

# New Providence Senior Citizens Newsletter

## “Good things happen here!”



JULY 2020



Vol. 20, No. 6

### COORDINATOR'S CORNER

“These are serious times. However, don't underestimate the power of laughter to help us through.” ~ Charles F. Glassman

One of the things that I talked about with a lot of seniors is...hair-haircut, hair color, perms...all of it. Here is my good news: I finally got my haircut!!! In case you didn't hear, hair salons were able to reopen on June 22<sup>nd</sup>, so call for your appointments ☺

If you have any news to share or information to pass along, please give us a call at the Center (908-665-0046). I have learned many tips from several seniors, so anything we can share, we would like to share. We all need good news along with information.

As of this printing, we still do NOT know when the Center will reopen. When we do, things will look different (see page 3). However, we still have activities you can participate in.

- We have been offering, and will continue to offer, exercise classes via Zoom. *We have even added one this month—Exercises for Arthritis taught by Myriam.* You must register for these classes at least two days in advance via email [Decorsocenter@newprov.org](mailto:Decorsocenter@newprov.org).
  - Monday, Chair Yoga at 11am
  - Tuesday, Balance and Conditioning at 9:45am
  - Tuesday, Tai Chi at 1pm
  - Thursday, Strong YOU! At 9:30am
  - **Thursday, Exercises for Arthritis at 11am – NEW!**
  - Friday, Zumba at 9:00am
- We are also hosting Zoom speakers and/or sharing information on speakers via Zoom (see page 2).
- Don't forget our Call-In Bingo game on Friday at 11am. Call the Center for information.

If anyone is interested in a “Coffee and Chat” via Zoom, please email the center at [Decorsocenter@newprov.org](mailto:Decorsocenter@newprov.org). It would be on a Wednesday at 11am. We want to offer people a way to connect, so if there is interest, we will give it a try!

And finally, the Center is **CLOSED** (we won't be here and there are **NO activities**) on July 3<sup>rd</sup> in observance of the 4<sup>th</sup> of July!

### NP Senior Citizens Club

*An organization dedicated to providing social & enriching activities & events for New Providence residents 55 years and beyond.*

#### Trustees

Chair: Bert Abbazia  
Vice-Chair: Grace Parlapiano  
Secretary: Bette Schmitt  
Trustees: Kathy Hendrickson, Barbara Koslap, Sal Ligammari, Peggy Macneal, Joe Masino, Tina Morielli, Christine Napolitano, Bill Wehrle

#### Club Officers

President: Peggy Brodeur  
Vice President: Bill Wehrle  
Treasurer: Sal Ligammari  
1<sup>st</sup> Treasurer: Delores Felezolla  
2<sup>nd</sup> Treasurer: Lidia Astapova  
Sergeants-at-Arms: Don Kern, Mike Ferlise

*Contact these members with any questions regarding your club.*

Newsletter Editor: Barbara Koslap--  
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#### DeCorso Community Center

15 East Fourth St.  
New Providence, NJ 07974  
908-665-0046  
[www.newprov.org/seniors](http://www.newprov.org/seniors)

#### Hours

Monday-Friday: 9:30am - 2:30pm

#### Center Co-Coordinators

Therese Dalton  
Michelle Zack

#### Public Health Nurse

Jenn Aranda, 908-743-1049

#### Bus Service

ShopRite – Tuesday mornings.  
Please call on Mondays to reserve your spot.

### ED LIEDER SCHOLARSHIP

Olivia Torsiello is the recipient of this year's Edward H. Lieder Student/Athlete Scholarship Award. The NPSCC Board of Trustees chose Olivia from a pool of applicants who had at least a 3.7 GPA, 4 years of varsity athletic experience and who volunteered with senior citizens in town. Olivia excelled in each of these areas. She will attend the University of Delaware in Newark, Delaware. Congratulations Olivia!

### VIRTUAL PROGRAM ON EFFECTIVE DOCTOR VISITS

We are going to offer a virtual ZOOM program on "Effective Doctor Visits" on Wednesday, July 15 at 11:00 a.m., featuring a speaker from Horizon Blue Cross Blue Shield. The program will focus on tips for preparing for a doctor's visit to ensure that your questions and concerns can be addressed, and that the visit is as efficient and effective as possible. The speaker will also discuss which kinds of doctor visits might be done virtually.

If you haven't had a chance to "zoom" during this quarantine, it's time to give it a try – it's pretty easy! If you would like to listen/participate, please send an email to [Decorsocenter@newprov.org](mailto:Decorsocenter@newprov.org) by Monday, July 13. We will e-mail Zoom instructions including the link/passcode to all participants in advance. Hope to "see" you there!

### NEW VITALITY VIRTUAL PROGRAMS

New Vitality is a FREE health and wellness program offered through Atlantic Health System for adults 65 and older who become members. It offers classes on health education, nutrition, exercise, and life enrichment, and has provided speakers for past NPSCC Wednesday meetings. Due to current circumstances, New Vitality is offering programs via Zoom. Most programs are offered at no cost, while a select few are offered for a small fee. **Registration is required for all events.** Call 1-844-472-8499 or visit [www.atlantichealth.org/newvitality](http://www.atlantichealth.org/newvitality) to become a member and view a full list of upcoming programs. Free virtual programs being offered in July include: BACK IN TIME: HISTORY OF THE SUBMARINE CSA H.L. HUNLEY – Thursday, July 30 at 10:30 am ASK THE PHARMACIST: MEDICATION SAFETY – Thursday, July 30 at 1:00pm

### PRIMARY ELECTION

The New Jersey Primary Election will be held Tuesday, July 7<sup>th</sup>. For their own safety and to contain the spread of COVID-19, all voters are strongly encouraged to vote-by-mail. To learn more about how to vote by mail, watch the "How to Vote By Mail" video that Union County has released on their website, [www.unioncountyvotes.com](http://www.unioncountyvotes.com).

Polling locations will be open for Provisional Ballot Voting only with the exception of an ADA accessible voting machine for use by disabled voters who cannot vote on a paper ballot. The Municipal Center is the polling place for Districts 1-6. Allen W. Roberts School is the polling place for Districts 7-11.

Primary Election hours are 6am to 8pm.

### CONTACT TRACING SCAMS

New Jersey officials warned that thousands of scams have been reported involving phony coronavirus contact tracers seeking to get information from residents. Officials warned residents to never give personal information like Social Security numbers and bank information if they are contacted by somebody who claims to be a contact tracer. Tracers don't need that information.

Contact tracers don't text people who they believe came in contact with someone with the virus and private information should never be given to them, officials said. A legitimate contact tracing effort usually includes a call to educate people and tell them if they are at risk and what they should be on the lookout for, officials said.

<https://www.newprov.org/2020/05/beware-of-coronavirus-contact-tracing-scams/>

### ONLINE GROCERY SHOPPING FOR SNAP RECIPIENTS

New Jerseyans enrolled in the state's Supplemental Nutrition Assistance Program (SNAP) may use their benefits to order groceries online. Online shopping is available through Amazon and participating Walmarts, ShopRites, and The Fresh Grocers.

"Online grocery shopping is another important step in our efforts to get affordable groceries to New Jerseyans during this public health emergency," Human Services Commissioner Carole Johnson said.

<https://www.state.nj.us/humanservices/news/pressreleases/2020/approved/20200520.html>

**WHEN WE COME BACK**

Keep hope alive that we will come back together soon! Although we do not know when we will re-open, we do know that when the time comes activities and gatherings will have to be different. Our focus is on keeping everyone’s health and safety our top priority as we try to plan and prepare. Here is what we know today:

- Anyone coming into the Center MUST wear a face mask.
- You MUST maintain proper social distancing – 6 feet minimum.
- In-person classes will be limited.
- We will phase in various activities.
- You may need to RSVP in advance for some programs.
- The choice is always yours as to whether you feel safe and comfortable coming to the center.

**NPSCC MEMBER AWARDED MEDAL OF MERIT**

The New Providence Lions Club recently awarded Jane Xu, a member of the New Providence Senior Citizens Club, the prestigious “Medal of Merit” for her many hours of service to our community. Congratulations Jane!

**300 STORIES; AN ORAL HISTORY PROJECT**

In celebration of the 300<sup>th</sup> anniversary of the founding of the town, New Providence-Our Community For All (NPOCFA) is organizing the audio recording of townspeople’s memories. “We truly aim to record more than 300 stories- that’s our minimum goal,” says Patricia Swan, Executive Director. “We want to listen, and really learn, from folks who have lived in New Providence a long time. There is a lot we want to understand!”

Students from New Providence High School and some recent graduates will form the core of the recording team. They will be listening not just for the obvious storylines but probing for the detail that brings history to life. By the end of the summer they hope to have a great archive of stories and combine them into materials that can be enjoyed at the Heritage Day festival in September.

To volunteer to tell your story please email [NewProvidenceOCFA@gmail.com](mailto:NewProvidenceOCFA@gmail.com) or call or text their team at 908-380-7715.

**NEW PROVIDENCE MEMORIAL LIBRARY NEWS**

Although so much keeps changing, the library is always there for you, offering resources, programs, and increasing your access to their digital materials, while working to get their physical materials circulating again.

Now that the governor has lifted the stay-at-home order, they have started their phased reopening of the library. Staff have been reconfiguring the library space to keep the community and the library staff safe. Their book drops are open for returning borrowed library materials. Patrons may borrow physical materials using Contactless Pickup.

July programs include:

**Virtual Book Club** – Meet over Zoom to discuss “*Mythos*” by Stephen Fry. – Thurs., July 9, 7:30pm. Email [npmlref@yahoo.com](mailto:npmlref@yahoo.com) if you’d like to attend.

**Virtual Meeting** – Baseball Discussion – Discussion will take place over Zoom. Monday, July 13, 7pm. Email [npmlref@yahoo.com](mailto:npmlref@yahoo.com) to join.

**Virtual Adult Summer Reading Program** – *Imagine Your Story*. Register online via ReadSquared.

**PUNS RELATING TO CURRENT EVENTS**

Due to the quarantine, I’ll only be telling inside jokes.

The World Health Organization has announced that dogs cannot contract Covid-19. Dogs previously held in quarantine can now be released. To be clear, WHO let the dogs out.

I’ll tell you a coronavirus joke now, but you’ll have to wait two weeks to see if you got it.

Why do they call it the novel coronavirus? It’s a long story.

*With thanks to our Sunshine Lady, Diane Melinis.*

*May you be safe. May you be happy. May you be healthy. May you be at ease.*

*If you are reading this right now, I hope something really great happens to you today!*