

NEWSLINES



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www.visitmonmouth.com/aging

You're Never Too Old To Play

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month—a proud tradition that shows our nation's commitment to celebrating the contributions and achievements of older Americans. The theme for 2012—*Never Too Old to Play!*—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and under-

standing, and passing on that knowledge to other generations in a variety of significant ways. This year's celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social groups, service organizations and other activities.

Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends and neighbors across generations

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lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

As large numbers of baby boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults—many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for a growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups.

While the Monmouth County Office on Aging

provides support, services and resources to older Americans all year long, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them!

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never too old
to play
older americans month 2012

ALERTS!

National Healthcare Decisions Day

April 16, 2012 was declared “National Healthcare Decisions Day” to raise awareness of the need to make your wishes known about advance care planning. Your decisions matter in determining what your health care goals are and what you hope to accomplish; and letting them be known to those who will care for you is vitally important.

Before writing your advance directive there are some questions you need to think about:

- What are your goals of care?
- How do you want to live the rest of your life?
- What activities are important to you?
- What do you hope to accomplish?

Name someone to make decisions when you cannot – who do you trust to express your wishes when you are no longer able?

Talk to your family, friends, or health care staff and tell them what your goals of care are and what kind of care and treatment you do/do not want. Tell them who you want to make decisions for you if you no longer can. Then write it down!

- Put your wishes down on paper in one or more of the following documents: a Living Will, Health Care Proxy or *Five Wishes* (a booklet that guides you step by step through the written process).
- Work with your doctor to fill out Do Not Hospitalize (DNH) or Do Not Resuscitate (DNR) orders if you so desire.

Give a copy to your healthcare proxy, your primary care physician and the hospital where you are likely to be admitted. The documents are worthless if no one can find them!

Review and update your documents as life circumstances change to be sure that your planning documents still reflect your wishes and goals. For information on *Five Wishes* go to www.agingwithdignity.org or call the Monmouth County Office on Aging at 732-431-7450.

Don't Fall for Jury Duty Scam

From the FBI

The phone rings, you pick it up, and the caller identifies himself as an officer of the court. He says you failed to report for jury duty and that a warrant is out for your arrest. You say you never received a notice. To clear it up, the caller says he'll need some information for “verification purposes”—your birth date, social security number, maybe even a credit card number.

This is when you should hang up the phone. It's a scam.

Jury scams have been around for years, but have seen a resurgence in recent months. Com-

munities in more than a dozen states have issued public warnings about cold calls from people claiming to be court officials seeking personal information. As a rule, court officers never ask for confidential information over the phone; they generally correspond with prospective jurors via mail.

“They get you scared first,” says a special agent in the Minneapolis field office who has heard the complaints. “They get people saying, ‘Oh my gosh! I’m not a criminal. What’s going on?’ That’s when the scammer dangles a solution—a fine, payable by credit card, that will clear up the problem.”

Protecting yourself is the key: Never give out personal information when you receive an unsolicited phone call.

CAREGIVER CORNER

Get Organized!

One of the many tasks that a family caregiver may be required to perform is managing a loved one’s health care or financial affairs. It is important to have this information accessible in the event of an emergency or medical crisis. Since so much of the information is personal and sensitive, it is advisable to keep it in a safe, secure place. A little advance planning will save you a lot of stress! These are the types of information that you should have access to in a moment’s notice:

1. Legal documents such as
 - Power of attorney
 - Living will
 - Will
 - Trust documents
2. Financial documents such as
 - Utilities
 - Household maintenance
 - Medical fees
 - Other recurring expenses
 - Deeds
 - Mortgage papers
 - Loan agreements
 - Stock & bond certificates and statements
 - Pension, 401K and other retirement benefit statements
 - Bank and brokerage account information
 - Insurance policies (homeowner, car, healthcare, etc)
 - Social Security payment information
 - Pay stubs
 - State and federal income tax returns
 - Medical records
3. Military Service
 - Branch of service, military identification number, last military rank, dates of service
 - Discharge papers
4. Key Contact List
 - Physicians, Next of Kin, Clergy, Home Health Aide, Lawyer
5. Other Helpful Information
 - Post Office Box
 - Funeral Arrangements
 - Cemetery Plot (cemetery, plot number, location, papers & records)

Knowing where this information is when you need it is priceless!

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HAPPENINGS

Senior Art Show



The Monmouth County Senior Art Show will be held July 5 - 31, 2012, at the Monmouth County Library Headquarters on Symmes Drive in Manalapan, NJ. Library hours during the summer are: Monday-Thursday, 9:00 a.m. - 9:00 p.m. and Friday-Saturday, 9:00 a.m. - 5:00 p.m. For further information, go to our web site www.visitmonmouth.com/aging and click on the left tab "2012 SENIOR ART SHOW". The awards reception will be held on July 18, 2012 at 10:00 AM.

Living Better with Chronic Disease

The Monmouth Cancer Coalition is presenting this seminar on Thursday, June 14, 2012 from 8:30 am-12:30 pm at CentraState Medical Center in the Health Awareness Center. Individuals suffering from chronic disease and their caregivers have a multitude of options available to them that can lead to a high quality of life. The program will explore symptom management, non-traditional therapies, support resources, palliation and nutrition.

The conference is free and open to the general public; however space is limited, so pre-registration is required. Register through The Health Awareness Center by calling **732-308-0570**. Parking and entrance is on the West End of the Medical complex across from the Fitness Center.

Monmouth County Division on Aging, Disabilities and Veteran Services

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