

# The VOICE of



BUSINESS & PROFESSIONAL WOMEN / NEW JERSEY

President, Gwendolyn Evans

Volume 1 Sat., October 11, 2014

## New Jersey Women of Distinction Geraldine Livingston Thompson



Geraldine Livingston Thompson was born into a moderately wealthy family in 1872, in New York City.

She was brought up surrounded by people of means, and her mother was political and very much interested in the welfare of those less fortunate. In fact, her mother established the first Nursing School at Bellevue.

Her summers were spent in Staatsburg, N.Y., where she met the Roosevelt family at nearby Hyde Park. In 1886, her father died and Geraldine went to France to study in a convent. She married Lewis Steenrod Thompson in 1896, (father was an oil baron) he had greater wealth than Geraldine's family. His wealth enabled her pursuit of philanthropic and political interests.

She had nine children total, four her

own and five orphaned relatives. They were raised at what is now referred to as Thompson Park/Brookdale Community College, Lincroft, N.J., an 800 acre estate in Red Bank, N.J. It is now referred to as Lincroft, N.J

Her husband Lewis spent half a year at the Sunny Hill Plantation, southern Georgia, near the tip of Florida. Geraldine made trips there in the winter months. Many dignitaries, Governors, Legislators, U.S. Congressmen and Senators, attended parties at the Brookdale horse farm.

***“All of her life she supported women suffrage, charitable works, politics, and encouraged other women to get involved politically also.”***

Geraldine's energies were also directed toward social service institutions in New Jersey. In 1912, she helped found a State Charities Aid and Prison Reform Association (Public Health Nurses). Geraldine presided over (MCOSS) for 40 years, referred to as the Monmouth County Organization for Social Services; which continues to operate today. Geraldine and her husband both had tuberculosis, and were successful in overcoming it. She lobbied the State of New Jersey to establish Allenwood Sanatorium, Allenwood, N.J., which for many years nursed patients with Tuberculosis back to health. Geraldine served as its President from the opening in 1920 until 1950. Today, it is a County Nursing Home.

All of her life she supported women suffrage, charitable works, politics, and encouraged other women to get involved politically as well. In 1923, she became the first woman elected to the Republican National Committee from N.J. After four years she resigned citing her distaste for the “hypocrisy” of politics, and her grief over the death of her sister Margaret. Despite her disillusionment, she remained active in the party serving as state committeewoman between 1920 and 1962. Geraldine Thompson and Eleanor Roosevelt designed Marlboro Psychiatric Hospital, they were very influential in services for the mentally ill. Indeed, she was a woman of substance.

*Article written and submitted by President Gwen Evans who shares the same birthday, October 11, as Eleanor Roosevelt; a dear friend to Geraldine Livingston Thompson.*

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## Why retailers like Home Depot get hacked

### Experts say retailers have ignored for years the vulnera-

By Antone Gonsalves

CSO Online Sep 15, 2014 5:36 PM PT

Retailers like Home Depot, which recently suffered a major data breach, have known for years about vulnerabilities in payment systems, but have chosen to ignore them, experts say.

Home Depot decided only in January to buy technology that fully encrypts payment card data the moment a card is swiped, The Wall Street Journal reported Monday. The home improvement retailer launched the project in order to avoid a breach on the scale of Target's.

The breach at Target in December compromised 40 million credit-card accounts and contributed to the ouster of its chief executive officer.

Following several months of testing, Home Depot signed a multimillion-dollar contract with a security vendor in April, but by then, hackers may have already cracked the retailer's payment systems, the Journal reported. The company said it discovered it had been hacked in September.

While Home Depot has not said how many credit-card accounts were affected, experts speculate that given the size of its business the number of compromised accounts could be in the 10s of millions.

Hackers stole card numbers from Target and Home Depot using malware that scraped unencrypted data from the memory of their payment systems.

This exploitable vulnerability has been known for years, yet retailers chose not to upgrade their so-called point-of-sale (POS) systems, because of the cost.

"We have been recommending for years and years and years that people encrypt and tokenize at the swipe, and for years and years and years, they haven't done it," John Kindervag, analyst for Forrester Research, said. "The fact that the attackers are really good and fast is not an excuse.

In data security, tokenizing is the process of substituting card data with a random number that is useless to the hacker. The token often comes from an embedded chip found in new cards.

Apple plans to use such a system in the iPhone 6, so the smartphone can be used instead of a credit card.

Most readers used by U.S. retailers today take the card number in plain text from the magnetic stripe found on most debit and credit cards.

Eric Cole, a cyber-defense lead at the SANS Institute, said retailers have to approach security with the assumption that they will be targeted.

"Security has to be designed into the network and not just add-on components," Cole said.

For example, networks should be designed, so POS systems are not accessible, if a hacker breaks into another system on the network that is connected to the Internet.

In the case of Target, malware was planted in POS systems after the hackers stole the login credentials of a supplier that used another portion of the retailer's network.

"(The network) should be segmented, so if a compromise does occur, the amount of damage is contained and controlled," Cole said.

Also, retailers have to stop the practice of using credit-card data for more than just completing a transaction, Kindervag said. Card data is often fed into analytic systems used by marketers to track customer buying habits.

"There's a long held culture of using the credit card number as a way of analyzing the buying habits of consumers and projecting what they might be in the future," Kindervag said.

Retailers and the marketing people who work for them have to recognize that some data is "just too dangerous to have," he said.

Overall, retailers have to approach the avoidance of data breaches the same way energy companies view oil spills, Kindervag said. "It's the most costly thing that could happen to your business."

*Read expert opinions by Antone Gonsalves at CSO Online.com.*

**October 11, 2014**

**BPWNJ MIXER**

**Monmouth University,  
Magill Commons –  
Club Dining Room**

**400 Cedar Ave  
W. Long Branch, NJ  
07764**

**(732) 571-3400**

**Deadline for Registration  
October 4, 2014**

# Health & Well Being

## How much physical activity do older adults need?

### Physical Activity is Essential to Healthy Aging

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

### Four Types of Exercise

- 1. ENDURANCE** activities increase your breathing and heart rate.
  - Brisk walking or jogging
  - Yard work (mowing, raking, digging)
  - Dancing
- 2. STRENGTH** make your muscles stronger.
  - Lifting weights
  - Using a resistance band
  - Using your own body weight.
- 3. BALANCE** help prevent falls.
  - Stand on one foot
  - Heel-to-toe walk
  - TaiChi
- 4. FLEXIBILITY** stretch your muscles and can help your body stay limber.
  - Shoulder and upper arm stretch
  - Calf stretch
  - Yoga



## Aging Eyes: Should We Worry About Floaters?

Floaters, those black threads can be very annoying to say the least. After many visits to various doctors, I finally decided I would just have to live with it. I recognized, it was simply futile to complain about the “critters.” My floaters were in both eyes, which is not always the case. In fact, it is usually just one eye. It was very annoying as it did affect my ability to read, and finally after I got used to it, it did not seem to interfere with my vision as much.

Floaters are seen more often in people who are nearsighted. As I understand it

they are harmless over time they can disappear. You should consult an eye doctor.

My doctor told me the condition might get better on its own. He suggested preventing dehydration, drinking more water and other liquids might be helpful. It seems as we get older for some reason we drink fewer glasses of liquids.

*This article was written by: Gwendolyn Evans, RN, BC,MLER, LNC, President BPW/NJ.*

## October is Breast Cancer Awareness Month

### What is Breast Cancer?

In a healthy body, natural systems control the creation, growth and death of cells. But when these systems malfunction, more cell growth than death can occur. The result is a mass of tissue we call a malignant tumor—or cancer.

### Other Breast Conditions

There are other conditions and noncancerous changes that can affect the breast. Some conditions can cause discomfort or pain which treatment may help. Others need no treatment. Some conditions mimic breast cancer, but tests are needed to make a diagnosis.

### Warning Signs & Symptoms

Due to the use of regular mammography screening, most breast cancers in the U.S. are found at an early stage, before symptoms appear. However, not all breast cancers are found through mammography. The warning signs of breast cancer are not the same for all women. The most common symptoms are a change in the look or feel of the breast, a change in the look or feel of the nipple and nipple discharge.

## To Your Health

As humans we cannot get sufficient B vitamins from what we need. Particularly, B1, good nutrition does not provide the amount we need. A supplement maybe necessary.

I am sure you have heard of Beriberi, (Thiamine deficiency) which can have an adverse effect on our health if we are deficient. A lack or low amounts of B1 can affect the heart, nerves, and digestive systems.

Thiamine deficiency was found to be caused by the removal of the rice's husk during the refining process; which resulted in polished or white rice. Beriberi, was a common disability; and the cause of many mortalities in the late 1800's, in Southeast Asia until the 1930's. Food manufacturers remove the rice husks to prolong the shelf life and cut down on the spoilage.

Dr. Christian Eikman was awarded the Nobel Peace Prize, in Physiology in 1929 for making the connection between the removal of the rice husks and B1 deficiency. Most of us are under the belief that a vitamin deficiency is a thing of the past, because many of our food labels say they are fortified. We should have our blood levels checked to be sure. The symptoms associated with B1 deficiency can include fatigue, tingling sensations in our extremities (nerve damage), headaches, chest pains, and fluid in our legs, feet, and abdomen.

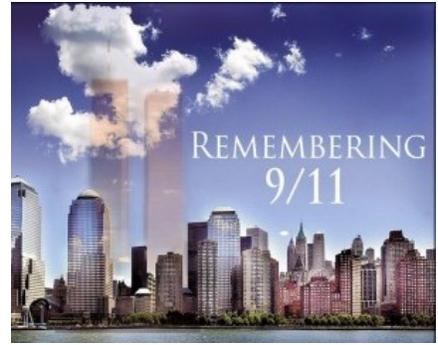
Researchers in one study found that Glaucoma patients were helped by B12, and in some instances; the disease halted was with B12 after a 5 year follow-up in patients with advance glaucoma. Nakyima, Yiyent al.,J. Pharm. Pharmacol 2008; 1365-74.

*This article was written by: Gwendolyn Evans, RN, BC,MLER, LNC, President BPW/NJ.*

## Commemorating 9/11

God the compassionate, whose loving care extends to all the world, we remember this day your children of many nations and many faiths whose lives were cut short by the fierce flames of anger and hatred. Console those who continue to suffer and grieve, and give them comfort and hope as they look to the future. Out of what we have endured, give us the grace to examine our relationships with those who perceive us as the enemy, and show our leaders the way to use our power to serve the good of all for the healing of the nations. This we ask through Jesus Christ our Lord who, in reconciling love, was lifted up from the earth that he might draw all things to Himself. Amen.

*All Saints Episcopal Church, Bulletin- Route 9, Lakewood, N.J.*



### INTRODUCING...



It gives me great pleasure to introduce the new Editor-In-Chief of The Voice of BPWNJ, Eunice Clark. Eunice comes from academia serving at Brookdale Community College for 5 years. Prior to that, she worked at the Asbury Park School District for more than 10 years. Currently she is Student Support Specialist for the New Jersey Health Profession Opportunity Grant (HPOG) prior to this position, she was Senior Assistant for the Educational Opportunity Fund (EOF) grant. She offers Desktop Publishing skills to her church and community as well as conducts community training workshops in the Microsoft Office Suite to assist individuals with resume writing and employment skills.



**Eunice Clark, Editor of The Voice**  
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HERE