



# SENIOR PATHWAY

PASSAIC COUNTY  
DEPARTMENT OF SENIOR SERVICES,  
DISABILITY AND VETERANS AFFAIRS

AGING/DISABILITY VETERANS AFFAIRS

PARA-TRANSIT NUTRITION SERVICES ENERGY ASSISTANCE  
ADULT DAY CARE



FALL 2019 Produced by the Department of Senior Services

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## SENIOR RESOURCE CENTER

- SENIOR SERVICES/ADRC  
973-569-4060
- ADULT DAY CARE  
973-569-4080
- NUTRITION SERVICES  
973-569-4099
- PARA TRANSIT  
973-305-5756
- ENERGY ASSISTANCE  
973-569-4032
- VETERANS AFFAIRS  
973-569-4090

## WINTER COST SAVING TIPS

### Keeping Warm...

**Conserve Heat.** Each degree that you turn down your thermostat saves about 2% on your heating bill. Install a programmable thermostat, and it will do the work for you.

**Make sure heat can get into the room.** Keep furniture and drapes from blocking radiators, heat registers, and return vents.

**Use Drapes.** Where windows face the sun, keep the drapes open during the day. Close all the drapes at night. This lets the sun heat your home during the day and reduces drafts at night.

**Repair cracks in windows, caulk and weather-strip leaky frames.** Install storm windows and doors. Even a small crack can drive up fuel bills. Repairing windows and doors will help keep cold air out!

**Still need help?** Apply for the Passaic County Home Energy Program. Please visit any one of our offices: 930 Riverview Drive, Suite 250, Totowa; 301 Main Street, U Level, Paterson; or 330 Passaic Street, (Passaic City Hall), Passaic.

**Is your house drafty?** If you are interested in checking to see if cold air is getting into your house, please ask about our Weatherization Program in any one of our offices.

Passaic County Home Energy & Weatherization is accepting LIHEAP applications for the 2020 Season to help you with reducing your energy costs. Please visit our office or contact us at 973-569-4032.

## DIVISION OF HOME ENERGY AND WEATHERIZATION

**PATERSON OFFICE**  
Center City Mall  
U Level  
301 Main Street  
Paterson, NJ 07505

**PASSAIC OFFICE**  
Passaic City Hall  
330 Passaic Street  
Passaic, NJ 07055

**TOTOWA OFFICE**  
Totowa Business Center  
930 Riverview Drive, Suite  
250  
Totowa, NJ 07512

Phone: 973-569-4032 www.passaiccountynj.org Fax: 973-569-4032

[From the Desk of the Executive Director...](#)

**Sending you and your family our warmest thoughts and best wishes for a wonderful holiday.**

**Shirley Force, Executive Director**  
Passaic County Department of Senior Services, Disability and Veterans Affairs

### [Family Caregivers Series: Grandparents Raising Grandchildren](#)

In celebration of National Family Caregivers Month, the Passaic County Department of Senior Services and Northeast New Jersey Legal Services present a free legal series for grandparents raising their grandchildren.

#### **Senior Law and Elder Abuse – Thursday, November 7**

**10 AM to 11 AM at 930 Riverview Drive, Suite 200, Totowa, NJ 07512**

This seminar will cover powers of attorney, simple wills, and other preparatory documents as well as legal issues involving elder abuse, financial exploitation, and scams that target seniors.

#### **Clearing Juvenile Criminal Records – Friday, November 8**

**10 AM to 11 AM at 930 Riverview Drive, Suite 200, Totowa, NJ 07512**

This seminar will cover the process and requirements to expunge (clear) juvenile New Jersey criminal records.

#### **Public Benefits and Education – Tuesday, November 12**

**10 AM to 11 AM at 930 Riverview Drive, Suite 200, Totowa, NJ 07512**

This seminar will cover public benefits that involve financial and food assistance. Additionally, the seminar will cover educational issues for grandparents who are caregivers of children with disabilities and/or special education needs.

#### **Family Law – Friday, November 15**

**10 AM to 11 AM at 930 Riverview Drive, Suite 200, Totowa, NJ 07512**

This seminar will cover family law related legal issues for grandparents raising their grandchildren including child support, custody, and kinship legal guardianship.

These seminars are free and open to the public. For more information or to RSVP, please contact the Passaic County Department of Senior Services at (973) 569-4060.

## Emergency Preparedness

The best time to prepare for an emergency is before it happens. The Department of Senior Services urges all New Jersey residents to create an emergency plan and update emergency kits.

Everyone should make the following preparations to protect their family, their business and their community in advance of an emergency.



**Have an emergency kit**



**Make an emergency plan**



**Stay informed**

Everyone should be prepared to have enough supplies for a least three days. Emergency kits should include the basics for survival including non-perishable food, water, medicine (both over-the-counter and prescription, if possible), flashlight, transistor radio, batteries, phone chargers, baby supplies and other special medical needs.

The NJ Special Needs Registry is designed to help emergency responders locate and safely evacuate people who could find it difficult to help themselves in the event of a major disaster, such as a hurricane.

## Volunteers Wanted!

The Passaic County Parks and Recreation office is looking for reliable, friendly, hard-working Passaic County community members who would like to help make our events the best they can be!

We are looking for outgoing people who would like to help with:

- Leading arts & crafts activities for children
- Managing scores, stats and logistics for athletic events
- Leading guided educational hikes through our trails
- Welcoming and guiding guests to all of our events
- Hosting environmental education programs
- Assisting at large-scale events such as the Passaic County Fair, Earth Day, Kids to Parks Day, etc.
- Planning large-scale community events.

If you are interested in volunteering with us, please fill out the free application at [www.TinyURL.com/PassaicVIP](http://www.TinyURL.com/PassaicVIP) or contact:

Kerry Klug  
Recreation Program Coordinator  
Passaic County Parks and Recreation  
973-881-4833  
[KerryK@passaiccountynj.org](mailto:KerryK@passaiccountynj.org)

## Flu Season

While seasonal influenza (flu) viruses are detected year-round in the United States, flu viruses are most common during the fall and winter. The exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October. Most of the time flu activity peaks between December and February, although activity can last as late as May.

### Common Flu Signs & Symptoms

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

### Preventative Steps

- Take time to get a flu vaccine
- Try to avoid close contact with sick people.
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.
- If you are sick with flu, antiviral drugs can be used to treat your illness.

Content source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD) <https://www.cdc.gov/>

## MEMORY CONCERNS? YOU'RE NOT ALONE.

### FREE CONFIDENTIAL MEMORY SCREENINGS

A memory screening is a simple and safe "healthy brain check-up that tests memory and other thinking skills.

You can complete a memory screening at the Department of Senior Services, 930 Riverview Drive, Suite 200, Totowa, NJ 07512

**WEDNESDAY, NOVEMBER 20**  
**9 AM to 1 PM**  
**PHONE: 973-310-9549**

*Each memory screening takes approximately 10 minutes and while the result is not a diagnosis, it can suggest if someone should see a physician for a full evaluation.*

National Memory Screening Program is an initiative of:  
Alzheimer's Foundation of America  
[www.alzfdn.org](http://www.alzfdn.org) | 866-232-8484



Sponsored by the Passaic County



Board of Chosen Freeholders

Hosted by the Passaic County Department of Senior Services,  
Disability & Veterans Affairs and Preakness Healthcare Center

# Caring for You: A Caregiver Appreciation Day

## Tuesday, November 19

### 9 AM to 3 PM

#### Registration begins at 9 AM

Preakness Healthcare Center

Main Dining Room

305 Oldham Road, Wayne, NJ 07470

"Coping with Behavior Changes in Alzheimer's Disease"

10 AM to 11 AM

**Shelley Steiner, LSW, MSW, MPH**

Support Group Coordinator for Alzheimer's New Jersey

"Special Diets 101"

11:30 AM to 12:30 PM

**Heather Shasa, MS, RD, CDE**

Retail Registered Dietician at ShopRite of Little Falls

Lunch

12:30 PM to 1 PM

"Serving Those Who Served"

1 PM to 2 PM

**Beth O'Connor**

Regional Manager of Veterans Home Care, LLC

"Common Mistakes Families Make as a Loved One Ages"

2 PM to 3 PM

**Eric Goldberg, Esq.**, Member, Mandelbaum Salsburg

Co-Chair, New Jersey Elder Law Center at Mandelbaum Salsburg

### Raffle Prizes

Continental Breakfast  
and Bagged Lunch  
will be served

Pampering provided by  
Passaic County  
Technical Institute  
students

Please RSVP by November 1, 2019 to Pat Ring at 973-569-4060 for any and all presentations



Sponsored by the Passaic County Board of Chosen Freeholders

# OPERATION VETERAN APPRECIATION



## CALLING ALL PASSAIC COUNTY VETERANS

The Passaic County Board of Chosen Freeholders, along with Camp Hope and the Department of Senior Services, Disability and Veterans Affairs, would like to thank our Passaic County Veterans by sponsoring a day of appreciation at Camp Hope. If you are one of our proud Passaic County Veterans, consider yourself cordially invited to spend the day celebrating your service. Join us for breakfast, followed by lunch and dessert, as you enjoy live musical entertainment. Thank you for the service you provided to our great nation!

Our VA Officer and the Passaic County Clerk's Office will be on-site to process Veteran Photo ID applications and to answer any questions you may have.

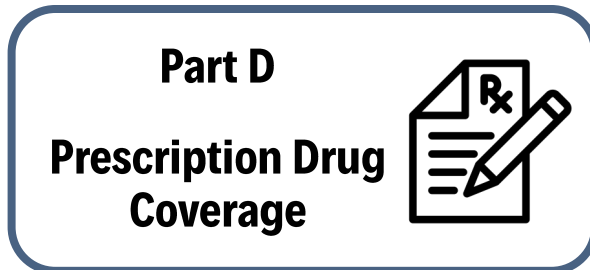
**Friday, November 1**  
**8:30 AM - 2 PM**  
**at Camp Hope**

1792 Union Valley Road  
West Milford, NJ 07480  
973-881-2847

**RSVP by October 18**

Free transportation available through the Passaic County Para-Transit Program  
Pick-Up at 8:30 AM at the Totowa Senior Services Office  
930 Riverview Drive, Suite 200, Totowa, NJ 07512

County of Passaic  
Department of Senior Services, Disability and Veterans Affairs  
930 Riverview Drive, Suite 200, Totowa, NJ 07512



## MEDICARE PART D ENROLLMENT

Friday, November 1, 2019  
9 AM to 4 PM

- ⇒ One on One Counseling
- ⇒ Enrollment Assistance
- ⇒ Comparison on current coverage versus 2020 plans costs
- ⇒ Counseling sessions are scheduled for 30 to 60 minutes

Please call to schedule your appointment

973-569-4060

# Congratulations

TO ALL ARTISTS THAT PARTICIPATED IN THE

**2019 PASSAIC COUNTY ANNUAL**

**Senior Art Show**

**STATE ART SHOW WINNERS FROM PASSAIC:**

**MARK LEIBOWITZ**

1ST PLACE, DIGITAL ART (NON-PROFESSIONAL)

**DOMINIC ALGIERI**

2ND PLACE, PASTEL (PROFESSIONAL)

## 2019 Medicare Educational Seminar

Friday, October 18  
10 AM to Noon

Location:  
Passaic County Senior Services  
930 Riverview Drive  
Suite 200  
Totowa, NJ 07512

Call to Register  
973-596-4060



**Passaic County Board of  
Chosen Freeholders**

Director  
John W. Bartlett

Deputy Director  
Cassandra "Sandi" Lazzara

Assad R. Akhter  
Theodore "TJ" Best, Jr.

Terry Duffy

Bruce James

Pasquale "Pat" Lepore

**County Administrator**

Anthony J. DeNova III

The State Health Insurance Assistance Program (SHIP) is a statewide program administered by the New Jersey Department of Human Services with financial assistance through a grant from the U.S. Administration for Community Living (ACL). Currently in the Nation there are 59 million Medicare beneficiaries and includes people who are 65 and older and people who have a permanent disability. Many have difficulty navigating Medicare and the health care system on their own. Some do not get the care they need because they cannot pay and do not know about programs that provide help. Others, (the many caregivers who assist family members, friends and neighbors) need answers and guidance. SHIP counselors provide free one-on-one Medicare counseling.

Please contact Dinorah Luciano, Passaic County SHIP coordinator at 973-569-4060.

Department of Senior Services,  
Disability & Veterans Affairs  
930 Riverview Drive, Suite 200  
Totowa, NJ 07512  
Phone: 973-569-4060  
Fax: 973-256-5190/5091  
ADRC 1-877-222-3737  
[www.passaiccountynj.org/seniors](http://www.passaiccountynj.org/seniors)

