



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

John A. Wanat, Executive Director

Telephone: 1-877-222-3737

September 2007



Web site for caregivers and chronically ill renamed

'Lasting Lifestyles' provides online guidance, support and information

FREEHOLD – The Monmouth County Division of Aging, Disabilities and Veterans Interment today announced the renaming of a free Internet-based program called “Lasting Lifestyles,” which provides guidance and support for Monmouth County caregivers and the chronically ill.

The program was launched a year ago under the name “VieBridge Connections,” but the name is being changed to reflect the title of the popular talk show “Lasting Lifestyles,” which was produced as part of the content for the original Viebridge Web site.

“We found that people were connecting to the phrase Lasting Lifestyles,” said John Wanat, executive director of Aging, Disabilities and Veterans Interment. “To make it easy to connect all the benefits of the program, we renamed the Web-site to correspond to the Lasting Lifestyles talk show, currently aired on Brookdale Television and coming soon to our local public access television station.”

As an exciting new concept of support, Lasting Lifestyles provides tools, information, education and access to local professionals necessary for self management of care and independent living. Through Lasting Lifestyles, people are proactive in their wellness planning, informed and connected to family, friends, local professionals and community, no matter where they live and work.

“There are no boundaries for Monmouth County residents and their families when participating in this wonderful program,” said Janet Corbally, director of Lasting Lifestyles. “The program keeps people connected to the latest disease management, wellness and resource information available.”

Lasting Lifestyles utilizes leading-edge Web-based technologies, including videos, personalization and secure log-in whereby people can track their vitals, self manage diet and nutrition, have access to local experts and the connection to resources, education and support. There are chats, video conferencing and many wellness tools to be proactive in wellness planning for themselves and those who are providing care. Additionally, the program offers respite and fun, by way of connecting to family, friends, community and like-minded people and by providing relaxation for quality of living and lifestyle, legal and finance and arts and entertainment.

“This program serves as a cutting-edge model of health and wellness supporting and addressing the needs of the “whole person,” Corbally said.

Recently, “Lasting Lifestyles” was honored with the “Partner in Awareness Award” from the Central Jersey Dystonia Support & Action Group for all of the work, education, outreach and support provided to those with Dystonia through the Lasting Lifestyles program and the Dystonia Resource Center established within the program.

Access to “Lasting Lifestyles” requires a personal computer and cable or broadband connection. To register, simply log onto www.lastinglifestyles.net . For more information call Janet Corbally at (732) 431-7450.

Partially funded under Title III, Older Americans Act of 1965, as amended through a grant by the State of New Jersey Division of Aging and Community Services, Department of Health & Senior Services.



THE MONMOUTH CANCER COALITION SENDS YOU THIS HEALTH MESSAGE ABOUT PALLIATIVE CARE.

It's no secret that people are living longer, and advancing age usually brings multiple health conditions. With families spread out, the care of the chronically ill elderly is becoming ever more complex.

Palliative care is that care which focuses on comfort and the best possible quality of life for the individual. It is aimed not only towards the patient but the family as well. Palliative care is best done by a team approach, usually with medicine, nursing, social work and spiritual support. A 2004 study published in the Journal of the American Medical Association reported that people referred to hospice and palliative care experienced improved symptom management and a higher level of patient and family satisfaction. Symptom management has always been the hallmark of hospice personnel, and the knowledge of these experts can lend to better management at all stages of serious disease management.

The palliative care movement is fast spreading across the country. Most urban and large hospitals offer palliative care in some form, and local hospice programs may also be offering palliative care as a separate service for those not yet in need of end of life care. For more information about palliative care, visit <http://www.getpalliativecare.org>

For more information about the Monmouth Cancer Coalition, visit <http://www.monmouthcancercoalition.org>.

The Monmouth Cancer Coalition is made possible by a grant from the New Jersey Department of Health and Senior Services' Office of Cancer Control and Prevention with the Visiting Nurse Association of Central Jersey as grant recipient. The mission of the Monmouth Cancer Coalition is to implement the New Jersey Comprehensive Cancer Control Plan in Monmouth County. For more information on Comprehensive Cancer Control in NJ, please visit: www.njcancer.gov.



PROTECT YOUR SOCIAL SECURITY AND SSI PAYMENTS WITH DIRECT DEPOSIT

**By Joanne Crane
Social Security Manager in Neptune NJ**

Natural disasters such as wildfires and floods are forcing people in different parts of the country to leave their homes. The last thing a person who falls victim to this kind of devastation needs to worry about is how they're going to get their next Social Security or Supplemental Security Income (SSI) payment.

The good news for people who get their Social Security and SSI benefit payments by direct deposit is there won't be anything to worry about.

Even if you don't fall victim to any disasters, direct deposit is still the best way to receive your benefit payments. Here's why.

Direct deposit is safe. Your money is deposited directly into your account at your bank or financial institution. Because it's transferred electronically, there's never a risk of your check being lost or stolen.

Direct Deposit is quick. You'll get your payment faster when it's deposited directly into your bank. Your money is immediately available to you once it's deposited into your account.

Direct Deposit is convenient. No more need to stand in line at the bank to cash your check, or to leave your house when the weather is bad. It's also nice to know your payment is in the bank instead of the mailbox when you're on vacation or away from home.

When faced with a devastating event, there's no question about where you'll find your payment when it's directly deposited into your bank. The same cannot be said for paper checks being mailed to mailboxes that no longer exist.

To learn more about direct deposit of your benefit payments, and to sign up, visit our website at www.socialsecurity.gov/deposit/. You can also call us at 1-800-772-1213 (TTY 1-800-325-0778) and use our automated telephone services. If you are deaf or hard-of-hearing, call our TTY number at 1-800-325-0778.

Whether the weather in your area is terrific or terrible, you can rest assured that your payments are safe and secure with direct deposit.

How do I take a home inventory and why?

Would you be able to remember all the possessions you've accumulated over the years if they were destroyed by a fire? Having an up-to-date home inventory will help you get your insurance claim settled faster, verify losses for your income tax return and help you purchase the correct amount of insurance.

Start by making a list of your possessions, describing each item and noting where you bought it and its make and model. Clip to your list any sales receipts, purchase contracts, and appraisals you have. For clothing, count the items you own by category -- pants, coats, shoes, for example -- making notes about those that are especially valuable. For major appliance and electronic equipment, record their serial numbers usually found on the back or bottom.

* **Don't be put off!**

If you are just setting up a household, starting an inventory list can be relatively simple. If you've been living in the same house for many years, however, the task of creating a list can be daunting. Still, it's better to have an incomplete inventory than nothing at all. Start with recent purchases and then try to remember what you can about older possessions.

* **Big ticket items**

Valuable items like jewelry, art work and collectibles may have increased in value since you received them. Check with your agent to make sure that you have adequate insurance for these items. They may need to be insured separately.

* **Take a picture**

Besides the list, you can take pictures of rooms and important individual items. On the back of the photos, note what is shown and where you bought it or the make. Don't forget things that are in closets or drawers.

* **Videotape it**

Walk through your house or apartment videotaping and describing the contents. Or do the same thing using a tape recorder.

* **Use a personal computer**

Use your PC to make your inventory list. Personal finance software packages often include a homeowners room-by-room inventory program.

* **Storing the list, photos and tapes**

Regardless of how you do it (written list, floppy disk, photos, videotape or audio tape), keep your inventory along with receipts in your safe deposit box or at a friend's or relative's home. That way you'll be sure to have something to give your insurance representative if your home is damaged. When you make a significant purchase, add the information to your inventory while the details are fresh in your mind.

Printed with permission from

Source:

© Insurance Information Institute, Inc. - ALL RIGHTS RESERVED -

Monmouth County Office on Aging
P.O. Box 1255
21 Main and Court Center
Freehold, NJ 07728

