veteran's Park! Forever Young classes are free to Westwood seniors 55+. For more information and



to register go to [www.westwoodnj.gov/179/recreation](http://www.westwoodnj.gov/179/recreation) or call 201-664-7882. *Namaste!*

## RESOURCES

## SHOPPING & RESTAURANTS

*When shopping or picking up from stores & restaurants please remember to follow current social distancing guidelines and remember to wash your hands when you return home.*

### LOCAL RESTAURANTS & STORES

Westwood Chamber of Commerce has created the Support Westwood campaign designed to update residents on local business offerings from phone and online ordering to delivery and curbside pickup. Visit <http://www.supportwestwoodnj.com/> for listings and details and [facebook.com/SupportWestwood/](https://www.facebook.com/SupportWestwood/) for daily updates, specials and sales. Here's a short listing of open restaurants:

|                                |                |   |
|--------------------------------|----------------|---|
| <b>Conrad's Confectionary</b>  | (201) 664-2895 | <a href="https://conradscandy.com/">https://conradscandy.com/</a>   |
| <b>Flynn's Deli</b>            | (201) 666-4417 | <a href="http://www.flynnsdeli.com/tiki-index.php">http://www.flynnsdeli.com/tiki-index.php</a>           |
| <b>Iron Horse</b>              | (201) 666-9682 | <a href="https://www.theironhorse.com/">https://www.theironhorse.com/</a>                                 |
| <b>Jack's Café</b>             | (201) 666-0400 | <a href="http://jackscafenj.com/">http://jackscafenj.com/</a>   |
| <b>Lepore's Italian Market</b> | (201) 664-1716 | <a href="https://leporesitalianmarket.com/">https://leporesitalianmarket.com/</a>                         |
| <b>PJ Finnegan's</b>           | (201) 664-7576 | <a href="https://www.pjfinnegans.com/">https://www.pjfinnegans.com/</a>                                   |
| <b>Pompilio's</b>              | (201) 664-9292 | <a href="https://www.pompiliospizzeriarestaurant.com/">https://www.pompiliospizzeriarestaurant.com/</a>   |
| <b>True Food Market</b>        | (201) 588-7204 | <a href="https://www.enjoytruefood.com/westwood-market">https://www.enjoytruefood.com/westwood-market</a> |
| <b>Westwood Prime Meats</b>    | (201) 664-0069 | <a href="https://www.westwoodprimemeats.com/">https://www.westwoodprimemeats.com/</a>                     |

### GROCERIES

Before going out, call your local grocery store to see if they are operating special hours for elderly or disabled customers or to see if they offer delivery.

**Trader Joe's Westwood:** (201) 263-0134 HOURS 10:00 AM - 8:00 PM DAILY  
9:00 AM - 10:00 AM Open to senior customers (age 60 and over) and customers with disabilities who may need extra assistance.

**Stop n Shop Emerson:** (201) 262-1834 HOURS 7:30 AM—8:00 PM DAILY  
6:00 AM-7:30 AM to serve customers who are age 60 and over only.

**Shop Rite Emerson:** (201) 262 - 0012 HOURS 7:00 AM—10:00 PM DAILY

**Shop Rite Hillsdale:** (201) 666 - 7821 HOURS 7:00 AM—10:00 PM DAILY

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*When shopping or picking up from stores or offices please remember to follow current social distancing guidelines and remember to wash your hands when you return home. If you are experiencing a medical emergency dial 911.*

## DRUGSTORES

**Lewis Drugs**      201-664-0606      <https://www.lewisdrugsofwestwood.com/>

**CVS**      201-664-1004      Wednesdays, 9AM-10AM reserved exclusively for vulnerable guests & their caregivers.

## GOVERNMENT & SOCIAL SERVICES

### **Bergen County Division of Senior Services 201-336-7400**

The Division of Senior Services is the primary planning, coordinating and funding agency for senior programs and services, promoting the well-being, health and independence of Bergen County's more than 190,000 older adults. The Division targets especially those vulnerable and in greatest social and economic need. <https://www.co.bergen.nj.us/division-of-senior-services>

**Borough of Westwood**      201-664-7100      [www.westwoodnj.gov](http://www.westwoodnj.gov)

Updates regarding stay-at-home orders and business opening guidelines from Westwood Mayor Ray Arroyo can be found at the borough homepage or at <https://www.facebook.com/rayarroyowestwood/>

**Westwood Board of Health** 201-664-7100, ext. 129 <https://www.westwoodnj.gov/213/Board-of-Health>

**Westwood Social Services & Food Pantry** 201-664-7100, ext. 110 [kelgert@westwoodnj.gov](mailto:kelgert@westwoodnj.gov)

**Westwood Volunteer Ambulance Corps** 201-664-0003 Non emergency number  
<http://www.westwoodvolunteerems.org/>

**Westwood Volunteer Fire Dept.** 201-664-0526 Non emergency number [www.westwoodfirenj.com](http://www.westwoodfirenj.com)

**Westwood Police Department** 201-664-7000 Non emergency number

The Westwood Police Department advises that a common scam that targets older adults, has resurfaced in the Pascack Valley area over the past few weeks. To avoid becoming a victim of the Grandparent Scam, Westwood Police Department recommends the following tips:

- Beware of any urgent solicitation of funds, especially if it is needed to pay for unexpected bills, such as bail money, lawyer's fees, or doctor bills
- Independently contact the relative (or parent of the relative) the scam artist is claiming to be (or represent) at a known phone number to verify the details of the story.
- Scam artist's payment method of choice is the wire transfer. Any urgent request to wire money should be treated suspiciously.
- Be aware that fraudsters attempting the Grandparent Scam may call late at night to confuse potential victims.



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**Protect Yourself**  
**AVOID COVID-19 Vaccine Scams**

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.

✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: 1-800-HHS-TIPS | [tips.hhs.gov](https://tips.hhs.gov)
- FBI Hotline: 1-800-CALL-FBI | [ic3.gov](https://ic3.gov)
- CMS/Medicare Hotline: 1-800-MEDICARE

For accurate, up-to-date information about COVID-19, visit:  
[oig.hhs.gov/coronavirus](https://oig.hhs.gov/coronavirus)  
[fbi.gov/coronavirus](https://fbi.gov/coronavirus)  
[justice.gov/coronavirus](https://justice.gov/coronavirus)

HHS Office of Inspector General | Federal Bureau of Investigation | Department of Justice | CMS

## COVID-19 VACCINE ROLLOUT BEGINS

### What you need to know about getting the vaccine in NJ

Thank you to Westwood Mayor Ray Arroyo for sharing this list of Covid-19 vaccine registration sites and resources. Additionally, be sure to watch the informational video created by Westwood Resident Dee Ross Kalman for tips on how to make vaccine appointment registration easier. Keep in mind that vaccinations are extremely limited right now. But these resources will be very handy as more supplies are received and available.

Unfortunately, scams have popped up around the vaccine distribution. Refer to the flyer on the left for more information and remember no one will be asked to pay to make an appointment or to pay out of pocket for the vaccine.

### Vaccine Registration Resources

- ⇒ **Instructional Video:** <https://youtu.be/S7Fmqi7AA84>
- ⇒ **Main Hub for New Jersey:** <https://covid19.nj.gov/pages/vaccine>
- ⇒ **ShopRite:** <https://vaccines.shoprite.com/>
- ⇒ **Holy Name Hospital:** <https://enrollment.holyname.org/COVID19VAC>
- ⇒ **Hackensack University Medical Center:** <https://www.hackensackmeridianhealth.org/cov.../meadowlands/>
- ⇒ **Englewood Hospital:** <https://mailchi.mp/2aeb.../update-on-vaccine-availability...>
- ⇒ **New Bridge Medical Center:** <https://www.newbridgehealth.org/covid-19-vaccine.../>
- ⇒ **Riverside Medical Group:** <https://www.riversidemedgroup.com/important-announcement.../>

**Westwood for All Ages - Meals on Wheels - Thomas J. Riley Senior Center**

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06-5299

# GET GOING WITH THE WESTWOOD COMMUNITY VAN!

Got an appointment you need to keep but don't have a ride? Need to go grocery shopping but can't walk to the store? Make a ride reservation on the Westwood Community Van!

This free service courtesy of the Borough of Westwood and managed by the Westwood Recreation Department enables seniors and physically disabled residents to independently manage travel arrangements for their medical and social appointments and shopping chores within the Westwood/Pascack Valley area.

Currently, the Westwood Senior Van operates on Tuesdays and Thursdays from 9 a.m. until 2 p.m. Due to Covid-19 restrictions the van will transport one rider per trip. Masks are required for all riders. Additionally, the driver is not permitted to assist with entry on to or exit from the van and is not allowed to carry bags or packages for riders. Riders who anticipate needing such assistance are permitted to bring an assistant for this purpose.

## How to Schedule an Appointment:

Westwood residents, please call for the service at **201-664-7100, ext. 170** at least two days in advance (if that is possible) to make an appointment for pick up between 9:30 a.m. and 2 p.m. You may leave a message at any time. You will receive a call confirming your appointment.



**Meals on Wheels** (201) 358-0050 Mealsonwheelsnorthjersey.org

**Westwood Community Senior Van** (201) 664-7100 ext.170  
Please call for hours and service area. <https://www.westwoodnj.gov/210/Senior-Van>

**Bergen County Senior Van** (201) 368-5955  
Monday through Friday, 10am—2pm Pre-registration required. Call 10-14 days in advance.

**Westwood Free Public Library** (201) 664-0583 [www.westwoodpubliclibrary.org](http://www.westwoodpubliclibrary.org)



**Westwood for All Ages**  
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