

NEWSLINES



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OF THE DIVISION ON AGING, DISABILITIES AND VETERANS' INTERMENT

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www.visitmonmouth.com/aging

From Our New Division Director

This is a difficult article to start. I want to begin by saying, "Welcome" but this in all likelihood is probably not your first reading of Newslines. Since it is my first time writing to you as the new director of the Office on Aging, Disabilities and Veterans' Interment, let me say, "Hello."

I am Tom Pivinski. I live in Asbury Park with my partner and two dogs in an Arts and Crafts home built in 1912. I began my life journey as the youngest of 6 children of Sophie Kulik and Stanley Pivinski, both transplants from Wilkes Barre, Pennsylvania. I attended Holy Rosary Elementary School, Passaic Senior High School, Seton Hall University, Fordham University, St. Mary's Seminary and University in Baltimore, and the Blanton Peale Psychoanalytic Institute in New York.

I was ordained in 1975

and served the Diocese of Paterson as a parish priest, vocation director and Director of the Ministry to Priest's Office. I also had a private practice as an analyst in New York City until I planned to retire in 2006. However, as John Lennon said, "Life is what happens to you while you are busy making others plans," so my journey took me to the Meridian Hospice Chaplaincy program and has now brought me to the Office on Aging, Disabilities and Veterans' Interment.

These past several months have been among the richest I have known. First, I am privileged to be working with a group of people who are professional to a tee and who have helped me become a member of their team almost immediately. Along with them are the multitude of volunteers throughout the county who work as liaisons

with the Office on Aging and create a network of influence to ascertain and address the needs of the seniors and disabled members of our community.

It is abundantly clear to me that this new leg of my journey will be studded with gems of opportunities to assist some of our most vulnerable citizens, and I am grateful there are so many others traveling with me along the way. I invite you to contact me or my colleagues at any time. We are here to serve you and want only the best for you.

Finally, I look forward to meeting many of you personally during my travels in the county. In the meantime, I will end as I almost began this article saying you are always "Welcome" to visit us at our office. It will be our pleasure and privilege to assist you in any way we can. ❖

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Protect Yourself From the Sun



The new director of the Office on Aging, Disabilities and Veterans' Interment, Tom Pivinski, and his dog Alfie.



ALERTS! - A Matter Of Balance

We Need Volunteers - Become A Coach

A Matter of Balance is an evidence based program designed to reduce the fear of falling and increase the activity levels of older adults. It consists of a master trainer who will train volunteer lay leaders to conduct the 8 two hour sessions for groups of 10-12 seniors. The classes will teach the seniors to; set goals for increasing activity, promote exercise, do a home safety evaluation and view falls as a controllable event. The Matter of Balance program will benefit those seniors who are concerned about falls and are interested in improving their balance and strength. To become a volunteer coach is easy. The requirements are enthusiasm,

dependability, interest in working with seniors, good communication skills and the ability to perform range of motion and low-level endurance exercises. To become a coach you simply have to attend 8 hours of coach training and earn a Matter of Balance coach Certificate, attend 2.5 hours of training update annually and agree to coach 2 classes within one year. If interested call the Monmouth County Office on Aging at 732-431-7450 and ask for Janet Zaranka. ❖



Happenings

Senior Picnic 2009 Invitation

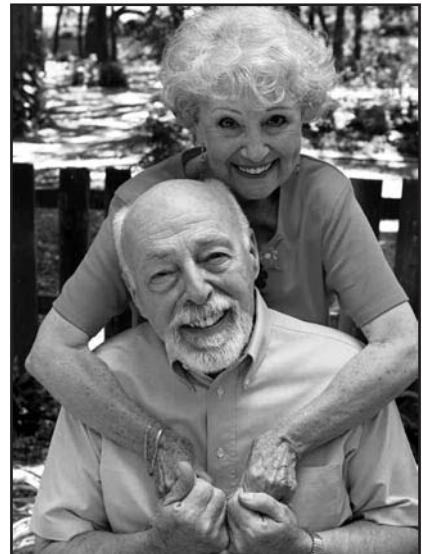
It's time again for fun and festivities at our Annual Senior Picnic on September 16, 2009, with a rain date of September 17, 2009. The picnic will be held at East Freehold Park from 11:00 am until 3:00 pm.

As always, there will be music and entertainment by Joey Suduka and the pet therapy animals will be with us. Some new organizations will be present with informational handouts. If you wish to reserve your boxed lunch from Interfaith Neighbors, please fill out the form below, include a check in the amount of \$4.00 for each per-

son and send it to Interfaith Neighbors at the address indicated. If you need transportation please call 732-431-6485 by September 4, 2009. ❖

Monmouth County Office on Aging Annual Senior Picnic

September 16, 2009 11:00am – 3:00pm
East Freehold Park
Kozloski Road
Freehold, New Jersey



Box Lunch Reservation Form

Name: _____

Address: _____

Phone Number: _____

**Monmouth County Office on Aging
Annual Senior Picnic**
September 16, 2009 11:00am – 3:00pm
East Freehold Park, Freehold, New Jersey

Cost is \$4.00 per box lunch and deadline to order is **September 4, 2009**

Return copy of reservation form and check to:

Interfaith Neighbors
810 Fourth Ave.
Asbury Park, NJ 07712

of lunches needed _____

Amount enclosed _____

ALERTS!

ARC Chore Service

If you are in need of help to straighten up and clean up your home, garage or basement and are unable to do it without assistance, you can contact The Arc of Monmouth, which is a non-profit organization in Monmouth County providing services and supports for individuals who have intellectual disabilities and for their families.

One of the employment opportunities for the disabled members of the Arc of Monmouth is the Chore Service. The Chore service assists people over 60 years of age with removing trash and performing house cleaning and yard work.

It is a service that a senior can take advantage of once per year. It is subsidized with a grant through the Monmouth County Office on Aging. Referrals are usually made through a social service agency or senior groups; however, if you feel you

need this assistance and are 60+ years old, you can call the Arc of Monmouth yourself at **732-493-1919**. ❖



MORE ALERTS!

ALERTS!



ALERTS!

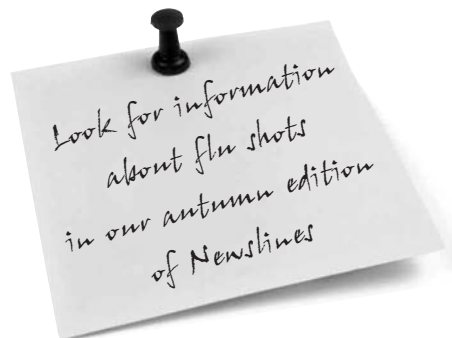


If you wish to ask a question of our Information and Assistance Specialists, click on "Request Assistance".

If you are a grandparent aged 60+ and have primary care responsibility for a child up to 18 years of age, please contact the Office on Aging about a new respite program for grandparents at **732-431-7450**.



ALERTS!



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Wellness

Protect Yourself From the Sun

Summer is a great time to be outdoors. It's also a time to take precautions to avoid sunburn, which can increase your risk of skin cancer.

The Centers for Disease Control and Prevention (CDC) reports that skin cancer is the most common form of cancer in the United States. Exposure to the sun's ultraviolet (UV) rays appears to be the most important factor involved with developing skin cancer. During the summer months, UV radiation tends to be greater.

To help prevent skin cancer from the sun, always use sun protective practices such as:

Seek shade, especially during the midday hours (10 AM – 4 PM), when UV rays are the strongest and do the most damage.

Cover up with clothing to protect exposed skin. A long-sleeved shirt and long pants with a tight weave are best.

Get a hat with a wide brim to shade the face, head ears, and neck.

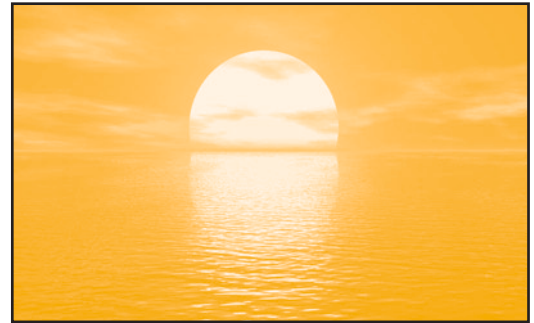
Rub on sunscreen with sun protective factor (SPF) 15 or higher with both UVA and UVB protection.

Wear sunglasses that wrap around and block as close to 100% of both UVA and UVA rays as possible.

It's always wise to choose more than one way to cover up when you're in the sun. Use sunscreen and put on a shirt...Seek shade and wear your sunglasses...Wear a hat, but rub on sunscreen too.

UV rays reach you on cloudy and hazy days, as well as bright and sunny days. UV rays will also reflect off any surface like water, cement, sand and snow. UV rays from artificial sources of light, like tanning beds, cause skin cancer and should be avoided.

The best way to avoid skin cancer is to protect your skin from the sun. **Remember, when in the sun, seek shade, cover up, get a hat, wear sunglasses, and use sunscreen!** ❖



Stay active and enjoy summer! From the Staff at the Monmouth County Division on Aging, Disabilities and Veterans' Interment

Monmouth County Division on Aging, Disabilities and Veterans' Interment

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