

MAY 2008 CALENDAR OF EVENTS



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



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 cc: Diana Bar*

1
 Morris County Park Commission Golf Courses at Pinch Brook (973) 377-2039, Sunset Valley (973) 835-1515, Flanders Valley (973) 584-5382 and Berkshire Valley (973) 208-0018 are open from 7 am — 7 pm until late fall.

1,8,15,22,29
 S.M.A.R.T. (Self-Management and Recovery Training) to teach independence from addictive behaviors (drugs, alcohol, nicotine, gambling, eating disorders), at Salvation Army, Morristown, 7 — 8:30 pm. (973) 984-8244 or (973) 255-7296.

1,15
 Depression & Bipolar Support Alliance open to family members and friends at Temple Shalom, 215 South Hillside Avenue, Succasunna, 7:15 — 9 pm. (973) 647-8082.

1-31
 Free health insurance information, counseling and assistance with Medicare forms and programs is available for seniors by State Health Insurance Program (SHIP) at various locations (973) 784-4900 for appointment.

3-30
 Artwork for the 2008 Annual Morris County Seniors and Persons with Disabilities Art Show will be displayed at the Morris County Library, 30 East Hanover Avenue, Whippany. Award Reception will be 5/14 from 1—3 pm. (973) 538-7200 Ext. 12.

5,12,19,26
 Anger management program at Sister Catherine's Health Center of St. Clare's/Dover, 7 — 8:30 pm. (800) 288-7575 to register.

8
 A "Living Treasure" will be honored at St. Francis Residential Community, 122 Diamond Spring Road, Denville, 1:30 pm. A Living Treasure is a senior 70 years or older who has shared their talents, skills and volunteered time to assist people in all walks of life throughout the community. (973) 627-5000.

13,27
 Stroke support/discussion group at Grace Episcopal Church, Route 24, Madison, 1 — 2:30 pm. (973) 543-6386.

13
 "A Sense of Health" fair at St. Clare's/Dover, 4 — 8 pm. Free screenings: blood pressure, glucose, carotid, stroke, body fat analysis, bone density, hearing, pulmonary function, etc. (866) 782-5273.

14
 Caregiver's support group for all caregiving situations at Time Out Adult Day Care Center, 4 Division Avenue, Madison, 7 — 9 pm. (973) 822-8006.

15
 "Celebration 50+, The Best Years of Your Life," at the Woodbridge Community Center, 9 am — 3:30 pm with a wide variety of topics of interest to mature adults. Free admission, samples, giveaways and door prizes. (201) 670-7781 for information and free coupons. No reservations required.

19
 Parkinson's support group at CareOne at Morris, 100 Mazdabrook Road, Parsippany, 1:30 pm. (973) 739-9490.

22
 Living with cancer general support group at Franciscan Oaks, 19 Pocono Road, Denville, 1 — 2 pm. (973) 625-6176.

23
 County College of Morris Celebrates Seniors at their Randolph campus with refreshments, music, socialization and stimulating seminars on various topics of senior interest. Continental Breakfast at 8 am. (973) 328-5070 for brochure to register.

27
 Bereavement support group at Chilton Memorial, Collins Pavilion, 1 — 2:30 pm. (973) 831-5167.

28
 "Lessons and Laughter: Living the Second Half of Our Lives," a humorous presentation and full course dinner at North Jersey Country Club, 594 Hamburg Turnpike, Wayne, 5:30 pm. \$38. Call Chilton Memorial to register (973) 831-5367.

30
 Morris County Memorial Day Celebration on the Courthouse Lawn in Morristown at 12 noon.



Municipal Clerk
 Township of Mt. Olive
 204 Flanders-Drakesktown Road
 Mt. Olive, NJ 07828



Spring Newsletter

The song, "The Times They Are A-Changin'", written by Bob Dylan reflects the theme of this month's newsletter which embraces change.

From the Renaissance Magazine to a new bi-monthly newsletter, the Division of Aging, Disability & Veterans is changing the format in which it delivers service information.

It is our aim to address the services that are making a change in the lives of our Seniors, Disabled and Veterans and I hope that with this information you too may wish to make some changes in your own life.

Happy Spring!

From the staff:
Marcie York
Kristine Beirne
Terry Latore

CONTEST OPPORTUNITY

Our new newsletter needs a name!

Enter to win a \$10 gift certificate as the winner of the "name the newsletter" contest.

Entries may be mailed to the Morris County Division of Senior, Disability & Veterans, P.O. Box 900, Morristown, NJ 07963-0900 Attention: Marcie York or via email at adv@co.morris.nj.us. Please submit no later than May 30.

Table Talk



Some area supermarkets are changing the way they provide for their customers' shopping needs by adding a new feature called online shopping.

Both 'ShopRite from Home' and 'Peapod' by Stop & Shop state that, for those consumers who have a difficult time getting to and around the supermarket, online shopping enables them to continue doing things for themselves.

To order online simply go into the Internet and type www.Peapod.com or www.ShopRite.com then click on the online shopping banner to place your order.

ShopRite from Home and Peapod by Stop & Shop offer 20,000 items online, which include a variety of fresh and frozen produce.

There is a delivery charge for both ShopRite from Home and Peapod Stop & Shop. ShopRite will charge an extra fee for online shopping. At ShopRite from Home, you can also pick up your groceries by simply pulling up to a designated parking area and your groceries will be loaded into your car by a personal shopper.

For further information or to check availability in your area call Consumer Care Department at 1-800-5-PEAPOD ShopRite from Home can be reached at 973-448-9770 ext. 172.

Caregiver's Korner

Family Caregivers & Decision Making

Making our own life-choice decisions is difficult enough but when we have to face decisions regarding our relatives, it is downright overwhelming.

We are impacted by many factors including the loved ones' desires for independence, their ability to maintain their independence, our own emotional pain and relational baggage, anxiety over taking on added responsibilities, and our desire to honor their autonomy versus our own personal care and well-being.

In our role as family caregiver, we are like dancers; there are times to lead, times to let go, times to move quickly and times to move slowly. We have to be careful that, our own inner tune that helps us live a healthy life, is not drowned out by other tunes. We have to take care of ourselves and that seems self-indulgent or even selfish. An image that is often used to illustrate the falseness of this view is the use of an oxygen mask on a plane. Before we can help others, we must first place the mask on ourselves.

Every situation is individual, what one person can manage differs from another person's situation. Coming to know one's limitations is vital to healthy caregiving. Seeking assistance outside of the family situation is vital for caregivers and other family members. Knowledge is strength.

An assessment of your family situation from a county or private care-manager or other intervention can help to clarify needs and focus on solutions. Our desire to honor our parents' or family member's independence is not an "all or nothing" solution. There is often a middle road that we can't see alone. Take care of yourself and seek information & assistance. The information you need to know is a phone call away at :

1-800-564-4656

