

THE BEACON

**A GUIDING LIGHT
FOR EDISON SENIORS**

Mild Winter or Harsh: Know How to React

While Mother Nature has been kind so far this winter, we're just one cold snap away from strong winds, extreme cold and snow. During weather events such as these, it may be safer for some, especially the elderly, to stay indoors than to go outside.

Every crisis is different. During an emergency, people may be forced to leave their homes to seek temporary shelter with family, friends or in an emergency public shelter. Whenever possible, it is always preferable to shelter in place. To 'shelter in place' means to make a safe area within your home where you, your family and pets can wait out the severe weather or emergency situation. Let's take a closer look:

Tips for Sheltering in Place

- Choose a room such as a master bedroom that is connected or close to a bathroom
- Create a phone list of family and neighbors and check in with them periodically
- Wind and rainproof your home -- take down all umbrellas, check for items that might fall in big gusts, shut all windows, etc.
- Fill all gas tanks
- Check on battery powered items, such as flashlights and radios
- Make candles and lighters easily accessible
- Make sure you have extra water, food, baby items, and prescription medications
- Check on generators



- Stock up on pet supplies, including food and litter
- Know where to find your first aid kit
- Prepare comfort and entertainment items that do not require power, such as games, puzzles and books

As always, for police, fire, or medical emergencies call 9-1-1. For dispatch of police vehicles for non-emergencies, call (732) 248-7400. For fire or ambulance response for non-emergencies, call (732) 248-7500. Information is also available via Edison Cable Television channel 15 or on our website at www.EdisonNJ.org.

Rest assured, the Office of Emergency Management in partnership with the police, fire and other municipal departments, coordinates disaster planning, preparation, rehearsal and review of the "all hazards" emergency operations plan for Edison. This involves the coordination of federal, state, county and municipal agencies that would respond or be affected in cases of disaster.

Edison is prepared – and you can be too!



A Message to Seniors from Edison Mayor Antonia Ricigliano

Have a Happy and Healthy New Year

Dear Edison Senior:

While we've experienced some unseasonable mild weather lately, winter will surely return with vigor. Mother nature indeed gave us a preview with our surprise pre-Halloween snowstorm.

Edison Township works hard to prepare for the winter months to keep our citizen's safe, especially our seniors. We have many dedicated workers behind the wheels of a snowplow, fire truck, emergency vehicle, or working in law enforcement. I appreciate what they do for our citizens, and for the office staff that fields calls and keeps me updated. I'm sure they will be tested again this year.

On a more somber note, the end of a year and start of a new one is a time for remembrance. With this in mind, I was proud to be involved with the Purple Light Vigil for Hope events in Edison recently. This nationwide event brought much needed awareness of pancreatic cancer, the fourth-leading cause of cancer deaths in the US. I lost a family member to this terrible disease. The vigil was an opportunity for

survivors and family members to join together for comfort and encouragement, but most important, to renew their commitment to the fight against pancreatic cancer. If you would like to learn more, please visit the Pancreatic Cancer Action Network and the northern New Jersey affiliate at www.pancan.org.

Lastly, throughout the year, I encourage you all to shop locally. We all benefit from this. Many of our businesses are very generous when asked for support, so let us return the favor by supporting them. Whatever your shopping habits, be sure to check locally before going out of town to spend money.

I hope everyone had a happy holiday season, and my sincere wish is for a safe, and mild winter.

Antonia Ricigliano
Mayor



In a House with No Heat

If you find yourself in a house experiencing a loss of heat, especially in the wake of a storm, take the proper precautions to stay safe. First, close off unneeded rooms. Stuff towels or rags in cracks under doors, and cover windows at night.

If the situation becomes more dire, be sure you are eating and drinking — food provides the body with energy for producing its own heat. Keep the body replenished with fluids to prevent dehydration.

Last, be sure to wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating, perspiration, and subsequent chill.

Of course, call the Edison police, 911, township offices or the Edison Senior Center to get help, depending on the urgency of your situation.

Storm Approaching: What to Listen For



There is no shortage of news coverage as a significant cold snap or storm approaches, but do you know what the various watches and warnings mean?

Frost/Freeze Warning

Below freezing temperatures are expected and may cause significant damage to plants, crops, or fruit trees. In areas unaccustomed to freezing temperatures, people who have homes without heat need to take added precautions.

Winter Weather Advisory

Winter weather conditions are expected to cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life-threatening. The greatest hazard is often to motorists.

Winter Storm Watch

Severe winter conditions, such as heavy snow and/or ice, are possible within the next day or two. Prepare now!

Winter Storm Warning

Severe winter conditions have begun or are about to begin in your area. Stay indoors!

Blizzard Warning

Snow and strong winds will combine to produce a blinding snow (near zero visibility), deep drifts, and life-threatening wind chill. Seek refuge immediately!

EDISON SENIOR HIGHLIGHTS

EDISON SENIOR CENTER HONORS TWO LOCAL CENTENARIANS

Edison Mayor Antonio Ricigliano, the Township Council and the staff of the Edison Senior Citizen Center are pleased to wish Miguel Cruz and Claire Sarro a big Happy Birthday! Recently, Cruz and Sarro celebrated their 100th birthday at the Stelton Senior Club located at the Edison Senior Center, 2963 Woodbridge Avenue. Both agree that spending time at the senior center keeps them from being lonely, as well as providing them with the opportunity to get together with friends; to laugh and enjoy each other's company.



Miguel Cruz

Miguel Cruz, one of ten children, was born and raised in Isabela, Puerto Rico on August 19, 1911. With the hope of coming to America, Cruz obtained a job on a cruise ship, and in 1936, came to the US where he worked for 35 years as an accountant for the US Housing Authority in New York City. Cruz, a US Army veteran, served for four years as a radio operator on troop transports during World War II. He still remembers his experiences at the time and enjoyed travelling especially to the big cities throughout the world.

Miguel is still married to the love of his life, Consuela, celebrating over 66 years as man and wife. They have two children, two grandchildren, and two great grandchildren. Miguel is still productive even at the age of 100. He enjoys playing bingo, pool, piano, guitar, and he also finds time to listen to classical music. Miguel has accomplished much, but one thing he still plans to do is visit China.

He laughingly explains his key to a long and happy life by advising others, "You can enjoy anything in life, such as drinking, smoking, and women, but in moderation."



Claire Sarro

Soon to be 100 and one of five children, Claire Sarro was born on October 6, 1911 and raised in the Lower East Side of New York City. At the age of 20, she married her sweetheart, Frank. They were married for 35 years and in 1974 they moved to Edison to be closer to her family, of whom she is very proud.

Sarro has no regrets and looks back over her years with pride. She shared her secret to long life stating, "Eat everything and have a glass of wine once in a while."

The Edison Senior Citizen Center, a division of the Department of Health and Human Services, is located at 2963 Woodbridge Avenue. For directions to the Senior Citizen Center, or information on programs and services available to Edison senior residents, please call 732-248-7345.



The Beacon
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2963 Woodbridge Ave.
Edison, NJ 08837

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Edison's Medical Special Needs Registry



Helping Seniors Prepare for Emergencies

Attention senior citizens and other Edison residents who rely on mechanical devices, such as wheelchairs, dialysis machines, oxygen tanks, as well as those who are bed-bound, do not drive, have trouble with mobility or need additional help due to medical, physical or neurological illnesses. All are being asked to sign up for a new "special needs registry" designed by Edison's Office of Emergency Management (OEM) to identify individuals at risk in our community.

The registry will allow police, fire and other emergency personnel to reach and assist our most vulnerable residents in the event of a natural disaster, fire, electrical blackout or situation that would affect their safety and well being. The list will allow OEM personnel to identify those who may not be able to help themselves before, during or after an emergency situation, alert them to individuals with special needs and assist them in rescue efforts.

The special needs registry has been expanded to include those residents needing medical assistance, as well as other vulnerable populations, such as those with speech, hearing and language barriers. Registration is easy and can be done by mail through the Edison Township Division of Senior Citizen Services or on line at www.registerready.nj.gov. Alternatively, you may choose to complete a Special Needs Registry form, available on the township Web site and mail it to:

Judi Gillingham, Assistant Director for Aging
Department of Health and Human Services
Division of Senior Citizen Services
100 Municipal Blvd.
Edison, NJ 08817

All information is considered confidential. For additional information regarding the Edison Township Special Needs Registry, please call Judi Gillingham, Assistant Director for Aging at 732-248-7345 or you may e-mail her at jgillingham@edisonnj.org.