

Morris County ADVocate

LOOKING BACK, LOOKING FORWARD

Looking back on 2009 the economy took its toll on agencies, the County and families alike. This resulted in a review of personal and business budgets, a rethinking of spending policies and reevaluation of how to provide the growing requests for service.

Looking forward to 2010, the objective is to look for ways to meet growing expectations in the New Year:

Agencies that provide employment opportunities expect to be aggressively forging relationships with new funding sources and plan to work to develop collaborations with new partners in an effort to continue matching jobs with job-seekers.

The transportation system plans in 2010 include a review of transportation options in a continued quest to provide the much-needed service to Morris County seniors and people with disabilities.

In 2010 agencies serving people with disabilities remain committed to providing programs and services. This will be accomplished through ongoing fundraising efforts and there will be an increased emphasis on identifying additional funding resources. These funds will be used to serve even more people during 2010.

Despite a severe recession, Home Health programs managed to provide the needed staffing and services for more seniors than ever before.

Looking ahead to 2010, all of our providers remain committed to providing for the needs of the community.

For the family, the plan to help save money and to manage one's finances more wisely includes; buying generic to save costs and purchasing the store brand can be a good cost saving measure. Buying over the counter medications such as the store aspirin versus its counterpart can result in a savings as much as up to 50% less. Then there is the coupon, especially ones that are doubled by the supermarket which can make a brand-name product the better deal.

The cheapest form of entertainment is still the single greatest resource in almost any community, the public library. The public library offers a wide collection of books, videos and magazines, research and reference materials, and free Internet access. Whether visiting to explore the many activities or just there to pick up a book to read, the local library is a great place to find free entertainment.

It's clear that in 2010, regardless of the economic weather vane, be it agency, the County or the family, will each continue providing the services that keep everyone safe, secure and moving forward.

Expectations 2010

It has been said, as one door closes, another one opens and with that, the journey of life continues. This is a fitting tribute to the end of 2009 and the beginning of 2010.

Last year, the ADVocate provided information geared to help balance the demands of everyday life. It offered tips about saving money when grocery shopping with links to the best deals on the web and sites to pick up free coupons. The high price of home heating oil and those at the pump were featured. Also addressed were tips to improve one's overall health.

For 2010, the Morris County ADVocate will continue providing you with information concerning social activities, service information, and volunteer opportunities for those looking to get more involved. You have inspired many of the articles that we will discuss in 2010.

We at ADVocate extend our thanks for those who have read and shared their thoughts with us during 2009. We hope that you will continue sharing what is important to you. Contact the ADVocate at (973) 285-6865 with your suggestions/comments. We welcome your input. On with the journey!



Morris County NJ EASE 1-800-564-4656

Caregiver's Korner

Caregivers Coalition of Morris County

The Caregivers Coalition of Morris County was founded in 2005 through the efforts of United Way of Morris County to identify the number of Caregivers and their needs. From that initiative the Coalition was formed which includes Professional as well as Family Caregivers, a unique collaboration which has now become a model for other Caregiver coalitions throughout the country. The Coalition's mission is to promote knowledge of, sensitivity to and action around caregiving issues.

The Coalition's goals are:

- to strengthen services and resources to Caregivers
- to improve access to information and available and appropriate services
- to identify and respond to gaps in services
- to advocate for policies and legislation to support Caregivers

Currently there are over 595 members as of November 2009—220 are unpaid Family Caregivers. There are over 52,000 Caregivers in Morris County and the goal is to reach all of them.

The Coalition is proud of its accomplishments to date:

- Creation of the Caregiver Advisory Panel made up of Family Caregivers
- Sponsoring of Caregiver Awareness events and resource fairs to raise public recognition of Caregivers
- Creation of Lunch and Learn educational programs through local corporations and community groups
- Launching of the Care Partner program, in partnership with the Morris County Division on Aging, Disabilities and Veterans, which matches experienced Caregivers with Caregivers in need of support
- Initiation of six week Caregiver Bereavement Support groups
- Publication of the Pathways for Caregiving Guide.

2010 goals: The Caregivers Coalition will continue to grow the established programs and listen to Caregivers regarding their ongoing needs looking for ways to help address them. Call the Caregivers Coalition at (973) 993-1160 Ext. 139 for further information.



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

JANUARY 2010 CALENDAR OF EVENTS

1-3/ **New Years Antiques Show at Birchwood Manor, Whippany, featuring items of outstanding quality and variety at reasonable prices. Friday 12 noon – 8 pm; Saturday 11 am – 7 pm; Sunday 11 am – 5 pm. (973) 224-2797.**

4 through April 15/ **Free Federal and State Volunteer Income Tax Assistance (VITA) for preparation of simple returns is available at various locations, dates and times for seniors, disabled and low income workers. (973) 784-4900 for appointment.**

5/ **“Us, Too,” prostate cancer support group for men and families at Morristown Memorial, Malcolm Forbes Amphitheatre, 7:30—9:30 pm. (973) 895-2135.**

5,19/ **“Woman to Woman,” support group for those living with cancer at Chilton Memorial, Collins Pavilion, 1—2:30 pm. (973) 831-5306.**

8/ **Free blood pressure screening by Morristown Memorial at Succasunna Shop Rite, 12 noon – 3 pm. No registration required. (800) 247-9580 for information.**

8-23/ **“One Flew Over the Cuckoo’s Nest,” at the Barn Theatre, 32 Skyline Drive, Montville. Box Office (973) 334-9320.**

11/ **Stroke support group for stroke survivors and families at Overlook Hospital, Summit, 6—7 pm. (800) 247-9580 to register.**

11/ **Well spouse support group for those caring for a chronically ill or disabled loved one at Chilton Memorial, Collins Pavilion, 1:30 – 3 pm. (973) 831-5311 or (973) 831-5306.**

13/ **Caregiver support group at Time Out, 4 Division Avenue, Madison. Exercise, social activities and musical entertainment are offered. Free. (973) 822-8006.**

13/ **Intensive Family Support Services support group provides education and support for relatives and caregivers of individuals with mental illness at St. Clare’s Behavioral health Center, 50 Morris Avenue, Denville, 7 pm. (973) 625-7131 to register.**

15/ **“Neil Berg’s 100 Years of Broadway,” at The Community Theatre, Morristown, 8 pm. Box Office (973) 539-8008.**

15/ **COPD (Chronic Obstructive Pulmonary Disease) support group at Chilton Memorial, Board Room, 2 – 3 pm. (973) 831-5070.**

17/ **“Cabaret,” at the Theatre at Raritan Valley Community College, North Branch, 7 pm. Box Office (908) 725-3420.**

19/ **Free orientation and information session about various weight loss programs at Atlantic Rehabilitation Institute, 95 Mt. Kemble Avenue, Morristown, 6:30—8 pm. (973) 971-4555 to register.**

20/ **People Responsible for Elderly People (P.R.E.P.) group led by professional eldercare specialist at SAGE Eldercare, 290 Broad Street, Summit, 7 – 9 pm. (908) 598-5509 to register.**

21/ **Hypnosis for smoking cessation at Morristown Memorial-Community Health, 95 Madison Avenue, Morristown, 7 – 9 pm. (800) 247-9580 to register.**

21 through February 14/ **“Crossing Delancey,” a feel-good romantic play at Morris Museum’s Bickford Theatre, 6 Normandy Heights Road, Morristown. Box Office (973) 971-3706.**

22/ **“Manhattan Comedy Night,” at The Community Theatre, Morristown, 8 pm. Box Office (973) 539-8008.**

24/ **“Living with Chronic Pain” education and support group at Sister Catherine’s Health Center of St. Clare’s/Dover, 1 – 2:30 pm. (973) 347-7470.**

25/ **Diabetes insulin pump user support group at St. Clare’s/Dover, 7:30—9 pm. (973) 989-3603.**

26/ **Arthritis support group sponsored by Chilton Memorial at CareOne, 493 Black Oak Ridge Road, Wayne, 10:30—11:30 am. (973) 831-5367 to register.**

28/ **Join Senior Center of the Chathams on trip to Metropolitan Museum of Art, New York City. Bus leaves Chatham Township Municipal Building, 58 Meyersville Road, 9 am and returns at 4:30 pm. (973) 635-4565 to RSVP.**

29/ **“The Robotic Generation and Prostate Cancer,” presentation addressing diagnosis and treatment options at Chilton Memorial, Hospital Conference Center, 10 am. (973) 831-5367 to register.**

29,30,31/ **Home & Landscape Show at National Guard Armory, Western Avenue, Morristown. Friday 3 – 9 pm; Saturday 10 am – 9 pm; Sunday 11 am – 5 pm. (973) 455-0338.**

30/ **“How to Buy and Sell on E-Bay,” at Whippanong Library, 1000 Route 10, Whippany, 2:30 pm. (973) 428-2460 to register. Snow date is February 6 at 2:30 pm.**