

VOLUNTEER INCOME TAX TRAINING

The American Association of Retired Persons (AARP) will again sponsor free, tax filing assistance to help people unable to afford professional help. Additional volunteers are needed to work in the program and to help prepare electronically filed tax returns.

Volunteers will receive training in basic income tax preparation by highly skilled instructors under IRS and NJ Division of Taxation supervision. Volunteers will be required to attend 5 - 7 days of pre-training during December, and 8 days during January, from 9 am - 3 pm. Volunteers are required to be available one half-day weekly from February to April 15, 2010. If you are interested in volunteering or need more information; Please call the number for your area:

Lacey to Little Egg Harbor and Long Beach Island areas, **609-693-2928**

Brick, Pt. Pleasant Beach or Borough areas, **732-928-8025**

Manchester, Whiting, Lakewood, Lakehurst & Toms River areas, **732-300-6699**.

Ocean County Office of Senior Services

November 2009 Update

*Joseph H. Vicari,
Freeholder Chairman*

D. Jane Maloney, Director



**A Message From Joe Vicari:
Freeholder Chairman**

**NOVEMBER IS
PROCLAIMED AS
"NATIONAL FAMILY
CAREGIVERS MONTH."**

Do you help an older adult with any of the following tasks? Preparing meals, cleaning the house, paying household bills,

bathing and dressing, managing medications, grocery shopping, arranging for services, getting to the doctors? **If so, "You are a Caregiver"**.

National Family Caregiver Month is a time to thank, support, educate and empower family caregivers. One of the most important attributes on being an advocate for your loved one is the willingness and the ability to speak up and keep your eye on the ultimate goal, protecting not only the health and safety of your loved ones but yourself as well.

The Office of Senior Services has a comprehensive resource directory and a caregiver resources packet designed to assist caregivers in accessing the many programs to support them in their care-giving responsibilities. We would be glad to send it to you. We also have a variety of materials on our Ocean County website: www.co.ocean.nj.us; just click on Office of Senior Services and you will find links to many helpful documents and other websites. Additionally, if you click on Consumer Assistance Request you will be able to submit your specific request to Senior Services. The Office of Senior Services offers a Caregiver Options Program to explore the many home and community based options available. Registered Nurses are available by appointment here at our offices, or by phone to discuss the numerous services available within our community. Call **732-929-2091, 1-800-668-4899** to set up an appointment.



**The One-Stop Center
1027 Hooper Ave.,
Bldg. 2, First Floor**

**(732) 929-2091
1-877-222-3737
or 1-800-668-4899**

"Making it Easier For Seniors To Choose Services"

www.co.ocean.nj.us

D. Jane Maloney, Director
Chairman

Joseph H. Vicari, Freeholder

Office of Senior Services
Ocean County

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Ocean County

**Toms River, New Jersey 08754-2191
1027 Hooper Ave., Bldg. 2, First Floor
P.O. Box 2191**

The One-Stop Center

Ocean County Office of Senior Services-NJ EASE Access Site



There are two Interfaith Volunteer Caregiver organizations in Ocean County providing volunteer services for the frail, disabled and homebound elderly. Services such as volunteer transportation, shopping, visiting, calling, respite, etc., are provided. Additionally both organizations provide Alzheimer's Care Programs specifically for Alzheimer's clients and caregivers.

In southern Ocean County, volunteers are trained and ready to relieve burdened caregivers. For more information, please contact the Alzheimer's Respite Care Program of Interfaith Health & Support Services of Southern Ocean County at **609-489-0278**; e-mail Montgomery@soch.com; website: www.interfaithsoc.com.

In addition, Caregiver Volunteers of Central Jersey (CVCJ) has launched a Dog Therapy Program in addition to their usual friendly visits. Being visited by a "furry friend" reduces loneliness, eases isolation and improves the mood of homebound, older adults. All dogs and the handlers involved have gone through a training and certification process. If you, or someone you know would enjoy being part of this program, please call Mary Gualandi at **732.505.2273 X 202**. Requirements are an individual over 60 years old and living at home in one of the areas serviced by Caregiver Volunteers of Central Jersey.

Caregiver Tip from the Ocean County Fire Marshal

"Caregivers continue to be a vital element of any home Fire Prevention strategy. When a fire occurs, Caregivers often perform many tasks directly related to Fire Safety for the Seniors they assist. With continued awareness, Caregivers can help reduce the chances of a fire occurring in a Senior's home by adopting Fire Safety practices. All caregivers are encouraged to learn more about protecting our Seniors from fire through Ocean County's "Help Retire Fire In Your Community" Campaign." For further information, please call the Ocean County Fire Marshal's office at **732-370-7360**.

HELP WITH HEATING BILLS

The 2009/2010 Home Energy Assistance/Universal Service Fund application will be available in November 2009 and the deadline for filing the application is March 31, 2010. This is a federally funded program to assist low-income households with their heating bills. Eligibility is based on household size and monthly income; Single: \$1,950. per month, married: \$2,625. per month for HEA. Applications will be automatically sent to those who received a heating benefit last year. If you are not a Home Energy Assistance/Universal Service Fund recipient and would like to apply, please call our office at **732-929-2091, 800-668-4899, or 877-222-3737**. If you are already a recipient and have any questions, please contact O.C.E.A.N., Inc. at **732-244-9041**.

SENIOR CITIZENS ART CONTEST WINNERS

Once again Ocean County artists were represented at the New Jersey Senior Citizens Annual Juried Art Contest and Exhibition and were triumphant. The event, the 43rd, is sponsored by The New Jersey State Council on the Arts, New Jersey Association of Area Agencies on Aging, New Jersey Department of Health and Senior Services and the New Jersey Foundation for the Aging. The following artists won awards:

Professional

Lou Riccio - Second Place – Professional - Watercolor
Dimas Zenkewich – Second Place – Oil
John Holmes – Honorable Mention – Sculpture

Non-Professional

Harriet Wolf – First Place – Drawing
Genevieve Lombino – Second Place – Pastel
Dick Ruhl - Honorable Mention – Photography
Alice Snyder - Honorable Mention – Sculpture
Brad Thomas - Honorable Mention – Oil

The Reception and Awards Ceremony for the NJ State Senior Art Exhibit were held on October 30, 2009 at Meadow Lakes, East Windsor, New Jersey.

UNITED STATES CENSUS 2010

The 2010 Census is of extreme importance to the people of Ocean County. The Census serves as a basis for the allocation of state and federal grant funds for determining elected representation, and is used everyday by government and private businesses.

New Jersey came up just 15,187 people short of the population needed to keep its 13th seat in the House of Representatives, based on a 2008 population estimate. What's at stake is also the allocation of state and federal grant funds for Ocean County's infrastructure improvements and services, especially for the residents who most need help.

- The Census Bureau is committed to counting every person... and to count every person in the **correct place**.
- The **correct place** means your "usual residence", that is **where you live and sleep MOST OF THE TIME**. This place may not be the same as your voting residence or legal residence.
- **Snowbirds** (people who live in one state but spend the winter in another state with a warmer climate) are to be **counted at the residence where they live most of the year**.
- **The census forms will be mailed in March 2010... and will not be forwarded by the Post Office**. The forms that are mailed to a residence are geo-coded specifically to that address.

If you spend most of the year in your Ocean County residence and you receive a form while you are away, be sure to wait until you return to Ocean County and complete a form in person with a Census counter or at an Ocean County Library or Questionnaire Assistance Center (QAC). We will provide the list of QAC's when they are established.

Replacement Census Questionnaires - For the first time, the Census will be mailing out replacement Census forms to non-respondents within an initial period of time, in May or June 2010.