

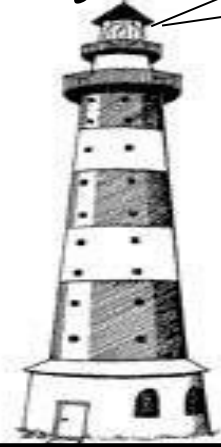
THE SENIOR BEACON

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



SEPTEMBER
2024



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

September, summer's encore as days lengthen and temperatures flirt with fall. Remember that first morning you stepped outside and felt a chill? You grabbed a sweater and somehow, for some reason, you felt safe. Almost like the arms of a sweet emory wrapped around you to share the warmth.



There is something special as we cross the threshold of autumn that is peaceful. It reminds us that the world is progressing as it should. Maybe not as you want it but as it has for time untold.

Sunlight starts to drain from our days earlier as night crawls over the horizon too soon. Our doors and windows close earlier against the darkness as the warm glow of lights welcome us home.

We begin to look toward the coming fall and winter and the coming celebrations.

This year too will bring what promises to be a raucous and loud Presidential election. But remember through it all we are one country; born of strife and the blood of brave women and men to secure and protect its freedom. To many in the world our nation is like those warm lights on an early autumn evening promising safety, security and peace.



I urge you not to become dismayed but to become enlightened. Do not speak just to those whom you feel believe as you do but discuss calmly and with sincere interest the views you have with another you may be surprised. Our strength as the greatest nation has always been our dedication to work "in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity" as Governor Morris wrote in the preamble to our Constitution.

Welcome Autumn, embrace change and hold fast that unique value that make us Americans; our ability to weave one nation from many extraordinary threads. Welcome others into the warmth of your light and never lose sight of what is our common goal – a more perfect Union.

Randy



From the Desk of Robert Lane, Senior Center Liaison

I want to start by thanking "World Changers" for returning to Neptune again and helping out our residents with multiple home projects last month. World Changers is a great organization and we look forward to them returning next year.



Some important dates for your calendar:



On September 7 at 1pm, we have the Neptune High School GAA (Girls Athletic Association) Reunion at the Headliner. They want you to wear red and black or the colors of whatever team you represented in high school.

RSVP to Stephanie DeAngelis McAnee at 732-221-3484 or stephdmc@gmail.com and let her know that you plan to come celebrate!

Our annual Neptune Day will be held on September 14th from 12pm to 5 pm (rain date September 15th). There will be food, games, pony rides, petting, zoo, and more for everyone to enjoy! It will be held at the Neptune Township Middle School parking lot.

This September 28th is our 11th Annual Pound the Pavement for Purple 5K and 2-mile walk (rain or shine) to raise funds for the fight against Pancreatic Cancer. The Headliner will once again be our host and the race/walk will start and end there. Runners kick off at 10 AM and walkers 10:15 AM.

Don't forget, you can register that day.

Just a quick update on Bert Willis Field. Neptune Township is installing Pickleball courts which should be done by the end of September. A dog run area is also planned to be added in the near future.



Till next month: enjoy the last days of Summer and be safe.

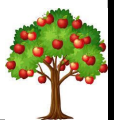


PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE"

DEADLINE EXTENDED UNTIL 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 Senior Center.



**SOCIAL WORKER AVAILABLE
AT SENIOR CENTER**

A Social Worker from the Monmouth County Division of Social Services is available at our Center to provide free individual counseling, assist with Medicaid questions and applications, food stamps, financial assistance, homecare info and more. Appointments are available on the 2nd and 4th Tuesday of each month. Call X589 for further info.

**PROTECT YOURSELF 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.



**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 S.N.A.P benefits, NJ Get Covered, and Medicaid. Call X589 for info.

**IT'S HURRICANE SEASON!
GET "REGISTER READY"**

Hurricane season is here. Be AWARE and PREPARED. Register Ready is a state-wide registry that informs emergency responders where you are and what your needs are in the event of an evacuation. Anyone with special needs can register. Register online at www.registerready.nj.gov. Registrations expire yearly so always check your status. Those without computers can call X589 for assistance.

**HEALTH INSURANCE
ASSISTANCE AVAILABLE
AT THE CENTER**

S.H.I.P. (Senior Health Insurance Program) provides assistance with your health insurance. Call X589 for an appointment to meet with a SHIP counselor.



**ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE
CLOSED ON MONDAY, SEPTEMBER 2 FOR LABOR DAY**



**ATTENTION FOREVER YOUNG
MEMBERS!**

Forever Young usually meets the second and fourth Thursday of the month. They will have their "Welcome Back" gathering and regular business meeting on September 12 at 1pm at the Center. The September 26 meeting is cancelled. Our women's "Forever Young" club is open to anyone interested in joining. Contact X587 for info or to join.

"MONDAE IS SUNDAE"

Join us every third "Mondae" of the month for a delicious sundae surprise when lunch is served.



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



**FARMERS' MARKET COUPONS
AVAILABLE!**

The Senior Farmers' Market Nutrition Program promotes nutritional health among senior citizens by providing coupons for locally grown fresh fruits, vegetables, and herbs. Participation in this program is limited to seniors 60 years of age or older and whose annual gross income does not exceed the amounts below.

Proof of income and ID required. Call X589 for an appt.

Family of 1 - \$27,861.00

Family of 2 - \$37,814.00



**CAREGIVER SUPPORT GROUP
WITH RANDY**

Our Caregiver Support Group is for any caregiver. The group is run by Senior Center Director, Randy Bishop and meets the third Wednesday of the month at 1:30pm and 6:00pm at the Center. Please call to let us know if you will be attending. We are here to help you!





FITNESS CLASS ANNOUNCEMENT!



Meg will be back on September 9 to resume her Sit & Fit class on Mondays at 11am.



"THE NURSE IS IN"



TUESDAY, SEPTEMBER 10 FROM 9:30AM – 11:00AM

Our VNA nurse will be here to provide blood pressure checks and discuss any medical concerns you may have.

CULTIVATING WORKSHOP SERIES WITH FULFILL

Join us for a 6 week (1 session per month) workshop series surrounding the topics of Nutrition, Gardening, Wellness, and Community Health. The next meeting will be on Wednesday, September 25 at 1pm at the Senior Center.

SENIOR CENTER BOOK CLUB

**FRIDAY, SEPTEMBER 13
AT 10:30AM**

Every month is a different read on your own followed by an intriguing discussion among other members of the group. Join our book club to read a wide variety of books, make friends, have fun, meet like-minded people and stimulating those brain cells!



"WHAT'S THE SCOOP?"

PRESENTED BY

MARCY MCGINNIS

**FEATURING BIL ROSEN,
DIRECTOR OF NEPTUNE
TOWNSHIP'S EMERGENCY
MANAGEMENT SERVICES**

FRIDAY, SEPTEMBER 27

AT 10AM

Enjoy a delicious breakfast made by Teresa and her kitchen staff followed by Marcy's monthly edition of, "What's the Scoop". Reservations required and begin Friday, September 13 at 9:30am.



"CALCIUM AND EXERCISE"

PRESENTED BY

DIANE WEST, R.D.

MONDAY, SEPTEMBER 30

AT 11AM

Diane will discuss why each of these things are important over the age of 70 and how they are connected to one another. You will also learn how calcium and exercise effect the growth and strength of both muscles and bones. Don't miss this important topic.

Happy Grandparents Day - September 8



NEPTUNE DAY 2024



SATURDAY, SEPTEMBER 14 FROM 12PM-5PM

(RAIN DATE SUNDAY, SEPTEMBER 15)



Mayor Tassie York, and the Township Committee invite you to join this annual celebration of our Community. The Neptune Day celebration will be held at Neptune Middle School. Attractions will include food, crafts, music, games, children's activities, local organizations and so much more. Come see us there!

UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2024

All Senior Center participants are asked to update their Senior Center identification cards for 2024. **We will only be doing updates for registered participants with last names that start with letters A thru T for the month of September.** Guidelines for updates are listed below. We ask all registered Center participants, who want to maintain their active status, to update their files with us. Updating of ID cards helps our staff keep records accurately and benefits you in case of an emergency.

Updating is done yearly.



- Updates are only done from **9:30-11:00am or 2-3:30pm Monday thru Friday.**
- Please bring current I.D. cards when updating. You will be getting a new photo I.D. card.
- Lost cards can be replaced once – then a \$1.00 donation per card is requested for any additional lost cards.
- Updates must be done in person and require current proof of residency and emergency contact or cards cannot be updated.
- Please come prepared with doctor's name, medications and any medical info **you want us to have on file.**
- We're sorry but, updates are not done on days when special events are scheduled, check our calendars before coming.

A NIGHT FOR WORKING SENIORS AT THE CENTER

WEDNESDAY, SEPTEMBER 25 FROM 3PM – 7PM

Marlboro Medical Arts Pharmacy will be here to offer vaccines. The Monmouth County Office on Aging and Fulfill will also be on site to offer assistance. Our Caregivers Support Group will meet at 6pm. We will have COVID, Shingles and RSV vaccines.

Call 732-946-1600 to register for your vaccine before.

Join us and bring your loved ones!

NJNG ENERGY ASSISTANCE DAY AT THE SENIOR CENTER

TUESDAY, OCTOBER 1 FROM 10AM – 5PM

New Jersey Natural Gas reps will be at the Center to guide you through eligibility and the application process for energy assistance. Income-eligible households may also qualify for home-energy improvement programs to help manage energy bills.

**OKTOBERFEST LUNCH AT
THE SENIOR CENTER**

FRIDAY, OCTOBER 4 AT 12PM

Enjoy a delicious Oktoberfest lunch created and prepared by Teresa and her kitchen staff. Reservations are required and can be made starting on Friday, September 20 at 9:30. Attendees must be registered to the Center and a Neptune Township resident.

Doors will open at 11:00am.

Breakfast Bar will also be cancelled that day.



**CONGRATS TO OUR
SENIOR CENTER
ART SHOW WINNERS
AND PARTICIPANTS!**

Monmouth County Fair Art Show

1st Place: Ron C.

2nd Place: Helene M.

3rd Place: Sandra F.

Honorable Mention: Linda, A., Elsie B., Marion D., Jim N., Beverly S., and Marilyn S.

Monmouth County Art Show

1st Place Non-Pro: Ron C.

2nd Place Drawing: Linda A.

3rd Place Non-Pro: Helene M.

3rd Place Non-Pro: Sandra F.

Fitness Class Descriptions



Chair Yoga (seated)

Yoga can help harmonize, relax & rejuvenate your body, mind, and emotions. Chair class provides all the benefits of a traditional yoga class without having to get down on the floor! Everyone is encouraged to work at their own pace and ability; all levels of fitness are welcome! **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair unassisted.**

Shaping Up Sitting Down (seated)

A gentle, yet effective full body workout done sitting down. This class includes movement to improve cardiovascular health, increase strength, and improve functional ability. Moves can be scaled up or down to accommodate all fitness levels. **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair unassisted.**

Sit & Fit (seated)

A fun, upbeat chair exercise class that helps improve flexibility and coordination. This class targets improvement of movement in the ankles, knees, hips, and upper body. This class is great for all fitness levels and those looking to get back into exercising. **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair unassisted.**



Balance & Flexibility (seated & standing)

The focus of this class is on gently stretching muscles, building core strength and improving balance and coordination. We will begin our exercise with seated chair stretching & strength movement, followed by standing balance movements. **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair and walk/stand unassisted.**

Tai Chi Chih (seated & standing)

Tai chi is a mind-body exercise that combines movements, meditation, and relaxed breathing. It involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. **For your safety and the safety of others, it is strongly recommended that participants be able to get in and out of chair unassisted.**

Standing Strong (standing)

A full body strength and cardio workout. Lots of movement to raise the heart rate and improve cardiovascular function. Weights are used for strength building exercises. A challenging class recommended for those with a consistent fitness routine. **It is strongly recommended that participants be able to stand and walk unassisted to participate in this class.**



Fitness Facts

All fitness classes are 45 minutes long and are on a first come, first serve basis. We recommend arriving approximately 15 minutes prior to the start of the class you wish to attend. Doors to classes are closed once class session begins.

Classes are a \$4.00 requested donation.

All participants must be residents of Neptune Township, registered to the Center, and have an updated fitness waiver on file. Please update your waiver prior to attending classes.

Closed-toe athletic shoes are required for every class.

Due to the health considerations of others, fragrances are not permitted in classes.



Transportation, Lunch, Programs, and Event Registration

All registrations can be made in-person or by phone between the hours of 9:30-11:00am or 2:00-3:30pm. Reservations for the next day must be made by 11:00am the business day before. You can make reservations for up to two weeks in advance.

Please be mindful of weekends and holidays.

Transportation is offered on a first come, first serve basis to Neptune Township senior residents who are registered at the Center. Transportation is available to & from the Center, local routine medical appointment, shopping (as indicated on our shopping calendar) and personal needs appointments.

For a copy of our full transportation guidelines, please contact Lindsay.

Registration to Center

Registration to the Center is offered on an appointment basis. For info on registering and to schedule an appointment, please contact the Center at 732-988-8855.

Reservations Procedure

Reminder: Reservations for lunch, classes, programs, and transportation will only be taken between 9:30am - 11:00am and/or 2:00pm - 3:30pm. If you request a reservation outside of these times, your reservation will not be taken and you will be asked to contact the Center between those timeframes. **Next day reservations must be made by 11:00am the day before at the latest.** Reservations can be made up to two weeks in advance.





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

**David Pyle - Driver
Patti McCormick - Driver
Robert White - Driver**

Custodial Services

**Ralph Parkman
John Clark**

Dining Services

**Teresa Richard - Manager
Jennifer Nurse - Aide
Carol McDonald - Aide**

Administrative Office

**Michelle A. Swift - Administrative Assistant
Mary DiSpigna - Customer Service 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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