

Ocean Twp. Senior Advisory Committee Minutes February 26
Municipal Alliance HealthEASE program

PROCEDURAL

CALL TO ORDER

PLEDGE OF ALLEGIANCE

OPEN PUBLIC MEETING ACT STATEMENT

Pursuant to the Open Public Meeting Act adequate notice of this meeting was provided by sending copies of the notice to: the Times Beacon & the Asbury Park Press. The notice was posted at the office of the Township Clerk & on the bulletin board in the Administration Bldg.

ROLL CALL:

Present: Audrey Danker, Eleanor Dehler, Joan Calogero, Doris Deininger, Dolores Marino
Committeeman Baulderstone

Not Present: Joan Pranio

There were 18 in attendance at today's meeting

ADMINISTRATIVE

Correspondence

Motion to accept the minutes of January was made by Doris Deininger and seconded by Dolores Marino. All in favor minutes approved as read.

TOWNSHIP COMMITTEE REPORT

Committeeman Ken Baulderstone reported on the following:

- He attended the Mayors monthly meeting where the topics were Offshore Drilling and potential Marijuana Laws.
- Township Well # 5 failed and will be replaced in the spring
- Township received a grant to pave Adriatic Ave
- Barnegat-Waretown Chamber of Commerce presented checks to the Recreation & Fire Departments in the amount of \$500 each.
- Township approved a gift certificate for a summer camp registration for the OTPTA
- County will be rebuilding the Rte. 9 Bridge (this will take up to 2 years to complete the project). The North bound lane will be closed at first. The South bound lanes will be diverted onto Main St.
- The Township vacated Evergreen Way off Pennsylvania Ave
- The township will be installing an Elevator in the Courtroom soon. Grants in the amount of \$30,000 have been secured to date and we are actively searching for additional funding. Lowest bid for the project was \$92,000
- Breakers - had a great opening, the food is great.
- The Zoning Board approved a new storage facility that will be built N of Stetson Auto.
- Fire Co is hosting a fishing tournament May 18-20
- **TRADEWINDS**
 1. Applications are now being accepted.
 2. The developers have attempted twice to receive P.I.L.O.T. program designation for the development and twice have been denied
 3. Developer will be held to the township codes on maintenance of the properties

Ocean Township Police Department News

- Chief Rogalski has been Accredited as a Command Executive
- The Police Department has received the following Grants
 1. Ptl. Petracca received a grant to attend the Law Exploring Conference for the Explorers at Purdue University this summer
 2. Police received a Taser Program Grant to purchase the Tasers

3. Lacey Elks donated 2 AED units to the department
- The Police Department will be purchasing 2 demo vehicles. The chief will get one of these and his current vehicle will be retrofitted as a K9 vehicle (current one out of commission) The second car will be utilized as an undercover vehicle
 - Jeremy Samuels has now been assigned to the detective bureau.
 - Ptl. Blicknes was the recipient of M.A.D.S yearly award - he had the most DWI arrests in the department
 - Renovations are coming to completion in the offices that were effected by water

OLD BUSINESS: Secretary Broadbent reported on the following

Philadelphia Flower Show March 9 \$64 – SOLD OUT

Mall Trips –The Trip March 23 is sold out

Hunterdon Hills to see Steel Magnolias April 26, 2018 Cost \$96 CANCELED due to lack of interest

The following trips still have availability

Longwood Gardens and Herts Factory Tour \$71

Mets v Phillies August 16th \$54

Philadelphia Historical Bus / Walking Tour with lunch at Positano Coast \$81

NEW BUSINESS: Secretary Broadbent reported on the following

Calendar of Senior Exercise Classes for the month of March was distributed

CPR/AED TRAINING – will be held at the Ocean County Fire Academy on March 20th at 1pm

(Class is approx. 4 – 4.5 hrs.)

NEW TRIPS – SAVE THE DATE

- October 1 A DY IN Cape May Bus only - shop and dine on your own Cost \$39pp.
- November 27 Tropicana Holiday Show with Carmines & slot play back – Cost \$59pp
- December 5 Resorts Broadway Holiday Show with \$15 slot back and show ticket
Cost will be \$28 (NO LUNCH PACKAGE included for this show)

TODAY'S SPEAKER: Dr. Lisa Kasenoff, Hackensack Meridian Health Family Practitioner with Dr. Ende in Forked River.

KEYS TO STAYING HEALTHY AS WE GET OLDER:

- Get a good nights sleep, extremely important to your overall wellness
- Ears – hearing problems correlate to increase in Memory Loss. If you treat hearing loss early enough the success rate with hearing aides increases
- Eyes – Yearly exams are important
- Dental health – good dental health increases the probability of good heart health
- Skin – this is the largest body organ. Sunblock of SPF 30 should be used year round
Yearly appointments with the dermatologist are a must
- Feet – always examine your feet for cuts, swelling, and infections. Report any changes to your Dr. especially important for those individuals with Diabetes.

Contagious Diseases

- FLU – always get a flu shot – even if you get the flu the longevity and severity will be decreased
- Phenomena – there are now 2 different vaccines
Pevnar 13 – you get at age 65 then 1 year later you get a

SCREENING THAT MEDICARE PAYS FOR THOSE OVER 65 YEARS OF AGE

- Carotid Artery in the neck
- Plaque in the neck

- Mammograms – NJ state law mandates that any women with dense breast receive free yearly check ups
- Colonoscopy's
- Shingles vaccine – this shot is covered if you have the Pharmacy give it to you under RX Medicare Plan. The current live virus is only 30% effective when administrated. In the spring of 2018 a dead virus will be available. You will have got 2 vaccines (6months) apart. In the trials it has shown to be 90%effective in preventing the shingles.
- Lunch was provided.

UPCOMING SPEAKERS:

Mar. 19 – Wells Fargo

April 16 – Hackensack Meridian Doctor with light lunch

May 21 – David Lerner Associated

June 18 – Hackensack Meridian Dr. Kuflick Spring lunch will be provided (11:30am start)

Sept. 17 - Meridian Health Fair – the Hospital will bring providers and do health screenings and seminars throughout the building

Oct. 22 – Spring Oaks Assisted Living & BINGO light lunch will be provided

Nov. 19 – Seaview Orthopedics

Dec. 17 - SOCMC Health Village - Holiday luncheon (11:30am start)

Respectfully submitted,

Jeanne Broadbent

Secretary

Approved 3/19/18