



"What is Lifelong Westfield?"

Created in April 2018, Lifelong Westfield is one of Mayor Shelley Brindle's five advisory councils. As stated on the town website, the goal of our council is to "help Westfield residents age in place by serving as a centralized clearinghouse for activities and services that help seniors and their caregivers". We are working to make Westfield a great place to grow older.

The Lifelong Westfield Council is a volunteer group that includes representatives of the Westfield Town Council, Westfield United Fund, Westfield Senior Citizens Housing, Westfield Recreation Department, a geriatrician, and other volunteers from the community. Lifelong Westfield has representatives from Westfield residents of all ages - from high school students to octogenarians!

In the past year, the council has held a number of events for seniors including a safety walk, a technology workshop, and a senior services expo. This coming year, we plan to repeat many of these events. Additionally, we plan to organize many other events such as a walkabout through Tamaques Park with the Mayor.

The Lifelong webpage consolidates a monthly calendar of activities and programs run by organizations in Westfield that senior residents may be interested in attending. To access the calendar go to <https://www.westfieldnj.gov/lifelongevents>

For additional information, please email westfieldnjseniors@gmail.com

Our Members

Co-Chairs:

- Brad Chanie, Resident, Veteran of the garment industry
- Deirdre Gelinne, Resident, Executive Director of the Westfield United Fund

Other Members:

- David Contract, Resident, Ward 3 Town Councilman
 - Harvey Davidson, Resident, Veteran of the hospitality industry
 - Kathy Dulan, Resident, former Director of Religious Education at St. Helen's
 - Emily Duncan, Resident, WHS Student
 - Elizabeth McGuire, Resident, WHS Student
 - Jill Dispenza, Resident, Director of Lifelong Elizabeth
 - Liz Fennik, Director of Westfield Senior Housing
 - Lauren Harmer, Westfield Recreation Department
 - Ron Holmes, Resident, Westfield Neighborhood Council
 - John O'Brien, Resident, Construction Attorney
 - Gerri Rothfleisch, Resident, Jewish Family Service Board
 - Sushmita Srivastav, Resident, Geriatrician
 - Jean White, Resident, Director of Older Adults Program at the Westfield Y
 - Lloyd Marks, Council Photographer
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Get Your FREE Safety Vest!

Have you gotten your FREE Safety Vest? Lifelong Westfield in partnership with the Westfield Police Department is handing out high-visibility safety vests for free to all seniors as part of the town's efforts to improve pedestrian safety. The vests are bright yellow and feature reflective strips so they can easily be seen by motorists. All Westfield seniors can pick up their free safety vest at the Westfield Police Department or at special "Walking Safety" events held throughout the year. If you'd like to be notified about upcoming Lifelong Westfield events, please join the Lifelong Westfield email list by sending your name and email address to westfieldnjseniors@gmail.com.

Also, here are some common-sense safety tips to walk smartly:

- **Use sidewalks.** If there are no sidewalks, walk on the street against the traffic flow
- **Use crosswalks.** Pedestrians have the right of way only in crosswalks
- **Watch for turning vehicles.** Always look in all directions before crossing, even in a crosswalk, to make sure it's safe. Wait for the walk signal before crossing
- **Wear bright-colored clothing** so cars can see you, especially at night. Wear a bright-colored safety vest which stands out
- **Avoid distractions** like talking on a cell phone or listening to music so you're fully aware of the cars around you
- **Make eye contact with drivers** before crossing



Introducing Westfield 300

Westfield 300 is an initiative to plan a celebration of the Town's 300th anniversary in 2020 that will engage, educate and inspire all residents to participate in a year-long series of programming and events. The objective is to leverage this milestone in the following ways:

- Ignite community pride and engagement by paying homage and celebrating Westfield's unique and rich history, from our Native American roots to present day
- Unite the community around a bold and shared vision for the future that establishes Westfield as a model 21st century live, work, and play community for its residents, businesses, and visitors
- Mayor Brindle recently formed the Westfield 300 Steering Committee in order to produce an overall strategy and initial plans for this town-wide celebration. Comprised of community leaders representing a diversity of expertise and perspectives, this committee will form the overarching vision for Westfield 300

Westfield 300 (cont'd)

- The Steering Committee has identified key anchor events for Westfield 300 – including the recognition of the first 2020 Westfield baby in January, a Town-wide outdoor celebration in June and an enhanced year-end holiday event next December to cap the anniversary year. In between, ongoing Westfield 300 programming is expected to include historical lectures/re-enactments, musical festivals, architectural tours, a commemorative book, and additional opportunities to be finalized in the coming weeks and months among business owners, residents, and community organizations. The Committee's hope and expectation is that local organizations will identify their own ways of incorporating Westfield 300 into their 2020 plans. For more information, go to westfieldnj.gov.
- Lifelong Westfield is planning to host a Westfield 300 event for seniors in the spring. We are also working with WAYVE (Westfield Area Youth Volunteer Experience) to gather the stories of our long-term residents and feature them in our Legacy Project.

Did You Know About These Senior Discounts in Westfield (for 65 and older, unless otherwise specified)?

Raritan Valley Gyrotonic: contact Shirley Wallitsch for a discount at Info@rvgyrotonic.com. 100 Elmer St.

Ono Bowls: 20% off to seniors and 50% off for veterans. 107 Quimby Street

Lord & Taylor: 25% discount on cosmetics and fragrances (on all non-excluded vendors) on first Wednesday of every month. 609 North Ave West

Fresh Bui: 15% off daily. 57 Elm St.

N & C Jewelers: 20% off. 102 Quimby St.

Evalyn Dunn Art, Framing & Gifts: 10% off on Wednesdays; 549 South Ave W

Open Door Therapy: 10% discount for seniors 55+ for a 1 hour session between 9:00 a.m.-2:00 p.m M-F. 111 Quimby St.

R Studio Lash Spa: 10% discount on all services for seniors. 100 Quimby St.

Downtown Dental: offers senior discounts. 219 North Ave West

Madeline Moss: offers free delivery & set up including resettling of existing pieces in your home. 258 East Broad St.

Brunner Opticians: 15% discount on full retail purchase of Frames & Lens. Excludes Maui Jim, Ray-Ban, Insurance Plans, Contact Lens & Optometric Services. 100 East Broad Street

CrossFit 908 Central: 10% discount on all monthly memberships. 260 North Ave East

Featured Senior: Brad Chananie



How long have you lived in Westfield? 30 years

What brought you to Westfield? The great school system because we had two very young children. There were also beautiful houses in town. We appreciated the convenience of location, nice downtown, and great cross-section of people.

What makes you want to stay in Westfield? My wife and I are very happy here. We have many close friends and neighbors. Westfield is in a good location because it is close to NYC and wherever else we need to go.

What is your favorite part of living here? Great town, great people, great memories

How do you participate in the community? When my boys were younger I coached them in baseball and soccer and I was very active on the baseball board for approximately ten years. I was a volunteer in town on school and Temple trips when the boys were younger. I also co-founded the mayors' senior advisory council in April 2018 and I serve as a co-chairman.

How have you seen this community change? First, I think that that we have the strongest and most pro-active mayor that we have ever had in the thirty years that I have lived here. With strong leadership, more people than ever are volunteering their time to make Westfield an even stronger and more inclusive community. We have a strong town council who is a real pleasure to work with. We also have excellent leadership from our police/fire departments who are bringing wonderful new programs to life to make our town even a more desirable place to live.

What changes do you want to see? I want Lifelong Westfield to continue to reach out to our senior community in order to make Westfield a wonderful town to age in place. Our council is driven by a labor of love to make certain that all "seniors" from their early 60's on all feel wanted and needed, and are a very important part of our community. There are many new and exciting events for 2020 and forward.

Where is your favorite place in Westfield? My home

What is your favorite memory in Westfield? Since my children were already born when we moved here, I would say both of their Bar-Mitzvahs and WHS graduations.

Tell us about your family. I have an amazing & understanding partner in my wife Leslie, and we have been married for 38 years. Our oldest son, Douglas (34), and his beautiful wife Brittany live in Garner, NC. They are expecting in August and we couldn't be prouder & more excited. Jonathan, who is 31, moved back to NJ a few years ago and it's great having him back on the east coast. We also have a loving 7-year-old "furry daughter" named Bernie who keeps us active & loves her daily walks.



"Dr. S Says"
Good old hand washing is the best!

Dr. Sushmita Srivastav is the Medical Director at Lantern Hill, a senior living community in New Providence.

When washing hands with soap and water, wet hands first with water, apply an amount of product recommended by the manufacturer to hands, and rub hands together vigorously for at least 20 seconds, covering all surfaces of the hands and fingers. Rinse hands with water and dry thoroughly with a disposable towel. Use the towel to turn off the faucet.

Liquid, bar, leaflet, or powdered forms of plain soap are acceptable when washing hands with soap and water. When bar soap is used, small bars of soap and soap racks that facilitate drainage should be used.

Multiple-use cloth towels of the hanging or roll type are not recommended

When decontaminating hands with an alcohol-based hand rub, apply product to the palm of one hand and rub hands together, covering all surfaces of hands and fingers, until hands are dry. Follow the manufacturer's recommendations regarding the volume of product to use.

Alcohol-based hand disinfectant products do not have activity against norovirus or spore-forming bacteria, including *C. difficile* and MRSA.

The golden rule to prevent the spread of infection is HAND WASHING!

Learn more about Lifelong Westfield and see the monthly calendar of activities for seniors at <https://www.westfieldnj.gov/lifelongevents>

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