

Wayne Adult Community Center

NEWSLETTER



WAYNE ADULT COMMUNITY CENTER, INC.

[White House on Schuyler Colfax Campus]

1502 HAMBURG TURNPIKE, WAYNE, NJ 07470

973-633-0734 www.WACCI.net

Our Center is a self-supporting, all-volunteer organization that gives New Jersey adults, age 55 and older, the opportunity to learn new skills, make new friends, and join a variety of organized recreational and educational activities.

CENTER HOURS – MONDAY TO FRIDAY - 9 AM TO 5 PM

WE WELCOME NEW MEMBERS

*****Celebrating our 26th Year*****

**You may participate in any activity
twice before joining.**



Newsletters for July and August will not be published. The September issue will be next newsletter published.

Newsletter Staff:

Morris Stein, Lynn Mace, Mary Ann Oesterle, Myrna Korman

JUNE 2022 ACTIVITIES

Duplicate Bridge

Contract Bridge

Bridge Instruction

Mah Jongg

Pinochle

Canasta

Painting Group

Painting Instruction

Discussion Group

Book Club

Lending Library

Tennis Program

WACCI Walkers

BBQ Picnic

Holiday Party

***Big Band Dances at
Wayne Elks***

.....and much more

Scheduled Activities



Wayne Adult Community Center

1502 Hamburg Turnpike, Wayne, NJ
(White House on Schuyler-Colfax Campus)
973-633-0734 www.wacci.net

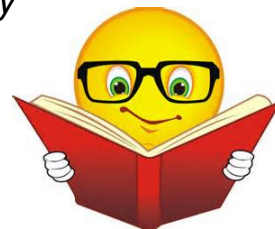


Contract Bridge 10 AM Monday



Mah Jongg 12:30 PM Monday and 9:30 AM Thursday

Pinochle 9:30 AM Tuesday and Wednesday
12:30 PM Friday



Duplicate Bridge 12:30 PM Tuesday and Thursday

**** Executive Committee Meeting** 11:00 AM Second Tuesday of month



**** Book Club** 10:30 AM Third Tuesday of month

Canasta 12:30 PM Wednesday



Big Band Dance 12:30 PM [Mar thru Dec] Third Tuesday of month at Wayne Elks

**** Discussion Group** -- Wednesday 10:00 AM



Painting Instruction 10 AM Friday

Bridge Instruction 1 PM Friday

Tennis 9 AM Friday [In season]



WACCI Walkers [Apr thru Nov -- See schedule in this newsletter]

For more information, please call our Center at 973-633-0734 or visit our website: www.wacci.net



WACC BOOK CLUB

Tuesday 10:30 am



June 21st

“The Secret Keeper of Jaipur” by Alka Joshi



The Wayne Library has an adequate but limited supply of books. It is recommended that you reserve books early. You are welcome to attend without reading the selected book. Please call Vivian Grossman if you have any questions. 973.956.1784.

WACCI WALKERS

Thursdays: June 2, 9, 16, 23, 30 - Barbour Pond – 9:30 am

Tuesday, June 7 - Laurelwood Arboretum – 9:30 am



Directions:

Barbour Pond: Take Valley Rd North, cross Hamburg Tpk. Turn L at first light onto Barbour Pond Rd.

Laurelwood: Take Colfax Rd, R onto Vale Rd, R onto Pines Lake Drive West, parking lot on the R

July and August: Every Thursday - Barbour Pond – 9:30 am

Any questions or suggestions, call Gunvor at 973-633-7433

VOLUNTEERS NEEDED

FOR A NEWLY FORMED MEMBERSHIP COMMITTEE.

PLEASE CONTACT LEN ARKIN IF YOU WANT TO HELP

Len.arkin@gmail.com



JUNE BIRTHDAYS

CAROL BROWN	JUNE 1
MYRNA KORMAN	JUNE 5
SELMA LICHTENBERG	JUNE 5
ISABELLA ECONOMOU	JUNE 7
PAUL GROSSMAN	JUNE 18
BARBARA DIMAS	JUNE 21
BETTY RYAN	JUNE 27

If you wish to have your birthday listed in the newsletter, email Morris Stein at steinmorris@optonline.net

DO YOU KNOW WHO I AM

This happened at a New York Airport. This is hilarious. I wish I had the guts of this girl.

An award should go to the United Airlines gate agent in New York for being smart and funny, while making her point, when confronted with a passenger who probably deserved to fly as cargo.

For all of you out there who have had to deal with an irate customer, this one is for you.

A crowded United Airlines flight was cancelled.

A single agent was rebooking a long line of inconvenienced travelers.

Suddenly, an angry passenger pushed his way to the desk. He slapped his ticket on the counter and said,

"I HAVE to be on this flight and it has to be FIRST CLASS."

The agent replied, "I'm sorry, sir. I'll be happy to try to help you, but I've got to help these folks first; and then I'm sure we'll be able to work something out."

The passenger was unimpressed.

He asked loudly, so that the passengers behind him could hear,

"DO YOU HAVE ANY IDEA WHO I AM?"

Without hesitating, the agent smiled and grabbed her public address microphone. "May I have your attention, please?", she began, her voice heard clearly throughout the terminal.

"We have a passenger here at Gate 14 WHO DOES NOT KNOW WHO HE IS. If anyone can help him with his identity, please come to Gate 14."

With the folks behind him in line laughing hysterically, the man glared at the United Airlines agent, gritted his teeth, and said, "F*** You!" Without flinching, she smiled and said, "I'm sorry sir, you'll have to get in line for that, too."

Submitted by Ruth Brody



JULY AND AUGUST BIRTHDAYS

ELIZABETH FARACE	JULY 2
LEE WARNER	JULY 11
JULIA BIDDEN	JULY 24
RUTH CARLSON	AUG 13

If you wish to have your birthday listed in the newsletter, email Morris Stein at steinmorris@optonline.net

For Thinkers Only

- Do twins ever realize that one of them is unplanned?
- What if my dog only brings back my ball because he thinks I like throwing it?
- If poison expires, is it more poisonous or is it no longer poisonous?
- Which letter is silent in the word "Scent," the S or the C?
- Why is the letter W, in English, called double U? Shouldn't it be called double V?
- Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.
- Every time you clean something, you just make something else dirty.
- The word "swims" upside-down and backwards is still "swims".
- Intentionally losing a game of rock, paper, and scissors is just as hard as trying to win.
- 100 years ago, everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
- The doctors that told Stephen Hawking he had two years to live in 1953 are probably dead.
- If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.
- Many animals probably need glasses, but nobody knows it.
- If you rip a hole in a net, there are actually fewer holes in it than there were before.
- If 2/2/22 falls on a Tuesday, we'll just call it "2's Day". (It does fall on a Tuesday)
- 100 years ago, a Twenty Dollar bill and a Twenty Dollar gold piece were interchangeable. Either one would buy a new suit, new shoes and a night on the town. The Twenty Dollar gold piece will still do that.

Submitted By Anne Nash

Medicaid's Coverage of Nursing Home Care

For better and for worse, Medicaid is the primary method of paying for nursing home care in the United States. But navigating the Medicaid system is complicated and confusing. Here are the basics.

Medicaid (sometimes called by other names, such as "Medi-Cal" in California, "MassHealth" in Massachusetts, and "TennCare" in Tennessee) is a joint federal-state program that provides health insurance coverage to low-income children, seniors, and people with disabilities. In addition, it covers long-term care for those who qualify. This coverage has traditionally meant care in a nursing home, although coverage of care in an assisted living facility or at home are possible (see below).

In the absence of any other public program covering long-term care (Medicare provides only limited nursing home coverage), Medicaid has become the default nursing home insurance of the middle class. Lacking access to alternatives such as paying privately or being covered by a long-term care insurance policy, most people pay out of their own pockets for long-term care until they become eligible for Medicaid.

Each state operates its own Medicaid system, but this system must conform to federal guidelines in order for the state to receive federal money, which pays for about half the state's Medicaid costs. (The state picks up the rest of the tab.) This complicates matters, since the Medicaid eligibility rules are somewhat different from state to state and they keep changing. To be certain of your rights, consult an elder law attorney in your state who can guide you through the complicated rules of the different programs and help you plan ahead.

While the majority of nursing homes accept Medicaid patients, there are some that do not. Even nursing homes that accept Medicaid recipients may only have a limited number of Medicaid beds available. Nursing homes must be certified by the state in order to accept Medicaid payments. Check with the facility before applying for admittance.

To qualify for coverage, applicants must have limited assets and income. You typically cannot have more than \$2,000 in assets; the figure may be slightly higher in some states. To lower your assets, you need to spend them down by paying for things that benefit the Medicaid applicant. You cannot simply give away your resources in order to qualify for Medicaid. Income limits vary by state. In some states you can keep excess income in trust; in other states you must pay your excess income to the nursing home.

In addition to the strict income and asset limits, you must meet level of care requirements in order to qualify for nursing home coverage. Each state sets its own level of care criteria and the criteria is not always clear. The state looks at an applicants' functional, medical, and cognitive abilities to determine if they need care in a nursing home. You are usually determined to need long-term care if you need help with two or more "activities of daily living" (such as bathing, dressing, eating, moving, and going to the bathroom). But to need a nursing home level of care, you may also need frequent medical care, such as assistance with medication, injections, IVs, or other medical treatment. The state may also consider your cognitive abilities—i.e., whether you have the ability to make decisions on your own.

Once you qualify for Medicaid, the program pays for all your basic expenses, but nursing home residents may be charged extra for certain amenities, like a private room, comfort items, or specially prepared food.

In addition to nursing home care, Medicaid may cover some home care services or in limited circumstances care in an assisted living. Home care is typically provided through home- and community-based services "waiver" programs to individuals who need a high level of care, but who would like to remain at home. States vary widely on how to qualify and what is covered. Almost all state Medicaid programs will cover at least some assisted living costs for eligible residents.

To apply for Medicaid, contact your local Medicaid office. An elder law attorney can help you navigate the Medicaid process.

Source: Michael Rudolph's April 2021 Newsletter

NORMAN ROCKWELL PUZZLE

Norman Rockwell was born in New York City near the end of the Victorian age and lived in Vermont and rural Mass. for more than half his life. He was a talented painter and illustrator most famous for Saturday Evening Post covers and also The Four Freedoms paintings which were done in 1942. They were inspired by an FDR speech to Congress in 1941. He was married three times, had three sons and was a tireless worker. He produced over 4,000 paintings and sketches that have been catalogued at the Norman Rockwell Museum. His paintings depict American values and a simpler time in the past century.

The photo of the couple at breakfast was a 1930 Post cover and his second wife Mary was the model. He often used local residents near his home to pose for the paintings.

The multiple-choice puzzle should be challenging for you and informative too.

Norman Rockwell Fun Facts

1. Norman Rockwell was the eldest son in his family and he was born in A 1890. B 1894. C. 1900. ———
2. His very first Saturday Evening Post cover was hand delivered to the corporate office in A Philadelphia. B Chicago. C. New York. ————
3. He painted more SEP covers than anyone else starting in 1916 and finishing in 1963. The total number of covers was A 278. B 450. C 332. ———
4. The Four Freedoms were part of a War Bonds tour in 1943. It started in Washington DC and went to this many other cities. A 15. B. 25. C. 45. ————
- 5 The total amount of money raised for the WWII war effort by The Four Freedoms tour was A \$10 million. B \$100 million. C over \$132 million. ———
6. Other magazines that he illustrated for included all of these except A Life. B. Ladies Home Journal. C. National Geographic. D. Look
7. Later in life Rockwell appeared in a remake of a famous western movie. His role was gambler Buster Flush. The movie was. A. How the West was Won B Stagecoach. C. Butch Cassidy and the Sundance Kid. D. High Noon. ———
8. Sotheby's auctioned off an original Rockwell painting titled Saying Grace in 2013 for a record A \$25 million B \$46 million C \$75 million. ———
9. If you want to visit the Norman Rockwell Museum you'll need to travel to A. New York City. B Stowe Vermont. C. Stockbridge Mass. D. Boston ———
10. He often did self-portraits and they usually depicted him A smoking a pipe. B wearing glasses C standing up ———

Created by Lynn Mace

Juneteenth

June 19 is now officially Juneteenth National Independence Day, a US federal holiday commemorating the end of slavery in the United States.

Here's what you need to know about the holiday and its history:

- The day's name is a blending of the words June and nineteenth.
- It commemorates **June 19, 1865**: the day that Union Army Maj. Gen. Gordon Granger rode into Galveston, Texas, and told slaves of their emancipation. That day came more than two years after President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863. Even after Lincoln declared all enslaved people free on paper, that hadn't necessarily been the case in practice.
- Juneteenth is also known as **Emancipation Day**. People across the country celebrate with food and festivities, much like the Fourth of July.
- **All but one state**, as well as the District of Columbia, recognize the milestone of Black liberation in some shape or form. For example, some companies honor the occasion by giving their employees the day off.
- Despite being celebrated since 1865, it was only until **1980** that Texas became the first state to make Juneteenth a state holiday.
- With Biden's signature, Juneteenth is the **first holiday to be approved since Martin Luther King Jr. Day**, which was established in 1983.
- Juneteenth has often **been overlooked by non-Black Americans and omitted from history books**. However, momentum to recognize the occasion was generated by the **Black Lives Matter movement** last year.

Despite certifying Juneteenth as a federal holiday, Black Americans continue to face **systematic challenges** such as the racial wealth gap, disproportionate incarceration and persistent health disparities. Therefore, activists say the holiday shouldn't be seen as a substitute for substantive action, but a step in the right direction.

Origins of Father's Day

The campaign to celebrate the nation's fathers did not meet with the same enthusiasm as Mother's Day – perhaps because, as one florist explained, “fathers haven't the same sentimental appeal that mothers have.” On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Today, the day honoring fathers is celebrated in the United States on the third Sunday of June: Father's Day 2022 occurs on June 19th. In other countries—especially in Europe and Latin America—fathers are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19.

Many men, however, continued to disdain the day. As one historian writes, they “scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products—often paid for by the father himself.”

During the 1920s and 1930s, a movement arose to scrap Mother's Day and Father's Day altogether in favor of a single holiday, Parents' Day. Every year on Mother's Day, pro-Parents' Day groups rallied in New York City's Central Park—a public reminder, said Parents' Day activist and radio performer Robert Spere, “that both parents should be loved and respected together.”

Source: daywww.history.com/topics/holidays/fathers-day#section_2

ISRAELI MEDICAL CONTRIBUTIONS

The Israelis do not make islands in the shape of palm trees, towering skyscrapers, expensive hotels, nor do their leaders use cars with massive silver bodies (allusion to Dubai and the United Arab Emirates).

The pride of Israel is that its technologies will be able to be used by all humanity:

1. Tel Aviv University is developing a nasal vaccine that will protect people from Alzheimer's and stroke.
2. The Technion, Institute of Technology (Haifa), has developed a simple blood test capable of detecting different types of cancer.
3. The Ichilov Center (Tel Aviv) isolated a protein that makes colonoscopy unnecessary to detect colon cancer, with a simple blood test. Colon cancer kills about 500,000 people annually.
4. Acne doesn't kill, but does cause anxiety in teens. The Curelight Laboratory has created a cure. Emitting UV rays at high intensity, kills the bacteria that cause acne.
5. The Given Imaging Laboratory has developed a tiny camera in the form of swallowed pills and transmits thousands of photos of the digestive tract. These high-quality photos (2 per second for 8 hours) can detect polyps, cancers, and sources of bleeding. The photos are sent to a chip that stores them and sends them to a computer. At the end of the process, the camera is eliminated via the rectum.
6. The Hebrew University (Jerusalem) developed an electrical neurostimulator (batteries) that is implanted in the chest of Parkinson's patients, similar to the pacemaker. The emissions from this device block the nerve signals that cause tremors.
7. The simple smell of a patient's breath can detect if a patient has lung cancer. The Russell Berrie Institute for Nanotechnology has created sensors capable of sensing and registering 42 biological markers that indicate the presence of lung cancer without the need for a biopsy.
8. Catheterization can be dispensed with in many cases. "EndoPAT" is a device placed between the indicator fingers, which can measure the state of the arteries and predict the possibility of a heart attack in the next 7 years.
9. The University of Bar-Ilan studies a new drug that fights viruses through the bloodstream. It is called Vecoy Trap, as it tricks a virus into self-destruction. Very useful to combat hepatitis, and in the future Aids and Ebola.
10. Israeli scientists at Hadassah Medical Center (Jerusalem) may have discovered the first cure for amyotrophic lateral sclerosis, known as Lou Gehring's disease, in an Orthodox rabbi. Stephen Hawking, a famous British scientist, suffered from this disease and used methods invented by Israeli scientists to communicate.

You will never get this from main-stream media! The world shouldn't live on bad news aloneso spread this good news.

Submitted by Lynn Mace

WACC Artist of the Month

Laura Beiner



This is the Way

Laura, a retired nurse, started painting a number of years ago and has exhibited excellent painting skills.

Laura is a longtime resident of Pompton Lakes .

Acrylic painting instruction at the **Wayne Adult Community Center** is provided by Dorothy Piela on Fridays from ten am until noon. Dorothy is a graduate of the Parsons School of Design and New York University.



RECIPE CORNER

Cheese Cake - Submitted by Lynn Mace

1 unbaked 9" graham cracker crust

Filling: 3 eggs. 2 (8 oz) packages of cream cheese (softened), 3/4 cup sugar,

1 tsp. Vanilla, cinnamon

Topping: 1 cup sour cream, 1/4 cup sugar, 1 tsp vanilla

Directions: Beat eggs and cream cheese until smooth. Stir in sugar and vanilla. Pour into pie shell and bake for 30 minutes at 350 degrees. Remove from oven and sprinkle very lightly with cinnamon.

Make topping by whisking 3 ingredients together in small bowl. Cover top of warm pie and then bake for 5 minutes at 400 degrees.

Remove from oven and cool for 30 minutes before putting it into the refrigerator covered. Top with fruit if desired before serving.

Newsletter Mailing

In order to ensure that you will continue to receive the newsletter when you go to your winter location, please fill out and send the **first form** below to us one month before you leave.

Please fill out the **second form** and send it to us one month before you return. DO NOT send the second form before you leave; we keep your local address on file but we cannot maintain a record of the anticipated return dates for our many snowbirds.

If you fail to notify us in a timely manner, your newsletter will be returned to us postage due, causing us unnecessary expense. We will, in that case, not resume mailing the newsletter to you until at least two months after you give us your current address.

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FORM ONE

First Name _____ Last Name _____

Departure date _____

New or temporary address _____

Street address

Town

State, Zip

FORM TWO

First Name _____ Last Name _____

Return date _____

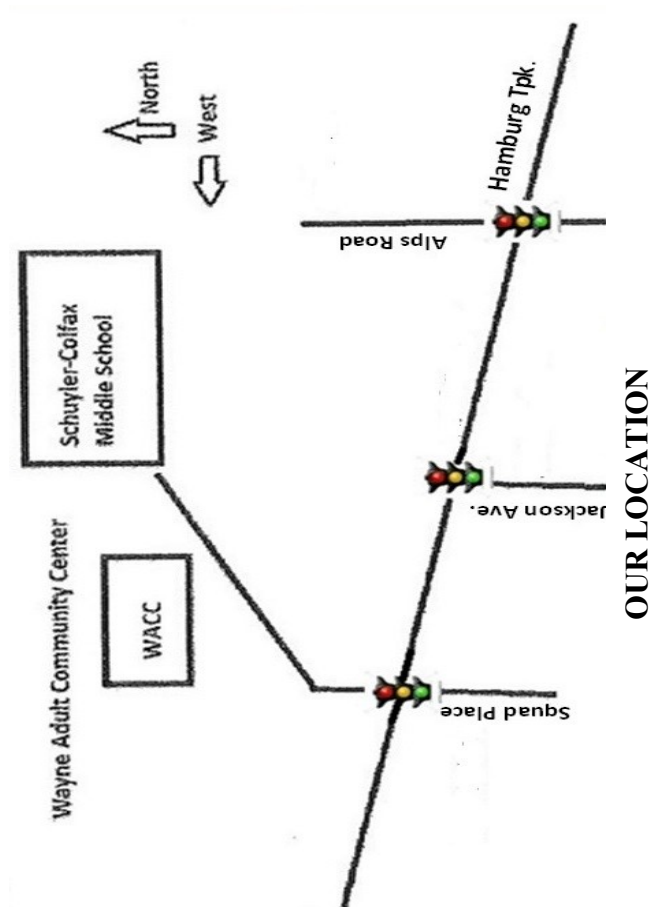
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ANSWERS. 1 B, 2 A, 3 C, 4 A, 5 C, 6 C, 7 B, 8 B, 9 C, 10 A.

2022 BRIDGE MONTHLY SCORES

Date			
APRIL	POS	FIRST	SECOND
Mon 4	Contract	M&P Oesterle	Breite-Pasquariello
Tues 5	N/S	VanDam-Gala	B&S Eisner
	E/W	Satra-Breite	Oesterle-Schneider
Thurs 7	N/S	Gala-Warner	H & M Stein
	E/W	Lichtenberg-Brenner	Kreger-Alexander
Mon 11	Contract	Maislin-Hyman	Kwiecek-Joseph
Tues 12	N/S	Stein-Zhou	VanDam-Gala
	E/W	B&J Hourihan	Brenner-Alexander
Thurs 14	N/S	Gala-Warner	H&M Stein
	E/W	Stevens-Thornton	Arkin-Schneider
Mon 18	Contract	M&P Oesterle	Kwiecek-Ryan
Tues 19	N/S	B&E Eisner	Hyman-Kreger
	E/W	Brenner-Alexander	Gehm-Dean
Thurs 21	N/S	H & M Stein	Gala-Warner
	E/W	Szwecki-Lichtenberg	Zimmerer-Pasquarillo
Mon 25	Contract	Maislin-Hyman	Ryan-Brown
Tues 26	N/S	Gorovitz-Grossman	Pruzansky-Shah A
	E/W	Schneider-Oesterle	M&P Parekh
Thurs 28	N/S	Gala-Warner	VanDam-Lampert
	E/W	A&P Shah	Thornton-Stevens

ACTIVITY	LEADERS
Big Band Co-sponsored by Wayne Elks Book Club	Frank Gertz Vivian Grossman
Bridge Instruction Canasta	Myrna Korman Elizabeth Farace
Contract Bridge Discussion Group	Myrna Korman Jack Lombardi
Duplicate Bridge—Tuesday Duplicate Bridge—Thursday	Myrna Korman Morris Stein
Executive Committee Meeting Jigsaw Puzzle	Morris Stein Elisa Maislin
Lending Library Mah Jongg	Reva Kamens Barbara Taitleman
Painting Instruction Pinochle	Dorothy Piela Elizabeth Farace
WACCI Walkers Tennis	Gunvor Satra Gunvor Satra
WACC Newsletter Newsletter Mailing	Morris Stein Gunvor Satra
WACC Website WACC Membership	Bill Shapiro Bill Shapiro



For more information, or to contact an activity leader,
call our office at **973-633-0734**

Wayne Adult Community Center Officers

President - Morris Stein Vice President - Myrna Korman Treasurer - Paul Grossman

Sergeant-at-Arms - Dennis Harding Secretary - Rosalie van Dam

Executive Committee Members-at-Large

Bill Shapiro Chet Gala Len Arkin Har Dayal Mary Ann Oesterle