

SUSSEX COUNTY SENIOR TIMES

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

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Caregiver TimeOut

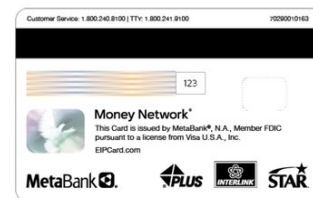
"A Social, Education & Discussion Group"



Caregiver TimeOut is a platform where unpaid family caregivers get together, virtually, in this stressful time of social distancing and isolation to have an opportunity to talk, learn and connect. Caregiver TimeOut is a social, education and discussion group, with the goal of sharing information and companionship and giving caregivers a well-deserved time out.

Please Note:

Caregiver TimeOut is not a support group. If you feel you might benefit from more information and/or supportive services, please contact ADRC. They serve all 21 counties in New Jersey. ADRC helps seniors, individuals with disabilities and their caregivers find out how to access important federal, state and local services and supports. Call ADRC at 1-877-222-3737 and you will be connected to your local office based upon the area code of the phone you are calling from. The Sussex County Division of Senior Services is the ADRC for Sussex County and can be reached at 973-579-0555. If the person you are caring for is in a different NJ county, they can assist you with connecting to that county office.



We noticed that there have been some questions regarding the Economic Impact Payment from the government. If you qualified for a stimulus payment, but the IRS did not have your bank account information, then you likely received an Economic Impact Payment Card, which looks like a debit card (see photo above from the Consumer Financial Protection Bureau).

The card will arrive in a plain white envelope marked "Money Network Cardholder Services". THIS IS NOT A SCAM. Rather it is a legitimate payment from the government as part of the CARES Act.

If you want more information about the stimulus payment card or have concerns about scams for yourself or for your clients, please visit the CFPB (Consumer Financial Protection Bureau) website <https://www.consumerfinance.gov/about-us/blog/economic-impact-payment-prepaid-card/>

Supplemental Nutrition Assistance Program (SNAP) recipients can now use their benefits to order groceries online. The following information includes links that explain how to access this option. According to a recent press release from the NJ Dept. of Human Services, *"To learn more, recipients can visit [Amazon.com/SNAP](https://www.amazon.com/SNAP) to register their EBT card. Visit [here](#) to learn about Walmart's SNAP online program. Any Walmart, ShopRite or The Fresh Grocer that currently provides online shopping will also accept online ordering with SNAP benefits..."*

Cancelled

The Sussex County Division of Senior Services announces that the following events are cancelled for 2020:

Celebrate Senior Day at the New Jersey State Fair

Sussex County Seeks Nominees for Senior of the Year

Sussex County's Annual Veterans Picnic

Steps To Protect Yourself And Others From COVID-19

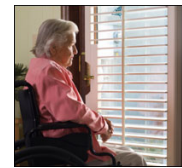
- **Stay home if you are sick**, except to get medical care. Learn [what to do if you are sick](#).
- You should **wear a face covering** whenever you leave your home and **MUST wear a face covering when entering a business or traveling on public transportation**. For more guidance on using face coverings, [refer to this article](#).
- **Keep six feet between yourself and others** whenever possible and **avoid crowded areas**.
- **Wash your hands** often with soap and water for at least 20 seconds.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Clean and disinfect** frequently touched surfaces. For more guidance, see the [CDC's guidelines](#) on how to properly clean and disinfect.
- **Avoid close contact** with people who are sick.



SENIOR FARMERS MARKET VOUCHERS

Income eligible seniors, age 60+ can receive \$30 in vouchers to be used at participating farm stands.

Please contact the Division of Senior Services at 973-579-0555, ext. 1221 to make an appointment and/or for more information.



Are You Feeling Lonely or Isolated During the COVID-19 Pandemic?

The National Institute on Aging has expressed concerns about the risks associated with social isolation and loneliness.

Therefore, the Sussex County Division of Senior Services is offering wellness checks for vulnerable individuals via phone call once per week. This will allow us to assess their needs, connect them to services or just provide a person to talk to.

If you know of anyone in need of this service please call 973-579-0555 to setup the weekly contact.

Sussex County
Department of Health and Human Services
Division of Senior Services
One Spring Street, 2nd Floor, Newton, NJ 07860
Phone: 973-579-0555 ~ Fax: 973-579-0550
www.sussex.nj.us/seniorservices
Email: seniorservices@sussex.nj.us

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