

**The Warren**

# Senior Voice

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Scott Burd, Executive Director

**The Warren County Board of Chosen Freeholders:**

Richard D. Gardner, Director; Edward J. Smith, Deputy Director; Jason J. Sarnoski, Freeholder

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Warren County Department of Human Services  
Division of Aging & Disability Services-ADRC  
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# WARREN COUNTY MATTERS

Residents can call the Sheriff's confidential hotline and report any criminal activity 24 hours a day / 7 days.

**1-877-ARREST U (1-877-277-3788)**

## Board of Chosen Freeholders:

On January 2, 2017 at the Warren County annual reorganization meeting, the Warren County Board of Chosen Freeholders named **Richard D. Gardner as Freeholder Director for 2017**, while Freeholder Jason J. Sarnoski, took the oath of office for a third three-year term and Freeholder Edward J. Smith was named Deputy Director for the year.



**Richard D. Gardner, Freeholder Director**

**Edward J. Smith, Deputy Director**

**Jason J. Sarnoski, Freeholder**

### Freeholder Contact Information

Telephone	(908) 475-6500
FAX	(908) 475-6528
Website	<a href="http://co.warren.nj.us/freeholders">co.warren.nj.us/freeholders</a>

### There's a new Sheriff in Town!

Retired Washington Township police chief, **James J. McDonald Sr.**, who was elected in November, was **sworn-in as Warren County Sheriff.**

**James J. McDonald Sr., Sheriff  
(908) 475-6309**

## "31 RIDE"

The 31 RIDE shuttle is providing new possibilities for Warren County residents! The shuttle is designed to alleviate traffic along the Route 31 corridor, and if you've ever sat in traffic on Route 31 during peak hours, you know this is a welcome solution to a long standing issue.

For starters, motorists can now park their cars at these **three designated park and ride facilities in Warren County:**

- **Oxford Municipal Building** (overnight parking available)
- **Washington Twp Municipal Building** (overnight parking available)
- **Family Dollar Store (Rt. 31 in Washington)**

This will alleviate having to find a parking space in Clinton, where connections to other public transportation are available.

**AND.....**the 31 Shuttle also provides **REGULAR SERVICE TO:**

- **Hawk Pointe Plaza/ShopRite**

**AND.....ON-DEMAND SERVICE TO:**

- Abilities of Northwest Jersey
- Glen Gardner Post Office

So what does all this mean? **Independence, Access, and new opportunities** for you!

You can park your car (or be dropped off) at one of the three park and ride lots in the county and make connections in Clinton to a number of destinations. Or you can go to the Hawk Pointe Shopping Plaza.

The cost is only a suggested donation of \$2.00 for each one way trip.

All vehicles are accessible.

**Call Warren County Transportation for more information: (908) 454-4044**



### **Volunteers Needed to lead proven wellness programs,**

and you will receive training enabling you to **REAP ALL THE BENEFITS** of the program(s) you lead!

*PLUS, you'll have fun, better manage your own stress, make new friends, and develop a sense of satisfaction in knowing you're helping others.*

**Peer Leader training is being offered in these Wellness Programs:**



#### **1. A Matter Of Balance**

Focusing on the critical issue of "**FALLS**" among older adults, **volunteer peer leaders** conduct 8 weekly sessions offering strategies to reduce fear of falling and address safety issues, increase activity levels, and improve balance, flexibility, and strength through exercise.



#### **2. Take Control Of Your Health**

Involves 6 week sessions on:

- A. *Chronic Disease Self-Management Program (CDSMP)* for people with chronic diseases and conditions.

- B. *Diabetes Self-Management Program (DSMP)* for people with type 2 diabetes.
- C. *Cancer Thriving and Surviving (CTS)* for people who have recently completed cancer treatments.



### **3. Project Healthy Bones**

A 24 week exercise and education program for men and women who are at risk of, or have, osteoporosis. This well established program is designed to stabilize bone density, increase strength, balance, flexibility; and build muscle mass.

If you are interested in becoming a PEER LEADER or even a participant in any one of these programs offered in Warren County don't wait....contact:

**Skylands RSVP Volunteer Resource Center**  
1-888-387-9830 or 973-784-4900  
rsvp@norwescap.org

## **"Asbury Coffee Mill"**

**Wins Warren County's**

**"2016 Excellence in Accessibility" Award!**



Gary and Malia Corde, along with two of their three sons, Colin and Kyle, are seen receiving the Warren

County

**"Thomas M. Kennedy Excellence in Accessibility Award"** from the Warren County Board of Chosen Freeholders on October 26, 2016. The Cordes are the owners of the "The Asbury Coffee Mill", a Franklin Township cafe that opened earlier in 2016 in a historic building in Asbury.

**The owners of Asbury Coffee Mill, Gary and Malia Corde, made extensive renovations to the 1862 structure to assure its full accessibility to all**

“You’re not really the owner so much as the caretaker at that moment,” stated owner Gary Corde. But the first thing the family did was “break out the tape measure” to make sure it could be renovated for accessibility. His wife, Malia, who worked as a disability advocate for 25 years, noted that the Americans with Disabilities Act (ADA) sets minimum compliance standards, but “meeting ADA compliance does not mean a facility is accessible to everyone. Having a young adult son who has grown up with a lot of physical challenges, both getting in and out, and participating in our community, **we wanted to make sure it was truly accessible for all,**” stated Malia.

From an entry ramp integrated into the porch structure, to barrier free seating with wheelchairs in mind, to the relocation of restrooms from one side of the historical building to the other, nothing was overlooked.

**“This award shows you’ve gone above and beyond for the County of Warren”**

*-Freeholder Director Jason J. Sarnoski*

Asbury Coffee Mill is open 7 days a week for breakfast and lunch; serves high-quality coffee, homemade baked goods, fresh salads and specialty sandwiches, and also is available for special events and meetings.

You’ll find the Asbury Coffee Mill at:  
**432 Old Main Street, Asbury, NJ**  
**(908) 574- 2147**



Believe it or not, 6 of 10 falls happen at home, where we spend most of our time. **An injury from ONE fall can be life changing, and not in a good way!** But falls can be prevented by making a few simple changes around the house.

The *National Institute on Aging* **“Go4Life”** campaign offers the following tips to help you reduce your risk of falling:

- 1) Remove anything that could cause you to trip or slip while walking. Clutter, small furniture, pet bowls, electrical or phone cords, and throw rugs can all cause a fall.
- 2) Remove items from stairs and hallways.
- 3) Arrange furniture so you have plenty of room to walk freely.
- 4) Secure carpets to the floor and stairs. Use non-slip rugs, or attach rugs to the floor with double-sided tape.
- 5) Avoid wet floors, and clean up spills right away. Use only non-skid wax on your floors.
- 6) Use non-slip items in the bathroom. Put non-slip strips or a rubber mat on the floor of your bathtub or shower.
- 7) Have enough lighting in each room, on stairs, at entrances, and on outdoor walkways. Use light bulbs that have the highest wattage recommended for the fixture.
- 8) Put handrails on all stairs AND USE THEM. When you carry something up or down the stairs, hold the item in one hand and use the handrail with the other.
- 9) Place a lamp next to your bed along with night lights in the bathroom, hallways and kitchen.
- 10) Keep a flashlight by your bed in case of a power outage or if you need to get up at night.
- 11) Stay physically active. Lower-body strength and balance exercises can help prevent falls.

## Prostate Predicaments



*When Bladder Problems*

## Are Pressing

Many men develop urinary problems as they get older. They might find it hard to urinate, have a strong and sudden urge to “go”, be unable to hold, or wake up often at night to urinate. These symptoms may signal a bladder issue. But they can also be signs of a prostate problem. Identifying the right condition is key for treatment and symptom control.

The prostate gland is a walnut-shaped gland that sits just below the bladder and surrounds the urethra (the tube that carries urine out of the bladder). If the prostate gets too large, it can narrow and even block the urethra and make it hard to pass urine.

You may be surprised to know that prostate disorder specialists at the National Institutes of Health (NIH) report that “nearly half of men over 50 have urinary tract symptoms related to benign prostatic hyperplasia, or BPH! This number gets to about 90% in men aged 80 years or older”.

Three prostate issues can cause urinary symptoms:

- 1) An Enlarged Prostate (BPH)
- 2) Inflammation (called prostatitis)
- 3) Prostate cancer

Because the symptoms for each of these issues can be similar, it is **CRITICAL** you have **a thorough medical exam and testing** to diagnose your personal prostate problem. Your doctor will help you determine your best treatment options.

If you have problems urinating or feel discomfort in your pelvic area, **talk with your doctor.** **Getting the right treatment will help improve your quality of life!**



## State of New Jersey Office of the Ombudsman

### For the Institutionalized Elderly

Otherwise known as the ***Ombudsman's Office or "OOIE"*** the NJ State Ombudsman for the Institutional Elderly sole aim is to:

**"ensure that residents age 60 and older who live in licensed long-term health care facilities receive quality care in the institutions in which they reside".**

### **OOIE services are free and confidential.**

The Ombudsman accepts complaints from any source and takes action as necessary to promote the health, safety, welfare and civil and human rights of elderly residents in nursing homes and other long-term care facilities.

Though ***investigative priority is given to complaints of abuse***, examples of other concerns include:

- Violation of residents' rights or dignity;
- Physical, verbal or mental abuse, deprivation of services necessary to maintain residents' physical and mental health or unreasonable confinement;
- Poor quality of care, including inadequate personal hygiene and slow response to requests for assistance;
- Improper transfer or discharge;
- Inappropriate use of chemical or physical restraints;
- Financial exploitation

The OOIE can conduct a public or a private hearing, subpoena documents or personal testimony,

**The Ombudsman's Office also reviews proposals to withhold or withdraw life-sustaining medical treatment in end-of-life situations in long-term care settings.**

and maintains full and unrestricted access to the elderly residents of long-term care facilities and their records.

## **How Are Problems Resolved?**

Each complaint received by the NJ OOIE is assigned to a Field Investigator, who makes an unannounced visit to the facility and conducts a complete review of the facts, obtains records and interviews residents and staff.

When necessary, validated complaints are referred to the appropriate county prosecutor or the facilities' state licensing agency.

The OOIE also works with and collaborates with the Office of Medicaid Fraud in the NJ Department of Law and Public Safety and boards and committees that oversee professional licenses for health care and other professionals.

**To file a complaint:  
Call Toll Free: 1-877-582-6995**

Or, if you are interested in becoming a certified volunteer advocate with the NJ Office of the Ombudsman please call:  
**609-826-5053**

## **Spotlight on Available Services:**

***Managed Long Term Services and Supports*** or MLTSS is a NJ Medicaid program designed to assist eligible adults remain in a community setting and possibly avoid residing in a long term care facility.

MLTSS can provide in-home services and supports plus NJFamilyCare/Medicaid coverage to eligible participants that meet both clinical and financial requirements.

Division of Aging & Disability staff provide screening and assessment to determine

clinical eligibility for MLTSS. Financial eligibility is determined by the Warren County Division of Temporary Assistance & Social Services (908-475-6301).

For more information on how MLTSS can help you reach your goals, contact the Division of Aging & Disability Services – ADRC at **908-475-6591** or toll free at **1-877-222-3737**.



## **“Know the 10 Signs Early Detection Matters”**

“Alzheimer's disease” one of several devastating brain diseases, has emerged as the most common type of dementia accounting for 60% to 80% of diagnoses. It is a progressive brain disease that begins well before symptoms emerge.

The Alzheimer's Association lists these 10 warning signs and symptoms. Every individual may experience one or more of these signs in different degrees.

1	Memory Loss that disrupts daily life.
2	Challenges in planning or problem solving ability
3	Difficulty completing familiar tasks at home, at work or at leisure.
4	Confusion with time or place.
5	Trouble understanding visual images and spatial relationships
6	New problems with words in speaking or writing
7	Misplacing things and losing the ability to retrace steps.
8	Decreased or poor judgment.
9	Withdrawal from work or social activities
10	Changes in mood and personality

If you notice any of the 10 Warning Signs of Alzheimer's disease in yourself or someone you know, don't ignore it. It may be a symptom of Alzheimer's disease or another type of dementia, OR IT MAY NOT.

Understandably, having a diagnosis of Alzheimer's disease or any type of dementia IS TERRIFYING! However, there are treatment options that may provide some relief of symptoms and delay the onset of additional symptoms. Researchers are working feverishly to find and develop new treatments to end this disease.

The Alzheimer's Association has developed the following two page worksheet:

**"KNOW THE 10 SIGNS  
Early Detection Matters"**

It's designed for you to list the concerns you have regarding any of the "10 SIGNS" and bring it with you to your doctor. The worksheet can be downloaded online at:

**alz.org/10signs**

You can also contact the County Division of Aging & Disability Services to obtain a copy:  
**1-877-222-3737**

## **United Way of Northern NJ Caregivers Conference Event**

**Saturday, April 22<sup>nd</sup> 9:00 am –1:00pm**

**Location:** *Newton Medical Center  
Romano Conference Center  
175 High St., Newton, NJ*

*"Caregiving Across the Lifespan: Tools for your Journey".*

Topics that will be presented by area experts include:

- The Art of Relaxing with Coloring
- Why Sleep?
- Open Panel Discussion

**Save the Date:**

## **Caregivers Conference in Warren County**

**Saturday, September 9<sup>th</sup> 9:00 am–1:00pm**

Merrill Creek Visitors Center  
34 Merrill Creek Road  
Washington, NJ

For more information or to pre-register for the April 22<sup>nd</sup> conference contact Robin Ennis at 973-993-1160 x305 or **robin.ennis@unitedwaynj.org**

**THE "B" in the  
ABCs & Ds  
of MEDICARE**

**Medicare Part B** (medical insurance) is part of **Original Medicare** and covers services and supplies that are medically necessary to treat your health condition(s). This can include outpatient care, preventive services, ambulance services, and durable medical equipment. It also covers part-time or intermittent home health and rehabilitative services, such as physical therapy, if they are ordered by a doctor to treat your condition.

**“An Ounce of Prevention is worth a pound of cure”**

– Benjamin Franklin

Even in the 1700’s Ben Franklin knew that health promotion through prevention was important, and in 2011, prevention and wellness care

services were added to Medicare Part B services.

Some of the **preventive services** Medicare Part B covers include a one-time "Welcome to Medicare" physical exam, flu and hepatitis B shots, cardiovascular screenings, cancer screenings, diabetes screenings, and more. A complete list of preventive services covered under Medicare Part B can be found in your “Medicare and You Handbook”. If needed, you can order a copy of the 2017 Medicare & You Handbook by calling 1-800-633-4227 (1-800-MEDICARE).

If you **do not enroll** in Medicare Part B during your initial enrollment period when you were first eligible (and do not qualify for a special enrollment period) you can enroll during the *Annual General Enrollment Period*, which runs from January 1 to March 30<sup>th</sup> each year. Be advised, however, you may have to pay a late enrollment penalty for not signing up when you were first eligible, and will pay that penalty for as long as you have Part B coverage.

For more information, contact the Warren County Division of Aging & Disability

Services – ADRC: 1-877-222-3737. Ask to speak with a Medicare Counselor.

## NJ’s Universal Application

NJ’s Universal application (UA-1) is used to determine eligibility for the NJ **PAAD** program or

(*Pharmaceutical Assistance to the Aged and Disabled*) and the **Senior Gold Program**. Both programs can help with the cost of prescription drugs.

**PAAD** and **Senior Gold** are NJ state-funded prescription programs that help eligible seniors and residents with disabilities pay the cost of their prescribed medication, insulin, insulin needles and syringes and needles for injectable medicine to treat multiple sclerosis. However, PAAD does not pay for diabetic testing supplies (e.g., test strips and lancets).

All PAAD participants, if they are eligible for Medicare Part A or enrolled in Medicare Part B, **must enroll in a Medicare Part D Prescription Drug Plan**.

Generally, **PAAD enrollees** pay **\$5** for generic drugs or **\$7** for brand name.

**PAAD Eligibility:** Annual income under **\$26,655** if single, or **\$32,680 if married**

**Senior Gold** enrollees pay a co-payment of **\$15 plus 50%** of the remaining cost of each Senior Gold covered prescription.

**Senior Gold Eligibility: Annual income Between \$26,655 and \$36,655, (single) Between \$32,680 and \$42,680 (couple)**

When you complete and submit the **NJ Universal Application (UA-1)**, you will also be screened for a number of programs that can save you money including, but not limited to, Hearing Aid Assistance Program

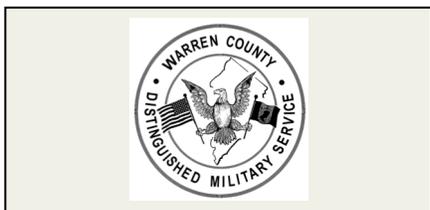
or (HAAAD), Energy Assistance Programs and Medicare Savings Programs known as Specified Low-Income Medicare Beneficiary (SLMB) or SLMB Qualified Individual (QI) that can pay your Medicare Part B premiums.



## Attention Warren County Veterans!

Since 2004 the Warren County Board of Chosen Freeholders have hosted a **Veterans Recognition Ceremony** to pay tribute to Warren County veterans. The Freeholders consider it one of their greatest privileges to pay tribute to Warren County's veterans, and are planning the County's **2017 Veterans Recognition Ceremony** to continue to ensure every Warren County veteran is recognized for their patriotism and sacrifice.

The 2017 Warren County Veterans Recognition Ceremony will be held on a date to be determined, at the **Warren County War Memorial**, located next to the Courthouse at the corner of Second and Mansfield Streets, Belvidere.



Veterans who meet the following criteria will receive the **Warren County Distinguished Military Service Medal**:

- Current Warren County resident (*or a resident upon entering the military*)
- Have NOT already received Warren County Distinguished Military Service Medal
- Served during one of the nation's recognized war periods (*veterans of World War II, Korea and Vietnam do not have to have served overseas*)

### **Posthumous recognition is available for deceased veterans.**

Proof of service, such as Report of Separation DD214, is required with all applications.

To obtain an application contact:

**Warren Public Information Department**

**908-475-6580 / 800-554-8540**

The application also is available for download on the County website at:

[www.co.warren.nj.us/veterans/index.html](http://www.co.warren.nj.us/veterans/index.html)

## AARP Driver Safety Classes



A lot has changed over the years:

- Cars have changed;
- Driving conditions have changed;
- The roads you drive have changed;

The AARP Driver Safety Course offers instruction on the following:

- Defensive Driving Techniques
- How to deal with Aggressive Drivers
- How to safely use anti-lock brakes, air bags and safety belts
- Techniques for handling left turns, right of way, blind spots and more

You may also get a discount on your car insurance. For more information please call:

**908-528-3239 or 1-888-227-7669**



**INFORMATION TO HELP  
YOU COMBAT FRAUD!**

**SCAMMED OR CHEATED? File a Complaint**

NJ Consumer Affairs - **888-382-1222**

**ENSURE A CHARITY IS LEGITIMATE**

NJ Charities' Hotline - **973-504-6215**

Disclaimer: the Warren Senior Voice may contain items placed by third party organizations which are published in good faith and for informational purposes only. The Warren County Board of Chosen Freeholders or the Warren County Division of Aging & Disability Services neither represents nor endorses the accuracy or reliability of any advertised offer or statement.