



WHAT'S INCLUDED?:

Newsworthy
Current Events/Activities
Getting Involved
Ongoing Services
Seasonal Services

The Glen Rock Perennial
January 2020
Volume 1, Issue 1



The Glen Rock Perennial

The Newsletter for Glen Rockers 60 and Beyond

NEWSWORTHY

This is the inaugural issue of The Glen Rock Perennial — The Newsletter for Glen Rockers 60 and Beyond. Glen Rock has a vibrant, active community of individuals who are 60+. This community spans over four decades — It includes folks in their sixties to those well above ninety. This is not a group of people where one-size-fits-all.

Regardless of where you fit in the age range, we want you to have access to information that you would find relevant. There are many places where you can find information regarding services, activities, and Glen Rock happenings. But, it is not always easy to find. It is in many different locations. Through this newsletter, we are hoping to gather information and make it available in a single location.

This newsletter is still a work in progress. We want you to have a chance to see it, think about it, and make suggestions with respect to the content. Please reach out to us with your thoughts. We would also love to have contributing writers!

If you have an idea for an article, let us know.

Comments or questions should be directed to Council Member Mary Barchetto. Mary's Borough Hall number is 201-670-3956 and her email is mbarchetto@glenrocknj.net.

You can find this newsletter at: Borough Hall, the Library, Glen Courts, Houses of Worship, and Kilroy's. It will also be sent out in the Borough's Weekly Digital Newsletter and it will be posted on the Borough Website in the *Senior Section*.

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SENIOR INFO CAN BE FOUND ONLINE:

1) GO TO THE
BOROUGH WEBSITE:
GLENROCKNJ.NET

2) SELECT:
"OUR RESIDENTS" TAB

3) SELECT:
"SENIOR SERVICES"


“Laughter is timeless, imagination has no age, dreams are forever.”
Walt Disney

BYOB (BRING YOUR OWN BAG)

Glen Rock passed Ordinance #1799 (Single Use Bag Ban) in 2019 and it became effective January 1, 2020.


There are now over fifty communities in the state of NJ that have some form of plastic bag ban. There is also legislation being worked on at the state level to reduce the amount of plastic impacting the environment. In Glen Rock:

- Shoppers may choose to bring their own reusable bags. There are reusable bags available at Borough Hall (while supplies last).
- Shoppers may bring paper or plastic bags (that they already have) to the store and use them.
- Bags used inside a store for items such as baked goods, prescription drugs, loose produce, frozen foods, meat, fish, flowers, and potted plants are permitted.
- Bags for newspapers, laundry dry cleaning, garbage, yard waste, and pet waste are permitted.




Glen Rock - Ordinance #1799 Single-use Bag Reduction

Effective January 1, 2020





Thin plastic bags



10¢
(min. retained
by retailer)

Large paper bags +
reusable bags



Free

Small paper bags
(<8x16in)



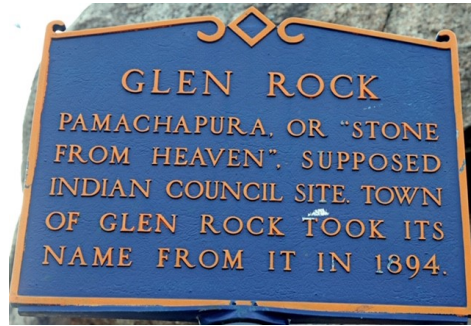
Switch to
REUSABLE !

Reusable bags

**GLEN ROCK
ENVIRONMENTAL COMMISSION**

ANNEX UPGRADES

The Borough has begun upgrading the Municipal Annex to make it more appealing and more comfortable for the groups that use it. The Annex has been painted and new



flooring has been installed. Future plans call for the purchase of new tables, chairs, a large screen TV and the addition of a seating area. The Glen Rock Senior Citizen Advisory Committee was a driving force behind many of the modifications.

GLEEN ROCK SENIOR CITIZEN ADVISORY COMMITTEE

On January 2, 2020, at the Reorganization Meeting of the Borough of Glen Rock, the Mayor made appointments to a number of organizations. One such organization was the Glen Rock Senior Citizen Advisory Committee. For the year 2020, the ten member board of the committee includes:

- Doris Ciaramella — Chairperson
- Nina Lipscomb — Vice Chairperson
- Karen Mitchell — Secretary
- Charles Flynn
- Paul Sharar
- Bella Fellig
- Kitty Sylvester
- Jon Osborn
- Diane Lautermilch
- Mary Barchetto — *Borough Council Member Representative*

This Committee meets the second Tuesday of each month at 1:30 pm. It is open to the public and attendance is welcomed.

GETTING INVOLVED

So, you've just retired...

....now what?

There are many organizations in Glen Rock that would welcome another pair of hands. You may want to use the skills that you have built over the course of your life. Maybe you would like to branch out and learn something new. You may have lots of time on your hands.....you may only have small chunks of time..... There is something within our community for you!

We will be profiling the many wonderful organizations that exist within our Borough in future issues.

In the meantime, please keep in mind that meetings of these groups are generally open to the public. So, take a look at the Borough Calendar and drop into one or two of the meetings to learn about the groups.

BOROUGH SHOVEL FOR SENIORS PROGRAM

Each year, Glen Rock looks for volunteers from the community to help seniors shovel their property after a storm.

If you need help clearing away snow after a storm, you can register with the town. The town will then match you with a volunteer.

Would you like to register? It's easy!
Contact the Recreation Department at 201-670-3951, Ext 1.



DID YOU KNOW?

**THERE IS A BERGEN COUNTY SENIOR CENTER
NEARBY IN MIDLAND PARK**

GLEN ROCK RESIDENTS ARE WELCOME AT THE NORTHWEST SENIOR ACTIVITY CENTER —IN MIDLAND PARK

The Northwest Senior Activity Center is located at 50 Center Street in Midland Park.

The Northwest Senior Activity Center activities and programs are funded by the Bergen County, Division of Senior Services and are available at no charge for Bergen County residents 60 years old and over.

The Center is open Monday through Friday from 8:00 am to 3:30 pm.

Each day a continental breakfast is offered from 8:00 am to 10:30 am.

Lunch is served daily at 11:45. There is a suggested lunch donation of \$1.25 and the Center requests that lunches are reserved one day in advance before 12 noon.

This Center offers a wide variety of activities and events.

You can contact the Center and get added to their mailing list. Each month they distribute a complete calendar of events.

Phone: 201-445-5690

Email: northwestcenter@co.bergen.nj.us





*It's that time of the year — Tax Time!
Start gathering your documents.*

AARP volunteer tax preparers will be available at the Northwest Senior Center in Midland Park on Mondays and Tuesdays starting February 10th and ending April 14th to file simple tax returns.

To have your tax return done for free, you must make an appointment. Appointments are scheduled every hour between 9:30 am and 2:30 pm. You may stop in to the office at the Northwest Center or call 201-445-5690.

There are a number of documents that you'll need to bring with you:

- Government issued Photo ID
- Copy of last year's (2018) tax return
- SSA-1099A form for Social Security benefits
- W-2 from each employer
- If you received unemployment benefits—need to bring the printout from the website indicating the benefits
- 1099-misc for miscellaneous income
- 1099-R for all pension, annuity, and IRA distributions
- All forms for federal income tax paid
- Dependent care provider information
- Documents if itemizing deductions
- All 1099-NT, 1099-DIV forms for interest and dividends and documentation of original purchase price of assets
- Bring your checkbook for automatic deposit and withdrawals

ARE YOU A SENIOR?

Benefits and Entitlements

Bergen County Division of Senior Services

201-336-7400

www.co.bergen.nj.us

Age 60	<ul style="list-style-type: none">• Congregate meals at Senior Activity Centers and Nutrition Sites• Meals on Wheels for the Homebound• Bergen County Golden Key Card and SAVVERS Discount Card• Senior Transportation• Jersey Assistance for Community Caregiving (JACC)
Age 62	<ul style="list-style-type: none">• NJ Transit Reduced Fare Card• Eligibility for Subsidized Senior Housing• Early Retirement Social Security• Senior Pass for NJ State Parks (free)• Senior Pass for National Parks (discount)• \$2.00 Lifetime Senior Recreational Shellfish License
Age 64	<ul style="list-style-type: none">• SHIP Medicare Information and Counseling
Age 65	<ul style="list-style-type: none">• Medicare Benefits, Part A and Part B• Medicare Prescription Drug Plan• Pharmaceutical Assistance to the Aged & Disabled (PAAD)• Hearing Aid Assistance to the Aged & Disabled (HAAD)• Lifeline Credit for Utilities• Senior Gold Prescription Discount Program• Supplementary Security Income (SSI), for aged• Medicaid, for aged• Managed Long Term Services and Supports (MLTSS), for aged• Property Tax Reimbursement (Senior Freeze) and Senior Citizen Tax Deduction• Senior Citizen Tuition Waiver Bergen Community College• Senior Citizen Discount Program for E-ZPass
Age 70	<ul style="list-style-type: none">• No Fishing License Required

Income limits and other eligibility criteria may apply.

Glen Rock Happenings — 2020

Date	Activity
February 12	Cupid's Lunch — Includes Lunch and Entertainment — 1-3 pm—\$15
February 28	Bingo Bash — Borough Hall — Free — 1-3 pm
March 18	St. Patrick's Day Luncheon — Includes Lunch and Entertainment 1-3 pm — \$15
March 25	Windcreek Casino Bus Trip — 8:30—4 pm — \$30
April 17	Spring-O — 1-3 pm — Borough Hall — Free
April 22	Brownstone Bus Trip — 11:15—3:30 — \$66 Celebrate the greatest singing groups of the 1950s & 1960s while lunching
May 6	Merry Month of May Luncheon— 1-3 pm — \$15— Lunch and Entertainment
June 24	Li Greci's Staten Island — 9:15 am—3:30 pm—\$69 Let the Good Times Roll—A Tribute to Billy Joel, Carol King and the Great Roy Orbison
July 22	Krucker's—10 am to 4 pm—\$66 Entertainment and Food to be determined
August 13	High Point—9:15 am to 3:30 pm — \$64 Groovin' Easy Jazz Band
September 9	Windcreek Casino Bus Trip—8:30 am—4:00 pm — \$30
September 25	Autumn Bingo—1-3 pm—Borough Hall—Free
October 14	Oktoberfest Luncheon—1-3 pm—\$15 — Lunch and Entertainment
October 20	Penn's Peak — 9 am—3:30 pm— \$66 Tribute to Tony Bennett amd lunch
November 12	Casa Bianca—11:15—3:30 pm — \$69 The Jersey Dreamers presents Moments to Remember and lunch
December 11	Winter Bingo—1-3 pm—Borough Hall—Free

Spaces must be reserved and paid for in advance for all bus trips and luncheons.

Luncheons are held at the Glen Rock Annex.

Checks must be made out to the Borough of Glen Rock—

Send checks to the Glen Rock Recreation Department, 1 Harding Plaza, Glen Rock, NJ 07452.

For more information, contact (201) 670-3951.

GLEN ROCK SENIOR CITIZEN ADVISORY COMMITTEE

The Glen Rock Senior Citizen Advisory Committee is an organization made up of senior residents appointed by the Mayor. This group concerns itself with the general welfare of Glen Rock senior citizens.

Meetings are held the second Tuesday of each month in the Municipal Building conference room at 1:30 pm and is open to the public.

Please join us!



USEFUL PHONE NUMBERS AND EMAIL ADDRESSES

- Bergen County Social/Senior Services:
201-336-7400
877-222-3737
seniors@co.bergen.nj.us
- Community Meals:
201-447-8295
communitymeals@verizon.net
- Glen Rock Recreation:
201-670-3951, Ext. 1
- Glen Rock Shuttle Bus:
201-670-3956—Option 1
- Bergen County Community Transportation:
201-368-5955
There may be requirements to qualify.

The Glen Rock Perennial



PLEASE
PLACE
STAMP
HERE

