

James R. Kern III, Director

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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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Tomato Season is Upon Us...

Soon you will be eating tomatoes. Tomatoes are the major dietary source of the anti-oxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.

A tomato is botanically a fruit, but generally eaten as a vegetable.

They are a great source of Vitamin C, Potassium, an essential mineral beneficial for blood pressure control and heart disease prevention, Vitamin K1 (which is important for blood clotting and bone health), and Folate, one of the B vitamins important for normal tissue growth and cell function. There are many other plant compounds present in a tomato.

For heart health, some studies have shown a link to low blood levels of lycopene to increased risk of heart disease and strokes.

For cancer, studies have shown a link between tomatoes and tomato products with fewer incidences of prostate, lung and stomach cancers. Ongoing studies continue in the determination of tomatoes and effects on heart disease and cancers.

Locally grown tomatoes taste better because they are allowed to ripen naturally, whereas commercially grown tomatoes are harvested and transported while still green and are sprayed with artificial ethylene gas which inhibits the development of natural flavor and results in a tasteless tomatoes. A suggestion for a good tasting tomato, Support your local farm markets where they are grown naturally.



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: _____

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Application available at www.eastoncoach.com



Medications



As people age, they are sometimes put on medications. These medications should be taken every day at the same time and in the same place. A list of your medications should always be carried with you in case of emergency as well as when you visit your Dr's Office. It is recommended that oral medications be taken with at least six ounces of water, and you remain upright for 30 to 60 minutes. Water helps medicine pass from your mouth to your stomach then, to your small intestine where it is absorbed. Swallowing medicine without enough water may prevent the medicine from acting properly and may even lead to undesired side effects in some cases. Make sure you are well informed about all the medications you are taking, the times they are to be taken and their purpose.

Keeping Active

As we move toward summer it is important that you stay active beforehand so that you will be ready to enjoy all the summer activities. Here are a few examples to help you gear up.



Develop Healthy Eating Habits

Many who consider eating healthier believe they must give up the foods they enjoy. However, this does not have to be the case.

Consuming treats/sweets in moderation is an effective way to continue eating foods you enjoy without throwing you off track.

When eating healthier to manage weight it is important to consider the difference between a portion and a serving. A *serving* is a measured amount of food while a *portion* is the amount you decide to eat.

(Ex. 2 cookies-serving-vs. eating 3 cookies-portion)

These are serving sizes:

- 1 slice of whole grain bread
- 1/3 cup cooked rice
- 1/2 cup cooked pasta
- 1 small piece of fruit (super-large apples are 2+ servings)
- 1 wedge of melon
- 8 fluid oz. 100% fruit juice
- 1 cup non-fat or low-fat milk
- 2 oz. cheese (about the size of a domino)
- 2-3 oz. lean meat, skinless poultry, or fish (this is about the size of a deck of cards)



Spring Allergies

Boxelder



As we age, our immune system can weaken, making us more susceptible to allergies. Additionally, environmental factors such as increased pollution and exposure to allergens can contribute to the development of allergies.

Tips for Managing Spring Allergies in Seniors

- 1. Stay Indoors During Peak Pollen Times: One of the best ways to manage spring allergies is to avoid exposure to pollen. ...
- 2. Use Air Purifiers: Air purifiers can help seniors breathe easier by removing pollen and other allergens from the air. ...
- 3. Clean Your Home Regularly: Seniors should clean their home regularly to remove pollen and other allergens. ...
- 4. Use Nasal Irrigation: ...



2025 St. Luke's Community Health Needs Assessment Survey



As a nonprofit hospital, St. Luke's is conducting a survey as part of their Community Health Needs Assessment (CHNA) to identify the health needs of our community. We are asking for your participation and feedback.



Please scan the QR code with your smartphone camera and click the link to start the survey. We thank you for your feedback!

St. Luke's University Health Network

[2025 SLUHN CHNA Survey - Available in English, Spanish, & Arabic](#)



With NJ Save's new online application, eligible older New Jerseyans and individuals with disabilities can access benefits, such as:

- ✓ Pharmaceutical Assistance to the Aged and Disabled (PAAD)
- ✓ Hearing Aid Assistance to the Aged and Disabled (HAAAD)
- ✓ Lifeline Utility Assistance
- ✓ Medicare Savings Programs
- ✓ Medicare Part D's Low Income Subsidy (LIS, also known as "Extra Help")
- ✓ Senior Gold Prescription Discount Program

Real Savings. One Application.

With NJSave, older residents and people with disabilities can save money on:

Medicare Premiums

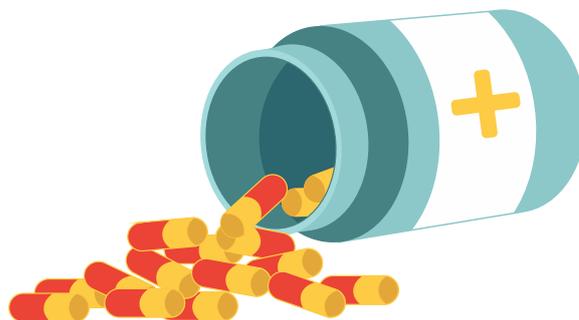
Prescription Drugs

Other Living Expenses



New income limits make the program more accessible! Learn if you qualify and apply at

NJSave njsave.org



Warren County Senior Citizen Art Show (2024)

The annual Warren County Senior Citizen Art Show was held at the Wayne Dumont, Jr. Administration Building main hall gallery on Friday, May 17, 2024. The art show is presented through a partnership with Cultural & Heritage Affairs, a division of the Department of Land Preservation, the County Department of Human Services, and the Division of Aging & Disability Services. This event was funded in part by the New Jersey State Council on the Arts (NJSCA) and is supported by the Warren County Board of County Commissioners.

All first place winners will then go on to represent Warren County at the New Jersey Senior Citizen Art Show (NJSCAS) in the fall.

The participants in the annual Warren County Senior Citizen Art Show include Kathie Baker (1st place, non-professional photography, Hackettstown), Carol Cockerline (1st place, non-professional oil, Phillipsburg), Joanne Cowley (Honorable Mention, non-professional watercolor, Belvidere), Dale Hamlen (non-professional works on paper, Belvidere), Susan Hammond (professional digital photography, Hackettstown), Hillary Hill (Honorable Mention, professional works on paper, Hardwick), John LaPadula (1st place, non-professional photography, Hackettstown), Shirley MaComber (2nd place, non-professional acrylic, Harmony), Lorraine Myers (2nd place, non-professional photography, Harmony), Shirley Spangler (non-professional watercolor, Belvidere), Gail Speirs (1st place, non-professional watercolor, Washington), Barbara Stoffels (2nd place, non-professional oil, Hackettstown), Julie Wane (1st place, professional acrylic, Hackettstown), and Hank Webber (non-professional photography, Phillipsburg).

The Wayne Dumont, Jr. Administration building is accessible, has accessible parking and is located at 165 County Road 519 S., Belvidere, N.J. 07823. The show is viewable by the public during regular business hours, Monday-Friday, 8 a.m. to 4:30 p.m. from now until the end of August.





Warren County Senior Community Centers

Lunch provided,
Weekly exercise programs including:
Chair Yoga, Tai Chi and Zumba
Socialization, Nutrition Education and Recreation.
Grab & Go lunches are available.

Stop in or call one of the sites listed below:

Phillipsburg- 908-859-2423

310 Firth St., Phillipsburg

Washington- 908-689-0650

33 Brass Castle Rd., Washington

Hackettstown- 908-850-5438

293 Main St., Hackettstown, NJ

North Warren (Columbia) 908-496-4001

Knowlton Lion's Den

505 Route 94, Columbia

Senior Farmers Markets

Voucher Program

The Senior Farmers' Market Nutrition Program (SFMNP) promotes nutritional health among New Jersey's senior citizens by providing them with locally grown fresh fruits, vegetables, and herbs.

For additional information about this program, please contact our office at 908-475-6591



ARE YOU AN UNPAID CAREGIVER?

ARE YOU A CAREGIVER?

- Do you provide care for an aging parent, spouse, sibling, friend, or neighbor, or child with special needs?
- Do you care for anyone with a mental illness, physical or developmental disability?
- Do you run errands such as picking up medication or groceries? Make meals or provide help with daily care or paying bills? Drive to or assist with scheduling doctor's appointments?

WHAT IS THE DEFINITION OF CAREGIVER?

- Unpaid family member, friend, neighbor, co-worker, etc.
- Full time, part time, long distance
- Become over time; become overnight
- From an occasional check in call or visit to total personal care

CAREGIVER FACTS & STATS

- Caregiving is a universal reality that touches almost every family.
- Often assuming the role without preparation or education, often to the detriment of their own wellbeing.
- Family caregivers provide an invaluable resource to their loved ones.
- Caregivers are often isolated and overwhelmed; report not knowing where to turn for help.
- 90% of caregivers say they worry more or feel more stress.
- In 2023 the National Alliance for Caregiving estimates 65.7 million Americans (or 29 percent the U.S. adult population involving 31 percent of all U.S. households) served as family caregivers for an ill or disabled relative.

MY COMMITMENT TO CAREGIVERS

- Meet caregivers where they are in the stages of caregiving.
- Recognize that each caregiver experience is unique yet many share common experiences.
- Meet the diverse needs of each caregiver based on their unique caregiver experience.
- Help caregivers identify their needs and connect to resources, support, services, information and education.
- Support self-care for caregivers.
- Work together as a TEAM!

For more information on how Robin Ennis, Caregiver Resource & Information Specialist can assist you with finding resources, support, information, education, and services to support unpaid caregivers, please email RobinEnnisLLC@gmail.com or call 908-866.1333.

There are only four kinds of people in the world - those who have been caregivers, those who are caregivers, those who will be caregivers and those who will need caregivers.

— Rosalynn Carter —



Warren County Division of Aging and Disability Services
908-475-6591

SENIOR & DISABILITY EXPO FAIR

JULY 29, 2024

1:30PM - 4:00PM

JOIN US FOR:
VENDERS, GAMES, AND MORE!

LOCATION:
1350 STRYKERS RD PHILLIPSBURG, NJ 08865



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 services are voluntary, but may be implemented involuntary only if deemed necessary to safeguard a vulnerable adult and only by way of courts. ALL information gathered 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.

- **Physical 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 Outstanding Senior Award Banquet

Ruth Skirbst Named Warren County's Outstanding Senior

(HARMONY TWP., NJ) –Ruth Skirbst, lauded as the community's "go to" person, was named the 2024 Mary Louise Christine Outstanding Senior Citizen of Warren County as the county celebrated Older Americans Month.

Skirbst and her fellow nominees were honored at the annual luncheon presented by the Warren County Aging Services Advisory Council and the county Department of Human Services' Division of Aging & Disability Services, held at Harkers Hollow Golf Club.

Warren County Commissioners Lori Ciesla and Jason J. Sarnoski presented a proclamation for Older Americans Month that urged all county residents to take time to recognize and celebrate our older residents as powerful and vital citizens who greatly contribute to this community.

They then highlighted the achievements of all the nominees – Skirbst as well as Candy Church of Allamuchy, Martin Connor of Frelinghuysen, Jim Ferguson of Phillipsburg, Paul Williams of Harmony and William Wintermute of Harmony – before announcing Skirbst as the recipient of the Outstanding Senior honor.

The award has been given since 1984 but was renamed in 2007 for Mary Louise Christine shortly before the 85-year-old community activist from Washington Township passed away. Nominations are accepted in the Spring each year for the award.

In nominating Skirbst, her friend Rhonda Olswfski described her as "active, outgoing, and a friend to everyone she meets," adding, "Her dedication to others has, and is, helping many in need and encourages others to follow her lead in supporting the community."

Skirbst is active with Harmony Presbyterian Church organizing events, food collections for the needy, holiday food baskets, rummage collections and sales, and gaining recognition for gravesites currently hidden under a building addition. She was a main organizer for the bell choir, has served as a deacon, worked to get the elevator installed so everyone can attend services, and remains active in the ongoing projects and leads the way in welcoming guests and encouraging new members.



Ruth and her late husband, Henry, founded the Harmony Township Historical Society and were instrumental in the preservation and renovation of the Van Nest Hoff Vanatta Farmstead, located along Route 519 in Harmony. She also has worked on Wreaths Across America to decorate the graves of veterans, and supports local homeless veterans by hand making lap robes for the residents of the veteran's local shelter.



Photo cutline for above photo:

Six Warren County seniors were honored during Older Americans Month. (L-R) State Sen. Douglas Steinhardt, Warren County Commissioner Lori Ciesla, 2024 Mary Louise Christine Outstanding Senior Citizen of Warren County Ruth Skirbst of Harmony, Warren County Commissioner Jason J. Sarnoski, outstanding senior nominees Paul Williams, Jim Ferguson, William Wintermute, Candy Church, and Martin Connor, and Steve Unger, Executive Director of the Warren County Division of Aging & Disability Services.



Caregiver Support Group (in-person)

1st Tuesday of each month from 1:30-2:30pm

Warren County Library Locations

August 6 - Southwest Branch, 404 CR 519, Phillipsburg

September 3 - Northeast Branch, 40 Rt 46, Hackettstown

October 1 - Richard D. Gardner Branch, 2 Shotwell Dr., Belvidere



Join Dr. Frank Gilly, Geriatrician and Robin Ennis, Caregiver Resource & Information Specialist for an in-person support group for unpaid caregivers across the lifespan. Connect with others who understand the joys and challenges of caregiving. Share experiences and learn helpful tips. Receive information, resources and service connections.

To RSVP or for questions contact RobinEnnisLLC@gmail.com or 908-866-1333.

Warren County Division of Aging & Disability Services

A sincere thank you to all of the sponsors of our

Older American Act Celebrations

Newbaker Funeral Home Blairstown

Post Time Pub Blairstown

Fliegau's Jewelers Washington

Roman's Pizza Blairstown

Eric Schneider Professional Trade Services

Radom & Wetter Attorney 's Bridgewater

Sonny's Pizzeria Hackettstown

Smashed Olive -Washington

Frank's Pizza Blairstown Blairstown

Diner Blairstown

Oakwood Lanes Washington

Next Level Hair Design Washington

Division of Aging Staff & Nutrition Center Staff

Marley's Gotham Grill Hackettstown

Voula's Hairway to Heaven Salon Blairstown

Enzo's Pizzeria Washington

Blairstown Powersports & Equipment

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Annabel's Phillipsburg

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Barber on Main Blairstown

Pizza Village Café Phillipsburg

Cozy Corner Deli Hackettstown

Grand Avenue Tavern Hackettstown

Mama Baci Café Hackettstown

Tractor Supply Blairstown

United Healthcare / Maria

Bagelsmith- Belvidere

Lowes-Newton

Food Mart Belvidere

Taylor Anne Salon Oxford

Shoprite

A Tech Auto Blairstown

Lowes - Hackettstown

Tractor Supply Washington

Davila's Pizza Hackettstown

Hope Pizzeria & Catering Hope

Humpty Dumpty Columbia

Harmony Lions Club

Hunter's Lodge Columbia

Waters Edge Belvidere

Buck Hill Brewery & Restaurant

Ennoble Care

Dale's Market Blairstown

Cierech Greenhouse

Warren County Seeks Nominations for Thomas M. Kennedy Excellence in Accessibility Award

The Warren County Advisory Council on Disabilities is seeking nominations for the “Thomas M. Kennedy Excellence in Accessibility Award,” asking residents to recommend any local business, organization, professional office, or other place of public accommodation, service group, or a county resident, who has made real strides in facilitating and supporting equality and access for all people, including people with disabilities.

The priorities of Title III of the Americans with Disabilities Act (ADA) shall be used in determining eligibility. The ADA’s four basic priorities are:

- *Access to the accommodation from the sidewalk(s) or parking area (e.g., ramps, accessible parking, and widened entrance);*
- *Access to goods or services (e.g. interior ramps, arrangement of racks);*
- *Access to restrooms; and removal of any other barriers;*
- *Accessibility, however, is not limited to physical access. Customer service and efforts to remove attitudinal barriers will also be considered. To be truly accessible, businesses and their employees should treat all customers with respect, and provide reasonable accommodations and other assistance as needed.*

Nominations must be submitted by September 3, 2024

Contact Warren County Division of Aging & Disability Services at 908-475-6591 or seniorservices@co.warren.nj.us to obtain a nomination form.



Meals at Home

Eligibility Criteria

- You must be a Warren County resident.
- You must be homebound, or unable to leave your home, with the exception of going to medical or other essential appointments.
- You must be unable to grocery shop or prepare meals for yourself.
- You must be without at-home support from family, friends or neighbors to help you get a daily meal.
- You must have a doctor’s order that states you require a home delivered meal.

As a participant of the program, you can look forward to a hot nutritious meal delivered right to your door, Monday through Friday, just in time for lunch!



To see if you, a family member, or friend meets the criteria for the Meals at Home Program,

Please call: (908) 475-6591