



# SENIOR PATHWAY

## DEPARTMENT OF SENIOR SERVICES

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



Winter 2019

Produced by the Department of Senior Services

Dear friends,

It hardly seems possible that the holiday season is behind us and the end of January is already upon us. I hope your holidays - however you celebrate them - were a time of reflection and happiness.

The New Year is starting to take shape within our Senior Services Department. Before we move forward, please allow me to reflect for just a moment... personally, 2018 was filled with facing new challenges, learning different processes and creating fresh partnerships. I have cherished the opportunity to meet and work alongside so many new people.

Organizationally, 2018 was a strong year in our department with many changes, and as the saying goes ... "change isn't always easy". For that reason, I want to compliment and recognize our great staff throughout our department. Our team includes members specializing in Aging/Disability, Veterans Affairs, Energy Assistance, Adult Day Care, Nutrition, and Para Transit ... working with them, learning from them, and collaborating with them this year (as the not so new director anymore) has been a pleasure and I would be remiss not to compliment their courtesy and professionalism.

In addition, I would like to acknowledge and thank a special group of volunteers ... our Passaic County Senior Advisory Council. In 2018, we set forth several goals and accomplished many of them ... one in-particular, our council increased in size from 13 to 25 members and we now have dynamic representation from across county. I praise each of you for all the effort that goes into making the priorities of the our SENIOR ADVISORY COUNCIL a success – one collective voice. Thank you for teaching me and for standing together so that we can provide strong advocacy making lives better for those we serve throughout Passaic County.

Though we may face many challenges, the new year give us an opportunity to recognize that we are part of a greater story which gives us hope. I am excited to see what is ahead of us in 2019. This year, our department will focus on building toward new goals. As always, I assure you that we are committed to providing excellent community services; but now I will charge each of our divisions to effectively manage public resources, encourage innovation to create new ways to improve the way we provide our services. Look for our department to work with each division to allow our teams to develop a **more integrated approach to delivering services** for our residents.

May 2019 bring you and your families good health, joy and happiness.

As for us here at Senior Services ... let's get to work and make 2019 a year of success!

Passaic County Department  
of Senior Services Disability  
& Veterans Affairs



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

## **Inside this issue**

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- Weatherization/ Winter Energy Cost Saving Tips
- Board of Social Services

## Senior Advisory Council Meeting Dates for 2019

(Second Monday of the month)

At 10:00am

January 14th

February 11th

March 11th

April 8th

May 13th

June 10th

July & August  
(None)

September 9th

October 21st

November 18th

December 9th

## Resource Directory

### 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

## Meet our Senior Advisory Council

Those of us who are regular readers of Senior Pathways may recall an article or two about the SAC and might even remember when our names were listed on the back page. Well the bad news is we're no longer listed in the magazine and the good news is that's because there are now way too many of us to do so! So for the newer readers and as a refresher for everyone else here's a brief description of who we are and what we do, or at least try to do.

Each county in New Jersey with a Department of Senior Services is required to have a Senior Advisory Council consisting of volunteers from the communities within the respective county. The Board of Chosen Freeholders for each county establishes the number of members for the council and also approves and commissions members upon recommendation of the Director of Senior Services. Ideally the council has at least one member from each municipality within the county with 2 or more from the larger communities up to the maximum number. That number for Passaic County is 25, and we currently have representation from all but one of our towns.

Our mission, taken directly from our Bylaws is: "... to support the Passaic County Department of Senior, Veterans and Disabled Services staff in the establishment of an environment within the county whereby elderly residents can thrive, prosper and pursue their individual goals and benefit from county services". In other words, we reach out to the seniors in the county to provide information on services and facilities available to seniors, to seek out information from our seniors regarding the usefulness and effectiveness of these services, find out the concerns our mature residents have and try to address them. To accomplish this we have established committees responsible for specific areas; namely Nutrition, Transportation, Community Education and Communication, Social Activities and Legislative Research and Action. Each committee meets on a regular basis and addresses their areas of concern.

The Council itself meets every month with reviewing committee reports and establishing goals and objectives to be addressed in the coming months. In future issues of Senior Pathways we'll be detailing some of the specifics of what the Council has accomplished and new things on the horizon.

### Northeast New Jersey Legal Services-Passaic County Division presents **USES AND ABUSES OF POWERS OF ATTORNEY**

Learn what a Financial Power of Attorney is.

How the document works and whether you need one.

If you already have a Power of Attorney, learn what to do if you are not happy with the person you have chosen.

Sample documents will be distributed for discussion.

**Date:** Friday, March 29, 2019

**Time:** 10:00am to 11:00am

**Location:** Passaic County Department of Senior Services  
930 Riverview Drive, Suite 200, Totowa

If you are interested in attending, please call Passaic County Department of Senior Services, Disability and Veterans Affairs at 973-569-4060 to register.

Join us!



# Look what's going on...



## The Passaic County Board of Chosen Freeholders and the Department of Senior Services Presents ... **Senior Extravaganza**

### Resource and Wellness Fair



**Date: Thursday, May 16 and Friday, May 17, 2019**

**Time: 10:00 am – 2:00pm**

**Place: Senior Services**

**930 Riverview Drive, Suite 200 • Totowa, NJ 07512**

To participate in the Senior Extravaganza Resource and Wellness Fair, please call Senior Services at 973-569-4060 and request a vendor form. All vendor forms must be submitted by Friday, March 8, 2019.

## 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:** Every Thursday

**Time:** 9:30am to 11:30am

**Place:** Passaic County Senior

Services, 930 Riverview Drive, Suite

200, Totowa. Please call 973-569-4060 to register.



Made with love by our Passaic County Seniors

## Swirl-N-Snack

### “Spring Canvas Painting”

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

All sessions begin at 2:00pm

Thursday, March 21st, Thursday, April 25th, or

Thursday, May 23rd.

Fee: \$8.00 per class. Please call 973-569-4060 to register.

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





# 2019 SENIOR POLICE ACADEMY 101

April 30th, May 7th, May 14th, May 21st & May 28th

5 Weeks: 8:45am to 12:00 Noon

Call to register 973-569-4060

## COMMUNITY POLICING PROGRAM

Presented by:

Board of Chosen Freeholders

Sheriff's Department

Department of Senior Services,  
Disability and Veterans Affairs



### 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 & Veterans Services Overview

# 2019 SENIOR POLICE ACADEMY 101

April 30th, May 7th, May 14th,  
May 21st & May 28th

5 Weeks: 8:45am to 12:00 Noon

## Registration Form

Please register by: April 5th

and mail form back to:

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

Seating is limited.

\$5.00 Registration Fee

**passaic**  
COUNTY

NEW JERSEY



Name:

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Address:

---

Home Phone:

Cell Phone:

---

Email Address:

---

DOB:

---

Emergency Contact:

---

Emergency Contact Phone:

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Are you a Passaic County Resident?  Yes  No

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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?

Circle one:

T-Shirt Size: S M L XL 2X



Para-Transit  
**Driver of the Year Award**

Presented to Travis Blount



**2018 NEW JERSEY COUNCIL ON SPECIAL TRANSPORTATION**

Travis Blount was selected for this award by the NJ Council on Special Transportation (COST), which is a statewide organization comprised of all 21 County Paratransit Services. Travis continues to be a very dedicated and faithful driver for Passaic County Paratransit since 2002. While working full time at Paratransit, he studied and completed his degree from Passaic County Community College. Travis is a very compassionate, skilled driver and we are very proud to have him as part of this division.



**Passaic County Senior Services Partners With Animal Control Officer For Holiday Pet Gift Deliveries**

At 95-years-old Vera Rosciano is a lifelong Paterson resident. It's the city she was born in, raised her children with alongside her loving husband of more than 60 years, and still calls home. And while her daughter, also Vera, checks in on her every day it's her large, and loud, German Shepherd that keeps her company, and Passaic County's Meals on Wheels program that helps keep her fed. On Tuesday, both came together in the form of a special delivery from Passaic County Freeholder Director Sandi Lazzara that made Rosciano smile wide and declare herself, despite being confined to a recliner, "so happy." "He guards me and protects me," she said of her trusted four-legged friend, at this point sent behind closed doors in another room so a less than dog-enthusiastic TAPinto Paterson reporter could share Christmas greetings with Rosciano and her visiting daughter and granddaughter. Without him, and the support of her family, she believes, she'd have to move to a home or other care facility. The visit was part of an initiative driven by John DeCando, Paterson's long-time animal control officer, to present Christmas gifts to more than 200 area dogs and cats. The fully stocked and wrapped packages contain a number of items including retractable leashes, chew toys, litter box deodorizer and more. "Mom and dad want presents under the tree - let's do something nice for pets," DeCando said, before acknowledging that the contents of each package were donated by St. Hubert's Animal Welfare Center, the well regarded shelter located in Madison, meaning there was no cost to local taxpayers for the effort. "We like to make people happy," he declared as resident after resident stopped in his office to pick up their pet's present. Among the residents visiting the Ryle Road facility was Jocelyn Fischer, both a new resident and a new dog owner. Doodle, a shih tzu mix, the beaming woman said, joined their family just weeks ago as an early Christmas gift, and is quickly acclimating to home life. The mother of two who grew up in Bergen County and only moved to Paterson this past summer said she is "excited" for both her children and Doodle, when she gets the box home. "Paterson doesn't always have a great name," Fischer said. "I love being here," she continued enthusiastically before concluding that she "couldn't imagine" local government doing this "good deed for the community." By combining the efforts of Meals on Wheels, which delivers over 700 hot meals daily to homebound senior citizens throughout the county, with Decando's efforts, Lazzara said, they are showing that while seniors are a priority for the county lawmakers "animals matter also." With two cats and two dogs in her home the longtime community servant said that pets are often an extension of who people are. "If they are nice to dogs and cats they are nice people," Lazzara surmised before heading on to her next drop off. "Good meals and companionship are so important to the health of the residents we serve," Sam Yodice, Passaic County's director of senior services said. "This little gift," he said, holding up one of the wrapped packages, "as an addition to our senior's fresh, hot, and healthy meals will hopefully make the holiday season brighter for everyone we met."



# How can you bite into a healthy lifestyle? It's Time to Mix Things Up!

March is National Nutrition Month®! The theme this year is “Bite Into a Healthy Lifestyle.” Feeling inspired but not sure where to start? Here are a few great ways to build a healthy lifestyle. Make Smart Choices. Do you know what’s really in your food? How many calories? How many nutrients? The more you know, the wiser your decisions can be. If you’re shopping in the grocery store, look at the Nutrition Facts labels of foods before you put them in your cart. If you’re dining out, look up the menu online. Eat and drink fewer calories. Keep empty calories to a minimum and focus on foods like fresh fruits, fresh vegetables, lean protein sources, low-fat dairy products, and whole grains. These are all keys to a healthful and balanced diet that’s rich in nutrients.



## Remember to Exercise!

When you exercise regularly, you reduce your risk of chronic diseases like diabetes and heart disease while increasing your chances of sleeping better and living longer. Plus, physical activity can help you manage your weight. If you haven’t been exercising at all, talk with your doctor about ways to start slow. Go for a walk with a friend or try a beginner exercise class. If you start slowly and keep going, you’ll reap health benefits and reduce your risk of injury or burnout. Find ways to make exercise fun. Meet up with a friend, join a gym class, or find new places to explore. The possibilities are endless! What works for you?

## AARP FREE INCOME TAX PREPARATION

**AARP representatives provide free tax assistance and preparation for taxpayers with low to moderate income through the AARP Foundation Tax-Aide program, giving special attention to those 60 and older.**

SITE	HOURS OF OPERATION	ARRANGEMENTS
<b>Clifton</b> Allwood Library 44 Lyall Road	Monday & Thursday 10:00am – 3:30pm Starting: February 4, 2019	By appointment walk-in to make appointment
<b>Hawthorne</b> Louis Bay Library 345 Lafayette Ave	Wednesday & Friday 10:00am – 2:00pm Starting: February 13, 2019	By appointment walk-in to make appointment
<b>Passaic</b> Forstman Library 95 Gregory Avenue	Wednesday 9:00am – 2:00pm Starting: February 6, 2019	Walk-in site
<b>Paterson</b> Center City Mall 301 Main Street	Tuesday & Thursday 9:30am – 4:00pm Starting: February 5, 2019	By appointment call 211 to make appointment
<b>Ringwood</b> Ringwood Public Library 30 Cannici Drive	Monday & Friday 10:00am – 3:00pm Starting: February 4, 2019	By appointment call 973-962-6256
<b>Wayne</b> Wayne Preakness Library 1006 Hamburg Turnpike	Wednesday & Friday 10:00am – 2:00pm Starting: February 13, 2019	By appointment walk-in to make appointment
<b>West Milford</b> Community Center 66 Cahill Cross Road	Monday & Thursday 9:00am – 1:30pm Starting: February 7, 2019	By appointment call 973-728-2871

## Passaic County Camp Hope

### Mission:

*“To provide recreational and educational opportunities to all of the citizens of Passaic County through a variety of programs.”*

Passaic County Camp Hope provides the following to the Senior Citizens of our County: Day Trips with monthly themes to.

Low-cost bus rentals to many locations. 44 Passenger bus with restroom 26 +1 Wheelchair accessible bus.

To make a reservation, call or email: Shaniqua Wallace at [shaniquaw@passiaccountynj.org](mailto:shaniquaw@passiaccountynj.org) (973) 881-2487



**2019 Medicare Premium, Deductibles & Cost-Sharing Amounts**



***In 2019 you have until March 31<sup>st</sup> to change your Medicare Advantage to another Medicare Advantage or go back to original Medicare and pick up a Medicare Part D Plan.***

What are Medicare Advantage plans? Sometimes called “Part C” or “MA” Plans, are offered by private companies approved by Medicare. Medicare pays these companies to cover your Medicare benefits. If you join a Medicare Advantage Plan, the plan will provide all of your Medicare Part A, Part B and usually Part D coverage. There are six Medicare Advantage Companies offering eighteen plans in Passaic County for 2019. Contact Senior Services at 973-569-4060 with any questions.

<b>PART A (HOSPITAL INSURANCE):</b>		<b>BENEFICIARY PAYS:</b>
Hospital Deductible		\$1,364/benefit period
Hospital Copayment		\$341/day for days 61-90 \$682/day for days 91-150
Skilled Nursing Facility Copayment		\$170.50/day for days 21-100
Part A Premiums		\$437/month for those with fewer than 30 quarters of Medicare –covered employment
<b>PART B (MEDICAL INSURANCE):</b>		<b>BENEFICIARY PAYS:</b>
Annual Deductible		\$185
Part B Premium for those with incomes below \$85,000 if single, \$170,000 if married		\$135.50/Monthly. Roughly 3.5% of beneficiaries (or 2 million) who were subject to the “Hold Harmless” provisions will pay less, as the increase in their Social Security benefits will not be large enough to cover the increased part B premium
Most Part B Covered services, including doctors’ visits, outpatient therapy, durable medical equipment and outpatient mental health services		20% of amount Medicare approves

<b>Pharmaceutical Assistance to the Aged and Disabled Program</b>		<b>Senior Gold Prescription Discount Program</b>	
Income limit: \$27,951 (single)	\$34,268 (married)	Income limit: \$27,951 - \$37,951 (single)	\$34,268 - \$44,268 (married)
ID Number starts with 6		ID number starts with 7	
PAAD co-pay is: \$5.00 per PAAD covered generic drug \$7.00 per PAAD covered brand name drug		Senior Gold co-pay for Senior Gold covered drugs is \$15 + 50% of the remaining cost of the prescription or actual drug cost, whichever is less. (Co-pay will change with change in drug price)	
PAAD does not have a catastrophic cap.		Catastrophic cap: \$2,000 (single) \$3,000 (married) Once the beneficiary’s annual out-of-pocket expenses reach the catastrophic cap, co-pay is \$15 (or the reasonable cost of the drug, whichever is less) for the balance of that eligibility period.	
If Medicare-eligible, must enroll in a Medicare Part with Prescription Drug Coverage (Part D or MA-PD) unless have other creditable drug coverage. PAAD pays Part D premium for certain Part D Plans		If Medicare-eligible, must enroll in a Medicare Plan with Prescription Drug Coverage (Part D or MA-PD), unless have other creditable drug coverage. Beneficiary responsible for paying Part D monthly premium.	
If a Part D plan is the primary payer for a drug covered on its formulary, PAAD will provide coverage as secondary payer if needed for that drug, and the PAAD beneficiary will pay the regular PAAD co-payment for PAAD covered drugs. However, if a Part D plan does not pay for a medication because the drug is not on its formulary, PAAD beneficiaries will have to switch to a drug on their Part D plan’s formulary, PAAD beneficiaries will have to request an exception due to medical necessity directly to the Part D plan.		If a Part D plan is the primary payer for a drug covered on its formulary, Senior Gold will provide coverage as secondary payer if needed for that drug and the Senior Gold beneficiary will pay the regular Senior Gold copayment for Senior Gold covered drugs. However, if a Part D plan does not pay for a medication because the drug is not on its formulary, Senior Gold beneficiaries will have to switch to a drug on their Part D plan’s formulary or their doctor will have to request an exception due to medical necessity directly to the Part D plan.	
Third Party insurance must be billed BEFORE PAAD		Third Party insurance must be billed BEFORE Senior Gold	
PAAD DOES NOT pay for diabetic testing supplies (for example, test strips & lancets).		Senior Gold DOES NOT pay for diabetic testing supplies (for example, test strips & lancets).	





In mid-November, the Department of Human Services, Division of Aging Services launched NJSave, a new online application to help older residents and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses. To date, more than 200 online applications have been submitted online thanks in part to the readers of this newsletter. Please continue helping us promote NJSave through your agency's newsletter, website, Facebook or Twitter accounts, and by displaying posters, flyers and tabletop signs in your offices.

**DEPARTMENT OF HUMAN SERVICES «» DIVISION OF AGING SERVICES**

**HealthEASE** was created in New Jersey to coordinate and expand health promotion and disease prevention services for older adults at the local level, with the goal of promoting, supporting and sustaining older adults in living healthier, more independent lives. HealthEASE targets older adults at all levels of the health spectrum from those experiencing no health issues to those with multiple chronic diseases and physical limitations. HealthEASE includes program coordination, as well as physical activity, health education and coordinated screening components designed specifically for adults over the age of sixty.

For more information on NJSave & HealthEASE, please call Senior Services at 973-569-4060.



### A Note from the Board of Social Services

On behalf of the Passaic County Board of Social Services, I am reminding everyone who participates in the SNAP (Food Stamp) program that the benefits they received on January 17th are their benefits for the entire month of February. Because of the Federal shutdown, SNAP families are receiving their February benefits early.

Please be assured that once the benefits are on your card they will not be reduced or taken away. They will be available to you in January, February or even beyond that month. There is no need to spend them right away. And they are the only benefits that will be added to your account for the entire month.

Use them carefully.

The Board of Social Services continues to take SNAP applications during the shutdown. You can get an appointment by calling 973-881-0100 or through the computer at:

<https://oneapp.dhs.state.nj.us>

Your application will be processed so please apply.

**John Currie**  
**Chief Community**  
**Organization Specialist**

T: 973-278-6480 or

973-881-3201

F: 973-881-3233

Email: [Jcurrie@pcbss.org](mailto:Jcurrie@pcbss.org)

### **WINTER ENERGY COSTS SAVING TIPS**

**Install a smart or programmable thermostat:** Keep the setting at the lowest comfortable temperature in the winter. Raising or lowering your thermostat by just one degree can reduce heating bills by up to 3 percent.

**Use ceiling fans:** In the winter, run ceiling fans in a clockwise motion for better circulation of warm air.

**Seal holes and cracks around windows and doors:** Use caulk and weather stripping to seal up cracks and prevent drafts in windows and doorframes. Beneath doors, install draft guards.

**Turn off power sources:** Many TVs, computers, and other electronics continue to draw power when hibernating in standby mode, or even when turned off. Plug electronics into a power strip that can be turned off when not in use.

**Use timers and motion detectors:** For indoor and outdoor lighting, timers and motion detectors are a great way to make sure you only use lighting when you need it.

**Use your blinds:** During the winter, open curtains and blinds that face the sun on sunny days to warm your home, and close them at night to keep the warm air inside.

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

**NOTICE:** Do you need emergency funds to help pay your *Heating* services? Requests for Deliverable Fuels (oil, propane, etc.) are being accepted NOW  
Emergency for Natural Gas clients begins – March 15<sup>th</sup>!



**Board of Chosen Freeholders**

**Director:**

John W. Bartlett

**Deputy Director:**

Cassandra "Sandi" Lazzara



Assad H. Akhter

Theodore O. Best, Jr.

Terry Duffy

Bruce James

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)