

South Brunswick Beacon Senior Newsletter April 2017

The Senior Center is open to South Brunswick Residents 55+ Only

Hours: Monday - Friday 8:30am - 4:30pm. Sundays-1:00pm-4:00pm (offices closed on Sundays). **Closed** Friday, April 14 & Sunday, April 16.

Phone #: 732-329-4000 x7670 -- 732-438-0918 (rotary phones)

Website: www.southbrunswicknj.gov (Click Departments, then Sr Ctr)

Email: Christine Wildemuth, Director cwildemu@sbtnj.net

Membership: FREE---Tuesdays or Fridays from 9:30am-12:30pm

Fill out a membership form or print form from our website. Proof of age (55+) and South Brunswick residency **REQUIRED**.

Meals: We are a congregate meal site for Middlesex County. For a delicious hot meal, call Karen at 732-329-6171. Lunch served at 11:30am, Monday to Friday, must be 60+. Please call by noon one day ahead for reservations. Vegetarian options are available. Suggested donation: \$2.25 per meal.

Meals on Wheels: Suggested donation: \$2.75.

Transportation Dept. (now located at the senior center): Bus pass required (\$.50 each way). Reservations **MUST** be made by 3:45pm for next day, week, month, or ride home. To cancel "Same Day Service" call **(732)-329-4000 x7363** by 8:30am. Leave a message, provide name, address, phone number, and reason for call. Wheelchair accessible buses.

- **Exercise Run:** arrives by 9:15am (for those in classes prior to 10:30)
- **Cheers Run:** arrives by 10:45am
- **Afternoon Buses Depart Center:** 1:30pm and 3:00pm
- **Errand Run** – Thursdays (banks, Amish Market, CVS, post office, pharmacies along Rt. 27 from Finnegans Lane to Kingston).
- **Apna Bazaar** (1st & 3rd Mondays of the month).
- **Food Shopping- Stop & Shop** Monday 10:30am - Dayton S&S (for homes south of RT 1), Tuesdays – S&S (for Oakwoods & Charleston Place -10:30am), Thursdays - 10:30am – Errand Run (along Rt. 27, Amish Market, banks, etc.), Fridays 10:30am - S&S RT 27 (homes No. of RT 1).
- **Library Shuttle** - Every Wednesday (10:30am – Noon, runs every 30 minutes). *** **NEW-Tuesdays LUNCH** (see transportation section in newsletter).

Program Highlights



Computer Help Desk , Thurs. April 6,13,20,27 - 10:45am-Noon, Computer Room. Stop by and get tech help with your phone, laptop, tablet, or other computer device from our SB Library librarians.

Spring Bingo – Monday, April 3 - 12:30pm, Aud. 1 Thanks to Atrium Health and Senior Living for sponsoring this event. Atrium has a history of providing premier health care for residents. **FREE!**

Walk with Wanda – Tuesdays, April 4 & 18 -11:00am-11:30am. Spring is here! Let's enjoy nature right in our backyard! Meet Wanda for a few laps around Reichler Park.

Low –Vision Monthly Support Group – Friday, April 7 - 10:30am, Art Room We welcome Susan Vanino, MSW from The NJ Commission for the Blind and Visually Impaired. She will discuss 'The Emotional Stages of Vision Loss'. Call Caryl to attend.



"Earth Day" Jeopardy – Monday, April 10 - 12:30, Aud. 1. In honor of "Earth Day" all questions will be about the earth and nature! Work as part of a team. Lots of laughs and fun!

The Art Lee Project – FREE – Tuesday, April 11 - 12:30, Art Room – "Environmental art in recognition of Earth Day!" Let your creativity/artistry flow as we remember our importance as environmental stewards, protectors, and sustainers of our world. Create a birdfeeder using recycled materials, OR make a "river rock" coaster. We'll have fun. All materials provided. Limited to 15 students – must sign up by April 4.



Program Highlights



Ted Talks - short, powerful video talks followed by discussion. **April 5 - 12:30pm** – James Hansen, “Why I must speak out about climate change.” With comments from our senior center member and scientist Ruth Reisberg.

April 26 - 10:45am – Hans and Ola Rosling – “How not to be ignorant about the world.”

The Price is Right Game – Monday, April 17 -12:30pm, Aud. 1

“Come on Down!” Join Tom Horanoff, from SYNERGY Home Care. Everyone gets a chance to play and win great prizes. SYNERGY Home Care is a provider of in-home care services (errands, meal preparation, companionship, personal care and respite care).



“Herbs for Elders”–Wednesday, April 19 - 12:30pm, Aud. 1.

Due to the popularity of Introduction to Herbs, Cindy Scribner returns! Since elders’ systems are often more sensitive than those of younger adults, in general, the herbs that we use, their frequency of use, and how much of the herbs we use, may need to change. We’ll talk about how a highly effective health care regimen can be developed.

“A Senior That I LOVE” Essay Contest, Recognition Ceremony

– Thursday, April 20 -12:30pm, Aud. 1. Second grade students wrote heartwarming stories about a special senior in their life! Our seniors judged the entries. Please support our young winners and listen to these touching essays.

Welcome Back Maurice! Friday, April 21 -12:30pm, Aud. 1

Maurice features artist Edvard Munch, a Norwegian born, expressionist painter and printer.

Annual Fraud & Scam Prevention Lecture, Monday, April 24 - 12:30pm, Aud. 1

Scam artists relentlessly prey on seniors, and those who live alone, because seniors tend to be too trusting, and often do not have anyone watching over their finances. Don’t be a victim. Presented by SB Community Policing.

Program Highlights



Monthly Birthday Lunch – Tuesday, April 25 - 11:00am Is this your birthday month? Trivia and cake! Sign up by April 18.

Living Legacy’s – Thursday, April 27 - 12:15pm, Aud. 1

Please join the SB High School students as they present monologues reflecting the lives of township residents who have made an impact in South Brunswick. This is a very special intergenerational program not to be missed! Sign up by April 13.

AARP Safe Driving Course, Friday, April 28 - 9:00am - 3:00pm.

Rules of the road, defensive driving, manage age related changes in vision, and reaction time. May be eligible to receive a discount on car insurance.. AARP members (\$15), non AARP members (\$20). CHECK to AARP, lunch (11:30). Sign-up by April 19.

Need a non-driver identification card/Government issued photo ID?

Sign our interest sheet in the office. When there are enough riders, we will set a date and Transportation will be provided. Cost for ID \$24 and bring your 6 Points of ID.



SENIOR CHORUS – Are you interested in joining a senior chorus? Sign the interest sheet at the Main Office! Instructor led. Rehearsals and performances.



George Street Playhouse Discount Tickets

Discount tickets are available for SB Senior Center members and one guest. Call Jaci D’Ulisse, (732) 846-2895 ext. 134. Tue., Wed., and Thurs. 8:00pm shows are \$16. Curvy Widow (May 2- 21).

Donations – Thank you to Kalpana Bapat. We graciously accept monetary donations (designated for senior center use). Checks payable to the SB Senior Center. “Tribute Cards” are available (\$15) for pack of ten. Donations are tax deductible.

*****SPECIAL TRIPS*****

****Registration Forms/Flyers in Lobby (Lucite holders)**

Thursday, April 13 – The Grape Escape – See office.

Friday, May 12 – “SB Then & Now” Bus Tour – See office.

Tuesday, June 6 – Philadelphia Museum of Art

Docent led tour of the PA Museum of Art, one of the largest and most renowned museums in the country! COST:\$26, plus \$5(CASH) refundable bus fee. Registration opens: April 3, 10:45am

LOCAL TRIPS - Have a bus pass? For information or to schedule a ride call 732-329-4000 x7363 or **stop by the new Transportation Office at the Senior Center.**



April 4, 11:00am–Dayton Diner)

April 5, 10:30am–Quaker Bridge Mall

April 12, 10:30 am–Walmart, No. Brunswick

April 18, 11:00am–(Moghul Darbar Restaurant)

April 19, 10:30am–Target/Michaels/Wegmans

April 26, 10:30am–East Brunswick Mall



Fences –Thursday, April 6, 12:30pm, (PG 13 – 1:52, Drama). Troy never got into the Majors, a Negro baseball team because of his age. Life in 1950s Pittsburg is full of struggles at work and at home. Starring: Denzel Washington, Viola Davis

BOLLYWOOD Movie – Tuesday, April 11, 12:30pm, TBA.

Fantastic Beasts – Tuesday, April 25, 12:30pm, (PG 13 – 2:12, Fantasy/Action). In the wizarding world of 1926 something mysterious is leaving a path of destruction in the streets and threatening to expose the wizarding community.

Starring: Eddie Redmayne

WANT TO USE OUR GYM OR ATTEND CLASSES?

- ✓ Fill out 3 REQUIRED medical forms, one to be filled out by your doctor.
- ✓ **Personal Training session with Liz required before gym use** – Mon. April 3 (10:00-noon) or April 17 (11:30-1:30). 15 minute sessions.
- ✓ **Personal Training with David-** Tuesdays 12:30-3:00pm. See David for questions or set up a workout routine. **Must have medical forms on file and have already trained with Liz.**

Sign up 2 weeks prior to class start. Fees non refundable

NEW

Ageless Grace with Roz – Tues. 12:30-1:15pm, **May 16-June 27**, **Special Introductory Price: \$12**. Brain-based anti-aging exercises use creativity/imagination, memory/recall and analytical thinking. Program done in a chair. Exercise your mind and body! Great for joint mobility, spinal flexibility, right-left brain coordination, balance, confidence!

Art Class – Mon. 1:30-3:00pm, **April 3-June 5**, \$30.

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mon. 1:45pm. Light weights, balls & bands from a chair. **March 27-May 22**, \$32

Chair Yoga – Tues. 10:30am. **May 9 – June 27**, \$25.

Drawing – Wed. 1:30pm, **May 3 – June 21**, \$28

Get Fit –Thurs. 1:45pm. Cardio & strength. **April 27 –June 15**, \$32

Mindful Meditation – Wed. 10:45am, **May 3 – June 28**, \$30

Pilates – Tues. 9:15am. Bring your own ball. **May 2 – June 20**, \$25

Sculpting with Weights – Wed. 12:30pm. **May 3 – June 21**, \$28

NEW

Sign Language – Mon., June 5-July 24 @ 10:45am. A great exercise for keeping the brain fit and excellent for finger dexterity. Learn the alphabet and easy phrases. Rose, is an experienced interpreter and has even signed for a president. FREE-\$5 refundable deposit required. Limited enrollment. Sign up now!

Tai Chi –Thurs. 9:15am, **April 27 – June 15**, \$35



Tap Dance – Tues. 1:15pm. Bring tap shoes. **May 9 – June 27**, \$32

Yoga – Thurs. 10:30am, **April 27-June 15**, \$32 Bring your own mat.

Zumba – Fri. 1:15pm. **May 5-June 23**, \$28

*****We are looking for a new teacher for Ballroom and Line Dance*****



Living With COPD

Breathe in. Breathe out. It sounds simple, but for the millions of people suffering from chronic obstructive pulmonary disease (COPD) the ability to take a full breath is not so easy.

“If you have trouble breathing, talk to your physician. While COPD cannot be cured, once diagnosed it can be treated so you can breathe easier,” says Joseph A. DeBlasio, Jr., M.D., a member of the medical staff at University Medical Center of Princeton (UMCP), specializing in internal medicine.

Chronic obstructive pulmonary disease is an inflammatory lung disease that obstructs airflow out of the lungs and is a term that includes chronic bronchitis, emphysema or a combination of the two.

A progressive disease, COPD typically develops slowly with symptoms worsening over time. Common symptoms of COPD include: an ongoing cough or a cough that produces a lot of mucus (often called smoker’s cough), shortness of breath (especially with physical activity), wheezing, and chest tightness.

If you experience symptoms of COPD or notice that you are changing your lifestyle to make breathing easier, see your doctor for an evaluation.

In addition to affecting your quality of life, COPD puts you at greater risk for the flu and pneumonia, both of which can cause a worsening of COPD symptoms.

If COPD is diagnosed, there is a range of treatment options to help manage symptoms and maintain quality of life. Millions of people are living with COPD. If you have trouble breathing, talk to your doctor. Treatment can help manage your symptoms and enhance your quality of life.

To find a physician with Princeton HealthCare System, call (888) 742-7496 or visit www.princetonhcs.org.

FREE CPR CLASS - Monday, April 3, - 10:30am-11:30am

Registration is required for all classes. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for CPR classes, unless otherwise noted. Participants who are more than 15 minutes late will need to reschedule for another PCR course held by Princeton HealthCare System. The Family & Friends CPR program teaches you how to perform CPR on adults, children or infants, and how to help an adult, child or infant who is choking. An infant is defined as a child 1 year of age or younger. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

When to Call 911 – Thursday, April 13, - 10:45am-11:45am

When an emergency strikes, knowing the basics of when to call 911 is essential. Whether it's an accidental injury or sudden chest pains, do you know when to call 911? Join Barbara Vaning, MHA, EMT Instructor at Princeton HealthCare System, for this interactive, educational lecture designed to teach you when to call for help. Topics include: What constitutes an emergency, what you need to tell the emergency dispatcher when you call, what to do if you cannot talk, what you can do while waiting for help to arrive

All About Joint Replacement – Wednesday, April 26, -

10:30am-11:30am. Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Victoria Ribsam, RN, BSN, ONC, Orthopedic Patient Navigator, for a discussion on how to know when it's time for a joint replacement, what is involved and the services available at UMCP, including the Jim Craigie Center for Joint Replacement.



Blood Pressure Screening
Tuesday, April 18-10:00 am – NOON. FREE

From the Desk of Marie Brown

Outreach/Program Coordinator
ext. 7676 Email: mbrown@sbtnj.net

The Property Tax Reimbursement Program- reimburses eligible senior citizens and disabled persons for property tax increases. The amount of the reimbursement is the difference between the amount of property taxes that were due and paid for the "base year" (the first year that you met all the eligibility requirements) and the amount due and paid for the current year for which you are applying for the reimbursement, provided the amount paid for the current year was greater.

You must meet all the eligibility requirements for the base year and for each succeeding year, up to and including the current year to qualify for the reimbursement.

Residents who receive homestead benefits and/or property tax credits or deductions may also receive the property tax reimbursement if they meet the eligibility requirements.

You may be eligible for a reimbursement of the difference between the amount of property taxes you paid for the base year (the year you first became eligible) and the amount paid for the year for which you are applying for a reimbursement if you met **all** the following requirements:

1. For 2015 and 2016, You must have been age 65 or older or receiving Federal Social Security disability benefits; **and**
2. You have lived in New Jersey continuously since December 31, 2005, as either a homeowner or a renter; **and**
3. You have owned and lived in your home (or have leased a site in a mobile home park on which you have placed a manufactured or mobile home that you own) since December 31, 2012 or earlier **and**
4. You have paid the full amount of property taxes or (site fees paid if you are a mobile home owner) that were due on your home for 2015 and 2016 by June 1st of 2015 and June 1, 2016: **and**
5. You meet the [income limits](#) for the base year and for each succeeding year, up to and including the year for which you are claiming the reimbursement.
6. For 2015:\$87,007 or less **and** For 2016:\$87,007 or less. These limits apply regardless of martial/civil union status.

Eligible applicants must file the 2016 Property Tax Reimbursement Application on or before **June 1, 2017**. *****For more info. see Marie.**

From the Desk of Caryl Greenberg

Social Worker, MSW LSW - ext. 7212 Email: cgreenbe@sbtnj.net

Seniors and Driving

'I only drive locally and I never drive at night.' Sound familiar? Give yourself kudos if it is because you have insight regarding your driving limitations. No one says aging is easy, but what is the alternative? Having to think about ones future independence is more than a practical matter. The emotional impact of having to count on others and not having the ability to come and go as one pleases is beyond words. How and when do you decide you need to give up driving completely? There are no simple answers to this question. Age is not necessarily the issue; 'are you driving safely' is the million dollar question. According to experts, older drivers are good drivers. They have a lifetime of experience and often self-regulate by limiting driving in bad weather, at night and in heavy traffic. But as people age, vision, mental speed and physical abilities often decline and that can affect things like driving reaction time, night and peripheral vision, complex decision making and concentration.

Here are some early warning signs to consider should you want to think about yourself or someone else's ability to drive safely:

Are you having problems finding your way on unfamiliar streets, obeying traffic signs or reacting to traffic? Are there unexplained dents in the car or are you receiving traffic tickets and/or warnings? Is there a loss of muscle strength? Do you have pain of age related conditions creating a decrease in range of motion? Any one of these alone might not mean anything but, if you find a pattern it should raise a red flag. Incidentally, there are assistive devices that need a prescription from your doctor that might make driving easier and safer. For example, for someone who has a difficult time turning the steering wheel, a steering wheel knob is available to act as a lever to amplify rotational force exerted by the driver. There are also grippers to assist when someone can't strongly grip the steering wheel. These devices as well as others might help to extend years of safe driving and accessing these devices is easier than you might think!

****Save the DATE**Tuesday, May 9 -10:30am**
Veterans Outreach Forum

Club News

Senior Advisory Council – a 13 member board appointed by the Mayor and Township Council who discuss issues that affect the senior center. Everyone is welcomed. Township Liaison: Councilman Charlie Carley.

SAC Chairman: Don Bergman. **Meeting: Thursday, April 6 - 10:30am.**

FRIENDS – Friends is a charitable non-profit organization who raise funds to promote, support and supplement Senior Center activities as well as improve the lives of seniors. They sponsor cultural events, shows, and lectures and purchase items for our senior center. Dues: \$3.00/year (resident seniors), \$5.00 (non-residents and non-seniors). See office or website for membership forms.

President: Don Bergman, Vice-Presidents: Muthu Subramanian & Marvin Schlaffer

Meeting: Friday, April 7 - 10:30am, followed by FRIENDS bingo.

South Brunswick Senior Social Club – Members needed! Dues: \$10.00.

Meeting: Tuesdays, April 4 & 18 - 1:00pm. Brief business meetings, make friends, refreshments, bingo, trips. President: Lillian Donovan(908)307-6422.

The Golden Age Club – bring together & promote the welfare of seniors through fun trips and parties. Dues are \$10.00. **Meeting: Wednesdays, April 12 & 26, - 1:00pm.** President: Gloria Zimmerman, 732-355-1860.

Billiards Club –All welcomed to play daily. Tournaments are played home and away. Pool club membership is required for tournaments. President: Lewis Gould and Captain Lou Mazza. **Meeting: April 5 - 11:00am, Aud. 1. Home Game: Thursday, April 27, SB versus So. Plainfield at SB Senior Center**

Bridge Group - Friendly Duplicate tournaments are played 1st & 3rd Wednesdays of the month. **Tournaments will start again on April 19, 2017.** Daily bridge play in Aud. 2

Knit and Crochet Club – The Knitting and Crochet Club supports those less fortunate and in crisis. **Wednesdays at 9:30am to 11:00am.** Yarn Donations Please! Newcomers are welcomed!

Badminton Friendly play every Tuesday and Wednesday. See Wellness Center calendar for times. Just stop by the gym to play. Equipment provided.

Ping Pong – play with others on **Mondays, Wednesdays, and Fridays - (3:00 – 4:15pm).** OPEN Play Daily!

Staff Directory

To reach our staff members call (732) 329-4000, followed by their extension. After hours leave a voicemail.

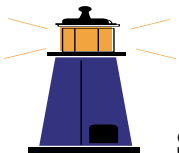
Extensions

Christine Wildemuth, Director, Office on Aging.....x7682
Caryl Greenberg, Social Workerx7212
Wanda Garrin, Program Coordinator.....x7675
Marie Brown, Program Coordinator (Benefits).....x7676
Jackie Johnson, Administrative Secretary.....x7677
Jasmine Aynilian, Main Office, Secretaryx7670
Steve Aker, Custodian.....x7350
After Hours/Weather Updatex7670
Transportation.....x7363

Meals on Wheels & Daily Meal Program:

Karen Delikat (732) 329-6171 or Karen Lahrman, Driver

Princeton HealthCare System.....(609) 497-2230



South Brunswick Office On Aging

540 Ridge Road
Monmouth Junction, NJ 08852