



# Pine Beach Newsletter



May 2025



## BOROUGH CALENDAR AT A GLANCE

- MAY:** May 17<sup>th</sup> & 18<sup>th</sup> – PBVFD Town Wide Yard Sale  
9 am-3 pm  
May 28<sup>th</sup> – R1 Bulk Pickup & trash (put out on  
eve of Sunday 5/25)  
May 21<sup>st</sup> – R2 Bulk Pickup & trash (put out on  
eve of Sunday 5/25)  
May 26<sup>th</sup> – Memorial Day Service 1 pm, Bluff  
at Vista Park  
May 26<sup>th</sup> – **Boro Offices Closed**
- JUNE:** June 21<sup>st</sup> – Pine Beach Preservation Society  
Townwide Celebration at Vista Park 12-7 pm  
June 29<sup>rd</sup> – Ocean Running Club Pine Beach 5K
- JULY:** July 1<sup>st</sup> – Final Water & 3<sup>rd</sup> Quarter Sewer bills due  
July 4<sup>th</sup> – Independence Day Parade 9 am & field  
games follow at Vista Park  
July 4<sup>th</sup> – **Boro Offices Closed**
- AUGUST:** August 1<sup>st</sup> – 3<sup>rd</sup> Quarter Taxes due

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## DEPARTMENT OF PUBLIC WORKS

After the hustle of the Pine Beach Town-Wide yard sale, you're often left staring at a pile of unsold items. Don't let them go to waste—there are plenty of smart and simple ways to give those leftovers a second chance.

### **1. Donate to Charity:**

Local thrift stores, shelters, and community centers often welcome donations. Call ahead to check what items they accept. Some organizations, like Goodwill or The Salvation Army, may even offer pickup services.

### **2. Offer Items for Free Online:**

Post on platforms like Facebook Marketplace, Craigslist (in the “free” section), Freecycle, or neighborhood apps like Nextdoor. You'd be surprised how quickly things disappear when they're free.

### **3. Repurpose or Upcycle:**

Get creative—turn old T-shirts into cleaning rags or use glass jars for storage or décor projects. Pinterest is full of DIY inspiration.

### **4. Host a “Free Day” Curbside:**

Place items at the curb with a big "FREE" sign. It's an easy way to clear space, especially on weekends when foot traffic is high.

### **5. Save for the Next Sale or Community Swap:**

If you plan to do another yard sale, box up the best leftovers for next time. Or organize a swap event with friends or neighbors.

### **6. Recycle or Trash What Can't Be Used:**

For broken or worn-out items, recycle what you can (check local rules for electronics, textiles, etc.), and responsibly dispose of the rest.

Whatever you choose, the goal is to keep as much as possible out of the landfill while clearing out your space. A little planning goes a long way!



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## ENVIRONMENTAL COMMISSION

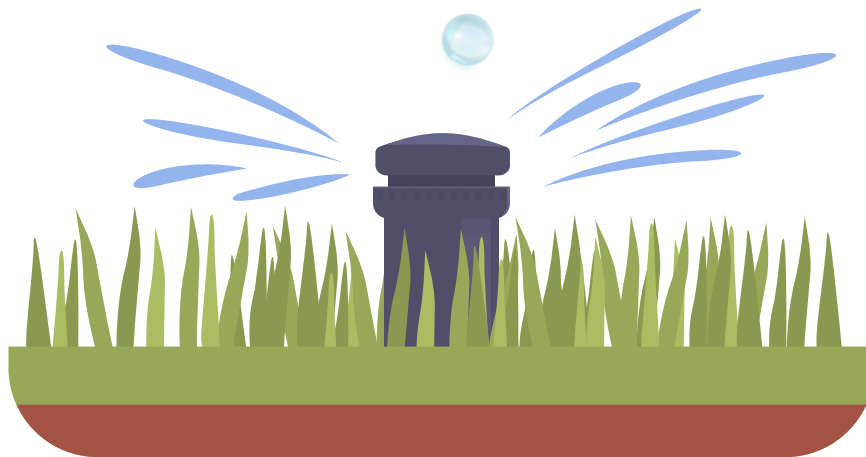
### Did you know?

The water supply in Pine Beach is provided by two underground wells. The water is pumped into a water tower where it is then piped to individual homes and businesses. Water usage is regulated by the NJ DEP and there is a limit on the amount of water the town can use each year.

People are often surprised to learn that one of the biggest uses of water is from lawn sprinklers. While irrigation is fine on an occasional basis, many systems are used far too frequently. This results in a waste of water and increased water bills. Pay attention to the weather. Turn off your sprinkler system if it's raining or there has been plenty of rain recently. This may seem obvious but watering in the rain happens far too often.

Finally, sprinkler systems should NOT be used every day. In fact, **IT IS ILLEGAL**. Residents are required to adhere to the **odd-even** watering method. Houses with even numbers can water on even days, and odd numbered houses can water on odd days. Your cooperation is appreciated to help the town stay under its water allocation limit and ensure there is enough water in the future.

Continue to the next page for more tips and tricks regarding water conservation and your sprinkler/lawn systems from The Water Department.



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## PINE BEACH WATER DEPARTMENT

The Pine Beach Water Dept recommends that keeping your irrigation system running efficiently saves water, money, and helps keep your landscape healthy. Here are some key tips:

### Regular Maintenance

#### **1. Check for Leaks**

Look for soggy areas, low water pressure, or unusually high-water bills—these could all signal leaks.

#### **2. Inspect Sprinkler Heads**

Make sure they're not clogged, tilted, broken, or spraying sidewalks or driveways. Clean or replace as needed.

#### **3. Test Valves & Controllers**

Ensure valves open and close properly, and that your controller is set correctly for the season and time of day.

### Optimize System Settings

#### **4. Adjust for the Season**

Water needs change throughout the year. Use seasonal adjust settings if your controller has them or manually tweak run times.

#### **5. Water Early or Late**

Run systems in early morning or evening to reduce evaporation.

#### **6. Use Smart Controllers**

Consider weather-based or soil moisture sensors to automate efficient watering.

### Match Watering to Plant Needs

#### **7. Zone Appropriately**

Group plants with similar water needs together and adjust each zone's schedule accordingly.

#### **8. Avoid Overwatering**

More water isn't always better. Check the soil moisture before running a cycle.

Continued on next page





## UPGRADES & ENHANCEMENTS

### **9. USE DRIP IRRIGATION WHERE POSSIBLE**

DRIP SYSTEMS REDUCE EVAPORATION AND DELIVER WATER DIRECTLY TO PLANT ROOTS.

### **10. UPGRADE TO PRESSURE-REGULATED HEADS**

THESE REDUCE MISTING AND IMPROVE UNIFORMITY OF WATER DELIVERY.

### **11. INSTALL A RAIN SENSOR**

AUTOMATICALLY SKIPS WATERING WHEN IT RAINS—EASY WIN FOR EFFICIENCY.

THE BOROUGH OF PINE BEACH WATER DEPT. IS REQUIRED BY THE EPA AND NJ DEP TO ADHERE TO VERY STRINGENT WATER QUALITY PARAMETERS TO ENSURE RESIDENTS RECEIVE SAFE DRINKING WATER. TESTING IS PROVIDED BY AN OUTSIDE AGENCY (HENDERSON LABS, BEACHWOOD NJ) AND RESULTS ARE REPORTED TO NJDEP AND PUBLISHED ON THE NJ DRINKING WATER WATCH WEB SITE. [CLICK HERE TO READ MORE](#)

**“SAVE WATER, IT WILL SAVE YOU LATER.”**



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## FIRE COMPANY YARD SALE



TOWN WIDE YARD SALE  
SAT. & SUN. MAY 17-18

REGISTRATION FORMS AVAILABLE BY CLICKING HERE, OR  
AT BOROUGH HALL, POST OFFICE, 7-11 AND  
ON THE FIRE COMPANY WEBSITE:

[WWW.PINEBEACHFIRE.ORG](http://WWW.PINEBEACHFIRE.ORG)

DON'T FORGET THE VOL. FIRE COMPANY ANNUAL FUND DRIVE  
PLEASE SEND IN OR VENMO YOUR DONATION TODAY!

## FIRE COMPANY EVENTS

PINE BEACH VOL. FIRE CO.  
CELEBRATING 100 YEARS OF SERVICE

# GOLF OUTING

JOIN US FOR A DAY OF FRIENDLY  
COMPETITION AND FUN!

MASSIVE SILENT  
AUCTION!

A CHANCE TO  
WIN \$15K!

WIN A NEW CAR!


CONTESTS!

**04  
JUNE**

SPONSOR/PLAYER  
INFO:

CEEDAR CREEK GOLF COURSE  
REGISTRATION 1PM  
SHOTGUN START 2PM  
DINNER/AWARDS 6PM @BIRDIES

FFOJENSEN@GMAIL.COM



**NEW DATE  
SAVE THE DATE FOR  
FIRE FEST - SATURDAY,  
OCTOBER 4, 2025**





## PUBLIC NOTICE

The Pine Beach Police Department is scheduled for an on-site assessment as part of its program to achieve accreditation by verifying that it meets recognized professional best practices.

Administered by the New Jersey State Association of Chiefs of Police, the accreditation program requires agencies to comply with best practice standards in five basic areas: the administrative function, the personnel function, the operations function, the investigative function, and the arrestee/detainee function.

Agency employees and the public are invited to offer comments by calling 732-341-2824 on Wednesday, May 7th between the hours of 10:00am – 11:00am. Comments will be taken by the Assessment Team. Email comments can be sent to the police department at [Rmorris@pinebeachpolice.org](mailto:Rmorris@pinebeachpolice.org).

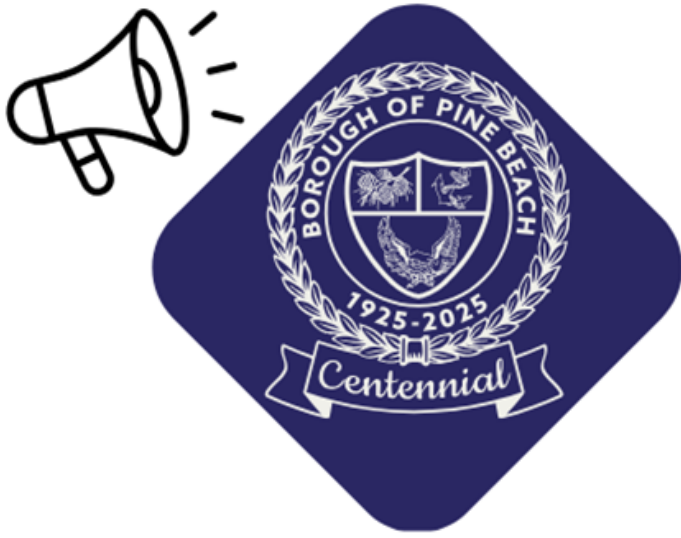
Telephone comments are limited to 5 minutes and must address the agency's ability to comply with the NJSACOP standards. Please contact Lieutenant Ryan Morris at 732-341-2824 for more information.

Anyone wishing to submit written comments about the Pine Beach Police Department's ability to comply with the standards for accreditation may send them by email to Harry J Delgado, Ed.S Accreditation Program Director, [hdelgado@njsacop.org](mailto:hdelgado@njsacop.org), or write to the New Jersey State Association of Chief's of Police, Law Enforcement Accreditation Commission at 751 Route 73 North, Suite 12, Marlton, N.J. 08053.





## SEASONAL BADGES & PERMITS



Seasonal Badges and Permits  
are available for purchase at Borough Hall  
Monday-Friday 9am -4pm.  
Checks or cash accepted.

**\$10 Rec Badge** (Needed for: pickle ball/  
beach/docks/crabbing)  
\$5 for senior 62+

**\$10 parking permit** - \$5 for senior 62+

**\$175 boat ramp fee**

**[Click here for Badge/Permit registration forms](#)**

### Hiring Seasonal Lifeguards for Station Ave. Beach

- ✧ Must be 16 years or older
- ✧ Must be CPR, lifesaving, and open water certified
- ✧ Start date 6/15 end date 9/2
- ✧ (732) 349-6425 or [www.PineBeachBorough.us](http://www.PineBeachBorough.us) for more information

**[CLICK FOR LIFE-GUARD APPLICATION](#)**

THE BOROUGH OF PINE BEACH IS  
**HIRING SEASONAL LIFEGUARDS**

SEASON STARTS JUNE 21ST!  
APPLICATIONS CAN BE FOUND AT  
[WWW.PINEBEACHBOROUGH.US](http://WWW.PINEBEACHBOROUGH.US)

OPEN WATER CERTIFICATE  
AND CPR CERTIFIED REQUIRED

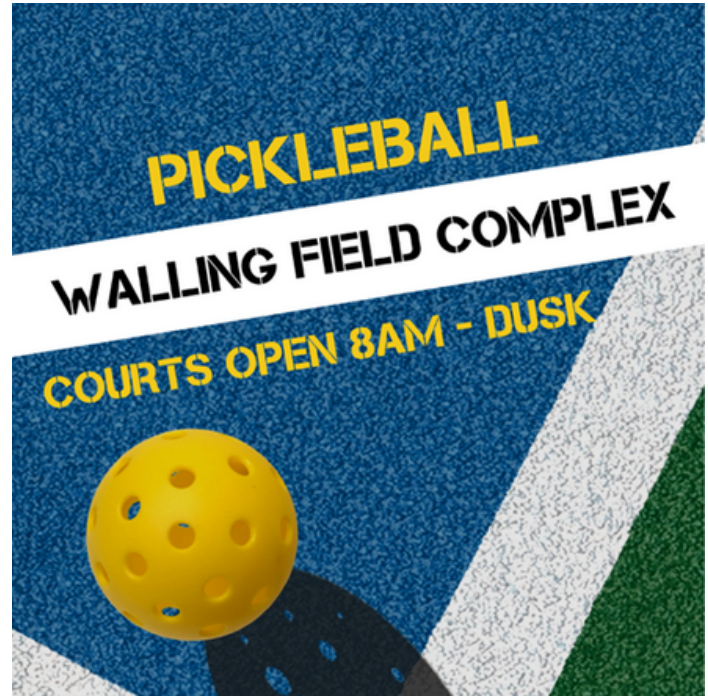
APPLICANTS MUST BE 16+ OLD

CALL FOR ADDITIONAL DETAILS  
732-349-6425

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## RECREATION CONTINUED

- Pickleball Courts are open 8:00am to dusk, weather permitting.
- The Pickleball Courts are to be used only for their intended purpose of pickleball.
- A Recreation Badge is required and can be obtained Mon – Fri at Borough Hall 9:00am-4:00pm.
- One player may not hold or occupy a court if a waiting line exists. During busy hours, players are encouraged to play doubles and a ONE-hour time limit exists.
- A Borough issued permit is required for Instruction, Tournaments, Clinics or Private Events. Permits require 30 days processing, available at Borough Hall.
- Proper attire is required to ensure the safety of players and the courts. NO spiked shoes.
- Children under the age of 12 years old must be accompanied by an adult.
- Pine Beach is not responsible for lost or damaged items.
- Please report any damage immediately to Borough Hall, or Police upon discovery.
- Help keep Pine Beach clean, dispose of all garbage and recyclables properly. Leave the Pickleball courts in better condition than when you arrived.



**[CLICK TO DOWNLOAD  
RECREATION BADGE FORM](#)**

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### Motor home discharge service

Did you know that Residents that own motor homes can discharge the contents of the motor home's holding tank at OCUA's Bayville treatment plant FREE of charge as long as they provide proof of residency.



Central Water Pollution Control Facility  
501 Hickory Lane  
Bayville, NJ 08721-2157  
Phone: 732-269-4500

#### Hours

Monday – Friday	8:00 am to 3:45 pm
Saturday	8:00 am to 1:45 pm





## PINE BEACH PRESERVATION SOCIETY

P.O. BOX 101

PINE BEACH, NJ 08741

[WWW.PINEBEACHPRESERVATIONSOCIETY.ORG](http://WWW.PINEBEACHPRESERVATIONSOCIETY.ORG)

[WWW.FACEBOOK.COM/PINEBEACHPRESERVATIONSOCIETY](http://WWW.FACEBOOK.COM/PINEBEACHPRESERVATIONSOCIETY)

# 100 LET'S CELEBRATE!

**PINE BEACH PRESERVATION SOCIETY WELCOMES YOU TO  
COME CELEBRATE "A CENTURY BY THE RIVER"  
SATURDAY JUNE 21, 2025  
12-7PM @ VISTA PARK  
INFLATABLES, LIVE MUSIC, FOOD TRUCKS, VENDORS AND  
MORE!!!**

**CLICK TO SHOP THE  
FUNDRAISER MERCH STORE**



### PARTNERSHIP APPLICATION FORM 2025 YEARLY APPLICATION

One application per person (not one per family)

#### PARTNER CONTACT INFORMATION

Name:	
Address:	
Email:	
Phone:	

It is not necessary to live or have lived in Pine Beach to be a member

Preservation Partner	\$20	Paid
Applicant Signature	Date:	

Please return application and/or donation by check to:

Pine Beach Preservation Society  
PO Box 101  
Pine Beach, NJ 08741

TAX DEDUCTIBLE DONATIONS TO THE PINE BEACH PRESERVATION SOCIETY ARE WELCOME

# JULY 4<sup>TH</sup> CELEBRATION IS COMING

**Part of the day's activities is a parade field day and the cardboard boat races. Below is the information to get you started on the construction, we would love to see you participate!**

## CARDBOARD BOAT RACES RULES & INFORMATION

1. Waiver must be signed when registering boat.
2. Award will be presented to the team in the fastest boat.
3. Teams must consist of two people.
4. The boats will race 100ft and back.
5. All boat crew members must bring and wear their own US Coast Guard Approved personal flotation device (Life Jacket)
6. Boats, Boat parts, and debris **MUST** be disposed of by the team after the event. A dumpster will be available on site.



## BOAT DESIGN AND CONSTRUCTION

1. Boats must be pre-built and can be "finetuned" on site.
2. Boats must be made **ONLY** of cardboard and duct tape. **NO** reinforced cardboard tubes, only broken-down cardboard boxes. No industrial type of cardboard is allowed. No waxed cardboard.
3. Cardboard cannot be sealed with any paint or sealants. Absolutely **NO** use of the following items: paint, tar-based substances, two-part varnishes, fiberglass resin, epoxy glue, any other two-part substances or corrugated cardboard that's bonded to any material.
4. Duct tape may be of varying colors for creativity but must have come manufactured in said color.
5. Boats may be a maximum width of 5 ft (60") and a maximum length of 7 ft(84")
6. Boats must be propelled by use of paddle. Paddles must meet the same requirements of boats. (Cardboard and Duct Tape only) Pool noodles may also be used as oars.
7. The use of any prohibited boat or paddle construction items will result in disqualification.
8. **NO** surfboard style boat is allowed.
9. Unique boat designs and creativity is encouraged. Crew costumes are encouraged.
10. Your boat must be free of sharp edges, pointy objects or anything else that could cause injuries.
11. Boat may be decorated with paint over the duct tape only.

## JULY 4<sup>TH</sup> CELEBRATION CONTINUED

**CLICK HERE FOR ALL  
JULY 4<sup>TH</sup> EVENT  
REGISTRATIONS**

July 4th Parade Pre-Registration  
Form



SCAN THE QR CODE TO PRE-REGISTER  
FOR THE JULY 4 PARADE

### NEW!!! Donut Eating Contest

Registration limited to 20 participants.  
Participant must be 13+ old.

\*Participants will be numbered in  
a first come first entered basis\*



**4TH  
OF  
JULY**

**DEADLINE  
5/9/2025**

HAVE A LOCAL BUSINESS?  
WANT TO ADVERTISE IN OUR  
4<sup>TH</sup> OF JULY FLYER?  
SEND \$40 AND A BUSINESS  
CARD TO:

PINE BEACH BOROUGH HALL  
599 PENNSYLVANIA AVE.  
PINE BEACH, NJ 08741





## UPCOMING EVENTS



**VETERANS**  
YOU'RE INVITED  
**TO BLUE CLAWS**

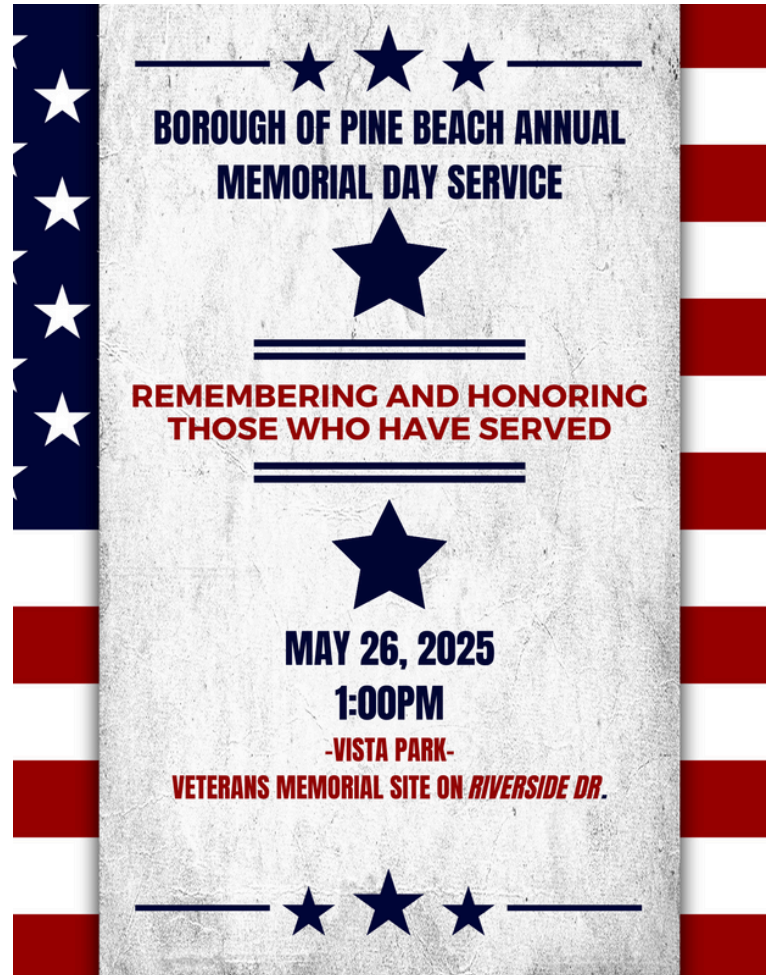
SPONSORED BY THE JERSEY SHORE BLUE CLAWS  
AND RAY AND NANCY NEWMAN

COME AND JOIN US!

CONTACT RAY NEWMAN OR  
BOROUGH HALL TO SIGN UP

 RNEWMAN@PINEBEACHNJ.GOV  
CBORTKO@PINEBEACHNJ.GOV





**BOROUGH OF PINE BEACH ANNUAL  
MEMORIAL DAY SERVICE**

**REMEMBERING AND HONORING  
THOSE WHO HAVE SERVED**

**MAY 26, 2025  
1:00PM**

**-VISTA PARK-  
VETERANS MEMORIAL SITE ON RIVERSIDE DR.**



[Click to register](#)

**OCEAN RUNNING CLUB  
NEW JERSEY**

1 Mile Fun Run  
5k Run  
5K RUCK



**PINE BEACH 5K AND MILE RUN 2025**

June 29, 2025 - Vista Park



**SAVE THE DATE**

**TRUNK  
or  
TREAT**

Looking for Trunkers and Craft Vendors | Contact Lori McGee to register: [lmcgee@pinebeachnj.gov](mailto:lmcgee@pinebeachnj.gov)

**OCTOBER 18, 2025**



COMING TO PINE BEACH BEACH THIS SUMMER



# Marine Science Camp

**Dive into the ultimate hands-on, feet-wet summer adventure!**

*Live marine animals, scientific sampling, hands-on experiments, and more!*



**NEW LESSONS FOR 2025 INCLUDE: HUMPBACK WHALES, OSPREYS,  
MAKO SHARKS, HORSESHOE CRABS, AND MUCH MORE!**

**@ VISTA PARK**  
MIDLAND AVE  
PINE BEACH, NJ 08741

**MONDAY-FRIDAY  
JULY 14-18**

**AGES 5-14  
9AM-2PM**



*For more information visit:*  
**[www.marinesciencecamp.com](http://www.marinesciencecamp.com)**





# Ocean County Health Department

## Prevention Programs

### FOOTPRINTS FOR LIFE

**2nd & 3rd grade - six, 40 minute sessions**

Evidence-based prevention program designed to build assets and teach skills through the use of puppets and stories that feature “real-life” situations. Promotes the development of necessary assets to deter the first use of alcohol and other drugs.



### UNIQUE YOU

**3rd & 4th grade - eight, 45 minute sessions**

Evidence-based prevention program that helps children realize their specialness and gain skills in communicating, identifying what causes uncomfortable feelings, and coping with their feelings in a healthy way. Students learn cooperation, teamwork, how to make healthy decisions, how to say “no” to drugs, and how to solve problems.

### MEDICINE IS NOT CANDY

**2nd grade - one, 35 minute session**

This program educates participants on the basics of medication identification, giving a short introduction to what a drug is and its effects. We also review safe consumption of medications, driving home the importance of never touching, tasting, or smelling medications without a trusted adult present.

### ONLY ONE YOU

**3rd grade - one, 60 minute session**

In this program, we learn about the different feelings and interests we have, as well as the feelings and interests of our friends. This program will include core competencies of self-awareness, self-management, responsible decision making, social awareness, and relationship skills. Participants will also learn about healthy coping skills.

### POWER TO BE DRUG FREE

**4th & 5th grade - one, 40 minute session**

This program focuses on superhero qualities and pulls on the comparison of how just like comic book superheroes protect people from evil danger, we can protect ourselves and others from harmful substances like tobacco and alcohol. Students will learn about self-esteem, peer pressure, and alcohol/tobacco education.



### WE'RE NOT BUYING IT 2.0

**6th grade - six, 45 minute sessions**

Evidence-based prevention program that focuses on developing media literacy skills for students. WNBI 2.0 will raise awareness on how surroundings can affect life decisions, delay the age of first use of alcohol and marijuana, deter abuse of OTC/prescription medication, and identify bullying behaviors and how social media exploits and encourages it.





### **DRUGCODE**

**7th-12th grade - one, 45 minute session**

Interactive program that discusses alcohol, vaping, and marijuana and the effects these substances have on the body.

### **ESCAPING VAPING**

**7th-12th grade - one, 45 minute session**

This interactive program will cover a range of topics related to vaping/e-cigarette utilization, including what vapes are, how nicotine impacts the growing brain, identifying big tobacco company advertising ploys, ingredients found in vapes, and illnesses and diseases directly linked to vaping.

### **OH THE PLACES YOU'LL GO**

**10th-12th grade - one, 45 minute session**

Interactive program that covers alcohol, vaping/marijuana, and opiates while focusing on how addiction can negatively impact someone's life. This program is great for students who are about to graduate and enter the "real" world.

### **PARENTING WISELY**

**Parents - self-paced modules**



Highly interactive online parenting course designed by family and social scientists to equip parents with the necessary tools to engage their children in difficult family scenarios. Parents will learn constructive skills proven to lessen drug and alcohol abuse in youth, school and homework problems, delinquency and other problem behaviors, family conflict, and more.

### **TO SCHEDULE OR LEARN MORE, CONTACT:**

Kelly Downes - [kdownes@ochd.org](mailto:kdownes@ochd.org)

Marissa Tunis - [mtunis@ochd.org](mailto:mtunis@ochd.org)

Shannon Scott - [sscott@ochd.org](mailto:sscott@ochd.org)

Stefanie Duncan - [sduncan@ochd.org](mailto:sduncan@ochd.org)





## Wellness Initiative for Senior Education (WISE) Program: *An Evidence-based Wellness Program For Older Adults*

**A**buse of alcohol, other drugs, and prescribed and over-the-counter medications is a very real problem among older adults in America.<sup>1</sup> Between 2004 and 2009, the number of substance abuse treatment admissions for people 50 and older increased by nearly 50 percent, according to the Treatment Episode Data Set (TEDS). By 2020, the number of adults age 50 and older needing substance abuse treatment is expected to double from 2.8 million (2002 to 2006 annual average) to 5.7 million. And few facilities offer programs or groups specifically for older adults, even though experts recommend that they receive services that are age specific and address the unique physical, psychological, social and vocational changes that may occur to individuals after age 50.<sup>2</sup>

The WISE Program is a substance abuse prevention and wellness program targeting older adults created by the New Jersey Prevention Network (NJPN). WISE promotes health through six education sessions that address high-risk behaviors in older adults.

The WISE Program is designed to help older adults celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. The curriculum is designed to take place once per week over a six-week period. Each of the six lessons is about two hours in length, not including breaks or refreshments.

The program's interactive lessons provides valuable educational services to older adults on topics including health and wellness, medication use, stress management, depression and substance abuse.

The WISE Program has been recognized as an evidence-based prevention program by the National Registry of Evidence-based Programs and Practices (NREPP). The independent evaluation of the program was conducted by the Institute for Families at the Rutgers School of Social Work in New Brunswick, New Jersey.

The WISE Program has been offered widely throughout New Jersey since it was launched in 1996 and has reached over 40,000 older adults. NJPN welcomes the opportunity to share this evidence-based program with you to help serve seniors in your communities. Please contact NJPN for more information.



**New Jersey Prevention Network**  
30 Park Road, Suite 2  
Tinton Falls, NJ 07724  
732-367-0611 ♦ [www.njpn.org](http://www.njpn.org)

1 Han, B., Gfroerer, J. C., Colliver, J. D., & Penne, M. A. (2009). Substance use disorder among older adults in the United States in 2000. *Addiction*, 104(1), 88-96. doi: 10.1111/j.1360-0443.2008.02411.x.

2 Center for Substance Abuse Treatment. (1998). *Substance abuse among older adults (Treatment Improvement Protocol Series 26; HHS Publication No. SMA 98-3179)*. Rockville, MD: Substance Abuse and Mental Health Services Administration.



# Six-lesson Curriculum at a Glance



## Lesson One: Understanding the Changes Associated with Aging

### *Expected Outcomes*

- ♦ Better understanding of the facts and myths of aging
- ♦ Greater familiarity with the top ten causes of death in America
- ♦ Enhanced knowledge of what places individuals at risk for premature death and how to avoid these risks
- ♦ Heightened awareness of the risk of depression among seniors

## Lesson Two: Aging Sensitivity

### *Expected Outcomes*

- ♦ Better understanding of the biological changes associated with aging
- ♦ Greater insight into our own feelings about aging
- ♦ Heightened awareness of the advantages of growing older

## Lesson Three: Valuing Cultural and Generational Diversity

### *Expected Outcomes*

- ♦ Expanded understanding of the concepts of culture and diversity
- ♦ Improved ability to name our own cultural identifications, how they impact our values and the ways we interact with others
- ♦ Better understanding of the diversity of senior citizens and the unique needs of different types of seniors
- ♦ Heightened awareness of the assumptions people commonly make about various cultural groups and how they affect social interaction

## Lesson Four: Medication and the Older Adult

### *Expected Outcomes*

- ♦ Increased awareness of the prevalence of medication use among older adults
- ♦ Improved ability to identify the behaviors that lead to medication misuse
- ♦ Expanded knowledge of how to manage medication use
- ♦ Greater familiarity with drugs commonly used by older adults, typical adverse reactions to drugs, and age-related changes in how drugs are metabolized
- ♦ Improved ability to relate critical information to health care providers and ask important questions relevant to medication use

## Lesson Five: Substance Misuse, Addiction, and Older Adults

### *Expected Outcomes*

- ♦ Increased understanding of addiction as a disease
- ♦ Improved ability to identify the signs of alcohol abuse among seniors
- ♦ Expanded knowledge of the effects of ATOD use and abuse
- ♦ Greater familiarity with the health risks and treatment options for addiction
- ♦ Improved ability to identify factors that place older adults at risk for ATOD abuse and protective factors that can help prevent it

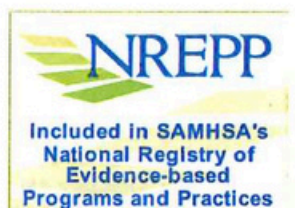
## Lesson Six: An Enhanced Quality of Life

### *Expected Outcomes*

- ♦ Greater familiarity with strategies for maintaining a healthy lifestyle
- ♦ Increased awareness of our personal “stress triggers”
- ♦ Heightened awareness of our personal values and how they influence the way we think and act


### Key Findings of Independent Program Evaluation

- WISE Program participants increased their knowledge regarding how their bodies age, how the aging process affects their ability to metabolize alcohol and medications, and how to recognize the early signs and symptoms of depression.
- WISE participants were more likely to improve health behaviors related to lifestyle choices, health care empowerment, and use of prescription and over-the-counter medications.
- WISE participants who completed the WISE Program reported greater increases in social support over time.




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## IMPORTANT REMINDERS



**BEWARE OF HANDYMAN  
SCAMS**

Spring is prime time for home improvement scams - always verify contractors! If someone shows up offering a "great deal" on driveway sealing, roofing, or other repairs, don't be pressured into making a quick decision. Ask for their NJ Home Improvement Contractor registration number, check for complaints with Ocean County Department of Consumer Affairs, and get all agreements in writing before any work starts.



BARRY WIECK - 732-929-2105  
OCEAN COUNTY DEPARTMENT OF CONSUMER AFFAIRS

HAVE YOU ADDED A  
FURRY FRIEND  
TO YOUR FAMILY?

NEED A DOG OR CAT LICENSE  
FOR YOUR NEW PET  
CLICK HERE FOR THE FORM



\*BE SURE TO LICENSE YOUR CURRENT PETS, \$10 LATE FEE APPLIES



### PINE BEACH BOROUGH

599 PENNSYLVANIA AVENUE  
PO BOX 425, PINE BEACH, NJ 08741  
732-349-6425

[PWNEK@PINEBEACHNJ.GOV](mailto:PWNEK@PINEBEACHNJ.GOV)  
[WWW.PINEBEACHBOROUGH.US](http://WWW.PINEBEACHBOROUGH.US)

**BOROUGH HALL HOURS**  
**MONDAY - FRIDAY 9 AM - 4 PM**

### PINE BEACH MAYOR LAWRENCE W. CUNEO

#### COUNCIL MEMBERS& LIAISONS:

**JIM KEESLING:** DOCKS & BEACHES

**LORI MCGEE:** CELEBRATIONS &  
ENVIRONMENTAL COMMISSION

**RAY NEWMAN:** CELEBRATIONS; FIRE CO.,  
FIRST AID & EMERGENCY MANAGEMENT

**RICHARD POLHEMUS:** ENVIRONMENTAL &  
NATURAL RESOURCES

**JIM SAXTON:** FINANCE & MUNICIPAL COURT

**BARRY WIECK:** PUBLIC WORKS & PUBLIC  
SAFETY