

Warren County Board of County Commissioners
Lori Ciesla - Commissioner Director
James R. Kern, III- Commissioner Deputy Director
Jason J. Sarnoski - Commissioner

SUMMER 2023

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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Mobile Seniors Pose Little Driving Safety Risk

It is inevitable, as boomers age the body's reflexes and reaction time along with other sensory functions weaken and become slowly impaired. A quintessential conundrum that a senior citizen faces is the prospect to curtail or give up driving. Reliance on the auto and the ability to travel constitutes consummate independence. While safety is the dominant factor when it comes to senior driving, the loss of that privilege, is a strike at the very core of security. Personal needs to visit the pharmacy, doctors and friends would be left to the discretion of others and that inevitably mandates diminished well-being.

Statistics show that drivers age 50 to 80 pose no more of a threat than any other age group. In fact seniors have fewer accidents, drive slow, do not take risks, drive mostly in daylight and execute more right hand turns than left. According to AARP older persons self-regulate their driving behavior. Individuals will adopt different travel patterns and drive shorter distances, avoid rush hours, major highways, and bad weather conditions to compensate for declining capabilities. New Jersey issued an eighty page analysis report titled, "The Mature Driver: Safety and Mobility Issues." The state added a disclaimer that it was the work of authors and in no way reflected New Jersey opinion or policy. The conclusion of the report stated in part that analysis of the data support other studies that show older drivers do not present an increased crash risk to other drivers.

Here is the big however, once a senior can no longer observe traffic lights and signage, scan the environment, and make quick, exact decisions then a "safety for self and others" decision must be made. Physical conditions such as knee surgery may impede reaction time such as gas to brake. Osteoporosis may restrict head and neck movement. Hypertension could cause blurred vision and mild dementia may cause forgetfulness in direction and position. Having a bi-annual physical exam, bi-annual eye and hearing exam in accordance with adhering to a physicians input should be common sense indicators as to elders being personally road worthy.

Tom Caleca, MS Gerontologist

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

- 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

SIGN ON BONUS!

IMMEDIATE OPENINGS!

Disability Support Group

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

Please contact the Warren County Division of Aging and Disability Services to find out more on how you can join.
908-475-6591



"Alone we can do so little; together we can do so much"
-Helen Keller



The 23rd Annual Hackettstown Area Senior Hall of Fame inducted 10 well deserving seniors at David's Country Inn on May 10th. The Class of 2023 includes Sarah Brelvi, Beverly Crouse, Lewis Donaldson, Kathy Halpin, John LaPadula, Mary Litwhiler, John Maxman, Despina (Daisy) Paghidas, Charlie Uhrmann, Joan Watters

New Jersey Simplified Nutritional Assistance for Seniors (SNAS)

“Do you receive Supplemental Security Income (SSI), live alone, and are at least 65 years old? We have good news for you! You may be qualified for the New Jersey Simplified Nutritional Assistance for Seniors (SNAS). Getting you the help you need has never been easier, and only takes 3 easy steps. Complete your application at MyNJHelps.gov or call 908-475-6301. A review will be completed to determine your eligibility and if eligible, you will automatically receive a deposit of either \$238 or \$261 into a Families First account every month. There isn't even a need for an in person visit to the Social Services office! In addition, as a SNAS participant, you may be eligible for other benefits such as the New Jersey Home Energy Assistance Program, to help supplement your heating and cooling expenses each month. Don't wait! Go to MyNJHelps.gov or call 908-475-6301 today!”

Thank you to all those who donated to make Warren County Department of Aging & Disability Services Older American Act Spring Fling possible:

Flowerland Growers	Main St. Café
Belvidere	Hackettstown
Doghouse Bagel & Deli	Plant Farm Washington
Blairstown	Sonny's 2 Pizzeria
Shoprite—Greenwich	Hackettstown
Acme Markets Blairstown	Washington Diner -
Enzo Pizzeria & Pasta Grill	Washington
Bagelsmith	Mall Barber Shop
Dunkin Doughnuts	Phillipsburg
Frank's Pizza Blairstown	Joe's Steak Shop
Sunnie's Bake Shoppe	Phillipsburg
Stewartsville	Mama's Café Baci
Uncle Bucks Diner	Hackettstown
Belvidere	Roman's Pizza Blairstown
Oakwood Lanes	Blairstown Dairy
Washington	Blairstown
Hope Pizzeria & Catering	Marley's Gotham Grill
Hope	Hackettstown
The Fudge Shop-	Taylor Anne Salon Oxford
Phillipsburg	Next Level Hair Design
Bagel House Phillipsburg	Washington
Sport Scene Restaurant	Voula's Hairway to Heaven
Washington	Salon Columbia
Cozy Corner Deli	Bourbon Street Liquors
Hackettstown	Phillipsburg
Dale's Market Blairstown	Lowes Phillipsburg
Hensler's Farm Belvidere	Mary Kay Cosmetics—
Girl Scouts of America	Nancy Mayer
Chefs Catering Columbia	Humana—Ken Shattuck
Vonthun's Farms	Muhsen Bagel—
Washington	Washington
	Mackey' Orchards

Pamela Dulaff Named Warren County's Outstanding Senior Citizen

(WASHINGTON TWP., NJ - May 25, 2023) - Knowlton Township resident Pamela Dulaff was named the 2023 Mary Louise Christine Outstanding Senior Citizen of Warren County as the county celebrates Older Americans Month.

On Wednesday, May 24, the Warren County Board of County Commissioners proclaimed May as Older Americans Month. The next day, the commissioners honored Dulaff and fellow nominees Candy Church of Allamuchy Township, Marty Connor of Frelinghuysen Township, Dr. Frank Gilly of Washington, and John La Padula of Allamuchy Township during the Senior Award Luncheon held at Hawk Pointe Golf Club. Dulaff volunteers with Medically Necessary Transportation, shuttling seniors to important medical appointment. She also handles grocery shopping for older residents and volunteers with the Friendly Visitor and Phone Reassurance programs. Friendly Visitor connects volunteers with older adults to provide free companionship services with a goal of reducing feelings of isolation for older adults through social engagement, while Phone Reassurance does the same through telephone calls.

Dulaff also volunteers with Warren County ARTS, helping to organize fundraisers and events, and teaches art classes. "This is quite a surprise," Dulaff said after receiving the award, adding she knows from taking care of her own parents how important it is to visit with older Americans, and to help them by providing rides to appointments. "It's a great opportunity, I get to sit in the car with them and talk to them," Dulaff said, adding she often will go inside with the people she drives and keep them company while they wait for their appointment.

Commissioner Director Lori Ciesla remarked, "It's a pleasure to be at the 2023 Mary Louise Christine Outstanding Senior Citizen Award lunch to honor all of our outstanding senior citizens who are the heart and soul of so many of our volunteer organizations. If there is an organization you were thinking of volunteering for, follow the lead of our amazing seniors and get involved! It's one of the most fulfilling things you can do."

"Warren County has such a vibrant and active senior community," Commissioner James R. Kern III noted, adding, "Our annual celebration of Older Americans Month highlights some of the outstanding work done by our seniors. We are truly fortunate to have so many great Older Americans in Warren County."

Commissioner Jason J. Sarnoski, who attended the awards program along with his commissioner colleagues, said, "It's always so inspiring to see our older Americans continue to take charge and lead us forward. We are so grateful for everything our senior citizens have done and the incredible lives they have lived but also everything they are yet to do."

Sarnoski added, "I am impressed every year by the nominees for the Mary Louise Christine Outstanding Senior Citizen Award and this year is no exception, Warren County truly has an inspirational group of older Americans."

The award luncheon was kicked off by Steve Unger, Executive Director of the Warren County Division of Aging & Disability Services, who recognized the agency staff and members of the county Aging Services Advisory Council who were attending the program.

State Sens. Douglas J. Steinhardt (23rd Dist.) and Steven V. Oroho (24th Dist.) also participated, presenting certificates honoring the five nominees and Dulaff as the Outstanding Senior of the year.



The award has been given since 1984 but was renamed in 2007 to honor Mary Louise Christine shortly before the 85-year-old community activist from Washington Township passed away. The Warren County Division of Aging and Disabilities Advisory Council conducts a search and identifies one older adult who characterizes the true spirit of the award. Nominations are accepted in the Spring each year.

The theme of this year's Older Americans Month - the 50th annual - is "Aging Unbound" and the commissioners' proclamation noted there are more than 26,000 residents age 60 and older in Warren County. The proclamation recognizes seniors as powerful and vital citizens who greatly contribute to the community.

Accepting the proclamation at Wednesday's Board of County Commissioners meeting was Richard Grabowsky, the 2004 Outstanding Senior, who for the past 18 years has served as a Medicare counselor.

**THE SENIOR FARMER MARKET PROGRAM HAS ARRIVED!
(INCOME GUIDELINES DO APPLY)**

THE SENIORS THAT RECEIVED VOUCHERS IN 2022 WERE RECENTLY MAILED INFORMATION FROM THE WARREN COUNTY DIVISION OF AGING & DISABILITY SERVICES. THIS INFORMATION WAS TO MAKE THOSE SENIORS AWARE OF THE CHANGES BEING MADE TO THE PROGRAM BEGINNING IN JUNE 2023. IF YOU HAVE NOT ALREADY RECEIVED AN APPLICATION FOR 2023, YOU CAN CALL THE OFFICE AT **(908) 475-6591** OR BY VISITING THE COUNTY WEBSITE **WWW.WARRENCOUNTYNJ.GOV** HERE YOU WILL FIND THE LIST OF FARMERS WHO WILL BE PARTICIPATING THIS YEAR INCLUDING THE DISTRIBUTION SCHEDULE, DATES AND TIMES.

IN ADDITION TO FILLING OUT THE APPLICATION, SENIORS MUST PROVIDE PROOF OF WARREN COUNTY RESIDENCY AND GROSS INCOME IN ORDER TO QUALIFY. PLEASE BE SURE TO HAVE YOUR DOCUMENTS READY WHEN PICKING UP YOUR VOUCHERS.



Welcome Summer

Summertime Health Tips for Seniors

Seniors are more prone to damage from sun because their skin is more fragile. According to the CDC, on average, 1 in 10 older adults get sunburned each year. This means that many seniors are not properly protecting their skin from the sun. The sun's rays can be very damaging, even when it is cloudy outside, therefore, protection is very important. Dermatologists recommend sunscreen by Cerave, Eucerin and Neutrogena, three of the most widely used cream products for seniors. A sunscreen with the highest SPF (sun protection factor) is the best.

Also consider:

- Wearing a hat,
- Wearing long sleeves and long pants that cover your body,
- Avoid going outside during the hottest part of the day when the sun's rays are the most intense (10 to 3),
- Wear sunglasses to protect the fragile skin around your eyes.
- And please be cautious of medications that you take that may make the skin sensitive to the sun.

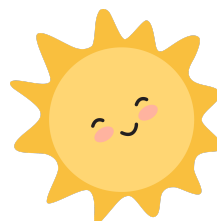
Always stay hydrated when going outside:

Always make sure you drink water, not only when you go outside, but every day.

Dehydration can occur easily when the body loses more water than it takes in. Older adults are at more risk for dehydration because they have a lower volume of water in their bodies.

Symptoms of dehydration can include:

- Thirst
- Dry or cool skin
- Headache
- Muscle cramps
- Dry or sticky mouth
- Not going to the bathroom enough (urination)



Adults should drink at least 3 glasses of water before going outside and for every 10 to 20 minutes outside, an adult will need 7 to 10 ounces of water. It is also recommended that after finishing any activity outside, adults need 24 ounces of water within the first two hours to prevent dehydration. The CDC recommends avoiding energy drinks because they usually contain large volumes of caffeine and that can affect the cardiovascular system. Also avoiding alcohol is recommended because it causes dehydration.

Warren Haven

Warren Haven is a vibrant community designed to help your family member feel a renewed strength of mind, body and heart - while also feeling refreshed and rejuvenated, in a setting that encourages individualism. Our family owned and operated skilled nursing facility offers complete short term, long term and dementia care, in addition to rehabilitation 7 days a week. Our compassionate skilled professionals are here to help you care for those who cared for you. With a fully trained staff, the latest cutting-edge equipment and amazing resident programs and activities, Warren Haven is built to keep your loved one going for years to come.

Warren Haven's rehabilitation department provides expert care for residents needing Physical, Occupational and Speech therapies seven days a week. Our specialized therapist help residents make steady progress, even on weekends. We believe that this approach helps maximize healing, so residents can regain their strength, mobility and independence, and have a successful recovery as soon as possible.

At Warren Haven, we also develop a comprehensive care plan for each resident. The entire team works together to ensure that your needs are met.

We use the latest advances in technology to provide first class rehabilitation that can help promote increased mobility and better outcomes. We are especially proud of our Activities of Daily Living (ADL) Suite where residents can relearn the skills they need to return home. We understand that choosing long term care for a family member is often a difficult decision. But at Warren Haven, we make it as easy as possible- by working closely with you and your family, and by treating each resident with respect. Whether we're reviewing their customized care plan, or just offering a friendly smile and a hand to hold, we strive to take care of them in every way.

Respite Care provides a short stay for residents in need of 24-hour care on a planned, temporary basis. The reasons may vary, but it provides a well-deserved rest for a caregiver or care for a loved one while he or she attends to personal needs or affairs. A respite stay may only be for a week, but also can be for as long as needed!

We are also contracted with the JACC Statewide Respite Program. The JACC program provides in-home services to seniors at risk of placement in a nursing home environment. The covered cost of a respite stay gives caregivers a well-needed break so that they can continue to care for a loved one in the home setting.

Please call our Admissions Department at 908-453-7700 ext 1032

The Federal COVID-19 Public Health Emergency Has Come to an End

On May 11, 2023, the federal government ended the COVID-19 Public Health Emergency after it was enacted over three years ago. So what does this mean for you? It means the policies and restrictions that were created when the pandemic began have now ended as life begins to look more like it did before the world-wide spread of COVID-19.

According to the New Jersey Department of Health (NJDOH), the ending of the Public Health Emergency does not have an immediate impact on the availability of free COVID-19 vaccines. Regardless of insurance coverage, individuals can continue to get COVID-19 vaccines at no charge while supplies last. The Warren County Health Department still has free COVID-19 vaccine available through the Public Health Nursing clinics or they will visit homebound residents to provide vaccination. To make an appointment, visit <http://www.warrencountynjvaccination.org> or contact the office at 908-475-7960.

Additionally, free testing for COVID-19 will be affected by the end of the Public Health Emergency declaration, as insurance providers will no longer be required to waive costs or provide free COVID-19 tests. However, at this time many providers still have a supply of free test kits, including the Warren County Health Department. For more information on the end of the COVID-19 Public Health Emergency, visit the Centers for Disease Control and Prevention at <https://www.cdc.gov/coronavirus/2019-ncov/your-health/end-of-phe.html>.

WORLD ELDER ABUSE AWARENESS DAY

The International Network for Prevention of Elder Abuse and the World Health Organization at the United Nations recognizes Elder Abuse on June 15 as World Elder Abuse Awareness Day. Warren County Division of Aging and Disability Services works towards building support for elders to ensure safety through the Adult Protective Services Program.

NJ Adult Protective Services (APS) investigates allegation of abuse, neglect (including self - neglect), and exploitation of vulnerable adults who are unable to protect themselves. APS works to stabilize crisis situation using the least invasive methods and respecting each individual's right to self - determination. Once a report is received, an investigation will begin within 72 hours, or 24 hours if an emergency is reported. If there is a substantiation of abuse, neglect, or exploitation of the vulnerable adult, services will be put in place. The case will then remain open until the adult is no longer at risk. Visits from APS staff are provided regardless of the adult's financial situation, but income assets are considered when planning for appropriate services. The adult may qualify for a subsidized program for needed services.

Protective service are voluntary, but may be implemented involuntary only if deemed necessary to safeguard a vulnerable adult and only by way of courts. ALL information gather by investigation is confidential.



Abuse: The willful infliction of physical pain, injury, or mental anguish; unreasonable confinement; or the willful deprivation of services necessary to maintain a person's psychical and mental health.

- **Psychical Abuse:** The use or violence resulting in bodily injury, physical pain, or impairment.
- **Emotional or Psychological Abuse:** The infliction of anguish, pain, or distress through verbal or nonverbal acts. This includes, but is not limited to, verbal assaults, insults, threats, intimidation, humiliation, and harassment.
- **Sexual Abuse:** Any activity with a vulnerable adult for the purposes of sexual stimulation of the actor or another person when the vulnerable adult does not consent or when the vulnerable adult is incapable of resisting, giving, or declining consent to the sexual activity due to disability or due to fear of retribution or hardship. Non-consensual sexual contact of any kind, including sexual contact with any person incapable of giving consent, is also sexual abuse.

Warren County Advisory Council on Disabilities



ARE YOU AN ADVOCATE FOR PERSONS WITH DISABILITIES?

ARE YOU INTERESTED IN ADVANCING THE RIGHTS OF PERSONS WITH DISABILITIES?

IF SO, JOIN THE ADVISORY COUNCIL TO HELP MAKE A DIFFERENCE!

The Council meets the 2nd Thursday of every other month.

“THE MISSION OF THE COUNCIL IS TO FUNCTION AS THE PRIMARY ADVOCATE FOR WARREN COUNTY RESIDENTS WITH DISABILITIES, THEIR FAMILIES AND THEIR CAREGIVERS, BY ACTING IN AN ADVISORY CAPACITY TO THE WARREN COUNTY DIVISION OF AGING AND DISABILITY SERVICES.”

Purpose:

- To identify resources and services available to residents with disabilities and caregivers
- To identify the unmet needs of residents with disabilities and their caregivers
- To advise the Division of Aging & Disability Services on the most effective, efficient and equitable use of available resources to meet identified needs
- To develop and distribute information on disability related issues and to promote public awareness through educational programs , sensitivity training and outreach

For more information and to request an application call:

1-877-222-3737 or 1-908-475-6591

Chicken In The Pan Toss Game

July 31 at the WC Farmers' Fair
Senior Expo
Ladies and Gents Divisions- 65+
1st and 2nd place in each division

New this year at the Warren County Farmers' Fair will be a game for seniors. The American Legion Carl D. Archer Post 528 of White Twp. is sponsoring the event for any lady and gent 65 years of age or older to a friendly competition of tossing a chicken in a frying pan (various sizes and distances). Frying pans will be set up in 5' increments with various size pans used. Any chicken landing and staying the pan will be tabulated and the distances added together for your final score. You will get to choose which chicken/rooster you want to throw from our coop-Annie Oaklegs, BBQ Buffalo Bill, Mrs KFC, Nugget, The Colonel, Wonder Woman Francoise, Ironman Leghorn, The Flash in the pan, Hans Solod, and Princess Lays-a-lot.

There will be a division for the ladies and one for the gents. So maybe we'll see some friendly competition between couples as they compete against one another. The game will be set up at the end of the dance floor in the grassy area with registration from 12:30 to 1pm and the tossing to begin at 1pm. While you are attending the senior expo on the dance floor we hope you will take a moment to cheer on your friends and family as they compete for a trophy and the ever allusive blue ribbon!! See you at the SENIOR EXPO.

WARREN COUNTY DIVISION OF AGING AND DISABILITY SERVICES

FREE ENTRY

SENIOR & DISABILITY EXPO
- MONDAY JULY 31, 2023

FROM 12 PM TO 4PM

LOTS OF FUN FOR ALL COMMUNITY MEMBERS!

Activities include: vendors, games, and more!



WARREN COUNTY FAIR GROUNDS: 1350 STRYKERS ROAD PHILLIPSBURG, NJ 08865
CONTACT THE OFFICE WITH ANY QUESTIONS: 908-475-6591

Rules and Regulations

1. Any lady or gent 65 and older may enter
 2. 1st to 2nd place for each division- ladies and gents will be awarded
 3. Rubber sand filled chickens/pans provided by The American Legion
 4. Course will be set up on the lawn area by dance floor
 5. Each person will get three (3) tosses with distances of pans measured in feet.
- These will be tabulated and the two highest scores will determine the winners.

If you have any questions, please call Milly at 908-475-1755 or check us out on the web: www.warrencountyfarmersfair.org

Gates will open at 12pm in front of venue for public



SHIP counselors provide one-on-one, confidential Medicare guidance based on your needs.



Would you like to aid older adults in your community? The Warren County Division of Aging and Disability Services is seeking additional volunteers to become Medicare Counselors. No experience necessary- training and resources will be provided. Call 908-475-6591 for more information on how to help area seniors navigate the Medicare maze!