

Lori Ciesla - Commissioner Director

James R. Kern, III- Commissioner Deputy Director

Jason J. Sarnoski - 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>

[Address Services Request](#)

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

Wellness Initiative for Senior Education (WISE)

Older means you can always get WISEr

Community Prevention Resources of Warren County is proud to present Wellness Initiative for Senior Education (WISE) in various locations around the county. WISE is a health and wellness program designed specifically to address issues facing today's older adults. Now, this isn't like a class you may remember in high school where you walk away starry eyed singing, "Don't know much about history, Don't know much biology, Don't know much about a science book, Don't know much about the French I took, But I do know that I love you, And I know that if you love me, too, What a wonderful world this would be". The WISE program covers a wide range of topics including nutrition and exercise, medication use, stress management, depression, alcoholism, and prescription drug use. Will you be able to dance the night away to Johnny B. Goode? We sure hope so! The WISE program uses an interactive educational approach to help older adults celebrate healthy aging, make positive lifestyle choices, and feel more confident and in control of their lives. We hope this program will channel your inner Bill Haley and His Comets and help you "Rock Around the Clock".

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



Employment Pathways

A Division of Abilities of Northwest Jersey Inc.

Unlocking Potential • Empowering Success

Offering TWO unique opportunities for individuals with disabilities:



CAT

CENTER FOR ADULT TRANSITION

on the campus of



Warren
Community College

The County College Based Center for Adult Transition (CAT) Grant will promote opportunities for independence in employment, post-secondary education, workplace readiness, independent living skills, and community engagement.

CAT students will experience:

- Fundamentals for Success such as soft skills and computer basics
 - Employment and Career Readiness such as resume writing and interviewing skills
- Career Exploration and Job Placement

OPENINGS FOR THE CAT PROGRAM ARE AVAILABLE!

Students must be between the ages of 18 -24, reside in Warren County, have a High School diploma, GED or equivalent certificate, and have the potential and desire to achieve the goal of competitive employment.



Project | SEARCH[®]

at



Atlantic Health System
Newton Medical Center

Project SEARCH is a one-year, business-led, unpaid internship program for students providing a chance to explore careers and develop transferable job skills.

Project SEARCH interns will:

- Participate in a variety of internships within the hospital setting
- Acquire competitive, transferable, and marketable job skills
- Gain increased independence, confidence, and self esteem

APPLICATIONS ARE BEING ACCEPTED FOR THE 2023 INTERNSHIP!

Interns must be either in their last year of high school 18-21, or adults 21-25 registered with NJ Division of Developmental Disabilities, and have the potential and desire to achieve the goal of competitive employment.



Abilities
of Northwest Jersey Inc.
An Affiliate of Allies
Unlocking Potential • Empowering Success

For more information contact:

Karen Menke, Outreach & Care Coordinator
(908) 689-1118 or outreach@abilitiesnw.com
abilitiesnw.org



The Pharmaceutical Assistance to the Aged and Disabled (PAAD) program is a state-funded program that helps eligible seniors and individuals with disabilities save money on their prescription drug costs.

EFFECTIVE JANUARY 1, 2023

The **PAAD** income eligibility limits for calendar year 2023 are:
Less than \$42,142 FOR A SINGLE PERSON
Less than \$49,209 FOR A MARRIED COUPLE

The **SENIOR GOLD** income eligibility limits for calendar year 2023 are:
Between \$42,142 - \$52,142 FOR SINGLE PERSONS
Between \$49,209 - \$59,209 FOR MARRIED COUPLES

For information call our office at 908-475-6591 or apply online at NJSave.

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

Volunteers Needed

You want to help and give back to people in your community? You may enjoy volunteering with SHIP.

As a State Health Insurance Assistance Program (SHIP) volunteer, you can make a difference in your community by assisting Medicare Beneficiaries on Medicare and related health insurance issues.



NOW HIRING

CERTIFIED HOME HEALTH AIDES

Come help us make a difference in the lives of those in need throughout Warren County!

- CHHA Certification & Experience Preferred-NOT REQUIRED! (Will refer to Online Course for Certification)
- PT/FT Hours available
- EOE/MF

Call (908) 689-4140 and ask for KATE



February is American Heart Month

February has arrived and that means it is officially American Heart Month! Since 1964, this month has been recognized as a time to raise awareness about heart disease and the importance of cardiovascular health. According to the American Heart Association, this disease is the #1 leading cause of death in the United States and worldwide. The positive news is that heart disease is preventable in many cases, so now is the time to start taking control of your life by adopting healthier lifestyle choices.

The first step in making a change is knowing which health conditions and behaviors that increase the chance of developing heart disease. The primary health conditions that increase risk are having high blood pressure, high blood cholesterol, prediabetes or diabetes and being overweight or obese. The health behaviors that are considered risk factors for heart disease include tobacco use, lack of physical activity, eating a poor diet, drinking too much alcohol and older age. Sometimes a family history or genetics can play a role, especially when combined with poor lifestyle behaviors.

Here are some ways preventative actions that you can take to lower your risk of developing heart disease and improve your overall well-being! Remember that it's never too late to make a change.

- Get your blood pressure and cholesterol checked
- Eat a healthy diet that includes fruits, vegetables, whole grains, and lean meats
- Maintain a healthy weight
- Be physically active throughout the day
- Manage your stress
- Don't use tobacco products
- Get enough quality sleep



For more information on heart-healthy living, visit The National Heart, Lung and Blood Institute website at <https://www.nhlbi.nih.gov/health/heart-healthy-living>.

Submitted by Tracy Mazzucco

Are you 65 or better?

If you're tired of maintaining your home and enjoy an active lifestyle, independent living may be the perfect option!

Created especially for seniors who savor independence, social interaction with peers and leisure pursuits intertwined with exceptional service, our community makes people proud to call Bentley Commons home.

427 Route 46 E • Hackettstown, NJ 07840
908-498-0100 | www.BentleyAtParagonVillage.com



A Premier Senior Living Community



JOIN US TODAY!

The Warren County nutrition program is serving residents 60 years of age or older. We welcome you to visit one of our community centers daily for lunch, socialization, nutrition education and exercise.

Please stop by one of our locations to pick up a menu and activity calendar.

Phillipsburg- 908-859-2423

North Warren - 908-496-4001

Washington- 908-689-0650

Hackettstown- 908-850-5438



TRANSPORTATION IS AVAILABLE

Bring this ad with you and receive a FREE lunch on us.

Congregate Nutrition: Weekday meals from 10:30 am to 1:00 pm at our nutrition sites. Order by noon the day before, by calling the nutrition site directly. A donation of \$3.00 per meal is suggested.

Grab & Go Meals: Weekday meals from 11:00 am to 12:30 pm. Order by noon the day before pick up, by calling the nutrition site directly. A donation of \$1.00 for physical activity is suggested.

Nutrition Counseling: A registered Dietician Nutritionist provides advice to improve nutritional status for congregate clients and homebound individuals.

ARE YOU HOMEBOUND? ARE YOU UNABLE TO PREPARE MEALS? YOU MAY BE ELIGIBLE FOR MEALS THROUGH OUR HOME DELIVERED MEAL PROGRAM. FOR SCREENING AND ELIGIBILITY. PLEASE CALL: 908-475-6591

You can help by becoming a volunteer...

Volunteer drivers are needed to deliver meals to homebound clients.

Nutrition Site Volunteers assist staff with activities, serving, etc.

Exercise Program



The Division of Aging and Disability Services offers weekly in-person and virtual exercise programs for seniors and individuals with disabilities. If you are interested in participating, please contact the Division at 908-475-6591 for more information.

It is a proven fact that physical activity and exercise are good for you, and you should aim to make them part of your routine. There are countless studies that prove the important health benefits associated with exercise, and it becomes more important as we age. Regular physical activity and exercise for seniors helps improve mental and physical health, both of which will help you maintain your independence as you age.

Before beginning any new exercise routine, it is important to speak with your doctor to determine which types of exercise will be most beneficial and which you may want to avoid.

Ennoble Care

At Ennoble Care, we pride ourselves in our dedication to delivering individualized care to all our patients and their loved ones, by serving as a staunch support system during vulnerable time in their lives. We have three different programs to meet the needs of our patients. We actively see NJ patients in Warren, Sussex, Hunterdon, Somerset, Morris, Union, Passaic and Bergen Counties. We also serve areas throughout NY, MD, VA, DC, and GA.

Our experienced and trustworthy staff is made up of professional healthcare providers and support team members with a compassionate, healing approach. We offer an On-Call 24/7 Support line that can be reached at all hours of the day and night.

ENNOBLE PROGRAMS-

HOUSECALLS/PALLIATIVE

Ennoble Care Housecalls/Palliative Program is a group of physicians and nurse practitioners visiting seniors at home. Through regular home visits and a proactive approach to coordination of care, we are able to monitor and maintain the health and well-being of our patients, keeping them healthy at home. Once on our Housecalls/Palliative Program we can order in-home lab work, x-rays, refill prescriptions as well as Physical Therapy, Occupational Therapy and more. Physicians and Nurse Practitioners approach each patient with the unique care they deserve. We are all committed to improving patient care while making it easier to care for aging loved ones.

Mobile X-Rays and Sonograms-Advances in technologies enable the best medical care to be available from the comfort of home. Our patients have the option of getting X-Rays and sonograms in the home as needed.

Medication Management and Medication Refills-Your health and wellbeing are our top priority and we are dedicated to ensuring our patients are benefiting from first class medication management.

Mobile Diagnostic Laboratory Testing-At times it is difficult for older adults to get to the lab for routine bloodwork. We arrange for the lab to come to you. Home draws are done regularly to ensure that patients are staying in good health.

HOSPICE CARE

Hospice care is available to care for patients in their homes, assisted living, senior housing and skilled nursing facilities. Hospice is an interdisciplinary care program for individuals with life limiting conditions who are no longer candidates or seeking aggressive treatments.

We view Hospice as taking control of your journey and use a holistic human approach providing physical, spiritual and emotional support. Under the direction of Board-Certified Physicians and RN Nurse Case Managers Ennoble provides an On Call Support line, where a Registered Nurse can be reached to address concerns, as well as be dispatched to the patient's home should the need arise for additional medical support.

Our Social Workers Aides and Chaplains are available to assist as needed in your care. As a hospice patient you will be able to receive medical equipment (DME) and medical supplies to help you and your family keep you comfortable and safe at home. They also can assist with any needed medications for comfort care and symptom management. For more information about Ennoble Care services contact Jacquie Petersen at 908 914-1230.

Domestic Abuse and Sexual Crisis Center of Warren County

The Domestic Abuse and Sexual Crisis Center of Warren County (DASACC) is here to help, serve, and advocate for those who are being hurt and/or experiencing violence, and are here to create positive change in our community. We believe in all people and believe everyone is entitled to safety, confidentiality, and access to our services. We believe people know what is best for themselves and can make their own decisions.

Under the umbrella of domestic violence and sexual violence falls Abuse in Later Life. Abuse in Later Life is harm caused to someone who is 50 years and older. It includes emotional, physical, sexual harm, neglect, stalking or harassment, abandonment, and/or financial abuse. Most often the harm is committed by someone a person knows such as spouse, romantic partner, family member, caregiver, etc. The person causing harm will often use power and control, manipulation, and intimidation to hurt someone. This type of harm can occur in any setting and community, and affects all racial and ethnic groups, ages, and income levels.

Examples of Abuse in Later Life could include the following:

- Is someone not allowing you to leave the house?
- Is someone taking your money with your permission?
- Is someone embarrassing you on purpose or hurting your feelings?
- Is someone making you feel bad or sad on purpose?
- Is someone touching you in a way that makes you feel uncomfortable?

If you believe that you are experiencing harm, know that DASACC is here for you. DASACC offers people age-specific safety planning sessions, individual counseling, legal advocacy, case-management, emergency shelter, and a 24/7 hotline. These services are offered via phone, video, or in person. They are free and confidential.

Additionally, DASACC offers support groups including an Older Women's Support Group. This group is open to older women who are 50 years and older and are or have experienced harm by someone. This group is in-person on Wednesdays, 3-4 PM at DASACC's outreach office.

If you are interested in any DASACC service or support group, or you or someone you know is being hurt, please contact the hotline at 908-453-4181 or visit our website at dasacc.org.

For all services, an intake will be completed (intakes take 60-90 minutes to complete). You do not need to schedule an intake to speak with an advocate for immediate safety-planning help.

The Warren County Division of Aging and Disability Services is partnering with Warren County Land Preservation to bring you outdoor fun this spring at Bread Lock Park. Join us for games, nature walks, and other activities! Stay tuned for more details!

Bread Lock Park
2627 Route 57
Stewartsville, NJ 08886

