

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

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(732) 257-2340

The Senior Scoop

AI RETIREMENT FUNDS SCAM

The FBI has issued a warning about the Phantom Hacker Scam, a three-phase assault that uses tech support, bank/financial institution, and government impostors to target senior citizens. In the first phase, a tech support impostor contacts victims via text message, phone call or email and directs them to download a program which allows the scammer remote access to their computer. Then the scammer asks victims to open their financial accounts to "determine whether there have been any unauthorized charges." The scammer then chooses an account to target and tells the victim to expect a call for further instructions from that particular bank/financial institution's "fraud department." In the second phase, the bank/financial institution impostor calls and informs the victim that their funds have been "accessed by a foreign hacker" and must be moved to a "safe third party account." Victims are then instructed to send their money via wire transfer, cash or cryptocurrency, and are told to initiate "multiple transactions over a span of days or months." In the third phase, the victim is contacted by someone posing as a U.S. government employee, prompting the individual to move their funds to an "alias account for protection." Scammers have begun using Artificial Intelligence (AI) to personalize their tactics in order to appear legitimate, targeting people with their real-life hobbies and interests that they may have shared on their own social media accounts. Victims rarely, if ever, have their stolen funds returned, so it's important to stay vigilant and never, under any circumstances, allow strangers to access their personal data, financial or otherwise, by phone, email, or text, regardless of how convincing they may sound, or how dire they allege the situation may be.

OFFICE CLOSURES

The Office on Aging will be closed on Monday, September 1st in observance of Memorial Day. Members wishing to take advantage of our Around Town Shuttle and Medical Transportation services on Tuesday, September 2nd must call the office before 12pm on Friday, August 29th to schedule. The office will also be closed on Wednesday, September 24th for an off-site event.

ON-SITE EXERCISE PROGRAM UPDATE

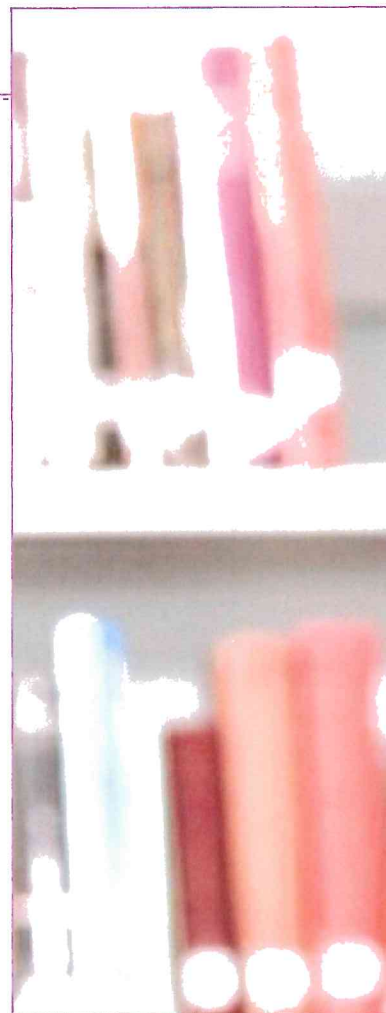
Please note our new schedule of weekly 45-minute instructor-led exercise classes that begins in September, and the addition of a new class that begins in October:

Country Line Dancing Classes w/ Joyce: *Low-intensity*; upbeat rhythmic movements set to country music. When: Mondays @ 10am; \$1 per class; *advanced sign-up not required*

Cardio Fitness Classes w/ Sharon: *Moderate-intensity*; energizing workout that combines dynamic aerobic movements & light weights; Thursdays @ 10am; \$1 per class; *advanced sign-up not required*

Gentle Yoga Classes w/ Steff: *Low-intensity*; mindful movements that incorporate balance, flexibility, & relaxation through various postures & breathing techniques. Thursdays @ 11am; \$1 per class; *advanced sign-up not required*

Coming soon... Cardio Core Classes w/ Nancy: *Moderate-intensity*; challenging full-body workout that incorporates controlled movements that burn calories and build muscle, with an emphasis on core stability. Tuesdays @ 10am beginning in October; \$1 per class; *advanced sign-up not required*



Notice that autumn is more
the season of the soul
than of nature.
- Friedrich Nietzsche



SEPTEMBER TRIPS & ACTIVITIES

Mystery Trip: When: Friday, September 5th @ 9:30am; July's cancelled Mystery Trip goers were granted priority registration; waitlist only

Free Varicose Vein Screening: When: Tuesday, September 9th, 11am-1pm (by appointment); transportation is available; sign-up began August 1st; waitlist only

Jersey Shore Whale Watching Tour: Guaranteed sighting aboard a 120-foot, state-of-the-art vessel, designed for comfort and equipped with modern amenities (indoor and outdoor viewing). When: Wednesday, September 17th @ 10am (\$55 pre-paid + Sunset Dinner @ The Shrimp Box); sign-up begins Tuesday, September 2nd

Senior Health & Fitness Walk @ Roosevelt Park: Spirited county outdoor walking event also includes fitness challenges, health screenings, giveaways, boxed lunches & raffle drawings. When: Wednesday, September 24th @ 9am; sign-up begins Tuesday, September 2nd

MINGO: DJ Iron Mike is back spinning golden oldies. When: Monday, September 22nd @ 11am (\$3 pre-paid); sign-up begins Tuesday, September 2nd

Disaster Preparedness Presentation: The Red Cross will be discussing important and timely topics such as power outages, hurricanes, and home fires. Are you prepared? When: Thursday, September 25th @ 12pm (RSVP required); sign-up begins Tuesday, September 2nd

PLANNING AHEAD

High-Dose Flu, Pneumonia, & RSV Vaccine Clinic: Thursday, October 2nd, 11:30am-1pm (by appointment) and home visits for homebound members immediately following the on-site clinic; sign-up begins Tuesday, September 2nd

Pasta Party: Throw the confetti, it's time for spaghetti! We're celebrating National Pasta Day. Friday, October 17th @ 11:30am (\$8 pre-paid); sign-up begins Monday, September 15th

The Great Jack O' Lantern Blaze: Over 7,000 hand-carved, illuminated pumpkins are set against the mysterious riverside landscape of historic Van Cortland Manor, an 18th-century estate located in Hudson Valley, NY. Entirely outdoors; substantial walking involved. Wednesday, October 15th @ 1:30pm (\$41 pre-paid + Dinner); sign-up begins Monday, September 15th

AROUND THE BOROUGH

Annual 9/11 Memorial Ceremony: Members of the community are invited to come together to remember those whose lives were lost on that fateful day, 24 years ago. When: Thursday, September 11th @ 6:30pm. Where: Dailey's Pond Park 9/11 Monument, Prospect Street.

South River Day: Food, music, games, and amusements. When: Saturday, October 11th, 12pm-5pm. Where: Montgomery Street (Johnson Place — Morningside Avenue).

Special Needs Registry: Individuals with special needs who reside, work, or attend school in Middlesex County are encouraged to register for the Middlesex County Special Needs Registry, now known as National Public Safety Alliance for Individuals with Disabilities (NPS-AID), a joint effort between the Middlesex County Prosecutor's Office and the South River Police Department. This free, voluntary program provides useful information to first responders in order to better assist those with a mental or physical disability during an emergency or police encounter. The online registration page can be accessed at the following website:

<https://mcpo.opsnetwork.org/community-page/385>

Information collected for the registry includes the registrant's personal identifiers such as their name, address, date of birth, height, weight, emergency contact information, recent photo, and details about their special needs. Please see the Frequently Asked Questions page, attached for your convenience. Office on Aging members who wish to register but require assistance are encouraged to contact us to schedule an appointment.

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 read it in its entirety.

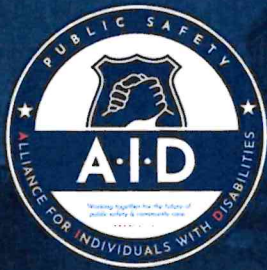
Members who commit to a ride, activity, or event and find themselves unable to participate should notify the office as soon as possible and at minimum, before the close of business the day prior (leave a voicemail message if it's outside of normal business hours). Habitual no-shows may result in modified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

Members may sign up and pay for themselves and one other registered member.

Members will be picked up at their residence and dropped off at their residence, unless previously arranged.

Still unsure? We're happy to explain further. Just ask...





Public Safety Alliance for Individuals with Disabilities

"Working Together for the Future of Public Safety & Community Care."

The Middlesex County Prosecutor's Office Chapter of the "Public Safety Alliance For Individuals with Disabilities" A.I.D. program is a voluntary service open to all citizens. The program was created to help police officers and other emergency service personnel to better assist residents with disabilities or special need in the event of an emergency by providing those first responders with vital information regarding a participant's disability, emergency contact information, a physical description and current photograph of the registrant. The goal of the A.I.D. Program is to ensure all residents who have a disability or special need are able to get the help and support they need in a time of emergency or during interaction with Law Enforcement, Fire or EMS personnel.

Frequently Asked Questions:

1. What is the "National Public Safety Alliance for Individuals with Disabilities" (NPS-AID Program)?

The "National Public Safety Alliance for Individuals with Disabilities" is a voluntary service open to all citizens who are affected in some way by a disability.

More specifically, the "National Public Safety Alliance for Individuals with Disabilities" is a database that contains profiles of persons with disabilities. The information provides law enforcement and other first responders with vital information about each participant's needs in the event of an emergency or interaction with law enforcement.

2. Who has access to the person's profile?

Information provided to the "National Public Safety Alliance for Individuals with Disabilities" will only be shared with first responders during a law enforcement interaction, emergency or for the purpose of planning an emergency response.

3. What is considered an emergency or "interaction"?

An emergency can best be defined as any event that may require a response, immediate or otherwise, by law enforcement or other first responders. Examples of emergencies include but are not limited to medical emergencies, natural disasters, fires, mandatory evacuations, and crimes in progress. An "interaction" can be defined as any contact with law enforcement or first responders in an official capacity.

4. How will the information contained in the NPS-AID help a person with a disability during an emergency?

The information contained in the "National Public Safety Alliance for Individuals with Disabilities" can help in several different ways. Upon being dispatched to a residence, police dispatchers can be made aware that someone at that location has a disability. Depending upon the type of call, the dispatcher can better assess the type of response necessary and dispatch resources accordingly. Also, police officers and/or first responders may be notified that there may be someone at the location with a disability, so that they can better gauge their respective responses.

In the event that a person with disability is reported missing, first responders will have access to current photographs and other vital information that can aid in locating the missing person more expeditiously. As we all know, in an emergency – time is of the essence.

5. What information is required?

There are two types of information in the NPS-AID – mandatory and non-mandatory.

Mandatory information includes the person's name, address, emergency contact information, nature of disability and a current photo.

Non-mandatory information includes prescribed medications, doctor information and blood type. It will be up to the person as to how much of the non-mandatory information they wish to share.

6. Who is eligible to participate?

The "National Public Safety Alliance for Individuals with Disabilities" is open to any person who has a physical or mental impairment that substantially limits one or more major life activities due to a physical and/or intellectual disability.

7. Who can provide information?

A person can submit information themselves or a caretaker or loved one can submit information on their behalf if authorized.

8. How do you submit information?

Simply click the button below after reading the terms and conditions, and you will be prompted throughout the process. It is secure, fast, and easy.

9. Is there a cost involved?

No, there is no cost at all to participate in the "National Public Safety Alliance for Individuals with Disabilities."

10. Who should I contact if I have a technical problem with the process?

If you are experiencing a technical issue, please contact your local participating agency for assistance.

11. What if I need to make a change?

It is easy! Simply go to <https://nps-aid.org> and click the "Access Account" button and follow the instructions to update, add or delete participants and/or amend your National Public Safety A.I.D. Account.

ACCOUNT RELATED QUESTIONS

1. Do I need to create an account?

No. When you provide your information, or the information of a family member or loved one, you will be provided with instructions on how to make needed changes/updates.

2. Are their annual requirements?

No. With that, you will receive an annual email requesting you review your information and make any needed adjustments. It is not required.

3. Can I delete or edit my account?

Yes. You can edit or remove your account or the account of a loved one at any time.

4. Is there any cost to participate?

No. Partnering with the "National Public Safety Alliance for Individuals with Disabilities" is 100% free.

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Office on Aging Hours of Operation Monday-Friday 9:30am-3pm (732) 257-2340	Labor Day Office Closed	2 <u>9am-2pm</u> Around Town Shuttle & Medical Transport	3 <u>10am</u> Dollar Tree TJ Maxx/Kohl's Home Goods Stop & Shop/Aldi Brunswick Sq. Mall	4 <u>10am</u> ShopRite	5 <u>9:30am</u> Mystery Trip \$8 pre-paid + Lunch cash only waitlist available	6
7	8	9 <u>9am-2pm</u> Around Town Shuttle & Medical Transport <u>11am-1pm</u> Free Varicose Vein Screening waitlist available	10 <u>10am</u> Farmer Al's Market & Greenhouse Monroe Township SFMNP vouchers accepted here	11 <u>10am</u> ShopRite	12	13
14	15	16 <u>9am-2pm</u> Around Town Shuttle & Medical Transport	17 <u>10am</u> Whale Watch Tour Belmar \$55 pre-paid + Sunset Dinner @ The Shrimp Box cash only	18 <u>10am</u> ShopRite	19	20
21	22 <u>11am</u> MINGO \$3 pre-paid	23 <u>9am-2pm</u> Around Town Shuttle & Medical Transport	24 <u>9am</u> Senior Health & Fitness Walk @ Roosevelt Park Edison walking involved	25 <u>10am</u> ShopRite <u>12pm</u> Disaster Preparedness Presentation RSVP required NO CARDIO FIT CLASS	26	27
28	29	30 <u>9am-2pm</u> Around Town Shuttle & Medical Transport	Mondays <u>10am</u> Line Dancing Classes w/ Joyce \$1 recommended contribution	Wednesdays <u>10am-12pm</u> Haircuts by Mike the Barber \$8 call ahead recommended	Thursdays <u>10am</u> Cardio Fitness Classes w/ Sharon \$1 recommended contribution	Thursdays <u>11am</u> Gentle Yoga Classes w/ Steff \$1 recommended contribution