

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

MARCH 2018



Volume 18, Issue 3



### COORDINATORS CORNER

"St. Patrick's Day is an enchanted time – a day to begin transforming winter's dreams into summer's magic." ~Adrienne Cook

Happy St. Patrick's Day! When I was growing up, my dad started playing Irish music on March 1<sup>st</sup>. I'm sure that I could sing right along if I heard a tune today. I'm still waiting for the luck of the Irish to bless me (think winning the lottery!) but I hope that you will be blessed this March with a little Irish luck.

### Reminders:

- HCR ManorCare is offering **Balance Screenings** at the center on Thursday, March 1<sup>st</sup> at 10:15am.
- **Ageless Grace** is offered on select Thursdays in March (see page 3 for details).
- **Chair Yoga and In Control** resume Monday, March 5<sup>th</sup>.
- The final **Biology class** for the Spring term is on Monday, March 26<sup>th</sup>.
- The center will be closed on Friday, March 30<sup>th</sup> in observance of Good Friday.

We have some great programs scheduled for Wednesdays in March. Please see page 2 for more information. If you have any suggestions for speakers or topics, please let Michelle or me know. We want to provide relevant information on topics that interest you.

The **Current Events Discussion Group** meets this month on Tuesday, March 27 at 10:30am. The group began meeting in January to discuss issues in national and international affairs. We have had lively discussions on North Korea and the relationship between North and South Korea in light of the Olympic Games. For our upcoming March meeting, participants have shared several articles about the labor market in the United States including the impact of technology on jobs and programs to retrain former coal workers in alternative energy jobs. Please see Michelle Zack for further information and join us on March 27 to exchange ideas and share your perspective on these issues and other current events!

Thank you to all who have helped assemble the **Jars of Joy**. We continue the assembling process on Wednesday and Friday mornings. These jars provide inspirational quotes when people most need them so it is a valuable service that you provide. Thank you from the bottom of my heart.

**Save the Date:** The NPSCC Anniversary Luncheon will be held Wednesday, May 23<sup>rd</sup>. The Union Methodist Church will perform their Easter Cantata on Saturday, April 21<sup>st</sup>.

### THANK YOU...

- Elaine Aumuller for the donation of a reader magnifier...it has found a home.
- Irene Mitreuter and Barbara Koslap for running the Chinese New Year lunch.
- Kara Hodes-Wechsler for her presentation on the "Ageless Grace Program".
- Overlook Community Health for the blood pressure and glucose screenings and the information on heart health.
- Carol Brush for her presentation on "Fall Prevention".
- Bert Abbazia for arranging the bagel donations from Bagel Café for our Wednesday meetings and to Bagel Café for providing the delicious bagels.

### 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  
Bert Abbazia, Kathy Hendrickson,  
Ed Insinger, Peggy Macneal,  
Joe Masino, Tina Morielli,  
Grace Parlapiano, Bette Schmitt,  
Wilma Silwones, Bill Wehrle

#### Club Officers

President: Peggy Brodeur  
Vice President: Bill Wehrle  
Treasurer: Sal Ligammary  
1<sup>st</sup> Treasurer: Clara DelMonte  
2<sup>nd</sup> 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](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 Co-Coordinators

Therese Dalton  
Michelle Zack

#### Hours

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

### Newsletter Staff

Peggy Brodeur  
Joan Clark  
Therese Dalton  
Clara DelMonte  
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!**

- Thurs., Mar 1, 10:00am: **Trip to Bell Labs Museum.** Cost: \$5.00. Bus leaves at 9:45am. Sign up in advance.
- Thurs., Mar 1, 10:15am: A representative from **HCR ManorCare** will provide **balance screenings**.
- Thurs., Mar 1, 11:00am: First session of the **Ageless Grace** brain health fitness class. See article on page 3.
- Mon., Mar 5: **In Control** exercise class resumes at 8:30am; **Chair Yoga** resumes at 11:00am.
- Wed., Mar 7, 9:30am: **Kathy Larkin from SAGE** will be available for private consultations.
- *Wed., Mar 7, 11:00am: **Meeting** – Cast members from the NPHS Spring Musical, “**The Addams Family**” will present highlights from the show. Dress rehearsal is March 8<sup>th</sup> at 5:00pm. Show dates are Friday, March 9<sup>th</sup>, 7:30pm and Saturday, March 10<sup>th</sup>, 2:00pm and 7:30pm.*
- Thurs., Mar 8, 10:00am: **Overlook Community Health** will offer **BMI and blood glucose screenings**. They will also provide educational material on the importance of sleep. Please sign up in advance.
- Thurs., Mar 8, 11:00am: Second session of the **Ageless Grace** brain health fitness class. See article on page 3.
- *Wed., Mar 14, 11:00am: **Meeting** – A member of the Morris Museum staff will take us on a “**Visit to Ireland**” using, slides, artifacts and more. Explore Ireland’s landmarks; learn about the history of Guinness beer and how Waterford crystal is manufactured and more! This program is being sponsored by Bradley Funeral Homes.*
- Thurs., Mar 15, 11:00am: Third session of the **Ageless Grace** brain health fitness class. See article on page 3.
- Sat., Mar 17, 9:45am: **St. Patrick’s Day Luncheon at Hunterdon Hills** – For those who have already purchased tickets. The bus will depart from the center at 9:45am.
- Tues., Mar 20, 10:45am: **Book Club** – Therese Dalton will lead the discussion as we explore another wonderful book. The title of the book will be announced when copies become available.
- *Wed., Mar 21, 11:00am: **Meeting** – Attorney Joe Tiboni will give a presentation on “**The Use of Trusts to Shelter Houses from Long Term Care Costs**”.*
- Thurs., Mar 22, 11:00am: Fourth session of the **Ageless Grace** brain health fitness class. See article on page 3.
- Tues., Mar 27, 10:30am: **Current Events Discussion Group** – Michelle Zack will facilitate a discussion of issues in national and international affairs in which members may exchange ideas and share different perspectives.
- *Wed., Mar 28, 11:00am: **Meeting** – To be announced.*

### THE CENTER WILL BE CLOSED FRIDAY, MARCH 30<sup>TH</sup>

- Wed., Apr 4, 9:30am: **Kathy Larkin from SAGE** will be available for private consultations.
- *Wed., Apr 4, 11:00am: **Meeting** – Join us for a **Special Senior Celebration** of the 100<sup>th</sup> birthday of one of our senior members. Extend good wishes, enjoy delicious cake and share wonderful stories and happy memories. Entertainment will be provided by a strings group from one of the New Providence schools.*
- *Wed., Apr 11, 11:00am: **Meeting** – Debbie Gresh from **BrightStar Care** will give a presentation on a topic to be determined.*
- Tues., Apr 17, 9:45am-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: \$25. See Phyllis Winters.
- *Wed., Apr 18, 11:00am: **Meeting** – Joe Eberle will give a presentation on “**The Housing Market and Trends**”.*
- *Wed., Apr 25, 11:00am: **Meeting** – Topic to be determined.*

**"AGELESS GRACE" BRAIN HEALTH FITNESS PROGRAM**

Ageless Grace is a cutting-edge brain health fitness program. The program is based on consciously choosing to change the brain through physical movements. Anyone can participate at his or her own level of ability. Sessions will be offered at the center on Thursdays, March 1, 8, 15 and 22 at 11:00am. Advance sign up is required. This program is free to NPSCC members and to all New Providence senior citizens. There is a \$5 charge per session for non-residents.

**WOMEN RUNNING & WINNING: THREE LOCAL STORIES**

To celebrate Women's History Month, the League of Women Voters will present a program featuring a panel of three women newly-elected to their town Council. They are Susan Poage from Berkeley Heights, Nadine Geoffroy from New Providence, and Beth Little from Summit. Each Councilwoman will tell her "story" and then the panel will answer questions from the audience. LWV member Ursula Hartwig-Flint will be the moderator. Program will be held at the New Providence Memorial Library on Tuesday, March 13<sup>th</sup>. Doors open at 7:15pm and the program starts at 7:30pm.

**FREE TAX RETURN HELP**

Tax counselors are available on Mondays and Saturdays from 9:00am to 3:00pm through Monday, April 16, 2018. To schedule an appointment, call the center at 908-665-0046 between 10:30am and 2:00pm, Mondays through Fridays, or sign up at the center.

**BULK RECYCLABLE ITEMS**

The following recyclable items may be brought to the DPW yard at 4 Park Place on the 1<sup>st</sup> and 3<sup>rd</sup> Saturday of each month from 9:00am-1:00pm: household appliances; metal items; rigid plastic; electronic equipment; rimless tires; used motor oil and antifreeze; completely empty and dry paint cans; empty gasoline cans, propane tanks, and gasoline powered equipment; rechargeable batteries and car batteries; and fluorescent light bulbs.

**AROUND TOWN...****NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

**A Women's History of Union County** – John Prescott, History Programs Coordinator of the Union County Office of Cultural & Heritage Affairs, will talk about prominent figures as well as forgotten history. Tues., Mar 6, 7:00pm.

**Women Running & Winning:** See article at left.

**Author Event** - Local author Marion Goldstein will speak about her latest book, *Embracing the Sign: a Journey of Faith*. Thurs., Mar 15, 7:00pm.

**Surreal Places, Imaginary Spaces: A Literary Tea** - Local authors Linda Raedisch and Natalie Zaman will read excerpts from their recent books, share nearby magical destinations that offer free public access and invite the audience to share their own personal ghost stories. Sun., Mar 18, 2:00pm.

**Annual Launch of *The Goldfinch*** – Local author group, Women Who Write, will celebrate the launch of their annual publication. This is a festive event and a great way to support local authors. Sun., Mar 25, 2:00pm

**NEW PROVIDENCE HIGH SCHOOL**

**Spring Musical, "The Addams Family"** - Dress rehearsal is March 8<sup>th</sup> at 5:00pm. Show dates are Fri., March 9<sup>th</sup>, 7:30pm and Sat., March 10<sup>th</sup>, 2:00pm and 7:30pm.

**DECORSO CENTER**

**LWV Great Decisions** – "Turkey: a Partner in Crises". Wed., Mar 7, 7:30pm. Cost \$20

**LWV Great Decisions** – "US Global Engagement and the Military". Thurs., Mar 15, 7:30pm. Cost \$20

**LWV Great Decisions** – "South Africa's Fragile Democracy". Wed., Mar 21, 7:30pm. Cost \$20

**LWV Great Decisions** – "Global Health: Progress and Challenges". Wed., Mar 28, 7:30pm. Cost \$20

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

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

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

- Mar 6 – *The Promise*
- Mar 13 – *American Made*
- Mar 20 – *I, Daniel Blake*
- Mar 27 – *Maudie*

**Foreign Films**

- Weds., Mar 7 at 2:00pm – *Il Divo* (in Italian with English subtitles)
- Mon., Mar 26 at 6:15pm – *Paris* (in French with English subtitles)

<p><b>Union County Department of Human Services Division of Aging &amp; Disability Resource Connection</b></p>		<p><b>BOOK REVIEW</b> <i>The Broken Girls</i> by Simone St. James</p>
<p><b>Medicaid Managed Long Term Services &amp; Supports Program (MLTSS)</b></p> <p>Managed Long Term Services and Support (MLTSS) refers to the delivery of long-term services and supports through New Jersey Medicaid's NJ FamilyCare managed care program. MLTSS is designed to expand home and community based services, promote community inclusion, and ensure quality and efficiency.</p>		<p>I am not typically a reader of mysteries. This book is a mystery and it was great. It kept me wanting to read more.</p>
<p>MLTSS uses NJ FamilyCare managed care organizations, also known as an HMO or MCO, to coordinate all services. MLTSS will provide comprehensive services and supports, whether at home, in an assisted living facility, in community residential services, or in a nursing home.</p>		<p><b>Vermont, 1950.</b> There's a place for the girls whom no one wants—the troublemakers, the illegitimate, the too smart for their own good. It's called Idlewild Hall. And, in the small town where it's located, there are rumors that the boarding school is haunted. Four roommates bond over their whispered fears, their budding friendship blossoming—until one of them mysteriously disappears.</p>
<p>The applicant must be 65 years or older. If the applicant is under age 65 they must be determined to be blind or disabled by the Social Security Administration or the State of New Jersey. Applicants must meet the clinical criteria for a nursing facility level of care which includes requiring assistance with 3 of the following: bathing; dressing; toileting; transferring; mobility; and eating.</p>		<p><b>Vermont, 2014.</b> As much as she's tried, journalist Fiona Sheridan cannot stop revisiting the events surrounding her older sister's death. Twenty years ago, her body was found lying in the overgrown fields near the ruins of Idlewild Hall. And though her sister's boyfriend was tried and convicted of murder, Fiona can't shake the suspicion that something was never right about the case.</p> <p>When Fiona discovers that Idlewild Hall is being restored by an anonymous benefactor, she decides to write a story about it. But a shocking discovery during the renovations will link the loss of her sister to secrets that were meant to stay hidden in the past.</p> <p>The two stories are beautifully interwoven. This book kept me engaged from start to finish.</p>
<p>The applicant must also meet income and resources guidelines.</p>		<p><b>MARCH FACTS</b></p>
<p>Services provided may include Personal Care Assistance, Care Management, Home Delivered Meals, Mental Health &amp; Addiction Services, Nursing Home Care, Adult Day Health Care, Respite, Home &amp; Vehicle Modifications, Personal Emergency Response Systems, Assisted Living, Community Residential Services, Hearing Aid, Dental Care, Optometry Services.</p>		<p>Birthstone: Aquamarine, Bloodstone &amp; Jade Flower: Daffodil Zodiac Signs: Pisces (Feb 19 – Mar 20) &amp; Aires (Mar 21 – Apr 19) Holidays and Observances: Daylight Saving begins – Mar 11 St. Patrick's Day – Mar 17 Spring begins – Mar 20</p>
<p>To access services, call Social Services in Elizabeth at 908-965-3745 or in Plainfield at 908-791-7093 and ask for Adult Medicaid. Call the Union county ADRC for the clinical screening at 908-527-4870 or toll free at 1-888-280-8226.</p>		<p><a href="http://www.wincalendar.com">http://www.wincalendar.com</a></p> <p><b>NPSCC NEWSLETTER ONLINE</b></p> <p>The public version of the NPSCC newsletter may be viewed online on the New Providence Borough website at <a href="https://www.newprov.org">https://www.newprov.org</a>. 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>
<p><a href="http://ucnj.org/wp-content/uploads/2014/01/Outreach-Revised-2015.pdf">http://ucnj.org/wp-content/uploads/2014/01/Outreach-Revised-2015.pdf</a></p>		

~ March 2018 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
<b>Feb 25</b>  <b>CSA Pasta Dinner 3:00-7:00pm</b>	<b>Feb 26 Tax Apt. 9:00-3:00</b>  <b>10:30 Biology Class</b> 11:00 Newsletter 12:30 Bridge	<b>Feb 27</b>  9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike <b>10:45 Book Club</b> 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	<b>Feb 28</b>  9:30 Blood Pressure 10:00 Bus to Club <b>11:00 "Fall Prevention"</b> 12:30 Bingo/Cards	<b>1</b>  9:30 Fit & Healthy Exercise w/Myriam <b>9:45 Bell Labs Trip</b> <b>10:15 Balance Screenings</b> <b>11:00 Ageless Grace</b> 12:30 Partner Bridge 12:30 Mah Jongg	<b>2</b>  9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>3</b>  <b>Tax Appts. 9:00-3:00</b>
<b>4</b>	<b>5 Tax Appts. 9:00-3:00</b>  8:30 In Control w/Myriam <b>9:30 Trustee Meeting</b> <b>10:30 Biology Class</b> 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	<b>6</b>  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	<b>7</b>  9:30 SAGE 10:00 Bus to Club <b>11:00 "The Addams Family" Highlights</b> 12:30 Bingo/Cards	<b>8</b>  9:30 Fit & Healthy Exercise w/Myriam <b>10:00 BMI &amp; Glucose Screenings</b> <b>11:00 Ageless Grace</b> 12:30 Duplicate Bridge 12:30 Mah Jongg	<b>9</b>  9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>10</b>  <b>Tax Appts. 9:00-3:00</b>
<b>11</b>	<b>12 Tax Appts. 9:00-3:00</b>  8:30 In Control w/Myriam <b>10:30 Biology Class</b> 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	<b>13</b>  9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike <b>10:00 Activities Meeting</b> 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	<b>14 Happy Birthdays!</b>  9:30 Blood Pressure 10:00 Bus to Club <b>11:00 "Visit to Ireland"</b> 12:30 Bingo/Cards – Chatham Hills	<b>15</b>  9:30 Fit & Healthy Exercise w/Myriam <b>11:00 Ageless Grace</b> 12:30 Duplicate Bridge 12:30 Mah Jongg	<b>16</b>  9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>17</b>   <b>St. Patrick's Day Trip 9:45am</b>
<b>18</b>	<b>19 Tax Appts. 9:00-3:00</b>  8:30 In Control w/Myriam <b>10:30 Biology Class</b> 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	<b>20</b>  9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike <b>10:45 Book Club</b> 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	<b>21</b>  9:30 Blood Pressure 10:00 Bus to Club <b>11:00 "The Use of Trusts to Shelter Houses from LTC Costs"</b> 12:30 Bingo/Cards	<b>22</b>  9:30 Fit & Healthy Exercise w/Myriam <b>11:00 Ageless Grace</b> 12:30 Partner Bridge 12:30 Mah Jongg	<b>23</b>  9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>24</b>  <b>Tax Appts. 9:00-3:00</b>
<b>25</b>	<b>26 Tax Appts. 9:00-3:00</b>  8:30 In Control w/Myriam <b>10:30 Biology Class</b> 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	<b>27</b>  9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike <b>10:30 Current Events</b> 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	<b>28</b>  9:30 Blood Pressure 10:00 Bus to Club <b>11:00 To be announced</b> 12:30 Bingo/Cards	<b>29</b>  9:30 Fit & Healthy Exercise w/Myriam 12:30 <b>NO</b> Bridge 12:30 Mah Jongg	<b>30</b>  <b>CENTER CLOSED</b>	<b>31</b>  <b>NO Tax Appts</b>