

The Warren

Senior Voice

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The Warren County Board of Chosen Freeholders

Everett Chamberlain, Director, Richard Gardner, Deputy Director, Jason Sarnoski, Freeholder

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Warren County Department of Human Services
Division of Aging & Disability Services
Wayne Dumont, Jr. Admin. Bldg.
165 County Rte. 519 So.
Belvidere, NJ 07823

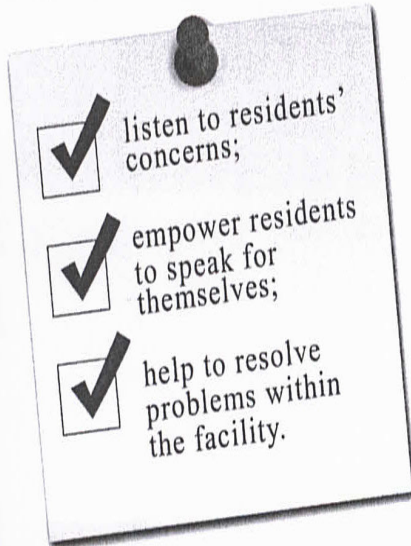
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BELVIDERE,
N.J.
PERMIT NO. 30

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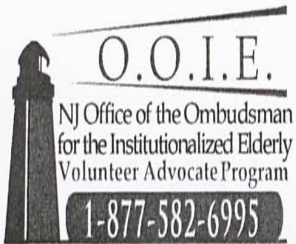
NEEDED VOLUNTEER ADVOCATES NEEDED

FOR

WARREN COUNTY NURSING HOMES



Trained and certified by the state, volunteer advocates visit residents in nursing homes or other long-term care facilities and establish a regular presence in the facility. Advocates complement the function of the New Jersey Elder Ombudsman's Office by attempting to resolve quality of care and quality of life issues as close to the bedside as possible. Help promote residents' rights by becoming a volunteer advocate.



James W. McCracken
James W. McCracken
NJ Long-term Care Ombudsman
www.nj.gov/ooie
Ombudsman@advocate.state.nj.us

State of New Jersey | Office of the Ombudsman | P.O. Box 852 | Trenton, NJ 08625-0852
Chris Christie, Governor | Kim Guadagno, Lt. Governor

VOLUNTEERS NEEDED!



The **Volunteer Connection** program provides vital help to older adults and adults with disabilities living in the community. Volunteers are ALWAYS needed in these programs:

- Money Management Assistance (Bill Payer) program
- Chore Corps – Volunteer fix-it program
- Friendly Visitor
- Telephone Reassurance
- Volunteer Shopping
- Volunteer Transportation

Contact CeCe Lindsley at Volunteer Connection program at: (908) 689-4140

Information on FEMA

Disaster Assistance

If you sustained losses or damage from Hurricane Irene you may be eligible for disaster aid, but you have to register with FEMA first and get a claim number:

1-800-621-FEMA (3362)

Have the following available when you call:

- Social Security Number (including your spouse's)
- Private insurance information, if available
- Address and zip code of the damaged property
- Directions to the damaged home or property
- Daytime telephone number
- A telephone number where we can reach you or leave a message
- An address where you can get mail
- If you want your disaster assistance funds sent directly to your bank, provide the FEMA agent with your bank account type (savings/checking), account number and routing number



The recent flooding and evacuations have provided us an important lesson in personal emergency preparedness. We should not wait for the next flood or other emergency, and though we can hope for the best, we must be ready ourselves and our loved ones for the worst. NJ Register Ready can help you.

NJ Register Ready ("RR") is a database available to NJ residents that will, in an emergency situation, assist local emergency responders in identifying, locating, and rescuing residents who may have difficulty or require special assistance if a home evacuation is needed. Information entered in the Register Ready database is strictly confidential and secure and will only be used in an emergency response situation.

The importance of the RR database cannot be underestimated. This was apparent after the evacuations needed several weeks ago as a result of Hurricane Irene. REGISTER READY helps local Emergency Responders find you and get you to safety.

- ◆ It's FREE
- ◆ It's Confidential
- ◆ It's Smart
- ◆ IT MAY SAVE YOUR LIFE

Sign-up for RR in the following ways:

- 1) registerready.nj.gov.
- 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**

County Public Health Nursing Agency Conducts Emergency Exercise

Warren County Public Health Nursing Agency (WCPHNA) conducted an emergency preparedness exercise on September 21, 2011 to ensure it can serve an increased number of patients in critical situations.

"The recent weather events have heightened awareness that states need to be ready at every level to respond to broad-scale emergencies. In home health care, planning and preparations are critical to emergency preparedness," said Judy Leone, WCPHNA Division Director.

The exercise tested the agency's capacity to respond and proved at home nursing care if a surge of home health patients were discharged from local hospitals due to emergency conditions.

"Public health nursing serves some of the most vulnerable of populations in Warren County. Exercising existing plans will help us ensure that people stay safe and healthy throughout an emergency situation," said Pete Summers, Health Officer of Warren County.

Get Monthly Senior News In Warren Reporter

Get timely news on the 4th Friday of each month from Warren County's free weekly newspaper, the Warren Reporter. Their "**Senior Connection**" section highlights information on senior-related topics and features articles from the Division of Aging & Disability Services.

VETERANS CAN RECEIVE HELP AT HOME THROUGH PROGRAM

On October 1, 2011, Warren County will be New Jersey's 5th county to be able to offer the **"Veteran Directed Home and Community Based Service (VD-HCBS) Program"** to honorably discharged county veterans through a new project coordinated through the Division of Aging & Disability Services.

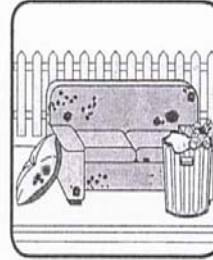


Honorably discharged Warren County veterans of any age who require in-home help may be eligible for enrollment in the program. Qualified veterans will receive a monthly subsidy to purchase their own services. Ultimately, the goal of the program is to assist veterans in remaining in their own home and community with maximum independence for as long as possible. Veterans do not have to have a "service connected" injury or illness, nor are there any income qualifiers for the program.

The VD-HCBS program is a joint partnership with the Veterans Administration, the NJ Department of Health and Senior Services, and the Division of Aging & Disability Services. Veterans interested in learning more about the Warren County VD-HCBS program can contact the Division of Aging & Disability Services: (908) 475-6591 or toll free at: 1-877-222-3737.

Get Rid of Mold

After a flood, mold will grow in your house. It can make you sick. You will need to clean your house.



Take things that were wet for 2 or more days outside.

Things that stayed wet for 2 days have mold growing on them even if you can't see it.

Take out stuff made of cloth, unless you can wash them in **hot** water. Also take out stuff that can't be cleaned easily (like leather, paper, wood, and carpet).

Use bleach to clean mold off hard things (like floors, stoves, sinks, certain toys, countertops, flatware, plates, and tools).

Follow these steps:



- Never mix bleach with ammonia or other cleaners.
- Wear rubber boots, rubber gloves, goggles, and N-95 mask.
- Open windows and doors to get fresh air when you use bleach.
- Mix no more than 1 cup of bleach in 1 gallon of water.
- Wash the item with the bleach and water mixture.
- If the surface of the item is rough, scrub the surface with a stiff brush.
- Rinse the item with clean water.
- Dry the item or leave it out to dry.

Recommendations from the Centers for Disease Control and Prevention

WE NEED YOUR HELP!

To have the "Senior Voice" delivered to your home, a \$3.00 donation is requested.

**WC Division of Aging & Disability Svcs.
C/o Senior Voice Newsletter
165 County Rte 519 South
Belvidere, NJ 07823**

Name: _____

Address: _____

City: _____ St: _____ Zip _____

Phone: (____) _____ - _____

Email: _____

Donation Amount: \$3.00 _____ Other Amount \$ _____

**WARREN COUNTY
SEASONAL
FLU/PNEUMONIA
VACCINE
PROGRAM**



With flu season approaching, Warren County has launched its seasonal flu/pneumonia vaccine program and set a schedule of vaccine clinics for residents.

The vaccines will be available every Monday during the month of October at the Warren County Public Health Nursing Agency office, 162 East Washington Ave., from noon to 4 p.m.

Call:

908-689-6000, ext. 267 for updates

Potassium Powerhouse

A new study suggests that higher dietary intake of potassium is linked to lower risk of death from heart disease. While cutting back on sodium, consider boosting potassium with these foods:



- ♦ Sweet potatoes
- ♦ Tomato paste, puree juice, sauce
- ♦ Potatoes
- ♦ White beans
- ♦ Yogurt (low – non-fat)
- ♦ Prunes and prune juice
- ♦ Halibut
- ♦ Soybeans
- ♦ Tuna
- ♦ Lima Beans
- ♦ Winter squash
- ♦ Bananas
- ♦ Spinach

Division of Aging & Disability Sets Dates For Help with Medicare Annual Enrollment

The Warren County Division of Aging & Disability Services will be providing assistance to County Medicare Beneficiaries on selecting, changing, and enrolling in a Medicare Part D Prescription Drug Plan or Medicare Advantage Plan during the upcoming Annual Enrollment Period, which runs from **October 15th through December 7, 2011**. Certified Medicare Counselors will be on site at five locations throughout the county to assist residents.

Appointments are MANDATORY and will be accepted only after Monday, October 3, 2011. Residents scheduling an appointment will be mailed detailed information including the required material to bring to the appointment. To schedule an appointment, contact the Division at: **1-877-222-3737**.

2011 Medicare Part D Open Enrollment Outreach Schedule

(Alternating) Mondays Beginning October 17th		Tuesday Beginning Oct 18th	WED Beginning Oct 19th	Thursday Beginning Oct 20th	Friday Beginning Oct 21st
<u>Belvidere</u>	<u>Blairstown</u>	<u>Phillipsburg</u>	<u>Hackettstown</u>	<u>Phillipsburg</u>	<u>Washington</u>
Dumont Admin Bldg. 165 County Rte. 519 Belvidere	First Methodist Church, 10 Stillwater Rd., Blairstown	Lopatcong Twp Municipal Bldg 232 So. Third St. Phillipsburg	Hackettstown Senior Ctr., 293 Main St. Hackettstown	Lopatcong Twp Municipal Bldg 232 So. Third St. Phillipsburg	Visiting Homemaker Services 18 Broad St. Washington

***Contact Division of Aging & Disability Services for information and to schedule appointment.**

DO NOT CONTACT OUTREACH SITE LOCATION



Mature drivers can attend one of these programs to give driving skills a tune-up and update your knowledge of the “rules of the road”. You may even qualify for a discount on your car insurance.

- **Phillipsburg Senior Center**
310 Firth St., Phillipsburg, NJ 08865
Oct. 20, 2011 & Oct. 27, 2011
10:00 am – 1:30 pm
Contact: Karl or Bev Oboda 1-888-863-0952
- **Phillipsburg Senior Center**
310 Firth St., Phillipsburg, NJ 08865
Nov. 3, 2011 & Nov. 10, 2011
10:00 am – 1:30 pm
Contact: Karl or Bev Oboda 1-888-863-0952
- **Hackettstown Medical Arts Center**
108 Bilby Rd., Hackettstown, NJ 07840
Dec. 5, 2011 & Dec. 6, 2011
9:30 am – 1:00 pm
Joan Moskowitz – 908-850-6872
- **Hackettstown Medical Arts Center**
108 Bilby Rd., Hackettstown, NJ 07840
Feb. 21, 2012 & Feb. 22, 2012
9:30 am – 1:00 pm
Joan Moskowitz – 908-850-6872

DRIVERS SAFETY PROGRAM FREE TO ALL VETERANS IN NOVEMBER!

To thank veterans for their dedication and commitment to service, from November 1 through November 30, 2011, the AARP Driver Safety Program will be offered FREE to ALL veterans, regardless of age. To receive the free classroom course, veterans and/or veterans' spouses must present some form of military identification, including but not limited to: Military ID (retired, active-duty, guard, reserve), discharge papers (DD Form 214), American Legion/VFW card, dependent ID.

IT'S TIME TO GET SERIOUS....

....**About FALL PREVENTION!** According to the National Safety Council, every year, more than 30,000 American aged 65 and older are seriously injured from a fall. In fact, one of three people age 65 and older will have a fall related injury each year and the chance of falling or being injured by a fall increases with age. The most common cause of nonfatal injuries and hospital admissions in 2007 resulted from a fall related injury.

Not convinced? Falls are the leading cause of injury-related death in the 65+ population. Over 18,000 older adults DIED from unintentional fall injuries. 81% of these fall related deaths were people age 65 and older.

Still need more persuasion? Of those who were fortunate enough to survive their fall 30% had debilitating injuries that affected their quality of life for the rest of their life. The most common injuries from falling is a traumatic brain injury and fractures of the hip, spine, arms and legs. 25% percent of all people suffering a hip fracture will die within a year from the fall, while another 50 percent never return to their prior level of mobility and independence.

Not ready to take positive action yet? Maybe money will convince you. In 2000, the total “direct medical costs” of all fall injuries for people 65 and older exceeded \$19 BILLION dollars, and by 2020 that cost is projected to be nearly \$55 billion.

The irony here is that the majority of FALLS ARE PREVENTABLE. With Medicare spending under constant scrutiny, and if the risks posed to quality of life are not enough, isn't it reasonable to do what's possible to reduce spending? Here are four Fall Prevention strategies the CDC recommends:

- ✓ Begin a regular exercise program
- ✓ Make your home safer
- ✓ Have your health care provider review your medications.
- ✓ Have your vision checked

For more information on Fall Prevention Programs available in the Warren County area, contact the Division of Aging & Disability Services: 1-877-222-3737. It really is time to GET SERIOUS ABOUT FALL PREVENTION.

Senior Nutrition Center Priority Study Presented to Warren Freeholder Board

On August 10, 2011, the Division of Aging & Disability Services presented the results of a *2010 Priorities Identification Study for Center-Based Services for Warren County Seniors* to the Freeholder Board. The focus of the study, conducted by Tom Martin Consulting and Training, LLC, of Stewartsville, NJ, was to:

1. Determine the Programming Priorities of “all” county seniors, not only those who attend any one of the 5 County Senior Nutrition Projects
2. Develop recommendations to restructure the 5 existing Congregate Nutrition Project sites to meet the identified priorities of all County Seniors

Much valuable and interesting information was obtained from the research which analyzed data from 595 anonymous surveys obtained from both current project participants and randomly selected non-participants.

- **The #1 priority of ALL survey responders is INFORMATION ON ALL RESOURCES**
- **All responders also want a senior center accessible to them**
- **80% of all responders would attend a local center if new programs of interest were offered**

In addition to these generalized findings, the study also revealed “non-nutrition participants” being *less interested in*

the daily meal and more interested in programs and activities. Also, non-nutrition project participants (mistakenly) perceive the senior nutrition project as a program for low income and very elderly County residents.

Where do we go from here? The first action the Division of Aging & Disability Services will accomplish is the retention of a full-time professional Program and Activity Coordinator to focus on developing, coordinating, and scheduling and publicizing programs, activities, and outreach at each of the five existing project sites.

It is our hope that existing and new members, volunteers, caregivers and the general public will find a new value and greater satisfaction in having meaningful programs, activities and resources available at each of our 5 regional Senior Community Activity & ADRC (*Aging & Disability Resource Connection*) Centers.

With over 21,000 residents age 60 and older living throughout the County, the Division of Aging & Disability hopes to develop regional centers which offer a more diverse program of activities and options, combined with information on resources and professional staff available to provide assistance.

Staff will look forward seeing you at a Senior Community Activity & ADRC Centers nearest you!

8th Annual
2011 Warren County Senior Expo

October 22, 2011

10:00 AM - 2:00 PM



JOIN US !

**Warren County's 8th Annual Lifestyle Exhibition
For Older Adults, Loved Ones, and Caregivers**

**Exhibitors will Provide Valuable Information
On Maintaining Quality of Life and Independence**

**FREE ADMISSION * DOOR PRIZES * GIVEAWAYS
*WORKSHOPS * VALUABLE INFORMATION**



**WARREN COUNTY TECHNICAL SCHOOL
1500 ROUTE 57, WASHINGTON, NJ 07882**