

The Warren

Senior Voice

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The Warren County Board of Chosen Freeholders:

Richard Gardner, Director; Edward Smith, Deputy Director; Jason Sarnoski, Freeholder

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2017 Outstanding Senior Of Warren County

William J. Spencer of Phillipsburg is the recipient of the **2017 Mary Louise Christine Outstanding Senior Citizen of Warren County Award**. He was awarded this honor at a celebration hosted by the Warren County Division of Aging & Disability Services' Aging Advisory Council on May 25th at the Independence Township Senior Center.



*William (Bill) Spencer is seen here receiving the **2017 Mary Louise Christine Outstanding Senior Citizen of Warren County Award** from Warren County Freeholder Director Rick Gardner and Freeholder Jason Sarnoski.*

A Phillipsburg resident for the past 46 years, Bill spent 36 years working as a teacher, counselor, and administrator in Warren County schools. Involved in all levels of education from elementary through adult education, his career also included a year with the New Jersey State Department of Education during which he monitored school facilities and reviewed grant applications for schools in Warren and Sussex Counties.

Mr. Spencer has continued his involvement in education as a volunteer, serving on the founding committee to establish a Special Services School District for students with multiple disabilities in Warren County. He's been a member of the Special Services School District's Board of Education for 27 years and President of the Board for 23 of those years.

Mr. Spencer is currently serving his 6th year as a member and is a past president of the Phillipsburg Board of Education.

His volunteer involvements span far beyond education, as he plays an active role in many community organizations in Phillipsburg. Throughout the years, Mr. Spencer has been an active member of several service organizations and youth clubs. He is past President of the Phillipsburg Lions Club; 3rd Degree member of the Knights of Columbus; and a former member of the Atlantic States Community Action Program, the Board of Directors of the Firth Youth Center, and the Phillipsburg 150th Anniversary Planning Committee. He is actively involved in the Phillipsburg Senior Center and serves as Chairperson of the Board of Directors.

Needless to say, Bill Spencer believes that it is important to give back to his community!



Outstanding Senior nominees: seated, Robert (Bob) Detrick; standing left to right, nominee Dean Rossi, honoree William J. Spencer, nominee Anthony Turdo, nominee Barbara Green, and nominee Stephen Brickman.

The Warren County Division of Aging and Disability Services' Aging Advisory Council annually conducts a countywide search to identify and honor residents who donate their time and abilities by giving back to their communities. The award has been given since 1984 during Older Americans Month. In 2007, the award was renamed to honor Mary Louise Christine shortly before the 85-year-old community activist from Washington Township passed away.

**Thomas M. Kennedy
Excellence in
Accessibility Award**



Thomas M. Kennedy was a steadfast Warren County advocate for individuals with disabilities. Although Tom passed away in April of 2008, his legacy lives on in the **Thomas M. Kennedy Excellence in Accessibility Award**, which was established by the Warren County Board of Chosen Freeholders to honor his tireless efforts to ensure equality and access for all residents.

The Warren County Advisory Council on Disabilities looks to all Warren County residents to identify a local business, organization, professional office, service group, or resident of Warren County to nominate for the: **2017 "Thomas M. Kennedy Excellence in Accessibility Award"**. Nominations are due:

August 1st, so DO NOT delay!

Examples of a nominee's efforts can include (but are not limited to):

- Sidewalk and parking area accessibility (ramps, accessible parking, widened entrance, etc.)
- Accessible goods or services (interior ramps, positioning of racks, shelves, counters, or tables, signs/materials in braille or large print formats, etc.)
- Accessible restrooms; removal of any other accessibility barriers
- Removal of attitudinal barriers (treating all customers with respect, providing reasonable accommodations and assistance, etc.)

For information on making a nomination: Call DAWN Center for Independent Living at **1-888-383-3296** or email ***kkryspin@dawncil.org***



**Senior Citizen & Disability
Awareness Day - Expo Set At
Warren County Farmers Fair!**

Be sure to mark your calendar for **Monday, July 31st**. Warren County Seniors and residents with disabilities are **admitted FREE to the Fair by showing their Medicare Card.**



The Division of Aging & Disability Services has set these Special Events for the day in the dance floor pavilion:

Senior & Disability Expo

11am – 3pm

**Understanding Dementia &
Memory Loss**

Presentations: 12pm and 2pm

More information on the fair can be obtained online at:

www.warrencountyfarmersfair.org or by calling (908) 859-6563.

**WARREN COUNTY FAIR
VETERANS APPRECIATION DAY**



The Warren County Farmers Fair wants to show appreciation to ALL Veterans by offering **FREE** admission to the Fair on **SUNDAY, JULY 30th!**



ATTENTION
Warren County
Seniors!

The Division of Aging & Disability Services wants to hear from YOU about your quality of life, your needs, your concerns, and your priorities.

We are asking each Warren County senior who receives this Senior Voice Newsletter to take just a few moments to PLEASE.....

.....Complete and Return the
2017 “60 Second Survey”
Contained as a separate page in
this issue of the Senior Voice

All completed surveys returned to the Division will be tabulated and will provide valuable information on items that may impact your independence. Let your voice be heard on:

- ✓ The chief **“Concerns”** of Warren County Seniors
- ✓ The highest **“Service Priorities and Needs”** of Warren County Seniors

Your input is **VERY IMPORTANT!**

Your survey responses will help guide Warren County’s future planning and funding decisions for services provided in the community.

Please return your survey by **September 1st – Thank you!**



Please Donate to
“YOUR”
Senior Voice

Your donation helps us offset the rising cost of printing and postage, so we can continue to have your Senior Voice Delivered to your door. All we ask is for an annual minimum donation of \$3.00.

We also ask you to let us know if your address has changed or **if you no longer want to receive the Senior Voice**, so we can update our Senior Voice mailing list.

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

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(Clip and Mail)

2017 Senior Farmers Market Voucher Program Underway



Warren County is once again proud to be participating in the New Jersey Senior Farmers Market Nutrition Program in 2017 to provide county seniors with \$25 in vouchers to obtain locally grown fresh fruits and vegetables during the growing season. Vouchers cannot be used at grocery stores. The voucher program provides seniors with the opportunity to become familiar with the vast array of local products being produced by Warren County's hard working farmers and to add nutritious locally grown fruits and vegetables to their diet. It's a Win/Win!

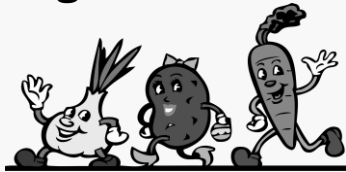
Warren County residents are eligible to participate in the program if age 60 and older with an income of **under \$22,311, if single, or \$30,044 for a couple.**

Number of Vouchers are Limited!

For more information on applying for the 2017 Senior Farmers Market Voucher program, please contact the Division of Aging & Disability Services:

1-877-222-3737

Phillipsburg Farmer's Market Day



Don't miss Phillipsburg's Farmers' Market Day **August 17th from 4:30pm to 6:30pm – Rain or Shine** at Shappelle Park.

Senior Farmers Market Vouchers and SNAP accepted.



Each day from 3:00 – 9:00pm the Warren County Farmers Fair will host a **“Farmers’ Market”** featuring all Warren County products, including produce, artwork, soaps and more. For more information visit: www.warrencountyfarmersfair.org



Safety Tips for Gardeners

- Wear gloves to avoid skin rashes, cuts, and contaminants.
- Keep harmful chemicals, tools, and equipment out of kids' reach.
- Read all instructions and labels so you use these items properly.
- Cut your risk for sunburn and skin cancer by wearing a wide brimmed hat, sun glasses and sunscreen with sun protective factor (SPF) 15 or higher.
- To protect against diseases carried by mosquitoes and ticks:
 - Use insect repellent
 - Wear long-sleeved shirts
 - Tuck pants into your socks
- If you're outside in hot weather, **drink plenty of water.**
- Pay attention to signs of heat related illness, including:
 - high body temperature,
 - headache,
 - rapid pulse,
 - dizziness, nausea, confusion, or unconsciousness.
- When in doubt, seek emergency medical care!

*-Adapted from U.S. Centers for Disease Control and Prevention
newsinhealth.nih.gov
Issue/ April 2016*

ABCs & Ds of MEDICARE

What is Medicaid?

Medicaid is both a federal and state program that covers medical care for certain people with limited income and assets. The income and asset limits may vary from state to state. People who are eligible for Medicare may also be eligible for Medicaid if their income and assets are below the limits in their state.

You must meet a certain income and asset limit to qualify for Medicaid. This is different from Medicare, which does not have an income or asset limit. Instead, you qualify for Medicare when you are 65 or older, or have received Social Security Disability Insurance (SSDI) for 24 months.

How do Medicare and Medicaid work together?

If you qualify for Medicare and Medicaid, the two programs work together to cover your health care needs. People with Medicare and Medicaid are known as “dual eligibles.” Many people who qualify for Medicaid also qualify for a Medicare Savings Program (MSP) called Qualified Medicare Beneficiary (QMB). QMB pays for your monthly Medicare premiums and cost-sharing, such as deductibles, coinsurance charges, and copayments.

For services that both Medicare and Medicaid cover, you will usually not have any out of pocket costs for those services.

Medicaid is the payer of last resort, which means it pays for your health care costs after all other insurance has paid. For example, if you have Medicare, retiree insurance, and Medicaid, then Medicaid will pay for your health care costs after Medicare and your retiree insurance have paid.

For more information, contact the Division of Aging & Disability Services at 908-475-6591 or toll free 1-877-222-3737.

CONTROLLING THE RISK OF COGNITIVE DECLINE

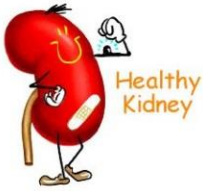


-Prevention Magazine; 5/16/17

Genetic, environmental, and lifestyle factors are all thought to influence cognitive health. Though we can't control our genetics, we can influence environmental and lifestyle choices to keep us as physically and mentally healthy as possible.

The editors of “Prevention” recommend controlling these 9 environmental and lifestyle risk factors:

- 1. Obesity (especially at midlife)** - Get to a healthy weight and stay there.
- 2. Frailty** - Frailty may be a physical symptom of Alzheimer's that appears before memory problems are noticeable. Eating well and proper nutrition is key. Having a strong support network is essential.
- 3. Carotid Artery Disease** - Clogged carotid arteries can mean damage to crucial brain cells. Keep cholesterol and blood pressure in check.
- 4. High Blood Pressure** - Can interfere with healthy blood flow to the brain. Get blood pressure within normal limits.
- 5. Education** - Keep learning! Take a dance class, teach yourself to play guitar, or even learn a new language.
- 6. Depression** - Managing symptoms is key. A combination of therapy, medication, or lifestyle changes may be necessary to stay socially and physically active.
- 7. Cut Down on Red Meat** - Eat more leafy greens, fruits, and whole grains.
- 8. Diabetes** - Diabetes changes blood vessels and blood flow in the body. Stay on top of it.
- 9. Smoking** - The damage smoking does to blood vessels can lead to the same kind of plaque buildup and blood flow restrictions to the brain as seen in people with heart problems. QUIT!



Pebbles in Your Plumbing?

-newsinhealth.nih.gov
Issue/June 2017

If you ever had them, you don't EVER want them again, and if you haven't had them, you NEVER WANT THEM! Have you ever heard that passing a kidney stone is more painful than giving birth? Each year more than 1 million people in the U.S. rush to the emergency room with pain caused by a kidney stone.

Kidney stones are hard, pebble-like pieces of material that form in one or both kidneys. They're caused by high levels of certain minerals in your urine, and can vary in size from tiny crystals that can only be seen with a microscope to stones that can grow to over an inch wide.

Tiny stones may pass out of your body without you even noticing. However, with larger stones, you're not so lucky. Kidney stones that are larger than a pencil eraser can get stuck in the urinary tract, and that can REALLY hurt!

Everyone is at some risk of developing kidney stones. "It is a very common condition," according to National Institute on Health (NIH) urologists. Actually, "One out of 11 individuals in the U.S. is affected by kidney stones."

You can develop kidney stones at any age, but they usually appear during middle age (40s to 60s). Unfortunately, half of those who develop one stone will develop at least one more in the future.

What Causes Kidney Stones?

One of the top culprits is dehydration. When urine is too concentrated, minerals build up and form stones.

The best way to prevent kidney stone disease is to drink plenty of water. This cannot be overemphasized!

During the warmest months of the year, you're at greatest risk of becoming dehydrated. It is really important to drink more than you usually drink during cooler weather.

Don't let the pain of kidney stones send you to the emergency room. Keep hydrated!

If you develop any of the symptoms shown in the box below, see your doctor right away.

You May Have A Kidney Stone If You Have:

- Sharp, severe pains in your back, side, lower belly, or groin
- Nausea and vomiting
- Blood in your urine, making it look pink, red, or brown
- Constant need to empty your bladder
- Pain when you urinate
- Difficulty urinating

United Way of Northern NJ Caregivers Conference

Join the United Way Caregivers Coalition for its fourth annual conference in Warren County. This **free event for caregivers** offers presentations and resources with critical information to help caregivers take care of themselves while caring for their loved ones.

Battling isolation is a common problem for caregivers. The conference provides opportunities for caregivers to connect with one another.

DATE: Saturday, September 9th

TIME: 9:00 am –1:00pm

LOCATION: *Merrill Creek Visitors Center
34 Merrill Creek Rd
Washington, NJ 07882*

<http://merrillcreek.com/contact-us/map/>

***“Caregiving Across the Lifespan:
More Tools for your Journey”.***

Workshops presented by area experts:

- Signs and Symptoms of Caregiver Burnout
- Legal Documents 101: Durable & Medical POA’s, Living Wills & POLST, Guardianship and Special Needs Trusts
- Coping with Behavioral Changes in Alzheimer’s Disease

Registration is required. Please contact:

Robin Ennis at [973-993-1160 x305](tel:973-993-1160) or robin.ennis@unitedwaynj.org

Disclaimer: the Warren Senior Voice may contain items placed by third party organizations which are published in good faith and for informational purposes only. The Warren County Board of Chosen Freeholders or the Warren County Division of Aging & Disability Services neither represents nor endorses the accuracy or reliability of any advertised offer or statement.

Spotlight on Available Services:

The **Caregiver Assessment, Education and Support** program provides individual education and support to unpaid caregivers at home so they may improve their ability and effectiveness as caregivers. This can prolong their ability to provide care for an older adult or an individual who is less than 60 years of age with a diagnosis of early onset dementia.

In-home assessments and education visits are provided by Registered Nurses and are customized to the caregivers needs and may include the following:

- Disease process / diagnosis
- Special diet restrictions
- Medication education
- Proper transfer techniques
- Home safety education
- Caregiver stress management

For more information, contact the Division of Aging & Disability Services – ADRC at 1-877-222-3737 or Visiting Homemaker Service of Warren County at 908-689-4140.

DEADLINE EXTENDED

The deadline for filing the 2016 Property Tax Reimbursement (PTR) application has been extended to October 18, 2017.

This program, nicknamed the “Senior Freeze”, allows eligible participants to receive a rebate of property tax increases.

More Information and forms can be found at www.state.nj.us/treasury/taxation/ptr or by calling the Property Tax Reimbursement Hotline at:

1-800-882-6597