



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

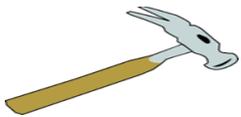
MARCH/APRIL 2020

MORRISTOWN COLONIAL COACH

The Colonial Coach is a FREE bus service by the Town of Morristown, consisting of one route operating in and around Morristown, serving Morristown residents, on Mondays, Wednesdays, Fridays, and Saturdays. Daily bus service confirmation: **973-267-2733**. General bus inquiries: **973- 292-6670**.

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**.



DOES YOUR HOUSE NEED WORK?

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

MORRISTOWN 60 PLUS CLUB TRIPS:

- **SPIRIT OF NEW JERSEY CRUISE:** August 21, 2020 (Friday) – 10-3pm Chelsea Lincoln Harbor, Weehawken, NJ – Members: \$85/Non-Members: \$90. Bus leaves 10am sharp. (PAYMENT DUE: APRIL 28, 2020)

Contact Sandy Shrubby (201-877-9217 or Dolores Gibson 973-224-9784

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.

AARP TAX COUNSELING

AARP Foundation with the IRS is again providing FREE Income Tax counseling and preparation at the Morristown Senior Center. Counselors will be available on Mondays only, February 3rd through April 13th. Return preparation includes NJ State return and free electronic filing. IMPORTANT: You MUST bring the following items: (1) Photo ID for you and your spouse (if married), (2) Social Security Card for every person on your return, (3) Copy of last year's Tax Return and supporting documentation, (4) All of your 2019 income documents, and (5) For 1095-A if you purchased insurance from the government insurance marketplace. By appointment only! Call: 973-292-6690 or make an appointment online by going to the Morris County AARP Tax-Aide Program Website (freetaxesmorrisnj.org). Click on the link for Morristown on the right side of the webpage to access the online appointment system. Please note that the online system will not be available until January 20th.



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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.

ELDER LAW SEMINAR

Ask an Elder Law Attorney-an overview of Common Elder Law Issues. Presented by the Murray Law Firm, on April 28th at 11:15am, Morristown Senior Center, 200 South Street, 3rd Floor. Refreshments will be served. Call 973-292-6690 for more information.

TWILIGHT DONE RIGHT FREE SEMINARS

1. **Free luncheon event**, “Twilight Done Right” and learn about important elder law topics, senior living options, hospice care, and advance memorial planning on Wednesday, March 18 from 11:30am to 1:00pm at the Wm. Bradley & Son Funeral located at 345 Main Street in Chatham. Please RSVP by March 17th. *Snow date is March 25th. OR Wednesday, April 1st from 11:30am to 1pm at the Law Offices of Porzio, Bromberg & Newman P.C. located at 100 Southgate Parkway in Morristown. Please RSVP by March 31st.

All guests will receive complimentary resource materials. RSVP by calling (844) 733-6532 or register online www.twilightdoneright.com

2. Free luncheon event: “What You Need to Know About Elder Law, Memorial Planning, and Estate Organizing” and learn about important elder law topics, funerals, and cremation, and how to organize your estate. The even will be held on Wednesday, April 8 from 6:30pm to 8:30pm at the Wm. A. Bradley & Son Funeral Home located at 345 Main St. in Chatham. All guests will receive complementary resource materials and a catered dinner with gift basket raffles. Seating is limited ! Please RSVP by April 7 by calling (973) 635-2428 ext. 140 or via email at Austin@bradleyfuneralhome.com.



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

**DUE 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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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.



CS 314937-A 03/03/2020

For more information: www.cdc.gov/COVID19



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COVID
CORONAVIRUS
DISEASE
19

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 314937-D 02/29/2020

For more information: www.cdc.gov/COVID19



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2020 Census FAQ

What is the census?

The census is a count of every person who lives in the United States and its territories. It happens every 10 years. In early 2020, you will be asked to count everyone who lives in your home as of April 1. Responding to the 2020 Census is a chance to shape your future.

What's in it for me?



Your responses inform where over \$675 billion is distributed each year to communities nationwide for clinics, schools, roads, and more.



Census data gives community leaders vital information to make decisions about building community centers, opening businesses, and planning for the future.



Responding also fulfills your civic duty because it's mandated by the U.S. Constitution. The United States has counted its population every 10 years since 1790.



Your responses are used to redraw legislative districts and determine the number of seats your state has in the U.S. House of Representatives.

Is my information safe?

Your responses to the 2020 Census are safe, secure, and protected by federal law. Your answers can only be used to produce statistics. They cannot be used against you by any government agency or court in any way—not by the FBI, not by the CIA, not by the DHS, and not by ICE.

When can I respond to the census?

In early 2020, every household in America will receive a notice to complete the census online, by phone, or by mail. In May, the U.S. Census Bureau will begin following up in person with households that have yet to respond.

What will I be asked?

You will be asked a few simple questions, like age, sex, and the number of people who live in your home, including children.

What won't be asked?

The census will never ask for Social Security numbers, bank or credit card numbers, money or donations, or anything related to political parties.

For more information, visit:

2020CENSUS.GOV

D-FA-GP-EN-034

**Shape
your future
START HERE >**

**United States
Census
2020**



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CRITICAL EQUIPMENT NOTICE

Jersey Central
Power & Light
A FirstEnergy Company

A notice to customers who use electrically operated **LIFE-SUPPORT EQUIPMENT**



If any member of your household depends on electrically operated life-support equipment, please let us know by calling **1-800-662-3115**. Jersey Central Power & Light (JCP&L) will send you a form that must be completed and signed by your physician every year to verify that you have life-support equipment.

When we receive your completed form, we will add your name to our critical care list. The list will be used during a power outage to contact all critical care customers by telephone if the outage may affect their electric service for more than 24 hours. In addition, the list will be provided to county and municipal Offices of Emergency Management.

There is no charge for this service.

Keep in mind, it's also important that life-support customers have a contingency plan, such as a battery backup.

If you have any questions about our Critical Customer Care Program, or to sign up, please call **1-800-662-3115**.

Attention customers who rely on **ELECTRICALLY OPERATED PRIVATE WELLS FOR WATER**

Does your home or business depend on an electrically operated private well for water? JCP&L maintains a list of customers with private wells. These customers are contacted by telephone if a power outage is expected to affect their electric service for more than 24 hours – in which case, they'll be advised of locations where water and ice are available. In addition, the list is provided to county and municipal Offices of Emergency Management.



There is no charge for this service.

To join JCP&L's Private Well Customer Service, please check here, complete the form to the right, and mail it along with your monthly bill payment.

If you no longer wish to participate in JCP&L's Private Well Customer Service, or if you no longer have a private well, please check here, complete the form to the right, and mail it to us.

Customers who have previously signed up for this service are already on this list and do not need to contact us again.

Please mail this form directly to:

JCP&L Private Well Customer Service
P.O. Box 579
Red Bank, NJ 07701
Attention: Revenue Operations

If you have any questions about our Private Well Customer Service, please call **1-800-662-3115**.

Please print the following information:

Customer Name _____

Service Address _____

Municipal Tax District _____
(Municipality to which you pay your property taxes)

County _____

Phone (_____) _____ - _____

Account Number _____
(12-digit number found at the top of page one of your bill)

Signature _____

COMM8902-08-18-CV
Produced by FirstEnergy's Communications and Branding Department



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UPCOMING EVENTS



Morris county Winter Farmers Market

Sundays, December 2, 2019 through March 31, 2020.

10am-1pm

Alexander Hamilton School
24 Mills Street, Morristown, NJ

Plenty of FREE PARKING!



TUESDAY – MARCH 17TH



FRIDAY – MARCH 20TH



SUNDAY – MARCH 8TH

MORRISTOWN HIGH SCHOOL THEATRE

INTO THE WOODS

Free Senior Citizen Show

WEDNESDAY MARCH 18 - 3^{PM}

Please arrive at Morristown High School,
50 Early Street, no earlier than 2:45 PM

Refreshments Provided!

Reserve Tickets by March 16

RSVP: mhsseniorcitizenshow@gmail.com



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UPCOMING EVENTS

30th Annual
Morristown Town Wide Clean-up

Registration and work assignments with light refreshments for volunteers at 9:00AM.

Families, individuals, church, civic, and school groups are encouraged to participate.

Clean up sites include parks, playgrounds, monuments, parking lots, and roadways.

Anniversary Celebration Picnic for all volunteers on the front lawn at 11:30AM.

FOR MORE INFORMATION, CONTACT KATHLEEN O'NEIL MARGIOTTA AT 973-644-4363, OR K-MARGIOTTA@TOWNOFMORRISTOWN.ORG

RUMMAGE SALE

Saturday - April 13th, 2019
8AM-3PM
New Extended Hours

Morristown United Methodist Church
50 South Park Place Morristown
Call 973-538-2132
E-mail: rummagemumc@gmail.com
or visit us at www.morristownumc.com for more info.

Proceeds Benefit Youth Mission Project.

HAPPY easter

SUNDAY – APRIL 12TH

GOOD FRIDAY

APRIL 10TH – TOWN HALL CLOSED

Happy Passover

WEDNESDAY – APRIL 8TH
FIRST DAY OF PASSOVER

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

Attention: Morristown Senior Center does not provide transportation.

(GROCERY SHOPPING - Morristown Residents Only-

Township excluded)- Pick-up: 8:00am (1½ hour

shopping). Please note: only one family member per shopping trip and a three (3) bag limit. No exceptions!

Tuesday and Thursday: Shoprite

Wednesday: Wal-Mart & ACME (upon request)

Reservations required - call 973-292-6690



THE TOWN OF



MORRISTOWN

SENIOR SERVICES

200 SOUTH STREET

MORRISTOWN, NJ 07960