

SADDLE BROOK SENIOR NEWS

8 CALDWELL AVE.

SADDLE BROOK, NJ 07663

Tel: (201) 845-4594 Open: 8:30—2:00



JUNE 2026

Senior Activities are available for seniors 55 years and older

AROUND THE TOWN

SADDLE BROOK FIREWORKS

JULY 3

OTTO PEHLE PARK

CELEBRATE

AMERICA'S 250th ANNIVERSARY



Bergen County Executive
James J. Tedesco, III and the
Bergen County Board of Commissioners together with the
Bergen County Department of Human Services/Division of Senior Services
 Invite Bergen County Seniors to the



SENIOR FARMERS' MARKET NUTRITION PROGRAM

The Senior Farmers' Market Nutrition Program (SEMNP) is available to low-income residents of Bergen County who are 60 years of age or older. Applicants must provide proof of age, Bergen County residency, and income at the time of application. The benefits can be used to purchase fresh, New Jersey-grown produce, including fruits, vegetables, herbs, and honey, at USDA-approved farmers' markets.

The benefit amount is \$40.00 per person.

Apply in person on scheduled dates at selected sites across Bergen County.

A list of participating farmers and farmers' markets that accept E-Benefits will be provided.

2026 Qualifying monthly household income must be at or below:

- \$2,461 for household of one (1)
- \$3,337 for household of two (2)

Appointments are required for groups of 5 or more.
 To schedule an appointment, call 201-336-7462.

Offer is limited and available on a first-come, first-served basis.
 One offer per person, per year.

For additional information, please call (201) 336-7400

James J. Tedesco, III
 Bergen County Executive

Bergen County Board of Commissioners

Steven A. Tanelli, *Chairman* • Tracy Silna Zur, *Vice Chairwoman* • Dr. Joan M. Voss, *Chair Pro Tempore*
 Mary J. Amoroso • Rafael Marte • Germaine M. Ortiz • Thomas J. Sullivan



Lowering Part D Costs

WHAT IS EXTRA HELP?

aka the Part D Low-Income Subsidy (LIS)

Extra Help is a federal program that helps pay for some of most of the out-of-pocket costs of Medicare prescription drug coverage.

The Extra Help program offers the following benefits:

Extra Help pays your Part D premium up to a certain amount set by your state. It also lowers the costs of your prescription drugs.

People with Extra Help have more flexibility to change their Part D plans through Special Enrollment Periods throughout the year.

If you delayed Part D enrollment and have a late enrollment penalty, Extra Help eliminates your Part D late enrollment penalty.

Who is eligible for Extra Help?

If you have Medicare only

(in 2026)	Annual income	Assets
Individual	\$24,180	\$18,090
Couples	\$32,700	\$36,100

Your costs: Medicare only or Medicare and an MSP

Premium & Deductible	\$0
Generic copay	\$5.10
Brand-name copay	\$12.65

You are part of Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP)

You automatically qualify for Extra Help without needing to meet eligibility requirements. You will receive a purple notice from CMS stating that no application is necessary.



Your costs: If you have Medicare & Medicaid with or without a Medicare Savings Program (MSP)

Premium & deductible	Income above 100% FPL copay cost	Income below 100% FPL copay cost
\$0	\$5.10 generic \$12.65 brand-name	\$1.60 generic \$4.90 brand-name

How can I apply for Extra Help?

If you don't have Medicaid, SSI, or an MSP, you can apply for the Extra Help program through the Social Security Administration at ssa.gov or 1-800-772-1213

Depending on processes in your state, this application can also screen you for the Medicare Savings Program, which helps pay your Medicare costs.

SHIP
 State Health Insurance Assistance Program
shiphelp.org | 877.839.2675



Your SHIP can answer questions about Part D cost assistance programs, like Extra Help or State Pharmaceutical Assistance Programs.



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NO APPOINTMENT NEEDED, IDENTIFICATION REQUIRED, BERGEN COUNTY RESIDENTS ONLY.

Harrison



Kearny

SENIOR ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Line Dancing Beginner 9:00 Regular 10:00 Lunch 11:45 AARP 1:30	2 Exercise 10:00 Lunch 11:45	3 Wellness Event 10:00-12:00 Lunch 11:45 BINGO 1:30	4 Exercise 10:00 Happy Stitches 1 pm	5 BINGO 1:30	6
7	8 Line Dancing Beginner 9:00 Regular 10:00 Lunch 11:45 Affordable Housing Presentation 1:00	9 Exercise 10:00 Blood Pressure 11:00 Lunch 11:45 Senior Club Meeting 1:30	10 Lunch 11:45 BINGO 1:30	11 Exercise 10:00 Happy Stitches 1 pm	12 BINGO 1:30	13
14 FLAG DAY 	15 Line Dancing Beginner 9:00 Regular 10:00 LUNCH 11:45	16 Exercise 10:00 Lunch 11:45	17 Lunch 11:45 BINGO 1:30	18 Exercise 10:00 Happy Stitches 1 pm	19 BINGO 1:30	20 MAYOR'S FISHING DERBY 9:00 at Otto Phele Park
21 	22 Line Dancing Beginner 9:00 Regular 10:00 LUNCH 11:45	23 Exercise 10:00 Lunch 11:45	24 Julianne Gallo Dietician Cook- ing Demo & Tasting 10:30 Lunch 11:45 BINGO 1:30	25 Exercise 10:00 Happy Stitches 1 pm	26 BRIGHTSTAR GENERATION GAME PRIZES 11:00-12:00 BINGO 1:30	27
28	29 Line Dancing Beginner 9:00 Regular 10:00 LUNCH 11:45	30 FARMERS MARKET 9:00-12:00 Exercise 10:00 Lunch 11:45				

Karen Zamani

Broker/Realtor



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RECIPE AND SCHEDULE

Garlic Butter Steak Bites and Potatoes



1. Cut steak into bite-sized pieces and season with salt and pepper.
2. Dice potatoes into small cubes and boil until tender.
3. In a skillet, melt butter and add minced garlic, sautéing until fragrant.
4. Add steak bites to the skillet and cook until browned and cooked to your liking.
5. Toss in the boiled potatoes and mix well with the garlic butter.

Garnish with fresh parsley and serve hot.

RECYCLING

June 5	Newspaper
June 12	Commingled
June 19	Newspaper
June 26	Commingled



PAPER SHREDDING EVENT

This year our annual paper shredding event will be held on September 26th from 9-1pm

JUNE SENIOR MEETINGS

June 1 AARP

June 9 Senior Club Meeting



RIDDLE

Riddle: What's the least number of chairs you would need around a table to sit four fathers, two grandfathers, and four sons?

ANSWER: the original four fathers can be all of those, so 4

WORD WISE

HAPPY JUNE WORD SEARCH

H E I I H O N B Y A D G A L F
A P G O K D Z O J X W N A M B
F N E C I T S L O S I I D R M
C U U U Q N U Z J T P M A C C
Y N Q E N I H S N U S M Y G Q
A O E L W K T C I N C I P Y X
D I B L G R N P P O N W P Y V
S T R A W B E R R I E S A B Q
R A A B G A E M M T E V H F Z
E C B E V Z T H M A R S D X A
H A Z S G V E C Q U C T A P E
T V Q A V G N A R D S R F E B
A C H B H T U E D A N O M E L
F O T R A D J B N R U H P B Y
T J Y D D T V L S G S S C Q O

BARBEQUE
BASEBALL
BEACH
CAMP
FATHERS DAY
FLAG DAY
GRADUATION
HAPPY
JUNE
JUNETEENTH
LEMONADE

PICNIC
SHORTS
SOLSTICE
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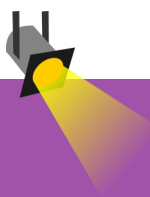
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IN THE SPOTLIGHT



**2026 MAYOR'S YOUTH GROUP
ANNUAL EARTH DAY CLEAN-UP AND PLANTING
AT TRI-CENTENNIAL PARK
THANK YOU TO ALL PARTICIPANTS, THE PARK
LOOKS GREAT**

