

SUSSEX COUNTY SENIOR TIMES

A Publication of the Sussex County Department of Health and Human Services, Division of Senior Services

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Are you a Caregiver?

Do you feel isolated?

Are you seeking support to manage the stress you may be feeling as a caregiver?

The Caregiver Support Group, being administered by the Sussex County Department of Health and Human Services, Division of Senior Services, will help reduce the negative effects of stress and increase the physical and psychological wellness of individuals. The support group will also be providing information about what programs and services are available to the caregiver, how to access these services and provide referrals as necessary.

Caregiver Support Groups

United Way of Northern New Jersey

(In the New Jersey Herald Building)

2 Spring Street, Suite 1, Newton, NJ 07860

This Support Group will meet on the **1st Tuesday** of each month from 3:00 p.m. to 4:00 p.m.

Vernon Senior Center

21 Church Street

Vernon, NJ 07462

This Support Group will meet on the **3rd Tuesday** of each month from 2:00 p.m. to 3:00 p.m.

For more information or to register, please call 973-579-0555 ext. 1288.

This program is funded and administered by the Sussex County Department of Health and Human Services, Division of Senior Services under Title III of the Older Americans Act.

“How Humans Age: An Evolutionary Perspective”

Sussex County seniors are invited to attend a FREE presentation titled, “How Humans Age: An Evolutionary Perspective.” Join us on Friday, **March 24, 2017**, from 1:00 p.m. to 2:30 p.m., at Sussex County Community College, One College Hill, Newton, NJ, in the Atrium at the Performing Arts Center. This presentation is hosted by the Senior Life Center at S.C.C.C. The Senior Life Center is the result of collaboration between the Sussex County Department of Health and Human Services, Division of Senior Services and Sussex County Community College. Professor Nancy Gallo, Esq., Director of the Center, will be moderating the presentation. Light refreshments will be served during the presentation.

Pre-registration is required and space is limited. Please contact the Division of Senior Services for additional program information or to pre-register by calling 973-579-0555 ext. 1277 or via email at seniorservices@sussex.nj.us.

United Way Caregiver Coalition Caregiver Conference

Caregiver Conference - Saturday, April 22, 2017

Newton Medical Center, Romano Conference & Education Center, Newton, NJ 07860

9:00 a.m. – 1:00 p.m.

TOPICS: Why Sleep?, Caregiving Across the Lifespan: An Open Discussion with Experts on Common Issues Faced When Caring for Loved Ones who are Aging or Living with Disabilities or Mental Illness and The Art of Relaxing with Coloring

A light breakfast and a bagged lunch to take home will be provided.

To Register - email

<https://secure.unitedwaynnj.org/2017CaregiversConferenceSussex> or call 973-993-1160 Ext. 305.

2017 Sussex County VITA Program

All Sites are by **Appointment Only**

Sparta Senior Center, 39 Trapasso Drive, Sparta

Wednesdays, 9:00 a.m. – 12:00 p.m.

Feb. 8th - Apr. 12th

Center for Prevention & Counseling,

61 Spring St., Newton

Wednesdays, 5:30 p.m. – 7:30 p.m.

Feb. 8th – Apr. 12th

Saturdays, 9:00 a.m. – 1:00 p.m.

Feb. 11th - Apr. 15th

Skylands Medical Group, 406 Rt. 23 N., Franklin

Tuesdays, 9:00 a.m. – 12:00 p.m.

Feb. 7th – April 11th

United Way of Northern NJ, 2 Spring St., Newton

Dates to be announced.

Vernon PAL, 25 Church Street, Vernon

Dates to be announced.

Income limit is \$58,000. No rental income or annuities.

Please call **1-888-387-9830 ext. 3502** or go online

<https://unitedwayofnorthernnewjersey.acuityscheduling.com/> to schedule an appointment.

MATTER OF BALANCE CLASSES

Vernon Senior Center, 21 Church St., Vernon

Mondays, March 6th – April 24th

9:30 a.m. – 11:30 a.m.

Pre-registration is required.

Please contact the Division of Senior Services at 973-579-0555, ext. 1222 for more information or to pre-register.

Sussex County Department of
Health and Human Services
Division of Senior Services

One Spring Street, Newton, NJ 07860

Phone: 973-579-0555 ~ Fax: 973-579-0550

www.sussex.nj.us/seniorservices

Read this newsletter online and subscribe to have it automatically delivered to your inbox at the following address:

<http://www.sussex.nj.us/documents/SeniorTimes.pdf>

SENIOR CLUB TRIP INFORMATION

Vernon Seniors- Will host a one night getaway to Pennsylvania Dutch Country on **April 25, 2017**. The cost is \$325pp/double occupancy, \$308/pp triple occupancy and \$376 single occupancy. Two shows, meals included.

St. Jude's Seniors – Will host a bus trip to see, “Always Patsy Cline” at the Fulton Theater on **May 11 – 12, 2017**. The cost is \$272 double occ., \$322 single occ., and \$263 triple occupancy.

St. Jude's Seniors – Will host a bus trip to Hunterdon Hills Playhouse on **June 12, 2017** to see “Legends of Pop” starring the Mahoney Brothers. Tickets are \$73 and include bus, tips, taxes, meal and show.

XYZ Club of St. Francis DeSales – Will host a bus trip to Hunterdon Hills Playhouse on **June 13, 2017** to see “Legends of Pop” starring the Mahoney Brothers. Tickets are \$76 and includes bus, tips, taxes, meal and show.

Vernon Leisure Club – Will host a bus trip to Medieval Times, Lyndhurst, NJ on **July 11, 2017**. The cost is \$58 per person. This includes bus, lunch, museum and tournament.

Frankford Seniors – Will host a bus trip to Connecticut River Valley on **August 25 – 26, 2017**. The cost is \$272 per person double occupancy. The trip includes Essex Steam Train and Riverboat excursion, Connecticut River Museum, Gillette Castle, Florence Griswold Art Museum and Essex Village.

Vernon Seniors – Will host a two night getaway from **September 5 – 7, 2017** to Mystic, Foxwoods & the Newport mansions. The cost is \$279 per person, double occupancy. Add \$115 for single occupancy.

St. Jude's Seniors – Will host a bus trip from **September 12 – 15, 2017** to Vermont, Saratoga and the Berkshires with a stay at the Trapp Family Lodge. There will be a visit to Norman Rockwell Museum and his works, the summer home of Abraham Lincoln's son and more. The cost is \$875/pp double occupancy, and \$1095 single occupancy.

St. Jude's Seniors – Will host a cruise to Canada and New England from New York on the Regal Princess for seven days on **October 14, 2017**. Stops are Newport, Boston, Bar Harbor, St. John and Halifax Nova Scotia. Interior room \$1114 pp, includes port charges and taxes. Single is \$2053 inclusive. Balcony is \$1674 pp. All include a \$50 onboard credit per cabin.

For further details, please call the Division of Senior Services at 973-579-0555 ext. 1277.