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SENIOR VOICE

Warren County Division of Aging and
Disability Services
Steve Unger - Executive Director

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Warren County Department of Human Services
Division of Aging & Disability Services-ADRC
Wayne Dumont, Jr. Admin. Bldg.
165 County Route 519
Belvidere, NJ 07823

Phone: 908-475-6591 or
1-877-222-3737 or email us at:
seniorservices@co.warren.nj.us
<https://www.warrencountynj.gov>

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Medicare Fraud

The best way to stop Medicare fraud? Help prevent it in the first place. Follow these 3 tips to protect yourself from scammers:

1. If you get a call, text or email asking for your Medicare Number, don't respond. Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it. Remember, Medicare will never call you unprompted and ask you for your personal information.
2. Check your Medicare Summary Notices (MSNs) or claims statements carefully. If you see a charge for a service you didn't get or a product you didn't order (like a COVID-19 over-the-counter test), it may be fraud.
3. If you suspect fraud, report it at 1-800-MEDICARE (1-800-633-4227). Visit Medicare.gov, the official source for Medicare information, to learn more about preventing Medicare fraud.

Your donations to the Senior Voice are greatly appreciated! Please clip and mail this page to:

WC Division of Aging & Disability Services
C/o Senior Voice Newsletter
Wayne Dumont Jr., Administration Bldg.
165 COUNTY RTE 519
BELVIDERE, NJ 07823

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February is Heart Month



When it comes to Heart health for seniors, living a healthy lifestyle is important. But what does that entail?

Here are a few basics; get regular physical activity, don't smoke, limit alcohol consumption and get plenty of quality sleep. The National Sleep Foundation recommends older adults get between seven (7) and (8) hours of sleep each night.

A balanced diet is also important. Aim to fill your plate with plenty of fruits and vegetables, lean proteins such as chicken or turkey, whole grains and a small amount of healthy fats. Regular checkups and age appropriate screenings also play an important role in a heart healthy lifestyle.

To get a good gauge on heart health, please be aware of these numbers:

- Blood pressure: 120/80 mmHg or lower
- Total Cholesterol 200 mg/dl or lower
- LDL (bad Cholesterol) 100 mg/dl or lower
- HDL (good Cholesterol) of 40 mg/dl or higher for men, 50 mg/dl or higher for women
- Triglycerides of 150 mg/dl or lower

While the above numbers are general guidelines, please speak with your doctor about what numbers are right for you and/or your loved one based on your individual and family health history

Ref: American Heart Association

Warren County: DID YOU KNOW?

- During the Civil War, many soldiers from Warren County fought in various regiments on both sides. The county was also home to several abolitionists who worked to end slavery in New Jersey.
- Warren County was a prominent agricultural center in the 19th century and played a significant role in supplying grain to New York City. The county's fertile soil and rolling hills made it ideal for farming, and many farmers continue to farm the land today.
- The county is home to many natural attractions, including the Delaware Water Gap National Recreation Area, which covers more than 70,000 acres of land and is a popular destination for hiking, camping, and fishing. The county is also home to several lakes and rivers, including Merrill Creek Reservoir and the Musconetcong River.





Hydration

Drinking is essential for your body health as well as for your brain health (memory).

Below are some examples of hydration tips

- Within two hours of waking up have two glasses of water. (Take into consideration the amount of water you take with your medication).
- One glass of water before each meal helps you eat less and slows down your eating and chewing.
- Bookend your day by having a bottle of water two hours before bedtime. This benefit can help reduce blood pressure, as water supports kidney function, which allows the organ to remove excess sodium. It could also boost circulation.
- Fruits and vegetables have a high-water content that will also be able to help you meet your quota. Some examples are lettuce, cabbage, celery, spinach, and squash. Some dairy products include milk, yogurt, and cottage cheese.
- Experiment with different temperatures of water and taste. Examples of flavor enhancers are discarded strawberry tops, cucumber slices, lemon slices or fresh basil, ginger, or mint.



Mint



Basil



Ginger

Exercise Program

The Division of Aging and Disability Services offers weekly in-person and virtual exercise programs for seniors and individuals with disabilities. If you are interested in participating, please contact the Division at 908-475-6591 for more information.

It is a proven fact that physical activity and exercise are good for you, and you should aim to make them part of your routine. There are countless studies that prove the important health benefits associated with exercise, and it becomes more important as we age. Regular physical activity and exercise for seniors helps improve mental and physical health, both of which will help you maintain your independence as you age.

Before beginning any new exercise routine, it is important to speak with your doctor to determine which types of exercise will be most beneficial and which you may want to avoid.



Register Ready

Register Ready is a free, secure, voluntary database designed to help emergency managers and first responders plan for and support people with disabilities, access, and functional needs (DAFN) who may need assistance in the event of a disaster.

You (or someone on your behalf) are encouraged to register if you have a physical, developmental, cognitive or behavioral impairment, language barrier, or transportation challenge that may make it difficult for you to safely shelter in place or evacuate in a disaster.

YOU CAN REGISTER BY:

Going to : www.registerready.nj.gov

Calling 2-1-1 (within NJ) or 877-652-1148 toll free

Contacting your County Office of Emergency Management

Contacting your local Center for Independent Living



Now Accepting Applications for Home Repair Program

Are you a Warren County homeowner looking for repairs on your home? Applications are now OPEN for Warren County Habitat for Humanity's Home Repair Program!



Requirements Include:

1. Primary residence needing repair is in Warren County,
2. Within income guidelines under 80% of Warren County AMI,
3. Current on existing mortgage, taxes, and insurance,
4. Demonstrate willingness to partner (sweat equity) and have an ability to pay for the reduced project cost up to \$25,000

Zero percent loans available for those that qualify

For application or more information go to:

www.warrenhabitat.org or

call 908-835-1300 ext.10



VOLUNTEERS ARE NEEDED IN ALL AREAS OF WARREN COUNTY

VOLUNTEER PROGRAM DESCRIPTIONS

FRIENDLY VISITOR:

Compassionate and caring volunteers visit with isolated, homebound clients on a regular basis, usually an hour each week, for socialization and support. When a visit is not possible, a telephone call shows they care. Many long-term friendships have developed because of this program.



MEDICAL TRANSPORTATION:

Allows clients to get to essential medical appointments, when no other means of transportation is available.



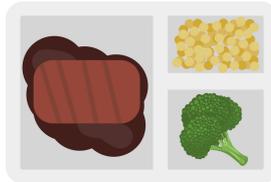
PHONE REASSURANCE:

Compassionate and caring volunteers can contact clients by phone on a regular basis to engage in conversations to uplift mood.



MEALS AT HOME PROGRAM:

Volunteers deliver lunches to homebound seniors who are unable to grocery shop or cook for themselves, ensuring they receive at least one hot and nutritious meal a day.



GROCERY SHOPPING PROGRAM:

Volunteers help clients who are unable to shop for themselves due to physical limitations. Volunteers will shop independently. Clients are not able to accompany the volunteer to the store due to liability issues.



CHORE CORPS:

Volunteers help/perform small, handyman-type repairs that are impacting the client's health or safety,



**IF YOU ARE INTERESTED IN BECOMING A VOLUNTEER FOR ONE OF THE ABOVE PROGRAMS,
PLEASE CALL: Warren County Division of Aging & Disability Service 908-475-6591**

“What Happens When the Caregiver Needs Care?”

Caregiving by its very nature is crisis driven. That being said, no one is better than caregivers at anticipating the crisis for the person they care for and putting plans in place. But what happens when the caregiver needs care? How many caregivers have factored in a situation that affects their ability to provide care and/or oversight. This could be being needed by another family member or friend or something concerning your own health that incapacitates you. When it comes to health or unforeseen emergencies, it is not a question of if it happens but rather it is when it happens. What systems do you have in place to transition caregiving responsibilities seamlessly when you aren't there? These are important questions as well as a call to action to put systems in place and build your care team.

As the caregiver, you are the most important person in the caregiving scenario, if you don't take care of yourself, you can't take care of anyone else. So why is it so hard to give self-care? First thing we need to do is identify barriers to self-care: Do you think it's selfish to put yourself first? Is it difficult to ask for something you need? Perhaps one of the biggest barriers is, “no one can do it like I can”...This is true but, it can be done just as well. Once we identify barriers to self-care, we need to put them aside, build our care team and create an action plan for when we are unable to provide the care.

Step 1: learn what resources are available. Before there is ever a need, research different types of care including home care, assisted living and skilled nursing facilities. Even if the goal is to have someone at home, many care settings offer respite for short term stays. Look into services such as meals on wheels, county information and referral services, disease specific advocacy groups, caregiver support for veterans, and/or community transportation services. Also talk to family members about what organizations they may be affiliated with such as the Elks, VFW, Masons, or Moose Lodge. **Step 2:** Find support. Identify a backup caregiver. Ask family and friends for help. Have a phone chain to activate when needed. **Step 3:** Put together an information/resource file for your backup caregivers. Include: A list of key contacts such as physician, family members, emergency medical service. A list of existing or chronic health conditions of the person you care for. Medication information including instructions for when, how and how much to give. Itinerary of an average day's routine. Standing appointments, outings, and activities and, a list of the persons favorite things/activities.

Critical To-Do List for the Caregiver:

- Contact your area office on aging to see what services may be available for your caregiving situation.
- Let trusted people know there is a vulnerable person in the home.
- Provide someone trustworthy with a spare key.
- Get a Medical Alert ID bracelet for yourself. If you become incapacitated, emergency responders can look and see that you are a caregiver and access information to connect to emergency contacts.
- Follow The Golden Rule: Self-care is not a luxury; it is a necessity...

Resources:

- <https://www.caregiver.org/resource/taking-care-you-self-care-familycaregivers/#first-care>
- <https://www.pbs.org/newshour/health/tips-for-health-every-caregiver-needs>
- <https://www.helpguide.org/articles/parenting-family/family-caregiving.htm>
- <https://www.caregiver.org/resource/what-if-something-happens-to-me/>

For more information contact:

Amy E. Matthews, Dementia Consultant

amyemathewslc@gmail.com or 973-507-6675

Robin Ennis, Caregiver Resource & Information Specialist

RobinEnnisLLC@gmail.com or 908-866-1333



Legal Services of Northwest Jersey provides a full range of free legal services to people with limited income in Hunterdon, Morris, Somerset, Sussex, and Warren Counties

LSNWJ's priority is to provide equal access to justice to protect its clients' basic needs that are critical for self-sufficiency: income, safe and affordable housing, access to quality health care, family stability and personal safety, and life with dignity in the community.

APPLY FOR HELP



Hunterdon residents: 908-782-7979
Morris residents: 973-285-6911
Somerset residents: 908-231-0840
Sussex residents: 973-383-7400
Warren residents: 908-475-2010



www.lsnwj.org



Sign up for our newsletter
<https://www.lsnwj.org/newsletter>

GET HELP WITH

● **PUBLIC BENEFITS**

Homelessness Assistance
Welfare (TANF & GA)
Food Stamps (NJ SNAP)
Medicaid
Charity Care
Health Care Access
Social Security Disability SSI/SSD

● **FAMILY**

Domestic Abuse
Child Support or Parenting Time
Support for you or your child

● **CONSUMER**

You are being sued to collect a debt
You have a Wage Garnishment or Bank Levy
You need to file for bankruptcy protection
You need help clearing your credit

● **HOUSING**

Tenants' Rights, Evictions
Home Ownership Issues

● **INDIVIDUAL RIGHTS**

Do you need a Will or Powers of Attorney?
Expungement
Driver's License Restoration

Land Preservation

Warren County Department of Land Preservation has over 2500 acres of property, including museums and parks. One of the most effective ways of protecting this land and preserving our history is by educating and offering experiences to the Warren County community. In March of 2023, the Warren County Commissioners unanimously created the first Park Naturalist position in the county.

A primary goal of this position is to provide opportunities for the whole community to enjoy the beauty of Warren County. Exposure to the outdoors inspires an appreciation for the natural world. That appreciation turns into a desire to protect our natural resources, helping to ensure these can also be enjoyed by future generations.

Therefore, we are creating programming which everyone can participate in, such as, presentations on endangered and threatened species, mammals, wildflower folklore, hummingbirds, and monarchs at accessible facilities. We are also looking at ways we can make our parks more accessible for everyone to enjoy. For example, we are updating the infrastructure in our parks to include accessible gardens and pathways, and we are adapting the informational content shared around those grounds which are already accessible.

In addition, we are providing birding opportunities and natural artifacts that allow people to get an up close view of what's around us. We are also making use of technology through applications on our phones to help us identify bird calls or with cameras to tap into our artistic side of observing nature.

We hope you will take advantage of these free opportunities and set something up with our Park Naturalist for programming. She can be reached at: **Jennifer Correa-Kruegel, Park Naturalist, Warren County Land Preservation Department** jkruegel@co.warren.nj.us, 908-763-8013.



Pharmaceutical Assistance to the Aged and Disabled (PAAD)

NJ residents... Here is the new income limits for PAAD for 2024. If you do not know, PAAD is a Pharmaceutical Assistance to the Aged and Disabled Program through the State of New Jersey that works with your prescription drug plan to help reduce the cost of your drugs dramatically! PAAD also pays your premium for SOME Part D plans and more! For more information, please call the Warren County Division of Aging and Disability Services SHIP Program at 908-475-6591 or you can apply through the NJSave online application: <https://nj-dhsas.mysite.com/njsave/quickstart>



PAAD INCOME LIMITS

Single: \$52,142/year (about \$4,345 a month)

Married: \$59,209/year (about \$4,934 a month)

SENIOR GOLD INCOME LIMITS

Single: \$62,142/year (about \$5,178 a month)

Married: \$69,209/year (about \$5,767 a month)

DAWN Center for Independent Living Takes on Statewide Respite Program in Warren County

Contact: Janis Rodgers, SRCP Coordinator

DAWN Center for Independent Living (DAWNCil) is pleased to be coordinating the Statewide Respite Care Program (SRCP) for Warren County effective January 1st, 2024. The SRCP in Warren County was managed for many years by the Visiting Homemakers Service, who recently closed their doors after 30+ years of service to the community. DAWNCil is a not-for-profit organization that provides services to people with all types of disabilities across the lifespan, in Morris, Sussex, and Warren counties. We provide advocacy, information and referral, peer support, independent living skills training, employment services, care management services, recreation, and much more. DAWNCil will soon be taking our Mobile office to the streets in an effort to bring our services to individuals in the rural communities of Sussex and Warren counties. Our goals at DAWNCil are to make sure our consumers are empowered to make their own decisions and set their own goals. We are excited to continue to expand our services in Warren County and coordinate the SRCP!

The SRCP is designed to provide support and relief to uncompensated caregivers in meeting the demands of caring for a loved one who is frail elderly and/or has a chronic disability or illness. Services can include adult day care, home care, companion services, or a short stay in a facility. There is also a Caregiver Directed Option (CDO), which enables the caregiver to pay for services or items that make caregiving easier and get reimbursed.

Some other facts about SRCP:

- The program is for unpaid caregivers, and the person needing the care must be 18 or older, and live in the community, not in an assisted living, nursing home, or residential care facility.
- The care recipient must not participate in other services that provide care, such as JACC (Jersey Assistance for Community Caregiving), Alzheimer's Adult Day Services Program, MLTSS (Managed Long Term Services and Supports) or other NJFamilyCare programs.
- The care recipient must meet financial guidelines for income and assets (has gross income at or below \$2,742 per month for an individual, or \$5,484 per month for a couple, and liquid assets below \$40,000 for an individual or \$60,000 for a couple).

To learn more about the SRCP, or to apply, please contact SRCP Coordinator, Janis Rodgers, at 973-625-1940 extension 117, or jrodgers@dawncil.org. To learn more about DAWNCil, please visit our website at <https://www.dawncil.org>. You can also call 973-625-1940 (888-383-3296, toll-free), or email info@dawncil.org. DAWNCil is located at 66 Ford Road, Suite 121, Denville, NJ 07834.





Every May, the Administration for Community Living (ACL) 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.

The Warren County Division of Aging and Disability Services will coordinate several initiatives with the County to celebrate OAM. The Division will recognize a Warren County senior that has provided outstanding services and contributions to our community, and is seeking nominations for the 2024 Mary Louise Christine Outstanding Senior Citizen of Warren County. If you know a senior, who you feel is deserving of this recognition, please contact the Division by March 25, 2024 at 908-475-6591 or seniorservices@co.warren.nj.us for an application. All nominees will be invited to attend a reception, where the recipient will be announced. The name of the 2024 Mary Louise Christine Outstanding Senior Citizen will be permanently displayed on a special plaque in the Wayne Dumont Jr. Administration Building.

WARREN COUNTY SENIOR ART SHOW

Warren County senior artists, 60 years of age or over, are encouraged to participate in the annual Warren County Seniors’ Art Show, which will be held in May, as part of Older Americans Month. Rules and an application may be requested by calling the Warren County Cultural & Heritage Division at 908-453-4381 or by visiting Warren200.com, then click on ARTS at the top of the page. The Annual Seniors’ Art Show is presented by the Warren County Cultural & Heritage Division, co-sponsored by the Warren County Division of Aging & Disability Services, supported by the Warren County Commissioners, and funded in part by the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment for the Arts.

