



# SENIOR CENTER

## “WEEKLY”

7/06/2020



Dear Friends,

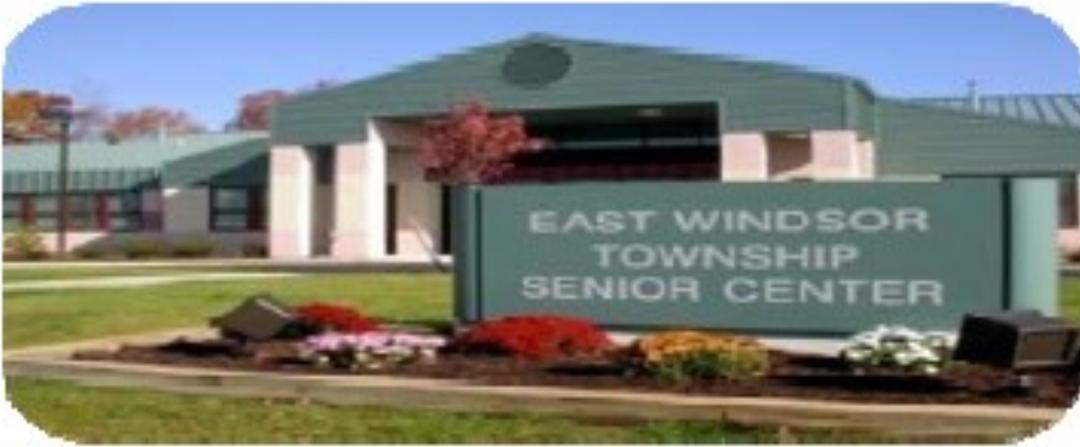
Today we celebrate the Fourth of July, the 244th Birthday of our Nation's Independence and the ratification of the Declaration of Independence forming our great United States of America. In that document, our founders powerfully declared these universally well-known words, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." These foundational ideals and values must remain at the core of our common aspirations as a country and instruct our daily lives in our communities. As individuals and as a country, we have much more work to do as we strive together to a more perfect union of advancing these promises for every single person.

On this day, as we proudly fly the American flag, we recognize our blessings, even in the midst of these unprecedented times and challenges, that we live in a country which affords us great freedoms and great opportunities. As citizens, we are vested with shared responsibilities to engage, to be vigilant and to actively work to preserve and advance the values which represent the best of our American ideals. As the compassionate spirit of America remains a living faith, and drawing on the courage of our Founding Fathers and the resolve of our citizens, we willingly embrace the challenges before us.

On behalf of your elected officials and our entire community, today, we honor and thank the many men and women who put their lives on the line every day here and abroad, and through the course of our history, to defend our Nation and to protect our American vision of liberty and equality for all.

In time, not too far in the future, we will resume the more traditional ways of coming together, through ceremonies, parades, music and fireworks, to observe our great Nation's birth. We all have learned to do many things 'virtually' over the last several months. In the spirit of the Fourth of July holiday, let's share a 'virtual' fireworks display from a prior year celebration in East Windsor Township Etra Lake Park set to America the Beautiful. Be Strong, Be Hopeful for America and for Our Future!

**Mayor Janice S. Mironov**



The East Windsor Senior Center is dedicated to helping residents age 60+ reach their full potential to ensure a lifelong continuum with a focus on program participation that fosters a productive life in the community.

The center offers members a broad range of services, including presentations, classes, health screenings, lectures, nutrition program, trips, special events, activities, and links to county and state resources. The center is open Monday through Friday from 8:00 am until 4:00 pm.

There are many exciting things planned for the upcoming months and years ahead, building on the foundation that is already in place, helping you to stay healthy, vibrant, and entertained.

Join us, make new friends, meet old friends, and learn how to maintain your health, independence, and overall wellness.



East Windsor Township Senior Center  
40 Lanning Boulevard  
East Windsor, NJ 08520  
(609) 371-7192 P  
(609) 371-7315 F  
Email: [seniorcenter@east-windsor.nj.us](mailto:seniorcenter@east-windsor.nj.us)  
[www.east-windsor.nj.us](http://www.east-windsor.nj.us)

Kelly Roman  
Program Coordinator



**Janice S. Mironov, Mayor**  
Peter V. Yeager, *Deputy Mayor*  
Denise Daniels, *Council Member*  
Marc Lippman, *Council Member*  
Alan Rosenberg, *Council Member*  
Perry M. Shapiro, *Council Member*  
John Zoller, *Council Member*

# Who Wants to Zoom?



If you haven't yet heard the word “Zoom,” here is a breakdown of what it is and how it works:

Zoom is a new way of virtual communication. Basically you can connect with others via the web-cam on your computer screen or on your smart-phone.

### **Follow these simple steps:**

1. Go to [zoom.us](https://zoom.us)
2. Click on “Join Meeting” (top right corner)
3. Enter the “Meeting ID” (11 digits)
4. Follow prompts to launch meeting and enter password

Meeting ID and passwords are found in each issue of the weekly newsletter for each event that requires Zoom.

Please call Kelly and Rebecca if you need help getting into zoom. We can walk you through the very easy process.

609-371-7192



# Virtual Lectures

## Tornados 101 National Geographic

Tornadoes are some of the most destructive forces of nature. Learn how tornadoes form, how they are rated, and the country where the most intense tornadoes occur.

<https://www.youtube.com/watch?v=aacHWoB7cmY>



## What is hail? How is hail formed and why does it happen? Weather Wise S2E3

Scott goes in-depth about one of the most dangerous things that can fall from the sky during severe storms...hail. What is it and why does it happen?

<https://www.youtube.com/watch?v=6M-ycZLSF1w>



## Why Are There More Thunderstorms in the Summer?

According to the **National Oceanic and Atmospheric Administration (NOAA) National Weather Service**, approximately 1,800 thunderstorms are occurring at any given time, resulting in about 16-million thunderstorms each year. Most thunderstorms last about 30 minutes and are typically about 15 miles (24 km) in-diameter. The two biggest threats associated with most thunderstorms are lightning and flash floods.

To understand why thunderstorms occur more often during the warm months requires some understanding of thunderstorm basics.

Thunderstorms thrive under certain conditions. The two most basic elements that cause a thunderstorm to develop are: Moisture and rapidly rising warm air.

Because moisture and warmth are crucial to thunderstorms, it makes sense that they would occur more often in the spring and summer, particularly in humid areas such as the southeastern United States. The high humidity, in conjunction with warm temperatures, creates massive amounts of warm, moist air rising into the atmosphere, where it can easily form a thunderstorm.

# Virtual Happenings

## Virtual Current Events A Zoom Event



Monday, July 20  
1:00 pm - 2:00 pm

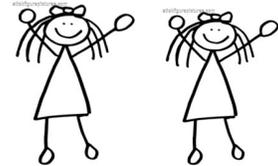
<https://zoom.us/j/91271635640?pwd=dUNSU3lyNldHUktTaERIN0E0RW9BQT09>

**Zoom.us**

**Meeting ID: 912 7163 5640**

**Password: 0WHcPh**

## Zooming with Kelly and Rebecca



Friday, July 10  
9:00 am - 9:30 am

<https://zoom.us/j/93127464516?pwd=aGR0RFc0MGFEcXNDamoxaVRUdDhlZz09>

**zoom.us**

**Meeting ID : 931 2746 4516**

**Password: 2UanSL**

## Virtual Financial Discussion Group - A Zoom Event

Sheldon Boyarsky, CFP®, CRPC® VP Wealth Management Advisor, Merrill Lynch

Wednesday, July 8  
1:00 pm - 2:15 pm

**Zoom.us**

**Meeting ID: 999 3151 5529**

**Password: 0WHcPh (first digit is a zero)**



<https://zoom.us/j/99931515529?pwd=NWtiMk42MHdWWFhYWlk3RWVnZFBUdz09>

**TED** Talks

**David Asch: Why it's so hard to make healthy decisions**

This is the link to view the video <https://go.ted.com/6bgT>

Please view the video before the zoom meeting begins (10:30 am)

Tuesday, July 7  
10:30 am - 11:30 am

**Zoom.us**

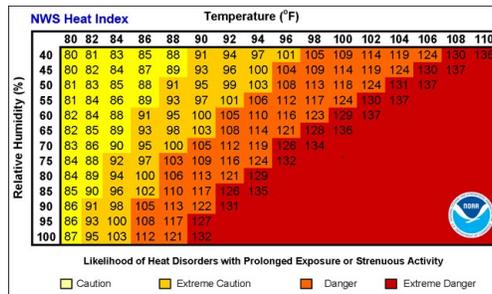
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**Password: 8FFUUt**

<https://zoom.us/j/95137983222?pwd=VGpBejg0QUpYZ1pFNFoxOFBmTjUxQT09>

# Summer Safety

**What is the heat index that the weatherperson talks about during the summer?**



During an average day, your body burns about 2,000 calories (when you are exercising heavily, it burns a lot more). That means that during waking hours, you are burning about 2 calories a minute. These 2 calories have the ability to raise the temperature of 1 kilogram of water 2 degrees C. If you weigh 50 kilograms (110 pounds), your body temperature rises one-twenty-fifth of a degree C (one-twelfth of a degree F) every minute.

Your body needs a way to dump that excess heat. If it doesn't, then body temperature rises into the danger zone in a matter of 30 minutes. Up to about 80 degrees F (24 degrees C), it's easy to dump excess heat simply through radiation (this is why air temperature "feels" comfortable at up to about 80 degrees F). Above 80 degrees F, your body does not have enough surface area to get rid of the heat fast enough, so your body turns on your sweat glands to make evaporative cooling possible.

Evaporative cooling works great if the air is dry. In high humidity, however, it doesn't work very well -- the sweat cannot evaporate because the air is already saturated with humidity. In high temperature/high humidity environments, your body can get into a dangerous situation where it cannot radiate *or* evaporate the heat away. The heat index that you see on the evening news is designed to make you aware of these dangerous situations.

The heat index takes the day's temperature and humidity into account and calculates what the temperature would be if the air were at 25-percent humidity or so (very dry). On this scale, high humidity can make you excruciatingly hot because your body has no way to eliminate excess heat. For example, 100 degrees F with 100-percent humidity is the equivalent of 195 degrees F at 25-percent humidity -- nearly the boiling point of water!

## Beat the Heat

Watch this YouTube video for important everyday reminders on how to avoid heat exhaustion and how recognize symptoms.

<https://www.youtube.com/watch?v=SAwRWdQghUI>



# Stay Connected

**Mercer County Library**  
**mcl.org**



Our county library system has online events that residents are welcome to enjoy. Visit their webpage at [mcl.org](http://mcl.org) and you will see “Upcoming Online Events” on the front page.

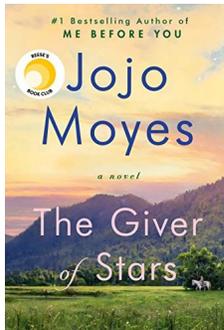
## **Medicare Counselor** **Questions About Your Medicare?**

Please call us to schedule a phone appointment with the counselor. 609-371-7192



## **July Book Club** **Hickory Corner Library** **Contact Sharon @** **sgalbrai@mcl.org**

Discussion will take place on email between  
July 27 — 31



Book is available on eLibraryNJ as both an ebook and an audiobook.

## **Mercer County** **Nutrition Program**

We continue to serving cold/frozen bagged lunches from the senior center curb side pick up.

Please call 609-989-6650 to register if you are interested.



Please feel free to call the senior center with any questions. We are available Monday - Friday, 8:00 am - 4:00 pm. 609-371-7192



# Stay Connected

## MODERN WIDOWS CLUB EMPOWERS WOMEN TO THRIVE

<https://modernwidowsclub.com/>



We are the “Group You Never Wanted to Join But Glad You Found” with the outpouring of support, encouragement and mentoring that it brings. We are a compassionate group of women who seek to encourage and support each other in a safe, secure place.

Modern Widows Club believes every widow has the potential to be empowered through grief. Education, awareness, advocacy, mentoring and leadership are vital to creating a powerful experience. Members meet other widows who are no longer just surviving, they are thriving. This social mentoring becomes the catalyst for her growth in the next stage of life.

Send an email to:

[newjersey@modernwidowsclub.org](mailto:newjersey@modernwidowsclub.org)  
(Currently meeting virtually)

Tech  
Boomers



Want to use FaceTime to talk to your friends and family, but not sure how? Watch this tutorial video to learn how to use FaceTime on your iPhone or iPad.

<https://www.youtube.com/watch?v=TXLZ-egtIe0>

# Exercise and Self-Care

## Make Time for Snack Time

Wednesday, July 8  
2:00 pm  
45 Minutes



Snacking can be an important part of your daily eating habits provided you are making good choices. Learn the benefits of snacking and how to work healthy snacks into your daily routine. Chris Zellers, MPP, *FCHS Educator, Cape May County*

<https://go.rutgers.edu/hvp8bveh>

WE **R** HERE  
WHEN YOU NEED **US**

## Exercises and Stretches for Arthritis

**NEW**

Dr. Brooke Halboth demonstrates four simple exercises that can help you manage your arthritis pain in your upper and lower body.

<https://www.youtube.com/watch?v=uKObkQ5TikQ>

## Hand & Wrist Stretches Arthritis Pain Relief - Ask Doctor Jo

**NEW**

These hand and wrist stretches can help with arthritis pain relief or hand pain in general.

[Hand & Wrist Stretches for Arthritis Pain Relief - Ask Doctor Jo](#)

Thank you Marcia, our instructor, for volunteering to keep our members active. Now you can try Zumba from the comfort of your own home.

Every Monday, Wednesday, and Friday @ 10:30 am  
Contact Marcia to be part of the fun @  
seven\_of\_nine413@yahoo.com

**ZUMBA**

**NEW**

## START! American Heart Association Walking at Home - 3 Mile Walk



<https://www.youtube.com/watch?v=DYuw4f1c4xs>

# Exercise and Self-Care

## Meditation at Home



Take advantage of the apps /websites below to experience different levels of meditation:

UCLA Mindful  
Calm.com  
SimpleHabit.com  
Breathe.com

## Sleep Problems in the Elderly

One-third of our life is spent sleeping - but sleep is much more than simply resting. Sleep is an important and essential element for a person's health and well being.

<https://www.youtube.com/watch?v=BwV2EMAdOic>



## Simple Chickpea Salad

- 15-ounce can chickpeas
- 1/4 cup bell pepper, diced
- 1/4 cup English cucumber, chopped
- 1/2 tablespoon olive oil
- 1/2 tablespoon red wine vinegar
- 1/2 teaspoon [kosher salt](#)
- 1/2 teaspoon smoked paprika
- Fresh ground pepper
- 1 pinch celery seed or fresh torn herbs (parsley, dill, basil, etc), optional



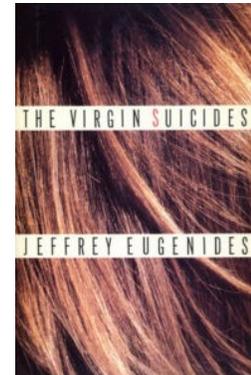
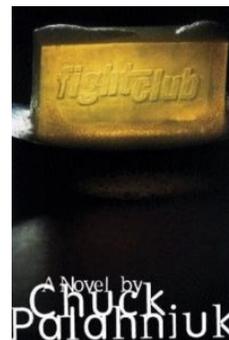
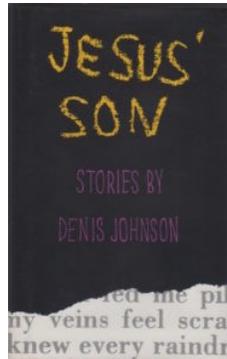
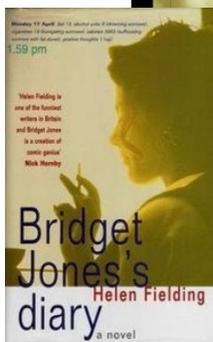
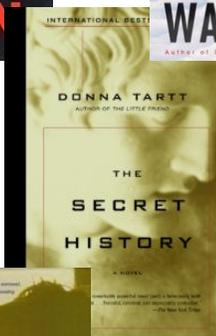
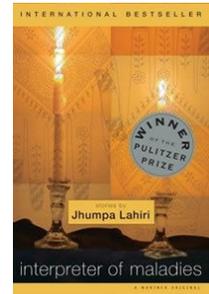
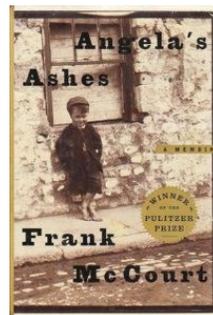
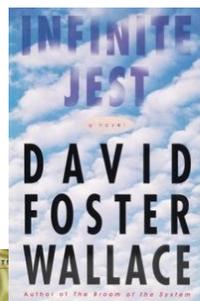
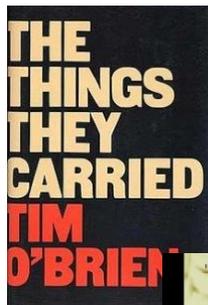
1. Drain and rinse the chickpeas.
2. Dice the bell pepper
3. Chop the cucumber (peel it if you're using a standard cucumber; English cucumber doesn't need to be peeled.)
4. In a bowl, mix together all ingredients. Taste and add salt as desired.

# Author Page

## A Century of Reading: The 10 Books that Defined the 1990's

By Emily Temple

Some books are flashes in the pan, read for entertainment and then left on a bus seat for the next lucky person to pick up and enjoy, forgotten by most after their season has passed. Others stick around, are read and re-read, are taught and discussed. Sometimes due to great artistry, sometimes due to luck, and sometimes because they manage to recognize and capture some element of the culture of the time.



*It's Monday, What Are You Reading?*

JILL'S BOOK BLOG

# Shopping Resources

## **Shoprite From Home**

<https://shop.shoprite.com/globaldata/banner-pages/shoprite-from-home>

## **Instacart**

<https://www.instacart.com/grocery-delivery/princeton?zipcode=08520>

## **Walmart Store Pick Up/Delivery**

<https://www.walmart.com/cp/store-pickup/2281929>

## **Stacified**

Stacy Towle - A Full Service Driving & Caregiving Companion  
908-875-1751

Dr. appointments, Nails, Hair, Shopping, Lite Cleaning, Cooking,  
Assistance in Household Maintenance

Reliable - Trustworthy - Patient - Friendly - Affordable

Services provided are customized to each individual

## **Kyle Family Farm**

831 Windsor Perrineville Rd  
East Windsor

Fresh fruits and vegetables

<http://www.kylefamilyfarm.com/>



# Recycling Event

## East Windsor Township Document Shredding and Electronics Recycling Event

Wednesday, July 15 from 4 P.M. to 8 P.M.,  
Rain or Shine,  
at the East Windsor Senior Center



This Township event, sponsored by Mayor Janice S. Mironov and Council Members, will offer **Free document shredding** to **East Windsor residents (no commercial drop-offs are permitted)**, with a limit of ten boxes per household.

### Electronics Recycling is limited to only:

televisions

computers and accessories

monitors

fax machines

cell phones

VCR's

cable boxes

telephones



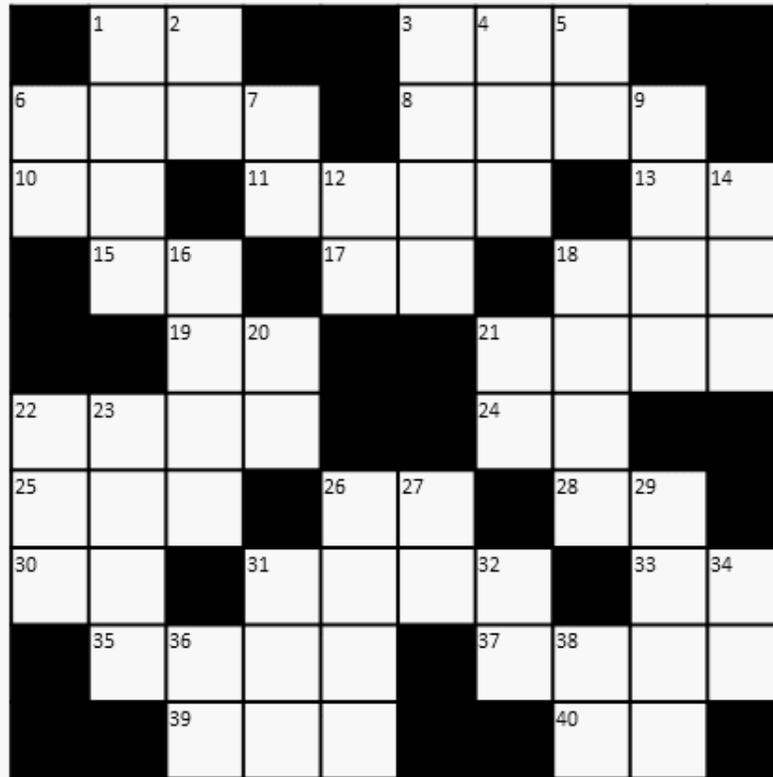
**All drop off shall be "Contact-less" and residents must remain in their vehicles at all times. Trained staff wearing masks and gloves will remove items from the trunk and rear seat of the vehicle.**

For further information, call **(609) 443-4000**, ext. 215.

**NO OTHER DROP-OFFS WILL BE ACCEPTED AT THIS EVENT**

# Cross Number

## Cross Number #1



© puzzles-to-print.com

### ACROSS

- 22 - 9
- 159 - 13
- 465 + 750
- 2329 + 3294
- 25 - 10
- 18833 - 9266
- 20 - 7
- 15 + 16
- 120 - 24
- 952 - 344
- 99 - 40
- 445 + 8975

- 1496 + 930
- 124 - 46
- 1290 - 300
- 98 - 44
- 11 + 5
- 27 + 40
- 9284 - 2589
- 44 - 10
- 3292 - 768
- 9 + 1616
- 858 - 356
- 1 + 10

### DOWN

- 710 + 543
- 46 - 15
- 297 + 1269
- 235 + 232
- 83 - 21
- 15 - 4
- 29 + 30
- 5457 - 2355
- 24 + 35
- 560 - 180
- 381 + 1139
- 12346 - 5865
- 27 + 69
- 183 - 86
- 338 - 42
- 280 + 4692
- 10786 - 5144
- 27 + 22
- 12200 - 5879
- 687 - 67
- 62 - 11
- 21 + 24
- 61 - 6
- 17 + 44

# Word Search



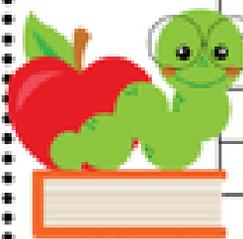
## Parts of a Book Word Search



**Directions:** Circle the parts of a book words hidden in the puzzle.  
The words may be spelled vertically, horizontally or diagonally.

i	n	d	g	l	o	s	s	a	r	y	t	b	r	u	
l	z	x	b	i	m	p	z	j	u	h	i	k	a	s	
l	h	l	a	u	t	h	o	r	t	i	t	l	e	a	
u	w	o	r	b	o	y	i	a	y	f	l	d	s	t	
s	f	k	c	a	l	l	i	n	u	m	b	e	r	g	c
t	r	a	o	l	q	p	d	s	x	t	p	f	j	o	
r	w	e	d	v	h	f	e	r	b	j	a	z	a	n	
a	p	p	e	n	d	i	x	o	m	e	g	n	i	t	
t	v	c	o	e	e	n	d	p	a	p	e	r	r	e	
o	u	t	n	p	d	e	d	i	c	a	t	i	o	n	
r	k	i	g	l	b	k	s	l	j	a	c	k	e	t	
u	p	c	o	p	y	r	i	g	h	t	p	a	o	s	
s	p	u	b	l	i	s	h	e	r	e	r	o	v	m	

## Word Box



title	spine	author	illustrator
publisher	copyright	glossary	index
appendix	title page	barcode	call number
contents	dedication	jacket	endpaper

©2014 WindupTeacher

# Senior Resources



Adult Protective Services	(609) 989-4346
Catholic Charities	(609) 599-1246
Ears for Caregivers	(866) 300-3277
East Windsor Township	(609) 443-4000
Homecare Assistance Agency	(908) 770-9077
Interfaith Caregivers of Greater Mercer County	(609) 393-9922
Jewish Family & Children's Services	(609) 987-8100
LIFE St. Francis	(609) 599-5357
Meals on Wheels of Mercer County	(609) 695-3483
Mercer County Board of Social Services	(609) 989-4320
Mercer County Connection	(609) 890-9800
Mercer County Consumer Affairs	(609) 989-6671
Mercer County Legal Services for the Elderly	(609) 695-6249
Mercer County Office on Aging/Aging & Disability Resource Connection	(609) 989-6661
Mercer County Surrogate	(609) 989-6336
Mercer County Veteran Services	(609) 989-6120
NJ Division of Deaf and Hard of Hearing	(800) 792-8339
NJ Foundation for Aging	(609) 421-0206
Oaks Integrated Care	(609) 396-6788
PAAD, Lifeline & Senior Gold Hotline	(800) 792-9745
Ride Provide	(609) 452-5144
Route 130 Connection Bus	(609) 989-6827
Secure at Home	(609) 987-8121
Senior Dental Association	(732) 821-9400
TRADE Transportation	(609) 530-1971
Visiting Angels of Central Mercer County	(609) 883-8188
Windsor-Hightstown Area Ministerium	(609) 448-0103