

**SPRING 2020**

Produced by the Department of Senior Services

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**SENIOR RESOURCE CENTER**

**SENIOR SERVICES**

973-569-4060

**TRANSPORTATION**

973-305-5756

**ENERGY ASSISTANCE**

973-569-4032

**NUTRITION SERVICES**

973-569-4099

**ADULT DAY CARE**

973-569-4080

**VETERANS AFFAIRS**

973-569-4090

**From the Desk of the Executive Director...**

Spring is rapidly approaching...  
and so are many events and activities.

Our staff at the Department of Senior Services looks forward to seeing you at them all.  
Living life is our dream.

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

**OLDER AMERICANS MONTH**

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. We are pleased to announce the 2020 theme:



This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference *everyone* can make – in the lives of older adults, in support of caregivers, and to strengthen communities.



**THANK YOU 4-H!**

Passaic County Nutrition / Meals On Wheels Program sincerely thanks the Passaic County 4-H Members for making a sweet heart of a day on Valentine's Day for our homebound seniors.

**PLANT PROAGATION WORKSHOP**

Are you interested in learning how to grow new plants from cuttings, seeds and other plant parts? Join us for our plant propagation workshop. Participants will acquire hands-on experience in the art and science of rooting of cuttings, seedage, layering and propagation medias. To register, please call 973-569-4060.

**Friday, June 19**

West Milford Senior Center  
1792 Union Valley Road

**Thursday, June 25**

Totowa Senior Center  
930 Riverview Drive  
Suite 200

**Friday, June 26**

Riverside Veteran Senior Center  
165 5th Avenue, Paterson

**9:30 AM to 11 AM (90 minute classes)**

## Understanding Your Home's Energy Usage: The House of Pressure



We spend a large part of our day in our home—but how well do we really understand how our homes use energy?

Many of us may be unfamiliar with several ways in which our homes consume, conserve, and waste energy. Understanding home energy usage and implementing energy saving measures can reduce home energy costs. Passaic County's Weatherization Assistance Program assists eligible residents by implementing energy conservation measures to reduce home energy costs.

The House of Pressure, or "**HOP House**," is a tool that we use to educate residents about home energy consumption and conservation.

HOP House features demonstrate:

- The ways that carbon monoxide can leak into homes from heating systems and garages
- The ways that air ducts can lose precious hot air in the winter and cold air in the summer
- Hidden energy leakages occurring within the walls, ceiling and floor of a home (the shell of the home)
- Miniature-scale versions of the instruments and testing equipment used during Home Energy Audits

The County's Weatherization Assistance Program will be holding a "HOP House" presentation on **Tuesday, April 28 at 2:00 PM at 930 Riverview Drive, Suite 200, Totowa, NJ 07512**, to educate residents on energy conservation. We hope that you will join us for this informative session.

### Senior Advisory Council **2020 MEETING DATES**

January 13	June 8
February 10	September 14
March 9	October 19
April 13	November 16
May 8	December 14

All meetings are held at 10 AM at  
930 Riverview Drive, Suite 200, Totowa, NJ 07512

### Advisory Council on Disability **2020 MEETING DATES**

January 8	June 3
February 5	September 2
March 4	October 7
April 1	November 4
May 6	December 2

All meetings are held at 1 PM at  
930 Riverview Drive, Suite 200, Totowa, NJ 07512

### Public Hearings

#### **Senior Services – Tuesday, June 9 at 10 AM**

The Department of Senior Services will hold a Public Hearing on the 2021 Area Plan Contract for the purpose of soliciting and receiving comments on issues and concerns of elderly residents in Passaic County.

Residents in need of ADA accommodations should contact the Department of Senior Services at 973-569-4060 by Tuesday, May 26. If you are unable to attend but would like to voice your opinions to us, please send written comments by Tuesday, June 23 to Senior Services, 930 Riverview Drive, Suite 200, Totowa, NJ 07512  
ATTENTION: Laura Smith.

#### **Para Transit Services – Thursday, June 18 at 10 AM**

The Para Transit Public Hearing will be held for the public to come and provide input to improve and identify transportation needs.

This is your time to be heard!

For more information on the Transportation Public Hearing, please call the Division of Para Transit at 973-305-5756.

**All Public Hearings will be held at  
930 Riverview Drive, Suite 200, Totowa, NJ 07512.**



**Passaic County** Sponsored by the Passaic County Board of Chosen Freeholders

# 2020 PASSAIC COUNTY ANNUAL SENIOR ART SHOW

Presented by the Department of Senior Services, Disability & Veterans Affairs

## Calling all artists!

Are you an artist 60 years of age or older and living in Passaic County? Then we are looking for you!

Seeking experienced and new artists to participate in our annual senior art show. Please call 973-569-4060 for more information.

Art submissions will be accepted from May 27 to June 4 at the Department of Senior Services 930 Riverview Drive, Suite 200, Totowa, NJ 07512

**ON DISPLAY JUNE 8 - 25 | 9 AM - 4 PM**

Open to the public Monday through Friday 930 Riverview Drive, Suite 200, Totowa, NJ 07512

**ART SHOW RECEPTION  
JUNE 26, 2020 | 2 PM - 3 PM**

## Healthy Meals on the Go

As serving sizes keep increasing and we get busier, learn how to make mason jar meals that count. This class is one of the Healthy Meals on The Go series that will help you eat healthy without spending too much time on meal preparation.

**June 5 | 10 AM – 11 AM**

Totowa Senior Center  
930 Riverview Drive, Suite 200, Totowa

**June 12 | 10 AM – 11 AM**

Paterson Senior Center  
165 5th Avenue, Paterson

**June 19 | 10 AM – 11 AM**

Bloomington Senior Center  
101 Hamburg Turnpike, Bloomington

Please call 973-569-4060 to Register

## Message from Freeholder Director Cassandra "Sandi" Lazzara, the entire Board of Chosen Freeholders and County Administrator:

We are pleased to announce effective April 1, 2020, Passaic County Division of Paratransit will begin providing transportation services to senior citizens and individuals with disabilities in the City of Paterson. To schedule a ride, please call 973-305-5756 between the hours of 8 a.m. and 4 p.m. Monday through Friday.

**WELCOME PATERSON RIDERS TO OUR PARATRANSIT FAMILY**

## Poetry and Jazz

- |             |             |
|-------------|-------------|
| BANDS       | PIANO       |
| BASS        | POEM        |
| BOOKS       | POETRY      |
| COMPOSITION | RHYMES      |
| CORDS       | RHYTHM      |
| HISTORY     | SAXOPHONE   |
| HORN        | SHAKESPEARE |
| INSTRUMENTS | SOUND       |
| JAZZ        | TONE        |
| LITERATURE  | TROMBONE    |
| NOTES       | TRUMPET     |
| PAPER       | WRITERS     |

S V I E S E C H E B Z Q J C U  
 S D X E S O R N I N O Z M R G  
 Q E T Y R Z O U P S H O A P W  
 E O M D O B S N T G T C K J R  
 N D S Y M P H R E A O O Z S I  
 O U L O H H A O X M R B R F T  
 H R R J Q R K H P P J E A Y E  
 P T T C Z C E O F A V N T S R  
 O D O B R T S M P P L L G I S  
 X N Y M J I P O X E K I C L L  
 A U E S T N E M U R T S N I T  
 S O L I J T A T R U M P E T Y  
 P S O P R D R M H T Y H R B U  
 O N W Y C F E B A N D S X R S  
 O N A I P T O N E T L K N K J

### AARP Driver Safety Course

By taking a driver refresher course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details. AARP membership is not required to take the course and there are no tests to pass.

All attendees must bring their NJ Driver's License and if they are a member of the AARP, they need to bring their Membership Card. Attendees can bring lunch and snacks if they care to. There will be a 30 minute lunch break.

Presented by the Passaic County Dept. of Senior Services, Disability & Veterans Affairs

**AARP**  
**DRIVER SAFETY**



Sponsored by the Passaic County Board of Chosen Freeholders

**Thursday, June 11 and Thursday, September 17 | 9 AM – 3:30 PM**

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

**June class:** \$15 for AARP members and \$20 for non-members.

**September class:** \$20 for AARP members and \$25 for non-members.

Checks made payable to AARP. Payment must be received prior to class.

The Driver Safety Course will be on a first come, first serve basis! There are 25 seats available per session. To register, call Passaic County Senior Services at 973-569-4060.

Passaic County Senior Services, Disability & Veterans Affairs in partnership with Northeast New Jersey Legal Services present:

### 2020 Passaic County Housing Series

#### Reverse Mortgages

**Wednesday, June 17 | 10 AM – 11 AM**

Informational seminar on the facts, pros and cons as well as the legal aspects of a reverse mortgage.

Larry Sindoni – Managing Attorney

*Northeast New Jersey Legal Services Housing Unit*

Ron Romano – HUD certified Housing Counselor

930 Riverview Drive, Suite 200, Totowa, NJ 07512

Please call 973-569-4060 to register.

### How SNAP Ensures Healthy Aging

Food insecure seniors face a wide array of negative health outcomes:

- **More chronic conditions:** Food insecure seniors have lower nutrient intake and are more likely to suffer from chronic conditions. At the same time, financial stress and inadequate nutrition make those conditions more challenging to manage, and often seniors make trade-offs (such as choosing between food or medicine) that exacerbates their disease.
- **Longer recovery time:** Having access to enough food for a balanced diet makes it easier to recover from surgery and for wounds to heal.
- **Greater risk of falls:** Food insecurity can also affect muscle mass, bone density, balance, and increases risk of falls and poses a significant risk to a senior's health and independence.

An adequate diet means that seniors can maintain the strength needed to take care of themselves, stay in their homes, and maintain their normal activities of daily living.

### Document Shredding Recycling Event

#### Shred It and Forget It!

**Saturday, June 6 | 9 AM – 1 PM**

Free on-site confidential document destruction and recycling services for Passaic County Residents.

For more information, visit [PassaicCountyNJ.org/Recycling](http://PassaicCountyNJ.org/Recycling) or call 973-305-5738.

930 Riverview Drive, Suite 200 Totowa, NJ 07512

### Ceramic Painting

Includes: Your choice of a mug, bowl or plate, paints, supplies and firing in kiln.

**May 27 | June 24**  
**2 to 4 PM**  
**\$15**

Finished pieces will be delivered back to the center one week after class.

930 Riverview Drive, Suite 200, Totowa, NJ 07512

Please call 973-569-4060 to register.



## Passaic County Farmers' Market

### The Passaic County Farmers' Market operates from June through November

The program provides eligible low-income individuals with vouchers to purchase fresh, nutritious, unprepared, locally grown fruits, vegetables and fresh cut herbs from certified farmers and roadside stands. The program reinforces the importance of using locally grown produce and expands the awareness and use of the local farmers. Each eligible individual will receive six \$5.00 vouchers for the season to purchase fresh fruits, vegetables and herbs from authorized farmers. Vouchers cannot be redeemed at grocery stores and other food markets.

### Requirements

To be eligible to receive Farmers' Market Nutrition Program benefits, individuals must be at least 60 years old, a Passaic County resident and meet the program's income requirements. All individuals must complete an application, provide proof of income, residency and personally sign for the vouchers. For income requirements, please contact Senior Services after June 15 at 973-569-4060.

### Farmers' Market Voucher Distribution

Passaic County residents can apply for farmers' market vouchers at the following locations. This program is on a first come, first served basis. *If you cannot attend your local outreach site on the listed date, vouchers can be obtained in Totowa at the Department of Senior Services while available.*

#### Passaic County Senior Services: Starting June 9

9:30 a.m. – 3:30 p.m. | Monday through Friday  
930 Riverview Drive, Suite 200, Totowa

#### Clifton Senior Services: Starting June 9

9:00 a.m. – 11:00 a.m. | Monday through Friday  
Municipal Complex Barn C, 900 Clifton Ave, Clifton

#### West Milford: Wednesday, June 10

9:30 a.m. – 11:30 a.m.  
Camp Hope  
1792 Union Valley Road, West Milford

#### Hawthorne: Thursday, June 11

9:30 a.m. – 11:30 a.m.  
Hawthorne Volunteer Ambulance, Senior Center  
970 Goffle Road, Hawthorne

#### Bloomingtondale: Thursday, June 18

9:30 a.m. – 11:30 a.m.  
Senior Center: Municipal Complex  
101 Hamburg Turnpike, Bloomingtondale

#### Passaic: Wednesday, June 24

9:30 a.m. – 11:30 a.m.  
Senior Center: Municipal Complex  
330 Passaic Street, Passaic



Come and meet the officers of the Passaic County Community Policing Division! Coffee with a Cop brings police officers and the community members they serve together to discuss issues and learn more about each other. Coffee and Bagels will be served.

**Open to the Public from 9:30 a.m. to 11 a.m.**

Register by calling 973-569-4060.

- July 14** Totowa Senior Center
- July 16** Bloomingtondale Senior Center
- August 11** Hawthorne Senior Center
- August 13** Riverside Senior Center (Paterson)
- September 24** West Milford Senior Center
- September 29** Annabelle Shimkowitz Senior Center (Passaic)
- October 1** Lester Herschaft Senior Center (Clifton)



## 2020 SENIOR POLICE ACADEMY

May 5, May 12, May 19 & May 26

4 Weeks: 8:45 AM to 12 PM

Call 973-569-4060 to register

### COMMUNITY POLICING PROGRAM



#### Academy Topics:

- ◆ Fraud, Scams and Identity Theft
- ◆ Money Smart for Older Adults
- ◆ Personal Safety and Home Safety
- ◆ Crime Prevention and Gang Awareness
- ◆ Prescription Drug Abuse and Drug Drop-Off
- ◆ Office of Emergency Management
- ◆ Senior & Veterans Services Overview
- ◆ 911 Communication
- ◆ Project Lifesaver
- ◆ Emergency First Aid
- ◆ SWAT Team
- ◆ K-9 Unit Presentation

#### Presented by:

Passaic County Board of  
Chosen Freeholders

Passaic County  
Sheriff's Department

Passaic County Department  
of Senior Services, Disability  
and Veterans Affairs

# 2020 SENIOR POLICE ACADEMY

May 5, May 12, May 19 & May 26

4 Weeks: 8:45 AM to 12 PM

**\$5.00 Registration Fee**

Please register by April 17 by calling 973-569-4060 and mail form back to:

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

**Seating is limited.**



Name:

Address:

Home Phone:

Cell Phone:

Email Address:

DOB:

Emergency Contact:

Emergency Contact Phone:

Are you a Passaic County Resident?  Yes  No

Why have you volunteered to participate in the Passaic County Sheriff's Department Senior Police Academy?

What do you hope to achieve by participating in the academy or topics you would like to see discussed?

T-Shirt Size (circle one):    S    M    L    XL    2X

**Passaic County Board of  
Chosen Freeholders**

Director  
Cassandra "Sandi" Lazzara

Deputy Director  
Pasquale "Pat" Lepore

Assad R. Akhter

John W. Bartlett

Theodore "TJ" Best, Jr.

Terry Duffy

Bruce James

**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, including 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)

