

FALL 2022

Produced by the Department of Senior Services

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FALL HEALTH SERVICES
COLD OR FLU?
2022 SENIOR PICNIC

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

Hello Passaic County residents, Fall is upon us with a nip in the air and football near. The Department of Senior Services would like to remind you of a few things by labeling our tree of services noted below.

We have some exciting up-coming events . Therefore, you will need to read all the articles inside.



2023 Medicare Health & Drug Plan Annual Open Enrollment

Open Enrollment period begins on October 15, 2022 this is the first day you can enroll for 2023 health coverage.

Open Enrollment period ends on December 7, 2022 this is the last day you can enroll for 2023 health coverage.

First date of coverage can start January 1, 2023.

Medicare Educational Seminar

Join us on **Thursday, October 27, 2022** for free unbiased information on the following:

- Best time to sign up for Medicare
 - What's new with Medicare
 - How to compare Medicare plans
- Medicare Advantage plans with or without Medicare prescription coverage
 - How to join or switch a Medicare Part D plan

Time: 10:00AM TO 12:00PM

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

To reserve seating, please call 973-569-4060.

Medicare Annual Part D, Prescription Drug Coverage

Enrollment Event

- One-on-one counseling
 - Enrollment assistance
 - Comparison of current coverage versus 2023 plans
- Counseling sessions are scheduled for 30-60 minutes

Thursday, November 3, 2022

Time: 9:00AM to 3:30PM

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

To reserve an appointment or
for additional information, please call 973-560-4060.



2022 Passaic County Annual Senior Art Show

Thank you to the Passaic County artists
for sharing your work with us.

Being an artist is often a vulnerable path.

You make something so deeply personal and then present it to the public with an open heart.

Congratulations to all those who participated in the
2022 Annual Senior Art Show.

The Passaic County Board of County Commissioners and
The Department of Senior Services invites you to attend our

Holiday Event

Friday, December 9, 2022

Bottagra Restaurant

80 Wagaraw Road

Hawthorne, NJ 07506

Cost: \$15.00 per person (Family Style)

Music Entertainment by: DJ Benny

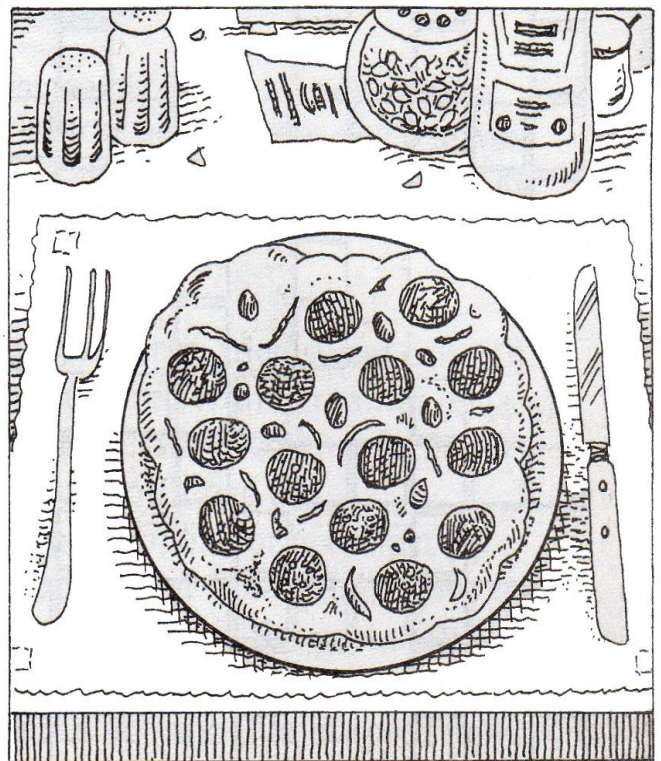
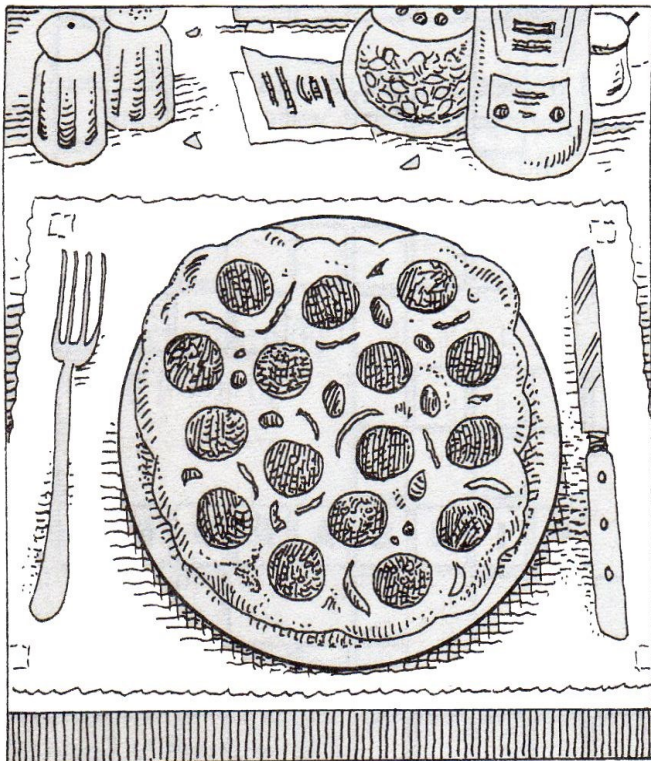
Time: 11:00AM to 2:00PM

Reservations first come, first served basis. Transportation is not provided.

Make a reservation by calling 973-569-4060.



SEE IF YOU CAN FIND THE NINE DIFFERENCES






PASSAIC COUNTY
DEPARTMENT OF SENIOR SERVICES
& VETERAN AFFAIRS

VETS HELPING VETS

A SUPPORT GROUP JUST FOR VETERANS

PROUDLY SPONSORED BY
PASSAIC COUNTY BOARD OF COUNTY COMMISSIONERS

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Tuesday, Sept 27, 2022
 Tuesday, Oct 11, 2022
 Tuesday, Oct 25, 2022
 Tuesday, Nov 8, 2022
 Tuesday, Nov 22, 2022
 Tuesday, Dec 6, 2022
 Tuesday, Dec 20, 2022

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

930 RIVERVIEW DRIVE,
SUITE 200
TOTOWA, NJ 07512
10 A.M. TO NOON

★ ★ ★

FOR MORE INFORMATION AND TO RSVP PLEASE CONTACT
 WILFREDO RODRIGUEZ, COMMUNITY SERVICE WORKER
 FOR THE OFFICE OF VETERAN SERVICES
 (973) 569-4090 WILFREDOR@PASSAICCOUNTY.NJ.ORG

★ ★ ★




Ceramic
Painting

October 13, 2022
October 27, 2022
2:00PM

Please join the Passaic County Department of Senior Services for an afternoon of ceramic painting.

Fee: \$11
 Includes paints, firing in kiln, and your choice of a mug, bowl or plate.

Finished pieces will be delivered back one week later.

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

Please call (973) 569-4060 to register.

Sponsored by the Passaic County Board of County Commissioners
 Presented by the Passaic County Dept. of Senior Services






6th Annual Paws In The Park!

SAVE THE DATE!

Saturday
October 8th, 2022
10:00AM - 4:00PM
Goffle Brook Park
Hawthorne, NJ




 @passaiccountynj






Shredding & Old Medicine Drop-Off


October 14, 2022
10AM - 1PM


Dept. of Senior Services
930 Riverview Drive
Suite 250
Totowa, NJ

Shredding
 Free on-site confidential document destruction



Old Medicine Drop-Off
 Free on-site drop off of old prescription drugs and supplements.



Hosted by: Passaic County Department of Senior Services
 Sponsored by: Passaic County Board of County Commissioners and Passaic County Sheriff's Office

Message from the Nutritionist

Are you really what you eat?
Does food really make your mood?
Should I be eating certain foods if I want to
be more alert, more assertive, more focused?



Let us find out!

Topic: Feeding Your Brain; Learn which foods will optimize your brain health.

Presenter: Anwaar Gaber, Program Nutritionist

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

When: **November 10, 2022**

Time: 10:00AM to 11:00AM

When: **November 15, 2022**

Time: 2:00PM to 3:00PM

Refreshments will be served.

To register, call Anwaar at 973-569-4099.

JOIN US

*Here you will find a great place for activities,
friends, a nutritious lunch, and more.*

Just call and schedule your visit.

We look forward to meeting you!

Passaic County Social Adult Day Care

930 Riverview Dr., Suite 200

Totowa, NJ 07512

(973) 569-4080

FALL INTO FUN!

The Passaic County Department of Senior Services
in Conjunction with
The Passaic County
Department of Health are hosting a

Physical Activity, Diabetes & Brain Stimulation Events

It is very important to stay physically active
while aging!

- Benefits Health
- Sleep improvement
- Maintain Healthy Weight
- Improves Quality of Life
- Stress management
- Concentration

Please join us on the following dates for an interactive event which will include chair exercise along with time for some brain teaser questions throughout the presentation.

Date: Thursday, September 29, 2022
Thursday, October 20, 2022

Time: 10:00AM to 11:00AM

Location: Passaic County Senior Services
930 Riverview Drive, Suite 200 Totowa, NJ 07512
To register, please call 973-569-4060.

Passaic County Department of Senior Services,
Disability, & Veterans Affairs
Cordially Invites You to Join a Series of
Presentations for:

Caregiver's Awareness Month

Wednesday, November 16, 2022

930 Riverview Drive, Suite 200, Totowa, NJ 07512

**Discussion on The Big Four
(Power of Attorney, Financials, Medicals,
and Living Will Declarations)**

5:00PM to 6:00PM

Presented by: Anna Navatta Esq.
Northeast N.J. Legal Services

Thursday, November 17, 2022

930 Riverview Drive, Suite 200, Totowa, NJ 07512

Understanding Memory Loss

2:30PM to 3:30PM

Presented by: Home Care Options &
Alzheimer's New Jersey

Please RSVP to Nicole Moore at 973-569-4065 or
nicolel@passaiccountynj.org by November 1, 2022



Weatherization and Home Energy Division Updates

Upcoming New LIHEAP Season:

The next LIHEAP program cycle begins on October 1, 2022, and we will begin accepting applications by September 1, 2022. Passaic County residents who were enrolled during the prior LIHEAP program year can re-certify, and new applicants can submit a new application.

Home Energy Office Hours and Ways to Apply:

Our 3 Home Energy Offices (Totowa Business Center; Paterson Center City Mall; and Passaic City Hall) are open to the public **Monday through Thursday, 9:00AM to 3:30PM** (we are closed to the public on Fridays, for processing). Clients do not have to visit our Home Energy Offices in-person to apply; clients can also apply by Email: energyassist@passaiccountynj.org

Mail: Passaic County Home Energy
930 Riverview Drive, Suite 250
Totowa, NJ 07512
Fax: 973-256-2067

The application and supporting documents are available under the “Weatherization and Home Energy Assistance” section of the Passaic County website, www.passaiccountynj.org

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

A Message From Passaic County Clerk

The 2022 General Election will be held on Tuesday, November 8th. A New Jersey voter can vote by mail for one election, or all elections and no excuse is required. Voting by Mail offers conveniences that many voters would appreciate, particularly members of the senior population, including no requirement for transportation to the polls and avoiding potential crowds, lines, or bad weather on Election Day. Additionally, voters who vote by mail have more time to consider the issues and candidates with the ballot in hand while in the comfort and privacy of their home.

If a voter wishes to vote by mail, they must complete an Application for Vote by Mail Ballot and mail the application to the County Clerk up to 7 days prior to Election Day. A voter may also apply in person to the County Clerk until 3:00PM, the day before Election Day. The Clerk cannot accept faxed or emailed copies of an Application for Vote by Mail Ballot unless you are a Military or Overseas Voter since an original signature is required.

If such voter no longer wants to receive Vote by Mail ballots, the County Clerk’s Office must be notified in writing. The Vote by Mail Opt-Out Form can be submitted online on the County Clerk’s website, www.passaiccountyclerk.org under the “Elections Division” subpage.

For additional information about voting by mail, or the election, please visit our website at www.passaiccountyclerk.org, call our office at 973-881-4127, or email us at countyclerkelections@passaiccountynj.org.

Vote-by-mail applications can be picked up at the County Clerk’s Main Office in Paterson, Satellite Office in Wanaque, and at the Department of Senior Services in Totowa. My staff and I look forward to serving you!

Danielle Ireland-Imhof,
Passaic County Clerk



Sponsored by: Passaic County Board of County Commissioners

Fall Health Services

DEPARTMENT OF HEALTH SERVICES
PASSAIC COUNTY NEW JERSEY

Health Screenings

Fall 2022 Mondays
September 12 • October 3 • November 7 • December 5

Blood Glucose

Blood Pressure

Cholesterol

Hemoglobin

Vaccinations and Health Education Programming

For vaccination services, please call the Passaic County Dept. of Health: (973) 881-4396

COVID-19 Vaccinations and Boosters

Flu Vaccinations

Health Education Programs on Various Topics!

Covid-19 vaccinations provided to all seniors
J & J
Pfizer-BioNTech & Moderna

Passaic County Department of Health Services
930 Riverview Drive, Suite 250, Totowa, NJ 07512

IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU



The Passaic County Board of County Commissioners and The Department of Senior Services invites you to attend our

2022 Senior Picnic

The Senior Picnic will be held at Rifle Camp Park 385 Rifle Camp Rd, Woodland Park, NJ 07424.

Date and Time:
Friday, October 7, 2022 from 9:30AM to 1:30PM rain or shine

No cost to Passaic County Seniors.
Reservations first come, first served basis.
Passaic County residents only.

For your reservation, you **MUST** complete the coupon below, cut off and mail back to Passaic County Senior Services 930 Riverview Dr, Suite 200, Totowa NJ, 07512.
Attn: Shirley Force

Menu

HAMBURGERS
HOT DOGS
SAUSAGE
CHICKEN
☪
SALAD
CORN ON THE COB
☪
DESSERT

2022 Senior Picnic

Name: _____

Address: _____

City/Zip: _____ **Phone #:** _____

X _____
Signature **Date**

(One coupon per person. Passaic County residents only)

Fill out for a Senior Picnic Surprise

Name: _____

Date of Birth: _____

City: _____

**Passaic County
Board of County
Commissioners**

Director

Bruce James

Deputy Director

Cassandra "Sandi" Lazzara

John W. Bartlett
Theodore "TJ" Best
Terry Duffy
Nicolino Gallo
Pasquale "Pat" Lepore

**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: 973-256-5190/5191
ADRC 1-877-222-3737
www.passaiccountynj.org/seniors

