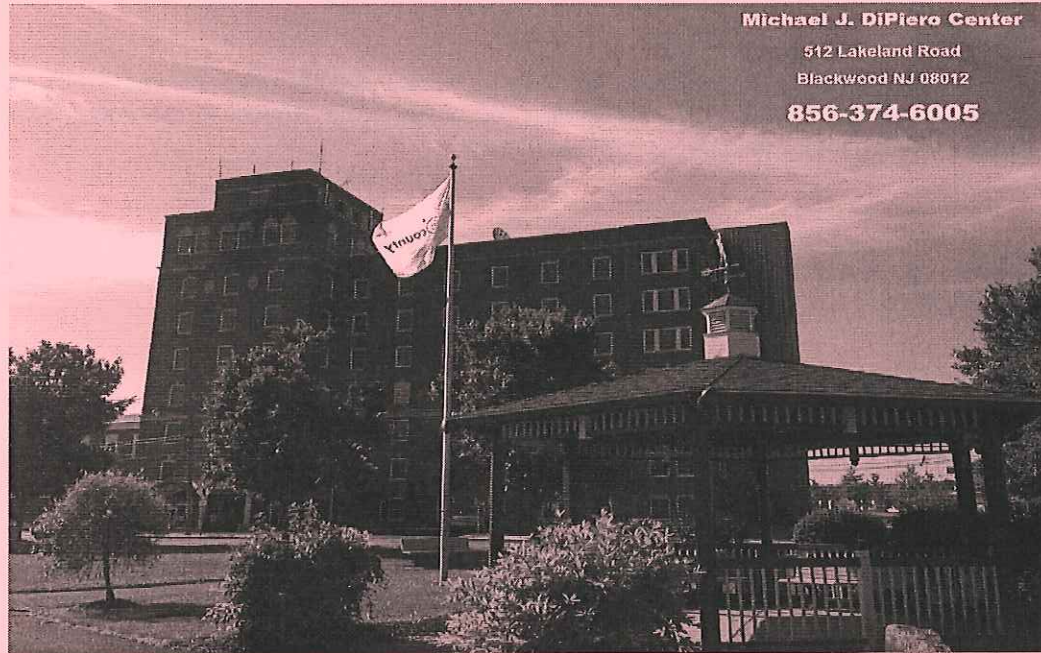


***Carol Norcross***  
**Senior Social Wellness Center**



**Michael J. DiPiero Center**  
512 Lakeland Road  
Blackwood NJ 08012  
**856-374-6005**

The Companion is a publication of the Carol Norcross Senior Social Wellness Center and is intended for free distribution to any senior citizen of Camden County. If you desire more information concerning the Center, please call 856-374-6005, visit [www.camdencounty.com](http://www.camdencounty.com) or visit us during normal business hours from 8am-4pm. The Carol Norcross Senior Social Wellness Center is funded in part by Social Services Block Grant administered by the Camden County Dept. of Health & Human Services (Div. of Senior & Disabled Services) or by general appropriations of the Camden County Board of Freeholders

**Note:** The sources for all of the factual information found within are on file at the Camden County Senior Day Center

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Making It Better, Together.

*The* ***Companion***

***A Monthly Newsletter for the***  
***Carol Norcross Senior Social Wellness Center***



**Carmen G. Rodriguez**—Freeholder Liaison

**Anne Walters**— Director Dept. of Health & Human Services

**Maureen Bergeron**—Director of Senior & Disabled Services

**Joan Connell**—Program Director

**Michael J. DiPiero Center**

**512 Lakeland Road**

**Blackwood, NJ 08012**

[www.camdencounty.com](http://www.camdencounty.com)

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**856-374-6005**

# Note Well

## HAPPY VALENTINE'S DAY, HAPPY AFRICAN AMERICAN HISTORY MONTH TO ALL!

~ We'll be celebrating all month with activities and events recognizing the contributions of African Americans to our society.

~ We'll be assembling a subcommittee to plan the African American History Month celebrations! Please see a staff member to join the subcommittee

~ Please remember to bring in your proof-of-income documents for 2020. Please bring them to Lysa and Paula's office

~ ~ ~

### PLEASE NOTE:

The Center is **CLOSED** for President's Day:

**Monday, February 17th**

~ ~ ~

### EMERGENCY PREPAREDNESS TIP of the MONTH:

Be sure to keep all of your emergency information and contact phone numbers in one place (on one sheet of paper) so they can be accessed easily. This may include doctor's info, a reliable loved one, local police, list of current medications.

**HAPPY AFRICAN AMERICAN HISTORY MONTH!**

## *Senior Day Center History*

The Center originated in 1977, making use of federal funding, as a social and medical senior center at Red Oak Manor on the Lakeland Complex. Bob Lee was the first director, eventually turning the reigns over to John Weidman. It was, and continues to be, under the direction and supervision of the Camden County Board of Freeholders.

In 1982 the Social Day Center split from the Medical Day Center, and came under the Camden County Department of Health & Human Services and moved to the Jefferson House, now known as the Michael DiPiero Center with Carol Norcross as Director.

In 1996 the Social Day Center merged with the Office on Aging, then located in Collingswood under the direction of Joy Merulla, to form the Division of Senior & Disabled Services. The now unified Division offered a better array of services to elderly citizens in Camden County.

In 2013 Maureen Bergeron became the Director of the Division of Senior & Disabled Services as it moved from Collingswood to Blackwood, meaning the Division and the Social Day Center would be housed together in the Michael DiPiero Center.

Joan Connell is the present day Director of the center. And on June 23, 2015 the center was dedicated to Carol Norcross and is presently known as the Carol Norcross Senior Social Wellness Center.

The program is designed to respond to the needs of the senior citizens in Camden County by providing opportunities and wellness programs, which enable the isolated, frail, or vulnerable elderly persons to receive needed services. Since the program first began in 1977 the goal has remained the same; to provide an environment in which seniors from a diverse spectrum of ethnicities, ages, and socio-economic backgrounds can come together and form friendships and bonds that improve their quality of life and much, much more!

### Mission Statement

To respond to the needs of older persons in Camden County by providing opportunities and programs which enable isolated, frail, or vulnerable elderly persons to receive needed services.

**Director of the Dept. Health & Human Services:**

## **Anne Walters**



*Anne Walters was born in Philadelphia and moved to Camden County when she was 4 years old. She graduated from Haddonfield Memorial High School and then attended the Duke University School of Nursing. After graduating from Nursing School, Anne worked at North Carolina Memorial Hospital in Chapel Hill, and then attended the University of Pittsburgh School of Law. Anne practiced law at various law firms in Philadelphia and New Jersey until 2012, when she started working for the Camden County Office of County Counsel. She began working for the Camden County Department of Health and Human Services in July of 2019, and is thoroughly enjoying her new position as Director.*

*Anne lives in Haddonfield with her husband, Rick, 3 cats and their dog, Luna. She has two children, Chelsea, age 28, and Matt, age 24. In her free time, Anne enjoys running and biking in the County parks, visiting the Jersey shore, and cheering for the Eagles!*

## **February Dates to Remember**

The Center is **CLOSED ONE DAY** in February:

**\* Mon 17<sup>th</sup> President's Day \***

Bingo-thon - The entire last week of the month!!

Black History Month Celebrations - 18th & 19th

Red Day - 13th & 14th

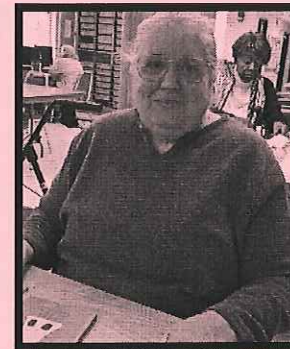
Activities Committee Meetings: 5th & 6th

Guest Speaker, Emergency Management - 5th & 6th

Guest Speaker, County Clerk - 12th & 20th

## **Question of the Month:**

What does the Center mean to you?



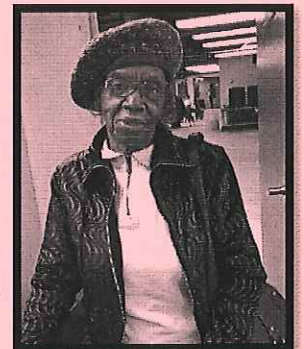
**Debbie Osisek**

This place is A BREATHE OF SPRING, uplifting with friendships, comradery and people, I love getting back to crafts!



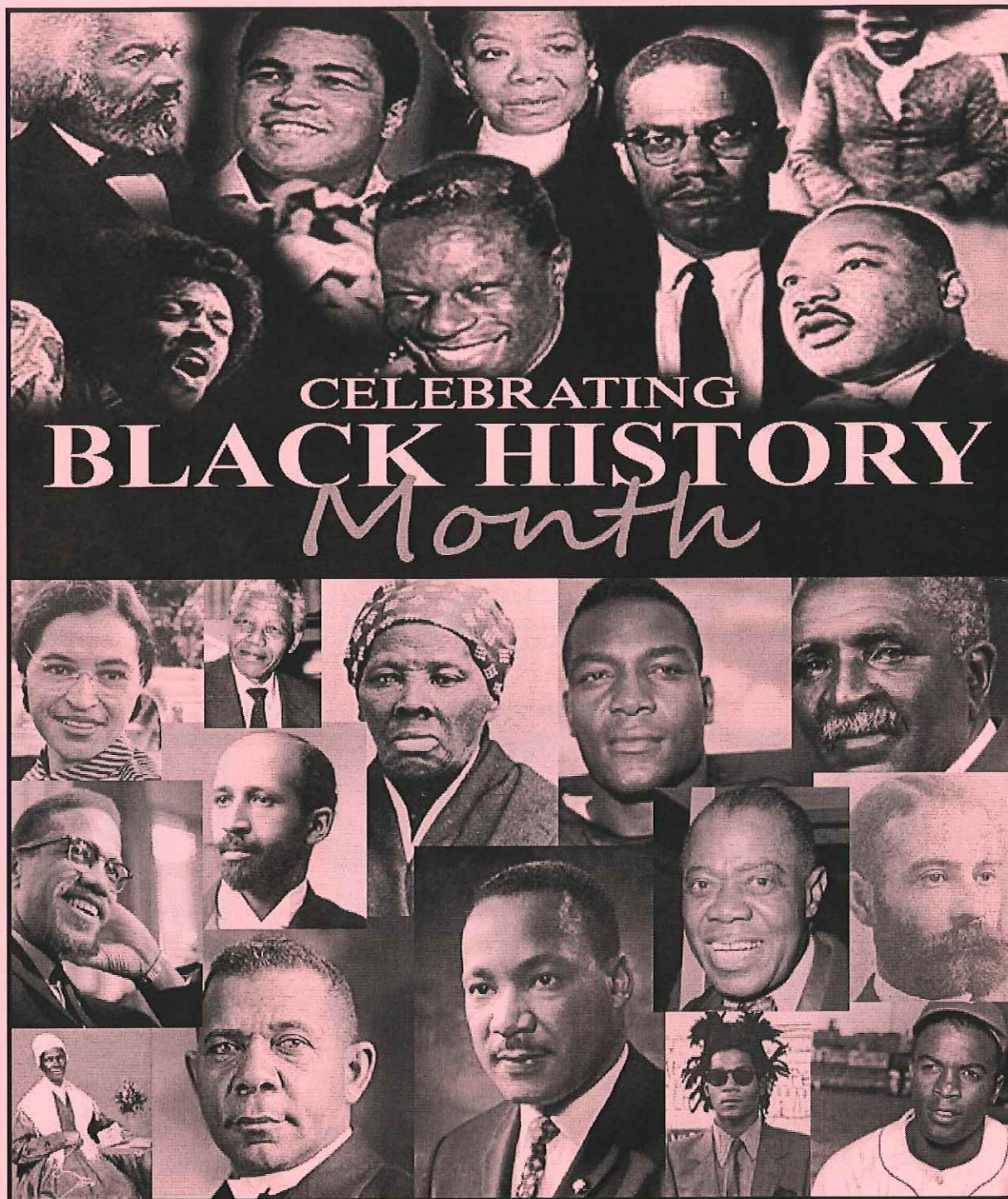
**Angie Middlemore:**

I love talking to the seniors who are here! And I miss the ones who are no longer coming anymore!



**Marian McAllister**

It means fellowship and friendship! I love being able to communicate with people my own age.

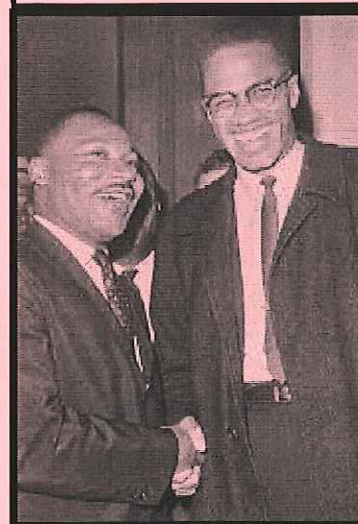


## February and African American History Month

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing Negro History Week. By the late 1960s, thanks in no small part to the work of prominent figures like Martin Luther King Jr., Malcolm X, Angela Davis, and Muhammad Ali, all a part of the Civil Rights Movement and a growing awareness of black identity; Negro History Week had evolved into **Black History Month** on many college campuses. President Gerald R. Ford officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." Since then, every American president has designated February as Black History Month and endorsed a specific theme. The 2013 theme, At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington, marks the 150th and 50th anniversaries of two pivotal events in African-American history.

It's impossible to list all of the recent, noteworthy contributions from African Americans in this small space! But some of them include the renowned poet Maya Angelou, who became the United States Poet Laureate and read aloud at the Inauguration of Pres. Clinton in 1993. Oprah Winfrey has become the world's first African American multi-billionaire and is known throughout the world for her philanthropy. And, of course, we've seen our first African American President, Barack Obama, who held office from 2008-2016.

Partial Source: History.com



**ABOVE:** Martin Luther King Jr. and Malcolm X shake hands in Washington DC, the only time they ever met.



**ABOVE:** Oprah Winfrey, the first African American multi-billionaire (male or female), cuts a ribbon to open her school for girls in South Africa. Winfrey is known throughout the world for her philanthropic giving and projects.



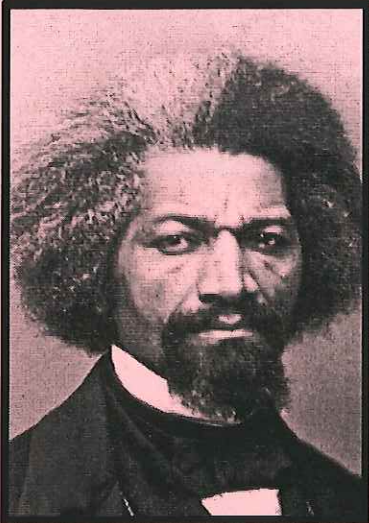
**ABOVE:** Barack Obama, the 44th President of the United States, and the first African American President.

## February and African American History Month

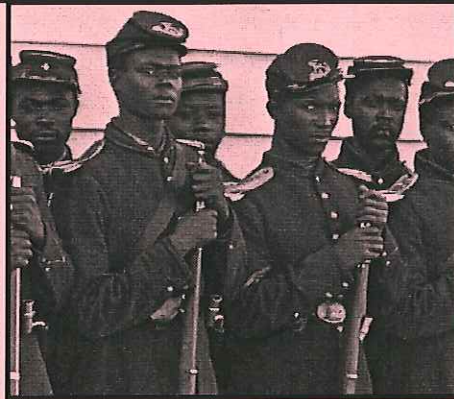
Black History Month, or **National African American History Month**, is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. The event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. That September, the Harvard-trained historian **Carter G. Woodson** and the prominent minister **Jesse E. Moorland** founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent. Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of **Abraham Lincoln** and **Frederick Douglass**. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

CONT'D →



ABOVE: Frederick Douglass, a distinguished Civil War-time abolitionist and statesman. He was also an author, editor, and diplomat.



ABOVE: Company E, 4th USCT - US Colored Troops. In La Mott, PA (Now called Cheltenham, PA) more than 11,000 African American Troops mobilized for service. The Emancipation Proclamation opened the door for them to arm & fight with the Union.

7.



ABOVE: Sojourner Truth, known widely for her "Ain't I a Woman?" speech, has become a prominent African American figure.

## **This day in history in...**

# *February*

Feb 1 ~ Debut of the Oxford Dictionary, 1884

Feb 2 ~ National League of Baseball is founded, 1876

Feb 6 ~ In England, Elizabeth becomes Queen, 1957

Feb 9 ~ Daylight savings time instituted, 1942

Feb 11 ~ Nelson Mandela released from prison, 1990

Feb 12 ~ Abraham Lincoln is born, 1809

Feb 14 ~ St. Valentine is beheaded in Rome, 278 AD

Feb 18 ~ Car racing king Dale Earnhardt dies in crash, 2001

Feb 20 ~ Photographer Ansel Adams is born, 1902

Feb 23 ~ US Flag raised in Iwo Jima , 1945

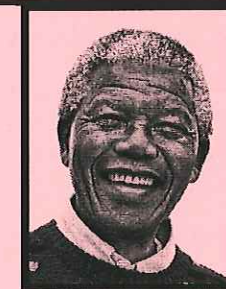
Feb 25 ~ Movie *The Passion of the Christ* opens in the U.S., 2004

Feb 27 ~ 1st Mardi Gras celebration in city of New Orleans, 1827

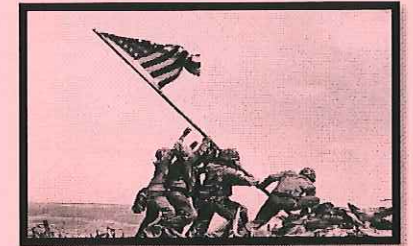
Feb 28 ~ Scientists discover chemical structure of DNA, 1958



Dale Earnhardt Sr.



Nelson Mandela



American Flag at Iwo Jima

## February and St. Valentine

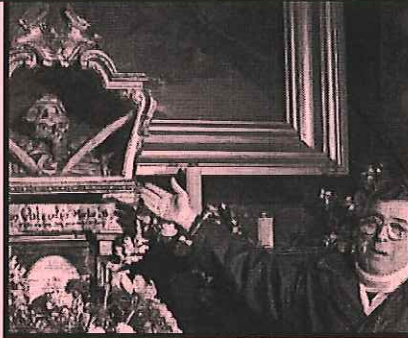
Legend has it that in the ancient Roman Empire, the Emperor Claudius II (Claudius the Cruel) was having difficulty recruiting men for the Roman Army. The emperor attributed this to the men's devotion to their wives and so he banned engagements and marriages. Recognizing the injustice of the Emperor Claudius, a Roman Catholic priest named Valentine defied the ban and continued performing marriages. The furious emperor arrested Valentine and sentenced him to death. While in jail, Valentine fell in love with the daughter of the man running the prison. Before his execution, on February 14th of 278 AD, he gave the jailer's daughter a letter and signed it "From your Valentine".

Valentine's remains have come to rest in an unlikely place, a church in Dublin, Ireland. The Pope gave the bones to John Sprat, an Irish Carmelite Priest, as a reward for coming to Rome and preaching. Sprat brought them to Ireland in 1836.

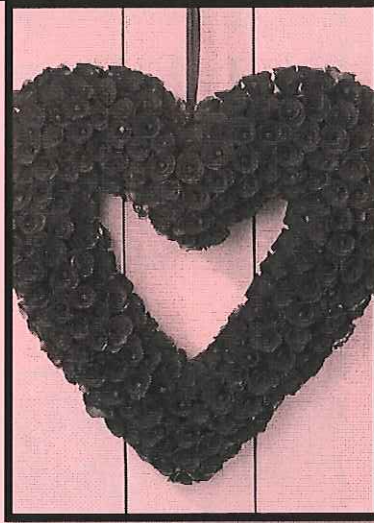
Partial Source: History.com



**ABOVE:** A depiction of the Roman Catholic Saint Valentine of Terni, who died in 273AD in Rome, Italy.



**ABOVE:** A man points to the relics/bones of St. Valentine found within an altar in the Whitefriar Street Church in Ireland. They were given by Pope Gregory XVI to an Irish Carmelite named John Sprat, who brought them back to the church in Dublin.



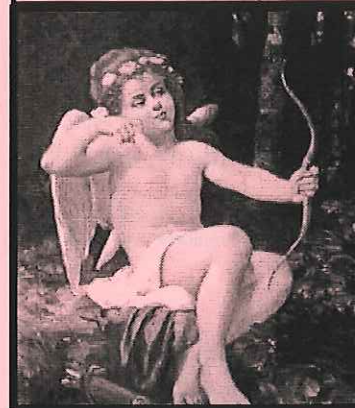
**ABOVE:** A modern symbol of Valentine's Day, a heart-shaped wreath made of roses, hangs on a door.

## February and Cupid/Eros

In modern times, one of the key symbols of Valentine's Day has become the baby-god *Cupid* in Roman Mythology; called *Eros* in Greek Mythology. Of all the immortal gods, Cupid/Eros is the youngest. And this young and immature god was often careless in his duties of helping the mortals fall in love. He had the habit of shooting an arrow laced with gold into the heart of one lover, but shooting an arrow laced with lead into the heart of another.

Cupid's tendency to do this, was how the Greeks and Romans used mythology to explained the all-too-familiar process of someone falling in love with a person who just doesn't feel the same way!

Partial Source: wikipedia.com



**LEFT:** The mythological baby-god Cupid or Eros, whose immature tendency to shoot one lover's heart with a golden arrow and another's with a lead arrow, creates problems for we mortals!



**RIGHT:** A painting depicting the mythological gods Cupid & Jupiter (Roman) or Eros & Zeus (Greek) in a work by Peter Paul Rubens called *Cupid Supplicating Jupiter*.

## Greek & Roman "R&G" Mythology: Q&A!

**Who are the top gods in R&G Mythology?** The male is *Zeus* in Greek, *Jupiter* in Roman. The female is *Hera* in Greek, *Juno* in Roman. Third, the sea god, *Poseidon* in Greek, *Neptune* in Roman.

**If I want to send a message to the underworld, which courier should I use? And to whom shall I address the message?** Have the messenger *Hermes/Mercury* hand deliver your message to *Hades/Pluto* and *Persephone/Proserpine* at 2 Below Ave, Underworld, NJ 08012

**If I want to hunt for some food, get some from my garden, and have a glass of wine with my dinner; whom shall I call upon for guidance?** For the hunt, call *Artemis/Diana*. The harvest, *Demeter/Ceres*. And for the wine, call *Dionysus/Bacchus*. See Jamie in the office for their numbers.

**If I need the obvious mix of sun, medicine, and music, who could help me?** *Apollo*, who else?!



### **FEBRUARY BIRTHDAYS**

Wanda Atkins 2/1

Annie Newell 2/9

Pat Allen 2/10

Harry Breen 2/10

Sandra Coney 2/13

Pauline Keys 2/14

Ann Donaghy 2/17

Ricki Zirpoli 2/19

Barbara Maulo 2/20

Dianne Branch 02/27

### **Contest Winners**

#### **Last Month's Winner**

Inez Wilson

#### **Welcome New Members**

Sylvia Hughes

Rita Warren

Dianne Branch

Jeromane "Jerry" Berger

Angie Middlemore



# FEBRUARY 2020

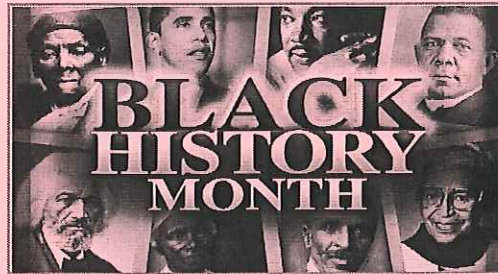
Monday

Tuesday

Wednesday

Thursday

Friday



**3.** Old Navy, Home Goods

**4.** Shoprite  
**Guest Speaker: EMS**  
**Activity Committee**

**5.** Aldi (WHP), \$-Tree  
**Guest Speaker: EMS**  
**Activity Committee**

**6.** Christmas Tree Store, BB&B

**7.** Foreman Mills, AC Moore

**10.** Burlington, Hobby Lobby

**11.** Walmart (Turnersville)

**12.** Barnes & Noble, Old Navy  
**Guest Speaker:**  
**County Clerk**

**13.** Amish  
**RED Day!**

**14.** Amish  
**RED Day!**

**17.**  
**CLOSED**  
**President's Day**

**18.** Burlington, Hobby Lobby,  
**Black History Month**  
**Celebration!**

**19.** Shoprite  
**Black History Month**  
**Celebration!**

**20.** Aldi (Sicklerville), \$-Tree  
**Guest Speaker:**  
**County Clerk**

**21.** Walmart (Turnersville)

**24.** Walmart (Turnersville)  
**BINGO!**

**25.** Vercchio's, \$-Tree  
**BIRTHDAYS!**  
**BINGO!**

**26.** Christmas Tree Store  
**BIRTHDAYS!**  
**BINGO!**

**27.** Big Lots, Target (Sicklerville)  
**BINGO!**

**28.** Save a lot, Family Dollar  
**BINGO!**

**NOTE:** ALL SHOPPING TRIPS ARE SUBJECT TO CHANGE