

Senior Happenings

NEWSLETTER

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

**OLDER
AMERICANS
MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025

Each year, the Gloucester County Board of Commissioners recognizes May as Older Americans Month, following the national tradition. The U.S. Department of Health and Human Services has designated "Flip the Script on Aging" as the theme for 2025. This theme aims to change how society views and talks about aging, encouraging the challenge of stereotypes and misconceptions.

The Gloucester County Board of Commissioners offers services and support within the community to help older adults maintain their dignity, independence, and self-determination as they age. They also provide programs and activities for seniors to stay active and involved in community life.

For more information about available programs and services, please contact the Gloucester County Division of Senior Services at (856)384-6900 or email seniors@co.gloucester.nj.us

New Jersey Offers Property Tax Relief for Seniors

New Jersey has introduced a new, streamlined application process for several property tax relief programs, making it easier for eligible seniors and individuals with disabilities to receive assistance. For the first time, you can apply for three key programs—Senior Freeze, ANCHOR, and Stay NJ—using a single application (Form PAS-1). This simplifies the process for both homeowners and renters. To use the combined application, you must be 65 years or older or receive Social Security Disability benefits. Programs included in the combined application are **Senior Freeze**, which reimburses eligible seniors and disabled individuals for property tax increases; **ANCHOR**, which provides property tax relief to homeowners and renters meeting specific income requirements; and **Stay NJ**, which offers property tax benefits to eligible homeowners aged 65 and older. To apply, you can visit the official New Jersey property tax relief website at propertytaxreliefapp.nj.gov to apply online, or mail in a paper application (Form PAS-1). **The deadline to submit the application for the 2024 tax year is October 31, 2025.** For more information, visit the official New Jersey Division of Taxation website, call the Property Tax Relief Hotline at 1-888-238-1233, or contact the Gloucester County Senior Services office at (856) 384-6900 or via email at seniors@co.gloucester.nj.us.

Serving Those Who Served

The Honor Flight of Southern New Jersey and the Gloucester County Veterans Affairs office support Veterans and are dedicated to ensuring they receive the support and recognition they deserve.

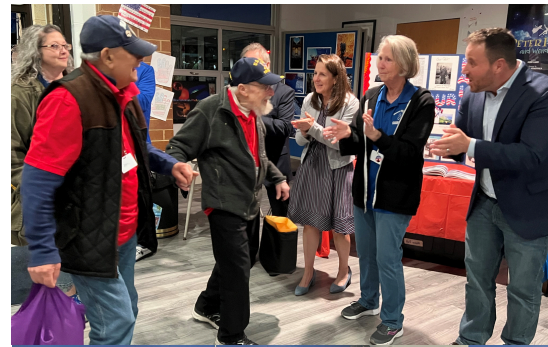
Honor Flight

The Honor Flight of Southern New Jersey program, part of the national Honor Flight Network, provides Veterans with a free trip to Washington, D.C., to reflect on their service and receive recognition. The program escorts WWII, Korean, and Vietnam Veterans, as well as chronically/terminally ill Veterans from all eras of service. Most recently, Veterans were honored with a trip in April, where they visited their respective war memorials. An upcoming trip is scheduled for October 16, 2025.

Veterans interested in an Honor Flight trip should contact the South Jersey Honor Flight directly for eligibility, application, and schedules at (856) 589-5072, email: honorflightnj@comcast.net, or visit: www.sjhonorflight.org

Gloucester County Veterans Affairs

Gloucester County Veterans Affairs assists veterans by providing a range of services, including but not limited to: assistance with VA healthcare enrollment, information on state and federal benefits, support with disability claims, and guidance on burial benefits, insurance, loans, nursing home care, and pension information. Gloucester County also offers a Veteran's Photo Identification Card that lists the books and the pages of their discharges, as well as the branches of military service. This service is free to all honorably discharged Gloucester County Veterans. For more information, please contact (856)401-7660, email: vets@co.gloucester.nj.us, or visit: www.gloucestercountynj.gov/267/Veterans-Affairs



(Pictured Above) Commissioner Denise DiCarlo, Liaison to Veterans Affairs, Along with Commissioner Director Frank J. DiMarco at April's Honor Flight events, along with staff from The Honor Flight and Veterans Affairs

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:

August 1, September 5, October 3

Please note that there will be no screening on Friday, July 4 due to the Holiday



Caregiver Support Programs

The Caregiver Support Programs help Caregivers obtain the services they need to maintain their individual caregiving needs, as well as providing support and assistance. The program offers individualized assistance and guidance to navigate available in-home support services, access supplemental services, and support for family members raising their relatives' children. Support groups are also available to help caregivers connect with others in similar situations. For more information on the Caregiver Support Program, please call (856) 686-8338 or email sreid@co.gloucester.nj.us.



Gloucester County Senior Services Caregiver Support Program

LED by LOVE SUPPORT GROUP

A program for grandparents or older relatives raising a child under the age of 18

An opportunity to receive resources and support among other grandparents or older relatives who are raising children under the age of 18. Group held in-person.

CAREGIVER SUPPORT GROUP

Connect with other caregivers, receive support, resources and solutions to common caregiving matters. Group held in-person.

GRIEF SUPPORT GROUP

A safe and inviting space where caregivers experiencing loss can come together and share feelings. Group held in-person.

CAREGIVER CONNECTION

Missed a support group? Caregiver Connection is an opportunity to ask questions virtually about available services or support.

For dates, times, locations or additional information please contact Stacy Reid at (856)686-8338 or sreid@co.gloucester.nj.us

Gloucester County Board of Commissioners

Frank J. DiMarco, Director Jim Jefferson, Deputy Director/Liaison

GLoucester County IS AN EQUAL OPPORTUNITY/ADA COMPLIANT GOVERNMENT AGENCY

Caregiver Stress-Busting Program

Caring for someone with Alzheimer's disease or dementia can be challenging. If you live in Gloucester County and are a caregiver (not living with dementia or Alzheimer's yourself), you're invited to join our free program: "Stress-Busting Tips for Caregivers." Learn valuable stress management, relaxation, and coping strategies to support your well-being.

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

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

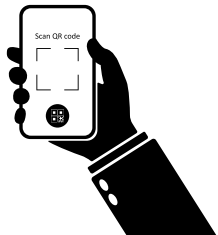
Division of Senior Services

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.



PRSRT STD
U.S. Postage
PAID
PERMIT 403
BELLMAWR, NJ



Activities and Programs at the Glassboro Senior Center

The Glassboro Senior Center provides physical activities and social opportunities for seniors, funded in part by the Area Plan Grant and the Older Americans Act. **Activities are open to all Gloucester County residents aged 60 and over, regardless of their municipality of residence.** The center offers a variety of programs, including exercise classes like Zumba, Tai Chi, yoga, meditation, and "Let's Get Fit" chair exercises, as well as creative and social activities such as crafting, art classes, bingo, and movie events.

For more information, including the most up-to-date details on activities, schedules, and any changes, please contact the Glassboro Senior Center at (856) 881-8504, extension 3, or visit their Facebook page at www.facebook.com/GlassboroSeniorCenter



Upcoming 2025 Special Events

September 17

Senior Fall Picnic

Red Bank Battlefield - National Park

11:00 am - 3:00 pm

Tickets available beginning August 20

For More Information:

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