



MONMOUTH COUNTY OFFICE ON AGING

# Senior NewsLines

Jointly funded by the Monmouth County Board of Chosen Freeholders and the New Jersey Division of Aging and Community Services, Department of Health & Senior Services

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## You Can Cut Your Drug Expenses



Medicare drug benefit enrollees can avoid, or at least delay, by an average of 74 days entering into the Part D coverage gap (known as the “doughnut hole”) by opting for generic drugs and mail service pharmacies. Patients with high blood pressure, diabetes, heart disease, and chronic obstructive pulmonary disease will realize substantial cost-savings by utilizing generics. Alzheimer’s disease, patients will likely see the least in savings.

After a \$250 deductible, the standard Part D plan requires a 25% co-payment for drug costs up \$2,250.00 This is followed by the \$2,850.00 coverage gap, during which no benefits are paid. When out-of-pocket expenses for drugs exceed, \$3,600.00, Medicare will pay about 95%.

CMS Administrator Mark B. McClellan said about three million enrollees would enter the “doughnut hole” this year. Even so, they should keep using their drug plan discount cards so that proper records are kept. When enrollees reach the \$5,100.00 threshold, the Medicare plan will come back into the picture with 95% of drug costs. When the year ends, the clock resets, and enrollees start again with the standard deductible (if that is in their plan.)

Source: NJ Healthcare Advocate Volunteer Effort N.J. H.A.V.E.

## REPORT POSSIBLE FRAUD

The NJ HAVE Project provides education, assistance and advocacy to residents of New Jersey in order to identify, report and prevent Medicare and Medicaid fraud, waste and abuse. Call (732) 777-1940 FOR MORE INFORMATION OR CALL THE Empire Medicare Services toll free hot-line at 1-877-678-4697 to report possible Medicare or Medicaid fraud.



## **Winter Freeze**

Winter storms pose serious threats to people, pets and property. Extreme cold, freezing rain, snow and strong winds can be especially dangerous. Take precautions now to protect your family and your home.

### **Before**

- Keep space heaters away from flammable materials. NEVER leave them unattended!
- Bring pets indoors.
- When using supplemental heating sources such as fireplaces, kerosene space heaters, make sure you have proper ventilation and a Carbon Monoxide detector in place. Always take your space heater outside to refill it.
- Install smoke alarms and carbon monoxide detectors. Replace batteries every six months.
- Move all vehicles inside the garage if possible. Never leave a vehicle running with the garage door down.
- Prepare an emergency survival kit: battery-powered NOAA weather radio and portable AM/FM radio, blankets/sleeping bags, first aid supplies, flashlights, extra batteries, extra medicines and baby items, three-day supply of non-perishable food and water, pet items.
- Insulate all exposed water pipes outside the home.

### **During**

- Stay inside.
- Close-off unoccupied rooms in the home. DO NOT use charcoal-burning devices.
- Wear layers of loose-fitting, lightweight, warm clothing. Remove layers as needed to avoid overheating, perspiration and subsequent chill.
- Set the thermostat in your house no lower than 55 degrees.
- Allow a slow trickle of water to flow especially if the faucet is on an exterior wall. (Be sure both the hot and cold faucets are flowing.)
- Open spigots to allow a small, continuous drip to prevent freezing.
- Remove garden hoses and drain water from spigots.
- Open cabinet doors to allow heat to get to uninsulated pipes under sinks and appliances near exterior walls.
- Drink plenty of non-alcoholic fluids and eat high-caloric foods.

### **After**

- Never try to thaw a frozen pipe with an open flame or torch. Shut off the water and call a licensed plumber.
- Clear walkways and sidewalks to prevent injury, but use caution to avoid overexertion.
- Identify possible damage.
- Report damage, such as broken pipes and downed tree branches or power lines, to utility company and avoid the area to prevent personal injury.



Senior Center member Carmen Cabranes dressed in her Halloween costume with Josephine Antonsanti.



Members of the Howell Senior Center show off the winning trophies at the Center's recent first Horseshoe Tournament.

## **Howell Township Senior Citizens Center**

The Howell Township Senior Citizens Center is a multi-purpose facility housed in the municipal complex of the Township. We offer a multitude of programs and services to senior citizens of Howell Township age 60 and older. Hours of operation are Monday through Friday from 8:30am until 4:30pm. Our building is handicapped accessible. The Senior Center works in cooperation with Interfaith Neighbors, Inc. to offer a daily nutrition program to Howell's seniors at the Center. Lunch is served daily, usually at 12:00 noon. Homebound seniors who are unable to attend the Center and cannot prepare their own meals may be eligible for the home delivered meals program.

Classes offered at the Senior Center include ceramics, arts and crafts, line dancing, computers and exercise. Throughout the year, the Center hosts a variety of health screenings and lectures of interest to seniors. In addition to a blood pressure clinic which is held on the fourth Monday of every month medical professionals in our community donate their time and their expertise by holding free screenings. Screenings offered have included cholesterol, glucose, cataract, glaucoma, hearing, osteoporosis, podiatry, oral cancer, and chiropractic. We also feature health care and other professionals who lecture on such topics as physical therapy, proper nutrition, hearing loss, dental care, legal and financial issues relevant to seniors, Medicare and supplemental insurance policies, medication management, and scams and their impact on senior citizens. Earlier this year, we held a three session Caregivers' seminar and a six session arthritis seminar.

Other activities at the Senior Center include bingo, holiday parties, and safe driving programs. Our Tangled Thread Knitting and Crochet group meets on Thursdays and our members make beautiful lap robes, hats, scarves, sweaters, and other requested items that are distributed to local community service organizations. We have a History of Howell Club that meets regularly to reminisce and to educate people on our rich culture and history. We periodically offer self defense classes for senior citizens as well as watercolor classes. In addition, we have multi-cultural festivals on a regular basis.

The Center affords Howell's seniors the opportunity to remain very involved with the community. We participate in many intergenerational programs and are quite involved with the Howell Township public schools. We have expanded our intergenerational activities to include both pre-school and high school interactive programs. The Center also works closely with the Howell Chamber of Commerce, the Howell PBA, Southard Fire Department #1, the Community Alliance for the Prevention of Alcohol and Drug Abuse, the Howell Optimist Club, the Howell Women's Club, Howell Elks Lodge #2515, the Howell Food Pantry, the Howell Lions Club, and other community organizations and local businesses to offer a broad scope of services to seniors and to the community at large.

Our Just in Thyme Senior Cupboard provides much needed supplies to our members who have great financial need. We gratefully rely on donations to maintain our Cupboard. In addition to the above activities and programs we have a social worker on staff to provide case management services and to assist seniors and their families with issues relevant to their needs.

We also have a large volunteer program for people of all ages who wish to donate their time and their skills to senior citizens.

Services provided at the Senior Center, including transportation to our Center as well as to our outside activities are free to all Howell Township residents age 60 and over. We welcome donations to provide services to the senior citizens of our Township. Free membership registration is required. Participants in the nutrition program are invited to make a \$2.50 donation per meal, which is given to Interfaith Neighbors, Inc. to enable them to continue offering their services.

For further information or to request a monthly Senior Center newsletter or to volunteer your services please call (732) 938-4500 ext. 2550.



## **Seasonal Jobs Available at Six Flags Great Adventure**

Six Flags Great Adventure in Jackson, NJ has a 55+ employment program and is looking for recruits. The work is seasonal beginning in April and ending in the beginning of November. In the spring and autumn the work is on weekends only. You can apply for full-time or part-time employment for whatever days you want to work.

The park has many different areas of employment opportunities such as; entertainment, finance, food service, games and arcades, security, ride operators, retail, and safari/education. Six flags offers competitive wages, free incentives from area businesses including: movie passes, restaurant gift certificates, and concert tickets.

Beginning February 1, 2007 you can apply online at [www.sixflagsjobs.com](http://www.sixflagsjobs.com) or call Michael A. Pitch, Human Resources Recruiting Supervisor at **732-928-2000, Ext. 2619**.

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