



Wayne Adult Community Center, Inc.

For New Jersey's Active People 60 and Over*

1502 Hamburg Turnpike // (Bus #197, Squad Place stop)
973-633-0734 www.wacci.net

Newsletter and Cyberspace News

Editors: William Shapiro and Linda Klonsky

JUNE, 2009

ACTIVITIES

Big Band Dances	Canasta	Computer Classes*	Computer Fun Meetings
Contract Bridge	Discussion Group	Duplicate Bridge	Jigsaw Puzzles
Lending Library	Mah Jongg	Painting Group	Pinochle
Pizza Parties	Shuffleboard	Speaker/Performer Series	Tennis

* Computer classes are available to people 50 and over.

(Additional benefits, e.g. free 911 cell phone, discount BJ's and Costco memberships)

The office is not staffed every day, but you can always leave phone messages.

See Page 12 for specific days and times of all activities

The schedule of this month's activities is on page 2

Don't Let Your Food Turn to Poison

(See Page 3)

June Feature Event

**General Meeting
with featured speaker Judy Ebright, who will talk about
the paintings of Normal Rockwell,
with examples.**

For the current schedule:

Click the “This Month” button
at the top of the Web site page
from which you selected this newsletter.

With warmer weather on the way, it's important to know how to slow the deterioration of fresh foods and how to avoid food contamination. The Cyberspace News section of the March newsletter contained some food safety guidelines. Below, we present more details.

Food can be toxic when it contains bacteria, viruses, or parasites. Any food can contain harmful organisms, but some foods are more likely than others to pose a problem. The most vulnerable items include certain undercooked foods, and foods kept too long at temperatures that promote the proliferation of microorganisms. Illnesses caused by eating contaminated foods can be severe, even fatal in some cases. Older people are at increased risk because as we age, our immune systems decline.

Handling foods without first washing your hands can result in contamination, even if you're not aware of having previously handled anything injurious.

What You Can Do

In the Market

Pick up perishable foods after packaged and canned goods. Pick up frozen foods last. If you do not live close to the market, bring an ice chest to keep frozen foods as cold as possible until you can get it into the refrigerator.

Examine all items for a "Last Date of Sale" or "Freshness" date, and don't buy anything that is outdated.

Don't buy foods in bulging, dented or leaking cans, or in cracked, torn, or otherwise damaged containers.

Buy fresh foods such as raw fish (especially shellfish), unpasteurized cider or milk, only from sources you trust completely. And don't buy these things from the back of a truck or from a roadside stand.

If you choose a frozen food with a partially- or completely-transparent package, examine it for ice crystals or frost. Those are signs of refreezing or improper storage.

Unless meat or fish is in well-sealed packaging, have it put in a bag separate from other fresh produce.

At Home

Wash your hands thoroughly before handling any food. If you sneeze in your hand, or blow your nose even into a tissue or handkerchief, wash your hands. And wash them after handling raw meat or seafood, before handling any other food or any tableware.

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Advertisement

For Active
People
Ages 60+



Cyberspace News

Going Back To Work And Not Retiring

Thanks to current economic conditions, many 60-somethings who were going to retire are unable to do so right now. In fact, the stock market's downturn has taken such a toll that many people of retirement age are getting their resumes together and trying to find work.

Workers age 55 and over tend to have somewhat low unemployment rates, part because younger workers with less professional experience are usually the first to be laid off. Unfortunately, that advantage is shrinking.

And there are obstacles for older job seekers. Many haven't been on a job interview in a very long time, so they don't know how to package their skills and accomplishments. Their tendency is just to list everything they *have done* without emphasizing what they *can do*.

Outdated skills are another hurdle. Many older individuals are not current with the latest technology and will need to update their skills.

But it's not all bad news:

Certain industries and employers are growing friendly to older workers. According to the Urban Institute, an economic policy non-profit group, occupations with an above average share of workers 55 and older include home healthcare aides, pharmacists, veterinarians and animal trainers.

You can search for full- and part-time jobs on the many Web sites that cater to older workers, including:

- www.workforce50.com
- www.retirementjobs.com
- www.encore.org

Some community colleges offer programs designed specifically for seniors looking to get back into the workforce. And various nonprofit organizations (including WACC!) offer opportunities to improve your skills. Your local

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Free And Fun



Come to our Computer Fun Meetings

ings, which are free and open to everyone, whether you're a WACC member or not. Learn more about computers in an informal, friendly environment.

Meetings are held the second and fourth Mondays of each month from 11:30AM to 1PM.

Just For You

Cyberspace News is now archived in its entirety on the WACC website. In some articles, important additional material is included (for instance, information obtained after publication).

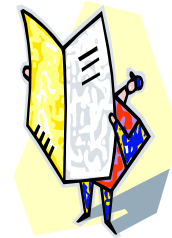
To view articles from past issues, go to www.wacci.net and click the "Archives" button along the left side.

Going Back To Work (...continued)

department on aging should have information about programs specific to the needs of seniors, as should the New Jersey Department of Labor which can be reached at (note the absence of the www in this web address) <http://lwd.dol.state.nj.us/labor/index.shtml>.

If you have to go back to work, it may be tough, but it's

not impossible. Assistance is out there. You only need to find it!



Source : www.smartmoney.com:

How To Dispose Of Prescription Drugs

Various investigations, including one reported by the Associated Press, have indicated that there are concentrations of some pharmaceutical products in public supplies of drinking water. So what *are* you supposed to do with unwanted medications?

The federal government has issued guidelines regarding the disposal of these products. The guidelines suggest that you:

- ☞ Remove the drugs from the original container. (Editor's note: Remove your personal information from the label of the container to protect your privacy.) By removing unwanted, unused, or expired medicines from their original containers, you're ensuring that the medicine will not fall into the wrong hands. Orange prescription bottles are easily recognizable and can be stolen from garbage cans and land-

fills.

- ☞ Mix drugs with undesirable refuse (i.e. used coffee grounds or cat litter) and place them in a sealed bag, empty can, or jar. Then throw the container in a trash can. This extra step can prevent accidental overdose by children and pets and also possible drug theft.
- ☞ Take the drugs to a pharmacy for safe disposal. Many drug stores accept unwanted prescription drugs for safe disposal. If not, call your local health department or hospital pharmacy to see if they'll accept the medications.
- ☞ Again, do *not* flush medications down the toilet!

Source (note the absence of the www in this web address): <http://cancer.about.com>

Free Download? Oh Yeah?

In case you've not yet encountered this, be aware that when a website offers a "free download," it does not mean that the downloaded software is free.

It is either "trialware," which will work only for a limited period, or what this writer calls "hobbledware," a restricted version of the software. To continue using trialware after the initial period or to unlock all the features of hobbledware, you must buy the program.

bledware, you must buy the program.



Thanks to Bill Shapiro for reminding us to beware of anything that is advertised as "free." It rarely is.

Disposing Of Cell Phones

We all want to do the right thing by recycling. We know how to dispose of our paper and plastics, newspapers announce Electronics Recycling Days, and office supply stores will take our old printer cartridges. But what can we do with old cell phones?

Here are five groups that accept these devices. Some resell them and give the proceeds to charity:

- Cell Phones For Soldiers (www.cellphonesforsoldiers.com) uses its money to buy calling cards for soldiers who are overseas. You can donate to a listed soldier or look for one you may know.
- CollectiveGood (www.collectivegood.com) offers cash for cell phones and other electronic products. You

can choose to keep the money or donate it to charity.

- Cell Phone Recycling (www.cellular.com) refurbishes your phone for resale or, if the phone has no resale value, disposes of it in an environmentally friendly manner.
- Eco-Cell (www.eco-cell.com) Much like the group above, it refurbishes your phone, resells it, and offers your group a portion of the proceeds.
- The WACC (www.wacci.net) also accepts old cell phones, but we do not resell them. We give them to The Knights of Pythias, which reprograms them for 911-only use, and gives out the 911-phones free for emergency use.

Wireless Amber Alerts

Amber Alerts are issued to law enforcement officials and the general public when a child under the age of 17 is believed to have been abducted. You may have heard these alerts given via television or radio.

Now you can receive them via your cell phone by logging onto (note the absence of the www in this web address) <http://wirelessamber-alerts.adcouncil.org>.

This site allows you to receive Amber Alerts specific to your area when you sign up and enter the zip codes of areas you may frequent.

Statistics show that the first three hours after a child is abducted are crucial to recovery efforts. You can be a part of that recovery!

Quotes On The Topic Of Stupidity

“Before you do something stupid, think about whether or not you’ll be alive tomorrow to regret it.”

...Lauren Dortch

“Only two things are infinite: the universe and human stupidity, and I’m not sure about the former.”

...Albert Einstein

“There’s nothing worse than aggressive stupidity.”

...Johann von Goethe

“Some fellows get credit for being conservative when they are only stupid.”

...Kin Hubbard

“Bravery and stupidity go hand in hand.”

...David Summers

Source:

www.dailycelebration.com

Do You *Really* Know Your Neighbors

We’ve all heard of cases in which there’s a horrible crime yet when the media goes around to interview neighbors, the neighbors say something like, “He was a good guy. Kept to himself.” That always brings up the question: how well do we know our neighbors?

It’s impossible to know the life stories of those who live near us, but there is a way to find out if they have criminal records. Go to www.criminalsearches.com.

There, you’ll be able to search based on:

- Someone’s name
- Your neighborhood
- Whether there are any sex offenders in your area

Note: the data on this website are supposedly culled from public information sources. Also, just

because someone was accused of something, it doesn’t mean that they were found guilty. The site also may not give you specifics about their offence, since sometimes a listed offence is generic and could represent any one or more of several charges.

Still, it’s interesting to get an idea of “who are the people in your neighborhood” (to quote a song from Sesame Street). This site is also useful if you’re thinking about moving into an area. Take a look!



Underwear Dust

One evening a husband, thinking he was being funny, said to his wife, “Perhaps we should start washing your clothes in 'Slim Fast'. Maybe it would take a few inches off of your tush!”

His wife was not amused, and decided that she simply couldn't let such a comment go unrewarded.

The next morning the husband took a pair of underwear out of his drawer. “What is this?” he

said to himself as a little “dust” cloud appeared when he shook them out.

“April”, he hollered into the bathroom, “Why did you put talcum powder in my underwear?”

She replied with a snicker, “It's not talcum powder. It's Miracle Grow!”



Source: A friend.

Bridge scores

Don't Let Your Food (Continued from Page 3)

Keep counters clean, and it's a good idea to disinfect them periodically, but then be sure to rinse away all remnants of the disinfectant so that it doesn't get into the food.

Do not use any food that shows signs of deterioration of improper storage. Return it to the store for a refund or exchange.

Refrigerate or freeze perishable foods *immediately* unless you are planning to use them within a short time. If you won't be using them within an hour, refrigerate them.

Keep a refrigerator thermometer in the main compartment and in the freezer. Check periodically to verify that the freezer temperature is not higher than 0 degrees Fahrenheit and the main compartment is not warmer than 40 degrees Fahrenheit.

Eat *nothing* that smells or looks suspicious either before or after cooking.

Use a wooden cutting board, free of cracks. (Plastic boards were recommended for awhile, but tests showed that in fact they are *more* hospitable to microorganisms than is wood.) Wash it after you cut raw meat or seafood on it. Consider using a separate board for raw foods.

Stay out of the kitchen if: (1) You have a communicable illness, or (2) you have an uncovered cut. If you have an *infected* cut, stay out even if it is covered.

After cutting up any raw animal product (i.e. chicken, seafood, beef) do not use the same knife or cutting board to cut any other food without first thoroughly washing the utensil and the board.

Some foods that are sold in jars should be refrigerated after opening. Examples are mayonnaise and (surprisingly) ketchup.

Wash the lids of canned foods before opening them, to prevent dirt or germs on the lid from getting into the food.

Rinse fruits and vegetables under running water before cutting and/or eating. Do not use soap or detergent, but your market may offer some non-toxic produce washes.

After Cooking

Unfortunately chickens, cattle and pigs are not kept sufficiently clean in the United States to make them safe for eating raw or undercooked. Some people do routinely eat "soft-cooked" eggs, rare beef and pork, with no apparent ill effects. but for maximum safety (if not maximum tastiness and most pleasing texture), and especially if you are in delicate health, those foods should be cooked fully. The thickest part of fish should be opaque and the fish should flake easily with a fork, the shell of shrimp should be red, beef and pork should be entirely without pink or red areas, eggs should not be "runny".

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Special Events in June

Monday, June 8

11:30 AM—Computer Fun Meeting (Free and open to the public)

Wednesday, June 17

General Meeting

**with featured speaker Judy Ebright, who will talk about
the paintings of Normal Rockwell,
with examples.**

Free, open to the public

Light refreshments

Monday, June 22

11:30 AM—Computer Fun Meeting (Free and open to the public)

*June
Birthdays*

Myrna Korman	5	Edward Fifer	20
Selma Lichtenberg	5	Antoinette Hanisko	28
Henry Gates	6	Lorraine Nemeth	28
Gloria Morris	12	Henry Hartmann	29
Mae Hewitt	14		

Don't Let Your Food ... (Continued from Page 10)

Do not leave cooked food out of the refrigerator any longer than necessary, especially in summer. Foods left out for an extended period should not be eaten. Cream- and mayonnaise-containing foods spoil most rapidly.

In Restaurants

Check for cleanliness at the salad bar and the sushi counter. For instance, cooked shellfish lying on the same bed of ice as raw shellfish can be cross-contaminated.

This article is based in part on advice from the United State Food and Drug Administration.

Times and Contacts for Regular Activities

ACTIVITY	DAY & TIME	COORDINATOR(S)
Canasta ^{cc}	Wed 1:00 PM—4:00 PM ^{¶¶¶¶}	Elizabeth Farace
Computer Classes ^{cc}	(various —see coordinator)	Vince Barilla
Computer Fun Meeting ^{¶¶¶ cc}	2nd & 4th Mon 11:30 AM	Charlie McNally
Contract Bridge	Mon 10:00 AM—1:00 PM	Myrna Korman
Cyberspace News	Monthly	Linda Klonsky, Editor
Discussion Group	Thu 10:00 AM—Noon	Arnold Rogoff
Duplicate Bridge	Tue 1:00 PM—5:00 PM	Myrna Korman
“	Thu 1:00 PM—5:00 PM	Fred Weston
	Fri 7:00 PM	Myrna Korman
Executive Committee	Second Wed 10 AM	Barbara Vigorito
General Meeting ^{¶¶¶}	Quarterly, third Wed 1:00 PM	Barbara Vigorito
Intermediate Bridge ^{cc}	Friday 1:00 PM—3:00 PM	Myrna Korman
Jigsaw Puzzle	Anytime [¥]	June Morris
Lending Library	Anytime [¥]	Julia Bidden and Reva Kamens
Line Dancing ^{cc,§}	Tuesday, 1:30 PM—2:30 PM ^{§§}	Joyce Cimera
Mah Jongg ^{cc}	Thursday 9:30 AM—11:30 AM	Barbara Taitleman
Speaker/Performer Series	(At the General Meeting)	Barbara Vigorito
Newsletter	Monthly	William Shapiro, Editor
Painting Group	Friday, 9:00 AM	Anil Mathur
Pinochle ^{cc}	Tue 9:30 AM	Elizabeth Farace
“	Wed 9:30 AM	Henry Gates
Shuffleboard (outdoor) ^{cc,¥¥¥}	Sat 10:00 AM—Noon	Henry Hartmann
Tennis ^{¥¥}	Mon, Wed, Fri 9:00 AM***	Vic Scillieri

* Elks Lodge #2181, located at 50 Hinchman Ave, Wayne.

** Preakness School (formerly the Wayne Civic Center), Hamburg Turnpike northbound, second building before the jug handle at Church Lane.

*** Weather permitting. Suspended December through March

¶ Open to the public. ¶¶ Free, open to the public. ¶¶¶ Except for the third Wednesday of the month.

ç Kilroy Park, Concord Place, Wayne. çç Instruction included or available.

¥ Except during Executive Committee meetings

¥¥ Tennis courts behind municipal complex, Nellis Drive, Wayne. Suspended in the winter months.

¥¥¥ May through September, weather permitting.

§ Suspended during the summer. §§ No dance on the first Tuesday of the month.

The coordinators may be contacted through our office at 973-633-0734

Computer Fun Meeting Topics

To receive regular topic announcements, send an Email request to: charliewacci@hotmail.com

Officers of the Wayne Adult Community Center, Inc.

President: Barbara Vigorito
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