

THE SERVICE NETWORK

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May is Older Americans Month AGE OUT LOUD



Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month.

ACL designated the 2017 Older Americans Month theme, **Age Out Loud**, to give aging a new voice, one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and Older Americans Month 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the county. Join us as we speak up and out loud for Older Americans Month!!

Low Income Home Energy Assistance (LIHEAP) Extended to May 31

New Jersey residents still have time to get help with heating their home this year. The Low Income Home Energy Assistance Program is giving residents more time to apply for heating assistance by extending the deadline for LIHEAP enrollment to May 31.

The program also has an emergency crisis benefit component; customers who have already received a LIHEAP benefit this heating season may be eligible for up to \$450.00.

Call the Division on Aging for a LIHEAP application at **908 527 4870**; applicants may also call **2-1-1** or **1 800 510 3102**.

The Temporary Relief for Utility Expenses (TRUE) grant program is a one time benefit of up to \$750.00 for moderate income households experiencing a temporary financial crisis and is available to eligible utility customers. Completion of the TRUE application automatically enters eligible customers for the Payment Assistance for Gas & Electric (PAGE) program, which provides a one-time grant of up to \$700.00 for natural gas customers.

Both the TRUE and PAGE programs are administered by the Affordable Housing Alliance and are intended for residents not financially eligible for LIHEAP or the Universal Service Fund (USF).

Warm Neighbors is a supplemental program consisting of voluntary contributions from Elizabethtown Gas customers. The program provides an annual grant of \$450.00 which is distributed to qualified low income residential customers year-round based on the availability of funding. For more information about Warm Neighbors visit www.elizabethtowngas.com

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Aging Services Kiosk May Schedule



Division on Aging staff will be available at **Aging Services Kiosks** on the following dates in May:

Wednesday, May 10

Linden Public Library
31 E. Henry Street
Linden, 07036
10:00—12:00

Monday, May 15

Clark Public Library
303 Westfield Avenue
Clark, 07066
10:00—12:00

Wednesday, May 17

Fanwood Public Library
5 Forest Road
Fanwood, 07023
10:00—12:00

Thursday, May 18

Westfield Community Center
558 W. Broad Street
Westfield, 07090
10:30—12:30

Tuesday, May 23

Union Public Library
1980 Morris Avenue
Union, 07083
12:00—2:00

Wednesday, May 31

Mountainside Municipal Building
1385 Route 22, East
Mountainside, 07092
11:30—1:30

Division on Aging staff are available on these dates to meet with the public regarding any questions they may have about programs and services for seniors and/or their caregivers in Union County.

The program has been highly successful in reaching County residents who might otherwise not know about help that is available through federal, state, and local programs.

Call the Division on Aging for more information at 908 527 4870 or toll free at 1 888 280 8226



Union County Meals on Wheels kitchen staff

Did You Know?

The purpose of the Older Americans Act Nutrition Program is to reduce hunger and food insecurity among older individuals; promote the health and well-being of older individuals; and delay adverse health conditions in older individuals.



The Nutrition Programs are authorized under Title IIIC of the Older Americans Act (OAA). They fulfill their purpose by providing access to healthy meals, nutrition education, and nutrition counseling. The programs are targeted to adults age 60+ who are in greatest social and economic need. The programs are funded (in part) by the Administration on Aging (AoA), part of the Administration for Community Living, which administers the Older Americans Act.

Approximately 5,000 nutrition service providers serve over 900,000 meals a day in communities across the United States!

The nutrition programs are also funded by state and local governments; foundations; direct payment for service; fundraising; and program participants' voluntary donations (\$1.75 suggested voluntary donation in Union County).

The OAA requires that all meals served using OAA funds must adhere to the current Dietary Guidelines for Americans, provide a minimum of one-third of the Dietary Reference Intakes, meet state and local food safety and sanitation requirements, and be appealing to older adults.

Recent data from the National Survey of Older Americans Act participants illustrates how the home-delivered nutrition programs are effectively targeting services:

- 69% of individuals served by this program are 75 years or older; average age is 79
- More than 60% of participants indicate that the single home-delivered meal provides one half or more of their total food for the day
- 91% of participants indicate that the home-delivered nutrition program helps them to stay in their own home
- More than half of all participants live alone

For more information on Meals on Wheels in Union County call 908 486 5100.

Promote Policies that Enable Aging at Home and in the Community

Anyone who is aging, and that includes all of us, can advocate for programs and services aimed at meeting the needs of senior citizens across the nation. These seniors are our mothers, fathers, grandparents, spouses, siblings, extended family and neighbors. At this point in time and going into 2018, these programs are in danger of being dramatically cut.

Now is the time to advocate for these programs and here is a guide to help you.

- **Federal Funding for FY 2017 and 2018:** protect Older Americans Act (OAA) and other aging programs from cuts. There are serious funding threats to Non-Defense Discretionary (NDD) programs. The Bipartisan Budget Agreement, which temporarily raised discretionary funding levels, expires on September 30. The Trump Administration has proposed deep cuts to NDD programs, which could affect OAA. Lawmakers must protect investments in critical, cost-effective aging programs. OAA programs leverage money in local communities and provide economic benefits for those communities. The alternative to home and community based services supported through the OAA is expensive institutionalization for many seniors.

The Aging Network supports funding for OAA programs that, at a minimum, meet the amounts unanimously approved in the 2016 OAA reauthorization, paying specific attention to Title IIIB Supportive Services; Title VI Native American Aging Programs; and Title IIIE National Family Caregiver Support Program. In particular, Title IIIB Supportive Services are in need of funding increases; as the senior population continues to expand, current funding will not accommodate the services that will be required to keep them aging in place.

- **Reject policies that could harm vulnerable older adults.** In the recent push to repeal and replace the Affordable Care Act, lawmakers considered making deep cuts to Medicaid; raising health care costs for people aged 50 to 64 and low-income older adults; and rolling back other essential health care services that keep seniors healthy and support aging in their homes and communities.

Lawmakers must protect Medicaid, Medicare, and essential, affordable health care coverage for vulnerable older adults.

Medicaid funds nearly two-thirds of long-term care across the country. Deep cuts to Medicaid not only jeopardize the lives of our most vulnerable older adults, it will risk reversing progress toward rebalancing in-home long term care away from much more expensive, and often unwanted institutionalization.

Medicare has made strides toward supporting disease prevention and health promotion programs that keep people healthier and avoiding costly clinical care.

The Affordable Care Act provides health care to millions of older adults not yet eligible for Medicare. Any proposals that increase the cost of health insurance, especially for low-income older adults, mean that people will forgo preventative and necessary care and ultimately join Medicare in poorer health and with more expensive needs.

Contact your legislators! Tell them to preserve programs and services that help seniors age in place.

Senate

Sen. Robert Menendez
www.menendez.senate.gov
 973 645 3030

Sen. Cory Booker
www.booker.senate.gov
 973 639 8700

House

Rep. Leonard Lance www.lance.house.gov 908 518 7733
 (Berkeley Heights, Clark, Cranford, Garwood, Kenilworth, Mountainside, New Providence, part of Scotch Plains, Springfield, Summit, part of Union, Westfield, and Winfield)

Rep. Albio Sires www.sires.house.gov 908 820 0692
 (Elizabeth)

Rep. Donald Payne, Jr. www.payne.house.gov 973 645 3213
 (Hillside, Linden, Rahway, Roselle, Roselle Park, and part of Union)

Rep. Bonnie Watson-Coleman www.holt.house.gov 609 883 0026
 (Fanwood, Plainfield, and part of Scotch Plains)

Do You Know How to Safely Dispose of Prescription Medicine?

(excerpts: Partnership for Drug-Free Kids/DRUGFREE.ORG)

In 2015, the Henry J. Kaiser Family Foundation reported that the total number of retail prescription drugs that were filled by pharmacies in the United States as 4,065,175,064, of which 104,375,872 were filled in the State of New Jersey. The question then is what happens when a drug no longer needed, wanted, or useful, how do consumers get rid of it safely? Why does it matter that they do? Why should communities be concerned about this issue? The short answer is that just as prescription drugs are prescribed carefully, they must be disposed of carefully.

Drug take-back programs have existed for more than a decade however, many were hampered by the inability of pharmacies to accept the return of controlled substances, which are drugs that have potential for abuse. The effort to stop the abuse and diversion of prescription drugs must include the opportunity for New Jersey consumers to dispose of their unused medications safely and securely at any time throughout the year. With New Jersey’s Medicine Drop, secured drop boxes have been placed in the headquarters of local police departments. Consumers can visit the boxes, **always** located in the lobby of local police stations, twenty-four hours a day, seven days a week to drop off unneeded and expired medications. The drop boxes accept solid pharmaceuticals such as pills, capsules, patches, inhalers, and pet medications. They cannot accept syringes or liquids. In Union County, drug drop off sites are located at the following Police Stations:

<p>Clark-315 Westfield Ave 732 388 3434</p>	<p>Elizabeth-1 Police Plaza 908 558 2000</p>	<p>Fanwood-75 N. Martine Ave 908 322 5000</p>	<p>Linden-301 N. Wood Ave 908 474 8500</p>
<p>Plainfield-200 E. Fourth St 908 753 3088</p>	<p>Rahway-1 City Hall Plaza 732 827 2200</p>	<p>Roselle-210 Chestnut St 908 245 2000</p>	<p>Scotch Plains-430 Park Ave 908 322 7100</p>
<p>Roselle Park-110 E. Westfield Ave 908 245 2300</p>	<p>Summit-512 Springfield Ave 908 273 0051</p>	<p>Springfield-100 Mountain Ave 973 376 0400</p>	<p>Westfield-425 E. Broad St 908 789 4000</p>

Union County Division of Police—300 North Ave, East Westfield 908 654 9800
The County of Union works continuously to strengthen its commitment in working to establish solutions for safe drug disposal. For all New Jersey locations visit: <http://njconsumeraffairs.gov/meddrop/pages/locations.aspx>

Supplemental Food Sources

The Union County Division on Aging receives many calls for information on supplemental food sources. Here is the list of programs, the agency that administers the program, and the contact number:

Senior Café, congregate dining sites throughout the county for people aged 60+. This program is administered through the Union County Division on Aging; call 908 527 4870 for locations.

The seasonal **Senior Farmers’ Market** will begin in **July** and features vouchers for New Jersey fresh fruits and vegetables to eligible seniors. Call the Division on Aging, beginning in June, for additional information at 908 527 4870.

The **Jolin Food Box Program**, administered by Plainfield Action Services, is open to all ages and there are no income guidelines to participate. To view the current menu go to **www.shop.jolinfoodbox.com** or call **908 753 3519** for information. Plainfield Action Services is located at 510 Watchung Avenue, Plainfield, 07060.

Food Pantries and Kitchens are also located throughout the County of Union. Call the Division on Aging at 908 527 4870 for more information that includes location, service provided, restrictions, or referrals that that may be required.

The **Supplemental Nutrition Assistance Program (SNAP)** is available for qualified applicants. The income guidelines are based on household size and the total amount of household income. For more information on the SNAP Program call the Division of Social Services in Elizabeth at 908 965 2700 and Plainfield at 908 791 7000.

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