

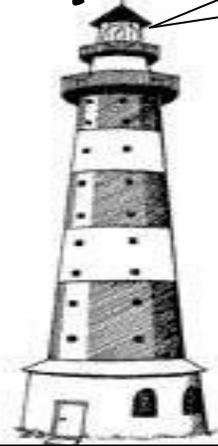
THE SENIOR BEACON

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



**MAY
2025**

HAPPY
MOTHER'S DAY

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

May, a time set aside to honor our mothers. We begin to yearn for summer days and summer ways. We also celebrate Older Americans Month and the right of Seniors to live their years in dignity and safety.

But one remembrance overshadows all others: Memorial Day.

I am sharing with you are a few quotes I feel express the observance of Memorial Day far more eloquently than I ever could.

"Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them." - Franklin D. Roosevelt;

"It is foolish and wrong to mourn the men who died. Rather we should thank God such men lived." -Gen. George S. Patton;

"On this day, take time to remember those who have fallen. But on every day after, do more; put the freedoms they died for to greater and nobler uses." -Richelle E. Goodrich;

"For love of country they accepted death, and thus resolved all doubts, and made immortal their patriotism and their virtue." -James A. Garfield;

"The brave die never, though they sleep in dust: Their courage nerves a thousand living men." -Minot J. Savage;

"Our flag does not fly because the wind moves it. It flies with the last breath of each soldier who died protecting it." -Unknown;

"This is the day we pay homage to all those who didn't come home. This is not Veterans Day, it's not a celebration, it is a day of solemn contemplation over the cost of freedom." -Tamra Bolton

"Guard against the impostures of pretended patriotism." - George Washington, the First President.

In a time when some question what we owe those who served in combat and in peace, can anyone with an ounce of patriotism not well with emotion and pride for those who gave their last full measure in service to our great nation? Who could question what they did for so many whose names those who sacrificed would never know?

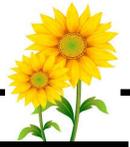
It is somehow fitting that the last quote is attributed "Unknown" but is perhaps the most poignant of all: "Memorial Day: celebrate, honor, remember."

To those who gave their all and those who gave their loved ones; thank you for your sacrifice for us and our nation.

Randy



HAPPY MOTHER'S DAY - SUNDAY, MAY 11



From the Desk of Committeeman Stroud, Senior Center Liaison

Seniors & Mental Health: Why It Matters During Mental Health Awareness Month

Mental health matters at every age. This Mental Health Awareness Month, let's support our seniors by breaking the stigma, starting the conversation, and staying connected. 

Many seniors were raised in times when mental health was not discussed nor addressed causing a stigma amongst many in their age group.

Some issues that seniors experience due to mental health fall into three categories:

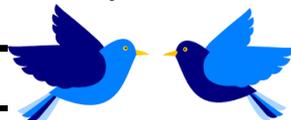
Isolation & Loneliness: Many older adults live alone, and loneliness  can seriously impact mental well-being.

Depression: It's not a normal part of aging, but it's common and often undiagnosed.

Cognitive Decline: Dementia and Alzheimer's affect mental health, and coping with these changes can be emotionally challenging.

There are many resources available for seniors and their families. Some of the partners offer counseling services, group therapy and wellness classes, grief support and more. A lot of such services may be covered by Medicare and other health insurance providers.

Mental wellness doesn't have an age limit. Every day is a new opportunity to nurture the mind, uplift the spirit, and live with grace and dignity.



LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

HEAP 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.



**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 X589 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.



**"THERAPY FOR OLDER
ADULTS"
PRESENTED BY THE MENTAL
HEALTH ASSOCIATION**

Free (6 week) Grief and Loss group therapy provided by a Mental Health Association worker will be available on Wednesdays beginning May 14 at 10:30am. Free individual therapy services and sessions will also be available from 11:30am -3pm. No appointment needed. Don't miss this beneficial program. Call X589 for further info.

**HEALTH INSURANCE
ASSISTANCE AVAILABLE
AT THE CENTER**

S.H.I.P. (Senior Health Insurance Program) provides assistance with your health insurance. Call X589 for an appointment. Limited evening appointments available.

NEPTUNE TOWNSHIP

SUMMER HOURS

Effective on Friday, May 23, 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. If you have any questions, call X587.

ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE CLOSED ON MONDAY, MAY 26 IN OBSERVANCE OF MEMORIAL DAY



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



SENIOR ART EXHIBITION AT NEPTUNE LIBRARY

SPONSORED BY

THE FRIENDS OF NEPTUNE LIBRARY VOLUNTEER GROUP

Over 20 of our talented artists under the direction of our Art Instructor, Tena Laffey, will present an art exhibit at the library for the month of May. There will be oil, acrylic, water colors, and mixed media pieces on display. The art work will be located in the Makerspace Room.



MAY IS OLDER AMERICANS MONTH!

CELEBRATE WITH US

THE THEME FOR 2025 IS

“FLIP THE SCRIPT ON AGING”

DON'T MISS OUT ON OUR FUN AND INFORMATIVE PROGRAMS.



ATTENTION! NEW FOREVER YOUNG MEMBERS WANTED!

Forever Young meets the second and fourth Thursday of the month. The next business/activity meeting will be on Thursday, May 8 at the Senior Center. Our women's "Forever Young" club is open to anyone. Contact X587 for more info.

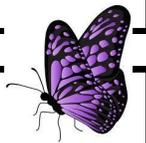
**CREATIVE EXPRESSIONS
ART CLASS LOOKING FOR
NEW MEMBERS**



Creative Expressions meets on Tuesday mornings at 10am. The class is volunteer led and beginners are always welcome. Students have the opportunity to get creative and "express" themselves in art. Call X566 for further info.

**SENIOR CENTER BOOK CLUB
FRIDAY, MAY 9 AT 10:30AM**

Every month is a different read on your own followed by an intriguing discussion among other members of the group. Join our book club to read a wide variety of books, make friends, have fun, meet like-minded people and stimulating those brain cells!



**"THE NURSE IS IN"
TUESDAY, MAY 13
FROM 9:30AM - 11:00AM**

Our VNA nurse will be here to provide blood pressure checks and discuss any medical concerns you may have.

**"MENTAL HEALTH AND IT'S
IMPACT ON YOUR HEALTH"
PRESENTED BY THE MENTAL
HEALTH ASSOCIATION**

TUESDAY, MAY 13 AT 11AM

Mental Health is a crucial aspect of overall health and impacts various aspects of life. The Mental Health Association will discuss the effects that your mental health has on your overall wellbeing. Learn how good mental health can positively affect your physical health.

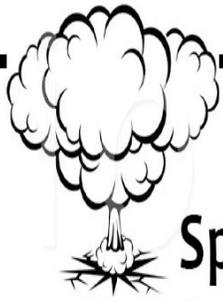


**"THE ROLE OF
GRANDPARENTS IN
DRUG PREVENTION"**

TUESDAY, MAY 20 AT 11AM

The Partnership for a Drug-Free New Jersey (PDFNJ) will discuss how grandparents and older adult caregivers can effectively communicate with children about the dangers of substance misuse.

This Child Break presentation will cover the important role grandparents and caregivers play in drug prevention and will provide effective communication strategies that are helpful in preventing underage substance abuse such as drinking, vaping, marijuana use, and misuse of opioids and other prescription medications. Don't miss this potential life-saving program!



Surprize Special Event!

Tuesday, May 13th at 12:45

Don't be square, be There!



LINE DANCING CLUB

WITH KAREN

THURSDAY, MAY 15 AND

THURSDAY, MAY 29 AT 11AM

Karen is back! Beginners and advanced students are welcome. Learn and share your favorite line dances. A fitness waiver must be completed prior to attending. Call X587 for info.

A NIGHT FOR WORKING SENIORS

WEDNESDAY, MAY 21 FROM 4-7PM

AT THE SENIOR CENTER

Join us for an Older Americans Month Celebration.

Get a "taste of the Center" which will include refreshments, instructional painting with Tena, and a cookie decorating workshop with Jen. Painting will be offered from 4-5pm and the cookie decorating workshop will be from 5:30-6:30pm. Reservations are required for both painting and cookie decorating.

Reservations begin Monday, May 12 at 9:30am.

The Monmouth County Office on Aging, Fulfill, and NJ SAVE will also be at the Center to let you know what assistance programs are available to you. COVID, Flu, Shingles, and RSV Vaccines will also be available. Our Caregiver Support Group will begin at 6pm. Call X561 for info.



SENIOR CENTER HEALTH FAIR

WEDNESDAY, MAY 28 FROM 10AM - 1PM



Join us for a fun and information filled Health Fair in collaboration with Hackensack Meridian Health and many other community partners. Grab and Go picnic lunches will be available by reservation only. Reservations for lunch begin on Wednesday, May 14 at 9:30am. Various screenings and health assessments will be provided.

UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2025

All Senior Center participants are asked to update their Senior Center identification cards for 2025. **We will only be doing updates for registered participants with last names that start with letters A thru E for the month of May.** 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. Updating is done yearly.



- 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.



EARLY PRIMARY VOTING AT THE SENIOR CENTER



Neptune Senior Center will host Early Primary Voting from June 3 until June 8. Hours are Monday thru Saturday from 10am to 8pm and Sunday hours are 10am to 6pm for all Monmouth County residents. There is **no** early voting on Monday, June 9 and on Primary Day, Tuesday, June 10 you will vote at your regular Polling Location as shown on your sample ballot. Fitness classes will be cancelled on those days. All classes and programs will be cancelled on Tuesday, June 10 for Primary Day.

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/Programing

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

Carol McDonald - Aide

Dolores Wilson - Aide

Administrative Office

Michelle A. Swift - Administrative Assistant

Tonee Ferrell - Customer Service Representative

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