



SENIOR CENTER

“WEEKLY”

7/13/2020



Dear Friends,

REMINDER: East Windsor Township Will Hold Document Shredding and Electronics Recycling Event on Wednesday, July 15 from 4 P.M. to 8 P.M., Rain or Shine, at the Senior Center. NO OTHER DROP-OFFS WILL BE ACCEPTED AT THIS EVENT. This Township event will offer *Free* document shredding to East Windsor residents (no commercial drop-offs are permitted). **Electronics Recycling is limited to only** televisions, computers and accessories, monitors, fax machines, cell phones, VCR's, cable boxes and telephones. **All drop off shall be "Contact-less," residents must remain in their vehicles at all times, and items will be removed from the trunk and rear seat of the vehicle.**

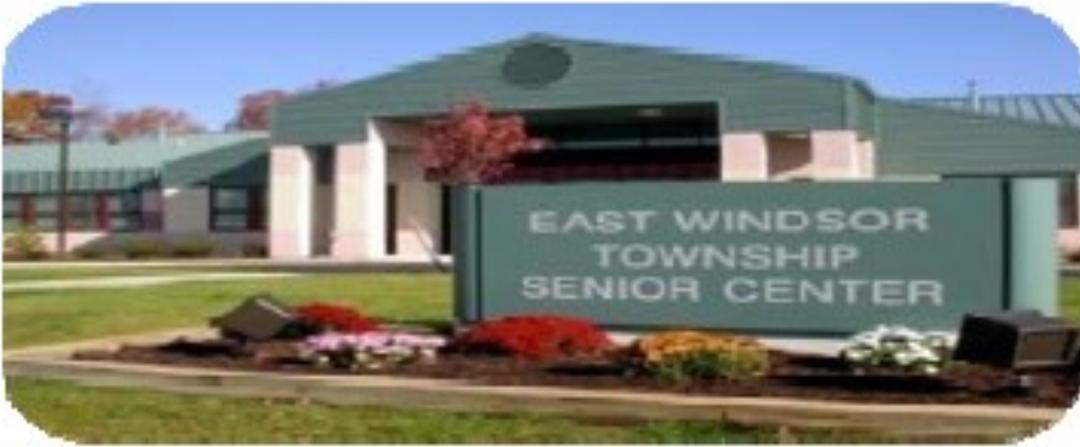
Several Township **Roadway Improvement Projects** are in various stages. East Windsor roadway improvements to **Dutch Neck Road between Hightstown Borough and Route 130 North and Morrison Avenue between Hightstown Borough and Dutch Neck Road plus Dutch Neck Road west of Route 130 to One Mile Road** are well underway. The project, funded by a \$393,575 NJ Department of Transportation grant, consists of concrete repairs to curbs and driveway aprons followed by milling and resurfacing, and are anticipated to be completed on or about July 17, weather permitting.

Township improvements to **Shagbark Lane and Charred Oak Lane** began last week, with concrete repairs to curbs and driveway aprons, milling and resurfacing to follow. Both roads are very deteriorated and in need of resurfacing.

The state-required engineering for a series of road improvements in the **Exeter Road area**, funded by a **\$601,000 NJDOT grant**, are under NJDOT review. Upon approval, the project will go out to bid, with the work to be performed during late summer, early fall.

East Windsor has just filed four **NJDOT grant applications**, including two for roadway improvements. One is for additional roads in Cranbury Manor, specifically Oak Branch Road, Pinehurst Road, Piney Branch Road, and Warren Road. A second is for Hawthorne Lane, Holly Lane, Fern Drive, Ivy Lane West, and a portion of Brooklawn Road.

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
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
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.

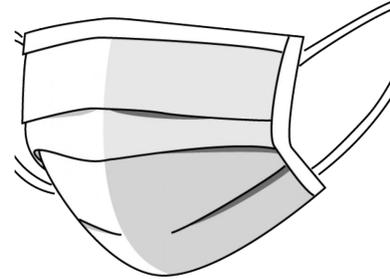
609-371-7192



Virtual Lectures and Reading

Everything you need to know about face masks | COVID-19 Special

How useful are face masks during the coronavirus crisis? Experts can't really agree on this: Should we wear them? And if so: who should wear them? Do they protect me, or the other person? And which types of masks make sense at all?



<https://www.youtube.com/watch?v=v93rcPkFkZc>

The Do's and Don'ts of Wearing Masks and Gloves

Learn tips and tricks for safely wearing masks and gloves when you're out in the public.



<https://www.youtube.com/watch?v=eVJbenwzR1s>

8 WAYS TO STAY WELL

1. Wash your hands frequently and thoroughly with warm water and soap, especially after touching common shared objects like elevator buttons, doorknobs, telephone handsets, etc. You can use hand sanitizer if soap and water are not available.
2. Try fist bumps instead of handshakes or high fives, when appropriate. Use your knuckles for keypads, doorbells, elevator buttons, etc.
3. Cover your cough or sneeze. Use a tissue, your elbow, or inside your shirt. Throw used tissues away immediately and don't forget to wash your hands promptly.
4. Avoid touching your face, eyes, or mouth.
5. Limit contact with those infected with the flu or other illnesses when possible. If you are sick, stay home to rest and recuperate. Encourage co-workers and employees to stay home if they are sick.
6. It may help to sanitize common home or work surfaces with EPA-approved disinfectants, diluted bleach water, soap. These viruses are fragile in the environment but can survive on certain surfaces for a limited time.
7. Keep your immune system working strong by ensuring proper and adequate sleep, nutrition and exercise.
8. In the case of COVID-19, specifically, we also recommend you avoid unnecessary travel and crowds.

Virtual Happenings

Virtual Current Events A Zoom Event



Monday, July 20

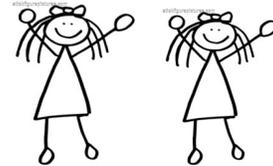
1:00 pm - 2:00 pm

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

Zoom.us

Meeting ID: 912 7163 5640

Zooming with Kelly and Rebecca



Friday, July 17

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 15

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>

What Makes a Good Life? Lessons From the Longest Study on Happiness

https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness#t-262055

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

Tuesday, August 4

10:30 am - 11:30 am

Zoom.us

Meeting ID: 951 3798 3222

Password: 8FFUUt

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

TED Talks

Summer Safety

Seniors Are More Susceptible to Increased Temperatures Visiting Angels of Mercer County



People 65 and older are more susceptible to high temperatures than younger people. This is due to a number of biological factors.

For starters, the body's ability to regulate its own internal temperature diminishes as we age. This is caused in part by natural changes to the sweat glands and blood circulation. These changes can be worsened by certain health problems or medications.

It is well-documented that seniors have a lower natural body temperature than younger people. This means it may take them longer to realize they are overheating. Additionally, older people don't sweat as much. Sweating less means less internal temperature regulation. It also means the symptoms of dehydration may not be as apparent to older individuals. It's important to watch for signs of heat exhaustion in an elderly loved one. Symptoms can include increased fatigue, dizziness, headache, and muscle cramping.

If you have a senior loved one who still lives at home, it's important that the temperature of their home is cool enough during the summer. Many seniors, especially those with health conditions or cognitive impairments, may not realize that their homes are too warm.

- **Check the thermostat when you visit.** If your loved one has air conditioning, make sure it's switched on during the hottest parts of the day. If your loved one complains of being cold, make sure they layer their clothing, rather than increase the temperature in the home.
- **If your loved one refuses to use the air conditioner, make sure there are fans available.** Make sure the shades on the windows are closed during the hottest points of the day.
- **Make sure cool water is available to your loved one throughout the day.** Consider purchasing a multi-liter water filter that can sit in your loved one's refrigerator. Make sure it's filled each time you visit.

Listen to Weather Reports



If the temperature or humidity is going up or an air pollution alert is in effect, you are at increased risk for a heat-related illness. Play it safe by checking the weather report before going outside.

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 and you will see “Upcoming Online Events” on the front page.

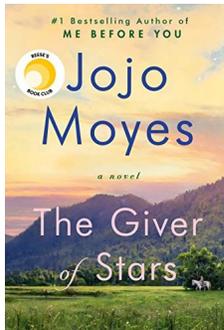
Medicare Counselor **Questions About Your Medicare?**

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
(Currently meeting virtually)

Helpful Township Websites

To receive important township notifications:

<https://www.east-windsor.nj.us/nixle>

Township municipal news and special events:

<https://www.east-windsor.nj.us/e-news>

Spotlight East Windsor:

<https://www.east-windsor.nj.us/spotlight-east-windsor>

Pay Taxes Online:

<https://www.east-windsor.nj.us/pay-a-tax-bill>

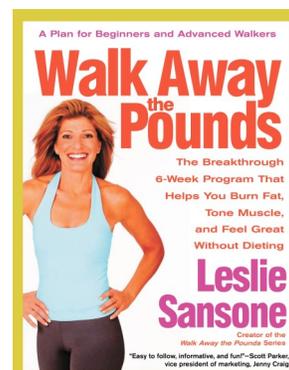


Exercise and Self-Care

Walk Away The Pounds 1 Mile | Walk at Home Leslie Sansone

What a way to LIFT up your day and WALK! This fast paced one mile walk takes us back in time (year 1999 to be exact!) to lift up our energy, our spirits, and our heart rate!

<https://www.youtube.com/watch?v=ECxnTuzZ614>



Fit Over 50

This is a 20 minute workout led by Fitness Instructor, Jenny McClendon, MS, PT - great for beginners and seniors. No equipment needed. Easy to follow! Enjoy your workout!

<https://www.youtube.com/watch?v=7aHK2sgjBCM>



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

Do these 5 Exercises Daily

Balance, coordination, strength, stability, and posture are all things that need to be addressed as we age .

<https://www.youtube.com/watch?v=yQ0G5x5hI28>



Exercise and Self-Care

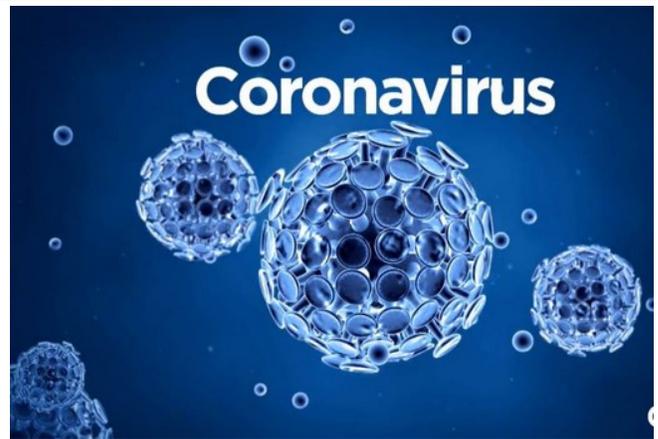
Meditation at Home



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

UCLA Mindful
Calm.com
SimpleHabit.com
Breathe.com

Visit
[Covid19.nj.gov/testing](https://www.covid19.nj.gov/testing)
to find a site near you



Summer Recipe: Corn in a Cup

10 ears corn, shucked and kernels removed
1 1/4 cups butter
2 1/2 cups Mexican cream or sour cream
1 tsp chili powder
1 pinch salt
1 1/4 cups parmesan cheese

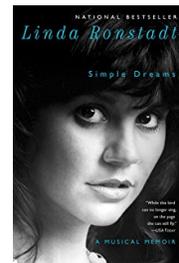
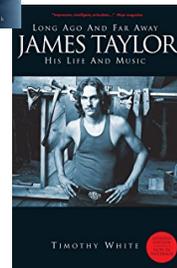
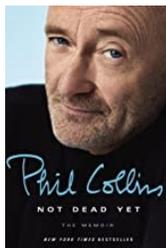
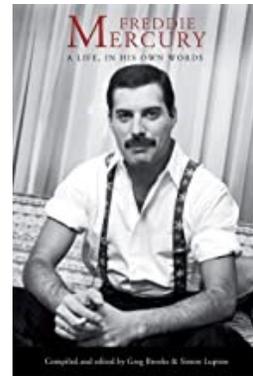
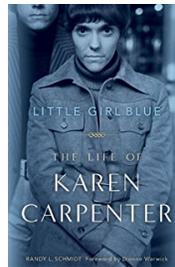
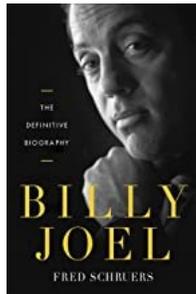
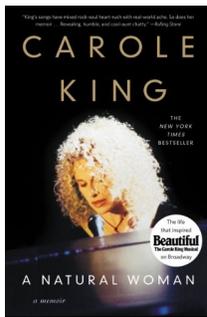


1. Place corn in a saucepan and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, 2 to 3 minutes. Drain and return corn to saucepan.
2. Spoon 3/4 cup corn into 10 serving bowls; add 2 tablespoons butter to each and stir until butter is melted. Mix 1/4 cup lime juice and 1/4 cup crema Mexicana into each bowl; sprinkle a generous amount of chili powder over each. Season with salt.
3. Top each serving with 2 tablespoons cotija cheese and hot sauce; garnish with a lime wedge.

Author Page

Books About Musicians

- ◆ Me: Elton John
- ◆ Freddie Mercury: A Life in His Own Words
 - ◆ Phil Collins: Not Dead Yet
 - ◆ Billy Joel: The Definitive Biography
- ◆ Olivia Newton John: Don't Stop Believing
 - ◆ Carole King: A Natural Woman
 - ◆ Linda Ronstadt: Simple Dreams
 - ◆ James Taylor
- ◆ The Life of Karen Carpenter



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



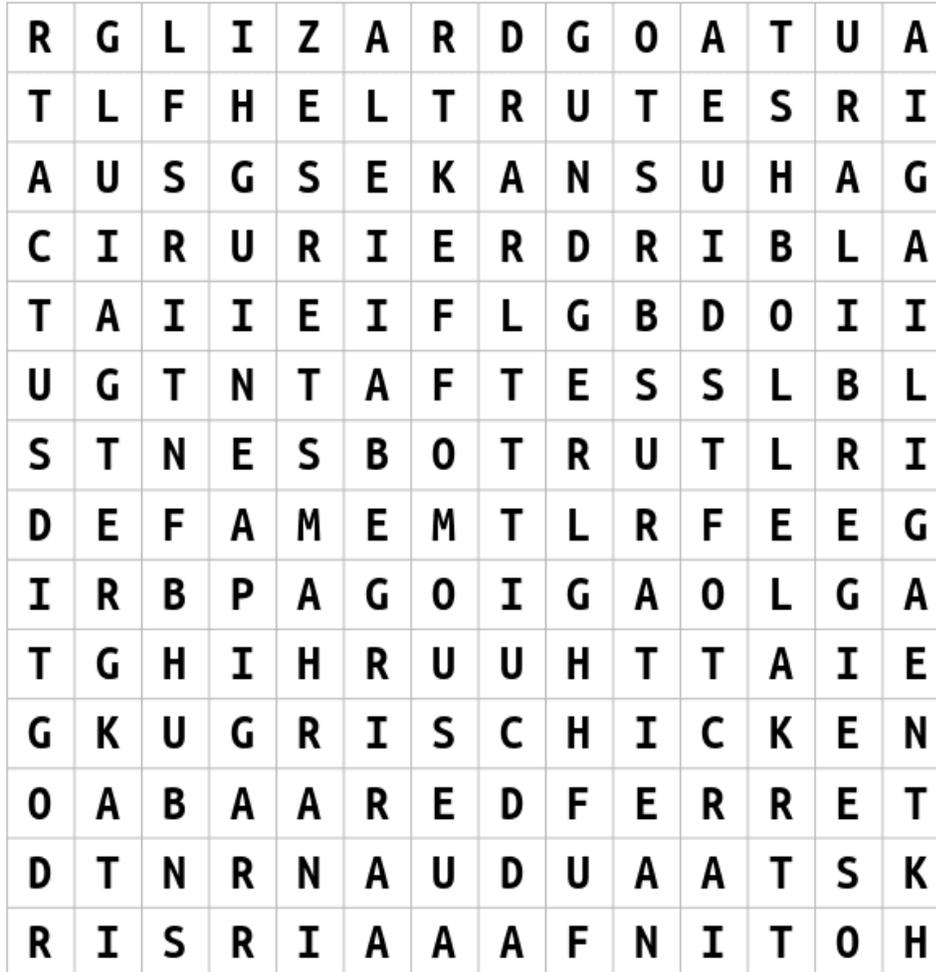
All drop off shall be "Contact-less" and residents must remain in their vehicles at all times. Trained staff wearing masks and gloves will remove items from the trunk and rear seat of the vehicle.

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

NO OTHER DROP-OFFS WILL BE ACCEPTED AT THIS EVENT

Word Search

Most Common Pets



CAT
BIRD
CHICKEN
IGUANA
FISH
GUINEA PIG
RAT
DOG
FERRET
HAMSTER
LIZARD
SNAKE
GERBIL
TURTLE
MOUSE

Play this puzzle online at : <http://thewordsearch.com/puzzle/8/>

Why Chickens Make Great Pets

They have awesome personalities
An endless supply of eggs
They offer free fertilizer for your garden
Anyone can have a small flock
They provide inexpensive pest control
They eat leftovers
They are low-maintenance and inexpensive to raise.
They can be trained.



Word Search

Movies with One Word Titles 1

T	E	A	H	L	R	Y	K	C	O	R	H	S	N
L	N	O	D	D	E	G	A	M	R	A	A	E	E
B	G	T	H	J	I	O	J	O	M	C	N	R	M
R	A	R	O	E	H	A	G	A	A	E	C	A	H
A	W	H	E	O	D	A	C	J	W	E	O	G	C
V	T	J	O	A	T	A	I	I	U	S	C	O	T
E	S	W	U	N	S	S	L	K	N	N	K	N	A
H	E	E	I	M	R	E	I	I	O	A	O	W	W
E	W	V	V	L	A	O	A	E	E	I	T	I	C
A	A	N	I	E	I	N	N	C	I	N	O	I	N
R	S	J	N	T	N	G	J	L	L	J	S	E	T
T	A	Y	N	J	A	Y	H	I	M	G	O	H	E
A	A	D	C	W	A	M	V	T	S	W	I	E	O
O	V	M	E	N	E	E	W	O	L	L	A	H	A

JAWS
BRAVEHEART
TITANIC
ROCKY
ALIEN
WATCHMEN
JUMANJI
TWILIGHT
ARMAGEDDON
JUNO
SAW
HALLOWEEN
ERAGON
EVITA
SEVEN
TOOTSIE
GREASE
HANCOCK

Play this puzzle online at : <http://thewordsearch.com/puzzle/49/>

Fun Facts about the Movie *Jaws*

The shark was named "*Bruce*" after Spielberg's lawyer. The Orca sank for real and nearly ruined an entire day's footage.

One of the scariest scenes was shot in a swimming pool. *Jaws*'s Amity Island was actually Martha's Vineyard.



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