

IN THIS ISSUE

Social Media Scams
What on Earth is a Gömböc?
Are You Walking Safely?
Inspiration for Us All
Denial is Not an Option



SPRING CLEANING ISSUE

Sweep Out the Cobwebs and...

Get Up, Get Out, Get Involved

Old Car Out – Smart Vehicle In

Try Preventative Medicare

Re-Tool Home to Fit Your Needs

Publisher: New Jersey Foundation for Aging
Magazine Design: umbra D • www.umbraDesign.com

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OF THE NEW JERSEY FOUNDATION FOR AGING**

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NJFA acknowledges the generous support from the Robert Wood Johnson Foundation, the Fannie and Morris Sklaw Foundation, Johnson and Johnson Company and our many private donors. Their support makes our work possible.

CONTENTS

FEATURE STORIES

DOES YOUR CAR FIT YOUR NEEDS?6
WHAT ON EARTH IS A GÖMBÖC?7
GLORIA AND “LA BELLA LINGUA”8
AS YOUR NEEDS CHANGE, SO SHOULD YOUR HOME12
GET INVOLVED!16

DEPARTMENTS

NJFA NEWS
Spring Into Action!2

FROM THE FOUNDATION
No Future in Denial3

PROGRAM UPDATES
Don't Miss Out – Stay Alert5

WHAT'S COOKIN'?
The Return of Salad Days13

SAFETY FIRST
Do You Walk Safely?14

AGING WELL
Thanks for Everything, Mom15

SCAM ALERT
Ways to Stay Connected18

TIDBITS
The Blame Game19

PROGRAMS
SNAP and SHIP22

HEALTH WATCH
You and your Dentist23
The Heathy Snacker List23

IN YOUR COUNTY
Bergen24

HELP IS HERE
Offices On Aging & Adult Protective Services25

WEB SITES AND OTHER RESOURCES26

OUT AND ABOUT IN NEW JERSEYInside Back Cover

Spring into Action!

Lots of opportunities to get involved

WHITE HOUSE CONFERENCE ON AGING FORUMS

The official White House Conference on Aging (WHCoA) is starting off with 5 national listening sessions scheduled across the country. In order to provide an outlet for NJ input, NJFA is partnering with other organizations to host three Regional Forums in NJ. The first forum will be held on Friday, May 15th in Central NJ. We will follow up with a Southern NJ Forum on June 10th and a Northern NJ forum on June 26th.

The forums will provide an overview of the WHCoA and then sessions will be held on the four themes: Retirement and Economic Security, Healthy Aging, Long-Term Services and Supports and Elder Justice. The goal is to obtain input from providers, consumers and caregivers in order to submit NJ-specific feedback to the WHCoA.

Space is limited. For more information visit our website at www.njfoundationforaging.org or call us at 609-421-0206.

CARE, PROTECTIONS, AND RESPONSIBILITIES

NJFA will be holding our 17th Annual Conference on Wednesday, June 3rd at the Crowne Plaza Monroe. Our keynote speakers this year will be James Firman, the President of the National Council on Aging (NCOA) and Nora Dowd Eisenhower, Assistant Director of the Office of Financial Protection for Older Americans at the US Consumer Finance Protection Bureau. Mr. Firman will address the audience in the morning. He is a recognized



national leader and advocate in the field of aging. Ms. Eisenhower will speak to conference goers over lunch.

Topics for the breakout sessions include, elder to elder bullying, dental and oral health, abuse and exploitation and new models of care. For more information see the brochure online at www.njfoundationforaging.org

AGING INSIGHTS

In addition to Renaissance, NJFA continues to produce new Aging Insights programs. In May we will be airing Episode 44, Stay Active, Volunteer! This episode was hosted by NJFA Deputy Director, Melissa Chalker and featured Jim Bullard, Middlesex County Advisory Council Member, Renee Burns, Director of the Robbinsville Senior Center and Pat Delozier, volunteer and member at the Robbinsville Senior Center. These guests share all the different ways volunteers can get involved with their community. In June, you will see Episode 45, which will be hosted by NJFA Executive Director Grace Egan. Grace will be joined by guests to talk about defining the programs and services available to seniors.

Stay tuned in 2015 for more Aging Insights, including such topics as fine-tuning your memory, medication management and much more! Aging Insights is broadcast on sixty municipal TV stations, on NJFA's website and on our YouTube channel:

<https://www.youtube.com/user/njfoundationforaging>

HELP KEEP US UP TO DATE

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No Future in Denial

Take action NOW By Grace Egan, Executive Director, NJFA

Denial is truly a distraction. It short circuits leadership as well as personal responsibility. When we meet policy makers, friends, other colleagues, we frequently hear “well, I guess I *am* aging.” My response is “you are lucky if you are aging.” Aging well is not a passive activity – sure, you are going to be older tomorrow and that may be out of your control. But more important is how you want to age. And the even bigger question is: how will society come to grips with your aging needs?

Yes, society.

Personal responsibility should suggest that we consider and plan for a variety of scenarios for aging that we want to embrace. You can’t plan for all aspects but you can offer yourself some general guides. These may include financial security, physical fitness, civic engagement as well as family involvement. But “denial” is often a distraction, and all of a sudden you say to yourself “how did I get so old-when will my ship come in-where did the time go.” But wait – you were here all along – dealing, no doubt, with life’s ups and downs and the in-between times.

In *Renaissance* we often feature people who have made a difference, dealt with life’s ups and downs, contributed to their community, or who took on new challenges. In this edition of *Renaissance* you will meet Gloria Mocenigo who was interviewed by Kip Rosser. Gloria has lived an interesting life, experienced many challenges and now at the age of 92, she conducts Italian classes at her local Senior Center. Read Kip’s article and see what keeps Gloria going as well as her loyal, seasoned students.

So, as you are personally planning, let us also ask policy makers to plan as well. We know from our work that thirty percent of all NJ seniors rely on Social Security as their only income. And this limited income level is truly a challenge even for a married couple that may be receiving two benefits. The most economically vulnerable seniors are single women and minority elders. Often the biggest monthly expense for seniors as well as NJ families is for housing. So how can policy makers help to reduce this housing cost burden? We know that property taxes even control the market rate for rents. Often we just want to cut taxes but do we want to cut the municipal services that these taxes pay for? Many people grumble about the school tax but these funds pay for our future professionals who will treat disease, or discover new cures; they’ll be future law officers or judges, etc. So, cutting school taxes is not really an answer. There is no simple solution.

Local policymakers, elected officials and voters can increase their support for more affordable housing. Do you

have affordable housing in your town? What does affordable really mean? Do you have to leave NJ to find it? If so, isn’t that a sad option.

We are all distracted at times, tending to the many daily duties that we have but it is helpful and often provides peace of mind to know you have taken steps to plan ahead. Building partnerships is also a way to widen your support and social network.

NJ Foundation for Aging (NJFA) likewise works with many partners and stakeholders on a variety of issues. This enables NJFA to widen its impact, to learn from others, to share our perspective and incorporate an aging well focus into many discussions. Our work is very similar to you building your own support systems. In this day and age there is really no reason to go it alone – look for strength in numbers.

Denial is not a long term plan.

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Here is a sampling of the 60 stations that broadcast *Aging Insights*

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- Carteret
- Colonia
- East Brunswick
- East Windsor
- Edison
- Elizabeth-CableVision
- Fair Lawn
- Hamilton-CableVision
- Highland Park
- Hopewell Twp
- Hudson Area-CableVision
- Jackson Twp-CableVision
- Long Branch
- Metuchen
- Middlesex
- Milltown
- Monmouth Area-CableVision
- Monmouth Junction
- Monroe Twp
- Morris County Area-CableVision
- New Brunswick
- North Brunswick
- Oakland Area-CableVision
- Old Bridge
- Parlin
- Paterson Area-CableVision
- Perth Amboy
- Piscataway-CableVision
- Piscataway Twp
- Plainsboro
- Princeton
- Raritan Area-CableVision
- Sayreville
- Secaucus
- South Amboy
- South Plainfield
- South River
- Spotswood
- Stockton College Station
- Trenton
- Union
- Union Area-CableVision
- Verona

GET IN THE KNOW WITH *AGING INSIGHTS*

In 2011 the NJ Foundation for Aging (NJFA) began producing a half-hour TV program. *Aging Insights* is now broadcast more than 300 times a month, hopefully by a TV Station near you.



The goal of this magazine and the *Aging Insights* TV programs is to connect caregivers, seniors and boomers to community based services. With that in mind we cover a lot of topics since everyone's needs vary. So if you have not seen *Aging Insights*, be on the lookout on your cable stations and your municipal public access station.

Each show is hosted either by



Melissa Chalker or by Grace Egan. Previous programs have focused on topics such as tax relief, alcohol, drug and gambling addiction, assistive devices and home modifications. The effort to cover a variety of topics is so that seniors know they can participate in many different programs and services. In case you missed these shows or any other previous episodes that have been produced you can see all of them on our website at www.njfoundationforaging.org/aginginsights/ or on You Tube.

That's right, NJFA has a YouTube channel and all *Aging Insights* shows can be seen by going to www.Youtube.com/njfoundationforaging

On the left side of this page is a



sampling of the 60 stations across NJ that broadcast the show.

Get your public access station to broadcast *Aging Insights* too by contacting us at the NJ Foundation for Aging, 609-421-0206 or office@njfoundationforaging.org.

These shows are made possible by sponsors and donors like you. Please support *Aging Insights* and the NJ Foundation for Aging.



Go to www.njfoundationforaging.org/donatehere.html. Sponsorship levels are posted on NJFA's website as well.





Don't Miss Out – Stay Alert

Use your Medicare benefits for preventive care

Did you know that Medicare Part B covers preventive and wellness visits? It's not just for when you are sick! Part B offers a Welcome to Medicare Preventive visit and a Yearly Wellness Visit.

The Welcome to Medicare Preventive visit is an introductory visit that happens only within the first twelve months you have Part B. This visit includes a review of your medical and social history related to your health and education. It also includes counseling about preventive services, including certain screenings, shots, and referrals for other care, if needed. It also includes:

- ▼ Height, weight, and blood pressure measurements
- ▼ A calculation of your body mass index
- ▼ A simple vision test
- ▼ A review of your potential risk for depression and your level of safety
- ▼ An offer to talk with you about creating advance directives.
- ▼ A written plan letting you know which screenings, shots, and other preventive services you need.

While the Welcome to Medicare visit is covered one time, you can go to your physician for yearly Wellness visits. You don't need to have a Welcome to Medicare visit to be covered for yearly Wellness visits.

If you've had Part B for longer than twelve months, you can get this visit to develop or update a personalized prevention help plan to prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a "Health Risk Assessment," as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. It also includes:

- ▼ A review of your medical and family history
- ▼ Developing or updating a list of current providers and prescriptions
- ▼ Height, weight, blood pressure, and other routine measurements
- ▼ Detection of any cognitive impairment
- ▼ Personalized health advice
- ▼ A list of risk factors and treatment options for you
- ▼ A screening schedule (like a checklist) for appropriate preventive services.

This visit is covered once every twelve months (eleven full months must have passed since the last visit). You pay

nothing for the Welcome to Medicare preventive visit or the yearly Wellness visit if your doctor or other qualified health care provider accepts Medicare. However, if your doctor or other health care provider performs additional tests or services during the same visit that aren't covered under these preventive benefits, you may have to pay coinsurance. When it comes to tests, be sure your doctor knows what tests you've already had and be sure to ask about coverage of all tests or procedures that are recommended.

It might be helpful to bring with you to your Welcome to Medicare preventive visit or your Yearly Wellness visit:

- ▼ **Medical records, including immunization records.** Even if your current doctor does the visit, gather as much medical information as you can to make sure nothing is overlooked.
- ▼ **Family health history.** Try to learn as much as you can about your family's health history before your appointment. The information will help you and your doctor better understand what screenings you should get and what to watch for in the future.
- ▼ **Prescription drugs.** Bring a list of any prescription drugs, over-the-counter drugs, vitamins, and supplements that you currently take, how often you take them, and why.

For more information please visit www.medicare.gov

WHAT TO DO IF YOU SUSPECT SOMEONE IS USING YOUR SOCIAL SECURITY NUMBER

If you think someone is using your number, review the earnings posted to your record on your Social Security Statement. To get your online Statement, log into your **my Social Security** account at www.socialsecurity.gov/myaccount/. If you have not registered for a **my Social Security account**, you can do so on their website.

Identity theft is one of Social Security's major challenges. They have joined in government wide efforts to prevent Social Security number misuse.

The Social Security Administration can resolve Social Security number reporting problems on their own records. However, they cannot control or resolve Social Security number problems with other organizations such as credit companies, banks or the Internal Revenue Service (IRS). The Federal Trade Commission (FTC) has primary responsibility for identity theft.

To contact the FTC: Go to www.ftc.gov or; Call 1-877-438-4338 (TTY 1-866-653-4261) or; Send mail to: FTC, 600 Pennsylvania Avenue NW, Washington, DC 20580.



Does Your Car Fit Your Needs?

Smart vehicle features can help **By Cathleen Lewis**

Many motorists sixty-five and older, suffer from health issues that affect driving safety. Finding a car that not only adapts to conditions, such as lack of flexibility or muscle strength, while still maintaining safety and comfort can be difficult. Data from a new AAA survey also reveals that only one in ten senior drivers with aging health issues are driving a vehicle that has features like keyless entry and larger dashboard controls that can assist with such conditions.

To better equip the growing population of older drivers for driving safety and comfort, AAA provides motorists with its *Smart Features for Older Drivers* resource guide to address a broader range of health conditions. Updated yearly, *Smart Features* identifies vehicle features that optimize older driver safety and comfort, lists current vehicles with those features, and allows users to explore their individual needs through an interactive online tool.

Recommended Feature	Driving Benefit
6-way power seats that adjust the seating position forward, backward, up and down and the seatback forward and backward	Ease entry and exit from vehicle and facilitate seat adjustment for leg room and reduction of hip or leg pain
Comfortable seats set between mid-thigh and lower buttocks	Ease vehicle entry and exit
Low door threshold	Eases vehicle entry and exit
Leather or faux leather seats	Ease vehicle entry and exit
Adjustable brake and accelerator foot pedals	Allow drivers to comfortably reach pedals without having to scoot down and compromise visibility

“With 10,000 Americans turning sixty-five every day, we know that families will be coping with these age-related driving safety issues for years to come,” said Cathleen Lewis, director of Public Affairs for AAA New Jersey. “The good news is that specific ‘smart features’ on today’s cars can help older drivers and their families deal with these conditions.”

Smart Features addresses a wide variety of conditions that are commonly experienced with aging, including diminished vision, arthritic joints, hip and leg pain and limited upper-body range of motion. “As a person ages, muscle strength, range of motion and vision tend to diminish and can affect driving ability,” said Dr. Sherrilene Classen, Director of the Institute for Mobility, Activity and

Participation at the University of Florida. “Not only do these conditions affect a driver’s comfort, their presence can also reduce the ability to safely execute the complex task of driving.”

Because everyone ages differently, AAA recommends older drivers look for vehicles that address their specific needs and medical conditions. Some of the recommendations included in *Smart Features for Older Drivers* include:

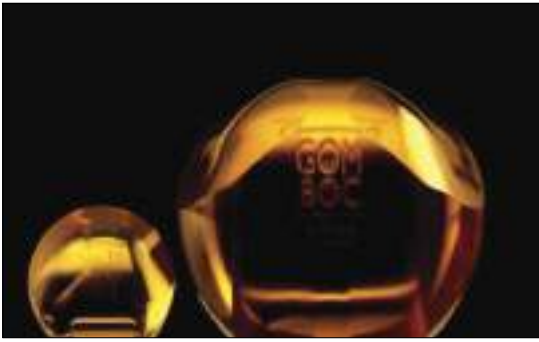
- ▼ Drivers suffering from hip or leg pain, decreased leg strength or limited knee range of motion should look for vehicles with six-way adjustable power seats and seat heights that come between the driver’s mid-thigh and lower buttocks. These features can make it easier for drivers to enter and exit a vehicle.
- ▼ Drivers with arthritic hands, painful or stiff fingers or diminished fine motor skills benefit from four-door models, thick steering wheels, keyless entry and ignition, power mirrors and seats and larger dashboard controls with buttons. These features reduce the amount of grip strength needed and reduce pain associated with turning or twisting motions.
- ▼ Drivers with diminished vision or problems with high-low contrast will find vehicles with auto-dimming mirrors, large audio and climate controls and displays with contrasting text helpful. These features can reduce blinding glare and make controls and displays easier to see.

Underscoring the critical need to improve older driver safety is new research by the AAA Foundation for Traffic Safety that found that older drivers have the highest rates of death compared to other drivers largely due to their inability to survive a crash. Conversely, the research found significant gains in overall motorists’ safety in the past decade. While crashes per mile driven decreased for drivers of all ages between 1995 and 2010 by twenty-eight percent, the biggest decreases were found in drivers ages seventy-five to seventy-nine, down forty-two percent; and drivers ages eighty to eighty-four, down forty percent.

AAA offers a variety of resources to keep older drivers safer longer behind the wheel, including CarFit, which fits each driver to their individual car making sure they are seated safely and making the most of the safety features their vehicle offers.

For more information on which vehicles are the right fit for you and to access all the free resources AAA offers to senior drivers, visit SeniorDriving.AAA.com or call your local AAA.

Cathleen Lewis is Director of Public Affairs for AAA New Jersey.



The Gömböc

What on Earth is a gömböc? By Lee Neuwirth, PhD

Some of you may remember the Weeble, the roly-poly toy popular in the 1970s. Kids could knock them down, but they would always pop back to their original position (thanks to a weight in the bottom of the toy). The ad slogan said “Weebles wobble, but they don’t fall down.”

What made them so much fun was that no other item in the kids’ home would pop back up like that. A kid could be more curious than George (in the classic children’s book) and still never find an object that he or she could knock over and have pop back up again without any outside assistance. For a long time mathematicians believed that it was impossible to create a uniformly dense convex object that would pop back up like a Weeble.

Here’s the thinking behind that mathematical challenge. If you have before you, resting quietly on a table, any object, you will usually be able to turn it over and around and allow it to rest on another part of itself. Such a position is called a “stable equilibrium point,” and there

are often several such positions.

Now if the object is made uniformly and no little piece is heavier than any other little piece (that is if the object is uniformly dense), and if the object is convex (that is a line joining any two points in the object lies wholly within the object), then there will usually (but not invariably, as we shall soon see) be more than one way of placing the object motionless on the table.

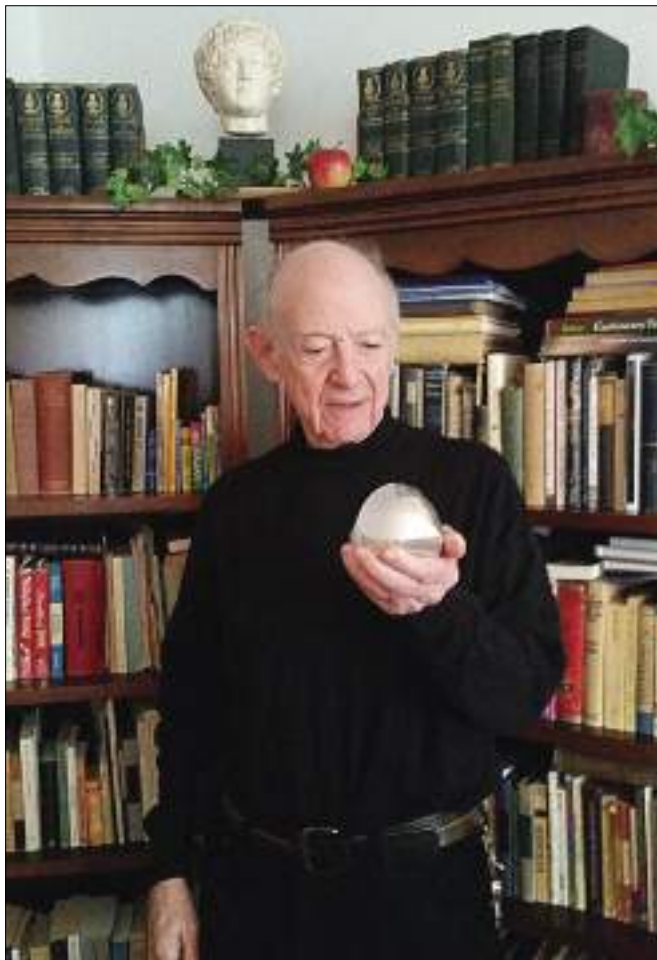
In addition to the ways to place the object at rest, there will be ways to place the object so that it would not move if it were balanced absolutely perfectly, and there were no outside forces (like vibrations of breezes) acting on it. An example of this would be the tip of a sharpened pencil. Under perfect conditions one might think of a pencil balanced on its sharpened tip. Such a position is called an “unstable equilibrium point.”

Until recently, no convex uniformly dense object was known which had exactly one stable and one unstable equilibrium point. A Russian mathematician named Vladimir Arnold conjectured it in 1995, and two Hungarian scientists, Gabor Domokos and Peter Varkonyi, proved it in 2006. The object was described mathematically, called a “Gömböc “ (the Hungarian word for dumpling), and then constructed. The Gömböc has to be machined to tolerances below 10 microns (1/10th the thickness of a human hair), which is why the cost for one is in the \$300 range (as listed by Hammacher Schlemmer).

Pick up the Gömböc, turn it over, place it down in any random position and it begins to rock back and forth, slowly and then faster, and the finally ends up in its original position. (You can see it in action on You Tube.)

I bought a Gömböc several months ago and have enjoyed looking at it and thinking about it. The story of the Gömböc illustrates the fact that there is more to mathematics than formulae. There are “things,” physical realizations of mathematical notions. The construction here required a lot of hard work since it is one thing to guess at a solution for this type of problem, and quite another to prove that your solution is correct. In addition, the solution is not so easy to describe, even mathematically.

Pictured at left: Dr. Lee Neuwirth, with his Gömböc. This article originally appeared in the spring issue of Genesis, a Princeton-based quarterly journal. Lee Neuwirth, Princeton University Class of 1955, earned his Ph.D. in mathematics from Princeton in 1959. He served as director of the Princeton-based Institute for Defense Analyses (IDA) from 1977 until 1985. He retired from the research staff in 1999. He is the author of a memoir about the anti-war protests, Nothing Personal – The Vietnam War in Princeton 1965-1975.



Gloria

and

“la bella lingua”

By Kip Rosser



It's an overcast, unseasonably chilly day in April.

Taking one step into a nondescript brick building in Flemington, NJ warms things up considerably. It's not just the temperature, either. It's the energy. Seeing what's going on, a thought occurs to me – if you're an adult of sixty or over and living in Hunterdon County, there's one thing you better never be caught saying: “There's nothing to do around here.” One trip to the Senior Center will cure you of that. Located at 4 Gauntt Place in Flemington, one visit revealed the place to be hopping with activity. A group of eight men are playing poker. The doors to two of the many rooms are shut – there's some sort of class in each.

A look at the center's catalogue should be enough to get anyone up off the couch and out into the world.

Over forty different courses, events and programs fill its pages and there's definitely something for everyone regardless of tastes, passions, physical abilities and interests. In fact, this has got to be a fantastic place for pursuing something new. Field trips to museums and flower shows, Tai Chi, computer courses, foreign languages, seminars, investments and finances, movies, safety, tap dancing, woodcarving, knitting, art lessons and tons more.

Being bored? Not an option.

Today, there's going to be an afternoon class in Italian. Before the session begins, though, the chance to talk with the teacher is too intriguing to pass up. She's Gloria Mocenigo (pronounced Mo – chen – ee – go).

Her thick, silver hair frames her mild features, hanging in a graceful, soft wave or two, just grazing her wide shoulders. Before sitting, she opens her purse, calmly takes out her glasses, sets her cane against a chair next to her and as she sits, she says, "All right, here we go."

At ninety-two, there's an agelessness to her bearing and demeanor. She could easily be in her mid-seventies. Nothing reads as an obvious ninety-two. Her soft complexion is in perfect harmony with the soft blues and grays in the pastel stripes of her blouse, and her deep set, hazel eyes shine from behind the thinnest of wire frame glasses. Her words are thoughtful; she takes time to consider what she's about to say, laughing often, as we talk about her life.

Gloria was born in the United States. "at a certain point after my father died, my mother decided to go back to her native Italy because her father and mother were still living and she came from a big family. Gloria's maternal grandmother had eleven children – her mother, Adele, being the second. "Her father was crazy about her. He would say, 'You can give Adele a broomstick and she could dress it!' She was a wonderful seamstress. My mother made all of my clothes. I was not quite ten years old when we went to Italy. And we lived in Rome.

It was the beginning of a lifelong love affair with Italy. "Italy is such a beautiful country. Just think of it, Michelangelo, Galileo, Leonardo and Julius Caesar! Such history. And today there's so much going on: fashion! The



climate! You'll never get a bad meal in Italy – or a bad glass of wine. Even in a small town." Even Gloria's name is steeped in history. Her maiden name, DiRienzo dates back to an ancestor, Carlo DiRienzo. "After the fall of the Roman Empire, Spain took over, Austria took over. It was a mess. It was Carlo DiRienzo who wanted a united Italy. And Mocenigo is a Venetian name. After Napoleon conquered Venice, one of the Mocenigos was a Doge – which means a Duke."



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Apart from the history, there was romance. “I met my husband, Ferruccio, in Rome. We were both working in the same office there. We became friendly and eventually got married in Rome!”

After a while, things were no longer safe. World War II, Hitler, Mussolini all made Italy a difficult place to survive. “For instance,” Gloria recounts, “there was rationing. They’d give you a little piece of bread that was more like sand it was so gritty. Things were getting harder, so my husband thought since I was still an American citizen, why not go back to America? And that’s what we did. I had to come over first, then he was eventually allowed to come over. He already knew English – at university, his English teacher was Stanislaus Joyce, brother of the famous writer, James Joyce.”

Once in America, Gloria saw that many women were going back to college. She thought that if they could do it, so could she. She and Ferruccio resided in Livingston, NJ at the time and decided to attend the nearby Caldwell College. “It was run by Dominican



who wasn’t Italian! He had a tape and he’d play the tape and say, ‘repeat after this.’ Before I knew it, I was grabbed, and that’s how I started here.

When asked why, at ninety-two, she’s still teaching, she replies simply, “It’s my profession. I love doing it. Did you know, Italian is called ‘la bella lingua – the beautiful language.’” One of the clearest sentiments she reiterates throughout the conversation is her deep gratitude for her family and her students. She thrives on the chance to continue, as she has her whole life, being a teacher, to, in her words, “give back. My students are very caring, very thoughtful and very generous.”

Sadly, after a short battle, Ferruccio succumbed to cancer. But while devastating, it has certainly not slowed Gloria down. Strikingly, her thoughts and stories rarely touch on aging or aging issues. She’s too busy doing what she loves. There’s nothing to indicate that she feels limited or hindered in any way from doing precisely what she wants to do. Although, at one point, with a combined laugh and a sigh, she clasps her hands fervently, then knocks on the wood table and happily announces, “As long as I can stand on my own two feet, as long as I can think and plan, I’m really grateful. I thank the Lord that I can do what I love to do.”

Here is a woman, born at the dawn of the world’s technological age, (she still remembers the first televisions with their little round screens), and ninety two years later she is perfectly comfortable using an iPad. “My sons keep me up to date. I love to play solitaire on the iPad, read things on it. I have Netflix, too!”

The mother of three sons, Gloria expresses both her admiration and appreciation for them all. One lives in



nuns, if I remember correctly,” she relates, “and I went and showed them my Italian degree, as a teacher, and they gave me credit for that. After graduating, I learned that the Essex Fells School was looking for a teacher. But I’m a fool you might say. I tend to trust people and I’m honest. I had a woman friend and mentioned about the job to her and she went in and applied!”

Gloria remained undeterred. “I dressed properly and went in. And the secretary told me afterwards that they said, about me, ‘This one’s got to be it!’ And sure enough, I got the job.” She taught first through sixth grades for many years. Eventually, though, enrollment was down, and while another teacher, with seniority was retained, Gloria was let go. However, a neighbor of hers in Livingston was doing remedial work in East Orange and soon, Gloria was hard at work, teaching there. Laughing, she remembers, “I even got paid more than at Essex Fells!”

Teaching Italian at the Senior Center almost seems destined. “My husband and I found out about the Senior Center and we thought, well, let’s go and see. So, we went to the Italian class and there was this guy

Brooklyn. Her eldest lives in California and works on special effects for movies. And it is her remaining son and his wife that help her on a daily basis. “I still live independently,” she explains. “I have my own place on my son’s property. If I want to see them, I just go upstairs. I usually eat breakfast and lunch alone, but they always invite me up for supper and it’s nice to be with them. There’s a small library within walking distance. I love to read, so, I can walk over any time for books. You know?... the library used to be a one-room school!”

Gloria stopped driving about a year ago, and it’s now her daughter-in-law that brings her to different places. Gloria sighs, “I miss driving terribly, but I understand that it’s best that I don’t.” Her son and daughter-in-law also arranged for a woman to come in each Friday to help out with cleaning, errands and shopping. “She’s a doll,” Gloria says. “I’m glad to have her.” In fact, her family is demonstrating just about the only difference Gloria cited between the treatment of older adults in America versus how they’re treated in Italy. She points out, “you know, there are nursing homes in Italy, too, But people take more care of one another, like my sons do with me. La famiglia – family is everything.”

Unfortunately, the interview has to end here. After all, in five minutes, she’s got a class to teach. Time to go watch her in action.

As the students come in, they’re all smiles, greeting one another and all of them comment on Gloria’s hair;

becomes clear that the homework assignment was to expound, in Italian of course, upon what each one observes in an illustration depicting a crowded bus full of people.

The students go around the room in turn, reciting their written observations. I’m pecking at the illustration in the book and although I’m far from conversant in the language, I can tell that the students are saying things like, “the man offers his seat to a lady,” “the bus is crowded,” and more. Gloria listens intently to each student and offers either praise for their sentence construction or, with a delicate gesture, she’ll stop them and say, “Good, but I’d rather hear...” and here she will add a word, a modifier of the verb or noun, or inject a different word. The student repeats that corrected phrase, and the recitations resume.

The mood is one of quiet intensity, the tone serious. A quick scan of the room reveals everyone has the tiniest hint of a smile on their faces. They’re enjoying this. Listening to Gloria speak Italian in her mild voice, even a phrase as mundane as “La Scala is a world famous opera house” sounds like poetry. The students aren’t working solely on grammar. When called on, the effort shows on their faces as they put their carefully chosen words together, trying to echo Gloria’s flawless pronunciation. And slowly, that phrase, “la bella lingua” takes on much more life and meaning.

There’s always a wonderful opportunity to learn from someone with almost a century of life experi-



she’s got it styled differently. For about six or seven minutes, it’s free for all of greeting and chat.

Gloria sits down quietly and surveys the room. And now, the teacher is ready. Gloria rings her little school bell and things immediately quiet down. That simple action seems to strike a cord in everyone. They all know what that sonorous “ping” means; everyone here comes from a generation when all teachers used those bells. Now it evokes a sweet, yet austere nostalgia. We all obey, the room is enveloped in a profound hush, then Gloria calls on the first student to recite. It

ences. As our conversation draws to a close, Gloria gets a three-part question: “What advice do you have for young people?” “For people in middle age?” “For anyone seventy and up?” She has, after all, lived them all; it will be interesting to hear the different takes she has on the different ages. Surprisingly, her answer is the same for each age group. Two words: “Get involved.” By that, she means doing – actively doing something you care deeply about, and sharing it with others. Of course, from her younger days right up to this moment, that’s what Gloria’s been doing all her life.



As Your Needs Change...

...so should your home environment **By Diane Vitillo**

Dorothy, with her ruby red slippers, was right! “There’s no place like home!” However, as we age, we have difficulty admitting that our home environment could be our primary disabling factor – not our age or ability. Our environment can facilitate or impede our performance and participation in the tasks we need and love to do. The less environmental support that we have, the greater the demands we place on ourselves to safely and successfully get through each day.

Change: many of us can’t accept it. We’re comfortable in our homes and we’ve made many memories there. We dismiss the fact that we’re having difficulty climbing the stairs to get to our bedroom and bathroom, or that we’ve fallen a few times. We may have to use a wheelchair or walker to get around. It’s not so easy anymore, but...we’ll manage. We don’t want to move, and more importantly, we don’t want to go to a nursing home, assisted living facility, or move in with our children.

But how can we safely “age in place” in our homes?



Home modification, of course! Our bodies are changing with age, so let’s consider changing our home environment to keep pace with our bodies. Meeting with the right professionals to talk about home modification is the first step. An Occupational Therapist is a healthcare professional who has the unique qualifications to assess your ability to perform all of your daily tasks, such as entering your home if using a mobility aid, climbing the stairs, getting in and out of bed, in and out of the tub or shower, cooking and cleaning, and even doing yard work. As the therapist accompanies you throughout your home, an assessment will be made regarding the layout, furnishings and dimensions in your home. Recommendations for modifications that could improve your mobility and task performance will then be discussed with you. If recommendations are made for ramps, stair glides, bathroom redesign, or any other structural change, your therapist will advise you to consult a Contractor, an Architect and/or an Interior Designer as they are the other team members who will work with the Occupational Therapist to ensure that modifications are

executed efficiently and appropriately to match your needs, your preferences and your skill performance.

GADGETS AND GIZMOS AND WIDGETS...OH MY!

Dorothy only had her red slippers, but the crew of the Enterprise showed us some pretty amazing technological gadgets back in the ‘60s. And now, half a century later, even though we still can’t get “beamed up,” we do have access to many products that can make life a whole lot easier. There are products that can monitor our vital signs and remind us when to take our medications. Our distant caregivers can track and record our movement patterns via motion sensors that send alerts to them if we’ve fallen. And, we can even see and talk with friends and family members who live hundreds of miles away. But what about those of us who have visual impairments?

LET THERE BE LIGHT!

The rate of visual impairment increases with age, and home modifications for individuals with low vision can facilitate performance of activities of daily living by replacing current lighting fixtures with those that improve eye comfort and enhance navigation throughout the environment. There are assistive devices that “talk and tell” you information, like your weight or your glucose readings. Additionally, lights can be controlled by our movement, turning on as we walk into the bathroom at night and off as we go back to bed. Creating different patterns, textures and surfaces in the environment can also assist people who have visual impairments to safely function in their homes. The products and possibilities for modification are endless!

THE 65 AND OVER CLUB

In the blink of an eye, we’ve reached that milestone! That “65 and Over Club” that many of us didn’t want to join. But, let’s face it. We’re here and we’re actually enjoying it! We now know that our team of home modification professionals can guide us in selecting the appropriate products and design features that can help many of us safely remain in the home and community that we’ve grown to love.

Although home modification may not be the right solution for all of us, it can be the first step in deciding if we are, indeed, able to age in place. Be safe, be comfortable, and live the life you deserve.

Diane Vitillo, MS, OTR, PTA, CAPS is President of Home Heart Beats, LLC



The Return of Salad Days

Refreshing and healthy springtime fare

Spring Vegetable Salad

Along with the warm weather comes delicious vegetables to enjoy by themselves or as a side dish to a healthy protein like chicken. This salad is a great example of using fresh, Spring vegetables.



INGREDIENTS

- 1 bunch asparagus, (about 1 pound), trimmed
- 2 tablespoons white vinegar
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons canola oil
- 1 teaspoon toasted sesame oil
- ½ teaspoon grated fresh ginger
- 2-3 dashes Asian red chile sauce, i.e., sriracha (optional)
- 1 bunch radishes, trimmed and cut into wedges
- 2 tablespoons finely chopped scallion

DIRECTIONS

Fill a medium bowl with ice water and place by the stove. Bring one inch of water to a boil in a large saucepan fitted with a steamer basket. Thinly slice asparagus stalks on the diagonal, leaving the tips whole. Place in the steamer basket and steam until tender-crisp, about a minute. Transfer the asparagus to the ice water. Drain. Combine vinegar, soy sauce, canola oil, sesame oil, ginger and chile sauce (if using) in a large bowl. Add the asparagus, radishes and scallion; toss to combine. Serve warm or room temperature. Makes 4 servings, about a cup each.

Fresh Pea Hummus

Spring is also a great time to try new recipes. Looking for something new to do with peas? This recipe is a great healthy snack for you and can also be good to share with friends. It's great served with whole wheat pita chips.



INGREDIENTS

- 1 Tbsp olive oil
- ½ cup chopped onion
- 2 cups shelled peas, fresh or frozen
- ¾ cup water
- 2 Tbsp tahini (sesame seed butter, or another nut butter)
- 3 Tbsp chopped fresh mint (spearmint)
- 2 Tbsp sour cream
- ½ teaspoon black pepper
- Salt to taste

DIRECTIONS

Heat the olive oil in a small pot over medium heat. Add the chopped onion and sauté until soft and translucent, but not browned, about 4-5 minutes. Add the peas and the water, cover and bring to a boil. Let this cook 5 minutes, then drain the peas and onions. Put the peas and onions into the bowl of a food processor and add all the remaining ingredients. Pulse until you have a rough purée. Serve chilled. Makes 4-6 appetizer-sized servings.



Do You Walk Safely?

Pedestrian safety tips for seniors **By Judy Bortman**

Look both ways before crossing.” It’s what we were told as kids and we tell our grandchildren today. Safety tips for walking have never gone out of style and are even more important today.

You may think that safe walking is fundamental and common sense but thanks to inattentive pedestrians and distracted drivers, walking safely has become a topic worthy of attention, especially for seniors. Taking a moment to become aware of walking safety tips is an investment that can save your life!

CAUSE FOR CONCERN:

SENIOR PEDESTRIAN FATALITIES ON THE RISE

The senior population is increasing rapidly as 8,000 baby boomers in the United States will turn age sixty-five daily, until 2030. As the number of senior pedestrians grows so does the number of senior pedestrian fatalities.

*The number of pedestrians killed by cars in New Jersey spiked in 2014 according to a New Jersey State Police report. Of the 563 people killed on New Jersey roads, 169 were pedestrians, up 28% from 2013. **Roughly half of those victims were older than fifty.***

Walking is fundamental to a senior’s lifestyle. Seniors have been walking in some capacity and varying distances all their lives. For seniors in cities and walkable communities, it’s how they get around. For others, especially in suburban communities, walking is a free way to stay physically agile, mentally alert and enhance overall longevity.

Both senior pedestrians and the motorists they encounter play a part in the growing number of pedestrian fatalities. Many seniors do not pay attention and do not “look both ways before crossing” as they step off the curb or traverse shopping center parking lots. Without realizing it, they run the risk of being hit by a driver that may be distracted and cannot stop their vehicle in time.

SIMPLE SAFETY TIPS CAN SAVE YOUR LIFE

Being a “pro-active pedestrian” and following a few common sense walking safety tips can help seniors stay safe and avoid becoming next year’s statistics:

- ▼ **Wear Bright Colored Clothing, especially at night.** Stay safe by being seen. Wearing a bright colored hat, jacket or scarf can help you be more visible to motorists. Adding a piece of

reflective material or tape to your clothing is also helpful and just could save your life!

- ▼ **Keep Alert.** Look right, look left and look right again before stepping off the curb.
- ▼ Make “eye contact” with the driver before crossing in front of a vehicle to be certain that he or she sees you and is slowing down. Watch for turning vehicles.
- ▼ **Cross only at the crosswalk or corner.** Improper crossing or jaywalking is against the law in New Jersey. In addition to risking your life, you could be fined \$54.
- ▼ Walk on the sidewalk. Sidewalks are where it’s safe to walk. If there is no sidewalk, walk facing traffic so you can see oncoming traffic and motorists are better able to see you.
- ▼ Use the Buddy System. Walk and cross with others when possible. A group of people is more visible to a motorist than a solo pedestrian.
- ▼ When possible, avoid bad weather and walking at night when visibility is diminished. If you do walk at night or in bad weather, wear bright or reflective clothing or carry a flashlight to be more visible to motorists.
- ▼ Obey the “Walk” and “Don’t Walk” signals. Know when it’s safe to cross by watching the walking signals at crosswalks. A newer style of “walk and don’t walk” signals has a countdown clock that displays the number of seconds that remain to safely cross the street.
- ▼ Be prepared for walking. Consider the timing and effects of your medications. Before heading out for a walk make certain that you are feeling alert and not experiencing any drowsiness or discomfort that may affect your walking and stamina.
- ▼ Wear comfortable shoes for better balance and support.
- ▼ A hat and sunglasses shield you from glare and help to see the sidewalk clearly.
- ▼ If you use a cane or walker be certain to bring them with you on your walk.

Walking in an era when distracted drivers abound requires seniors to be alert, in the moment and pay attention to their surroundings while crossing the street and walking in parking lots. It’s vital for their well-being that seniors walk as responsible pedestrians, adhere to safe walking practices and not assume that drivers can see them.

Walking really is fundamental and common sense when you walk safely!

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Judy Bortman is Marketing Specialist & Senior Pedestrian Safety Educator, TransOptions, Inc.



Thanks for Everything, Mom

Words from a grateful daughter **By Mary Kathryn Hunter***

In celebration of Mother's Day, I would like to share with you the following, which was written by my daughter, Mary Kate, when she was fourteen. She is now 26. Thanks for Everything, Mom!

Thank you...

...for always giving me a second chance.

...for telling me to read the fine print before I sign anything.

...for not taking the training wheels off until I asked.

...for smearing suntan lotion all over my face.

...for waking up with me on Christmas mornings – at 5AM!

...for always including me in the conversation at the dinner table.

...for organizing the weekly card games – especially Uker!

...for being the BEST Girl Scout leader!

...for instilling the spirit of helping others in the community, which I still follow today.

...for waiting up for me when I went out with my friends, even though you were exhausted!

...for not buying me everything I asked for.

...for making me wear my seat belt.

...for letting me stay up late to watch the end of the movie.

...for watching horror movies with me.

...for not finding me within the first few seconds when we played hide and seek.

...for reading my favorite books – over and over. That's why I love books today and why I am a writer.

...for all of the GREAT birthday parties.

...for letting me stay home from school when I was only a little sick.

...for not letting “everyone’s doing it” be a good enough reason.

...for the “picnic” lunches in the living room, especially when it was snowing outside!

...for never saying “You ask too many questions”.

...for always stopping what you were doing to pay attention to me when I needed to talk to you.

...for warm clothes right out of the dryer.

...for thinking that the flowers I picked were just as beautiful as the ones in the florist shop.

...for saving ALL the cards I made you from every occasion!

...for encouraging me in my art and writing pursuits, and for saving ALL of my artwork and writings.

...for always extending an invitation to my friends for dinner or to stay overnight.

...for the DELICIOUS homemade chocolate chip cookies!

...for introducing the classics to me – in music, movies, dance and art.

...for taking me to all of the dance and art classes.

...for showing me I was wrong when I insisted there was nothing to do on a rainy day.

...for making snowmen, igloos and snow angels with me.

...for all of the wonderful hikes through the woods.

...for letting me know that I can call you anytime if we ever need anything.

For all of you Moms out there – whether you have small children, children in college, or adult children who may have their own children, just remember that the memories you create with your children will be remembered – for years to come!

**Additional Comments by: Helen Hunter, ACSW, LSW*



IT'S HAPPENING HERE

Senior Center Activities

GET INVOLVED!

By Bonnie Liebowitz, Director, Monroe Twp Senior Center

Have you recently visited your local Senior Center? Have you become aware of all the diverse interactions and opportunities they offer? They are not just a place for a stereotypical view of elderly seniors playing bingo or cards, although, there is nothing wrong with participation in these activities. The Senior Centers of today offer many diverse opportunities to become engaged and stay engaged in educational, social, wellness and supportive activities as well as offering an avenue for volunteerism and community involvement. It is a place where people can go, feel a part of their community and engage in activities that perhaps they did not have time to pursue during their working years or the years that they were raising their children. It allows everyone to stay connected to others, make new friends and find a “niche” in which they are comfortable. It is a place to be entertained by a country singing group, an Elvis look alike, or celebrate a holiday such as St. Patrick’s Day. They may even attend a Thanksgiving Dinner on Thanksgiving Day so they do not have to spend the day alone. Or, how about participating in a “Senior Prom?” People may participate in dancing classes, cooking classes, or sing in a chorus and present their talents to their township residents.

Senior Centers are also a very important resource for gathering of information and provide many social service needs, such as one-on-one counseling by a social worker, income tax preparation through volunteers such as AARP or help to find and provide resources for financial assistance for home heating, home care, long term care facilities and grants for hearing aids or glasses. Seniors may

need help with food shopping or need assistance in filling out forms that may offer them county and state entitlement programs such as food stamps, or assistance in choosing a health care supplement. Centers may be a nutrition site and provide lunch for a very nominal fee. Senior Centers often offer support groups for Parkinson, Diabetes, Cancer, Low Vision, and Caregiving and assist people who are faced with chronic and difficult diagnosis knowing that their feelings are ones that are normal. Centers offers a safe haven for talking or listening to what others are feeling – a place to share their deepest emotions in a safe, confidential environment.

The face of the Senior Center is changing and while



they continue to offer programs for people in their seventies and eighties, there are many people who are living well into their "Roaring 90's," as well as the new wave of baby boomer seniors who may be caring for their grandchildren as well as their parents. They, too, need support to handle the maze of resources that may be available to assist them and their families. Senior Centers can certainly help provide those resources, both to the senior as well as to their adult children to help minimize the overwhelming feelings people have when caregiving and/or in crisis mode.

The younger senior is very busy and may be still working. They are looking for activities to engage in that promote wellness and good health and to stay informed about the world in which they live and participate. They want to have fun; they want to stay active and continue to be aware of how they can prevent memory problems, arthritis, balance issues by taking advantage of the variety of exercise programs that may be offered within the local Senior Center. There are many varieties of programs that will be attractive to various levels, interests and generations. Although limited, there may even be some nighttime and weekend programs to engage the working senior.

There are many retired adults who have many talents and find a new way to share those talents in the form of volunteerism. It could be a scientist who can offer expertise regarding climate change, or it can be an artist who can



help facilitate a class in water color, calligraphy, hand building pottery, ceramics, or photography. Classes may include poetry, creative writing, current events, reminiscence, and history regarding music, travel and the arts or a topic on the Revolutionary War or computer expertise and assistance. The topics are limitless and offer people an opportunity to share their knowledge and keep their minds sharp and aware.

Transportation to medical appointments, field trips to theatre, historic adventures, or other places of interest may be offered, providing the opportunity for aging adults to remain in their homes. This encourages independence and community involvement as well as promoting overall well-being in mind, body and spirit. Check out your local Senior Center. You just may be happy that you did!

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Ways to Stay Connected

Social media scams

Your kids or grandkids have been encouraging you to get online. “Get a Facebook account so you can see all our recent vacation pictures, Grandma.” “Hey Dad, have you checked out twitter, you can get your news there!”

Well, as with everything in life, there are positives and negatives to social media. This statement is not meant to scare you or tell you to reconsider joining a social media site, but rather to advise you to be careful when you do “get online.”

Why and how do you need to be careful? The reason to use caution is that just as with phony emails, letters and calls, scammers have found a way to use Facebook to scam you, too.

The most direct danger is that when someone runs a Facebook page, it can give them the ability to collect data if you “like” or “share” posts from their page. They can also access your data by

spreading computer viruses from external links in posts. These viruses allow them to access your account, your computer and thus your personal data.

What you need to know is that you should always be cautious when interacting on Facebook. If you don’t directly know the person sharing a post or asking you to like a page, then don’t do it. Before sharing a photo of a missing person or kid with cancer, research that it is a legitimate story. Also be careful when clicking on links that take you to a page outside of Facebook; this is especially true of quizzes. It’s also the case with videos – only watch videos from trusted sources. And if you click on a video and it asks you to update your media/video player, be careful, this could be away to spread a virus.

The same goes for offers for free products or posts that say “share this post to win a trip”. Some contests and giveaways are real, but for the most part, follow the “if it’s too good to be true, it probably isn’t” rule. In addition to free offers, the folks telling you that you’ve won a foreign lottery have also made their way to social media. Just like with the emails, calls or letters you get making this claim, it is fraudulent, do not send them any money.

You should also be careful of what you share on Facebook. Don’t publicly post your phone number or address to Facebook. You will want to also use caution in giving your exact location or posting when you are leaving for a trip. Other people do it all the time, however, you might be giving a thief information he can use to rob your home while you are away.

What can you do to help? Well, if you see a post that seems suspicious, you can report it to Facebook. Hover your mouse over the top right corner of the post and click on the arrow and then select “Report post.” This will alert Facebook to investigate. You can also contact the Better Business Bureau to report any fraud or scams related to businesses using social media - <http://www.bbb.org>.

And as always, if you have been threatened, harmed or been the victim of a scam or fraud, contact your local authorities. This could also safe guard others.

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The Blame Game

It's too easy to play **By Scott Guerin, PhD**

At one time in my life I lived in a 200 year-old Greek revival house that was perfectly square, with four cosmetic chimneys on each corner of the roof, and eaves that hung over all four sides. The entire house was wooden and so the eaves were an appealing architectural feature they created homes for insects. One spring I noticed more than the usual number of the flying vermin around and became concerned since the house was wood; now it was not only my home, it was a live-in restaurant for my fellow inhabitants.

The exterminator came and treated both inside and outside of the house. When finished, he said we wouldn't be bothered by them again. Also, and with a dramatic pause, he said, "Even though you may get a hint of an odor, don't worry because the chemicals are harmless...well to humans anyway," he added with a chuckle.

"Are you sure?" I asked. "We have young children and their bedroom is no too far from the treated site." The "bug man," as my kids aptly named him, said "You have no idea how many follow up calls I get...my husband has a headache, my son can't sleep, my dog has the fleas ALL BECAUSE you sprayed our house!" This must have been a big deal to him because he became very agitated and by the time he finished this statement his voice was significantly higher than before. Again he repeated "You have no idea!" then turned and walked to his truck.

This incident always gets me thinking about why we have a propensity to look to blame. And, why it feels good to place our fear, anger, or frustrations on someone or something else. It's like having a huge weight on our shoulders and when the first opportunity to unload comes along, we let it rip. Or like a heat-seeking missile, we look for a viable target to lock on to. And somehow it feels better to talk with others that share our disdain for someone or something that is the cause of, or *may* be the cause of our problems.

Obviously, politics and religion are typical subjects people look to complain about and ruminate over what some group did, what "idiotic" statement was made, or how much better things would be if they were different. However, keep in mind there can be detrimental effects of staying too angry too long. Health care experts have been telling us for years that anger and stress can lead to physical ailments and weakened immune systems. An ancient Eastern saying conveys similar advice, "Holding on to anger is like picking up a hot coal to throw at someone; you are the only one who gets burned."

So the next time you're drawn into a heated discussion about how this person or that situation is the cause of your unhappiness, remember the focus of your anger could be misplaced because you have been sucked in to playing...The Blame Game!

Hey, man, don't blame me...

The search for a scapegoat is the easiest of all hunting expeditions.

Dwight D. Eisenhower

When in doubt about who's to blame, blame the English.

Craig Ferguson

There is solace and a certain stoical peace in blaming everything on the rain...Because nothing can be done about the rain except blaming. And if nothing can be done about it, why get yourself in a sweat about it?

Ken Kesey

Stop pointing fingers and placing blame on others. Your life can only change to the degree that you accept responsibility for it.

Steve Maraboli

Neither blame or praise yourself.

Plutarch

If you reveal your secrets to the wind, you should not blame the wind for revealing them to the trees.

Kahlil Gibran

I never blame myself when I'm not hitting. I just blame the bat and if it keeps up, I change bats. After all, if I know it isn't my fault that I'm not hitting, how can I get mad at myself?

Yogi Berra

I praise loudly. I blame softly.

Catherine the Great

To err is human. To blame someone else is politics.

Hubert H. Humphrey



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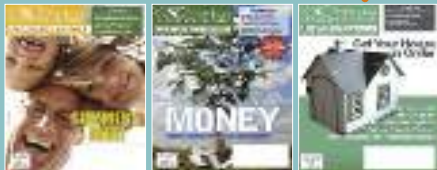
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(609) 261-1000

CAMDEN COUNTY
Camden County Board
of Social Service
(856) 225-8800

CAPE MAY COUNTY
Cape May County Board
of Social Services
(609) 886-6200

CUMBERLAND COUNTY
Cumberland County Board
of Social Services
(856) 691-4600

ESSEX COUNTY
Essex County Dept
of Citizen Services
Division of Welfare
(973) 733-3000

GLOUCESTER COUNTY
Gloucester County Board
of Social Services
(856) 582-9200

HUDSON COUNTY
Hudson County Dept
of Family Services
Division of Welfare
(201) 420-3000

HUNTERDON COUNTY
Hunterdon County
Division
of Social Services
Division of Welfare
(908) 788-1300

MERCER COUNTY
Mercer County Board
of Social Services
(609) 989-4320

MIDDLESEX COUNTY
Middlesex County Board
of Social Services
(732) 745-3500

MONMOUTH COUNTY
Monmouth County
Division
of Social Services
(732) 431-6000

MORRIS COUNTY
Morris County Office
of Temporary Assistance
(973) 326-7800

OCEAN COUNTY
Ocean County Board
of Social Services
(732) 349-1500

PASSAIC COUNTY
Passaic County Board
of Social Services
(973) 881-0100

SALEM COUNTY
Salem County Board
of Social Services
(856) 299-7200

SOMERSET COUNTY
Somerset County
Board
of Social Services
(908) 526-8800

SUSSEX COUNTY
Sussex County
Division
of Social Services
(973) 383-3600

UNION COUNTY
Union County
Division
of Social Services -
Elizabeth
(908) 965-2700

WARREN COUNTY
Warren County
Division of
Temporary
Assistance
and Social Services
(908) 475-6301

SHIP

State Health Insurance Assistance Program – 800-792-8820

LOCAL OFFICES:

ATLANTIC COUNTY
Division of Intergenerational Services
888-426-9243

BERGEN COUNTY
Bergen County Division
of Senior Services
201-336-7413

BURLINGTON COUNTY
RSVP
Burlington County
Community College
609-894-9311 ext. 1494

CAMDEN COUNTY
Camden County Division
of Senior and Disabled
Services
856-858-3220

CAPE MAY COUNTY
Cape May County
Department on Aging &
Disability Services
609-886-8138

CUMBERLAND COUNTY
Cumberland County Office
on Aging & Disabled
856-459-3090

ESSEX COUNTY
Newark Day Center
973-643-5710

GLOUCESTER COUNTY
Senior Corps, Gloucester
County College
856-468-1742

HUDSON COUNTY
Hudson County Office on
Disability Services
201-369-5280, Press 1,
then Ext. 4258

HUNTERDON COUNTY
Hunterdon County Division
of Senior, Disabilities
& Veterans' Services
908-788-1361

MERCER COUNTY
Mercer County
Family Guidance Center
Corp
609-924-2098 Ext. 16

MIDDLESEX COUNTY
Middlesex County Office of
Aging & Disabled Services
732-745-3295

MONMOUTH COUNTY
Family & Children's
Services - RSVP
732-728-1331

MORRIS COUNTY
Skylands RSVP
Volunteer Resource
Center
NORWESCAP, Inc.
973-784-4900 Ext. 208
or SHIP Ext. 3501

OCEAN COUNTY
Office of Senior
Services
800-668-4899

PASSAIC COUNTY
Passaic County
Division of Senior
Services, Disability
and Veteran's Affairs
973-569-4060

SALEM COUNTY
Salem County Office
on Aging
856-339-8622

SOMERSET COUNTY
Somerset
County Aging &
Disability Services
908-704-6319

SUSSEX COUNTY
Sussex County
Division of Senior
Services
973-579-0555
Ext. 1223

UNION COUNTY
SAGE Eldercare
908-273-6999

WARREN COUNTY
Warren County
Dept. of Human
Services - Division
of Aging &
Disability Services -
Aging & Disabilities
Resource
Connection (ADRC)
908-475-6591



You and Your Dentist

A Healthy Partnership **By Jeffrey Bramnick**

Have you ever walked out of a dentist's office wishing you had asked the dentist or the staff something? Or, maybe you didn't understand something the dentist said, or something the orthodontist told you about your child's oral health.

One of the most important things you can do to ensure great oral health care is to develop a good relationship with your dentist. You'll be more relaxed when you realize you can ask any question of the dentist or the staff. This includes your queries about treatment, pain, and cosmetic dentistry.

UNDERSTAND THE PROBLEM

A good initial question to ask is whether or not there is a problem. If there is a problem, make sure you understand it and its implications.

For instance, you should ask about the implications should you allow the problem to go untreated. And you should ask what treatment options are available for your

problem. It helps to write down your questions ahead of time and take notes when talking with your dentist. This will ensure that you and your dentist are on going to be on the same page.

SEEING A SPECIALIST

Some problems call for a specialist. Your regular dentist can tell you whom he/she recommends and why. Different specialists raise different questions. What if you are facing oral surgery? You might ask the surgeon about the type of anesthesia he/she will use for your procedure, or which reconstruction methods are available in your case.

It is always wise to ask any specialist about options for any type of surgery, healing time, and your chances for a good result. If a second opinion might make you more comfortable with a procedure, your dentist is a good source of advice.

This article originally appeared at: <http://oralhealth.deltadental.com>

THE HEALTHY SNACKER LIST

Carry these snacks with you when you go out and you won't be tempted by less healthy options like candy bars.

Cut-up vegetables. Carrot and celery sticks are traditional, but consider red or green pepper strips, broccoli florets, or cucumber slices.

Cut-up fruit makes a great snack. Either cut up the fruit yourself, or if your budget allows, buy pre-cut packages of fruit pieces like pineapples or melons.

If chewing is not a problem for you, try dried fruits - raisins or dried apricots. They are easy to carry and store well. Because they are dried, 1/4 cup is equivalent to 1/2 cup of other fruits.

Top plain, fat-free or low-fat yogurt with berries or slices of kiwi fruit.

Spread peanut butter on apple slices or celery sticks.

Try whole fresh berries or grapes.

Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.

Spread peanut butter or low-fat cream cheese on whole wheat toast or rice cakes.

Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.

Have an ounce of reduced or low-fat cheese with some 100% whole-grain crackers.

If you want some nuts or chips, don't eat from the bag. Count out a serving, and put the bag away.

BERGEN

Aging in Place

Counselors can help review your options **By Ron Romano**, *Certified Reverse Mortgage Counselor, County of Bergen*

As a HUD Certified HECM (aka Reverse Mortgage) Counselor working within the Bergen County Area Agency for Aging, I'm in a unique and rewarding position to be involved in a senior's well-being, and help them along the road to Aging in Place.

It's a simple term but a HUGE idea. In its basic form it's a choice made by seniors to remain in their homes for as long as possible because the care and support they need – once only accessible in health and aging facilities, is now available at home!

Aging in Place is a cooperative effort. Whether a Geriatric Care Manager, Home modifier or Reverse Mortgage Counselor, you think (I know I do) that you can make a difference in someone's life...you can make their life a bit better and help people meet their later life dreams and expectations.

Aging in Place is the merge of businesses, federal government, local government, the for-profit sector and non-profit sector to provide a better life for people. It involves housing (my function), healthcare, finance, transportation, food and the organization of one's everyday affairs. It includes advice, education, empathy and a little hand holding for your fellow man.

The purpose of my counseling is integral to the entire aging in place process. It identifies and taps the source of funds available from their residences to help seniors implement their stay at home plans and to prepare some kind of schedule where property taxes and home health care are paid. But counseling is only a part of this agency's and industry's task to formulate as a family, community and nation the simplest, clearest structure for an approach to aging in place. There is no reason aging in place should not be as familiar a part of the national dialogue as Facebook and football.

We need to motivate our residents to plan to age in place instead of only considering it for crisis management. We need to emphasize to our community the dividend of their longevity as opposed to denying the process of aging.

To learn more or for assistance, please contact your County Office on Aging. See page 25 for a listing.

Verizon New Jersey

COMMUNICATIONS Lifeline

**KEEPING THE
LINES OF
COMMUNICATION
OPEN FOR YOU
& YOUR FAMILY**



What are the Benefits of COMMUNICATIONS Lifeline

Under the **Communications Lifeline program**, Verizon NJ residential telephone customers may be eligible to receive free or discounted local telephone service. **Communications Lifeline program participants can receive:**

- Discounted flat rate residential phone service including touch-tone service
- Additional optional features such as caller ID or three-way calling

How do you apply?

All you need to do is call NJ SHARES at
1-888-337-3339 or log onto **www.njshares.org**

COMMUNICATIONS Lifeline



HELP IS HERE

New Jersey County Offices on Aging

For Senior Services and Information About Programs in Your County

Atlantic: 609-645-7700 x 4700
Bergen: 201-336-7400
Burlington: 609-265-5069
Camden: 856-858-3220
Cape May: 609-886-2784/2785
Cumberland: 856-453-2220/2221
Essex: 973-395-8375
Gloucester: 856-384-6900
Hudson: 201-271-4322
Hunterdon: 908-788-1361/1363
Mercer: 609-989-6661/6662
Middlesex: 732-745-3295

Monmouth: 732-431-7450
Morris: 973-285-6848
Ocean: 732-929-2091
Passaic: 973-569-4060
Salem: 856-339-8622
Somerset: 908-704-6346
Sussex: 973-579-0555
Union: 908-527-4870/4872
Warren: 908-475-6591
State Hotline: 1-877-222-3737

You may also get all office web addresses at:
www.njfoundationforaging.org/resources.html

NJ Adult Protective Services Agencies

To Report Abuse or Neglect Call the Office in Your County

Atlantic: 1-888-426-9243
Bergen: 201-368-4300
After Hours: 1-800-624-0275
Burlington: 609-518-4793
Camden: 856-225-8178
Cape May: 609-886-6200
Cumberland: 856-453-2223
Essex: 973-624-2528 x135
1-866-903-6287 (90FOCUS)
Gloucester: 856-582-9200 or
856-256-2101
Hudson: 201-537-5631
Hunterdon: 908-788-1253
After Hours: 908-782-HELP
908-735-HELP
Mercer: 609-989-4346
609-989-4347
Middlesex: 732-745-3635
Monmouth: 732-531-9191
Morris: 973-326-7282
After Hours: 973-285-2900
Ocean: 732-349-1500
After Hours: 732-240-6100

Passaic: 973-881-2616
After Hours: 973-345-2676
Salem: 856-339-8622
Somerset: 908-526-8800
After Hours: 1-800-287-3607
Sussex: 973-383-3600
Union: 908-497-3902
Warren: 908-475-6591

**You can also call
211**

24 hours a day, 7 days a week

Statewide APS Program Administration
NJ Division of Aging & Community Services
P.O. Box 807
Trenton, NJ 08625-0807
1-800-792-8820

Website:

www.state.nj.us/humanservices/doas/services/aps

Web Sites and Other Resources

Who to Call, Where to Go and What to Look For

FINANCIAL LITERACY RESOURCES

Financial Literacy: Important for Everyone!
www.360financialliteracy.org

INFORMATION ON INVESTING WISELY

www.finra.org/investors • www.sec.gov/investor
www.choosestosave.org • www.wiserwomen.org

CONSUMER PROTECTION

Office of Consumer Protection, Division of Consumer Affairs,
 P.O. Box 45025, Newark, New Jersey 07101 800-242-5846, or
 973-504-6200 www.njconsumeraffairs.gov

FIGHT SENIOR FRAUD

Senior Fraud Education and Protection Program, Division of
 Consumer Affairs, State of NJ Toll-free hotline 1-877-746-7850

THE FEDERAL TRADE COMMISSION

Federal Trade Commission (FTC) www.consumer.gov
 Federal Trade Commission Consumer Response Center
 600 Pennsylvania Avenue, NW Washington, DC 20580

STOP TELEMARKETING CALLS

www.donotcall.gov or 1-888-382-1222

STOP JUNK E-MAILS

Forward unsolicited commercial email (spam), including
 phishing messages, directly to the FTC at: spam@uce.gov.
 These messages aid law enforcement agencies.

HOUSING COUNSELING

NJ Home and Mortgage Finance Agency – Help for home
 owners, renters and first time home buyers. Deal with afford-
 able housing, mortgage and foreclosure counseling, etc.
<http://www.state.nj.us/dca/hmfa/index.shtml>

LEARN ABOUT SCAMS

www.lookstoogoodtobetrue.com is a web site sponsored by
 United States Postal Inspection Service and the FBI can be used
 to read about scams and information on how to protect yourself.

PROPERTY TAX REIMBURSEMENT

1-800-882-6597
<http://www.state.nj.us/treasury/taxation/ptr/geninfo.shtml>

CREDIT REPORTS

<https://www.annualcreditreport.com/index.action>
 877-322-8228
 Annual Credit Report Request:
 PO Box 105281 Atlanta, GA 30348

RUTGERS COOPERATIVE EXTENSION

Find your County Office and learn about the Master Gardener
 Program and other agriculture news and information.
njaes.rutgers.edu/extension/

NJ ANTI-HUNGER COALITION

Find a local food bank/pantry. Learn about volunteer and
 advocacy opportunities. <http://njahc.org/>

SOCIAL SECURITY ADMINISTRATION

Learn about retirement, disability and survivor benefits, apply
 on line and find answers to Social Security questions.
<http://www.ssa.gov/>

MEDICARE

Learn about Part A, B, C and D. Research plans and get answers
 to benefit questions. Get enrollment information.
<http://www.medicare.gov/>

STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)

Find your local office for assistance with applying for and
 understanding your different health insurance options.
<http://www.state.nj.us/humanservices/doas/services/ship/>

NJ HELPS

Visit this site to determine if you are eligible for benefit pro-
 grams such as SNAP (Food Stamps) or NJ Family Care
 (Medicaid). <http://www.njhelps.org/>

NJ ONE APP

Visit this site to apply for benefit programs such as SNAP (Food
 Stamps) or NJ Family Care (Medicaid).
<https://oneapp.dhs.state.nj.us/>

NJ SHARES

To find help with utilities such as energy, phone and water.
<http://www.njshares.org/>

NJ DEPARTMENT OF COMMUNITY AFFAIRS ENERGY ASSISTANCE

To get information about LIHEAP, Universal Service Fund and
 Weatherization program.
<http://www.state.nj.us/dca/divisions/dhcr/offices/eap.html>

NJ 211

A place to turn when you need to find state or local health and
 human service resources to address urgent needs or everyday
 concerns - Free; Confidential; Multi-lingual; TTY accessible;
 Available 24/7
<http://www.nj211.org/>

NAVICORE

A Garden State Consumer Credit Counseling organization, a
 non-profit, financial management, housing counseling, social
 service agency.
<http://www.novadebt.org/>

PHARMACEUTICAL ASSISTANCE TO THE AGED AND DISABLED (PAAD)

See if you are eligible for PAAD or Senior Gold, learn to apply:
<http://www.state.nj.us/humanservices/doas/home/paaddetail.html>

OUT AND ABOUT IN NEW JERSEY



With so much history in New Jersey, you might want to check out some of these fascinating historical sites..

Grover Cleveland Birthplace

207 Bloomfield Avenue, Caldwell NJ
(973) 226-0001

Visitors are encouraged to call ahead for site hours. Reservations are required for all groups of 10 or more people. Admission is free. Consider stopping by for our Annual 4th of July Ice Cream Social, from 1PM to 4PM.

http://www.state.nj.us/dep/parksandforests/historic/grover_cleveland/gc_home.htm

The Walt Whitman House

330 Mickle Boulevard, Camden NJ
(856) 964-5383

Open: Wednesday through Saturday: 10AM to noon, 1PM to 4PM and Sunday, 1PM to 4PM. Call in advance to reserve a tour.

<http://www.state.nj.us/dep/parksandforests/historic/whitman/visit.html>

Washington Crossing State Park

Visitor Center/Museum
355 Washington Crossing-Pennington Road
Titusville, NJ
(609) 737-9303

Open daily 8AM to 4:30PM. Visitors Center Museum: Open daily 9AM to 4PM. Consider attending a lecture on the story of the American Flag. Sunday June 14, 2:00PM. Stanley Saperstein will perform a one man presentation as Francis Hopkinson, New Jersey signer of the Declaration of Independence. Park vehicle entrance fee applies.

<http://www.state.nj.us/dep/parksandforests/parks/washcros.html>

Batsto Village & Wharton State Forest

31 Batsto Road, Hammonton, NJ
(609) 561-0024

Consider taking a Guided Canoe Tour – Memorial Day Weekend through Labor Day Weekend. Call for the schedule and reservations (609) 567-4559.

<http://www.batstovillage.org/>

Island Beach State Park

Central Ave., Seaside Park, NJ
(732) 793-0506

Hours: 8AM to dusk, Saturday, Sunday and holidays (from Memorial Day to Labor Day) 7AM to dusk. Fees vary based on date and residency. Entrance fees are charged per vehicle from Memorial Day weekend to Labor Day. While you're there, go fishing, walk the trails or just take in a picnic on the beach.

<http://www.islandbeachnj.org>

New Jersey Foundation for Aging's mission is to support innovative services that allow older adults to live in their communities with independence and dignity.



The New Jersey Foundation for Aging (NJFA) was established in 1998 as a public charity to raise public awareness on aging issues and the need to increase funding for community programs that serve NJ's growing senior and caregiving residents. NJFA does this by:

- ▼ Promoting public policy for aging well in NJ.
- ▼ Helping people age well and promoting more age-friendly communities.
- ▼ Advocating strategies for sustainable change and access to services.
- ▼ Fostering conversations with stakeholders and advocates.

Visit www.njfoundationforaging.org for these resources and more:

- ▼ *Renaissance* magazine online – its just one of the educational and outreach tools NJFA uses.
- ▼ Every episode of the Aging Insights TV show
- ▼ Links To your County's Aging Services
- ▼ Donate Online At NJFA's website. It's easy and secure!

Or make a donation and provide us with your contact information below.

Grace Egan
Executive Director

Melissa Chalker
Program Manager
Renaissance Managing Editor

YOUR DONATIONS MAKE A DIFFERENCE

Please complete this form and mail to: NJ Foundation for Aging, 145 West Hanover Street Trenton, NJ 08618

I would like to make a gift of:

- \$25
 \$50
 \$100
 \$250
 Other \$ _____

I would like this gift to be in memory/honor of:

I would like my gift to be anonymous.

Please contact me to discuss other giving opportunities.

Please add me to the *Renaissance* magazine mailing list.

Name

Address

City

State

Zip

Phone

Email

The New Jersey Foundation for Aging is a tax deductible organization. The IRS ID number is 22-3569599

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Titusville, NJ
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<http://www.islandbeachnj.org>