



**BOROUGH OF  
WALLINGTON, NJ**  
Incorporated December 31, 1894

**24 Union Boulevard  
Wallington, NJ 07057  
Tel: 973-777-0318**

*From the Office of:  
Wallington Board of Health  
973-777-0318 ext. 214  
[health@wallingtonnj.org](mailto:health@wallingtonnj.org)*

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James Fedorko  
*Health Officer*

Halina Dabrowska / Ruby Parra  
*Registered Environmental Health Specialist*

HARP/HUMC  
*Public Health Nurse*

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## **Wallington Board of Health Newsletter**

June 2023

Issue 1

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Monday to Friday: 8:30 AM - 4:30 PM

Registrar/Secretary: Marta Goldyn – 973-777-0318 ext. 214, [health@wallingtonnj.org](mailto:health@wallingtonnj.org)

**Animal Bite Report:** All animal bites involving dogs, cats, raccoons, bats, squirrels and other wildlife that can carry and possibly transmit rabies, must be reported to the Wallington Police Department at 973-473-1715.

**Blood Pressure Screening:** For all residents 18 years of age and older will be held on Saturday, June 17<sup>th</sup> from 7am to 11 am at the Wallington Civic Center (24 Union Boulevard).

**Bergen County Volunteer CHEER Program:** CHEER (Chore Homemaker Education Encouragement Rehabilitation) provides a helping hand to seniors and those with disabilities to enable them to live safely and independently in their homes. Volunteers and clients forge lasting relationships by offering companionship and whenever possible, create opportunities for their CHEER clients to be engaged in their communities.

CHEER volunteers visit weekly to help home-bound seniors with tasks such as grocery shopping and light errands such as prescription pick-up, library book returns, or the post office.

To Request CHEER, contact Michele Ogden, Program Manager at 201-489-7790 or [mogden@bergenvolunteers.org](mailto:mogden@bergenvolunteers.org).

**Bergen County Volunteer CHORE Program:** CHORE (Community Helpers Offering Repairs and Empathy) helps Bergen County seniors and those with disabilities remain safe in their homes by offering repair services. CHORE jobs include repairing leaky faucets, installing doorbells and locks, changing light bulbs and smoke alarm batteries. Materials are your responsibility. *CHORE does not service emergencies.* Contact: Michele Ogden at 201-489-7790 or email [mogden@bergenvolunteers.org](mailto:mogden@bergenvolunteers.org).

**Communicable Disease Reporting and Surveillance System:** New Jersey law requires health care providers to report certain diseases to the local health department where the patient resides. This allows public health officials to conduct timely investigations and enact prevention and control measures quickly.

**Environmental Health Complaints:** The Wallington Health Department Registered Environmental Health Specialists (Halina Dabrowska and Ruby Parra) investigate public health related complaints, including heat, insects, rodents, and odors. Included are complaints about businesses, including food establishments, personal grooming shops, schools, and child care facilities.

**Lead Poisoning Information:** *Homeowners, Tenants, Landlords:* Know your Rights and Responsibilities Regarding Lead Hazards. For additional information contact the Health Department.

**Nutrition and Wellness:** Bergen County, Division of Senior Services Nutrition and Wellness Unit provides a variety of health promotion activities that include wellness fairs, health, nutritional and physical fitness programs to educate, empower and encourage older persons to lead healthier lifestyles. Nutrition educational presentations and nutrition counseling is available to all eligible adults aged 60 and over, and disabled adults 18-59 residing in housing where a congregate nutrition lunch is offered. Services include Meals on Wheels, Physical Health, Nutrition Education, Counseling, and Congregate Lunch.

***Bergen County Meals on Wheels, 201-336-7420, seniors@co.bergen.nj.us:*** Bergen County Meals on Wheels is a program designed to enable homebound and disabled adults to remain in their community with independence and dignity. A nutritionally balanced meal is delivered to eligible individuals who are unable to prepare their own meals or shop for food, and do not have anyone to prepare meals or shop for them. There are a number of home delivered meal programs in Bergen County. Residents are served through government or nonprofit agencies. Persons who meet the following criteria may be eligible for enrollment:

- Bergen County Resident
- Age 60 years and older; or age 18-59 with a disability and living alone
- Homebound and unable to shop and/or prepare a nutritious meal for oneself
- Receives in-home assistance for no greater than 4 hours per day
- Does not require a special diet
- Not a recipient of Medicaid Managed Long Term Support Services (MLTSS)

Weekday meals, Monday – Friday. Clients have a choice between the Hot Meal Plan or the Frozen Meal plan:

- Hot Meal Plan: 1 hot meal delivered each weekday Monday – Friday between 11 am and 2 pm.
- Frozen Meal Plan: 7 frozen meals delivered once a week on a specified day between 9 am and 3:30 pm.

Weekend meals are available for nutritionally high-risk clients only.

**Apply here:** For more information or to apply for home delivered meals, please call **201-336-7420**. Office hours are Monday-Friday 8:00 AM – 4:00 PM. The Meals On Wheels application can be completed online by copying this link in your browser:

[https://www.co.bergen.nj.us/images/Departments\\_Services/Human\\_Services/Senior\\_Services/Meals\\_on\\_Wheels/MOW-Application.pdf](https://www.co.bergen.nj.us/images/Departments_Services/Human_Services/Senior_Services/Meals_on_Wheels/MOW-Application.pdf).

***Bergen County Senior Lunch:*** The goal of the nutrition program for active adults, Senior Lunch, is to provide well-balanced meals, foster social interaction, and provide access to other supportive services available to Bergen County seniors. To be eligible, an individual must be age 60 or older, or the spouse of a participant. Lunch is served Monday-Friday at the Wallington Senior Activity Center.

A reservation must be made at least 1 day in advance by calling 973-777-5815. Transportation may be available. The program is free but suggested donation is \$1.25 per meal. Donations are voluntary and confidential. Service will not be denied if you are unable to donate.

**Wallington Senior Activity Center**

24 Union Boulevard, Wallington, NJ 07057  
Agata Dressler, Center Director – Ph: (973) 777-5815, Fax: (973) 777-5134,  
Open Monday-Friday, 8:00 a.m. - 3:30 p.m.

The monthly calendar will be available at the Senior Activity Center.

**Meadowlands (YMCA) Food Pantry:** Our shelves are stocked through the generosity of local organizations, community partners, and YMCA members, staff, and volunteers. We are always looking for more shelf stable food. Check out our current need list for what items and supplies we need.

ARE YOU IN NEED? If you are in need, the Meadowlands Food Pantry is here to help you. First you must fill out our registration form completely (see below). If you have any questions or concerns, please call us at 201-955-5300 ext. 237 or email us at [pantry@meadowlandsymca.org](mailto:pantry@meadowlandsymca.org).

**HOURS:**                   1st Sunday of each month – 8:30-11am  
                                  Tuesdays – 8am-6pm

Must schedule an appointment by calling 201-955-5300 ext. 237 or email us at [pantry@meadowlandsymca.org](mailto:pantry@meadowlandsymca.org).

**Registration (Client Intake) Form (copy this link into your browser):**

<https://bergencounty.oasisinsight.net/kiosk/c9c8ba414325828ef9c57bdf2ee7e18212141964e60c49f456a267e911111f8e/>

**Rabies Vaccine Clinic:** The next rabies clinic in Wallington will be held in early November. Date to follow. No pre-registration is required.

If you choose to go to the Bergen County Animal Shelter, the next Rabies Vaccine Clinics will be held on the following Thursdays: June 1<sup>st</sup>, June 15<sup>th</sup>, July 6<sup>th</sup>, August 10<sup>th</sup>, September 7<sup>th</sup>, September 21<sup>st</sup>, October 19<sup>th</sup>, November 2<sup>nd</sup>, November 16<sup>th</sup>, December 7<sup>th</sup> and December 21<sup>st</sup> from 2:00 pm - 4:00 pm **at the Bergen** County Animal Shelter. Vaccine Clinics are available by **appointment only**. You must pre-register for the clinic by copying this link into your browser:  
<https://bergenhealth.info/animalshelter/rabiesclinic/rabiesregistrationpublic.html>.

**Pre-register for clinics online** If there are no more available time slots for that clinic, the date will not show up. If you are unable to register online, please call 201-229-4618 to schedule an appointment. If no one is available to take your call, please leave a message, but your appointment is **not confirmed** until you speak to a Shelter Representative.

Please arrive at the Shelter during your scheduled time. At this time, the Shelter is only offering the rabies vaccine. In the event of inclement weather, the clinic may be rescheduled; those registered will be notified.

**Deborah Yankow, Director**  
**Bergen County Animal Shelter and Adoption Center**  
**100 United Lane, Teterboro, NJ 07608**  
Animal Shelter & Adoption Center: 201-229-4600  
Animal Control Phone: 201-229-4616  
[dyankow@co.bergen.nj.us](mailto:dyankow@co.bergen.nj.us) or [shelter@co.bergen.nj.us](mailto:shelter@co.bergen.nj.us)

**The Senior Farmers' Market Nutrition Program (SFMNP)** provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, and fresh-cut herbs) from certified farmers at local farmer's markets. The coupons are generally distributed annually in the summer. Bergen County's program is coordinated by the Bergen County Division of Senior Services. For information and instructions on how to apply, contact the DSS at 201- 336-7400.



**Senior HelpLine**  
A service of  
**Aging and Disability Resource Connection (ADRC)**  
**Bergen County**  
Department of Human Services, Division of Senior Services  
**Call 201-336-7400 or 1-877-222-3737**  
Monday to Friday 9:00 am to 4:30 pm

**Senior Information and Assistance:** Bergen County, Division of Senior Services/ADRC Information and Assistance/Care Management Unit serves as the County's central source of information and services for older adults, caregivers, and those over the age of 18 with a disability. Under the guidelines of Bergen Aging and Disability Resource Connection (ADRC), this program gives older adults and their caregivers access to necessary services.

Get Help: If you need help and you are:

- an adult 60 years of age or older
- an adult with a disability 18 years of age or older
- a family member or a caregiver

1. Call 201-336-7400 or 1-877-222-3737
2. If you would like a call from one of our Information and Assistance Specialists, please send an email to our Aging Specialists at [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us).

**Transportation:** The "Ride Connect" program is designed to simplify the process by which seniors request transportation when calling Bergen County Community Transportation. "Ride Connect" provides Bergen County residents, aged 60 and over, a one-stop travel information and trip planning service, provided by a Mobility Manager, to help seniors find information on available transportation options to senior centers, medical appointments, shopping, etc. The process is simple. The Community Transportation operator works with the Mobility Manager to help seniors connect with the most accessible, reliable, and affordable option for their transportation needs. Options include County shuttles, local town buses, EZ Ride, NJ Transit, AccessLink (if eligible) and more. To request this service, call the Bergen County Division of Community Transportation Monday to Friday, 9am to 2pm at **201-368-5955**. Call two weeks in advance to arrange transport. They can pick up after 10 a.m. and their last return/drop off is at 1:00 p.m.

**AccessLink:** *Special Note: The Certification/Eligibility phone lines will be closed for lunch Monday-Friday from 12pm to 1pm. If you leave a voice message, you will receive a call back. Thank you for your patience.*

If you want to apply for Access Link paratransit service call 973-491-4224 and select option #1 to request a date for a telephone interview. You will then be scheduled to speak with a representative from our statewide network of Assessment Agencies.

During your telephone interview, you will be asked about your disability or disabilities and the impact on your ability to use NJ TRANSIT's local fixed-route system to travel. You will have the opportunity to provide examples of how and when you are prevented from using NJ TRANSIT's fixed-route system to travel to or from your intended destinations. You will also need to provide medical verification of your disability or disabilities.

**NEW DIGITAL RESERVATION FORM** - Easy to access from your computer or smartphone. Minutes to complete (copy this link to your browser):

[https://forms.office.com/pages/responsepage.aspx?id=K6HHFQokXkWc7zysAuPUKmpOYSz6\\_otLufQssG5kWFdUQjY5WFdUNOFRMkExSk5DNTRLszdJWUY4Ti4u&web=1&wdLOR=cAD4EBF81-FCE1-434A-8683-E741B7496957](https://forms.office.com/pages/responsepage.aspx?id=K6HHFQokXkWc7zysAuPUKmpOYSz6_otLufQssG5kWFdUQjY5WFdUNOFRMkExSk5DNTRLszdJWUY4Ti4u&web=1&wdLOR=cAD4EBF81-FCE1-434A-8683-E741B7496957)

**Wallington shuttle:** Wallington provides a shuttle service for seniors which goes to:

Walmart on Wednesdays at 8:00 a.m. and

ShopRite on Thursdays at 8:00 a.m.

Call Agata at (973) 777-5815 to schedule.

**Wellness Check Program:** At approximate pre-specified hours, you will receive a free daily phone call from the Bergen County Wellness Check Program to check on your well-being. The call will begin with the following prerecorded message: "This is the Bergen County Wellness Check Program. If you are OK please press '1'."

When you become a participant in the program, you will be asked to identify friends or family who may assist you in an emergency. When the system cannot make contact with you, it will call the relative or friend you have designated.

If your telephone line is busy or there is no answer, the system will call back one more time after four (4) minutes. If there is no answer or the line stays busy, your contact will automatically be notified to check on you. The system will only respond to touchtone telephones or through a TTY, a device for the deaf and hard of hearing.

**Registration** – If you would like to enroll in this program, please complete the application and forward it to the address specified on the form. You will receive a phone call prior to your first call to let you know your application has been processed. If you have any questions, please feel free to call the Division of Senior Services at (201) 336-7400.

Application for Wellness Check Program (copy this link to your browser):

[https://www.co.bergen.nj.us/images/Departments\\_Services/Human\\_Services/Senior\\_Services/Wellness\\_Check\\_Program/Wellness-Check-Application.pdf](https://www.co.bergen.nj.us/images/Departments_Services/Human_Services/Senior_Services/Wellness_Check_Program/Wellness-Check-Application.pdf)

**Additional Information for Seniors:**

At the present time, the 2023 booklet Key Services Guide for Older Adults and Caregivers is not available in print; however, copy this link to your browser for the 2022 Guide:

[https://www.co.bergen.nj.us/images/Departments\\_Services/Human\\_Services/Senior\\_Services/About/2022\\_Key\\_Services\\_Guide\\_Bergen\\_County\\_DSS\\_ADRC.pdf](https://www.co.bergen.nj.us/images/Departments_Services/Human_Services/Senior_Services/About/2022_Key_Services_Guide_Bergen_County_DSS_ADRC.pdf)

**Key Services Guide for Older Adults and Caregivers**



**2022**



**Key Services Guide  
for Older Adults and Caregivers**

Bergen County Department of Human Services  
Division of Senior Services  
Aging and Disability Resource Connection (ADRC)  
One Bergen County Plaza, 2nd Floor  
Hackensack, NJ 07601  
201-336-7400  
[www.co.bergen.nj.us](http://www.co.bergen.nj.us)

**County Executive  
James J. Tedesco III**

At present, this Newsletter is a one-time printing funded by a grant obtained by the Mid-Bergen Regional Health Commission. In the future, this information will only be available on the [www.wallingtonj.org](http://www.wallingtonj.org) website under the Health Department section.

# WILDLIFE FACTS

- Human food is not healthy for wild animals, and feeding them will cause them serious illness.
- **No person shall place food intended or suitable for consumption by wildlife or stray animals on any property, public or private, in the Borough of Wallington.**
- Uneaten food attracts a wide range of pests like cockroaches, ants, roof rats, raccoons and more.
- **Wildlife have become overpopulated in urban areas, including rats, pigeons, gulls, raccoons, skunks and opossums.**
- Feeding leads to public health concerns. It increases the chance of disease transmission to people and among other wildlife.
- **Animals accustomed to people lose their fear and can become aggressive, bite humans and cause rabies.**
- Feeding creates Interference with migratory patterns, natural balance and leads to overpopulation.
- **The Pigeon droppings left behind are potentially toxic. Flies and cockroaches are known for feeding on pigeon droppings. They will also use it to lay eggs.**
- A pigeon's droppings are highly acidic. Their waste can break down building materials.
- **Nests in gutter systems, drain pipes and along the eaves of the roof can cause clogs.**
- Fleas, ticks and mites often feed on pigeons. Keeping pigeons away from your property can help prevent the spread of flea and tick-borne illnesses.
- **If you stop feeding pigeons, they'll go away on their own. You'll also benefit from deterring more pests from coming to your property and causing further damage.**

## ALL WILDLIFE FEEDING IS PROHIBITED IN WALLINGTON

### § 164-21

*All animals that are neither human nor domesticated and shall include but not be limited to pigeons, waterfowl, raccoons, skunks or groundhogs.*

### § 164-22

*No person shall place food intended or suitable for consumption by wildlife or stray animals on any property, public or private, in the Borough of Wallington.*

### § 164-24

Feeding of songbirds and other backyard birds shall be permitted at such times and upon such conditions so that the feeding: Does not create an unreasonable disturbance that affects the rights of surrounding property owners or render other persons insecure in the use of their property. Does not create an accumulation of droppings on the property or surrounding properties. Does not become an attractant for rodents or other wild animals. Each property owner shall be permitted to have one bird feeder for every 7,500 square feet of lot area, not closer than five feet from any property line.

### § 164-25

*Any person that shall violate any of the provisions of this article shall, upon conviction thereof, for each offense, pay a penalty of not less than \$250 nor more than \$500 for the first offense and a penalty of not less than \$1,000 nor more than \$1,500 for second and subsequent offenses, or imprisonment or community service for a period not exceeding 90 days.*

ENJOY VIEWING WILDLIFE AT A DISTANCE. RESPECT THEIR SPACE AND REMEMBER THEY ARE WILD ANIMALS THAT SHOULD STAY WILD.

PLEASE DO NOT FEED



WILDLIFE

— Keep Them Wild! —

# PLEASE DON'T FEED WILDLIFE



FEEDING CAN LEAD TO HEALTH RISKS,  
ANIMAL OVERPOPULATION AND DISEASE.  
LET'S KEEP WALLINGTON CLEAN TOGETHER.

