

# 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

Monmouth County Board of Freeholders  
Lillian G. Burry, *Director*  
Robert D. Clifton, *Deputy Director*  
John D'Amico  
Amy A. Mallet  
John P. Curley

Department of Human Services  
Charles Brown, III, *Director*

## ALERTS!

### Spring Swing

The staff of the Division on Aging, Disabilities and Veterans' Interment is looking forward to our celebration of Older Americans Month, and invite all our readers 60 years of age and older to join us for our Spring Swing.

The gala event will take place on May 4, 2010 and is co-sponsored by Monmouth University where it will be held. County high school bands and the Colts Neck Swing Band will play music of the swing era. Monmouth University dancers will perform. You must register before May 1st in order to attend. Admission is free and a box lunch will be served. Registration is limited and on a first come, first served basis.

**Details:**

**Date:** May 4, 2010 • **Time:** 11:00 AM – 3:00 PM

**Place:** Monmouth University—Multipurpose Activity Center

**Call:** 732-431-7450 to make a reservation

## ALERTS!

### 2010 Senior Art Show

Attention all artists. During the month of July, the Monmouth County Office on Aging will again be sponsoring a senior art show at the Library Headquarters in Manalapan. If you have any art show questions or are not already on our mailing list, please contact Joni Baron at 732-308-3770 extension 8919 and request that your name and address be added to the distribution list. It is anticipated that the application packet with the senior art show guidelines and entry form will be mailed out in March. The

deadline for entering the show is June 18th, with artwork drop off on June 24th.

For anyone not familiar with the show, please go to our Web site at [www.visitmonmouth.com/aging](http://www.visitmonmouth.com/aging) and click on the 2009 Senior Art Show tab to view last year's entries and artists. The talent we have in Monmouth County is extraordinary.

See you at the art show!



## Monmouth County Division on Aging, Disabilities and Veterans' Interment

P.O. Box 1255  
21 Main and Court Center  
Freehold, New Jersey 07728

Return Service Requested

PRESORT STANDARD  
US POSTAGE  
**PAID**  
PERMIT NO. 207  
FREEHOLD, NJ 07728

# NEWSLINES



Thomas F. Pivinski  
Executive Director

Tel. 877.222.3737  
732.431.7450

OF THE DIVISION ON AGING, DISABILITIES AND VETERANS' INTERMENT

SPRING EDITION, 2010

[www.visitmonmouth.com/aging](http://www.visitmonmouth.com/aging)

## OLDER AMERICANS MONTH 2010

May is Older Americans Month— a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. Monmouth County is joining communities nationwide in celebrating this month with special activities and events.

This year's Older Americans Month theme is *Age Strong! Live Long!* and recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communication, and industry while spearheading a cultural revolution that won

equal rights for minorities, women, and disabled Americans. Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable is the extent to which older Americans themselves are supporting each other. As the new generations of seniors become better educated and more financially secure than their predecessors, they are spending more time making significant

contributions in their communities through civic and volunteer opportunities.

In fact, older Americans are a core component of service delivery to seniors—embodying and modeling the drive to *Age Strong! Live Long!* They volunteer at group meal sites and deliver food to homebound seniors; they act as escorts and provide transportation for older adults who cannot drive; they help seniors with home repair, shopping and errands; and they provide vital counseling, information and referral services. Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

LOOK  
INSIDE FOR  
NEWSLINES  
SECTIONS

### Wellness - p2

*Adult Vaccination Program*

### Happenings - p3

*Farmer's Market Program*

### Caregiver's Corner - p3

*Taking Care of Yourself*

### Alerts - p4

*Spring Fling to be Held at Monmouth University*

*Senior Art Show Submissions*



# Wellness

## News from the Monmouth County Health Department

### ADULT VACCINATION PROGRAM

The Monmouth County Health Department is now offering vaccinations recommended for older Americans, including *Shingles Vaccine*, *Pneumococcal (Pneumonia) Vaccine*, and *Tetanus, Diphtheria, Pertussis (tdap) Vaccine*.

Shingles is a painful skin rash, often with blisters that usually appears on one side of the face or body and lasts from 2 to 4 weeks. Shingles is caused by the same virus that causes chickenpox. Only someone who has had chickenpox can get shingles. The main symptom is pain along the path of the rash, and other symptoms can include a fever, headache, chills, and upset stomach. For about one person in five, severe pain can continue even long after the rash clears up. This is called **post-herpetic neuralgia**. The vaccine for shingles was licensed in 2006. A single dose of shingles vaccine is recommended for adults 60 years of age and older who have had chickenpox.

Pneumococcal Disease can lead to serious bacterial infections of the: lungs (Pneumonia); blood (Bacteremia); and covering of the brain (Meningitis). The vaccine is recommended for: all adults 65 years of age and older; anyone 2 years through 64 years who has a long term health problem such as: lung disease; heart disease; sickle cell disease; diabetes; alcoholism; cirrhosis; leaks of the cerebrospinal fluid; or a cochlear implant. Anyone who has a disease that lowers the body's resistance to infection such as; Hodgkin's disease, leukemia, kidney failure, HIV infection, a damaged spleen or no spleen, or an organ transplant should be vaccinated, and anyone who is taking a drug or treatment that lowers the body's resistance to infection such as; steroids, cancer drugs or radiation therapy. Anyone who has asthma or is a

smoker should be vaccinated as well.

Tetanus, Diphtheria, Pertussis (tdap) are all caused by bacteria. Diphtheria and pertussis are spread from person to person. Tetanus enters the body through cuts, scratches, or wounds. Tetanus causes painful muscle spasms, usually all over the body. It can lead to tightening of the jaw muscles making it difficult to open the mouth or swallow. Diphtheria causes a thick covering in the back of the throat leading to breathing problems, heart failure, paralysis and possible death. Pertussis causes violent coughing spells, vomiting, disturbed sleep and rib fractures. Pneumonia is often a complication of pertussis. Tdap was licensed in 2005. It is the first vaccine for adolescents and adults that protects against all three diseases. Children 6 years of age and younger are routinely vaccinated against tetanus, diphtheria and pertussis. But older children, adolescents, and adults need protection from these diseases too. Td (tetanus, diphtheria) and tdap (tetanus, diphtheria, pertussis) vaccines provide that protection.

To obtain any or all of the vaccines, an appointment must be made by calling the **Monmouth County Health Department** at **732-431-7456**. A \$5.00 fee is charged for resident of towns within the Monmouth County Board of Health system, and a \$15.00 fee for all others. There is no charge for the pneumococcal vaccine for those with Medicare Part B. A Medicare card must be presented at the time of the appointment. For answers to questions, call Jeryl Krautle, RN at the above phone number, or email [jkrautle@co.monmouth.nj.us](mailto:jkrautle@co.monmouth.nj.us).

# Happenings

---

## Senior Farmers Market Nutrition Program

Are you aware that the United States Department of Agriculture funds a Senior Farmers' Market Nutrition Program each growing season of the year? The purpose of the program is two-fold; to encourage farmers in each state to continue growing and expanding, and to enable income eligible seniors to enhance their diet by providing them with vouchers to purchase fresh homegrown fruits, vegetables and herbs. The program runs from June 1st through November 30th, and this year those eligible will receive two \$10.00 vouchers

that can be used at participating farm markets anywhere in the state.

The income eligibility limits are set at 185% of the Federal Poverty Guideline, which is \$1670 monthly/ \$20,036 yearly for a single individual and \$2,247 monthly/\$26,955 yearly for a married couple. Participants must show proof of age (must be 60+), income and proof of residence (must be a Monmouth County resident). You may request a Proxy form for a senior needing the help of a caregiver to obtain the vouchers and/or produce. The designated proxy must

show all the proofs for the participant as well as their own personal identification. Participants can obtain vouchers from one location only during a season.

If you know a farmer in your area that might be interested in the program, please let us know. Call Cathy at the Office on Aging for more information, **732-431-7450**, to find the distribution location near you, or to obtain a Proxy form. The vouchers are distributed on a first come, first served basis.

## Caregiver Corner

---

### Caregiver Tip: Self Care

There are over 1 million caregivers in the state of New Jersey; providing informal, unpaid care to family or friends. Nearly 1/3 of the population are caregivers, providing an average of 20 hours of care per week. And, more than half are working outside the home as well. Clearly, taking care of yourself is necessary so that you can continue providing care to someone else. However, in the process of providing care for a loved one, a caregiver's own needs are often overlooked. Caregivers may devote themselves to caregiving at the expense of their own well being and feel guilty when they take time for themselves. Consequently, many experience a decline in their own health and sometimes predecease the care recipient.

#### ***Some strategies for self care to consider:***

- Accept help when it is offered (make a list of things you need done so that you are prepared when someone asks "What can I do?");
- Exercise as much as possible;
- Get proper nutrition;
- Talk about your feelings and thoughts and/or keep a journal;
- Join a support group.

The Office on Aging conducts a Caregiver Support Group at the Marlboro Senior Center. Contact Colleen Smith for further information: **732-308-3770 x8780**.