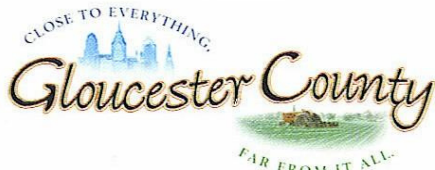


Spring Newsletter 2024

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, Deputy Director/ Liaison



POWERED BY CONNECTION: MAY 2024

Each year, the Gloucester County Board of Commissioners joins in the national tradition of proclaiming May as Older Americans Month. The U.S. Department of Health and Human Services designates a theme for Older Americans Month every year; the theme for 2024 is "Powered by Connection," which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Connectedness plays a vital role in supporting independence and aging in place by combatting isolation, loneliness, and other issues. Join us in promoting the benefits of connecting with others. The Gloucester County Board of Commissioners provides services and support systems within the community to maintain older adults' dignity, independence, and self-determination as they age. In addition, programs and activities are offered to assist seniors in remaining active and engaged in community life.

Spring Fling Events

The Gloucester County Board of Commissioners will host a Spring Fling on Wednesday, June 12, Tuesday, June 18, and Wednesday, June 19, beginning at 10:00 a.m. at Auletto Caterers in Deptford. Lunch and entertainment, door prizes, and more will be provided.

A limited amount of tickets are available for this event to Gloucester County residents 60 or older. Tickets are first come, first served, are \$2, and will be available beginning May 8 at the Division of Senior Services and the six nutrition sites throughout the County during their hours of operation. For additional information, please contact the Gloucester County Division of Senior Services at (856) 384-6900 or email: seniors@co.gloucester.nj.us

SPRING FLING



2024 Senior Farmers Market Nutrition Program



JOIN GLOUCESTER COUNTY SENIOR SERVICES FOR A

SUMMER FARMERS MARKET

THE DIVISION OF SENIOR SERVICES WILL HOST A COMMUNITY FARMER TO PROVIDE LOCALLY GROWN PRODUCE AT A REDUCED PRICE AT EACH NUTRITION SITE



Event Dates and Locations

MAY 23, 10:00AM - 12:00PM

THOROFARE FIRE HALL - 100 FIREHOUSE RD. THOROFARE, NJ 08086

MAY 30, 11:00AM - 1:00PM

MANTUA COMMUNITY CENTER - 111 E. MERCER AVE. SEWELL, NJ 08080

JUNE 5, 10:00AM - 12:00PM

GLASSBORO SENIOR CENTER - 152 SOUTH DELSEA DR. GLASSBORO, NJ 08028

JUNE 13, 10:00AM - 12:00PM

FIRST BAPTIST CHURCH OF JERICO - 981 MAIL AVE. DEPTFORD, NJ 08096

JUNE 20, 10:00AM - 12:00PM

SECOND BAPTIST CHURCH - 1534 PINE ST. PAULSBORO, NJ 08066

JUNE 27, 10:00AM - 12:00PM

PFEIFFER COMMUNITY CENTER - 301 BLUE BELL RD. WILLIAMSTOWN, NJ 08094

ADDITIONAL EVENT HIGHLIGHTS INCLUDE:

ON-SITE APPLICATION ASSISTANCE FOR STATE FARMERS MARKET PROGRAM (SFMNP)

LIVE COOKING DEMONSTRATION

SENIOR NUTRITION PROGRAM INFORMATION AND ASSISTANCE

For More information

Questions? Contact the Division of Senior Services
(856) 384-6900 or seniors@co.gloucester.nj.us

Gloucester County Board of Commissioners

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Jim Jefferson, Deputy Director / Liaison

GLOUCESTER COUNTY IS AN EQUAL OPPORTUNITY/ADA COMPLIANT GOVERNMENT AGENCY



This year, the Gloucester County Division of Senior Services, in collaboration with The New Jersey Department of Agriculture and the New Jersey Department of Health, will again offer Seniors Farmers' Market Nutrition Programs (FMNP) benefits to eligible seniors 60 years of age and older. The program provides locally grown unprepared fresh fruits, vegetables, and herbs from local participating farmers at their roadside stands and community farmers markets.

Benefits are distributed through Senior Services, which will issue them through a QR code issued to each household. Participants will also be given lists of Certified Farmer's Vendors and community farmers' markets when they receive their electronic benefits. Each eligible senior participant will receive \$50, which can be redeemed for fresh fruits, vegetables, and herbs grown by local farmers. The FMNP benefits are valid beginning May 1 through November 30.

Questions?

Contact the Division of Senior Services at
(856) 384-6900 or email:
seniors@co.gloucester.nj.us

Free Health Screenings

The Gloucester County Department of Health, Division of Nursing, offers free health screenings for blood pressure, glucose, and total cholesterol, along with relevant information. These screenings take place in front of the Gloucester County Store, located in the Deptford Mall, on the first Friday of each month from 10:00 a.m. to 12:00 p.m. For more information, please call the Gloucester County Health Department at (856) 218-4101.

Upcoming screening dates:

Friday, June 7, July 5, August 2, September 6



Caregiver Support Programs

The Gloucester County Caregiver Support Program helps caregivers obtain the services they need to maintain individual caregiving needs and provide support and assistance. Support groups are also available to help caregivers connect with others in similar situations. To RSVP for an upcoming meeting, or for more information, please call (856) 686-8338.

GLOUCESTER COUNTY SENIOR SERVICES

CAREGIVER SUPPORT GROUP MEETINGS FOR 2024

Meetings are held at 2 locations to choose from:

The Division of Senior Services Office, located at
115 Budd Blvd., West Deptford, NJ 08096 from 9:00am-12:00pm:

May 29, June 26, July 31, August 28, September 25, October 30,
November 26, December 27

OR

The Division of Senior Services Office, located at
115 Budd Blvd., West Deptford, NJ 08096 from 1:00pm-4:00pm:

May 30, June 28, July 30, August 20, September 26, October 31,
November 27, December 26

OR

The Government Services Auditorium, located at
1200 N. Delsea Dr. Clayton, NJ 08312 from 12:00pm-3:00pm:

May 21, June 18, July 16, August 20, September 17, October 15,
November 19, December 17

Light refreshments will be served!

To RSVP or for more information,
please contact Barbara at 856-686-8338.

www.gloucestercountynj.gov

Gloucester County Board of Commissioners

Frank J. DiMarco, Director

Jim Jefferson, Deputy Director/Liaison

GLOUCESTER COUNTY IS AN EQUAL OPPORTUNITY/ADA COMPLIANT GOVERNMENT AGENCY

GLOUCESTER COUNTY SENIOR SERVICES

“LED BY LOVE” FAMILY CAREGIVER SUPPORT GROUP MEETINGS FOR 2024

A PROGRAM FOR GRANDPARENTS OR OTHER
OLDER RELATIVES RAISING A CHILD UNDER THE AGE OF 18

Meetings are held from 9:00 am-12:00 pm on the following dates:

May 22, June 20, July 24, August 21, September 18, October 23,
November 20, December 18

At the Division of Senior Services office, located
at 115 Budd Blvd. West Deptford, NJ 08096

Light refreshments will be served!

To RSVP or for more information,
please contact Barbara at 856-686-8338

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GLOUCESTER COUNTY IS AN EQUAL OPPORTUNITY/ADA COMPLIANT GOVERNMENT AGENCY



Caregiver Stress-Busting Program

Do you provide care for a loved one with Alzheimer's disease or Dementia? You are not alone! Join us for this free program on stress-busting tips for caregivers. This program will teach stress management techniques, relaxation techniques, and coping strategies. There is no cost for this program; the only requirements are that you reside in Gloucester County and that you do not suffer from dementia or Alzheimer's.

Who: For family caregivers of a loved one with Alzheimer's or other dementia

What: Multi-component program meets

- 90 minutes each week for 9 weeks
- Groups of up to 8 people

How to Join:

For more information on how to join, including upcoming class dates, please call (856) 468-1742





www.gloucestercountynj.gov

Gloucester County Board of Commissioners

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fdimarco@co.gloucester.nj.us

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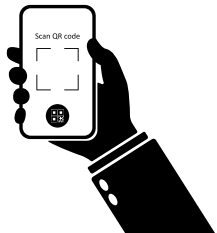
Division of Senior Services

Eric M. Fisher, Executive Director

(856) 384-6900

seniors@co.gloucester.nj.us

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.



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Upcoming 2024 Special Events

June 12, 18, & 19

Spring Fling

Auletto Caterers

10:00 am – 2:00 pm

Tickets available beginning May 8

September 18

(Rain Date: Sept. 19)

Fall Senior Picnic

Red Bank Battlefield

11:00 am – 3:00 pm

Tickets available beginning August 14

**Please call (856) 384-6900
or email: seniors@co.gloucester.nj.us
for more information**