

New Providence Senior Citizens Newsletter

SEPTEMBER 2016



Volume 16, Issue 9



COORDINATORS CORNER

I hope you all enjoyed this very hot summer. It is hard to believe school is back in session and the weather is turning cooler. During September, three of the Wednesday meetings will focus on housing options for senior citizens. Many people want to stay in their homes as long as possible. However, sometimes you may not be able to afford to stay in your home or your physical mobility may prevent you from easily getting around your house. We will explore options that may allow you to stay in your house longer or perhaps downsize to a smaller one. Our presentations will include:

- Daniel White will provide information on **Reverse Mortgages**. A “reverse” mortgage is a loan against your home that you do not have to pay back for as long as you live there. With a reverse mortgage, you can turn the value of your home into cash without having to move or to repay a loan each month. September 7th at 11am
- Joe Eberle will discuss **The State of the Housing Market**. He will also discuss one floor living options in New Providence. September 14th at 11am
- Karen Frank will discuss **Ways to Modify Your Home to Promote Safety and Mobility**. September 28th at 11am

Also, during our Wednesday September 21 meeting Brad Levin, a senior at Watchung Regional High School, will present **Making Lemonade When Life Hands You Lemons**. He will talk about his grandmother’s diagnosis with brain cancer and how it affected his entire family. He has told his story at several Assisted Living Facilities and many senior centers.

Additionally, in September we will begin a five part series called **Maintaining and Improving Senior Health One Step at a Time**. Sue Fieseler from the YMCA will facilitate the series on Metabolism (9/27, 11am), Sleep and Insomnia (10/4, 9am), Hydration (10/18, 11am), Dealing with Disease and Illness (10/25, 11am) and Meditation and Senior Health (11/1, 11am). Members who complete 3 of the 5 steps will be eligible for lunch on the last session. Sue is always very informative and fun so please join us.

SCHEDULE CHANGES:

- Balance and Conditioning, Fit and Healthy, and Zumba will resume the week of September 5.
- In Control, Chair Yoga, and Tai Chi will resume the week of September 12.
- Due to the Special Election and Sands Casino trip, we will not have movie club in September.

If you participate in any of the exercise classes, we will ask that you update your Medical Release Form. Please leave some extra time before or after your class to complete the form.

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
Fran Blessing, Pat Connolly,
Rosalie Hamaty, Kathy
Hendrickson, Jean Holmes,
Peggy Macneal, Joe Masino,
Grace Parlapiano, Bette Schmitt,
Bill Wehrle

Club Officers

President: Christine Napolitano
Vice Pres.: Harry Kudrat
Treasurer: Sal Ligammar
1st Treasurer: Clara DelMonte
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 Coordinator

Stacey Kinum

Hours

Monday-Friday: 9:30 – 2:30

Newsletter Staff

Peggy Brodeur
Joan Clark
Clara DelMonte
Stacey Kinum
Barbara Koslap

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 7, 11:00am: Meeting** – Daniel White from Investors Savings Bank will give a presentation on **Reverse Mortgages**.
- **Wed., Sep 14, 11:00am: Meeting** – Joe Eberle will give a presentation on **“The State Of The Housing Market”**. Jim Testa will discuss the School Board Referendum. We will also celebrate August and September birthdays. Chatham Hills will call Bingo.
- **Sun., Sep 18, 10:00pm: 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 WWII. Parade starts at 1:00pm. Bus leaves at 10:00am. If you would like to go, speak with Clara DelMonte.
- **Tues., Sep 20, 10:00am-5:30pm: Casino Trip** - Try your luck at the **Sands Casino** in Bethlehem, Pennsylvania. Purchase tickets in advance. Receive \$20 in “play money” and \$5 toward food. Cost: \$20. See Phyllis Winters.
- **Wed., Sep 21, 11:00am: Meeting** – Brad Levin from WHRHS will talk about **“Making Lemonade When Life Hands You Lemons”** and how his grandmother’s fight against brain cancer helped him to develop a positive attitude.
- **Wed., Sep 21, 11:00am: Senior Citizens Council Fashion Show & Luncheon** at the Gran Centurions in Clark.
- **Tues., Sep 27, 11:00am: Sue Fieseler** will present **Step 1: Metabolism** in her five part series on **“Maintaining and Improving Senior Health One Step at a Time”**. Please sign up in advance.
- **Tues., Sep 27, 7:00am-9:00pm: Vote** on the **\$15.8 Million Referendum** for the New Providence School District.
- **Wed., Sep 28, 11:00am: Meeting** - Karen Frank, a licensed home improvement contractor from Back Home Safely, will give a presentation on **“Creative Approaches for Home Modifications: Optimizing Safety and Accessibility”**. She will also discuss recognizing obstacles in the home as well as strategies to reduce fall risks.
- **Thurs., Sep 29, Time TBD: Winery Trip** – Experience a Winemaker Tour & Tasting as we travel to Old York Cellars in Ringoes, NJ. Guests will be treated to a selection of wines paired with local and artisan cheeses. Cost: \$20
- **Thurs., Sep 29, 7:00pm: After Hours** – Theme to be determined.
- **Wed., Oct 5, 11:00am: Meeting** – Jackie Leon from **Trans Options** will conduct a focus group on the transportation needs of seniors.
- **Sat., Oct 8, Time TBD: Celebrate Oktoberfest at Forest Lodge** with German beer, food, and fun with friends. Entrance fee is \$7.00. Food and drink is on your own dime. See Harry Kundrat for details. Sign up for the bus is limited to 56 people.
- **Tues., Oct 11, 10:00am-12:00noon – Flu Clinic** at the center. Pre-registration is not required. Must present one of the following Health Insurance Cards (Aetna, Cigna, Coventry, Humana, Multiplan, Medicare Part B, Medicare Railroad, Three Rivers, Medicaid, UMWA, United Health Care) or pay a cash fee to be determined.
- **Wed., Oct 12, 11:00am: Meeting** – Sue Fieseler will give an overview of **“First Aid, CPR & Senior Safety”**. We will also celebrate October birthdays. Chatham Hills will call Bingo.
- **Thurs., Oct 13, 12:30pm: Paper Mill Playhouse Trip** – Take a trip to the Paper Mill Playhouse to see **“The Producers”**. See Christine Napolitano for tickets. Cost is \$35.
- **Wed., Oct 19, 11:00am: Meeting** – Overlook Hospital will give **Memory Screenings** from 10:00am to 3:30pm.
- **Thurs., Oct 20, 12:00noon: Remember When** – Topic to be determined.
- **Wed., Oct 26, 11:00am: Meeting** – Topic to be determined.

AROUND TOWN...**NEW PROVIDENCE MEMORIAL LIBRARY**

- **Baseball Discussion Group** – John Cronin leads a discussion of memorable moments in baseball. Monday, September 12, 7:00pm.
- **Sunday Hours resume** – Sunday, September 18, 1:00-5:00pm.

DECORSO CENTER

- **Columbus Day Celebration** – The New Providence Diversity Committee and the students of Italian language classes invite you to join them for a pot-luck dinner. Please bring your favorite Italian dish to share. There will be entertainment, music, and stories. Sunday, October 9, 5:00-8:00pm. Sign up is a must!

HILLVIEW SCHOOL

- **Hillview's Bicentennial Time Capsule Recovery Reunion** – In the Spring of 1976, the students and faculty of Hillview School buried a time capsule on school grounds. This year marks the 40th anniversary of that event and plans are underway to recover the time capsule. All are welcome to attend this historic event on Saturday, October 8, 2016 at 1:00pm. Carol Moldan, the Social Studies teacher who organized the project, plans to be there.

Maintaining and Improving Senior Health

Sue Fieseler will present a five part series on "Maintaining and Improving Senior Health One Step at a Time" at the center during September, October, and November. Those who attend 3 out of the 5 sessions will be eligible for a free lunch at the last session.

The first part of the series will be held on September 27th and will be about Metabolism. Sue will discuss lifestyle changes you can make to improve your metabolism and describe ways to increase your metabolism other than through exercise. She will also talk about food choices that may speed up your metabolism.

Flu Clinic

The New Providence Flu Clinic will be held at the DeCorso Center on Tuesday, October 11th from 10:00am-12:00noon. Pre-registration is not required. Please bring your insurance card or pay a cash fee to be determined.

Thank You...

- NP Community Pool for a delightful Seniors Day at the pool. We were treated to a delicious lunch and wonderful entertainment by the Elefante Brothers.
- Peggy Macneal for organizing our Annual Luau Lunch. We enjoyed a catered lunch with a tropical flavor and fantastic entertainment.
- Bert Abbazia for challenging us with a fun Trivia Game at our August 31st meeting.

MOVIE MARQUEE**SEPTEMBER MOVIES AT THE NP MEMORIAL LIBRARY**

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

Tuesdays at 9:30am & 2:00pm

Sep 6 – *The 33*
 Sep 13 – *A Hologram for the King*
 Sep 20 – *Love & Friendship*
 Sep 27 – *Money Monster*

Foreign Films

Thurs., Sep 1 at 2:00pm – *Laila's Birthday (in Arabic with English subtitles)*
 Mon., Sep 26 at 6:30pm – *Marguerite in Italian and French with English subtitles)*

Top 10 Scams Targeting Seniors

This month, we will explore how to avoid Prime Bank Note Fraud. In this scheme, international fraud artists claim to have access to "bank guarantees" that they can buy at a discount and sell at a premium. By reselling the "bank guarantees" several times, they claim to be able to produce exceptional returns on investment.

Tips for Avoiding Prime Bank Note Fraud:

- Think before you invest in anything. Be wary of an investment in any scheme, referred to as a "roll program," that offers unusually high yields by buying and selling anything issued by "prime banks."
- As with any investment, perform due diligence. Independently verify the identity of the people involved, the veracity of the deal, and the existence of the security in which you plan to invest.
- Be wary of business deals that require non-disclosure or non-circumvention agreements that are designed to prevent you from independently verifying information about the investment.

www.fbi.gov

Anti-Fraud Tool Kit

The New Jersey Division of Consumer Affairs has created a new online information hub to help consumers protect themselves against fraud and scams. The Anti-Fraud Toolkit includes an email alert network for sharing up-to-date news about the latest fraud incidents in New Jersey, especially those affecting seniors.

The Anti-Fraud Toolkit also includes downloadable tip sheets on avoiding consumer fraud, with a focus on scams that target seniors.

The guidance includes how to avoid computer scams, phone scams, and common door-to-door scams involving handyman work, home security systems, package deliveries, cable hookups and charitable solicitations.

The Toolkit also includes the new Real-Time Fraud Alerts email network. Union County residents can sign up to receive emails from the network. It is designed to ensure that seniors, their families, and those who work with seniors get quick, accurate information about new scams.

To find out more about the Anti-Fraud Toolkit and to sign up for the Real-Time Fraud Alerts email network visit the New Jersey Division of Consumer Affairs at FightingFraud.nj.gov.

SEPTEMBER

*"The breezes taste
Of apple peel.
The air is full
Of smells to feel-
Ripe fruit, old footballs,
Burning brush,
New books, erasers,
Chalk, and such.
The bee, his hive,
Well-honeyed hum,
And Mother cuts
Chrysanthemums.
Like plates washed clean
With suds, the days
Are polished with
A morning haze."*

~ John Updike

THOUGHT FOR THE DAY

"Optimism is the most important human trait because it allows us to evolve our ideas, to improve our situation, and to hope for a better tomorrow."

PERKS OF BEING OVER THE HILL

- There is nothing left anymore to learn the hard way.
- Things that you buy now won't wear out.
- You no longer think of the speed limit as a challenge.

<http://www.jokesclean.com/Age/>

SEPTEMBER FACTS

Birthstone: Sapphire

Flower: Aster & Forget-me-not

Astrological Signs: Virgo (August 23 – September 22) & Libra (September 23 – October 22)

Observances: National Preparedness Month

- September 5 – Labor Day
- September 11 – Patriot Day
- September 22 – Fall begins
- September 24 – Family Health & Fitness Day

<http://www.wincalendar.com>

~ September 2016 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
Aug 28	Aug 29 11:00 Newsletter 12:30 Bridge	Aug 30 9:00 Bus to ShopRite 11:00 Tennis w/Dick	Aug 31 9:30 Blood Pressure 10:00 Bus to Club 11:00 Trivia Day 12:30 Bingo/Cards	1 12:30 Partner Bridge 12:30 Mah Jongg	2 9:00 Bus to Mall 10:00 Bridge	3
4	5 CENTER CLOSED LABOR DAY	6 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick	7 10:00 Bus to Club 11:00 Reverse Mortgages 12:30 Bingo/Cards	8 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg	9 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	10
11	12 8:30 In Control 9:30 Trustee Meeting 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	13 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 10:00 Activities Meeting 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel	14 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 Housing Market 12:30 Bingo/Cards – Chatham Hills	15 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg	16 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge	17
18 John Basilone Parade 10:00	19 8:30 In Control 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	20 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 10:00 Casino Trip 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	21 9:30 Blood Pressure 10:00 Bus to Club 11:00 Making Lemonade 12:30 Bingo/Cards	22 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	23 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	24
25	26 8:30 In Control 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	27 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 11:00 Maintaining Senior Health: Metabolism 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	28 9:30 Blood Pressure 10:00 Bus to Club 11:00 Home Modifications 12:30 Bingo/Cards	29 9:30 Fit & Healthy Exercise w/Myriam Time TBD: Winery Trip 12:30 Bridge or Poker 12:30 Mah Jongg 7:00pm After Hours	30 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Oct 1