



SOMA
Two Towns For All Ages



Adventures in Aging!

**“CREATIVITY
BLOOMS”**

**WITH
DONNA
DREW**

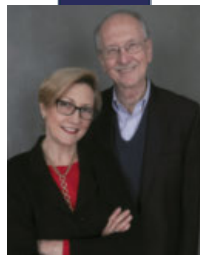
Maplewood and
South Orange
seek to
support
and empower
all residents to age in
place
in their homes and
community.

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SOMA Two Towns for All Ages, Maplewood, NJ

06-5292

CREATIVITY BLOOMS with Donna Drew, South Orange Artist and Teacher



Donna Drew, Artist/ Instructor (Left)
Maryann Polefka, Artist/ student (Right)

What can you expect when you walk into "Creativity Blooms" Art Workshop?

South Orange Artist Donna Drew will show you a sample of a box, necklace, pillow, or card. It will be mixed media wearable art, or home decor made with combination of new materials and reclaimed objects. Techniques include printmaking, sewing, collage and assemblage. Students are encouraged to bring in objects and supplies to use and share with others. Everyone puts their own stamp on what they create!

You do not need to have prior experience or be an "artist"! Ms. Drew will guide you in technical skills needed to achieve the look you are striving for. The room is bright and sunny, the atmosphere is warm and friendly. Participants are given the opportunity to grow and "bloom" by collaborating and creating.

BIO

Donna Drew, South Orange artist
BFA, Boston University's School of Fine Art in Art Education
Retired from Director of Cultural and Historic Affairs, The County of Essex, NJ

Among other responsibilities, administered the New Jersey State Council on the Arts Grants Program, funding over 40, non-profit arts agencies in Essex County.

Owner of **Triangle Designs**: Sustainable Design Concept. Reclaiming objects, transforming them and giving them new life. Check out her wearable art and home decor on

Instagram: DDrew5494



How can I join in on the fun?

Fall classes are slated for Tuesdays 12 pm-2 pm starting September 12th at the Loft in SOPAC

Contact Matt Gray mgray@southorange.org for help registering!
Look for this class and more classes for Active Older Adults in Recreation Department Southorange.org



Sustainability Save the Earth! Re-Cycle
Up-cycle! Re-claim
Re-imagine DIY Re-purpose
Re-New Re-think
Re-usie Tinker
Re-Creation Make SHARE Re-Crete

Collage Companions



Donna Drew (Left) and Karen Boss (Right) at Newark Museum of Art, Tibetan Buddhist Altar

Collage Companions is another brain child of Donna Drew!

CC is a monthly Inter-generational workshop led by artist Karen Boss.

Sponsored by The South Orange Senior Advisory Committee, SOMA Two Towns, and South Orange Public Library. Thank you to Keisha Miller for the VolunTEENs who have been an inspiration! The participation of Teens and young adults are especially appreciated!

You do not need prior art experience.

Ms. Boss will have a prompt to get started, but everyone is free to do their own thing!

Register: kbossk@aol.com

2:00 pm to 4:00 pm

Sept 10th and Oct 15th

110 Vose Ave, South Orange

(Village Apartments of the JCHC)



Collage by Lisa Jameson



The Senior Freeze Program

reimburses eligible senior citizens increases on their main home.



Requirements

Age/Disability: 65 or older

Residency: You lived in New Jersey

continuously since December 31, 2011

Home Ownership: You owned and lived in your home since December 31, 2018,

Income Limit: Your total income limit

2021 – \$94,178 or less; and 2022 –

\$99,735 or less



The deadline for 2022 applications is October 31, 2023.



Call the Senior Freeze Information Line at 1-800-882-6597 for more information.



Look for the Senior Freeze Workshop in September at Maplewood Town Hall.

Important changes coming for 2023!



IMPORTANT NUMBERS

Emergency of any kind 911

Health Department
(973) 762-8120

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

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

South Essex Fire Department
(973) 378-7751

South Orange Rescue Squad
(973) 762-5647

Suicide and Crisis Hotline 988
Information and referral services to health, human, and social service organizations

Social Services Resources 211

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
Maplewood Health Department

(973) 762-8120 ext. 2007 or ext. 2006, to be added to the Vulnerable Resident List.



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

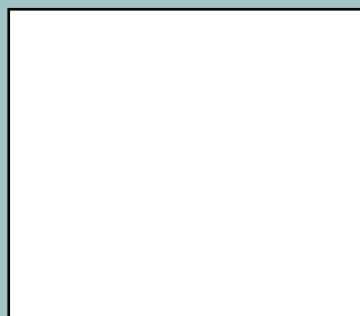
LEARN MORE BY VISITING EMERGENCYPROFILE.ORG
OR BY CONTACTING THE MAPLEWOOD POLICE
DEPARTMENT AT (973) 762-7924 EXT 7924

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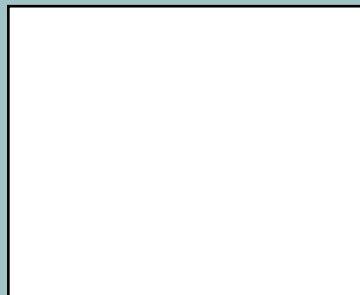
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SOUTH ORANGE PUBLIC LIBRARY

Get Carded: A library card contest
September 1-31, 2023. Stay tuned for more details.

Meet and Greet with New Librarians
Tuesday September 12, 2023 at 6pm

Special Conversations
Thursday September 14, 2023 at 6pm -Anastasia Tsioulcas

Friends of the Library Pop-Up Jewelry Sale
Thursday September 21, 2023 from
2-6pm

Book Discussion Group
Beauty Queen of Jerusalem by Sarit Yishai-Levi
Tuesday September 26, 2023 at 7pm

Special Conversations
Thursday September 28, 2023 at 6pm-Jon Michaud

Panel Discussion
Tuesday October 3, 2023 6-7pm
More information to follow

Book Talk with Kenneth Gold
The Forgotten Borough Staten Island and the Subway
Tuesday October, 10 2023 at 6-7pm

Questions? Email librarian@sopl.org or call 973-762-0230

For complete calendar www.sopl.org

On Facebook: South Orange Public Library Page

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Daria Knarvik

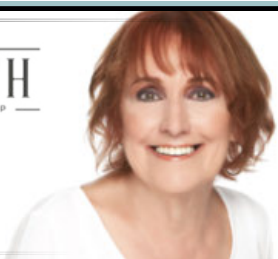
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973- 913-5055 (office)

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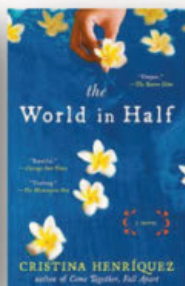
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Maplewood Library Adult Services
129 Boyden Ave. 973-762-1688
maplewoodlibrary.org

September is
Library Card
Signup Month!

JOIN ONE OF OUR BOOK DISCUSSION GROUPS



maplewoodlibrary.org/book-discussions



YARN & FIBER ARTS GROUP
Sept. 9 & Oct. 14
10 am to noon at Hilton Branch
Bring your project.
All skill levels are welcome!



DIGITAL DEVICE CLINICS

See our website for
dates & locations.



YOUR MEDICARE QUESTIONS ANSWERED

Tuesday, October 5 (virtual)
With Nancy Schwartz, Independent
Licensed Medicare Broker at Smart
Senior Healthcare.



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

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- Flood Detection
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Transportation

"Transportation mobility is important for life satisfaction as it promotes *independence, good health, quality of life, wellbeing, and social integration* for older adults"



We encourage you to try some of these options and report back to us how they worked out.
We want you to get out of the house!

National Institute for Health








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.
	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 .

Meet Renee Peters! SOMA Case Manager for Older Adults



"I am passionate about social justice, advocating for those in need, providing access to resources and having the opportunity to uplift and empower those in need."

The SOMA Case Manager will assist older adults in maintaining their independence, while utilizing professional and volunteer support within the community.

Connection to home assistance, community and government resources, local activities and events, financial assistance, transportation, housing assistance, mental health and medical services and assistance combating food insecurity.

Reach out to Ms. Peters for information about Zoom and In-person Support Groups.

Hours:

Mondays: 9am-5pm

Wednesdays 9am-5pm and Fridays 9am-4pm.

973.986.4321

SOsocialWorker@southorange.org



Lunch and Learn

Wednesday October 4: 11:00am-1:00pm

DeHart Community Center

120 Burnett Avenue, Maplewood

Aging In Place

Aging-in-place involves being able to remain in the home of one's choosing even as needs change. This requires planning by older adults, caregivers, and families.

Presented by:

Rebecca Abenante, MA, MSW, LSW, ASW-G
Geriatric Fellowship and Healthy Aging Coordinator

Pre-registration is required and lunch will be served.

Email: soma2towns@gmail.com or Call: (908)656-0878

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SOMA Two Towns for All Ages, Maplewood, NJ

06-5292

UPCOMING EVENTS

Saturday- September 9, 11:00am-2pm
COMMUNITY HEALTH FAIR
Meadowland Park at the Duck Pond,
South Orange **OPEN TO ALL**
(973) 762-8130 X2006

Sunday- September 10, 2pm-4pm
COLLAGE COMPANIONS, AN ART CLASS
FOR TEENS AND SENIORS
110 Vose Ave, South Orange
RSVP: Karen Boss: kboss@aol.com

Tuesday- September 12, 11am-1pm
LUNCH AND LEARN-FREE EVENT
FALL PREVENTION/PEDESTRIAN &
DRIVING SAFETY
Maplewood Community Center
120 Burnett Ave
Registration Required: (908) 656-0878
soma2towns@gmail.com

Wednesday- September 27, 9:30-11am
WALK MY WAY-GROUP WALK
Skate House by the Duck Pond in
Meadowland Park, South Orange
Registration Required: (908)656-0878
soma2towns@gmail.com

Saturday- September 30, 11am-2pm
COMMUNITY HEALTH FAIR
Maplecrest Park, Maplewood
OPEN TO ALL
(973) 762-8120 X2006

Tuesday- October 3, 10am-2pm
ESSEX COUNTY SENIOR WELLNESS
FAIR
Essex County Arena, 560 Northfield
Ave, West Orange
For Information call: (973) 621-4440
Transportation call: (973)763-0750

Wednesday- October 4, 11am-1pm
LUNCH AND LEARN-FREE EVENT
AGING IN PLACE
Maplewood Community Center
120 Burnett Ave, Maplewood
Registration Required: (908)656-0878
soma2towns@gmail.com

Thursday- October 5, 6:30pm-8pm
WHAT IS HOME SHARING?
South Orange Public Library
65 Scotland Rd, South Orange
Registration Required: (908) 656-0878
soma2towns@gmail.com

Thursday- October 12, 6:30pm-8pm
THE ABC'S OF ADU'S
South Orange Public Library
65 Scotland Rd, South Orange
Registration Required: (908) 656-0878
soma2towns@gmail.com

Sunday- October 15, 2pm-4pm
COLLAGE COMPANIONS, AN ART CLASS
FOR TEENS AND SENIORS
110 Vose Ave, South Orange
RSVP: Karen Boss: kboss@aol.com

Thursday- October 19, 6:30pm-8pm
AARP HOMEFIT GUIDE- HOME
MODIFICATIONS
Maplewood Library-Hilton Branch
(1688 Springfield Avenue)
Registration Required: (908) 656-0878
soma2towns@gmail.com

Thursday- October 26, 6:30pm-8pm
INTERGENERATIONAL HOUSING
Maplewood Library-Hilton Branch
(1688 Springfield Avenue)
Registration Required: (908) 656-0878
soma2towns@gmail.com

Tent!

Our Tent travelled to these fun events!

MayFest Street Fair, Maplewood

Under Cover Music Fest: South Orange Downtown's signature event, live music by local artists performing covers of famous artists, and a beer garden! .

Maplewoodstock Music & Arts Festival:

Over 100 guests availed themselves of our chairs, water, snacks and shade!



Volunteer Hosts

Joan Crystal,

Donna Plotnick,

Judith Kramer,

Marilyn Schnaars,

Alyssa Aronson,

Ed and Tonia Moore,
and others provided info,

Resources and SMILES!



Look for the Tent at future events
for a place to "set a spell"!

TRIP to Newark Museum of Art!



*Bus by
South
Orange
Parking
Authority!*

*Awesome
docent
Bettie Brown
Thank you!*





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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 you junk folder. If you have a spam blocker, please allow mail from this address.

CONNECT WITH US ONLINE

Website:

somatwotownsforallages.org

The newsletter is on the website under Publications. There is an updated calendar as well!

Facebook:

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

Email: Soma2towns@gmail.com
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