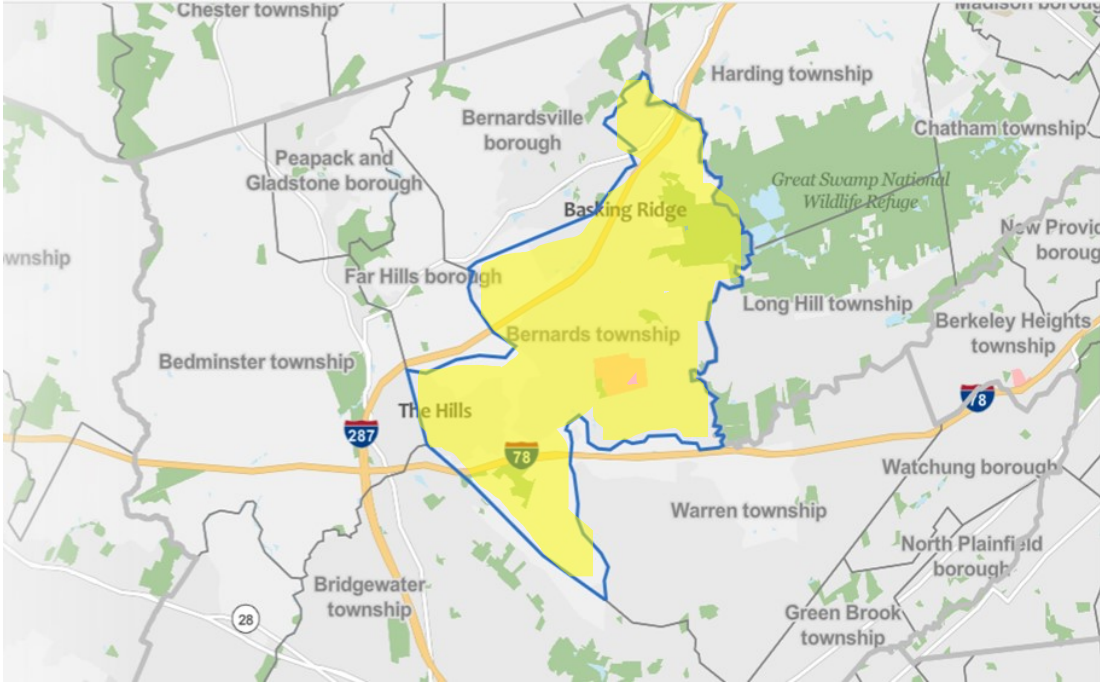


The Fabric of Benards: Senior Focus



BERNARDS
TOWNSHIP
CHARTERED 1760





Program Overview

- 9:00 Welcome & Program Introduction
- 9:05 Working for Seniors: Customer Service & Congressional Work
- 9:15 The Office of Assemblywoman Matsikoudis Legislative Updates from Trenton: Navigating Senior Benefits & New Programs
- 9:25 Somerset County Office of Aging Services
- 9:45 Bernards Township Resources: Senior Safety (BT Police Dept) & Library Offerings
- 10:00 Introduction of Local Resources in the Booths
- 10:20 Booth Interactions



CONGRESSMAN

TOM KEAN, JR.

REPRESENTING THE 7TH DISTRICT OF NEW JERSEY

Working for Seniors: Customer Service and Congressional Casework

JD Bryden, Deputy District Director, Rep. Tom Kean, Jr.

Contact Information

If you, or someone you know has an issue with the federal government, have them contact us

- Phone: 908-547-3307
- Website: Kean.House.Gov. Select “services” and then “Help with a federal agency”
- Visit our office: 75 Claremont Road in Bernardsville

We will get to work immediately for you.



CONGRESSMAN
TOM KEAN, JR.
REPRESENTING THE 7TH DISTRICT OF NEW JERSEY

The background of the image is a light blue, semi-transparent watermark of the Seal of the State of New Jersey. The seal features two female figures, Liberty and Justice, flanking a central shield. Liberty holds a staff with a Phrygian cap, and Justice holds a scale. The shield contains a plow and a sheaf of wheat. The words "LIBERTY AND PROSPERITY" are inscribed on a ribbon at the bottom. The outer ring of the seal contains the text "THE GREAT SEAL OF THE STATE OF NEW JERSEY".

**THE OFFICE OF ASSEMBLYWOMAN
MICHELE MATSIKLOUDIS**

SENIOR-FOCUSED LEGISLATION

- A297 - Increases fines for failing to report suspected abuse or exploitation of institutionalized elderly persons.
- A326 – Requires New Jersey Turnpike Authority to automatically offer toll discounts to senior citizens.
- A4040 – Promotes person-centered care plans and establishes right to certain forms of visitation for long-term care residents.
- AJR109 (3P) – Creates task force to improve transportation services for persons with disabilities and senior citizens.

Learn more at AswMatsikoudis@njleg.org or 908-679-8889



2024 SENIOR PROPERTY TAX RELIEF

- NJ ANCHOR Program – filing deadline for this year TBA
- Senior Freeze – filing deadline October 31, 2024
- NJ State Income Tax Return – April 15, 2024 (passed)
- Senior Citizen Property Tax Deduction – filing deadline December 31, 2024
- Veteran Tax Deduction – filing deadline December 31, 2024

Learn more at AswMatsikoudis@njleg.org or 908-679-8889

State legislative offices can not offer tax advice or prepare tax filings.



OFFICE CASEWORK

- Notary Services
- Senior Freeze / NJ ANCHOR filings and missing checks
- Unemployment Issues
- Disability Payments
- Motor Vehicle Issues and License Renewal Appointments
- ...and much more!

Learn more at AswMatsikoudis@njleg.org or 908-679-8889



CONTACT

The Office of Assemblywoman Michele Matsikoudis
180 South Street Suite 202
New Providence NJ 07974

908-679-8889 | AswMatsikoudis@njleg.org

Staff Point of Contact: Alex Pereira





OFFICE OF AGING AND DISABILITY SERVICES

Joshua O'Neal

Eldercare Educator, Somerset County

Mission

The Office of Aging and Disability Services is committed to promoting health, independence, dignity, and choice for adults ages 60 and older, adults with physical disabilities ages 18 and older, and their caregivers in Somerset County

Goal

The Office of Aging and Disability Services goal is to enable seniors to stay at home safely for as long as they desire and are capable

How We Help

Intake process with trained staff proficient in support systems and service navigation

1. Caller calls into the main line 908-704-6346 (toll free 1-888-747-1122)
2. Staff assess specific needs and make recommendations
3. Caller chooses to move forward or decline recommendations
4. Staff connect to appropriate assistance, program, or agency

Information Assistance & Beyond

Financial Programs:

- General Assistance
- SLMB
- Medicare Savings
- Extra Help
- PAAD
- Senior Gold
- Emergency Assistance
- Low/ Moderate Housing

Nutrition Assistance:

- Meals on Wheels
- Congregate Meals
- Private Delivery Services
- Jersey Cares Shopping
- Senior Shopper
- Food Bank
- Farmers Market Vouchers
- Nutritional Counseling

Utility Assistance

- Lifeline
- LIHEAP
- USF
- NJSHARES
- LIHWAP

Information Assistance & Beyond

Socialization

- Senior Centers
- Senior Clubs
- RSVP
- Friendly Visitor
- Adult Day Care
- Companion Care
- Telephone Reassurance

Home Health Aide Assistance

- JACC
- Respite Care
- MLTSS
- County Homemaker
- VA Programs
- Community Medicaid
- Private Hire

Other Programs

- Transportation
- SHIP
- Project Lifesaver
- Caregiver Support
- PASP
- Health Promotion Programs
- Volunteer Services
- Handyman
- Legal Services
- Veterans' Programs

Overview of OOA&DS

- **Nutrition and Wellness Programs**
- Special Services
- Application Assistance
- Referrals

Senior Wellness Centers

- ❑ Somerset County residents who are 60 and older
- ❑ Open Monday - Friday (8:30-4:00)
- ❑ Noontime meal provided Monday – Friday
- ❑ Transportation provided by Somerset County Transportation, if needed
- ❑ Provide exercise, education, music, and wellness programs
- ❑ Volunteer opportunities

Home Delivered Meals

- Meal services for homebound individuals 60 and older, Caregivers, and disabled persons living within home
- Provide 1 lunch time meal Monday thru Friday
- Safety check provided by driver
- Meals are nutritionally balanced and low sodium
- Meals available:
 - ▣ Meat based hot meal
 - ▣ Non-meat based hot meal
 - ▣ Frozen and Boxed meals
 - ▣ Special diets (low sodium, low sugar, pureed)
- Donations accepted

Overview of OOA&DS

- Nutrition and Wellness Programs
- **Special Services**
- Application Assistance
- Referrals

Telephone Reassurance

- Provides socialization and a safety and security check to someone who may be isolated
- Assist with identified concerns during call and follow through
- Client chooses time, and days of calls (a few times a week, once a week, etc.)
- Calls are completed by the OOADS staff

Jersey Assistance for Community Caregiving (JACC)

- Provides case managed budget to individuals to enable them to stay in the community
- Services available for purchase: respite care, homecare services, environmental accessibility adaptations (chair lifts, etc.), day care services, meal services, and medical consumable purchases
- Eligibility:
 - Seniors 60 and older
 - Living in community
 - Must complete clinical assessment
 - Meet financial eligibility

Project LifeSaver (PLS)

- Partnership with Somerset County Sherriff's Office
- Specific for seniors with dementia who have a known history of wandering and have 24/7 caregiving
- Special radio frequency equipment used to locate an individual in a timely manner
- Caregiver must inform Sherriff's office of missing loved one

Personal Assistance Service Program (PASP)

- Provides monthly budget to adults with permanent physical disabilities
- Eligibility:
 - Lives in NJ in the community
 - Be capable of directing their own services
 - Adults ages 18 and older
 - Requires assistance with personal care
 - Must be working, volunteering (20 hours month), or attending school
 - Not eligible for Medicaid

Personal Assistance Service Program (PASP)

- Allocates monthly budget to participant based on assessment score
 - ▣ Hire personal care direct worker (agency or loved one)
 - ▣ Hire services related to disability (cleaning, transportation, etc.)
 - ▣ Receive 10% in cash to pay for items not covered by insurance
 - ▣ Save for large expenses or home modifications

- Allows for maximized choice for participants
 - ▣ Changes in schedule
 - ▣ Services continue throughout life span

Overview of OOA&DS

- Nutrition and Wellness Programs
- Special Services
- **Application Assistance**
- Referrals

Medicare/Prescription Assistance

- **Pharmaceutical Assistance to the Aged and Disabled (PAAD)**
 - 65 or older; or 18 - 64 and receiving SSDI
 - Coverage for Part D monthly premiums
 - Co-payment is \$5 for each generic drug and \$7 for each brand name drug

- **Senior Gold**
 - 65 or older; or 18 - 64 and receiving SSDI
 - 50% prescription cost coverage after the copayment of \$15

- **The Specified Low-Income Medicare Beneficiary (SLMB)**
 - Part B premium coverage for low-income and low-asset individuals

Utility/Food Assistance

- **LIHEAP** – Heating assistance offered October 1 - June 30
 - ▣ Also includes cooling assistance for the summer with doctor certification
- **USF** – Assistance with using electricity October 1 - June 30
 - ▣ Must have costs that are at least 2% of gross annual income
- **LIHWAP**- Assistance with water and wastewater costs
 - ▣ Eligible households also qualify for LIHEAP
- **SNAP** – Monthly budget that can rollover to the next month for food purchases

Overview of OOA&DS

- Nutrition and Wellness Programs
- Special Services
- Application Assistance
- **Referrals**

Referrals for assistance – Home Health Aide

- **Managed Long-Term Services and Supports (MLTSS)**
 - Personal care assistance, low assets, HHA and Medicaid coverage

- **County Homemaker** - managed by Board of Social Services,
 - Limited Home Health Aide (HHA) assistance for low-income and asset (individuals and couples)
 - Small cost share

- **Respite** – managed by VNA of Northern NJ
 - Offers annual budget to pay for HHA on a limited respite basis
 - Program is a reimbursement for paid HHA services

- **List of Private Pay Agencies** – Seniors Blue Book publication

Referrals for assistance

- **Other homebound assistance** -Shopping services and Friendly Visitor program
- **Medicare Assistance** – Assistance with claims, enrollment, and questions
- **Legal needs-** Evictions (tenants' rights), Wills, POA for low asset individuals
- **Home Repair**—volunteers provide labor home repair and safety, client pays for cost of materials
- **Food Need** –based on need and location
- **Housing** – referral to housing experts in the area

Contact

Office of Aging and Disability Services

908-704-6346

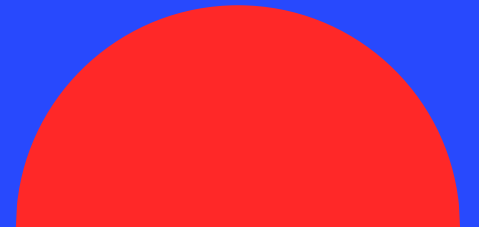
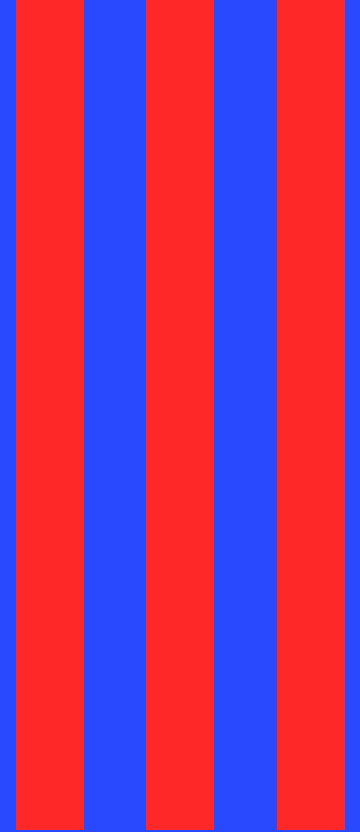
(Toll free)1-888-747-1122

Joshua O'Neal, Eldercare Educator

908-541-5740

oneal@co.somerset.nj.us

Crimes Targeting Senior Citizens



Most Common

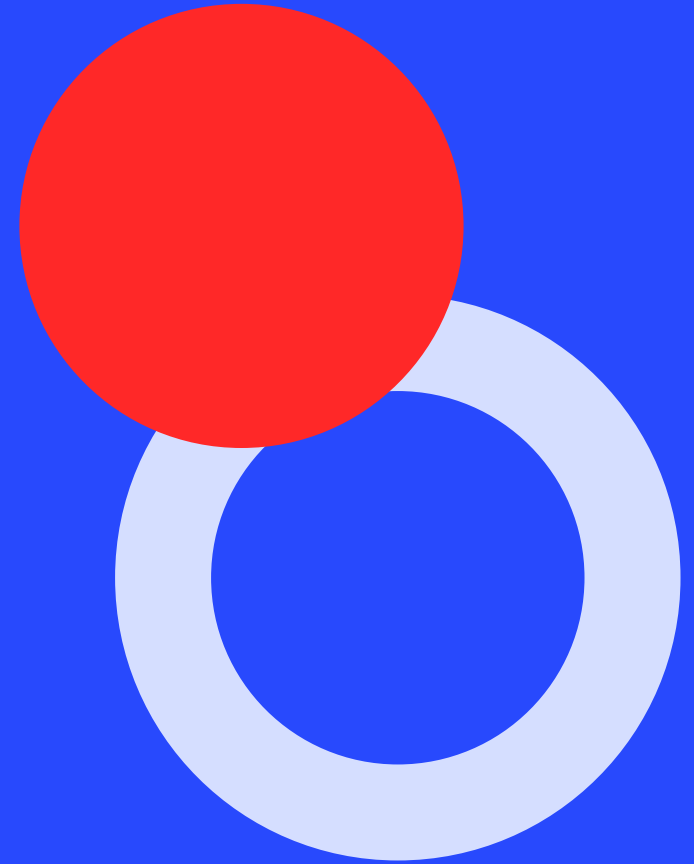
Burglary

Robbery

Fraud

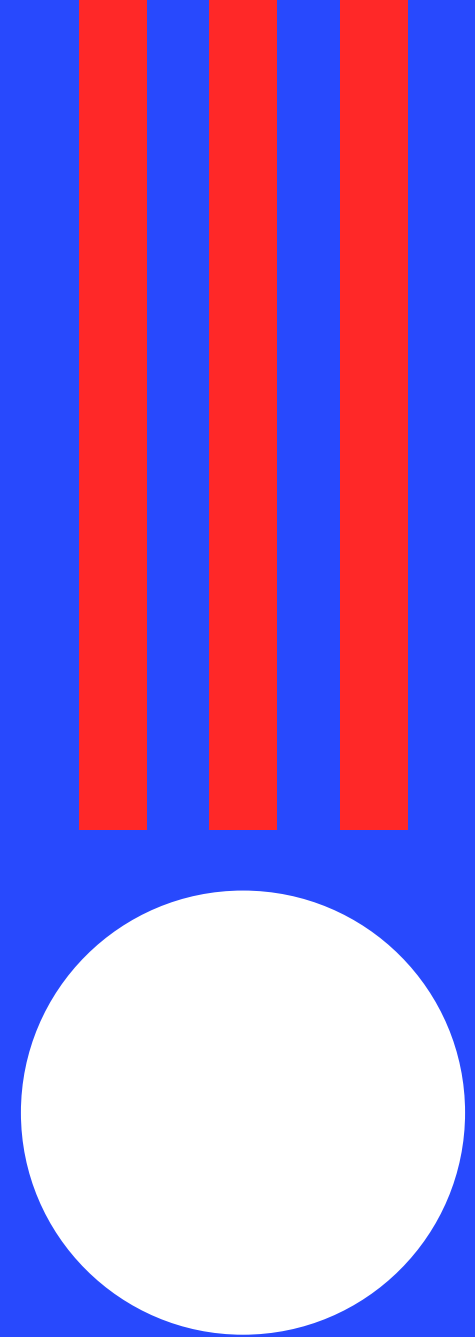


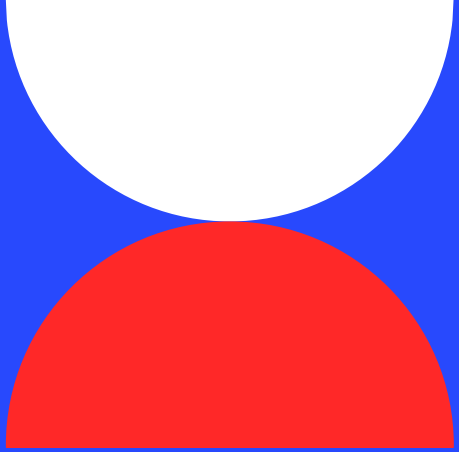
Fraud and Scams



\$3.4 Billion

**Total losses in 2023 by those
over the age of 60**





Most Common Fraud/Scams Among the Elderly

TECH SUPPORT FRAUD

\$600 million in losses

INVESTMENT SCAMS

\$1.2 billion in losses

Other Scams Regularly Affecting Those Over 60

Romance Scams

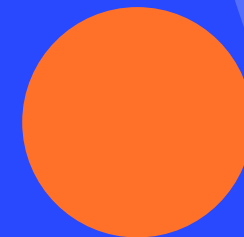
Cryptocurrency Scams

“Grandparent” Scam



Beware Of...

- Sending checks through the mail
- Pressure to act quickly
- Directions to click on a link
- Directions to purchase gift cards and provide card numbers to caller
- Requests for SSN or bank information
- Artificial Intelligence



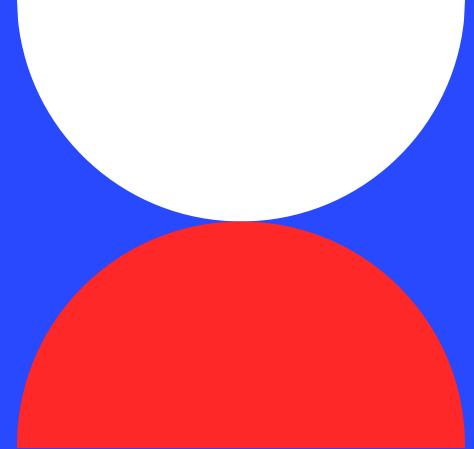
Protect Yourself

VERIFY. RESIST. REFUSE

VERIFY caller/contact/sender information

RESIST pressure to send money quickly
and secretly

REFUSE to send immediate payments



OTHER CONCERNS



DISTRACTION THEFTS

DISTRACTION BURGLARIES

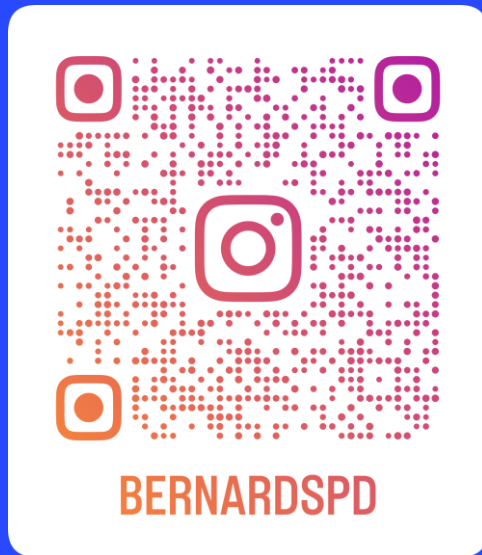
PASS THIS INFORMATION ON TO A FRIEND OR LOVED ONE



Bernards Township Police Department
www.bernards.org

Facebook- Bernards Township Police Department

Instagram- bernardspd



Bernards Township Library

Lynne Hilf, Senior Reference Librarian



BERNARDS TOWNSHIP
LIBRARY

Library Materials

- ▶ We have books and much more!
 - ▶ eBooks, Large Type, Audiobooks, eAudiobooks, TBBC
 - ▶ Movies and Music
 - ▶ Magazines, eMagazines, Newspapers
 - ▶ Puzzles and games
 - ▶ Library of Things
 - ▶ Chinese Language Collection
 - ▶ Health Tote Bags
 - ▶ Museum Passes

Library Services

- ▶ One-on-one assistance
 - ▶ Tech Teens (Tuesday, Wednesday, Thursday and Saturday)
 - ▶ Research assistance with Reference Staff
 - ▶ Referrals to community services
 - ▶ Assistance with setting up and using library resources
- ▶ Printing and Scanning
- ▶ Online Resources - Business, Jobs, Health, Consumer, Test Prep, Genealogy
- ▶ Use one of our computers
- ▶ Local History
- ▶ Job Help
- ▶ Free Wi-Fi!
- ▶ Notary
- ▶ Tax assistance

Library Programs

- ▶ Sign up for our newsletter to find out about our many lecture programs
 - ▶ In person and online
- ▶ 2 monthly book discussion groups
- ▶ Cookbook club
- ▶ Craft Corner programming
- ▶ Crochet and knitting
- ▶ Leisure Learning
- ▶ Tech classes

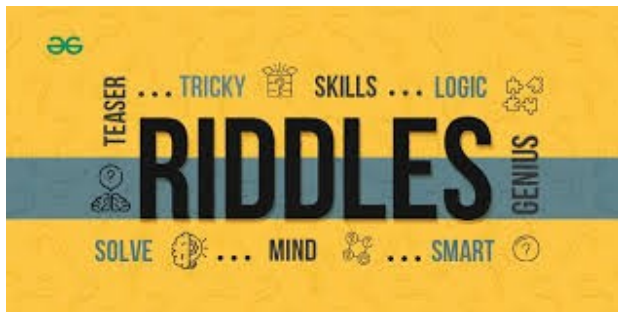
Upcoming Programs



IN PERSON Repair Cafe
Saturday, June 8th
11:00am - 2:00pm
DROP IN EVENT



IN PERSON Adult Chair Yoga
June 12, 2024,
11:30am - 12:15pm



IN PERSON Riddles Make You THINK!
June 20, 2024,
7:00pm - 8:00pm

To learn more about the library...

- ▶ Visit us!
 - ▶ 32 S. Maple Ave. Basking Ridge
- ▶ Call, email or text
 - ▶ 908-204-3031
 - ▶ reference@bernardslibrary.org
 - ▶ Text us your questions at 908-365-0776
- ▶ Visit our website
 - ▶ www.bernardslibrary.org
- ▶ Stop by our table for more information



Program Overview

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- 9:45 Bernards Township Resources: Senior Safety (BT Police Dept) & Library Offerings
- 10:00 Introduction of Local Resources in the Booths**
- 10:20 Booth Interactions**

Local Resource Overview: Arbor Terrace Basking Ridge

- **Organization Overview:** "We Listen, We Respond, We care"
 - **Mission:** In Assisted Living at Arbor Terrace, we are dedicated to providing you with a lifestyle focused on wellness, socialization and safety.
 - **Scope of Services:** Assisted Living, Bridges "Supportive Memory Care" and Evergreen, Secure Memory Care.
- Arbor Terrace Basking Ridge is located at 3066 Valley Road, Basking Ridge NJ. Phone contact information: (908) 747-1489
- The following services are provided at Arbor Terrace Basking Ridge: Care support, medication management, engagement, transportation, three chef prepared meals daily, etc.
- **Financial Considerations:** Fee for service associated with each resident. Long term care insurance accepted. Arbor Terrace reserves the right to provide 10% of beds to Medicaid services for accepted residents after a private pay spenddown.

Local Resource Overview: Booth Information

- Arbor Terrace Basking Ridge
- Contacts:
 - Kelly Adams, Executive Director
 - Joan Aranzullo, Community Sales Director
 - Donna Smith, Community Sales Director
 - Samantha Johnson, Business Office Director
- The Arbor Team is happy to answer any questions you may have!

Local Resource Overview: Fellowship Village

A comprehensive resource for active adult living and supportive aging services

- **Our Vision:** *To transform the aging experience to empower one's life.*
- **Our Mission:** *We create innovative opportunities to enrich the lives of older adults.*
- **Our Services:**
 - **Independent Living** (* Accessible to the greater community)
 - Active adult residences from 1 bedrooms to freestanding homes
 - 3 Dining Venues including Tapas Bar and Lounge with outdoor seating*(with theater tickets)
 - Life-Long Learning with Fairleigh Dickinson Univ.*
 - Sieminski Theater*
 - **Supported Living** (+ Offered throughout New Jersey)
 - Assisted Living*
 - Memory Care*
 - Skilled Nursing*
 - Sub-Acute Rehab*
 - Out-Patient Rehab*
 - Therapy at Home+
 - Home Care+
 - Hospice+
 - Thrive Med-Spa*
 - Vibe Fitness Center*
 - Vibe Salon and Day Spa*
 - Fellowship Medical Group Practice*
- **Location** - 8000 Fellowship Road, Basking Ridge, NJ 07920, (908)-580-3800
- **Fellowship Village is a Life Plan Community**
 - A full continuum of residential living options
 - Supported Living can also be accessed on a fee for service basis
 - Many of the amenities listed can be accessed on a fee for service basis



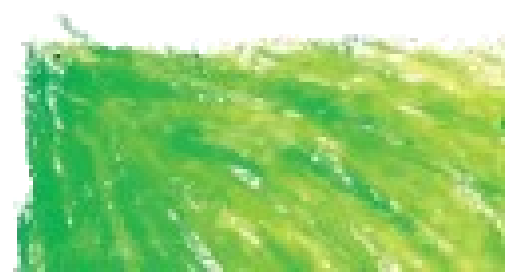
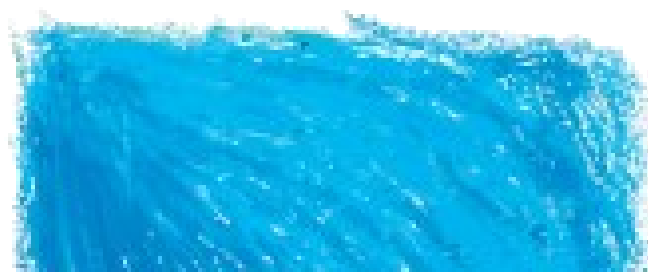
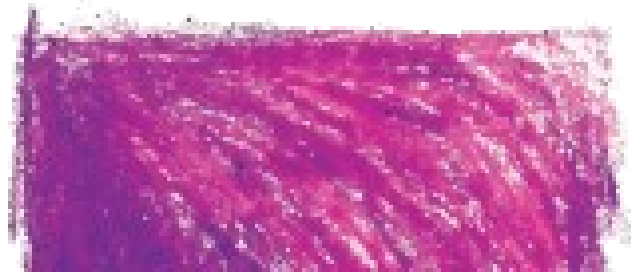
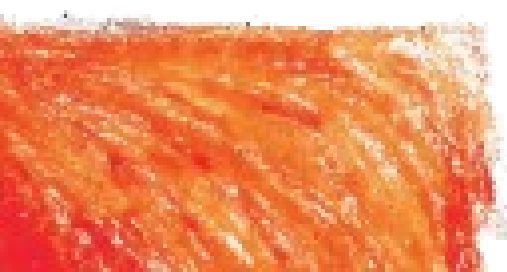
**FELLOWSHIP
VILLAGE**
Welcome to Inspired Living

A PREMIER FELLOWSHIP LIFE COMMUNITY



The Residence at Basking Ridge

Premier Senior living Community offering Independent Living, Assisted Living and Memory Care. With over 35 years of longevity in luxury Senior Living, We are honored to bring the highest quality of living, socialization and care to the Basking Ridge area.





The Residence at Basking Ridge

- Physical Address:
 - 219 Mt. Airy Rd. Basking Ridge
- Contact information:
 - Main Number: 908.495.6100
 - Sales and Marketing, Ally Stewart, Andi Knoble
- Opened October of 2023
- Month-to-month rental, no large buy-in
- Currently 70% occupied!!
- Move in independently, no second move is required when you need assistance
 - All Day Dining 7 am – 7 pm
Full Menu Available 12 hours per day!
- Full programming calendar 7 days/week, many nights until 8PM.



Ridge Oak Senior Housing

- Ridge Oak Senior Housing offers rent subsidized housing for senior citizens. Our mission is to offer quality affordable housing to the elderly with support services to promote self-sufficiency & safety. We do not offer assisted living or nursing home care.
- Our campus and community building is located at 150 Manchester Drive, Basking Ridge.
- Starting on July 8 we will accept applications for Ridge Oak II, our facility at 35 Lindbergh Lane. If you would like to receive our opening announcement, send your email address to info@ridgeoak.org.
- There are BOTH age (head of household must be 62 or older) and income requirements to apply for and to live at Ridge Oak. All residents must be in the US legally.
- Please visit our website for more information about our facility and eligibility.
 - Website – www.ridgeoak.org
 - Phone – 908-221-0266



- Booth -
 - Ridge Oak Senior Housing
- Hosted by-
 - Meriem Harbi, Marketing and Leasing
 - Suzanne Reino, Office Administration
- Information available –
 - Type of housing provided, how our waiting list works, eligibility criteria support services available.

Local Resource Overview: Sunrise of Basking Ridge

- **Mission:** To champion the quality of life for all seniors
 - Sunrise provides a spectrum of senior living and care, including assisted living, memory care, and short-term stays. Our community takes a personalized approach not just to care, but also to residents' lifestyles. With engaging programs and events, exceptional cuisine, an active social life, and a pet-friendly environment, our residents enjoy their time and live life to the fullest alongside good friends.
- **Address:** 404 King George Road, Basking Ridge, NJ 07920
- **Phone:** 908-542-9000
- **Contact:** Paulina Pinzon, Director of Sales (Paulina.Pinzon@sunriseseniorliving.com)
- **Private-Pay**

Local Resource Overview: Booth Information

- Sunrise of Basking Ridge
- Paulina Pinzon, Director of Sales

Questions

- Can you tell me a little more about Assisted Living?
- When is my loved one ready for Assisted Living?
- When can I come in to tour the community?

Local Resource Overview: Oasis Senior Advisors – Central Jersey

- Oasis Senior Advisors is a national franchise which demonstrates quality and promotes excellence through best practices, national partnerships, and rigorous standards.
- Our Mission is to positively impact families during a difficult time in their lives. We do this by providing a free, personal and compassionate service to help our families find the right senior housing for their loved ones.
- Oasis Senior Advisors – Central Jersey focuses on Morris, Essex, Union, Middlesex, Somerset, Mercer and Monmouth Counties and surrounding areas.
- Office located in Piscataway, but will travel to clients
 - Phone: 732-524-8864 (Call or Text)
 - Email: Cpizarro@YourOasisAdvisor.com
 - Hours: Monday – Friday - 8:00 am – 9:30 pm; Saturday - 9:00 am – 5:00pm
- Free Service for seniors and their families.

Local Resource Overview: Booth Information

- Oasis Senior Advisors – Central Jersey
- Connie Pizarro – (732) 524-8864 or Cpizarro@YourOasisAdvisor.com
- Questions:
 - What are my options when I need personal care?
 - How much does it cost to live in an assisted living community?
 - Does medicare pay any of the cost?
 - What is the difference between a nursing home and an assisted living community

Local Resource Overview: Atlantic Adult Day Center

- The Atlantic Adult Day Center, a social adult day program model, offers a warm and supervised environment for older adults to enjoy a meaningful day filled with activity and socialization. Through a structured schedule and customized programming, the social, cognitive and personal care needs of our members are met. In addition to providing companionship and activity, the Center offers an economical alternative to daily in-home care. Adult day services may help avoid the difficult choice to move your loved one to a long-term care facility.
- Location/Phone/Hours
 - 200 Mount Airy Road
Basking Ridge, NJ 07920
 - **908-766-2310**
 - Monday – Friday 8:00am – 4:30pm
- Financial considerations
 - **Participate with two financial assistance programs**
 - Alzheimer's Grant
 - NJ Statewide Respite Grant
 - ADC Scholarship Program
 - **Private Pay (we do take LTC insurance)**
 - 1-2 days (\$95 per day)
 - 3-4 days (\$80 per day)
 - 5 days (\$70 per day)

Local Resource Overview: Booth Information

Atlantic Adult Day center

Mallory Dubuisson, CDP; Assistant Manager

- Main #- 908-766-2310
- E-mail- Mallory.Dubuisson@atlanticealth.org

Questions that can be answered

- **Can I visit the Atlantic Adult Day Center and learn more?**
- **How do I enroll my loved one in the program?**
- **I work part-time. Can my parent attend only on the days that I am working?**
- **What are some indications that adult day services might be appropriate for my loved one?**
- **Can my loved one still take medications while at the Center?**
- **Is financial assistance available for adult day care services?**

Local Resource Overview: Community in Crisis



OUR MISSION: To lead and unite communities to reduce the incidence and consequences of the misuse of substances through education, prevention and holistic support in an environment free of stigma. We offer substance use prevention education and recovery support services to all residents of Somerset County.

Our programs for seniors:

- For seven weeks, we offer a weekly interactive Healthy Aging program to teach older adults strategies on to age in a healthy and enjoyable way.
- Our presentations about alternative approaches to pain management teach older adults how to manage their pain with non-opioid approaches, such as yoga, chiropractic care, massage, physical therapy, etc.
- Contact:
 - Website: www.CommunityinCrisis.org/healthy-aging
 - Coordinator: Brenda Miller senioreducation@communityincrisis.org:
- Programs are completely funded by state grants and are FREE to participants

Local Resource Overview: Booth Information

- Community in Crisis
 - Brenda Miller, Senior Education Coordinator
- Ask Me About:
 - Safe Medication Disposal
 - Alternative Approaches to Pain Management
 - Upcoming Programs



**Community
in Crisis**

Local Resource Overview: Somerset Hills YMCA

- Somerset Hills is a Community Organization with purpose of keeping our community healthy and engaged.
- Location: 140 Mount Airy Road, Basking Ridge NJ 07920
- Phone: 908-766-7898
- Hours:
 - Mon-Friday 5am-10:00pm
 - Saturday 6:00am-8pm (starting Sept 9th)
 - Sunday 7:00am -8:00m (starting Sept 9th)
- Cost:
 - All classes are free with a Senior Membership.
 - Senior single Monthly \$75(\$69.00 join fee 1X)
 - Senior Couple Monthly \$104.00 (\$125.00 Join fee 1X)

Local Resource Overview: Booth Information

- Somerset Hills YMCA
- Lisa Pensabene
- Questions
 - How many group ex classes do we offer to seniors? 10
 - What chronic Disease offerings do we offer?
 - LiveStrong
 - Parkinson's
 - Diabetes Prevention
 - Memory Café

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Thank you for attending!



BERNARD'S
TOWNSHIP
CHARTERED 1760

