



There’s a reason why...

By Allan Kaufman

There's a reason why there are only 28 days in February. And once every four years there are 29 days on the February calendar. Why? With all due respect to those celebrating birthdays and/or anniversaries during February, there is not much to celebrate during arguably the coldest (it's neck and neck with January) and snowiest month of the year. Yet here we are, unless you are a snowbird.

In a normal year, the Super Bowl is played the first weekend in February and remarkably, 14 days later, pitchers and catchers report to spring training. It's a perfect transition from one sport to another. The Super Bowl is being played, we hope, on time, but the start of spring training, as of today, may be in jeopardy. If this happens,

we will have a big baseball void running from mid-February until, if we are lucky, mid-March. In a normal year these two events are the gateway to the spring month of March.

Sandwiched between two months having 31 days, January and March, February has one holiday, Presidents Day and a sentimental holiday, Valentine's Day. The price of roses goes up from \$35 a dozen on Feb. 7 to \$100 on Feb. 14. They should rename this day Suckers Who Buy Flowers Day. If you love your wife, give her the money and let her spend it on what she wants. The flowers will die, but your generosity will be remembered, perhaps for the wrong reason if you give her the present on Feb. 7.

That brings me to the initial

(Continued on page 3)



Winter sunset Photo by Y.A. Lee

Warp speed ahead: Vaccinating against COVID-19

By Kaytie Olshefski, BSN, RN-BC

After a challenging year, 2021 starts off with hope: two different vaccines for COVID-19, created by Pfizer and Moderna, have been approved for Emergency Use Authorization (EUA), and vaccinations are underway. The Food and Drug Administration (FDA) issued an EUA allowing access to critical medical products that help during a public health emergency.

There are guidelines that must be met before an EUA is issued. The FDA is responsible for making sure all vaccines have met the standards for both safety and efficacy. After the FDA approved the vaccines, the Advisory Committee on Immunizations Practices (ACIP) reviews the data and makes recommendations to the Centers for Disease Control and Prevention (CDC).

Scientists, with funding from different countries including the United States, worked together with one goal in mind – to develop vaccines to fight this devastating virus. The vaccines went through three phases of clinical trials in six months instead of the typical two years. In this pandemic it was urgent to develop these vaccines to stop the spread of this virus as quickly as possible. Although the manufacturing process of this vaccine was accelerated, it is important to note that the safety and efficacy review process by the FDA was not rushed.

What are the differences

(Continued on page 17)



Rudolph Snowbound Photo by Terre Martin

In Memoriam

Monroe Township Mayor Gerald W. Tamburro, who served in elected office in Monroe for 19 years and dedicated decades of his life to public service, passed away peacefully on Thursday, December 31, surrounded by family. He was 84.

He was elected as secondward councilman in November 2001. He went on to serve as council president for eight years before being elected mayor in 2015 and re-elected in 2019.

"Mayor Tamburro was a tireless and passionate advocate for Monroe Township residents and served the township with love and pride," said Council President Miriam Cohen.

Mayor Tamburro became involved in public life shortly after moving to Greenbriar in 1997. Born in Newark, Mayor Tamburro grew up in Nutley.

He joined the U.S. Army in 1957 and was discharged in August 1964. He attended Seton Hall University, where he earned a degree in banking. He landed his first banking jobs at Boonton National Bank in the 1960s.

He was married for 60 years to the late Carole (Lombardo) Tamburro. They resided in East Brunswick where they raised six children. The couple moved to Monroe in 1997 in retirement.

Mayor Tamburro served as vice president of commercial lending for the National State



Mayor Gerald Tamburro

Bank of Elizabeth and as president of a community bank in New Jersey. He also earned a graduate degree from the Stonier Graduate School of Banking at Rutgers University.

When Mrs. Tamburro passed in 2019, Mayor Tam-

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at the governors' meeting



The following employees were honored recently at the BOG meeting for their years of service to the community. They are, from left, Richard Adamcik, Pro Shop, 5 years, Jose Sanchez, Clubhouse, 5 years, Frank Rapisarda, Golf Course Maintenance, 10 years, Jillian Stevens, Maintenance, 5 years, Christina Smith, Administration, 5 years, Daniel Jolly, RCAI President, David Salter, Maintenance, 10 years, Paul Thibault, Clubhouse, 10 years

January 21, 2021

The RCAI Board of Governors Zoom meeting was called to order at 9:00 a.m. on Thursday, January 21, 2021, 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 December 21, 2020 were approved 16-0., two Mutuals were not represented.

Raymond Bridy, Head Golf Professional, reported on the state of the golf course membership; Thomas Tucci, Golf Superintendent, reported on the condition of the golf course; Melissa Barnard, Clubhouse Manager, reported on the upcoming virtual events; and David Salter, Operations Manager,

reported on the many completed projects and the anticipated projects.

The board passed a resolution to clarify the New Member Referral Incentive Program for full and 9-Hole memberships. If you are interested in further details about the resolutions, please contact Administration in the Village Center at 609-655-1000 or email jane-balmer@rcainj.com.

Mr. Jolly appointed Joseph Conti, Carol DeHaan and Robert Huber to another two-year term on the Rossmoor News Board.

Participants' questions regarding the Rossmoor directory, recycling and trash removal, COVID vaccines, opening the Common Facilities were answered.

Mr. Jolly congratulated Richard Adamcik, Jose Sanchez, Christina Smith and Jillian Stevens for their 5 years of service to the Community and Frank Rapisarda, David Salter, and Paul Thibault for their 10 years of service to the Community.

There was no other business for the Board to discuss and the meeting was adjourned at 9:45 a.m.

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.

Bits & Pieces

Sue Ortiz

Why is it, when I drop something, it has to roll under the table, the bed, the couch, or otherwise disappear into the far corners of infinity? Oh, no, it can't just fall by my feet, where I can bend down, pick it up, and continue with my day, thank you very much. Nope, I have to get down on my hands and knees to find that earring, that expensive ring, or the only available pen in the room. It's never a mundane paper clip, elastic band, or scrap paper. Who cares? — I'll just go get another one.

Maybe it's the last of the holiday candy that took me two minutes to unwrap, only to see it roll across the (dirty) kitchen floor and disappear into the void. Where the heck did it go? Under the radiator, probably, left to melt into a gooey mess when I turn on the heat. (Yes, my house is that old to have radiators.) If it would just fall by my feet, then the five-second rule might apply—give it a wipe, pop it in my mouth, and swallow. My grandfather always said, "A little dirt won't kill ya."

Scientists say that there is no new matter in the universe: all matter in people, plants, animals, the earth, stars, and galaxies began as one tiny speck of energy at the time of the Big Bang, around 13 million years ago. Everything throughout the history of time just keeps shifting around and rearranging itself.

For example, when one sun goes supernova, another sun arises from the ashes, so to speak. Or, on a more plutonian level, when someone loses weight, someone else gains it. It's the circle of life.

Lose a penny, gain a penny. So, when you lose something, someone else finds it: Enter ... the little people!

Maybe these little people, creatures of the shadows, have the power to whisk those shiny, somewhat important, baubles out of our hands and hide them so

fast that we think that pen just vanished into thin air.

There are legends of these little people in many cultures around the world. Trolls, brownies, pixies, faeries, leprechauns, dwarves, gnomes, goblins, gremlins, are just some of the more common names that refer to little people. These races of mischievous little people hide in dark corners and play tricks on unsuspecting humans.

The only way I know to get these miscreants to return anything is to demand, "Okay, little people, put it back!" The next day, most likely, you will find the missing item right back where it should have been all along! I am not kidding; try it.

Do they really exist? I don't know, because I have never seen one of these little people. But I want to believe. I have lost numerous combs, brooches, pens, toys, and even stones, throughout my life. I got most of them back by asking for them.

Maybe we should ask the little people to throw all of our "missing" trinkets into one of those massive black holes that are cruising around in space. Just maybe all that matter will be rearranged into health, happiness, and a million dollars!

B&P

Some of the hydrogen in your body comes from the Big Bang, and when you see a kid walking down the street with a helium balloon, you can say, 'There goes some of the primordial universe.' — Jocelyn Bell Burnell (Irish scientist, b. 1943).

There are three things we cry about in life, things that are lost, things that are found, and things that are magnificent. — Douglas Coupland (Canadian author, b. 1961).

If we do find ET, we will at least have something in common with them. They may live on planet Zog and have seven tentacles, but they will be made of the same kinds of atoms as us. If they have eyes, they will gaze out on the same cosmos as we do. They will, like us, trace their origins back to a 'Big Bang' 13.8 billion years ago. — Martin Rees (British scientist, b. 1942).

**The deadline for
The Rossmoor
News
is the 7th of
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Open RCAI Meetings in February

**RCAI Board of Governors Meeting
Thursday, February 18 - 9:00 a.m.**

The meeting will probably be held via Zoom
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The Rossmoor News 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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There's a reason why...

(Continued from page 1)

question, why does February have 28 days and then every four years February has 29 days?

For the first question, you can blame it on Roman King Numa Pompilius. His advisers told him that because of simple mathematical fact: the sum of any even amount (12 months) of odd numbers will always equal an even number, which was bad karma, even numbers. He wanted the total number of days to have an odd total.

Numa first added January and February to the original 10-month calendar to fully sync the calendar with the lunar year. He chose February to be the wicked stepchild of the calendar. The month would be the unlucky month of 28 days and host to Roman rituals honoring the dead. There you have it.

Why February has a 29th day is easier to explain.



Courtesy of phys.org

The reason why our Christmases are still white, our springs green and our summers warm is due to the extra day we add to the calendar every four years. Put simply, we need a leap day because the length of a year, the time it takes the Earth to fully orbit the sun, doesn't exactly match up to our 365-day Gregorian calendar. "The exact length of our year," according to Dr. Daniel Brown of Nottingham Trent University, "is 365 days, 5 hours, 48 minutes and 45 seconds."

If we did not have the leap day, our years would advance by that amount of time each year, the 5 plus hours, slowly separating where our calendar year ends and when the Earth actually fully completes its cycle around the sun. It would put our seasons out of whack.

"In 750 years, the middle of June would be when it's the coldest time of the year, winter," Brown said. Hey, let the people have some fun shoveling snow in June and going to the Jersey Shore in February. It will blow their minds.



Courtesy of philly.eater.com

Why not let the scientists in the year 2770 figure this out? I, personally, do not want another day of winter during the coldest month of the year. Let July or August have 32 days. What would you rather have? An extra day of 30-degree temperature and a chance of snow or an extra 80-degree day where you have a chance of sun and surf? Let our descendants figure it out. Thank goodness, there are only 28 days in February.

Happy birthday and anniversary to those who celebrate this month.

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

ROSSMOOR COAT DRIVE 2020

I wish to thank all Rossmoor residents for their generous contributions of warm coats and clothing to the Coat Drive's great success to keep all warm.

Thanks, Sal

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.

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A talented Rossmoor resident

By Anne Rotholz

Roswitha Ibrahim, who lives in Mutual 6, is a long way from her country of birth, East Germany. She was born in the city of Potsdam, located in the flatlands around East Berlin. This city was famous because Sansouci, the Summer Palace of the Kaiser, was located there.

Roswitha's father was missing in action in WWII and never came back from the war. Her mother was left with two little girls and a baby boy who did not survive the war. Because her mother worked for the government she was always under surveillance. Life was difficult in communist East Germany. Sometimes they did not know where the next meal was coming from.

When Roswitha was 9 they fled by train, at night, to West Berlin. The Wall had not



Roswitha Ibrahim of Prayer Shawl Group

been built at this time. They got asylum there and Roswitha spent her 10th birthday in a refugee camp in West Berlin.

Sponsored by the Church World Service, a group that helped Eastern European refugees find a new home in the U.S., Roswitha's mother and her two teenage girls boarded a navy ship full of refugees from eastern European countries headed for New York.

The family went to Cincinnati, Ohio, where Roswitha found herself in high school knowing very little English but excelling in math. She frequently helped other students with that subject. She learned the English language in an ingenious way. She took a class with English-speaking students who were learning the German language. Needless to say, Roswitha was an asset to the class.

Later Roswitha married and settled in Cincinnati,

later moving to North Brunswick, N.J. in 1967. She has two sons and a daughter. When her husband died 10 years ago, she looked for a new place to live and later came to Rossmoor. I got to know her when she joined the Prayer Shawl group.

Roswitha is a talented knitter and she has made many beautiful shawls. What makes her so unusual is the fact that she is a left-hand knitter who taught herself to knit left-handed. But while attending school in Germany, she had to learn to knit right-handed. A fairly good knitter myself I am always in awe of left-hand knitters, especially those who teach themselves!

Since the pandemic started Roswitha has knitted over 30 prayer shawls and counting!

Finally, if you would like a Prayer Shawl for anyone who is ill (or cold), please contact Josie Cuddy, 609-860-8535.



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Monroe Schools update as of mid-December

(The following is a letter to parents from Dr. Dori Alvich, Superintendent of Schools, offering update information about education plans for the District's students. The information relates to end of December and early January plans.)

Dear Monroe Community,

I want to begin by thanking everyone for your continued patience and dedication to our students in Monroe. I know that this year has not been easy for any of us. The purpose of this message is to share some important information regarding the district's schedule over the next few weeks.

As you know, over the past few weeks, we have seen a large increase in positive COVID cases not only in New Jersey but also in Middlesex County and specifically in Monroe Township. Our protocols have been working and we have not seen an in-school transmission in our district.

Currently since Nov. 16, we have 11 positive cases among staff and 37 positive cases among students, most of whom are full remote students. The number of students and staff needing to quarantine in our schools and community has grown exponentially over this time period with the expectation that things will be getting worse.

As of today, we have 104 staff members and about 70 students quarantining due to contact with a COVID-19 positive person, travel outside of New Jersey, or cold-like symptoms. Additionally, we have witnessed a large percentage of parents choosing for their child to move from in-person learning to fully remote learning as well as more students testing positive.

Nearly every school district in Middlesex County and surrounding areas is now choosing to move to a fully

(Continued on page 6)

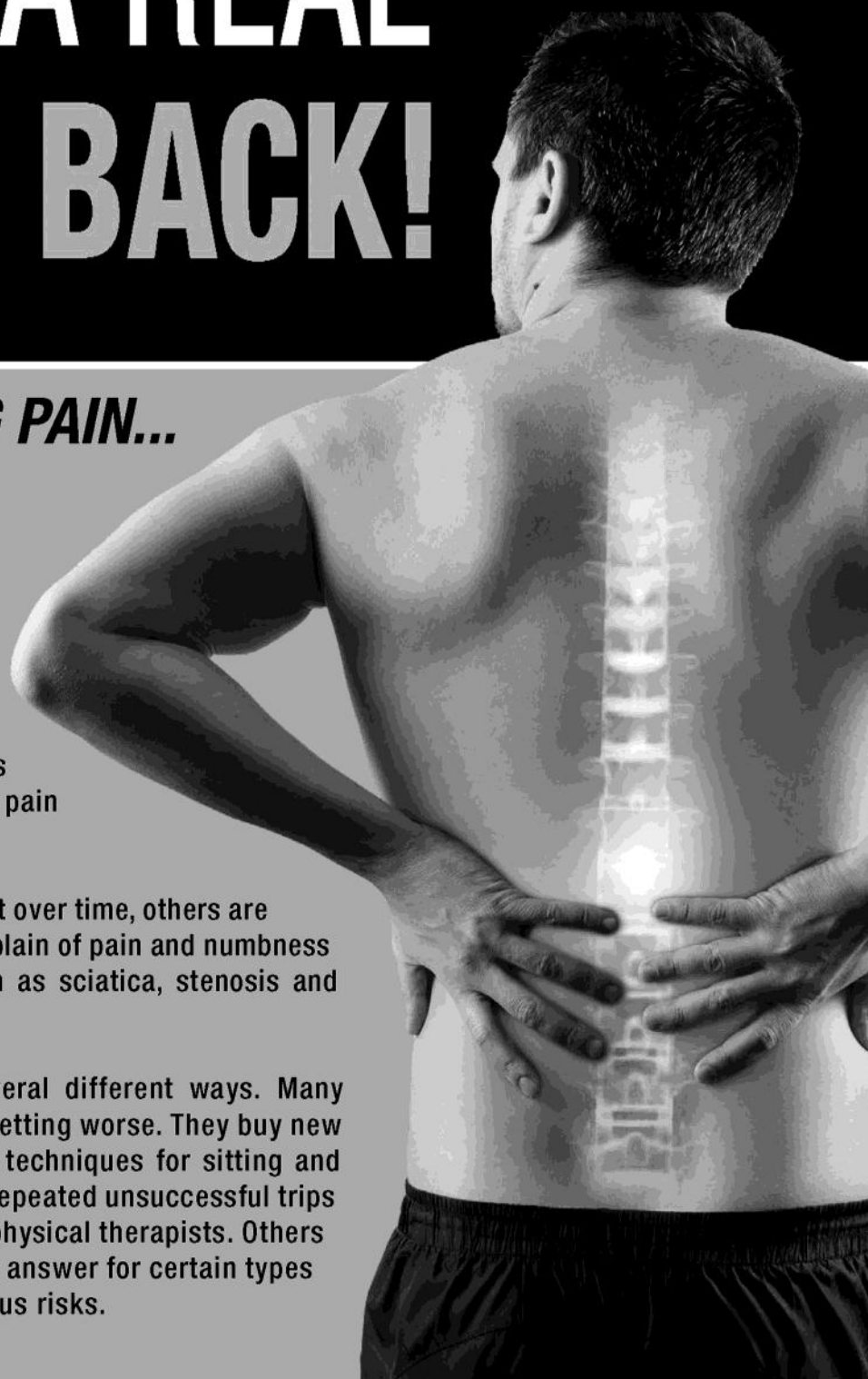
LIFE CAN BE A REAL PAIN IN THE BACK!

SAY GOODBYE TO BACK & LEG PAIN... WITHOUT SURGERY!

30 Million Americans suffer from back pain every day. This affects everything that they do, from work to play and ultimately their quality of life. 7 out of 10 people experience lower back pain at some point in their lives and it is one of the most common reasons for patient visits to primary care physicians. There is no doubt that low back pain exists in epidemic proportions today.

There are many causes of back pain. Some people develop it over time, others are injured in sports, work or auto accidents. Most people complain of pain and numbness in their legs, usually the result of spinal conditions such as sciatica, stenosis and herniated discs.

Regardless of the cause, people cope with pain in several different ways. Many people try to wait back pain out only to find that it keeps getting worse. They buy new mattresses, try different stretching exercises, learn new techniques for sitting and standing, yet their conditions do not improve. Some make repeated unsuccessful trips back and forth between their doctor, chiropractors and/or physical therapists. Others opt for surgery, and while it is true that surgery may be the answer for certain types of back injuries, it is highly invasive and not without serious risks.



COMMON COMPLAINTS THAT COME WITH LOW BACK PAIN:

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Monroe Schools

(Continued from page 4)

remote model for the foreseeable future after the holiday break, which greatly compounds our staffing issues. With more staff out on child, medical, maternity, and quarantine leaves, all of these factors are directly impacting our ability to deliver a consistent program to our students.

With all this said, the district has reached a tipping point where we can no longer safely and effectively keep our schools open. The current data supports a move to full-remote learning to help mitigate the spread in our community and protect the well-being of our students, staff, and their families as we move into the end of the year. This is not a decision that is made lightly or without great thought. However, the health and safety of staff and students is paramount.

On Wednesday, Dec. 16, 2020, the district will move to

full remote learning until Tuesday, Jan. 19, 2021. All students in grades 1 through 12 will follow their current class schedules as we transition to remote learning. Pre-kindergarten and kindergarten students will revert to the original schedule from September. Building principals will communicate specific details with all families and staff. I will continue to monitor the data coming from the State of New Jersey Department of Health, as well as the mandates from the DOE to determine if more time in a fully remote environment is necessary.

For the week of Dec. 16 through Dec. 23, the school buildings will remain open for any teachers who want to work from their classroom, security, all office staff, and anyone who is needed for the safe operations of the building. For the two weeks following winter break, Jan. 4 through Jan. 18, all school buildings will be closed to all staff, except custodians and

food services. District offices will remain open during this time in January with limited staff to ensure the district continues all business operations. Your supervisors will communicate this schedule with each office. During the time of remote status, all meal pick-ups will continue as planned.

Added to all of this is the pending snowstorm. During the health emergency, the district will have remote learning during any weather-related days. I will communicate to all staff members if district buildings are closed due to snow.

COVID-19 Update:

The High School, Middle School, Barclay Brook, Woodland, Applegarth, and Oak Tree Schools were notified that one student tested positive in each school. All students are full remote students so no contacts were identified. The high school was also notified that one staff member tested positive. The staff member was in the

building today. Close contacts were identified and notified to quarantine.

I am hopeful that the steps we are taking will help mitigate any spread and we will be able to reopen safely for in-person students on Jan. 19.

If you or your child need assistance, please contact our guidance departments or

building administrators.

Thank you again for your continued understanding, perseverance, and patience. As always, if you have any questions, please reach out to your building administrators or my office. Please stay safe during the upcoming holiday season.

**Thank you,
Dr. Alvich**

How big is your bubble?

By Linda Bozowski

Trivia question for the day (will it make it into a Jeopardy category?): How big was the largest bubble gum bubble ever blown? If your answer was 26 inches in diameter, you would be correct.

That giant bubble was blown in 1996 by Susan Montgomery of Fresno, California. The largest hands-free bubble blown was 20 inches in diameter.

That record was made in April 2004 by Chad Fell. So, if Chad's bubble was hands-free, how did Susan blow her first bubble? Don't know. Hmmm.

Bubble gum was created in 1928 by an accountant at the Freer Chewing Gum Company, based in Philadelphia. One of his recipes was less sticky than regular chewing gum. Since it was more elastic, it could be blown into bubbles. Thus, the original confection, named Blibber Blubber, was renamed Dubble Bubble. It was not until after World War II that Bazooka gum hit the market.

Synthetic gums were introduced in the 1970s. Their primary benefit is that they were less sticky, so these new products would stick less to the chewer's face than the previous products. Hubba Bubba and Bubble Yum were two of these more technologically advanced brands.

So, another important question for today is "Why is bubble gum pink?" Children, in taste tests, preferred strawberry and raspberry flavors. Numerous flavors were attempted, including banana, wintergreen, lemon and pineapple, but were not as favored as the tried-and-true strawberry and raspberry offerings. Since the original bubble gum recipes were gray in tone, red food coloring was added to make the product more attractive. These preferred flavors and the pink coloring seemed a perfect match, so that's what we have.

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Bob's Almanac—February 2021

By Bob Huber

Looking back on the year 2020 from the perspective of one month, I think we would all agree that last year was a real bummer, what with COVID-19 and political turmoil, but February opens the door to the promise of a brighter future.

Actually, there's plenty going on in February, if you're willing to seek it out. There are at least 35 nationally recognized events vying for your attention, including: Adopt a Rescued Rabbit Month, Grapefruit Month, Boost Your Self Esteem Month, and Return a Shopping Cart Month.

If that's not enough to stimulate your corpuscles, there are individual days devoted to all sorts of things. In addition to Groundhog Day, which Rossmoor's local groundhog totally ignores, there is Abraham Lincoln's birthday on Feb. 12 and George Washington's birthday on Feb. 22. Or you can acknowledge them both at

the same time on Feb. 17, which is Presidents' Day. And from the sublime to the ridiculous, how about Working Naked Day or Sword Swallowing Day.

Of course, most of us will focus on Feb. 14, Valentine's Day, the day we acknowledge our love for the object of our affections with flowers, candy, and mushy greeting cards. But like so many special occasions, the history of Valentine's Day is obscure. It's clouded by many fanciful legends, but most scholars believe it dates back to an ancient Roman fertility celebration (it seems like all Roman celebrations involve fertility).

Valentine's Day was originally commemorated on Feb. 15, and to further complicate matters, no one is absolutely certain which Saint Valentine we're honoring. There were several Saint Valentines. Take your pick.

In any case, it was not until

the 14th century that this feast day became definitively associated with love. We have Geoffrey Chaucer to thank for that. In 1382, he wrote a poem to commemorate the first anniversary of England's King Richard's engagement to Anna of Bohemia. The poem read in part, "For this was Saint Valentine's Day, when every bird cometh there to choose his mate." That was good enough for most people, including Shakespeare, who mentioned it in his play "Hamlet." The day has been associated with love and romance ever since.

Even though meteorologically speaking, winter will have five more weeks to go, many people view Valentine's Day as the first harbinger of spring.

The truth is, February can be a fabulous month, if you're willing to give it a chance.

In Memoriam

(Continued from page 1)

burro shared his own love story with the community, saying he fell in love early and was married at 23 – the couple's sole possession at the time was a Hi-Fi phonograph. "From there, we somehow built an incredible life together," Mayor Tamburro recalled.

Mayor Tamburro particularly loved the holidays; it was the perfect time to be with extended family. Christmas would bring together a family of more than 50 people, in which he would be surrounded by his grandchildren, great-grandchildren and many nieces and nephews.

He often spoke of his

years of military service and its lasting effect. He still kept his old Army-issued footlocker, where he stored his shoe polish. He valued and honored all veterans and made it a point to personally thank veterans whenever possible.

His close friend was former Monroe Mayor Richard Pucci, who always appreciated Mayor Tamburro's intelligence, extreme punctuality and focus on serving the community at-large.

"There was not a day when we wouldn't speak," Pucci recalled. "We had an outstanding, open-door relationship. Jerry was very special to me. He was a great public servant, and with his career in banking, he was very detail-orientated, especially

when it came to finances. His advice was exceptional. He kept a close watch over the town, with plenty of integrity, which is what you need to do as mayor."

Mayor Tamburro is survived by his two sons: Gerald Tamburro, Jr. and his wife June and Peter Tamburro and his wife Alba. He has four daughters: JoEllen Schmidt, Susan Kinsey and her husband Kevin, Lynn Manza and Cynthia Lombardi. He is also survived by a sister, a sister-in-law, nine grandchildren, and three great grandchildren.

In lieu of flowers send a donations in the name of Mayor Tamburro to the Monroe Township Library Foundation, 4 Municipal Plaza, Monroe Township NJ 08831.

Did you know?

You can drop off cans of unused paint every third Saturday of the month, between 8 and 11:30 a.m.

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How to have a heart attack

By a Rossmoor Resident

Suggestion #1: Do your utmost *never* to have a heart attack: stop smoking, lose weight, keep up with your medical check-ups.

Suggestion #2: If, God forbid, you do suffer a heart attack, be a lot smarter than I was.

Here's what happened

In November, the sudden death of a much-loved relative put us all into shock. I walked around like a zombie – in between bouts of tears.

Three weeks later, my heart seized.

That particular Friday afternoon I had gone over to Princeton for some Christmas shopping. I ate a very

light supper at 5 o'clock. A little after 8 p.m. I felt my upper chest muscles getting tight, from shoulder to shoulder and right under my collar bone. Hmmmn, what peculiar nonsense is this, I thought. Took a few deep breaths, and tried some shoulder stretches. Went for an aspirin, my go-to solution for light aches and pains. Went looking for the heating pad.

Nothing got either better or worse until I started to feel faint. I live alone. Passing out on the floor would solve nothing, so for the first time in my life I dialed 911.

In minutes, two kind Emergency Medical Technicians were at the house. They took my blood pressure, pulse rate, and oxygen level – all of which fell in the normal range.

Since all my vital signs were satisfactory, and considering the emotional stress of recent weeks, the EMT asked if I might be suffering an anxiety attack. Maybe a cup of tea and a chance to relax? I had to think about that.

He assured me they would be glad to take me to the hospital if I thought that was the right option. I had to think about that, too.

Well, although there had been plenty of emotional stress, I had not fainted and was in no physical pain, so I decided to forego the hospital trip. I would control these wayward emotions! To bed: sleep always helps.

Next morning, Saturday, I went for a haircut and stopped at the supermarket on the way home. I treated myself to an afternoon nap, had another light supper, and by 8 p.m., didn't that dog-gone symptom start in again! Tightness across the upper chest. But this time, I was prepared: I could beat this with deep breathing and self-control. Went to bed lecturing myself about staying calm.

After a slightly fitful night of sleep, I awoke with no further

doubts: my left arm now weighed a hundred pounds. I got dressed, called 911 using the key words "heart attack," chewed another aspirin as instructed, and waited for the ambulance. The driver asked my preference, to which I replied "Robert Wood Johnson," and off we went on a warm Sunday morning, Dec. 6.

I recall nothing of the ER. There was an IV in my left arm; had they put me to sleep? My oldest son (God bless him) showed up right away and later told me what the ER doctor said. "See that?" he said, pointing to a monitor. "She's still having the heart attack." Friday night through Sunday morning? Oh boy. Fortunately, it was a light heart attack, and fortunately, the care at RWJ was excellent.

Next day they removed a blood clot and put in a stent to keep everything circulating. By Wednesday, I was sent home with a lot of prescriptions, but feeling fine. Still am.

But there's a message in this story.

According to my RWJ cardiologist, if a person of a certain age (seventies, eighties, anyone?) is having symptoms, SOMETHING IS HAPPENING.

1. A doctor must be consulted. If none is available, go to the ER without delay.
2. Not all heart attacks are dramatic, chest-clutching events.
3. There are "silent heart attacks," in which the symptoms are so subtle as to be missed. These attacks are nevertheless dangerous and require medical attention.
4. The finest EMT in the world should not ponder which symptom is serious or which is trivial. Nor should the patient.
5. **You!** Take care of yourself. You are wiser to over-react than to under-react. Be smarter than I was. Go to the ER if you cannot reach your doctor for advice.

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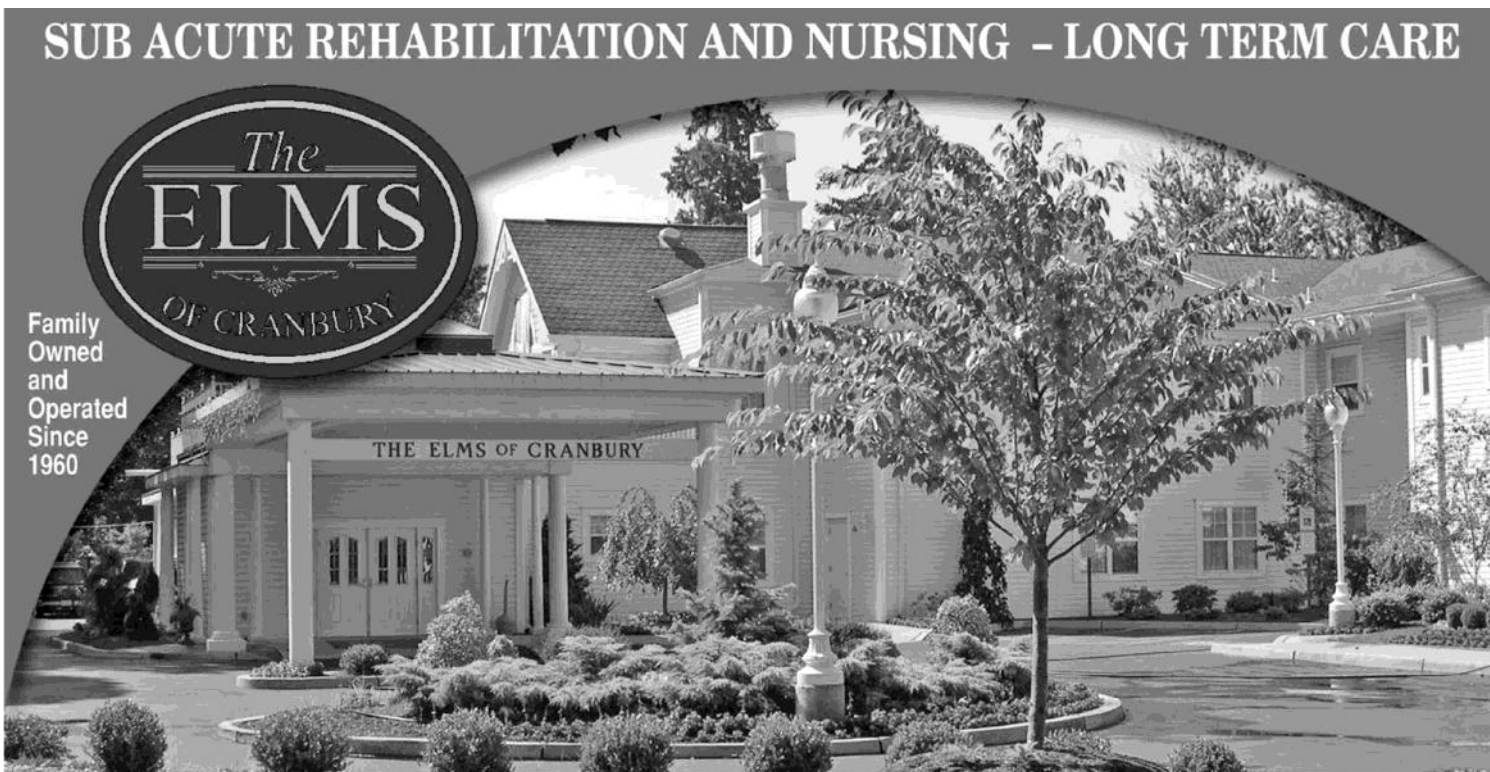
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Presidents Day

By Ken Thomas

"Happy Presidents Day" are not words we generally hear. "What's on sale" is more likely. Poor George and Abe are celebrated with credit cards. Yet, these presidents have a day dedicated to them. Should we give other presidents a day?

Thomas Jefferson and Teddy Roosevelt join George and Abe on Mount Rushmore. They don't need a day. They have a mountain.

We recognize some presidents by their initials: FDR, LBJ, JFK. Their fame surpasses a name, so a day isn't required to remember them.

All presidents who wore wigs or were in the Whig Party are eliminated on the basis of "style" points; Tyler, Taylor, Fillmore -- hair spray is required. Eliminate them.

James Monroe, "the last of the Founding Fathers," and James Madison, "the Father of our Constitution," are eliminated. Fathers already have a day.

Martin Van Buren was the first Democrat and first U.S. citizen to be elected president: automatic elimination Marty, Republicans only.

William Henry Harrison was a "short timer" with only 32 days in office. He doesn't get any votes for a part time job. Polk and Hayes said they would serve only one term. "Lazy" politicians don't get a day.

Buchanan couldn't stop the South's secession, and Johnson made a bad job of "reconstruction." Civil War boo-boos mean elimination.

Grant was the first true "Republican" president, eliminating him automatically, Democrats only.

James Garfield and William McKinley were assassinated, maybe Warren Harding too. "Too bad" gentlemen, you should have ducked.

Arthur (Chester) and Pierce (Franklin) are next. Their first names are in parenthesis, which describes their terms in office and elimination. Grover Cleveland was the 22nd and 24th president. Two strikes and you're out, Grover. This isn't baseball.

William Howard Taft was a better chief justice than he was a president. Banging a gavel eliminated Bill. Woodrow Wilson from League of

Nations fame had a chance at a day, but not today. Calvin Coolidge was a very popular president. "Big deal," I say.

Eliminate Cal. Herbert Hoover won't get a day. He has a dam.

Harry Truman said "Surprise, it's me, your president." "Surprise Harry!" No day for you either. Americans made Eisenhower a general and a president, saying "I like Ike" repeatedly. Ike doesn't need a day from us, too.

Nixon sealed his fate with Watergate. Eliminate. Reagan rose from actor to president. His re-runs are televised. Forget a day for Ron, watch a movie.

Presidents Bush and Bush are automatically eliminated. A father/son

Day would set a precedent, likewise for John Adams and John Quincy Adams. Then, add William Henry Harrison and Benjamin Harrison. Nobody celebrates "Relatives' Day."

Gerald Ford is a goner. A Ford day was vetoed by Chevy and Toyota. Jimmy Carter won't be around either, a "Peanut Man" day? I don't think so. Bill Clinton is eliminated. The jury is still out on Obama, but it doesn't look good.

Trump was president, but now Trump is gone. Biden is in.

I have a presidential headache.



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This month in pictures

By Joe Conti and Walter Gryskiewicz

Snow event photos by Terre Martin



Social Distancing sign in the snow



No one wants a cart for now.



The picturesque Meeting House up close



Season's Greeting in the snow



Doug Martin shoveling the porch



Construction had to be halted



Frank Sasso waves to the people driving by celebrating his 90th birthday



Frank greeting all the people driving by for his 90th.

Mary McLeod Bethune: educator, entrepreneur, activist

By Jean Houvener

Mary Jane McLeod was born on July 10, 1885, in Mayesville, S.C., the fifteenth of seventeen children born to Sam and Patsy McLeod. Both her parents were born into slavery as were many of her siblings. After emancipation at the end of the Civil War, her parents worked diligently to save enough to buy a farm of their own. All the children worked on the farm, including Mary, who said she could pick 250 pounds of cotton a day by age 9.

At an early age she was aware that the path forward, for her and for all the descendants of slaves, was education, starting with learning to read and write. At age 10, she was sent to Trinity Mission School, the one room school house in Mayesville run by the Presbyterian Board of Missions of Freedmen. She was the only member of her family to attend school, but came home and taught her family everything she learned.

Her teacher, Emma Jane Wilson, was a mentor and supporter for the young girl. She helped Mary win a scholarship to Scotia Seminary, where Wilson herself had been a student, which Mary attended from 1888 to 1893. Next, she attended

Dwight L. Moody's Institute for Home and Foreign Missions, with the intention of becoming a missionary; however, when she completed the course, she learned that no church would sponsor her to be a missionary since she was black. Undeterred, she decided to become a teacher under the Presbyterian program.

While initially teaching at her own elementary school, she moved to Augusta, Ga., to teach at a school founded by Lucy Craft Laney under the Presbyterian mission and whose philosophy was that educating women improved the lives of the entire family. There she was struck by the successful teaching methods of Laney, which she was to incorporate into her own later school founding. She was subsequently transferred to Kindell Institute in Sumter, S.C., where she met her husband.

Married in 1898 to Albertus Bethune, she and her husband moved to Savannah, Ga., and then Palatka, Fla., where Mary did social work with outreach to prisoners and ran a mission school. The couple had a son, Albert. In 1907 Albertus returned to South Carolina, and did not return, although the two did not get a divorce.

Mary, meanwhile became increasingly determined to found a school of her own for black children.

Moving to Daytona, Fla., in 1904 she bought a house for \$11, which was next to the dump, and began to set up her school, the Daytona Beach Literary and Industrial School for Training Negro Girls. She started with 5 girls plus her son, but by the end of the year had over 30 students. She was an avid and effective fund raiser, beginning with supporters in the neighborhood and in the school, where sweet potato pies, ice cream, and fried fish they had made were sold to the crews at the dump.

The school made do with found furniture and packing crates, home-made ink from elderberry, and pencils from burned wood. She taught her students practical skills, for making their own supplies and for self-sufficiency, including dressmaking and cooking, both for future careers and for their own future households. Coursework began the day with Bible study. As the students grew older, mathematics, science, and business were added to the mix.

Mary raised donations from the wealthy of the area, as well as having support

from further afield, including \$62,000 from John D. Rockefeller. Other supporters included James Gamble (co-founder of P&G), Thomas White (White Sewing Machines), and Booker T. Washington. Eventually her school merged with Cookman Institute to create Bethune-Cookman College, of which she was president from 1931 to 1942.

When one of her students became ill with an appendicitis attack and was in need of immediate attention, the local hospital initially refused to admit her, ultimately putting her on an outdoor porch of the building. It became obvious to Mary that the Black community needed a hospital, so in 1911 she founded McLeod Hospital, named in honor of her parents, which was used by the neighborhood and proved essential during the 1918 influenza pandemic.

In 1920 she was active in the women suffrage movement, particularly being sure that Black women registered to vote and voted. For her pains, in 1920 the Ku Klux Klan scheduled a "night ride" through the grounds of the school, threatening to burn the buildings if she did not cease her voting activism. Telling the staff to get all the students into their dorms at the back of the school, she stood in the center of the school quadrangle with her faculty fanned out across the



Mary McLeod Bethune.
Photo by Carl Van Vechten, 1949 (LOC: van.5a51728)

campus. For whatever reason, the Klan marched in the entrance and then marched back out the exit, perhaps thinking a show of force would deter voters. It did not deter Mary McLeod Bethune, who remained active in helping women register to vote and in getting them to the polls.

Eventually she was recognized at a national level, through the National Association of Colored Women, the Southeastern Association of Colored Women's Clubs, the National Council of Negro Women, National Association for the Advancement of Colored Persons, and the United Negro College Fund. She served on commissions for President Calvin Coolidge and President Herbert Hoover. She became good friends with Eleanor and

(Continued on page 12)



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Flirty February

By Bob Huber

While desperately searching for something nice to say about February in this column, I ran across an interesting event that immediately caught my attention. It's called International Flirting Week. It occurs either the week before or week after Valentine's Day, take your pick.

The stated purpose of International Flirting Week is to encourage single young adults to get acquainted. It goes on to describe various ways this might be accomplished without getting your face slapped or sued.

A textbook definition of flirting indicates "behaving as

though attracted to or trying to attract someone, but for amusement rather than with serious intentions." That describes me to a T. I'm many decades beyond being a young adult, but I do enjoy engaging men, women, boys and girls in pleasant conversation. If that's flirting, I'm guilty.

I've schmoozed with everyone from President Gerald Ford (whom I invited to take a nap on the couch in my office anytime he was in town) to ten minutes of delightful banter with the bevy of Monroe junior high girls that accosted me outside the Stop and Shop. They were collecting money for their

cheerleading squad. The encounter with such youthful enthusiasm was worth the five bucks I put in their chap-erone's money jar.

Though the whole object is to have some innocent fun, I offer one word of caution: Engaging in flirting with the opposite sex might be construed by some as sexual harassment. Discretion is advised.

The COVID virus kept most of us Rossmoorites cooped up this past year. As vaccines become more available, maybe Flirty February would be a good time to get out and reacquaint ourselves with our neighbors and meet new friends.

Sound Advice

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

Private wealth's perfect storm

Amid the COVID pandemic, changes in tax, financial, and economic arenas have created a deluge of added complexity for advisors managing private wealth. Here's an overview of the abrupt change in conditions now battering private wealth, which, when taken together, amounts to a "perfect storm."

Tax Policy. Budget shortfalls across the states as well as at the federal level are expected to result in steep hikes to state and federal income and transfer taxes.

Taxable Estates. For individuals with taxable estates, the current exemption of \$11.58 million from estate and gift tax will be cut in half Jan. 1, 2026. However, the exemption amount could be cut much sooner, based on the new Congressional legislative session. Changes in tax policy increase the downside risks of failing to plan. While 2026 may sound a long way off, preparing now to maximize goals can ensure a lasting legacy.

Lowest Rates in Decades. Every month the IRS releases the minimum interest rates you

are permitted to charge on loans to family members, trusts and other related entities. With this "applicable federal rate" currently at less than 1%, loaning assets may be a savvy way to transfer wealth to the next generation for buying a home, starting a business, or making charitable bequests. The loans are sometimes part of a plan to transfer a family business, or support children with special needs. With the pandemic potentially lowering the value of real estate and business assets, and causing frequent stock market volatility, optimizing low interest rates to make intrafamily loans is suddenly a more viable solution to reducing taxes and enhancing legacy planning.

Liability Explosion. With tenants more often unable to pay rent, and small businesses facing financial difficulty, landlords and business owners are suddenly facing an explosion in their liability exposure. Asset protection strategies to mitigate personal liability exposure in the event of a setback requires preparation before a problem arises or facing a legal challenge.

The COVID pandemic abruptly changed tax and financial conditions affecting estate tax and asset protection drastically, and this perfect storm requires proactive engagement of family members as well as advice from tax, legal and financial professionals. Please contact us with your questions about your personal situation.

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

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Mary McLeod Bethune

(Continued from page 11)

Franklin Roosevelt, always pushing to ensure that Black people were a part of the programs President Roosevelt was implementing during the Great Depression, including the integration of the Women's Army Corps when it was created in 1942.

She was appointed Director of the Division of Negro Affairs by President Roosevelt, making her the highest level of government appointment for an African-American woman up to that point. The training and employment that young black women and men were able to obtain through these programs were invaluable to their futures. In 1945 President Harry Truman appointed her to the founding conference of the United Na-

tions. Besides all this, this extraordinary woman founded Central Life Insurance of Florida, was part owner in a hotel, and wrote prolifically for various newspapers.

Mary McLeod Bethune died of a heart attack on May 18, 1955. She had worked tirelessly to promote the value of a good education and self-sufficiency, backed by her strong religious beliefs. Her words on the occasion of the Brown v. Board of Education in 1954 reflect clearly these beliefs.

"There can be no divided democracy, no class government, no half-free county, under the constitution. Therefore, there can be no discrimination, no segregation, no separation of some citizens from the rights which belong to all."

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- Plastic bags, film, sheeting, flexible film packaging
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- Polystyrene foam
- Tires, auto parts, scrap metal
- Concrete, wood, construction debris
- Yard waste, wood
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Adhering to these standards can save you money by reducing Rossmoor's trash pick-up charges.

AMD – Macular Degeneration is a serious matter

By Linda Bozowski

As we age, our bodies often show signs of wear and tear. Many develop arthritis, some have increasing cholesterol or hypertension readings. Weight gain could be a factor as we may be less active, and vision may not be as clear as it once was. Most folks develop cataracts, some are diagnosed with glaucoma. And many of us have some sort of macular degeneration.

Macular degeneration, sometimes abbreviated as AMD, is actually two different types of eye disorder – dry or wet macular degeneration. Symptoms are often similar, but of the two types, wet macular degeneration sometimes has the most disabling effects. Blurring vision is the most frequent symptom that many people experience. Difficulty seeing clearly, especially when reading, driving, sewing or even in recognizing faces, may lead folks to the eye doctor's office.

More severe symptoms include seriously decreased vision or a patch of darkness in the middle of an image, and should be addressed as issues that require more urgent attention.

The macula is a small component of the eye inside the retina and it permits images viewed through the lens at the front of the eyeball to be transferred to the brain. In dry degeneration, small deposits build up within the retinal cavity and may cause visual blurring. In early and intermediate AMD, these deposits, called drusen, do not usually cause serious dysfunction, but in late AMD, some vision loss generally occurs. Dry AMD usually progresses slowly and accounts for up to 90% of AMD cases. There is no specific treatment for this type of eye disorder other than maintaining good health.

Wet macular degeneration is a different story. Dry AMD can progress to wet AMD,

which is a more serious issue. In wet AMD, abnormal blood vessel growth occurs. This vascular malfunction can lead to loss of vision if not treated promptly. Among treatments for wet AMD are injections of specific medications or laser coagulation therapy. Treatments may need to be continued for lengthy periods. Testing of the degree of vascular degeneration is routinely done and determines if treatment should be continued. Wet macular degeneration is never truly cured, but it can be controlled with careful treatment.

Healthful eating, routine exercise, not smoking – all of these approaches can lessen the likelihood of developing macular degeneration. Is AMD absolutely preventable? No. Is it curable? No. Can it be controlled or treated? Yes, in limited ways. The key is awareness of our eye health, routine vision exams, and taking good care of ourselves.

Too cold!

By Ken Thomas

Campers are always looking for a special place of their own. I often volunteered to meet the required adult quota for this group of young campers, who found such a spot. A friendly farmer let them use part of his land as their own campsite. His home was only an hour's drive from town, so the group camped there regularly. Everyone stopped at the farmhouse to fill our water jugs and say hello before walking down the dirt road to the campsite.

The farmer's wife was a wonderful lady with a smile for everyone. The dirt road did not bring smiles. It was two semi-parallel, rambling ditches (tractor tracks) with some level of water. Our hike to the campsite was a hopping, muddy, balancing act. The devil of the ditches could suck you down with a misstep at any time.

Already the January temperature was 30 degrees, so extra blankets and long johns were required. That Friday night was the beginning of a cold war with Mother Nature, and my weapons were definitely inadequate as the tem-

perature dropped. The wind blew, the rain came down, and we went to our tents.

Three of us squeezed into a smaller tent, hoping body heat would help us survive the cold war. My adult tent mates discussed the environmental elements, but not for long. Sleep came slowly for me and did not last. I awoke shivering. From my backpack, I found another pair of socks, gloves and a sweater to wear, but I was still too cold. My fingers and toes needed a Hawaiian sun. Back, belly, side, again back, belly, side, but no position provided any relief. My tent mates were wriggling around also, so my misery was a shared misery.

At sunrise, we dressed and started a fire. The world had turned into an ice cube. Ice coated the tents, rocks, trees, tarps, everything. Water, milk, juice, bread, lettuce, even ketchup was frozen. Our breakfast menu changed; hamburgers and eggs please. We watched as the designated chefs cooked our meal.

Initially, the egg parts touching the frying pan were cooking, but the egg parts



exposed to the cold air were not. The hamburgers grilled slowly. Coffee and cocoa supplies were dwindling rapidly in the near-zero temperature. After breakfast, along came Mister Wind. Respectfully, I call him Mister Wind, because at 35 mph, he wasn't Mister Breeze. The wind chill factor started triple-x word comments and the wind blew them away.

The cold war was lost, so the decision to break camp was unanimous. A tent mate discovered the reason for our cold, cold night. A puddle of rain water under the tent had frozen as we slept. Our group leader went to the farmer's house to call for transportation home as we packed up. No one made the trip back from our Ice Cube without falling down two or three times on the slippery road.

Our leader gave us the bad news/good news. Ice had collapsed telephone lines and the roads were a skating rink, bad news. The farmer offered his barn as shelter until the road was sanded and someone could drive to town for transportation, good news. The barn sheltered us from the wind and the bales of hay were comfortable, but it was just too cold. The farmer's wife brought us coffee, cocoa, and extra blankets. We would be her guests for a few more hours.

On the way home, my car heater fan on high, the cold war was over.

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Please send us pictures you've taken of any Rossmoor event or personality. We're also happy to print your lovely landscape, your new puppy, your graduating grandchild, a spectacular sunrise, a recent snowfall.

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CULINARY CORNER

By Sidna Mitchell

Get "fired" up for February

By Sidna B. Mitchell

When one of the players at the Gasparilla Mallet Club (Boca Grande, Fla.) said he would bring champagne the next Sunday for after our golf croquet games, I decided I should make some sort of munchie to go along with the bubbly. I went over my list of appetizers in the index of all my old cooking columns but couldn't find anything I thought would not only go with the champagne but would also work for those folks who were so conscious of the Covid-19 health issues.

However, in looking through some cookbooks for a gumbo recipe to use up the rice, okra and andouille sausage in the refrigerator, one cookbook opened right to a recipe for fiery cheese wafers. That would be perfect, I thought, recalling a recipe Lois Smida had given me years ago. Her recipe was nowhere to be found on my computer and all the notebooks with copies of my cooking columns that I wrote over 42 years are, of course, in New Jersey.

Unfortunately, I never did find a gumbo recipe that would work with my ingredients—I lacked shrimp and chicken—but I decided to make the cheese wafer recipe. I could have sworn that I

had cayenne in the spice cabinet but alas not, so I had to substitute paprika and Tabasco. That worked. However, I suggest you stick to the recipe for the best results.

Cheese Wafers

Culinary Corner

1 cup shredded extra sharp cheddar cheese
1/2 cup butter (one stick) at room temperature

1 cup flour
1/4 teaspoon salt
1/4 teaspoon cayenne

Combine the cheese and butter with a fork until well mixed. Add flour, salt and cayenne and mix until well blended.

Shape the dough into a log at least 12 inches long and a little more than an inch in diameter; then place in plastic wrap. (Or place the dough in plastic wrap and roll that until you have a log.)

Put the log in the refrigerator for at least 30 minutes to chill.

Preheat the oven to 350 degrees.

Remove the log from the refrigerator and cut into slices about 1/4 inch or thicker.

Place slices on an ungreased baking sheet about a 1/4 inch apart.

Bake until golden, about 12-15 minutes depending on your oven. Makes about two dozen wafers.

NOTE: If you want a spicier wafer, just add a bit more cayenne. Also, the recipe suggested pulsing the cheese and butter in a food processor to combine. Not having that appliance in Florida, I just used a fork and my elbow grease. This recipe can easily be doubled for more wafers.

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

Clubs and Organizations

All are welcome at the Dance Club's Valentine Dance Party

By Judy Perkus

"Wear red to the Dance Club's Valentine Dance Party on Saturday, Feb. 29. We will be in the Ballroom from 7 to 10 p.m. enjoying Eric's music. All Rossmoorites are welcome – singles and couples.

"Bring your Valentine, bring your friends, or come

alone and meet some friends."

Remember the good old days of February 2020? The above sentences and the headline appeared in the February 2020 Rossmoor News. That Valentine's Dance Party was the last dance held by the Rossmoor Dance Club. We had a delicious dinner, enjoyed Eric's music and balloon creations and wished former Dance Club President Anne Azzi-

naro a happy birthday.

We want to get back to the Clubhouse Ballroom to enjoy dancing and other activities. Please sign up for your COVID-19 vaccine. New Jersey now has a website where you can register for the COVID-19 vaccine (covid19.nj.gov/vaccine). It is very easy to sign up. Dance Club President Armen DeVivo has plans for more dance parties as soon as the Clubhouse reopens. Stay safe.

Reading, 'Riting but no 'Rithmetic

By Norman Perkus

On Feb. 18 at 3 p.m., the Book Discussion Group will discuss "David Copperfield" by Charles Dickens. Contact Norman Perkus for the complete reading list for the year and for the access code for the Zoom meeting.

The Writers Group continues to meet over Zoom. The next meeting is on Thursday, Feb. 25 at 10 a.m. Contact Norman for more information.

All Rossmoorites are welcome.



Happy 93rd Birthday Anne Azzinaro

Happy Presidents Day

February 15

Religious Organizations

Did you know?

By Adrienne Brotman

We found it very interesting that several of the individuals responsible for creating the vaccines to combat COVID-19 have Jewish roots.

The Chief Scientific Officer at Pfizer, Mikael Dolsten is Jewish. Dolsten grew up in Halmstad, Sweden, the son of a Jewish father and a Jewish mother who escaped Austria in the early days of World War II. He visited Israel numerous times in his younger years and did a year of his doctoral work at the Weizmann Institute. At the Institute he

learned the most up to date immunology, which led him to work in pharmaceutical science.

Albert Borla, the CEO of Pfizer is a Sephardic Jew from Thessalonika, Greece. Thessalonika Greece's Jewish population was almost completely wiped out during World War II.

At Moderna, another pharmaceutical company, also with a vaccine for COVID-19, Chief Medical Officer Tal Zaks is an Israeli immigrant. Zaks received his medical degree and his Ph.D. at Ben Gurion University, which is one of Israel's leading research universities and among the world's leaders in many fields.

Drew Weissman, a professor of medicine at the University of Pennsylvania, and a colleague are the

scientists responsible for pioneering breakthroughs that allowed the development of an mRNA vaccine, which is the novel approach used by Pfizer and Moderna for dealing with COVID-19.

The Jewish Congregation will be zooming services on Friday, Feb. 12, and Friday, Feb. 19, at 4:30 p.m., unless the Meeting House reopens.

Zoom Torah study will be on Saturday, Feb. 13, and Saturday, Feb. 20 at 10 a.m., unless the Clubhouse reopens.

For more information on zooming please contact Judy Perkus. If you would like more information about the Jewish Congregation, please contact Cindy Sigl, Congregation president or Allan Kaufman, vice president of membership.

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New Neighbors

By Christina Smith, Resident Services Manager

Josephine Cruz, 116N Lowell Lane, formerly of Englishtown, N.J.

Marica Hedhli, 15C Old Nassau Road, formerly of Centralia, Ill.

Antonio Soto and Maria Otero, 81A Dorset Lane, formerly of Jersey City, N.J.

Jin Ha Choi, 84-O Old Nassau Road, formerly of Iselin, N.J.

Leon and Anissa Lee, 99B Rossmoor Drive, formerly of New York, N.Y.

Brian and Gerald Geneieve, 590N Troy Way, formerly of Staten Island, N.Y.

Theresa O'Connell, 520C Spencer Lane, formerly of Leonardo, N.J.

David and Linda Wycoff, 387A Newport Way, formerly of Titusville, N.J.

Cesar Chumpitazi, 89N Gloucester Way, formerly of Carteret, N.J.

Vincent Occhipinti and Caterina Buscetta, 36A Concord Lane, formerly of Glendale, N.Y.

Kirvankumar and Dipti Shukla, 616A Old Nassau Road, formerly of Leesburg, Fla.

Karen Krimin, 632B Yorkshire Lane, formerly of Avenel, N.J.

Chaoe Mei Liu, 608A Winchester Lane, formerly of Fort Lee, N.J.

Robert Harlan and Jenine Grano, 380C Old Nassau Road, formerly of Jamesburg, N.J.

Arlene and Edward Strugala, 390A Newport Way, formerly of Sayreville, N.J.

Vilma Deliz and Hector Leon, 224A Old Nassau Road, formerly of Iselin, N.J.

Ranjan and Ramani Silva, 365B Old Nassau Road, formerly of Somerset, N.J.

Raymond Stadta and Ruth Fuchsloch, 565A Old Nassau Road, formerly of Old Bridge, N.J.

Jose Alvarez, 729B Vernon Road, formerly of Sayreville, N.J.



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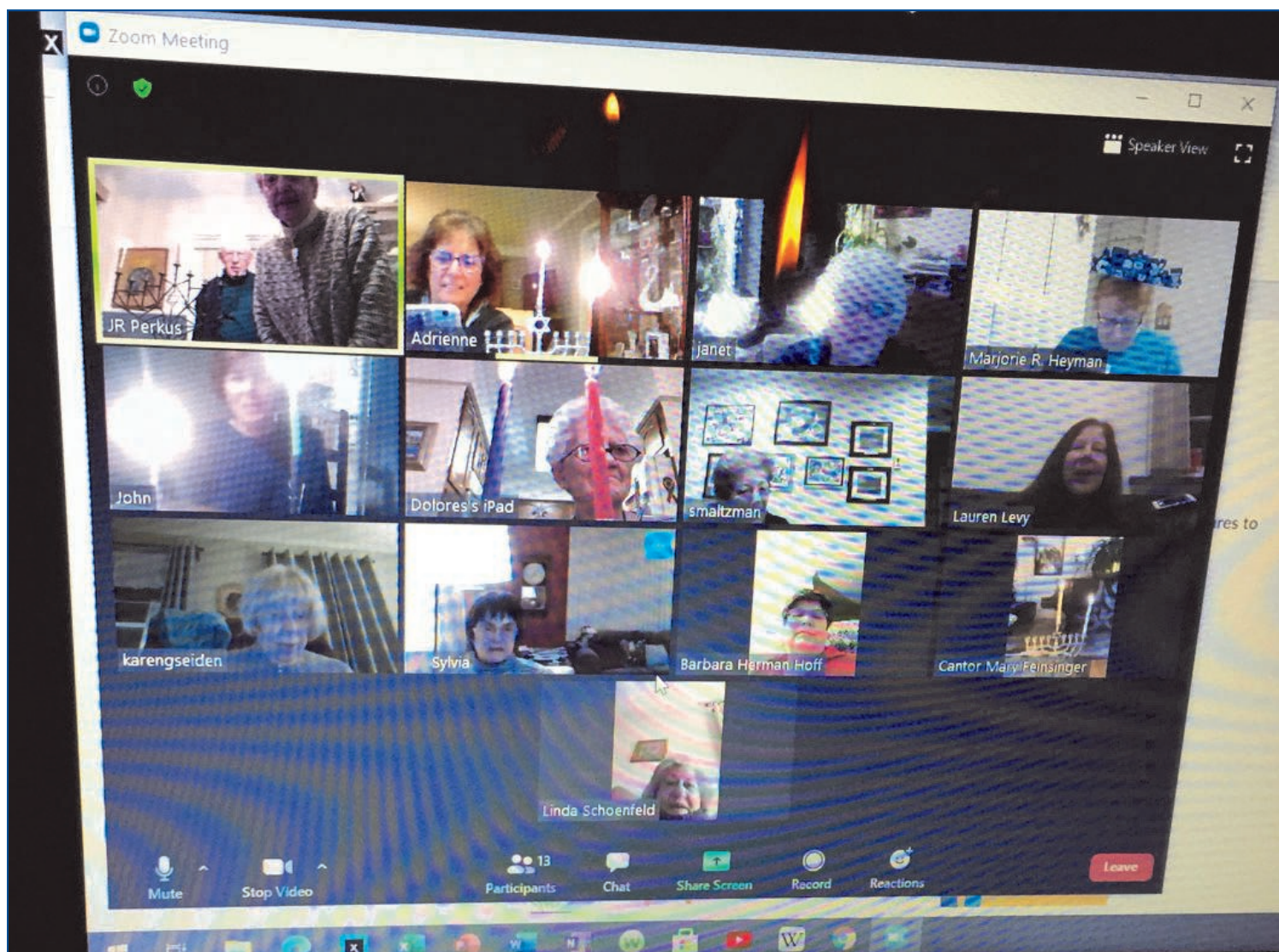
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Jewish Congregation members lighting their Menorahs together on the First Night of Hanukkah.



Jewish Congregation celebrating Janet and Fred Goodstein's 50th anniversary at Zoom Sabbath Service with their children and grandchildren
Photos by Adrienne Brotman

Jewish Congregation membership drive

By Allan Kaufman

For those of you looking for a Jewish spiritual or a communally shared experience, let me introduce you to our Congregation.

We have been in existence, as a Reform Congregation since 1985. We hold our Friday night services, led by our Cantor and Lay Reader, twice a month.

Additionally, we offer High Holy Day and Yizkor services. Normally, there are a number of social events; Purim and Hanukkah parties, a Passover Seder, and a Yom Kippur break-the-fast event.

We also host a July 4th BBQ that is open to all Rossmoor residents. Hopefully, we will be able to have the BBQ this year.

During this time of our annual membership drive, the dues have been suspended through May.

If you would like additional information on becoming a member of our Congregation, please give me a call at 732 690-2145 or I can be reached at allan.kaufman0125@gmail.com.

A chilly day dish with a kick

Chipotle Veggie Chili

Servings: 6-8

3 tablespoons olive oil
1 medium yellow onion, chopped
5/8 teaspoon sea salt, divided
1/4 teaspoon pepper, divided
2 garlic cloves, minced
1 red bell pepper, chopped
1 can (14 ounces) diced fire-roasted tomatoes
1 can (14 ounces) red beans, drained and rinsed
1 can (14 ounces) pinto beans, drained and rinsed
1 cup vegetable broth
1 can (7 ounces) chipotles in adobo sauce
2 cans (15 ounces each) sweet corn with liquid
2 limes, juiced
guacamole (optional)
sour cream (optional)
jalapeno slices (optional)
cilantro (optional)

In large dutch oven, heat oil over medium heat. Add onion, 1/2 teaspoon salt and 1/8 teaspoon pepper. Stir and cook 5 minutes until onion is translucent. Add garlic and red pepper. Stir and cook 8 minutes until soft.

Add tomatoes, red beans, pinto beans, broth, chipotles in adobo sauce, corn, remaining salt and remaining pepper. Simmer 25 minutes, stirring occasionally, until chili has thickened.

Squeeze lime juice into pot; stir. Serve with guacamole, sour cream, jalapeno slices and cilantro, if desired.
(Culinary.net)

Rossmoor will send robocalls to advise in case of bad weather or emergencies

The Rossmoor administration will send automated robocalls to residents' telephones whenever it is necessary to advise about predicted snow storms, severe weather warnings, or other emergencies.

If you are not home to answer, a message will be left in your voice mail or on your answering machine.

Please be sure to check your phone or answering machine. All necessary information will be included in the message so you will not need to call the office in return.

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HEALTH CARE CENTER NEWS

(Continued from page 1)

between the Pfizer and Moderna vaccines? Storage is an important factor. The Pfizer vaccine must be stored at minus 95 degrees. The Moderna vaccine can be stored at standard freezer temperature of minus 20 degrees. Pfizer's vaccine must be re-constituted into a liquid while Moderna's vaccine does not.

These vaccines do not have any part of live or dead coronavirus in them. The vaccines are made using messenger RNA (mRNA), which is a small genetic code that reads and produces protein in your body's cells. These cells recognize coronavirus protein and will launch the immune system to target the coronavirus to protect you from coming down with COVID-19. This mRNA does not affect or change your DNA. You cannot get COVID-19 from these vaccines.

Is one vaccine better than the other? The FDA applied the same stringent review process to both vaccines regardless of the manufacturer. Pfizer's vaccine has shown to be 95% effective and the Moderna vaccine is 94.5% effective in preventing COVID-19.

To achieve maximum protection, both vaccines are given in two doses. The Pfizer vaccine's second dose must be administered 21 days after the first dose was given. Moderna's second dose must be given 28 days after the first vaccine was given. There is no data available on interchangeability between the two vaccines, meaning if your first dose was the Pfizer vaccine, your second dose must be the Pfizer vaccine.

Protection from the vaccines is not immediate; it will take one to two weeks after the second dose to be considered fully vaccinated. What scientists know at this time is that the vaccine will last a minimum of four months. Research is continuing and as more and more people are vaccinated, it will be discovered if these vaccines will last longer than predicted. After these vaccines are administered, Pfizer and Moderna will continue to monitor the safety, efficacy, and side effects of the vaccines.

Side effects may be mild to moderate. Common side effects may include pain and tenderness at the injection site and swelling of the lymph nodes in the same arm of the injection. General side effects are fever, chills, fatigue, headache, muscle aches, joint pain, nausea and vomiting. The side effects may be more intense after the second dose but should subside in 24 hours. A severe allergic reaction could occur within a few minutes to one hour afterwards.

Who should not get the vaccine? If you had a severe allergic reaction after having the first dose of the COVID-19 vaccine, do not take the second dose. Let your physician know immediately about the severe allergic reaction. If you have a history of severe allergic reactions to an injectable medication, talk with your primary care physician and ask him/her if you should take the vaccine.

Immunocompromised individuals and those receiving immunosuppressant therapies should speak with their doctor as they may have a diminished immune response. You should not take any other vaccines 14 days before getting the COVID-19 vaccine. If you received COVID-19 antibody treatment or convalescent plasma within the past 90 days, it is advised that

you talk with your doctor about when to get the COVID-19 vaccine. After receiving your first dose of the COVID-19 vaccine, do not have any vaccinations until after your second dose.

If you have had COVID-19, speak with your doctor as he/she may have you wait at least 90 days past a positive COVID-19 test and when you are not exhibiting any symptoms of the virus.

Experts need to understand more about the protection that COVID-19 vaccines provide before changing any recommendations on the steps to slow the spread of the virus. There will be ongoing studies regarding whether vaccinated people are able to transmit the virus. Until researchers tell us otherwise, we need to continue following CDC guidelines even after being

(Continued on page 21)

Relationships during the pandemic A Zoom Talk by Dr. Jay Levin

The Jewish Heritage Museum of Monmouth County presents Relationships During the COVID-19 Pandemic, A Zoom Talk by Dr. Jay Levin on Sunday, Feb. 21 at 2 p.m. Admission is \$7 members, \$10 non-members. To make a reservation, please call the Museum at 732-252-6990. You will receive an email with the Zoom link after your registration is processed by the Museum.

Dr. Jay Levin is a licensed psychotherapist with a private practice in Colts Neck, N.J. He specializes in marriage counseling and couples counseling, child counseling, and adult therapy, and has been in practice for over 27 years. Dr. Levin is one of a very few psychotherapists personally trained by Dr. John, author of Men are from Mars, Women are from Venus. He also is a past president of the New Jersey chapter of a prestigious children's therapy organization. Dr. Levin holds an undergradu-

ate degree from Rutgers University and advanced degrees from Yeshiva University and California Coast University. Clients describe him as warm, empowering, and caring. He is extremely proud of his marriage of 35 years and his two children.

Funding has been made possible in part by a general operating support grant from the New Jersey Historical Commission, a Division of the Department of State, through grant funds administered by the Monmouth County Historical Commission.

For more information, please call the Museum at 732-252-6990, or visit www.jhmomc.org. The Jewish Heritage Museum is located in the Mounts Corner Shopping Center, at 310 Mounts Corner Drive, Freehold, N.J., at the corner of Route 537 and Wemrock Road (between the CentraState Medical Center and Freehold Raceway Mall).



During the COVID-19 pandemic, emotional resilience is vital.

RWJBarnabas Health Institute for Prevention and Recovery's Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic.

Through a variety of virtual services, this program aims to assist those impacted by the pandemic to better adjust to their new reality, mitigate stress, review options, develop coping strategies, and, if needed, find linkages to agencies, programs, and other resources in their community.

Services will be provided in **Essex, Hudson, Mercer, Middlesex, Monmouth, Ocean, Somerset and Union counties.**

For more information, contact:

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This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by RWJBarnabas Health Institute for Prevention and Recovery in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.

2021 MUTUAL MEETING DATES

MUTUAL MEETING	DATE	TIME	ROOM
Mutual 1 Open Director	Wednesday, February 10, 2021	9:00 AM	Dogwood Room
Mutual 1 Open Director	Wednesday, March 10, 2021	9:00 AM	Dogwood Room
Mutual 1 Annual	Wednesday, April 7, 2021	10:00 AM	Ballroom
Mutual 1 Open Director	Wednesday, June 9, 2021	9:00 AM	Dogwood Room
Mutual 1 Budget	Wednesday, November 10, 2021	10:00 AM	Ballroom
Mutual 2 Annual	Tuesday, April 20, 2021	10:00 AM	Ballroom
Mutual 2 Open Director	Tuesday, June 22, 2021	10:00 AM	Dogwood Room
Mutual 2 Open Director	Tuesday, September 21, 2021	10:00 AM	Dogwood Room
Mutual 2 Budget	Tuesday, November 23, 2021	10:00 AM	Ballroom
Mutual 3 Annual	Tuesday, April 6, 2021	10:00 AM	Gallery
Mutual 3 Open Director	Tuesday, June 15, 2021	10:00 AM	Gallery
Mutual 3 Open Director	Tuesday, September 14, 2021	10:00 AM	Gallery
Mutual 3 Budget	Tuesday, December 7, 2021	10:00 AM	Gallery
Mutual 4 Annual	Wednesday, April 7, 2021	2:00 PM	Gallery
Mutual 4 Open Director	Wednesday, May 12, 2021	7:00 PM	Meeting House Parlor
Mutual 4 Open Director	Wednesday, September 8, 2021	7:00 PM	Meeting House Parlor
Mutual 4 Budget	Wednesday, November 10, 2021	2:00 PM	Gallery
Mutual 4B Open Director	Monday, January 4, 2021	9:30 AM	Gallery
Mutual 4B Annual	Monday, April 5, 2021	10:00 AM	Gallery
Mutual 4B Open Director	Monday, July 12, 2021	9:30 AM	Gallery
Mutual 4B Budget	Monday, November 8, 2021	10:00 AM	Gallery
Mutual 4C Open Director	Tuesday, February 23, 2021	2:00 PM	Gallery
Mutual 4C Annual	Tuesday, April 27, 2021	2:00 PM	Gallery
Mutual 4C Open Director	Tuesday, July 27, 2021	2:00 PM	Gallery
Mutual 4C Budget	Tuesday, November 16, 2021	2:00 PM	Gallery
Mutual 5 Open Director	Monday, January 4, 2021	10:00 AM	MR/VC
Mutual 5 Annual	Monday, April 12, 2021	10:00 AM	Ballroom
Mutual 5 Open Director	Monday, June 7, 2021	10:00 AM	MR/VC
Mutual 5 Open Director	Monday, August 9, 2021	10:00 AM	MR/VC
Mutual 5 Open Director	Monday, October 18, 2021	10:00 AM	MR/VC
Mutual 5 Budget	Monday, November 1, 2021	10:00 AM	Ballroom
Mutual 6 Annual	Monday, April 26, 2021	2:00 PM	Gallery
Mutual 6 Open Director	Wednesday, June 9, 2021	1:00 PM	Gallery
Mutual 6 Open Director	Tuesday, September 21, 2021	1:00 PM	Gallery
Mutual 6 Budget	Friday, November 19, 2021	10:00 AM	Gallery
Mutual 7 Open Director	Tuesday, March 9, 2021	10:00 AM	Ballroom
Mutual 7 Annual	Tuesday, May 11, 2021	10:00 AM	Ballroom
Mutual 7 Open Director	Tuesday, September 21, 2021	10:00 AM	Ballroom
Mutual 7 Budget	Tuesday, December 14, 2021	10:00 AM	Ballroom

2021 MUTUAL MEETING DATES

MUTUAL MEETING	DATE	TIME	ROOM
Mutual 8 Annual	Monday, April 26, 2021	10:00 AM	Gallery
Mutual 8 Open Director	Monday, June 14, 2021	10:00 AM	Gallery
Mutual 8 Open Director	Monday, August 23, 2021	10:00 AM	Gallery
Mutual 8 Budget	Monday, November 22, 2021	10:00 AM	Gallery
Mutual 9 Open Director	Wednesday, February 17, 2021	10:00 AM	Dogwood Room
Mutual 9 Annual	Wednesday, April 21, 2021	2:00 PM	Gallery
Mutual 9 Open Director	Wednesday, June 23, 2021	10:00 AM	Dogwood Room
Mutual 9 Open Director	Wednesday, September 22, 2021	10:00 AM	Dogwood Room
Mutual 9 Budget	Wednesday, November 17, 2021	2:00 PM	Gallery
Mutual 10 Open Director	Wednesday, February 10, 2021	3:00 PM	Gallery
Mutual 10 Annual	Thursday, April 22, 2021	3:00 PM	Gallery
Mutual 10 Open Director	Wednesday, July 21, 2021	3:00 PM	Gallery
Mutual 10 Budget	Monday, November 15, 2021	3:00 PM	Gallery
Mutual 11 Open Director	Wednesday, February 3, 2021	2:00 PM	Dogwood Room
Mutual 11 Annual	Wednesday, May 5, 2021	2:00 PM	Ballroom
Mutual 11 Open Director	Wednesday, July 21, 2021	2:00 PM	Dogwood Room
Mutual 11 Budget	Thursday, December 2, 2021	2:00 PM	Ballroom
Mutual 12 Open Director	Tuesday, January 26, 2021	10:00 AM	Gallery
Mutual 12 Annual	Tuesday, April 13, 2021	10:00 AM	Gallery
Mutual 12 Open Director	Tuesday, August 10, 2021	10:00 AM	Gallery
Mutual 12 Budget	Tuesday, November 9, 2021	10:00 AM	Gallery
Mutual 14 Annual	Monday, April 12, 2021	2:00 PM	Dogwood Room
Mutual 14 Open Director	Monday, June 14, 2021	2:00 PM	Dogwood Room
Mutual 14 Open Director	Monday, September 13, 2021	2:00 PM	Dogwood Room
Mutual 14 Budget	Monday, November 22, 2021	2:00 PM	Dogwood Room
Mutual 15 Annual	Thursday, April 15, 2021	3:00 PM	MR/VC
Mutual 15 Open Director	Thursday, July 15, 2021	3:00 PM	MR/VC
Mutual 15 Open Director	Thursday, September 23, 2021	3:00 PM	MR/VC
Mutual 15 Budget	Thursday, November 18, 2021	3:00 PM	MR/VC
Mutual 16 Annual	Thursday, April 8, 2021	2:00 PM	Gallery
Mutual 16 Open Director	Wednesday, July 14, 2021	2:00 PM	Gallery
Mutual 16 Budget	Wednesday, December 1, 2021	2:00 PM	Gallery
Mutual 17 Open Director	Friday, February 12, 2021	2:00 PM	MR/VC
Mutual 17 Annual	Friday, April 9, 2021	2:00 PM	MR/VC
Mutual 17 Open Director	Friday, June 11, 2021	2:00 PM	MR/VC
Mutual 17 Budget	Friday, November 19, 2021	2:00 PM	MR/VC

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

HEALTH CARE CENTER NEWS

(Continued from page 17)

vaccinated for many months while the general public is being vaccinated. In an effort to keep yourself and the people around you safe, continue to wear a mask, social distance, wash your hands properly, avoid crowds and follow quarantine guidelines if exposed to someone who is COVID positive.

As there is a limited supply of the vaccine, the New Jersey Department of Health (NJDOH) has provided guidance on who is to receive the vaccine first and which groups will follow. Below are the three phases outlined by the NJDOH:

- Phase 1A: Personnel working on the frontline who have the highest level of patient contact, along with long-term facilities residents and staff.
- Phase 1B: Essential workers including police, fire fighters, correction officers, educators, transportation workers, and food and agricultural workers.
- Phase 1C: Adults who are high risk with medical conditions and people over the age of 65.

There is still much to learn about coronavirus, but we do know that COVID-19 is a very serious illness and many people have died from it. Coronavirus is the third leading cause of death behind cancer and heart disease.

Researchers are looking at all angles to try to find out why some people come down with mild symptoms and others develop life-threatening symptoms. Symptoms of COVID-19 may appear two to fourteen days after exposure. Symptoms include fever, chills, cough, shortness of breath, fatigue, muscle and body aches, new loss of taste or smell, sore throat, congestion, runny nose, nausea or vomiting, and diarrhea.

Many residents are asking if we will be giving the COVID-19 vaccine. At this moment we are working on the logistics, storing the vaccine in the required temperature range to keep it safe, and following CDC guidelines in keeping residents and staff safe when giving the vaccine in an open room.

The local sites that have registered with the state will be granted permission to give the COVID-19 vaccine. These sites include local and county health departments, health clinics, physicians' offices, urgent care centers, and retail pharmacies. It was announced that New Jersey plans to open six mega vaccination sites; the closet mega-site to Monroe will be the Convention and Exposition Center in Edison.

New Jersey is launching a

website to sign-up for Covid-19 vaccine. At the time of this writing the website is not open, but continue to check the site. The website is: [Covid19.NJ.gov/vaccine](https://www.covid19.nj.gov/vaccine).

Stopping the pandemic requires using all the knowledge and tools we have. Vaccines work with our immune system to fight the virus if we are exposed. Following CDC guidelines reduce our chance of being exposed to the virus and spreading it to others.

In the meantime, we can stay vaccinated against other illnesses. If you still have not received your flu vaccine, call the Healthcare Center at (609) 655-2220 and arrange to get one. We have the three different flu

vaccines: standard, high dose and Flublok.

Saint Peter's has developed a COVID-19 Recovery Program for people who still have lingering complications such as shortness of breath, chest pain, digestive problems and fatigue. The program provides access to multi-specialty care for patients who have previously tested positive and were either hospitalized or recovered at home. If you or someone you know is experiencing complications due to COVID-19, call the COVID-19 Recovery Program at (732) 745-8552 or email COVID19recovery@saintpetersuh.com to make an appointment.

A Message from High Tech Landscapes, Inc.

Please call the East Gate phone and leave a message with any questions or concerns. (609) 655-5134.

- Winter pruning will continue throughout the winter.
- Please remember to put any debris at the curb

Sunday night in order for us to pick up Monday morning.

- Damaged turf will be fixed in the spring.
- Please tune to Channel 26 for any updates.

Contact Waste Management

609-587-1500

ID# 61565342007

for pick up of household items

NO electronics

NO upholstered furniture

NO mattresses

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus.....609-655-4401
Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.

Monroe Township Transportation609-443-0511

Middlesex County

Area Transportation (MCAT)1-800-221-3520

St. Peter's University Hospital

On Time Transportation1-800-858-8463

All schedules are available outside the E&R office (near the copy machine) or via the Web at rcainj.com and following the links Facilities, Clubhouse and Activities, and Bus Info.

Recycle information from Waste Management

- No caps on glass bottles/containers in the recycle bin.
- No lids on plastic bottles.
- Only #1, #2, and #5 plastic is acceptable in the recycle bin.
- Plastics numbered #3, #4, and #7, etc. must go in the household trash bin.
- Other plastic items as well as plastic bags, plastic wrap, shipping film, and Styrofoam go in the household trash bin. Please, no plastic bags in the recycling bin. You can use a plastic bag to dump your recyclables, but take the plastic bag away with you. (Recycle it at the supermarket.)
- Shredded paper cannot be recycled by Waste Management with their current equipment so put it in the household trash bin.
- Aerosol cans must be empty *and* punctured before being put into the recycle bin.

Classified Advertising

Home Improvement & Services

MARSI HOME ORGANIZATION—Home organization and cleaning services. Please call (848) 218-3326.

RELIABLE HANDYMAN SERVICES – Local resident. No job too small. All labor guaranteed. Call me to discuss – no obligation. Reasonable rates. Call (609) 409-7096 or (908) 385-5869.

MIKE THE HANDYMAN – See my display ad in this edition. (732) 780-0468.

T-K-S HOME IMPROVEMENTS – Full service contractor. Kitchen, baths, basements, painting, tile and more. No job too big or small. License #13VH05970500. (609) 259-2574.

Tax & Accounting Services

YOU'VE HAD ENOUGH STRESS! Avoid crowds. Have your accountant come to you. Reasonable rates, and the safety of in-home care. Rebecca Bergknoff, CPA (732) 718-4359.

GREGORY TAX SERVICE—Pick up, drop off, fax, email and online service. Jim Gregory, IRS AFSP. 732-236-4498.

Miscellaneous/Services

COMPUTERS BUILT & REPAIRED - RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home with precautions due to virus. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. (732) 723-9537 or (732) 967-3400. Please leave message; all calls returned same day.

TECH BUDDY – Simple step-by-step help with smartphones, computers and tablets. Large print solutions for low tech problems. Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Amazon Alexa setup and training. Have Alexa remind you of your appointments, read audiobooks, more. \$5 off setup. Free quote. (732) 589-4974. techbuddybarb@aol.com

Please note

Printed copies of the *Rossmoor News* are available for pick up at the Village Center by calling Administration at 609-655-1000.

Help & Health Services

AT ANGEL TOUCH HOME CARE we provide excellent care for the elderly with licensed, insured and bonded thoroughly screened aides. We are a company that cares for our patients and makes sure they are treated by the best. 24-hour care (living with resident). Elderly companionship. Call (609) 907-6059.

ANNA'S HOME CARE – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver's license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 917-4208 or (908) 337-7462.

Wanted to Buy

BUYING & SELLING GUNS – Call for pricing. (609) 558-9509. Ask for David. Licensed Firearms Dealer.

House Cleaning

ANA SANTOS HOUSE CLEANING Services—Changes and launders bed sheets, uses own vacuum cleaner, reasonable. References available. Please call Ana at (732) 337-5743.



Reminder

Please Pick Up After Your Dog.

CLASSIFIED Ad Information

All Classified ads must be received by Princeton Editorial no later than the 14th of the month preceding publication month.

Mail to:

Princeton Editorial Services
P.O. Box 70
Millstone Twp., NJ 08510

RATES

\$14 for 10 words,
50 cents each
additional word.

- Note: Phone numbers count as one word and names as one word. Do not count punctuation. Abbreviations will be counted as one word.
- Check or money order must accompany insert, made payable to Princeton Editorial Services.
- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.
- Type or print your ad clearly and please include any contact information.

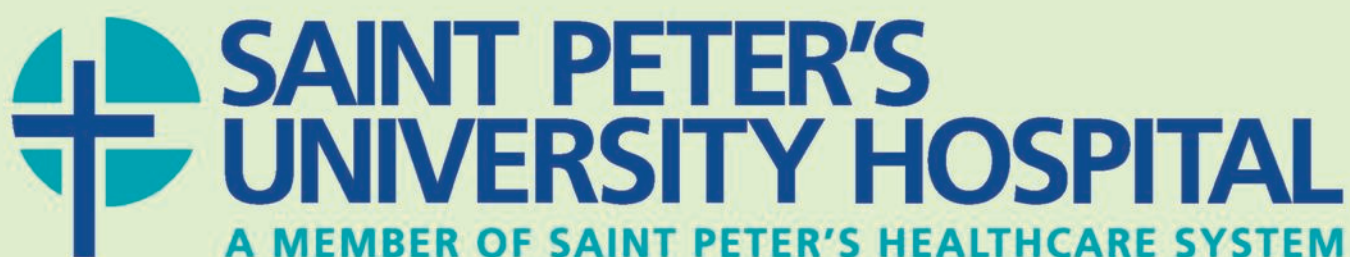
Exceptional safety for exceptional times



WE'RE PROUD TO BE AMONG THE NATION'S SAFEST HOSPITALS

Saint Peter's University Hospital is the only hospital in Middlesex County to have earned an "A" grade for excellence in the commitment we have to the patients and families we serve.

**To learn more about Saint Peter's University Hospital,
call 732.745.8600 or visit saintpetershcs.com**



Safely treating you better...for life.

Sponsored by the Roman Catholic Diocese of Metuchen

Note: The Leapfrog Group grades hospitals on data related to how safe they are for patients. For more information, visit www.hospitalsafetygrade.org