



Wayne Adult Community Center, Inc.

For New Jersey's Active People 60 and Over*

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Newsletter and Cyberspace News

Editors: William Shapiro and Linda Klonsky

APRIL, 2007

ACTIVITIES

Big Band Dances
Contract Bridge
Lending Library
Painting Group
Tennis

Canasta
Discussion Group
Mah Jongg
Pinochle

Computer Classes*
Duplicate Bridge
Monthly Speaker
Pizza Parties

Computer Fun Meetings
Jigsaw Puzzles
Music Group
Shuffleboard

* 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 leave phone messages.

See Page 12 for specific days and times of all activities

A calendar of this month's activities is on page 2

More Memory Tips

See Page 3

WACC Officers

President: Bill Shapiro
Treasurer: Bill Pharo

Sergeant at Arms: Vince Barilla

Monthly schedule

This schedule is no longer timely, and has been deleted.

For the current daily schedule, click the “This Month” button on the home page.

More Memory Tips

When we forgot something in our twenties, we thought nothing of it. When we forget something now, in our so-called senior years, we panic and wonder whether it's a sign of incipient Alzheimer's disease. Happily, it seldom is.

But forgetfulness does increase with age, and in the December, 2001 issue of this newsletter* we published some tips on how to compensate. Here are some more:

- ▶ When you put something away “for safe keeping”, make a note of where you've put it. Keep all such notes in one standard place; then, you'll only have to remember that one location.
- ▶ Avoid putting anything down in an unusual place “just for now”, meaning to come back and put it where it belongs. There's a strong chance that by the time you think to retrieve it, you'll have forgotten where it is.
- ▶ Maintain a list of appointments and important tasks. Keep it in a standard, *prominent* place, and consult it beginning early in the day, *every* day.
- ▶ Keep a pen or pencil and a small pad with you at all times. Use it to make a note whenever you think of something that you don't want to neglect. Better yet, buy a pocket-size solid-state voice recorder. With that, you can make notes easily even when you're in a moving vehicle (but of course are not driving). When you return home, transcribe the notes to your appointment/task list. Your newsletter editor has two such recorders, one to keep at home and one to carry. He records appointments, ideas for newsletter articles, important tasks not done on a regular basis, and many other things. He has often arrived home or arisen in the morning (overnight, the recorder is on a bedside table) with ten or fifteen notes.
- ▶ Consider buying an alarm clock or a timer, that you can use to alert you to time-sensitive things. It will reduce the chances that you'll miss a medical appointment or be late for a dinner engagement. There are timers that can time several intervals simultaneously, and there is at least one that even allows you to record a message connected with each setting. (Your newsletter editor finds that last particularly useful when cooking several things at the same time.)

* Feature articles from all back issues are posted in the Archives section of our Web site: www.wacci.net.

Advertisement

For Active
People
Ages 60+

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April 2007



Cyberspace News

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Rescuing Slides From Oblivion

Do you have slides that you like but no longer look at because it requires hauling out and setting up the projector? Or doesn't your projector even work anymore?

Well, for a nominal price you can have the slides copied to images that can be viewed on your computer monitor. You can then also Email them to friends and family.

Some home scanners have provisions for scanning slides, but even high quality units produce barely mediocre results. The good news is that there are now commercial services with special scanning systems well suited to slides.

These services provide the digitized images on a CD or a DVD. (Of course, they also send your slides back.)

Bill Shapiro recently had 65 of his favorite slides digitized by a commercial service. The price was about 91¢ per slide including shipping charges and tax. The results were excellent, and as a bonus he can crop and make other desired adjustments to the digitized images. That's something you just can't do with slides.

Many thanks to Mr. Shapiro for passing on invaluable information like this!

You May Know Your Identify Thief

Fifty-three percent of identity theft victims last year reported their identity stolen by a friend, relative, employee or acquaintance. The home-bound elderly, who receive assistance from home services and others, may be particularly vulnerable due to their frailty and dependence.

The National Crime Prevention

Council has produced a free brochure on preventing identity theft. Download it from (note the absence of the www in this web address): <http://www.ncpc.org>.

Source: www.seniorjournal.com

Fun, Free, Informative

Come to our Computer Fun Meetings, which are free and open to everyone, whether you're a WACC member or not. Learn more about computers in an environment that is informal and friendly.

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

Two Just For You

Two articles from each issue of the newsletter (one from the main section and one from Cyberspace News) are archived 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.

Things I Wish I'd Known Earlier In Life

- Good sex should involve laughter because, you know, it's actually funny.
- Never give yourself a haircut after three martinis.
- A person needs only two tools: WD-40 and duct tape. If it doesn't move and it should, use the WD-40. If it moves and it shouldn't, use the tape.
- The five most essential words for a healthy relationship are "I apologize" and "You are right."
- Everyone seems normal until you get to know them.
- When you make a mistake, make amends immediately. It's easier to eat crow while it's still warm.
- If he says you're too good for him, believe him.
- I've learned to pick my battles. I ask myself, "Will this matter a year from now? How about one month? A week? A day?"
- Be really nice to your friends because you never know when you'll need them to empty your bed urinal or hold your hand.
- If you woke up breathing, congratulations! You have another chance!

Source: www.suddentlysenior.com

What The Spell Checker Can't Correct

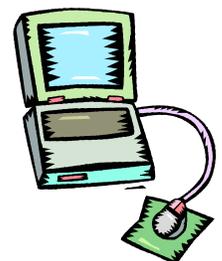
Deer Dairy:

I'm so happy to have a word processing program that has smell checking. In the passed, I've maid sew many eras that it was just two munch. But now my righting is gorges!

This lesson here is, of course, that spell checkers can find only misspelled words; they cannot find words that are spelled correctly but

are inappropriate. Some word processors now also have grammar checking, but that technology is still in its early stages, and many errors go undetected.

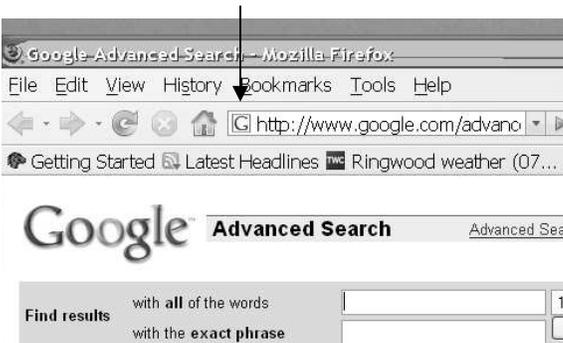
Many thanks to Bill Shapiro for this wonderful reminder. I only wish my son's substitute teacher had checked her spelling before she wrote on his recent homework assignment, "Excellant!"



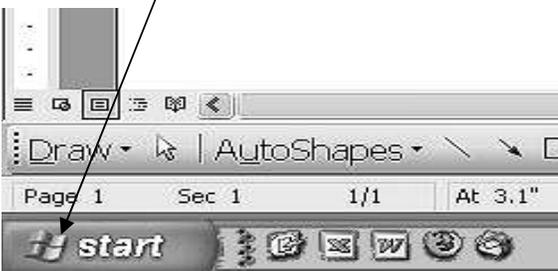
Three More Windows Tips

The following tips come via the very knowledgeable (and highly respected by CN's editor) Bill Shapiro:

1. When you go to a Web site, there is a little icon at the left of the address in your browser's Address Box.



If you drag that icon to your Start button



and drop it there, the Web site address will appear in your Start Menu. Then, whenever you want to go to the site, just click the Start Menu entry; your browser will open automatically and take you to the site.

2. Put a file or a folder in your Start Menu

You can also drag a file or a folder to the Start Menu. When you click an entry for a file, the

appropriate program will start automatically and will open the file. When you click a folder entry, either the folder or a menu of the folder's contents will open.

3. Put any of the above into your Quick Launch toolbar

If there are any files, folders or Web sites you use so frequently that you don't even want to bother opening the Start menu, it's possible to place them in the Quick Launch toolbar (that's the little area just to the right of the Start button at the bottom of the screen):



Just drag the item as above, to the location on the Quick Launch toolbar where you want it to appear. You may have to lengthen the toolbar to make room for all your entries. You do that by dragging the little dotted line at the right of the Quick Launch area.

Again, thanks to Bill Shapiro for these tips.

Why I Wish I Were A Bear

- **Bears get to hibernate and do nothing but sleep for six months. I wish I could do that!**

- **Before they hibernate, they get to eat themselves silly. I wish I could do that!**

- **Bear offspring are walnut-size and are born while the mother is asleep. Mother bears wake to cute, partially grown cubs. That would be nice!**

- **Papa bears EXPECT their mates to wake up growling. They EXPECT them to wake up with hairy legs and excess body fat.**

Yep! I wish I were a bear!

Source:
www.seniorscope.com

Great Quotes On...Life

"In youth we learn, in age we understand."

Marie Ebner-Eschenbach

"It's never too late to be who you might have been."

George Elliot

"When you cease to make a contribution, you begin to die."

Eleanor Roosevelt

"I'm not trying to find answers anymore. I'm trying to live what I know."

Phil Jackson

"Nobody who ever gave his best regretted it."

George Halas

"To worry is like rocking in a rocking chair. It gives you something to do, but gets you no where."

Unknown

Chocolate Sings

One day I had a date for lunch with friends. Mae, a little "blue hair" about 80 years old, came along with them. When the menus were presented, we ordered salads, sandwiches, and soups, except for Mae who said, "Ice Cream, please. Two scoops, chocolate."

I wasn't sure my ears heard right, and the others were aghast.

"Along with heated apple pie," Mae added, completely unfazed.

We tried to act quite nonchalant, as if people did this all the time. When our orders were brought out, I couldn't take my eyes off Mae as her pie a-la-mode went down.

The next time I went out to eat, I called and invited Mae. I lunched on white meat tuna. She ordered a parfait. I smiled. She asked if she amused me. I answered, "Yes, you do, but also you confuse me. How come you order rich desserts, while I feel I must be sensible?"

She laughed and said, with wanton mirth, "I'm tasting all that's possible. I try to eat the food I need, and do the things I should. But life's so short, my friend, I hate missing out on something wonderful."

She continued, "This year I realized how old I was. I haven't been this old before. So, before I die, I've got to try those things that for years I had ignored. I

haven't smelled all the flowers yet. There are too many books I haven't read. There's more fudge sundaes to wolf down and kites to be flown. I've not laughed at all the jokes. I've missed a lot of Broadway hits and potato chips and soda pops.

I want to wade again in water and feel ocean spray on my face. I want to sit in a country church once more and thank God for His blessings. I want peanut butter every day spread on my morning toast. I want un-timed long distance calls to the folks I love.

I haven't cried at all the movies yet, or walked in the morning rain. I need to feel wind in my hair. I want to fall in love.

So, if I choose to have dessert instead of having supper, then should I die before night fall, I'd say I died a winner, because I missed out on nothing. I filled my heart's desire. I had that final chocolate mousse before I took my last breath."

With that, I called the waitress over. "I've changed my mind," I said. "I want what she is having, only add some more whipped cream!"

Be mindful that happiness isn't based on possessions, power, or prestige, but on relationships with people we love and respect.

Remember that while money talks, chocolate sings!

More Memory Tips ... Continued from Page 3

- ▶ To remember names, try to think of an association with a familiar thing: It could be obvious, like picturing a wolf to remember Miss Wolfe's name, or something less direct, such as associating a name with a familiar item (for instance, picture a stove to remember Dr. Cooke). With a little imagination and experience, you'll come up with interesting and useful associations.
- ▶ If you're having memory problems and you take medications, investigate the possibility that one or more of them, or some interaction among them, can have an effect on memory. If you have Internet access, you can go to the Web sites of the manufacturers. Otherwise, ask your pharmacist.
- ▶ Exercise! Although this is the item we've put last, it is probably the most important one. Among its many benefits, exercise increases blood flow throughout the body, including circulation to the brain. That helps *all* brain functions including memory, reasoning, mood, and physical coordination.

W. A. Shapiro, from a variety of sources

Special Events in April

Monday, April 9

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

Tuesday, April 17

12:30 PM—Big Band Dance (Open to the public)

Wednesday, April 18

1:00 PM General Meeting (Free and open to the public) with
The Wayne Valley High School Chamber Choir
Directed by Carol Lehrman

Monday, April 23

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

Keep Telemarketers Away

You might have put your phone number into the federal “Do Not Call” registry, but did you know that you must renew your entry every five years? Time goes by quickly, so it’s best to check periodically and verify that you are still on the list.

You can verify your registration, or renew, or register your phone number initially, by telephone at 1-888-382-1222 or through the Web site www.donotcall.gov.

Your newsletter editor went to the Web site in preparation for this article, and found that it had already been *four years* since he registered. You can renew the registration before it expires. I made a note on my calendar to renew a month before expiration.

What will be the shortest day of the year 2007?

1. September 23 (The Autumnal Equinox)?
2. December 22 (The Winter Solstice)?
3. March 21 (The Vernal Equinox)?
4. June 21 (The Summer Solstice)?

You may find the answer on Page 12.

W. A. Shapiro
From a “Puzzler” on the radio show “Car Talk” on WBAI-FM

Science and History “Facts” That Are Wrong

There is a dark side of the Moon

The Moon is in synchronous orbit, which means that it takes exactly the same time to rotate once around its axis as it does to make one orbit around the Earth. So it has a near side and a far side, in the sense that it always keeps the same hemisphere (i.e. the same “face”) pointed towards Earth. When the Moon is between the Sun and the Earth, it is daytime for the far side and night time for the near side. When the Earth is between the Moon and the Sun, it is night time for the far side and daytime for the near side. Neither side of the moon is dark all the time.

Electricity travels at the speed of light

Some textbooks claim that electricity (which is made up of electrons) within a wire, flows at or near the speed of light. In fact it's the electrical *energy* that flows rapidly (but still nowhere near light speed). Electrons, which have mass, could never travel at the speed of light, as explained in the Theory of Relativity. The speed of the electrons (as distinguished from the electrical energy) is extremely slow, on the order of an inch or so per hour.

As a rough analogy, imagine a line of people at an amusement park. When the people at the front board the ride, a space opens up and rapidly spreads to the back of the line as the other people move forward. However, the average speed of each person is far slower than the speed at which the space moves.

You can get a cold from low temperature

It is a very widespread misconception that the common cold can be caused by exposure to cold weather. In reality, the common cold is caused by viruses and has nothing to do with low temperatures. [Note added by your newsletter editor: However, the stress on the body when you are chilled, can reduce your resistance to cold viruses, which are always present. A *sudden* chill is also a shock, adding to the stress.]

Saturn is the only planet with rings

Jupiter, Uranus, and Neptune also have rings, though those of Saturn are the most visually striking (and the only ones easily seen).

Before Columbus's voyage, people thought the Earth was flat

Some believe that Christopher Columbus had a hard time receiving support because Europeans believed in a flat Earth. In fact, sailors and navigators of the time knew that the Earth was spherical, but (correctly) disagreed with Columbus's estimates of the distance to the Indies. If the Americas did not exist, and Columbus had continued to the Indies (even putting aside the threat of mutiny) he and his crew would not have survived long enough to reach them.

For the current list of activity days and times,
Click the “Activities” button on the home page.

Answer: If you have read the question carefully, your answer should be “None of the above”, because the question is not about the day with the shortest period of daylight (December 22 this year). The shortest day is the day with the shortest duration. At 2 AM on March 11, clocks were turned ahead by one hour, making that day only 23 hours long and thereby making it the shortest day of the year.