

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

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SCAM ALERT FROM SOCIAL SECURITY

You will not want to miss the following two days!

Sunday, July 28th

Veterans Day

Free Admission for Veterans with Military/Veteran's ID card.

Monday, July 29th

Senior & Disability Awareness Day

Bring your Medicare Card for a free admission to the expo!

Senior & Disability Expo **10:30am to 2:30pm:**

The Warren County Division of Aging & Disability Services is hosting a day filled with presentations, numerous providers and vendors providing a wealth of onsite education, information and assistance.

Presentations in the Expo: **11:30am to 12:30pm:**

Emergency preparedness by William Hunt, Office of Emergency Management, Warren County.

1:00pm to 2:00pm:

Happy Memories or Household Hazards by Tracy Fazzolari, owner of Home Instead.

Project MEDICINE DROP: The Division has partnered with Project Medicine Drop for the Senior Expo. **On July 29th, remember to bring all your unused or expired medications to discard them anonymously** at the "Medicine drop" box located in the Senior Expo pavilion.

It never ceases to amaze, but we have to get used to the fact that fraud, scams, and identity theft are an active part of our lives. It is not going away, and these crooks are only going to get better at it. It is time we accept this fact and get better at protecting ourselves and our money!

A NEW PHONE SCAM

The Social Security Administration uses the high level of security to protect your identity from being stolen, a new phone scam tricks people into thinking a Social Security representative is calling, and then uses threatening practices to pressure the individual into giving out personal information, including their Social Security number. The Social Security Administration **NEVER** does this. Here are the FACTS:

- 1) Social Security representatives will never call and threaten you with loss of your benefits or deactivation of your Social Security number;
- 2) Even though your caller ID may show the actual number of the Social Security office (800-772-1213), the scammers can use their computers to show any number they want on your caller ID. Don't always believe what you see.
- 3) NEVER give your Social Security number, or even confirm the last four digits (if asked) to anyone who contacts you.
- 4) NEVER give your bank account number or credit card number to anyone who calls asking for it.
- 5) Anyone who tells you to **wire money, pay with a gift card, or pay with cash** is a **SCAMMER**.

JUST HANG UP!



Warren County War Era Veterans

Will you be ready if a disaster strikes?

“Register Ready is New Jersey’s Special Needs Registry” to be used during disasters. NJ Register Ready (“RR”) is a database available to NJ residents that will assist local emergency responders in identifying, locating, and rescuing residents who may have difficulty or require special assistance when home evacuation is needed.

All information entered in the Register Ready database is strictly confidential and secure and will only be used if needed during emergency response situation.

The importance of entering your information in the RR database cannot be understated.

- ✓ **It’s FREE**
- ✓ **It’s Confidential**
- ✓ **It’s Smart**
- ✓ **It May Save Your Life!**

Sign-up for RR in the following ways:

- 1) **Go Online to:**
<https://www13.state.nj.us/SpecialNeeds/Registration>
- 2) **2-1-1 Call-in Center will help you**
- 3) **Call the Division of Aging & Disability Services: 1-877-222-3737**
- 4) **Call DAWN-CIL: 1-888-383-3296**

Do you want to drive Safely, reduce your car insurance costs and reduce your points?
AARP driver safety courses can help. Call **Karl Oboda at 1-888-863-0952 or 908-528-3239** to sign up for his next course. CALL TODAY to know more... It is better to be SAFE than SORRY ☺

Warren County held its 16th **Annual War Veterans Recognition Ceremony** on May 4, 2019 to honor 24 Warren County War Era Veterans. The ceremony was hosted by the County Board of Chosen Freeholders at the Warren County War Memorial.



Senator Michael Doherty, Assemblyman John DiMaio, Assemblyman Erik Peterson, and NJ Veterans Services Officer Sibley Smith joined the Freeholders on this recognition and award ceremony on May 4, 2019. All representatives from the legislature and senate delivered remarks praising the Veterans for their sacrifices and thanking them for their service to their Country.

This year’s twenty four honorees included five Army Veterans, nine Navy Veterans, six Air Force Veterans, and four Marines.

The Warren County Freeholders established the Veterans Recognition Program in December 2003. Since then, the County Board of Freeholders have honored a total of **2197** Warren County War Era Veterans until date. During the recognition ceremony, each honoree is presented with a Distinguished Military Service Medal, replica lapel pin, and a certificate.

Freeholder Director, Jason J. Sarnoski, pledged his support for the project by stating: *“As long as there are war era Veterans to be recognized, we want to continue to honor all of our Veterans in Warren County”.*

Applications are accepted all year, and can be obtained by contacting the Warren County Public Information Department: **908-475-6580**, or at their website:

www.co.warren.nj.us/Veterans.html

2019 Senior Farmers Market Voucher Program Set to Begin

The Division of Aging & Disability Services will again be processing applications for the 2019 NJ Department of Health's **Senior Farmers' Market Nutrition Program (SFMNP)**. The SFMNP is designed to promote nutritional health among New Jersey's senior citizens by providing access to locally grown fresh fruits, vegetables, and herbs.

This year, eligible residents age 60 and older will receive \$25 in vouchers to purchase fruits, vegetables, and herbs from local farmers.

Eligibility Guidelines:

Vouchers will be provided to eligible Warren County residents who meet all three requirements and present proof as listed below:

1. Be age 60 or older, and present proof of age such as a Driver License, Photo ID or Birth Certificate.
2. Proof of residency in Warren County through a Driver's License or any document with your address on it.
3. Proof of income and have an income at or below:

Family Size	Annual Income	Monthly
Single	\$22,459	\$1,872
Couple	\$30,451	\$2,538

The Division of Aging & Disability Services has a set amount of SFMNP vouchers to distribute. Please contact the Division if you have not received a registration packet and would like to apply for this program. Call us at 1-877-222-3737 or 908-475-6591



Warren County's 2019 Outstanding Senior Honored

Older Americans Month celebration was held by the Division on May 3, 2019. Mr.

Richard Ohl, a resident of Hardwick, NJ, was honored as the 2019 **"Mary Louise Christine Outstanding Senior Citizen of Warren County"**.

Nominated by Hardwick Mayor, Kevin Duffy, as a resident of Hardwick Township for 44 years, Mr. Ohl has a long history of volunteerism in a diverse number of areas in Hardwick Township as well as the North Warren Community. He is also a proud Army Veteran.

From coaching little league and creating Boy Scouts Troop 2010 and serving as den leader to actively participating in the Hardwick Senior Citizen Club, **Mr. Ohl seems to have truly embraced living life in Warren County!**

The list of his contributions to the community seems endless. Mr. Ohl has served in numerous elected and appointed positions in Hardwick Township, including serving as Mayor for three years. His participation in the Hardwick Township Senior Citizen group led him to coordinate the delivery of knitted scarves and hats to disabled Veterans living in local nursing facilities. He also currently provides transportation to seniors for medical appointments, and Volunteers for simple chore core services for seniors who need minor repairs to their home. Last, and far from least, Mr. Ohl is very active in the restoration and maintenance Hardwick's *Vass Farmstead*.

Mr. Ohl's name will be memorialized on a plaque in the Wayne Dumont Administration Building in Belvidere along with all previously honored Warren County Outstanding Senior Citizens.

Congratulations Richard Ohl You truly are outstanding!

New Jersey's Supplemental Nutrition Assistance Program

If you are not sure how you can pay for your next meal or next week's groceries, **NJ SNAP** can help. **New Jersey's Supplemental Nutrition Assistance Program** helps households to buy the groceries, if you qualify.

Eligibility depends on several factors like income, household size, and resources. The monthly income limit through September 30, 2019 is as follows:

Single person:	\$1,872 Monthly
Couple:	\$2,538 Monthly

To apply for NJ SNAP benefits, contact the Warren County Board of Social Services: **(908) 475-6301** or **apply online at <https://oneapp.dhs.state.nj.us/>**

The Warren Division of Aging & Disability Services ("**Division**") can also provide information on how to apply. You can call us at 1-800-222-3737 for information. There are other programs that can help ensure you are receiving appropriate nutrition. Keep reading!



Warren County's Community Senior Centers



Your County Community Senior Centers can help ensure you eat a healthy meal each day! The "Centers" are **More Than a Meal!**

Strategically located in four areas of the county so all residents have access to a Community Senior Center. The Division of Aging & Disability Services' Community Senior Centers will not only provide you a nutritious meal each weekday! (**and round trip transportation if you need it**)

Each *Center* offers a monthly schedule of:

- **Exercise Classes**
- **Health Screenings**
- **Educational Programs**
- **Recreational Programs**
- **Information & Assistance**
- **Access to Services and Support**
- **Socialization and Friendship**
- **And More!**

Monthly menu and activity calendars are available by contacting: 1) the Division of Aging & Disability Services at **1-877-222-3737**; 2) Any of Warren County's Community Senior Center directly; or 3) Online: www.co.warren.nj.us/Humanservices/nutrition.

Menus are the same at each Community Senior Center, **but activities and exercise class schedules differ at each Community Senior Center**, but seniors are encouraged to attend any Center:



Hackettstown Center

293 Main Street
Hackettstown, NJ 07840
908-850-5438



North Warren Center

497 Route 94
Columbia, NJ 07832
908-496-4001



Washington Center

Faith Discovery Church
33 Brass Castle Road
Washington, NJ 07882
908-689-0650



***Phillipsburg Center**

310 Firth Street
Phillipsburg, NJ 08865
908-859-2423

**Satellite Partner Site*

Reservations are needed to order a meal. If transportation is needed, this could also be arranged.

CALL A DAY AHEAD!!



SAVE THESE DATES



PLEASE DONATE TO "YOUR" SENIOR VOICE

✓ **Friday, September 6, 2019**

Warren County Senior Picnic
10:00 am to 2:00 pm
Meadow Breeze Park
22 Meadow Breeze Lane
Washington, NJ

The Division of Aging & Disability Services is hosting a Senior Picnic celebrating summer's end by offering a day of activities, entertainment, a barbeque, and a day in the great outdoors in beautiful Meadow Breeze Park. Transportation is available!

Pre-Registration Required

August 10th – August 26th

Contact the Division of Aging & Disability Services: 1-877-222-3737 / 908-475-6591

✓ **Saturday, September 28, 2019**

Warren County Caregivers Conference
9:00am to 1:00pm
Merrill Creek Visitors Center
34 Merrill Creek Road
Washington, NJ

Join the SIXTH annual conference hosted by United Way Caregivers Coalition in Warren County! United Way of Northern NJ's Caregivers Coalition is providing this **free event** packed with workshops and resources to provide critical information supporting caregivers. The conference will also allow an opportunity for caregivers to connect with each other and to share information and resources which will be an invaluable support.

A light breakfast buffet will be provided! For questions, contact Robin Ennis at 973-993-1160 Ext. 305.

We encourage your donations. Your donation helps offset some of the costs for printing and postage. The suggested donation amount is \$3.00 annually for the recipients of senior voice. If you would like to contribute, please complete this form below.

Please notify us if your address has changed or if we should stop sending the Newsletter to you or the addressee. We want to avoid postage costs on returned mail.

Please complete the form below and include it with your donation:

(Clip and Mail)

- I wish to Donate***
- Remove Name From mailing list***

Please Print:

Name: _____

Address: _____

City: _____ St: _____ Zip _____

Phone: (_____) _____ - _____

Email: _____

Donation Amount: _____ \$ 3.00
_____ Other Amount

Make Out Checks To:

Warren County Senior Voice Newsletter

Mail TO:

WC Division of Aging & Disability Services
c/o Senior Voice Newsletter
Wayne Dumont Jr., Administration Bldg.
165 County Rte. 519 South
Belvidere, NJ 07823

(Clip and Mail)

Aging Well, a reality ...

*Life's most persistent question and urgent question is, what have you done for others?
Martin Luther King. Jr*

Aging well means many things to many people. Staying physically fit, mentally active, socializing and contributing back to the community are a few ways individuals prefer to Age well. We have opportunities that can help you Learn, GIVE and LIVE to Age well and help others to do the same!!

Our Volunteer connection program provides opportunities for seniors, retired adults and other individuals who have a **passion to serve** our senior residents in varied ways. A little help can go a long way. Services provided by our volunteers include:

- Chore Corp – Minor Home Repairs
- Non-emergency Medical Transportation
- Bill Payer Assistance
- Volunteer Shopping Assistance
- Friendly Visitor Program
- Telephone Reassurance
- Home Delivered Meal Drivers

Please contact CECE at our Volunteer Connection program if you want to serve our seniors. **(908) 689-4140**

Protect yourself from Ticks

-Consumer Reports, July, 2019

Summer's finally here, and we can't wait to start getting outside. Whether it's gardening or simply walking in the grass, we share our yards with ticks. Here's how to protect yourself from ticks and diseases they carry:

- 1) Cover any exposed skin with an insect repellent, and/or clothing treated with the insecticide *permethrin*. Wear Long sleeves and pants, and tuck your pants into your socks.

- 2) When you do get inside, put your clothes in the dryer on HIGH for 10 minutes. This will kill any ticks that may be on your clothing. The CDC also recommends taking a shower to wash off any unattached ticks.
- 3) Thoroughly check your body. Ticks tend to attach to inside your bellybutton, behind knees, between the legs, around ears and in hair.
- 4) If you have to remove a tick, use fine-tipped tweezers and grab the tick as close to your skin as possible and pull straight upward. Don't twist or jerk your hand. Because ticks tend to crawl around on the skin before they attach, you may be able to remove the tick before it bites. The longer a tick is attached, the more likely disease can be transmitted.

A tick can be attached for 36 to 48 hours before it transmits Lyme disease.

HYPERTHERMIA IS NO JOKE

-CDC

Hyperthermia occurs when the body's temperature is greatly above normal. **Older adults, young kids and individuals with chronic illnesses and medications are at highest risk for Hyperthermia.** Fatigue, sudden dizziness after prolonged exposure to the heat, heat cramps, heat exhaustion and heat stroke are commonly known forms of hyperthermia. Wear appropriate clothing, stay cool indoors, pace yourself in your exercise, wear sunscreen and avoid sugary and alcoholic drinks for hydration.

Be aware of the signs. If you feel sick, lie down and use cool wet towels on your wrists, neck, armpits, and/or groin where blood passes close to the surface of the skin. The cold towels can help cool the blood. Do not wait until you are thirsty. Stay hydrated, and **BEAT THE HEAT! Have a COOL summer ☺**

2019 "Need to Know" Contacts



Warren County Board of Chosen Freeholders

- Jason J. Sarnoski, Freeholder Director
 - Richard D. Gardner, Deputy Director
 - James R. Kern, III, Freeholder
- Telephone: (908) 475-6500 / Fax: (908) 475-6528
Website: www.co.warren.nj.us/freeholders.html



Warren County Department of Human Services

Shawn Buskirk, Director

Telephone: (908) 475-6331
Transportation Services: (866) 594-4044
Email: humanservices@co.warren.nj.us



Warren County Division of Aging & Disability Services-ADRC

Lakshmi Baskaram, Executive Director

Telephone: (908) 475-6591 or (877) 222-3737
Email: seniorservices@co.warren.nj.us

Adult Protective Services: (908) 475-6591
Community Senior Centers: (908) 475-6516



Warren County Division of Temporary Assistance (Medicaid) & Social Services

Lauren Burd, Director

Telephone: (908) 475-6301 / (800)-525-8761
Homeless Hotline (877) 661-4357
Email: temporaryassistance@co.warren.nj.us



Warren County Surrogate

Kevin O'Neill, Surrogate Telephone: (908) 475-6223

Website: www.co.warren.nj.us/surrogate



Warren County Health Department

Peter Summers, Health Officer

Adult Health Services: (908) 475-7960
Website: www.co.warren.nj.us/healthdept



Warren County Sheriff

James McDonald

Telephone: (908) 475-6309
Website: <https://wcsheriffnjus.ipower.com>



Warren County Free Public Library

Maureen Baker Wilkinson, Director

Website: www.warrenlib.org

BRANCHES

Headquarters Belvidere (Main) (908) 475-6322
Catherine Dickson Hoffman
Blairstown (908) 362-8335
SW Branch (Stewartsville) (908) 689-7922
NE Branch (Independence) (908) 813-3858
Book Mobile (908) 475-6378



Social Security Administration

Telephone: (800)-772-1213

Website: www.ssa.gov

Center for Medicare & Medicaid Services

Telephone: (800) MEDICARE (800-633-4227)



Websites: www.cms.gov /
www.medicare.gov



US Dept. of Veterans Affairs

Telephone (*Benefits*): (800) 827-1000

Telephone (*Emergency*): (877) 927-8387

Website: www.va.gov

Warren County Veteran's Service Officer:
Sibley Smith (908)284-6146 or (908)537-0831



Governor Phil Murphy

PO Box 001

125 West State Street

Trenton, NJ 08625

Telephone: (609) 292-6000

NJ State Website: www.state.nj.us



Long Term Care Ombudsman

Laurie Brewer, NJ State Ombudsman

Telephone: (877) 582-6995

Email: ombudsman@advocate.state.nj.us



NJ Division of Aging Services

Telephone: (800) 792-8820

PAAD, Sr. Gold, Lifeline: (800) 792-9745



NJ Division of Disability Services

Telephone: (888)285-3036



NJ Commission for the Blind and Visually Impaired

Telephone: (877) 685- 8878

Email: askcbvi@dhs.state.nj.us

DAWN, Center for Independent Living:

(888) 383-3296