Division on Aging, Disabilities & Veterans
P.O. Box 900
Morristown, NJ 07960-0900
1-800-564-4656

Municipal Clerk
Township of Mt. Olive
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Mt. Olive, NJ 07828

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A Publication of the Morris County Board of Chosen Freeholders

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JANUARY 2009 CALENDAR OF EVENTS

2,3,4/ Ultimate New Year Antiques Show at Birchwood Manor, Whippany, featuring items of outstanding quality and variety at reasonable prices. Friday 12 noon – 8 pm; Saturday 11 am—7 pm; Sunday 11 am – 5 pm. (973) 927-2794.

2 thru April 15/ Free Federal and State Volunteer Income Tax Assistance (VITA) for preparation of simple returns is available at various locations, dates and times for seniors, disabled and low income workers. (973) 784-4900 for appointment.

5,12,19,26/ Anger management program at St. Clare's/Dover, 7 – 8:30 pm. (800) 288-7575 to register.

6/ "Us, Too," prostate cancer support group at Morristown Memorial, Malcolm Forbes Amphitheater, 7:30 pm. (973) 895-2135.

6,20/ "Woman to Woman," support group for women living with cancer at Chilton Memorial, Collins Pavilion, 2 – 3:30 pm. (973) 831-5311.

8,15,22,29/ S.M.A.R.T. (Self-Management and Recovery Training) for those wanting to gain independence from addictive behaviors such as drugs, alcohol, nicotine, gambling, overeating a. Salvation Army, 95 Spring Street, Morristown, 7 – 8:30 pm. (973) 984-8244.

9/ NBC's "Last Comic Standing," live tour at The Community Theatre, Morristown, 8 pm. Box Office (973) 539-8008.

13/ American Veterans Association of Washington Township meets at Washington Township Senior Center, Rock Spring Park, Long Valley, 10 am. Veterans from all communities are welcome. (908) 876-3640.

15/ Osteoporosis support group at Madison YMCA, Kings Road, Madison, 10:30 am – 12 noon. (908) 898-0055.

15/ Post-stroke support group for caregivers of stroke survivors at Wayne View Care Center, 2020 Route 23 North, Wayne, 12 noon – 1:30 pm (includes lunch). (973) 831-5167/5175.

16/ COPD (Chronic Obstructive Pulmonary Disease) support group at Chilton Memorial, Board Room, 2 – 3 pm. (973) 831-5070.

16 thru March 31/ "The Music of America," at Hunterdon Hills Playhouse, 88 Route 173 West, Hampton. Enjoy this musical production, a gourmet menu and all you can eat dessert buffet. Box Office (800) 447-7313.

17/ "Three Phantoms in Concert," at The Community Theatre, Morristown, 8 pm. Three former stars of Phantom of the Opera perform music from Broadway's greatest shows. Box Office (973) 539-8008.

20/ OCD (Obsessive Compulsive Disorder) and Anxiety Support group meet at Roxbury Library, Main Street, Succasunna, 7:15 pm. Free. (201) 323-6204.

21,28 and February 4, 11/ "Healthy Active Minds," program, four interactive and enjoyable workshops to improve memory and other cognitive skills at Washington Township Senior Center, Rock Spring Park, Long Valley, 10 – 11 am. (908) 850-5536 to register.

23/ "Thyroid 101: A Place to Start," lecture by endocrinologist at Chilton Memorial, Collins Pavilion 2nd floor Conference Center, 10 am. (973) 831-5367 to register.

25/ "The Gilded Age: Millionaires, Mansions and Maids," presentation by Morris County Historical Society at Whippanong Library, 1000 Route 10, Whippany, 2 pm. (973) 428-2460 to register.

26,27/ New Jersey Special Olympics Winter Games at Mennen Sports Arena, 161 East Hanover Avenue, Morris Township, free. Doors open at 9 am. (973) 326-7651.

27/ Arthritis support group by Chilton Memorial at the Country Kitchen of CareOne at Wayne, 493 Black Oak Ridge Road, 10:30 – 11:30 am. (973) 831-5367.

Free DermaView screenings to see areas of permanent sun damage and learn about prevention of skin cancer by Morristown Memorial (800) 247-9580. No registration required.

7/ Madison YMCA, 9 – 11 am
13/ Morris Center YMCA, 9 – 11 am
15/ West Morris YMCA, 2 – 4 pm

Bone density screenings by Morristown Memorial, $10. (800) 247-9580 to register.

8/ Whole Foods, Madison, 11 am – 2 pm
14/ Somerset Hills YMCA, 9 – 11 am
20/ Lakeland Hills YMCA, 10 am – 1 pm

Morris County ADVocate

Start Anew

Every morning the sun starts a new journey across the sky. To the best of our knowledge, there is no looking back or wishing forward for Mr. Sun – he just takes the day as it comes. Maybe we should look at each day as an opportunity to start fresh!

Here are some ideas for starting over in the midst of Winter:

Catch up on your friendships - Dreary weather is perfect for phoning friends and family just to chat.

Spend time on a hobby - Now might be a great time to rekindle old interests.

Learn something new – Learning is a sure cure for boredom. Check out the Adult Class offerings at your local adult school.

Start Spring Cleaning – It's not too early to clean out your closets, cabinets and medicine chest. Make yourself a promise to greet Spring with a minimum of clutter !

Cook up a storm - When It's nasty outside, there's nothing cheerier than a busy kitchen. Dig out your recipe file and try some old favorites
or new dishes that you've never had time to experiment with.

Flexercise - Very few people are too frail to benefit from daily exercise that can increase mobility, muscle endurance, energy level and mental health

Read a good book - Whether your interest lies with War & Peace or Danielle Steel, the local library has a book to fit your mood. Most of our
libraries now have audio books for those who have vision problems or would just rather listen than read.

Get a jump on Spring - If you are tired of looking at bare trees and ground, you can bring a bit of Spring indoors by forcing bulbs. Now is also a great time to browse the seed catalogs and plan your summer

Expectations 2009

For most people the holiday season has been filled with fun times, celebrations and moments spend with family and friends. But, anticipating the new year and the winter season, there are some who now find themselves filled with feelings of anxiety and uncertainty. They are concerned about paying their bills, heating the house, the rising cost of food and their overall health.

In 2009 the Morris County ADVocate will address these concerns through articles that provide information geared to help balance the demands in life. The newsletter will offer tips on how to spend your money wisely, low-cost ways to keep warm, how to get the most for your money when grocery shopping and information on health issues.

The newsletter will also provide information on social activities, service information, and ideas for better living. As you are a big part of this, let us know what you would like to see in the newsletter. Contact the ADVocate at (973) 285-6865 with your suggestions.

As we look forward to a new year, we at the ADVocate would like to remind our readers that you should pace yourself, don't take on more than you can handle. Look to the future with Optimism!

Kris
Marcie
Terry

The updated Morris County Services and Programs for Seniors, Disabled and Veterans Service Directory will be available in January 2009.

Caregiver's Korner

Post Holiday Blues

It is very common for caregivers to feel a let down after the holiday's hustle and bustle of shopping, visiting and feasting are over. Caregivers in particular face a double load in dealing with their own feelings while attending to their loved ones who may be having similar thoughts and feelings. In addition, caregivers may become more acutely aware of their spouse's or parents' health decline. Long distance caregivers may have been surprised to see this decline during their holiday visit. Our loved one's condition, and its impact on our lives and responsibilities, may contribute to feelings of loss, fatigue, depression and anxiety.

The best way that caregivers can help our loved ones through this period of loss or change in condition is by helping ourselves. Here are some tips by Gary L. Malone, M.D., medical director at Baylor All Saints Medical Center at Fort Worth regarding the post holiday blues:

-Eat, drink and be healthy: Eating a balanced diet will give you more energy and will make you feel better. Cut back on caffeine and limit your alcohol intake. Excessive consumption contributes to depression.
-Work it out. Physical activity releases feel-good chemicals in your body that help make you happier.
-Share your feelings. Don't keep your frustrations bottled up. Confide in a trusted friend or family member.
-Know when to ask for help. If your post-holiday blues don't go away, or if you experience physical symptoms of depression, talk with your doctor.

The following are changes in your loved one's condition that indicate a need for assistance:
Personal hygiene problems, home in disarray or needing to be cleaned, spoiled food or insufficient food in the home, weight loss or weight gain, failure to manage medications or medical appointments increased difficulty with climbing stairs or getting into a bathtub, changes in judgment, mood, or overall behavior, increased forgetfulness, missed bill payments or other financial difficulties, decreased social activities or failing to maintain friendships. (adapted from eldercarelink.com)

Seek information for help with your caregiving responsibilities!

For Information and Referral and Caregiver Support call:

The Morris County Division on Aging, Disabilities and Veterans:

1-800-564-4656