

# AARP THE NEWSLETTER

WEST ESSEX 131

June 2016

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## OPPORTUNITIES

By Joanne Stivale

Many towns across the country are becoming increasingly aware of the abundance of senior citizens in their midst. May in Montclair was a busy month and is a prime example of the many opportunities for seniors in our town.

The Adult School Department of the Montclair Public Library has free classes listed in their brochure for Montclair residents. They are indicated by the blue title above each free class. Among those listed are Arts and Crafts, Computers and Technology, Health & Wellness, and many others. Pick up a brochure and take a class.

On May 9, the Library celebrated Older Americans Month by featuring a new documentary entitled: "The Age of Love". A view of love, companionship, intimacy and loneliness in the later years. I found it funny, emotional, heartwarming and somewhat sad but well worth viewing. A glimpse of how we age with love and grace.

On Wednesday, May 18, Author Karan B. Kaplan presents a review of her book "Encountering the Edge." Her experience during seven years as a hospice Chaplin.

Also at the Montclair Public Library are free movies on Wednesday afternoons.

On Tuesday, May 24, Lincoln Center Local partners with the Library to bring a free screening of Cassandra Wilson and The Campbell Brothers.

The Edgemont House on Valley Road opened on May 3, 2016, as a senior community center under the auspices of Partners for Health, Pamela C. Scott, Executive Director. She attended the ribbon cutting ceremony with Mayor Jackson and Katie York of Montclair's Health and Human Services together with other dignitaries. Again may Montclair services were in attendance to provide information. The Edgemont House also offers leisure activities from Monday to Friday from 9 to 3. Check it out and pickup a schedule.

LifelongMontclair sponsored NJTIPS@Rutgers a program "expanding mobility for seniors and people with disabilities." I attended a workshop on May 5, provided by NJTIPS at the Edgemont House. It was not only informative as to the various forms of transportation available, but also enjoyable.

On May 12, a group of seniors led by Louis Hoffman, the instructor, embarked on a New Jersey Transit Train ride from the Watchung Station to Hoboken with a transfer at the hub in Secaucus. We learned how to obtain tickets from the vending machines, how to transfer at Secaucus to go into Hoboken. We saw the skyline of Manhattan and the light rail in Hoboken that travels to other parts of New Jersey and many other important features regarding safe transportation for seniors. Many other workshops and trips are planned and for more information please contact Louis Hoffman at 201-616-8623.

On May 1, I attended The Montclair Future Forum as did many other of Chapter 131. This was a look ahead to what Montclair would be like in 2050 focusing on a topic of 'NEXTCITY.org' Speakers were, David Trout, Tom D' Alessio, Alan Mallach, Charles Brown and Amy Tuminga.

Mr. Trout spoke about the complex cultural structure of the Montclair. He preferred to use the word "inclusion" to identify the various ethnicities. He also noted the the segregation of various cultures in housing, education, economics, land use. The use of political power in local, state and national leadership and its effect on various populations.

Mr. D'Allesio stressed that in 2050, 4out of 5 people would be living in rental housing in cities especially in the "ring around" major cities such as New York City". These are the suburbs immediate surrounding the cities. Commuters working in the cities would tend to live in the "ring". Bicycles and public transportation would be the choice for baby boomers, millennials, and immigrants. Technology would be used to promote various modes of transportation and aid an aging population.

Mr Mallach stressed the value of land in Montclair. Leadership in charge of promoting additional building construction were admonished to keep in mind that land is gold and should be treated as such in real estate deals.

Mr. Brown reviewed the many forms of transportation and safe access by pedestrians to all areas of the town. He recommended a lower speed limit, additional public transportation, and the use of bicycles.

Ms. Tuiminga, stressed the many environmental issues, maintaining the health of the ecosystems andour connection to the environment on a world wide scale.

The information contained in this forum was immense in scope and can be found in its entirety on the internet under "THE MONTCLAIR FUTURE FORUM or NEXTCITY.org. Of course the Presby Gardens opened with color and dash on North Mountain Avenue. Make time to see the beautiful blooms and color.

Many other activities are scheduled to the end of May. The can be found in the May in Montclair booklet.

Going forward, June will also be an active month and we look forward to the beginning of summer.

This is our last newsletter until our first meeting and newsletter in September.

Enjoy your Summer stay active and active.

On a more serious note, many will be campaigning for a candidate for president during the coming months. Please remember, that AARP is a non-partisan, non-profit organization. Under no circumstances can we, as members of local Chapter 131, or can AARP be represented as partial to any candidate in any situation, local, state or national.

## SENIOR PROGRAMS AT THE EDMONT PARK HOUSE

By Sharron Allen

AARP West Essex Chapter 131 was on hand for the official opening of the Senior Programs at the Edgemont Park House. The ribbon cutting ceremony was held May 3, 2016 at the Parkhouse and AARP Chapter 131 was there to answer questions and to share information about the Chapter.

*Photos provided by Sharron Allen, Secretary AARP West Essex Chapter 131*



AN ORIGINAL POEM BY JOANNE STIVALE

SUMMER SUNSET  
TRANSPARENT CLOUDS  
IN SHADES OF PEWTER  
ETCHED IN SILVER  
AND GOLD  
FLOW ACROSS  
A FIERY SETTING SUN  
DARKNESS DESCENDS  
BECOMES  
SOFT AZURE TWILIGHT  
A QUARTER MOON SLOWLY  
ASCENDS AGAINST  
A DARKENING SKY

## UPCOMING AARP NEW JERSEY EVENTS

By Jessica Cheng

Repost from AARP NJ

<http://states.aarp.org/aarp-new-jersey-upcoming-calendar-events-4/>

### **June 10th, 2016: Work Event and Resume Critique**

Location: John J Heldrich Center for Workforce Development  
2nd Floor Roosevelt Perkins Room  
30 Livingston Ave  
New Brunswick, NJ 08901

Time: 1:00pm to 4:00pm

Description: Learn about current hiring trends in the healthcare industry during an interactive panel discussion. Hear from, and network with, HR professionals from NJ healthcare industry employers. Bring your resume to have it reviewed on site!

RSVP: Free to attend, registration required. RSVP by calling 877-926-8300 or online at:  
<https://aarp.cvent.com/NJHealthcareNetworking2016>

Event parking available in the New Street Garage (between Livingston Avenue and George Street).

### **June 18th, 2016: Safely Destroy Sensitive Documents at AARP's Shred Event**

Location: Church of the Madonna  
340 Main Street  
Fort Lee, NJ 07024

Time: 10:00am to 1:00pm

Description: Bring your old personal and financial documents (limit of 6 banker boxes per participant) and watch as your sensitive information is securely destroyed! Enjoy a snack, and learn more about how AARP's Fraud Watch Network is helping New Jersey families better protect themselves from scams. As part of a good neighbor initiative, please bring a non-perishable food item as a donation

RSVP: Free to attend, registration required. RSVP by calling 877-926-8300 or online at:  
<https://aarp.cvent.com/ShredFestNJ>. Parking is available on site.

## IMPORTANT ELECTION DATES

JUNE 7: PRIMARY ELECTIONS

OCTOBER 18: LAST DAY TO REGISTER FOR GENERAL ELECTIONS

NOVEMBER 8: GENERAL ELECTIONS

# ANNUAL MEMBER APPRECIATION MEETING

By Sharron Allen

AARP Chapter 131 held its annual Member Appreciation meeting. The members were treated to a lunch catered by Panera Bakery and Restaurant. New Jersey AARP State Associate Director Christine Newman was the guest speaker. Ms. Newman did a great job addressing the subject of fraud and avoiding its pitfalls. Thanks to Membership Chairperson, Pat Demming and the Membership Committee, the members received gift bags to take home. A fun time was had by all.

*Photos provided by Sharron Allen, Secretary AARP West Essex Chapter 131*



AARP West Essex Chapter 131  
Treasurer Stanley White



AARP New Jersey Associate State Director  
Christine Newman



Gift bags given



AARP West Essex Chapter 131  
President Gail Johnson

## DARN, I'M OLDER THAN DIRT!

Shared by Stanley White

Someone asked the other day...

'What was your favorite fast food when you were growing up?'

'We didn't have fast food when I was growing up,' I informed him, 'All the food was slow.'

'C'mon, seriously. Where did you eat?'

'It was a place called 'at home,' I explained!' Mom cooked every day and when Dad got home from work. We sat down together at the dining room table, & if I didn't like what she put on my plate, I was allowed to sit there until I did like it.'

By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table.

Here are some other things I would have told him about my childhood if I figured his system could have handled it:

Some parents NEVER owned their own house, wore Levis , set foot on a golf course, traveled out of the country or had a credit card.

My parents never drove me to school. I had a bicycle that weighed probably 50 pounds, and only had one speed, (slow).

We didn't have a television in our house until I was 10. It was, of course, black and white, and the station went off the air at 11, after playing the national anthem and a poem about God. It came back on the air at about 6 a.m. And there was usually a locally produced news and farm show on, featuring local people .

I never had a telephone in my room. The only phone was on a party line. Before you could dial, you had to listen and make sure some people you didn't know weren't already using the line.

Pizzas were not delivered to our home... But milk was & so was bread.

All newspapers were delivered by boys and all boys delivered newspapers - my brother delivered a newspaper, six days a week. He had to get up at 5 a.m. every morning.

Movie stars kissed with their mouths shut. At least, they did in the movies! There were no movie ratings because all movies were responsibly produced for everyone to enjoy viewing, without profanity or violence or most anything offensive.

If you grew up in a generation before there was fast food, you may want to share some of these memories with your children or grandchildren. Just don't blame me if they bust their gut laughing.

Growing up isn't what it used to be, is it?

## **MEMORIES:**

My Dad is cleaning out my grandmother's house (she died in December) and he brought me an old Royal Crown Cola bottle. In the bottle top was a stopper with a bunch of holes in it. I knew immediately what it was, but my daughter had no idea. She thought they had tried to make it a salt shaker or something. I knew it as the bottle that sat on the end of the ironing board to 'sprinkle' clothes with because we didn't have steam irons. Man, I am old.

## **How many do you remember?**

Head lights dimmer switches on the floor.  
Ignition switches on the dashboard.  
Pant leg clips for bicycles without chain guards.  
Soldering irons you heat on a gas burner.  
Using hand signals for cars without turn signals.

## **Older Than Dirt Quiz:**

Count all the ones that you remember, NOT the ones you were told about! Ratings at the bottom.

1. Candy cigarettes
2. Coffee shops with table side Juke Boxes
3. Home milk delivery in glass bottles
4. Party lines on the telephones
5. Newsreels before the movie
6. TV test patterns that came on at night after the last show and were there until TV shows started again in the morning. (there were only 3 channels!! If you had a TV!!)
7. Pea-shooters
8. Howdy Doody
9. 45 RPM records
10. 78 RPM records
11. Hi-fi records 33 1/3 rpm
12. Metal ice trays with lever
13. Blue flashbulb
14. Cork popguns
15. Studebakers
16. Wash tub wringers

If you remembered 0-3 = You're still young  
If you remembered 3-6 = You are getting older  
If you remembered 7-10 = Don't tell your age, &  
If you remembered 11-16 = You're older than dirt.

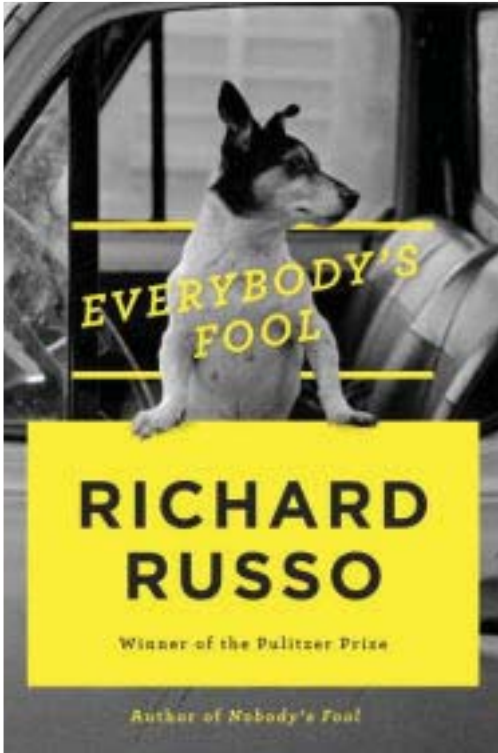
**THAT'S ME!!!**

## LIBRARY CORNER

Montclair Public Library

### EVERYBODY'S FOOLE

By Richard Russo



Richard Russo, at the very top of his game, now returns to North Bath, in upstate New York, and the characters who made *Nobody's Fool* (1993) a “confident, assured novel [that] sweeps the reader up,” according to the *San Francisco Chronicle* back then. “Simple as family love, yet nearly as complicated.” Or, as *The Boston Globe* put it, “a big, rambunctious novel with endless riffs and unstoppable human hopefulness.”

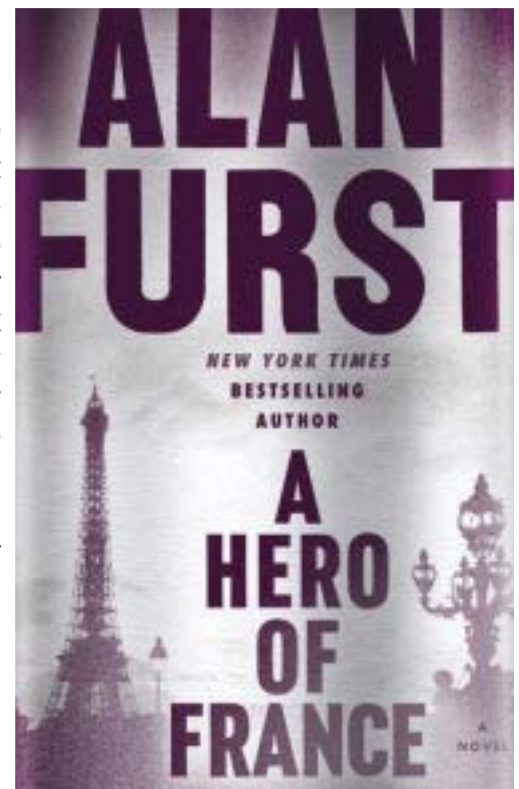
The irresistible Sully, who in the intervening years has come by some unexpected good fortune, is staring down a VA cardiologist's estimate that he has only a year or two left, and it's hard work trying to keep this news from the most important people in his life: Ruth, the married woman he carried on with for years... the ultra-hapless Rub Squeers, who worries that he and Sully aren't still best friends... Sully's son and grandson, for whom he was mostly an absentee figure (and now

a regretful one). We also enjoy the company of Doug Raymer, the chief of police who's obsessing primarily over the identity of the man his wife might've been about to run off with, before dying in a freak accident...

### A HERO OF FRANCE

By Alan Furst

It's 1941 in Nazi-occupied France—the shutters are drawn, food is scarce, and the puppet government in Vichy does the Reich's merciless bidding. In these stifling, oppressive conditions, heroes must rise to release France from the chains of occupation. Enter freedom fighter Mathieu who, along with his network of spies and allies, will risk everything to restore liberty to his country. Author Alan Furst is well known by espionage addicts everywhere and it's easy to see why—his attention to detail and flair for suspense bring the peril of the past to vivid life. Some have even called Furst this generation's *le Carré*, but you can decide for yourself.

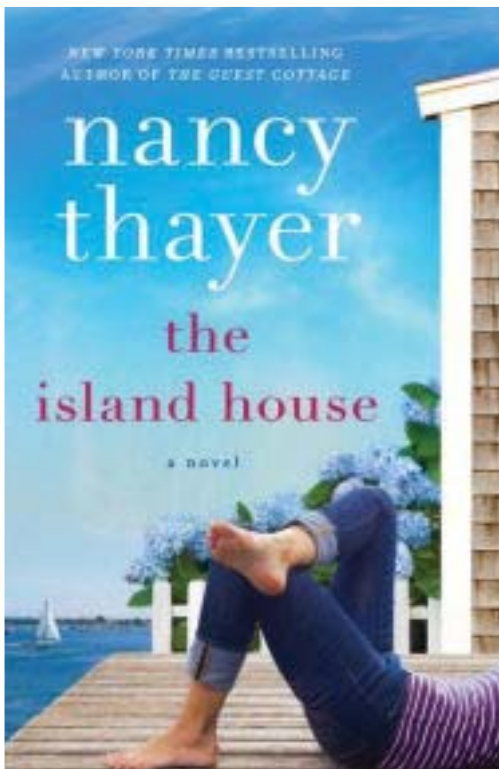
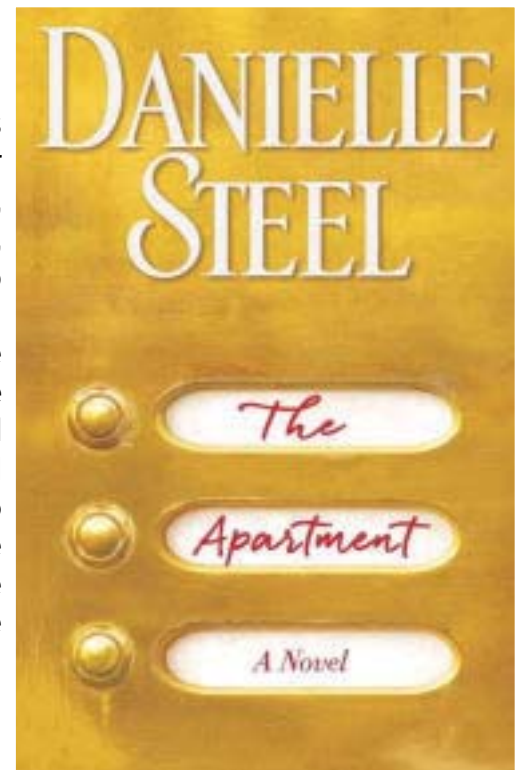




## THE APARTMENT: A NOVEL

By Danielle Steel

Claire, Abby, Morgan, and Sasha are as different as could be, but all share one thing in common—their deep, abiding friendship with one another. Okay, actually they share two things. The other is a gorgeous, light-filled, exposed brick-laden fourth-floor walk-up in the heart of New York's Hell's Kitchen. The women have lived there for nine years, and they have all the memories to prove it. They've fallen into a predictable routine—grocery shopping for one another, and sharing bills, heartbreak, career achievements, and bottles of wine. Until, that is, circumstances conspire to shake their workaday lives to the core. Like all Danielle Steel novels, this one lulls you into a languorous repose before yanking the rug out from under you, and the resulting tumble is as enjoyable as ever.



## THE ISLAND HOUSE

By Nancy Thayer

If you or someone you know is involved in a lifelong love affair with Nantucket, *The Island House* is practically required reading. Be prepared to fall for the island all over again when you experience its allure through the eyes of Courtney, a 29-year-old Midwesterner who returns to Nantucket every summer. Just as she does every year, Courtney comes to spend time with her college bestie, Robin. Robin's large family hosts a passel of familiar summer visitors each year, dubbed the "Summer Children" by the family's matriarch, Susanna. Only, this summer, things get a little complicated. The quaint-yet-iconic setting of Nantucket forms the backdrop for a story about love, loss, hometown values, and lifelong friendships. Thayer weaves her trademark light-hearted tone together with poignant material, and the result is a fun yet touching read.

## Welcome New Members

*Felice Celikyol, Montclair, NJ*

*Juanita LeBlanc, East Orange, NJ*

*James Harris, Montclair, NJ*

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## June 2016 Birthdays

June 3

Anita Geffenger

June 6

Vinola Troupe

June 11

Shirley A.R. Lewis

June 12

David Snead

June 15

Gwendolyn P. Garrett

June 17

Gwendolyn P. Garrett

June 19

Verbena Frasier

June 21

Phyllis Goodwin

June 25

John Price

June 28

Rosalie Bey

June 30

Gwen Pines

Antoinette Stoute



## WEBINAR: TRADE YOUR DRESS SHOES FOR SLIPPERS — THE INSIDE SCOOP ON BEING A TELEWORKER

BY CRAIG DAVIS

REPOST FROM [HTTP://STATES.AARP.ORG/FREE-WEBINAR-TRADE-DRESS-SHOES-SLIPPERS-INSIDE-SCOOP-TELEWORKER-13/](http://STATES.AARP.ORG/FREE-WEBINAR-TRADE-DRESS-SHOES-SLIPPERS-INSIDE-SCOOP-TELEWORKER-13/)

From finding a job to making the most of your work day, AARP will present free a webinar titled Trade Your Dress Shoes for Slippers: The Inside Scoop on Being a Teleworker,” Tuesday May 10th. Sharon Emek, Founder and CEO of Work At Home Vintage Experts (WAHVE) and former professor at Rutgers, will give you tips on teleworking, help you avoid work-from-home scams and find reputable employers who are hiring teleworkers. She’ll be joined by AARP North Carolina volunteer Stan C. Kimer who is recognized as an internal/external consultant with unique skills in employee development/career road mapping, workplace diversity and organization effectiveness project management. He previously served IBM as Director of Global Sales Operations for its consulting practice, where he was executive sponsor overseeing career development for IBM’s 3,000 Sales Operations employees. Register to watch the live webinar or receive a link to a recording once it’s complete.

For more information, visit: <http://bit.ly/1UfQBQh>

## July 2016 Birthdays

July 2

Sarah Slaughter

July 3

James Burton  
Dorothy DeAngelis  
Jimmie Pitts

July 4

William Fischer

July 6

Doris M. Hill

July 7

Margaret Reese

July 8

Leonard DiGiovanni

July 10

David Toler

July 11

Constance Barton  
Naydne Johnson-Pryor  
William Jones

July 12

Christean Epps  
Annie B. Smith

July 13

Marsha Dennard  
Louise Douglas

July 15

Patricia Calloway  
Virgie L. McNeal  
Joan Odom

July 20

Collien Hinton  
Ora Everett

July 21

Beverly McAllister  
Arleen Simmons

July 25

Jessie Whitley

July 26

Lois H. Thomas

July 28

Merrill Chesley  
Helen R. Jones

July 29

Carol Brown



July 30

Eileen Podias McGowan

## WEBINAR “TURN UP THE VOLUME & TURN DOWN THE STRESS: HOW MUSIC CAN HELP FAMILY CAREGIVERS”

BY CRAIG DAVIS

REPOST FROM [HTTP://STATES.AARP.ORG/DONT-MISS-WEBINAR-TURN-VOLUME-TURN-STRESS-MUSIC-CAN-HELP-FAMILY-CAREGIVERS-7/](http://STATES.AARP.ORG/DONT-MISS-WEBINAR-TURN-VOLUME-TURN-STRESS-MUSIC-CAN-HELP-FAMILY-CAREGIVERS-7/)

Music could be the best-kept secret for family caregivers and the people they love! Research shows tangible benefits of music for the health, quality of life and stress level for both the caregiver and the person for whom they care. Join SingFit Co-Founder Andy Tubman, a music therapist who is an expert on music and the brain, for a free interactive webinar presented by AARP titled, “Turn Up the Volume and Turn Down the Stress: How Music Can Help Family Caregivers.” Joining Andy will be AARP Family and Caregiving Expert Amy Goyer. Sign up now to watch live on Thursday May 12th or we’ll e-mail you a link to watch at a later date.

For more information, visit: <http://bit.ly/1sRJdCj>

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## August 2016 Birthdays

### August 2

Carolyn Tindall  
Olga Yearwood

### August 4

Catherine D. Gaines

### August 6

Marie Rose Jean-Pierre  
Alberta Knox  
Marcia H. Murray  
Arlene Pollack

### August 8

Brenda Beasley

### August 9

Louise B. Travis

### August 14

Madeline Fleck  
Constance Gladden

### August 15

Hayward Collins  
Ann Dickey-Kemp  
Lorraine Neal

### August 19

Stanley White

### August 22

Etta Marie Rizzuto

### August 23

Charlean Jackson Hayes  
Kathryn Polk

### August 24

Lakshmi Kripalani



### August 29

Elizabeth Paine

### August 31

Mary H. Ashley  
Yvonne Troublefield

## YOU'RE INVITED TO OUR VIRTUAL VIEWING PARTY: STAYING COMPETITIVE WITH WORK & JOBS

BY CRAIG DAVIS

REPOST FROM [HTTP://STATES.AARP.ORG/YOURE-INVITED-VIRTUAL-VIEWING-PARTY-STAYING-COMPETITIVE-WORK-JOBS/](http://STATES.AARP.ORG/YOURE-INVITED-VIRTUAL-VIEWING-PARTY-STAYING-COMPETITIVE-WORK-JOBS/)

Register and watch our online lessons on your computer or mobile device. As a thank you, everyone who registers will receive a free stainless steel travel mug!

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Register now to get started and feel free to forward this invitation to our Virtual Viewing Party to your friends and family!

No purchase necessary. Ends May 31st.

For more information, visit: <http://bit.ly/1Z3f7pc>

**REMINDER!**

If you have not paid your Chapter dues for 2016 contact Patricia Demming, Membership Chairperson.

**REMINDER!**

Please remember to bring can food donations to our monthly meeting for the Human Needs Pantry!

*William J. Ewing, P.C.*  
Counselor at Law

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## Contact Us

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## AARP MEMBERSHIP IN THE WEST ESSEX CHAPTER 131

To join a local chapter you must belong to the NATIONAL AARP. Membership dues in Local Chapter 131 are \$13.00 per person per year. Dues are for the calendar year January - December 2016. Please make check payable to: WEST ESSEX CHAPTER 131 AARP and mail to:

AARP West Essex  
P.O. Box 183  
Glen Ridge, NJ 07028  
Attention: Patricia Demming, Membership

Or bring to the AARP monthly meeting.

RENEWAL

NEW MEMBERSHIP

CASH

CHECK # \_\_\_\_\_

NAME: \_\_\_\_\_ NATIONAL # \_\_\_\_\_

ADDRESS: \_\_\_\_\_ TOWN: \_\_\_\_\_ ZIP: \_\_\_\_\_

BIRTHDAY (Optional): \_\_\_\_\_ PHONE #: \_\_\_\_\_

CELL # \_\_\_\_\_ EMAIL: \_\_\_\_\_

DATE: \_\_\_\_\_



NAME: \_\_\_\_\_ Contact #: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Please check the following committees/activities on which you are willing to serve:

|                               |       |            |       |
|-------------------------------|-------|------------|-------|
| Volunteer (Community Service) | _____ | Health     | _____ |
| Membership                    | _____ | Program    | _____ |
| Advertisement                 | _____ | Nominating | _____ |
| Hospitality                   | _____ | Newsletter | _____ |
| Bus Trips                     | _____ | Literature | _____ |
| Legislation                   | _____ | Education  | _____ |
| Public Relations              | _____ | Other      | _____ |

## RE M I N D E R !

## DON'T FORGET YOUR 2016 CHAPTER DUES

Published for the members of:

**West Essex  
Chapter 131 AARP**

By Thomas Reynolds  
TReynolds@GreenStoriesLLC.com

**SAVE THE DATE!**

- Monday, June 6, 10 am - AARP Chapter 131 Board Meeting - Montclair Public Library Auditorium, 50 S. Fullerton Ave, Montclair
- Monday, June 6, 12:30 pm - AARP Chapter 131 Membership Meeting - Montclair Public Library Auditorium, 50 S. Fullerton Ave, Montclair
- Tuesday, June 7, 2016 - Primary Election Day. Polls open from 6am - 8pm
- Monday, September 5, 10am - AARP Chapter 131 Board Meeting - Montclair Public Library Auditorium, 50 S. Fullerton Ave, Montclair
- Monday, September 5, 12:30 pm - AARP Chapter 131 Membership Meeting - Montclair Public Library Auditorium, 50 S. Fullerton Ave, Montclair

## **AARP “The Power to Make it Better”**

**Vol. 2, No. 12, 2015 Circulation Manager, Stanley White**

**AARP Chapter West Essex 131**

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