

NEWSLINES



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www.visitmonmouth.com/aging

The Monmouth County Office on Disabilities



My name is Sue Moleon and I am the Director for the Monmouth County Office on Disabilities. In March 2008, I replaced Alex Buono who retired with over 20 years of dedicated service to the disabled community of Monmouth County. All of us at the Division on Aging, Disabilities, and Veterans' Interment Affairs wish him a healthy and happy retirement.

I come to the Office on Disabilities after many years of experience working with people who have disabilities. My experience includes working with adults with traumatic brain injuries, children and adults with autism and other developmental disabilities, adults with mental health issues, and the injured population from the World Trade Center attack who have sustained long-term physical and mental health injuries. My volunteer experience includes working with the American Red Cross in disaster services, working as a 9/11 support group co-facilitator, and as a volunteer for Rancho Los Amigos Medical

Center in Downey, CA in their traumatic brain injury unit.

The Office on Disabilities provides information and referral services for people with disabilities. Calls are received covering a wide range of disability issues including housing, transportation, durable medical equipment donations, financial assistance, and issues regarding the Americans with Disability Act. The majority of our calls are received from citizens of Monmouth County who are under the age of 60.

In addition to information and referral services this office is committed to developing community partnerships with organizations that can improve and promote the overall well being for people with disabilities. Last month the Office on Disabilities partnered with the Monmouth County Sheriff's Department to design a "Sheriff's Office Medical Alert Photo ID Card". Information on this card will include emergency contact information, allergies, medication, and medical conditions. This card will be available to citizens of Monmouth County free of charge who demonstrate a need to have this information on-hand in case of an emergency.

Identifying the location of people who are home bound in the event of a natural or man-made disaster is

important to the security and well being of our Monmouth County citizens who are disabled. This month, the Office on Disabilities, through a partnership with the Monmouth County Office of Emergency Management, can now directly register people online using the "NJ Special Needs Registry". This service will enable emergency responders to locate and evacuate people in the event of a disaster.

The Office on Disabilities developed a partnership with the Jersey Coast Chapter of the American Red Cross to store durable medical equipment donations in their warehouse for citizens of Monmouth County who do not have access to needed equipment. The durable medical equipment is available free of charge. We thank the Jersey Coast Chapter of the American Red Cross for this wonderful partnership.

My vision for the Monmouth County Office on Disabilities is to continue to develop partnerships with community organizations and to expand information and referral services so that Monmouth County citizens with disabilities can receive vital services. Please contact the Monmouth County Office on Disabilities with any questions you may have regarding these programs (732-761-3599). ❖

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Fun



A Light Summertime Treat - Orange Creamsicle Pie

Ingredients

8 ounce package of fat free cream cheese
8 ounces of Yoplait Light Orange Crème Yogurt
5 packets of Equal sugar substitute
¼ teaspoon vanilla extract
1 small package of sugar free orange Jello
1 cup fat free cool whip
1 low fat graham cracker piecrust

Directions

Beat cream cheese and yogurt until creamy.
Mix in the Equal and vanilla extract. Stir in the Jello and beat to blend. Fold in Cool Whip.
Pour into pie crust and chill for 4 hours.

Makes 8 servings. Each serving is 226 calories. **Enjoy!!!** ❖

From Melanie O'Brien

Happenings

Paper Plates Urge for Funding of Meals

Monmouth County Freeholder Barbara J. McMorrow delivered 1,720 signed paper plates to Trenton on June 9th in support for an increase in Casino Revenue Funds for Meals on Wheels and

Transportation. With the rising cost of gasoline, tremendous hardships face the State's Meals on Wheels and Senior and Disabled Transportation programs. For the first time, Interfaith Neighbors, who

provides the bulk of the Monmouth County home delivered meals averaging 1,000 home delivered meals a week and 200 to 250 congregate meals a day, has a waiting list of 120 persons, and the prospects of more people needing to be served is rising.

The message sent to Trenton says "Meals on Wheels" delivers what may be the only meal of the day, by the only person a senior or disabled person sees all day! A statewide campaign is in high gear to get our legislators to increase Casino Revenue funding for Meals on Wheels and Transportation services. ❖



John A. Wanat, Director of the Division on Aging, Disabilities and Veterans' Interment Affairs gives Freeholder Barbara J. McMorrow 1,720 signed paper plates in support for Meals on Wheels and Transportation for the elderly and disabled.

Happenings

Senior Farmers' Market Nutrition Program

Each summer the Monmouth County Office on Aging distributes vouchers for income eligible seniors to participate in the Farmers' Market Program. The program is run by the New Jersey WIC Services and the vouchers for fresh produce locally grown by participating farmers are distributed by the Office on Aging, some senior centers and some senior housing complexes around the county.

You must obtain the vouchers in person and show proof of age, residency and income to determine eligibility. If eligible, each participant

will be given \$20.00 in four vouchers to be spent between June and October at a local farmer's market. Nutritional information will also be available to you when you obtain your vouchers.

If you have any questions about eligibility, where to obtain vouchers or which farmers participate, please call Cathy Joyce at 732-431-7450. ♦



ALERTS!

*A Reminder -
never give your social
security number to anyone
over the telephone*

Happenings

Senior Picnic 2008 Invitation

An event we all look forward to will take place this year on September 16, 2008 with the raindate of September 17, 2008. The picnic will be held at East Freehold Park from 11:00 am until 3:00 pm. As always, there will be music and entertainment by Joey Suduka and the pet therapy animals will be with us. Some new organizations will be present with informational handouts. If you wish to reserve your boxed lunch from Interfaith Neighbors, please fill out the form below, include a check in the amount of \$3.75 for each person and send it in a sealed, stamped envelope to Interfaith Neighbors at the address indicated. If you need transportation please call 732-431-6485 by September 5, 2008.

Monmouth County Office on Aging Annual Senior Picnic
September 16 or 17, 2008 11:00am – 3:00pm • East Freehold Park, Freehold, New Jersey

Box Lunch Reservation Form

Name: _____

Address: _____

Phone Number: _____

Cost is \$3.75 per box lunch and deadline to order is **September 5, 2008**. Return reservation form and check to:

Interfaith Neighbors, 810 Fourth Ave., Asbury Park, NJ 07712

of lunches needed _____ Amount enclosed _____

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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

Planning for Excessive Heat Events



Did you know that each year more people die from “excessive heat events” than from hurricanes, lightning, tornadoes, floods, and earthquakes combined? Anyone can be adversely affected by excessive heat, but older adults are particularly vulnerable.

Excessive heat events are prolonged periods when temperatures reach 10 degrees Fahrenheit or more above the average high temperature for a region. For the growing number of aging Americans, the body’s cooling mechanisms may become impaired. Living alone or being confined to bed and unable to care for one’s self further increases risk. Existing health conditions such as chronic illness, mental impairment, and obesity can also heighten an individual’s vulnerability. Persons taking certain medications are likewise susceptible. Participating in strenuous outdoor activities and consuming alcohol during unusually hot weather exacerbates heat-related effects.

Heat stroke is the most serious health effect of excessive heat events. It is the failure of the body’s temperature control system. When the body loses its ability to cool itself, core body temperature rises rapidly. As a result, heat stroke can cause severe and permanent damage to vital organs. Victims can be identified by skin

that appears hot, dry, and red in color. Other warning signs are confusion, hallucinations, and aggression. If not treated immediately, heat stroke can result in permanent disability or death. The good news is that heat stroke can be prevented.

Air conditioning is one of the best protective factors; even a few hours a day in air conditioning can greatly reduce the risk of heat related illness. Electric fans may provide comfort, but when temperatures are in the high 90s, fans do not prevent heat related illness. The following prevention strategies can save lives:

- Visit air conditioned buildings if you don’t have home air conditioning, including malls, senior centers, libraries, theaters, or designated “cooling centers”.
- Take a cool shower or bath.
- Drink lots of fluids, but avoid beverages containing caffeine, alcohol, or large amounts of sugar as these drinks cause dehydration.
- Wear lightweight, light-colored, and loose-fitting clothing.

Visit at-risk individuals at least twice a day, and look for signs of heat related illness.

Call 9-1-1 if medical attention is needed. ❖

Have a wonderful summer! From the Staff at the Monmouth County Division on Aging, Disabilities and Veterans’ Interment

Monmouth County Division on Aging, Disabilities and Veterans’ Interment

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