



**AARP
FLORHAM PARK
CHAPTER # 5109**

NEWSLETTER

President: Joelyn Hoferer (973-377-3898)

JANUARY / FEBRUARY 2019

Editors: Marie & Russ White (973-377-0107)

"To Serve Not To Be Served"

PRESIDENT'S MESSAGE

by Joelyn Hoferer

Happy New Year to all! I hope everyone enjoyed the holidays and are looking forward to a happy and healthy 2019.

Thanks to Leanne Conte and her committee, our Holiday party was a success. Randy's sing along was fun and as always, the food was delish.

The Nominating Committee will soon begin the task of fulfilling positions for the upcoming year. When asked, please consider so we can continue our chapter.

Our program committee is hard at work promising us some interesting and informative speakers.

Hope to see you all January 15th and February 19th at our general meetings

Best Wishes,
Joelyn

DATES

Tuesday, January 15 at 10:00am

The country clerk, Ann Grossi will inform us of all the duties of her position.

Tuesday, February 19 at 10:00 am

The facilities & Project Manager, Darren Large will speak to us of the "History of the Morristown Airport."

Tuesday, March 19 at 10:00 am

The Madison Area YMCA has a "Diabetes Prevention Program" led by a trained Lifestyle Coach, Eleen Kranefuss. If you're at risk you can make small changes to help you lead a happier, healthier life and Ellen will tell us how we can make these changes.

OFFICERS 2017-2018

President Joelyn Hoferer (2019) 377-3898
Vice President- John Sullivan (2019) 377-2921
Treasure -- Janice Goffreda (2020) 463-9468
Secretary-Carol Kornfield (2019) 914-589-4620

BOARD OF DIRECTORS

Mary Spagnuolo (2020) 377-2349
Peter Nicolas (2019) 520-8654
Angele Zatz (2020) 360-1808
Irene Dolan (2020) 377-0614
Lois Oxenrider (2020) 377-7168

COMMITTEE CHAIRPERSONS

Food Pantry -- Lynne Kelly 377-2179
Health Care -- Dale White 201-787-6497
Hospitality
Knitting -- Mary Jane Zeien 377-3841
Legislative --Dennis Callahan 360-1875
Membership -- Peter Nicolas 520-8654
MCCoPO --Lois Oxenrider 377-7168
Newsletter
Marie & Russ White 377-0107
Program & Community Service
Irene Dolan 377-0614
Publicity - Lois Oxenrider 377-6168
Rides to Chapter Meetings
Ruth Moolin 822-2272
Safe Driving Course
Edith Hoffman 377-0431
Social -- Leanne Conte 377-8585
Standing Rules - John Sullivan 377-2921
Sunshine -- Maureen Brodeur 285-1171
Telephone Tree--June Flynn 377-0367
Trips-Mary Spagnuolo 377-2349

NOMINATING COMMITTEE

Mary Spagnuolo (2019) 377-2349
Marie Anzalone (2020) 377-3317
Ruth Moolin (2020) 822-2272
Arlene Mittelstadt (2021) 377-2429
Peggy Patrick (2021) 377-8341

PAST PRESSIDENTS OF CHAPTER 5109

Fall 1994 to June 1997 Gladys Tallau)
June 1997 to June 1998 Bryce Oxenrider
June 1998 to June 2000 Jean Hurley
June 2000 to June 2002 George Derner
June 2002 to April 2003 Mildred Morrison
April 2003 to June 2004 Ron Brodeur
June 2004 to June 2006 Judy Forbes
June 2006 to June 2009 Russ White
June 2009 to June 2011 Irene Dolan
June 2011 to June 2015 Dennis Callahan
June 2015 to June 2017 Dick Zeien



**REMEMBER OUR MEETING STARTS AT
10 AM.**

Social time 9:45AM

SENIOR TRANSPORTION

(Morris Area Paratransit System)

Offers free curb to curb rides to all doctor appointments, chemotherapy, radiation therapy and dialysis. No shopping. Call one week in advance for transportation. Pre-registration required. Call 973-829-8103

Metro Transport/Daughters of Israel

Non-emergency medical appointments. Service area is Florham Park and points east. Call 973-366-4770, ext. 18.

Access Link

Provides transportation for individuals with disabilities. Call: 800-955-2321.

GO GO Grandparents

- *Offers rides up to 100 miles in any direction.
- *Just call for a ride.
- *You can get a ride in 15 minutes.
- *24 hour operator support.
- *Sign up by calling 1-855-464-6872 or gogograndparent.com.



THErapy CAPS

Medicare beneficiaries won't have to be concerned about payments for physical, speech or occupational therapy when annual costs exceed \$2,010.00, as a result of Congress repealing the caps on those services as part of the budget deal President Trump signed in February, 2018.

Patients who require intensive therapy while recovering from injuries or illnesses have faced caps on what Medicare would reimburse. Congress has historically passed a series of automatic exceptions for the reimbursement limits, allowing Medicare to pay for treatments deemed medically necessary.

But that was never a certainty, leaving beneficiaries who reached the \$2,010.00 therapy cap worried they might miss needed treatments. The repeal ends the fear about the limit on how much Medicare will pay.

ATTENTION

Deposit your frayed or tattered American flags at the American Legion at 20 Ridgedale Avenue, Florham Park. You will see the red, white and blue (mail) box

THANK YOU

Our thanks to Leanne Conte for the wonderful Holiday Luncheon on December 11th. The Holiday sing-along with Randy Hertzog is always a treat.

"To serve not to be served"

COMMUNITY SERVICE

Paper products for the Florham Park Food
Pantry.
(Remember that people on food stamps can not
use them for paper products)

Can tabs for Ronald McDonald House

Eyeglasses for the needy

And pennies and small change
for hurricane relief

DO YOU KNIT OR CROCHET?

Handmade children's hats, mittens, and scarfs
are appreciated in the Appalachian Mountains.

Patterns are available at our monthly meetings
or call Mary Ann Zeien at 377-3841

Our thanks to Irene Dolan & Peggy Patrick for
their contributions.



DID YOU KNOW?

Berries & nuts fight disease

Eating antioxidant-rich foods helps protect your
body from harmful environmental pollutants
that may play a role in heart disease, premature
aging and some cancers. These are the top
foods with the highest antioxidant content per
serving.

- Blackberries
- Walnuts
- Strawberries
- Cranberries
- Coffee
- Raspberries
- Pecans
- Blueberries

**DO YOU NEED TO RENEW
MEMBERSHIP?**

Automatic renewal of your National
Membership can be done for \$12.00
for one year.

Call :1-888-687-2277 or 1-800-828-4128.

DID YOU KNOW?

AARP members can save 20 percent on hearing
aids and hearing care from a net-work of
providers. For future details, you can call
1-800-203-7048 or go to
www.aarphealthcare.com/products/hearUSA

SUNSHINE

*If you know of anyone in our chapter who is ill
or a member has passed away please call
Maureen Brodeur at 973-285-1171.*

SAFE DRIVING COURSES

The course will be given at 200 South Street,
Morristown in the Senior Center. (Parking is in
the back of the building on Franklin Street.)
(Phone: 973-292-6690) After you complete both
days of the course, your insurance company will
give you a discount on your car insurance.

*For a schedule of future dates or more
information call*

*Call Edith Hoffman at
973-377-0431.*

DID YOU KNOW?

"Friendly's"

New discounts

**Get a large 3 scoop Sunday & 3 toppings for
only \$3.00**

Also a bacon cheeseburger for only \$5.00



BIRTHDAYS

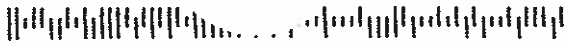
January

4 Gloria Savitz
9 Marian Cocubinsky
24 Evelyn Callahan
24 Olga Petrilak
28 Nancy Lack
30 Angla Zatz

February

9 Edith Hoffman
26 Joelyn Hoferer
27 Ruth Moolin
28 John Bunnell

**if your birthday is missing or incorrect,
Please contact the membership chairman
Peter Nicolas at 973-520-8654**



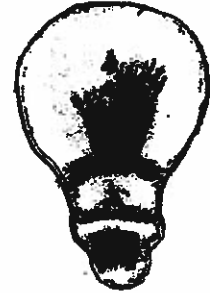
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FEBRUARY 19

JANUARY 15

Next Meetings:-

John Timmons
Recreation Director
111 Ridgedale Ave
Florham Park, NJ 07932



P.O. Box 614, NJ 07932

Florham Park Chapter #5109 of AARP



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DV DANIELS NJ 079

Kind Word or Smile

Always be ready
With a kind word or smile,
For whatever the season,
They're always in style.
They can do wonders
Where medicine's failed
To uplift the lonely,
The sick and the frail..
Whenever through kindness
You show that you care,
at rough road seems smoother,
For those treading there.