

**Warren County Department of Human Services,
Division of Aging and Disability Services**
Board of Commissioners of the County of Warren
James R. Kern, III, Director
Jason J. Sarnoski, Deputy Director
Lori Ciesla, Commissioner

**Spring 2021
Volume XVI, Issue 1**

The Warren Senior Voice

Published by: Lakshmi Baskaram, Executive Director

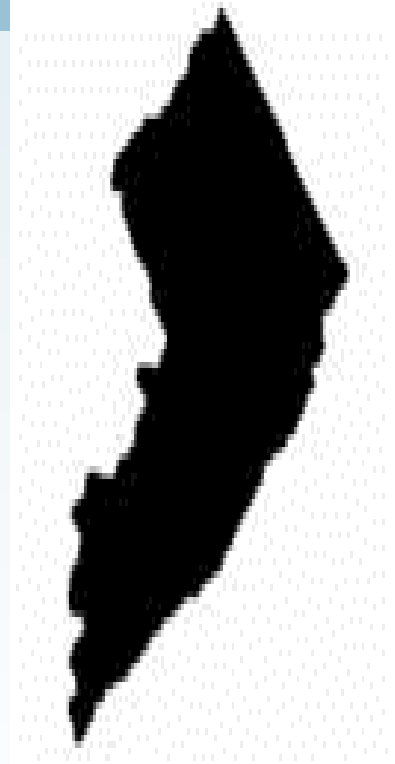


Greetings Patrons!

Hope this New Year 2021 brings us all a great amount of positive outlook regarding COVID-19. While there were a lot of lessons learnt during COVID-19, we linger with one key message: No matter how prepared we are, we never know what to expect in a Pandemic and we need a new play book. We are not alone in this. We experienced something very uncommon in 2020 and life changed significantly.

While some of us were left with permanent heartaches by losing a loved one in this Pandemic, some others have become resilient and learned to adapt to the “new normal”.

Despite challenges such as being physically isolated from family or friends during holidays, many of us have found solace in staying connected with our loved ones through technology and other traditional methods of communication. We have a brighter outlook for 2021 while we get ready in our County for the COVID-19 vaccination efforts to bring back “normalcy” for all segments of life. Stay connected with friends and family, stay healthy and remain strong, this too shall pass!



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Reach us at

908-475-6591

or toll free

1-877-222-3737

Annual Reorganization meeting for the Board of County Commissioners was held on January 2nd, 2021.

Freeholder Richard D. Gardner retired effective December 2020 after his seventeen years of service to the County of Warren.

The Freeholder Board honored Mr. Gardner through a Proclamation in November 2020, for his dedication and long tenure of relentless service.

Warren County Administration updates

James R. Kern III
Commissioner Director

MUNICIPAL ASSIGNMENTS:

Alpha Borough
Franklin Township
Greenwich Township
Lopatcong Township
Phillipsburg
Pohatcong Township

Lori Ciesla
Commissioner

MUNICIPAL ASSIGNMENTS:

Belvidere, Harmony Township
Knowlton Township
Oxford Township
Washington Township

Jason J. Sarnoski
Commissioner Deputy Director

MUNICIPAL ASSIGNMENTS:

Allamuchy Township
Blairstown Township
Frelinghuysen Township
Hackettstown
Hardwick Township
Independence Township
Mansfield Township

Hope Township
Liberty Township
Washington Borough
White Township

Mrs. Ciesla is also the liaison for the Human Services Department.

Board of County Commissioners of the County of Warren

Wayne Dumont, Jr. Administration Building

165 County Road, 519 South

Belvidere, New Jersey 07823-1949

Telephone: (908) 475-6500 Fax: (908) 475-6528 or Visit: www.co.warren.nj.us

Have questions on Medicare Parts A and B, supplemental plans or Part D plans? Want to sign up for Part A and B or need help with Part D ?

Do you want an appointment with our certified SHIP counselors? Call us at 908-475-6591 for a phone appointment to help with Medicare questions.

Medicare Counseling Services

Initial Enrollment Period (IEP) is three months before, the month of, and three months after your 65th birthday. Effective date of coverage will depend on when you enroll. If you want Medicare Part A and B to begin the month you turn 65, you should enroll in the first three months of your Initial Enrollment Period.

Special Enrollment Period (SEP) allows you to enroll in Part B without penalty if you had prior coverage through a group insurance through employment or spouse's employment coverage. You can enroll either while being covered or up to eight months after you lose coverage through your group insurance, or you/ your spouse stops working, whichever comes first.

General Enrollment Period (GEP) option is available, if you did not become enrolled when you first became eligible or if you are not eligible for SEP. This period occurs between January 1st through March 31st, every year (**coverage begins July 1st**). Late enrollment penalties may apply.



Virtual Exercises and Education for Seniors

Are you a Warren County resident, 60 years or older, want to exercise in your own home through online events or sign up for an educational event offered through the Division?

Our experienced instructors provide the following lessons through Zoom.

Yoga

Tai chi

Zumba

Meditation*

(*new for 2021)

Online sign up:

<https://www.warrenlib.org>

Call: **908-475-6322.**

Please note:

2021 waiver and registration forms are required for exercise programs. Donations are welcome to support the program but are not required for participation. Donations can be mailed to our office. For more information, call us at 908-475-6591.

SENIOR PLANNING NEEDS

Lack of planning on one's behalf causes an emergency for another. This is a fact when it comes to self-care and the care of your loved ones. While caring for oneself or another's Chronic health conditions, there are important questions to ask yourself. Although it may be a tough subject and hard to swallow for many of us, we need to ask tough questions such as: Who can make medical decisions and financial decisions on my behalf? Who can share my wealth and assets? How much do my children or spouse receive after my death? Who makes end of life decisions for me? Does my family know my resources and have access to my resources that can help me and pay my bills, if I become incapacitated?

Do you have this planned out? If so, you have great news. If you do not have a plan, it is never too late to start working on this. Often times, seniors and their families get frustrated with care issues when they do not have the documentation to act in the best interest of their loved ones. Banks will not authorize withdrawing money unless you are a joint account holder or have a POA. Investment companies will not disclose any information unless you have a POA. Imagine becoming incapacitated and your loved ones simply do not know your resources and do not have the legal authority to act on your behalf for your care needs. Crisis can be avoided during such times if you put some thought into this and get some legal documents to cover such scenarios. You will secure yourself and the family that cares for you.

- A Durable Power of Attorney for health care: This will help you to make health care decisions on behalf of the person with Alzheimer's Disease.
- A Durable Power of Attorney for finances: Access to financial documents, records, bank accounts and insurance policies will be easier with a Financial POA in place for your loved one. We come across families where their loved ones do not know if their spouse/parents had several bank accounts, have a life insurance, other long care insurance and financial assets. It is very important to get the POA in place in a timely manner.
- Living will: It is important to state the person's wishes for health care at the end of life, distribution of assets, valuables and resources. You may think that favorite jewelry of yours will go to your first child, but it may not happen that way if you do not put it in WRITING!!
- Do Not Resuscitate (DNR) form.
- Living Trust is an instrument where there is a trustee who is appointed to distribute a person's property or money. Talk to your family about important decision making choices today. It is never too late to act on the above. Need more information? Call our office for informational brochures and resources that may help.

Aging and Disability Services of Warren County:

If you are a Senior 60 years or older, an adult with a disability over the age of 18 or a caregiver of an adult over the age of 18 and need help with:

- ◆ More information on services and local resources that meet your needs
- ◆ Public welfare program applications, legal services for seniors
- ◆ Connections with other Caregivers
- ◆ Employment and disability resources
- ◆ Assistive technology for seniors
- ◆ Mental health counseling, in-home supports
- ◆ Lowering utility bills, medicare premiums and Rx costs
- ◆ Housing resources
- ◆ Volunteer resources
- ◆ Opportunities to Volunteer and more...

Our ADRC Information and Assistance specialists are here to help with information, referrals, screening for all eligible services and provide you resources that would best support your needs. See information under ADRC services on some of the programs offered through our Division. Call us at 908-475-6591.

2021 Medicare Savings Programs / Extra Help

Program	Income limit Single/Couple	Resource limit Single/Couple	Helps pay for
QMB	\$1094 / \$1472	\$7970 / \$11960	Part A and Part B premiums/ other costs such as deducti-
SLMB	\$1288 / \$1742	\$7970 / \$11960	Part B premiums only
QI	\$1449 / \$1960	\$7970 / \$11960	Part B premiums only
QDWI	\$4339 / \$5833	\$4000 / \$6000	Part A premiums only
Extra / Help/LIS	\$19320 / \$26130	\$13290 / \$26520	Part D premium costs and Rx assistance costs

NJ State Pharmaceutical Assistance Programs: (NJ SAVE)

Prescription Assistance for the Aged and Disabled: pays for Part D premiums, deductible & co-pay assistance.

Senior Gold Program: offers \$15.00 copays and discounts on medications. Call us to be screened for these programs and for assistance with the application process.

ADRC services

Information & Assistance

Congregate and Home delivered meals

Physical exercise programs

Socialization and recreation programs

Care management services

Jersey Assistance for Community Caregiving

Personal Assistance Services Program for adults with physical disabilities

Adult protective services

Caregiver support programs

Emergency assistance for oil/ heat/ food/ prescriptions

State Rx assistance programs & Medicare Savings programs

Medicare counseling

Assistive technology

Volunteer assistance

PERSONAL ASSISTANCE SERVICES PROGRAM

PASP services are funded under the Division of Disability Services, State of NJ. This program is geared to assist adults with physical disabilities enhance their independence while living in their own homes. The program supports individuals with physical disabilities remain actively engaged through employment, education or volunteerism in the community through use of services such as personal care assistance, other equipment/supplies. Consumers under this program have a complete choice to self direct their care, plan for their services, be responsible for their budgetary spend down and monitor their monthly budgets closely. Personal friends, family, community support people can be hired directly by consumers under this program.

PASP services are available for those who are not eligible for any other programs. Cost share may apply, based on consumer's income. For a screening, call our PASP consultant at 908-475-6591.

PASP Program

Requirements:

- Must be a resident in NJ
- Have a permanent physical disability that impacts their activities of daily living
- Between the Ages 18-70 years , have the capacity to self-direct their care
- Must be in school, working or volunteering in the community for up to 20 hours month.
- A needs assessment is completed and eligible consumers may receive upto 40 hours of service, allocated into a monthly budget.
- A cash management plan is established to identify the budget based on service hours.



April is Volunteer Recognition Month.

Warren County Division of Aging and Visiting

Homemaker Services partner to deliver meals to home bound seniors 60 and older, across the County. Our dedicated volunteers serve an average of 80 seniors daily on various meal delivery routes. We are seeking additional volunteers who are looking to give back to the community seniors by delivering a few meals to the participants of this program. You can reach out to the Meals at Home Volunteer

Coordinator Debbie at 908-689-4140 to sign up and become a volunteer for the senior meal delivery program. Our friendly and compassionate volunteers check on seniors to ensure they are safe, while delivering the meals with their friendly demeanor. If you have the time, and are passionate to help our seniors, please reach out to sign up today.

Minor home repairs, volunteer shopping assistance, friendly visiting, telephone reassurance, transportation are other volunteer supported programs. Call Cece at 908-689-4140 to discuss other volunteer opportunities for senior services. **Thank you Volunteers for your dedication and support to the seniors in our County.**

Kudos to their years of dedication, support, compassion and commitment.

JACC PROGRAM : A TESTIMONY FROM A CAREGIVER

Jersey Assistance for Community Caregiving (JACC) is a State funded assistance program to help:

- Adults 60 and older who need help with their daily living skills.
- Homebound and need assistance with their care
- Is a US Citizen or Resident Alien
- Living in the home or community
- Has no supports or resources to help meet their needs

• Financial & Clinical eligibility guidelines apply.

• **Services include:**

- Care management
- Home health aides
- Respite care
- Special Medical Equipment Supplies, Meals and more....

Benefits are limited to \$600 per month / \$7200 annually are the program benefits to cover costs of services.

An individualized plan of care is established based on need by our care managers.

Income and resource guidelines apply.

For more information and learn how to apply, call us at 908-475-6591.

We are here to help with the application process and any questions you may have.

In 2012, after my mom died from a long battle with cancer, my dad stayed with me in NJ. My father worked as an engineer for 48 years of his life. His entire life was dedicated to caring for his immediate family, extended family and friends. Unfortunately, he had a turn of bad luck with his health and finances. Soon after losing the love of his wife (my mom), his diabetes took control of his body and he had difficulty walking, hearing, and seeing. However, his attitude was always positive. He continued to sing opera and embarked in cultural studies. All I could do is give him my love and keep him company during this new chapter of his life. But what could I do to help him cope with his daily medicinal intakes, limited physical activities, personal hygiene and meals?

Luckily, the JACC program came to our rescue. Warren County Senior and Disabilities Services assisted us through the JACC program. A social worker came to our home to make a thorough assessment of his needs and his financial situation. The JACC program is designed to help seniors and disabled individuals using a sliding scale. The program helps seniors as long as they are not part of Medicaid, considering that Medicaid has its own program. My dad qualified for the full funding of the program. The program provided a Home health aide to visit his home three times a week so long as he was able-bodied to live independently. The Home health aide services included giving him a shower, helping him prepare his meals, assisting him with light cleaning, and keeping him company while I was working away from him. Additionally, the JACC program ensured my Dad to be safe. He received a device called LIFE ALERT. The device was placed around his neck and prompted him to push a button in the event of an emergency or a distressful situation. There were multiple occasions where I was unable to assist him during those distressful situations.

My dad was comfortable to seek help through the LIFE ALERT assistance. After pushing the button around his neck, a professional would speak with my dad over the device's speakerphone and assess whether to send the ambulance, law enforcement, or firefighters to assist him. We became dependent on this device because many of his falls required hospitalizations. In addition to physical assistance, the JACC program also provided mental health assistance. Although my dad did his best to remain positive, he battled mental health concerns due to past unresolved personal traumas.

We are forever grateful for the JACC program assistance. It is ineffable to believe that such a state funding exists. Other services the JACC program provided included the remodeling of my dad's apartment to ensure it was within ADA standards. Supplies and labor was provided to remodel his bathroom, placement of bed bars, walker and wheel chairs, and much more to empower his independence. Ms. Green was our assigned social worker. I was extremely impressed of Sharon's professionalism and dedication. Although the JACC program has limited allocated funds, Ms. Green took it upon herself to make sure she would be resourceful and help dad with his basic needs.

I strived to be a loving child. However, becoming a caretaker was difficult to cope during certain times. I was unavailable to be with him throughout the day as I had to work and provide for the two of us. The JACC program saved me. Their compassion and commitment is worth every tax dollar, especially during this global pandemic and dichotomous political climate. Thank you, JAAC program, for all that you and your employees do for the community!

(Article by M.Z in Warren County)

OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

Older Americans Month May 2021: Warren County will be honoring an outstanding senior resident of Warren County and presenting the Mary Louise Christine Award for the year 2021 in the month of May 2021.

Public Hearing: Division of Aging is scheduled to have its Annual Public Hearing to plan the next three year programs and services. It is scheduled on June 24th at Knowlton Lions Club at 10am (If COVID restrictions remain, the meeting will be held through Webex). Written testimony and feedback will be accepted, if you cannot attend the public hearing.

2021 Annual Survey: Division of Aging has enclosed its 2021 Annual survey for your feedback. Please complete the survey and return them by May 21st, 2021. For more information on the above, call our Division at 908-475-6591 or email us at seniorservices@co.warren.nj.us

WARREN COUNTY SENIOR NUTRITION PROGRAM

Warren County Division of Aging wants no senior 60 and older, being hungry. Our senior nutrition meals program supports an average 150 consumers on a daily basis. We are currently serving hot meals through four congregate nutrition sites located in Hackettstown, Washington, Knowlton and Phillipsburg (*partner site) for those who can drive to our site to get a GRAB and GO Meal. Our senior meals program meets the 1/3rd daily dietary reference intake for seniors. Our congregate and home delivered meals are for consumers who live in their own residences. Our menus vary on a monthly basis. They are prepared by a Nutritionist, based on participant feedback. Weekend meals are also available. Shelf stable lunches for hazard days and boxed lunches are included in our services. Participants can register for a meal by calling one of congregate nutrition sites closer to them or by calling us at 908-475-6591 to sign up.

Want to know if you would qualify for a home delivered meal program?

Are you a senior 60 and older ?

Home bound?

Cannot prepare your own meals due to health reasons?

Have no one else to assist with meal preparation?

Not eligible for services through other programs?

Call us for a screening for you or your loved one...

Clip this and send along
with your donations to the
address below:

Suggested Amount : \$3.00

Other \$ _____

Address:

Town:

Zip:

Want to donate towards Senior Voice ?

The Division appreciates the donations we receive every time from our patrons. Thank you for your generosity and support through the years. Would you like to subscribe to an email distribution list for Division updates and other public notifications from the Division? Please clip this form and include your name and email below.

Name: _____

Email: _____

If you wish to cancel subscription, please include a note or call us to cancel your name from the newsletter mailing list.

Include any topics you would like to be included in our next newsletter: _____



Warren County Division of Aging
and Disability Services
Wayne Dumont Jr. Administration
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165 County Route 519 South
Belvidere NJ 07823

Phone: 908-475-6591 or
1-877-222-3737 or email us at:
seniorservices@co.warren.nj.us

[Address service requested](#)

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AGING & DISABILITY RESOURCE CONNECTION

Your Doorway to Information & Assistance