



Aging Well

WEST ORANGE

An Age-Friendly Township

Senior Livability Initiative

November, 2020

Economic lockdowns. Testing Sites. eLearning. Social distancing. Family gatherings. Super spreader. Zoom. Phase 3. Outdoor seating. Flu Shots. Tele Health. Black Lives Matter Protests. Remdesivir. Third Wave. Polls. Mail-in Ballots. Vaccines. Social unrest. 2020 Elections. COVID Fatigue. Dr. Fauci. Where does it all end?

The novel coronavirus pandemic weighs heavy on everyone's mind.

As older adults, we have acquired the skills and knowledge to navigate disaster and show resilience in the face of adversity and unprecedented events. This is not the first time our nation has faced difficult circumstances and risen through crises. Disasters and epidemics have - and will continue- to occur all over the world. 1914 was the dawn of World War I. In 1918, the Spanish flu pandemic took hold. In 1929 and the 1930's, it was the Great Depression. The Pearl Harbor attack followed in 1941 and the US entered World War II, which lasted through 1945. In 1973, we saw the OPEC Oil Crisis and long lines at gas stations. In 2001, we stood strong in the face of the deadliest September 11 attacks. 2002 brought SARS. Next, the devastating financial crisis of 2008. In 2009, the swine flu pandemic emerged. Through it all, one thing remains... Americans are strong and resilient. And we can get through this together.

Many unanswered questions remain. Surveys have shown only about half of Americans would get a COVID-19 vaccination due to concerns about safety, effectiveness and the approval process. As individuals you have the power to control your behavior and how you react and respond to information.

Each of us has a critical role to stop the spread and transmission of the coronavirus. With a new surge in the number of daily infection and positivity rates, be reminded of our shared responsibility and our collective strength. Please continue to follow

the directions of your health care providers and medical professionals and the World Health Organization recommendations to help stop coronavirus: **Wear a Mask. Wash your hands often. Cough into your elbows. Don't touch your face. Stay 6 feet apart. If you are sick, stay home.**

This is a good time to remember the powerful excerpt on fear, from the 1933 historic speech delivered by Franklin D. Roosevelt, the 32nd President of the US - a man unable to walk due to severe paralysis.

On March 4, 1933, during the height of the Great Depression, in his first inaugural address, Roosevelt told the country:

“This great Nation will endure as it has endured, will revive and will prosper. So, first of all, let me assert my firm belief that the only thing we have to fear is fear itself – nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance. In every dark hour of our national life a leadership of frankness and vigor has met with that understanding and support of the people themselves which is essential to victory.”

It is profoundly important that you anticipate your needs as we enter the third wave of the coronavirus, with record high numbers in the daily positivity rates. Purchase the food, water and supplies you will need to stay safe and well. A one month's supply is recommended. Colder temperature and inclement weather may result in power outages, impede travel and disrupt distribution channels. The foods, prescriptions and essential items you need may be in short supply. *Hint: If warranted, ask your pharmacist for a “vacation override”, which allows for a limited refill for ~12 days. Often, they may not fill for an emergency, but can for a vacation.*

Also, be mindful of your mental health. Remember that social distancing does not mean social isolation. To stay connected, here are some examples: Call to check in with loved ones * Reach out to a friend * Listen to music * Join a Zoom call* Exercise at home * Read a book * And, remember to eat healthy and get your sleep.

West Orange continues to take precautions to protect our population and minimize the spread of coronavirus. Find important information at www.westorange.org

Let's work together to help prevent the spread. We can get through this together.

Stay Safe and Stay Well,
Dorothy Sanders



Aging Well

WEST ORANGE

An Age-Friendly Township

In Case You Missed It (“ICYMI”)...

Over the past few months, *Aging Well West Orange*, the Senior Livability Initiative, and the Department of Senior Services have partnered to coordinate several programs, events and services to keep the senior community engaged and informed. Many Seniors learned Zoom technology and are using this on-line application to connect with friends and family.

If you haven't visited the Senior Pages at the Township's official website, <http://www.westorange.org>, the Comprehensive Sr. Calendar from Seniors Services/WOPL Library <http://www.westorange.org/calendar.aspx>, or the West Orange Facebook Page:

https://www.facebook.com/WestOrangeInfo/?_tn_=%2Cd%2CP-R&eid=ARD2kOpc1g3x6FD91nfCvytBNgk5t-wju7uNJH-8zphbSZjZkErHTZIUN4OnK-qwSHD-piZaWP2lw-k8, you have missed important information and many exciting programs and events!

One of the most exciting events is West Orange's recent designation as an Age-Friendly Community by AARP/WHO and the town's new Age-Friendly logo (above). Likely, you have seen several Age-Friendly banners proudly flying within the community in honor of this prestigious award.

See more ICYMI below:

***Learn Zoom Technology**

We created an easy to follow, 20-minute instructional video, titled “How to Zoom” for Seniors with instructor Tara Grey. Access the video in one of two ways:

1. Click on this link to watch: <https://youtu.be/HPsHC3CsXe8>

2. View the video each week on the local TV station Channel 36 (Comcast) or Channel 45 (FIOS). The schedule for watching on TV is: Sunday at 8:30 am, Monday at 8:30 am and Thursday at 10 am.

Senior Health and Fitness Classes.

Enjoy socially distanced Yoga, Aerobics, and/or Tai Chi (previously held outdoors at Degnan Park) at Ginny Duenkel Pool and via Zoom during inclement weather.

Health, Wellness and Mental Health Series, addressing grief, depression, isolation and the healing powers of laughter addressed through a 3-Part Series, in conjunction with the West Orange Public Library.

Community Gardening, Growing and harvesting heirloom tomatoes, zucchini, eggplants, collard greens, kale, squash, beans and an array of herbs and spices with guidance from Master Gardener, Beverly Reilly.

***Creative Arts Classes**, FREE 3-Part Series with via Zoom, with established local art instructor, Donna Drew. All materials provided free of charge in collaboration with Renna House.

Seasonal Celebration Concert Series with *Sing for Hope, via Zoom, sing along with professional Broadway performers on leave during the pandemic. FREE Series on designated Friday afternoons from Oct. 9th through Dec 22, 2020.

***Tour Museums of the World**, provides links to several amazing museums throughout the US and the world for on-line tours (See Sept. 29th Senior email).

***Phone a Friend/Buddy System**, initiative to encourage Senior to Senior engagement, welfare check-in and telephonic interactions.

***Senior Survey**, soliciting current input from Senior residents concerning senior engagement and desired senior programming.

Local Food Pantry and Transportation Services, to provide FREE food bags to the community and serve the needs of Seniors residing in senior residences with express pick-up and transportation to Holy Trinity-West Orange Food Pantry.

WOPL Library and Recreation Department and local Scouts Troops, to distribute books, puzzles, hand-made greeting cards and activities to Seniors.

***Informative Senior eMails with updated information**, including local COVID-19 testing sites, emergency food distribution sites, hot-lines and other resources.

Bold new initiative, partnering with a Covid-19 Coalition Group, with nine surrounding communities with thought leaders sharing information and best practices to assist the Senior community to navigate the pandemic and beyond.

***2021 MEDICARE Workshop for Seniors** via Zoom in conjunction with WOPL and State Health Insurance Program (SHIP) offering free and unbiased information and guidance on Medicare. October 29th and November 10th. (Note: Medicare 2021 Open Enrollment Dates are October 15 - December 7, 2020).

***Senior Voting Information**, review sample mail-in ballot and provides non-partisan information, with a short video by Essex County Clerk on *How to Vote*.

Senior Freeze Property Tax Reimbursement Workshop for West Orange residents. Conducted by NJ Division of Taxation and held via Zoom.

Senior Emergency Kit, listing first aid and safety items to help you to Be Prepared.

Don't miss out on programs, events and services designed specifically for YOU!

****It's not too late...There's still time to take advantage of many of these events:***

- | | |
|--|-------------|
| Learn Zoom Technology for Seniors (See link above) | FREE |
| Virtual Tour Museums of the World | FREE |
| Fitness Classes – Sign up for Yoga, Recreation and/or Tai Chi | |
| 2021 MEDICARE Workshop for Seniors (contact WO Public Library) | FREE |
| Zoom Celebration Concert Series with <i>Sing for Hope</i> | FREE |
| Creative Arts Classes, 3-Part Series (no experience required). | FREE |
| Senior Voting Information | |
| Sign Up for Informative Senior Updates via email. | FREE |
| Senior Surveys. Be sure to add <i>your</i> voice concerning events and programming! | |

For additional information contact: Laura Van Dyke and Noelia Perez at (973) 325-4105