

# South Brunswick Senior Center/Office on Aging

## Monthly Newsletter / August 2022

### A Note from Caryl Greenberg, Director

Dear Member,

What a ride it's been! Over the past two and a half years, we have seen ourselves pivot from not being able to offer any programs because of the pandemic, to virtual programs, to programs only taking place outside, to slowly opening up the building to a limited number of people, to being back to normal with no restrictions! Wow! Even reciting this simplified version is a mouthful, but the bottom line is this: we've come a long way and so have you!

When we think about creating programs and services we have to consider our core values: offering our members activities and events which will enable them to have a meaningful and a positive experience while in the Senior Center. We are an inclusive community established to enrich the lives of older adults and we are here for you as we all navigate the challenges of aging, with compassion, with skill, and with understanding. We hope that with all of our social, educational, cultural, and recreational options the Senior Center is a place not to just spend time at, but to truly engage, with our offerings, with fellow members, and with staff. We want you to find your niche!

Our benefits coordinator and social worker stand ready to help you navigate government programs and personal issues. Our transportation department ensures that you don't need a ride from someone to participate in activities. Our meal program (from Middlesex County) is here to feed you; our partnership with Penn Medicine ensures easy access to clinical services. And of course, we have a wonderful gym where you can ride a bike or walk on a treadmill in air conditioned comfort or take a class from one of our talented instructors.

Just this month alone, we have 137 programs scheduled, not including billiards, ping pong, cards, games, scrabble, chess etc. The old saying is that "It takes a village..." Our Center is also like a village, one that stands ready to be your friend and support you in your golden years.

Come join us and be part of our village!



## Center Happenings

**Adult Coloring-** 1<sup>st</sup> Tuesday of every month 1:30pm Enjoy coloring, and making new friends.

**Bingo- Mondays 10:30am (please note new time)** Bingo is a \$1.00 fee. Purchase \$5.00 Bingo Pass in office. You can share your card with a friend. **Please purchase cards prior to game time.**

**Book Club- Thursdays 10:00am** Come join our weekly book club where we chat about literature and so much more! With the assistance of South Brunswick Library, a book is chosen for the group and we set a discussion date so members can read at their own pace. Recommendations on books are always welcomed by the group.

**Braingames with Ram-** Studies show that playing games may improve cognitive health in older adults. Join Ram for a variety of trivia and other Braingames. Every **Second** and **last Friday** of the month at **12:30 pm**

**Ceramics- Thursdays 9:30am – 11:30am** Each class is \$3.00 (class card is \$15.00) Cost includes glazes and kiln firing. Additional \$3.00 charge for firing x-large pieces. **MUST** pick up pieces **last Thursday** of every month. Names or initials **MUST** be on every piece.

**Volunteer Coordinators:** Terry Doremus and Rose Marie Gianvito

**Match-War with Al- Wednesdays from 9.30 - 11:30-** MATCH-WAR is an exciting card game where the players must pluck a card to find their MATCHING card within 30 minutes. The twist and turns of the game make it an exciting game to watch and to play. There is also a chance to win prizes. This fun and laugh out loud game will provide an opportunity to meet new friends of the Center.

**Storytelling- Third Wednesday of the Month in place of Writing Away 1:30pm**

Come and tell us your story. Perhaps a reminiscence of childhood, a travel adventure, or an event you were a part of. Every life has stories to tell, and we want to hear yours.

### This Month's Movies:

**Postcards from the Edge- Friday, August 5<sup>th</sup> 10:00am** - Hollywood actress Suzanne Vale is on a slippery slope as a recovering addict. On exit from rehab, it is recommended she stay with her mother, who has become a somewhat champion drinker herself. 1H 41M

**Harriet- Monday, August 29<sup>th</sup> 12:30pm** - Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's transformation into one of America's greatest heroes. 2h 5m

### Podcasts/TED Talk Discussion Group- Mondays 1:30pm

Listen to a selected podcast or TED Talk independently followed by a group discussion

**August 1st:** TED- The Price of Happiness

**August 8th:** TED – Why You Should Talk to Strangers

**August 15th:** TED – The Four Kinds of Regret and What They Teach You About Yourself

**August 22nd:** TED – The Real Story of McMafia, How Global Crime Networks Work

**August 29th:** POD – Practicing Gratitude Pays Off

**Travel Club- Last Tuesday of the Month 1:45pm (1<sup>st</sup> Meeting)** Travels lovers, come share your stories and experiences with others and learn about different countries, cultures.

**What's On Your Mind?** - We have a variety of topics during this discussion group plus trivia, fun facts, riddles, news stories, etc. **Fridays 1:30pm**

**Writing Away- Wednesdays 1:30pm** Friendly group that gathers to creatively write, read and share their work.

## **Special Events- Sign up is REQUIRED for these programs.**

Please sign up with Jasmine at x 7670 or email [jaynilia@sbtnj.net](mailto:jaynilia@sbtnj.net)

**Card Making with Ananya- Tuesdays, August 2, 16, 23 & 30-** Join this talented young lady from South Brunswick High School for lessons in making beautiful ornate homemade cards.

**Crafts with Kathy- Thursday, August 4<sup>th</sup> at 1:30pm-** Join Kathy for fun crafts in a friendly and creative environment. This month's project is Diamond Painted keychains.

### **Art Lectures with Bart D'Andrea-**

- **Pablo Picasso – Tuesday, August 9<sup>th</sup> 12:30pm** - The beginnings of creative genius. The early years of Picasso, from realism to cubism. The 20th century master, **If you don't like Picasso, you don't know Picasso.** His early life and paintings will be discussed.
- **The Impressionists – Tuesday, August 23<sup>rd</sup> 12:30pm** - They were labeled as insane monkeys, evil, no morality, incapable persons, rotten anarchists, traitors, outlaws, now their paintings are some of the most revered and sought after works of our time. Their lives and paintings will be discussed.

**Repurposing with Art Lee- Tuesday, August 9<sup>th</sup> 1:30pm** Join Art lee in turning old things into new things. Friendly crowd and always fun!

**Art Lee Garden Workshop- Wednesday, August 10<sup>th</sup> 10:30AM-** Join Art Lee Master Gardener for garden tips. How does your garden grow? It's all about the sprout!

**Horseraces- Thursday, August 11<sup>th</sup> 12:15pm-** Sponsored by United Healthcare. Place your bets and get ready to win some prizes!!

**August Birthday Cake Celebration!- Tuesday, August 16<sup>th</sup> 12:00pm** Time to celebrate our center members with Birthday's in August!

**Picture Frame Decorating with Artis Senior Living- Thurs., August 18<sup>th</sup> 12:30 – 3:30**  
We've got all the decorations you'll need to make a wonderful picture frame

**Alborada Spanish Dance Theatre Group- Friday, August 19<sup>th</sup> 10:30am** Bailar con migo!! Swing, sway and seize the day! The event is guaranteed to get you movin! Happening in our Large Gym!!

**New Member Mingle- Friday, August 19<sup>th</sup> 12:30pm-** Are you a new member? Want to hear about all the wonderful events, clubs and classes your center offers? Join us here at the New Member Mingle for some light refreshments, social games, and an opportunity to talk to some of our other members and club presidents. **All members are welcome!!**

**Bingo- Monday August 22<sup>nd</sup> 10:30am-** Sponsored by Town Square

**Cornhole Tournament- Tuesday August 23<sup>rd</sup> 1:30 – 3:30-** Sponsored by Braven Health Bring your gameface!!! Braven Health is here with a favorite summer game, Cornhole! Grand prize is a pair of tickets to the Somerset Patriots Game!! Gotta be in it, to win it!! Gonna be a great time!

**BBQ EVENT With Music by Ron Greenip- Thursday, August 25<sup>th</sup> 11:00am – 1:30pm**  
There's nothing like a Summer BBQ, great food, great music, 50/50.

**Sign up with Jodi and Mary in the kitchen!!**

## 2022 Senior Health & Fitness Walk

Wednesday, September 21<sup>st</sup> at Roosevelt Park in Edison from 10-1pm.

It's a fun, enjoyable day with a boxed lunch a variety of health screenings, vendors, giveaways and music!

Sign up with Jasmine in the office beginning Monday, August 1<sup>st</sup>. Transportation provided.

**\$5.00 EXACT CASH** deposit, returned to you upon boarding the bus.

**Registration closes Friday, September 2<sup>nd</sup> 11am FIRM**

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### September- Save The Dates- SIGN UP at Office

**Bingo- Thursday, September 8<sup>th</sup> 12:30pm-** Sponsored by Bright Star Home Care.

**National Cholesterol Month Presentation - Wednesday, September 7<sup>th</sup> 12:30pm** – Join Aubrey & Alec Marcantonio from the Middlesex County Health Dept. to learn about “good” and “bad” cholesterol and how a healthy diet and lifestyle affects your cholesterol.

**September Birthday Cake Celebration!- Thursday, September 15<sup>th</sup> 12:00pm** Time to celebrate our center members with Birthday's in September!

**Health and Fitness Presentation - Tuesday, September 27<sup>th</sup> 10:30am** – Join Aubrey & Alec Marcantonio from the Middlesex County Health Dept. to learn about various health topics and how your lifestyle impacts your wellbeing.

**Fall Into Fall Party - Thursday, September 29<sup>th</sup> 11:00am – 1:30pm** Join us in bringing in the Fall, great food, great music, 50/50. **Sign up with Jodi and Mary in the kitchen!!**

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### “FRIENDly” Matters

**FRIENDS of South Brunswick Senior Center** is a non-profit organization, registered with the State of New Jersey, operating within the Senior Center. FRIENDS supports many programs and events at the center. Funds come from annual membership, donations and fundraising activities.

## **FRIENDS 1<sup>st</sup> Annual Billiards Tournament Fundraiser!!**

**Wednesday, August 31st 10:30am – 3:30pm**

**\$5.00 per person to enter**

**Open to all center members**

Friends 50/50 \* Prizes awarded for First, Second, and, Third Place Winners

**Registration tables will be in the lobby Mondays and Wednesdays 10:00a – 11:30a**

**\*\* EXACT CASH ONLY TO REGISTER \*\***

**Registration closes Friday, August 26th- FIRM**

**\*\* Please state your skill level when registering\*\***

**Please consider becoming a member of our FRIENDS organization the fee is only \$5.00 per year!**

## **WANT TO ATTEND FITNESS CLASSES OR USE OUR GYM?**

**Medical Clearance by your Doctor is REQUIRED and needs renewal every 2 years**  
(Please see Jasmine to fax the form to your physician)

Sneakers and Proper attire are REQUIRED in both gyms.

Shoes must be changed before entering either gym during inclement weather.

**\*WORKOUT GYM IS OPEN WITH LIMITED HOURS\* Masks are optional**

### **Fitness Class Cost**

Fitness Classes are \$3.50 per class. Two payment options are available

**10 Class Card for \$35.00** – Buys you any 10 classes of your choice. Repurchase when your card is full.

**Monthly Class Card**- Unlimited Classes (that month) of your choice for \$40.00. Repurchase monthly.

### **Class Descriptions**

(all classes can be modified to accommodate all fitness levels)

**Body Sculpting** – Mondays 11:00am Friday- August 5<sup>th</sup> at 10:30am (Fridays on break after 5<sup>th</sup>)

This total body exercise class can accommodate everyone's fitness level. Exercises can be done standing or seated. Stretching is done at the end and we finish with a one minute challenge.

**BollyX**- Tuesdays 10:00am August 2, 9, 30 (Please note this month's meeting dates)

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.

**Chair Yoga**- Thursdays 11:30am

Strengthens your muscles, improve your balance, reduce stress and open your heart through modified yogic postures, breath work, relaxation, and meditation. Chair Yoga classes incorporate mainly seated poses; some standing poses are also included and students can hold onto their chair for balance.

**Linedancing**- Fridays August 12, 26 10:30am- A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows. Dance to Country hits and some of today's popular linedance music. Let's have some fun! **FREE**

**Now & Zen**- On Hiatus until September

Promotes total body restoration by incorporating a variety of holistic healing modalities to maximize controlled breathing, increase mindfulness and channel energy flow. Program will include Pranayama, breath work with stretching, guided meditation, chanting and Reiki. This class is done seated. **FREE**

**Sweatin to the Oldies** – Tuesdays 12:30pm

Class is done standing. Cardiovascular exercise using popular music mostly from the 50's, 60's and 70's.

**Zumba**- Wednesdays 10:00am

Dance & aerobic movements performed to energetic music. The choreography incorporates hip-hop, samba, salsa, merengue and mambo. Zumba routines incorporate interval training, alternating fast and slow rhythms — to help improve cardiovascular fitness.

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**Indoor Walking** - Daily in the **Morning** 9:15a – 9:45a  
**Afternoons** Monday, Tuesday, and Thursday 2:30p – 4:15p  
**No Reservations needed**

# South Brunswick Wheels in Motion!!



**Baps Mandir- Wednesday, August 17<sup>th</sup>** Bus Departs 9:15am SHARP



## **Red Bank Historical Tour**

**Tuesday, September 20<sup>th</sup>**

Join us as we embark on a bus tour through Red Bank's most historical locations. Afterwards we will disembark our bus for meandering, shopping and lunching. Or grab a bench in the beautiful Marine Park for a picnic and watch the boats go by. **Trip limited to 27 passengers. Registration opens Tuesday, August 2<sup>nd</sup>.**

## **The Jersey Tenors- Friday, October 21<sup>st</sup>**

It's off to the Hunterdon Hills Playhouse for a luncheon matinee and a fantastic show! ***The Jersey Tenors***, is one of America's hottest new tribute acts, creating an explosive blend of the most iconic Opera classics alongside such Rock 'N Roll industry greats as ***Queen, Journey, Elton John*** and ***Billy Joel*** to name but a few!  
**CLOSED OUT**



For more information...

Stop by the Office Window and get your Trip Flyers today!

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### **Schedule Your Bus Service Today!**

Call 732-329-4000 x 7363 or stop by the Transportation Office to purchase your bus pass

| Lunch Trip Tuesday 11:00am | Special Shop Wednesday 10:30am                |
|----------------------------|-----------------------------------------------|
|                            |                                               |
|                            | <b>August 3</b> – East Brunswick Mall         |
|                            | <b>August 10</b> – Wegmans Nassau Park        |
| <b>August 23</b> - IHOP    | <b>August 24</b> – Plainsboro Shopping Center |
|                            | <b>August 31</b> – Mercer Mall Lawrenceville  |
|                            | Library Shuttle Every Wednesday 10:30 am      |
|                            |                                               |

# Club News

**Senior Advisory Council (SAC)**– a 13 member board appointed by the Mayor and Township Council who discuss issues that impact the Senior Center. Everyone is welcome.

**Township Liaison:** Mayor Charlie Carley      **Chair:** Coleen Schlaffer

**Meeting: Thursday, August 4<sup>th</sup> 10:30am (All are welcome to attend)**

**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 available at the office or on our website.

**Co- Presidents:** Satya Agarwal & Mohandas Hemrajani

**Co- Vice Presidents:** Lynne Brown & Geeta Balasubramanian

**Meeting: Monday, August 8<sup>th</sup> 11:00am    FRIENDS BINGO- 10:00am**

**\*\*Please note the change in day and time for FRIENDS meeting and FRIENDS Bingo**

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**Billiards Club-** All welcomed to play daily. Tournaments are played weekly. Lessons on request. Pool club membership is required for tournaments. There is a membership fee.

**Meeting: First Wednesday** of the month at **11:00am**

**President:** Ken Peabody [kwpeabody@gmail.com](mailto:kwpeabody@gmail.com) or 732-991-4717

**Bridge Club-** Daily Bridge play. Friendly Duplicate tournaments are played.

**Lessons- Wednesdays 10:00am** with Lynne Brown

**Tournaments: 1st & 3rd Tuesdays** of the month at **12:00p- 2:30p**

**Coordinator:** Satya Agarwal [satya.agarwal@gmail.com](mailto:satya.agarwal@gmail.com)

**Golden Age Club-** All welcomed to join. **Meeting August 10<sup>th</sup> & 24<sup>th</sup> 1-3pm**

**Meeting: Second & Fourth Wednesday** of the Month at **1:00 – 3:00pm**

**President:** Aggie Schwartz

**Knit and Crochet Club-** Supports organizations serving communities in crisis. Yarn donations are always appreciated! Newcomers are always welcomed!

**Meets: Wednesdays 10:00am - 12:00pm. Coordinators:** Ann Markey & Diane Duffy

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**Badminton-** Keep your eye on the Birdie! **Wednesdays 1:30 – 4:15** Equipment Provided.

**Ping Pong-** Group play with others! Equipment provided. **Weekdays: 8:30am – 4:15pm**

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**Mobile Library-** on Hiatus

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**Donations:** We gratefully 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.

**We are always in need of new items for Bingo prizes and door prizes.**



## From the Desk of Dawn Neglia

Dawn Neglia, LSW -Social Worker- 732 329-4000 x7212 Email: [dneglia@sbtnj.net](mailto:dneglia@sbtnj.net)

### August is Summer Sun Safety Month

Summer is upon us! The month of August is typically a hot one in New Jersey and temperatures can soar over 90 degrees daily. Sunny days encourage us to spend time outdoors and this practice can benefit our physical and mental health. It is important to note that although warm weather and sunshine have its benefits (Vitamin D), it is important to practice safe habits during the season.

There are great reasons to spend time outside. According to WebMD, “sunlight helps keep your serotonin levels up. This helps raise your energy and keeps your mood calm, positive, and focused“. This can also be beneficial in lowering anxiety. Exercise is always good for the body. Outdoor exercise such as walks are a great way to enjoy the summer and can be planned during the cooler hours of the day (early morning and late evenings), or stay in shaded areas and be sure to drink lots of water.

According to a recent USDA- Forest Service article, “studies also show that being outside in nature is relaxing, reducing our stress, cortisol levels, muscle tension and heart rates – all of which are risk factors for cardiovascular disease. Since scientists have gained access to data sets, sometimes capturing an entire country’s population of medical records and hospital data, we are finding that patient diagnoses and chronic illness risk are often related to where an individual lives and their proximity to green spaces“. This is a great excuse for checking out one of the many parks we have in town...have a picnic or do some bird watching!

In addition to embracing breaks in the shade and drinking adequate fluids, there are additional safety tips for the summer to keep in mind. August is “Summer Sun Safety Month” and is a reminder to apply (and re-apply) sunscreen regularly, wear hats and sunglasses to protect your skin and to wear loose fitting/lightweight clothing. Eating foods with a high water content (watermelon, cucumbers, tomatoes, etc.) can also help with hydration. On days where the heat and humidity are just too much to handle, stay indoors and in air conditioning... another great reason to come to the senior center!



## **From the Desk of Darlene Dawson**

Benefits Coordinator [ddawson@sbtnj.net](mailto:ddawson@sbtnj.net) 732 329-4000 x7676



### **Medicare Update: No Part B Premium Rebate**

When Medicare officials were calculating their expected 2022 costs last year, they anticipated huge cash outlays to pay for a controversial Alzheimer's drug called Aduhelm. To cover those expected costs, they raised premiums for Medicare Part B for 2022 to a record high \$170.10.

Most of these anticipated costs never materialized. Aduhelm's manufacturer, Biogen, cut the initial annual price for users of the drug roughly in half, to \$28,200. In addition, the Centers for Medicare and Medicaid Services (CMS) decided to approve the drug only for a very limited set of users in clinical trials.

That has generated sizable savings for Medicare. However, those savings will not be passed along to Medicare Part B enrollees in the form of a premium reduction – at least not this year. That has angered advocates for Medicare users, and they feel it is unconscionable for a single outrageously priced drug to drive up premiums for all Medicare beneficiaries.

In January, US Health and Human Services Secretary Xavier Becerra ordered CMS to reassess its record – high premium increase for Part B, which covers doctor visits, tests, and other outpatient services. The \$21.60 basic premium hike in 2022 was the largest in Medicare's history. However, even finding out the program would not spend as much as anticipated in 2022 on Aduhelm, officials decided to hold off on any cost reductions for beneficiaries. CMS officials say that rolling the savings into the 2023 premium “is the most effective way to deliver these savings back to people.”

The 2022 Part B monthly premium would have been nearly 10 dollars less- \$160.30 – without Aduhelm, officials say.

Medicare officials are expected to announce the new 2023 Part B premium in the fall. Please reach out to me if you need any help with Medicare. I am a SHIP (State Health Insurance Program) counselor and the information you receive is unbiased based on what would work best for your medical and prescription needs.



**Penn Medicine**  
**Princeton Health**

Penn Medicine Princeton Health is proud to partner with the South Brunswick Wellness Center to provide you with convenient access to medical care, lab services, community education and physical therapy.

**Lab/Phlebotomy Services:**

Tuesdays from 8:00am - 12 Noon walk ins only

**Physical Therapy:** By appointment 609 497-2230

**Primary Care-** Dr. Jose C. Vagario By appointment 609 395-2470

**Lectures**

**To Register For Community Education Lectures**

**Call (888) 897-8979 (Follow the prompts)**

**Or register online at:**

<https://www.princetonhcs.org/events?term=south+brunswick>

**Get Back In The Swing ( Golf) - Thursday, August 11<sup>th</sup> 2-3pm** - Whether you have been golfing for years or are new to the sport, swinging a club can have a serious impact on your body. Join Barbara Kutch, PT, DPT, CSCS, a physical therapist with Princeton Medical Center Princeton Rehabilitation, who is certified by the Titleist Performance Institute, as she provides golf swing assessments and discusses the components of the golf swing, how injuries occur, swing-specific strengthening, flexibility, balance, and warm-up exercises.

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**Blood Pressure Screening- No Blood Pressure Screening this Month**

August Recipe Card  
August is National Peach Month!!

## Peach Bruschetta

Total: 35 min. \* Active: 15min \* Yield: 12 – 15 servings

**Ingredients:**

1 French Baguette, sliced 1/4 inch thick  
¼ cup Olive Oil  
1 Pound large peaches, diced into small cubes  
2 Tablespoons chopped fresh Basil  
¼ Teaspoon Kosher Salt  
¼ cup Honey  
1 Teaspoon Apple Cider Vinegar  
1 Teaspoon Hot Sauce, or desired amount  
4 Ounces of Goat Cheese

**Directions:**

1. Preheat Oven to 350 degrees.
2. Lay the baguette pieces in a single layer on a parchment- lined baking sheet, brush both sides with 3 tablespoons of the Olive Oil and bake until golden brown. 15 – 18 minutes.
3. In a medium bowl, toss together the peaches, basil, salt and remaining 1 tablespoon olive oil.
4. Whisk together the honey, vinegar, hot sauce in a small bowl, adding more hot sauce to taste.
5. To build the bruschetta, start with a piece of baguette, spread with the goat cheese, spoon on some peaches and top with the hot honey.

- Recipe courtesy of Jeff Mauro - shared from the Food Network.



## Senior Center General Information

**Senior Center Hours:** Monday - Friday 8:30am - 4:30pm

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

**Website:** [www.southbrunswicknj.gov](http://www.southbrunswicknj.gov) (Click Departments, then Senior Center)

**Membership:** FREE Become a member by filling out a registration form, a Covid-19 Waiver form and show proof of residence and age. If you have a family member living with your for at least 4 months, they are welcome to become a member.

**Meals:** We are a congregate meal site for Middlesex County. For a delicious hot meal, call Jodi or Mary at 732-329-6171. Lunch served at 11:30 am, Monday to Friday, must be 60+. Please call by noon one day ahead for reservations.

**Meals on Wheels:** Suggested donation: \$2.75. Please call if you need home delivery.

### Transportation Department - (Located In The Senior Center)

\* Bus pass required (50 cents each way). Purchase a \$10.00 (or more) pass.

#### Wheelchair Accessible Buses

\* Reservations are required and should be scheduled no later than 3:45 pm for the next day pick up in order to be brought to the Senior Center, food shopping, weekly trips or on the errand shuttle. Please call for Medical transport with as much notice as possible. This is curb to curb service. AM pick up to come to the senior center and return at 1:30 PM and/or 3:15 PM

\* To cancel "Same Day Service" call (732)-329-4000 x7363 by 8:30 am; leave a message, provide name, address, phone number, and reason for call. Please see the transportation calendar for details.

### Staff Directory

To reach our staff members call (732) 329-4000, followed by their extension.

After hours please leave a voicemail. Fax 732.438.9826

|                                                    |              |                                                            |
|----------------------------------------------------|--------------|------------------------------------------------------------|
| Caryl Greenberg - Director, Office on Aging.....   | x7682        | <a href="mailto:cgreenbe@sbtnj.net">cgreenbe@sbtnj.net</a> |
| Dawn Neglia, Social Worker .....                   | x7212        | <a href="mailto:dneglia@sbtnj.net">dneglia@sbtnj.net</a>   |
| JillAnn Foxxe, Program Coordinator.....            | x7675        | <a href="mailto:jfoxxe@sbtnj.net">jfoxxe@sbtnj.net</a>     |
| Darlene Dawson, Program Coordinator (Benefits)...  | x7676        | <a href="mailto:ddawson@sbtnj.net">ddawson@sbtnj.net</a>   |
| Jackie Johnson, Admin. Secretary / Vol. Coord..... | x7677        | <a href="mailto:jjohnson@sbtnj.net">jjohnson@sbtnj.net</a> |
| Jasmine Aynilian, Main Office, Secretary .....     | x7670        | <a href="mailto:jaynilia@sbtnj.net">jaynilia@sbtnj.net</a> |
| Steve Aker, Custodian                              | x7350        |                                                            |
| <b>After Hours/Weather Update .....</b>            | <b>x7670</b> |                                                            |
| Mimi Doria Transportation/Reservations .....       | x7363        | <a href="mailto:mdoria@sbtnj.net">mdoria@sbtnj.net</a>     |
| Al Nardi/Transportation Supervisor .....           | x7362        | <a href="mailto:anardi@sbtnj.net">anardi@sbtnj.net</a>     |

### Meals on Wheels & Daily Meal Program:

Jody Kehayas, Site Manager (732) 329-6171 [jody.kehayas@co.middlesex.nj.us](mailto:jody.kehayas@co.middlesex.nj.us)



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