

Besides services offered by the Borough of Glen Rock, there are many federal, state, county and local services also available. A few of those services are:

**- Property Tax Reimbursement (Senior Freeze) Program** is offered by the state of NJ to reimburse eligible seniors for property tax increases on their principal residence. You must apply and be eligible for each year from the base year through the application year. To learn more go to:

<http://www.state.nj.us/treasury/taxation/ptr/eligibility.shtml>

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**- Community Meals** is a private, non-profit service organization that delivers meals to the homebound Monday through Friday, excluding six holidays. Office hours are Monday through Friday, 10:00 a.m. to 2:00 p.m.

For more information, contact:  
Community Meals at 201-447-8295 or  
[communitymeals@verizon.net](mailto:communitymeals@verizon.net)

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**- Volunteer Center of Bergen County, Chore Service** helps seniors to remain safe and secure in their homes by performing minor household repairs that they cannot do themselves or get anyone else to do. Services are provided by volunteer handypersons, many of whom are seniors themselves. There is no charge for the Chore's services, but clients are expected to pay for the parts necessary to complete the repair. For more information, contact: Maureen McCormick at 201-489-7790 or [chore@bergenvolunteers.org](mailto:chore@bergenvolunteers.org)

**Bergen County Social Services** has a division dedicated to **Senior Services/Aging & Disability Resource Connection.**

Help is available for those that are an adult 60 years of age or older, or an adults with disability, 18 years of age or older, or a family member, caregiver, human services or healthcare provider in a number of areas including:

- Adult Day Care
- Care Management
- Determine Benefit
- Food Pantries
- Home Care Programs
- Home Modifications
- Housing
- Long Term Care
- Meals on Wheels
- Medicaid / insurance
- Medicare
- Mental Health
- Pharmaceutical Assistance
- Reverse Mortgage
- SAVVERS Program
- Senior Activity Centers
- Senior Lunch Program
- Tax Relief
- Transportation
- Wellness Check Program

An excellent tool for finding out about services offered by the County is the **Bergen County ADRC Key Services Guide for Older Adults and Caregivers**, which can be online at the following link:

<http://www.co.bergen.nj.us/bcdhs/divisions/senior.htm>

For more information on any of the services above, contact Bergen County Social Services at 201-336-7400 or 877-222-3737 or [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)

## **Borough of Glen Rock Services for our Senior Residents**

One of Glen Rock's greatest assets is its residents and our senior residents are a very valued segment in the town. Seniors contribute in many ways to the community. While individual concerns and issues for senior residents will vary, there are some common issues and concerns that many will face.

There are many federal, state and county programs in place for seniors. The local services offered in the Borough complement those programs. By offering some of these local programs and services, many senior residents are able to remain in the community, living with as much independence and dignity as possible.

Listed in this brochure are those programs and services available to seniors living in the Borough of Glen Rock.

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For more information about any of these services listed, please consult the Borough website at [www.glenrocknj.net](http://www.glenrocknj.net) or call the Borough Administration Office at 201-670-3956.

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**Senior Housing** is located in the center of town within easy walking distance of many conveniences. Residents, relatives of residents and even those not from town, can apply to live in the senior housing facility. While senior housing enables a quality of life without the responsibilities of owning and maintaining a home, it is an independent living facility and not intended for those needing assisted living or nursing care.

Applications and more information can be obtained by contacting:

Glen Courts Office, 1 Glen Ave, Glen Rock  
201-445-5276

**Transportation** is one of the biggest issues facing many seniors. Many are looking for rides to and from the grocery store, shopping, doctor appointments, and other daily needs. A community bus as well as discounted taxi coupons are available to assist seniors facing transportation challenges. For more information about the bus or taxi coupons, contact:

Paul Fleming, Deputy Clerk  
pfleming@glenrocknj.net or 201-670-3956

**Senior Advisory Committee** is made up of senior residents appointed by the Mayor. The committee meets the second Tuesday of every month to discuss issues facing seniors, as well as bringing forward concerns and suggestions to the Mayor and Borough Administration. For more information, contact:

Doris Ciaramella, chairperson, 201-444-1285 or  
Mark Barone, Dir. Parks & Recreation  
201-670-3951 ext.1 or mbarone@glenrocknj.net

**Health & Safety** – The health and safety of senior residents is a priority. There are a few valuable services available to keep Glen Rock's seniors safe and healthy, including:

- **Emergency Assistance/Partner Program** assists seniors before, during & after a storm.

- **File of Life** is a magnet pocket kit for a senior's home, enabling medical personnel to obtain a quick medical history in an emergency.

- **Flu shots** are provided free to those on Medicare B

- **Health Consultation Services** are offered twice a month in town.

For more information contact :

Borough Administration Office 201-670-3956

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**Borough Services** are services to assist seniors with activities which may be difficult to do particularly if they are living alone, or are unable to perform on their own. Some services are provided by volunteers and are available as volunteers step forward to assist.

- **DPW Recycling Pickup**

DPW can arrange to pick up recycling from the backyard for those unable to bring to the curb.

For an application or more info, contact:

DPW Office at 201-670-3980 or  
publicworks@glenrocknj.net

- **Big Sweep**

Volunteers will rake leaves. To sign up, contact:

Paula Fleming, Deputy Clerk at 201-670-3956  
or pfleming@glenrocknj.net

- **Shovel 4 Seniors**

Volunteers will shovel snow. To sign up, contact: Mark Barone, Dir. Parks & Recreation  
201-670-3951 ext. 1 or mbarone@glenrocknj.net

- **Discounted Swim Badge** are offered to seniors at a heavily discounted rate of \$20 for the season. For more information, contact: Paula Fleming, Deputy Clerk, 201-670-3956 or pfleming@glenrocknj.net

**Social, Recreational & Educational**

**Services** are services which provide seniors a range of activities that include fitness, relaxation and learning. The activities and programs are geared to seniors and often offered at a discount to ease the financial burden..

- **Glen Rock Public Library** offers many services for seniors including **book delivery, large print, audio and digital materials, computer classes, monthly seminars** on topics of interest to seniors, and individual assistance on programs or questions. For more information, visit the library or contact:

Reference Librarian at 201-670-3970 or  
glrkirc@bccls.org

- **Glen Rock Community School** offers a number of courses just for seniors or those about to become seniors. A discount is offered on most courses except already discounted "Senior Semester" classes, Broadway shows or trips. For more information, contact:  
201-389-5011 or grcs@glenrocknj.org

- **Activities Club** is for retired or semi-retired men of Glen Rock and nearby towns. Its main goal is to provide for the socialization needs for senior men in group activities of their choice. For more information, contact Charlie Flynn at 201-652-2585 or contact@theactivitiesclub.org

- **The Glen Rock Senior Citizens Club** meets every Wednesday at the Municipal Annex. The Club Organizes 9 day trips a year, has in-house events such as special lunches, guest speakers, and entertainers. All seniors are welcome. Membership is \$5 a year. For more information, contact Andy Curshen at 201-248-9436 or andy@andycurshen.com

- **Middle and High School Musical Plays.** Senior residents are invited each year to attend an afternoon dress rehearsal of the Middle and High School musical plays at no charge.