

# 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  
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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 Holiday Parties



*Pictured: Freeholder Liaison Jim Jefferson and centenarian Mary Capasso*



The Gloucester County Board of Chosen Freeholders hosted their annual Senior Citizen Holiday Parties on December 3<sup>rd</sup>, 4<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup>. We would like to extend our gratitude to Woodbury Heights Elementary School for entertaining us this year and to the following business for their generous donations: Botto's, Chloe's Cream Puffs, Dippy's, Duffield's, Ferenheit, Franklinville Inn, Groff's Nursery, Sweetsboro, Westville Lions Club, and the Whitman Diner. Approximately 2,200 seniors attended; everyone had a great time and enjoyed themselves at the parties!

## Your One-Stop Application for Benefits and Savings in NJ

NJSave is an online application to help low-income seniors and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses.

NJSave enrolls eligible applicants into the following programs: Pharmaceutical Assistance to the Aged and Disabled (PAAD), Senior Gold Prescription Discount Program, Lifeline Utility Assistance, Medicare Savings Programs (SLMB & QI-1), Medicare Part D's Low Income Subsidy (LIS, also known as "Extra Help"), Hearing Aid Assistance to the Aged and Disabled (HAAAD).

The application is also used to screen applicants for numerous savings and assistance programs. If it looks like they may qualify, their data is forwarded on for enrollment. These programs include: Universal Service Fund (USF), Low-Income Heating and Energy Assistance Program (LIHEAP), & Supplemental Nutrition Assistance Program (SNAP).

Finally, individuals who qualify for PAAD and Lifeline Utility Assistance through NJSave may also be eligible for: Property Tax Freeze, Reduced Motor Vehicle Fees, & Low-Cost Spaying/Neutering.



# NJSave



Your One-Stop Application for Benefits and Savings in New Jersey



**You May Qualify for Programs If:**

- You are a resident of the State of New Jersey
- You are age 65 or older
- You are between the ages of 18 and 64 and receiving Social Security Disability benefits
- You meet certain income requirements

**Benefits and Programs:**

- Pharmaceutical Assistance to the Aged and Disabled (PAAD)
- Hearing Aid Assistance to the Aged and Disabled (HAAAD)
- Lifeline Utility Assistance
- Medicare Savings Programs
- Senior Gold Prescription Discount Program



**Additional Savings Programs:**

- Universal Service Fund (USF)
- Low-Income Heating and Energy Assistance Program (LIHEAP)
- Supplemental Nutrition Assistance Program (SNAP)
- Property Tax Freeze
- Reduced Motor Vehicle Fees
- Low-Cost Spaying/Neutering



**Get Help Now and SAVE Today!**

NJ Department of Human Services, Division of Aging Services

1-800-792-9745    [www.aging.nj.gov](http://www.aging.nj.gov)



Scan Barcode With Your Smartphone!

## 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.



## 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.





[www.gloucestercountynj.gov](http://www.gloucestercountynj.gov)

**Gloucester County  
Board of Chosen Freeholders**

**Freeholder Director  
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**Deputy Freeholder Director  
Frank J. DiMarco**

**Freeholder Liaison  
Jim Jefferson**

**Executive Director  
Leona G. Mather  
Division of Senior Services**



The County of Gloucester complies with all state and federal rules and regulations against discrimination in admission to, access to, or operations of its programs, services, and activities. In addition, County encourages participation of people with disabilities in its programs and activities and offers special services to all residents 60 years of age and older. Inquiries regarding compliance may be directed to the County's ADA Coordinator at (856) 384-6842/ New Jersey Relay Service 711.

## 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.

## 2020 Dates to Remember

- May 12** - Senior Health & Fitness Day
- May 27** - Spring Fling
- June 24** - Senior Art Show
- August 26** - Grandparent Back to School Luncheon
- September 15** - Senior Picnic
- October 14** - Volunteer Recognition Luncheon
- October 22** - Caregiver Luncheon
- December 1, 2, 8, 9** - Senior Holiday Parties
- December 18** - Grandparent Holiday Luncheon

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.