

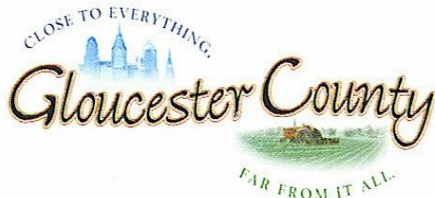


Senior Happenings

Gloucester County Division of Senior Services, 115 Budd Boulevard, West Deptford, NJ 08096



New Jersey 2019 Farmers Market Program



**Department of Health and
Human Services**

**Division of Senior Services
Aging & Disability
Resource Center**

**115 Budd Boulevard
West Deptford, NJ 08096**

**(856) 384-6900
1-877-222-3737**

The Gloucester County Board of Chosen Freeholders is offering \$25 in vouchers to income eligible seniors to buy fresh produce at designated local farmers markets this year. The Gloucester County Division of Senior Services distributed the vouchers at various locations throughout the county. Vouchers will continue to be distributed at the Senior Services Office located at 115 Budd Boulevard, while supplies last, through November 30th. Seniors must be 60 years of age or older and have an annual income of less than \$22,459 for a family of one and less than \$30,451 for a family of two (please note that on July 1, 2019 the income eligibility limit will change). Seniors must show proof of age, Gloucester County residency, and income (current Social Security Statement, Pension Statements, and/or Medicaid card – bank statements will not be accepted). Please call (856)384-6900 for more information.

Staying Healthy

Obesity is a serious public health problem that puts our citizens at greater risk of chronic diseases such as diabetes, hypertension, heart disease and some cancers. Research suggests that the following five behaviors help to prevent obesity:

- Increase the consumption of fruits and vegetables
- Decrease the consumption of sugar-sweetened beverages, such as soda and juice
- Reduce the consumption of high-calorie, low-nutrient foods such as chips and candy
- Decrease television viewing
- Increase exercise & physical activity



**Freeholder Director
Robert M. Damming**

**Freeholder Liaison
Jim Jefferson**

The Gloucester County Health Department offers Senior Fitness Programs. Call (856) 218-4106 for more information.

- Step by Step: Gloucester County's walking program for residents (60+).
- Tai Chi: This program includes agile steps and exercises that may help to improve mobility, breathing and relaxation.
- Sunrise Yoga: This is a very gentle form of chair yoga designed for older adults.

Keeping Cool

The Gloucester County Board of Chosen Freeholders sponsors the 2019 “Keep Cool” Fan Distribution for seniors. Prolonged heat and humidity can present a serious health hazard, especially for young children, the elderly, and persons taking certain medications. To avoid health complications from excessive heat, the NJ Department of Health & Senior Services recommends:

☀️ Drink plenty of water or other non-alcoholic beverages.

☀️ Make sure children and the elderly are drinking water, and ensure that persons with mobility problems have adequate fluids in easy reach.

☀️ If you do not have air-conditioning, spend time in air-conditioned places such as libraries, movies, malls or other public buildings during the hottest hours of the day.

☀️ Wear loose and light-colored clothing. Wear a hat when outdoors.



*Pictured:
Freeholder Liaison
Jim Jefferson &
Mary Beaney of
Westville, NJ*

☀️ Reduce physical activity or reschedule it for cooler times of the day.

☀️ Don't leave children, elderly, a person with a disability, or pets in an enclosed car -- not even for a minute -- as temperatures can quickly climb to dangerous levels.

☀️ Talk to your health care provider about any medicine or drugs you are taking. Certain medications can increase the risk of heat-related illness.

If you are interested in receiving a fan, please call (856) 384-6900 for more information and eligibility guidelines or stop into the Division of Senior Services at 115 Budd Blvd, West Deptford, NJ.

Dealing with the Heat

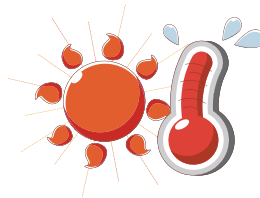
The County has various “Cooling Centers” available for seniors and other residents seeking shelter from the heat located at the six Nutrition Sites, County Libraries, and the Shady Lane Nursing Home.

Glassboro Senior Center
152 S. Delsea Dr. Glassboro, NJ 08028
(856)881-6610

Mantua Township Community Center
111 Mercer Ave. Mantua, NJ 08080
(856)468-4773

Thorofare Fire Hall
Firehouse Road West Deptford, NJ 08086
(856)853-6496

Pfeiffer Community Center
301 Blue Bell Street Williamstown, NJ 08094
(856)728-1140



First Baptist Church Jericho
981 Mail Avenue
Deptford, NJ 08096
(856)357-1706

Second Baptist Church
1534 Pine Street Paulsboro, NJ 08066
(856)423-3387

Shady Lane Nursing Home
256 County House Road Clarksboro, NJ
(856)224-6979

For Library locations, call the Gloucester County Library System at (856)223-6000 or visit www.gcls.org

Senior Citizen Picnic

The Gloucester County Board of Chosen Freeholders will sponsor their annual Senior Citizen Picnic on September 17th (rain date September 18th) from 11:00am to 3:00pm at Redbank Battlefield in National Park.

Lunch, music, entertainment, and dance contests will be presented throughout the day.

Tickets are \$2 and will go on sale at the Division of Senior Services at 115 Budd Boulevard in West Deptford and at the six Nutrition Sites on July 1st. Please note that in order to attend this event, you must be a Gloucester County resident and be at least 60 years of age. Call (856)384-6900 for more information.



Don't Be a Victim of Fraud – Know About Consumer Protection



Senior citizens are targeted more frequently by financial fraud and scams than any other age group. Today's seniors are prime targets of fraudsters for several reasons, starting with their financial assets. Members of this generation are most likely to have a substantial "nest egg," own their homes, or have excellent credit. Moreover, seniors are less likely to report a fraud, either because they don't know who to report it to, are too ashamed at having been scammed, or don't know they have been victimized. One of the biggest reasons seniors fall prey to fraudsters is that they are simply less likely to be aware of the latest scams making their way across the nation and around the state. For more information, contact the Gloucester County Office of Consumer Protection at (856)384-6855 or visit FightingFraud.NJ.gov

Gloucester County Outstanding Senior Volunteer Award: Call for Nominations

Volunteering is a wonderful way to strengthen your community, improve lives, make a difference, and pay it forward. The Gloucester County Board of Chosen Freeholders hosts an annual award ceremony to recognize an outstanding senior volunteer. Nomination forms are available at the Division of Senior Services at 115 Budd Blvd. in West Deptford. Nominees must be at least 60 years of age, involved with seniors, live in Gloucester County, and work primarily with seniors in a County Program. For more information or to obtain a nomination form, please call (856)384-6900.





www.gloucestercountynj.gov

**Gloucester County
Board of Chosen Freeholders**

**Freeholder Director
Robert M. Dammingier
(856) 853-3395**

**Freeholder Liaison
Jim Jefferson
(856) 853-3384**

**Executive Director
Leona G. Mather
Division of Senior Services
(856) 384-6900**



The County of Gloucester complies with all state and federal rules and regulations against discrimination in admission to, access to, or operations of its programs, services, and activities. In addition, County encourages participation of people with disabilities in its programs and activities and offers special services to all residents 60 years of age and older. Inquiries regarding compliance may be directed to the County's ADA Coordinator at (856) 384-6842/ New Jersey Relay Service 711.

GC Senior Services Medical Equipment Re-Use Program

Unwanted or unneeded medical equipment, incontinence supplies and nutritional supplements have life changing power when they are passed along.

We accept donations of gently used equipment and unopened nutritional supplements and incontinence supplies - items we receive will then be offered, free of charge, to county seniors in need.



Please call us at 856-686-8330 to arrange a donation or if you are in need of equipment or supplies.

Caregiver Support Program

The Gloucester County Caregiver Support Program responds to the needs of CAREGIVERS, providing them with support and assistance in accessing services to help maintain individual caregiving needs. Services include information and assistance with in home support services, individual counseling, and a monthly caregiver support group meeting. For additional information regarding any of these services, please call (856)686-8338.

Dates to Remember

September 17 – Senior Picnic (rain date Sept. 18)

October 9 – Volunteer Luncheon (by invitation)

October 24 – Caregiver Appreciation Luncheon (registration required)

December 3, December 4, December 10, & December 11 – Senior Holiday Parties

The Division of Senior Services is open Monday through Friday from 8:30 AM to 4:00 PM. Services are available to all residents of Gloucester County who are 60 years of age and older, regardless of race, color, or national origin in compliance with Title III of the Older Americans' Act.