



# Ocean County Office of Senior Services

732-929-2091 or 800-668-4899

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**Resource Directory**

# OLDER AMERICANS MONTH



**POWERED BY CONNECTION: MAY 2024**

Older Americans Month 2024

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others. Here are some ways you can participate.

- Share facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.
  - Promote resources that help older adults engage, like community events, social clubs, and volunteer opportunities.
  - Connect older adults with local services, such as transportation, that can help them overcome obstacles to achieving or maintaining meaningful relationships.
  - Encourage partners to host a connection-centric event or program focused on older adult mentors to youth, peer-to-peer support, or similar efforts.
  - Challenge professional and personal networks to prioritize meaningful social connections and share the benefits.
  - Inspire older adults to share what connection means to them on social media using the hashtag #PoweredByConnection.
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# SENIOR EMPLOYMENT ASSISTANCE PROGRAM

## WHY SHOULD YOU JOIN?

**Program provided at NO  
cost to you!**

**Reignite your career with  
our supportive services**

**One-on-one career  
guidance and support**

**Boost your confidence  
with interview preparation,  
resume building, career &  
technology training, and  
much more!**

**Call today to register!  
732-281-8653**

**Who is encouraged to  
join?**

Ocean County Seniors 55+  
looking to reenter the  
workforce or start a new  
career after retirement!



**Program runs Monday-  
Friday, starting at 9AM!**

**1258 Route 166  
Stella Towne Center  
Toms River, NJ, 08753**

## What is the Handy Andy Program?

Handy Andy is a volunteer handyman service in Ocean and Monmouth County, NJ, designed to assist seniors aged 60 and older in aging gracefully in their own homes.

Recognizing that many seniors face challenges in finding reliable repair services for small home maintenance issues that are both safe and affordable, we offer a free service. Seniors can call us when they need assistance with minor repairs, and we'll coordinate with a volunteer to visit their home. For those who are homebound, please note that seniors will be responsible for purchasing materials needed for the repairs.

Seniors can easily register by completing a brief application over the phone, ensuring we have all the necessary information for safe and efficient maintenance.

## How to Register

- Call our office at: 732-505-2273 Ext. 212.
- Please plan to be on the phone for 15-20 minutes.
- For more information about the program please visit our website listed below.



Caregiver Volunteers of Central Jersey

732-505-2273 ext 212

201 Hooper Ave, North Suite  
Toms River, NJ 08753

nicoles@caregivervolunteers.org

www.caregivervolunteers.org



## Handy Andy Program



Free Home  
Minor Repairs  
and  
Maintenance

## What is Healthy Hop Transportation?

Healthy Hop is a **free** transportation service in Ocean and Monmouth County, NJ, designed to help seniors aged 60 years and older get to their medical appointments without any stress or worry.

We understand that many seniors have difficulty accessing reliable transportation, which is why we have partnered with the Monmouth County Office on Aging to provide this service.

With our service, seniors can simply call us when they are ready to go, and we will arrange for an Uber, Lyft, or local taxi service to pick them up and take them to their appointment. No need to book ahead or worry about transportation logistics. We'll take care of everything for you!

To use our service, seniors must register by filling out a brief application. This ensures that we have all the necessary information to provide a safe and efficient transport.

## Ways to Register

1. Call our office at: 732-505-2273. Please plan to be on the phone for 15-20 minutes.
2. Fill out a paper application and mail to Caregiver address listed below.
3. Fill out an application online on our website at [cvcj.org/healthyhop](http://cvcj.org/healthyhop).



Caregiver Volunteers of Central Jersey

732-505-2273

201 Hooper Ave, North Suite  
Toms River, NJ 08753

info@caregivervolunteers.org

www.caregivervolunteers.org



**HEALTHY HOP  
TRANSPORTATION**

A Free Ride  
to Staying  
Healthy

Click to Enlarge

# SOLAS Activities



## Ongoing Fun!



**Drop in OR Stay the Day!**

**Games, Fun, Crafts, Laughter,**

**Music, Movies, Computer Games & More!**

**Complimentary Lunch & Snacks**

**Kindly allow a 3 day RSVP for transportation!**



**Call 732-228-0486 or email:  
[Imabeepuff@brightharbor.org](mailto:Imabeepuff@brightharbor.org)**



# SENIOR FREEZE PROPERTY TAX REIMBURSEMENT 2023

Senior Freeze reimburses qualifying seniors and disabled residents for increases in property taxes or mobile home park site fees on their principal residences.

The deadline to file 2023 applications is October 31, 2024.

To be eligible for the 2023 Senior Freeze, you must:

- Be age 65 or older on December 31, 2022, or receive Social Security disability payments on December 31, 2022, and also on December 31, 2023; and
- Own and live in their home or leased a site in a mobile home park for a manufactured or mobile home that they owned since December 31, 2019, or earlier; and
- Paid all 2022 property taxes by June 1, 2023, and all 2023 property taxes by June 1, 2024; and
- Their annual income was \$150,000 or less in 2022 and \$163,050 or less in 2023. With some exceptions, all income must be taken into account, including Social Security, pension, etc.

Qualifying residents may apply online through the online filing portal at [njportal.com/taxation/ptr](https://njportal.com/taxation/ptr).

If you do not receive a booklet by March 15, please contact the New Jersey Division of Taxation's Senior Freeze Property Tax Reimbursement Information Line for assistance at 1-800-882-6597.

[Click for more Information!](#)

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# Recent changes to Senior Freeze include:

Increased income limit  
to \$150,000

Eliminated 10-year  
residency requirement

Applicant must still  
meet age, disability  
and homeownership  
requirements



**\*Repair Highlight\***

Dori has lived in her home in Whiting for seven years and enjoys sewing, crafting, and quilting. She is very active in her community clubhouse, running the kitchen and bingo nights. Dori was referred to Northern Ocean Habitat for Humanity by a friend in her community after expressing concerns about drafty windows, a broken water heater, and the need for a walk-in shower. In addition to repairing 7 windows, replacing the water heater, and performing a tub-to-shower conversion, our team also rebuilt the back porch and replaced the back entry door! Thank you, [Ocean County Senior Services](#), for the funding of this repair!



“I’ve never said thank you so much in my life. The team helped me move all my furniture which took such a weight off of me. I feel so comfortable in my home. It felt so dreary and now it’s beautiful. They did such a fabulous job and I can’t tell you how happy I am.”



Home in need of  
repair or modifications?








# attention homeowners

## home repair program

We do more than **new home builds!**

### program requirements

-  Home must be owner-occupied.
-  The home must be the primary residence of the owner for at least 2 years.
-  Homeowners must meet the income guidelines.
-  Homeowners must be current on mortgage payments.
-  The home must be insured.

Do you live in the northern Ocean County area? (See list of towns below.)

Do you need a ramp or other ADA modifications?

Do you know someone that fits this criteria that's in need of home repairs or modifications?

This grant is for those in need of critical home repairs or home modifications for aging or other needs. Call the listed contact information below to learn about the qualifications.

### Accepting applications

732-818-9500 ext. 102 or email:  
[programservices@nohfh.com](mailto:programservices@nohfh.com)

Visit our website to learn more



### Areas serviced by Northern Ocean Habitat for Humanity

Northern Ocean Habitat for Humanity has multiple home repair programs for qualifying individuals or families, servicing the following areas: Bayhead, Beachwood, Berkeley, Brick, Island Heights, Lakehurst, Lakewood, Lavallette, Manchester, Mantoloking, Ocean Gate, Pine Beach, Plumsted, Point Pleasant, Point Pleasant Beach, Seaside Heights, Seaside Park, South Toms River, and Toms River.

Call or email today for more information. Or visit our website at [northernoceanhabitat.org](http://northernoceanhabitat.org) > Programs > Home Repairs

Visit the Website

## Health Corner

As you grow older, you go through many changes, and you may need to adjust your lifestyle for healthy aging. Healthy eating and regular physical activity can be keys to good health at any age. Making suitable lifestyle choices may also prevent some health problems, such as diabetes, heart disease, and some cancers.

Health tips include

- Select high-fiber foods like whole-grain breads and cereals, beans, unsalted nuts and seeds, deeply colored vegetables (like green beans), and fruits.
  - Avoid fried foods. Choose broiled, grilled, or boiled options instead.
- Drink vitamin D-fortified low-fat or fat-free milk; milk products; or nondairy soy, almond, rice, or other drinks with added vitamin D and calcium to help keep your bones strong as you age.
- Drink fluids throughout the day. You may feel less thirsty as you get older, but your body needs fluids to stay healthy and keep you regular. If you have a bladder control problem, check with your doctor about what, how much, and when to drink liquids.
- Ask your health care professional about whether or how you can safely become active or increase your physical activity.
- Pick physical activities that you enjoy and can do on your own or with a friend or group.
  - Stay connected with family, friends, and your community.

**Learn what you can do to stay healthy and fit—for yourself and your loved ones!**

[Read More](#)



## Ocean County Office Of Senior Services



[Send Us An Email](#)



[Join Our Mailing List](#)

[Presentation Request](#)

**1027 Hooper Avenue  
Bldg. 2  
Toms River, New Jersey, 08754  
Phone 1-732-929-2091,  
1-800-668-4899**

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