

South River Office on Aging
Human Services Building
55 Reid Street
South River, NJ 08882

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(732) 257-2340

The Senior Scoop

MEDICARE DATA BREACH

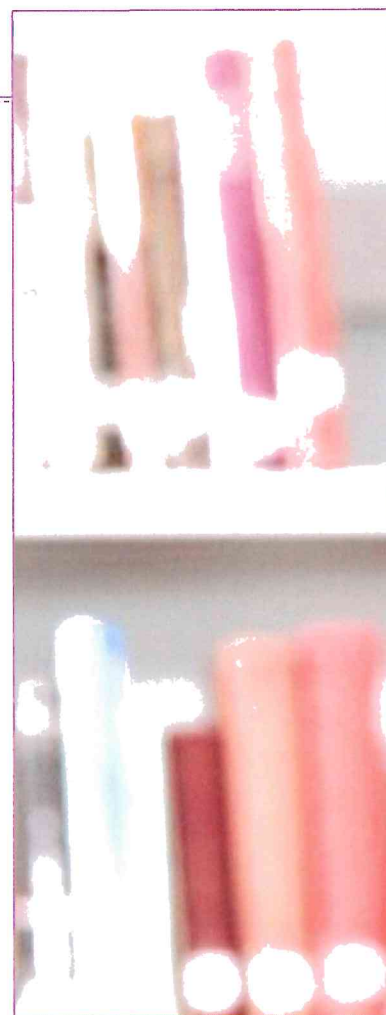
The Centers for Medicare & Medicaid Services (CMS) has begun notifying Medicare beneficiaries whose personal information may have been involved in a recent data incident affecting Medicare.gov accounts. CMS identified suspicious activity related to beneficiaries who received letters confirming the creation of Medicare.gov accounts they did not initiate. An internal investigation discovered that malicious actors had fraudulently created new accounts between 2023 and 2025 using valid beneficiary information, including Medicare Beneficiary Identifiers (MBI), coverage start dates, last names, birthdates, and zip codes. Once these unauthorized accounts were established, the cybercriminals may have also accessed additional beneficiary data including home addresses, provider information and diagnosis codes, dates of service, services received, and plan premium details. CMS immediately deactivated all fraudulently created Medicare.gov accounts, disabled the ability to create new Medicare.gov accounts from foreign IP addresses, and is mailing new Medicare cards with new MBIs to the estimated 103,000 affected beneficiaries. CMS claims that no confirmed identity theft cases have been reported yet, and stressed their actions are being taken out of "an abundance of caution." If you're one of the people affected by the Medicare data breach, **watch your mailbox** for a replacement Medicare card; **secure your Medicare information** and never share your Medicare number or card details with anyone over the phone or email, unless you initiated contact and trust the source (treat it like a credit card); **monitor your Medicare.gov account** for suspicious activity and be on the lookout for unfamiliar services, charges, or communication from providers you don't recognize; and **report unauthorized services or charges immediately** by calling 1-800-MEDICARE (1-800-633-4227). CMS is still investigating how the cyber attackers obtained such accurate personal data and whether more individuals may be at risk.

NATIONAL SENIOR CITIZENS DAY

In 1988, President Ronald Reagan officially proclaimed August 21st is National Senior Citizens Day—a special day dedicated to recognizing, honoring, and celebrating the contributions, wisdom, and achievements of older adults. It's also an opportunity to raise awareness about the challenges they face, shining a light on the need for continued programs, support and care for the aging population. So join us as we raise a glass (or a teacup!) to recognize and show our gratitude to the golden hearts whose lives have shaped our community and our society as a whole. If you post on social media today, use the hashtag #seniorcitizensday.

CAMPFIRE PARTY

Let's get toasted! No bugs. No bears. No bad weather. Just indoor campfire magic. Join us, or we'll eat your marshmallows! *When: Friday, August 22nd @ 11:30am; transportation is available and must be arranged at the time of sign-up. \$8 pre-paid; sign-up begins Friday, August 1st.*



The echoes of beauty you've
seen transpire resound through
dying coals of a campfire.
- Ernest Hemingway



FREE VARICOSE VEIN SCREENING

Take a step toward healthier veins and arteries in September for National Vascular Disease Awareness Month. Do your legs feel tired, heavy, or just not like they used to? You're not alone. Varicose veins and circulation issues are common as we age—but there's help, and it starts with a simple screening. The Vein and Vascular Medicine Clinic in East Brunswick will be onsite performing ultrasound screenings for varicose veins and blood clots (shorts or loose-fitting pants must be worn to facilitate the process). *When: Tuesday, September 9th, 11am-1pm by appointment; transportation is available and must be arranged at the time of sign-up. Sign-up begins Friday, August 1st.*

PLANNING AHEAD

Some things on the horizon...

Country Line Dancing: Mondays @ 10am beginning in September; \$1 per class; *advanced sign-up not required*

Free Varicose Vein Screening: Tuesday, September 9th, 11am-1pm (by appointment); *sign-up begins Friday, August 1st*

Senior Health & Fitness Walk @ Roosevelt Park: Wednesday, September 24th @ 9am; *sign-up begins Tuesday, September 2nd*

Disaster Preparedness Presentation: Thursday, September 25th @ 11am (RSVP required); *sign-up begins Tuesday, September 2nd*

High-Dose Flu, Pneumonia, Shingles, & RSV Vaccines: Thursday, October 2nd, 11:30am-1pm (by appointment); *sign-up begins Tuesday, September 2nd*

AROUND THE BOROUGH

Recycling Update: Automatic Side Load (ASL) recycling service is scheduled to begin on Friday, August 1st (residents scheduled for collection on Thursday, July 31st must use their old containers, not the new ones). The new 95-gallon wheeled carts must be placed with the handles and wheels toward the house and 4 feet of space on either side. Also, all recyclables must be contained inside the receptacle; anything left on the ground will not be collected. Please refer to the attachments for additional information about the new service.

Festival & Fireworks: Annual end of summer event at Denny Stadium—food, music, games, and vendors; fireworks display to begin at approximately 9pm. *When: Friday, August 22nd @ 6:30pm. Rain date: Saturday, August 23rd.*

Special Needs Registry: Individuals with special needs who reside, work, or attend school in Middlesex County are encouraged to register for the Middlesex County Special Needs Registry, now known as National Public Safety Alliance for Individuals with Disabilities (NPS-AID), a joint effort between the Middlesex County Prosecutor's Office and the South River Police Department. This free, voluntary program provides useful information to first responders in order to better assist those with a mental or physical disability during an emergency or police encounter. The online registration page can be accessed at the following website:

<https://mcpo.opsnetwork.org/community-page/385>

Information collected for the registry includes the registrant's personal identifiers such as their name, address, date of birth, height, weight, emergency contact information, recent photo, and details about their special needs. Please see the Frequently Asked Questions page, attached for your convenience. Office on Aging members who wish to register but require assistance are encouraged to contact us to schedule an appointment. Office on Aging members and non-members may also contact the South River Police Department's NPS-AID Liaison, Officer Danielle Stone at (732) 254-1150 x136 with questions, or for assistance.

SIGN-UP 101

Generally, sign-up for the month begins on the first business day of the calendar month, unless otherwise indicated. Sign-up for activities, events or trips scheduled during the first week of that month are accepted the last week of the month prior.

Some programming requires advanced sign-up and payment; information including date and cost are specified in the body of the newsletter, so please read it in its entirety.

Members who commit to a ride, activity, or event and find themselves unable to participate should notify the office as soon as possible and at minimum, before the close of business the day prior (leave a voicemail message if it's outside of normal business hours). Habitual no-shows may result in modified sign-up procedures, and refunds for pre-paid activities, events, and trips will not be issued.

Members may sign up for themselves and one other member.

Members will be picked up at their residences and dropped off at their residences.

Still unsure? We're happy to explain further.





ASL RECYCLING UPDATE



- The ASL Service is currently scheduled to start on the Friday collection on August 1st. All recycling must be placed in the cart - recycling not in the cart will NOT be collected.

JULY 31: OLD BINS



AUGUST 1: NEW CART



YOU MUST CONTINUE TO USE THE CURRENT CONTAINERS FOR THE JULY 31ST COLLECTION. ANY RECYCLING PUT OUT AT THE CURB IN THE WHEELED CART, WILL NOT BE COLLECTED.

Follow South River Public Works on Facebook for continued updates on the ASL Service.

South River Department of Public Works

Borough of South River - New ASL Recycling Carts

Coming to Your Curb

What's Changing with ASL Service?

Nothing but your bin!

Everything else stays the same:

-  Schedule – No changes
-  Recycling type – Still Single-Stream (no sorting!)
-  Pickup company – Still IWS
-  Accepted items – No changes
-  The ONLY change: You're getting a new 95-gallon rolling cart!

What Is Single-Stream Recycling?

All approved recyclables go into one cart, unsorted:

- ✓ Clean paper & cardboard
- ✓ Plastic bottles & certain plastics
- ✓ Aluminum & steel cans
- ✓ Glass jars & bottles
- ⊘ Do NOT include: PLASTIC BAGS, STYROFOAM, FOOD WASTE, ELECTRONICS, YARD WASTE, OR OTHER PLASTIC ITEMS (see info below)
-  Too many cardboard boxes: The Recycling Center at 9 Ivan Way is open every Saturday from 8:00 am to 12:00 pm.

Key Benefits of the New Cart:

- Larger Capacity – Holds more recyclables
- Durable & Secure – Keeps items dry and animals out
- Easy to Use – Wheeled for simple movement
- Cleaner Streets – Fewer spills during pickup

Delivery & Rollout:

Cart Delivery Starts: 7/21 - 7/25

 NEW CART USE BEGINS: AUGUST 1, 2025

-  You do not need to be home to receive your cart
- Each cart is linked to your address by a unique serial number

Who's Getting a Cart?

All South River locations that currently receive MCIA curbside recycling pickup

📢 Didn't Receive a Cart?

This has been a long and careful process to verify every eligible address. If your household did not receive a cart by July 28, 2025:

👉 Please contact:

✉️ dpw@southrivernj.org

🗑️ How to Use the New Cart:

Place the cart with the handle facing your home

Keep 4 feet of space around the cart (from cars, trees, mailboxes, etc.)

Close the lid securely. The lid **MUST BE** closed.

Set it out the night before your scheduled recycling day

🚫 **REMEMBER:** Your pickup schedule is not changing!

♻️ What About My Old Bins?

✅ Keep them for yard or storage use

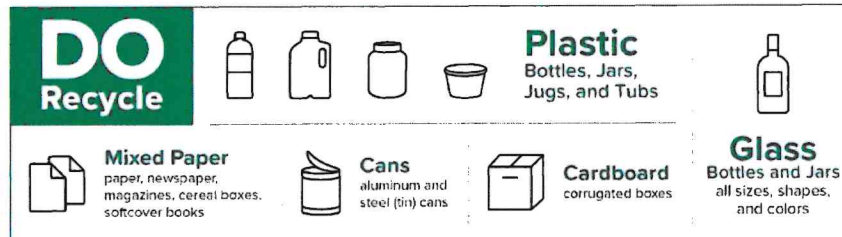
♻️ Or place them in the new cart to be recycled

? Why the Change?

The MCIA is upgrading to side-loader trucks for improved efficiency and cleaner neighborhoods. The larger carts reduce litter and streamline collection.

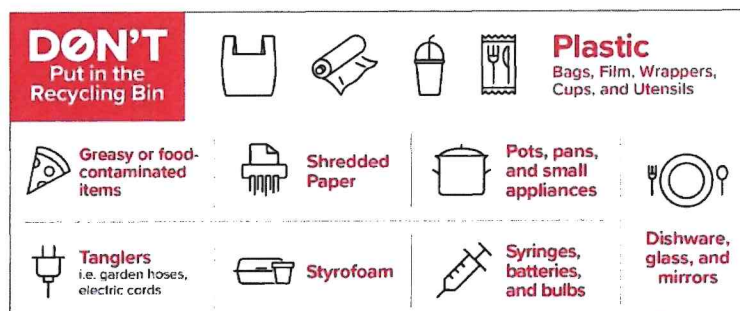
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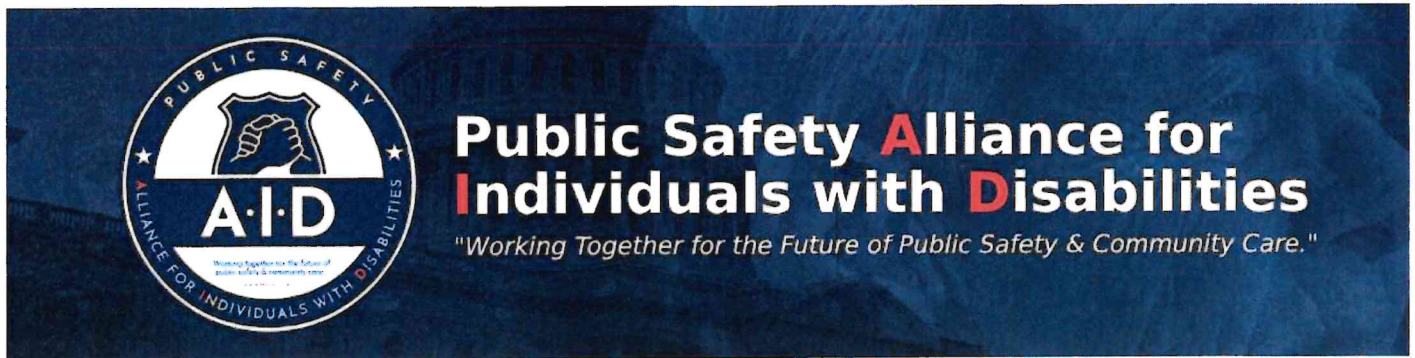
- Place the following items in your cart:



DON'T: (Note: Any evidence of the following, will deny pick-up of the container)

- No food waste, hazardous or flammable materials, chemicals, hot embers, construction debris or household trash may be put in the cart.
- No leaves, brush, plastic bags, textiles, batteries, tires, electronics, computers or white metal goods can be put in the cart.





The Middlesex County Prosecutor's Office Chapter of the "Public Safety Alliance For Individuals with Disabilities" **A.I.D.** program is a voluntary service open to all citizens. The program was created to help police officers and other emergency service personnel to better assist residents with disabilities or special need in the event of an emergency by providing those first responders with vital information regarding a participant's disability, emergency contact information, a physical description and current photograph of the registrant. The goal of the A.I.D. Program is to ensure all residents who have a disability or special need are able to get the help and support they need in a time of emergency or during interaction with Law Enforcement, Fire or EMS personnel.

Frequently Asked Questions:

1. What is the "National Public Safety Alliance for Individuals with Disabilities" (NPS-AID Program)?

The "National Public Safety Alliance for Individuals with Disabilities" is a voluntary service open to all citizens who are affected in some way by a disability.

More specifically, the "National Public Safety Alliance for Individuals with Disabilities" is a database that contains profiles of persons with disabilities. The information provides law enforcement and other first responders with vital information about each participant's needs in the event of an emergency or interaction with law enforcement.

2. Who has access to the person's profile?

Information provided to the "National Public Safety Alliance for Individuals with Disabilities" will only be shared with first responders during a law enforcement interaction, emergency or for the purpose of planning an emergency response.

3. What is considered an emergency or "interaction"?

An emergency can best be defined as any event that may require a response, immediate or otherwise, by law enforcement or other first responders. Examples of emergencies include but are not limited to medical emergencies, natural disasters, fires, mandatory evacuations, and crimes in progress. An "interaction" can be defined as any contact with law enforcement or first responders in an official capacity.

4. How will the information contained in the NPS-AID help a person with a disability during an emergency?

The information contained in the "National Public Safety Alliance for Individuals with Disabilities" can help in several different ways. Upon being dispatched to a residence, police dispatchers can be made aware that someone at that location has a disability. Depending upon the type of call, the dispatcher can better assess the type of response necessary and dispatch resources accordingly. Also, police officers and/or first responders may be notified that there may be someone at the location with a disability, so that they can better gauge their respective responses.

In the event that a person with disability is reported missing, first responders will have access to current photographs and other vital information that can aid in locating the missing person more expeditiously. As we all know, in an emergency – time is of the essence.

5. What information is required?

There are two types of information in the NPS-AID – mandatory and non-mandatory.

Mandatory information includes the person's name, address, emergency contact information, nature of disability and a current photo.

Non-mandatory information includes prescribed medications, doctor information and blood type. It will be up to the person as to how much of the non-mandatory information they wish to share.

6. Who is eligible to participate?

The "National Public Safety Alliance for Individuals with Disabilities" is open to any person who has a physical or mental impairment that substantially limits one or more major life activities due to a physical and/or intellectual disability.

7. Who can provide information?

A person can submit information themselves or a caretaker or loved one can submit information on their behalf if authorized.

8. How do you submit information?

Simply click the button below after reading the terms and conditions, and you will be prompted throughout the process. It is secure, fast, and easy.

9. Is there a cost involved?

No, there is no cost at all to participate in the "National Public Safety Alliance for Individuals with Disabilities."

10. Who should I contact if I have a technical problem with the process?

If you are experiencing a technical issue, please contact your local participating agency for assistance.

11. What if I need to make a change?

It is easy! Simply go to <https://nps-aid.org> and click the "Access Account" button and follow the instructions to update, add or delete participants and/or amend your National Public Safety A.I.D. Account.

ACCOUNT RELATED QUESTIONS

1. Do I need to create an account?

No. When you provide your information, or the information of a family member or loved one, you will be provided with instructions on how to make needed changes/updates.

2. Are there annual requirements?

No. With that, you will receive an annual email requesting you review your information and make any needed adjustments. It is not required.

3. Can I delete or edit my account?

Yes. You can edit or remove your account or the account of a loved one at any time.

4. Is there any cost to participate?

No. Partnering with the "National Public Safety Alliance for Individuals with Disabilities" is 100% free.

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Office on Aging Hours of Operation Monday-Friday 9:30am-3pm (732) 257-2340					1 New Recycling Cart Collection Begins	2
3	4	5 9am-2pm Around Town Shuttle & Medical Transport	6 10am Dollar Tree TJ Maxx/Kohl's Home Goods Stop & Shop/Aldi Brunswick Sq. Mall	7 10am ShopRite	8 4:30pm Middlesex County Fair East Brunswick \$4 + Cheap Eats (pay on-site)	9
10	11	12 9am-2pm Around Town Shuttle & Medical Transport	13 10:30am Guided Wine Tasting @ Old York Cellars Ringoes \$24 pre-paid + Lunch cash only	14 10am ShopRite	15	16
17	18	19 9am-2pm Around Town Shuttle & Medical Transport	20 10am Samaha's Farm & Country Market Aberdeen SFMNP vouchers accepted here	21 10am ShopRite	22 11:30am Campfire Party \$8 pre-paid	23
24	25	26 11am Rock Painting RSVP required	27 9am Tropicana Casino Atlantic City	28 10am ShopRite	29	30
31				Tuesdays 10am Gentle Yoga Classes w/ Steff \$1 recommended contribution	Wednesdays 10am-12pm Haircuts by Mike the Barber \$8	Thursdays 10am Cardio Fitness Classes w/ Sharon \$1 recommended contribution