

THE SENIOR BEACON

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

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HEADLINE NEWS

August, last month of summer already? Sure the "dog days" are ahead but before you know it the sun will take on that September glow at evening's edge and Fall will be upon us.

I don't know about you but as a child those August days seemed the most carefree of summer. June was the month of joy, finally getting out of school with the summer ahead. Next came July and Independence Day. Mountain relatives visited because we lived near the shore.

Then came August. Almost every August of my youth my family would head back to the hills and hollers of southeastern West Virginia where my parents grew up. It meant back roads, Aunts and Uncles, my dad's parents (my mother's were both gone) and cousins! For one week we would call on the homes of almost 40 aunts and uncles plus cousins, many older than my mother. This time in the mountains passed listening to stories that fueled my imagination, catching crawdads in the creek and hearing the soulful tunes of locomotives as they clattered through the valleys.

Those days showed me that there was more to life than attempting to please everyone. You see there was sweet tea while sitting on the porch watching fireflies, listening to the old hymns hummed and sung by my aunts in the evening quiet. Those days revealed a beautiful texture to life that wasn't about living it for others, but about living.

Years have passed and many of the sainted souls who populated those hours have gone on. I still recall those moments. Time has populated my life with joy and sorrow, with trial and triumph. Yet, in life's frenetic pace sometimes I will stop and, in my heart, hear the trains passing by, the sweet chords of the old hymns and glimpse the faint flash of fireflies.

Those August memories remind me of the beauty of everyday life. The shadows of that special time insist I pause and celebrate life's simple pleasures. I hope you will join me in keeping the carefree moments of August close when life seems to be becoming a chore and not a treasure.

Randy





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



From the Desk of Committeeman Stroud, Senior Center Liaison

A Small Ordinance With a Big Heart: Neptune's New ADU Rules

We recently adopted an accessory dwelling unit (ADU) ordinance clearing a path for homeowners to add small, self-contained living spaces like a repurposed garage studio, or a backyard bungalow on the same lot as an existing home. It's a quiet zoning change, but it's going to change lives well before most residents notice a single new structure going up.

The impact will be felt most by three groups of neighbors. For aging residents, an ADU can mean the difference between staying in the community they've spent decades in and getting priced out of it. Instead of moving to an assisted living facility miles from friends and familiar streets, an older resident can downsize into a small unit on their family's property, or bring a caregiver in next door



while staying right where they belong.



Veterans, many of whom face housing instability or benefit from being close to family support as they transition to civilian life, gain an affordable and dignified path to independent living without cutting the ties that make reintegration possible.

And the sandwich generation, who are raising kids while also caring for aging parents, get a real alternative to a crowded spare bedroom or a caregiver stretched thin across town, so Mom or Dad can live close enough for daily support without anyone giving up their privacy.

While homeowners will still have to navigate the permitting and construction process before an ADU gets built, but at a time when housing costs keep climbing and families are looking for creative ways to stay close to the people they love, Neptune is showing some real foresight. It's a small step that could make a big difference in how our community takes care of its own.



*Committed to Our Community,
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.



**FARMERS MARKET VOUCHERS
*WE ARE CURRENTLY ON A
WAITING LIST FOR
VOUCHERS***

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 income does not exceed the amounts permitted. Call X589 for info.

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 X562 for info.

**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.



**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.



DMV Mobile Unit



WEDNESDAY, AUGUST 12 FROM 9AM-2PM

The DMV Mobile Unit returns to the Senior Center! Appointments are required. For appointments, please visit <https://telegov.njportal.com/njmvcmobileunit>

NATIONAL NIGHT OUT

TUESDAY, AUGUST 4

FROM 5PM - 8PM

MIDTOWN ELEMENTARY SCHOOL

National Night Out is a community-building campaign that promotes police-community partnerships and neighborhood camaraderie making our neighborhoods safer, more caring places to live. Join our Police Department and "take a stand against crime" at a block party at Midtown Community School. There will be food, giveaways, and more.



CREATIVE EXPRESSIONS RETURNS!

TUESDAY, AUGUST 4 AT 10AM

Creative Expressions returns with our new instructor, Lucia! Indulge your creative side. This class incorporates a variety of arts & crafts including hand painted gift bags, jewelry making, faux flower arrangements and so much more. For more information or to register, please contact Lindsay at X587.

AGELESS ACTORS NEWS

The Ageless Actors Acting group is currently working in small groups to choose and rehearse scenes from plays around the theme of "Relationships". We will perform these scenes in a showcase on October 7 at 12pm. We are asking anyone who would like to perform, join us by Tuesday, August 4 at the latest. Please join us Tuesdays at 1pm. Everyone welcome!



NEW FOREVER YOUNG MEMBERS WANTED!

Forever Young usually meets the second Thursday every month. Their next business meetings for the Summer will be Thursday, August 13 at 1pm at the Center. There will be future plans for upcoming lunch outings. Our "Forever Young" club is open to anyone. Join our group and make new friends or reconnect with old ones. Contact X587 for info.



CLASS AND PROGRAM CANCELLATIONS

Classes and programs are cancelled the week of August 31 thru September 4. Please make sure you check our calendar pages.
If you have any questions, contact X587.



LINE DANCING CLUB AUGUST 13, 20, AND 27 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.

"THE NURSE IS IN" MONDAY, AUGUST 17 AT 10AM

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



PAS-1 FILING WORKSHOP TUESDAY, AUGUST 25 FROM 1PM-4PM AT THE SENIOR CENTER

Local and State employees will be on hand to assist with the PAS-1 application process and tracking the status of submitted applications. The application deadline is November 2.

AN AFTERNOON OUT IN OCEAN GROVE WEDNESDAY, AUGUST 26 AT 10:30AM

Enjoy lunch, ice cream, or a leisurely stroll to see all Ocean Grove has to offer. Bus leaves the Center at 10:30am and pick-up is 1:30pm. Reservations required beginning Tuesday, August 11 at 9:30am.



END OF SUMMER BBQ WEDNESDAY, SEPTEMBER 2 AT 12PM



Celebrate the end of another summer with your Senior Center family and enjoy some of your favorite staff members' famous recipes. Join us for an afternoon of fun and good food. There is a \$5.00 requested donation. Reservations are required and begin on Monday, August 10 at 9:30am. Doors will not open until 11am. Breakfast bar is also cancelled that day.

"WHAT'S THE SCOOP"



**PRESENTED BY
MARCY MCGINNIS**

**WILL RESUME IN
SEPTEMBER**

TOPIC AND DATE ARE TBD

SAVE THE DATE!



**MONMOUTH COUNTY
CONNECTION MOBILE UNIT
WEDNESDAY, SEPTEMBER 23
10AM - 1PM**

AT THE SENIOR CENTER

Keep an eye out for further
information in next month's
newsletter.



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 M during the month of August. 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 Okuski - 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!



RETURN SERVICE REQUESTED

TOWNSHIP OF NEPTUNE
DEPARTMENT OF SENIOR SERVICES
AND SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753
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