

New Providence Senior Citizens Newsletter



May 2015

Volume 15, Issue 5

COORDINATOR'S CORNER

April 3, 2015

Dear Senior Friends at NPSCC,

It has been an honor and a gift these last 17 years to have served as your Senior Coordinator, and friend. We have been through many changes together and I have learned many things from you on our journeys along the aging process. I am so grateful to ALL OF YOU for teaching me and helping me through these years. We have had many losses and many laughs together. (THANK GOODNESS FOR THOSE LAUGHS!)

As Center Coordinator, I attempted to make the Center, and thus, the Club, open and welcome to everyone who enters. Also a place where aging adults are treated as individuals of dignity and self-worth with ambitions, capabilities and creative capacities. I have strived to make it a place where seniors can seek continued growth and development, have access to sources of information, and obtain help for personal and family problems as well as have opportunities to learn from others who are coping with similar issues. I have tried to create an atmosphere that acknowledges and affirms the dignity and self-worth of EACH person, maintaining a climate of respect, confidentiality, trust and support. Also a place to have a GOOD TIME!

Last Fall, due to deaths within my family, the 'Aging Realization' hit me! I am the youngest member of my generation in my family! There are experiences that I have not completed, there are people with whom I wish to share these experiences, and the time for all of us is running by. The vacation time, as coordinator, is not enough for me to accomplish my plan. So, while I still have the plan, and the hope that I can accomplish it, and the people around me, I am going to give it the 'old college try'!

This is not "good-bye"; it is just another chapter opening up and it will be "Adieu. . . Until we meet again. . ." My last day as Center Coordinator will be May 29th. I plan to participate and volunteer in center activities after that as a member of the New Providence Senior Citizens Club, if you let me.

Thank you for your love and support. May Peace and Good Health be ever present in your lives. God Bless You All,

Peggy

NP Senior Citizens Club

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

Trustees

Chair: Maxine Hirsch
Pat Connolly, Kay DeMarco,
Enid Doyle, Carolyn Foran,
Rosalie Hamaty, Kathy
Hendrickson, Jean Holmes,
Ed Len, Peggy MacNeal, and
Grace Parlapiano

Club Officers

President: Christine Napolitano
Vice Pres.: Harry Kundrat
Treasurer: Sal Ligammari
1st Treasurer: Clara DelMonte
2nd Treasurer: Delores Felezola
Sergeant-at-Arms: Don Kern

Contact these members with any questions regarding your club!

DeCorso Community Center

15 East Fourth St.

New Providence, NJ 07974

908-665-0046

www.newprov.org/seniorcenter

A welcoming place for New Providence residents to gather and to enjoy its events and programs as well as our neighbors and friends.

Center Coordinator

Peggy Brodeur

Hours

Mondays 10:00 – 4:00

Tuesdays-Fridays: 9:45 – 4:00

Newsletter Staff

Peggy Brodeur
Clara DelMonte
Kay DeMarco
Barbara Koslap
Doris Velez

Trips, Activities & Meetings

Tickets for events may be purchased at the center on Wednesdays from 9:45 to 10:45AM.

Please visit or call the center at 665-0046 if you need to cancel a reservation.

Do not transfer a reservation. It will not be honored.

Check the calendar for ongoing activities & schedule changes!

- **Wed., Apr 29, 11:00am: Conductor, Anthony LaGrugh**, of the Livingston Symphony Orchestra will share music.
- **Thurs., Apr 30, 7:00-9:30pm: After Hours** – Visit with friends 50+ and compete in a game of musical trivia from the 50's, 60's, and 70's as we play **"Name That Tune"** with David Aaron.
- **Tues., May 5, 7:00pm: Cinco de Mayo Celebration**– The New Providence Diversity Committee will celebrate Mexican culture and heritage at the center. Bring your favorite authentic Mexican dish to share.
- **Wed., May 6, 11:00am:** The singing group, **The Larks**, will serenade us as we celebrate May birthdays.
- **Thurs., May 7, 12:00-3:00pm: Anniversary Luncheon** – Celebrate the 56th anniversary of our wonderful club with a luncheon and music at Berkeley Plaza. We will honor members Clara Del Monte, Garrett Gray, Sal Ligammari, and Ed Len for their many contributions to the Club. Everyone must sign up, pay, and choose your entrée in advance. Cost is \$28.
- **Wed., May 13, 8:00-11:00am: Annual Health Fair** – Local health-related service providers and vendors will be at the center to discuss their services and products. It's a great opportunity to learn and to ask questions. A list of the attending organizations is attached.
 - Full 12 hour fasting blood screenings will be available for **New Providence Seniors** who make appointments in advance. Register at the Center from 1:00-4:00pm, April 27th-May 11th.
 - Helpers are needed to assist with Setup on Tuesday, May 12th and with Hospitality and Clean up at the Fair. Please sign up to help!
- **Wed., May 20, 11:00am:** Georgia Alexis of Morgan Stanley and staff of Lantern Hill will discuss **"Long Term Care"**, its finances and how it can fulfill your needs.
- **Fri., May 22, 10:30am: TGIF** – Start some seedlings or an herb garden.
- **Mon., May 25: Memorial Day Remembrance Reception** – We will honor those who have served our country at our Memorial Day Remembrance Reception that immediately follows the Monday, May 25th parade. Please contribute by volunteering and providing finger foods for the New Providence community. Sign-up at the center to volunteer your help. Helpers are also needed to assist with Setup on Friday, May 22nd at 2:00 p.m.
- **Wed., May 27, 11:00am: Salt Brook Chorus** will sing and Nicole Gates from Brandywine Senior Living will lead us in a game of **"The Price is Right"**.
- **Wed., Jun 3, 11:00am:** Jane Mason, a former FBI agent, will speak about **"Personal Elder Fraud"**
- **Wed., Jun 10, 11:00am:** The **New Providence High School Band** will serenade us as we celebrate June birthdays.
- **Thurs., Jun 11, 12:30pm:** Trip to **Paper Mill Playhouse** to see the world premiere of a sparkling new musical, **"Ever After"**. Cost \$45. Limited number of tickets available – purchase yours early from Christine!
- **Tues., Jun 16, 9:45am-6:30pm: Casino Trip** – Take a trip to **Sands Casino** in Bethlehem, PA and try your luck. Purchase tickets in advance. Cost: \$20. Receive \$20 in "play money" and \$5 for food. See Phyllis Winters.
- **Wed., Jun 17, 11:00am:** Manor Care will give Part 1 of a presentation on **"Health Care Changes and Planning"**. Part 2 will be presented on Thursday, July 9th from 9:00-11:00a.m. and will include breakfast.
- **Thurs., Jun 18, 12:15pm: Remember When** will share memories over a slice of pizza.
- **Fri., Jun 19, 6:00pm: Somerset Patriots Baseball Game.** Get a professional-like baseball experience without the professional sports price! See the Somerset Patriots play the Sugar Land Skeeters at TD Bank Park. Includes transportation to/from the game, your ticket and a fireworks show following the game. Cost: \$10
- **Fri., Jun 19-July 31, 10:00am-12:30pm: Lunch & Learn** - Jan Ramos will present a six week workshop on **"Chronic Care Control"**.



Rubber Ducky Race

Saturday, May 30th Noon – 4 p.m.

\$5 Ducky Adoption tickets are now available at the Club.

A Win Win Opportunity

The Berkeley Heights Rotary Club provides New Providence residents with reduced cost Medical Alert systems with pendants. The Rubber Ducky race is a major fundraiser to continue this program for our residents. The NP Senior Citizen Club has been designated by the Berkeley Heights Rotary Club as a “Soliciting Sponsor”. This means that we will receive 49% of the price of each ticket that it sells!

Our treasury needs funds and our residents need this reduced cost program to keep them safe at home. We hope all of our members (both active and inactive) will purchase tickets. Sell them to friends and neighbors too!

Remember while you are boosting the Club treasury, you also have a chance to win a prize. The first 10 “Duckys” to cross the finish line will receive a prize. Hope that your Ducky has a good tail wind!

Please call Joanne Malinauskas at 908-464-1209 if you have any questions.

YES, I’M A SENIOR CITIZEN!

I’m the life of the party...Even if it lasts until 8 p.m.

I’m very good at opening childproof caps...With a hammer.

I’m awake many hours before my body allows me to get up.

I’m smiling all the time because I can’t hear a thing you’re saying.

I’m sure everything I can’t find is in a safe, secure place, somewhere.

I’m wrinkled, saggy, lumpy, and that’s just my left leg.

I’m beginning to realize that aging is not for wimps.

Yes, I’m a Senior Citizen and I think I am having the time of my life!

Now if I could only remember who sent this to me, I wouldn’t send it back to them but I would send it to many more, too!

Spread the laughter.

Share the cheer.

Let’s be happy while we’re here.

In Observance of Memorial Day

We honor the brave men and women who serve our country and those who gave their lives to preserve our freedom.



MOVIE MARQUEE

MAY MOVIES AT THE NP MEMORIAL LIBRARY

Tuesdays at 9:30am & 2:00pm

- May 5 – *Interstellar*
- May 12 – No movie
- May 19 – *The Rewrite*
- May 26 – *Unbroken*

Foreign Films

- Thur., May 7 at 2:00pm – *Jellyfish (In Hebrew, English, Tagalog and German with English subtitles)*
- Tues., May 26 at 6:30pm – *Lucia, Lucia (In Spanish with English subtitles)*

~ May 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Apr 26	Apr 27 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 12:30 In Control 1:00-4:00 weekdays Pre-Register for Blood Screen @ Health Fair	Apr 28 Mt. Airy 9:00 Bus to Shoprite 9:45 Bus to Mt. Airy 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	Apr 29 Conductor of the Livingston Symphony 9:30 Blood Pressure 10:00 Bus to Club 11:00 Music from LSO 12:30 Bingo & Cards	Apr 30 After Hours 9:45 Fit & Healthy Exercise w/Myriam 12:30 Bridge or Poker 1:00 Mah Jongg 7:00 After Hours, "Name that Tune"	1 9:00 Bus to Mall 10:00 Zumba w/Tonya 10:30 UC College Class 12:30 Pizza Bingo	2
3	4 9:30 Trustee Meeting 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00-4:00 weekdays Pre-Register for Blood Screen @ Health Fair	5 Cinco de Mayo 9:00 Bus to Shoprite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginning Italian 7:00 Cinco de Mayo	6 Happy Birthdays! 10:00 Bus to Club 11:00 The Larks 12:30 Bingo & Cards	7 Anniversary Lunch 9:45 Fit & Healthy Exercise w/Myriam 12:00 Anniversary Lunch @ Berkeley Plaza Buy ticket AHEAD \$28	8 9:00 Bus to Mall 10:00 Zumba w/Tonya 12:30 Pizza Bingo	9
10 <i>Happy Mother's Day!</i>	11 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 12:30 In Control 1:00-4:00 weekdays Pre-Register for Blood Screen @ Health Fair	12 9:00 Bus to Shoprite 9:45 Balance and Conditioning w/Mike 10:00 Activities Meeting 11:00 Tennis w/Dick 12:00 Tai Chi w/Ayriel 2:00 Health Fair Setup	13 Health Fair 8:00 to 11:00 Screenings & Info NO MEETING TODAY	14 9:45 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg	15 9:00 Bus to Mall 9:00 Four Cities Bridge 10:00 Zumba w/Tonya 12:30 Pizza Bingo	16
17	18 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 12:30 In Control	19 9:00 Bus to Shoprite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginning Italian	20 Long Term Care 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Long Term Care" 12:30 Bingo & Cards	21 9:45 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg	22 9:00 Bus to Mall 10:00 Zumba w/Tonya 10:30 TGIF - Gardening 12:30 Pizza Bingo 2:00 Memorial Day Setup	23
24	25 10:00 Memorial Day Parade Hot Dogs & Cookies for the NP community AFTER the Parade	26 9:00 Bus to Shoprite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	27 Salt Brook Chorus/ "Price is Right" 9:30 Blood Pressure 10:00 Bus to Club 11:00 Salt Brook Chorus/ "Price is Right" 12:30 Bingo & Cards	28 9:45 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 1:00 Mah Jongg	29 9:00 Bus to Mall 10:00 Zumba w/Tonya 12:30 Pizza Bingo	30 Rubber Ducky Race Noon – 4:00pm

Do you wonder “who will be the vendors at this year’s health fair?”

Wednesday, May 13th from 8:00am to 11:00am

Will you be here to welcome them?

They want to meet you and we want to thank them for their time with us!

These are the “NEW VENDORS” this year, 2015 - Let’s welcome them!

AAA AMERICAN AUTOMOBILE ASSOCIATION: Safe Driving Tips as well as other automobile Club operations to make Safe Driving a Priority

LUPUS FOUNDATION of AMERICA, NEW JERSEY CHAPTER: Information/Educational Materials

SPEECH and HEARING ASSOCIATES: Audiology * Hearing Aids * Speech Therapy

VICTORIAN GARDENS ADULT DAY CARE: Adult Day Center, Ruth Mirrer, Assistant Director

These are our “OLDIES BUT GOODIES” – Let’s not forget them!

AMERICAN RED CROSS: Blood Pressure Screening as well as information about Disaster Relief and Safety Tips.

ATLANTIC HOME CARE & HOSPICE: Home services for Nursing, Therapies (Occupational, Physical and Speech), Hospice and End-Of-Life Concerns. Michele Cameron

BRANDYWINE SENIOR LIVING: Assisted Living option located where O’Connors Steak House was and where all daily needs and wishes are attended to by an attentive staff. Nicole Gates

DR. PAUL CARONIOL: Local physician and New Providence Board of Health member who can answer medical questions about Ears, Nose and Throat issues as well as skin care and health.

THE CHELSEA AT WARREN: Located on King George Road in Warren this is an Assisted Living option where all daily needs and wishes are attended to by an attentive staff. Melanie Varnerin

FAMILY FOOT CARE: Established in 1993 for foot care and surgery in Berkeley Heights. Dr. Gary Quartello

FELLOWSHIP SENIOR LIVING AND VILLAGE: The Village is located in Basking Ridge as a Continuing Care facility where one moves into an Independent unit and can stay as long as necessary. Also offers a program where one can stay in their own home and get Long Term Care Services. Nina Updegrave

JUNIPER VILLAGE @ CHATHAM: Move into an independent unit and add services as needed in this Southern Boulevard Chatham Township Assisted Living option. Barbara Gee

KESSLER REHABILITATION CENTER: Access to Physical Therapy Services within 5 miles. Monica Boehl, DPT

LANTERN HILL: A Continuing Care facility soon to open in New Providence where one can move into an independent unit and stay as long as needed and have your needs attended to by staff. Patricia Swan

MANORCARE IN NEW PROVIDENCE: Rehabilitation and Nursing Home care in the center of New Providence. Matt Schottlander, NHA & Charlene Bruining, Admissions Director

MEDICAL ALERT SYSTEM provided by **ROTARY CLUB OF BERKELEY HEIGHTS**: Provides NP residents safety assurance at a nominal fee. Purchase a RUBBER DUCKY for \$5 as a fundraiser. John & Joanne Malinauskas

MED LABS DIAGNOSTICS: A FREE Blood Workup where you MUST fast for 12 hours; sign up beginning April 27, 1:00 to 4:00 PM until the day before the Fair. Additional tests are provided for a fee.

NJ SHARING NETWORK: Information for Organ or Tissue Donation. Jackie Lue Raia

NEW PROVIDENCE BOROUGH EXHIBITORS:

Emergency Medical Services: Susan DeLuise

Health Department: Janice Gironda, PHN

Police Department:

Senior Services: Peggy Brodeur, Coordinator

ORAL SCREENING: A FREE Oral Health Check by Dr. Bob Robinson.

OVERLOOK MEDICAL CENTER COMMUNITY HEALTH DEPARTMENT: Glucose & Blood Pressure Screening.

PEAK MEDICAL, LLC: Multi-doctor & multi-disciplined facility for exercise, diet, physical therapy and more. Jerry Cooke

PREVENTION LINKS: Health education series, June 19-July31. Sign up to "Take Control of Your Health". Diana Cedeno

S.A.G.E.: Eldercare Services available for seniors - Meals-On-Wheels, Spend-A-Day, Classes, lectures & programs for caregivers as well as participants. Social Worker Ellen McNally and Nurse Kathy Bassiacos

SENIOR MEDICARE PATROL OF NJ: Information on Medicare and Fraud. Phyllis Freed

SIGHT AUGMENTED: Visual assistive devices demonstrated by Bernard Schneider

SUMMIT MEDICAL GROUP: Healthy Eating Habits. Susan Canonico, Nutritionist

SUMMIT YMCA: Exercise and Healthy Eating by Nutritionist for Health and Longevity. Sue Feiseler

THERAPEUTIC TOUCH: Warmth and Relaxation with the physical touch performed by Joanne Petuchovas.

TRANSOPTIONS, INC.: Information about Pedestrian and Driving Safety Concerns. Judy Bortman

TOUCHING HEARTS @ HOME: A Homecare & Companion Agency Service. Mary Lindewirth, Owner

WALGREENS PHARMACY: Services and medication information available in Berkeley Heights. Amanda Khattab, Pharmacy Manager

We thank these sponsors and all our other vendors for helping us today:

BRANDYWINE SENIOR LIVING	Fruit
JUNIPER VILLAGE @ Chatham	Fruit
MANORCARE of New Providence	Fruit
New Providence LIONS CLUB	Bagels & Fruit

This list of vendors is based on the information available at the time of publication and is subject to change.