

VOTE BY MAIL BALLOT

In New Jersey any voter can vote by mail. Voters do not need a reason or excuse to vote by mail.

You may apply for a Vote by Mail Ballot if you are a qualified registered voter by obtaining an application from the Ocean County Clerk's Office by calling (732) 929-2153 or printing the application from the internet at www.oceancountyclerk.com the County Clerk web page.

The application must be received in the mail by the County Clerk 7 days prior to any election (Fire, School, Primary, General, etc.) Voters who miss the mail application deadline may apply for a ballot in person at the County Clerk's Office at the Ocean County Court House located on 118 Washington Street in Toms River up to 3 PM of the day before the election.

"Making it Easier For Seniors To Choose Services"

Ocean County Office of Senior Services
The One-Stop Center
P.O. Box 2191
1027 Hooper Ave., Bldg. 2, First Floor
Toms River, New Jersey 08754-2191



Ocean County
Board of Chosen Freeholders
John C. Bartlett, Jr.,
John P. Kelly,
James F. Lacey,
Virginia E. Haines
Joseph H. Vicari
Carl W. Block, Administrator

Ocean County
Office of Senior Services

Joseph H. Vicari, Freeholder
Chairman
Jackie Rohan, Director

www.co.ocean.nj.us

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March/April 2016 Newsletter



A Message From Joseph Vicari: Freeholder Chairman

While snowy weather and cold temperatures bother everyone, for seniors it can be very dangerous.

According to the National Institutes for Health, more than 1.6 million older Americans go to the emergency room each year for fall-related injuries. One of the major causes of a fall is ice and black ice can occur without warning. With continuing low temperatures, we need to beware.

To lessen the chances of a fall, be cautious of footwear and make arrangements to have even a simple handrail installed to provide the necessary support to help maintain your balance and keep you from falling.

As we age, our sense of touch declines. Arthritis, diabetes, poor circulation, and a multitude of other conditions can cause lack of feeling for older adults, especially in the extremities. So some people may not be as aware of the change in temperature as they need to be.

Keep your home's thermostat set at 68 degrees or above, dress in layers of loose fitting clothing and keep your head covered when you are outdoors. A great deal of heat is lost when your head is exposed. As we age our skin becomes thinner and drier, thus more prone to tears. Keep the dangers of dryness low by using a humidifier to keep the air moist, drink plenty of water and eat foods high in water content like soups and vegetables, and moisturize your skin daily with creams or lotions.

If you have not done so already consider developing a "buddy-system" where you call and check on your friends, family, and neighbors. One quick call may save someone's life. And hope for an early spring here at the shore.

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The One-Stop Center
1027 Hooper Ave., Bldg. 2, First Floor
(732) 929-2091 • 1-877-222-3737 • 1-800-668-4899

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Don't forget, if it's too cold for you, it's probably too cold for your pet, so keep your animals inside. If left outdoors, pets can freeze, become disoriented, lost, stolen, injured or killed. In addition, don't leave pets alone in a car during cold weather, as cars can act as refrigerators that hold in the cold and cause animals to freeze to death. Exposure to winter's dry, cold air and chilly rain, sleet and snow can cause chapped paws and itchy, flaking skin, but these aren't the only discomforts pets can suffer. Winter walks can become downright dangerous if chemicals from ice-melting agents are licked off of bare paws.

NEED HELP WITH THOSE HEATING BILLS?



The 2015/2016 Energy/Utility Discount Program list is available through the Ocean County Office of Senior Services 732-929-2091. For example, Universal Service Fund is a federally funded program to assist low-income households with their heating bills. Eligibility is based on household size and monthly income. 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 or 1-800-668-4899**. If you are already a recipient and have any questions, please contact O.C.E.A.N., Inc. at **732-244-9041**.

VISIT THE OFFICE OF SENIOR SERVICES WEBSITE

Would you rather use your computer? Senior Services is featured on the Ocean County Home Page. Please visit our website at www.co.ocean.nj.us, just click on "Visit the Senior Services Website". The Senior Services web page contains a variety of information and links to important services. Call us at **732-929-2091** if you would like a copy of our step-by-step instructions.



Ocean County Library Home Borrowers Service

Do you love to read, but have physical limitations that prevent you from getting to the library? Well did you know that Ocean County Library provides delivery of library materials free of charge to Ocean County residents living independently who are unable to visit a physical library location?

After contacting the Home Borrowers Coordinator, the library will assign a trained volunteer to deliver items to your home. The Home Borrowers Service customer must be able to establish a mutually convenient time with the volunteer to deliver and pick up materials, approximately every 3 weeks.

In order to qualify for the Home Borrowers Service, the following criteria must be met:

- Resident of Ocean County, who does not have family members or friends to assist them with their library needs
- Submit a completed Home Borrowers Service Customer Application
- Submit a basic Medical Verification Form, stating that you cannot physically visit the library
- Cooperate with the volunteer to arrange a mutually convenient time for drop off and pick up of library materials
- Return all materials on time, with assistance from the assigned volunteer

In 2015, our Home Borrower Volunteers delivered more than 19,000 library items to Ocean County Home Borrower Customers.

Want to volunteer with the Ocean County Library to deliver materials to homebound residents*? We are always looking for wonderful volunteers to add to our team. Please contact Volunteer Services at 732-349-6200, ext.5535

**(a background check is required, paid for by the library)*

***Ocean County Library, Homebound & Volunteer Services
101 Washington St., Toms River, NJ 08753***