

THE SENIOR CONNECTION

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

1607 CORLIES AVENUE
NEPTUNE, NJ 07753

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732-988-8855
WWW.NEPTUNETOWNSHIP.ORG



OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

MARCH! Ever notice that this is the only month that is a command? If you think about it, it kind of makes sense doesn't it? I mean, we are marching out of winter with the arrival of Spring on March 20th. We march our clocks ahead on March 10th when we start observing Daylight Savings Time. 

Of course everyone knows a good Saint Patrick's Day Parade as we celebrate the luck of the Irish on March 17th! So it is a well named month after all!

Here at your Neptune Senior Center we are ready to fall in for the March toward Spring! We will start our welcome of the long awaited change of seasons with a special craft on National Plant a Flower Day on March 12th! 

Join us for what may not be a march, maybe it will be more like a little jig, for a special St. Patrick's Day luncheon. To make it even more of a celebration we will reintroduce the Neptune Senior Center Cinema with an Irish themed movie after lunch.

Of course you can join the march of volunteers who make things happen here at your Center. If you have a will, there is always a way for you to help keep your Center on the move. And to keep you on the move, there are classes, shopping, crafts, movies, community work, trips....not just in March but in every month!

Welcome Spring, welcome fun, welcome to your
Neptune Township Senior Center!

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.



THE SENIOR CONNECTION



From the Desk of Deputy Mayor Robert Lane, Senior Center Liaison

Happy Saint Patrick's Day! So, do you know how the shamrock became associated with Saint Patrick? According to the legend, the Saint used the three-leafed plant as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland. So ever since, the Shamrock has become synonymous with St. Patrick and Ireland!

This year, Belmar Saint Patrick's Day Parade will be held on March 3. The Grand Marshal for this year is former Lake Como Mayor Mike Ryan, a close friend of mine and a friend who has helped our Senior Center with its drives for hygiene items for veterans. I hope to see you there as we celebrate the wearing of the green!

Though it's not until April, please save the date for our annual Veterans Memorial Park fundraiser, "An Afternoon Salute", from 2-6pm on Sunday, April 14.

Oh, don't forget daylight savings time is Sunday, March 10; it's time to "Spring Ahead" and to change the batteries in your smoke and carbon monoxide detectors.



Until next month, stay safe and be well!



WORLD CHANGERS APPLICATIONS AVAILABLE

The World Changers will be returning to Neptune in July, 2019. World Changers volunteers provide painting and rehab services for low to moderate-income households. For applications or info, contact Ryan at the Center. Applications are also available online at www.neptunetownship.org. Completed applications should be returned to Ashleigh at the Municipal Building.



LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

Applications are now being accepted for the Home Energy Assistance Program (HEAP). HEAP is designed to help low-income households and/or individuals, 60 years of age or older, meet their home heating and medically necessary cooling costs. The application period is October 1, 2018 to April 30, 2019.

For applications or info, contact Ryan or Kris at the Center.

The monthly income limit for 2018-2019 is:

Single - \$2,024.00 and Married - \$2,744.00





HAPPY SAINT PATRICK'S DAY

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MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY DONATIONS:** BettyLou Albrizio, Rose Dillon, Richard Driscoll, and Diane Olson.

♥ **THANK YOU FOR THE SUPPLIES AND GOODIES:** Catholic Men for Jesus Christ, Regina & Thomas Donohue, Ralph Florio, Helen Haugabrook, Eleonore Merriman, Estella Robinson, ShopRite, Wegmans, and Vida Williamson.



SOCIAL WORKER

AND



LEGAL ASSISTANCE

OFFERED AT THE CENTER

Please call Ryan for info or to schedule your appointment.

♥ **THANK YOU TO ALL THOSE WHO**

ANSWERED OUR CALL AND

FILLED THE SHELVES OF OUR

SENIOR CENTER EMERGENCY

FOOD PANTRY



UPDATE I.D. CARDS FOR 2019

All Senior Center participants are asked to update their Senior Center ID cards. **Updates start March 25. Deadline for updating is November 1.** We ask all registered Center participants, who want to maintain their active status, to update their files with us. Updating of ID cards keeps records accurate and benefits you in case of an emergency. Updating is done yearly.

- Updates are done **9:30-11:30am or 2-3:30pm Monday – Friday.**
- The Center now issues photo ID cards to replace your current ID cards. Bring your current ID card so it can be replaced with a photo ID.
- Please come prepared with emergency contact info, medications and any medical info **you want us to have on file.**
- Updates must be done in person and require current proof of residency or cards cannot be updated.
- 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.



4 VISIT US ON THE WEB AT WWW.NEPTUNETOWNSHIP.ORG

NEPTUNE LIBRARY OFFERS INCOME TAX COUNSELING

Tax assistance (provided by AARP) is available at the Neptune Township Library on Wednesdays and Thursdays until April 11 from 9:00am-3:00pm. **No appointment needed.** The Senior Center will provide transportation to the library for Township Seniors. Please contact the Center between 9:30-11:30am or 2:00-3:30pm to make your transportation reservation.



ST. PATRICK'S CORNED BEEF AND CABBAGE LUNCH

THURSDAY, MARCH 14 AT 11:30AM

Corned beef and cabbage, served hot and delicious, and a movie fit for the occasion. Reservations began on February 19. However, if you did not get a reservation in time, feel free to add your name to our waiting list in case of cancellations. **You may reserve for yourself and one other person.** There is a requested \$4.00 donation (to benefit the Trust Fund) for lunch. Please bring exact change. Come out and enjoy.



"POLST FORMS"

PRESENTED BY

NJ CITY UNIVERSITY NURSING STUDENTS

TUESDAY, MARCH 19 AT 10:30AM

The New Jersey Practitioner Orders for Life-Sustaining Treatment (POLST) is something all seniors should know about.

The nursing students will do a presentation about the form, explain the importance of the form, and answer any questions regarding the form. Don't miss this vital program.



**WE HAVE A GIFT FOR YOU ON YOUR SPECIAL DAY!!⁵
STOP BY THE CENTER ON OR NEAR YOUR
BIRTHDAY AND LET US HELP YOU CELEBRATE!!!**



"MOCEANS"

TUESDAY, MARCH 12 AT 10:00AM

MOCEANS is a Non-Profit info clearinghouse that is partnered with the Monmouth County Office on Aging. MOCEANS will discuss different independent living skills and support coordination.

Come learn about programs, skills, and connections that are available to assist people to be able to continue to participate in the life of their community.

No reservation needed.



"ASK THE NURSE"

WITH

**UMA SWAMINATHAN,
REGISTERED NUTRITIONIST
AND**

ANNETTE SCOTT

WEDNESDAY, MARCH 27

AT 11:00AM

Uma will be discussing the latest diet fads and the pros and cons of each. Learn which diets are beneficial and which are not. Bring all of your questions and concerns.



MEN'S BREAKFAST

WITH

**ANISA GANDHI, RN
ALI GLEASON, LCSW
DAVITA DIALYSIS**

THURSDAY, MARCH 21

AT 10:00AM

March is Kidney Awareness month. Join Anisa and Ali as they discuss stages and causes of kidney disease. They will also discuss how people with diabetes or high blood pressure are at higher risk. Learn about diet and nutrition info as well as treatment options. Enjoy breakfast at 10am followed by our discussion at 11am. Contact Lindsay for reservations.



KIDNEY AWARENESS MONTH



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

"THE NURSE IS IN" THURSDAY, MARCH 14

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.



"OSTEOPOROSIS" PRESENTED BY KESSLER INSTITUTE'S RON ARTZ, PHYSICAL THERAPIST WEDNESDAY, MARCH 6 AT 11:00AM

Ron will discuss all of the different signs, symptoms, and ways to prevent Osteoporosis. Get all the info you need about this very important topic.



BALANCE AND FLEXIBILITY CLASS

**TUESDAYS IN MARCH
AT 11:00AM**

This new four-week class consists of gentle full body stretching in a chair, followed by standing balance postures with the support of the chair. Class will end with walking steps to improve balance and coordination. Reservations required. Call Lindsay to reserve your seat. There is a \$4.00 donation requested per class.



FITNESS CLASSES LISTING FOR ALL LEVELS



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



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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 - \$4.00 (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 1:00pm - 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 9:00am - Donation - \$4.00 (per class)

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





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**

Recreation/Programming

Lindsay Okuszki - Coordinator

Outreach Services

Ryan Ugrovics, CSW

Transportation Services

John Lalanas - Driver

David Pyle - Driver

Robert White - Driver

Custodial Services

Ralph Parkman

Doug Johnson

Dining Services

Teresa Richard - Manager

Jennifer Nurse - Aide

Deborah Carbone - Aide

Administrative Office

Michelle A. Swift, Administrative Assistant

Carina Santos, Departmental Secretary

And an Army of Dedicated Volunteers!

RETURN SERVICE REQUESTED

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

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