



# 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**

**Aging & Disability Resource Center**

**115 Budd Boulevard  
West Deptford, NJ 08096**

**(856) 384-6900**

**1-877-222-3737**



## New Jersey 2021 Farmers Market Program

The Gloucester County Board of Commissioners is offering vouchers to income eligible seniors to buy fresh produce at designated local farmers markets beginning in June.

The Seniors Farmers' Market Nutrition Program provides coupons to income eligible seniors over the age of 60 to purchase locally grown fresh fruit, vegetables and herbs from local farmers. Income guidelines are: household of one monthly gross income of up to \$1,968, and household of two can have monthly gross income of \$2,658. Proof of Gloucester County residency and income is required; income limits will change effective July 1<sup>st</sup>.

Distribution will begin in June and supplies are limited. Contact the Division of Senior Services office at 856-384-6900.

### Staying Healthy

The Glassboro Senior Center offers physical activities and socialization made possible by funding through our Area Plan Grant and the Older American's Act. Activities are available to seniors from any Gloucester County Municipality.

The center offers outdoor activities such as Zumba, Tai Chi, yoga, meditation, bingo, and "Let's Get Fit" chair exercises. Indoor activities include craft classes.

Please call (856) 881-8504 extension 3 for more information or visit the center's Facebook page at [www.facebook.com/GlassboroSeniorCenter](http://www.facebook.com/GlassboroSeniorCenter)



**Robert M. Dammingier,  
Director**

**Jim Jefferson,  
Liaison**

## Keeping Cool

Prolonged heat and humidity can present a serious health hazard, especially for young children, the elderly, and persons taking certain medications. To avoid health complications from excessive heat, the NJ Department of Health & Senior Services recommends:

- ☀️ If you do not have air-conditioning, spend time in air-conditioned places such as libraries, movies, malls or other public buildings during the hottest hours of the day.
- ☀️ Make sure children and the elderly are drinking water, and ensure that persons with mobility problems have adequate fluids in easy reach.
- ☀️ Talk to your health care provider about any medicine or drugs you are taking. Certain medications can increase the risk of heat-related illness.
- ☀️ Don't leave children, elderly, a person with a disability, or pets in an enclosed car -- not even for a minute -- as temperatures can quickly climb to dangerous levels.
- ☀️ Wear loose and light-colored clothing. Wear a hat when outdoors.
- ☀️ Reduce physical activity or reschedule it for cooler times of the day.
- ☀️ Drink plenty of water or other non-alcoholic beverages.



## Energy Assistance

Do you need help with your home energy bills? The State of New Jersey offers programs that can help. Call (856) 384-6900 for more information.

- Low-Income Energy Assistance Program (LIHEAP) is a federally funded program that helps low-income households pay for heating costs (includes: electric, natural gas, oil and other deliverable fuels). Even if your heat is included in your rent, you may qualify. LIHEAP grants are also available for medically necessary cooling costs. Applications are accepted from October 1 through June 30 each year.
- Universal Service Fund (USF) is a program that helps low-income households pay for their electric and natural gas costs. To be eligible for USF, your household must: 1) Be income eligible and 2) spend more than three percent of household income on gas and/ or electricity; (or spend more than six percent of household income on electric heating). Applications are accepted any time of the year.
- The Lifeline Utility Assistance Program is for eligible low-income senior citizens and the disabled. Lifeline benefits help eligible homeowners and renters with electric and natural gas costs
- Payment Assistance for Gas and Electric (PAGE) grants help gas and electric customers prevent disconnection of service or restore service.

## Senior Citizen Picnic

The Gloucester County Board of Commissioners will sponsor their annual Senior Citizen Picnic on September 21st (rain date September 22nd) from 11:00am to 3:00pm at Redbank Battlefield in National Park.

Lunch, music, entertainment, and dance contests will be presented throughout the day.

Tickets are \$2 and will go on sale at the Division of Senior Services at 115 Budd Boulevard in West Deptford on July 1st. Please note that in order to attend this event, you must be a Gloucester County resident and be at least 60 years of age. Call (856)384-6900 for more information.



## Don't Be a Victim of Fraud – Know About Consumer Protection



Senior citizens are targeted more frequently by financial fraud and scams than any other age group. Today's seniors are prime targets of fraudsters for several reasons, starting with their financial assets. Members of this generation are most likely to have a substantial "nest egg," own their homes, or have excellent credit. Moreover, seniors are less likely to report a fraud, either because they don't know who to report it to, are too ashamed at having been scammed, or don't know they have been victimized. One of the biggest reasons seniors fall prey to fraudsters is that they are simply less likely to be aware of the latest scams making their way across the nation and around the state. For more information, visit [FightingFraud.NJ.gov](http://FightingFraud.NJ.gov) or call the New Jersey Division of Consumer Affairs at 1-800-242-5846.

## Call for Volunteers

Would you like to give back to your community?

Volunteer at Gloucester County Senior Services!

We are in need of volunteer drivers for the Serv-A-Tray (home delivered meal) program and volunteers to greet people and answer phones at our offices at 115 Budd Blvd. in West Deptford.

If interested, or if you would like more information about these volunteer opportunities, please call (856) 686-8330.





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

**Board of  
County Commissioners**

**Robert M. Damming, Jr.,  
Director  
(856) 853-3395**

**Jim Jefferson, Liaison  
(856) 853-3384**

**Executive Director  
Leona G. Mather  
Division of Senior Services  
(856) 384-6900**



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, the 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.



# Stuck at Home?

## Would you like to get a call from a new friend?

Gloucester County AmeriCorps Seniors Reassurance Caller Program provides a volunteer that will call you at least 2 times a week to provide support and company.

**There is NO cost for this program!**



**Give us a call to sign up  
856-468-1742**

**Location:** AmeriCorps Seniors, 115 Budd Boulevard, West Deptford, NJ 08096

**Mailing Address:** AmeriCorps Seniors, Rowan College of South Jersey, 1400 Tanyard Road, Sewell, NJ 08080

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## Dates to Remember

**September 21** – Senior Picnic (rain date Sept. 22)

**December 7, December 8, December 14, & December 15** – Senior Holiday 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.*