

THE SERVICE NETWORK

INSIDE THIS ISSUE:

Minority Task Force on Aging	2
Care for Caregivers	2
Statewide Respite JACC	2
ASK	2
Farmers' Market Distribution Sites	3
ACL Pension Counseling	3
Discharge Planning	4



The Service Network

Prepared by Donna Farrell
 908-527-4858

Edited by Fran Benson
 Executive Director
 Division on Aging
 &
 Disability Resource
 Connection

**Division on Aging & Disability Resource Connection
 Public Meeting**



The Union County Division on Aging & Disability Resource Connection (ADRC) is seeking input from their community of older adults, caregivers, and providers of services for the older population for inclusion in the development of the Area Plan Contract.

**Tuesday, July 24, 2018
 James F. Buckle Center
 25 Roosevelt Avenue
 Winfield Park, NJ 07036
 9:30—11:00**

This is an opportunity for you to provide feedback on the services, needs and gaps facing older adults as they age in their communities and the challenges facing caregivers. Contact the Union County ADRC at 908 528 4870 or toll free at 888 280 8226 for more information.

REMINDER: New Medicare Card Distribution

As many people are aware, CMS will be issuing new Medicare cards to all beneficiaries between April 2018 and April 2019.

By now, many Medicare beneficiaries will have received their new Medicare cards, while many have not. Be patient, New Jersey's cards are scheduled for mailing beginning June 2018 and will continue until April 2019. The envelope that the card will arrive in will be printed on the back of the envelope, in bold print, that states:

OFFICIAL INFORMATION FROM MEDICARE.

Make sure your mailing address is up to date. Contact Social Security at ssa.gov/myaccount or 1 800 772 1213 if you think your mailing address should be updated.

New Jersey Mental Health Cares

Free, Confidential Mental Health Information & Referral

NJ MentalHealthCares is New Jersey's mental health information and referral service that can help you learn about and find mental health services including: legal; housing; employment; rehabilitation; inpatient and outpatient; self-help, and more.

NJ MentalHealthCares does not provide crisis intervention. If your situation is an emergency call 911 immediately!

At NJ MentalHealthCares your call is answered by a knowledgeable mental health professional live from 8:00 am to 8:00 pm; at other times leave a message and you'll receive a call back. NJ MentalHealthCares will speak to you in the language your prefer or by TTY; has the most up-to-date listing of NJ's public mental health services; can transfer your call directly to a service and remain on the line with until you feel comfortable; and, follow up to make sure you are satisfied with the referral.

Call 1 866 202 4357 or visit online at www.njmentalhealthcares.org

Hold the Date

Union County Minority Task Force on Aging
24th Annual Health Fair

Saturday, September 22, 2018

Rahway Senior Center
1306 Esterbrook Avenue
Rahway, 07065
11:00—2:00

For additional information contact:

Deborah Mathis 973 801 3110
Elaine Haith 732 428 4800

Care for Caregivers

Do you know an unpaid family caregiver who needs a ‘creative break?’

Caregivers can choose from art forms personalized to suit their interest that include stress relieving movement techniques; writers to help document family stories or teach journal keeping; live musical performances; art projects for caregivers and care recipients to do together; professional portrait from life or a favorite photo; and water color, drawing, keyboard, and drama lessons.

All this is done in the comfort of home!

For more information call Libby Reid, Office of Cultural and Heritage Affairs, at 908 558 2550.

New Jersey Statewide Respite Care Program

The **Statewide Respite Care Program** was designed for caregivers who need a break from their caregiving responsibilities. The income guidelines for a single care recipient is \$2,250.00 and \$4,500.00 married. Assets for a single person cannot exceed \$40,000.00/\$60,000.00 for a married couple. Services may include a homemaker/home health aide; social or medical adult day services; and in-patient respite at a facility for up to three weeks.

Jersey Assistance for Community Caregiving Program (JACC)

JACC provides a broad array of services to individuals at-risk of nursing home placement that include homemaker services; environmental accessibility modifications; a personal emergency response system; home delivered meal service; social adult day care; and special medical equipment and supplies.

The care recipient’s income, if single, cannot exceed **\$3,694.00 monthly/\$5,008.00** (note updated income guidelines) if married. Assets for a single person are less than \$40,000.00/\$60,000.00 married. The participant must meet clinical criteria for the program and must be deficient in three areas of daily living that include eating; bathing; toileting; dressing; and mobility.

Both JACC and the Statewide Respite Care Program have an application process so it is essential to complete the application as soon as it is determined that services are needed.

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

Aging Services Kiosk July Schedule

Division on Aging staff will be available at **Aging Services Kiosks (ASK)** on the following dates in July

Friday, July 6

Mountainside Library
Constitution Plaza
Mountainside, 07092
11:00—1:00

Wednesday, July 11

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

Monday, July 16

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

Wednesday, July 25

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

Tuesday, July 31

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

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. The ASK 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 Senior Farmers' Market Distribution Schedule



2018 Senior Farmers' Market vouchers will be distributed to eligible seniors aged 60 years of older once again this summer.

Each eligible person will receive five (5) checks worth \$5.00 for a total of \$25.00. Annual income for a single person cannot exceed \$22,459 and combined income for a married couple cannot exceed \$30,451. Proof of annual income is required in the form of a Medicaid card; SSI; Supplemental Nutrition Assistance Program EBT card; yearly pension; and Social Security statement. Seniors MUST be a resident of Union County. When obtaining vouchers for another person, a proxy must have identification and income verification for the person they are obtaining vouchers for.

Monday, July 2

Casano Community Center
314 Chestnut Street
Roselle Park
1:00—3:00

Wednesday, July 11

Golden Age Towers
200-220 E. Milton Avenue
Rahway
10:00—12:00 with farmer

Monday, July 16

Ann Ferguson Towers
1601 Dill Avenue
Linden
9:00—11:00 with farmer

Thursday, July 19

Peterstown Community Center
408 Palmer Street
Elizabeth
9:00—11:00

Monday, July 23

O'Donnell-Dempsey Senior Center
622 Salem Avenue
Elizabeth
9:00—11:00 with farmer

Wednesday, July 25

Plainfield Senior Center
400 E. Front Street
Plainfield
10:00—12:00 with farmer

Administration for Community Living

Pension Counseling & Information Program (excerpts: ACL)

Today, there are more than 700,000 private, as well as thousands of public pension and retirement plans in the United States. Given that an employee may have worked for several employers, who may have merged, sold their plans, or gone bankrupt, it is very difficult for the average person to know where to get help in finding out whether or not they are receiving all of their pension benefits.

The Administration on Aging's (AoA) Pension Counseling and Information Program promotes the financial security of older individuals and enhances their independence by empowering them to make wise decisions with respect to pensions and savings plans. AoA currently funds six regional counseling projects covering 30 states. These projects provide hands-on assistance in pursuing claims through:

- Handling administrative appeals processes;
- Helping seniors to locate pension plans 'lost' as a result of mergers and acquisitions;
- Answering queries about complex plan provisions;
- Making targeting referrals to other professionals for assistance.

Projects serve individuals, regardless of age or income, who:

- Reside or work in the project's service regions; or who
- Worked or resided in the project's service regions while earning a pension, or when married to an individual earning a pension; or who
- Seek pension benefits that are sponsored, administered, trustee, or otherwise held or distributed by an entity that is or was headquartered or operated within the project's service region.

Data for the program shows that pension counseling projects have obtained more than \$205 million in retirement benefits for more than 52,000 individuals.

To find a Pension Counseling Project go to: <http://www.pensionrights.org/find-help>

Medicare and Discharge Planning: Think Through Your Needs

Discharge planning is an important tool for reviewing and making arrangements for on-going healthcare needs across healthcare settings, including hospitals, skilled nursing facilities, home health, or hospice.

When focusing on discharge planning, patients and their families/advocates should carefully **read all documents** that explain rights to services, including discharge evaluations and discharge planning documents. They should also question treating physicians, nurses, social workers, home health and hospice care providers about necessary services as the patient's condition improves or declines, voice opinions and concerns about care, and participate fully in all care decisions.

So many times callers to the Division on Aging are in crisis mode simply because they did not follow the above referenced advice. It is easy to understand how misunderstandings arise regarding discharge, admissions, going home concerns, and payment responsibility. Many of us who have experienced choosing a nursing home/rehab center know that this is usually done while the family is under duress and just sign the papers put in front of them without fully reading or understanding what they are signing.

The Centers for Medicare & Medicaid Services (CMS) is in the final stages of developing a checklist called "Planning for Your Discharge." When completed, the checklist will be offered as a tool to be used by patients and their families to work with their providers in preparation for a discharge from a health care setting and it will be a starting point for families in focusing on the specifics of discharge planning.

The discharge planning checklist raises the following questions and concerns for patients/families to consider:

- Where will care be provided and who will help after discharge; (call the Division on Aging for long term care programs)?
- Is there a clear understanding of the health condition, what problems to watch out for, and how to handle them?
- Does the patient/family have a level of knowledge about the drugs that have been prescribed and for what conditions, including how and when to take them?
- Will medical equipment be needed (walker, cane, bath chair, etc.)?
- Whether or not, and how long the patient will need help with bathing, dressing, grooming, using the bathroom, shopping for food, making meals, doing housework, paying bills, getting to doctors' appointment, picking up prescriptions;
- Does the patient have a comfort level with performing care tasks such as using medical equipment, changing a bandage, or giving a shot?
- Do family members or other caregivers understand the help the patient will need from them and voice any concerns they may be feeling in coping with the illness?
- Will the patient know which doctor or other healthcare provider to call if there are problems or questions?
- Has the patient been provided with understandable discharge instructions, including instructions for medications and a current health status summary?
- Does the patient/family understand the need for home health, nursing, or hospice services and have a level of knowledge of available community resources?
- Does the patient/family have a level of understanding of what insurance will cover for prescription drugs, equipment, and services that will be needed, and what the patient will have to pay?

Following this proposed checklist will go far in ensuring that patients and their families have a more comprehensive understanding of discharge planning. For more information on Medicare Discharge Planning requirements, Skilled Nursing Facility requirements, Home Healthcare Setting requirements, and Hospice requirements go to www.medicareadvocacy.org.

The Division on Aging will be able to assist callers with information regarding the state's long and short term programs such as Medicaid Managed Long Term Services & Supports (MLTSS), Jersey Assistance for Community Caregiving (JACC), and the Statewide Respite Care Program. Call 908 527 4870; toll free at 1 888 280 8226; or visit www.ucnj.org/aging



THE UNION COUNTY BOARD OF CHOSEN FREEHOLDERS

Sergio Granados, Chairman

Bette Jane Kowalski, Vice Chairman

Bruce H. Bergen Angel G. Estrada

Angela R. Garretson Christopher Hudak

Mohamed S. Jalloh

Alexander Mirabella

Rebecca Williams