

South Brunswick

Beacon Senior Newsletter

February 2017

The Senior Center is open to South Brunswick Residents 55+ Only

Hours: Monday - Friday 8:30am - 4:30pm. **NOTE:** Closed Sundays in February. The Senior Center will be CLOSED—Feb. 13(Mon), Feb. 20,(Mon)

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

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

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: Bus pass required - \$.50 each way. Reservations **MUST** be made by 3:45pm for the next day, week, month, or ride home. To cancel "Same Day Service" call **(732)-329-4000 x7363** before 8:30am. Leave a message, speak clearly, provide name, address, phone number, and reason for call. Buses are wheelchair accessible.

- **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 to 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).

Program Highlights

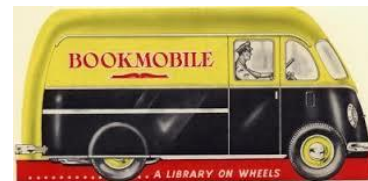
Vision Support Group, Friday, February 3 @10:30am, Aud. 1

See Caryl for more information.



Valentine's Bingo – Monday, February 6 @12:30pm, Aud. 1 Join us for Valentine's Bingo. Fun and prizes! FREE!

Bookmobile Tuesdays – every Tuesday at NOON, our Bookmobile stops at the center. Make sure you use this convenient service for all your library needs. You may also drop off books at the office and they will be picked up on Tuesdays.



Ted Talks

February 1 @12:30pm - Jonathan Haidt: Can a divided America heal?

February 8 @10:45am - Guy Winch: Why we all need to practice emotional first aid.

February 15 @12:30pm - Tim Urban: Inside the mind of a master procrastinator.

February 22 @10:45am - Dave Isay: Everyone around you has a story the world needs to hear.



Valentine's Party – Thursday, February 9

@12:15pm. Sing and dance to the music of DJ Winston! Thanks to Atrium Health and Senior Living for sponsoring this event. Atrium has a long history of providing premier health care for residents at

every stage of senior life and they offer post-acute care, long term care, hospice care, and senior living communities. Door prizes, FRIENDS 50/50 cash raffle. **OPEN ONLY TO THOSE WHO**

SIGNED-UP by Thursday, January 26. Party is FREE. Lunch is \$2.25.

Program Highlights

Indian Fields Students Visit – Tuesday, February 14 @

11:30pm. We welcome students from Indian Fields Elementary School, who will visit during lunch, and give out Valentine's Day cards & treats!



Jeopardy Challenge – Thursdays,

February 16 & 23 @ 12:30 pm, Aud. 1. Work as part of a team to answer questions on topics such as geography, science, entertainment, movies & film, plus more! Lots of fun and laughs!

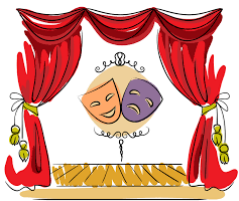
Just for FUN Bingo! – Monday, February 27 @ 12:30pm,

Aud. 1 --- More bingo----more FUN...more prizes. **FREE!**

Monthly Birthday Lunch – Tuesday, February 28 @ 11:00am,

Cheers. Is this your birthday month? Trivia and cake! Sign up by January 10.

*****Day with the Characters*****



Wednesday, March 1 @ 10:00am – Noon.

This year's spring musical performance (TBA) will be held, at Crossroads South (CRSO) middle school.

1. You must **sign-up at the office by February 15.**
2. **Bring a bagged lunch!** Due to construction at the senior center we will be eating and celebrating at CRSO school.
3. Current bus riders will be driven directly to CRSO school by our transportation department.
4. Non-bus riders must arrive at the senior center **by 9:00am!** A school bus will pick us up at 9:15am and drive us to CRSO.
5. At 1:15pm – Transportation will pick up current bus riders and take them home. All others will be taken back to the center by the school bus, to get their cars.

Program Highlights



AARP FREE Tax Preparation, February 7- April 6 – Tuesdays & Thursdays, (no appointments on Feb. 14, 16 or 21). Location: SB Public Library, 10:00am – 3:30pm

- 1) Go to www.southbrunswicknj.gov and click on taxes.
- 2) Make your appointment ONLINE only.
- 3) Easy to follow instructions – just click on the day and time you want your appointment!
- 4) You may call (732) 329-4000 x 7670 **for questions only.**



TRIP: Coming Soon in April! The Grape Escape

Tour the winery and learn about the wine process! Depending on the number of participants we will make our own mozzarella **or** sample and taste a variety of olive oils and balsamic vinegars, as well as take home a bottle of herb infused oil! Additionally we will be treated to a fabulous gourmet lunch! More information to follow.



LOCAL TRIPS - Everyone with a bus pass is welcomed to go on trips. Call 732-329-4000 x7363 for information or to schedule a ride. Trips leave from the senior center at @10:30am. Trips with less than 10 participants will be cancelled.

February 1 – Quaker Bridge Mall

February 8 – Walmart, No. Brunswick

February 15 – Target, Michaels, Wegmans

February 22 – East Brunswick Mall

Donations – Thank you to Arlene Bacher, Peter & Connie Chan, and George Weber. We graciously accept monetary donations (strictly designated for senior center use). Checks must be payable to the SB Senior Center. "Tribute Cards" are still available (\$15).

Your support is appreciated!

Program Highlights

Construction UPDATE:

- 1) To access the Main Office, Art Room, or see Caryl or Marie you MUST use the side entrance (by the office) and scan-in at Jasmine's office.
- 2) **ALL volunteers** must scan-in at Jasmine's office.
- 3) The front entrance will remain open, but the automatic doors will not open. Use the manual doors instead. We will use a mobile scanner to scan you in at the front door.
- 4) This project includes a new tech center, music room, coat room, carpeting, pool tables, partition walls in the auditorium, and new lockers. Also, our transportation department will now have offices at the center.
- 5) The center will be closed on Sundays during February.
- 6) The senior center Meal Program, Wellness Center, and Princeton Healthcare will be unaffected by the construction.
- 7) We anticipate computers, Ipads, chess, puzzles, piano, and Wii play to resume in the spring. Look for emails and flyers for ongoing updates.
Give your email to the main office, if you are not on our email loop!



★ ★ **New Website** Learn about our programs and what is going on in our senior center. Print out our newest newsletter, membership forms, volunteer forms, and more. Visit www.southbrunswicknj.gov (Click on Departments, then Senior Center.) ★

★ **Facebook** – See our latest pictures and post or share information with your friends on this closed group. Search for the “South Brunswick Office on Aging” on Facebook.

Inclement Weather - For weather related opening times, programs, class changes/cancellations, call 732-329-4000 ext. 7670, starting at 7:30am.

George Street Playhouse Discount Tickets

Discount tickets are available for SB Senior Center members and up to one guest, by calling Jaci D’Ulisse, (732) 846-2895 ext. 134. Tuesday, Wednesday, or Thursday 8:00pm shows are \$16 per ticket. American Son (Feb.7 through Feb. 26), a high charged drama, Bad Jews (March 21 – April 9), a story of family & faith.

WANT TO USE OUR GYM OR ATTEND CLASSES?

- ✓ Fill out 3 REQUIRED medical forms, (one to be filled out by your doctor)
- ✓ Attend a **Personal Training Session – Mondays, February 6 (10:00-noon) & February 27 (11:30-1:30)---** 15 minute sessions)
- ✓ Sign up for classes - 2 WEEKS PRIOR to Start Date. Fees non-refundable.

Class Schedule

Art Class with Christina- Mondays, @1:30-3:00pm, March 6 – May 1, (8 weeks), no class April 10, \$30.

NEW

Ballroom Dancing with Candace -Wednesdays,@1:45pm, March 1-April 19, (8 weeks), Must have a partner, or you will be paired up. \$28

B.E.S.T. (Balancing, Exercises, Stretching, and Toning) with Liz – Mondays @1:45pm. Light weights, balls, and bands. Sitting in a chair. March 27 – May 22, (8 weeks), No class April 10, \$32

Chair Yoga with Joanne - Tuesdays, @10:30am. March 7 – May 2, (8 weeks), No class April 11, \$25.

Get Fit with Liz – Thursdays @1:45pm. Mix of cardio and strength exercises. March 2 – April 20, (8 weeks), \$32

NEW

Line Dancing with Candace -Thursdays, @12:30pm, Country-line dance. March 2 – April 20, (8 weeks), \$28

Mindful Meditation with Aruna, Wednesdays, @10:45am, March 1 – April 26 (8 weeks), no class April 12, \$30.

Pilates with Maryanne – Tuesdays @9:15am. One of the best ways for older adults to stay healthy. Bring your own ball. Feb. 28 – April 25, (8 weeks), No class April 11, \$25

Sculpting with Weights with Linda – Wednesdays @12:30pm. Strength training for you! March 8 – April 26, (8 weeks), \$28

Tai Chi with June-Thursdays@9:15am, March 2 – April 20, (8 weeks), \$35

Tap with Robin & JC - Tuesdays @1:15pm. Beginners & returning students. Bring tap shoes. March 7 – May 2, (8 weeks), No class April 11, \$32

Yoga with Joanne – Thursdays@10:30am, March 2 – April 20 (8weeks)\$32
Bring your own mat.

Zumba with Fran – Fridays @1:15pm. March 3 – April 28, (8 weeks), No class April 14, \$28.



When Chronic Cough is Something More Serious

A persistent cough can be more than just an annoyance; it could be a sign of an underlying medical problem that needs attention.

Coughing is a natural reflex that protects your lungs and helps clear your airways of irritants such as smoke and mucus. "But if you have a cough that persists for more than a few weeks, it could also be your body telling you that it's time to see a doctor," says John A. Heim, M.D., board certified in general and thoracic surgery and chairman of the Department of Surgery at University Medical Center of Princeton (UMCP).

An acute cough is the type that you typically get with a cold and generally resolves within two to three weeks. A chronic cough lasts longer and can interfere with your day-to-day activities.

If you are otherwise healthy with no history of underlying lung disease and have a cough that lasts for more than four weeks, you should make an appointment to see your doctor.

If you have been diagnosed with a lung condition such as COPD or chronic bronchitis and the nature of your cough changes, you should consult your physician.

Treating a cough depends on the underlying cause. Research shows that patients with lung diseases or breathing problems can benefit from rehabilitation. The Pulmonary Rehabilitation Program at UMCP is a medically supervised program that helps patients reduce shortness of breath and anxiety, increase ability to perform daily activities; improve breathing techniques, stamina and strength; and enhance physical and mental well-being.

A cough that doesn't go away is cause for concern. If you suffer from chronic cough, make an appointment to see your doctor.

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

Medication Safety – Thursday, February 6 (12:30 – 1:15 p.m.)

Keeping track of multiple medications can be overwhelming, but proper dosage is extremely important. Even a seemingly simple mistake can be dangerous, especially for elderly patients. Join Timothy Reilly, PharmD, BCPS, Clinical Pharmacist with Princeton HealthCare System and Clinical Assistant Professor at the Ernest Mario School of Pharmacy, Rutgers–The State University of New Jersey, and learn more about sticking to your doctor’s recommended treatment, managing multiple prescriptions, interactions and medication-related problems.

Spinal Injuries: What You Need to Know to Reduce Injuries –

Tuesday, February 9 (10:45 – 11:45 a.m.) There are approximately 12,000 spinal cord injuries each year in the United States. Join Craig Gronczewski, MD MBA board certified in emergency medicine, Chairman of University Medical Center at Princeton’s Emergency Department and Past President of the Medical Staff at Princeton HealthCare System for this informative session. You will learn about spine anatomy, spinal injuries, what can be done to help prevent them, and how proper pre-hospital care can improve outcomes.

Blood Pressure Check, Tuesday, February 21, 10:00am – Noon

(No sign-up required- FREE).

NOTE: All movies will be shown in Aud. 1 @12:30pm**Florence Foster Jenkins –Thursday, February 2,**

(PG 13 – 1:50, Drama) The true story of Florence Foster

Jenkins, the legendary NY socialite, who obsessively pursued her dream of becoming a great opera singer. Her husband and manager, St. Clair Bayfield, tries to protect her from the truth about her awful singing, but Florence forges ahead and schedules a public concert at Carnegie Hall! Starring: Meryl Streep and Hugh Grant.

Bridget Jones’s Baby – Tuesday, February 28, (R – 2:03, Comedy)

After breaking up with Mark Darcy, Bridget Jones, now fortysomething and single again, decides to focus on her job as a top news producer. It seems Bridget has everything under control, until she meets a dashing American named Jack, becomes pregnant and can’t be sure who her baby’s father is. Starring: Renee Zellweger and Patrick Dempsey.



From the Desk of Marie Brown

Outreach/Program Coordinator
ext. 7676 Email: mbrown@sbtnj.net

Pharmaceutical Assistance to the Aged and Disabled (PAAD) Senior Gold Prescription Discount Program

The Pharmaceutical Assistance to the Aged and Disabled program helps eligible New Jersey residents pay for prescription drugs, insulin, insulin needles and syringes and needles for injectable medicines used for the treatment of multiple sclerosis. The PAAD co-payment will be \$5 for each PAAD covered generic drug prescription and \$7 for each PAAD covered brand name drug prescription. PAAD beneficiaries may pay less for generic drugs if their Medicare prescription drug plan charges them less than the \$5 PAAD co-payment for generics.

You may be eligible for **PAAD** if you meet the following requirements:

- A New Jersey resident;
- 65 years of age or older, or 18 years of age or older and receiving Social Security Title II Disability benefits; and
- Annual income for 2017 of less than \$26,655 if single or less than \$32,680 if married; and
- Medicare-eligible PAAD beneficiaries are also required to enroll in a Medicare Part D Prescription Drug Plan in New Jersey. PAAD will pay the monthly premium for certain standard basic Part D plans. The federal Medicare Plan and/or PAAD will pay any costs above the PAAD copayment of \$5 for each covered generic drug or \$7 for each covered brand name drug, including premiums.

Senior Gold Prescription Discount Program (**Senior Gold**) is a State-funded prescription program with a different co-payment structure and income eligibility guidelines than those of PAAD. You are eligible for Senior Gold if you meet the following requirements:

- A New Jersey resident;
- 65 years of age or older, or 18 years of age or older and receiving Social Security Title II Disability benefits; and
- Annual income for 2017 is between \$26,655 and \$36,655 if you are single or between \$32,680 and \$42,680 if you are married.



From the Desk of Caryl Greenberg

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

Choose Love

Famous poets from Shakespeare to Dickinson to Cummings and Browning have written about love. We love our parents our children our spouses and our friends. We love our pets, beautiful spring days, chocolate ice cream and joyous gatherings. There are many different type of love in life. Academics have categorized 'love' into different types and philosophers have theorized for centuries about love.

One truth about love that I know is that it makes me feel good to be loved and to love. The power of love is extraordinary! I love being a social worker and working here at the senior center. If I did not 'love' my job it would be difficult to be here every day. Though I don't know exactly what chemicals occur in the brain when one is in touch with 'loving' or being 'in love' I'm sure it mimics what anti-depressants do to some degree.

Why talk about love? Since Valentine's Day is this month I thought it would be a great topic. And since we feel so good when we experience all types of love why not go after it?

When I look around the senior center I see lots of love. There have been relationships that have blossomed here enabling people to find love for a second and sometimes a third time! There have been meaningful friendships that have developed and friendships based on mutual interests like billiards, maj jong, puzzles and more. What stands out is the group of several women who now travel together after meeting in my bereavement group. This couldn't have happened unless one person asked 'do you want to travel together?'

How you can accomplish more love in your day? Reach out to others. You cannot wait for someone to talk to you. We have to take responsibility for our level of involvement with others. Be approachable. Smile when you see someone and make eye contact with them. Join activities, take a class, stay for lunch and take a chance. If you have other ideas let me know!

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: Councilman Charlie Carley, **SAC Chairman:** TBA. **Next meeting: Thursday, February 2 @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 for resident seniors and \$5.00 for non-residents and non-seniors. See office or website for membership forms. President: Don Bergman, Vice-Presidents: Muthu Subramanian & Marvin Schlaffer **Meeting: Friday, February 10@10:30am. No bingo this month.**

South Brunswick Senior Social Club — Newcomers welcome! Dues are \$10.00. **Meeting: Tuesdays, February 7 & 21 @1:00pm, Aud. 1.** Brief business meetings and bingo. SBSC 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: Wednesdays, February 8 & 22, Aud. 1.** President: Gloria Zimmerman, 732-355-1860.

Billiards Club —All are 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: February 1 @11:00am, Aud. 1.**

Bridge Group - Friendly Duplicate tournaments are played 1st & 3rd Wednesdays of the month. **However in light of our renovation and construction, tournaments will start again on April 5, 2017.** 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 (Cheers).** Yarn Donations Please! Newcomers are welcomed!

Badminton Friendly non-competitive play every Tuesday and Wednesday. See Wellness Center calendar for times. Just stop by the gym to play. Equipment provided.

Ping Pong – play with others on **Mondays, Wednesdays, and Fridays - (3:00 – 4:30pm).** OPEN Play Daily!

Staff Directory

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

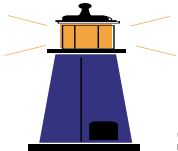
Extensions

Christine Wildemuth, Director, Office on Aging.....x7682
Caryl Greenberg, Social Workerx7212
Wanda Garrin, 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