



Senior Happenings

Gloucester County Division of Senior Services, 115 Budd Boulevard, West Deptford, NJ 08096



Department of Health and
Human Services
Division of Senior Services

115 Budd Boulevard
West Deptford, NJ 08096

(856) 384-6900
1-877-222-3737

Freeholder Director
Robert M. Damming

Freeholder Liaison
Jim Jefferson



On behalf of Freeholder Director Robert M. Damming, Freeholder Liaison Jim Jefferson, and the entire Board of Chosen Freeholders, we would like to extend our warmest wishes to you and your family for a Happy and Healthy New Year!

Senior Christmas Parties



Pictured: Freeholder Liaison Jim Jefferson

The Gloucester County Board of Chosen Freeholders hosted their annual Senior Citizen Christmas Parties on December 1st, 2nd, 8th and 9th. We would like to extend our gratitude to Monongahela Middle School, West Deptford Madrigals, West Deptford Middle School, and the Woodbury Heights Elementary School for entertaining us this year. Seniors also enjoyed music by "Joy Ride." Approximately 1,900 seniors attended; everyone had a great time and enjoyed themselves at the parties!



Guideline to Getting Your Affairs in Order



Steps for Getting Your Affairs in Order from the National Institute on Aging:

- Put your important papers and copies of legal documents in one place.** You could set up a file, put everything in a desk or dresser drawer, or just list the information and location of papers in a notebook. If your papers are in a bank safe deposit box, keep copies in a file at home. Check each year to see if there's anything new to add.
- Tell a trusted family member or friend where you put all your important papers.** You don't need to tell this friend or family member about your personal affairs, but someone should know where you keep your papers in case of an emergency. If you don't have a relative or friend you trust, ask a lawyer to help.
- Give consent in advance for your doctor or lawyer to talk with your caregiver as needed.** There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be able to get needed information. You can give your okay in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form.

Plan for the Future. No one ever plans to be sick or disabled. Yet, it's just this kind of planning that can make all the difference in an emergency. Visit www.nihseniorhealth.gov, a senior-friendly website from the National Institute on Aging and the National Library of Medicine which has health and wellness information for older adults.

Project Lifesaver



Individuals suffering from Alzheimer's disease and related dementia disorders are at risk of becoming lost due to memory and cognitive changes that occur as part of the disease. Participants in the Project Lifesaver Program wear a light weight wristband which emits a unique tracking signal. When a participant is reported missing, the Gloucester County Office of the Sheriff responds immediately. Search times have been reduced from hours and days to minutes with this program, which can mean the difference between life and death. For more information, please contact the Office of the Sheriff at (856) 384-4626.

Need Assistance Paying Your Energy Bill?

For information or assistance about programs available to qualifying seniors who need help paying their energy bills, please contact the Division of Senior Services at (856) 384-6900.

Free Classes at Gloucester County Libraries

The Gloucester County Library System offers various programs free of charge including craft and popular computer classes like Basic Computer Skills and Introduction to Facebook. For more information, please call (856)223-6060.

Coping with the Cold

For many older adults, the drop in temperature can pose a danger. Stay safe at home by being prepared:

- Keep a battery-powered radio, flashlight, and extra batteries handy.
- Stock up on non-perishable foods and bottled water. Have enough on hand for several days.
- If you are taking medication, check your supply and order ahead of time.
- Keep in close touch with a neighbor or friend. Check on one another during snowstorms.



If you or someone you know is having a problem coping with the cold weather, please contact the Division of Senior Services at (856) 384-6900.

If driving, follow these guidelines during the winter months:

- Keep the gas tank near full to help avoid ice in the tank and fuel lines during the winter.
- Keep a bag of kitty litter or sand to help with traction.
- Be sure to have a windshield scraper, deicer, a shovel, and brightly colored cloth in case of a break-down/emergency.

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

Outreach to the Elderly

Do you know someone who is homebound and in need of assistance? Gloucester County Senior Services runs an Outreach Program that aims to seek out individuals who are unable to actively seek help for themselves. It helps seniors solve problems and figure out solutions. Home visits offer seniors access to information and assistance and linkages to services to enhance their quality of life. For more information, please contact the Division of Senior Services at (856) 384-6900.





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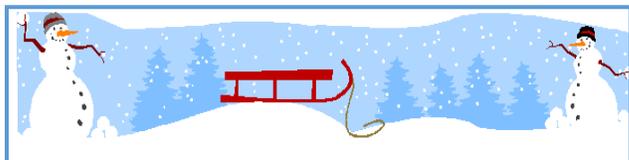
**Gloucester County
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**Deputy Freeholder Director
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**Freeholder Liaison
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**Executive Director
Leona G. Mather
Division of Senior Services**



The County of Gloucester complies with all State and Federal rules and regulations and does not discriminate on the basis of race, color, national or ethnic origin, sexual orientation, age, marital status or disability in admission to, access to, or operation of its programs, services or activities. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all county residents 60 years of age and older. Inquiries regarding compliance may be directed to the Division of Disability Services at (856) 384-6842/New Jersey Relay Services 711 or the EEO Office at (856) 384-6903.

Wellness and Active Aging

One of the best ways to improve physical and cognitive health is exercise. The US Surgeon General has recommended a “Call to Action to Promote Walking” as an essential ingredient in improving health. Simply walking 30 minutes a day can help people prevent, delay, or manage chronic conditions such as arthritis, diabetes and heart disease as well as reduce the risk of falls. The Gloucester County Health Department offers wellness programs to keep you active and moving such as Tai Chi, Step by Step Walking Program, Arthritis Move Today Program, and Sunrise Yoga. Call (856) 218-4106 for more information.

Caregiver Support Program

The Gloucester County Caregiver Support Program responds to the needs of Caregivers by providing them with support and assistance in accessing services to help maintain needs of their loved ones. Individual counseling and a monthly caregiver’s support group is available. For more information please call the Division of Senior Services at 856-686-8338.

2016 Dates to Remember

- May 17** - Senior Health & Fitness Day
- May 24** - Golden Follies Entertainment Show
- September 7** - Senior Picnic
- October 19** - Volunteer Recognition Luncheon
- October 26** - Caregiver Luncheon
- December 6, 7, 13, 14** - Senior Christmas Parties

The Division of Senior Services is open Monday through Friday from 8:30 AM to 4:00 PM. Services are available to all residents of Gloucester County who are 60 years of age and older, regardless of race, color, or national origin in compliance with Title III of the Older Americans’ Act as amended in 1978.