

# MADISON MONTHLY NJ

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## LETTER CARRIERS' STAMP OUT HUNGER FOOD DRIVE – MAY 11



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The 27th annual Letter Carriers' Stamp Out Hunger® Food Drive is on Saturday, May 11, 2019.

The Letter Carriers' Stamp Out Hunger® Food Drive is happening on Saturday, May 11, 2019. On this day, you can set out your non-perishable food before your letter carrier's regular pick up time. The top requested non-perishable food items are: cereal, pasta, pasta sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili, and/or pasta), 100 percent juice, peanut butter, macaroni & cheese, canned protein (tuna, chicken, and/or turkey), beans (canned or dry). You can also donate healthy, low-sodium, low-sugar items such as beans, oatmeal, and other whole grains, and canola or olive oil.

Please do not donate frozen food, homemade food, or home-canned items. Please do not donate items that have expired or are in glass containers. In keeping with good food-handling and food-safety procedures, food that is opened, damaged, out of code or does not have the official ingredients will be discarded by the food bank in the sorting process.

The Food Drive is primarily a people food drive, but if you also want to give pet food in addition to your regular donation, food banks may be able to distribute or direct it to pet shelters and organizations in the area that have a need.

Please do not donate any form of individual baby food products, including formula, jarred vegetables and fruits, meals, snacks, infant cereal. Baby food may be donated by the case or pallet, but single item donations present potential contamination risks and special handling requirements.

The Food Drive is primarily a food drive, but if you also want to give personal care items (such as diapers, laundry detergent, soap, toilet paper, and household cleaning items) in addition to your regular donation, food banks may be able to distribute or put them to good use with organizations that also provide help to those in need. Please note that not all food banks will be able to accept these items.

If you would like to volunteer with food distribution and sorting, or in any other capacity, call your local post office and ask to speak to the local food drive person there. Many food banks have a great need for volunteers on Food Drive Day, as well as all throughout the year.

All donations to the Letter Carriers' Stamp Out Hunger Food Drive are tax-deductible because all the food collected on Food Drive Day is given directly to non-profit charity food agencies in the community the food was



collected. Though the National Association of Letter Carriers plans the Food Drive's logistics and letter carriers provide the transportation for each donor's generous donation, the National Association of Letter Carriers is not the agency that gets listed on tax forms for claiming deductions. There are more than 10,000 food agencies throughout the country that receive these donations, so if you itemize your taxes and want to provide proper credit for your Food Drive donations, you will need to determine the name of the agency (food pantry or other charity) that received your food, as well as the agency's address and tax I.D. number for proper reporting on your tax-filing forms. The Food Drive Coordinator at your local post office should be able to give you the name of the receiving agency, and that agency will likely have tax information handy.

For more information, visit: [nalc.org](http://nalc.org).

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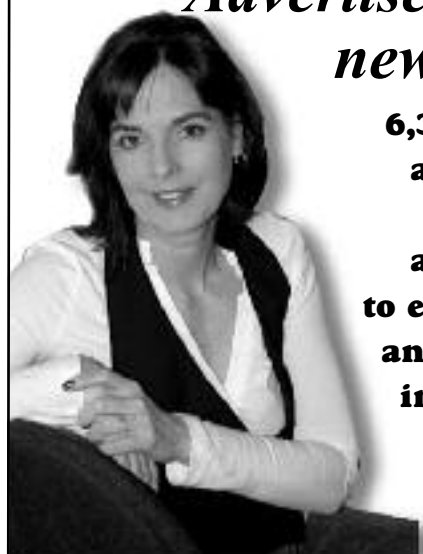
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## MADISON ROTARY READS TO 2ND GRADERS

*Submitted by Carmela Moeller*

In support of "Read Across America" week, Madison Rotary conducted its annual Spring Reading Project, as they visited the Madison second-grade classrooms and read "Andy & Elmer's Apple Dumpling Adventure" to the children. This project promotes literacy and a love of reading while also introducing the children to Rotary International and its local clubs.

The book was developed by a Rotary Club in Ohio and introduces the children to the concept of Rotary's Four Way Test, a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships. It has been translated into more than 100 languages:

Is it the Truth? Is it Fair to all concerned? Will it build Goodwill and Better Friendships? Will it be Beneficial to all concerned?

Reading to children has been proven to be the most effective way to improve a child's reading ability because the reader can engage with the child at his or her level of comprehension rather than at the child's own reading level. Most importantly, it illustrates to the children that reading is a joy that they will have forever, that

reading can take them wherever they dream to go and give them the opportunity to learn whatever they choose.

When asked why they like to read, one student responded "When I read, I go on an adventure. It makes my imagination get big and I can go to places I could never go in real life!" Madison Rotarians thoroughly enjoyed spending time with these wonderful children. We look forward to seeing these same students again in the Fall when we present them with their personalized dictionaries as part of Rotary's Annual Autumn Dictionary Day event.

The Rotary Club of Madison has an enthusiastic and engaged network of ordinary people doing extraordinary things to serve humanity in our local and global communities. The Club meets every Thursday at 7:47 a.m. for breakfast at the Madison Area Y and at 12:15 p.m. for lunch at Rod's SteakHouse & Grill. Breakfast is \$7.00 and Lunch is \$20. All are welcome.

For a schedule of upcoming speakers, go to madisonrotarynj.org. Interested speakers may also contact us through the website.



(above) Rotarian Tanya Van Order surrounded by the 2nd Grade students at St. Vincent Martyr School.

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Far Hills is honored to share with you the list of secondary schools to which the 40 members of the Class of 2019 gained admission:

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Berkshire School  
Blair Academy  
Brewster Academy  
Choate Rosemary Hall  
Debartan School  
Deerfield Academy  
George School  
Gill St. Bernard's School

The Hill School  
The Hotchkiss School  
The Hun School  
IMG Academy  
Immaculate High School  
Kent Place School  
The Lawrenceville School  
The Loomis Chaffee School  
Meredburg Academy  
Middlesex School

Monterey-Bear School  
Newark Academy  
Northfield Mount Hermon School  
Oak Knoll School of the Holy Child  
Oratory Preparatory School  
Piedmont School  
Phillips Academy Andover  
Phillips Exeter Academy  
The Pingry School  
Princeton Day School  
Rutgers Preparatory School  
Salisbury School  
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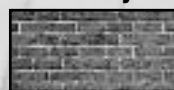
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## CHATHAM AND MADISON RESIDENTS SUPPORTING NEARBY URBAN HIGH SCHOOL

Student/Partner Alliance Board member and Chatham resident, Ann Stachenfeld, and Margaret Momber, Executive Director and Madison resident have increased local support for motivated low-income high school students living in our nearby urban areas.

The Sweetie Pig Foundation, a Chatham-based Foundation, has provided scholarships for almost 30 students since Ann Stachenfeld joined S/PA as a sponsor, then mentor, and now also Board Member. S/PA Executive Director and Madison resident, Margaret Momber, has mentored three students and brought in many enthusiastic neighbors - most recently John Heenehan of Madison. Another Partner and Board Member Tom Mulligan and his wife Mary Ellen have mentored many students over the past 20 years. We are thankful for our strong local support.

At a recent event, several experienced mentors shared stories about how impactful the experience of mentoring has been for them. Student/Partner Alliance has provided 2050 scholarships since 1993 and is always looking for new mentors to support our students. Please join us on May 10th from 9:30-11:30 am at our offices at Christ Church on 561 Springfield Ave in Summit. If you would like to learn more about our program or attend the coffee, please contact [akent@studentpartneralliance.org](mailto:akent@studentpartneralliance.org).



(above) Madison and Chatham Residents gather to talk about S/PA.



(above) Ann and some of the Saint Vincent's Academy students.

### ABOUT: STUDENT/PARTNER ALLIANCE

The mission of Student/Partner Alliance (S/PA) is to support motivated high school students at private high schools in New Jersey's urban areas of Essex, Hudson and Union counties with tuition assistance and mentoring to increase their chances for college admission and scholarships, and ultimately to lead successful and productive lives.

Research from mentor.org shows that mentors play a powerful role in providing young people with the tools to strive and thrive, to attend and engage in school, and to reduce or avoid risky behavior like drug use. In turn, these young people are:

- 55% more likely to be enrolled in college
- 81% more likely to report participating regularly in sports or extracurricular activities
- 78% more likely to volunteer regularly in their communities.
- More than twice as likely to say they held a leadership position in a club or sports team.

Yet, the same research shows that one in three young people in our country will grow up without a mentor. Today, in our community there are so many young people who could benefit from having a mentor outside their family.

To learn more about the role mentoring plays in our community and to find volunteer opportunities with us visit [www.studentpartneralliance.org](http://www.studentpartneralliance.org).

We will also be holding an informational coffee at our offices at Christ Church on 561 Springfield Ave in Summit from 9:30-11:30am on May 10th. If you would like to learn more about our program or attend the coffee, please contact [akent@studentpartneralliance.org](mailto:akent@studentpartneralliance.org).



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## ROSE CITY RUNNERS CLUB MEETS EVERY SATURDAY MORNING

*Submitted by Barbara Rushman*

Madison/Chatham area runners - come check out the Rose City Runners! We meet every Saturday morning at the Kitchell Road parking area of Loantaka Park in Morris Township. Run start time is 9 a.m. from November through March, 8:30 a.m. April through October. We share breakfast afterwards, and gather around a fire in the shelter on cold days. We also have an optional USATF racing team if you like to race as part of a group. Members host several parties throughout the year, usually holiday or theme related. Saturday morning runs range from 3 to 8 miles at various paces, much on quiet wooded park trails.

Our club is celebrating its 40th anniversary this year! Visit [RoseCityRunners.com](http://RoseCityRunners.com) for more information. Runners are welcome to join us any Saturday before becoming a member.

*Join the Rose City Runners Club*

*Established 1997*

*Come to one of our Saturday Breakfast Runs*

*8:30 AM Apr-Oct*

*9:00 AM Nov-Mar*

*Kitchell Rd Parking Lot of Loantaka Park*

*Visit our website: [www.RoseCityRunners.com](http://www.RoseCityRunners.com)*



## MADISON IS “INTOYELLOW” TO CELEBRATE OPTIMISM AND RESILIENCE IN HONOR OF MENTAL HEALTH AWARENESS MONTH MAY 4 – MAY 11, 2019

*Submitted by Whitney Sobala, Co-Founder, UMEWE*

Madison High School students, Girl Scouts, senior citizens, interfaith organizations and the Madison, NJ community at large are turning their Optimism into Action by participating in “Pollination” - the collaborative public art project with artist and Optimist, G. Riley Johndonnell (a/k/a Uncle Riley), where they will be creating a community garden of 100 flowers hand painted on 10-inch round yellow disks (materials donated by Jaeger Lumber and Ricciardi Brothers of Morristown). On the back, they will be writing their ideas for how to brighten Madison. These optimistic ideas will be shared with the mayor’s office as the garden “pollinates” the front lawn of the Hartley Dodge Memorial Building, on May Day.

This public art project is part of a larger, town-wide initiative, “Madison INTOyellow” – which will be taking place May 4 through May 11, 2019. Madison INTOyellow is an annual, week-long series of arts, educational and social events that support and celebrate local community mental health resources in honor of National Mental Health Month (May). All events are programmed with the shared intention to shine a light on the stigma of mental health and inspire community connection through collaboration and creativity.

This is the third straight year that Madison will be publicly honoring National Mental Health Month, after setting the precedent in 2017 as the

first US town to recognize and celebrate the United Nation’s global holiday ‘International Day of Happiness’ (designated as March 20th) and proclaim May as Mental Health month.

Other free events planned for the week include daily ‘mindful movement’ classes, a “People’s Picnic” offering community members a chance to connect and converse over a free meal provided by Healthy Italia, who will be sponsoring the event, and a speaker series, featuring a number of different mental health-related topics, including a NAMI (National Alliance on Mental Illness) “In Our Own Voice” presentation, which will provide a personal perspective on mental health conditions, as leaders with lived experience talk openly about what it’s like to have a mental health condition. The Madison High School National Art Honor Society will also be collaborating with local businesses and organizations around town to paint their windows with #INTOyellow in an effort to raise awareness of the cause.

‘INT-O Yellow’ (a/k/a ‘International Optimism Yellow’) is a ‘Color with a Cause,’ developed in collaboration with Pantone Color Institute, conceptual artist Uncle Riley and UMEWE (pronounced ‘you-me-we’) as a platform for creatives to explore and share Optimism with others.

Visit [intoyellow.com](http://intoyellow.com) for more information and a calendar of events happening in Madison May

4 thru May 11, 2019.

“As a stigma-free town, Madison is dedicated to raising awareness of the local mental health and recovery resources available so that no resident needs to feel hopeless or alone. Madison INTOyellow is a great example of how we are putting our commitment into action and creating an environment where affected community members and those seeking to remain healthy feel supported in their efforts to achieve wellness. Madison has so many great resources and it’s exciting to see the entire town come together to celebrate such a great cause.” – Robert H. Conley, Mayor, Borough of Madison NJ

“Madison, like so many other towns, has been impacted greatly by mental health-related issues. It is programs like Madison INTOyellow that help us unite as a community – from teachers and students to senior citizens and religious organizations – to shed light on the stigma of mental health and celebrate the resources we have to combat it. I am proud of our students for stepping up and helping to become a part of the solution.” – Mr. Greg Robertson, MHS Principal

“Collaboration, with the shared intention of creating a brighter world, is at the core of all that UMEWE does, and the town of Madison has been an incredible partner in piloting this great initiative.” – Whitney Sobala, Madison INTOyellow Community Lead and Co-Founder, UMEWE.

# May Is Older Americans Month!

## Tri-Town 55+ Coalition Celebrates Older Americans Month

### “Working Together to Build Lifelong Communities”

Did you know May is National Older Americans Month? With 10,000 people a day turning 65 for the next 10 years, chances are you or someone you love is or will be an Older American.

There are great benefits being an Older American today, and it is not just because of the discounts! Cities and towns throughout the world are re-thinking their environments and implementing programs and services to ensure their communities are age-friendly and places where everyone can grow up and grow old. Madison, Chatham Borough and Chatham Township are on the forefront of building lifelong communities with many places and opportunities to *Connect, Create and Contribute*.

*Connect, Create and Contribute* with friends, family, and local services and resources at the following places right in your own backyard! Communities that support and recognize older adults are stronger! Join us in strengthening our community – this May and throughout the year. Here are some great places to get involved.



### **Events, Programs and Service organizations encouraging older adults and their communities to: Connect • Create • Contribute**

**Connect** with friends, family, and services that support participation.

**Create** by engaging in activities that promote learning, health, and personal enrichment.

**Contribute** time, talent, and life experience to benefit others.

## REACHING OUT TO LOCAL PROFESSIONALS

Tri-Town 55+ Coalition is seeking local professionals who can share their talent to help build age-friendly communities in the towns of Chatham Borough, Chatham Township and Madison. Whether you are retired and looking to stay active, or have a few hours to spare each week, we invite you to join the Tri-Town 55+ Coalition team. Can you share your experience in technology, public relations, marketing, finance or business with the Coalition? Do you wish to have an active role in building lifelong communities in Chatham Borough, Chatham Township and Madison? If so, please consider joining the Coalition team. We have many opportunities to share your expertise. Whether it is a few hours a week, a month, or for special projects, your time, talent and experience will be greatly appreciated.

## CONTRIBUTE

Each year, more and more older adults are making a positive impact in and around our communities.

As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community.

Lending your time and talent to these local organizations is a great way to make a difference and contribute to your community.

## TRI-TOWN 55+ COALITION

TriTown55plus@gmail.com • 862-246-6065 • [www.tritown55plus.org](http://www.tritown55plus.org).

Tri-Town 55+ Coalition is a non-profit 501(c)(3) organization that partners with representatives of business, civic and public organizations in the Madison, Chatham Borough and Chatham Township community to address the quality of life and diverse needs and interests of older adults and their families. The Coalition identifies, implements, promotes and sustains programs and services for lifelong living based on the World Health Organization's Age-Friendly themes.

### CHATHAM SENIOR CENTER BUS SERVICE

Chatham Senior Center bus service is provided for Chatham Borough and Township residents over the age of 60 who are able to access the bus without assistance. Home health aides are welcome to accompany their clients. The fare is \$1.00 each way payable to the driver at the time of the ride. Shoppers are asked to purchase only what they can carry themselves.

The senior bus operates on Tuesday, Thursday, and Friday, between 9:15 a.m. and 1:30 p.m. Riders must call the Center (973.635.4565) before 2pm the day before a desired trip to make a reservation.

The monthly bus schedule is on the calendar page of the monthly newsletter.

### THE RIDES FOR SENIORS

With plenty of places to go and things to do, how do you get there?

**Rides for Seniors Program** - Tri-Town 55+ Coalition has partnered with GoGoGrandparent to provide a subsidized on-demand car service using Uber and Lyft. Madison, Chatham and Chatham Township residents receive \$5 off per ride up to 4 rides per month. Registration is free, call 855-464-6872 or visit our website at [www.tritown55plus.org](http://www.tritown55plus.org).

### MADISON SENIOR SERVICES DIAL-A-RIDE SCHEDULE

#### STOP & SHOP

Monday, Tuesday, Wednesday & Friday  
from 10:30-11:30 a.m.

#### SHOPRITE

Tuesday from 1:30-2:30 p.m.

Thursday from 10:30-11:30 a.m.

To get a ride to any location in Madison call the day of your trip between 8:30 -9:30 a.m.

Due to limited seating, calls for rides after 9:30 a.m. will NOT be guaranteed.

“Older Americans’ Month”  
pages coordinated by  
Tri-Town 55+ Coalition.

## MADISON Senior Services

**MADISON SENIOR SERVICES**  
The Madison Civic Center  
28 Walnut Street, Madison, 07940  
973-593-3095

Online Registration:

[register.capturepoint.com/MadisonBorough](http://register.capturepoint.com/MadisonBorough)  
Monday through Friday, 8am. to 4:30pm.  
Madison Senior Services is a community-based organization providing activities, programs, and services which enhance the quality of life and the diverse needs and interest of older adults and their families.

### MADISON INTO YELLOW

Monday, May 6. Starting at 6:30pm

### TALK: THERAPEUTIC RIDING AND EQUINE ASSISTED ACTIVITIES

Our first speaker is Maureen Coultas. Maureen is the executive director of Hope's Promise Therapeutic Riding & Equine Assisted Activities Program. She will be joined with her miniature horse companion, Michelangelo.

### MEDITATION THROUGH QIGONG

Talk will be followed by exercise instructor, Bianca Godoy. Bianca will show the benefits of meditation through Qigong.

### BEAUTIFUL BY CAROLE KING TRIP

Wednesday, May 22

\$75.00 per person. Includes orchestra tickets.

**1ST PICK UP: 10 - 10:30am**

15 Chateau Thierry (residents of apartments only)

**2ND PICK UP: 10:45 - 11:00am**

Madison Memorial Park Ice Skating Rink  
Parking Lot, Rosedale Ave. Play starts at 2 pm and runs for 2 hours & 15 minutes. We expect to arrive back to Madison by 6:30 p.m. Bring a bagged lunch and we will provide water and a bag of chips. Seats are going quickly!

### MONTHLY VAN TRIP TO CENTURY 21 AND THE MORRISTOWN GREEN

Wednesday, May 8

### TO WALMART.

Wednesday, May 22

Call the office to sign up for this free service!

### EXERCISE MONDAYS - STRETCH & FLEX

from 9 am - 10 a.m.

### TUESDAYS CHAIR YOGA

from 11:30 - 12:30 p.m.

### THURSDAYS CARDIO

from 10:00 - 11:00 a.m.

Join us for an hour of fun and accommodating exercise classes for as low as \$5.00 per person per class. All classes are held at Madison Senior Services in the Upstairs-Great Room. Fitness class fees are now charged MONTHLY. Walk-In fees are welcome. Register prior in the office or online (link above).

### DAY OF SERVICE

Friday, May 24

Madison High School students and teachers will be fanning out around town between 8 am - 2 p.m. to help seniors with tasks around the house or property. Pre-registration required.



**THE SENIOR CENTER OF THE CHATHAMS**  
58 Meyersville Road (Lower Level), Chatham, NJ  
973.635.4565. • [www.ChathamSeniorCenter.org](http://www.ChathamSeniorCenter.org)

Monday-Friday: 9:15am-3pm • Non-Chatham Residents Welcome

### TECH SUPPORT FOR SENIORS

Thursday, May 9, 3:15 - 4:15 pm.

For free assistance with your smartphone, laptop, tablet, etc. Call the Center to sign up for a one-on-one appointment with a Chatham High School student volunteer.

### NEW! SPRING SUPPORT GROUP

Thursdays, May 9, May 23,  
and May 30, 1:30 - 2:45 pm.

Spring brings a time of renewal and reflection. Some members of our community may be struggling with feelings of loneliness, increased stress about health concerns, or sadness over loss. If you would like to explore these feelings and receive support, compassion, and connection from other members of our community, please sign up for this 6-session support group. The sessions begin in May and continue in June. This group requires at least 4 members to run and will be facilitated by a social worker.

### A POTPOURRI OF PRELUDES: PERFORMANCE AND COMMENTARY BY PIANIST BERTHA MANDEL

Monday, May 13, 10:30-11:45am.

Selections by J.S. Bach, Frederic Chopin, Claude Debussy, and Serge Rachmaninoff. Beginning with the Bach prelude that became the basis for Charles Gounod's Ave Maria, Bertha will play a variety of pieces in this genre and tell something about the features of each to enhance the audience's enjoyment.

Please call the Center to sign up.

### DEMENTIA CAREGIVERS SUPPORT GROUP

Monday, May 13, 10:30am - 12pm.

Moderated by Phyllis Flemming, former Executive Director of Victorian Garden Adult Day Center and experienced dementia support group leader.

### TWILIGHT DONE RIGHT

Monday, May 13, 12:30pm

A free seminar addressing planning concerns of the senior community. Topics & presenters are:

Elder Law - Schenck, Price, Smith & King;

Senior Living Options - Senior Living Advisors at Oasis; Home Care & Assistance - Allied Care Services; Hospice Care - Hospice Care of NJ; and Funeral & Memorial Planning - Bradley & Son Funeral Homes.

### MIND-BOOSTING NUTRITION

Tuesday, May 14, 12:30pm.

Learn about mind boosting nutrition that can help keep brains healthy and sharp. Presented by ShopRite of Chatham and Overlook Medical Center. Call the Center to sign up.

### FREE BLOOD PRESSURE SCREENING

Thursday, May 16, 11am-12:30pm.

Provided by Spring Grove Rehabilitation and Healthcare Center. Walk-ins welcome.

### FICTION BOOK GROUP

Tuesday, May 21 at noon.

This month's selection is THE UNLIKELY PILGRIMAGE OF HAROLD FRY by Rachel Joyce. New participants always welcome to join the conversation.

### NON-FICTION BOOK GROUP

Friday, May 24 at 11 am.

This month's selection is ADVENTURES OF A YOUNG NATURALIST by David Attenborough. New participants always welcome to join the discussion.

### WATERCOLOR WORKSHOP:

### TWO SESSIONS EACH WEEK

Wednesdays at 10:30am

& Thursdays at 10am through May 23.

Local art instructor and accomplished artist, Ed Schuh, teaches the principles of composition and perspective with the addition of watercolor.

All levels of ability welcome. Please call Center for information about fee and to sign up.

### BASIC DRAWING & SKETCHING CLASS

Wednesdays in May at 1-3pm.

Geared toward the true beginner or anyone who wants to improve on skills. Taught by Ed Schuh, local art instructor and accomplished artist. Call Center for information about fee.



### MUSEUM OF EARLY TRADES & CRAFTS

9 Main Street, Madison, NJ 07940

973-377-2982 • [www.metc.org](http://www.metc.org)

[education@metc.org](mailto:education@metc.org)

Mon Closed, Tue-Sat: 10am-4pm

Sun: Noon-5pm, Closed Sundays July. Aug.

At METC, you can explore 18th and 19th century American history with a focus on the life and stories of craftspeople and artisans. Drawing on its rich collection, METC is connecting the lives of people and their stories, while providing a bridge from the past to the future.

The museum provides numerous programs for adult groups of all types and sizes ranging from hands-on programs to interactive lectures on a variety of topics. Organizations looking for something interesting for club members to do or seeking a program to engage the residents or participants at your facility, Museum educators can customize a program based on group's needs.

Programs can be presented at on-site or at the Museum in the beautiful James Library Building, completed in 1900. More information about these and other programs can be found at [metc.org/adult-program](http://metc.org/adult-program).





TransOptions, Inc. [www.transoptions.org](http://www.transoptions.org) is a non-profit transportation consultancy that delivers programs and services that improve mobility, the environment and overall quality of life in northwest New Jersey.

For questions or to schedule a free older adult driving or walking safety program call (973) 267-7600 or contact Denis Kelleher [dkelleher@transoptions.org](mailto:dkelleher@transoptions.org) or Judy Bortman [jbortman@transoptions.org](mailto:jbortman@transoptions.org).



**THE SENIOR CENTER  
OF THE CHATHAMS**  
58 Meyersville Road  
(Lower Level), Chatham, NJ 07928  
973-635-4565  
[www.ChathamSeniorCenter.Org](http://www.ChathamSeniorCenter.Org)  
Monday-Friday, 9:15am-3pm  
Non-Chatham Residents Welcome

The Senior Center of the Chathams offers a wide range of integrated programs and services that promote successful aging and serves as a vital go-to resource for seniors and their caregivers.

Center programming seeks to educate, empower, and connect older adults to one another, including new retirees and existing participants looking to stay engaged while navigating life transitions. This year, the Senior Center is working to expand its focus on Support & Counseling programs. The Center recently partnered with the Library of the Chathams to host a dementia training seminar for representatives from area libraries, churches, and local government to help staff and community gatekeepers recognize early warning signs.

**PROGRAMS AND ACTIVITIES INCLUDE:**

- Support Groups & Well-Being – Reflections (Women's Friendship & Support Group); Dementia Caregivers Support Group; Winter Support Group (on managing seasonal blues); Guided Relaxation
- Social Interaction & Discussion Groups - Men's Discussion Group, Fiction and Nonfiction Book Clubs, Nifty Knitters, Holiday Parties and Special Events
- Sports, Exercise, & Fitness Classes - Pickleball, Men's Basketball, Spring Golf Clinic, Tone & Flex, Qi-Gong Tai Chi, Men's Fitness Class, Social Dance lessons
- Enrichment – Watercolor, Drawing, and Art Classes; Lectures and Presentations on a Variety of Educational Topics; Thursday Matinee Film Series, Concerts, Musical Performances, Day Trips (to museums, plays, etc.); Mah Jongg, Canasta, Scrabble, Bridge Instruction
- Health & Wellness Education – With partners from healthcare organizations (ex. How to improve sleep, prevent strokes, manage diabetes, address neck pain, maintain a healthy heart, etc.), Monthly Nutrition Seminars; Free Health Screenings (ex., blood pressure, hearing, etc.)
- Personal Safety Training - AARP CarFit & Safe Driving Programs, Personal Protection Training, Balance & Stability Workshops and Fall Prevention Education
- General Assistance - Free Tech Support; Free Income Tax Preparation through AARP; Presentations on Elder Law Needs and Financial Assistance Programs available to Older Adults



## WALKING AND DRIVING SAFETY FOR SENIORS


According to AARP (American Association of Retired Persons) 10,000 people in the United States are turning age 65 daily until 2030. This large and growing population segment is the focus of Older Americans Month which is observed annually during the month of May.

TransOptions can support your Older Americans Month activities as well as meetings and events throughout the year. We offer Driving and Pedestrian Safety programs at no cost to your senior club, community organization or municipality:

### DRIVING SAFETY PROGRAMS

- NEW! What's Changed Since I Started Driving?
  - New Jersey has adopted a number of driving laws that didn't exist when many seniors got their driver's license years ago. Vehicles have changed, too, with new safety technology and features. Learn what's new and keep driving safely by staying up to date.
- How to Keep Driving Longer and Safely
  - Driving helps older adults remain independent for as long as possible. This compelling presentation provides practical tips to help older adults keep driving safely and longer.
  - Walking Safety Programs
- Do You Walk Safely in a Distracted World?
  - Walking consistently and safety can help older adults remain independent, mobile and enhance their well-being and quality of life.
  - Walking and Driving Safely in a Winter Wonderland  
(Presented during fall and winter months. Book a date in advance.)  
Snow and ice challenge our ability to walk and drive safely during the winter.  
Learn how to navigate winter walking and driving conditions confidently and safely.



### Everybody Dies: End of Life Planning

#### A Practical Guide for Adults

Join us for a free two-part series designed to provide adults of all ages with the information they need to consider their options, actively plan and communicate their wishes, and direct their care in case of a serious illness or at the end of life. Creating a plan for the future reduces fear and supports living fully every day. This popular program is brought to you by The Mayors Wellness Campaign of the Chathams and Madison *Conversation of Your Life (COYL)* initiative.

**Comprehensive Two-Part Program**

**Session #1:** Wednesday May 15th from 1:00pm – 2:30pm

**Session #2:** Wednesday May 22nd from 1:00pm – 2:30pm


**Community Arts Center at Rose Hall, 10 Kings Road, Madison, NJ**

Lynne Logatto, MSN has more than three decades of experience as a primary care nurse practitioner helping individuals find unique solutions to complex but common health problems. She employs her education and experience to empower you and those you love to know your rights and explore your options as you consider end-of-life issues.


**Program is FREE but registration is required. Light refreshments will be served.**

Register at (862) 246-6065 and leave your name and contact information after the tone, or register by email at [tritown55plus@gmail.com](mailto:tritown55plus@gmail.com).

**Need a ride? Tri-Town 55+ Coalition is offering \$5 rides each way to the sessions to all registered riders with the Rides for Seniors program. For more information, or to learn how to become a Rides for Seniors member, please email [tritown55plus@gmail.com](mailto:tritown55plus@gmail.com) or call (862) 246-6065.**



Tri-Town 55+ Coalition  
Working Together to  
Build Lifelong Communities





**THURSDAY MORNING CLUB**  
Madison Community House (MCH)  
25 Cook Avenue, Madison NJ 07940  
973-377-0244 • TMC@tmcmch.org

The Thursday Morning Club is a New Jersey and National Federated Women's Club, formed in 1896 with over 260 members from the surrounding communities and out of state. The Club owns, operates and maintains the Madison Community House (MCH). Our motto is "I Serve" and our mission is to be a presence in our community.

The Club offers a lecture/lunch series, entertaining programs, book discussions, trips and facilities for playing games. The House welcomes exercise groups and choral groups. Our Club presently oversees a Preschool program, held five days a week from 8:45 to 2:45 with options for a shorter day right in our building and a Before and After School Child Care program in the three elementary schools in Madison. Historically, the Thursday Morning Club started the first playground, Dodge Field, in Madison, the Friends of the Madison Public Library, the Adult Day Care Center, and the Town Health Department. At Mayor Conley's request, we are now reaching out through the newly formed Madison Newcomers Community Connection to those who have recently moved to Madison.

The Thursday Morning Club welcomes new members, guests and ideas and there are endless interesting activities in which to become involved.



**MADISON PUBLIC LIBRARY**  
39 Keep Street Madison, NJ 07940  
973-377-0722 • [www.madisonnjlibrary.org](http://www.madisonnjlibrary.org)  
Mon-Wed: 10am-9pm, Thur-Fri: 10am-6pm,  
Sat: 10am to 5pm, Sun: 1pm-5pm

People who want to connect to their community have to look no further than the Madison Public Library. It's a great venue to meet like-minded people for a wide variety of interests. Adults age 55+ from Madison and the neighboring towns are taking part in many activities from lectures, concerts, films, art classes, book groups, and more! These events are open to all, not just Madison library card holders. And most events sponsored by the Madison Library are free of charge too!

Check out the programs in the Madison Public Library Newsletter. (Copies are available at the front desk at the library or online at [www.madisonnjlibrary.org](http://www.madisonnjlibrary.org).) Some of these events might require registration, which can be done online, by phone, or in person at the library.

Programs held in the Chase Room  
at 7 pm unless noted otherwise.

**INTERVENTION FOR MEMORY LOSS  
-ONGOING DISCUSSION**

Monday, May 13, 3 PM

**LOST AMUSEMENT PARKS  
OF THE NORTH JERSEY SHORE**

Tuesday, May 14

**CASTLES OF NEW JERSEY**

Tuesday, May 21

**CANCER AWARENESS**

Wednesday, May 22

**DEALING WITH WILD NEIGHBORS**

Wednesday, June 5

**MANHATTAN BRIDGES W/ KEVIN WOYCE**

Tuesday, June 18

**BASICS OF BUTTERFLY GARDENING**

Tuesday, June 25

**PHOTOGRAPHY AS FINE ART**

Tuesday, July 16

**TEA AND CUPCAKE TASTING  
WITH MARJORIE WANG**

Monday, July 22

**FROM GREAT ESTATES  
TO PUBLIC GARDENS**

Wednesday, July 31

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is online at  
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Madison Monthly



**LIBRARY OF THE CHATHAMS**  
214 Main Street, Chatham, NJ 07928  
973-635-0603 • [www.chathamlibrary.org](http://www.chathamlibrary.org)  
Mon-Thur: 9:30am-9pm, Fri: 9:30am-6pm,  
Sat: 9:30am-5pm, Sun: 2pm-5pm

From books, to DVDs, to online and digital resources and educational programs, libraries are a great place to learn, engage and enjoy. The Library of the Chathams is no exception. Did you know the Library offers great resources for health education? The Library has partnered with Atlantic Health System to provide valuable resources to help individuals make decisions about their health. The Library offers access to a special computer that connects the user to a medical librarian. In addition, patrons can benefit from "health information to go" a set of tote bags, each full of books, folders and videos on various health topics ranging from healthy weight to strength building. There are also numerous research databases to explore topics of interest, from literature and art to learning a new language. If you prefer to read a "real" book, not a screen, there is also a Senior Resources shelf with all kinds of information.

The adult education series, CALL, is a popular program among older adults.



**MADISON YMCA**

111 Kings Road, Madison, NJ 07940  
973-822-9622 • [www.madisonareaymca.org](http://www.madisonareaymca.org)  
Mon-Fri: 5am to 10:30pm

Sat: 5:45am to 9:30pm, Sun: 7am to 8pm

The Madison Area YMCA is a great place to socialize, exercise and re-energize. The YMCA offers many programs to build a healthier, stronger community for adults of all ages. From aqua fitness, Yoga and QiGong, and guided meditation to name a few, it is not just about exercise! There are plenty of activities for older adults, including a monthly Senior Book Club, lectures and seminars, and holiday luncheons. The YMCA's Paths to Wellness program offers a variety of programs for older adults including "Delay the Disease", group exercise program for those with Parkinson's disease, Diabetes Prevention Program and Enhance Fitness program for those with arthritis.

**AQUA CLASSES**

M/W/F  
10am and 10:45am

**AQUA ZUMBA**

Fri: 10:50

**SENIOR FITNESS**

M/W/F: 11am

**ENHANCE FITNESS**

M/W/F: 12:30pm

**4 EVER-FIT**

Tue: 1:00pm

**ZUMBA GOLD**

Tue/Thur: 1:00pm

**GUIDED MEDITATION**

Thur: 10:30 - 11:45am

**TAI CHI**

Fri: 8am

**YOGA/QI GONG**

Sat: 9am



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## END HUNGER 3.6 A HUGE SUCCESS

Submitted by Carmela Moeller

Rotary District 7475 and Madison Rotary say "thank you" to over 1,000 volunteers of End Hunger 3.6 who packaged 200,600 meals that will all be distributed to those who are food insecure in New Jersey. Volunteers came from local Rotary Clubs, community organizations, churches, youth groups, schools, individuals and families and more.

Another special thank you to our lead sponsor Investors Bank whose generous support made the program possible. We also appreciate the support of Drew University and the use of Simon Forum on March 9 where the meals were packaged.

Our program is the largest food packaging in New Jersey and in the Northeast. What was accomplished will make a difference in the lives of hundreds of people.

Madison Rotary is seeking additional members to be part of End Hunger 3.6 in 2020. Contact Barry Kroll at [barrykroll@aol.com](mailto:barrykroll@aol.com) if interested.

## LADIES AUXILIARY SUPPORTS MADISON VOLUNTEER AMBULANCE CORP

Submitted by Ann Marie Brady

The Ladies Auxiliary for the Madison Volunteer Ambulance Corps takes pride in the fundraising that is done each year. A great deal of time and effort by the members is given in hopes to give aid to the great work the Madison Volunteer Ambulance Corps does for our town of Madison.

This year, the Ladies Auxiliary proceeds enabled our president, Mrs. Francis Mantone, to present Madison Ambulance Volunteer Member Jack Luts with a very generous check, amounting to \$4,500. In doing so, this check will allow the corps to purchase 3 AEDs (automated electrical defibrillators), which may aid in saving lives.

Working as a "team" to help others is the main focus of both the Volunteer Ambulance Corps and the Ladies Auxiliary. With the town of Madison growing, new members are not only needed, but truly welcomed. We can all make a difference. Why not consider giving of your time, you might make that difference in saving a life and/or helping the Ladies with successful fundraising.



(above) Ladies Auxiliary president Francis Mantone presents Jack Luts of the Madison Ambulance Corp with a check for \$4,500.

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## "POLLINATE" OPTIMISM WITH THE MADISON "INTOYELLOW" INITIATIVE

Submitted by Whitney Sobala

Madison High School students, Girl Scouts, senior citizens, interfaith organizations and the Madison, New Jersey community at large are turning their Optimism into Action by participating in "Pollination" - the collaborative public art project with artist and Optimist, G. Riley Johndonnell (a.k.a. Uncle Riley), where they will be creating a community garden of 100

flowers hand-painted on 10-inch round yellow disks. On the back, they will be writing their ideas for how to brighten Madison. These optimistic ideas will be shared with the mayor's office as the garden "pollinates" the front lawn of the Hartley Dodge Memorial Building, on May Day, May 4, 2019. Check out our website for more info: [intoyellow.com/madison](http://intoyellow.com/madison)

(above) Madison will take place in "pollination" during this year's INTOyellow week, beginning on May 4. For more information about the weeks events, visit [intoyellow.com/madison](http://intoyellow.com/madison).

## 2018 ± MAY 31 - JUNE 2

THURSDAY 5 - 10 PM	FRIDAY 5 - 11 PM	SATURDAY NOON - 11 PM	SUNDAY NOON - 6 PM
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# MARY ROBINSON, FOUNDER OF IMAGINE, HONORED AS CNN HERO

*Submitted by Val Stierhoff*

Mary Robinson, who was raised in Madison, New Jersey, and is the Founder and Executive Director of Imagine, A Center for Coping with Loss, is now featured on the global networks of CNN and CNN.com as a CNN Hero. Imagine, a grief support center for children and families, is beyond thrilled that Mary is being honored in this way – and that the importance of Imagine's mission will enjoy greater reach as word of the nonprofit spreads around the nation and world. CNN Heroes celebrates "everyday people changing the world," honoring everyday people for their selfless, creative efforts to help others.

Working and volunteering in the field of children's grief support since 1997, Robinson's work grew out of her own personal experience of loss as a child. "My commitment is to create

communities where children coping with loss get the support they need to thrive, be resilient, and grow up emotionally healthy and able to lead meaningful and productive lives," said Robinson.

In its 12 years, CNN Heroes has received more than 85,000 nominations from more than 100 countries. Since 2007, the campaign has profiled more than 300 CNN Heroes who are working in more than 80 countries around the world, helping millions of people. Since Imagine was founded in 2011, it has served over 700 families and provided education and training to thousands of adults, children and teens.

Imagine, A Center for coping with Loss, a not-for-profit 501(c)3 organization, provides free year-round grief support for children and young adults using a peer-support group model. Trained adult volunteers and professionals provide

children and teens with the comfort and tools needed to learn to process grief and grow up emotionally healthy. In addition to its two centers, Imagine provides education in the community, leads workshops in schools and workplaces, and offers on-site support in schools and workplaces following any traumatic loss. Imagine has two locations in New Jersey -- in Mountainside and Newark.



(above) Mary Robinson

## VOTE FOR YOUR FAV MADISON EMPLOYEE

The Madison Area Chamber of Commerce is accepting nominations for their annual Extra Mile Award. This award recognizes Madison employees who provide outstanding customer service. These individuals are rewarded for that extra-special friendly and knowledgeable service, which truly makes a difference in a customer's shopping experience.

Nominations from the general public will be accepted until May 24, 2019. The winners will be invited to the Chamber's Annual Awards Dinner on Tuesday, June 4 at Brooklake Country Club, 139 Brooklake Rd., Florham Park. This event is the Chamber's largest social event of the year, highlighted by a presentation of the Business Improvement Awards and other Community Service Awards.

"All Chamber award winners are chosen after much consideration by the Chamber's Board of the Directors but the 'Extra Mile Award' is the special exception to the rule because it is chosen by ballot by Madison customers," said John Morris, co-owner of Stewart-Morris Awards, Gifts & Flags and president of the Chamber.

Have someone to nominate? Please provide your nominee's name, place of business, your contact information and the reason for your nomination.

Please email all nominations to Karen Giambra, Chamber's executive director, at [MadisonChamber@gmail.com](mailto:MadisonChamber@gmail.com), fax to 973-822-0451 or mail to Madison Area Chamber of Commerce, P.O. Box 152, Madison, NJ 07940.

All nominations must be postmarked by Friday, May 24, 2019.

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# MADISON PUBLIC LIBRARY PROGRAMS - MAY & EARLY JUNE 2019

The Madison Public Library is located at 39 Keep Street, Madison, NJ. • Tel: (973) 377-0722 • [www.madisonpubliclibrary.org](http://www.madisonpubliclibrary.org)

## Let's Talk Cooking with Caroline Campion

Monday, May 6, 7:00 p.m.

Join cookbook author, Caroline Campion as we discuss food, family and how food memories (the good and the bad) inform how we cook and eat in our present lives.

Caroline will share stories about the food that we ate growing up and how some of those dishes stay with us for our lifetimes. Documenting these food histories is an important way to keep them alive so they can be passed down. Caroline will also share "how to feed a family" by bringing the past and present together.

## Great Storms of the Jersey Shore

Tuesday, May 7, 7:00 p.m.

Join us for a lecture on the great and terrifying storms of the Jersey Shore. Presented by the authors of the book, Great Storms of the Jersey Shore, Larry Savadove and Margaret Thomas Buchholz.

## Old Growth Forests

Wednesday, May 8, 7:00 p.m.

Dr. Maloof's lecture, Speaking for the Trees: What is the condition of our forests and what can we do about it? The importance of old-growth forests is not only timely but fascinating and incredibly important. Dr. Maloof is Professor Emeritus at Salisbury University and founded the Old-Growth Forest Network to preserve, protect and promote the country's few remaining stands of old-growth forest. Dr. Maloof spends her time lecturing, writing, visiting forests, assisting private landowners, and supporting local groups trying to protect community forests from development. Sponsored by Madison Environmental Commission, Great Swamp Watershed Association and Friends of the Madison Shade Tree.

## Lost Amusement Parks of the North Jersey Shore

Tuesday, May 14, 7:00 p.m.

(Ages 13+)

Rick Geffken's, Lost Amusement Parks of the North Jersey Shore, brings together rarely seen images from the Library of Congress, local historical societies, and private collections to document how the Jersey Shore became the most famous vacation and recreational destination in the coastal United States. The remarkable details in these pictures capture a simpler way of life in our country, when families took their children to boardwalks to savor candy apples, salt water taffy, hot dogs and hamburgers, popcorn, and, of course, the rides.

## Castles of New Jersey (Ages 13+)

Tuesday, May 21, 7:00 p.m.

Although not as numerous or grand as their European counterparts, a surprisingly large number of castles were built in New Jersey a century or more ago. The program will take you on a tour of well-known castles such as Lambert and Kip's castles as well as lesser known ones throughout the state. Many of them still exist as originally constructed, some have been disguised over the years, and others have vanished.

## Cancer Awareness

Wednesday, May. 22, 7:00 p.m.

Cancer Update: What you should know about early detection and reducing your risk for cancer  
Join us to learn more about the most common cancers and what you can do to help prevent them or find them early (when they are small and easier to treat). Presented by the Outreach Team at the Carol G. Simon Cancer Center at Morristown Medical Center.

## Dealing with Wild Neighbors

Wednesday, June 5, 7:00 p.m.

Squirrels in the attic! Raccoons in the garbage! Bears in the backyard! What's a homeowner to do when wildlife gets too close for comfort? Discover the reasons for wild animals' behavior and simple solutions for peacefully living side by side. Brought to us by the Morris County Park Commission.

## 'Bag It' - Film Screening and Discussion

Tuesday, Jun. 11, 7:00 p.m.

Americans use 60,000 plastic bags every five minutes -- single-use disposable bags that we mindlessly throw away. But where is "away?" Where do the bags and other plastics end up, and at what cost to our environment, marine life and human health? Bag It follows "everyman" Jeb Berrier as he navigates our plastic world. Jeb is not a radical environmentalist, but an average American who decides to take a closer look at

our cultural love affair with plastics. Jeb's journey in this documentary film starts with simple questions: Are plastic bags really necessary? What are plastic bags made from? What happens to plastic bags after they are discarded? Jeb looks beyond plastic bags and discovers that virtually everything in modern society-from baby bottles, to sports equipment, to dental sealants, to personal care products-is made with plastic or contains potentially harmful chemical additives used in the plastic-making process. When Jeb's journey takes a personal twist, we see how our crazy-for-plastic world has finally caught up with us and what we can do about it. Today. Right now.

Following the screening of the film, we will have a discussion moderated by Marian Glenn, Phd, Professor of Biological Sciences at Seton Hall University. Sponsored by ANJEC - Association of New Jersey Environmental Commissions.

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6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
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# Happy Mother's Day



**Sunday May 12, 2019**

Grand Ballroom Seatings- 11:00am & 2:00pm

## **INTERNATIONAL CHEESE & FRUIT DISPLAY**

Sliced Fresh Fruit & Cheese Display & Water Crackers

Italian Antipasto Display

Ceaser Salad

Asian Shrimp & Noodle Salad

Roasted Zucchini, Tomato & Chick Pea Salad

Mom's Potato Salad

Mozzarella, Tomato & Olive Salad

## **BREAD DISPLAY**

Featuring Assorted Breakfast Breads & Dinner Rolls

Muffins, Danishes & Bagels

## **CHILLED SEAFOOD DISPLAY**

Old Bay Seasoned Shrimp & Smoked Salmon

Cocktail Sauce, Remoulade, Lemon Wedges & Cream Cheese

Sliced Red Onions & Tomatoes

## **OMELET STATION**

Preparing White Egg & Egg White Omelets Made to Order Featuring:

Bacon, Ham, Diced Peppers, Onions, Tomatoes, Jalapenos & Sliced Mushrooms

Assorted Shredded Cheeses

## **CARVING STATION**

Roasted Prime Rib of Beef with au jus

Honey Thyme Pork Loin

## **WAFFLE STATION**

Featuring Built your Own Waffles Including:

Apple, Blueberry & Cherry Fillings, Walnuts,

Whipped Cream, Chocolate Chips & Maple Syrup

## **CHAFING DISHES**

Eggs Benedict

Smokehouse Bacon & Sausage

Chicken Breast Cacciatore

Baked Seafood Newburg

Roasted Brown Sugar & Mustard Glazed Brisket

Whipped Potatoes

Sweet Mashed Potatoes

Penne Pasta with Plum Tomato & Garlic Sauce

Yellow Rice Pilaf

Spring Vegetable Medley & Green Beans

Chicken Fingers & French Fries

## **DESSERTS**

Assorted Cakes, Cookies & Mini Pastries

Fruit Cobbler with Vanilla Ice Cream

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