



MONMOUTH COUNTY OFFICE ON AGING

Senior NewsLines

Jointly funded by the Monmouth County Board of Chosen Freeholders and the New Jersey Division of Aging and Community Services, Department of Health & Senior Services

John A. Wanat, Executive Director

Telephone: 1-877-222-3737

June 2007



Centenarian Birthday Party a Huge Success

Keansburg, New Jersey. Gourmet food, laughter, and a good time for all were the order of the day for the County's Centenarian Gala Birthday party hosted by Bayside Manor in Keansburg on May 18, 2007.

Joanne Cappadonna,

Marketing Director, Bayside Manor

Joanne Cappadonna of Bayside Manor said, that everyone at Bayside Manor geared up for this celebration. There was a beverage fountain, cheese and crackers, a piano player, Barbara King, playing soft music, food and of course a special cake. In addition, the honored Centenarians were presented with congratulatory certificates by Freeholders Robert D.Clifton and Barbara J.McMorrow from the Monmouth County Board of Chosen Freeholders. Each of the five Centenarians also received a gift from Bayside Manor.

The number of centenarians in the U.S. is growing rapidly, according to a new report from the U.S. Census Bureau. During the 1990s, the ranks of centenarians nearly doubled, from about 37,000 counted at the start of the decade, to more than an estimated 70,000 today. And analysts at the Census suggest that this per-decade doubling trend may continue, with the centenarian population possibly reaching 834,000 by the middle of the next century.



L to R: John Wanat, Executive Director Office on Aging and Centenarian Rose Allsopp



L to R: Freeholder Barbara McMorrow, Freeholder Robert Clifton, Centenarian Katherine Peterson, John Wanat



Bayside Manor Choir

Partially funded under Title III, Older Americans Act of 1965, as amended through a grant by the State of New Jersey Division of Aging and Community Services, Department of Health & Senior Services.

Conserve to Preserve*

Every day the demand for energy is rising and the toll this takes on our environment is unmistakable. It's time for all of us to do our part to protect and preserve our natural resources. It can all start with saving energy.

At New Jersey Natural Gas (NJNG), our new Conserve to Preserve business philosophy encourages wise energy use. Americans spend more than \$160 billion yearly heating, cooling and lighting their homes. By reducing this demand, we'll consume fewer resources and do more to protect our environment, all while saving money on our energy bills in the process.

Try these no- and low-cost tips to help you save energy dollars:

- * *Clean lint traps on clothes dryers after each use.*
- * *Run washing machines and clothes dryers with a full load and use cold water.*
- * *Lower the temperature on your hot water heater to 120 degrees.*
- * *Install light timers to control the length of time lights are used.*

Summer is here. Try these simple energy saving cooling tips.

- * *Clean air conditioning filters regularly.*
- * *Close shades during the day to block sunlight that may increase the temperature inside your home.*
- * *Don't place lamps or television sets near air conditioning thermostats. Heat from these appliances will cause the air conditioner to run longer than necessary.*
- * *Place your air conditioner in a shady area. A unit operating in the shade uses up to 10 per cent less electricity than one in the sun.*

NJNG offers FREE informative programs about energy conservation and a variety of other relevant issues, through our Speakers' Bureau. Favorite topics include *A New Spin on Energy Savings*, an interactive game and *Energy Lingo*, a bingo game. Other popular presentations are *Conserving Energy in Your Home*, *Energy Assistance* and *Carbon Monoxide and Natural Gas Safety*.

Just call our customer and community relations department at 1-732-938-1035 to request a speaker for your club or business organization. And when you call, ask for a complimentary supply of our pocket-sized energy saving tip cards for your group.

Other Conserve to Preserve initiatives include a tree planting program designed to help NJNG customers offset their carbon footprint. NJNG also offers customers a free E-Tip service with seasonal energy saving ideas, notices on available rebates and information on special offers delivered to subscribers via e-mail. Details, sign up instructions and additional conservation information can be found on the NJNG Web site, njliving.com.

Each of us can do our part to save energy. Join in and Conserve to Preserve.

**Article provided by NJNG*

New Jersey Seniors- A Driving Force for Health and Safety

On May 22, 2007 a Senior Safety and Wellness Program was held at the Asbury Park Senior Center at Philip's Seaview Tower. The program was the culmination of a project that is a unique collaboration with the New Jersey Division of Highway Traffic Safety, the Motor Vehicle Commission, AAA, AARP and the Monmouth County Office on Aging in a senior safety intersection improvement program.

In December 2006, members of the NJ Department of Transportation, the NJ Department of Health and Senior Services and the Monmouth County Division of Aging, Disabilities and Veteran's Interment, as well as officials of the City of Asbury Park convened to examine several intersections along Route 71 (Main Street) in Asbury Park. The purpose of the meeting and examination of the intersections was to discuss existing traffic conditions for seniors in the area and opportunities for collaboration with the town, county and *New Jersey Seniors- A Driving Force for Health and Safety* program partners. Senior safety audits of the intersections were conducted by safety impact teams due to the high rate of pedestrian and motor vehicle accidents in the area. As a result of the audits, plans for immediate, medium term and long term improvements to the intersections were drawn up. Some of the immediate improvement plans have already been implemented.

At the Safety and Wellness Program, seniors who attended were asked for their input about the plans, which were recorded for inclusion in the medium and long term improvement plans. Community input is considered a very valuable part of the process.

So if you are driving or walking down Main Street in Asbury Park now and in the future look for the signs of improvement that are a result of the collaboration of many people interested in promoting senior safety, and a have a safer trip!



Senior Safety and Wellness Seminar, Asbury Park



Senior Intersection Safety Study, Asbury Park

***Vassar Eye Center
at
Bayshore Community Hospital
(732) 888-5268***

The Vassar eye Center at Bayshore Community Hospital is focused on helping people with sight difficulties by showing and explaining the latest specialized equipment and aids. This is an extensive, free community service for people with diminishing vision or blindness.

Hours The Vassar Eye Center at Bayshore Community Hospital is open every Wednesday from 7:30am to 1:30pm to assist guests. No appointments are necessary. If these times are inconvenient, contact the Center to accommodate your needs; please call (732) 888-5268 for details.

LOCAL PROSTATE CANCER SUPPORT GROUPS

Freehold	CentraState Medical Center Health Awareness Center 65 Gibson Place Freehold, NJ 07728	Karen Scott Chris Papa John Dabrowski	732-308-0570 732-946-2694 732-946-0495	kscott@centrastate.com doxite@worldnet.att.net	4th Monday 7:00pm – 8:30pm
Long Branch	The Cancer Center at Monmouth Medical Center, 300 Second Ave., Long Branch, NJ 07740	Anita Pfisterer Jeff Ozimek	732-923-6961 732-542-6335 <u>To Register Call</u> 732-923-6575	ampfisterer@aol.com anjoz@comcast.net	1st Thursday 7:00pm – 9:00pm
Neptune	Neptune Prostate Cancer Support Group Early Childhood Education Center 11 Memorial Drive Neptune, NJ	Rich Guilfoyle Marc Gordon	732-493-3913 732-774-3683	rguilfoy@monmouth.edu	3rd Thursday 7:00pm – 9:00pm
Red Bank	Riverview Medical Center, 1Riverview Plaza, Red Bank, NJ 07701 – Booker Health Center 1st Floor, Cancer Center Conference Room	Joan Toole	732-530-2468	jtoole@meridian.com	2nd Thursday 3:00pm – 4:30pm

Centenarians Birthday Party



L to R: Joanne Cappadona, John Wanat, Freeholder Clifton



L to R: John Wanat & Joanne Cappadona



Back Row L to R: Sarah Larsen, Jud Thorne
Office on Aging Advisory Council. Bottom
Row: Centenarian Rose Allsopp, Gloria
VanHouten, Office on Aging

**Monmouth County Office on Aging
P.O. Box 1255
21 Main and Court Center
Freehold, NJ 07728**

PRST. STD
U.S. Postage PAID
Permit No. 207 Freehold, NJ 07728