

SENIOR VOICE

Warren County Division of Aging and
Disability Services

Steve Unger - Executive Director

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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
Belvidere, NJ 07823

Phone: 908-475-6591 or
1-877-222-3737 or email us at:
seniorservices@co.warren.nj.us
<https://www.warrencountynj.gov>

Address Services Request

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STANDARD
U.S
POSTAGE PAID
BELVIDERE, NJ
PERMIT NO. 30

Safety Tips for Gardeners

- Wear gloves to avoid skin rashes, cuts, and contaminants
- Keep harmful chemicals, tools, and equipment out of kids' reach
- Read all instructions and labels so you use these items properly
- Cut your risk of sunburn and skin cancer by wearing a wide brimmed hat, sun glasses and sunscreen with sun protective factor (SPF) 15 or higher
- To protect against diseases carried by mosquitoes and ticks:
 - use insect repellent
 - wear long- sleeved shirts
 - tuck pants into your socks
- If you're outside in hot weather, drink plenty of water
- Pay attention to signs of heat related illness, including:
 - high body temperature
 - headache
 - rapid pulse
 - dizziness, nausea, confusion, or unconsciousness



WHEN IN DOUBT, SEEK EMERGENCY MEDICAL CARE

Adapted from U.S Center for Disease Control and Pervation Issue/ April 2016

Your donations to the Senior Voice are greatly appreciated! Please clip and mail this page to:

WC Division of Aging & Disability Services
 C/o Senior Voice Newsletter
 Wayne Dumont Jr., Administration Bldg.
 165 COUNTY RTE 519
 BELVIDERE, NJ 07823

PLEASE PRINT:

NAME:

ADDRESS:

CITY: _____ ST: _____

ZIP _____

PHONE: (_____) _____ - _____

EMAIL:

DONATION AMOUNT

_____ \$ 3.00

_____ OTHER AMOUNT

EASTON COACH
 COMPANY

NOW HIRING

CDL Drivers w/ P Endorsement

STOP BY TO FILL OUT AN APPLICATION TODAY!

224 Stockton Street Suite 2B
 Phillipsburg, NJ 08865

For more information contact:
 Call 908-454-4044 or
 email Jobs@eastoncoach.com

SIGN ON BONUS!

IMMEDIATE OPENINGS!

- Competitive wages w/ rate increases
- Benefits including medical, dental, vision, disability & life insurance, 401(k) w/ company match & paid time off
- Valid drivers license, safe driving record, age 21+ and drug free required

Application available at www.eastoncoach.com

April: Volunteer Month

VOLUNTEERS NEEDED!

Perhaps you've reached a point in your life when you have a little extra time in your day. How about spending some of that time assisting elderly/disabled residents of Warren County by volunteering?

Warren County

Meals At Home Program

Volunteers deliver meals to older adults who are homebound or unable to shop for their groceries and/or prepare meals for themselves.

Volunteer Connection Program

Volunteers assist elderly/disabled individuals to remain in their homes through the following programs:

**CHORE CORPS,
TELEPHONE REASSURANCE,
BILL PAYER,
FRIENDLY VISITOR,
GROCERY SHOPPING,
MEDICALLY ESSENTIAL TRANSPORTATION**



A LITTLE BIT GOES A LONG WAY.

Just 1-2 hours a week can make a difference in someone's life!

Do you know someone who needs Home Delivered Meals?

- Person must be homebound or unable to leave the home, with the exception of going to medical or other essential appointments.
- One must be without at-home support from family, friends, or neighbors to help with a daily meal.
- Individual must have a doctor's order that states they require a home-delivered meal.

For more information about volunteering or if you know anyone who would benefit from these services, please call Visiting Homemaker Service of Warren County - (908) 689-4140.

OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place - how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

Warren County and the Division of Aging and Disability Services will coordinate several initiatives within the County to celebrate OAM. The Division will identify and recognize a Warren County Senior that has provided outstanding services and contributions to our community. The Warren County Board of County Commissioners will present the 2022 Mary Louise Christine Outstanding Senior Citizen of Warren County to the award recipient, and all 2022 nominees and their families will be invited to attend and be recognized for their achievements. The name of the 2022 Mary Louise Christine Outstanding Senior Citizen will also be permanently displayed on a special plaque in the Wayne Dumont Jr. Administration Building.

Warren County Senior Art Show

Contact: Dennis Austin 908-453-4381

Warren County senior artists, 60 years of age or over, are encouraged to participate in the annual Warren County Seniors' Art Show. Rules and an application may be requested by: calling the Warren County Cultural & Heritage Division at 908-453-4381, downloading the forms at or by sending an email request to daustin@co.warren.nj.us. The completed application form and labeled artwork should be delivered to the Wayne Dumont Jr. Administration Building, between 10 AM and 12 Noon on Tuesday, June 14.

Artists may enter one work as either professional or non-professional. Categories are: acrylic, craft, computer imagery, drawing, mixed-media, oil, pastel, photography, print, and watercolor. All work must be the original creation of the artist, completed in the last three years, and may not have been previously entered in the Warren County Seniors' Art Show. A reception for artists is on Friday, June 17, 2022 at the Wayne Dumont Jr. Administration Building, between 10 AM and 12 Noon. Group photo scheduled for 11 AM.

Our Annual Seniors' Art Show is presented by the Warren County Cultural & Heritage Division, co-sponsored by the Warren County Division of Aging & Disability Services, supported by the Warren County Commissioners, and funded in part by the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment for the Arts.

The Wayne Dumont Jr. Administration Building is accessible, has accessible parking and is located at 165 County Road Rt. 519 S., Belvidere, NJ 07823.

For further information visit www.warrencountynjheritage.com or call: 908- 453- 4381 or 711 relay services.

Brain Injury Alliance of New Jersey

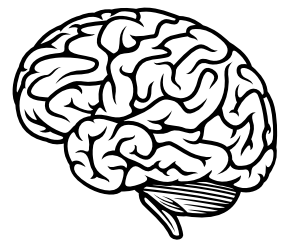
The brain controls everything we say, do, think, and feel. It keeps us alive through breathing, circulation, digestion, hormones, and the immune system. Through the brain, we experience emotion and express ourselves. When a brain injury occurs, it can be a Traumatic Brain Injury (TBI) or an Acquired Brain Injury (ABI). A TBI occurs when there is an external blow or jolt to the head or body that causes the brain to sustain injury. An ABI could be a stroke, aneurysm, brain tumor, or other internal force that disrupts the typical functioning of the brain. When someone sustains a brain injury, there can be a wide range of short or long-term changes, like difficulty with: thinking (memory and reasoning), sensation (taste and smell), language (communication, expression), emotion (depression, anxiety, mood swings), other physical problems (seizures, balance issues, fatigue, headaches).

The most common causes of TBI are falls, motor vehicle crashes, and assaults. In people older than 65, falls account for over 70% of traumatic brain injuries. You can help prevent these and other injuries by adapting your home and lifestyle to include safety measures.

Most senior falls occur during the day, around the home. Seniors should remove clutter in walkways, ensure rugs are secured to the floor, remove or secure any loose wires, and ensure frequently used items are within reach. Bathrooms should have grab bars installed, and stairways should be clear with sturdy handrails. Seniors can also do simple, easy exercises to increase their balance, flexibility and strength. Speak to your healthcare team so that you know the risks associated with medications, and ensure that there is a system in place to minimize the possibility of incorrect dosages or side effects from mixed medications. Seniors can also invest in fall alert systems, and arrange for regular daily contact with a friend or family member.

Other fall prevention strategies include:

- Wear properly fitted, non-slip footwear
- Use a cane or walker if recommended by a doctor
- Go for regular vision and hearing checkups
- Keep light switches and lamps within reach
- Always have a phone within easy reach, with emergency phone numbers posted
- Never climb a stepstool or ladder alone



BIANJ offers community courses for seniors to increase confidence, build strength, and minimize the incidence of senior falls. For more information on senior fall prevention, visit bianj.org or call 732-745-0200

Family Promise OF WARREN COUNTY

Family Promise of Warren County, Inc., (FPWC) has a mission to help homeless and low-income families achieve sustainable independence through a community-based response. Family Promise enables communities to work together to provide shelter, meals, re-housing, and comprehensive services for homeless families and individuals.

65A WASHINGTON AVE /
POB 267 OXFORD, NJ 07863

908-453-2194

908-857-2104



www.wcfamilypromise.org

FPWC is a self supporting private non-profit 501(c)3 registered agency, serving homeless families since July, 2008.

FPWC provides homelessness prevention to keep families in their homes and rapid re-housing services for individuals and families who are already homeless.

Housing alone may not be enough, so FPWC provides a variety of additional services, such as:

- Intensive case management
- Advocacy
- Access to budgeting, parenting and nutritional programs
- Information and referral services

"Our vision is a community and country, in which every family and individual has a home, a job, and the opportunity to build a better future."

Disability Support Group

Warren County Division of Aging and Disability Services

Offering support, encouragement, and a safe space for sharing. This group is open to anyone who identifies as having a disability.

Please contact the Warren County Division of Aging and Disability Services to find out more on how you can join.

908-475-6591

**LET'S HELP
TOGETHER**

"Alone we can do so little;
together we can do so much."
HELEN KELLER



Employment Opportunities for Seniors!

LAND OF MAKE BELIEVE
Hope, NJ

Many Different Job Positions - Gate Greeter,
Games Attendant, Merchandise Sales, Ride Attendant, Food
Maintenance

Employee Discounts - Food and Merchandise

Friendly and Enjoyable Working Environment

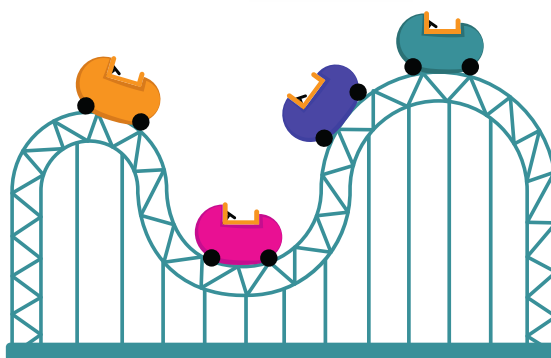
Free Park Admission for Employee & Family

**Apply in Person at Land of Make Believe Office Located on
#352 Rt. 611 Great Meadows Rd. in Hope, NJ.
(8/10 mile past Hope School, 300 ft past entrance to LOMB)**

For Info:

- Call Land of Make Believe at 908 459-4521

- Check us out: www.LOMB.com



SENIOR FARMERS MARKET VOUCHERS 2022

It's that time of year again... Senior Farmer Market Voucher Program begins soon:

Vouchers are distributed annually to seniors age 60 and older and residing in Warren County to redeem for fresh fruits & vegetables at participating local farms.

Income guidelines do apply. **GROSS INCOME IS COUNTED**

	Yearly	Monthly
Single:	\$23,828	\$1,986
Married:	\$32,227	\$2,686

Proof of address and Income is required...

In June, applications with a cover letter detailing 2022 requirements and a list of scheduled distribution sites will automatically be mailed to those who have previously received the vouchers.

NEW applicants are welcome to call 908-475-6591 after June 1st and a packet will be mailed to you once it is available.

SEE YOU SOON!



ParkFest

ParkFest will be held Saturday, June 11, 2022 at Bread Lock Park, 2627 Route 57, Stewartsville, NJ (behind OK4WD) and will run from 11am-5pm.

ParkFest celebrates Warren County arts, history, natural beauty and resources, culture, hobbies and community fun.

Live blue grass and county rock music will be presented on the ParkFest stage; "Art in the Barn" where local artists display their works inside the circa 1850's barn; and published authors with genres ranging from non-fiction and history to adult fiction to children's literature to poetry will populate "Authors Alley" where visitors will have a chance to meet and speak with these talented folks.

Local history groups and environmental and 'trail partner' groups are invited to join us with displays featuring their work. Other local groups including Franklin Fire & Rescue and NJ State Forest Fire Service are also invited to be with us as a way for the public to meet them and learn more about the service they provide. Food trucks and other vendors round out the day.

For more information:

www.warrencountyparkfest.org; call the Dep. of Land Preservation at 908-475-7753

NJ Department of Environmental Protection

Beginning May 4, 2022, grocery stores, food service businesses and other retail stores in New Jersey are prohibited from providing or selling customers single-use plastic carryout bags. Also, grocery stores larger than 2,500 square feet will not be able to provide or sell single-use paper carryout bags and will only be able to provide or sell reusable carryout bags.

Please be prepared to bring your own bags or purchase reusable one's at the register.

CALLING ALL SENIORS



At one of our Community Centers and enjoy a lunch on us with the coupon below.

IF YOU DON'T WANT TO EAT, JUST COME AND SOCIALIZE

Please call 24 hours in advance to schedule your meal and transportation if needed.

Transportation is available to ALL locations.

YOUR ARE THE FUTURE OF THE COMMUNITY CENTERS

Washington 908-689-0650

Hackettstown 908-850-5438

North Warren 908-496-4001

Phillipsburg 908-859-2423



SUGGESTED DONATIONS

Over age 60-\$3.00/ meal

Under age 60- \$6.00/ meal

Transportation- \$1.00 (Registration is required)

Physical Activity-\$1.00 (Registration is required)

Our staff can assist you with the registration.



CALL 908-475-6591 OR VISIT OUR COUNTY WEBSITE AT www.warrencountynj.gov FOR A MENU AND CALENDAR OF EVENTS, PRESENTATIONS, AND ONSITE EXERCISE CLASSES OF TAI CHI, CHAIR YOGA AND ZUMBA.

Can't get out of your home, easily fatigued, no caregiver or family support

NO WORRIES

Our Meals At Home Program can bring you a meal. Call 908-475-6591 for more details.

Volunteers are needed to deliver meals to homebound individuals in all areas.

This coupon is valid for one free meal at a Warren County Community Center of your choice on us!