

The Warren

Senior Voice

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Lakshmi Baskaram, Executive Director

The Warren County Board of Chosen Freeholders:

Jason J. Sarnoski, Director; Richard D. Gardner, Deputy Director; James R. Kern, III, Freeholder

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Warren County Freeholder News

County **Freeholder Edward Smith retires!** After serving two terms as a Warren County Freeholder, Ed Smith *attended* his last official meeting on December 12, 2018.



In the above photo, Freeholders Jason Sarnoski and Richard Gardner surprised retiring Freeholder Mr. Smith with a framed *Proclamation* praising him for his tireless efforts during his two terms as a Warren County Freeholder. Senator Michael Doherty and Assemblyman John DiMaio also presented Mr. Smith with a *Joint Legislative Resolution* lauding his efforts.

2019 Warren County Freeholder Board

Warren County's *newly elected Freeholder James R. Kern, III*, was the Mayor of Pohatcong for 7 years prior to his bid for Warren County Freeholder. Mr. Kern stated he wishes to continue conservative budgeting and spending as well as proposed to increase the county's presence on social media and the internet for public awareness on the county initiatives.

2019 Board of Chosen Freeholders

Jason J. Sarnoski - Freeholder Director
Richard D. Gardner - Deputy Director
James R. Kern, III - Freeholder

The Warren County Board of Chosen Freeholder meetings are held bi-monthly on Wednesdays at 7:00 pm in the Freeholder Meeting Room, Wayne Dumont, Jr. Administration Building, 165 County Route 519 South, Belvidere, unless otherwise noted and advertised in *The Star-Ledger*, and posted on the official Warren County website: www.co.warren.nj.us

Also available on the Warren County Website are meeting minutes, agendas, agency information, current news and updates.

SOCIAL SECURITY ADMINISTRATION WARNS OF TELEPHONE SCAMS

The Social Security Administration (SSA) is **URGING** beneficiaries to beware of telephone schemes from callers claiming to be from the SSA. The Office of the Inspector General (OIG) continues to receive calls from across the country from victims of SSA fraud. Fraudulent callers threaten the SSA beneficiary about being arrested or being faced with other legal action due to illegal activity with their Social Security number

(SSN) or SSA benefits. The victims are often told to call back a phone number or face alleged charges. Social Security Administration contact: 1-800-772-1213. Fraudsters are calling from a similar looking number with a few interchanged digits. **BEWARE!**

SSA Employees **WILL NEVER:**

- contact citizens by telephone for customer service purposes;
- Threaten that you face arrest or other legal action if you fail to provide information.

SSA will always send you written notifications regarding your benefits case.

NEVER provide your Social Security Number or bank account number to an unknown person over the phone or internet unless you are absolutely certain of the callers identity.

If you do receive a phone call, **Just Hang Up**, and report the call to **the OIG at 1-800-269-0271** or online at **<https://oig.ssa.gov/report>**.

NJ residents can also call the NJ Consumer Service Center hotline **800-242-5846**.

March is National Nutrition Month

Follow these **five** key steps and eat a “**Bone Healthy Diet**” to help you Prevent and Manage Osteoporosis. *(-Mayo Clinic, 3/2017)*

- 1. Eat More Vegetables, Fruit And Whole Grains:**
- 2. Choose Healthy Sources Of Protein And Fat**
- 3. Get Plenty Of Calcium**
- 4. Limit Sugar, Salt And Phosphate Additives**
- 5. Limit Alcohol And Caffeine**

STRONG BONES FOR A LIFETIME

Kathleen T. Morgan, Dr. M.H., NDTR

What are you doing to maintain “Strong Bones for a Lifetime”? There was a time when people thought osteoporosis was something that happened to everyone when they got old. It is no longer a disease of old age. Some people are more likely to get osteoporosis than others are. These people have “risk factors” for developing weak and easily broken bones. Many of these risk factors cannot be changed,



but others can. Understanding your risks will help you and your healthcare provider take steps to ensure strong and healthy bones for a lifetime.

THESE RISK FACTORS CAN BE CHANGED

Not Getting Enough Calcium & Vitamin D.

Most people can get the calcium they need from foods like cheese, yogurt, leafy greens and fortified cereals. Calcium tablets are good for filling up when you cannot get enough in your diet. Without Vitamin D, your body cannot absorb calcium from the foods you eat. Vitamin D is naturally made by bare skin in reaction to sunlight when exposed for a short time. Because there are not many food sources of Vitamin D, supplements are recommended for people who need them.

Not Getting Enough Fruits & Vegetables.

We need to eat fruits and vegetables to have healthy bones. Vitamins and minerals contribute to building and maintaining a strong skeleton.

Not Getting Enough Exercise. Bone is a living organ, in a constant process of tearing down and building up. Without enough activity, bone mineral and muscle mass are lost at an alarming rate. This is true particularly for people over age 50.

Drinking Too Much Alcohol. Heavy drinking makes bones weaker and easier to break. By “heavy drinking”, we mean more than two alcoholic beverages a day for women or three a day for men.

Dieting Too Much. Bones need physical stresses to stay strong. Super-rapid weight reduction causes bone loss by “unloading” the skeleton. Fad diets that skimp on nutrients can pull minerals from bones.

Smoking (at all). Taking care of your bones is one of the many reasons to stop smoking.

Medications. There are medications that can also put your bones at risk. Ask your physician if any of your prescription medications can be “bone robbers”.

We only get one set of bones to last a lifetime. What changes can you make today to make your bones “stronger”?

-National Osteoporosis Foundation - www.nof.org

Contact the Warren County Division of Aging and Disability Services at 1-877-222-3737 to inquire on **Free and healthy exercising options for seniors in the community.**



CAREGIVERS CAFÉ'

UNITED WAY is hosting their next FREE Caregivers Café' in Warren County on

Thursday, April 4, 2019

5:30pm - 7:30pm at

ART.stitution

123 Main Street, Hackettstown NJ

973-901-0166

Come Paint, Relax and Unwind

Join the Café' for a cozy evening, a time and place for caregivers to gather, unwind, and connect with one another. This Café will offer you the opportunity to paint a spring flower bouquet on a 10x10 canvas for you to take home! **No experience necessary to paint! Space is limited! PLEASE REGISTER by March 25, 2019** by email or calling:

Email: Robin.Ennis@UnitedWayNNJ.org

Call: 973.993.1160 x 305

The **mission** of the Caregiver Coalition is to improve the lives of **caregivers** by promoting knowledge of and action around **caregiving** issues. We work to ensure that people who are **caregivers** identify themselves as such and have access to the resources, services, education, and support to sustain them in their role. Contact Robin Ennis for further details.

Attention



Warren County Veterans!

Since 2004 the Warren County Board of Chosen Freeholders have hosted a **Veterans Recognition Ceremony** to pay tribute to Warren County veterans. The Freeholders consider it one of their greatest privileges to pay tribute to Warren County's veterans, and are planning the County's **2019 Veterans Recognition Ceremony** to continue to ensure every Warren County veteran is recognized for their patriotism and sacrifice.

Applications are now being accepted for the 2019 Warren County Veterans Recognition Ceremony to be held **on Saturday, May 4**, at the **Warren County War Memorial**, located next to the Courthouse at the corner of Second and Mansfield Streets, Belvidere.



Veterans who meet the following criteria will receive the **Warren County Distinguished Military Service Medal:**

- Current Warren County residents (*or a resident upon entering the military*)
- Have NOT already received Warren County Distinguished Military Service Medal
- Served during one of the nation's recognized war periods (*veterans of World War II, Korea and Vietnam do not have to have served overseas*)

Posthumous recognition is available for deceased veterans.

Proof of service, such as Report of Separation DD214, is required with all applications.

To obtain an application contact:

Warren Public Information Department

908-475-6580 / 800-554-8540

The application also is available for download on the County website at:

www.co.warren.nj.us/veterans/index.html



CONNECT, CREATE, CONTRIBUTE MAY 2019

Since 1963, the President of the United States has proclaimed the month of May as Older Americans Month (OAM) and encourages the entire nation to pay tribute to older adults in their communities.

The theme for OAM in 2019 is “Connect, Create, Contribute” which encourages older adults and their communities to:

Connect with friends, family and services that support participation.

Create by engaging in activities that promote learning and personal enrichment.

Contribute time, talent, and life experience to benefit others.

Warren County and the Division of Aging and Disability Services will celebrate the OAM in 2019 through several initiatives across the county. The Division will identify and recognize an older adult resident in Warren County that has provided outstanding services to the community. The Award for **2019 Mary Louise Christine Outstanding Senior Citizen of Warren County** will be presented at a special recognition event on May 3, 2019. The Division of Aging and Disability Services is seeking nominations of older adult residents in Warren County who have contributed significantly to their communities.

Contact **Cathy Haschak at 1-877-222-3737 or 908-475-6591** to obtain an application for nominations. All nominations for the Award are due **by March 27, 2019**.

YOUR SENIOR VOICE

Our Division makes every attempt to bring you the most current, relevant, and timely information possible. We would like to eliminate wasted postage due to returned mail. We need your help to ensure that we have your updated address, or be informed if you wish to cancel the subscription. DONATIONS towards the Senior Voice Newsletter are welcome and your contributions continue to help. **We thank you for your ongoing support and contributions.**

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The “C” in the ABCs & Ds Of Medicare

There are four parts of Medicare: Part A, Part B, Part C, and Part D.

Part A provides inpatient/hospital coverage.

Part B provides outpatient/medical coverage.

Part C offers an alternate way to receive your Medicare benefits.

Part D provides prescription drug coverage.

Medicare Part C, also known as a **Medicare Advantage (MA) Plan**, MA Plans are:

- Health Maintenance Organizations (HMOs)
- Preferred Provider Organizations (PPOs)
- Private Fee-For-Service (PFFS) and others

To join a Medicare Advantage Plan:

1. You **MUST** be enrolled in Medicare Parts A and B
2. You **MUST** live in the plan’s service area
3. You cannot have End-Stage Renal Disease (ESRD). No plan will accept you if you have ESRD upon enrollment and are on dialysis. If you are in a plan and acquire ESRD the plan cannot terminate you within the plan’s term. There may be other options in such circumstances. MA Plans are required to provide the same benefits as original Medicare; however, the MA plans could have different rules, costs, and restrictions on how and when you receive care. Some MA plans may also offer benefits that original Medicare does not cover such as vision and dental care.

Remember: MA Plans may have different:

- Networks of providers
- Coverage rules
- Premiums (in addition to the Part B premium)
- Cost-sharing for covered services

Many Medicare Advantage Plans also offer prescription drug coverage (Part D); some do not.

All Medicare beneficiaries must be enrolled in creditable prescription drug coverage, or face a financial penalty each month for as long as you receive Medicare benefits.

An exemption exists for members in the Veterans Affairs program who may additionally enroll in a Medicare Prescription Program plan due to the limited formulary of the VA.

It can be confusing to make a decision on which plan suits you the best. We are here to help...

The County Division of Aging & Disability Services

Professional Medicare Counselors are available to help guide you through this very complicated decision-making process regarding your healthcare. **Call us and schedule an appointment: 1-877-222-3737 or 908-475-6591**

Medicare Advantage Open Enrollment January 1 through March 31, 2019

If you’re enrolled in an MA plan, it’s Open Enrollment NOW! You can switch:

- ✓ From your MA Plan to another MA Plan with or without Part D coverage
- ✓ From your MA Plan to Original Medicare

This enrollment period is ONLY for Medicare beneficiaries enrolled Medicare Advantage Plan. Changes made during this period take effect the first of the month following the month you enroll in a new plan.



Please complete the 2019 60-second survey included as a separate page and mail it back to us no later than April 30, 2019. Your feedback will help us plan for programs and services accordingly.

Alzheimer's or Dementia?

Dementia is a general term that describes a group of brain disorders, which result in decline in memory and other thinking skills severely reducing a person's ability to perform everyday activities. Dementia is caused by damage to brain cells, which interferes with the ability of brain cells to communicate with each other. When this occurs, it affects thinking, behavior and feelings of an individual. Alzheimer's is a condition under the umbrella of Dementia, but there are many kinds of Dementia.

It is estimated that 1 of 6 women and 1 of 10 men who live past age 55 will develop dementia. (braintest.com)

Not All Memory Problems Are Due To Dementia.

Your First Line Of Defense Is Your Primary Care Physician! All treatable infections and medical issues must be ruled out and treated.

Dementia **IS NOT** a normal part of aging. Forgetfulness can happen at any age, but it could be more common as our brains age. Memory is closely linked to attention, so we need to develop strategies to ensure we remember things.

The following examples of memory *hiccups* are probably no big deal by themselves, so do not worry too much if you find yourself:

- Unable to Recall Someone's Name
- Losing Your Phone
- Taking Longer To Learn Something
- Forgetting High School French
- Feeling Confused After An Upsetting Experience



MOST IMPORTANT: If you have difficulty concentrating or remembering things, see your doctor. In many cases, a treatable condition may exist. (excerpts from UFCWU, Vol 16/Num2)

Tips to communicate with Individuals with Dementia

Our communities and we can play a role to make life easier for people with dementia and their caregivers.

- ✓ Treat the person with dignity and respect.
- ✓ Greet the person warmly, even if you think they do not remember you. If the person seems confused, remind him/her who you are.
- ✓ Slow the pace of conversation slightly and allow time for the person to process and respond.
- ✓ Speak clearly and calm; be patient and understanding.
- ✓ Keep conversation simple; ask one question at a time.
- ✓ Listen with empathy and seek to understand the person's reality or feelings.
- ✓ Connect with the person on an emotional level even if conversation topics shift or does not make sense to you.
- ✓ Be aware of the person's and your own body language. Smile and make eye contact at eye level.
- ✓ Enjoy being "in the present moment" with the person.
- ✓ Offer hugs and handholding, as appropriate.
- ✓ Avoid arguing with or embarrassing the person.

-eldercare locator; Living well with dementia

TransOptions provides programs and services that improve mobility, the environment and overall quality of life in northwestern New Jersey.

Winter weather tests our balance and mobility, challenging even the most agile pedestrian, no matter what the age. TransOptions provides these winter walking tips to help keep us healthy and safe during these cold winter months.

Be alert and stay focused wherever you are walking, especially in parking lots and on outside stairs.

Sliding on "black ice" or losing your balance could happen at any time.

Knowing how to navigate winter walking conditions confidently can help you be mobile and stay safe.

Take a moment to prepare yourself for safe winter walking with these suggestions:

- Wear reflective or bright clothing to help you be visible to motorists.
- Footgear that grips gives you better traction.
- Walk on the sidewalk and cross in the crosswalks.
- If you must walk in the street, be certain to walk facing traffic.
- Be extra vigilant while walking in parking lots.
- Walk like a penguin to keep your balance
- Walk slowly to avert slipping on icy spots.

Learn more about walking and driving safety at <http://www.TransOptions.org> or call them at **(973) 267-7600**.

WARREN DIVISION OF AGING & DISABILITY SERVICES OFFERS FREE EXERCISE CLASSES FOR WARREN COUNTY SENIORS!



Hackettstown and North Warren Areas - Friday: 11:00 am
Washington Area - Monday: 11:00 am
Phillipsburg Area - Thursday: 10:30 am



Hackettstown Area - Monday: 11:00 am
North Warren Area - Wednesday: 11:00 am



Phillipsburg Area - Monday 10:30 am
Washington Area - Friday 11:00 am

All Classes are One Hour in duration and are led by trained Professionals and/or Volunteers

For more information contact
Warren County Division of Aging and Disability Services
908-475-6591 or 1-877-222-3737