

February 2018

# The Little Memo



Monthly publication of the Pilot Club of Patchogue • PO Box 1313 • Patchogue NY 11772  
[www.pilotclubofpatchogue.org](http://www.pilotclubofpatchogue.org)

Lisa Caselles - President

Eileen Swanberg – Editor

## PRESIDENT'S MESSAGE

Somewhere, out there, there are people who really enjoy winter. In my family I can count one person – my uncle. He gets giddy when it snows. He is the first to put on his skis and head out. He spends days outside in the cold walking and running and then relishes the warmth of his living room fireplace. He loves winter. And he is the only member of my family that enjoys winter. The rest of us wait until it's over. We hibernate inside. We take naps. We watch movies and read books. It's not all bad. Except that sometimes it seems to be endless, these cold, dark, inside days. It can make you feel depressed.

There is plenty of evidence that physical activity can alleviate symptoms of depression and of stress. Physical activity produces endorphins – chemicals in the brain that act as natural painkillers and mood lifters. And I've heard that once you sufficiently exercise and feel the mental and mood benefits, you will want to continue. This, much like the mythical 'Runners High' has not happened to me yet but I hold out hope. Exercise is hard and in the winter it seems to be even more difficult. I take one morning walk outside a day and that is only because my dog will sit in my lap until I take him. I will complain as I bundle up and head outside with his leash in my gloved hand. After a block or so, I realize that the sun feels nice on my face and, when the wind isn't blowing, it's actually kind of enjoyable. By the time I get home, I am usually in a much better mood than when I left. But I will still complain tomorrow when he barks at me to take him on his daily walk around the neighborhood. In Norway, researchers expanded on the idea that physical activity alleviates depression. They studied one thousand people who exercised regularly for over a decade in an attempt to prove that exercise can prevent depression from taking root in the first place. Their findings – people who exercised regularly were less likely to exhibit depression when surveyed a decade later. By incorporating exercise into your daily routine now will help you physically and mentally in the

years to come. And when I think about it – my winter loving uncle is honestly one of the happiest people in our family.

For February I am going to incorporate more physical activity into my daily routine. I encourage you all to do the same. Bundle up and head outside when the wind is not howling. Try Yoga or take a swim class at the Y. Dance in your living room when no one is watching. It all counts.

*~Lisa Caselles*

## IMPORTANT REMINDERS:

If you are **bringing a guest** or **cannot attend the next meeting**, contact **Linda Pickford**.

Leave a message at 631-758-9048 or email me at [lindapickford@hotmail.com](mailto:lindapickford@hotmail.com)

### ANNOUNCEMENTS

- |             |   |
|-------------|---|
| February 13 | Business Meeting, 6pm<br>Painter's Restaurant, Bellport<br><b>NOTE CHANGE IN LOCATION!!</b> |
| February 26 | Board Meeting, 6pm at the<br>Patchogue Medford Library,<br>meeting room E                   |
| March 4     | Theater Party<br>Theater Three, Port Jefferson  |

## **FROM PROJECTS DIVISION**

Our Projects Division will start to have more to report in the coming months, as we gear up for our Valentine's Day project with the Anchor Club and get ready for our Dessert and Craft night at Mercy Center.

*Cathy Fiebe, Projects Coordinator*

## **FROM FUNDRAISING DIVISION**

March 4<sup>th</sup> is almost upon us. As most of you have already seen, our Theater Party show has been changed to Nonsense, a musical comedy. Tickets need to be purchased by February 13 at our Business Meeting. Please bring any forms you may have for the sold tickets. Mary Campo and Nancy Best need to start figuring out the seating sooner rather than later. We will be passing around the signup sheets once again for food, tasks and raffle items. We will be setting a date at the Business meeting for us to make the raffle baskets. Plan on the end of February.

We have been getting a good response to the ads asking for Vendors for our Craft and Vendor Fair in May. March 15<sup>th</sup> is the deadline for those applications. Please get your application in soon if you plan on having a table.

*Eileen Swanberg, Fundraising  
Co-Coordinator*

## **FROM PIFF DIVISION**

The Pilot Club of Patchogue has budgeted \$250 to the Goals for Grants and Scholarships Fund. This fund is the source for Pilot International's Matching Grants program, Emergency Response Grants, and Scholarship programs. Our Club's donation will be recognized at the District Convention.

Our Club has budgeted \$10 per active member for Pilot International's Pacesetter contribution. Pacesetter contributions are used as a mechanism to raise funds for the Annual Fund. The Annual Fund is unrestricted and is used to operate Pilot International. Our donation will also be recognized at the District Convention.

If you would like to donate to Pilot International in memory or in honor of someone, please see me for a contribution form.

For your information:

According to the *American Journal of Public Health*, being near a green space lowers stress and reduces symptoms of anxiety and depression and children with attention deficit disorder show improved cognitive function when interacting with nature.

*Linda Tabatchnik, PIFF Coordinator*

*Thousands of candles can be lighted from  
a single candle, and the life of the candle  
will not be shortened. Happiness never  
decreases by being shared.*

*~Buddha*

## **FROM MEMBERSHIP DIVISION**

It is the Club's honor to welcome two new members who will be installed at the business meeting on February 13<sup>th</sup> at Painter's Restaurant.

Anna Schilb, sponsored by Renee Negron, is a retired nurse. She has worked at Southside, St. Catherine's and as a BOCES school nurse. She is married to her husband, Philip, for 31 years. They have three sons, two of whom live locally (Manhattan and Sayville) and the third in Alabama with seven and eight year old daughters. Anna enjoys walking, nature, parks, travel and photography. She is currently volunteering at a pregnancy clinic in Centereach. Her birthday is February 23<sup>rd</sup>.

Jeanne Weingarten, sponsored by Sue Kahl, has been happily married to Neil since college. Jeanne is a retired middle school math teacher from the Babylon district. She and Neil have two children, Scott and Monica who reside in Chicago and Maryland. They are the proud grandparents of Luca, Catie, Avery, Lexi and Dillon. Jeanne enjoys skiing, water sports, hiking, biking, golf and mahjong. Her birthday is December 20<sup>th</sup>.

*Sue Kahl, Membership Coordinator*

## **Pick Me Ups...**

There were no Pick Me Ups distributed in January. Members are asked to notice members in the community who perform the role of caregiver and make a nomination that they be recognized. Also, members are asked to identify a community agency or company that goes above and beyond in caring for needy clients so they may be recognized with a Coffee Break Pick Me Up. Thus far, we have given this distinction to Day Haven and AHRC.

## **News from Brookhaven Memorial Hospital:**

- The Hospital has led an on-going initiative to promote wellness for the employees and patients by eliminating fatty and deep fried foods, discontinuing the use of heavy cream in soups and sauces, limiting sugary soda, and substituting broth for oil in pasta dishes and baked fries for French Fries.
- The Knapp Center Cath Labs have a new diagnostic tool, the CardioMEMS Heart Failure System, that will be used for patients who have been hospitalized for heart failure in the previous year. A very small device is implanted in a patient's pulmonary artery to measure subtle increases in that artery's pressure. This increase in pressure can be an early sign of worsening heart failure. The device uses wireless technology to send the information to a receiver mounted in a pillow that the patient can take home with them. Doctors can then use the hemodynamic data transmitted to them from the device to adjust the patient's medication or treatment plan before they actually experience symptoms.
- The Carrol & Henrietta Swezey Medical Pavilion on West Main Street has been sold. All of the services from West Main Street, Hemodialysis, Home Care, and Hospice services, will be relocated. Brookhaven Hospital has received approval from the New York State Department of Health to add 12 additional hemodialysis chairs for a total of 36.



*With all the cold, snowy weather we have been having, I thought a nice, sunny, warm photo would be a good thing!*

*Linda Tabatchnik*