



# Ever Young at Evergreen

*Evergreen Senior Center Newsletter*



## Reorg Promises Rosy Results at EVG

*The recent reorganization at Woodbridge City Hall transferring the jurisdiction over the Evergreen Senior Citizens Center to the Department of Health paints a rosy picture for area seniors. This recent move is part of the policy recognizing that all activities offered to seniors contribute to their health, well being, and quality of life.*

Located on Inman Avenue in Colonia, the EVG serves over 1,000 individuals residing in Woodbridge Township who are over the age of 60. It offers programs that encompass exercise, dancing, and the arts. These activities, and many more under consideration, provide its members a venue to contribute their expertise, an opportunity to learn new skills, and a vehicle to socialize. The Evergreen Center also houses the Youth Center and hosts regular meetings for three local senior citizen clubs – Colonia Seniors, AARP, and St. John Seniors.

As EVG's Program Director, Avril Carter envisions a new and expanded program to add to the services currently offered at the center. One of her first moves was to circulate volunteer sign-up sheets for each program currently available and those in the planning stage. Establishing closer ties and cooperation with Multi-Service Program on Aging and the Youth Center are high on Ms. Carter's To Do List. Aably assisting Avril is Jennifer Ullrich. Both Avril and Jennifer are enthusiastic about their new posts and are pleasantly awed by the warm welcome they have been receiving from EVG patrons.

### *Busy Seniors Go Cruising and to Luau*

A record 162 seniors enjoyed the food, company, and entertainment at the 25-Jun Hawaiian Luau. Thank you, *China Gardens* and *Colonia Pizza* for co-sponsoring this event held at the gym.

Approximately 180 people boarded the Cornucopia Princess in Perth Amboy for a cruise on Raritan Bay on July 24.

**See page 3 for more details and pictures.**



### **EVG Activities**

*Consult monthly calendar for times and venue.*

Ballroom Dancing  
 Billiards  
 Bingo  
 Card Games  
 Chair Yoga  
 Computer Classes  
 Exercise Class  
 Health Lectures  
 Health Screenings  
 Line Dancing  
 - Beginner, Advanced,  
 Country  
 Mahjongg  
 Monthly Trips  
 Movie Day  
 Puzzles  
 Scrabble  
 Sewing  
 Wii Bowling  
 Zumba Gold



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*News items of interest to seniors will be greatly appreciated. Please submit reports, articles, and/or poems to: Amy Ybasco*  
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**Avril Carter, EVG Program Director**

Events these past three months at EVG seem to emphasize the fact that Avril Carter has definitely found the job of her dreams. After more than ten years success in private sector management, marketing, and insurance claims adjustment, she felt that her desire to “reach and inspire as many people in vulnerable sectors of the population to seek and live the best life possible” had yet to be fulfilled.

Avril realized that this dream could only be achieved through government or non-profit service. In 2008, she moved to New Jersey from Southern California to earn her Masters in Public Administration at Rutgers University where she graduated Pi Alpha Alpha in 2011. Last May, Avril received her Masters of Public Health with focus in Community Health Programs from UMDNJ-SPH. Her move to New Jersey boosted her career move to the government sector first as an Investigator Intern with the US Equal Employment Opportunity Commission in Newark and later as a labor contract intern for Woodbridge Township in 2010. She was hired as an assistant to the Personnel and Purchasing Agent in 2011 and was appointed Program Director of the Evergreen Senior Citizens Center in Colonia in May 2013.

Avril is in full accord with Woodbridge Department of Health’s policy of viewing all activities offered to seniors as contributing to their overall welfare. The smiles on happy peoples’ faces and the bubbly positive outlook mirrored in their demeanor are what makes Avril’s day worthwhile. With the salvo of exciting activities and unprecedented attendance at all functions, EVG patrons have no other alternative but to be happy and beam at the myriads of services and choices now being offered at the center in Colonia where, as Avril puts it, “can be found the friendliest, healthiest, and happiest seniors in all of the USA.”

**Important Contact Information**

**Police**  
**732 634-7700**

**Mayor’s Office**  
**732 602-6015**

**Health Department**  
**732 855-0600**

**Division on Aging**  
**732 855-0600 x 5023**

**Evergreen Senior Center**  
**732 726-6260**

**Multi-Service Program on Aging**  
**732 382-6262**

**MCAT (Transportation)**  
**1-800 221-3520**

**Upcoming Events**

(Details in Monthly Calendar)

Picnic in the Park (9-18)  
Oktoberfest Luncheon (10-23)  
Senior Masquerade Ball (10-31)  
Tea at the Proprietary House (11/6)  
Turkey Hop (11/22)  
Historic Train Ride  
Rockettes Christmas Spectacular  
Holiday Banquet  
NYC/PA Trips  
Fashion Show  
Friends and Family Day

## EVG Seniors Celebrate ... at a Hawaiian Luau [\(view video at http://bit.ly/1doa7rr\)](http://bit.ly/1doa7rr)

At the 25-Jun Hawaiian Luau, 162 seniors were treated to a Hawaiian Paradise with scenic pictures on the walls and Hawaiian flowers hanging from the ceiling in the gym. Colorful long tables replaced round tables that covered the third front of the floor. Each table was decorated with dainty centerpieces, fans, and a cardholder detailing the program and the menu. An extra long table was ready at the far end to hold a veritable feast.



This first main event under the new administration was one of the biggest and

most well attended at EVG. Hawaiian pizza and egg roll appetizers were served at 12. After Mayor McComac made his welcome speech at 1:15, volunteers served a buffet lunch of pineapple chicken, Hawaiian steak, mixed vegetables, fried rice, and white rice. For dessert, the crowd feasted on fresh cut fruit, pineapple cake, and coconut custard pie.



Dancing began at 2:10 where everyone had a chance to show graceful moves dancing the Electric Slide, Cha-Cha Slide, and Cupid Shuffle. More modern and traditional line dances were planned but time simply ran out when the crowd hesitantly disbanded at 3.



## ... ON a Cruise [\(view video at http://bit.ly/14B448i\)](http://bit.ly/14B448i)

Even the oppressive heat wave seemed to dissipate early on July 24 as approximately 180 seniors boarded the Cornucopia Princess in Evergreen's first ever boat cruise. Buses driven by Caroline Castaldo, Joanne Sak, and Bobby Willis arrived early at the Perth Amboy dock. The affair marked the first official appearance of the Evergreen Press that included photographers Bob Kuzma, Bill Wisk, and Peter Ybasco, and reporter Amy Ross Ybasco.



As amazing sights along the coast came into view, someone jokingly referred to a big blue and cream building as the Perth Amboy Resort, a perfect oxymoron. The views of the Verrazano-Narrows Bridge, the NYC skyline, and a buoy with its variety of birds basking in the sun were truly sights to behold.



The crowd was earnestly encouraged to follow Avril's dream of making "Evergreen seniors the friendliest, happiest, and healthiest group ever." An open bar for soda and water kept the patrons properly hydrated. A buffet lunch of assorted salads, fruit, brisket of beef, chicken francese, penne pasta, baked potatoes, rice, and followed by delicious dessert choices of NY cheese cake, tiramisu, and with tea or coffee. The seniors quickly claimed the dance floor with line dances.



and water kept baked salmon, green beans was chocolate cake familiar and new



A tired but extremely happy bunch got off the bus at 4, heartened by Avril's promise to make this boat cruise an annual Evergreen affair.

## Colonia Senior Club Hosts Casino Lunch

The Las Vegas Adventure Buffet hosted by the Senior Citizen Club of Colonia was successfully launched Aug. 6. Ticket holders were given a plastic bag with gold or silver necklaces and 25 \$1 fake bills with club President George Vasillades' picture with "In George We Trust" label to use at the various gambling tables. The Watering Can Band played and enticed the crowd to join singing popular sing-a-long standards. Elmer's Catering of South Amboy provided a scrumptious lunch everyone enjoyed.

The club was established in 1978 and George has been its president for the last 15 years. It has 190 members, some of whom are over 90 years old. Club meetings are held every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday at Evergreen from 12-2.

### *Laughter Picker-Upper*

**Cancel your credit card before you die.** This is so priceless, and so, so easy to see happening, customer service being what it is today. So, be sure and cancel your credit cards before you die. There are just too many really stupid people around!

A lady died this past January, and ICICI Bank billed her for February and March for their annual service charges on her credit card, and added late fees and interest on the monthly charge. The balance had been \$0.00 when she died, but now somewhere around \$6000.00. A family member placed a call to ICICI Bank.

**Family Member:** I am calling to tell you she died back in January.

**ICICI Bank:** The account was never closed and the late fees and charges still apply.

**Family Member:** Maybe, you should turn it over to collections.

**ICICI Bank:** Since it is two months past due, it already has been.

**Family Member:** So, what will they do when they find out she is dead?

**ICICI Bank:** Either report her account to frauds division or report her to the credit bureau, maybe both!

**Family Member:** Do you think God will be mad at her?

**ICICI Bank:** Excuse me?

**Family Member:** Did you just get what I was telling you - the part about her being dead?

**ICICI Bank:** Sir, you'll have to speak to my supervisor.

**Supervisor gets on the phone:**

**Family Member:** I'm calling to tell you, she died back in January with a 0 balance.

**ICICI Bank:** The account was never closed and late fees and charges still apply.

**Family Member:** You mean you want to collect from her estate?

**ICICI Bank:** (Stammer) Are you her lawyer?

**Family Member:** No, I'm her great nephew. (Lawyer info was given)

**ICICI Bank:** Could you fax us a certificate of death?

**Family Member:** Sure. (Fax number was given)

**After they got the fax:**

**ICICI Bank:** Our system just isn't setup for death. I don't know what more I can do to help.

**Family Member:** Well, if you figure it out, great! If not, you could just keep billing her. She won't care.

**ICICI Bank:** Well, the late fees and charges will still apply.

(What is wrong with these people???)

**Family Member:** Would you like her new billing address?

**ICICI Bank:** That might help...

**Family Member:** Odessa Memorial Cemetery, Avinashi, Coimbatore

**ICICI Bank:** Sir, that's a cemetery!

**Family Member:** And what do you do with dead people on your planet???



## Health Aids ...

### ABCs of First Aid

**Fern Kulman**, Health Educator from the Woodbridge Department of Health and Human Services, showed seniors on July 26 what to do in times of emergency. The session dealt with first aid action in cases of bites/sting, eye injuries, and heat related illnesses.

Each participant received plenty of useful take-homes: a copy of slides shown at the presentation; a trifold ABCs of First Aid; a Health Dept. key chain; a first aid kit containing a First Aid Guide pocket pal, band aids, burn cream, and wet nap; and a Certificate of Attendance.

### Healthy Heart Program

"Keeping Up the Beat" was the intriguing title of the Sept. 12 Healthy Heart presentation by Fern Kulman and Fran Samuels-Berg. The program was held in the newly refurbished Enrichment room.

## EVG Bill Board



Co-founders Frank St. Marie and Pat Trombetta joined Mayor McCormac and EVG Director Avril Carter in honoring the EVG Senior Olympics participants on Sept. 12. And the winners include Vito DePaola, Bronze/Bocci; Lou Gaber, Gold/Billiards; Louise Gordon, Bowling, Table Tennis; Barbara Juliana, Gold/Horsehoe; Rose LaMond, Silver/Breast Stroke; Bobbie Leapman, Mini Golf, Bocci; Joanne McKay, Mini Golf; Jamana Pha Knemollen, Table Tennis; Joan Smith, Gold/Bocci Double, Silver/Bocci Single; Rose Videyk, Gold/Mini Golf; and Gert Zanowski, Gold/Mini Golf.

EVG staff and volunteers outdid themselves in transforming the gym into a seaport Caribbean setting for the monthly lunch Aug. 21. Mayor McCormac joined the festivities and promised the seniors he will keep them informed about the nearby new housing construction which could be very beneficial for seniors looking to downsize into townhomes/condos with maintained grounds. For video, go to <http://bit.ly/14cSlyl>



Liberty Hall Museum at Kean University - Built in 1772, Liberty Hall was the home of William Livingston, New Jersey's first elected governor and signer of the Constitution. The originally built 14-room Georgian style home has grown to a 50-room Victorian-style mansion housing antique furniture, ceramics, textile, toys, and tools owned by seven generations of Livingston and Kean families. On Aug. 7, 18 seniors and staff members toured the Museum as part of EVG's cultural program. For video, go to <http://bit.ly/16aB4uP>



EVG Honors Fathers at a brunch on June 14. According to Mayor McCormac, this is the first event he has attended where the men outnumbered the women.

### “DIVAS DO AC”

Wow! Divas are in Atlantic City.

On July 31, Evergreen seniors boarded two buses to Atlantic City's Resorts Casino. The trip included the Divas show “Divas Do AC” featuring male impersonations of celebrities such as Joan Rivers (hostess of ceremony), Nancy Sinatra, Jennifer Lopez, Patti LaBelle, Liza Minnelli, and Prince. What a hilarious show!

EVG seniors enjoyed a delicious all-you-can-eat buffet, played at the slot machines, and gambled at the newly renovated casino. Some seniors took advantage of the perfect summer day walking on the boardwalk to people watch or going to the beach to watch the waves.

Singing their way back home, Evergreen seniors thoroughly enjoyed their day of fun. - Rosie LaMond, Puzzle Lady

### “Motown The Musical” Bus Trip

Evergreen seniors were musically educated in the history of Berry Gordy's company through the Broadway Show “Motown the Musical.”

On that rainy August 28 day, their learning experience was enhanced through songs from Motown Records greats like Smokey Robinson and the Miracles, Marvin Gaye, The Temptations, Four Tops, Diana Ross and the Supremes, Martha Reeves, the Vandellas, Stevie Wonder, and of course, The Jackson Five with a young Michael Jackson.

At the end of the day, Evergreen seniors merrily were bused home from the Lunt-Fontaine Theatre singing Diana Ross' song “Reach Out and Touch Someone.” - Rosie LaMond, Puzzle Lady

## *Fran Samuels-Berg Retires*

**Frances Samuels-Berg**, MSW, LSW, LCSW, is retiring in October 2013 as Supervisor of the Woodbridge Multi-Service Program on Aging after 29 years of devoted service. She obtained her Masters of Social Work from Adelphi University School of Social Work in 1983 and worked at the JCC in Union for one year before joining WMSPA in 1985, becoming its supervisor in 1988.



Her insight and determination has put the agency on the map within county, state, and national network of providers such as the Middlesex County Office on Aging, New Jersey Department of Health and Senior Services, and the US Dept. of Health and Human Services. As WMSPA head, Fran had successfully sponsored countless resolutions that upheld the standards and requirements of the Older Americans Act grant.

Fran's steadfast leadership qualities, tenacity, and humble approach gained the respect of her colleagues, staff, and clients. She initiated and promoted programs to better serve seniors like the annual Asian luncheon, annual Holiday celebration, Intergenerational Kids for Kindness program with Colonia Middle School, monthly Outreach programs at senior apartment buildings, and annual presentations to senior clubs. She spearheaded *Expressions*, a monthly educational, social, and supportive program held at Evergreen Senior Center. Providing support, counseling and case management to improve the quality of life of her clients are her great passions. Fran is a true advocate for her clients, zealously connecting them with services and benefits, leaving no stone unturned.

Outside interests include membership in the We Feed program and the Interfaith Clergy Council where she puts into use those endearing qualities of always putting other people's needs before hers and readiness to listen to the troubles of others. Fran is a true advocate, a leader, a friend, a mentor, a daughter, a sister, and a wife. As she is busy preparing for her retirement, we at WMSPA know we will definitely miss her very much. – *Michele Morgan*, Woodbridge Multi-Service Program on Aging

## **Volunteers – EVG's Special Group of People**



**Adidi Bohthra** – Rutgers University; **Anjalu Bohthra**; **Rajalu Bohthra**; **Drew Denton** – Rutgers U; **Ganesha Charles-Estain** - Woodbridge High School; **Al Floyd** - Rutgers University; **Anthony Graham**; **Marianne Horta** – Personnel/Purchasing Office; **Uzo Igwege** of Fords – Intern, A.T. Still University; **Saleena Jamal** - Colonia High School; **Sameen Jamal** - Avenel Middle School; **Arielle Kastner** of Woodbridge; **Maha Khan** - Colonia High School; **Meagan Kushpa** of Port Reading - Bishop AHR; **Meridith Kushpa** of Port Reading - Bishop AHR; **Hung Le** – Personnel/Purchasing Office; **Ruby Ozaeta** of Woodbridge; **Mirly Paul** of Woodbridge - Middlesex County College; **Michael Petersen** - Colonia High School; **Sandy Petersen** of Colonia; **Cathylee Philippe** – Intern, Rutgers University; **Krista Philippe** – Rutgers U; **Niven Raghieb** – Woodbridge Rec; **Brandi Rodriguez** of Colonia; **Sheri Samsudeen** of Colonia; **Sabriyah Samsudeen** - Colonia High School; **Safiyah Samsudeen** - Colonia Middle School; **Ivy Whisky** of