

# ASCO Sentinel

Avalon Senior Citizens Organization, Inc.

Avalon, NJ  
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October 2015



## Message from the ASCO President:

October is generally known as the month of haunts, scares, ghouls, leaves changing color and falling from the trees, and the first frost of the year settling in. There's more to the month than that, though. Below you will find just three of the many things celebrated in the month of October. The most well known is **Breast Cancer Awareness Month**. The lifetime risk of getting breast cancer is 1 in 8 and it's the second leading cause of cancer death for American women. Early detection is crucial for effective treatment and survival. Self-exams can be done at home very easily and if you find something that feels abnormal, call your doctor and make an appointment. They'll do a manual exam and likely order a mammogram to make sure there's not something they missed. Although October has been designated as Breast Cancer Awareness Month, women (as well as men – 400 men die each year from breast cancer) should be on the offensive and stay aware of their bodies. Of great concern in our country is **Domestic Violence Awareness**. Victims of domestic violence know what it's like to live in fear or lose themselves behind a facade. But there is help and resources available to victims. The website for the National Collation Against Domestic Violence, [www.ncadv.org](http://www.ncadv.org), is a good place to start and is full of information, news, updates, events and postings. However, this is an issue that should not be focused on just for one month out of the year. Thousands are victims of domestic violence and more needs to be done to help them, even if all that can be offered at the time is a shelter and someone to listen. Lastly, our 4 legged friends need help as well so October is **Adopt A Shelter Dog Month**. According to the ASPCA, at least 12 million dogs go to shelters each year. Many, more than half, are euthanized because of lack of space and resources, and lack of willing adopters. Adopting a dog is a great thing to do but be sure that you do your research ahead of time and that you're truly ready to become a dog owner – it's a lot of work! Go to a site like petfinder.com and look for your local shelter. Your new best friend is waiting for you! Happy October

*Adapted from Mondave*

Loretta P. Finnegan, M.D.

### Club Officers:

President  
Loretta Finnegan

1st Vice-President  
Richard Kosten

2nd Vice-President  
Ramona Sanabria

Secretary  
Miriam Kauterman

Treasurer  
Frank Kelly

Membership  
Bud Stein

Luncheon  
Elsie Kuhn

### Board Meeting

The ASCO Board Meeting will be Tuesday October 6th, 2015 at 4 PM at the Senior Center

### Dues

**2016 Dues are now due.**

**Please remit \$10 to Frank Kelly.**



## October Luncheon



**October Luncheon** will be held at the Windrift on Tuesday October 13, 2015 at 12:00pm.

*The Speaker will be Mr. Chuck McDonnell, Recreation Director-Avalon. He will be speaking about the recreation facilities & activities available to the Seniors.*

### **Menu Selection: Crab Cakes or Chicken Francaise**

Please send your reservation and payment of \$18.00 to: Frank Kelly, 301 42nd Street, Avalon, NJ 08202 609-961-3332 or fak1941@hotmail.com

**Please ensure that your check for the luncheon arrives no later than October 6.  
If you need to cancel your reservation please contact Frank Kelly by October 6.**

*At the end of the luncheon there will be a brief get-together with Richard Kosten for anyone interested in the Iceland Trip.*



## BOWLING LEAGUE

The Avalon Seniors bowling league got off to a rousing start with 34 people in attendance this past Wednesday. There are openings for anyone interested in joining our group. We bowl at Mouse Trap Lanes in Woodbine on Wednesdays at 9:30 AM and usually lasts until noon. You only pay when you bowl, there are no obligations. It's too early in the season for personal stats or team stats. More to come next month.

## SENIOR CENTER SCHEDULE

Mah-Jongg, Wednesdays, Sept. 2<sup>nd</sup> – Sept. 23<sup>rd</sup>, 1 pm  
Spite 'n Malice, Mondays, 1 pm  
Canasta, Tuesdays year-round, 1 pm  
Bridge, Tuesdays year-round, 7 pm  
Pinochle, Thursdays year-round, 1 pm  
Bridge Lessons, Fridays year-round, 9 am  
**Call for more information 609-967-5924**

## NAME BADGES

Please remember to wear your name badge to the meeting. If you need a badge, please see Lynn Covington. The cost is \$5.00.

**All ASCO members must wear their name badges or there will be a charge of 25 cents commencing at the October meeting.**



## 6th Annual Breast Cancer Walk

Sunday - Oct 4, 1pm registration/2pm walk  
CMC Park/Zoo -Shelter #1  
Cape Regional Parish Nursing - 463-4043  
HAVE YOU HAD YOUR MAMMO YET?



## Avalon Garden Club

Tuesday, October 20 Meeting  
Workshop by:  
Laura Babbish, Sea Grove Garden Center - Making a 12" hydrangeas grapevine wreath

