

TAX HELP IS AVAILABLE

The Ocean County Office of Senior Services provides a list of volunteer income tax counseling sites. Ocean County is fortunate to offer Free Income Tax Assistance to people unable to afford this service. 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. Please call the Office of Senior Services at **732-929-2091, 1-800-668-4899 (In State only) or 1-877-222-3737** for the site nearest to you.

CLUBS and ORGANIZATIONS – Need a Speaker?

In 2017 staff at the Ocean County Office of Senior Services has made a commitment to travel out there into the community, and describe the wide variety of services available to seniors throughout the county.

Presentation topics can include Medicare, Caregiver Supports, or an overview of the Ocean County Office of Senior Services; who we are, who we fund and most importantly what we are able to do in this community through funding provided by the Older Americans Act, the State of New Jersey, Division of Aging Services, and the County of Ocean. Call us to arrange for a speaker for your club.



Ocean County Office of Senior Services

March/April 2017 Newsletter



Freeholder Director
Joseph H. Vicari

A Message From Freeholder Director Joseph Vicari:

March is National Nutrition Month. Good health depends on good nutrition.....what does that mean in Ocean County?

Multiple studies in recent years report concern about “food insecurity” beginning with the economic downturn in 2008, and continuing in recent years due to increased costs faced by older adults in this country.

One study showed seniors choosing to pay for medications as opposed to quality food so, how can we help?

Anyone struggling with these costs needs to contact Senior Services to explore their options:

- 🍀 Eligible for SNAP? (Senior Nutritional Assistance Program)?
- 🍀 Do you know about the eight congregate meal sites located through Ocean County – includes food and fun activities! Just a \$2 donation.
- 🍀 How about nutrition education? Low cost, high nutrition cooking? Also available at our congregate sites.
- 🍀 Homebound? Unable to Cook? What about Meals on Wheels?
- 🍀 Need help with prescription costs to be sure you have money for food? Eligibility for PAAD or Senior Gold?

Call **732-929-2091, 1-800-668-4899 (In State only) or 1-877-222-3737**, and speak to a Senior Services staff member to see what’s available.

The Ocean County Board of Chosen Freeholders is committed to supporting these programs so “no senior goes hungry”.

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

“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
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2017 FUNDING APPROVED FOR 43 COMMUNITY CONTRACTS

Whether it is home delivered meals or help with care management, the Ocean County Office of Senior Services can help link seniors with a host of programs and services specifically to meet their needs.

“Our programs are designed to improve the quality of life for older adults,” said Freeholder Joseph H. Vicari, Chairman of Senior Services. “Whether someone is a newly arrived senior who can benefit from Medicare counseling, educational and health screening programs, or is an older frailer individual who receives a home delivered meal or home health aide visit, we provide them services that help.”

In January the Ocean County Board of Chosen Freeholders approved a number of competitive contracts awarded to the senior services network of community service providers; additional contracts were previously awarded to the nutrition program in December. These meals are often a lifeline for the homebound older adult bringing not only nutritional value but also social contact and sometimes even emergency intervention for the most frail.

In 2017, the Office of Senior Services will oversee a total of 43 Area Plan Contracts with 21 governmental and non-profit agencies totaling more than \$5.4 million. In addition to meals, other funded areas include transportation, caregiver services, care management, options counseling, legal services and a host of others.

More than 506,000 units of service are expected to be provided to over 31,000 clients in 2017 through these contracts.

LONG TERM CARE – MAYBE IT’S POSSIBLE AT HOME

New Jersey has been reforming its Medicaid program to create a managed long term services and supports program (MLTSS) that emphasizes home and community based services and relies less on nursing home care.

Over 17,000 Medicaid beneficiaries who received long term services and supports in home and community based services programs had transitioned into the new MLTSS program as of April 2016, and the numbers continue to grow. This includes individuals in the AIDS Community Care Alternatives Program (ACCAP); Community Resources for People with Disabilities (CRPD); Global Options (GO); or Traumatic Brain Injury (TBI), with services such as respite, care management, home and vehicle modifications, home delivered meals, personal emergency response systems, as well as much needed personal care assistance. It also includes financial assistance to individuals who require 24hr help in an assisted living setting.

Are you or someone you love struggling to remain independent at home and finding the cost of home assistance unaffordable, then call our office to discuss eligibility and benefits; you will be surprised to learn what is out there.

SHIP (STATE HEALTH INSURANCE PROGRAM)

Whether you are turning 65 this year, and need assistance understanding your options under Medicare, or you have questions as a current Medicare recipient, you will be happy to learn that our office has 7 certified counselors plus an additional 33 working throughout the county to assist you.

The Office of Senior Services coordinates SHIP (State Health Insurance Assistance Program) for Ocean County. Ocean County is ranked number two (#2) in the state of New Jersey with 145,300 eligible for Medicare; 19,615 are under 65 and are able to access SHIP assistance through our ADRC philosophy (Aging and Disability Resource Connection).

With 40 certified counselors, the Ocean County Office of Senior Services leads New Jersey in SHIP 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 and at our outreach sites throughout the County.

Please call the Ocean County Office of Senior Services at **732-929-2091, 1-800-668-4899 (In State only) or 1-877-222-3737**, and ask to speak to a SHIP counselor today!

VOTE BY MAIL BALLOT... DID YOU KNOW?

In New Jersey any voter can vote by mail. Voters do not need a specific 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. Applications are also available at the Ocean County Connection at the mall as well as the Office of Senior Services at 1027 Hooper Avenue, Building 2, First Floor.