

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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**FEBRUARY
2018**



OFFICE HOURS
8:00am-4:00pm


PROGRAM HOURS
9:00am-3:00pm

HEADLINE NEWS

Dear Seniors,

We begin the month of February, the shortest month of the year. This month we celebrate Black History Month, a time when we reflect on the wonderful diversity of our country and the gifts that people have shared. It is hard to imagine that at one point in our history people of color were forced into slavery. They were treated as property rather than as human beings deserving of respect. It is a painful part of our past that we need to remember and acknowledge to insure that it never happens again.

Many people recall the Civil Rights Movement in the 1960's with various marches and protests. People stood up against the oppression enforced upon people due to the color of their skin. The idea of segregation and designated water fountains and bathrooms seems so foreign to us now. But for those who endured it there is often a lingering sadness or distrust. Every so often we need to discuss the issues and talk about them. In our society it makes us uncomfortable. As a white man I was skeptical of the term "white privilege" and honestly never considered it. A few years ago while teaching sociology classes my students enlightened me, sharing their experiences. A young bright African American student talked about being asked if he was on an athletic scholarship at Monmouth University, another talked about being followed around a store at the Mall, while others talked about being terrified if they got pulled over in their cars. As the semester progressed the white students in the class began to see that some things they take for granted on a daily basis are a privilege not enjoyed by all people.

In the month of February we celebrate Valentine's Day, a day of expressing our love for others. Some have a significant other to give cards or flowers or candy. Some feel sad because their spouse is no longer with them or they have not found someone to love. We are challenged to reach out to them. The winter months can be depressing and people can feel isolated and lonely. A phone call, a card or a visit can lift someone's spirits big time!

As we think about love perhaps we can look at it on a bigger level. Recently we had an ESL (English as a Second Language) Class from Neptune High School spend some time with our seniors. The experience was wonderful. Many seniors said they "loved the kids". It was special to see the young people from other countries reading in English and sharing their stories. The seniors were excited to hear their stories and learn about these young men and women. They were so open to these young people. Seeing people of different ages and backgrounds connect reminds us that we are alike in so many ways. It is not the color of our skin or hair or eyes that matters, but rather the goodness in our hearts that connects us. We are reminded of the words of Dr. Martin Luther King Jr. "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that" and "the time is always right to do what is right".

Have a great February!


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Calendars for
lunch menu,
shopping,
activities,
programs and
fitness classes
e in-


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



WORLD CHANGERS APPLICATIONS NOW AVAILABLE

The World Changers are due to return to Neptune in July, 2018. World Changers volunteers provide painting and rehab services for low to moderate-income households. For applications or for further info, contact Ryan or Kris at the Center. Applications are also available online at www.neptunetownship.org.



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, 2017 to April 30, 2018.

For applications or info, contact Ryan or Kris at the Center. The monthly income limit for 2017-2018 is:
Single - \$2,010.00 and Married - \$2,707.00



SOCIAL WORKER AVAILABLE MONTHLY AT SENIOR CENTER

If you need assistance from a Licensed Social Worker, Prem Singh, from the Monmouth County Division of Social Services, is available at our Center monthly. Prem has her masters degree and provides counseling in addition to assisting with information about Medicaid, financial assistance, food stamps, homecare, etc. Appointments are available on the 2nd and 4th Tuesday of each month from 10-12noon. Call Ryan for an appointment.

LEGAL HELP OFFERED AT THE CENTER

Free legal assistance provided by South Jersey Legal Services is available for seniors 60 and older. If you have a legal issue and want to discuss the matter with our attorney, call Kris or Ryan at the Senior Center to schedule your appointment. Complex matters or lawsuits may need to be referred elsewhere.





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!



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**BOARD OF FIRE
COMMISSIONERS ELECTION
SATURDAY, FEBRUARY 17, 2-9PM**
Polling location is at
Neptune Township Municipal Building
located at 25 Neptune Blvd.

THE SEARCH IS ON!
We are searching to find the **oldest people in Neptune!** Are you that person? Do you know that person? Help us find the **oldest man** and the **oldest woman** living in Neptune! We would also like to find the **man and woman who have lived in Neptune the longest.** We would like to honor these people in May for Older American's Month!
Please contact the Senior Center or contact Committeeman Robert Lane at rlane@neptunetownship.org.

DUE TO UNFORSEEN CIRCUMSTANCES, ALL FITNESS VIDEOS AND MOVIES ARE CANCELLED UNTIL FURTHER NOTICE. PLEASE CONTACT THE OFFICE STAFF FOR ANY QUESTIONS OR CONCERNS. WE ARE SORRY FOR ANY INCONVENIENCE THIS MAY CAUSE.

Happy
VALENTINE'S
»» — DAY — ««



**ATTENTION SENIOR HOMEOWNERS!
PROPERTY TAX DEDUCTION RENEWAL
DUE BY THURSDAY, MARCH 1**



Seniors receiving the \$250.00 Senior Citizen Property Tax Deduction, must submit a post-annual tax statement to Neptune's Tax Office by March 1. Forms will be mailed soon and failure to return the form will cancel your discount. If you are not receiving the \$250.00 deduction and would like info or assistance, call Kris or Ryan at the Center.



Celebrating Black History Month



SPECIAL PROGRAM NOTICES

BREAKFAST LECTURE SERIES WITH

**MICHAEL BASCOM,
OEM COORDINATOR FOR NEPTUNE
THURSDAY, FEBRUARY 15
AT 10:00AM**

Mike will share his experiences while leading a team of first responders in the US Virgin Islands following the devastating hurricanes Irma and Maria. Come hear about the work of Mike and his team. Donation for breakfast is \$3.00 to be paid the day of the breakfast. Bring exact change please. **Reservation deadline is 11:30am on February 12.**

NEPTUNE TOWNSHIP CELEBRATES

**BLACK HISTORY MONTH
"JUST SAYING"**

**SATURDAY, FEBRUARY 17
11:30AM – 3:00PM**

**MICHAEL T. LAKE
PERFORMING ARTS CENTER
55 NEPTUNE BLVD.**

For more info go to
www.neptunetownship.org

**celebrate
BLACK
history MONTH**



HEALTH AND BEAUTY EVENT

PROVIDED BY



MONMOUTH COUNTY VOCATIONAL SCHOOL IN NEPTUNE

WEDNESDAY, FEBRUARY 21 FROM 10:00AM-2:00PM

To celebrate Career and Technical Education Month, the Monmouth County Vocational School will be holding a free event for senior community members in-need. The cosmetology students will provide free basic hair, make-up, and nail services. Nursing students will provide demonstrations and take basic vitals. The Senior Center has a limited amount of spots reserved and will provide transportation if needed. Please contact Carina for a reservation or for more information.





All Municipal Offices and Senior Center will be closed on
Monday, February 19 in observance of Presidents' Day

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NEPTUNE LIBRARY OFFERS INCOME TAX COUNSELING

Tax assistance (provided by AARP) is available at the Neptune Library on Wednesdays and Thursdays from February 1 thru April 12 from 9:00-4:00. No appointment needed. The Senior Center will provide transportation to the library for Township Seniors. Please contact the Center between 9:30-11:30 or 2:00-3:30 to make your transportation reservation.

MANY THANKS TO OUR DONORS



♥ THANK YOU FOR THE MONETARY

DONATIONS: Pat Coffey, Regina & Thomas Donohue, Forever Young Group In Memory of Fran Pettit, Ladies Auxiliary of the First Pentecostal Church In Memory of Fran Pettit, Ralph Lanza, George Saba, ShopRite, Aretha Sims, Elizabeth Wolny, and Wegmans.

♥ THANK YOU FOR THE SUPPLIES/GOODIES: Beverly Crudup, Regina & Thomas Donohue, Richard Driscoll, Helen Haugabrook, Julie Henderson, Judith Holterhoff, Luz Soloman, and Sharon VanBrunt.

AFRICAN DANCE



**AND
DRUMMING
PRESENTED BY
ROSALEE
AND FRIENDS**

**THURSDAY, FEBRUARY 22
AT 11:00AM**

Enjoy music, dancing, and fun as this group of "Friends" performs some traditional African Drumming and demonstrates some beautiful traditional African Dances.



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

- ♦ Robert Hampson
- ♦ James Tackney
- ♦ Robert Huemer
- ♦ Margaret Boswell
- ♦ Marie Vollbrecht
- ♦ Fran Pettit

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

February is "American Heart Month"



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



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



**"POLST FORMS"
PRESENTED BY
NJ CITY UNIVERSITY
NURSING STUDENTS
TUESDAY, FEBRUARY 20
AT 11:00AM**

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.



**"HEALTHY HEARTS"
PRESENTED BY
MERIDIAN HEALTH
TUESDAY, FEBRUARY 13
AT 11:00AM**

Virginia Adair, RN, BSN, MS, MBA will discuss all of the risks for heart disease and the different signs, symptoms and treatment options available and lifestyle changes you can make to lower your risk. Don't miss this life-saving program.





FITNESS CLASSES LISTING FOR ALL LEVELS

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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 9:30am 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 - \$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 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.



**FEBRUARY
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.

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 - Driver

Linda Dietz- Driver

Robert White - 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

RETURN SERVICE REQUESTED

PRST STD
U.S. POSTAGE
PAID
RED BANK, NJ
PERMIT #607

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