Edison Township
Department of Health & Human Services
Division of Senior Citizen Services

Calendar of Events
For May 2019

Edison Senior Citizen Services
2963 Woodbridge Ave., Edison, NJ
732-248-7345
Official Website: www.EdisonNJ.org
Email: seniors@edisonnj.org

Mayor Thomas Lankey    Municipal Council
Jay P. Elliot, Director of Health & Human Services
About Town

20 Mile “Experience Edison/Metuchen” Mayor’s Bicycle Tour
Sunday, May 19, 2019

Join in on the fun as you cycle your way through Edison and Metuchen during the 20 Mile annual Mayor’s Bicycle Tour 2019. The bike tour will begin from the Edison Municipal Complex at 9:00 a.m. and will end at approximately 1:00 p.m. at the same location.

Registration cost is $10 and includes: 2019 Bike Tour T-Shirt (available to the first 150 riders to pre-register), Pre-Registration is available now through the Edison Recreation Department and at the Municipal Building beginning at 8 am on the day of the event.

All participants must wear a bicycle helmet. Children under 10 must be accompanied by an adult. A support vehicle for injured or tired riders will be available. For further information or A.D.A. concerns please call the Edison Recreation Dept at 732-248-7312 or visit http://www.edisonnj.org/Bike%20Tour%202019.pdf to download an application.

Sunday, May 26, 2019  Edison Township Memorial Day Parade

Bring your lawn chairs and join your friends and neighbors at Edison’s Annual Memorial Day Parade on Sunday, May 26th at 12 noon which will be held in honor of our fallen heroes. Once again, the parade will feature a "Most Patriotic” Bike Decorating Contest for youngsters.

The parade will take place in the Stelton section of the Township beginning at Division St. on Plainfield Ave and traveling up Plainfield Ave to Oakland Ave where there will be refreshments for all participants at American Legion Father & Son Post 435 on Oakland Avenue.

Edison’s 29th Annual Family Day    Sunday,  June 23, 2019  11 a.m. – 3 p.m.

Edison Family Day is designed to bring families and Edison residents together for a day filled with fun, food, games and health information. Stop by and say hello to the members of the Edison Health Department, and other community participants on Sunday, June 23 from 11 a.m. to 3 p.m. at New Jersey Convention Center located at 97 Sunfield Ave, Edison.

A required donation of $5 per person entitles guests to free food, rides, exhibitions and games throughout the day.
Edison Farmers Market Returns Sunday, June 16th, 2019

Once again, the Edison Farmers Market will bring fresh fruits and vegetables to Edison. The market will open on Sunday, June 16, 2019 and is located in the parking lot of the Jade Dynasty Chinese Restaurant on Amboy Avenue. The market will be open every Sunday through November 24th from 8:00 am until 2 pm.

Please visit the market and support local Jersey vendors who will offer such items as fruits, vegetables, bakery items, plants and much more. The Edison Farmers Market participates in the Jersey Fresh senior farmers market voucher program.

Senior Farmer’s Market Voucher Program Enrollment to Begin May 6

The Edison Senior Center will enroll a limited number of eligible residents in the Senior Farmer’s Market program on a first come/first serve basis. Single applicants will receive $25 in $5 vouchers while couples will receive $50 in $5 vouchers. Participants will be required to return to the senior center on Thursday, July 11 between the hours of 10am and 12pm to receive their vouchers.

All applicants must provide the following information at enrollment:

1) **Proof of Income for ALL Family Members in the Home:**
Documents accepted: income tax return/pay stub or social security benefit form, Food stamp/SNAP card or Medicaid Card

2) **Proof of Identity and Residency:**
Documents accepted: Driver’s License, utility bill, birth certificate, phone bill, Edison Senior ID card NJ Non-Driver ID card.

Were you aware that the following local pharmacies offer home delivery of medications and pharmacy items:

- Bell’s Drugs
  Route 27, Edison
- Boyt Drugs
  Main St, Metuchen
- Devine’s Pharmacy
  Oak Tree Road, Edison
- Edison Pharmacy
  Woodbridge Ave., Edison
- Kennedy Pharmacy
  Lincoln Highway, No. Edison
- Loving Care Pharmacy
  Rt 27, So. Edison
Pet Ownership and Older Adults

A new poll of 2,051 Americans age 50—80 has found that your furry friends can make you happier and healthier. Other studies have shown that 15 minutes of bonding with an animal sets off a chemical reaction in the brain lowering levels of the fight-or-flight hormone, cortisol, and increasing levels of the feel good hormone serotonin. The result: heart rate, blood pressure and stress levels drop. Over the long term it has been found that pet and human interactions can lower cholesterol levels, fight depression and may even help protect against heart disease and stroke.

According to the 2019 University of Michigan National Poll on Healthy Aging, 55% of Americans 50-80 own at least one pet and the majority felt aging was easier, both physically and mentally, because of their pets. The poll asked older pet owners if their animal companions helped with stress, energy levels, sense of purpose and more. Pets also ward off feelings of loneliness which in and of itself is hazardous to your health. Pets can also improve lifespans by keeping their owners physically active at a time where it is easy to become sedentary.

The poll results included these responses:
- 88% responded that pets help them enjoy life
- 86% responded that pets make them feel loved
- 79% responded that pets reduce their stress
- 73% felt pets provide a sense of purpose
- 65% felt pets helped them connect with other people
- 64% felt their pets helped them stay physically active
- 62% found their pets helped them stay with a routine
- 60% found their pets helped them cope with physical and emotional symptoms that come with health issues

Thinking of adopting a pet? Keep in mind that pet ownership comes at a cost of approximately $500 to $800 a year. Senior dogs and cats are better for older adults because they are calm, quiet and less maintenance. Cats make a good companion because they do not need to be walked and can be left alone with enough food, water and a clean litter box for several hours or a weekend. Small dogs that can be crate trained and able to use pee pads are also a good option.

There are also risks related to pet ownership. Over 86,000 people end up in the emergency room every years because of falls related to their dog or cat and these fractures can be devastating to older adults. Life can be isolating as we age and the death of a beloved pet can contribute to stress and depression.

Of course, owning a pet is not for everyone. Cost, allergies, limited mobility and the responsibility of pet care may not be a fit for some older adults. You know yourself better than anyone so review the pros and cons of pet ownership before making your final decision.
Calendar of Events

Let’s Give a Big Welcome to our Newest Club Member!

Clara Barton: Mary Darnowski, Ruth Ann Allen
Line Dancing Josefa Ricamara, Mala Varma, Shu Yun Tan, Mang Xu, Lineth Wright

AARP Defensive Driving Class  Wednesday, May 8 and Wednesday, May 15, 2019

The Edison Senior Citizen Center will host the AARP Defensive Driving Class on Wednesday, May 8 and Wednesday, May 15 from 9 a.m. to 12 p.m. Cost is $15 for AARP members and $20 for non-members payable by check or money order addressed to AARP on the first day of class. Registration is required and class is open to all valid licensed NJ drivers regardless of age. Our next class will take place on Wednesday, June 12 and Wednesday, June 19 from 9 a.m. to 12 p.m. For additional information or to register for classes, please contact the Edison Senior Citizen Center at 732-248-7345. A minimum of 10 registered participants is required for the class to be held.

Join us for the Senior Citizen Prom  Thursday, May 9, 2019

The Edison High School Student Council is proud to announce that they will once again sponsor a “Senior Senior Prom” “Great Gatsby”, on Thursday, May 9, 2019, 5:00 to 9:00 pm in the Edison High School Cafeteria, Boulevard of the Eagles. The evening will include a dinner buffet, DJ and dancing. Semi-formal dress is requested, but not required.

Tickets for the event are available at the Edison Senior Center Office at a cost of $10 per person by cash or check. Transportation will be provided to and from the event. Please contact the Edison Senior Center at 732-248-7345 for additional information.

Donations Wanted

The staff of the Edison Senior Center is seeking your assistance in helping those less fortunate in our community. Donations of soda or beer can pull tabs will be collected for Ronald McDonald House in New Brunswick and non-perishable food items will be donated to Hands of Hope Food Pantry.
Last Tai Chi Class     Wednesday, May 22, 2019

Our last Tai Chi Class will take place on Wednesday, May 22, 2019. Classes will resume in Sept. 2019. Check our August calendar for the Fall start date. And thank you, Bob Maitland for all you do for our seniors!

Monday, May 27, 2019     Memorial Day Holiday

The Edison Senior Citizen Center will be closed on Monday, May 27th in observance of the Memorial Day Holiday. Transportation services will NOT be available.

We would like to extend a big thank you to all of our Senior Center members who have served in the armed forces.

90th Birthday Bash Preparation     Wednesday May 29, 2019

The Wednesday, May 29th Line Dance and Clara Barton Club Meetings have been cancelled in order to allow the staff to prepare for the Thursday, May 30th 90th Birthday Bash. Lunch will be provided by the nutrition program at 11:30 am. The Thursday, May 30th Oak Tree Club meeting is cancelled.

The Middlesex County 90th Birthday Bash Thursday May 30, 2019

The Edison Senior Center will once again host the Middlesex County 90th Birthday Bash on Thursday, May 30th from 11 a.m. to 1 p.m.

The bash is open to Edison residents as well as those from specific surrounding communities who are 90 years of age and a guest. Luncheon and dancing will be provided to all participants free of charge. Pre-registration is required. Transportation will be provided for Edison residents to and from the event. Please contact the Edison Senior Center at 732-248-7345 to register or for additional information.

Camelot at Edison Accepting Applications

Camelot at Edison announced 33 new affordable housing units are part of a 220 unit residential complex being constructed on Jackson Ave. in the Clara Barton section of town.

One, two and three bedroom units with central air, a dishwasher and washer/dryer should be available for rent in August. Other amenities include a playground, exercise room, pool and pet play area. Rent for the units range from $435 to $1435 per month dependent on household size and income. Rent does not include utilities.

Applications for the units will be selected by a random lottery number drawing. Applicants who apply prior to May 22 will join the Edison rental waiting list and will be eligible for the random drawing.

Application can be found at AffordableHomeNewJersey.com and must be submitted online.
Edison Senior Center to Host Two South Asian Support Groups

In many South Asian households caregiving is seen as a loving duty. For others, it is simply family tradition — expected with no questions asked and none needed. Often caregivers have found that caring for another person takes a lot of time, effort, and work done in addition to juggling the demands of a full-time job, parenting children and respecting cultural norms. It is not uncommon for caregivers to find themselves having to balance conflicting feelings of hope and purpose and anger, frustration and resentment in their role.

The Edison Senior Center, 2963 Woodbridge Avenue, in conjunction with BrightStar Home Care, will host two South Asian Support Groups; Coping With Aging South Asian Family Members and Caring for Your Aging South Asian Spouse.

Each support group will be an open forum which will allow participants an opportunity to voice specific needs and concerns related to caregiving. Participants will be able to share caregiving tips and resources while learning how to access services and programs available to them on a state, county and local level. We invite you to share your successes, your challenges, your ideas, needs and suggestions with other South Asian families caring for loved ones.

The Coping with Aging South Asian Family Member Support Group will meet monthly on the First Tuesday of the Month beginning Tuesday, May 7 from 6 to 8 pm and will be facilitated by Karen Hidalgo Castro, LCSW, MSW, MPH, Rehab. Social Worker from JFK Johnson Rehabilitation Institute.

The Caring for Your Aging South Asian Spouse Support Group will meet monthly on the Third Wednesday of the Month beginning Wednesday, May 15 from 2 to 4 pm and will be facilitated by Saswati Chakraborty, CSW, MBA, PMP, CDP, Case Manager at Monroe Village/Village Point Rehabilitation & Healthcare.

Additional volunteer professionals attending each session will be Reeta Aggarwal, CDP, Owner of BrightStar Homecare and Judi Gillingham, CDP, NJ SHIP Counselor, Assistant Director for Aging, Division of Senior Citizen Services, Township of Edison.

For directions to the Edison Senior Center or questions related to the South Asian Support Groups, please call the Edison Senior Center at 732-248-7345 Monday through Friday between the hours of 9am and 4pm.
Thursday, May 23rd, 2019

The Delaware Valley's oldest and largest flea market!
You can find just about anything -- clothing, furniture, cosmetics, toys, tools, food, plants, wallpaper, luggage, housewares, jewelry, and more! Thousands of items, all at a bargain! A shopping experience of browsing, bartering, and buying. There are many food vendors throughout the outdoor and indoor flea market!

Produce Row at the Columbus Farmers Market provides shoppers with fresh retail produce at wholesale prices. The three vendors at the Produce Row complex offer fruit, vegetables, eggs, fresh flowers, Italian delicacies and many unusual gourmet delicacies.

Stopping by the Amish Market is a MUST for every shopper at the Columbus Farmers Market! Don't miss the Amish Market!
Bringing authentic foods and retail items from Lancaster County, Pennsylvania, the Amish Market draws hundreds of shoppers from all surrounding areas.
Get roasted chickens and ribs from Stoltzfus Bar-B-Que.
Prezels and ice cream abound at Dutch Pretzels.
Handmade Amish crafts are at King's Crafts, tons of spices and dry foods are at Dutch Bulk Dry Foods. The Dutch Kountry Kitchen has yummy bakery selections. Riehl's Deli and Subs offer delicious meals. J & L Candy and Crafts satisfy your sweet tooth.

At the Columbus Flea Market you can shop indoors and outdoors.
There are multiple areas to sit and enjoy lunch.
This shopping excursion involves a lot of walking, so wear comfortable shoes.

Transportation is available to and from your home.
Seating is limited.
Please call the Edison Senior Center at 732-248-7345 to register for the Columbus Flea Market.
Registration deadline is Monday, May 20, 2019
Join Us for a Lunch Bunch Outing

The Lunch Bunch will travel to TGI Friday’s in Iselin on Thursday, May 30, 2019 11:30 am – 1:30 pm

Join us as we venture to TGI Fridays for this months Lunch Bunch where every day is Friday. Choose from Mozzarella sticks, buffalo wings, sliders, whiskey glazed chicken, or donut cheesecake just to name a few items on their menu.

TGI Fridays reputation as the best corner bar in town started in Manhattan in 1965—and it continues today right here in Iselin, where they have been serving up good times since 2015. Join us to enjoy the best local mix of food.

Transportation is available to and from your home to the restaurant. Seating is limited to the first 22 people with the option of a waiting list.

Please call the Edison Senior Center at 732-248-7345 to register for the Lunch Bunch.
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