

JOSEPH CIPOLLA SENIOR ACTIVITY CENTER

93 N FARVIEW AVENUE

PARAMUS, NJ

JUNE 2017



A Note from the Director

I was thinking of the quote, "A body in motion stays in motion", and applied it to the Senior Center. Meaning... the more you come to socialize, dance, play, and utilize your body and mind, the more you will want to.

The mind is elastic and the more things that you do, the more elastic memory returns . In warmer weather, it' is so much easier on the mind and body to remember this. So when you feel like, "I can't", "I used to be able to but I no longer cant" - think again! Our happy endorphins start to flow when we awaken to how we feel. Personally, I am becoming more aware because of being at the Senior Center, that the more interactions I have with people, the more I engage in activities the more joy and desire I have to continue.

You can do this too! Join us at the Senior center. extend beyond your present inner circle of friends, and create more life satisfaction.

True happiness comes from compassion and generosity of one's spirit. May your sprits rise, may your joy in June be insurmountable, and may you rise towards the epitome of your life's satisfaction.

Anne

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

Contact Information:

Joseph Cipolla Senior Activity Center

Main number: 201-265-2100 Ext. 6120

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

Danielle Wells, Clerk: 201-265-2100 Ext. 6120

BOROUGH OF PARAMUS TELEPHONE NUMBERS

Police: 201-262 – 3400

Mayor: 201-265-2100 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



The Joseph Cipolla Senior Activity Center Hosts three clubs for residents. Club members participate in many enjoyable and varied activities.

[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 usually 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, please 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 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

16 SNACKS FOR ADRENAL FATIGUE

Over 80% of us will experience adrenal fatigue multiple times over our lives. Symptoms can include weakness, lack of energy, trouble concentrating, becoming easily confused, forgetfulness, trouble completing basic tasks you could once handle easily, hoarse voice, poor digestion, constipation, depression, insomnia, not feeling rested after waking from sleep, and relying on naps during the day.

The best way to support your adrenals and help recover your health is to eat a light, balanced meal every 90 minutes to two hours. This grazing technique works because the frequent meals keep your blood sugar steady throughout the day; and as long as your glucose isn't dropping, your adrenal glands don't have to interfere. Giving your adrenal glands lots of rest allows them to devote energy to healing and restoring themselves.

Each of your meals should ideally contain a balance of potassium, sodium, and natural sugar (from fruit).

apple, celery, dates, orange, avocado, spinach, sweet potato, kale, lemon juice, cucumber, avocado, lime juice, banana, romaine lettuce, coconut water, pear, berries, mache, mango, figs, oranges, cilantro, butter lettuce, raspberries, tangerines, green leaf lettuce, , raw honey, collard greens, banana, grape, red leaf lettuce, cauliflower, cucumber, watermelon with lime juice.

SEE BACK PAGE FOR FOOD BENEFIT CHART



"I'd like you to eat more fruit and vegetables, but they're not covered by your health insurance plan."

HISTORICAL SPOTLIGHT—FLORENCE NIGHTINGALE

Florence Nightingale was born on May 12, 1820, in Florence, Italy. The younger of two daughters, Nightingale was part of an affluent British clan that belonged to elite social circles. Florence was reportedly awkward in social situations and preferred to avoid being the center of attention whenever possible. Strong-willed, she often butted heads with her mother whom she viewed as overly controlling. Florence was provided with a classical education including studies in mathematics along with German, French and Italian.



From a young age, Nightingale was active in philanthropy, ministering to the ill and poor people in the village neighboring her family's estate. Nightingale eventually came to the conclusion that nursing was her calling; she believed the vocation to be her divine purpose. When Nightingale approached her parents and told them about her ambitions to become a nurse, they were not pleased and forbade her. People of Florence's social stature were expected to marry a man of means to ensure her class standing—not take up a job that was viewed by the upper social classes as lowly menial labor. In 1849, Nightingale refused a marriage proposal from a "suitable" gentleman who had pursued her for years.

In late 1854, Nightingale received a letter from Secretary of War Sidney Herbert, asking her to organize a corps of nurses to tend to the sick and fallen soldiers in the Crimea. Although they had been warned of the horrid conditions there, nothing could have prepared Nightingale and her nurses for what they saw when they arrived. Patients lay in their own excrement on stretchers strewn throughout the hallways. Rodents and bugs scurried past them. The most basic supplies, such as bandages and soap, grew increasingly scarce as the number of ill and wounded steadily increased. Even water needed to be rationed. More soldiers were dying from infectious diseases like typhoid and cholera than from injuries incurred in battle.

Nightingale herself spent every waking minute cleaning the hospital and caring for the soldiers. In the evenings she moved through the dark hallways carrying a lamp while making her rounds, ministering to patient after patient. The soldiers took to calling her "The Lady with the Lamp". Others simply called her "the Angel of the Crimea." Her work reduced the hospital's death rate by two-thirds.

Nightingale remained at Crimea for a year and a half before returning to her childhood home. To her surprise she was met with a hero's welcome. The previous year, Queen Victoria had rewarded Nightingale's work by presenting her with an engraved brooch that came to be known as the "Nightingale Jewel" and by granting her a prize of \$250,000 from the British government. Nightingale decided to use the money to fund the establishment of St. Thomas' Hospital, and within it, the Nightingale Training School for Nurses. Thanks to Nightingale, nursing was no longer frowned upon by the upper classes; it had, in fact, come to be viewed as an honorable vocation.

While at Crimea, Nightingale had contracted the bacterial infection brucellosis, also known as Crimean fever, and would never fully recover. By the time she was 38 years old, she was homebound and bedridden and would be so for the remainder of her long life. Fiercely determined and dedicated as ever to improving health care and alleviating patients' suffering, Nightingale continued her work from her bed. She remained an authority and advocate of health care reform, welcoming distinguished visitors from her bed. In 1859, she published "Notes on Hospitals", which focused on how to properly run civilian hospitals. Throughout the U.S. Civil War, she was frequently consulted about how to best manage field hospitals. Nightingale also served as an authority on public sanitation issues in India for both the military and civilians, although she had never been to India herself. In 1907, she was conferred the Order of Merit by King Edward and received the Freedom of the City of London the following year, becoming the first woman to receive the honor. In May of 1910, she received a celebratory message from King George for her 90th birthday.



Florence Nightingale died Saturday, August 13, 1910 at her home in London. The "Lady with the Lamp" was laid to rest in her family's plot at St. Margaret's Church in Hampshire, England.

The Florence Nightingale Museum, which sits at the site of the original Nightingale Training School for Nurses, houses more than 2,000 artifacts commemorating the life and career of the "Angel of the Crimea."

Monday	Tuesday	Wednesday	Thursday	Friday	
				<p>1 AM Bocce 9:30 Healthy Bones Billiards</p>	<p>2 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 1:00 Meditation 2:00 Zumba Gold Billiards</p>
<p>5 10:00 Yoga 11:00 Coloring/Conversation 12:30 Senior Fitness 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>6 AM Bocce 9:30 Healthy Bones 1:00 Bingo (Pizza) 12:00 Cards Billiards</p>	<p>7 9:30 Yoga 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards</p>	<p>8 AM Bocce 9:30 Healthy Bones 1:00 AARP Meeting Billiards</p>	<p>9 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 1:00 Meditation 2:00 Zumba Gold Billiards</p>	
<p>12 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>13 AM Bocce 9:30 Healthy Bones 1:00 Bingo (Hot Dog) 12:00 Cards 12:30 Paramus Women's Book Club Billiards</p>	<p>14 9:30 Yoga 9:30 Meditation 11:00 #1 Club Meeting 11:00 Art Class 2:30 Canasta Billiards</p>	<p>15 AM Bocce 9:30 Healthy Bones 1:00 Pioneers Meeting Billiards</p>	<p>16 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 1:00 Meditation 2:00 Zumba Gold Billiards</p>	
<p>19 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>20 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Sandwiches) Billiards</p>	<p>21 9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards</p>	<p>22 AM Bocce 9:30 Healthy Bones Billiards</p>	<p>23 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 1:00 Meditation 2:00 Zumba Gold Billiards</p>	
<p>26 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>27 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo Billiards</p>	<p>28 9:30 Yoga 9:30 Meditation 11:00 #1 Club Meeting 11:00 Art Class 2:30 Canasta Billiards</p>	<p>29 AM Bocce 9:30 Healthy Bones Billiards</p>	<p>30 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 1:00 Meditation 2:00 Zumba Gold Billiards</p>	

The month of June is very important to help create awareness and sensitize ALL MEN to go for screening and seek early treatment for diseases. Men are encouraged to take care of themselves by ensuring that they are in good health— it affects all family and friends.



What men should know about new prostate cancer screening guidelines

Men 55 to 69 should talk with their health care provider about prostate-specific antigen (PSA)–based screening for prostate cancer. That's according to new recommendations from the U.S. Preventive Services Task Force:

- **Men ages 55 to 69 years.** Clinicians inform men ages 55 to 69 years about the potential benefits and harms of prostate-specific antigen (PSA)–based screening for prostate cancer. Many men will experience potential harms of screening, including false-positive results that require additional workup, over-diagnosis and overtreatment, and treatment complications, such as incontinence and impotence
- **Men age 70 years and older.** Recommends against PSA-based screening for prostate cancer in these men age 70 years and older.

Mayo Clinic urologist Dr. Matthew Tollefson says, "The recommendations don't change for men over 70. If men over 70 are asymptomatic with no family history, they don't need to have PSA tests every year. Those men have very low risk of dying from prostate cancer. But for men who are from 55 to 69, there can be a benefit seen with screening. This is where the task force is now giving nuance to the discussion and saying there isn't a blanket statement for everyone."

The PSA blood test is the most common method to screen for prostate cancer. Dr. Tollefson says there are benefits of PSA prostate cancer screening, but it's not risk-free. "Screening men from ages 55 to 69 is the benefit of catching a cancer earlier, when it's easier to treat and potentially cure. If men are screened, then, potentially, that tumor can be identified when it's at a curable state. Then, they can undergo curative treatment and reduce their risk of dying of prostate cancer.

"The risk of being screened, in a lot of ways, comes with the risk of being treated," says Dr. Tollefson. "If a man is screened, and the test shows he is at risk of prostate cancer, frequently, the next step is to get a prostate biopsy. There is a small, but real risk of infection to arise after a biopsy. Then, with treatment—both with radiation as well as surgery—the risk of incontinence and erectile dysfunction can be a real issue for some men."

Prostate cancer is the third leading cause of cancer death in American men. The American Cancer Society says about 1 in 7 men will be diagnosed with prostate cancer in his lifetime. Dr. Tollefson says it's important for men to have a conversation with their health care provider to determine the best option that weighs risks and as well as personal preferences

Food	Benefits				
Cherries	Protects Your heart	Combats Cancer	Ends Insomnia	Slows Aging Process	Shields Against Alzheimer's
Chestnuts	Promotes Weight Loss	Protects Your heart	Lowers Cholesterol	Combats Cancer	Controls Blood Pressure
Chili Peppers	Aids Digestion	Soothes Sore Throats	Clears Sinuses	Combats Cancer	Boosts Immune System
Figs	Promotes Weight Loss	Helps Stop Strokes	Lowers Cholesterol	Combats Cancer	Controls Blood Pressure
Fish	Protects Your Heart	Boosts Memory	Combats Cancer	Supports Immune System	
Flax	Aids Digestion	Battles Diabetes	Protects Your Heart	Improves Mental Health	Boosts Immune System
Garlic	Lowers Cholesterol	Controls Blood Pressure	Combats Cancer	Kills Bacteria	Fights Fungus
Grapefruit	Protects Against Heart Attacks	Promotes Weight Loss	Helps Stop Strokes	Combats Prostate Cancer	Lowers Cholesterol
Grapes	Saves Eyesight	Conquers Kidney Stones	Combats Cancer	Enhances Blood Flow	Protects Your Heart
Green Tea	Combats Cancer	Protects Your Heart	Helps Stop Strokes	Promotes Weight Loss	Kills Bacteria
Honey	Heals Wounds	Aids Digestion	Guards Against Ulcers	Increases Energy	Fights Allergies
Lemons	Combats Cancer	Protects Your Heart	Controls Blood Pressure	Smoother Skins	Stops Scurvy
Limes	Combats Cancer	Protects Your Heart	Controls Blood Pressure	Smoother Skin	Stops Scurvy

Thank you to Vincenzo, Tony and Shade Tree for all the hard work repairing the Senior Center Bocce Courts. We are grateful for all the hard work!

