

Spring 2023

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

phone: (856) 384-6900

email: seniors@co.gloucester.nj.us

www.GloucesterCountyNJ.gov

**Gloucester County Board
of Commissioners**

Frank J. DiMarco, Director
Jim Jefferson, Liaison

Each year the Gloucester County Board of Commissioners joins in the national tradition of proclaiming May as Older Americans Month.



The U.S. Department of Health and Human Services designates a theme for Older Americans Month every year; the theme for 2023 is **Aging Unbound** which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

The Gloucester County Board of Commissioners provides services and support systems within the community to maintain older adults' dignity, independence, and self-determination as they age. In addition, programs and activities are offered to assist seniors in remaining active and engaged in community life.

Gloucester County Commissioners Offer New Event for Seniors!

Due to the overwhelming popularity of the annual Senior Picnic in September, the Gloucester County Board of Commissioners will sponsor a Summer Senior Picnic on May 31st at Atkinson Park from 11:00am-3:00pm. Lunch, music, entertainment, and dance contests will be presented throughout the day.

A limited amount of tickets are available for this event to Gloucester County residents 60 or older. Tickets are first come, first served, are \$2, and will be available April 12th at the Division of Senior Services and the six nutrition sites throughout the County. For additional information, please contact the Gloucester County Division of Senior Services at (856) 384-6900.



Division of Senior Services Public Hearing

The Division of Senior Services will conduct the annual Public Hearing on May 9th at 9:30 a.m. at the Deptford Senior Center on Tanyard Road in Sewell. Topics include the Area Plan Contract, which will provide funding for services designed to assist senior citizens.



This Public Hearing is an opportunity for the public to discuss senior citizens' needs and issues and provide input on the many programs the Division of Senior Services provides. For additional information, please call the Division of Senior Services at (856) 686-8342 or email seniors@co.gloucester.nj.us.

Senior Health & Fitness Day



Tickets will be available April 12th at the Division of Senior Services and at the six nutrition sites. Call (856) 384-6900 for more information.

The Gloucester County Board of Commissioners will sponsor Senior Health and Fitness Day on May 16, 2023 with a free breakfast at Auletto Caterers in Deptford followed by a Health Fair. Breakfast seatings are at 9:00 am and 10:30 am.

Screenings include: diabetes, cholesterol, blood pressure, foot, bone density, chiropractic care, eye, glaucoma, stroke, and balance. Hearing Tests and massage therapy will be provided. Information from community and county agencies will also be available.

A limited amount of tickets are available for this event to Gloucester County residents 60 or older. Tickets are first come, first served, are \$2, and will be available on April 12th at the Division of Senior Services and the six nutrition sites throughout the County. For additional information, please contact the Gloucester County Division of Senior Services at (856) 384-6900.

Spring Fling

The Gloucester County Board of Commissioners will host a Spring Fling on June 13th, June 14th, and June 20th at 10:00am at Auletto Caterers in Deptford. Lunch will be provided along with entertainment.

A limited amount of tickets are available for this event to Gloucester County residents 60 or older. Tickets are first come, first served, are \$2, and will be available on May 18th at the Division of Senior Services and the six nutrition sites throughout the County. For additional information, please contact the Gloucester County Division of Senior Services at (856) 384-6900.



Tickets will be available on May 18th at the Division of Senior Services and at the six nutrition sites. Call (856) 384-6900 for more information.

Free SHIP Medicare Counseling for Seniors

Gloucester County AmeriCorps Seniors provides assistance to Medicare beneficiaries who have questions about benefits and claims, supplement policies, and long-term care insurance.

Call (856) 468-1742 for more information and to schedule an appointment.

Calcium for the Older Adult

Regina Becker RDN CDCES, Assistant Nutrition Coordinator



From birth till about age 30, we have the ability to build or lay calcium in our bones, after that, it's all about maintaining the bones we built. That means getting enough Calcium in our diet. As we get older, life gets in the way and a lot of us start forgetting the importance of calcium.

Why is Calcium Important? Calcium helps build and maintain strong bones and teeth, aids in blood clotting, is involved in muscle and nerve function, contributes to blood pressure control, and may help prevent some forms of cancer.

What types of Foods will give us Calcium? Milk, cheese and yogurt, fish with soft edible bones such as sardines and canned salmon, dark leafy greens such as broccoli and kale, calcium fortified foods and beverages such as calcium fortified orange juice, cereal, soy products and milk substitutes, figs, white beans, and almonds. Keep in mind that you need Vitamin D to absorb Calcium. You can get Vitamin D through Vitamin D containing foods, sunlight, and supplements.

How much Calcium does the older adult need and what does that mean in terms of food? Women over the age of 51 years old and men over the age of 71 years of age need about 1200 mg of calcium per day. This can translate to about 3-4 servings of dairy in a day. An 8 ounce serving of milk contains roughly around 300 mg of Calcium. The amounts for nondairy foods vary according to their calcium content. Calcium supplements typically contain 200-300 mg of Calcium but can provide up to 600 mg. It's important to know the facts and read the label.

So, in summary, calcium is a very important mineral which helps maintain strong bones and teeth and contributes to multiple functions in the human body.

GC Senior Services Medical Equipment Re-Use Program

Unwanted or unneeded medical equipment, incontinence supplies, and nutritional supplements have life changing power when passed along.

We accept donations of gently-used or new equipment, unopened nutritional supplements, and incontinence supplies - items we receive will then be offered, free of charge, to county seniors in need.

Please call The Division of Senior Services at (856) 686-8330 or email seniors@co.gloucester.nj.us to arrange a donation or you need equipment or supplies.



Director Frank J. DiMarco and
Commissioner Jim Jefferson, liaison to the
Division of Senior Services.



www.GloucesterCountyNJ.gov

**Gloucester County Board
of Commissioners**

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Division of Senior Services

Eric M. Fisher, Executive Director
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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.

2023 Special Events!

May 9th

Public Hearing at Deptford Senior Center
9:30 am - 12:00 pm

May 16th

Senior Health & Fitness at Auletto Caterers
9:00 am – 1:00 pm
Tickets available: April 12th

May 31st (Rain Date 6/1)

Summer Senior Picnic at Atkinson Park
11:00 am – 3:00 pm
Tickets available: April 12th

June 13th, 14th, & 20th

Spring Fling at Auletto Caterers
10:00 am – 2:00 pm
Tickets available: May 18

September 19th (Rain date 9/20)

Senior Picnic at Red Bank Battlefield
11:00 am – 3:00 pm
Tickets available: August 9th

December 5th, 6th, 12th, 13th, 28th

Holiday Party at Auletto Caterers
11:00 am – 2:30 pm
Tickets available: November 1st

Please call (856) 384-6900 or email
seniors@co.gloucester.nj.us
for more information

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.