

South River Office on Aging
Human Services Building
55 Reid Street
South River, NJ 08882

February 2025
Volume 4, Issue 2
(732) 257-2340

The Senior Scoop

AMERICAN HEART MONTH

In February, we're observing American Heart Month by raising awareness on the importance of a healthy heart and encouraging healthy lifestyles that can reduce the risk of heart disease, the number one cause of death in the United States. Knowing the risk factors and how to reduce them can help us lead healthier lives and diminish our risk for heart attacks and other cardiovascular diseases. Let's carve out some time to set ourselves up for success this month!

Free Yoga and Cardio Fitness Classes: the entire month of February — because moving more is one of the easiest ways we can lower our risk of heart disease.

National Wear Red Day: Friday, February 7th — because showing our support for heart disease awareness is inspiring.

Chocolate Dipping: Tuesday, February 11th at 11am (\$5 pre-paid; transportation is available) — because chocolate, especially the dark one, is good for our health and contains chemicals that can lower the risk of heart disease (plus it's yummy). *Sign-up begins Monday, February 3rd.*

Free Blood Pressure & Blood Sugar Screenings: Thursday, February 13th from 10am-12pm (by appointment; transportation is available), sponsored by St. Peter's University Hospital — because knowing our health status is critical. *Sign-up begins Monday, February 3rd.*

OFFICE CLOSURE

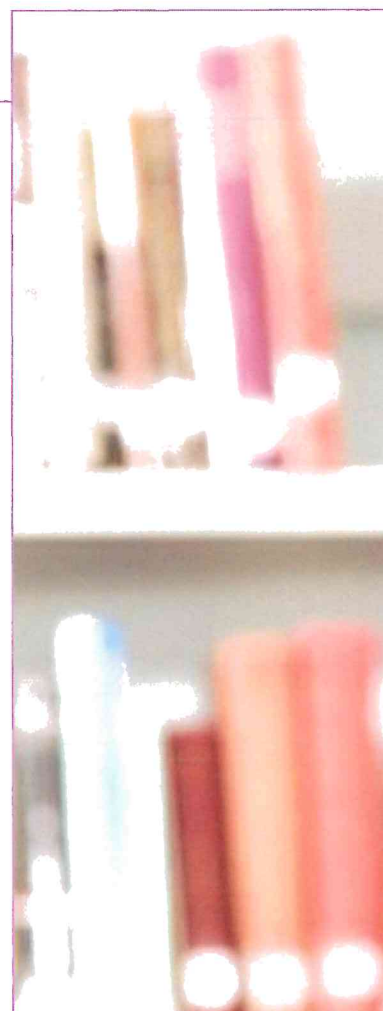
The Office on Aging will be closed on Monday, February 17th in observance of Presidents Day.

APRÈS SKI PARTY

Sip, savor, and celebrate the winter season at our fabulously on-trend Après Ski Party on Wednesday, February 26th at 11:30am (\$5 pre-paid; transportation is available). Chalet chic attire encouraged. *Sign-up begins Monday, February 3rd.*

MEMBER DATABASE UPDATE

In an effort to keep our member database up to date, we require all existing Office on Aging members complete a new Membership Application, and for those who use the gym or participate in Physical Activity classes, a new Exercise Waiver. **This applies to all members who joined the Office on Aging prior to January 2025.** Please stop in at your convenience before March 28th—the process is quick and easy—and it's an integral part of our operation. We appreciate your cooperation!



*The only thing we
should scream into
the world is love.*

– Jill Telford



COMING SOON...

New programming is on the horizon. Monday Funday begins in March!

BOROUGH CALENDAR (RESIDENTIAL WASTE & RECYCLING GUIDE)

The highly anticipated borough calendar has arrived. Stop by the Office on Aging to pick up your copy—included is information about trash and recycling pick-up schedules and procedures, municipal services, holiday closures, and special event dates.

AARP TAX PREPARATION PROGRAM

Low- and moderate-income taxpayers of any age (with priority given to those age 60+) residing in Middlesex County are invited to take advantage of free income tax preparation provided by the AARP Foundation Tax-Aide Program. The program is available from February 3rd-April 15th, by appointment only, at the neighboring venues listed below. Anyone interested in participating is encouraged to contact their preferred location as soon as possible to schedule an appointment.

East Brunswick Public Library

2 Jean Walling Drive, East Brunswick
Mondays & Wednesdays; call (732) 390-6767

North Brunswick Senior Center

15 Linwood Place, North Brunswick
Mondays & Wednesdays; call (732) 418-2222

Old Bridge Public Library

1 Old Bridge Plaza, Old Bridge
Mondays & Thursdays; call (732) 705-1186 or
email 24051215@aarpfoundation.org

Spotswood Office on Aging

1 Arlington Avenue, Spotswood
Wednesdays; call (732) 251-3432

While the preparers are certified to do most returns, some cannot be accommodated, such as income from rental properties, certain types of self employment income, foreign asset reporting, out-of-state income, and part time New Jersey residents.

STAY NJ PROPERTY TAX CREDIT PROGRAM

The State of New Jersey recently announced that existing property tax relief programs Senior Freeze/Property Tax Rebate and ANCHOR (formerly Homestead Rebate) will be rolled into a new property tax credit program called Stay NJ, a combined application for which is expected to be available early this year. Details are limited, but as we receive additional information, we'll share it.

SIGN-UP 101

Generally, sign-up for the month begins on the first business day of the calendar month, unless otherwise indicated. Sign-up for activities, events or trips scheduled during the first week of that month are accepted the last week of the month prior.

Some programming requires advanced sign-up and payment; information including date and cost are specified in the body of the newsletter, so please be sure to read it in its entirety.

Members who commit to a ride, activity, or event and find themselves unable to participate should notify the office as soon as possible and before the close of business the day prior (leave a voicemail message if it's outside of normal business hours). Habitual no-shows may result in modified sign-up procedures, and refunds for pre-paid activities, events, and trips will not be issued.

Members may sign up for themselves and one other member.

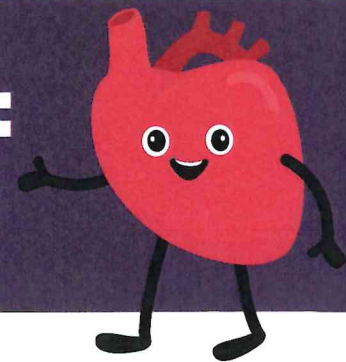
Still unsure? We're happy to explain further.



February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Tuesdays 10am Gentle Yoga Classes w/ Steff free in February	Wednesdays 10am-12pm Haircuts by Mike the Barber \$8 please call the day of	Thursdays 10am Cardio Fitness Classes w/ Sharon free in February				1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
		9am-2pm Around Town Shuttle & Medical Transport 11am Chocolate Dipping \$5 pre-paid	10am Dollar Tree TJ Maxx/Kohl's Home Goods Stop & Shop/Aldi Brunswick Sq. Mall	10am ShopRite 10am-12pm Free Blood Pressure & Blood Sugar Screening by appointment		
16	17	18	19	20	21	22
	Presidents Day Office Closed	9am-2pm Around Town Shuttle & Medical Transport	11am Prince Tea House Kingston cash only	10am ShopRite		
23	24	25	26	27	28	Office on Aging Hours of Operation Monday-Friday 9:30am-3pm (732) 257-2340

Take Action for Your Heart: Get Started!



Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.



Get Enough Quality Sleep

Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.

- Try to aim for 7-9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but not within 2-3 hours before bedtime.
- Avoid caffeine and nicotine.



Eat Better

A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.

- Follow the [Dietary Approaches to Stop Hypertension \(DASH\) eating plan](#), which can help you create a heart-healthy eating style for life.
- Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.
- Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week.
- Consider whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables as a snack.



Maintain a Healthy Weight

Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.

- Choose healthy snacks like fruits, vegetables, yogurt, or nuts, instead of sugary or high-calorie snacks.
- Stay hydrated with water as your primary beverage.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise (such as brisk walking) or 75 minutes of vigorous-intensity (like running) exercise per week.
- Consider keeping a log of what you eat throughout the day.



Be More Active

Getting enough physical activity helps to lower your risk of heart disease and stroke.

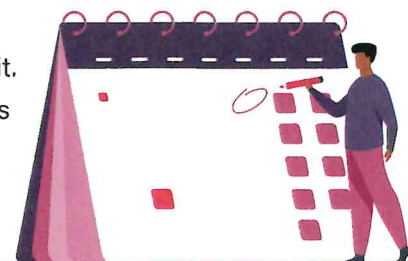
- Adults should spend at least 150 minutes (2 ½ hours) each week doing physical activity.
- Sit less! Take the stairs. Park farther away. March in place or take a walk around the block.
- Try muscle-strengthening activities like lifting weights, working with resistance bands, doing sit-ups and push-ups, or some forms of yoga—whatever works for you.
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. Anything that gets your heart beating faster counts!



Stop Smoking

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.

- Select a quit date and write yourself a contract that outlines your [plan for quitting](#).
- Talk with your healthcare provider about programs and products that can help you quit.
- Join a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.
- Call 1-800-QUIT-NOW and visit [smokefree.gov](#) to get additional support.



Control Cholesterol

Unhealthy levels of cholesterol can lead to high cholesterol, which increases the risk of developing heart disease.

- Try the **Therapeutic Lifestyle Changes (TLC) Program** which combines diet, physical activity, and weight management to help lower high blood cholesterol and improve heart health.
- Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL cholesterol levels.
- Limit alcohol consumption. Drinking too much alcohol—more than two drinks a day for men or one drink a day for women—can raise your total cholesterol level.



Manage Stress

Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- Consider meditation, as it can help to **lower stress**.
- Take a yoga class to help lower stress and improve mindfulness. It may also offer you a supportive community.

Manage Blood Sugar

Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats.
- Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
- Talk to your healthcare provider about how often you should check your blood sugar levels, especially if you have diabetes.

Control Blood Pressure

Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.

- Have your blood pressure checked each time you visit the doctor.
- Use a blood pressure monitor to measure your blood pressure at home and **learn how to measure it correctly**.
- Use a **blood pressure tracker** to keep a record of your numbers each reading.
- If you're pregnant or planning to be, it's especially important to keep your blood pressure in a healthy range.

Practice Self-Care & Find Social Support

Daily acts of self-care can benefit your heart because self-care is heart care. Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits.

- Try to do at least one positive action for your heart health each day.
- Make the doctor's appointment you've been putting off.
- Ask family and friends to text you reminders or encouragement to help you meet your health goals.
- Join an exercise class or a weight management group to connect with other like-minded people and stay motivated.

For more information about how you can take action to keep your heart healthy, visit hearttruth.gov

