



60+ LIVING

IN WESTWOOD

WESTWOOD FOR ALL AGES

AGE-FRIENDLY COMMUNITY AT FOREFRONT OF 'WESTWOOD THRIVE'

Westwood For All Ages To Showcase Resources For Older Residents



Save the date for October 9, when local senior citizen advocates team with Westwood For All Ages for 'Westwood Thrive' – an afternoon of information, resources and activities that will showcase the importance of age-friendly planning, inter-generational relationships and dynamic community building. The goal of the event is to help rebuild the social and community

connections that may have diminished for senior residents during pandemic shutdowns and distancing.

Featured at the event will be local businesses that provide services for older residents as well as non-profit associations that offer resources for seniors, short presentations on nutrition, safety, estate planning and more. In addition, the event will include a musical performance by Mama D and the Vexations as well as fun community building activities.

"We know that the pandemic revealed the importance of strong community ties," said Lisa Bontemps, Westwood For All Ages Program Director. "We hope that this event will help all residents identify the areas where they can not only access assistance and information but also find places where they can participate in the community and contribute their talents and knowledge."

Already committed to the event are: Meals on Wheels North Jersey who will offer information on the services including their newly launched music therapy program, Westwood Recreation who will lead demos of their popular ForeverYoung classes; The Westwood Public Library will lead discussion of current literature of interest as well as the numerous community resources they offer for all residents; Celebrate Westwood with information on Westwood community events number of local civic and business organizations.

A full schedule including presenters, exhibitors and sponsors will be published on our website, Facebook and email newsletters as the event nears. Interested in attending? You can register now by using the link at westwoodforallages.org.

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LOOKING TO STAY FOREVERYOUNG IN WESTWOOD?

Westwood Recreation Director Gary Buchheister is pleased to announce the return to regular Community Center operations! So, mark your calendars -- September 7th is the official kick-off date for Fall 2021 *ForeverYoung* fitness classes! To register stop into the office and fill out a form or use your Community Pass account before classes begin.

The Westwood Recreation Department *ForeverYoung* program is a free fitness and activity program for Westwood's 55+ community. Since its inception the program has offered outdoor yoga class in Veterans Park, as well as an open Gym Basketball Program to its regular offerings of Mahjong, Knitting, Art, Cardio Fitness, Strength/Conditioning, Pickleball and Yoga.

Buchheister believes that the fall is a great time to revive your exercise routine! So grab a friend and join the *ForeverYoung* classes at the Community Center (55 Jefferson Ave.), or take a walk in Westvale Park where you'll also discover a new outdoor adult fitness area (near the pavilion).

The continued success of *ForeverYoung* is integral to Westwood's mission of promoting "Aging in Place" by offering a consistent and well-rounded wellness program. The program regularly partners with Westwood For All Ages and local health and wellness organizations in offering seminars led by local doctors, dieticians, chefs and other professionals. Current schedule below! For more information and to read the *ForeverYoung* newsletter go to www.westwoodnj.gov/186/Forever-Young-Over-55-Programs

Sunday — 55+ Open Gym Basketball 8:00-10:00 AM

Tuesday — Cardio Fitness 9:30 AM, Strength & Conditioning 10:45 AM, Indoor Pickleball 12:00–3:00 PM, Social Club Mahjong 1:00 PM

Thursday — Cardio Fitness 9:30 AM, Outdoor Yoga 10:45 AM, Indoor Pickleball 12:00–3:00 PM, Social Club Mahjong 1:00 PM

Friday — Cardio Fitness 1:00 PM



The Bergen County Division of Senior Services Senior HelpLine answers over 10,000 inquiries per year. Topics range from long-term care, public benefits, housing, transportation, meals, and many more. Got a question? Give them a call at 201-336-7400 or send them an email at seniors@co.bergen.nj.us.



WHY AGING IN PLACE AND LIFESTYLE RENOVATIONS ARE SO IMPORTANT

By Brad Ruder, President & Founder, Brad-Core/Humanism in Building

The CDC defines aging in place as “the ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level.”

The Covid-19 pandemic certainly took the world by surprise. It has made the role that our homes play much more complex and involved. Home is now the office, the entertainment center, the conference room, the doctor’s office, and frequently the classroom or gym. This can be true for multiple generations living in one home. Many find themselves needing to enclose spaces to work privately and study or changing living spaces from up a flight of stairs to the main floor, or all these things for greater accessibility.

Although the complete end of the pandemic is hopefully nearing, its long-lasting effects will remain. We want to be able to stay in our homes and flourish at every point in our lives. Too often we are reminded of the quote by John J. Beckley, who said: “Most people don’t plan to fail; they fail to plan.” The reality is that people rarely plan ahead for aging in place. To avoid the impact of a crisis, when decisions are often rushed and not optimal, take this opportunity to plan for yourself and your loved ones.

Where better to celebrate our lives than in our own homes. In fact, what if we make our homes the celebration? Whether it’s a remodel of an outdated bathroom or kitchen or building an in-law suite, updating outdoor living spaces, there are endless possibilities to consider that can serve to make us feel better and renewed. At BradCore we’ve found that the first step in aging in place home renewal is a Comprehensive Home Safety Assessment that looks for ways to increase accessibility, safety, and comfort through ADA Compliance Grab Bars, Handrails, Slip Resistant Flooring, Security Monitoring and Smart Appliances with Auto Shut Off. This approach is rooted in our “Humanism in Building” philosophy — not only how we engage with and treat others, but the significant role physical environments play in our lives. To us, there is a strong correlation between improving a physical structure and improving the lives of its occupants. We take great pride and dedicate our resources to this synergy between the relationships we foster, our areas of expertise, and peace of mind.

To learn more visit: <https://brad-core.com/brad-core-news-community/>

About Brad Ruder— A Purdue University graduate with a degree in Construction Engineering and Management, Brad has 25+ years experience in the construction and property management industries. In 2010 he formed Senior Source, an innovative destination founded on the well-being of seniors at The Shops at Riverside in Hackensack. In 2015, he was honored by the Community Health Improvement Partnership (CHIP) of Bergen County, marking the first time CHIP honored a non-medical professional contributing to the health of its residents. As a Certified Aging in Place Specialist (CAPS) from the National Association of Home Builders and a member of the American Institute of Architects, Brad continues to expand his knowledge in construction and design. In 2017, Humanism in Building (d/b/a Senior Source) was created as a 501(c) (3) non-profit to further an overall mission of using construction as a vehicle to provide aid to those in need.

EDITOR'S NOTE: It is with no small amount of disappointment that we share the announcement of the closing of the Riley Senior Center located in Westwood House. If you are a senior resident in need of assistance with finding activities, meals or other resources, please feel free to contact the Westwood Recreation Department, Westwood Public Library, Westwood For All Ages or Meals on Wheels North Jersey. Contact for each of these organizations is on the last page of this publication.



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**An important announcement from
the Thomas J. Riley Senior Center Board of Trustees**

“After many years of struggling to keep the Senior Center open for the past 40 years, it is with a heavy heart that the Board of Trustees of the Thomas J. Riley Senior Center is announcing that the Senior Center will be closing its’ doors permanently as of September 30, 2021. The Center’s office will remain open until October 15, 2021 but no lunch will be served or activities after September 30, 2021.

After much deliberation and consideration this tough decision was made due to the continued financial uncertainty, the impacts of Covid on participation and operations and other factors beyond our control. We want to thank all of those who participated at the Center, supported the Center, worked or volunteered at the Center and/or otherwise were involved in its operation such as its consultants and vendors.

We anticipate that the local Recreation Department of Westwood will be able to offer some of the classes that were offered at the Center and that Meals on Wheels will be able to serve those homebound and otherwise vulnerable seniors who participated in the nutrition program.

Your presence and participation at the Center will be greatly missed.”



MUSIC, MEALS AND VOLUNTEERS!

MUSIC THERAPY

Meals on Wheels North Jersey is bringing the healing power of music to its clients and Riley Center patrons! Via its new Virtual Music Therapy & Chat group now older residents can join a music therapist to engage in group singing, rhythmic interaction and therapeutic songwriting which can help alleviate the struggles associated with social isolation, the symptoms of aging, anxiety and depression. The outreach program in a collaborative effort with the JCC on the Palisades, the TJ Riley Center, and the PALS Program. It was started as a response to the effects of social isolation that were exacerbated by the pandemic. The program, staffed by a certified music and a music therapy intern, offers both virtual and in person sessions, as well as small groups. If you or someone you know is interested, please contact the office at 201-358-0050.

MEAL DELIVERY UPDATE

Additionally, meal delivery has been back on our regular Monday through Friday schedule since last July. We are still asking our drivers to wear masks, use hand sanitizer between deliveries, and maintain social distancing when possible. These protocols will be in place for at least the next few weeks as we monitor the cases in our area.

COME DRIVE FOR US!

Meals on Wheels North Jersey provides more than a meal to our home bound neighbors, nourishing both the body and mind through the delivery of nutritious food and a daily well visit.

We are very proud of the hundreds of caring volunteers that serve as the backbone for Meals on Wheels North Jersey. They use their own cars, fuel and personal time to deliver nutritious meals to our clients throughout northern Bergen County. Our drivers are often the only outside contact some of our clients have each day and they are able to alert us to the additional needs of our clients. Volunteering for a Meals on Wheels program is a fulfilling experience - meeting those you are helping and contributing to your community!

Meals are prepared at two professional kitchen locations in Bergen County. Drivers are assigned to a regular route and to a specific pick-up location near that route. The length of each route varies but we try to keep the total delivery time to within an hour. Each driver is scheduled to deliver meals about once per month. Directions are provided to each client location.

To become a Meals On Wheels volunteer, drivers must be available to pick up and deliver meals between 10:30 a.m. and 12:30 p.m., M-F; drivers typically volunteer one day a month. Interested in volunteering or if you know of a home bound senior who could benefit from these services? Call (201) 358-0050.

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. 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 CHUCH 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.

FOOD PANTRY AT PARKSIDE CHURCH

545 4th Avenue, Westwood, NJ 07675

Weekly hot meals and fresh produce distributed every Tuesday at 5:00—6:00 p.m. The fourth Tuesday event will additionally include pantry staples, meats, dairy, toiletries and canned goods. Shut-in residents may request delivery of a weekly hot meal. For more information about meal delivery, contact Lisa Bontemps at 201-834-4192.



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

Here's list of Westwood favorites plus a few new additions to the list indicated with a *

Conrad's Confectionary	(201) 664-2895	https://conradscandy.com/
Flynn's Deli	(201) 666-4417	http://www.flynnsdeli.com/tiki-index.php
Iron Horse	(201) 666-9682	https://www.theironhorse.com/
Jack's Café	(201) 666-0400	http://jackscafenj.com/
Lepore's Italian Market	(201) 664-1716	https://leporesitalianmarket.com/
PJ Finnegan's	(201) 664-7576	https://www.pjfinnegans.com/
Pompilio's	(201) 664-9292	https://www.pompiliospizzeriarestaurant.com/
True Food Market	(201) 588-7204	https://www.enjoytruefood.com/westwood-market
Westwood Prime Meats	(201) 664-0069	https://www.westwoodprimemeats.com/
*Stack Creamery	(201) 722-4780	http://www.stackcreamery.com
*B & S Kitchen	(201) 497-6739	http://njbnskitchen.com/
*Fitrition	(201) 408-6900	http://fitritionjuicebar.com/
*Bourbon St. Beignet		http://bourbonstreetbeignet.com
*Joes Craft Pies	(201) 497-5138	joescraftpies@gmail.com
*Burritos & Tacos Mexica	(201) 497-5553	https://btmexica.com

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 9:00 AM - 9:00 PM DAILY
Stop n Shop Emerson:	(201) 262-1834	HOURS 6:00 AM—12:00 AM DAILY
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

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

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

Westwood Police Department 201-664-7000 Non emergency number

The Westwood Police Department recently announced a partnership with Frontline Public Safety Solutions in order to bring a new level of cooperation between the Police Department and the residents of Westwood. Frontline offers an online portal that will enable residents to connect with the Police Department in a variety of ways. Of interest to senior residents is the At-Risk module that allows Officers to gather and store information on individuals that may need special assistance. The elderly and special needs individuals are some of the people that may benefit from this platform. Names, addresses, physical descriptions, photos, medical histories, and forms of communication are the type of the information that can be stored. Officers would have immediate access to this information when a situation unfolds which helps the Police Department and residents bridge the gap in a time of need. The Westwood Police Department would like to encourage all residents to utilize this great service. It is accessible by visiting <https://www.frontlinepss.com/westwoodnjpd>.

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ARE YOU READY FOR SOME COFFEE & CONVERSATION?

Starting Friday, September 10th, we will be meeting via Zoom to discuss new topics generated by today's best podcasts!

Meet other Westwood residents and kick off your Fridays with some great conversation!

To register go to www.westwoodpubliclibrary.org or type this link into your Internet browser: <https://tinyurl.com/597vsznc>

Also coming up at the Westwood Public Library...

The Library is now open without restriction, but we do ask that you continue to wear your masks. Adult computers are available as before for one hour. Here's a listing of upcoming events for adults.

Online Book Group: Shuggie Bain by Douglas Stuart—Thursday, Sep. 16, 7:30pm—The Online Book Group takes place on zoom and all adults are welcome to join. Copies of the book are available at the Library a month prior to each discussion.

Culture Club: a fun evening from Literacy Volunteers of Pascack Valley - Wednesday, September 29 at 7:30pm We are lucky to live in New Jersey, one of the most ethnically diverse states in the country. The goal of this club is for participants to gain an understanding, appreciation and awareness of different culture

Spark Joy the Marie Kondo Way: Wednesday, October 6 at 7:00am - Friday, October 8 at 7:00am Join us for a virtual event with consultant Shannon Honeycutt, certified consultant trained by Marie Kondo, the author of the Life Changing Magic of Tidying Up

Reading for Equity Book Group: The Color of Law by Richard Rothstein -Monday, October 18 at 8pm See details at <https://www.westwoodpubliclibrary.org/adult-programs.html>

Online Book Group: I Am I Am I Am by Maggie O'Farrell - Thursday, October 21 at 7:30pm The Online Book Group takes place on zoom and all adults are welcome to join. Copies of the book are available at the Library a month prior to each discussion.

To register for these or any other programs go to the library at 49 Park Avenue across from the train station parking lot or go to www.westwoodpubliclibrary.org.

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

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**Thrive
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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. 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

Westwood Recreation Department

(201) 664-7882 www.westwoodnj.gov/179/recreation



Sign up for our
mailing list via
our website!

Westwood for All Ages

100 Madison Avenue, Suite 3
Westwood, NJ 07675

Jeanne Martin, Executive Director

Lisa Bontemps, Program Manager

RoseAnn Ciarlante, Asst. Program Manager

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