



# SENIOR PATHWAY

## DEPARTMENT OF SENIOR SERVICES

AGING/DISABILITY ● VETERANS AFFAIRS ● PARATRANSIT  
NUTRITION SERVICES ● ENERGY ASSISTANCE



Summer 2018

Produced by the Department of Senior Services

### Summer Days, Exciting Programs, New Partnerships!!

I hope you and your family made the very best of our short summers here in the north ... whether it was on the jersey shore, the lake, summer evening concerts, or trips to your local ice cream shop ... I hope you took advantage of all your opportunities to make fabulous summer memories with friends and family.

Here at the Department of Senior Services we took the summer to create new programs, explore new partnerships and develop a better way to communicate to our seniors. In an effort to provide more reliable communication and deliver better services, the Department of Senior Services is pleased to announce the implementation of our NEW department-wide ALERT/NOTIFICATION System. Be sure to check out the "Senior Alert" page for more information on this initiative. Our newly developed events will be sure to provide you with a wealth of information. Look inside at what we are calling our "Life Enrichment" activities ... be sure to take a gander throughout this newsletter and consider registering for our "Senior Police Academy", "Operation Veteran Appreciation", "Chair Yoga", "Knit for a Cause" and "Swirl-n-Snacks".

In addition, I am excited to announce a new partnership with an organization that is affecting the lives of children across Passaic County. Please allow me to draw your attention to an organization with an amazing cause, actively offering a volunteer opportunity for Seniors. Passaic County "CASA" (Court Appointed Special Advocate) is part of a national network of community-based, non-profit organizations that recruit, screen, train, and supervise volunteers to "Speak Up for a Child" removed from home due to abuse or neglect. I recently had the opportunity to meet with Erica Fischer-Kaslander, Executive Director from CASA. Erica and her team had a great discussion about collaborating with our Department of Senior Services... Why? Because in my 8 months here I have learned that our Passaic County Seniors are full of wisdom and knowledge and more than that... LOVE!! Our seniors are full of a wisdom of the heart, and for that reason... I believe recruiting our seniors who may want to get involved and volunteer to help with children in foster care is a worthwhile effort. I am excited to invite you to the Department of Senior Services as we have organized informational sessions for seniors and anyone who may want to learn how to volunteer ... within this newsletter is a full-page flyer about the upcoming information sessions. We look forward to your wisdom and heart as a volunteer, creating life changing decisions for children in the foster care system.

***Sam Yodice***  
***Executive Director***

### INSIDE THIS ISSUE:

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- **Paws In The Park**
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- **City Green**
- **AARP Driver Safety**



***NEW***  
**DEPARTMENT-WIDE**  
**NOTIFICATION**  
**SYSTEM**

***SENIOR SERVICES INFORMATION***

***MEALS-ON-WHEELS ~ PARA-TRANSIT***

***NUTRITION SITES ~ EVENTS & PROGRAMS***

In an effort to provide more reliable communication and deliver better services to our residents who participate in our programs; the Department of Senior Services is pleased to announce the implementation of OUR NEW DEPARTMENT-WIDE ALERT/NOTIFICATION SYSTEM.

The new system is being introduced to our current program participants within Meals-on-Wheels, Senior Congregate/Nutrition Sites, Para-Transit, Adult-Day-Care, and Home Energy/LIHEAP. The alert-notification system will provide a major communication improvement and offer several ways to notify residents on any type of programmatic changes, events, meal delivery delays/cancellations, senior site closures due to inclement weather or any other immediate concerns related to our services.

Our new notification system will have the capability of delivering pre-recorded voice messages to our entire senior community via telephone, cell phone, email and/or text messaging. The system can send out thousands of phone calls with most residents being notified in 15 minutes or less. Program participants, family members, or emergency contacts can add, update or remove their information from the system whenever they choose.

This technology provides our department the ability to better communicate with our seniors in its simplest form, a system that makes phone calls to specific people in the event of inclement weather, an emergency or for sharing important information. If you currently participate with our MEALS-on-WHEELS program or actively attend one of our Congregate Nutrition Sites then there is NO NEED TO REGISTER. All data from the county's system has been exported to our alert system, which should provide for a seamless process for notification. New users and anyone looking for EVENT or PROGRAM updates are encouraged to register to ensure the new system has all your pertinent information.

If you would like to register with the system, simply call the Department of Senior Services at 973-569-4060 and ask to be registered for the reverse911 call and ask to be assigned to the specific program you are associated with.

If you have any questions, please feel free to contact our Information & Assistance Unit at (973) 569-4060.



### Stay active, get involved...VOLUNTEER

Join Passaic County's Department of Senior Services and Passaic County Court Appointed Special Advocates for a one-hour information session about volunteering with children in foster care. More than 300 children in Passaic County are waiting for a compassionate, dedicated volunteer advocate to be speak up for them.

Dates: 9/5, 10/3, and 11/7 at 10 a.m.  
Department of Senior Services  
930 Riverview Drive, Suite 200, Totowa



[www.passaiccountycasa.org](http://www.passaiccountycasa.org)  
[info@passaiccountycasa.org](mailto:info@passaiccountycasa.org)  
415 Hamburg Turnpike, Wayne, NJ  
Ph: 973-832-4002



# Look What's New

## Passaic County Senior Services

### "Life Enrichment" Programs



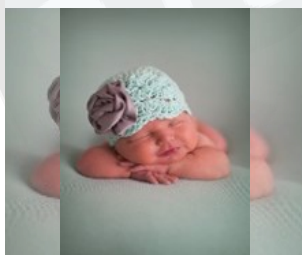
**CHAIR YOGA**

Getting fit where you sit. Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Benefits are increased body strength, balance, and reduction of joint strain.

**Date:** Tuesdays,  
September 11, 18, 25,  
October 2, 9, 16  
**Time:** 2:00pm to 3:00pm

**Place:** Passaic County Senior Services, 930 Riverview Drive, Suite 200, Totowa.

**Fee:** \$24.00 for 6 sessions.  
Please call 973-569-4060 to register.



**KNIT FOR A CAUSE**

Meet, mingle, and trade yarns with local knitters. Come to a knitting meet-up and have fun comparing patterns, sharing techniques, and trading tips on stitches while doing something for a great cause – making hats for newborns at area hospitals.

**Date:** Thursdays,  
September 20,  
October 4, 11, 18, 25  
**Time:** 9:30am to 11:30am

**Place:** Passaic County Senior Services, 930 Riverview Drive, Suite 200, Totowa.

Please call 973-569-4060 to register.



**SWIRL-N-SNACK**

Paint, snack, and have fun. Let your inner artist out. Join us for a fun afternoon while creating your own masterpiece.

**Instruction by:**  
Art & Creations Pottery Studio, Woodland Park, NJ.

**Date:** Wednesday,  
October 10<sup>th</sup> or  
Wednesday,  
November 14<sup>th</sup>  
**Time:** 1:30pm

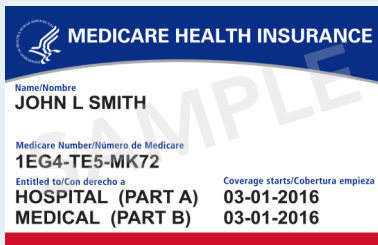
**Place:** Passaic County Senior Services, 930 Riverview Drive, Suite 200, Totowa.

**Fee:** \$8.00 per class  
Please call 973-569-4060 by September 28, 2018 to



## NEW MEDICARE CARDS ARRIVING

Now that card mailings have started in your state, it'll take at least a month to finish. So you might get your new Medicare card at a different time than friends or neighbors in your area.



One tip: if you have a [MyMedicare.gov](http://MyMedicare.gov) account, you can sign in and see when your new card has been mailed. Don't have a [MyMedicare.gov](http://MyMedicare.gov) account yet? It's easy to sign up — just visit [MyMedicare.gov](http://MyMedicare.gov). It's a free, secure way for you to access your personal Medicare-related information.

Wondering what's new? The new cards are still paper, but they look a little different.

The biggest change is that your new card will have a new Medicare Number that's unique to you, instead of a Social Security Number. This will help protect your identity. Though you'll have a new card, rest assured your Medicare coverage and benefits will stay the same.

## MEDICARE CORNER

### Department of Senior Services Disability & Veterans Affairs Is hosting our annual : **Medicare Educational Seminar on Medicare Parts A, B, C & D**

Our presentations will also include Free unbiased information on:

- Best time to sign up for Medicare
- How to compare Medicare plans
- 2019 Medicare Advantage plans with or without Medicare prescription coverage
- How to join or switch a Medicare Part D plan
- In network versus out of network cost
- Who pays first and more

**Friday, October 26, 2018**

**10:00am to 12:00pm**

**930 Riverview Drive, Suite 200 Totowa.**

**To reserve seating call 973-569-4060**

### **Medicare Part D, Prescription Drug Coverage Enrollment Event**

Medicare beneficiaries will receive one on one counseling with a certified Medicare counselor. The counselor will assist in finding the right plan, provide plan comparisons, provide best cost for each prescription and shopping for your convenience, all this and more. Counseling sessions are scheduled for 30 to 60 minutes.

**Friday, November 2, 2018**

**9:00am to 4:00pm**

**930 Riverview Drive, Suite 200 Totowa.**

**Please call to schedule your appointment.**



# passaic COUNTY NEW JERSEY



## COMMUNITY POLICING PROGRAM

Presented by:  
Board of Chosen  
Freeholders

Sheriff's  
Department

Department of  
Senior Services

## SENIOR POLICE ACADEMY

OCTOBER 2, 9, 16, 23, 30

5 WEEKS: 8:45AM TO 12:00 NOON

### ACADEMY TOPICS:

- FRAUD, SCAMS, IDENTITY THEFT
- MONEY SMART for OLDER ADULTS
- PERSONAL SAFETY & HOME SAFETY
- CRIME PREVENTION AND GANG AWARENESS
- PRESCRIPTION DRUG ABUSE & DRUG DROP-OFF
- OFFICE of EMERGENCY MANAGEMENT



- 911 COMMUNICATION
- LEARN ABOUT PROJECT LIFESAVER
- EMERGENCY FIRST AID
- GAMBLING PREVENTION
- K-9 UNIT PRESENTATION
- SENIOR & VETERAN SERVICES OVERVIEW

CALL TO REGISTER  
973-569-4060

930 RIVERVIEW DRIVE - SUITE 200  
TOTOWA, NJ 07512





# SENIOR POLICE ACADEMY

## REGISTRATION FORM

Passaic County Senior Services

930 Riverview Drive, Suite 200 - Totowa, NJ 07512

973-569-4060

OCTOBER 2, 9, 16, 23, 30 - 8:45 AM - Noon

Please REGISTER by September 14, 2018 - Seating is Limited

\$5.00 Registration Fee

Name: \_\_\_\_\_

First

Middle

Last

Address: \_\_\_\_\_

Street

City

Zip

Phone : \_\_\_\_\_

Home

Cell

Work

Email Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

DAY / MO / YEAR

Emergency Contact: \_\_\_\_\_

Name

Phone

Are you a Passaic County Resident? \_\_\_\_\_

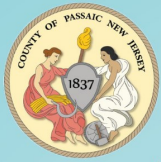
Yes

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: S M L XL 2XL

# Passaic County's Third Annual



# PAWS



# IN THE PARK!

**Saturday 10/6/2018**

**Rain Date: 10/7/2018**

**10:00 AM - 4:00 PM**

**Goffle Brook Park  
Hawthorne, NJ**

## WILL INCLUDE

**Cat & Dog Adoptions**

**K9 Demonstrations**

**Microchipping**

**Facepainting**

**Pet Contests**

**Food Trucks**

**Prizes & More!**



**\*Proceeds Benefit the Passaic County  
Sheriff's Department K-9 Unit**

**Hosted By:**

**Passaic County Board of Chosen Freeholders &**

**Passaic County Sheriff's Department, Sheriff Richard H. Berdnik**

*"Rich History, Bright Future."*

## Summer Safety Tips For Seniors

- Drink plenty of water.
- Protect your skin. Use sunscreen when you know you'll be outside for a prolonged period of time during the day.
- Limit strenuous activity and exercise.
- Take frequent breaks to cool down.
- Check on your friends and family.



## Memory Screenings

Once again Home Care Options and the Passaic County Department of Senior Services will be offering FREE memory screenings.

**Wednesday, November 14<sup>th</sup>**

**Time: 10:00am to 2:00pm**

**Location:**

Passaic County Senior Services 930 Riverview Drive, Suite 200, Totowa. To register, please call 973-569-4060.

The Memory Screening will take 5 to 10 minutes and consists of a few questions and tasks designed to gauge memory, thinking and language skills. The screening may be helpful to determine whether someone

  
**HomeCare Options**  
Providing Quality and Compassionate  
Home Care For More Than 60 Years

  
**National Memory Screening Program**  
ALZHEIMER'S FOUNDATION OF AMERICA



# A Message from the Board of Social Services

The Passaic County Board of Social Services is developing its outreach calendar for the fall of 2018.

These presentations focus on assisting seniors with eligibility for nutrition assistance (SNAP), medical assistance (ABD Medicaid and Long Term Care) and understanding protective services for vulnerable adults (Adult Protective Services).

Programs are designed to last about 40 minutes, with a brief question and answer to follow.

If your club or group would like to schedule a presentation, daytime or evening, please contact

**John Currie**  
**Chief Community Organization Specialist**  
 T: 973-278-6480 or

## Home Energy & Weatherization Programs



The Home Energy Program will be accepting applications for the 2018 LIHEAP season until August 31, 2018. Look out for recertification's the last week of August and the first week of September. The program has NEW permanent dates; October 1<sup>st</sup> through August 31<sup>st</sup>.

Weatherization Assistance Programs help millions of low-income individuals make their homes more energy efficient and reduce costs. To find out how you can get a FREE Weatherization Audit

## Need Help Paying Your Energy Bills?

The Low Income Home Energy Assistance Program (LIHEAP & USF) offers financial assistance to those having difficulty paying your electric, gas and deliverable fuel bills.

You can also inquire about our FREE Weatherization Assistance Program, which helps eligible families by reducing your heating/cooling costs with FREE energy upgrades to your home.



FREE SERVICES INCLUDE...

but not limited to:

- Sealing cracks & drafts to reduce heat loss
- Insulation of attics/walls
- Heating system repairs/replacement
- Efficient lighting upgrades
- Refrigerator replacements
- Window and/or door repair/replacements
- Window sealing




Applicants must be a resident of Passaic County and meet income guidelines. You may qualify whether you own or rent, live in a single family home, multifamily housing complex or in a mobile home.



Passaic County

– Board of Chosen Freeholders –  
 Division of Home Energy & Weatherization



**PATERSON OFFICE**  
 CENTER CITY MALL  
 U-LEVEL  
 301 MAIN STREET  
 PATERSON, NJ 07505

**TOTOWA OFFICE**  
 TOTOWA BUSINESS CENTER  
 930 RIVERVIEW DRIVE, SUITE 250  
 TOTOWA, NJ 07512

**PASSAIC CITY OFFICE**  
 PASSAIC CITY HALL  
 330 PASSAIC STREET  
 PASSAIC, NJ 07055

Phone: 973-569-4032 • Fax: 973-256-2067 • [www.passaiccountynj.org](http://www.passaiccountynj.org)

## City Green

City Green is a 501(c)3 urban farming and gardening organization, based in Clifton, New Jersey working to revitalize urban areas through agriculture and educational programming. It offers practical, technical and financial resources in support of environmental stewardship, equitable

access to healthy food, and ecologically sustainable communities.

City Green envisions livable, green urban communities that are socially, economically and environmentally rejuvenated.

Because of the community garden and greening projects carried out by the

community with the help of City Green, residents have access to bountiful fresh produce; youth have volunteer, work and leadership opportunities in the community; and neighborhoods have welcoming, safe, natural respites that are a focal point for sociability, community involvement, cultural expression and



Growing Health Cities since 2004



## **City Green Farm Stand & Veggie Mobile Schedule June-November**

### **Paterson**

Court House Plaza  
77 Hamilton Street

### **Fridays**

2:00pm to 4:00pm



### **Totowa**

Adult Day Care/Senior  
Services

930 Riverview Drive

### **Every other Thursday**

10:00am to 1:00pm

### **Clifton**

Clifton City Hall  
900 Clifton Ave

### **Wednesdays**

11:00am to 1:00pm

Downtown Clifton Lot 16

1081 Main Ave

### **Fridays**

10:00am to 2:00pm

### **Passaic**

City Hall

330 Passaic Street

### **Fridays**

9:30am to 12 Noon

Pulaski Park

4th Street

### **Thursdays**

2:30pm to 4:00pm

## **AARP Driver Safety**

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. Bring a Lunch.

The classroom course costs only \$15 for AARP members and \$20 for non-members.

CHECKS ARE 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.**

**DATE:** TUESDAY, SEPTEMBER 11<sup>TH</sup>

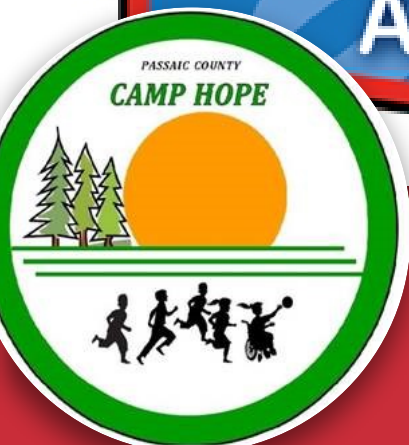
**TIME:** 9:00AM TO 3:30PM

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

**To register, please call the  
Passaic County Senior Services  
at 973-569-4060.**



# OPERATION VETERAN APPRECIATION



## CALLING ALL PASSAIC COUNTY VETERANS

Passaic County Camp Hope, in partner with the Department of Senior Services/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 ... Thank You for the service you provided to our great nation! Join us for BREAKFAST followed by LUNCH and DESSERT as you enjoy the LIVE MUSICAL ENTERTAINMENT!! Our VA Officer will be on-site for information, assistance and processing app's for Veteran Photo ID's. FREE Transportation will be available through our County PARA-TRANSIT Service ... pick up/drop off location be from the TOTOWA Senior Services Office at 930 Riverview Dr., Suite 200 -Totowa, NJ 07512.

**LOCATION:**  
1792 UNION VALLEY ROAD  
WEST MILFORD, NJ

**CAMP HOPE:**  
973-881-2487

**DATE:**  
TUESDAY, NOVEMBER 20TH 2018

**RESERVATION REQUIRED**

**TIME:**  
8:30AM - 3:00PM

**RSVP BY:**  
October 26th 2018





**Board of Chosen Freeholders**

Director Cassandra “Sandi” Lazzara

Deputy Director Bruce James

Assad H. Akhter

John W. Bartlett

Theodore O. Best, Jr.

Terry Duffy

Pasquale “Pat” Lepore

**County Administrator**

Anthony J. DeNova III

**S.H.I.P.**

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 give 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 Shirley Force, 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](http://www.passaiccountynj.org)