

WINTER 2023

Produced by the Department of Senior Services

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Senior Resource Center

Senior Services
973-569-4060

Transportation/Paratransit
973-305-5756

Energy Assistance
973-569-4032

Nutrition Services
973-569-4099

Adult Day Care
973-569-4080

Veterans Affairs
973-569-4090

***Letter from the
Director***

The Department of Senior Services hopes the articles in our 2022 Newsletters provided you with a better understanding of this office and its services.



Now, as winter approaches and the end of the year draws near, we should all take some time to reflect, not only this year's memories, but memories forever etched in our minds. From our youthful days to current days we are all shaped by events and circumstances particular to only us. That is why we are all different, but at the same time we all share in life's adventures.

So much in life grows outdated, but its nice to know the best things like our friendship and serving your needs are forever.

OUR BEST!

Passaic County Senior Services/ADRC
Passaic County Adult Day Care
Nutrition/Meals on Wheels
Paratransit
Veterans
Weatherization

See you in 2023

Shirley Force



2023 Medicare Premium, Deductibles & Cost-Sharing Amounts

Part A Hospital Coverage

Inpatient hospital deductible	\$1,600.00 / per benefit period
Hospital Copayment	\$400.00/ days 61-90 (per day) \$800.00 / days 91-150 (per day)

Skilled Nursing Facility Copay

\$200.00 / days 21-100 (per day)

Part B Medical Coverage

Monthly Premium (standard)	\$164.90
Annual Deductible	\$226.00

Part D Prescription Drug Coverage

Annual Deductible	\$0 - \$505.00
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2023 Social Security Benefit Increase

Social Security and Supplemental Security Income (SSI) benefits will increase by 8.7 percent. It's the largest increase in forty years.

2022 State Art Show Winners

We thank all Passaic County Artists for your excellent talent and participation in this years showing. Out of 21 New Jersey counties, with only 18 counties entered in the show, we brought home seven ribbons. Congratulations to all.

3rd Place Oil (Pro)

Artist: Dorothy Piela
Title: Harpswill Cove, Brunswick, ME

Honorable Mention Digital Art (Pro)

Artist: Zoraida Pesante
Title: The Beauty Of Goffle Park

Honorable Mention Pastel (Non-Pro)

Artist: Joan Schessler
Title: Cloud Over The Bay

Honorable Mention Works On Paper (Pro)

Artist: Joyce Swenson
Title: Cape May Shadows

Honorable Mention Acrylic (Non-Pro)

Artist: Laura Beiner
Title: This Is The Way

Honorable Mention Digital Art (Non-Pro)

Artist: William Nicolosi
Title: Beautiful Beetle

Honorable Mention Oil (Non-Pro)

Artist: Janice Sangle
Title: Stowaway Farm



AARP

AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are located nationwide and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

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



February is Heart Healthy Month

Heart disease is the leading cause of death in the United States, but there's a lot you can do to prevent it.

Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day.

Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, helps your heart.

Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.



2023 Senior Advisory Council Meetings

(Second Monday of the month)

Meetings begin at 10:00am

Location: Passaic County Senior Services

January 9	July: None
February 13	August: None
March 13	September 11
April 10	October 16
May 8	November 13
June 12	December 11

Passaic County Senior Advisory Council is looking for volunteers. The purpose of this council is to solicit and receive comments on services and programs that reflect the needs, issues, and concerns of our elderly, disabled and Veterans. From this council report the Department of Senior Services can move forward in advocating for such needs.

Interested in being a volunteer and/or attending a meeting, please call 973-569-4060.

2023 Passaic County Advisory Council on Disability Meetings (first Wednesday of the month)

Meetings begin at 2:00pm and will be via Webex:

January 4	July 5
February 1	August 2
March 1	September 6
April 5	October 4
May 3	November 1
June 7	December 6

To attend virtual or dial in, please call 973-569-4060 for access information.



You can also send an email to disabilitycouncil@passaiccountynj.org

Winter Blues Are you or a senior loved one experiencing sadness this time of year? If so, we hope our tips below can help to brighten each day and make the most of the season. Please note that we encourage you to contact your doctor if your sad feelings last for several weeks or if your symptoms keep you from living a healthy life.

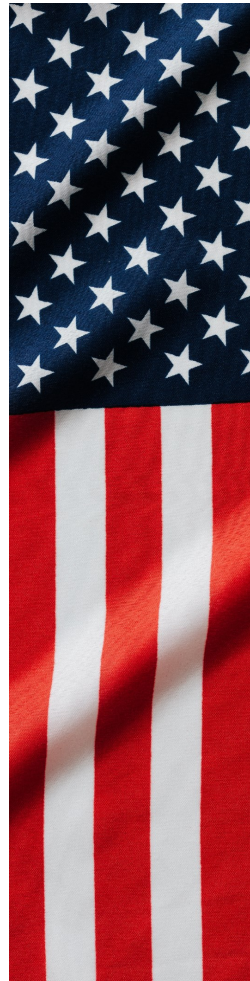
Attending events: Participating in some type of event can help to create positive feelings and excitement.

Stay active: You can exercise indoors or dress in layers and take your exercise outdoors for some fresh air.

Stick to a schedule: Try to stick to that same schedule.

Eat a balanced diet: Eating a balanced diet is essential for older adults and is a natural way to boost your mood and energy.

Socialize: Being around other people and/or talking to others can lift your spirits.



**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, January 10, 2023
Tuesday, January 24, 2023
Tuesday, February 7, 2023
Tuesday, February 21, 2023
Tuesday, March 7, 2023
Tuesday, March 21, 2023



**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



Escape the winter blues and attend one of our Senior Centers.

Our agency operates seven senior nutrition centers (congregate sites), which provide one hot meal Monday through Friday in a friendly environment for older adults that is conducive to socialization. Each of our senior nutrition centers conducts various activities such as parties, trips, lectures, etc. that meet the interests of the participants. Participants must be sixty years of age or older, or have a spouse that is at least sixty years old.

Annabelle Shimkowitz Senior Center 973-881-4988
330 Passaic Street
Passaic, NJ 07055

Bloomington Senior Center 973-835-4433
101 Hamburg Turnpike
Bloomington, NJ 07403

Hawthorne Senior Center 973-423-1027
970 Goffle Road
Hawthorne, NJ 07506

Lester Herschaft Senior Center 973-265-1540
900 Clifton Ave Barn C
Clifton, NJ 07011

Riverside Senior Center 973-225-0231
168 5th Avenue
Paterson, NJ 07524

Totowa Senior Center 973-569-4088
930 Riverview Drive Suite 200
Totowa, NJ 07512

West Milford Senior Center 973-557-6474
666 Macopin Road
West Milford, NJ 07480

Winter Time Puzzle

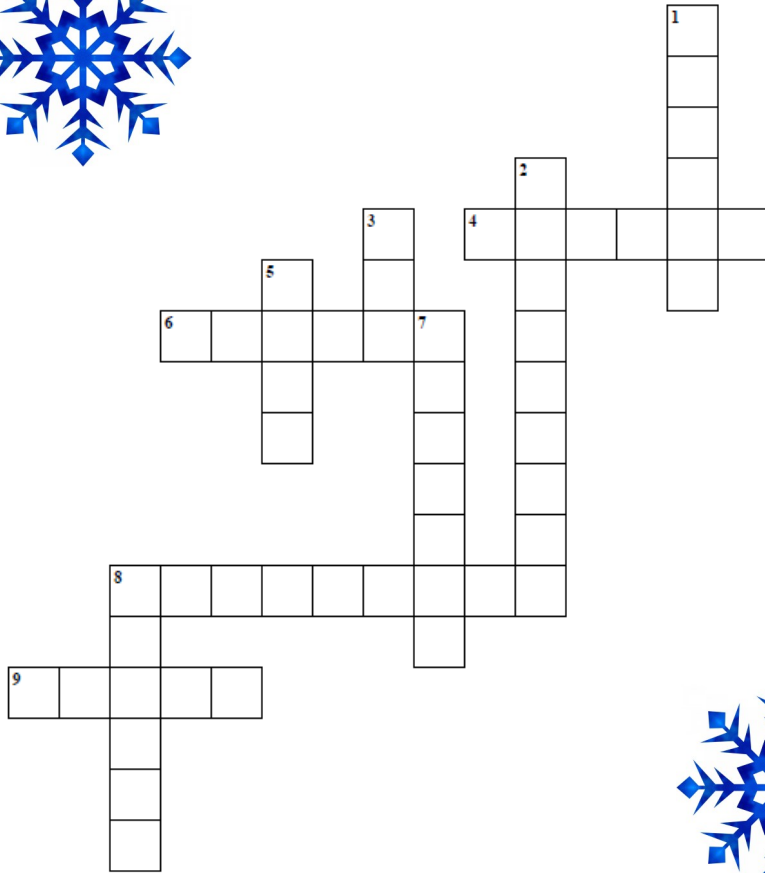
Across

- 4 Always follows a Fall
- 6 Not Mittens
- 8 Winter sprinkles
- 9 Made for walking



Down

- 1 Cold weather cover
- 2 Eight-month sleep
- 3 _____ cube
- 5 Not Hot
- 7 Not a woman
- 8 _____ night



Winter Fun facts

- ◆ The North Pole is warmer than the South Pole.
- ◆ Almost 90% of snow is air.
- ◆ The tallest known snowman was higher than a 12 story building.
- ◆ A snowflake can take up to two hours to fall from a cloud to the ground.
- ◆ Every snowflake has six sides.

HOT CHOCOLATE RECIPE

INGREDIENTS:

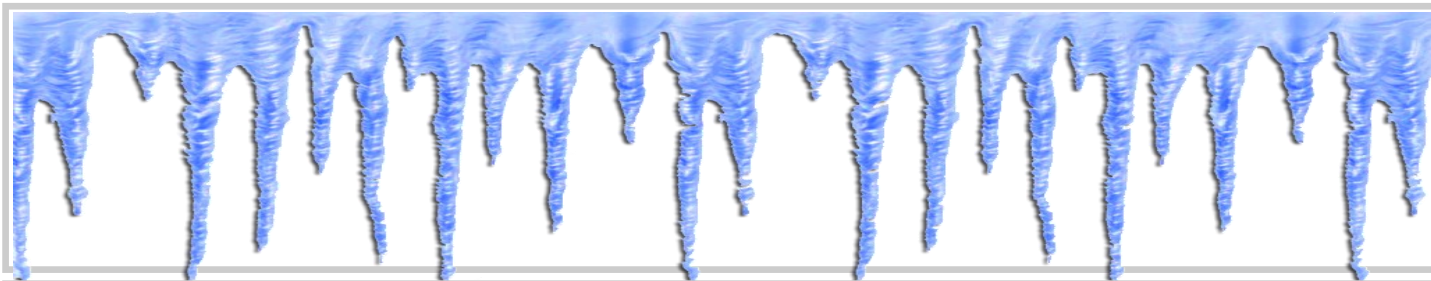
- 2 tablespoon unsweetened cocoa powder
- 2 tablespoon sugar-equivalent sweetener (to taste)
- 2 tablespoon nonfat dry milk powder
- Pinch of salt
- 1 cup water
- Mini marshmallows (optional)
- Whipped cream (optional)

SINGLE CUP INSTRUCTIONS:

1. Whisk together the cocoa powder, sweetener, dry milk powder, salt, and water in a microwave-safe cup or bowl.
2. Microwave hot chocolate for about 1 minute or until it is piping hot. Stir until all powder is dissolved and fully blended. Add toppings (optional).

Sip, enjoy, relax.





5 Tips to Stay Warm and Safe This Winter

During the winter months, cold, snow and ice can blanket much of the country and/or this county. These events can create dangerous situations, including a higher risk of car accidents, hypothermia, frostbite and carbon monoxide poisoning.

Here are five tips you can follow to stay warm and safe this winter.

1 - Keep an emergency kit in your vehicle

A car emergency kit can include:

Flares	Map
Ice scraper	Food and water
Car cell phone charger	Warm clothes and other necessities
Blankets	Jumper cables

2 – Prepare your car for the winter

It's a good idea to prepare your car for winter. You or your mechanic can check your vehicle's antifreeze levels, battery, brakes, heater and defroster. If you live in an area at increased risk for severe winter weather, install good winter tires and make sure they have enough tread, as well as any chains or studs required in your locality. You should also keep your gas from falling below half a tank in case of evacuation or power outages: this also keeps the fuel line from freezing.

3 – Never use a generator inside the house

NEVER use a generator inside a home, basement, shed or garage, even if doors and windows are open. Keep portable generators outside away from windows and as far away from your home as possible. Carbon monoxide poisoning from generators has unfortunately taken too many lives. To protect you and your family, it is also a good idea to install and test carbon monoxide alarms at least once a month.

4 – Take steps to keep the heat in your house

There are many steps you can take to retain as much heat in your house as possible, especially if there are power outages. Close blinds or curtains to help your house stay warm. Close off unused rooms to avoid wasting heat and stuff towels or rags in cracks under doors.

House fires are common in the winter and can happen if you are not careful about how you are heating your home. Be sure to plug only one heat-producing appliance in an outlet at a time and keep anything that can burn at least three feet from any heat source (like a fireplace or radiator). Never use a gas stovetop or oven to heat your home. If your power is out during extreme winter weather, there may be warming centers near you; contact Senior Services to find one.

5 – Keep your body warm

Layers of loose-fitting, lightweight, warm clothing will keep you warmer than a bulky sweater. Eat regularly, as food provides the body with energy for producing its own heat. Drink liquids such as warm broth or juice. Avoid caffeine and alcohol.

If you are experiencing numbness, memory loss, drowsiness or gray-yellow, firm or waxy skin, it's possible you are experiencing either frostbite or hypothermia. Know the signs of both and take immediate action if you think you are experiencing either. Actions include: Going to a warm room, soaking in warm water, warming the chest and always consider speaking with physician.

Winter Preparedness Checklist

Home Winter Preparedness Checklist

<input type="checkbox"/> Select Foods See Additional Checklist	<input type="checkbox"/> Warm Clothing Hats, Mittens, Parkas, Boots	<input type="checkbox"/> Flashlights & Extra Batteries
<input type="checkbox"/> Disposable Dishware Plates, Bowls, Utensils	<input type="checkbox"/> Extra Blankets	<input type="checkbox"/> First Aid Kit
<input type="checkbox"/> Specialty Items Meds, Infant Formula, etc.	<input type="checkbox"/> Matches For Candles & Gas Fireplaces	<input type="checkbox"/> Cell Phone Fully Charged
<input type="checkbox"/> Portable Radio AM/FM/Wx Radio & Batteries	<input type="checkbox"/> Shovel/Snow Blower Check condition & maintain	<input type="checkbox"/> Firewood For Wood Fireplaces

Car Winterization Checklist

<input type="checkbox"/> Check Engine Fluid Levels Oil, Coolant, Washer Fluid, etc.	<input type="checkbox"/> Inspect Tire Tread Replace if Near Wear Limit
<input type="checkbox"/> Test Battery Replace if Necessary	<input type="checkbox"/> Install Snow Tires if You Own a Set
<input type="checkbox"/> Use Deicing Washer Fluid Clean Windshield at Low Temps	<input type="checkbox"/> Test Headlights & Taillights
<input type="checkbox"/> Switch to Synthetic Oil Handles the Cold Better	<input type="checkbox"/> Add & Inspect Winter Survival Kit

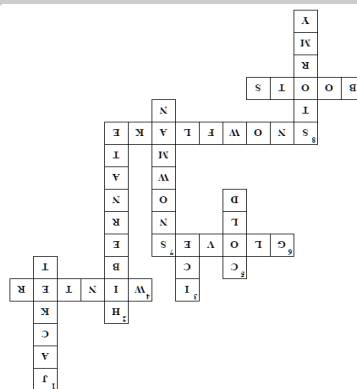
Home Winter Survival Food Checklist

<input type="checkbox"/> Canned Fruits and Vegetables Requires a Manual Can Opener	<input type="checkbox"/> Bread and Condiments Keep Bread Frozen to Last Longer
<input type="checkbox"/> Crackers, Nuts, Fruit Bars, Chips High Energy Foods	<input type="checkbox"/> Cereal and Toaster Pastries
<input type="checkbox"/> Soups Some Soups Require Water or Heating	<input type="checkbox"/> Meals Ready to Eat (MREs)
<input type="checkbox"/> Cookies and Hard Candy	<input type="checkbox"/> Bottled Water 1 gallon per person, per day (for at least 3 days)

Car Winter Survival Kit Checklist

<input type="checkbox"/> Flashlight & Extra Batteries	<input type="checkbox"/> Blankets/Sleeping Bag	<input type="checkbox"/> Extra Clothing Hats, Mittens, Parkas, Boots
<input type="checkbox"/> First Aid Kit	<input type="checkbox"/> Non-Perishable Food Granola Bars, Dried nuts, etc.	<input type="checkbox"/> Sand/Kitty Litter Used for Traction
<input type="checkbox"/> Snow Shovel	<input type="checkbox"/> Bottled Water	<input type="checkbox"/> Cell Phone & Charger
<input type="checkbox"/> Ice Scraper with Brush	<input type="checkbox"/> Booster Cables	<input type="checkbox"/> Flares/Triangles & other Bright Objects

Winter Time Answer Key:



**Passaic County
Board of County
Commissioners**

Director

Pasquale "Pat" Lepore

Deputy Director

John W. Bartlett

Theodore "TJ" Best

Terry Duffy

Nicolino Gallo

Bruce James

Cassandra "Sandi" Lazzara

**County
Administrator**

Matthew P. Jordan, Esq.

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

