



South River Office on Aging
 55 Reid Street
 South River, NJ 08882
 Phone: (732) 257-2340 Fax: (732) 390-3470
 E-mail: srseniors@southrivernj.org
 Website: www.southrivernj.org
 Director: Kim Bell

Hours of Operation

Monday - Friday
 9:45 AM - 3:00 PM

Sponsored by the Borough,
 Mayor and Council Members of South River

South River Senior Newsletter



Welcome to the Office on Aging

Dedicated to promoting the health, independence and continuing contributions of older persons.

2017 Social Security Benefit Increase

The Social Security Administration announced that monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans will increase 0.3 percent in January 2017; Medicare changes have not yet been announced, however, for some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

Election Day Transportation

Make your vote count on Election Day! The polls are open from 6:00am-8:00pm on Tuesday, November 8, 2016. Transportation is available for Office on Aging members between the hours of 9:00am-2:30pm. Please call us at (732) 257-2340 if you wish to reserve a seat on the bus (polling locations are required when making reservations).

Caregiver Education Series - Final Session

Caregivers of chronically ill older adults are encouraged to join the final session of RWJUH and COPSA E.A.R.S. for Caregivers' free Caregiver Education Series, on Monday, November 21st, from 12:00pm-1:00pm, at the Robert Wood Johnson Fitness and Wellness Center in New Brunswick. Transportation is available for Office on Aging members, and RSVP is required; please give us a call us at (732) 257-2340 to register or to arrange transportation. The topic is: "Caregiver Coping During the Holidays."

Terracycle Brigade Closures

Two popular Terracycle collection brigades are closing as of November 1st: Cleaner Packaging and Scotch Tape. Please turn in remaining items for these brigades by October 27th, so they can be included in our final shipment.

Biodegradable Leaf Bags Available

In an effort to prevent vegetation from overwhelming local landfills, the borough is offering biodegradable leaf bags to residents, which can be picked up weekdays, 8am-12pm, at the Department of Public Works, located at 9 Ivan Way. Coupons, which are available at Borough Hall, the Office on Aging, and online at www.southrivernj.org, may be redeemed for a maximum of 20 bags with proof of South River residency (current driver's license, tax or utility bill with a borough residential address), through November 11th, while supplies last.

Daylight Saving Time

Daylight Saving Time ends on Sunday, November 6, 2016. Remember to set your clocks behind one hour before going to bed the night before.



HOLIDAY LUNCHEON

Office on Aging Members
 are Invited to Mingle & Jingle

FRIDAY, DECEMBER 16, 2016

12:00PM - 4:00PM

BUTTONWOOD MANOR

845 ROUTE 34 NORTH, MATAWAN, NJ

Payment required before November 14th
 at the Office on Aging or on the bus

\$25 per person (non-refundable/non-transferrable)
 Includes buffet luncheon, music & dancing
 Transportation is available & must be reserved
 at the time of ticket purchase



Office on Aging On-Site Activities

Fitness Room

Monday-Friday

9:45am - 2:30pm



Get in shape at your own pace

Our equipment includes:

TREADMILLS

RECUMBENT BICYCLES

FREE WEIGHTS

ELLIPTICAL MACHINE

LIBERATOR MULTI-STACK MACHINE

w/ multiple exercise options

SENIOR BENEFIT &
ENTITLEMENT ASSISTANCE &
SHIP (STATE HEALTH INSURANCE PROGRAM)
MEDICARE COUNSELING



By appointment

Assistance with securing &/or renewing federal, state & county benefit programs, Senior Freeze/Property Tax Rebate applications & SHIP Counseling for Medicare beneficiaries interested in selecting &/or re-evaluating existing health & prescription drug coverage



Exercise Classes

Mondays & Thursdays

10:00am-10:45am

Monday -- Strengthen, Sculpt & Tone

Light activity level, instructor-led class combines the fundamentals of exercise for a total body workout, with emphasis on strengthening the muscles using dumbbells, resistance bands & weighted bars

Thursday -- Boost, Energize & Refresh

Moderate activity level integrates invigorating exercises to help build stamina & endurance, boost energy & improve agility, leaving you feeling refreshed & ready to face the world

Recommended contribution:

\$1 per class (general senior)

\$.50 per class (PAAD & Medicaid)



HAIRCUTS

by Mike the Barber

Wednesdays

10:00am-2:00pm

\$7

Yoga Classes

Tuesdays

10:00am - 10:45am

Breathe, Balance & Stretch

Light activity level, instructor-led class incorporates breathing techniques to help reduce stress & relieve stiffness while improving balance, mobility, posture & range of motion

Recommended contribution:

\$1 per class (general senior)

\$.50 per class (PAAD & Medicaid)



Zumba Classes

Tuesdays

11:00am-11:45am

Dance, Groove & Burn

Moderate activity level, instructor-led class combines all elements of fitness: cardio, muscle conditioning, balance & flexibility with international rhythms for a fun, calorie-burning dance party atmosphere

Recommended contribution:

\$1 per class (general senior)

\$.50 per class (PAAD & Medicaid)



Terra Cycle



SUPPORT OUR RECYCLING EFFORTS
Collect the items pictured & turn them in
on the bus or at the Office on Aging.
It's that simple...



Office on Aging Highlights

November 4
"The Golden Age of King Midas" Exhibit @ the Penn Museum Philadelphia, PA



Travel back in time to Turkey, when King Midas, a man who wished that everything he touched would transform into gold, ruled. Indisputably the most famous ruler of the Phrygian kingdom, King Midas lived in the prosperous city of Gordion, the political & cultural capital of the Phrygians nearly 3,000 years ago. It was there, in 1957, that the Penn Museum discovered a tomb believed to be that of King Midas' father, Gordios. The tomb is the oldest standing wood building in the world, & is on display with more than 120 extraordinary artifacts found within the final resting place of Gordios. Your 1-hour guided tour will provide a detailed timeline & a fascinating, full-spectrum picture of the life of King Midas, well-known for his adverse adventures in Greek mythology.
Admission: \$19 pre-paid + Cheap Eats



November 16
The Outlets @ Bergen Town Center Paramus, NJ

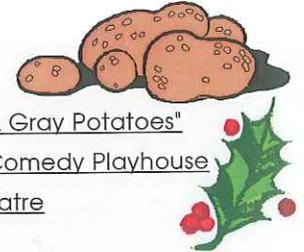
When this mall initially opened in 1957 as the Bergen Mall, it was the largest of its kind. Now, it's the second oldest mall in New Jersey. Don't let that fact fool you. With anchors like Target, Whole Foods, Marshall's & Home Goods, in addition to Bloomingdales The Outlet Store, Chico's Outlet, Neiman Marcus Last Call, Nordstrom Rack, Saks Fifth Avenue-Off 5th, Disney Outlet, Gymboree Outlet, Kay Jewelers Outlet, Nine West Outlet & more, this outlet mall won't overwhelm you in terms of its size, the way some do. There's something for everyone here, including a Food Court & sit-down restaurants Bobby's Burger Palace, Miller's Ale House, Olive Garden, Red Robin & Bahama Breeze. Don't forget about Whole Foods, where you can grab a bite to eat & pick up some groceries too!



November 18
Mystery Trip

The bus will depart South River for a surprise destination.
Admission: \$7 + Pre Fixe Lunch \$22

November 30
"Green Holly & Gray Potatoes" @ Rainbow's Comedy Playhouse Luncheon Theatre Paradise, PA



It's Christmas once again, & this year, the family has gathered to tell Mom & Dad that it's time to move into a retirement community. But... They're outwitted -- Mom & Dad have other plans. Eventually, everyone will muster their Christmas spirit, even though they may have to endure another holiday dinner of burnt turkey & gray potatoes. Price includes the venue's famous holiday buffet, featuring carved turkey & ham with all the fix-ins, plus bottomless coffee & tea. Other beverages available for purchase. No burnt turkey & gray potatoes on this menu!!!
Admission: \$44 pre-paid

Medical Transportation



WHAT

Free
**Non-emergency
Non-surgical
Round-trip transportation to
medical & dental appointments**
For Office on Aging
members age 60+
**As needed on a
1st come, 1st served basis**

WHEN & WHERE

Mondays, excluding holidays
1st Monday
South River, East Brunswick & Milltown
2nd Monday
South River & Old Bridge
3rd Monday
South River & Sayreville
4th Monday
South River, East Brunswick & Milltown
5th Monday
South River & Old Bridge



HOW

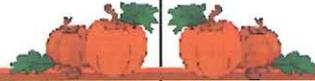
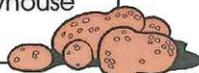
Schedule your medical or dental appointment between the hours of 9:00am - 2:30pm
Call the Office on Aging at (732) 257-2340 to schedule transportation no earlier than 1 month & no later than 1 business day in advance of the appointment



November 2016

ALL EVENT DATES AND TIMES
ARE SUBJECT TO CHANGE

PRE-PAID TRIPS & EVENTS ARE NON-REFUNDABLE/NON-TRANSFERRABLE

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | | |
|---|-----------|---|---|---|---|---|--|-----------|
| | |  <p>9:30am Mid State Mall, CVS, Summerhill Mall, Brunswick Square Mall, Stop & Shop, Kmart, & Kohl's</p> |  <p>9:30am Around Town Shuttle</p> |  <p>10:00am ShopRite</p> | <p>8:30am "The Golden Age of King Midas" @ The Penn Museum \$19 pre-paid + Cheap Eats</p>  | | | |
| <p>6</p>  <p>9:00am-2:30pm Medical Transportation South River East Brunswick Milltown</p> | <p>7</p> | <p>8</p> <p>ELECTION DAY 9:00am-2:30pm Transportation to the Polls</p>  |  <p>9:00am Resorts Casino</p> |  <p>10:00am ShopRite</p> | <p>10</p> | <p>11</p>  <p>Veterans Day Office Closed</p> | <p>12</p> | |
| <p>13</p>  <p>9:00am-2:30pm Medical Transportation South River Old Bridge</p> | <p>14</p> |  <p>9:00am Old Bridge Walmart & \$ Tree</p> | <p>15</p> |  <p>10:00am ShopRite</p> | <p>16</p>  <p>10:00am ShopRite</p> | <p>17</p> | <p>18</p>  <p>9:00am Mystery Trip \$7 + Lunch</p> | <p>19</p> |
| <p>20</p>  <p>11:00am Transportation to Caregiver Education Series @ RWJ Fitness & Wellness Center</p> | <p>21</p> |  <p>9:30am Rt. 9 Farmer's Market</p> |  <p>10:00am ShopRite</p> | <p>22</p> | <p>23</p> | <p>24</p>  <p>Happy Thanksgiving Office Closed</p> | <p>25</p> <p>Office Closed</p> | <p>26</p> |
| <p>27</p>  <p>9:00am-2:30pm Medical Transportation South River Old Bridge</p> | <p>28</p> | <p>9:30am Around Town Shuttle 10:45am Monthly Birthday Party</p> |  <p>8:30am "Green Holly & Gray Potatoes" @ Rainbow's Comedy Playhouse \$44 pre-paid</p>  | <p>29</p> | <p>30</p> | <p>SIGN UP FOR 1st WEEK OF THE MONTH NOVEMBER 1-NOVEMBER 3 BEGINS TUESDAY, OCTOBER 25 @ 9:45am SIGN UP FOR REST OF THE MONTH NOVEMBER 7-NOVEMBER 29 BEGINS TUESDAY, NOVEMBER 1 @ 9:45am</p>  | | |



Upcoming Trips & Events

Tree Trimming Party
@ the Office on Aging
December 2



Community Holiday Dinner
@ Lighthouse Christian Fellowship
December 14



Holiday Luncheon
@ the Buttonwood Manor
December 16



New Year's Eve @ Noon
@ Li Greci's Staaten
December 30

Lunar New Year's Eve Lunch
@ Hunan Taste
January 27



Planning Ahead

Future Events & Excursions... Advance Payment Required

Office on Aging Holiday Luncheon
@ Buttonwood Manor

845 Route 34 North, Matawan, NJ

Friday, December 16, 2016, 12:00pm-4:00pm

Bus pick-up time: 10:30am

Cost: \$25 per person (non-refundable/non-transferrable)

Reservations (sign-up & payment) October 17-November 14

Payment may be submitted at the Office on Aging & on the bus

Join us for some holiday cheer to celebrate this joyous time of year! Office on Aging members are cordially invited to mingle & jingle at our special holiday luncheon overlooking the picturesque Lake Efferts, where panoramic views of the water & meticulously manicured gardens offer the perfect backdrop for the exquisite, mouth-watering buffet, musical entertainment & dancing, all of which will be yours to enjoy. Seating requests are due at time of payment (maximum 10 per table). Transportation requests are due at time of payment; paid members are welcome to transport themselves if so desired; directions are available.

New Year's Eve @ Noon
@ Li Greci's Staaten

Staten Island, NY

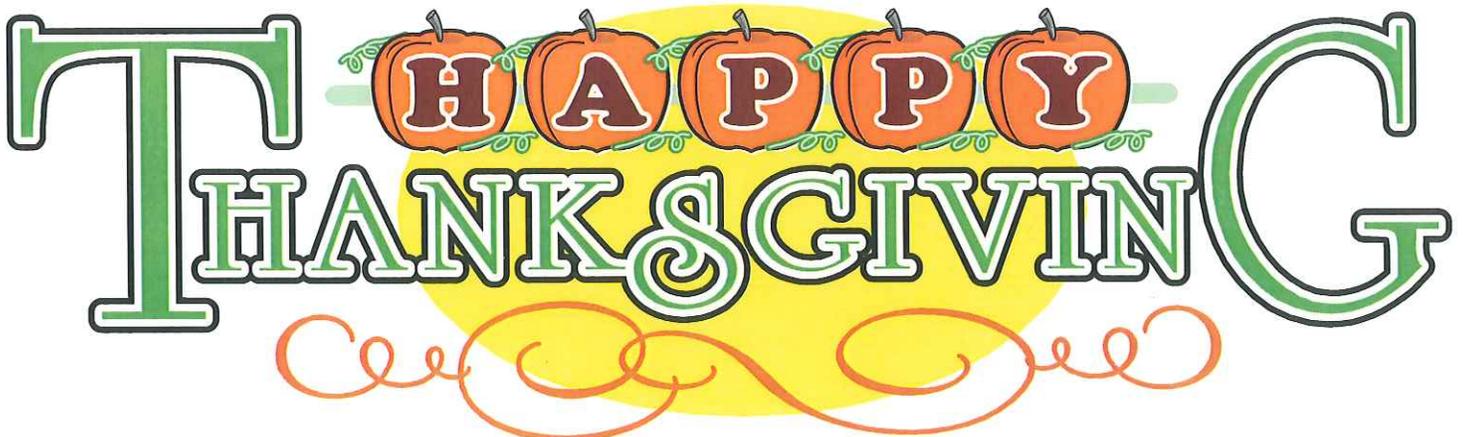
Friday, December 30, 2016, 10:00am

Cost: \$57 per person (non-refundable)

Reservations (sign-up & payment) begin Monday, November 7

10-9-8-7-6-5-4-3-2-ONE! Let's eat, drink & be merry together!

Join us for an uproarious celebration at this elegant venue, as we bid farewell to 2016 & ring in 2017 with all the fun New Year's Eve traditions: comedian, musical entertainment, hats & noisemakers, eating, drinking, dancing & a balloon drop at daytime midnight. Enjoy the 1-hour open bar, followed by a delicious meal: garden salad, chef's choice of pasta or soup, entree (sirloin of beef, chicken sorrentino or salmon oreganato), coffee, tea & dessert + wine & soda during lunch.
Cheers to 2017!





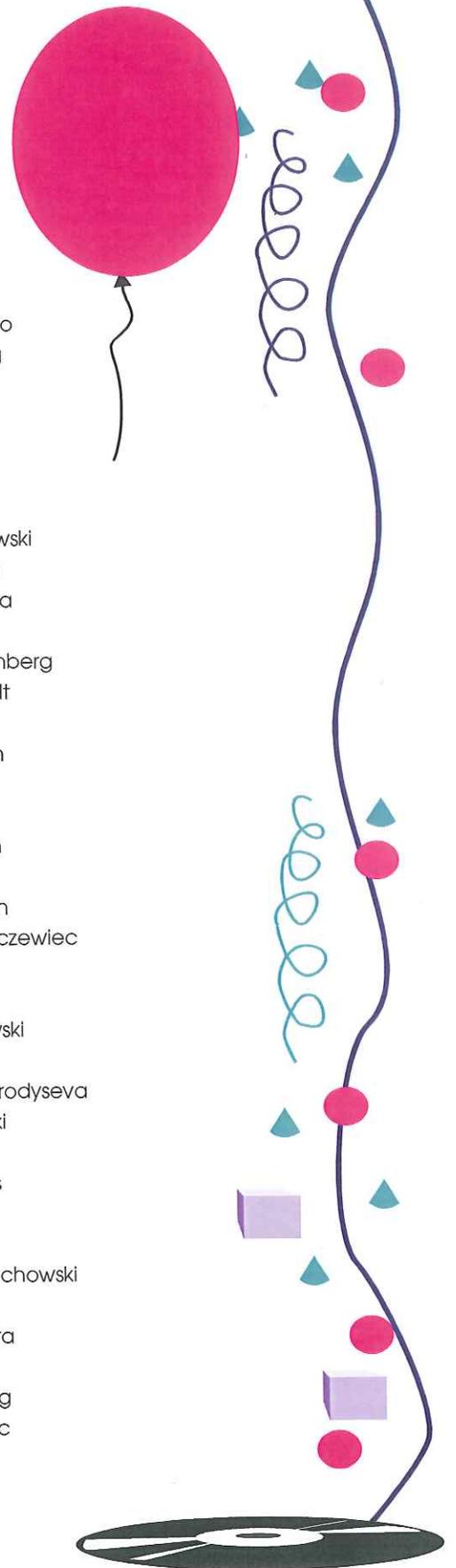
All Members Are Invited
To Our Monthly Birthday Party
@ the Office on Aging, 55 Reid Street
Tuesday, November 29th @ 10:45am

Happy Birthday

Jacqueline Abes
Michael Annichiarico
Ann Aschettino
Robert Billerman
Alma Brosius
Bob Brustowicz
Pauline Burak
Lorraine Burg
Serge Byczkowski
Madeline Carrion
Rich Catena
Sophie Ciulla
Maria Cuaycong
Sandi Cullum
Carol Deerson
Regina DeVoe
Margarita Diaz
Michael DiSalvo
Arlene Dovedytis

MaryAnn Ernst
Maria Evangelo
Joan Fekete
Eva Gerardi
Michael Geres
Janice Gowen
Rita Harvey
Joan Hoskins
Betty Iselin
Nilda Jordan-Serrano
Moe Jurewicz
Walter Kaleda
Helen Karczmid
John Kasprowicz
Pat Keppe
Rita Kielian
Robert Kirkwood
Peter Krzyzkowski
Dorothy Kseniak
Maryann Lashine
Evelyn Liebowitz
Jose Lucas
Sudesh Malhotra
Marie Mendoker
Gregory Metzger
Dhaniben Mistry
Kay Muller
Ceal Naperkowski
Bonnie Noll
Nadine O'Chat
Eileen O'Leary

Evelyn Pecoraro
Shun hua Peng
Janet Quinty
Walter Rice
Edna Rouse
Rosalie Rudy
Linda Russo
Dorothy Rutkowski
Elena Santana
Rosalie Santana
Joan Scanlon
Norman Scheinberg
William Schmidt
William Shields
Joseph Slocum
Liz Smith
Peg Squindo
Dolores Stavish
Ying Er Su
Hedwig Terenin
Tatiana Tolmaczewiec
Olga Tomory
Thelma Trapp
Mary Trojanowski
Cindy Tsai
Tonya Tselogorodyseva
Ann Wasilewski
Joan Weiss
Joyce Wiggins
Mary Witt
Alice Wojcik
Barbara Wojciechowski
Regis Wyluda
Grace Zangara
Leslie Zelanko
Wenmei Zhang
Ivan Zuraulevic





Important Info.



Helpful Phone Numbers

The most valuable programs that we offer are TRIAD, Carrier Link & Operation Blue Angel.

TRIAD

The TRIAD program becomes effective when you submit your completed Office on Aging membership application. The information you provide is entered into a secure database & shared only with local police & emergency personnel. Should a life-threatening incident occur where you require emergency services, the information is readily available to those that will need it to assist you.

Carrier Link

The Carrier Link program works cooperatively between the Office on Aging, the Post Office & the Middlesex County Office of Aging & Disabled Services. It becomes effective when you submit your completed application & release of liability form. If your mail carrier notices that your mail has piled up in your mailbox & identifies you as a program participant (the Carrier Link decal is adhered to the inside of your mailbox), a call is placed to the Office on Aging or Police Department & one of these agencies will check on your well being.

Operation Blue Angel

Operation Blue Angel is a voluntary program intended to provide Police, Fire & Emergency Medical Services (EMS) access to a residence in the event of an emergency where the resident becomes incapacitated & is unable to open the door. Lock boxes are installed by the Police Department at the homes of eligible borough seniors, free of charge. Secured inside the lock box is a spare key to the residence, which would be accessed by emergency personnel & used only in an emergency.

If you have not recently provided us with updated information, including illnesses & conditions, emergency contact or medication changes, or if you do not have a TRIAD decal for your front door or Carrier Link decal for your mailbox, please stop by or call us so that we can update your program file.

CAREGIVER RESOURCES

EARS for Caregivers - Assists unpaid caregivers with emotional support/guidance: (866) 300-3277

Statewide Respite Care Program - Gives unpaid caregivers a break from caregiving responsibilities: (732) 745-3295

DENTAL PROGRAMS

Middlesex County College Dental Hygiene Clinic - Student clinic offering seniors a complete dental exam, cleaning & oral cancer screening for a \$5 fee; by appointment: (732) 906-2536

NJ Mobile Dental - Dental services for the home-bound: (732) 431-7577

Mobile Dentistry - Dental services for the home-bound & disabled: (732) 901-9036

Senior Dental - PAAD-eligible beneficiaries receive 15% discount at local participating dentists: (732) 821-9400

ELDER ABUSE

Adult Protective Services - Evaluates referrals of elder abuse: (732) 745-3635

Department of Health & Senior Services, Office of the Ombudsman - Investigates complaints of suspected abuse or exploitation in institutions: (877) 582-6995

MEAL PROGRAMS

Food Stamp Program - Raises the level of nutrition among low-income households: (732) 745-3019

Meals on Wheels - Home-delivered meals for qualifying home-bound seniors: (732) 254-4299

South River Food Bank - Hours of Operation - Wednesdays & the first 2 Saturdays of every month, 10am - 12pm: (732) 238-3020

MEDICAL BENEFITS

Centers for Medicare & Medicaid Services - (800) 633-4227

Medicaid (District Office) - (732) 863-4400

Medicare Fraud & Abuse Hotline - (800) 447-8477

SOCIAL SERVICES

Middlesex County Board of Social Services - (732) 745-3500

Middlesex County Office of Aging & Disabled Services - (732) 745-3295

NJ Department of Health & Senior Services - Pharmaceutical Assistance to the Aged & Disabled (PAAD), Senior Gold & Lifeline programs: (800) 792-9745

Puerto Rican Action Board - Energy & weatherization assistance: (732) 828-4510

Social Security Administration - (800) 772-1213

TRANSPORTATION SERVICES

Medicaid Transportation - (732) 745-3761 ext. 1

Middlesex County Area Transit (MCAT) - Transportation to medical, nutritional & social service facilities within county lines : (800) 221-3520

NJ Transit, Access Link - (800) 955-2321

VETERAN SERVICES

Middlesex County Office of Veteran Services - (732) 745-4051

NJ Department of Military & Veteran Affairs - (732) 937-6347

Veterans' Hotline - (800) 624-0508