

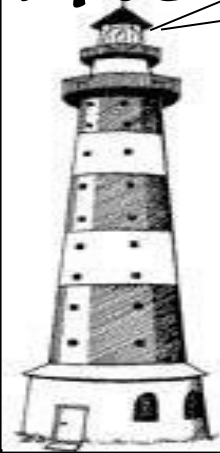
THE SENIOR BEACON

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



**November
2022**

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

Heart, Home, Hope.

Three words I believe best describe November. A month in which we honor those who served our nation in uniform; both in times of conflict and calm. Many veterans have continued to serve in the uniforms of Police Officers, Emergency Responders, nurses, doctors and other caring, compassionate vocations.

But you will also find them in their churches, sports fields, organizations working to better their community. They remain as they always have been the unsung heroes. They are the very embodiment of these words. Service given from the heart, given for the love of home, community, country and with the hope of a better world tomorrow.

Then of course we celebrate Thanksgiving. Some would challenge that this holiday's roots lie in a dark past. But when President Franklin Roosevelt issued his Thanksgiving Proclamation in 1941, he included a prayer. His thoughts that day ring loud across the decades.

"Our beloved country is free and strong. Our moral and physical defenses against the forces of threatened aggression are mounting daily in magnitude and effectiveness. In the interest of our own future, we are sending succor at increasing pace to those peoples abroad who are bravely defending their homes and their precious liberties against annihilation. We have not lost our faith in the spiritual dignity of man, our proud belief in the right of all people to live out their lives in freedom and with equal treatment. The love of democracy still burns brightly in our hearts."

Thanksgiving you see is not a noun, it is a verb calling for an action incumbent upon each of us to execute. I wish it were an easy and universal undertaking to form the "more perfect union" we strive to obtain. But it is work. We must acknowledge our role and demonstrate thanksgiving in our actions and dealings.

Enter this month, this season, this future with the guidance of what we do to help each other. Give thanks for our nation as we strive for a heart of giving and forgiveness, a home that treasures what we have and hope that with our hard work, better days are in our future.

May the days ahead be filled with true and deep thanksgiving.

Randy





From the Desk of Robert Lane, Senior Center Liaison

Fall is one of my favorite times of the year, I love how the weather is and the leaves are changing color. This season creates the perfect setting for a sense of comfort, warmth and reflection.

Election Day is November 8. Support your community and country, exercise your right to vote. Neptune Senior Center, 1607 Corlies Ave, will host early voting from October 29 to November 6. Hours are Monday through Saturday 10am to 8pm and Sunday 10am to 6pm at the Center. Remember, anyone from Monmouth County can cast their vote at any early voting site in Monmouth County.

A special thanks to all who came out to make Pound The Pavement so successful this year. There were over 700 runners and walkers and just a little over \$60,000 raised to find a cure for pancreatic cancer. With your help, we will win this fight.

Veterans Day is on November 11. When you see a veteran thank them for their service because we would not enjoy all we have if not for their sacrifices to fight for freedom. Neptune Township recently held the rededication of World Wars I and II Monuments at the Broadway Avenue entrance to Ocean Grove. The rededication came after a much-needed restoration to demonstrate that this Township honors and will continue to recognize all those who sacrificed so much for our nation.

On October 3, 1863, President Abraham Lincoln proclaimed Thanksgiving a national holiday. As we celebrate Thanksgiving on November 24 join me in remembering those friends, family and significant others who have passed away. But as important, reach out to those who may be homebound or unable to celebrate with friends or family. Be something for which you will both be thankful. A quick Township update, we should have the permits soon to repair the Fletcher Lake bulkhead. If all goes as planned, we anticipate having these long-needed repairs completed by the end of the year.

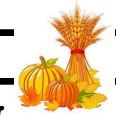
Till next month: remember, "One small positive thought in the morning and change your whole day."



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, 2022 to June 30, 2023. For further info, contact X:589. The monthly income limit for 2022-2023 is:

Single - \$3,464.00 and Married - \$4,530.00



PLEASE NOTE: All classes at the Center will be cancelled Monday, October 31 – Friday, November 4 due to early voting and the craft sale. Lunch will still be offered that week. Classes will resume on Monday, November 7.

PROTECT YOURSELF NOW 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. Protect yourself.



LEGAL ASSISTANCE AVAILABLE AT CENTER

Free legal assistance provided by South Jersey Legal Services is available for seniors 60 years of age or older. Please contact Ext.589 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. A counselor is available at the Center. Call Ext.589 for an appointment.

ANCHOR PROGRAM

(THE HOMESTEAD BENEFIT)

This program provides property tax relief to eligible homeowners and tenants. The deadline for this program is December 30. For further info, contact the Center.

BE "REGISTER READY"

The "NJ Register Ready Program" is a state-wide registry that allows emergency responders to know where you are and what your needs are in the event of an evacuation. Registration is open to anyone. Register online at www.registerready.nj.gov. Registrations expire so always check your status. Those without computers can call X.589 for assistance.

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





Veterans Day - Friday, November 11
All Municipal Offices and Senior Center will be closed.



**CAREGIVER SUPPORT
GROUP WITH RANDY**

Our Caregiver Support Group is led by Senior Center Director, Randy Bishop. This group is for families, partners, and other caregivers who want a safe place to discuss the stresses of providing care for an individual. This support group meets the third Wednesday of every month at 1:30pm. Come when you can or simply when you need the support.



**FOREVER YOUNG CLUB
OPEN FOR NEW MEMBERS**

Our women's "Forever Young" club is open to anyone interested in joining. The women meet on the second and fourth Thursday of each month. Contact Ext.587 for further info.



"THE NURSE IS IN"

TUESDAY, NOVEMBER 15

FROM 9:30AM – 11:00AM

Our VNA nurse will be at our Center to provide blood pressure checks, discuss medications, and chat with anyone about medical concerns.



"FOOD SAFETY: HOW LONG DO FOODS LAST?"

PRESENTED BY DIANE WEST, REGISTERED DIETITICIAN

TUESDAY, NOVEMBER 29 AT 11AM

Diane will discuss what expiration dates really mean, how long to keep foods after the date, and how long foods last in the refrigerator. Don't miss this important topic.

JOIN US FOR OUR THANKSGIVING LUNCHEON

TUESDAY, NOVEMBER 22 AT 12:00PM

Reservations for the luncheon will be taken starting on Tuesday, November 8 between 9:30-11:00 or 2:00-3:30. Reservations are required and can be made in person or by phone. You may reserve for yourself and one other person. You must be a registered Township Senior Center member to attend. There will be a free-will donation on the day of the luncheon. Doors open at 11am. **All classes and programs will be cancelled that day.**



**All Municipal Offices and Senior Center will be closed
Thursday, November 24 & Friday, November 25 for Thanksgiving.**



SENIOR CENTER CRAFT SALE

OCTOBER 31 – NOVEMBER 4 FROM 9:00AM – 3:00PM

THURSDAY, NOVEMBER 3 UNTIL 7:00PM

Join us for our annual Holiday Craft sale at the Center. This sale benefits our Senior Trust Funds and YOU. Shop for the holidays with us. We will have creative work from our art classes, crocheted and knitted items from our knitters, ceramic pieces from our ceramics classes, handmade baskets, original wood carvings, and so much more. Please help support your Center and this wonderful holiday tradition.

MEDICARE OPEN ENROLLMENT INFORMATION SESSION



***PRESENTED BY JANET SCHINDLER,
DIRECTOR OF VOLUNTEER SERVICES
FAMILY & CHILDREN'S SERVICES***



MONDAY, NOVEMBER 7 AT 6PM AT THE SENIOR CENTER

Come learn about your Medicare benefits for 2023. Find out how to compare health and drug plans to get the best coverage and programs that will help you save money. The open enrollment period runs from October 15 until December 7. Don't miss this very informative and important program. **RESERVATIONS REQUIRED.**



SENIOR CENTER HOLIDAY LUNCHEONS

TUESDAY, DECEMBER 13 AT 12:00PM

THURSDAY, DECEMBER 15 AT 12:00PM

DOORS TO THE CENTER WILL OPEN AT 11:00AM



Join us for an afternoon of fun and holiday cheer. Reservations are required and can be made in person or by phone starting Tuesday, November 29 from **9:30-11:00 or 2:00-3:30**. You may reserve for yourself and one other person. You must be a registered Township Senior Center member to attend. Choose one date only. **All classes and programs will be cancelled those days.**

**November
2022**



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

Hope Williams - Driver

Custodial Services

Ralph Parkman

Nick Megill

Dining Services

Teresa Richard - Manager

Jennifer Nurse - Aide

Carol McDonald - Aide

Administrative Office

Michelle A. Swift - Administrative Assistant

Sondra Attridge - Senior Programs Representative



RETURN SERVICE REQUESTED

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DEPARTMENT OF SENIOR SERVICES
AND SENIOR CENTER
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TEL: 732-988-8855

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