



# SENIOR CENTER

## “WEEKLY”

10/12/2020



Dear Friends,

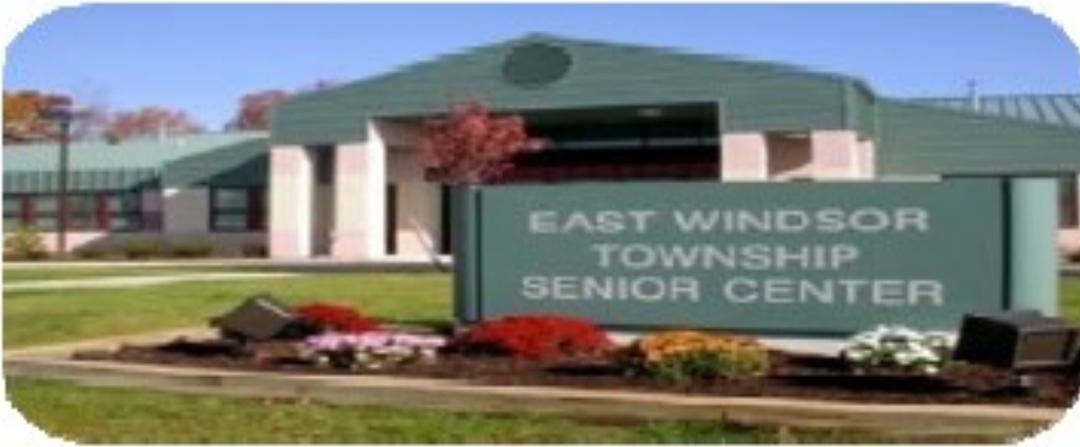
**Coronavirus (COVID-19) REMINDERS:** Due to rising numbers of COVID-19 cases in New Jersey and yes, locally, we East Windsor Township Officials strongly remind residents to follow the advice and directives of health care professionals, to reduce risk of virus to yourself and to others within our community, with the following steps:

- **Wear a Face Covering**, over your nose and mouth in public spaces where there are other people.
- **Social Distance** by staying at least six feet away from other people.
- **Wash Your Hands** often with soap and water for at least 20 seconds.
- If soap and water are not accessible, **Use a Hand Sanitizer** that contains at least 60% alcohol.
- **Avoid Touching Your Eyes, Nose and Mouth** with unwashed hands.
- **Avoid Close Contact** with people who are sick.
- **Stay Home** if you are sick, except to get medical care.
- **Cover Your Mouth and Nose** with a tissue when you cough or sneeze or use the inside of your elbow.



**Stay safe, secure and healthy - we look forward to seeing you again in person soon.**

***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*

# COVID-19 Reminders

## WASH YOUR HANDS OFTEN

### It's especially important to wash:

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After caring for someone sick
- After touching animals or pets

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

## AVOID CLOSE CONTACT

### Inside your home:

- Avoid close contact with people who are sick.
- If possible, maintain 6 feet between the person who is sick and other household members.

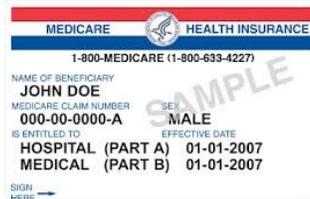
### Outside your home:

- Put 6 feet of distance between yourself and people who don't live in your household.
- Remember that some people without symptoms may be able to spread virus.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

# Medicare Information

## Medicare Counselor

### Questions About Your Medicare?



MEDICARE HEALTH INSURANCE  
1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY  
**JOHN DOE**

MEDICARE CLAIM NUMBER  
**000-00-0000-A**

SEX  
**MALE**

IS ENTITLED TO  
**HOSPITAL (PART A) 01-01-2007**  
**MEDICAL (PART B) 01-01-2007**

SIGN HERE →

The Medicare Counselor is still available with any questions or concerns you may have regarding your coverage. If you are turning 65 and need information on enrolling in Medicare and selecting the best Medicare options, call us to schedule a phone appointment with the counselor.

### Annual Open Enrollment Period

If you are currently enrolled in a Medicare Advantage Plan or Medicare Part D prescription drug plan, you have from October 15 until December 7 to make changes to your Medicare coverage for 2021, and reviewing your Medicare coverage with a SHIP (State Health Insurance Program) counselor could save you \$\$\$.

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



# 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

## Reminders

**Monday, October 12**



**November 1, 2020**



# Virtual Happenings

## Virtual Current Events A Zoom Event

Monday, October 26  
1:00 pm - 2:00 pm

**Zoom.us**  
**Meeting ID: 912 7163 5640**  
**Password: 0WHcPh**



## Virtual Financial Discussion

### Zoom Event

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

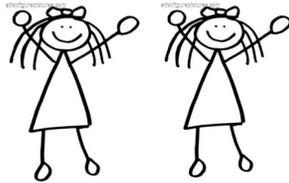
Every Wednesday @ 1:00 pm

**Zoom.us**  
**Meeting ID: 88414689687**  
**Password: 599615**



## Zooming with Kelly and Rebecca

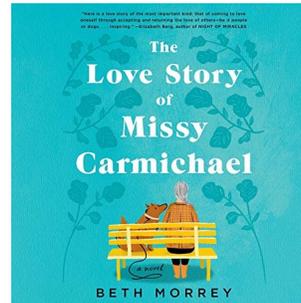
Friday, October 16  
9:00 am - 9:30 am



**Meeting ID : 931 2746 4516**  
**Password: 2UanSL**

## Zoom Book Club October's Book Club pick : *The Love Story of Missy Carmichael* by Beth Morrey

Wednesday, October 28  
10:00 am - 11:00 am



The world has changed around 79-year-old librarian Millicent Carmichael, a.k.a. Missy. Though quick to admit that she often found her roles as a housewife and mother less than satisfying, Missy once led a bustling life driven by two children, an accomplished and celebrated husband, and a Classics degree from Cambridge. Now, her husband is gone, her daughter is estranged after a shattering argument, and her son has moved to his wife's native Australia, taking Missy's beloved only grandchild half-a-world away. She spends her days sipping sherry, avoiding people, and rattling around in her oversized, under-decorated house waiting for...what exactly?

The last thing Missy expects is for two perfect strangers and one spirited dog named Bob to break through her prickly exterior and show Missy just how much love she still has to give. In short order, Missy finds herself in the jarring embrace of an eclectic community that simply won't take no for an answer -

Filled with wry laughter and deep insights, *The Love Story of Missy Carmichael* is a coming-of-old story that shows us it's never too late to forgive yourself and, just as important, it's never too late to love.

**zoom.us Meeting ID : 923 3272 1106 Password: QjtQ6u**

# Virtual Happenings

## TED Talks

**Jad Abumrad:**  
**How Dolly Parton led me to an epiphany**

**VIDEO:** <https://go.ted.com/6KMq>  
**IMPORTANT:** Please view the video before the zoom meeting begins

**DISCUSSION:**  
Tuesday, October 27  
10:30 am - 11:30 am

**Zoom.us**  
**Meeting ID:** 991 6461 9904  
**Password:** LrVIQG

## What You Should Know About Senior Scams

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



## Fun with Dick and Jane



Monday, October 19  
10:30 am - 11:30 am

2005 American comedy film directed by Dean Parisot.

It stars Jim Carrey and Téa Leoni and is a remake of the 1977 film of the same name. The story focuses on a married, middle-class couple who resort to robbery when the husband's employer goes bankrupt..

Watch the movie before October 19th. Then join us as we will have an interactive zoom discussion.

**Zoom.us**  
**Meeting ID:** 938 3959 7648  
**Password:** Z1wtne



**MODERN WIDOWS CLUB  
EMPOWERS WOMEN TO THRIVE**  
<https://modernwidowsclub.com/>

Send an email to:  
[newjersey@modernwidowsclub.org](mailto:newjersey@modernwidowsclub.org)  
(Currently meeting virtually)

# Documentaries YouTube

**TIP:** While using YouTube, you may come across video ads before the actual video begins. You will see an icon in the right corner of the “video portion screen,” use your mouse to click on “skip ad.” This will take you directly to the video.

## That Sugar Film

In the vein of "Supersize Me", Damon Gameau becomes a human guinea-pig when he puts himself through a grueling 6 week diet consuming the equivalent of 40 teaspoons of sugar a day... the average daily amount consumed by teenagers! This bold, colourful and entertaining film explores all things "sweet" and exposes the damage that fructose (processed sugar) is doing to a generation of addicts.



<https://www.youtube.com/watch?v=SNr71oGoZC8>

## The Truth About Sugar

The Truth About Sugar - New BBC Documentary 2015 - Sugar is the big bad wolf of the diet world, but not that many of us know quite how to quit it or, in fact, what the downsides to a sugary diet actually are.



The Truth About Sugar documentary, aired on BBC One aimed to demystify some of the myths about sugar - namely, what food products secretly contain it - and demonstrate the impact it can make on your health if you reduce the amount you eat.

<https://www.youtube.com/watch?v=9E9bnjwOG9s>

## What is Prediabetes?

Adults and children can get prediabetes, when blood sugar is higher than normal but not high enough to be type 2 diabetes. Learn what you can do to prevent or delay diabetes.



<https://www.youtube.com/watch?v=LKn6vHG3cLc>

# Stay Connected



## Who Do You Share a Birthday With?

October 5	Buster Keaton
October 9	John Lennon
October 11	Eleanor Roosevelt
October 12	Molly Pitcher
October 20	Bela Lugosi
October 25	Pablo Picasso
October 26	Mahalia Jackson
October 27	Teddy Roosevelt
October 27	Sylvia Plath
October 27	Emily Post

## 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>

## A Coronavirus Vaccine Made for Those 50-Plus?



One thing is certain: It won't be just another flu vaccine.

Medical researchers worldwide are working toward a single goal: to develop a vaccine, or vaccines, to protect us from the novel coronavirus and the disease it causes, COVID-19. The crucial puzzle piece? Ensuring it is effective in the most at-risk population — older adults.

As we age, our immune systems become less efficient and, as a result, vaccines are less effective — the 2017–2018 flu vaccine, for example, was 38 percent effective in the general population but less than 20 percent effective in people over 65. So a standard antibody-producing vaccine, while helpful, may not be the preventive resource we need.

For more information on this topic, go to:

<https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-vaccine-age-50-plus.html?intcmp=AE-HP-BB-LL3>

# VOTE!

## Voting Information

Polling locations have been consolidated for the General Election as follows, and voters will receive mailed notice of their polling place:

- **Districts 1 and 5: Elks Lodge #1955, 110 Hickory Corner Road**
- **Districts 2, 3, 6, 10, and 11: Ethel McKnight School, Gym, 58 Twin Rivers Drive**
- **Districts 4, 7, 13, and 14: Melvin H. Kreps School, Gym, 5 Kent Lane**
- **Districts 8 and 9: American Legion Post #148, 895 Route 130 North**
- ◇ **Districts 12, 15, and 16: Perry L. Drew School, Gym, 70 Twin Rivers Drive North**

**Last Day to Register to Vote in the November 3 General Election is Tuesday, October 13.**

Voter registration can be done online at <https://voter.svrs.nj.gov/register>. Voter registration forms can be obtained online at <https://nj.gov/state/elections/voter-registration.shtml#vrf> or in the main entrance foyer of the Municipal Building (16 Lanning Boulevard).

Call the state hotline with any questions:  
609-278-2719



**November 3 General Election Is Being Conducted Primarily by Vote By Mail Ballots**, in accordance with Governor Murphy's Executive Order No. 177 ([CLICK HERE](#)). Vote By Mail Ballots (VBM) have been sent automatically to all registered voters without the need for an application. If you have not received your VBM Ballot by October 12, you should contact the Mercer County Clerk at (609) 989-6494.

Voters can return the completed VBM ballot by mail in the pre-paid envelope or place it in any secure drop box, one is located in front of the East Windsor Municipal Court Building (80 One Mile Road) up to 8 P.M. on Election Day. Voters also can return their own VBM Ballot personally to their polling location on Election Day.

You can track your VBM ballot online ([CLICK HERE](#)).

Voters who choose to vote *in person* on Election Day will vote by provisional paper ballot. A voter with disabilities will vote on an ADA-accessible voting machine. If questions, call the state hotline at (609) 278-2719 or the Municipal Clerk's office at (609) 443-4000, ext. 237.

# Columbus Day

## Facts You May Not Know About Christopher Columbus

### **Columbus didn't set out to prove the earth was round.**

Forget those myths perpetuated by everyone from Washington Irving to Bugs Bunny. There was no need for Columbus to debunk the flat-earthers—the ancient Greeks had already done so. As early as the sixth century B.C., the Greek mathematician Pythagoras surmised the world was round, and two centuries later Aristotle backed him up with astronomical observations. By 1492 most educated people knew the planet was not shaped like a pancake.



### **Nina and Pinta were not the actual names of two of Columbus' three ships.**

In 15th-century Spain, ships were traditionally named after saints. Salty sailors, however, bestowed less-than-sacred nicknames upon their vessels. Mariners dubbed one of the three ships on Columbus's 1492 voyage the Pinta, Spanish for "the painted one" or "prostitute." The Santa Clara, meanwhile, was nicknamed the Nina in honor of its owner, Juan Nino. Although the Santa Maria is called by its official name, its nickname was La Gallega, after the province of Galicia in which it was built.

### **The Santa Maria wrecked on Columbus' historic voyage.**

On Christmas Eve of 1492, a cabin boy ran Columbus's flagship into a coral reef on the northern coast of Hispaniola, near present-day Cap Haitien, Haiti. Its crew spent a very un-merry Christmas salvaging the Santa Maria's cargo. Columbus returned to Spain aboard the Nina, but he had to leave nearly 40 crewmembers behind to start the first European settlement in the Americas—La Navidad. When Columbus returned to the settlement in the fall of 1493, none of the crew were found alive.

### **A lunar eclipse may have saved Columbus.**

In February 1504, a desperate Columbus was stranded in Jamaica, abandoned by half his crew and denied food by the islanders. The heavens that he relied on for navigation, however, would guide him safely once again. Knowing from his almanac that a lunar eclipse was coming on February 29, 1504, Columbus warned the islanders that his god was upset with their refusal of food and that the moon would "rise inflamed with wrath" as an expression of divine displeasure. On the appointed night, the eclipse darkened the moon and turned it red, and the terrified islanders offered provisions and beseeched Columbus to ask his god for mercy.

### **Even in death, Columbus continued to cross the Atlantic.**

Following his death in 1506, Columbus was buried in Valladolid, Spain, and then moved to Seville. At the request of his daughter-in-law, the bodies of Columbus and his son Diego were shipped across the Atlantic to Hispaniola and interred in a Santo Domingo cathedral. When the French captured the island in 1795, the Spanish dug up remains thought to be those of the explorer and moved them to Cuba before returning them to Seville after the Spanish-American War in 1898. However, a box with human remains and the explorer's name was discovered inside the Santo Domingo cathedral in 1877. Did the Spaniards exhume the wrong body? DNA testing in 2006 found evidence that at least some of the remains in Seville are those of Columbus. The Dominican Republic has refused to let the other remains be tested. It could be possible that, aptly, pieces of Columbus are both in the New World and the Old World.

# Exercise and Self-Care

## Hand Arthritis Stretches & Exercises - Ask Doctor Jo

Hand arthritis is pretty common, and it can be very debilitating. Since the joints in the hand are small, you don't have to do much to relieve the pain, you just have to keep them moving. These stretches and exercises should help your hand arthritis feel better

### Hand Arthritis Stretches & Exercises



<https://www.youtube.com/watch?v=tRnqF-AFFdw>

## Self Massage: Hand Pain



Here's a quick massage routine you can do for your hands, hopefully it'll help get rid of any pain or soreness.

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

## Top 3 Exercises for Carpal Tunnel Syndrome

Chad Madden, Physical Therapist, describing 3 basic exercises for carpal tunnel syndrome.

<https://www.youtube.com/watch?v=gTxQqu9USC4>



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

# Recipes for 1 or 2

## Stuffed Baked Potatoes

This recipe is for 6 potatoes. You can easily adjust for 1 or 2

### Ingredients:

6 medium russet potatoes - washed and dried	1 1/2 cup sour cream
2 cups shredded cheese	1/4 cup grated onion
3/4 cup cooked bacon - chopped	1/4 cup chopped green onion
2 tablespoons butter	1/2 teaspoon salt
1/4 teaspoon fresh ground pepper	



### Instructions:

1. Heat oven to 400 degrees.
2. Drizzle potatoes with canola oil and sprinkle with kosher salt. Place potatoes on center rack in oven. Bake for 1 hour or until done (insert a knife into potato to check for doneness)
3. Take potatoes out of oven and cool on baking rack.
4. When potatoes are easy to handle, cut an oval on skin and remove. Scoop out inside of potato using a spoon and place in mixing bowl. Add butter and blend using a potato masher
5. Add 1 1/2 cups of cheese, the bacon, sour cream, grated onion, salt and pepper - mixing well. Taste, adjusting seasoning.
6. With a small spoon, stuff mixture into potato skins making sure not to over pack. Place in an oven proof dish, cover with foil and heat in a 350 degree oven for 15 minutes.
7. Remove foil and sprinkle with remaining cheese. Heat until cheese is melted
8. Serve potatoes with sour cream, chopped green onions and additional bacon.

## Easy Skillet Potatoes with Eggs and Turkey Sausage

### Ingredients:

1 tablespoon olive oil	6 egg whites, lightly beaten
4 cups Idaho potatoes, peeled and diced small	1/4 cup skim milk
1/2 cup yellow onion, diced small	1/2 teaspoon Kosher salt
1/2 cup green pepper, diced small	1/4 teaspoon ground white pepper
1 pound ground turkey breakfast sausage	1/2 cup low fat shredded cheddar cheese
2 whole eggs, lightly beaten	

### Instructions:

1. In a large skillet heat the olive oil on medium heat. Once hot add the potatoes, onion, and green pepper. Cook until the potatoes are lightly browned and tender.
2. Add the ground turkey sausage to the pan in small chunks, about 1 tablespoon of meat per chunk. Stir to cook the sausage and lightly breaking the turkey sausage into smaller pieces.
3. While the turkey sausage cooks, combine the whole eggs, egg whites, milk, salt and pepper in a mixing bowl and lightly whisk together. Once the sausage is cooked through add the egg mix to the skillet. Lightly move the eggs around the skillet with a spatula or wooden spoon to cook and scramble.
4. When the eggs are fully cooked remove the skillet from the heat. Top with shredded cheese and cover until cheese has melted. Serve and enjoy!

# Word Search

## Columbus Day

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

AMERICAS  
CELEBRATION  
COLUMBUS  
EVENTS  
FEDERAL  
HOLIDAY  
NEWORLD  
OPPOSITION  
TWELVE

ATLANTICOCEAN  
CHRISTOPHER  
DIADELARAZA  
EXPLORER  
HERITAGE  
LANDING  
OCTOBER  
PARADES  
VOYAGE



# Word Search



Campfire



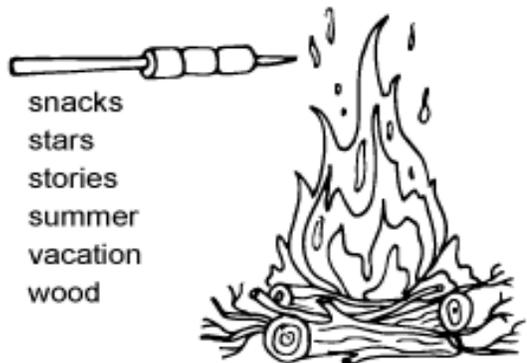
N H T S E R O F P L I X C J U Y A D  
C K Q H Z X S V N O B F S E K O M S  
S Y L E N G A J S U M M E R X F W H  
T G B V O T K C G D R Q A Z I O P C  
A X N D J E H S Y F N U B G L A T M  
R W T I U Q P G M C Z S O L B S H L  
S O F X K R N O I T A C A V E N U C  
H O S E A O L B S N R M J W D A Q Z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

blanket  
bug spray  
campfire  
chairs  
flame  
forest

guitar  
hot dogs  
log  
marshmallows  
matches  
nature

night  
outdoor cooking  
roasting sticks  
s'mores  
sing alongs  
smoke

snacks  
stars  
stories  
summer  
vacation  
wood



# 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