

**WESTWOOD FOR ALL AGES**



**Welcome to  
Westwood!**

# AGENDA

10:00 – 10:30 Bagels, Beignets & Beans

10:30-11 Introductions, Swag, Sharing

11:00 – 12:00 Westwood Partners sharing age-friendly programs

12-12:30 Exploring Westwood (age-friendly map)





# **WESTWOOD SENIOR SERVICES**

Marisa Tarateta, Senior Services Program Manager

# TRANSPORTATION SERVICES

- 3 part-time drivers, 1 backup
- Averaging 12 riders per day
- Mondays – Grocery visits
- Tues/Wed/Thur for misc. errands/appointments
- Fridays – special events such as rides to the mall, Demarest farms, other destinations of interest
- “Ride-Share” with Emerson Tue-Thur





# LUNCH & LEARN

- Grant from AARP
- Healthy lunches served at local restaurants
- Speakers from the community



# ALZHEIMER'S/DEMENTIA SUPPORT

- Senior Services Program manager to receive training to become Certified Dementia Practitioner
- Collaborate with Alzheimer's association for monthly support group, and to present information on the warning signs of Alzheimer's on Sept. 13



## Caregiver Support Group (In Person)

Presented by:

Alzheimer's Association

Greater New Jersey Chapter

In partnership with



2nd Saturday of the Month | 10:30 to 11:30 a.m. |  
Starting January 2023

Jan 14 | Feb 11 | Mar 11 | Apr 8 | May 13 | June 10  
July 8 | Aug 12 | Sept 9 | Oct 14 | Nov 11 | Dec 9

Westwood Municipal Building | 101 Washington Avenue  
2nd Floor | Westwood, NJ 07675

Registration is required by contacting Marisa Tarateta at  
mtarateta@westwoodnj.gov or 201.664.7100 x 109.

Visit [alz.org/crf](http://alz.org/crf) to learn more about caregiver  
programs and resources. To further extend your  
network of support, visit the ALZConnected® online  
community at [alzconnected.org](http://alzconnected.org).

**Build a support system with  
people who understand.**

Alzheimer's Association®  
virtual support groups provide  
emotional, educational and  
social support for caregivers  
through regularly scheduled  
meetings. These groups help  
participants develop coping  
methods and encourage them  
to maintain their personal,  
physical and emotional health.



# COMMUNITY OUTREACH

- Attends and provides information on resources at monthly Senior Fellowship Meetings and St. Andrews 50+ club
- Blood pressure screenings offered by Health dept prior to fellowship meetings
- Annual flu clinic at Westwood House with health department
- Wellness fair planned for 2024
- Sits on Senior Advisory Committee and reports out each month
- Attends county meetings to ensure that programming meets guidelines on Aging (socialization/ nutrition/physical activity/mental health)



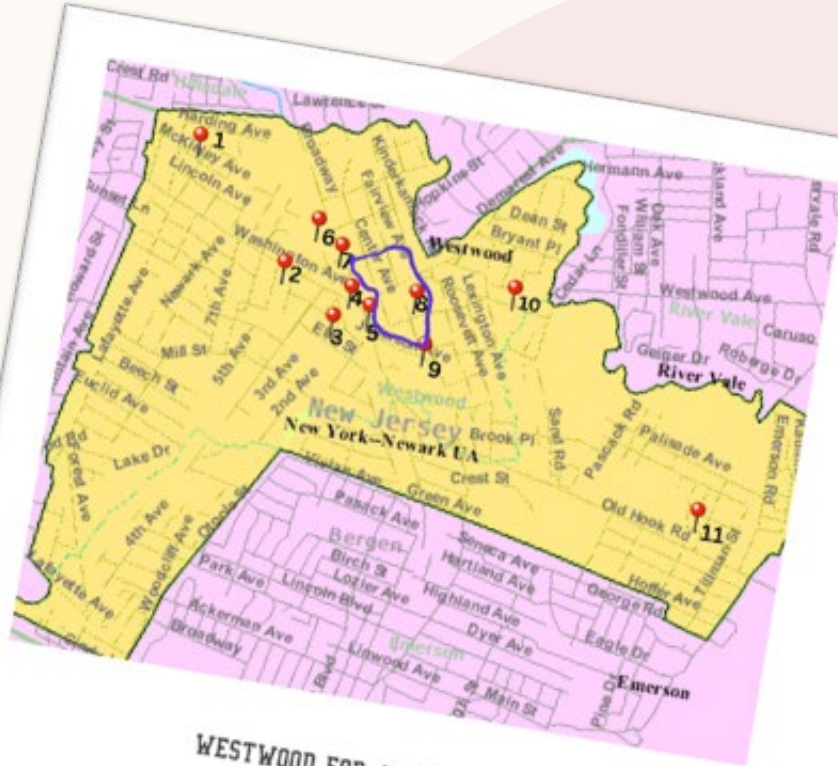
# INDIVIDUALIZED SUPPORT SERVICES

- Connect residents to senior resources, especially county level
- Assist with medical appointments, applications for social services, any other requests
- Collaborate with borough's p/t Social Worker





# WELCOME TO WESTWOOD!



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## Age-Friendly Sites

1	McKinley Park - pickleball, Bocce, designated AF park	Lafayette Ave & McKinley
2	Westwood Borough Hall	101 Washington Ave
3	Westwood Public Library	48 Park Ave
4	The Iron Horse Restaurant	20 Washington Ave
5	Westwood Heritage Society/ Train Station	Broadway @ Veteran's Memorial Park
6	Westwood House (low income senior housing)	100 Madison Ave
7	Yarn Bomb Project	Corner of Broadway & Center Ave
8	Conrad's Confectionary	107 Westwood Ave
9	Westwood Community Center	55 Jefferson Ave
10	Westvale Park - outdoor fitness facility	235 Harrington Ave
11	Bergen Habitat ReStore	121 Carver Ave

# ICONIC WESTWOOD BUSINESSES

10





# AN HOMAGE TO THE PAST





# AN HOMAGE TO THE PAST









# YARN BOMB PROJECT

**Corner of Irvington & Broadway**





# VOLUNTEERISM FOR A CAUSE



**THANK YOU**