



Spring 2018

Division of Aging and Disability Services
Quarterly Newsletter

Senior News Notes

ADDITIONS TO THE DIVISION OF AGING

INSIDE THIS ISSUE

- Additions to the Division of Aging
- Safe Spring Cleaning Tips.
- Senior Jamboree. Celebrating Disco!!
- Senior Art Show- June 6, 2018
- Meals on Wheels Volunteer Drivers Needed!
- Get on our email list.

With the approach of Spring and the anticipation of all things new, The Division of Aging would like to let you know that clients can now enjoy a broader range of services without having to call or visit multiple offices. One major change is the addition of three Social Workers who are now located within the Division of Aging office instead of Social Services.

Our Social Workers will be here to help our clients

navigate services such as: Adult Protective Services; Housekeeping; JACC (Jersey Assistance for Community Caregiving ; PERS (Personal Emergency Response System "Button") Safe Housing; and Statewide Respite.

Please welcome Steve Altman, Matt Merkel and Irma Varacalli to the Division of Aging and Disability Services!

Our Social Workers can be reached at 609-886-2784

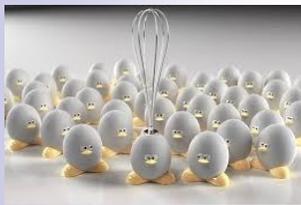
and are located in the Division of Aging Office at 4005 Route 9 South, Rio Grande, NJ 08242



FIVE SPRING CLEANING SAFETY TIPS FOR SENIORS



A boiled egg in the Morning Is hard to beat



Spring is the season of renewal, so get caught up in the fever, throw out the junk and re-organize your space! For seniors citizens and their caregivers, these five spring cleaning tips are for safety first:

1. Check the Medicine Cabinet - Are medications labeled and stored in their proper containers? Old liquid antibiotics, drugs comprised of organic ingredients and those requiring refrigeration should be safely discarded. Be sure to store medications in a cool, dark, dry place.

2. Clean up Clutter—Trips and falls are likely to happen when you accumulate too much "stuff". Reduce the risk by removing unnecessary and obstructive items from your regular walking path.

3. Have an Emergency Plan in Place - In case of an emergency such as a fall, or a kitchen accident, do you have important numbers on speed dial? Know who to call in an emergency and have your phone programmed accordingly. If you live in assisted living, be sure you understand how their emergency response system works.

4. Never try to move heavy objects on your own— For Seniors with reduced strength or mobility challenges, never try to move heavy objects or get on a chair of ladder. Ask for help!

5. Monitor your smoke alarm System, Fire Extinguisher and Emergency Kit - Check your smoke alarm and carbon monoxide detectors periodically. Every home should have at least two fire extinguishers (one in the kitchen for sure). Check the expiration date and remind yourself to monitor the device every once in a while.

STAY SAFE

2018 SENIOR JAMBOREE-THURSDAY MAY 3rd

Here's your opportunity to nominate someone you know for "Senior of the Year"

The Cape May County Board of Chosen Freeholders and the Division of Aging and Disability Services will host its Annual Senior Jamboree in honor of Older Americans Month. The 2018 theme for Older American's Month is Engage at Every Age. The event will be held at the Avalon Community Center, located at 30th & the Beach in Avalon, NJ on Thursday May 3rd. The doors open at 10:00 am.

Each year awards are given for the following categories: Male Senior of the Year, Female Senior of the Year, and Organization of the Year. If you know someone you feel deserves recognition for the Volunteer Work they do for their community, does not receive the recognition they deserve and you would like to nominate them, please put your reason in writing and send it to us.

Nominations are to be sent to the Division of Aging and Disability Services, 4005 Route 9 South, Rio Grande, NJ 08242 to the attention of Krista Fitzsimons.

The deadline for the nominations is April 2, 2018

Please include a brief biography about the person you are nominating or some history about the group you feel deserves some recognition. You must include their name, address and phone number, or a contact person's name for the group. We will need to contact you for further information so please include your name, address and phone number as well.

We cannot accept nominations without this information. The winners, along with their friends and family members will be guests of honor at this year's Senior Jamboree.

***Please join us this year,
for a
Jamboree Disco Celebration!!***



CAPE MAY COUNTY'S 44th ANNUAL SENIOR ART SHOW JUNE 6th, 2018

This year's Senior Art Show will once again be held at
ATLANTIC CAPE COMMUNITY COLLEGE,
 341 Court House/Dennisville Rd.
 Cape May Court House, NJ
 Artwork to be dropped off on
 June 5th

Reception to be held on June 6
 Applications will be available on
 April 2nd. Deadline is
 May 25th, 2018

All artwork will be on display until
 June 20th.

Any artist age 60 or over, professional, non-professional or beginner and currently residing in Cape May County may submit a total of two entries. All entries must be original and should have been completed within the last three years. Artwork shall not have been entered in the County Senior Art Show in the past three years.

- ◆ All work must be the original creation of the artist (mounting, matting and framing excluded). No kit paintings or copies of others' original art work will be accepted.
- ◆ Hanging craft or framed work, including photography must be no wider than 30" , including the frame and no narrower than 11"

- ◆ Sculpture or 3-D craft may not exceed 20" in height, width or depth, or over 30 lbs.

All participants are responsible for insuring their own works

CATEGORIES

OIL, ACRYLIC

WATERCOLOR: including gouache

PASTEL: including pastel, chalk and oil pastel

PRINT: prints such as etching, engraving, lithograph, woodcut, monoprint, silk-screen, etc.

SCULPTURE: Any work designed in three-dimension, carved or construction in any medium, abstract or figurative, painted or unpainted.

PHOTOGRAPHY: including color, black & white or tinted photographs taken with a film based camera or digital camera.

DRAWING: hand-drawn work in charcoal colored pencil, graphite and pen and ink.

DIGITAL/COMPUTER ART: artwork generated or altered using computer graphics software. Work must be entirely original, including the source material.

MIXED MEDIA: including collage and assemblage. Containing 2 or more media, no one which clearly predominates. **(ARTIST MUST SPECIFY MEDIA)**

CRAFT: ONE OF A KIND ORIGINAL CREATIONS ONLY—no craft kits, molds or wearable fiber art. Fiber art, basketry, glassworks, ceramic utilitarian works, needlepoint, etc.

Please keep any craft entry under 24" and you must be able to safely display it.

Professional & Non-professional Artists Welcome!!

The Cape May County Art Show is sponsored by the Board of Chosen Freeholders and the Division of Aging and Disability Services.

For further information or to receive an application, call 886-2784 ext. 615 or 613.

Nutrition and Mobile Meals



The Cape May County Mobile Meals program is designed for those homebound residents who are 60 years of age or older, who are unable to shop for or prepare food; are physically or mentally, permanently or temporarily impaired and/or chronically ill and living alone. Those elderly persons living with, and having the total care of a homebound or handicapped person may also be eligible.

This service is provided to you with Older Americans Act funding. Currently, we have approximately

200 clients receiving home delivered meals.

We have eight routes of clients throughout the County whose meals are delivered by Fare Free Transportation every day.

We also have two routes in the lower part of the county that are covered by volunteer drivers. We are in need of volunteers to cover those two routes in North Cape May and Villas.

This service is not just about dropping off a hot nutritious meal every day. For some of our clients, you will be the only other

human contact they may have that day and they look forward to seeing you. They feel safer knowing someone is there to check on them, smile at them, or just say “Hi, how are you doing?”

If you are considering volunteering, please consider delivering meals. It takes about 2—3 hours of your time. Please call 886-2784 Ext 608 for more information.

JUMP ON BOARD OUR “E-MAILING” LIST

Each quarter, we send over 2000 Senior News Notes through U.S. Mail. This involves lots of paper, printing and labor costs.

If you have access to e-mail and would like to receive your Senior News Notes electronically, please send an e-mail to:

patricia.oconnor@co.cape-may.nj.us

Include your name, email address and phone number. *Your phone number will only be used for verification purposes if necessary*



**Published by Cape May County
Division of Aging
& Disability Services**

**Jeffrey L. Pierson, Freeholder
Mary E. Dozier, Executive Director
Patty O’Connor, Editor**

***In cooperation with the Cape May County
Board of Chosen Freeholders***

www.co.cape-may.nj.us