

NEWSLINES



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www.visitmonmouth.com/aging

Senior Picnic A Big Success



Senior Picnic guests enjoying the music and dancing at the Annual Senior Picnic in September.

It was a cloudy September day, but it didn't rain and the temperature was perfect for all to enjoy a day of fun, friendship and frivolity. Approximately 600 people attended the Office on Aging's Annual Senior Picnic. The event was held at East Freehold Park under tents set up especially for the occasion.

Joey Suduka supplied the entertainment and music and many people danced and sang their way through the afternoon. Interfaith Neighbors, a non-profit agency in Asbury Park and a grantee that provides home-delivered and congregate meals, delivered

box lunches to the attendees, and the SCAT buses brought people from all over the county to the park. The therapy dogs from the SPCA were there to spread their good will and receive their petting and hugs from the crowd. Representatives from NJNG, Monmouth County Fair Housing, PSE&G, and the Monmouth County Sheriff's Office had tables set up and handouts for the seniors with pertinent information, and the Monmouth Museum displayed some very interesting vintage clothing, household implements and tools with their "Traveling Trunk Program".

The Parks Department

and the Building and Grounds Department did a marvelous job setting up the tables and chairs and managing the cleanup.

As they were leaving for home, many seniors expressed their enthusiasm and thanks for a wonderful time and talked about attending next year. It was generally agreed that a good time was had by all.

Watch for the 2009 Senior Picnic announcement in the Spring Edition of *Newslines*. ❖

More information about Monmouth Museum, located at Brookdale Community College, can be obtained by calling 732-747-2266 or at the website: www.monmouthmuseum.org.

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Fun



Two Brainteaser Riddles

Question: Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday or Sunday?

Answer: Yesterday, Today and Tomorrow.

Question: My head bobs lazily in the sun. You think I'm cute, for my face is yellow, my hair is white and my body is green. What am I?

Answer: A daisy.

Happenings

2008 Senior Art Show - Monmouth Woman Wins Best in Show in State Competition

The 2008 Monmouth County Senior Citizen Annual Art Contest and Exhibition, which is sponsored by the Monmouth County Office on Aging, was held again this year at the Monmouth County Library Headquarters in Manalapan, New Jersey, during the month of July. There were 113

entrants — the largest showing ever. Fifteen of the entries won First Place ribbons and went on to the New Jersey State's 42nd annual contest in Flemington. At the state competition, two Monmouth County residents won first place ribbons: Steve Ravner for his Digital Imagery entitled *Reflections* and Carol Gleason for her Sculpture entitled *Time for a Fish Story*.

Monmouth County artist Carol Gleason was also honored with a Best in Show - Nonprofessional award. Carol's sculpture, *Time for a Fish Story*, was judged the best among all the artwork categories submitted by 128 Nonprofessional artists from seventeen counties. This is quite an honor for Carol and for Monmouth County; and Freeholder Barbara McMorrow presented a Recognition Certificate to Carol at the Freeholders' Working Session

meeting on September 11.

For more information on the Senior Art Show and to view the artwork, as well as photos of participating artists receiving their certificates from Freeholder McMorrow at the Art Show Reception held on July 14th, go to our Web site www.visitmonmouth.com/aging under the left tab entitled "2008 Senior Art Show". ❖



Carol Gleason's winning sculpture, "Time for a Fish Story".



Freeholder Barbara McMorrow awarding Recognition Certificate to Best in Show winner Carol Gleason.

Happenings

Oldest Woman in County Celebrates 107th Birthday

July 12th was a very special day for Margaret Del Tufo of Deal. That was the day she and her family celebrated her 107th birthday. Over 70 relatives and friends gathered in the Garden Room of Gibbs Hall, Fort Monmouth to celebrate with her. Monmouth County Division on Aging, Disabilities and Veterans' Interment researched county records and were unable to find anyone older than Margaret living in Monmouth County.

Margaret stated in an interview with an *Asbury Park Press* reporter that food has been the secret to her longevity. She loves to cook and has all of her mother's recipes from Italy. She still swims and goes to church every Sunday with her son, Anthony, who lives with

her. Margaret's husband, Nicolas, lived to age 97 and her parents, who immigrated to the United States from Italy, lived to be nearly 100 years old.

In honor of her birthday and her longevity, Margaret received a letter from President George W. Bush, and a resolution from the Board of Chosen Freeholders of Monmouth County. We wish Margaret many more healthy birthdays! ❖



Look for our new TV show on caregiver issues entitled *Monmouth Caregiver Connection* on Comcast Cable, Wednesdays at 9 pm and on Cablevision, Wednesdays at 8 pm.

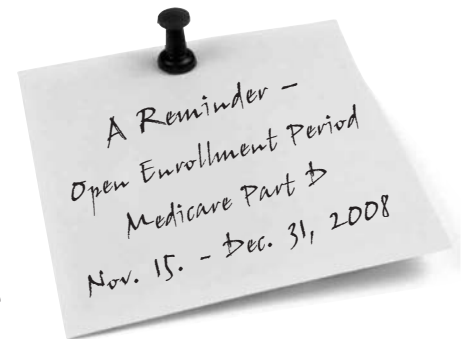
ALERTS!

Just A Reminder...

The Open Enrollment Period to sign up for Medicare Part D or to change plans for the coming year 2009 is from November 15, 2008 through December 31, 2008. If you want to compare and possibly change plans, this is the only opportunity to do this for 2009.



ALERTS!



Again this year, the Office on Aging will have an employee dedicated to answering questions and assisting with changes or registration. Please call our office at 732-431-7450 to schedule an appointment with Lynn Goldstone who will be available weekdays from 8:30 to 4:40 starting November 24th.

Prior to November 24th you can schedule an appointment with our SHIP volunteer who is at the Office on Aging two days per week by calling the 732-431-7450 number and speaking to the receptionist. ❖

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

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Wellness

Flu and Pneumonia Shots Are Important

It's that time again — time to get an annual flu vaccination, and, if you haven't already received one, a pneumonia shot as well.

Each year in the United States, on average: 5% to 20% of the population gets the flu, more than 200,000 people are hospitalized from flu complications and about 36,000 people die from the flu. According to the government's Centers for Disease Control, the single best way to protect against the flu is to get vaccinated each year.

Each vaccine contains three influenza viruses that change each year based on international surveillance and the estimations of scientists about which types and strains of viruses will circulate in a given year. Antibodies that provide protection against influenza virus infection in the body develop in about two weeks after vaccination.

The timing and duration of influenza seasons vary, and outbreaks can happen as early as October, but most of the time influenza activity peaks in January or later. Yearly flu vaccination should begin in September or as soon as vaccine is available and con-

tinue into December, January and beyond. There are some cautions about getting vaccinated: If you have had a reaction to the flu shot in the past or are allergic to chicken eggs, be sure to consult your physician before another vaccination, or if you have a moderate to severe illness with a fever wait until you recover before getting vaccinated.

The dates, times and locations for the distribution of influenza vaccine are available by calling the Office on Aging at 732-431-7450.

When you protect yourself, you protect your loved ones as well. ❖



Bundle up and enjoy autumn! From the Staff at the Monmouth County Division on Aging, Disabilities and Veterans' Interment

Monmouth County Division on Aging, Disabilities and Veterans' Interment

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