

THE SENIOR BEACON

MAY 2024

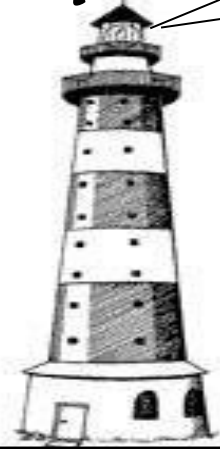
A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND

SENIOR CENTER

1607 CORLIES AVENUE
NEPTUNE, NJ 07753

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WWW.NEPTUNETOWNSHIP.ORG



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HEADLINE NEWS



The gateway to summer, May. Beautiful weather, anticipation of beach days, cook outs and honoring special people to our nation and our lives.

This great nation has always depended on women and men who answer the call in peace and war to preserve the freedoms and ideals which make this nation a "Shining City on the Hill." The third Saturday we set aside to honor those currently in service during these uncertain times. We all know how those serving sacrifice family, time and future to protect us and our interests around the globe.



Some even sacrifice their lives.



Which brings us to Memorial Day. I wish we would return to Memorial Day of old when veterans marched into the town square, resounding patriotic music from high school bands and the haunting strains of taps as we stop to remember those who gave their lives. Forgive me, but I have always imagined heavenly legions composed of young women and men who yielded their lives, now made whole.

Their youth now eternal in glory of their sacrifice.

While a day off is great, the "unofficial" beginning of summer a treat and the gatherings for picnics and cookouts with friends and family is fun – we must hold close the real purpose. Recognizing and remembering those whose gift was their very life.



Finally, Mother's Day. I reflect on my mother; her struggles, tenacity and stubbornness (not unlike her youngest). What I cherish most is her support and unconditional love for her family, never wavering even in her last moments and living today in my heart. Here's to those other heroes who gave their all, the best they had to give; mothers who bore us and mothers by blood or choice who molded us.

It is also Older Americans Month. Be proud of who you are, your accomplishments and what you have to offer. Age has not conquered you; it has given you a special place in what you mean to others and your community.

So, this month celebrate and honor others and yourself.

Randy



**ALL MUNICIPAL OFFICES & SENIOR CENTER WILL
BE CLOSED ON MONDAY, MAY 27 IN
OBSERVANCE OF MEMORIAL DAY**




MEMORIAL DAY



REMEMBER & HONOR


From the Desk of Robert Lane, Senior Center Liaison

*First, I wish all the mothers and caregivers a very special Mother's Day this year. I believe Mothers
 have the wisdom and strength to help shape us.*

Pets are great companions. For anyone who has a pet we will be holding our rabies vaccination clinic May 4th from 9am to 11am at the Public Works yard located at 2201 Heck Ave.

Come join us as we work for a Healthier Neptune, Thursday, May 16th from 6pm to 8pm at Sunshine Village Park. There will be group exercises, healthy snacks, and fun.

Bring your kids or grandkids to the annual "Hooked on Fishing not Drugs" at the Hamilton Fire Company Pond from 9am to 12pm rain or shine. Poles will be provided.

Save the date for the fourth Annual Juneteenth Celebration on June 15th at 10am at Town Hall. The ceremony will be followed by a short parade to Midtown Commons Park. At the park enjoy health screenings, food, games, and much more. 

Thanks to all who supported our "Hometown Hero Banners Program." The banners will be going up shortly before Memorial Day, ready for our annual parade.

As we commemorate Memorial Day, let us remember it's not just an extended weekend. The Memorial Day holiday is to honor the men and women who died while serving our Country. We here in Neptune will be honoring those who died in service to their country with our annual parade in Shark River Hills at 9am. Followed by the parade from Town Hall to Ocean Grove stopping at the World War I and World War II monuments for a brief service then continuing into Ocean Grove outside the Great Auditorium for the final service.

Till next month, stay safe.



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.

**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.

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





NEPTUNE TOWNSHIP SUMMER HOURS



Effective on Friday, May 10, Neptune Township Municipal Offices and the Senior Center will be closing at 1pm on every Friday thru the Summer. Congregate lunch will be served at 11am on Fridays ONLY and cards and games on Friday afternoons will be moved to 10am. If you have any questions, call X587.

ATTENTION FOREVER YOUNG MEMBERS!

Forever Young meets the second and fourth Thursday of the month. They will have a private farewell party for Forever Young members only at the Center on May 9 at 1pm and their regular business meeting on May 23 at 1pm. Our women's "Forever Young" club is open to anyone interested in joining. Contact X587 for info.

EARLY PRIMARY VOTING AT THE SENIOR CENTER

Neptune Senior Center will again host Early Primary Voting from May 29 to June 2. Hours are Wednesday through Saturday from 10am to 8pm and Sunday hours are 10am to 6pm for all Monmouth County residents. There is **no** early voting on Monday, June 3 and on Primary Day, Tuesday, June 4 you will vote at your regular Polling Location as shown on your sample ballot. Fitness classes will be cancelled on those days.



CONSTITUENT SERVICES

FAIR

WEDNESDAY, MAY 22

FROM 2-7PM

This month, our "Night for Working Seniors" will be a Constituents Services fair. Representatives from Federal State, State, County and Local offices will be on hand with info and to answer those questions you can't get to during the day. Open to all seniors and residents of Monmouth County. Watch the Township website for more info.



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!



MAY IS OLDER AMERICANS MONTH



The theme for 2024 is "Powered by Connection", which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.



Come celebrate with us!

NEPTUNE HIGH SCHOOL SCARLET SOUND PERFORMANCE

THURSDAY, MAY 2 AT 12:30PM

AT THE SENIOR CENTER

Neptune High School's award-winning A Cappella Group will perform for us after lunch is served. Come for lunch and stay for their magnificent show. Don't miss it!

"FALL PREVENTION" PRESENTED BY HACKENSACK MERIDIAN HEALTH

MONDAY, MAY 6 AT 11AM

Hackensack Meridian Health's Rehabilitation Services will present information on how you can prevent falls and the benefits of exercise among older adults.

"THE NURSE IS IN"

TUESDAY, MAY 14

FROM 9:30AM – 11:00AM

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



SENIOR CENTER HEALTH FAIR

THURSDAY, MAY 30

FROM 10AM – 1PM

Join us for a fun and information filled Health Fair in collaboration with Hackensack Meridian Health and many other community partners. Grab & Go picnic lunch will be available by reservation only. Blood pressure screenings, Pulse, Body Mass Index (BMI), Total Cholesterol, Glucose, and Stroke Risk Assessments will be provided.

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. Call X587 to sign up.



FLORAL CRAFT WORKSHOP

WITH TENA

TUESDAY, MAY 21 AT 1PM

Learn how to use pool noodles as a base to make your own beautiful wreaths and other various faux floral arrangements. Registration required. Registrations begin on Tuesday, May 7 at 9:30am.



"WHAT'S THE SCOOP?"

PRESENTED BY

MARCY MCGINNIS



FEATURING LINDA ALSTON

FRIDAY, MAY 24 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, May 10 at 9:30am.

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 I for the month of May.** 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.



MANASQUAN RESEVOIR TRIP

MONDAY, JUNE 17 AT 11AM



Enjoy the gorgeous scenery of the reservoir while on a pontoon boat tour learning about wildlife and how it serves as a home for different types of beautiful creatures such as turtles, egrets, herons, ospreys, and bald eagles. Reservations are required and must be made in person. You can reserve for yourself and one other person. All attendees must be current registered Senior Center members. Reservations begin on Thursday, May 16 at 9:30am. The cost of the trip and lunch is \$11.00 (the cost of trip and a boxed lunch to enjoy in the picnic area) and is due at registration. Exact change is required. Cash only. There is a strict refund policy. The bus will depart the Center promptly at 10:00am that day.



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.



VOLUNTEERS NEEDED AT THE SENIOR CENTER



Homebound Meal Delivery - We have a need for volunteers who are willing to donate one hour per week to deliver homebound meals at 11am to seniors in our community. You must have your own transportation.

Kitchen Volunteers - We need a few good volunteers who enjoy working with people, and food, to help in our kitchen and continental Breakfast Bar.

Lunch Reservation Volunteers - We are in need of people to help with checking meal participants with reservations signed in for lunch.

Front Desk Volunteers - We are looking for people who can greet people as they come in the Center and help with checking people in to get the proper assistance.

If you can help, please call X589.

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) - ON HOLD

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) - ON HOLD

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.

MAY 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

And an Army of Dedicated Volunteers!

RETURN SERVICE REQUESTED

TOWNSHIP OF NEPTUNE
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AND SENIOR CENTER
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