# 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

1st Vice Pres. Laurel Dobalo 732-742-6946

2nd 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

Mary Westcott	732-287-1091
Karen Mohamed	732-572-2249
Carol August	908-501-0904
Jean Kuchinskas	732-549-1659
Jean Kuchinskas	732-549-1659
Carol Mc Cann	732-985-7875
Peggy Klemensits	732-985-3059
Pat Takaroff	732-499-0282
Karen Mohamed	732-572-2249
Carol August	908-501-0904
Mary Joan Millroy	732-549-7241
<b>Dolores Forziati</b>	732-548-1053
Monica Grover	732-770-7734
Cathy Mc Comiskey	732-572-4129
	Karen Mohamed Carol August Jean Kuchinskas Jean Kuchinskas Carol Mc Cann Peggy Klemensits Pat Takaroff Karen Mohamed Carol August Mary Joan Millroy Dolores Forziati Monica Grover

Website	Joanne Mangels	732-599-1873
Joke of the Day	Jean Kuchinskas	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

Mar. 27	"Noah" at Sight and Sound	
	Theater – Family style lunch	
	at Hershey Farm Restaurant,	
	Lancaster County, Pa. \$191.	

April 29	"River Queen Cruise" with	
	Lunch at The Shrimp Box \$96.	

May	N.Y. Botanical Gardens
	Bronx, N.Y.

June 18-20	"Ride the Rails" 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	A
Donna Brown	Diane Deakyne	YE
Linda Duane	Rosemary Feterik	11:
Eva Green	Joyce LoBiondo	4 Discourse
Barbara Labik	George Labik	HANN
Gale Melnyk	Christine Nacco	No.
Kathie Phillips	Joanne Russell	
Marilyn Schramm	Debra Sweeney	1
		1:

Susan Weir

Gloria Tighe

Donna Zielinski



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.

<u>COUPON COLLECTING</u> 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.

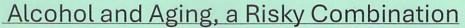
All Donations for Coffee, Tea & Snacks help pay postage for this cause.

"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?





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.