

# New Providence

## Senior Citizens Newsletter

SEPTEMBER 2015

Volume 15, Issue 9



### COORDINATOR'S CORNER

It is hard to believe summer has come and gone and I, for one, am looking forward to the cooler temperatures. A few programs to note this month include:

- Friday, September 11<sup>th</sup>, 10:00: Janice Gironda is sponsoring **"Stepping into Fitness"** with Sue Fieseler from the Summit Area YMCA. Sue's presentation is funny, entertaining and educational. We will not be talking only about exercise. Sue will discuss eating a balanced diet, cooking for one or for a group. She will also cover why we eat what we eat and what to eat if you are too busy to cook. Janice will be providing healthy, yet tasty, snacks that are easy to grab on the go. Please sign up at the table.
- Monday, September 14<sup>th</sup>, 10:30am-12:30pm: UCC LIFE (Learning Is For Ever) Center Class, **"Selected Topics in Biology"** with Professor Dunscombe will begin. Please come ready to learn some new and interesting material.
- Wednesday, September 16<sup>th</sup>, 10:00am: In preparation for our trip to the John Basilone Parade, we will be showing the documentary **"I'm Staying With My Boys"**. All are welcome to watch this first-hand look at the life of one of the greatest heroes of World War II.
- Thursday, September 24<sup>th</sup>, 7:00-9:30pm: **"After Hours"** get-together.
- Wednesday, September 30<sup>th</sup>, 11:00am: Elyse Drucker from SAGE will speak about **SHIP of Union County** at our club meeting. SHIP is the State Health Insurance Assistance Program and Elyse is a SHIP representative. SHIP offers FREE, OBJECTIVE, CONFIDENTIAL help for Medicare beneficiaries. Beginning October 7<sup>th</sup>, Elyse will be at the center every Wednesday at 10:00am to answer any Medicare questions that you may have.
- If you would like to be an Officer or Trustee of the Club, drop your name in the Suggestion Box. It is time for the Nominating Committee to look for **2016 Officers**.
- The **exercise** schedule will return to its normal schedule. Please check the calendar for specific times. Zumba with Donna will return on Fridays at 9:30am.

Ellen McNally recently retired from SAGE Eldercare. If you need assistance please call InfoCare at 908.598.5302. **InfoCare** is SAGE's information and referral service. It provides older adults and family caregivers with the support, information, consultations, and referrals you may need through telephone outreach.

### Thank you...

- Peggy MacNeil for organizing a delightful Luau Luncheon.
- Jean Holmes for running the trip to the fascinating Stickley Museum at Craftsman Farms.
- The New Providence Pool for treating us to a wonderful afternoon at the pool with delicious food and fabulous entertainment by the "Four Old Parts" barbershop quartet.
- Phyllis Winters for running a winning trip to the Sands Casino.
- Nancy Hayes, Mary Krauss, Ruth O'Brien, and Jim Coyne (in memorium) for keeping the gardens around the center so beautiful. Your hard work is truly appreciated.

### 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!**

- **Wed., Sep 2, 11:00am:** **Leo Piovano** will give a presentation on Italian Renaissance painter and architect, "Raphael". Chatham Hills will provide prizes and dessert at Bingo.
- **Wed., Sep 9, 11:00am:** **George Eskers** from Bankers Life will present Part 1 of "**Medicare Basics and Boot Camp**". He will present Part 2 on Wednesday, October 7<sup>th</sup>.
- **Fri., Sep 11, 10:00am:** **Sue Fieseler** from the Summit YMCA will give a presentation on "**Stepping into Fitness**". Sue will talk about exercise, eating a balanced diet, and cooking for one or for a group. Janice Gironda will provide healthy and tasty snacks that easy to grab on the go. Please sign up in advance.
- **Mon., Sep 14 – Mon., Dec 7, 10:30am-12:30pm:** Professor Bill Dunscombe will present a new semester of his UCC LIFE (Learning is For Ever) Center Class, "**Selected Topics in Biology**".
- **Wed., Sep 16, 10:00am:** Join us as we watch the documentary, "**I'm Staying With My Boys**", about the life of WWII hero, John Basilone.
- **Wed., Sep 16, 11:00am:** **David Aaron** will entertain us as we celebrate September birthdays.
- **Sat., Sep 19, 4:30pm:** **Diversity Committee Annual Pot Luck Dinner.** This free, family-friendly community event celebrates the unity of the human family. Guests are invited to bring an ethnic dish of their choice to share with everyone buffet style. RSVP ASAP to Sunil Abrol at (908) 251-2059.
- **Sun., Sep 20, 10:00am:** **John Basilone Parade** - Parade honoring Raritan native John Basilone who received the Congressional Medal of Honor and the Navy Cross for his courageous actions during World War II. Parade starts at 1:00. Bus leaves at 10:00am. If you would like to go, speak with Clara DelMonte.
- **Tues., Sep 22, 10:00am:** Take a trip to **Jersey Gardens Mall**, New Jersey's largest outlet and value retail center with over 200 stores under one roof. Cost \$2. See Christine.
- **Wed., Sep 23, 11:00am:** **Club Day** - In lieu of a speaker, Christine and Harry will run that portion of the meeting. Topic to be determined.
- **Thurs., Sep 24, 7:00-9:30pm:** "**After Hours**" - An evening out for NP adults 50 years plus.
- **Tues., Sep 29 & Thurs., Oct. 1, 10:00 – 1:00:** **AARP Driver Safety Course** – Ted Grinthal will teach a 2 day Smart Driver course. Brush up on your driving skills and possibly reduce your insurance costs. Cost: AARP members \$15; AARP nonmembers \$20. Sign up in advance.
- **Wed., Sep 30, 11:00am:** **Elyse Drucker from SAGE** will present "**Your SHIP Has Come In**". SHIP provides free, objective and confidential help for Medicare Beneficiaries who need assistance or have questions about their health insurance. Elyse will be at the center every Wednesday during October to provide Medicare Counseling.
- **Wed., Oct 7, 11:00am:** **George Eskers** will present Part 2 of "**Medicare Basics and Boot Camp**".
- **Wed., Oct 14, 11:00am:** **Chatham Band** will perform in celebration of **Columbus Day**.
- **Thurs., Oct 15, 10:00am-12:00noon:** **Flu Clinic.** Please note that this is a tentative date.
- **Wed., Oct 21, 11:00am:** **Speech and Hearing Associates** will make a presentation and offer **hearing screenings**.
- **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.
- **Wed., Oct 28, 11:00am:** **Club Day** - Halloween Party.

## IF YOU ARE INTERESTED...

**MORRIS MUSEUM:** Senior Admission \$7

**The Fashionable Child:** 200 Years of Dressing Our Children. 8/1-11/26. Exhibit explores trends in children's fashion from the early 1800's to 2015. The show features special occasion wear and christening gowns, play outfits, sleepwear, outerwear and accessories including hats, bonnets, and shoes.

**NPSCC CENTER: League of Women Voters Presentation**  
Diane Riley of the Community Food Bank will speak about "Hunger in New Jersey: The Hard Choice Between Paying Rent and Buying Food.". 9/21 @ 7:30pm

### Adult Fall Classes – NP Recreation

**Ballroom and Line Dancing:** Beginner friendly – all are welcome. With or without a partner. Tues., 1:00-2:00pm (Oct 6, 13, 20, 27, Nov 10, 17). \$35.

**Art Workshop:** Develop skills and explore basic techniques in drawing and/or painting. Variety of media. Tues., 7-9pm, (10/6, 10/13, 10/20, 10/27), \$80. Weds., 10am-1pm, (10/7, 10/14, 10/21, 10/28), \$120.

### Medicare Counseling Available at Center

Are you a Medicare beneficiary? Have you ever had any of the following questions:

- How much insurance do I really need?
- What are the gaps in Medicare coverage?
- Is a Medicare Advantage plan right for me?
- What can I do if Medicare denies payment for a claim?
- Who can I call if I have a question about a claim?

Medicare SHIP (State Health Insurance Assistance Program) is a statewide program which offers free, objective and confidential assistance and information to those who are dealing with claims and evaluating health insurance needs. Elyse Drucker from SAGE will be at the center every Wednesday during the month of October at 10am to provide Medicare Counseling.

## Summit YMCA Offers Beginner Bridge Lessons

Experienced instructor will hold 10 week course. Tues, 12:30pm-2:30pm, Sept 29 – Dec 15 (no class Nov 3 & 24). Members \$125; Non-Members \$150. Register early.

## Top 10 Scams Targeting Seniors

As part of our continuing series on elder fraud, this month we will discuss Medicare and Health Insurance Fraud. Typically in these types of scams, perpetrators may pose as Medicare representatives to get seniors to give them their personal information, or they will provide bogus services for the elderly at makeshift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.

Some tips on preventing Medicare/Health Insurance Fraud:

- Never sign blank insurance claim forms.
- Never give blanket permission to a medical provider to bill for services rendered.
- Ask your medical providers what they will charge and what you will be expected to pay out of pocket.
- Give your insurance/Medicare identification only to those who have provided you with medical services.
- Keep accurate records of all health care appointments.
- Protect your Medicare number as you do your credit card numbers and don't allow anyone else to use it.
- Be wary of salespeople trying to sell you something they claim will be paid for by Medicare.
- Review your Medicare statement to be sure you have indeed received the services billed.

*Source: National Council on Aging*

## MOVIE MARQUEE

### SEPTEMBER MOVIES AT THE NP MEMORIAL LIBRARY

#### Tuesdays at 9:30am & 2:00pm

September 1 – *My Old Lady*

September 8 – *Far From the Madding Crowd*

September 15 – *The Age of Adaline*

September 22 – *The Water Diviner*

September 29 – *Cinderella*

#### Foreign Films

- Thur., September 3 at 2:00pm – *Timbuktu* (*In French, Arabic, Bambara, English and Songhay with English subtitles*)
- Tues., September 29 at 6:30pm – *Wild Tales* (*In Spanish with English subtitles*)

~ September 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Aug 30</b>	<b>Aug 31</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:30 In Control w/Mike	<b>1</b> 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 2:00 Converse Italian 3:00 Beginning Italian	<b>2 Leo Piovano</b> 10:00 Bus to Club <b>11:00 "Raphael"</b> 12:30 Bingo/Cards	<b>3</b> 12:30 Partner Bridge 1:00 Mah Jongg	<b>4</b> 9:00 Bus to Mall 12:30 Pizza Bingo	<b>5</b>
<b>6</b>	<b>7</b> <b>LABOR DAY HOLIDAY - CENTER CLOSED</b>	<b>8</b> 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike <b>10:00 Activities Meeting</b> 11:00 Tennis w/Dick 1:00 Tai Chi 2:00 Converse Italian	<b>9 George Eskers</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 "Medicare Basics"</b> 12:30 Bingo/Cards	<b>10</b> 9:45 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg	<b>11</b> 9:00 Bus to Mall 9:30 Zumba w/Donna <b>10:00 "Stepping Into Fitness"</b> 12:30 Pizza Bingo	<b>12</b>
<b>13</b> <b>Grandparent's Day</b>	<b>14</b> 9:30 Trustee Meeting <b>10:30 UCCollegeClass</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 12:30 In Control	<b>15</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 3:00 Beginning Italian	<b>16 David Aaron / Happy Birthdays</b> 9:30 Blood Pressure <b>10:00 "I'm Staying With My Boys"</b> 10:00 Bus to Club <b>11:00 David Aaron</b> 12:30 Bingo/Cards	<b>17</b> 9:45 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg	<b>18</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 9:00 Four Cities Bridge 12:30 Pizza Bingo	<b>19</b> <b>Diversity Pot-Luck Dinner 4:30 pm</b>
<b>20</b> <b>John Basilone Parade 10:00</b>	<b>21</b> <b>10:30 UCCollegeClass</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 12:30 In Control	<b>22</b> 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike <b>10:00 Jersey Gardens</b> 11:00 Tennis w/Dick 1:00 Tai Chi 2:00 Converse Italian	<b>23 Club Day</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Club Day</b> 12:30 Bingo/Cards	<b>24</b> 9:45 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 1:00 Mah Jongg	<b>25</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 12:30 Pizza Bingo	<b>26</b>
<b>27</b>	<b>28</b> <b>10:30 UCCollegeClass</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 12:30 In Control	<b>29</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 3:00 Beginning Italian	<b>30 Elyse Drucker</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 "Your SHIP Has Come In"</b> 12:30 Bingo/Cards	<b>Oct 1</b> 9:45 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 1:00 Mah Jongg	<b>Oct 2</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 12:30 Pizza Bingo	<b>Oct 3</b>