

NEPTUNE TOWNSHIP DEPARTMENT OF SENIOR SERVICES AND SENIOR CENTER

1607 CORLIES AVENUE NEPTUNE, NJ 07753

RANDY BISHOP, DIRECTOR
732-988-8855

WWW.NEPTUNETOWNSHIP.ORG

FEBRUARY 2023



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

February, the month of hearts, candy, flowers; the US' snowiest month and Presidents Day! It is the birth month of a pioneer in women's rights, Susan B. Anthony. For a short month, there is a lot going on.

It is also Black History Month. Black History Month as we recognize it was first celebrated by black professors and Black United Students at Kent State, Ohio in 1969, just over a year before the Kent State Massacre. February was chosen as it held two individuals' birthdays central to the struggle of black America: President Abraham Lincoln and abolitionist Frederick Douglas. In February 1976 President Ford first observed Black History Month nationally.

I am confident too that the year of the first celebration was not a coincidence. February 1969 was less than one year after the assassination of Dr. Martin Luther King, Jr. I often wonder what Dr. King would think of the stain of race, cultural and religious intolerance that appears to be deepening in our country. Don't get me wrong, it never disappeared. But now it seems to be growing. Perhaps Dr. King shared those thoughts in his 1968 speech entitled "A Proper Sense of Priorities". He spoke that afternoon of how, "Cowardice asks the question, is it safe? Expediency asks the question, is it politic? Vanity asks the question, is it popular? But conscience asks the question, is it right? And there comes a time when one must take a position that is neither safe, nor politic, nor popular, but one must take it because it is right."

Today the same rhetorical questions Dr. King reflected on still beg answers. I am compelled by that which I see, hear, experience around me lead me to the same question. With so much information available, why do we keep repeating the mistake? Why have we not taken the position to pursue what is right?

Do we repeat by ignorance or laziness? To make the world change, it takes effort. Some, like Dr. King, like the Freedom Riders, like those who labored as property not people, through blood and even their lives as Dr. King did to make change.

To honor Black History be the element of change that those brave persons were. Once and for all, let us answer Dr. King's questions.

Randy

NATIONAL WEAR RED DAY! FRIDAY, FEBRUARY 3

The first Friday in February (February 3) is National Wear Red Day. On this day, people across the country don the color red in order to spread awareness of heart disease and stroke in women all over the nation. So put on your reddest red — whether it be a lipstick, a pair of pants, or your favorite hat — and turn the Center red!

"THE NURSE IS IN"

TUESDAY, FEBRUARY 14 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.

LINE DANCING RESUMES AT THE CENTER!

Sondra is back and so is Line Dancing! Join Sondra Wednesday mornings at 11am for a fun, upbeat class that will teach both traditional and party line dances. Beginners and experienced students are welcome.

Welcome back Sondra!



ATTENTION SENIOR HOMEOWNERS! PROPERTY TAX DEDUCTION RENEWAL DUE BY MARCH 1

Seniors receiving the \$250.00
Property Tax Deduction, must submit a renewal application to Neptune's Tax Office.
Failure to return the form will cancel your discount. If you are not receiving the deduction and would like info or assistance, call X.589.

PROTECT YOURSELF WITH TELEPHONE REASSURANCE

"Telephone Reassurance" is for <u>any senior</u> 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.



CELEBRATING BLACK HISTORY MONTH

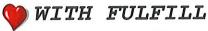




WE HAVE A GIFT FOR YOU ON YOUR SPECIAL DAY!! STOP BY THE CENTER NEAR YOUR BIRTHDAY AND LET US HELP YOU CELEBRATE!



OUTREACH ASSISTANCE



A worker from FulFill will be available once a month at the Center to assist with Supplemental Nutrition Assistance Benefits (S.N.A.P), NJ Get Covered, and Medicaid. Call Ext.589 for further info.

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

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



CAREGIVER SUPPORT GROUP WITH RANDY

Our Caregiver Support Group is for any caregiver. The group meets the third Wednesday of the month at 1:30pm at the Center. Come monthly or simply when you need the support.

LEGAL ASSISTANCE AVAILABLE AT CENTER

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.



All Municipal Offices and Senior Center will be closed on Monday, February 20 in observance of Presidents Day

From the Desk of Robert Lane, Senior Center Liaison

Hope everyone is safe and well. The days are starting to get longer now, let's hope for a mild winter!

One of my department assignments this year is liaison to Public Works. Their calendars started going out last week. If you do not receive one feel free to reach out to public works or myself. Neptune Black History Month Celebration is February 25, 2023 at the Neptune High School PAC, 55 Neptune Boulevard. This year's theme, "Good Trouble," honors the late Congressman John Lewis and his belief that work for justice is "good trouble."

February 20th is Presidents Day. This was originally celebrated in 1885 for George Washington's Birthday, February 22 (this year will be his 282nd birthday). Presidents Day is now viewed as a day honoring all Presidents, past and present.

Fun fact: George Washington was the only president unanimously elected by all 13 original states!

Neptune Township and the Veterans Park Committee proudly announce the Hometown Hero Banner Program. The Township is launching this program to honor United States military veterans, who currently or formally resided in Neptune. More details will be available soon on the Township website.

Until next month, stay well. 🛡

INCLEMENT WEATHER NOTIFICATIONS

For inclement weather notices, cancellations, and closings, contact the Center. You can also go online at www.neptunetownship.org for updates.

SENIOR CENTER BOOK CLUB BEGINNING ON FRIDAY, FEBRUARY 10

AT 10:30AM

Join us for our new book club! Meet other participants and make new friends. The Book club meets monthly at the Senior Center on the second Friday of every month at 10:30am.



"HEALTHY HEARTS...AND HOW TO KEEP THEM HEALTHY"

PRESENTED BY HACKENSACK

MERIDIAN HEALTH

THURSDAY, FEBRUARY 16

AT 11AM

To celebrate National Healthy
Heart Month, Hackensack
Meridian Health will be at
the Center to discuss tips on
how you can ensure you are
leading a heart healthy lifestyle. Don't miss this life
saving discussion.

NEPTUNE TOWNSHIP BLACK HISTORY MONTH CELEBRATION SATURDAY, FEBRUARY 25 FROM 2PM — 4PM NEPTUNE HIGH SCHOOL PERFORMING ARTS CENTER

AND

THURSDAY, FEBRUARY 28 AT 10AM NEPTUNE SENIOR CENTER

Join us for Neptune Township's Annual Black History Month Celebration. We are celebrating, "GOOD TROUBLE: Black Resistance at the Jersey Shore" with music and conversation.

ST. PATRICK'S CORNED BEEF AND CABBAGE LUNCH FRIDAY, MARCH 17 AT 11:30AM (DOORS OPEN AT 11:00AM)

Corned beef and cabbage, served hot and delicious! Reservations are required and can be made by phone, or in person, starting at 9:30am on Monday, February 27. You may reserve for yourself and one other person. There is a requested \$4.00 donation(to benefit Trust Fund) for lunch. Please bring exact change. If you do not get a reservation in time, please add your name to our waiting list, in case of cancellations.

ALL AFTERNOON CLASSES AND PROGRAMS WILL BE CANCELLED THAT DAY.



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

Transportation Services
John Lalanas - Driver
David Pyle - Driver
Robert White - Driver

Custodial Services
Ralph Parkman
Nick Megill

<u>Dining Services</u>
Teresa Richard - Manager
Jennifer Nurse - Aide
Carol McDonald - Aide

Outreach Services

Ryan Ugrovics, CSW

Administrative Office

Michelle A. Swift - Administrative Assistant

Sondra Attridge - Senior Programs Representative

And an Army of Dedicated Volunteers!

RETURN SERVICE REQUESTED

TOWNSHIP OF NEPTUNE SERVICES AND SENIOR CENTER NEPTUNE, NJ 07753 NEPTUNE, NJ 07753 TEL: 732-988-8855

PRST STD U.S. POSTAGE PAID PERMIT #607