

South Brunswick Beacon Senior Newsletter September 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 September 3rd & 4th for Labor Day.**

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

Website: www.southbrunswicknj.gov (Click Departments, then Senior 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).
- **Special trips Tuesdays and Wednesdays**-see trip page



Program Highlights

ADULT COLORING CONTEST – Every other month we will have an Adult Coloring Contest. Participants will color the same image. A 1st, 2nd & 3rd place winner will be chosen by the Program Committee and a small prize will be given to the 1st place winner. You can pick up your contest sheet starting Fri., Sept. 1st in the office. October is our first contest. Rules are on the back of your contest sheet. The 3 winning participant's work will be displayed in the lobby in October.

FRIENDS Bingo - Friday, Sept. 8th 12:30pm



****ATTENTION****: **TRICKY TRAY BINGO BEGINS this month!!** Don't forget to purchase your Bingo cards! A card is \$10 for 10 days. Bingo will be held twice per month.

SHRED DAY - Saturday September 9th

9:00am – 12:00pm (Or until the truck is filled)

Location: Beech Woods Park, 37 Beekman Road, Monmouth Junction 08852

NOTE: No need to remove paper clips, staples or paperboard binder covers. Limit of 5 file boxes per car.

DO NOT BRING: Newspapers, magazines, hardcover books, junk mail, photos, x-rays, CDs, or garbage. Loads containing unacceptable items may be rejected. **RESIDENTIAL PAPER ONLY - NO BUSINESSES.**



The Art Lee Project – Tuesday, Sept. 12th 12:15 – 1:30

Create an abstract work of art. Let your inner Jackson Pollock flow! We'll have fun; while doing artwork together. **FREE.**

Middlesex Senior Health & Fitness Walk

Wednesday, Sept. 13 10:00am-1:00pm

Roosevelt Park, Edison. Box lunch, screenings, and raffle for a special gift! **Sign up at office by August 18th.**

Transportation for bus riders only (leaves center @ 9:00am).

Carpooling recommended for drivers. \$5.00 refundable bus deposit when you arrive at park.



Program Highlights

September Is National Senior Center Month

Senior Centers: *Master's in Aging!!*

EMPOWER, ENLIGHTEN, ENGAGE AND ENRICH.

Aging masterfully is a core ideal of what many older adults wish to achieve at senior centers. Whether through fitness classes, social activities, or a vast variety of other programs, senior centers continue to be the experts in their communities on aging. In celebration, please join us for...



CASINO DAY

Thursday, September 14th

12:15pm – 2:45 pm



Enjoy Blackjack, Poker, Roulette & Slot Machines

No money needed. Win tickets to put into the Tricky Tray Prize Drawing. Friends will also do a 50/50. **Must be there to win a prize. Games run by The Traveling Poker Academy**



ART LECTURE-with Maurice-Monet's Waterlilies

Friday September, 15 at 12:30pm



4 PICS 1 WORD

Wordplay with Jill – Monday, Sept. 18th 12:30 – 1:15

Tickle your brain with Wordplay! This month's featured

Wordplay is 4 pics 1 word. Four pictures that have one word in common. It's up to you to figure out what that word is.

Herb Walk With Cindy – Wednesday, Sept. 20th

12:30pm Take a walk around our Senior Center grounds with Herbalist Cindy Scribner to learn how to identify local common Herbs that benefit your health. Rain or Shine. In case of rain group will meet in Aud. 1 for Herb Talk.



MONMOUTH JUNCTION'S GOT TALENT!!!

Congratulations Adrian Nicoara!!!

2nd Place winner in the 2017 Senior Citizen Art Contest for his "Transylvania Landscape"



Program Highlights



Disaster Preparedness With SB Police Dept.-

Thursday, Sept. 21st 12:30 Are you ready if disaster hits? All parts of the world face the possibility of floods, hurricanes, tornados, fires, landslides, earthquakes, tsunamis, sinkholes and other natural phenomena. Are you prepared if disaster would strike you? This lecture will help you prepare!



Monthly Birthday Lunch – Tuesday, September 26th

11:00am. Is this your Birthday Month? Please let us know so we can celebrate **your** special day. Sign up by Sept.19th. Trivia, Celebration & Cake. Always FUN!



Oktoberfest- Sponsored by Atrium Health & Senior Living



Thursday, September 28th Sign up by Sept 20th

10:45am -11:15am - Germany Facts & Trivia with Jill

11:15am-12:15pm - Oktoberfest Themed Lunch

12:15pm-1:15pm – Oktoberfest Party with musical by Jim

Sabini. **Door Prize & 50/50** *This event is FREE thanks to sponsorship from our friends at **Atrium Health & Senior Living**. Atrium is a premier healthcare facility that provides their residents with quality personal care and all the comforts of home.



Ted Talks - short, powerful video talks followed by discussion. Looking for a volunteer to facilitate Ted Talks.

Wednesday, Sept. 6 at 12:30pm- The future we're

building - and boring. Elon Musk discusses his new project digging tunnels under LA, the latest from Tesla and SpaceX and his motivation for building a future on Mars.

King Arthur- Excalibur Rising-Thurs. September 7th

12:30 pm- 2:15pm NR A re-imagining of the Arthurian legend centered around Arthur's illegitimate son Owain who must learn to take up his father's mantle as king.



Going In Style – **Tuesday, September 26th** 12:30 pm-2:10pm PG-13

Lifelong buddies decide to buck retirement and step off the straight-and-narrow for the first time in their lives.



Snug Harbor Botanical Garden in Staten Island-

Tuesday, September 19th Leaves Woodlot 8:30 **SHARP** back about 3:30pm. Check office for availability.



Peddler's Village Lahaska, PA- Monday, October 16th

For more than 50 years, visitors have followed the winding brick pathways to experience exceptional dining, award winning gardens and explore the best of Bucks County shopping. Join us at this time for their famous Annual Scarecrow Display. No cost for the Village except what you spend. \$5.00 cash bus deposit. **Buy lunch or bring your own. LOTS OF OUTDOOR WALKING! Registration- starts Aug. 28th 10:45am (Must register in person)**



Morris Museum- Tuesday, November 21st

Museum Detectives: What is it? The Morris Museum will present unusual & intriguing objects from its collection and give you clues as to how, when or even why these objects were made for you to figure out.

Visitors will use their observation & problemsolving skills to classify objects and draw their own conclusions. Past or future? Fine art or scientific object? This interactive exhibit will get you thinking! Time & Details Coming Soon!! Registration opens September 11th.



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

Sept. 5 - 10:30am- Apna Bazar

Sept. 6 - 10:30am- East Brunswick Mall

Sept. 12 - 11:30am- China Star Lunch Event

Sept. 18 - 10:30am Apna Bazar

Sept. 20 - 10:30am Quakerbridge Mall

Sept. 26 - 11:15am TGI Fridays Lunch Event

Sept. 27 - 10:30 am- Walmart (Lawrenceville)



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. 11 (10:00-noon) or Sept. 25 (11:30-1:30) 15 minute session

Sign up 2 weeks prior to class start. Fees non refundable. All classes 8 weeks unless stated otherwise. No joining after session starts. Classes need at least 10 students paid 2 weeks in advance to run

Ageless Grace – Tues. 12:30pm, **Sept. 19th-Oct 31st**, 7 weeks \$15

Art Class – Mon. 1:30-3:00pm, **Sept. 25th-Nov. 6th**, 6 weeks \$28.



B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mon. 1:45pm. Light weights, balls & bands from a chair, **Oct. 16th- Dec 11th**, 9 weeks \$36

Body Gym – Mon. 12:30pm, **Aug. 21st- Oct. 23rd** No charge



Chair Yoga - Tues. 10:30am, **Sept. 5th- Oct. 24th**, \$25

General Fitness- Mondays & Fridays 9:15am advanced and 10:15 intermediate and beginners. 15 classes \$20 or 30 classes for \$40

Get Fit – Thurs. 1:45pm. Cardio & strength. **Aug. 17th -Oct. 5th**, 7 weeks. \$28

***NEW* Now & Zen** – Wed. 10:30am. No charge.

Sept. 13- Oct. 25 6 weeks -Total body restoration using a variety of techniques to maximize controlled breathing, increase mindfulness and channel energy flow. Program will include deep breathing exercise, guided meditation, chanting and Reiki. Done in a chair.



Pilates – Tues. 9:15am. Bring your own ball. **Aug. 29th- Oct. 17th**, \$36

Sculpting with Weights – Wed. 12:30pm **Aug. 23rd-Oct. 18th**, \$28

Sign Language – Mon. 10:45am **Sept 11th- Oct 30th** no charge

Tai Chi – Thurs. 9:15am **Oct. 19th – Dec. 19th**, \$35



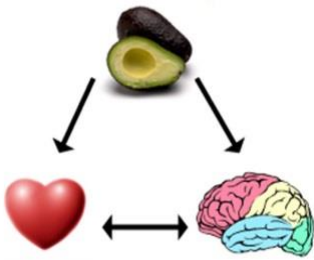
Tap Dance – Tues. 1:30pm **Sept. 5th – Oct. 24th**, \$32

Yoga – Thurs. 10:30am, **Aug. 24th – Oct. 19th**, \$32 Bring your own mat.

Yogasize try free DEMO Friday Oct. 6th at 12:15pm then class **Oct. 20th-Dec 15th** 7 weeks try it for **\$17**. Breathing, mindfulness, flexibility and balance as done from a chair.



Zumba – Fri. 1:15pm **Sept. 8th – Oct. 20th**, 6 weeks \$24



Fighting Dementia With a Healthy Lifestyle

Most everyone knows that a healthy diet and regular exercise are good for your heart, but growing evidence suggests they're good for your brain too. More than five million Americans are currently living with Alzheimer's disease, the most common form of dementia in the United States, according to the Alzheimer's Association.

"Dementia is an overall term that describes a wide range of symptoms associated with a decline in mental ability severe enough to interfere with daily life," says Anshu Bhalla, M.D., board certified in family medicine and geriatric medicine, and a member of the medical staff at University Medical Center of Princeton. Symptoms of dementia can vary greatly. Memory problems are typically one of the first signs of dementia, though many people have memory loss issues that are not linked to dementia. If you or a loved one experience trouble with memory or other cognitive skills, see a doctor to determine a cause. Early diagnosis and treatment may be able to help slow the progression of dementia and improve quality of life.

Research suggests that combining good nutrition with mental, social and physical activities may have a greater benefit in maintaining or improving brain health than any single activity. Many of the same healthy lifestyle habits that are good for your cardiovascular health also benefit your brain. When it comes to fighting dementia, keeping both your body and your brain healthy is key. By adopting healthy lifestyle habits, you can reduce your risk for Alzheimer's and other dementias and stay sharp as you grow older.

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



HEALTH LECTURES

CONTACT PHC Desk to register (609) 497-2230

Preventive Cardiology – Thursday, September 14th 10:45am-11:45am



Preventing or minimizing the impact of heart disease and stroke is possible when you recognize symptoms and risk factors early. Steven Bergmann, MD, PhD, board certified in internal medicine and nuclear cardiology and Chairman of the Department of Medicine of Princeton HealthCare System will discuss how patients with cardiovascular disease and those who have a high risk of developing it can reduce their risk and prevent it from getting worse. Dr. Bergmann will discuss management of abnormal cholesterol, high blood pressure, and diseases of the heart and blood vessels and how individualized nutrition plans and lifestyle modifications can help you live a healthy life.

FREE Blood Pressure Screening Tuesday, September 19th ~ 10:45a.m. – 11:45a.m.



DONATIONS – Thank you Susmita Majumdar, Anvil Bajaj, William Faust and Jane Platt. The Senior Center graciously accepts 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. All donations go 100% to Senior Center.

**Currently we are in need of new items that can be used as prizes for Games, Bingo, Door Prizes and Raffle Baskets. Unfortunately, we are unable to accept food items please.

Thank you for your generosity, it is greatly appreciated!





From the Desk of Marie Brown

Benefits Program Coordinator ext. 7676

Email: mbrown@sbtnj.net

Moon: Medicare Outpatient Observation Status

Some seniors think Medicare made a mistake. Others are stunned when they find out that being in a hospital even for a couple of days doesn't always mean they were actually admitted.

Instead, they received observation care, considered by Medicare to be an outpatient service. The observation designation means they can have higher out-of-pocket expenses and fewer Medicare benefits.

What is observation care? Hospitals provide observation care for patients who are not well enough to go home but not sick enough to be admitted. This care requires a doctor's order and is considered an outpatient service. The hospitalization can include short-term treatment and tests to help doctors decide whether the patient meets the medical criteria for admission. Medicare officials have issued the so-called "two-midnight rule:" Patients whose doctors expect them to stay in the hospital through two midnights should be admitted. Patients expected to stay for less time should be kept in observation.

What effect does observation status have on patients' care and expenses?

Because observation care is provided on an outpatient basis, patients usually also have co-payments for doctors' fees and each hospital service, and they have to pay whatever the hospital charges for any routine drugs the hospital provides that they take at home for chronic conditions such as diabetes or high cholesterol.

Observation patients cannot receive Medicare coverage for follow-up care in a nursing home, even though their doctors recommend it. To be eligible for nursing home coverage, they must have first spent at least three consecutive days (or through three midnights) as an admitted patient, not counting the day of discharge.

Why are more Medicare patients receiving observation care instead of being admitted? Medicare has strict criteria for admissions as an inpatient and usually won't pay anything for admitted patients who should have been in observation care. Partly in response to stepped up enforcement of these rules, hospitals in recent years have been placing more patients in observation.

Will the cost of my maintenance drugs be covered when I am in the hospital?

No, Medicare does not pay for these routine drugs for patients in the hospital in observation care. If you have a separate Medicare Part D drug plan, the coverage decision will be up to the insurer. You can submit to your Part D plan to see if they will cover negotiated costs. However, medicine to treat the symptoms that brought you to the hospital may be covered as an outpatient service.

How do I know if I'm an observation patient?

The only way to know for sure is to ask. "Unless people are in an observation unit, the difference between observation and inpatient care is basically indistinguishable," said Toby Edelman, a senior policy attorney at the Center for Medicare Advocacy.

Can I change my status in the hospital?

If your doctor says you are too sick to go home and you are receiving services that can be provided only in a hospital, ask your doctor to admit you to the hospital by changing your status to inpatient. However, even if your doctor does that, you can be switched back to observation status during your hospital stay.





From the Desk of Caryl Greenberg

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

It Takes a Village; Maintaining Quality of Life

"If you want to go fast, go alone; but if you want to go far, go together." NJ Senator Cory Booker used that African proverb during one of his speeches and I could not agree more. When my kids were little I was a stay at home mom for a few years and because of that I was able to help other moms that worked. I would drive their kids' places; play dates would always be at my house and sometimes kids would sleep over just to make it easier on the moms. I always thought this was good karma and it really felt like 'it took a village' to take care of our children. I was helped out also when needed.

In the last few weeks I have noticed something very similar happening here and it is heartwarming. An example; there is a mobile home community in town that has taken on a 'family persona'. I have a client who is having a tough time and when I went to see her I had learned that the maintenance employee had helped her out in many ways; walked her dog, warmed up some food for her and she told me it wasn't the first time. I have witnessed people helping some frailer individuals in the cheers/lunch room by getting their lunch for them, encouraging them to eat and even sometimes opening their utensil packets. This might not sound like much but it really is. Sometimes it's the little things that help maintain quality of life; placing batteries in a flipper so you can watch TV, getting a ride to get your hair done or joining someone who is alone doing a puzzle. We have had many friendships grow out of caring for one another. There are a group of women who now travel together all over the world but the friendship started as one doing a small favor for the other. Luckily, we also have formal services to help older adults like meal delivery and home care. So next time you think about it see what you can do to help someone that might need a little assistance or perhaps you're the one who needs a little help now and again.

Bereavement Support Group – Sign up with Caryl
Mondays ~ Sept. 11th – Oct. 23rd
10:45am – 12:15pm
In the Piano Room. ***No Group 10/9**



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: Deputy Mayor Charlie Carley.

SAC Chairman: Don Bergman. **Meeting: Thursday, Sept. 7th - 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, September 8th - 10:30am, followed by FRIENDS bingo.

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

Meeting: Tuesday, September 5th & September 19th - 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: Wednesday, September 13th & September 27th, - 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: September 6th - 11:00am, Aud. 1.**

Bridge Group - Friendly Duplicate tournaments are played **1st & 3rd Wednesdays** of the month. 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. See Wellness Center calendar for days/times. Just stop by the gym to play. Equipment provided.

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



Staff Directory

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

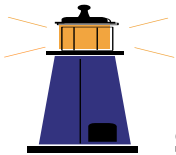
Extensions

Christine Wildemuth, Director, Office on Aging.....x7682
Caryl Greenberg, Social Workerx7212
JillAnn Foxxe, 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