

THE SENIOR CONNECTION

A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753



BRIAN T. BUTCH, MDIV, MSW, MA, LCSW
DIRECTOR
732-988-8855
WWW.NEPTUNETOWNSHIP.ORG



AUGUST 2017



OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

Dear Seniors,

As we begin the month of August, I think about my childhood on the Jersey Shore. The end of July and the beginning of August marked several birthdays and family celebrations. We would have hamburgers and hot dogs on the grill and homemade birthday cakes with ice cream. Many days were spent on the beach enjoying the weather while we built sand castles and swam with rafts in the days before boogie boards. Somehow when it became August it also alerted us that soon we would be school shopping and heading back to the classroom.

*Some days it seems that we are always looking back or ahead; thinking about events that just happened or talking about events to come. We are challenged to stop and enjoy today, to be present in the moment. We can enjoy the sunshine or the summer showers. Some days just sitting with friends enjoying an ice cream cone and sharing laughter can be a great treat! This month we will have several "ice cream outings" to our local businesses to have such opportunities. We will also have a trip to the Asbury Park boardwalk and the **Kula Café** on August 23rd. In addition we are having two outings to **Simply Southern** in Belmar on August 30th and September 6th. We want to provide opportunities to celebrate and connect with others!*

I want to take the time out to thank my wonderful staff at the Senior Center. They are a great team and they work hard to help the seniors. Please take a minute out of your time to thank them!

*On August 1st we will celebrate **National Night Out**, a community building campaign to build positive partnerships between our police and the community. Please consider joining us that evening for some of the activities. We are grateful to the Neptune Township Police Department for all that they do for our seniors! They have rescued a number of our seniors and have gone out of their way to help them.*

Enjoy this month, try to be present in the moment and present to those around you!

Have a great August!

Brian



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Calendars for lunch menu, shopping, activities, programs and fitness class



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.

² VISIT US ON THE WEB AT WWW.NEPTUNETOWNSHIP.ORG



SPECIAL NOTICES



NATIONAL NIGHT OUT

TUESDAY, AUGUST 1 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 Mid-town Community School. There will be food, exhibits, giveaways, music and more. Contact Neptune Police Dept. for further info.

PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE"

DEADLINE EXTENDED UNTIL WEDNESDAY, OCTOBER 18

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 eligibility requirements. If you think you may be eligible for the "Senior Freeze" or need further info, call 1-800-882-6597 or call Ryan or Kris at the Center.

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.





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!



"GOING IN STYLE"

(RATED PG-13)

WEDNESDAY,

AUGUST 16 AT 1:00PM

Oscar winner, Morgan Freeman teams up with his life-long buddies and decide to risk everything in an attempt to knock off the bank that absconded with their pension funds.

Transportation reservation deadline is 11:30 Tuesday, August 15.



"AGING IN PLACE"

PRESENTED BY

**STEVE FEINMAN, DIRECTOR
VISTING ANGELS HOME CARE**

TUESDAY, AUGUST 22 AT 11AM

Steve will discuss the different aspects of home care and the importance of staying happy and healthy in your own home. Find out what home health aides can and can't do and how they can help you with your activities of daily living. Join us for this very important topic.



"DEHYDRATION"

PRESENTED BY



DIANE WEST, R.D.

TUESDAY, AUGUST 29

AT 11:00AM

With the hot summer months upon us, it is very important for our bodies to always stay hydrated. Dehydration can happen to anyone and can have traumatic results. Learn what kind of hydration is necessary, how much and what kind of liquids we should drink, and what can happen when we don't drink enough.

**TRIP TO ASBURY PARK BOARDWALK
AND LUNCH OUTING AT**

**"KULA CAFÉ" IN ASBURY PARK
WEDNESDAY, AUGUST 23 AT 10:30AM**

Enjoy a trip to the boardwalk and enjoy all that it has to offer followed by a delicious lunch on your own at "Kula Café". You have a choice of caprese grilled cheese, chicken caesar wrap, chicken tender blt wrap, or fish & chips and a variety of desserts. Seating is limited.

Reservations must be made in person with Gigi starting Tuesday, August 1 after 9:30. Donation is \$12.00 pp at the time of reservation. **Bring exact change, please.** Strict refund policy.

Deadline to reserve is 11:30am
Wednesday, August 16.

SENIOR CONNECTION



SPECIAL PROGRAM NOTICES

UPDATE SENIOR CENTER I.D. CARDS FOR 2017

All Senior Center participants are asked to update their Senior Center ID cards. **Deadline for updating is Friday, November 3.** 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 accurately 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.



TRIP TO SIMPLY SOUTHERN IN BELMAR WEDNESDAY, AUGUST 30 OR WEDNESDAY, SEPTEMBER 6 AT 12NOON



We will have a luncheon outing to experience true Southern cooking. Former New York Giants football player, Rasheed Simmons and his mother Rita Simmons will show us true Southern hospitality. Donation for lunch is \$14.00 per person at the time of reservation. Reservations must be made in person with Gigi starting Tuesday, August 1 after 9:30. **Bring exact change, please.** Strict refund policy. Deadline to reserve is 11:30am Wednesday, August 23. Please see Gigi for menu options.



SENIOR CONNECTION



IT IS WITH GREAT SADNESS THAT WE INFORM YOU ABOUT THE LOSS OF THE FOLLOWING SENIOR CENTER PARTICIPANTS:

- Sally Krum
- Delores Smith
- Herb Herbst
- Anthony Tarantino
- Bernice Dudak
- Alice Saeed
- Ruth Von Spreckelson
- Virginia Hunter

OUR THOUGHTS ARE WITH THEIR FAMILY AND FRIENDS DURING THIS VERY DIFFICULT TIME.

MANY THANKS TO OUR DONORS

♥ **THANK YOU FOR THE MONETARY DONATIONS:** Maxine Zea in Memory of Sally Krum.

♥ **THANK YOU FOR THE SUPPLIES AND GOODIES:** John Asfour, Andrea Blickens, Catholic Men for Jesus Christ, Marilyn Cole, Regina & Thomas Donohue, Dorothy Gilmore, Helen Haugabrook, Janel Jones, Jumping Brook Garden Club, Stu Monk, ShopRite, and Wegmans.



NEPTUNE DAY 2017
SATURDAY, SEPTEMBER 16 FROM 12N-4PM
(RAIN DATE SUNDAY, SEPTEMBER 17)



Mayor Doctor Michael Brantley, and the Township Committee invite you to join this annual celebration of our Community. The celebration will be held behind the Municipal building.

HURRICANE SEASON IS UNDERWAY

BE PREPARED-PROTECT YOURSELF WITH REGISTER READY

It is now hurricane season and we want to remind everyone that the key to safety is AWARENESS and PREPAREDNESS. 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 of an evacuation. Anyone with special needs can register. Register online at www.registerready.nj.gov. Registrations expire so always check your status. Those without computers can call Ryan at the Center for assistance.





SENIOR CONNECTION



VOLUNTEERS NEEDED FOR FRIDAY, AUGUST 25

Would you be interested in volunteering to help with a dance for special needs teens?

The Poseidon students will be hosting a dance from 5pm-9pm on Friday, August 25 here at the Senior Center. The Elks will provide a meal for them and DJ Tommy Lynch will provide music. Would you be interested in volunteering to help chaperone or serve meals that evening? Please contact Carina at the Center.

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

"THE NURSE IS IN" THURSDAY, AUGUST 10 9:00AM – 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.

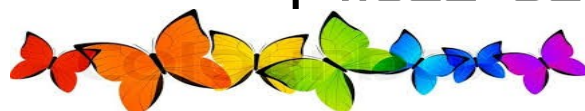


"SHOULDER PAIN" PRESENTED BY KESSLER INSTITUTE'S RON ARTZ PHYSICAL THERAPIST WEDNESDAY, AUGUST 16 AT 11AM

Get all the info you need about this very important topic.

TUESDAY ZUMBA CLASSES WITH SUZANNE WILL BE CANCELLED FOR AUGUST.

***ZUMBA FITNESS VIDEO
WILL BE AVAILABLE.***





FITNESS CLASSES LISTING FOR ALL LEVELS



7

All participants must pre-register, sign fitness Waivers, and wear proper attire and shoes.

PUMP IT UP WITH SUZANNE OR MARIA

Mondays, Wednesdays and 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 variety of music while you get fit.

SHAPING UP - SITTING DOWN WITH SUZANNE

Mondays and 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 a gentle exercise or for those who are looking for increased fitness.

YOGA STRETCH WITH LISA

Tuesdays at 11:00am - Donation - \$4.00 (per class)

Learn breathing exercises, relaxation, yoga postures and stretching. Class can be done in a chair or on a mat. Bands and balls are used to increase flexibility with bars and chairs to work on balance. Detox and relax.

T'AI CHI CHIH WITH DAN

Tuesdays 9am and 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 SOLUTION WITH SUZANNE

Wednesdays and 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.

FEELING GREAT VIDEO

Wednesdays at 10:30am

Great fun, good chair exercises...give it a try.



YOGA WITH MARIA

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

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



**AUGUST
2017**



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.

Brian T. Butch, MDIV, MSW, MA, LCSW

Director

Kristina Torres, Deputy Director

Programming

Gigi Johnson - Coordinator

Outreach Services

Ryan Ugrovics, CSW

Transportation Services

John Lalanas - Coordinator/Driver

Linda Dietz- Driver

Robert White - Driver

Fred Kern - Driver

Custodial Services

Ralph Parkman

Constant Saraison

Dining Services

Teresa Richard - Manager

Jennifer Nurse - Aide

Deborah Carbone - Aide

Administrative Office

Michelle Bivens, Administrative Assistant

Carina Santos, Departmental Secretary

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