

NEWSLINES

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

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Wellness

Facts about Fevers

Because a fever is a sign that something is out of balance in your body, many people think that fevers are bad. In fact, a fever can help you fight off disease-causing bacteria and viruses that tend to grow and flourish at the body's normal temperature. Fever activates your immune system, which protects you against infection.

Even though normal body temperature is considered to be 98.6 degrees Fahrenheit, Dr. Fred Gill of the National Institutes of Health Clinical Center says that "there's a lot of individual variation in the 'normal' temperature. Body temperature often fluctuates throughout the day. It tends to be higher in the afternoon and early evening and is typically lower in the middle of the night. A slight rise in temperature without other symptoms does not necessarily mean you have a fever." In general, doctors don't consider you to have a fever until your temperature reaches 100.4 degrees.

Fever often brings the shivers. You feel chilled because blood vessels in your skin tighten and shrink, keeping

your blood warm deeper within your body and making your skin feel cold. As a result, your muscles contract and you shiver. Fevers often start to subside when you begin to sweat. Sweating is good because it helps your body cool down and return your temperature to normal. Infections are the most common cause of fever, but there are many other triggers. Toxins, certain medications, cancer and diseases that weaken the immune system are a few of the things that can cause your temperature to rise. In general, if a fever is mild and you have no other major symptoms, simply drink fluids and get plenty of rest.

Be Wise: Adults should contact a doctor if:

body temperature is above 103 degrees Fahrenheit or if body temperature is 100.4 degrees Fahrenheit for more than 3 days or if the following symptoms accompany a fever:

- Severe headache
- Unusual skin rash
- Neck stiffness or pain
- Confusion
- Persistent vomiting
- Difficulty breathing or chest pain
- Abdominal pain or pain when urinating
- Blood in stool

Monmouth County Division on Aging, Disabilities and Veterans' Interment

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NEWSLINES



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OF THE DIVISION ON AGING, DISABILITIES AND VETERANS' INTERMENT

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www.visitmonmouth.com/aging

Our New Caregiver Specialist

Are you a Caregiver?

Does someone in your life depend on your help?

Do you do their grocery shopping?

Take them to the doctor;

Pay their bills;

Do their laundry; or

Prepare their meals?

Perhaps you are more intimately involved with caring for them and actually help them bathe and dress. Whether it is your full time job or tasks that you do in addition to your other full time job, you are a caregiver if you have answered yes to any of these questions. And, although it may feel as if you are alone sometimes, you have a *lot* of company. It is estimated that there are over 1 million unpaid caregivers in New Jersey alone. Each of us will be a caregiver or care recipient at some point in our lives, and caregivers have a unique set of concerns and needs.

Across the nation, there are an increasing number of people who are living longer and

aging in place. There are also many grandparents raising their grandchildren. This has created a need for broad range of support services.

Navigating that varied network of services can be confusing and time consuming. In order to support caregivers in their demanding role, the Office on Aging has added a licensed social worker who will assist caregivers to access the information and resources that they need. Colleen Smith, MA, MSW, LSW joined the OOA staff in late September. She comes to the agency from one of the county's long term care facilities. In addition to long term care, Colleen has experience in home health, psychiatric social work and addictions. In her role as Caregiver



Caregiver Specialist, Colleen Smith

Specialist, Colleen will be providing education, support, and referrals and will also lead support groups for caregivers.

The National Family Caregiver Support Program (NFCSP), funded by the Older Americans Act, was established in November, 2000 and is administered by the Department of Health and Human Services' Administration on Aging. The program calls for states, in conjunction with their Area

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Facts About Fevers



Offices on Aging, to provide five basic services to caregivers:

- Information to caregivers about available services;
- Assistance to caregivers in gaining access to supportive services;
- Individual counseling, support groups & training to caregivers to assist them in making decisions and solving caregiving problems;

- Respite care; and
- Supplemental services such as home modifications, assistive technologies, emergency response systems, equipment/supplies and transportation.

If you have any questions on these issues or would like more information on the support services available to you, please call Colleen at the Monmouth County Office on Aging at 732-308-3770 x8780.

Happenings

2009 Senior Art Show

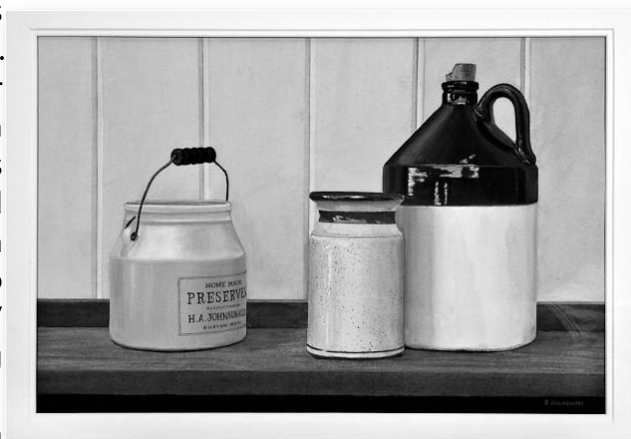
The 2009 Monmouth County Senior Citizen Annual Art Contest and Exhibition, which is sponsored by the Monmouth County Division on Aging, Disabilities and Veterans' Interment was held again this year at the Monmouth County Library Headquarters in Manalapan, New Jersey, during the month of July. There were 114 entrants — the largest showing ever. Eighteen of the entries won First Place ribbons and went on to the New Jersey State's 43rd annual contest in East Windsor. At the state competition, three Monmouth County residents won first place ribbons: Lola Adolf for her Oil-Professional entitled *Highlands Bridge*, Frank Colaguori for his Watercolor-Professional entitled *Three Jugs*, and Barbara Silvano for her Watercolor-

Nonprofessional entitled *Backyard in Tuscany*.

And for the third year in a row, a Monmouth County senior artist took home a New Jersey State Best-in-Show award! Frank Colaguori's watercolor, *Three Jugs*, was judged the best among all the artwork categories submitted by 103 Professional artists from seventeen counties. This is quite an honor for Frank and for Monmouth County. Freeholders Barbara McMorrow and Amy Mallet presented a Recognition Certificate to Frank at the Freeholders' Working Session meeting on November 24.

For more information on the Senior Art Show

and to view the artwork, as well as photos of participating artists receiving their certificates from Freeholder McMorrow at the Art Show Reception held on July 15th, go to our Web site www.visitmonmouth.com/aging under the left tab entitled "2009 Senior Art Show".



on the Senior Art Show ***Three Jugs by Frank Colaguori takes Best In Show***

ALERTS!

Something New and Exciting - A Senior Spring Swing

Mark Your Calendar!! This year, instead of hosting a Senior Picnic in the fall, we at the Office on Aging have decided to do something a little different. We

will be co-sponsoring, with Monmouth University, a spring dance at which bands from various high schools will provide "swing band" entertainment. It

will be held at Monmouth University on **May 4, 2010.**

Please plan to attend this exciting event. More details to follow in our *Spring Newslines*.

ALERTS!

Free Oral Cancer Screenings Available for Seniors in Monmouth County

The Monmouth Cancer Coalition presents The Third Annual Oral Cancer Screening Drive

April 15 – 21, 2010

The Monmouth Cancer Coalition will sponsor its third annual free oral cancer screening drive to raise awareness about risks of oral cancer and reduce mortality from the disease. Free oral cancer screening exams will be available to seniors for one week in April at over forty venues including private physician and dental practices, senior centers, residential treatment centers, hospitals, clinics and family practices.

Screening sites will be:

- Keyport Senior Center – 4/19 from 10 am – Noon;
- Manalapan Senior Center – 4/19 from 1:30 pm – 3:30 pm;
- Long Branch Senior Center 4/21 from 1:00 pm – 3:00 pm and at
- Neptune Senior Center – 4/28 from 1:30 pm – 3:30 pm

For more information about the Oral Cancer Screening Initiative and the Monmouth Cancer Coalition, please visit www.monmouthcancercoalition.org or contact the Coordinator at 732-418-3210 or pvirga@newsolutionsinc.com

ALERTS!

2010 United States Census

It's time to stand up and be counted!! This year marks the point in time when the people of the United States are counted by the Census Bureau to facilitate the awarding of federal funds to states and communities. The census also guides local decision makers in important community planning efforts, including the building of new roads, hospitals and schools, and determines how many seats each state will have in the United States House of Representatives. The 2010 Census Form is one of the shortest in history and has only ten questions and takes about ten minutes to complete. Completing your census form is **easy, important** and **safe**. The 2010 Census timeline is:

February – March, 2010:	Census questionnaires are mailed or delivered to households
April 1, 2010:	Census Day
April – July 2010:	Census takers will visit households that did not return a questionnaire by mail
December, 2010:	By law, Census Bureau delivers population count to the President
March 2011:	By law, the Census Bureau completes delivery of redistricting to states

Don't Forget – Snowbirds (people who live in one state but spend the winter in another state with a warmer climate) **are to be counted at the residence where they live most of the year!!**