

THE SENIOR BEACON

A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND

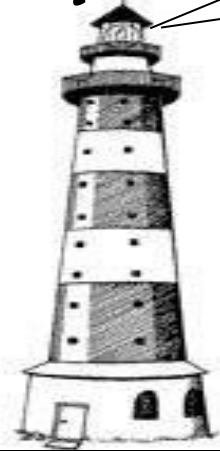
SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753

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732-988-8855

WWW.NEPTUNETOWNSHIP.ORG

APRIL
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

April is here! That month which follows the teasing of March with its changeable weather and small bursts of color on a winter weary panorama to April which paints a canvas of fresh promise in a palette of brilliant, pristine hues.

April, a month magical in its transitions from gritty to grand as new shoots burst forth from the ground stretching upward toward a strengthening sun.

There has always been something special about April for me. It was the month my parents wed. Their anniversary was April 2nd because my mother did want her marriage to be associated with the April Fool! Wise woman was she. It is the month that bids goodbye to the winter's dark, quiet and heralds the blossoms that are Spring. Heavy coats give way to light jackets and then days of shirtsleeves as visions of summer take root in our thoughts and dreams.

It has been said that April is "a gentle reminder that life's transformations are beautiful and inevitable." Transitions, beautiful and inevitable; sounds familiar doesn't it. Often in our lives we face changes and perceive them as frightening. When faced with the unknown human nature is to envision the most catastrophic outcome. For planning, perhaps it is wise to consider what one should do if the worst-case scenario occurs. But is that the only thing we should seek?

Change is inevitable. Like the month of April, we all experience change. Some stormy, some frightening but always inevitable. But some experiences are beautiful, like the rainbow after the April tempest.

If we only seek the worst possible outcome, we may overlook the blessing that is hidden in the answer we receive. The rainbow if you will.

So when that inevitable change occurs, don't dismiss the beauty it may uncover. Don't forget not to only look down in fear; but remember to look up and behold the beauty of the rainbow.

Randy

From the Desk of Robert Lane, Senior Center Liaison



I hope you've been enjoying this especially mild winter.

Spring is here - bring it on!



Also, "Chag Pesach kasher vesame ach" (Wishing you a kosher and joyous Passover!) to all our Jewish neighbors.

You won't want to miss our Neptune Veterans Memorial Park Annual Hometown Hero Dinner Dance on April 20. The dinner dance will be held at American Legion Post 346, 21 Gully Road, from 5 to 9pm. This year two members of Post 346 will be honored. Tickets must be purchased in advance and will not be sold at the door. If you need more information, please contact Randy Bishop or me.

Memorial Day is closer than you think. Save the date for the Neptune Township and Shark River Hills Memorial Day Parades. These annual Memorial Day gatherings honor our fallen soldiers and will be held on May 27th.

You will also want to put this on your calendar as we kick off "Healthier Neptune" Thursday, May 16, 2024, 6pm to 8 PM (with rain date May 17th). Come and enjoy a night in the outdoors with exercise, healthy snacks and fun to be held at Sunshine Village Park.

The old saying is, "April showers, bring May flowers". However, hopefully with all the rain we had in March we're covered and we can hope for a warm and sunny April.



SOUP "SALES" TO CONTINUE



A very special thanks to our Kitchen Manager, Teresa Richard and her staff, for the delicious soups they create. Enjoy their scrumptious homemade "soups to go" and help raise funds for our Trust Fund. We hope we can count on your support.



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 is October 1, 2023 to June 30, 2024. For further info, contact X589. The monthly income limit for 2023-2024 is:
Single - \$3,676.00 and Married - \$4,807.00

**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.



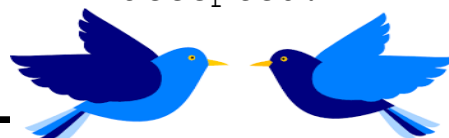
**OUTREACH ASSISTANCE
WITH FULFILL**

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.

**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.

Please note: Applications are due by Tuesday, April 9. Late applications will not be accepted.



**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.



APRIL IS VOLUNTEER RECOGNITION MONTH



Volunteers are a vital part of our Senior Center and community.

Our Senior Center would not be what it is today without the hard work and support of our volunteers. Thank you for all you do for our Center and community. **The Senior Center will be closed on Tuesday, April 23 from 10am-3pm** for our Volunteer Luncheon. We look forward to celebrating the dedication of all of our volunteers. The luncheon is by invitation only. If you have given at least 20 hours of volunteer time in 2023 and did not receive an invitation, please see a staff member.

FITNESS CLASS UPDATE!

- Chair Yoga at 9am on Tuesdays is now Standing Strong (10am Chair Yoga remains)
- Line Dancing Basics has moved from Friday to Thursdays at 11am
- Balance & Flexibility has been added to Fridays at 10am
- Shaping Up has moved from 10am on Fridays to 11am

Please check out our updated fitness calendar page.



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



NEPTUNE LIBRARY OFFERS INCOME TAX COUNSELING

Tax assistance (provided by AARP) is available at the Neptune Township Library on Wednesdays and Thursdays from 9am-1pm. **No appointment needed.** The Center will provide transportation for Township Seniors if it is available. Call X586 for transportation reservations.



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!



"UNDERTANDING YOUR BLOOD PRESSURE"



PRESENTED BY

GEORGIAN COURT UNIVERSITY NURSING STUDENTS

THURSDAY, APRIL 4 AT 11AM

Learn what your numbers mean and how to better manage your blood pressure. Blood pressure screenings will be offered after the presentation.

"THE NURSE IS IN"

TUESDAY, APRIL 9

FROM 9:30AM – 11:00AM

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



"UNDERSTANDING MEMORY LOSS"

PRESENTED BY

HACKENSACK MERIDIAN HEALTH

TUESDAY, APRIL 9 AT 10AM

Join Robert G. Stern, MD and learn the difference between normal and abnormal memory loss vs. Alzheimer's disease. You will also learn tips to help keep your mind sharp. Memory screenings will be available 30 minutes before and after the program.

A NIGHT FOR WORKING SENIORS!

WEDNESDAY, APRIL 17

FROM 2-7PM

AT THE SENIOR CENTER

The Monmouth County Office on Aging and Fulfill will be here to offer assistance. Our Caregivers Support Group will meet at 6pm. We will have COVID, Shingles and RSV vaccines from 2-6pm. **If you'd like to receive the RSV vaccine, you must first call 732-946-1600 and choose option 3 to review your eligibility**

and insurance. Join us

and bring your loved ones!



ATTENTION FOREVER YOUNG MEMBERS!

Forever Young meets the second and fourth Thursday of the month. They will have their general meeting on April 11 at 1pm and a lunch share on April 25 at 1pm. Reservations are required for the lunch share. Our women's "Forever Young" club is open to anyone interested in joining. Contact X587 for further info.



NEXT BREAKFAST EDITION OF "WHAT'S THE SCOOP?"



PRESENTED BY MARCY MCGINNIS



FEATURING GINA LAPLACA,

NEPTUNE TOWNSHIP BUSINESS ADMINISTRATOR

FRIDAY, APRIL 26 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 are required. Seating is limited.

Reservations begin Thursday, April 11 at 9:30am.

Regular lunch is cancelled that day.

UPDATE YOUR SENIOR CENTER I.D. CARDS FOR 2024

All Senior Center participants are asked to update their Senior Center identification cards for 2024. ID updates start April 1.

We will only be doing updates for registered participants with last names that start with letters A thru E for the month of April. Guidelines for updates are listed below. We ask all reg-

istered 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.

MAY IS OLDER AMERICANS MONTH

CELEBRATE WITH US

THIS YEAR'S THEME IS

"POWERED BY CONNECTION"

KEEP AN EYE OUT FOR SPECIAL PROGRAMS

DON'T MISS OUT!



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



WEDNESDAY, MAY 1 OR WEDNESDAY, MAY 8



(PLEASE CHOOSE ONE DATE ONLY)

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

BUS LEAVES THE CENTER PROMPTLY AT 11:30AM.

Enjoy a delicious buffet lunch prepared by students of the Education Center. Cost is \$16 per person to be paid at the time of reservation. Cash only. Exact change required. Reservations must be made in person beginning Wednesday, April 17 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.

**FREE RABIES CLINIC
FOR DOGS AND CATS**



SATURDAY, MAY 4

FROM 9AM-11AM

**PUBLIC WORKS DEPARTMENT
ON HECK AVE.**

Pets must be leashed. Dog license renewals accepted. Please bring renewal letter and payment. For info call 732-775-8797.

**HOMEBOUND MEAL DELIVERY
VOLUNTEERS**

We have an urgent need for volunteers who are willing to donate one hour per week to deliver homebound meals to seniors in our community. You must have your own transportation. If you can help, please call X588.



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 Class Descriptions



Line Dancing Basics (standing)

Learn the basic steps and simple line dances in this beginner class. This is an introductory class to new dancers. **It is strongly recommended that participants be able to stand and walk unassisted to participate in this class.**

Line Dancing (standing)

Hit the dance floor while getting a cardio exercise! Line Dancing is a fun way to get your steps in while learning country and party line dances. This class is a great way to exercise your mind and body! **It is strongly recommended that participants be able to stand or 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.

**APRIL
2024**



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

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

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