



Why Libraries Are a Great Place to Connect With Your Community

Julia Lee, Adult Services Librarian, River Edge Public Library, NJ

I can honestly say that our Library is the heart of the community. It is a magical place where your economic status, race, and age don't matter. I have the privilege of serving a town that believes in creating community and our senior population has a lot to do with the magic.

Seniors make up one of our largest groups of Library users and Library volunteers. Our seniors volunteer to be ESL tutors, dedicated to improving the life of our growing non-English speaking population. Seniors are our Homebound Delivery volunteers, delivering books to residents that are no longer able to comfortably leave their home. I have seen ESL tutors meet with the same students for decades building lifelong friendships and our seniors were the first to raise their hands to volunteer when we relaunched the Homebound Delivery service for our Library during the pandemic. And of course, the Friends of the Library, a volunteer organization that gives support to the library is also mostly made up of seniors.

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Since the pandemic, there is so much I miss about what “norm” used to look like at the Library. I miss hearing the sound of chatter, I miss seeing our regular patrons but most of all I miss running in-person programs. We have shifted to the world of virtual programming and our seniors on the whole have really transitioned to this new world. From book clubs, to fun trivia games and bingo, lectures about gardening, nutrition, local history and interactive programs to learn flower arrangement, calligraphy, drawing and so much more! I love seeing the engagement by our seniors and so inspired by their willingness to learn something new.

Community gives you a sense of belonging and connection; even more important during this time of social distancing. Give your local Library a call to get a book recommendation, sign-up for a virtual class, find out about their digital collection, and ask about what volunteer opportunities they have. The Library is yours to discover and in turn, it will be a place where you will find your own community!

Focus on Health: Gym Anxiety Busters

If you would like to exercise more but the gym seems intimidating, you are not alone. Fifty percent of people feel anxious going to a gym. Adults 55 and older are overcoming this fear, accounting for 22.3% of gym goers. With the most active gym members being 70-79 years old, gyms have tailored services to accommodate seniors.

If you would like to join a gym, here some tips to get you started:

- 1. Find a senior friendly facility.** This [AARP Age-Friendly Facility and Services Locator](https://www.aarp.org/health/fitness/info-02-011/find_a_fitness_center_that_fits_you.html) makes finding a senior designed gym easy and convenient.
https://www.aarp.org/health/fitness/info-02-011/find_a_fitness_center_that_fits_you.html

- 2. Start with a personal trainer.** Adjusting to a new fitness routine can be overwhelming. A personal trainer starts at your pace and guides you through workouts.

- 3. Invite a friend to join with you.** Having a friend with you can help you work out while having fun.

- 4. Be patient with yourself and your body.** It may take time before you feel comfortable.

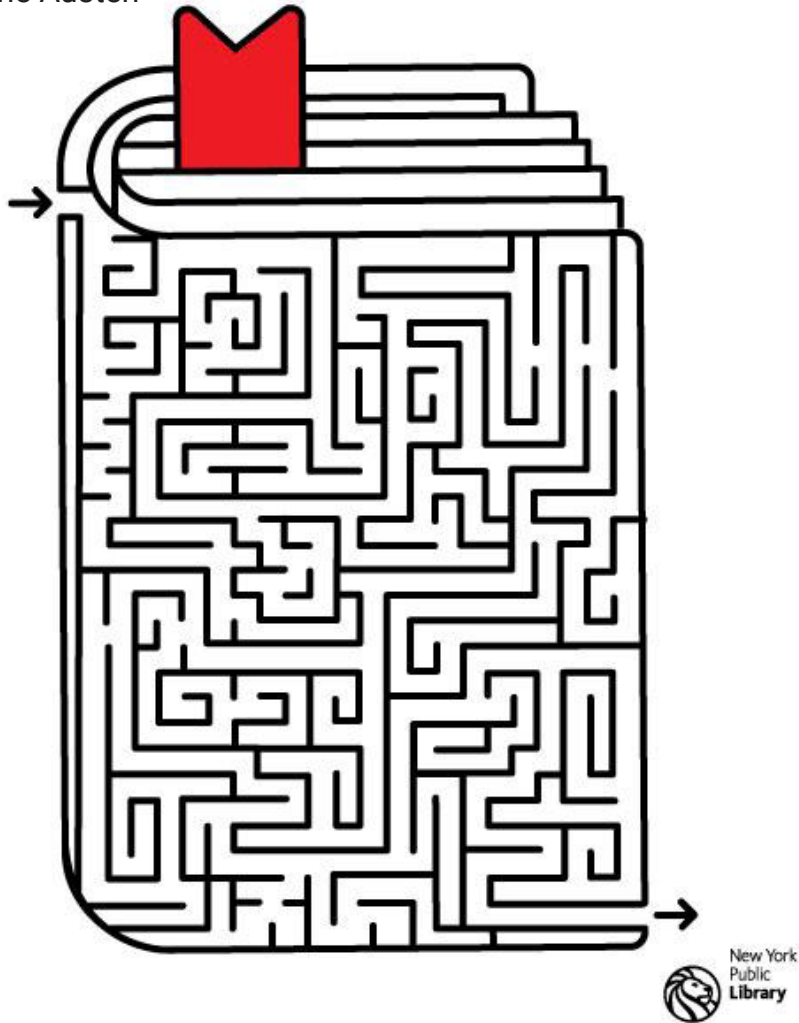
Check with your doctor to determine what type and level of physical activity is suitable for you.

Activity Center

Book Maze

While it's wonderful to get lost in a book, it's even more satisfying to come to those final pages and read those last lines. Get lost in this book maze and then find your way through the end. "There is no enjoyment like reading."

– Jane Austen



Answer on back page.



"Being challenged in life is inevitable, being defeated is optional."

– Roger Crawford



We want to hear from you for next month's issue!

Tell us about your first crush.

Email your answer to Bridget Souza at bsouza@cafsnj.org or call 201-740-7011.

Trivia Time!

Which month was June in the early Roman calendar?

Answer on back page.

Mindful Reading

The practices associated with mindful reading give the reader the opportunity to fully indulge in the literature. The reader can experience feelings of calm and increased awareness which leads to a better understanding of the material. Next time you are with a reading group, give this exercise a try:

One from Many

The purpose of this practice is to acknowledge whether words spoken through different voices have an impact on meaning. You can read with a large or small group. For this practice each person must have a copy of the same piece of literature. *(Make sure to check out your local library!)*

The group will begin by sitting quietly for a few moments and focusing on their breathing. One individual will read the chosen text aloud in its entirety. After, the group will return to a moment of silence. Then, one individual will read the first line of the text aloud. After, the group will again return to a moment of silence. Another individual will read the second line and the practice will continue until the material is finished.

For more mindful reading exercises go to <https://www.mindful.org/three-simple-mindfulness-practices-you-can-use-every-day>.

Contact Us

To learn more, submit a response, or ask a question you can contact us at:

Bridget Souza: bsouza@cafsnj.org

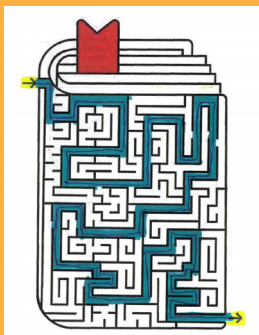
Terrina Baldwin: tbaldwin@cafsnj.org

Celebrating Seniors Online

<https://www.tcadr.org/virtual/celebratingseniors>

www.tcadr.org  @TCADR  @TCADR

ACTIVITY ANSWER



TRIVIA ANSWER

The Fourth-An alteration made in Roman times, was the moving of January and February to the beginning of the year, thus making June the sixth month.

Resource Spotlight:

Donated Dental Services

Dental health for older adults is a priority however, due to barriers older adults might face, it is often neglected. Good dental hygiene helps prevent tooth decay, tooth loss, gum disease, heart disease, pneumonia, blood sugar issues, and oral cancer while helping you to enjoy food and eat better. One resource for free or reduced dental care recommended by the National Council on Aging is the Dental Lifeline Network.

The Dental Lifeline Network is part of the American Dental Association and serves individuals without adequate income for dental care. Applications for the program are completed online and can be found at <https://dentallifeline.org/donated-dental-services-dds-application>.

How to Qualify:

Applicants must lack adequate income to pay for dental care and:

- Have a permanent disability, or
- Are elderly: age 65 or older, or
- Qualify as medically fragile

For more information go to:

<https://dentallifeline.org/new-jersey>

If you or a loved one needs help accessing addiction services and support...

Call or Text: 201-589-2976

Confidential hotline services available 24/7 to serve Bergen County

 **THE CENTER**
FOR ALCOHOL AND DRUG RESOURCES
A Program of Children's Aid and Family Services