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If you are already a recipient and have any questions, please contact O.C.E.A.N., Inc. at 732-244-9041 in Toms River, 732-942-3405 in Lakewood and 609-549-5822 in Waretown.



BRAND NEW OCEAN COUNTY OFFICE OF SENIORS SERVICES WEBSITE



If you have not already had the opportunity to visit our website; we launched a brand new one it looks totally different but it is very user friendly and very informative.....have fun exploring it at www.ocean.nj.us.

Special note: While we look forward to your messages on "Contact Us", remember that in an emergency, please call 911 for immediate assistance.

You will see our insert in this newsletter is a summary of Medicare Part A and Part B information that has been published for the year 2017 as well as important information regarding Social Security changes in 2017. Our SHIP counselors are available to explain this information to you so please do not hesitate to contact them at 732-929-2091, 1-800-668-4899 (In State only) or 1-877-222-3737 for either an appointment to discuss this further or if needed a referral for a home visit from an outreach worker.

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"Making it Easier For Seniors To Choose Services"

www.co.ocean.nj.us

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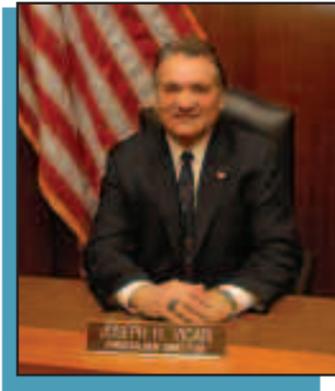
Board of Chosen Freeholders
Ocean County

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 Office of Senior Services

January/February 2017 Newsletter



Freeholder Director
Joseph H. Vicari

A Message From Joseph Vicari: Freeholder Director

The Ocean County Office of Senior Services with full support of the Ocean County Board of Chosen Freeholders administers a comprehensive system of community based services including Access Services such as transportation, options counseling and care management; Community Support such as education, recreation, physical and mental health screenings, physical fitness, adult day services, legal assistance; Home Support such as friendly visitor, telephone reassurance, residential maintenance, certified home health

aide and emergency services; Nutrition Support such as congregate meals, home delivered meals, nutrition counseling and education, and ongoing Caregiver Support such as Respite, Information and Assistance, Caregiver Support Groups, as well as In-Home Education.

In addition we coordinate the State Health Insurance Assistance Program (SHIP) locally and lead New Jersey in consumer activity. 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.

As we end 2016 and look forward to 2017, I wanted to extend a huge thank you to all of those who helped us to carry out this important work throughout the year. We have a world class system of services for older adults and their caregivers but it would not be possible without the effort of our wonderful staff, service providers, advisory council, governmental officials and volunteers.

Our mission is to lead the way in advancing the well-being of older adults and we start with access to available services provided through five Information and Assistance Representatives at the Office of Senior Services at 1027 Hooper Ave., Building #2, Toms River and

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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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two additional Senior Services Information and Assistance representatives conveniently located at the County Connection at the Ocean County Mall. Callers/walk-ins determined the following priority issues in 2016: Prescriptions, Taxes, Medicare, Caregiver Information, In-Home Services, Utility Assistance and Consumer Issues. Additionally, Information and Assistance and Options Counseling are provided at various Outreach locations throughout Ocean County. Thank you to everyone involved for a great year.

Would you like a preview of what we are planning for 2017? If so, call us at **732-929-2091, 1-800-668-4899 (In State only) or 1-877-222-3737** and ask for the 2017 Area Plan Contract Update Summary. You will see the 21 agencies we have funded for next year, and our goal is to serve over 30,000 clients throughout the county.

Please call or visit our office for further information or to request a copy of our current Resource Directory.

MEDICARE PART D OPEN ENROLLMENT ANOTHER SUCCESSFUL YEAR!!!!!!!

Senior Services staff began early in the fall of **2016** going on the road speaking to numerous groups and organizations and helping out at enrollment activities so that individuals could make the appropriate choice. Thanks to all of the SHIP counselors who helped at the eight Part D Days at the Ocean County Connection and at all of the Outreach sites located throughout the county. Once again, the Ocean County Senior Services network responded to the need and provided the necessary information and assistance to let our seniors make an informed choice about their Part D coverage for 2017.

ATTENTION! PAAD AND SENIOR GOLD BENEFICIARIES

Effective January 1, 2017, income limits for PAAD and Senior Gold increased. See below and feel free to contact our office for more details.

Pharmaceutical Assistance for the Aged and Disabled (PAAD)	Senior Gold Prescription Discount Program
Income limit: Less than \$26,655 (single) less than \$32,680 (married).	Income limit: \$26,655 - \$36,655 (single) \$32,680 - \$42,680 (married)
* PAAD co pay is \$5 for covered generic drugs and \$7 for covered brand name drugs.	Senior Gold copay again for covered drugs is \$15 + 50% of the remaining cost.

WINTER HAS ARRIVED: BE PREPARED

Prepare to take the sting out of winter weather; here are some things you can do to get ready:

- ❄ Store drinking water, first aid kit, canned/no-cook food, non-electric can opener, radio, flashlight and extra batteries where you can get them easily, even in the dark.
- ❄ Keep cars and other vehicles fueled and in good repair, with a winter emergency kit in each.
- ❄ Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.
- ❄ Winterize your house: Install storm shutters, doors and windows; clear rain gutters; repair roof leaks; and check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow.
- ❄ Remember that dressing in layers is important when the temperatures drop. Experts recommend wearing several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing.
- ❄ Outer garments should be tightly woven and water-repellent. Mittens are warmer than gloves. Wear a hat. Cover your mouth with a scarf to protect your lungs from extremely cold air. Wear sturdy, waterproof boots in snow or flooding conditions. Watch carefully for ice accumulation on walks and driveways.
- ❄ And remember that if you lose your power and are using kerosene heaters make sure you maintain ventilation to avoid a build-up of toxic fumes. Keep heaters at least three feet from flammable objects and refuel kerosene heaters outside.

Adapted from a message from the Federal Emergency Management Agency and the NJ Office of Emergency Management.

Looking for indoor activities during those cold winter months?

Call our office for a copy of the Ocean County libraries' programs and events and don't forget our senior centers and congregate meals sites - all located conveniently throughout the county. Stay warm and meet new friends!

In our last newsletter we talked about heating financial assistance programs; just a reminder here:

Applications are currently available for the 2016-2017 Heating season and the deadline for Home Energy Assistance/Universal Service Fund filing the application is May 1, 2017. This is a federally funded program to assist low-income households with their heating bills. Eligibility is based on household size and monthly income. Recertification Applications were sent starting in Mid-August to those who received a heating benefit last year.

If you are not currently a Home Energy Assistance/Universal Service Fund recipient and would like to learn more about this and other types of financial assistance, please call our office at **732-929-2091, 1-800-668-4899 (In State only) or 1-877-222-3737**.

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