

Gloucester County Division of Senior Services

Senior Happenings

**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

**Ways to Stay Active**

The Glassboro Senior Center offers physical activities and socialization made possible by funding through our Area Plan Grant and the Older Americans Act. Activities are available to all residents age 60+ in Gloucester County who reside in any municipality.

The center offers activities such as Zumba, tai chi, yoga, meditation, and "Let's Get Fit" chair exercises. Its monthly programming also includes activities to stimulate creative minds through crafting and art classes, bingo, and movie events.

To find out more, contact the Glassboro Senior Center at (856) 881-8504, extension 3, or visit the center's Facebook page at www.facebook.com/GlassboroSeniorCenter

Join us at the Senior Picnic

The Gloucester County Board of Commissioners will sponsor its annual Fall Senior Picnic on September 18th (rain date September 19th) from 11:00 a.m. to 3:00 p.m. at Redbank Battlefield in National Park. Lunch, music, entertainment, and dance contests will be presented throughout the day.

Tickets are available to Gloucester County residents age 60+ and go on sale starting Wednesday, August 14, for \$2.00 each. They can be purchased at the Division of Senior Services on 115 Budd Boulevard in West Deptford or at any of the Senior Nutrition Sites during their hours of operation. A limited number of tickets are available: they are first come, first served.

For more information, including Nutrition Site locations and hours of operation, please call (856) 384-6900 or visit www.gloucestercountynj.gov





Keep Cool for the Summer

Prolonged heat and humidity can present a serious health hazard, especially for young children, the elderly, and persons taking certain medications. To avoid health complications from excessive heat, the NJ Department of Health & Senior Services recommends:

- If you do not have air-conditioning, spend time in air-conditioned places such as libraries, movies, malls, or other public buildings during the hottest hours of the day.
- Ensure that older adults and persons with mobility problems have adequate fluids within easy reach.
- Talk to your healthcare provider about any medicines or drugs you take. Certain medications can increase the risk of heat-related illness.
- Don't leave children, elderly, a person with a disability, or pets in an enclosed car -- not even for a minute -- as temperatures can quickly climb to dangerous levels.
- Wear loose and light-colored clothing.
- Wear a hat when outdoors.
- Reduce physical activity or reschedule it for cooler times of the day.
- Drink plenty of water or other non-alcoholic beverages.



Energy Assistance Programs

Looking for assistance with your home energy bills? The State of New Jersey offers programs that can help. Call Senior Services at (856) 384-6900 for more information. Programs currently available include:

- Universal Service Fund (USF) is a program that helps low-income households pay for their electric and natural gas costs. To be eligible for USF, your household must: 1) Be income eligible and 2) spend more than three percent of household income on gas and/ or electricity (or spend more than six percent of household income on electric heating). Applications are accepted at any time of the year.
- The Lifeline Utility Assistance Program is for eligible low-income senior citizens and the disabled. Lifeline benefits help eligible homeowners and renters with electric and natural gas costs.
- Payment Assistance for Gas and Electric (PAGE) grants help gas and electric customers prevent disconnection of service or restoration of service.
- NJ SHARES is a non-profit organization that offers energy assistance to income-eligible households in New Jersey. The program helps moderate and fixed-income families and individuals facing a temporary financial crisis. Eligibility is determined by household size and income. Qualifying households can receive grants of up to \$700 per utility per calendar year based on household size and income, with grants of up to \$700 per utility per calendar year available for those who qualify.



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

Financial fraud and scams target senior citizens more frequently than any other age group. Today's seniors are the prime targets of fraudsters for several reasons, starting with their financial assets.

Members of this generation are most likely to have a substantial "nest egg," own their homes, or have excellent credit. Moreover, seniors are less likely to report fraud, either because they don't know whom to report it to, are too ashamed of having been scammed, or don't know they have been victimized.

One of the biggest reasons seniors fall prey to fraudsters is that they are simply less likely to be aware of the latest scams spreading across the nation and around the state. Keep yourself informed by visiting FightingFraud.NJ.gov or call the New Jersey Division of Consumer Affairs at 1-800-242-5846 for more information.



Caregiving 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 are a caregiver for a loved one who suffers from dementia or Alzheimer's.

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

What: Multi-component program meets

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

When: The next program begins in August 2024

How to Join: For more information on how to join, including additional class dates, please call AmeriCorps Seniors at (856) 468-1742.



**AmeriCorps
Seniors**





www.gloucestercountynj.gov

Gloucester County Board of Commissioners

Frank J. DiMarco, Director

(856) 853-3386

fdimarco@co.gloucester.nj.us

Jim Jefferson, Deputy

Director/Liaison

(856) 853-3384

jjefferson@co.gloucester.nj.us

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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Call for Volunteers

Interested in giving back to your community?

Volunteer at Gloucester County Senior Services!

Volunteers are needed for various opportunities, including, but not limited to, helping to provide weekday meals to homebound seniors throughout the county through the Serv-A-Tray program.

For more information about volunteer opportunities, please contact us at (856) 384-6900 or email: seniors@co.gloucester.nj.us



Upcoming Senior Event Dates

September 18 - Senior Picnic @ Red Bank Battlefield
(rain date Sept. 19th) - Tickets on sale starting August 14

October 23 - Halloween Party @ Scotland Run Golf Club
October 24 - Halloween Party @ Scarpinatos' Cucina & Catering
Tickets on sale starting September 23

December 3, 4, 10, 11, 17 - Holiday Party @ Aulettos
Tickets on sale starting October 29