



SOMA

Two towns for all ages

May
June
2023

Adventures in Aging!

Maplewood and South Orange supports
and empowers all residents to age in place
in their homes and community.



*Creating a legacy , contributing to history
by writing memories*

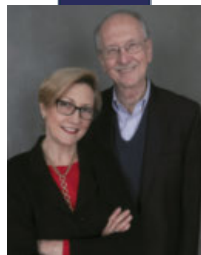
**May is Older Americans Month. This year's theme from the
Administration on Community Living is "Aging Unbound."**

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to reach your community



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Treasure and Rich Cohen of Maplewood, NJ showing off the books they wrote last year! Here's how they did it!

Outside the world was a snow globe gently swirling, inside was warm and cozy as I sat down with Treasure Cohen. Her husband Rich was making lunch.

I had seen her post on Facebook showing her new book of memories about her life. A few empty books are kicking around yard sales, so how were you successful? Their daughter, Esther, gave each one a subscription to Storyworth as a Hanukkah gift last year. Once a week Esther emailed one of the prompts

Treasure described writing the answers to the questions like this, "A little neuron turned on and memories came back in a really intact way. That memory turns on an-



other memory, and then another memory!"

There is a box for typing out answers on the computer which expands as long as the writer wants to continue. Photographs can be added. One book is included in the year. It is high quality with nice feeling pages. More books were ordered for each of the Cohen's four children and 11 grandchildren, "It became historical."

Treasure added, "We are recording history."

Rich came in to talk about how good it felt to leave a legacy. He was very enthusiastic and saw an interactive benefit. "The questions bring up thoughts you haven't thought of for years and next time someone asks for a story, you have more stories to tell, not just the three or four clichés you may have trotted out before."

Treasure had done some writing before, she described herself as "a writer who doesn't write." This project helped her re-connect to something she enjoyed in the past.

"I take joy in something interesting that happens in my brain when asked the questions I find it really good for memory and really good to have a goal."

Treasure said "Some of the questions are nonthreatening, and some are deeper. Some topics are trivial or might seem trivial but they open up a lot of ideas."

It may help some people to have someone overseeing

the questions and making sure the books get ordered within the year. Read the reviews for tips. There are other brands of books to look into.

A quick survey on Facebook asking if anyone had given this book to their parents or tried themselves revealed that not all had the same level of success. One person said her father "gave one sentence on each page" or nothing at all, while others had a similar experience to the Cohens and found it an enjoyable experience. Some thoughts to help with success might be if a friend or family member can read a prompt and then the writer can speak an answer using talk to text or recording for someone to write out. It helps if there is someone who puts a little pressure on with a deadline to keep things moving along.

If you have ever thought you will want to preserve memories or write about your life, this could be the thing to get you started!

You can edit the questions if you think that would make it more personal about something they want to write about.

One person said "I got this for all four grandparents and none of them followed through >shakes fist<"

"We got one for my mom and one for my dad. My dad completed all the questions and even added photos but my mom stopped writing, It just didn't work for my mom. My dad got the book printed and it's really cool to have it.""

One person writes out the questions and puts in a notebook as her mom prefers to write the answers as she is not comfortable on the computer.

One idea is to sit with someone and record their answers as you let them talk if they are not able to use the computer.



After the first year, they told Esther it was the best gift and are well on their way to second books!

Health & Safety 2023

IMPORTANT NUMBERS

Health Department
(973) 762-8120

Public Works
South Orange: (973) 378-7741
Maplewood: (973) 762-1175

Police-NON EMERGENCIES
South Orange: (973) 763-3000
Maplewood: (973) 762-3400

Fire Dept.-NON EMERGENCIES
South Orange: (973) 762-3000
Maplewood: (973) 762-6500

South Orange Rescue Squad
(973) 762-5647

988 Suicide and Crisis Hotline
Emergency of any kind call 911

SOMA Case Manager,

This service is available to older adults (65+) who reside in South Orange or Maplewood.

The SOMA Case Manager will help facilitate the connection between older adults and community resources.

Ask about available Monthly Bereavement/ Grieving Group,
as well as weekly
Connections Support Group

Contact Information

Renee Peters, MSW
SOMA Case Manager
Jewish Family Service of MetroWest
973-986-4321
sosocialworker@southorange.org
Office Hours:: Monday, Wednesday, Fri



HELP SAVE A LIFE TODAY

For more information or to get started:

- Visit EmergencyProfile.org
- Provide an email address at which time you will receive further instructions.
- Complete the form

Now in the event of an emergency, if you call 9-1-1 your *Emergency Health Profile* is automatically sent through RapidSOS and displays to a dispatcher or call center.

This application takes minutes to fill out and is free to anyone that would like to provide information.

All information is not shared to the public. It is only provided to EMS when 9-1-1 is dialed.



American
Heart
Association

RapidSOS



American
Red Cross

LEARN MORE BY VISITING EMERGENCYPROFILE.ORG
OR BY CONTACTING THE MAPLEWOOD POLICE
DEPARTMENT AT (973) 762-7924 EXT 7924

Keeping our Residents Safe

If you would like the Township to check in on you (or a neighbor) during a public health emergency or natural disaster, contact Taliah Jeffers or Christy McElynn at the Maplewood Health Department (973) 762-8120 ext. 2007 or ext. 2006, to be added to the Vulnerable Resident List.

PLEASE JOIN US FOR A

SOMA
Two Towns For All Ages

FREE MOVIE NIGHT

MAY 15, 2023
6:30 PM TO 9 PM
AT
THE WOODLAND
60 WOODLAND ROAD
MAPLEWOOD, NJ

Movie will be followed by a Q&A with
COYL
CONVERSATION OF YOUR LIFE

Door Prizes

Featuring
MARC FORSTER
TOM HANKS IS
A MAN CALLED OTTO

Popcorn & Water Provided

EMAIL ASTUART@MAPLEWOODNJ.GOV
OR CALL (909) 656-0878 WITH QUESTIONS AND TO RSVP

Conversation of Your Life is a program that provides education and resources on how to share your wishes for care so you and your families can be prepared.

April 16th Was National Healthcare Decisions Day

Now is the time to start your advanced care planning. You make decisions about your health every day. But have you made plans for your care in case of medical emergency or serious illness?

What is advance care planning?

Advance care planning isn't just for people with serious illness. It's a part of healthy aging. It's a way to help your loved ones and doctors make health care decisions for you if you can't speak for yourself. Talking about your values, preferences and beliefs will help make your wishes clear.

Why it's important

You have a right to make decisions about your medical care. But in a time of crisis, you may not be able to speak for yourself. It's best to be prepared.

An advance directive

An advance directive explains your wishes for end-of-life or critical care. It includes two types of legal papers: a living will and a durable power of attorney.

Living will—A living will speaks for you. It shows your choices for health care when you're not able to speak for yourself. It helps when hard decisions have to be made.

Health care durable power of attorney

This is a legal document that gives someone the power to carry out your medical wishes.

Create a plan when you are healthy

5

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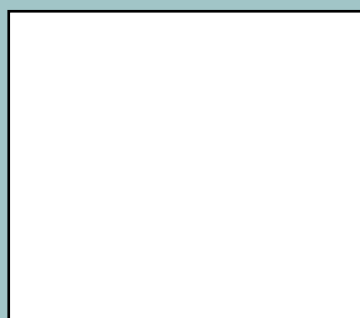
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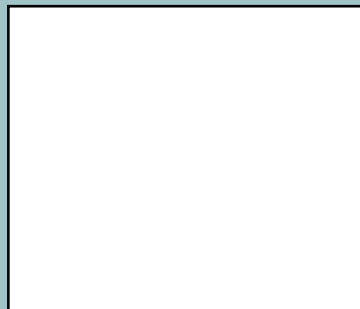
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973.881.8200

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MAPLEWOOD LIBRARY'S IDEAS FESTIVAL celebrates the talent and creativity of our community. All programs are free and open to the public.



Filmmakers' Panel

April 18, 7 pm at The Woodland

**Audrey Rowe & Nancy Gagnier:
Carol Buchanan Award**

April 19, 7 pm at Maplewood Town Hall

It's All Tap: New Jersey Tap Ensemble
April 22, 2 pm at the Woodland.

The ACLU and American Life
April 24, 7 pm at Maplewood Town Hall

Eliza Minot: Maplewood Literary Award
April 25, 7 pm at Maplewood Town Hall

Jazz vs Rock: Seth Abramson & Todd Abramson

April 26, 7 pm at Maplewood Town Hall

Michelle Miller

April 29, 1 pm at Maplewood Town Hall

Maplewood Library Adult Services
129 Boyden Ave. 973-762-1688
maplewoodlibrary.org

NEED HELP WITH YOUR DEVICE?

Call us to make an appointment with a librarian: 973-762-1688 ext. 5002



YARN & FIBER ARTS GROUP

A relaxing gathering for people who do creative things with yarn or fabric. Bring your project. All skill levels are welcome! 10 am to Noon, May 13 & June 10 at Hilton Branch



ALL ABOUT BEES

Tuesday, May 23
6:30 pm at Hilton Branch
Local beekeeper Adriana Compagnoni will share fun facts about bees and recommendations on what suburban gardeners can do to help the bees.



STAY SAFE IN THE WOODS

With New Jersey Search & Rescue
Monday, May 29
6:30 pm at Hilton Branch
Get ready for your summer hiking! Learn how to stay safe in the woods, and the ten essentials to carry when hiking.

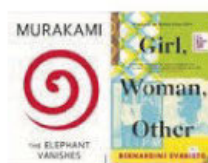
BOOK DISCUSSION GROUPS



**GRAY
MATTER**



**READ
AROUND THE
WORLD**



**BOOKS
NOW & THEN**

Info at maplewoodlibrary.org/book-discussions

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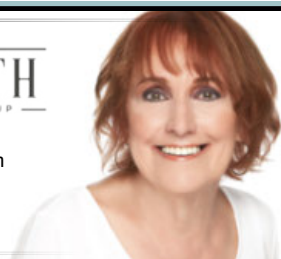
Daria Knarvik

973-704-6718 (mobile)
973-913-5055 (office)

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SOUTH ORANGE PUBLIC LIBRARY

Any questions, contact reference desk at (973) 762-0230
65 Scotland Rd, South Orange, NJ 07079

For complete calendar
<https://www.sopl.org/>
On Facebook follow
South Orange Public Library
Page

Wednesday at the Movies

Movies Start at 1 pm
May 3- "The Fabelmans"
May 17- "Till"
May 31st- "Women Talking"

Book Discussion Group

7 pm - 8 pm
May 23- "The Henna
Artist"

Bad Art Night

Tuesday May 30 6:00-7:00
Leave your art skills at home
to come in and create
something truly horrible.
18+

May

Special Conversations

Starts at 6pm
May 11th- Kim Kassnove
May 25- Scott Gurian

Computer Classes

Class starts at 10 am
May 8- Internet Basics
May 22th- Computer Basics

Collage Companions

Saturday May 20
2 pm
Teens and Older Adults make art
together!

Tech Teens

Saturday May 20th
Starts at 10 am
Call to make an appointment



Find beautiful gifts at excellent prices -
for mothers and others! - at the SOPL Friends

JUNE

Special Conversations with Michael Gillespie,

Thursday June 8
Topic: Bringing Lost Queer Literature to Light:

Wednesday at the Movies

June 14 "A Man Called Otto"
Saturday June 17

Collage Companions

2 pm
Art making with teens and Senior citizens
Led by Karen Boss

Spring Jewelry Sale

Saturday May 6, 10am-5pm

Sunday May 7, 1-4pm

South Orange Public Library
65 Scotland Road, South Orange, NJ 07079

Early bird admission 9-10am Saturday
for Members of the SOPL Friends:



A large selection of Fine jewelry... Vintage jewelry...
Sterling silver jewelry... Quality costume jewelry!
Priced to sell, at a wide range of moderate prices.

Cash, credit cards, and debit cards accepted. Face masks recommended.
All jewelry donated. Proceeds fund Library services for the South Orange community.

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TRANSPORTATION RESOURCES

MAPLEWOOD/SOUTH ORANGE

	The Maplewood Senior Bus is a free "Dial-a-Ride" door-to-door service within Maplewood that runs from 9:30 AM to 1:30 PM on weekdays. Schedule a ride one business day in advance by calling the Maplewood Senior Center at (973) 763-0750.
	The free South Orange Senior Bus that runs within South Orange on Mondays, Wednesdays and Fridays from 10am to 3pm. Every 2 weeks there is a drop-off to the West Orange Shop Rite. Call the South Orange Parking Authority at (973) 378-7715, x2035 to schedule a ride.

ESSEX COUNTY & THE STATE OF NJ

	The Essex County Special Transportation System provides senior citizens and handicapped residents with free transportation to and from medical appointments within Essex County. Call 973-737-7200 to register for the service or schedule a ride at least 48 hours in advance.
	Ride United is a partnership between 211 and the United Way Worldwide. NJ residents 18 and older can schedule up to 3 free or reduced fare rides for Medical, Employment, Food, Education, Legal, Housing, and Financial services wherever Lyft is available. Dial 211 to schedule your ride.
	Health Equity Line is another partnership between 211 and the United Way available only to Essex County residents. To schedule a ride, first download the Lyft app. Then dial 2-1-1 and select the "Essex County" prompt. Ask to be connected to a live Health Equity Line operator. The operator will ask for your zip code, then provide you with a one-time round-trip code to use in your Lyft App. The cost of each round-trip ride will be covered up to \$50.
	NJ Transit Access Link is a "shared-ride" system for people with disabilities who are unable to use the regular bus. The schedule is the same and fares are comparable. Your ride qualifies if your pick-up and drop-off points are within 3/4 mile of an eligible bus route, and if you have preregistered. Call 973-491-4224, Option 1 for more information and to get approved, or visit www.njtransit.com/accessibility/access-link-ada-paratransit

PRIVATE TRANSPORTATION SERVICES

	On Time Ambulance provides transportation for stretcher, wheelchair bound, and ambulatory patients. Services are covered by several insurance programs including Medicaid and Medicare. Call 908-298-9500 or visit www.ontimetransport.com .
	Bell Medical Transport is a private, local company that provides caring medical transportation 24 hours a day, 7 days a week, 365 days a year. They offer Emergency and Non-emergency Ambulance Transport, a Wheelchair Van, and rides to Special Events. Call 973-313-0221.
	Life Ride offers door-to-door Wheelchair Accessible rides On Demand. Certified drivers will pick you up from inside your home, chair lift you into the car, drive you to your destination, and assist you through the door. Call (551) 225-0080 or visit ride.life to request a ride.
	EzRide , in partnership with Lyft and Uber, offers on demand transportation throughout NJ for adults 18 years or older. Call 201-939-4242, ext. 4 from 8am to 8pm Monday-Friday and Saturday from 8am to 5pm to request a ride. No advance reservations are needed. Members pay the fares charged by the ride service along with a \$2.50 administrative fee. For more information visit ezride.org/transportation/senior-transportation .
	Black Crown Taxi provides flat rate and discounted rides for South Orange and Maplewood residents age 65 and older. Fares are \$5 within South Orange, \$8 within Maplewood, and \$10 between towns. They also offer a 25% discount for any ride outside Maplewood/South Orange. Call (862) 224-2751 to schedule.
	GoGoGrandparent helps older adults and people with disabilities live independently in their home for as long as possible by arranging screened & monitored services from Uber, DoorDash, Instacart and more, with or without a smartphone, 24/7. Order rides, groceries, prescription medications, meals, home chores and more by calling 1-855-464-6872.
	Nan's Neighbors is a personal transportation and concierge service for the adult community and their families. Call 917-721-1277, email lisa@nansneighbors.com , or visit nansneighbors.com .

Repair Café to join Maker Madness! April 29



5 years ago Lorraine Graves started a movement to fix things, rather than throw out, saving the earth one object at a time!

This spring, we are excited to join forces with Achieve Foundation at Maker Madness to be held April 29 at Columbia High School . .

From 12 to 3 pm Volunteers will be providing Sewing and mending, wood working, fixing small electronics, BIKES, gluing, jewelry and even sharpening knives. Lamps are popular items!

Call (973) 558-0863 or email SOMA2towns@gmail.com with your name and brief description of what what you need fixed.

We are always looking for volunteers who can fix things!



For New Jersey Repair Cafes check out www.repaircafes.org

Www.achievefoundation.org/maker-madness/

9

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UPCOMING EVENTS

April 29, 10am-3pm
REPAIR CAFE
Columbia High School

May 1-5
SENIOR FITNESS-OPEN HOUSE
FREE CLASSES ALL WEEK
Maplewood Community Center
Registration Required:
(973) 763-0750

May 7, 11am-3pm
SOUTH ORANGE RIVER DAY
Skate House by the pond in
Meadowland Park
South Orange

May 12, 12pm-2pm
MOTHER'S DAY GARDEN PARTY
LUNCHEON \$10/PERSON
The Woodland, Maplewood
Registration Required:
(973) 763-0750

May 13, 10am-1pm
ADULT WELLNESS FAIR
Maplewood Community and
Senior Center
120/106 Burnett Ave, Maplewood

May 15, 6:30pm-9pm
A MAN CALLED OTTO FREE MOVIE
SCREENING
The Woodland, Maplewood
Registration Required:
(908)656-0878

May 18, 9am-4pm
OCEAN GROVE SHORE DAY TRIP
Departs Maplewood Community Center
Registration Required:
(973) 763-0750

May 21, 11am-5pm
MAYFEST
THE SPRINGFIELD AVE STREET FAIR
Springfield Ave, Maplewood

May 23, 11am-1pm
LUNCH AND LEARN-BRAIN
GAMES/NO FEE
Maplewood Senior Center
Registration Required:
(973) 763-0750

June 7, 2pm-7pm
FARMERS MARKET STARTS
Every Wednesday
Sloan Street Parking Lot, South Orange

June 9, 10am-4pm
MOTOWN REVUE-HUNTERDON HILLS
PLAYHOUSE \$77/PERSON
Departs Maplewood Community Center
Registration Required:
(973) 763-0750

June 14, 12pm-2pm
END OF YEAR ZITI LUNCHEON
\$10/PERSON
Maplewood Community Center
Registration Required:
(973) 763-0750

June 20, 11am-1pm
LUNCH AND LEARN-SKIN CANCER
AWARENESS/NO FEE
Maplewood Senior Center
Registration Required:
(973) 763-0750

June 28, 10:30am-4pm
LUNCH AND LIGHTHOUSE TOUR-
CLASSIC BOAT RIDES \$56/PERSON
Departs Maplewood Community Center
Registration Required:
(973) 763-0750

Community Volunteer Fair was a big success!

- SOMA Two Towns for All Ages hosted a Community Volunteer Fair at The Woodland in Maplewood on Sunday, March 26th. We had over 30 organizations participate and hundreds of residents attended!
- Representatives included local food banks, nature and environment groups as well as social justice organizations and education non-profits. All were in attendance to educate potential volunteers about their mission and needs.



Visit our website for a full list of participating organizations so you can get involved.



2023 Adult Wellness Fair

**Saturday, May 13
10 AM to 1 PM**

**MAPLEWOOD SENIOR CENTER
DEHART COMMUNITY CENTER
106 & 120 BURNETT AVENUE
MAPLEWOOD, NJ**

- Giveaways
- Music
- Free Food
- Free Health Screenings
- Prescription Drug Drop-off
- Memory Screenings *

* Pre-registration required for Memory Screenings. To sign up for a time slot call (973) 762-8120, x2006 or email HealthDepartment@maplewoodnj.gov





























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Mission: To identify, develop, and coordinate resources, policies, programs, and services that support and empower all residents of Maplewood and South Orange to age in place as full members of the community

Get Our Weekly email!

To receive our weekly email with events and news

- ◇ go to www.southorange.org
- ◇ scroll down to and click on **Notify Me Subscription**
- ◇ input your email address
- ◇ scroll down to select
- ◇ **Senior Citizen Community Calendar/ SOMA Two Towns for All Ages.**

Very important next step is to confirm your email!

You will receive an email from listserv@civicplus.com or "Soma Two Towns for All Ages" asking you to verify your request. If you do not see it in your inbox, check your junk folder. If you have a spam blocker, please allow mail from this address.

CONNECT WITH US ONLINE

Website: somatwotownsforallages.org

Facebook:
Soma Two Towns for All Ages
(There is a Group and a Page)

Email: Soma2towns@gmail.com

Instagram:

Call: 973-558-0863

Kristen Tyler, South Orange Coordinator SOMA Two Town for All Ages
Email: Ktyler@southorange.org Phone: 973-558-0863

Amy Stuart, Maplewood Coordinator SOMA Two Towns for All Ages
Email: Astuart@Maplewoodnj.gov Phone: 908-656-0878