

FALL 2024

Produced by the Department of Senior Services

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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

Hello everyone,

I would like to take this opportunity to share my gratitude.

To all our Seniors, Veterans and Disabled.

Your journey, unique to each of you, has in it a story that in some way encourages someone else.

A treasured life with personal sacrifices made along the way is an honorable one.

So, with that let us remember this message from history.

History of Veterans Day



World War I – known at the time as “The Great War” – officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America’s Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.



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



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, September 3, 2024
- Tuesday, September 17, 2024
- Tuesday, October 1, 2024
- Tuesday, October 15, 2024
- Tuesday, October 29, 2024
- Tuesday, November 12, 2024
- Tuesday, November 26, 2024



930 RIVERVIEW DRIVE, SUITE 200
TOTOWA, NJ 07512
10:00 AM TO NOON



For more information please contact
Sherwood English-Assistant Veterans Service Officer
at 973-569-4090

Carl Perry, MSW
Licensed Clinical Social Worker
Volunteer Co-Facilitator



PROUDLY SPONSORED BY
PASSAIC COUNTY BOARD OF COUNTY COMMISSIONERS

Sunday, September 8, 2024 National Grandparents Day



Fun facts:

The flower of the U.S. National Grandparents Day is the forget-me-not which blooms in the spring.



September was chosen for the holiday because it marks the beginning of autumn, which can also refer to the "autumn of one's years".



Personal Assistance Service Program

The Passaic County Department of Senior Services is pleased to announce the Personal Assistance Service Program (PASP) is now under our umbrella.

The Personal Assistance Service Program (PASP): is a personal care assistance program that provides up to 40 hours per week of routine, non-medical personal care assistance to adults with permanent physical disabilities who are 18 years of age or older, who are employed, preparing for employment, attending school or involved in community volunteer work and who are able to self-direct their own services.

For more information, please call Senior Services at 973-569-4060



September is National Preparedness Month

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

12 WAYS TO PREPARE

- Sign up for Alerts and Warnings
- Make a Plan
- Save for a Rainy Day
- Practice Emergency Drills
- Test Family Communication Plan
- Safeguard Documents
- Plan with Neighbors
- Make Your Home Safer
- Know Evacuation Routes
- Assemble or Update Supplies
- Get Involved in Your Community
- Document and Insure Property

TAKE ACTION AND PREPARE

There are many ways to take action and prepare before a disaster occurs. The actions on this card include some of the most important ways to help yourself, your family, and your community increase your preparedness. Simple actions at home and in your neighborhood can make a big difference!

FEMA
FEMA V-1021
Catalog No. 1872-3
April 2018

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[Fema.gov/mobile-app](#)
[Ready.gov/prepare](#)

In-Home Suggested Disaster Preparedness Check List

- Powdered milk
- Dry cereal
- Box raisins, trail mix, beef jerky, etc.
- Canned fruits, dry prunes, dry apricots, etc.
- Vitamins & proteins
- Canned items: tuna, chicken, meats (Vienna sausages, spam, etc.)
- Cookies & crackers
- Peanut butter & jelly
- Canned Juices
- Water (1 gallon per day per person)
- Flashlight & portable radio
- Batteries
- 2 week supply of medications
- Small chest with freezer packs
- Soap, disinfectants, sanitizers, etc.
- Tissues, paper towels and personal cleansing items
- Keep cell phones charged
- Disposable gloves
- Formula and baby food
- Crayons & coloring books
- Pet food
- Manual can opener

Monday, September 2, 2024 Labor Day

Observed on the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers. The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America’s strength, prosperity, and well-being.



2025 MEDICARE HEALTH & DRUG PLAN ANNUAL OPEN ENROLLMENT

Open Enrollment period begins on October 15, 2024.

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

Open Enrollment period ends on December 7, 2024.

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

The first date of your new coverage begins January 1, 2025.

Medicare Educational Seminar

Join us on **Friday, November 1, 2024** 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 2025 plans
- Counseling sessions are scheduled for 30-60 minutes

Thursday, November 7, 2024

Appointments are between: 9:00AM to 3:00PM

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



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

Fall Word Search

P	R	M	E	V	P	F	X	H	E	N	A	U	R	U
E	A	P	J	R	S	U	H	X	O	F	U	X	H	M
H	Z	M	E	Z	I	A	M	V	I	Z	T	P	E	C
N	G	D	S	G	R	F	E	P	A	D	U	U	M	Q
H	I	N	U	V	U	M	N	U	K	U	M	S	S	Q
C	W	R	E	K	B	R	D	O	B	I	N	J	E	R
O	A	S	A	E	O	X	Y	Z	B	W	N	P	V	N
C	T	R	R	C	L	L	A	B	T	O	O	F	A	R
T	H	A	N	K	S	G	I	V	I	N	G	H	E	I
O	X	S	U	I	C	J	G	Y	L	F	L	T	L	E
B	G	H	E	H	V	B	O	O	T	S	A	R	I	K
E	Z	H	Y	L	A	A	B	S	A	E	J	Q	R	A
R	S	M	V	Q	P	D	L	X	W	H	Q	V	E	R
R	E	B	M	E	T	P	E	S	L	E	A	U	R	G
L	G	O	W	I	I	A	A	A	W	I	X	Y	E	A

- Apples
- Autumn
- Bonfire
- Boots
- Carnival
- Cider
- Corn
- Cornucopia
- Football
- Harvest
- Leaves
- November
- October
- Pumpkin
- Rake
- September
- Sunflower
- Sweater
- Thanksgiving

Puzzle Answer Key
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**HAPPY
THANKSGIVING DAY**



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

2024 Holiday Event



*Come and celebrate the
holiday season with us.
Friday, December 13, 2024*

**Bottagra Restaurant
80 Wagaraw Road
Hawthorne, NJ 07506**

Cost: \$15.00 per person (Family Style)

Entertainment by: Julian, Kreation N Music

Event runs: 11:00am to 2:00pm

~Transportation is not provided~

~Limit one table of ten per Senior Club~

~Reservations are on a first come, first served basis~

~Reservations will not be taken on the phone~

~Receipt of payment is your reservation~

Make check payable to and mail to:

**Passaic County Senior Services
930 Riverview Drive, Suite 200, Totowa, NJ 07512
Attn: Holiday Event**



Christmas Punch Recipe

Ingredients

- 2 cups low sugar cranberry juice
- 1 cup orange juice
- 1 cup pineapple juice
- 2 cups sparkling apple juice or cider *see notes for low sugar option
- 1 cup ginger ale
- Lime slices, cranberries, pomegranate seeds and/or cherries for garnish

Ingredients

- Mix cranberry, orange and pineapple juice in a punch bowl or large jug.
- Add sparkling apple juice/cider and ginger ale and mix gently.
- When you are ready to serve, add ice and fruit of your choice to garnish.



For a lower sugar option, use sparkling water or sugar free lemonade instead of sparkling apple juice.

What is the difference between a cold and flu?

Influenza (flu) and the common cold are both contagious respiratory illnesses, but they are caused by different viruses. Flu is caused by influenza viruses only, whereas the common cold can be caused by a number of different viruses, including rhinoviruses, parainfluenza, and seasonal coronaviruses. Seasonal coronaviruses should not be confused with SARS-CoV-2, the virus that causes COVID-19. Because flu and the common cold have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, flu is worse than the common cold, and symptoms are typically more intense and begin more abruptly. Colds are usually milder than flu. People with colds are more likely to have a runny or stuffy nose than people who have flu. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Always consult with your physician.

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

Fall Word Search Answer Key

P R M E V R F X H E N A U R U
 E A P J P S U H X O F U X H M
 H Z M E Z I A M V I Z T P E C
 N G D S G R F E P A D U U M Q
 H I N U V U M N U K U M S S Q
 C W R E K B R D O B I N J E R
 O A S A E O X Y Z B W N P V N
 C T R R C L L A B T O O F A R
 T H A N K S G I V I N G H E I
 O X S U I C J G Y L F L T L E
 B G H E H V B O O T S A R I K
 E Z H Y L A A B S A E J Q R A
 R S M V Q P D L X W H Q V E R
 R E B M E T R E S L E A U R G
 L G O W I I A A A W I X Y E A

2024 Passaic County Annual Senior Art Show

Congratulations

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 Passaic County 2024 Annual Senior Art Show.



Passaic County Board of County Commissioners

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Nicolino Gallo

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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
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Fax: 973-256-5190/5191
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