



60+ LIVING IN WESTWOOD WESTWOOD FOR ALL AGES

HOME FOR THE HOLIDAYS RETURNS TO WESTWOOD

DECEMBER 4TH — PARADE AND ACTIVITIES THROUGHOUT TOWN



Our Ambassadors took up the “reigns” promoting age-friendly community in the 2019 Home for the Holidays Parade! Save the date for the 2021 Parade—December 4th!

In a sign that things may finally be getting back to normal, it was announced recently that Westwood’s Annual Home For The Holidays parade is returning for 2021 after last year’s unfortunate but necessary cancelation.

This year’s parade will be held on Saturday, December 4th at 5:00 p.m. and will feature tributes to the first responders and front line workers that helped get us through the covid-19 pandemic.

The event will kick off with performances from local dance troupes along Center Avenue at 5:00 p.m. Local marching bands, scout troops, service organizations and more will parade down Westwood Avenue to Veterans’ Memorial park. Following the parade, Santa and Mrs. Claus will assist in the lighting of the tree followed by a short meet and greet.

Additionally, other local traditions of Home For The Holidays will be announced as the event day nears. Be sure to check The Pascack Press or locally posted flyers as well as Facebook for details.

We look forward to celebrating the holidays with all of you!

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SPECIAL HOURS
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Regular Vaccine Center Hours:
Monday – Thursday: 7am – 3pm 230 East Ridgewood Avenue, Paramus, New Jersey 07652

If you need assistance scheduling an appointment, please call the Meals on Wheels North Jersey office at (201) 358-0050 and ask for Ally.

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WESTWOOD RECREATION DEPARTMENT

TAI-CHI ADDED TO FOREVERYOUNG PROGRAM

The Westwood Recreation Department has added Tai-Chi to its roster of *ForeverYoung* programs. The class is being taught by Hasmig Mekjian, the popular instructor who led classes at the former Thomas J. Riley Senior Center. Currently more than 20 Westwood Residents along with 7 non-residents have registered for the program with more joining daily.

“The closing of the Thomas J. Riley Center was a big loss to the senior community who frequented their exercise and social gatherings,” said Gary Buchheister, Westwood Recreation Director. “Knowing that, we worked to evaluate what we could easily and quickly add to our roster of classes. Tai-Chi was a natural addition to the roster given how many Westwood residents were already involved in the class and we are very happy to welcome them to the Westwood Community Center and hope they will try our other programs as well.”

Tai-Chi is a Chinese martial art that incorporates slow continuous movement from one pose to the next. It is widely hailed as a beneficial way to reduce stress and anxiety and regular practice promotes better sleep and weight loss. Additionally, Tai-Chi may also improve cognition and balance and relieve symptoms of arthritis.

The new *ForeverYoung* Tai-Chi classes will take place on Tuesdays at 8:00 a.m. and Thursdays at 1:00 p.m. Adults 55+ who are interested in joining the class can register via the Community Pass link at westwoodnj.gov/179/recreation or by visiting the Community Center at 55 Jefferson Ave. The program is free for Westwood residents; the non-resident fee is \$30 per month and includes entrance to both classes.



Try Tai-Chi at Westwood Recreation. (stock photo)

In addition to Tai-Chi, Westwood Recreation has expanded enrollment in *ForeverYoung* Social Club – Mah-jong and has resumed *ForeverYoung* Art with artist/instructor Brit Sikiric. The continued success of Westwood Recreation’s *ForeverYoung* program is integral to the Borough’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 other wellness professionals -- dietitians, chefs, preventative care therapists – to deliver seminars and resources for 55+ residents.

For more information about *ForeverYoung* or to register, please visit the Recreation Department page of www.westwoodnj.gov or call 201-664-7882.



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.

WESTWOOD THRIVE SHOWCASES AGE-FRIENDLY COMMUNITY

More than 20 local agencies and businesses came together on Saturday, October 9th for “Westwood Thrive”, a day-long event in Veterans’ Memorial Park that showcased the resources, information and community available to older adult residents in Westwood. The event was organized by Westwood For All Ages, a program administered by Meals on Wheels North Jersey and a member of the Age-Friendly New Jersey Alliance.

“A lot of great connections were made and new resources were shared between older adult residents and our local service organizations,” said Lisa Bontemps, Program Manager of Westwood For All Ages. “It was a truly age-friendly event that showed all attendees the importance of planning, keeping informed, and strengthening community ties as we grow older.”



The day kicked-off with a welcome from Colleen Diskin, Communications Coordinator for Age-Friendly North Jersey Alliance. Diskin spoke about the age-friendly movement’s dedication to promoting independence and equity for older residents and combating ageism. She also highlighted how Bergen County age-friendly communities “work together as a unit to address challenges that cut across community lines.”

Presentations followed from Jeanne Martin, Executive Director of Meals on Wheels North Jersey who spoke on Aging in the New Era; Leslie Greenberg of Senior Source presented information on Making Your Home Safer As You Age; Matthew Kitz of Edward Jones in Westwood gave an overview of The Four Pillars of Successful Aging; Declutter and Get Organized was the topic of a talk by Swapping Scene’s Robin and Ann Brill. The presenters also met with attendees at their information tables offering more in-depth information and mini-consultations.

Also exhibiting at the event: Bergen County Senior Services, Bergen Volunteers, Autumn Years Magazine, The Alzheimer’s Association, Westwood Police Department, Westwood Cares, Westwood Volunteer Ambulance Corps, Westwood Senior Advisory Committee, Connex4NPO, Celebrate Westwood, Westwood Recreation and the Westwood Public Library as well as sponsors Becker Funeral Home, Edward Jones (Matthew Kitz), Hackensack University Medical Center (Pascack Valley), North Jersey Villages, The Paula Clark Group, Swapping Scenes,





Valley Bank and Westwood Family Chiropractic.

Longtime Westwood resident and event attendee Bobbie Cozic told organizers via social media, “What a wonderful service to the community! I got lots of excellent information to take home and read, plus a dozen red roses!” The roses were courtesy of Connex4NPO, a Westwood based non-profit that sources food donations for local food pantries and assists in feeding low-income and house bound older adult residents through their outreach.

Movement played a big part of Westwood Thrive as the benefits of exercise and stretching were on display when Dr. Cathy Gurman of Westwood Family Chiropractic led chair yoga and members of the Westwood Recreation Department’s ForeverYoung program demonstrated Pickleball. Dancing was also worked into the day when motivated residents grooved along to Mama D & The Vexations and their mix of popular music. Perpetual Motion Dance Studio’s Company closed out the day with a dance presentation by 20+ young adult, teen and pre-teen dancers.

Westwood Recreation also added to fun by showcasing the ForeverYoung MahJong social club which meets weekly in the Westwood Community Center. The Westwood Public Library hosted a book sale with the Friends of the Library and the Junior Friends. Rounding out the day was table top games, trivia and prizes for answering local and age-friendly focused trivia.



Westwood for All Ages is an initiative to make Westwood an age-friendly community—a place where all people can live well and thrive even as they age. This program was created through a grant provided by The Henry and Marilyn Taub Foundation. Westwood for All Ages is committed to raising the community’s awareness of its senior residents, ensuring that their voices are heard and their ongoing contributions are recognized. Westwood for All Ages was recognized by AARP and the World Health Organization as an Age Friendly Community and as a result Westwood was inducted into the Network of Age Friendly States and Communities in early 2019.



Photos courtesy of Richard Frant, Frant Visuals

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

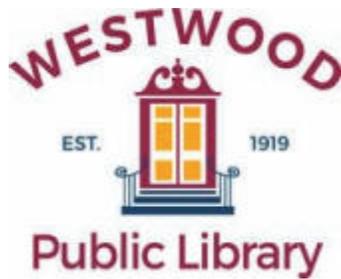
Food distribution is held every 3rd Saturday from 11:00 a.m.—1:00 p.m. All are welcome. Participant information will be collected for accounting purposes only. No identification needed. For additional information call 201-664-1557 or email mzbcwestwood@gmail.com.

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.





49 Park Avenue, Westwood NJ 07675 :
201-664-0583 : library@westwood.bccls.org

Hours:
Mondays & Thursdays 10-9pm
Tuesdays, Wednesdays and Fridays 10-5pm
Saturdays 10-4
Sundays Closed

Martha Urbiel, Director of the Westwood Public Library invites you to two upcoming special programs for adults as well as the ongoing online book groups! Register online by visiting westwoodpubliclibrary.org or call the Library at 201-664-0583.

How to protect yourself against online scams - Monday, November 15, 6:30pm

Lieutenant Chris Kelley of the Bergen County Prosecutor's Office and Cyber Crimes expert, will be addressing the ways to spot and protect yourself against financial scams. These crimes are on the rise and we need to learn what we can to avoid them. Please join us for this important program. The program is on zoom so please contact the library at library@westwood.bccls.org or 201-664-0583 if you need any assistance in joining.

Brian Rose Film Talk on It's a Wonderful Life - Thursday, December 2 at 7pm

America's Favorite Holiday Movie: A Look Inside It's a Wonderful Life

Voted the most inspirational movie ever made by the American Film Institute, Frank Capra's *It's a Wonderful Life* has been a beloved Christmas classic for many generations. The snowbound streets of Bedford Falls, the desperate travails of George Bailey, and the discovery of Zuzu's petals have become traditional signatures of the holiday season. Yet when the film was released in 1946, it was a box-office flop, won no Academy Awards, and was largely forgotten—untilCome to the program to find out more! BRIAN ROSE is a professor emeritus at Fordham University, where he taught for 38 years in the Department of Communication and Media Studies. He's written several books on television history and cultural programming.

Online book group -- books are available one month prior to the discussion

Thursday, November 18 at 7:30pm ~ *The Long Flight Home* by Alan Hlad

Thursday, December 16 at 7:30pm ~ *A Raft of Stars* by Alan Graff

The book group is a fun and welcoming bunch of all ages of adults. Give it a try and remember, the Library will deliver books to your door if needed.

LOCAL RESOURCES

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

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

DRUGSTORES

Lewis Drugs	201-664-0606	https://www.lewisdrugsofwestwood.com/
CVS	201-664-1004	

GOVERNMENT & SOCIAL SERVICES

Bergen County Division of Senior Services

201-336-7400

<https://www.co.bergen.nj.us/division-of-senior-services>

Borough of Westwood

201-664-7100

www.westwoodnj.gov

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

<https://www.westwoodnjpolice.com/>

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TECHNOLOGY RESOURCES & TIPS

These many months of physical distancing have shown that tech-savvy seniors have fared better in staving off the ill-effects of social isolation. Why? Because today's user friendly communication technologies allow people to see, hear and interact in ways that resemble the sci-fi worlds of the Jetson's (video calls) or Star-Trek (tablets).

While these technologies have largely been used in professional and education settings for years, you could be forgiven for thinking that taking a call via video or reading a book on a screen was the providence of the young. After all, what's more reliable and user friendly than a phone or a paperback? But while most older adults have a basic understanding of the Internet and email, many lag behind their younger family members when it comes to more recent technologies and how they lend themselves to entertainment, continuing education and socializing.

But fear not! 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)** - Tech help is just a phone call (or you tube video) away! This organization uses trained youth mentors to help seniors do everything from create an email account to optimizing computer memory! You can also watch their pre-recorded tutorials!
- ⇒ **COVIA Well-Connected (<https://covia.org/services/well-connected/>)** - Each Well Connected session offers groups and classes on a wide range of topics. Well Connected members call in via a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device.
- ⇒ **Senior Planet (www.seniorplanet.org)** - An active community for 60+ adults seeking to keep up on latest technology, learning and fitness trends. Online and phone lectures are free and there is even a special COVID-19 resources section of their website with video tutorials for everything from Facebook to Zoom.
- ⇒ **Westwood Public Library (www.westwoodpubliclibrary.org)**- Tech help is available virtually or in-person on Tuesdays from 12:00 pm-2:00 pm. Please call or email the library at 201-664-0583 / library@westwood.bccls.org.

TECH TIP OF THE MONTH!

Have you ever struggled to find an app like camera, games, or Facebook on your smart phone? Use the Search feature! Search helps you quickly find anything on your device and on the web. Search also offers suggestions and updates results as you type.

How to use the search function of your iPhone or iPad.

- Swipe down from the middle of the Home screen.
- Tap the Search field, then enter what you're looking for. As you type, Search updates results in real time.
- To see more results, tap Show More or search directly in an app by tapping Search in App.
- Tap a search result to open it

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Is Self-Care Selfish?

By: Nancy Frankel, LCSW LLC

I was taught from a young age that being “selfish” means not sharing, caring or considering another person’s feelings. My feelings could be hurt with the mere suggestion of my expression of selfishness. Accusations aside, this was a harsh blow to my ego. And still is. No one wants to be perceived as a “selfish person”. Yet, I wonder if choosing to take care of myself may be considered a selfish act.

I reflect on the old story of a parent who puts a mask on their child, before themselves, as a plane is crashing...what about that? Righteous act or Selfish act? You may consider it as Righteous..., we SHOULD put our child before ourselves...right? *There is no right answer to this question*, but suppose this is the case, are you thinking about the potential for your demise? Have you neglected to recognize the possibility that your child may become parentless? Is it possible, that in your eagerness for the safety of your child, you neglected your own self safety? The possibility that you may both survive? We can ponder, argue and disagree on this scenario but the reality is... When do we take a hard look at our own health and well-being? Where is the line, we draw in the sand that reminds us to STOP and recognize our own self-worth?



As a mother of twins, I learned quickly that my survival and success as a mother, wife and friend relied solely on my ability to care for myself first. I learned the hard way that when my energy is depleted and I have no more to give, my motivation, intention and level of compassion and understanding go out the window. The result was anger, resentment, disappointment, frustration and eventually, shut down...freeze and flight. I began to dig myself into a deeper hole of pity, self-blame, self-loathing and desperation. There seemed to be no way out. So, I kept digging...giving and giving until I had no more to give to anyone, including my children.

I found myself asking “why...?”. My search for answers left me asking more questions. These questions, I came to realize, became an obstacle to finding a solution to my problems. I was asking the wrong questions and seeking answers that kept me in my conflicts, not recognizing that I was keeping myself in the PROBLEM, not the SOLUTION.

The Solution to the problems I encountered was the missing piece to healing. I came to recognize the power in taking action...changing my perspective, increasing my physical activity, connecting with friends and family, asking for support, changing my routine..., but mostly becoming AWARE allowed me to start taking control over the things I had control over. My continued *focus on the loss of control was holding me back*; and the concept of **taking action** on the things that I could control, was **powerful** and **empowering**.

The knowledge and belief that I am important not only to others, but to *myself* was a “game-changer”. I am responsible for my well-being, my health and my self-worth. I cannot be the person I want to be for others if I cannot offer the same consideration for myself. In my opinion, “Selfish” and “Self-Care” are synonymous with Self-Love. Today I can strive to be my best self and know that in doing so, I am able to show up for others in the most loving, productive and kind way. Be your BEST SELF today. Show up for yourself. Dare to make the change.

Nancy Frankel, LCSW LLC is in private practice in Westwood, NJ. Nancy offers Psychotherapy to Individuals (18+), Couples and Groups struggling with depression, Anxiety, Addiction, Relationships, Bipolar disorder, and challenges with Life transitions. To make an appointment for therapy call/email: (201)474-5680, nancyfrankellcsw@gmail.com or visit the website: nancyfrankellcsw.com.

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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

201-834-4192

ww4allages@gmail.com

Westwoodforallages.org

Facebook.com/westwoodforallages