

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

APRIL 2018



Volume 18, Issue 4



### COORDINATORS CORNER

"Do what you can, with what you have, where you are." *Theodore Roosevelt*

As I write this, I am looking at the new fallen snow (again). I am VERY much looking forward to turning the calendar page to April and having warm spring weather! As we head into spring, we have many activities scheduled. Invite a friend to give us a try...

### Activity Committee News:

The Activities Committee met and brainstormed some great ideas for 2018, but they can only happen if people volunteer to help out. Potential activities include: Luau Party at the center, trip to Washington's Headquarters, Restaurant Crawl, Chocolate and Wine Tasting. If you have a different trip or event in mind, that is also welcomed. If you are willing to help, please let Therese Dalton or Christine Napolitano know.

### Library News:

The Lions Club has generously donated (again!) money for the center to buy large print books for our library. I would like to know what kind of books you would enjoy or what authors you like to read. Please leave suggestions in the idea box on the sign up table or tell me in person. A note on my desk would be fine, too!

### Health Fair News:

The Health Fair is scheduled for Wednesday, May 16<sup>th</sup> from 8am-11am. We need your help so please sign up to volunteer with registration, beverages or food. We can't do this without you! For more health fair information, please see the article on page 3.

### Reminders/Schedule Changes:

- New Providence has a "Code Red" alert system that you may sign up for on Wednesday, April 11, before our meeting. When you sign up, you will receive automated calls from the town when there are various announcements – snow closings, change in trash pickup, etc. It is an excellent system that I strongly recommend signing up for.
- There will be **NO** In Control exercise class on Monday, April 2<sup>nd</sup>.

### Save the Dates:

- Special Celebration for NPSCC Volunteers will be held Wednesday, May 9<sup>th</sup>.
- Health Fair is Wednesday, May 16<sup>th</sup>.
- Anniversary Luncheon is Wednesday, May 23<sup>rd</sup>.
- Memorial Day Remembrance Reception is Monday, May 28<sup>th</sup>.
- Nutrition Education with Sue Fieseler is coming May 31, June 7, 14 and 21.

### THANK YOU...

- Harry Kundrat for organizing the trip to the Bell Labs Museum.
- HCR ManorCare for providing balance screenings.
- Debra from the Morris Museum for the "Visit to Ireland" and Maureen from Bradley Funeral Homes for sponsoring the program.
- Ed Insinger for organizing the Hunterdon Hills St. Patrick's Day Lunch trip.
- The Lions Club for the donation to purchase large print books.
- Meg Dietrich for her presentation on the Summit Area Public Foundation.

### 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 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!*

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### 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

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### 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!**

- **Wed., Apr 4, 9:30am:** Kathy Larkin from **SAGE** will be available for private consultations.
- **Wed., Apr 4, 11:00am: Meeting** –One of the New Providence schools strings groups will perform as we celebrate the 100<sup>th</sup> birthday of one of our members. Extend good wishes, enjoy delicious cake and share wonderful stories.
- **Wed., Apr 11, 11:00am: Meeting** – Debbie Gresh from **BrightStar Care** will lead us in a fun trivia program. We will also celebrate birthdays and Chatham Hills will call bingo. **Sign up before the meeting for Code Red alerts.**
- **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**”.
- **Sat., Apr 21, 1:00pm: Easter Cantata** - The **Union Methodist Church Choir** will come to the center and perform beautiful holiday music. Light refreshments will be served. Please sign up in advance.
- **Mon., Apr 23, 11:00am-1:00pm: In-person pre-registration** will begin for Health Fair blood work and stroke assessment screenings.
- **Wed., Apr 25, 11:00am: Meeting** –Ellen Steinberg from the **Union County Senior Citizens Council** will talk about the programs and services that they offer.
- **Thurs., Apr 26, 10:45am: Book Club** – Therese Dalton will lead the discussion about another great book. The title of the book will be announced when copies become available.
- **Thurs., Apr 26, 10:45am: Movie Club** – Join us for a viewing of “**The Bridges of Madison County**”.
- **Mon., Apr 30, 10:30am: Current Events** – **Professor Bill Dunscombe** will lead a discussion of current events.
- **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 pay us a visit and play beautiful music for us.
- **Wed., May 9, 11:00am: Meeting –Special Celebration** honoring our wonderful NPSCC volunteers. Listen to the fabulous sounds of the “**Four Old Parts**” barbershop quartet as we partake of delicious cake. All are invited!
- **Tues., May 15, 11:00am-1:00pm: Ask the Pharmacist** – An Overlook Medical Center clinical pharmacist will give a presentation on how to obtain more affordable medications and tips for safe and effective medication use. Please sign up to attend the presentation. You may also sign up for a time slot from 12:00noon-1:00pm to review your medications. If you sign up for an individual time slot, be sure to bring all your medications.
- **Tues., May 15, 12:00noon: Set up for the Annual Health Fair** - Afternoon activities will be cancelled.
- **Wed., May 16, 8:00-11:00am: Annual Health Fair** - Free health screenings and medical information. **Some screenings require in-person pre-registration.** See article on page 3. **Sign up for bus transportation.**
- **Wed., May 23, 12:00noon: Anniversary Lunch** - Celebrate the 59<sup>th</sup> 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.
- **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.

**NEW PROVIDENCE SENIOR CITIZEN HEALTH FAIR**

The New Providence Senior Citizen Health Fair will take place on May 16, 2018 from 8:00am to 11:00am at the DeCorso Community Center. All New Providence residents age 55 or older are invited to attend. The Health Fair will host a comprehensive list of health screenings and medical information at no cost to participants.

**The Fasting Blood Chemistry and the Stroke Health Risk Assessment** screenings require in-person pre-registration prior to the health fair. Stroke assessments are limited to the first 30 registrants. Pre-registration will take place at the DeCorso Community Center between the hours of 11:00am and 1:00pm beginning Monday, April 23<sup>rd</sup> and continuing through Friday, May 4<sup>th</sup>. For additional information, call the DeCorso Community Center at 908-665-0046 or the NP Health Department at 908-743-1049.

**SUMMIT COLLEGE CLUB BOOK SALE IS COMING!**

The Summit College Club is accepting books and media donations for its annual book sale. Books must be in good condition and packed in bags or small boxes. They also welcome donations of CDs and DVDs. They do not accept textbooks, manuals, magazines or encyclopedias. Donations may be dropped off at the American Legion Post in New Providence April 13<sup>th</sup> - 18<sup>th</sup> from 10:00am to 6:00pm and April 19<sup>th</sup> from 10:00am to 9:00pm.

The sale will be held April 25-26 from 10am-9pm, April 27-28 from 10am-6pm, and April 29 from 10am-4pm. Proceeds from the sale are used to fund college scholarships for young women in local high schools.

**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.

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

**“Coping with Stress & Anxiety”** – Presentation by Dr. Valerie Spangenberg, formerly on staff at Morristown Memorial. Thurs., Apr 12, 7:00pm

**Poetry Reading** – Celebrate National Poetry Month with this annual event of local poets reading their works. There will also be an opportunity for the public to sign up and read their work. Sun., Apr 22, 2:00pm

**“Outsmart the Scammers”** – Kevin Mack of Edward Jones will talk about phone scams and other types of scams involving your money. Thurs., Apr 26, 7:00pm

**Free Tree Giveaway** – The New Providence Sustainability Committee will give away free trees. Sat., Apr 28

**Concert** – The Concord Singers, a women’s chorus from Summit, will delight audience members with their diverse program. Sun., Apr 29, 3:00pm

**NEW PROVIDENCE HIGH SCHOOL**

**Strings Recital** – High school strings students will play beautiful musical selections. Thurs., Apr 5, 7:00pm

**DECORSO CENTER**

**LWV “All Life Depends on Clean Water – How Baykeeper Programs are Addressing Clean Water Issues in the NY-NJ Harbor Estuary”** – Free and open to the public. Mon., Apr 23, 7:30pm

**SUMMIT YMCA SENIOR PROM**

The Summit YMCA will be holding their annual Senior Prom on Sunday, April 8, 2018, from 1:00pm-4:00pm. They invite you to join them for dining and dancing. Put on your dancing shoes and party attire and get ready to have a wonderful time. This event is FREE and open to all. For more information or to register, please RSVP by April 5, 2018 to Sue Fieseler at 908-273-3330 ext. 1167 or sue.fieseler@thesay.org.

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

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

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

Apr 3 – *Wonder*  
 Apr 10 – *Three Billboards Outside Ebbing, Missouri*  
 Apr 17 – *Murder on the Orient Express*  
 Apr 24 – *Wonder Wheel*

**Foreign Films**

Weds., Apr 4 at 2:00pm – *Where Do We Go Now?* (in Arabic, Russian & English with English subtitles)  
 Mon., Apr 23 at 7:00pm – *La Cage Aux Folles* (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> <b>Rating: 3.5 stars</b> <i>Rise and Shine, Benedict Stone</i> by Phaedra Patrick</p>
<p><b>Jersey Assistance for Community Caregiving</b></p> <p>Jersey Assistance for Community Caregiving (JACC) provides a broad array of in-home services and supports that enable an individual at risk of placement in a nursing facility to remain in his/her community home. By providing a uniquely designed package of supports for the individual, JACC is intended to supplement and strengthen the capacity of caregivers, as well as to delay/prevent placement in a nursing facility.</p>	<p>What a sweet book to read and lose yourself in. This is a novel about family, forgiveness and one man's second chance at happiness.</p> <p><i>Moonstone for empathy. Azurite for memories. Lapis lazuli for truth...</i></p> <p>In the quiet village of Noon Sun, Benedict Stone has settled into a complacent and predictable routine. Business at his jewelry shop has dried up; his marriage is on the rocks. His life is in desperate need of a jump start - and then a surprise arrives at his door.</p>
<p>JACC is not a Medicaid waiver program. JACC is supported totally with state funds. There is a \$600.00 per month limit on services.</p>	<p>Gemma is Benedict's audacious teenage niece – the daughter of his estranged brother, Charlie. The two Stone brothers had a falling out and haven't spoken in almost two decades, since Charlie left for America. Reckless and stubborn, Gemma invites herself into Benedict's world and turns his orderly life upside down. But, she might just be exactly what he needs to get his life back on track.</p>
<p>The applicant must be 60 years or older; resides in a home which he/she owns, rents or the home of a relative; is financially ineligible for Medicaid or Medicaid Waiver services; has no alternate means available to secure needed services or supports; has been determined to be clinically eligible for nursing facility level of care which includes requiring assistance with three of the following: bathing, dressing, toileting, transferring, mobility, eating; is a U.S. citizen or qualified alien.</p>	<p>This book was a quick read that I didn't want to put down. It was a nice read for a rainy or snowy day!</p>
<p>The applicant must also meet income and resources guidelines.</p>	<p><b>EASTER JOKES</b></p> <p>Q. Where does the Easter Bunny get his eggs? A. From eggplants.</p> <p>Q. How does the Easter Bunny stay fit? A. Eggs-ercise and hare-robics!</p>
<p>Services provided include case management; respite care; homemaker services; environmental accessibility modifications; personal emergency response systems; home delivered meal service; social adult day care; special medical equipment and supplies; chore services.</p>	<p><b>APRIL FACTS</b></p> <p>Birthstone: Diamond and Crystal Flower: Daisy and Sweet Pea Zodiac Signs: Aires (Mar 21 – Apr 19) &amp; Taurus (Apr 20 – May 20) Holidays and Observances:</p>
<p>To access services, call the Union County Division on Aging at 908-527-4870 or the toll free number 1-888-280-8226.</p>	<p>Easter – Apr 1 Earth Day – Apr 22 Arbor Day – Apr 27</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>	<p><a href="http://www.wincalendar.com">http://www.wincalendar.com</a></p>
<p><b>FREE SHOWER GRAB BAR INSTALLATION</b></p> <p>PROCEED, Inc., a small nonprofit corporation, provides minor home repairs for residents of Union County who are at least 60 years old. These repairs include the free installation of shower grab bars. To learn more about this program, call (908) 351-7727.</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>

~ April 2018 ~							
	Mon	Tue	Wed	Thu	Fri	Sat	
1	 <b>2 Tax Appts. 9:00-3:00</b> 8:30 <b>NO</b> In Control <b>9:30 Trustee Meeting</b> 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	<b>3</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	<b>4</b> 9:30 SAGE 10:00 Bus to Club <b>11:00 NP Strings</b> 12:30 Bingo/Cards	<b>5</b> 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	<b>6</b> 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>7</b> <b>Tax Appts. 9:00-3:00</b>	
8	<b>9 Tax Appts. 9:00-3:00</b> 8:30 In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	<b>10</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 3:00 Beginners Italian	<b>11 Happy Birthdays!</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Trivia Program</b> 12:30 Bingo/Cards – Chatham Hills	<b>12</b> 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg	<b>13</b> 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>14</b> <b>Tax Appts. 9:00-3:00</b>	
15	<b>16 Tax Appts. 9:00-3:00</b> 8:30 In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	<b>17</b> 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike <b>9:45 Sands Casino Trip</b> 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	<b>18</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 "Housing Market"</b> 12:30 Bingo/Cards	<b>19</b> 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg	<b>20</b> 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>21</b>  <b>Easter Cantata 1:00pm</b>	
22	<b>Poetry Reading @ NPMIL 2:00pm</b> 8:30 In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	<b>23</b> 8:30 In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	<b>24</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>25</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Senior Citizens Council</b> 12:30 Bingo/Cards	<b>26</b> 9:30 Fit & Healthy Exercise w/Myriam <b>10:45 Movie Club</b> <b>10:45 Book Club</b> 12:30 Partner Bridge 12:30 Mah Jongg	<b>27</b> 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>28</b> <b>Free Tree Giveaway @ NPMIL</b>
29	<b>Concord Singers Concert @ NPMIL 3:00pm</b> 8:30 In Control w/Myriam <b>10:30 Current Events</b> 11:00 Chair Yoga w/Judy 11:30 Newsletter 12:30 Bridge	<b>30</b> 8:30 In Control w/Myriam <b>10:30 Current Events</b> 11:00 Chair Yoga w/Judy 11:30 Newsletter 12:30 Bridge	<b>May 1</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	<b>May 2</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 NPHS Band</b> 12:30 Bingo/Cards	<b>May 3</b> 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	<b>May 4</b> 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>May 5</b>