

FALL 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

As Summer bids us farewell and Autumn approaches we look for the beauty that comes with it.

Let's name some:

Changing colors: trees that were once green explode into beautiful leaves of gold, red and orange. The crunching of leaves under our feet while walking is magical. Pumpkin everything: how about some pumpkin pie and pumpkin bread. Try some pumpkin spiced tea and coffees. Desserts: caramel apples, taffies, pecan pie, apple pie all seem a bit more flavorful in the cool of the Fall.

In addition, we can enjoy cooler weather, firepits, and for outdoorsy individuals "s'mores." There are many things to enjoy during this time as one could add picking apples, carving pumpkins, grandchildren back to school, searching for that perfect turkey, and oh, did I miss our sports fans. The enjoyment of football, hockey, and basketball but nothing is more important or could replace "being with family" and that includes "you," our extended family.



Thank you for reading this edition and we look forward to your attendance at the upcoming events.



Shirley Force, Executive Director

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

2024 MEDICARE HEALTH & DRUG PLAN ANNUAL OPEN ENROLLMENT

Open Enrollment period begins on October 15, 2023.

This is the first day people with Medicare can make changes to their health coverage and prescription coverage.

Open Enrollment period ends on December 7, 2023.

This is the last day you can make changes to your health coverage.

The first date of coverage begins January 1, 2024.

Medicare Educational Seminar

Join us on **Thursday, October 26, 2023** 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 2024 plans
- Counseling sessions are scheduled for 30-60 minutes

Thursday, November 2, 2023

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 973-569-4060

2023 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
2023 Annual Senior Art Show.*



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

Caregiver's Awareness Month

Different Stages of Dementia/ Healthy Eating

Tuesday, November 14, 2023

11:00AM-12:00PM & 6:00PM -7:00PM
930 Riverview Drive, Suite 200, Totowa, NJ 07512

Presented by Alzheimer's of New Jersey &
Passaic County Nutrition Dietitian/Nutritionist

Understanding Memory Loss

Wednesday, November 15, 2023

11:00AM-12:00PM & 6:00PM -7:00PM
930 Riverview Drive, Suite 200, Totowa, NJ 07512

Presented by Home Care Hospice of New Jersey &
Passaic County Nutrition Dietitian/Nutritionist

Please RSVP to Nicole Moore at 973-569-4065
or email nicolel@passaiccountynj.org
by November 1, 2023



November is
**NATIONAL FAMILY
CAREGIVERS MONTH**

#CaregiverAnd

Passaic County Senior Services and the Division Of Nutrition Services
is pleased to announce for the first time

CHAIR YOGA

Celebrated every November, National Family Caregivers Month (NFCM) is
a time to recognize and honor family caregivers across the country.

Come join us for some relaxation

Location: 930 Riverview Drive Suite 200, Totowa, NJ 07512

Date: Thursday, November 2nd **Time:** 6:00PM to 7:00PM

Open to Passaic County residents

Compliments of Passaic County Board of County Commissioners

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





PASSAIC COUNTY DEPARTMENT OF SENIOR SERVICES, DISABILITY AND VETERANS AFFAIRS

VETS HELPING VETS

A SUPPORT GROUP JUST FOR VETERANS

VETS HELPING VETS is a peer group facilitated by Veterans and designed to address the needs of Veterans by providing a relaxed and confidential environment to share post military and transitional experiences with other Veterans.

Our mission is to offer hope, encouragement, and support to all who have served in the military.

Tuesday, September 5, 2023

Tuesday, September 19, 2023

Tuesday, October 3, 2023

Tuesday, October 17, 2023

Tuesday, October 31, 2023

Tuesday, November 14, 2023

Tuesday, November 28, 2023

930 RIVERVIEW DRIVE, SUITE 200

TOTOWA, NJ 07512

10:00 AM TO NOON

For more information please contact Senior Services at 973-569-4060

Carl Perry, MSW, LSW, Licensed Social Worker
Volunteer Facilitator

PROUDLY SPONSORED BY
PASSAIC COUNTY BOARD OF COUNTY COMMISSIONERS

passaic COUNTY NEW JERSEY

Ceramic painting

Thursday, October 12th at 2:00PM

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

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

Please call (973) 569-4060 to register

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.

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

Passaic County Nutrition Sites and Adult Day Care-Social

- Annabelle Shimkowitz Senior Center** 973-881-4988
300 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
165 5th Ave, 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
- Passaic County Adult Day Care-Social** 973-569-4080
930 Riverview Drive Suite 200, Totowa, NJ 07512



NEED HELP PAYING YOUR HOME ENERGY BILLS? PASSAIC COUNTY HOME ENERGY IS HERE TO ASSIST YOU!

The Low Income Home Energy Assistance Program (LIHEAP & USF) offers financial assistance to individuals having difficulty paying their electric, gas and deliverable fuel bills.

This year, the Passaic County Home Energy Assistance Program will be accepting applications **beginning in September 2023.**

Applicants must be residents of Passaic County and meet income guidelines.

You may qualify whether you own or rent, live in a single family home, multifamily housing complex or in a mobile home.

Outreach Events: We will be conducting outreach visits throughout all of Passaic County beginning in August 2023. If you live in a senior building, are part of a senior group, adult day care, church organization, parent-teacher group or are part of a group or organization that would benefit from energy assistance, please contact us to set up an outreach presentation for your group or organization.

For information about the Home Energy Assistance Program, Call or Visit:

Passaic County Home Energy & Weatherization

930 Riverview Drive, Suite 250, Totowa, NJ 07512

301 Main Street, U Level, Paterson, NJ 07501

330 Passaic Street, City Hall, Passaic, NJ 07055

9:00 a.m. to 3:30 p.m. Monday through Thursday

Friday Drop-Offs Only

Tel: 973-569-4032 Fax: 973-256-2067

Email: energyassist@passaiccountynj.org

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

Holiday Event

*Come and celebrate the
holiday season with us.*

Friday, December 15, 2023

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 are on a first come, first served basis
 - ◆ Transportation is not provided
 - ◆ Limit one table of ten per Senior Clubs

Make a reservation by calling 973-569-4060



Old-Fashioned Ice Cream Soda

- 1 bottle (1 liter) club soda, root beer or ginger ale
- 1 pint of ice cream
- 4 tall glasses

Directions

Pour 1/2 cup soda into each of four tall glasses. Add 1/2 cup ice cream to each glass. Fill glasses with soda. Serve immediately.



Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

LAVEES

BEEESTRMP

SVRTAEH

TECTHUNS

AUMUTN

ATOLFLOB

Q. What do you get when you drop a pumpkin?

Answer key on page 6

Stay Well This Fall

Tips to help you avoid getting sick:

- Get a flu shot and COVID-19 vaccine.
- Avoid close contact with people who are sick. If you're sick, limit contact with others to keep from infecting them.
- Cover coughs and sneezes. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Use hand sanitizer if soap and water are not available.
- Wash your hands often with soap and water. Scrub your hands for at least 20 seconds. Not sure how long that is? Hum Happy Birthday twice. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses.

Common Symptoms of a Cold, the Flu, and COVID-19

Learn more at www.nia.nih.gov/flu



*Symptoms may vary based on new COVID-19 variants and vaccination status.

Common Symptoms*	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓

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.

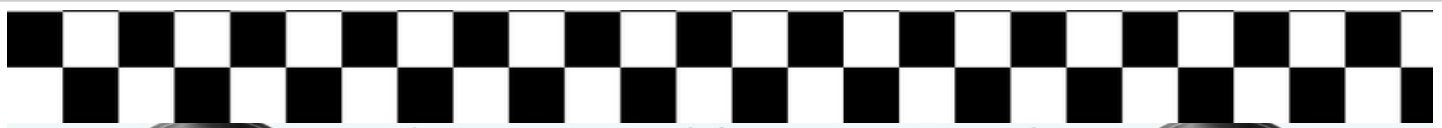
Please contact Dinorah Luciano, Passaic County SHIP coordinator at 973-569-4060.

Fall Answer Key

1. Quilt
2. Leaves
3. September
4. Harvest
5. Chestnut
6. Autumn
7. Football

Squash





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

2023 Senior Picnic

The Senior Picnic will be held at
Rifle Camp Park, 387 Rifle Camp Road,
Woodland Park, NJ 07424

Music by: DJ Benny

Date and Time:

Friday, October 6, 2023

from 9:30AM to 1:30PM

rain or shine

No cost to Passaic County Seniors.

Reservations are on a 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
- PASTA SALAD
- GREEN SALAD
- DESSERT



<p>_____ 2023 Senior Picnic Date of Birth: _____</p> <p>First and Last Name: _____</p> <p>Address: _____</p> <p>City/Zip: _____ Phone #: _____</p> <p>X _____</p> <p>Signature _____ Date _____</p> <p>(One coupon per person. Passaic County residents only)</p>	<p>Fill out for a _____</p> <p>Senior Picnic Surprise</p> <p>First and Last Name: _____</p> <p>_____</p> <p>Date of Birth: _____</p> <p>City: _____</p>
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Passaic County Board of County Commissioners

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Bruce James
Cassandra “Sandi” Lazzara

County Administrator

Matthew P. Jordan, Esq.

Passaic County Senior Advisory Council

Passaic County Advisory Council on Disability

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