

## Announcements/COVID19 Resources 10<sup>th</sup> Edition - 10.1.20

### **Date Specific Webinars/Groups**

#### **Fall 2020 Virtual Parent - Empowerment Conference**

**October 2-3, 9:00 a.m. - 6:30 p.m.**

KEYNOTE: The Honorable Helen E. Hoens, NJ Supreme Court (ret.) and the parent of an adult with disabilities. Disability Advocacy After COVID-19: Navigating a World Where Everything Changed, and Nothing Changed. Plus more than 20 speakers including nationally and internationally recognized experts and thought leaders, will speak over two days!

BREAKOUT SESSIONS INCLUDE:

- Surrogate Decision-Making - Options in Guardianship
- Voting Rights for Citizens with Disabilities
- Basics of the Neuropsychological Evaluation
- Self-Directing a Home for Your Child with Disabilities
- Managing Anxiety and Stress as Students Return to School
- Housing Options: Beyond Group Homes
- Neuropsychological Evaluations: A Psycho-Legal Approach
- Safety Tools and Resources for Kids with Disabilities
- Wills & Trusts
- Parenting with Compassion and Flexibility
- Securing Your Financial Future
- SSI and Medicaid
- Train Your Brain to Unlock Your Potential
- Planning Your Future with Self-Directed Services.... And more

Register: <https://www.accelevents.com/e/ParentEmpowermentConference>

#### **Preparing for Medicaid: A brief explanation of New Jersey Medicaid Eligibility**

**Tuesday, October 6th from 10:30-11:30am.**

Join United Way Caregivers Coalition, virtually, to learn more about New Jersey Medicaid Eligibility presented by Andrea Capita, Attorney at Law with The Murray Firm, LLC. What is Medicaid? How do you qualify for Medicaid? How to effectively use your child caregiver and not jeopardize your Medicaid eligibility, and how does your child caregiver help you qualify sooner. Simply click on **this registration link** and you will be able to sign up,

<https://us02web.zoom.us/meeting/register/tZAuf-uopzluE9a2rrrVkJISnPyYMqE9WrU2> You will then receive an email with instructions on how to open the Zoom meeting link. You will need the information contained in the email to sign in on Tuesday, October 6. We suggest that you sign into the meeting 5 minutes early. You will be placed in the waiting room and the host will let you in at 10:30am.

#### **Living with Grief**

**Tuesdays, October 6, 13, 20 and 27, 7:00pm**

A 4-week lecture series to explore the normal, natural and unavoidable reactions to loss. Participants will gain a deeper understanding of the effect grief has on our lives, our loved ones and our relationships. Presented by Cecelia Clayton, MPH. Series presented compliments of New Vitality, Atlantic Health System's unique health and wellness program tailored to meet the needs of today's adults 65 and older. *Pre-registration is required. For more information or to pre-register, [click here](#).*

#### **2020 NUTRITION Webinar: Clear Vision for Sound Nutrition**

**Wednesday, October 6, 12 pm**

Empower yourself to enter back into society with confidence. Learn a practical & logical approach to sound nutrition which emphasizes the importance of following the nutritional approach for which our bodies were designed. Unhealthy choices that interfere with the body's natural tendency to heal & repair. The healing powers that science & nature bring through nutrition. What to eat, as well as optimal times to eat. The physiological effects of eating incorrectly. Controlling your appetite and your metabolic rate. How we may be toxifying our bodies and brains with food, cosmetics, cleaning products, etc. in an attempt to look good and be clean. Presented by Dr. Vince Sferra, Founder, Natural Medicine & Rehabilitation. Location: Virtual Meeting on Zoom. Register in advance for this meeting:

[https://zoom.us/meeting/register/tJUufumrpzgvEtz\\_sLQWCG9w9iDpZicPxu58](https://zoom.us/meeting/register/tJUufumrpzgvEtz_sLQWCG9w9iDpZicPxu58)

After registering, you will receive a confirmation email containing information about joining the meeting. Email Lisa@NMRNJ.com if you have questions.

### **Reflections on Everyday Coping During a Pandemic When a Family Member Has I/DD: Lessons Learned from COVID-19**

**Tuesday, Oct. 6th, 7:00pm.**

Free webinar hosted by The Arc of New Jersey Family Institute on "The title of this webinar is "." Participants at this webinar will learn to recognize and effectively respond to the daily challenges of social distancing, disruptions in normal routine and following risk reducing strategies that have become a way of life during this pandemic. They will also learn to recognize when these stressors trigger reactions for family members with I/DD that need additional professional attention. The emphasis of the webinar will be on promoting awareness and practical problem solving when a loved one has I/DD. The presenter for this webinar is Dr. Lucy Esralew, Licensed Psychologist in NJ and CA, and a Clinical Neuropsychologist who specializes in neurodevelopmental disorders. To register for the free webinar, [CLICK HERE](#).

### **AARP New Jersey Virtual Cooking Classes**

**Monday, October 12.** The virtual classes will take place at **10 a.m. in English** and **6 p.m. in Spanish**.

To celebrate Hispanic Heritage Month, Chef Carolina Moratti will provide instructions in English on how to create a delicious Mexican breakfast in the 10 a.m. class. For the 6 p.m. class, Chef Moratti will provide instructions in Spanish on how to create a delicious Spanish inspired dinner.

- REGISTER for Cooking Class at 10am (English): [aarp.cvent.com/MorningCookingClass](http://aarp.cvent.com/MorningCookingClass)
- REGISTER for Cooking Class at 6pm (Spanish): [aarp.cvent.com/ClasedeCocina](http://aarp.cvent.com/ClasedeCocina)

Space is limited and registration is a must. Once you register, you will be sent a confirmation email with a Zoom link to join.

### **Caregiver TimeOut Group - Who Speaks for You When You Can't**

**Tuesday, October 13, 10:00am – 11:00am.**

The presentation will be presented by Surrogate Kevin O'Neill. Learn about the importance of establishing a will, living will, and power of attorney to speak on your behalf when you cannot. In order to attend this Zoom virtual meeting, you need to **register**. Simply click on this registration link and you will be able to sign up, <https://us02web.zoom.us/meeting/register/tZMlf-urqTloG9F9iSLc6ATLrfu4M1Ay09FQ>

You will then receive an email with instructions on how to open the Zoom meeting link. **You will need the information contained in the email to sign in on Tuesday, October 13th.** We suggest that you sign into the meeting 5 minutes early. You will be placed in the waiting room and the host will let you in at 10:00am.

### **“SSI & Medicaid Bootcamp”**

**Thursday, October 15<sup>th</sup>, 7 pm**

- What is Supplemental Security Income?
- Is my child eligible for SSI benefits?
- How & when do I apply for SSI?
- What is Medicaid in NJ & why does my child need it?
- How do I apply for Medicaid?
- How is the eligibility determined?

Learn how these valuable federal benefits programs can help your family member and how to apply. Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZYof-CpqDkpG9AR4eUK0oi9N-35QEzoZoOX>

Presented by Celine Fortin, Associate Executive Director, Arc of New Jersey.

### **Art of Caregiving**

Session #1 – Monday October 19th, 12:00pm

Session #2 – Wednesday October 21st, 12:00pm

Session #3 – Monday October 26th, 12:00pm

Session #4 – Wednesday October 28th, 12:00pm

Whether you're an experienced caregiver or brand new to the role, there's an art to providing care for an aging loved one. Caregiving is not a "one size fits all" experience and often requires learning how to navigate the eldercare maze, as well as how to balance your own needs with those of your loved one. Join us for a virtual lunchtime series addressing key areas and get guidance on how to best care for your aging loved one. Pre-registration is required. For more information or to pre-register, [click here](#).

### **COVID Resources – Ongoing**

***(Included here are only resources that haven't been listed before or are NEW/UPDATED. For a list of Resources from Previous missives, contact your Coalition manager)***

#### **Ride United's Transportation Access Program**

Offers 1-3 free round-trip rides per client to overcome short-term transportation barriers for things like medical, employment, food access, financial, and education. Available in the following areas: Atlantic City, Camden, Cherry Hill, Hoboken, Jersey City, Montclair, Morristown, Newark, and Trenton. To participate,

Step 1: The agency or person dials 2-1-1 and indicates they are calling about the Ride United's Transportation Access Program. Step 2: The 211 Community Resource Specialist will confirm the person's eligibility based upon the criteria noted above. Step 3: If the person is deemed eligible for the service, 211 will schedule the Lyft ride. (Transportation service can be arranged up to one week prior to the date of service.

#### **Your 'Surge Capacity' Is Depleted — It's Why You Feel Awful**

The restrictions of living under COVID-19 have disrupted many or all facets of daily life. For family caregivers, these new challenges can be extremely difficult to manage. Science journalist and author Tara Helle writing in a post on Medium outlines some key ideas on [living under COVID-19](#) like uncertainty, ambiguous loss, and grief. The article also gives suggestions on coping and building resilience.

#### **CARES ACT Financial Assistance Program**

It's a great opportunity for consumers in our community who have been impacted by the pandemic to obtain financial support for a variety of needs. Coronavirus aid, relief, and economic security act. Care's act financial assistance program. Centers for independent living received funds to provide assistance to individuals with disabilities to assist with overcoming barriers encountered as a result of the pandemic. The care's act provides supplemental funding for programs and a vast array of resources to assist people with disabilities to continue living independently in their communities across the US. To find out if you're eligible (Must live in Warren, Sussex or Morris County) or for more information contact DAWNcil at 973-625-1940.

#### **SNAP and WFNJ Updates during Coronavirus**

<https://www.childcarenj.gov/SocialServices>

### **Virtual Activities**

#### **VIRTUAL RESOURCES – New Vitality List**

There are many resources that you can access from your computer or other electronic device. This list is just a few and will be updated as we find other ways to help you stay engaged in daily life. Many of these suggestions came from you! Click [here](#) to access the list.

#### **Earth Day, Every Day**

Through Rutgers Cooperative Extension and open to the public, these sessions focus on steps everyone can take to protect the environment. We can all do our part to take actions that make our homes more sustainable, from fall lawn care, to home energy efficiency, to adapting to coastal flooding. Also included are two RU Wildlife Wise sessions with the Rutgers Wildlife Conservation and Management Program including a special Halloween edition! Details: Join Rutgers Cooperative Extension every Monday evening at 6:30pm for this free series. These live, interactive sessions are 1 hour. To join you need either a computer, tablet, or smartphone with speakers. Sessions are provided via Webex.

(One thing to note: you have to register individually for each session you want to attend)  
Register and more information at <https://envirostewards.rutgers.edu/Earth-Day.html>  
The lineup is as follows: 10/5/20- RU Wildlife Wise: Defensive Driving to Avoid Wildlife; Tuesday, 10/13/20- What's An Energy Audit And Do you Need One? 10/19/20- Ten Ways to Adapt to Coastal Flooding; 10/26/20- RU Wildlife Wise: Demystifying Iconic Halloween Animals; 11/2/20- Basics of Recycling. Missed a session from the spring? Recordings are online at <https://envirostewards.rutgers.edu/Earth-Day.html>

### **Wellness Wednesdays**

Please take advantage of the FREE Wellness Wednesdays webinar series provided by Rutgers Cooperative Extension Department of Family & Community Health Sciences. To register go to: <https://go.rutgers.edu/2lvgw6h>

**YouTube channel** called "BreathTrek" – there will be a video post one or two times a week devoted to yoga, meditation and mindfulness practices.

[https://www.youtube.com/channel/UC\\_4oncued9ha\\_nt3H8X7m8g](https://www.youtube.com/channel/UC_4oncued9ha_nt3H8X7m8g)

### **Support Groups**

This program is brought to you by/through NJ Hope and Healing -- CCP program. The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, is offering a Crisis Counseling Program (CCP) through a (FEMA/SAMHSA) grant. Virtual Groups Are valuable COVID-19 Mental Health Resources:

<https://files.constantcontact.com/6046ddd7001/aff522a3-8e48-4681-aa68-53ecbeebdeef7.pdf>

### **NEW Resources or Programs – Ongoing (not COVID specific)**

*(Included here are only resources that haven't been listed before or are NEW/UPDATED. For a list of Resources from Previous missives, contact your Coalition manager)*

### **The Family Resource Network Archived Webinars**

<https://www.familyresourcenetwork.org/webinar-archive/>

### **Tech Tools for Caregivers**

This webinar offers a practical overview of how technology tools may help family caregivers provide care for a frail or ill family member, partner, or friend at home. Technology products like smart phone apps, communication aids, in home sensors, and webcams can help make a home safer and reduce the caregiving workload. The webinar includes information on how to determine what your needs are, the costs of tech tools, privacy considerations, and ease of use. A recording can be viewed [here](#). Webinar [slides](#) and a [handout](#) with examples of technology tools are also available.

### **VA Expands Aid To Cover Vietnam Vets' Caregivers**

The Veterans Affairs Program of Comprehensive Assistance for Family Caregivers (PCAFC) will be expanded to [include Vietnam veterans](#) starting October 1. Next Avenue contributor Stephenie Overman explains the benefits of PCAFC, and what family caregiver who are unfamiliar with the program can expect.

### **FROM ARC NJ: This information is pertinent only for individuals who have been receiving Supplemental Security Income (SSI) benefits and also received a large amount of unemployment insurance during the coronavirus pandemic.**

*It is a federal requirement that if anyone who receives SSI is eligible for another type of income, they must receive that other income.*

It has come to our attention that there is a new concern for individuals with I/DD who have had **SSI**, were employed, and were laid off during the coronavirus pandemic. These individuals received \$600/week due to the CARES Act, in addition to other unemployment income. Many of these individuals were

receiving more than \$3,200/month, and this high amount of unearned income for SSI beneficiaries has led to this problem.

If this information applies to an individual with I/DD, this is what you need to know:

**1. It is a Medicaid regulation that no one should be terminated from Medicaid during the coronavirus pandemic. If you know of anyone who has been terminated from Medicaid since March 2020, please contact me immediately at [broberts@arcnj.org](mailto:broberts@arcnj.org)**

2. Although the \$600 per week in CARES Act unemployment insurance payment results in the loss of SSI, it is important to note that it is **not** viewed as countable income for NJ Medicaid. The County Medicaid offices are required to review these cases to determine whether the person is eligible for any other NJ FamilyCare programs.

3. Below, as an FYI, is a sample SSI termination letter and two slightly different Medicaid letters that families have recently received. *All identifying information has been redacted.*

- [A letter from Social Security stating that the individual's SSI benefit has been reduced to \\$0](#)
- First Example: [A letter from NJ Medicaid stating that Medicaid will terminate because SSI has ended](#) (This letter **does not** have a specific Medicaid termination date and it **does not** reference DDD.)
- Second Example: [A letter from NJ Medicaid stating that Medicaid will terminate because SSI has ended](#) (This letter **does** include a specific Medicaid termination date and it also references DDD program services.)

4. The Arc of New Jersey believes it is prudent to keep track of everyone with I/DD who has received the aforementioned SSI and Medicaid letters. Please keep in mind that these letters will probably be sent out on a rolling basis. Therefore, some individuals in this situation, who have not received these letters yet, may receive them in the next few days or weeks. If you receive these letters, and you want The Arc of New Jersey to advocate on this individual's behalf, this is what you should do. Please send me an email with the following information:

- The name and address of the individual with I/DD who has received the letters.
- Confirmation that the individual receives DDD services
- The name, phone number and email address of the caregiver/contact person.
- The current employment status of the individual with I/DD, i.e., has returned to work; still unemployed; currently receiving unemployment in the amount of \$\_\_\_\_\_
- Please attach the SSI and Medicaid letters that this individual received (either scan or take a photo and attach).
- Another other relevant information

### **Miscellaneous Information**

#### **VOTE 2020**

The November 3rd Presidential Election is approaching and it's time to make sure you are registered and ready to vote! Voting is your Constitutional right and also one of the important nursing home resident rights enshrined in federal and state law.

Due to COVID-19, in-person voting will be more challenging for residents of long-term care this year. There will be fewer polling sites and there may still be restrictions on residents leaving the facility for non-medical reasons. And, as you may have seen in the news, there are currently U.S. Postal Service problems and delays around the United States. In response, Governor Murphy recently issued an Executive Order requiring that every registered NJ voter receive a mail-in ballot in advance of the election. You do not need to request it; it should be mailed automatically to you. We suggest that you complete your ballot and mail it in (or have a designated person deliver it) well in advance of the November 3rd election to avoid any problems.

If you are unsure if or where you are registered, you can check here:

<https://voter.svrs.nj.gov/registration-check> or have a friend, family member, or social worker help you. If you are not currently registered, you can find a voter registration form for your county here:

<https://www.state.nj.us/state/elections/voter-registration.shtml>.

**You must mail in your registration form by October 13th to be eligible to vote.**