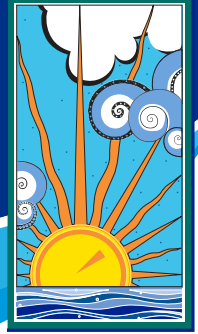


Somerset County Office On Aging & Disability Services

SHIP Newsletter



SHIP

State Health Insurance
Assistance Program
Navigating Medicare

SHIP Counselors available:
Monday - Friday: 9 am - 4 pm

Main Office:
27 Warren St,
Somerville, NJ 08873

Phone: 908-704-6319
(call for an appointment)

Other locations for assistance
(Call SHIP to schedule)

**Senior Wellness Center at
Basking Ridge**

**Senior Wellness Center at
Bridgewater**

**Senior Wellness Center at
Hillsborough**

**Montgomery/ Rocky Hill
Senior Center**

Quail Brook Senior Center

Warrenbrook Senior Center

**Somerset County Office on
Aging & Disability Services**
27 Warren St, P.O. Box 3000
Somerville, NJ 08876

Joanne Fetzko
Executive Director

Phone: 908-704-6346
Toll Free: 888-747-1122

Somerset County Office on Aging & Disability Services Reopened Its Senior Wellness Centers

SOMERVILLE, NJ – The Somerset County Office on Aging and Disability Services reopened its senior wellness centers on a trial basis, after serving clientele via virtual programs, outdoor activities, and curbside lunch programs throughout the pandemic. Senior centers resumed in-person activities on March 2 with exciting grand reopening themed-events throughout the month. Senior center clientele must comply with COVID restrictions and registration is required.



“We have been eagerly anticipating the reopening of in-person activities at the centers for almost two years,” said Somerset County Commissioner Director Shanel Y. Robinson. “These programs are a vital part of many seniors’ lives by helping them to stay emotionally connected and physically healthy. We are excited that the time has finally come for us to begin returning to normal.”

A series of special events including music, activities, and food are occurring; and culminating in May, recognizing Older Americans Month. A list of dates, locations and entertainment is available online or at the senior wellness centers.

“We are finally easing our way back into normalcy and are excited to welcome the return of our seniors at the centers,” said Somerset County Commissioner Paul M. Drake. “Our dedicated staff persevered and adapted very quickly during COVID, making it possible for us to provide virtual programs during the pandemic. The staff has really missed seeing clients in person.”

The following senior wellness centers current operating hours on Mondays, Wednesdays, and Fridays are from 9 a.m. to 4 p.m.:

- Senior Wellness Center at Basking Ridge, **908-204-3435**
- Senior Wellness Center at Bridgewater, **908-203-6101**
- Senior Wellness Center at Hillsborough, **908-369-8700**
- Montgomery Senior Center, **609-466-0846**
- Quail Brook Senior Center, **732-563-4213**
- Warrenbrook Senior Center, **908-753-9440**

Continued on next page

Registration Is Required

The clientele must register in advance and provide proof of vaccination or show county-approved exemption.

COVID Restrictions

The Office on Aging and Disability Services continues to follow state-mandated public healthcare guidelines and is committed to providing a safe environment for its staff and clientele; therefore, senior centers will begin reopening on a trial basis. Clientele will be required to wear face masks and maintain social distance while at the senior centers.

Lunch at the Senior Centers

All county-operated senior centers will offer a nutritionally balanced lunch on Monday, Wednesday, and Friday, for a suggested donation of \$2.50. Lunch registration is required before 10 a.m. on the previous business day. Menu choices include a hot meat-based or meatless entrée or a cold meat-based or meatless boxed lunch.

Virtual Programs and Grab & Go Lunch

Zoom activities will continue to be available each month. Grab & Go lunch programs are also still offered at all locations on Tuesdays and Thursdays, and to all seniors regardless of their vaccination status. For more information about Grab & Go lunch and virtual programs, visit <https://bit.ly/SrLunch2022> *website address is case sensitive.

For more information about the County-operated senior wellness centers, call **908-704-6346**, toll-free at **1-888-747-1122**, email OfficeAging@co.somerset.nj.us or visit <https://bit.ly/SrCenters2022> *website address is case sensitive.

Somerset County-Operated Senior Wellness Centers

The county-operated senior wellness centers offer a wide range of experiences for active older adults in a social and uplifting atmosphere to positively impact their overall health. The senior centers offer exercise and wellness classes, health screenings, art, music, history, science, dance, and literature classes, computer courses and educational programs, discussion groups, and other learning opportunities. Seniors will meet new people, learn about other cultures, and can enjoy lunch with friends.



Medicare Consumers and the Affordable Care Act and/or NJ Family Care

NJ FamilyCare is a federal and state funded health insurance program created to help qualified New Jersey residents of any age access to affordable health insurance. NJ FamilyCare is for people who do not have employer insurance.

If you need health insurance and/or are interested in determining eligibility visit NJ FamilyCare: www.njfamilycare.org.

If you do not have access to information through technology/website and would like assistance, please contact the County Office on Aging and Disability Services at **908-704-6346** or **1-888-747-1122**.

Consider Volunteering: We NEED YOU!

Looking for a meaningful, fulfilling volunteer opportunity with older adults and people with disabilities? Somerset County Office on Aging & Disability Services has volunteer opportunities for you to assist consumers with understanding their Medicare and Medicaid benefits. All volunteers are trained, certified, and mentored. Once trained volunteers may choose to work virtually or in one of our seven office locations. Email us at SHIP@co.somerset.nj.us



Announcing Big Savings for Eligible NJ Seniors



Dear New Jersey Resident Age 65+,

We are pleased to announce that Governor Murphy's Fiscal Year 2022 Budget has raised the annual income limits of two state-funded prescription drug benefit programs by \$10,000.

- Pharmaceutical Assistance for the Aged and Disabled (PAAD)
 - ⌘ Pay **\$5** or **\$7** for covered prescriptions
 - ⌘ The program may also pay your Medicare Part- D monthly premium
 - ⌘ For residents age 65+ with incomes up to **\$38,769** if single, **\$45,270**, if married
- Senior Gold Prescription Drug Discount Program
 - ⌘ Cut your prescriptions costs in half after a **\$15** co-pay
 - ⌘ For residents age 65+with incomes up to **\$48,769** if single, **\$55,270** if married*

Apply now using the NJSave application at www.aging.nj.gov or ask for a paper application by calling **1-800-792-9745** and, when prompted press the number 1.

* These benefits are also available for certain adults with disabilities

Anuncio de Grandes Ahorros para los Adultos Mayores de NJ que Reunan los Requisitos

Estimado residente de New Jersey mayor de 65 años,

Nos complace anunciar que el Presupuesto del Año Fiscal 2022 del Gobernador Murphy ha aumentado los límites de ingresos anuales de dos programas de beneficios de medicamentos recetados financiados por el estado en \$10.000.

- Asistencia Farmacéutica a Personas Mayores y con Discapacidades (PAAD, por sus siglas en inglés)
 - ⌘ Pago de **\$5** o **\$7** dólares por las recetas medicas cubiertas
 - ⌘ El programa también puede pagar su prima mensual de la Parte D de Medicare
 - ⌘ Para residentes mayores de 65 años con ingresos de hasta **\$38.769** si son solteros, **\$45.270** si están casados*.
- Programa de descuentos de recetas médicas Senior Gold
 - ⌘ Reduzca los costos de sus recetas médicas a la mitad después de un copago de **\$15**
 - ⌘ Para residentes mayores de 65 años con ingresos de hasta **\$48.769** si son solteros, **\$55.270** si están casados*



Solicite ahora por medio de la solicitud en línea de NJSave en www.aging.nj.gov o pida una solicitud en papel llamando al **1-800-792-9745** y, cuando se le indique, marque el número 1.

*Estas prestaciones también estan disponibles para determinados adultos con discapacidad.

Somerset County Office on Aging & Disability Services
27 Warren Street, P.O. Box 3000
Somerville, NJ 08876



Part C Plans May Offer Additional Benefits

Most Medicare Advantage plans provide prescription drug coverage. Some Medicare Advantage plans may provide extra benefits such as:

- Routine dental and vision coverage
- Non-emergency transportation
- Home modifications to help you age in place
- Home meal delivery
- Fitness and wellness program memberships, such as Silver Sneakers

Individual plan benefits and availability can vary depending on where you live and the type of Part C plan you have. Not all of these extra benefits will be available with Medicare Advantage plans in all areas.

As with all Medicare Part B and Part D Medicare Advantage plan benefits can change from year to year, so it's important to check with your plan each year to make sure it is still the best Medicare Advantage plan for your unique needs.

