

# New Providence

## Senior Citizens Newsletter

OCTOBER 2015

Volume 15, Issue 10



### COORDINATOR'S CORNER

Fall is here and it is by far my favorite season. I love the changing leaves, crisp weather and fall comfort food. There will be a Fall Foliage Trip to Colesville on Tuesday, October 6<sup>th</sup>.

October is also National Breast Cancer Awareness Month. Please see the article on page 3.

We are continuing our series on the "Top Ten Scams Targeting Seniors" and this month we discuss Prescription Drug Fraud. The article on page 4 provides tips on avoiding counterfeit prescription drugs.

The New Providence High School Booster Club is participating in a ShoeBox recycling fundraiser. In the coat room you will find a large green decorated bin for shoes. They will take used wearable men's, women's and children's shoes (shoes should not have holes in the soles and not need cobbling or mending). They do not accept heavy winter boots, slippers, or single shoes.

The windows at the center will be replaced in October. Please be careful entering and leaving the building. The window replacement will add to the beauty and cost efficiency of the building.

Finally, please keep in mind the following programs:

- Remember When with Jennie Andrews, Thursday, October 8th at Noon. Jennie will lead a discussion on poetry and books.
- Flu Clinic, Thursday, October 15th from 10am-Noon. Must present Health Insurance Card. There is a \$20 charge for anyone who does not have health insurance.
- Myriam's exercise classes have a few schedule changes. Please see the calendar.

HAPPY HALLOWEEN

### Thank you...

- Leo Piovano for the wonderful presentation on Italian Renaissance painter and architect, "Raphael".
- Sue Fieseler from the Summit YMCA for the informative presentation "Stepping into Fitness" and for the yummy, yet healthy, treats.
- Clara DelMonte for sharing the documentary about the life of John Basilone, "I'm Staying With My Boys", and for organizing the trip to the parade.
- Christine Napolitano for the fabulous trip to New Jersey's largest outlet and value retail center, the Jersey Gardens Mall.
- Elyse Drucker for the presentation, "Your SHIP Has Come In", and her continuing assistance during the month of October.
- Ruth Nitti for watering the house plants at the center for many years.

### NP Senior Citizens Club

*An organization dedicated to providing social & enriching activities & events for New Providence residents 55 years and beyond.*

#### Trustees

Chair: Maxine Hirsch  
Pat Connolly, Kay DeMarco,  
Enid Doyle, Carolyn Foran,  
Rosalie Hamaty, Kathy  
Hendrickson, Jean Holmes,  
Ed Len, Peggy MacNeil, and Grace  
Parlapiano

#### Club Officers

President: Christine Napolitano  
Vice Pres.: Harry Kundrat  
Treasurer: Sal Ligammar  
1<sup>st</sup> Treasurer: Clara DelMonte  
2<sup>nd</sup> Treasurer: Delores Felezzola  
Sergeant-at-Arms: Don Kern

*Contact these members with any questions regarding your club!*

### DeCorso Community Center

15 East Fourth St.  
New Providence, NJ 07974  
908-665-0046

[www.newprov.org/seniorcenter](http://www.newprov.org/seniorcenter)

*A welcoming place for New Providence residents to gather and to enjoy its events and programs as well as our neighbors and friends.*

#### Center Coordinator

Stacey Kinum

#### Hours

Monday-Friday: 9:30 – 2:30

#### Newsletter Staff

Stacey Kinum  
Clara DelMonte  
Kay DeMarco  
Barbara Koslap  
Doris Velez

## Trips, Activities & Meetings

*Tickets for events may be purchased at the center on Wednesdays from 9:45 to 10:45AM.*

*Please visit or call the center at 665-0046 if you need to cancel a reservation.*

*Do not transfer a reservation. It will not be honored.*

**Check the calendar  
for ongoing activities  
& schedule changes!**

- **Tues., Oct 6, 9:00am: Fall Foliage Trip** to Colesville. Stop at Elias Cole for lunch. Bus leaves at 9:00am.
- **Wed., Oct 7, 11:00am: George Esker** of Bankers Life and Casualty Company will present Part 2 of "**Medicare Basics and Boot Camp**".
- **Thurs., Oct 8, 12:00noon: Remember When** –Bring your favorite poem, book or children's book as Jennie Andrews leads us in a discussion of poetry and books. Pizza available for \$1.75/slice. Register in advance.
- **Wed., Oct 14, 11:00am: Chatham Band** will perform for us as we celebrate October birthdays. Lunch will be provided by Juniper Village.
- **Thurs., Oct 15, 10:00am-12:00noon: Flu Clinic** - At the center and open to the public. First come, first served. Free for Medicare B recipients or Aetna, CIGNA, Coventry, Multiplan, UMWA, Humana, Medicare Railroad, Three Rivers or United Healthcare (please bring your health insurance card); otherwise, \$20.
- **Sat., Oct. 17, 10:00am-4:00pm: NPML Craft Fair** – The Friends of the Library will hold their annual craft fair at the library.
- **Sun., Oct. 18, 2:00pm: A Sinatra Celebration** at NPML with International Cabaret Artist, Maggie Worsdale.
- **Tues., Oct 20, 10:00am-6:30pm: Casino Trip** - Try your luck at the Sands Casino in Bethlehem, Pennsylvania. Purchase tickets in advance. Receive \$20 in "play money" and \$5 for food. Cost: \$20. See Phyllis Winters.
- **Wed., Oct 21, 11:00am:** One of the New Providence School District bands will play for us.
- **Thurs., Oct 22, 12:30pm: Papermill Playhouse Trip** to see "**The Bandstand**". This new musical is the story of a mismatched band of WWII veterans who join together to compete in a national radio contest with a prize that will guarantee instant stardom to the winners. Only 20 tickets available. Cost: \$35. See Christine Napolitano.
- **Thurs., Oct 22, 7:00pm: Historical Society Program** - Mr. Mark Falzini, Archivist of the New Jersey State Police Museum, will give a presentation at the center on how the city of Summit is connected to the infamous **Lindbergh** baby kidnapping case. There will be a Q&A afterwards and refreshments. Seating is limited.
- **Wed., Oct 28, 12:00noon: Pasta Luncheon (no meeting)** – Enjoy delicious Italian food and be entertained by Mister Giuseppe. There will be a Super 50/50 and a palm reader. Cost: \$10. See Christine Napolitano.
- **Thurs., Oct 29, 7:00-9:30pm: After Hours** – Enjoy an evening with nationally syndicated columnist and author, **Tracy Beckerman**.
- **Sun., Nov 1, 10:00am-5:00pm: New Providence Street Fair**
- **Wed., Nov 4, 11:00am:** Singing impressionist **Eric Kearns** will provide outstanding entertainment as he performs vocal impersonations from artists who were popular from the 1920's through the 1970's. This wonderful show is open to everyone! Bring your friends.
- **Sat., Nov 7, 10:00am-4:00pm: Paca Club Craft Fair** - Unique and specialty items. Held at the Paca Club.
- **Wed., Nov 11, 10:30am-2:00pm: Veterans Day Service Luncheon** – Observe the day at the center with a speaker, an 11<sup>th</sup> Hour Service, a lunch provided by local restaurants, and musical entertainment. Please sign up in advance and bring a dessert. See Peggy Brodeur.
- **Wed., Nov 18, 11:00am: Sue Fieseler** from the Summit YMCA will give a presentation on "**Surviving the Holidays**".
- **Thurs., Nov 19, 12:15pm: Remember When** with Jennie Andrews. Topic TBA.

**THE CENTER WILL BE CLOSED WEDNESDAY, NOV. 25TH THROUGH SUNDAY, NOV. 29TH.**

**IF YOU ARE INTERESTED...****MORRIS MUSEUM:** Senior Admission \$7

- **Musically, Made in New Jersey** – Explore how New Jersey manufacturers met the nation's desire for music on demand during the heyday of mechanical musical instruments. Through Oct. 18th.
- **The Language of Fans** - This intriguing display explores various types of fans, the materials used, and the cultural influences that defined their use. Through Dec. 6<sup>th</sup>

**REEVES-REED ARBORETUM**

- **Saturday Morning Garden Tours** – A wonderful opportunity to learn about the history of the Arboretum. Saturdays at 10:30am through Oct. 24<sup>th</sup>. Free of charge. No reservations required.

**BREAST CANCER AWARENESS MONTH**

October is breast cancer awareness month. Every person should know the symptoms and signs of breast cancer and any time an abnormality is discovered, it should be investigated by a healthcare professional.

Common Symptoms of Breast Cancer include:

- New lump or mass
- Swelling of all or part of a breast
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of nipple or breast skin
- Nipple discharge

The American Cancer Society recommends:

- Yearly mammograms
- Yearly clinical breast exam

**SUMMIT'S CONECTION TO THE LINDBERGH CASE**

On Thursday, October 22, 2015 at 7:00 p.m. the New Providence and Summit Historical Societies will give a presentation at the Center on how the city of Summit is connected to the infamous Lindbergh case. Their speaker will be Mr. Mark Falzini, Archivist of the New Jersey State Police Museum. There will be a Q&A afterwards and refreshments. Seating is limited. For information, call 908-665-6465.

**BOOK CLUB AT THE SUMMIT YMCA**

The Summit YMCA invites NPSCClub members to share their insights, express their thoughts, and enjoy good company at a book club that meets every other month on the first Monday of the month from 12:15-1:15pm. Engage in fun and meaningful group discussions and bring your suggestions for future books!

The next meeting will be held November 9 and the book to be discussed is "The Boston Girl" by Anita Diamant. The book club is free for all area residents. Feel free to bring a bagged lunch. The YMCA will provide dessert.

Registration is required. To register, please visit or call the Member Service Desk at 908-273-3330.

**NEW PROVIDENCE LEAF PICKUP**

New Providence leaf pickup will begin the week of October 19<sup>th</sup>. Put leaves in cans, open containers, or paper bags and place at curbside or purchase a permit for \$55 to have your leaves vacuumed from the curb.

*Autumn truly is what summer pretends to be: the best of all seasons. It is as glorious as summer is tedious; as subtle as summer is obvious; as refreshing as summer is wearying. Autumn seems like paradise. – Gregg Easterbrook*

**MOVIE MARQUEE****OCTOBER MOVIES AT THE NP MEMORIAL LIBRARY****Tuesdays at 9:30am & 2:00pm**

October 6 - *Aloha*  
 October 13 - *A Little Chaos*  
 October 20 - *The Homesman*  
 October 27 – *Run All Night*

**Foreign Films**

Thurs., October 1<sup>st</sup> at 2:00pm – *My Father's Glory* (in French with English subtitles)  
 Tues., October 27<sup>th</sup> at 6:30pm – *My Mother's Castle* (in French with English subtitles)

## Top 10 Scams Targeting Seniors

As part of our continuing series on elder fraud, this month we will discuss counterfeit prescription drugs.

Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity—since 2000, the FDA has investigated an average of 20 such cases per year, up from five a year in the 1990s.

The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet.

### Tips for Avoiding Counterfeit Prescription Drugs:

- Be mindful of appearance. Closely examine the packaging and lot numbers of prescription drugs and be alert to any changes from one prescription to the next.
- Consult your pharmacist or physician if your prescription drug looks suspicious.
- Alert your pharmacist and physician immediately if your medication causes adverse side effects or if your condition does not improve.
- Use caution when purchasing drugs on the Internet. Do not purchase medications from unlicensed online distributors or those who sell medications without a prescription. Reputable online pharmacies will have a seal of approval called the Verified Internet Pharmacy Practice Site (VIPPS), provided by the Association of Boards of Pharmacy in the United States.
- Be aware that product promotions or cost reductions and other "special deals" may be associated with counterfeit product promotion.

Sources: National Council on Aging and [www.fbi.gov](http://www.fbi.gov)

## "NEW VITALITY" MEMBERSHIP SIGN UP AND SENIOR SUPPER CLUB

Atlantic Health's "New Vitality" program will be signing up members through December at Overlook Downtown on Mondays from 10:00am to 12:00 noon by appointment. New members receive free health screenings including cholesterol, glucose, and blood pressure. Call 908-522-2963 to schedule an appointment.

As a benefit of "New Vitality" membership, seniors will receive a membership card entitling them to a 3 course dinner and beverage for \$5.00 every Thursday from 4:30 to 6:30pm in the Summit Grill on the 4<sup>th</sup> floor of Overlook Medical Center. Parking is free.

## Halloween Definitions

Coffin: What you do when you get a piece of popcorn stuck in your throat.

Frankenstein: Hot dog and a mug of beer

Full Moon: What your repairman reveals when he bends over to fix your fridge.

Goblin: How you eat the Snickers bars you get for Halloween.

Jack O'Lantern: An Irish Pumpkin

Mummy: The one who kisses the boo-boo after you scrape your knee.

## October's Party

October gave a party  
The leaves by the hundreds came  
The chestnuts, oaks, & maples  
And leaves of every name.  
The sunshine spread a carpet,  
And everything was good,  
Miss Weather led the dancing,  
Professor Wind the band.

The Chestnuts came in yellow,  
The Oaks in crimson dressed;  
The lovely Misses Maple  
In scarlet looked their best,  
All balanced to their partners,  
And gaily fluttered by,  
The sight was like a rainbow  
New fallen from the sky.  
~ George Cooper~

## Monthly Facts

Birthstone: Opal, Tourmaline

Flower: Calendula (pot marigold)

Zodiac Signs: Libra (Sep 23 – Oct 22), Scorpio (Oct 23 – Nov 21)

### Holidays and Observances:

- October 1 – World Vegetarian Day
- October 12 – Columbus Day
- October 16 – National Mammography Day
- October 22 – National Nut Day
- October 24 – United Nations Day

~ October 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sep 27</b>	<b>Sep 28</b> <b>10:30 UCCollegeClass</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	<b>Sep 29</b> <b>10:00 Driver Safety</b> 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi 2:00 Converse Italian	<b>Sep 30</b> <b>10:00 Driver Safety</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 "Your SHIP Has Come In"</b> 12:30 Bingo/Cards	<b>1</b> <b>10:00 Driver Safety</b> 12:30 Partner Bridge 1:00 Mah Jongg	<b>2</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 12:30 Pizza Bingo	<b>3</b>
<b>4</b>	<b>5</b> 9:00 Bus to ShopRite <b>9:30 Trustee Meeting</b> <b>10:30 UCCollegeClass</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:15 In Control w/Mike	<b>6</b> <b>9:00 Fall Foliage Trip</b> 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi 2:00 Converse Italian	<b>7 George Esker</b> <b>10:00 SHIP</b> 10:00 Bus to Club <b>11:00 "Medicare Basics"</b> 12:30 Bingo/Cards	<b>8 Remember When</b> 9:30 Fit & Healthy Exercise w/Myriam <b>12:15 Remember When</b> 12:30 Duplicate Bridge 1:00 Mah Jongg	<b>9</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 12:30 Pizza Bingo	<b>10</b>
<b>11</b>	<b>12</b> <b>10:30 UCCollegeClass</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:15 In Control w/Mike	<b>13</b> <b>10:00 Activities Meeting</b> 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi 2:00 Converse Italian	<b>14 Happy Birthday!</b> 9:30 Blood Pressure <b>10:00 SHIP</b> 10:00 Bus to Club <b>11:00 Chatham Band, Lunch provided by Juniper Village</b> 12:30 Bingo/Cards	<b>15</b> 9:30 Fit & Healthy Exercise w/Myriam <b>10:00 Flu Clinic</b> 12:30 Duplicate Bridge 1:00 Mah Jongg	<b>16</b> 9:00 Bus to Mall 9:00 Four Cities Bridge 9:30 Zumba w/Donna 12:30 Pizza Bingo	<b>17</b> <b>NPML Craft Fair</b> <b>10:00am-4:00pm</b>
<b>18</b> <b>NPML Sinatra Celebration 2:00pm</b>	<b>19</b> <b>10:30 UCCollegeClass</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	<b>20 The Sands</b> <b>10:00 Casino Trip</b> 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi 2:00 Converse Italian	<b>21 School Band</b> 9:30 Blood Pressure <b>10:00 SHIP</b> 10:00 Bus to Club <b>11:00 School Band</b> 12:30 Bingo/Cards	<b>22 The Bandstand</b> 9:30 Fit & Healthy Exercise w/Myriam <b>12:30 Papermill Trip</b> 12:30 Partner Bridge 1:00 Mah Jongg <b>7:00pm Historical Society Program on Lindbergh</b>	<b>23</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 12:30 Pizza Bingo	<b>24</b>
<b>25</b>	<b>26</b> <b>10:30 UCCollegeClass</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	<b>27</b> 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi 2:00 Converse Italian	<b>28</b> <b>10:00 SHIP</b> 11:00 Bus to Club <b>12:00 Pasta Luncheon</b> 	<b>29 After Hours w/Tracy Beckerman</b> 9:30 Fit & Healthy Exercise w/Myriam 12:30 Bridge or Poker 1:00 Mah Jongg <b>7:00pm After Hours</b>	<b>30</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 12:30 Pizza Bingo	<b>31</b>