

SENIOR VOICE

Warren County Division of Aging and
Disability Services

NEWS & FEATURES

Meet Our Staff

PAGE 1

Nutrition Program

PAGE 6

REVERSE MORTGAGE FACTS AND MYTHS

PAGE 7

What is Aphasia?

PAGE 8

Warren County Launches New Websites

PAGE 10

Cooking With Kristen

PAGE 11

STEVE UNGER EXECUTIVE DIRECTOR



"I would like to take this opportunity to introduce myself in my new role as Executive Director at the Division of Aging and Disability Services. Over the past 16 years, my professional experiences include a number of positions here with the Division, which include Care Manager, Adult Protective Services Worker, Medicare Counselor, Social Work Supervisor for our JACC and APS programs, and most recently Executive Director."

Steve Unger Continued:

"Behind every Executive Director is a great Network of Professional Service Providers, dedicated and devoted Advisory Councils, and a Strong and knowledgeable staff team that are all committed to providing the best care and services to our older adults and individuals with disabilities residing in Warren County, NJ. As we all work closely together, we look to continue the Division's mission to assist

Warren County's older adults and residents with disabilities preserve their highest level of independence and dignity while supporting the efforts of their caregivers. The Division is driven by the philosophy that all residents have the right to age with dignity, to obtain and maintain optimal health and independence and to have easy access to information and assistance while retaining the right to make their own life choices."

Now let's hear from our team at the Division of Aging and Disability Services:

**"BUILD A
TEAM SO
STRONG,
YOU DON'T
KNOW WHO
THE BOSS
IS."**

**Steve Unger
EXECUTIVE DIRECTOR**

Meet the Staff

THE WARREN COUNTY AGING OFFICE

CATHY HASCHAK - *Confidential Assistant*

I am the Confidential Assistant to the Executive Director and have been with the Division for 5 years. Prior to this, I was with the Division of Temporary Assistance and Social Services for 27 years. Some of my job description includes - assisting the Executive Director with administrative duties; attending the Aging Services Advisory Council and Advisory Council on Disability meetings; schedule Medicare appointments and transportation requests. I also help answer the phones, which allows me the chance to speak with members of the community.

JENNIFER LINTHWAITE - *Clerk*

I recently began working at the Division of Aging & Disability Services as the front desk clerk. I am excited to learn more about the many programs that are offered through this agency and to work with the residents of Warren County. When you call, there is a good chance that I will have the opportunity to speak with you and assist you!

SHARON GREEN - *Assistant Supervisor of Senior Citizen Activities*

I have worked as a social worker and Medicare Coordinator for the county since 2008 before promoting to my current position in January 2020. I am now Assistant Supervisor of Senior Citizen Activities, responsible for the Senior Nutrition Program. I am also in charge of all four senior centers in the county, where we encourage the socialization and health of participating seniors. I also organize the distribution of the state funded, Senior Farmer Market Vouchers. In addition to running the Nutrition Department, I continue to stay current with my Social Work and Medicare Certifications.

SAMANTHA VOLK - *Nutrition Community Service Aide & Outreach Coordinator*

I have been a county employee for almost two years but have been involved with the Division for much longer. Since I could drive, I have volunteered for the Meals at Home Program and while in college interned at the senior centers. Now, I work in the Nutrition Program and am in charge of ordering the meals for both the senior centers and homebound seniors every day. It is also my job to plan and organize the physical activities, speakers, clinics, classes and entertainment held at all four senior centers.

INGRID DOW - *Senior Accountant*

My name is Ingrid Dow. I am the Senior Accountant for the Division of Aging & Disability Services. I have been enjoying my position with the County for 17 years. My main duty is to administer the Area Plan Grant which is the primary funding from the State and Federal Government for the implementation of services for our senior citizens. Although my contact with the public is limited, I am able to help people with completing their Property Tax Reimbursement (PTR) applications and their Homestead Benefit applications.

KRISTEN PETERSON - *APS Supervisor*

I have worked for Warren County for 16 years. I started in the Nursing Office of Warren Haven from there I moved to Warren County Temporary Assistance where I worked for the NJ Family care unit and then for Temporary Assistance Office. I then moved to WCDADS as a Care Manager of the JACC program and became APS certified and recently promoted to Adult Protective Services Supervisor and JACC Care Coordinator. I aide and support the current case managers in following the APS guidelines. I also support them in all aspects of APS investigations, and work with them on active APS cases. I am also the JACC Care Coordinator for the JACC program in Warren County. The JACC program assists individuals in their home to help them age in place.

COLLEEN MILLER - *Care Manager*

YEARS W/DIVISION: 9 years with the division as of November

JOB TITLE: Adult Protective Services & JACC Care Manager

I assist clients in obtaining and securing much needed services in the home to remain in the community such as home health aides, supplies, meals, respite services. To explained procedures and assist with application process to secure services. To counsel on various cost saving programs and entitlements as well as eligibility requirements to include: PAAD, Home Energy Assistance, Food Stamps, Medicare, Medicaid wavier Programs. To resolve concerns and/or complaints made by clients and refer to appropriate agencies to attend to needs. To build and maintain open communications with clients.

AVA LOVELAND - *Care Manager*

Hi my name is Ava Loveland. I have been here at the county since November of 2020. I am currently working as a JACC and PASP Care Manager. Using these programs, my goal is to keep our clients independent as long as possible. With JACC I am able to provide services such as home health aides, respite care, home delivered meals and countless others. As a PASP Care Manager, I am able to provide services for those who are between the ages of 18 and 70 and have a permanent physical disability. The goal is to provide day to day assistance for the client to keep their independence. Being a JACC and PASP Care Manager, I am able to develop close relationships with Warren County residents.

GAIL GLAZER - *Clinical Nurse Assessor*

For six years I have worked with the Division of Aging as the Clinical Nurse Assessor. For 12 years prior to this, I worked as a homecare nurse for Warren County Public Health. My goal with the Division of Aging is to assist clients with services that enable them to remain in their homes as long as possible. I reach this goal by evaluating the client and providing them with whatever will make day to day life easier and encourage independence.

REGINA FITZPATRICK - *Supervisor Information Assistance and Outreach*

I have been with the county for 33 years. I oversee the Information and Assistance unit. My team and I assist older adults and physically disabled by conducting an initial interview and gathering essential consumer information to assist in maintaining that individual in a community setting with supports. I instruct my team as they assist seniors and disabled in completing applications for benefits and service programs. I also perform outreach to hospital discharge planners, home health/ care agencies, senior housing and clubs to make them aware of all the services they may be eligible for. Lastly, I conduct monitoring of all Title III programs by completing the monitoring tool, observing actual services that are provided, read reports and records to ensure agency is in compliance.

CHERYL BANGHART - *Community Service Aide*

With the county for 16 years. Community Service Aide for I&A / Medicare Special Benefits Outreach and Enrollment (MIPPA) I provide and link individuals with current information on opportunities and services available to them in the community. I also conduct outreaches and help beneficiaries enroll in the MIPPA Programs.

MARIA HOWIE - *Intake and Assistance*

Hello! My name is Maria Howie. I started working for Warren County 7 years ago. I started working for the Food Stamps/GA/Family Care department. In 2018 joined the Long Term Care Medicaid Department as a case worker. I joined the Division of Aging & Disability at the end of August 2021 and I am thankful for the opportunity to serve our clients by providing information & Assistance and a listening ear.

KAYLYNN PIERCE - *Student Intern*

Hello my name is Kaylynn Pierce. I am a student intern here at Warren County Division of Aging and Disability Services. I am currently in school to receive my bachelor's degree in social work. I am excited for this opportunity to learn all about what possibilities and programs Warren County has to offer. I look forward to meeting residents and working with you in the future.

NUTRITION PROGRAMS

The Nutrition Program is an integral part of the Division of Aging and Disability Services and has many roles when it comes to caring for the seniors of Warren County. If a Warren County senior is unable to provide for themselves and is in need of proper nourishment, this program arranges for emergency measures to be taken immediately. Meals will be delivered to the homebound senior and ongoing meal delivery is scheduled for as long as the senior is in need. The Nutrition Program is also in charge of the four senior centers in the county.



The four sites provide seniors with a place to socialize, participate in physical activities and enjoy both entertainment and a hot, nutritious meal at lunchtime. The Nutrition Program arranges transportation to those who are unable to drive to the sites, while also working with other agencies to deliver meals to those unable to leave their homes.

Every month, the Nutrition Program creates a calendar containing the menu that will be served at the senior centers. There is also a schedule of everything happening at the sites each month, provided by the program. If you or anyone you know may be interested in visiting our senior centers or are in need of meals, please contact our office!

REVERSE MORTGAGE FACTS AND MYTHS

Reverse mortgages are probably the most misunderstood financial products for seniors. Celebrity spokesmen on TV commercials make it sound wonderful, while rumors (“It’s a scam,” “It’s too good to be true,” “The bank will take your home”) abound. It’s hard to know who to believe. But the reverse mortgage program has helped many local senior homeowners to supplement their retirement income, so that they can afford to pay their bills, stop depleting their savings, and live a better quality of life.

Most seniors have \$100,000 or more in home equity, but they just can’t access any of it. A reverse mortgage is just a special type of home equity loan, which means that it’s a way to unlock some of the value that has built up in the home over the years. The homeowner makes no monthly payments to the bank, the money received is all tax-free, and will not affect benefits such as Social Security, Medicare, and PAAD. The program is both regulated and insured by the federal government (FHA).

The downside of reverse mortgages is that it will reduce the children’s inheritance. Whatever money is taken out of the home’s equity by the senior for their needs is less for the heirs in the end.

The main reason why most seniors don’t consider a reverse mortgage in the first place is that they think they have to sign their home over to the bank, or that the bank will get their home when they pass on. Both are not true. The senior keeps ownership of their home, and their children will inherit the home. At no point does the bank own the senior’s home.

To ask any questions about the reverse mortgage program, determine eligibility, or to help calculate how much money a senior homeowner would be entitled to receive under FHA rules, contact Rick Schluter at 973-726-0548 or Rick@Reverseman.com.



WHAT IS APHASIA?

Do you know the word “aphasia?” If you don’t, you’re not alone. In fact, more than 85% of people who completed the 2020 National Aphasia Awareness Survey never heard the word “aphasia.” It is unfortunate that so few people are familiar with this term as approximately one third of all strokes lead to a diagnosis of aphasia (National Aphasia Association). The aim of this article is to help spread awareness of this common, yet invisible, post-stroke communication disorder by sharing 6 important facts about aphasia.

Fact 1: Aphasia is a language disorder

Aphasia affects how a person uses and understands language and, ultimately, how they communicate. A person with aphasia may have difficulty with speaking, reading, writing, and/or understanding. The main symptom for all people with aphasia is word finding difficulty (AKA anomia). If you’ve ever had that tip of the tongue feeling where you can’t quite get out the word you’re thinking of, you’ve gotten a small glimpse into what it’s like to live with aphasia.

Fact 2: Aphasia affects everyone differently

No two people with aphasia will have the same exact presentation. The severity and location of the stroke can impact the type and degree of aphasia that someone experiences. For example, someone who has a stroke in their left frontal lobe may have more difficulty with speaking than understanding. This same person’s speech may sound choppy and using complete sentences may be difficult (e.g. saying “bad headache...hospital...2019” to describe having a stroke in 2019).

Fact 3: Aphasia does not affect intelligence

Because aphasia impacts a person’s ability to understand and formulate words and sentences, it is often wrongly assumed that the person has a form of intellectual disability or dementia. However, this is not the case. A person with aphasia can still think and generate ideas the way they did before; however, they may struggle to express those thoughts and ideas in words.

Fact 4: Aphasia can happen to anyone

Aphasia can occur at any age, but is most commonly seen in adults. It used to be thought of as an old person's condition. However, there are adults in their early 20s (and individuals even younger) who have aphasia. There are at least 2 million people in the USA who have aphasia. In fact, there are more people with aphasia than there are with many well-known conditions. For example, more people have aphasia than have Parkinson's Disease or multiple sclerosis.

Fact 5: There is currently no "cure" for aphasia

There is currently no pill or medical treatment that can cure/completely reverse the effects of aphasia. However, most people with aphasia can make progress over time, even several years after the onset of their symptoms. There are numerous resources available for people with aphasia and their caregivers to assist with recovery, including individual and group speech therapy sessions. Speech therapy sessions for aphasia helps individuals to practice their speaking, reading, writing, and/or understanding skills based on their symptoms. Additionally, speech-language pathologists work with family members and caregivers to teach strategies on how best to communicate with someone with aphasia to ensure successful communication exchanges at home and in the community.

Fact 6: Stroke can occur at any time

Because stroke is the leading cause of aphasia and can happen at any time, it's important to know the warning signs. A common phrase used to help people remember stroke signs is "BE FAST." B is for balance - people who are having a stroke often experience balance and coordination problems. E is for eyes - individuals experiencing a stroke can have sudden, unexplained blurred or double vision. F is for face - individuals who suffer a stroke typically experience facial drooping. A is for arm - people who are having a stroke demonstrate arm weakness. S is for speech - slurred speech is a common symptom of stroke. T is for time - Although time is not a sign or symptom of stroke, the T is to remind us that the sooner someone receives medical treatment when experiencing stroke symptoms, the better the outcomes can be.

WARREN COUNTY LAUNCHES NEW WEBSITES

Warren County has a new address! On the internet, anyway.

You can now find Warren County Government online at **www.warrencountynj.gov** but the old address will continue to work for a few months.

The new website includes information on various programs and assistance provided by Warren County, including those available through the Warren County Department of Human Services and its Division of Aging & Disability Services. Find the Division's section of the website under "Government" and you'll see information on programs such as Friendly Visitors and Callers, the Chore Corps domestic chore services, the Meals at Home program, and the Community Senior Centers with their congregational lunch and activity programs. The monthly menu and activities calendar – both virtual and in-person activities – are posted here as well.

The County debuted three other websites, with a fourth one under development.

- **www.WarrenCountyVotes.com** is a one-stop shop for all election-related information, including important dates for upcoming elections, information on where to vote and how voters can cast their ballots, information for volunteer poll workers, and more.
- **www.warrencountynjheritage.com** which also can be found using www.Warren200.com, looks ahead to Warren County's bicentennial celebration which will take place in 2024 and 2025. This website includes information on the history of Warren County, cultural and heritage programs, details on our public museums, and how to volunteer to be part of the county's 200th birthday celebration.
- **www.warrencountynjdps.com** is the new online home of the Warren County Public Safety Department, where you can find information on police, fire, and emergency medical service agencies; emergency management and preparedness; and access to the county's RAVE/Smart911 program where you can sign up to receive important messages and emergency alert notifications.
- **www.warrencountynjveterans.com** (under construction) will be devoted to the Warren County Veterans Recognition Program – how to apply or nominate a veteran for the Warren County Distinguished Military Service medal, photographs of past recognition ceremonies, and links to assistance programs available to veterans.

The main county website includes a link to www.ExploreWarren.org, with information on things to see and do in the county, another to www.WarrenParks.com with details on Warren County parks, open space, trails, and the Morris Canal Greenway, and connections to all of the county's social media pages.

The new website also includes the latest county government news, and a calendar listing meetings of the Board of County Commissioners and other committees and advisory boards, so you can stay informed about all the workings of your county government.

We invite you to log on and check it out!

COOKING WITH KRISTEN PETERSON- HOMEMADE BAGEL BITES

1 cup unbleached all-purpose flour or whole wheat flour
2 teaspoons of baking powder (make sure it is not expired)
¾ teaspoon of kosher salt

1 cup of nonfat Greek yogurt (do not use regular yogurt)

4 tablespoons of cream cheese (all varieties work plain, vegetable etc.)

1 egg white beaten

Optional topping: everything bagel seasoning, sesame seeds, poppy seeds, dried garlic or onion flakes



Preheat oven to 375F. Place parchment paper or a silpat on a baking sheet. If using parchment paper, spray with oil to avoid sticking.

2. In a medium bowl combine the flour, baking powder and salt and whisk well.

3. Add the yogurt and mix with a fork or spatula until combined; it will look like small crumbles.

4. Dust flour on a cutting board, put the dough on the cutting board with flour, knead the dough a few times until tacky but not sticky; about 15 turns (it shouldn't leave dough on your hands)

5. Divide dough into 8 equal balls. Flatten each ball into circles, place ½ tablespoon of cream cheese on each. Pull together to make a ball again.

6. Brush with egg wash and sprinkle with a topping of choice or leave plain.

7. Bake on top rack of your oven for 20-25 minutes. Let cool for 10 minutes then enjoy.

Medicare Open Enrollment is
October 15 - December 7

SHIP can help.

Your State Health Insurance Assistance Program (SHIP) can help with one-on-one, unbiased guidance:

- Understanding costs and coverage
- Comparing options
- Completing the enrollment process



Find your local SHIP:
shiphelp.org • 877-839-2675

Medicare Savings

Find out more about SHIP by calling Warren County Division of Aging and Disability Services at 908-475-6591 with questions on how to get set up.

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
Building
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](#)

PRESORTED
STANDARD
U.S.
POSTAGE
PAID

