DEMENTIA FRIENDLY NEWSLETTER

ISSUE 1 | FALL 2025 WWW.BERGENCOUNTYNJ.GOV



Welcome to the Dementia Friendly Newsletter!

Dear Residents of Bergen County,

Welcome to the first issue of the Dementia Friendly Newsletter, a quarterly publication filled with community updates, caregiving advice, and more.

With this newsletter, we aim to provide valuable insights and support for those affected by dementia. Our newsletter will cover various topics, including resources available in our community, tips for caregivers, and stories that inspire hope and connection.

Stay tuned for upcoming issues filled with helpful information and engaging content that fosters understanding and support for everyone involved.

Kerri Sherer
Division of Senior Services
Deputy Director
Dementia Friendly Initiative
Project Lead

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Welcome to the first issue of Dementia Friendly Bergen County's quarterly newsletter.

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3 **Our Dementia Friendly Community**
Get updates about upcoming Dementia Friendly events, programs, and resources available in Bergen County.

4 **Caregiver Corner & Survey Opportunity**
Learn about the importance of the caregiving role as well as tips and resources.

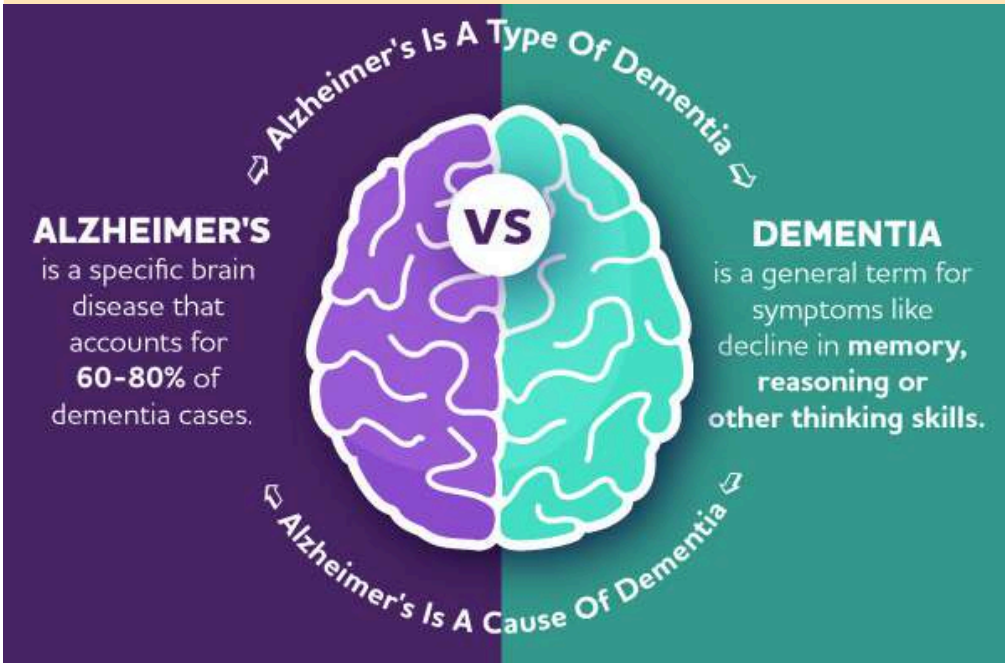
For more information about dementia and caregiving scan the QR code to visit our website or call the Senior Helpline at (201) 336- 7400

What is Dementia?

Dementia is a general term for symptoms like decline in memory, reasoning, and social functioning.

Dementia is not a specific disease, but rather a group of conditions characterized by impairment of at least two brain functions.

Alzheimer's disease, while often confused with dementia, is a specific brain disease that accounts for 60-80% of dementia cases.



Helpful Communication Tips

When speaking to a person with dementia be patient, calm, and give them time to respond. Consider the steps below:



6 Brain Healthy Habits

1 Be Social

Keep in touch with friends and family

2 Engage Your Brain

Find ways to stimulate your thinking

3 Exercise Regularly

Maintain moderate physical activity each day

4 Get Good Sleep

Get 7 - 8 hours of sleep every night

5 Manage Stress

Practice relaxation

6 Diet

Eat heart healthy diet with regular meals



Upcoming Community Events

Memory Cafe

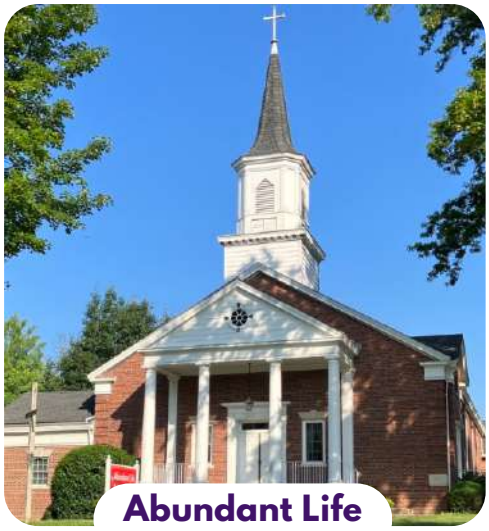
Memory Cafes are safe and comfortable spaces where people living with dementia and their caregivers can socialize, enjoy activities, and get information about resources and services.

Join us this Fall for a stigma-free evening with music, refreshments, support, and community building.

Memory Cafe
Tues., October 21, 2025
5:00 PM - 7:00 PM

At

Abundant Life Reformed Church
475 Lafayette Ave
Wyckoff, NJ



Abundant Life

Memory Cafe
Wed., December 3, 2025
4:00 PM - 6:00 PM

At

Brightview Senior Living
396 Forest Ave
Paramus, NJ



Brightview Senior Living

REGISTRATION REQUIRED | TO RSVP

201.336.7403 **rrebich@bergencountynj.gov**

Dementia Friendly Library Program

Dementia Friendly Bergen County is partnering with local libraries to provide books, information, and activities for caregivers and people living with dementia. To learn more, visit a participating library (listed below) or call us at 201-336-7403.



Staff Training

Dementia Friendly Library staff members have received training on dementia and effective communication techniques.



Books

Participating libraries offer books on dementia for all ages and abilities, including children's books.



Information

Participating libraries are stocked with brochures and information on services for caregivers and people living with dementia.



Memory Kits

Memory Kits are sets of activities for people with dementia to do on their own or with a caregiver. Kits include simple puzzles, sensory items, and more.

Dementia Friendly Library Program Partners

- Fort Lee Public Library
- Johnson Public Library in Hackensack
- Leonia Public Library
- Lodi Public Library
- Ridgewood Public Library
- Rutherford Public Library

QUICK SURVEY

TAKE OUR SURVEY!
Scan QR Code or enter the link below to take our survey about dementia awareness!

We use the results to continue to improve our programs and services.

Don't miss this opportunity to have your voice heard!

https://survey.zohopublic.com/zs/MqB13W

Are you a caregiver....

for a person living with dementia? Would you like to be featured in the Caregiver Spotlight Section of our next newsletter? If so, please reach out to us for an interview and photo.

We want to hear from you! Call or email us to share your story!

201-336-7403
rrebich@bergencountynj.gov

thank you!

Caregiver Corner

What is a Caregiver?

A caregiver is any person who provides physical, emotional, or logistical support to a person with any condition that limits their ability to care for themselves. If you regularly help your loved one with daily needs like personal or health care needs, household tasks, transportation, financial or emotional support, you are a caregiver.



Caregiver Spotlight on Kerri Sherer

Kerri (left) pictured above with mom Matty (right).

"As a Social Worker who has worked with caregivers and people living with dementia for over 25 years, caring for my own mother, who is now living with dementia, is an emotionally complex and often overwhelming experience. Though the journey can be challenging, the moments of joy and connection provide me with strength and purpose. I have learned to appreciate the smaller things like the comfort of holding her hand, a flash of recognition in her eyes, or a moment of shared laughter. I am grateful for this time with her and the opportunity to create memories that I can carry for both of us."
-Kerri Sherer

James J. Tedesco III
Bergen County Executive

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