

THE SENIOR BEACON

JUNE 2026

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

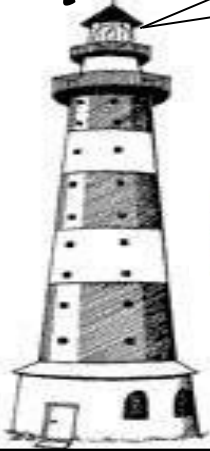
1607 CORLIES AVENUE
NEPTUNE, NJ 07753

RANDY BISHOP, DIRECTOR
732-988-8855

WWW.NEPTUNETOWNSHIP.ORG



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.



HEADLINE NEWS

Six months into the year and it is time to turn to my favorite philosopher, Winnie the Pooh for inspiration! June packs a lot; Flag Day; Juneteenth, Father's Day, National Bourbon Day (a personal favorite) and Pride Month.



Pride means a lot to me.



Growing up was difficult because I was ashamed of myself. I knew I was different before I could give it voice. I lived in a world where I often heard my feelings being ridiculed and that people like me shouldn't be allowed to live. That I should be ashamed of who I loved for some reason and that it should be hidden, even from myself.

Slowly I began to understand that it was not others acceptance I longed for, it was my own. You see, to portray yourself as someone else wants you is tiring and humiliating. To be proud of yourself frees you to use the energy spent hiding to now make things better for yourself and for your community.

It also shows others who you are, not who they want you to be.



I am proud for accepting who I am. It is not easy sometimes being truthful when you feel others may turn away. I lost friends and, yes, even family, by being my authentic self. I came to realize that though it hurt, it hurt more to lie to myself. I realized if they don't accept me for who I am, would



they ever accept me?

Here my friend Winnie the Pooh helps to clear things up. He once surmised that, "Some days I don't quite feel like myself. My body's tired and my heart feels heavy, and even getting out of bed feels like a very big adventure. But then I remember — it's okay to be slow. It's okay to hurt. And it's even okay to be a little sad sometimes."

"Because being brave doesn't always mean doing something big. Sometimes, it just means being yourself..."

As we grow older we often start to go back to trying to please others: friends, family, people around us. Each time you hide you lose a little of yourself. Stop. Like Winnie the Pooh said, be brave.

Because being yourself makes you my hero and my friend! Enjoy June.



Randy



**MUNICIPAL OFFICES & SENIOR CENTER ARE CLOSED
ON FRIDAY, JUNE 19 IN HONOR OF JUNETEENTH**



From the Desk of Committeeman Stroud, Senior Center Liaison

Making Every Dollar Count: You're Not Alone



If you've visited the grocery store lately and felt a little sticker shock, you're in very good company. Whether it be Eggs, bread, gas, or utilities, it seems like everything costs a little more than it did just a year ago. For many living on fixed incomes, that's not just an inconvenience.

It's a real, daily burden.

One of our Community members we'll call her Jane for privacy contacted me a few months ago sounding a little defeated. She'd just received her electric bill and it was nearly double what she expected. Her story is more common than you'd think and so many of us suffer in silence



when help is quietly waiting for us to ask. You've worked hard your whole life. There is no shame in using programs that were created with YOU in mind. Here are a few places to start:

LIHEAP (Low Income Home Energy Assistance Program) — helps with heating and cooling costs. Call 1-866-674-6327 or ask for assistance at our Senior Center.

*SNAP (Supplemental Nutrition Assistance Program) Visit [benefits.gov](https://www.benefits.gov) or call 1-800-221-5689
Medicare Extra Help Call Social Security at 1-800-772-1213*

Check with your county assessor's office — most states offer senior property tax exemptions or freezes.



Times are hard, but we are stronger than these times. Generations before us faced something that seemed insurmountable, and they found a way by leaning on one another. So if you know a neighbor who's been quiet lately, give them a knock. If you've been carrying a worry by yourself, talk about it. Our community is prepared for exactly these moments; not just for bingo and birthday cake (though we love those too), but to be a true community, especially when it counts.

You deserve support and you deserve dignity. You are never, ever alone.

*With Love and care,
Derel M. Stroud
Deputy Mayor*



LOW INCOME HOME ENERGY ASSISTANCE PROGRAM



LIHEAP is designed to help low-income households and/or individuals, 60 years of age or older, meet their home heating and medically necessary heating and cooling costs. For applications or info, contact X589 at the Center.

**PROTECT YOURSELF WITH
TELEPHONE REASSURANCE**

Telephone Reassurance is for any senior who lives alone. Participants are called Monday thru Friday, between 9am and 11am. Volunteers monitor the "Hotline" and, if they do not hear from you, our staff will immediately follow-up with emergency procedures to ensure your well-being. Call X589 to sign up.



SOCIAL WORKER AVAILABLE

A Social Worker from the Monmouth County Division of Social Services is available at our Center to provide free individual counseling, assist with Medicaid questions and applications, food stamps, financial assistance, homecare info and more. Call X589 for an appt.



**HEALTH INSURANCE
ASSISTANCE AVAILABLE
AT THE CENTER**

S.H.I.P. (Senior Health Insurance Program) provides assistance with your health insurance. Call X562 for an appointment. Limited evening appointments available.



**"REGISTER READY"
IS NOW "E.V.A.C.S."**



The Monmouth County Emergency Vulnerability & Assistance Coordination System (E.V.A.C.S.), formerly Register Ready, is a free portal that informs emergency responders where you are and what your needs are in the event of an evacuation. Register online at <https://www.mcsonj.org/evacs> or you can call 1-877-MCSO-OEM to register.

**OUTREACH ASSISTANCE
WITH FULFILL**



A worker from FulFill is available once a month at the Center to assist with S.N.A.P benefits, NJ Get Covered, and Medicaid.



Call X562 for info.

**LEGAL ASSISTANCE
AVAILABLE AT CENTER**



Free legal assistance provided by South Jersey Legal Services is available for seniors 60 years of age or older and who are income eligible. Please contact X589 to schedule your appointment. Complex legal matters may need to be referred elsewhere.

**WE HAVE A GIFT FOR YOU
ON YOUR SPECIAL DAY!**

**STOP BY THE CENTER NEAR
YOUR BIRTHDAY**



**AND LET US HELP YOU
CELEBRATE!**



NEPTUNE TOWNSHIP

SUMMER HOURS



Neptune Township Municipal Offices and the Senior Center will be closing at 1pm every Friday thru the Summer. Congregate lunch will be served at 11am on Fridays **ONLY**. Cards and games on Friday afternoons will be moved to Monday afternoons at 1pm.

**FARMERS MARKET VOUCHERS
AVAILABLE**

The Senior Farmers' Market Nutrition Program promotes nutritional health by providing coupons for locally grown fresh fruits, vegetables, and herbs. Participation in this program is limited to seniors 60 or older. and whose annual gross income does not exceed the amounts permitted. Proof of income and ID required. Vouchers are limited this year so call X589 for an appt.



DIAMOND ART CLUB!

WEDNESDAYS FROM 10AM-12PM

No experience needed. Friendly guidance available.
Come join the fun!

EMERGENCY PREPAREDNESS

INFO SESSION

PRESENTED BY

MONMOUTH COUNTY HEALTH

DEPARTMENT

TUESDAY, JUNE 9 AT 10:30AM

This emergency preparedness program is designed to protect your health and safety by helping you prepare for, respond to, and recover from disasters. Learn about different types of emergencies and how to keep yourself and your loved ones safe and prepared. Reservations are recommended.



"FEED YOUR BRAIN"

PRESENTED BY

DIANE WEST, R.D.

MONDAY, JUNE 8 AT 11AM

Diane is returning to discuss how to fuel your brain for life. Learn about what foods are important in order to prevent mind delay and enhance your overall longevity.



NEW FOREVER YOUNG MEMBERS WANTED!



Forever Young usually meets the second Thursday every month. Their next business meeting is Thursday, June 11 at 1pm at the Center. There will be future plans for lunch outings in the Summer. Our "Forever Young" club is open to anyone. Join our group and make new friends or reconnect with old ones. Don't miss the fun. Contact X587 for info.



LINE DANCING CLUB

**THURSDAYS, JUNE 4, 11, 18
AT 11AM**

Come dance with us! All students, from beginners to advanced are welcome to attend. A fitness waiver must be completed prior to attending.

Don't miss the fun!

Call X587 for info.



AN EVENING OF FUN AT THE SENIOR CENTER

WEDNESDAY, JUNE 10



FROM 4-7PM

Join us for a cupcake decorating workshop, a summer safety presentation by Hackensack Meridian Health, and the Monmouth County Office on Aging will be here to provide general information about available services. Registration for the cupcake workshop is required. There's a requested donation of \$5.00 for the cupcake workshop.

"THE NURSE IS IN"

MONDAY, JUNE 15 AT 10AM

A nurse will be here to provide blood pressure checks and discuss any medical concerns or questions you may have.



SUMMER KICK-OFF PARTY

TUESDAY, JULY 2 AT 11AM



Kick the summer off right with us. Join us for an afternoon of fun, food and good music! Lunch and music provided by The Downstairs Kitchen in conjunction with The Senior Center. Reservations are required and begin on Wednesday, June 10 at 9:30am. There is a \$3.00 requested donation.



HEADS UP SENIORS!

PRESENTED BY THE BRAIN INJURY

ALLIANCE OF NEW JERSEY

TUESDAY, JUNE 23 AT 11AM



Heads Up! Seniors: A Fall Prevention and Pedestrian Safety Program for Older Adults is an interactive quiz-style workshop that focuses on strategies to best practices to prevent falls. This presentation also includes strategies for pedestrian safety as well as safe driving strategies. Don't miss it!



UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2026

All Senior Center participants are asked to update their identification cards yearly. We will only be doing updates for registered participants with last names that start with letters

A thru H during the month of June. Guidelines for updates are listed below. We ask all registered Center participants, who want to maintain their active status, to update their files with us. Updating of ID cards helps our staff keep records accurately and benefits you in case of an emergency.



- Updates are only done from

9:30-11:00am or 2-3:30pm Monday thru Friday.



- Please bring current photo Senior Center I.D. cards when updating.
- Lost cards can be replaced once – then a \$2.00 donation per card is requested for any additional lost cards.
- Updates must be done in person and require current proof of residency and emergency contact information or cards cannot be updated.
- Please come prepared with doctor's name, medications and any medical info **you want us to have on file.**
- We're sorry but, updates are not done on days when special events are scheduled, check our calendars before coming.



MONMOUTH COUNTY RESOURCES FOR SENIORS



MENTAL HEALTH TREATMENT

CPC Integrated Health - 800-250-9811
Mental Health Association of Monmouth County - 732-542-6422
RWJ Barnabas Health Support Services - 732-922-1042
Psychiatric Emergency Screening Services - 732-923-6999
Self-Harm, Suicide & Crisis Hotline - Call or Text - 988

SOCIALIZATION

Caregivers Volunteers of Central Jersey - 732-505-2273
Family and Children's Services - 732-728-1331
Senior Citizens Action Network - 732-542-1326

CAREGIVER SUPPORT & ASSISTANCE

Division of Aging, Disabilities & Veterans - 732-431-7450
Project Lifesaver Tracking Bracelet - 732-308-3770 ext. 8780
Beacon of Life - All Inclusive Care - 732-592-3400
Geriatric Health Center - 732-923-7550
Visiting Physicians Service - 732-571-1000
Visiting Nursing Association - 800-862-3330
Adult Protective Services - 732-531-9191



EVICTIION AND HOUSING

Mental Health Association of Monmouth County - 732-542-6422
South Jersey Legal Services - 800-496-4570
Social Services - 732-431-6000 ext. 4613
Adult Protective Services - 732-531-9191



TRANSPORTATION

Access Link - 973-491-4224
EZ Ryde 4 Life - 201-939-4242
Healthy Hop - 732-505-2273
Ride In Monmouth - 732-431-6485

FOOD ASSISTANCE

Interfaith Neighbors - 732-775-0525 x227
Jewish Family & Children's Services - 732-774-6886 ext. 40
Fulfill - 732-918-2600
Supplemental Nutrition Assistance Program - 732-431-6000

HOME REPAIR

Habitat for Humanity - 732-728-0441 Ext 311
Monmouth County Home Repair Program - 732-731-7460



Fitness Class Descriptions



Chair Yoga (seated)

Yoga can help harmonize, relax & rejuvenate your body, mind, and emotions. Chair class provides all the benefits of a traditional yoga class without having to get down on the floor! Everyone is encouraged to work at their own pace and ability; all levels of fitness are welcome! **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair unassisted.**

Shaping Up Sitting Down (seated)

A gentle, yet effective full body workout done sitting down. This class includes movement to improve cardiovascular health, increase strength, and improve functional ability. Moves can be scaled up or down to accommodate all fitness levels. **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair unassisted.**



Balance & Flexibility (seated & standing)

The focus of this class is on gently stretching muscles, building core strength and improving balance and coordination. We will begin our exercise with seated chair stretching & strength movement, followed by standing balance movements. **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair and walk/stand unassisted.**

Tai Chi Chih (seated & standing)



Tai chi is a mind-body exercise that combines movements, meditation, and relaxed breathing. It involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair unassisted.**

Standing Strong (standing)

A full body strength and cardio workout. Lots of movement to raise the heart rate and improve cardiovascular function. Weights are used for strength building exercises.

A challenging class recommended for those with a consistent fitness routine.

It is strongly recommended that participants be able to stand and walk unassisted to participate in this class.





Fitness Facts

All fitness classes are 45 minutes long and are on a first come, first serve basis. We recommend arriving approximately 15 minutes prior to the start of the class you wish to attend. Doors to classes are closed once class session begins.



Classes are a \$4.00 requested donation.



All participants must be residents of Neptune Township, registered to the Center, and have an updated fitness waiver on file. Please update your waiver prior to attending classes.

Closed-toe athletic shoes are required for every class.

Due to the health considerations of others, fragrances are not permitted in classes.



Transportation, Lunch, Programs, and Event Registration

All registrations can be made in-person or by phone between the hours of 9:30-11:00am or 2:00-3:30pm. Reservations for the next day must be made by 11:00am the business day before. You can make reservations for up to two weeks in advance.

Please be mindful of weekends and holidays.

Transportation is offered on a first come, first serve basis to Neptune Township senior residents who are registered at the Center. Transportation is available to & from the Center, local routine medical appointment, shopping (as indicated on our shopping calendar) and personal needs appointments.

For a copy of our full transportation guidelines, please contact Lindsay.



Registration to Center

Registration to the Center is offered on an appointment basis. For info on registering and to schedule an appointment, please contact the Center at 732-988-8855.



Reservations Procedure

Reminder: Reservations for lunch, classes, programs, and transportation will only be taken between 9:30am - 11:00am and/or 2:00pm - 3:30pm. If you request a reservation outside of these times, your reservation will not be taken and you will be asked to contact the Center between those timeframes. **Next day reservations must be**

made by 11:00am the day before at the latest. Reservations can be made up to two weeks in advance.





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

- David Pyle - Driver**
- Ronald Raisin - Driver**
- Patti McCormick - Driver**
- Jennifer Welter - Driver**
- Robert White - Driver**

Custodial Services

- Ralph Parkman**
- John Clark**

Dining Services

- Jose Perez - Kitchen Manager**
- Jennifer Nurse - Aide**
- Terence McCorry - Aide**
- Dashawn Williams - Aide**
- Dorothy Wilson - Aide**

Administrative Office

- Michelle A. Swift - Administrative Assistant**
- Mary DiSpigna - Departmental Secretary**

And an Army of Dedicated Volunteers!

PRST STD
U.S. POSTAGE
PAID
RED BANK, NJ
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