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Honoring 60 Years of The Rossmoor News: Founding Editor Esther Gureasko's Legacy



Esther Gureasko

By Mary Jane Brubaker

As Rossmoor marks the 60th anniversary of The Rossmoor News this month, we pause to honor one of its most remarkable pioneers -

founding editor Esther Gureasko. Few, if any, have matched her enduring impact on our community.

The Rossmoor News began as a sales tool prepared by management to market homes at Rossmoor Leisure World. Esther, one of our first residents, volunteered to transform it into a resident-run publication. Her influence quickly reached far beyond the printed page, helping shape the very heart of Rossmoor.

From the community's earliest days, Esther threw herself into turning Rossmoor from a developing retirement village into a genuine neighborhood. When residents, families, the USPS, delivery trucks, and moving vans constantly got lost

among the winding, unnamed roads, she took it upon herself to create the first street map. Drawing on a map of New England to match our community's aesthetic, she devised the street-naming system still in use today. She even accompanied staff to ensure every ornamental street sign was placed correctly.

Always practical and community-minded, Esther organized defensive driving courses and tax counseling programs for seniors. She led Rossmoor's United Way campaign for years and stayed active in the Players, the Republican Club, the ladies' nine-hole golf club, and the new-resident welcome committee. She also sparked lively discussions in the Book Club.

Her leadership extended well beyond our gates. She served with distinction as

(Continued on page 5)



Staff at our Health Center will be coordinating the upcoming Community Health and Wellness Vendor Fair on June 24 in the Ballroom. From L: Clinical Coordinator Veronica Jones, RN, BSN, and Nurse Manager, Community Health Services Elizabeth Caruso, MSN, RN, COHN-S.

Wellness Vendor Fair Returns on June 24

By Mary Jane Brubaker

The popular Rossmoor Community Health and Wellness Vendor Fair will take place on Wednesday, June 24, from 10 a.m. to 1 p.m. in the Clubhouse Ballroom.

This free event offers residents a convenient opportunity

to explore health resources, speak with experts, and learn about services tailored to active adults. This year's fair features an exciting new vendor, Chefs for Seniors, as well as popular repeat vendors, including

(Continued on page 6)

Gunia and Chisholm Present an Evening of Four-Handed Ragtime



From L: Kevin Gunia, Michael Chisholm

By Mary Jane Brubaker

The Rossmoor Music Group is delighted to host a special concert featuring the dynamic piano duo of Kevin Gunia and Michael Chisholm on Monday, Aug. 24, at 7 p.m. in the Meeting House. Titled "Gunia and Chisholm

Present Pianola," the program promises an evening of spirited four-handed ragtime and classic American piano music that is sure to get toes tapping and memories flowing.

Kevin Gunia, a composer,

(Continued on page 6)

Special Interfaith Service to Recognize Our Nation's Birthday

By Diane England

You likely know that this July 4 will be a very special one. After all, it represents the founding of our nation 250 years ago. What you may not know, however, is that the Interfaith Council and the Rossmoor Chorus will be holding a special service to commemorate this significant event on Thurs-

day, July 2, at 1:30 p.m. in the Meeting House.

What can you expect? A program which acknowledges that while our founding fathers were not perfect men, they held a vision for a new nation that was extraordinary. When Thomas Jefferson drafted the Declaration of Independence, and the founding fathers signed it,

they weren't just presenting their own ideas. They had been influenced by the thinking of others before them, men of the Enlightenment. So, we will be bringing some of these individuals to life for you.

No, our service won't be like going to see "Hamilton," but you'll leave with a better

(Continued on page 4)

Second Wine and Cheese Tasting Event Is a Success!



Sharing a laugh along with good wine and tasty appetizers on May 6 were, from L: Delia Gaines, Millie Brown, Clubhouse Manager Melissa Barnard, Jean Cald, Deb Jackson, and Barbara Jones.

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At the Governors' Meeting

May Meeting

RCAI Vice President Josephine Schwegel, called the meeting to order at 10 a.m., and Secretary Lori Moses called the roll. A motion was made to accept the Thursday, April 16, 2026, BOG meeting minutes. The motion was seconded and passed unanimously.

President's Report

Vice President Schwegel asked for a moment of silence to honor long time Board of Governor member, Mutual 2 President Dennis Haggerty who recently passed away. She thanked everyone for attending the meeting. Respecting the upcoming Memorial Day holiday, she gave thanks to all those who gave all for our country and wished everyone a good holiday.

Treasurer's Report

Treasurer John Craven discussed the positive April variance report. He explained how some portions of the variance report are complicated due to how the expenses and income are presented. He gave an example of snow expenses that occurred in January and February, and how the spring golf membership income changed the variance report because those expenses and income are spread over the year.

Management Report

Tom Curry reported that in April the Administration Office attended all 18 of the Mutual Association annual meetings. He provided administration department work statistics and then stated the number of condominium and cooperative unit closings in April. He mentioned that the Maintenance Department has been busy with the completion of 676 work orders in April. He noted the two new maintenance employees have been working well, replacing broken and worn-out split rail fence around the community.

Mr. Curry reported on the current asphalt roadway crack seal project underway. He mentioned the at-

torney is preparing the upcoming asphalt project cover contract. He discussed the concrete walkway replacement project, mentioning that Maintenance staff has been out with individual mutual directors touring sidewalks in need of replacement.

Mr. Curry discussed the flood mitigation grant and the proposed Newport Way culvert replacement. He stated the reserve report engineer has completed a draft reserve expense schedule that includes the needed funds for the project. The engineer is currently developing bid specifications and will acquire bids for the project. Once the bids are evaluated by the engineer, the BOG will be able to determine the next steps. Mr. Curry then reported that the Nautilus Court 54-inch backflow preventer has finally been installed.

Mr. Curry then discussed the Clubhouse renovation project, explaining phase two is nearing completion. The E&R offices and breakroom are scheduled for new flooring and painting.

He mentioned upcoming E&R events and reported on pool pass renewals and how to obtain guest passes. The pool opens on Friday, May 22, at 9 a.m. Mr. Curry then discussed golf events and spring golf course maintenance activities.

Committee Reports

Maintenance Committee Chair Mutual 17 Director Debra Stasik reported on the new committee officers and stated they had voted to request the BOG approve the 2026 asphalt project resolution.

Community Affairs Committee Chair Mutual 4B Director Joann Casper reported on their new committee officers, and she reported on recent E&R events and upcoming Health Department events. She also asked about the status of the 2026 phone book and the timing of gate closers.

Old Business: None.

New Business.

Resolution 2026-15 the 2026 RCAI Asphalt Pavement Project

A motion was made and seconded to approve the 2026 asphalt pavement project to be completed by Johnson and Baron Corporation at a cost not to exceed \$1,028,919, charged to the capital replacement fund account number 4110. Much discussion involving the bid approval process followed. The motion passed unanimously.

Resolution 2026-16 Clubhouse design project management firm

A motion was made and seconded to approve the Clubhouse renovation design/project management contract with Grace and Chaos at a cost of \$60,000 for 2026, charged to the capital replacement fund account number 4110. The motion passed unanimously.

Director Comments

Mutual 9 Director Barbara Brumberg raised a concern regarding improper trash and recycling collection by IWS service.

Resident Comments

A resident of Mutual 11 raised a concern regarding dog breed rules in Rossmoor.

There being no further business, the meeting was adjourned at 10:45 a.m.

RCAI BOG May 21, 2026, Annual Meeting

In the absence of RCAI President Dan Jolly, Vice President Josephine Schwegel, welcomed the delegates and residents and called the RCAI Annual Meeting to order at 9 a.m. on Thursday, May 21, 2026, in the Hawthorn Room-Ballroom. Approximately 30 residents also watched the meeting as a simulcasted webinar on Zoom.

The minutes of the 2025 RCAI Annual Meeting were unanimously approved.

Ms. Schwegel stated that the Notice of Annual Meeting

(Continued on page 5)

Bits & Pieces

By Sue Ortiz

"Time is relative. It seems the older we get, the faster time flies."

This was the first line of the first *Bits & Pieces* I wrote in 2011 when I took over the column from Gene Horan.

That year was also the year Joe Conti took over the Rossmoor News as Editor-in-Chief, and I became the liaison between the clubs' representatives, columnists, and essayists. I was also asked to write *Bits & Pieces*. A publisher was found for layout and printing.

Where Gene Horan, the previous editor of the News, had been the head of a paid team of residents, the powers that be at the time decided to make the News a "volunteer" job. Together they gathered the news, wrote the columns, took photos with film cameras, had them developed, cut and pasted the prints, and created a hard-copy layout to send to the printer.

The News was to go digital; everything to be done by computer. From digital photos to composing content on computers, everything then had to be emailed to one source. That source was to be yours truly; it became part of my daily job to collect, sort, and admonish those who were late in sending their submissions.

After everything was sorted into sections and placed in the proper files, I sent the documents to the proofreaders, who worked their magic before sending them back to me so I could send them out to the publisher for layout. The publisher would send me the galley proofs. The galleys are an uncorrected version of the news. Again, the editors would look these pages over, and I'd send them back to her again to be turned into *page proofs* for final inspection before being put to bed, printed, and mailed.

Phew.... A lot of work for everyone involved!

We were all learning the ropes, including me. I had never written a column, or anything for public perusal. I hoped I could live up to Gene's standards, if not his version of the column. His take on the column took us on journeys to local and not-so-local destinations, interesting views of the world, and other moments in time.

I knew my version would be different, though I had no idea of what to write for my "first" issue. Write what you know: I know time. I wrote about how fast time flies in all stages of life, including how it seemed to last forever when we were kids, and how fast it passes by as we grow older. I included

relevant trivia about water clocks and sundials, which were probably the oldest time-keeping instruments, as well as some information about the cesium atomic clock developed in 1955 to keep time accurate to one second in 15 million years. I ended it with a quote from Groucho Marx.

In the February issue I compared working on the Rossmoor News to assembling a jigsaw puzzle. I used the old joke, "What's black, white, and red (read) all over?" (Also referencing the "red" pen used in editing!) The assembling of all the pieces of a puzzle are like all the documents fitting together to make an interesting paper each month, with the writers painting pictures with their words. As in January's column, I included trivia about the history of jigsaw puzzles, and I added my usual relevant quote.

Some years later, by the end of my tenure as "editorial assistant," I had the process down to a science.

Again, the powers that be, decided to enlist a resident volunteer, or rather a couple this time, to take over my duties with the News. I missed the process, at first. Though now, looking back, I don't know how I ever got my regular work done!

Since 2011, the process of publishing the paper each month has become more streamlined using computers and email. I'm sure AI will be a factor in the process in the future.

I think my writing has improved through the years; I enjoy receiving your compliments each month. My *Bits & Pieces* will continue for as long as possible. Someday I hope to publish a compilation.

There have been quite a few editors-in-chief at the helm of the Rossmoor News in its 60 years of publication. Since I started working at Rossmoor in 2008, I've known only Gene, Joe, Carol, and now Mary Jane. All have done, and are doing, a fabulous job of keeping the News interesting and current. Let's hear it for 60 more!

BP

"Time flies like an arrow. Fruit flies like a banana!" - Groucho Marx (American comedian, 1890-1977)

BP

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



Rossmoor News

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Visit the Rossmoor website at www.rcainj.com

Open RCAI Meetings in June

Thursday, June 11: The Standing Committee Meetings for June 11 have been cancelled.

A Directors' Training Session will be held in the Hawthorn Room from 9 a.m. – 12 noon on that date.

Thursday, June 18 – 7 p.m.
Board of Governors Meeting

It will be an in-person meeting and will be held via Zoom.

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

Around the Clubhouse

By Melissa Barnard,
Clubhouse Manager

Here are some of the many activities planned for the coming months. We're always updating our schedule, so check Channel 26 and the Rossmoor Clubhouse Facebook page for the latest details. Registration is required for all events through E&R unless otherwise noted.

Special Events

Floral Arranging: Seven-Week Series Under Way

Learn design skills, techniques, and artistic principles that will help you create beautiful focal points. The series began in May, with six more sessions (June 2, June 16, June 30, July 14, July 28, and Aug. 11). Classes are held in the Craft Room from 10 -11:30 a.m. Cost is \$100 per person.

Martin & Lewis Tribute Show

Get your tickets now for a Dean Martin (Lou Dottoli) and Jerry Lewis (Angelo Capone) performance that takes you back to the early days when they appeared in Las Vegas. Show is Wednesday, June 10, doors open at 6 p.m. with the show starting at 6:30 p.m. Tickets are \$45 per person and include a buffet dinner.

Patio Night – Live Jazz Under the Stars

Kick off our first Patio Night of the season on Wednesday, June 24, at 6:30 p.m. with a live jazz trio on the Clubhouse patio. Peter and the Master Keys specialize in American jazz and blues from the 1940s through the 1960s. The event is free with no registration required. Tables are available on a first-come, first-served basis. Feel free to bring your own chair, snacks, and beverages.

“Red Hot” Friday Night Dance Party

Tickets for the Friday, June 26 Dance Party are \$20 per person. The event starts at 7 p.m. in the Ballroom. Call-in registration at 609-655-3232 begins at 12:15 p.m. on Monday, June 15.

Friday Night Dance Parties at the Pool

Friday Night Dance Parties will be returning to the pool this summer. On those dates, the pool will be closing at 5 p.m. to allow staff to set up. These are popular events; tickets will be available via call-in registration on the dates noted below. E&R will begin taking calls at 12:15 p.m. on each call-in day as per the table below. The call-in number is 609-655-3232.

Trivia Night with CJ the DJ

Get your tickets now for

Trivia Night on Tuesday, July 28, from 6:30-8:30 p.m. in the Ballroom. Tickets are \$10 per person. Bring your own beverages and snacks.

“America’s 250th Birthday Bash at the Pool” with DJ Ella Cristina

Join us as we celebrate America’s birthday with music, games, and an all-American buffet on Thursday, July 2. The gates open at 9 a.m., the DJ plays from 11 a.m. to 2 p.m., and the buffet opens at noon. The pool opens to everyone else at 3 p.m. Call-in for tickets at 609-655-3232 is on Wednesday, June 3 at 12:15 p.m. Tickets are \$25 per person and are limited to pool deck capacity.

Trips

Pennsylvania Mansions & Historic Dining Tour

Discover Pennsylvania’s rich past through beautiful mansions, manors, and historic dining on Thursday, June 11. The cost is \$145 per person, including bus transportation, lunch at the King George Inn, docent-led mansion tours, and driver gratuity.

“Beaches on Broadway”

Be among the first to see the new musical “Beaches on Broadway” on Wednesday, July 15, at 2 p.m. Tickets are \$165 per person, which includes the cost of an orchestra seat, transportation, and gratuity. Check-in is poolside at 9:45 a.m.; departure is at 10 a.m. Lunch is on your own.

Italian Festival at Monmouth Raceway

Mark your calendar for the Italian Festival and Wine Tasting at Monmouth Park Racetrack on Sunday, July 26. Tickets are \$50 per person and include transportation, general admission into the park, access to private picnic area, book, and pencil. Lunch is on your own. Bus departs Clubhouse at 9:30 a.m., poolside.

Yankees at the Orioles

Tickets are on sale for our baseball game at Oriole Park in Camden Yards, Baltimore. Game day is Thursday, Aug. 20, with the first pitch at 6:35 p.m. Tickets are \$220 per person and include a third baseline under-cover seat, bus, lunch at Guilford Brewery, and driver gratuity.

Games

Left, Right, Center Tournament

Hosted by the Gardens, a Left, Right, Center Tournament will be held on Friday, June 12, from 2 - 3:30 p.m. in the Ballroom. Winners receive prizes. Refreshments will be provided. Tickets are

\$5 per person; limited seating remains.

Music

Debussy in Context

Pianist Seiran Chapman and her husband, Professor David Chapman, will be presenting a special lecture/concert on June 5 at 7:30 p.m. in the Meeting House. Tickets are \$10 per person.

Information Highway: Directors’ Training

By Meghan Kelly-Administration Office

Every year once the mutual elections are over, RCAI holds a directors’ training. Any director, whether seasoned or new, is welcome to attend. The training will be on Thursday, June 11, from 9 a.m. until noon in the Hawthorn Room. We will have representatives from the Rossmoor offices speak and discuss topics from administration, financials, and maintenance.

Also in attendance will be representatives from our insurance broker, Allen and Stults, and our auditors over at WilkinGuttenplan. Each representative will talk about what they do and will be able to answer questions from mutual directors. This information session will help directors be more informed, so please, if you can make it, we would love to have you.

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The Rossmoor News at 60: Introducing Our Multigenerational Series

By Josephine Genovese
 For 60 years, The Rossmoor News has been the place where our community shares its stories - stories of new beginnings, meaningful connections, and the feeling so many residents describe as, "This is home." That sense of belonging often spans generations. Some families discover Rossmoor for the first time, while others return years later, drawn back by the comfort and familiarity they remember.

In celebration of this publication's 60th anniversary, we'll be featuring multigenerational families who have made Rossmoor part of their family story. If your family would like to be included in a future issue, please contact me at jggenovese@icloud.com.

This month, we begin with Judie and Larry Sforza - a family whose connection to Rossmoor began in the 1980s and has continued across generations. Here is their story, in Judie's own words.

Judie Sforza - My Story

Our connection to Rossmoor began in 1984, when my parents, Loretta and



Judie Sforza's parents, Loretta and Edwin Hummel, enjoying Rossmoor about 40 years ago.

Edwin Hummel, were ready to leave the harsh Poconos winters behind. They wanted a community where snow removal and landscaping were taken care of, and most importantly, where an 18-hole golf course was close by. Larry and I were living in Monmouth Junction at the time, and as their only child, I hoped they would move closer.

They toured several 55+ communities in Monroe, but once we all saw Rossmoor, the decision was immediate. The New England-style architecture, the beautifully maintained grounds, and the golf course won them over. They chose a Pennsylvania II model overlooking Golden Pond in the newly built Mutual 12, and soon became active in both the Men's and Ladies' 18-Hole Leagues.

For years, Larry and I visited every Sunday, watching the geese land on the pond and the community expand to 18 mutuals by 1991. We knew early on that Rossmoor would eventually be our home, too. In our mid-40s, we even began planning our move, but when the age re-

quirement changed from 48 to 55, we had to wait nine more years.

Finally, in October 2000, we moved into Mutual 10, overlapping with my parents for a few years. With snow removal, landscaping, and maintenance handled, we were free to continue traveling the world, something we had always loved.

Early on, I became involved in Rossmoor's governance, serving in my mutual and later on the Board of Governors. Only then did I discover that my mother had served before me; her name is engraved on a plaque in the Board Room at the Village Center. Today, both of our names appear there, a connection I treasure.

After many years in various roles, I've been proud to watch Rossmoor maintain its beauty, its infrastructure, and its commitment to residents as the community continues to evolve.

Our history with Rossmoor? Forty-two years and counting - a lifetime of memories woven into this community we call home.

Jerry
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Interfaith Service

(Continued from page 1)

sense of just how significant the founding of our new nation was. You'll better understand why our democracy has lasted longer than any other.

The Rossmoor Chorus always performs wonderful music for our joint programs. And really, doesn't live music uplift us as seemingly nothing else can? In times of turmoil, such as we're experiencing now, shouldn't you provide yourself with the benefits of a musical performance in a building with great acoustics?

Most of us today, as seniors, would also benefit from being more connected to our community. So please, don't just plan to attend, but linger and catch up with friends and neighbors over refreshments afterward.

A New Day for the Chorus

By Joan and Jason Salt

After two spring concerts at Rossmoor in April, the Chorus looked forward to May as a restful month ... **not**. They performed a third concert at Monroe Village on May 2; and, according to the residents there, it was a joyous experience.

The next day members of the Chorus attended the funeral of one of their own, beloved tenor Alida Granata. Alida was last year's winner of the "Valuable Member" award and was a devoted member of the Chorus until illness forced her to step away.

The group also sang at a memorial on May 16 for Eliza Miller, whose passing happened in March. All were shocked to hear of it, because just the day before, Eliza had been singing at



Staffing the Rossmoor Chorus table at the Activities Expo on April 30 were, from L-R Alto Laurie Moyer, alto Paula Saucier, new Chorus Director Aimee Coleman, and new alto Janet Wilson.

rehearsal in her spot in the soprano section. In tribute, the group kept her empty chair in its usual place among them at the concerts.

The day after that was May 17, the third Sunday of the month, time to sing at the Rossmoor Community Church service. And on May 21, the Chorus saluted veterans in the Interfaith Memorial Day service.

In all of their appearances the Chorus endeavors to buoy the spirits of those who are grieving or just seeking musical cheer. And sometimes the spirits they raise are their own.

Although, still reeling from the announcement that Janet Wilson has stepped down as Chorus Director, the sopranos, altos, tenors, and basses are vocal in their support of new Chorus Director Aimee Coleman. Aimee brings a wealth of musical expertise to the position. And good news: Janet will remain as a new addition to the alto section. Both were seen at the Activities Expo on April 30, signing up new recruits. The more things change, the more they stay the same. It's an auspicious new day for the Rossmoor Chorus.

RCAI BOG May 21, 2026, Annual Meeting

(Continued from page 2)

of the Association was distributed on May 4, 2026, and she confirmed that a quorum of 50 percent or more delegates were present. Ms. Schwegel appointed Chris Smith and Megan Kelly as Inspectors of the Elections.

Through formality, Ms. Smith announced there was only one candidate for each of the four executive officer positions for the one-year-terms. Thus, ballots were appropriately cast. Dan Jolly was elected president; Josephine Schwegel, vice president; John Craven, treasurer; and Lori Moses, secretary.

Old Business – Mutual 10 Director Judie Sforza reminded directors to obtain

copies of the RCAI rules and regulations if they do not already have them. Considering the lower than usual director attendance at today's meeting, Ms. Sforza reminded the directors that the rules do allow alternate directors to fill in for absent directors at the annual meeting. She also reminded all directors to become more involved in RCAI matters by asking questions and touring facilities.

New Business –There was none.

Adjournment - Ms. Schwegel announced the monthly May meeting of the Board of Governors would begin at 10 a.m. The annual meeting was adjourned at 9:25 a.m.

Honoring 60 Years of The Rossmoor News

(Continued from page 1)

vice president of the Monroe Township Board of Education during a period of rapid growth, and later as the township's director of public information and public relations officer for its Industrial Advisory Commission. In 1982, the Rossmoor Kiwanis Club recognized her tireless efforts with its Distinguished Service Award.

Esther led a rich and varied life. Beyond her work as a New York City school-teacher and her many civic and religious leadership roles with groups such as the American Jewish Congress and United Jewish Appeal, she was a passionate world traveler and lifelong adventurer. Highlights included soaring in a two-seater open-cockpit Curtiss Falcon bi-plane in 1931 and tackling white-water rafting well into her eighties.

She married her childhood sweetheart, Edward, a New York City high school teacher and Lieutenant Colonel in the Army Air Force during WWII. Together they raised a daughter, Linda Yang, who

became a noted gardening writer and longtime "New York Times" contributor, and a son, Stephen A. Gureasko.

Her grandson, David Yang, who served as director of chamber music for the University of Pennsylvania for 20 years, provided helpful insights for this article. He fondly recalls riding his bicycle through Rossmoor's streets while the community was still under construction.

Esther later moved to Florida, where she passed away on March 5, 2005, at the age of 97.

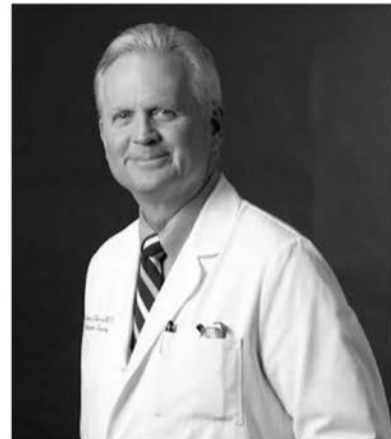
As we celebrate six decades of The Rossmoor News, let us remember Esther Gureasko with gratitude and renewed appreciation. She didn't just live in Rossmoor; she helped build its foundation. She gave us a voice, order to our streets, and strong leadership in local education and beyond. Her example continues to inspire every one of us to contribute, connect, and care for the community we all call home.

What a glorious legacy she leaves us - a true testament to a great lady.

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Players Seek Sound Crew for "Between Engagements"

By Joan and Jason Salt

The 2026 version of the musical comedy "Between Engagements" hits the stage on Oct. 15, 16, and 17, and the show will need a sound crew to make sure the actors are audible and the production is laudable.

To give a brief overview, the actors wear microphone headsets; the sound comes out of speakers on either side of the stage. The crew uses a tablet-iPad, that is - to switch on the mic of every cast member in whatever scene is going on while switching off the mic of everyone who is not in the scene.

Responsibilities include:
Assigning a headset to each

actor and recording who has which numbered headset.

Studying the script and attending rehearsals to know which headset (and its actor) is in each scene.

Distributing headsets to the cast.

Setting up the speakers, mixer, and tablets, before tech rehearsal and all performances.

Running sound checks before tech rehearsal and all performances.

The aforementioned switching during the show -- onstage headsets on and offstage headsets off.

Adjusting sound levels during performances.



Turning off equipment and collecting headsets after performances.

Putting all equipment away after the last performance.

The Players need a dependable crew to run sound and give "Between Engagements" the production it deserves. If you would like to play this kind of role, please call Sue Archambault at 201-981-5959 or come to the auditions on Aug. 25 and 26.



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Happy Surprise Birthday Party!



Long-time Rossmoor resident, Judith Wistreich was surprised at her 90th birthday party hosted by her family at Antonio's Pizza on Sunday, May 30. Family and Rossmoor friends enjoyed celebrating her milestone birthday with her.
Photo by Helene Gray

Wellness Fair

(Continued from page 1)

Veteran's Health Services and Monroe EMT. In total, nearly 30 vendors will be on hand, providing valuable information on wellness, healthcare, nutrition, and senior support services. Free blood sugar screenings will also be available.

All attendees will automatically be entered into a drawing

for prizes, including gift cards and gift baskets; another great reason to stop by.

The event is sponsored by Saint Peter's University Hospital. Mark your calendar and join your neighbors for an informative, engaging day focused on health and wellness. No registration is required; just come and discover resources that can help you live your best life in Rossmoor.

Four-Handed Ragtime

(Continued from page 1)

pianist, and educator with deep roots in American music traditions, and Michael Chisholm, a renowned ragtime pianist, composer, arranger, and sheet music archivist, have performed together at major ragtime events, including the West Coast Ragtime Festival. Their collaboration brings fresh energy to beloved classics as well as original works and creative arrangements. Audiences may remember Kevin from his time serving as pianist and organist for the Rossmoor Chorus and Community Church several years ago.

Audiences can look forward to lively duets that capture the syncopated joy of ragtime - think infectious rhythms, playful melodies, and the rich, full sound that only four hands on one piano

can deliver. This performance highlights the duo's shared passion for preserving and revitalizing early 20th-century American piano music. From foot-stomping favorites to elegant selections evoking the golden age of ragtime, the concert offers something for everyone who enjoys timeless tunes with energy and heart.

The Rossmoor Music Group continues to bring high-quality cultural experiences right to our community. Whether you're a long-time ragtime enthusiast or simply looking for a delightful evening out, this concert is the perfect opportunity to gather with neighbors and enjoy outstanding live music in the comfortable beautiful setting of the Meeting House.

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Rossmoor Wants to Know

By Penni McOlvin & Helene Gray

The Rossmoor News is celebrating its 60th anniversary this month. Where and what were you doing 60 years ago?



Morton Wall

I lived in Matawan in our first house. We were married six and a half years and had a five-year-old child. My wife was pregnant with our second child. I worked for a small accounting firm in New York. I was involved with our synagogue. I was on the building fund committee, and my wife was on the membership committee. I was 28 years old, and my wife was 26 years old.



Domencia Pavone

I was only seven years old in second grade, living in Pualia, Italy. Also, I was helping my father in the field with the grapes.



Ann Collins

I was married with three children at the age of 32. We were living in Metuchen, and somehow my sister-in-laws and I took the bus tour of Rossmoor when it first opened. At that time, I never imagined I would be living in Rossmoor.



Subbiah Danashekar

Sixty years ago I was nine years old studying in third grade. The name of my school is Doveton Corrie Anglo Indian High School. It is located in a town called Doveton in Chennai, India.

Music Notes from My Father

By Josephine Genovese

Father's Day has a way of bringing back memories and feelings - the ones we don't always talk about. The ones that felt ordinary at the time but became the stories we tell as we think about the men who shaped us, guided us, and stood beside us in big and small ways.

Like learning to ride a bike, wobbling down the sidewalk while dad jogged beside you, one hand hovering just close enough to catch you if you fell. Or that first driving lesson, when he tried to look calm while gripping the door handle a little too tight. The weekly allowance that came with a lesson in saving; even if you didn't want to hear it then, you're grateful for it now.

And the way you once believed he was a superhero because he could lift you high into the air and fix anything with that broken-down toolbox. Or make you laugh so hard your stomach hurt

when he told those silly jokes that never made sense.

And then there are those special memories, those moments that still surprise you. For me, it's the sound of opera music that opens the door to my dad - the music I once tried to block out by pressing my fingers to my ears. My dad would just smile and say, "Jo, one day you're going to love opera." Rolling my eyes, I couldn't imagine this ever coming true. But he was right. And now, every time I hear an opera song, it brings him back - his voice, his certainty, that I would grow to love it just like he said. It feels like a little hello from him.

Growing up brings its own kind of clarity. At some point, we realize our fathers were human all along with flaws, fears, hopes, and mistakes of their own. Being a parent means doing your best even when you're not sure what the "right" thing is. It means showing up anyway. Just like

we do now for our kids.

So here's to the dads, stepdads, grandfathers, uncles, brothers, partners, friends, and fur fathers who gave what they could, who learned as they went, who weren't perfect but tried to be present.

Maybe that's the real gift of

Father's Day: not just the cards or the cookouts, but the reminder to pause and appreciate the men who helped shape our lives. To say thank you for the big things, the small things, the imperfect things, and everything in between.

Happy Father's Day!

Hello, Neighbor!



Marsha Brown, Donna Wactor, and Donna's dog, Blake, enjoy a beautiful spring day. Marsha moved here two years ago from Galloway Township. Donna, from Metuchen, moved here three years ago.

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George Washington, Father Figure

By Allen Kobezak

George Washington has long been known as the Father of Our Country, but in his personal life, although he wasn't the biological father of any children, he acted as a

father figure to many children with whom he shared his life.

For our country, General Washington served as commander of the Continental Army, leading them to victory over the British in the Revolu-

tionary War.

He had hoped to begin his retirement with Martha at their Mount Vernon farm after the war. But with the birth of a new nation came the task of ensuring that the fledgling country's first steps would begin on a sure footing.

After we gained our independence, his leadership at the Constitutional Convention helped guide the delegates as they debated and made compromises to create a new national government for our country.

He then became the first President of the United States in 1789 after being unanimously elected by the Electoral College. He reluctantly served two terms as the leader of the nation he helped create.

He gave love and support to his wife and Martha's two young children, John and Martha "Patsy," from her first marriage. When John died near the end of the war at age 26, George Washington

took on the responsibility of adopting John's two youngest children.


George Washington was a compassionate stepfather and grandfather to all of his wife's descendants, including several nephews and nieces. Their Mount Vernon home was where he developed the parenting skills necessary to help guide them toward a promising future as adults.

I'm sure that if Father's Day had been celebrated during George Washington's lifetime, his mantelpiece would be filled with cards expressing love and appreciation from many children and a nation that considered him one hell of a father figure.



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MEMORIAL

Jenelle DeMoro, Manager, N.J. Lic. No. 4491

Brainerd Cemetery: Courage Remembered, from the Revolution to Flight 93

By Josephine Genovese

Cranbury might be a quiet, cozy town now, but its past is anything but. If you've read some of my recent articles on Cranbury's Revolutionary War role, you already know that the Cranbury Historical and Preservation Society (CHPS) is celebrating the town's history as America approaches its 250th birthday. So I'm continuing that journey of discovery with the backstory of Brainerd Cemetery, located at 22 South Main Street, directly behind the First Presbyterian Church.

The first surprise about Brainerd's history is that neither David Brainerd nor his brother, John, is buried in the cemetery. (More on the lives of the Brainerd brothers and their work with the Bethel mission in Monroe in upcoming issues.)

The cemetery was established in 1740. However, it did not receive its name until later in honor of the Rev. David Brainerd, whose missionary work in the 1740s left a deep impression on the community. After his death in 1747, local residents chose to commemorate his legacy by naming both the cemetery and a nearby lake after him.

Buried in the cemetery are the graves of about 80 Revolutionary War veterans, making it one of the most significant burial sites in New Jersey. Many of these veterans were local residents - farmers, blacksmiths, and shopkeepers who dropped their trade tools to fight for the independence we enjoy today.

The families represented in Brainerd Cemetery helped shape the early Cranbury and Monroe areas, and their names remain woven into the landscape. You can still find many of them on our street signs today. For example, Perrine was one of the region's most prominent early families. Perrineville Road in Monroe was named for David Perrine. Veterans John and William Perrine are buried in the cemetery.

There were multiple Apple-

gate/Applegarth members, including veterans Andrew and Joseph Applegate. Applegarth Road in Monroe carries their name.

The Dey families were major landowners in the 1700s. Dey Road, which runs through both Cranbury and Monroe, includes families of veterans Peter and Joseph Dey.

Stults is the name behind the iconic Stults Farm, also found on Stults Road and on Stults Farm Road, honoring veterans Peter and Henry Stults.

Among the many lives honored in Brainerd Cemetery, one of the most poignant is that of Todd Beamer (1968-2001), a Cranbury resident whose courage became known across the nation on Sept. 11. Beamer was a passenger on United Airlines Flight 93 and is remembered for his role in the passengers' attempt to retake the cockpit from the hijackers - an extraordinary act of bravery that helped prevent further loss of life.

In 2002, the town of Cranbury also honored him by officially naming the post office at 65 North Main Street the Todd Beamer Post Office Building.

With the weather getting nice, why not make a trip to Cranbury and take a moment to salute the Revolutionary veterans and pause to honor a modern hero, Todd Beamer, whose courage on 9/11 is remembered here as well.

For more information about CHPS, contact them at 609-860-1889 or visit <https://www.cranburyhistory.org> if you're interested in volunteering or becoming a member.

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be permitted.**

Experience the Battle of Monmouth

By Sidna B Michell

On the weekend of June 20-21, you can view the re-enactment of the Battle of Monmouth and see Stacy Roth as Molly Pitcher. Just travel about 25 minutes down Applegarth Road and east on Route 33 to witness an reenactment of what was the most decisive battle in the Revolutionary War as our country celebrates its 250th anniversary. Entry to the Monmouth Battlefield State Park in Manalapan, which opens at 9 a.m., is free, but a donation of \$15 per car is suggested that weekend.

By going to the Friends of Monmouth Battlefield website (<https://www.friendsofmonmouth.org>), you can find a schedule of events for the two days. You might want to take the grandkids to participate in children's musket drill, watch the battle reenactment, or listen to Colonial music. Of course, you'll want to hear about the real Molly Pitcher – Mary Hays – and whether the legend of her carrying water to the soldiers and taking over the cannon for her wounded husband is true.

On an extremely hot and humid summer Sunday on June 28, 1778, you would have found not only George Washington on this battlefield but also Generals Charles Lee, Nathanael Greene, Anthony Wayne, William Alexander (known as Lord Stirling), Baron Friedrich Wilhelm von Steuben, and the Marquis de Lafayette for the Patriots. On the British side were Generals Sir Henry Clinton and Lord Charles Cornwallis.

Although the British outnumbered our troops, and Washington and Lee were at odds, Monmouth was considered a victory for the Continental Army and the last big battle fought in the North. To read more about Monmouth, check out the book "Fatal Sunday" by Mark Edward Lender and Garry Wheeler Stone.

Take time to go through the fascinating exhibits in the Visitors Center and drive through the 1,818-acre park, perhaps even going over to the Craig House that was used by the British as a hospital during the battle. Picnic tables are available so you might want to take your lunch and enjoy a whole day or a few hours of nearby history.

One of those days or another one, also consider taking time to go by the places that are important here in Monroe and nearby. For example, on Hoffman Station Road, just off of Prospect Plains Road, you'll see a sign pointing to the site of the Anderson Farm where Washington stayed the night before the battle. There's also a sign showing the site of the Paul Miller and the Anderson farms where approximately 8,000 of the American soldiers were camped before Monmouth. In Cranbury, Lafayette and

Alexander Hamilton were at the home of Mary and Dr. Heizekiah Stites, the site of which is 50 South Main Street.

Throughout the year, the Friends of Monmouth Battlefield present lectures on the second Sunday of each

month by Dr. David Martin. On June 14 at 2 p.m. in the Visitor Center Auditorium, Dr. Martin will speak on "They Were Also Here: Secondary Leaders at Monmouth" (Dan Morgan, Henry Knox, Baron von Steuben, John Marshall, and James Monroe).



Hello, Neighbor!

Mery Rios and her dogs, Baby and Nina, moved to Rossmoor from Avon, Florida, in July 2025. Previously, Mery lived in Clearbrook for 1.5 years. She moved back here after her husband passed away as her two children both reside in N.J. Although Mery's only been here a short while, she loves Rossmoor life!

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Teddy and the Bear

By Allen Koberzak

Theodore Roosevelt served as President of the United States from 1901 to 1909. There is much to say about his time in office, but I will focus on one brief incident that inspired a satirical political cartoon, which then sparked an entrepreneur's

imagination to create a stuffed toy that remains popular today.

Roosevelt was a conservationist and a sportsman who believed that sensible hunting practices would support wildlife management.

In 1902, while bear hunting

near Onward, Miss., Roosevelt was the only hunter in his group not to bag a bear at the end of the day. To rectify the situation, Holt Collier, his guide, provided a tired, old Black Bear that had been chased down by his hounds, clubbed, and then tied to a tree.

When it was suggested that the President should shoot the helpless animal, Roosevelt refused, considering this un-sportsmanlike behavior.

This incident was reported in all the newspapers, which proclaimed that the man, reputed to be a big-game hunter, rejected an opportunity to shoot a bear. This became a popular topic of conversation throughout the country.

Clifford Berryman, a prominent political cartoonist for the "Washington Post," drew a caricature of Roosevelt refusing to shoot the animal. The bear was depicted as a helpless little cub in the cartoon. The title of Berryman's 1902 illustration was "Drawing the Line in Mississippi."

Morris Michtom, a Brooklyn shop owner, saw the cartoon and thought people might buy a stuffed toy bear in honor of the President. He and his wife, Rose, had some experience making stuffed animals, and they created what would become a beloved toy for young children that remains popular today. After they received Roosevelt's permission to use his name, they called their new creation "Teddy's Bear." Michtom later mass-produced the bear under his new business, The Ideal Toy Company.

Around the same time, Morris Michtom created his teddy bear, Steiff, a German-

based toy company, also developed one. The company claims to have made the first factory-made teddy bear, and its teddy, with its "button in ear" tag, is still in production today. Their bears are immensely popular and highly valued, with vintage bears sometimes selling at auction for many thousands of dollars.

Interesting facts regarding the teddy bear craze

Although Theodore Roosevelt was frequently called Teddy, he hated the nickname.

In 1907, a Catholic priest received widespread attention when he warned that

teddy bears were "horrible monstrosities" and would replace the "good old dolls," causing girls to lose their desire to nurture babies, which could lead to lower birth rates.

Emergency rescue workers sometimes give teddy bears to children because they help calm them during traumatic situations.

In 1972, on April Fools' Day, a veterinary medical journal published a paper on the diseases of *Brunus edwardii*, described as a common household pet. The article included images of the afflicted pets that looked identical to teddy bears.

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Reflections of a Cruise Addict



Sue Peters (left) with cherished friends.

By Susan Peters

I just returned from my 21st cruise. My obsession with cruising began more than 40 years ago, and it has never ended. The excitement still builds days before embarkation. I carefully select which books to download on my Kindle. I review the menu offerings of the specialty restaurants with great anticipation. It never gets old.

The morning arrives. I board the train to NYC with my best girlfriend of 50

years. We start smiling and laughing in the taxi on the way to the port. I embarrassingly feel tears of joy coming to the surface as we climb the ramp to the ship and conveniently forget that I am only one of several thousand passengers greeted at the threshold by a gracious crew member.

Although I have traveled to some exciting destinations, with great self-reflection, my love of the cruising experi-

(Continued on page 11)

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Reflections of a Cruise Addict

(Continued from page 10)

ence has less to do with itineraries and so much more with the transformation of myself and others once the ship's threshold is crossed. Over and over again, if one listens carefully, you can almost sense a wave of calm on embarkation. Day-to-day life is left on the dock. Conflict is replaced by cooperation; anxiety by serenity; cell phones by conversation.

Several years ago, I woke up insanely early and found myself wandering the public decks. I felt like the only passenger on a 3,000+ capacity ship. I sat quietly in the café and observed the crew preparing for the morning onslaught. Each went about their appointed task with impeccable uniforms and grooming, and never failing to say good morning as one passed by. A cup of coffee in hand, I shared an open deck with the worker power washing every nook and cranny. I enjoyed the early morning air and the alternate sounds of the power washer, and the sea lapping against the ship. It's an experience I repeat on every vacation, where I remind myself how grateful I am to be living in the moment.

Frequent cruising on the same cruise line has its benefits, and for me it's the perks to frequent the many

specialty restaurants available on the ship. To be transported to a lovely French bistro, a Greek villa, or Manhattan steak proprietorship for one night are cherished memories.

Engaging with the wait staff, learning about their country of origin, and per-

sonal stories have been a highlight of many evenings. As an observation, seeing families and friends laughing, enjoying dinner, and engaging in conversations is a lovely sight. People of all ages and nationalities singing and dancing together reminds everyone that we are more alike than we are different. It's as if nights on an endless sea soften us,

focus us, and remove the distractions of daily life.

So, as of this writing, I am preparing for my 22nd cruise. While a new ship, new menus, music venues, and theater shows add to the excitement, what will still be most important to me are conversations, introspection, and gratitude for the experience.

"There are so many things

in the world that could be invisible to the material eye, and when you take a moment to stop, to pause, to be present, and notice them—that's gratitude." Jay Shetty.

Rossmoor Downs!



And they were off — the crowd roared, the dice flew, and the horses hustled. Some won big, some lost it all, but everyone had a blast, and the Italian American Club's most popular event, Rossmoor Downs, delivered a fun night! Some of this year's Thoroughbreds were from L: Ed Burke, Melissa Cron, Geoff Appleby, Bob Cron, Pat Serafin, and Jean Baiori.

Mirtha Velazquez's Creative Birdhouse Takes Flight in the Woodshop!



Mirtha Velazquez proudly displays the custom birdhouse she built in our Woodshop. Her imaginative creation has inspired many residents, leading to popular birdhouse workshops where others are now making their own unique designs. The Woodshop continues to be a hub for creativity and hands-on projects for all skill levels.



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Dr. DeFazio has been practicing for over 30 years, is married, and has three daughters and three grandchildren. He enjoys spending time with his family and at his favorite pursuits which include golfing and vintage cars.

Dr. DeFazio is a graduate of Temple University and UMDNJ. He is a past Clinical Instructor at JFK Medical Center and a past Board Director for the American Red Cross.

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More Than a Good Dog



From left: Tommy Croake, Joe Salzano, Sharon Rinier, Melissa Barnard, and Eddie

By Jim Wilson

Rossmoor veterans were visited by two very special guests earlier this spring. Captain Sharon Rinier, U.S. Army (ret.), had a powerful story to tell, joined by her beloved service dog, Edward Lee.

Instrumental in arranging this visit, Clubhouse Manager Melissa Barnard first met Sharon nine years ago at a concert. Although the music was loud, her dog Eddie "just

laid there like he was on the beach," Melissa said. "It was honestly amazing."

Sharon came from a military family. Her father and uncle were in World War II. She was a long-time trauma nurse of 42 years, working at a New York hospital. The terror attacks of Sept. 11, 2001, hit her hard. "We received many of the 9/11 victims. It was a very traumatic time for all of us as we know." After 9/11, she de-

ecided to leave civilian life and joined the Army.

Following training at Fort Bragg, Sharon was deployed to Baghdad, then to a combat support hospital. "We all come back differently from combat zones," she told the Veterans Group. "When I came back, I was a commander of a warrior transition unit, and I worked in different hospitals throughout the United States. There were rough times."

Those rough times included post-traumatic stress, which brought her to Walter Reed Army Medical Center. There, she met Mark, one of the Boston Marathon bombing victims. He had a service dog. "These dogs are so sensitive. They just sense that you need them. That's where I began my journey of finding out about vet dogs through Walter Reed and started an application process."

When she retired after 12 years in the military, Sharon fought with intense feelings of isolation and worse. "I had really bad night terrors. I had crowd anxiety. And the worst part was that the night terrors I had, I just couldn't wake up from them. They just felt like they went on forever and ever." Going out in public, she wondered, "How am I going to get out of here?"

Thanks to America's VetDogs, a black labrador named Edward Lee came into her life, and she learned how to be a handler.

Now, Eddie helps her night and day. "Eddie is trained to wake me from the night terrors," she said. "And, he'll nudge me and wake me up and he can hit the toggle switch to turn on the lights for me. If I drop anything, he's

on it, because he wants to please me. If I say, 'Brrrr, I'm cold,' he'll go get a blanket."

Eddie has changed Sharon's life. "He allowed me to live again. He's my best buddy."

Eddie is now 11 years old and has some trouble with his back legs. Sharon has already applied to get another dog, but she will keep Eddie by her side. "He's not going anywhere. He's my dog."

America's VetDogs is a nonprofit organization with no government funding. It relies on donations. If you would like to donate so that other deserving vets can have a friend, a service dog to see them through hard times, you can go to VetDogs.org for information on how to do that.

Sharon, thank you for sharing your story. And, Eddie, good boy ... and so much more!

Noel Coward's "Fallen Angels" on Broadway

By Elaine Alexander

"Fallen Angels" is nominated for Tony Awards in the categories of Best Play Revival and Best Actress for Rose Byrne and Kelli O'Hara. The comedic performances in this flamboyant Golden Age play are delightful, and the pace is energized by physical comedy and quick, clever repartee written by one of the masters of playwriting. The pastel Art Deco set design and 1920s evening gowns add to the up-scale ambiance of aristocratic London.

Jane (Rose Byrne) and Julia (Kelli O'Hara), two long-time friends, enjoy glasses of champagne in a luxurious London drawing room and reminisce about a former French lover, unbeknownst to each other at the time, while their husbands are playing golf. The Frenchman, Maurice Duclose (Mark Consuelos), sends a note that he is in town, and they anticipate a visit of their old flame with a bit of rivalry and competing recollections.

They share their excitement over more glasses of champagne and more

charmed memories. The comic improvisations and social graces abandoned leaves them less than tres elegant. When long-lost love, Maurice, enters the room, and the husbands return from golf, the farce hits a level of delicious humor.

The actresses manage complex and non-stop dialog with precision and believable British accents. Their physicality and slapstick humor is a note to actors of the past - think Charlie Chaplin and Lucille Ball - which exaggerates the moment to absurd comedy. Maurice's entry is anticipated through the hour and is applauded as onward progress to the finale.

"Fallen Angels" has not been seen on Broadway since 1956. When it opened in London in 1925, it was not embraced as entertainment but considered risqué. Now, with less shocking responses, the question of forever marital love vs. passionate romantic love is analyzed with characteristic Noel Coward wit and impressive performances by a talented cast and two amazing actresses who put heart and soul into this play.

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Only You

By Steven Gray

"Only You" sounds like a song, doesn't it? Actually, it is part of the phrase "only you can prevent forest fires." What does that have to do with computers? Let's take it a step further; only you can prevent getting hacked. What do I mean by that? Whenever you

receive an email that asks you to click on a link in the email, take a step back and think about it. Is it real or is it a scam? Only you can prevent that scam.

Do not ever click on a link in an email unless you are very sure it came from a reputable source, like a family member showing you a picture, and even then, make sure that the

return email is, in fact, that family member.

Does the email look official, as if it came from the IRS, Social Security, the FBI, or any other agency? It did not, as all federal agencies do not use email to contact you about a problem. It does not matter if you are threatened - the police will be sent or what you owe will double - if they have a warrant for your arrest, (warrants are served in person, usually by surprise, not by email, giving you time to disappear), if your grandkid, cousin, or any other relative is in jail in Mexico, Jamaica, etc., and they want money right away.

They are all scams. Be especially wary of telephone calls like that since those, too, are bogus. If you are asked to pay for anything using gift cards, that is a red flag.

Why Vitamin D is Crucial for Seniors in 2026

By Erin Medicott

As we age, our nutritional needs shift. Among the most vital nutrients for seniors is Vitamin D.

Why Seniors Need Vitamin D More Than Other Age Groups

Vitamin D is not just a regular old, run-of-the-mill vitamin. When it gets into our bloodstream, it acts as a helper and regulates many body processes. There are Vitamin D receptors in our nervous and cardiovascular and endocrine systems. If we don't get enough Vitamin D, we are at high risk for deficiency for several reasons, like these:

Reduced Production: Because our skin is less efficient at converting sunlight into Vitamin D, seniors age 65+ can generate only about one-quarter as much Vitamin D from sunlight as a 20-year-old.

Reduced Mobility: Many seniors, especially those in the North or Northeast spend less time outdoors in colder weather, minimizing natural production from the sun.

Kidney Function: The ability of the kidneys to convert vitamin D into its active form decreases as we age, especially after age 65.

Health Impact Across Our Bodies

Vitamin D deficiency is linked to numerous health issues, while proper levels provide widespread benefits:

Bone Health & Fall Prevention: Vitamin D acts as a helper for calcium absorption. Without enough Vitamin D, bones can become brittle, leading to osteopenia or osteoporosis and a high risk of fractures. Vitamin D improves muscle strength and balance directly reducing the risk of falls.

Immune System Support: Vitamin D boosts our immune systems, helping to fight infections like flu, pneumonia, and COVID-19.

Cardiovascular: Studies show having an adequate amount of Vitamin D may help regulate blood pressure and reduce the risk of heart disease.

Brain Health & Mood: Vitamin D has been linked with keeping healthy cognitive function and reducing the risk of dementia and Alzheimer's. It is also linked to lower risks of depression.

Slowing Biological Aging: Research shows that 2,000 International Units ("IU") of daily Vitamin D can protect "telomeres" (the protective caps on chromosomes),

which can slow the biological aging process.

How Much Do We Need

There are no fruits that contain Vitamin D, and only one vegetable (mushrooms) has it. It is mostly available in seafood, liver and eggs, fortified in milk, yogurt and other dairy products, and Vitamin D-fortified orange juice products. Supplements are usually the best way to get enough, especially for vegetarians and those who are lactose and/or dairy intolerant.

Ages 55-70: Get at least 800 IU of Vitamin D daily. A bottle of supplements might also list this as 20 micrograms (20 mcg).

Over Age 70: At least 1000 IU, or 25 mcg daily.

Recommendation: Medical experts have said 1,000 IU daily is optimal for seniors. Take the supplement with the largest meal of your day. Why? Because taking it on an empty stomach significantly reduces its absorption. And it's OK to take Vitamin D in a gummy, or a capsule; both are easily digested.

Hello, Neighbor!



Ida Serrano has lived in Rossmoor for the past 25 years. Prior to retirement, she owned and operated the Lakeside Gourmet Deli in Millstone, which she sold and is now known as the Albivi Brick Oven Pizza/Italian Restaurant. Ida moved here to be closer to her children. She enjoys being creative in the Woodshop as well as playing croquet and cornhole. Ida is happy to call Rossmoor home because, as she says, "Who doesn't love Rossmoor?"

Important Reminder

Please break down and flatten cardboard boxes before putting them in the dumpster. Thank you.

What to do? For emails, go directly to the source to see if any of what you received is true; it won't be but check anyway. I almost got scammed by email from a friend who needed an Amazon gift card right away for someone who has cancer and their credit card got denied. I did contact my friend directly and he had no knowledge of that. His email account was hacked and, since I knew it was a valid email, I almost fell for the scam.

Always double check. Keep in mind with telephone calls, AI can mimic your relative's voice perfectly so, upon receiving that kind of call, hang up and call the relative directly.

"I was careful but I got hacked anyway. What do I do?" Change the passwords of what got hacked, whether it is email, your bank account, Amazon, or even Netflix. You can report email scams to the Federal Trade Commission (FTC) via ReportFraud.ftc.gov, or to the FBI's Internet Crime Complaint Center (IC3) for cyber-enabled fraud.

In addition, report to each and every company and agency involved. Yes, it is a lot of work but worth it. Email fraud in 2025 hit about \$22 billion, don't be a part of that statistic.

Remember, "only you" can prevent email and telephone fraud.

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What Is in It for Me?

By Barbara Herman Hoff

When I was young in the 1950s - yes, I can remember that long ago - people could rely on family and friends if they needed help. Their support system was ready and willing whenever help was needed. Volunteerism was strong. It was never viewed as an inconvenience or bothersome. It was just something that was done graciously with a full heart. In the 2020s the act of volunteering seems to have morphed into what other people do. If it does not benefit you, why do it? I will tell you why.

As we get older, our support

system shrinks. Our children and relatives often do not live nearby, and the number of friends are unfortunately shrinking due to illness or death. I ask who will be there for us when we are in need?

Living here in Rossmoor, we form friendships from neighbors, club members, and religious organizations. These are the people that shore up our support system. Will they be there in our time of need? Will you be there for theirs? Or will people make excuses as to why they are not available? Will they prioritize their wants over your needs?

There is a way to change that mindset. If you become the example and make that first step, you can start the ball rolling. For example, if a friend is ill, take them a meal, take them to the doctor, ask if they need anything from a store, or just see if they need some company.

If you are part of a congregation, club, or group, volunteer to help at an event, take a position on the board, chair, or join a committee. Shift your mindset from being self-centered to thinking as an integral part of a group.

I promise you will receive far more than you give. The feeling of purpose, camaraderie, friendship, and belonging will be with you always.

Exit 8A, Where Are You?

By Terre Martin

In 1965, I was a freshman at Douglass College in New Brunswick. I commuted from my home in Maplewood until dorm space became available. At age 18, I considered myself a seasoned driver with a full understanding of the roads around the campus, especially the N.J. Turnpike. Unfortunately, that so-called understanding turned into a lengthy drive in the wrong direction.

As I left campus for my first summer at home, I put my mind on autopilot. I had always taken the Turnpike South, so that's where I went - south. I was about five minutes into the drive before I realized the scenery was all wrong. Uh, oh, no U-turns on the highway. I just had to ride it out. And ride it out some more. There was no Exit 8A back then. The first opportunity I had to turn around was at Exit 8 in Hightstown.

In today's world, with fast cars and 65+ speed limits, the drive might have been about 15 minutes. The problem was a 55-mph speed limit and my '54 Buick sedan tank. With all the extra traffic, I thought the turnaround would never come. Needless to say, that autopilot mistake left a deep impression on me. The irony is that 40 years later I would live off of Exit 8A thanks to Rossmoor's builder, Ross Cortese.

The exit we know today as the entryway to "Active Adult

Heaven" was opened in 1966, a full year after I took the detour from hell to Exit 8. Creating it wasn't easy. Mr. Cortese did his research and realized this location was perfect for his building endeavor. Convincing our town fathers to make the pitch to the Turnpike Authority was another issue. Studies, meetings, planning, arguing, and lots of information passed through hands to make 8A a reality. The economic impact on the area was also considered.

When I began working at Rutgers, I occasionally had lunch meetings at Forsgate Country Club, a convenient location between Camden and New Brunswick. Again, Exit 8A cropped up in my life. I also discovered it was the location of the Lenox warehouse, a stone's throw from the Turnpike. Those were the days when Lenox was a special brand. The warehouse is gone, and the items that

brides cherished are now in thrift stores.

Today, we have warehouses and trucks everywhere. Sometimes, as I sit at the intersection of Forsgate Drive and Cranbury/South River Road, I become hypnotized by the steady stream of massive trucks that make their way onto the Turnpike. Amazingly, the trailers are now 53 feet in length! This may seem crazy, but I swear they used to be shorter.

Heck! I'm not complaining. Exit 8A is the perfect location to get to airports, shopping malls, the Jersey shore, New York City, and Philadelphia. Just minutes from the Turnpike, I can visit historic towns like Cranbury and Princeton, drive through farmland, and see beautiful scenery. Best of all, my husband and I can easily drive to watch our beloved Rutgers Scarlet Knights in action.

The bottom line is that Exit 8A is a great addition to the Turnpike. I just wish it had opened one year earlier!

Bad Boys, Bad Boys

By Allen Kobezak

Remember the 1938 film "Boys Town" starring Spencer Tracy? Tracy played Father Flanagan in the movie, who proclaimed that "There's no such thing as a bad boy."

You may have your opinion on the truth of Father Flanagan's statement, but if he was correct, then why were so

many boys sent to a detention facility in Jamesburg for rehabilitation?

The State Reform School at Jamesburg opened in 1867 and became the largest youth detention facility in New Jersey. It was renamed the State Home for Boys in 1901 and later the Training School for Boys in 1970.

Although it was originally named for Jamesburg, where the school's Post Office was located, the facility is actually in Monroe Township on Grace Hill Road.

The school was created as an alternative to housing young offenders in county jails alongside adult inmates. The focus was on helping to reform the boys rather than punishing them. They needed to change the direction of their young lives and be shown a different path that could lead them to become productive citizens.

A family system was used to house the boys in separate cottages on the property, each holding 50 family members ranging in age from eight to 16. Each unit had a husband-and-wife team living with them to ensure the boys followed



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(Continued on page 15)

In Memoriam

Dennis J. Haggerty

Dennis J. Haggerty passed away on Monday, April 27, at St. Peter's University Hospital in New Brunswick. He was 74 years old.



Born in Queens, N.Y., he resided in Edison before moving to Spotswood where he lived for 38 years. He had resided in Rossmoor since 2012. He proudly served his country in the U.S. Army Reserves.

Dennis began his career as a truck driver. He worked the majority of his career as an elevator repair mechanic for Dover Elevator and as a truck driver for Silverline Windows/Anderson Windows. He was a member of the Edison Elks Council #2487, was a director for Mutual 2 in Rossmoor, and was a member of the Rossmoor Veterans Club.

Dennis enjoyed many sports

activities in the Rossmoor community including pickleball, bocce, swimming, and golf. He also volunteered his time donating dinners at Thanksgiving and helping anyone he could. He was a true family man and most of all loved being present at countless sporting events and life events of his son and grandsons.

He was predeceased by his parents, James and Mildred (Holsten) Haggerty-Merolla and one brother, Richard Haggerty.

He is survived by his wife of 52 years, Dorothy (Harned) Haggerty of Rossmoor; one son, Steven Haggerty and his wife, Cyndi, of Spotswood; three grandsons, Michael Haggerty, Austin Haggerty, and Brandon Haggerty; two siblings, James Haggerty and his wife Marianne of Pennsylvania, and Patricia Haggerty of Pennsylvania along with many nieces, nephews, and other extended family members, and dear friends.

For those who desire, memorial contributions may be made in Dennis' name to St. Jude Children's Research Hospital, www.stjude.org.

Gail McCarthy

Patricia Gail McCarthy, known as "Gail," passed away peacefully on April 28, at the age of 87. Gail was born on Aug. 12, 1938, in Elizabeth, N.J., the daughter of the late Helen and Edward Flannery.



The family later moved to Cranford, where Gail graduated from St. Michael's School in 1956. With a quiet determination and a steady sense of purpose, she earned a scholarship to St. Elizabeth Hospital School of Nursing and graduated as a Registered Nurse in 1959.

In 1960, she married John McCarthy, her classmate since third grade, and together they shared 65 years of marriage. They relocated to Westfield, where their three children were born and raised, and where Gail balanced family life with part-time work in various nursing positions.

She brought the same dedication to her community that she brought to her home. While her children were in elementary school, she held every position in the PTA and was also an active member of the Westfield Service League. The family raised six puppies for The Seeing Eye in Morristown.

Gail and John were proprietors of Terri's Office Supply in Westfield and Boise's Stationery in Plainfield. In Westfield, they were parishioners of St. Helen's Parish, where Gail served on the Parish Council and as a Eucharistic Minister.

They later relocated to Mountain-side and then Scotch Plains before settling in Rossmoor. That move required Gail to resign from The Center of Hospice, a role she thoroughly enjoyed. At her retirement breakfast, she was presented with the Angel of Hospice Award, a recognition that was deeply precious to her.

Never one to sit idle, Gail found joy in simple pleasures and spirited favorites alike: poker, The Golden Girls, gardening, croquet, and walking at least three miles almost daily. She also loved fast cars and loud big band swing music. "Turn Up the Bass!" as she would say.

She is predeceased by her sister, Barbara Lynn Duffy. Gail is survived by her loving husband, John McCarthy; two sons, John and Robert McCarthy; her daughter, Trish Foti (Philip); her sister, Mary Jane Gaiser (Richard); a brother-in-law, Brian Duffy; as well as many grandchildren, great-grandchildren, nieces and nephews.

Donations may be made in Gail's name to Trust Bridge: <https://trustbridge.com/foundation/ways-to-give/memorial-giving/>.

Conversations on a Road Trip: Turning Miles into Meaning

By Frank Russo

A few years ago, my granddaughter announced she was getting married in Seattle, and, of course, my wife Gale, and I were going to be there. The only question was – how would we get there from here? That's when I realized Gale had never been on an actual road trip, so we decided that's what we would do.

My only concern was how I would cope with being in a car, mile after mile and hour after hour, with someone whose

every waking minute is pretty much spent talking. I made myself a road trip music list of about 150 songs which I figured would fill the time and keep me from jumping out of the car at high speed somewhere in the middle of this great country of ours.

However, something amazing and unexpected happened. I did not have to play a single song because we spent the whole trip talking. Deep heartfelt conversations, dis-

(Continued on page 17)

Bad Boys

(Continued from page 14)

the school's strict program.

Their day began at 5:30 a.m., and their busy schedule limited time for mischief. Each boy was assigned a job they worked at until noon. While farm work was the primary activity on the 490-acre property, other jobs could include shoemaking, brickmaking, or work in the kitchen or the laundry. After lunch, it was time for their schooling.

The school even had its own newspaper, "The Advance," which began in 1888, where many boys worked in the print shop. The paper was meant to inspire them about the importance of a moral life through poetry and short stories, while also providing news about the school's sports teams and other activities. Working on the paper also helped the boys gain practical printing skills and improve their writing.

You might be wondering

what ever became of the Training School for Boys. You could be surprised to learn that, as of this writing, the antiquated facility still exists.

The current inmate population is far below its capacity, making its existence a costly effort to reform our troubled youth.

It has also had a less-than-stellar success rate in reforming the boys, leaving society to wonder if the facility has outlived its original purpose. Allegations beginning in the 1980s of staff members' sexual assaults have increased pressure to close it.

However, attempts to shut its doors since 2018 have proven unsuccessful due to delays in constructing new, smaller regional facilities.

When it opened, the State Reform School at Jamesburg was a step in the right direction, but more work is needed to improve our detention centers and guide our youth toward a more productive future.

Trivia Fun

By Peter and Phyllis Braff
Rossmoor News 60th Anniversary

1 How many acres was Rossmoor built on?
A - 350 B - 394 C - 418

2 What was in the original name of Rossmoor?
A - Monroe Village B - Leisure World C - Squirrel Haven

3 How many square feet is the Clubhouse?
A - 25,000 B - 28,000 C - 30,000

A - 25,000 B - 28,000 C - 30,000

4 How many Mutuals are there that make up Rossmoor?
A - 12 B - 18 C - 20

5 What was the top TV show on television in 1966?
A - "I Love Lucy" B - "Dragnet" C - "Bonanza"

6 How many homes are there in Rossmoor?
A - 1,950 B - 2,300 C - 2,500

(Continued on page 17)

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Clubs and Organizations

June Dance Party with the Rossmoor Dance Club

By Debbie Sills

Summer is here, and so is our summer BBQ on Saturday, June 27. This dance starts earlier than usual, at 6.30 p.m., and still ends at 10 p.m.

This is a catered event, so you must complete and send in your dance registration form, found in the carousel near E&R, and payment, no later than Monday, June 22. Registrations received after June 22 run the risk of not being accepted as the caterer requires the number of attendees by this date.

For paid-up 2026 members, the price is \$27 per person. For non-members, it is \$32 per person. There will be plenty to eat and plenty of fun dancing to music to suit a range of tastes, including formal ballroom dancing, line dancing, and free style. This month the music is provided

by Peter Leberman.

At every dance we hold a 50/50 raffle. Unfortunately, the ever-increasing cost of running our events is putting a serious strain on the club's finances, as Lucille Ricci, our treasurer, announced at our April dance. Please bring a little cash with you and participate in the raffle.

If you want to sit with friends, make sure you clearly write the full names of each person in your group, including your own name, on the dance reservation form. We will try our best to seat you all together; however, there are no promises since our dances are very popular.

The BBQ is always a fun-filled event, so get your dance reservation form in early and bring a friend with you.

CULINARY CORNER

By Sidna Mitchell

Try Washington's Favorite Breakfast

According to George Washington's adopted grandchildren, his usual, and favorite, breakfast consisted of "hoecakes swimming in butter and honey" and "three cups of tea without cream." If you check the Mount Vernon website (<https://www.mountvernon.org/inn/recipes/article/hoecakes>), you will find a recipe for hoecakes using yeast. However, the hoecakes eaten by early settlers were much simpler and didn't require yeast.

Cornmeal was a staple for the Colonists once they had been introduced to corn or maize by the Native Americans. Hoecakes became popular because they could be cooked on a griddle in the fireplace or on a hoe over an open fire. Hence, the name hoecakes or johnny cakes or journey cakes that could be taken to the farm fields or on trips. The hoecakes or journey cakes could last several days and were edible while traveling; if they did harden, travel-

ers could crumble the cakes and soak them in milk or cider before consuming.

Legend has Native American Indians, such as the Shawnees, teaching our early settlers how to make the flat bread from corn and bake the cakes on hot stones. Later versions often added flour, eggs, and oil.

In preparing for the Battle of Monmouth, the American troops, many staying overnight in Monroe Township, on their way to the eventful day on June 28, 1778, or after its declared victory, may well have prepared and eaten journey cakes or hoecakes.

Here's an easy recipe you can make to get into the spirit of the Patriots out fighting for freedom from the King of England on a hot and humid summer day. However, you might want to add lots of butter and honey like the father of our country did.

Modern cooks may add buttermilk, eggs, flour, and sugar for a sweeter and thicker cake. Start with this simple recipe and then experiment.

Simple Hoecakes

3/4 cup cornmeal
1 tablespoon half and half
or milk

Place tablespoon of mixture onto a hot grill or in a hot cast iron skillet in which you've melted bacon fat or butter.

Flatten the mixture into little pancakes and cook until golden brown on both sides.

Serve warm and top with butter, honey, or molasses.

Makes lots of little hoecakes.

NOTE: I always test out recipes before putting them in my column. Admittedly, I did not cook up all the batter/mixture. Now I understand how these hoecakes could be easy to make and travel with farmers, soldiers, and other folks on the move.

Ken and I ate several little hoecakes covered in butter and maple syrup along with bacon for breakfast one day. The test was enough to say George Washington can have his hoecakes; I'll definitely have to experiment with additions or stick with pancakes for my breakfasts.

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

Culinary Corner

1/4 teaspoon salt
1/2 cup boiling water.



Happy winners of the Dance Club's Pretty in Pink silent auction held in April won many lovely gift baskets. The event raised \$430 that will be donated to Rossmoor's year-long "Paint the Town Pink" campaign to raise money for the American Cancer Society.

Honoring Our Veterans

By Jim Wilson

Two of Rossmoor's veterans were honored by the community last month. On May 19, Monroe Veterans Appreciation Day, Sam Renda and Tom Delacy were presented with the Eagle Award in a ceremony at Monroe Township High School. The award honors their military service as well as their service to the Rossmoor community. Sam served in the Army and Tom served in the Marine Corps. Eleven Rossmoor veterans have now been recipients of the Eagle Award over the years.

Earlier in the spring, Rossmoor Veterans honored Al MacVicar, one of their long-time members, with a plaque thanking him for proudly serving in the United States Army. The plaque states, "There are no ex-soldiers. Our title is earned, never



Al MacVicar holds his plaque, along with Dan McOlvin.

given and what's earned is ours forever." Spokesman Joe Salzano expressed the gratitude of everyone when he said to Al, "Thank you for being a loyal Veteran. Thank you for your service. Thank

you for being an all-around good guy with this group."

The Rossmoor Veterans Group meets in the Ballroom on the second Tuesday of each month. All Veterans are welcome.

Italian American Club

By Tony Cardello

We wish all the fathers and grandfathers of the club a very Blessed Father's Day.

The club has a trip planned for Thursday, June 18, at

Wind Creek Casino in Bethlehem, Pa., at a cost of \$30 per person, with \$25 back.

The next membership meeting will be held on Wednesday, June 17, at 7

p.m. in the Ballroom. This will be the last membership meeting until September.

Bingo will be played on Thursday, June 25, at 6:30 p.m. in the Ballroom.

Staying Safe Online



The Computer Club hosted an excellent presentation, Cyber Safe at Any Age, given by Tarak Patel, followed by a Q&A session. From left to right - Paul Pittari, Steven Gray, Tarak Patel, Barbara Butler, Ray O'Reilly, and Cathleen Norback. Photo by Helene Gray

Mutual 5 News

By Cathleen Norback

Your Mutual 5 (M5) Directors - Dan Jolly, Tom Croake, and Cathleen Norback - hope everyone is enjoying a healthy and positive start to 2026.

This is a follow-up reminder about the new email communication sys-

tem we put in place beginning January 2026. Our goal is to keep all M5 residents informed about important updates such as road milling and paving, upcoming meetings, gutter and carport cleaning, and other mutual activities.

To build our updated contact list, a contact information form was distributed to

all residents. To everyone who has already completed and returned the form, thank you. Your response helps us keep the community connected and informed.

If you have not yet submitted your form, or if you need a replacement copy, please reach out to any of the M5 Directors.



Korean American Group members enjoyed the Spring Concert performed by the Rossmoor Chorus in April.

Religious News

Catholic Society Offers Summertime Seminar

By Sheila McCue

With the arrival of June 21, summer officially begins, and many of us will begin to enjoy a more relaxed pace. Longer days and more sunlight tend to give us a sense that there is more time in each day to get things done and still have time to relax as well. Amid the physical and emotional refreshment, we enjoy during “those lazy, hazy, crazy days of summer,” the Catholic Society is offering an afternoon of spiritual respite and renewal. On Wednesday, June 17, we will gather in the Gallery from 1:30 - 3 p.m. for a Summertime Seminar on “Your Soul is Always Young.”

Our presider for this event is Rossmoor’s own Joanne Mallick. A Rossmoor resident for two years now, Joanne has been an instructor in Catholic spiritual development for teens and adults since 1994. Her program will include some guided meditation and prayer. The agenda includes some time for socializing and refreshments will be served.

We are excited about launching these opportunities to revitalize our faith and deepen our prayer life. We welcome all Rossmoor residents to join us. There is no charge for this event, although donations are always welcome. However, registration is necessary because space is limited.

Meanwhile, our efforts to assemble a useful membership list continue. Since the Catholic Society is not a club and does not collect dues, we have no mechanism for collecting information from our members to keep the list current. When the society was organized, the decision was made to consider any Catholic resident of Rossmoor a member of the society. This is a welcoming approach, but it lacks a process for gathering membership information. Since Covid, our information has become out-of-date, and we need your help to make it current.

Many of our Catholic residents have moved here from nearby communities where they were deeply rooted in parish life over the course of many years. Frequently, new residents opt to continue

their participation in the parish that has been their home for decades. The Catholic Society offers us an opportunity to discover fellow Catholics within the community, share information about activities in our particular parish, and expand our horizons for growing and maturing in the faith.

We have a membership committee comprised of Carolyn Sgromo, Pat Parisi, and Sheila McCue. We hope you will take a moment to put your name and cell phone number on our membership list at our next event or email your information to readermccue@yahoo.com. Please write “Catholic Society member” in the subject line of the email and provide us with your name and cell phone number. We look forward to seeing you at our next event.

Jewish Congregation Happenings



By Adrienne Brotman

Sabbath Services will be on Friday, June 12, with the Jewish Congregation cele-

brating Lyn Wall’s birthday and on Friday, June 26, the congregation will be celebrating Janet Goodstein’s and Adrienne Brotman’s birthdays. All services are in the Meeting House at 7:15 p.m. All welcome.

Movie Night will be Sunday, June 28, at 7 p.m. in the Clubhouse. Tickets are \$5 per person. All welcome.

If you would like more information about the congregation, please call Barbara at 973 476-5702. If you need a ride, please call Morty at 732-299-7501.

Trivia Answers

(Continued from page 15)

- 1 - C
- 2 - B
- 3 - C
- 4 - B
- 5 - C
- 6 - B

Rossmoor’s 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.

HEALTH CARE CENTER NEWS

By Lisa DiGiovanni, EdD, MSN, RN, MEDSURG-BC, CHSE, and Elizabeth Caruso, MSN, RN, COHN-S, Saint Peter’s University Hospital

Snoring Could Be Life-Threatening Sleep Apnea

If you have trouble falling and staying asleep, you are most certainly not alone. According to the American Academy of Sleep Medicine, 10 - 30 percent of adults suffer from insomnia, and people over age 60 are more frequent sufferers of the condition.

In addition to not sleeping well at night, it only makes sense that insomniacs also suffer from daytime sleepiness. This can become a serious, and often dangerous, issue as it’s not unusual to have insomnia-induced cognitive impairments and sleep disorders, including restless leg syndrome.

Maybe It’s Not Insomnia

It’s important to rule out a medical condition that may be impacting your sleep,

such as sleep apnea.

Daytime symptoms of sleep apnea may include excessive daytime sleepiness, poor memory, clouded intellect, poor concentration and performance, fatigue, morning headache, depression, irritability, and gastroesophageal reflux (GERD).

Nighttime symptoms of sleep apnea may include snoring, intermittent with pauses; snorting or gasping while sleeping; awaking with gasping or choking; apnea, pauses in breathing; frequent awakening; sweating and insomnia.

If you find yourself feeling tired all the time, it might be another sign of sleep apnea or another condition that is getting in the way of you get-

(Continued on page 20)

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Road Trip

(Continued from page 15)

covering things we never knew about each other. It was amazing.

Now I’d taken many road trips before, but this was my favorite. I never had so much fun, or a better companion. What I learned about her only made me love her more, and obviously what she learned about me didn’t scare her off. We’re still together and going strong.

While on the road, we reminisced about our wedding. It was held in the Rossmoor Clubhouse Ballroom in 2017. Everyone said it was the best wedding to which they’d ever been. Billy Strecker, my very best friend and an amazing singer/musician, wrote our wedding song and the song for

our first dance. Billy’s gone now but never forgotten.

We laughed about Jeff Horner. How distinguished and dignified he was officiating our ceremony, and an hour and a half later had his jacket thrown over a chair, shirt sleeves rolled up, and tie wrapped around his head while dancing up a storm on the dance floor. Everyone there made it not only a wedding but a great party. Many who were there are gone, but many remain and new friends have joined our Rossmoor family.

Seeing the country as we did was incredible. America truly is beautiful. However, as wonderful as our trip was, coming back to Rossmoor was the perfect ending. We love this place, and we love all the friends we have here. There is no other place we’d rather be!



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Veterans Group Welcomes Members
All Veterans! Come to a meeting every second Tuesday of the month at 10 a.m. in the Ballroom.

Rossmoor's 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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- TRASH** - collected twice weekly on Mondays and Thursdays.
- Household bagged garbage and trash must be placed in the appropriate Dumpsters (in Mutualls not providing curbside pick-up)
- BULK** - Call Rossmoor Maintenance 609-655-2121 by noon on Monday to schedule a Wednesday bulk collection. BULK ITEMS NOT ACCEPTED: TVs, electronics, tires, and small engines.
- Bundled branches removed by RESIDENTS will be picked up at the curb on Mondays by High Tech (Holidays: Tuesday pick-up). Clippings should be placed in the regular trash.
- Contractors' and private landscapers' refuse is the responsibility of the contractor or private landscaper to dispose of. Contractors and private landscapers may not use the dumpsters.
- Please Note: Medical Waste and Personal Electronics may NOT be placed in either the Trash or Recycling dumpsters. It needs to be disposed of properly.
- If you are not certain as to the proper disposal for Medical Waste, please consult with your physician or medical supplier. Monroe Township Recycling Center is located at 76 Gravel Hill-Spotswood Rd, Monroe Township, NJ

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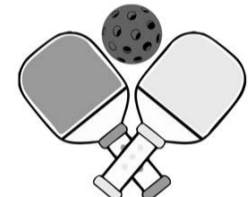





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7 11 am Worship w/ Communion MHP 7 pm Table Tennis HW	8 8 am Golf Outing BR 9 am New Pastor Search Comm. MHP 10 am Forever Fitness HW 1 pm Table Tennis HW 1 pm Players Board Mtg. WR 2 pm Line Dancing GL 6:30 pm Girl Power Support Group DW 	9 10 am Chair Yoga GL 10 am Veterans Group BR 10:30 am News of the Week Roundtable MR 11 am Worship w/ Communion MHP 11:30 am Tai Chi Class HW 1 pm All in Stitches DW 1:30 pm Catholic Society Mtg. MHP 5 pm Mutual 4B Ladies DW/Terrace 6:30 pm Democratic Club HW 7 pm Congregation Board Mtg. CE	10 9:30 am Yoga CE 10 am Computer Club Board Mtg. DW 10 am Needle Punch Class MR 10 am Corn Hole GL 3 pm Church Worship Comm. MHP 3:30 pm Chorus MHP 6:30 pm Cardmaking Classes MR 6:30 pm "Martin & Lewis" Dinner Show* BR	11 9:30 am Healthy Bones Class BR 9:30 am Board of Directors Workshop HW 10 am Rug Hooking GL 10 am "Mansions Along the Delaware" Trip* Poolside 10:30 am Italian-American Board Mtg. WR 1 pm Prayer Shawl CR 1 pm Table Tennis HW 4 pm Democratic Club Political Round Table MR 6 pm Line Dancing GL 6 pm Republican Club HW 6:30 pm Recipe Exchange BR	12 9 am Art Class GL 10 am Catholic Society Rosary MHP 10:30 am Rossmoor News Proofreading Session WR 1 pm Table Tennis HW 2 pm LCR Tourney hosted by The Gardens* BR 4:30 pm Croquet Social HW 6:30 pm "Happy Birthday, America!" Paint Party* BR 7:15 pm Sabbath Services MHP	13 8:30 am Pickleball Tournament* Tennis/ Pickleball Court 10 am Forever Fitness BR 10 am Piacquadio Family Memorial & Repast MHP 10:30 am Indian-American Meditation CE 
FLAG DAY 14 11 am Worship/Chorus MHP 7 pm Table Tennis HW 	15 8 am "PLAY" Stage & Lights/Dress Rehearsal MHP 10 am Computer Club GL 10 am Forever Fitness BR 1 pm Table Tennis HW 2 pm Line Dancing	16 10 am Chair Yoga GL 10:30 am News of the Week Roundtable MR 11:30 am Tai Chi Class HW 1 pm All in Stitches DW 3 pm Chaplet of Divine Mercy MHP 3:30 pm Church Council Mtg. MHP 7 pm "Play" Dress Rehearsal MHP	17 9:30 am Yoga CE 10 am Needle Punch Class MR 10 am Corn Hole GL 10:30 am Rossmoor News Board Mtg. WR 1:30 pm Catholic Society Function GL 5 pm Chorus Banquet HW 7 pm Italian American Club BR 7 pm "Play" Dress Rehearsal MHP	18 9:30 am Healthy Bones Class HW 10 am Rug Hooking Pot Luck BR 1 pm Table Tennis HW 3 pm Book Discussion DW 6 pm Line Dancing GL 7 pm Emerald Society BR 7 pm Players "PLAY" Performance MHP 7 pm Board of Governors HW	19 9 am Art Class GL 9:30 am Balance Class by Parker BR 10 am Catholic Society Rosary MHP 1 pm Table Tennis HW 4:30 pm Croquet Social HW 5 pm Progressive Group BR 7 pm Players "PLAY" Performance MHP 	20 10 am Forever Fitness BR 10:30 am Indian-American Meditation CE 2 pm AHG "Juneteenth" Barbeque* BR 2 pm Players "PLAY" Performance MHP 3 pm Private Party DW 5 pm Korean-American Group GL
FATHER'S DAY 21 11 am Worship MHP 7 pm Table Tennis HW  SUMMER BEGINS	22 8 am Golf Outing BR 10 am Forever Fitness HW 10 am Mutual 2 Open Director GL 1 pm Table Tennis HW 2 pm Mutual 10 Open Director GL	23 10 am Chair Yoga BR 10 am Mutual 17 Open Director GL 10:30 am News of the Week Roundtable MR 11:30 am Tai Chi Class HW 1 pm All in Stitches DW 2 pm Mutual 6 Open Director GL 7 pm Mutual 4C Open Director GL	24 9:30 am Yoga CE 10 am Needle Punch Class MR 10 am Corn Hole HW 10 am St. Peter's Health Fair BR 10 am Mutual 9 Open Director GL 2 pm Healthcare Lectures MR 2 pm Mutual 14 Open Director GL 6:30 pm Croquet Board Mtg. CE 6:30 pm "Rhythmic Vibes Jazz Night" w/ Peter & the Master Keys Terrace 7 pm Mutual 4 Open Director GL	25 9:30 am Healthy Bones Class BR 10 am Rug Hooking GL 10 am Table Tennis - Monroe Twp Rec HW 1 pm Table Tennis HW 1:30 pm German American Group CE 6 pm Line Dancing GL 6:30 pm Bingo BR	26 9 am Art Class GL 10 am Catholic Society Rosary MHP 1 pm Table Tennis HW 4:30 pm Croquet Social HW 7 pm Friday Night Dance Party w/ "Underwater Airlines"* BR 7:15 pm Sabbath Services MHP	27 10 am Forever Fitness BR 10:30 am Indian-American Meditation CE 7 pm Dance Club BR All Events Are Subject to Change. Schedule does not reflect changes made after the 15th of the month. *Registration required
28 11 am Worship MHP 7 pm Table Tennis HW 7 pm Congregation Movie Night BR	29 10 am Forever Fitness BR 1 pm Table Tennis HW 2 pm Line Dancing GL	30 10 am Chair Yoga GL 10:30 am News of the Week Roundtable MR 11:30 am Tai Chi Class HW 1 pm All in Stitches DW 				

ABBREVIATIONS

- Ballroom BR
- Bocce Courts BC
- Cedar Room CE
- Craft Room CR
- Dogwood Room DR
- Gallery GL
- Hawthorn Room HR
- Maple Room MR
- Meeting House MH
- Shuffleboard Ct. SC
- Willow Room WR

Swimming Pool

Rules and Regulations 2026



POOL RULES AND REGULATIONS

Friday, May 22 through
Monday, September 7

Health and Safety Guidelines: New Jersey State Bathing Code

- Persons showing evidence of communicable infection, sore or inflamed eyes, cold, nasal or ear discharges, or excessive sunburn will not be permitted in the pool area.
- People with open sores, blisters, cuts, and/or bandages will not be permitted in the pool.
- Showers are required prior to entering the pool.
- People recovering from diarrhea or symptoms of gastrointestinal disease are encouraged to wait seven days before using the pool.
- Persons suspected of being under the influence of drugs or alcohol shall be prohibited from using the pool area.
- Non-slip footwear is recommended on the pool deck and locker room area.
- Management reserves the right to close the pool at any time.
- Lifeguards are obligated to close the pool in the event of potentially dangerous weather.

Resident Pool Passes

- Upon entering the pool area, all residents must present their blue Rossmoor photo ID with 2026 stickers. No exceptions are permitted. These IDs are non-transferable and expire annually. \$10.00 replacement fee will be charged for lost ID cards.

Food and Beverages

- Food and beverages are permitted within the designated "Picnic Area" only.
- Glass containers are prohibited. Must be in break resistant containers.
- Alcoholic beverages are prohibited.
- Water in plastic bottles may be consumed on the pool deck.
- All trash must be removed and disposed of in appropriate trash/recyclable collection containers.

Seating

- Pool furniture is available on a first-come basis. Personal furniture is NOT

- permitted in the pool area.
- Beach towels should be used to cover and protect pool chairs when using suntan oils/ lotions.

General Pool Rules

- No animals, except Rossmoor registered service animals, shall be allowed within the pool area.
- Radio or other music media are not permitted in the pool area except those equipped with earphones.
- Smoking of any kind, including e-cigarettes, is NOT permitted in the pool area.
- No sitting on pool entrance steps or ladders.
- Diving, running continual jumping, or "horseplay" is NOT permitted.
- Noodles, Fins, Pool Toys, etc.:
 - Pool toys – inflatable, plastic, foam or any other material – and swimming devices such as, but not limited to swimmees, inner tubes, fins, etc., are NOT permitted in the pool, except for Aqua Aerobics classes.
 - Only US Coast Guard-approved life jackets may be used in the pool as flotation devices. "Noodles" may be used in the shallow end of the swimming pool.

Lane Swimming Schedule

- Lane swimming is available Monday through Friday, except for holidays. (Schedule is posted on the pool bulletin board.)
 - Note: Lanes will be removed 15 minutes prior to the start of the Aqua Aerobics classes.

GUEST PASSES

- Guest pool passes are available for purchase at the Education and Recreation Office during normal operating hours, Monday through Friday 8:30am – noon and 1:00pm – 5:00pm. On occasion, the office will announce weekend or evening hours, when passes can be purchased.
- Guest passes will not be available on-site at the pool.

GUEST PASS OPTIONS

- **Daily Pass** - \$5.00 per person, including children. Each pass can be used any one day during the pool season except for stated holiday times. Maximum of two guests per day per unit. Daily Pass must be surrendered to ambassador upon use.
- **Seasonal Pass** - \$125 per manor. Maximum of two

guests per day per unit.

- Daily and Seasonal passes expire annually.
- Daily and Seasonal passes are non-refundable and will not be replaced if lost or stolen.

GUEST ATTENDANCE RULES

- Residents must register their guests at the pool and must stay at the pool with their guests.
- All guests are required to abide by the Rules and Regulations.
- Residents assume all responsibility for their guests.
- There is a maximum of two guests, including children, per Manor per day,
- NO guests are permitted on the following holidays:
 - Memorial Day Weekend (5/22-5/25),
 - July 4th Weekend (7/3-7/6)
 - Labor Day Weekend (9/5-9/7).

GUEST AGE RULES

- **Guests over 16 years of age and older** are permitted to use the pool and surrounding facilities Monday through Sunday from 11:00am to close. Rossmoor Resident must stay with their guests at the pool.
- **Children aged 5 to 15 years** are permitted to use the pool and surrounding facilities Monday through Friday between the hours of 11:00 a.m. to 2:00 p.m. Residents must always stay with their guest children.
 - Children under 15 years of age and under are NOT permitted in the Hot Tub.
 - Children under 15 years of age and under should be encouraged to use the restrooms before entering the water and any "accidents" in the water should be immediately reported to the lifeguard.
 - Children under 15 years of age and under must exit the pool at 2:00 p.m. and exit the pool area no later than 2:30 p.m.
- Children under 5 years of age are NOT permitted within the pool fenced area.

NOTE: Violators of the Rossmoor Pool Rules and Regulations may be subject to a loss of pool privileges.

The Rules and Regulations are subject to change from time to time due to E & R Special Events.

Croquet Is Now in Play

By Sidna B. Mitchell

Despite the chill in the air, the Rossmoor Croquet Club started its court season on Friday, May 1, with golf croquet and everyone dressed in their traditional white attire. Folks were greeting one another with news of their winter antics, trips, and kids as they began their competition.

However, for National Croquet Day, on Saturday, June 6, at 5 p.m., members will trade in their whites for something in pink. This is all in support of Rossmoor's "Paint the Town Pink" campaign to benefit the American Cancer Society and breast cancer research. Members will be on the court not only for fun games of golf croquet but also for an evening of

pink champagne, pink lemonade, and tasty appetizers.

Normally, after the golf croquet games, the members head to the Clubhouse for their Attitude Adjustment time of beverages, chips, and dips. But there were special nights such as Pizza Night on Friday, May 22, and on Friday, May 29, when the members were treated to Sue Peters' terrific tacos.

All Rossmoor residents are welcome to give croquet a try on Fridays at 4 p.m., and they don't have to wear all white clothing the first time they pick up a mallet. However, they do need to wear rubber-soled shoes.

For more information, contact Membership Chair Karen Kahn at 732-501-0286.

HEALTH CARE CENTER NEWS

(Continued from page 17)
ting a good night's sleep.

When to Act

Stop ignoring the symptoms that may be caused by sleep apnea. Left untreated, sleep apnea raises a person's risk of getting heart disease exponentially - five times greater than those without sleep apnea. Further, sleep apnea almost quadruples the risk of death compared to those who do not suffer from the condition.

Treatment for sleep apnea is a lifetime process. Even if you had a sleep study five years ago, your condition might be different today. Perhaps you were cleared then, or maybe you were diagnosed with sleep apnea and are already using a CPAP or BiPAP machine at night.

If you already have a machine, it's important to make sure that the titration levels are appropriate for your current condition. Have your sleep apnea levels tested again and make sure your machine is adjusted if necessary.

Additionally, if you or a loved one is suffering from any sleep disorder, including narcolepsy, restless leg syndrome, or sleepwalking, a sleep study can properly diagnose the condition so it can be treated correctly.

The Center for Sleep and Breathing Disorders at Saint Peter's University Hospital has four nicely appointed rooms that provide a comfortable night's stay while you are having the sleep study. Some people may even qualify for an at-home study.

The important thing to know is that you should not be embarrassed or afraid of having a sleep study. Learning more about sleep apnea and whether you suffer from it is a matter of taking care of your body. If you wake up exhausted and have trouble getting through the day, talk with your doctor about scheduling an appointment for a sleep study with the Center for Sleep and Breathing Disorders at Saint Peter's.

MONROE TOWNSHIP CULTURAL ARTS COMMISSION

For details visit <https://www.monroetownshiparts.com>

2026 FREE SUMMER CONCERTS

AT THE GAZEBO ON THE LAKE

THOMPSON PARK

MONROE TOWNSHIP, NJ

THURSDAYS ~ 6:00 PM

Grant funding has been provided by the Middlesex County Board of Commissioners through a grant award from Middlesex County Cultural and Arts Trust Fund

JULY 9
OCEAN AVENUE STOMPERS

JULY 30
DRAGONFLY

JULY 16
ENJOY!

AUG 6
CARNABY ST. BAND

JULY 23
THE WOOD VIBRATIONS

AUG 13
HIDDEN GEMS

