



Wayne Adult Community Center, Inc.

For New Jersey's Active People 60 and Over*

1502 Hamburg Turnpike // (Bus #197, Squad Place stop)

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

Newsletter and Cyberspace News

Editors: William Shapiro and Linda Klonsky

September, 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 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

Drug Interactions

See Page 3

Officers of the Wayne Adult Community Center, Inc.

President: Bill Shapiro
Treasurer: Bill Pharo

Sergeant at Arms: Vince Barilla

The daily schedule in the September newsletter
no longer applies.

For the latest schedules, click
“This Month” or “Next Month”
at the top of the window.

Drug Interactions with Medical Conditions and Other Drugs

In the June issue, we discussed the things you need to pay attention to when you take more than one medication. The article mentioned the fact that medications can affect, and be affected by, other medications as well as being affected by foods, vitamins, herbs, and anything else you take into your body.

In this issue we list some of the common interactions between prescription drugs and other items. The large drugstore chains maintain databases of interactions, so if you get all your medications from the same chain they might alert you. But do not depend on them: Always check with your pharmacist and your doctor before taking any medication or adding a supplement to your diet. Also do your own research (see below).

The lists below are not exhaustive, but they can serve as a starting point and an illustration of why you need to be careful:

- ◇ Before taking certain antacids (specifically, H2 Receptor Antagonists such as Cimetidine) ask your doctor or pharmacist if you also take an oral asthma drug containing Theophylline, or the blood thinner Warfarin, or a seizure drug containing Phenytoin.

Also ask, if you are allergic to milk products or are taking any other prescription drug, or have kidney disease.

(Throughout the rest of this article, wherever you see “check” or “ask”, it means check with your doctor or pharmacist and investigate on your own.)

- ◇ If you take an antiemetic (a drug to prevent or treat nausea), check before taking a sedative or a tranquilizer.
- ◇ Antihistamines or cough/cold preparations containing dextromethorphan can cause sleepiness. Avoid alcohol and be careful about also taking tranquilizers, sedatives, blood pressure or anti-depression drugs, and non-prescription (“over-the-counter”, aka “OTC”) preparations such as sleep aids (also see “sleep aids” below).

Check also, if you have glaucoma, an enlarged prostate gland, or breathing problems.

- ◇ Blood pressure medications containing calcium channel blockers (e.g. Verapamil, Vascor) can increase the effects of drugs such as Lipitor, resulting in toxicity.

Continued on Page 9

Advertisement -

Not included in the archived newsletter

For Active
People
Ages 60+

Editor: Linda Klonsky
Vol 8, Issue 6

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September 2007



Cyberspace News

Inside This Issue

If You're Considering Upgrading To Vista	5
Ah, The Power Of Words	6
Hidden Costs	6
The First Portable Computer	7
Husbands And Wives	7
Email Recall	7
When I'm 100, Let Me Lean	8
Grandparents And Adopted Grandkids	8

If You're Considering Upgrading To Vista

Are you wondering whether to upgrade your existing computer to the new Vista operating system? In a word, to quote the consensus of expert opinion: DON'T. There are several good reasons:

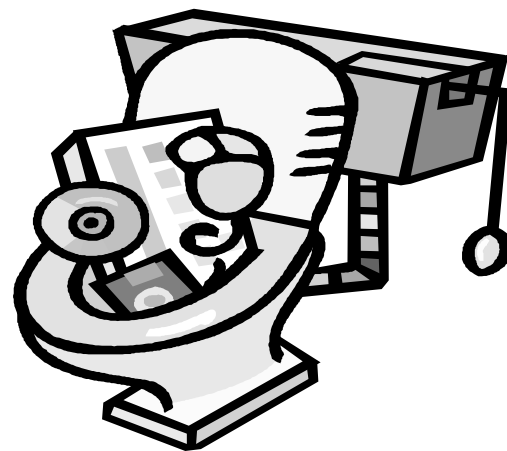
First, and most important: like all new software, and like new Microsoft operating systems in particular, Vista is *full* of problems. It will take at least a year or two to address most of them.

Secondly, many programs that run under existing versions of Windows (XP, 98, Me ...) will not run under Vista. Vista-compatible versions of the software might not be free, if those new versions even exist yet (many software vendors have not yet produced Vista-compatible versions of their products).

Third: Vista is not just an upgrade to Windows XP. It is a major change. Many things that you know how to do in your existing version of Windows, are done differently in Vista, and you may have to search for the icons you need.

So in summary: If your computer is operating satisfactorily, keep the operating system you have. If you are considering a new computer, try to get it with Windows XP (that may not be available from local stores, but new machines with XP can be obtained from some computer companies if you order directly from them). If that's not practical for you, and if you don't need a new computer immediately, delay the purchase for at least one, and preferably two, years.

Note: Special thanks to Bill Shapiro for this article.



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.

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 side.

Ah, The Power Of Words

Words are very powerful things. They can stimulate intense emotion, thought and creative ideas for writers to form into their very own work in progress. Words can conjure up such strong memories that we virtually re-live the original situations. Words communicate who we are, our perceptions of the world and our roles in it.

Here are a few tips for opening up your own powerful word vocabulary:

- Think of your favorite words. Why do they resonate with

you?

- Come up with five words that best describe who you are.
- Catch yourself using a word that brings you into a negative place and ask yourself: "Is this really true?" This question will help you to become more conscious of your word choice.

Whether they simply slide off your tongue or move across the page, enjoy the process of becoming present to the power of words.

Source: www.creativityportal.com

Hidden Costs

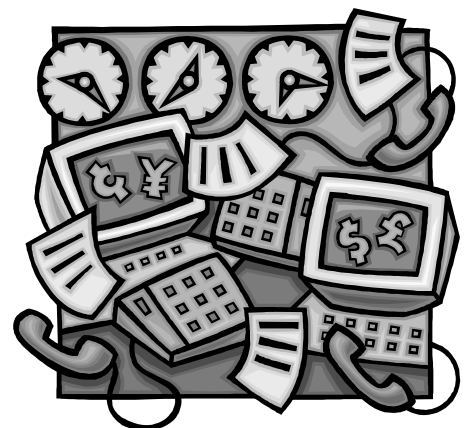
Shopping for new computers these days is pretty tempting. It's easy to find a system for around \$500, but don't let that low number fool you.

Remember that owning a computer comes with some additional expenses. For starters, some computers at the sub-\$500 price point don't include a monitor, so you'll want to watch for that and figure it in if necessary. If you don't already have one, you'll need to buy a printer and USB cable if you want to print anything. Also factor in your monthly ISP (Internet service provider) fee and look into whether you'll have to pay for a high-speed modem and installa-

tion, or if they're included.

Other extras could include productivity software such as Microsoft Office (you won't get that with a sub-\$500 PC either), security software subscription fees, printer ink and paper, and a digital camera.

Source: www.smartcomputing.com



The First Portable Computer

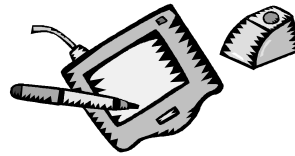
The next time you lug your portable computer to another room, consider this:

The world's first portable computer was the Osborne I, which was introduced in 1981 by Osborne Computer. It weighed almost 24 pounds and, although not very portable by today's standards, it could fit under an airplane seat.

The Osborne I sold for \$1,795

and came with a 5-inch display, modem port, two 5 1/4 floppy drives, battery pack, and 64 kilobytes of memory.

Source: www.usefultivia.com



Husbands and Wives

A husband is at home watching a football game when his wife interrupts. "Honey, could you fix the light in the hallway? It's been flickering for weeks now," she calls out.

He looks at her and says angrily, "Fix the lights now? Does it look like I have GE written on my forehead? I don't think so."

"Fine", the wife says. Then she asks: "Well then, could you fix the fridge door? It won't close right." To which he replies, "Fix the fridge door? Does it look like I have Kenmore written on my forehead? I don't think so."

"Fine," she says, "then could you at least fix the steps to the front door? They're about to break."

"I'm not a carpenter and I don't want to fix steps," he says. "Does it look like I have Ace Hardware written on my forehead? I don't think so. I've had enough of you! I'm going to the bar!"

So he goes to the bar and drinks

for a few hours. He starts to feel guilty about how he treated his wife, so he decides to go home.

As he walks into the house, he notices that the steps are already fixed and he sees that the hall light is now working. As he goes to get a drink, he notices that the fridge door is fixed. "Honey," he asks, "how'd all this get fixed?"

She says: "Well, when you left, I sat outside and cried. Just then a nice young man asked me what was wrong and I told him. He offered to do all the repairs and all I had to do was either go to bed with him or bake a cake."

The husband asks, "So, what kind of cake did you bake?"

She replies: "Hello! Do you see Betty Crocker written on my forehead? I don't think so!"

Source: *An email from a friend.*

Email Recall

Have you ever sent an email you wished you hadn't sent? It's probably happened to all of us and the results can range from the embarrassing ("Oops! I didn't mean to send that!") to the tragic (as in being fired or sued for email content).

With most email programs, once you hit "Send," it's gone. There is one way, however, to make you think before you send.

Address the email *last*. Go ahead and write the message but don't address it until you've taken a moment to make sure you want to send it. Without an address, your Outbox won't send it and you'll be forced to pay attention to your message for just an instant longer.

Source: www.worldstart.com

When I'm 100, Let Me Lean

The family wheeled Grandma out on the lawn in her wheelchair, for her 100th birthday party. She couldn't speak well, but could write notes to communicate.

After a short time, Grandma started leaning to the right, so family members grabbed her, straightened her up, and stuffed pillows on her right. Later, she started leaning to her left, so again the family grabbed her and stuffed pillows on her left. Then she started leaning forward, so the family again grabbed her, then tied a pillowcase around her waist to hold her up.

A grandson, who arrived late, came up to Grandma and said, "Hi, Grandma, how are they treating you?"

Grandma took out her little notepad and slowly wrote a note to the nephew... "They won't let me fart."

Grandparents And Adopted Grandkids

If your son or daughter adopts a child, do you relate to that child the same as you would to a biological grandchild? Yes, you would, according to new research conducted at Haifa School of Social Work.

This research is unique in the field, in that it evaluated adoptive relationships from the viewpoint of grandparents; previous research examined relationships from the viewpoint of parents and children.

Fifteen grandparents between the ages of 59 and 90 participated in the research, which was conducted by the Faculty of Social Welfare and Health Studies at the University of Haifa, Haifa, Israel. The research identified five stages in the development of emotional relationships between grandparents and their adopted grandchildren.

In the first stage, a grandparent views his adopted grandchild as a solution to the anguish caused by his child's inability to bring a child into the world.

In the second stage, while a strong emotional connection is still absent, the grandparent looks to rationalize the adoption and convinces himself that his children have saved a child that may otherwise have been left uncared for.

The third stage of emotional development is marked by a superficial emotional connection.

In the fourth stage, the grandparent accepts the child as an integral part of the multi-generational family.

In the final fifth stage, grandparents begin to express concern that when their adopted grandchild turns eighteen, he will begin to search for details about his biological family and may choose to establish a relationship with them and abandon his adoptive family. This stage demonstrates that the grandparents see their adopted grandchild as an inseparable member of the family.

The results of this research lets couples know they will have the support of their families and complete acceptance of an adopted child. It may also help people to end the difficult course of fertility treatments and opt for adoption.

Source: www.seniorjournal.com



Drug Interactions — Continued from Page 3

- ◇ Cough/cold and weight-control medicines that contain phenylpropanolamine may exacerbate both high blood pressure and depression. Also they are best avoided if you have heart disease, diabetes, or thyroid disease or prostate problems.
- ◇ If you take a prescription blood thinner (e.g. Coumadin, Dicumarol, Miradon) get medical advice before also taking aspirin. (Also be careful about aspirin if you have diabetes or gout.)
- ◇ Bronchodilators (drugs for temporary relief of certain breathing problems) are often contraindicated (i.e. don't take them) if you have heart disease, high blood pressure or an enlarged prostate, or are taking an anti-asthma drug.
- ◇ Do not take a laxative if you have stomach pain, nausea or vomiting, or if you experience emesis (vomiting). If you have kidney disease, avoid laxatives that contain phosphates, potassium or magnesium.
- ◇ Nasal decongestants can cause problems if you are also taking medication for high blood pressure or for depression. You should also be cautious if you have heart disease, thyroid disease, thyroid disease, diabetes, or prostate problems.

Continued on Page 10

Special Events in September

(Note: There will be no General Meeting this September)

Monday, September 10

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

Tuesday, September 18

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

Monday, September 24

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

Wednesday, September 26

1:00 PM - Pizza Party

Drug Interactions — Continued from Page 9

Drug Interactions With Foods

- ◇ Any food, even orange juice, coffee, or mineral water, may markedly reduce the absorption and effectiveness of Alendronate, which must be taken with plain water at least half an hour before the first food, beverage, or drug of the day is taken
- ◇ Foods high in vitamin K, such as broccoli, Brussels sprouts, spinach, and kale, may reduce the effectiveness of anticoagulants such as Warfarin, increasing the risk of clotting. Intake of such foods should be limited, and the amount consumed daily should be kept constant.
- ◇ Statin drugs (certain HMG-CoA reductase inhibitors), in wide use to reduce cholesterol levels (e.g. Lipitor, Mevacor, and Zocor), can interact with supplements including Vitamins A and B3, CoQ₁₀, and Vitamin E. In the latter case the interaction is beneficial but in the others it can be detrimental.

The statin drugs can also interact with herbs including psyllium (beneficial interaction) and St. John's Wort (detrimental effect).

Grapefruit juice and pomegranate juice inhibit enzymes involved in drug metabolism and thereby intensifies the effect of certain drugs too numerous to be listed here. However, they include the statin drugs including Lipitor, which are in wide use to lower cholesterol. Statin blood levels are increased if the patient also drinks pomegranate juice or grapefruit juice or eats grapefruit.

- ◇ The fiber in oatmeal and other cereals, when consumed in large amounts, can interfere with the absorption of Digoxin (a heart medication).
- ◇ Foods high in tyramine, including many cheeses (such as American processed, cheddar, blue, brie, mozzarella, and Parmesan), yogurt, sour cream, cured meats (such as sausage and salami), liver, dried fish, caviar, avocados, bananas, yeast extracts, raisins, sauerkraut, soy sauce, fava beans, red wine, beer, and products containing caffeine, interact with MAO inhibitors such as phenelzine and tranylcypromine (used most often to treat depression). Severe headache and a potentially fatal increase in blood pressure (hypertensive crisis) can occur if someone taking an MAO inhibitor consumes these foods.

Concluded on Page 11

Drug Interactions - Continued from Page 10

- ◇ Calcium and foods containing calcium, such as milk and other dairy products, can reduce the absorption of Tetracycline, which should therefore be taken one hour before or two hours after eating.

Remember, the lists above are not exhaustive. **ALWAYS** read the label and product insert of any medication you receive, *even if you've read the labels of previous refills*: New information often comes to light after a medication has been in use for some time.

If you receive a patient's information sheet with the medication, read that too.

W. A. Shapiro

From a variety of sources including:

The US Food and Drug Administration, the National Consumers League, the Council on Family Health, and others.

“If ***I*** am not for me, who ***will*** be for me?
But If I am ***only*** for me, then what am I?”

Rabbi Hillel, a Jewish scholar who lived in the first century BCE*

* “BCE”, Before Common Era, is now used by historians, instead of “BC”.

There are fourteen punctuation marks in English. How many can you name without looking at the answers below? (Head start: Two of the marks, the hyphen and the dash, look identical but serve different purposes so they are considered two different punctuation marks.)

Period, comma, semicolon, colon, question mark,
exclamation point, parentheses, dash, hyphen,
quotation marks, apostrophe, braces, brackets, ellipsis.

There are only three common words in the English language that begin with “dw”. How many can you think of? (The slang term “dweeb” doesn't count, nor do derivative or long-obsolete words.)

dwarf, dwindle, dwell

Times and Contacts for Regular Activities

ACTIVITY	DAY & TIME	COORDINATOR(S)
Big Band Dance ¶	Third Tue 12:30 PM*	Bill English
Canasta çç	Wed 1:00 PM—3:00 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 12:45 PM—4:15 PM	Geri Hogan
“	Thu 12:45 PM—4:15 PM	David Ryan and Fred Weston
Executive Committee	Second Wed 9 AM	William Shapiro
General Meeting ¶¶	Third Wed 1:00 PM	William Shapiro
Hospitality Hostesses	General Meeting, Big Band Dance	Camille Balletto and Marion English
Intermediate Bridge çç	Friday 1:00 PM—3:00 PM	Myrna Korman
Jigsaw Puzzle	Anytime ¥	June Morris
Lending Library	Anytime ¥	June Morris
Line Dancing çç. §	Tuesday, 1:30 PM—3:00 PM §§	Joyce Cimera
Mah Jongg çç	Thursday 9:30 AM—11:30 AM	Barbara Taitleman
Music Group	Friday, 9:00 AM—Noon	Lorraine Dienno
Monthly Speaker Series ¶¶	(At the General Meeting)	Elizabeth Farace
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
Tennis ¥¥	Mon, Wed, Fri 8:30 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.

¶¶ Open to the public. Not held in July, August or December

¶¶¶ 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

Consult the Daily Schedule on Page 2 for dates when the Center is closed.

Computer Fun Meeting Topics

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