



Seasoned Years

Hunterdon County Division of Senior, Disabilities & Veterans' Services
An ADRC (Aging & Disabilities Resource Connection)

Division of Senior, Disabilities & Veterans' Services (908) 788-1361 or 1-877-222-3737
Senior Center (908) 788-1359 www.co.hunterdon.nj.us/aging.htm

In This Issue:

Page 1

Message from
Commissioner
Kuhl

Page 2

Senior Center
News

Upcoming
Events

Page 3

ADRC News

Page 4

Mr Fix-It

Page 5

Open
Enrollment
News

Page 6

Message from
Laine Nauman
Veterans Day
News

Page 7

Library News

Page 8

Public Health
Nursing News

Page 9

Parks & Rec
News

Page 10

Hunterdon
Helpline
Meals On
Wheels

Page 11

Caregiver
Support Groups
LINK

Page 12

Local Resources

Dear Fellow Hunterdon County Resident,

As a lifelong Hunterdon County resident, I am honored to serve as Hunterdon County's newest member of the Commissioner Board.

I was born in the Hunterdon Medical Center and stayed here to raise my own family in beautiful Raritan Township, with my wife of 36 years, whom I met and started dating at Hunterdon Central High School.

As a sixth generation of the Kuhl family, I grew up on the family farm, where I learned what hard work looks like, how to work as a team and how to problem solve. All of these life lessons have served me well in my personal life, at work and in public service.

With an engineering background, after school, I joined our family business, Kuhl Corporation, where I now serve as the COO. As a business owner in Hunterdon County, I understand the importance of our local businesses to our quality of life, economic vitality and town centers across the county. As such, I intend to work to be supportive of common-sense public policy measures including continuing to support the ongoing county economic development initiatives.

I started my career in public service on the Raritan Township Planning Board in the late 90's and did so because I wanted to maintain our rural quality of life. The peaceful landscape and lifestyle in Hunterdon County matters to me and I was able to assist with preserving this.

I have served as a past Vice Chairman and Chairman of the Planning Board and held positions on almost every board in the Township of Raritan, from Open Space to Ag Advisory. I was raised to help and respect others and public service fits that upbringing.

As the newest member of the Board of County Commissioners, it is another chance to serve on a larger scale and continue the mission that began for me 25 years ago.

Hunterdon County is one of the healthiest communities in the nation and I believe that the county's healthy seniors contribute to this ranking. Our seniors are deserving of our respect and the support that ensures their lives continue to be fulfilling and that those in need are cared for.

The Hunterdon County Division of Senior, Disabilities & Veterans' Services has been in operation for 50 years and will be celebrating this anniversary with a large party on Thursday, September 22nd at 11 am, in the Grange Building at South County Park.

The Senior Center provides physical exercise programs, helpful services such as managing chronic disease, tax information, language lessons and of course, bocce ball, my personal favorite.

The Senior Center continues to develop new programs and always welcomes participant feedback. Feel free to call 908-788-1361, weekdays, with questions or suggestions.

I encourage you to participate in the activities that interest you and tell your friends to come along for the fun. Staying active is one of the keys to good health and maintaining a positive outlook on life.

Warmest Regards,

Jeff Kuhl
Commissioner

Fall Programs at the Senior Center

Check our website often www.co.hunterdon.nj.us/aging.htm

or call us for more information and to pre-register for classes: 908-788-1359

Our fitness classes are gaining popularity with more folks participating in our wonderful offerings!

We have added a new Beginner Line Dance class— it is so much fun! Join with friends!

Summer & Fall Health and Wellness

Lectures are in full swing! Don't miss out, we have some great topics coming up:

- ⇒ Food Safety at Home and
- ⇒ Eight Dimensions of Wellness

We are excited to announce more programs for active engagement are returning each month in addition to our ongoing ones.

How about trying your hand at a game of Poker?

Or play the fascinating game of Mah Jongg which requires skill.

Or come join our Chorus and share your singing talent.

We would love to have you come back to the Senior Center- we have missed you all!

DSDVS
50th Anniversary
Celebrations!

**Upcoming
Events:**

Floral
arrangement
workshops!

Fitness
Series!

Medicare Talk:
All You Need
to Know!

Author/
Educator
presentation

Nutrition
Series!

Classical Music
Concert: Prof. Anna
Keiserman

Fun
Crafts!

Lecture Series:
Revolutionary
War

2022 Senior Farmers' Market Nutrition Program

Farmers' Market Nutrition Program vouchers providing locally grown fresh fruits, vegetables and herbs will be offered to eligible seniors 60 and older. The 2022 program starts July 1st and runs through September 30th. Seniors will receive \$30 worth of vouchers to spend at participating Farmers' Markets throughout Hunterdon County. Vouchers are valid until October 30th. Vouchers will be made available for distribution beginning July 1st to all Hunterdon County seniors who meet the following State & Federal guidelines: Age 60 years and over; a Hunterdon County resident; monthly income for **singles \$1986 and couples \$2686**.

For more information on this program or questions, call Pia Rey-Doklan at 908-788-1361. Office hours are 8:30 AM–4:00 PM. Vouchers will be handed out on Mondays and Tuesdays only in July, August & September.

Veterans' Services Office

Attention Veterans of Hunterdon County: Please feel free to contact Rich Booth, Veterans' Service Officer. Mr. Booth can help you file claims for service-connection disability compensation and pensions; other benefits such as education, home loan guarantee and VA Healthcare enrollment. Mr. Booth sees Veterans by appointment only.

Call Rich Booth at 908-788-1361 or email: rbooth@co.hunterdon.nj.us

Latest VA News

Three new presumptive illnesses have been added to the list of presumptive illnesses due to exposure of Agent Orange, during the Vietnam War. These illnesses are Bladder Cancer, Hyperthyroidism and Parkinsonism.

If you served in the Vietnam War and were exposed to Agent Orange, go to www.va.gov for the full list.

Office of Disability Services

Our office provides a wide range of information and referrals to residents with disabilities, their caregivers and human services providers. Our goal is to help people remain in the community as independently as possible. Our services include:

- Options Counseling
- Disability Applications:
 - Social Security Disability Insurance (SSDI)/Supplemental Security Income (SSI) applications
 - NJ Temporary Disability applications
 - Other applications related to disability services specifically
- Advocacy
- Americans with Disabilities Act (ADA) concerns

This office also facilitates quarterly meetings of the County's Aging & Disability Resource Connection (ADRC) Advisory Committee.

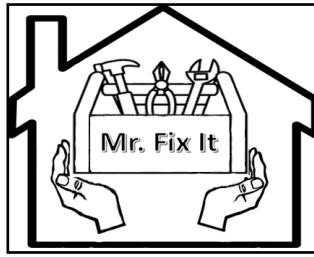
Call 908-788-1361 for more information or email Barbara Metzger: bmetzger@co.hunterdon.nj.us
Helene Pappas: hpappas@co.hunterdon.nj.us

PASP Program

The goal of the Personal Assistance Services Program (PASP) is to support individuals with physical disabilities to remain active and independent in their community. PASP is a self-directed program that provides help with non-medical personal care (dressing, personal hygiene, eating) for adults with physical disabilities who are employed, preparing or planning to work, attending school or volunteering in the community.

For more information about the Personal Assistance Services Program please contact our Hunterdon County PASP Coordinator, Helene Pappas at 908-788-1361 or email: hpappas@co.hunterdon.nj.us

**Mr. Fix-It
Volunteer
Program**



**Appliance Day
Coming in
October**

NOW IS THE TIME TO THINK ABOUT WINTER PREPARATION

- ◆ Assistance removing window air conditioners.
- ◆ Bringing outside furniture in, shutting off outside spigots and bringing hoses indoors.
- ◆ Planning for snow removal.
- ◆ Testing your generator to make sure it is operational.
- ◆ Buying batteries, flashlights, radio, extra water bottles and canned goods.
- ◆ Making sure you have medication you may need if snowed in.
- ◆ Have emergency telephone numbers placed near the phone.
- ◆ Consider signing up for Citizen Alert and NJ Register Ready both of which can be found on the Hunterdon County Website—Public Safety:
<https://www.co.hunterdon.nj.us/911.html>

There is no charge for this service. The only cost is for parts or materials, if needed. You must be a Hunterdon County resident, 60 years and above, or an individual with disabilities and own your own home.

You must be willing to sign a “Hold Harmless” agreement.

Please Note: This is NOT an emergency service. For emergencies call a licensed and insured contractor.

To get started call:

Jane Griffith, Program Coordinator at 908-788-1358 or 908-788-1361 or email:

mrfixit@co.hunterdon.nj.us





2022 Medicare Open Enrollment

October 17th – December 7th

Plans Change. You Change.

Shop and Compare.

TAKE THE TIME TO SEE IF YOUR PLAN WORKS FOR YOU.

Each year plans change what they cost and what they cover.

Those who don't have prescription drug coverage can also enroll in a drug plan during open enrollment.

- Review the 2022 costs of your current drug and health plan. Look at premium co-pays and deductibles.
- Compare the cost and coverage to other plans in your area. Check to see if the plan covers your medicines, works with your pharmacy and covers the services you need.
- Choose a plan that meets your needs.

Review your plan and act early to avoid any inconvenience at the pharmacy counter in January.

To make an appointment

please call 908-788-1361 and ask for the SHIP counselor
or Pia Rey-Doklan SHIP Coordinator

Message From the Director

Happy 50th Anniversary to the Hunterdon County Division of Senior, Disabilities and Veterans' Services, an Area Agency on Aging! I am thrilled to be at the helm of this amazing organization during such a memorable anniversary.

We have had much success over the decades and it would be difficult to call attention to all our programs, so I want to highlight some of the services that we currently fund. We provide funding for nutrition through Meals on Wheels, Friendly Visitor, Telephone Reassurance and Volunteer Shopper services through Hunterdon Helpline, support groups through Hunterdon Behavioral Health and residential maintenance through our own division under Mr. Fix-It.

The Older American Act funds critical services that keep Hunterdon County seniors healthy and independent.

Keep checking our website and sign up for our monthly email blasts to keep you informed of all the wonderful programs we offer.

Laine Nauman, Director
Hunterdon County Division of Senior, Disabilities and Veterans' Services

Veterans Day News

The County of Hunterdon honors its Veterans every year. The recipients are awarded the Hunterdon County Veterans Recognition Medal. In order to apply for the Medal the Veteran must live in the county and have an Honorable Discharge from any of the branches of the Armed Forces. For several years the ceremony was part of the Hunterdon County 4H & Agricultural Fair. This took place on the first day of the fair during the opening ceremony. Since its conception, the number of Veterans who received the medal has risen every year.

Due to the COVID-19 Pandemic, the Veteran Recognition Ceremony became a virtual event. The recipients would receive their medal weeks before the ceremony, either at their homes or at the Historic Courthouse in Flemington. This took place on Veterans Day, November 11th. The event would then be broadcasted online through the County's website and Facebook page.

As of this time, all future Medal Ceremonies will be done on Veterans Day.

If you or someone you know is a Veteran, resides in Hunterdon County and would like to receive the Medal, please contact:

Rich Booth, VSO rbooth@co.hunterdon.nj.us

or

Ruthi Cass, PIO rcass@co.hunterdon.nj.us





**HUNTERDON
COUNTY
LIBRARY SYSTEM**

THE HUNTERDON COUNTY LIBRARY – ALWAYS THERE FOR YOU!

Our website has a brand-new look – check it out at <https://www.hclibrary.us>

Call 908-788-1444 or email library@hclibrary.us

Library materials at your fingertips 24/7

Come into the library to browse and check out books, movies, audiobooks and CDs. Or you can also search thousands of items, including magazines, in our digital collection to download on your PCs, tablets and smartphones.

Streaming video now available!

Sign in to [Kanopy](https://www.kanopy.com/en/hclibrary/), our streaming video service: <https://www.kanopy.com/en/hclibrary/> and watch up to 8 movies a month! Use your library card barcode and PIN to log on.

Don't Have a Library Card? Call 908-788-1437

Do you have questions...about anything: Or need information?

Call the Adult Services Department at 908-788-1434

Programming

We still offer virtual programs but most of our programs are back to meeting in-person in our library meeting rooms. We are showing movies again at both our Headquarters and North County branches! We have a variety of book groups, both live and virtual. We have an exciting line-up for Fall: In-person Tech Help, Yoga, English Conversation, Fall Gardening, Sierra Club, Photo Show, Paranormal Investigations, Fright Nights, Author Events, Home Organization, to name a few. They are all in the Library's Events Calendar: <https://hclibrary.libcal.com/>

Check the library's webpage for regular updates or call 908-788-1434.

**Presented by:**

Hunterdon County, Public Health Nursing

Sponsored by:

New Jersey Dept of Aging and Community
Services, Title III B Funds

Hunterdon County Division of Public Health Nursing and Education provides a **FREE** monthly educational program to the **residents of Hunterdon County who are 60 years or older and/or have disabilities.**

The programs are presented by healthcare professionals and are meant to emphasize, encourage and promote healthy behaviors, disease prevention and chronic disease management.

The Brunch & Learn program takes place at
Public Health Nursing
6 Gauntt Place
Lower Level of Building #2,
Flemington

On the third Friday of every month.

Two sessions to choose from: 10:00 am or 1:00 pm.

Seating is limited and registration is necessary.

Please call 908-806-4570 for information or to register.

Topics for 2022

September 16th – “DASH Eating Program” presented by Sandra Greci,
Rutgers Cooperative Extension

October 21st – “Understanding Alzheimer’s and Dementia” presented by
Robyn Kohn

November 18th – “Legal Services Available to the Senior Population”
presented by Alisa Grossman

December 16th – “America’s Grow a Row Program” presented by
Shauna Alvarez

FALL 2022 PROGRAMS WITH HUNTERDON COUNTY
DIVISION OF PARKS & RECREATION
(September-November Programs)

All programs require pre-registration using our registration form, medical form and liability waiver, found on the "FORMS" page of our website.

More information at: <https://www.co.hunterdon.nj.us/depts/parks/programs.html>
 908-782-1158 or parks@co.hunterdon.nj.us

FREE HIKES AND WALKS

- Free Thursday morning bird walks
- Free recreation walks
- Senior strolls

**IN-PERSON BASKETRY WORKSHOPS
& A BROOM MAKING CLASS**

- Gail's basket pick
- Broom making: making a turkey wing broom
- Honey pot basket
- UFO: Unfinished Objects

VIRTUAL NATURE PROGRAMS

- Mushrooms & Molds
- Trees of Hunterdon
- Birds of prey
- Butterfly migration
- Bats of Hunterdon
- Chaotic origin of the solar system
- Nature of Hawaii

IN-PERSON NATURE PROGRAMS

- Night Hike
- Rain barrel/rain garden workshop
- Cushetunk walk: animal evidence
- Raptors at Point Mountain
- Orienteering
- Live Monarch exploration
- Birding Cold Brook Reserve
- Fall foliage hike at Teetertown
- Creepy critters: bug and bat hunt
- Beaver walk
- Black bears
- Constellations and their myths

**VIRTUAL RECREATIONAL
PROGRAMS**

- Catch-all basket for your bathroom
- Virtual tour of Union furnace preserve
- Virtual tour of Hunterdon County Arboretum
- Virtual tour of Cushetunk
- Flowerpot cover basket

Seasoned Years Disclaimers

The Seasoned Years Newsletter contains articles placed by third-party organizations.

The Hunterdon County Division of Senior, Disabilities & Veterans' Services neither represents nor endorses the accuracy or reliability of any advertised offer or statement.

Readers' questions and/or comments regarding newsletter articles should be directed to the corresponding organization.

Names and addresses of County held mailing lists are subject to disclosure pursuant to the NJ Open Public Records Act (OPRA).

If you would like your name removed from our mailing list, **please contact us at (908) 788-1361 or by email: aging@co.hunterdon.nj.us**

An electronic copy of the Seasoned Years Newsletter is available on the County website at: www.co.hunterdon.nj.us/aging.htm

Hunterdon Helpline is available to help, 24-7, 365 days of the year, for any need at any time, including information about COVID-19 tests and vaccines.



YOU ARE NOT ALONE. Whatever challenge you are facing, call Hunterdon Helpline's First Assist hotline at 908.782.HELP.

In addition to our 24-7 hotline, we offer a selection of Senior Services programs focused on providing wellness services, as well as community connections:

Telephone Reassurance:

If you feel isolated, Telephone Reassurance provides daily calls once or several times a day from 8 am to 9 pm. The calls could simply be a social chat or provide reminders for medications and other daily life needs.

Friendly Visitor:

The Friendly Visitor program matches seniors with volunteers who have similar interests and who make visits at least once a week, providing social interaction, wellness checks and community news and information.

Volunteer Shopper:

Can't get out to the grocery store or the food pantry during this pandemic or at any time? Register for our Volunteer Shopper program and we will pick up and deliver your food from grocery stores and food pantries. The service is free, but you pay for the groceries.

Whether financial, physical or mental health, food access, housing or other issues, our Community Resource Specialists are here to help you round the clock with an abundance of resources. We can also help you register for Citizen Alert and Register Ready. Or we can just listen, any time of day or night. All of our services are free.

CIRA for COVID Information, Referral and Assistance:

Are you over 60? We can help you with your COVID questions and needs.

Just call 908-782-4357 for assistance or to register for any of our programs.

Meals on Wheels in Hunterdon

www.mowih.org

Call 908-284-0735 or email info@mowih.org

Serving Hunterdon County residents 60 years of age or older

Home Delivered Meals: A nutritious hot meal delivered weekdays between the hours of 11:00 am to 1:00 pm for the homebound senior. Two weekend cold meals delivered on Fridays.

Grab-N-Go Meals: Meal service available Monday through Friday from 11:30 am to 1:00 pm. Meals to be ordered by noon the day before pick-up by calling 908-284-0735.

Congregate Nutrition: A nutritious meal served Monday through Friday between the hours of 11:45 am to 1:00 pm at our nutrition sites.

Nutrition Education: A program that promotes better health through nutrition and health related information.

Nutrition Counseling: Individualized advice and guidance from a Registered Dietitian about options and methods for improving nutritional status.

A donation of \$5.50 is suggested

Caregiver Support Groups

Caregiving involves long hours, difficult tasks and emotional stress. The Hunterdon Caregiver Initiative seeks to provide support, education, information and referral services for caregivers. Caregivers are assisted through emotional support, information and resources to empower them to provide vital and ongoing care.

All services are free of charge. Support groups are facilitated by staff of Hunterdon Behavioral Health/Hunterdon Medical Center.

Caregiver Support Groups:

- General Caregiver Support Group
- Alzheimer's & Related Dementia Caregiver Group
- Special Topic Support Groups/Education Series *(for further information call 908-237-2364)*

All support groups are currently meeting virtually. If interested, please contact us at the phone numbers or email addresses provided below.

Contact: Jenifer Kucsan at 908-788-6401 ext. 3002, jkucsan@hhsnj.org or Erinn Nakahara at 908-237-2364, enakahara@hhsnj.org

LINK Transportation

LINK is offering FREE rides until December 31st 2022!

Where does LINK go? We're here to take you to your medical, shopping, visiting, volunteering and recreational appointments all throughout the county. All our buses are wheelchair accessible. If you need to bring an aide or companion, they may ride at no extra charge.

When Does LINK Operate? Our Cross County routes consist of North to South, Hampton to Lambertville and East to West, Holland to Readington. We offer:

- Two Shuffle Routes (\$2:00 a day) that stop at popular destinations in Flemington. (M-F: 7:30 am to 7:30 pm; Saturday 8:30 am to 7:20 pm)
- Demand Response Shared Ride Service (M-F: 7:00 am to 4:30 pm)
- Bridgewater Express route to RVCC, Bridgewater Commons Mall and the Somerville Train Station (\$2 a day).

Funding is available for seniors to ride the LINK free of charge!

LINK provides Specialty Out of County Medical Trips for seniors as well! Contact the LINK for more information.

Requirements: Monday through Friday, appointment times no earlier than 9:00 am and no later than 2:30 pm and within New Jersey for tests or medical appointments not available within Hunterdon County.

Questions about LINK? Call 1-800-842-0531

Comments or Concerns about LINK? Contact Erin Neukum, Transportation Coordinator, by email eneukum@co.hunterdon.nj.us, or by phone 908-788-1368

HUNTERDON COUNTY DIVISION OF SENIOR, DISABILITIES &
VETERANS' SERVICES

4 Gauntt Place

PO BOX 2900

FLEMINGTON, NJ 08822-2900

e-mail address: aging@co.hunterdon.nj.us

Website: <http://www.co.hunterdon.nj.us/aging.htm>

NONPROFIT
ORGANIZATION
U.S. POSTAGE PAID
PHILLIPSBURG, NJ
08865
PERMIT NO. 4



Resources



Hunterdon Helpline

Meals on Wheels

Hunterdon Behavioral Health

Mental Health Cares (8 am – 8 pm)

***NEW NUMBER* National Suicide Prevention Lifeline**

Center for Healthy Aging

Social Services (Food Stamps, Medicaid, etc.)

The LINK

(908) 782-4357

(908) 284-0735

(908) 788-6401

(866) 202-4347

988

(908) 788-6373

(908) 788-1300

(800) 842-0531

Hunterdon County
COVID-19 Updates & Resources

<https://www.co.hunterdon.nj.us/Coronavirus/testingsite.html>

Seasoned Years is published by the
Hunterdon County Division of Senior, Disabilities & Veterans' Services
In cooperation with the
Hunterdon County Board of County Commissioners