



# 60+ LIVING IN WESTWOOD WESTWOOD FOR ALL AGES

## WESTWOOD PUBLIC LIBRARY TO HOST NEW RESOURCE CENTER FOR WESTWOOD HOUSE RESIDENTS

Westwood House residents will be receiving their very own library outpost in the new year when Library Director Martha Urbiel launches the new Westwood Public Library Resource Center in the community space of the senior residence. This new resource center is sponsored by Westwood For All Ages as part of the group's mission to bring technology resources to Westwood's older residents.

The Resource Center will allow Westwood House residents to order books from the library that will be delivered to them directly. In addition, Ms. Urbiel plans on hosting training sessions that will also include fun activities for all participants. Westwood House residents can also expect a formal ribbon cutting in the New Year with special guest Mayor Ray Arroyo and other members of the Westwood Council. *To see what else is happening at the library in the new year, go to page 10.*




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# WESTWOOD RECREATION DEPARTMENT

## UNLEASH YOUR CREATVITY & FIND SOME INNER PEACE

### Westwood Recreation's *ForeverYoung* Program Offers Art & Yoga Classes at the Westwood Community Center

2022 is going to be a great year to get out and try something new! If you are looking for a way to meet up with friends, exercise or just learn a new skill, check out these *ForeverYoung* classes:



**Yoga with Tori**— Yoga has become a big part of personal fitness regimens and Westwood Recreation is pleased to be able to provide this restorative practice! Yoga instructor Tori Karach has been a certified instructor since 2018 now teaching *ForeverYoung* Yoga in Westwood Community Center and when the weather is warm, in Veterans' Memorial Park. Tori says that since beginning her Yoga practice she has learned a lot about herself and the world, "Health, happiness, peace and so much positivity enters your life when you start a yoga practice. During yoga we don't just move and stretch, we feel and listen to our bodies and the world around us. When our bodies get older it is important for us to continue

to move and stay active but to not ignore anything that doesn't feel good." This is why Tori always begins her classes by asking for comments and questions from her students, ensuring everyone gets the most out of their practice and meditation. You can join Tori's *ForeverYoung* Yoga class on Thursday's at 10:45 a.m. The class is free for Westwood residents; non-resident fee is \$20 per month. To register, call the Westwood Recreation Department, 55 Jefferson Ave., at 201-664-7882.



**Art with Brit**— 55+ Westwood residents are invited to take an "Artistic Journey" with artist Brit Sikiric the new instructor of the *ForeverYoung* Art Class. The class runs on Tuesdays from 12:00 p.m. – 1:30 p.m. Ms. Sikiric's class offers a fun, freestyle and low-key atmosphere – the perfect way to unwind and create. Instruction will focus on each individual's unique sense of expression and interpretation of their own artistic process. Using acrylic paint, water color, canvas and pastels, mixed media clay and more each class session will be inspired by impressionistic, traditional and modern artist as well as participant's own style. The class is free for Westwood residents; non-resident fee is \$20 per month. To register,

call the Westwood Recreation Department, 55 Jefferson Ave., at 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](mailto:seniors@co.bergen.nj.us).



# CARING FOR YOUR BACK AT ANY AGE

By Drs. Jett and Cathy Gurman of Westwood Family Chiropractic

No matter how young or old or you are, caring for your back/spine is a major key to good health. Your back/spine is the core of your nervous system and therefore is crucial as it can affect your overall health. Since your brain controls your body by sending messages through your spine (back) you need to keep your spinal nerves free and healthy.

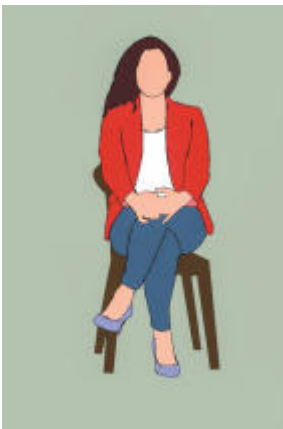
We are not taught “spinal hygiene” when young and therefore our spines are not as healthy as they should be as we age. Stress on our spine can often lead to symptoms. Usually, the stress has been occurring for many years and then when the symptom occurs, we think it that it is a “normal” part of aging. This in fact is not normal but rather “common” because we were never taught to care for our backs(spines) early in life. Here are some simple and easy ways to help you help yourself.



## POSTURE:

Do a simple posture check on yourself. Stand in front of a full-length mirror, and notice if your head is straight or tilts to one side? Without moving your head, look at your shoulders. Are they level or is one higher? Without moving your head look at the level of your hips. Are they level or tilting? Now look in the mirror, notice if your feet are pointing straight ahead or is one or both pointing or turning in or out? Now you have done your own simple check of your posture.

How did you do? Now what? It is crucial to work on keeping your posture healthy as posture effects our health. As some people age, they may start to hold their head forward from the rest of the body or have a forward bend from the neck and upper back and lean far forward from their lower back. This is common but certainly not a normal part of aging. If you keep an eye on your posture, these changes will not be as severe.



## TIPS FOR YOUR POSTURE:

First, notice how your posture is standing, sitting, and walking. Just observing it can help improve your posture at any age. Of course, the earlier in life you notice this the better so you can take steps to improve. Pay attention to your posture and make corrections as you are able. Next, it is best to avoid soft seating like aged sofas, recliners, and oversized chairs as they tend to not give your back proper support. Firm seating such as a kitchen or dining room type chair is a better choice as you will not sink into it. Working on the computer without a break can cause many problems in the neck. When working at your desk or computer remember to look up and look straight ahead every 30 minutes.

## WALKING DAILY:

Generally, older adults in good physical shape should walk about 2,000 to 9,000 steps daily. This translates into walking distances of 1 to 4-1/2 miles respectively.



## BACK TWIST WITH A GENTLE STRETCH:

For the gentle twist, sit straight on a hard chair. Make sure that there is some room between you and the back support of the chair. While sitting, your knees should be kept in a 90-degree angle. Take a deep breath and press downwards with your hip. While you do that, gently lift both arms straight up and take a slow gentle breath in and exhale. As you exhale, slowly bring your arms down. Next, gently breathe in and then exhale as you turn your upper body to your right, holding your right knee with your left hand. Keep your right hand at your side. Repeat this stretch to the left side

with right hand on the left knee. You may repeat this twice on both sides. Remember, DO NOT twist to the point of putting extra pressure or tension on your spine. Otherwise, you may hurt yourself. This stretch will also work several of your neck muscles in addition to your spinal muscles.



## CAT COW STRETCH:

Another good stretch for spinal health is the "cat-cow position". Sit straight with your legs in a 90-degree angle. Place both hands on your knees. The heel of your hands should be placed on the outer side of your leg with fingers facing each other. Take a deep breath and as you exhale, bend backward while your hands simultaneously increase pressure on your thighs. Stop once you face towards the ceiling. You should feel like your [hip](#) is stretching outward. Now take another deep breath, stretch your shoulders inward and pull your belly towards your spine. Move your face downward and press on your legs (instead of knees) with both hands. Repeat the whole procedure slowly

for three to five times while you follow the breathing sequence.

## CONCLUSION

All these gentle back stretches are excellent for seniors. These movements will work the muscles located around your back, helping the spinal cord and neck. Doing these back stretches regularly will surely help anyone to ease back pain. Note that it's important to follow each step carefully and do not overdue them to avoid injury.

***Drs. Jett and Cathy Gurman are the owners of Westwood Family Chiropractic. They are husband and wife and have been serving the Westwood Community since 1985. They are experts on spinal care for all ages. Their office is located at 99 Kinderkamack Road Suite 112 in Westwood. For further information or to make an appointment for a consultation, call 201-664-4488 or visit their website at wfcnj.com.***

# LOCAL RESOURCES

## LOCAL RESTAURANTS & STORES

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

<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>
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<b>Westwood Prime Meats</b>	(201) 664-0069	<a href="https://www.westwoodprimemeats.com/">https://www.westwoodprimemeats.com/</a>
* <b>Stack Creamery</b>	(201) 722-4780	<a href="http://www.stackcreamery.com">http://www.stackcreamery.com</a>
* <b>B &amp; S Kitchen</b>	(201) 497-6739	<a href="http://njbnskitchen.com/">http://njbnskitchen.com/</a>
* <b>Fitrition</b>	(201) 408-6900	<a href="http://fitritionjuicebar.com/">http://fitritionjuicebar.com/</a>
* <b>Bourbon St. Beignet</b>		<a href="http://bourbonstreetbeignet.com">http://bourbonstreetbeignet.com</a>
* <b>Joese Craft Pies</b>	(201) 497-5138	<a href="mailto:joescraftpies@gmail.com">joescraftpies@gmail.com</a>
* <b>Burritos &amp; Tacos Mexica</b>	(201) 497-5553	<a href="https://btmexica.com">https://btmexica.com</a>

## GROCERIES

<b>Trader Joe's Westwood:</b>	(201) 263-0134	Hours 9:00 AM - 9:00 PM daily
<b>Stop n Shop Emerson:</b>	(201) 262-1834	Hours 6:00 AM—12:00 AM daily
<b>Shop Rite Emerson:</b>	(201) 262-0012	Hours 7:00 AM—10:00 PM daily
<b>Shop Rite Hillsdale:</b>	(201) 666-7821	Hours 7:00 AM—10:00 PM daily

## DRUGSTORES

<b>Lewis Drugs</b>	201-664-0606	<a href="https://www.lewisdrugsofwestwood.com/">https://www.lewisdrugsofwestwood.com/</a>
<b>CVS</b>	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](http://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](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  
<https://www.westwoodnjpolice.com/>

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# TECHNOLOGY RESOURCES & TIPS

## TECH RESOURCES FOR SENIORS

- ⇒ **CyberSeniors ([www.cyberseniors.org](http://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](http://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](http://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!

### WHAT'S A QR CODE & HOW DO I USE IT?

Even if you've never heard of a QR code, chances are that you've already seen one. Those strange graphics of black squares and dots (like the one on the right) are used for all types of purposes these days – on event posters, at restaurants, even at places like the library! But what's it for?

QR codes are like the bar codes you find on supermarket products. They contain data that is machine-scannable. In a grocery store, the checker runs the code over a scanner panel which reads the information and registers the price of the item on the cash register. According to *Creative Marketing*, a technology design blog, "QR codes are designed to be scanned by any modern day Smartphone (with a QR code reader application) and translated into useful information. QR codes are often used to contain web address information and links, but they can be used to direct Smartphone users to a multitude of other media too (e.g. videos, images etc)."

So why do we use QR codes? To make access to information easier! The QR code on the right links you to the Westwood For All Ages webpage. If you have a smartphone, open up the camera application and aim it at the image. The camera will "read" the QR code and pop open a box that you click on, leading you directly to our webpage where you can access all types of resource information. Give it a try! Then next time you see a QR code in a restaurant or store, you'll be able to use it and tell your friends how to use it too!



**Scan me!** Aim your smartphone camera at this QR Code to get to the Westwood For All Ages website.

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Contact **Jules Rosenman** to place an ad today!  
jrosenman@4LPi.com or (800) 477-4574 x6421

## 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](mailto: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 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](mailto:mzbcwestwood@gmail.com).

### FOOD PANTRY AT PARKSIDE CHURCH

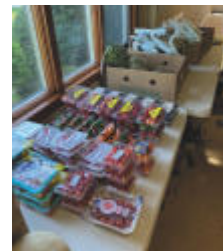
**545 4th Avenue, Westwood, NJ 07675**

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.

### WESTWOOD SOCIAL SERVICES FOOD PANTRY

**Westwood Municipal Complex, 101 Washington Ave., Westwood, NJ 07675**

Social Services maintains a Food Pantry and Pet Food Pantry at the Borough Hall. Donations of all types of non-perishable food is needed. There are collection boxes in the Borough Hall foyer. To contact Social Services for emergency food distribution or other assistance, please call Social Services Director Kathy Elgert at 201-664-7100, ext. 110 Monday-Friday 9:30 am - 2:30 p.m.





# USE NUTRITION TO SPEED COLD & FLU RECOVERY

By Janecia Cabrera, Meals on Wheels Nutrition Intern

Every year we hear advice on how to recover from the cold or flu from our friends, family, and the even the news . Trying to remember new remedies can be difficult, but it is easy to remember your favorite foods. Here are a few great foods that can help boost your immune system and decrease common symptoms that come with a flu or cold:



**Chicken Noodle or Vegetable Soups-** This warm and comforting meal is packed with essential nutrients such as vitamin C and antioxidants to help ease symptoms such as congestion or a sore throat as well as boost your immune system. Adding chicken into your comforting dish will provide lots of protein too!

**Oatmeal with Fresh Fruit-** Eating this fiber packed breakfast with fruit can help to increase your immune system because fruits are rich in vitamin C. Oatmeal contains a significant amount of various vitamins and minerals such as vitamin B<sub>1</sub>, folic acid, iron, zinc, and copper. The antioxidants in whole oats have an anti-inflammatory effect as well. Even if you are experiencing constipation, oatmeal can be a great quick and easy meal to help.



**Foods/Beverages with Garlic or Ginger-** Garlic and ginger are well known for their anti-inflammatory, antioxidant, antiviral effects on the body. If you have a cold or flu, adding garlic and/or ginger into dishes can help boost your immune system and fight against these illnesses. Ginger tea is a great alternative when trying to incorporate ginger into your day when you may not feel up to cooking or eating.

**Vitamin C rich foods-** Foods high in vitamin C include citrus fruits, sweet potatoes, strawberries, and tomatoes. It is very easy to add vitamin C rich foods into your day. These foods are packed with essential vitamins and minerals that can also help with the absorption of iron and boost your immune system.



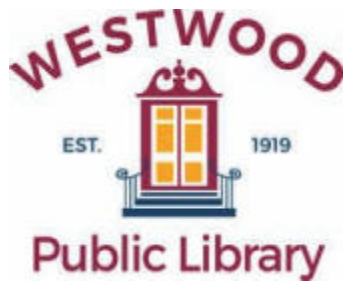
**Vitamin D rich foods (fish, mushrooms, eggs, fortified foods/beverages)-** Vitamin D rich foods include fish, eggs, mushrooms, as well as fortified/enriched foods and beverages. This vitamin has been believed to help with respiratory infections and other illnesses because of its antimicrobial and antioxidant properties. Check your food labels to see if any of your foods or beverages contain vitamin D.



**Most importantly, stay hydrated with lots of water and hot tea!**- Hydration is the most important component when it comes to having the cold or flu. Fevers can make you become dehydrated while you are sick, if you forget to drink fluids. Fluids can assist in decreasing fevers, boosting the immune system, help with headaches, as well as moisturize a dry mouth or nose. Proper hydration can help with getting rid of congestion and that nasty mucus.



Don't forget that eating enough food and drinking enough fluids are essential in providing your body the nutrients it needs to fight off that cold or flu you may get this winter.



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 upcoming special programs for adults as well as the ongoing online book groups! Register online by visiting [westwoodpubliclibrary.org](http://westwoodpubliclibrary.org) or call the Library at 201-664-0583.

### **Digital Resources**

Ebooks, Eaudio, movies, magazines and more! At [westwoodpubliclibrary.org/digital-resources.html](http://westwoodpubliclibrary.org/digital-resources.html), The Westwood Public Library's digital materials are always online. With your library card you have access to all our digital resources. Not sure you know how to use our digital resources? We can help just call us at 201-664-0583 and we can walk you through the process.

### **Friends of the Library Book Sale**

**Saturday, Jan. 8, 10am-3pm and Saturday, Feb. 12, 10am-3pm**

Back and in person on the second Saturday of the month from 10:00 a.m. -3:00 p.m. Lots of books, magazines, DVDs and more for great prices. Donations for the sale are collected on Mondays from 10am-9pm. For more information about the Friends, visit <https://www.westwoodpubliclibrary.org/volunteers--friends.html>.

### **New! Library Lockers— Launching in January**

Library Director Martha Urbiel is pleased to announce that in January the library will be launching outdoor library lockers to make picking up materials easier than ever. The lockers will be located near the stairs in the parking lot. Be sure to check upcoming library newsletters for more information.

### **Bereavement Support Group**

Please call the library for the upcoming schedule for the next session of the Bereavement Support Group. This six-week-long group session assists those suffering the loss of a loved one. Class size will be limited. There is no fee to attend.

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[www.mycommunityonline.com](http://www.mycommunityonline.com)

**Thrive**  
*Locally*



# 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 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](http://www.westwoodpubliclibrary.org)

### Westwood Recreation Department

(201) 664-7882 [www.westwoodnj.gov/179/recreation](http://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](mailto:ww4allages@gmail.com)

[Westwoodforallages.org](http://Westwoodforallages.org)

[Facebook.com/westwoodforallages](https://Facebook.com/westwoodforallages)