

SUMMER 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

This edition of our Senior Newsletter is a personal invite to you all.

We have included several events that are educational, beneficial, and to bring us together for fun.

As summer rapidly approaches, we look forward to all the cool things we can do. Going to the Jersey Shore, backyard picnics, nature walks, carnivals, and waiting in line for your favorite ice cream treat.

We celebrate the Fourth of July because that's the day the Declaration of Independence was signed, 246 years ago. You might call July 4th America's birthday. The Declaration didn't just declare our independence from Britain; it vowed to create a government that respected all people's rights to "life, liberty and the pursuit of happiness."

Also noted for celebration within this quarterly newsletter is Memorial Day, Flag Day, and as mentioned earlier, the first day of summer "yeah" with all having its own significance to celebrate.

In keeping your summer months the best: Stay safe, cool, and hydrated.

See you soon!

Shirley Force, Executive Director

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



NJ SNAP

New Jersey's Supplemental Nutrition Assistance Program (NJ SNAP) provides food assistance to families with low incomes to help them buy groceries through a benefits card accepted in most food retail stores and some farmers markets. Eligibility is set by several factors, such as income and resources. You can use NJ SNAP benefits to stretch your food budget and buy nutritious foods that can keep you and your family healthy.

Creating healthy-eating meal plans with NJ SNAP

Fresh, nutritious, whole foods are often more expensive than processed, packaged foods. If you're on a tight budget, NJ SNAP can make it easier to stick to healthy eating guidelines—even if you only receive the minimum monthly NJ SNAP benefit of \$20.



For more information on NJ SNAP, please call the Department of Senior Services at 973-569-4060.



Aerobic Exercise Does the Body and Brain Good

Aerobic exercise is any exercise which gets your heart pumping and allows your muscle groups to work. This kind of exercise is also termed cardiovascular activity.

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. When you exercise your muscles you 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 all 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 Anwaar Gaber, your Program Nutritionist, for the next sessions of fitness classes:

Location: Department of Senior Services, 930 Riverview Drive, Totowa NJ, Suite 200
In the conference room.

Dates and Times: June 2, 2022 @ 1:00pm and June 23, 2022 @ 1:00pm



Passaic County Senior Services Features

Friday Night Lights

Now Showing...



July 15, 2022

Last Vegas

Four friends take a break from their day-to-day lives to throw a bachelor party in Las Vegas for their last remaining single pal.

Starring - Michael Douglas, Robert De Niro, Morgan Freeman, Kevin Kline

July 29, 2022

The In-Laws

Right before his daughter's wedding, a mild-mannered foot doctor discovers that his future son-in-law's father is a free-wheeling international spy.

Starring – Albert Brooks, Michael Douglas, Ryan Reynolds, Lindsay Sloane

August 12, 2022

Somethings Gotta Give

A swinger on the cusp of being a senior citizen with a taste for young women falls in love with an accomplished woman closer to his age.

Starring - Jack Nicholson, Diane Keaton, Keanu Reeves, Amanda Peet

August 26, 2022

Mamma Mia

The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA.

Starring – Meryl Streep, Pierce Brosnan, Amanda Seyfried

Show Time

5:00 PM to 7:00 PM

Location: Passaic County Department of Senior Services Disability and Veterans Affairs
930 Riverview Drive, Suite 200 Totowa, NJ 07512

Light refreshments will be served. Call 973-569-4060 to reserve seating.

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Passaic County Board of County Commissioners	Passaic County Dept. of Senior Services





Summer Word Scramble

1. SMRUEM

2. DSNA

3. WAEERHT

4. NUS

5. AHTE

6. CAHBE

7. DNSASLA

8. WMIS

9. AERQBUEB

10. LOOP

11. AESNSO

12. UENJ

13. UJYL

14. SATUUG

15. RAMULEBL



(Puzzle answers on page 7)



passaic COUNTY NEW JERSEY

Swirl n' Snack

Join us for a fun afternoon while creating your own masterpiece. Paint, snack, and have fun. Let your inner artist out. No painting experience necessary

This class will be instructed by:
Arts & Creations Pottery Studio

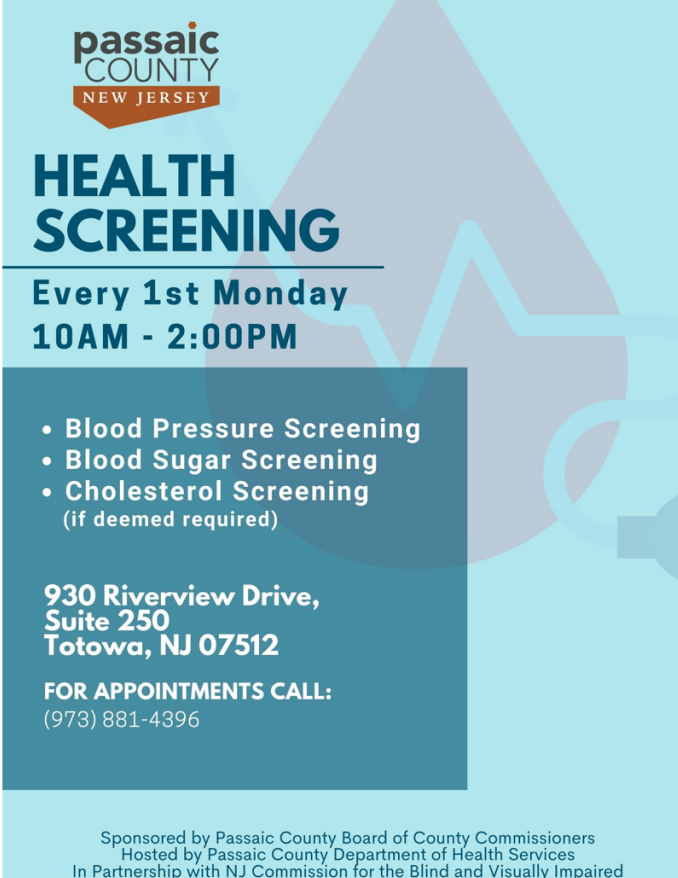
FEE: \$8.00 Per Class

AUGUST 3RD AND AUGUST 17TH
Class Will Begin 2:00PM

Passaic County Senior Services
930 Riverview Drive, Suite 200, Totowa, NJ 07512
Please call 973-569-4060 to register.

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PASSAIC COUNTY BOARD
OF COUNTY COMMISSIONERS

PRESENTED BY
PASSAIC COUNTY DEPT.
OF SENIOR SERVICES



passaic COUNTY NEW JERSEY

HEALTH SCREENING

Every 1st Monday
10AM - 2:00PM

- Blood Pressure Screening
- Blood Sugar Screening
- Cholesterol Screening (if deemed required)

930 Riverview Drive,
Suite 250
Totowa, NJ 07512

FOR APPOINTMENTS CALL:
(973) 881-4396

Sponsored by Passaic County Board of County Commissioners
Hosted by Passaic County Department of Health Services
In Partnership with NJ Commission for the Blind and Visually Impaired



2022 Senior Police Academy

September 6th, September 13th
September 20th and September 27th
4 Weeks: 8:45 AM to 12 PM
Call 973-569-4060 to register

COMMUNITY POLICING PROGRAM



Academy Topics:

- ◆ Fraud, Scams and Identity Theft
- ◆ Senior ID's
- ◆ Crime Prevention and Gang Awareness
- ◆ Office of Emergency Management
- ◆ 911 Communication
- ◆ County Clerk Presentation
- ◆ SWAT Team/Bomb Squad/CSI
- ◆ K-9 Unit Presentation

Presented by:

Passaic County Board of
County Commissioners

Passaic County
Sheriff's Department

Passaic County
Department of Senior
Services, Disability
and Veterans Affairs

2022 Senior Police Academy

September 6th, September 13th
September 20th and September 27th

\$5.00 Registration Fee
Please register by August 15th by calling
973-569-4060 and mail form back to:

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

Seating is limited.



Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

DOB: _____

Emergency Contact: _____

Emergency Contact 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 (circle one): S M L XL 2X

Revised Information on Passaic County Paratransit NOTICE OF PUBLIC HEARING

The Passaic County Board of County Commissioners and the Division of Paratransit will conduct a public hearing on transportation funding for Senior Citizens and Disabled Persons. The County is applying to New Jersey Transit, Inc. for funds under the Senior Citizen and Disabled Resident Transportation Assistance Act for Fiscal Year 2023. This funding will be used to provide transportation service for senior citizens and disabled persons.

The Public Hearing will be held on Monday, July 11, 2022 at 10:00 AM at Passaic County Department of Senior Services, Disability and Veterans Affairs, located at 930 Riverview Drive, Suite 200, Totowa, NJ. All interested parties will have the opportunity to offer any comments or suggestions as to the most appropriate types of service.

Individuals requiring accessible transportation to the public hearing can call Paratransit Services at 973-305-5756 by June 24, 2022. People who are deaf, hard of hearing and/or speech impaired should access this service by contacting the New Jersey Relay Services TTY/TDD 1-800-852-7899.

For those residents unable to attend the public hearing, please send written questions/comments to: Michael Parra, Director, Passaic County Paratransit, 1310 Route 23 North, Wayne, New Jersey 07470.

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.

PREPARING IS CARING ARE YOU REGISTER READY?



Tips for Staying Hydrated During the Summer Heat

Water is one of the most important elements for all living things. It's essential for biochemical reactions, supplying nutrients throughout the body and removing waste, and maintaining blood circulation and body temperature.

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, 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.



Summer word scramble: Answer Key
 1. SMRUEM = SUMMER 2. DSNA = SAND 3. WAERHT = WEATHER
 4. NUS = SUN 5. AHTE = HEAT 6. CAHBE = BEACH 7. DNSASLA = SANDALS
 8. WMIS = SWIM 9. AERQBUEB = BARBEQUE 10. LOOP = POOL
 11. AESNSO = SEASON 12. UENJ = JUNE 13. UJYL = JULY
 14. SATUUG = AUGUST 15. RAMUEBL = UMBRELLA

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Commissioners**

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Deputy Director

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**County
Administrator**

Anthony J. DeNova III

SHIP

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

