



Voters approve Tort Immunity Amendment

By Carol De Haan

In April, a mailing went out to the 2,303 homes in this community asking residents to approve a proxy ballot that would facilitate amending the R.C.A.I. bylaws to state that unless an injury on a community's property is caused by "willful, wanton, or gross negligence," the Association cannot be sued for a personal injury. It is called a Tort Immunity Amendment.

The quorum of two-thirds was exceeded when 1,571 residents voted yes. Only 109 residents voted against the amendment.

Our 18 Mutuals already include this provision in their bylaws, but the COVID-19 pandemic made it imperative for R.C.A.I. also to be protected from liability if any common facilities were to be opened this summer. The Association's lawyer, J. David Ramsey, wrote in his March 26 letter to unit owners, "there is no insurance coverage available for claims related to a virus, including COVID-19."

The Board of Governors, at their May meeting, worked out Phase 1, which opens six outdoor facilities and estab-

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Mayor Dalina and Township Council introduce 2021 budget with modest tax decrease

Monroe Township Mayor Stephen Dalina and Township Council have introduced a 2021 municipal budget that included a modest tax decrease. The proposed budget reduces the municipal tax rate from \$.493 to \$.490 per \$100 assessed value and will be presented for public hearing at the June 2 Township Council meeting. As part of the new budget,

water and sewer rates will remain the same.

"This has been an extraordinary and unprecedented year for everyone and the pandemic has caused most of us to have to tighten our belts a bit. The township budget is no different," said Mayor Stephen Dalina. "As your new mayor, I have painstakingly evaluated our

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Spring has filled the trees!



A kit fox makes an appearance. Inset: A close-up

Hey, Monroe, good for you!

By Carol De Haan

The Office of Emergency Management recently announced that it was no longer necessary to provide weekly updates on new COVID-19 cases, as had been its practice during the heyday of contagion. Why? Because of the significant decrease in new cases.

This has been its pattern of reporting since the start of 2021:

- January – 572 new cases, averaging 143 per week;
- February – 296 new cases, averaging 74 per week;
- March – 288 new cases, averaging 72 per week;
- April – 237 new cases, averaging 59 per week; and
- May – first week, only 26 new cases.

In addition to this drop in new cases, the OEM cites the admirable percentage of Monroe seniors of 65 or older who have taken the vaccine: a whopping 85%.

Monroe ranks #2 in Middlesex County for a population that has at least one dose of vaccine, i.e., 72% of people over 18 years of age.

We are #3 in Middlesex County for a population having two doses, i.e., 56% in its over 18 age group.

Compare this with a State-wide average of 39% for one dose and 17% for two doses. And, according to the

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Rossmoor News will be available in print with next issue

Starting with the July 1 issue, residents will be able to pick up a print copy of The Rossmoor News, rather than having to read it online.

Our publisher, Princeton Editorial Services, will deliver the newspaper to a weather-tight box on or about the first of each month. When delivery is made, an announcement will be posted on the Rossmoor website.

To pick up a current copy, residents should approach The Village Center and walk up the path to the exercise room. No one need enter the building; the newspaper box will be located on the covered porch outside the exercise room.

The Rossmoor News will still be available online at rcainj.com as has been the practice for many years.

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The Do's and Don'ts after being vaccinated

By Kaytie Olshefski, BSN, RN-BC

Congratulations on being vaccinated! It takes two weeks to develop full immunity against COVID-19 after receiving your second dose of the Pfizer or Moderna vaccine, or the one and only dose of the Johnson & Johnson (J&J) Janssen vaccine. This means you are fully vaccinated, having significant but not total immunity against COVID-19. The Pfizer vaccine provides 95% immunity; Moderna provides 94.5% immunity; and Janssen provides 66% immunity.

Having been vaccinated, there are some dos and don'ts of which you should be aware. The Centers for Disease Control and Prevention (CDC) has established

new guidelines allowing people who are fully vaccinated to resume some pre-pandemic activities and has loosened some precautions, but there are a few scenarios to understand.

Scenario One: Two people are fully vaccinated

In this scenario, the CDC is allowing people who are fully vaccinated to be inside another person's home who has also been vaccinated without having to wear a mask or physically distancing. You may have dinner with a friend, family or neighbor as long as both of you have been fully vaccinated. There is very little risk of spreading the virus to one another.

Scenario Two: Visiting an unvaccinated household

In this scenario, a fully vaccinated person can spend time with unvaccinated people from the same household without wearing a mask or physically distancing. This means you can hug your children and grandchildren. However, if you are visiting someone who is at high risk for contracting COVID-19, please wear a mask and social distance.

Scenario Three: Mingling with multiple unvaccinated households

In another scenario, you are fully vaccinated and visiting an unvaccinated house-

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at the governors' meeting

RCAI Annual Meeting

Daniel Jolly, President of RCAI, welcomed the fifty-two Delegates in attendance and called the RCAI Annual Meeting to order at 9:00 a.m. on Thursday May 20, 2021 in the Ballroom, Gallery and Hawthorn Room of the Clubhouse. He stated that Owner and Stockholders who were not Delegates in attendance by Zoom were observers. Mr. Jolly stated that the principle business of this meeting was to elect the officers for Rossmoor Community Association, Inc., known as the Executive Committee.

The Minutes of the RCAI Annual Meeting on May 16, 2019 were approved 18-0.

Mr. Jolly stated that the Notice of Annual Meeting of the Association was distrib-

uted on May 3, 2021 by Mr. Jolly, President of the Board and confirmed that a quorum of 50% or more Delegates were present.

As a result of the election Mr. Daniel Jolly was unanimously elected for a one-year term for RCAI President; Mr. Salvatore Gurriero was unanimously elected for a one-year term for RCAI Vice-President; Mr. Gerald McQuade was unanimously elected for a one-year term for RCAI Treasurer; and Mr. Robert Gleason was unanimously elected for a one-year term for RCAI Secretary.

Mr. Jolly announced that there would be a short recess before the commencement of the Board of Governors monthly open meeting.

The meeting was adjourned at 9:10 a.m.

RCAI Monthly Meeting

The RCAI Board of Governors Zoom meeting was called to order at 9:20 a.m. on Thursday, May 20, 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 April 15, 202 were approved 18-0 and the Minutes of the Special Meeting of the Owners and Stockholders on May 5, 2021 were approved 18-0.

Mr. Robert Gleason, Secretary, read and the board approved Resolution #21-11, Setting Forth the Requirements, Policies and Procedures to Address the COVID-19 Health Crisis and Protocols Associated with Reopening Common Area Amenities. There was much discussion about the Governor's Executive Orders, procedures for making a reservation to use the pool and the outdoor courts and the Singles play on the croquet court. The board amended the play on the croquet court from Singles to Doubles.

Resolution #21-11 was mailed to all the residents, Owners and Stockholders. If you have any questions or if you did not receive a copy of the resolution, please contact Administration at 609-655-1000.

Mr. Gleason read and the board approved Resolution #21-12, Adopting Amendment to the Bylaws Regarding Tort Immunity 2021.

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

Department of Health, and by Governor Murphy's executive orders.

The Rossmoor Administration has sent a second mailing to all residents to specify the schedules and terms by which our outdoor facilities can be used, which terms include that a resident must prove having been fully vaccinated (two shots) at least two weeks earlier.

There is as yet no resident access to the Clubhouse, to the Meeting House, or to the other common facilities. Our internal Channel 26 will provide further information as it becomes available.

Tort Immunity

(Continued from page 1)

lishes the terms under which they can be used by residents:

- The pool
- The pickleball courts
- The tennis courts
- The croquet court
- The shuffleboard courts, and
- The bocce courts

Residents must realize that these facilities will not be open as freely as they had been before the pandemic. Terms of use must now conform to guidelines issued by the CDC, by the New Jersey

Open RCAI Meetings in June

Thursday, June 17
Board of Governors Meeting...9 a.m.

This will be a zoom meeting.

Please watch Channel 26 for any changes or cancellations.



News Board:

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Bob Huber
Jean Houvener
Anne Rotholz
Linda Bozowski
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Alex Monaco
Linda Monaco

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.

Editorial Office:
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Bits & Pieces

Sue Ortiz

My life is filled with endless lists -- shopping lists, to-do lists, chores lists, and itineraries. Perhaps that's why I like blank paper so much. Endless possibilities. I have a collection of empty journals just waiting to be filled. The words are waiting; they just have to be written. So many blank pages, so little time (to fill them all).

A to-do list gives me an outline for the day — even if I don't follow it to the letter — or number. Checking things off of this list is so satisfying. At the end of the day, I feel like I've accomplished something, even if I did take time out to play "Words with Friends" in between tasks.

Handwritten lists are best. I've tried composing them on the computer and printing them out, but it's not the same as a handwritten list. The hand writing is part of the process, and the appeal, of making a list. It's like a personal note to myself that I can't ignore. Plus, I can add things to it as I go. Hint: If you do, or buy, something that is *not* on the list, just add it, then cross it off.

Household chores — put 'em on a list. Wash dishes, clothes, sheets, towels, rugs, and floors. Dust and vac upstairs and down. Put the ever-growing stack of Rubbermaid containers away — you know, from all those leftover homemade dinners you've eaten all week. Take out the trash and recyclables. Even though some of these tasks *have* to get done at least a couple of times a week, if not every day, crossing them off of the list feels sooo good. If you don't finish the list, just rename it for the next day, and keep on keepin' on.

List meals for the week or for a good cooking fest for the weekend. Fill up those Rubbermaid containers again with more home-cooked dinners. Let's see ... lasagna, salmon, chicken, slow cooker spare ribs, salads, sandwiches, and desserts.

That leads to the inevitable grocery list. Add all the necessary ingredients (minus the staples you keep in the cupboard) to make those delicious feasts: lasagna noodles, cheese, sauce, ground beef, chicken, potatoes, ribs, salmon, and don't forget the fresh veggies — and ice cream for dessert. Then there are the daily consumables, such as: milk (always running low or it spoils before the sell-by date), toilet paper (remember the TP shortage last year? Still need it; it's on the shelves now, but no weekly sales), paper plates (what's up with the paper plate shortage now? I guess everyone is tired of washing dishes for over a year), and cereal. I love Shredded Wheat — the big pillows — no sugar at all. Just don't forget the list on the kitchen table, or you'll

have to make a new one on a scrap of paper in the car when you get to the store. Been there, done that. But, remember, if it's not on the list, it's gonna get missed.

All this spending brings up the monthly budget. Those nasty white envelopes arrive each month demanding payment for water, electric, cable, car insurance, house insurance, and those even more nasty credit cards. The quarterly bills always sneak up and hit you with a punch, though. Don't forget to include them, too.

Save a bullet point for fun, too. Growing up, my Dad got six weeks of vacation every year. My parents would carefully plan these weeks and make a list of things to do on every one of those days. I don't know how they found something to do most every day, especially when he took off the entire month of August.

Speaking of growing up, I remember all those wish lists I wrote to Santa. Those were some long lists. I think I listed almost everything from the Sears Wish Book (and probably got most of it by the look of those vintage photos).

Time is valuable these days, so an itinerary is essential when leaving the house. A random Saturday might look like this:

- 8 a.m. leave for my dentist appointment at 8:30 a.m.
- 9:30 a.m. out of dentist
- 9:45 a.m. stop at bank to withdraw money to spend at...?
- 10 a.m. craft store
- 11 a.m. out of craft store ... scratch that ... make it noon.
- 12:30 p.m. Stop & Shop (don't forget that grocery list)
- 2:30 p.m. home

Speaking of home, there's the ever-growing wish list of home improvements: add new windows, replace the screen door, install new kitchen flooring, and find an electrician to install some new outlets. Then there's the inevitable list of calls. Appointments have to be made for the doctor, a haircut, and the aforementioned electrician. Check, check, and check.

Having a party? Lists are definitely needed for food, decorations, entertainment, and guests. Make sure you send the invitations to the "A" list, otherwise, a bunch of veggies might show up at your door. And I don't mean broccoli.

Make lists of your collection of prized sports or pop culture memorabilia, books read or waiting to be read, craft supplies, restaurants, or favorite movies and TV series. You might just want to make a list of lists.

Be like Santa ... make a list and check it twice. It's your list, though, so feel free

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Let's get outdoors and visit a zoo or aquarium!

By Linda Bozowski

Did you know that we have several zoos and aquariums here in New Jersey? We can't compete with the Philadelphia, Bronx or (smaller scale) Central Park Zoos, or the Coney Island Aquarium, but we do have several offerings that can be visited and enjoyed. Many of these zoos are free or low-cost, and all offer opportunities to see different animals in their pseudo-habitats. All of these zoos do have websites with more information available, including hours of operation, special attractions, and fees.

The State of New Jersey Tourism Website is a comprehensive site that has links to all of the facilities mentioned in this article, plus many more activities. There are several other facilities on the N.J. website that are not mentioned here. You might want to check them out as well.

- Starting in South Jersey and moving northward, a visit to the Cape May County Park and Zoo offers 550 animals, representing 250 species.
- Slightly farther north up the Parkway near Atlantic City is the Marine Mammal Stranding Center. Founded in 1978, this is New Jersey's rescue facility for injured dolphins, whales, seals, and other sea life. The Sea Life Museum is currently closed to the public, but when open, offers visitors the opportunity to learn more about the rescue work done here.
- Head north toward Forked River and visit the Popcorn Park Zoo on Lacey Road, a long-standing animal rescue facility. Injured or neglected animals are treated in hope of offering recovery. Birds, exotic animals including lions and farm animals are housed here.
- Not far from Popcorn Park

Zoo is Jenkinson's Aquarium in Point Pleasant. Penguins, turtles, and many fish are on display here.

- Traveling to the west is the Adventure Aquarium in Camden, meant to be a major showcase in New Jersey. Although smaller than the National Aquarium in Baltimore, it is substantial and has wonderful displays of all varieties of marine life. Reservations are required, but tickets are available on the website.
- Head southwest on the way to Bridgeton to visit the 100 animal Cohanzik Zoo. Housing 45 species of animals this small zoo, established in 1934, is open most days and welcomes visitors to walk through the grounds and enjoy the animals.
- Northern New Jersey has several exciting places to visit as well. In West Orange, Turtle Back Zoo is open every day (check the website for any restrictions), and is a rescue site for sea turtles. This zoo houses a wide array of animals, and includes a touching zoo area.
- Farther north in Columbia is the Lakota Wolf Preserve. Located near Hackettstown, this facility has limited hours, but guided tours are available.
- The Bergen County Zoological Park, located in Paramus, is open most days, and has a full playground and picnic area in addition to the zoo facilities. Visitor fees are extremely modest, and the park has a carousel and train that are available on weekend days.
- Rounding out our tour of facilities in New Jersey is the Space Farms Zoo and Museum in Sussex. Begun as a Space family project in 1927, the now 400-acre facility houses

500 animals from over 100 species. Self-guided tours are available, but tickets must be purchased in advance through the Zoo's website. The zoo is open from late March through November.

Explore New Jersey. Take a drive, then take a walk. Enjoy the wonder of our state and the wonder of the animals it protects. There's lots here to enjoy!

Hey, Monroe

(Continued from page 1)

CDC as of May 10, only 46% of the entire U.S. population has been vaccinated.

So congratulations, Monroe residents! You make this township one of the safest places to live.

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Fire Commissioners re-elected

By Carol De Haan

Two incumbents were up for re-election in the recent District 3 Fire Department election. Joel Kaplan received 903 votes and Gerry Kaplan received 840.

The budget passed by 728 votes; 164 people voted

against it.

Fire Commissioner Joseph Haff reports that the Centre Drive firehouse offered in-person voting but only 17 people showed up. The large voter response was a result of mail-in balloting.

Bits & Pieces

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to be naughty!

B&P

"I make lists to keep my anxiety level down. If I write down 15 things to be done, I lose that vague, nagging sense that there are an overwhelming number of things to be done, all of which are on the brink of

being forgotten." — Mary Roach (American author, b. 1959)

"I've learned to look like I'm listening to long confusing plots of cartoons and comic books when I'm actually sound asleep or making grocery shopping lists in my head." — Patricia Heaton (American actress, b. 1958)

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George Washington Carver

By Jean Houvener

In 1855 Moses Carver, a German immigrant, purchased two slaves, Mary and Giles. The two slaves then had several children, the youngest of whom was named George, born some time in 1864, during the Civil War, in Diamond, Mo.

Missouri did not abolish slavery until January 1865. Very shortly after his birth George, his mother, and one sister were kidnapped by raiders from Arkansas, who sold the three in Kentucky. Moses hired his neighbor, John Bentley, to find the three and bring them back. He was only able to find and return George.

Moses and his wife Susan raised both George and his older brother James, who had escaped capture, as their own children. Their "Aunt Susan" taught them reading and writing. As they got older, both boys helped

on the farm. George was more sickly than his older brother and subsequently devoted more time to his education. Susan also taught George about herbal remedies, and the young boy researched and experimented with various plant remedies and soil improvements.

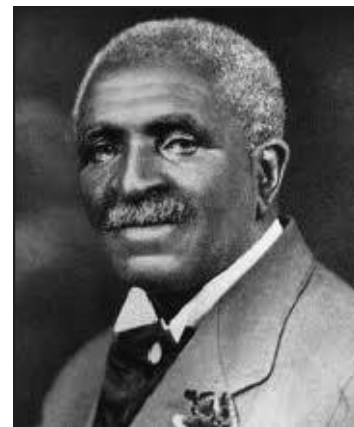
While James remained to work with Moses on the farm, by age 11, George was walking the 10 miles to a school in Neosha since Diamond had no school for Black children. He introduced himself as Carver's George, which was how he identified himself, to the woman who would become his landlady. She replied that she would call him George Carver. This woman, Mariah Watkins, also taught him about various herbal remedies. By the time he was 13, he moved to live with another family in Fort Scott, Kan., but ultimately earned his high school diploma in 1880 at Minneapolis High School in Minneapolis, Kan.

Carver applied to and, on the basis of his credentials, was admitted to Highland University in Highland, Kan. When he arrived and they realized he was Black, they refused to admit him. In 1886 he homesteaded a claim where he maintained 17 acres, planting rice, corn, and fruit trees, and building a small conservatory of plants where he explored the nature of the plants and the most successful ways to grow them. By 1890 he began studies in art and piano at Simpson College in Indianola, Iowa, a college which admitted all qualified students. His art teacher there, Etta Budd, recognized his talent for painting flowers and plants and suggested he study botany at Iowa State Agricultural College (Iowa State University) in Ames.

In 1891 he became their first Black student. He earned both a Bachelor's (1894) and a Master's (1896) Degree in botany there, while doing research at the Iowa Experiment Station. He also taught at the College. Although he was later awarded honorary doctorates of science, he pointed out later in life that calling him doctor was not actually correct.

Booker T. Washington, president and a founder of Tuskegee Institute (now University) in Alabama, invited Carver to head an Agriculture Department in 1896. Carver was to add Washington as his middle name in recognition of Booker T. Washington.

Ultimately Carver taught and researched there for 47 years. His primary goal was to break the chain of indebtedness of Black farmers to white plantation owners. He was particularly concerned



George Washington Carver

about the soil depletion caused by repeated planting of cotton. He encouraged farmers to rotate crops, and to mix crops such as peanuts, legumes, sweet potatoes, and soybeans to restore nitrogen to the soil.

He also created products from these newer crops so farmers could earn extra cash. He encouraged the use of organic fertilizers and the recycling of food waste, for example to pigs, as well as recommending that acorns be fed to pigs as a nutritious food.

In addition to his students and his researches at Tuskegee, Carver had developed a mobile teaching lab as an agricultural extension program, which he called a Jesup wagon in recognition of Morris Ketchum Jesup, who had financed the lab. From this lab he toured the local farms. Among his goals was to increase the sustainability of farming and to generate cash crops for the farmers.

Carver also wrote 44 bulletins on specific crops, not just peanuts, with information on how to grow them, how to manage the soil, and how to market the products, including food (cooking oil, salad oil) and non-food (cosmetics, wood stains, dyes, plastics, soaps) related items. When the boll weevil almost destroyed the cotton crops, Carver's advice, particularly related to peanuts, helped many farmers change their farming methods and shift to more sustainable crops.

Carver was widely known, not just within the Black community but across the country and internationally. His advice was sought by Theodore Roosevelt, Mahatma Gandhi, Calvin Coolidge, and Franklin Roosevelt. He toured the South on behalf of the Commission on Interracial Cooperation.

While not the inventor of peanut butter, an honor that goes to the Incas, Mayans, and Aztecs, and more recently to Marcellus Gilmore Edson and John Harvey Kellogg in the 1890s, Carver was responsible for the rise of that industry in the United States.

Carver died at Tuskegee after falling down the stairs at his home on Jan. 5, 1943. He was buried next to Booker T. Washington on the Institute grounds.

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Bob's Almanac—June 2021

By Bob Huber

It was James Russell Lowell, America's most beloved romantic poet, who penned the line "What is so rare as a day in June?" What indeed. We can breathe in the scent of flowers and fresh mown grass and enjoy the best Mother Nature has to offer.

It goes without saying that there is a plethora of events scheduled for this month. Officially, there are over one hundred of them including Caribbean-American Heritage Month, Child Vision Awareness Month, Great Outdoors Month, National Candy Month, National Iced Tea Month, Potty Training Awareness Month, and Naked Bike Riding Month.

Of course, the most traditional event of the month is the June wedding. Though more weddings are actually held in July and August, June is the traditional month to get married. June weddings attract more traditions than a dog attracts fleas. One of the most peculiar dates back to antiquity.

During medieval times, it was the custom to bathe once a year, (whether they needed it or not). Since this bathing ritual was usually held in June, it was prudent to hold a wedding as soon after the bathing event as possible.

The most persistent wedding tradition is based on an old English rhyme which says a bride must wear "something old, something new, something borrowed, and something blue." Something old represents continu-

ity. Something new signifies optimism for the future. Something borrowed represents happiness, and it is usually an item borrowed from a friend or relative who is happily married. Something blue signifies fidelity, loyalty and love. In early biblical times blue, not white, symbolized purity.

We now turn our attention to the older gentleman escorting the bride down the aisle: dear old dad. It is appropriate that we devote at least one day to honoring father, because he often gets lost in the shuffle, particularly at a wedding.

According to the Farmer's Almanac, we celebrate Father's Day on the third Sunday in June, thanks to the efforts of Mrs. Nora Louise Smart Dodd, of Spokane, Wash. (Anyone with four names is bound to command

attention.) On Mother's Day in 1910, Mrs. Dodd approached the pastor of her church to propose that there should be a similar occasion to honor fathers. Her pastor agreed. On June 6, 1910, at a national meeting of Spokane ministries, Dodd presented a petition, and it soon gathered national attention.

In 1914, Congress finally endorsed Father's Day, but it was not until 1971 that President Nixon signed the proclamation that officially established Father's Day as an annual national observance. Obviously, the powers that be in Washington didn't put Dad on a very high priority.

Regardless of whom you might choose to honor or whatever occasion you plan to celebrate, the odds are that June will provide a day to cover it. We suggest that you make the most of it.



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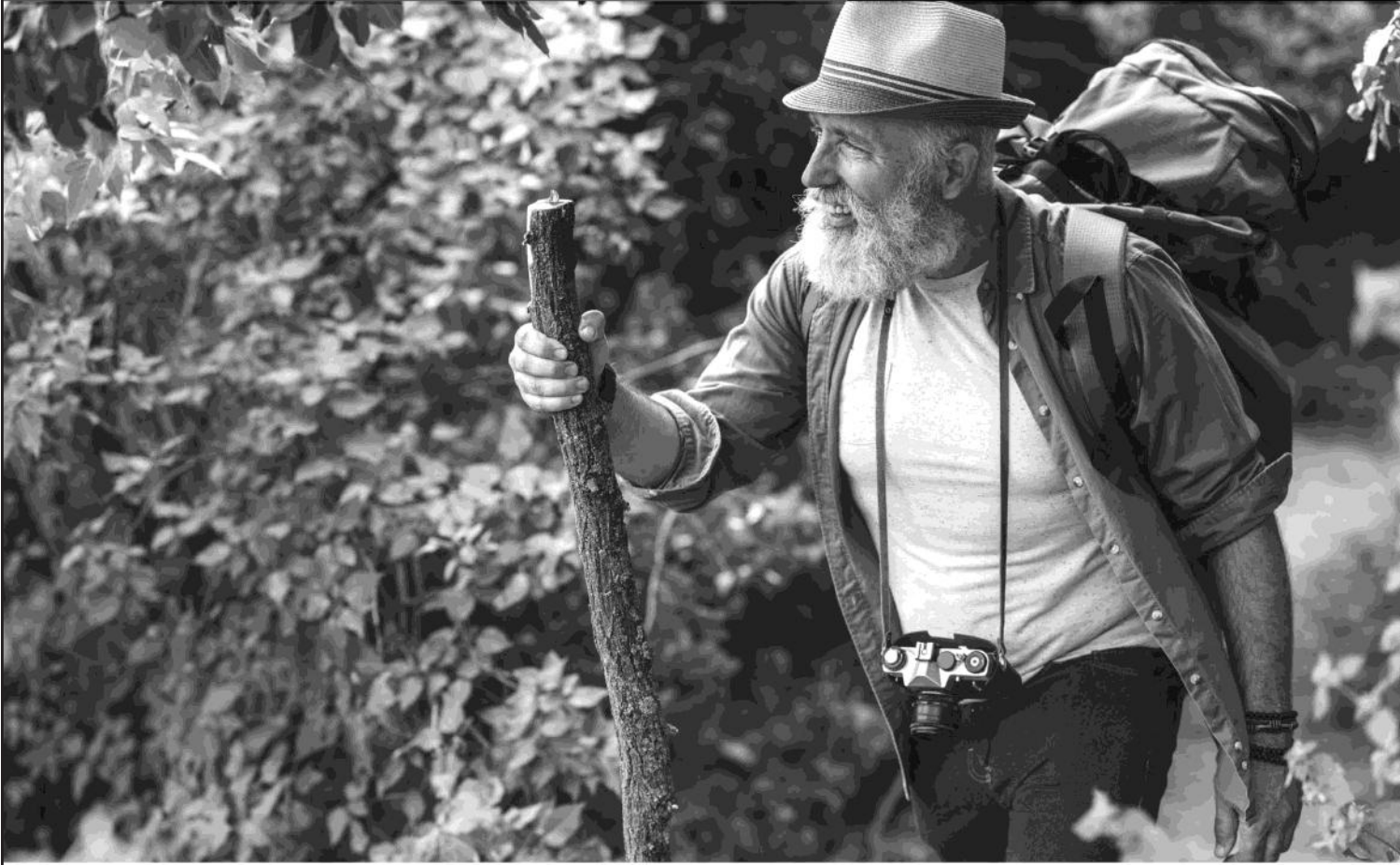
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Sound Advice

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

New identity fraud tactic targets Amazon Prime users

If you receive an email update on an order from Amazon that you did not place, beware; it's likely an attempt to steal your credit card information.

Unlike emails from Nigerian royalty or other obvious scams, this fraudulent email contains none of the telltale spelling or grammatical mistakes. It's not yet filtered by Microsoft and spam protection software. It is a new and sophisticated financial fraud threat.

The fake Amazon Prime email order is billed to you but shipped to a strange name and address unfamiliar to you. A toll-free number is provided.

"Thank you for calling Amazon," says the person who answers and gives you his name. "How may I help you today?" This is where the sophistication of the fraudsters is most frightening. With the din of a call center in the background, the

fake Amazon representative never asks you for your account password after you explain why you are calling.

Adding credibility, the fake rep tells you to check your email because he is sending you a one-time password. Even a skeptic now is likely to believe this is a real Amazon representative!

The fake Amazon rep is careful to never ask for your full credit card numbers but eventually connects you to another department to cancel the fake order. To be clear, the fake email and fake representative was all a setup. The final stage of the fraud is still yet to come.

To generate the one-time password, the fake Amazon rep simply used your email address to request a new password for your Amazon account. That generates an email to you, but makes it seem legitimately sent by the fake Amazon rep you are talking to.

In our case, the bad guys hung up the phone after questions about their location and asking them to verify their identity, but it's easy to see how many consumers could fall victim to this scam.

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

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Fifty eggs. No one can eat 50 eggs

By Allan Kaufman

So said George Kennedy, playing his Academy Award winning role of Dragline in the picture "Cool Hand Luke." He said this before accepting a bet that Luke Jackson would be able to eat 50 eggs in 60 minutes. Paul Newman played a prisoner sentenced to two years in a rural prison, where he refuses to conform to routine prison life.

Released in 1967, this movie starred, aside from Kennedy and Newman, up-and-coming stars; Wayne Rogers, Dennis Hopper, Ralph Waite, and playing the role of the sadistic captain, Strother Martin. Martin came forth with the famous line, "What we have here, is a failure to communicate."

In addition to the quotes, Joy Harmon gave new meaning to washing a car.

For this month's article, I thought I would go back and remember some of my favorite films of my youth. I'm confident that many of you have a similar list that may or may not include my choices, but this should jog your memories of sitting in the theatre with popcorn and a root beer. Or, perhaps you were able to view your favorites at a drive-in. How could you actually listen, if that's what you were doing, to the movie with the sound coming out of a speaker the size of a pack of cigarettes? Here are some of my other favorites.

"Goldfinger"- The 1964 classic was the third installment of the James Bond series. Sean Connery stars as 007. Gert Frobe stars as the diabolical Goldfinger. Two of the greatest screen names are from this movie. Harold Sakata starred as Oddjob, and the sexy

Honor Blackman starred as Pussy Galore. How they got the name past the censors in 1964 was amazing.

Fast cars, money, booze, action scenes and sexy women. Who didn't want to be James Bond?

"West Side Story" - A musical, a modern-day Romeo and Juliet. Two star-crossed lovers, from rival upper west side gangs try to do the impossible, fall in love against the background of the turf war between the Jets and the Sharks. The film released in 1961 was directed by Robert Wise and Jerome Robbins with music by Leonard Bernstein and Stephen Sondheim. Natalie Wood, who played Maria, was so miscast as Maria because she could not sing. Marni Nixon was the voice of Maria in the movie.

For a while, I thought being in a gang was cool.

If you really want to hear how "Maria" is sung, go to YouTube, search for Julian Ovenden and turn up your speakers.

"In the Heat of the Night" - This movie, released in 1967, is based on John Ball's 1965 novel of the same name and tells the story of Virgil Tibbs, a Black police detective from Philadelphia who becomes involved in a murder investigation in a small town in Mississippi. It stars Sidney Poitier and, as the racist Mississippi policeman, Rod Steiger. The movie won five Academy Awards including one for Best Picture and one for Steiger, for Best Actor.

In what has been called one of the most revolutionary acts committed to film, Poitier's character slaps Mr. Endicott, the white plantation owner. The slap was not in the script.

In the end, there is growing respect between Police Chief Gillespie played by Steiger and Poitier's character, Virgil Tibbs

"The Graduate" - The story of a recent college graduate, Benjamin Braddock (Dustin Hoffman in his screen debut) trying to figure out what he wants to do with his life. Then along comes his parent's friend, Mrs. Robinson (Anne Bancroft), a bored housewife who seduces Braddock. Things get complicated as Braddock falls in love with Elaine (Katherine Ross), who just so happens to be the daughter of Mrs. Robinson. Released in 1967 the film was directed by Mike Nichols.

The featured song, The Sounds of Silence, as well as Mrs. Robinson, Scarborough Fair/Canticle and April Come She Will were performed by Simon and Garfunkel. The duo became household names after the movie was released.

Others worth mentioning include "Midnight Cowboy" (Did you recall that this movie originally had an X rating?), "Bullitt," "Planet of the Apes," "It's a Mad, Mad, Mad, Mad World," and "Cast a Giant Shadow."

It was often a challenge to get into the movie theatre to view an R rated movie when I was 16 or 17. I looked like I was 13. However, having older friends working at some of the theatres did allow us to sneak in and catch some of my choices. For whatever reason, I'm no longer a big fan of the movies, but I do like to catch one of my favorites from the '60s now and then.

I can be reached at allan.kaufman0125@gmail.com. Your comments are most welcome.

Clip or spring – What pins do you use on your clothesline?

By Linda Bozowski

Now that spring seems to have finally arrived, one of the memories that comes to mind is the image of clotheslines full of freshly washed sheets, towels and various clothing. Although we will never see clotheslines dotting the landscape here at Rossmoor, I'd bet that many of us had them in our yards as we were growing up or even as we became homeowners in our younger days.

Those folks fortunate enough to have large yards may have had two or three lines spanning the grass, maybe secured to the house at one end and to a pole or even a tree at the other end. Families with smaller yards or who wished to conserve more yard space for outdoor activities may have used the umbrella-type lines, since they had a much smaller footprint than the long lines spanning the yard. Either way, most clothesline setups could accommodate two or three loads of freshly laundered linens and clothing.

Those with limited yard space or a desire to keep such basic necessities out of sight might have used retractable clothes lines. These devices usually contained several lines that could be extended and secured to a

pole some distance away. When the dried laundry had been removed, the lines could be recaptured in their canister until they were needed the next time.

As we may have seen in movies or perhaps even in some neighborhoods as we were growing up, clotheslines were sometimes anchored from one building to another across an alleyway, and the lines may have had pulley systems so that the lines would actually rotate. This mechanism enabled more of the line space to be used, but may have required coordination between neighbors about whose turn it was to use the lines.

Sometimes clotheslines were installed in home basements or in garages. These lines were especially useful during inclement weather or where there was inadequate outdoor space for lines. And if the laundered items were left on the indoor lines for an extra day, no one was offended by seeing the laundry of others. Some people preferred indoor drying out of a sense of privacy or as a means of not causing offense to their neighbors.

Many communities have regulations denying the right of homeowners to have out-



door clotheslines, including Rossmoor. Some states have passed laws that make the prohibition of clotheslines illegal, but New Jersey is not on that list, so local rules prevail.

There are many advantages to line-drying laundry: cost savings, reduced utility usage, less fabric wear and tear, reduced ironing needs. And there is that wonderful aroma of freshly dried towels and sheets after they have come off the line. The downsides of line drying include the physical labor required to carry, hang, and retrieve the dried goods, the extra time required for the actual drying, e.g., several hours instead of 30 minutes, fading from the sunlight, potential damage to clothing from clothes pegs or animals.

Since the days of drying diapers in the basement during the winter are long past, my nostalgia level for clotheslines has decreased. But I will never forget the wonderful smell of fresh air-dried laundry and the scratchiness of towels right off the clothesline.

Had a manicure lately? What do you know about nail polish?

By Linda Bozowski

What activities have you put on hold over the past 15 months? Have you curtailed your browsing of the malls? Maybe spread out your trips to the salon or barber over a longer time period? Missing your children, grandchildren, dear friends? Bowling league, card games, dinner parties – all on hold? Maybe it's time to get some of our previous activities back on the calendar, so let's learn a little more about nail polish before we head to the salon.

Nail polish, also known as nail varnish or nail enamel has been in use since 3000 B.C., when it originated in China. Metallics were the preferred finishes in those early days, but were replaced by the royals of the time by red and black (have we come full circle?) The Chinese choices were not as well favored in Egypt, where pale colors were worn by the lower classes and reddish brown, made with henna, was favored by others.

Early polishes were made from a mixture of egg whites, beeswax, gelatin and vegetable dyes. It would seem that such a combination of ingredients would make the polishes fragile and not long-lasting. Perhaps the gelatin was used as the strengthening ingredient.

Fast forward to the 1920s. The formulas changed, to include lavender oil, oxide

tin, and bergamot oil. Tinted powders and creams were also used to color nails, which were sometimes finished by buffing.

Nail polish these days is made of a polymer dissolved in a volatile organic solvent. Plasticizers, dyes and pigments, adhesive agents and thickening agents are added, as well as stabilizers to help the polish resist color changes when it has dried. This concoction helps to make the polish adhere well and protect the wearer's fingernails.

The application of nail polish can be a lengthy process, whether done at home or in a salon. Many users prefer to use a base coat, which is formulated to strengthen the nail and help the polish adhere well. Many base coat products contain elements that will help smooth out ridges in the nail bed, ensuring a smoother finish. After the base coat has dried, one or two coats of the colored or clear polish is applied. These products contain hardeners meant to make the color more durable and enable it to stand up to chipping or peeling. Finally, a clear top coat may be added, designed as a protective finish and provide a more finished appearance.

Relatively new to the nail-polishing scene is the product known as gel polish. This

product, unlike traditional nail polishes, does not dry. It must be hardened or cured by ultraviolet light. This polymer product is designed to last as long as two weeks, and with some degree of care, from chipping or peeling. Because it is a very different chemical formula, removal of gel polish is a more tedious process. The wearer sometimes has to soak his or her fingers in acetone for between five to fifteen minutes. Regular (non-gel) polish can be removed with acetone as well, usually applied to a cotton swab and rubbed across the fingernails – a few minutes process. Some manufacturers have made other gel products available that do not require ultraviolet light or that are more easily removed.

Nail polishes are subject to fashion's whims. One season the preferred colors might be deep carmine or brown tones, another season, pale pinks may prevail. Users can also purchase matte finishes as top coats, in addition to metallic, pearlescent, glitter, holographic and crackled finishes. Appliques may be added. Those who are especially skilled may paint designs on their nails, and the ever-popular French manicure may be the style of the day. Incidentally, the traditional French manicure,

(Continued on page 8)



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June memories

By Bob Huber

June is called the gateway to summer. Kids still have a few weeks of school to suffer through, and there may still be a nip of early spring in the air, but there are so many wonderful things to look forward to. Anticipation is part of the fun.

For those of us living in Rossmoor, our memories are our most precious possession, and I am particularly tuned to June memories, because they recall many happy summer visits to our family farm, located on 220 acres of rich Ohio farm land, crowned on a hill by an imposing brick Victorian farmhouse, which my grandfather built for his family after the Civil War.

During my youth, the farm was operated by my Uncle Floyd and Aunt Daisy, two wonderful people whom I absolutely adored. They could have posed for a Norman Rockwell portrait of

rural America.

I was a city kid, but on summer vacations and extended school holidays, our family would head for the farm, and I would use those occasions to explore every inch of the huge barn and all its out buildings. There were two areas, however, that were off limits to me; one was the hog barn. "A pig can take your hand off in one bite," Uncle Floyd would caution. The other off-limits area was the special pasture in which Uncle Floyd kept his prize bull, Henry. Henry was the only bull in Uncle Floyd's herd of bovines. In fact, Henry was the only bull in that part of the county.

"Bulls can be very dangerous," I was warned. "You must stay away from him." I really didn't understand this, because Henry looked like such a placid soul. Uncle Floyd could go into his pasture and Henry would trot up

to him and follow him around like a puppy dog. There was obviously some connection between the two of them that no one else shared.

At my tender age, I didn't quite understand why being the only bull in that part of the county was so important, but I soon learned. His favors were very much in demand among lady bovines in the area. When I was a little older, I figured out why Henry always seemed to have such a self-satisfied expression. The ladies were usually brought to visit Henry on his home turf, so I had a front row seat for these encounters. I developed a strong respect for his capabilities.

Truth be told, I really didn't care much for cows. I always had the feeling they didn't like me. I would go into the barn at milking time, and they would stare at me as though I didn't belong there. I guess I didn't, because I never got the hang of milking.

As I grew older, I spent less and less time on the farm as my attention was drawn to other pursuits. Then in the early 1940s disaster struck. That wonderful old farm house was totally destroyed by fire.

Another family owns the property now, and a modern ranch house occupies the prime spot on the hill. But in my mind, I still see that wonderful old Victorian home, and I think about all the wonderful times I had there and all the life lessons I learned, especially from Henry.

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Nail polish

(Continued from page 7)

which originated in the 1920s and 1930s, left the area around the cuticle blank. Also known as a half-moon manicure, it differs from today's version, which involves coloring the underside of the nail with white colorant.

Nail polishes are not only used by women these days. Many entertainers, professional athletes, businessmen, and others used manicure services and may have polish applied to their nails as a fashion statement or to provide protection to their nails. A recent article in GQ magazine promotes fanciful nail polishing for men as a trendy new approach to fashion.

While you're at the beauty department choosing a new color for the summer, be sure to stop in housewares to get new rubber gloves. After all, that manicure deserves to be protected!

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Pipe (organ) dreams

By Doris Herron

In my family of origin, it was assumed that we four siblings would all play a musical instrument. Among the four of us we had a violinist, a guitarist, an accordionist and a pianist. My mother would make us play to entertain guests, which we hated doing!

After retiring from teaching, I decided to learn to play the pipe organ.

After much practice on my part, small churches began to hire me to fill in for absent organists which I enjoyed -- mostly. After one such experience, I wrote the following to my mother in Pennsylvania:

Dear Mother,
I must tell you my Palm Sunday story. A small Episcopal church near here has a woman priest whom I met in our study group. She called me last week saying they badly needed a substitute organist as their regular organist (and I use the term loosely) was in the hospital. I replied that she must understand that I am still an organ student, but that I would do my best.

The priest called me and gave me the four hymns she'd selected. I told her that I was unfamiliar with the Episcopal order of service so I also needed a program to use as a guide. She said, "Oh, that's another problem -- the lady who does our bulletins is having a problem with her feet so there will be no bulletins this week." Fortunately, a friend who was a member had kept a program from last September and gave it to me so that I knew what to play where.

The priest also happened to mention that their regular organist could NOT READ MUSIC! Apparently, he had wanted to study organ in Britain, but could not afford to, so joined the Salvation Army and learned to play the saxophone. Therefore, he could read only the treble clef!

I went over to the church early on Saturday morning, met the Deacon, and told him I was there to try out the organ and practice for the service. Slight problem - the key for the organ seemed to be lost and no one knew where it was, including the hospitalized regular "organist." So I went home after telling the Deacon to call me when they found the key.

Two hours later the key was found, and I returned to try out the organ. That organ was past senile. Among other problems, it no longer had a C# on the pedal board, for instance, and no volume control. It would play loudly or softly at its own whim. Realizing there was no point in getting nervous, I decided to just relax and practice.

The final hymn chosen for Palm Sunday happened to be the Navy Hymn "Eternal Father Strong to Save." When I questioned this the

priest said that the regular organist had been in the Royal Navy and this was his favorite hymn which they sang often, especially when a ship went down. (In central N.J.?) By this time, I realized that I should just relax and do my best, and hope the organ cooperated.

There were 22 people in that small church on Palm Sunday, and they seemed very appreciative of my efforts. One woman even told me I was "their gift from God" as the previous week they had had no music at all. They were so pleased with my efforts that they asked me to stay on. I played for them for two months until my organ teacher found out that I was not getting paid for this gig and made me quit with a stern lecture.

I often wonder if that little church is still in business and if so, do they have a new organ they would let me try?



Doris Herron at the organ: Presbyterian Church in Metuchen



Ready for my walk, boss.

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REASONABLE RATES

Presbyterians

By Ken Thomas

Our minister wanted to try something different in his sermon, so he asked five of us to read some Bible verses germane to his sermon subject. I was "lay reader" number three. At home, I read the passage from the Bible he'd selected. Did you ever read some verses from the Bible that were hard to understand and sounded out of sync when spoken with a few unpronounceable names thrown in? These were the verses selected for me, which "passeth" my understanding. I looked up those unpronounceable names and wrote them out phonetically. However, no matter how I phrased the words, emphasized some words or slowly read the verses, I could see no way the congregation would understand the meaning of the passage. I washed my hands with the holiest bathroom water I could find

and rewrote the verses; changing words, phrasing and emphasis for clarity and understanding.

With the re-write on a piece of paper hidden in the pages of my Bible, I was ready for my role as a lay reader. Our minister was on a roll. His words and the verses were combining for an interesting sermon. Remembering to speak out, I read my passage. After a longish pause, my minister continued the sermon, but he looked at me with a questioning stare. After the sermon, all the lay readers met in the minister's study. His first words to me were, "why did you change the verses?"

Embarrassed, I mumbled something about understanding. He mentioned something about "interesting lay reader interpretation" and "off the wall ad lib." Two years later, he did a similar sermon, except children read the verses. I was

surprised, when he asked me to participate in the annual tithing program.

With a Deacons' list of five families to visit, I was a little nervous. Previously, my visits were simple; deliver flowers or drive elderly members to our Sunday service. This time, I would be requesting a tithing commitment for the coming year. I worried about how to respond to a negative answer.

The first two families on the list were long-time members of the church and not a problem, just late getting their tithe in.

The next visit would be more difficult. I did not know the family and asking for money from strangers is not something I would have preferred. The house numbers were hard to find in the dark. A few times, I walked across lawns rather than going up and down sidewalks.

Suddenly, a bright spotlight lit up the lawn around me and a siren sounded. An amplified, robotic voice ordered, "Stop, don't move." In semi-shock, I obeyed. I saw the police car as the voice again spoke, "What are you doing here?" I stuttered, "I'm looking for 2820 Hill Street." With additional authority in his voice, the policeman said, "Show me some identification." Nervously, I removed the driver's license from my wallet and slowly walked towards the flashing lights of the car. A hand from the window took my license as I started to explain tithing for my church. "Silence." The long silence ended, "Saint Joseph's issues identification to their Church members." Stunned, I blurted out, "but I'm a Presbyterian!"

What is a woggle?

By Ken Thomas

Jeepers creepers! What is a woggle? To augment my woggle definition, I did the Google search. Google identified a woggle as a Boy Scout neckerchief slide, the thing holding a neckerchief together and in place, when worn as part of the scout uniform. The neckerchief slides depicted on Google were mostly pictures of the Turk's Head Knot. This knot is the basic design for all the standard BSA neckerchief slides (metal) worn by Cub Scouts and Boy Scouts.

The Google search did not entirely identify woggles. Google did not know that a woggle could be anything with a hole for a neckerchief. The scouting magazine, Boy's Life, has a "Slide of the Month" section with directions to make a woggle. Made was mostly woodcarving; famous figures, Indians, animals, birds or cartoon characters, but anything still applies. A seashell can be a woggle. A bone can be a woggle. A woggle can be a

(Continued on page 11)

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You can't have it. It's mine!

By Carol De Haan

This is a true story. It happened on a beach in Australia, where there were as yet no people because dawn had just come up.

A man and his dog jumped out of their car and headed for the still damp sand. The man tossed a ball as far as he could and the dog charged after it as fast as he could. The game went on, back and forth, as the man hollered for the joy of it and the dog kicked up a lot of sand chasing the ball. If the man spent too much time cleaning the ball of sand and saliva, the dog whimpered and yelped for the next toss. They were having a lot of fun.

They thought they were not being watched.

Nearby a large rock formation jutted out of the water. Its jagged shape made eddies and little pools of water as the morning tide drifted in and out. Lurking in one of those pools was an octopus that had been observing the game. When the man gave the ball a soccer kick instead of a football toss, the ball landed in the receding tide.

Aha! Seize the moment!

The octopus darted for the ball, wrapped a tentacle around it, and zoomed for the deep. The dog was too late. Standing in six inches of water, the pooch looked dumbfounded as its favorite

toy was hauled swiftly out of reach.

Now, here is the question: We know that an octopus is an intelligent animal. But did we ever suspect that a cephalopod might be jealous of two landlubbers having a ton of fun, to the extent that it

would steal the source of all the merriment?

And what might an octopus intend to do with a stolen ball?

(Just as an aside, is there any chance we humans underestimate the other creatures on this planet?)

CULINARY CORNER

By Sidna Mitchell

Derby Pie

1 small pkg. chocolate morsels (6 oz.)
1 cup sugar
4 ounces melted butter
1/2 cup flour
2 eggs, beaten

Preheat oven to 375 degrees.
Mix together the ingredients and pour into the pie shell.
Bake 40 minutes at 375 degrees.
Yields eight very generous servings. Since this is a really rich pie, cut into smaller pieces.
I can be reached via e-mail at sbmcooks@aol.com.

Culinary Corner

1 cup pecans, chopped
tablespoon or more of
Bourbon
pinch of salt
unbaked pie shell

Never too late for Derby Pie

The COVID-19 pandemic certainly curtailed activities over the last year. For example, normally Ken and I would host a St. Patrick's Day party in Florida for about 24 croquet players. Of course, that didn't happen last year or even in 2021. However, we did invite three friends over for corned beef and cabbage the night of March 17 this year.

Also, Kentucky Derby Parties have been a celebration for many years here in Rossmoor with about 30 friends from church, croquet and the neighborhood. There was no big party last year although we did have one couple over for mint juleps. And this year we invited four friends with instructions to bring an appetizer. Two folks went all out by offering lobster ravioli and a pizza.

We talked about the big differences between the adult community where Ken and I live in Florida compared to Rossmoor. In Bay Indies, our swimming pools were open as were the tennis, pickleball, bocce and shuffleboard courts. Some of the clubs didn't meet but church, held in one of the clubhouses, had two services with restrictions—you made a reservation, social distanced and wore your mask; but there was no choir and hymns were printed in the individual bulletins.

Thankfully, we could exchange books in the small library in one of the clubhouses so I wasn't rereading the same books over and over. Oh, restaurants and the beaches were open. Fortunately, the U.S. snowbirds encouraged the stores and boutiques in town to stay open; unfortunately, our Canadian

friends weren't able to travel. We belonged to two croquet clubs, both of which welcomed players with masks, and even held tournaments. Frankly, I hated to come back to closed-up Rossmoor and listen to complaints about our association fees being raised but no activities except the golf course. I guess money talks.

But I digress. One of my favorite desserts, meant for the Kentucky Derby—always the first Saturday in May, except for 2020—is a Derby pie. However, this is so easy and so delicious any time of the year. Try it!

A woggle

(Continued from page 10)

Christmas ornament. A woggle can open/close a zipper. If required, drill a hole.

The first woggle I carved was Paul Bunyan for Woodcarving Merit Badge. Following safety instructions, my knife blade direction was "away from fingers and other hand parts". Unfortunately, the piece of wood was in my lap, the blade missed and I sliced my upper thigh — three stitches. My woggle beginning was shaky. For the next 60 years, my hobby was woggles. I carved everything or designed a woggle made of anything.

As a Scoutmaster, I used them as prizes or awards. For my grandchildren, they were presents from grandpa, zipper attachments for clothing or backpacks, easy opening or closing. Female friends used them for scarves (decorative). Woggles look good on a Christmas tree also.

As a retired Scoutmaster and aging hobbyist, I still give a woggle to the sons of my friends and family as they join a scout troop. I have tied the Turk's Head Knot often as free samples during Woodcarving Merit Badge demonstrations at troop meetings in my neighborhood. The boys misplace their woggles often, so an extra is useful. At this moment, I am carving a "Fist." This woggle is the 240th

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New Neighbors



By Christina Smith – Resident Services Manager

Jose, Delores and Victor Medina, 316B Sharon Way, formerly of Highland Park, N.J.

Eliseo and Lorraine Valle, 170A Rossmoor Drive, for-

merly of Neptune, N.J.

Katia Kauff, 55N Fairfield Lane, formerly of Elizabeth, N.J.

Daniel and Cathy Dobromilsky, 177A Rossmoor Drive, formerly of Jamesburg, N.J.

Elizabeth Felix and Nelson Dross, 48B Old Nassau Road, formerly of Tampa, Fla.

Kevin and Corinne Wanzor, 484B Revere Way, formerly of Secaucus, N.J.

Lawrence and Joyce Gibel, 85C Old Nassau Road, formerly of Saint Augustine, Fla.

Nicholas and Florence DeMayo, 263C Middlebury Lane, formerly of Jackson, N.J.

**The deadline for
The Rossmoor
News
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Clubs and Organizations



Rossmoor Music Association invites you to "attend" a concert



Pianist Frederick Moyer

By Linda Bozowski

Since we have not had the opportunity to attend performances in our community or at any of our other favorite

venues, the Rossmoor Music Association has engaged one of its favorite performers to create a concert just for us at Rossmoor.

Pianist Frederick Moyer, the inventor of the Moyer-cam, has produced a performance of piano classics that will be available at no charge to all in Rossmoor who would care to enjoy his wonderful talent. The performance will be broadcast from a private YouTube channel beginning on June 1 and may be seen and enjoyed as often as viewers would choose.

To access this private concert, residents will need to type in the YouTube link below

<https://youtu.be/NsUu3-Ufku8>

on their computers or copy and paste it to the address line, which will take them to the concert. The link must be typed in exactly as it appears, with uppercase and punctuation. Residents may also contact Faith Knabe via the RMA email address rossmoor.music.association@gmail.com

or call RMA Board members Paula Richardson (609-860-0237), Peggy Mankey (718-487-4056), Virginia Kondakjian (732-239-6314) or Linda Bozowski (609-655-5281).

Subscriptions to Rossmoor Music Association events are not required, but the access code must be used for the concert to be viewed. Since it is a private video made specifically for Rossmoorites and other current RMA subscribers, the code should not be shared with others.

The Music Association has planned a concert schedule for the next season, but at this time, further announcements are being delayed since there is still uncertainty

(Continued on page 13)

Culture continues to blossom in Rossmoor

By Norman Perkus

The Book Discussion Group continues to meet monthly over Zoom on the third Thursday of the month. "Home Going," by Yaa Gyasi is the book to be discussed at the June meeting. Join us at 3 p.m. on June 17.

On June 24, the last Thursday of the month, the Writers' Group will meet virtually at 10 a.m. to discuss what they have written.

All Rossmoorites are welcome. Call Norman Perkus for Zoom access.

Masquerade Ball?



By Judy Perkus

"Attendees may dance with members of their same party in designated and clearly marked dancing areas that allow for appropriate social distancing between members of different parties and any tables (i.e., at least, six feet apart). Attendees must wear face coverings while in the dancing area."

See above rules for New York proms this spring. I assume New Jersey has similar rules. Masked dancing is nothing new. According to Wikipedia, "Masquerade balls were a feature of the Carnival season in the 15th century, and involved increasingly elaborate allegorical Royal Entries, pageants, and triumphal processions celebrating marriages and other dynastic events of late medieval court life."

Rossmoor shouldn't have to wait till Halloween for its own masked ball. Get your vaccines, your costumes, and your masks and let's dance.

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Religious Organizations

Spotlight on the Jewish Congregation's long-time member, Marilyn Pollack

By Adrienne Brotman

Marilyn Pollack moved to Rossmoor in 1995 with her husband, Jerry. They moved here from Jackson Heights in New York City, to be closer to their daughter and grand-

sons. Marilyn loved Rossmoor immediately. She felt and still feels that living in Rossmoor is like living at a resort.

Marilyn lived on the Lower East Side, and then lived in the Bronx on 183rd Street and the Grand Concourse. Marilyn is an identical twin. Her twin sister lives in Manhattan. As Marilyn loves the country, her twin sister prefers the city.

Marilyn loves to write and loved to play golf. This very vibrant almost 92-year-old went back to school in her 40s and became a teacher. She also enjoyed taking Hebrew lessons when Jerry and she spent time in Florida when the weather got cold.

Marilyn and Jerry loved living in Rossmoor so much they encouraged their sister-in-law and husband to move here too.

Marilyn joined the Congregation soon after moving to Rossmoor and states that the Congregation was huge back in the day.

The Congregation will conduct Sabbath services on Friday, June 11, and on Friday, June 25. Please check Channel 26 for details about services. Torah Study will be on Saturday, June 12, and on Saturday, June 26. Please watch Channel 26 for information. All welcome!

For information about the Congregation, please contact allan.kaufman0125@gmail.com or call 732-690-2145.

A message from High Tech Landscapes, Inc.

- We have completed spring clean-up and edging the beds throughout the community.
- Blowing out the beds of debris and leaves has also been concluded.
- Cleaning of the 267 carports and all common parking lots took place last month.
- All common facilities have been mulched and summer flowers were planted in late May.
- Please call the East Gate phone and leave a message with any questions or concerns: 609-655-5134.
- The second round of fertilizer was completed in late May. This application is a broadleaf weed control with crabgrass preventer using herbicide with a high potassium formula that will provide outstanding broadleaf weed control in warmer weather.
- Pruning of the smaller shrubs will continue this month throughout the community.
- Just a reminder, the newly installed soil and seed needs to be watered at least twice a day for 45 minutes in the morning and late afternoon.

Monroe raises over \$5,500 for India COVID-19 relief

On May 6, Mayor Dalina in partnership with Sewa International raised over \$5,500 in COVID-19 relief funds to help India as the country navigates a second wave of the pandemic.

"I am continually in awe of the sense of community the residents of Monroe Township display," said Mayor Stephen Dalina. "My heart goes out to members of the South Asian community as the number of daily cases in India continues to grow. I ask for the continued support of our residents as we collect donations and help India navigate this crisis in any way we can."

Mayor Dalina would like to thank all the volunteers who dedicated their time to help generate donations in support of the "Help India Defeat

(Continued on page 14)

Music Association

(Continued from page 12)

about public events. Subscription information has not yet been sent out to current subscribers, but the Association is hopeful that many residents will participate as regular attendees at future concerts.

Frederick Moyer, who has performed here several times over the past few years, has produced numerous CDs, both as a soloist and as a member of his group, the Jazz Arts Trio. The Moyercam, his own invention, allows concert attendees to see his hands moving as he plays the piano. The live photos are projected onto the underside of the grand piano lid. It is amazing to see how quickly his hands move over the keys while we listen to the pieces he is performing.

Among the pieces to be included in our own Rossmoor Concert, called

"Moonlight Sonata," are selections by Beethoven, Debussy, Ahmad Jamal and Oscar Peterson. The performance is an hour well spent and may be viewed multiple times using the same access code listed above.

We hope that many of our residents will take advantage of this exciting opportunity to hear such a talented pianist. And we hope that the Music Association will be able to resume live concerts at the Meeting House on the refurbished grand piano very soon.

Our Website

Go to rcainj.com to access the Rossmoor website.

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

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You can create your account in about 15 minutes. Why should you create an account? Your personal "my Social Security" account puts you in control of your Social Security information and benefits, and

provides you immediate access to get or request assistance from SSA without calling Social Security or scheduling an appointment. Check out below what you can do whether you do or don't receive benefits.

If you are not receiving benefits:

A "my Social Security" account provides personalized tools, tailored for you. You can:

- Request a replacement Social Security card (in most states);
- Estimate future benefits;
- View estimates for spouse's benefits;
- View your Social Security Statement to verify your earnings history and see benefits estimates;
- Print proof that you do not receive benefits;
- Apply for benefits; and
- Check the status of your application or appeal.

Your personal earnings history and estimates of future benefits are great resources to help you plan for retirement. Working and paying Social Security taxes on those earnings is how you build Social Security credits to become eligible for Social Security retirement and disability benefits. If you have a financial planner, don't forget to discuss how you can use

the information in your Social Security Statement to help you plan and know what to expect when you are ready to retire.

When you do receive benefits:

Your personal "my Social Security" account gives you access to many Social Security services from the comfort of your home or on the go. You can:

- Request a replacement Social Security card (in most states) or Medicare card;
- Print your benefit verification letter;
- Change your address;
- Set up or change your direct deposit;
- Print your Social Security 1099 (SSA-1099) for tax purposes; and
- Opt-out of mailed notices for those available online.

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Visit www.ssa.gov/myaccount today to sign up and take advantage of what you can do online with Social Security.

(NAPSI)

COVID-19 relief

(Continued from page 13)

COVID-19" Campaign. For those who still wish to donate, please send checks payable to Sewa International Inc. and mail to Sewa International Inc, PO Box 820867, Houston, TX 77282-0867.

The funds raised will be used to purchase supplies and ensure appropriate medical equipment, such as oxygen-concentrators and ventilators, are acquired and shipped to hospitals across Bharat. For more information visit Sewa International - Home (sewausa.org).

Booktrib's BookBites

As the summer heats up, check out these four great reads

"The Shadow Girl" by Misty Mount

"A powerful fantasy that combines a coming of age theme with insights into changing family relationships, the impact of past worlds on present lives, and a shy girl's unexpected changes."—Midwest Book Review

Shy, thirteen-year-old Zylia has always known she was different. She's disappearing from this world and doesn't know how to stop it. Then she stumbles across a family mystery surrounding the disappearance of her great-aunt Angelica years earlier. During her quest to unravel the mystery, Zylia discovers she's able to cross the boundary and enter the "in between" world. Now, it's up to Zylia to save herself before she's trapped "in between" forever. Purchase at <https://amzn.to/2V4riZi>.

"Median Gray" by Bill Mesce Jr.

At a time when New York's mean streets were their meanest, one NYPD detective at the end of his career takes one last chance to correct a 20-year-old injustice, and another cop at the beginning of his career tries to stop him before a police department already scarred by corruption investigations takes another hit.

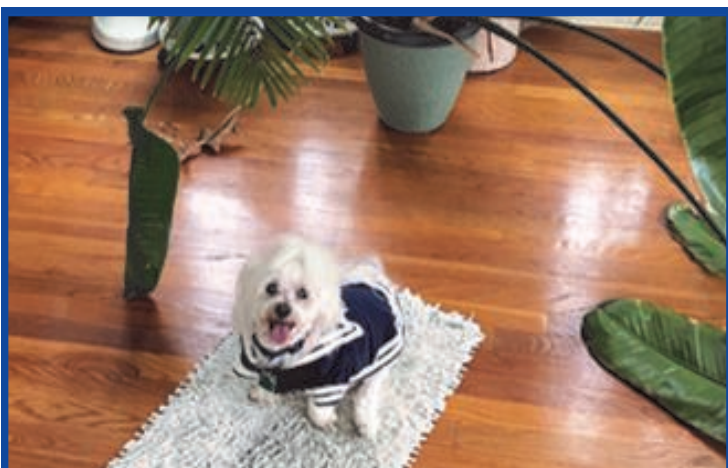
"Smart, gritty, and authentic, 'Median Gray' delivers a crackling tale complete with complex and damaged characters, and a keen eye for what cops know and think."—SFPD Sgt. Adam

Plantinga, author of "400 Things Cops Know" and "Police Craft". Purchase at <https://amzn.to/3epE78e>.

"Sentinels" by L.C. Conn

"From page one, you'll be

(Continued on page 15)



Rossmoor News seeks photographs

We need pictures.

Please send us pictures you've taken of any Rossmoor event or personality. We're also happy to print your lovely flowering tree, your new puppy, your graduating grandchild, a spectacular sunrise, the blossoms in your garden.

Send them to news@rcainj.com and include your name, telephone number, and a title for the picture. We'll give you credit for it.



HEALTH CARE CENTER NEWS

Vaccinated

(Continued from page 1)

hold. As with the above scenario, you do not have to wear a mask or socially distance. Now imagine a neighbor or friend happens to come over to the house you are visiting. This visit now needs to be taken outside and everyone needs to both wear a mask and socially distance. What differs in this scenario is that there are two unvaccinated households interacting, increasing the potential risk of exposure to COVID-19.

If you have been fully vaccinated and become exposed to someone who has COVID-19, you do not have to quarantine, unless you develop symptoms of COVID-19 such as shortness of breath, loss of taste and/or smell, fever, congestion, and/or diarrhea. If you develop these symptoms, you need to get tested for COVID-19.

There is some good news in traveling: if you are traveling domestically, you do not have to be tested for COVID-19 or quarantine before or after your trip. If you are traveling internationally, depending on the country you are visiting, you may need to be tested prior to flying. You will have to be tested before coming back into the United States. The CDC recommends travelers to be tested for COVID-19 three days after returning home from their trip. Masking is still required when traveling to protect yourself and other people. At the time of this writing, travel is being discouraged, even if one is fully vaccinated. According to the CDC, there is an increase of COVID-19 spread, as people travel from state to state and from other countries.

At this time, the card you received after getting vaccinated is your official documentation showing you were vaccinated against COVID-19. This card is needed for traveling and getting into concerts and sports venues. Make sure your name and date of birth are on the card. Take a picture of the vaccination card with your smart phone. This way, if you do not have your vaccination card with you and you are somewhere and someone needs to see it, you will have it on your phone.

Do not take a selfie with your vaccination card and post it on social media. There is personal information on your vaccination card that could lead to identify theft. If you happen to lose or misplace your vaccination card, you can have it replaced by calling the facility where you had your vaccination.

Laminating your vaccination card will keep it in perfect condition, but you may need to add documentation to the card if a booster shot

is required in the future. There is a possibility the ink on the label may smear if a hot laminator is used to laminate the card, so use a cold laminator on your card.

The coronavirus is still circulating, with contagious variants emerging. We can slow down the spread by protecting ourselves and other people even if we have been fully vaccinated. Continue to wear properly fitted masks and socially distance when in public. We can also slow the spread of COVID-19 by continuing to wash our hands frequently and by avoiding crowds and poorly ventilated spaces. COVID-19 cannot mutate if it is not spreading. Being fully vac-

nated is another step in getting your life back to normal.

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 COVID19recov-ery@saintpetersuh.com to make an appointment.

Tax decrease

(Continued from page 1)

balance sheet and made the adjustments necessary to develop a responsible budget proposal that reflects the current economic reality."

Among the factors that led to the modest tax decrease were a 23 percent reduction in the township's statutory debt over the past five years, resulting in a \$357,000 decline in the township's debt service. With the help of a strong AA+ bond rating, the township is refinancing previous bonds this month and expects to save an additional \$136,000 annually and \$1.5 million over the duration of the loans. The township also aggressively pursued federal CARES ACT funding which helped keep tax rates down and provided a modest surplus increase.

The township initiated a hiring freeze last year during the height of pandemic shutdowns and many non-essential positions were furloughed. The township also was able to reduce expenses

when programs and services were impacted by COVID-19 restrictions. Many of these programs are being reintroduced in this budget.

"I want to recognize the turmoil and uncertainty our residents faced this past year in the face of the pandemic and resulting economic uncertainty. Remarkably, the township achieved a 99% tax collection rate, which helps keep taxes low," said Mayor Dalina. "I would also like to thank the Township Council for their input and participation in the budgeting process as we continue to work together to navigate the pandemic, manage resources and maintain valuable services to our residents."

"This budget year is considerably important as we prepare for the future of our township," said Mayor Dalina who noted that this budget cycle will fund the township master plan process, in 2021. "There is nothing more important to our township than engaging all our residents as we plan for our future."

BookBites

(Continued from page 14)

swept up into this battle of good and evil with all of creation at stake."—San Francisco Book Review

In his rage, Chaos destroys the world he created. From his destruction, Order is born. Order brings forth pure beings known as Sentinels.

From the Sentinels comes the One True Child. Carling, raised as a normal daughter of The People, was brought up to believe in the value of love and caring, only to learn of the more sinister teachings of Chaos and his plans for her. Forced to face her fears, she must leave the only family she has known. Chaos hunts Carling until their ultimate encounter. Can Carling stand as the Sword of Order? Failure means the destruction of her world. Purchase at <https://amzn.to/3fSg825>.

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Grilled Portobello Gyros with Yogurt Dill Sauce

Recipe courtesy of Emily Weeks of “Zen and Spice”
Cook time: 15 minutes
Total time: 25 minutes
Servings: 4

- 4 portobello mushrooms
 - 1 tablespoon extra-virgin olive oil
 - 1/2 teaspoon dried oregano
 - 1/4 teaspoon smoked paprika
 - 2 yellow bell peppers, sliced
- Yogurt Dill Sauce:**
- 1 English cucumber, grated
 - 1 cup whole-milk Greek yogurt
 - 1/2 cup sour cream
 - 2 tablespoons extra-virgin olive oil
 - 1/2 small lemon, juice only
 - 2 cloves garlic, minced
 - 1 teaspoon salt
 - 1 tablespoon minced fresh dill
- 4 pita breads or naan
 - 2 tomatoes, thinly sliced
 - 1/2 red onion, thinly sliced
 - 1/2 head green lettuce
 - crumbled feta cheese (optional)

Remove stems from mushrooms and brush caps with wet towel. Using spoon, carefully scrape out gills. Slice mushrooms into 1/4-inch pieces and place in medium bowl with olive oil, oregano and smoked paprika.

Preheat indoor grill pan over medium-high heat. Add mushrooms and peppers; grill, tossing occasionally, until tender, 5-7 minutes.

To make yogurt dill sauce: Squeeze grated cucumber in clean towel to remove excess liquid. Add to large bowl with yogurt, sour cream, olive oil, lemon juice, garlic, salt and dill. Stir to combine.

To serve, place mushrooms and peppers in middle of pita bread. Top with tomatoes, onion, lettuce, feta, if desired, and big dollop of yogurt dill sauce.



Grilled Portobello Gyros with Yogurt Dill Sauce

Hearty, Wholesome Dishes to Support Immune Systems

FAMILY FEATURES

If feeding your family wholesome meals is a daily goal, keep in mind you can serve up tasty foods that also feed your immune system by including ingredients like mushrooms. With their earthy flavor, mushrooms – like many other fruits and vegetables – can also play a positive role in supporting a healthy immune system.

Studies at Oregon State University concluded there are a variety of micronutrients important for supporting a healthy immune system. Consider that three of these nutrients (vitamin D, selenium and B vitamins) can be found in mushrooms, meaning these family-friendly recipes for Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto; Grilled Portobello Gyros with Yogurt Dill Sauce; Creamy Spinach, Mushroom and Lasagna Soup; and Asian Barbecue Sesame Salmon with Noodles and Veggies can help you add all-important nutrients to your family’s menu.

Find more ways to add mushrooms to family meals at mushroomcouncil.com.



Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks of “Zen and Spice”
Cook time: 30 minutes
Total time: 40 minutes
Servings: 4

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces crimini mushrooms, sliced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) diced tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 tablespoon dried basil
- 1/2 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 1 bay leaf
- 3 cups vegetable broth
- 6 lasagna noodles, broken into pieces



Creamy Spinach, Mushroom and Lasagna Soup

- 1/2 cup heavy cream
 - 5 ounces fresh baby spinach
 - 1 cup whole-milk ricotta cheese
 - 1/2 cup shredded mozzarella cheese, for topping
- Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.
- Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer.
- Add lasagna noodles and cook, stirring often, until softened, about 15 minutes. Remove from heat and remove bay leaf.
- Stir in heavy cream and spinach until wilted, 2-3 minutes.
- Divide between bowls and top with dollop of ricotta and sprinkle of mozzarella.

Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks of “Zen and Spice”
Cook time: 50 minutes
Total time: 1 hour, 10 minutes
Servings: 4

- Chicken:**
- 8 boneless, skinless chicken thighs
 - salt, to taste
 - pepper, to taste
 - 6 tablespoons unsalted butter
 - 16 ounces crimini mushrooms, quartered
 - 3 zucchini, sliced in half moons
 - 3 large carrots, thinly sliced
 - 4 sprigs fresh rosemary, leaves removed and roughly chopped
 - 4 cloves garlic, minced
- Orzo:**
- 4 cups chicken or vegetable broth
 - 1 tablespoon unsalted butter
 - 1 tablespoon extra-virgin olive oil
 - 1 small yellow onion, diced
 - 2 garlic cloves, minced
 - 16 ounces crimini mushrooms, finely chopped
 - 1 cup uncooked orzo pasta
 - 1/8 teaspoon black pepper

1/3 cup white wine
1/3 cup shredded Parmesan cheese

To make chicken: Preheat oven to 450 F.

Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until browned, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchini, carrots, garlic and rosemary. On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan.

Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken, add butter and olive oil over medium heat. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add warm broth to orzo 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding more. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.

Asian Barbecue Sesame Salmon with Noodles and Veggies

Recipe courtesy of Emily Weeks of “Zen and Spice”
Cook time: 30 minutes
Total time: 40 minutes
Servings: 4

- Sauce:**
- 1/2 cup soy sauce
 - 2 tablespoons brown sugar
 - 1 tablespoon rice vinegar
 - 2 cloves garlic, minced
 - 1 teaspoon fresh ginger, minced
 - 1 teaspoon chili garlic sauce (optional)
 - 1 tablespoon toasted sesame oil
 - 2 tablespoons barbecue sauce
 - 2 tablespoons water
 - 2 teaspoons cornstarch

- 1 1/2 pounds salmon (4 filets)
 - 12 ounces stir-fry (pad thai) rice noodles
 - 1 tablespoon toasted sesame oil
 - 1 pound white mushrooms, sliced
 - 1 cup sugar snap peas
 - 1 large broccoli head, cut into bite-size florets
 - 2-3 green onions, thinly sliced, for garnish
 - sesame seeds, for garnish
- Preheat oven to 400 F.
- In small saucepan, whisk soy sauce; brown sugar; rice vinegar; garlic; ginger; chili garlic sauce, if desired; sesame oil; and barbecue sauce. Bring to boil over high heat then reduce heat to simmer.
- In small bowl, whisk water and cornstarch. Pour into pan and cook on low, whisking often, until sauce thickens,

3-5 minutes. Remove from heat and set aside.

Pour 3 tablespoons sauce into small bowl. Brush salmon filets with reserved sauce and place on baking sheet. Bake 15 minutes, or until salmon is flaky. Discard small bowl sauce if any remains.

Cook stir-fry noodles according to package directions. Drain, rinse and set aside.

Heat large skillet over medium heat. Add sesame oil. Add mushrooms, snap peas and broccoli. Cook, stirring often, until veggies are tender-crisp, 7-8 minutes. Add noodles and remaining sauce from pan, toss to combine.

To serve, divide noodles, veggies and salmon between plates.

Top with sliced green onions and sesame seeds.



Asian Barbecue Sesame Salmon with Noodles and Veggies

Health Awareness: Managing chronic kidney disease— Take charge of your health

Chronic kidney disease (CKD) is a serious condition, affecting 15% of U.S. adults—an estimated 37 million Americans. Kidney disease can get worse over time and may lead to kidney failure and other serious complications.

Early-stage CKD has few or no symptoms. In fact, many people with CKD don't know they have the disease. Ask your doctor if you are at risk and get tested. Early diagnosis can make a big difference.

Managing CKD may be challenging, but it is key to preventing or delaying serious health problems such as heart disease. The earlier you get involved in your kidney care, the better your chances of slowing disease progression and living longer and healthier.

Take an active role in managing your kidney disease by following these healthy lifestyle tips.

- Meet regularly with your health care team. Stay connected with your doctor, either in person or via telehealth. Meet with your health care team for help managing CKD, keep appointments even if you feel OK and create a care plan. Ask your doctor to explain test results and bring a list of questions or concerns to appointments.
- Manage blood pressure. Work with your health care team to develop a plan to meet your blood pressure goals. Steps to meet those goals may include eating heart-healthy and low-sodium meals and being active.

- Monitor blood glucose levels. Check your blood glucose level regularly if you have diabetes. Use the results to guide decisions about food, physical activity and medicines.
- Take medicines as prescribed. Your pharmacist and doctor need to know about all the medicines you take, including over-the-counter medicines. Tell your doctor about any side effects before stopping or changing how you take your medicine.

- Avoid nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen. NSAIDs are sold under many different brand names, so ask your pharmacist or doctor if the medicines are safe for you to use.

- Stay up to date on vaccinations. The COVID-19 vaccine is especially important for people who may be more likely to get very sick from COVID-19, including people with certain medical conditions such as kidney disease.

- Aim for a healthy weight. If you are overweight or have obesity, work with your health care team to create a weight-loss plan.
- Develop a healthy meal plan. -Create a meal plan that contains -kidney-healthy

foods and beverages. Ask your doctor about finding a registered dietitian who can help.

- Find ways to reduce stress and make physical activity part of your routine. Consider healthy, stress-reducing activities and get at least 30 minutes of physical activity daily.

- Get enough sleep. Aim for 7 to 8 hours of sleep per night. Try establishing a bedtime routine if you have trouble sleeping.

- Quit smoking. Smoking cigarettes can make kidney damage worse.

If you have financial or resource challenges that make it difficult to start or maintain these behaviors—such as difficulty paying for medicines, providing enough food for you and your family or finding a safe place for physical activity—ask your health care team about support pro-

grams that may be available to help.

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) spearheads research to help improve kidney disease management and treatment. "It's important to educate patients and their health care providers about ways to treat and manage chronic kidney disease," said NIDDK Director Dr. Griffin P. Rodgers. "People should know their risk factors, like underlying health conditions. And they should know that, if diagnosed, chronic kidney disease is manageable. Staying engaged and managing the disease's progression protects the kidneys."

For more information on managing CKD, visit the NIDDK website at www.niddk.nih.gov.

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