

The Warren

Senior Voice

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The Warren County Board of Chosen Freeholders

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

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Warren County 2016 Outstanding Senior Honored

On May 26th, at the Annual Older Americans Month meeting of Warren County's Aging Services Advisory Council held at the Independence Township Senior Center, Hackettstown's **Jan Romanczyk** was announced as the *2016 Mary Louise Christine Outstanding Senior Citizen of Warren County*.



Nominated by the County's Volunteer Connection program, Jan is known as a tireless volunteer with literally **ALL** of their programs, and never "refuses" any job asked of her to help a County resident in need.

Warren County Freeholders Richard Gardner and Edward Smith are seen above presenting Jan Romanczyk with the **2016 Mary Louise Christine Outstanding Senior Citizen of Warren county award**.

CONGRATULATIONS!

*Jan Romanczyk You Truly Are
an Outstanding Senior!*

Staying Healthy at Any Age



- **Get Moving** -Exercise can reduce the risk for age-related diseases and disability. Get inspiration and information on *National Institute on Health's Go4Life website*. Attend any of the Warren County Division of Aging & Disability Services exercise programs offered regionally throughout the county. Call 1-877-222-3737 for a schedule.
- **Eat A Healthy Diet**
- **Pay attention to your weight** - Extra weight, especially at the waist or with muscle loss, can raise health risks. Talk to your doctor about weight concerns.
- **Don't smoke or use tobacco**
- **Keep your brain active** - Get tips at *www.brainhealth.gov*.
- **Be good to yourself** - Get enough sleep. Stay in touch with family and friends. And surround yourself with people you enjoy.
- **Get regular medical checkups** – Take advantage of Medicare covered "Preventive Services" designed to keep you healthy.
- **Drink alcohol in moderation**
- **Have your blood pressure checked**

**"We Make A Living By What We Get.
We Make A Life By What We Give"**

- Winston Churchill



Reauthorized!
 After a legislative holdup of nearly 5 years, on **April 19, 2016**,
President

Obama signed the 2016 Older Americans Act Reauthorization into law.

The reauthorization of the OAA reaffirms our nation's 51 year legislative commitment to the health and well-being of older adults that began on July 14, 1965 when President Lyndon B. Johnson first signed the Older Americans Act into Law.

The OAA is built upon a principle that allows older adults to live with dignity, the right to make their own decisions and life choices, and a right to live as independently and safely as possible as their personal situation allows. Federal funds are provided through the OAA to support the development and provision of a wide array of service programs through a **national network** of:

- **56 State Units on Aging;**
- **629 Local Area Agencies on Aging;**
- **244 Tribal organizations;**
- **2 Native Hawaiian organizations representing 400 Tribes**
- **Over 20,000 service providers**

Each of New Jersey's 21 counties has an authorized Area Agency on Aging (AAA). In Warren County, the Division of Aging & Disability Services-ADRC is the authorized AAA.

The impact of services and initiatives resulting from the Older Americans Act is immeasurable. Directly or indirectly OAA programs and services impacts and enriches the lives of older adults, caregivers, communities, and individuals of all ages.

SHIPPEN MANOR Summer Lawn Concert Series



Bring your lawn chairs or a blanket, and pack a picnic if you like! Relax and enjoy a variety of **FREE** live musical performances all summer on the lawn of Shippen Manor in downtown Oxford, NJ.

SUNDAYS thru Sept 4th from 6-8pm
For More Information:
Call: (908) 453-4381
 or
Visit the Website: <http://wcchc.org>



Farmers Market Vouchers Available

Warren County is participating once again in the NJ Senior Farmers Market Nutrition Program to provide county seniors with \$25.00 vouchers to obtain unprepared, locally grown fresh fruits, vegetables, and herbs, and expand the awareness and use of the local farmers' markets. Vouchers cannot be used at grocery stores and other food markets.

Senior residents age 60 or older with an income of under **\$21,978** (single) or **\$29,637** (couple), are eligible. The number of vouchers are limited and **MUST** be used by **November 30th**.

Please contact the Division of Aging & Disability Services for an application packet and for further information:

1-877-222-3737

VACCINES OLDER ADULTS SHOULD GET



Warren County Public Health Nursing's Health Services for Older Adults is committed to helping Warren County seniors to attain and maintain optimal health, including the prevention of premature death or disability from disease, including those which can be prevented or minimized through vaccination.

Public Health Nursing urges seniors to talk to their doctor about receiving the following vaccinations:

1. **Flu Vaccine**
2. **Pneumonia Vaccine**
3. **Zoster (Shingles) Vaccine**
4. **Tdap - Tetanus, Pertussis and Diphtheria**

1. Flu Vaccine - protects against Influenza, and is a covered Medicare Preventative Service.

"Everyone should get an annual Flu shot". The flu vaccine is updated every flu season to combat new strains of the virus, so the vaccine is different each flu season - which starts as early as October and lasts until May of each year. Peak flu season is usually January or February.

***NOTE** - Though some people may develop mild body aches or a low-grade fever, the injectable vaccine **does not** contain a live virus and does not pose significant risks of causing illness.

2. Pneumonia Vaccine - The CDC recommends that everyone over 65 should get **one dose of the pneumococcal vaccine PCV13, followed by one dose of pneumococcal vaccine 1 year later**. Talk with your doctor about your pneumococcal vaccination schedule.

3. Shingles Vaccine - reduces the risk of developing shingles and suffering from the long-term pain from *post-herpetic neuralgia* caused by the shingles virus.

The Advisory Committee on Immunization Practices (ACIP) recommends the shingles vaccine for adults over 60 who previously have had the chicken pox virus. The Shingles vaccine is also recommended even if you have had shingles to help prevent future occurrences of the disease.

4. Tdap Vaccine - protects against the three diseases **with little to no risk**. All adults 19 years of age and older should get one booster dose of the tetanus, diphtheria, and pertussis (Tdap) booster.

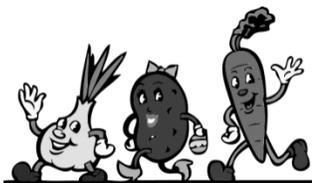
Tetanus - Seniors should keep up their immunity to Tetanus. Adults should get a tetanus booster every 10 years. The tetanus bacteria can be found in the soil, so if you enjoy outdoor gardening, you are at risk.

Pertussis - better known as "whooping cough" is a highly contagious respiratory illness that has seen resurgence in recent years. If you have grand or great grandchildren, it is very important for both you and the infant to be protected.

Diphtheria - is another bacterial infection, rarely found in the US today, but it continues to be included in the Tdap vaccine.

If you have any questions or would like more information, please contact **Warren County Public Health Nursing at 908-475-7960 and ask to speak with a PUBLIC HEALTH NURSE**.

Always check with your doctor to make sure you can safely take any vaccination(s).



Phillipsburg Farmers' Market Day

Don't miss Phillipsburg's Farmers' Market Day being held rain or shine at Shappelle Park on **August 18th from 4:30pm to 7:30pm**. The event is packed with information and activities for everyone to enjoy:

- ✓ **4:30pm & 5:30PM** - Healthy Recipe Cooking Demonstrations (with samples!)
- ✓ **6:30pm** - Live Music **the Crazy Hearts**
- ✓ **Free Health Screenings & Information** (and giveaways!)
- ✓ **Free Children's Activities** - available throughout the event.
- ✓ **Much More!**

Senior Farmers' Market Nutrition Program vouchers will be accepted.

For information: Call 908-475-6504.

The Phillipsburg Farmer's Market Day is organized by the **Warren County Health Department, Rutgers Cooperative Extension, NORWESCAP, and the Lehigh Valley Chamber of Commerce.**



WHO KNEW?

JULY IS NATIONAL ICE CREAM MONTH

In 1984 President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of July as National Ice Cream Day. He recognized ice cream as a fun and nutritious food that is enjoyed by over 90 percent of the nation's population. **Most of us just think it is REALLY GOOD!**

"2016

Thomas M. Kennedy Excellence in Accessibility Award"



Thomas M. Kennedy was a volunteer advocate for people with disabilities in Warren County. Though he passed away in April of 2008, his legacy lives on. The Warren County Board of Chosen Freeholders established the **Thomas M. Kennedy Excellence in Accessibility Award** to honor his tireless efforts and dedication to equality and access for all, and to recognize "individuals, businesses, and organizations that have initiated notable efforts which have facilitated accessibility."

Warren County Advisory Council on Disabilities needs help from Warren County residents to identify a local business, organization, professional office, service group, or resident of Warren County to nominate for the: 2016 "Thomas M. Kennedy Excellence in Accessibility Award". **Nominations are due by August 1, 2016**

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

- Accessible 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 DAY PROGRAMS SET FOR COUNTY FARMERS' FAIR

Monday, August 1, 2016 is set as Senior Citizen and Disability Awareness Day at the Warren County Farmers' Fair.

Your Medicare card will gain you FREE admission, and the Division of Aging & Disability has set special programs and a myriad of local service providers will be highlighting their services and programs in the dance pavilion.

The Caregiver Coalition of Northern New Jersey invites everyone to attend this FREE Educational Presentation:

Understanding Dementia and Memory Loss

Time: 12:30 to 1:30

Speaker: Amy Matthews
Engaging Alzheimer's, LLC

Light Snacks will be Provided



Warren County Veterans!

The Warren County Farmers' Fair wants to show appreciation to ALL Veterans by offering FREE admission to the Fair with appropriate ID.



**Sunday, July 31st,
is Veterans' Day at the Fair!**

Spotlight on Available Services:



The **Home Delivered Meal program** or more commonly referred to as "Meals on Wheels" promotes health and improved quality of life for area residents by delivering meals to eligible individuals at home who are unable to grocery shop or prepare their own meals.

Hot, well balanced, nutritious meals are delivered by a pool of dedicated volunteers that provides "more than just a meal." A visit by a caring volunteer provides both a friendly smile and wellness check to residents in need.

If you, a family member or friend is homebound or just home following a hospital stay and is having difficulty preparing meals, consider home delivered meals to improve health and safety.

For more information, please call the Division of Aging & Disability Services at 908-475-6591 or 1-877-222-3737

Caregivers Conference Series

**Saturday, September 10, 2016
8:30am - 1:00pm
Warren County Community College
475 Route 57 West
Washington, NJ**

Presentation Topics:

- "Empowering Caregivers of Loved Ones with Disabilities"
- "Debunking Hospice Myths"
- "Caregiving Across the Lifespan" Panel Discussion

**SPACE IS LIMITED
Register Today!**

Email- Robin.ennis@UnitedwayNNJ.org
Call - 973-993-1160 X305

A complimentary breakfast and bagged lunch will be provided to all attendees

The “A” in the ABCs & Ds Of Medicare

Medicare Part A

Medicare Part A is essentially your hospital insurance, and it covers most **medically-necessary** inpatient hospital, skilled nursing facility, home health, and hospice care.

Medicare Part A benefits are administered directly by the Federal Center Medicare and Medicaid Services (CMS) government if you receive Original Medicare. However, if you're enrolled in a Medicare Advantage Plan (Medicare Part C) your Medicare Part A benefits are administered by the private insurance company administering your Medicare Advantage Plan.

HOSPITAL CARE

☆ Part A covers hospital care if you are formally admitted as an inpatient, **but being in the hospital under observation status is not the same as being an inpatient. Observation services are billed under Part B.**

HOSPICE CARE

☆ Part A covers Hospice Care if your doctor certifies that you are terminally ill with a life expectancy of 6 months or less:

- ✓ You sign a statement electing hospice care instead of curative care
- ✓ You receive care from a Medicare-certified hospice agency
- ✓ Doctor Services, Nursing Care, Physical And Occupational Therapy, Short-Term Inpatient Care, Short-Term Respite Care, Hospice Aide And Homemaker Services
- ✓ Drugs for pain management or symptom control
- ✓ Grief and loss counseling

SKILLED NURSING FACILITY (SNF) CARE

- ✓ **Part A covers Skilled Nursing Facility (SNF) care if:**
 - ✓ You have been a hospital inpatient for three consecutive days prior to your SNF stay
 - ✓ You entered a Medicare-certified SNF within 30 days of leaving the hospital
 - ✓ You need skilled nursing care seven days per week or therapy at least five days per week

HOME HEALTH CARE

- ✓ **Part A covers Home Health Care if:**
 - ✓ You are considered homebound, meaning that you need special equipment, like a wheelchair or walker, or another person's help to leave home
 - ✓ You need skilled nursing services and/or therapy
 - ✓ You have a face-to-face meeting with a health care professional within 90 days before receiving home care or 30 days after beginning to receive care
 - ✓ Your doctor certifies a plan of home health care every 60 days
 - ✓ Your care is provided by a Medicare-certified home health agency
- ✓ **Part A Also covers:**
 - ✓ Intermittent skilled nursing care - intermittent means you need care as little as once every 60 days to as much as once per day for three weeks
 - ✓ Physical and speech therapy
 - ✓ Occupational therapy, if you need skilled care or other therapies
 - ✓ Durable medical equipment (DME) and medical supplies
 - ✓ Medical social services
 - ✓ Home health aide services

