



CAPE MAY COUNTY DIVISION OF AGING & DISABILITY SERVICES

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SENIOR NEWS NOTES

WINTER 2019

HAPPY NEW YEAR!

It's 2019! Time to think about a new year and maybe a new you! Consider visiting one of the four senior centers and check out the wide variety of programs they have to offer. Have you ever wanted to take a ceramics class? Participate in an exercise program? Or just have a place to sit and relax with friends? The senior centers are warm and welcoming places to be. There are centers located in Lower Township, North Wildwood, Ocean City and Upper Township. Take some time to explore one of **your** senior centers today!



MISSION STATEMENT

The Mission of the Cape May County Division of Aging and Disability Services is to promote the well-being and inclusion of older persons and those adults with disabilities in Cape May County, by providing information and education, and developing and advocating for services that assist these citizens to maintain independence and quality of life and make informed choices about their long-term care needs.



1-877-222-3737

CAPE MAY COUNTY DIVISION OF AGING & DISABILITY SERVICES

4005 Route 9 South
Rio Grande, NJ 08242

☎ 609-886-2784

PROGRAMS & SERVICES

Below is the list of programs & Services that we offer. Please call 609-886-2784 for more information on these and other services that we offer.

- Information & Assistance
 - Home Delivered Meal
- Congregate Nutrition & Socialization & Recreation at Senior Centers
 - Emergency Assistance
- Residential Maintenance/Safe Housing
 - Adult Protective Services
 - Housekeeping
- Jersey Assistance for Community Caregiving (JACC)
 - Adult Day Medical Services
 - Respite Services for caregivers
 - Personal Emergency Response System (PERS)
 - Caregiver programs
 - Legal assistance
 - Oral Health
 - Medication Management
 - And much, much, more...

If you would like this newsletter electronically, please email Krista.fitzsimons@co.cape-may.nj.us to be added to our email list.

IT'S COMMUNITY NEEDS ASSESSMENT TIME!

Each year the CMC Division of Aging & Disability Services conducts an annual Community Needs Assessment. This is the primary tool used to determine what programs & services the Division will fund. Please take a moment to fill out the form and mail it back to us at:

4005 Route 9 South, Rio Grande NJ 08242

We want to hear from you! By filling out the survey you get the opportunity to tell us what programs and services are important to you.



SENIOR CENTER SPOTLIGHT

LOWER CAPE SENIOR CENTER

The Lower Cape Senior Center is centrally located in Lower Township on Bayshore Road. Staff members Stephanie and Sara, with the help of our RSVP volunteers, are always so helpful and are there to make your day at the Senior Center the best it can be.

Some of the Center Activities include:

- Ceramics
- Loom knitting class
- Painting
- Quilting
- Computer class
- Watercolor Class
- Genealogy class
- Yoga
- Pokeno
- Tai Chi
- Bingo
- Tap/Ballet/Jazz
- Bridge
- Healthy Bones

AND MUCH, MUCH, MORE!

Visit the Lower Cape Senior Center today. Bring your friends or meet new ones. The coffee is always on!

VISIT A SENIOR CENTER NEAR YOU!

Lower Cape Senior Center

2612 Bayshore Road, Villas

Phone: 609.886.5161

Ocean City Senior Center

1735 Simpson Ave., Ocean City

Phone: 609.399.0055

N. Wildwood Senior Center

10th & Central Ave.,

N. Wildwood

Phone: 609.522.7611

Upper Twp. Senior & Wellness Center

1369 Old Stagecoach Rd.,

Palermo

Phone: 609.390.9409

NEED HELP PAYING YOUR GAS or ELECTRIC BILL?

The **Low-Income Home Energy Assistance Program (LIHEAP)** is designed to help low-income families and individuals meet home heating and medically necessary cooling costs. This year, the application period is October 1, 2018 to April 30, 2019.

The **Universal Service Fund (USF) Program** may be applied for at any time during the year and was created by the State of New Jersey to help make natural gas and electric bills more affordable for low-income households.

For more information on these programs please contact the Cape May County Division of Aging Disability Services at 609-886-2784 or the Puerto Rican Action Committee (PRAC) at 609-861-5800.

SENIOR NEWS NOTES

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

Jeffrey L. Pierson, Freeholder
Mary E. Dozier, Executive Director

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

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UPCOMING EVENTS IN 2019



SENIOR JAMBOREE – May 2, 2019 from 10:00 a.m. – 2:00 p.m.
Avalon Community Center
30th & Beach, Avalon, NJ

SENIOR ART SHOW – June 4, 2019 Reception.
Show can be viewed from June 4-19, 2019.
ACCC Cape May Court House Campus
341 Court House-South Dennis Rd
Cape May Court House, NJ 08210



AREA PLAN PUBLIC HEARINGS

Thursday, June 13, 2019 (10 AM)

Howard S. Stinton Ocean City Senior Center, 1735 Simpson Ave, Ocean City

Thursday, June 27, 2019 (10 AM)

Lower Cape Senior Center, 2612 Bayshore Road, Villas

CAREGIVER PROGRAMS & SUPPORT

For more information on the programs below call the CMC Division of Aging & Disability services at **609-886-2784**

The following programs are designed to provide support, education, information and referral services for caregivers to help them manage their stress and be an effective caregiver to their loved one(s):

GRANDPARENTS RAISING GRANDCHILDREN

This program is designed to support Cape May County grandparents who are raising grandchildren in their home. Held and provided by Rutgers Cooperative Extension in Cape May Courthouse, this program is a support group that meets on a regular basis, formed to help relieve caregiver stress and to provide peer support, education and information to a grandparent.

CAREGIVER MENTAL HEALTH COUNSELING

This program, provided by South Jersey Geriatrics, offers individual mental health counseling, to unpaid caregivers at home, to help the caregivers with the normal anger, frustration, guilt, isolation and depression that many individuals experience as caregivers.

CAREGIVER IN-HOME EDUCATION AND SUPPORT

This program, provided by South Jersey Geriatrics, offers individual education and support, to unpaid caregivers at home so they can improve their ability and effectiveness as caregivers, and prolong their ability to provide care for an elderly individual.

CAREGIVER SUPPORT GROUP

This is a group, provided by Cape Assist, that meets on a regular basis, formed to help relieve caregiver stress and provide peer support, education and information to caregivers.

STATEWIDE RESPITE CARE PROGRAM (SRCP)

This program, provided by the CMC Division of Aging & Disability Services, offers short term or intermittent care, due to the absence of or the need for relief of those providing care.