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School of Social Work
HUB FOR AGING COLLABORATION

Age-Friendly Community Partnerships Open Doors Across Housing and Services

PRESENTED AT THE 2023 LEADINGAGE NEW JERSEY & DELAWARE ANNUAL MEETING + EXPO

Althea Pestine-Stevens, PhD, Rutgers School of Social Work Hub for Aging Collaboration

Tashiera Howard, MS, NCC, CPI, Bergen Family Center

Cathy Hart, Elizabeth Housing Authority

EJ Vizzi, LSW, CALA, CDP, Bright Side Family



Agenda

Overview of age-friendly
community initiatives

Presentations by age-
friendly community leaders

Panel conversation with age-
friendly community leaders

Q & A



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AGENDA

- Overview of the age-friendly communities movement
- Presentations from community leaders
- Panel conversation
- Q & A



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Overview of the Age-Friendly Communities Movement



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AFCIs

Places that promote
“opportunities for
health, participation,
and security...to
enhance quality of
life as people age”

- WHO, 2002



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Image credit: [Aging in San Diego report](#)

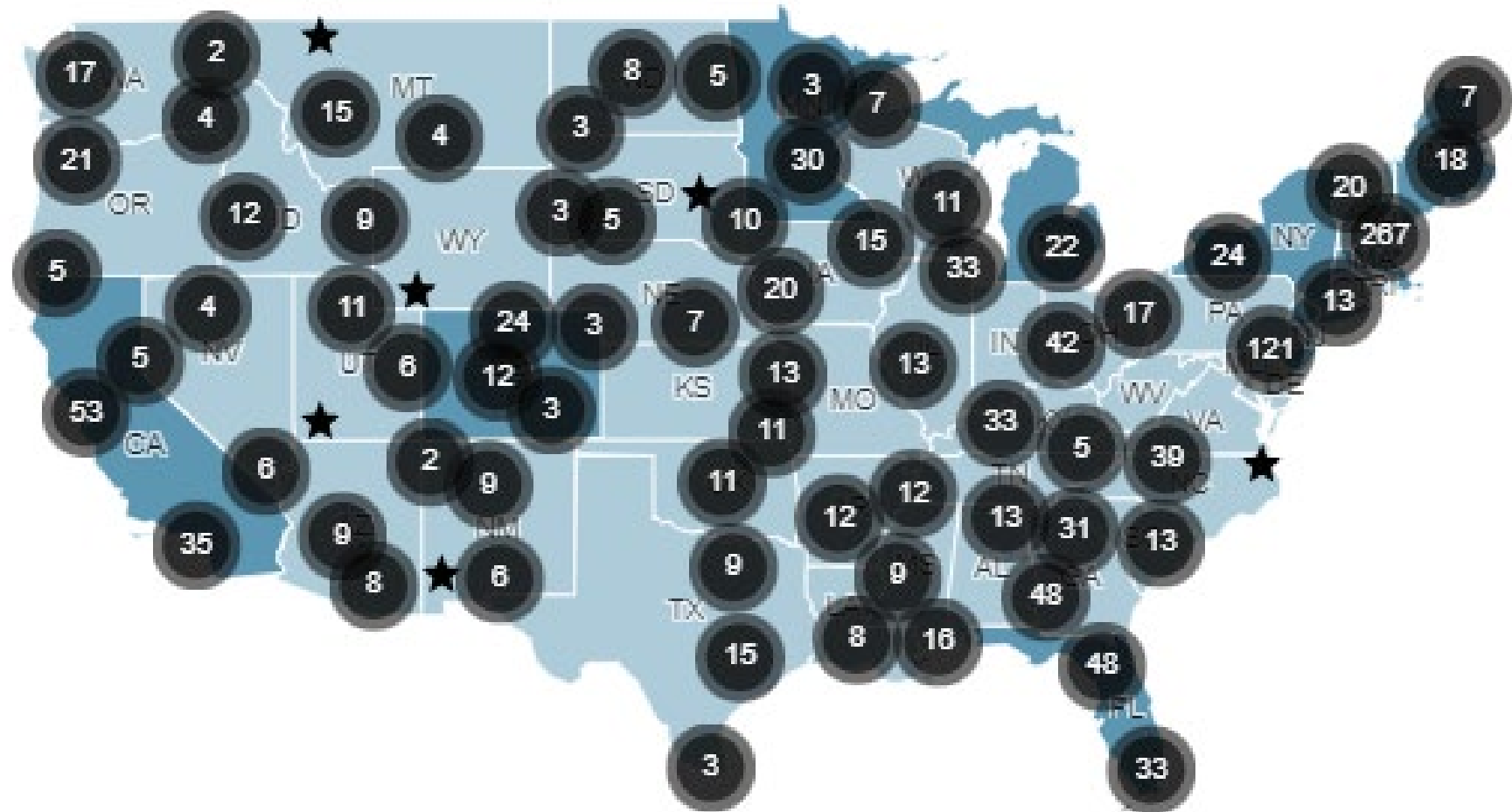


For more information on the AFCI movement, please see:

World Health Organization. (2018). *The Global Network for Age-friendly Cities and Communities: Looking back over the last decade, looking forward to the next* (No. WHO/FWC/ALC/18.4). World Health Organization. <https://apps.who.int/iris/bitstream/handle/10665/278979/WHO-FWC-ALC-18.4-eng.pdf>

AFCIS IN THE US

AARP Network of Livable Communities



Source: <https://livablemap.aarp.org/#/view=map>

Overview of Age-Friendly North Jersey



Age-Friendly North Jersey

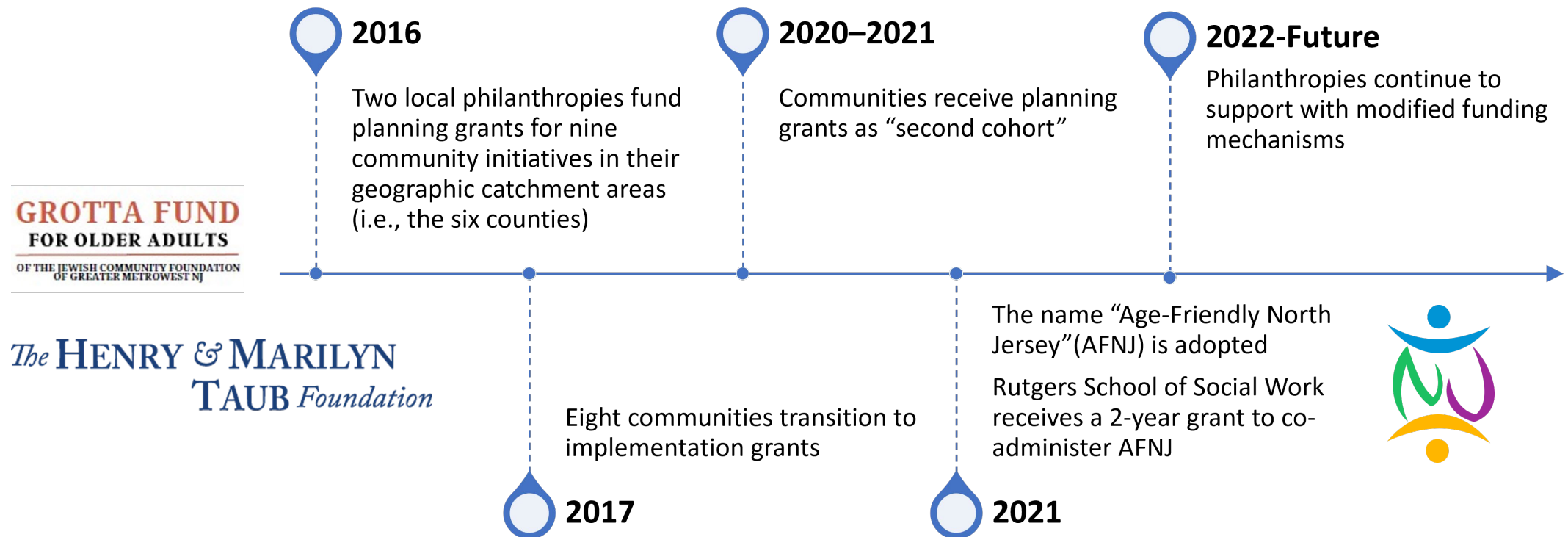
AN ALLIANCE OF LEADERS STRENGTHENING COMMUNITIES FOR ALL AGES



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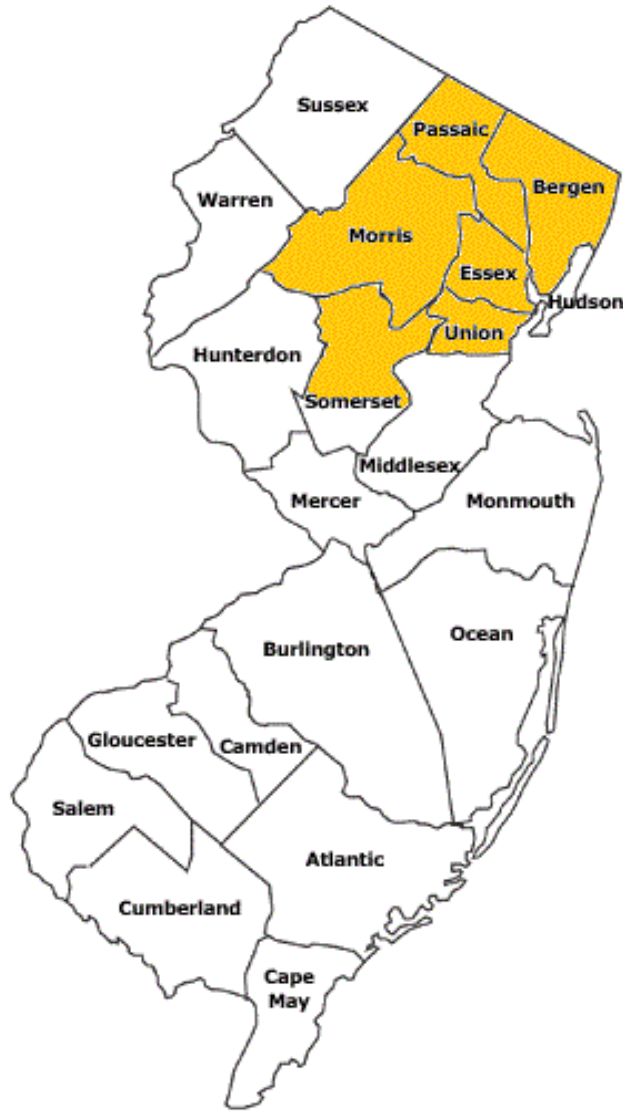
How Age-Friendly North Jersey Developed



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Communities Active* in 2023



Bergen
County

Somerset
County

Elizabeth

Englewood

Fair Lawn

Garfield

Glen Rock

Livingston

Montclair

Ridgewood

SOMA

Teaneck

Tenafly

Wayne

West
Orange

Westwood

*Not an official list



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AFNJ Aims

Provide opportunities for communities to:

- Build multi-sectoral collaborations
- Assess community needs
- Bring innovative programming to older residents
- Improve municipal master plans
- Improve physical spaces in the community
- Identify areas for future investment
- Build capacity for securing additional dollars
- And more!



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How AFNJ Supports the Work of Community Leaders



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Innovative space to create community of practice, through opportunities to:

- Share, ideate, and problem-solve together
- Learn from communities “a step ahead”
- Meet with counterparts in other communities who have faced similar barriers
- Advocate together
- Amplify community work to larger audiences

Benefits:

- Creates greater visibility to community work
- Network of peers for support helps keep momentum going

Alliance Outputs & Outcomes

- Virtual Fair and other statewide programs for learning and networking
- Engagement with coordinated efforts at the County level
- Connecting statewide efforts with people with on-the-ground experience
- Advocacy for State policy
- New knowledge disseminated globally



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THANK YOU!

- More information:
www.agefriendlynj.org
- Contact: althea.ps@rutgers.edu
- Sign up for updates:
<https://go.rutgers.edu/AFNJebblast>



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Who is Bergen Family Center?

- **Our Mission**

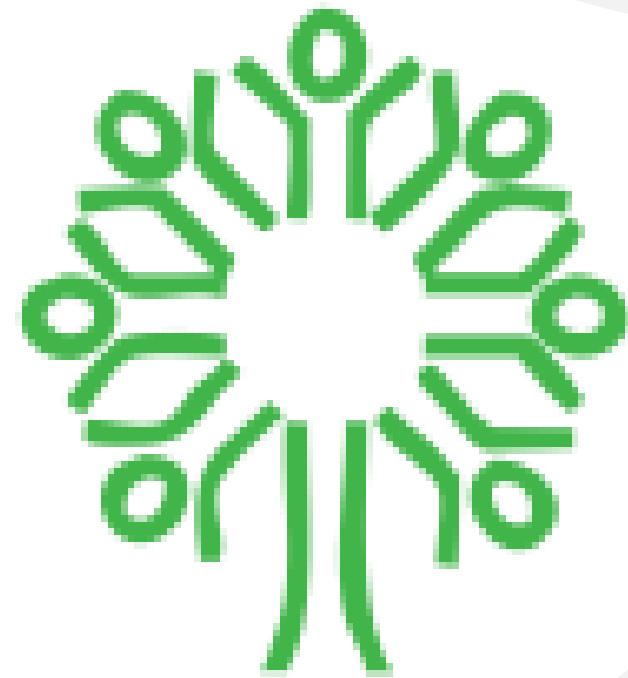
BFC strengthens communities by providing services to individuals, families and children that enhance their ability to function independently, manage challenges and improve the quality of their lives.

- **Our Vision**

BFC is a recognized leader in providing quality and comprehensive human services to people of all ages.

- **Children & Teen services**

- Leonard Johnson Early Learning Center 4months-4years old (Pre-k, Afterschool programs)
- The Zone (Middle & High school students)-BFC staff provides Mental health counseling, College and career counseling tutoring, academic support, and enrichment, health education,....



Senior Services Department

Adult Day Program

- Our services are available to any adult 60 or older who lives in Bergen County.
- We offer the only adult day care program in Northern New Jersey that accepts visually impaired clients.
- Our program is designed to stimulate social interaction and to help reduce isolation and loneliness.
- We promote mental activity through exercise, music, arts and crafts, and discussion groups.



Southeast Senior Center for Independent Living (SESCIL)

- Self-sufficiency and independent living are the goals of SESCIL. The center's activities are planned to restore, improve and maintain your physical, emotional and social health.
- Our dedicated instructors teach classes such as Aerobics, Yoga, Salsa, Self-Defense, Tai Chi, Chorus, and even foreign languages.



Caregiver's Support Group

- Fifteen to twenty Caregivers meet several times monthly
- At least one monthly meeting is offered in Spanish
- Caregivers have a safe and nurturing space to learn coping strategies and receive specific information to help their loved ones
- Participants have the option to engage in a mentoring program with trained volunteer mentors who are dedicated to reducing stress and other challenges confronting caregivers



Care Management for Homebound Seniors

- We can help with applying for PAAD, SENIOR GOLD, HEAP (heating and cooling assistance).
- Home care programs,
- Veterans Benefits,
- Alzheimer grants,
- Medicaid Managed Long Term Services and Supports and the Respite Programs, Meals On Wheels, and
- Food Stamps and emergency goods.

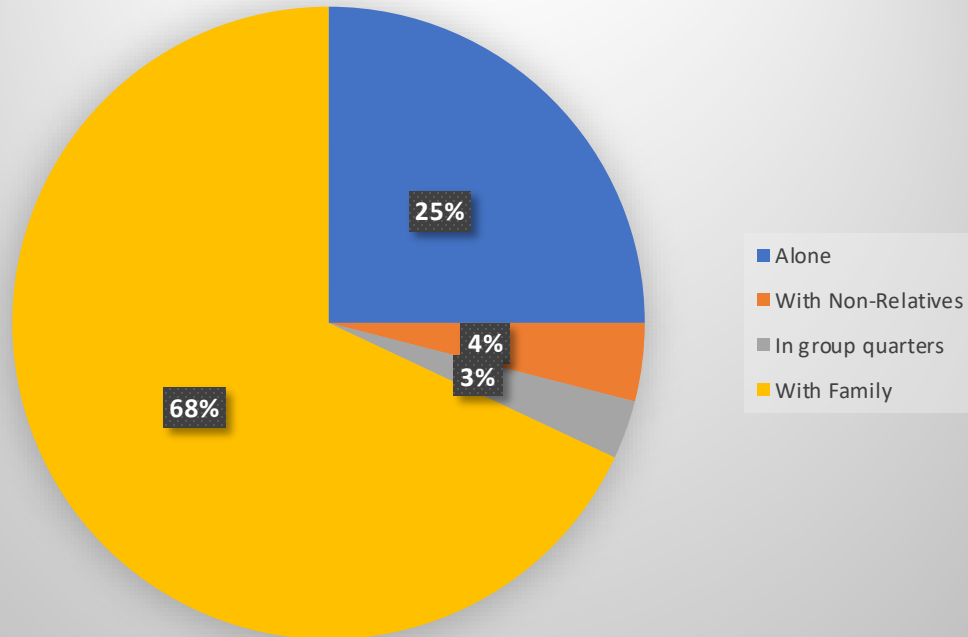


Community Characteristics

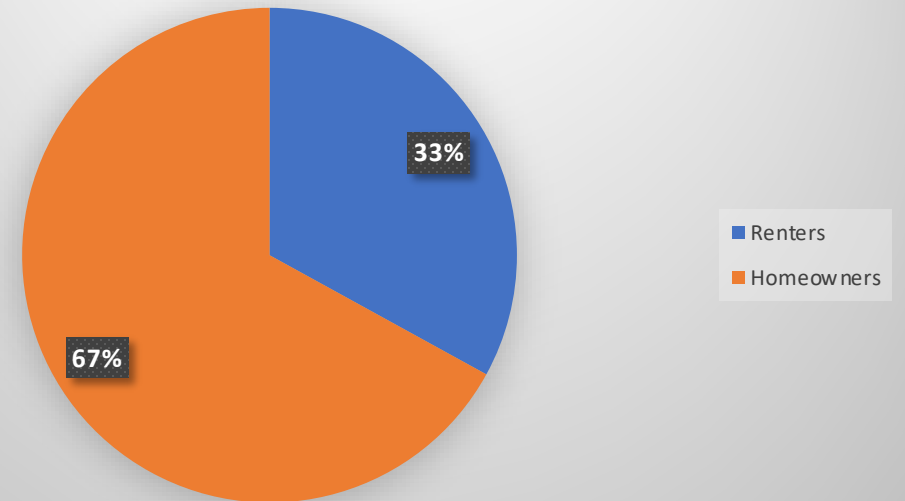
- 14% of Population in Englewood are seniors
- 25% of those seniors live alone

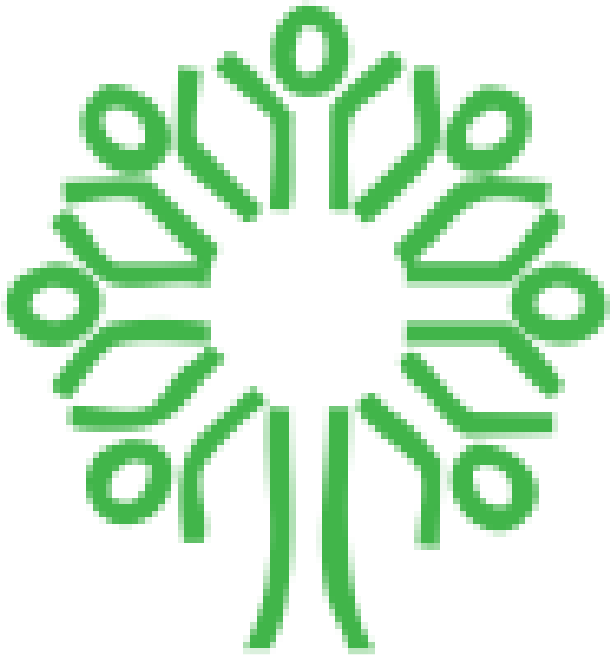
- 8% of Englewood senior households have annual income of less than 10K and 24% less than 20K.
- Housing costs in Englewood are some of the highest in the nation.

Who do Seniors Live with?



Senior Households: Homeowners vs. Renters



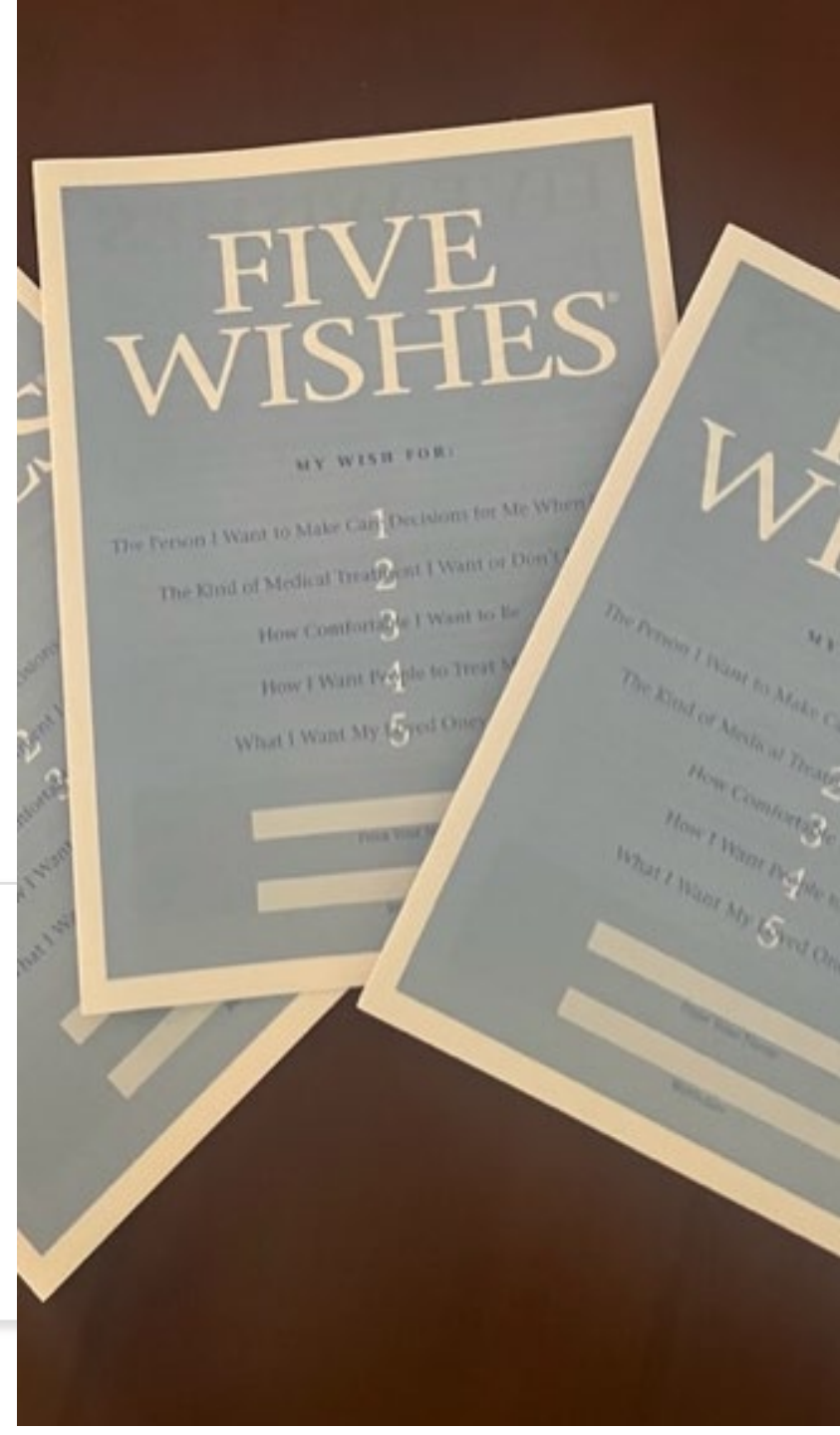


**Age-Friendly
Englewood**

age-friendlyenglewood.org

Age- Friendly Collaborations

- BFC became the fiscal agent for AFE in 2019.
- BFC currently operates 4 senior programs providing services to over 300 seniors throughout Bergen County.
- Collaborative Successes
 - Hurricane Ida
 - 5-Wishes program
 - Senior Prom (2022, 2023)
 - Advocacy programs for transportation



Housing Authority of The City of Elizabeth Vaccine and Health Initiative Strategies

Catherine Hart
Housing Authority of the City of Elizabeth
Deputy Executive Director



HACE-Background

- Since its formation in 1938, the Housing Authority of the City of Elizabeth has worked diligently to meet the housing needs and improve the quality of life for all the residents it serves. We are an urban housing authority that has successfully demonstrated its capacity to deliver a broad range of social, economic, educational, and redevelopment services. Our ability to accomplish this is only further enhanced by partnerships we have established within the city, as well as with county and state agencies.
- The Housing Authority of the City of Elizabeth is responsible for 1325 units of public housing. In addition to its public housing, the agency administers 1317 Section 8 Rental Assistance Vouchers. The Voucher program consists of grant monies received from the federal government for Shelter Plus Care Awards and the traditional tenant-based/project based Section 8 assistance programs.

City of Elizabeth

- With a population of over 140,000, the City of Elizabeth is New Jersey's fourth largest City. As the Union County Seat, Elizabeth contains most major governmental offices and courts servicing the County.
- Over the past years the City has experienced remarkable revitalization and development efforts boasting the area's most exciting retail and entertainment opportunities. Last year more than 15 million people visited Elizabeth's Jersey Gardens Mall, the largest mall on the East Coast. Elizabeth is also home to the nation's top performing IKEA store and the largest Toys-R-Us Kids World.
- Elizabeth is a City easily accessible by land, sea, rail, and air, located in one of the largest metropolitan areas in the Nation. It is a great American City that many are proud to call home and many more love to visit.

City of Elizabeth...Continued

Racial Diversity

- Hispanic: 65%
- African American: 17%
- White: 13%
- Asian: 2%
- Two or more races: 1%
- Ages:
- 65% under age of 44
- 35% over age of 45 and of that 35%;
11% are 65 and over

Median Income

- Ages 45-64: \$59,740
- Ages 65 and over: \$38,098

Resource Timeline

March 2016 - In collaboration with the YMCA and Shaping Elizabeth Coalition, The Mravlag Manor Mobile Market Begins



May 2017 - In Collaboration with Groundwork Elizabeth, 50 raised flower beds are built



May 2017 - JFS Life Long Elizabeth Age Friendly Initiative - Rutgers Transportation Maps



2018 - City of Elizabeth receives designation as an age friendly city

GROTTA
FUND FOR SENIOR CARE



March 2020 - Covid 19 Pandemic hits. HACE teams up with the USDA, CFBNJ and World Central Kitchen to help battle food insecurity



Summer 2020 - Senior Citizen Air Quality Flag Ambassador Program



October 2020 - Senior tablet distribution and Rutgers students teaching senior residents (telehealth; online shopping)

January 2021 - HACE begins distributing vaccines in collaboration with CVS and Walgreens



February 2021 - HACE Jobs Plus Program Kickoff



July 2021- HACE Jobs Plus Culinary Program Kickoff in collaboration with Fresh Chef



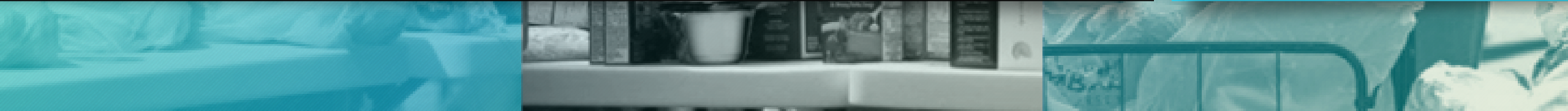
September 2021 - HACE Culinary program collaboration with Meals on Wheels to assist those affected by Hurricane Ida



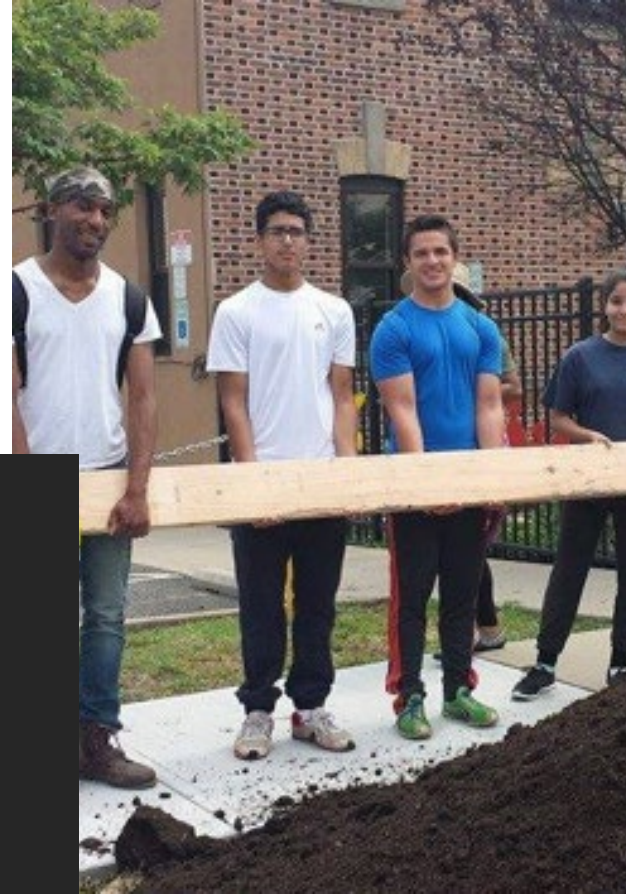
September 2023- Grotta Foundation 2023 Grant - Collaboration between Kean University's Department of Occupational Therapy and HACE



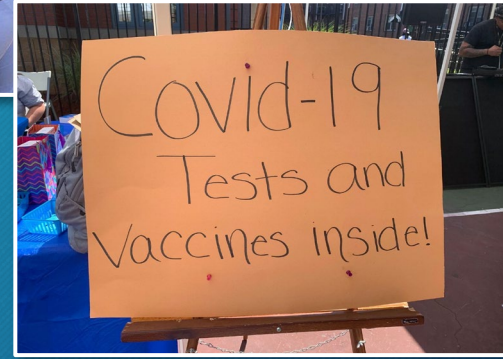
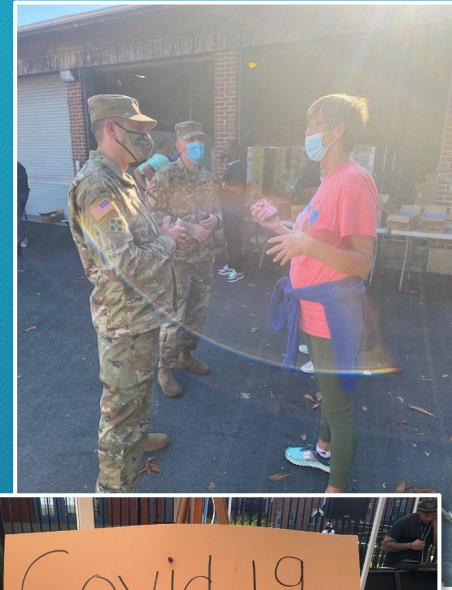
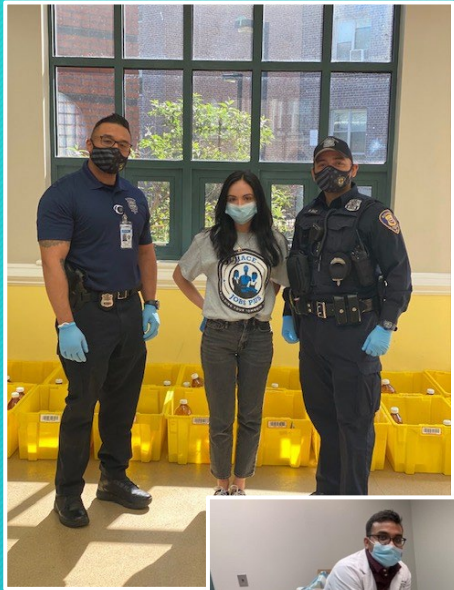
Mravlag Manor Mobile Market



Groundwork Elizabeth Collaboration



Covid-19 Pandemic Response



Covid-19 Pandemic Response

The Housing Authority of the City of Elizabeth partnered with Walgreens and CVS to administer vaccines to our senior residents. The combined efforts of all three organizations resulted in 1,600 individuals being vaccinated against Covid-19.



Jobs Plus Program Kick Off

The purpose of the Jobs Plus Initiative program is to develop locally-based, job-driven approaches to increase earnings and advance employment outcomes through work readiness, employer linkages, job placement, educational advancement technology skills, and financial literacy for residents of public housing.

The place-based Jobs Plus Initiative program addresses poverty among public housing residents by incentivizing and enabling employment through income disregards for working families, and a set of services designed to support work including employer linkages, job placement and counseling, educational advancement, and financial counseling. Ideally, these incentives will saturate the target developments, building a culture of work and making working families the norm.



Jobs Plus x Fresh Chef Culinary Program



COOK, LEARN, GROW
CULINARY TRAINING PROGRAM
w/ Celebrity Chef America

YOU WILL LEARN

- THE ART OF PROFESSIONAL COOKING
- CULINARY FOUNDATION
- FOOD SAFETY AND SANITATION
- HANDS ON COOKING INSTRUCTION
- INTERACTIVE FOOD PRODUCTION TOOLS
- SERV SAFE STANDARDS

Partnership with the Mravlag Manor and HACE
12 Week Fully Immersive Training to a career

At the conclusion of the program each participant will receive a Certificate of Skill Attainment and A Workplace Readiness Assessment.

freshchef.online

CONTACT: HOUSING AUTHORITY OF THE CITY OF ELIZABETH | LACHELLE THOMPSON (JOBS PLUS PROGRAM DIRECTOR)
908-965-2400 EXT. 153 | LTHOMPSON@HACENJ.COM

Jobs Plus Culinary Program x Meals on Wheels



THANK YOU!

Catherine Hart

Chart@hacenj.com

EJ VIZZI

THE BRIGHT SIDE FAMILY, DIRECTOR OF SENIOR PROGRAMS AGE-FRIENDLY TEANECK, PROJECT COORDINATOR



The Bright Side Family is a nonprofit organization whose mission is to provide affordable housing, affordable assisted living, and support services that respond to the changing needs and preferences of older adults in ways that offer choice, promote dignity, ensure safety, and advance economic security.

Everything we do is guided by our belief that having a safe and comfortable home environment is a fundamental right, that income should not dictate access to supportive care, health care, or social services, and that community is created by honoring one's individuality, dignity, privacy, and autonomy.

THE BRIGHT SIDE FAMILY'S COMMITMENT

Healthcare provider



- **Bright Side Manor**, flagship operation and only true affordable assisted living facility in Bergen County for low- to moderate-income older adults
- **PALS**, assisted living program providing services at a modest cost for seniors in subsidized housing

Community programs



- **Age-Friendly Teaneck**, a community-wide initiative helping township offer residents of all ages, particularly older adults, resources and advocacy necessary to safely and conveniently age in their community
- **Senior Checks**, a money management program for financial wellness

Affordable housing developer




- to address the housing shortage crisis and specifically designs buildings to support aging-in-place

AGE-FRIENDLY EFFORTS



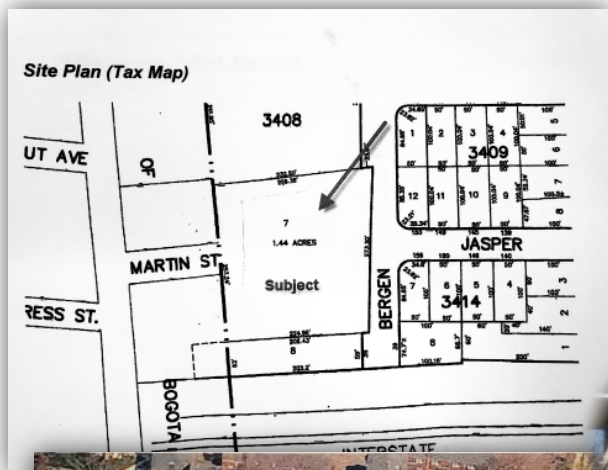
WHO Global Network
for Age-friendly Cities
and Communities

- Teaneck population is 41,631 with 65+ being 16.8%
 - Teaneck has a diverse population, with large Jewish and Black communities, and growing numbers of Hispanic and Asian residents
 - Needs assessment in 2015; started initiative in 2016
 - Designated AARP/WHO in 2018
- 
- Serve as housing 'vendor' via PALS in collaboration with Westwood and Garfield AFCIs
 - Served on Supportive Housing Association (SHANJ) 's ICP focus groups
 - Connected municipality to complete ICP self-assessment toolkit through Township Manager



OPPORTUNITY FOR A NEW BUILDING

- The Brookdale is completed 2016
- 60 Bergen Avenue, Teaneck: roughly 1.5 acres of vacant land



- 62 units of subsidized senior housing
- Development partner: The Alpert Group



NEW OPPORTUNITY FOR AFFORDABLE SENIOR LIVING

- 1425 Teaneck Rd, Teaneck: Old DPW building site
- 40 units of subsidized senior housing
- Groundbreaking last winter



Source: Tariq Zehawi/NorthJersey.com



Architect's Rendering



Source: The Bright Side Family



Source: The Bright Side Family



www.thebrightsidefamily.org



www.agefriendlyteaneck.org



EJ VIZZI, LSW, CALA, CDP

[ejvizzi @ brightsidemanor.org](mailto:ejvizzi@brightsidemanor.org)



Q & A

Do you know if your community has an age-friendly team, or something similar?

What organization in your community do you think you might want to collaborate more with, and what could you see as an outcome of your work together?

Thank You!

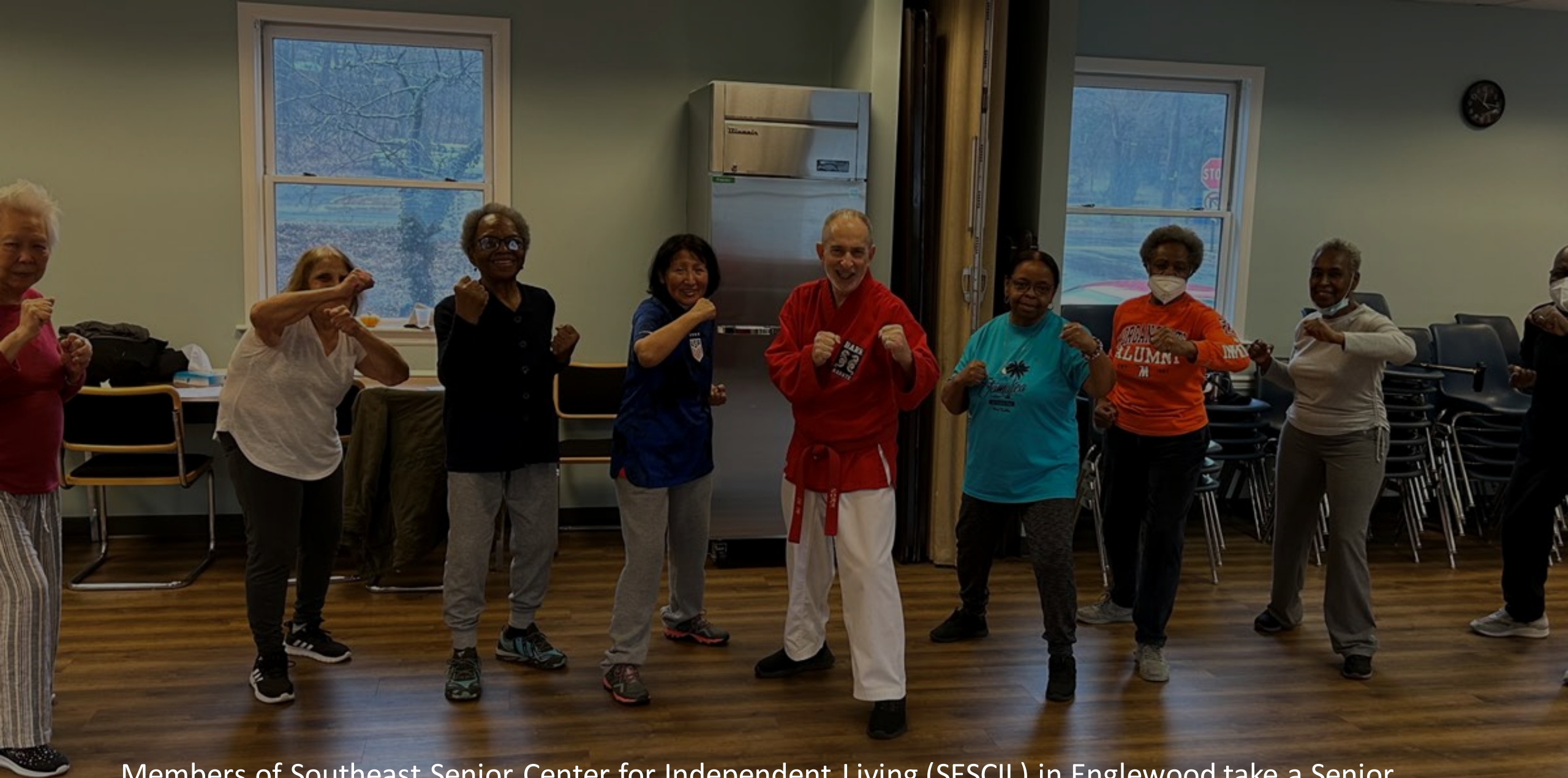
Let's stay connected:

- Althea Pestine-Stevens:
althea.ps@rutgers.edu
- Tashiera Howard:
thoward@bergenfamilycenter.org
- Cathy Hart: chart@hacenj.com
- EJ Vizzi: ejvizzi@brightsidemanor.org
- www.agefriendlynj.org



**Older adults
enjoy
mentally
stimulating
activities at
Englewood's
Adult Day
Program**





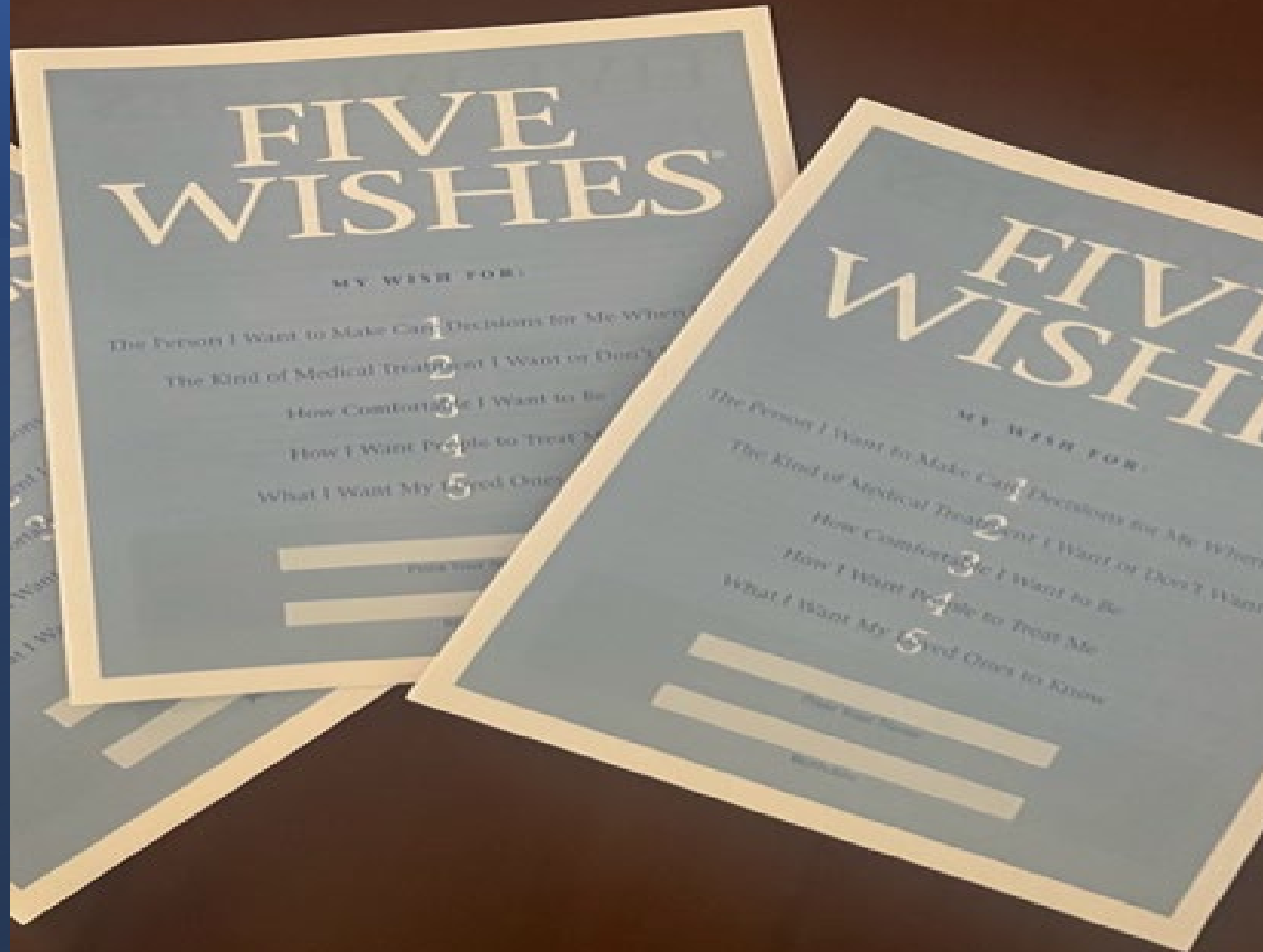
Members of Southeast Senior Center for Independent Living (SESCIL) in Englewood take a Senior Self-Defense class



Caregiver's support group making cards for Father's Day! (Englewood)



Outside the ShopRite supermarket in Englewood when remnants of Ida wreaked havoc. The store was closed for repairs and cleanup. Many older adults had to find transportation to neighboring grocery stores.



Age-Friendly
Englewood and
Bergen Family
Center
collaborated with
the Five wishes
program to provide
older adults with
support in deciding
who they wanted
to make decisions
for them, the kind
of medical
treatment they
wanted, who they
wanted to treat
them, and what
they wanted their
loved ones to
know.



2022 Senior Prom King and Queen at Bergen Family Center's 1st Annual Senior Prom in collaboration with Aged-Friendly Englewood



Elizabeth's JOBS PLUS Pilot project empowering Mravlag Manor Public housing residents to gain economic opportunities through education, training and job placements

Hurricane Ida led to enlistment of Elizabeth's JOBS PLUS Culinary trainees to step in and be the kitchen for County Meals on Wheels program, supplying 1000 meals daily for nearly 3 months



Participants prepare potatoes

COOK, LEARN, GROW
CULINARY TRAINING PROGRAM
w/ Celebrity Chef Ameer

YOU WILL LEARN

- THE ART OF PROFESSIONAL COOKING
- CULINARY FOUNDATIONS
- FOOD SAFETY AND SANITATION
- HANDS ON COOKING INSTRUCTION
- INTERACTIVE FOOD PRODUCTION TOURS
- SERV SAFE STANDARDS

CLG BRINGS WORLD CLASS

culinary resources to the Mravlag Manor community in partnership with **Celebrity Chef Ameer** and HACE Jobs Plus Program in a 12 Week Fully Immersive Adult Culinary Training Program and pathway to a career in culinary arts.

In this part-time Certificate Course you will learn important principles and practical techniques for operating a food business or establish a professional career as a food professional.

At the conclusion of the program each participant will receive a Certificate of Skill Attainment and A Workplace Readiness Assessment.

HACE
HOUSING AUTHORITY OF THE CITY OF ELIZABETH

Fresh Chef
A Difference You Can Taste!
Private Chef | Nutrition | Catering

HACE JOBS PLUS

@freshchef.online

FOR MORE INFO CONTACT: HOUSING AUTHORITY OF THE CITY OF ELIZABETH | LACHELLE THOMPSON (JOBS PLUS PROGRAM DIRECTOR)
908-965-2400 EXT.153 | LTHOMPSON@HACENJ.COM

Program flyer, featuring celebrity chef Ameer



Participants pose with their fresh sandwiches and vegetables



Age-Friendly Teaneck's Virtual Holiday Party



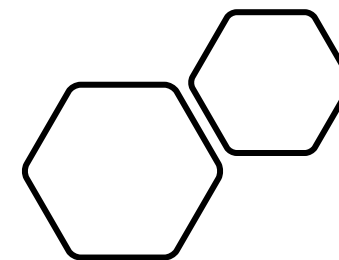
Goody bags with sanitizer from Teaneck's Portable Assisted Living Services (PALS)



Teaneck's vaccination efforts!



Teaneck's Friendly Visiting Program during the COVID pandemic





Office at Bright Side in Teaneck stacked with emergency food boxes provided by the Community Food Bank of NJ to deliver to older adults during COVID-19



EJ wearing a mask and face shield in the car posing with Officer Stewart from Community Policing in Garfield to pick up free groceries for older adults during COVID-19