



Senior Newsletter

Timothy P. Dougherty, Mayor

200 South Street, 3rd Floor, Morristown, NJ 07960

p: 973-292-6690 | f: 973-631-5662 | www.townofmorristown.org

MAY/JUNE 2020

May is

**MENTAL
HEALTH
AWARENESS
MONTH**



FREE MENTAL HEALTH HOTLINES:

CRISIS TEXT LINE: Text "NJ" to 741741

FAMILY HELPLINE: 1-800-843-5437

DOMESTIC VIOLENCE HOTLINE: 1-800-572-7233

NJ MENTAL HEALTH CARES: 1-866-202-4357



MEMORIAL DAY
★ ★ ★ ★ ★ ★ ★ ★
REMEMBER AND HONOR

MONDAY, MAY 25TH

BUILDING CLOSED



NOTE!!!

The Primary Election date has been **moved** from June 2nd to **July 7th**.



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Morris Habitat for Humanity is offering Seniors of Morris County, NJ a special home repair program that makes accessibility and energy efficiency improvements to enable senior citizens to move around safely inside their homes and complete the routines of daily living. By doing this, the program hopes to help Morris County senior citizens continue to live in their own homes longer and maintain their independence. Examples of work include modifications and improvements such as grab bars, additional handrails or securing handrails on stairs, changing faucets and doorknobs, installing handheld shower heads, weatherization, accessibility improvements, and roof repairs. Costs to homeowner are only for purchased materials and other needed professional services such as electricians, plumbers, etc. Morris Habitat is registered with the State of New Jersey as a home repair contractor. To qualify you must:

- Own and live in your home full-time.
- Age 62 or older, or someone else living in home
Age 62 or older.
- Live in Morris County, NJ.
- City and Property taxes current.
- Mortgage current or no mortgage. For more information call 973-366-3358.



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BEWARE OF SCAMS!!!!

Scamming attempts have spiked to in recent months. Please be vigilant. Any communication involving money should raise a red flag. Don't respond to texts, emails, or calls about checks from the government. Here's what you need to know.

- Listen for the words "stimulus check" or "stimulus payment." If someone in an official capacity uses these terms your concern level should rise. The official term is economic impact payment.
- Do not sign over your economic impact payment check to anyone you don't know who contacts you via email, text, or phone.
- No one should ask by phone, e-mail, text, or social media for verification of personal information including your bank account information.
- Scammers will suggest that you can get a tax refund or economic impact payment faster by working with them on your behalf. This scam could even be conducted in person!
- Scammers may mail you a bogus check, then tell you to call a number or verify information online in order to cash it. Legitimate agencies do not conduct business this way.
- Ignore online offers for vaccinations. There are no products proven to treat or prevent COVID-19 at this time.
- Be wary of ads for test kits. The FDA just announced approval for one home test kit, which requires a doctor's order. But most test kits being advertised have not been approved by the FDA, and aren't necessarily accurate.
- Hang up on robocalls. Scammers are using illegal robocalls to pitch everything from low-priced health insurance to work-at-home schemes.
- Watch for emails claiming to be from the CDC or WHO. Use sites like coronavirus.gov and usa.gov/coronavirus to get the latest information. And don't click on links from sources you don't know.
- Be aware that the IRS and Social Security Administration WILL NOT call! They will send notification to you by postal service only.

Senior citizens across the state are also being contacted, via phone, and informed that their grandchild was in an accident or was arrested and they are in need of bail money to be released. The caller tells the victim the sum of money needed and sends a courier to their home to pick it up or directs them to wire the money or purchase gift cards. Anyone receiving a similar call is asked to contact their local Police Department immediately.



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ALL MORRISTOWN SENIOR CENTER PROGRAMMING IS **SUSPENDED UNTIL FURTHER NOTICE**

DUE TO CONCERNS OVER THE SPREAD OF THE CORONAVIRUS (COVID-19)

Call the Morristown Senior Center at 973-292-6690 with questions.

WHO IS AT HIGH RISK: Older Adults, People with serious chronic medical conditions like Heart Disease, Diabetes, Lung Disease.

CONCERNED YOU MIGHT BE AT RISK FOR CORONAVIRUS (COVID-19)?

- **Call the Atlantic Health Nurse Screening Hotline at 1-862-260-3199.**
- **New Jersey Department of Health** also has a 24-hour hotline at 1-800-222-1222 where training health care professionals can assist with answering questions about COVID-19.
- **Visit the Atlantic Health System COVID-19 (Coronavirus) Information Website** at <https://www.atlantichealth.org/about-us/stay-connected/news/content-central/2020/covid-19-coronavirus.html>
- **Morris County Public Health Nurse** at 973-796-1975. After hours, via the Morris County Communications Center at 973-285-2900.

IF YOU ARE HAVING SYMPTOMS:

- **Call First:** Communicate travel history and symptoms before arriving at a doctor's office or health care facility, enabling the provider to determine the best setting for you to receive care.
- **Stay home except to get medical care:** Restrict your activities to limit the spread of the virus. If your symptoms are not severe, consider going online for 24/7 access to board-certified physicians for consultations, diagnosis and treatment.
- **Separate yourself:** Limit contact with other people and animals in your home. When possible, stay in a separate room and use a separate bathroom.
- **Other tips:** The CDC also recommends wearing a face mask, covering coughs and sneezes, cleaning hands often, avoiding sharing personal household items, cleaning commonly touched surfaces and more.

IMPORTANT PHONE NUMBERS & WEBSITES

Morris County Office of Health Management <https://health.morriscountynj.gov/>

973-631-5484

Center for Disease Prevention

www.cdc.gov

World Health Organization

www.who.int



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COVID
CORONAVIRUS
DISEASE
19

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



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For more information: www.cdc.gov/COVID19



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What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



CS 314957-D 02/29/2020

For more information: www.cdc.gov/COVID19



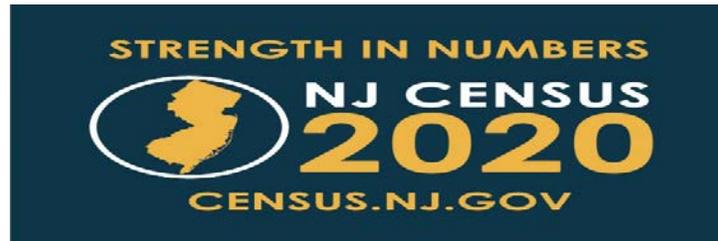
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The senior population is defined as Americans age 65 and older – and that section of our population grows in number every year as our residents age. Census data helps determine where more than \$45 billion in annual federal funding goes in New Jersey. So having an accurate count of our aging population and where their needs are is important. In 2010, there were more than 40 million people 65+ in the United States (13% of the population). By 2050, it is projected that people 65+ will make up 20% of the population. By completing the Census, we help accurately count that growing senior population, and ensure federal funding for seniors and the programs and services they rely on for the next decade.

• Programs that rely on federal funding determined by Census data include:

- o Medicaid and Medicare
- o Supplemental Nutrition Assistance Program (SNAP - food stamps) and Senior Farmers Market Nutrition Program (SFMNP)
- o Older Americans Act
- o Enhanced Mobility of Seniors & People with Disabilities
- o Supportive Housing for the Elderly
- o Workforce Innovation and Opportunity Act (WIOA) Adult Activities
- o Senior Community Service Employment Program (SCSEP) – job-training and employment program
- o Senior Corps volunteer program

• Census data also informs community planning – including funds for new hospitals, long-term care facilities and senior centers, as well as funding to maintain and update them to better serve the senior population.

• The 2020 Census will provide the most up-to-date count of the Baby Boomer generation, now estimated at about 73 million. Born after World War II (1946-1964), the oldest Baby Boomers will turn 74 next year. When the last Census was taken in 2010, the oldest had not even turned 65.

YOU HAVE THE OPTION OF COMPLETING THE CENSUS QUESTIONNAIRE:

ONLINE: 2020Census.gov

PHONE: Representatives are available from 7am to 2am every day.
English: [844-330-2020](tel:844-330-2020) Spanish: [844-468-2020](tel:844-468-2020)

MAIL: Return your paper questionnaire received by mail to: **U.S. Census Bureau National Processing Center
100 Logistics Avenue, Jeffersonville, IN 47144**



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NEED GROCERIES? WE ARE HERE TO HELP!

THE TOWN OF MORRISTOWN IS PROVIDING TRANSPORTATION TO AND FROM SHOPRITE FOR THOSE IN NEED AT ALL SENIOR HOUSING LOCATIONS
(EARLY ST., ANN ST.)

IMPORTANT INFORMATION:

- YOU MUST CALL 973-292-6690 TO SIGN UP
 - o EARLY ST. BUILDINGS – MONDAY, WEDNESDAY, & FRIDAY
 - o ANN ST. - TUESDAY & THURSDAY
- PICK WILL BEGIN AT 6:45AM
- MAXIMUM OF 10 PEOPLE EACH DAY

***** All other residents not at these locations, transportation to Shoprite is available, Monday-Friday with a pick-up time at 6:45AM. Please note, you must call the Senior Center at 973-292-6690 to sign up. If necessary, special accommodations are available.

***** Food Banks are open and providing for those in need as well as the Morris County “Meals on Wheels” nutrition program. Please call Wayne Cresta at 973-292-6709 for more information.



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IMPORTANT INFO!

- COLONIAL COACH

The Colonial Coach bus service has been suspended until further notice. If you have questions or concerns, please contact **973-292-6670**.

- STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)

1-800-792-8820. SHIP provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance.

- DOES YOUR HOUSE NEED WORK?

The "Morris County Housing Rehabilitation Program" could be your answer! For more information: Call Wayne Cresta: **973-292-6709**.

- HOMESHARE PROGRAM

Housing Alternative for Morris County: If you or someone you know need an affordable place to live, help with home or mortgage payments, extra help around the house or companionship and you or someone you know has room to spare, time to care and love to share, let Home Share bring you together. For more information, call: **908-526-4663**.

- MASKS AVAILABLE!

The Morristown Fire Bureau has mask available for Morristown Residents **only**. If you are in need of masks, please contact the fire Chief at 973-292-6604 or r-flanagan@townofmorristown.org. Leave your name address and phone number and masks will be delivered to your home.

- JCPL CRITICAL CARE CUSTOMERS

If any member of your household depends on electrically operated life-support equipment, please contact JCPL (800-662-3115 to be added as a critical care customer list, which will be used to inform you of power outages and will be provided to the County and Municipal Offices of Emergency Management.

*******If you have an issue or question and are not sure what department to call, contact Wayne Cresta at 973-292-6709 or w-cresta@townofmorristown.org.**

IMPORTANT NUMBERS

Police (Non-Emergency) - 973-292-6614

Police/ Fire (Emergency) - 911

Property Maintenance - 973-292-6700

(Sidewalk issues)

Veterans Issues - 973-285-6866

MAPS (Medical Transportation) 973-829-8103

(Call at least one week in advance)

Morristown Housing Authority -

VNA House Call Groceries - 973-539-1216

(Volunteers shop. \$5 administrative fee)

New Jersey EASE information Hotline

(1-800-564-4656 - Senior services in Morris County)

Office of Support Services for the Aged

(1-800-792-9745 (Benefit programs including PAAD and lifetime)

Midday Friendship Center - 973 285-6856 Meals provided to those over 60 years old

Morristown Partnership - 973-455-1133

Morris County Division on Aging, Disabilities & Veterans Services - 973-285-6848

Legal Aid - 973-285-6911

Family Service of Morris County 973-538-5260

To obtain a Morris County Photo ID card: contact

Office of the Clerk: 973-285-6160 or

www.morriscountyclerk.org

NJT Reduced Fare Program - 973-491-7112



SENIOR SERVICES

200 SOUTH STREET

MORRISTOWN, NJ 07960