

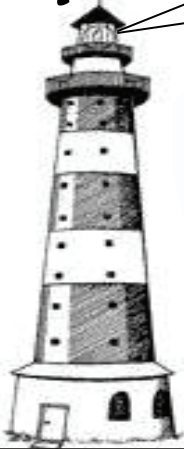
THE SENIOR BEACON

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



MARCH

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 different our lives are when we really know what is deeply important to us, and keeping that picture in mind, we manage ourselves each day to be and to do what really matters most.” I never paid much attention to Steven Covey, educator and speaker, until I found this quote.



Often we get caught up in the need for immediate gratification. But the pandemic made us realize that we have no control over the future nor the moment either. I lurched between plans, emotions and priorities that came from nowhere. Often I based decisions on what was in front of me, not always what was impactful or as Covey said, “what really matters most.”

As we begin the long process of conquering this pandemic and resuming a “normal” life, whatever that might be, we must not forget Covey’s lesson.



Each day we make decisions and plans affecting our lives; families; friends. Before the pandemic, I made decisions using a set of “rules” of my own making. I convinced myself the pandemic would last a few weeks, a couple of months at the most. After all, we are the United States of America! As the pandemic stretched on, I continued to use those same rules though everything had changed.

It became evident my rules were flawed. Certainly I made them to be efficient but did they keep me from doing things that were important to me? I mean, there would always be another day to stop by and hug an old friend, another day to travel to the mountains of my heritage to re-center myself right? Suddenly those things weren’t available. The “there’s always tomorrow” rule was not valid.



Now there are friends I will never see again, their warmth a memory. Spring in the mountains, the scent of laurel in bloom will have to wait. I had forgotten in my rules to keep what “really matters most” in the forefront.

As we begin to emerge from this darkness do not forget the lessons learned. Hopefully we remember to live according to what matters most, not just what yells the loudest. Do not allow the picture of what is deeply important to slip from our minds.

Stay safe, stay well, stay hopeful.

Randy



HAPPY SAINT PATRICK'S DAY



From the Desk of Robert Lane, Senior Center Liaison

Since my last letter, Neptune lost a trailblazer with the passing of lifelong Neptune resident Elizabeth (Betty) Schneider. She was the first woman Neptune Mayor in 1986, and then served a second time as Mayor in 1993. Mayor Schneider was a driving force in the establishment of the first Senior Center building at the corner of Route 33 and Neptune Boulevard. She served on the Senior Center Advisory Committee, in her final years as an Emeritus member. In the near future we will be honoring her contributions at the Senior Center for all she did for Neptune.

Remember March 14 is time to change the clocks one hour forward. Also, make sure you change the batteries in your smoke detectors and carbon monoxide detectors.

Because of the ongoing COVID pandemic, the annual Belmar and Asbury Park St. Patrick's Day Parades are cancelled. Even though the parades are cancelled you can still celebrate the wit and spirit of the Irish. A fun fact; the corned beef and cabbage dinner is American tradition.

Congratulations to a 50 year volunteer from Eagle Hook and Ladder Fire Company in Ocean Grove. Lee Moses has tirelessly served his community; Mr. Moses, thank you for all your service.

To all my Jewish friends a Happy Passover, and to those friends of a Christian tradition that celebrate Easter, a happy Palm Sunday on March 28, the first day of Holy Week.



CONGREGATE LUNCH HAS RETURNED AT THE CENTER

The Center follows all State Covid-19 guidelines. Lunch is offered Monday thru Friday between 11am-1pm. Reservations must be made no later than 11:30am the day before. Seating is limited due to state mandates. Lunch is a \$3.00 requested daily donation. Contact the Center for reservations or further info



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, 2020 to June 30, 2021. For applications or further info, contact Ryan at the Center.

TEMPERATURE CHECKS WILL BE COMPLETED WHEN ENTERING THE CENTER AND VEHICLES. ALL PARTICIPANTS MUST WEAR A MASK WHILE IN THE VEHICLES AND CENTER.

**NEW TO MEDICARE (VIRTUAL) INFORMATION SESSION
PRESENTED BY SAMANTHA WHITE, DIRECTOR,
VOLUNTEER SERVICES FOR
FAMILY & CHILDREN'S SERVICES
WEDNESDAY, MARCH 24 AT 10:30AM**



This program is open to anyone turning 65 this year and will be hosted virtually through the Monmouth County Library. Contact the Center to pre-register. Limited seating will be available at the Center for anyone who does not have a computer.

FITNESS IS BACK!

We are thrilled to announce the anticipated return of a modified outdoor fitness class schedule in April. Schedules and info will be in the April newsletter, so keep your eye out! Favorite classes, favorite instructors, and fresh air; what could be better?

WALK THE BOARDS

Meet up with old friends and enjoy the local boards on Wednesdays in April. Limited transportation available. Meet up will occur at 10am. Contact Lindsay to register beginning April 1 after 9:30am.

Face masks required.

♥ April 14 - Belmar

♥ April 21 - Asbury Park

♥ April 28 - Ocean Grove

VACCINE UPDATE!



The Senior Center hopes to be a vaccine location in the near future. In the meantime, if you wish to receive a vaccine, please contact the State of New Jersey's vaccine hotline or online to register yourself and/or family members. Keep an eye out for updated info in our future newsletters.

WE HAVE SURPRISES FOR YOU!!

STOP BY THE CENTER TO PICK THEM UP!



**ALSO,
STOP BY THE CENTER NEAR YOUR BIRTHDAY AND LET US HELP YOU CELEBRATE!**

WE HOPE TO SEE YOU SOON.



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

PRST STD
U.S. POSTAGE
PAID
RED BANK, NJ
PERMIT #607