

Affordable Senior Housing Crisis Looms

With a rapidly aging population, the U.S. is on the verge of an affordable senior housing crisis.



*“We need to prepare for this new reality and ensure that our seniors are provided with adequate and accessible housing as they age,”* NewBridge Services Chief Real Estate Officer David Moore said. NewBridge created and manages 84 units of affordable housing for people with special needs.

Moore, who began working for NewBridge in January, is making affordable, accessible housing a priority, to ensure residential clients — many in their 50s — are accommodated as they age. Nine out of 10 people age 65 and over want to remain in their homes as they age, according to an AARP study.

Only 5 percent of public housing is handicap accessible, and just 1 percent wheelchair accessible, he said. *“The best housing is one-story, with modifications like ramps and wide doors to accommodate mobility issues,”* he noted.

Seniors face increased living expenses because of health conditions that can spell financial trouble. Without affordable, accessible housing, seniors wind up homeless

or in institutions. *“A lot of people are being forced into nursing homes, which cost five times the cost of keeping them in the community and providing supportive services,”* Moore said.

Even in wealthy Morris County, where NewBridge offers programs for seniors, 37 percent of people age 65 and over live in households that don’t earn enough to afford basic necessities, according to the United Way of Northern New Jersey’s most recent ALICE report.



NewBridge completed this six-apartment building in Clifton last fall for people with special needs.

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NewBridge



Dear Friend,

The graying of America is accelerating as the remainder of Baby Boomers approach age 65. About 10,000 people a day turn 65 and by 2035, seniors will outnumber children for the first time in our country’s history.

The demographic shift has increased the need for geriatric healthcare services, supports to help older adults age in place, and affordable, accessible housing, among other things. Our spring newsletter shines a light on initiatives NewBridge has undertaken to address impacts of our aging society.

Since 1987, NewBridge has helped thousands of older adults remain independent in their homes by connecting them with community services. NewBridge case managers keep tabs on clients’ changing needs and a registered nurse conducts medical assessments.

Morris County recently awarded us a \$45,000 grant for NewBridge@Home, a program that provides weekly in-home mental health counseling for homebound seniors and their caregivers.

Painkiller addiction is another concern for seniors. New Jersey has tapped NewBridge to teach older adults about alternatives to opioids for pain management. Knowledge is power, and people who understand the risks of opioids are more likely to seek other options.

We also are investigating how we can help expand accessible, affordable housing for our communities’ seniors.

As always, I thank you for your support of NewBridge and invite your input. We all deserve to age with dignity.

Sincerely,

Bob Parker

Robert L. Parker  
NewBridge Services CEO  
parker@newbridge.org



NJ Recruits NewBridge to Help Curb the Opioid Epidemic Among Seniors

NewBridge Services will use its expertise in community education and senior care to teach Morris County residents age 60 and over about alternatives to using opioids for pain management.



The New Jersey Department of Human Services awarded NewBridge \$75,000 to conduct free group workshops and one-on-one sessions for older adults in Morris County. NewBridge expects to reach 500 people over 12 months, starting in June. Participants will learn about the risks of prescription painkillers and the array of evidence-based pain management options that don’t involve addictive opioids.

*“This initiative is a great fit for us,”* NewBridge Chief Operating Officer Michelle Borden said.

NewBridge has earned a strong reputation in community education for teaching children and adults about various health and wellness topics over decades. Since 1987, NewBridge has helped seniors maximize their independence through NewBridge Senior Assistance for Independent Living (SAIL). NewBridge also provides in-home counseling for homebound seniors and respite for caregivers.





The county has 110,500 residents age 60 and over — 22 percent of the population, according to the U.S. Census Bureau. A higher percentage of older adults fill opioid prescriptions than other age group. About 17 percent of opioid overdose deaths in New Jersey in 2017 were people age 55 and over, according to the Kaiser Family Foundation.







There is growing evidence that exercise, acupuncture, yoga, meditation, physical therapy, biofeedback and chiropractic care can help manage pain, often in combination with medications like acetaminophen and non-steroidal anti-inflammatory drugs (NSAIDs).

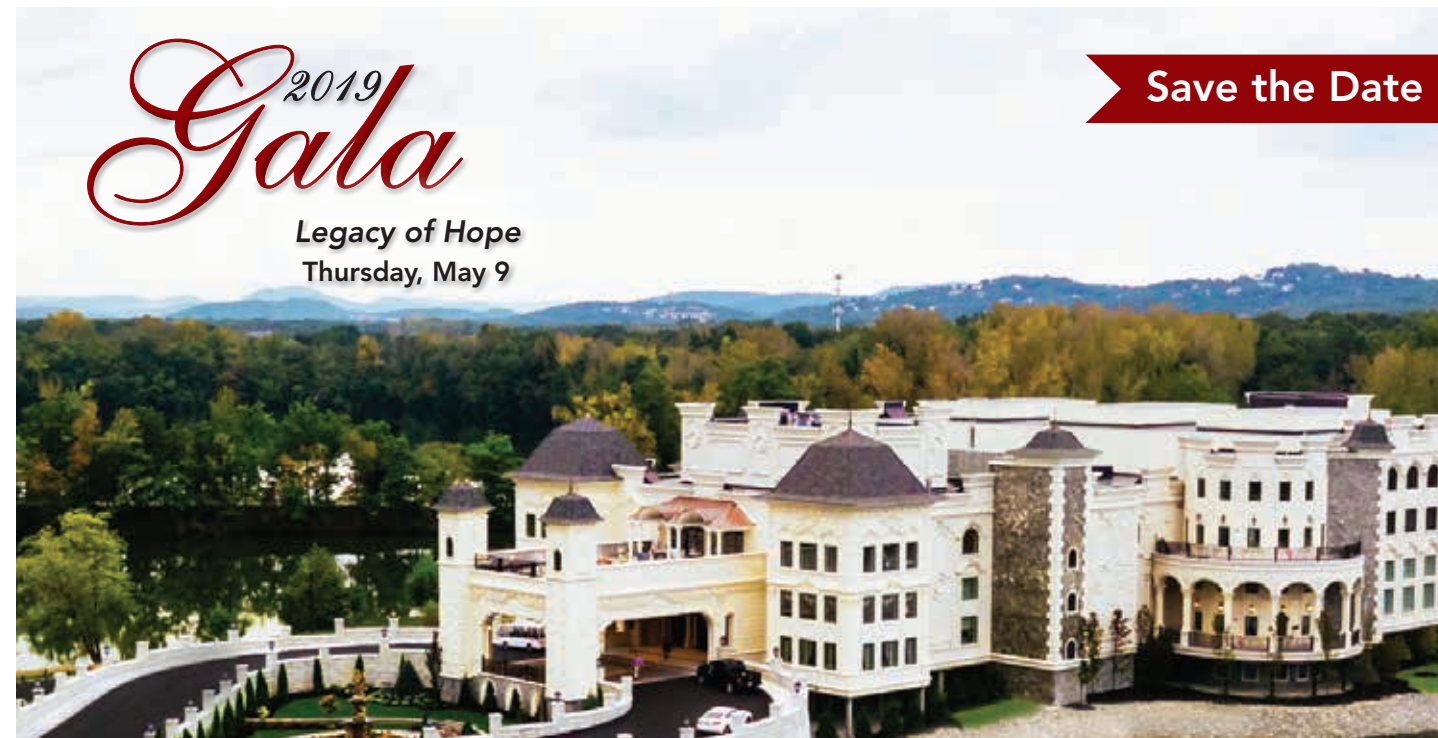


## Tips for Healthy Aging

The golden years have certainly expanded — life expectancy in the U.S. stands at 78.6 years — but to make the most of them, we need to tend to both our physical and mental health. **Try these 10 tips for healthy aging:**

-  **Exercise.** Doing it regularly boosts fitness, helps with weight control, reduces the impact of chronic diseases, and improves sleep.
-  **Reduce your risk of falling.** Every 19 minutes, an older adult dies from a fall, according to the U.S. Centers for Disease Control and Prevention. Include balance activities in your exercise regimen. Remove trip-causing clutter from your home, and make sure rugs are secure. Get an eye exam yearly. Invest in good lighting.
-  **Eat plenty of vegetables and fruit.** They can lower the risk of heart disease, stroke and some cancers, improve blood pressure, and help to maintain energy.
-  **Get solid sleep.** Older adults need seven to nine hours a night of shut-eye. Having a soothing, screen-free bedtime routine can help.

-  **Keep learning.** Trying new things, like taking up a hobby, may improve your memory and keep you sharp. It also can boost your mood.
-  **Stop smoking.** At any age, you will improve your health by quitting.
-  **Either abstain from alcohol, or greatly limit your intake.** Alcohol can cause and worsen health problems. Aging lowers the body's tolerance for it.
-  **Stay connected.** Get involved in your community and make new friends. Those relationships can enhance your life and help you cope with life's challenges.
-  **Watch for signs of depression.** Depression is a medical condition that interferes with daily life, and requires treatment. Warning signs include ongoing feelings of hopelessness, anxiousness and restlessness, difficulty concentrating, and suicidal thoughts.
-  **Practice positivity.** Having a positive outlook has health benefits. Accept that change is part of life. Address problems before they fester. Look at situations with fresh eyes. Smile more.



## You're Invited!

**Carolyn Beauchamp**, longtime *President and CEO* of the Mental Health Association in New Jersey, will receive the NewBridge's **Helping People Move Forward Award** at the 2019 Legacy of Hope Gala.

The gala will be held May 9 at **The Legacy Castle** in Pompton Plains. The event includes a cocktail hour,

dinner, open bar, dancing, a silent auction, and much more. Go to [NewBridge.GiveSmart.com](http://NewBridge.GiveSmart.com) for tickets and to explore sponsorship and ad journal opportunities.

### Questions?

Contact NewBridge Board of Trustees President and Gala Chair Debbie King at [debbieking4567@gmail.com](mailto:debbieking4567@gmail.com).

## NewBridge@Home Brings Life-Enhancing Counseling into Seniors' Living Rooms

Denise felt overwhelmed caring for her very ill husband, who had problems moving and required dialysis three times a week. Embarrassed that she was struggling, Denise kept that a secret from friends. She had survived breast cancer, but she was neglecting her health.

Denise's circumstances began to improve when the Morris County Division on Aging, Disabilities & Community Programming referred her to NewBridge@Home, a program that provides in-home mental health counseling free of charge to Morris County residents age 60 and over.

Morris County recently awarded NewBridge \$45,000 for NewBridge@Home, which began in 2010. The funding allows NewBridge to provide intensive, longterm counseling to more than 20 homebound seniors and caregivers, NewBridge Chief Operating Officer Michelle Borden said. "Often these clients are dealing not only with emotional issues, but medical issues, and it can take more time to help them work through them," Borden said.

*"NewBridge has a strong track record of helping Morris County's senior citizens remain independent, providing them with a host of important services, from counseling and case management to offering respite for caregivers,"* said Morris County Freeholder Kathy DeFillippo. *"We are glad to team up with NewBridge again in 2019 as the county's partner in helping our residents in need."*



Denise embraced the opportunity to work with NewBridge@Home Team Leader Marisa Vescio every other week for 10 months. Each session helped motivate Denise to tackle tasks like arranging transportation and other services for her husband, following up on medical calls, and cleaning her house, said Vescio, a licensed social worker.

*"She began having less days where she was crying first thing in the morning and feeling pessimistic about the days ahead,"* Vescio said. *"She also began accepting a weekly invitation from her neighbor to have coffee."*

One of their final projects was creating a gratitude jar, which Denise filled with small things she was thankful for and made her smile. *"She said that having someone come to her home to listen to her, to support her reaching her goals and who truly cared, was something that she would always be grateful for,"* Vescio said.

To find out more about NewBridge@Home, call 973-316-9333.

## Join A Group

### Social Skills

for Ages 9-11  
Tuesdays  
4:30 - 5:30 p.m.

### Adult Anger Management

Tuesdays  
6 - 7:30 p.m.

### LGBTQ

Support for  
College-Aged Individuals  
Mondays  
7 - 8:30 p.m.

### Nurturing Parenting

Wednesdays  
6 - 7:30 p.m.

Sessions held at:  
NewBridge Parsippany Center  
1259 Rt. 46 East  
Building 2  
in Parsippany

Call 973-316-9333  
for information.

## A Lasting Legacy

**Leave your mark on the world** by supporting the good work of NewBridge Services.

You can help secure NewBridge's future by joining the **NewBridge Legacy Society**. Members leave a specific dollar amount or asset to NewBridge in their will, or make a residual bequest, which provides NewBridge a portion of their estate after other bequests and expenses are paid.

Other options include naming NewBridge as a beneficiary of an Individual Retirement Account (IRA) or life insurance policy, or deeding property to NewBridge. Planned gifts can provide tax benefits to your estate.

For more information, please contact NewBridge Director of Development Victoria Hess-Lowrie at [vhess@newbridge.org](mailto:vhess@newbridge.org) or 973-939-2427.