

JOSEPH CIPOLLA SENIOR ACTIVITY CENTER

93 N FARVIEW AVENUE

PARAMUS, NJ

AUGUST 2017



A Note from the Director

It was Tuesday and I was calling Bingo. There was a moment of awakening for me when I looked around the room entrenched in the silence of everyone's concentration. As I scanned each table, I looked at each person, their essence, and I took it all in. At that moment in time, I felt a special feeling of gratitude to have them all in the room. The summer seems to be going so fast; time always seems like it goes so fast, and I just wanted to let everyone know that whether it is bingo, dancing, bocce, trips, yoga, meditation or lunches, every person's presence makes a difference. As our center continues to grow, and now that parking is more efficient, I hope you continue to use our beautiful garden, deck, and all the activities we offer.

May you have a safe and enjoyable summer and may I continue to greet you at the Center. 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 AUGUST 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

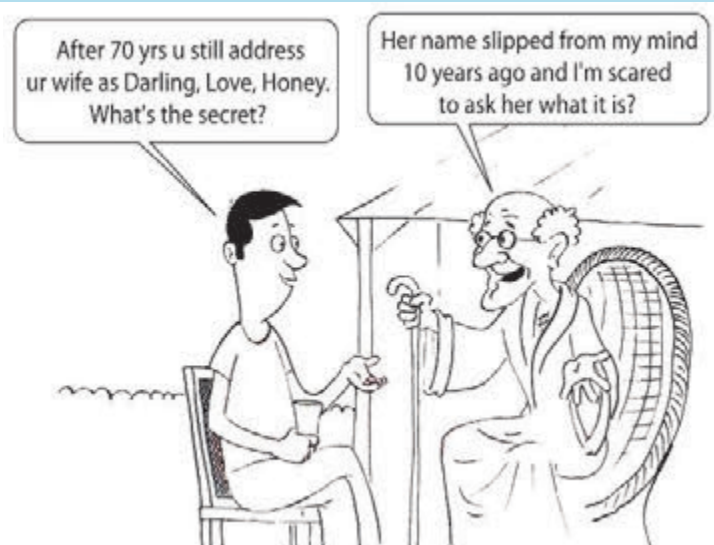
MONDAY AUGUST 14th Casino trip at 10 am from Senior Center - Sands Casino

THURSDAY AUGUST 31st at 11:30—Bergen County Golden Key Card being presented and distributed—Discounts

For Seniors!!!! Please Come in to get yours!!!!



The first senior moment.



August is National Eye Exam Month

August is here! The UV Rays are still high and it's important to take proper precautions to protect yourself from the sun.

August is *National Eye Exam Month*, a month dedicated to the importance of eye health and safety. Sears Optical founded National Eye Exam Month in 1989 and since then, most ophthalmologists promote eye safety throughout the month. Most sponsor Eye Care America, a campaign for seniors ages 65 and up that can qualify for a free eye exam.

You may think you have healthy eyes and have no symptoms of vision problems, but at 65+ you should have your eyes checked at least every 1-2 years. Some individuals may have a family history of eye disease or a chronic illness that can affect their vision. This puts a person at a greater risk of vision problems, and therefore it is vital that you get your eyes checked more often than most.

Seniors are prone to blurred vision, eye irritation and more. Symptoms like this occur because the muscles in the eye become weaker. Consult your doctor if you experience:

- Blurred vision with glasses
- Extreme sensitivity to light
- Consistent eye pain
- Red eyes
- Burning sensation
- Constant watering
- Black spots in sight



Although seniors are more prone to eye issues, there are ways people can protect themselves and prevent long-term issues.

- When washing your face, use a clean towel and water to wipe the lid are to prevent infection
- Do not use others eye medication or glasses
- NO Smoking!!
- Be sure to get a healthy amount of rest
- Consume Vitamin A and proteins (nuts are perfect!)
- Do not use sprays (i.e. hairspray) close to the eyes
- When watching TV, on the computer and/or reading, be sure to have good lighting, take short breaks to rest the eyes and make sure the print is large and clear
- Do not read in a moving vehicle or bed
- Use UV protected sunglasses

Not only is August *National Eye Exam Month*, but it is also *Cataracts Awareness Month*. People over the age of 55 should be very aware of Cataracts, an eye condition that clouds the lens of the eyes and can lead to vision loss. Those who have Cataract Disease may experience extremely blurry vision, glare, colors that appear faded, double vision and difficulty driving at night.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo Billiards</p>	<p>2 9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie 2:30 Canasta</p>	<p>3 AM Bocce 9:30 Healthy Bones 2:00 Zumba Gold Billiards</p>	<p>4 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:100 Line Dancing 1:00 Meditation Billiards</p>
<p>7 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Mahjong Billiards</p>	<p>8 AM Bocce 9:30 Healthy Bones 1:00 Bingo (Pizza) 12:00 Cards Billiards</p>	<p>9 9:30 Yoga 11:00 Art Class 11:00 #1 Club Meeting 2:30 Canasta Billiards</p>	<p>10 AM Bocce 9:30 Healthy Bones Billiards</p>	<p>11 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing Billiards</p>
<p>14 10:00 Yoga 10:00 Casino Trip 11:00 Coloring/Conversation 12:30 Senior Fitness 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>15 AM Bocce 9:30 Healthy Bones 1:00 Bingo (Hot Dog) 12:00 Cards Billiards</p>	<p>16 9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards</p>	<p>17 AM Bocce 9:30 Healthy Bones Billiards</p>	<p>18 AM Bocce 8:50 Yoga 9:50 Chair Yoga 11:00 Line Dancing 1:00 Meditation Billiards</p>
<p>21 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Mahjong Billiards</p>	<p>22 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Sandwiches) Billiards</p>	<p>23 9:30 Yoga 9:30 Meditation 11:00 Art Class 2:30 Canasta Billiards</p>	<p>24 AM Bocce 9:30 Healthy Bones 2:00 Zumba Gold Billiards</p>	<p>25 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation Billiards</p>
<p>28 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>29 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo Billiards</p>	<p>30 9:30 Yoga 9:30 Meditation 11:00 Art Class 2:30 Canasta Billiards</p>	<p>31 AM Bocce 9:30 Healthy Bones 11:30 Bergen County Senior Gold Key card distributed Billiards</p>	

HISTORICAL BIRTHDAY OF THE MONTH

MOTHER TERESA

Catholic nun and missionary Mother Teresa was born on August 26, 1910 . She was baptized as Agnes Gonxha Bojaxhiu. Her parents, Nikola and Dranfile Bojaxhiu, were of Albanian descent; her father was an entrepreneur who worked as a construction contractor and a trader of medicines and other goods. The Bojaxhius were a devoutly Catholic family.

Agnes was only 8 years old when her father suddenly fell ill and died. In the aftermath of her father's death, Agnes became extraordinarily close to her mother, a pious and compassionate woman who instilled in her daughter a deep commitment to charity. Her mother always had an open invitation to the city's destitute to dine with her family. "My child, never eat a single mouthful unless you are sharing it with others," she counseled her daughter. When Agnes asked who the people eating with them were, her mother uniformly responded, "Some of them are our relations, but all of them are our people."

In 1928, an 18-year-old Agnes Bojaxhiu decided to become a nun and set off for Ireland to join the Sisters of Loreto in Dublin. It was there that she took the name Sister Mary Teresa after Saint Thérèse of Lisieux. On May 24, 1937, she took her Final Profession of Vows to a life of poverty, chastity and obedience. As was the custom for Loreto nuns, she took on the title of "Mother".



On September 10, 1946, Mother Teresa experienced a second calling, the "call within a call" that would forever transform her life. She was riding in a train from Calcutta to the Himalayan foothills for a retreat when she said Christ spoke to her and told her to abandon teaching to work in the slums of Calcutta aiding the city's poorest and sickest people. After nearly a year and a half of lobbying to leave the convent, in January 1948 she finally received approval to pursue this new calling. That August, donning the blue-and-white sari that she would wear in public for the rest of her life, she left the Loreto convent and wandered out into the city. After six months of basic medical training, she voyaged for the first time into Calcutta's slums with no more specific a goal than to aid "the unwanted, the unloved, the uncared for."

Mother Teresa began an open-air school and established a home for the dying destitute in a dilapidated building. She convinced the city government to donate to her cause. In October 1950, she won canonical recognition for a new congregation, the Missionaries of Charity, which she founded with only a handful of members. Mother Teresa's charitable activities expanded exponentially. Over the course of the 1950s and 1960s, she established a leper colony, an orphanage, a nursing home, a family clinic and a string of mobile health clinics.

In 1971, Mother Teresa traveled to New York City to open her first American-based house of charity, and in the summer of 1982, she secretly went to Beirut, Lebanon, where she crossed between Christian East Beirut and Muslim West Beirut to aid children of both faiths. In 1985, Mother Teresa returned to New York and spoke at the 40th anniversary of the United Nations General Assembly. While there, she also opened Gift of Love, a home to care for those infected with HIV/AIDS.

In February 1965, Pope Paul VI bestowed the Decree of Praise upon the Missionaries of Charity, which prompted Mother Teresa to begin expanding internationally. By the time of her death in 1997, the Missionaries of Charity numbered more than 4,000—in addition to thousands more lay volunteers—with 610 foundations in 123 countries around the world.

Mother Teresa died on September 5, 1997. In 2016, a day before the 19th anniversary of her death, Pope Francis led a canonization Mass that proclaimed Mother Teresa a Saint.

SPRINGFEST 2017

