

MINUTES OF THE MARCH 25, 2019 SENIOR ADVISORY BOARD MEETING

Chairman Ken Miller called the meeting to order at 10:00 AM at the Harbor Bay Clubhouse.

There was a Flag salute and a moment of silence for our military and world peace.

Roll call was taken. Board members in attendance were: Ken Miller, Ann Mikos, Fran Zimmer, Diane Coyle, Nancy Cotter, Maryann O'Neill and Richard Dutton. Liaison, Township Committee Member Lisa Stevens (in the absence of Mayor Barbara Jo Crea, was also in attendance.

Minutes from the February 25, 2019 meeting, having been read, were approved by the Board.

As Chief Richard J. Buzby, Jr. of the Little Egg Harbor Police Department was unable to be present, Captain Jim Hawkins gave the customary report on behalf of the Department. He began by saying that Robert Peschko, a lifelong resident of Little Egg Harbor, was being added as a new officer in the Department and that his appointment would hopefully free up another officer to become a liaison to the Township's senior community. He then reported that the upgrading and improvement of the Department's radio system was nearly completed and that approvals were being sought for a site for the Department's shooting range on Forge Road on the other side of the Garden State Parkway in the Pinelands. He added that this site had been used as far back as the late 1970s by police departments and the State Police and it could therefore be asserted that there had been ongoing constant use so that it was not a new infringement on the Pinelands. Then, in response to questions from the audience, he said that he was not aware of any administrations to seniors in LEH of the drug Narcan to combat drug overdoses; that use of Narcan was not all that expensive--about \$25.50 per dose--and that the cost was not a budgeted item for his Department because supplies of Narcan are replenished as used by the hospital that supplies it; that a LEH resident can obtain crime statistics for the Township in various categories during different time periods by completing a form at his Department's office at Town Hall, 665 Radio Road; that to receive emergency advisory calls, residents can go online and sign up for Nixle (www.nixle.com); and that if his Department is given the address of a vacant house or a house of a resident away on vacation patrol cars will keep the house under surveillance while on their rounds. Lt. Troy Bezak, who was with Capt. Hawkins, also reported that the incidence of burglaries in LEH has dropped as opioid use has been brought under greater control.

The next speaker was Joyce Jackson from a program called "Senior Smiles" of the Ocean County Board of Health, who brought information about good dental health as well as toothbrushes and sugarless lip balm for members of the Board and of the audience. She recommended that everyone brush for 1½ to 2 minutes twice daily, clean dentures regularly and floss once daily with either string floss or a flossing device. If you have "dry mouth" most of the time--a feeling that you do not have sufficient saliva, which can result in trouble speaking or chewing food--she recommended that you see your dentist or medical doctor, as more than 400 prescription medicines can cause this problem. She said that a pharmacist could also advise as to what could be causing it and that sipping water or sugarless drinks, eating cinnamon or peppermint candy, avoiding alcohol and spicy or salty foods and using a humidifier might be helpful in alleviating it. She said that she had booklets with her about TMJ (temporal mandibular joint) issues and she also recommended that you always have your dentist perform an oral cancer examination as part of your periodic dental checkup. This involves removing your

dentures and having the dentist inspect your mouth, face, lips, jaw and neck, ask you to stick out your tongue and also look at the roof of your mouth, back of your throat and floor of your mouth. Finally, she recommended that in selecting a toothbrush you choose one with soft bristles.

Township Committeewoman Lisa Stevens then said that the annual LEH Senior Expo would take place on May 1 at the LEH Community Center and a shredding truck will be there from 9 AM to 1 PM. She added that Mayor Crea would host a "Meet the Mayor" event at the LEH Branch of the Ocean County Library on April 16. She also introduced Linda Cicco, who recently retired as Confidential Secretary to the Mayor and LEH Township Committee and has now been appointed to the Senior Advisory Board. Finally, she reported that the LEH Veterans Park at Radio Road and Calabreeze Way was under construction and that the Merchant Marine will be recognized there in addition to the five uniformed services.

The next meeting of the Senior Advisory Board will be on Monday, April 29, 2019 at 10 AM at the Cranberry Creek Clubhouse. All seniors are welcome and urged to attend.

The meeting was adjourned at approximately 10:55 AM.

*Respectively submitted,
Richard Dutton, Acting Secretary, LEH Senior Citizens' Advisory Board*