



PAR-TROY HEART

MONTH PATTERN

FEBRUARY 2023

"Love, Loyalty and Friendship- the Bonds of Volunteering"

Shirley Holly, NJSFWC President

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Message from Our Club Presidents, Marilyn Marion & Marilyn Zarzycki

Can you believe we haven't had any snow ...yet! Not much longer and our days will be longer. Even the shorter days haven't stopped all the projects our department chairmen have been working on. Please read this newsletter and mark your calendars for all the up and coming events. Please try to attend our district events, come and meet your Federation sisters, find out what other clubs are doing. It's nice to hear new ideas and nice to work with other clubs on the same projects.

Thank you to the members who attended the District Spelling Bee to give Cathy Haney support as the chairman of this event and to see that one of our spelling bee winners will be moving onto the state bee, which will be held at Federation Headquarters on March 18th.

The District Performing Arts competition is on March 8th in Madison. Our members have been rehearsing weekly to show we care about this event. It has been so much fun. Try to come and cheer us on. Let us know so carpooling can be arranged. (So sorry for the working members, we understand why you are unable to attend, but there are many evening events ahead we hope you will be able to attend). Remember if there is anything you read in this newsletter and need more information please contact the chairman listed or contact one of the co-presidents. We hope all you talented crafters are working on something to enter at Spring Conference/Achievement day. Ivy Ertle (Arts Chair) and Janet Reilly (Environment Chair) will have forms that must be attached to your entry. Photos are also judged, we have had lots of winners in that category. So, let's get going.

Thank you all for your cooperation.

The Marilyn's



M&M

Federation Secretary: Joan Garbarino

Lots of Save the Dates this Month!

The **Highlands District Arts Performing Day** is on **Wednesday March 8th** at the **Thursday Morning Club** in Madison NJ. Check your email for the details.

The **Highlands District Civic Engagement & Outreach Day** is being held on **March 28th** in **Vernon**. An email with the details will be sent out shortly.

Highlands District Spring Conference and Achievement Day Wednesday; April 12th at Centenary University in the David & Carol Lackland Center/Sitnik Theater located at 715 Grand Ave & 3rd Ave (next to Tannery Field) in Hackettstown. This is always a fun day. We get to hear the Presidents' Reports, see which clubs are taking home a District Award, enjoy a great buffet, and hear from NJSWC President, Shirley Holly. Achievement Day Gold Winners will be announced. The cost is \$50. I will be collecting checks (made out to WCPTH) at our February 27 general Meeting. All checks are due to me by **March 6th** so I can prepare the paperwork and register our group.

Consider attending the **NJSFWC 129th Convention being held in Atlantic City at the Hard Rock Café from, May 1st through May 3rd**. More information will be sent out in a separate email about hotel reservations & rates, registration fees, workshops, meal choices, etc.

I have forms to **join the 1894 Society** that I can get to you, or I can also email you a copy of the form if you prefer. Remember the money raised here goes to help pay the rent for the Headquarters Building in New Brunswick.

Want to find out more about the New Jersey Federation of Women's Clubs? Check out their website at **NJSFWC.org**. While browsing through the site sign up for the ECONNECTION weekly newsletter. Instructions are on the main page of the website and each week you'll receive an email with Federation information and happenings. If you have any questions, feel free to reach out to me. I'd be happy to help!

Lastly when you can, support other clubs' fundraisers if you can. Our Tricky Tray is coming up and we get a lot of support from our sister clubs. For example, if you like Tricky Trays consider going to the **Roxbury Woman's Club Tricky Tray on Saturday, April 29th**. I will pass on information about other fundraisers as I hear about them.



Second VP Membership: Jance Carrubba & Ginny Scala

Hi ladies! We were happy to install Eileen Healion at our January meeting. One more-lovely lady to add to our club. Let's keep the ball rolling with new members. Spread the good news about WCPTH to others. Maybe we can make this a banner year!

Historian Scrapbook: Janice Carrubba & Esther Rucci

Please remember to start taking pictures and collecting items from any events or gatherings you attend that pertain to the Club. You can either email or text photos to me or bring them to any meetings. Since I haven't collected many items so far, I am pushing our first cropping to April instead of March. More info will follow next month.

Arts and Culture - Ivy Ertle

Spring is in the air, hopefully. For the next international dinner. We are going to explore our Irish side, especially with **St. Patrick's Day** coming up. I'm arranging for dinner at **Thatcher McGhee's in Denville on Tuesday, March 14th at 7pm**. Please let Ivy know if you will be joining us for this early St. Patrick's Day celebration **by March 6th**. Feel free to text me at 917-364-1607. Please identify who you are as I do not have everyone's numbers programmed into my phone. Thank you.

Education & Library: Betty Lagitch Chairman

We will be celebrating Reading Across America & Dr. Seuss week during February and March, by reading to the children at the Parsippany & Lake Hiawatha Libraries, Parsippany Day Care and Morris County Head Start. We'll be wearing Dr. Seuss outfits, making bookmarkers with Dr. Seuss stickers and donating 3 Dr. Seuss books to each facility. I don't know who will be having more fun, the children or us woman!

Literature: Janet Reilly

Our next meeting will be held at Esther Rucci's home on **Tuesday, March 7th at 1:00 PM**. We will discuss the current book we are reading, *The Island*, by Victoria Hislop. Please let Esther know if you will be coming.

Also, did you know that the library has a Video Streaming Service called Kanopy. It provides access to thousands of movies, documentaries and kid favorites. Just go to kanopy.com, create an account, select Parsippany-Troy Hills Library and follow the instructions to access their collection.



Environment: Janet Reilly

I am still collecting blue jeans to send for recycling. Through your donations, I am ready to send two more boxes.

The Environment Achievement Day contests are divided into two divisions. Artistic Design and Horticulture. All entries must be pre-registered with the District Environment Chairman, two weeks prior to the District **Achievement Day** which is **April 12th** at Centenary College. All entries must be the work of the clubwoman. Only one entry per clubwoman in each class. Only one entry per clubwoman in category/subcategory. Entry must be completed within the past year. Entry may not have been entered in previous contest.

Forms for entry can be found on the NJSFWC website or I will have a few on hand at our next meeting. If you are interested in entering or will enter, please let me know.

Civic Engagement and Outreach: Susan Byrne

Please help support our community by donating to the Parsippany Emergency Food Pantry. Any non-perishable food items are welcome. For a complete list of items needed, go to <https://www.parsippany.net/166/Food-Pantry>. Remember to let Ann Claassen know about your food donations (pounds) and let me know about any cash donations. Food donations can be brought to our General Meetings or you can bring them directly to the Parsippany Emergency Food Pantry located at the Parsippany Community Center (1130 Knoll Road Lake Hiawatha, NJ). They are open Monday through Friday 9am to 5pm. Please remember no glass containers.

Please continue to clip those coupons! The Support Our Troops Troopons program enhances the well-being of overseas and domestic military families by sending them food, non-food, baby and pet manufacturer coupons to make their hard-earned dollars go farther. The next mailing of coupons will be in early March. Only manufacturer's coupons dated December 20 or later will be collected. Please sort your clipped coupons into food, non-food, baby and pet for our active military both here and abroad.

Programs - Lois Preis-White

At our **General Club Meeting** on **February 27, 2023**, our speaker will be our very own Betsy Lowry. Betsy will be accompanied by an associate Chris Miller as well as Annie and Lucas. They will have a demo of CPR for us. You don't want to miss a thing, so please arrive in time to get your snack and let Betsy and Chris begin at 7 p.m. See you at the meeting.



Health and Wellness: Marilyn Marion

Just a reminder that I will be collecting used eyeglasses for the Lions Club and old jewelry and hearing aids for the New Eyes for the Needy. Just bring them to the meeting. I will also have forms for Vial for Life.

Since February is Healthy Hearth month, please wear **RED** at the General Meeting on **February 27th**.

Since the weather has been nice, well no snow, I hope everyone is trying to get in some outdoor exercise. It's nice to walk in the brisk weather. Just be careful and dress appropriately.

Arts and Culture – Lois Preis White

I hope you are preparing your craft(s) for the 2023 Highlands District Spring Conference and Achievement Day to be held Wednesday, **April 12, 2023**, at Centenary University in Hackettstown, NJ.

This means it is time for you to gather the crafts you made and photos you took in 2022 (Contest rules say entries must be your own work from the 2022 calendar year.) and get them ready for entry. You get to showcase your talents and perhaps receive an award. Crochet, knitting, needlework, paper art, baking, holiday decorations, painting, and photography, to name a few. You get the idea. You create something wonderful, register the item(s) prior to the Conference, bring it to the Conference to be judged, and (hopefully) win an award.

I previously sent you the rules, categories and required forms. I hope you will join the fun and enter one or more of your artistic creations.

Let me know if you have any questions or need any assistance with your entries. I would be delighted to help any way I can. Let me know if you need the forms and instructions in hard copy.

Advocate for Children: Marilyn Zarzycki

Ronald McDonald House:

Save your aluminum tabs we are continuing to collect them to be donated to the Ronald McDonald House in New Jersey.

St. Jude Research Hospital:

Recycle the front of your used cards to be donated to St. Jude's Hospital. Hallmark, American Greeting and Disney cannot be accepted because of copyright laws. Also, new cards with or without envelopes can be donated. Supporting this program will help abused and neglected children and youth.

District Spelling Bee: Mary Ann Coyne

We have a winner from the Highlands District Bee! Yogita Pansare, who was 1st place winner at the Parsippany Bee, took Second Place in the District Bee.

The contestants went 20 rounds and the winning word was "ultimate".

Yogita will now compete in the **State Bee on Saturday, March 18th at NJFWC Headquarters.**

We are very proud of her accomplishments and wish her good luck!

First VP's- Ways & Means: Lois Preis White & Mary Ann Coyne

Words of thanks and appreciation to Club members who participated in our Dine-to-Donate event at Annabella's Pizza & Restaurant. Our proceeds for this event was \$200. Good news! Our **Spring Fundraiser** will begin on **February 27th**. Boon Supply has something for everyone, and a lot of their products are eco-friendly. Brochures will be given out at our General Meeting. This brochure is just a preview of their many products displayed online.

Ordering is done completely online. Details will be explained in our letter to you along with the brochure. The Club will receive 40% profit; so, it is important that we have 100% participation. Shop, select, and choose gifts for upcoming holidays and treat yourself to something special! Our Spring Fundraiser will end on March 30th.

JBWS: Terry Gerber, Teri Wohld, Ronnie Fagan, Eileen Healion

We had a busy month so far. Initially Teri Wohld and I melted chocolate for 32 bags of Chocolate Oreo cookies and some chocolate candy for the residents, 25 lollipops were made for the children. Five pounds of chocolate were donated by Chocolate Treasures in Wayne. Ronnie Fagan and Eileen Healion melted chocolate on pretzels for a sweet and salty addition to the gathering.

WCPTH members were unable to attend the gathering with the residents, so we gave Jayne and her interns a preview of chocolate making! We donated 3 chocolate heart molds as well as some sticks and bags to get them started. Per Jayne, it was a success with 5 families in attendance that evening. It was the first time since Covid, that there was a planned gathering.

Thank you all for helping with this event. The staff were all excited for the event.

Further attendance at the facility will require completion of Volunteer forms and completion of a 40-hour volunteer program. Most is completed online with the last 8 hours in person at the facility.

If anyone is interested in volunteering, please see me after the meeting or call me.

Thank you for the donations that were brought to the meetings. They were accepted with such gratitude!



Health & Wellness: Symptoms of a Stroke

If you or someone you know is exhibiting symptoms of Stroke, seek medical attention immediately.

As different parts of brain control different parts of the body, symptoms will depend on the part of brain affected and the extent of damage.

The main symptoms are:

- Paralysis or numbness or inability to move parts of the face, arm, or leg - particularly on one side of the body (smile on one side only)
- Confusion- including trouble with speaking
- Headache with vomiting
- Trouble seeing in one or both eyes
- Metallic taste in mouth
- Difficulty in swallowing
- Trouble in walking (impaired coordination)
- Dystonia (involuntary muscle contractions that cause repetitive or twisting movements)
- Alexia (reading difficulties after a stroke)
- Agnosia (loss of the ability to identify objects or people)

Signs and Symptoms of a Heart Attack

Upper body discomfort

You feel pressure, tightness, heaviness, burning, squeezing, or aching in the chest that moves to the arms—everyone experiences it a little differently. **Women** are more likely than men to experience some of the other symptoms, particularly pain in the jaw and back.

Shortness of breath

You suddenly feel dizzy, lightheaded, and extremely weak. You start taking in deep breaths or are panting for air like you've just run up a hill, but for no apparent reason.

Abdominal discomfort

You feel heartburn, indigestion, or pain around your stomach. You might have nausea and throw up.

Unusual fatigue

Your usual exercise routine leaves you worn out. You feel extremely tired, even with everyday activities like making the bed or carrying the groceries.

Cold sweat

Your skin gets cold and clammy suddenly even though there is no obvious source of stress.

Heart Facts

Each year an estimated **785,000** people will have their first heart attack.

Every **39 seconds** someone dies from heart disease and stroke.

1 of every **3** deaths in the US is caused by heart disease.

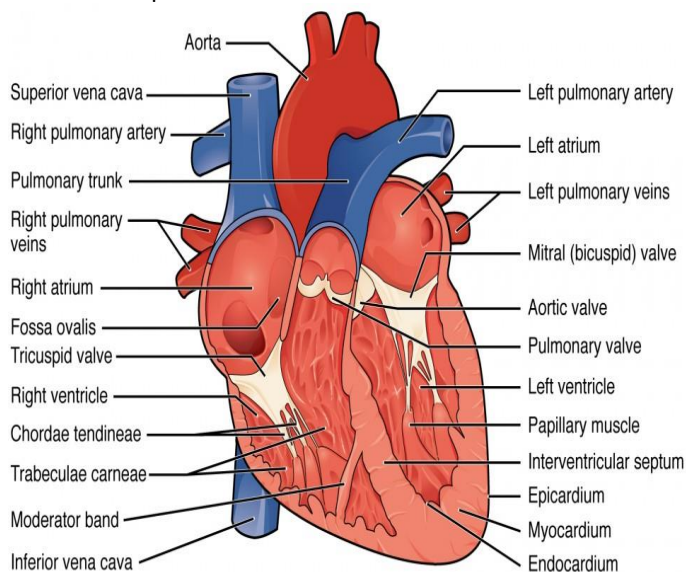
99% of Americans need to improve their heart health.

Health & Wellness: Esther Rucci: Latest Guidelines for Heart and Stroke Prevention

For years, taking a daily low-dose aspirin for the prevention of heart attack and stroke has been a widely accepted practice. But the US Prevention Services Task Force (USPSTF) recently issued updated guidelines recommending against its use in certain patients for primary prevention of heart disease. Cardiologist Jeffrey S Lander, MD, Co-Director of Sports Cardiology at the RWJ Barnabas Health, Co-Medical Director of the Cardiac Care Unit at Cooperman Barnabas Medical Center a member of RWJ Barnabas Health Medical Group explains. *The 2022 guidelines state that using aspirin in select 40 to 59-year-olds may have some benefit in preventing heart disease, but it is not recommended for people aged 60 and older. This is a big change from the 2016 guidelines, which recommended using aspirin for primary prevention in adults aged 50-59 who were at risk for cardiovascular disease, and to consider its use for certain aged 60-69 who were at risk for cardiovascular disease.

Older trials of aspirin use for primary prevention showed benefits for reduction in heart attacks. However, more recent studies did not show a significant reduction in cardiovascular disease. In addition, many of these trials also showed significant risk of internal bleeding among those taking daily aspirin. Given these findings, the recommendations changed. **Exceptions to the new guidelines:** It is very important to remember that these recommendations **DOES NOT** pertain to patients with a prior history of heart attack, stroke, bypass surgery or a recent stent procedure. If someone has that history, it's generally beneficial to take a low dose daily aspirin as it helps reduce the risk of recurrent cardiac disease or events.

If someone is taking low dose aspirin for years, in that case it is important to speak to their doctor or healthcare provider before making any changes. All of the risks and benefits should be weighed prior to stopping aspirin. Each patient is unique, and when recommending to either use or not use aspirin for primary prevention of heart disease, the risk and benefits should be discussed and weighed by doctor and patient to make an individualized plan.

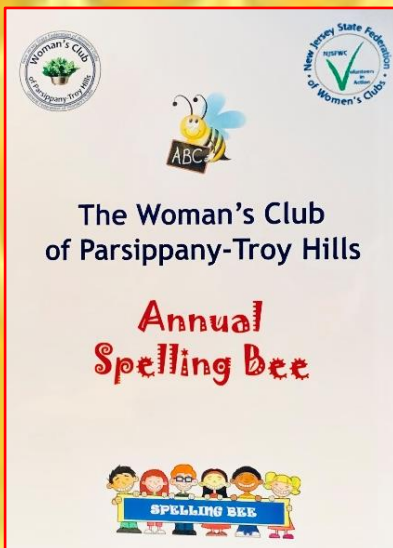


February Birthdays

Anne Claassen-21

Ann Lowry-28





Our annual spelling bee. The contestants were energized and the audience was so elated to be cheering them on.

Here are the results:

| | | |
|---------------------|--------------------------|-------------------------|
| First Place: | Yogita Pansare #9 | Knollwood School |
| Second Place | Rishaan Sharma | Northvail School |
| Third Place | Vaikha Bheemana | Knollwood School |

**The contestants went 29 rounds.
The winning word was "addition".
There were 25 Contestants.**

**They will now go on to the District Bee which will be held on
February 11th @ The Assembly of God Church in Rockaway.
It was a fun and educational night.**

Day of Service January 16, 2023



A FORCE TO BE RECKONED WITH



**Installation of another New Member
Eileen Healion January 23, 2023**



**January 2023 Dark Horse Winner
Ginny Scala**



Our Literature Luncheon at The Boonton Station December 13, 2023



**Homemade Cookies for the Fireman's Home, Country Home, Troy Hills Nursing Home
and The Volunteer Ambulance Squad
February 9, 2023**



**Our International Luncheon January 31, 2023
At The Spice Route Melange on Smith Road**



**Our First WCPTH Chairmen Job Description
February 15, 2023**



**Co-Membership Chairmen
Ginny Scala and Janice Carrubb**