

## THANK YOU TO OUR TAX VOLUNTEERS

A special thank you needs to go out to a dedicated group of talented older adults here in Ocean – our tax volunteers. We extend a huge thank you to all of the AARP Tax Aide volunteers and the VITA volunteers for their assistance to Ocean County residents during the income tax season.

The efforts of these committed and dedicated volunteers once again demonstrate that individuals can make a huge contribution and every day they make Ocean County an even better place to live.

## OCEAN COUNTY TOURISM – GREAT DAYS AHEAD!

As we enter spring into early summer we know the great weather is just ahead, so it is a perfect time to talk about inviting friends and family to visit here in Ocean County.

Have you seen the county tourism website? There you will learn that Ocean County is home to one-third of the fabulous Jersey Shore 44 miles of the Atlantic Ocean coastline with sandy beaches, inviting surf, fantastic fishing and great activities for family members of all ages. Visit [www.oceancountytourism.com](http://www.oceancountytourism.com). Grab families and out of state friends to show them what Ocean County has to offer.

*Have a great summer.....the next time you hear from us it will be September!*

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

*“Making it Easier For Seniors To Choose Services”*

Printed by the Ocean County Printing & Graphic Arts Department Freeholder John P. Kelly, Liaison



## May/June 2017 Newsletter



Freeholder Director  
Joseph H. Vicari

## A Message From Freeholder Director Joseph Vicari: Ocean County Board of Chosen Freeholders

As Freeholder Director of the Ocean County Board of Chosen Freeholders and the Chairman of the Ocean County Office of Senior Services, I vow to the more than 166,000 seniors living here that I will remain steadfast in my pledge to them to make certain **Social Security, Medicare and Home Delivered Meals** remain viable programs now and into the future. And, as their advocate, I will continue to urge our

Federal representatives to strengthen and protect these important lifelines for our seniors.

- Social Security is the sole source of income for 3 out of 10 older Americans. 84% of all those over 65 receive it while 90% of surviving spouses over 65 rely on it. And for many this falls short of the income needed to live within their community. It is estimated that among elderly Social Security recipients 53% of married and 74% of single recipients rely on Social Security for at least 50% of their income.
- People with Medicare already pay a significant amount towards health care. According to the Elder Economic Index for Ocean County, they paid close to 25% of household expenses towards additional health costs in excess of what Medicare provides.
- Home Delivered Meals will continue to be a priority issue for this county as the demand for home delivered meals grows with the increasing aging population. These meals are often a lifeline for the frail/disabled bringing not only nutritional value but also social contact. It costs less to provide meals to a senior for a year than it does to cover the cost of a one-day hospital stay. Good nutrition is a key factor in keeping our seniors healthy and out of emergency rooms and nursing homes. It's important to keep these programs and services going so that we can meet the needs of a growing elderly population.

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Message Continued

I want to encourage our seniors to contact the Ocean County Office of Senior Services to learn about other programs and services that may be available to them. I want our seniors to access important programs that help them with energy costs, prescription medications and nutritional assistance. Our seniors should never have to choose between taking their medications or eating a meal.

Call **732-929-2091, 1-800-668-4899 (In State Only) or 1-877-222-3737** and a member of our professional staff will be glad to assist you. Ocean County is proud of the thousands of seniors that call this County home. It is very important seniors know that I along with the staff of our Ocean County Office of Senior Services want to help.



## OLDER AMERICANS MONTH MAY 2017

Older Americans Month has traditionally been the time to acknowledge the contributions of past and current older persons to our country, and this year's theme is Age Out Loud. The theme for the May observance is intended

to give aging a new voice – one that reflects what today's older adults have to say about aging: "The 2017 theme gives us an opportunity to shine a light on many important issues and trends," reported the US Administration on Community Living (ACL). "More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they're insisting on changes that make that possible."

What it means to age has changed, noted ACL, and Older Americans Month "is a perfect opportunity to recognize and celebrate what getting older looks like today." In May, AoA and ACL will "amplify the many voices of older Americans" and raise awareness of vital aging issues across the country. Call **732-929-2091, 1-800-668-4899 (In State Only) or 1-877-222-3737** for a copy of the May 2017 Older Americans Month poster – post it and be proud.

## AGING OUT LOUD: THEN WE WANT TO HEAR FROM YOU!!!

On Tuesday, May 9 from 10:00 am to 12:00 pm, we will be conducting a public hearing to determine the pressing issues involving older adults who reside in Ocean County.

This meeting is an important step in our annual Area Plan Process; by area plan we mean how we receive the funding for Ocean County senior programs, and then move ahead to distribute those dollars to the agencies that will do the work with us in the next year; we are part of a vast aging network of service providers. We will describe this to you in more detail when you join us at the meeting.

The meeting will be held at the Brick Township Senior Center, 373 Adamston Road (VFW Building) in Brick. 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** to confirm your attendance.

## 2017 OCEAN COUNTY SENIOR SERVICES RESOURCE DIRECTORY "NOW" AVAILABLE

Our new resource book for 2017 is now available at the Ocean County Office of Senior Services. The 72 page directory includes information on benefits, consumer protection, education, health services, housing, legal services, nutrition, outreach, recreation, social services, transportation and volunteer programs. Please call for a copy of this new Resource Directory for 2017, **732-929-2091, 1-800-668-4899 (In State Only) or 1-877-222-3737**. Also, the 2017 Resource Directory is available on our website at [www.co.ocean.nj.us](http://www.co.ocean.nj.us), click on "Senior Services"; on the right side of the webpage you will see "Consumer Resource Directory" and a variety of information and links to important services.

## 41st ANNUAL SENIOR CITIZENS ART EXHIBIT

The 41st Annual Senior Citizens Art Exhibit celebrates the creative talents of older adults in Ocean County. Healthy aging includes many kinds of activity including physical, social and creative. Ocean County offers countless ways to express and enjoy the arts, history and culture. Enrich your life through classes, exhibits, fairs, celebrations, tours, parks and historical sites. They are all here in Ocean County for all ages to share and enjoy.

First Place winners from the county level Senior Citizens Art Exhibit will be eligible to enter the 2017 New Jersey Senior Citizens Annual Juried Art Contest and Exhibition in the fall.

**Save the dates** – The 41st Annual Senior Citizens Art Exhibit will be open to the public in the Grunin Center 2nd Floor Gallery from Saturday June 10th through Thursday July 6th Monday through Friday 8:00 a.m. to 8:00 p.m., Saturday 9:00 a.m. to noon; closed on Sundays. A Reception and Award Ceremony will be held in the Grunin Center on Friday June 16th at 10:30 a.m. Removal day will be on Friday July 7th at 10:00 a.m. to noon; all accepted artwork must remain for the duration of the exhibit and must be removed on the removal day, no exceptions.

For further information, please contact Valarie Morris in OCC College Relations at 732-255-0400 Ext. 2380 or visit [www.ocean.edu](http://www.ocean.edu) to download an entry form.

