



SENIOR CENTER

“WEEKLY”

7/27/2020

East Windsor Township Document Shredding Only

Wednesday, July 29, 2020
4:00 pm - 8:00 pm
East Windsor Township Senior Center

FREE Document Shredding
TOWNSHIP RESIDENTS ONLY

Proof of residency required (driver's license or tax bill)
NO COMMERCIAL DROP OFF

Recycle old documents and confidential files securely
(limit of 10 boxes per household)

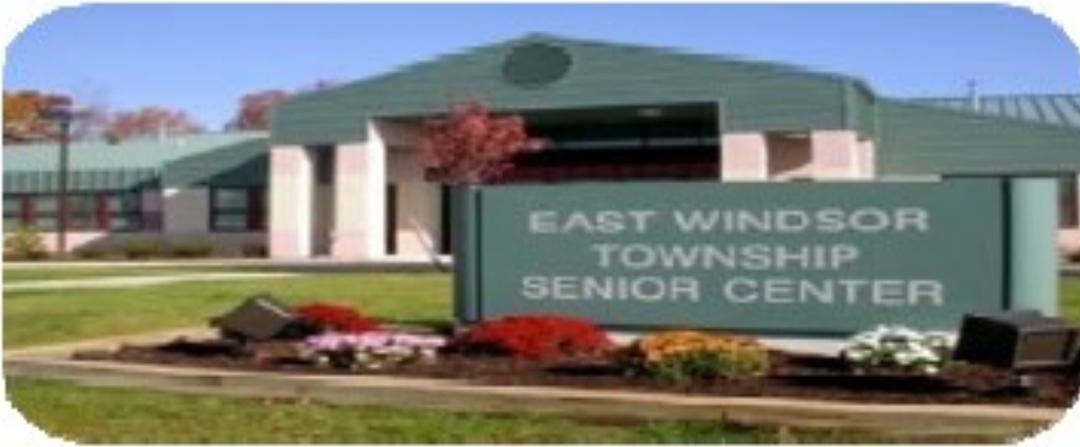
NO OTHER DROP-OFFS WILL BE ACCEPTED AT THIS EVENT

Residents WILL NOT be permitted to get out of their vehicles.
Trained staff wearing masks and gloves will remove items from
your trunk and rear seat of your vehicle.

For more information, call (609) 443-4000, ext. 215, or go to the
Township Website at www.east-windsor.nj.us



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*



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*
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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 Comedy

Sebastian Maniscalco

Sebastian Maniscalco is an all time favorite comedian. In this skit, he complains about people who still pay with checks and talks about the pitfalls of shopping for clothes on clearance.



<https://www.youtube.com/watch?v=e8QZwnJZTgQ>

Sinbad Stand Up Comedian Getting Adult Kids Out of the House

Sinbad - Funniest Stand Up Sinbad on how to get your adult kids out of your house.



<https://www.youtube.com/watch?v=taXVI86PtEI>



Miss Hughes Funny Comedian

Comedian Mrs. Hughes performs her observational comedy live.

<https://www.youtube.com/watch?v=jWrj9TaA0Mc>

Virtual Happenings

Virtual Current Events A Zoom Event



Monday, August 3

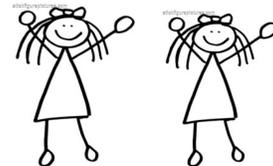
1:00 pm - 2:00 pm

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

Zoom.us

Meeting ID: 912 7163 5640

Zooming with Kelly and Rebecca



Friday, July 31

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 29

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 Facts

10 Fascinating Things You Probably Didn't Know About Atlantic City In New Jersey



★ Designed by TownMapsUSA.com

1. Boardwalk Hall (formerly the Atlantic City Convention Center) is home to the world's largest musical instrument. The massive pipe organ has over 33,000 pipes and has also broken records for being the world's loudest musical instrument.
2. In the late 1800s and early 1900s, the city's most popular attraction was a diving horse. The "Diving Horse Of The Steel Pier" would dive 40 feet into a pool just 12 feet deep. This practice was dangerous for both the horses and the riders. One rider was blinded after hitting the water with her eyes open. The 1991 film, *Wild Hearts Can't Be Broken*, was based on her story.
3. Atlantic City was home to the United State's first boardwalk. Built in 1870, it was 8 feet wide and 1 mile long. It was also taken apart each winter.
4. The Miss America Pageant first got its start here. Held in September, it was created in 1920 as a way to draw tourists in past labor day. By 1921, thousands flocked to see the pageant. Miss America's youngest winner was just 15, before age requirements were put in place.
5. The properties in popular board game, Monopoly, were named after Atlantic City streets. You may have known this, but did you know that several of these streets no longer exist? Illinois Avenue was re-named Martin Luther King Jr. Boulevard and the (now defunct) Showboat Casino was built over St. Charles Place. Additionally, Marvin Gardens (Marven Gardens) is located in nearby Margate.
6. Casinos haven't been around forever. Many of you may remember life before gambling at the shore. The first casino (Resorts Atlantic City) didn't open until 1978. It was the first casino in the US to be built outside of Nevada.
7. Salt Water Taffy was first popularized in Atlantic City by Joseph Fralinger. The company still produces over 600,000 pounds of taffy per year.
8. Absecon Lighthouse is the tallest lighthouse in New Jersey. Completed in 1857, the lighthouse has 228 steps. While no longer active, it is still lit every night and houses the original Fresnel lens. There is a small museum in the keeper's house and overnight events are hosted for scouting groups.
9. Atlantic City has more than 15,000 hotel rooms and... Brings in about 27,000,000 tourists per year. The year-round population is about 40,000.
10. Atlantic City is home to its very own waterfall. The mesmerizing waterfall can be found indoors at Bass Pro Shops.

Stay Connected

IMPORTANT NOTICE

Due to the overwhelming response to the Township Recycling Event, Mayor and Council have scheduled an additional date.

Document Shredding ONLY

EWT Senior Center

Wednesday, July 29 / 4:00 pm - 8:00 pm

RESIDENTS ONLY

No other drop-offs or recycling will be accepted

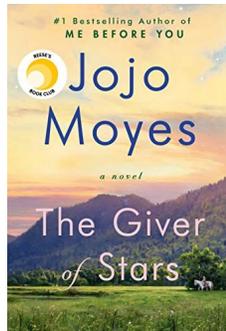
Medicare Counselor Questions About Your Medicare?

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

Best Balance Exercises for Seniors

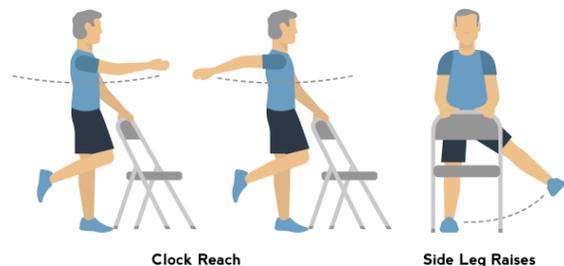
Dr. Michael White reviews safe balance exercises for seniors.

<https://www.youtube.com/watch?v=VHMgkTC9UAc>



Standing Exercises for Older Adults

As we age, physical activity helps us attain our goals, maintain our functioning and promote comfort. In addition, routine exercise can help reduce arthritis pain, improve mood, sleep and blood sugar control, as well as affect memory.



ar

<https://www.youtube.com/watch?v=mQLzNf8VOIc>

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



Balance Exercises for Seniors - Fall Prevention Balance Exercises for Elderly

<https://www.youtube.com/watch?v=z-tUHuNPStw>

Summer Recipes

6 oz cream cheese
2 TBS greek yogurt
1/2 lemon juice
1 TBS fresh dill
Salt pepper to taste
1/2tsp vinegar
1/2 tsp sugar
1 cucumber peeled and sliced
Bread of choice

Lemon Dill Cucumber Sandwich

- ◆ In a bowl, add first 7 ingredients and mix until smooth
- ◆ Spread mixture on each half of bread
- ◆ Add sliced cucumber



Cucumber Water

Cucumber water has many potential health benefits, including hydration, wight loss, lowering blood pressure, and skin health. It is easy to make and is an excellent substitute for popular, sugary vitamin waters.

Cucumber water is a cheap, quick, and flavorful way to drink and enjoy water. Cucumbers contain a range of vitamins, antioxidants, and other nutrients that might help prevent a variety of conditions, including cancer and diabetes, as well as keeping bones, skin, and muscles healthy.

Try this cucumber water recipe:

Ingredients

8 cups water
2 cucumbers, sliced thin
1/2 tsp sea salt

Directions

- ◆ Add the sliced cucumbers and salt to a large pitcher or jar
- ◆ Pour the water in and stir well
- ◆ Cover and refrigerate for at least 4 hours or overnight
- ◆ Keep the water refrigerated
- ◆ Serve with or without ice
- ◆ Drink within 3 days

Tips: Try adding any of these ingredients to make it even more flavorful:
Lemons, limes, oranges, basil leaves, melon, pineapple, fresh raspberries



Author Page



Authors from New Jersey



Matthew Quick - A graduate from Collingswood High School
Rise to fame came from his award-winning book, “The Silver Linings Playbook”

Clement Alexander Price - Newark, NJ
American historian. “Freedom Not Far Distant: A Documentary History of Afro-Americans in New Jersey”

James Fenimore Cooper - Burlington, NJ
“The Last of the Mohicans”

Judy Blume - Elizabeth, NJ
“Are You There God? It’s Me Margaret”, “Blubber”, “Tales of the Fourth Grade Nothing”

Janet Evanovich - South River, NJ
Romantic-suspense novels, such as “One for the Money”, “Takedown Twenty”

Harlan Coben - Newark, NJ
Published over 70 million books worldwide.
Famous works include “Tell No one”, Fool Me Once”, “Deal Breaker”.

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/>



Member Writings

Gertrude and Me Randi Kulik

When my supervisor left the retirement community, she asked me to routinely visit a resident's apartment to help her sort her mail. I was uneasy. I was working in the nursing home and had not often ventured into the residential area. "Don't worry. It will be easy and you'll love Gertrude," she promised me. My supervisor was both right and wrong. I did grow to love Gertrude. But the job was rarely easy. For despite the relentless progression of Alzheimer's disease, Gertrude fought to maintain control of her affairs. Over a pile of mail requests for charitable contributions, we got to know one another.

Gertrude and I went for nature walks where she identified trees and plants for me. We ate lunch together in the snack bar and she taught me to enjoy hot dogs and beans. We played a variation of solitaire with a worn miniature deck of cards. She routinely commented on the quality of my garments with the keen eye of a former pattern maker. Gertrude and her husband, Eric, had not had any children. My parents had been dead for many years. She had fled Nazi-occupied Austria. I was raised by Jewish parents in New York. We were a perfect match.

Her small apartment was a source of pride to Gertrude; she meticulously tended the flowers on her terrace. Afternoons were spent at the outdoor pool. A group of friends who had also emigrated from Europe surrounded her. One by one they died. Nearly imperceptibly her ability to care for herself decreased. Calendars grew too difficult to follow. Meals were eaten at home. She dressed in the same clothes day after day. Reading aloud the reminders taped to her desk that her attorney was paying her bills barely quelled her anxiety. "Just tell me one more time..." Gertrude would plead. And I did. Over and over again.

Surprisingly, Gertrude agreed to move to the assisted living unit. I accompanied her to her new room. Gertrude smiled when she saw the number thirteen on the door. It reminded her of a vacation in Austria many years earlier. As the hotel clerk opened the door she had exclaimed, "Unlucky number, but a beautiful room." Gertrude and I both laughed. It was a story I never tired of hearing.

In Assisted Living, Gertrude's humor and warmth drew others close to her. Wheelchair volleyball replaced swimming. Her caregiver planted flowers on her patio. The sound of classical music filled the room.

An infection sent Gertrude to the hospital. Although she smiled in recognition when I entered the room, she spoke to me in German. Over sixty-five years in the United States could not erase her native tongue. I listened to her in fascination. I had never before heard her speak more than a word or two in German.

Gertrude returned to the nursing home unit to get stronger. After four years in assisted living, she had become dependent on others for most of her needs. The physician decided that she would become a permanent nursing home resident.

I went to see Gertrude each evening before going home. "What kind of house do you live in?" she would ask. "Do you live nearby?" I told her that I lived two miles from work. "Do you walk home?" she wondered. "No. I drive." "You are lazy!" she accused me. We both laughed at that. Like the "Room Thirteen" story, I never tired of this joke. I would kiss Gertrude's cheek and tell her that I loved her. "You say that to all the patients. It's your job." "No, I don't." I insisted. "I don't deserve it," she countered.

Recurrent gall bladder problems precipitated another hospitalization. My son and I stopped by the hospital to see Gertrude. "You'll like this lady," I assured him. "She's a very interesting person." Gertrude greeted me by name and said that she was glad to see me. She discussed my son's travels through Europe and asked me about work. As we left the hospital my son commented, "I can understand why people support euthanasia. What kind of life does that woman have?" Tears filled my eyes. "What do you know about quality of life?" I demanded. "In the nursing home, every life still has value."

The surgeon decided that at ninety-six, Gertrude was not a candidate for surgery. She returned to the nursing home. One evening I lingered in her room longer than usual. I reluctantly kissed her good night and told her I loved her. She kissed my cheek and said, "I love you, too." It was our last visit.

At Gertrude's memorial service Eric's cousin explained that the Holocaust brought relatives closer to one another because many immediate family members had died. The cousin's wife spoke of a young athletic "Gerty" who never learned what happened to her parents after she left Vienna. She had become a surrogate grandmother to the couple's children. The family was talented in music. "Gerty" loved to hear them perform. She attended the Marblehead Music Festival each summer. I was surprised and bewildered. Their "Gerty" was a stranger to me. My Gertrude was old and frail. She delighted in a piece of chocolate and a wheelchair ride outdoors. For years I had assisted her, arranged for services for her, advocated for her. Although I had been trained in social work school to maintain a professional distance, I had to admit that I loved Gertrude as if she were my own mother.

I keep a picture of a young Gertrude next to my bed. She is sitting on a friend's lap solemnly staring into the camera. Her arm is thrown over the woman's shoulder. I look into her eyes and say, "Good night Gertrude and Gerty. I love you both."

Word Search



Healthy Food

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

MILK
YOGURT
APPLE
BANANA
BROCOLLI
CHERRY
CHEESE
BREAD
APRICOTS

AVOCADO
CANTALOUPE
RASPBERRY
TOMATO
CRANBERRY
LEMON
LIME
FIG
ONION

ARTICHOLES
GINGER
SPINACH
SQUASH
GARLIC
PEANUTS
SHELLFISH
SALMON
CRAB

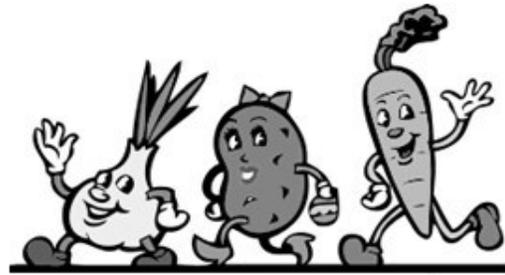


FreePrintable.com - 100% Easy. 100% Fun.

Word Search

Name: _____

Vegetables Word Search



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

ASPARAGUS
AUBERGINE
CABBAGE
CARROTS
CAULIFLOWER

COURGETTE
CUCUMBER
FENNEL
KALE
LEEK

LETTUCE
PEPPER
RADISH
SPINACH
TOMATOES



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