ARE YOU CARING FOR A PARENT, SPOUSE, OR LOVED ONE AND NEED ASSISTANCE?

If so, the New Jersey STATEWIDE RESPITE CARE PROGRAM may be just what you need!

For those caring for loved ones, the demands can be physically and emotionally overwhelming. Many caregivers are also working and raising children in addition to their caregiving responsibilities. And when unexpected events arise, or carefully planned vacations are scheduled, quickly coordinating outside services to ensure the individual is safe and cared for at home could be challenging.

The STATEWIDE RESPITE CARE PROGRAM provides assistance by giving caregivers a break from the daily responsibility of caring for their elderly or disabled relative or friend. Respite services are used so that caregivers are afforded the time to leave the home and take care of any and all personal matters, both planned and unplanned.

The STATEWIDE RESPITE CARE PROGRAM offers Certified Home Health Aides/Homemakers, Medical Adult Day Services, and In-patient services which provide short-term, temporary placement for up to three weeks in a participating nursing home.

Income/Asset guidelines apply to the care recipient and are as follows:

- Single—$2,523 month
- Married—$5,046 month
- Assets—$40,000
- Assets—$60,000

There may be a co-payment due in some cases based on a sliding fee scale from 0% to 25% of the care recipient’s annual income. This amount is determined once all the financials are reviewed.

Applicants must be 18 or older; have a chronic disability that requires supervision or assistance with basic daily needs; have an unpaid/uncompensated caregiver such as a spouse, partner, adult child, or other family member, neighbor or friend, who provide the necessary daily care without whom the care recipient may be at risk of institutionalization.

For more information contact the program coordinator, Ann Marie Laface at 908 527 4873 or toll free at 888 280 8226. For Spanish dial 908 527 4863.

CURRENTLY, THERE IS NO WAITING LIST SO CALL TODAY!
Union County Division on Aging/ADRC Supports LGBTQI Seniors

It is estimated that 2.4 million LGBT older adults over 50 live in the United States, and that number is expected to double by 2030.

Being a LGBTQ senior puts an older adult in a unique situation. The Union County Division on Aging staff is SAGE certified and the Division supports LGBTQ seniors by listening to their needs as shared to us and by inviting them into the aging community. Here are some organizations that can help:

SAGE—Advocacy & Services for LGBT Elders

SAGE is the country’s largest and oldest organization dedicated to improving the lives of LGBT older people. Founded in 1978 and headquartered in New York City, SAGE is a national organization that offers supportive services and consumer resources to LGBT older people and their caregivers.

www.sageusa.org

Garden State Equality

Established in 2004, Garden State Equality (GSE) is the largest LGBTQ advocacy organization in New Jersey. It’s services include advocacy, policy work, and training. In collaboration with community partners, GSE led efforts to ensure nondiscrimination for transgender people and gender nonconforming people in New Jersey, anti-bullying, ending conversion therapy and fought to bring marriage equality to the Garden State.

www.gardenstateequality.org

Union County Office of LGBTQ Affairs

The Union County Office of LGBTQ Affairs was established in 2018 and offers a platform for leadership and collaboration to support equality, and serves as a catalyst for advocacy, awareness, and action on current and emerging issues that impact the lives of LGBTQ individuals.

www.ucnj.org/lgbt

You are invited to join Division on Aging staff at the agency’s Aging Services Kiosk at local libraries.
There is much information that may be helpful to seniors and/or their caregivers. Aging staff will be available on these dates to meet with the public regarding any questions they may have about programs and services. No appointment necessary!

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, September 1
Union Public Library
1060 Stuyvesant Avenue
10:00—12:00

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

988 is the new three-digit dialing code for the Suicide and Crisis Lifeline

Call or text 988 or chat 988lifeline.org

Many people are experiencing suicidal crisis or mental health related distress without the support and care they need, and sadly, the pandemic only made a bad situation worse when it comes to mental health and wellness in America. The urgent realities are in 2020, the U.S. had one death by suicide about every 11 minutes; from April 2020 to 2021, over 100,000 individuals died from drug overdoses.

The 988 dialing code operates through what was formerly known at the National Suicide Prevention Lifeline. It is a network of over 200 locally operated and funded crisis centers around the country.

It is anticipated that 988 will grow and evolve over the years to meet the expected demand for 24/7 access to counselors who can help people experiencing suicidal, substance abuse, and other mental health crisis.

988 offers 24/7 access to trained counselors who can help people experiencing mental health-related distress. This could be thoughts of suicide; mental health or substance use crisis; or any other type of emotional distress.
Pre-Packaged Medications

As the population of the country ages, the need for online pharmacies and safer dispensing methods such as pill packaging is growing each day.

The Division on Aging receives calls on a daily basis from seniors and/or their caregivers concerned about medication management and safety.

One in five Americans take more than five prescription drugs each day; many of them are seniors who must pay attention to not only what time of day they must take their medications, but being able to read the small print on prescription bottles. Advancements and automation services in recent years have made it clear how online pharmacies are changing the way prescriptions are managed. More and more, seniors are embracing this change as they are the beneficiaries of these new services.

Multi-dose dispensing (MDD) allows pharmacies such as CVS, Walgreens, and Rite Aid offer pre-packaged medications, which aims to make it easier for consumers to remember to take their medication by delivering all the daily tablets in a convenient packet. In addition, these companies help automate pharmacy calls for refills and co-pay information. Even companies like Amazon offer pre-packaged medications.

Caregivers can also take advantage of these online services. Many of them are friends or family members of the elderly person and also work full-time and care for their own families. Having access to an online pharmacy with the ability to order and refill medications from a computer or smartphone can make a big difference. It eliminates long lines, multiple trips to the pharmacy for different medications, and remembering to fill days-of-the-week pill boxes.

By going online, customers can see a dashboard of their current medications and doses, the arrival date of their next shipment, and the total amount of their co-pays and over-the-counter drugs they have ordered. They can also change their prescriptions or update their insurance information. The sorting, timetables, and refills are in plain view and straightforward.

Prescription Labeling Solutions

En-Vision America, Inc. is a company providing high-tech products aimed at solving problems for those with visual impairments. ScriptAbility is the company’s suite of accessible prescription labels. Whether looking to provide patients with ScripTalk Talking Prescription Labels, ScriptView Large Print Labels, Dual Language Labels, Braille Labels or Controlled Substance Safety Labels (CSSls), En-Vision America has the most robust offering of cost effective options on the market.

Large Print labels are especially designed for those with low vision. It presents all vital prescription information in an 18-point font on high contrast, non-glare, durable media. The Large Print labels meet all the guidelines and recommendations set by the U.S. Access Board’s Working Group on Accessible Prescription Labels. Walmart and Sam’s Club pharmacies are now providing Script Talk talking prescription labels at all stores throughout the United States. The service increases the safety and independence of blind, visually impaired, and print-impaired customers.

ScriptAbility offers Braille labels as an additional solution for accessible pharmacy labels. The labels provide quick identification of medications and are often used together with ScripTalk Talking Labels for accessing all of the information on the legal label.

Controlled Substance Safety Labels are designed to help reduce the risk of opioid misuse by reminding patients that the prescription is a controlled substance and provides a brief safety video detailing tips and warnings in a quick and easy-to-understand audio and visual format.

For more information please visit: https://www.scriptability.com/about-us

“The listing of any agency or service is purely informational and in no way indicates an endorsement, nor does the absence of any agency or service from this publication signify disapproval.”
Union County Senior Nutrition Program Wants YOU!
The Union County Senior Nutrition Program is looking for volunteers and two part-time staff positions (15 hours per week). This is an excellent opportunity for college students who may have a mid-day break in classes and those who’s children are at school during the day. Duties include helping set up lunch service, serving food, and a small amount of clean-up. If you like helping seniors, enjoy interacting with others, and are able to stand and move about for a couple of hours, we’d love to speak with you. Candidates must have their own transportation and have the ability to read, write, and speak English.

Possible sites to help include Roselle, Kenilworth, Elizabeth, Plainfield and Scotch Plains. For more information please call Kathleen Malkiewicz, Nutrition Program Director, at 908-527-4877.

Department of Human Services Division on Aging and “Led Zeppelin”
On July 27 the Concert in the Park series sponsored by the Union County Board of Commissioners featured the Department of Human Services to rock out with Black Dog the powerful quartet that rocks out classics and lesser known B side tunes of Led Zeppelin.

Division on Aging staff thoroughly enjoyed meeting with residents before the concert began and during intermission.

Division on Aging staff included top L to R: Assistant Director Marilucy Lopes, Aging Director Natalie Zarrillo, and Elaine Alencar. Seated staff bottom L to R: Nelly Strochak, Jackie Bragg, and Anna Maria Owens.

Service Network Subscription
Every effort is made to include timely information that will educate and serve Union County’s seniors with easy to understand explanations of programs that may be available to them. If you would like to receive your own copy of the Service Network, call Donna Farrell at 908 527 4870 or subscribe online at ucnj.org/aging and your name will be included to the mailing list.

Nat’s Notes
September is here and for many of us, that means back to school, back from vacations and back to work! And although the fall brings with it lots of occasions to plan and get together with loved ones, it may become overwhelming. Whether it’s support for caregivers who need some respite from their caregiving duties, or professional interventions to address our mental or physical health, there are resources available in our community.

So start planning today and know that the Division on Aging is here to help you along!

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