

SPRING 2024

Produced by the Department of Senior Services

Inside this Issue:

Page 2

Older Americans Month
Four Ways to a Healthier Year
and You

Page 3

Art Class by Mimi
2024 Senior Farmers' Market
2024 AARP Tax Aide Location

Page 4

Puzzles
Paratransit

Page 5 & 6

Needs Survey

Page 7

Home Energy Programs
Vets Helping Vets
Veterans Services
Answer Key

Senior Resource Center

Senior Services

973-569-4060

Adult Day Care

973-569-4080

Energy Assistance

973-569-4032

Nutrition Services

973-569-4099

Transportation/Paratransit

973-305-5756

Veterans Affairs

973-569-4090

Dear Residents,

I hope this first newsletter of 2024 finds you filled with hope, as longer days carry the promise of the spring thaw, with summer not far behind.

I'm not ashamed to say that these long winter nights have been difficult. Many of us are still coping with the physical and social after-effects of COVID-19, feeling worried about conflicts abroad or politics at home, or seeing ourselves or our families affected by natural disasters like the recent flooding, or just by the daily struggle to get by in challenging economic times.

Particularly the last few weeks, as we have mourned the loss of Sheriff Richard H. Berdnik, we are reminded that trauma comes in many forms. It can affect all kinds of people. It has lasting effects, and sometimes we need help to cope with our challenges.

The Passaic County Board of Commissioners is concerned with your well-being, and we encourage you to reach out for the help you need. We have decided to host in-person discussion sessions on Grief and Wellness. Please join us at our Senior Services office, 930 Riverview Drive, Suite 200, Totowa:

Friday, April 5th at 11:00am to 12:00 noon or
Friday, April 5th at 5:30pm to 6:30pm

Call 973-569-4060 to reserve a spot

If you can't join us, or if at any time you need to talk to someone, reach out to:

St. Joseph's Crisis Hotline at **973-754-2230**, or
the National 24/7 Suicide and Crisis Hotline: just **dial 988**.

You are not alone, here or anywhere.


Thank you for being part of the Passaic County family.

John W. Bartlett

Passaic County Commissioner Director

Older Americans Month

Every May, the Administration for Community Living leads the nation’s observance of Older Americans Month (OAM). The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

 **Come celebrate Older Americans Month**
Wednesday, May 15th between 2:00pm and 3:00pm
for coffee, tea and cake.

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



Four Ways to Address a Healthier Year and a Healthier You

John Chipman, Dietitian
Passaic County Division of Nutrition Services

1. Eat breakfast every day. Skipping breakfast can lead to feeling sluggish in the morning and result in over eating or binging in the afternoon. So make sure you have a good combination of fat, protein, and carbohydrates.

2. Add a fruit or vegetable to every time you eat. Adding healthy fruits and vegetables are going to make it easier to reach our fiber, vitamins, and minerals goals. Fiber helps slow digestion and maintain blood sugar levels. Vitamins and minerals help our bodies functions such as energy production, digestion, and bones.



3. Moving our bodies. Exercise can feel like a daunting task. However, if we start small and find an activity we enjoy, we will be more likely to follow through. Being active 30 minutes a day for 5 days a week can have huge health benefits on our muscles, brain, and cardiovascular system.

4. Taking care of your mental health. Stigma around mental health prevents people from seeking out help. However, you are not weak, or broken for seeking help. Most people can benefit from therapy or counseling. If you are in need of resources please reach out to our office of Senior Services for referrals or contact your physician.



Art Class

Zentangle workshop with Mimi. The meditative drawing uses patterns that anyone can do, no experience is needed.



Come and unlock your hidden talents and discover your inner artist while embracing the many relaxing benefits to meditative drawings.



Join us on Wednesday, May 1st. The cost is \$6.00 and all supplies are included.



To make a reservation, please **make check payable to:** Passaic County Department of Senior Services



Mail to:
930 Riverview Drive, Suite 200,
Totowa, NJ 07512 by April 15th.

2024 Free Tax Aide Locations

AARP Foundation Tax-Aide provides tax assistance to anyone, free of charge, with a special focus on taxpayers who are over 50 or 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 a location nearest you, please call the **Passaic County Department of Senior Services** at 973-569-4060.

Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition Program (SFMNP) promotes nutritional health among New Jersey's senior citizens by providing them with locally grown fresh fruits, vegetables, and herbs.

Look out for more program details in the Summer 2024 Newsletter Edition



Take time to smell the flowers.

Appreciating the little things in life really can make all the difference.

~Author unknown

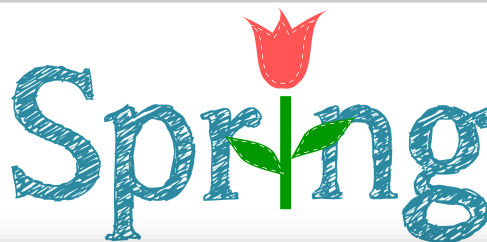


The State Health Insurance Assistance Program (SHIP) is a statewide program administered by the New Jersey Department of Human Services with financial assistance through a grant from the U.S. Administration for Community Living (ACL). Currently in the nation there are 59 million Medicare beneficiaries, 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.



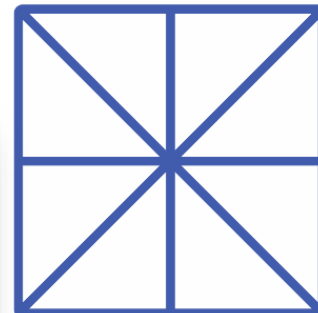
Navigating Medicare

Brain Teaser Puzzles

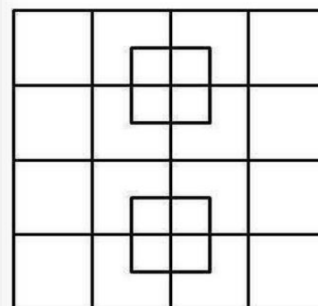


1 Priority	2 WEAR LONG	3 O o P u E T N	4 Rain, Sleet, Snow, Hail, Fog, Sunshine, Humid, Breezy, Cloudy <i>feeling</i>
5 COW	6 HAY HAY Needle HAY HAY HAY	7 GRAVE	8 SLAP WRIST
9 A W A K E	10 READ	11 MOUTH	12 Comfort Close Comfort Close Comfort Comfort
13 YEAR ○	14 ROAD ■	15 HEAD ACHE	

**How Many Triangles
Are There?**



**How Many Squares
Are There?**



Answer key on page 7

Paratransit

Passaic County Paratransit provides the county's senior citizens and disabled residents with non-emergency curb-to-curb



transportation to medical appointments, shopping centers, county-run nutrition and adult day care sites, and for the disabled residents to attend group work programs. Paratransit maintains a fleet of vehicles to provide these rides including special lift vans to accommodate non-ambulatory individuals.

Our service is available Monday to Friday from 8:00am to 4:00pm. The division directly services the residents of the following municipalities: Bloomingdale, Haledon, Hawthorne, Little Falls, North Haledon, Paterson, Pompton Lakes, Prospect Park, Ringwood, Totowa, Wanaque, Wayne, West Milford and Woodland Park. Residents of Clifton and Passaic contact their respective municipality to arrange transportation.

We remain committed to being a valuable resource for our seniors and disabled residents. We look forward to serving our riders.

*Ahmet Akdag
Paratransit Director*



**2024 Daylight
Savings
March 10th through
November 3rd**



**Spring will
officially arrive at
11:06 p.m. on
Tuesday,
March 19th**

2025-2027 Community Needs Survey

Passaic County Department of Senior Services, Disability and Veterans Affairs is committed to assisting seniors and disabled individuals in meeting their needs. In order to do this and plan for the future, we need your input. **Please complete and return this survey by April 12, 2024.** Responses are **confidential** and results will be tallied and used for planning purposes.

INDICATE THE DEGREE TO WHICH THE TOPICS DESCRIBED ARE PROBLEMATIC FOR YOU				
	NOT A PROBLEM	SOMETIMES A PROBLEM	ALWAYS A PROBLEM	NOT APPLICABLE
Transportation to doctor/medical appointments				
Addressing my own needs (bathing, dressing, etc.)				
Shopping for groceries				
Preparing your daily meals				
Cleaning your home				
Being able to pay for heat or other utilities				
Handling your own money and/or paying your bills				
Performing household chores (shoveling, mowing, small repairs, etc.)				
Taking medication				
Completing insurance or Medicare forms				
Understanding health insurance/prescription coverage				
Providing care for another person as a caregiver				
Falling (loss of balance)				
Help with household budgeting and finances				

Check below which services your feel are critical needs in the community:

- | | |
|---|---|
| <input type="checkbox"/> Adult Day Care - <input type="checkbox"/> Medical <input type="checkbox"/> Social
<input type="checkbox"/> Care Management (<i>social worker develops a plan for coordinated services</i>)
<input type="checkbox"/> Caregivers Services (<i>respite for caregivers</i>)
<input type="checkbox"/> Certified Home Health Aides
<input type="checkbox"/> Elder Abuse
<input type="checkbox"/> Exercise Programs
<input type="checkbox"/> Grocery Shopper Services (<i>for individuals who are physically unable to shop</i>)
<input type="checkbox"/> Health Education
<input type="checkbox"/> Home Delivered Meals (Meals on Wheels)
<input type="checkbox"/> Housekeeping
<input type="checkbox"/> Assistance with Information, Applications to Programs, Benefits | <input type="checkbox"/> Insurance Questions/Medicare Counseling
<input type="checkbox"/> Legal Assistance
<input type="checkbox"/> Mental Health Services (<i>assistance with anxiety, depression, stress, etc.</i>)
<input type="checkbox"/> Nutrition Education and/or Counseling
<input type="checkbox"/> Senior Centers/Congregate Dining
<input type="checkbox"/> Oral Health (<i>screening, assessment and treatment</i>)
<input type="checkbox"/> Minor Home Repair & Handyman Services
<input type="checkbox"/> Socialization and Recreation Activities
<input type="checkbox"/> Support Groups
<input type="checkbox"/> Telephone Reassurance (<i>"How are you today?"</i>)
<input type="checkbox"/> Transportation |
|---|---|

What Town Do You Live In?

- | | | | |
|---------------------------------------|--|---------------------------------------|--|
| <input type="checkbox"/> Bloomingdale | <input type="checkbox"/> North Haledon | <input type="checkbox"/> Ringwood | <input type="checkbox"/> Woodland Park |
| <input type="checkbox"/> Clifton | <input type="checkbox"/> Passaic | <input type="checkbox"/> Totowa | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Haledon | <input type="checkbox"/> Paterson | <input type="checkbox"/> Wanaque | |
| <input type="checkbox"/> Hawthorne | <input type="checkbox"/> Pompton Lakes | <input type="checkbox"/> Wayne | |
| <input type="checkbox"/> Little Falls | <input type="checkbox"/> Prospect Park | <input type="checkbox"/> West Milford | |

Are you a Veteran or Spouse of a Veteran? Veteran Spouse of Veteran Not a Veteran

Optional

The following information is requested for statistical purposes only. **ALL INFORMATION KEPT CONFIDENTIAL**

Age Range Under 60 60-74 75-84 85-94 95+

Gender Identity: Male Female Other _____

Marital Status: Married Widowed Single Separated Divorced

Ethnic Background (IF MULTIPLE RACES, PLEASE SELECT APPROPRIATE BOXES)

- White Hispanic American Indian/Alaskan Native Asian Black or African American
- Native Hawaiian or Other Pacific Islander

I live Alone **I live with** Spouse/Life Partner Child(ren) Relative/Friend Shared Housing/Other

Name _____ **Telephone** _____

Address _____

-----FOLD HERE-----

-----FOLD HERE-----

Passaic County Department of Senior Services,
Disability & Veterans Affairs
930 Riverview Drive, Suite 200
Totowa, NJ 07512

Place
Stamp
Here

Passaic County Department of Senior Services,
Disability & Veterans Affairs
Attn: Needs Survey
930 Riverview Drive, Suite 200
Totowa, NJ 07512

Division of Weatherization and Home Energy Updates:

EMERGENCY ASSISTANCE SEASON:

Starting March 15, 2024, clients who already applied and have been approved for LIHEAP (Home Energy Assistance) and have a shut off notice on their utility bill can request Emergency Assistance. To request Emergency Assistance, starting March 15, 2024, please submit all pages of your current utility bill with a shut off notice.



Passaic County Board of County Commissioners
Division of Home Energy & Weatherization

Need Help Paying Your Home Energy Bills?

The Low Income Home Energy Assistance Program (LIHEAP) may be able to help you and your family



The Home Energy Assistance Program (LIHEAP & USF) 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.

MONTHLY INCOME ELIGIBILITY

HEA/USF HOUSEHOLD OF 1: \$3,676 HOUSEHOLD OF 2: \$4,807 HOUSEHOLD OF 3: \$5,938



Please see the documents needed to apply

Application & Current Utility Bill (all pages)

Social Security Cards for US Citizens/US Residents

Verification of ALL earned income for ALL Household Members

Proof of Home Ownership or current Lease & Housing Assistance, if applicable

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		

Answer Key

- | | | |
|------------------------------|----------------------------|------------------------|
| 1. High priority | grave | 14. Road block |
| 2. Long underwear | 8. Slap on the wrist | 15. Splitting headache |
| 3. Out in the open | 9. Wide awake | |
| 4. Feeling under the weather | 10. Read between the lines | How Many Triangles? |
| 5. Holly cow | 11. Big mouth | 16 |
| 6. Needle in a haystack | 12. Too close for comfort | How Many Squares? |
| 7. One foot in the | 13. Year round | 40 |



PASSAIC COUNTY DEPARTMENT OF SENIOR SERVICES, DISABILITY AND VETERANS AFFAIRS

VETS HELPING VETS

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, March 05, 2024

Tuesday, March 19, 2024

Tuesday, April 02, 2024

Tuesday, April 16, 2024

Tuesday, April 30, 2024

Tuesday, May 14, 2024

Tuesday, May 28, 2024

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
Licensed Clinical Social Worker
Volunteer Co-Facilitator

PROUDLY SPONSORED BY
PASSAIC COUNTY BOARD OF COUNTY COMMISSIONERS



Veterans Services

Did you know.... The five stars represent Army, Navy, Air Force, Marines, Coast Guard. The flags represent the span of America's history from 13 colonies to present 50 states. The eagle holds the cord to perpetuate the memory of all slain Americans and their sacrifices. The golden cord symbolizes those who have fallen in defense of this country.

Thank you for your service.



Passaic County Board of County Commissioners

Director

John W. Bartlett

Deputy Director

Cassandra “Sandi” Lazzara

Orlando Cruz

Terry Duffy

Nicolino Gallo

Bruce James

Pasquale “Pat” Lepore

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

