

THE SERVICE NETWORK

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New Jersey Senior Farmers' Market will begin in July. Call 908 527 4870 or 908 527 4863 for updates



The Service Network

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 Division on Aging/ADRC



Division on Aging Celebrates the Reopening of Senior Café Congregate Nutrition Program

After two long years, the Division on Aging's Congregate Nutrition Program has resumed serving lunch! While the physical building of Meals on Wheels is still in repair, the agency has found a temporary home and will be cooking and preparing all your nutritious meals. **We hope you enjoy rejoining your friends!**

Lunches are being served at the following sites:

- Ann Ferguson Towers, 1601 Dill Avenue, Linden - 908 527 4877 (Monday-Friday)
- Casano Community Center, 314 Chestnut Street, Roselle Park- 908-245-0666 (Tuesday- Friday)
- Ehrhart Gardens, 100 Francis Street, Union- 908-688-0565 (Monday and Thursday)
- Farley Towers, 33 Cherry Street, Elizabeth- 908-527-4877 (Monday-Thursday)
- Gregorio Recreation Center—330 Helen Street, Linden- 908-474-8627 (Monday-Friday)
- Hillside Senior Center—265 Hollywood Avenue, Hillside- 908-355-8928 (Monday-Thursday)
- Kenilworth Senior Center—526 Boulevard, Kenilworth- 908-272-7743 (Monday, Wednesday, Friday)
- Liberty Square Senior Center—204 Elizabeth Avenue, Elizabeth- 908-820-4701 (Monday-Friday)
- O'Donnell Dempsey Senior Center—622 Salem Avenue, Elizabeth- 908-354-7431 (Monday-Friday)
- Peterstown Community Center—418 Palmer St, Elizabeth- 908-820-4292 (Mon; Tues; Wed; & Fri)
- Plainfield Senior Center—400 E. Front Street, Plainfield- 908-753-3506 (Monday-Friday)
- Schaefer Gardens, 35 Summer Avenue, Union- 908-964-9343 (Wednesday and Friday)
- Shady Rest Golf and Country Club, 820 Jerusalem Road, Scotch Plains- 908-322-5151 (Tuesday only)
- Stephen Sampson Center, 800 Anna Street, Elizabeth- 908-820-4705 (Monday-Friday)
- Union Senior Center—652 Rahway Avenue, Union- 908-851-5293 (Monday-Friday)
- Westfield Community Center—558 W. Broad Street, Westfield- 908-527-4877 (Tuesday, Thursday)
- Winfield Community Center—25 Roosevelt Drive, Winfield Park- 908-925-2014 (Monday-Friday)

For more information please call the Union County Division on Aging/Nutrition Program at 908-527-4877 or 908-558-2297



Aging Director Natalie Zarrillo,
 DHS Director Debbie-Ann Anderson
 Sheriff's Department Captain
 Robert Cesaro



MOW Kitchen Staff
 L to R
 Sarah, Rosa
 Paula, Gail, and Kevin



Congregate Nutrition Site Meals on the Road Again!!



Bullying Among Seniors



Believe it or not, it is estimated that up to 20% of seniors have experienced some type of senior-to-senior aggression, also called bullying. It is a growing problem that is anticipated to get worse.

It happens in senior centers, senior housing facilities, and congregate nutrition programs, much of it verbal abuse. The victims of bullying often feel ignored, intimidated, or excluded. Common bullying behaviors include social ostracism; rumor mongering; verbal abuse and threats of violence; physical abuse; invasion of personal space; stealing or damaging personal property; and sexual abuse.

Possible indications that someone is being bullied may include changes in behavior such as increasing complaints or a sudden desire to leave or move out; depression, suicidal tendencies, anxiety, fearfulness, or anger; changes in social behavior such as reluctance to participate in group activities or refusal to spend time in common areas.

Immediate intervention is the key to halting bullying. Third party bystanders should always report abuse to those in charge who are trained to address it such as social workers or building managers. Those in the process of selecting an adult day facility, senior housing, senior center, or congregate nutrition site should ask if the community has a policy in place to handle bullying. Whether it is subtle mistreatment or a physical assault, bullying is unacceptable and cannot be tolerated in any population. Recognizing, understanding, and correcting the problem can provide a safe and happy situation for everyone.

As our county reopens after COVID closures and our services once again jump into high gear with the congregate nutrition program and the annual Farmers' Market Program, the Division on Aging would like to remind everyone that there is a clear and defined ZERO tolerance for bullying in any setting.

If you would like additional guidance, please call the Union County Division on Aging at 908 527 4870 or 908 527 4863. The Division can also be reached toll free at 1 888 280 8226.



After a two year pause, the Division on Aging will be re-entering the community by means of the Aging Services Kiosk at local libraries. As you can imagine, there is a lot of information to gather and Aging staff will be 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.

Call the Division on Aging for more information at 908 527 4870; 908 527 4863 for Spanish; or toll free at 1 888 280 8226.

Thursday, May 12

Union Public Library
1060 Stuyvesant Avenue
10:00—12:00

Monday, May 16

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



Happy Older Americans' Month!

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans' Month (OAM).

In 2022, ACL is focusing on aging in place, so fittingly, the 2022 theme is **Age My Way**; an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities. Please join the Union County Division on Aging as we recognize and celebrate our local Older Americans! They are a unique and admirable group of folks who participate at senior centers, volunteer their time in a myriad of non-profit agencies, libraries, hospitals; they help with grandchildren, travel, and many decide to continue working.

Regardless of how they are aging, they continue to do it their way!





Affordable Housing Options; Where to Turn



Multiple times a day, on a daily basis, people call the Division on Aging seeking affordable housing. Many are facing eviction and/or foreclosure and are on the verge of homelessness; some have experienced the death of a significant partner and as a result lost half of the household income; some recently moved back to Union County; many are here because their adult children wanted them closer; many want to downsize but they also want the atmosphere of living in a community. Every one of them thought that affordable senior housing was readily available and they would be able to obtain an apartment and move right in.

Imagine their surprise when Aging staff tell them that the waiting list for senior housing or other subsidized housing is approximately two to five years long and that many facilities don't send applications because their waiting list is too long. Imagine that when a facility opens their waiting list the line of those seeking applications goes out the door and around the corner and some potential applicants have camped overnight to ensure they get an application. Then imagine those that have given up and move into their car and live in a parking lot with others who are facing the same dilemma. There just is not enough affordable housing for those that need it.

So what are people to do?

The State of New Jersey website, www.state.nj.us/dca/divisions/codes/publications/developments, provides a list of affordable units and/or developments by county. The list includes senior housing; housing for people with mental illness; housing specifically for people with developmental disabilities; assisted living; housing for former inmates; and transitional housing provided by a number of local community based agencies.

Another State of New Jersey site, www.nj.gov/dca/divisions/dhcr/offices/ha.html, oversees programs that prevent homelessness and help people move out of temporary shelters and into stable, permanent housing. The office administers housing assistance programs such as the Homelessness Prevention Program (HPP), the Housing Choice Voucher Section 8 Program (Section 8) and the State Rental Assistance Program (SRAP).

Section 202 and Section 811 provide affordable apartments to elderly and disabled households with low and moderate income. Section 202 apartments are for elderly residents aged 62+ and Section 811 units are for people with disabilities.

The New Jersey Housing Resource Center has an online system to help people find affordable housing. For more information go to: www.njhousing.gov

The Union County Coalition to House the Homeless mission is to help the homeless and near-homeless by giving people the tools and support they need. Call 908 355 2060 x202 or visit www.theelizabethcoalition.org.

It is important to remember that many agencies may be involved with funds from different levels of government. Some affordable housing is publicly owned; some are built by private business; and other developments are owned and operated by non-profit and religiously affiliated groups. There is no one single housing source and this can make any search difficult. Housing seekers must take the initiative in the search, but don't wait! Start searching today!

Vaccination-SECOND BOOSTER GUIDANCE

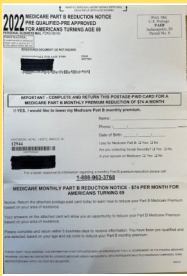
Johnson & Johnson ~ people ages 18—49 who are **not** moderately or severely immunocompromised and who received J&J COVID-19 vaccine as both their primary series and booster may receive a second booster at least four (4) months after the first J&J booster dose.

Moderna ~ people aged 18 and older who are moderately or severely immunocompromised may choose to receive a second booster vaccine at least four (4) month after the first booster.

Pfizer ~ people aged 12 and older who are moderately or severely immunocompromised may choose to receive a second booster dose vaccine at least four (4) months after the first booster.

Union County resident who have difficulty leaving their home can call Mobile Medical Services toll free to make an appointment to receive the vaccination/booster at home. The service is available to all home bound Union County residents free of charge, to ensure that COVID-19 vaccines reach every household.

Mobile Medical Services can be reached by calling 1 833 256 2478 or via the web at vaccine@mmst.io



Help Is Available for Medicare Part B Premiums

Since I am of Medicare age, like everyone else on Medicare, I am inundated with offers in my mailbox, email, and through television stations with the likes of Joe Namath and Jimmie 'Dynamite' Walker advertising MEDICARE PART B REDUCTIONS, free this and free that, making everyone think that all they have to do is call the numbers provided and every medical service they will ever need will be FREE.

The notice pictured to the left was sent to my home to entice me to call the number. It asks if I am currently receiving Social Security and if I and/or a spouse are on Medicare. Of course, I have been pre-qualified and pre-selected by this company to reduce my Medicare Part B premium, all they need is my date of birth. If we read the fine print on many things we receive at our homes we will find that *'this information is not affiliated with or endorsed by the U.S. Government or the Federal Medicare Program.'*

If Medicare beneficiaries have questions, or want to learn about programs that really do help qualified people to reduce their Medicare Part B premium, there are, while not famous people, knowledgeable people who know about the programs and how to apply.

The **Senior Health Insurance Assistance Program (SHIP)** has highly trained counselors to assist callers with a myriad of Medicare questions and programs. SHIP can be reached in Union County by calling 908 273 6999. Please leave a message and a counselor will call you back.

The **Specified Low Income Medicare Beneficiary Program (SLMB)** will pay the Part B premium, currently \$174.00 per month for most beneficiaries, thereby increasing the Social Security income. Single individuals can earn up to \$17,388 per month with no more than \$7,950 in assets and a married couple can earn up to \$23,520 with no more than \$11,950 in assets; assets do not include the home.

Another state program, such as the **Pharmaceutical Assistance to the Aged and Disabled (PAAD)** also pays the Medicare Part B premium. PAAD received a huge jump in income for 2022 so a single person can earn up to \$38,769 per year and a married couple \$45,270 annually. PAAD is an income based program so assets are not counted to qualify.

The Union County Division on Aging is here to assist residents with any questions they may have about programs and services for seniors and their caregivers. Please call the Division at 908 527 4870 or 908 527 4863 for Spanish or toll free at 1 888 280 8226. The Division is also on the web and can be viewed at www.ucnj.org/aging

CALL US...WE'RE HERE TO ANSWER YOUR QUESTIONS



Nat's Niche

With the Spring season in full swing, one can't help to feel encouraged and excited for something new. Whether it's the longer, warmer days, flowers emerging adding beauty and color to our landscapes, or reconnecting with old friends, we long for a change to our usual surroundings and routines.

After enduring many challenges and hardships over the past two years, we're all looking for a chance to start anew...including your Division on Aging! We hope you'll rediscover all that we have to offer in the community, and if you can't find what you're looking for, we're only a phone call away!

908 527 4870

908 527 4863



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