## THE SENIOR BEACON

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

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#### MARCH 2024



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regulations.

### HEADLINE NEWS

The windy, stormy month of March! March, rich in religious observances touching the corners of the earth. There is the Persian or Iranian New Year, Nowruz. For Judaism, joyous Purim commemorates the saving of the Jewish people from annihilation by the Achaemenid Empire. Islam observes the sacred month of Ramadan with fasting, prayer and community. For Christian faiths there is Palm Sunday, Good Friday and Easter, the holiest times.

One holiday defies explanation, St. Patrick's Day!

I believe my Irish heritage reveals a lot about me. Marked by the love of good food and drink; good music and friends, my heritage helps me embrace my introspection and reflection. Though I can't sing, Irish songs evoke feelings that are core to me.

One such song is Eric Bogle's," Safe in the Harbor". A verse late in the song speaks to me these days.

The haunting words and melody evoke within me a sense of comfort.

"Some men are schemers who laugh at the dreamers; Take the gold ... and turn it to dross. They are men in a prison... men without vision, Whose only horizon is profit and loss."

I appreciate that much of my voyage lies behind me. Not over but realizing that soon the safe harbor will come into view. I have pushed for fortune, sometimes at the cost of things whose value was more than money. I have traded priceless memories at a personal cost.

"So when storm clouds come sailing ... Hold fast to your dreaming for all that you're worth. For as long as there's dreamers, there will always be sailors, Bringing back their bright treasures from the corners of earth."

I am not ready to "haul in the sails and make the lines fast." I'm still a dreamer and a sailor on this expedition. Like you, I yet have treasures to seek and riches of memories to discover.

So, let's unfurl our sails and catch the fair winds. There are calm oceans and stormy seas still to explore on our adventures. The safe harbor can wait.

Randy



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

I always like the month of March! It signals that Spring is right around the corner, a time of new beginnings and renewed growth.

Remember it is time again to spring forward your clocks and your life! Change the clocks on March 10th. Also, remember to change the batteries in your smoke and carbon monoxide detectors. You may also want to change the batteries in your thermostats if they use them.

To everyone, I wish you a very Happy St. Patrick's Day. It is fun being Irish, even just for a day! The first St. Patrick's Day celebration in the United States was held in Boston in 1737.

We are beginning the second year of our Armed Services banner program honoring those active and retired persons in uniform. To purchase a banner, please contact April Perpignan at the Municipal Building or me, <a href="mailto:rlane@neptunetownship.org">rlane@neptunetownship.org</a>.

Easter is March 31st. This year recreation will hold the Annual Easter Egg Hunt on Saturday, March 23rd at 10AM <a href="https://example.com/sharp">sharp</a>. The rain date is Sunday the 24th at 1pm. This year recreation is adding an egg hunt at dusk at Bert Willis Fields on Tuesday, March 26th at 7:45pm for all those late bunnies in the crowd.

Save the date: Saturday, April 20th for this year's Hometown Hero Dinner Dance.

More details to follow!

Till next month: hope the groundhog was right so we can enjoy an early Spring!



#### NOTICE RETURNS TO THE CENTER

Wednesday, March 20 from 10am-2pm (Appt Required)
Appointments can be made at https://www.state.nj.us/mvc



#### SOUP "SALES" TO CONTINUE



A very special thanks to our Kitchen Manager, Teresa Richard and her staff, for the delicious soups they create. Stay warm with their scrumptious homemade "soups to go" and help raise funds for our Trust Fund. We hope we can count on your support.



#### LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

Applications are 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, 2023 to June 30, 2024. For further info, contact X589. The monthly income limit for 2023-2024 is:

Single - \$3,676.00 and Married - \$4,807.00

## SOCIAL WORKER AVAILABLE AT SENIOR CENTER

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. Appointments
are available on the 2nd and
4th Tuesday of each month.
Call X589 for further 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.

## 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 to meet with a SHIP counselor.

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

## PROTECT YOURSELF WITH TELEPHONE REASSURANCE

Telephone Reassurance is for <a href="mailto:any senior">any senior</a> 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.

## 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.

## WORLD CHANGERS APPLICATIONS AVAILABLE

The World Changers will be returning to Neptune. World Changers volunteers provide painting and rehab services for low to moderate-income households. For applications or info, contact X589.

#### FITNESS CLASS UPDATE!



You Spoke, We Listened! Class changes are effective March 1.

-Chair Yoga at 9am on Tuesdays will become Standing Strong (10am Chair Yoga will remain)

-Line Dancing Basics will move from Friday to Thursdays at 11am

-Balance & Flexibility was added to Fridays at 10am

-Shaping Up was moved from 10am on Fridays to 11am

Please check out our new and improved fitness schedule or see Lindsay with any questions or concerns.



## ATTENTION FOREVER YOUNG MEMBERS!

Forever Young will only meet
the second Thursday of the
month in March. They will have
their regular business meetings at the Senior Center on
Thursday, March 14 at 1pm.
Our women's "Forever Young"
club is open to anyone interested in joining. Contact X587
for further info.

#### NEPTUNE LIBRARY OFFERS INCOME TAX COUNSELING

Tax assistance (provided by AARP) is available at the Neptune Township Library on Wednesdays and Thursdays from 9am-1pm. No appointment needed. The Center will provide transportation for Township Seniors if it is available. Call X586 for transportations.

## ST. PATRICK'S CORNED BEEF AND CABBAGE LUNCH

FRIDAY, MARCH 15
AT 12:00PM

(DOORS OPEN AT 11:00AM)

Reservations are required and can be made by phone, or in person. You may reserve for yourself and one other person. You must be a registered Township Senior Center member to attend. There is a requested \$4.00 donation for lunch.

## CAREGIVER SUPPORT GROUP WITH RANDY

Our Caregiver Support Group is for any caregiver. The group is run by Senior Center Director, Randy Bishop and meets the third Wednesday of the month at 1:30pm and 6:00pm at the Center. Please call to let us know if you will be attending. We are here to help you!

## "RSV: THE VACCINE AND WHAT YOU NEED TO KNOW" PRESENTED BY

## GEORGIAN COURT UNIVERSITY NURSING STUDENTS TUESDAY, MARCH 5 AT 11AM

Georgian Court Nursing students will be here to teach you about Respiratory Syncytial Virus (RSV). Learn the signs and symptoms along with what steps you can take to protect yourself and your family. Blood pressure screenings to follow.

#### "THE NURSE IS IN" TUESDAY, MARCH 12 FROM 9:30AM - 11:00AM

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

# NEXT BREAKFAST EDITION OF "WHAT'S THE SCOOP?" PRESENTED BY MARCY MCGINNIS FEATURING LINDA ALSTON FRIDAY, MARCH 29 AT 10AM

Enjoy a delicious breakfast made by Teresa and her kitchen staff followed by Marcy's monthly edition of, "What's the Scoop". Reservations are required. Seating is limited. Reservations begin Thursday, March 14 at 9:30am.

Regular lunch is cancelled that day.



#### A NIGHT FOR WORKING SENIORS! WEDNESDAY, MARCH 20

FROM 2-7PM

The Monmouth County Office on Aging and Fulfill will be on site to offer assistance. Our Caregivers Support Group will meet at 6pm. We will have COVID, Shingles and RSV vaccines from 2-6pm. If you would you like to receive the RSV vaccine, you must first call 732-946-1600 and choose option 3 to review eligibility and insurance. Join us and bring your loved ones!

#### "UNDERSTANDING MEMORY

LOSS"
PRESENTED BY
HACKENSACK MERIDIAN
HEALTH

TUESDAY, APRIL 9 AT 10AM
Join us for this informative
session followed by memory
screenings. Open to all.

#### **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. <u>For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair unassisted.</u>

#### Sit & Fit (seated)



A fun, upbeat chair exercise class that helps improve flexibility and coordination. This class targets improvement of movement in the ankles, knees, hips, and upper body. This class is great for all fitness levels and those looking to get back into exercising. 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 Class Descriptions**



#### **Line Dancing Basics (standing)**

Learn the basic steps and simple line dances in this beginner class. This is an introductory class to new dancers. It is strongly recommended that participants be able to stand and walk unassisted to participate in this class.

#### Line Dancing (standing)

Hit the dance floor while getting a cardio exercise! Line Dancing is a fun way to get your steps in while learning country and party line dances. This class is a great way to exercise your mind and body! It is strongly recommended that participants be able to stand or 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 classes.



#### <u>Transportation</u>, <u>Lunch</u>, <u>Programs</u>, and <u>Event Registration</u>

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. 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.







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

Custodial Services
Ralph Parkman

Outreach Services
Ryan Ugrovics, CSW

Transportation Services
David Pyle - Driver
Patti McCormick - Driver
Robert White - Driver

<u>Dining Services</u>

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
AND SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753
TEL: 732-988-8855

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