

NEW PROVIDENCE SENIOR CITIZENS CENTER (NPSCC)

15 East Fourth Street • New Providence • NJ • 07974 • 908-665-0046

www.newprov.org/seniorcenter

February 15, 2010

MEMO to Mayor & Council

From: Peggy Brodeur, Director / Coordinator

Attached you will find a copy of the NPSCC ANNUAL REPORT 2009 as well as a copy of the Goals for the YEAR 2010. Between the accomplishments of the year past and the goals of the year ahead, this department requires only a physical plant and the people to keep it running. The physical plant, itself is quite costly and we are grateful for its use and for many of the incidentals that go into its running. It is truly "our Tax Dollars at work!" We know that Preventative Maintenance on our 4 HVAC units and our Fire Alarm system is so important because our building is in use 50 weeks out of the year during the summer as well as the winter months; we need to keep them operating efficiently so that "costly emergency situation bills don't arise on 'Wednesday- Meeting Days'" or the other four days during the week.

Last year this time I was asking for more hours for my Co-coordinator, Diane McAneny. Little did I know that within 3 months she would be in a new position with a new employer? She worked between 12 and 16 hours each week and was quite capable to fill in for me whenever necessary. There was no other borough employee who could fill in for me when I was not here.

After Diane left and it was determined that she would not be replaced at the time and Maureen Parker, from the Recreation Department, was assigned to help us here on Mondays for a few hours. We are grateful that she has been able to work with the newsletter "staff" to create and edit it, and also update the website as well as receive visitors and phone calls; but her time here is now presently limited to 1½ to 2 hours before she is needed back in the Recreation office because her main responsibilities are there.

In order to keep the Center open more than 25 hours each week, we have attempted to form a "House Committee" of the senior members and some additional volunteers from the community as a whole, to fill in the gaps. It is a work in progress and has not been totally successful to this point. Many things have fallen through the cracks. As a point of information, there were 44 members who have passed away this year, many of whom were very active VOLUNTEERS within the activities of the center. On the positive side we also had 65 new members who signed up to take part in our activities. Some of them are beginning to volunteer. It is a "work in progress".

I am so grateful that Ellen McNally, our paid social worker from SAGE, has been available, a phone call away, whenever our seniors and their families are in need. It is so important for people of all ages, young and old, to stay within their community and remain connected with their peers.

Last year, prior to Diane's leaving, I worked 3 days each week for 25 hours plus an additional 5 volunteer hours. This year I am here 5 days each week volunteering between 3 & 4 hours each day so that emails can be answered, programs can be planned and implemented, information can be in-putted into the computer, and follow-up can be done for our more vulnerable seniors and their families.

This year I ask that when the borough is able to hire replacements; I request that another person be hired to assist the coordinator / director over here so that vacations can be taken and the center work can be completed so that the center is kept alive and viable for the entire community.

Respectfully submitted,

Peggy Brodeur

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ANNUAL REPORT 2009

NPSCC is open five days each week to serve the residents of New Providence age 55 years and older. There are often planned activities during the day as well as a “drop in center” for friends to visit, to play cards, to enjoy a cup of coffee and to socialize with each other.

Center improvements were few this year due to the economic restraints within the borough. The Department of Public Works, as well as the Facilities Mechanic and our Facility Manager, are able to take care of the routine maintenance needs until emergency repairs were needed on the HVAC units. The lighting within the building was switched over to a more energy efficient type and emergency exit lighting was also replaced with more energy efficient units. Our Senior Bus was unavailable during July because the air conditioning unit needed repair; and thanks to the Board of Education agreeing to let us use one of their buses for our senior grocery and mall trips while it was been repaired.

Our WEBSITE is constantly being up-dated to keep the community aware of the programs and activities planned throughout the year. Members of NPSCC plan the DAY TRIPS outside of the center. Often a rented coach is hired and paid by the borough while the ticket holder pays for the event that may include lunch and entertainment.

The DAY TRIPS for the current year are now under development. The membership planned and went to the following locations in 2009:

- Wood Loch Pines @ Hawley PA
- 2 trips to the Hunterdon Hills Playhouse
- 5 trips to Atlantic City NJ
- Octoberfest In Paterson NJ @ The Brownstone
- The Outlets at Reading @ Reading PA
- John Basilone Parade

There were two trips this year that were planned but unable to be completed due to lack of full busses. We are looking for more avenues to sell tickets for these events. A Patriot Baseball Night Game and a Trip to the Intrepid had to be postponed until the coming year.

There was also the “Annual Beach Vacation” of 5 Days and 4 Nights in Wildwood Crest, NJ after Memorial Day. This was our one MULTI-DAY TRIP this year, many years there have been more than one.

There are Luncheons and Dinners held at the center throughout the year, some have entertainment or music while others may not.

- January: “Chicken n Biscuit” Lunch
- February: “Valentine Luncheon”
- March: “St Patrick’s Dinner”
- May: “NPSCC Anniversary Luncheon at Berkeley Plaza”
- July: “PICNIC Lunch”
- August: “LUAU Lunch”
- October: “PASTA Dinner”
- November: “Thanksgiving Lunch & Entertainment” held at NP High School
- December: “Christmas Holiday Dinner”

At the “Wednesday CLUB Meetings”, there are a variety of topics explored. In addition on the first Wednesday of each month we celebrate the birthdays of the members who were born during that month. The speakers and entertainment at these meetings during 2009 include:

- UNION COUNTY SENIOR SERVICES with Rick Stone
- WESTERN EDEN MEDICAL SERVICES with Rolando Rodriquez
- MEDICARE Part D – PRESCRIPTION DRUGS with Dan Kalem of S.H.I.P.
- “STRESS MANAGEMENT” with Mark Schnitzer of Bayada Nurses
- “2 VIOLINS & a PIANO” a student group from the Middle School
- “NPHS Musical CAST” with Susan Kirkland
- HEARING SERVICES with Dr. Leslie Herman
- UNION COUNTY PROBATE with Jim LaCorte
- PROJECT HEALTHY BONES with Myriam Gabrele
- “NP Middle School BAND” with Gerry Polci
- SUMMIT LARKS
- “CARING SHARING NETWORK” with Lois Shanker of HomeInstead Caregivers
- NJ SENIOR SERVICES with Natalia Munoz
- “NP High School BAND” with Mike Niedziejko
- “OAKWOOD PARK” with Doug Marvin
- “THE MUSIC OF THE 1950’s” with David Aaron
- “VIOLIN SOLO” with Yuri Sugimoto – a student from NPMS
- “LONG TERM CARE 101” with Mark Schnitzer of Bayada Nurses
- “A & B of MEDICARE” with Sarah from Manor Care / Glenside NH
- “3 GUITARS” with Andy Norin **of the Wharton Music Center***
- “REVERSE MORTGAGES” with Sandra Talavera of Wells Fargo Bank
- “DIABETIC FOOT CARE” with Kyle Collova of Phoenix Medical Supplies
- FOX REHAB SERVICES with Allison Webb
- “ARTHRITIS WRAPS” with Patti Stieve of BC Medical Supplies
- “NPHS VOICES” with Susan Kirkland
- “FELLOWSHIP VILLAGE” with Mary Meier
- “NUTRITION & OSTEOARTHRITIS” with Sue Fieseler of YMCA & RED CROSS
- “JAZZ PIANIST” with Eric Olsen **of the Wharton Music Center***
- “THE ART OF FLOWER ARRANGING” with Marilyn Litvack
- “PHYSICAL ACTIVITY & ARTHRITIS” with Dayle Lehr of the Arthritis Foundation
- “NP Middle School Girls Chorus” with Catherine Flynn

There are regularly scheduled ACTIVITIES during the week

- BRIDGE Instruction and 3 different BRIDGE games
- BINGO
- SCRABBLE
- BOWLING League play with Luncheon at season’s end
- MAH JONG
- Create a monthly NEWSLETTER
- EXERCISE
- TAI CHI
- LINE DANCING was replaced with **ZUMBA** this year
- YOGA
- **PIZZA BINGO** was added this summer on some Friday afternoons

There are HEALTH ACTIVITIES planned and executed in collaboration and conjunction with Janice Gironda, our Public Health Nurse. She does Blood Pressure Screenings at least two or three days each month prior to our weekly Club Meeting. She makes home visits to our seniors who are homebound and unable to receive health services. She also orchestrates our ANNUAL HEALTH FAIR held each spring. This is always the activity with the most participants who help plan and execute the daylong event. (In 2009 we had fewer volunteers.) There are numerous vendors and health professionals who give their time to the community to educate and inform and screen the population (SKINCARE, HEARING, SIGHT, BLOOD etc.) to keep them healthy.

Additional HEALTH TOPICS that Janice provided for us this year have been:

- TWO sessions of “PROJECT HEALTHY BONES” Workshops
 - (One 12 week session and one 6 week session)
- One FALL PREVENTION WORKSHOP
- One 3 week session of “HEALTHY ACTIVE MIND” Workshop
- ONE “Laughologist” CLASS
- ONE Seasonal FLU CLINIC
- FOUR (quarterly) - “Then & Now Reflection Group” discussions with Jennie Andrews

Other Departments within the Borough of New Providence assist the citizens of the senior community on a continuing basis.

- The Fire Department through its fire official, Fred Gaghan, will check and change batteries in smoke and carbon monoxide detectors for the senior population.
- The Police Department sends members of the force, when they are available, to make presentations and public safety announcements to the population at weekly meetings.
- The Rescue Squad had a “Senior Assistance” car dedicated to driving people to medical appointments. The car is no longer drivable; therefore the service is no longer available. **We are hoping to be able to re-institute this program soon.**

There are organizations within the area that share their services with our local senior citizens.

- S.A.G.E. offers and supplies many services to our local senior citizens. We work closely with Ellen McNally, their social worker, who makes home-visits and evaluations so that our seniors can continue their aging life styles as effortlessly as possible.
- The Rotary Club of Berkeley Heights installs “MEDICAL ALERT” monitors into the homes of our senior community at a very nominal fee. These monitors will keep our senior a “button” away from the proper emergency care. It is a direct line to our police dispatchers.
- The Judith Wharton Music Center in Berkeley Heights wrote a grant that allowed our New Providence seniors:
 - 6 weeks of GUITAR LESSONS plus 3 wonderfully professional musical performances:
 - “THREE GUITARS”
 - “JAZZ PIANIST”
 - “A MID-DAY CABARET”
- American Red Cross can provide transportation to medical appointments if the appointment is two weeks out.
- FREE INCOME TAX ASSISTANCE is available by appointment by trained specialists. This is a program of the AARP, supported by the IRS and the State Division of Taxation.

Union County College “LIFE CENTER” classes were held at the Center on Monday mornings during the FALL and on Thursday mornings in the SPRING this year. Both the SPRING semester (starting in January) and the FALL Semester (beginning in September) had the topic of “Selected

Topics In BIOLOGY” taught by Prof. Bill Dunscombe. Also the “Drama Class” from UCC came to entertain during the SPRING semester, with a production called “Seniors On The Move”!

Union County also provided the “W.I.S.E. PROGRAM” led by Lorraine Kowalski of PREVENTION LINKS – A 6-week program of careful healthful aging was offered in the fall.

Union County also provided grant money through Community Development Block Grants for the following ACTIVITIES. The activities are scheduled as weekly, monthly or seasonal times. Each ACTIVITY has a trained professional instructor to insure that the individual is appropriately directed and challenged.

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| ○ EXERCISE with WEIGHTS: | Tuesday & Thursday mornings |
| ○ TAI CHI: | Tuesday & Friday afternoons |
| ○ YOGA: | Wednesday mornings |
| ○ ZUMBA dance: | Friday mornings |
| ○ CRAFTS (monthly): | Last Wednesday afternoon |
| ○ PAINTING & DRAWING CLASSES: | as available |
| ○ GROCERY and MALL TRIPS | Tuesday and Friday mornings |

The New Providence Senior Citizens Center is an active vital part of the community drawing together the generations between the ages of 55 and 95. It truly is our “TAX DOLLARS AT WORK”. We look to the Borough of New Providence to continue to be the “HARDWARE” - the building, the tables and chairs, computers, pool table, bus and employees. And we look to the members to be the “SOFTWARE” supporting and sharing their talents and expertise with their neighbors.

NPSCC attempts to have programs and activities for a variety of interests. Members of NPSCC take part in the activities offered at the center but they also plan, implement and teach their skills to their peers. For instance we have a volunteer who provides computer classes to those who know nothing about the computer. Other examples include teaching art, flower arranging, mahjong, knitting crocheting, trivia, Bridge, and sign language. If you have an interest there is probably someone else who has it also; let it be known and we will attempt to have a ‘class’ or ‘workshop’ on it.

We are always grateful to our volunteers that have given so much of themselves to the Center. The members of the New Providence Senior Citizen Center understand that they are lucky to have a center to meet in every day. We are always looking for new volunteers to share their talents with us, as their predecessors did before them.

We look forward to the day when more personnel can be hired to insure that the programs and services, as well as the activities can be more efficiently produced. We are looking to keep the NPSCC alive and ever changing to accommodate the population of our children to come