



# Senior Center Newsletter

Hamilton Township, New Jersey

Fall 2020 Edition

## Message from the Mayor

I want to first say Thank You for all you have persevered through in 2020. This has been a year like no other; from a pandemic, to protests, to hurricanes and earthquakes, Hamilton has had to literally weather repeated storms. You have come through it all with class, dignity and a determined spirit and through those traits, inspired many others to do the same.



As we close out 2020, I hope it is an enjoyable time for you and your family. Between Halloween, Thanksgiving and the Winter Holidays, we have much to enjoy in our lives with our family and friends. This year we must make sure we do it in a safe manner, but it should not distract from all we really do have to be Thankful for.

Kathy Fitzgerald and her team continue to brainstorm creative events, classes and ideas to keep our senior center as vibrant as possible and with continued improvement in COVID numbers, we hope to be able to continually announce new programs soon. They are dedicated public servants who come to work each day to serve you and I could not be more proud to have them as Hamilton employees.

I wish you much health and happiness as we go into the last months of 2020 and look forward to seeing you all soon!

- Mayor Jeff Martin

## Important Dates:

### October

**October 8th** - Flu Clinic  
**October 12th** - Closed, Columbus Day  
**October 29th** - Flu Clinic

### November

**November 3rd** - Closed, Election Day  
**November 11th** - Closed, Veterans Day  
**November 12th** - Flu Clinic  
**November 26th** - Happy Thanksgiving!  
**November 27th** - Closed, Day after Thanksgiving

### December

**December 4th** - Holiday Lights in Kuser Farm Park begin, lasting until January 3rd  
**December 10th** - Hanukkah Begins  
**December 25th** - Merry Christmas!  
**December 26th** - Kwanzaa Begins



Hamilton Township Senior Center

Accredited by



National Institute of  
Senior Centers

Hamilton Township Senior Center  
409 Cypress Lane Hamilton, NJ 08619  
Phone: (609)-890-3686 • Fax: (609)-588-8074  
Website: [www.hamiltonnj.com/seniors](http://www.hamiltonnj.com/seniors)

Hours of Operation:

The Hamilton Township Senior Center is currently CLOSED to the public.

Jeff Martin, MAYOR  
Kathleen M. Fitzgerald, R.N., BSN  
Director of Health, Recreation and  
Senior & Veteran Services



Hamilton Township Council  
Anthony Carabelli  
Pasquale Papero  
Nancy Phillips  
Rick Tighe  
Charles Whalen

***SENIOR CENTER CLOSED***

Monday October 12, 2020 - *Columbus Day*  
Tuesday November 3, 2020 - *Election Day*  
Wednesday November 11, 2020 - *Veterans Day*  
Thursday November 27, 2020 - *Thanksgiving*  
Friday November 28, 2020 - *Day After Thanksgiving*  
Friday December 25, 2020 - *Christmas*

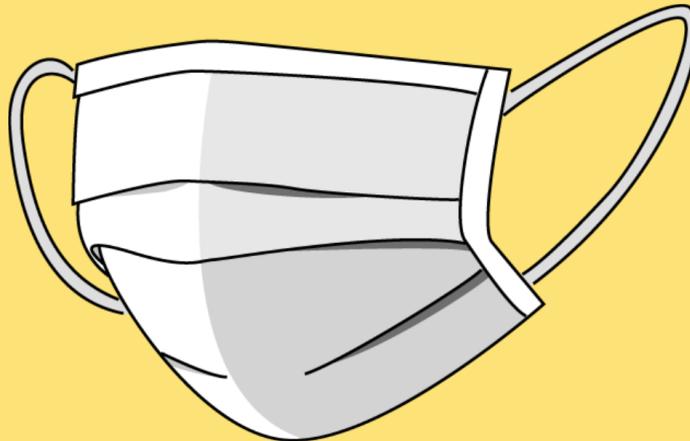
The Hamilton Township Senior Center is an Adult Social and Recreational Facility. All members must be able to physically and mentally care for themselves or have a personal assistant with them. This includes being able to navigate a walker or wheelchair and function independently.



**MASK UP,  
HAMILTON!**



Public Health  
Prevent. Promote. Protect.



**Protect yourself and others from COVID-19.  
Wear a mask, especially within six feet of others.**

*Department of Health, Recreation, Senior & Veterans Services*

## *A Message From our Health Officer:*

# *11 Tips for a Healthy Fall*

The fall can be a great time of year to adjust our behaviors and routines to be more healthy. Below are suggestions, from the Centers for Disease Control and Prevention (CDC), each of us can act on to prevent or manage chronic diseases like type 2 diabetes, heart disease, and cancer:

1. **Don't Use Tobacco** - You can quit today! Call 1-800-QUIT-NOW for free support.
2. **Eat Healthy** - Enjoy New Jersey's local fresh fruits and vegetables. Farmers Markets are open through the fall. Fruits, vegetables, whole grains, lean meats, and low-fat dairy products can all be incorporated into your favorite meals.
3. **Move More, Sit Less** - Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week. Speak with your medical provider before starting a new exercise routine.
4. **Be Sun Safe** - Just because its cooler in the Fall doesn't mean the sun's rays do any less damage. Wear long-sleeved shirts and pants, a wide-brimmed hat, and sunglasses. Also use broad spectrum sunscreen with at least SPF 15.
5. **Rethink Your Drink** - Substitute water for sugary or alcoholic drinks to reduce calories and stay safe. Tired of plain water? Consider adding a slice of lemon, lime, or cucumber to your water to add flavor.
6. **Brush Your Teeth** – 2x a day, every day. Use a toothpaste with fluoride and don't forget to floss!
7. **Sleep** - Try and get at least 7 hours of sleep every night.
8. **Know Your Family Health History** - Its important for you and your loved ones to talk about common health issues that affect member of your family. Share what you know and learn what you don't
9. **Wash Your Hands** - Wash your hands with soap and water for 20 seconds, often! This is about the time it takes to sing happy birthday twice. If you don't have access to soap and water, use an alcohol based hand sanitizer.
10. **Get Your Screenings** - Speak with your medical provider about what health screenings are recommended for you. Visit with your medical provider annually for your checkup.
11. **Get Your Flu Shot** - An annual flu shot is the best way to help protect you and your loved ones against the flu, especially for those with underlining health conditions. The flu shot is even more important this year, given the ongoing COVID-19 pandemic.





## **Flu Clinic**

Flu shots are available to Hamilton Township Residents 55 years of age and older.

### **By Appointment Only**

Call 609-890-3686 to schedule your appointment.  
You can find the Registration and Consent form  
on our website:

[www.hamiltonnj.com/seniors](http://www.hamiltonnj.com/seniors)

Please bring insurance information with you.

### **Where:**

Hamilton Senior Center  
409 Cypress Lane, Hamilton NJ

### **Dates & Times:**

Thursday - October 8, 2020 @ 4:00pm - 7:00pm  
Thursday - October 29, 2020 @ 4:00pm - 7:00pm  
Thursday - November 12, 2020 @ 4:00pm - 7:00pm

Please call The Hamilton Senior Center  
at 609-890-3686 with any questions.



# Fall in Love

with the Hamilton Animal Shelter

**Saturday**

**October 24th, 2020**

**10:00am - 2:00pm**

The Hamilton Township Animal Shelter and Adoption Center would like to invite you to their Open House Event! You can meet their adoptable animals, learn about volunteer opportunities, get a tour of the newly renovated shelter and meet the Animal Control Officers and Staff!

## **The Hamilton Township Animal Shelter and Adoption Center**

**Address:** 2100 Sylvan Avenue Hamilton, NJ 08610

**Phone:** 609-890-3550

**Email:** [animal-shelter@hamiltonnj.com](mailto:animal-shelter@hamiltonnj.com)

**Hours of Operation:**

Monday - Saturday 10:30am-3:30pm

Sunday: CLOSED

*\*All services are by appointment only, please call ahead\**



# Daily Activities



Our building is still CLOSED to the public.  
ZOOM programs are being offered Monday - Thursday.



Tai Chi  
Monday's @ 12:30pm

Chair Exercise  
Tuesday's @ 10:00am



Step It Up  
Wednesday's @ 10:00am



Tai Chi  
Thursdays @ 10:00am

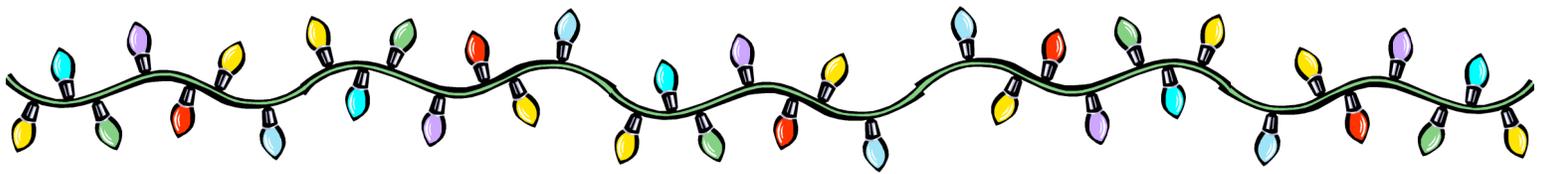


All programs require a smart device  
such as: Computer/iPhone/iPad/Android

All programs are prerecorded DVD's.

To sign-up for the ZOOM programs, please call  
The Hamilton Senior Center at 609-890-3686 with  
your name and email address.



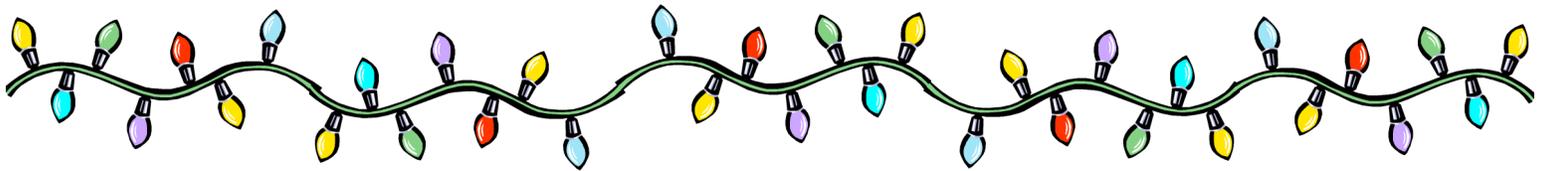


# Holiday Lights in Kuser Farm Park

Beginning **December 4th** until **January 3rd**

The lights will be lit daily from 5:00pm until Closing.

*Unfortunately, due to the current circumstances, there will be no vendors or extra activities. We hope you can still enjoy the lights while remaining safe & healthy!*



## Winter Home Safety Tips



Schedule maintenance for furnaces and fireplaces to ensure they are safe to use.



Check batteries in portable radios, flashlights, smoke alarms and carbon monoxide detectors.



Keep all heat sources and vents clear of clutter.



Make sure smoke alarms and carbon monoxide detectors are installed and working on every floor of the home.



Never leave portable heaters unattended.



Put entry or garage lights on a timer or light sensor so they come on as soon as it gets dark each day.



Keep fire extinguishers on hand and near heat sources.



Keep the home well-lit by installing the maximum watt bulbs indicated.

# HAMILTON

## HAMILTON'S ONE CALL CENTER

CALL 609-586-0311 FOR:

- Building Permits • Dog License • Garbage Collection
- Parks & Recreation Programs • Potholes • Senior Center Information
- Tax Information • Township Events

## Website Information and Links

Visit the Hamilton Township Senior Center website at [www.hamiltonnj.com/seniors](http://www.hamiltonnj.com/seniors) and be informed of the Senior Centers hours, transportation services, upcoming events, activities and trips.



## Helpful Phone Numbers



Hamilton Police Department:	609-581-4000
Housing Department of Hamilton:	609-890-3675
Mercer County Legal Services:	609-695-6249
Mercer County Connections:	609-890-9800
Mercer County Board of Social Services:	609-989-4346
Aging & Disability Center:	1-877-222-3737
Medicare Hotline:	1-800-633-4227
NJ Hope Line:	1-855-654-6735
NJ Social Security Office:	1-800-772-1213
PAAD hotline:	1-800-792-9745

## Veterans Information

State Veterans Service Office  
28 West State Street  
Trenton NJ, 08625  
609-292-5580

Mercer County Veterans Services  
1440 Parkside Avenue  
Trenton NJ 08638  
609-989-6120

Trenton Vet Center  
934 Park Ave  
Ewing NJ, 08618  
609-882-5744

Veterans Integrated Service Network  
Hamilton Outpatient Clinic  
3635 Quakerbridge Rd, Suite 30  
Hamilton NJ 08619  
1-800-661-8177

## Information & Assistance Programs

### Transportation Services

The Hamilton Senior Center provides transportation to medical appointments and food shopping within our borders. Service is for Hamilton Senior residents. Not available on weekends.

CALL: 609-890-3686 to reserve transportation

Mercer County T.R.A.D.E. provides transportation to the Hamilton Senior Center. They also offer transportation medical appointments, beauty appointments, banks, and local malls throughout Mercer County.

CALL: 609-530-1971

### Satellite Surrogate Office:

Mercer County Surrogate, Diane Gerofsky, provides probate services the Third Tuesday of each month at the Hamilton Senior Center.

CALL: 609-989-6331 to make an appointment.

### Legal Assistance:

Mercer County Legal Services provides assistance with Housing, Consumer Fraud, Family Legal Issues, Last Will & Testaments.

CALL: 609-695-6249 for eligibility & to make an appointment.

Mercer County Bar Association: 609-585-6200

### Medical Insurance Assistance:

Meet with a counselor to help you with information & forms regarding Medicare, PAAD, Senior Gold and other medical insurance.

CALL: 609-890-3686 for an appointment.

### Re-Assurance Program:

Register FREE with the Hamilton Police Division to call in and be checked on your well being everyday. Great program for individuals that live alone.

CALL: 609-581-4033 to register.

### NJ Shares:

Assistance program for NJ Residents who have fallen behind on utility bills due to a temporary financial crisis. Applications for Hamilton Senior Residents ONLY. CALL: 609-890-3686.

### Notary Services:

If you are in need of a notary, contact the office in the Hamilton Senior Center. CALL: 609-890-3686

# COVID-19 WORD SEARCH



D S I X G V A A N T I C R P M T U X V S I G  
 I Y S U R I V A N O R O C A P C E E J H C P  
 S A I Y V E D M U I A G H K J N C S S Q I E  
 I H L M S Y M P T O M A T I C A Q Y T G M E  
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 I D F L E Q R T S S G H C S V S E A J C S S  
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 E J Q E H A M D A M I S K K S W A N M D M A  
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 C K B H S F T U M O P L I U Y R A E V B V H  
 A C F K B E U N T I K M G P I M V C C I M O  
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 A L M O U T E R T V N A L U T V N D H N X E  
 E O E U T I D O N W D I V O C D I C D A E W  
 H E C T E S D N O C E S Y T N E W T P E G M

SOCIAL DISTANCE

STAY HOME

PANDEMIC

QUARANTINE

CORONAVIRUS

SICK

TWENTY SECONDS

SIX FEET

PPE

GLOVES

COVID

HAND SANITIZER

DISINFECTANT

TESTS

MASKS

SYMPTOMATIC

FLATTEN THE CURVE

ANTIBODY

ISOLATION

HEADACHE

WASH HANDS



# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				4	5	6
11	12 Center Closed <i>Columbus Day</i>	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 <i>Happy Halloween</i>

*“Kindness in words creates confidence.  
Kindness in thinking creates profoundness.  
Kindness in giving creates love.”*

# November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <b>Center Closed</b> <i>Election Day</i>	4	5	6	7
8	9	10	11 <b>Center Closed</b> <i>Veterans Day</i>	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 <b>Center Closed</b> <i>Happy Thanksgiving</i>	27 <b>Center Closed</b> <i>Day After Thanksgiving</i>	28
29	30					

**NOTE:**  
**THE USE AND OR DISPLAY OF HARASSING BEHAVIOR & PROFANE LANGUAGE IS NOT PERMITTED ON THE SENIOR CENTER PREMISES. PLEASE RESPECT OTHERS AS YOU WISH TO BE RESPECTED. THANK YOU FOR YOUR COOPERATION.**

# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10 <i>Hanukkah Begins</i>	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 <b>Center Closed</b> <i>Christmas Day</i>	26 <i>Kwanzaa Begins</i>
27	28	29	30	31 <i>New Years Eve</i>		

*Wishing You a Happy and Healthy New Year!*