

GLEN ROCK PERENNIAL

Borough of Glen Rock's Senior Connection Newsletter #5 June 2021

SENIOR SHUTTLE HAS RESUMED!

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 am), Thursdays—local shopping mall, Fridays—Kilroys (9:00 am). The Thursday trips to local shopping malls include Garden State Plaza, 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 8:30am-2:00pm 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 will be required and capacity is limited.



POOL BADGES

If you haven't already gotten them, pool badges are still available. The website to purchase badges is:

glenrocknj.activityreg.com

Senior citizens (62 and up) pay \$25.00 after May 15th.



TIMELESS FITNESS FOR THE BODY & BRAIN

Every Tuesday at 9:00 AM beginning June 8th, the First-Light Home Care Bergen County will be offering FREE Ageless Grace Classes on the lawn of Borough Hall. What is Ageless Grace? Ageless Grace is a brain health fitness program based on 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!

OUTDOOR MOVIE NIGHT !!!

A movie under the stars is in store for
FRIDAY, JULY 23rd.

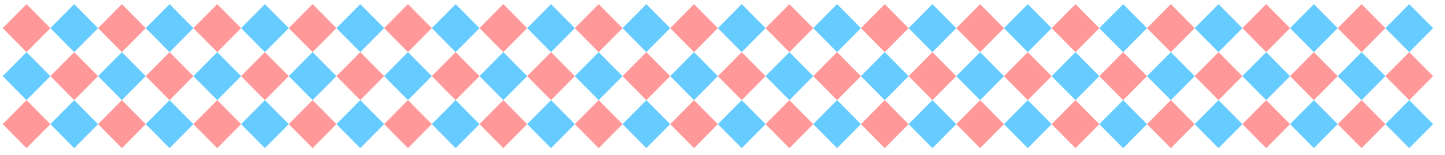
We will be projecting a movie on a large outdoor screen and it's sure to be a fun night!

This is an event specifically designed for seniors so the movie will be based on our audience.

The movie will begin as soon as the sun goes down. So please bring your chair and refreshments and expect to start between 8:30-9:00 PM.

There is no charge for this event.

Please check the Boro website and Glen Rock Senior Citizen Advisory Committee as well as Glen Rockers pages on Facebook for info regarding the movie and location.



THE BORO OF GLEN ROCK PRESENTS:

JUNE 18TH

SENIOR RESIDENT POOL PARTY

**DINNER PROVIDED !
MUSIC ! POOL MEMBERSHIP NOT RE-
QUIRED!**

Glen Rock Municipal Pool
RSVP: 201-670-3956 EXT. 6 then option 2
glenrockparksandrec@glenrocknj.net

Schedule of Bus Trips For 2021

We're Back!

We are so pleased to offer a selection of trips for Glen Rock Seniors.

To register: call 201.670.3956 ext.6 then option 2 or email grparksandrec@glenrocknj.net

Please note: Masks are required on buses and whenever event locations require them.

Refund policy: Refunds will only be issued if members contact the Borough at least 1 week prior to departure date.

Date	Event & Location	Bus Time	Depart	Arrive	Return	Fee
Sept 15 Wed	Shore Club, Spring Lake 'A Half Way to St. Patrick's' Show With Irish Tenor Mike Byrne, Comedian and Irish Bagpipes Choice of: Corned Beef & Cabbage, ½ Roasted Chicken or Salmon w/ Dill Sauce- Open Bar 1 Hour	9:30	10AM	11:30	3:45PM	\$73
Oct 13 Wed	Li Greci's, Staten Island OktoberFest , The GB's Bavarian Show Band- Ach Du Lieber Choice of: Sauer Braten or Chicken Bruschetta or Salmon w/ Dill Sauce – Open Bar 1 Hour Please advise your entrée selection at least 1 week prior to departure date	10.00	10:30	11:30	3:45PM	\$73
Nov 17 Wed	Shore Club, Spring Lake Country Hall of Famers – Songs by Dolly, Denver and Cash sung by Bill Turner, Nanette Mason and Mike Byrne Choice of: Sirloin of Beef or Herbal Salmon – Open Bar 1 Hour	9:30	10AM	11:30	3:45PM	\$73
Dec 16 Thurs	Li Greci's Staten Island All Star Christmas Cheer & Sing Along – A Christmas Show to Remember Choice of : Sirloin of Beef or Chicken Sorrentino or Salmon w/Dill Sauce – Open Bar 1 Hour Please advise your entrée selection at least 1 week prior to departure date	10:00	10:30	11:30	3.45PM	\$73

Buses leave from Wilde Memorial Park, 683 Maple Ave, Glen Rock, NJ 07452, opposite the Glen Rock Fire Dept.

We are hopeful that the Glen Rock Senior Citizens Club will be able to offer a full slate of activities in 2022 including monthly bus trips, regular luncheons with entertainment in the Municipal Annex on Maple Avenue.

GLEN ROCK SENIOR

MAHJONG to begin

Tuesday, July 6, 1-3PM

Municipal Annex

NORTHWEST SENIOR ACTIVITY CENTER

50 Center St., Midland Park

The senior center will be reopening on June 7, 2021 at partial capacity. In order to accommodate as many clients as possible, there will be morning and afternoon sessions. All center clients are asked to register in advance to attend one session or the other. Additionally, clients will also have the opportunity to register in advance for a “to-go” lunch. Donation for lunches should be made once per week in order to limit exposure to the exchange of money between seniors and staff. Lunch will be distributed between the morning and afternoon. Seniors may bring their lunch home as no dining is currently permitted at the center.

All seniors wishing to attend the Northwest Senior Activity center must be vaccinated. Proof of vaccination must be presented upon your first day returning to the center. Staff will maintain a log of vaccinated clients so you will not need to present proof more than once.

For the health and safety of both seniors and staff it is asked that you:

- Stay home when sick*
- Participate in wellness screenings to enter the center*
- Wear a facemask covering mouth and nose at all times*
- Follow proper hand hygiene, which shall include increased hand washing during attendance at the center*
- Ensure social distancing is maintained and/or abide by assigned seating*
 - Currently no snacks will be provided*
- Seniors in higher-risk groups should consult with their healthcare provider before attending service at the center*

Please contact Lorraine Joewono at 201-336-7400 for any concerns or information.

WELLNESS AND HEALTHCARE

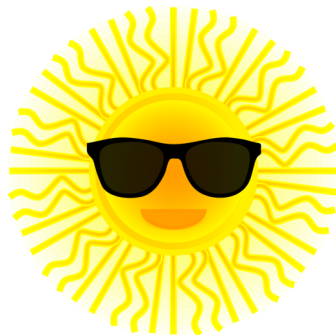
We all know that COVID-19 is not over, but a lot of things have changed since the start of this pandemic. Many of them are positive. We have knowledge, based on scientific evidence, about the best ways to protect ourselves from contracting the disease, including a highly effective vaccine available to all people 12 years of age and older. There are also new and successful ways to treat the disease if someone does become infected.

Due to these advances in prevention and treatment of COVID-19 and the fact that cases are fewer and risk of contracting the disease less, there are some critically important things you should be doing to stay healthy. One of the most important is to again schedule and attend your routine health care visits. If you have been putting off scheduling your general check-ups or have not been following up on your chronic health issues, now is the time to call and make those appointments.

Make sure you are taking care of all your health care issues and needs. This is a top priority! Do not hesitate to call your health care provider today and schedule any appointments you have been putting off because of the pandemic. The time is now to stop letting COVID-19 keep you from attending to your health care needs.

—Marilynn Bernstein

GR Board of Health



BEWARE OF THOSE SCAMMERS !

It seems that everyone is getting at least 1 phone call a day about car warranties expiring, your social security account being shut down, your bank account is being hacked, or some other emergency that requires you to respond with information.

BUT DON'T !

Telephone scammers try to steal your money or personal information. Scams may come through phone calls from real people, robocalls, or text messages. Callers often make false promises, such as opportunities to buy products, invest your money, or receive free product trials. They may also offer you money through free grants and lotteries. Some scammers may call with threats of jail or lawsuits if you don't pay them.

Banking scams involve attempts to access your bank account. Use this information to recognize, report, and protect yourself from them. Popular banking scams include:

- Overpayment scams—A scam artist sends you a counterfeit check. They tell you to deposit it in your bank account and wire part of the money back to them. Since the check was fake, you'll have to pay your bank the amount of the check, plus you'll lose any money you wired.
- A scammer sends you a check for no reason. If you cash it, you may be authorizing the purchase of items or signing up for a loan you didn't request.
- A scam company automatically debits from your bank account to qualify for a free trial or to collect a prize.
- Phishing—you receive an email message that asks you to verify your bank account or debit card number (seemingly sent from your bank).

Your state consumer protection office can accept and investigate consumer complaints. ALWAYS protect your Medicare number and your social security number. Do not give either out.

If someone calls you asking for information and claiming to be your credit card company or bank, hang up and call the number on the back of your bank or credit card. If someone comes to your home and you suspect they are a scammer, call your local GRPD.

BE CAREFUL BE SAFE—TAKE THE TIME TO DOUBLE CHECK !



THE AID AND ATTENDANCE PROGRAM-AN UNTAPPED RESOURCE

By: Patty Masterson-Kane, LCSW

Calmer Days Counseling and Care Management

The Veteran's Aide and Attendance Program provides assistance for unreimbursed medical expenses incurred by veterans and their widows. While the benefit can be used for any unreimbursed medical expense, typically it is the high cost of home health aide assistance or an assisted living facility which triggers an application for the benefit. Those qualified receive a monthly payment to reimburse for medical expense not covered by insurance. A single veteran may receive up to \$1,936 per month, a married veteran may receive up to \$2,295 per month and a surviving spouse up to \$1,244 per month.

To qualify, the veteran must have served at least one day during a time of war. They are not required to have been in a combat zone. The dates used to determine qualification for this benefit are set by Congress and currently are:

World War II: December 7, 1941 — December 31, 1946

Korean Conflict: June 27, 1950 — January 31, 1955

Vietnam Era: February 28, 1961 — May 7, 1975, for Veterans who served in the Republic of Vietnam during that period; otherwise, August 5, 1964 — May 7, 1975

Gulf War: August 2, 1990, through a future date to be set by law or Presidential proclamation

In addition to having served during a period of war, the veteran or surviving spouse must require assistance with at least two activities of daily living. These include bathing, dressing, ambulation, transferring in or out of a chair or bed, toileting, or eating. If cognitive impairment is present, two or more of these areas to ensure safety and well-being would qualify.

There are also financial qualifications which must be met. The cost of unreimbursed medical expenses is deducted from one's total income before income eligibility is determined. Thus, even those with a high monthly income may qualify if they also have high unreimbursed medical expenses. The asset limit for qualifying is \$123,600. An individual's home, car, and personal Belongings are not included in the asset limit. The VA has a three year look back, meaning they will require financial records for the previous three years to confirm no assets were given away or transferred for less than fair market value.

If a veteran or their surviving spouse meet the eligibility requirements, the Aid and Attendance program is a potential source of financial assistance. Information on how to apply can be found at: <https://www.va.gov/pension/aid-attendance-housebound/> or calling by 800-698-2411.

Patty Masterson-Kane is also available to answer questions and point residents in the right direction. She can be reached at 201-612-6696.

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 representatives from local organizations interested insuring 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

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



Don't forget if you have a question or a suggestion for the Perennial, please contact Kathy McCann 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). You can find previous publications there as well.

WHERE TO GO NOW THAT I CAN GO ?????

The weather welcomes us outside and beckons us to get going and explore new things now that the world has started to open up somewhat.

Although not everything is going to go back to the way it was, there are many outdoor activities that are worth trying. Many are only a short car ride away—so let's try exploring ! Some places you might want to check out in the summer months could include:

- * **GROUNDS FOR SCULPTURE.** About an hour away in Hamilton, NJ this unique and fascinating 42 acre sculpture park and museum is sure to capture your imagination with its fascinating exhibits. groundsforsculpture.org
 - * **STORM KING ART CENTER.** Located in NY's Hudson Valley where visitors experience large-scale sculpture and site-specific commissions under open sky.
 - * **MYSTIC SEAPORT MUSEUM.** Museum in Stonington, Ct.
 - * **WINERIES.** New York wineries such as Warwick Valley Winery, Applewood Winery, Demarest Hill, and Thorne Valley are only a few examples of the many wineries located in nearby Orange county, NY. Try googling wineries of NJ for a complete listing of some beautiful locations all over the state, many of which provide great food and entertainment as well !
 - * **BEAR MOUNTAIN STATE PARK.** Featuring biking and hiking trails, boat rentals, camping, fishing, and a nature center all in a beautiful setting in Bear Mountain NY.
 - * **WAVE HILL.** Nature is an exceptional teacher with lessons for all. Wave Hill's glorious grounds offer magnificent grounds and art exhibits in its public gardens located in the northwest Bronx along the Hudson River.
 - * **NJ BEACHES.** Go for the day, stroll the boardwalk, smell the salt air. Be advised you might want to call first to make sure the municipality you are visiting is selling day passes if you intend to go on the beach.
-

Glen Rocks!

Come be a part of a new, fun, outdoor activity in the Borough called Glen Rocks!

We are spreading some joy and creating some outdoor fun for each other this spring by painting and hiding fun and inspirational rocks for others to find!

How to participate

Paint some rocks! Let's see your creativity and imagination. Mark your rock with #GR before hiding.

Hide your rocks in public spaces such as parks and planters in town.

Enjoy the hunt yourself by searching for rocks in public spaces all over town – leave them or re-hide them. It's up to you!

On Facebook? Join the Facebook group "Glen Rocks" (www.facebook.com/groups/glenrocks/) from the Borough Facebook page – this is where you will find ideas for themed rocks, post photos of rocks you are hiding, and rocks you have found. Post photos on the event page challenging residents to find them. Post photos of rocks you find on the group page. Keep the fun going by re-hiding rocks once you find them!

Happy hunting!



SENIORS ARE ELIGIBLE FOR FREE PASSES TO NJ STATE PARKS BY FILLING OUT THE FORM BELOW.

TEMPORARY PASSES ARE ALSO AVAILABLE THROUGH THE GR PUBLIC LIBRARY
VISIT yourpassnow.com

Explore New Jersey's State Parks & Forests with a Park Pass

If you enjoy swimming in the ocean or lakes, hiking the Batona Trail through the pine barrens, climbing the Appalachian Trail into the Kittatinny Mountains or touring historic sites and villages, a New Jersey park pass is for you.

New Jersey's 39 state parks, 11 forests, 4 recreation areas, 42 natural areas and 57 historic sites, representing New Jersey's natural and cultural legacy, are situated on over 360,000 protected acres.

Three types of passes are available:

Annual State Park Pass, available for \$50, provides free entrance for one calendar year to the state park, forest, recreation area and historic site facilities that charge daily walk-in or parking fees. If you are a frequent visitor, purchasing an Annual State Park Pass can mean substantial savings over daily walk-in or parking fees. A second family vehicle pass may be purchased for \$25 at any time during the calendar year. The second family vehicle pass must be registered under the same address that appears on the initial pass application.

Disability Pass, available free of charge to New Jersey residents with a disability, provides free entrance to state park, forest, recreation area and historic site facilities that charge daily walk-in or parking fees, as well as a \$2 per day discount on campsite fees (excluding group campsites). Many areas and facilities are accessible to persons with disabilities. If you require special

accommodations, it is recommended that you contact the area office prior to your visit. Supporting documentation is required to verify your residence and disability. The Disability Pass is valid for the term of your disability, or for a maximum of five years and can be renewed.

Senior Citizen Pass, available free of charge to New Jersey residents age 62 or older, provides free entrance to state park, forest, recreation area and historic site facilities that charge daily walk-in or parking fees, as well as a \$2 per day discount on campsite fees (excluding group campsites). Supporting documentation is required to verify your residence and age. The Senior Citizen Pass is valid for your lifetime.

NOTE: A pass does not guarantee entry when facilities are filled to capacity or closed. A pass cannot be used for group visits, and is not valid for buses or commercial or group transportation vehicles. Groups must make reservations in advance through the area office, and applicable bus fees may apply.

To obtain a park pass, simply complete the application included in this brochure and attach supporting documentation if required. A pass can be obtained at any park, forest or recreation area office or you can mail your completed application to:

New Jersey
Department of Environmental Protection
Parks & Forestry
PO Box 404
Trenton, NJ 08625-0404

Allaire State Park
P.O. Box 220
Farmingdale, NJ 07727
(732) 938-2371
Barnegat Lighthouse
State Park
P.O. Box 167
Barnegat Light, NJ 08006
(609) 494-2016

Basin River State Forest
763 Stage Road,
P.O. Box 118
New Gretna, NJ 08224
(609) 296-1114
Belleplain State Forest
County Route 550
P.O. Box 450
Woodbine, NJ 08270
(609) 861-2404

Brendan T. Byrne
State Forest
P.O. Box 215
New Lisbon, NJ 08064
(609) 726-1191
Cape May Point State Park
P.O. Box 107
Cape May Point, NJ 08212
(609) 884-2159

Cheesecake State Park
300 Cordis Road
Marawan, NJ 07747
(732) 566-2161
Delaware & Raritan Canal
State Park
625 Canal Road
Somerset, NJ 08873
(732) 873-3050

Forked River State Marina
311 South Main Street
Forked River, NJ 08731
(609) 693-5045
Fort Mott State Park
454 Fort Mott Road
Pennsville, NJ 08070
(856) 955-3218

Hacklebarney State Park
c/o Voorhees State Park
High Point State Park
1480 State Route 23
Sussex, NJ 07461-3605
(973) 875-4800
Hopatcong State Park
P.O. Box 8519
Landing, NJ 07850-8519
(973) 398-7010

Island Beach State Park
P.O. Box 37
Seaside Park, NJ 08752
(732) 793-0506

Jenny Jump
State Forest
Box 150
Hope, NJ 07844
(908) 459-4866
Kittatinny Valley
State Park
P.O. Box 621
Andover, NJ 07821-0621
(973) 786-6445

Leonardo
State Marina
102 Concord Avenue
Leonardo, NJ 07737
(732) 291-1333
Liberty State Park
Morris Peain Drive
Jersey City, NJ 07305
(201) 915-3401

Monmouth Battlefield
State Park
347 Freehold-
Englishtown Road
Manalapan, NJ 07726
(732) 462-9616

Parvin State Park
701 Almond Road
Pittsgrove, NJ 08318-3928
(856) 558-8616
Ringwood State Park
1394 Shawsburg Road
Ringwood, NJ 07456-1799
(973) 962-7031

Round Valley Recreation Area
1220 Lebanon/Stanton Road
Lebanon, NJ 08833-3115
(908) 236-6355
Spruce Run Recreation Area
1 Van Syckel's Road
Clinton, NJ 08809
(908) 638-8572

Stevens State Park
800 Willow Grove Street
Hackensack, NJ 07640
(908) 852-3790
Stokes State Forest
1 Courson Road
Branchville, NJ 07826
(973) 948-3820

Swarwood State Park
P.O. Box 123
Swarwood, NJ 07877-0123
(973) 383-5230
Voorhees State Park
251 County Road 513
Glen Gardner, NJ 08826
(908) 638-6969

Washington Crossing
State Park
355 Washington
Crossing Pennington Rd
Titusville, NJ 08560-1517
(609) 737-0623
Waywanda State Park
885 Warwick Turnpike
Hewitt, NJ 07421
(973) 853-4462

Wharton State Forest
4110 Nescon Road
Hammonont, NJ 08037
(609) 561-0024
Worthington
State Forest
HC 62, Box 2
Columbia, NJ 07832
(908) 841-9575

Trenton Office
P.O. Box 404
Trenton, NJ 08625-0404
(609) 984-0370
(800) 843-6420

Three Ways To Explore NJ's State Parks, Forests & Recreation Areas

Annual Park Pass
Disability Pass
Senior Citizen Pass



State of New Jersey
Department of Environmental Protection
Division of Parks and Forestry
State Park Service

Application Form

Type of Pass (please check one)

- ☐ Annual Park Pass - \$50
☐ 2nd Family Vehicle Pass - \$25
☐ Disability Pass - Free
☐ Senior Citizen Pass - Free

Name: _____

Address: _____

Zip Code _____

Tel. No.: (____) _____ - _____

TO BE COMPLETED ONLY IF PURCHASING AN ANNUAL PASS

Vehicle License Plate No.: _____

State: _____

Year: _____ Color: _____

Make: _____ Model: _____

Method of Payment (if applicable):

☐ Cash ☐ Check ☐ Money Order ☐ Credit Card
Do not send cash. Make checks and money orders payable to "Treasurer, State of New Jersey".

Credit Card Number: _____

Type of Credit Card: _____

Signature: _____

Please include credit card number and expiration date.

FOR OFFICIAL USE ONLY

Pass No. (if applicable): _____

☐ Interior ☐ Exterior ☐ Card ☐ Replacement

Issuing Area: _____

Date Issued: _____

Expiration Date (if applicable): _____

Supporting Documentation for...

Disability Pass - Please check off and attach a copy of one disability verification document **AND** one copy of a New Jersey residency verification document.

Disability Verification:

- ___ Social Security Certificate of Disability (Certification of Disability Determination)
___ Supplemental Security Income (SSI) (Notice of Decision Certificate for Total Disability)
___ Certification by the NJ Commission for the Blind verifying the individual is blind.
___ Medical Certification signed by a licensed, practicing physician (form on reverse side).

New Jersey Residency Verification Documents

- ___ Valid Driver's License
___ Utility Bill
___ Property Tax Bill
___ Voter's Registration Card
___ Other _____

Senior Citizen Pass - Please check off and attach a copy of one age verification document **AND** one copy of a New Jersey residency verification document (except as indicated below).

Age Verification:

- ___ Birth Certificate
___ United States Passport
___ Valid Driver's License (NOTE: Attach only one copy of a valid driver's license to verify age and residence.)

New Jersey Residency Verification Documents

- ___ Valid Driver's License (NOTE: Attach only one copy of a valid driver's license to verify age and residence.)
___ Utility Bill
___ Property Tax Bill
___ Voter's Registration Card
___ Other _____

Disability Pass Medical Certification Form

The following information is required to verify the applicant's request for a free NJ State Park Service Disability Pass. A disabled person is defined as a person with a physical or mental impairment that substantially limits one or more of the major life activities. This means the individual is limited in his or her ability to perform such functions as caring for oneself, executing manual tasks, walking, seeing, hearing, speaking, breathing, learning or working.

Applicant's Name: _____

Applicant's Address: _____

1. Please check the extent to which you believe the applicant will be or is disabled:

___ Permanently ___ Temporarily

If temporary, please indicate the approximate date when the applicant, in your opinion, would no longer be disabled.

___ Month ___ Year

2. I last examined the applicant on ___ day of _____, 20__.

Physician's Original Signature _____ Date _____
(stamp not accepted)

Doctor's Name (Please Print): _____

Doctor's Address: _____

Doctor's Telephone Number: _____
(____) _____ - _____

New Jersey State Park Pass Consumer Questionnaire

1. Type of pass.

- ☐ Annual ☐ Disability pass
☐ Senior Citizen

2. How did you learn about this pass?

- ☐ Newspaper ☐ While visiting a state park
☐ Park literature ☐ Other _____

3. Age of applicant.

- ☐ 18-24 ☐ 25-39 ☐ 40-55
☐ 56-61 ☐ 62 and over

4. What is your family size?

- ☐ Single ☐ 2-3 persons
☐ 4-5 persons ☐ 6 or more persons

5. What portion of the week do you anticipate using the park pass most?

- ☐ Weekdays ☐ Weekends and holidays

6. Did you purchase a pass last year?

- ☐ Yes ☐ No

7. Are you a frequent visitor to one or more state parks?

- ☐ Yes ☐ No

If yes, please indicate the park(s):

1. _____
2. _____
3. _____

8. What is the greatest distance that you anticipate traveling to use your pass?

- ☐ 5 miles or less ☐ 6-20 miles
☐ 21-40 miles ☐ 41 miles or more

9. How many times did you visit a state park last year?

- ☐ 1-5 ☐ 6-10 ☐ over 10

10. Please check the recreational activities in which you participated at a state park:

- ☐ swimming ☐ hiking ☐ sunbathing
☐ fishing ☐ picnicking ☐ interpretive activities
☐ camping ☐ other _____

11. What recreational activities would you like to have provided?

12. How can we assist in making your visit more enjoyable?



April - June 2021

Bergen County HealthEASE Newsletter is a service of the Bergen County Department of Human Services/Division of Senior Services, designed to coordinate and expand health promotion and disease prevention services for older adults in Bergen County, New Jersey. Our goal is to promote, support, and help older adults live healthier, more independent lives. All of the information contained in this document is provided as a courtesy.

[Please note that the County of Bergen is not responsible for any errors contained herein.]

Staying healthy recommendations and related news

Covid-19

New Jersey Information Hub

Bergen County Vaccination Registration or call (201) 967-4070

For vaccination appointments available at Bergen New Bridge Medical Center NJ Department of Health Senior-specific NJ COVID Call Center hotline (856) 249-7007 Ages 65 and older are able to access free, dedicated COVID-19 vaccine appointments Bergen ResourceNet on how to maintain Wellbeing and Balance in COVID-19 times NJ Transit VAXRIDE: Public transportation to COVID-19 Vaccination Sites List compiled by Rutgers (NJ TIP) to help people in New Jersey get to COVID-19 vaccine sites using the nearest public transportation. Requires riders to wear masks unless an accommodation is requested/approved.

County Supportive Programs

Bergen County Department of Human Services, Division of Senior Services

Meals on Wheels (MOW)

- Online application

Bergen County Department of Human Services, Division on Disability Services

Respite Program

- Post Stroke and Disabled Adults · Personal Assistance Services Program (PASP)
- In-Home Caregiver Education

Community Food Bank of New Jersey- Resource Access Team

Community Food Bank of New Jersey's trilingual (English, Spanish, and Creole) Resource

IF YOU ARE INTERESTED IN RECEIVING A MONTHLY NEWSLETTER FILLED WITH LOTS OF INFORMATION FOR SENIORS IN BERGEN COUNTY...***Bergen County HEALTHEASE*** please call (201) 336-7403 or email jamurphy@co.bergen.nj.us

Access Team focuses on ending hunger and poverty in NJ by connecting communities with benefits and resources that will reduce their risk of food insecurity. This currently includes application assistance for Supplemental Nutrition Assistance Program (SNAP), Low-Income Home Energy Assistance Program (LIHEAP) and Universal Service Fund (USF). The team helps those who are likely eligible for benefits complete their online applications and provide guidance to prepare them for next steps.

Please reach the team at (908) 838-4831, or contact Dominique Bordenabe, LSW at dbordenabe@cfnj.org or (908) 573-8870

Community Programs and Resources

Due to COVID, many community-based health promotion and disease prevention programs are now virtual to help support you in maintaining your health and combating social isolation. The following providers offer virtual wellness classes, webinars, and events that are accessible from the comfort of your own home on a computer, tablet, and or phone for audio only. If you do not have access to one of these devices, please visit the [Kaplen JCC on the Palisades](#), who offers a Senior iPad Lending program at no cost to ensure every senior can benefit from the array of live and interactive classes- technology support and instruction available.

YWCA of Northern NJ

Virtual fitness classes funded by Bergen County Division of Senior Services are available in 3 sessions for 2021: January-April, May-August, and September-December

For enrollment, please complete their [Form](#), and email it to yvwellness@ywcannj.org

Kaplen JCC on the Palisades

Virtual senior programs and support groups are available free of charge, including a daily selection of programs that provide socialization, exercise, learning, and enjoyment.

Need a form of technology to participate? Kaplen JCC on the Palisades has a Senior iPad Lending program available. Please see their [Virtual Senior Programming](#) to inquire.

Community Health Improvement Partnership (CHIP) of Bergen County in partnership with The Center for Alcohol and Drug Resources

Free, virtual program: Take Control of Your Health

Fridays: May 7th, May 14th, May 21st, May 28th, June 4th, and June 11th

Please note that class size is limited.

For more information, contact Marla Klein at (201) 634-2693 or MKlein@co.bergen.nj.us

Generations Counseling & Care Management LLC

Virtual Lunch & Learn: Get Control of Your Life Community Program

Sponsored by The Bristol Assisted Living, Generations Counseling & Care

Management, Organize with Lisa, Autumn Years and Curcio Mirzaian Sirot LLC

Learn strategies and get advice from the experts on how to live your life to the fullest- by getting control of it. In this series, you will learn how to protect your life from a legal and care perspective, how to declutter your life, and how to sweeten your life with the many ways you can stay active and connected to your community after retirement. This program is free and is open to the community! Please register with Stephanie Drag at (201) 740-7096 or by email sdrag@cafsnj.org