



Division on Aging, Disabilities & Veterans  
P.O. Box 900  
Morristown, NJ 07960-0900  
1-800-564-4656

## MAY, 2011 CALENDAR OF EVENTS

1/ Pocono Choral Society, Centenary Stage Company, 400 Jefferson Street, Hackettstown, 3pm. 908-979-0900.

1/ Beauty in the Brushstroke: Chinese Brush Painting, Morris Museum, 6 Normandy Heights Road, Morristown, 2-5pm. 973-971-3700.

1-2/ Associated Antique Dealers of New Jersey, Mennen Sports Arena, 161 East Hanover Avenue, Morris Township, 7-9pm. 973-326-7651.

3/ "Us Too" Prostate Cancer Support Group, Morristown Memorial Hospital, Malcolm Forbes Amphitheater, 100 Madison Avenue, Morristown, 7:30-9pm. 1-800-247-9580.

4/ Health and Home: A Century of Family Living Exhibit, Macculloch Hall Historical Museum, 45 Macculloch Avenue, Morristown, 1pm. 973-538-2404.

5/ Caregiver Support Group for Men, 95 Madison Avenue, Suite B06, Morristown, 7-9pm. 908-665-1613 to register.

7/ Tour of Willow Hall and Grounds, 330 Speedwell Avenue, Morristown, 10am. 973-407-1938.

7/ Skin Cancer Screening, Carol G. Simon Cancer Center, Morristown Memorial Hospital, 100 Madison Avenue, Morristown, 9-11am. 1-800-247-9580 to get an appointment.

8/ Alvin Alley American Dance Theater, Prudential Hall, New Jersey Performing Arts Center, One Center Street, Newark, 3pm. 1-888-466-5722

9/ Bone Density Screening, Madison YMCA, 111 Kings Road, Madison, 9-11:30am. 1-800-247-9580 to register.

11/ Alzheimer's Caregivers Support Group, Chilton Health Network, 242 West Parkway, Community Outreach Conference Room, Second Floor, Pompton Plains, 7-8:30pm. 973-831-5167.

13/ Oral, Head and Neck Cancer Screening, Somerset Medical Center, Steeplechase Cancer Center, 30 Rehill Avenue, Somerset, 8-11:30am. 908-685-2814 to schedule an appointment.

15/ Be Our Guest Open House, Acorn Hall, 68 Morris Street, Morristown, 12-5pm. 973-267-3465.

16/ Community Outreach—Stroke Screening, Chilton Health Network, 242 West Parkway, Pompton Plains, 2-7pm 973-831-5475 to make an appointment.

18/ Diabetes—Education & Support Group, Chilton Health Network, 242 West Parkway, Pompton Plains, 7-8:30pm. 973-831-5216.

20/ Jazz Duet Performance, YM-YWHA of North Jersey, 1 Pike Drive, Wayne, 2pm. 973-831-5367 for information or to register.

20/ CCM Celebrates Seniors, County College of Morris, 214 Center Grove Road, Davidson Room, Randolph, 7:30am-2:15pm. 973-328-5087 ask for Gina Martino to register.

21/ New Jersey Ballet: Ballet With A Latin Beat, Community Theatre At Mayo Center for the Performing Arts, 100 South Street, Morristown, 8pm. 973-539-0345.

22/ Heart Disease Patient and Caregiver Support Group, Morristown Memorial Hospital, 100 Madison Avenue, Morristown, 1:30-3pm. 973-971-5000.

24/ Alzheimer's Association Support Group, SAGE Eldercare, 290 Broad Street, Summit, 10-11am. 973-273-5550.

25/ National Senior Fitness Day, SAGE Eldercare, 290 Broad Street, Summit, 10am-12pm. 908-598-5548 to register.

27/ Ballroom Dance Beginner Group Class, Fred Astaire Dance Studio of Morristown, 140 Morris Street, Morristown, 7pm. 973-993-9222.

28/ Getting a Good Night's Sleep, Somerset Medical Center, 110 Rehill Avenue, Somerset, 11:30am. 908-595-2345 for pre-registration.

28/ Yoga, Fred Astaire Dance Studio of Morristown, 140 Morris Street, Morristown, 9:30am. 973-993-9222.

31/ Baseball Card and Sports Collectible Show, Parsippany PAL, 33 Baldwin Road, Parsippany, 4-9pm. 973-335-0555.

# Morris County ADVocate

## OLDER AMERICANS MONTH 2011

The month of May is recognized nationally as Older Americans Month. It is a time to show appreciation and provide support for our seniors.

The 2011 theme for Older Americans Month is Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

In fact, older Americans are more active in community life than ever before, thanks in part to advances in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back and making a difference in their community.

Our seniors are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds. They offer a take on times gone by not discussed in any history class—a unique perspective that sheds new light on contemporary issues.

Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric.

For more information about Older Americans Month contact the Morris County Department of Human Services, Division on Aging, Disabilities & Veterans by calling (973) 285-6848 or 1-800-564-4656. Visit the Observances section of the U.S. Administration on Aging's Website <http://www.aoa.gov>. Adapted from <http://olderamericansmonth.org>.

### PROFILE: TELEPHONE REASSURANCE PROGRAM

The Telephone Reassurance Program is one of the Friendship at Heart programs sponsored by the County of Morris, Department of Human Services, Division on Aging, Disabilities, and Veterans.

A daily phone call can connect a lonely/isolated senior or a person with a disability. It can also bring peace of mind to a caregiver. There is security in knowing someone is in daily contact with a loved one. This program is FREE for all participants.

- Each weekday volunteers make phone calls from calling sites throughout Morris County.
- Each volunteer is screened and trained in emergency procedures; many have been instrumental in averting tragedies.
- In addition to checking on the recipients, volunteers provide a "friendly ear" and can give information about available services.

For more information about the program contact Toni Teague at 973-538-7200 Ext. 12 or visit [tteague@vmcnj.org](mailto:tteague@vmcnj.org). Adapted from the Volunteer Management Centers

The Board of Chosen Freeholders will be holding the Morris County Memorial Day Program on May 25, 2011 12:00 Noon on the County Courthouse lawn.

For more information on this event or the County Distinguished Military Service Medal, contact Charles Jurgensen at 973-285-6866.



## Caregiver's Korner

### ONLINE RESOURCES FOR CAREGIVERS

Many people who perform the responsibilities of a caregiver do not identify themselves as such. A caregiver is someone who is caring for someone else and this caring has many forms. Helping with rides to the doctor, shopping, meal preparation, bill paying, bathing and other personal care, housekeeping and managing medications are all tasks managed by caregivers. Two of the issues impacting caregivers are accessing information and social isolation.

Accessing information starts when we admit that we need help. By letting someone know how we are faring, we will learn that we are not alone. Others are caregiving; there are over 106,000 caregivers in Morris County. Information can lessen our isolation. In this electronic age, the use of computers and smart phones, etc. have become invaluable tools.

One caregiver recently reported that, since having joined a caregiver support blog online, she no longer felt isolated in caring for her mother. Her ability to leave the house is limited, so this contact is very important. She was able to make contact with a geriatric care manager who frequently writes on the blog. The care manager gave her a phone call and offered supportive advice to her and to her husband who were facing life support decisions for his father. This is just one example of how the web can help us as caregivers. In addition, there are resources that can be reviewed on the web. There are support groups and educational groups that are web-based. There are even support groups offered via telephone conferencing, another way to alleviate isolation.

Information about these programs and services can be found in the Caregiver Resource Guide published by the Morris County Division on Aging, Disabilities and Veterans. You can obtain a copy by calling the NJEASE 1-800-564-4656 or by going to the Morris County's Department of Human Services website:

<http://www.morrishumanservices.org/dvs/publications.asp>

There you will also find other publications there that may be helpful.

The Caregiver Coalition of Morris County is another avenue to find support and information. The number to call is: 973-993-1160, ex. 139. The weblink: <http://uwmorris.org/ourwork/healcc.php>