

**July & August 2021**  
**MONTHLY MESSAGES**  
**FROM THE WEST WINDSOR SENIOR CENTER**

Accredited by   
National Institute of  
Senior Centers



Location & Hours of Operation

*The West Windsor Senior Center*

*Municipal Center*

*271 Clarksville Road*

*PO Box 38*

*Princeton Junction, NJ 08550*

*(609)799-9068*

*Website: [www.westwindsornj.org](http://www.westwindsornj.org)*

*Office Hours: 8 AM—4 PM*

*Monday—Friday*

**Staff:**

*Donna Fucetola, Director*

*Debbie Denaro, Admin. Asst.*

*Shirley James, Secretary*

*Brian McKeon, Bus Driver*

**Mission Statement:**

*“ . . . . .to facilitate healthful & successful aging in West Windsor Township.*

# July 2021

## ALL CLASSES ARE ZOOM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30am Yoga  11:00am Ballroom	2 8:30am Strength Training  11:00am Strength Tr.	3
4  <b>Happy Fourth of July</b>	5  <b>Senior Center Closed</b>	6 10am Spanish class 11:30am Chair Stretch & Tone 1pm Strength Tr.	7  11:30am Balance Class	8 9:30am Yoga  11:00am Ballroom	9 8:30am Strength Training  11:00am Strength Tr.	10
11	12  11:30am Strength Tr.	13 10am Spanish Class 11:30 Chair Stretch & Tone 1pm Strength Tr.	14  11:30am Balance Class	15 9:30am Yoga  11:00am Ballroom	16 8:30am Strength Training  11:00am Strength Tr	17
18	19  11:30am Strength Tr.	20 10am Spanish Class 11:30 Chair Stretch & Tone 1pm Strength Tr.	21  11:30am Balance class	22 9:30am Yoga  11:00am Ballroom	23 8:30am Strength Training  11:00am Strength Tr.	24
25	26  11:30 Strength Tr.	27 10am Spanish Class 11:30 Chair Stretch & Tone 1pm Strength Tr.	28  11:30am Balance Class	29 9:30am Yoga  11:00am Ballroom	30 8:30am Strength Training  11:00am Strength Tr.	

## August 2021

### ALL CLASSES ARE ZOOM (Subject to Change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 <b>11:30 Strength Tr.</b>	3 <b>10am Spanish Class 11:30am Chair Stretch &amp; Tone 1pm Strength Tr.</b>	4 <b>11:30 Balance Class</b>	5 <b>9:30am Yoga  11:00am Ballroom</b>	6 <b>8:30am Strength Training  11:00am Strength Tr.</b>	7
8	9 <b>11:30am Strength Tr.</b>	10 <b>10am Spanish Class 11:30am Chair Stretch &amp; Tone 1pm Strength Tr.</b>	11 <b>11:30am Balance Class</b>	12 <b>9:30am Yoga  11:00am Ballroom</b>	13 <b>8:30am Strength Training  11:00am Strength Tr.</b>	14
15	16 <b>11:30am Strength Tr.</b>	17 <b>10am Spanish Class 11:30 Chair Stretch &amp; Tone 1pm Strength tr.</b>	18 <b>11:30am Balance Class</b>	19 <b>9:30am Yoga  11:00am Ballroom</b>	20 <b>8:30am Strength Training  11:00am Strength Tr</b>	21
22	23 <b>11:30am Strength Tr.</b>	24 <b>10am Spanish Class 11:30 Chair Stretch &amp; Tone 1pm Strength Tr.</b>	25 <b>11:30am Balance class</b>	26 <b>9:30am Yoga  11:00am Ballroom</b>	27 <b>8:30am Strength Training  11:00am Strength Tr.</b>	28
29	30 <b>11:30 Strength Tr.</b>	31 <b>10am Spanish Class 11:30 Chair Stretch &amp; Tone 1pm Strength Tr.</b>				

## Message from Donna & Debbie

We are happy to announce that the Senior Center will reopen on July 12, 2021! There will be limited hours and attendance as the Center begins to transition to in-person programs. Details and guidelines can be found in the newsletter. Senior Center Best Practice Guidelines will be posted on the website. It is important for you, your family member(s) and emergency contact to read them. Your safety and wellness is our top priority. We highly recommend that you take time to visit the Yoga Garden here at the Senior Center. It is in full bloom and spectacular this year. Don't forget the Senior Center patio and Gazebo are both set-up with tables and chairs for you to enjoy. So many blessings in our own backyard!

*Donna:* I am sure you have heard by now I decided to retire from my position as the Manager of Senior & Social Services after 25 years of service. My last day will be Friday, July 30, 2021. I would like to thank all of you for giving me the opportunity to have such a wonderful rewarding, engaging career here. We shared many days and hours together, personal ups and downs, through difficult, challenging times and happy times. I will surely miss the many aspects of the day-to-day interaction with you and the responsibilities of my job, but the time has come for me to move on. I will miss the talented and professional instructors, facilitators and dedicated volunteers who unconditionally committed to offer their talents, expertise and time to support the Senior Center programs. I will miss the staff; Debbie, Shirley and Brian dearly. It has been an absolute pleasure working with such dedicated and professional individuals. They are an asset to the Township organization as well as an enjoyable presence in the office. I thank them for their unconditional support and commitment to the success of the Senior Center operation.

Here is a final quote to you from me, "I believe, every day, you should have at least one exquisite moment" – Audrey Hepburn. Thank you for enriching my life. I wish all of you peace, joy, happiness and wellness. *Donna*

*Debbie:* I will be retiring from my position as Administrative Assistant at the the West Windsor Senior Center effective July 30, 2021. The decision to retire will allow me the opportunity to spend more time with my family. I have met so many interesting and special people over the years. I thank you all for your support and will miss you all! Thank you to Donna, Brian and Shirley for creating such a positive and cheerful work environment. The memories and experiences we have shared as a team throughout the years are ones that I will cherish and never forget. "Goodbyes are not forever, Goodbyes are not the end, they simply mean I'll miss you, until we meet again"- Unknown

*Peace, Love & Happiness*  
*Debbie*



***Administration Cordially Invites you to join us Thursday, July 29, 2021 between 10:30am-12Noon for a gathering with friends to say farewell to our Senior Center Staff, Donna Fucetola (Manager) and Debbie Denaro (Administrative Assistant) as they embark on the next phase of their life-Retirement! Stop by for some light refreshments as you wish Donna and Debbie a Happy Retirement.***

# The West Windsor Senior Center invites you back!!

The Senior Center will begin a modified soft reopening on **July 12, 2021**. The facility will be open for socialization **Monday, Tuesday, Wednesday and Friday** with limited hours and limited seating. The areas open in the Senior Center during the reopening will be the foyer, lobby and double classroom. The outdoor Patio and Gazebo are also available for you to socialize and meet with friends. Furniture is set-up in these areas; however, you are more than welcome to bring your own chair. Please review the following Guidelines carefully as the Senior Center begins to transition back.

## **Senior Center Transitional Reopening**

- Operating Days: **Monday, Tuesday, Wednesday & Friday**
- Senior Socialization Hours: **9am - 11am AND 1pm – 3pm**
- **The building will be closed from Noon- 1pm daily for cleaning/disinfecting**
- **Pre-registration is required beginning July 6, 2021**
- Participants are asked to pre-register for **one** of the above time spots by calling the Senior Center, (609) 799-9068
- Pre-registration required weekly
- Lobby Area – maximum seating 16 (4 tables/4 chairs at each table)
- Double Classroom – maximum seating 12 (3 tables/4 chairs at each table)
- No walk-ins permitted
- Coffee Station and Senior Café are closed
- Participants may bring a water bottle; no food allowed in the Center at this time

## **Participants**

- Health Screening at entry
- Health Assessment Form – To be completed prior to entry into the facility
- Masks – required upon entry into the building
- Mask Optional area is limited to the Double Classroom only
- Social distancing is encouraged
- *\*Per CDC recommendations, individuals who are not fully vaccinated should wear a mask and social distance while in indoor public spaces. Unvaccinated individuals are advised to avoid participation in group settings with people who do not reside in their immediate household.*

## **Senior Center Building**

- The Township best practices are established for disinfection of the building between sessions
- Hand sanitizing units are available throughout the building

## **Transportation – To be Announced**

- Masks required
- Transportation Request Form required to be submitted for scheduling purposes

Due to the multi-phase municipal building renovations underway in the main offices, some rooms in the Senior Center are being occupied temporarily for Township meeting purposes and Health Department clinics. Senior Center reopening Best Practice Guidelines will be posted on the website shortly. It is strongly encouraged everyone read these guidelines. Our top priority is to maintain a safe and healthy environment for everyone. We appreciate your patience and cooperation as the Senior Center advances forward with our reopening plan.



## Talking About Books

Tuesday, July 20 2:00-3:00pm

The Silent Patient by Alex Michaelides led by Kathy

Tuesday August 24 2:00-3:00pm

The Book of Lost Names by Kristin Hamel led by Denise

The group will meet outside under the Senior Center Gazebo

(Please bring your own lawn chair)

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## JULY & August Zoom Exercise Class Schedule

The meeting ID and passcodes will remain the same for classes listed below

Only new students will need to register by calling (609) 799-9068

Stretch & Tone (Instructor Ed) Monday mornings 11:30am

July 12, 19, 26 August 2, 9, 16, 23, 30

Chair Stretch & Tone (Instructor Lisa) Tuesday mornings 11:30am

July 6, 13, 20, 27 August 3, 10, 17, 24, 31

Strength Training (Instructor Mark) Tuesday afternoon 1:00PM

July 6, 13, 20, 27 August 3, 10, 17, 24, 31

Balance Class (Instructor Anna) Wednesday Mornings 11:30am

July 7, 14, 21, 28 August 4, 11, 18, 25

Yoga (Instructor Mireille) Thursday mornings 9:30am

July 1, 8, 15, 22, 29 August 5, 12, 19, 26

Ballroom Dancing (Instructor Jarek) Thursday 11:00am

July 1, 8, 15, 22, 29 August 5, 12, 19, 26

Strength Training (Instructor Lisa) Friday mornings 8:30am

July 2, 9, 16, 23, 30 August 6, 13, 20, 27

Strength Training (Instructor Anna) Friday mornings 11:00am

July 2, 9, 16, 23, 30 August 6, 13, 20, 27



**Independence Day** is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches, and ceremonies, in addition to various other public and private events **celebrating** the history, government, and traditions of the United States.

Independence Day commemorates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776.

The Congress had voted in favor of independence from Great Britain on July 2 but did not actually complete the process of revising the Declaration of Independence, originally drafted by Thomas Jefferson in consultation with fellow committee members John Adams, Benjamin Franklin, Roger Sherman, and William Livingston, until two days later. The celebration was initially modeled on that of the king's birthday, which had been marked annually by bell ringing, bonfires, solemn processions, and oratory. Such festivals had long played a significant role in the Anglo-American political tradition.



## Summer Sun Safety Tips!

As we all know, the months of July & August can be brutally hot. Here are a number of recommended sun safety tips for you to follow:

- Always wear sunscreen – apply sunscreen to exposed skin even when going for short morning or afternoon walks.
- Chooses proper clothing for outdoor activities – wear loose, flowing clothing that covers arms and legs. This type of clothing keeps the body cool and allows the air to flow over the skin freely.
- Wear wide-brimmed hats – Hats block the sun’s rays and give the eyes added protection. Hats protect the forehead, ears, neck and crown of head.
- Know when to plan outside activities to avoid UV exposure – The American Academy of Dermatology reports that the sun’s rays are strongest in North America between 10am – 4pm. Avoid being outdoors during these hours or stay in shaded areas.
- Wear UV-Protected Sunglasses – Continuous UV exposure can affect vision.
- Keep yourself hydrated – Drink more water than usual.
- Stay in air conditioned buildings as much as possible – If your home does not have air conditioning, contact your local health department or locate an air conditioned shelter in your area.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend and have someone do the same for you.



## Hurricane Season

Hurricane season starts June 1, 2021 and goes through November 30, 2021 in the Atlantic Region. Always be prepared for emergency situations to keep you and your family safe. Remember a hurricane could cause power outages, flooding and possible damage to trees causing roadways to be blocked. Here are some ways you and your family can prepare for such events:

- Make a Plan
  - Stock up on emergency supplies
  - Keep a list of emergency phone numbers
  - Know where the nearest shelter is located
  - Review the plan with your family
- Prepare an emergency food supply and water supply
  - Purchase non-perishable items (they have a long shelf life)
  - Buy items that require little or no cooking
  - Meet the needs of babies and young children
  - Meet the need of pets
  - Store at least 1 gallon of water per day for each person
  - Store a 3 day supply of water for each pet
- Safety and personal care
  - First aid kit
  - Battery radio
  - Flash light
  - Batteries
  - Hand sanitizers
  - Soap
  - Toothpaste
  - Diapers
  - Medications
  - Medical Supplies needed (hearing aids with batteries, glasses, contact lenses, etc.)
- Basic Supplies
  - Cell phone (keep it charged)
  - Phone charger
  - Copies of personal documents
  - Family and emergency contact information
  - Extra Cash
  - Pet supplies (leash, bowl)
  - Extra set of car keys

**Nixle Alerts:** Nixle is a community communication tool that will keep you up-to-date with relevant information from local public safety agencies, schools and community information. Nixle delivers emergency notifications, road closures, weather conditions, etc. To sign up: <https://www.westwindsornj.org/police>.

# **File of Life**

## ***West Windsor Township Division of Emergency Services***

West Windsor Township's Division of Emergency Services, in a partnership with the West Windsor Professional Firefighters Association, Local 3610, and the West Windsor-Plainsboro Alcohol & Drug Alliance started a program in 2004 that will benefit Township residents during times of medical emergency. This program, called the File of Life will maximize our abilities to help you when responding to an emergency medical call in your home.

A completed File of Life worksheet could save your life or that of a family member. File of Life Application Form

### **What is the File of Life?**

The File of Life is a red plastic envelope, approximately 3 inches by 5 inches with a magnetic strip on the back, in which you place important medical information, such as; medications, medical history, etc. on a standardized form. The File of Life is then placed on the front of your refrigerator door. This information will assist responding personnel with previous medical history, medications, allergies, and other related information.

### **Why should I participate?**

In order to properly treat a patient, emergency responders must gather information. When this information is available immediately upon our arrival at your home, minutes can be saved while we begin treatment. When seconds can mean the difference between life and death, the advantages of participation in this program are obvious. Sometimes a patient may be unable to communicate with the emergency responder and in those cases; we can look at the information provided on the form and help determine means of treatment.

### **Who will have access to this information?**

If you or a family member require emergency medical treatment possible life saving information will be available to emergency responders. This includes West Windsor Township Emergency Services, Twin "W" First Aid Squad, West Windsor Police, local Fire Departments, and other emergency squads. The information will then be supplied to the paramedics and doctors at the treating hospital. At no time will this information be available to anyone other than emergency response personnel involved in your treatment. Prior to an emergency, the information is stored by you on your refrigerator door in your residence.

### **What happens when I am away from home?**

If you would like to carry a second copy on you while traveling, make a photocopy and place in a wallet or purse. It is important not to take the File of Life or copy from home with you, we will be happy to provide township residents with additional supplies if needed.

**Where will this information be stored?**

The File of Life with the completed form will then be placed on the front door of your refrigerator. This location was chosen because it is centrally located and common to all households.

**How will we know that you are participating?**

The File of Life's distinctive red pouch with magnetic strip is placed on the exterior of your refrigerator door and will notify personnel of your participation. In addition, each participant will be given a File of Life sticker to place on his or her front door.

**Tell me how this works.**

When we are called to your house for a medical emergency, Police, Fire and Rescue Squad members will look on your refrigerator door for a File of Life. Upon seeing the File, a member will retrieve the form from the pouch. The information may be used in treatment of you or your family member.

**Who should participate?**

It is our goal that all family members young and old will participate in the File of Life program.

**How often should I update the information?**

It is important to update and maintain current information. If there is a medication change, or any other problem that should be noted make changes on the form or get a new one. If you need additional forms, please contact West Windsor Emergency Services at 609-799-8735.