

THE SENIOR BEACON

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

1607 CORLIES AVENUE
NEPTUNE, NJ 07753

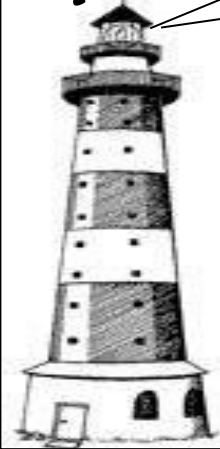
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WWW.NEPTUNETOWNSHIP.ORG

MARCH 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

The windy month of March! Hard to believe one quarter of the year is over. Seems like yesterday we were getting ready for the winter holidays and here we are talking about spring.

March is a funny month. It is one of the few times you can experience every season it seems in 31 days... crisp mornings; sudden snow squalls; warm, sunny afternoons and of course, spring. This month the earth begins to awaken with windy yawns. The eyes of the day open a little earlier as the sun climbs in the sky and stays awake a little longer. Sudden spring rains wash away some of the grit of winter's sleep.



Sometimes those showers give us the chance to glimpse where dreams go to live.



That place beyond the skies; a rainbow.

How many of us watched The Wizard of Oz and, like Dorothy, wondered about a place over the rainbow where dreams "really do come true?" Too often I identify more with another song by Judy Garland that laments I'm "always chasing rainbows, Waiting to find a little bluebird in vain."

Sometimes everyday pressures make it seem like that which would make it all right is out of our grasp, like the end of the rainbow. Happiness is always just out of reach. We doggedly pursue it but we never seem to find it, like that "pot of gold" at the rainbow's end.

We spend so much energy chasing happiness and fortune; we want all our troubles to "melt away like lemon drops." We focus on attaining that far off "land we heard of once in a lullaby" and mourn that "why, oh why can't I?"

Author Richelle Goodrich suggests instead another way to find your rainbow and its treasure. She advises us not to "seek to be happy; let everyone else chase after that rainbow. Seek to be kind, and you'll find the rainbow follows you."

We waste so much effort and emotion in pursuit; so much joy we ignore in the quest for the elusive pot of gold. Tell you what, let others struggle to find that rainbow. Let's you and I make a pact to be kind to others and ourselves...and let the rainbows find us instead.

Randy

PLAN AHEAD! PLEASE REFER TO OUR SHOPPING CALENDAR FOR MARCH AVAILABILITY. THERE HAVE BEEN SOME SCHEDULE CHANGES.



From the Desk of Robert Lane, Senior Center Liaison

Before you know it, St. Patrick's Day will be here. Come out and cheer on the Neptune Township Committee in this year's Belmar St. Patrick's Day parade on Sunday, March 5!

Sunday, March 12 begins Daylight Savings Time. Remember, when you change the time, change the batteries in your smoke and carbon monoxide detectors too.

Save the date for your grandchildren. The Neptune Recreation Easter Egg Hunt is at Bert Willis Fields, 10AM sharp on Saturday, April 1 with a rain date of 10am Sunday, April 2. Children must bring their own basket. Find the golden eggs and get an extra gift.

After a three-year absence, we are having this year's Hometown Hero Dinner Dance on Saturday, April 22 at American Legion Post 346 (21 Gully Rd). This year's honorees are Bud Magathan from Post 346 and Commander Wilbur Martin from VFW Post 1333; details to follow.

Also, if you know a veteran in Neptune, we want to honor them this year with our Hometown Banner Program. The deadline to fill out the application has been extended to Friday, March 17.



All the information is on our website: neptunetownship.org.

Before you know it, Spring will be here. It arrives this year on Monday, March 20. Enjoy this season of renewal!

NEPTUNE LIBRARY OFFERS INCOME TAX COUNSELING

Tax assistance (provided by AARP) is available at the Neptune Township Library on Wednesdays and Thursdays until April 13 from 9:00am-1:00pm. **No appointment needed.** The Senior Center will provide transportation to the library for Township Seniors if it's available. Contact the Center between 9:30-11:30am or 2:00-3:30pm to make your transportation reservation.





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



**PROPERTY TAX
REIMBURSEMENT**

"SENIOR FREEZE"

DEADLINE OCTOBER 31

This program reimburses property tax or mobile home site fee increases to citizens over the age of 65 or disabled homeowners. To qualify, you must meet all of the requirements. If you need further info, call 1-800-882-6597 or X589 at the Center.

**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.



**OUTREACH ASSISTANCE
WITH FULFILL**

A worker from FulFill is available once a month at the Center to assist with Supplemental Nutrition Assistance Benefits (S.N.A.P), NJ Get Covered, and Medicaid. Call X589 for further info.

**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 X589 for an appointment.

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 X589.



The monthly income limit for 2022-2023 is:
Single - \$3,464.00 and Married - \$4,530.00



**PROTECT YOURSELF WITH
"TELEPHONE REASSURANCE"**

This program is for any senior. Participants are called Monday thru Friday, between 9am and 11am. If we do not hear from you, our staff will immediately follow-up with emergency procedures to ensure your well-being.



**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.



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 and 6:00pm at the Center. Come monthly or simply come when you need the support. We are here for you!



**"THE M.I.N.D. DIET"
PRESENTED BY DIANE WEST, R.D.
TUESDAY, MARCH 7 AT 11AM**

Diane will discuss the M.I.N.D. Diet and how it benefits you nutritionally. This presentation will go over new information and current findings of this particular diet.

**"THE NURSE IS IN"
TUESDAY, MARCH 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.



**"UNTIL HELP ARRIVES"
PRESENTED BY NEPTUNE
TOWNSHIP EMS
TUESDAY, MARCH 21
AT 10AM**

Members of Neptune Township EMS will be at the Center to teach you what steps you can take in an emergency situation until the appropriate help arrives on site. Be prepared. Don't miss this life-saving program.



**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. There is a requested \$4.00 donation (to benefit the 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 PM CLASSES AND PROGRAMS ARE
CANCELLED THAT DAY.**



FITNESS CLASS CHANGES

- ♥ Mat Yoga is now Chair Yoga on Tuesdays at 9am w/ Nicole  
- ♥ Pump It Up is now Sit & Fit on Mondays at 11am w/ Meg

"KIDNEY AWARENESS"

**PRESENTED BY GEORGIAN
COURT NURSING STUDENTS
FRIDAY, MARCH 24 AT 11AM**

Georgian Court University nursing students visit to discuss Kidney Disease Awareness and Prevention. Blood pressure screenings to follow the presentation.

CENTRASTATE MOBILE VAN COMING TO THE CENTER

TUESDAY, MARCH 28 FROM 9AM – 12PM

CentraState's LIVE LIFE WELL van will be at the Center to provide screenings, health education, and valuable resources for anyone with health concerns. No ID, documentation, or proof of insurance is needed to take advantage of the clinic. No appointments required. For transportation, please contact X586.



**LUNCH OUTING AT THE CULINARY EDUCATION CENTER
IN ASBURY PARK**



WEDNESDAY, APRIL 5 AT 11:30AM

**DUE TO LIMITED PARKING AT THE CULINARY CENTER, EVERYONE
MUST RIDE WITH THE SENIOR CENTER BUS**

Enjoy a delicious buffet lunch prepared by students of the Education Center. Cost is \$13 per person to be paid at the time of reservation. Reservations must be made in person beginning March 8 at 9:30am. You can reserve for yourself and one other person. All participants must be Neptune Township residents and currently registered at the Senior Center.

MARCH 2023



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

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

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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