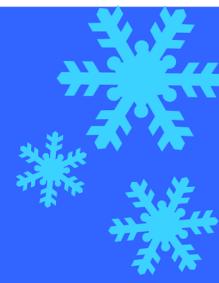




Senior Happenings

WINTER NEWSLETTER 2025



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.goucester.nj.us
www.goucestercountynj.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 Jim Jefferson, and the entire Board of County Commissioners, we extend our warmest wishes for a happy and healthy New Year to you and your family!

Free Tax Preparation Services

United Way and AARP partner to provide free tax preparation services for Gloucester County seniors. For the following locations, please call the phone number listed for appointment availability and information:

- Deptford Senior Center: (856) 848-9149
- Monroe Township Library: (856) 728-9840
- Mullica Hill Library: (856) 223-6033
- Glassboro Senior Center: (856) 881-8504 extension 3

Please note that the following locations will only accept online registration at www.uwgcnj.org:

- The United Way of Gloucester County, Thorofare
- Riverwinds Community Center, West Deptford
- Washington Township Municipal Building



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 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 disease 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 April 2025



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

SERV-A-TRAY - Senior Nutrition Program

The Serv-a-Tray program provides meal delivery services to senior residents who cannot shop or cook for themselves. The program aims to help maintain good health by ensuring proper nutrition and enabling seniors to live independently and with dignity in their community. To be eligible, individuals must be 60 years or older, unable to leave their homes, prepare their meals, have no current assistance with meal preparation, and be on a regular diet.

Participants receive a complete midday meal delivered Monday to Friday, and frozen meals are available on 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.glooucester.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 you or someone you know is having difficulty coping with the cold weather, please reach out to the Division of Senior Services at (856) 384-6900.



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 kitty litter or sandbag in your vehicle to help with traction.
- Be sure to have a windshield scraper, deicer, shovel, and brightly colored cloth in case of a breakdown.
- Keep your cell phone fully charged in case of emergency.

Preventive action is your best defense against 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 concerns.

Senior Holiday Parties

The Gloucester County Board of Commissioners hosted their annual Senior Holiday Parties on December 3, 4, 10, 11, and 17. We want to extend our heartfelt gratitude to everyone who contributed to the success of these events. Over 2,200 seniors attended and enjoyed the festivities. These parties are always a highlight of the year, allowing attendees to celebrate the holidays with family and friends in our community. Thank you to all for once again making these yearly celebrations delightful and memorable.





www.gloucestercountynj.gov

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Division of Senior Services

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The Division of Senior Services is open Monday through Friday from 8:30 a.m. to 4:00 p.m.

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.gloucestercountynj.gov or call (856) 384-6900

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 providing 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 sreid@co.gloucester.nj.us.

2025 Event Dates to Remember

March 12 11:00a – 2:00p St. Patrick's Event @ Star Cross Volunteer Fire Hall, Williamstown

March 13 11:00a – 2:00p St. Patrick's Event @ Wedgwood Country Club, Washington Township

April 10 10:00a – 1:00p "Golden Opportunites" Senior Job/Volunteer Fair @ Gloucester County Library, Mullica Hill

April 16 9:00a – 12:00p Senior Health & Fitness Day 1 @ Masso's Catering, Glassboro

April 23 9:00a – 12:00p Senior Health & Fitness Day 2 @ The Sapphire Grand, Deptford

