

# South Brunswick Beacon Senior Newsletter June 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 – June 16<sup>th</sup>**

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

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

**Email:** Christine Wildemuth, Director [cwildemu@sbtnj.net](mailto:cwildemu@sbtnj.net)

**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 Finnigans Lane to Kingston).
- **Apna Bazaar** (1<sup>st</sup> & 3<sup>rd</sup> 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

**Bingo-** Monday, June 17<sup>th</sup> & 24<sup>th</sup> 12:15pm

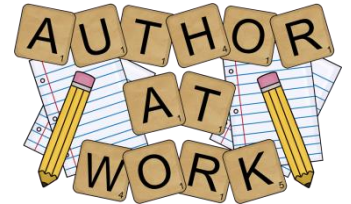
**Friends Bingo** – Friday, June 14<sup>th</sup> 12:30pm

**Special Bingo-** Friday, June 28<sup>th</sup> 12:15pm Free



**How To Tell Your Story- Mon., June 3<sup>rd</sup> 12:15pm – 1:45pm**

So...you want to publish your memoir, children's book, or a fun fiction book. Join author Vivienne K. Munn, learn how to get started in self-publishing: From the basics of writing it down, to editing, to how to submit for Amazon publication. This course will focus on, writing for publication and a short discussion on marketing your work, a fun, insightful hands-on workshop. **Sign up by May 28<sup>th</sup>.**



**Coloring for Adults- Tuesday, June 4<sup>th</sup> 12:15pm** Enjoy tranquil music, color and make a new friends. All materials provided. Free.

**Story Time- Monday, June 10<sup>th</sup> 12:30pm-** English as a second language students from the schools come to the center and read the stories they have written to you in small groups. Please come support this fantastic program!



**The Art Lee Project – Tuesday, June 11<sup>th</sup> 12:30pm** June's project will be Collage & Decoupage. All materials provided. **Sign up.**

**Choir Performance- Thursday, June 13<sup>th</sup> 12:30pm-** Cross Roads South Middle school choir will perform at the senior center. Come support these talented students.



**Senior Center Piano Recital- Wednesday, June 19<sup>th</sup> 12:15 p.m.** Join us for a beautiful performance given by our very own Piano students of the Senior Center led by instructor Gwen Cerasoli.

## Program Highlights



### **Wreath Making with Jackie- Wed., June 26<sup>th</sup>**

**12:15pm** Come make a beautiful 4<sup>th</sup> of July deco mesh wreath for your door. Easy to do and all materials are provided. See sample in lobby **Sign Up by June 19<sup>th</sup> Cost \$15**

### **Monthly Birthday Lunch- Tuesday, June 25<sup>th</sup>**

**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 June 18<sup>th</sup>**



## **Summertime Kickoff Party!**

**Thursday, June 27<sup>th</sup> 12:15pm**

**11:15am** Summer Themed Lunch (Fee of \$2.25)

**12:15pm** Linda Miller is here to entertain you!

**Sponsored by Artis Senior Living**

**1:15pm Friends 50/50 Raffle / Door Prizes**

**Sign up by June 20<sup>th</sup>**

\*\*Artis Senior Living is a premier developer-owner-operator of assisted living residences committed to providing the finest level of care through a compassionate dedication to each resident's comfort and needs.

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**Donations:** We graciously accept monetary donations. All donations go to senior programs. Checks are payable to So. Brunswick Senior Center. "Tribute Cards" are available \$15 per pack of ten. Donations are tax deductible.

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### **SAVE THE DATE- Independence Day Celebration**

**Wednesday, July 3<sup>rd</sup> Fireworks 9:00pm**

Rain date set for Friday, July 5<sup>th</sup> Activities, Music & Food Vendors 6:00pm-9:00PM At Crossroads South Fields on Major Road





## Program Highlights

### Upcoming Senior Center Classes

#### **Art Class– May 13<sup>th</sup> – July 8<sup>th</sup> Mondays 1:00pm - 3:00pm**

Artists of all levels welcomed. Students learn to utilize a variety of materials, techniques & concepts. Bring own supplies. 8 wks \$48

#### **Beadazzled- Monday, June 3<sup>rd</sup> 10:00am – 11:30am**

Handcrafted jewelry using beautiful high quality beads. June's project is a Necklace. **Cost: \$8 Sign Up**



#### **Library Tech Classes- Thursdays 10:45am – 12:00pm**

**"Friending Your Phone and More"** Come to the Friending Your Phone class and learn how to harness the power of your smartphone, iPad or other device. **June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>**

**Computer/IPAD Lessons**- Volunteers are available in the Tech Center to help with phone, computer or IPAD questions.

\* Tuesday and Wednesday 10:45am – 12:00pm

**\*In July & August High School students will be available in the Tech Center 10:30am – 1:30pm to assist you with same.**

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## MOVIES

#### **Greenbook- Thurs., June 20<sup>th</sup> 12:30pm – 2:45pm**

Bouncer Tony Lip is hired by African-American musician Don Shirley to chauffeur him around the Jim Crow South in 1962 for an eight-week concert tour and the mismatched men form a friendship.

#### **Benjamin- Tues., June 25<sup>th</sup> 12:30pm - 2:00pm**

A family calls in an intervention for their fifteen year old son who they think suffers from drug addiction. During the intervention process, it becomes apparent that the ones who confront Benjamin's addiction the most have many problems of their own.



# PROGRAM HIGHLIGHTS



## HEALTH PROGRAMS

### Dealing with Depression

**Mon. June 3<sup>rd</sup> 12:30pm**

Depression is a common mental health disorder that affects millions of Americans. Join a representative from Princeton Medical Institute, to learn about the neurobiology of depression, including why certain people are predisposed to it, new treatment options and clinical research trials, and the reality of current antidepressants and how patient's needs are still unmet.

**Free Blood Pressure Screening- 10am – Noon**  
**Tuesday, June 18<sup>th</sup>** No Appointment Necessary.



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

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## LECTURES



**Ted Talks** - short, video talks followed by discussion.

**Wed., June 5<sup>th</sup> 12:30pm-** How to let altruism be your guide.

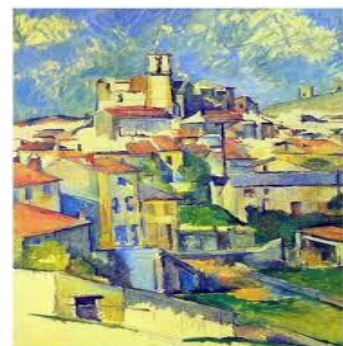
**Wed., June 26<sup>th</sup> 10:45am-** How great leaders inspire action.

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**Art Lecture with Maurice- Friday, June 21<sup>st</sup>**

**12:30pm** Paul Cezanne was a post-impressionist painter who created the bridge between impressionism and cubism, and is said to be the artistic father of both Matisse and Picasso.

Sign up by June 14<sup>th</sup>.



## **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. June 3<sup>rd</sup>** (10:00-noon) ~ **Mon. June 17<sup>th</sup>** (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, July 2<sup>nd</sup> – Aug. 6<sup>th</sup> 6 weeks \$18

**B.E.S.T. (Balancing, Exercises, Stretching, Toning)**- Mondays 1:45pm.

Light weights, balls & bands in chair July 15<sup>th</sup> – Aug. 26<sup>th</sup>

7 weeks \$28

**\*NEW\* BOLLY X** – Mondays 12:30pm July 8<sup>th</sup> – Aug. 26<sup>th</sup>

8 weeks \$16 Intro Price. Cardio & Interval training that tones & burns calories. Come try this great new class!



**Chair Yoga**- Tuesdays 10:30am July 9<sup>th</sup> – Aug. 27<sup>th</sup> 7 weeks \$28 Summer only will be taught by a substitute teacher. Joanne returns in September.

**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. June 27<sup>th</sup>- Aug. 22<sup>nd</sup> \$32

**Now & Zen**- Wednesdays 10:30am **Breaking For Summer**

**\*NEW\* POUND**- Thursdays 12:30pm July 11<sup>th</sup> – Aug. 27<sup>th</sup> \$20

Cardio/Strengthening with simulated drumming using provided ripsticks. Fun & exhilarating come give this new class a try!

**Pilates**-Tuesdays 9:15 Core training. July 2<sup>nd</sup> – Aug. 20<sup>th</sup> \$32 Bring ball

**Reiki with Jill**- Tuesdays in July & August 10:00 – 12:00 (By Appointment Only - 20 min. appts.) Reiki is the life force energy that aides in stress reduction & relaxation thereby promoting a healthy balance between mind, body and spirit. FREE Sign Up At The Office **Registration opens June 3<sup>rd</sup>**

**Sculpting with Weights**-Wednesday 12:30pm June 26<sup>th</sup> – Aug. 14<sup>th</sup> \$28

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

**Tai Chi**-Thursdays 9:15am July 11<sup>th</sup> – Aug. 29<sup>th</sup> 8 weeks \$35

**Tap Dance**- Tuesdays 1:30pm. Bring Tap Shoes. **Breaking For Summer**

**Yoga**-Thursdays 10:30am Bring mat. **Breaking For Summer**

**Yogasize**- Fridays 12:15pm **Breaking for Summer.**

**Zumba**- Fridays 1:15pm **Breaking For Summer**

## Bus Trip Information



**Great Paterson Falls & Paterson Museum- FULL**  
**Wednesday, June 12<sup>th</sup>** Bring a bag lunch. Bus leaves Woodlot Park at 8:15 am. This trip had been rescheduled due to last years cancellation. **Heavy outdoor walking.**

**Spirit of Philadelphia Lunch Cruise- FULL**  
**Wednesday, July 31<sup>st</sup>** Bus leaves Woodlot Park 9:30am **Lunch:** Buffet Lunch/ Dessert. Coffee, Tea and water included.



## Save the Dates

**Chocolatrium Tour & Museum-** Wednesday, August 14<sup>th</sup>  
**Bowman's Hill Wildflower Preserve-** Tuesday, September 17<sup>th</sup>  
**Easton State Penetentiary-** Monday, Oct. 21<sup>st</sup>

**\*\* Details to follow in July's newsletter \*\***

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## Transportation News

Do you need help getting to the store or a doctor's appointment?  
Call our Transportation Department...

**Schedule your Bus Service today!**

There is a charge of \$.50 each way to use South Brunswick's Township Transportation. Passes are sold at the following values...  
**\$10**=20 single rides \* **\$20**=40 single rides \* **\$30**=60 single rides  
Please see Mimi in the Transportation Office to purchase your bus pass. For information, call 732-329-4000 x 7363 or stop by.

### Local Trips



June 5 <sup>th</sup>	10:30am-	East Brunswick Mall
June 11 <sup>th</sup>	11:00am-	Dusal's Pizza
June 12 <sup>th</sup>	10:30am-	Walmart Lawrenceville
June 26 <sup>th</sup>	10:30am-	Mercer Mall

**\*\*Please check with Mimi at ext.7363 for status of trips as some may be cancelled.**



## From the Desk of Caryl Greenberg

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

### The Home Care World Gets Shaken Up!

In most situations it would be most prudent to hire someone through an agency if you need home care as opposed to privately hiring an individual to care for yourself or loved one. There are many reasons for this and I'd like to share a few with you. According to Caring Connections, when a family hires an aide they become the employer and it is required that all taxes be paid including Social Security, Payroll and Unemployment. The aide also must be an independent contractor and pay her/his own taxes as well. Most of the time families want to save money and there is some risk involved with this tradeoff. Families usually don't vet the person, do background checks or call references increasing the risk for exploitation. Home health aides are trained to provide care under the supervision of an RN. Without this oversight there can be care mistakes. Additionally, if an aide gets sick or doesn't show up you are stuck without coverage. If you are paying 'under the table', there can be ramifications if you want to eventually apply for Medicaid; for example, significantly delaying the approval of the program. Why did I title this 'Home Care World gets Shaken Up?

The NJ Division of Consumer Affairs has implemented a statutory accreditation process for all home care agencies. All agencies must go through the process and become accredited by May 21<sup>st</sup>, 2019 or must cease to be in business. They have known about this for a long time. This is a costly and time consuming process according to business owners but the accreditation assures that all agencies are meeting the same standards which will protect the health and safety and welfare of those who receive such services. By the time you read this I will have checked with all the agencies I recommend to make sure they have an accreditation designation. This is really a big deal for all agencies providing care because there are now protocols and oversights that were not in place prior to this law.



### Monthly Bereavement Group: Monday, June 17<sup>th</sup>

**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



## Farmer's Market Vouchers



### New Jersey Senior Farm Market Program:

(NJSFMP) is a program designed to provide seniors with limited income aged 60+ with fresh locally grown fruits and vegetables.

Eligible seniors receive five \$5.00 (\$25.00) vouchers to use at a state registered farm market. Grocery stores do not accept these vouchers.

### Pre-Registration Is Required on May 15<sup>th</sup>

**See Caryl To Register on May 15<sup>th</sup> Show Proof Of Income**

**Eligibility Requirements Are:** Income limit Single person is \$22,459 a year or \$1872.00 per month Household of two the income limit is \$30,451 per year or \$2,538.00 per month. Recipients of the Medicaid, Food Stamps, and SSI need only to provide a valid ID card at registration..

**Voucher Distribution Will Be Held At:**

**The Senior Center**

**Friday, June 14<sup>th</sup> 10:00 am – 1:00 pm**

**Vouchers may be used until November 30, 2019**

**\*\*You must be present to receive your vouchers\*\***

## REMINDERS



### Primary Day- Tuesday, June 4<sup>th</sup>

The auditoriums are closed this day. There will be no programs in these rooms.

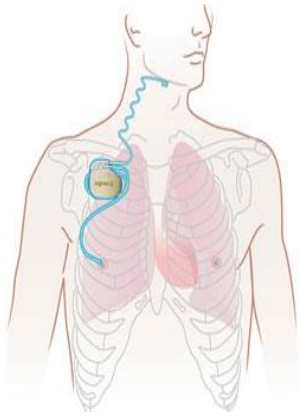
Don't forget to **VOTE!**



## NJ Transit Tickets – Reduced Fare Coupon Book



If you are 62+ you are eligible to receive 50% off your NJ Transit bus or train tickets! Everyone needs a NJ Transit ID card now to get the discount. See Christine in the office to apply & pick up coupons.



**Penn Medicine**  
Princeton Health

## **Snore No More:** **New Treatment Option for Sleep** **Apnea**

At least 25 million adults across the United States suffer from obstructive sleep apnea, according to the American Academy of Sleep Medicine.

“The Sleep Center at Penn Medicine Princeton Medical Center (PMC) provides comprehensive care for sleep disorders and now offers Inspire therapy, a surgical procedure to help certain patients gain relief from obstructive sleep apnea,” says Robert Mignone, D.O. board certified otolaryngologist and medical director of the Sleep Surgical Program at PMC.

For moderate to severe sleep apnea, continuous positive airway pressure (CPAP) remains the standard treatment to keep the airways open at night. Some patients, however, receive little benefit from CPAP. In those cases, they may be candidates for a new procedure to treat sleep apnea.

Known as Inspire therapy, the procedure involves surgically implanting a neurotransmitter, a breathing sensor lead and stimulation lead via small incisions in the neck and chest. The transmitter and leads sense breathing patterns and deliver mild stimulation to maintain an open airway and promote regular breathing.

While the procedure is typically performed on an outpatient basis under general anesthesia, some patients may require an overnight stay.

Inspire therapy is part of the comprehensive care for sleep disorders, including obstructive sleep apnea, through PMC and its Sleep Center, which is fully accredited by the American Academy of Sleep Medicine.

To learn more about Inspire therapy for sleep apnea, call 888.742.7496 or 609.436.5740 or visit [princetonhcs.org/sleepcenter](http://princetonhcs.org/sleepcenter).

# 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, June 6<sup>TH</sup> 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, June 14<sup>th</sup> 10:30am** **Bingo 12:30pm**



**South Brunswick Senior Social Club** – Members needed! Dues: \$15.00. **Meeting: Tuesday, June 18<sup>th</sup> 1:00pm. No meeting June 4<sup>th</sup>** 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., June 12<sup>th</sup> & 26<sup>th</sup> 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/Captain: Gary Harraman **Meeting: June 5<sup>th</sup> 11:00am**

**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**

Christine Wildemuth, Director, Office on Aging.....x7682  
Caryl Greenberg, Social Worker .....x7212  
JillAnn Foxxe, Program Coordinator.....x7675  
Jackie Johnson, Administrative Secretary.....x7677  
Jasmine Aynilian, Main Office, Secretary .....x7670  
Steve Aker, Custodian.....x7350  
After Hours/Weather Update .....x7670  
Transportation.....x7363

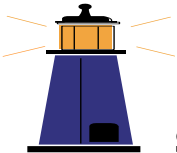
### **Meals on Wheels & Daily Meal Program:**

Karen Delikat, Site Manager (732) 329-6171 or Karen Lahrman, Driver



**Follow us on Facebook**- South Brunswick Office on Aging

**Penn Medicine Princeton Health** ..... (609) 497-2230



### **South Brunswick Office On Aging**

540 Ridge Road  
Monmouth Junction, NJ 08852