



Division of Multi-Service Program on Aging

Woodbridge Township Social Work Division Providing Senior Services to Township Residents
400 Inman Avenue, Colonia, NJ 07067
732-726-6262

Do you pay for gas? Electricity? Oil? Over-due OR shut-off?

**Help is available! You can apply for assistance on the
following Energy Assistance Application Days:**

WHERE: Evergreen Senior Center 400 Inman Avenue, Colonia

TIME: 8:30am – 3:00pm

DATES: Friday, May 10, 2019

Remember to bring copies of:

- Your recertification application if you applied last year
- Copy of your current income
- Copy of your social security card
- Copy of ALL pages of your utility bills: Electric, Gas, and Oil
- Copy of proof of residence: Lease or property tax bill

Monthly Household Income for **LIHEAP:**

1 person – \$2,024

2 people – \$2,744



LIHEAP is a federal program
administered by
The NJ Department
Of Community Affairs

*****Household of 3 or more can still apply!*****

Senior
Transportation
of
Woodbridge



***Senior Transportation of Woodbridge**

NOW available to Township residents 60 years of age and older.
If you need transportation, please contact STOW at 732-726-2394



Division of Multi-Service Program on Aging

*A Woodbridge Township Social Work Division Providing Senior Services to Township Residents
Designed to Support Older Adults in Leading Independent Lives With Dignity during Challenging Times*
Michele Morgan, M.S.W., Division Head
400 Inman Avenue, Colonia, NJ 07067
732-726-6262

You are invited to attend a free seminar:

Expressions Educational Seminar

A free, educational, supportive and informative program designed to support older adults in leading independent lives.
Pre-registration is required.

Elder Estate Planning, Wills & the Surrogate Office

The *Middlesex County Surrogate Office* will be providing a **FREE**
Seminar on Wills and Elder Estate Planning

- **Protecting your family, your finances and your decisions by planning ahead.**
- **What are the benefits of having an Advance Directive and a Will?**
- **What is the difference between an Executor, a Beneficiary and Power of Attorney?**
- **What happens if I do Not have a Will and why does my family need to contact the Surrogate Office?**



When: Wednesday May 8, 2019
11:00 AM – 1:00 PM

Where: Five Branches Senior Center
1 Brown Avenue, Iselin

RSVP: By Wednesday May 1st with the
Division of Multi-Service Program on Aging
at 732-726-6262.

Guest Speakers:

**Kevin J. Hoagland, Middlesex County Surrogate
and
Gary Hoagland, Esq.,**



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Senior Citizens, Caregivers & How Social Workers Can Help.

The Middlesex County Office of Aging & The Woodbridge Township Division of Multi-Service Program on Aging

We will be providing detailed information on programs and services available to older adults, including information on home health care programs, nutrition services, medical and social adult care programs, transportation, and local, federal and state programs. File of Life emergency info packets will be available and other brochures and literature for seniors.

Guest Speaker

Brittany Rivera

Outreach Specialist

*Office of Aging and Disabled Services
Department of Community Services*



When: Tuesday May 14, 2019

11:00 AM – 1:00 PM

Where: Division of Multi-Service Program on Aging at

Evergreen Senior Center

400 Inman Avenue, Colonia

RSVP: By Tuesday, May 7 with the

Division of Multi-Service Program on Aging

at 732-726-6262.

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John E. McCormac
Mayor, Woodbridge Township



Dennis M. Green
Director, Department of Health and
Human Services

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CONNECT. CREATE. CONTRIBUTE. MAY 2019

The 2019 theme, Connect, Create, Contribute, encourages older adults and their communities to **Connect** with friends, family, and services that support participation, to **Create** by engaging in activities that promote learning, health, and personal enrichment, and to **Contribute** time, talent, and life experience to benefit others.

Please join us for:

"When Seniors Bully"

Presented by:

Monica Townsend, B.S., M.P.A.
COPSA Training & Consultation Specialist

RUTGERS HEALTH

Rutgers University Behavioral Health
*COPSA Institute For Alzheimer's Disease and
Related Disorders Caregiver Education*

You will learn:

- ❖ How to distinguish rude, mean spirited behavior from bullying
- ❖ How to tell if someone is being bullied
- ❖ Intervention strategies
- ❖ How to support someone being bullied

*Participants will also engage in opportunities to enhance **cultural sensitivity and competence.***

Location, Date and Time:

Tuesday, May 21, 2019

11AM to 1:00 PM

at

Division of Multi-Service Program on Aging

Evergreen Senior Center

400 Inman Avenue, Colonia

**RSVP: by Tuesday, May 14, 2019 with the
Division of Multi-Service Program on Aging
at 732-726-6262**

Michele Morgan, MSW, Division Head
Woodbridge Township Social Work Division Providing Senior
Services to Township Residents – 400 Inman Ave, Colonia
Senior Transportation of Woodbridge (STOW) at 732-726-2394

The Time is NOW



Learn to control your **DIABETES**

Are you a person with Medicare who has diabetes or know someone who does?

Sign up today for a FREE 6-week workshop in your area.

Diabetes Self-Management Program (DSMP) workshops include six different sessions, each covering a new topic. Sign up today and remember to mark your calendars, so you are able to attend all six sessions.

We regret that there can be no new attendees after Workshop #2.

Workshop Location, Dates, and Times:

Five Branches Senior Center - 1 Brown Ave, Iselin
Wednesdays, May 22, 29, June 5, 12, 19, and 26, 2019
10:00 a.m. to 12:30 p.m.

PRE-REGISTRATION IS REQUIRED.

Please register by May 22 by Contacting:

Woodbridge Township Division of Multi-Service Program on Aging at 732-726-6262

Michele Morgan, MSW, Division Head
Woodbridge Township Social Work Division Providing Senior
Services to Township Residents – 400 Inman Ave, Colonia
Senior Transportation of Woodbridge (STOW) at 732-726-2394



John E. McCormac
Mayor, Woodbridge Township

Dennis M. Green
Director, Department of Health and
Human Services



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