



# Senior Center of the Chathams

*Be Active. Be Connected.*



March 26, 2021 Vol. 23

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## **\*\*Programs & Classes\*\***

### **Connections: Silver Linings, Mondays, 10:00-11:30AM**

Start your week off on the right foot as our group looks for the silver linings in our lives. Participants will connect with others looking for support as we continue to manage our complicated world. This is a **Zoom** discussion group facilitated by Claire Solu-Burd, LCSW. The last meeting of the current session is April 5; a new session begins April 26.

To register: <https://us02web.zoom.us/meeting/register/tZlucu2vrDwtH9KtDITuvD1UbXo7OVpZzBPN>

### **Co-Ed Conversation Group, Mondays, 10:30AM-Noon**

This is an **indoor** discussion group. Masks must be worn at all times. You must call the Center no later than the Friday before to let us know you would like to participate and you must receive confirmation there is sufficient space before attending. 973-635-4565.

### **Balance, Flexibility, and Stretch, Mondays, 11:45-12:30PM**

This is an **indoor** fitness class taught by Donna Sue Dowton. A temperature check is required before you may enter the class. Masks must be worn at all times and social distancing is enforced. It is necessary to enter the Center lobby for temperature screening before going up to the gym. Training is provided on a mix of strength, balance, and flexibility exercises. It is necessary to bring a resistance band to class. The instructor sells bands for \$12 payable to her should you need one. No class on April 5. The fee is \$18 for April.

Register at 973-635-4565.

### **Book Group, Monday, 12:45-2:00PM, April 26**

The group will discuss "A Patchwork Planet" by Ann Tyler. This is a **Zoom** session. To participate:

<https://us02web.zoom.us/j/87062181756?pwd=UTVwN0ZVMWYvMkwxeHRNVEdQRlVRdz09>

### **Memoir Writing Workshop, Tuesdays, 9:45-11:30AM**

Learn how to write your life story. Classes are held on **Zoom**. All are welcome to participate.

Instructor: Jenny Tananbaum. The last class of the current session is April 27. No class on April 13. Call Center for fee information. 973-635-4565.

To register: <https://us02web.zoom.us/meeting/register/tZYpf-ugrTMqGtBwFRz42ZLcbEccyAdC4vL8>

### **Caregiver Support Group, Wednesday, 10:30-11:30AM, April 14**

Join others who care for loved ones experiencing dementia. This monthly meeting is moderated by Phyllis Flemming, former Executive Director, Victorian Garden Adult Day Care Center, Chatham, and experienced support group moderator.

To join the discussion: <https://us02web.zoom.us/meeting/register/tZcoduiqqjgtEtCAL7MbTZCrYdIGuAth6r37>

### **Men's Discussion Group, Wednesdays, 10:45AM-12:15PM**

Join the friendly, lively conversation about current events, issues and useful information, and share in the laughs.

This is an **indoor** program. Masks must be worn throughout the entire session. Drop-ins cannot be accommodated so be sure to call the Center no later than Tuesday to indicate you would like to participate. You must receive confirmation there is sufficient space before attending. 973-635-4565.

**Please see the next pages for programs and more information.**

### Gentle Chair Yoga, Wednesdays, 11:45AM-12:30PM

Gentle Chair Yoga is a great way to get the health benefits of yoga, loosen and stretch muscles, reduce stress, and improve circulation while sitting down. This is an **indoor** class taught by fitness instructor Donna Sue Dowton. Temperature check required prior to participation. Masks must be worn at all times. Bring a cloth, flexible strap such as a bathrobe belt (no leather belts please). The instructor sells yoga straps for \$12 payable to her should you need one. No class on March 31. Fee is \$24 for April.

### Reflections, Wednesdays, 1:30-2:30PM

'Reflections' is a group of women who come together to express friendship, support and care for one another. The ladies reflect on their lives, what is happening today, events in the past, life's joys and its sorrows. They recognize that sharing leads to strength of body and spirit and that shared wisdom finds working solutions to tough problems - and most of all, to close friendships. This is an **indoor** group facilitated by Claire Solu-Burd, LCSW. To sign up, please call the Center at 973-635-4565.

### Short Story Discussion Group, Thursday, 1:00-2:00PM, April 15

Group will discuss "Symbols and Signs" by Vladimir Nabokov. The discussion is moderated on **Zoom** by Jenny Tananbaum, Instructor, Creative Writing Class & Memoir Writing Workshop. No need to purchase this story; it will be emailed to you following registration.

To register: <https://us02web.zoom.us/join/zoom/register/tZYkcu-sqz8tGNUtsbtT6mkkGYivPs0G6qS>

### Creative Writing Class, Fridays, 9:45-11:30AM

Have you ever wanted to write a novel? A short story? Poem? Screenplay? Join our Creative Writing class. Each week on **Zoom** we explore different techniques to get you started, from understanding structure, developing characters, exploring plot lines, and more. Each class will include a short lesson, a writing prompt, time for peer review, and one longer at-home assignment per week. No writing experience required. All you need is a desire to write. Instructor: Jenny Tananbaum. No class on April 2. New session runs April 9-May 14. Fee is \$30.

To participate: [https://us02web.zoom.us/join/zoom/register/tZcrceCtrzsoGN2eKex71-cXFSi63SEzKh\\_c](https://us02web.zoom.us/join/zoom/register/tZcrceCtrzsoGN2eKex71-cXFSi63SEzKh_c)

### Balance, Flexibility, and Stretch, Fridays 11:45AM-12:30PM

This **indoor** fitness class is taught by Donna Sue Dowton. The class provides training on a mix of strength, balance, and flexibility exercises. It is necessary to bring your own exercise band to use during class. The instructor sells resistance bands for \$12 payable to her should you need one. Temperature check required prior to class entry. Masks must be worn at all times. Class takes place in gym. No class on April 2. Fee is \$24 for April.

Call the Center to register: 973-636-4565.

### Co-Ed Conversation Group, Fridays, 1:00-2:30PM

This is an **indoor** discussion group. Masks must be worn at all times. Drop-ins cannot be accommodated due to social distancing requirements. You must call the Center no later than the Thursday before to let us know you would like to participate and you must receive confirmation there is sufficient space before attending. 973-635-4565.



### Resources for Recent Retirees

Members of our Recent Retirees Group compiled a list of resources, programs, and activities retirees may enjoy exploring. The list includes virtual concerts, museum tours, classes, volunteer opportunities, and much more! Call the Center for a copy at 973-635-4565.

**Please see next pages for more programs.**

**Saturday, April 24**

**Community Paper Shred, 9 AM**

Benefits the independent, non-profit  
Senior Center of the Chathams  
9 AM -Noon (or until shred trucks are  
full) at Chatham Middle School, 480  
Main Street.

Shred fundraiser is open to the public;  
it is not necessary to be a Chatham  
resident to participate.

\$5 per grocery bag, \$10 per medium  
box, \$15 per large trash bag or large  
storage bin.

Cash or checks only.

Many thanks to our ***Sponsors:***  
**Chatham Disposal Company**  
**Homewell Care Services**



***\*\*Save the Date\*\****

***Saturday, June 5***

Our popular **Garden Tour** is back!  
Tour eight beautiful gardens and  
support the Senior Center while  
you're at it!



*Spring Ahead with Opera*

**Sunday, April 18, 3 PM**

St. Margaret of Scotland Church  
6 Sussex Avenue, Morristown, NJ

Featuring Metropolitan Opera Stars Mark Delvan &  
Kathryn Krasovec

For tickets & information: [operaatflorham.org](http://operaatflorham.org)



**Please see next pages for more information.**

# APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>**PAPER SHRED FUNDRAISER**</b>  <b>SATURDAY, APRIL 24</b> <b>9AM—NOON</b>  <b>CHATHAM MIDDLE SCHOOL, 480 Main Street</b>	<b>Color Key:</b> Indoor program Zoom Program		<u>1</u>	<u>2</u>  1:00 Co-Ed Disc
<u>5</u>  10:00 Silver Linings 10:30 Co-Ed Discussion	<u>6</u>  9:45 Memoir Writing	<u>7</u>  10:45 Mens' Disc 11:45 Chair Yoga 1:30 Reflections	<u>8</u>	<u>9</u>  9:45 Creative Writing 10:00 Water color make-up 11:45 Balance/Flex 1:00 Co-Ed Disc
<u>12</u>  10:00 Silver Linings 10:30 Co-Ed Discussion 11:45 Balance/Flex	<u>13</u>	<u>14</u>  10:45 Mens' Disc 11:45 Gentle Yoga 10:30 Caregiver Grp 1:30 Reflections	<u>15</u>  1:00 Short Story Disc.	<u>16</u>  9:45 Creative Writing 10:00 Watercolor make-up 11:45 Balance/Flex 1:00 Co-Ed Disc
<u>19</u>  10:00 Silver Linings 10:30 Co-Ed Discussion 11:45 Balance/Flex	<u>20</u>  9:45 Memoir Writing	<u>21</u>  10:45 Mens' Disc 11:45 Gentle Yoga 1:30 Reflections	<u>22</u>	<u>23</u>  9:45 Creative Writing 10:00 Watercolor make-up 11:45 Balance/Flex 1:00 Co-Ed Disc  <b>PAPER SHRED—</b> <b>SATURDAY, APRIL 24</b>
<u>26</u>  10:00 Silver Linings 10:30 Co-Ed Discussion 11:45 Balance/Flex 12:45 Fiction Book Club	<u>27</u>  9:45 Memoir Writing	<u>28</u>  10:45 Mens' Disc 11:45 Gentle Yoga 1:30 Reflections	<u>29</u>	<u>30</u>  9:45 Creative Writing 11:45 Balance/Flex 1:00 Co-Ed Disc



### Free Emotional Support Related to COVID-19

For most, this has been a difficult time filled with great anxiety and ambiguity. Many are experiencing other types of grief, depression, or loneliness. Virtually, or by phone, the NJ Hope and Healing Crisis Counseling Program of the Mental Health Association of Morris and Essex provides individual sessions and group counseling for anyone in need of emotional support during this time. Email [gpalmer@mhaessexmorris.org](mailto:gpalmer@mhaessexmorris.org) or call 973.509.9777 x. 151 for details on how to access their programs:

- **Free Services** (emotional support, stress management, linkage to resources, development of new coping skills and communication techniques)
- **Come Unwind With Us:** grab some yarn and join in an hour of self-care as we work, chat, and support each other. Tuesday Zoom sessions facilitated by a registered art therapist and licensed counselor.
- **Virtual Support Group** every Wednesday from 2 pm-3 pm



### **Senior Center Volunteers Provide Rides to Vaccine Appointments**

Senior Center volunteers are available to drive Chatham seniors who do not have access to other modes of transportation to their COVID vaccine appointments. If you know someone in town who needs a ride to their appointment, please call the Senior Center at 973-635-4565.

## **\*\*For Help Booking a COVID Vaccine Appointment\*\***



Volunteers at [wgirls.org](https://wgirls.org) can help book a COVID vaccine appointment. Click on the link below to complete the form that will connect you with a volunteer who will try to help book you an appointment for the Covid-19 vaccine. Their form is for seniors (65+) who are struggling with the tech-heavy process. Please note that there are no guarantees beyond the promise that their volunteers will do their best to secure you an appointment. Someone will be in touch over email or by phone to get the information required to help book your appointment. ***As a reminder, NO volunteer will ever ask you for your Social Security Number or Insurance details.***

Request their help at

<https://wgirls.org/requestforhelp/>

## **Thank you, Volunteers!**

Throughout the pandemic, the Senior Center has been very fortunate to receive the help and support of many terrific volunteers, who've generously donated their time to reach out to seniors in town, help with vaccine registration, shop for groceries, drive people to their vaccine appointments, and help the Center out in so many other ways. This is a wonderful community and we're very thankful for all your assistance!



**Please see next page for more information.**



## **NJ COVID VACCINATION SCHEDULING SYSTEM (NJVSS)**

Schedule online or pre-register by visiting:

[covidvaccine.nj.gov](https://covidvaccine.nj.gov)

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## **MORRIS COUNTY COVID VACCINATION CENTER/ ATLANTIC HEALTH**

Sign up for appointment alerts  
and schedule appointments by visiting:

[atlanticealth.org/covidvaccine](https://atlanticealth.org/covidvaccine)

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## **STATE & COUNTY CALL CENTERS**

For phone assistance to receive help in scheduling a vaccine  
appointment:

### **NJ COVID-19 VACCINATION CALL CENTER:**

1-855-568-0545, 7 Days a Week, 8AM-8PM

### **MORRIS COUNTY COVID CALL CENTER:**

973-829-8250, 7 Days a Week, 9AM-4PM

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## **CVS STORES**

<https://www.cvs.com/immunizations/covid-19-vaccine>



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**8000 Fellowship Road  
Basking Ridge, NJ  
877-824-4909**



# Resources & Information



Do you, a neighbor, or a loved one living in the Chathams need help with **grocery shopping** during this time? The Senior Center is coordinating a wonderful group of volunteers who will shop and deliver groceries to your home. Call the Center at 973.635.4565 or email [info@chathamseiorcenter.org](mailto:info@chathamseiorcenter.org) for details.



**Tri-Town Cares** - For a list of this organization's helpful mental health resources to look to during this time, please, go to: <https://www.rosenet.org/1269/Tri-Town-Cares>



**Tri-Town 55+ Coalition Rides for Seniors Program** - Register to get on-demand car service to run errands, go to doctor's appointments, go shopping or visit loved ones. The Coalition's Rides for Seniors program offers a subsidy for Chatham and Madison residents 65 and older. Eligible riders receive \$5 off each ride up to four rides per month. Tri-Town works in partnership with GoGoGrandparent which accesses Uber and Lyft using an 800 number instead of a smartphone. For more information, visit <https://www.tritown55plus.org/rides-for-seniors>



**Need Help With Zoom?** It's a good idea to make sure you can get onto Zoom well before one of our virtual programs begins. If you need assistance, please call the Center at 973.635.4565. Leave a message telling us the type of device you're using and we'll connect you with a tech volunteer who will help you.



Claire Solu-Burd, LCSW

**Claire Solu-Burd, LCSW** is a local social worker who has worked with the Senior Center for the past two years. She continues to facilitate our Reflections and Connections Support Groups. Claire received her clinical license in 2020 and has opened a private practice in Chatham to offer individual counseling to older adults. She is a Medicare provider and eager to support seniors who may be experiencing grief, loss, sadness, isolation, or anxiety over health concerns. Claire also has a website if you would like to get to know a little bit more about her or her practice. Please visit [www.cir-counseling.com](http://www.cir-counseling.com)



Donna Sue Dowton

**Donna Sue Dowton**, one of our fitness instructors, has produced a series of YouTube videos demonstrating exercises you can do at home to stay fit. <https://www.youtube.com/channel/UCWPse6PQN6JvSYmQBespBKw>



**Morris Habitat for Humanity Offers Certain Home Improvements for Seniors Who Qualify.** The special "Home Support for Seniors" program makes accessibility and energy efficiency improvements for Morris County households with a member aged 62 and over. Volunteer teams work under the direction of Habitat staff and volunteer supervisors to make changes that will enable seniors to move around safely inside their homes and complete the routines of daily living. To find out if your home qualifies, or to obtain an application, contact Richard Cook at 973-891-1934 x.135, or email [rich.cook@morrishabitat.org](mailto:rich.cook@morrishabitat.org).