



Seasoned Years

Hunterdon County Division of Senior, Disabilities & Veterans' Services
An ADRC (Aging & Disabilities Resource Connection)

Division of Senior, Disabilities & Veterans' Services (908) 788-1361 or 1-877-222-3737
Senior Center (908) 788-1359 www.co.hunterdon.nj.us/aging.htm

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The Board of County Commissioners

County of Hunterdon

State of New Jersey

71 Main Street, Administration Building

PO Box 2900

Flemington, New Jersey 08822-2900

John E. Lanza, Director

Zachary T. Rich, Deputy Director

Shaun C. Van Doren, Commissioner

Susan J. Soloway, Commissioner

May 17, 2022



Congratulations to the Hunterdon County [Division of Seniors, Disabilities and Veterans' Services](#) on turning 50-the Division's Golden Anniversary!

On behalf of the Board of County Commissioners, I am pleased to invite everyone to join in the planned celebration to recognize this significant milestone on September 22nd, 2022, from 11 am to 3 pm, at the South County Park's Roger K. Everitt Fairgrounds. Mark your calendar!

The 50th Anniversary event will include a luncheon, entertainment by the fabulous Bell Tones, recognition of those who have led the way in providing services to our senior community over the years and other activities, presided over by Hunterdon County's renowned Master of Ceremonies, Dan 'Dr. D.' Torrone.

Over fifty years ago the Freeholder Board appointed the Hunterdon County Committee on Aging which issued a report on the continuum of care needed for the County seniors. Included in that report was the recommendation for the creation of the County Office on Aging, which was then established with federal funding in January 1972 – fifty years ago.

Just two short years later, the Hunterdon County Senior Center was opened for business and has been serving our county's seniors ever since, meeting real needs from transportation to meals to health advice and providing varied activities that keep our seniors active and engaged.

That Office evolved into the Division of Senior, Disabilities and Veterans' Services, which has not only provided valuable and needed services over the years, but also did not miss a beat in continuing to serve seniors, those with disabilities and our Veterans, throughout the COVID-19 pandemic.

The anniversary is Golden and so is the Division's service to its clients.

The Hunterdon County Board of County Commissioners is proud of the accomplishments of the Division, salutes all the staff members who have tirelessly provided services throughout the years and wishes the Division a successful Golden Anniversary celebration on September 22nd.

John Lanza
Commissioner Director

Programs at the Senior Center: A Brief Overview

Check our website often www.co.hunterdon.nj.us/aging.htm
or call us for more information and to pre-register for classes:
908-788-1359

Fitness classes: We are adding new programs including evidence-based exercise and dance classes for fitness and fun

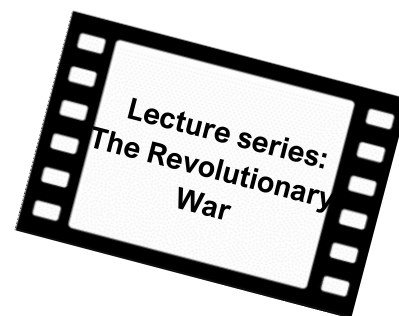
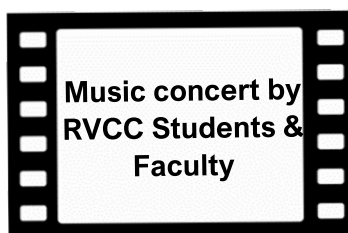
Classes for active social engagement: Our list of classes continues to grow—a great way for increased socialization and to meet old friends and new!

Health and Wellness Lectures: To promote health and well-being in our community

Lunch and Learn programs: Well curated educational, musical and other enriching programs and lectures

Presentations: Informative presentations and seminars by leading members of our community

A Preview of Special Events & Programs through the year to Celebrate our 50th Anniversary



2022 Senior Farmers' Market Nutrition Program

Farmers' Market Nutrition Program vouchers providing locally grown fresh fruits, vegetables, and herbs will be offered to eligible seniors 60 and older. The 2022 program starts July 1st and runs through September 30th. Seniors will receive \$30 worth of vouchers to spend at participating Farmers' Markets throughout Hunterdon County. Vouchers are valid until October 30th. Vouchers will be made available for distribution beginning July 1st to all Hunterdon County seniors who meet the following State & Federal guidelines: Age 60 years and over; a Hunterdon County resident; monthly income for *singles \$1986 and couples \$2686*.

For more information on this program or questions, call Pia Rey-Doklan at 908-788-1361. Office hours are 8:30 AM–4:00 PM. Vouchers will be handed out on Mondays and Tuesdays only in July, August & September.

Mr. Fix-It

The Division of Senior, Disabilities and Veterans' Services is currently offering home maintenance services to Hunterdon County seniors age 60 or above and those with disabilities, through the Mr. Fix-It program. Mr. Fix-It Volunteers perform small, non-routine jobs, which, if neglected, would adversely affect the safety of the eligible senior or disabled resident. The goal is to help these residents remain safely in their own homes and communities.

For more information and to determine eligibility, contact Jane Griffith at 908-788-1358 or 908-788-1359 or email: mrfixit@co.hunterdon.nj.us

Office of Disability Services

Our office provides a wide range of information and referrals to residents with disabilities, their caregivers and human services providers. Our goal is to help people remain in the community as independently as possible. Our services include

- Options Counseling
- Disability Applications:
 - Social Security Disability Insurance (SSDI)/Supplemental Security Income (SSI) applications
 - NJ Temporary Disability applications
 - Other applications related to disability services specifically
- Advocacy
- Americans with Disabilities Act (ADA) concerns

This office also facilitates quarterly meetings of the County's Aging & Disability Resource Connection (ADRC) Advisory Committee.

Call 908-788-1361 for more information or email Barbara Metzger: bmetzger@co.hunterdon.nj.us
Helene Pappas: hpappas@co.hunterdon.nj.us

PASP Program

The goal of the Personal Assistance Services Program (PASP) is to support individuals with physical disabilities to remain active and independent in their community. PASP is a self-directed program that provides help with non-medical personal care (dressing, personal hygiene, eating) for adults with physical disabilities who are employed, preparing or planning to work, attending school or volunteering in the community.

For more information about The Personal Assistance Services Program (PASP) please contact our Hunterdon County PASP Coordinator, Helene Pappas at 908-788-1361 or email: hpappas@co.hunterdon.nj.us

2022 Senior Art Show

Come check out all the beautiful artwork that the Seniors have done! What a great job!
Need a piece of Art for that blank wall? We may have the one you want!

Call us if you want to see the show, as we will be scheduling visits around the ongoing
classes and programs.

Please call 908-788-1361

Meals on Wheels in Hunterdon

www.mowih.org

Call 908-284-0735 or email info@mowih.org

Serving Hunterdon County residents 60 years of age or older

Home-Delivered Meals: We deliver a nutritious meal each weekday between the hours of 11:00 am to 1:00 pm for the homebound senior. We also offer two cold meals for weekend consumption delivered on Friday.

Grab-N-Go Meals: Pick-up meal service available for seniors Monday through Friday from 11:30 am to 12:30 pm. Meal order for next day pick-up by calling 908-284-0735 by noon.

Congregate Nutrition: A nutritious meal served Monday through Friday between the hours of 11:45 am to 1:00 pm at our nutrition sites.

Nutrition Education: A program to promote better health through nutrition and health related information.

Nutrition Counseling: A program for individualized advice and guidance from a Registered Dietitian about options and methods for improving nutritional status.

A donation of \$5.50 is suggested

Seasoned Years Disclaimers

The Seasoned Years Newsletter contains articles placed by third-party organizations.

The Hunterdon County Division of Senior, Disabilities & Veterans Services neither represents nor endorses the accuracy or reliability of any advertised offer or statement.

Readers' questions and/or comments regarding newsletter articles should be directed to the corresponding organization.

Names and addresses of County held mailing lists are subject to disclosure pursuant to the NJ Open Public Records Act (OPRA).

If you would like your name removed from our mailing list, **please contact us at (908) 788-1361 or by email: aging@co.hunterdon.nj.us**

An electronic copy of the Seasoned Years Newsletter is available on the County website at:

www.co.hunterdon.nj.us/aging.htm

Caregiver Support Groups

Caregiving involves long hours, difficult tasks and emotional stress. The Hunterdon Caregiver Initiative seeks to provide support, education, information and referral services for caregivers. Caregivers are assisted through emotional support, information and resources to empower them to provide vital and ongoing care.

All services are free of charge. Support groups are facilitated by staff of Hunterdon Behavioral Health/Hunterdon Medical Center.

Caregiver Support Groups:

- General Caregiver Support Group
- Alzheimer's & Related Dementia Caregiver Group
- Special Topic Support Groups/Education Series (*for further information call 908-237-2364*)

All support groups are currently meeting virtually. If interested, please contact us at the phone numbers or email addresses provided below.

Contact: Jenifer Kucsan at 908-788-6401 ext. 3002, jkucsan@hhsnj.org or Erin Nakahara at 908-237-2364, enakahara@hhsnj.org

LINK Transportation

Where does LINK go? We're here to take you to your medical, shopping, visiting, volunteering and recreational appointments all throughout the county. All our buses are wheelchair accessible. If you need to bring an aide or companion, they may ride at no extra charge.

When Does LINK Operate? Our Cross County routes consist of North to South, Hampton to Lambertville and East to West, Holland to Readington. We offer:

- Two Shuffle Routes (\$2:00 a day) that stop at popular destinations in Flemington. (M-F: 7:30 am to 7:30 pm; Saturday 8:30 am to 7:20 pm)
- Demand Response Shared Ride Service (M-F: 7:00 am to 4:30 pm)
- Bridgewater Express route to RVCC, Bridgewater Commons Mall and the Somerville Train Station (\$2 a day).

Funding is available for seniors to ride the LINK free of charge!

LINK provides Specialty Out of County Medical Trips for seniors as well! Contact the LINK for more information and requirements.

Requirements: Monday through Friday, appointment times no earlier than 9:00 am and no later than 2:30 pm and within New Jersey for tests or medical appointments not available within Hunterdon County.

Questions about LINK? Call 1-800-842-0531

Comments or Concerns about LINK? Contact Erin Neukum, Transportation Coordinator, by email eneukum@co.hunterdon.nj.us, or by phone 908-788-1368

Dear Friends,

It is an exciting year at the DSDVS as we celebrate our 50th year. We have numerous special events and programs planned throughout the year and the Anniversary Luncheon on September 22nd.

We are also preparing for our Annual Public hearing on Thursday, July 7th at 10:00 AM. It will be a “hybrid” meeting so all can participate.

Please plan to attend, as your input is vital in evaluating the needs of the community and determining funding priorities for the future.

Warmly,

Laine Nauman

Director

Hunterdon County Division of Seniors, Disabilities and Veterans' Services

DSDVS Public Hearing– ZOOM meeting

Date: July 7th, 2022

Time: 10:00 AM

ZOOM meeting: <https://us02web.zoom.us/j/86049356236?pwd=Ukg3T0VSWTBCd0tmOFBQY3kxUFNFdz09>

Meeting ID: 860 4935 6236

Passcode: 996657

Dial In: 1-646-558-8656

Meeting ID: 860 4935 6236

Passcode: *996657#

50th Anniversary Program: Thursday September 22nd, 2022 A Sneak Peek!

Senior Center
Performances!

Entertainment!

Music!

Games!

Master of Ceremonies:
Dr D!

Luncheon!

Save the Date!

The Hunterdon County Division of Seniors, Disabilities and Veterans' Services is turning



Thursday, September 22nd, 2022
At the South County Park Fairgrounds
Fun and Festivities start at 11:00 AM
Lunch at noon

RSVP By: 8/12/2022
Return RSVP card to Senior Center by
mail or drop off at the Senior Center
Seating is limited

RSVP Card

NAME: _____

NUMBER OF ATTENDEES: _____

PHONE NUMBER: _____

TODAY'S DATE: _____

PLEASE CUT ALONG DOTTED LINE AND PUT IN A STAMPED ENVELOPE

MAIL TO: SENIOR CENTER

P.O. BOX 2900

FLEMINGTON, NJ 08822

OR

Drop Off in box at the SENIOR CENTER

By August 12th, 2022

HUNTERDON COUNTY DIVISION OF SENIOR, DISABILITIES & VETERANS' SERVICES
 4 Gauntt Place
 PO BOX 2900
 FLEMINGTON, NJ 08822-2900
 e-mail address: aging@co.hunterdon.nj.us
 Website: <http://www.co.hunterdon.nj.us/aging.htm>

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Resources



Hunterdon Helpline	(908) 782-4357
Meals on Wheels	(908) 284-0735
Hunterdon Behavioral Health	(908) 788-6401
Mental Health Cares (8 a.m.– 8 p.m.)	(866) 202-4347
*National Suicide Prevention Lifeline	(800) 273-8255
*From July 16th National Suicide Prevention Lifeline	988
Center for Healthy Aging	(908) 788-6373
Social Services (Food stamps, Medicaid, etc.)	(908) 788-1300
The Link	(800) 842-0531

Hunterdon County
 Walk-In COVID-19 Testing Center
 Hunterdon Shopping Center
 39 Reaville Avenue Flemington, NJ 08822

Open Tuesday—Saturday
 10:00 am—4:00 pm

Thursday Hours
 12:00 pm—7:00 pm

Seasoned Years is published by the
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 In cooperation with the
 Hunterdon County Board of County Commissioners