

# THE SENIOR BEACON

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

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NEPTUNE, NJ 07753

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OCTOBER  
2021

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

*How do you not feel rich in the month of October? I mean, growing up I never had a lot of material things but somehow that just did not much matter. Maybe because I was young and did not "know" any better; maybe because I was safe and warm and (trust me) well fed! Maybe because I was a fortunate young man with a loving family.*

*But in October there was so much wealth within my grasp. The gold of the maple leaves, the burnished bronze of the sycamores and the sapphire and ruby red of the last hardy marigolds. The garnet asters, purple mums and diamonds of early frost overflowed my treasure chest.*

*The crickets serenaded in the evening air and the orchestra of rustling leaves and whistling winds gave music to my life with nature's symphonies. My starry palace was filled with light from bonfires and dancers made of flame. I was wealthier than King Midas!*

*But all this opulence was not just for me. Because it was all the more valuable when shared. Especially when we put aside our concerns, worries and anger and reached out to a friend, a family member or someone who maybe felt as lonely as we all sometimes do.*

*You see, the magic about sharing this wealth is that it does not deplete but multiplies it. That is part of the magic that is October, but truly it is more about the magic that is sharing.*

*Lucy Maud Montgomery wrote a wonderful story, Anne of the Green Gables, about an orphan girl sent to work with an elderly sister and brother on their farm. The young heroine Anne beautifully states, "I am so glad I live in a world of Octobers." You know, so am I. But though I am happy about living in a world with Octobers, I am happier about living in one that I can share with you.*

*As always, stay safe and be well.*

*Randy*

**Please note that info is changing rapidly. All programs are subject to change. For the most recent updates, contact the Center.**



### ***From the Desk of Robert Lane, Senior Center Liaison***

*October for many is a time of reflection. Last month we commemorated the 20<sup>th</sup> anniversary of 9/11 with numerous events. Can you believe that there is now a generation who was not yet born when it occurred?*



*Neptune honored the heroism of two of our own EMS volunteers. Both Molly Berkowitz and Louis Rochelle went to work at Ground Zero and later succumbed to illness brought on by their bravery.*

*The evening of September 11 this year saw the first "Light up the Shore" in Monmouth County. Hundreds of people raised their cell phones flashlights facing New York to honor lives lost and fearless heroism of rescue teams and everyday citizens on September 11, 2001.*

*October 1st marks International Day of the Older Person. This day honors older people who have made important contributions to society. It is a chance to raise awareness of the contributions, opportunities and challenges of aging in today's world.*

*I'm proud of our approved four capital projects: Neptune First Aid Driveway and Sidewalks, Shark River Hills First Aid Driveway, Sidewalks and Drainage, Municipal Complex Front Entry Stairs, Planters, Sidewalks and Flagpoles, and Ocean Grove Veterans Memorial Sidewalks and Monument.*

*Homecoming is back! Come out and support our Neptune Scarlet Fliers on October 16th!*

*I hope everyone enjoys a safe, happy Halloween. Two of the many wonderful Trunk or Treat events are: October 24<sup>th</sup> at The Elks on Bangs Ave 3-6pm and at the Jersey Shore Art Center October 31<sup>st</sup> from 2-4pm.*



*Till next month enjoy Fall. It's a little cooler, the leaves are changing but there is still time to get out enjoy the crisp fall weather.*



### **HEALTH INSURANCE ASSISTANCE AVAILABLE AT CENTER**

**S.H.I.P.** (Senior Health Insurance Program) provides assistance with your health insurance, Medicare issues, claims and forms. A counselor is available at the Senior Center. Contact Ryan to schedule an appointment.



**PLEASE NOTE:** All classes at the Center will be cancelled Monday, October 25 – Friday, October 29 due to early voting and the craft sale. Lunch will still be offered that week. Classes will resume on Monday, November 1.





## **CLASS UPDATES!**



**WOODCARVING:** Class resumes Monday, October 5 at 10am

**FOREVER YOUNG CLUB:** Meetings resume Thursday, October 14 at 1pm

### **CAREGIVER VOLUNTEERS INFO PROGRAM**

**MONDAY, OCTOBER 8  
AT 10:00AM**

Learn about their available programs and services for seniors as well as ways to volunteer helping others.



### **"THE BENEFITS OF VITAMIN D"**

**PRESENTED BY**

**DIANE WEST, R.D.**



**TUESDAY, OCTOBER 19 AT 11:00AM**

Vitamin D is a nutrient our body needs to maintain healthy bones. Diane will give you all the information you need about this very important topic.

### **OUR SENIOR CENTER CINEMA PRESENTS "HOCUS POCUS" WEDNESDAY, OCTOBER 20 AT 1:00PM**

Join us for a spell and enjoy a good howl. Our first return feature will be the Halloween favorite, "Hocus Pocus" starring Bette Midler, Sarah Jessica Parker, and Kathy Najimy. Transportation reservations must be made by 11:30am Monday, October 19.



### **SENIOR CENTER CRAFT SALE RETURNS!**

**OCTOBER 25 2pm-8PM & OCTOBER 26-OCTOBER 29 9AM-3PM**

Join us for the return of our Center's craft sale. Our sale kicks off with a Mocktail Party at noon on October 25. Reservations required for the Mocktail Party. This sale benefits our Trust Funds. We will have items from all of our different classes. Please help support your Center.

### **DIABETES AND YOU!**

**PRESENTED BY GEORGIAN  
COURT NURSING STUDENTS**

**TUESDAY, OCTOBER 26 AT 10:00AM**

Nursing students will present information on Diabetes and provide health screenings.



### **NATIONAL PUMPKIN DAY**

**TUESDAY, OCTOBER 26**

**AT 1:00PM**

It's pumpkin time! Create your own pumpkin creation for you to enjoy at home. Call Lindsay to sign up.



**OCTOBER  
2021**



**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**

**Dining Services**

**Teresa Richard - Manager**

**Jennifer Nurse - Aide**

**Carol McDonald - 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  
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