

# Free seniors' tax help from A.A.R.P

Older people who are not able to complete a return on their own even with a tax guide — and who do not want to pay a professional preparer — can take advantage of free services of the Internal Revenue Service and the American Association

of Retired Persons (AARP). The revenue service in conjunction with AARP offers a special program, tax counseling for the elderly. Trained volunteers provide free tax information and prepare returns for all taxpayers with middle and low

income, with special attention to those 60 years of age or older. The service is also available to the disabled.

The volunteers have preferential telephone access, when necessary, to the revenue service's taxpayer-service representatives.

To find the closest place where counseling is available, call your nearest Internal Revenue Service office. It's listed in the tax package that is mailed to most taxpayers.

The AARP program called Tax-Aide, provides the taxpayers with counselors who give free personal income tax assistance on a one-on-one basis.

In Essex County, there are many sites located in the public libraries and senior citizen centers. To find the one closest to you, call 984-0831.

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\*2000 Chevrolet Cavalier, 2 Dr., 4 cyl., auto, PS, PB, PW, PL, AC, rear defroster, AM/FM Stereo, VIN# Y732523, SK#2729, MSRP \$14,770, 36 month lease, \$199 per mo, \$200 cap cost reduction, \$0 sec due at inception, \$1,260 rebate, \$0 bank fee, TI payments \$7.164, 12,000 miles/year, 20c average + tax + motor vehicle charges, \$1,260 rebate

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\*2000 Buick Century, 4 Dr., auto, 6 cyl., PS, PB, PW, PL, AC, cruise, tilt, rear defroster, AM/FM Stereo, VIN# Y1264115, SK#2181, MSRP \$20,635, 36 month lease, \$269 per mo, \$0 cap cost reduction, \$0 bank fee, \$0 sec due at inception, \$1,075 rebate, TI payments \$9.684, 12,000 miles/year, 20c average + tax + motor vehicle charges

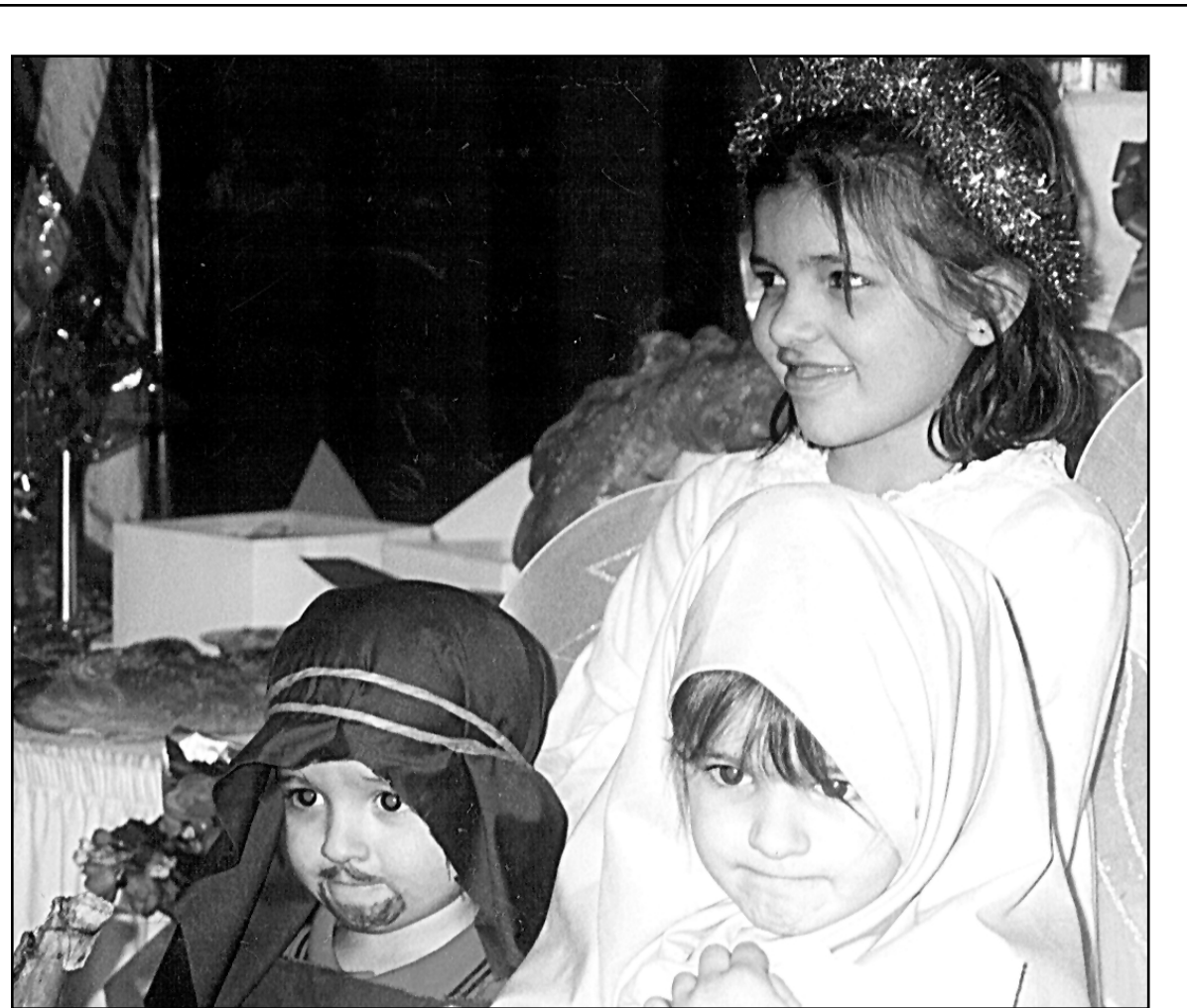
| NEW  |   | USED   |  |
|--|---|--|--|
| <b>2000 CHEVY CAVALIER</b><br>2 Dr., auto, 4 cyl., Anti-Lock Brakes, PS, PB, Rear Defroster, A/C, AM/FM Stereo, VIN#Y732523, SK#2729, MSRP \$14,770, includes \$1,260 rebate | <b>2000 BUICK CENTURY</b><br>4 Dr., auto, 6 cyl., PS, PB, PW, PL, P-Track, Cruise, Tilt, Rear Defroster, A/C, AM/FM Stereo, VIN#Y1264115, SK#2181, MSRP \$20,635, includes \$1,075 rebate                       | <b>'93 CHEVY CAPRICE</b><br>4 Dr., auto, 8 cyl., PS, PB, PW, PL, AC, Cruise, Rear Defog, Tilt, Cruise, VIN#F713741, 29,074 mi.   |  |
| <b>2000 CHEVY PRIZM</b><br>4 Dr., auto, 4 cyl., PS, PB, Rear Defroster, A/C, AM/FM Stereo/Cass., VIN#Y208714, SK#2029, MSRP \$15,096, includes \$1,250 rebate                | <b>2000 CHEVY CAMARO</b><br>2 Dr., auto, 6 cyl., Aluminum Wheels, PS, PB, PW, PL, P-Beats, Tilt, Cruise, Rear Defroster, A/C, CD Player, VIN#Y123037, SK#2659, MSRP \$20,790, includes \$750 rebate             | <b>'96 OLDS CUTLASS</b><br>4 Dr., auto, 6 cyl., PS, PB, PW, PL, AC, Cruise, Rear Defog, Tilt, Cruise, VIN#F735976, 29,328 mi.  |  |
| <b>2000 CHEVY S-10 PICKUP</b><br>2 Dr., auto, 6 cyl., Aluminum Wheels, Dual Air Bags, PS, PB, A/C, CD Player, VIN#Y21660, SK#1222, MSRP \$17,714, includes \$1,300 rebate    | <b>2000 CHEVY IMPALA</b><br>4 Dr., auto, 6 cyl., Keyless Entry, PS, PB, PW, PL, P-Beats, Cruise, Tilt, Rear Defroster, A/C, AM/FM Stereo/Cass., VIN#Y1912010, SK#2571, MSRP \$21,023                            | <b>'96 FORD THUNDERBIRD</b><br>2 Dr., auto, 6 cyl., PS, PB, PW, PL, AC, Cruise, Rear Defog, Tilt, Cruise, Simulated Top, SK#2117A, VIN#1H42734, 46,598 mi.                   |  |
| <b>2000 CHEVY TRACKER</b><br>4 Dr., auto, 4 cyl., PS, PB, A/C, AM/FM Stereo, VIN#Y191679, SK#T032, MSRP \$18,589, includes \$1,300 rebate                                    | <b>1999 CHEVY VENTURE</b><br>4 Dr., Van, auto, 6 cyl., 8 Passenger Seating, PS, PB, PW, PL, Tilt, Cruise, Rear Defroster, A/C, AM/FM Stereo/Cass., VIN#2294413, SK#T23R, MSRP \$22,955, includes \$2,300 rebate | <b>'98 TOYOTA CAMRY</b><br>4 Dr., auto, 4 cyl., PS, PB, PW, PL, AC, Cruise, Rear Defog, Tilt, Cruise, SK#T231B, VIN#0F112001, 38,250 mi.                                     |  |
| <b>2000 CHEVY MALIBU</b><br>4 Dr., auto, 6 cyl., PS, PB, PW, PL, Tilt, Rear Defroster, A/C, AM/FM Stereo/Cass., VIN#Y21770, SK#T202, MSRP \$18,610, includes \$1,000 rebate  | <b>2000 BUICK LESABRE</b><br>4 Dr., auto, 6 cyl., Anti-Lock Brakes, PS, PB, PW, PL, P-Beats, Tilt, Cruise, Rear Defroster, A/C, AM/FM Stereo/Cass., VIN#YU23199, SK#2196, MSRP \$24,853, includes \$750 rebate  | <b>'97 OLDS SILHOUETTE</b><br>Van, 6 cyl., auto, PS, PB, PW, P-Beats, AC, Cassette, Tilt, Cruise, SK#1419F, VIN#FD13741, 29,074 mi.  |  |
| <b>2000 CHEVY SILVERADO PICKUP</b><br>2 Dr., auto, 6 cyl., PS, PB, A/C, AM/FM Stereo, VIN#Y21660, SK#1222, MSRP \$18,378   | <b>2000 CHEVY BLAZER 4X4</b><br>4 Dr., auto, 6 cyl., PS, PB, PW, PL, Tilt, Cruise, Rear Defroster, A/C, CD Player, VIN#Y226979, SK#T234, MSRP \$24,870, includes \$2,000 rebate                                 | <b>'99 CHEVY CORVETTE</b><br>2 Dr., 8 cyl., Speed-Tuned Glass, Leather Interior, PS, PB, PW, PL, P-Beats, Cruise, Dual Air Bags, CD Player, SK#1428F, VIN#E511706, 6,481 mi. |  |

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This year, the Belleville Chapter of Unico National and the Unico Athletic, Cultural, Educational and Service Club (ACES) celebrated their 12th annual St. Joseph's Day Altar. The program was led by the Dubois children. St. Joseph (above, left) was portrayed by Jean Francois; St. Mary (center) was Dona Maria, who carried a replica of the infant Jesus; and Elizabeth (right) was an angel.

# UNICO ACES celebrates 12th annual St. Joseph's Day Altar

The Belleville Chapter of Unico National and the Unico Athletic, Cultural, Educational and Service Club (ACES) celebrated their 12th annual St. Joseph's Day Altar at St. Thomas School auditorium, located in Bloomfield.

The St. Joseph's Altar is a Sicilian tradition. The tradition is elaborated each year by providing donations for charity.

More than 240 people participated in the traditional Sicilian dinner of pasta con sardi, various other pastas, different eggplant dishes, fruits, homemade bread,

cookies and St. Joseph's zep-poles and finci.

This year's program was led by the Dubois children. St. Joseph was portrayed by Jean Francois; St. Mary was Dona Maria, who carried a replica of the infant Jesus; and Elizabeth, who was an angel.

The altar was blessed by Rev. Peter Funesti.

ACES member Diana Gen-carelli presented donations, totaling \$2,400 to the Tomorrow Children's Fund, the Cooley's Anemia Fund, the ACES Scholarship Fund, the St. Thomas Youth Club and St. Gerard's Plaza.

The excess food and beverages were donated to Sacred Heart Church in Bloomfield to feed the homeless.

Dr. Emanuele Alfano, chairman of this affair, thanked the committee, Victor Alfano and Katia Alfano for preparing the food, the Branch Brook Manor, Fungillo's Caterers and Al-Di-La Restaurant for its egg-plant specialties.

Economy Restaurant Supply, John Reinstra of Branch Brook Manor, Rick Hathaway and the many merchants, individuals and organizations supported this year's ad book.

# Program aims to keep heart patients home

Atlantic Health System's Mountainside Hospital in Glen Ridge has introduced a new initiative designed to help people with congestive heart failure manage their illness and stay out of the hospital.

"Our patients and their families will be going to school—literally," said Robert Meyers, administrator of Mountain-side's Transitional Care Unit (TCU).

"We are going to educate cardiac patients about their health so they are less likely to wind-up back in the hospital. This is an educational program that will help them improve the quality of their day to day lives," he said.

Congestive heart failure (CHF) differs from heart attack or cardiac arrest, hospital officials said.

"CHF is a gradual or chronic disease where the heart cannot pump enough blood to satisfy the body's needs for oxygen or nutrients," said Nancy Bonnet, R.N., critical care clinical nurse specialist.

"It does not mean your heart cannot work at all, but it needs help to do the job," she said.

Dr. Kenneth Bannerman, M.D., Mountainside's chief of cardiovascular disease, said one of the biggest challenges faced by patients with CHF is keeping themselves healthy after they go home.

"Patients frequently experience complications when they go home that are attributable to inappropriate diet, misunderstanding regarding use and dosage of medications, lack of exercise, lack of social service support and other quality of life factors," Dr. Bannerman said.

"This program will help them better understand and overcome some of these obstacles," he said.

"Patients will learn about their medications," Bonnet said.

"They will learn what medications they are on, why they are on them and what the side effects are," she said.

Patients will also learn how to cook tasty, healthy meals; stay active without overdoing it; and prevent infections, she said.

Through this program, Mountainside patients suffering congestive heart failure can be transferred to the hospital's TCU following treatment and observation in any medical/surgical unit or the Cardiac Intensive Care Unit.

The TCU is a post-acute care service within the hospital that offers cardiac patients several advantages not previously available..

Since TCU is designed for post-acute care, hospital officials said, the unit's patients generally have less severe medical conditions than on other medical units.

"This means cardiac patients have the ability to recuperate

in a more tranquil environment that is much more conducive to rehabilitation," Meyers said.

The TCU is an 18-bed unit where all patients have private rooms, private bathrooms, and private showers.

Additionally, all patients dine in a private dining room.

TCU patients also have private physical therapy and occupational therapy areas.

"The tranquil setting of the TCU is important because the unit lends itself to the educational component of this program," Dr. Bannerman added.

"It's much easier for patients to learn how to cope with their illness in this type of setting," Meyers said.

"The opportunity to socialize in the private dining room also can help them overcome that closed-in feeling often associated with hospitalization," he said.

All patients receive a personalized educational book with customized exercise programs, medication instructions, and dietary requirements.

One of the program's many benefits is the emphasis on family participation.

"We try to bring the family into the process," said Teresa Hubbard, lead occupational therapist.

"We want families to understand the dietary, medication, exercise, and socialization needs of their loved ones because they are the support system. We also want to educate the family about congestive heart failure so they understand the illness and how it affects the patient's life," she said.

Part of this effort is a family meeting with TCU and cardiac nursing staff, social worker, therapist, dietitian and pharmacist to make sure the patient's needs will be met when they go home.

"If necessary, we arrange for outside help and coordinate services from appropriate home care agencies," Hubbard added.

To learn more about the program, call Meyers at 429-6093.

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