

SENIOR PATHWAY

Produced by the Department of Senior Services

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Taking You Back In Time

Lincoln Tunnel

Opened: 1945
Cost then: .50 cents
Cost now: \$14.00

Plaza Hotel, NYC

Grand Opening: 1907
One night stay then: \$2.50 per night
One night stay now: \$1,045

Restaurant Dinning Fifty Years Ago

Ice Cream
Sundae: .40 cents
Soft drink: .10 cents
Slice of pie: .35 cents

Hosting Guests at Home

Oneida Dinnerware
Place Setting:
\$3.98-\$5.40

Dear Senior,

What is the difference between being nice and being kind? Often, niceness and kindness seem similar and in many ways related, but in many ways they are quite different!

A nice person is easy to spot. A nice person has a natural tendency to be pleasant, cooperative and agreeable. They are always nice to strangers. A nice person will smile at someone working the check-out aisle, greet the person pumping gas; and will ignore the person cutting in front of them taking a parking space they're about to pull into.

Kindness, on the other hand, is different in a sense far more internal and less noticeable to spot. A kind person would go beyond smiles and greetings to be good to people. Acts of kindness ought to be a life lesson that every generation should pass down to their children and grandchildren.

I am lucky to have people in my life that are both nice and kind. As I get older (let's say wiser), I realize more and more the value of being a kind person. By their own actions, my parents modeled kindness, generosity and hospitality.

Relatives in Sicily called my parents asking for a favor. A family from their home town was alone in New York City visiting a prominent plastic surgeon. Their 18 year old daughter was born with a severe facial deformity and needed to undergo a series of extensive surgeries. No other doctor in the world could help her. Instantly, my father switched on his automatic kindness pilot and reached out to these "strangers". He planned for our families to meet, tour New York City attractions, have dinner together and drive them back to the hotel at the end of the day.

Half-way through dinner we learned more about the family, the years of heartaches they had endured and the journey they were about to face. The empathetic expressions on my parent's faces were noticeable to spot. By now, my father's automatic kindness pilot button was in full gear as he thought nothing of asking the family to come and stay with us over the next few months.

You can only imagine our faces when that happened! But my mother didn't let on her surprise one bit. She said, "It's no trouble at all, we have plenty of room to accommodate. The girls won't mind giving up their rooms!" You can only imagine our surprise!

Now, most would agree that a "nice" gesture would simply be to pay for dinner, but not my parents. The family graciously accepted his offer and stayed at our home the entire summer and every summer following for the next eight years.

Generous hearts and a gift of hospitality such as this, defined my mother and father's life. It was more than just opening their home, it was a welcoming attitude. Every morning before work, my mother would wake us to set the breakfast table for our guests and go over the day's menu. I believe this was the beginning of transforming Mary into a Martha...Stewart, that is!

"Happy Mother's Day, Happy Father's Day"

Mary Kuzinski
Executive Director

"What wisdom can you find that is greater than kindness?"

~ Jean Jacques Rousseau

Older Americans Month....

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.



The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

Farmers' Market Vouchers...



The 2015 Senior Farmers' Market Nutrition Program provides eligible low-income individuals with vouchers to purchase fresh, nutritious, unprepared, locally grown fruits, vegetables and fresh cut herbs from certified farmers and roadside stands. The program reinforces the importance of using locally grown produce and expands the awareness and use of the local farmers.

Each eligible individual will receive four \$5.00 vouchers for the season to purchase fresh fruits, vegetables and herbs from authorized farmers. Vouchers cannot be redeemed at grocery stores and other food markets.

Farmers' Market Program operates from June to November.

Requirements

To be eligible to receive Farmers' Market Nutrition Program benefits, individuals must be at least 60 years old, a Passaic County resident and meet the programs income requirements. All individuals must complete an application, provide proof of income, residency and personally sign for the vouchers.

Please call Senior Services at 973-569-4060 for income requirements after June 15th.



Public Hearings...

Senior Services

Please Come Join Us On

Friday, May 8, 2015

10:00 am

Camp Hope, West Milford

The Passaic County Department of Senior Services will hold a Public Forum for the purpose of soliciting and receiving comments on the **2016-2018 Area Plan Contract.**

The plan includes services and programs that reflect the needs, issues and concerns of elderly residents in Passaic County.

To register, please call Senior Services at 973-569-4060

Para -Transit

We Need You!

Thursday, June 18, 2015

10:00 am

Help identify issues, needs, services and concerns related to **Para-Transit Services.**

Hosted at the Passaic County Department of Senior Services
930 Riverview Drive,
Suite 200, Totowa

For more information on the Transportation Public Hearing please call the Division of Para Transit at 973-305-5756

Interested parties who cannot attend the Public Hearings are invited to send written comments to the ATTENTION of Laura Smith at the Passaic County Department of Senior Services
930 Riverview Drive, Suite 200
Totowa, New Jersey 07512.

Written comments will be accepted through July 30, 2015.

Residents in need of ADA accommodations contact Senior Services at 973-569-4060.

S.H.I.P...

The State Health Insurance Assistance Program (S.H.I.P.) is a statewide program administered by the Division of Aging Services, New Jersey Department of Human Services with financial assistance through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency. Nationally the Medicare Program has more than 47 million beneficiaries and includes people who are 65 and older and people who have a permanent disability. Many have difficulty navigating Medicare and the health care system on their own. Some do not get the care they need because they cannot pay and do not know about programs that give help. Others, (the many caregivers who assist family members, friends and neighbors) need answers and guidance. SHIP counselors provide free one-on-one Medicare counseling.

Please Contact Shirley Force, Passaic County SHIP coordinator, at 973-569-4060.

Annual Senior Art Show...

2015 PASSAIC COUNTY ANNUAL SENIOR ART SHOW

Monday, June 8th through Friday, June 26th

To enter the show you must be:

- ★ Resident of Passaic County
- ★ Age 60 and over
- ★ Art piece must be "Show Ready"
- ★ One entry per individual

Please remember, even if you do not enter the art show, you are more than welcome to arrange tours to view the artwork.

The awards reception will be held on Friday, June 26th from 2:00pm to 3:00pm

For additional information including rules, classifications and eligibility, please call Senior Services at 973-569-4060.

Veterans ...



May 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

The Passaic Vicinage Superior Court, Passaic County Clerk and The Board of Chosen Freeholders will be hosting four events in recognition of our military.

- ◆ Interfaith Service
Monday, May 4, 2015 at 12:00 noon
Freeholders Board Room, 401 Grand St., Paterson.
- ◆ Veterans Resource Fair
Saturday, May 9, 2015 from 10:00am to 2:00pm
Passaic County College, 1 College Blvd., Paterson.
- ◆ Memorial Day Ceremony
Friday, May 22, 2015 at 12:00noon
Outside the Historical Courthouse, 71 Hamilton St., Paterson.
- ◆ Military Commemorative Medal Ceremony
Thursday, May 28, 2015 at 6:00pm
Ceremonial Courtroom, 71 Hamilton St., Paterson.

For more information, please contact John Harris, Veterans Officer at 973-569-4090.