



# 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](http://www.co.hunterdon.nj.us/aging.htm)

Dear Friends,

It is an exciting time at the Division as we are celebrating our 50th Anniversary of providing services to Hunterdon County's older adult population. Over the years, we have helped fund many organizations and programs that enhance the quality of life for county seniors such as Meals on Wheels, Hunterdon Behavioral Health, Helpline, Briteside, Legal Services, Transportation, Home Health Aides, the Senior Center, Mr. Fix It, Adult Protective Services and Emergency Assistance.

Look for a Save the Date Card, so you can join us in September for the festivities!

Laine Nauman

Director,

Hunterdon County Division of Seniors, Disabilities and Veterans' Services



## May is Older Americans Month

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). This year's theme is *Age My Way*, focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. This is an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

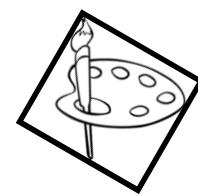
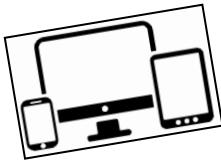
As part of the celebrations for Older Americans Month, the Senior Center is organizing a variety of events that include a music performance, new fitness classes and more activities.

Check our Website for details: [www.co.hunterdon.nj.us/aging.htm](http://www.co.hunterdon.nj.us/aging.htm)

## New Programs at the Senior Center

**Call for more information and to pre-register for classes: 908-788-1359**

- ⇒ Computer Lab-Tech Help Desk is back! (By appointment only)
- ⇒ More onsite fitness classes: Ballet, Chair Aerobics/Gentle Exercise, Healthy Bones, Low Impact Aerobics, Tap, Zumba
- ⇒ Hybrid fitness classes: Onsite and Virtual on Zoom
- ⇒ Other activities for Senior engagement: Art instruction, Bocce, Italian lessons, Pinochle, Scrapbooking, Wood Carving



### Appliance Day Returns: Tuesday May 10<sup>th</sup>, 2022

**Where:** Hunterdon County Senior Center  
4 Gauntt Place  
Flemington

**Time:** 9:30 AM—12:00 PM

Eligible residents of Hunterdon County, aged 60 and above, are invited to come to the Senior Center with their small items. Mr Fixit volunteers will be on hand to check and repair items while you wait.

The service is free; the only charge is for parts, if needed.

(Donations are always welcome and greatly appreciated!)

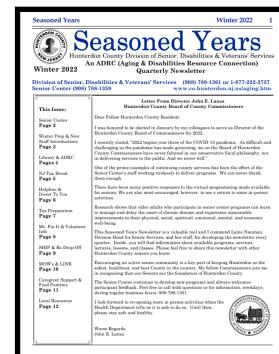
Call **Jane Griffith**: 908-788-1358 or  
908-788-1361

Email: [mrfixit@co.hunterdon.nj.us](mailto:mrfixit@co.hunterdon.nj.us)

### Seasoned Years Turns 50!

The first edition of Seasoned Years Newsletter was printed and distributed in 1972 and has been keeping the County's Seniors updated on information, programs and events ever since.

**Happy Birthday SY!**



**HUNTERDON COUNTY  
DIVISION OF SENIOR, DISABILITIES AND VETERANS' SERVICES  
2022, 60-Second Survey**

The Hunterdon County Division of Senior, Disabilities and Veterans Services is committed to assisting county seniors, 60 years of age and older, in meeting their current and future needs. To maintain current services and plan for future needs, we need your assistance.

Please complete this 60-Second survey and return by mail to: Needs Assessment, Hunterdon County Division of Senior, Disabilities and Veterans' Services, PO Box 2900, Flemington, NJ 08822-2900.

**Please return by June 30, 2022 or go online to our website at: [www.hunterdon.nj.us/aging.htm](http://www.hunterdon.nj.us/aging.htm) to complete the survey through Survey Monkey.**

**1. Please select your age bracket:**

50-59      60-64      65-69      70-79      80-89      90-99      100+

**2. Please indicate your ethnic background:**

White/non-Hispanic \_\_\_\_\_ Asian \_\_\_\_\_ Other (Please Specify) \_\_\_\_\_

Black/African American \_\_\_\_\_ Hispanic \_\_\_\_\_

**3. Please indicate three (3) service priorities you feel that your tax dollars should support with 1 being the most important.**

	Adult Day Care		Information and Assistance for older adults and referrals for services
	Adult Protective Services		Home Health Aides
	Friendly Visitor (volunteers who provide weekly visits to older adults who are unable to leave their home)		Grocery shopper services (for those who are physically unable to shop for themselves)
	Support Groups		Mental Health Services
	Respite Care (Service to provide a break from day-to-day caregiving)		Counseling on how to handle medical insurance questions and issues.
	Meals on Wheels/Nutrition Programs		Newsletter (Seasoned Years)
	Senior Center Activities		Legal Services
	Light Housekeeping		Health Education
	Handyman Services (volunteers who complete small home repairs)		Exercise Programs
	Transportation		Grandparent Support Groups

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](mailto:aging@co.hunterdon.nj.us)  
Web: <http://www.co.hunterdon.nj.us/aging.htm>

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## Resources



### Hunterdon Helpline

Meals on Wheels

### Hunterdon Behavioral Health

Mental Health Cares (8 a.m.– 8 p.m.)

### National Suicide Prevention Lifeline

Center for Healthy Aging

### Social Services (Foodstamps, Medicaid, etc.)

The Link

**(908) 782-4357**

**(908) 284-0735**

**(908) 788-6401**

**(866) 202-4347**

**(800) 273-8255**

**(908) 788-6373**

**(908) 788-1300**

**(800) 842-0531**

Hunterdon County  
Walk-In COVID-19 Testing Center

Hunterdon Shopping Center

39 Reaville Avenue 'Flemington, NJ 08822

Open Tuesday—Saturday  
10:00 am—4:00 pm

Thursday Hours  
12:00 pm—7:00 pm

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In cooperation with the  
Hunterdon County Board of County Commissioners