

SeniorsFirst

AT APPLEWOOD ESTATES



▲ Betsy Morse, a resident of Applewood Estates, is known for the elaborate table displays and decorations she creates for SeniorsFirst's monthly luncheons.

SeniorsFirst is a complimentary community outreach and education program for those age 60 and older in the surrounding areas of Freehold, Manalapan, Marlboro, Monroe, and Jackson. SeniorsFirst, which is sponsored by Applewood Estates, offers social events, prevention programs, counseling, support groups, screening services, special luncheons, and health fairs. This resource, with more than 15,000 members, offers seniors the opportunity to meet new and old friends and to receive information on health topics of interest as well as referrals to community resources.

"SeniorsFirst's goal is to provide assistance to seniors in achieving healthier lifestyles," says Janet Burns, LPC, LSW, program coordinator. "We have become an integral part of the community, providing resources on-site at Applewood Estates as well as at senior centers, auditoriums, and other senior gatherings."

SeniorsFirst relies on the expertise of an administrative assistant, Marie Byrne, as well as volunteers. One of these volunteers is Betsy Morse, a resident of Applewood for the past 10 years. Betsy has embraced the "lifecare advantage" at Applewood Estates, a vibrant community for seniors who wish to maintain their independence and enjoy their retirement years.

Betsy stays active not only with the many social and cultural opportunities offered at Applewood, but she has become the "artistic director" of SeniorsFirst since she first arrived.

"I am a 'doer,'" says Betsy. "During my first week, I saw people stuffing envelopes and making calls and asked if I could help. I've been volunteering for SeniorsFirst ever since."

The SeniorsFirst office showcases Betsy's imaginative endeavors, which she creates each month for the program's special themed luncheons.

"Betsy is invaluable in her artistic designs and creativity. We are very fortunate to have an Applewood resident who devotes so much time and energy to our program," says Burns.

SeniorsFirst also is fortunate to have the added benefit of fantastic senior volunteers from the community. Without their assistance and dedication, the luncheons and other affairs would not be possible.

"I am so grateful of the tireless energy and talent of these volunteers," says Burns. "Even when I need additional help, there is always someone there."

Other responsibilities of these volunteers include courtesy follow-up phone calls to prospective members who have been hospitalized at CentraState Medical Center; addressing and mailing out letters; and assisting at program functions, including health fairs and lifestyle lectures, especially in the Marlboro, Monroe, and Jackson areas.

"It is very important that we reach out to those who may be having difficulty finding other seniors to socialize with, as well as to provide needed information and resources on a variety of health needs. SeniorsFirst offers the tremendous support network that is so crucial for today's seniors," according to Burns.

For more information, call SeniorsFirst at (732) 780-3013. HD

SENIORSFIRST CALENDAR OF EVENTS

JULY & AUGUST 2009

Call (732) 780-3013 for reservations for all programs.

STROKE SUPPORT GROUP

Jackson, NJ

Mondays, July 13 and August 10, 2-4 p.m.

SENIORSFIRST MEMBERSHIP LUNCHEON— "RED, WHITE & BLUE"

Applewood Estates Performing
Arts Center

Come enjoy a luncheon complete with free raffle prizes and entertainment.

Friday, July 10, 11:30 a.m.-2 p.m., \$9.

PARKINSON SUPPORT GROUP

Manalapan Senior Center

211 Route 522, Manalapan, NJ

*Tuesdays, July 21 and August 18,
11:30 a.m.-12:30 p.m.*

SENIORSFIRST MEMBERSHIP LUNCHEON—"END OF SUMMER"

Applewood Estates Performing
Arts Center

Come enjoy a luncheon complete with free raffle prizes and entertainment.

Friday, August 14, 11:30 a.m.-2 p.m., \$9.

DINING OUT PROGRAM AND SENIOR GAMES

Star and Barry Tobias Ambulatory
Campus Conference Center

Join us for good food and fun with other seniors.

Breakfast: bagels, danish, hot beverage.

Lunch: wraps, sandwiches, pasta,
assorted beverages.

*Wednesday, July 22 and Thursday, August 20,
9:30 a.m.-1 p.m. \$7.*

To learn more about "The LifeCare Advantage" at Applewood Estates, call (732) 303-7416 and attend an information session.

Mark Your Calendar

In conjunction with the Marlboro Senior Center, SeniorsFirst is presenting a series of three roundtable discussions on September 22 and October 13 and 27. The sessions will highlight and facilitate senior residents' use of community resources, such as assistance with utilities, food, finances, community care programs, and medical concerns.