



GLEN ROCK

2022

SENIOR SURVEY

REPORT



We are pleased to present the results of the Senior Survey of the Borough of Glen Rock, New Jersey.

The survey was conducted from March 2022 through December 2022; 499 Glen Rock residents aged 55 and older responded to the survey.

The opinions included in this survey represent the voices of residents, 79 percent of which have lived in Glen Rock for more than 25 years. Of those, 70% have lived in their current residence for 35 years or more. The survey tells us that the majority of people who have come to Glen Rock would like to remain in Glen Rock and age at home.

Respondents ranked safe, walkable neighborhoods, housing, medical, and access to shopping as their top Quality of Life issues.

75.45 % of respondents stated that Glen Rock is a good to excellent place to live as they age. 55.36% of respondents have already taken steps to remain or remain in place in Glen Rock, 44.65% of respondents see themselves moving to a different community.

While cost remains a significant factor for those planning to remain in Glen Rock, access to services and the ability to live independently in a smaller footprint home are also key concerns.

The primary factors driving respondents who want to leave Glen Rock include living in an area with a lower cost of living, concerns about personal safety and security, walkable access to shopping and dining, or wanting to be closer to family.

The survey is broken down into four main areas:

- Housing
- Mobility
- Health and Wellness
- Social Interaction and Communication

HOUSING

Our residents want to remain in their homes as they age. In fact, 93% of respondents consider it very to extremely important to live independently in their homes as they age.

This theme is also reflected in 65.39% of respondents who are in favor of age restricted housing in Glen Rock.

There are some challenges to remaining in current residences; 50.29% of respondents either recognize the need for modifications to stay in their home or are not currently sure if that will be the case.

Please refer to Attachment 1 for a visual summary of this data.

MOBILITY

Mobility concerns relate to sidewalk conditions, street lighting, pedestrian crossings, and traffic enforcement.

The majority of respondents felt Glen Rock properties and public spaces were well-maintained, but a lack of affordable, accessible housing was a concern as well as accommodations in public buildings and spaces such as benches and restrooms.

Driving and walking are the two main modes of transportation for respondents. While many people use NJ Transit options on an as needed basis, other modes of publicly provided local transportation are underutilized. For example, while 87.32% know about the Glen Rock Shuttle, 94.47% have never used it.

Desired changes in transportation options include extended shuttle hours, and a shuttle that runs a regular route around town. We can infer from resident responses that more education is needed around public transportation options and discounts available for seniors.

Please refer to Attachment 2 for a visual summary of this data.

HEALTH AND WELLNESS

With 75.32% of respondents getting at least 30 minutes of physical activity 4 or more days of the week, it seems our senior population in Glen Rock is quite active. 94.45% of respondents do not think there are enough exercise programs for seniors with the most desired classes being gentle exercise, yoga, and Tai Chi. At least 29% would be interested in classes offered in the evening.

8.56% of respondents have some difficulty shopping for their own groceries. 3.54% need someone to transport them to the grocery store and 3.28% have some difficulty preparing meals.

While the majority of respondents do not require help with daily activities such as dressing and bathing, of those who need assistance, 18% have no one to provide this assistance.

Answers to questions about the availability of local health services and programming made clear that the majority of respondents are not aware of programming available in our area.

Please refer to Attachment 3 for a visual summary of this data.

SOCIAL INTERACTION AND COMMUNICATION

While Glen Rock is a very socially active town, 5.74% of respondents only have outside social contact every 2-3 weeks or less. 20% sometimes feel left out, isolated from others, or lack companionship. 5.85% of respondents do not have family or friends to whom they can reach

out day or night and 12.77% of respondents know of a senior who is isolated, homebound, or could use assistance.

75.67% of respondents participate in some kind of continuing education or self-improvement classes or workshops with the top four resources being the Glen Rock Public Library, online programs, faith communities, and the Glen Rock Department of Parks and Recreation. Many respondents (57.94%) are involved in a club, community or religious organization, or senior group.

For those not participating in Glen Rock senior programming, the top reason was not being aware of the programs and schedules followed by lack of interest in available programs. Almost 40% of respondents indicated they would be interested in more intergenerational activities in Glen Rock and 35% expressed interest in a group to organize social events for seniors in town.

Where do the respondents get their information? 64.60% get their information from the Borough e-notices, 51.03% from the Borough Website, and 56.34% from friends and family, although 99% of respondents have a computer and 95% use a digital device once a day or more.

Please refer to Attachment 4 for a visual summary of this data.

OPEN RESPONSE QUESTIONS

For two of the questions with write-in responses, we have created a “word cloud”. What is a word cloud? It is a computer-generated collection of key words taken from the actual responses. The larger the word in the picture of words, the more times that word appeared in the responses. This is a good way to include all the responses from residents in an easy to digest format.

Please see Attachments 5 and 6.

SURVEY FOLLOW UPS

- Based on the Survey responses, we see that there are number of items (information and services) that are unknown to quite a few residents. Outlined below is some of that information.
- Senior Newsletter – There is a senior newsletter called the Perennial that is published on a quarterly basis (March 1, June 1, September 1, and December 1). The Perennial is posted on the Borough’s website and physical copies are delivered to locations around town. To find the Perennial on the Borough’s website (glenrocknj.net), go to the RESIDENTS tab, then SENIOR SERVICES tab, and then the SENIOR NEWSLETTERS tab. Physical copies can be found at: the Library, Kilroy’s, houses of worship, Glen Courts, Blue Foundry, and Rock Ridge Pharmacy. This newsletter is packed with information concerning activities, articles about

happenings around the Borough, and data relevant for seniors. Back issues are archived on the Borough website and available to all residents.

- The Glen Rockin' Seniors meet at the Annex on Tuesdays and Thursdays. Information regarding the programs can be found on the Borough website or by calling the Administration Office (201-670-3956).
- The Borough sponsors bus trips for seniors. The list of trips can be found on the Borough website or by calling the Administration Office (201-670-3956).
- A residents in need of assistance list is maintained for those who may need help in the event of an emergency (storm, flood, etc.). Residents may contact the Administration Office (201-670-3956) at Borough Hall if they would like to be added to the list.
- A Walkers Program was started by the Borough in 2022. It was paused for the winter months but will be resuming on April 2, 2023. The Walkers meet at Saddle River County Park at the Glen Rock entrance at 12 noon on Sundays. All are welcome to join. The walk is about an hour long.
- The Senior Citizen Advisory Committee (SCAC) will be reviewing the survey results and making recommendations for next steps. The SCAC generally meets on the second Tuesday of each month at 1:30 pm. The July meeting will be at 7:30 pm via Zoom and there is no August meeting. Members of the public are welcome at the meeting and are welcome to participate in the discussions regarding recommendations in response to the survey.

Housing

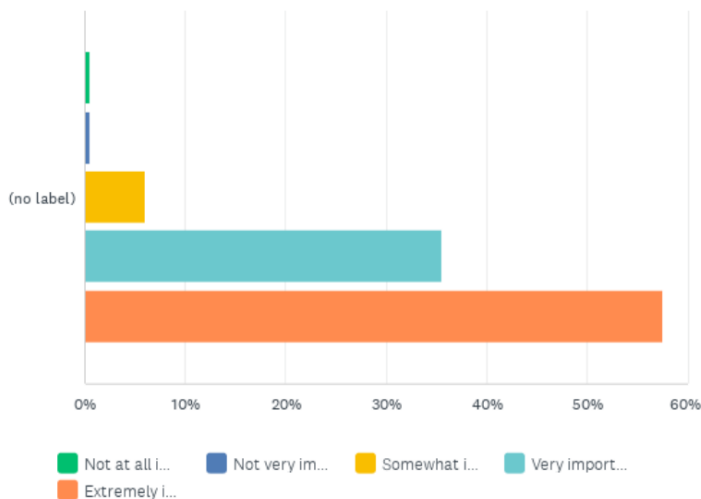
Strengths

- **Approx. 80% of respondents have lived in GR more than 25 years**
- **75% say that GR is good to excellent as a place to live as they age**
- **93% say they want to age independently in their own home**
- **91% can either physically handle or pay for maintenance needs for their home**



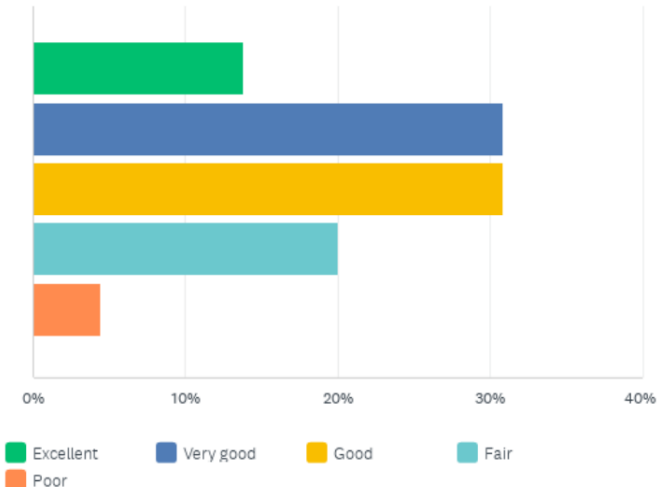
Challenges

- **Cost remains a significant factor for continuing to live in GR -- including taxes**
- **Living independently (e.g., no stairs) in a smaller footprint is key**
- **50% recognize the need for modifications to stay in their home or are not sure if modifications are needed**
- **Age restricted housing is favored by 65%**

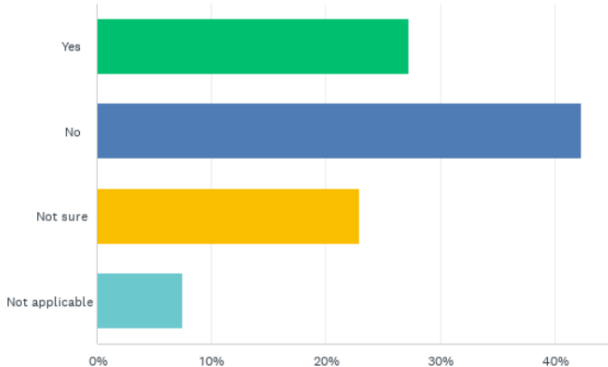


Importance of living independently in your own home as you age

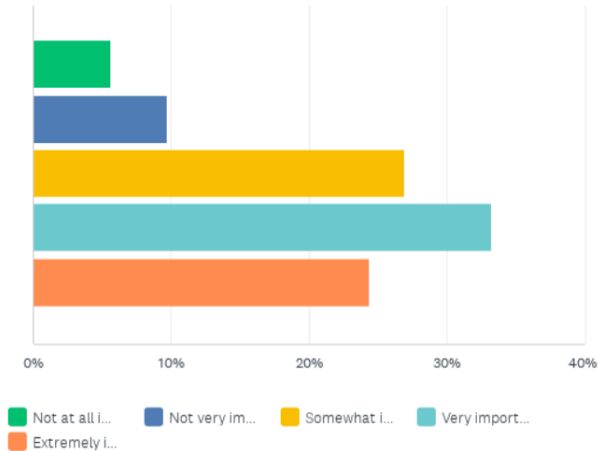
Rate Glen Rock as a place for people to live as they age



Current residence does or may need modifications in order for you to continue to live there



Importance of remaining in Glen Rock for as long as possible



Mobility

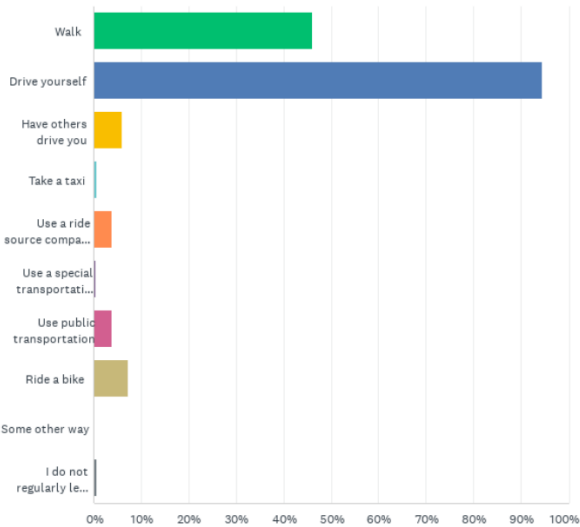
Strengths

- Almost 97% percent of respondents drive a car
- 81% believe that walking to some daily activities is reasonable (safe and manageable)
- The majority of respondents believe that Glen Rock has well-maintained homes, properties, and parks
- 63% rate the public parking as good to excellent



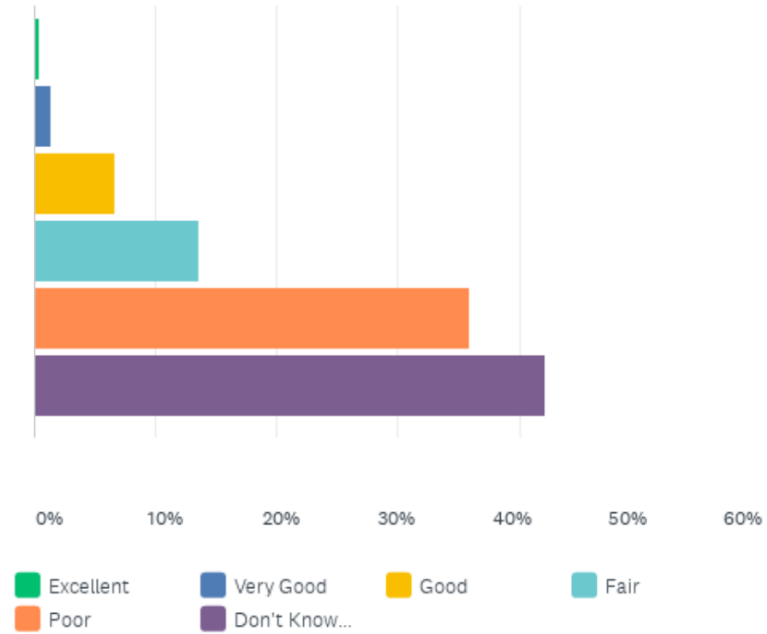
Challenges

- 37% feel that condition of sidewalks can be improved
- 37% feel that streets and intersections may not be well-lit and safe for all users
- 39% desire audio or visual aids for pedestrian crossings
- 40% do not believe that speed limits are enforced

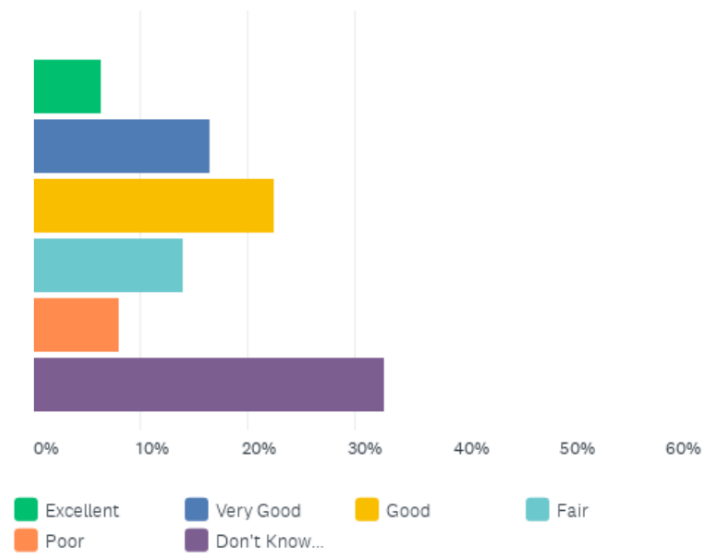


How do you get around in Glen Rock?

Homes that are built with a no step entrance, wider doorways, and first floor bedrooms and bathrooms



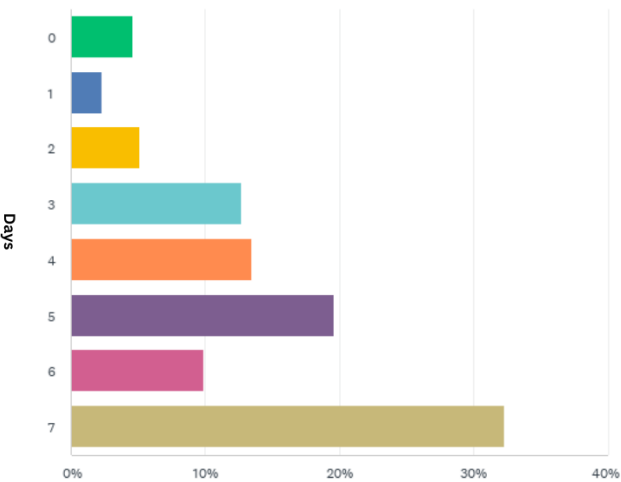
Public buildings and spaces including restrooms that are accessible to people of differing physical abilities



Health and Wellness

Strengths

- 75% of seniors get 30 minutes of physical activity most days
- 96% have no difficulty eating, dressing, grooming, bathing or walking
- 91% have no difficulty shopping for meals
- 93% have no difficulty preparing meals

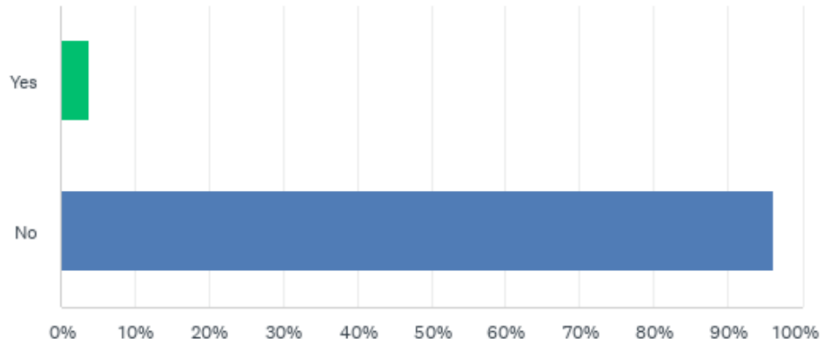


Number of days Glen Rock seniors get 30 minutes or more of physical activity

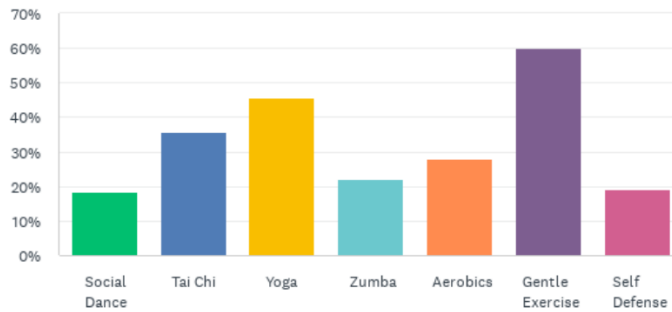
Challenges

- 94% of seniors think Glen Rock does not offer enough exercise programs
- At least 29% of seniors would be interested in evening exercise classes
- Of those requiring help with self-care, 18% have no one to provide that assistance
- Less than 38% of seniors know of affordable and convenient health & wellness classes, activities, or services

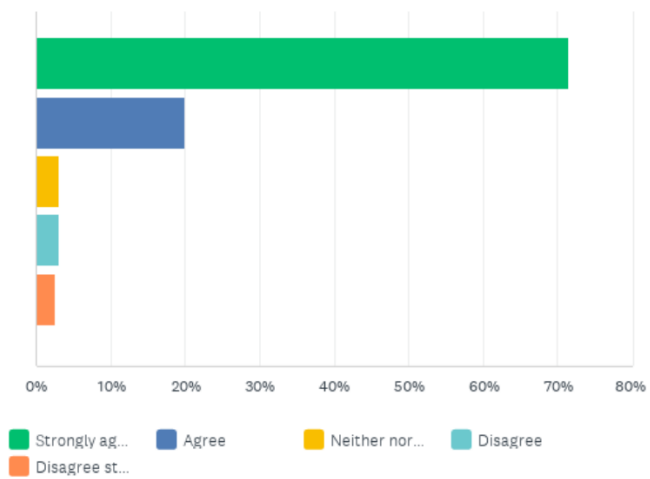
Glen Rock seniors requiring assistance with eating, dressing, grooming bathing, or walking



Exercise programs Glen Rock seniors would like to have available



Please respond to this statement: I have no difficulty shopping for my meals



Social Interaction

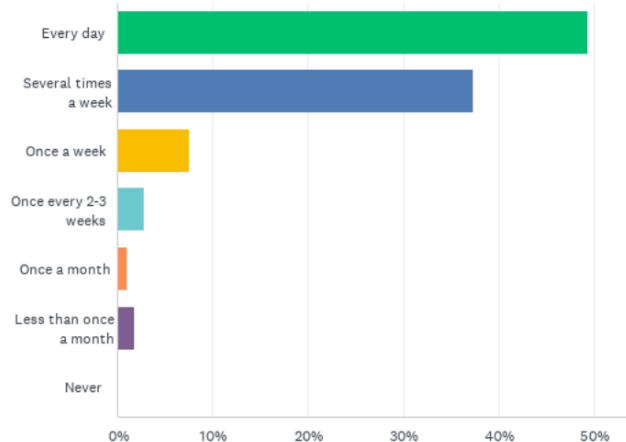


Strengths

- **76% of respondents participate in some kind of continuing education or self-improvement classes**
- **58% are involved in a club, community or religious organization, or senior group**
- **77% attend town events such as parades, fairs, and concerts**
- **46% believe seniors are an untapped resource**

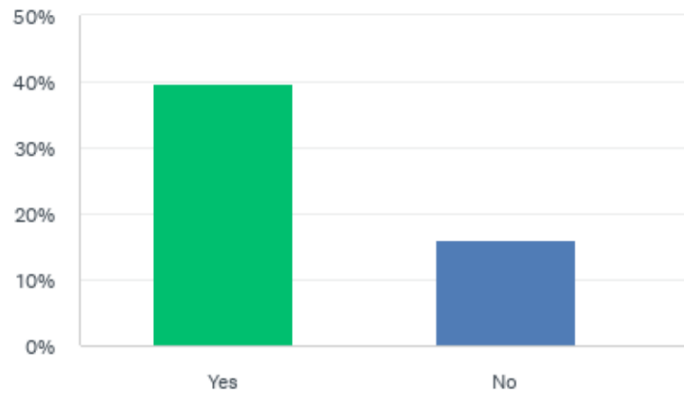
Challenges

- **6% of respondents have outside social contact every 2-3 weeks or less**
- **20% sometimes feel left out, isolated or lack companionship**
- **There are a number of Borough activities seniors are not aware of (e.g., 37% are not aware of activities for seniors at the Annex)**
- **43% know older adults who do not participate in ANY activities within our community**

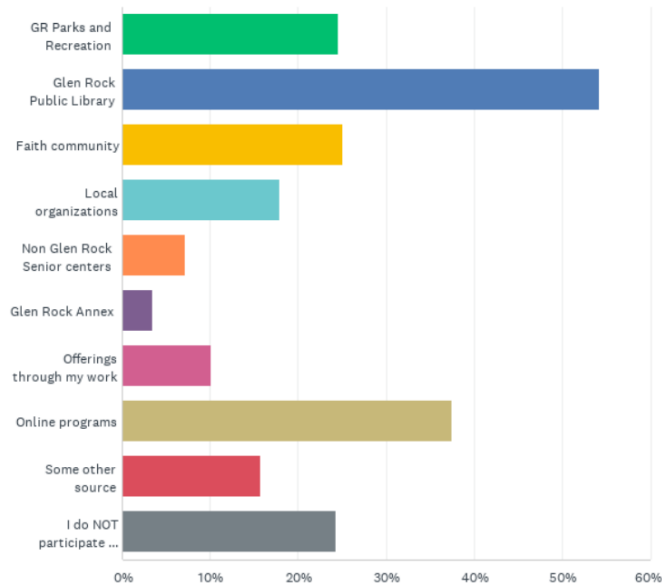


How often do you have social contact with anyone outside of your home?

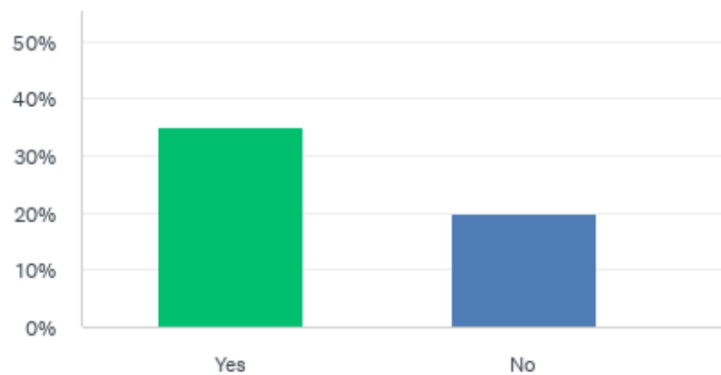
Glen Rock seniors interested in more intergenerational programs



Sources used for continuing education classes and workshops



Senior interested in organized social events



Attachment 5

Please tell us three of the most **POSITIVE** things about living in
Glen Rock as you grow older.

quiet proximity stores S Caring community Small town Helpful neighbors Schools low crime
feel Shuttle small town feel None family Familiarity proximity Staying Access Able
library around walk town sidewalks walk accessibility pool businesses
Walkable town center Great Walkable downtown Close activities
Safety neighborhood shopping live community
senior housing neighbors medical town beautiful safe
Excellent Walkability easy friendly environment friends
Sense community people Easy access Good transportation location still
services Ease stores easily downtown pick-up Small available parks pickup
Senior Arboretum convenience local Nice Ability walk house Nice downtown Kilroys
old friends Glen Rock Access public transportation area Convenient
Friendliness Access public transportation area Local shopping walkability walking distance
Accessibility Lots local residents trains Many Friends small services accessible
NYC food parks Easy access community public transportation pool
etc Proximity Convenience friendly hospital shopping walk
library Town services Safe senior activities good clean
town Feel Safe transportation Beautiful
downtown Bus close Ambulance Access easy stores
family Convenient Small town neighbors Recycling Great Kilroys
people center senior neighborhoods Walkable grocery Availability shuttle
activities home Safety people friendly location Senior housing Glen Rock feel
highways Walkable downtown Accessibility n neighborhood street walking pick
activities Quiet Kilroys easy access shopping Friendly neighbors
downtown Convenient location neighbors convenience
transportation sidewalks parks hospitals Senior Many close
people community convenient town good schools
Good location services helpful pool city proximity
local library home family caring Safe Glen courts Friends
public transportation Friendly events stores places access etc Safety housing
NYC Feel safe Nice access trains bus Glen Rock schools

Attachment 6

Please tell us three of the most **NEGATIVE** things about living in
Glen Rock as you grow older.

parking affordable cost living residents schools High
High property taxes none expensive limited
seniors living High taxes senior housing Taxes
activities Property taxes Lack cost way high
Taxes high enough real estate building need extremely high
housing town
traffic Lack diversity high property taxes due enough Increased living focus high feel
services facilities need neighbors housing make
Property taxes restaurants school Poor High taxes
speeding seniors fields Taxes children town Spending
Lack street activities commercial senior housing Shopping
expensive water Limited many parking upkeep people place
cost living senior center younger Friends moving COSTS cars
homes want sidewalks stores downtown expensive enough car
property taxes New good many High taxes Limited senior
Lack service seniors Traffic Taxes high town activities
housing community need high school school much people parking
Limited restaurants use transportation options paying COST living