



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

Associate Editor: George Morris

February, 2009

ACTIVITIES

Big Band Dances
Contract Bridge
Lending Library
Pizza Parties
Sunday Social

Canasta
Discussion Group
Mah Jongg
Shuffleboard
Tennis

Computer Classes* Computer Fun Meetings
Duplicate Bridge Jigsaw Puzzles
Painting Group Pinochle
Speaker/Performer Series

* 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

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

C. diff, The New Infection Threat And How to Protect Yourself

(See Page 3)

Officers of the Wayne Adult Community Center, Inc.

President: Barbara Vigorito
Treasurer: Bill Pharo
Secretary: Rosalie van Dam

Vice President: Vince Barilla
Sergeant at Arms: Allan Jespersen

For the current schedule:

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

NOTE: This article refers to a Web site on the Internet (see the note at the end of the article). Those readers who do not have Internet access are advised to ask a friend, child, or grandchild to take them to the Web site or to go to the site and print all relevant information.

By now, you probably know that infection in hospitals is rampant. Indeed, hospital-borne infections kill more Americans each year than AIDS, breast cancer and auto accidents *combined*. You might also have heard that the scariest organism is the “flesh-eating” bacterium. But there is a new organism that may pose a greater threat than any of the others, because of its transmissibility vector: It kills more people than the “flesh-eating” one. It is *Clostridium difficile*, known for short as “C. diff”, and it is considered “hyper-virulent”.

Outside hospitals, about one person in twenty has the C. diff bacterium in their body, but other bacteria keep it in check. However, when a hospital patient is dosed with antibiotics, those protective bacteria are sometimes wiped out, allowing the C. diff to run riot. Furthermore, because of inadequate cleaning of hospital surfaces and other items, the C. diff bacteria are quickly transmitted among other patients and staff. The incidence of C. diff, and the mortality rate, have been rising for several years, although the matter has been given little publicity.

A brochure is available from the Web site www.hospitalinfection.org, telling you how to protect yourself against infection when you have to go to the hospital. Copyright laws prevent us from reproducing the entire text here, but we have listed all except one of the fifteen recommendations below (the omitted one relates to Caesarean Section and in any case is redundant with the others). You might not be able to enforce all the recommendations, and some may be impractical in your situation. However, you should be aware of all of them and should request that they be followed to the extent possible.

1. Ask that hospital staff clean their hands before treating you, and ask visitors to clean their hands too.
2. Before your doctor uses a stethoscope, ask that the diaphragm (the flat surface) be wiped with alcohol.
3. If you need a "central line" catheter, ask your doctor about the benefits of one that is antibiotic-impregnated or silver-chlorhexidine coated to reduce infections.

Advertisement

For Active
People
Ages 60+



Cyberspace News

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Bad Economy Good For Scammers

The worsening economy is helping computer crooks with one of their toughest challenges: tricking people into opening their homes and bank accounts and becoming "mules" for laundering money or stolen goods.

The scams themselves aren't new. They're pitched in spam e-mails as "work-at-home" jobs that promise great part-time money for helping firms pay clients in other countries. Potential victims are asked to open new bank accounts in their names, agree to accept anonymous payments into those accounts and forward those payments by way of money transfer, usually to locations in Eastern Europe.

The scam is classic money laundering with a Web twist. The money is generally real, and the middle man is promised a cut. What those middle men don't know is they're trafficking in ill-gotten gains and helping criminals pay each other while disguising the source. And the mules are often the ones at the greatest risk of arrest.

Savvy computer users usually identify these as scams. But security researchers say more people are willing to take a risk on the come-ons as unemployment rises and the volume of the mule e-mails increases.

The ads for these jobs are getting more convincing, and they are flimsy enough on details, that someone who wants to believe badly in easy money can convince themselves the messages are legitimate. The job titles offered in the spam generally include variants of "international sales representatives" or "Shipping Manager."

Computer attacks in general have sharply increased in the past few months. IBM Corp. says the number of daily attacks it spotted against Web servers and computer networks increased 30 percent over the past four months, to more than 2.5 billion attempted incursions worldwide.

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

Free, Free, Free

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 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

Recession Hits Assisted Living

The recession and related housing crisis have kept thousands of people who need support and care from moving into retirement communities or assisted living centers, virtually stranding these people in their own homes.

Without selling their homes or condominiums, many cannot buy into retirement homes which, to move in, require a payment of \$100,000 to \$500,000. So they're taking themselves off waiting lists and staying put in houses that may have fit them 30 years ago, but that over the years have become lonely, too large, or too dangerous to navigate and maintain.

Facilities have watched as their waiting lists shrink and their occupancy rates fall. They're now scrambling to bring clients through their doors, and in some cases, they have called in real estate agents to teach prospective residents how to ready their houses for sale. Other facilities have set up programs with banks to provide bridge loans to homeowners or are discounting apartments and offering low-interest loans.

There is no way to say how many older Americans are stuck in this situation, since there are no statistics to show how many of the 4.27 million unsold homes are owned by people 65 and older. Industry groups and

administrators at retirement homes call the problem a growing one which has been felt worst in areas hardest hit by the housing bust.

Across the country, occupancy rates for independent and assisted-living facilities have fallen, according to the National Investment Center for the Seniors Housing and Care Industry.

Some families and retirees are turning to adult day care services as a temporary fix. Providers say *their* industry has spiked as people look for an alternative to continuing care or home aides to provide food, companionship, and therapeutic services. But people who need more day-to-day-care (as in those who have trouble getting upstairs or need someone to check in on them) may be taking a risk by staying at home.

Homes have become a more critical source of wealth for retirees who have watched their mutual funds and 401(k) accounts sucked dry. Next to accrued Social Security benefits, housing is the single greatest asset for people 60 to 70 years old, making up 22 percent of their total wealth, and outweighing investments and pensions, according to the Center for Retirement Research.

Source: www.nytimes.com

Low-Cost Valentine's Day Gifts

Few people have the money these days, to spend on lavish Valentine's Day Gifts. Here are some ideas for gift giving on the cheap:

- *Give The Gift Of Time*— Take that one activity that your partner has been bugging you about, and do it.
- *Photo Or Book In Remembrance*—Either purchase a special photo frame or buy a pretty photo album. Then find the pictures that best represent your happiest moments. Add some personalized comments or write a story about your first vacation or your first kiss.
- *Romantic Songs*—Create your own love CD with “your” songs on it. Assemble those songs that bring back memories.

- *Celebrate All Day Long*— Start the day off with some love notes on the bathroom door or inside the cereal box. Pack some chocolates for snacking on throughout the day. Cook your love a special dinner, light some candles, turn on your romantic CD, and spend the evening cuddling and sharing stories.
- *Romantic Coupons*— You can find printable romantic coupons (for things like a car wash, breakfast in bed, no cleaning day, etc.)  on www.stallionstore.com.

Source (note the absence of the www in this web address):
<http://marriage.suite101.com>

Don't “Unpower” Your Printer Too Soon

Most inkjet printers have a “power cube”, that heavy black rectangular solid thing on the power cord between the printer and the plug. That is the power supply for the printer, and it consumes power even when the printer is off. Therefore, some people shut off the power to their printer when it is not in use, which is easy to do if, for instance, the printer is connected to one of those multi-outlet power strips with an on/off switch.

If you want to do that, make sure that your printer has first gone

through its built-in shutdown sequence, which seals the ink cartridges so they won't dry out between uses. Use the switch (or button) on your printer to shut it off, and wait until all noise from inside the printer has stopped and all indicator lights have gone out. Then you can shut off the power to the device.

Thanks to Bill Shapiro for yet another savvy article!

February May Be The Month For You!

Looking for a new computer? Well, February can bring savings for you.

Although early January is usually when new computer models come out, by February these models have worked their way into computer retail stores. That means that prices for last year's “left over” models drop.

Prices may also come way down in February as retailers look to get rid of overstocked computer inventory brought in for the December gift-buying season.



Source: *Don't Throw It Out* by Lori Baird

Funny



Church Signs

“Don’t let worries kill you—let the church help”

“Stop, drop, and roll does NOT work in hell”

“Staying in bed shouting ‘Oh God’ does not constitute going to church”

“The tongue, being in a wet place, is apt to slip”

“The most powerful position is on your knees”

“You give God the credit—Now give God the cash”

“Caution: exposure to the Son may prevent burning”

“Wal-Mart is not the only place for saving”

One Liners

Enjoy these one-liners from WACC member George Morris!

- * The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
- * I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian .
- * She was only a whisky maker, but he loved her still.
- * A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
- * The butcher backed into the meat grinder and got a little behind in his work.
- * No matter how much you push the envelope, it'll still be stationery.
- * A dog gave birth to puppies near the road and was cited for littering.
- * A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
- * Two silk worms had a race. They ended up in a tie.
- * Time flies like an arrow. Fruit flies like a banana.
- * A hole has been found in the nudist camp wall. Police are looking into it.
- * Atheism is a non-prophet organization.
- * Two hats were hanging on a hat rack in the hallway. One hat said to the other, “You stay

here, I'll go on a head.”

- * I wondered why the baseball kept getting bigger. Then it hit me.
- * A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
- * A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, “No change yet.”
- * A chicken crossing the road is poultry in motion.
- * It's not that the man did not know how to juggle, he just didn't have the balls to do it.
- * The short fortune-teller who escaped from prison was a small medium at large.
- * A man who survived mustard gas and pepper spray is now a seasoned veteran.
- * A backward poet writes inverse.
- * In democracy it's your vote that counts. In feudalism it's your count that votes.
- * Cannibals ate a missionary, thus got a taste of religion.
- * Don't join dangerous cults: Practice safe sects!



(Bridge Scores)

Infection Threat — Continued from Page 3

4. If you need surgery, choose a surgeon with a low infection rate.
5. Beginning three to five days before surgery, shower or bathe daily with chlorhexidine soap*.
6. Ask your surgeon to have you tested for methicillin-resistant *Staphylococcus aureus* (MRSA) at least one week before you come into the hospital.
7. Stop smoking well in advance of your surgery.
8. On the day of your operation, remind your doctor that you may need an antibiotic one hour before the first incision.
9. Ask your doctor about keeping you warm during surgery.
10. Do not shave the surgical site**.
11. Avoid touching your hands to your mouth, and do not set food or utensils on furniture or bed sheets.
12. Ask your doctor about monitoring your glucose (sugar) levels continuously during and after surgery, especially if you are having cardiac surgery.
13. Avoid a urinary tract catheter if possible.
14. If you must have an IV, make sure that it's inserted and removed under clean conditions and changed every 3 to 4 days.

* Note added by your newsletter editor: As a skin cleanser it is marketed under brand names such as Hibiclens and Hibiscrub.

** Note added by your newsletter editor: We take it that this is not meant to be a request to the surgeon, who may have to shave the site (and will use an antiseptic). It is a direction to you, not to shave the site in advance.

This article is based on information on the Web site www.hospitalinfection.org.

W. A. Shapiro

Special Events in February

Monday, February 9

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

Tuesday, February 17

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

Monday, February 23

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

February

Birthdays

Eleanor Redfearn	1	Vera Keller	17
Hellen Zimmerer	7	William Shapiro	19
Jean Weston	8	Jack Tonelson	23

A Request From the WACC President

The disposable hot-cups we use at our Center, are made of Styrofoam. The used cups end up in landfills, where they do not break down for *five hundred years*. During that time, a component of Styrofoam that is a likely cause of **cancer**, slowly migrates into our groundwater. Also, a gas used in the manufacture of the cups contributes to the global warming that is believed responsible for the increasing wildness of our weather. If you come to the center twice a week, you probably use at least 100 cups a year. 100 members use *10,000 cups*.

Worst of all for *you right now*: When you put your hot coffee or hot tea into a Styrofoam cup, some of the plasticizer leeches into your drink. It is toxic. Heating in a microwave oven causes an even faster release of plasticizer into the cup's contents, as well as into the atmosphere.

In view of all that, I'm asking that you help yourself and the planet where we and our descendents will live, by bringing a mug or a ceramic cup to the Center, and use it for your drinks (even the cold ones). I will make shelves available for those who wish to keep their cups at the Center. If possible, bring a cup that has a distinctive pattern, so that members can distinguish their own cups easily. Also, you might label your cup with your name.

Each member will be responsible for washing and drying his/her own cup, and of course for putting it back in the cabinet.

I thank you in advance for your cooperation.

Barbara Vigorito

Times and Contacts for Regular Activities
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ACTIVITY	DAY & TIME	COORDINATOR(S)
Big Band Dance [¶]	Third Tue 12:30 PM*	Bill English
Canasta ^{çç}	Wed 1:00 PM—4:00 PM ^{¶¶¶}	Elizabeth Farace
Computer Classes ^{çç}	(various —see coordinator)	Vince Barilla
Computer Fun Meeting ^{¶¶ çç}	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 ^{çç}	Friday 1:00 PM—3:00 PM	Myrna Korman
Jigsaw Puzzle	Anytime [¥]	June Morris
Lending Library	Anytime [¥]	Julia Bidden and Reva Kamens
Line Dancing ^{çç,§}	Tuesday, 1:30 PM—2:30 PM ^{§§}	Joyce Cimera
Mah Jongg ^{çç}	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 ^{çç}	Tue 9:30 AM	Elizabeth Farace
“	Wed 9:30 AM	Henry Gates
Shuffleboard (outdoor) ^{ç,¥¥¥}	Sat 10:00 AM—Noon	Henry Hartmann
Sunday Social	Sun 2:00 PM—5:00 PM	Myrna Korman
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.

ççç Not held in July, August, or December ¥ 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