



Senior Happenings

WINTER NEWSLETTER 2024



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



**Department of
Health and Human Services
Division of Senior Services**

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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, Deputy Director/Liaison**



On behalf of Commissioner Director Frank J. DiMarco, Deputy Director/Liaison Jim Jefferson, and the entire Board of County Commissioners, we extend our warmest wishes to you and your family for a happy and healthy New Year!

Senior Holiday Parties



Pictured: Deputy Director Jim Jefferson, Liaison to the Division of Senior Services dances with guests at the holiday party

The Gloucester County Board of Commissioners held their annual Senior Holiday Parties on December 5, 6, 12, 13, and 19. We would like to express our gratitude to everyone who contributed to the success of the events. Over 2,200 seniors attended the parties and had a wonderful time. Thank you to all for making the parties enjoyable and memorable.

Your One-Stop Application for Benefits and Savings in NJ

NJSave is an online application to help low-income seniors and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses.

NJSave enrolls eligible applicants into the following programs: Pharmaceutical Assistance to the Aged and Disabled (PAAD), Senior Gold Prescription Discount Program, Lifeline Utility Assistance, Medicare Savings Programs (SLMB & QI-1), Medicare Part D's Low Income Subsidy (LIS, also known as "Extra Help"), Hearing Aid Assistance to the Aged and Disabled (HAAAD).

The application can also screen applicants for numerous savings and assistance programs. These programs include the Universal Service Fund (USF), Low-Income Heating and Energy Assistance Program (LIHEAP), & Supplemental Nutrition Assistance Program (SNAP).

Finally, individuals who qualify for PAAD and Lifeline Utility Assistance through NJSave may also be eligible for a Property Tax Freeze, Reduced Motor Vehicle Fees, and Low-Cost Spaying/Neutering.

For more information, please call the Senior Health Insurance Program at (856) 468-1742.



NJSave
Your One-Stop Application for Benefits and Savings in New Jersey



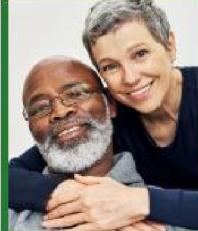
- You are a resident of the State of New Jersey
- You are age 65 or older
- You are between the ages of 18 and 64 and receiving Social Security Disability benefits
- You meet certain income requirements

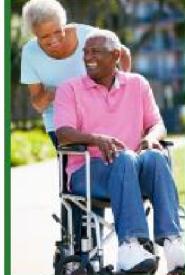
You May Qualify for Programs If:

- You are a resident of the State of New Jersey
- You are age 65 or older
- You are between the ages of 18 and 64 and receiving Social Security Disability benefits
- You meet certain income requirements

Benefits and Programs:

- Pharmaceutical Assistance to the Aged and Disabled (PAAD)
- Hearing Aid Assistance to the Aged and Disabled (HAAAD)
- Lifeline Utility Assistance
- Medicare Savings Programs
- Senior Gold Prescription Discount Program





- Universal Service Fund (USF)
- Low-Income Heating and Energy Assistance Program (LIHEAP)
- Supplemental Nutrition Assistance Program (SNAP)
- Property Tax Freeze
- Reduced Motor Vehicle Fees
- Low-Cost Spaying/Neutering

Additional Savings Programs:

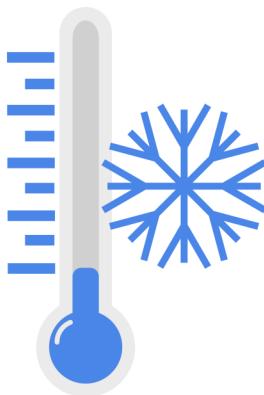
- Universal Service Fund (USF)
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SERV-A-TRAY - SENIOR NUTRITION PROGRAM

The Serv-a-Tray program provides meal delivery services to senior residents who are unable to shop or cook for themselves. The program's objective is to help maintain good health by ensuring proper nutrition and enabling seniors to live independently and with dignity in their own community. To be eligible for this program, individuals must be 60 years of age or older, unable to leave their home, unable to prepare their own meals, have no current assistance with meal preparation and be on a regular diet. Participants receive a complete midday meal from Monday to Friday, and frozen meals are available for the weekends. A donation of \$1.25 is accepted for each meal, however, this is purely

voluntary and there is no obligation to contribute. Privacy and confidentiality with respect to contributions are guaranteed. All collected contributions will be used to expand the services and supplement funds received under the Older Americans Act. For more information on Serv-A-Tray please contact the Division of Senior Services at (856) 384-6900 or email: seniors@co.goucester.nj.us





Coping with the Cold

For many older adults, the drop in temperature can pose a danger. Stay safe at home by being prepared:

- Keep a battery-powered radio, flashlight, and extra batteries handy.
- Stock up on non-perishable foods and bottled water, and have enough available for several days if possible.
- If you are taking medication, check your supply and order beforehand.
- Keep in close touch with a neighbor or friend. Check on one another during snowstorms.

If driving, follow these guidelines during the winter months:

- Keep the gas tank near full to help avoid ice in the tank and fuel lines during the winter.
- Have a bag of kitty litter or sand in your vehicle to help with traction.
- Be sure to have a windshield scraper, deicer, a shovel, and brightly colored cloth in case of a breakdown.
- Keep your cell phone fully charged in case of emergency.



Taking preventive action is your best defense against dealing with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies and observing safety precautions, you can reduce the risk of weather-related health problems.

Expanded Income Eligibility for Prescription Drug Assistance Programs

Participant income limits for the Pharmaceutical Assistance to the Aged and Disabled (PAAD) and the Senior Gold Prescription Discount drug assistance programs have increased by \$10,000, making drug prices more affordable and benefitting an additional over 20,000 seniors state-wide. The PAAD and Senior Gold Prescription Discount drug assistant programs are available to residents 65 and older and those with disabilities. PAAD cuts drug prices to \$5 for covered generic drugs and \$7 for covered name brands. Senior Gold cuts prices in half after a \$15 copay for covered prescriptions.

The PAAD program income limits are now \$38,769 if single and \$45,270 for a married couple. The Senior Gold Prescription Discount program limits are now \$48,769 if single and \$55,270 for a married couple. Assets are not an eligibility consideration for either program. For more information, please contact the Senior Health Insurance Program at (856) 468-1742.





www.glooucestercountynj.gov

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The Division of Senior Services are 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.

For more information on Senior Services, scan the QR code, visit www.glooucestercountynj.gov/303/Seniors or call (856) 384-6900



The County of Gloucester complies with all state and federal rules and regulations against discrimination in admission to, access to, or operations of its programs, services, and activities. In addition, County encourages participation of people with disabilities in its programs and activities and offers special services to all residents 60 years of age and older. Inquiries regarding compliance may be directed to the County's ADA Coordinator at (856) 384-6842/ New Jersey Relay Service 711.

Wellness and Active Aging

One of the best ways to improve physical and cognitive health is exercise. For adults over age 65, the Centers for Disease Control (CDC) recommends at least 150 minutes a week of moderate-intensity activity, such as a brisk walk. Simply walking 30 minutes a day can help prevent, delay, or manage chronic conditions such as arthritis, diabetes, and heart disease, as well as reduce the risk of falls. The Gloucester County Health Department offers wellness programs throughout the year to keep you active and moving, such as Tai Chi, the Step by Step Walking Program, and Sunrise Yoga. Call (856) 218-4106 for more information on upcoming classes.

Caregiver Support Program

The Caregiver Support Program is committed to helping caregivers provide their loved ones with the best care possible. Some key features of our program include:

- Individualized counseling for caregivers who need emotional support or guidance in accessing services for their loved ones.
- Monthly caregiver support groups, that provide a safe and welcoming space for caregivers to connect with others who understand the challenges of caregiving.
- Assisting caregivers in accessing services and resources that can help them maintain the needs of their loved ones, such as home health aides, meal delivery programs, and more.

To learn more about services available to support you as a caregiver, please call the Division of Senior Services at 856-686-8338 or email seniors@co.glooucester.nj.us.

2024 Dates to Remember

April 17 - Senior Health & Fitness Day @ Scarpinatos

May 7 - Public Hearing @ Deptford Township Senior Center

May 15 - Senior Picnic @ Rowan College South Jersey

June 12, 18, 19 - Spring Fling Events @ Aulettos