

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

This is a heartfelt message acknowledging the efforts and dedication of the organization's leaders and volunteers over the past two years. We would like to express gratitude for the administration team, including Vice President Betsy Caivano, Treasurer Vivienne Blake, and Secretary Herb Jung, whose terms are ending. The upcoming leadership changes are seen as an opportunity for others to step up while the outgoing leaders can continue contributing to committees, ensuring continuity and support with their experience. Despite stepping down in January, the executive committee members are committed to assist the incoming executives for a smooth transition. Their two-year terms will end this year, and while their departure is a loss in leadership roles, the President is optimistic about the new opportunities this opens up for others to contribute to the organization.

Their experience is seen as an asset that will enrich these committees and provide continuity in leadership, helping guide new members.

Lou Vaccaro's, own term as president will also conclude by the end of this year, but he has agreed to stay on for an additional two years.

The organization has made significant strides in digital outreach over the past couple of years. Previously, they had no website, but now they do, which has transformed their ability to connect with members and distribute information.

Digital adoption among seniors in the organization has grown from

just 5% in the previous years to an impressive 95%, showing a significant increase in internet use and technology engagement.

To further support seniors, Mr. Nipun Patel has volunteered at the local library to help with computer, laptop, and desktop usage, enabling seniors to become more comfortable with technology. His efforts have sparked interest from other community members wanting to contribute, a testament to the growing community spirit around helping seniors. Thank you, Mr. Patel.

The organization has worked to make cultural experiences accessible by offering discounted tickets to events, including shows at Somerset Valley Players and various performances from Hillsborough to Phillipsburg. This program is intended to enrich members' lives and will continue in the coming year.

Social events, such as the June picnic with a food truck, were well-attended, and despite weather challenges, the event successfully moved indoors to the community center. Our summer ice cream social was a huge success, usually held in July. Bingo sessions, led by Caitlyn Meador with dedication, have also become a staple event, fostering community bonds and creating enjoyable experiences for members.

At our November meetings, we were entertained by Gary Morton, creating memorable experiences through song and dance. He was excellent with some members dancing both on the carpet and in their chairs. Thank you, Mr. Morton, for providing a lasting experience.

At our December meeting, we



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are having our year-end Holiday Party. This gives our organization an opportunity to thank our guest speakers and those who have helped us grow. During the meeting, the organization will also swear in new officers, symbolizing a fresh start and renewed energy in leadership.

The organization has brought in diverse guest speakers, including cardiologists, ophthalmologists, and physical therapists, to address members' health concerns. These talks have provided valuable guidance and support, helping seniors find the resources and care they need to lead healthy lives. We express deep gratitude to the many professionals and volunteers who have shared their expertise with the group, enhancing members' knowledge about available health programs and services. Looking to the next year, Mr. Vaccaro anticipates ongoing growth, more opportunities for senior support, and a promising future under new leadership.

This message emphasizes a commitment to progress, unity, and the continued betterment of services for seniors, fostering a supportive and enriching community for everyone involved.

We want to wish everyone a healthy, happy and safe holiday season.

Montgomery Senior Citizens, Inc. is a non-profit organization. People above the age of 55 and living in Montgomery Township and the surrounding area are able to join. Our annual fee is \$20.00. Yet since we are near the end of the year, our dues for new members are now only \$10.00. You can join by visits our website (Montgomerysc.org) and register as a new member. You can also visit us at our regular monthly meeting every 2nd Thursday of the month at 1:00 PM. Meeting are at the senior center (Otto Kauffman Community Center 356 Skillman Road, Skillman, NJ 08558). All are welcome. Website: montgomerysc.org • Email: montgomeryseniorcitizens@gmail.com