JOSEPH CIPOLLA SENIOR ACTIVITY CENTER

93 N FARVIEW AVENUE

PARAMUS, NJ **NOVEMBER 2016**

This month, as we all prepare to celebrate Thanksgiving, let us all remember and truly be thankful for all of those who have served our country, protecting us and keeping us safe to enjoy the freedoms and the lives that we have.

May all of those who continue to serve our country stay safe and peace be restored. May liberty and justice prevail for us all. Have a Happy Thanksgiving! Anne

MEMBERSHIP REQUIREMENTS: CHANGED Must be 62 years of age or older and a Paramus resident.

Contact Information:
Joseph Cipolla Senior Activity Center

Main number : 201-265-2100 ext. 6120

Anne Schneider, Director: 201-265-2100 ext. 6121

Clerk: Daniel Wells: 201-265-2100 ext. 6120

BOROUGH OF PARAMUS TELEPHONE NUMBERS

Police: 201-262 – 3400
Mayor: 201-265-2100 ext. 2210 ext. 2210
Borough Administrator: 201-265-2100 ext. 2210
Borough Clerk: 201-265-2100 Ext. 2200
Health Department: 201-265-2100 Ext 2300
Human Services: 201-265-2100 Ext. 6100
Pool: 201-265-2100 Ext 6140
Tax Collector: 201-265-2100 Ext. 2280
Veterans Affairs: 201-265-2100 Ext. 6110
Library: 201-599-1300
SENIOR BUS: 201-265-2100 Ext. 3150

OUR GANG

The Borough of Paramus is proud to sponsor three senior citizen clubs for its residents. All three clubs meet at the Joseph Cipolla Senior Activity Center and have access to varied activities and trips.

AARP CHAPTER #3834

Our meetings begin at 1:00 pm the second Thursday of the month and everyone is welcome. Refreshments are served at the meetings and we normally have a guest speaker. Our activities include presenting scholarships to graduates who are contemplating a career in nursing or medical profession, collecting box top coupons for the schools and manufacturer's coupons for the families of the military serving our country overseas. If you care to help us in our undertaking we are always looking for new members!

If interested in joining call Margaret Sortino 201-265-2305

SENIOR CITIZENS #1 CLUB

This club holds meetings on the 2nd and 4th Wednesday of the month. There is a social hour that starts at 11:00 am where coffee and cake is provided. The meeting begins at 12 noon with a short business meeting followed by a guest speaker of interest to seniors or live entertainment when available. We have terrific day trips and occasionally overnight trips. There is a picnic in July and a holiday party in December. Our installation of officers is held in March at Season's in Washington Township. We welcome all new members! All Paramus Residents are welcome to join.

For information regarding membership, please call Barbara Brennen 201– 845-9310

SENIOR PIONEERS OF PARAMUS

Come join us on the first and third Thursday of each month at 1:00 pm for some socializing, a cup of coffee and dessert. We are a social gathering club for all seniors residing in Paramus. The club provides you with access to good fellowship, entertainment, trips and the latest senior updates from around Bergen County, as well as professional speakers.

For information regarding membership, please call Barbara Sharples 201-225-1301

NOVEMBER IS NATIONAL DIABETES MONTH

Know your diabetes ABCs.

Talk to your health care team about how to manage your **A**1C, **B**lood pressure, and **C**holesterol. This can help lower your chances of having a heart attack, stroke, or other diabetes problems.

A for the A1C test (A-one-C).

What is it?

The A1C is a blood test that measures your average blood sugar level over the past three months. It is different from the blood sugar checks you do each day.

Why is it important?

You need to know your blood sugar levels over time. You don't want those numbers to get too high. High levels of blood sugar can harm your heart, blood vessels, kidneys, feet, and eyes.

What is the A1C goal?

The A1C goal for many people with diabetes is below 7. It may be different for you. Ask what your goal should be.

B for Blood pressure.

What is it?

Blood pressure is the force of your blood against the wall of your blood vessels.

Why is it important?

If your blood pressure gets too high, it makes your heart work too hard. It can cause a heart attack, stroke, and damage your kidneys and eyes.

What is the blood pressure goal?

The blood pressure goal for most people with diabetes is below 140/90. It may be different for you. Ask what your goal should be.

C for Cholesterol (ko-LESS-tuh-ruhl).

What is it?

There are two kinds of cholesterol in your blood: LDL and HDL.

LDL or "bad" cholesterol can build up and clog your blood vessels. It can cause a heart attack or stroke.

HDL or "good" cholesterol helps remove the "bad" cholesterol from your blood vessels.

What are the LDL and HDL goals?

Ask what your cholesterol numbers should be. Your goals may be different from other people. If you are over 40 years of age, you may need to take a statin drug for heart health.

✔ **Actions you can take**

- ✔ **Ask your health care team:**

o what your A1C, blood pressure, and cholesterol numbers are and what they should be. Your ABC goals will depend on how long you have had diabetes, other health problems, and how hard your diabetes is to manage.

o what you can do to reach your ABC goals ✔ Write down your numbers on the record at the back of this booklet to track your progress.

Step 3: Learn how to live with diabetes.

It is common to feel overwhelmed, sad, or angry when you are living with diabetes. You may know the steps you should take to stay healthy, but have trouble sticking with your plan over time. This section has tips on how to cope with your diabetes, eat well, and be active.

Cope with your diabetes.

- Stress can raise your blood sugar. Learn ways to lower your stress. Try deep breathing, gardening, taking a walk, meditating, working on your hobby, or listening to your favorite music.

Ask for help if you feel down. A mental health counselor, support group, member of the clergy, friend, or family member who will listen to your concerns may help you feel better.

Eat well.

- Make a diabetes meal plan with help from your health care team.
- Choose foods that are lower in calories, saturated fat, trans fat, sugar, and salt.
- Eat foods with more fiber, such as whole grain cereals, breads, crackers, rice, or pasta.
- Choose foods such as fruits, vegetables, whole grains, bread and cereals, and low-fat or skim milk and cheese.
- Drink water instead of juice and regular soda.

https://www.niddk.nih.gov/

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM Bocce 9:30 Healthy Bones 1:00 Bingo 12:30 Cards (Downstairs) Billiards	2 9:30 Yoga .9:30 Meditation (Downstairs) 11:00 Art Class 12:00 Movie with light Refreshments served 2:30 Canasta Billiards	3 AM: Bocce Group 9:30 Healthy Bones 1:00 Pioneers Meeting 1:30 Mahjong Billiards	4 AM: Bocce Group 9:00 Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Gold Billiards
7 10:00 Yoga 11:15 Coloring and conversation 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards	8 AM Bocce 9:30 Healthy Bones 1:00 Bingo (Pizza Day) 12:30 Cards (Downstairs) Billiards	9 9:30 Yoga 9:30 Meditation (Downstairs) 11:00 am #1 Club 11:00 Art Class 2:30 Canasta Billiards	10 AM: Bocce Group 9:30 Healthy Bones 10:00 SALT Meeting 1:00 AARP Meeting 1:30 Mahjong Billiards	11 CLOSED FOR VETERANS DAY
14 10:00 Yoga 11:15 Coloring and conversation 12:30 Bridge 12:30 Fitness Senior Style 2:00 Zumba Gold 2:00 Mahjong Billiards	15 AM Bocce 9:30 Healthy Bones 12:30 Paramus Women's Book Club 1:00 Bingo (Hot Dog Day) 12:00 Cards (Downstairs) Billiards	16 9:30 Yoga 9:30 meditation 11:00 Art Class (Downstairs) 2:30 Canasta Billiards	17 AM: Bocce Group 9:30 Healthy Bones 1:00 Pioneers Meeting 1:30 Mahjong Billiards	18 AM: Bocce Group 9:00 Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Gold Billiards
21 10:00 Yoga 11:15 Coloring and conversation 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards	22 AM Bocce 9:30 Healthy Bones 1:00 Bingo (12:30 Cards (Downstairs) Billiards	23 9:30 Yoga 9:30 Meditation (downstairs) 11:00 Art Class 11:00 am #1 Club 2:30 Canasta Billiards	24 CLOSED	25 CLOSED
28 10:00 Yoga 11:15 Coloring and conversation 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards	29 AM Bocce 9:30 Healthy Bones 1:00 Bingo (12:30 Cards (Downstairs) Billiards	30 9:30 Yoga 9:30 Meditation (downstairs) 11:00 Art Class 12:00 MOVIE with light Refreshments served 2:30 Canasta Billiards		

AMERICAN LEGION AND VETERANS OF FOREIGN WARS