

SENIOR PATHWAY

Passaic County Department of Senior Services, Disability and Veterans Affairs



Produced by the Department of Senior Services

SUMMER 2023

Inside this Issue:

Page 2 Swirl and Snack Vets Helping Vets Coffee with a Cop Paws in the Park

Page 3 Hurricane Season Ice Cream Social

Page 4 Annual Senior Art Show Movie Night

Page 5 & 6 Senior Police Academy

Page 7 Word Scramble Good to Know/Summer SHIP Volunteers

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* 973-569-4062



Summertime reminds me of reflecting on the past and what was once our normal, like rotary phones, phone booths, basic TV

with 13 channels and record players. Today, our new normal is cell phones, YouTube, and music play lists off the internet.



So here's a question to our readers, where could I locate a working phone booth within Passaic County or even better a record player that plays? Contact us with your answer at 973-569-4060.

History continues to change every day, yet the



beautification of these mentionable locations, the Paterson Great Falls is breathtaking and Dey Mansion history-preserved to its finest and worth visiting.

In this newsletter, come and enjoy events happening this summer at Senior

Services. Take time to enjoy, be happy and appreciate the summer outdoor activities. We look forward to seeing you.





Shirley Force, Executive Director Staff in the Division of Senior Services, Passaic County Social Adult Day Care, Nutrition/Meals on Wheels, Paratransit, Veterans & Home Energy/Weatherization

Senior Services



Hurricane Season

Prepare yourself and your family by creating an Emergency Supply Kit and a Family Disaster Plan.

• Your Kit includes items that will help you stay self-sufficient for up to three days, if needed.

• Your Plan includes evacuation plans, a place to reunite with loved ones, and an out-of-state contact person.



2023 Hurricane names

Arlene, Bret, Cindy, Don, Emily, Franklin, Gert, Harold, Idalia, Jose, Katia, Lee, Margot, Nigel, Ophelia, Philippe, Rina, Sean, Tammy, Vince and Whitney

Be Prepared:

*10 quick Grab and Go Bag with comfy items.

HURRICANE CHECK LIST

- Two week supply of shelf stable items (non-refrigerated)
- **C**anned items: tuna, chicken, etc...
- □ Water (1 gallon per day, per person)
- Portable radio & batteries
- **G** Flashlight & batteries
- At least 2 weeks supply of medication (if refrigeration is needed have a backup to keep cool example: small chest with freezer pack.)
- □ Soap, disinfectants, and sanitizers (handwipes, etc...)
- Tissues, paper towels, and personal cleansings items
- Keep cell phones charged (even non working cell phones can dial 911)
- Manual can opener

Ice Cream Social

I Scream, You Scream, We All Scream for Ice Cream! July is National Ice Cream Month

Come join us for a scoop or two of ice cream as we talk about the services offered at Passaic County Department of Senior Services, Disability and Veterans Services

Location: 930 Riverview Drive, Suite 200, Totowa, NJ Date: 7/20/2023 Time: 2:00pm to 3:00pm Please register to attend no later than July 14th. Call 973-569-4060



Fun Facts



The average American eats 45.8 pints of ice cream a year.

Worldwide, around 3.3 billion gallons of ice cream are consumed every year, enough to fill 5,000 Olympic size swimming pools.

Top selling ice cream flavors are: vanilla, with 33% of the market and chocolate, with 19%.

Chocolate syrup is the world's most popular Ice cream topping.

The largest ice cream Sundae in the world weighed 54,914 pounds.

Annual Senior Citizen Art Exhibition CALLING ALL ARTISTS

The Passaic County Department of Senior Services, Disability and Veterans Affairs will hold its Annual Senior Citizen Art Exhibition. Any interested person must be a resident of Passaic County, age 60 and over, entry completed within the past three years and "Show Ready".

THE ARTWORK WILL BE ON DISPLAY: Thursday June 1st through Friday, June 30th

THE PASSAIC COUNTY ART SHOW AWARDS RECEPTION WILL BE HELD ON: Friday, June 30th 2:00 pm to 4:00 pm

Artwork can be dropped off at Senior Services by appointment only. <u>Date:</u> Monday, May 15th through Wednesday, May 24th between the hours of 9:00 am to 4:00 pm. No artwork will be received after May 24th. <u>Location:</u> The Department of Senior Services, 930 Riverview Drive, Suite 200 Totowa, New Jersey 07512 For additional information, eligibility or to request an information packet to be mailed, please call the Department of Senior Services at 973-569-4060.



Passaic County Senior Services Features Free

Friday Night Lights

Dates: July 14th and 28th and August 11th and 25th "You will enjoy a special movie chosen for each night."



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.

SPONSORED BY:PRESENTED BY:Passaic County Board ofPassaic County Dept.County Commissionersof Senior Services









2023 Senior Police Academy June 7th, June 14th, June 21st & June 28th

4 Weeks: 8:45 AM to 12 PM Call 973-569-4060 to register

COMMUNITY POLICING PROGRAM

Presented by:

Passaic County Board of County Commissioners

Passaic County Sheriff's Department

Passaic County Department of Senior Services, Disability and Veterans Affairs



Academy Topics:

Fraud, Scams and Identity TheftSenior ID's

- Crime Prevention and Gang AwarenessOffice of Emergency Management
- •911 Communication•County Clerk Presentation

•SWAT Team/Bomb Squad/CSI •K-9 Unit Presentation

C .	. • .			
se	nio	rΡ	atn	way

2023 Senior Police Academy June 7th, June 14th, June 21st & June 28th \$5.00 Registration Fee Please register by May 26th 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.	DEW JERSEY				
Name:					
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 see discussed?					

W	Summer time ord Scramble	S C	T E A T

CAN YOU FIND AT LEAST 20 WORDS? Have fun and enjoy!

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.

GOOD TO KNOW FOR SUMMER 2023

- The Atlantic Hurricane season runs from June 1st to November 30th
- First day of summer, June 21st. Last day of summer, Sept 23rd
- Full moons: May 5th @ 1:34pm Flower Moon June 3rd @ 11:42pm Strawberry Moon July 3rd @ 7:39am Buck Moon
- In New Jersey, the longest summer day is June 21st
- Summer outdoor activities for seniors: craft shows, walks, photography, bird watching, gardening, and fishing

Stay Safe



Navigating Medicare

Passaic County Board of County Commissioners

Director Pasquale "Pat" Lepore

Deputy Director John W. Bartlett

Orlando Cruz Terry Duffy Nicolino Gallo Bruce James Cassandra "Sandi" Lazzara

County Administrator Matthew P. Jordan, Esq.

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

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.