



# Ocean County Office of Senior Services

732-929-2091 or 800-668-4899

Upcoming Events!



Follow and Like Us!

Be sure to visit our Facebook page  
for updates, and information.



Resource Directory



## Age Well in Ocean County *Senior Services Office Locations*

County Connection  
Ocean County Mall  
1201 Hooper Ave,  
Toms River, NJ  
08753

Main Office  
Ocean County Resource Center  
1005 Hooper Ave,  
Toms River, NJ  
08754

Ocean County  
Southern Service Center  
179 South Main St.  
Manahawkin, NJ  
08050

Call (732) 929-2091 for more information

**Service provided by the Ocean County Board of Commissioners**



With over 200,000 seniors living in Ocean County, the Ocean County Board of Commissioners provides services and programs that will help seniors continue to live independently and with a good quality of life.

The **Ocean County Office of Senior Services** serves as a comprehensive resource hub, offering information on transportation, housing, PAAD (Pharmaceutical Assistance for the Aged and Disabled), Senior Gold, Medicare, Energy Assistance, Senior Centers, Property Tax Relief programs, Caregiver Resources, Home Delivered Meals, and a wealth of other essential services.

### Code Blue

During an extreme weather event, the County follows its existing Code Blue Plan.

Once a Code Blue Alert from the County Office of Emergency Management is released, information regarding the availability of weather related services, provided by non-profit and volunteer organizations, will be offered on the Ocean County Department of Human Services website, through email and via social media.

## Get out of the cold during **CODE BLUE**

Text **NJCODEBLUE**  
to **898-211** to see  
current Code Blue  
activations and a  
list of warming  
centers.

Code Blue is determined by  
the individual county and  
shared with NJ 211.  
Consumers in need of live  
assistance can dial 2-1-1.



Wise Choices for Keeping Warm!

- At home, wear socks, slippers, and a hat.
- Keep your heat set to at least 68°F or higher during cold weather.

- Wear a windproof and water-proof jacket if you are heading into cold, rainy, windy, or snowy conditions.
- Dress in layers.
- If someone is showing signs of hypothermia, act fast. Get them out of the cold and into a warm room. Remove any wet clothing. Warm them up gradually. Cover them with warm blankets. Offer them warm drinks, but not alcohol. Avoid hot baths or heating pads. And take their temperature. If it's below 95°F, get medical help immediately.

— National Institutes of Health



## **2026 SOCIAL SECURITY CHANGES**

### **Cost-of-Living Adjustment (COLA):**

Based on the increase in the Consumer Price Index (CPI-W) from the third quarter of 2024 through the third quarter of 2025, Social Security beneficiaries and Supplemental Security Income (SSI) recipients will receive a **2.8** percent COLA for 2026.

## **Medicare Corner**

## **2026 MEDICARE PART A PREMIUMS, DEDUCTIBLES and CO-PAYMENTS**

### **Part A Monthly Premium**

- 40 or more quarters: \$0
- 30–39 quarters of coverage: \$311/month
- Less than 30 quarters: \$565/month

### **Part A (Hospital) Deductibles and Co-Payments per Benefit Period in Original Medicare**

- \$1,736 deductible, paid upon admission as a hospital inpatient for days 1-60
- \$434 per day for days 61-90
- \$868 per day for days 91-150 (*lifetime reserve days; non-renewable*)
- All costs for each day beyond 150 days

### **Skilled Nursing Facility Care Co-Payments in Original Medicare**

- Covered in full for the first 20 days after a minimum 3-day qualifying hospital stay
- Beneficiaries pay \$217 per day for days 21-100
- Beneficiaries pay all costs after 100 days

### **Paying for Hospice Care**

- Co-payment up to \$5 per outpatient prescription drug
- 5% of Medicare-approved amount for inpatient respite care

## **2026 MEDICARE PART B PREMIUMS**

If Your Yearly Modified Adjusted Gross Income in 2024 was		Premium you paid for Part B in 2025*	Premium you pay per month for Part B in 2026*
File Individual Tax Return	File Joint Tax Return		
Less than or equal to \$109,000	\$218,000 or less	\$185.00	<b>\$202.90</b>
\$109,000- \$137,000	\$218,000- \$274,000	\$259.00	\$284.10
\$137,001- \$171,000	\$274,001- \$342,000	\$370.00	\$405.80
\$171,001- \$205,000	\$342,001- \$410,000	\$480.90	\$527.50
\$205,001- \$500,000	\$410,001 – \$750,000	\$559.00	\$649.20
Above \$500,000	Above \$750,000	\$594.00	\$689.90

\*plus any late-enrollment penalties you may be assessed.

November 17<sup>th</sup>, 2025

[View Chart](#)



**SHIP**

State Health Insurance  
Assistance Program

Navigating Medicare

# ORIGINAL MEDICARE VERSUS MEDICARE ADVANTAGE



## COMPARING THE 2 TYPES OF COVERAGE



The traditional program offered directly through the federal government

MA plans that contract with the federal government to provide Medicare benefits

Original Medicare includes Part A (inpatient/ hospital coverage) and Part B (outpatient/ medical coverage)

MA plans are also known as Medicare private health plans or Part C

You will receive a red, white, and blue card to show to your providers when receiving care

You will use the membership card your plan sends you to get health services covered

Original Medicare limits how much you can be charged if you visit participating or non-participating providers

MA plans must provide the same benefits offered by Original Medicare, but they may apply different rules, costs, and restrictions

Supported by a \$1,500,000 award from ACL/HHS. Contents do not necessarily represent the official views of the U.S. Government.

[shiphelp.org](http://shiphelp.org)

## 2026 Providers!

- AAA Ocean County Senior Services
- Brick Township
- Bright Harbor Healthcare
- Caregiver Volunteers of Central Jersey
- Catholic Charities-Fix-It Program
- Catholic Charities- Providence House
- Community Health Law Project
- Community Medical Center
- Community Services Inc. of Ocean County (CSI)
- Compass 82
- CONTACT of Ocean & Monmouth Counties

- Habitat for Humanity International
  - Interfaith Health & Support Services of Southern Ocean County, Inc.
  - Jackson Township
  - Jewish Federation of Ocean County
  - Lakewood Community Services Corp.
  - Long Beach Island Community Center
  - Manchester Township
  - Mental Health Association of NJ
  - Monmouth Medical Center Southern Campus
  - Board of Social Services
  - Ocean Township
  - Point Pleasant Borough
  - St. Vincent De Paul, OLG
  - Toms River Township
-



MARIA LAFACE  
Director

OFFICE OF SENIOR SERVICES

P.O. BOX 2191  
1005 HOOPER AVE  
TOMS RIVER, NJ 08754



Telephone  
(732) 929-2091

The Ocean County Board of Commissioners is excited to share the launch of Age-Friendly Ocean County, a new initiative dedicated to making sure our community is a welcoming, supportive, and vibrant place to live for people of all ages.

As part of the AARP Network of Age-Friendly States and Communities, Ocean County is committed to creating opportunities and resources that help residents stay healthy, connected, and independent as they grow older. With more than 200,000 adults aged 65 and older living in our county, and tens of thousands more reaching that milestone every year, this work has never been more important.

In partnership with the Family and Community Health Sciences (FCHS) Program at Rutgers Cooperative Extension of Ocean County, and with support from the New Jersey Department of Human Services, we are proud to begin this journey with an Age-Friendly Community Grant. Together, we will be asking the most important questions: *What do older adults, caregivers, veterans, and people with disabilities need to thrive in Ocean County?*

Over the next several months, we will be:

- Listening to community members through a countywide needs assessment
- Developing an Age-Friendly Ocean County Action and Evaluation Plan
- Building partnerships with local leaders, organizations, and residents
- Using AARP's Eight Domains of Livability- including housing, transportation, outdoor spaces, social inclusion, and more- as our roadmap to lasting change

This isn't just about planning for the future. It's about making sure that right now, every person- whether you're raising a family, living with a disability, caring for a loved one, or enjoying retirement- feels supported, respected, and connected here in Ocean County.

We look forward to partnering with you, our residents, in shaping a county where everyone can age with dignity, purpose, and joy.

Together, we can make Ocean County a model age-friendly community.

Sincerely,

The Ocean County Board of Commissioners

♿ SPECIAL ASSISTANCE/ACCOMMODATIONS available, please call (732) 929-2091. ♻️

Enlarge Letter



Send Us An Email



Join Our Mailing List

**1005 Hooper Avenue  
P.O. Box 2191  
Toms River, New Jersey,  
US 08754  
Phone 1-732-929-2091,  
1-800-668-4899**



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!