

JOSEPH CIPOLLA SENIOR ACTIVITY CENTER

93 N FARVIEW AVENUE

PARAMUS, NJ

MAY 2018



“It’s May, it’s May the lusty month of May!” (Camelot) A time to dance in the excitement of the warmth of the sun and the beauty of all that is. A time to feel more inclined to taking care of oneself as everything around us looks and feels vibrant, “alive”. When I choose to live in joy, I am also choosing to acknowledge that there may be things in my life that are not joyous but all that I can see with the eyes of love becomes meaningful to grow upon and it’s up to me to create my own joy. May you see life as a blessing, a joy, and may you be surrounded by beauty in all that you see.

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, Assistant Director: 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



OUR GANG



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

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 June 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.

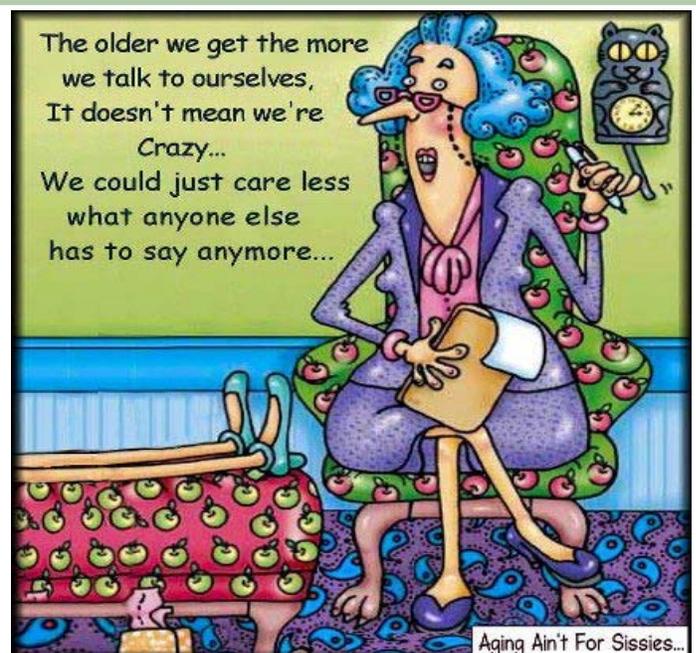
For information regarding membership, please call Cathy Martino 201-967-1108

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. We have two catered luncheons, one in March for installation of officers and another in June our last meeting prior to our summer break. Members are entitled to a free Holiday luncheon and dance at The Seasons in Washington Township. Come as a guest to one of our meetings.

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

Congratulations to the #1 Club which is celebrating 50 years!!!! The #1 club started in 1968 with Louise Suppo, who was the first President of the Club. Since then, several presidents and officers have stepped up to offer their service in creating a club that continues to flourish.



MAY BIRTHDAY SPOTLIGHT

DOROTHY CROWFOOT HODGKIN—NOBEL PRIZE IN CHEMISTRY IN 1964

Dorothy Crowfoot was born in Cairo on May 12th, 1910 where her father, John Winter Crowfoot, was working in the Egyptian Education Service. She was named Nobel Prize winner in Chemistry in 1965 for her extended research "for her determination by X-Ray techniques of the structures of biologically important molecules".

Her mother, Grace Mary Crowfoot was an authority on early weaving techniques. She was also a botanist and drew in her spare time the illustrations to the official Flora of the Sudan. Dorothy Crowfoot spent one season between school and university with her parents, excavating at Jerash and drawing mosaic pavements, which she enjoyed tremendously.



Dorothy became interested in chemistry and in crystals at about the age of 10, and this interest was encouraged by Dr. A.F. Joseph, a friend of her parents. . Most of her childhood she spent with her sisters in Norfolk, from where she attended the Sir John Leman School. She and one other girl were allowed to join the boys in chemistry at school, and by the end of her school career, she had decided to study chemistry and possibly biochemistry at university.

She went to Oxford and Somerville College during her first year. She combined archaeology and chemistry, analyzing glass tesserae from Jerash. She attended the special course in crystallography and with great encouragement from educators she decided to do research in X-ray crystallography. Her Chemistry II work entailed working with H.M. Powell (pioneer of x-ray crystallography), as his first research student on thallium dialkyl halides.

Most of her working life, she spent as Official Fellow and Tutor in Natural Science at Somerville, responsible mainly for teaching chemistry for the women's colleges. She became a University lecturer and demonstrator in 1946, University Reader in X-ray Crystallography in 1956 and Wolfson Research Professor of the Royal Society in 1960.

She continued the research with fellow students that was begun at Cambridge on sterols and on other biologically interesting molecules, including insulin. Their research on penicillin began in 1942 during WWII, and on vitamin B₁₂ in 1948. Her research group grew slowly.

In 1937 she married Thomas Hodgkin, son of a historian and grandson of two others, whose main field of interest has been the history and politics of Africa and the Arab world, and who is at present Director of the Institute of African Studies at the University of Ghana, where part of her own working life is also spent. They have three children and three grandchildren. Their elder son is a mathematician: their daughter (like many of her ancestors) is an historian-teaching at girls' secondary school in Zambia. Their younger son has spent a pre-University year in India before going to Newcastle to study Botany, and eventually Agriculture.

What is Crystallography?

The science that examines the arrangement of atoms in solids.

"crystallography" derives from the Greek words crystallon "cold drop, frozen drop"

What is a crystal? - crystalline if the atoms or ions that compose it are arranged in a regular way

Dorothy Hodgkin took part in the meetings in 1946 which led to the foundation of the International Union of Crystallography and she has visited for scientific purposes many countries, including China, the USA and the USSR. She was elected a Fellow of the Royal Society in 1947, a foreign member of the Royal Netherlands Academy of Sciences in 1956, and of the American Academy of Arts and Sciences (Boston) in 1958.

MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
	1 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo	2 9:30 Yoga 11:00 Art Class 2:30 Canasta Billiards NO MEDITATION CLASS TODAY	3 AM Bocce 9:30 Healthy Bones 1:00 Pioneers Club	4 AM Bocce 9:00 Yoga 10:00 Chair Yoga 1:00 Meditation Billiards NO ZUMBA CLASS TODAY
7 10:00 Yoga 11:00 Coloring/ Conversation 12:30 Senior Fitness 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards	8 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Pizza)	9 9:30 Yoga 9:30 Meditation 11:00 #1 Club 11:00 Art Class 2:30 Canasta Billiards	10 AM Bocce 9:30 Healthy Bones Billiards	11 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards
14 10:00 Yoga 11:00 Coloring/ Conversation 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards	15 AM Bocce 9:30 Healthy Bones 12:00 Cards 12:30 Women's Club of Paramus- Book Club 1:00 Bingo (Hot dogs)	16 9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards	17 AM Bocce 9:30 Healthy Bones 1:00 Pioneers Club Billiards	18 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards
21 Resorts Casino 10:00 Yoga 11:00 Coloring/ Conversation 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards	22 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Sandwiches)	23 9:30 Yoga 9:30 Meditation 11:00 #1 Club 11:00 Art Class 2:30 Canasta Billiards	24 AM Bocce 9:30 Healthy Bones Billiards	25 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards
28 CENTER CLOSED 	29 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo	30 9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards	31 AM Bocce 9:30 Healthy Bones Billiards	

4 Questions to Ask Yourself about moving

1. Should I be moving?

There may come a time in your life when you realize that where you are currently living is not meeting your needs. It be for financial, physical or logistical reasons. There are several factors to think about to help guide you in the decision making process.

Think about the people you'll miss, the clubs, organizations, religious groups, or the quiet neighbors who are always there when you need them. Write down the great things about the city or town or your neighborhood you live in that you love.

All these things matter and it's up to you how much they should be counted as part of your decision to move.

What about family - do you have close relationships that you'll miss if you move? What about support you may provide to family members - is there someone who can replace you? What about the support you might receive from family, home repairs, emotional support etc... How often could you afford to return for visits?

2. What am I looking to improve?

Look at what is in your life now that is changing and then think about whether that problem can be solved by making the major decision to move. How much time and effort are you willing to put in to fix up your current living environment in order to move? Then there is the decision of where will you move to that will meet all your needs. What if your current family dynamics have changed, as in having a sick spouse or a spouse who is resistant to moving, a death in the family, how do you move forward?

3. Where will I move to?

When trying to decide if a move is in your best interest, make a list of the positive things that the new city/town/neighborhood will offer such as a better cost-of-living, more access to more appropriate recreation, better access to support systems, stores, restaurants, healthcare, senior centers, better weather, etc...

These factors can only be decided by you.

Weather is a big factor as well as an affordability with access to recreation. Rank, in order, what is most important to you and your family's happiness, and determine if some of these factors can be found where you currently live. If not, reassess their importance and look at the overall picture and not just the immediate picture, but what your life might look like a year, two years and five years down the road.

Long-term planning is important since moving is a major commitment and requires a lot of energy, patience and financial resources. Will your family be better off (physically, emotionally, spiritually) in future? Is moving right for your family right now? What if you delayed it for a year or two? How would this impact your current situation? Could you afford to move in future?

4. At what cost?

The decision-making process wouldn't be complete without taking into consideration the practical aspects of moving. Here are some questions you need to ask yourself:

Am I/we emotionally and physically capable of making the move?

How much will it cost to move?

Can I/we afford to move right now?

DON'T FALL VICTIM TO SCAMS

Thousands of utility customers across North America lose millions of dollars to utility scams each year. To combat the scammers, electric, gas and water utilities have united to raise awareness, educate and protect people against scams.

PSE&G reminds you to be alert to scams – particularly scams demanding immediate bill payment with a prepaid card.



Here's how one common scam works:

- Someone pretending to be a PSE&G employee calls and threatens to shut off service unless they receive immediate payment with a prepaid credit card. The caller ID may even mimic PSE&G's customer service number.
- Customers are given a telephone number to call back after they have purchased the card. When they call that number, they may hear voice prompts that imitate the real PSE&G customer service line.

When a false representative answers the line, they ask for the prepaid card code on the back of the card or on the receipt. Scammers then take the money from the card – usually within a matter of minutes.

Protect yourself. Be cautious when contacted by someone threatening service termination if they do not receive immediate payment with a prepaid credit card. **Hang up and call the PSE&G number listed on our website or on your bill.**

You should know:

- PSE&G alerts customers in a number of ways before terminating service: messages on bills, letters and phone calls.
- PSE&G would never require a customer to use one specific type of payment.
- When PSE&G calls a customer, we can provide customer-specific information including the account name, address, number and current balance.

This kind of scam is also used with other utilities and/or companies including Internal Revenue Service.

Be safe - call the numbers on your cards, paperwork and or valid listing in telephone directory.