

Forward

BY PROGRESSIVE CENTER

QUARTERLY NEWSLETTER | SERVING OUR COMMUNITY SINCE 1996.

SPRING 2024
VOLUME 85



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NJ WORKABILITY EXPANSION COMPLETED — NEW FEE STRUCTURE ADDED

■ By Reed Thomas, ADRC

On Jan. 1, 2021, Governor Murphy signed a bill that enacted several changes to NJ WorkAbility, a program for people living with disabilities who are working to be eligible for Medicaid benefits, and also removed the age limit to the Personal Assistant Services Program (PASP). Some of those changes, like the removal of the Workability and PASP age limits, removing asset limits and spousal income from eligibility, and allowing participants to remain eligible for 12 months after job loss, went into effect the following year; however, what many disability advocates consider the most impactful of the changes, removing the earned and unearned income limits, was not enacted until Feb. 1, 2024.

WorkAbility provides full NJ FamilyCare (Medicaid) health insurance benefits to people who were determined disabled by the Social Security Administration or through an internal state review

*This publication is brought to you
by staff of Progressive Center for
Independent Living and
Mercer County ADRC*

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process before turning 65 years old. This includes coverage for personal care assistance and fulfills the Medicaid eligibility requirement for people who receive NJ Division of Developmental Disabilities (DDD) services, allowing them to work without fear of losing these and other crucial support systems. The legislative changes were brought about because several components of the old eligibility terms were restrictive and disincentivized employment. The current eligibility does not have those components, but has a premium structure by where participants will pay a monthly fee depending on the details of their income.

The premium structure has been laid out in tiers, and a participant may not pay a premium or could pay as much as \$1,050 a month depending on their earned and, what is considered to be unearned, income. It is complicated, but it could be a significant benefit for many people, even with a premium. The math behind determining if someone pays a premium and how much they must pay is complex because not all earned and unearned income is counted when processing an application. A chart showing the tiers, their associated income levels, and premiums is available at <https://www.nj.gov/humanservices/dds/programs/njworkability/>.

According to the information posted by the NJ Division of Disability Services (DDS), earned income includes, but is not limited to wages, self-employment earnings, paid sick leave, or commissions. Unearned income includes, but is not limited to alimony, Social Security benefits, unemployment, workers'

compensation, private or state temporary disability plan benefits, interest, investments, or trust payments. The payment of a premium begins when someone's total countable income exceeds 250% of the Federal Poverty Level, which is \$37,650 a year in 2024. This may seem counter-intuitive because the premium chart shows a person can earn up to just over \$76,000 a year before they have to pay anything; this is because much more of an applicant's earned income is disregarded when determining eligibility. Unearned income, however, has a much smaller disregard and affects whether someone must pay a premium much more significantly than earned income will.

It remains to be seen whether these changes will have the positive impact on the community the way they were intended, but we know there will be more people eligible for these benefits than there were just a few months ago. If you'd like to explore whether you could be eligible for WorkAbility and what that eligibility would mean in terms of additional benefits and potential premiums, please contact us at the Mercer County Office on Aging/ADRC at ADRC@mercercounty.org or 609-989-6459. We're happy to help you understand your options and how to access them.

NJ WorkAbility

Health Coverage that works with you.

PCIL'S INDEPENDENT LIVING DEPARTMENT IS AT YOUR SERVICE

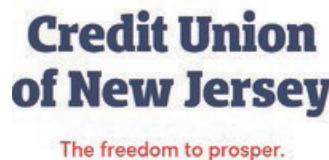
■ By Stephanie Wilmot, PCIL

Here at The Progressive Center for Independent Living, our mission is to empower individuals with disabilities to live independent lifestyles by providing them with the resources and support they need to achieve their goals. Our Independent Living (IL) services provided by our in-house Resource Specialists play an active role in achieving this. PCIL is a great resource center for consumers looking for assistance whether that's in housing opportunities, employment, transportation, benefits programs, and more. Our specialists are here to provide you important information to assist with your needs and guide you throughout the process.

In the most recent months amongst our work with the community, we have noticed a high need in specific catchment areas, and our specialists have been working hard to better serve our population. There has been a high demand for assistance in locating and applying to local housing opportunities, applying for benefits programs such as SSI/SSDI, LIHEAP, SNAP, NJ FamilyCare and Division of Developmental Disabilities (DDD) services. If you require assistance under our IL department, we suggest you contact our Mercer office at 609-581-4500 or 908-782-1055 for our Hunterdon office or through our website, www.pcil.org, to schedule an intake with an IL specialist. During your intake, the specialist will assist

you with completing our "Independent Living Plan" where you will discuss your overall wants and needs, along with the steps and responsibilities of each party. Please contact us today; we are happy to assist you along the road to independence!

Below are some great community resources you can further explore for your needs.





AMERICANS WITH DISABILITIES ACT TITLE III - HOW DOES THAT AFFECT ME?

The Americans with Disabilities Act (ADA) was enacted in 1990 by President George W. Bush and requires that all levels of government, local communities, public transportation, communication, and, most recently, online resources need to be accessible to all people.

Title III of the ADA says that public places (restaurants, movie theaters, schools, day care centers, doctor's offices, recreation facilities, etc.) and commercial facilities (factories, warehouses, office buildings, etc.) must remove barriers to accessibility that are deemed "readily achievable."

This means you should be able to get to, into and fully participate in activities and municipal services in your local community.

What should this look like?

1. Allowing service animals in a place that does not allow pets.
2. A doctor cannot refuse to treat someone if they have an additional medical diagnosis of disability if they have the medical knowledge

that addresses their reason for contacting them.

3. Providing auxiliary aids for communication to ensure people who are deaf, blind, hard of hearing, or need adaptive communication can participate. This could be listening headsets, qualified interpreters, close captioning, materials in Braille, etc.

4. Removal of physical barriers by: installing a ramp, making curb cuts on sidewalks/building entrances, rearranging furniture to ensure a wheelchair can navigate within a room, widening doorways, installing grab bars in restrooms, etc.

5. A doctor has an examination table that can be raised and lowered to allow someone to transfer from a wheelchair and has a scale that someone can roll their wheelchair onto to check someone's weight.

While this law covers most locations, there are some where Title III does not apply.

Private clubs that are not open to the public, places of worship and religious

organizations, some historic buildings, apartment buildings and private homes, small businesses with fewer than 15 employees, and if compliance with Title III would cause an undue financial burden on a business.

Airplanes are not explicitly considered public transportation. However, there are other regulations and guidelines that address accessibility for air travel through the Department of Transportation.

Being armed with the knowledge of what the location can and cannot accommodate is essential to ensuring that you can fully enjoy your local community.

If you are unable to access someplace in your community, you can file a complaint with the ADA by:

Submitting a report on the Department of Justice's Civil Rights Division website.

Or:

Fill out and send the paper ADA Complaint Form or a letter.

U.S. Department of Justice
Civil Rights Division
950 Pennsylvania Avenue, NW
Washington, DC 20530

ARE YOU FOLLOWING THE ADA TITLE III GUIDELINES?

In early March, Lambertville city administrative staff requested to have PCIL visit to review some ideas to make their location, as well as their City Hall, more accessible to those living with disabilities. In addition to their research on adding an induction loop system within the Justice Center courtroom to aid those with hearing impairments, the city is also looking to enhance accessibility throughout the building. PCIL staff assessed the Justice Center and City Hall to determine if any modifications could be implemented to ensure all patrons have full accessibility.

If you want to know if your facility is following the ADA guidelines, please reach out to PCIL's Executive Director, Scott Elliott, and start the conversation.





Participants at the Spring Bash!

COMMUNITY CONNECTIONS **RECREATION PROGRAM HAPPENINGS**

■ By Ruth Roberson, PCIL

As we welcome in the warm weather and move into spring, the Progressive Center for Independent Living (PCIL) and the Community Connections Program will continue to bring a wide range of various fun activities and recreation events for you to enjoy!

On January 19, we had our Bowling Night at Hamilton Lanes. Consumers came to the Hamilton Lanes bowling alley to join PCIL in a fun night filled with strikes and spares. Each participant engaged in two games. One lane was set up with bumpers, and a ramp was available for anyone in need. Bowling is one of the most inclusive sports and is requested yearly from our participants.

On February 29, consumers came to the United Presbyterian Church of Yardville to join in an activity of customizing a tote bag and creating a keychain! We offered light refreshments including drinks and a charcuterie board. Participants had a variety of markers, buttons, fabric, ribbon, and other supplies to create their personalized tote



Participants show off their artwork from our February Arts & Craft event!

bags. They were also able to use a variety of different beads in different shapes, sizes, and colors to create their very own key chain. Beading can be a very fulfilling and mindful way to relieve stress, express creativity, improve focus, and feel a sense of accomplishment.

On March 29, we held our Spring Bash at the Town Square Adult Day Enrichment Center at Princeton where consumers joined us for a night filled with different activities, music, desserts, photos, and more. Town Square at Princeton is an Adult Day Program that specializes in reminiscence therapy. The entire building is designed to look like various places from the 1950s, and as you walk in you can see a five and dime store, a drive-in restaurant, a service garage, a classic 1950s car, and much more that will just take you back in time. As everyone came in, they were expressing how amazed they were by this

venue and couldn't believe how we found it. We also had a craft station where consumers could complete a spring-themed word search, color, draw, or create a bouquet of flowers using tissue paper. The venue also offered their vactivities including different types of puzzles, a giant Connect 4, and a pool table. We couldn't be more delighted to hear how much everyone enjoyed this event and the venue. We hope to be able to utilize it again and have more events here in the future!

Be the first to know about our upcoming events by requesting to join our mailing list and email blasts. You can also stay updated by visiting our Facebook page @Progressive Center for Independent Living NJ or our website www.pcil.org. We look forward to seeing everyone these upcoming months and couldn't be more excited to spend the warm weather with you!



Participants at the Spring Bash had fun posing at our photobooth!

Life Through Different Lenses

A PEER SUPPORT GROUP

Every Tuesday 5:00 - 6:30 PM

3635 Quakerbridge Rd., Suite 40, Hamilton, NJ

JUNE TOPICS

**JUNE
04**

STRETCHING FOOD DOLLARS

Guest speakers from Rutgers SNPA-Ed will be joining.

 **LETS DEBATE!**

Work together in a team to debate multiple topics.

**JUNE
11**

**JUNE
18**

MEAL PLANNING

Guest speakers from Rutgers SNAP-Ed will be joining.

 **MOCK INTERVIEW**

Grow your professional career through mock interviews.

**JUNE
25**

BRINGING RECREATION AND SOCIAL ENGAGEMENT TO HUNTERDON COUNTY

■ By Dana Belo, PCIL

The Progressive Center for Independent Living is excited to announce that we have successfully obtained a grant through the Hunterdon County Department of Human Services. With these new funds, we have recently launched our Recreation and Community Connections Program (RECC)! This program organizes events customized for individuals with disabilities by offering more of an inclusive environment. Peer groups will occur on the fourth Thursday and alternate monthly with a recreation event. As mentioned above, RECC will alternate monthly activities between peer group sessions at our Hunterdon office and recreation activities within the community. Within the peer group, individuals can expect a peer-to-peer support group that is designed to discuss a wide range of topics that allow individuals living with disabilities to feel more confident and comfortable. The sole purpose of this safe space is to provide the opportunity to form strong, meaningful relationships and offer support and guidance while allowing individuals to share their experiences, learn from others work on social communication skills and acquire some independent living skills. If you are an individual living with a disability age 16 or above, please consider joining this group. Our next session will occur on June 27, 5:30 to 7:00 pm.

The goal of the recreation program is to help our population engage in various

recreation and social opportunities within their community. We will offer a variety of activities and also utilize feedback from participants when planning events. Our next event is May 18 with a bus trip to Medieval Times. Future recreation events will be planned within the Hunterdon County area.

To learn more about our RECC opportunities, please reach out to Dana Belo at Dana.Belo@pcil.org or 908-782-1055 ext. 202. You can also check out and register for upcoming events at www.pcil.org. To keep abreast of upcoming events, visit our Facebook page @ProgressiveCenterNJ and request to be added to our mailing list.

JOIN US!

MAY 18	MEDIEVAL TIMES ↳ for any additional information regarding this event please call Dana @ 908-782-1055 ext. 202
JUNE 27	PEER GROUP SESSION TOPIC: "TACKLING TRAUMA" - DISCUSSING PHYSICAL, MENTAL, AND EMOTIONAL EXPERIENCES ↳ 1220 NJ-31 STE 14 LEBANON NJ, 08833
JULY 25	ICE CREAM SOCIAL @ BUNDT PARK ↳ Red School house Road, Lebanon, NJ 08833
AUG 22	PEER GROUP SESSION TOPIC: "HOW TO MANAGE LIFE'S CHALLENGES- 'WHAT IS A SUPPORT SYSTEM?'" ↳ 1220 NJ-31 STE 14 LEBANON NJ, 08833

**Details & Registration
at www.pcil.org/events**

STAY CONNECTED: PCIL'S NEW DIGITAL EXPERIENCE

In the ever-evolving landscape of community support and advocacy, Progressive Center for Independent Living (PCIL) takes a leap forward to enhance its connection with the Mercer and Hunterdon counties in New Jersey. With a refreshed website, a dynamic blog, and a burgeoning social media presence, PCIL invites its newsletter readers to embark on an enriched journey of engagement and empowerment.



NEW WEBSITE: A HUB OF RESOURCES AND CONNECTIVITY:

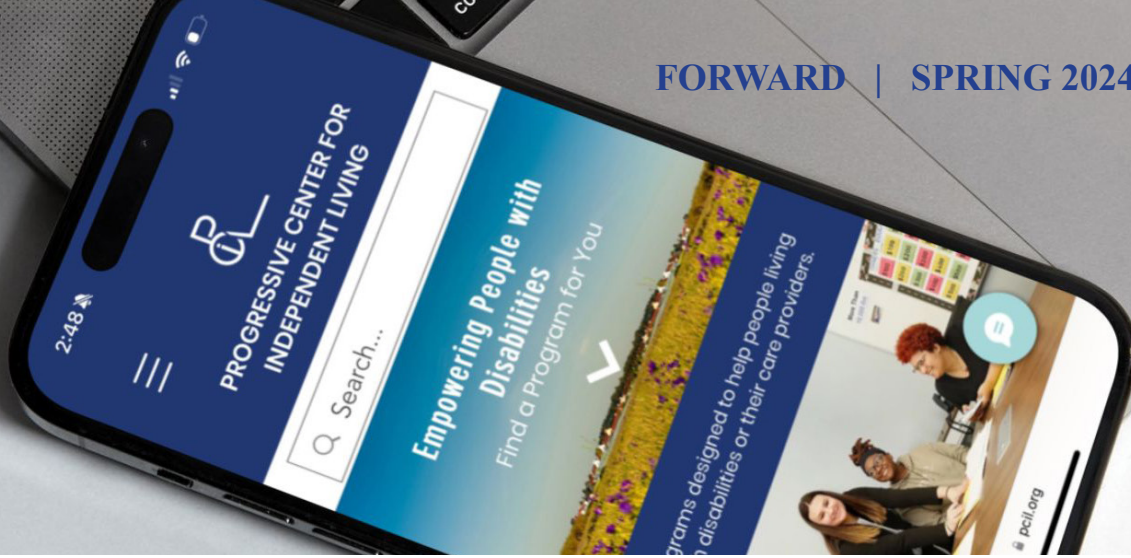
PCIL's website undergoes a transformation, emerging as a comprehensive platform tailored to cater to the diverse needs of individuals living with disabilities, their families, caregivers, and service providers. Navigating the site, visitors will discover an abundance of information regarding PCIL's services, a directory to staff members facilitating seamless communication, and new functionalities allowing registration, event payments, donations, and membership enrollment. This digital overhaul aims to streamline accessibility and foster inclusivity, ensuring that every individual can easily access the resources and support they require.



DIVE DEEPER: PCIL OFFERS A NEW BLOG ON CRUCIAL TOPICS

Complementing the website's informational repository, PCIL launches its monthly blog, poised to delve into pertinent subjects vital for community empowerment. From insightful articles on disability rights and advocacy to practical guides for navigating everyday challenges, the blog serves as a beacon of knowledge and inspiration. For example, in April we featured an article diving deep into Support Coordination and how we can help with DDD services, and in May we touched on six tips on maximizing our Summer Campership Scholarship opportunity. Through thought-provoking content, PCIL endeavors to spark conversations, raise awareness, and foster a sense of solidarity within the community. We invite you to head over to the blog and give it a read at www.pcil.org/blog.

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SOCIAL MEDIA ENGAGEMENT: Connection Beyond Boundaries

As PCIL embraces the digital age, it extends its reach across various social media platforms, offering yet another avenue for connection and engagement. Followers on Facebook can anticipate updates on upcoming events, glimpse behind-the-scenes moments, and discover intriguing insights into the world of disability advocacy. Keep an eye out for the imminent launch of PCIL's Instagram account, promising captivating visuals and real-time updates, further bridging the gap between the organization and its audience.



IN THE PIPELINE: DIRECT COMMUNICATION THROUGH EMAIL

PCIL prepares to introduce an email newsletter, adding another dimension to its communication arsenal. Subscribers can look forward to receiving regular updates on events, important information, and exclusive insights directly to their inboxes. This forthcoming initiative aims to foster a sense of community, keeping members informed and engaged with the latest developments and opportunities.

By embracing digital innovation and expanding its online presence, PCIL is not only enhancing accessibility to its services but also fostering a more inclusive and supportive community environment. In an era where connectivity is paramount, especially in the wake of global challenges, the ability to engage with and empower individuals across various platforms is crucial. Through this proactive approach, PCIL is not just facilitating communication; it is laying the groundwork for greater collaboration, advocacy, and ultimately, positive change within Mercer and Hunterdon counties.





E-mail: info@pcil.org
Site: www.pcil.org
FB: @ProgressiveCenterNJ

MERCER OFFICE

3635 Quakerbridge Road, Suite 40
Hamilton, NJ 08619
Phone: 609-581-4500
Fax: 609-581-4555

MERCER STAFF

Executive Director
Scott Elliott

IL/Transition Team of Mercer

Renee Pfaff, *Program Manager*
Monique Jackson
Ruth Roberson
Stephanie Wilmot

Support Coordinators of Mercer

Kim Such, *Supervisor*
Jill Novotny, *Supervisor, Quality Assurance*
Jared Ross, *Supervisor, Plan Reviewer*
Batool Bokhari, *Assistant Supervisor,
Social Media Coordinator*
Kiara Boyd, *Family and Community
Relations Coordinator*
Mamadi Kaba
Patty Stauss
Amy Watts, *Program and Community
Liaison*

HUNTERDON OFFICE

1220 State Highway 31, Suite 14
Lebanon, NJ 08833
Phone: 908-782-1055
Fax: 908-782-1081

HUNTERDON STAFF

IL/Transition Team of Hunterdon
Dana Belo

Support Coordinators of Hunterdon

Teresa Pirretti
Laura Tapp

BOARD MEMBERS

President Steve Gruzlovic

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your **DOORWAY** QUARTERLY

A quarterly publication written by the Mercer County Office on Aging/Aging & Disability Resource Connection to help support older adults, those living with disabilities, and their caregivers

ARTICLES BY ADRC

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Mercer County Office on Aging/ ADRC

2210 Hamilton Ave.
Hamilton, NJ 08619



ADRC	(609) 989-6661
Nutrition	(609) 989-6650
TOLL FREE	(877) 222-3737



Hearing Induction Loops Coming to Mercer Government Locations

■ By Dan Benson, Mercer County Executive

Over more than two decades as a public servant, my goal has always been to make our communities a better place for all of our residents to live, work, and raise a family. To achieve that goal, I've worked alongside residents, community activists, nonprofits, and my fellow elected officials to champion the rights of our residents.

As an Assemblyman for the 14th district, I sponsored pertinent legislation for those living with disabilities, particularly the deaf and hard-of-hearing community. One of these bills was the Deaf Students Bill of Rights. This legislation improved the standard of offering all students a learning experience in the least-restrictive environment, and sought to adopt policies and practices that truly allow deaf and hard-of-hearing students to be educated on an equal scale through mandatory assistive technology and in each student's preferred method of communication. I urged education officials to fully immerse themselves in the needs of deaf and hard-of-

hearing students, so that those students may realize their full potential.

Upon election as County Executive, I reviewed the offerings the County of Mercer has been providing our residents, including the 711 TTY telephone service and referrals to the Richard West Assistive Technology Center (ATAC), and found what we offer only scratches the surface of what is possible, and necessary, for full accessibility. We know, from community feedback and Americans with Disabilities Act (ADA) compliance reviews, that many members of our community face ongoing barriers, underscoring a broader need for comprehensive accessibility improvements.

I ran for County Executive because I saw an opportunity to take the causes I advanced as a legislator, and to help implement the solutions right here in Mercer County. That's why, two months into my first term, I supported my

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team in applying for an Open Communication Access Grant offered by the New Jersey Department of Human Services, Division of the Deaf and Hard of Hearing. Now that we have been selected as a recipient of this grant, the County will be installing hearing induction loops at select County public spaces by this summer.

Hearing induction loops allow people with hearing loss to participate in public spaces easily by simply turning on the “t-coil” switch on their hearing aids and cochlear implants. Unlike traditional assistive technologies, loop systems provide a discreet and effective communication method compatible with 80 percent of hearing aids and are capable of serving those who rely on lip reading or do not use American Sign Language (ASL). This technology will improve our ADA compliance and reduce isolation, while also enhancing emergency communication and staff engagement.

To significantly advance our accessibility infrastructure, the County of Mercer will install loop systems in key public locations chosen for their high traffic and critical role in public service delivery:

- Mercer County Office on Aging/Aging and Disability Resource Connection (ADRC), Mercer County Connection, and Mercer County Board of Social Services for daily access use

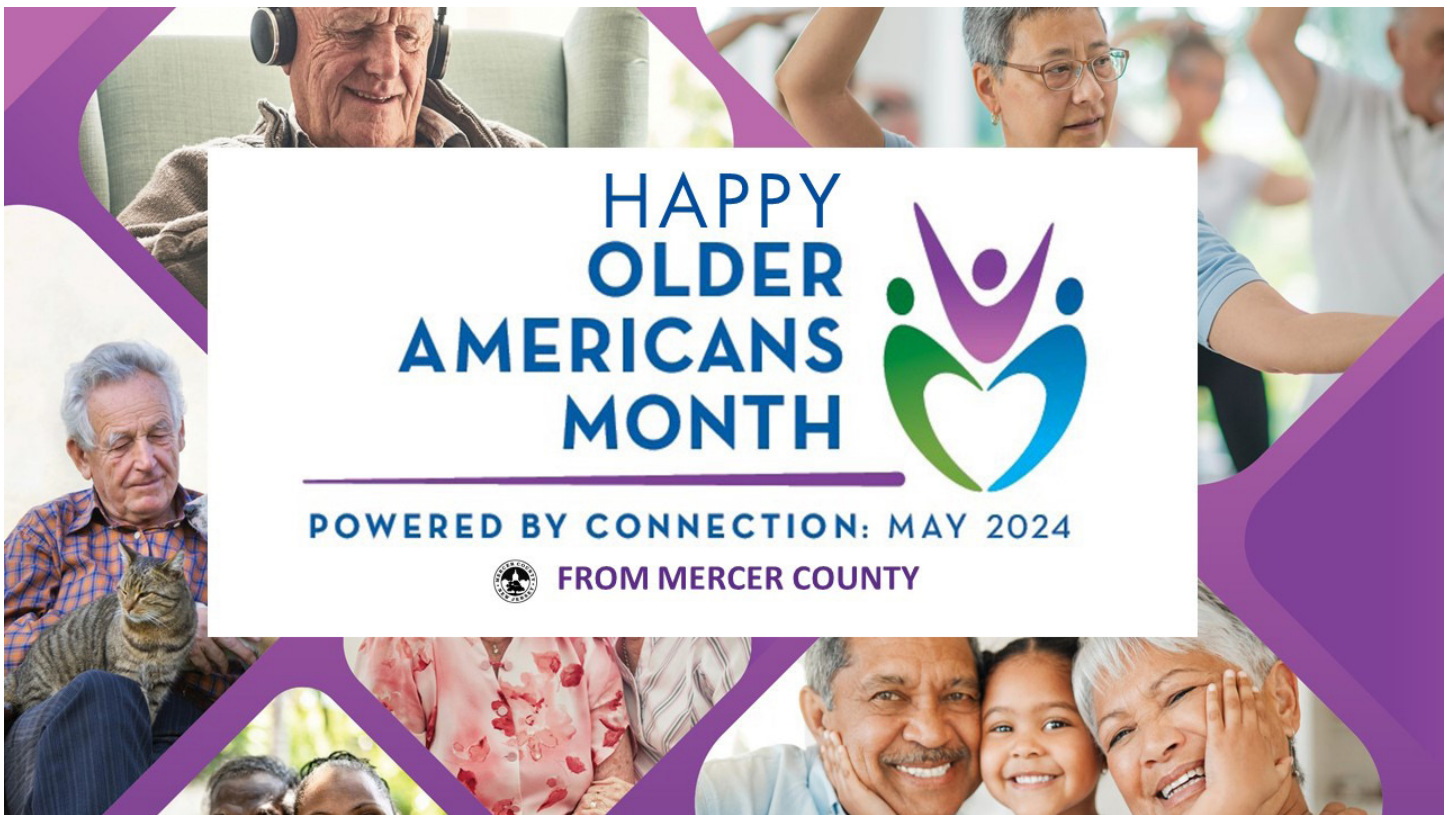
- Housing and Community Development (Housing and Energy Assistance Office) and Workforce Development Office to support essential service provision

Later expansions will include branches of the Mercer County Library System and the County Commissioner Hearing Room in the Mercer County Administration Building.

With more than 40 million Americans living with hearing loss – a number projected to double by 2060 – Mercer County recognizes the urgent need for accessible technology. About 7.1 percent of our residents younger than 65 have a disability, and nearly half of our senior population experiences hearing loss, underscoring the critical need for this project. Moreover, with a diverse linguistic landscape where almost 33 percent of residents speak a language other than English at home, this initiative will greatly enhance communication for all residents, ensuring services are accessible and inclusive and that deaf and hard-of-hearing residents remain autonomous, empowered, and included.

Choosing loop induction systems reflects just one step in Mercer County’s commitment to accessibility and inclusivity for all residents. As we move forward, we will continue to find new and innovative ways to advance accessibility for every resident of Mercer County.





Celebrating Older Americans Month 2024: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon

General's Advisory on the Healing Effects of Social Connection and Community. This report indicates that loneliness increases the risk of premature death by 26 percent, while social isolation increases it by 29 percent.

Connection is not just about having someone to chat with, but about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

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How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Help people connect with local services that can help overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

At the Mercer County Office on Aging/ADRC, we work tirelessly to provide opportunities for

people to connect. Whether through funding programs like the congregate meals, friendly visits, telephone reassurance, and recreation programs for older adults and people living with disabilities or by advising community members directly on service access, available programs, employment, transportation, and more, we strive to be a hub for the older members of our communities, those living with disabilities, and those in the caregiver role to get and stay connected to the people and places that mean something to them.

In Mercer County there are numerous ways to connect through public spaces, volunteer opportunities, community organizations, fun things to do, and more. If you'd like to speak to one of our staff about opportunities for you and/or a loved one, please contact us at ADRC@mercercounty.org or 609-989-6661. We're here to help guide and connect you to the things that can help you lead the life you want to live and engage in the communities in which you are an integral part.

For more information on OAM, visit its official website, <https://acl.gov/oam/2024/older-americans-month-2024>.

You also can join the conversation on social media using the hashtag #OlderAmericansMonth.



POWERED BY CONNECTION: MAY 2024



National Nutrition Month

■ By Erica Saganowski, ADRC

Each month, you can open a calendar and find a special celebration or recognition. To honor the population the Mercer County Office on Aging/Aging & Disability Resource Connection (ADRC) serves, we acknowledge and celebrate National Nutrition Month every March and Older Americans Month every May. This year in recognition of National Nutrition Month, I was honored to volunteer with both Meals on Wheels of Mercer County and the Mercer County Nutrition Program for Older Adults.

My day with Meals on Wheels began at Rider University's campus to tour the meal preparation kitchen and to meet the dedicated staff and volunteers who allow this program to feed more than 300 homebound older adults daily. I witnessed firsthand the fresh produce that was packed for the meal recipients as well. This initiative not only supports local farmers, but helps recipients stretch their

food dollars all while highlighting this year's National Nutrition Month theme of Beyond the Table, which addresses the farm-to-fork aspect of nutrition. I then accompanied a long-time volunteer on his delivery route. It was there that I saw the moniker "more than just a meal" come to life. The ring of the doorbell or knock at the door and the sound of "Meals on Wheels" were greeted every time by a smile, a thank you, and nod of heartfelt gratitude not only for their daily meal, but also for the few moments of friendly interaction from a caring friend. This daily meal delivery provides sustenance for the body and the soul. That small daily interaction can make all the difference in maintaining the independence of our community's most vulnerable older adults.

Equally important for the nutritional and social needs of Mercer's older adults, the County of Mercer operates congregate nutrition sites across the county that provide

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meals to nearly 500 participants every weekday. This year in recognition of National Nutrition Month, staff from the Department of Human Services along with County Executive Dan Benson spent the morning meeting the participants and dedicated staff at three of our 10 nutrition sites. We saw the staff meticulously prepare the food, periodically checking the temperature to ensure proper cooking time and meal quality. After receiving our on-the-spot training from the knowledgeable and caring kitchen staff and site managers, we donned our aprons, hats, hairnets, and gloves and helped plate and serve one of my favorite meals: tacos! We also greeted the participants, sat, and talked, and maybe even joined a line dance or two. Just as with the home-delivered meals participants, the feeling was the same: that this program offers more than a hot meal. All are there for the food, but also enjoy the sense of community, connectedness, and socialization.

With both experiences, I was reminded of the parallel with the 2024 theme of Older Americans Month – Powered by Connection – and the importance of being connected to the people and places around you and how the benefits of these programs extend far beyond their month of recognition. Every day, the goal of the Office on Aging/ADRC and our community partners is to provide our residents with the services and support that help reduce isolation and keep people in their homes and communities of choice. I invite you to stay connected by joining us for lunch as a participant, a volunteer, or even both!

For a listing of all the programs and services offered by the Office on Aging/ADRC, including those of Meals on Wheels of Mercer County and the Mercer County Nutrition Program for Older Adults, please contact our office at 609-989-6661 or adrc@mercercounty.org.



STATEWIDE RESPITE CARE PROGRAM

**Services To Provide Short-Term,
Intermittent Relief to New Jersey's Caregivers**

Caring for anyone is a huge job. The Statewide Respite Care Program offers services to the person who needs care so that you, the caregiver, has respite - that much needed break.

To learn more or start the application process, please contact the Mercer County Office on Aging / Aging and Disability Resource Connection at **(609) 989-6661** or **ADRC@mercercounty.org**.

Team Effort Brings “Pathways to Preparedness” Training to McCorristin Square Senior Living

■ By Reed Thomas, ADRC

The Mercer County Office on Aging/ADRC proudly helped bring a vital training to McCorristin Square Senior Living in Hamilton. Late in 2023, we were approached by a resident who expressed concern that many neighbors had mobility impairments, relied on assistive devices, and/or might have needs greater than those of a typical community member if an emergency occurred. We quickly connected to the NJ Department of Human Services, Office of Emergency Management, and coordinated a training based on the “Pathways to Preparedness” guide developed in partnership with the NJ Statewide Independent Living Council. Focused on personal preparedness, this training includes how to evaluate your unique needs and develop a plan to prepare for anything that can happen here from hurricanes and flooding to large-scale and small-scale accidents.

More than 50 residents attended the presentation that featured content from the County of Mercer, the NJ Department of Human Services’ Office of Emergency Management and Disaster and Terrorism Branch, and the NJ Office of Emergency

Management Access & Functional Needs planner. All residents not only were able to hear from people directly involved in emergency preparedness and emergency management as well as ask questions, but also received copies of the Pathways to Preparedness guide, which includes information and tools for personal preparedness, and a to-go bag donated by the NJ Division of Aging Services full of essentials like flashlights, first aid kits, small radios, and more! Residents were engaged during the training, and many contacted our office for further resources and services.

It is important for all of us to be prepared in case of an emergency, and we all have unique situations and needs. The Pathways to Preparedness guide and training emphasize this and provide tools and methodology to address your preparedness needs. If you know of a group that could benefit from this training, please contact the Mercer County Office on Aging/ADRC at ADRC@mercercounty.org or 609-989-6661; we are happy to help coordinate presentations for anyone who could benefit.

STATE OF NEW JERSEY
DEPARTMENT OF HUMAN SERVICES

Personal Assistance Services Program (PASP)



- McCorristin Square Senior Living in Hamilton enjoying a training on emergency preparedness conducted by the NJ Department of Human Services Office of Emergency Management.

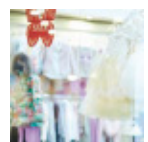


GRANT SERVICES YOU NEED

PASP provides routine, non-medical personal care assistance to adults with permanent physical disabilities 18 years of age or older and are employed, preparing for employment, attending school or involved in community volunteer work and who are able to self-direct their own services. The goal of this program is to support individuals with physical disabilities so that they may remain active participants in their community. The PASP offers participants choice, flexibility, control and the opportunity to manage their own personal care assistance services. Eligibility is not income based, but there is a cost share based on income.

CONTACT US NOW!

Mercer County ADRC
Reed Thomas 609-989-6459
rthomas@mercercounty.org
640 South Broad St.
P.O. Box 8068
Trenton, NJ 08650-0068



DDS
NJ DIVISION OF
DISABILITY SERVICES



MERCER COUNTY
2024
**SENIOR
ART SHOW**

Presented by County Executive Dan Benson

AUGUST 19 - SEPTEMBER 9

The Conference Center at Mercer
Artwork Drop-Off August 12, 9 a.m. - 2 p.m.

*Mercer County Community College,
1200 Old Trenton Road, West Windsor*

Award Ceremony & Closing Reception
September 10, 10:00 a.m. - 11:30 a.m.

The Conference Center at Mercer
*Mercer County Community College,
1200 Old Trenton Road, West Windsor*

All artwork will be released to the artist after the Reception/ Ceremony ends. If unable to attend the ceremony, kindly make arrangements to have your artwork picked up by 1 p.m. on September 10. **For more information please contact Mercer County Coordinator, Karina Turek at (609) 989-6661 / kturek@mercercounty.org.**



Made possible by funds from the New Jersey State Council on the Arts and a partner agency of the National Endowment for the Arts.

Supported by The Board of County Commissioners
The Mercer County Office on Aging
The Mercer County Division of Culture & Heritage



**NJ DEPARTAMENTO DE
SERVICIOS HUMANOS**

**Programa De Servicios De Asistencia Personal
(PASP, por sus siglas en ingles)**

Mercer County ADRC

Reed Thomas

609-989-6459

rthomas@mercercounty.org

2210 Hamilton Ave

Hamilton, NJ 08619



Jersey Assistance for Community Caregiving is a program that provides in-home services to seniors at risk of placement in a nursing home. JACC includes an array of services designed to supplement the assistance given by the individual's caregiver network. Qualified individuals may have the opportunity to hire their own eligible family, friends, or neighbors to provide the care they need.

To learn more or start the application process, please contact the Mercer County Office on Aging / Aging and Disability Resource Connection at (609) 989-6661 or ADRC@mercercounty.org.



ADMINISTRATIVE STAFF

*Deputy Director Mercer County
Department of Human Services &
Executive Director Mercer County
Office on Aging/ADRC*
Erica Saganowski

Senior Accountant
Tiffany Hunter

Administration Support Staff
Karina Turek

NUTRITION STAFF

Nutrition Program Director
Jenifer Williams

ADRC STAFF

Bilingual Community Service Aide
Monica Maldonado

Health Insurance Benefits Clerk
Tina Spoto

*PASP Coordinator/
Program Monitor*
Reed Thomas



PCIL SUMMER CAMPSHIP APPLICATIONS NOW OPEN

The Summer Campership Program acts as a special opportunity for families with remarkable children aged 4 to 25, granting them access to exciting activities from Memorial Day to Labor Day. This program is funded by a grant from Mercer County, offering scholarships ranging from \$85 to \$400 on a first-come, first-served basis. Don't wait, apply now as these scholarships are in high demand like a scorching summer day!

Find application and details at
www.pcil.org/campership

VOL 85 SPRING 2024

A PCIL & ADRC NJ Collaboration

Progressive Center for Independent Living
3635 Quakerbridge Road
Suite 40
Hamilton, NJ 08619

FREE MATTER FOR
THE BLIND AND
HANDICAPPED

Phone: 609-581-4500
Fax: 609-581-4555
E-mail: info@pcil.org
Site: www.pcil.org
FB: [@ProgressiveCenterNJ](https://www.facebook.com/ProgressiveCenterNJ)

