

The Busy Bees

JUNE 2011

Volume 31 Issue 6
Monday through Thursday
9:00 AM to 4:00 PM
Friday 9:00 AM to 3:00 PM
Sunday 1:00 PM to 4:00 PM

**The James F. McGuire Memorial
Senior Citizen Center**

116 Paris Avenue
Northvale, NJ 07647
201-767-6299

SOCIAL SERVICE HOURS EVERY DAY - 9:00 AM TO 4:00 PM

Taking Care of Your Skin

Skin cancer is the most common form of cancer. Fortunately, it's also the most curable if caught early and often the most preventable.

There are two forms of skin cancer: nonmelanoma, which is the more common and more treatable form; and melanoma, which is less common, but more serious. Almost all skin cancers are caused by too much exposure to ultraviolet light, found in sunlight and used in tanning salons. Therefore, you can lower your risk of skin cancer by taking appropriate measures to protect your skin from UV rays (see side bar for tips).

Most skin cancers can be successfully treated if caught early. You should examine your skin closely and have any changes to your skin, especially moles, examined by a dermatologist. Moles that fit into the ABCDE rule can signal cancer:

- **A** for asymmetry – a mole that when divided in half, doesn't look the same on both sides.
- **B** for border – a mole with edges that

are jagged.

- **C** for color – a mole that changes color, including darkening, loss of color or the appearance of multiple colors.
- **D** for diameter -- a mole larger than 1/4 inch in diameter.
- **E** for elevation -- a mole that is raised above the skin and has an uneven surface.

Other skin conditions that may signal cancer include pearly or waxy bumps on your face, ears or neck; flat, flesh-colored or brown scar-like lesions on your chest or back; firm red nodules on your face, lips, ears, neck, hands or arms; and flat lesions with scaly, crusted surfaces on surfaces, ears, neck, hands or arms.

In addition to exposure to UV rays, other risk factors for skin cancer include:

- Fair skin
- History of sunburns
- Excessive sun exposure
- Living in sunny or high-altitude climates

-Continued on page two

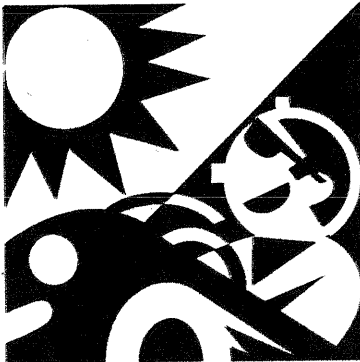
24 HOUR RESERVATION FOR LUNCH (LIMITED) CALL 201 767-6299

From the Desk of the Director Dolores Alfis

On June 16 we will be celebrating birthdays from January to June. There will be cake and coffee. We hope to have a good attendance. Here at the Center we like to try new things to attract more people.

Not much will be going on in June. The next event will probably be our patriotic dinner in July.

Why don't you try our lunches; LaCasa Formosa does a wonderful job. Where will you get a complete meal, eat in or take out, for \$4.00. Now that summer is coming and it's too hot to cook, you can order and heat the lunch for dinner.



The Facts About Fats

If you're like most folks, you are probably doing your best to avoid fats. but you're missing an important fact about fats:

The health effects of different kinds of fats are like day and night. Some fats are very good, and some fats are very bad.

How to Tell Good from Bad.

Bad Fats. There are two kinds of fats you should limit or avoid.

1. *Saturated fat.* It's found in fatty meat, ice cream, whole milk, butter, cocoa butter.

2. *Trans fats.* These are the wicked fats found in some cookies, crackers, cakes, French fries, margarine, onion rings, donuts. Trans fats can inflame and stiffen your arteries.

Good Fats. Olive oil, can reduce your risk of cardiovascular disease.

That's because olive oil contains phenol, an ingredient that keeps your arteries "classic".

That's important because "classic" arteries means your arteries can handle sudden changes in your blood flow -- the secret of preventing a heart attack.

Continued from page one

SKIN CARE

- Family history of skin cancer
- Personal history of skin cancer
- Weakened immune system
- Exposure to certain environmental hazards, including some herbicides
- Age

Even if you have no signs of skin cancer and are at low risk for the disease, you should have your skin examined by a dermatologist as part of your annual medical checkup routine.

Health tips

Squelch your belch ~~~

Belching or burping is your body's way of expelling air from your esophagus or stomach. A common source is swallowed air. You may be able to reduce frequent belching by:

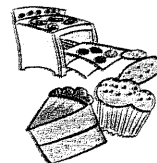
- **Eating and drinking slowly** -- Take your time and avoid gulping to reduce the amount of air you swallow.. Poorly fitting dentures also can cause you to swallow excess air when you eat and drink.
- **Not drinking carbonated drinks** -- Sparkling water, soda and beer release a large amount of carbon dioxide gas when warmed in the stomach.
- **Skipping gum, hard candy and cigarettes** -- These all cause you to swallow more air than normal.
- **Not using a straw** -- Drinking through a straw can case you to swallow air.
- **Addressing stress or anxiety** -- People under stress or with anxiety often swallow large amounts of air.
- **Treating gastroesophageal reflux disease (GERD)** -- You may swallow repeatedly to clear stomach acid that backs up into your esophagus, leading you to swallow more air. Some people with GERD develop a habit of frequent belching because it helps to relieve symptoms.
- **Talking to your doctor** -- Frequent belching may sometimes be a sign of a stomach-related problem, such as infection of the stomach lining with *Helicobacter pylori* (*H. pylori*).

Cook's Corner ~~

Delicious Apple Crisp

- 1 cup rolled oats
- 1/2 cup whole wheat pastry flour
(available at whole foods markets)
- 1/2 tsp. salt
- 1/4 cup canola oil
- 1/4 cup maple syrup
- 1/3 cup chopped almonds
- 2 tbs. filtered water
- 2 tbs. maple syrup
- 1 tsp. cinnamon
- 2 tps. vanilla extract
- 1 tsp. lemon juice
- 5 cups sliced apples (Fuji are best for this recipe)

Preheat oven to 350 degrees F. Mix oats, flour and salt together in a bowl. Add oil and 1/4 cup maple syrup; mix well. Stir in almonds and set aside. In separate bowl combine water, lemon juice, 2 tablespoons of maple syrup, cinnamon and vanilla extract, set aside. Place apples in a lightly oiled pie pan or 8 x 8-inch baking dish. Pour liquid mixture over apples and toss gently. Spoon oats/almonds mixture evenly on top of fruit. Cover and bake 45 minutes. Uncover and bake 15 minutes more to crisp topping. Yield: 8 servings. Approximately 275 calories per serving.



201 767-6299

June 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Golden Age Club "PIZZA BINGO" Every 3rd Wednesday of the Month ***** June 15 Mt. Haven Country Resort Bus Leaves 8:45 AM		1 10:00 Current Events 10:00 to 4:00 Golden Age Club 12:00 Lunch 1:00 Golden Age Business Meeting	2 10:00 Current Events 11:00 Exercise Class 12:00 Lunch 1:00 Cards & Games	3 9:30 Watercolors 10:00 Current Events 12:00 Lunch 1:00 Bingo & Cards
6 10:00 Current Events 10:00 Linus Project Meets 11:00 Exercise Class 12:00 Lunch 2:00 Line Dancing	7 CENTER CLOSED PRIMARY DAY Get Out and Vote	8 10:00 Current Events 12:00 Lunch	9 10:00 Current Events 11:00 Exercise Class 12:00 Lunch 1:00 Cards & Games	10 9:30 Watercolors 10:00 Current Events 10:30 Garden in a Glass 12:00 Lunch 1:00 Bingo & Cards
13 10:00 Current Events 10:00 Linus Project Meets 11:00 Exercise Class 12:00 Lunch 1:00 Advisory Board/Busy Bees 2:00 Line Dancing	14 10:00 Current Events 10:30 Zumba Gold 12:00 Lunch 1:00 Film MASTER and COMMANDER	15 10:00 Current Events 12:00 Lunch 12:30 Golden Age PIZZA BINGO	16 10:00 Current Events 10:00 Blood Pressure 11:00 Exercise Class 12:00 Lunch 1:00 Cards & Games 1:00 June - January - Birthday Celebration	17 10:00 Watercolors 10:00 Current Events 12:00 Lunch 12:30 Health Seminar: Symptoms of a Heart Attack or Stroke 1:00 Bingo & Cards
20 9-11:00 AM Tupperware Sale 10:00 Current Events 10:00 Linus Project Meets 10:30 Celebrating Father's Day 11:00 Exercise Class 12:00 Lunch 2:00 Line Dancing	21 10:00 Current Events 10:30 Zumba Gold 12:00 Lunch 1:00 Film AMELIA	22 10:00 Current Events 12:00 Lunch	23 10:00 Current Events 11:00 Exercise Class 12:00 Lunch 1:00 Cards & Games	24 10:00 Watercolors 10:00 Current Events 12:00 Lunch 1:00 Bingo & Cards
27 10:00 Current Events 10:00 Linus Project Meets 11:00 Exercise Class 12:00 Lunch 1:00 Podiatrist by Appt. 2:00 Line Dancing	28 10:00 Current Events 10:30 Zumba Gold 12:00 Lunch 1:00 Film JULIE & JULIA	29 10:00 Current Events 12:00 Lunch	30 10:00 Current Events 11:00 Exercise Class 12:00 Lunch 1:00 Cards & Games 5:00 Hot Dog/Hamburger Supper With Entertainment	

Isn't time
you found out
for yourself
how good
a business
resource
we can be!

Invitations
Flyers
Rubber Stamps

Minuteman Press

201-767-6504

Quality Printing
High Speed, Large Volume Copying
Responsive Staff

169 Paris Avenue
Northvale, NJ 07647

New
Jersey
Senior
Citizens

INFORMATION &
REFERRAL SERVICE
1-800-792-8820

Call from within New Jersey



240 Livingston Street
Northvale, N.J. 07647
201-767-9779

Prevention

You may be able to prevent a stress fracture by:

- **Starting any exercise program gradually** – This gives your muscles and bones a chance to adapt to new stresses by becoming stronger. If you're already fit, be prudent with increases in the intensity and duration of your exercise. More intense exercise can be great for your health, but be sure to make increases incrementally over time.
- **Alternating your activities** -- If you always run or walk, instead jump in the pool, or exercise on a bicycle a couple of times a week. Time spent in a weight room, or doing other body work such as yoga, not only diversifies your exercise, but can help strengthen how your body supports itself.
- **Wearing good shoes** -- Wear shoes that are designed for the activity you participate in. To keep the cushioning fresh, you'll probably need to replace them after 300 to 400 miles of use.
- **Stopping or slowing bone loss** -- Work with your doctor to address the decline in bone loss that occurs with age, even if you don't have osteoporosis. Staying active and getting the recommended amounts of calcium and vitamin D also are important.

Beans May Help lower Blood Sugar

If you have diabetes, one of the healthiest foods you can eat may be beans. A recent review suggests that eating beans can have a significant

impact on your fasting glucose levels, insulin levels, and on A1C levels, which help measure blood sugar control over time.

The review, published in the August 2009 issue of *Diabetologia*, gathered and analyzed data from 41 studies that looked at the effects on blood sugar levels of specific types of legumes, including garbanzo, black, pinto, white and kidney beans.

The analysis showed that eating about a half-cup of beans a day as part of any diet lowers blood sugar measurements. When eaten as part of a high-fiber, low-glycemic index diet, beans lowered A1C measurements by an average of 0.5 percent. That amount is about half the effect that's often achieved by standard diabetes drugs such as metformin (Glucophage).

The review helps confirm research showing that soluble fiber can help improve blood sugar levels. Beans are a great source of soluble fiber, as are oats, barley, and many fruits and vegetables. Fiber supplements containing psyllium also are a good source.

-Mayo Clinic Health Letter

Potatoes Make You Fat, Right? WRONG.

In fact, just the opposite! A baked potato with skin may help keep excess pounds OFF thanks to a healthy dose of fiber!

The secret; Don't deep-fry or drown your potato in sour cream, butter and cheese!

COMING EVENTS

Friday, June 10, 10:30 AM

Garden in a Glass

Sponsored by the Demarest Garden Club. Sandy Kopec will bring her talents to the Center for a "hands on" Program creating a Garden in a Glass. There is no charge for this program; registration is required.

Monday, June 20, 9:00 - 11:00 AM

Tupperware Sale: Cash and Carry

Why pay shipping when you can purchase and take home. Perfect for bridal showers, hostess gifts, with special items for summer picnic storage. The community is welcome to this event, which is a fundraiser for the Center.

Thursday, June 16. 1:00 PM

June to January Birthday Celebration

We celebrate with our members who have a birthday between January 1 and June 30. Members of the Center are welcome to join us for coffee and cake.

Friday, June 17, 12:30 PM

Health Seminar: Symptoms of a Heart Attack or Stroke

Sponsored by Care One. Is it indigestion or a heart attack. Has someone you know suffered a stroke or not? Know the symptoms and when to call for medical assistance. The community is most welcome to attend this seminar.

Monday, June 20, 10:30 AM

Celebrating Father's Day

There will be stories, poems, cake and coffee - everyone is welcome.

Thursday, June 30, 5:00 PM

Hot Dog/Hamburger Supper

with entertainment by Frank Lanzana. Tickets are \$12.00 per person now on sale.

Did you know???

The Center has a fully equipped pool table. Bring a friend and enjoy a few games.

And, we have Wii. Play baseball, golf, tennis bowling alone or with a friend; why not start a team.

We serve a mouthwatering luncheon every day; catered by LaCasa Formosa of Northvale. Call us and reserve your place.

Our Linus Project meets every Monday at 10:00 AM. We knit or crochet blankets and shawls for seriously ill children; instructions happily given.

Bingo. Always on Friday and Sunday afternoons at 1:00 PM.

Line Dancing - join the fun on Mondays at 2:00 PM.

Beauty Salon Specials

"Headlines by Pantana" would like to offer specials Tuesday, Wednesday or Thursday, 10:00 AM - 2:00 PM. \$5 off a haircut and blow-dry or \$5 off a perm.

Please use code #509 when calling to make a reservation with select stylists.

They are located at
137B Paris Avenue, Northvale -
(201) 767-0097.

*Center is funded in part by the
Bergen County Department of
Human Services.*

Publicity Committee

Editor - Tanya Dmitruk
Ass't. Ed. -

Director - Dolores Alfis

Did you know...

-The average woman tries 104 reducing diets between ages 18 and 70, each lasting an average five weeks-equal to 10 years spent trying to lose weight.

-The asparagus plant is a member of the lily family. Under ideal growing conditions, an asparagus spear can grow 10 inches in just a 24-hour period.

In Memoriam Plaque

If you wish to have your departed one's name engraved on the Plaque, call the Center for details.

201 - 767-6299

**Last day for submissions to the Bulletin
is on the 12th of the month.**

**NON-PROFIT ORG.
U.S. POSTAGE PAID
PERMIT #14
NORTHVALE, NJ
07647**