



# Seasoned Years

Hunterdon County Division of Senior, Disabilities & Veterans' Services

An ADRC (Aging & Disabilities Resource Connection)

Winter 2022

Quarterly Newsletter

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)

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## Letter From Director John E. Lanza Hunterdon County Board of County Commissioners

Dear Fellow Hunterdon County Resident:

I was honored to be elected in January by my colleagues to serve as Director of the Hunterdon County Board of Commissioners for 2022.

I recently stated, "2022 begins year three of the COVID-19 pandemic. As difficult and challenging as the pandemic has made governing, we on the Board of Hunterdon County Commissioners have never faltered in our conservative fiscal philosophy, nor in delivering services to the public. And we never will."

One of the prime examples of continuing county services has been the effort of the Senior Center's staff working tirelessly to deliver programs. We can never thank them enough.

There have been many positive responses to the virtual programming made available for seniors. We are also most encouraged, however, to see a return to some in-person activities.

Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.

This Seasoned Years Newsletter is a valuable tool and I commend Laine Nauman, Division Head for Senior Services, and her staff, for developing the newsletter every quarter. Inside, you will find information about available programs, services, lectures, lessons, and classes. Please feel free to share this newsletter with other Hunterdon County seniors you know.

Encouraging an active senior community is a key part of keeping Hunterdon as the safest, healthiest, and best County in the country. My fellow Commissioners join me in recognizing that our Seniors are the foundation of Hunterdon County.

The Senior Center continues to develop new programs and always welcomes participant feedback. Feel free to call with questions or for information, weekdays, during regular business hours: 908-788-1361.

I look forward to re-opening more in person activities when the Health Department tells us it is safe to do so. Until then, please stay safe and healthy.

Warm Regards,  
John E. Lanza



## Welcome to the Hunterdon County Senior Center

The Senior Center has a wonderful array of fitness classes and other activities:  
Some are listed here!

Please call (908) 788-1359 for more information and to register.

For the entire list of programs please see our website  
<https://www.co.hunterdon.nj.us/aging/seniorcenter.htm>

### Scrapbooking (Onsite)

Join our Scrapbooking group and preserve your photos, memorabilia and clippings as beautiful works of art. The Scrapbookers meet the **second and fourth Thursday of the month from 1:00 pm to 4:00 pm at the Senior Center.**



### Bingo (Virtual)

Join in the fun with your fellow Senior Center members! **Every second, third and fourth Tuesday of the month on Zoom from 1:00 pm to 2:00 pm.**



### Spanish Lessons (Virtual)

Join the Senior Center's virtual Spanish Lessons! Have fun while being introduced to skills in listening, speaking, reading and writing Spanish. **Every Tuesday on Zoom from 9:00 am to 11:00 am.**



### Gentle Exercise with Minal (Virtual)

Combine cardiovascular and low impact exercises with stretches in this class. **Every Tuesday and Friday on Zoom from 11:00 am to Noon.**



### Breathing and Meditation with Barbara (Virtual)

Learn calming breathing exercises and meditation techniques to improve your well-being in this class. **Every Tuesday on Zoom from 1:30 pm to 2:30 pm.**



### Yoga with Christi (Offsite)

Improve your flexibility, balance and strength through Yoga! Class is held at Three Bridges Reformed Church in Three Bridges, NJ. **Every Tuesday from 11:00 am to Noon.**



### Chair Yoga with Dennis (Offsite)

Chair Yoga is a gentler form of yoga, using a chair for sitting and support. Class is held at Three Bridges Reformed Church in Three Bridges, NJ. **Every Wednesday from 10:30 am to 11:30 am.**



For more information, please visit the Senior Center Website,  
<https://www.co.hunterdon.nj.us/aging/seniorcenter.htm>

## Winter Preparedness

**Register Ready/NJ's Special Needs Registry for Disasters** ⇨ Connects residents with special needs to emergency response agencies.

For more information, call: 2-1-1 or Hunterdon Helpline.

**Citizen Alert** ⇨ This notification system enables Hunterdon County to provide you with critical information quickly in a variety of situations, such as severe weather, unexpected road closures, missing persons, evacuation of buildings or neighborhoods, etc. You will receive time-sensitive messages wherever you specify such as your home, cell, or business phone, email, text messages, hearing impaired receiving devices and more.

### Mr. Fix-It Suggests ⇨

Keep handy: working  
flashlights

Check door  
locks

Check salt supply  
for walkways

Change old/not  
working lightbulbs

Keep important phone  
numbers handy

## New Staff Introductions

### Shalini Mathur

Program Development Specialist  
Senior Center

Hi! My name is Shalini Mathur and I started working at the Division of Senior, Disabilities and Veterans' Services in January. I am the Program Development Specialist for the Senior Center, working closely with Eleanor and Lorraine.

I have recently moved to Hunterdon County with my husband and Golden Retriever, after being fortunate enough to live in different states and different countries around the world!

I have worked with older adults at another Senior Center in Massachusetts, as well as in Assisted Living and Memory Care settings.

I am delighted to be a part of the Hunterdon County Team and look forward to meeting you all in person, soon!

I can be reached at (908) 788-1359 or by email, [smathur@co.hunterdon.nj.us](mailto:smathur@co.hunterdon.nj.us).

### Helene Pappas

Social Worker  
Office of Disability Services

Hello, my name is Helene Pappas. I started working at the Division of Senior, Disabilities and Veterans' Services in October 2021, as a Social Worker for the Office of Disability Services alongside Barbara Metzger. I am also the County Coordinator for the Personal Assistance Services Program (PASP), for those with permanent physical disabilities.

My background is in community outreach and service referrals and I am delighted to have this opportunity to serve the residents and families of our beautiful county.

I have lived in Hunterdon county for 23 years with my husband. We have two cats and are looking forward to adding a puppy in the Spring!

I can be reached at (908) 788-1361 or by email, [hpappas@co.hunterdon.nj.us](mailto:hpappas@co.hunterdon.nj.us).

## Library Services

### The Hunterdon County Library: Always Here For You!

#### Library materials at your fingertips 24/7

You can come into the library to browse and check out items, or you can find books, audiobooks, and magazines on your PC's, tablets and smartphones. Search our digital collections: <http://www.hclibrary.us/digitalcollection.htm>.



#### Streaming video now available!

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

#### Do you have questions or need information?

Call the Adult Services Department at 908-788-1434

#### Virtual Programming

Until our meeting rooms can open to the public again, we are offering a variety of online programs; lectures, concerts, book discussions, author talks, meditation classes are available on PC's, phones and tablets. Call for help: 908-788-1434 or visit, <http://www.hclibrary.us/events/upcoming-adult.html>



Check the library's webpage for regular updates:  
[www.hclibrary.us](http://www.hclibrary.us)

## Office of Disability Services

The Office of Disability Services 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.

Frequent inquiries include:

- Options Counseling
- Social Security Disability (SSI & SSDI) Benefits Applications
- Advocacy
- N.J. Temporary Disability Applications
- Handicapped Parking
- Americans with Disabilities Act (ADA) Concerns
- The Personal Assistance Services Program (PASP)

This office also facilitates quarterly meetings of the County's Aging & Disability Resource Connection (ADRC) Advisory Committee. Call (908) 788-1361 for more information about the services of this office.

## Veterans Services Office

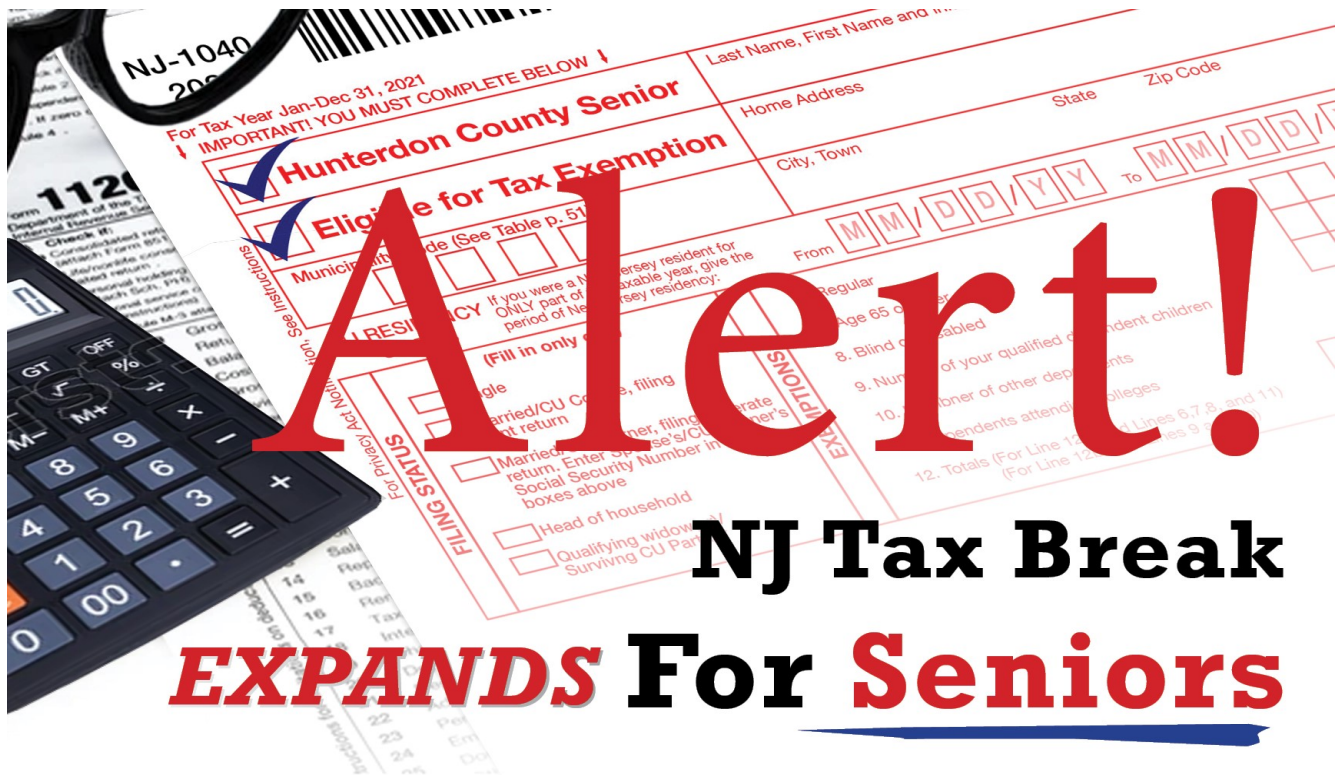
Attention all Veterans: the Hunterdon County Office of Veterans Services helps provide community resources and outreach to individuals who have served in the Armed Forces and their families.

Coordinating services for Veterans and their loved ones involves confirming a need for a service, identifying a resource to fill that need, and ensuring an effective delivery of services to each Veteran.



**For any questions or help related to veteran affairs, call (908) 788-1361.**





# **NJ Tax Break *EXPANDS* For Seniors**

Hunterdon County Seniors  
May **NOW** be eligible  
For Retirement **Income  
Exclusion** on the  
**2021 Tax Return**

For NJ 1040 Information  
[www.co.hunterdon.nj.us/senior-taxbreak2021.html](http://www.co.hunterdon.nj.us/senior-taxbreak2021.html)



Sponsored By The Hunterdon County Board of County Commissioners,  
Sheriff Fred W. Brown, & County Clerk Mary H. Melfi

## Hunterdon Helpline, Inc.

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 8:00 am to 9:00 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.

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



## "Direct to You" Program

### **Do You Receive Emails From The Senior Center?**

We are about to launch our "**direct to you**" emails to let you know about news from the Senior Center, special events and upcoming programs.

*Oh Yes!*

If we already have your email  
address, you're all set!



**Would you like to be a part of this new communication?**

If so, please send an email to:  
[seniorcenter@co.hunterdon.nj.us](mailto:seniorcenter@co.hunterdon.nj.us)

## Tax Preparation



**FILE TAXES  
YOUR WAY!**

LIVE UNITED

**FREE TAX PREPARATION**

**M**ore taxpayers than ever can file taxes to receive credits including the Child Tax Credit and Earned Income Tax Credit (EITC). Let us help you, so you can take advantage of all the tax changes.

In 2021, our program volunteers filed 1,450 local tax returns and brought back \$2.6 million in tax refunds. Despite the pandemic, we had 64 IRS-certified volunteers working diligently to serve low-to-moderate income households of those that live and work in Hunterdon County.

### Did you know...

- Our IRS-certified program can do any state return, not just NJ
- Our tax program is open year-round to help you file or answer a letter from the IRS/NJ Taxation.
- Adults over 65 that work may be eligible for the EITC credit.
- Parents/Guardians with children 18 years or younger should file to receive Child Tax Credit, if that child is your dependent, even if you did not work.

### There are 5 ways for you to get your tax return prepared for free:

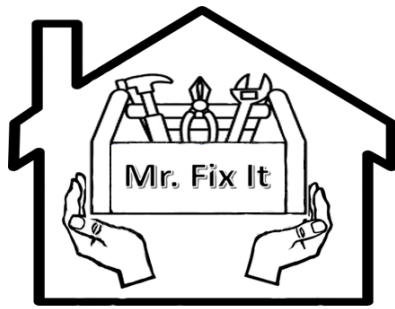
Learn more about each option at [www.uwhunterdon.org/schedule-my-tax-appointment](http://www.uwhunterdon.org/schedule-my-tax-appointment).

1. **In-Person Tax Preparation Appointments**
2. **Scan & Go Tax Appointments** (2 appointment process –intake and finalization)
3. **100% Virtual Tax Preparation** (completely online process)
4. **Free TaxSlayer Account** (FREE Federal and State returns)
5. **Use myfreetaxes.com to file your taxes**

### Questions or want to make an appointment?

- Schedule online by visiting [www.uwhunterdon.org/schedule-my-tax-appointment](http://www.uwhunterdon.org/schedule-my-tax-appointment) (available by 1/10/22)
- Call us at 908-237-1689. If you leave a message, a volunteer will call you back.





### Mr. Fix-It

The Division of Senior, Disabilities and Veterans' Services is currently offering home maintenance services to Hunterdon County seniors age 60 or above, and those with disabilities, through the Mr. Fix-It program.

*Mr. Fix It Volunteers perform small, non-routine jobs, which, if neglected, would adversely affect the safety of the eligible senior or disabled resident. The goal is to help these residents remain safely in their own homes and communities.*

For more information and to determine eligibility, contact Jane Griffith, Program Coordinator.



: (908) 788-1358 or (908) 788-1359



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

# VOLUNTEERS! NEEDED!

In these challenging times we have had wonderful men and women of our community step up to volunteer, but the need is still present. Please consider giving a few hours of your time to make a difference in someone's life.

These agencies are looking for new volunteers:

<b>Hunterdon Helpline</b>	(908) 782-4357
<b>Meals on Wheels</b>	(908) 284-0735
<b>Volunteer Drivers</b>	(908) 788-1368
<b>Mr. Fix-It Program</b>	(908) 788-1358

If you are interested in learning more about the positions, including skills needed, hours involved, geographic area covered, and in-service training, please contact the individual agency to learn more.

**Experience the reward, satisfaction and fun of volunteering while meeting new people and learning new skills!**



## State Health Insurance Assistance Program (SHIP)

### New Pharmaceutical Assistance for the Aged and Disabled (PAAD) and Senior Gold Guidelines starting January 1, 2022

These programs are state-funded prescription programs which help eligible New Jersey residents with the cost of prescription medication. PAAD and Senior Gold covers only medications approved by the Food and Drug Administration (FDA). The PAAD copayment is \$5 for each covered generic drug and \$7 for each covered brand name drug. If you are eligible for PAAD you may also be eligible to receive other benefits.

You are eligible for PAAD if you meet the following requirements:

- You are a New Jersey resident
- Your income is less than \$38,769 if you're single, or less than \$45,270 if you are married
- You are at least 65 years of age, OR at least 18 years of age and receiving Social Security Disability benefits
- Enrolled in Medicare Part D, if eligible

Senior Gold is a prescription discount program for elderly and disabled New Jersey residents who do not qualify for the PAAD program.

Eligibility requirements for Senior Gold:

- You are a New Jersey Resident
- Your income is less than \$48,769 if you are single, or less than \$55,270 of combined income if you are married
- You are at least 65 years of age, OR at least 18 years of age and receiving Social Security Disability benefits
- Enrolled in Medicare Part D, if eligible

**You can get an application at PAAD NJ or NJ SAVE or by calling Pia Rey-Doklan, SHIP Coordinator for Hunterdon County Division of Senior Disabilities and Veterans Services, at (908) 788-1361.**

NJ Save is a new online application to help low-income seniors and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses.



### Prescription Drop Off

Due to COVID-19 the Senior Center temporarily suspended the prescription drop off program. However, other sites still remain operational. The Hunterdon County Justice Center and The Administration Building remain open for safe disposal of your medications. Local Police Departments and some area pharmacies are also able to accept unused medications. Please check with your local police station or pharmacy for more information.

Justice Center  
65 Park Ave  
Flemington, NJ 08822



Administration Building  
71 Main Street  
Flemington, NJ 08822

## Meals on Wheels in Hunterdon

**Serving Hunterdon County residents 60 years of age or older.**

- **Home-Delivered Meals:** We deliver a nutritious meal each weekday between the hours of 11:00 a.m. to 1:00 p.m. We offer two cold meals for weekend consumption delivered on Friday to the homebound senior.
- **Grab-N-Go Meals:** Pick-up service is available for seniors to place a meal order for next day pick-up on Monday through Friday from 11:30 a.m. to 12:30 p.m.
- **Nutrition Education:** A program to promote better health through nutrition and health related information.
- **Nutrition Counseling:** A program for individualized advice and guidance from a Registered Dietitian about options and methods for improving nutritional status.

**Want to enroll or have questions?**

**Contact us by phone or email:**

**Phone:** (908) 284-0735

**Email:** [info@mowih.org](mailto:info@mowih.org)

Suggested Donation: \$5.50 per meal



## LINK Transportation

**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 and requirements.

**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](mailto:eneukum@co.hunterdon.nj.us), or by phone (908) 788-1368



## Are you a Stressed Caregiver?

### Statewide Respite Care Program Offering Relief to Stressed Caregivers

The Statewide Respite Care Program offers assistance to **unpaid** caregivers in Hunterdon County who are overwhelmed with the task of caring for a family member or friend. Often, when caring for someone daily, caregivers have difficulty finding time to take care of themselves.

For a short-term or intermittent period of time, assistance can be provided to the person the caregiver is helping. Some of the services offered are: home health aides or companions, adult day care, or inpatient care at an assisted living or nursing home facility.

The person in need of care must meet the financial guidelines, and sometimes there are minimal copays. The NJ Statewide Respite Care Program provides services for elderly **and** functionally impaired individuals, 18 years of age or older.

For more information, call:  
The Division of Social Work Services (908) 788-1253

### 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**
- **Life After Caregiving Support Group**

All support groups are currently meeting virtually. If interested, please contact us at the phone number provided below.

Contact: (908) 237-2364 or Jenifer Kucsan at (908) 788-6401 x3002

## Local Aid for Food Insecurity

*Are you or someone you know struggling with having nutritious meals?*

**There is help! Area food pantries are open and able to help put food on your table.**

For more information or a listing of local food pantries, contact Senior, Disabilities and Veterans Services, (908) 788-1361.

To contact the Flemington Area Food Pantry, call (908) 788-5568.



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

**HUNTERDON COUNTY DIVISION OF SENIOR, DISABILITIES & VETERANS' SERVICES**

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## Resources



**Hunterdon Helpline**

Meals on Wheels

**Hunterdon Behavioral Health**

Mental Health Cares (8:00 am– 8:00 pm)

**National Suicide Prevention Lifeline**

Center for Healthy Aging

**Social Services (SNAP, 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

Seasoned Years is published by the  
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