

## FOR FUN AND FITNESS . . . MOVE TODAY!

What do health professionals and researchers recommend for better health, better memory, more energy and even fall prevention? Physical activity helps with all that and much more. Whether you exercise never...or daily, the Ocean County Office of Senior Services HealthEASE program, "Move Today" is a simple, easy, and effective way to add movement to your life.

HealthEASE "Move Today" helps to improve strength, flexibility, balance and posture. This evidence-based program is safe for folks with osteoporosis. Participants can stand, sit, use a walker or a wheelchair. The gentle, non-aerobic movements can easily fit into your everyday activities.

"Exercise has endless benefits for living a healthy life," according to our Freeholder Chairman of Senior Services, Joseph Vicari. The HealthEASE "Move Today" classes are taught in your neighborhood by volunteers from your community."

Enjoying the best health possible starts with good habits and remaining active physically is an important part. "Move Today" is a fun way to add fitness to your life. For more information on HealthEASE classes or leader training, please call the Ocean County Office of Senior Services 732-929-2091.



# Ocean County Office of Senior Services

November 2011 Newsletter

## A Message From Joe Vicari: Freeholder Chairman FAMILY CAREGIVER MONTH

November is the month that is proclaimed "Family Caregiver Month". This is the time we recognize those caregivers who provide support to the frail and vulnerable within Ocean County. How many times have you said; I am not a Caregiver; I am a daughter, son or other family member. I am not doing anything special. If you are one of the people who say this, here are a few questions. 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, getting in and out of bed, grocery shopping, arranging for services, getting to the doctors or gathering information for them. If so, "You are a Caregiver"; and you are not alone. One in five American adults is a caregiver.



The Office of Senior Services has a comprehensive resource directory that has been recently updated and a caregiver resources packet designed to assist caregivers in accessing the many programs to support them in their care-giving responsibilities that we would be glad to send to you. We also have a variety of materials on our Ocean County website: [www.co.ocean.nj.us](http://www.co.ocean.nj.us); just click on Senior Services and you will find links to many helpful documents and other websites. Additionally, if you hit on Consumer Assistance you will be able to submit your specific request to Senior Services. There are so many options; frequently, it is difficult to know what's best for your situation. 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. The Office of Senior Services (AAA) coordinates an array of New Jersey community based waiver programs and the Ocean County Board of Social Services provides the care management for these programs.

Taking care of your own health is essential. Try to find a reasonable balance between care giving and exercise. sleep, good nutrition and medical care. There are a number of caregiver education and support groups listed in our Caregiver Resource Directory. Make sure you call the Office of Senior Services at 732-929-2091, 1-800-668-4899. We are here to help.

One program currently operating in Ocean for persons sixty years and over that is especially helpful for caregivers, as well, is "Take Control of Your Health"; a program that was developed at Stanford University which helps participants with on-going health challenges to manage symptoms, lessen frustration, communicate effectively with doctors, fight fatigue, make tasks easier and get more out of life. Participants meet once a week, for six weeks and learn the skills needed in the day-to-day management of chronic conditions. This program is held throughout the county at various locations; there is a link to a video describing the program on our Senior Services Important Links section on the county website—click on: Health Ease: Take Control of Your Health. Also, you can call 732-281-8391 for further information.

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[www.co.ocean.nj.us](http://www.co.ocean.nj.us)

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The One-Stop Center

Ocean County Office of Senior Services-NJ EASE Access Site



The One-Stop Center

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## CAREGIVERS AND THE PART D PRESCRIPTION DRUG PROGRAM

The Annual Enrollment Period for Part D started earlier and will end earlier this year; the new dates are October 15 to December 7. If you help a family member or friend make health care decisions you need to pay particular attention to these new dates to assure they have the appropriate Medicare Part D plan for 2012. The Office of Senior Services (AAA) coordinates the SHIP (State Health Insurance Assistance Program) program for Ocean County.

SHIP is designed to assist Medicare enrollees, potential enrollees and caregivers with their questions regarding Part A, B, C and D benefits/claims and supplemental policies; this is one of the most frequently used services in our department and our outreach sites throughout the county.

Ocean County Senior Services .....	732-929-2091 800-668-4899
Berkeley Senior Outreach .....	732-244-9600
Brick Twp. Senior Center & Outreach .....	732-920-8686
Community Services Inc. Outreach .....	732-367-1400 Ext.210
Jackson Senior Center .....	732-928-2313
Long Beach Island Senior Outreach .....	609-494-8861 Ext. 109
Manahawkin Satellite Outreach .....	609-978-6220
Manchester Twp. Outreach .....	732-849-8305
Shore Area Outreach .....	732-892-5514
Toms River Senior Center & Outreach .....	732-341-1000 Ext.8461
Southern Ocean Medical Center: Ocean Club .....	609-978-3559

## VOLUNTEERS NEEDED TO ASSIST WITH TAXES

Ocean County is fortunate to offer Free Income Tax Assistance to people unable to afford this service; however, the demand for this grows each year. The AARP Tax-Aide volunteers are specially trained in cooperation with the Internal Revenue Service and the NJ Division of Taxation to understand the many provisions of the tax code, particularly those that affect older people. Personal one-on-one assistance is provided to help the taxpayer complete Federal and State tax returns. Additional volunteers are needed to work in the program and to help in the preparation of electronically filed tax returns. Tax Assistance volunteers must attend approximately 5 to 7 days of pre-training during December 2011 and 9 days during January 2012 from 9:00 am to 3:00 pm. Volunteers are required to be available one half-day each week during the period February 1, 2012 to April 15, 2012.

If you are able to volunteer for this beneficial service for Ocean's older adults, please call: 609-294-0730 for Lacey to Little Egg Harbor including the Long Beach Island area; 732-928-8025 for Brick, Point Pleasant Beach, Point Pleasant Borough and Jackson areas, 732-793-1806 for Manchester, Whiting, Lakewood, Lakehurst, and Toms River areas.

## HELP WITH UTILITY COSTS

As winter approaches, it is important to learn about all of the Energy Assistance Programs available. The Office of Senior Services has compiled a chart listing all of the utility assistance programs available. The chart is on the Ocean County website: [www.co.ocean.nj.us](http://www.co.ocean.nj.us) or you can call us at 732-929-2091, 800-668-4899 and we will send one to you.

## OCEAN ARTIST WINS BEST OF SHOW AT STATE ART SHOW

The 1st Place winners from the 35th Annual Senior Art Exhibit at Ocean County College recently exhibited their work at the 45th Annual state show. The New Jersey Senior Citizens Art Show is a yearly competition, for artists age 60 and over, that showcases the winning art from county contests around the state. Lidia Brodetsky, Toms River was awarded 1st Place Non-Professional for her oil painting "Always a Lady". The oil went on to win "Best of Show" for Non-Professional artists.

Six other county artists won ribbons at the show. Non-Professional ribbons were awarded to Florence Zdanowitz, Whiting, 1st Place Mixed Media for "Love Letters from the Sun"; and to Richard Kushinsky, Toms River, 3rd Place Print for "Mother and Child".

Professional winners were Bernice Neuman, Whiting, 2nd Place Mixed Media, "Construct"; Dimas Zenkewich, Manchester, 3rd Place Oil, "Bucket"; Frank J. Bernhardt, Whiting, Honorable Mention Drawing, "The Sandy Hook Light"; and Pat Kingman, Brick, Honorable Mention Craft, "Time Flies at the Jersey Shore".

The show features a host of mediums and the work of 1st Place winners, Professional and Non-Professional from around the state. Other Ocean County artists on exhibit include: Acrylic - Eilene Tanzola, Lakewood, "Sunnee Mondee" and Jane Robbins, Whiting, "Tree of Life"; Pastel - Arlette Malivernier, Toms River, "Stefanie on the NY Highline"; Drawing - Albert Teitelbaum, Lakewood, "Satyr of the Forest, An Allegory"; Sculpture - Alice Snyder, Whiting, "Renewal"; Craft - Murray Kurtzman, Manchester, "Hot Air"; Photography - Rosemary Dixon, Lanoka Harbor, "Blue Turtle - Little Cayman" and Rosemarie Reinman, Toms River, "Lily". Ocean County winners not on exhibit are Pastel - Faga Fiorino, Jackson, "Spring Ahead"; Watercolor - Rose Marie Licata, Jackson, "March Landscape" and Marilyn Flagler, Beach Haven, "Katie from Arizona".

The work on display represents a high level of talent, skill and experience. Many of the exhibitors are lifelong artists; others began later in life. Best of Show Non-Professional winner Lidia Brodetsky decided when her daughter left for college, to sign up at Ocean County College for an art course. Since then, she has taken numerous classes and then began self-study from books. She converted a bedroom to her studio and paints when not watching her two grandchildren. Her winning oil, "Always a Lady", is a large portrait of a dear older friend. Another county artist who has seen many great works of art in museums called "Always a Lady", "...the only painting, in my whole life, I ever walked up to and wanted to talk to the person."