

Senior Citizen Gazette

Senior Center, 968 Bonnel Court, Union, NJ 07083 (908) 851-5290

Mayor Suzette Cavadas, Dir. Phyllis Monguso, Committeewoman Michele Delisfort

7. Wear the Right Stuff

Everyone, including seniors should dress For the weather.

8. Protect Your Eyes

Vision loss can be common among the elderly, and too much exposure can irritate the eyes.

9. Know the risks of Hyperthermia

Body temperature greater than 104-degrees
A change of behavior
Dry flushed skin
Nausea and vomiting
Headache
Heavy breathing and rapid pulse
Not sweating, even if it's hot outdoors
Fainting

10. Rub on Sunscreen and Wear Hats

11. Apply Bug Spray

12. Exercise Smart

Early morning or when the sun goes down.

GOLDEN AGE CLUB

Monthly Trips

The first Thursday of the month the Golden Age Club runs a bus trip to Atlantic City, Resorts. The cost of the ticket is \$30.00 with a return of \$25.00 dollars. The bus leaves 35 Sumner Ave Schaffer Gardens at 7:55 AM, 255 Tucker Ave. at 8:00 AM and the Senior Center July, August, and Sept. ONLY 8:15AM. All other months- Jeanette Ave.

The third or fourth Thursday of the month Golden Age Club goes to the Sands Casino in Bethlehem, Pennsylvania the cost is \$30.00 dollars, the return is \$30.00 dollars and a \$5.00 Food voucher.

<u>AC DATE</u>	<u>SANDS</u>
7/5/18	7/26/18
8/2/18	8/23/18
9/6/18	9/20/18

ALL OF THE ABOVE DATES ARE TENTATIVE

Did Ya Know ?

- Kangaroos can't walk backwards.
- Nowhere in the Humpty Dumpty nursery rhyme does it say that Humpty Dumpty was an egg.
- Earth, Texas is the only place on earth named Earth.
- The term rookies comes from a Civil War term, "reckle" which was short for recruit.
- -40 degrees Fahrenheit is the same temperature as -40 degrees Celsius.
- Penguins have an organ above their eyes that converts seawater to freshwater.
- More energy from the sun hits Earth every hour than the planet uses in a year.
- Cherophobia is the fear of happiness.

GOLDEN AGE TRAVEL CLUB

TENTATIVE

DELAWARE PARK AUGUST 15, 2018

\$90.00

OCEAN CITY, MARYLAND SOLD OUT

SEPTEMBER 3-6

908-851-5290



MESSAGE FROM:

COMMITTEE WOMAN

MICHELE DELISFORT

Dear Residents,

As the wet and cool spring ends, summer is finally on it's way. Hoping the summer weather will bring us many sunny days with low humidity, but if it is, you can certainly cool off at the senior center.

May was Older American Month, many events took place;

May 1, "Make your own Salad"

May 11, "Free Hearing Tests"

May 16, "Flower Arranging"

May 18, "Talk to your Doctor"

May 23rd, "Chair Yoga & Yogurt"

May 30, "Stroke and Wellness Month with a visit from Congressman Payne."

Kick off the summer with a BBQ on July 2nd, 12 to 3pm at the Senior Center.

Again have a happy, healthy and safe summer; "See you in September"

SOME THOUGHTS FROM THE DIVISION OF SENIOR CITIZENS

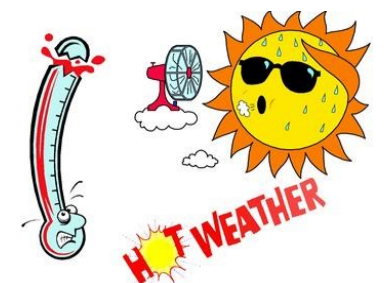
Time sure flies when your having fun. It seems like just yesterday that I sat down to write about Spring being just around the corner and here it is Summer!

We have many programs and events that we are working on, so check the front desk for more information or call the office at 908-851-5290. We are waiting for the date to distribute the Shingle and Pneumonia vaccine.

I wish you a safe and happy summer, stay cool and don't take in too much sun, and remember you can always come to the center to keep cool.

Phyllis Monguso

& Staff



Union County Division on Aging
Department of Human Services

GUIDELINES FOR

2018 Senior Farmers' Market Vouchers

Will be distributed to Eligible Seniors 60 years or older this summer.

Annual income NOT to exceed:

Single person: \$22,459.00

Combined income/couple \$30,451.00

Each eligible person will receive five checks, worth \$5 each, for a total of \$25.00

Proof of annual income will be required: Medicaid Card, SSI, Food Stamp Verification Yearly Pension or Social Security Statement.

Seniors must be a resident of Union County

Inquiries and Application for vouchers can be obtained at the Senior Center's front desk.

Registration is limited

Only fruits, vegetables and herbs grown in NJ can be purchased with these checks.

Farmers' Market checks can only be used at markets displaying the WIC Farmers' Market Poster

Checks must be used by the end of November 2018

When obtaining vouchers for another person, a proxy must have identification and income verification for the person he/she is obtaining vouchers for

Yogurt Gelatin Delight

Cool off those "dog days" of summer with this treat!

1 3 ounce package fruit-flavor gelatin

8 ounce low-fat yogurt of the same flavor

Prepare gelatin according to package directions. cover and refrigerate just until it begins to set.

Add yogurt and stir to combine thoroughly. Pour into molds, Cover and refrigerate until set.

Fluffy Whip

When gelatin has started to set, whip it with an electric mixer until it is light and fluffy. Then fold in yogurt.

Makes 6 servings

Nutritional Analysis per Serving

91 Calories	2 mg Cholesterol	0 gm Saturated Fat
3 gm Protein	67 mg Sodium	0 gm Poly unsat. Fat
20 gm Carbohydrates	0 gm Total Fat	0 gm Monounsaturated Fat

This Help Your Heart Recipe is from the American Heart Association Cookbook 5th Addition. Copy Right 1991 by the American Heart Association Inc. Published by Times Books (a division of Random House, Inc., New York



Time for Laughing

Cake or Bed?

A husband is at home watching a football game when his wife interrupts, "honey" could you fix the light in the hallway? It's been flickering for weeks now, He looks at her and says angrily, "fix the lights now? Does it look like I have GE written on my forehead? I don't think so!"

Fine, then the wife asks, "well then could you fix the fridge "door"? It won't close right?" To which he replied, "fix the door? Does it look like I have Westinghouse written on my forehead? I don't think so " "Fine, she said " then you could at least fix the steps to the front door they are about to break" He replies" I'm not a carpenter and I don't want to fix steps. Does it look like I have Ace Hardware written on my forehead? I don't think so, I've had enough of you. I'm going to the bar!!!

So he goes to the bar and drinks for a couple of hours. Now he starts to feel guilty about how he treated his wife, and decides to go home, as he walks into the house he notices that the steps are already fixed. Honey, he asks "how did all this get fixed?" She said. well, when you left I sat outside and cried. Just then a nice young man asked me what was wrong, and I told him. He offered to do all the repairs, and all I had to do either go to bed with him or bake a cake. He said what kind of cake did you bake?" She replied, "hellooooo.. Do you see Betty Crocker written on my forehead? I don't think so!"



12 Summer Safety Tips for the Elderly

1. Stay Hydrated
Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age.
2. Talk to Your Doctor
Check with your medical team to make sure any medications you are on won't be affected by higher temperatures.. Especially if you don't have air conditioning in your home.
3. Keep Cool
Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a seniors home is not air conditioned
4. Stay in Touch
High temperatures can be life threatening ,so communication plays an important role in ensuring the safety of the elderly. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening.
5. Meet Your Neighbors
Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. If you are elderly, see if a younger neighbor – perhaps even one of their kids can come by and check on you occasionally, to make sure everything is all right.
6. Know Who to Call
Prepare a list of emergency phone numbers and place them in an easy to access area.