

# GLOUCESTER COUNTY TODAY

ALL THE NEWS YOU NEED AND MORE FROM GLOUCESTER COUNTY



## PAINTED FLOWER POT CLASS AT SENIOR NUTRITION SITES

This month, the Gloucester County Commissioners and Director Frank J. DiMarco are happy to invite our seniors to come out for painted flower pot classes at the Nutrition Sites. The Gloucester County Nutrition Program provides a well-balanced midday meal to Gloucester County seniors who are 60+. The meal is served Monday through Friday, fostering social interaction, offering recreational and leisure activities, and providing access to other supportive services available to Gloucester County senior citizens. Meals are planned by a nutritionist to

ensure the recommended nutrients.

In this month's class, residents receive guided instruction on painting flower pots with fun designs or patterns in time for spring. Once dry, the pots can be planted with small flowers or herbs. All materials will be included. Pre-registration is required as classes are limited to 25 spots each. To register, please call Gloucester County Senior Services at (856) 384-6900 or email: [seniors@co.gloucester.nj.us](mailto:seniors@co.gloucester.nj.us).

### CLASS DATES ARE AS FOLLOWS:

**Tuesday, February 18 at 10:00 a.m.**

Second Baptist Church  
1540 Swedesboro Avenue  
Paulsboro, NJ 08066

**Thursday, February 20 at 10:00 a.m.**

First Baptist Church of Jericho  
981 Mail Avenue  
Deptford, NJ 08096

**Tuesday, February 25 at 10:00 a.m.**

Pfeiffer Community Center  
301 Blue Bell Road  
Williamstown, NJ 08094

**Thursday, February 27 at 10:00 a.m.**

Greenfields Volunteer Fire Company  
31 Budd Boulevard  
West Deptford, NJ 08096

**Tuesday, March 4 at 10:00 a.m.**

Glassboro Senior Center  
152 S. Delsea Drive  
Glassboro, NJ 08028

**Thursday, March 6 at 11:00 a.m.**

Mantua Township Community Center  
111 Mercer Avenue  
Mantua, NJ 08080



## ONE STOP CAREER CENTER

The Gloucester County Commissioners and liaison Joann Gattinelli, in conjunction with the Gloucester County Workforce Development Board, invite employers and jobseekers alike to visit the One Stop Career Center at Gloucester County. The center is staffed with qualified professionals who can assist with obtaining employment or the training you need to meet the demands of our present workforce. Employment counselors can help job seekers explore career choices relating to their interests and abilities and will help them explore occupations that best utilize their skills in the current job market. And local employers can post job openings.

### Free Grant Funded Trainings

In addition to the job fair events and community outreach efforts, the county also employs staff at the One Stop Career Center to assist individuals in acquiring the skills necessary to successfully compete in today's job market. The employment specialist works with individuals to identify potential training opportunities and assist in finding the right job for each candidate's set of skills. The One Stop Career Center also offers WIOA training grants up to 5,000 dollars for unemployed and under employed individuals who meet the WIOA eligibility requirements.

For more information email [WIOA.Training@dol.nj.gov](mailto:WIOA.Training@dol.nj.gov) or call (856) 384-3700.

### Employers

Employers can access a ready pool of prospective job candidates, acquire assistance with job postings, and conduct interviews on site.

Employers can use this link to post job openings for free: <https://newjersey.usnlx.com/>

### Staff

The One Stop Career Center is staffed with qualified professionals who can assist with obtaining employment or the training you need to meet the demands of our present workforce. Employment counselors can help Job Seekers explore career choices relating to their interests and abilities and will help them explore occupations that best utilize their skills in the current job market.

### Responsibilities

The One Stop Center at Gloucester County offers access to a variety of in-demand educational training programs in vocational and trade schools, on-the-job training with local employers and apprenticeships in many fields. In addition, Job Search Readiness Workshops provide information on how to successfully look for a job, conduct yourself in an interview, write a resume or learn about the local labor market.

For more information visit the One-Stop Career Center located at 1480 Tanyard Road Sewell, NJ 08080, or call (856) 384-3700 to schedule an appointment.



## NATURE TOTS PROGRAM

Join us as we explore a wide variety of nature topics from snakes to plant life. These lessons are free and include a related craft. Lessons are held the 1st and 3rd Tuesday at 9:30 am - 10:30 am, and 11:00 am - 12:00 pm. Due to limited space pre-registration is required.

**February 4, 2025 – Carnivorous Plants**

**February 18, 2025– Mushrooms**

**Scotland Run Park**

**980 E Academy Street Clayton, NJ 08312**



## NATURE AT NIGHT

Nature at Night is held on the 3rd Thursday of the month through April from 7:00 pm - 8:00 pm. Nature at Night is a special nature presentation open to the public. Presentations are full of beautiful images and real animals are on display. This program is free but, due to limited space, registration is required. For more information please call (856) 881-0845

### FEBRUARY 20

*Registration opens 2/14/25*

**Scotland Run Park**

**980 E Academy Street Clayton, NJ 08312**

Join Dr. Callan Tweedie, Critter Cove Manager and Veterinarian, to learn about really, really old rocks! Deep dive into all kinds of fossils, how different living organisms fossilize, and have tons of fossil fun.



## FEBRUARY FITNESS



### TAI CHI

**Tuesday: February 4, 11, 18**

**2:30 - 3:30 PM**

**Cross Keys United Methodist Church**

**1648 N Main St**

**Williamstown, NJ 08094**

For more information or to register, contact Carla Kephart at the Gloucester County Department of Health at [ckephart@co.gloucester.nj.us](mailto:ckephart@co.gloucester.nj.us) or 856-218-4106. Maximum capacity for registered participants is 40. No on-site registration.

## NATIONAL WEAR RED DAY

American Heart Month is celebrated in February each year. It's a time to raise awareness about heart disease and how to prevent it. Here are some ways to celebrate American Heart Month:

- **Eat healthy:** Choose foods that are low in sodium and saturated fat, and limit sugar and other sweeteners. Eat more vegetables, fruits, whole grains, and fat-free or low-fat dairy products.
- **Be active:** Try to get at least 2.5 hours of physical activity each week. If you can't do that, try breaking it up into smaller chunks throughout the day.
- **Manage your weight:** Being overweight can increase your risk of heart disease, stroke, and other health issues.
- **Check your numbers:** Keep track of your blood pressure and cholesterol levels.
- **Reduce stress:** Stress can contribute to high blood pressure and other heart risks. Try yoga or meditation to help reduce stress.
- **Quit smoking:** The chemicals in tobacco smoke can harm your heart and blood vessels.
- **Take care of your medications:** Keep up with your doctor's appointments and medications.

**GO RED, FRIDAY FEBRUARY 7, 2025!**

## NATIONAL WEAR RED DAY 2025

On this day, which falls during American Heart Month, everyone across the country dons the color red in order to raise and spread awareness to help eradicate heart disease and stroke in millions of women all over the nation. So put on your reddest red—whether it be lipstick, shirt, dress, pair of pants, or your favorite hat—and paint the town red.

## INTERESTING FACTS ABOUT NATIONAL WEAR RED DAY

- It has encouraged nearly 90% of all women to establish a healthy behavior change.
- Nearly 50% of women have taken up regular exercising. A huge number of women have taken the initiative to reduce weight.
- One-third of women have made an effort to consult with their doctors on the best approach to healthy living.
- Close to 50% of women have observed their cholesterol levels, and an additional 6 out of 10 have made significant changes to their diets.
- The number of deaths from heart diseases has reduced by 30% in the past few years.
- Millions of mothers, daughters, sisters, and men all over the world have been educated about health conditions and how to prevent them.



## CAREGIVER APPRECIATION BREAKFAST EVENT

The Gloucester County Division of Senior Services, Caregiver Support Program is excited to host a Caregiver Appreciation Breakfast in honor of National Caregivers Day, which is celebrated on the third Friday of February each year. This event celebrates the dedication and hard work of Gloucester County caregivers and kinship caregivers who provide essential support to their families and older adults in the community.



### EVENT DETAILS:

**Date:** Friday, February 21, 2025

**Time:** 9:00 a.m. to 12:00 p.m.

**Location:** The Sapphire Grand (Formerly Auletto's) – 1849 Cooper St. Deptford, NJ 08096

Join us for a morning filled with gratitude, connection, and recognition. Enjoy a relaxing breakfast, connect with fellow caregivers, and gain new ideas and strategies for providing the best care to others and yourself. You'll also learn about the support services available through the Gloucester County Senior Services Caregiver Support Program. This event is first come, first served, and pre-registration is required. For more information or to RSVP, please contact Gloucester County Senior Services at (856) 384-6900 or email [seniors@co.gloucester.nj.us](mailto:seniors@co.gloucester.nj.us).



## FIXES AND FORTIFICATIONS



**1 & 2:** The crew milled high spots from either side of the joint to smooth out the road on CR 671 Locke Avenue in Swedesboro.

**3 & 4:** County workers installing a snow fence on CR 655 Fries Mill Road in Franklin.

**5 & 6:** Inlet cleaning on CR 658 Pitman Downer Road in Washington.

**7:** Inlet cleaning being performed on CR 651 Greentree Road in Washington.

**8:** Street sweeping being performed on CR 667 Aura Road in Harrison.

**9 & 10:** Inlet cleaning on CR 621 Almonesson Road in Deptford.

**11:** Pothole repairs on CR 621 Almonesson Road in Deptford.

**12:** Inlet cleaning on CR 605 Woodstown Road in Woolwich.

**13:** Inlet cleaning on Jackson Road in Mantua.



## REPORT A POTHOLE



## FREE HEALTH SCREENINGS

The Gloucester County Department of Health, under the direction of Commissioner Jim Jefferson, provides the following free health screenings and information in front of the Gloucester County Store, located in the Deptford Mall, on the first Friday of each month from 10 am to noon. Screenings are subject to change. Talk with your healthcare providers about what tests are best for you. Questions regarding screenings? Please call (856) 218-4106.

**Blood pressure** - Regular monitoring of blood pressure aids in the early detection of heart disease

**Glucose and Cholesterol Testing** - Healthy individuals over 50 should be screened for diabetes and elevated cholesterol every 1-2 years depending on risk factors.

### NEXT SCREENINGS

**February 7, 2025 – 10:00 AM - Noon**

**March 7, 2025 – 10:00 AM - Noon**

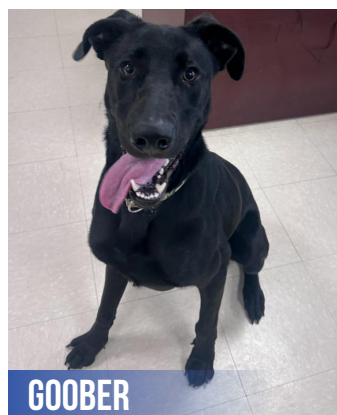


## KEEPING THE LIGHTS ON

The Gloucester County Commissioners and Deputy Director Jim Jefferson, liaison to the Division of Social Services, remind you that there are assistance programs in place to help when times get tough. The Low Income Home Energy Assistance Program (LIHEAP) helps keep families safe and healthy through initiatives that assist families with energy costs.

We provide federally/funded assistance in managing costs associated with home energy bills, weatherization and energy-related minor home repairs, and family energy crises. LIHEAP can help you stay warm in the winter and cool in the summer through programs that reduce the risk of health and safety problems that arise from unsafe heating and cooling practices.

NJ SNAP food assistance recipients automatically apply for LIHEAP; no other application is necessary. Other Gloucester County residents who feel they may qualify for LIHEAP may contact the following locations (under the 'Gloucester County' heading) at <https://bit.ly/GCassist>.



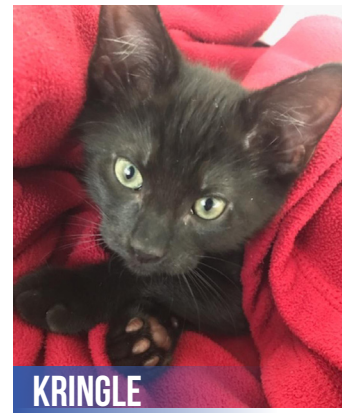
**GOOBER**



**HERCULES**



**BONNIE**



**KRINGLE**

## NATIONAL LOVE YOUR PET DAY

February 20th is National Love Your Pet Day! And what better way to celebrate than offering reduced adoption fees for all our adoptable animals! Anyone who adopts a dog or cat on February 20, 2025 will have their adoption fee reduced to just \$35.00. Adoption fees include the cost of spay/neuter surgery, age-appropriate vaccinations, microchip, and wormer. Dog adoption fees include a heartworm test and cat adoption fees include a feline AIDS/Leukemia test.

The Gloucester County Animal Shelter is open for Adoptions during the following days/times: Monday 12 - 4 pm, Tuesday through Thursday 8 - 6 pm, and Friday and Saturday 8 - 4 pm. We are closed on Sundays and all national holidays.

The Gloucester County Animal Shelter can be reached by dialing (856) 881-2828 ext. 1 for Adoptions or at [gcas@co.gloucester.nj.us](mailto:gcas@co.gloucester.nj.us). We are located at 1200 N. Delsea Drive, Clayton, NJ 08312.

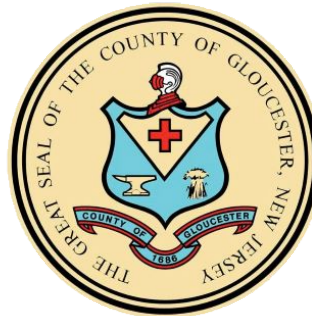




## RESERVE A RIDE TODAY

Gloucester County Commissioners, Director Frank J. DiMarco and Deputy Director Jim Jefferson, liaison to the Health and Human Services Department, invite residents to take advantage of the transportation services available. The Gloucester County Division of Transportation Services provides non-emergency curb-to-curb transportation services to senior citizens (60 years and older), people with disabilities, veterans, and low-income residents of Gloucester County. Advance reservations are required and ongoing subscription service is also available. Service is provided to all areas of Gloucester County, with limited service out of county and portions of Philadelphia. For general information and eligibility, please review the Transportation Policies and Procedures 2024 at [www.gloucestercountynj.gov/706/Transportation](http://www.gloucestercountynj.gov/706/Transportation).

Gloucester County is committed to improving accessibility for senior citizens, people with disabilities, and other residents with mobility challenges. For more information, please contact our General Information Line at (856) 686-8355 between 8 am and 4 pm. For scheduling, please call (856) 227-7392 between 8 am and 4:30 pm.



### Gloucester County Board of Commissioners

**Frank J. DiMarco**, *Director*  
**Jim Jefferson**, *Deputy Director*  
**Nicholas DeSilvio**  
**Denice DiCarlo**  
**Joann Gattinelli**  
**Christopher Konawel Jr.**  
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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, the 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.