

**The Warren**

# Senior Voice

Volume XIII, Number I

Spring, 2018

Published by the Warren County Department of Human Services, Division of Aging & Disability Services-ADRC  
Scott Burd, Executive Director

**The Warren County Board of Chosen Freeholders:**

**Edward J. Smith, Director; Jason J. Sarnoski, Deputy Director; Richard D. Gardner, Freeholder**

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Warren County Department of Human Services  
Division of Aging & Disability Services-ADRC  
Wayne Dumont, Jr. Admin. Bldg.  
165 County Route 519 South  
Belvidere, NJ 07823  
1-877-222-3737

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# WARREN COUNTY MATTERS

## Board of Chosen Freeholders:

On January 6, 2018 at the Warren County annual reorganization meeting, the Warren County Board of Chosen Freeholders named **Edward J. Smith as Freeholder Director for 2018**, while Freeholder Richard D. Gardner took the oath of office for a third three-year term and Freeholder Jason J. Sarnoski was named Deputy Director.

<b>Edward J. Smith, Freeholder Director</b>
<b>Jason Sarnoski, Deputy Director</b>
<b>Richard D. Gardner, Freeholder</b>

### Freeholder Contact Information

<b>Telephone</b>	<b>(908) 475-6500</b>
<b>FAX</b>	<b>(908) 475-6528</b>
<b>Website</b>	<b>co.warren.nj.us/freeholders</b>

## NEWS FROM THE COUNTY'S PUBLIC INFORMATION DEPARTMENT



Whether you're new to the area or not, do you want to know what's happening in Warren County and what fun things there are to do with your kids, grandkids, and friends in your free time?

Visiting Warren County's tourism website: **www.ExploreWarren.org** is your one stop for answers! You'll find information on the area's attractions, a calendar of upcoming events, and **Warren County Wanderings**, a *weekly newsletter* of what is going on in Warren County. The **Warren County Wanderings** newsletter can also be emailed to you. Just look for the form on the website to sign-up for email delivery.

# "31 RIDE" Transportation

The **31 RIDE Shuttle** provides new possibilities for Warren County residents! The 31 Ride Shuttle is designed to alleviate traffic along the Route 31 corridor, and if you've ever sat in traffic on Route 31 during peak hours, you know this is a welcome solution to a long standing issue!

Here's how the 31 RIDE SHUTTLE can help:

You can park your car (or be dropped off) at any of Warren County's **3 park and ride lots**.

1. **Oxford Municipal Building**  
*(Overnight parking available)*
2. **Washington Twp Municipal Building**  
*(overnight parking available)*
3. **Family Dollar Store** *(Rt. 31 in Washington)*

The 31 Ride Shuttle will enable you to make connections in Clinton to a number of other destinations.

The 31 Shuttle also provides **REGULAR SERVICE TO:**

- **Hawk Pointe Plaza/ShopRite**

**AND: ON-DEMAND SERVICE TO:**

- Abilities of Northwest Jersey
- Glen Gardner Post Office

So what does all this mean to you? Less time sitting in your car, and perhaps more important, it can mean more **Access to places you want to go, more Independence, and new opportunities** for you to experience!

The cost is only a suggested donation of \$2.00 for each one way trip.

All vehicles are handicapped accessible.

**Call Warren County Transportation for information: (908) 454-4044**



## Help Others And Stay Healthy Yourself!

By becoming a trained peer leader in these proven wellness programs you will not only develop a sense of satisfaction in knowing you're helping others, you'll have fun and make new friends too!

**Volunteer Peer Leader training is being offered in these Wellness Programs:**



### 1. A Matter Of Balance

Trained volunteer peer leaders lead 8 weekly sessions focusing on the critical issue of "**FALLS**" among older adults and managing the issues surrounding it.

### 2. **Take Control Of Your Health**



SIX-week sessions are led by peer leaders in each of these programs

- **Chronic Disease Self-Management Program** (CDSMP) for people with chronic diseases and conditions.
- **Diabetes Self-Management Program** (DSMP) for people with type 2 diabetes.
- **Cancer Thriving and Surviving** (CTS) for people who have recently completed cancer treatments.



### 3. Project Healthy Bones

This is a 24 week exercise and education program for those at risk (or have) osteoporosis.

**Classes will be held at Community Senior Centers in Hackettstown, Washington, Knowlton and Phillipsburg.**

To become a **PEER LEADER** or to sign-up to participate in any of the programs offered in Warren County don't wait....please contact

Skylands RSVP Volunteer Resource Center  
1-888-387-9830 or 973-784-4900  
rsvp@norwescap.org

## Get to Know

## Your Warren County Community Senior Centers



**Join us!** Community Senior Centers have a daily schedule offered at each regionally located center to suit all county seniors. Participate in as many as you like then stay for a delicious meal. Here's what you can expect:

- **Wellness programs** like *A Matter of Balance*, *Take Control of Your Health*, *Project Healthy Bones*;
- **Exercise programs** like Yoga Tai Chi, and Zumba Gold;
- **Guest speakers** on various relevant topics;
- **Daily recreational activities**
- **A full meal**

**Don't drive? No problem! Round trip transportation is available.**

### **Hackettstown Area:**

Senior Center  
293 Main St.  
Hackettstown, NJ **908-850-5438**

### **North Warren Area:**

Knowlton Lions Den  
505 Route 94  
Columbia, NJ **908-496-4001**

### **Washington Area:**

Faith Discovery Church Community Center  
33 Brass Castle Rd,  
Washington, NJ **908-689-0650**

### **Phillipsburg Area Satellite:**

Phillipsburg Area Senior Center  
310 Firth St (closed Tuesdays)  
Phillipsburg, NJ **908-859-2423**

**Call the Division of Aging & Disability Services for more information and activity schedules at (908) 475-6591**

## LIFE AFTER LOSS

Losing someone you love can change your world. You may feel sad, alone or even angry. You might have trouble concentrating or sleeping. If you were a busy caregiver, you might feel lost when you're suddenly faced with lots of unscheduled time. These feelings are normal and there is no right or wrong way to mourn the loss of a loved one.



### Coping With Loss:

- **Take care of yourself.** Try to exercise regularly, eat healthy food, and get enough sleep.
- **Talk with caring friends.** Let others know if you need to talk.
- **Try not to make any major changes right away.** It's a good idea to wait for a while before making big decisions, like moving or changing jobs.
- **Join a grief support group in person or online.** It might help to talk with others who are also grieving. Check with your local hospice, hospitals, religious communities, and government agencies to find a group in your area.
- **Talk to your doctor.** Be sure to let your healthcare provider know if you're having trouble with everyday activities, like getting dressed, sleeping, or fixing meals.
- **Be patient with yourself.** Mourning takes time. It's common to feel a mix of emotions for a while.
- **Consider professional support.** Sometimes talking to a trained counselor about grief can help.

For more information on counseling services available, contact the Division of Aging & Disability Services at **908-475-6591** or **1-877-222-3737**.



## Experts "LOWER" High Blood Pressure Threshold

It's well known that having high blood pressure **increases your chances of heart attacks, strokes, kidney disease, and other serious health problems.**

**Normal blood pressure for an adult is 120/80 or lower.** The first number (120) is the pressure the heart uses to push blood through your arteries. The second number (80) is the pressure between beats when the heart is at rest.

National Institute of Health (NIH) sponsored research has provided evidence that the definition of high blood pressure should be changed. Prior to the guideline being changed in *November, 2017*, high blood pressure ***was previously determined as 140/90 and above.***

**However, high blood pressure is now defined as 130/80 or higher.**

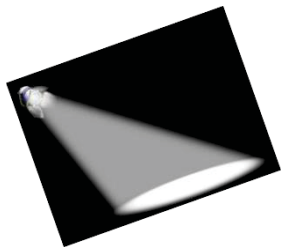
If your doctor determines you have high blood pressure, changes to your diet and increased physical activity may initially be recommended. If the lifestyle changes don't work, medication may be prescribed.

### Ask Your Doctor

- Am I at risk for heart disease?
- What tests do I need?
- Is my blood pressure okay? If not, what should I do?
- Is my cholesterol level okay? If not, what should I do?
- Is my weight okay?
- How much exercise do I need?
- Am I at risk for diabetes?







# SPOTLIGHT ON SERVICES

**Leaky faucet? Loose railing or step?** The Warren County Division of Aging & Disability Services' funds a program called the "**CHORE CORPS**" and it may be able to help.



The **Chore Corps** is a volunteer based program designed to assist senior residents with minor home repairs. Dedicated volunteers skilled in various types of home repair provide their labor free of charge. The recipient of the service is expected to provide/purchase any materials needed to complete the repair.

Examples of some jobs can include: minor carpentry involving repairs on doors, locks, windows, furniture, steps and railings.

For more information about the "Chore Corps" or if you are interested in becoming a volunteer, contact the Division of Aging & Disability Services – ADRC at **908-475-6591** or toll free **1-877-222-3737**.

## United Way of Northern NJ To Host Caregivers Conference

### "Caregiving Across the Lifespan - More Tools for your Journey"

Area experts will present information on these topics:

- **Legal Documents 101:** Durable & Medical POA's; Living Wills & POLST; Guardianship & Special Needs Trusts
- **Nutrition Care Plan for Caregivers**
- **Therapeutic Benefits** of Journaling or Learning to Relax with Simple Meditation and Breathing Exercises

**When:** Saturday, April 28, 2018  
9:00 am – 1:00pm

**Location:** *Newton Medical Center  
Romano Conference Center  
175 High St., Newton, NJ*

For more information or to pre-register for the conference contact Robin Ennis:

**973-993-1160 x305**  
**robin.ennis@unitedwaynj.org**

## Don't Be A Victim!



### NUMBERS TO HELP YOU COMBAT FRAUD

**SCAMMED OR CHEATED? File a Complaint**  
NJ Consumer Affairs - **888-382-1222**

**ENSURE A CHARITY IS LEGITIMATE**  
NJ Charities' Hotline - **973-504-6215**

**ENSURE A CONTRACTOR IS LEGITIMATE**  
NJ Regulated Business Unit - **973-504-6370**

**REPORT PHONE SCAMS TO THE IRS**  
**1-800-366-4484**

**REPORT UNSOLICITED E-MAIL CLAIMING  
TO BE FROM THE IRS - phishing@irs.gov**

### **7 Keys to Happy, & Healthy Aging**

1. **Volunteer for a Worthy Cause** – You'll feel good about yourself!
2. **Take Up Dancing** - Dancing is a low-impact way to stay active, while getting your heart up and blood flowing.
3. **Go Back To School** – learn things you *want* to learn, and many local colleges offer tuition waivers for seniors.
4. **Join a Social Club** – helps you stay connected to others and your community
5. **Take-up a New Hobby** – Having a new passion may renew a sense of purpose.
6. **Travel** – Go somewhere new, learn the culture, or take a cruise.
7. **Adopt a pet**– a furry companion can be good company, reduce loneliness & stress, and even lower your blood pressure.

## IMPORTANT NEWS ABOUT YOUR *MEDICARE CARD*

Beginning in April, 2018 and through April, 2019, CMS (Centers for Medicare & Medicaid Services), will start mailing all Medicare beneficiaries a new Medicare card with a new, unique, Medicare Number, known as a Medicare Beneficiary Identifier (MBI). Your MBI will be 11 characters in length and include numbers and uppercase letters.

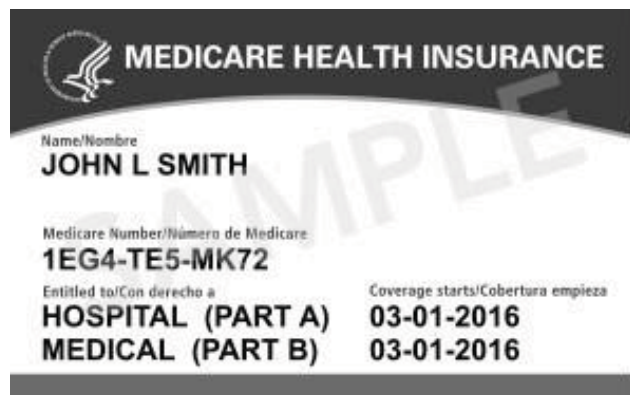
**Once you receive your new Medicare Card, your Social Security Number WILL NO LONGER BE USED as your Medicare Claim Number!**

CMS Administrator, Seema Verma states the following regarding this major change:

**“We’re taking this step to protect our seniors from fraudulent use of Social Security numbers which can lead to identity theft and illegal use of Medicare benefits. We want to be sure that Medicare beneficiaries and healthcare providers know about these changes well in advance and have the information they need to make a seamless transition.”**

More information can be found at:  
<https://www.cms.gov/Medicare/New-Medicare-Card/>

Your new Medicare Card will be red, white, and blue and will look like this:



## 10 THINGS TO KNOW ABOUT YOUR NEW MEDICARE CARD

1. **MAILING TAKES TIME-** The timetable for mailing new cards is April 2018 through April, 2019, so everyone will receive their cards at different times.
2. **DESTROY YOUR OLD MEDICARE CARD-** Once you receive your new Medicare Card, destroy your old Medicare card and start using your new card as soon as you get it.
3. **GUARD YOUR CARD-** Give your new Medicare Number to ONLY your doctors, pharmacists, other health care providers, and people you trust to work with Medicare on your behalf.
4. **YOUR MEDICARE NUMBER IS UNIQUE-** Your new Medicare Beneficiary Identifier number is unique to you.
5. **YOUR NEW CARD IS PAPER-** Paper cards are easier for providers to scan and copy. Using paper save taxpayers money. Plus, you can print your own replacement card if you need one!
6. **CARRY YOUR NEW CARD WITH YOU-** Carry your new card to provide to health care providers when you need care.
7. **YOUR DOCTOR KNOWS IT'S COMING-** Doctors, other health care facilities, and providers will ask for your new Medicare card when you need care.
8. **YOU CAN LOOK UP YOUR NUMBER-** Your MBI can be found online.
9. **KEEP YOUR MEDICARE ADVANTAGE CARD-** *Your Medicare Advantage (MA) Plan ID card is still your MAIN CARD for Medicare.* Carry your new Medicare Card in case your provider asks for it.
10. **HELP IS AVAILABLE-** If you don't get your new Medicare card by April 2019, call **1-800-MEDICARE (1-800-633-4227)** TTY users - 1-877-486-2048, or visit the Medicare website-**www.cms.gov** and search for "new Medicare Card."

## AARP Driver Safety Classes



You may ask “why should I take a driver safety course”? You’re an experienced driver and have been driving for decades. Right? Actually, a lot has changed over the years.

- Cars have changed;
- Traffic rules have changed;
- Driving conditions have changed;
- The roads you drive have changed;

Don’t you want to do everything you can to preserve your driving privileges, maintain your independence, and continue to be the responsible driver you’ve always been? If so, the AARP Driver Safety program is for you! **You may even get a discount on the cost of your car insurance.**

It’s worth a call to find out more:

**908-528-3239 or 1-888-227-7669**

### 4 Ways to Cut Your Risk of Flu

**1. Get A Flu Shot – No Matter What!**

If you’re over 6 months of age, get a flu shot every year as soon as the vaccine becomes available in the fall.

**2. Wash Your Hands** - The most common way to catch the flu is to touch your own eyes, nose or mouth with germs on your hands. **Keep your hands clean and away from your face.**

**3. Get To The Doctor ASAP** - Prompt treatment can help reduce the severity and duration of the flu.

**4. Keep Your Distance** - This helps to prevent others from catching your flu or you catching theirs. Be advised, germs continue to be spread for up to seven days after getting sick!

*-American Lung Association*



## Attention Warren County Veterans!

The Warren County Board of Chosen Freeholders consider it one of their greatest privileges to pay tribute to Warren County’s veterans, and are planning to do so at the County’s **2018 Veterans Recognition Ceremony**. As they have done since 2004, the Freeholders wish to continue to ensure every Warren County veteran is recognized for their patriotism and sacrifice.

Applications are now being accepted for the 2018 Warren County Veterans Recognition Ceremony to be held **on Saturday, May 5**, at the **Warren County War Memorial**, located next to the Courthouse at the corner of Second and Mansfield Streets, Belvidere.

Veterans who meet the following criteria will receive the **Warren County Distinguished Military Service Medal**:



- Current Warren County residents (*or a resident upon entering the military*)
- Have NOT already received Warren County Distinguished Military Service Medal
- Served during one of the nation’s recognized war periods (*veterans of World War II, Korea and Vietnam do not have to have served overseas*)

Proof of service is required with application. Examples of proof could be Report of Separation or DD214.

**Posthumous recognition is available for deceased veterans.**

**Obtain Application Packets at:  
Warren Public Information Department  
908-475-6580 / 800-554-8540**

The application also is available for download on the Warren County website at:

**[www.co.warren.nj.us/veterans/index.html](http://www.co.warren.nj.us/veterans/index.html)**





Since 1963, each year the President of the United States has proclaimed the month of **May as Older Americans Month (OAM)**, and encourages the entire nation to pay tribute in some way to older adults in their communities.

The theme for Older Americans Month in 2018 is **“Engage at Every Age”** which emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being.

During Older Americans Month 2018, Warren County will also celebrate the innumerable ways older adults make a difference in Warren County by hosting and participating in many special events and celebrations, including the naming of the **“2018 Mary Louise Christine Outstanding Senior Citizen of Warren County”**.

The Warren County Division of Aging and Disability Services is compiling an **OAM Calendar of Events** of the activities and celebrations occurring throughout the County.

All Warren County organizations, agencies, and partners are encouraged to sponsor or hold a special event to honor our senior citizens during Older Americans Month. Any organization or agency interested in having their event listed in the County’s **OAM Calendar of Events** can email the Division of Aging and Disability Services: **seniorservices@co.warren.nj.us**, or call our toll-free number: (877) 222-3737.

**No matter where you are in your life, there is no better time than right now to start engaging!**



## **PASS THE SALAD PLEASE!**

A recent report in the journal of *“Neurology”* found that a diet containing approximately one serving per day of green leafy vegetables like spinach, kale, collards, and lettuce is associated with slower age-related cognitive decline.

So, don’t *“forget”* to eat your greens!

-National Institute on Aging, 2/23/2018

## **Free Tax Return Preparation**

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who qualify.

IRS certified volunteers are ready to help you get the most from your Federal and State tax returns. Appointments are required and may still be available at various locations in Warren County.

For more information and to schedule an appointment call **1-888-387-9830 x 3502** or **1-973-993-1160 x 5** or visit **[www.UnitedWayNNJ.org/FreeTaxPrep](http://www.UnitedWayNNJ.org/FreeTaxPrep)**

The Warren County VITA program is made possible by the cooperation of the Internal Revenue Service, the United Way of Northern New Jersey, NORWESCAP and the many dedicated volunteers who donate their time each year.

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.