

SPRING 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

Soon, the calendar will turn to March and with it is the arrival of Spring. Daylight hours are extended, temperatures start to rise, birds will be chirping and the sound of lawnmowers will be heard. More social activities begin and people are seen out of their houses and doing things the winter months don't allow.

This quarter we have many important dates and times to mark on our calendars.

April brings us the crack of baseball bats as a new season of America's pastime returns and traditional saying "April showers bring beautiful May Flowers". Speaking of May, this month is dedicated as Older Americans month, a celebration to all our beloved seniors. Inside this newsletter look for your invite from the Department of Senior Services. Other celebrations are we honor all moms on Mother's Day, Sunday, May 14th. Whether you're a mom or mom figure we thank you for the role you have in family. On Monday, May 29th we have Memorial Day, a Federal holiday in the United States for honoring the U S Military personnel who have made the ultimate sacrifice while serving in the US Armed Forces. June, we celebrate Father's Day on Sunday June 18th. Thanks to all dads for their role in raising, teaching and lending support to all, both within the family structure and outside as well.

Finally, always remember we here at the Passaic County Department of Senior Services, Disability and Veterans Affairs stand ready and prepared to assist you with all the services we provide.

You are our treasures and we strive to make all your experiences with the Department a pleasant and rewarding time.

Shirley Force, Executive Director

Staff in the Divisions of Senior Services, Passaic County Social Adult Daycare, Nutrition/Meals on Wheels, Paratransit & Home Energy/Weatherization



May is Older Americans Month

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is *Aging Unbound*, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.



Join us for cake



& tea as we celebrate

Older Americans Month



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

Date: Thursday, May 18th

Time: 11:00 AM to 2:00 PM

To register, please call 973-569-4060.

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

SAVE THE DATE

**THE PASSAIC COUNTY
BOARD OF COUNTY COMMISSIONERS
AND THE
PASSAIC COUNTY DEPARTMENT OF
SENIOR SERVICES**

PUBLIC HEARING

**Thursday, June 8, 2023
10:15 AM**

The Passaic County Area Agency on Aging and the Passaic County Senior Advisory Committee will hold an in-person public forum on the 2024 Area Plan Contract for the purpose of soliciting and receiving comments on services and programs that reflect the needs, issues and concerns of our Passaic County elderly residents.

For specific details on how to participate in the public hearing, please contact Passaic County Senior Services at 973-569-4060.

SAVE THE DATE

Passaic County Paratransit

PUBLIC HEARING

**Friday, June 23, 2023
10:00 AM**

The Passaic County Board of County Commissioners 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 2024. This funding will be used to provide transportation services for senior citizens and disabled persons.

For specific details on how to participate in the public hearing either in-person or virtually, please contact Passaic County Paratransit office at 973-305-5756.

2023 Passaic County Annual Senior Art Show

Passaic County Department of Senior Services, Disability & Veterans Affairs is inviting all of our Passaic County professional and non-professional creative artists to join us in the 2023 Passaic County Annual Senior Art Show.

*Exhibition and reception will be held at Passaic County Senior Services
930 Riverview Drive, Suite 200, Totowa, NJ 07512*

We are looking forward to seeing you and your entry.

Art Show Eligibility:

- *Resident of Passaic County*
 - *Age 60 and over*
- *Art piece must be "Show Ready"*
 - *One entry per individual*

Must be created within the last three years, and NOT have been shown in a previous County show Look out for additional information in our next newsletter.

Driver Safety Course

AARP

By taking the driver refresher course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely.

You'll learn how you can manage and accommodate common age-related changes in vision, hearing, and reaction time. You may be eligible to receive an insurance discount upon completing the course, so consult with your insurance agent for details. AARP membership is not required to take the course and there is no test to pass.

All attendees must bring their NJ Driver's License and if they are a member of **AARP**, they need to bring their membership card. Attendees can bring their lunch and snack if they care to. There will be a 30-minute lunch break.

Date: Thursday, June 22nd, 9:00 AM – 3:30 PM

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

Fees: \$20 for AARP Members and \$25 for Non-Members

Checks made payable to AARP; payment must be received prior to class.

The driver safety course will be on a first-come first-served basis. There are 25 seats available.

To register, call Passaic County Department of Senior Services
at 973-569-4060.



2023 Senior Farmers Market Nutrition Voucher Program

The Passaic County Farmers Market operates from June through November.

The program provides eligible individuals with vouchers to purchase locally grown fresh fruits, vegetables, and fresh cut herbs from authorized, certified farmers and roadside stands.

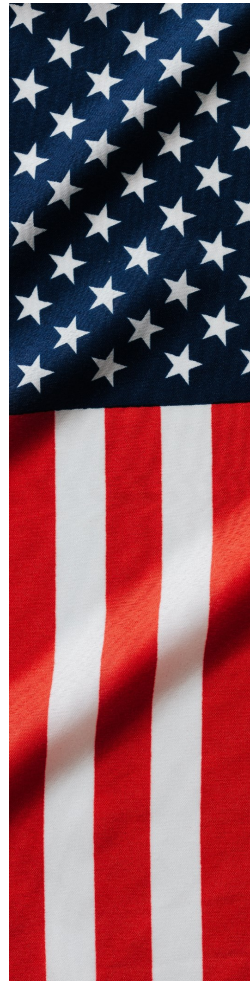
Vouchers cannot be redeemed at grocery stores and other food markets.

Keep in mind the Farmers Market Vouchers are distributed on a first-come first-served basis.

Requirements:

- Age 60 and over
- Passaic County resident
- Meet the program’s income requirements

For more information and program requirements, call the Department of Senior Services after June 1st, 2023 at 973-569-4060.



**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



Tuesdays’ 2023

- April 4th
- April 25th
- May 16th
- May 30th
- June 13th
- June 27th



**930 RIVERVIEW DRIVE,
SUITE 200
TOTOWA, NJ 07512**

10 A.M. TO NOON



FOR MORE INFORMATION AND TO RSVP PLEASE CONTACT

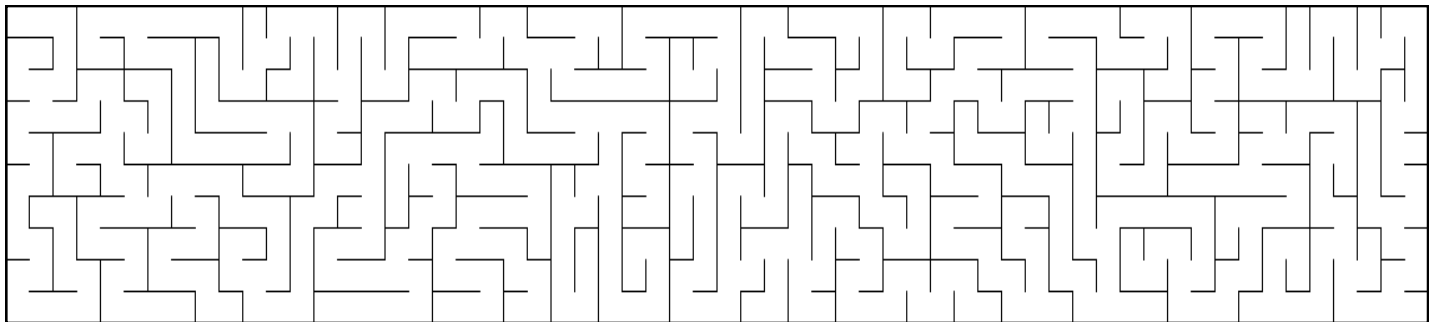
WILFREDO RODRIGUEZ, COMMUNITY SERVICE WORKER
FOR THE OFFICE OF VETERAN SERVICES
(973) 569-4090 WILFREDOR@PASSAICCOUNTY.NJ.ORG



Spring Maze



Start



End



SHIP Volunteers Needed

Interested in becoming a SHIP volunteer?

SHIP is your local State Health Insurance Assistance Program that provides unbiased help to Medicare beneficiaries. It can offer you a chance to help others in the community and develop new skills.

To volunteer for SHIP call Dinorah Luciano at 973-569-4060.



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

Spring

Word Scramble

H T E
C A E
R

CAN YOU FIND AT LEAST 20 WORDS?

Harder than you think!



Community Education Programs

Passaic County Department of Senior Services,
Disability and Veterans Affairs
Cordially invites you to a series of presentations, offered
by Northeast NJ Legal Services



Elder Justice Presentation

Discussing the legislature in place that protects seniors from abuse, how to recognize signs of elder abuse as well as how to report it. It also briefly covers how to respond to elder abuse and how NNJLS can help.

Monday, March 27, 2023
10:00 AM to 11:00 AM
930 Riverview Drive, Suite 200, Totowa, NJ

Tenant's Rights

Providing a general overview on New Jersey Housing laws for tenants and how NNJLS can help.

Wednesday, April 19, 2023
10:00 AM to 11:00 AM
930 Riverview Drive, Suite 200, Totowa, NJ

To register, please call Senior Services at 973-569-4060.

Can't Afford to Pay Your Home Energy Bills?

SCAN ME



The **Passaic County Division of Home Energy & Weatherization** is helping Passaic County residents to save on their energy bills, by providing utility benefits and providing upgrades that make homes more energy efficient.

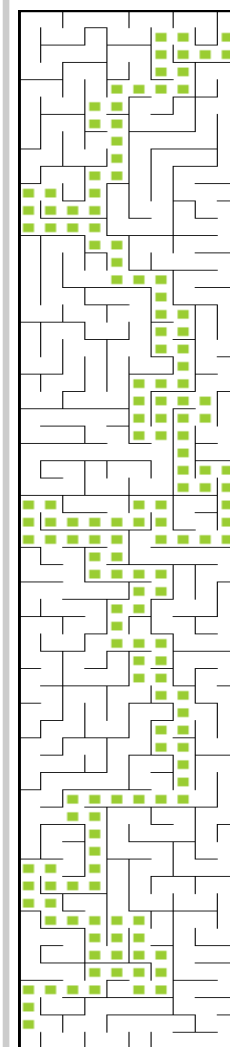
The **Low Income Home Energy Assistance Program (LIHEAP)** offers financial assistance to those having difficulty paying their electric, gas and deliverable fuel bills. Applicants must be residents of Passaic County and meet income guidelines

EMERGENCY ASSISTANCE SEASON: As of March 15, 2023, clients who are approved for LIHEAP (Home Energy Assistance) and have a shut off notice on their utility bill are **automatically eligible for EMERGENCY Assistance**. **Contact** us to find out more about how to apply for emergency assistance on your utility bill!

In addition to our home energy-saving programs, we also provide the **Lead Remediation and Abatement Program**, to reduce exposure to harmful lead-based paint. If you or someone you know live in a 1 to 4 unit property built before 1978, call us to see if you qualify for a free lead inspection.

Paterson Office	Totowa Office	Passaic Office
Center City Mall—U Level	Totowa Business Center	Passaic City Hall
301 Main Street	930 Riverview Drive, Suite 250	330 Passaic Street
Paterson, NJ 07505	Totowa, NJ 07512	Passaic, NJ 07055
Phone: 973.569.4032	Fax: 973.256.2067	www.passaiccountynj.org
Walk-In Hours: 9am - 3:30 pm, Mon -Thurs; Friday: Drop-Offs Only		
Email: energyassist@passaiccountynj.org		

Spring Maze Answer key page 4 Start



End

Fall Prevention Program – Good Steps



According to the Centers for Disease Control and Prevention, the problem of falls in adults is a serious one. Each year 3 million people are treated in emergency departments for a fall and at least 800,000 people are hospitalized each year for a fall related injury including over 300,000 hip fractures.

Did you know that Passaic County ADRC funds a fall prevention program that is free for all county residents over the age of 60 who are at risk for a fall? Working with Home Care Options, this program helps to improve an individual's activity level, balance & endurance and has been shown to decrease falls. The Fall Prevention program is based on the evidence-based Otago Exercise Program, which has been used worldwide.

The program uses an individually tailored program of muscle-strengthening and balance-retraining exercises of increasing difficulty, combined with a walking program.

Specially trained staff from Home Care Options provide the program in each eligible participant's home. During the visits, the staff provides instructions on a set of in-home exercises (selected at appropriate and increasing levels of difficulty) and a walking plan.

Who would benefit from this free program? Anyone who has had a fall or has a medical condition that puts them at risk for a fall. To learn more about the Fall Prevention program please call 973-569-4060.



Join Us

Passaic County Social Adult Day Care is an amazing place to have some fun, meet new people, get out of the house and enjoy a nutritious meal. Call us to schedule a visit and see what we are all about.

We look forward to meeting you!

Passaic County Social Adult Day Care
930 Riverview Dr. Suite 200 Totowa, NJ 07512
973-569-4080.



5 Spring Cleaning Safety Tips for Senior Citizens

- **CHECK THE MEDICINE CABINET AND GET RID OF EXPIRED, UNUSED MEDICATION.**
Store medicines in a cool, dry and dark place.
- **CLEAN UP CLUTTER.**
Maintain a clear walkway for seniors to navigate.
- **HAVE AN EMERGENCY PLAN IN PLACE.**
Know who to call in an emergency and have your phone programmed accordingly.

- **NEVER TRY TO MOVE HEAVY OBJECTS OR FURNITURE ON YOUR OWN.**
Use cordless cleaning tools and lightweight equipment for household chores.
- **MONITOR YOUR SMOKE ALARM SYSTEM, FIRE EXTINGUISHER AND EMERGENCY KIT.**
Periodically check your smoke detector, fire extinguishers and Emergency Kits.



**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