

# SUSSEX COUNTY SENIOR TIMES

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## Virtual Expo Offers Support Resources for Caregivers

The Sussex County Department of Health and Human Services, Division of Senior Services recognizes the need for supports and services for caregivers. Caregivers are individuals who help an elderly or disabled family member or friend with tasks such as shopping, managing finances, or getting to the doctor. Caregivers also assist with personal care, housekeeping, nutritional needs, legal and financial matters, transportation, coordination of medical care and more. Assistance may be provided for as little as a few hours a week or many hours a day. Providing these services on a continual basis can present multiple challenges for caregivers. In most instances, the caregiver does not know what they need until they need it and is unaware of the local services and supports available to them.

The Sussex County Division of Senior Services will be sponsoring a 2020 Virtual Caregiver event on Thursday, **November 19, 2020**, from 4:00 p.m. to 7:00 p.m., via Zoom. This event will provide caregivers the opportunity to learn about the many resources available in the county to support them as they strive to enable seniors and disabled persons to remain as independent as possible in their homes and communities.

Caregivers will learn valuable information and resources that will assist them in specialized care, self-care, and planning for future eventualities.

Attendees will have the opportunity to receive a packet from this event which will include give-a-ways from the participating vendors and information regarding home care services, transportation, nutrition programs, medical equipment, social services, legal services, financial services, respite services, support groups and much more.

This virtual event will include a short overview of the services provided by each participating agency. This is followed by three panel discussions including the

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important subjects of: "*Community Resources: The Distinction Between Acute and Custodial Care*" presented by Lori Baker of the Sussex County Division of Senior Services; "*Legal Aspects of Caregiving*" presented by Renata A. Mizak, Esq. of the Law Firm of Laddey, Clark and Ryan; and "*Caring for the Caregiver*" regarding the emotional aspects of caregiving presented by Amy Matthews of the United Way of Northern New Jersey. The discussions are intended to provide more in-depth information about available caregiver supports.

Pre-registration is required by leaving your name, email address and phone number. Those who do not have access to a computer can participate by telephone; however, participants must notify our office upon registration to obtain the call-in information. For more information or to register, please contact the Sussex County Division of Senior Services at 973-579-0555, ext. 1222 or email [seniorservices@sussex.nj.us](mailto:seniorservices@sussex.nj.us).

## Help is Available for the Medicare Part D Annual Open Enrollment

The Sussex County Department of Health and Human Services, Division of Senior Services would like to remind individuals that the annual open enrollment period for Medicare Part D Prescription Drug Plans runs October 15 through December 7, 2020. The Division of Senior Services provides free one-on-one assistance to Medicare beneficiaries to re-evaluate their prescription drug coverage. This assistance is provided through the Sussex County State Health Insurance Assistance Program (SHIP). For most people with Medicare, this is the only opportunity to change, add or drop a Medicare Part D (prescription) plan. If a change is made during this time, it will become effective on January 1, 2021.

The Sussex County Division of Senior Services encourages all Medicare beneficiaries to review their current coverage to ensure they are accessing the best and most cost effective plan available. Each year cost and

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coverage adjustments are made to the prescription drug plans under Medicare Part D. Before taking any action, it is very important for someone with Medicare Part D coverage to read the "Annual Notice of Change" that all Medicare prescription drug plans must mail to their members by the 31<sup>st</sup> of October. The notice outlines any changes to the plan in terms of premiums, deductibles, co-payments and formulary (list of drugs the plan will cover) for 2021.

Many people with Medicare also have coverage from an employer/union plan that includes coverage for prescription drugs. The coverage may be as good as, or better than, the Medicare benefit. This is called "creditable coverage." People with creditable coverage do not need to enroll in a Medicare Part D plan. Every year, by the 15<sup>th</sup> of November, employer/union plan administrators must provide written notice to covered members whether or not their coverage is creditable. Questions about whether coverage is creditable should be directed to the specific employer/union plan.

To meet the demands of the open enrollment period during the current pandemic, Senior Services will be offering appointments virtually and by phone (accommodations can be made if necessary). Please call the Division of Senior Services at 973-579-0555, ext. 1277 to schedule an appointment or obtain further information.

"The State Health Insurance Assistance Program (SHIP) is a statewide program administered by the New Jersey Department of Human Services with financial assistance through a grant from the U.S. Administration for Community Living (ACL)."

### Time to Redeem Your Farmers Market Vouchers

Please remember to use your vouchers at participating farm stands. The deadline to redeem your vouchers is **November 30, 2020**. If you have any questions, please contact the Division of Senior Services at 973-579-0555, ext. 1221 for more information.

Sussex County  
Department of Health and Human Services  
Division of Senior Services  
One Spring Street, 2<sup>nd</sup> Floor, Newton, NJ 07860  
Phone: 973-579-0555 ~ Fax: 973-579-0550  
[www.sussex.nj.us/seniorservices](http://www.sussex.nj.us/seniorservices)  
Email: [seniorservices@sussex.nj.us](mailto:seniorservices@sussex.nj.us)

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## 20<sup>th</sup> Annual Salute to Military Veterans

The 2020 Salute to Military Veterans is a virtual event this year due to COVID-19. To view this event, simply click on the following link: <https://sussex.nj.us/seniorservices>.

### Virtual Tech Talk Classes Begin at the Center for Lifelong Learning

The Center for Lifelong Learning at SCCC, a collaboration between the Sussex County Department of Health and Human Services, Division of Senior Services and Sussex County Community College, misses seeing you at our Center presentations, workshops, and luncheons. Many of you participate in our *Tech Talks* every semester. During these workshops, our seniors were taught technology skills by students and experienced firsthand how their new technology skills could improve their lives. Now, more than ever, technology skills can be used to prevent isolation and connect, while remaining safe.

Unfortunately, safety precautions prevent visitors from coming to the SCCC campus this semester. The solution? *Tech Talks for Seniors* is going virtual! The Center will be offering a FREE workshop "*Optimizing Smart Phone Functions to Connect with Your Community*" multiple times on Fridays and Sundays during the Fall 2020 semester. Lessons will again be taught by student volunteers.

#### Tech Talks for Seniors: "Optimizing Smart Phone Functions to Connect with Your Community"

**Date:** Fridays, 9:00 a.m. to 12:00 p.m. and  
Sundays, 10:00 a.m. to 12:00 p.m.

**Time:** 30 minute lessons

**Fee:** Free!

**Location:** Via Zoom! Call to reserve your lesson time.

**How to Register:** Please call the Center's partner, the Sussex County Division of Senior Services at 973-579-0555, ext. 1277 for information and to reserve your lesson time. When you call, please tell us your telephone number, email address and what tech issue you would like to discuss during your appointment. An email will be sent to participants confirming their appointment and providing the date, time and Zoom link to access the lesson.