



Wayne Adult Community Center, Inc.

For New Jersey's Active People 60 and Over*

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Wayne, NJ 07470 973-633-0734 office@wacci.net www.wacci.net

Newsletter and Cyberspace News

Editors: William Shapiro and Linda Klonsky

MAY, 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 10 for specific days and times of all activities

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

If You're Considering a Move Into Assisted Living

See Page 3

Officers of the Wayne Adult Community Center, Inc.

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 month's schedule, click the "This Month" button on the home page.

Assisted Living

A feature article in The Record newspaper of Sunday, March 4, tells of serious problems sometimes encountered by people who have moved into assisted living facilities in New Jersey. Those problems include:

Failure to live up to advertised claims regarding:

- Quality of care;
- Quality of food;
- Variety of activities;
- Stability of costs;
- Security of residency.

In the worst cases, people have found that needed, promised care was not provided, food was “abominable”, few if any recreational or educational activities were available, fees were increased unexpectedly, and residents were sometimes informed suddenly that they must leave. In that latter case, steep entrance fees were often not refunded. The most egregious instances have been when a facility was sold and the new owners disavowed agreements and commitment made by their predecessor owners. In ordinary business practice, anyone buying a business takes on not only the assets of the enterprise, but also any liabilities, and is bound by prior contracts. That principle might not apply to assisted living facilities in New Jersey, although as of this writing we have not been able to make a determination. We hope to have a definitive answer by the time we post this article in the archives section of our Web site, www.wacci.net.

Assisted living facilities are licensed and inspected by the State of New Jersey Department of Health and Senior Services. Unfortunately, according to The Record, the response of that regulatory agency to mounting complaints, has been to implement some insipid new regulations and to claim that “we’re going to keep an eye on” or “we will closely monitor” the situation overall and at specific facilities. There is no indication that regulations will be upgraded significantly, or even that current regulations will be assiduously enforced and oversight improved.

There are quality assisted living enterprises in the state, but if you’re thinking of moving into an assisted living facility, investigate thoroughly. The most important source of information is, of course, a friend or relative who has already been living there for awhile. Unannounced visits to any place you are considering, can also provide valuable information.

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Advertisement

For Active
People
Ages 60+

Editor: Linda Klonsky
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May 2007



Cyberspace News

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Why More Wrecks Occur At Intersections

Decades of studies show that more older drivers have collisions at intersections than do younger drivers. In fact, forty percent of fatal collisions for people 70 and older occur at intersections. This compares with 23 percent of intersection collisions for 35-to-54 year olds. So what mistakes are leading older drivers to get into crashes at intersections?

A new study by the Institute for Highway Safety focuses on intersection crashes involving more than 200 drivers in three age groups: two groups of older drivers (70 to 79 years old, and 80+ years old) and a comparison group of 35-to-54 year-olds.

Failure to yield the right of way to other vehicles leads to more than half of the intersection crashes in which the oldest drivers were responsible. This compares with approximately one third of the intersection crashes of the 70-to-79 group, and about one-fourth of those involving 35-to-54 year-olds. The study revealed that people 70 to 79 made more evaluation

errors than the other drivers, meaning they saw potentially conflicting vehicles but miscalculated whether there was time to proceed. Drivers in the other age groups (35 to 54 and 80+) more often didn't *see* potentially conflicting vehicles. The 35 to 54 group said it was because they were distracted, while the 80+ drivers said they were looking but just didn't see the conflict. Researchers are guessing that the oldest drivers may have had vision problems, which escalate rapidly after the age of 75. Another factor might be the complexity of urban intersections in which vehicles are traveling in multiple directions. Older drivers may not be able to process the multiple sources of information correctly, and thus fail to maneuver safely.

Range of head movement, which decreases with age, might also be a factor in older drivers' crashes, since this can hinder a

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Free And Lots Of Fun!

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.

A Memorable Senior Moment

This is an account purportedly taken from a Police Log in Sarasota, Florida:

An elderly Florida lady did her shopping and, upon returning to her car, found four males in her vehicle, about to leave with it. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her voice, "I have a gun, and I know how to use it! Get out of the car!"

The four men didn't wait for a second invitation. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat.

She was so shaken that she could not get her key into the ignition. She tried and tried, and then it dawned on her why. For

the same reason, she did not understand why there was a football, a Frisbee and two six-packs in the front seat.

A few minutes later, she found her own car parked four or five spaces farther down.

She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair and carrying a large handgun. No charges were filed.

The moral of the story? If you're going to have a Senior Moment, make it memorable.

Preserving Memories In Cyberspace

You've probably heard about people who have websites dedicated to people they've loved who have passed away. So what if you're not as computer savvy but still want to preserve the memories of a loved one forever in cyberspace?

The website Wired Seniors (www.wiredseniors.com) offers free memorial pages "dedicated to permanently preserving the memories of our loved ones

forever in cyberspace." These pages are easy and free although you do have to become a member of Wired Seniors (this is also free).



Preparing For Caring

More and more of us are either preparing to care for someone older, or are choosing to live with someone so that they can help care for us. In any case, the challenge is to create surroundings that are attractive and convenient while offering independence, comfort and safety.

One way is to consider developing a combined sleeping area and living area within the designated caregiving space. This can be done by moving the furniture so that there's the illusion of a bedroom space and living room space, or by erecting a partial wall between the two. Technology also offers space-saving items like small refrigerators, which can help define an area.

Most important, of course, are pieces of medical equipment that must be kept close by. Again, technological advances now allow for less-conspicuous, space-saving products, such as defibrillators that can be hidden in a nightstand. Other items might require just a drawer or two (e.g. a compact blood pressure machine, thermometer, bandage scissors, or blood monitor).

For general safety, plan for extra lighting, perhaps in the form of additional recessed lights or portable lamps. To give someone a reading spot, provide an adjustable halogen light fixture. If you're concerned about burns (halogen lights are hotter than regular ones), use a good natural light or full-spectrum light bulb in a conventional lamp.

If someone is coming to live with you, make sure you include them in discussions on how you plan his or her space. Quiz your house guest on what colors are favorites. If you have to make the decision alone, select colors that are tranquil, and avoid "primary", intense ones. You're trying to create a tranquil yet uplifting space.

Doors and doorways may necessitate a revision if they're not wide enough to accommodate a wheelchair or walker. Measure the walkways to make sure your furniture arrangement allows for unobstructed passage. Be sure there are no unexpected dips or steps in your flooring. There should be no surprises when someone is traveling down a hall or from room to room. Also make sure there is a clear demarcation wherever the flooring changes.

If someone has declining eyesight, ensure high contrast between surfaces, so they can see where one ends and another begins. If your floor is a medium-tone oak, then use a white- or other very light-colored countertop. Or you might want to get them furniture in a very light wood. That way, the edges of the furniture

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Knee-Slapping Funny

An old woman was arrested for shoplifting at a store. When she appeared before the judge, he asked what she had taken. The lady replied, "A can of peaches." The judge then asked why she had done it. She replied, "I was hungry and forgot to bring any cash to the store." The judge asked how many peaches were in the can. She replied, "Nine." The judge said, "Well then, I'm going to give you nine days in jail--one day for each peach."

As the judge was about to drop his gavel, the lady's husband raised his hand and asked if he might speak. The judge said, "Yes, what do you have to add?" The husband said, "Your honor, she also stole a can of peas."

Source:
www.pruneville.com

Smart People

A blond who got a fishing rod for her birthday decided to go ice fishing. So the next morning she got all her gear and headed out. When she reached her destination she cut a hole in the ice and dipped the line in.

Then suddenly she heard a voice that said, "There's no fish in there." So she moved to another spot and cut another hole. The same voice spoke again and told her there were no fish there.

So she moved again and the voice again told her there were no fish there. She looked up and saw a man looking down at her. "How do you know there are no fish there?"

The man coolly said: "Well first of all this is a hockey rink and secondly, you're going to have to pay for those holes."

Source:
www.suddenlysenior.com

Caring (...continued)

can be seen easily as the person approaches them .

Be aware that area rugs can pose a real hazard to someone who is elderly or ill. Consider instead, wall-to-wall carpet. Carpet *tiles* are great, because they allow for the total removal and cleaning of a stained section of carpet (and they're fairly easy to replace).

Lastly, remember to leave room for a small collection, or some artwork, from the new resident's former home. Leave space for a fam-

ily portrait. Encourage your family member or friend to bring favorite things so that they'll get a sense that they belong. Just try to avoid a cluttered look. One way to do this is to store some treasured items, and rotate them or bring them out for special occasions during the year.

With a little effort, a living space can be an attractive and useful place to be.



Intersections (...continued)

driver's ability to see potentially dangerous situations.

Whatever the reasons for the intersection crashes, those involving failure-to-yield happened more often where traffic is controlled by stop signs than at intersections controlled by signal lights. More rear-end crashes occurred at the signals.

Also interesting is the fact that fifty-nine percent of the failure-to-yield crashes happened at stop signs, and 50 percent of these occurred while motorists were turning left. The proportions did not vary much across the three age groups.

Other studies support this age effect. For example, a 2002 study conducted by University of Kentucky researchers indicated that

each advancing year after age 65 increases one's chance of getting into a crash that involves a left turn, by 8 percent.

So how can we reduce the chances and severity of these types of crashes? One way would be to add green arrows to protect left turns at intersections controlled by signal lights. This way, motorists wouldn't have to judge how fast vehicles are approaching from the other direction and whether there's enough time to turn in front of them.

For more information on this topic. Visit the Insurance Institute for Highway Safety at www.iihs.org.

Source: www.seniorjournal.com

Assisted Living—Continued from Page 3

Sadly, checking with the state of New Jersey has in the past been the least reliable method of determining the quality of assisted living facilities and nursing homes. Your newsletter editor speaks from experience: When I was visiting nursing homes in a search for one in which to place my mother, I encountered one that was a blatant “snake pit”. Nursing homes are purportedly *more* closely regulated than assisted living facilities, yet when I contacted the appropriate state agency to ask about what I had seen, I was told that they were completely unaware of the conditions I reported. In fact, they stated that the home had been given a grade of Satisfactory after the most recent inspection.

When you are considering a specific facility, review the contractual agreement *very* carefully, and have a knowledgeable friend and/or a trusted Elder-Care attorney review it as well. Remember also that *verbal* promises have absolutely no legal weight: The facility management’s obligations amount to *only what is in the signed contract*.

Keep in mind also, that if the facility changes hands, the new owner might declare your contract to be null and void. Only diligence on your part will minimize the danger to your physical, mental, and financial well-being.

W. A. Shapiro

Special Events in May

Monday, May 14

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

Tuesday, May 15

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

Wednesday, May 16

1:00 PM General Meeting (Free and open to the public) with
a speaker or performer to be determined

Monday, May 28

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

Wednesday, May 23

1:00 PM - Pizza Party

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

Computer Fun Meeting Topics

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