

WINTER 2022

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

Message From The Director

The Holidays are upon us and a great time for family gatherings which are enjoyable for All. But please continue to exercise caution as we go through the storms of life we still face.

This winter I choose to remind you of words many of you have shared amongst one another-dress in layers, though the sun shines brightly the temperatures and wind chill will necessitate caution when going outside.

Finally, I would personally like to wish each and every one of you and your families a joyous and wonderful Holiday Season. You are all special and we here at Passaic County Office of Aging are proud to serve your needs.

Hoping to see you all in person in 2022.

Shirley Force, Executive Director

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



Passaic County Advisory Council on Disability
2022 Meeting Schedule

In person meetings are held at:
Passaic County Department of Senior Services, Disability ADRC
930 Riverview Drive, Suite 200
Totowa, New Jersey 07512

Time: 1:00pm
Due to COVID-19
for information on virtual or dial in attending please call 973-569-4060

- Wednesday, January 5th
- Wednesday, February 2nd
- Wednesday, March 2nd
- Wednesday, April 6th
- Wednesday, May 4th
- Wednesday, June 1st
- Wednesday, July 6th
- Wednesday, August 3rd
- Wednesday, September 7th
- Wednesday, October 5th
- Wednesday, November 2nd
- Wednesday, December 7th

SENIOR ADVISORY COUNCIL
2022 MEETING DATES

Due to COVID-19
for information on virtual or dial in attending please call 973-569-4060

- Monday, January 10th
- Monday, February 14th
- Monday, March 14th
- Monday, April 11th
- Monday, May 9th
- Monday, June 13th
- No meetings in July & August
- Monday, September 12th
- Monday, October 17th
- Monday, November 14th
- Monday, December 12th

2022 Social Security
Benefit Increase

Social Security and Supplemental Security Income (SSI) benefits will increase 5.9 percent for approximately 70 million beneficiaries. The 5.9 percent COLA is the largest increase to Social Security in decades. The increase will begin with benefits payable to Social Security beneficiaries in January 2022, increase of payment to SSI beneficiaries will begin on December 30, 2021.

Veterans' News

The Passaic County Vets Helping Vets Support Group is just for Veterans and we're offering a new series on counseling.

- January 4, 18
- February 8, 22
- March 8, 22
- April 5, 19

Senior Services, Disability & Veterans Affairs
930 Riverview Drive, Suite 200, Totowa, NJ
For more information and to reserve seating please contact: Wilfredo Rodriguez (973) 569-4090.



2022 Medicare Premium, Deductibles & Cost-Sharing Amounts

Part A Hospital Coverage

Inpatient hospital deductible	\$1,556.00 / per benefit period
Hospital Copayment	\$ 389.00/ days 61-90 (per day) \$778.00 / days 91-150 (per day)
Skilled Nursing Facility Copay	\$194.50 / days 21-100 (per day)

Part B Medical Coverage

Monthly Premium (standard)	\$170.10
Annual Deductible	\$233.00
Part D Prescription Coverage Deductible	\$0 -\$480.00

Enhancing Your Immune System

Getting quality sleep, eating nutritious meals, and managing stress are meaningful ways to elevate your immune system.

Quality sleep: Sleep is one of the most important health behaviors for optimal immune function, mental and physical health, and quality of life. CDC and the American Academy of Sleep Medicine recommends 7 or more hours of sleep for adults.

Good Nutrition: Eating a nutritious diet is your first line of defense against diseases and viruses. When you eat a healthy diet, you strengthen your immune system. A healthy immune system is designed to fight pathogens that weaken it and cause you to get sick.

During the winter months sunshine and vitamin D levels drop, therefore it is a smart choice to increase consumption of these 5 essential vitamins and minerals to strengthen your immune system.

- Vitamin A helps regulate our immune system and protects against infections by keeping your tissues and skin healthy. Vitamin A is found in foods such as sweet potato, carrots, apricots, and spinach.
- Vitamin C has antibodies which help fight against bacteria and infections. Try consuming more oranges, grapefruit, broccoli, strawberries, red bell peppers and tomato juice.
- Vitamin D fights off infections and keeps your bones strong. Eating more salmon, mushrooms, fortified milk, it is also a good idea to take a quality vitamin D supplement of at least 2,000 IU's per day.
- Vitamin E is an antioxidant that fights cell damage. Nuts, seeds, and peanut butter are filled with vitamin E.
- Zinc boosts the metabolism along with helping to heal wounds. Meat, shellfish, beans, legumes, nuts, and seeds are high in zinc.

Mindfulness: Engaging in some type of mindfulness activity such as meditation and deep breathing along with regular exercise are self-care strategies that decrease stress.

Medicare Advantage Open Enrollment

Begins January 1, 2022 - March 31, 2022

If you enrolled in a Medicare Advantage Plan during your Initial Enrollment period, you can change to another Medicare Advantage Plan (with or without drug coverage) or go back to original Medicare.

Anyone whose plan is terminating on December 31, 2021 have a special opportunity to join a new plan until February 28, 2022.

What are Advantage Plans? Known as Part C or MA Plans are offered by private companies approved by Medicare. If you join a Medicare Advantage Plan, the plan will provide all your Medicare Part A, B and usually Part D coverage.

SHIP (State Health Insurance Assistance Program)

Counselors are available to discuss your options at 973-569-4060.



AARP INCOME TAX PREPARED

AARP Foundation offers free, individualized tax preparation for low to moderate income taxpayers.

For additional information, please call the Department of Senior Services at 973-569-4060 after February 1st, for more details and location nearest you.

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

Amusement
 Celebration
 Chuckle
 Crackle
 Coney Island
 Dance
 Excited
 Family
 Friends
 Funny
 Happy
 Holidays
 Kiss
 Laugh
 Music
 Party
 Prom
 Reunion
 Seasons
 Trips

2022 Passaic County Annual Senior Art Show

Attention Senior Artists! Passaic County Department of Senior Services, Disability and Veterans Affairs is gearing up for the annual 2022 Art Show.

We will provide specific information on art show guidelines and the entry process at a later date.



In the meantime, pick up your brushes, pencils, camera and whatever else you may need to begin your show piece. We look forward to seeing you and your entry.

Winter Safety Tips

The arrival of winter means preparing for snowstorms, there are so many responsibilities to tend to from protecting your property to ensuring the family safety.

Food and Water:

Have at least three day supply for each person in the household, food should be non-perishable and easy to prepare.

First Aid Kit & Medical Items:

Look for a full kit and supplement it as necessary with items such as emergency blankets, flashlights etc. Have at least a week supply of medications, contact lenses, hearing aids, and other essential health items.

Rock Salt & Shovel:

This is essential for improving traction on walkways and the driveway in case someone needs to step out.

Hoses, Faucets & Valves:

Familiarize yourself with your homes piping system and learn how to shut off valves in case a pipe burst.

Disconnect hoses and store in a safe place. Wrap outside pipes and spigots.

Heating System:

Inspect heating sources and make sure everything is functioning properly.

Trees:

Snow covered trees may be beautiful, but they also are hazardous. Consider having branches cut off that may fall and damage property during a storm.

Roof & Gutters Inspection:

Ensure that you don't have any loose shingles and flashing, Clean out the gutters and downspouts. Ensure that your home will hold up against the weight of snow by hiring a contractor to assess the roof.

Windows & Doors:

Have weatherstripping checked for needed repairs, consider thick drapes to help keep heat inside.

Weather Alerts Terms

Blizzard Warning

A Blizzard Warning means that the following conditions are occurring or expected within the next 12 to 18 hours. 1) Snow and/or blowing snow reducing visibility to 1/4 mile or less for 3 hours or longer. AND 2) Sustained winds of 35 mph or greater or frequent gusts to 35 mph or greater. There is no temperature requirement that must be met to achieve blizzard conditions

Dense Fog Advisory

A Dense Fog Advisory is issued when widespread fog is expected to reduce visibilities to 1/4 mile or less over a large area for an extended period of time (2 or more hours).

Freeze Watch

A Freeze Watch is issued when there is a potential for significant, widespread freezing temperatures within the next 24-36 hours.

Freeze Warning

A Freeze Warning is issued when significant, widespread freezing temperatures are expected.

Hazardous Weather Outlook

The Hazardous Weather Outlook will describe potential hazardous weather and hydrologic information of concern in Days 1 through 7.

The outlook contains two segments: One segment for the marine zones and adjacent land-based (i.e., coastal) zones and the other segment for the rest of the land-based zones. Each seg-

ment of the HWO will contain 3 sections: short term through Day 1, long term for Days 2-7, and spotter information

Ice Storm Warning

¼ inch or more of ice accumulation.

Winter Storm Watch

A Winter Storm Watch is issued when there is the potential for significant and hazardous winter weather within 48 hours. It does not mean that significant and hazardous winter weather will occur...it only means it is *possible*.

Significant and hazardous winter weather is defined as a combination of: 1) 5 inches or more of snow/sleet within a 12-hour period **or** 7 inches or more of snow/sleet within a 24-hour period. AND/OR 2) Enough ice accumulation to cause damage to trees or powerlines. AND/OR 3) A life threatening or damaging combination of snow and/or ice accumulation with wind.

Winter Storm Warning

A Winter Storm Warning is issued when a significant combination of hazardous winter weather is occurring or imminent. Significant and hazardous winter weather is defined as a combination of:

1) 5 inches or more of snow/sleet within a 12-hour period **or** 7 inches or more of snow/sleet within a 24-hour period. AND/OR 2) Enough ice accumulation to cause damage to trees or powerlines. AND/OR 3) A life threatening or damaging combination of snow and/or ice accumulation with wind.



Passaic County Board of County Commissioners

Division of Home Energy & Weatherization

In addition to an application, documents required for consideration are:

- **Proof of Identification**
- Social Security Cards for US Citizens/US Residents
- **Proof of Income**
- Verification of ALL earned income for ALL Household Members
- **Proof of Residency**
- Proof of Home Ownership or current Lease & Housing Assistance, if applicable
- **Current Energy Bill**

LIHEAP MONTHLY INCOME ELIGIBILITY

1 PERSON—\$3,348
4 PERSON—\$6,439

USF MONTHLY INCOME ELIGIBILITY

1 PERSON—\$4,293
4 PERSON—\$8,833

UTILITY RELIEF

The American Rescue Plan (ARP) Arrearage Program can help eligible low-income households that have fallen behind on their electric and natural gas bills.

Households will be required to certify that they experienced a COVID-related hardship, in order to be eligible.

Approved households can receive credits on their utility accounts.

This assistance is for a LIMITED TIME ONLY—we ENCOURAGE you to quickly apply to see if you qualify!

Please contact us for the latest update regarding the deadline to apply.

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 Office

Passaic City Hall
330 Passaic Street
Passaic, NJ 07055

Phone: 973.569.4032

Fax: 973.256.2067

www.passaiccountynj.org

Email: energyassist@passaiccountynj.org

Walk-In Hours: 9:00 am - 3:30 pm Monday -Thursday - Friday: Drop-Off's Only

PLEASE VISIT OUR OFFICES TO SEE IF YOU QUALIFY FOR ASSISTANCE TO PAY YOUR UTILITY ARREARAGES.

**Passaic County Board of
County Commissioners**

**Director
Bruce James**

**Deputy Director
Cassandra "Sandi" Lazzara**

John W. Bartlett

Theodore "TJ" Best, Jr.

Terry Duffy

Nicolino Gallo

Pasquale "Pat" Lepore

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

