



# Glen Rock Perennial

Borough of Glen Rock's Senior Connection Newsletter #7 December 2021

## **SENIOR SHUTTLE**

The Senior Shuttle is a free service that provides transportation for Glen Rock seniors. The shuttle has a set weekly schedule that includes local grocery stores and shopping centers. It is also available to help residents get to doctor's appointments. The shuttle picks up residents at Glen Courts on scheduled shopping days. Residents who do not live at Glen Courts can call 201-670-3956 to arrange pick up at their residence.

**Tuesdays—Stop & Shop (10:00 am)**

**Thursdays—local shopping mall**

**Fridays—Kilroy's (9:00 am)**

The Thursday trips to local shopping malls include Bergen Town Center and Paramus Park. The schedule rotates weekly; to learn more call 201-670-3956 ext. 1.

**Arrange a Ride:** the shuttle is available Monday-Friday between 8:30 am-2:00 pm to bring resident seniors to local doctor appointments. The shuttle will pick you up at home and bring you to the appointment, and then after the appointment it will bring you back home. To schedule a pickup, call 201-670-3956 ext. 1

**Masks are required and capacity is limited.**

**You can call 201-670-3951 with questions.**

## ***TIMELESS FITNESS FOR THE BODY & BRAIN***

Every Tuesday at 9:00 am, FirstLight Home Care Bergen County is offering FREE Ageless Grace Classes at the Annex. What is Ageless Grace? Ageless Grace is a brain health fitness program based on the science of neuroplasticity—the brain's ability to change form. It consists of 21 simple movements designed for all ages and abilities focusing on the healthy longevity of the body and mind. The movements are designed to be performed seated in a chair allowing maximum participation regardless of most physical conditions.

All set to great music!

Please call 201-345-3398 to register!

## **Shovel 4 Seniors**



Need help with snow removal? Shovel4 Seniors is a community program where volunteers sign up to assist seniors in shoveling their driveways and sidewalks. They are then matched with seniors who have requested help. There is no specified time frame as to when the volunteer may be able to shovel.

For additional information contact Thomas DeSiervo, Director Parks and Recreation 201-670-3951 x1.



### Raking and Shoveling Tips

Over the past few weeks, Glen Rock has moved from an unusually warm autumn to a rapid decrease in temperature and the red and yellow leaves on our trees have become piles of brown leaves across our yards. While a leaf seems light, a pile of leaves, especially when wet, become very heavy. The same is true for snow removal. On average each shovelful of snow weighs about 6 lbs., which is roughly equivalent to a gallon of milk. Moving a heavy item for hours is taxing on your cardiac system, and if you are not regularly active, you could end up in the emergency room with a heart attack. Every year there is a measurable increase in ER visits from raking and after the first snow fall. You can take a few simple steps now to reduce your risk:

- ♦ Take breaks. Give yourself a time frame of about 15-20 minutes to do raking or snow shoveling and then take a break.
- ♦ Before you start, STRETCH.
- ♦ Switch your lead arm/leg, to avoid over fatiguing one side.
- ♦ Use a rake that is the right size.
- ♦ Bend from your knees to lift a bag of leaves.
- ♦ If you feel fatigued, have difficulty breathing, or have chest pain, STOP IMMEDIATELY.

#### PROPER TECHNIQUE FOR SHOVELLING SNOW



TRISH MALASTER / THE GLOBE AND MAIL

*The above is general information only and is not intended to be medical advice. Check with your physician prior to beginning any exercise program.*

## *Aging Life Care Professionals and Why You Might Need One*

By Patty Masterson-Kane, LCSW

Calmer Days Counseling and Care Management

Navigating the maze of senior services can be daunting, especially during a time of crisis. Perhaps there was a hospitalization, and you need short-term rehabilitation. Which facility should you go to? Perhaps you need an aide. Should you hire privately or go through an agency? Maybe you are considering an assisted living facility for yourself or a family member. How do you decide which one is best? What kind of funding is available for various types of services? These are some of the questions an Aging Life Care Professional can help answer.

An Aging Life Care Professional specializes in helping those with changing care needs find the best solutions possible. They assist with developing a plan, identifying appropriate resources, and arranging for needed services. They can remain involved as long as needed to ensure the plan developed is successfully implemented and help make adjustments to the plan as needs change. They serve as an advocate to ensure the best outcome for your unique situation.

You may benefit from the services of an Aging Life Care Professional if:

- You have had a recent decline in health
- You are interested in services which will help you remain safe in your current home
- You are not pleased with a current care provider
- You are considering moving to an assisted living facility
- You are unsure how to pay for services you might need
- You have limited family support





## ***Holiday Happenings***



**There is so much to do in our area this holiday season!**

### **Bergen County's Winter Wonderland at Van Saun County Park**

Winter Wonderland includes ice skating, the North Pole Dome, kids games, a heated pavilion tent, food trucks, beer and wine garden, the carousel, and the train. November 26 through January 2  
Fridays, 4pm–9pm; Saturdays, 11am–9pm; and Sundays, 11am–7pm. Monday-Thursdays, the ice rink will be open for skating from 4pm–8pm. Winter Wonderland will have adjusted hours on Christmas Eve (12/24) and New Year's Eve (12/31) and operate 11am–6pm. From December 26–January 2, Winter Wonderland will operate 11am–9pm. Winter Wonderland will be closed on Christmas (12/25). Tickets required.

<https://www.bergencountywinterwonderland.com/#purchase-tickets>

### **Let It GLOW! A Holiday Lantern Spectacular at the Bergen County Zoo (November 26 through January 30)**

The spectacular, sponsored by the Friends of the Bergen County Zoo in partnership with Tianyu Arts & Culture, Inc., will feature traditional Chinese lanterns with a modern twist, including dozens of hand-painted, larger-than-life structures that celebrate culture, animals, and the warmth of the holidays. With over 30 different scenes, each hand-made, artistic wonder is more breathtaking than the last. Festivities are also set to begin on Friday, November 26 at 4pm and will operate every Thursday-Sunday, 4pm-9pm (closed Christmas). Tickets required.

<https://www.bergencountywinterwonderland.com/#purchase-tickets>

### **Demarest Farm Orchard of Lights**

Take a guided drive through this local Bergen farm which set up twinkling light displays throughout its 32 acres. After the drive, enjoy hot cocoa and s'mores by the fire pit, pics with Santa and holiday songs. Tickets required. <https://demarestfarms.com/orchard-of-lights/>

*(Open now through December 29, 244 Wierimus Rd., Hillsdale)*



## ***Holiday Happenings, cont'd***



### **Skylands Stadium Christmas Light Show & Village**

This mile-long drive is filled with colorful lights to guide you through, and ends in a spacious Christmas Village and carnival filled with fun for the whole family. Ride on the Ferris Wheel, enjoy s'mores and ice cream or take a skate around the ice rink.

Tickets required. <http://skylandsstadium.com/lightshow/>

*(Open now through January 3, 94 Championship Place, Augusta)*

### **New York Botanical Gardens GLOW**

Experience the New York Botanical Gardens in a brand new way this winter. GLOW is a colorful light experience that lights up this New York garden. Thousands of lights surround the area plus ice sculptures, music and performances by The Hip Hop Nutcracker.

Tickets required. <https://www.nybg.org/event/holiday-train-show-2021/nybg-glow/>

*(Open now through January 9, 2900 Southern Boulevard, Bronx)*

### **The Octagon House: Victorian Christmas Tour**

Celebrate the holiday season in Victorian splendor at an eight-sided historic home. This restored Hudson Valley landmark is decorated with garlands, wreaths, and ornaments. Book a tour to get a glimpse at The Armour-Stiner Octagon House of holidays past. Tickets required.

<https://www.showclix.com/event/armour-stiner>

*The Armour-Stiner Octagon House, Irvington*



## SPECIAL NOTICE REGARDING 2022 SOCIAL SECURITY/MEDICARE PROGRAMS

### **SOCIAL SECURITY**

- Effective January of 2022, Social Security beneficiaries will receive a 5.9% Cost of Living Adjustment.
- Each Social Security Check should reflect this increase for 2022.

### **MEDICARE PREMIUMS**

- Effective January 2022, all Medicare Part B Premiums will be increased 14%, meaning the cost of Part B deducted from Social Security checks will be \$170.10, up from the 2021 amount of \$148.50.

### **A DEEPER DIVE INTO MEDICARE**

Medicare consists of four basic parts as follows:

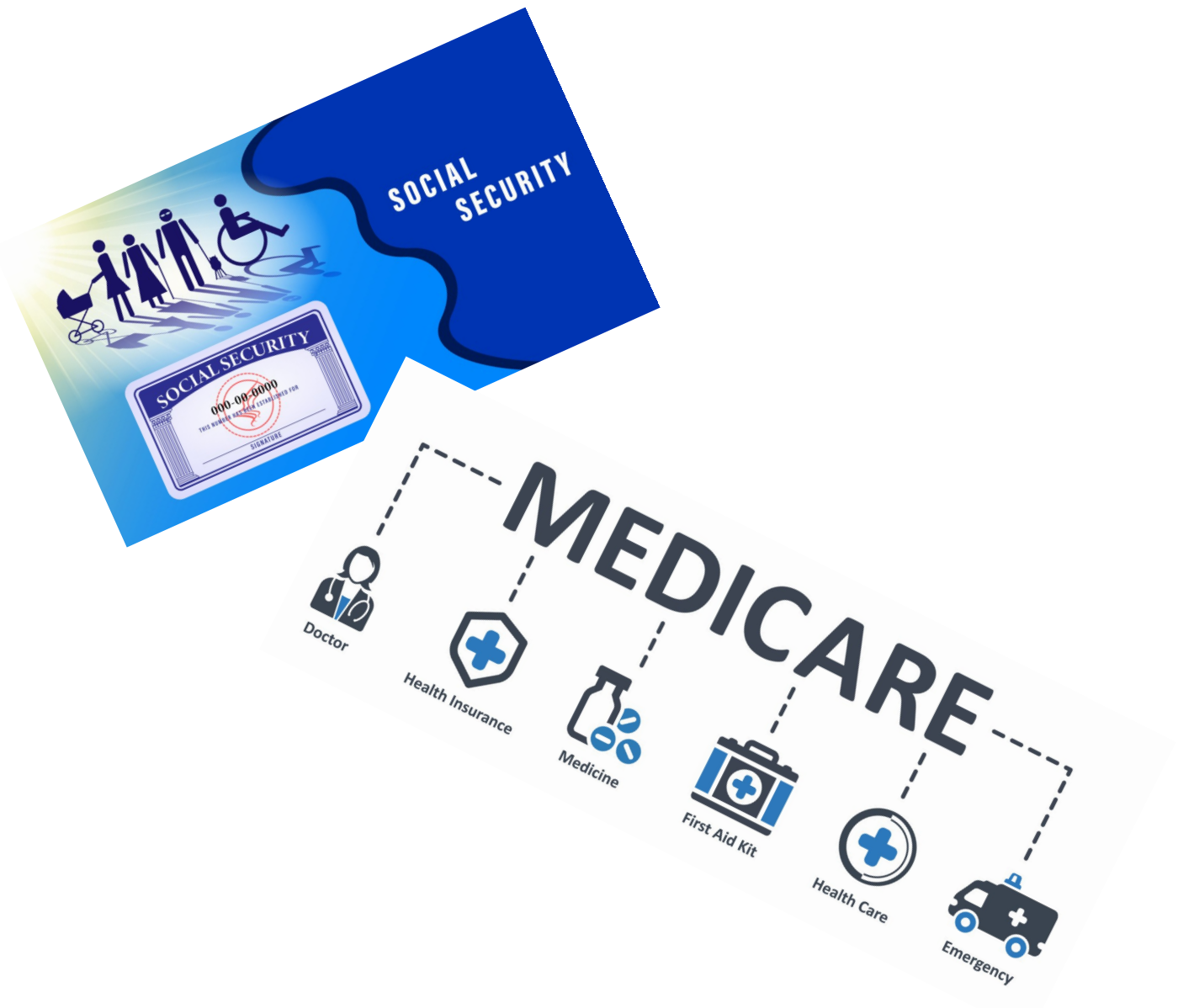
- **Medicare Part A (Hospital Insurance)**
- **Part A** covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care coverage. Part A (also known as premium free Part A) depends on a person working long enough to pay enough in employment taxes to be eligible for Medicare.
- Costs **NOT** covered by Medicare Part A include private hospital costs, **ambulance services**, and other out of hospital services such as dental, physiotherapy, glasses and contact lenses, and hearing aids. Many of these items can be covered by private health insurance.
- **Medicare Part B**
- **Medicare Part B** helps cover medically necessary services like doctors' services and tests, outpatient care, home health services (not covered under Part A), durable medical equipment, and other medical services. Part B also covers some preventive services.
- **Unlike Part A, Part B** is paid for by beneficiaries either through deductions from their Social Security checks or through direct billing. For 2022, the Part B Premium will be \$170.10 per month.
- **Medicare Part C**
- **Medicare Part C** also known as Medicare Advantage, is offered through private companies with the government's supervision, and unlike with Parts A and B, you can choose from a range of plans.
- **Part C** plans offer the same benefits as Parts A and B plus additional services, such as dental or vision coverage, Prescription medications, which are also covered by Medicare Part D are also covered by Part C Plans.
- While you usually pay less in premiums, you may end up paying more overall after factoring in co-pays. Also, Medicare Advantage isn't available in all parts of the country, particularly in rural counties.
- **Medicare Part D**
- **Medicare Part D** covers generic and brand-name medications, and like Part C, it offers a range of plans operated by private insurance companies.
- **Part D** can be a good choice for people who use Original Medicare but anticipate needing regular prescription medicines.
- Beneficiaries will pay a monthly premium, usually less than \$100 dollars, and there may be a deductible



## SUMMARY

Generically, whether you are retired or still working, Medicare will likely become part of your life after you turn 65. In the United States today, most health plans pay secondary to Medicare. So if you are currently covered by a retiree health plan, an individual policy, or a small employer group plan, you must enroll in Medicare when you turn 65.

In closing, when you turn 65, Medicare becomes the primary payer. Under Original Medicare, any private insurance you may have is secondary and will not pay until Medicare has paid its share. **The only insurance that remains primary to Medicare is employer group coverage that covers 20 or more employees.** So if you or your spouse is still working and covered by an employer group plan that covers 20 or more employees, you do not need to sign up for Medicare when you turn 65. **OTHERWISE YOU DO.**



## What To Do About the Winter Blues

Do the winter blues have you down? Also known as Seasonal Affective Disorder (SAD) or seasonal depression, this is a condition that makes this time of year very difficult for many people. This article will try to help by explaining what Seasonal Affective Disorder is, why it happens, and what you can do to minimize its effects.

Seasonal Affective Disorder usually starts to affect people in late fall or early winter and lasts until spring or summer. The worst months are often January and February. Often, symptoms start out mild and become more severe throughout the season. Symptoms include some or all of the following:

- Feeling depressed some or most of the day on most days
- Losing interest in activities you normally enjoy
- Having low energy
- Changes in your regular sleep pattern, either having trouble sleeping or oversleeping
- Having thoughts of death or suicide

Seasonal Affective Disorder is caused by the reduction in sunlight that comes with the shorter days of winter. The decrease in sunlight can disrupt the body's internal clock and cause a drop in serotonin, a brain chemical that affects mood and prevents depression. The change in season can also disrupt the body's level of melatonin, a chemical that plays a role in sleep patterns and mood.

If you experience symptoms of Seasonal Affective Disorder, it is important to treat them quickly so that they don't get worse or lead to other mental health problems. Hopefully, treatment will help you to feel better and resume your usual behavior. To begin treatment, you should talk to your doctor about the symptoms you are having and the best ways to treat them. If you are having suicidal thoughts, you should call the Suicide Prevention Hotline at 800-273-8255 or go to your local emergency room.

Treatment for Seasonal Affective Disorder can include light therapy, medications and psychotherapy. Light therapy is usually the first line of treatment. It involves sitting near a special light box that mimics natural outdoor light and counters many of the causes of Seasonal Affective Disorder. This treatment is very effective and usually starts working within a few days to weeks. Light boxes are readily available on Amazon and through other retailers and cost less than \$50. The lamp you purchase should emit light with an intensity of 10,000 lux. The lamp can be used at home while you are conducting your regular activities, as long as you stay close to the lamp for approximately 30 minutes a day, preferably in the morning. Don't look directly into the light. Place the lamp 2-3 feet away from you while you read, eat or do other activities.

In addition to the light box, it may help to make your environment as sunny as possible and get outside whenever you can. Open your blinds and try to sit near a window. Take a walk outside or sit on your porch or on a park bench. Even on cold or cloudy days, getting some natural sunlight can help. Regular exercise can also help improve your mental state.



## **Winter Blues, continued**

Doctors also sometimes recommend psychotherapy and/or antidepressants to help with Seasonal Affective Disorder. Psychotherapy, particularly a type of psychotherapy known as cognitive behavioral therapy, can help you to learn healthy coping mechanisms and identify and change negative thoughts and behaviors. Research has shown that this type of therapy has the longest-lasting effects of any treatment approach.

Your doctor may also prescribe antidepressants, especially if your symptoms are severe. If you usually experience symptoms every year, starting antidepressants in the early fall before symptoms start may help you to avoid Seasonal Affective Disorder. You may also want to continue taking the antidepressants later in the year than when your symptoms normally go away.

In addition to treatments discussed in this article, remember to take good care of yourself in general! Eat a well-balanced diet, get enough sleep, exercise regularly, stay active and stick to your treatment plan. Hopefully all of these tips will help you to have a happy and healthy winter!



## Winter Project — Organizing Photos

One of the tasks that many of us keep putting off is organizing photographs. But it can be a great undertaking during the cold winter months. This article is dedicated to the 'old fashioned photos' – the paper ones! Depending on how you're feeling and the size project you want to take on, there are a few ways you can approach a project like this.

Maybe you feel like you have too many photos – and it just feels overwhelming. In our house, my mother had the photo box! It was a jumble of pictures from her youth, her wedding, my brother, me, and everything in between. If this is what you are facing, I suggest getting started by sorting photos into years. If that still feels too daunting, try sorting into decades. Set out boxes or grab some baggies and label them with years or decades. Your first task is to simply categorize by approximate date. Don't get stuck on one particular photo – if you're not sure about it, just move on to the next photo.

After you have everything organized by approximate date, group events, and begin to develop a chronology. Take time to enjoy remembering the people and places unfolding in front of you.

If your photos do not include the names of the individuals in the picture, identify the people and write their names on the backs of the photos. If you know what the event is and the date of the event, add that as well. Be careful. Do not apply much pressure when you are writing. You do not want to create indentations in the photos. If you feel uncertain about names, use a soft pencil. You can also consider placing those photos where you either cannot identify the individuals or cannot remember their names in a separate envelope within the year/decade. Ask friends and family members if they remember. Some wonderful conversations will come out of these questions.

This is also when you can start purging photos. Photos that are out of focus can be discarded. Do you really need three copies of an unidentified garden? Probably not. You get the idea.

Preserving your photographs is essential.

- \* Do you have negatives?
- \* Do you only have original photos?
- \* Are you going to scan photos (or use a company that can scan them for you)?
- \* Whatever you choose to do, be sure that you use archival quality storage (whether they are photo albums or boxes).
- \* For scanned photos, be sure to back them up!

## Winter Project — Organizing Photos, cont'd

Once you have your photos organized, you can think about some fun next steps.

Do you want to create some special albums for friends or family members? You can create albums using one of the many online services (e.g., Shutterfly, Snapfish, etc.).

Some ideas:

- \* 70<sup>th</sup> Birthday Album
- \* 35<sup>th</sup> Wedding Anniversary
- \* 50 Years of Friendship
- \* Family history (great-grandparents, great-great-grandparents) for the younger members of the family (take this to the next level by adding family facts – places and dates of birth, occupations, etc.)

Whatever you choose to do, make sure to have fun while you take this stroll down memory lane!



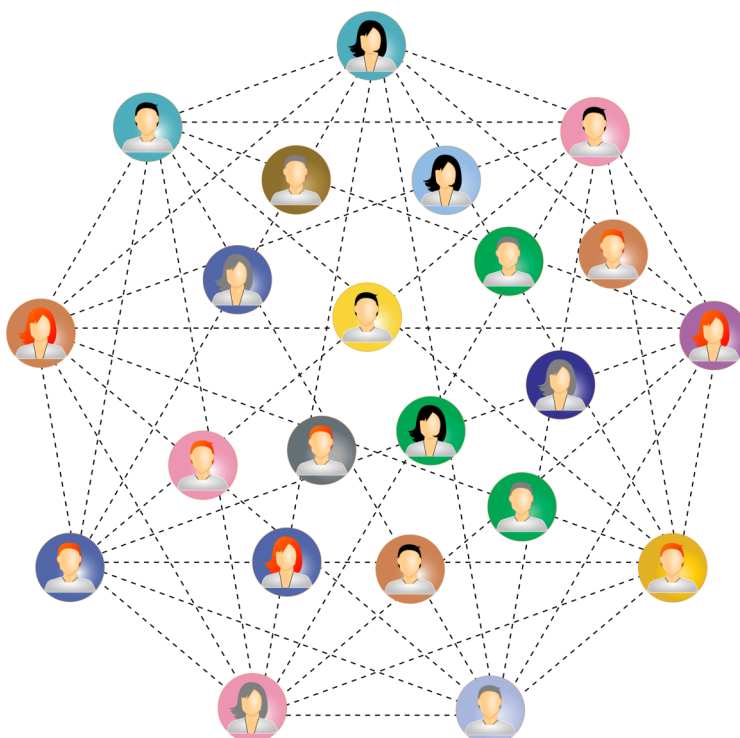
## Staying Connected: Avoiding Isolation during the Winter Months

The cold winter months can make things difficult for older adults. Seniors are not only more vulnerable to illness and infection when the temperatures drop significantly, but the snow and ice can also make them more susceptible to falls and accidents.

One of the most significant effects winter can have on aging adults, however, is the increased risk for social isolation.

### The Effects of Social Isolation in the Elderly

Seniors can face a variety of problems if they are not staying socially connected. Social isolation can affect both a person's health and well-being. Feeling isolated can lead to detrimental health effects in seniors, like increased blood pressure, a higher risk for dementia, more falls and hospital stays, and even can increase the risk of death. Feeling lonely can also lead to depression and poor physical and mental health.



## Ways to Stay Socially Connected through the Winter

If you or a loved one is facing isolation this winter, there are steps you can take to connect with those near and far and promote mental and physical well-being.

**Plan ahead.** Even if you don't live near your loved ones, it's important to try to schedule regular visits as often as possible. Many seniors look forward to family get-togethers, so try to plan a few events throughout the winter months to enjoy a family dinner and some good conversation. Regular calls or email can help you and your loved ones stay in touch.

**Reach out to neighbors or friends living nearby.** If it's impossible for you to visit with family as often as you would like to, try reaching out to local friends and neighbors and setting up a weekly or monthly visit or chat on the phone.

**Join the weekly activities at the Municipal Annex.** Every Tuesday and Thursday from 10am-2pm enjoy live musical entertainment, exercise classes, gameshows, informative speakers, and much more!

**Commit to daily exercise.** A few minutes of physical activity every day can help improve your mood and ward off depression. Plus, exercise helps increase your mobility and can lessen the risk for falls.

**Consider pet adoption.** A furry friend can help reduce feelings of isolation; a pet offers constant companionship and encourages physical activity.

**Utilize technology.** Learning programs like Skype and video chatting gives seniors a way to stay in touch with friends and family no matter how far away they may be. Even if an in-person visit isn't possible, the use of today's personal communication technologies makes it possible to have face-to-face conversations.



## Age Friendly Glen Rock !

### Looking to get involved? Join Age Friendly Glen Rock!

#### **What is Age-Friendly Glen Rock (AFGR)?**

AFGR is a group consisting of residents of all ages as well as representatives from local organizations interested in ensuring positive, active aging in Glen Rock.

Our mission is to address and enhance the lives of seniors in our town, with emphasis on livability, communication, mobility, and socialization as well as other needs and to enable our mature residents to achieve a better presence, actively participate, and engage with the community thus benefiting all Glen Rock residents.

#### **What does AFGR *do*?**

AFGR studies issues that affect seniors in the context of the broader community and will advise and advocate for change based on these findings. AFGR is in the process of creating a town-wide senior survey to gather data. From this information will come ideas, programming, and activities. This study will inform action when it comes to creating a vibrant community that promotes healthy and active aging.

#### **How can I get involved?**

Be part of our committee! The more voices the better! We will need help with our senior survey as well as other studies planned for the future such as a downtown area walkability study. You can also help us plan fun activities and get the word out! No matter how much time you have to give, there is a place for you in AFGR.

**Interested?** Contact Council President Mary Barchetto [mbarchetto@glenrocknj.net](mailto:mbarchetto@glenrocknj.net)

Come join us! We'd love to have you!





## The Village Concept



Glen Rock is exploring the possibility of developing a community plan for our older residents to ensure that Glen Rock seniors can Age at Home with easy access to social activities, repairs, transportation, and all other needed services. This concept which is called a “village “ has been successfully established in hundreds of communities throughout the US including several communities in NJ during the past 20 years. For more information visit:

<https://northjerseyvillages.org/concept/> .

Please join us at a meeting on January 10, 2022 at 7:00 pm at the chambers in Borough Hall to learn more about this wonderful project. Rides will be provided to everyone who needs them.

Please contact Donna Feigenbaum at [donna.feigenbaum@gmail.com](mailto:donna.feigenbaum@gmail.com) or 201.447.4497 if you plan to attend this meeting, need a ride, or for more information.

*Don't forget if you have a question or a suggestion for the Perennial, please contact Mary Barchetto or Teresa Gilbreath at [grperennial@glenrocknj.net](mailto:grperennial@glenrocknj.net)*

**FIND US !!!!**

If you are looking to access The Glen Rock Perennial online, simply go to  
[glenrocknj.net](http://glenrocknj.net)

In the search bar type the word: perennial (that will take you to the link for the Senior Newsletter). You can find previous publications there as well.



**Happy Holidays from the Senior Citizen Advisory Committee!**

We wish you and yours a wonderful holiday season.

Please join us for a meeting in the New Year!

1:30pm on the 2<sup>nd</sup> Tuesday of each month at Borough Hall.

