



# Seasoned Years



Hunterdon County Division of Senior, Disabilities & Veterans' Services

An ADRC (Aging & Disabilities Resource Connection)

(908) 788-1361 OR 1-877-222-3737

SENIOR CENTER (908) 788-1359

[www.co.hunterdon.nj.us/aging.htm](http://www.co.hunterdon.nj.us/aging.htm)

## In This Issue:

### Page 1

Message from  
Commissioner  
Director Jeff  
Kuhl

### Page 2, 3, 4

Senior Center  
News

### Page 5

Mr Fix-It  
Veterans  
Services  
Public Health  
Nursing

### Page 6

Social Work  
Services

### Page 7

Caregiver  
Support Groups  
Medicare News

### Page 8

Parks and Rec  
News  
goHunterdon  
News

### Page 9

Helpline News

### Page 10

Meals on Wheels  
FOHCL News

### Page 11

Library News

### Page 12

Local Resources

Dear Seniors,

On behalf of my colleagues, I wish you all a Happy New Year and healthy start to 2025! I hope this message finds you well and in good spirits. I am happy to share some exciting updates and initiatives that occurred over the past year and are continuing into 2025, to enhance and maintain the high quality of life in Hunterdon County that we all enjoy. *In fact, in 2024, the County Health Rankings and Roadmaps from the University of Wisconsin Population Health Institute ranked Hunterdon County as #1 for longest life expectancy among all counties in the state!*

Some of you may already be aware, the county recently opened a new Public Health Nursing (PHN) space, located at 1 Walter Foran Boulevard, in Flemington. This facility provides an array of services for the public and seniors, including blood pressure checks and eye screening, educational programs, and support services to access the resources and care needed to lead healthy and fulfilling lives. You are invited to visit and participate in future programming at the PHN office.

In addition to our health initiatives, we understand the financial challenges that many seniors face, and we are committed to maintaining an affordable tax rate in Hunterdon County. In 2024, the Commissioner Board cut the county tax rate to the 2015 level – after freezing the rate for 5 years. Hunterdon County continues to be debt-free for the 10<sup>th</sup> year in a row, all while continuing to deliver the high-quality services you deserve. These efforts to manage the county budget efficiently are aimed at easing the financial burden on our residents, ensuring that you can enjoy a comfortable and secure retirement in our community.

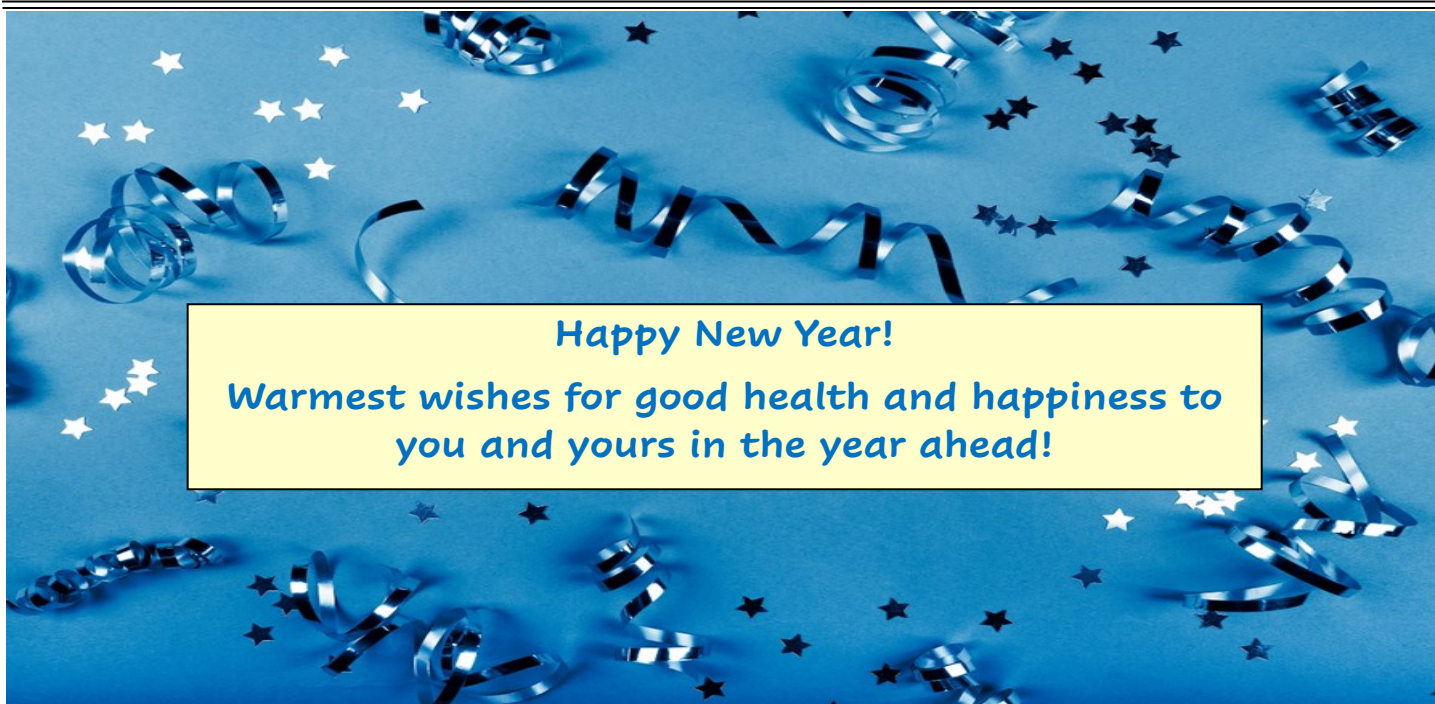
Last year, we also announced a new era of partnerships with our municipalities. By working closely with local leaders, businesses, and non-profit organizations, we are leveraging our collective strengths to tackle public policy issues in our community.

Finally, I want to share about the recently renovated historical courthouse. This iconic landmark has been restored, preserving its historical significance while updating it for modern use. The courthouse now serves as a symbol of our rich heritage and a testament to our commitment to preserving the past. I encourage you to visit the courthouse and see this beautiful piece of our county's history for yourselves!

Thank you for being an integral part of our community. We are dedicated to supporting you and ensuring that Hunterdon County remains a wonderful place to live and enjoy life no matter your age!

Sincerely,

Jeff Kuhl, Commissioner Director



### Senior Center News

Our programs are very popular and require pre-registration by calling 908-788-1359.

Please note: Program dates and registration instructions are usually advertised in the last few days of each month, we would appreciate if you call after that to register for programs. Due to high interest in our popular programs, we are unable to accept early registrations.

We thank you for your understanding!

We often have a waiting list for our programs. If you sign up for a program and are unable to come, we request you call to cancel so we may offer your spot to someone on the waiting list.

Membership and registration are required for all classes but offered at no cost to you.

Donations to expand programming are always accepted and appreciated.

Please talk to a Senior Center Staff member for more information.

***For information about our programs call us at 908-788-1359***

***or check out our website: <https://www.co.hunterdon.nj.us/495/Senior-Center>***

### Active Engagement Programs at the Senior Center

The Senior Center offers a variety of classes and activities for everyone. Whether you want to play card games, read classic literature, learn a foreign language or jam with your guitar, we have something that you are sure to love. We continue to add classes to suit every taste.

Beginner and Intermediate Spanish return this December at the Senior Center. Our new instructor, Rosemarie DiFilippo, has a master's in Spanish and currently teaches our Advanced Italian Class. Beginner Spanish and Intermediate Spanish have moved to Wednesdays at the Senior Center.

The Chess Club is off to a great start! Whether you are a chess veteran or a novice, this fun group welcomes you to join them. Chess Club meets on Tuesday afternoons at the Senior Center.

Mah Jong is a very popular game and we have wonderful volunteers who teach beginner Mah Jong players on Friday mornings and after they learn, they can join the ongoing Mah Jong group that meets on Friday afternoons.

To register for classes or for more information on any class, please call 908-788-1359 or email Ryan at [rmunley@co.hunterdon.nj.us](mailto:rmunley@co.hunterdon.nj.us)

### Health and Fitness Programs

At the Hunterdon County Senior Center, you are sure to find a Health and Fitness program that suits your interest. Our wide variety of classes are suitable for those of all fitness and ability levels. Our classes are offered in-person, hybrid, or virtually. For our hybrid classes, you can participate at the center or at home via zoom.

Yoga is gaining more popularity with our older adult community. We offer many yoga classes (chair and mat) both onsite at the Senior Center on Mondays and Thursdays and offsite on Tuesdays and Wednesdays. Our offsite yoga classes are held at the following locations:

Clinton Presbyterian Church: Chair Yoga on Tuesdays at 1:30 PM

Lebanon Township Firehouse: Mat Yoga on Wednesdays at 1:30 PM

Three Bridges Reformed Church: please call Senior Center for details.

Tai Chi is another popular class that helps with balance and movement. We offer Tai Chi classes onsite, offsite and hybrid. See our Tai Chi schedule below:

Mondays: Tai Chi at the Clinton United Methodist Church at 9:00 AM

Wednesdays: Tai Chi (Onsite) at 9:00 AM

Advanced Tai Chi (Onsite) at 1:30 PM

Beginner Tai Chi (Hybrid) at 2:30 PM

The Senior Center offers many dance classes, such as Intermediate and Advanced Line Dancing, Jazz, Ballet and Tap. Ballet is now on Mondays only at 11:00 AM. There are two beginner tap classes starting in January:

Try out Tap with Jill: Tuesdays, at 2:30 PM

Intro to Tap with Leslie: Wednesdays, at 10:15 AM

We have recently started a Nutrition and Wellness Series that meets on the second Thursday of every month at the Senior Center. This series brings speakers on various nutrition and wellness topics. Speakers include dietitians, nutritionists, physical therapists and other public health professionals.

The Senior Center offers ongoing and Beginner Healthy Bones classes. Healthy Bones is a very popular, evidence-based exercise program for those with pre-osteoporosis or those that are diagnosed with osteoporosis. The Beginner class is a 24-week strength training and educational program that will have its new session in Spring 2025.

If you are interested in registering for a Health and Fitness program, please call 908-788-1359 or email [khughes@co.hunterdon.nj.us](mailto:khughes@co.hunterdon.nj.us).

### Stay tuned for new and exciting programs in 2025!

Trips

Lectures and talks on  
history, music, arts

Music performances

Chef demos

Shows

Travelscapes

Astronomy  
presentations

And more...!

### Cold Weather Safety

The dreaded cold weather is upon us! While many prefer to stay indoors during the chilly, winter season, it's important to know how to stay safe in cold weather whether you are indoors or outdoors:

#### Wear Warm Clothes

Frostbite is an injury to the skin caused by exposure to temperatures below freezing. To lower your risk of frostbite, be sure to cover up in warm clothes when spending a long period of time outside. This includes gloves, scarfs, hats, earmuffs or other items to cover the most affected areas- your hands, feet, nose, and ears.

#### Hypothermia

Hypothermia is a medical emergency that occurs when your body's core temperature drops below 95 degrees Fahrenheit. Hypothermia can lead to other medical complications, such as heart problems and damage to the kidneys and liver. Symptoms of hypothermia include:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering or shaking
- Slowed or slurred speech
- Feeling sleepy, angry or confused

If you suspect that you or someone else may be suffering from hypothermia, call 911 right away.

#### Limit Time Outside

There are plenty of winter activities that you can do indoors, such as baking, knitting, reading and spending time with friends or family at home. In very cold temperatures, staying inside is your best option for preventing cold weather emergencies.

#### Avoiding Falls in Cold Weather

- Keep outside walkways clear of snow and ice with an ice melt product or sand
- Ask a family member, neighbor, or friend to shovel snow or clear ice for you
- Use railings to avoid slipping on icy stairs or walkways
- Wear nonskid, rubber soled shoes

Have a warm, safe and cozy winter!!

Sources:

[Cold Weather Safety for Older Adults | National Institute on Aging](#)

### Other Programs

The Senior Center has some ongoing support groups for our older adult community.

Our low vision education support group and grief support groups offer assistance and comfort to those who need it, making sure they know they are not alone.

You can get tech help at the senior center for your personal devices, whether setting up a new device or learning how to use the different features in your device— our Help Desk volunteers do a wonderful job!

For more information about the support groups or to make an appointment with the tech Help Desk call 908-788-1359.



## Are you a senior in need of small home repairs?



### What We Do

The Mr. Fix-It Program offers free safety related home repairs for qualified individuals, performed by non-professional volunteers.

### Eligibility:

- Hunterdon County resident
- Age 60 and over, or a person with a disability
- Own your own home
- Willing to sign Hold Harmless Agreement

### Common Inquiries Include

Fixing a running toilet, change sink faucet or dripping faucet, grab bars, repairing a stair railing, wobbly furniture legs, change lightbulbs, unclog drains, install/remove window AC units, change batteries in smoke detectors.



✉ [mrfixit@co.hunterdon.nj.us](mailto:mrfixit@co.hunterdon.nj.us)  
 ☎ (908) 788-1361 or (908) 788-1358  
 📍 4 Gauntt Place, Flemington, NJ

## Monthly Emails from the Division of Senior, Disabilities

Our Division sends out monthly emails with news and updates about programs, activities and special events. It is a great way to get the most up-to-date information.

If you would like to subscribe to our emails call us at 908-788-1359

or send us an email at

[seniorcenter@co.hunterdon.nj.us](mailto:seniorcenter@co.hunterdon.nj.us)

We will be happy to add you to our list!



## Veterans Services

The Hunterdon County Office on Veterans' Services helps to provide community resources and outreach to individuals who have served in the Armed Forces and their families.

For more information, please contact Hunterdon County VSO: Rich Booth at [rbooth@co.hunterdon.nj.us](mailto:rbooth@co.hunterdon.nj.us)



# FREE BIOMETRIC SCREENING

\*Hemoglobin Iron

\*Lipid Panel

Results within Minutes

3rd Tuesday  
of Every Month  
9am-12pm

Please contact Michelle @  
Public Health Nursing (908) 806-4570  
to make your appointment  
or for more information



**Public Health**  
Prevent. Promote. Protect.

Hunterdon County Department of Health  
...when you have your health!

### Criteria:

- \*Hunterdon County Residents
- \*No Insurance or Under-Insured
- \*Other Restrictions May Apply

Testing Offered by  
Hunterdon County  
Department of Health  
Division of Public Health Nursing

### Hunterdon County Division of Social Work Services

The **Statewide Respite Care Program (SRCP)** is designed to give short-term or intermittent relief to unpaid caregivers of persons 18 years and over. The services are designed to replace a regular caregiving task so that the caregiver can have a break. Services can include adult day care, home care, companion services, campership, or a short stay in a facility. There is even a Caregiver Directed Option, so you can pay for services or items that make caregiving easier and be reimbursed by the program.

To apply for Statewide Respite, please call Cynthia Gould at 908-788-1562.

**Jersey Assistance for Community Caregiving (JACC)** is a program that provides in-home services to seniors 60 and over who are at risk of placement in a nursing home. JACC includes an array of services designed to supplement the assistance given by the individual's caregiver network. Qualified individuals may have the opportunity to hire their own eligible family, friends, or neighbors to provide the care they need. By designing service plans uniquely tailored to the individual, JACC works to enhance the individual's community care options. JACC also strengthens the ability of caregivers to continue in their vital role as primary support providers. To apply for JACC, please call 908-788-1361 to be screened.

### Adult Protective Services

If someone you know is 18 years of age or older, living in the community and is the subject of abuse, neglect and/or exploitation please contact Hunterdon County Adult Protective Services (APS). An APS investigation is a thorough assessment of a potential at-risk adult. Within 72 hours of a referral's receipt, a face-to-face meeting with the adult by a trained APS social worker is completed. During this meeting the potential client is interviewed in private. Every effort is made to determine the competence of the adult. Other individuals or agencies that have knowledge of the situation may also be interviewed. When the investigation is complete, a report is submitted to the APS Supervisor who will then consult with the social worker and determine if the adult is at risk of abuse, neglect or exploitation. All information generated by the investigation is confidential.

To make a referral, please call 908-788-1300.

### Financial Assistance for Emergency Services

**Social Services to the Homeless (SSH):** The program assists families and individuals who are experiencing homelessness or are at imminent risk of becoming homeless but are not eligible for WFNJ Emergency Assistance, usually because their income is too high. SSH can help with emergency shelter and attaining or maintaining permanent housing. Client must have regular income and be sustainable after assistance. Assistance includes security deposits, first month's rent, utility shut-offs, back rent and short-term motel placement.

**Senior Citizen Emergency Program (SCEP):** Provides assistance for clients 60 years of age and older with a demonstrated emergency need and a lack of funds to remedy the problem.

**The Dr. Orlie Pell Fund:** A private, non-profit, organization established by Dr. Pell to help individuals in Hunterdon County who are in need of assistance but not eligible for any other formal public program.

To apply for any of the above services, please call 908-788-1300

### Caregiver Support Groups

Caregiving involves long hours, difficult tasks and emotional stress. The Hunterdon Caregiver Initiative seeks to provide support, education, information and referral services for caregivers. Caregivers are assisted through emotional support, information and resources to empower them to provide vital and ongoing care. All services are free of charge. Support groups are facilitated by staff of Hunterdon Behavioral Health/Hunterdon Medical Center.

Caregiver Support Groups:

- General Caregiver Support Group
- Alzheimer's & Related Dementia Caregiver Group
- Special Topic Support Groups/Education Series (for further information call 908-237-2364)

All support groups are currently meeting virtually. If interested, please contact us at the phone numbers or email addresses provided below.

Contact: Jenifer Kucsan at (908) 788-6401 ext. 3002, [jkucsan@hhsnj.org](mailto:jkucsan@hhsnj.org) or Kelsey Denison-Vesel, at (908) 237-2364, [kdenisonvesel@hhsnj.org](mailto:kdenisonvesel@hhsnj.org)

### Medicare Counseling

#### Hunterdon County Medicare Beneficiaries

#### (The State Health Insurance Assistance Program (SHIP))

#### Is Here To Help!

- Are you confused about the Medicare Prescription Program?
- Are you confused about letters that you have received from Social Security, PAAD or Senior Gold?
- Are you afraid that you will make a wrong decision on something that is very important about Medicare?

If the answer to any of these questions is YES, please call the Division of Senior Services at 908-788-1361 to make a free, unbiased and confidential appointment to meet with a SHIP Counselor.

SHIP is a statewide program sponsored by the New Jersey Department of Human Services, Division of Aging Services, with major funding from the U.S. Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C



## January– March 2025 Programs with Hunterdon County Division of Parks and Recreation

Please visit our website, call or email us for more information! All programs require pre-registration online, in person or over the phone. For more information: <https://www.co.hunterdon.nj.us/depts/parks/programs.html>, 908-782-1158, or email us at [parks@co.hunterdon.nj.us](mailto:parks@co.hunterdon.nj.us).

### Bus Trips

- Philadelphia Flower show

### Van Trips

- Rutherford Hall & Stickley Museum at Craftsman Farms
- Birding: Sandy Hook
- Explore High Point
- Birding: Whitesbog and Abbot Marsh

### Basketry Workshops

- Green lantern
- Checkers Oriole basket
- UFO– Un-finished Objects
- Small hearth basket

### Webinars

- Extinct Birds of New Jersey
- Owls of Hunterdon

### Maple Sugaring

- Maple Tree Tapping
- Maple Sap Collection
- Maple Sugaring Living History Open House

### Nature Programs

- Bird Walk for the New Year
- A Year in Nature
- Winter Wonderland Walk
- Love in Nature
- Animal Clues Walk
- Screech Owl Exploration

### Recreational Walking Series

- Senior Strolls
- Hope 2 Walks
- One-Way Hikes
- Adult Recreation Walks
- Tree ID walks

## goHunterdon News



### **Don't Stay Stuck at Home~ goHunterdon Offers Free Travel Training for Seniors**

No need to stay stuck at home due to a lack of transportation.

goHunterdon, a local non-profit organization dedicated to promoting safe and sustainable transportation in Hunterdon County, offers a free Travel Training program designed to support the independent travel of older adults. This program provides information, training, and assistance on local transportation services.

Travel training is an excellent option for those who are new to the community, have never driven, recently decided to stop driving, or those who are unfamiliar with public transportation.

The program focuses on helping seniors navigate the Hunterdon County LINK Transportation System, ensuring they can maintain their independence and travel safely and confidently to meet daily needs, such as grocery shopping, medical appointments, or getting to senior center activities.

goHunterdon staff is available to provide training either in person or over the phone. The training covers how to read LINK bus timetables, planning a trip using LINK fixed route service, how to contact the LINK Dispatch office to request curb-to-curb service, and what to expect while riding the bus. Staff members will even accompany you on a LINK bus ride!

Staff will also review how to access other available transportation options including local taxis, Uber, and Lyft,

Training sessions can be arranged individually or in small groups (feel free to include friends or family!) For more information, call Tara Shepherd, goHunterdon, 908-788-5553.





Hunterdon Helpline's First Assist hotline is available 24-7, 365 days of the year, for any need at any time. It is truly your FIRST call for assistance as we can provide you with all the resources available to address your problem or need, eliminating the guesswork as to who to call for help.

**YOU ARE NOT ALONE.** Whatever challenge you are facing, call Hunterdon Helpline's First Assist hotline at 908-782-HELP(4357).

In addition to our 24-7 hotline, we offer a selection of Senior Services programs focused on providing wellness services, as well as community connections:

**Telephone Reassurance:**

If you feel isolated, Telephone Reassurance provides daily calls once or several times a day from 8am to 9pm. The calls could simply be a social chat or, provide reminders for medications and other daily life needs.

**Friendly Visitor:**

The Friendly Visitor program matches seniors with volunteers who have similar interests and who make visits at least once a week, providing social interaction, wellness checks and community news and information.

**Volunteer Shopper:**

Can't get out to the grocery store or the food pantry? Register for our Volunteer Shopper program and we will pick up and deliver your food from grocery stores and food pantries. The service is free, but you pay for the groceries.

**Community Resource Specialists:**

Whether financial, physical or mental health, food access, housing or other issues, our volunteers are here to help you 'round the clock with an abundance of resources. We can also help you register for Citizen Alert and Register Ready. Or we can just listen, any time of day or night.

All of our services are free.

***Just call 908-782-4357 for assistance or to register for any of our programs.***

## **We Need Your Help!**

Hunterdon Helpline's FREE programs and services provide seniors the help they need...with help from...VOLUNTEERS

- Do you know that 20.2 % of Hunterdon County's population is seniors?
- Do you know that many of our seniors have no one looking in on them?
- Do you know that many of our seniors are unable to physically shop for their groceries?
- Do you know that many of our seniors are capable of staying in their homes with just a little help?

**CHOOSE THE DAY AND TIME YOU CAN HELP EACH WEEK!**

**MEALS on WHEELS in HUNTERDON****[www.mowih.org](http://www.mowih.org) 908-284-0735 [info@mowih.org](mailto:info@mowih.org)****Serving Hunterdon County residents 60 years of age or older***A donation of \$5.50 is suggested***Home Delivered Meals:** Hot meals delivered weekdays between the hours of 11:00 am and 1:00 pm for the homebound. Weekend cold meals are delivered with Friday's meal.**Grab-N-Go Meals:** Weekday meals from 11:30 am to 1:00 pm. Order by noon the day before pick-up by calling 908-284-0735.**Congregate Nutrition:** Weekday meals from 11:45 am to 1:00 pm at our nutrition sites.**Nutrition Education:** Promotes good health through health-related information.**Nutrition Counseling:** Individualized advice from a Registered Dietitian Nutritionist to improve the nutritional status for homebound and congregate meal clients.**How can YOU help?****We have volunteer opportunities just right for you!****Volunteer drivers** deliver meals to homebound clients.**Site volunteers** pack meals and assist staff.Contact us: 908-284-0735 or **[info@mowih.org](mailto:info@mowih.org)****Join us today!****WE BRING THE BOOKS TO YOU!**

Friends of the Hunterdon County Library (FOHCL) offers **FREE** delivery of books, DVDs, CDs, and other library materials to individuals who are homebound for any reason.

If you or someone you know want to use this **FREE** service, please contact:

**Outreach** at 908-336-4229 or email **[FOHCLoutreach@gmail.com](mailto:FOHCLoutreach@gmail.com)**

**Seasoned Years Disclaimers**

**The Seasoned Years Newsletter contains articles placed by third-party organizations.**

The Hunterdon County Division of Senior, Disabilities and Veterans' Services neither represents nor endorses the accuracy or reliability of any advertised offer or statement. Readers' questions and/or comments regarding newsletter articles should be directed to the corresponding organization.

Names and addresses of County held mailing lists are subject to disclosure pursuant to the NJ Open Public Records Act (OPRA).

If you would like your name removed from our mailing list, **please contact us at 908-788-1361 or by email: [aging@co.hunterdon.nj.us](mailto:aging@co.hunterdon.nj.us)**

An electronic copy of the Seasoned Years Newsletter is available on the County website at: **<https://www.co.hunterdon.nj.us/493/Seasoned-Years-Newsletter>**



## THE HUNTERDON COUNTY LIBRARY – ALWAYS THERE FOR YOU!

### WEEKLY SOCIAL SENIORS PROGRAM – “Meet, Learn, Play, Move”

Every Tuesday: Rt. 12 Meeting Room is open for older adults to gather, 12:30-2:00 pm

**Week 1 - Lunch and Learn:** Hear guest speakers and enjoy a healthy lunch

**Week 2 - Coffee, Coloring, Puzzles and Conversation:** Relax with friends and do some fun crafts.

**Week 3 - Game Day:** Play Bingo and other games with a chance to win prizes

**Week 4 - Health and Wellness:** Meditation, gentle exercise and mindfulness with Laura Knott

### Other Winter Programming

**JANUARY** – Muslim Heritage Month; Tap Class for Adults; Email Basics: a 4-week computer class; Plant and Seed Swap

**FEBRUARY** – Black History Month; Internet Basics: a 4-week computer class; Collage Workshop

**MARCH** – Women’s History Month: Annual Mini-Art Show; Art & Craft Supplies Swap and Shop; Lecture - “Celebrating Women, Before...During...After...the American Revolution”; American Red Cross Blood Drive; Genealogy Interest Group

**WINTER CONCERT SERIES** – 5 Saturdays at the North County Branch in Clinton, January -March

**ONGOING PROGRAMS**—Tech-Help by Appointment; Sierra Club; Book Clubs in 3 locations; Online Classics Book Club; Film Matinees in 2 locations; Crochet; Scrabble; Bridge; Mahjong; Fiber Artists Drop-In; 2 Writers Groups; Sierra Club; Dementia Caregiver Support Group

**For program dates and details**, call 908-788-1434 or visit the **Library’s Events Calendar**: <https://hclibrary.libcal.com/>

### LIBRARY MATERIALS AT YOUR FINGERTIPS 24/7

Come into the library to browse and check out books, movies, audio books and CD’s. Also search thousands of items, including magazines, in our digital collection to download on your PC’s, tablets and smart phones.

### STREAMING VIDEO

Sign in to Kanopy, our streaming video service: <https://www.kanopy.com/en/hclibrary/> and watch up to 8 movies a month! Use your library card barcode and PIN to log on.

**HUNTERDON COUNTY DIVISION OF SENIOR, DISABILITIES & VETERANS' SERVICES**

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08865  
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## Resources



**Hunterdon Helpline**

Meals on Wheels in Hunterdon

**Hunterdon Behavioral Health**

Mental Health Cares (8 am – 8 pm)

**\*NEW NUMBER\* National Suicide Prevention Lifeline**

Center for Healthy Aging Medical Practice

**Social Services (Food Stamps, Medicaid, etc.)**

The LINK

**(908) 782-4357**

**(908) 284-0735**

**(908) 788-6401**

**(866) 202-4347**

**988**

**(908) 788-6373**

**(908) 788-1300**

**(800) 842-0531**

Hunterdon County  
COVID-19 Updates & Resources

<https://www.co.hunterdon.nj.us/865/Coronavirus-COVID-19>

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