



**We're
excited to
see you**

Multi Sector Plan for Aging

Age Friendly Ocean County

The Ocean County Multisector Plan for Aging (MPA) Advisory Committee, in collaboration with key county and community partners, developed this inaugural Ocean County Multi sector Plan for Aging to strengthen the county's capacity to support older adults, adults with disabilities, caregivers, and residents across the lifespan.

Ocean County is home to more than 200,000 adults age 60 and older, representing nearly one-third (30%) of the county's population. Significantly older than both state and national averages, Ocean County has one of the highest concentrations of older adults in New Jersey and one of the largest aging populations in the Mid-Atlantic region. Over the next two decades, adults age 60 and older are projected to experience the region's highest population growth rate, underscoring the urgent need for coordinated, age-friendly planning, infrastructure, services, and systems development.

Together, we can shape the future of Ocean County

MULTISECTOR PLAN FOR AGING
OCEAN COUNTY, NEW JERSEY



JUNE 23, 2026
MANCINI HALL
OCEAN COUNTY LIBRARY

2027 NEEDS ASSESSMENT SURVEY RESULTS



In April 2026, the Ocean County Office of Senior Services conducted a comprehensive Needs Assessment through an online survey, paper questionnaires, and an in-person public hearing held on April 14, 2026. More than 800 residents participated, including homebound seniors who may not have access to a computer. The assessment was designed to identify the top factors that support independent living, the most significant challenges impacting seniors' ability to remain in the community, and the most essential services needed to achieve that goal. The survey asked participants to identify the factors most important to their quality of life, highlighting the top five services that support independent living for Ocean County seniors.

Age Group Demographics out of 850 Responses

Under 60 — 8%
60-69 — 18%
70-79 — 31%
80-89 — 29%
90 or older — 13%

Top 5 Priorities to Maintain an Independent Life

Food Insecurity — 508
Transportation — 487
Information & Assistance — 364
Home Repairs and Maintenance — 332
Financial Assistance — 290

732-929-2091 | www.co.ocean.nj.us/OC/SeniorServices/

Annual Senior Citizen Art Show

The Ocean County Office of Senior Services is excited to celebrate this year's Annual Senior Citizen Art Show! Congratulations to all of our winners, and a big round of applause to every artist who participated. The talent, creativity, and passion on display truly made this event special.

Thank you to everyone who entered, attended, volunteered, and supported the show. Your involvement helps keep this wonderful tradition going strong, and we look forward to seeing even more incredible artwork next year!



Photo Gallery

Latest News

AN EMPOWERING WORKSHOP FOR SENIORS 60+

DON'T GET FOOLED: SENIOR SCAM AWARENESS

WITH STAFFORD TOWNSHIP POLICE DEPARTMENT

Learn how to recognize red flags, protect your personal information, and safely handle suspicious phone calls, emails, and door-to-door visits.

REFRESHMENTS WILL BE PROVIDED, ALONG WITH GIVEAWAYS AND A RAFFLE!

PRESENTED BY:

- Pt. Tyler Szewd & Ptl. Anthony Vincent - Stafford Township Police Department
- Mental Health Association in NJ - Senior Success Program (SSP)
- Interfaith

TUESDAY, JULY 28TH, 2026
12PM - 2PM
OCEAN COMMUNITY CHURCH
1492 NJ-72 WEST,
MANANAWKIN, NJ 08050

TO ENROLL, PLEASE CALL SUZANNE:
732-703-7706

** Please note: Because this program is funded by grants, we are required to collect basic information (name, phone number, DOB month/day). Your responses are confidential. **

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WELLNESS WEDNESDAYS
Every Wednesday from 12:30 pm - 1:30 pm

Wellness Wednesday webinars with Family & Community Health Sciences will focus on a variety of topics related to food, nutrition, and healthy lifestyles. This series will walk you through the easy steps that you can take to add positive healthy behaviors into your day.

Join us on **Wednesdays at 12:30 pm** to learn from experts in the Department of Family & Community Health Sciences, Rutgers Cooperative Extension. All sessions are **FREE**, will last approximately 45 minutes, and will be provided via **ZOOM**. To join, you will need either a computer, tablet, or smartphone with speakers.

To register for one or more Wellness Wednesdays webinars visit
<https://go.rutgers.edu/wellnesswednesdays2026>

July Wellness Wednesdays

July 1, 2026
Healthy on the Road: Fueling your Summer Vacation

July 8, 2026
Staying Hydrated This Summer!

July 15, 2026
What's the Catch! Local Seafood all Summer Long

July 22, 2026
Stay Cool, Stay Safe: Summer Health for Older Adults

July 29, 2026
Nutrition for Active Aging: Fueling Your Body Across the Lifespan

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Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Board of County Commissioners. Rutgers Cooperative Extension, a part of the Rutgers State Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

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Find out more about Ocean Ride services!
(732) 736-8989

Ocean Ride

July 15 to July 19

OCEAN COUNTY FAIR Robert Miller Airpark
Route 530
Berkeley Township

Free Shuttle Service

Sponsored by the Ocean County Board of Commissioners

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HERE COMES THE HEAT! ☀️

A heat wave is abnormally hot weather for two or more days.
Hot weather caused by a heatwave can make you sick.

Stay safe in a HEAT WAVE

Keep updated: Watch the news or visit weather websites for local reports.

Store essentials: Have cold packs & spray bottles ready.

Stay connected: Know who to call if you need help. Talk to at-risk family & friends.

Heat exhaustion: Signs can be heavy sweating, dizziness, nausea, headache, muscle cramps & weakness.

Healthy Choices: Eat small meals, avoid alcohol, sugary drinks, stay hydrated with water.

Power loss: Have a flash light, a charged phone, a battery-operated radio, & extra batteries.

 **Ocean County Health Department**

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Beating the Heat: Summer Tips for Seniors

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint.

How to lower your risk:

- Check your home for proper ventilation.
- Seek relief from the heat in public buildings that are air-conditioned.
- Plan ahead for outdoor activities. Try not to exercise or do a lot of activities outdoors when it is hot.
- Drink plenty of replenishing fluids, such as water or fruit or vegetable juices.

What to remember:

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool place—air-conditioning is best.
- Drink fluids, but avoid alcohol and caffeine. Water and fruit or vegetable juices are good choices.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest in a cool place.
- Visit your doctor or go to an emergency room if you don't cool down quickly.

REMEMBER: Pets can also get dehydrated quickly, so give them plenty of fresh, clean water when it's hot or humid outdoors. Make sure your pets have a shady place to get out of the sun, be careful not to over-exercise them, and keep them indoors when it's extremely hot

[View Tool Kit for Older Adults](#)



THE OCEAN COUNTY FAIR SENIOR DAY FREE ADMISSION

Sunday, July 19 | 11am - 5pm | Seniors 55+

PARTNERSHIP WITH:



RUTGERS UNIVERSITY
Family and Community
Health Sciences
New Jersey Agricultural Experiment Station

SCAN HERE



Ocean County
Fair Homepage

www.OceanCountyFair.org

SCAN HERE



Senior Services

www.agefriendlyoceancounty.org

Valid ID Required

Upcoming Dates

July

15

Ocean County Fair Starts
July 15 - 19

July

19

Ocean County Fair Senior Day
11am - 5pm / Seniors 55+ / Free Admission

July
23

Beach Ball Blast

5-8:30pm / Live Music / Food Trucks / Games / Vendors

[Resource Directory](#)

[PAS-1 Application](#)

[NJSave Application](#)



[Get In Touch](#)



732-929-2091
1005 Hooper Avenue
Toms River, NJ 08754

Ocean County Office of Senior Services | PO Box 2191 | Toms River, NJ 08754 US

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