



HAPPY NEW YEAR



Sunset at the Golf Course . Photo by Anne Tierney

Pandemic fatigue

By Marge Drozd, MSN, RN, APRN-BC

Pandemic fatigue is an expected and natural response to a prolonged public health crisis. The severity and scale of the COVID-19 pandemic have called for the implementation of invasive measures with unprecedented impacts on the daily lives of everyone, including those who have not been directly affected by the virus itself.

Pandemic fatigue is defined as demotivation to follow recommended protective behaviors, emerging gradually over time and affected by emotions, experiences and perceptions. Such demotivation is natural and expected at this stage of a crisis. At the beginning of a crisis, most people can adapt into their surge capacity, a collection of mental and physical

adaptive systems that humans draw on for short-term survival in acutely stressful situations. However, when dire circumstances drag on, they adopt a different style of coping, and fatigue and demotivation may be the result.

Pandemic restrictions have imposed both hardship and inconvenience in everyday life, and everyone has experienced some kind of loss —of income or a job, of educational progress, of being with friends and family, of engaging in sports activities, or of the chance to participate in important rituals such as weddings, graduations, funerals and more. This has led to stress, loneliness and boredom, and has had a negative impact on the well-being and mental health among many.

Several components related to individual motivation have been strongly impacted by the longevity of the pandemic situation. First, the perceived threat of the virus may decrease as people become used to its existence — even if the epidemiological data shows that the risk may be increasing. At the same time, the perceived loss resulting from the pandemic response (lockdowns, restric-

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A Letter, April 12, 1963

By Allan Kaufman

We celebrate the legacy of Dr. Martin Luther King, Jr. on Monday, Jan. 18. Many consider it a day to serve their community.

Born on Jan. 15, 1929, he grew to become one of the greatest social activists in our lifetime. His non-violent approach to social change, even in the face of beatings incurred by those who marched with him, throughout the South, and especially in Alabama was the signature he left on the civil rights movement of the 1960s.

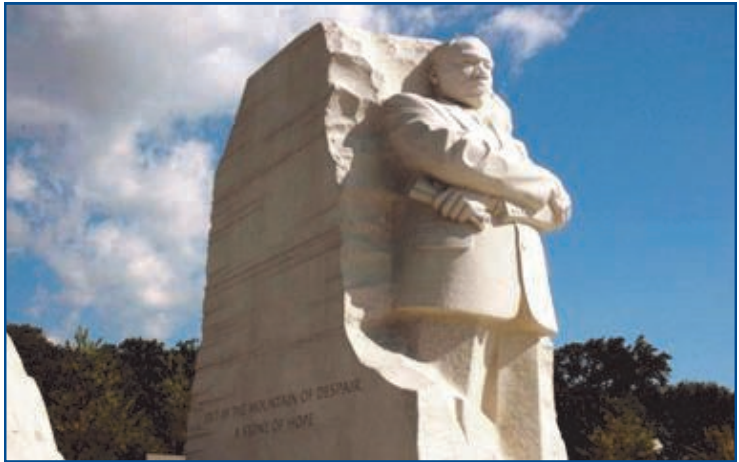
Martin Luther King, Jr., a young Baptist minister, rose to prominence as the spiritual leader of the civil rights movement and as president of the Southern Christian Leadership Conference. One of the turning points of the

movement came on April 12, 1963, when King and about 50 other protesters and civil rights leaders were arrested after leading a Good Friday demonstration as part of the Birmingham campaign. The Birmingham campaign was designed to bring national attention to the policies and practices of one of the most segregated cities in America — Birmingham, Ala.

King was thrown into solitary confinement and initially was denied access to his lawyers or allowed to contact his wife. As previously agreed upon, King was not immediately bailed out of jail. He agreed to stay longer to draw additional attention to the plight of Black Americans.

Shortly after King's arrest,

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Martin Luther King, Jr. Memorial Photo via nps.gov

Shabbat: A day of spiritual rest

By Adrienne Brotman

The Shabbat is the most important holiday in the Jewish religion. Shabbat is a day of eating, drinking and above all, a day of rest. Adam and Eve are said to have rested from their work in the Garden of Eden on the Shabbat. It is said the Shabbat is more a spiritual rest than a physical rest.

The rituals and the laws of the Shabbat help one to feel complete. Shabbat is like taking a cleansing breath and letting all the tension out. A day of happiness, friendship, trust, no worries or pressures, and a beautiful connection to spirituality.

One of the main reasons for

celebrating the Shabbat is to strengthen the relationships among family members. The busy lives we lead during the week, leaves us little time to focus on the ones we love. The Shabbat allows one day during the week to dedicate to spending time with our loved ones and working on those relationships.

In today's world we tend to have weekends off and we have vacations. In ancient times this was not so. The wealthy never worked, and the poor never stopped working. There were no days off. The Shabbat gave everyone a day of rest, whether you were the employee or the employer. It

has been proven that if you allow people to have time off, they will be more productive; thus, proving the importance of the Shabbat.

The Jewish Congregation will be holding Zoom services on Friday, Jan. 8, and Friday, Jan. 22, at 4:30 p.m. Zoom Torah Study will be held Saturday, Jan. 9, and Saturday, Jan. 23, at 10 a.m. For information on zooming these events, contact Judy Perkus.

If you would like more information about the Jewish congregation, please contact Cindy Sigl, president of the Congregation, or Karen Seiden, vice president of membership.

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at the governors' meeting

December 21, 2020

The RCAI Board of Governors Zoom meeting was called to order at 9:00 a.m. on Monday, December 21, 2020, by Mr. Daniel Jolly, President. The Zoom meeting was open to Owners and Stockholders that wished to participate.

The Minutes of the Board of Governors meeting on November 19, 2020, were approved 15-0; three Mutuals were not represented.

Ms. Jane Balmer, General Manager announced that the financial reports for Period Ended November 30, 2020, reflected a surplus of approximately \$300,000 mainly due to mild winter in January, February and March. She also discussed the cost of the December 17th 6.8" snowstorm.

The board passed the following resolutions:

- A. Resolution #20-40, Honoring Alfred "Ted" Servis' Years of Service
- B. Resolution #20-41, Authorization to Purchase Replacement Arm Chairs for the Village Center Meeting Room.

If you are interested in further details about the resolutions, please contact Administration in the Village Center at 609-655-1000 or email

janebalmer@rcainj.com.

Participants' questions regarding the December 17th snowstorm were answered.

Mr. Jolly wished all the participants and the resi-

dents a very Happy Holiday season and hopefully a much better New Year.

There was no other business for the Board to discuss and the meeting was adjourned at 9:20 a.m.

Happy New Year

By Ken Thomas

With the arrival of each year, many people again wish to lose ten pounds, quit smoking and exercise daily. The more serious try to eliminate bad habits, correct personal problems or change parts of their life. Their color, ethnic background, religion or political party is not applicable. All these people are just making a good old New Year's resolution. Today, the new fad, a "Bucket List," seems to be replacing the New Year's wish or resolution, no penalty points in a bucket. All are personal "I" commitments. All expire after Feb. 10, but can be renewed annually. Here's my Bucket List for this year and the future.

Bucket list

"I wanna" have three hundred and sixty-five "Happy Days".

"I wanna" get a corona virus vaccine before July.

"I wanna" reduce my pill consumption and doctor vis-

its by 83%.

"I wanna" have "a catch" with my granddaughters.

"I wanna" play trumpet duets with my great-grandsons.

"I wanna" go to my 50th High School Reunion without a cane.

"I wanna" hole in one, tomorrow please!

"I wanna" pay back the college loans in one lump sum.

"I wanna" vacation in Hawaii every February.

"I wanna" find serenity during Giant games.

"I wanna" learn how to use the super iPod.

"I wanna" go to Disneyland again and again.

"I wanna" ride an elephant and raft a wild river.

"I wanna" smoke, drink and fool around like I was 24 years old again.

"I wanna" car without repair costs.

"I wanna" fly to Australia in first class seating and safari the Congo.

"I wanna" give my children an income clause.

"I wanna" forgive my enemies for their misdemeanors.

(Continued on page 3)

Bits & Pieces

Sue Ortiz

I cannot believe this is my 121st Bits & Pieces column for the Rossmoor News! One hundred twenty-one pieces of an ever-growing puzzle. One hundred twenty-one times to come up with something to write about. One hundred twenty-one deadlines to meet.

My, where has the time gone? Way back in 2011, I wrote that putting together the Rossmoor News was like assembling a challenging jigsaw puzzle. The current RN team is doing an amazing job continuously gathering stories and columns from gifted writers and reporters, then assembling all those random pieces into the informative newsletter you read each month.

Writing is a puzzle of sorts, at least the way I write. I jot down ideas for my columns and stories. Then, after I have a theme, I write down separate sentences or ideas of what I want to say or include. Sort of like a bulleted list with no bullets.

I then rearrange those thoughts in the order I want the story to play out. Thank goodness for "cut and paste." After that, I go about fleshing out those ideas, adding colorful metaphors, adjectives, and dialogue until I'm satisfied with the final picture. Just like I did for this column.

It is said that every good or bad thing that happens to *you*, or that *you* do, becomes part of the puzzle that is *you*. Each time *you* voice an opinion or take a step into the unknown, it will always be a part of *you*. *You* are the solution to your own puzzle ... make it a good one!

Every day is a jigsaw puzzle. We roll out of bed in the morning, plan our meals, dig in our closets to find something to wear, check our to-do lists, and see where we have to go. Who will we meet on our daily travels, and when will we meet them? Add in all the little bits and pieces in-between, and the puzzle is complete by bedtime.

Speaking of bedtime,

dreams are puzzles, too. Oh, the adventures we have when we sleep! Why did those sheep on a treeless hill turn into a caravan of Volkswagen Beetles racing off to parts unknown? Who was that mysterious woman standing by the side of the road, and why was she holding a basket of purple peaches? Why was I holding a skeleton key? How does it all fit together?

We play out puzzling emotions and experiences in our dreams. It all seems so real at the time but, upon awakening, these fantastic dreamscapes can be confusing to decode (if you *even* remember them) — just like a 1,000-piece jigsaw puzzle with no solution.

Each year is like a jigsaw puzzle. Every day, week, and month is part of a larger puzzle where the full picture isn't revealed until December 31. We celebrate the completion of these puzzles with fireworks, horns, hats, and maybe champagne. And a nap the following day.

After inserting the final piece of the puzzle that was 2020, we looked at the final picture, and said, "What the heck was that?"

Open your new puzzle box. Spread out the pieces. Ready, set, go! Start putting together a great 2021.

Happy New Year.

B&P

"There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle." — Deepak Chopra (b. 1946)

"The experience of life that you and I have is pretty much a jigsaw puzzle in the box: Day-to-day experiences of disconnected pieces that don't seem to justify the efforts we make each day." — Robert Adams (American photographer, b 1937)

COVID-19 Testing Available in Monroe

Testing is available in Monroe Township at MyInstaDoc Monroe located at 298 Applegarth Road. Call 609-207-3220.

Hackensack Meridian Urgent Care of Monroe also offers testing at 215 Applegarth Road. Call 732-263-7922.

Visit covid19.nj.gov/testing for additional testing locations throughout the state.

Please wear a mask and stay physically distant in public

Coronavirus is transmitted primarily through droplets as we cough, sneeze, talk, sing, and even breathe. Large droplets generally fall to the ground within six feet of our mouths, hence the six feet physical distancing. Smaller droplets remain in the air for a longer time and a greater distance. The masks keep exhalations closer to the person wearing a mask.

When other people wear a mask, they are protecting YOU. When you wear a mask, you are protecting THEM. Failure to do so is inconsiderate of all.

Our Website

Rossmoor now has an improved website: rcainj.com.

The Amenities page features the ability to access Channel 26 slides anytime. Check it out.



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The Rossmoor News is a monthly periodical is mailed to every home within the Rossmoor community. News items are welcome. Appropriate news items from outside organizations will be

considered as space permits. Unscheduled volunteer writers should contact Rossmoor News Chairman Joe Conti about any article they wish to contribute. All copy and pictures are subject to editing and are accepted with this understanding.

Letters to the Editor must be emailed to PES at pescmd@aol.com and clearly marked Rossmoor News.

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The deadline for
The Rossmoor
News
is the 7th of
every month.

Open RCAI Meetings in January
RCAI Board of Governors Meeting
Thursday, January 21 - 9:00 a.m.

The meeting will probably be held via Zoom

Please watch Channel 26 on your TV or on
www.rcainj.com
for more information

Get organized" is the battle cry for January

By Linda Bozowski

As we move into the new year, we will be inundated with articles designed to help us manage our time, homes, finances and personal relationships in a more orderly fashion. Even though we may have already made our lists of resolutions, the authors of the newspaper, Internet articles, and the blogs we listen to may offer an even wider range of "to-dos." The official New Year's Resolutions Week is from Jan. 1 to Jan. 8, so we have lots of time to think about our objectives for the coming year.

Let's think about our health first. We can read about diet resolutions during the first week of January. On Jan. 4, we can participate in National Weigh-in Day and we can lose weight and feel great between the 3rd and the 9th. After following all of the guidance during the previous several weeks, we can celebrate healthy weight week between the 17th and 23rd. What we eat for the rest of the year is of no importance, since we can say, proudly, that we followed all of the recommendations during January. Cross that one off the list!

While we're following all of

the food intake advice, we can also research folic acid during Folic Acid Awareness Week (3rd to 9th), celebrate National Soup Month, monitor our sugar intake between the 18th and 23rd (no cheating with cookies), and celebrate with tempura on Jan. 7. Yum! Don't forget to have a healthy serving of quinoa on Jan. 16 – lots of fiber and protein. And for a special treat, we can celebrate National Irish Coffee Day on Jan. 25 – what a lovely way to move toward the end of this difficult month. If Irish Coffee is not to your taste, enjoy a cup on hot tea on Jan. 12 – so soothing during the cold month.

I don't know if you noticed or not, but there was no mention of going to the gym or walking three extra blocks in the entire month of January. Are we going to become thinner couch potatoes? National Play Outside Day is Jan. 2, but that may not make it to the list, so you can take it or leave it as you ponder what else you need to do in the coming year.

Organizing your home is a pretty big project, so I guess that since it's recognized on Jan. 14, you only need to organize part of it, like maybe the linen closet.

Same thing with Clean Off Your Desk Day on the 11th. Maybe just sort the paperwork that needs to be scanned or filed – that's enough for one day.

Okay, we've had enough serious tasks. Maybe we should play Monopoly on the 5th or put together a puzzle on the 29th. I guess the puzzle shouldn't have too many pieces, since only one day is dedicated to that effort.

As we look forward to a year that is less stressful, we can reflect on the good memories we've had of 2020 – phone calls with friends or family, books we've read, music we've enjoyed, beautiful sunrises and sunsets. We, unlike so many, are still here and able to reflect and be grateful for our blessings, big and small. After all, January is Celebration of Life Month.

Molasses in Boston

By Jean Houvener

On a warm Jan. 15 day in 1919, laborers were taking their lunch break enjoying the 40-degree weather, and children were walking home from school. Suddenly there was a prolonged rumble followed by a crashing, crushing wave of molasses sweeping down the street from the Purity Distilling Company.

The company had a tank 50 feet tall and 90 feet in diameter, which could contain 2.3 million gallons on the harbor next to its office. The company had recently received a delivery, which it intended to pump to its distillery to make alcohol. The delivery had been warmed to make it transfer more easily.

New Year

(Continued from page 2)

"I wanna" respond to repeated repeat commercials vehemently.

"I wanna" run the 50 yards dash in less than 50 seconds.

"I wanna" win the Lottery and pay off my Rossmoor mortgage.

"I wanna" share my common sense with teenagers.

"I wanna" discipline my grandchildren without any of their parents' suggestions.

"I wanna" drive my car on the Garden State Parkway without fear.

"I wanna" world of peace and equality.

A Bucket List can easily become a prayer.

There had been various odd noises before at the tank, and it was well known that it leaked, particularly when it was filled up. The tank was painted brown to cover up the leaks, but children were known to put cups next to the leaks to collect and take molasses home.

On this day, possibly as the colder molasses in the tank warmed and expanded, suddenly the bolts shot out from the tank, the steel plates burst against the pillars of the nearby elevated train tracks, causing a collapse of several girders. In addition, a wave of molasses from the tank, with the force of 40% greater density than the same amount of water, moved like a tsunami at 35 mph through the immediate and nearby areas.


As the 25-foot wall of molasses surged into the cooler air and became more viscous, humans and horses alike struggled to escape the sticky fluid that covered them. As the molasses cooled out in the colder temperatures of the air, the molasses hardened around them.

Anthony di Stasio, walking home with his sisters, was carried and rolled by the wave; his throat clogged with molasses, he passed out. When he came to, three of his four sisters were staring at him. Maria di Stasio, aged 10, was one of the victims of the flood.

Workers in the nearby Purity building basement had

(Continued on page 4)

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Panorama of the Molasses Disaster site

Boston Public Library, 4901555337, Public Domain

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Molasses

(Continued from page 3)

no chance to escape. Likewise, those in basement apartments next to the buildings were also overcome immediately. Others were killed by the flying sheets of metal or the shooting bolts. Still others were trapped under the sheets of steel and subsequently asphyxiated.

A nearby residential area was flattened and houses were lifted off their foundations. Some people were thrown through the air by the force of the air wave. A truck was tossed into the harbor. Nearby railroad cars were tossed about and crushed. Horses and dogs were also trapped and killed by the deadly fluid. Several adjacent blocks were flooded up to two or three feet deep. The adjacent commercial and governmental area was obliterated.

Cadets from the nearby USS Nantucket, Boston Police, the Red Cross, Army and Navy personnel all joined in the rescue effort. Often wading in waist deep molasses to hunt for survivors

and struggling to lift the pieces of the steel tank in search of victims, they searched for four days for survivors. Some of the dead were glazed over with molasses. Others were swept into the harbor and not found until months later. Altogether there were 21 dead, including men, women, and children, and 150 people were injured, many seriously.

The cleanup took weeks. Given the spread of the molasses into surrounding areas, plus the tracking of molasses everywhere as people worked and walked through the area, the sticky sweet substance was everywhere, on the subway platforms, on the seats of trains and streetcars, on telephone sets. The smell lingered for decades; it is said on a warm day it can still be smelled.

The residents initiated a class-action lawsuit against the owner of Purity Distilling, United States Industrial Alcohol Company (USIA). While the company maintained that anarchists had blown the tank up, it was clear that the tank had failed. In their speed to process as much molasses into alcohol before Prohibition took effect, they had not done a well-engineered job of building and maintaining the tank. After three years of litigation, the company was found to be at fault and the modern equivalent of \$9.26 million in damages and \$103,000 in compensation for each victim was levied against the company.

The tank had been built in a hurry in 1915 when the push had been to turn molasses into industrial grade alcohol destined for explosives in the war effort. It turned out that in addition to poor construction, the steel was half the thickness it should have been, the cracks that had been apparent were continually expanding with each filling, the rivets were flawed, and it had never been tested at full capacity. The case was an early class-action suit that set precedents for subsequent cases and for regulation of corporations.



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A Letter

(Continued from page 1)

a friend smuggled a copy of a Birmingham newspaper, which included an open letter by local Christian and Jewish leaders, which criticized both the demonstrators and King himself. King did write an impassioned defense of his and the demonstrators' actions.

The letter, some 7,000 words in length, turned the criticism back to the authors and the more moderate minded with Americans, castigating them for sitting passively on the sidelines while King and others risked everything for change.

King initially began by writing in the margins of the newspaper itself and then on scraps of paper he gave to his attorneys. A King ally, The Rev. Wyatt Tee Walker (I went to school with his daughter), began compiling the letter which eventually ran to 21 double-spaced, typed pages. The "Letter from a Birmingham Jail" was an inspiration and caused introspection for many Americans as the civil rights movement plowed ahead.

King continued his work, work that resulted in his being awarded the Nobel Peace Prize at the age of 35,



Rev. Martin Luther King, Jr.

Photo Whitehouse.gov

the youngest recipient at the time. Furthermore, he was in attendance at the White House when President Lyndon B. Johnson signed the Civil Rights Act in 1964 and the Voting Rights Act in 1965.

While in Memphis, King was shot and killed as he stood on his balcony on April 4, 1968. Fifty-seven years later, have we made the progress King envisioned? In some areas, we have. He didn't live long enough to see the first African-American, Barack Obama, elected President; the first African-American-Asian, Kamala Harris, to be elected Vice President; the first African-American, Tim Scott, to be elected to the Senate from South Carolina, and hundreds of others.

He also didn't live long enough to see the Black

Lives Movement start. Additionally, he didn't see the Voting Rights Act being torn apart by many state governments as they try to suppress mostly African-Americans from voting. And most disturbing, he didn't live long enough to see the many right-wing groups such as the Proud Boys and far left-wing groups such as Antifa bring out the worst in our country.

Take time to celebrate the accomplishments of this extraordinary man on his special day on Jan. 18, but also take time to reflect on just what is currently going on with our country and see how we can make things better.

I can be reached at allan.kaufman0125@gmail.com. Comments are always welcome.

Cat questions

By Bob Huber

Just in case you weren't aware, Jan. 22 is Answer Your Cat's Questions Day. It hadn't dawned on me that my cat, Clementine, whom I had rescued from a shelter, might have questions. She was lounging on the window-sill, so I decided to put the proposition to her directly.

Is there anything you'd like to know?

Is that a trick question?

Certainly not. January 22 is Answer Your Cat's Questions Day. I was just wondering if you have any questions?

Just one: can we discuss this after I finish my nap?

You're always napping.

It's what we cats do. I require at least six naps per day. It's in my contract.

I didn't know we had a contract.

It's implied. Every cat has the same one.

I thought so. Since you're awake, can we continue?

If we must.

What's your first question?

Will you agree to always

(Continued on page 6)

New Board of Ed. members take their seats

By Linda Bozowski

At the Reorganization Meeting to be held on Jan. 4, successful Board of Education candidates Chrissy Skurbe, Karen Bierman and Kathleen Belko will be sworn in as members for the next three years. Current Board members past president Kathy Kolupanowich, current president Steve Riback, and Curriculum Committee Chairperson Jill DiMaio will be ending their terms of service.

We thank the departing members for their service to the Monroe Township school district and wish the newest members success as they move into their new roles.

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- ✓ Muscle weakness
- ✓ Sensitivity to touch?

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is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

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AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

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Popcorn is the perfect snack for movie time

By Linda Bozowski

If you're lucky, you learn something new every day. Keeping that thought in mind, did you know that there are two distinctive kinds of popcorn (apart from the obvious unpopped or buttered) – mushroom shaped and butterfly shaped. Mushroom shaped is mostly round and is less tender than butterfly shaped, which has little wings around the edges. FYI, in the popcorn industry both shapes are referred to as flakes. Not sure why they are called that, since neither type looks like a flake.

Okay, enough extraneous education – let's get to the real topic, delicious crunchy popcorn.

Popcorn is a distinctive type of corn, one of the six major types of corn. The popcorn strain is cultivated specifically for the popping purpose. Not all six varieties are usable and edible as

popcorn, but do serve many other purposes, including feeding animals and serving as a summertime food favorite of people, preferably on the cob. Popcorn has been around since about 3600 B.C., and originated in Mexico. It became commercially available after the invention of the steam-powered machine developed by Charles Cretors in 1892.

Because popcorn was inexpensive and easy to prepare, it became a favorite

snack. When sugar was limited during World War II, candy production was reduced and popcorn became the much sought-after substitute. Theater owners, used to gaining profits from candy sales, discovered that popcorn sales were even more profitable than candy sales. Popcorn machines were in-

(Continued on page 7)



Cat questions

(Continued from page 5)

provide me with a safe secure home with lots of love and attention?

Of course I will. What kind of a question is that?

Many of us shelter cats have lived a tough life. Safety and security are big issues with us. It may take

months to feel comfortable in new surroundings with a new owner. You have to be patient.

I think you and I crossed that hurdle a long time ago. What's next?

Food.

Your favorite subject.

Why can't I have more of it?

Your vet has put you on a diet. You're seriously overweight.

I'm a big cat.

You're a big fat cat. Overweight cats are the subject to many of the same ailments as overweight humans. We want to keep you healthy.

You also want to keep me hungry.

Join the club. I have to go on a diet from time to time.

I was too polite to mention that you're overdue.

Next question.

Strangers enter our house from time to time. Will you please ask them not to invade my space?

They are my guests. They think you're cute and cuddly, and they want to make friends with you.

That is my decision, not theirs. If I want to make friends with them, I'll let them know. It's a caution we cats retain from our days as wild cats in ancient times.

I'll post a notice on the front door.

And who is that person who shows up once a week and chases me around the house with that noisy machine?

I believe you're referring to our cleaning lady, and that noisy machine is a vacuum sweeper. She uses it to clean our house.

I find it very upsetting. It may take an hour or more to settle my nerves after she leaves.

Well, you'll just have to deal with it. I suggest you crawl under the bed and chill out until she's gone.

Good advice. And speaking of cleaning, will you promise to always keep my bathroom facilities fresh and clean?

Certainly, but it would help a lot if you didn't spread cat litter all over the floor.

I'll try to restrain myself.

Any more questions?

You caught me by surprise. I'll make a list and give it to you tomorrow.

Too late. Cat Question Day is only once a year.

Just my luck!

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Bob's Almanac—January 2021

By Bob Huber

As we launch into the 21st year of the 21st Century, custom dictates that we establish our annual New Year's resolutions. It's a custom that can trace its ancestry back to the ancient Babylonians who made a promise to their gods at the start of each year to return borrowed objects and pay their debts.

The Romans began each year by making similar promises to the god Janus, for whom the month of January is named.

In medieval times, the Knights took the Peacock Vow at the end of the Christmas season to reaffirm their commitment to chivalry.

As a matter of fact, most religions and cultures throughout the world observe the custom of committing a person to establish one or more personal goals or reform their habits in the new year.

Scientists tell us that many New Year's resolutions are quickly broken because of a conflict between our conscious mind and our subconscious mind. For instance, my conscious mind may resolve to lose 20 pounds during the coming year, but my subconscious mind may pre-

fer to celebrate the New Year by consuming an entire pint of Haagen-Dazs ice cream in one sitting. This subconscious mind is probably going to win.

Therefore, over the years I have reduced my list of New Year's resolutions to only one: I resolve to promise no more than I can reasonably deliver.

Beyond ancient customs, January is host to many other historical events that are worthy of our attention: Patriot Paul Revere (1735), Betsy Ross (1752), and Ben Franklin (1706) were born this month as were Edgar Allan Poe (1809) and President Franklin Delano Roosevelt (1882).

The American cultural landscape was changed forever by the arrival of such diverse personalities as Martin Luther King (1929) and Elvis Presley (1935).

As for other noteworthy events: President Abraham Lincoln signed the Emancipation Proclamation on Jan. 1, 1863. On Jan. 3, 1959, Alaska was admitted as the 49th state. On Jan. 21, 1954, America's first nuclear submarine, the Nautilus, was launched. On this date in 1976, the world's first supersonic passenger jet, the Concorde, began transatlantic service.

On Jan. 23, 1849, a little recognized event would open new horizons for women. Elizabeth Blackwell became America's first woman M.D.

And with all due respect to Elvis Presley, Wolfgang Amadeus Mozart was born on Jan. 27, 1756, in Salzburg, Austria. He wrote 600 compositions and died at the age of 35. It's probably safe to say that Mozart's music will outlive Presley's, but who knows?

Popcorn

(Continued from page 6)

stalled in most movie theater lobbies.

Popcorn can be prepared by a number of methods. The old-fashioned way, still favored by many, involves a deep pan, some oil, popcorn kernels, and attentiveness to listening to the popcorn pops and their increasing frequency.

One of the downsides of this method was that the preparer needed to be attentive to what was happening on the stove top – burned popcorn doesn't smell good! After the popcorn has popped, it can be treated with melted butter, salt or any number of other toppings. There are many recipes available online that may be tempting.

For those snackers who wish to reduce their fat consumption, an air popper can be used. These devices are readily available in department stores, require little attention, and use only a very modest amount of oil (or none, depending on the cook). The cooked product can be lightly dressed with salt, herbs, grated cheese, or melted butter, which seems contrary to the benefit of using an air popper. Oh well, to each his or her own.

Orville Redenbacher introduced his own brand of popcorn in 1970. In 1981 GE followed with its introduction of microwavable popcorn, which dramatically increased popcorn consumption in the following years.

Most popping corn in the

(Continued on page 9)

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Sound Advice

Norman J. Politziner, CFP®, CeFT® President of NJP Associates

How to swap real estate and defer taxes, maybe forever

A tax-savvy way to improve your real estate situation is to swap one property for a new one. Called a 1031 exchange, referring to its section of the tax code, this works so long as you are switching business properties. Personal residences aren't eligible.

While 1031 exchanges are often used by big com-

mercial real estate operators, there is nothing stopping you from using the strategy for much smaller-scale holdings. The maneuver defers capital gains taxes, perhaps forever.

This takes some planning. For instance, say you have a vacation house and would like to exchange it for a property in a location that is closer to your residence. You must rent the original vacation place out for at least 14 days per year for two successive years, and in the eyes of the IRS, you have a business asset. The only caveat is that you must continue to rent out the new vacation house for 14 days over the next two back-to-back years. A couple of more requirements; first, you must identify the substitute property within 45 days of selling the old real estate. Second, you need to buy the new property within 180 days of your sale.

The nice thing about 1031 exchanges is that you aren't confined to the exact same type of property. So, you can swap a condominium for a farm, or a house for a marina – as long as it's a business or investment property. You'll need expert advice on this issue.

The December 2017 tax-code rewrite barred applying Section 1031 to make tax-free exchanges of collectibles but left intact tax-free exchanges for business-or-investment-purpose real estate.

Federal capital gains taxes now are 15% (for income of \$38,601 to \$425,800) or 20% (for \$425,801 or more). You can postpone paying taxes for the rest of your life. And your heirs benefit, too. When they inherit the property, they get a "stepped-up basis." This means the

property is valued at the market rate at the time of your death. So, the taxable amount adjusts upward. If your heirs turn around and sell it right away, they will owe little or nothing. The tax liability on the property is erased.

Of course, the swap must be a sensible business deal. Getting a tax-free sale of a profitable strip mall to buy an apartment building that has trouble keeping tenants, for example, would be a bad outcome.

Accounting the value of a property properly is another important consideration, separating a capital investment in new appliances, for instance, from the fair value of the property.

Keeping Uncle Sam's hands off the proceeds of a sale of real estate is an essential part of financial planning for owners of real estate for business, investment, or rental purposes, as well as those who rent out a vacation home as required under federal rules.

Strict timing limitations are required in a 1031 exchange. If a 1031 exchange is not properly constructed and executed in a timely manner, then an investor could lose all tax benefits of the transaction, including depreciation recapture. In addition, the property you sell must be replaced with a like-kind property, and a Qualified Intermediary, as an independent third party, is needed to facilitate a 1031 exchange transaction and hold the funds on behalf of the investor.

Investors must also be leery of investments in private offerings created to sell 1031 exchange transactions. These are often illiquid investments, and do not offer guarantees of income or that your investment objectives will be met. They may be speculative, and you could lose some, or all, of your principal investment.

Norman J. Politziner, CFP, a resident of Encore, is an Investment Adviser Representative of Kingsview Asset Management.

For more information, questions, or comments, we encourage you to visit our website at www.politziner.com or call us at (732) 296-9355.

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The views and information

(Continued on page 9)

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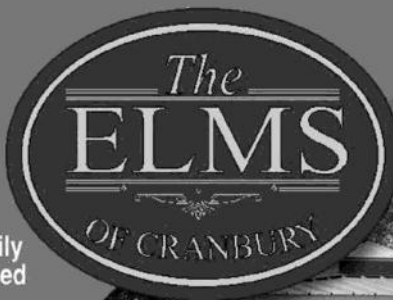
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The Incredible, Edible...Bagel

By Allan Kaufman

Observed annually on Jan. 15, National Bagel Day is a holiday which pays homage to the dense and chewy bread product that dates back to the 16th Century.

The modern bagel is believed to have been a direct descendant of a ringed Polish bread product known as *obwarzanek* – food that was invented during the late 14th Century. While it's not known exactly when the bagel was first created, there are records going back to the 17th Century when it was given out as gifts to women who had just gone through childbirth in Krakow, Poland. It was around this time that it became a big part of the Slavic diet from the 1600s on. During the 19th Century, Eastern European immigrants brought bagels with them when they emigrated to the United States; however, up until the 1960s and the 1970s, bagels weren't a mainstream food in America. They were made and sold mainly in the niche Jewish



Image via PXhere

market.

Making a bagel is an art, with few practitioners achieving perfection. First, one needs to find the right flour. A high protein flour is necessary for bagels. People want a dense and chewy texture, not soft and airy like cinnamon rolls. Bread flour is the only solution.

A bagel also has to be boiled before it is baked. Boiling is what gives bagels their characteristic hard, chewy exteriors. Brushing the unbaked dough rings with water before baking

them will not accomplish the same thing, and neither will steaming them.

There are other things that go into making the perfect bagel. Many large companies resort to steaming the bagels instead of boiling. For a large commercial company this may be more efficient, but the taste will be different and not what true bagel aficionados long for.

I've traveled in 46 of our 50 states and have tried bagels for breakfast in a good number of them. There are

(Continued on page 13)

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Sound Advice

(Continued from page 8)

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Popcorn

(Continued from page 7)

U.S. is grown in the Midwest, primarily in Nebraska and Indiana. Texas has also become a notable producer. A number of new varieties have been hybridized. Also, popcorns are now available in assorted colors. The key to successful production is that the corn kernels must contain enough moisture so that they are poppable. In the industry, un-popped kernels are known as "old maids." Popcorn that has become dried out can be rehydrated, which usually reduces the number of un-popped kernels.

On a more serious note, popcorn is not junk food – it has significant nutritional benefits, despite its high carbohydrate scores. A high fiber and antioxidant, low fat content, and sugar- and salt-free attributes make it suitable for folks on restrictive diets to enjoy. We, as consumers, add a variety of food products that overshadow many of the positive aspects of this snack. Also of note is that popcorn can be dangerous to small children as a choking hazard.

However, for a once-in-a-while treat, add some salt or butter or chili powder and enjoy your popcorn while watching Netflix.

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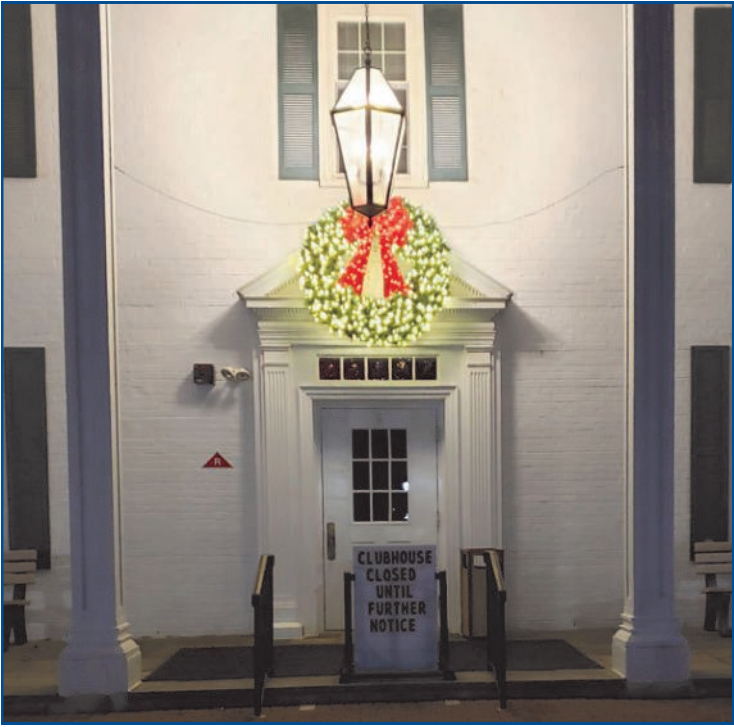
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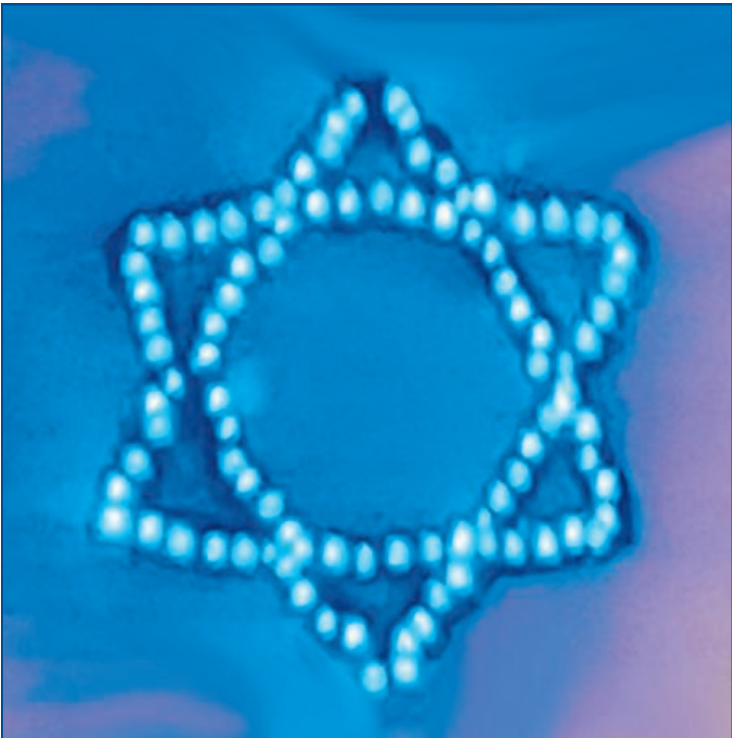
This month in pictures

By Joe Conti and Walter Gryskiewicz

This is an assemblage of holiday lights celebrating Hanukkah and Christmas from around Rossmoor. Happy Hanukkah, Merry Christmas, and a Happy and Healthy New Year to all!

Photos by Joe Conti and Lex Monaco







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CULINARY CORNER

By Sidna Mitchell

Sprouting Out in the New Year

When writing a weekly cooking column for 42 years and still writing a monthly column for the Rossmoor News, I always warned and continue to warn my dinner, or cocktail, guests that they are guinea pigs—I'm testing a new recipe. Usually, my trials are a success but sometimes things go awry. For example, now that we're in warm, sunny Florida, Ken and I recently had two croquet friends—with social distancing—over for steaks, baked potatoes and fresh asparagus. That was delicious.

For dessert I tried an apple-walnut cobbler recipe I found in the local paper. What a disaster! Instead of fluffy biscuit topping, there

was a glob of heavy dough. And that was after I mistakenly set the baking pan on top of a hot burner after I took the cobbler out of the oven and burned the bottom of the dessert.

Later in the week I did have a success with a recipe clipped from one of my food magazines. I cut the recipe in half and did a bit of tweaking.

So here goes.

Brussels Sprouts with Country Ham

Culinary Corner

1½ tablespoons olive oil
1/3 cup chopped country ham
1 shallot, sliced
¾ pound Brussels sprouts, washed and trimmed

¼ cup golden raisins
¼ cup chopped pecans
1½ teaspoons red wine vinegar
Salt and pepper to taste

Slice Brussels sprouts into four pieces and set aside. Heat the olive oil in a large skillet over medium heat. Add ham and shallot and cook, stirring occasionally, until shallot slices and ham are golden brown, about four to five minutes.

Add Brussels sprouts and raisins and cook, stirring occasionally, until warm and the sprouts are just beginning to wilt, about three to four minutes.

Stir in pecans and vinegar.

Season with salt and pepper to taste.

Makes about three to four servings.

NOTE: If you can't find country ham in your local supermarket, just substitute prosciutto or crispy bacon. Also, I used cherry Craisins instead of golden raisins.

I can be reached via e-mail at sbmcooks@aol.com.

New Neighbors



By Christina Smith,
Resident Services Manager

Michael and Victoria Krasil,
120A Rossmoor Drive, formerly of Flushing, N.Y.

Helen Polizzotta, 342A Narragansett Lane, formerly of Lake Hopatcong, N.J.

Jeanne Vandevender, 102N Gloucester Way, formerly of Jackson, N.J.

Kenneth Stoessler, 637B Yale Way, formerly of North

Brunswick, N.J.

Edward So and Young Sook, 152D Providence Way, formerly of Palisades Park, N.J.

Anthony and Lorraine Lena, 346A Norwich Lane, formerly of Westfield, N.J.

Angel and Zenaida Santiago, 639A Yale Way, formerly of Old Bridge, N.J.

Robert and Kerry Felle-gara, 559B Tilton Way, formerly of Bronx, N.Y.

Lori Schwartz, 653B Yorktown Way, formerly of Freehold, N.J.

Sigfried and Arlene Higgins, 731A Mount Vernon Road, formerly of Sayreville, N.J.

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Clubs and Organizations

We are still meeting!

By Norman Perkus

The Rossmoor Book Discussion Group continues to meet virtually once a month on the third Thursday of the month. On Jan. 21 at 3 p.m., they will discuss "The Tempest" by William Shakespeare.

In December, the group chose the books to be discussed in 2021. Contact Norman Perkus for the complete list and for the access code for the Zoom meeting.

The Writers Group has also been meeting monthly over Zoom. The next meet-

ing is on Thursday, Jan. 28, at 10 a.m. Contact Norman for more information.

Members of both groups wish all Rossmoorites a healthy and happy New Year and hope to be able to see you soon in the Clubhouse.

Let's all pave the way for a healthy and happy 2021!

By Diane England

Were you happy to bid adieu to 2020? I suspect many people were. But then, it was a year of so many painful losses for so many people—perhaps of their own former good health, the passing of a loved one, the loss of a job, the economic strains of a business shut-down, the inability to gather with family and friends, and the need to forgo pursuits which had previously delivered joy and meaning into one's life. Then, of course, there was also the ever-present fear or anxiety of contracting COVID-19—or perhaps of passing it unknowingly to others.

From my own experiences, as well as of those to whom I've spoken, it seems that many of us have not only been surprised by the level of anxiety we've experienced, but we've also been shocked at how little we've accomplished from day to day.

Of course, it may be easy to beat ourselves up about both these things, but I believe we need to be kind to ourselves instead. Remember, we have been going through something unprecedented. Think about the uncertainty of it all. Think about the ongoing adjustments you've been required to make without preparation or

warning. Really, don't you think you could pat yourself on the back for your flexibility and resilience instead?

Sadly, we must still remain vigilant. Indeed, some of our worst days with regard to COVID-19 may yet lie before us. True, if we do all the things we've been told to do,

(Continued on page 14)

Bagel

(Continued from page 9)

places where the consistency looks and tastes like white bread and there are places where the bagel police need to visit.

There is something about the bagel that leads people into loud arguments. The arguments center around what goes into the making of the best bagel. Cities are very proud of how they make this round, flavorful piece of dough.

I've read all that I can on the subject, but when you talk to the bagel "mavens," those who own independent stores, they believe the way they make their bagels are the best ways to do so. The one consistent argument comes from the New York City storeowners. They all say that it comes down to the water. They believe that the New York City water is the best and that the golden-brown crisp exterior comes from the combination of the proper dough, the bagels being boiled before baking,

and the water.

I get the same response from the New Jersey crew. And they argue the New Jersey water is better. This is a never-ending argument, one that started many years ago and continues to this day.

The best way, at least for me, to determine if a bagel is worthy of being placed on my dining room table is the following. First, I have to purchase them from a bagel store and not a supermarket. Secondly, when I ask for a well-done bagel, the outside of the bagel must be a deep golden brown in color. Next, there must be a good crunch when you bite into it. Lastly, regardless of how you decorate it, with lox and cream cheese or adding tuna and tomato on a pumpernickel bagel, the bagel must retain its flavor.

Come Jan. 15, get to your favorite bagel place. Order a few and enjoy.

Comments and questions are always welcome. I can be reached at allan.kaufman0125@gmail.com.

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Pave the way

(Continued from page 13)

such as wear a mask and not congregate with others, and if at least eighty percent of the population gets vaccinated, we should see the virus start to disappear. Unfortunately, we don't know how long this will take.

Meanwhile, I hope you continue to find ways to keep yourself entertained and your mind active. When we get together again, perhaps we can share some of the things we all did to keep joy in our lives during these challenging times. Perhaps, too, you developed gratitude lists that are different from those you might have compiled previously. If so, they might be interesting to discuss as well.

I personally want to believe that this experience will prove to have been transformative in ways we may not recognize right now, or not while we're still in the midst of it all. But indeed, further down the road, we may real-

ize a true shift occurred within ourselves, our families, our community, our nation, or maybe even in the world itself.

Having said that, I hope we might all be optimistic in the days ahead, but still be diligent in taking those right actions we know we must.

Keep on dancing

By Judy Perkus

It's deadline day again at the Rossmoor News. I need an idea. Dancing in the time of COVID-19? OY!

Unfortunately, it's not a new idea. During the time of the Bubonic Plague, dance was connected to witches and witches were connected to the Plague. *Danse Macabre* or the Dance of Death was connected with witches and skeletons.

Enough! A new year is here bringing with it hope that masks, social distancing and effective vaccines will soon put this sad time behind us. Let's look forward to the

Right now, though, I want to wish you good thoughts and great expectations for better tomorrows—as well as for a happy New Year. And yes, I look forward to reconnecting after we've all received our vaccination shots. Until then, take care and stay well.



time when we can all get together in the Clubhouse. Until then, stay safe.

President Armen DeVito and the Dance Club Board wish you a healthy and happy New Year.

HEALTH CARE CENTER NEWS

(Continued from page 1)

tions) is likely to increase over time as people experience the long-term personal, social and potentially economic consequences of restrictions. For some people, the balance may shift, and the perceived costs of the response may start to outweigh the perceived risks related to the virus.

Second, an ingrown urge for self-determination and freedom may grow as restrictions continue for a long time, impose inconveniences in everyday life, or continuously change in ways people feel they have little control over.

Third, even the most outrageous circumstances become normal when experienced over longer periods of time. People may become used to the pandemic and the threat it poses, and complacency may result.

Long-term strategies to deal with pandemic fatigue will need to go beyond a state of emergency and allow people to return to something that resembles normal life. A harm-reduction approach

recognizes that stopping behaviors entirely may be difficult, but reducing the harms associated with these behaviors may be possible. This approach encourages a spectrum of acceptable behaviors and can reduce COVID-19's spread and its impact on society and the economy, while allowing for the continuance of elements of normal life.

Strategic considerations include:

1. Help people understand the differences between lower-risk and higher-risk activities when sustained abstinence is not an option.
2. Guide others on how to carry on with life while reducing risk of transmission (e.g., safer workplace interactions, travel, funerals, etc.).
3. Encourage each other to identify harm-reduction strategies that fit their needs.
4. Change the message from "do not" to "do differently."
5. Avoid judgment and

blame related to risky behaviors, as this can contribute to shame and alienation more than engagement and motivation.

WE ARE ALL IN THIS TOGETHER!

Remember that the Health-care Center can be a source of information about any health-related topic, especially COVID-19. Other resources include the Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

and the Middlesex County Office of Health Services <http://www.middlesexcounty.nj.gov/Government/Departments/PSH/Pages/Office-of-Health-Services.aspx> and phone number (732) 745-3100.

(This article has been adapted from World Health Organization: "Pandemic Fatigue: Reinvigorating the Public to Prevent COVID-19, 2020")



Friendly reminder

- Pets must be leashed at all times
- Pets must be kept within 3 feet from any walk or curb
- Pet owners must clean up after their pets

A Message from High Tech Landscapes, Inc.

- Our fall cleanup has been completed. Please tune to Channel 26 daily for more information. Please note this may change if the ground was snow covered in December.
- Please call the East Gate phone and leave a message with any questions or concerns (609-655-5134).
- Ornamental grasses around the utility boxes and in established beds around

the common facilities have all been trimmed.

- Winter pruning will begin this month (weather permitting).
- Street sweeping has been completed.
- Please remember to put any debris out at the curb Sunday night in order for us to pick up Monday morning.
- High Tech Landscapes would like to wish you a happy New Year.

Building an Emergency Kit with Disability in Mind

Creating a supply kit is part of being prepared for emergencies and disasters. Kits should include basic survival items but also things specific to your needs. Kits can have equipment to help with communication, things that reduce stress and more.

If you have a disability or health condition, your planning may be more complex. Consider these ideas from the Administration for Community Living while building your kit:

Basic Supplies

- At least a three-day supply of water (1 gallon per person per day) and non-perishable food
- Manual can opener
- Flashlight
- Battery-powered or hand-crank radio
- Extra batteries
- Cell phone with chargers and backup battery
- First-aid kit
- Whistle or other help signal
- Matches in waterproof container
- Dust mask for contaminated air
- Two cloth face coverings for each person
- Sleeping bag or blanket
- Complete change of clothing
- Personal hygiene items
- Prescription and over-the-counter medicines
- Eyeglasses or contacts
- Garbage bags
- Duct tape
- Pen and paper
- Cash

Documentation

- Important documents (electronic or copies) such as insurance cards
- List of all medications, dosages and allergies
- List of assistive technology or other equipment, including brand, model, instructions and where the equipment came from
- Contact information for health providers, caregivers and relatives

Vision, Hearing and Speech Items

- Braille or large-print labels for supplies
- Weather radio with text, shaking and flashing alerts
- Extra hearing aid batteries
- Communication equipment
- Backup communication options such as laminated cards or pictograms

Mobility Considerations

- Information on size and weight of wheelchair
- Extra batteries for equipment
- Lightweight manual wheelchair if usual chair is powered
- Spare low-tech mobility devices such as a cane or walker
- Portable air pump and tire patch kit
- Work gloves
- Extra seat cushions and other medical items

Sensory Sensitivities

- Handheld electronic devices with movies and games saved locally
- Spare chargers and batteries
- Sheets and twine, small

- popup tent or other privacy devices
- Sensory dampeners such as headphones, sunglasses
- Comfort items like snacks, clothing and aromas

Service Animal Supplies

- A three-day supply of food and water
- Medications
- Animal first-aid kit
- Proof of vaccinations and registration
- A picture of you and your

- animal together to prove ownership
- Collar or harness with ID and rabies tags
- Microchip information
- Leash
- Crate or carrier
- Sanitation items
- Familiar items like toys and bedding

Visit [ACL.gov/emergency-preparedness](https://www.acl.gov/emergency-preparedness) for more tools and information.

(FAMILY FEATURES)
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Monroe Twp. Police Department Launches Body Camera Program to Complement Existing Patrol Car Dashboard Camera Systems

New Body Cameras Paired with In-Car Camera Systems Completes Comprehensive Program to Increase Transparency and Enhance Incident Reporting

The Monroe Township Police Department announced December 15 that it has outfitted each of its 49 uniformed patrol officers and supervisors with body-worn cameras.

“Monroe has one of the best and most professional police departments in Middlesex County and our state. Our MTPD officers work tirelessly each day to forge strong community relationships,” said Mayor Gerald W. Tamburro. “The new body worn cameras will serve as a valuable tool for our officers, not only in gathering information but also in evaluation and training.”

Each officer received their body camera following training that was implemented over the last several weeks.

Every uniformed patrol officer will be utilizing a body-worn camera in their daily operations beginning this week.

“We are taking a progressive and comprehensive approach to fortifying our commitment to public safety,” said Chief Michael J. Bien-nas. “Body cameras, in combination with dashboard sur-

veillance, have proven benefits to police operations, including increased transparency and corroborating evidence. I want to thank Mayor Tamburro, members of Township Council and Monroe residents for investing in this state-of-the-art equipment.”

Visual and audio re-

cordings from body-worn and dashboard cameras will help the Monroe Township Police Department provide a dependable evidentiary record, enhance the accuracy of police reports and court testimony, protect officers from false accusations, and assist in supervision and training.



Easy Dishes to Boost Immunity



Staying healthy is important year-round, but especially in the cooler months when temperatures drop, people spend more time inside and germs can spread easily. What you eat and the lifestyle you embrace are critical components of staying healthy.

Nourishing meals full of fruits, vegetables, protein-rich foods and whole grains help provide the body's immune system with the nutrients it needs. Maintaining a healthy lifestyle by getting enough sleep, being physically active every day, having enough fluids and reducing stress also help keep the immune system in shape.

As a nutritious food to include on your grocery list, grapes of all colors – red, green and black – contain more than 1,600 natural plant compounds such as antioxidants and other polyphenols that help protect the health of cells throughout the body. They also contain about 82% water, so they provide important fluids for hydration, which is also critical to a healthy immune system.

Grapes can be enjoyed as a healthy snack or an immune-boosting ingredient in recipes like Chicken, Spinach and Grape Pita sandwiches and Grape and Salmon Power Salad. Each provides a mix of immune-supporting nutrients, including zinc in chicken, vitamins A and C in kale, polyphenols in grapes and other important nutrients in the salmon, walnuts and barley.

Find these recipes and more in “Eating for Immune Health” along with additional ways to eat healthy and stay well at grapesfromcalifornia.com.

Chicken, Spinach and Grape Pita

Servings: 4
2 tablespoons pine nuts
2 tablespoons lemon juice
2 tablespoons minced shallot
3 tablespoons extra-virgin olive oil
1 pinch red pepper flakes
1/4 teaspoon ground sumac salt
freshly ground black pepper
1 package (5-6 ounces) fresh baby spinach, washed and dried
1 1/2 cups shredded, cooked chicken (about 8 ounces)
1 cup red California grapes, sliced
1/4 cup crumbled feta

cheese
4 whole-wheat pita breads (6 1/2 inches each), warmed and halved

In small skillet over medium-high heat, toast pine nuts, stirring constantly until toasted, about 5 minutes. Transfer to bowl and let cool. In large bowl, whisk lemon juice, shallot, olive oil, red pepper flakes, sumac, salt and pepper. Add spinach, chicken, grapes, feta and pine nuts; toss to mix. Stuff into pita breads and serve.

Nutritional information per serving: 445 calories; 24 g protein; 46 g carbohydrates; 20 g fat (39% calories from fat); 5 g saturated fat (10% calories from saturated fat); 57 mg cholesterol; 658 mg sodium; 6 g fiber.

Grape and Salmon Power Salad

Servings: 6
3/4 cup pearly barley
3 cups firmly packed kale leaves, torn and sliced into ribbons
1 cup halved red or black seedless California grapes
8 ounces cold, cooked salmon, skin and bones removed
1/2 cup walnuts, lightly toasted and coarsely chopped
Dressing:
1/4 cup freshly squeezed lemon juice
1 clove garlic, mashed
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 pinch cayenne pepper
1/2 cup extra-virgin olive oil
Cook barley according to package directions. Drain and cool.

Tenderize kale by blanching in boiling water 2-3 seconds or microwaving 1 minute. Rinse pieces in cold water to stop cooking; squeeze dry. Fluff and uncrimp dry kale pieces with fingers. In medium bowl, mix barley, kale, grapes, salmon and walnuts.

To make dressing: In small bowl, whisk lemon juice, garlic, salt, pepper and cayenne. Gradually mix in olive oil. Pour onto salad and fold gently to combine.

Nutritional information per serving: 413 calories; 15 g protein; 30 g carbohydrates; 16 g fat (47% calories from fat); 3 g saturated fat (8% calories from saturated fat); 22 mg cholesterol; 232 mg sodium; 500 mg potassium; 4 g fiber.

Source: California Table Grape Commission

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Ways to Ensure Medication Safety during COVID-19

During the COVID-19 pandemic, staying healthy is top of mind. For individuals at risk for or diagnosed with COVID-19, the addition of new treatments may pose another medical danger: *adverse drug events* (ADEs). ADEs cause an estimated 150,000 deaths per year in the United States and 1.3 million emergency room visits, resulting in nearly 350,000 people hospitalized for further treatment.

The experts at Tabula Rasa HealthCare, a team of clinical pharmacists building solutions for personalized medication safety, recommend several actions to improve medication safety and prevent ADEs:

1. Keep an updated list of all your medications.

Ask your doctor(s) for a list of all your medications and update it with over-the-counter medications to ensure you both have a complete profile. Document why you take each medicine, the dose, frequency and time of day. Always have access to it by, for example, creating a secure note in your phone for safekeeping. Also, share a copy with a friend or relative in case of an emergency.

2. Ask your pharmacist to review your medication regimen.

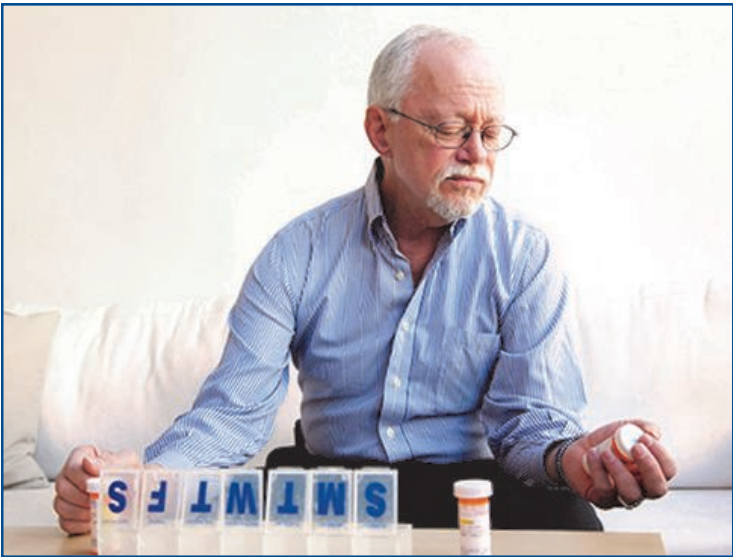
Make an appointment with your pharmacist to review your medications, including prescription, non-prescription, supplements, herbals and recreational drugs. While you may see multiple health care providers, your pharmacist can provide a holistic review of your regimen. Ask questions and try to understand the purpose of each medication. Your pharmacist likely has access to technological tools that identify risk for preventable ADEs. For example, Tabula Rasa HealthCare's MedWise is a one-of-a-kind technology solution that compares how medications interact together. Using this unique solution, pharmacists may assist you with managing your medications safer and smarter.

3. Ask about the benefits of a "pharmacogenomic" test.

If you have a chronic illness and take multiple medications, ask your pharmacist for a test that identifies your personal gene make-up that can affect the way certain medications interact with each other in your body. With this data, your pharmacist can determine if your medications will work as expected, or if they may put you at risk for ADEs. With tools that store this data, your pharmacist can personalize your medication regimen and help reduce your risk for ADEs.

4. Ask your pharmacist about risks with every new medication.

If you are diagnosed with COVID-19, talk to your pharmacist before taking any new



medications to determine if they may increase your risk for ADEs. When adding or removing medications to or from your regimen, it is important to understand how these changes impact your risk for an ADE. Another tool your pharmacist may use is the MedWise Risk Score to help you better understand and measure medication risk with changes. Your pharmacist may adjust how you take your medications or recommend an alternative that is safer for you.

5. Develop a routine for taking your medications and stick with it.

Be consistent when you

take your medications to avoid ADEs. Your pharmacist can provide you with a unique medication profile that outlines the time to take each of your medications for safety. Setting reminders such as an alert on your cell phone or sticky notes can help remind you to take your medication on time.

Pharmacists are medication safety "quarterbacks," helping optimize your medication regimen, avoid ADEs and assure you and your loved ones stay healthy and safe, during and after COVID-19. To learn more, visit trhc.com/nextfrontier.

(Family Features)

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- Shredded paper cannot be recycled by Waste Management with their current equipment so put it in the household trash bin.
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Rossmoor Community Association, Inc.

Snow Policy and Procedure



POLICY

When a snow or ice event occurs, it will be the objective of RCAI to make reasonable efforts to ensure that the 17 miles of roadways and 43 miles of sidewalks within Rossmoor are passable for motorists and pedestrians as soon as possible, in a safe and efficient manner. The safety of **Rossmoor residents** is the goal of this policy.

PROCEDURE

When a storm is predicted, all equipment and supplies will be checked and staff as well as the snow removal contractor will be informed of the response plan.

Snowfall accumulations of **up to two inches** are handled by pre-salting the streets and carport lanes prior to the storm to try and prevent snow/ice from bonding to the surface. Salting of the streets and carport lanes will continue as needed. Depending on weather conditions and the forecast, typically, no further action will take place.

Snowfall accumulations of **more than two inches**, typically, require the initiation of the full snow removal operations as follows:

1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.
2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.

3. **Once the storm ends**, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and/or stoops on the sides or backs of manors will not be shoveled or treated with ice melt.

In a typical snow storm (2 to 6 inches of accumulation), it takes approximately **12 hours once the storm ends** to complete the full snow removal operation. In the event of a major snow event (6 inches or more) and/or icing conditions, it may require more time to complete the full snow removal operation.

4. **Once the full snow removal operation is complete**, ice melt may be applied to perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors depending on accumulations, ice conditions, ground and air temperatures and the forecast for the next 24 hours. Reasonable efforts will be made to maintain the perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors and driveways after each storm and for the days to follow until the conditions clear, but it is impossible to be everywhere all the time. A full ice melt application takes approximately six hours and is not effective in lower temperatures and without sunlight. Secondary walks and/or on the sides or backs of manors will not be shoveled or treated with ice melt.

5. Reasonable efforts will be made to rotate the snow plowing schedule of driveways and carport lanes each storm.

Utmost caution should be used if residents must use the walkways during a storm and during the thaw/freezing cycle that typically follows each storm until all the snow/ice has melted. Each resident should consider having a supply of ice melt or grit for their personal use.

**COMMUNICATION
Fire/Police/First Aid
Emergencies 911**

Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival.

In those instances where there is no notification in advance, upon learning of the emergency and/or arrival of emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require

access.

**Snow Removal Operations
Concerns**

Maintenance Office
655-2121
Monday – Friday
8:30 a.m. – 12:00 noon
and 1:00 p.m. – 5:00 p.m.
North Gate 655-1868
After hours/evenings/
weekends

North Gate personnel may take messages for supervisory staff on site during a winter storm and snow/ice removal operations.

Residents are responsible to leave accurate and pertinent information.

**Snow Removal Operations
Updates/Cancellations/Bus
Service**

Channel 26

Reasonable efforts will be made to keep residents informed during a snow emergency, but it may not always be possible.

RESIDENTS' RESPONSIBILITY

It is **imperative and** the responsibility of all residents to know and participate in the procedure by moving vehicles to ensure proper and complete snow removal from our streets, carport lanes, **and driveways**. Vehicles should be parked in residents' assigned carport spaces or garages. Second vehicles or guests' vehicles may be parked in the lower level of the Clubhouse parking lot.

NOTE: Snow cannot be removed and road salt or ice melt cannot be applied in the area where a vehicle is left on a street, carport lane, parking space on a carport lane or in a driveway. Due to the nature of the size of the Community, the miles of roads and carport lanes and the number of driveways, the contractor cannot return and remove the snow or apply road salt or ice melt where a vehicle had been parked during the snow removal efforts.

IT IS THE RESIDENTS RESPONSIBILITY TO REMOVE SNOW FROM THE AREA WHERE THEIR OR THEIR GUEST'S VEHICLE WAS PARKED AND TREAT THE AREA FOR ICE.

It is incumbent upon each resident to be attentive to the surroundings and exercise

extra care for their safety when walking on exterior surfaces during periods of inclement weather. If it is absolutely necessary to drive during a snow storm, please drive slowly and give snow removal vehicles the right of way.

If residents, their guests or employees use an entrance other than the front entrance walk and/or stoop leading to the main entrance door to their manor, it is the resident's responsibility to remove the snow and treat the secondary walk and/or stoop for ice.

Snow removal is an arduous and time consuming task. Please be patient. It is best for residents to stay in the safety of their manors. Typically, bus service and most activities are cancelled during a snow/ice storm. For your safety, residents should not approach active snow removal equipment.

PRIORITIES

The safety of Rossmoor residents is our priority. Supervisory RCAI personnel are on site during snow removal operations to lead staff and the outside snow removal contractor to oversee procedures and respond to emergencies. All main and secondary streets and entrance gates will be plowed

continuously to provide emergency access. Sidewalks to the Club House and Meeting House are continuously cleared and the buildings remain open during snow/ice storms for residents use in case of power outages and/or loss of heat.

Residents with medical conditions that require outside treatments such as, but not limited to, dialysis or chemotherapy, must register with the Healthcare Center prior to a winter storm emergency to guarantee access for these appointments.

Regular medical/dental appointments, going to work, grocery shopping, filling prescriptions, leaving for vacation etc. are not considered priorities and staff will not respond to such requests.

Residents that return to the Community during a winter storm or during storm removal efforts is not considered a priority. Safe access to a resident's manor may not be possible. It is advisable to check with the North Gate prior to returning to be sure snow removal efforts have been completed.

**Revised by the RCAI Board of Governors
September 2016**

The following 26 main and secondary streets are cleared continuously after an accumulation of two or more inches or as required by RCAI management:

Stonaker Road (South Gate to Prospect Plains Road)		
Gloucester Way	Sharon Way	Troy Way
Mayflower Way	Sheldon Way	Victoria Court
Mt. Vernon Road	Spencer Way	Waverly Way
New Haven Way	Springfield Way	Windsor Way
Newport Way	Sussex Way	Yale Way
Old Nassau Road	Sutton Way	Yarborough Way
Providence Way	Terry Lane	Yardley Way
Revere Way	Thurman Lane	
Rossmoor Drive	Tilton Way	

The following 51 carport lanes are cleared when the snowfall ceases:

Amherst Lane	Mystic Lane	Roxbury Lane
Bradford Lane	Nantucket Lane	Salem Lane
Concord Lane	Narragansett Lane	Sanford Lane
Dorset Lane	Nautilus Court	Somerset Lane
Emerson Lane	New Bedford Lane	Stockton Lane
Fairfield Lane	Northfield Lane	Stowe Lane
Glenwood Lane	Norwich Lane	Stratford Lane
Greenfield Lane	Onset Lane	Sturbridge Lane
Hanover Lane	Orrington Lane	Sudbury Lane
Lowell Lane	Oxford Lane	Sunset Circle
Madison Lane	Pelham Lane	Thornton Lane
Malden Lane	Plymouth Lane	Westfield Lane
Manchester Lane	Portland Lane	Westport Lane
Marblehead Lane	Prescott Lane	Winchester Lane
Meeting House Lane	Putney Lane	Wingate Court
Middlebury Lane	Redding Lane	Yorkshire Lane
Milford Lane	Rockport Lane	Yorktown Lane