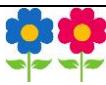


New Providence Senior Citizens Newsletter

"Good things happen here!"

MAY 2018



Vol. 18, No. 5



COORDINATORS CORNER

"Age is an issue of mind over matter. If you don't mind, it doesn't matter!" Mark Twain
Spring has finally sprung. May is a busy month at the center, so please take a look at the events and join in - even invite a friend!

Upcoming Events

Walking Club - Patty Kath will lead a short walk around the neighborhood prior to the Wednesday meetings. We will head out at 10:15am, so please join us.

Volunteer Celebration, Wednesday, May 9th at 11am - This is a day for us to say "thank you" to all past and present volunteers. We will have music by "The Four Old Parts" and cake.

Health Fair, Wednesday, May 16th from 8-11am - This year the fair will focus on a variety of screenings. Free blood screenings and stroke assessments are available to New Providence residents age 55 and older who preregister. We will even have a massage therapist offering free chair massages.

Anniversary Luncheon, Wednesday, May 23rd at 12noon - Held at the Primavera Regency in Stirling. The cost is \$40 per person and bus transportation is available for those who need it. Please sign up.

Memorial Day Remembrance, Monday, May 28th, 11am - We will celebrate Memorial Day by serving hot dogs and desserts to our community members. We need volunteers to help serve and bake. Please participate in this wonderful event that is open to the entire town.

Rubber Ducky Raffle is NPSCC's biggest fundraiser. Please consider buying and/or selling tickets. The grand prize this year is 4 box seats behind home plate at a Yankees home game.

Reminders/Schedule Changes

- Kathy Larkin, social worker from SAGE, continues to be here on the first Wednesday of every month. Kathy can help and discuss any issues or questions you may have. It's a wonderful service that you can take advantage of for free.
- No bingo on Wednesday, May 9th.
- All **regular** activities are cancelled on Tuesday, May 15th.
- The center will be closed all day on Wednesday, May 23rd.
- Zumba and Pizza Bingo are cancelled on Friday, May 25th.

THANK YOU...

- NPHS Strings for providing beautiful music at our club meeting on April 4th.
- Debbie Gresh from BrightStar Care and Helyne and Debbie from Lantern Hill for leading us in a fun trivia program at our meeting on April 11th.
- Phyllis Winters for running another wonderful Casino Trip.
- Joe Eberle for his informative presentation on the "Housing Market".
- Union Methodist Church Choir for performing their beautiful Easter Cantata.
- Ellen Steinberg for telling us about the Union County Senior Citizens Council.
- Professor Bill Dunscombe for guest facilitating a current events discussion.
- Vanessa Rios from the Arthritis Foundation for the "Living Your Yes" talk.

NP Senior Citizens Club

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

Trustees

Chair: Carolyn Foran
Vice-Chair: Ed Insinger
Secretary: Bette Schmitt
Bert Abbazia, Kathy Hendrickson,
Peggy Macneal,
Joe Masino, Tina Morielli,
Grace Parlapiano, Wilma Silwones,
Bill Wehrle

Club Officers

President: Peggy Brodeur
Vice President: Bill Wehrle
Treasurer: Sal Ligammarri
1st Treasurer: TBD
2nd Treasurer: Delores Felezzola
Sergeants-at-Arms: Don Kern,
Mike Ferlise

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

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

Center Co-Coordinators

Therese Dalton
Michelle Zack

Hours

Monday-Friday: 9:30am - 2:30pm

Newsletter Staff

Peggy Brodeur
Joan Clark
Therese Dalton
Barbara Koslap
Wilma Silwones
Michelle Zack

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 908-665-0046 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!**

- **Wed., May 2, 9:30am:** Kathy Larkin from **SAGE** will be available for private consultations.
- **Wed., May 2, 11:00am:** **Meeting – The NPHS Band** will play for us as we celebrate June birthdays.
- **Wed., May 9, 11:00am:** **Meeting/Celebration – Listen to the fabulous sounds of the “Four Old Parts” barbershop quartet and enjoy cake as we celebrate our volunteers. All club members are invited to attend!**
- **Fri., May 11, 12:30pm:** **Pizza/Bingo** – Character Education students from NPHS will join us for Pizza/Bingo.
- **Tues., May 15, 11:00am-1:00pm:** **Ask the Pharmacist** – An Overlook Medical Center clinical pharmacist will discuss how to obtain more affordable medications and safe and effective medication use. Sign up for the presentation and for a time slot to review your medications.
- **Tues., May 15, 12:00noon:** **Setup for the Annual Health Fair** –All **regular** activities will be cancelled today.
- **Wed., May 16, 8:00-11:00am:** **Annual Health Fair** - Free health screenings and medical information. Sign up for bus transportation.
- **Tues., May 22, 10:45am:** **Book Club** – Therese Dalton will lead the discussion about another great book. Title to be announced when copies become available.
- **Wed., May 23, 12:00noon:** **Anniversary Lunch** - Celebrate the 59th anniversary of the club with lunch at Primavera Restaurant. Singer Candy Nelson will provide entertainment. Sign up, pay, and order your entrée in advance. Cost: \$40. Sign up for bus transportation. Bus leaves at 11:00am. Center will be closed all day.
- **Thurs., May 24, 11:00am:** **Current Events** – Michelle Zack will facilitate a discussion in which members may exchange ideas and share different perspectives on issues in national and international affairs.
- **Fri., May 25, 1:00pm:** **Set up for Memorial Day Remembrance** – Help prepare the center and start your baking. All activities are cancelled. The bus will go to the mall.
- **Mon., May 28, 11:00am:** **Memorial Day Remembrance** - Join us at our annual reception after the parade as we share hot dogs and baked goods with the public. Sign up at the center to volunteer your help.
- **Wed., May 30, 11:00am:** **Meeting – Enjoy the wonderful singing voices of the NPHS Vocal Soloists.**
- **Thurs., May 31, 11:00am:** **Nutrition Education** –Nutritionist Sue Fieseler will discuss “**Hydration**”.
- **Wed., Jun 6, 9:30am:** Kathy Larkin from **SAGE** will be available for private consultations.
- **Wed., Jun 6, 11:00am:** **Meeting – A choral group from Salt Brook School** will sing for us.
- **Thurs., Jun 7, 10:00am-12:00noon** – **Overlook Bone Density Screening**. Please sign up in advance.
- **Thurs., Jun 7, 11:00am:** **Nutrition Education** – Nutritionist Sue Fieseler will discuss “**Arthritis and Nutrition**”.
- **Sun., Jun 10, 9:00am:** **Greenwood Lake Air Show Trip**. Details to follow. Cost: \$35
- **Wed., Jun 13, 11:00am:** **Meeting –Elder law attorney, Joe Tiboni, will talk about “The Use of Trusts to Shelter Houses from Long Term Care Costs”.**
- **Thurs., Jun 14, 11:00am:** **Nutrition Education** – Nutritionist Sue Fieseler will discuss “**Cooking Healthy for One or Two**”.
- **Fri, Jun 15, 5:30pm:** **Somerset Patriots Baseball Trip** – Get a professional-like baseball experience without the professional sports price! Includes transportation, a ticket and a fireworks show. Cost: \$12. Sign up for bus.

(continued on page 3)

Trips, Activities & Meetings (continued)

- **Wed., Jun 20, 11:00am: Meeting** – Topic to be determined.
- **Thurs., Jun 21, 11:00am: Nutrition Education** – Nutritionist Sue Fieseler will discuss “**Increasing Your Metabolism**”.
- **Wed., Jun 27, 11:00am: Meeting** – May Fridel will give a presentation on “**Using Spices in Cooking**”.
- **Thurs, Jun 28, 12:30pm: Paper Mill Playhouse Trip** – See “*Half Time*”, the musical about the incredible true story of ten ordinary seniors who audition to dance at halftime for a major basketball team. Cost \$37 or \$41. Sign up for bus transportation. Bus leaves at 12:30pm.

NUTRITION EDUCATION

Nutritionist Sue Fieseler will present another Nutrition Education Program on Thursday mornings at 11:00am:

- May 31st – Hydration
- June 7th – Arthritis and Nutrition
- June 14th – Cooking Healthy for 1 or 2 (recipes)
- June 21st – Increasing Your Metabolism

If you would like to come to any or all of these classes, please sign up for each of the class that you would like to attend.

RUBBER DUCKY RACE

This year's Rubber Ducky Race will be held on Saturday, June 9th, from 12:00noon to 4:00pm. This race is a major fundraiser for reduced cost Medical Alert systems. The NPSCC is a “Soliciting Sponsor” and will receive 49% back on every \$ 5 ticket we sell. Tickets will be available at the club meetings in May, at the Memorial Day reception, and at the center from 9:30am-2:30pm on weekdays in May.

We hope every NPSCC member will buy a ticket and will also sell tickets to their friends and neighbors. **The grand prize this year will be 4 box seats behind home plate at a Yankees home game (value over \$1,000).**

AROUND TOWN...

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Baseball Club – All are welcome to come and talk about your favorite team, players, or just listen. Mon., May 14, 7:00pm

Concert - Laura George, flutist, and Eric Olson, pianist, play classical and popular music. Sun., May 20, 3:00pm.

NEW PROVIDENCE HIGH SCHOOL

See Therese or Michelle for Senior Citizen Guest Cards.

Vocal Recitals – High school voice class students. Tues., May 8 & Wed., May 9, TIME

NPHS Instrumental Concert – High school orchestras and bands. Wed., May 23, 7:30pm

NPHS Choral Concert – High school choirs. Thurs., May 24, 7:30pm

DECORSO CENTER

LWV “Marijuana: Decriminalize? Legalize?” - Get informed as this issue makes its way through our State Legislature. Mon., May 21, 7:30pm.

MOBILE PAPER SHREDDING

Union County will hold a Mobile Paper Shredding event at the Nokia site on Saturday, May 19, 2018 from 9:00am to 1:00pm or until the shredding truck reaches capacity. They ask that you bring material in paper bags.

MOVIE MARQUEE

MAY MOVIES AT THE NP MEMORIAL LIBRARY

The 2 PM showing will have subtitles for the hearing impaired.

Tuesdays at 9:30am & 2:00pm

- May 1 - *The Mountain Between Us*
- May 8 - *Goodbye Christopher Robin*
- May 15 - No movie today
- May 22 - *Darkest Hour*
- May 29 - *Dunkirk*

Foreign Films

- Weds., May 2 at 2:00pm – *Fatima (in French and Arabic with English subtitles)*
- Mon., May 28 at 7:00pm – Library closed for Memorial Day

<p>Union County Department of Human Services Division of Aging & Disability Resource Connection</p> <p>Statewide Respite Care Program</p> <p>The Statewide Respite Care Program is designed to provide assistance to families by giving caregivers a break from the daily responsibility of caring for an elderly or disabled relative or friend. Respite services may be used so that caregivers can shop, get medical care, attend to personal matters, rest, vacation or cope with an emergency. Respite may be occasionally or at regularly scheduled times.</p>	<p>On Memorial Day...</p> <p>Let U.S. Pray</p> <p>Please God, Grant them courage, When times are bleak. Grant them strength, When they feel weak. Grant them comfort, When they feel all alone. And most of all, God, Please bring them all home.</p> <p>~ Author Unknown~</p>
<p>Eligibility Requirements:</p> <ul style="list-style-type: none"> • Reside in New Jersey • Be age 18 or over • Have a chronic physical disability which requires supervision or assistance with basic daily needs. • Have an unpaid/uncompensated caregiver such as a spouse, partner, child other family member, neighbor, or friend who provides the necessary daily care, and who without that caregiver, may be at risk of institutionalization. • In addition, the applicant cannot be participating in other services that provide this care such as Jersey Assistance for Community Caregiving (JACC), Alzheimer's Adult Day Service Program; Managed Long Term Services and supports (MLTSS); or other NJ Family Care Program. 	<p>HUMOROUS QUOTATIONS</p> <p>The large print giveth, but the small print taketh away. ~ Tom Waits, <i>Small Change</i></p> <p>I have six locks on my door all in a row. When I go out, I lock every other one. I figure no matter how long somebody stands there picking the locks, they are always locking three. ~ Elayne Boosler</p> <p>An expert is a man who tells you a simple thing in a confused way in such a fashion as to make you think the confusion is your own fault. ~ William Castle</p> <p>Without geography, you're nowhere. ~ Author Unknown</p>
<p>Income Guidelines and Resources:</p> <ul style="list-style-type: none"> • \$2,199.00 monthly single • \$4,398.00 monthly married • Have liquid assets of less than \$40,000.00 for a single person and \$60,000.00 for a married couple. • There is a co-payment amount in some cases based on a sliding fee scale from 0% to \$25 of the care recipient's annual income. 	<p>MAY FACTS</p> <p>Birthstone: Emerald Flower: Lily of the Valley & Hawthorn Zodiac Signs: Taurus (Apr 20 – May 20) and Gemini (May 21 – Jun 20)</p> <p>Holidays and Observances:</p> <p>Mother's Day – May 13 Armed Force Day – May 19 Memorial Day – May 28</p> <p>http://www.wincalendar.com</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • Homemaker/Home Health Aide • Social or Medical day care • In-patient Respite <p>How to Access Services: Call 908-527-4873 or 908-527-4870</p> <p>http://ucnj.org/wp-content/uploads/2014/01/Outreach-Revised-2015.pdf</p>	<p>NPSCC NEWSLETTER ONLINE</p> <p>The public version of the NPSCC newsletter may be viewed online on the New Providence Borough website at https://www.newprov.org. Select "Seniors" from the menu on the left hand side of the home screen. In the last sentence of the third paragraph, click on "<u>CLICK HERE</u>" to view current and past issues.</p>

~ May 2018 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
29	30 Concord Singers Concert @ NPML 3:00pm 8:30 In Control w/Myriam 10:30 Current Events 11:00 Chair Yoga w/Judy 11:30 Newsletter 12:30 Bridge	1 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	2 Happy Birthdays! 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:00 Bus to Club 11:00 NPHS Band 12:30 Bingo/Cards	3 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	4 9:00 Bus to Blue Star 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	5
6	7 8:30 In Control w/Myriam 9:30 Trustee Meeting 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	8 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:00 Activities Meeting 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	9 9:30 Blood Pressure 10:00 Bus to Club 11:00 Celebration with "Four Old Parts" Quartet 12:30 Bingo/Cards – Chatham Hills	10 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg	11 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo with NPHS students	12
13 	14 8:30 In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	15 9:00 Bus to ShopRite 9:45 <u>NO</u> Balance & Conditioning w/Mike 11:00 Ask the Pharmacist 12:00 Setup Health Fair <u>NO</u> Afternoon activities	16 Health Fair 8:00am – 11:00am	17 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg	18 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	19 Armed Forces Day
20 Concert @ NPML 3:00	21 8:30 In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	22 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:45 Book Club 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	23 Anniversary Lunch 12:00noon	24 9:30 Fit & Healthy Exercise w/Myriam 11:00 Current Events 12:30 Partner Bridge 12:30 Mah Jongg	25 9:00 Bus to Mall 9:15 <u>NO</u> Zumba w/Donna 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo 1:00 Setup Memorial Day Remembrance	26
27	28 Memorial Day Remembrance 11:00am 	29 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	30 9:30 Blood Pressure 10:00 Bus to Club 11:00 NPHS Vocal Soloists 12:30 Bingo/Cards	31 9:30 Fit & Healthy Exercise w/Myriam 11:00 Nutrition Ed - Hydration 12:30 <u>NO</u> Bridge 12:30 Mah Jongg	Jun 1 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Jun 2