

# EDISON CHAPTER #3446 AARP, INC.

## NEWSLETTER

### December 2024

Regular monthly meetings are the 3<sup>rd</sup>

Monday of each month at 1pm

Jan. 20 Feb. 17 March 17

**\*\*LOCATION\*\***

**Edison Elks #2487**

**375 Old Post Road**

**Edison, N.J. 08817**

**Website: EdisonAARP@gmail.com**

**www.facebook.com/edisonaarp**

### 2021-2022 Elected Officers

President	Joanne Mangels	732-548-6874
1 <sup>st</sup> Vice Pres.	Laurel Dobalo	732-742-6946
2 <sup>nd</sup> Vice Pres.	Carol August	908-501-0904
Treasurer	Louise Dougherty	732-603-8343
Rec. Sec.	Kathleen Divorkin	732-549-5878
Corres. Sec.	Lynn Sanchez	908-769-8052

### Board of Directors

1 Yr. Term	2 Yr. Term	3 Yr. Term
Monica Grover	Peggy Klemensits	Dolores Forziati
Mary Westcott	Pat Takaroff	Karen Mohamed

Board Meetings First Mon. of Month at 10:00 am

Minnie B. Veal Community Center

1070 Grove Avenue, Edison, N.J. 08820

### Committee Chairpersons

Community Svc.	Mary Westcott	732-287-1091
Day Trips	Karen Mohamed	732-572-2249
	Carol August	908-501-0904
Event Planner	Jean Kuchinkas	732-549-1659
Fund Raiser	Jean Kuchinkas	732-549-1659
Hospitality	Carol Mc Cann	732-985-7875
	Peggy Klemensits	732-985-3059
Membership	Pat Takaroff	732-499-0282
Newsletter	Karen Mohamed	732-572-2249
Programs	Carol August	908-501-0904
	Mary Joan Millroy	732-549-7241
Greeter	Dolores Forziati	732-548-1053
Sunshine	Monica Grover	732-770-7734
Telephone	Cathy Mc Comiskey	732-572-4129

Website	Joanne Mangels	732-599-1873
Joke of the Day	Jean Kuchinkas	732-549-1659
Nominating	George Schwetje	908-380-7733
Legislation	Laurel Dobalo	732-742-6946

### SUNSHINE

Monica Grover 732-770-7734

If you know of someone who needs a get well card, or a card to a family who has lost a loved one, please call Monica and leave a message.

### PROGRAMS

Mary Joan Millroy	732-549-7241
Carol August	908-501-0904

Jan. 20	Sheriffs Dept.- Officer Gore
	Senior Scams on Internet
Feb. 17	Protective Services – Senior Abuse
	Physical, Mental, and Financial
Mar. 17	Treasury - Unclaimed Property

### TRIPS

	Carol August	908-501-0904
	Karen Mohamed	732-895-4664
Feb. 25	<u>"Mardi Gras"</u> at Shore Club	
	Lunch and Show \$97. Bus	
	Bus leaves 10am	
Mar. 27	<u>"Noah"</u> at Sight and Sound	
	Theater – Family style lunch	
	at Hershey Farm Restaurant,	
	Lancaster County, Pa. \$191.	
April 29	<u>"River Queen Cruise"</u> with	
	Lunch at The Shrimp Box \$96.	
May	N.Y. Botanical Gardens	
	Bronx, N.Y.	
June 18-20	<u>"Ride the Rails"</u> in West	
	Virginia. Train ride w/lunch,	
	Dinner w/Entertainment,	
	Caverns, Waterfalls, & more.	
	Double \$616. Single \$816.	
	All Trips \$10. Extra for non-members.	



### DISCLAIMER STATEMENT FOR TOUR EVENTS

This tour is a project of and is offered to the Edison Chapter #3446 of AARP, Inc. and any agent it may use in arranging this or any other tour are not responsible; in whole or in part, to the tour member for any loss, damage, or injury, whether financial or otherwise, to persons or property; however used during or in connection with this or any other tour. This tour is an activity offered by Edison Chapter #3446 of AARP Inc. It is in no way offered, sponsored, or conducted by AARP, and thus AARP has no legal responsibility in connection with this tour event.

All trips leave from the Guardian Angels Church parking lot, which is off Market St. in Edison. PLEASE park in rear of lot by the Rectory.

### WITH SYMPATHY TO FAMILY & FRIENDS

We Fondly Remember

RAYMOND FORZIATI



### MEMBERSHIP -PAT TAKAROFF-732-0282

Annual Dues \$15. Cash or check to:

EDISON CHAPTER 3446 OF AARP, INC.

Welcome Our New Members

Susan Bernstein	Debra Boelhower
Donna Brown	Diane Deakyne
Linda Duane	Rosemary Feterik
Eva Green	Joyce LoBiondo
Barbara Labik	George Labik
Gale Melnyk	Christine Nacco
Kathie Phillips	Joanne Russell
Marilyn Schramm	Debra Sweeney
Gloria Tighe	Susan Weir
Donna Zielinski	



### COMMUNITY SERVICE

**Mary Westcott – 732-287-1091**

Edison AARP collects many items for our local organizations. Please bring non-perishable food items to our monthly meetings. Food is given to MC Foods who then distribute it to the needy. We donate lap robes, made by our members - {knit, crochet, or quilt blankets} 36x48 to JFK Hospital for the geriatric. **Mary extends her sincere thanks to our members and friends who opened their hearts in very generous donations for our veterans.** You've donated over 300 lbs. of food to the needy since September

Ted Symanski collects used eyeglasses for the Lions Club.



**COUPON COLLECTING** We collect expired coupons, no more than 2 mos. old to help families of the military. They go to Marines, Air Force, Army and Navy.

**All Donations for Coffee, Tea & Snacks help pay postage for this cause.**

### "To Our Members"

We hope you've enjoyed the programs, information, and daytrips we've provided for you. We've been working to bring more activities in the coming months that we hope you will find useful and interesting. We wish you all the joy and love of the holidays and a happy and healthy New Year!

**Joanne Mangels & the Board**





TO YOUR HEALTH .... Or is it?

Alcohol and Aging, a Risky Combination



There are several factors that contribute to making drinking – even at normal levels – a real health concern as we get older. Our liver isn't as strong, leaving more alcohol in our bloodstream. Therefore, alcohol affects us more quickly as we age. Doctors recommend that people over 65 should not have more than one standard drink in a day which is about 12oz. of beer or 5oz. of wine. Cocktails vary. No alcohol is best if you are trying to live a healthy lifestyle.

Research has found that reducing or stopping your alcohol intake can lower blood pressure, lower blood sugar, reduce accidents and falls. It will also lessen our chances of liver disease, strokes, and some cancers. It can improve one's chances of living a longer and healthier life.

The benefits of not drinking alcohol are numerous, but if everyone around you is having a drink, you might feel left out. Luckily there are now many tasty alternatives to alcohol like ginger beer, mocktails, and alcohol-free wine, beer & spirits . They are good substitutes for those who want something to drink with friends without nasty effects the next day.