



# Senior Happenings

LATE FALL NEWSLETTER 2023

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, 08096**

**phone: (856) 384-6900**

**email: [seniors@co.gloucester.nj.us](mailto:seniors@co.gloucester.nj.us)**

**[www.gloucestercountynj.gov](http://www.gloucestercountynj.gov)**

## Gloucester County Board of Commissioners

**Frank J. DiMarco, Director**

**Jim Jefferson, Liaison**



## 2023 Holiday Parties

The Gloucester County Board of Commissioners will host the annual Senior Holiday Parties on December 5, 6, 12, 13, and 19 at Auletto Caterers in Deptford.

A limited number of tickets for these events are available for \$3 each to Gloucester County residents age 60 and over. Tickets are on sale at the Division of Senior Services office and the six nutrition sites within the County, on a first-come, first-served basis. For more information, please contact Gloucester County's Division of Senior Services at (856) 384-6900 or [seniors@co.gloucester.nj.us](mailto:seniors@co.gloucester.nj.us)

## 2023 Fall Senior Picnic

Gloucester County's Board of Commissioners sponsored the annual Fall Senior Citizen Picnic at Red Bank Battlefield in National Park on September 19th. The event provided participants with an opportunity to socialize and enjoy a day of outdoor fun. The event included entertainment by a band and DJ along with a picnic lunch. With over 1,600 seniors in attendance, the event was a success. We thank all who attended, and look forward to seeing you again at our picnics in 2024!



# Free Health Screenings and Information

The Gloucester County Department of Health provides the following free screenings and information at the Gloucester County Store, located in the Deptford Mall, on the first Friday of each month from 10am-12pm:

## Blood Pressure

The early detection of heart disease can be achieved by monitoring blood pressure regularly. A regular blood pressure check could also detect any abnormalities in the levels. Early detection is essential for reducing the risk of heart attacks and strokes.

## Glucose & Cholesterol Testing

Tests for cholesterol and diabetes should be done every 1–2 years, depending on risk factors for people over 50. Screening regularly ensures heart health and overall well-being.

**For more information, please call 856-218-4106.**

# New! Electronic Registration for Flu Shots!

**New for the 2023-2024 influenza season, registration has gone electronic! There will be no paper registration forms and pre-registration is strongly encouraged. Please follow the instructions below that pertain to your situation.**

If you need to register multiple people (i.e. parent and children) and only have one email address or you do not have an email address (enter none in email), use the Care request link [gloucester.medicatconnect.com/carerequest.aspx](https://gloucester.medicatconnect.com/carerequest.aspx) or scan the QR code at right.



If you already have a Mediat patient portal with Gloucester County Health Department, you can log into your portal and complete a flu consent form under the forms tab. If you have an individual email address you can create a new account in our patient portal by clicking the link below or scanning the QR code. Note: you must have an email address to create a patient portal account. Once your account is created, complete an influenza consent form under forms tab. To access the patient portal, scan the QR code or go to <https://gloucester.medicatconnect.com>.



**Existing Users:** Log in, then under the “forms” tab complete an influenza consent form and click “submit”. Attend a county flu clinic of your choice within 60 days. If you do not remember your user name please call us at (856) 218-4102. If you forgot your password, click “reset password” from the log in page.

**New Users:** Click “register” – click “create new account” – complete information – click “submit”. If you get a “patient already exists” message click “cancel” – click “sign up” create a user name and enter other required information – click “submit” you should get a message

## FREQUENTLY ASKED QUESTIONS ABOUT FLU SHOTS

**Once I create an account do I need to register for a specific date or can I attend any one that is convenient for me?**

- You can attend any clinic that is convenient for you as long as it has not been more than 60 days since you completed your consent form

**What if I do not have access to a computer?**

- You can register from a smart phone
- A family member can assist you with registering if they have a computer or smart phone
- You can call our office and we can assist you with registering (856) 218-4102
- We can register you when you walk in for the clinic, but your visit will take significantly longer

**What if I need a receipt that I received my vaccine?**

- You may download the Docket app to your mobile device and get proof just as you did for your covid vaccines
- You can access via your patient portal



# Low Income Home Energy Assistance Program (LIHEAP)

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families and individuals meet home heating and medically necessary cooling costs. This year, the application period is October 1, 2023, to June 30, 2024. To apply for LIHEAP, you can visit [www.energyassistance.nj.gov](http://www.energyassistance.nj.gov) or contact an authorized local community action agency, community-based organization or outreach agency in your county for assistance. Persons over 60 or disabled may receive and return applications by mail or request a home visit from an outreach agency in their county. In addition, the Division of Senior Services can provide assistance. Applicants for LIHEAP benefits must be responsible for heating or cooling costs, either directly or included in their rent; and have gross income at or below 60% of the state median income. Persons who live in public housing and/or receive rental assistance are not eligible for assistance, unless they pay for their own heating costs directly to the fuel supplier. LIHEAP heating benefit amount is determined by income, household size, fuel type, and heating region.



**Questions? Please contact the Division of Senior Services at (856) 384-6900 or email: [seniors@co.gloucester.nj.us](mailto:seniors@co.gloucester.nj.us)**



## Free Virtual Classes for Older Adults

The New Jersey Division of Aging Services has partnered with GetSetUp to provide free virtual classes for older adults taught by peers - ask questions, make new friends, learn new things and have fun.



### Live Classes Taught by Older Adults Across Multiple Categories

Aging in Place  
Communication  
Cooking  
Creativity  
Financial Planning  
Health and Wellness  
Fitness

Music  
Photography  
Social Hours  
Social Media  
Technology  
Travel  
Business



## Seniors for Seniors

Gloucester County Animal Shelter in conjunction with the Gloucester County Division of Senior Services would like to help our senior citizens adopt a senior cat in need!

The County will provide food as needed.

Free adoption with our Seniors for Seniors program

All cats will be fixed, microchipped and up to date on vaccines.

You will be given all supplies needed to start, litter box, bowls food and toys.

**Program begins November 1, 2023!**

Seniors 60 and over  
Cats 6 and over

**Gloucester County Board of Commissioners**  
Frank J. DiMarco, Director

**Gloucester County Animal Shelter**  
1200 N Delsea Dr. Clayton NJ 08312  
856-881-2828  
[gcas@co.gloucester.nj.us](mailto:gcas@co.gloucester.nj.us)





[www.GloucesterCountyNJ.gov](http://www.GloucesterCountyNJ.gov)

### Gloucester County Board of Commissioners

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### Division of Senior Services

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The Division of Senior Services is open Monday through Friday from 8:30 AM to 4:00 PM. Services are available to all residents of Gloucester County who are 60 years of age and older, regardless of race, color, or national origin in compliance with Title III of the Older Americans Act



## Stress-Busting Program for Family Caregivers

In November, we celebrate National Family Caregivers Month (NFCM) to recognize and honor family caregivers. Do you provide care for someone with Alzheimer's disease or Dementia? You're not alone. There is no doubt that caring for others is a stressful experience. Through the Stress Busting Program for Family Caregivers®, you will learn stress management techniques, relaxation techniques, and strategies for coping at no cost. The program helps you manage caregiving stress and provides support. This multi-component program will meet for 90 minutes per week for 9 weeks, dates to be determined. More information can be obtained by calling 856-468-1742.

