

# SUSSEX COUNTY SENIOR TIMES

A Publication of the Sussex County Department of Health and Human Services, Division of Senior Services

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## Sussex County Senior Life Center Presentations at Sussex County Community College

The Senior Life Center at S.C.C.C., a collaboration between the Sussex County Department of Health and Human Services, Division of Senior Services, and Sussex County Community College (SCCC), is hosting the following upcoming presentations:

On Friday, **March 2, 2018**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a guest lecture by Julie Lain-Trilling, Chair Yoga Certified Instructor. Learn about the mental and physical health benefits of Meditation and Chair Yoga. Dress in comfortable clothes and come with an open mind ready to learn.

On Friday, **March 16, 2018**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a "Meet the Author Series" with a book signing. Join Diane Lang, MA, for an informative discussion of her newest book, "Mindfully Happy – Waking Up to Life!" Learn how to make small changes now that will help you to live a more positive and resilient lifestyle. Learn the steps that you can take that will make a HUGE difference in your life.

On Friday, **April 6, 2018**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a guest lecture by Janet Dellavecchia from AAA Mid-Atlantic entitled "Exploring Our World Through Travel." Join Janet as she shares how to design the best travel experiences for "seasoned" citizens. Plus, learn the pros and cons of all types of travel. What's the right trip for you? Meet vendors who specialize in senior travel. Try your luck at free raffles!

On Friday, **April 27, 2018**, at (TBA), at the United Methodist Homes at Bristol Glen, 200 Bristol Glen Rd., Newton, NJ, we will have "History of English Tea Traditions." Wear your prettiest spring hat and join the "tea party" as you learn about English tea traditions from well-known historian Judith Krall Russo. Enjoy a luncheon of traditional sweet and savory treats and a spot of tea! Pre-registration is a MUST!

**Pre-registration is required** and space is limited. Please contact the Division of Senior Services for additional program information or to pre-register by calling 973-579-0555, ext. 1277 or via email at [seniorservices@sussex.nj.us](mailto:seniorservices@sussex.nj.us).

## Division of Senior Services Needs Assessment in Progress

The Sussex County Department of Health and Human Services, Division of Senior Services is in the process of conducting a survey to identify the needs of seniors aged 60+ who reside in the County. Data collected from the survey will help the Division identify and prioritize programs and services that will be funded in the future. Examples of currently funded programs include, but are not limited to, information and assistance, transportation, legal services, home health services, care management, congregate nutrition programs, and home delivered meals. The planning process for the Division of Senior Services occurs every three years with the development of an Area Plan that is submitted to the NJ State Department of Human Services, Division of Aging Services for approval. The plan is updated for the interim years. The Area Plan identifies and incorporates current senior citizen needs and trends along with the programs and services that will be funded to address them.

All seniors are encouraged and invited to complete a Needs Assessment Survey. Lorraine Hentz, Director of the Sussex County Division of Senior Services states, "It is critical to obtain feedback from seniors of all income levels, living situations, as well as health status so that we can plan accordingly. Efforts are being made to reach the homebound through service providers." Each senior (age 60+) is asked to complete the brief survey. If you are a couple, each person should complete their own survey. Only one survey per person should be submitted. Caregivers may complete the survey for a loved one who is unable to complete the form. All information is confidential.

The Needs Assessment Survey will be available at various seniors clubs, senior housing sites, and service provider agencies, as well as the Division of Senior Services office. The survey may also be downloaded from the Senior Services website at [www.sussex.nj.us/seniorservices](http://www.sussex.nj.us/seniorservices) and returned by fax to the Division of Senior Services at 973-579-0550.

For additional information, a copy of the survey, or to obtain multiple copies of the survey to distribute to clubs, service agencies, churches, etc., please contact the Sussex County Division of Senior Services, One Spring Street, Newton, NJ 07860, by calling 973-579-0555, ext. 1222, or via email at [seniorservices@sussex.nj.us](mailto:seniorservices@sussex.nj.us).

## UPCOMING NEW VITALITY PROGRAMS AND CLASSES

*New Vitality* is your source for health and wellness programs designed specifically for adults 65+, offered through the Community Health department at Newton Medical Center.

### **DIABETES SUPPORT GROUP** **“HEART HEALTH AND DIABETES”**

**Wednesday, February 7, 2018**

6:30 p.m. – 8:30 p.m.

Newton Medical Center, Romano Conference Center

Please call 973-579-8340 to register

### **EARLY BIRD DINNER/LECTURE**

### **SUCCESS WITH HEART FAILURE**

**Thursday, February 15, 2018**

4:30 p.m. – Light Dinner

5:00 p.m. – Lecture

Newton Medical Center, Romano Conference Center

Lecture is FREE, Dinner is \$3.00 per person

Presenter: Alzheimer's New Jersey

To register, please call 973-579-8340

### **“CANCER THRIVING AND SURVIVING WORKSHOP”**

Sussex County YMCA

15 Wits End Drive, Hamburg, NJ 07419

**Fridays**

**February 16 – March 23, 2018**

1:00 p.m. - 3:30 p.m.

Learn techniques to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty; Exercises for regaining and maintaining flexibility and endurance; Make decisions about treatment and complementary therapies; Communicate effectively with family, friends and health professionals; Nutrition; and setting priorities.

For additional information or to register for the program, contact Diane Friedberg at the Sussex County Department of Health and Human Services, Division of Senior Services at 973-579-0555, ext. 1222 or via email at [dfriedberg@sussex.nj.us](mailto:dfriedberg@sussex.nj.us)

Sussex County Department of  
Health and Human Services  
Division of Senior Services

One Spring Street, Newton, NJ 07860

Phone: 973-579-0555 ~ Fax: 973-579-0550

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Email: [seniorservices@sussex.nj.us](mailto:seniorservices@sussex.nj.us)

## **SENIOR CLUB TRIP INFORMATION**

**Frankford Seniors** – Will sponsor a bus trip on Wednesday, **September 12, 2018**, to see “Run for Your Wife” a comedy at Hunterdon Hills Playhouse. The cost is \$80 per person. This includes bus, dinner and show.

**St. Jude's Seniors** – Will host a bus trip to The Ark Encounter from **September 4 – 8, 2018**. You will visit The Ark, the Creation Museum with biblical history, the Cincinnati Art Museum and the Air Force Museum. The cost is \$690 per person double occupancy and \$900 single occupancy.

**Travel 'N' Seniors** - Will host a bus trip to Mackinac Island, Michigan from **June 3 – 9, 2018**, 7 days and 6 nights. The cost is \$775 per person double occupancy.

**Vernon Seniors** - Will host a bus trip to Lancaster from **May 9 – 11, 2018**. Visit the Dutch Country and Lancaster's American Music Theater to see “Songs of the Silver Screen.” You will also go to The Amish Experience attraction. The cost is \$319 per person double occupancy and \$394 single occupancy.

**XYZ Club of St. Francis DeSales Church** - Will host a bus trip to Hunterdon Hills Playhouse on Tuesday, **June 5, 2018**, to see The World's Greatest Family of Musical Impersonators performing “The House is Rockin.” The cost is \$80 per person.

**XYZ Club of St. Francis DeSales Church** - Will host a bus trip to see Footloose at the Shawnee Playhouse, PA on Friday, **July 20, 2018**. The cost is \$62 per person and includes lunch.

For further details, please call the Division of Senior Services at 973-579-0555, ext. 1277.



### **TRIAD Meeting February 5, 2018**

This month's topics will be winter safety and winterizing tips for your vehicle.

All meetings begin at 10:00 a.m. and are held at the Office of Emergency Preparedness, 135 Morris Turnpike, Frankford. Meetings are open to all seniors.

Coffee and Danish will be served.

If you have any questions, please contact Hilary Manser at 973-579-0850, ext. 2114.

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*<http://www.sussex.nj.us/documents/SeniorTimes.pdf>*