

SUMMER 2021

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



FUN FACT:

The Liberty Bell rings 13 times every Independence Day to honor the 13 original states.



MESSAGE FROM THE DIRECTOR

As summer is upon us I think it's a good time to enjoy some of the things we have been accustomed to, but had to stop during the pandemic. Whether it be BBQ's, family gatherings, visits, vacation trips or walks in the park, please enjoy yourselves while at the same time using good judgment in all things.

Stay cool, stay hydrated, stay safe, and know that the Department of Senior Services and all its Divisions are here for your needs (and miss you).

Shirley Force, Executive Director

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



Property Tax Relief Programs

Senior Freeze Program (Property Tax Reimbursement) This program reimburses eligible senior citizens and disabled persons for property tax or mobile home park site fee increases on their primary residence. The person must meet all eligibility requirements for each year from the base year through the current application year.

Homestead Benefit Program This program provides property tax relief to eligible homeowners. The benefit is distributed to the homeowner in their municipality in the form of a credit, which reduces the homeowner's property taxes.

\$250 Property Tax Deduction This is an annual property tax deduction that offers tax deductions of \$250 for seniors 65 or older and disabled persons and must be a New Jersey resident for at least one year. You may also qualify as a surviving spouse or civil union partner. Veterans may also qualify for \$250 Veterans Property Tax Deduction with active duty service with an honorable discharge.

Please call the Department of Senior Services at 973-569-4060 for full details on these programs.

Veterans Services

The Passaic County Veterans Officer helps honorably discharged veterans and their families with their VA benefits and entitlements. Our Veterans Services Officer can:

- Provide counsel, information, and referral to county veterans of military service and their families on education, VA home loans, VA Healthcare, Veterans Memorial Homes or VA Nursing Homes, and Vocational Rehabilitation.
- Make referrals to appropriate organizations and agencies for community-based services including transportation services, job assistance programs, and assistance for our homeless veteran population.
- Assist with the application process for benefits from the Veterans Administration and other federal and state agencies.
- Assist with burial markers and grave flags via VA.
- Provide support for memorial and patriotic ceremonies.
- Issue Passaic County Meritorious Service Medal

This is just a sample of the many veteran services available in Passaic County. **Contact Wilfredo Rodriguez, Passaic County VSO at 973-569-4090 for more information and assistance.**

Tips for Staying Hydrated During the Summer Heat

Water. It's one of the most important elements for all living things. Did you know 60% of the body is water? It's essential for biochemical reactions, supplying nutrients throughout the body and removing waste, and maintaining blood circulation and body temperature. It aids in digestion, prevents constipation, cushions joints, stabilizes the heartbeat, and protects vital organs and tissues.

How to Stay Hydrated

Drink water and plenty of it. Start by drinking a cup of water when you first wake up and when going to bed. Drink a cup with every meal. Drink one or two cups after working out.

Know the signs of dehydration. Some signs are dry, irritated, or inflamed skin, muscle cramps, rapid breathing, fainting, and not urinating or dark yellow urine. If you're experiencing these symptoms, the simple solution is to get out of the heat and drink plenty of liquids.

Avoid alcohol, sugary drinks, and/or caffeine. They are loaded with sugar, sodium, and other ingredients that remove water from your tissues.

Cool down. Proper hydration isn't just about drinking water—it's about regulating your body temperature too. Wear light, loose-fitting clothing, and hats.

Infuse with flavor. Try sprucing up your water by adding a few simple ingredients. Limes, lemons, mint, oranges, berries, cucumbers, and other fruits improve the taste.

Consider a probiotic. Taking a probiotic can help improve your immune system, protect against infection, and improve your digestion and absorption of food and nutrients—including water.

Stay safe, cool, and hydrated this summer.

2021 PASSAIC COUNTY ANNUAL SENIOR ART SHOW

THANK YOU!

We would like to thank all the senior artists who submitted their work for our 2021 Annual Senior Art Show! You all have made it another successful show. The talent and skill of our senior residents never ceases to amaze us, and we are so proud.

You can view the show virtually by going to www.passaiccountynj.org/seniors.
A guidebook can be provided upon request by calling 973-569-4060.

What is a Hurricane?

Hurricanes are strong storms that cause life and property threatening hazards such as flooding, storm surge, high winds, and tornadoes. Preparation is the best protection against the dangers of a hurricane. A hurricane is a type of storm called a tropical cyclone, which forms over tropical or subtropical waters.

A tropical cyclone is a rotating low-pressure weather system that has organized thunderstorms but no fronts (a boundary separating two air masses of different densities). Tropical cyclones with maximum sustained surface winds of less than 39 miles per hour (mph) are called tropical depressions. Those with maximum sustained winds of 39 mph or higher are called tropical storms.

When a storm's maximum sustained winds reach 74 mph, it is called a hurricane.

"Hurricane Season" begins on June 1 and ends on November 30, although hurricanes can, and have, occurred outside of this time frame.

What supplies do I need?

- | | |
|--|--|
| <input type="checkbox"/> Water—at least a 3-day supply; one gallon per person per day | <input type="checkbox"/> Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies) |
| <input type="checkbox"/> Food—at least a 3-day supply of non-perishable, easy-to-prepare food | <input type="checkbox"/> Extra cash |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Emergency blanket |
| <input type="checkbox"/> Battery-powered or hand-crank radio | <input type="checkbox"/> Map(s) of the area |
| <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Baby supplies (bottles, formula, baby food, diapers) |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Pet supplies (collar, leash, ID, food, carrier, bowl) |
| <input type="checkbox"/> Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane) | <input type="checkbox"/> Tools/supplies for securing your home |
| <input type="checkbox"/> Multi-purpose tool | <input type="checkbox"/> Extra set of car keys and house keys |
| <input type="checkbox"/> Sanitation and personal hygiene items | <input type="checkbox"/> Extra clothing, hat and sturdy shoes |
| <input type="checkbox"/> Cell phone with chargers | <input type="checkbox"/> Rain gear |
| <input type="checkbox"/> Family and emergency contact information | <input type="checkbox"/> Insect repellent and sunscreen |
| | <input type="checkbox"/> Camera for photos of damage |

Aerobic Exercise Does the Body and Brain Good

Benefits of cardiovascular exercise

Improves cardiovascular health. Aerobic exercise is recommended by the American Heart Association and many doctors as well. People who are at risk for heart disease benefit from any exercise that will strengthen the heart. When you take part in aerobic physical activity, you are helping to strengthen your heart and help it pump blood more efficiently throughout the body.

Lowers blood pressure. Symptoms of high blood pressure are significantly reduced with aerobic exercise because it reduces your blood pressure. When you exercise and increase your heart and breathing rates, over time your heart will become stronger and need less of an effort to pump blood. When this happens, it puts less pressure on your arteries and in turn lowers blood pressure.

Improves blood sugar. This is because when you exercise your muscles use up more glucose, the sugar in your blood. If done regularly, it will lower your blood sugar levels. Exercise will allow insulin to work better. Insulin is what collects all the sugar in the blood and sends it to the cells in your body to be used for energy.

Reduces chronic pain. Regular aerobic exercise may help you regain muscle function and endurance which in turn may reduce chronic back pain. When you exercise you might lose weight which also further reduces back pain.

Enhances immune system. Exercising regularly has been shown in studies to increase certain antibodies in your blood. These antibodies are called immunoglobulins which are known to improve your immune system.

Improves brain power. After the age of 30 you start to lose tissue in your brain. Aerobic exercise may slow this loss and in turn increases and improves cognitive performance.



Join us for aerobic exercise classes:

July 20 from 1:00 PM – 1:30 PM

Access code: 173 983 0906

August 24 from 1:00 PM – 1:30 PM

Access code: 173 281 5316

September 21 From 1:00 PM – 1:30 PM

Access code: 173 543 7933

To join by telephone contact 1-408-418-9388 toll free and enter the access code above.

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

Hosted by Passaic County Department of Senior Services



Weatherization and Home Energy Division Updates

***Ending LIHEAP Program Period:** The annual Low Income Home Energy Assistance Program (LIHEAP) period ended on June 30, 2021; we are still accepting Universal Service Fund (USF) applications in July and August 2021.

***Upcoming New LIHEAP Program Period:** The next LIHEAP program period begins on October 1, 2021, and we will begin accepting applications by mid-August 2021. Passaic County residents are encouraged to apply; previously enrolled clients have to re-certify each program year.

***Status of Public Access to Home Energy Offices (due to COVID-19):** As of June 2021, the Passaic County Weatherization and Home Energy Division is still closed to the public. For the latest updates and information regarding our program and our hours of operation, please visit our Division's home page on the Passaic County website at passaiccountynj.org/weatherization or contact us by phone at 973-569-4032 or by email at energyassist@passaiccountynj.org.

***Launch of Home Energy Phone Calls with Pre-Recorded Messages:** The Passaic County Weatherization and Home Energy Division has begun utilizing phone calls with pre-recorded messages to provide important program updates to our clients for whom we have contact information. Phone calls with pre-recorded messages from our Passaic County Home Energy office will always appear from the phone number 973-836-5596. This phone number will also be listed on our Division's home page on the Passaic County website, so that you can verify whether this phone number is legitimate.

The Passaic County Weatherization and Home Energy Division
looks forward to assisting you.

Passaic County Food Pantries

CUMAC

223 Ellison Street
Paterson, NJ 07509
973-742-5518

Father English Community Center

435 Main Street
Paterson, NJ 07501
973-279-7100 ext. 2108

St. Peter's Haven

380 Clifton Ave.
Clifton, NJ 07011
973-546-3406

Interfaith Network Food Pantry

1 Pike Drive
Wayne, NJ 07470
973-595-1900

St. Mary's Church

22 Lakeside Avenue
Pompton Lakes, NJ 07422
973-831-4442

Our Lady Queen of Peace Church

1911 Union Valley Road
Hewitt, NJ 07421
973-728-8162

Passaic Service Unit of the Salvation Army

550 Main St.
Passaic, NJ 07055
973-745-0152

St. Joseph's Church

454 Germantown Road
West Milford, NJ 07480
973-697-6100

St. Luke/Christhouse

269 Fair Street
Paterson, NJ 07501
973-345-5300

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



August	July	Shore
Beach	Lotion	Summer
Blanket	Ocean	Sunshine
Glasses	Relaxing	Umbrella
Hammock	Sandals	Water

The Passaic County Board of County Commissioners recognizes the value our parks have to residents and families. To enhance the use of the parks and to provide citizens with additional recreational opportunities, the County holds regular annual events. To learn more, visit passaiccountynj.org/AnnualEvents or call 973-225-5380.

PASSAIC COUNTY FAIR 2021
 AUGUST 12TH -15TH
GARRET MOUNTAIN RESERVATION
 RIDES ~ FIREWORKS ~ GAMES ~ FOOD
 BEER/WINE GARDEN ~ LIVE MUSIC
 PERFORMANCES ~ HEALTH SCREENINGS
\$5.00 PARKING
 f PCFAIR
 FOR MORE INFORMATION PLEASE EMAIL PCFAIR@PASSAICCOUNTYNJ.ORG
 Sponsored by the Passaic County Board of County Commissioners & the Friends of Passaic County Parks

passaic COUNTY NEW JERSEY
5th Annual Paws In The Park!
 SAVE THE DATE!
 Saturday
October 9th, 2021
 10:00AM - 4:00PM
Goffle Brook Park
 Hawthorne, NJ
 f @passaiccountynj

Acceptable Materials

- Old Checks
- Tax Returns
- Bank Statement
- Utility Bills
- Computer Printouts
- Medical Information (no x-rays)
- Copy Paper (white & color)
- Envelopes
- Letterhead & Stationary
- Other Personal Documents

Staples Accepted

Up to 6 "banker boxes" worth of paper documents (10"x13"x16")

Unacceptable Materials

- Metal Binders
- Plastics
- Overnight Shipping Envelopes (FedEx, UPS, etc.)
- Photographs
- Carbon Paper
- Any other non-paper items



2021 DOCUMENT SHREDDING

The Passaic County Board of County Commissioners and the Passaic County Office of Solid Waste & Recycling Programs are offering free on-site confidential document destruction and recycling services for Passaic County residents (proof of residency required).

Saturday, Sept. 18

Hawthorne Pool
31 May Street
Hawthorne, NJ

Sunday, Nov. 21

The Paterson Museum
2 Market Street
Paterson, NJ

Collection sites open rain or shine
9 AM - 1 PM (or until truck is full)



COVID-19 Rules:

- 1 Person per Car
- Must Wear a Mask
- 6-foot Social Distancing

For more information, call the Office of Solid Waste & Recycling Programs 973-305-5738



2021 HOUSEHOLD HAZARDOUS WASTE COLLECTION

The Passaic County Board of County Commissioners and the Passaic County Office of Solid Waste & Recycling Programs are offering free household hazardous waste recycling services for Passaic County residents (proof of residency required).

Small Quantity Commercial Generators (CESQG's) must call 973-305-5738 to make special arrangements. A nominal fee will be charged.

Sunday, Sept. 19 City of Passaic Employee Lot
333 Passaic Street

Saturday, Oct. 23 Ringwood Park & Ride
30 Cannici Drive

Saturday, Nov. 20 PCCC Wanaque Campus
500 Union Ave

Collection sites open rain or shine 7:30 AM - 2 PM

Acceptable Materials

- Pesticides
- Herbicides
- Solvents and Thinners
- Varnishes and Waxes
- Corrosives and Cleaners
- Pool Chemicals
- Oil Based Product
- Aerosol Cans
- Kerosene
- Photographic Materials
- Fluorescent Bulbs
- Car Batteries
- Used Motor Oil
- Antifreeze
- Old Gasoline
- Falres
- Fire Extinguishers
- Mercury Thermometers
- Oil Filters
- Propane Tanks

Unacceptable Materials

- Explosives
- Dioxins
- Medical Waste
- Silvex
- Electronics
- Radioactive Materials
- Latex Paint
- Tires

**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

