

Jason J. Sarnoski - Commissioner Director

Lori Ciesla - Commissioner Deputy Director

James R. Kern, III - Commissioner

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>

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Memory Ties



According to the CDC, an estimated 74,961 adults ages 65 and older living in New Jersey, have a self-care disability and experience difficulty with dressing or bathing[1]. Are you an older adult having difficulty dressing? More specifically, do you have a chronic condition or injury that has limited your ability to tie your shoes independently?

One new available tool to help older adults gain independence with tying is called Memory Ties™. Memory Ties™ are adaptive practice laces created with individuals with disabilities in mind. They have a memory core that allows the shoelaces to “remember” and form loops that “stay” longer than standard shoelaces. This unique design feature makes Memory Ties™ easier to grip and tie. Memory Ties™ have helped individuals develop or restore the ability to tie shoelaces faster than standard laces on the market. To learn more about how Memory Ties™ can assist in fostering independence with shoelace tying, visit memorytieslace.com/mature/.

[1] (Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities, Division of Human Development and Disability. Disability and Health Data System (DHDS) Data [online]. [accessed Jun 10, 2022]. URL: <https://dhds.cdc.gov>)

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

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_____ OTHER AMOUNT

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Phillipsburg, NJ 08865

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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!**

Meet Our New Staff Member

Michele Reid - Nutrition
Community Service Aid &
Outreach Coordinator

Hello! My name is Michele Reid and I have been with the County for 18 years. Working in the Nutrition Program for the Department of Aging and Disability Services has been a very rewarding experience. My goal is to provide individuals with current information, opportunities and services that are available to them in the community. Providing meals to the senior community is very important and is one of my primary jobs - ordering the meals for all the senior centers, as well as our homebound seniors. I love to encourage our seniors to socialize and become more involved at our senior community centers. I am in charge of planning and organizing the physical activities, speakers, clinics, classes and entertainment held at our four Senior Community Centers. In addition I also help organize the distribution of the Senior Farmer Market vouchers that are funded through the state.



A LITTLE BIT GOES A LONG WAY.

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

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.

Register Ready

Register Ready is a free, secure, voluntary database designed to help emergency managers and first responders plan for and support people with disabilities, access, and functional needs (DAFN) who may need assistance in the event of a disaster. You (or someone on your behalf) are encouraged to register if you have a physical, developmental, cognitive or behavioral impairment, language barrier, or transportation challenge that may make it difficult for you to safely shelter in place or evacuate in a disaster.

YOU CAN REGISTER BY:

Going to : www.registerready.nj.gov

Calling 2-1-1 (within NJ) or 877-652-1148 toll free

Contacting your County Office of Emergency Management

Contacting your local Center for Independent Living

Senior Art Show

The 2022 annual Warren County Senior Art Show was held in the County's Wayne Dumont, Jr. Administration Building hall gallery on June 17, 2022. The art show is presented through a partnership with the Cultural and Heritage Division of Land Preservation and the County Department of Human Services; Division of Aging and Disabilities Services. Blue Ribbon winners will go on to the State Show in the fall. The Senior Art Show is supported by the Warren County Board of County Commissioners and funded in part by the New Jersey State Council on the Arts, 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. The show is on view during regular business hours, Monday-Friday, 8 a.m. - 4:30 p.m. from now until the end of August.



Participants in the annual Warren County Senior Arts Show: Karen Hoffman, Pohatcong; Kirk Smith, Washington Township; Pat Peters, Washington; Warren County Arts Administrator Dennis Austin; Shirley Spangler, White Township; Gail Spiers, Washington; Bernice Billig, Hackettstown; Dale Hamlen, Belvidere; Linda Aller, Washington Township; Bob Baker, Hackettstown; and Kathy Baker, Hackettstown.

PossAbilities Thrift Boutique

PossAbilities Thrift Boutique, located in Phillipsburg and Flemington, offers the community an exclusive opportunity to shop quality resale merchandise at affordable prices. Available for purchase at PossAbilities Thrift: various furniture, houseware and décor, clothing and accessories for men and women, board games, books, and so much more! Shop at PossAbilities Thrift and look out for the weekly half price discount tag color or on special discount days for extra savings: Tuesdays- Senior Day 20% off; Wednesdays- Half Day all colored tags 50% off; First Friday of the Month- 15% off furniture; Last Wednesday of the Month- Half Day plus \$1 bins. Donations of gently used or new items are accepted at both locations, and donation pick-up is available through our partnership with College Hunks Hauling Junk. We take great pride in ensuring the items available for purchase are sorted and processed with the highest regard for resale. Volunteer opportunities available. Valued volunteers typically work in 4- hour shifts, however, scheduling is flexible. Assist the PossTeam with tasks like sorting donations, pricing/tagging incoming merchandise, putting new merchandise on the sales floor, cleaning, merchandising, etc. Operated by Abilities of Northwest Jersey Inc. both locations serve as vocational training, career exploration, employment and volunteer opportunities for people with disabilities. Proceeds from sales support the mission of inspiring people with disabilities to achieve their life goals by providing individualized supports. Every time you shop, you make a difference!

Location Information:

PossAbilities Phillipsburg

1224 South Main Street (back of the building)

(908) 878-6887

Store Hours: Mon 10:00 - 4:00, Tue - Fri 10:00 - 5:00, Sat 10:00 - 4:00

PossAbilities Flemington

1 Church Street

(908) 237-1329

Store Hours: Mon 11:00 - 4:00, Tue - Sat 11:00 - 5:00

Contact us:

PossAbilitiesThrift.com

possabilitiesthrift@abilitiesnw.com

Follow us on Facebook/Instagram @possabilitiesthrift



FINERAN NAMED WARREN COUNTY'S OUTSTANDING SENIOR

(WASHINGTON TWP., NJ) – Charles A. Fineran, Jr., a retired State Trooper active in many environmental, historic preservation, and recreation issues, has been named the 2022 Mary Louise Christine Outstanding Senior Citizen of Warren County. Board of County Commissioners Director Jason J. Sarnoski and Commissioners Lori Ciesla and James R. Kern III presented the award recently as the county capped Older Americans Month with the awards presentation at Hawk Pointe Golf Club. “Charlies is an endless source of energy; you can see him at every town function and is well known for his efforts throughout Warren County and New Jersey,” wrote Allamuchy resident and 2021 Outstanding Senior John LaPadula in his nomination of Fineran. “He is either a volunteer or officer for most Warren County environment agencies and parks. As the (Allamuchy Township) Open Space Director, he has created a network with various governmental groups and organizations, as well as various conservancies,” LaPadula continued, noting that Fineran has obtained numerous grants for trails and road cleanups, and has organized and helped run the township bi-annual cleanup and electronics waste disposal day. LaPadula described Fineran, who retired from NJ State Police as a sergeant in 1995, as an “honorary member” of the Allamuchy Seniors Club who attends meetings and educates his fellow seniors on the environment, wildlife, and historical sites in and around Warren County.

One of Fineran’s most significant accomplishments was being a core committee member who worked with Allamuchy’s municipal government and Board of Education in acquiring the Rutherford property – which more recently had been a retirement home for nuns known as Villa Madonna – to expand the school district. The acquisition included the Rutherford mansion, now known as Rutherford Hall, an historical and cultural landmark in Warren County. Fineran is president of the Allamuchy Historical Society and a vital member and volunteer with the Friends of Rutherford Hall, which raises funds to help acquire artifacts related to the site and to provide educational programs there. He also serves on the board of the Rutherford Hall Foundation, which has raised hundreds of thousands of dollars for capital improvements to the mansion through donations and grants. One of the things Fineran is most well-known for is taking thousands of photos of outdoor scenes, wildlife, and historic sites, that he shares with articles on Facebook and local websites.



Fineran thanked the county for the honor but noted, "I think it's very important that we get a chance to recognize our seniors." He added, "Looking back over the years, time really has flown by. But it's gone by well, with the different associations and different friendships that I've made in my journey through life, and I think it's important that we share our lives with each other." The other nominees for Outstanding Senior Citizen this year were Joseph Epstein of Phillipsburg, Ronald Farber of Knowlton, and Claire Smith of Blairstown. "This is a lot like the Oscars, where we have a lot of nominees, but every one is worthy of this award," Sarnoski noted. The award has been given annually 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.



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 \$761 per month / \$7,200 annually.

The program benefits cover costs of services. Income and resource guidelines apply, such as being financially ineligible for Medicaid or Medicaid Waiver Services; Having a countable monthly income that is no more than \$3,799 individual or \$5,143 couple; and having countable resources at or below \$40,000 for an individual or \$60,000 for a couple. For more information and how to apply, call us at 908-475-6591.

Medicare Open Enrollment

October 15th through December 7th of each year is designated by Medicare as the Annual Open Enrollment Period (OEP) during which Medicare beneficiaries may change their Medicare Part D Prescription Drug Plan or enroll in or change their Medicare Advantage Plan. To assist as many residents as possible during this Open Enrollment Period we will once again be offering electronic results via U.S. Mail to many residents seeking assistance with their Part D plan selection.

Because plan premiums and formularies change and new plans arrive as others fade away, you should check each Open Enrollment Period to find that plan for the coming year that will cost you the least and best meet your needs. Allowing your plan to re-enroll you for the subsequent year may not result in savings and may actually cost more than some other, satisfactory, plan.

The Division of Aging and Disability Services can assist you in finding that plan which will cost you the least over the plan term. The Division will begin taking calls October 3rd, 2022 at 1-877-222-3737 or 908-475-6591

We provide services through the Division's staff certified in Medicare Counseling to help senior residents during Medicare's Open Enrollment and this is FREE for you.

ARE YOU A SENIOR LIVING IN WARREN COUNTY?

Do you want to save \$\$\$ on your Medicare Premiums and Prescription costs?

NJ SAVE Rx Assistance Programs and Medicare Savings Plans can help save you money. Call Warren County Division of Aging and Disability Services at 908-475-6591 or Toll Free 1-877-222-3737

(Made possible by Grants received through ACL)

SENIOR FARMERS MARKET VOUCHERS

Its NOT TO LATE to get your voucher!

If you fall into the following income guidelines you could qualify to get vouchers for your local farmers market.

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...

Call 908-475-6591 to inquire

Family Guidance Center

The Family Guidance Center of Warren County is the oldest and largest non-profit behavioral health agency in Warren County, FGCWC has been serving Warren County since 1955. The agency is dedicated to improving the quality of life of children and adults in Warren County affected by problems related to mental illness, substance use, family conflict, or emotional adjustment.

The Family Guidance Center would like to highlight its substance use programs since these challenges have increased, across the state, during the COVID-19 pandemic. The Outpatient Substance Use Program provides treatment and education to substance users and their families, through group and individual counseling services. The program uses a holistic approach to treatment, focusing on all aspects of the client, addressing stressors that lead to substance use, developing coping skills and improving the overall well-being of the participants. Services offered include group counseling, family counseling, individual counseling, mandatory urine drug screening, case management, psychiatric services and referrals to community resources. Services will not be denied due to type of insurance or lack of insurance.

The Adolescent Substance Abuse program provides substance use services to Warren County adolescents, ages 12-17, to aid them in dealing with substance use and life stressors that severely affect their daily functioning. The program provides treatment to adolescents and their families, with a strong emphasis on family participation. The program uses a holistic approach to treatment, focusing on all aspects of the client, addressing life stressors that lead to substance use and improving the overall well-being of the participants. Services include individual counseling, group counseling, family counseling and multifamily group, mandatory urine drug screening, case management, psychiatric services, referrals to community resources and standalone assessments. Services will not be denied due to type of insurance or lack of insurance.

The Safe Passage Program is a substance use IOP program offered, in the spirit of nonjudgement, with a medication-assisted treatment (M.A.T.) enhancement to residents of Warren County who are experiencing co-occurring substance use and mental health issues. This program requires 3 half-day groups and individual therapy weekly for 12 weeks and is based in our Phillipsburg location. Services will not be denied due to type of insurance or lack of insurance. Individuals interested in referrals or more information can contact the FGCWC Intake Department at (908) 689-1000 Ext. 418

Additionally, the Family Guidance Center of Warren County offers recovery support services for adults in recovery from substance use disorders. Please contact Lourdes Sibblies for information about any of our Recovery Support programs, she may be reached at 862-268-4709. Additionally, the Community Peer Recovery Center, based in Phillipsburg, supports adults throughout the stages of recovery in a safe, comfortable and judgement-free environment. The Community Peer Recovery Center offers support, guidance, education and connection to community. Lastly, the agency has partnered with CarePlus NJ to offer Support Team for Addiction Recovery (STAR) program services to adults. The STAR program offers case management and peer support services in the community at no cost to the consumer. Participation is at no cost and participants do not need to be active in treatment. The agency website provides information on services in greater detail and may be found using www.fgcwc.org



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!

Visiting Home Maker Service of Warren County, Inc.
"We've made a difference in someone's life EVERY DAY since 1966"

**** Now Hiring ****

CERTIFIED HOME
HEALTH AIDES

**Come help us make a difference
in the lives of those in need
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♥ **CHHA Certification & Experience Preferred-NOT
REQUIRED!**

♥ **PT/FT Hours available**

♥ **EOE/MF**

Call (908) 689-4140 and ask for *KATE*



**Visiting
Homemaker Service**
OF WARREN COUNTY, INC.

Visiting Homemaker Service of Warren County, Inc.
18 Broad Street PO Box 306
Washington, NJ 07882

Phone: (908) 689-4140
Website: www.vhswc.org