

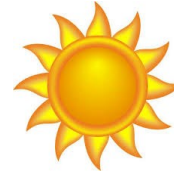
# THE SENIOR CONNECTION

A MONTHLY PUBLICATION OF  
NEPTUNE TOWNSHIP DEPARTMENT OF  
SENIOR SERVICES AND  
SENIOR CENTER

1607 CORLIES AVENUE  
NEPTUNE, NJ 07753



RANDY BISHOP, DIRECTOR  
732-988-8855  
WWW.NEPTUNETOWNSHIP.ORG



**AUGUST  
2018**



**OFFICE HOURS**  
8:00am-4:00pm

**PROGRAM HOURS**  
9:00am-3:00pm

## HEADLINE NEWS

*It's great to once again be a part of the Neptune Township family and especially to be a part of the Department of Senior Services. Though I never physically left the town, not working for the town I love seemed, well, kind of empty. There is a saying that "Life takes you unexpected places, love brings you home." It's great to be home.*

*As the new Director, I am honored to have the opportunity to work with a dedicated staff and work to serve a great community. To my old friends, thank you for the warm welcome; to my new friends, thank you for your welcome. To those I haven't had the chance to meet yet, I'm looking forward to it.*

*But for now, there is work, planning and fun to be done. With your help and the help of the staff, we will keep serving, moving, and growing like we always have.*

*Randy*



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Calendars for lunch menu, shopping, activities, programs and fitness classes are included as inserts.



Neptune Township Department of Senior Services and Senior Center is funded in part by a grant from Monmouth County Division on Aging under Title III of the Older Americans Act and does not discriminate in violation of federal regulations.



# SENIOR CONNECTION



## SPECIAL NOTICES



### NATIONAL NIGHT OUT



**TUESDAY, AUGUST 7 5PM-8PM**

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. Join our Police Department and "take a stand against crime". Join your neighbors for a giant block party at the Midtown Community School. There will be food, exhibits, giveaways, music and more. Contact Neptune Police Dept. for further info.

#### **LEGAL HELP OFFERED AT THE CENTER**

Free legal assistance provided by South Jersey Legal Services is available for seniors 60 years of age or older. If you have a legal issue and want to discuss the matter with our attorney, please call Ryan at the Senior Center to schedule your appointment.



#### **SOCIAL WORKER AVAILABLE MONTHLY AT SENIOR CENTER**

If you need assistance from a Licensed Social Worker, Prem Singh from MCDSS is available at our Center. Prem provides free individual counseling, assists with Medicaid, food stamps, homecare assistance and more. Appointments are available the 2nd and 4th Tuesday of each month. Call Ryan for info.

#### **PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE" DEADLINE EXTENDED TO OCTOBER 31**

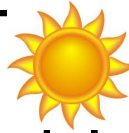
This property tax relief program reimburses property tax or mobile home site fee increases to citizens over the age of 65 or disabled homeowners. To qualify, you must meet all of the requirements. If you think you may be eligible or need further info, call 1-800-882-6597 or call Ryan at the Center.

**VISIT US ON THE WEB AT [WWW.NEPTUNETOWNSHIP.ORG](http://WWW.NEPTUNETOWNSHIP.ORG)**<sup>3</sup>

**MANY THANKS TO OUR DONORS**

♥ **THANK YOU FOR THE MONETARY DONATIONS:** William Blanchard.

♥ **THANK YOU FOR THE SUPPLIES AND GOODIES:** Art and Joyce Albano, Elaine Bennett, Rebecca Blonski (Courtesy of The Madonna House), Tom and Regina Donohue, Tom Faust, Sandra Fornino, Laura Gaedt, Edgar Halpin, Helen Haugabrook, Joan Hunziker, Marsha Meistrich, ShopRite, and Wegmans.



**REST ASSURED WITH "TELEPHONE REASSURANCE"**

Our Telephone Reassurance program gives peace of mind to seniors. Seniors are asked to call the Center Monday thru Friday between 9-11am. These safety-check phone calls offer a sense of security to seniors who choose to live alone. If we do not hear from you or if there is any concern, our staff is immediately notified and emergency procedures are put in place. For further info, contact Ryan at the Center.



**MANY THANKS TO OUR VOLUNTEERS**

**"VOLUNTEERS ARE THE HEART OF OUR TEAM"**

On Friday, September 7, over 130 volunteers will be honored at our Annual Volunteer Recognition Luncheon at the Senior Center. The hard work and dedication of these volunteers is overwhelming and each and every volunteer is to be commended. Our Center could not survive without our volunteers. The luncheon is by invitation only. Invitations will be mailed on August 1. If you have given at least 20 hours of volunteer time this year and did not receive an invitation, please contact the Center.

**Lunch and all programs will be cancelled that day.**



# SENIOR CONNECTION



## SPECIAL PROGRAM NOTICES



### *HURRICANE SEASON IS UNDERWAY*

#### ***BE PREPARED-PROTECT YOURSELF WITH REGISTER READY***

The "NJ Register Ready Program" is a state-wide registry that allows emergency responders to know where you are and what your needs are in the event an evacuation were needed. Register online at [www.registerready.nj.gov](http://www.registerready.nj.gov). Residents who are not seniors but, who have special needs can also register. Registrations expire so always check your registration status. Those without computers can call Ryan and he will make sure your status is current.

### ***NEPTUNE DAY 2018***

***SATURDAY, SEPTEMBER 15***

***FROM 12N-4PM***

***RAIN DATE:***

***SUNDAY, SEPTEMBER 16***

Mayor Nicholas Williams, and the Township Committee invite you to join this annual celebration of our Community. The celebration will be held behind the Municipal building. crafts, music, games, children's activities, local organizations and so much more.



### ***"ASK THE NURSE"***

***PRESENTED BY***

***CHARLES SHEPHERD, B.A.***

***AND***

***ANNETTE SCOTT, RN***

***WEDNESDAY, AUGUST 15***

***AT 11AM***

Charles will discuss the many ways that hot water aerobics can be beneficial for your body. Learn how it impacts your joints, helps burn calories, increases endurance, strengthens muscles, increases circulation, and the many other benefits of hot water aerobics. Join us and get all of the info you need.



# SENIOR CONNECTION



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## **UPDATE I.D. CARDS FOR 2018**

All Senior Center participants are asked to update their Senior Center ID cards. **The deadline for updating is November 2nd.** We ask that all registered Senior Center participants, who want to maintain their active status, to update their files with us. Updating ID cards keeps records accurate and benefits you in case of an emergency.

- Updates are done **9:30-11:30am or 2-3:30pm Monday – Friday.**
  - Please bring ID cards when updating.
- Please come prepared with any medical info **you want us to have on file.**
- Updates must be done in person and require current proof of residency and emergency contact info.
- The Center now issues photo ID cards. If you do not have our photo ID, bring your ID card so it can be replaced with a photo ID.
- Lost cards can be replaced once – then a \$1.00 donation per card is requested for any additional lost cards.
- We're sorry, updates are **not** done on days when big events are scheduled, please check our calendar before coming.

**WE HAVE A GIFT FOR YOU  
ON YOUR SPECIAL DAY!!  
STOP BY THE  
CENTER ON OR NEAR YOUR  
BIRTHDAY AND LET US  
HELP YOU CELEBRATE!!!**

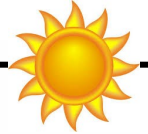
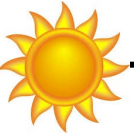


  
**BREAKFAST  
LECTURE SERIES  
CANCELLED  
FOR  
AUGUST**



**<sup>6</sup> VISIT US ON THE WEB AT [WWW.NEPTUNETOWNSHIP.ORG](http://WWW.NEPTUNETOWNSHIP.ORG)**

**HEALTH, WELLNESS AND FITNESS FOR ALL  
DON'T MISS THE ACTION!!**



**"THE NURSE IS IN"**

**THURSDAY, AUGUST 9**

**9AM – 12NOON**

Our Board of Health nurse will be at our Center to check blood pressures, discuss medications, and chat with anyone who would like to meet with her about particular medical concerns.



**DIABETES SELF-MANAGEMENT WORKSHOPS**

**OFFERED BY QUALITY INSIGHTS**

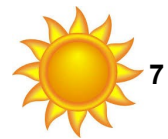
Our fitness studio will be the location of a diabetes self-management workshop. This free 6 week workshop will help people with pre-diabetes and existing diabetes as well as their relatives/caregivers gain a better understanding of diabetes self-care. Learn about diabetes and it's risks, how to prevent health problems, the role of diet and exercise, how to deal with stress and difficult emotions, how to effectively communicate with health care professionals, how to manage medications, and much more. Participants will make weekly action plans that allow them to set goals and help each other solve problems they encounter in creating and carrying out their self-management program. Reservations are required. Contact Jarmaine Williams at 732-955-8168 to reserve your seat.

- Workshop #1 Monday, September 10 from 1pm-3pm
- Workshop #2 Monday, September 17 from 1pm-3pm
- Workshop #3 Monday, September 24 from 1pm-3pm
- Workshop #4 Monday, October 1 from 1pm-3pm
- Workshop #5 Monday, October 15 from 1pm-3pm
- Workshop #6 Monday, October 22 from 1pm-3pm





## **FITNESS CLASSES LISTING FOR ALL LEVELS**



*Participants must pre-register, sign fitness waivers and wear proper attire and shoes.*

### **PUMP IT UP WITH SUZANNE OR MARIA**

**Mondays, Wednesdays & Fridays at 9:00am**

**Donation - \$4.00 (per class)**

Dance, exercise and tone with movements that are easy and repetitive. Get your heart rate up and burn calories with interval training techniques that include light weights for improving bone mass/strengthening muscles. Enjoy a wide variety of music while you get fit.

### **SHAPING UP – SITTING DOWN WITH SUZANNE**

**Mondays & Fridays at 10:30am - Donation - \$2.00 (per class)**

A gentle fun way to improve strength and stamina. A great approach to good health, exercise and wellness. Great for those who want gentle exercise or those who are "on the mend" and looking to increase fitness.

### **T'AI CHI CHIH WITH DAN**

**Tuesdays 9:30am & Thursdays 10:30am**

**Donation - \$4.00 (per class)**

The benefits of T'ai Chi Chih are proven...better blood pressure, better relaxation, less stress, better body mechanics. TRY IT NOW!



### **TOTAL BODY SOLUTIONS WITH SUZANNE**

**Wednesdays & Fridays at 1:00pm**

**Donation - \$3.00 (per class)**

An educational, active, enjoyable approach to living with arthritis. For best results, participants should try to attend twice weekly. Books and bands will be provided.



### **ZUMBA GOLD WITH SUZANNE**

**Tuesdays at 1pm - Donation - \$4.00 (per class)**

Have fun in a dance party atmosphere. Music from around the world. Make the dance your own by slowing down or speeding up movements. Burn calories and have fun.

### **YOGA WITH MARIA**

**Thursdays at 9am - Donation - \$4.00 (per class)**

Proven benefits - stress reduction, relaxation, lower blood pressure, improved mobility and flexibility.





**AUGUST  
2018**



**Neptune**  
*Township - NJ*

*Where Community, Business & Tourism Prosper*

**We are so happy that you are a part of our Senior Center Family.  
If we can be of assistance to you and/or your family,  
please contact us at anytime. We look forward to having you  
visit us in the near future.**

**Randy Bishop, Director  
Kristina Torres, Deputy Director**

**Outreach Services**

**Ryan Ugrovics, CSW**

**Transportation Services**

**John Lalanas -Driver  
Robert White - Driver  
David Pyle - Driver**

**Custodial Services**

**Ralph Parkman  
Doug Johnson**

**Dining Services**

**Teresa Richard - Manager  
Jennifer Nurse - Aide  
Deborah Carbone - Aide**

**Administrative Office**

**Michelle Bivens, Administrative Assistant**

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PERMIT #607

RETURN SERVICE REQUESTED

TOWNSHIP OF NEPTUNE  
DEPARTMENT OF SENIOR SERVICES  
AND SENIOR CENTER  
1607 CORLIES AVENUE  
NEPTUNE, NJ 07753  
TEL: 732-988-8855