



## NJAAW News and Resources July 21, 2021

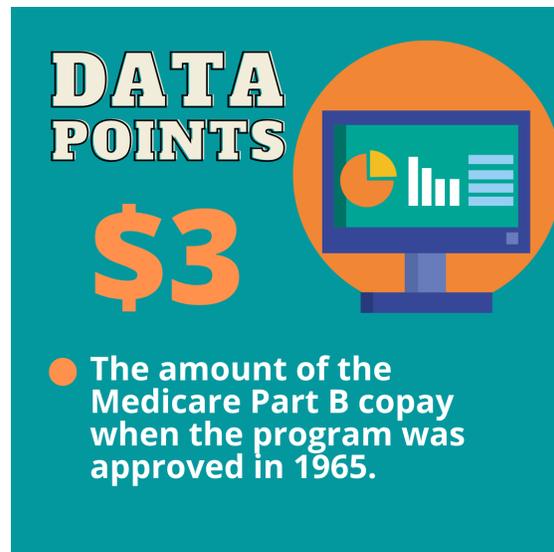


### Coffee & Conversation "Teaching Tech," July 28

The use of technology among seniors has increased dramatically under COVID.

Join us on July 28, from 1 to 2 p.m., for our Coffee & Conversation virtual networking event to discuss tech classes for senior centers and older adults.

Share your questions, suggestions and success stories. Hear from tech instructors who will offer ways to teach your older clients how to use technology that can connect them to your programs and more.



### NJ COVID Updates

As of July 17, NJ has the 6th highest COVID vaccine rate in the country, with 57% of NJ residents fully vaccinated and 64% having received at least one dose.

Registration in advance is required.

After registering, you will receive a confirmation email containing information about joining the meeting. Register [here](#).

Overall, people aged 65+ are vaccinated at a rate of 73% fully/ 84% partially, with these numbers increasing daily. (source: [USA Facts](#))

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## New Report Highlights How Older Women Face Greater Economic Insecurity than Men

NJAAW has been involved with the Elder Economic Security Index for NJ since the Index's formation in 2009. A new report by the Gerontology Institute at the University of Massachusetts Boston uses the Elder Index™ to demonstrate the depth and scope of economic disadvantage experienced by older women living alone across the United States. It is documented in every state in the nation and only increases with age. For the report, click [here](#).



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## Aging Insights TV Update

Episode 118 of Aging Insights TV, “Assistive Technology in NJ – so much more than you imagined,” is now available on our [YouTube channel](#) and [website](#).

Guest Mike Marotta (left), Director of [The Richard West Assistive Technology Advocacy Center, Disability Rights New Jersey](#), tells new host Dr. Cathy Rowe about the free services and support available to help NJ residents be more independent.

Past episodes on our [YouTube channel](#) and [njaaw.org](#) have spotlighted such topics as advance care planning, age-friendly communities, COVID-19, social isolation and gambling addictions.

Produced by NJAAW, in conjunction with [Piscataway Community Television \(PCTV\)](#), Aging Insights can also be viewed on more than 70 public-access TV stations across NJ (check local listings for channels and times).

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## Exploring "Domains of Age-Friendly" Communities: *Respect and Social Inclusion*

As NJ begins its efforts to become an Age-Friendly state, an aspect of the

“Domains of Age-Friendly” communities will be explored in each NJAAW newsletter. In this issue, we’re covering **Respect and Social Inclusion**.

The issue of social isolation and its impact on the health of both individuals and communities has been discussed for years. No matter their age, everyone wants to feel valued and included.

Older adults might struggle to stay included in their communities as they age; friends and family move away, or they are not as mobile as they once were.

Connecting with new neighbors in a different phase of life is challenging. Long-time residents may find it hard to connect to the community they love and helped build over years of involvement. As things continue to re-open from COVID disruptions and favorite events resume, consider making sure events are age-friendly using these simple guidelines. Notice these steps are also COVID-friendly!

- **Promotional Materials** – Not all residents have access to or use the internet. Consider asking local newspapers to include your information in their publications. (Be sure to check what their deadlines for submission are.) Post flyers in libraries, community centers and on public bulletin boards. Communicate the age-friendly considerations you have put in place for your event!
- **Cost** – Cost can be a big determinant for event attendance, especially if older residents stay for only a portion of the time. By offering a discount for seniors, you could see an increase in the number of attendees.
- **Time of Event** – Events that are held after dark are less likely to be attended by older residents who may find driving and walking in the dark challenging. Boost attendance to weekday events by marketing to your retired residents.
- **Volunteers** – Older residents are excellent volunteers! Tap into your volunteer network by asking for them in your event’s promotional materials and advertisements. Consider volunteer roles that don’t require extended periods of standing.
- **Transportation** – This can be the biggest limiting factor for older residents attending your event. Careful consideration should be given to parking and getting those needing assistance from parking to the event. Jitneys and/or golf carts may be an option.
- **Inclusion** – Consider a “hospitality tent” for seniors and find ways to pair older residents with younger residents. Craft and game areas are a great age-friendly way to encourage inclusion.



- **Food Options** – When planning for food, consider including “heart-healthy” options. This isn’t just good for seniors, but for all attendees, especially parents looking for a healthier option for their kids.

Have examples of successful age-friendly efforts to share? [Email us!](#)



## Happy Birthday, Medicare!

On July 30, 1965, President Lyndon Johnson signed Medicare into law in Independence, MO – not in the Oval Office – to honor former President Truman’s efforts to create national health insurance.

Truman and his wife were Medicare’s first and second enrollees.

What started as barebones coverage with a monthly Part B premium of \$3 is now the largest and most extensive health care payment system in the US.

Medicare now includes (depending on the coverage you select and pay for):

- long-term disability insurance
- home health coverage
- hospice coverage
- prescription drug coverage
- free wellness checkups and more

Annual enrollment will begin in October, so now is the perfect time to assess whether you are getting all of your health care needs met, or if it’s time to make changes to your coverage.

Medicare has accomplished so much more than



## RESOURCES

**State and County:**

[NJ Division of Aging Services](#)

[County Office on Aging/ADRC](#)

[Long-Term Care Ombudsman](#)

**Open Enrollment:**

[Medicare.gov](#)

[State Health Insurance Program \(SHIP\)](#)

[Senior Medicare Patrol of NJ](#)

**Healthcare Decisions:**

[Goals of Care Coalition of NJ](#)

[Five Wishes](#)

[Conversation Project](#)

[New Jersey Health Care Quality Institute \(NJHCQI\)](#)

[Advance Care Planning: Preparing for the Unexpected](#)

**Fraud/Scams:**

[Consumer Financial Protection Bureau](#)

hospitalization coverage for retirees.

- Before its passage in 1965, more than half of people over age 65 had no health insurance
- 19 million people enrolled in Medicare in its first year
- Medicare served as a catalyst for desegregation as it required hospitals who wanted to accept Medicare patients to desegregate. More than 1,000 hospitals desegregated during the first four months of Medicare.
- From 1970 – 2010, life expectancy at age 65 went up by five years. The increase is partly due to Medicare enabling people to get early treatment.
- A 1985 ruling required emergency rooms at any hospital participating in Medicare to provide basic treatment to everyone, insured or not.

(source: loosely based on [this Senior Planet article](#))



## NJSO Outdoor Concert in Madison, Aug 28

Enjoy a performance by the New Jersey Symphony Orchestra while relaxing on the grounds of the Giralda Farms Corporate Park (the former Dodge Estate) on Saturday, Aug. 28. Gates open at 3 p.m.; the concert begins at 5 p.m.

Activities include an art show/sale, the picnic contest – with prizes awarded to the most inventive picnics – and food trucks.

Giralda Farms is located at Dodge Drive and Madison Ave. (Rt. 124), in Madison. For more information and to order tickets, click [here](#).



Have you visited [njaaw.org](http://njaaw.org) lately? Our website has an

[Senior Medicare Patrol](#)

[AARP Fraud Watch Network](#)

**General:**

[LGBT Center Directory](#)

[NJ SAVE](#)

[Eldercare Locator](#)

[SNAP \(Supplemental Nutrition Assistance Program\)](#)

**SNAP Online Info:**

[DHS website](#)  
[Amazon](#)  
[Walmart](#)

**Caregivers:**

[NJ Time to Care](#)

[Caregiver Action Network](#)

[ACT NOW Foundation Support Groups](#)

[Dementia caregivers \(Alzheimer's Association\)](#)

[AARP Caregiver Resources](#)

**Mental Health:**

**Crisis Text Line: Text NJ to 741741**

**Mental Health Hotline: 866-202-HELP (4357)**

**Violence Hotline: 800-572-SAFE (7233)**

**Hope and Healing (free/confidential emotional support) 866-202-HELP (4357) Text NJ HOPE to 51684**

**Professionals:**

[Age Friendly NJ](#)

[National Institute of Senior Centers](#)

[NCOA Resources for](#)

expansive number of services and resources from around the state for older adults, caregivers and professionals in the field of aging. It also features blog posts and a library of archived policy reports and Renaissance magazines.

[Professionals](#)

[NJ Parks and Recreation Association](#)

[CMS Partner Toolkit](#)

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