

SPRING 2021

Produced by the Department of Senior Services

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SHIP

**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



**MAY IS OLDER AMERICANS MONTH**

As Spring arrives and the weather warms, we celebrate the month of May with Older Americans month. It is a time to celebrate the contributions that seniors make to their families and communities.

The special observance was established in 1963 to acknowledge contributions of past and present Older Citizens. The theme for 2021 Older Americans Month is "Communities of Strength." The lives lived by older adults over their lifetime have built resilience and strength through the hard work, the sacrifices, and the individual journey of each Older American.

Older Americans are the backbone of our society and our lives. They bridge from past to present. They inspire us to lead a family life, work hard, be honest, make every day count, and pass on to others the knowledge, wisdom and understanding learned by them and past generations.

Communities that embrace the courage and contributions of Older Adults are stronger. Doing so is not only right, but it is imperative in moving forward.

Here's a big round of applause to ALL of our Older Americans: you are treasured!!!

Shirley Force, Executive Director

Staff in the Divisions of Senior Services, Adult Day Care, Nutrition/Meals on Wheels, Para-Transit & Weatherization/Home Energy



Hi all,

It pleases me to announce the following hirings that will only enhance services for our beloved Seniors, Veterans and disabled within Passaic County. First, for our Passaic County Veterans Services Officer, we want to welcome Wilfredo Rodriquez. Wilfredo brings a wealth of knowledge and understanding from his time serving our country in the US Navy. We look forward to Wilfredo working with us and seeing that our Veterans are served fully and that their concerns and needs are met through the unit Wilfredo heads. To contact Wilfredo, please call 973-569-4060.

In addition, we want to welcome Michael Parra who is our new Director of Passaic County Para Transit Special Transportation Services for Seniors and disabled residents of Passaic County. Michael has a wealth of experience working in the transportation industry which includes training of employees, ensuring safety protocols are established fully and met, and working on a day-to-day basis with union employees. To contact Michael, please call 973-305-5756.

The hiring of Wilfredo and Michael will serve their constituents with the highest level of efficiency and professionalism. Please help welcome both to their new positions.

## Let's Get Physical

**Live a healthier life.** Individuals looking to live a healthy life need to be physically active on a regular basis. Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and to stay independent as you age.

**Exercising Regularly.** Long term physical activity, at least 150 minutes a week, can produce long-term health benefits. Exercising regularly can reduce the risk of developing some diseases and disabilities that develop as you grow older. In some cases, exercise is an effective treatment for many chronic conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems, or difficulty walking.

**Play and physical activity go together.** You can break down physical activities into 10-15 minute intervals during your day to reach this weekly goal. One of the great things about physical activity is that there are so many ways to be active. For example: you can volunteer, swim, dance, walk, play with your grandchildren, garden, or ride a bike.

**Make exercise a priority and be happier.** The benefits of regular physical activity are plenty and worth the effort. Let's make regular physical activity a priority.

**Are you ready?** Join Anwaar Gaber, your Program Nutritionist, for virtual fitness classes:

**April 27 from 1:00 PM – 1:30 PM**

**May 18 from 1:00 PM – 1:30 PM**

**June 22 from 10:00 AM – 10:30 AM**

See you then! (All you will need is comfortable clothes, your sneakers, and a chair.)

**To join by telephone** contact 1-408-418-9388 toll free and enter access code #

April 27: 129 462 8285

May 18: 129 377 9179

June 22: 129 311 2813

**To join via internet** please contact Senior Services at 973-569-4060

to provide an email address to receive an invitation.

Hosted by Passaic County Department of Senior Services.



## 2021 Senior 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 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.

For more information and program requirements, call the Department of Senior Services after June 1st at 973-569-4060.

## Spring is for Seasonal Vegetables

**Follow the below tips for getting the most out of your veggies this spring:**

**Seasonal Fruits and Vegetables** Eating “in season” reduces the amount of harmful pesticides that are on your fruits and vegetables. Foods lose flavor just as they lose moisture when they are held. Fresh, locally harvested foods have their full, whole flavors intact. You can also increase consumption of natural antioxidants, called flavonoids, found in fruits and vegetables. Some great fresh spring vegetables are artichokes, asparagus, avocados, beets, fava beans, collard greens, garlic, lettuce, onions, peas, pineapple, and radishes.

**Red:** Fruits and veggies are anti-inflammatory antioxidants, and may help lower risks associated with heart disease and certain cancers. They can also reduce sun-related skin damage.

**Green:** Cruciferous veggies are anti-inflammatory antioxidants that may help lower risk of cancer and heart disease.

**Blue/Purple:** Are anti-inflammatory antioxidants and may help improve brain function, and lower the risk of neurological disorders, heart disease, type 2 diabetes, and certain cancers.

**Yellow/Orange:** Carotenoids are anti-inflammatory antioxidants. They support eye health, and may help lower risk of heart disease and certain cancers.

**White/Brown:** Are anti-inflammatory antioxidants that may help lower the risk of heart disease, colon and other cancers.





The Passaic County Department of Senior Services would like to wish everyone a Happy Memorial Day. On this day, and everyday, we honor the heroes who have sacrificed their lives to protect our country.

### Improve Your Memory



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

- Awareness
- Behavior
- Brain
- Campaign
- Caring
- Change
- Foundation
- Games
- Healthy
- June
- Letters
- Love
- Medication
- Memory
- Photos
- Purple
- Puzzles
- Trivia

## 2021 Passaic County Annual Senior Art Show

The Department of Senior Services is pleased to announce that we will be hosting the Annual Senior Art Show this year! We have had to make some procedural adjustments due to the current pandemic, but we are looking forward to seeing your artwork submissions.

To participate, you must be 60 years of age or older, a Passaic County resident, and your piece must be “show ready”. Informational packets will be mailed to past participants. For new participants, packets can also be mailed upon request or downloaded from the Passaic County website at [www.passaiccountynj.org](http://www.passaiccountynj.org).

To maintain the highest level of safety and protection for our residents and staff, please follow these procedures:

- Please call us at 973-569-4060 to schedule an appointment to drop off your artwork. Appointments will be scheduled starting **May 17 - June 3, Monday through Friday 9 a.m. to 4 p.m.** June 3 is the last day.
- Artwork is to be dropped off at our office located at:  
**930 Riverview Drive, Suite 200  
Totowa, NJ 07512**
- Please do not enter the building. Our offices are currently closed to the public.
- Masks must be worn when dropping off artwork to staff.

Due to the ongoing pandemic, the art show will be presented virtually on the county website, [www.passaiccountynj.org](http://www.passaiccountynj.org), starting July 1, 2021. For those who do not have computer access, a copy of the art show guidebook can be mailed to you upon request.

For additional information and eligibility, please call the Department of Senior Services at 973-569-4060.



## Building Strong Support for Elders – World Elder Abuse

A virtual presentation hosted by The Passaic County Department of Senior Services and presented by Northeast New Jersey Legal Services on:

**Building Strong Support for Elders – World Elder Abuse**  
**Tuesday, June 15, 2021**  
**2:00 PM – 2:45 PM**

**To join by telephone** contact 1-408-418-9388 toll free and enter access code # 129 883 5582

**To join via internet** please contact Senior Services at 973-569-4060  
to provide an email address to receive an invitation.





## Document Shredding and Recycling Collection Program



Collection sites open from 9 AM to 1 PM | Rain or Shine | Masks required | Drive-up Only

This program is free of charge to Passaic County residents - proof of residency required. Up to 6 "banker boxes" worth of paper accepted per household (10"x13"x16"). Participants must take back their containers that all documents were brought in.

**Sunday, April 18:** Passaic County Senior Services  
930 Riverview Drive, Totowa

**Saturday, September 18:** Hawthorne Pool  
32 May Street, Hawthorne

**Saturday, June 5:** Passaic County Para-Transit Facility  
1310 Route 23 North, Wayne

**Sunday, November 21:** Paterson Museum  
2 Market Street, Paterson

### Acceptable Materials

Old Checks	Utility Bills	Bank Statements	Personal Documents	Medical Information (No x-rays or film)
Copy Paper	Tax Returns	Computer Printouts	Letterhead / Stationery	

### Unacceptable Materials

Metal Binders	Overnight Shipping Envelopes	Staples
Photographs and Film	Other non-paper Materials	Carbon Paper

## Heat Wave Safety Tips

When temperatures soar, follow these safety rules:

- Sit down. Avoid strenuous activity. If you must do strenuous activity, do it in the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine.
- Drink plenty of water regularly and often, even if you don't feel thirsty. Water is the best liquid to drink during a heat wave. Avoid alcohol and caffeine as they can intensify the heat's effect on your body. This is especially true about beer because it accelerates dehydration.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Never leave children or pets in the car, even with the windows down. When the outside temperature is only 83 degrees Fahrenheit, and your window is down two inches, the temperature inside your car can reach 109 degrees Fahrenheit in 15 minutes.
- Avoid using salt tablets unless directed to do so by a physician.

## Protect Yourself from Medicare Fraud

**Don't be a victim of Medicare fraud, waste or abuse.** The Senior Medicare Patrol of New Jersey sometimes receives calls from beneficiaries who want to appeal their discharge from a nonhospital setting, such as a nursing home where they are receiving rehab treatment. Learn how to protect yourself from Medicare fraud including COVID-19 vaccine fraud.

Join us:

**Thursday, May 13 from 2:00 PM to 3:00 PM**

**To join by telephone** contact 1-408-418-9388 toll free and enter access code # 129 954 3696

**To join via internet** contact Senior Services at 973-569-4060 to provide an email address to receive an invitation.

Hosted by Passaic County Department of Senior Services

Presented by Charles Clarkson, Esq., New Jersey Project Director, *Senior Medicare Patrol*

## PUBLIC HEARING

### THE PASSAIC COUNTY BOARD OF COUNTY COMMISSIONERS AND THE PASSAIC COUNTY DEPARTMENT OF SENIOR SERVICES

The Passaic County Area Agency on Aging and the Passaic County Senior Advisory Committee will hold a virtual public forum due to the COVID 19 Pandemic on the 2022 Area Plan Contract for the purpose of soliciting and receiving comments on services and programs that reflect the needs, issues and concerns of our Passaic County elderly residents.

The virtual Public Hearing will be held on Friday, June 11, 2021 at 10:00 AM via WEBEX at Passaic County Department of Senior Services, Disability and Veterans Affairs.

To join by phone, call 1-408-418-9388 (toll free) and enter access code: 129 285 8579

To join via the internet, contact Senior Services at 973-569-4060 to provide an email address to receive an invitation.

Residents in need of ADA accommodations should contact the Passaic County Department of Senior Services at 973-569-4060 by Friday, May 28th.

Interested parties who cannot participate in the Public Hearing are invited to send written comments to the ATTENTION of Laura Smith at the Passaic County Department of Senior Services, 930 Riverview Drive, Suite 200, Totowa, New Jersey 07512. Written comments will be accepted through June 25th.

## Medicare Coverage and Coronavirus

Original Medicare-covered services related to coronavirus include:

**Coronavirus testing** Your doctor can bill Medicare for this test beginning April 1, 2020 for testing provided after February 4, 2020. You will owe nothing for the laboratory test and related provider visits (no deductible, coinsurance, or copayment). This applies to both Original Medicare and Medicare Advantage Plans.

**Virtual check-ins** Virtual check-ins can be used to communicate with your doctor and assess whether you should go to the office for an in-person visit. If you have a Medicare Advantage Plan, contact your plan to learn about its costs and coverage.

**Telehealth benefits** A telehealth service is a full visit with your doctor using video technology. During the public health emergency, Medicare covers hospital and doctors' office visits, mental health counseling, preventive health screenings, and other visits via telehealth for all people with Medicare. You can access these benefits at home or in health care settings. You may owe standard cost-sharing (like a coinsurance or copayment) for these services but contact your provider to learn more. If you have a Medicare Advantage Plan, contact your plan to learn about its costs and coverage.

**Prescription refills** If you want to refill your prescriptions early so that you have extra medication on hand, contact your Part D drug plan. Your plan should remove restrictions that stop you from refilling most prescriptions too soon. During the emergency, all Medicare Advantage and Part D plans must cover up to a 90-day supply of a drug when you ask for it. However, plans cannot provide a 90-day supply of a drug if it has certain restrictions on the amount that can be safely provided. These restrictions are called safety edits, and they commonly apply to opioids.



Medicare also covers other medically necessary services, such as inpatient and outpatient hospital care or skilled nursing facility (SNF) care. If you think you are being discharged from a hospital or SNF too soon, you can appeal that decision. Call your State Health Insurance Assistance Program (SHIP) for help. Medicare Advantage Plans must cover everything that Original Medicare does, but they can do so with different costs and restrictions.

**Passaic County Board of  
County Commissioners**

Director  
Pasquale "Pat" Lepore

Deputy Director  
Bruce James

Assad R. Akhter

John W. Bartlett

Theodore "TJ" Best, Jr.

Terry Duffy

Cassandra "Sandi" Lazzara

**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)

