

# THE SENIOR BEACON

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

1607 CORLIES AVENUE  
NEPTUNE, NJ 07753

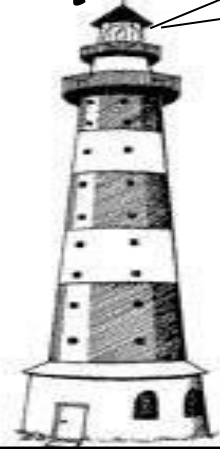
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WWW.NEPTUNETOWNSHIP.ORG

MAY 2023



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## HEADLINE NEWS

*The memorable month of May. So many things are recognized in May that are memories, make memories or are memorable.*



*The celebration of Mother's Day. Be it the person who gave you life or who guided your life; this day recognizes those who nurtured, maybe pushed you, to shape who you are. We magnify their legacy through how we share and exhibit their lessons years after the teacher no longer is by our side. In May we also honor those brave individuals who heard the call and, in doing so, laid down their lives for our freedoms. It is only proper that we give thanks for their sacrifice, many who did so far from home.*



*It too is the month we honor ourselves: Older Americans Month! With its establishment by President John F. Kennedy, the country set aside this month to herald the contributions of seniors to their communities and country.*



*Each year a theme is adopted and this year it is "Aging Unbound". Truly, age is a mere counter not the definition of who or what is an older American. This newsletter is filled with how Neptune is celebrating with new programs and support to aid our seniors in living unbound.*

*Joining our endeavors are the Commissioner of the New Jersey Department of Human Services, Sarah Adelman, and our own District 11 State Senator, Vin Gopal. On Thursday May 25 between 11am and 1pm they will host a lunch and learn for an exciting, new program: "Get Set Up". This program for seniors 60 and over will provide hundreds of free live classes to keep you engaged physically, mentally, and socially.*

*Along with a very special lunch, there will be a mini resource fair with giveaways and even greater take aways in the form of important information! Seating is limited, so make your reservation early!*

*Reservations begin Monday May 8 at 9am in person or by phone.*

*This May and every month celebrate who you are! As that great Princetonian and Nobel Prize winner Albert Einstein noted, "Do not grow old, no matter how long you live. Never cease to stand like curious children before the great mystery into which you were born."*



*Let us live not days but experiences.*



Randy

**ALL MUNICIPAL OFFICES & SENIOR CENTER WILL BE CLOSED  
ON MONDAY, MAY 29 IN OBSERVANCE OF MEMORIAL DAY**



**PLEASE REFER TO OUR SHOPPING CALENDAR FOR MAY  
AVAILABILITY. THERE HAVE BEEN SOME SCHEDULE  
CHANGES.**

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

They say that April showers bring May flowers, as they say, so bring on the blooms. May might not quite be the official start of summer but, is a great time of year.



I want to wish my mother and all the other mothers a very special Mother's Day. These wishes should also extend to all those who have been a mother figure in your life, helping to shape who you are today.



FYI: there's a small change in the trash pickup in Neptune zones C & D beginning May 4. Zone D trash pickup will now be on Thursday and Zone C will be on Friday. Zones A & B, as well as all of Ocean Grove, will not be affected.

Memorial Day will be observed on May 29 this year. As always, I extend my personal thanks to all who paid the ultimate sacrifice while serving our country for the freedoms that we have today. I also extend my deep gratitude to those who lost loved ones in the protection of our freedoms.



We received 44 applications for this year's Hometown Hero Banner Program. The unveiling will be Memorial Day weekend. Thank you to all who participated. If you missed out on this year, we would love you to join the program next year.

A very special event for the Harold Daley VFW Post 1333 will be held on May 6. The post will celebrate their 98th birthday! All are welcome to attend, a \$35 donation is requested. For more information you may contact 732-361-8066.

Until next month, enjoy the beauty of Spring!



***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.





**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 meet their home heating and medically necessary cooling costs. The application period ends on June 30. For further info, contact X589. The monthly income limit for 2022-2023 is: Single - \$3,464.00 and Married - \$4,530.00

**"THE NURSE IS IN"**

**TUESDAY, MAY 9**

**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.



**ACTING CLASS  
Showcase**

Scenes from the class

**Tuesday May 9th**

**12:30 to 1 PM**

*In the dining room*

*Enjoy some of things we have worked on between your lunch and bingo*

*Our class is a fun and untimidating exploration in performing*

*If you like what you see and hear,*

*why not join our class on Tuesday's at 1 PM*



**EVENING OPEN HOUSE AT THE SENIOR CENTER**

**WEDNESDAY, MAY 10 FROM 4PM – 7PM**

Working seniors and caregivers have questions too! The Senior Center is introducing evening hours once a month to help those who cannot make it during business hours. Information and applications for many programs, Covid vaccines, and various health screenings will be available.



**MEN AND WOMEN'S BREAKFAST GROUP**

**"WHAT'S THE SCOOP? FROM THE SHORE TO SECRETARY TO  
NYC EXEC...HOW'D THAT HAPPEN?"**

**PRESENTED BY MARCY MCGINNIS**

**THURSDAY, MAY 11 AT 10AM**



Join us for this month's breakfast as we kick-off our new speaking series "What's The Scoop?". Marcy McGinnis, a Senior Center volunteer, will begin this series by sharing her story and experiences about how she went from a typical Jersey Shore girl to a top NYC Executive at a major news station for over three decades. Reservations begin Tuesday, May 2 at 9:30am.

**"ONCE UPON A TIME" WITH NEPTUNE TOWNSHIP LIBRARY  
FRIDAY, MAY 12 AT 11AM**

Take a trip with us to the Neptune Library to read a book to the youngsters during their story time. For more info or to sign up, please contact X587. Limited space available. Transportation available upon request.



## **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!



## **"HELP US GROW" WITH FULFILL**

**TUESDAY, MAY 2 AND TUESDAY, MAY 16 AT 10AM  
AT THE SENIOR CENTER**



We are happy to announce that the Senior Center will be starting an herb garden at the Center in collaboration with Fulfill. Join us for this 2-part series as you learn how to grow your own garden box at home and be hands on with helping the Senior Center's garden grow. For more information or to sign up, please contact Lindsay.

## **SENIOR CENTER HEALTH FAIR**

**FRIDAY, MAY 19  
10AM – 1PM**



Join us for a fun and informative filled Health Fair in collaboration with Hackensack Meridian Health and many other community partners. Grab & Go picnic lunch will be available by reservation only.

## **CRAFT WORKSHOP**

**WITH TENA**

**TUESDAY, MAY 23 AT 1PM**

Join us for a fun afternoon craft with Tena as we make button bouquets. Seating is limited. Reservations begin Monday, May 15 at 9:30.



## **MANASQUAN RESERVOIR BOAT RIDE**

**FRIDAY, JUNE 23 AT 11:00AM**



Enjoy the gorgeous scenery and wildlife of the reservoir on a pontoon boat tour. Donation is \$12.00pp (for trip and a lunch) and due at the time of reservation. **Bring exact change please.**

Bus departs Center at 10:00am. Seniors that wish to drive on their own must arrive at the boat ramp by 10:45am. Boat departs promptly at 11am. Reservations will begin Thursday, June 8 at 9:30am and must be made in person with Lindsay.

**MAY 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  
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