

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

**AUGUST
2019**



OFFICE HOURS
8:00am-4:00pm

PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

Sometimes writing this column can be a challenge! I find myself sitting, staring upward out my office windows looking towards the clouds for inspiration. I know you've seen me (yep, I saw you peeking through my windows). But really, I was trying to get inspired!

So as I thought about August and looked at the clouds, I started to think about how things are not always as they seem. I mean we talk about the "dog days" of August but, really the average temperature for July is hotter! And those light fluffy clouds I'm looking at, boy have they got you fooled. Did you know the average cumulous cloud weighs 1.1 million pounds, the equivalent of approximately 100 elephants! So much for light and fluffy maybe I don't feel so bad about my weight now!

But, think about it. Often we take things, people, at face value. How they present themselves to us is who they are. We may think they are silly, strange, angry, or any number of other emotions. But when you really sit down and talk to them you may learn they are totally different than your first impression. Realize that what you just did, someone is doing to you - making a judgement without getting to know who you really are.

So, in the "dog days" when you drop by the Center and you see that your usual bunch isn't around, take a moment to go talk to that silly, crazy, cranky person you noticed but with whom you never spent any time (that includes the Director). Maybe, just maybe, you will find a new and interesting friend hidden among those clouds. Stay cool and be well.



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

The Neptune Township Committee takes the safety of it's residents as a top priority. I am proud to announce that my colleagues and I recently hired three new law enforcement officers, one a lifelong Neptune resident!

As summer ends the Township is finalizing the long awaited plans for a living shoreline along the Shark River. While beautiful, it also provides natural flood mitigation. We all remember how heavily impacted many of our neighbors in Shark River Hills were by Superstorm Sandy.

I'm pleased to announce that the North End Redevelopment agreement is close to being finalized, hopefully by the end of summer. While this has also taken many years, we know this will be a great addition to the Historic District on land that has been vacant for decades.

Don't forget to join us for National Night Out on Tuesday, August 6 from 5:00 pm to 8:00 pm. This annual event celebrates the community and its Police Officers. It is always an enjoyable evening with great food, good fun and information about many services and opportunities right here in Neptune Township.

Enjoy your August and stay cool!



MANY THANKS TO OUR VOLUNTEERS



"VOLUNTEERS — EVERY MOMENT MAKES A DIFFERENCE"

On Friday, September 6, over 150 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 5. 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.



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.



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



MANY THANKS TO OUR DONORS
 ♥ **THANKS TO EVERYONE FOR THE MONETARY DONATIONS, SUPPLIES, AND GOODIES:** Patti Amberg, Lisa Campbell, Mary & Ron Carr, Dana Cerullo, Anthony Ciparo, Joan & Anthony Cruz, Arlene Eastwood, Michelle Goode, Helen Haugabrook, Beverly Holland, Luisa Paster, Estella Robinson, ShopRite, Jennifer Thompson, Wegmans, and Brenda Wombough.



NATIONAL NIGHT OUT
TUESDAY, AUGUST 6
5PM-8PM



National Night Out promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer places to live. Join our Police Department and "take a stand against crime". Join everyone for a giant block party at the Midtown Community School. Call Neptune Police Dept. for info.



UPDATE I.D. CARDS FOR 2019

All Senior Center participants are asked to update their Senior Center ID cards. **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. **Initial registrations must call for an appointment.**

- 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 proof of residency, emergency contact info, 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.



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HURRICANE SEASON IS UNDERWAY



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 of an evacuation. Register online at www.registerready.nj.gov. Registrations expire so always check your registration status. Call Ryan for info or to register.

PROTECT YOURSELF NOW WITH "TELEPHONE REASSURANCE"

Our Telephone Reassurance program gives peace of mind to seniors who live alone. Participants are asked to be able to receive calls from the Center Monday thru Friday between 9-11am.

These safety-check phone calls offer a sense of security and support to seniors who choose to live independently. If we do not hear from you by 11am or if there is any concern, our staff is immediately notified and emergency procedures are put in place. Many of our seniors have benefited from this life-saving program. For further info, contact Ryan at the Center.



FARMERS' MARKET COUPONS AVAILABLE

The Senior Farmers' Market Nutrition Program (SFMNP) promotes nutritional health among New Jersey's older adults by providing them with locally grown fresh fruits and vegetables. To apply, participants in the SFMNP must be 60 years of age or older and meet the Federal income requirements. **Appointments must be made in advance to apply. No walk-ins. Proof of income is required.** Each participant will receive \$25.00 in vouchers to be used at local participating farmers' markets. Call Kris or Ryan at the Center for an appointment or for further info.



SOCIAL WORKER AND LEGAL SERVICES OFFERED AT THE SENIOR CENTER

Please call Ryan for info. or to schedule your appointment.



VISIT US ON THE WEB AT WWW.NEPTUNETOWNSHIP.ORG⁵

SUMMER DANCE RECITAL

PRESENTED BY

THE ROBIN MCGILL

SCHOOL OF DANCE

WEDNESDAY, AUGUST 14

AT 10:30AM

Robin McGill and her dance students from her studio will present a summer recital at our Senior Center. The recital will feature dance routines that will amaze you. Don't miss this fabulous show.



**AFFORDABLE HOUSING
ALLIANCE INFO SESSION**

THURSDAY, AUGUST 15

AT 10:00AM

The Affordable Housing Alliance will be at the Center to provide information about available programs and meet with seniors regarding financial coaching and benefits screening assistance.



AFFORDABLE HOUSING



"KNOW YOUR NUMBERS"

PRESENTED BY DIANE WEST, R.D.

TUESDAY, AUGUST 20 AT 11:00AM

Diane will discuss the various lab values from your blood work relating to nutrition and health, specifically heart disease. Diane will also discuss the different ways to improve your numbers. Don't miss this vital program.



"ASK THE NURSE" WITH ANNETTE SCOTT, RN
(TOPIC AND SPEAKER TO BE DETERMINED)



WEDNESDAY, AUGUST 21 AT 11:00AM

Join us and get all the info you need for a healthy lifestyle.



MOVIE MATINEE — "STRANGERS IN GOOD COMPANY"

WEDNESDAY, AUGUST 28 AT 1:00PM



A busload of women become stranded in an isolated part of the Canadian countryside with little food and a place to sleep. As they await their rescue, they reflect on their lives and turn their crisis into a time of humor and spirit. **Deadline for transportation reservations is 11:30am on Tuesday, August 27.**



THE SENIOR CONNECTION



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

**"THE NURSE IS IN"
THURSDAY, AUGUST 8
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.



**"WHAT YOU NEED TO KNOW
ABOUT HEART FAILURE"**

**PRESENTED BY
PAT HESSINGER,
NURSE EDUCATOR
HACKENSACK MERIDIAN
HEALTH**

**TUESDAY, AUGUST 13
AT 10:00AM**

Pat will discuss the different signs and symptoms of heart failure and what to do if you over exert yourself. You will also learn the causes of heart failure in order to help you live a healthy lifestyle.



VISION SCREENINGS

PROVIDED BY

**NEW JERSEY'S DEPARTMENT
OF HUMAN SERVICES
COMMISSION FOR THE BLIND
AND VISUALLY IMPAIRED**

WEDNESDAY, AUGUST 14

10:30AM-2:30PM

PROJECT B.E.S.T. (Better Eye-Health Services and Treatment) will be at the Center to conduct vision screenings in an effort to save eye sight, prevent diseases, and restore sight. **Appointments required.**

Screenings are free.

Call 732-695-3371
to schedule your appointment.



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 INSTRUCTOR TBD 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 INSTRUCTOR TBD

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.



**AUGUST
2019**



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

Sondra Attridge - Senior Programs Representative

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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