



GLEN ROCK

PERENNIAL

Glen Rock's Senior Connection Newsletter

LET'S GET AROUND!

Sometimes we seniors don't want to drive or simply cannot for one reason or another.

Here are some transportation tips that might help if you find yourself needing them...

GR Senior Shuttle Bus

Take advantage of the Glen Rock shuttle bus which is available to seniors and any resident with disabilities. For increased COVID safety, the shuttle is running with reduced capacity to promote social

distancing and all riders must wear face coverings. Currently, the two regularly scheduled stops are Tuesdays at 9:30am from Glen Courts to Stop and Shop and Fridays at 7:30 am from Glen Courts to

Kilroy's Market for "seniors only" shopping hours. All seniors, not just Glen Courts residents are welcome. In addition, seniors can call the Clerk's office to schedule individual rides from home to doctor visits, dentist visits, etc. with a return ride (must be

before 2:00pm). Reservations can be made by calling 201-670-3956.

On-Demand ride services

Companies like Uber and Lyft are back in business and have implemented COVID safety precautions such as partitions between driver and passenger and requiring face masks for all occupants of the vehicle and cleaning touch points such as door handles between rides. New to Uber and Lyft or don't have a smartphone?

Gogograndparent.com allows older adults to use these on demand transportation options while keeping family and loved ones notified of your departure and arrival. Simply call 1- 855-464-6872 and an operator will book the ride for you!

USEFUL PHONE NUMBERS AND EMAIL

Glen Rock Shuttle Bus

201-670-3956—Option 1

Community Meals on Wheels

201-447-8295

communitymealsonwheels@gmail.com

Bergen County Social/Senior services

201-336-7400

seniors@co.brgen.nj.us

Chore Service

201-489-7790

Zoom Rides (1-866-317-0777) is a car service designed specifically for seniors. It is not a last minute taxi, rides must be scheduled in advance. While not a free service, fees are slightly lower than Lyft and Uber. You do not need a smartphone for this service.

Discounted coupons are also available for local taxi services at Borough Hall. Please call Mary or Liz at 201-670-3956 for more information.

All aboard ! We are fortunate to have not one but two train stops in Glen Rock to help you get around New Jersey.

NJ Transit requires face coverings for all passengers and eating and drinking is strictly prohibited. Common touch points are being frequently cleaned to increase safety. Senior fares are available.

No matter what mode of transportation you use to get to your vital services, please be sure to wear a face covering and wash or sanitize your hands immediately after your ride. Safe travels!

CHORE SERVICE



Simple household repair services for the 60+ senior and disabled are available through Chore Services at 201-489-7790. These include repair of leaking faucets, toilets and replacement of washer hoses. Minor electric such as replacing existing outlets and

light switches and plugs. Some weatherization (changing of screens and storm windows). Chore is unable to service emergencies and does not do outdoor work, painting, tiling, door or window replacements, work requiring high ladders, heaving

lifting, new wiring or appliance repair. Chore is a program of the Volunteer bureau of Bergen County.

Please call to inquire M-F 9-2
Making your home a safer place to live!

"Some people, no matter how old they get, never lose their beauty. They merely move it from their faces into their hearts"

THE BOROUGH IS HERE TO HELP !!

The Big Sweep: Need help with your fall leaves? Contact the Administration Office at 201-670-3956 to request assistance. The Borough will match you with a volunteer who can come do your fall cleanup.

Shovel 4 Seniors: Glen Rock has a snow removal which is a similar program to The Big Sweep. Volunteers sign up to assist seniors when it snows by shoveling their walkways and sidewalks. Seniors can request this assistance by calling the Director of Parks and Recreation Office. Please be aware volunteers will arrange the time to shovel as is weather-dependent and safe. For additional information, contact Christopher O'Reilly, Director of Parks and Recreation at 201-670-3951 ext. 3956.

DPW Recycling Pickup: For those senior residents who live alone and are unable to place recycling to the curb for normal pickup, the DPW can arrange to pick up recycling from the back of the house. This service is intended for those senior residents who are physically unable to put their recycling to the curb and must be re-applied for at Borough Hall prior to the start of each year. For more information, please contact the Department of Public Works at 201-670-3980.



STAY ACTIVE !!

Two of the biggest challenges to mental and physical well-being during this pandemic have been staying safely socially engaged and maintaining our activity level. Before COVID-19 you may have enjoyed a weekly exercise class or program at the library and while the activities you once enjoyed may not be occurring in-person, many organizations have gotten creative in offering on-line versions of their activities. Many of them for free!

Stay active! When it comes to physical fitness, the internet is your new best friend. Just by visiting www.YouTube.com and searching “free fitness classes for (seniors, beginners or whatever your level)”, you can find a range of new and fun activities. Exercising at home has the added benefit of no audience so try out something you’ve always been too shy to attempt in a crowd. That downward facing dog during yoga is way less intimidating if the only one watching IS your dog! If you’d prefer some guidance choosing a YouTube class specifically for seniors, Medicareful is a great resource: <https://living.medicareful.com/5-great-youtube-fitness-channels>.

In addition to YouTube, many existing organizations have altered their fitness programs to an online format such as:

- Senior Source: <https://conta.cc/34hKxCr>
 - Senior Exercise Online: <https://www.seniorexercisisonline.com/>
 - Elder Gym: <https://eldergym.com/exercises/>
 - Yoga with Adriene: <https://yogawithadriene.com/home-30-days-of-yoga/>
 - Silver Sneakers Online (insurance eligibility required): <https://tools.silversneakers.com/>
- Stay engaged!** Mental well-being is just as important to as physical well-being, so take advantage of the numerous websites offering free classes on almost any topic you could desire.
- Learn a new language with www.duolingo.com
 - Give meditation and mindfulness a try at www.mindfulness Exercises.com
 - Itching to go back to school? Find free courses such as US History and Biology at www.khanacademy.com
 - Connect with your inner artist with courses in music, drawing and photography at: www.skillshare.com

Stay connected! Be sure to check with organizations and services you normally engage with to see how they have pivoted during these times to maintain and create programming. Check programming frequently as restrictions lift and accessibility may change. For example, our beloved Glen Rock Public Library, once closed, now offers 30 minute in-person visits with special hours for seniors Monday-Friday, 10am-11am, as well as door-side service of books offered at www.bccls.org and continues to offer wonderful online programming <https://www.glenrocklibrary.org/glen-rock-library-events>.

While it can feel like our options are limited due to COVID-19, necessity is the mother of invention, so why not use this time as an opportunity to explore your virtual horizons? You may find an activity that you will continue to enjoy long after these strange times have passed!

Among the many services we all took for granted before COVID-19 perhaps the one that many of us missed the most were personal grooming services. Sales of hair clippers and home hair color kits skyrocketed as hair salons and the barbershops were shuttered for safety, but we are all happy to see they are back open for business to help us look our best. As much as we all suffered through our pandemic haircuts and dye jobs and are glad we no longer have to wreak havoc on our own heads, many of us are asking “Shops are open, but is it safe?”

It may be helpful to frame things with respect to risk rather than safety since nothing can be completely safe. Is there a risk from going to a salon or a barbershop? The answer is yes but depending upon your own personal situation you may still choose to go. Make decisions based on your own informed judgment considering your risk factors for COVID-19 like diabetes or asthma. If you do choose to make an appointment (which should be a requirement - see below) the Center for Disease Control has provided the following guidelines for hair and nail salons, barbershops and aestheticians (facial, waxing, etc.). Make sure your preferred establishment is following these guidelines to reduce your risk.

- * Limit services to appointment-only
- * Discourage waiting indoors/limit number of clients in waiting area
- * Perform prescreening and temperature checks of clients and staff prior to entering the facility
- * Ensure staff-client pairs remain at least six feet apart unless separated by physical barriers
- * Require use of personal protective equipment for staff, and require clients to wear face coverings, unless doing so would inhibit an individual's health
- * Discourage, or remove from service offerings, any services on the face that would require clients to remove their face covering. If such services are offered, at minimum, advise clients that removal of face coverings increases the risk of transmission of COVID-19 and confirm with the client that they consent to such services
- * Remove all common touch points such as magazines and refreshments
- * Adopt enhanced cleaning and disinfection practices

Be safe and healthy!

If you would like to get in touch with us about something you would like to see published (we will not be having a “letter to the editor’s section” - but more or less contributing an idea about a place to go, an activity (no business plugs please), or something you would like to see offered for seniors in Glen Rock—please email our editors. Kathy McCann can be reached at grperennial@glenrocknj.net

FIND US !!!!

If you are looking to access The Glen Rock Perennial online, simply go to glenrocknj.net In the search bar type the word: perennial (that will take you to the link for the Senior newsletter).

DIVISION OF SENIOR SERVICES

The Division can provide information about, links to, and assistance with completing applications for available resources below:

Adult Day Care
Mental Health
Age Friendly community initiatives
Care Management
SaVVERS discount programs
Home Care programs
Long Term Care facilities
Medicaid/Other Insurance
Senior Lunch programs
Transportation
AND MORE...

Food Pantries
Home Care Programs
Pharmaceutical Assistance
Reverse Mortgage Counseling
Home Modifications
Housing
Meals on Wheels
Senior Activity Centers
Tax relief
Wellness check programs

If you are an adult 60 years or older, an adult with a disability 18 years of age or older, or a family member – caregiver – human services or healthcare professional call **201-336-7400 or 877-222-3737** for help with any of the above services.

Under State, County and Federal programs for older adults...

There are many services offered through state, county or federal programs including financial help with energy costs, prescription drugs, hearing aid assistance, food stamps, Medicare payment assistance, and many other programs. If you are in need of help in any of these areas, please call (201) 336-7400 go online to co.bergen.nj.us and put “quick guide” in the search bar.

WELLNESS CHECK PROGRAM...At approximate pre-specified hours, you will receive a free daily phone call from the Bergen County Wellness Check Program to check on your well-being. If you are interested please call 201-336-7400 for help with signing up for this service and for more information on how it works.

The WELLNESS DISCOUNT PROGRAM includes discounts on, but is not limited to prescription drugs, hearing exams and hearing aids, vision exams, eyeglasses, contact lenses, and Lasik eye surgery. Dental care, diabetic supplies and pet prescriptions. The Discount Program IS NOT insurance. For further information, call 201-336-7400.

THE DIABETIC SAVINGS PLAN is a mail-order program that will reduce diabetic supply expenses. It includes no annual or lifetime maximums, no claim forms, no exclusions, no pre-authorization required. Simply choose a discount plan or purchase individual items from the website, or call 1-866-274-6207.

USHearingplan.net is a free program that offers a complete hearing evaluation and up to 50% discount on most major brands of hearing aids. To receive your USHearingplan.net benefits visit their website or call 1-800-432-7669.

The Bergen County Wellness Discount Program provides you with a free prescription drug card. This program provides savings up to 10%-50% off your prescription drug costs. Simply present your discount card. To locate pharmacies in your town and price prescriptions, please call 877-321-6755. Call 201-336-7400 for information about obtaining a prescription card.

U.S. Eye Plan is a free program that provides scheduled discounts from retail prices on both eye exams and corrective materials. Call 888-733-6695 for more information about this program.

39dollarglasses.com provides single lens glasses with corrective lenses for \$39.00.

FOR MORE INFORMATION ON ANY OF THESE PROGRAMS CALL 201-336-7400.

Let's Eat !

We all agree that we've had to adjust our "normal" during these times. So how can we adjust and/or adapt when it comes to mealtime?

Everyone has to decide their comfort level when it comes to dining out.

Food! We all need it, love it, serve it and order it – we just need to do it safely! Here is some information on ordering out, home delivery, restaurant dining and assistance in getting meals or grocery help if we need them.

If you have decided that you would like to enjoy a meal that someone else has prepared, you have a few options...

Most restaurants offer curbside or take-out dining. One difference is that you can go online to the restaurant, search their menu, call in your order and if they offer curbside pick-up, you can drive up and park in a designated area and the staff will bring the order to your car. Remember to wear your mask when your server brings your delivery to your car. You can usually choose to pay over the phone when you order, or at pick-up. Some restaurants offer take-out, but do not have the set-up to bring your food to the car, therefore you would need to go inside the restaurant to get your food. Check first and go with what you are most comfortable with.

Food delivery – again, some restaurants have expanded and are offering free delivery. You can usually find all menus online and payment is usually when you place your order.

Restaurant dining – inside or out?? Most all restaurants are offering a limited number of tables outside while the weather is still nice, and now indoor dining has also become available. If you are ready to venture out to eat, don't be afraid to check out the restaurant in advance, taking note of the ways the tables are arranged (safe spacing is important) and if the servers are taking orders and serving meals while wearing a mask at all times. It is perfectly acceptable to call before you go to make sure tables are being cleaned each time diners leave and before new diners arrive, or for any safety questions you have. You should always arrive and wear a mask (remember to fully cover both your nose and mouth with your mask), and use a hand sanitizer before you arrive and after your meal. Of course you will not be wearing a mask while enjoying your meal, but anytime you leave your table you are required to have it on.

If you need assistance with getting meals you have several options...the first is Community Meals on Wheels which provides seniors with options such as a hot and a cold meal each day or selection of one hot OR one cold. These meals are delivered to your door. Hot meals cost \$4.90 and cold are \$4.50. You can call to get more information or delivery at 201-447-8295 or email communitymealsonwheels@gmail.com . Check out more information online at communitymealsonwheels.org . There is a client assistance program which exists to provide financial help also and can be reached through the above number.

Center for Food Action provides groceries for those needing assistance in most counties throughout New Jersey. Please call 201-529-2029 any day from 10am-2pm to apply for assistance and pick up at their Mahwah location.



Leaves are falling and there's a crisp in the air—let's stay outside and enjoy the cooler weather!

- How about a simple walk? The Glen Rock duck pond has a easy path for both walkers and bicycles. Why not gather some friends and take a stroll?
- How about an easy hike through a scenic marshy area on a long boardwalk? This Pochuck Boardwalk 2 mile hike is part of the Appalachian Trail and is categorized as easy—trail service is on level wooden boardwalks. These and many other great hikes can be found on njhiking.com.
- Check out the many wineries of the Hudson valley—especially the many nearby ones in and around Warwick, NY. Many offer great musical entertainment outdoors each weekend and very nice selections of wines and hard ciders.
- Places like Franklin Lakes Preserve offer beautiful hiking trails and kayak rentals for a small fee. Overpeck County park in Leonia has canoe rentals—call 201-968-0808 for info.
- Check out the McFaul Environmental center in Wyckoff for their boardwalk path!
- If you are interested in playing PICKELBALL—our own Mark Sabow is organizing games and has information for you. Play takes place in Glen Rock. Please contact Mark at marksabow@hotmail.com

