



SUMMER NEWSLETTER 2023

Senior Happenings

Gloucester County Division of Senior Services, 115 Budd Boulevard, West Deptford, NJ 08096



Department of Health and Human Services

Division of Senior Services

115 Budd Boulevard
West Deptford, NJ 08096

Phone: (856) 384-6900

Email: seniors@co.gloucester.nj.us
www.GloucesterCountyNJ.gov

Gloucester County Board of Commissioners

Frank J. DiMarco, Director
Jim Jefferson, Liaison

Upcoming Events

September 19

Senior Picnic @
Red Bank Battlefield
(rain date Sept. 20)
Tickets on sale - August 9

December 5, 6, 12, 13, 28

Holiday Party at Aulettos
Tickets on sale - November 1

New Jersey 2023 Farmers Market Program



The Gloucester County Board of Commissioners is offering vouchers to income eligible seniors to buy fresh produce at designated local farmers markets.

Those who qualify for the Senior Farmers' Market Nutrition Program must be 60 years or older and have a gross income equal to or less than the income poverty guidelines increased by 185% (i.e., income before deductions for income taxes, Social Security taxes, insurance premiums, bonds, etc.). Eligible Gloucester County residents aged 60+ will receive \$50 to spend at participating vendors at local farmers' markets.

A QR code has replaced the paper vouchers previously distributed. A printed copy of this QR code will be provided by Gloucester County Senior Services to each approved applicant. Applicants will be assigned funds on a first-come, first-served basis. For more information, contact the Gloucester County Division of Senior Services office at 856-384-6900 or email seniors@co.gloucester.nj.us.

Staying Healthy

The Glassboro Senior Center offers physical activities and socialization made possible by funding through the Area Plan Grant and the Older Americans Act. Participation in activities is open to Gloucester County residents aged 60+.

Activities include Zumba, Tai Chi, yoga, meditation, bingo, and chair exercises for "Let's Get Fit," as well as craft lessons.

Please call (856) 881-8504 extension 3 for more information or for a calendar of activities and events visit: www.glassboro.org/parks-recreation



Keeping Cool

Long-term exposure to heat and humidity can pose a serious health risk, especially to older adults and people who take certain medications. The New Jersey Department of Aging Services recommends the following to avoid heat-related health complications:

- ☀ If your home does not have air conditioning, spend time in a library, movie theater, mall, or other public building that is air-conditioned.
- ☀ Make sure to keep hydrated with water, and that those with limited mobility have easy access to fluids.
- ☀ Medications can increase your risk of heat-related illnesses, so it is important to discuss them with your healthcare provider.
- ☀ Do not leave a person or pet in an enclosed car, even for a minute, since temperatures can quickly rise to dangerous levels.



Energy Assistance

Need assistance with your home energy bills? There are programs available from the State of New Jersey that can assist. More information can be obtained by calling (856) 384-6900.

- The Universal Service Fund (USF) aims to reduce the cost of electric and natural gas for low-income households. A household can be eligible for USF if it meets the following requirements: 1) be income eligible; 2) spend more than three percent of household income on gas and/or electricity (or spend more than six percent on electric heating). The program accepts applications throughout the year.
- For low-income senior citizens and disabled persons, Lifeline Utility Assistance Program is available. Eligible homeowners and renters can receive Lifeline benefits to help pay for electric and natural gas bills.
- The Payment Assistance for Gas and Electric (PAGE) grant helps gas and electric customers prevent service disconnection or restore service after it has been disconnected.
- LIHEAP is a federally funded program that assists low-income households with their heating costs (including electric, natural gas, oil, and other deliverable fuels). You may qualify even if your rent includes heat. Medically necessary cooling costs can also be covered by LIHEAP grants. Each year, applications are accepted from October 1 through June 30.



Senior Picnic

On September 19th (rain date September 20th) the Gloucester County Board of Commissioners will sponsor its annual Senior Picnic at Red Bank Battlefield in National Park from 11:00am to 3:00pm.

The day will be filled with lunch, music, entertainment, and dance contests. Tickets are \$2 and will be on sale at the Division of Senior Services at 115 Budd Boulevard in West Deptford beginning August 9th. Attendees must be Gloucester County residents at least 60 years of age in order to attend the event. For more information, please call (856) 384-6900 or email seniors@co.goucester.nj.us



Commissioner Jim Jefferson with the Mummers at the Senior Picnic

Don't Be a Victim of Fraud – Know About Consumer Protection



There is a higher rate of financial fraud and scams among seniors than among any other age group. Seniors are prime targets of scammers today due to a number of factors, beginning with their financial assets. It is most likely that members of this generation possess a substantial "nest egg," own their homes, or have excellent credit ratings. A fraud is also less likely to be reported by seniors. Many victims are unaware that they have been scammed, do not know who to report it to, or are ashamed of being victimized. Scammers target seniors because they are less likely to know about the new scams spreading across the country and around the state. Seniors should be aware of the latest frauds and take extra precautions to protect themselves. Educate yourself and those around you with the resources available. If you or someone you know has been a victim of a scam or fraud, contact the New Jersey Division of Consumer Affairs at www.njconsumeraffairs.gov or call 1-800-242-5846.

Call for Volunteers

Are you interested in giving back to your community?

Become a volunteer at Gloucester County Senior Services!

Volunteering is an excellent way to give back to the community and make a difference in seniors' lives. It is also a great way to meet new people and gain valuable experience.

For more information, please contact us at (856) 686-8330 or email seniors@co.goucester.nj.us





Gloucester County Board of Commissioners

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The Division of Senior Services is open Monday through Friday from 8:30AM to 4:00 PM.

Please visit:

www.gloucestercountynj.gov for additional information on programs and services available in Gloucester County



Stuck at Home? Would You Like a Call From a New Friend?

The Gloucester County AmeriCorps Seniors Reassurance Caller Program provides a volunteer who calls at least twice a week to provide support and company. Participation in this program is free.



Sign up today by calling (856) 468-1742.

KITTEN FOSTERS NEEDED

Can you open your home to help us?



The Gloucester County Animal Shelter needs your help!

We are always in need of fosters to make it possible for us to help more cats & kittens.

We supply everything you need! Food, medical care & any necessary supplies. All you need is a spare room & lots of love!

If you're interested in fostering, contact us today!

(856) 381-2828

gcas@co.gloucester.nj.us

Senior Services is on the Road!

Gloucester County Division of Senior Services conducts outreach events throughout the county to inform the public about all services available to residents 60 years of age and older.

Interested in having us visit your senior center, senior club, community center, or upcoming event? Contact us at (856) 384-6900 or seniors@co.gloucester.nj.us.