



Ever Young at Evergreen

Newsletter of the Evergreen Senior Center

Where the members are the friendliest, healthiest, and happiest seniors in all the USA



Members Appreciate “New and Improved” EVG Services

The unparalleled slew of activities that have occurred since Evergreen Senior Citizen Center members welcomed a new director last June has truly been amazing. Thoroughly flabbergasted and excited, seniors were spurred to come out and participate in going places, doing new things, learning new skills, sharing, and simply just having fun. And who should be thanked for all these?

When the subject was broached, EVG Program Director Avril Carter was quick to point to Mayor John McCormac. Avril unwaveringly acknowledges that Mayor McCormac gave her this golden opportunity to perform the job of her dreams, serving and assisting those who need help, and contributing to the health and happiness of older citizens.

For all the wonderful things that have happened in the last six months at EVG, the seniors benefitting from these programs and services would like to express our heartfelt congratulations for a job well done. We would like to take this opportunity to thank Mayor John McCormac, Health Director Dennis Green, and EVG Program Director Avril Carter for truly making EVG a happy place. We really appreciate all the thoughts, efforts, and funds you have showered on EVG. Thank you! Thank you! Thank you! More power to you!

Since the Mayor was not able to join us at the Turkey Hop Thanksgiving celebration, five representatives from EVG visited Mayor McCormac on Nov. 27 to present him with the

gigantic Thank You card choked with personal messages and signatures of EVG senior citizens. During the visit the mayor proudly showed off his framed puzzle pictures that were quite impressive. He sent back the blueprint of the new and extensive EVG grounds with 75 parking slots, an increase from the 49 slots we now have.



John E. McCormac, Mayor
Dennis M. Green, Director of Health

EVG Activities

Consult monthly calendar for times and venue.

Billiards
Chair Yoga
Computer Classes
Dance – Ballroom; Line
- Beginner, Advanced, Country
Exercise Class – Dance Fitness;
Lifetime Fitness; Zumba Gold
Health Lectures
Health Screenings
Games – Bingo, Cards, Mahjonn,
Scrabble, Wii Bowling
Monthly Trips
Movie Day
Puzzles
Sewing



Page 3 highlights EVG main events - the 31-Oct Masquerade Ball and the 05-Dec tree lighting where Santa, a petting zoo, karaoke, and other activities excited the children way past their bedtime on a school night.

Beginning on page 5, the EVG Bill Board displays pictures of other great happenings at the center from September to December.

Editorial Staff

Editor
Amiable Ross Ybasco

Contributing Editors
Rosie LaMond
Dot Mushinski
Helen Vanderzyde

Reporters
Contacts from
AARP
Colonia Seniors
Multi-Service Program on Aging
St. John Vianney Seniors
Youth Center

Photographers/Artists
Robert Kuzma
William Wisk
Peter Ybasco

News items of interest to seniors will be greatly appreciated. Please submit reports, articles, and/or poems to: Amy Ybasco
amiablemybasco@yahoo.com
or mail to
Evergreen Senior Center
400 Inman Ave.
Colonia, NJ 07067

EVG Newsletter Mission

This newsletter serves as the vehicle to report all “social, recreational, educational, and physical activities” offered at the center. As noted in its mission statement, EVG offers activities to “stimulate healthy living, create a sense of purpose, and enhance quality of life” which are all aimed to “empower older adults.”

The editorial staff is composed of volunteers dedicated to unbiased and factual reporting of activities EVG has to offer.

Health & Wellness Programs Focus on Cancer



Cancer and the importance of early detection were the focus of two health presentations at EVG. The discussion on breast cancer was held Oct. 24, and the lung cancer seminar was held on Nov. 7.

Joan Withers, RN, director of the Susan Komen Organization (JFK) showed slides on helpful tips for early detection of breast cancer through self-examination. She emphasized the importance of yearly mammograms.

The St. Barnabas Lung Cancer Institute’s discussion on lung cancer stressed that this disease is most curable when diagnosed at an early stage. Respiratory specialist Roland Romano informed his audience of a free screening program at the Livingston facility for high-risk smokers. This free screening is part of the international Early Lung Cancer Action Program for early detection of the No. 1 cancer killer, whose number is way over that of all cancer deaths combined. High-risk smokers are current or former smokers, age 55-74. Eligible individuals should call 973 322-6644 for a free screening and low-dose CT scan.

Important Contact Information

Police
732 634-7700

Mayor’s Office
732 634-4500

Health Department
732 855-0600

Evergreen Senior Center
732 726-6261

Multi-Service Program on Aging
732 726-6262

Woodbridge Community Center
732 596-4000

MCAT (Transportation)
1-800 221-3520

Upcoming Events

(Details in Monthly Calendar)

- | | |
|--------------------------------|------------------------|
| New Year Tea Party | Spring Fashion Show |
| Historic Train Ride | Friends and Family Day |
| NYC/Atlantic City/PA Trips | Bring Grandkids to EVG |
| “Grease” - Papermill Playhouse | April Spring Dance |

Christmas 2013

A time of celebration,
 A time of reflection,
 A time to put our hands together
 For a world of peace,
 For uplifting,
 For forgiving,
 The list is endless.

Love through a helping hand,
 Kind words,
 Prayer,
 And your very own list
 Keeps the angels smiling
 And the Lord Blessed.

-- Ann M. Livingston
 December 12, 2013

Main Events for EVG Seniors

Colonia Business Community Tree Lighting

Video at <http://bit.ly/1clYsTY>

Twas a night of making memories for all seasons



Creatures were stirring to welcome St. Nick

Singing carols outdoors and in



Talking to Santa

Dancing

Making cards for US troops

Getting tattoos

Decorating cookies

Masquerade Ball

The first ever dress up affair for seniors was a success, judging from the smiles and raves from EVG seniors at the Masquerade Ball held at the Middle School cafeteria Oct 31. The formal clothes worn by the celebrators were fully complemented with the snazzy beaded and feathered masks provided one per at the door. Partygoers enjoyed a Frank Sinatra/Johnny Ray impersonators show, a veritable buffet feast provided by Arena's Café, and music by DJ Anthony.



18-Dec-2013 Holiday



Birthday celebrants include Jean Trecartin, Esther Scapati, Maria Cardoma, Anna Wills, Janet Dicom, Mary Ann Asaro, Marie Gunthner, and Carolyn Tarantino. The cake to honor celebrants was graciously provided by Shop Rite of Woodbridge.



Seniors were serenaded with carols from 17 four/five year olds from the YMCA Childcare of Colonia. Lunch was provided by Arenas Café and served by Colonia High School volunteers April, Chelsea, Jesse, Maha, Rachel, Saleena, Shauna, Shelby, and Taylor. DJ Anthony provided the music.



Inter-Generational Program

Multi-Services Program on Aging – Nov. 22

Students from Kids for Kindness Club and EVG seniors shared cultures and ethnic dishes to bridge the generation gap by establishing valuable relationship through a n on-going mentoring program.

A True Home Grown Hero

For educating generations of students about the sacrifices veterans made in the service of their country, the Claremont Avenue Elementary School 20 in Colonia dedicated a flagpole with an inscribed stone to Stuart Brandow, 89. Serving with Company D, 310th Infantry, 78th Division in the European Theater, Stu was recognized with the Bronze Star for his "conspicuous bravery in defense of his unit while under heavy enemy fire."



Students, staff, faculty, and parents were at the ceremony attended by Mayor McCormac, Principal Joseph Massimino, and fellow veteran Jack McGreevey. Mayor McCormac urged students to look closer to home at people such as Stuart when identifying their heroes.

A resident of Woodbridge, Stu has two children and two grandsons. Son Roland lives in Fords with his wife Diane and son Dominick, who graduated from School 20 and now resides in Chicago. Daughter Barbara lives in Howell with her son Kevin Coughlin.

Laughter

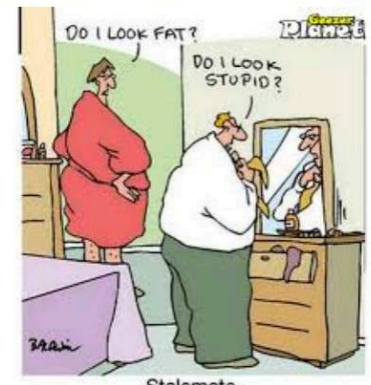
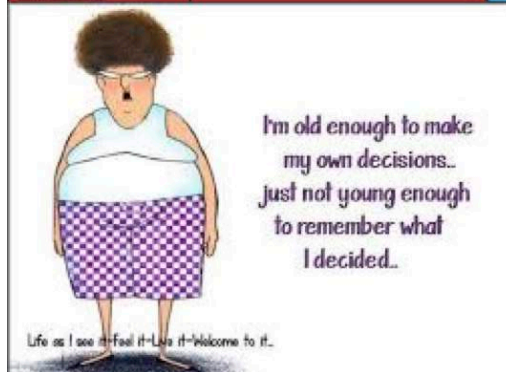
Picker-Upper

Tell me this won't happen to us!!!

An elderly Floridian called 911 on her cell phone to report that her car has been broken into. She is hysterical as she explains her situation to the dispatcher: 'They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!' she cried.

The dispatcher said, 'Stay calm. An officer is on the way.'

A few minutes later, the officer radios in 'Disregard.' He says 'She got in the back-seat by mistake.'



EVG Bill Board

Dining at Applebee's
Dancing with SA volunteers



At Rockefeller Center
Resting by fountain
Posing by Christmas tree



On the streets of New York

11-Dec. NYC Trip

Dinner at Applebee's, show at Radio City Music Hall, enjoying Christmas sights at Rockefeller Center

Turkey Hop/Thanksgiving Celebration



Honoring birthday celebrants is the new tradition initiated during the 20-Nov Turkey Hop/Thanksgiving event at EVG. There were eight November honorees: Janet Clements, Rose Bonando, Fran Klinck, Jean Bradbony, Zelma Ferguson, Joe Azaro, Vilma Hurst, and Steve Babish. EVG seniors proved their generosity by contributing to and filling the bin marked for the Toys for Tots campaign. Woodbridge Shop Rite graciously provided the birthday cake.



Torino's Italian Restaurant & Grill on Inman Ave., owned by Darrin and Jennifer, co-sponsored the event providing a delicious Thanksgiving dinner. According to Darrin, watching people enjoy the food they provide is a family trait inherited from his grandmother Rose, who loved to cook big Italian dinners any time for family and strangers in their ancestral home in JerseyCity. Video at <http://bit.ly/18oiKhR>



Proprietary House - The Evergreen Center seniors toured and enjoyed tea at the Proprietary House located in Perth Amboy last Nov. 6. The Proprietary House, the only original Royal Governor's mansion still standing, served as the official residence of New Jersey's last Royal governor William Franklin (Benjamin Franklin's son). The 23 ladies on the tour ate cucumber sandwiches and pastries with their tea. Dave Szilagyi conducted an informative tour of the historic mansion built in 1764. Special thanks to Dot Mushinski, Trustee, for arranging the tea and tour. – Rose LaMond Video at <http://bit.ly/1djO69b>



EVG Bill Board - Continued



Nov. 11 – More than 40 EVG seniors enjoyed shopping, dining, and the sights at the 42-acre 18th century setting of **Peddler's Village** in Bucks County, PA. Strolling down the compound transported friends back in time to an old English village. The outdoor "bigger than life" scarecrow creations were attractive backdrops for souvenir photos as the seniors moved among more than 70 varied shops, restaurants, and galleries. Many winners at the Cock 'n Bull Bingo Breakfast were from the group.



The seniors had an afternoon of fun strolling, shopping, and eating. The Mercer Museum trip in nearby Doylestown more than compensated for the traffic-choked bus ride of almost three hours.

Video at <http://bit.ly/19lmm3R>



The echo of a yodel bouncing off a snow-covered Bavarian mountain was all that was missing at the EVG **Oktoberfest** last Oct. 23. Arena's Café served a traditional German fare of bratwurst with sauerkraut, potato pancakes, and the perfect double chocolate cake. And of course, throughout the affair, there was a continuous flow of beer - root beer, that is. Video at <http://bit.ly/1b2x7p9>



White Picnic - The scene at Merrill Park Grove 2 on Sept. 18 of EVG seniors in their resplendent whites easily negated the technical definition of white as the absence of color and the ban against wearing white after Labor Day. Video at <http://bit.ly/17Ptwwf>

Seniors clad in white outfits provided the perfect contrast for the deep green of the trees, the oh so blue skies with nary a cloud in sight, and the slightly browning grass afoot. As Avril Carter aptly stated, "Evergreen seniors, you all look like angels." Mayor John McCormac asked the crowd to give Avril a big hand for her great job at EVG. Senior



volunteers Ann Fitzsimons, Theresa Finnegan, Dolores Scudato, Anne Carpio, Theresa Finnegan, and Joan Brennan assisted regular EVG volunteers Jennifer, Uzo, Sheri, and DJ Anthony. Arena's Café provided an amazing barbeque feast served by Ed, James, Herman, and James.

The maiden issue of *Ever Young at Evergreen*, the quarterly newsletter reporting events at the senior center, was distributed after lunch.



Oct. 8 - Jewelry, icons, artifacts, colorful native costumes and instrument, as well as informative data were part of the 11th **Multi-Cultural Asian American Luncheon** on Oct. 8 at EVG. Celebrating the cultures of China, India, Japan, the Philippines, and Thailand, this annual event is sponsored



by the Multi-Service Program on Aging. Amy Ybasco traced Philippine history as she introduced Filipino instruments; Henry Wong showed a video of a Chinese magician; Jamhaph Khemoller, assisted by her daughters and cousin, presented a Thai dance; Masako Sivak demonstrated the art of origami; and the group from India sang their national anthem. Video at <http://bit.ly/1kuptZS>

EVG seniors were treated to a luncheon featuring dishes from India donated by Royal Albert's Palace of Fords, sushi Masako made, and Filipino adobo and pancit (noodles).



Participants received a Directory of Health Services from Middlesex County Office of Aging and Disabled Services as giveaways from rep Consuelo Bosque. – *Helen Vanderzyde*



The Telecom Pioneers Chapter 99 hosted a lunch for Multi-Service Program on Aging clients at EVG Dec. 12. According to Fred Jones, they are especially proud since this is their 30th year in service. Other chapter members present were David Braun (who played Santa Claus), Jim Cunningham, and Jackie Gunn who helped serve the delicious lunch catered by D'Italia of Avenel. The Four Old Parts, a barbershop quarter from Morris County



featuring bass Dick Floershimmer, lead John Maizel, baritone Ken Hoffman, and tenor Terry Scullin, provided entertainment, including table by table serenades. Each senior received a goodies bag from Santa containing tea, cocoa, candies, cookies, and a \$10 Shop Rite gift certificate.



The "Welcome Home Breakfast" at EVG on Nov. 8 was a heartfelt tribute and an opportunity to express overwhelming gratitude to all Woodbridge veterans. Anthony Orsini, navigator of a B-24 bomber stranded in Yugoslavia whose unit's account is included in the book *Forgotten 500*, and Stuart Brandow, Bronze Star recipient,



shared their stories that readily brought tears to their listeners' eyes as they recounted touching combat experiences and made their audience laugh as they offered insights on the camaraderie with fellow soldiers and medical personnel. Local dignitaries who joined the event were Mayor McCormac, Freeholders Rios and Kenny, Councilwoman Debbie Meehan, and Michael Kress, an active duty Marine who had just returned home from the Middle East.

Even the younger generation had thoughts to share about how they felt and how they always related to the anecdotes they have heard time and again. They are so proud of their senior relatives and are aware of the debt of gratitude owed to all veterans for the service and sacrifice they unselfishly rendered for our country. Thanks to event sponsors Torino's Italian Restaurant & Grill, Dunkin Donuts, Quick Chek, and Supreme Bagel. Video at <http://bit.ly/1bpPlfa>



Scan Member ID Cards Available in 2014

EVG members will be issued new ID cards in 2014, according to EVG Program Director Avril Carter. These cards will be required every time a member makes use of the facilities and will be scanned to provide information that will serve as the basis for needed services.

Aside from verifying that the user is a bona fide senior resident of Woodbridge Township, the card will provide valuable information such as where in Woodbridge most center patrons are from, age make up of users, and when the card was last used. Tracking card use will greatly assist hospitality volunteers keep track of prolonged absences that might be due to illness and enable them to periodically check on member well being. The data will also serve as a basis for the planning and implementation of new programs and services to benefit EVG seniors attain the stated goal of being the “friendliest, healthiest, and happiest seniors in all the USA.”

There are 297 names in the current EVG roster of members. These are the members who have submitted their information by filling out the green Registration Form found on the table by the office. All members should fill out this form to ensure that they get this techno-friendly scan ID card.

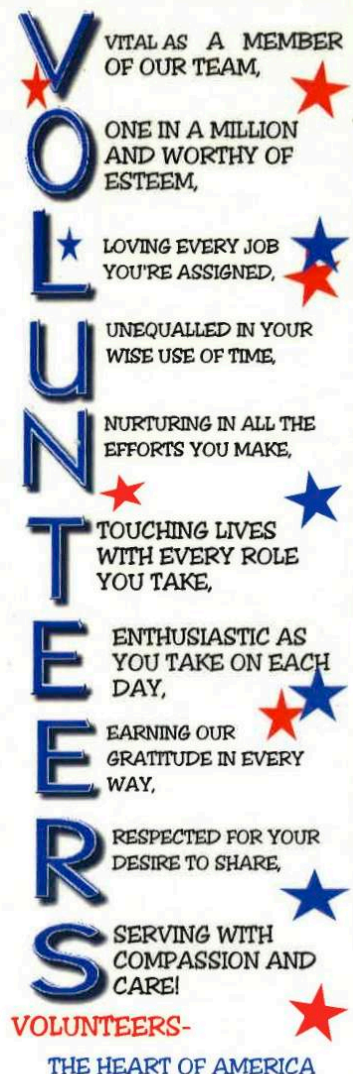
Ann Fitzsimons
EVG Senior Volunteer



As you enter the Evergreen Senior Center on Mondays and Fridays, almost the first person you will meet is Ann Fitzsimons, sitting at her desk and acting as the official greeter. As such, Annie greets visitors and directs them to where they want to go, reminds members to sign in and even gives tours of the facility. In between, she is bringing the card files up-to-date. As Annie is definitely a people-person, she is perfectly suited to her greeter job.

Annie also performs other volunteer duties, such as collecting tickets at events, helping to decorate, setting tables and cleaning up, among other things. We seem to see Annie everywhere!

Annie is a long-time resident of Iselin and has been a member of Evergreen for approximately 10 years. She not only volunteers, but enjoys what Evergreen has to offer, such as exercise classes and going on the organized trips. – *Dorothy Mushinski*



Sabriyah Samsudeen
EVG Junior Volunteer

Sabriyah Samsudeen, 16 and a Junior at Colonia High School, actually became a volunteer at Evergreen by accident. She needed volunteer hours and was intending to apply at the YMCA. However, she walked in the wrong door, met Avril Carter and decided she would rather work with seniors. She has enjoyed it ever since.

Sabriyah was very active during the summer. She helped out at movie showings, luncheons, bingo and Wii. She did office work and computer coaching. She also recruited other high school students to become volunteers at the center.

Sabriyah is very committed. She volunteers during school breaks and at evening events. She volunteered at the 31-Oct Masquerade Ball and gave up a day's work at her job to do so.



She plans to major in law or technology when she goes to college. In the meantime, we will see her busily helping out her senior friends again next summer. – *Dorothy Mushinski*