

The Warren

Senior Voice

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WARREN COUNTY MATTERS



THE WARREN COUNTY LIBRARY system is making some big changes to improve countywide library services to county residents.

Warren County Library opened its new SOUTHWEST BRANCH LIBRARY in August 2018.

The Southwest Branch Library will **replace** the County's Franklin Branch Library, which closed in mid-July.

In addition to relocating the Franklin Branch Library, the County's Federation **agreement with the Phillipsburg Free Public Library** to provide library service to residents in the southern area of the county **ended** on July 1, 2018. The establishment of the County's Southwest Branch Library in Greenwich Township enables access to Warren County Library services to residents in the Franklin Township, Phillipsburg and southern areas of Warren County.

The New Southwest Branch Library is located on Route 519 near Stryker's Road in Stewartsville.

Activities like reading, chess, and jig saw puzzles can help with memory building and reduce the effects of Alzheimer's Disease. Use your local Library as a resource which offers several of these programs.



SEPTEMBER 22-28, 2018
NEW JERSEY FALLS
PREVENTION AWARENESS
WEEK

- More than 1/3rd of the adults over 65 and older fall each year in the U.S.
- In NJ, 78% of falls admitted as inpatients were 60 or older (Center for Health Statistics, 2015)
- Falls are the #1 cause of brain injury among older adults.

GOOD NEWS is FALLS are PREVENTABLE!!

- Talk to your doctor and get a fall risk assessment.
- Get your vision checked since vision changes with age.
- Get your hearing checked since ear health is vital to keep your balance and prevent falls.
- Get your feet checked once a year through a podiatrist or geriatrician.
- Review your medications for side effects that can cause dizziness or loss of balance leading to falls.
- Keep your home safe- remove tripping hazards or wires, install grab bars and handrails, and increase lighting in the home for visibility in walkways and darker areas.
- Use precaution during winter and bad weather days, especially in unfamiliar environments.
- Use your OWN assistive devices such as canes or walkers when necessary and as advised by your physician.
- Attend exercise or balance programs to decrease your risk of falling or fall related injuries. **Call us at 908-475-6591 or toll free 1-877-222-3737 to sign up for your FREE exercise programs offered through our community senior centers & ENJOY A HOT MEAL TOO!!!**



DIABETES PREVENTION

5 Tips for Taking Control

Excerpts from Mayo Clinic

When it comes to **Type 2 Diabetes**, **prevention IS a big deal**, and you have to make it a priority in your life and manage your health. Type 2 Diabetes is the most common type of diabetes. If you have a family history of the disease or if you're overweight, it is important to pay close attention. Diabetes affects more than 25 percent of Americans aged 65 and older.

Diabetes is no JOKE! Diabetes, if left untreated or unmanaged, it can be devastating due to nerve, eye, kidney, vascular, heart damage, and more. Fortunately, Type 2 Diabetes can usually be delayed or prevented with health behavior changes.

Making a few changes in your lifestyle now may help you AVOID or postpone health complications of diabetes!

Consider these tips from the **American Diabetes Association:**

- 1. Get More Physical Activity**
- 2. Get Plenty of Fiber**
- 3. Eat Whole Grain Foods**
- 4. Lose Extra Weight**
- 5. Skip Fad Diets and Make Healthier Diet Choices**

Medicare Diabetes Prevention Program

“MDPP”

On April 1, 2018, the Center for Medicare and Medicaid Services (CMS) began an initiative aimed at preventing the onset of Type 2 Diabetes: the **“Medicare Diabetes Prevention Program – MDPP”**.

Medicare will now pay for MDPP services provided by *approved providers* of a Center for Disease Control (CDC) curriculum. The program provides training in dietary changes, increased physical activity, and weight loss strategies. MDPP Sessions can be included up to two years depending on participant's weight loss and attendance.

For information on enrolling in a local MDPP, Call **1-800-MEDICARE**.

Routine Exercise - A Healthy Option:

You can get a head start by joining in on any of the regularly scheduled exercise programs like Tai Chi, Yoga, Zumba, health screenings, and more at each of the County's Community Senior Centers! **When you're done exercising, you can stay for a healthy lunch!** Just make your reservation the day before so we can have your meal ready for you! Call us at 877-222-3737 or 908-475-6591 to sign up.

Do you need help with your home energy bills? USF/LIHEAP programs may be able to help you.

Currently, applications are being accepted before the heating season begins.

Call **1-800-510-3102** and get your application in now to see if you qualify for assistance.

When you need help at home....

The Warren County **JACC** (*Jersey Assistance for Community Caregiving*) Program may be just what you need.

NOT A MEDICAID PROGRAM. JACC **IS** a NJ State funded program designed to provide a **range of in-home services** to residents age 60 and older who meet **clinical (nursing home level of care) and financial eligibility requirements** and wish to reside in their home and community settings.

If determined eligible under the JACC Program, an individual is eligible to receive in-home services for a maximum of \$600 monthly or \$7,200.00 annually.

Eligibility Criteria for JACC are:

- 60 years or older
- Living in your own home or rental home
- Have no means to obtain services for in-home care
- Determined clinically eligible for nursing home level of care
- United States Citizen or Qualified Alien Resident
- Financial income under 365% of the Federal Poverty Level (\$44,311 for single adults and \$60,079 couple annually for the year 2018).
- Countable resources at or below \$40,000 for an individual or \$60,000 for a couple. (Excluded resources are value of a home or personal effects)

Call us for more information at 908-475-6591 or toll free 1-877-222-3737 to see if you or your loved one may qualify for JACC services. Our Care Managers are here to help you and your caregivers.

NJ State Firemen's Association



The New Jersey State Firemen's Association (**NJSFA**) is the **ONLY** association of its kind in the country! The NJSFA is comprised of 538 Local Firemen's Relief Associations consisting of approximately 68,000 **Career and Volunteer Firefighters**.

The Local NJSFA can provide burial benefits to families and financial relief for qualified members.

Annually in NJ, over \$10 million dollars is paid in **burial benefits**, while the Local Relief Association allocates over \$5.5 million dollars annually in **financial assistance** to eligible firefighters and their families. The NJSFA also operates the NJ Fireman's Home in Boonton, NJ.

According to NJSFA "*Member firefighters and their families who are in need of assistance and the next of kin of those who died, naturally or in the line of duty, can fully expect to receive eligible financial assistance from the association.*"

Recently, **benefits have been expanded** to firefighters through local aid, helping them remain at home as long as possible rather than entering a long term care facility. To find out more on these programs and services for firefighters and their families, contact Warren County's NJSFA Representative:

Konrad Mellert, Exec. Committeeman
908-859-5004

NEW JERSEY OFFICE OF VETERANS AFFAIRS

The NJ VA's Rural Health-Home Based Primary Care Program is a patient-centered interdisciplinary team approach that provides primary care and home-based services to **Veterans in Warren, Hunterdon, and Sussex Counties in New Jersey.**

Eligible Veterans receive comprehensive primary care medical services in the comfort of their home. Home Based Primary Care (HBPC) is *targeted to Veterans who have complex health care needs for whom routine clinic-based care is not effective and for those who have difficulty getting to the clinic.*

The interdisciplinary treatment team consists of physicians, nurse practitioners, registered nurses, clinical psychologists, social workers, dietitians, physical therapist and pharmacists to ensure Veterans receive the best possible care and treatment.

Any Veteran residing in Warren, Sussex or Hunterdon County who is experiencing a barrier accessing healthcare from the Veterans Administration can call:

908-647-0180 (ext: 5406)



Do you have time? Do you have an interest to advocate for seniors and individuals with disabilities in Warren County? Can you offer your expertise, knowledge and time to Volunteer at the Advisory Council on Aging or the Advisory Council on Disabilities?

Contact us at 1-877-222-3737 or 908-475-6591 for more information on how to become a member of the council.

MEDICARE

OPEN ENROLLMENT IS COMING UP...

It's that time of year again to make sure your current Medicare Plan is meeting your needs. **Remember**, Medicare Advantage and Prescription plans can change each year!

Important Open Enrollment Dates

Annual Open Enrollment begins October 15, 2018 and runs through December 7, 2018.

January 1, 2019—Coverage Begins

If you change your Medicare Plan during Open Enrollment, your new coverage begins January 1, 2019.

We understand Medicare and its various options can be complicated.

We provide services through the Division's professional staff certified in Medicare Counseling to help senior residents during Medicare's Open Enrollment and this is **FREE for you.**

Take advantage and **schedule your appointment** with us to obtain assistance with your Open Enrollment questions and process at:

**1-877-222-3737 or 908-475-6591.
Call now to get your appointment. Appointments start on October 15, 2018.**



Medicare Covered Ambulance Services

-Medicare.gov

For those enrolled in Original Medicare, your Part B covers ambulance services to the nearest emergency room, medical facility or skilled nursing facility **ONLY** when other transportation could endanger your health. Medicare may cover the cost of ambulance services if you have End-Stage Renal Disease (ESRD) and need transport to a dialysis facility.

If you opt to be taken to a facility that's further away, Medicare's payment will be based on the charge to the closest facility.

Medicare *may* cover **non-emergency ambulance transportation** if you have a written doctor's order stating it is necessary due to your medical condition.

Please Note: Prior authorization is required for scheduled non-emergent transport if you get **3 or more round trips of scheduled non-emergent ambulance transport in a 10-day period, or at least once a week for 3 weeks.** Your ambulance company should request prior authorization from Medicare. If Medicare denies the request and you continue to receive transport, the ambulance company can bill you for all charges beginning with your 4th round-trip of transport.

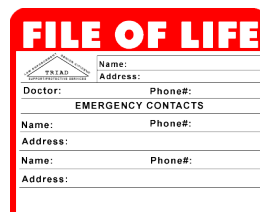
The same basic benefits apply if you're enrolled in a Medicare Advantage Plan. Review your Medicare Advantage Plan information or call your plan for Plan specific information.

For more information, contact a Medicare Counselor at the Division of Aging & Disability Services: **1-877-222-3737** or call Medicare: **1-800-633-4227**

How a Refrigerator Magnet Can HELP your family or Save Your Life in TIME!

It's called the "**File of Life**", and you don't want to be without it in an emergency.

The File of Life is a highly visible **RED MAGNETIC POCKET FOLDER** that hangs on the **OUTSIDE** of your refrigerator. In the pocket is a "**Mini Medical History Card**" to help obtain a quick medical history of the patient, such as your name, any emergency contacts and their information, your physician's contact information, current medical insurance, and most critical information such as your current health problems, list of medications, their dosages, any known allergies, recent surgeries, and other vital information that may be needed in case of an emergency. You may want to carry this when you travel.



To obtain a File of Life packet or for a new Mini Medical history insert, Contact us at **1-877-222-3737 or 908-475-6591.**

Warren County's Federal Legislators

US Senate: **Sen Cory Booker** – (202)224-3224 – www.booker.senate.gov
Sen Robert Menendez – (202)224-4744 – www.menendez.senate.gov

US Congress: **Rep Josh Gottheimer** – (202)225-4465 – <https://gottheimer.house.gov>

Serves: Allamuchy, Belvidere, Blirstown, Frelinghuysen, Hackettstown, Hardwick, Hope, Independence, Knowlton, Liberty, Mansfield, Oxford, Washington, Washington Twp, White Twp.

Rep Leonard Lance – (202)225-5361 – <https://lance.house.gov>

Serves: Alpha, Franklin, Greenwich, Harmony, Lopatcong, Phillipsburg, Pohatcong

ATTENTION!!

WARREN COUNTY SENIORS

Want to Save \$\$\$ on Medicare Premiums and Prescription Plans?



You may qualify for a Medicare Savings Program!

CONTACT:

WARREN COUNTY DIVISION OF AGING & DISABILITY SERVICES
AT 908-475-6591 OR
TOLL FREE 1-877-222-3737
FOR FURTHER INFORMATION.

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