

**Jason J. Sarnoski**, Director

**Lori Ciesla**, Deputy Director

**James R. Kern III**, Commissioner

# SENIOR VOICE

Warren County Division of Aging and  
Disability Services

Steve Unger - Executive Director

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Address Service Requested

Warren County Department of Human Services  
Division of Aging & Disability Services-ADRC  
Wayne Dumont, Jr. Admin. Bldg.  
165 County Route 519  
Belvidere, NJ 07823  
Phone: 908-475-6591 or  
1-877-222-3737 or email us at:  
seniorservices@co.warren.nj.us  
<https://www.warrencountynj.gov>

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Warren County Division of Aging and Disability Services Nutrition Department would like to thank the Jewish Family Services of Somerset, Hunterdon and Warren Counties, for donating Pantry bags filled with fresh produce, shelf stable food items, and protein goods.

These bags were distributed by Shaina Sherman and Sierra Schiff at the Hackettstown and Washington Senior centers and then brought to North Warren Senior center and the Phillipsburg senior center to distribute. The Warren County seniors were all extremely grateful to receive these much needed items.



Your donations to the Senior Voice are greatly appreciated! Please clip and mail this page to:

WC Division of Aging & Disability Services  
C/o Senior Voice Newsletter  
Wayne Dumont Jr., Administration Bldg.  
165 COUNTY RTE 519  
BELVIDERE, NJ 07823

PLEASE PRINT:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ST: \_\_\_\_\_

ZIP: \_\_\_\_\_

PHONE: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

EMAIL: \_\_\_\_\_

DONATION AMOUNT

\_\_\_\_\_ \$ 3.00

\_\_\_\_\_ OTHER AMOUNT

**EASTON COACH**  
COMPANY

**NOW HIRING**

**CDL Drivers w/ P Endorsement**

**STOP BY TO FILL OUT AN  
APPLICATION TODAY!**

**'224 Stockton Street Suite 2B  
Phillipsburg, NJ 08865**

**For more information contact:  
Call 908-454-4044 or  
email [Jobs@eastoncoach.com](mailto:Jobs@eastoncoach.com)**

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**IMMEDIATE  
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- Competitive wages w/ rate increases
- Benefits including medical, dental, vision, disability & life insurance, 401(k) w/ company match & paid time off
- Valid drivers license, safe driving record, age 21+ and drug free required

**Application available at [www.eastoncoach.com](http://www.eastoncoach.com)**

**Warren County Division of Aging and Disability  
Services 908-475-6591**

# **SENIOR & DISABILITY EXPO AT WARREN COUNTY FARMERS FAIR**

**JULY 28, 2025 1:30PM - 4:00PM**

**LOCATION:**

**877 UNIONTOWN RD, PHILLIPSBURG, NJ 08865**

**VENDERS, GAMES, AND MORE!**



# **WE WANT TO HEAR FROM YOU!**

## **WARREN COUNTY DIVISION OF AGING & DISABILITY SERVICES PUBLIC HEARING**

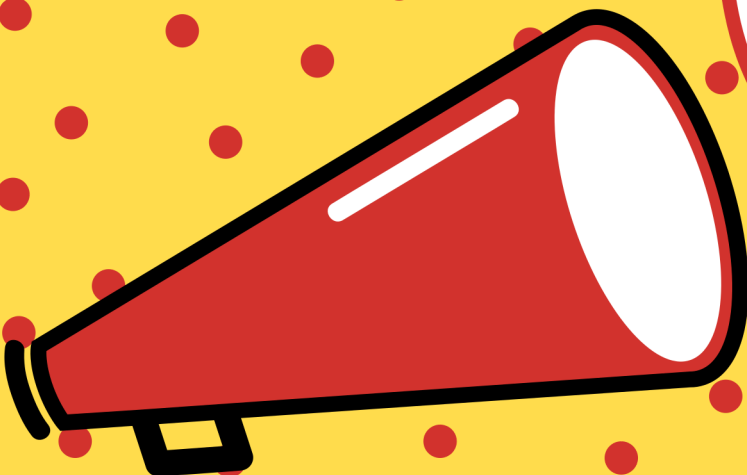
→ **Wayne Dumont Administration Building  
165 CR 519 Belvidere, NJ 07823  
(Commissioner Meeting Room)**

→ **Written comments can be mailed, faxed or  
emailed by Wednesday June 18, 2025**

→ **Seniorservices@co.warren.nj.us  
FAX: 908-475-6588 165 CR 519  
Belvidere, NJ 07823**

? **Call: 908-475-  
6591 with any  
questions**

**THURSDAY  
JUNE 26, 2025  
10:30am**







## Happy Spring

### Spring activities

- Feeding birds, ducks, or geese by a pond.  
Alternately, you can both fill bird feeders and watch the wildlife they attract.
- Planting a garden, border flowers or potted herbs and plants indoors or out.
- Doing spring cleaning. This may include sorting through items to donate or discard.
- Walking outside, preferably around the neighborhood or an attractive park.  
Trying new spring recipes made with fresh fruits, vegetables, and herbs – maybe even some from the garden! Relaxing outside on a porch, deck, or patio.  
Exercising outdoors. This may consist of simple stretches or other exercises that are easy on the joints.
- Visiting a farmer's market. This is a wonderful opportunity for you to people-watch, shop, and enjoy the fresh flavors and scents of spring.  
Picking flowers. There is nothing more quintessential to springtime than flowers. Whether they're picked from you or bought at a farmer's market, displaying various blossoms around the house is sure to bring smiles for days!

## Importance of Walking

Putting one foot in front of the other isn't just a way to get from one place to the next. Walking is one of the most popular types of physical activity.

The best part? It doesn't require any special or expensive gear. As long as you have sneakers, you can do it.

Walking is a surprisingly powerful way to strengthen your muscles, bones, and connective tissues as well as reducing body fat, increasing endurance, and improving cardiovascular health but as with everything you should start slow. If you've been sedentary for a while, jumping into a new program can cause aches and pains.

Keep in mind that if you're feeling any kind of pain, don't ignore it and try to power through, rest and apply ice or heat to the irritated area. Once you're feeling less inflammation, gently resume activity. If you don't see improvement, get in touch with your doctor right away.

Walking is low impact, which means it's a joint- friendly way to improve your overall health and fitness

25 minutes per day, as your form of moderate physical activity, can actually help keep you healthy and even prevent disease.

But that's just one of the benefits of walking. A study showed that walking for as little as 12 minutes can boost your mood. And walking with others can benefit your mental health, too.

What to consider before starting a walking routine

The first step before starting a walking routine, or any new exercise regimen for that matter, is to check with your doctor for approval-especially if you have underlying health issues.

Safety and planning for your walks:

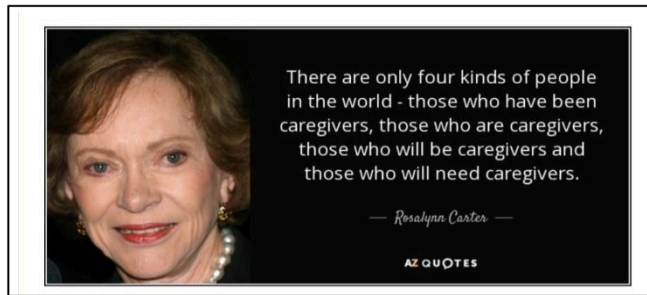
Before you head out to exercise, it's a good idea to run through a checklist of all the things you might need in order to plan for the safest workout. Make sure you're wearing comfortable shoes, have a bottle of water, and a fully charged phone. If you have any medical needs that someone should know in case of an emergency, make sure you have the proper identification on you.

If you're heading out the door for some solo exercise.

Be sure to let a friend, roommate, or family member know where you're going, and for how long you expect to be gone.

This isn't about being an alarmist, but rather for personal safety for you and a comfort level for your family.

## ARE YOU AN UNPAID CAREGIVER?



### ARE YOU A CAREGIVER?

- Do you provide care for an aging parent, spouse, sibling, friend, or neighbor, or child with special needs?
  - Do you care for anyone with a mental illness, physical or developmental disability?
- Do you run errands such as picking up medication or groceries? Make meals or provide help with daily care or paying bills? Drive to or assist with scheduling doctor's appointments?

### WHAT IS THE DEFINITION OF CAREGIVER?

- Unpaid family member, friend, neighbor, co-worker, etc.
- Full time, part time, long distance
- Become over time; become overnight
- From an occasional check in call or visit to total personal care

### CAREGIVER FACTS & STATS

- Caregiving is a universal reality that touches almost every family.
- Often assuming the role without preparation or education, often to the detriment of their own wellbeing.
- Family caregivers provide an invaluable resource to their loved ones.
- Caregivers are often isolated and overwhelmed; report not knowing where to turn for help.
- 90% of caregivers say they worry more or feel more stress.
- In 2023 the National Alliance for Caregiving estimates 65.7 million Americans (or 29 percent the U.S. adult population involving 31 percent of all U.S. households) served as family caregivers for an ill or disabled relative.

### MY COMMITMENT TO CAREGIVERS

- Meet caregivers where they are in the stages of caregiving.
- Recognize that each caregiver experience is unique yet many share common experiences.
- Meet the diverse needs of each caregiver based on their unique caregiver experience.
- Help caregivers identify their needs and connect to resources, support, services, information and education.
- Support self-care for caregivers.
- Work together as a TEAM!

For more information on how Robin Ennis, Caregiver Resource & Information Specialist can assist you with finding resources, support, information, education, and services to support unpaid caregivers, please email [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com) or call 908-866.1333.

# Financial Assistance Available for Home Repairs in Warren County

If you are a low or moderate-income homeowner in Warren County and your home is in need of repairs, the Warren County Housing Rehabilitation Program may be able to help.

## Purpose of Program

The program provides financial assistance for the rehabilitation of one to four-family owner-occupied houses in need of repairs which may affect the health and safety of their occupants.

## Municipal Partnerships

The Warren County Housing Rehabilitation Program has established partnerships to provide additional local financial assistance to homeowners in the following municipalities:

Town of Hackettstown

Town of Belvidere

Harmony Township

Hope Township

Franklin Township

Knowlton Township

Mansfield Township

Washington Twnshp & Borough

## Eligibility

This program is a good option for homeowners who might have difficulty obtaining traditional bank financing due to their income level. Eligibility for the program requires that the household's income falls below program guidelines, which are listed below:

### Maximum Income by Household Size

Persons	Income Limit	Persons	Income Limit
1	\$70,400	5	\$108,600
2	\$80,450	6	\$116,650
3	\$ 90,500	7	\$124,700
4	\$ 100,550	8	\$132,750

## How to Apply

To request an application or for any questions about the Housing Rehabilitation Program, please contact our office.

WarrenHousing.com

Phone(908)475-3989 ext. 229

In Person Warren County Housing Programs

337 Water Street

Belvidere, NJ 07823

E-Mail [info@warrenhousing.com](mailto:info@warrenhousing.com)



# New Jersey Veterans Benefits Overview

New Jersey proudly supports its service members, veterans, and their families through a wide range of state benefits and programs. These benefits are designed to honor their service and provide support in various aspects of life—from financial relief to recreational opportunities.



## Key Benefits Include:

- **Tax Relief:** Military retired pay is exempt from New Jersey state income tax. Qualified veterans may also be eligible for property tax deductions or exemptions.
- **VA Claims:** If you think you may be entitled to compensation for issues that may have been directly related to your service time, it is in your best interest to discuss your situation with a Veteran Service Office (VSO) Jacquie Petersen, MSgt (Ret). Warren County's Veteran Coordinator and Veteran Service Officer (VSO), is available to help veterans understand their entitlements and navigate the claims process.
- **Employment Support:** Veterans receive preference for state employment opportunities.
- **Education and Tuition Assistance:** The state provides educational benefits and tuition aid for veterans and their dependents.
- **Recognition and Honors:** Eligible veterans can apply for the Warren County Distinguished Service Medal, The New Jersey Military Service Medal and special vehicle tags.
- **Possible eligibility for VAlife Insurance and VA Healthcare:**
  - **Recreational Privileges:** Veterans can enjoy free admission to New Jersey state parks, access to private beach facilities, and discounted or free hunting and fishing licenses.
  - **Burial and Memorial Services:** State-provided burial benefits honor the memory of veterans and provide assistance to their families.
  - **Survivor's Benefits:** Survivor's benefits provide financial support to eligible family members of deceased veterans. If a veteran's death is service connected, survivors may receive Dependency and Indemnity Compensation (DIC) from the VA. For non-service-connected deaths, DIC may still be available if the veteran was rated totally disabled for at least 10 years prior to their death. ("The 10-year-rule").
  - **Aid and Attendance:** Veterans and Survivors may also qualify for Aid and Attendance benefits if they require help with daily activities, adding to their monthly DIC payments. These benefits aim to assist with the care costs and maintain the veteran or survivor's quality of life.

## Eligibility

Benefit eligibility may depend on factors such as residency, military service component, and disability status. Veterans are encouraged to verify individual qualifications. To discuss your specific benefits, please contact Jacquie Petersen at the Division of Aging and Disability Services office at 908 475-6591



## Warren County Senior Citizen Art Show (2025)

The annual Warren County Senior Citizen Art Show was held at the Wayne Dumont, Jr. Administration Building's main hall gallery on Friday, May 16, 2025. The art show is presented through a partnership with the Division of Cultural & Heritage Affairs, a division of the Department of Land Preservation, the County Department of Human Services, and the Division of Aging & Disability Services. This event was funded in part by the New Jersey State Council on the Arts (NJSCA) and is supported by the Warren County Board of County Commissioners.

The first place winners will then go on to represent Warren County at the New Jersey Senior Citizen Art Show (NJSCAS) in the fall.

The following are the senior artists who participated and how they placed in their category and classification: Pamela Dulaff (1st, professional watercolor, "Mother's Love"), Gail Speirs (2nd, professional watercolor, "Blacksmith Shop at Meadowbreeze"), Shirley Spangler (1st, non-professional watercolor, "The View"), Joanne Cowley (2nd, non-professional watercolor, "Van Nest Hoff-Vannatta Farmstead 'Summer Kitchen'"), Barbara Stoffels (1st, non-professional oil, "Brugler Road Bridge"), Richard Kleber (2nd, non-professional oil, "Blairstown Airport"), John LaPadula (1st, non-professional photography, "Sunny"), Shirley MaComber (2nd, non-professional photography, "Years Gone By"), Lorraine Myers (3rd, non-professional photography, "In Morning Light"), Dale Hamlen (1st, non-professional works on paper, "Wait for Me"), Hillary Hill (1st, non-professional print, "Abstracted"), and Isabella Pizzano (1st, professional, mixed media).

Artwork is viewable during business hours at the County Administration building (165 County Route 519 South, Belvidere, NJ 07823) until August 21, 2025.

Congratulations to our seniors for their amazing artwork!



## Kenneth Dunlap Named Warren County's Outstanding Senior Citizen

(HARMONY TWP., NJ, May 22, 2025) – Allamuchy Township resident Kenneth Dunlap, a long-time volunteer in his community, was named the 2025 Mary Louise Christine Outstanding Senior Citizen of Warren County.

Warren County Commissioner Director Jason J. Sarnoski and Commissioners Lori Ciesla and James R. Kern III presented the award at the annual luncheon that caps Older Americans Month. This year's theme is "Flip the Script on Aging."

The Commissioners recognized this year's six nominees – Dunlap; Cathy Bao Bean of Blairstown; Richard Cornely of Harmony; Stanley Garrison of Phillipsburg; Suzanne Henshaw of Stewartsville; and Rene Mathez of Columbia – before announcing Dunlap's selection for the award reviewed by a committee comprised of past honorees.

The award has been given since 1984 but was renamed in 2007 to honor Mary Louise Christine shortly before the 85-year-old community activist from Washington Township passed away. The Warren County Division of Aging and Disabilities Advisory Council conducts a search and identifies older adults who characterizes the true spirit of the award. Nominations are accepted in the Spring each year.



### PHOTO CUTLINES:

At the presentation of the Mary Louise Christine Outstanding Senior Citizen of Warren County were (L-R) Commissioner Director Jason J. Sarnoski, Outstanding Senior nominees Cathy Bao Bean of Blairstown; Stanley Garrison of Phillipsburg; and Kenneth Dunlap of Allamuchy; Deputy Director Lori Ciesla and Commissioner James R. Kern III, and Warren County Division of Aging & Disability Services Executive Director Steve Unger. Not pictured are nominees Richard Cornely of Harmony; Suzanne Henshaw of Stewartsville; and Rene Mathez of Columbia. Dunlap was named the 2025 recipient of the award.



All three County Commissioners pointed to the important role seniors play in the county by volunteering with many organizations, committees and projects. But Dunlap noted that while senior citizens are active with volunteer work, there is a need “to encourage younger people to volunteer. You know, they say life begins after retirement, but life also goes on before retirement. We need to get people involved more.” Dunlap continued, “We’re facing some pretty challenging times, and we need the talent and the vigor of younger people, and women, particularly.”

Dunlap, who was nominated by six people, has volunteered with many organizations over the past 35 years, including in the Panther Valley community where he has served on the Panther Valley Board of Trustees as President, Vice President, Secretary, Treasurer, a member of the Audit and Communications Committees, and a contributing writer for the Panther Magazine. Dunlap was an original member of Friends of Rutherford Hall and the Rutherford Hall Foundation, and currently is Treasurer for the organization. He also has been Treasurer of the Allamuchy Senior Citizens Club for the past 12 years.

Additionally, Dunlap has shared his knowledge of microbiology with the Allamuchy Municipal Water & Sewer Utility Advisory Commission, has served as liaison between Allamuchy Township and the Panther Valley Property Owners Association, and between the Hackettstown Historical Society and Rutherford Hall. A volunteer with the Democratic Party, he has helped encourage Phillipsburg residents to vote. Dunlap also is a Eucharistic minister at the Saints Peter & Paul Church in Great Meadows, where he was one of the founding members of the Knights of Columbus Council; and was a volunteer for the Northeast Branch of the Warren County Library, moving books and various materials to the new location.



PHOTO CUTLINES:

Kenneth Dunlap of Allamuchy, the 2025 Mary Louise Christine Outstanding Senior Citizen of Warren County, speaks about the importance of enlisting younger people to volunteer as Commissioners Lori Ciesla and James R. Kern III listen

## JAAC Program Information

Jersey Assistance for Community Caregiving program, (JAAC) is a state funded program. The program assists individuals that are 60 years of age or older and reside in the community. JAAC is a program that assists individuals with their activities of daily living, (i.e. bathing, dressing, toileting, eating, transfers, and locomotion). The JAAC program is income and asset based. Individuals also need to meet clinical eligibility (have a physical need for the program). The income requirements are as followed:

**Single Income- \$4,760    Single asset limit- \$40,000**

**Married income- \$6,433    Married asset limit- \$60,000**

The JAAC program may supply individuals with Care Management, a home health aide, special medical equipment, home delivered meals, emergency call pendants, and more. The JAAC program has assisted many individuals in Warren County to receive services that could assist them with performing their daily activities.

If you are interested in the JAAC program, please call for further information and how to apply at 908-475-6591.

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## Statewide Respite Care Program – Warren County

The Statewide Respite Care Program offers services to individuals so that you, the caregiver, can have a break (respite). Services can include adult day care, home care, companion services, or a short stay in a facility. There is a Caregiver Directed Option, so you can pay for services or items that make caregiving easier and be reimbursed.

**This program is for unpaid caregivers. The person needing care must:**

- Be a frail or functionally impaired adult who requires daily, basic care
- Have an unpaid/uncompensated caregiver, such as a spouse, partner, child, other family member, neighbor, or friend, who provides the necessary daily care
- Live in the community, and not in an assisted living, nursing home, or residential care facility
- Not participate in other services that provide this care, such as JACC (Jersey Assistance for Community Caregiving), Alzheimer's Adult Day Services Program, MLTSS (Managed Long Term Services and Supports) or other NJ FamilyCare programs, etc.
- Meet financial guidelines for income and assets. There may be a co-pay based on income. Single gross income needs to be at or below \$2829.00/month. Couple gross income needs to be at or below \$5658.00/month

**Contact: Janis Rodgers for more information**

**jrodgers@dawncil.org (973) 625-1940 ext. 117**



**DAWN Center for Independent Living**