

## MADISON SENIOR SERVICES UPCOMING EVENTS

### ANNUAL VOLUNTEER SPRING LUNCHEON

As a thank you to our volunteers you're invited to our Spring Luncheon on Wednesday, April 17, 2019 at Noon. Please RSVP Thursday, April 11. Located in the Madison Civic Center, Upstairs Great Room, 28 Walnut Street.

### MADISON INTO YELLOW PROJECT

"Pollination" - 100 Flowers and Optimistic Ideas to Brighten Madison  
Madison High School students, Girl Scouts, senior citizens, interfaith organizations and the Madison, NJ community at large have turned their Optimism into Action by participating in "Pollination" - the collaborative public art project with artist and Optimist, G. Riley John Donnell (a/k/a Uncle Riley), where they created this community garden of 100 flowers hand painted on 10" round yellow discs. On the back, they wrote their ideas for how to brighten Madison. These optimistic ideas have now been shared with the mayor's office as the garden "pollinates" the front lawn of the Hartley Dodge Memorial Building. The flowers will remain through the end of May (National Mental Health Month).

Senior Citizens are welcome to come to the Madison Civic Center to paint and write on their pieces on Monday, April 22 at 3:30 p.m. There are 19 pieces in total and need 19 individuals to successfully collaborate in this public art project.

Please call (973) 593-3095 to sign up.

### PICKLE BALL PLAYERS NEEDED

We are now taking team signups in the office. Call 973-593-3095. Our participant list is expanding and we would like to start setting up teams for guaranteed competitive fun! Play the game of pickle ball, a fun sport that combines many elements of tennis, badminton, and ping-pong. Open gym pickle ball is now available Mondays and Tuesdays from 2:00 - 4:00 p.m.

All playing levels are welcome.

### EXERCISE CLASSES

**Mondays: Stretch & Flex**  
from 9 - 10 a.m.

**Tuesdays: Yoga**  
from 11:30 a.m. - 12:30 p.m.

**Thursdays: Cardio from 10 - 11 a.m.**  
Join us for an hour of fun and accommodating exercise classes for as low as \$5 per person per class. Residents and non-residents are welcome. Register prior to class either in the office or online at:  
[register.capturepoint.com/MadisonBorough](http://register.capturepoint.com/MadisonBorough)

### TRIPS

**Beautiful by Carole King**  
-\$75 per person orchestra ticket. Residents and non-residents welcome.  
**Wednesday, May 22.**  
First pick-up 10 - 10:30 a.m. at 15 Chatham Thruway (residents of apartments only).  
Second pick-up 10:45 - 11 a.m. Madison Memorial Park Ice Skating Rink Parking Lot, Rosedale Ave. The play starts at 2 p.m. and runs for 2 hours & 15 minutes. We expect to arrive back to Madison by 6:30 p.m.  
Bring a bagged lunch and we will provide a water and a bag of chips.  
Coach bus seating is handicap accessible. Please call to sign up and save your spot! Pre-registration and payment required either in the office or online at:  
[register.capturepoint.com/MadisonBorough](http://register.capturepoint.com/MadisonBorough)

### AARP TAX PREP SEASON

Tax Return Assistant Resumes  
Last day for appointments is on **Wednesday, April 10!** Sessions are at 9 a.m., 10:30 a.m. and 12:30 p.m. We are taking appointments now. Spots are limited.  
Please call (973) 593-3095 to schedule yours.

## DREW ART ASSOC PRESENTS FABULOUS FAKE ART SHOW

The Drew Art Association is presenting its annual Fabulous Fake Art Show from April 4 through April 26, 2019 at the Library of the Chatham, 214 Main Street, during regular hours. For the exhibit, members copy or interpret the works of famous artists or famous paintings. A reception will be held on Sunday, April 7, 2019 from 2:15 until 4:15 p.m.



(above) A copy of Vermeer's "Girl with the Pearl Earring" by Celeste Fondaco. The Annual Fabulous Fake Art show will be on display at the Chatham library April 4 through April 26.

## SHARE YOUR TIME AND TALENTS

Submitted by Laura Sostak

Tri-Town 55+ Coalition is seeking local professionals who can share their talent to help build age-friendly communities in the towns of Chatham Borough, Chatham Township and Madison. Whether you are retired and looking to stay active, or have a few hours to spare each week, we invite you to join the Tri-Town 55+ Coalition team.

Can you share your experience in technology, public relations, marketing, finance or business with the Coalition? Do you wish to have an active role in building lifelong communities in Chatham Borough, Chatham Township and Madison? If so, please consider joining the Coalition team. We have many opportunities to share your expertise. Whether it is a few hours a week, a month, or for special projects. Your time, talent and experience will be greatly appreciated.

Tri-Town 55+ is a non-profit, 501(c)(3), community-based organization with

representatives from business, non-profit and public agencies who partner together to create, implement and promote age-friendly programs and services for older adults and their families within the three towns. The Coalition began in January 2016 with the help of a grant from the Grotta Fund for Senior Care. The Fund supports the creation of age-friendly communities throughout northern and central New Jersey.

Tri-Town 55+ Coalition launched its first initiative, the "Rides for Seniors" program. The subsidized on-demand, 24-hour car service began in April 2017 for seniors 65 and older in the three towns. To date, the program has over 300 registered riders and has provided 3,000 rides.

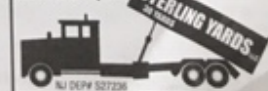
To learn more details on specific opportunities, please email [TriTown55plus@gmail.com](mailto:TriTown55plus@gmail.com) or call at 862-246-6065. To learn more about Tri-Town 55+ Coalition, visit the website at [tristown55plus.org](http://tristown55plus.org).

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TRI TOWN

# May Is Older Americans Month!

## Tri-Town 55+ Coalition Celebrates Older Americans Month "Working Together to Build Lifelong Communities"

Did you know May is National Older Americans Month? With 10,000 people a day turning 65 for the next 10 years, chances are you or someone you love is or will be an Older American.

There are great benefits being an Older American today, and it is not just because of the discounts! Cities and towns throughout the world are re-thinking their environments and implementing programs and services to ensure their communities are age-friendly and places where everyone can grow up and grow old. Madison, Chatham Borough and Chatham Township are on the forefront of building lifelong communities with many places and opportunities to *Connect, Create and Contribute*.

*Connect, Create and Contribute* with friends, family, and local services and resources at the following places right in your own backyard! Communities that support and recognize older adults are stronger! Join us in strengthening our community – this May and throughout the year. Here are some great places to get involved.



### Events, Programs and Service organizations encouraging older adults and their communities to: **Connect • Create • Contribute**

- Connect** with friends, family, and services that support participation.
- Create** by engaging in activities that promote learning, health, and personal enrichment.
- Contribute** time, talent, and life experience to benefit others.

### REACHING OUT TO LOCAL PROFESSIONALS

Tri-Town 55+ Coalition is seeking local professionals who can share their talent to help build age-friendly communities in the towns of Chatham Borough, Chatham Township and Madison. Whether you are retired and looking to stay active, or have a few hours to spare each week, we invite you to join the Tri-Town 55+ Coalition team. Can you share your experience in technology, public relations, marketing, finance or business with the Coalition? Do you wish to have an active role in building lifelong communities in Chatham Borough, Chatham Township and Madison? If so, please consider joining the Coalition team. We have many opportunities to share your expertise. Whether it is a few hours a week, a month, or for special projects, your time, talent and experience will be greatly appreciated.

### CONTRIBUTE

Each year, more and more older adults are making a positive impact in and around our communities. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. Lending your time and talent to these local organizations is a great way to make a difference and contribute to your community.

### TRI-TOWN 55+ COALITION

TriTown55plus@gmail.com • 862-246-6065 • www.tritown55plus.org

### THE RIDES FOR SENIORS

With plenty of places to go and things to do, how do you get there?

**Rides for Seniors Program** - Tri-Town 55+ Coalition has partnered with GoGoGrandparent to provide a subsidized on-demand car service using Uber and Lyft. Madison, Chatham and Chatham Township residents receive \$5 off per ride up to 4 rides per month. Registration is free, call 855-664-6872 or visit our website at [www.tritown55plus.org](http://www.tritown55plus.org).

### CHATHAM SENIOR CENTER BUS SERVICE

Chatham Senior Center bus service is provided for Chatham Borough and Township residents over the age of 60 who are able to access the bus without assistance. Home health aides are welcome to accompany their clients. The fare is \$1.00 each way payable to the driver at the time of the ride. Shoppers are asked to purchase only what they can carry themselves.

The senior bus operates on Tuesday, Thursday, and Friday between 9:15 a.m. and 1:30 p.m. Rides must call the Center (973.635.4565) before 2pm the day before a desired trip to make a reservation.

The monthly bus schedule is on the calendar page of the monthly newsletter.

### MADISON SENIOR SERVICES DIAL-A-RIDE SCHEDULE

#### STOP & SHOP

Monday, Tuesday, Wednesday & Friday from 10:30-11:30 a.m.

#### SHOPRITE

Tuesday from 1:30-2:30 p.m.  
Thursday from 10:30-11:30 a.m.  
To get a ride to any location in Madison call the day of your trip between 8:30-9:30 a.m. Due to limited seating, calls for rides after 9:30 a.m. will NOT be guaranteed.

"Older Americans" Month" page coordinated by Tri-Town 55+ Coalition.

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# TransOptions

TransOptions, Inc. [www.transoptions.org](http://www.transoptions.org) is a non-profit transportation consultancy that delivers programs and services that improve mobility, the environment and overall quality of life in northwest New Jersey. For questions or to schedule a free older adult driving or walking safety program call (973) 267-7600 or contact Denis Kelleher [dkelleher@transoptions.org](mailto:dkelleher@transoptions.org) or Judy Bortman [jbortman@transoptions.org](mailto:jbortman@transoptions.org).

## WALKING AND DRIVING SAFETY FOR SENIORS

According to AARP (American Association of Retired Persons) 10,000 people in the United States are turning age 65 daily until 2030. This large and growing population segment is the focus of Older Americans Month which is observed annually during the month of May.

TransOptions can support your Older Americans Month activities as well as meetings and events throughout the year. We offer Driving and Pedestrian Safety programs at no cost to your senior club, community organization or municipality.

### DRIVING SAFETY PROGRAMS

- **NEW! What's Changed Since I Started Driving?**
  - New Jersey has adopted a number of driving laws that didn't exist when many seniors got their driver's license years ago. Vehicles have changed, too, with new safety technology and features. Learn what's new and keep driving safely by staying up to date.
- **How to Keep Driving Longer and Safely**
  - Driving helps older adults remain independent for as long as possible. This compelling presentation provides practical tips to help older adults keep driving safely and longer.
- **Walking Safety Programs**
  - **Walking Safely in a Distracted World?**
    - Walking consistently and safely can help older adults remain independent, mobile and enhance their well-being and quality of life.
  - **Walking and Driving Safely in a Winter Wonderland**
    - (Presented during fall and winter months. Book a date in advance.)
    - Snow and ice challenge our ability to walk and drive safely during the winter. Learn how to navigate winter walking and driving conditions confidently and safely.

## Senior Center of the Chatham

*Be Active. Be Connected.*

**THE SENIOR CENTER OF THE CHATHAMS**  
58 Meyersville Road  
(Lower Level), Chatham, NJ 07928  
973-635-4565  
[www.ChathamSeniorCenter.Org](http://www.ChathamSeniorCenter.Org)  
Monday-Friday, 9:15am-3pm  
Non-Chatham Residents Welcome

The Senior Center of the Chathams offers wide range of integrated programs and services that promote successful aging and serves as vital go-to resource for seniors and their caregivers.

Center programming seeks to educate, empower, and connect older adults to one another, including new retirees and existing participants looking to stay engaged while navigating life transitions. This year, the Senior Center is working to expand its focus on Support & Counseling programs. The Center recently partnered with the Library of the Chathams to host a dementia training seminar for representatives from area libraries, churches and local government to help staff and community gatekeepers recognize and warn signs.

### PROGRAMS AND ACTIVITIES INCLUDE:

- Support Groups & Well-Being – Reflect (Women's Friendship & Support Group, Dementia Caregivers Support Group, Winter Support Group (on managing seasonal blues), Guided Relaxation
- Social Interaction & Discussion Groups – Men's Discussion Group, Fiction & Nonfiction Book Clubs, Nifty Knit & Holiday Parties and Special Events
- Sports, Exercise, & Fitness Classes – Pickleball, Men's Basketball, Spring Golf Clinic, Tone & Flex, Qi-Gong Tai Chi, Men's Fitness Class, Social Dance lessons
- Enrichment – Watercolor, Drawing, and Lectures; Lectures and Presentations on a Variety of Educational Topics; Thursday Matinee Film Series, Concerts, Musical Performances, Day Trips (to museums, parks, etc.); Mah Jongg, Canasta, Scrabble, Bingo, Instruction
- Health & Wellness Education – With participants from healthcare organizations (ex. How to improve sleep, prevent strokes, manage diabetes, address neck pain, maintain a healthy heart, etc.), Monthly Nutrition Seminars, Free Health Screenings (ex., blood pressure, hearing, etc.)
- Personal Safety Training - AARP CarFit Safe Driving Programs, Personal Protection Training, Balance & Stability Workshops, Fall Prevention Education
- General Assistance - Free Tech Support, Financial Income Tax Preparation through AARP Presentations on Elder Law Needs & Financial Assistance Programs available to Older Adults



## Everybody Dies: End of Life Planning

*A Practical Guide for Adults*

Join us for a free two-part series designed to provide adults of all ages with the information they need to consider their options, actively plan and communicate their wishes, and direct their care in case of a serious illness or at the end of life. Creating a plan for the future reduces fear and supports living fully every day. This popular program is brought to you by The Mayors Wellness Campaign of the Chathams and Madison Conversation of Your Life (COYL) initiative.

### Comprehensive Two-Part Program

**Session #1:** Wednesday May 15th from 1:00pm – 2:30pm

**Session #2:** Wednesday May 22nd from 1:00pm – 2:30pm

Community Arts Center at Rose Hall, 10 Kings Road, Madison, NJ

Lynne Logatto, MSN has more than three decades of experience as a primary care nurse practitioner helping individuals find unique solutions to complex but common health problems. She employs her education and experience to empower you and those you love to know your rights and explore your options as you consider end-of-life issues.

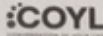
**Program is FREE but registration is required. Light refreshments will be served.**

Register at (862) 246-6065 and leave your name and contact information after the tone, or register by email at [tritown55plus@gmail.com](mailto:tritown55plus@gmail.com).

Need a ride? Tri-Town 55+ Coalition is offering \$5 rides each way to the sessions to all registered riders with the Rides for Seniors program. For more information, or to learn how to become a Rides for Seniors member, please email [tritown55plus@gmail.com](mailto:tritown55plus@gmail.com) or call (862) 246-6065.



Tri-Town 55+ Coalition  
Bringing Together to  
Build Lifelong Connections



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### ROSE CITY RUNNERS CLUB MEETS EVERY SATURDAY MORNING

Submitted by Barbara Rushman  
Madison/Chatham area runners - come check out the Rose City Runners! We meet every Saturday morning at the Mitchell Road parking area of Loantaka Park in Morris Township. Run start time is 9 a.m. from November through March, 8:30 a.m. April through October. We share breakfast afterwards, and gather around a fire in the shelter on cold days. We also have an optional USATF racing team if you like to race as part of a group. Members host several parties throughout the year, usually holiday or theme related. Saturday morning runs range from 3 to 8 miles at various paces, much on quiet wooded park trails.

Our club is celebrating its 40th anniversary this year! Visit [RoseCityRunners.com](http://RoseCityRunners.com) for more information. Runners are welcome to join us any Saturday before becoming a member.

*Join the Rose City Runners Club*  
*Established 1997*  
*Come to one of our Saturday Breakfast Runs*  
*8:30 AM Apr-Oct*  
*9:00 AM Nov-Mar*  
*Kitchell Rd Parking Lot of Loantaka Park*  
*Visit our website: [www.RoseCityRunners.com](http://www.RoseCityRunners.com)*



### MADISON IS "INTOYELLOW" TO CELEBRATE OPTIMISM AND RESILIENCE IN HONOR OF MENTAL HEALTH AWARENESS MONTH MAY 4 – MAY 11, 2019

Submitted by Whitney Sobala, Co-Founder, UMEWE

Madison High School students, Girl Scouts, senior citizens, interfaith organizations and the Madison, NJ community at large are turning their Optimism into Action by participating in "Pollination" - the collaborative public art project with artist and Optimist, G. Riley Johnson (a.k.a Uncle Riley), where they will be creating a community garden of 100 flowers hand painted on 10-inch round yellow disks (materials donated by Jaeger Lumber and Ricciardi Brothers of Morristown). On the back, they will be writing their ideas for how to brighten Madison. These optimistic ideas will be shared with the mayor's office as the garden "pollinates" the front lawn of the Hartley Dodge Memorial Building, on May Day.

This public art project is part of a larger, town-wide initiative, "Madison INTOyellow" - which will be taking place May 4 through May 11, 2019. Madison INTOyellow is an annual, week-long series of arts, educational and social events that support and celebrate local community mental health resources in honor of National Mental Health Month (May). All events are programmed with the shared intention to shine a light on the stigma of mental health and inspire community connection through collaboration and creativity.

This is the third straight year that Madison will be publicly honoring National Mental Health Month, after setting the precedent in 2017 as the

first US town to recognize and celebrate the United Nation's global holiday 'International Day of Happiness' (designated as March 20th) and proclaim May as Mental Health month.

Other free events planned for the week include daily "mindful movement" classes, a "People's Picnic" offering community members a chance to connect and converse over a free meal provided by Healthy Italia, who will be sponsoring the event, and a speaker series, featuring a number of different mental health-related topics, including a NAMI (National Alliance on Mental Illness) "In Our Own Voice" presentation, which will provide a personal perspective on mental health conditions, as well as lived experience talk openly about what it's like to have a mental health condition. The Madison High School National Art Honor Society will also be collaborating with local businesses and organizations around town to paint their windows with #INTOyellow in an effort to raise awareness of the cause.

"INTO Yellow" (a.k.a 'International Optimism Yellow') is a 'Color with a Cause,' developed in collaboration with Pantone Color Institute, conceptual artist Uncle Riley and UMEWE (pronounced 'you-me-we') as a platform for creatives to explore and share Optimism with others.

Visit [intoyellow.com](http://intoyellow.com) for more information and a calendar of events happening in Madison May

4 thru May 11, 2019.

"As a stigma-free town, Madison is dedicated to raising awareness of the local mental health and recovery resources available so that no resident needs to feel hopeless or alone. Madison INTOyellow is a great example of how we are putting our commitment into action and creating an environment where affected community members and those seeking to remain healthy feel supported in their efforts to achieve wellness. Madison has so many great resources and it's exciting to see the entire town come together to celebrate such a great cause." - Robert H. Conley, Mayor, Borough of Madison NJ

"Madison, like so many other towns, has been impacted greatly by mental health-related issues. It is programs like Madison INTOyellow that help us unite as a community - from teachers and students to senior citizens and religious organizations - to shed light on the stigma of mental health and celebrate the resources we have to combat it. I am proud of our students for stepping up and helping to become a part of the solution." - Mr. Greg Robertson, MHS Principal

"Collaboration, with the shared intention of creating a brighter world, is at the core of all that UMEWE does, and the town of Madison has been an incredible partner in piloting this great initiative." - Whitney Sobala, Madison INTOyellow Community Lead and Co-Founder, UMEWE.

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 bl.com if interested.

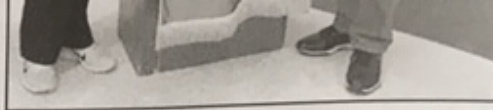
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focus of both the Volunteer Ambulance Corps and the Ladies Auxiliary. With the town of Madison growing, new members are not only needed, but truly welcomed. We can all make a difference. Why not consider giving of your time, you might make that difference in saving a life and/or helping the Ladies with successful fundraising.



(above) Ladies Auxiliary president Francis Mantone presents Jack Luts of the Madison Ambulance Corp with a check for \$4,500.


## “POLLINATE” OPTIMISM WITH THE MADISON “INTOYELLOW” INITIATIVE

Submitted by Whitney Sobala

Madison High School students, Girl Scouts, senior citizens, interfaith organizations and the Madison, New Jersey community at large are turning their Optimism into Action by participating in “Pollination” - the collaborative public art project with artist and Optimist, G. Riley Johndonnell (a.k.a. Uncle Riley), where they will be creating a community garden of 100

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(above) Madison will take place in “pollination” during this year’s INTOyellow week, beginning on May 4. For more information about the weeks events, visit [intoyellow.com/madison](http://intoyellow.com/madison).

<b>2018</b> 				<b>MAY 31 - JUNE 2</b>			
<b>THURSDAY</b> 5 - 10 PM		<b>FRIDAY</b> 5 - 11 PM		<b>SATURDAY</b> NOON - 11 PM		<b>SUNDAY</b> NOON - 6 PM	
<b>A TASTE OF</b>				<b>HOLY TRINITY</b>			