

WELCOME

Exploring What Endures: The Long-Term Durability of Age-Friendly Community Initiatives and Their Impact

Friday, Sept. 25, 2026 | 12:00-1:00 PM



**HUB FOR AGING
COLLABORATION**



Age-Friendly NJ



RECORDING

We will be creating a recording of today's event, and we plan to post the recording of our welcoming remarks and the presentations in the main room.

By attending and/or participating, you are consenting to photography/videography and for it to be used for purposes that are consistent with the mission of Rutgers University. You can rename yourself and/or turn off your camera as you prefer. Thank you!



TECH CONSIDERATIONS

- Recording and other resources will be shared via email after the event
- Closed captions are enabled
- We welcome a lively chat! Please introduce yourself in the chat:
 - Name
 - Geographic location
 - Organizational affiliation/role



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Age-Friendly NJ



TODAY'S EVENT

What does it mean for age-friendly work to be sustained over time?

Today's event explores the expansive ways to understand the long-term durability and systems impact of age-friendly efforts



TODAY'S HOSTS



**Rutgers Hub for
Aging Collaboration**

<https://go.rutgers.edu/hubreport2026>



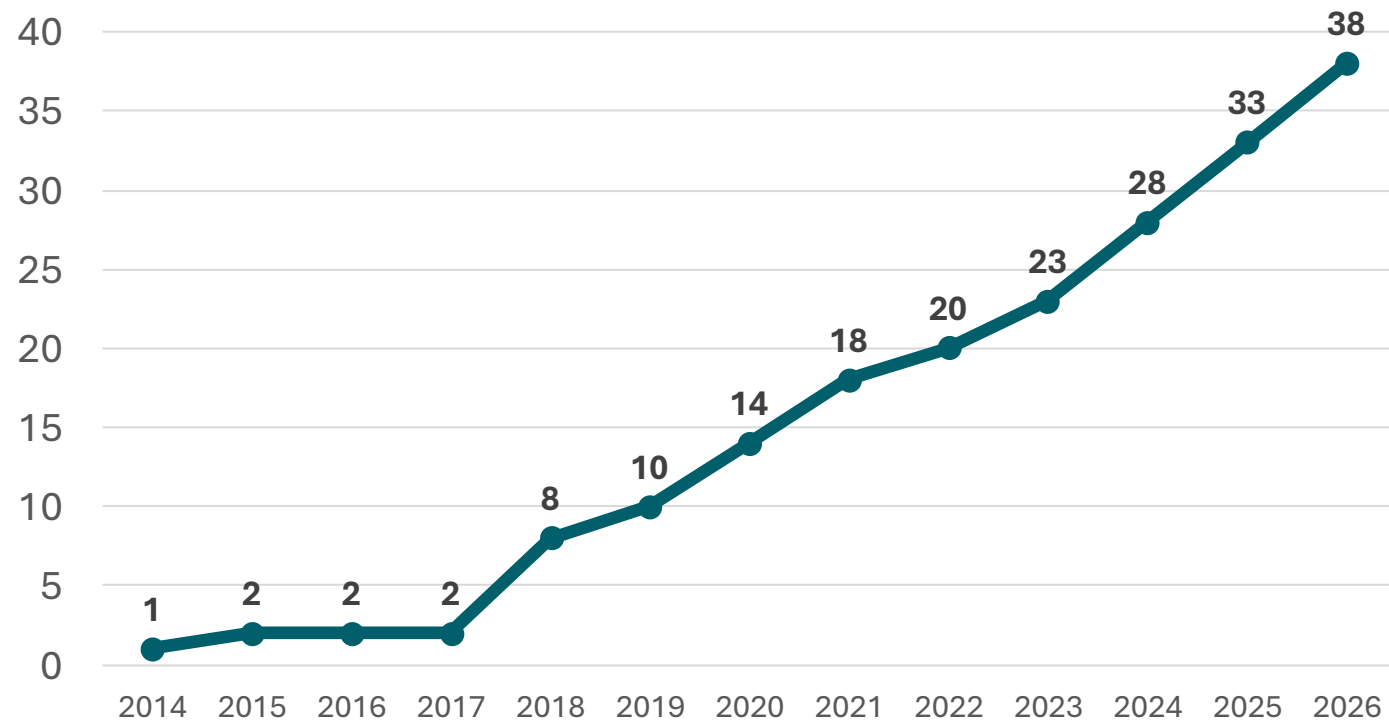
**Age-Friendly
New Jersey**

<https://agefriendlynj.org/>



SUSTAINING AGE-FRIENDLY IN NEW JERSEY

Cumulative AARP Network of Age-Friendly States & Communities: New Jersey*



*Includes municipalities, counties, and state
(excludes AARP challenge grantees)



Data and image source:
<https://livablemap.aarp.org/#/view=map/f8=NJ>

TODAY'S PARTICIPANTS

145+

REGISTRATIONS

70%

FROM NJ

AGE-FRIENDLY CONNECTION

18%

Current or former
AFC Leader

19%

Organizational
Partner

17%

Researcher



PROGRAM OVERVIEW

1

Commentaries from Age-Friendly Leaders

Sheila Brogan, Age-Friendly Ridgewood

Shannon Lyons, The Harpour Group

Cathy Rowe, New Jersey Advocates for Aging Well

2

Research Presentation

Age-Friendly Research Team, Hub for Aging Collaboration

3

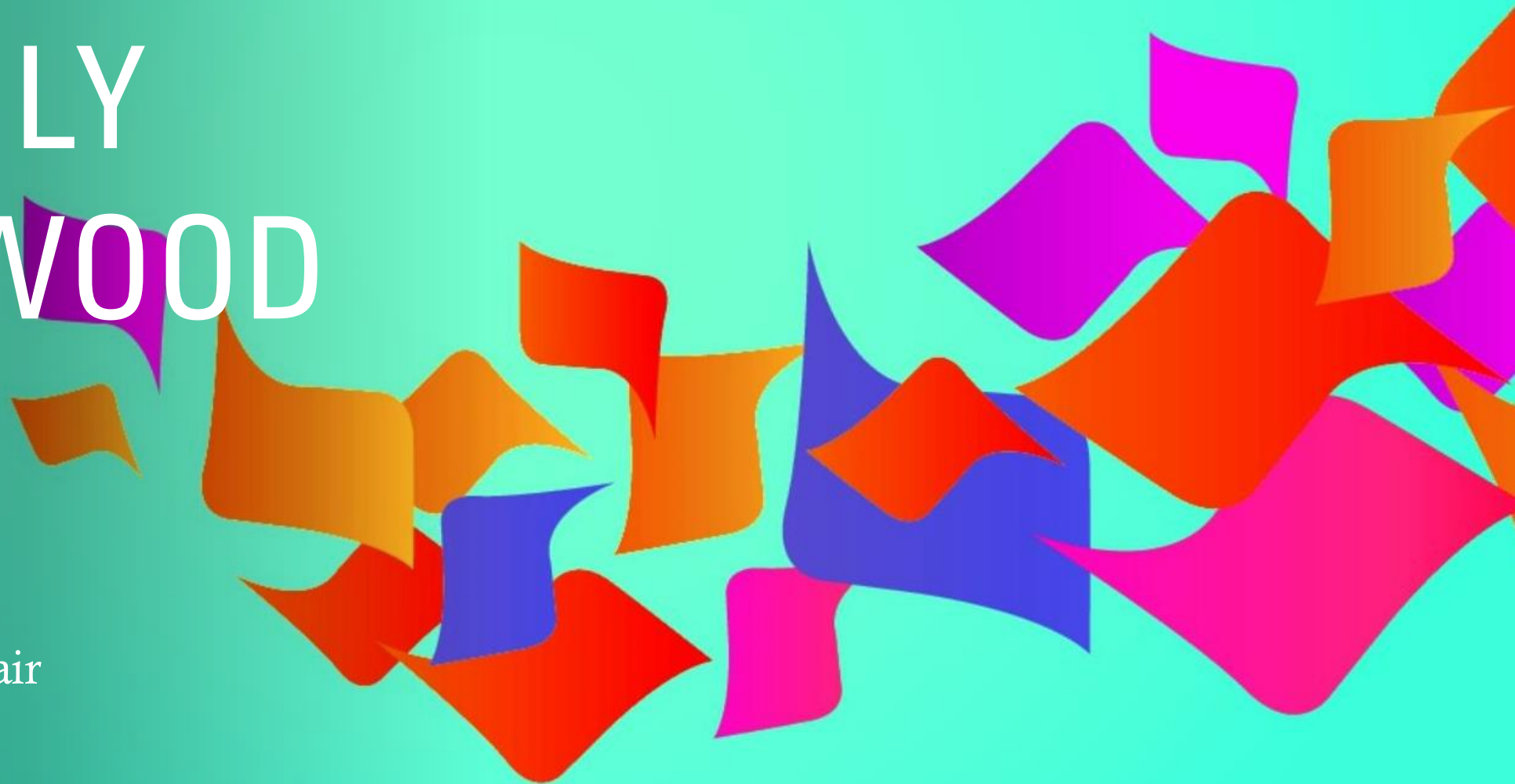
Moderated Discussion

Julia Stoumbos, The Henry and Marilyn Taub Foundation



AGE FRIENDLY RIDGEWOOD

Sheila Brogan, Co-chair



OUTDOOR SPACES AND BUILDINGS

Working with the Village Management creating outdoor spaces conducive for older adult needs



TRANSPORTATION

- Senior Bus – survey, expanded hours, evening events



RIDGEWOOD
SENIOR BUS
Hours of Operation:

 **TUESDAY - THURSDAY**

 **8 AM - 3 PM**

 **WITHIN RIDGEWOOD AND SURROUNDING TOWNS**

 **RESERVATIONS**
MUST BE MADE 1 WEEK IN ADVANCE
FOR THE DATE OF SERVICE BEING REQUESTED.

 **TO MAKE A RESERVATION, CALL**
201-670-5500 EXT 2203
Thank you.

NOW
INCLUDING
WYCKOFF!

 *We're here to get you there! ♥*



HOUSING

- Property Tax Relief

2025 Form PAS-1

**Application for Property Tax Relief
For Seniors and Certain Disability Recipients**

- Application for the Property Tax Reimbursement (Senior Freeze), ANCHOR, and Stay NJ programs
- File your application by — November 2, 2026
- This form replaces the PTR-1, PTR-2, ANCHOR-H, and ANCHOR-T for seniors and certain disability recipients
- You can file online at — propertytaxrelief.nj.gov
- For more information call — 1 (888) 238-1233

IMPORTANT

Benefits for all of the programs included in the Property Tax Relief application are subject to State Budget appropriation.

SOCIAL PARTICIPATION

Annual Summer Breakfast and November Giving Thanks Dinner.

Community Center redesign and expanded senior programming



RESPECT AND SOCIAL INCLUSION

- Work with our Library team to bring speakers in and show movies that would be of interest to our older adults



WORK AND CIVIC ENGAGEMENT

- Pre-Covid, we worked alongside our community partners to host a volunteer fair. Forty organizations offering volunteer opportunity and two hundred fifty people looking for volunteer positions attended making it a success. Unfortunately, Covid came and many of these volunteer opportunity closed. We are in preliminary discussions again with the library to replicate the volunteer fair.
 - As part of the Community Center Board, we work along side older adults as we envision a revitalized and renovated Community Center. Their advocacy to expand programming for older adults at the Community Center has been essential in moving the project forward.
-

COMMUNICATIONS AND INFORMATION

- Monthly newsletter emailed to over 500 addresses. Website www.AgefriendlyRidgewood.org
- Field calls and emails seeking information on available services
- Lunch and Learn at the Community Center every other month
- Talks at the Library on Medicare and Medicare Part D



AGE FRIENDLY RIDGEWOOD

Bergen County Executive
James J. Tedesco, III
Bergen County Board of Commissioners
Bergen County Department of Human Services/Division of Senior Services
Proudly Present Bergen County's

**Dementia-Friendly
MEMORY CAFÉ**
at Bergen County Zoo at Van Saun County Park

Join us for a special Memory Café at the Bergen County ZOO! Featuring a guided zoo walk, animal presentations, and more. Due to the special location, the Caregiver Support Group will **not be held** at this event. Snacks and water will be provided.

**Thursday, September 10, 2026
2 PM - 4 PM**

**Location:
Bergen County Zoo**
Van Saun County Park
216 Forest Ave
Paramus, NJ

**BERGEN COUNTY
AT VAN SAUN COUNTY PARK**

Reservation Required
To RSVP, please contact Rachel Rebich:
(201) 336-7403 or rrebich@bergencountynj.gov
To request transportation, please call (201) 368-5955.

James J. Tedesco, III
Bergen County Executive

Steven A. Tancilli, Chairman • Tracy Silva Zur, Vice Chairwoman • Dr. Joan M. Voss, Chair Pro Tempore
Mary J. Amoroso • Rafael Marté • Germaine M. Ortiz • Thomas J. Sullivan



May Lunch & Learn

OLDER AMERICANS MONTH
CHAMPION YOUR HEALTH. MAY 2026

"Protecting your Identity Online"

Presented by:
Sheila Brogan, LSW, ACSW, Co-chair Age Friendly Ridgewood

Protect Yourself from Fraud and Scams

**Tuesday, May 12, 2026
11:30am - 1:30pm
Anne Zussy Youth Lounge
131 N. Maple Ave. Avenue
Cost : NO FEE**

Join us for our next Lunch and Learn on Tuesday, May 12, 2026 from 11:30am to 1:30pm! Sheila Brogan, Co-chair Age Friendly Ridgewood, shares a PowerPoint presentation on creating safe passwords, identifying spam and phishing emails, and understanding the best practices for shopping online and using social media during Older Americans Month (OAM). The OAM 2026 theme, 'Champion Your Health', underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions. Let's be responsible and stay safe!

Lunch and presentation included and sponsored by Age Friendly Ridgewood. Hosted by The Community Center of Ridgewood Foundation, with support from the Village of Ridgewood.

Registration is required at
<https://register.capturepoint.com/ridgewood> by May 10.
Contact 201-670-5500 ext. 2301 for more information.
If transportation is needed, please call 201-670-5500 ext. 2203
to request a reservation on the Ridgewood Senior Bus.



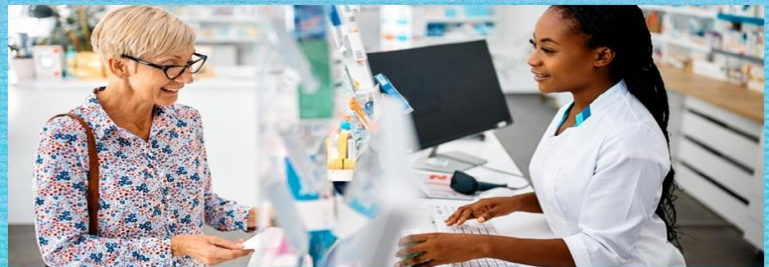
MEDICARE PART D

VIRTUAL PROGRAM VIA ZOOM

Now is the time for seniors to choose a plan and for those on a Part D plan to re-evaluate in time for the enrollment period that runs from Oct 15-Dec 7

**PRESENTED BY SHEILA BROGAN,
GERIATRIC SOCIAL WORKER
AT NORTHWEST BERGEN
SENIOR CENTER**

Tuesday, Oct 24, 6:30-7:30 pm



COMMUNITY AND HEALTH SERVICES

- Wellness Fairs, Mayor's Wellness Campaign, Emergency Preparedness Booklet



2026 MAYORS WELLNESS CAMPAIGN

10 to Thrive

One 10-minute walk. One piece of fruit.
One healthier choice at a time.

KICKOFF EVENT

 **FRIDAY, SEPTEMBER 18**

 **10:00 TO 10:30 AM**

 **KASSCHAU MEMORIAL SHELL**

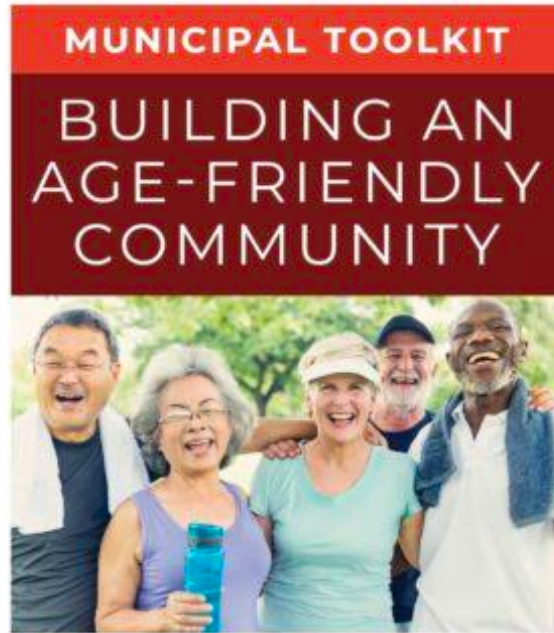
Welcome:
Mayor Paul Vagianos

Short Talk:
Danielle Fabrizio, MS, CHES
Supervisor, Health Education
The Valley Hospital

Join us for a short walk around Veterans Field, then stay to enjoy some fresh fruit and connect with one another as we kick off the 2026 Mayors Wellness Campaign!

MUNICIPAL TOOL KIT



Thanks to the Henry and Marilyn Taub Foundation for their financial support for this Age Friendly Initiative



AGE FRIENDLY

RIDGEWOOD



A Community for All Ages
An Age-Friendly Initiative

What's the (Sustainability) Story?

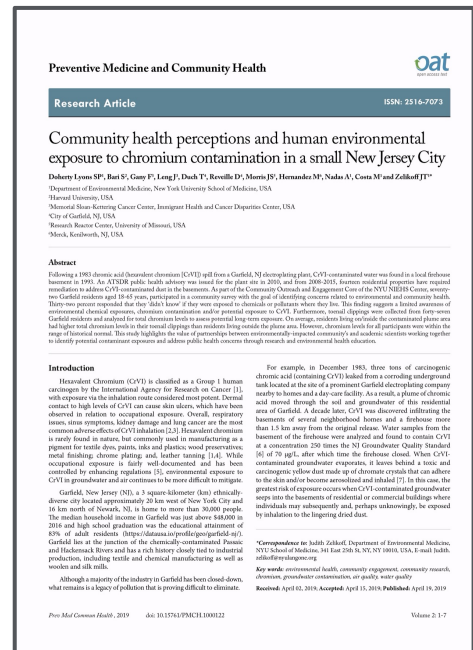
September 25, 2026

HUB for Aging Collaboration
Rutgers University

Shannon Lyons, M.S.
Research Scientist
Managing Partner, The Harpour Group, LLC

NYU Env Med CEC-Garfield Partnership

- City of Garfield, NJ
 - ✓ Bergen County Community
 - ✓ 35,000 residents
- Worked with City Manager & Public Health Department to establish partnership
- Local environmental health issue: CrVI- contaminated groundwater
 - ✓ Conducted a community health survey and research study with residents



Garfield Age-Friendly Community Initiative

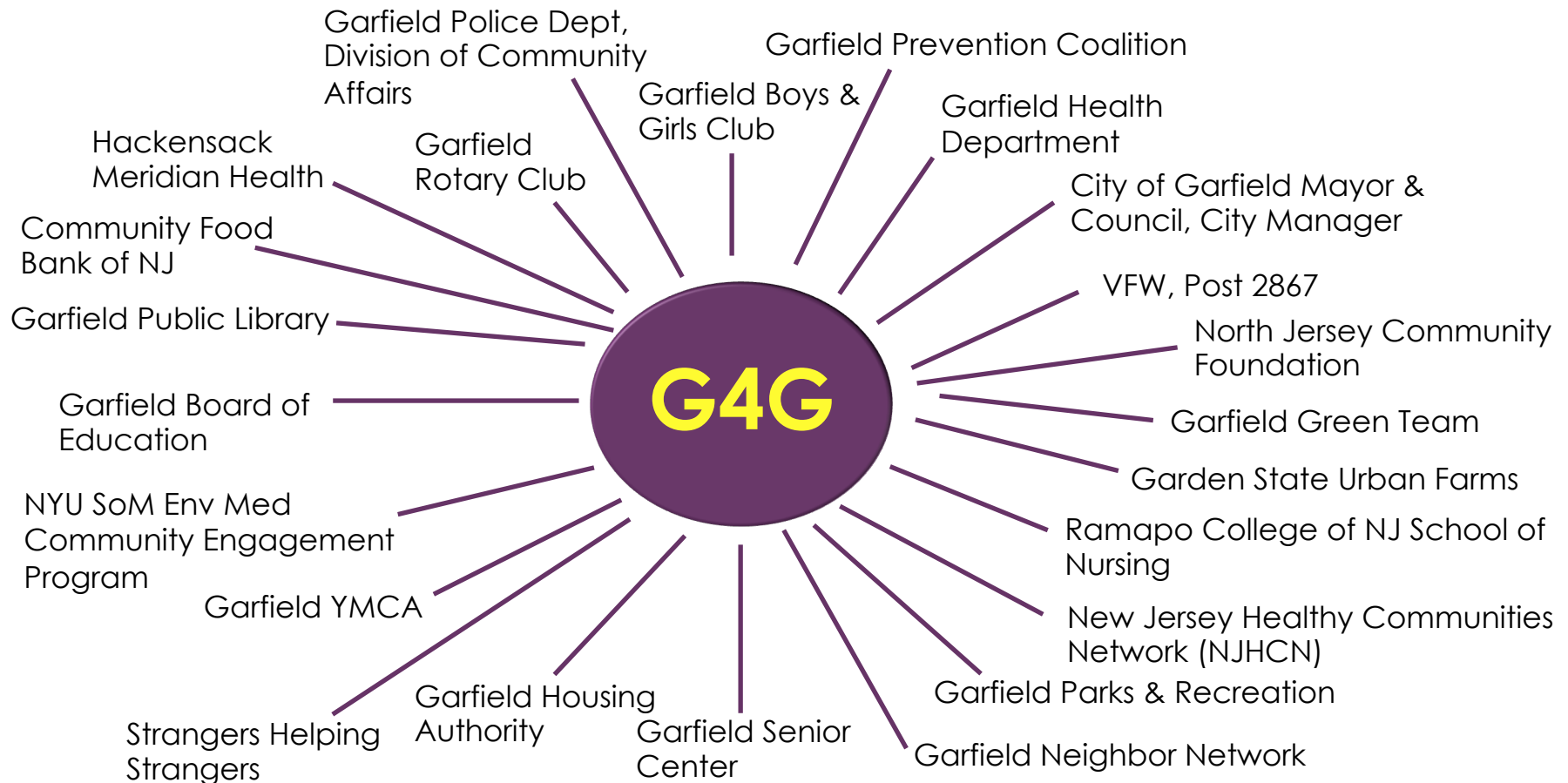
- In 2016, the City of Garfield received a planning grant to explore the opportunity to create an Age-Friendly Community Initiative (AFCI).

MISSION

The mission of "Generations for Garfield - A Community for All Ages" is to create a city that offers all generations of residents, particularly our older adults, the resources necessary to safely and conveniently live in Garfield. This will be accomplished by addressing:

- **TRANSPORTATION:** bringing all available public and private transportation resources to better navigate the city and surrounding areas.
- **COMMUNICATION:** through newsletters, websites, social media and community events we will raise awareness of healthcare, education, transportation and other valuable resources to our residents.
- **SOCIAL INCLUSION:** creating opportunities for older adults to be heard and participate in planning for improvements in housing options and transportation.

Community Partners






Free Produce Market
Garfield Recreation Department

All families are welcome to pick up fresh produce with voucher as well as learn about community programs.

Wednesday, May 22nd, 2019
 1pm-3pm

To obtain your free produce voucher, contact the agency where you got this flyer or call the Garfield Health Department at (973) 340-3340

****To obtain a voucher, call before May 19****



Community FoodBank OF NEW JERSEY



G4G at work

Sharing the story of collaboration

- Community Engagement Strategies to Promote Environmental Public Health for **All** Ages (2023)
- Community-Academic Partnership
- The benefits of coalition building

Community Engagement Strategies to Promote Environmental Public Health for **All** Ages

Shannon Doherty Lyons,¹ New York University Grossman School of Medicine, USA
Darleen Revellie, Public Health Department, USA
Jeffrey Stewart, Division of Community Affairs, Garfield Police Department, USA
Judith T. Zelikoff, New York University Grossman School of Medicine, USA

Abstract: Reducing environmental exposures, improving the built environment, and encouraging residents to keep a "healthy home" are strategies that lead to sustainable community health, well-being and overall "age-friendliness" of a community. The New York University Grossman School of Medicine (NYU-GSM), Department of Environmental Medicine, and the National Institute of Environmental Health Sciences Core Center for partnership with the City of Garfield, NJ to engage residents around the idea of "aging in place." Aging in place (i.e., staying in their current home or community) is one of the most common requests made by older adults, and thus a healthy, sustainable built environment is vital to achieve their desire. Access to food, health care, and an easy to navigate local environment are all necessary aspects of aging in place. One of the goals of this community-academic partnership is to engage Garfield residents regarding the environmental strategies that can improve their local environment. The first step of this partnership was a questionnaire or needs assessment survey developed in collaboration with residents. The Solid Environmental Medicine Community Engagement Program conducted a community survey for older adult residents, entitled "55+ Community Survey" in Garfield to assess their needs and establish relevant goals for planned initiatives. Survey results were used to outline goals for the newly formed age-friendly initiative. Generations for Garfield, and as an important tool in advocating for the health and well-being of older adults. The results of the community survey, in combination with the success of the engagement strategies developed in Garfield, that is, pop-up wellness centers, establishment of the engagement center, socialization and community-building opportunities, all reflect the importance of sustaining a healthy, environmentally sound and engaged city for residents of all ages.

Keywords: Environmental Health, Community Engagement, Age-Friendly, Aging in Place, Public Health, Community Policing

Introduction

By definition, environmental public health is "the science of conducting and translating research into action to address environmental exposures and health risks of concern to the public." Examples of potential environmental exposures that can impact health include (but are not limited to) (1) outdoor air pollution; (2) indoor air quality; (3) the built environment; and (4) contaminated soil or (5) drinking water. Although it may seem to some like environmental health is a recent development or field of study, scientists have been studying the effects of "external factors" on human health since the 1500s. Paracelsus, considered by many to be the "Father of Toxicology," realized that there was more to "health" than what was inside the human body. External factors such as chemicals, pharmaceuticals, water, food, and air can have effects on health, as well (Bercic 2000). Awareness of these external factors and reducing the risk of exposure is the goal of environmental public health.

Engaging an entire community in a greater awareness of environmental public health principles is important for many reasons, including increasing the age-friendliness and sustainability of a "healthy" community. The concept of age-friendliness or aging in place reflects or defines how "easy" it is for residents to remain active, healthy, social, and "in place" (in their homes and/or communities) as they age. The principles of environmental public health

¹ Corresponding Author: Shannon Doherty Lyons, 341 East 24th Street, New York, NY, 10010, NYU Langone Health, Grossman School of Medicine, Division of Environmental Medicine, USA, email: Shannon.Doherty@nyulangone.org

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Permissions: 01980-2776-5310/GP/13021-14 (Article)
https://doi.org/10.1898/2776-5310/GP/13021-14 (Article)



The Impact

The impact of this community space is monumental:

- ♦ A third place for residents: not home, not work.
- ♦ Increases positive police presence.
- ♦ Demonstrates the commitment of community leaders to make Garfield a place they want to live & spend time.
- ♦ An example for other communities.
- ♦ Reflects Garfield's membership in the AARP Network of Livable Communities.

Programming at the Center

- Life skills classes with the Garfield HS transitional program for students with multiple disabilities.
- Diabetes Prevention Program & Health Education
- Community Food Bank of NJ
Intergenerational Soup Ed
 - Nutrition education for older adults & EPIC students
- GPC Hidden in Plain Site Program
- NYU SoM Environmental Medicine & GPC Healthy Homes Initiative

Community Engagement

Have an idea for a community program at the engagement center? Let us know what you think!

Contact Us

Garfield Community Engagement Center
159 Grand Street, 1D
Garfield, NJ 07026
Email: jstewart@garfieldpolice.org
Visit us on the Web:
www.generationsforgarfield.org



THE GARFIELD COMMUNITY ENGAGEMENT CENTER

A place where residents can gather to learn, grow, and build community.



159 Grand Street, Garfield, NJ

More recent work

- G4G AF Leadership Grant
 - Mentor neighboring towns
 - Expanding AF work beyond Garfield
 - Sustainability Plan for G4G
- New opportunities to work in Bergen Co
 - Bergen Roundtable
- New Opportunities to work state-wide
 - NJ AF Grant program with Rutgers Bloustein School
 - Age-Friendly New Jersey

In Summary



A Community for All Ages
An Age-Friendly Initiative



Consulting



NJ AF Grantees Technical Assistance

Thank you!

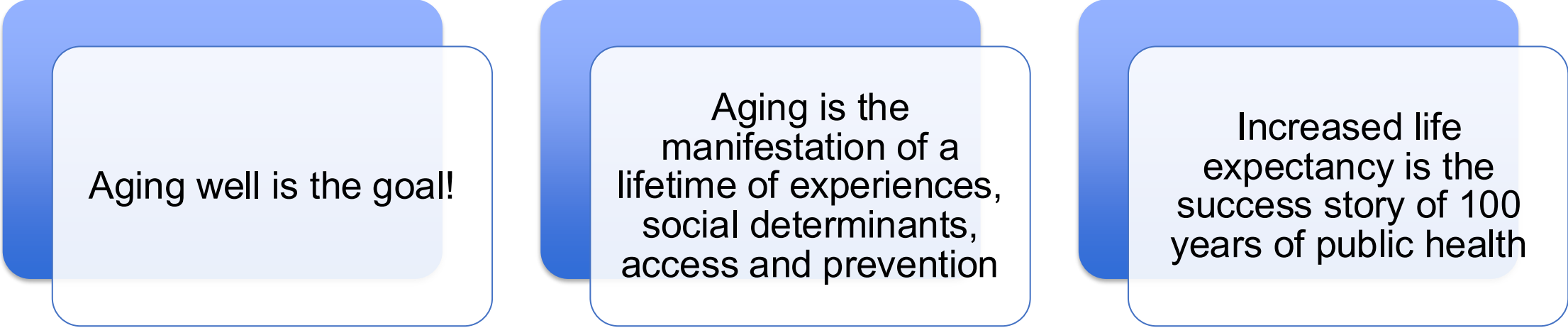
Shannon@TheHarpourGroup.com
www.TheHarpourGroup.com



Public Health is everywhere...

Is that a promise or a threat?

Public health and aging



Aging well is the goal!

Aging is the
manifestation of a
lifetime of experiences,
social determinants,
access and prevention

Increased life
expectancy is the
success story of 100
years of public health



Age friendly community perspective

SOMA Two Towns

- Grass roots
- Potential to make change quickly
- Ability to plan and grow support

COVID

- Rapidly moved from AF planning to emergency response & action
- Highlighted what CAN be done when resources are aligned

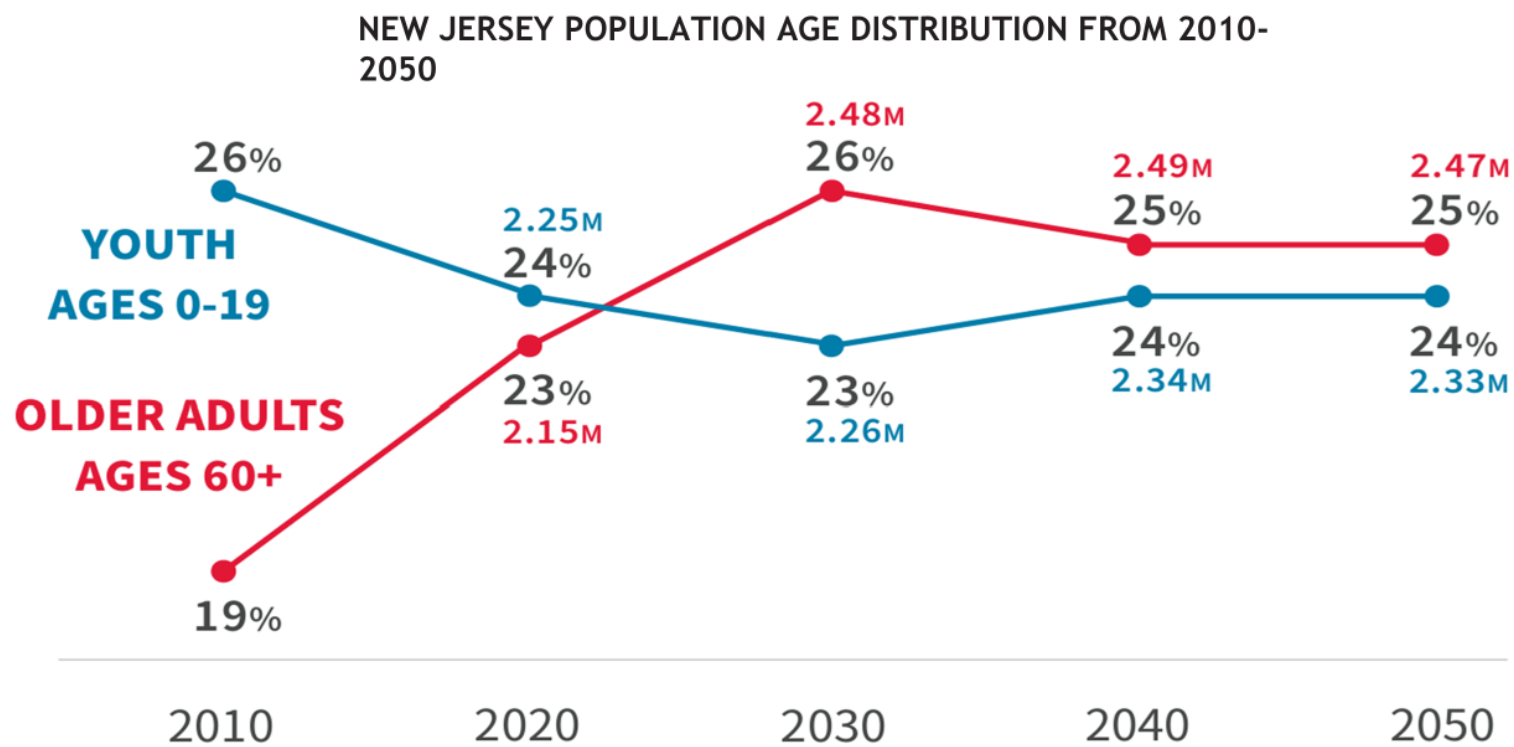


AFC to Statewide perspective: Scaling up level of support for aging

- Every community has unique but common needs
- People do not live or age within the boundaries of their community

Why now?

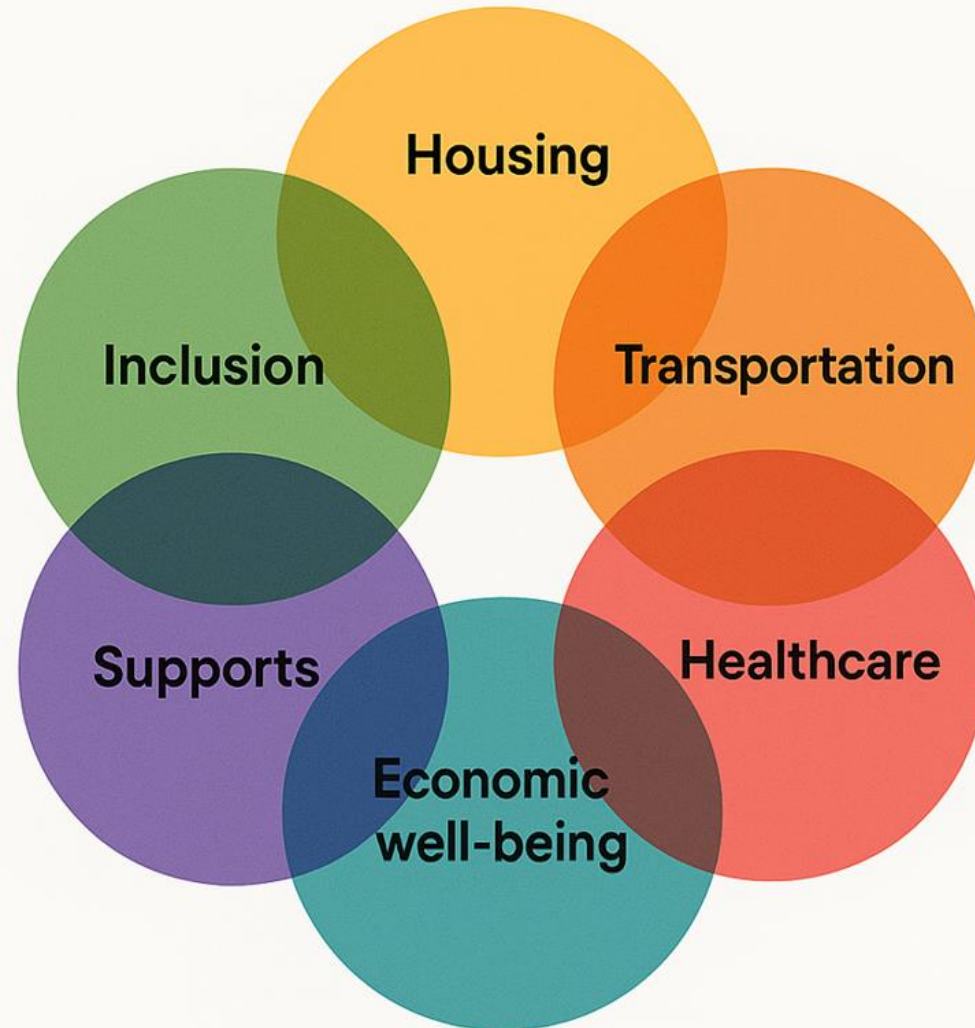
1. Like most of the country – and the world – New Jersey's demographics are rapidly shifting and within 10 years, residents over age 60 will outnumber students in our schools
2. From 2010-2021, NJ's population of older adults increased by 31% - the total population increased by only 5%
3. We know the challenges facing older adults that can be addressed by effective policy
4. What we do to prepare for an older NJ affects not just the older individual, but the entire community -an older NJ impacts their adult children, their families – the network of New Jerseyans connected to them.



Suggested Citation: Hub for Aging Collaboration, Rutgers University School of Social Work (2025). New Jersey Population Age Distribution from 2010-2050. <https://go.rutgers.edu/NJ-age-distribution>



Public health – AFC - an MPA





RUTGERS UNIVERSITY

Hub for Aging Collaboration

School of Social Work

Conceptualizing the Sustainability of Age-Friendly Community Initiatives

Drs. Natalie Pope & Emily Greenfield
Rutgers School of Social Work

Sept. 25, 2026 – Exploring What Endures – Hub/AFNJ Virtual Event

Theoretical Grounding

INTERVENTION (PROGRAM) SUSTAINABILITY

**Many perspectives for
understanding &
studying intervention
sustainability**

When Occurs?

Destination? Process?

**Program? Activities?
Impact? Change?**



Literature on AFC Sustainability

Facilitators & Barriers of AFC Sustainability



Colibaba et al., 2020; Coyle et al., 2022; Forsyth & Lyu, 2023; Menec & Brown, 2022; Neville et al., 2016; Russell et al., 2021a, 2021b, 2022

Sustainability Definitions

Coyle et al., 2022

Embedding and diffusing of age-friendly values and perspectives

Russell et al., 2021

Spanning the implementation gap from early to long-term viability

Continuation of the program over time, as well as continued capacity and benefits

Menec et al., 2022

Research Question

What dimensions characterize how AFC practice leaders describe the sustainability of their AFC work seven years into implementation?

Methods

STUDY DESIGN, SAMPLING, & DATA COLLECTION



Final Data Collection Timepoint of Developmental Evaluation



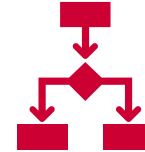
Data Collected Spring 2023

Theoretically important moment:
all but one of initiatives were no longer receiving grant funding



Individual Interviews

Designed to explore leaders' experiences navigating the end of grant program



Nested Complete Target Population Sampling Approach

Goal: interview all current and former leaders of eight AFC initiatives in grant cohort (and some key informants)



1 Hour Semi-Structured Interviews

Conducted 1-hour interviews using interview protocols that were customized to each individual

\$30 gift card given to participants



Dimensional Analysis

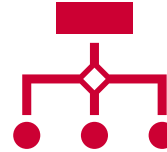
Qualitative analysis spanning four rounds of iterative coding

Sample Overview



26 Participants

- 3.25 participants per initiative (2-4)
- Majority of the participants: female (n=22), white (n=21), age 55+ (n=19), bachelors degree or higher (n=22), currently employee (n=22)
- 21 participants were either current or former leaders, 5 were key partners



8 Initiatives

- At time of interviews: Most initiatives (n=7) were operational & no longer receiving grant funding (n=6)
- Currently operational initiatives had at least 1 paid team member
- Median budget = \$87,500
- Half had a nonprofit auspice & 2 in the public sector

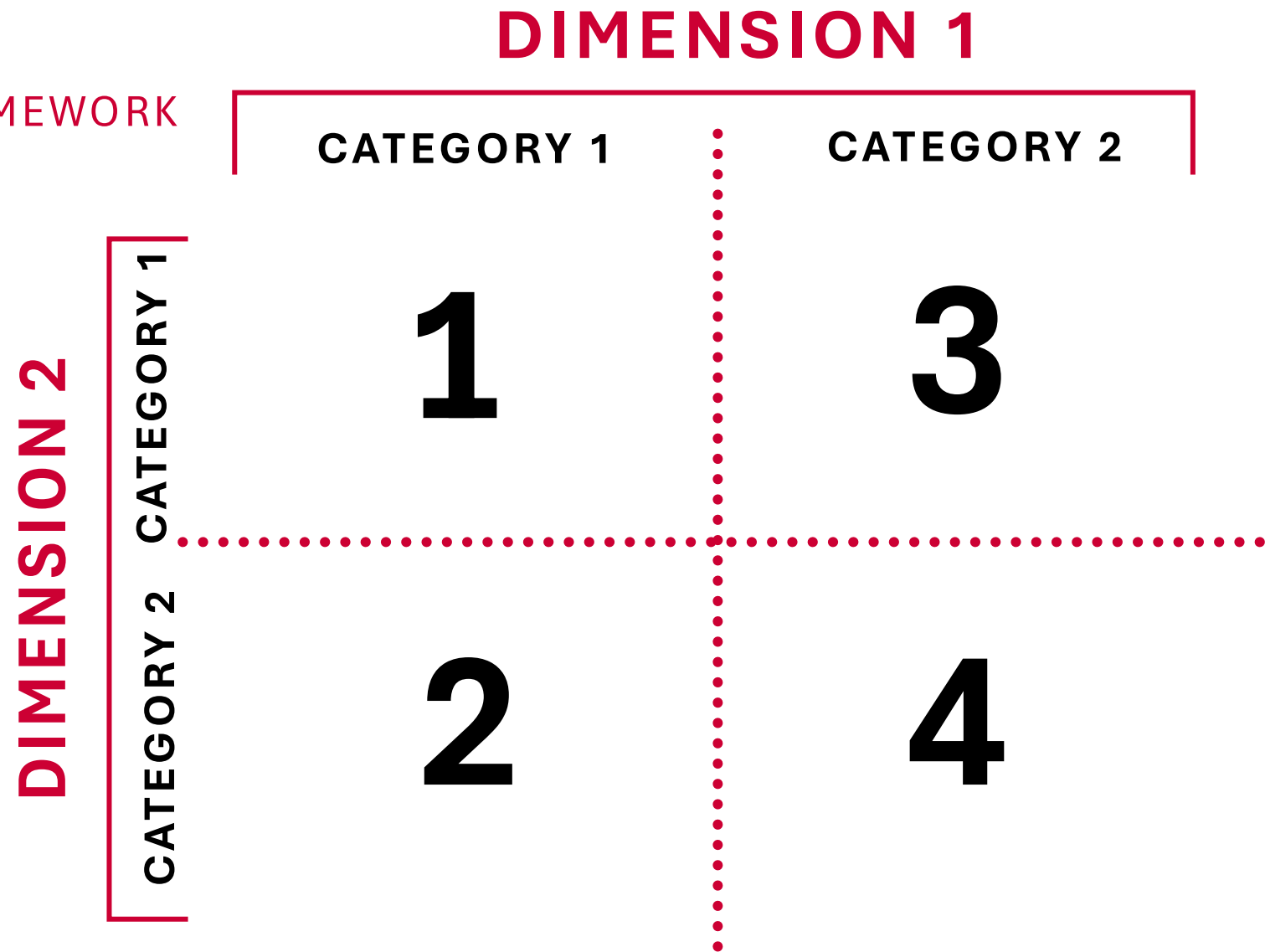


11 Communities

- 2 initiatives spanned more than one municipality
- All but one initiative located in mid-sized cities (median population: 27,601)
- Average community demographics: 15% residents age 65+, 51% identified as white, 52% had a bachelor's degree, median income \$130,986.

Findings

2X2 CONCEPTUAL FRAMEWORK



Findings

2X2 CONCEPTUAL FRAMEWORK

PROCESSES

Integrating

**AFC Efforts in the
Community**

Engraining,
instilling, and
institutionalizing
AC work in an
AFC's focal
community

Expanding

**AFC Efforts
Toward New Directions**

Extending or
spreading AFC work
to new contexts,
often in evolved
programmatic
forms

Findings

2X2 CONCEPTUAL FRAMEWORK

PROCESSES

Integrating AFC Efforts in the Community



Expanding AFC Efforts Toward New Directions



Findings

2X2 CONCEPTUAL FRAMEWORK

TYPES

Program Components

Overall initiative and sub-components:
events, programs, newsletters, partnerships



Age-Friendly Capacity

Ability and motivation of people or
organizations to take future age-friendly action

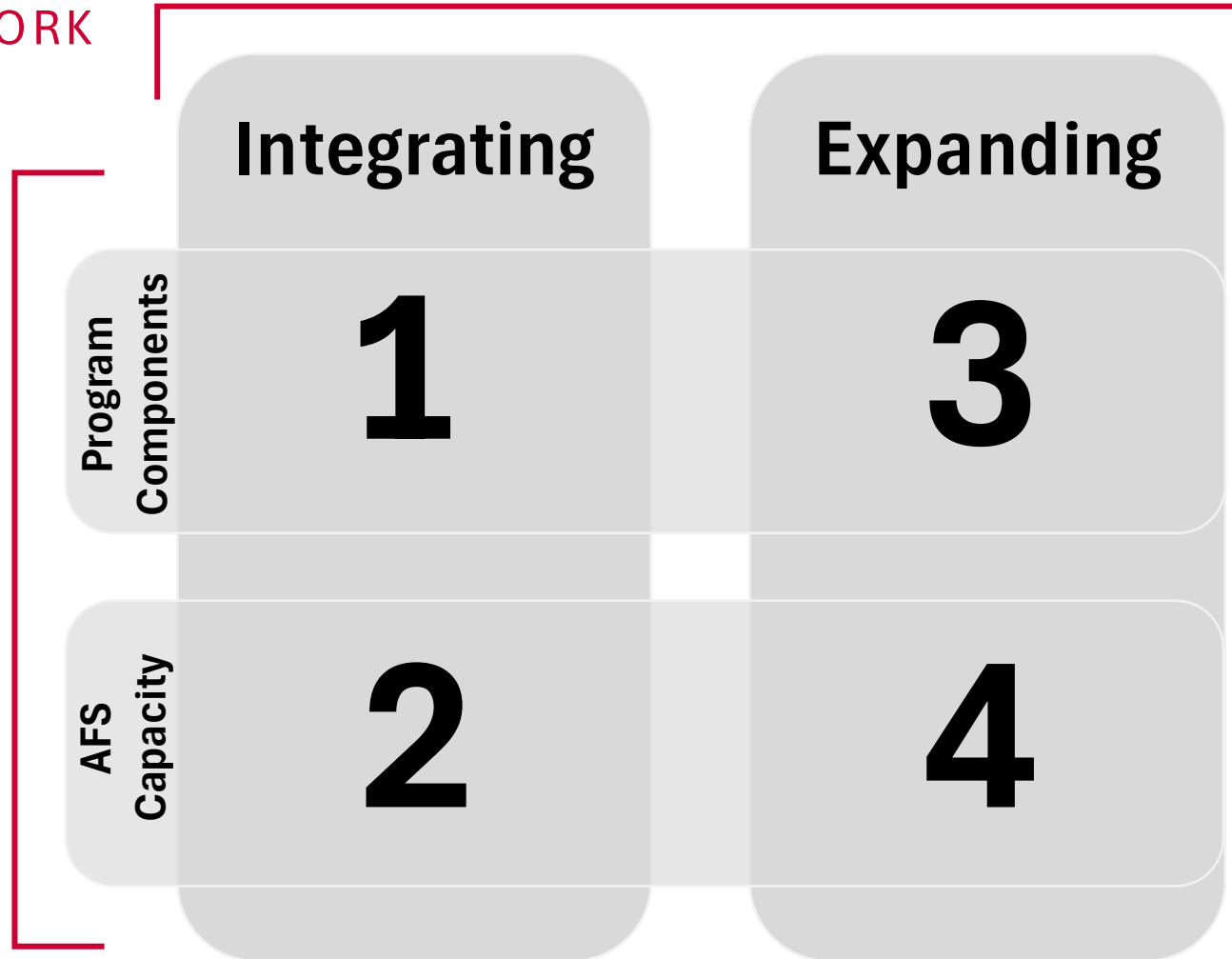


Findings

PROCESSES

2X2 CONCEPTUAL FRAMEWORK

TYPES

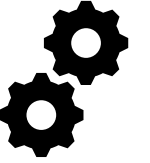




1

INTEGRATING + PROGRAM COMPONENTS

Institutionalizing AFC Programs in Community Organizations



- Integrating the **overall initiative** in the local municipality or the auspice organization
- Integrating initiative **sub-components**
 - Staff positions
 - Events & programs
 - Digital Footprint



We're winding down some areas of it...A lot of the programmatic work we've done for seniors will now lie with the library and the senior center.”



2

INTEGRATING + AGE-FRIENDLY CAPACITY

Instilling Enduring Capacity for Age-Friendly Change in a Focal Community



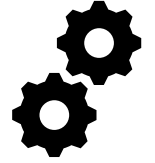
- Integrating AFS capacity in **community members**
- Integrating AFS capacity in **community organizations**
 - Auspice
 - Partners
 - Municipality

“The good news is that most of the people who are on that committee are people who are originally our ambassadors. They already had the lens of age-friendly.”

3

EXPANDING + PROGRAM COMPONENTS

Transmission of AFC Program Model to New Geographic Frontiers



- Replicating or transplanting the current program model to **new geographies**
 - Consulting with new geographies or toolkits
- Expanding the reach of AFC work to **new administrative levels**



I don't see myself being duplicated as program manager for five or six municipalities...I can be somebody who can help direct that and steer it into a direction where they can take responsibility for implementing age-friendly in their communities.

4

EXPANDING

+

AGE-FRIENDLY
CAPACITY

Extending AFS Capacity to New Geographies & Administrative Levels



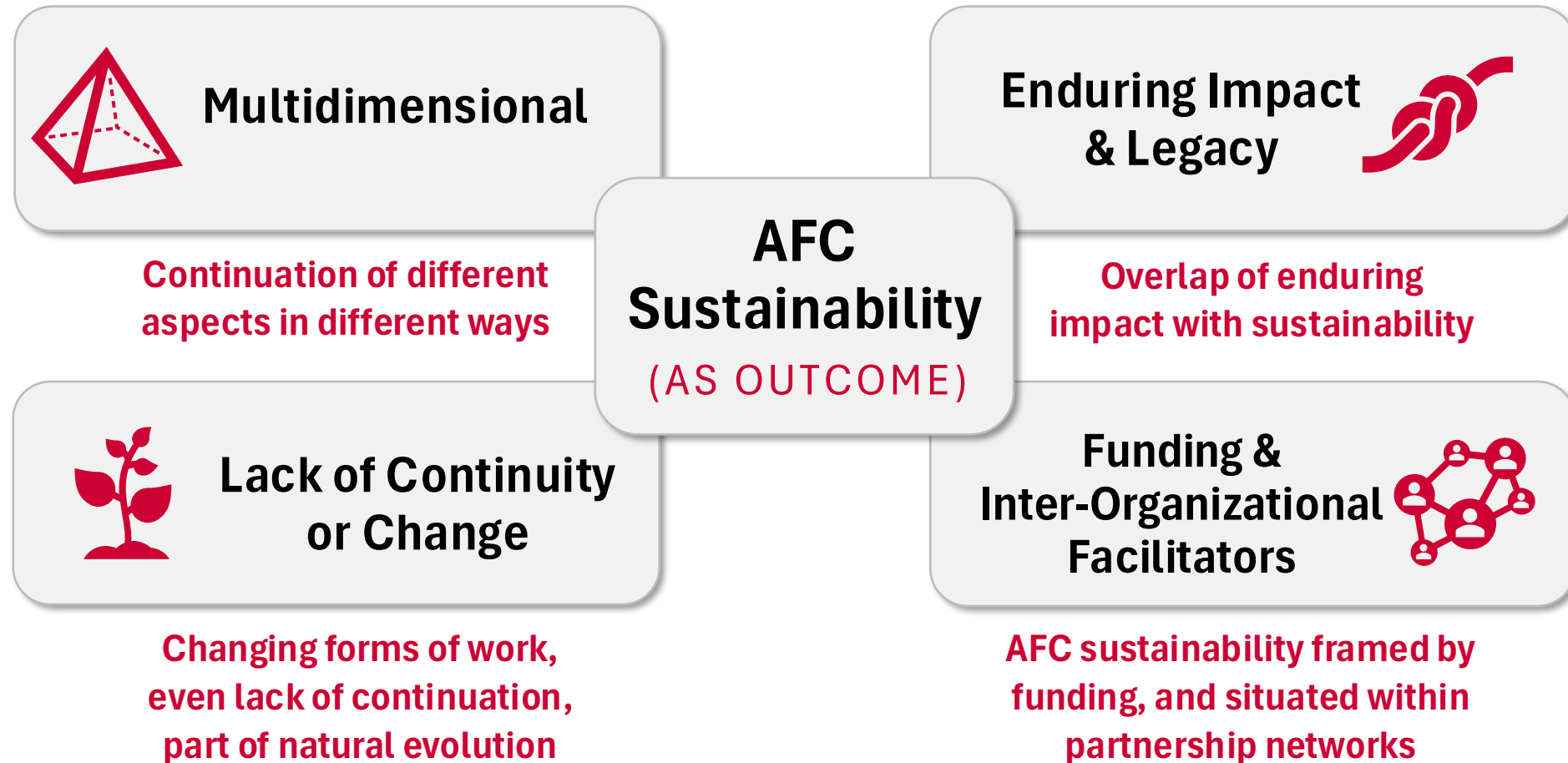
- Expanding AFS capacity out to new community and geographies
 - Expanding **whole-of-government approach** (e.g., consulting to municipal departments)
 - Expanding **personal capacity of AFC leaders** to county & state levels

“

I think that my lessons learned from [AFC initiative] is definitely a continuation. The pivot is bringing it to a larger scale and outside of what communities do in their own silo.

Discussion

INSIGHTS INTO AFC SUSTAINABILITY PROPERTIES



Implications for Research & Practice



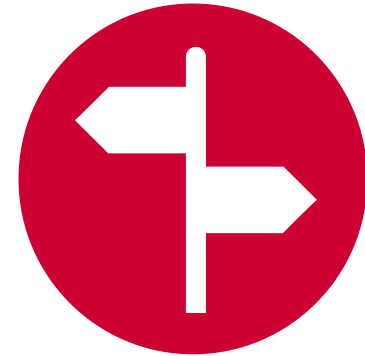
Directions for Future Research:

Calibrating Outcomes for
AFC Work in Different
Contexts

Blending Sustainability
Outcomes with Strategies,
both in Current Data &
National Data



**Findings call attention
to importance of
greater resources and
conversation on
nature and types of
AFC sustainability
(and impact)**



**Encourage greater
attention to the
nuances in the “lack” of
continuation and how
this overlaps with
holistic understandings
of sustainability**

Concluding Takeaway

A CALL FOR MORE EXPANSIVE IMAGINATION ON AFC SUSTAINABILITY

AFC sustainability as an outcome is the multi-faceted ways in which AFC innovation and social change on aging continue across social systems over time, wherein the continuation of the initiative is but one part of a much broader range of ways AFC work endures



RUTGERS UNIVERSITY

Hub for Aging Collaboration

School of Social Work

Thank you!

agingcollab@ssw.rutgers.edu

For more information, visit
<http://socialwork.rutgers.edu/aging>



Website:

<http://socialwork.rutgers.edu/aging>



LinkedIn:

<https://go.rutgers.edu/HubLinkedIn>



Join Email List:

<https://go.rutgers.edu/JoinHubEmail>

Hub for Aging Collaboration, Rutgers School of Social Work

A FEW FINAL NOTES

- Thank you to our presenters, moderator, and organizers!
- Follow-up email with materials from today
- Zoom exit poll
- Interested in future events? Follow us on LinkedIn and through our e-blast list



Follow Us on
LinkedIn

go.rutgers.edu/HubLinkedIn



Sign Up for e-
Newsletter

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Hub for Aging Collaboration

School of Social Work

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