

South Brunswick

Beacon Senior Newsletter

September 2019

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 – Sept. 1st & 2nd**

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

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

Email: Director to be Announced

Membership: FREE---Tuesdays & Fridays from 9:30am-12:00pm

Must arrive by 11:30. Fill out a membership form or print form from our website. Proof of age (55+) and South Brunswick residency **REQUIRED**. Minimum 4 month stay.

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. (located in the senior center): Bus pass required (50 cents 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).
- **Special trips** -see the trip page

Program Highlights



September is National Senior Center Month!!

2019's Theme is... Senior Centers: The Key To Aging Well.

This year's theme was chosen to highlight how senior centers build momentum for aging well in their communities. This year, senior centers celebrate their 76th anniversary, and our center celebrated 28 years! We are celebrating this by highlighting the theme **Senior Centers: The Key to Aging Well**, and we invite you all to join us for National Senior Center Month! Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise. We hope you will help us promote your center this September by sharing with your friends and neighbors how your center is the future of aging in your community.

In Honor of National Senior Center Month **We Present...SCAN CARD AMNESTY MONTH**

Have you lost your scan card? Just can't find it anywhere!
We are giving you a chance to come in and get a new scan card **FREE** of charge. Stop by the office to get your new card.



Senior Center Membership Contest –

For every member you bring in September that joins, your name will be entered to win a \$25 Stop and Shop Gift Card.

Friends Bingo – Friday, Sept. 13th 12:30pm



Bingo- Mon., Sept. 16th & Mon., Sept. 30th 12:15pm

Coloring for Adults- Tuesday, Sept. 3rd 12:15pm

Enjoy tranquil music, color and make a new friends.
All materials provided. Free.



The Art Lee Project- Tuesday, September 10th 12:30pm

Repurposed items transformed into fabulous, original works of art.
Come express yourself! All materials provided. **Please sign up.**

Senior Center Month Party- Thurs., September 19th

11:15am- A Taste of Fall Luncheon (\$2.25 for Lunch)

12:15pm- Entertainment by the fabulous Jim Sabini!

Friends 50/50! * Door Prizes! * **Sign Up by Sept. 11th**



Program Highlights

Cogniciti - A Brain Health Workshop- Monday, Sept. 23rd 12:15pm



Cogniciti is focused on bringing communities together to encourage individuals to discuss their brain health and any memory concerns they may have. Looking for participants ages 50 -85, basic computer skills, must be able to read and speak English. **MUST sign up by Sept. 16th**



Monthly Birthday Lunch- Tuesday, Sept. 24th

11:00am Is this your Birthday Month? Please let us know so we can celebrate **your** special day. Join us for trivia, lunch & cake. **Sign up by Sept. 17th**

Middlesex Senior Health & Fitness Walk

Wednesday, Sept. 25th 10:00am-1:00pm

Roosevelt Park, Edison. Box lunch, screenings, and raffle for a special gift! **Sign up at office by August 28th**. Transportation for bus riders only (leaves center @ 9:00am) \$5.00 refundable bus deposit when you arrive at park. Drivers should carpool.



Mocktails & Music Social- Thursday, September 26th

12:15pm Join us as we serve up some Mocktails, listen to lively music and maybe dance a step or two.

Sign up by September 19th



Culture Fest FRIENDaversary Bash!- Thurs. Oct. 10th

Celebrating the 20th Anniversary of the Senior Center's FRIENDS organization.

What better way to celebrate an anniversary than with a multicultural celebration showcasing all of what our community is about.

*If you are interested in participating and representing your culture through music, poetry, dance or food please see Tirath Kairon.

*Anyone wanting to submit a recipe from their culture for our S. Brunswick Seniors cookbook fundraiser please see Laura Wabrick.

All recipes must be received by August 30th



South Brunswick's GOT TALENT!!! Congratulations!!!!

2nd Place Winners in the 2019 Senior Citizen Art Contest

Adrian Nicoara for his Craft, "Shall We Dance"

Grace Chiarella for her Mixed Media, "In The Deep"

Program Highlights

Upcoming Senior Center Classes

Art with Christina- Oct. 21st – Dec. 16th 8wks \$48

Artists of all levels are welcomed. Students learn to utilize a variety of materials, techniques & concepts. Bring own supplies. **Sign up**

Crystals, Chakras and More- Mondays, Sept. 16th – Nov. 25th 10:30am 7wks.

Learn how crystals synchronize with the seven chakras for self-healing and clearing of energy fields. **Sign up.**

Device Doctor- Thursdays, 10:45am – 12:00pm

Join Randy & Barbara from the library, learn some new tricks to "Friend Your Phone."
Sept. 5th & 19th - Google Calendar, Google Maps & Waze
Sept. 12th & 26th - Skype, Snapchat & Google Photos

MOVIES

Poms- Thursday, Sept. 5th 12:30pm

After moving to a retirement community, a woman is inspired to relive her high school days and start a cheerleading team with the fellow residents. PG-13 1h 31m



The Hustle – Tuesday, Sept. 24th 12:30pm

PG-13 1h 34m

An unlikely female duo of con artists cooperate to beguile and deceive rich men for money. Sure to hit your funny bone!

Outdoor Games Available- Mon. – Fri. 8:30am – 4:15pm

Start a league or just play for fun! Bocce, Cornhole, Croquette, Shuffleboard- ask at the office!



Donations: Thank you Joy Allen & Harinaryana Matta for your generous donation. We graciously accept monetary donations. All donations go to senior programs. Checks are payable to So. Brunswick Senior Center. "Tribute Cards" available \$15 per pack of ten. Donations are tax deductible.





Billiards News!!- Open play M-F 8:30 – 4:15 & Sun. 1:00 – 4:00 (except on tournament days).
Sept. In-House Tournaments Are: 10, 12, 17, 19
Breakers vs Ewing (Home): Tuesday, Sept. 24th

PROGRAM HIGHLIGHTS

HEALTH PROGRAMS

Osteoporosis: How to Stay One Step Ahead- Thurs. Sept. 12th 10:30am Internationally, osteoporosis is responsible for more than 8.9 million fractures each year. Join Christina DeValue, Registered Nurse with Penn Medicine Princeton Medical Center, and Elizabeth Shokoff, Orthopaedic Nurse Navigator with the Jim Craigie Center for Joint Replacement, to learn what you can do to prevent osteoporosis and bone loss.



Free Blood Pressure Screening- 10am – Noon Tuesday, Sept. 17th No Appointment Necessary.

Call (609)497-2230 or visit their desk to register for health programs

LECTURES



Ted Talks - short, video talks followed by discussion.

Wed., Sept. 4th 12:30pm- Sleep is your superpower.

Wed., Sept. 18th 10:45am- Our dangerous obsession with perfectionism is getting worse.

Art Lecture with Maurice- Friday, Sept. 20th 12:30pm Gustav Klimt Part 2- Join us as Professor Mahler lectures more about this brilliant Austrian symbolist painter. Sign up please.



Police Lecture- Driving Risks- Thurs., Sept. 12th 12:30pm Join the SB Police for a lecture on the risks of driving and how you can avoid hazardous situations on today's roads.

So. Brunswick Residential Paper Shred Program
Saturday, Sept. 14th 9:00am - Noon, rain or shine or until truck is full. Go to Beech Woods Park, 37 Beekman Road, MJ. For more information call (732) 745-4170 or email

solidwaste@co.middlesex.nj.us



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. Sept. 9th (10:00-noon) * **Mon. Sept. 23rd** (11:30-1:30) 15 min sess.
Trained already? Come ask questions. Wear sneakers and workout attire.

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

***All classes 8 weeks unless stated otherwise. No joining after session starts.**

***MEDICAL FORMS MUST be on file BEFORE enrolling & renewed every 2 years**

Ageless Grace – Tuesdays 12:30pm, Sept.10th – Oct. 29th 6 weeks \$18

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mondays 1:45pm.
Light weights, balls & bands in chair Sept. 9th – Oct. 28th 6 weeks \$24

BOLLY X – Mondays 12:30pm Sept. 16th – Dec. 9th
10 weeks \$16 Intro Price. Cardio & Interval training that tones
& burns calories. Come try this great new class!



Chair Yoga- Tuesdays 10:30am Sept. 10th – Oct. 29th 6 weeks \$21

General Aerobic Fitness- Mon. & Fri. Advanced 9:15am
Beginner/Intermediate 10:15. 15 classes \$20 or 30 classes for \$40

Get Fit- Thursdays 1:45pm. Cardio/Strength. Sept.12th – Oct. 24th 7wks \$28

Now & Zen- Wednesdays 10:30am Sept. 18th – Dec. 4th FREE

Pilates-Tuesdays 9:15 Core training. Aug. 27th – Oct. 22nd 7 weeks \$28
Bring your own ball.

POUND- Thursdays 12:30pm Sept. 12th – Oct. 24th 7 weeks \$20
Cardio/Strengthening with simulated drumming using provided ripsticks.
Fun & exhilarating come give this new class a try!

Sculpting with Weights- Wed. 12:30pm Sept. 11th – Oct. 30th 7 weeks \$25

Sittercize-Mon & Fri 11:15. From chair. 30 class-\$24 or 15 classes \$12

Tai Chi-Thursdays 9:15am Sept. 12th – Oct. 24th 7 weeks \$30

Tap Dance-Tues. 1:30pm. Bring Tap Shoes. Sept. 10 – Oct. 29th 6 wks \$24

Yoga-Thursdays 10:30am Bring mat. Sept. 12th – Oct. 24th 7 weeks \$28

Yogasize- Fridays 12:15pm Sept. 13th - Oct. 25th 7 weeks \$22

Zumba- Fridays 1:15pm Sept. 13th – Oct. 25th 7 weeks \$26

Bus Trip Information

**Trip Registration 8:30am-11:45am. Registration Drawing Is At Noon.
Must Be Present To Sign Up.**

**Bowman's Hill Wildflower Preserve-
Tuesday, September 17th Trip is FULL.
Reminder: Bring a **complete** bag lunch.
LEAVES WOODLOT PARK 8:45AM SHARP**



Eastern State Penitentiary- Monday, Oct. 21st

America's Most Historic Prison. Eastern State Penitentiary was once the most famous and expensive prison in the world. It's vaulted, sky-lit cells once held many of America's most notorious lawbreakers, including "Slick Willie" Sutton and "Scarface" Al Capone. **Cost:** \$10.00 admission **Bus:** \$5 refundable bus deposit when you board the bus. **Lunch:** Dine on your own at surrounding eateries or bring a bag lunch and eat in the picnic area located on the prison's baseball field. **Registration opens:** Wednesday, August 7th **Registration Closes:** Wednesday, October 7th please check for availability. **Please see trip flyers for explicit details regarding accessibility, climate & attire.**



Schedule your Bus Service today!

For information, call 732-329-4000 x 7363 or stop by the Transportation Office to purchase your bus pass.

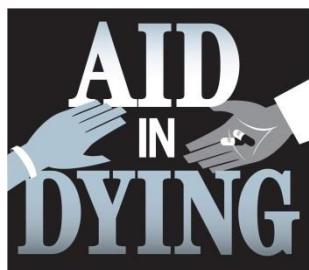
Local Trips

Sept. 4th 10:30am- Walmart (No. Brunswick)
Sept. 24th 11:00am- Dusal's



From the Desk of Caryl Greenberg

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



Aid in Dying Act/New NJ Legislation

Without bias or political leaning, I wanted to inform you about new legislation in case you haven't heard; NJ is the 8th state in the nation to approve an 'Aid in Dying policy'.

Gov. Phil Murphy signed legislation that will allow terminally ill patients to obtain medication to end their own lives. The "Medical Aid in Dying for the Terminally Ill Act" which takes effect August 1st 2019, permits terminally ill, adult patients residing in New Jersey to obtain and self-administer medication to end their lives. A patient's attending and consulting physicians must determine that the patient has a life expectancy of six months or less, has the capacity to make health care decisions, and is acting voluntarily, in order for the patient to obtain the medication. The bill establishes additional procedures and safeguards that patients, physicians, and other health care professionals must follow before a qualifying patient may legally obtain and self-administer the medication. For example, patients would have to make at least two oral requests and one written request to a physician, and physicians would have to wait 48 hours after receiving a request before writing a prescription for a life-ending drug. Patients would also be screened for depression or other psychological impairments that would prohibit them from obtaining life-ending medication. Lastly, if there is life insurance they must still honor policies and pay beneficiaries. Hospitals, doctors and other health related facilities can opt out and not participate in helping a terminally ill individual die.



Monthly Bereavement Group: Monday, Sept. 16th
10:45am Anyone who has suffered the loss of a spouse or Partner is welcome to attend the monthly bereavement group.
Questions? Please call Caryl x 7212

Medicare News

From the Desk of Darlene Dawson x7676



By the time you read this I will have been here in the position of 'Outreach Coordinator' for a few short weeks. I've been studying all aspects of Medicare and will soon be up to speed to be able to help you with your insurance questions. I am very excited to meet each and every one of you so when you are in the center, please pop in to say a quick hello!

For now, here is a little info you might not be aware of:

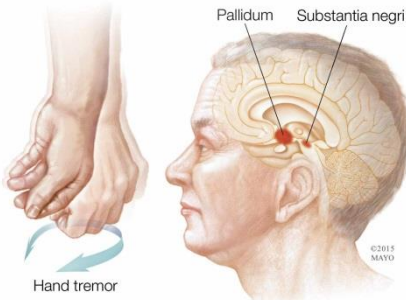
The Centers for Medicare & Medicaid Services (CMS) provides for Medicare coverage of Screening for Lung Cancer with Low Dose Computed Tomography (LDCT). "This is an important, fairly new Medicare preventive benefit since lung cancer is the third most common cancer and the leading cause of cancer deaths in the United States," said Dr. Patrick Conway, chief medical officer and deputy administrator for innovation and quality for CMS.

There are criteria needs to be met in order for Medicare to cover this screening:

- Beneficiaries need to be between the ages of 55-77 and are either current smokers or have quit smoking within the last 15 years; they have a tobacco smoking history of at least 30 "pack years" (an average of one pack a day for 30 years); and they receive a written order from a physician or qualified non-physician practitioner that meets certain requirements.
- Medicare coverage includes a visit for counseling and shared decision-making on the benefits and risks of lung cancer screening.

If you are interested in learning more about specific Medicare preventative and wellness screenings and exams, please let me know.

Parkinson's disease



Penn Medicine
Princeton Health

Thinking BIG to Treat Parkinson's

Approximately 60,000 Americans are diagnosed with Parkinson's disease each year, according to the Parkinson's Foundation.

While both men and women can develop Parkinson's, a disease that affects the neurons in the brain that control movement, the National Institute on Aging reports that the disease affects about 50 percent more men than women. Most people with Parkinson's first develop the disease at about age 60.

"Symptoms of Parkinson's typically start out subtly and develop gradually. In many cases, the first signs may be a mild tremor or difficulty getting out of a chair," says Kelly Gray, P.T., a physical therapist certified in LSVT BIG and rehabilitation manager with Princeton Rehabilitation, a division of Penn Medicine Princeton Health.

Over time, symptoms may affect both sides of the body, and people may experience trouble walking, difficulty talking, trouble performing simple tasks, depression, sleep problems, and trouble chewing, swallowing or speaking.

At Princeton Rehabilitation, patients have access LSVT BIG, an evidence-based physical therapy program for the treatment of Parkinson's.

LSVT BIG is an evidence-based exercise treatment program founded on the principle that the brain can learn and change. The program grew out of the Lee Silverman Voice Training (LSVT) program for patients with Parkinson's and is focused on increasing amplitude of limb and body movements to improve gait, balance and function.

The program aims to restore movement so patients can lead a more active and independent life whether that means being able to return to the golf course or getting up from a chair without assistance.

Patients at all stages of Parkinson's disease can benefit from LSVT BIG therapy. Even though some patients may not have serious symptoms at first, the brain has still undergone significant changes. LSVT BIG can help pre-empt symptoms associated with those changes and slow the progression of Parkinson's so patients can move easily for years to come.

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 welcome. Township Liaison: Mayor Charlie Carley. 2019 Chair: Gail Weber **Meeting: Thursday, Sept. 5th 10:30am**

FRIENDS – Friends is a non-profit organization raising funds to promote and supplement the Senior Center activities as well as improve the lives of seniors. Dues: \$5.00/year (resident seniors). Membership forms are at the office or on website. President: Muthu Subramanian Vice Presidents: Cindy Scribner & Satya Agarwal

Meeting: Friday, Sept. 13th 10:30am **Bingo 12:30pm**



South Brunswick Senior Social Club – Members needed! Dues: \$15.00. **Meeting: Tuesday, Sept. 3rd & 17th 1:00pm.** Brief business meetings, make friends, refreshments, bingo, trips. President: Aggie Schwartz AC Trips: Gloria Zimmerman at (732) 355-1860

The Golden Age Club – bring together & promote the welfare of seniors through fun trips and parties. Dues are \$10.00.

Meeting: Wed., Sept. 11th & 25th 1:00pm. President: Gloria Zimmerman For AC Trips Contact: Gloria Zimmerman at (732) 355-1860

Billiards Club— All welcomed to play daily. Tournaments are played home and away. Pool club membership is required for tournaments.

President: Gary Harraman Captain: Ken Peabody **Meeting: Sept. 4th 11am**

Free Billiard Lessons are offered the first Friday of every month by Billiards President Gary Harraman. Lessons are by appointment only 10am – 11:30am.

Bridge Group - Daily bridge play. Friendly Duplicate tournaments are played **1st & 3rd Wednesdays** of the month.

Coordinator: Satya Agarwal and Dakshi Subramanian



Knit and Crochet Club – They support those less fortunate in crisis.

Wednesdays at 9:30am to 11:00am. Yarn Donations Please! Newcomers are welcomed! Coordinators: Ann Markey & Diane Duffy

Badminton -See Wellness Center calendar for days/times.

Ping Pong – Group play with others on Mondays, Wednesdays, and Fridays 3:00 – 4:15pm. OPEN Play all day every day! Equipment provided.

Staff Directory

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

Extensions

To Be Announced, Director, Office on Aging..... x7682
Caryl Greenberg, Social Workerx7212
JillAnn Foxxe, Program Coordinator.....x7675
Darlene Dawson, Program Coordinator (Benefits) x7676
Jackie Johnson, Administrative Secretary.....x7677
Jasmine Aynilian, Main Office, Secretaryx7670
Steve Aker, Custodian.....x7350
After Hours/Weather Updatex7670
Transportation.....x7363

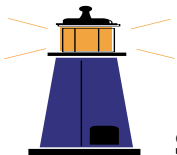
Meals on Wheels & Daily Meal Program:

Karen Delikat, Site Manager (732) 329-6171



Follow us on Facebook- South Brunswick Office on Aging/ Senior Center

Penn Medicine Princeton Health (609) 497-2230



South Brunswick Office On Aging

540 Ridge Road
Monmouth Junction, NJ 08852