



Rossmoor IN News



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AUGUST 2023



Summer flowers at the Mutual 2 circle.

Photo by Rosemary Masella

More tax relief for seniors

By Carol De Haan

Effective for the fiscal year that began July 1, an additional \$250 will be added to the existing ANCHOR tax rebate payments that New Jersey senior homeowners and renters will receive annually. This legislation was approved by the Senate 30-0 and by the Assembly 75-2 and signed by Gov. Phil Murphy on June 30. The governor said this was to help insure that "seniors can afford to retire and live with dignity" in New Jersey, a state with high real estate taxes.

The earlier Homestead Act sent tax relief payments to municipalities, with the benefit to show up on homeowners' municipal tax bills.

By contrast, the 2022 ANCHOR law made its first payments this year directly to homeowners age 65 and over, providing annually between \$1,000 and \$1,500 in property tax relief, depending on the homeowner's income.

ANCHOR has also provided an annual \$450 to renters who meet age and income requirements.

Other aspects of this new legislation provide for annual tax credits of up to \$6,500 for households with incomes up

to half a million dollars, but this will not kick in for another 2 ½ years. Critics of the program suggest it might not survive, depending on the condition of our state finances at the time.

Only time will tell.

Vietnam Visit- Part 3 the Finale

By Terre Martin

Our time around the dinner table was filled with stories. Terry Boone, the Swiftie who organized this tour, was especially entertaining. He had a great sense of humor and used those four-letter words to great advantage. The only time we saw him become emotional was when he told us about the Swift boat sailors who were killed. It is his mission to visit every one of their graves around the country and attach a medal to their headstone. He even tracked a man who was bur-

ied in Scotland. One of the men in our group, Tom, actually made the trip to fulfill Terry's mission.

Speaking of Tom, he was the one lone traveler. He was stationed at "Sea Float" in Anthoi. After only seven months "in country" his swift boat was shelled. He was severely injured, and part of his face was blown off. He was eventually sent to a hospital where they managed to rebuild his face. He wears a beard now, but the only visible scar runs across his nose. He is truly a walking miracle. What was even more amazing is the reason he came on this trip. As he put it, he had left his "blood, sweat, and tears in this country" and he wanted to see what had become of it. To his great pleasure, he felt that the country and people he left were doing well and had a better life than when he served.

Jack was the frail fellow who did everything his body could handle, including en-

Music Association says thanks to Faith Knabe

By Linda Bozowski

After nearly seven years leading the Rossmoor Music Association and collaborating with artists and the community, Faith Knabe has stepped down as president. The sometimes alto, sometimes soprano, resident since April, 2006, Faith's early musical honors included graduation from the Springfield Massachusetts Academy of Music, earning her a Certificate in Piano in the same year as her traditional high school graduation. She played solo piano over the years, performed as an accompanist, and was a performing folk singer in college as a member of the Hits and Misters quartet, which sang in Boston most weekends.

Faith earned her Bachelor of Arts from Clark University, a Master of Arts from Smith College and a Master's degree in Public Health from Columbia University's Mailman School of Public Health. After completing her education, Faith



Faith Knabe

pursued her career as a microbiologist, researcher, and healthcare consultant. Through her work with Johnson & Johnson to the Department of Health, with multiple consulting opportunities in between, Faith was a key player in the implementation of the DRG payment method for hospitals in New Jersey in the early 1980s. Before retiring in 2015, Faith had been recognized as an Emeritus member of Sigma Xi, The Scientific Honor Society, and as an Emeritus member of the New York Academy of Sciences. Both are world-wide scientific organizations.

Faith has continued her interest in music through practice on her beloved Knabe baby grand piano and through her membership since 1997 in the East Brunswick-based vocal group Philomusica. That group, composed of between 15 and 45 musicians, has entertained audiences over

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Register to vote

By Linda Bozowski

Although November and its upcoming elections are a few months away, we hope residents will mark their calendars for important events.

On Sept. 14, the League of Women Voters will host a Candidates' Forum at the Senior Center. The mayor will be up for reelection and three seats on the Township Council must be filled. Candidates will have the opportunity to respond to questions, which they will not have seen in advance.

Every vote is important, as are informed voters. Meet our candidates and hear their points of view. League presentations are open to the public, and membership is not required. Please join us for this discussion.

Register to vote as follows:

- In the Rossmoor Red Room on Aug. 16, 4 to 6:30 p.m.;
- At the Township Library on Sept. 5, 11 a.m. to 3 p.m.;
- At Monroe Village on Sept. 21, 10 a.m. to 4 p.m.; and
- At the Green Fair, Sept. 23, 10 a.m. to 4 p.m..

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at the governors' meeting

On Thursday, July 20, in the Village Center Meeting Room, the Rossmoor Community Association Inc (RCAI) Board of Governors held their monthly meeting. Approximately 30 residents attended in person with another 19 watching online.

RCAI President Dan Jolly thanked everyone for attending. Dan reported that he and Vice President Gurriero attended a Township meeting where they learned the Town will install an aeration fountain in Golden Pond. The pond is a retention basin located between Mutual 12 and the Matrix corporate development along the Turnpike. The pond is owned and maintained by the Township.

Treasurer John Craven reported a May 31 RCAI budget variance. He stated the Association is still running a good budget variance and he sees nothing soon that will negatively impact the budget. There is a year-to-date surplus of \$376,259 compared to a budgeted year-to-date planned budget deficit of \$13,029, which is \$363,230 better than budgeted.

General Manager Tom Curry gave the monthly management report to the BOG, mentioning several Administration departmental work statistics, including 15 condominium closings and five cooperative closings in June.

He reported on the Maintenance Department's volume of work, and the status of ongoing projects in the Mutuels. He discussed several ongoing major projects in the community, including the planned Au-

gust asphalt pavement work on Thurman Lane, Rockport Way, and Revere Way. He stated the second round of concrete replacements was currently underway. He discussed two meetings attended by RCAI regarding the flood mitigation grant. He provided updates on the Village Center HVAC replacement project, tree pruning and removals occurring on RCAI grounds.

Curry reported that June was a successful month at the Golf Course with record income from events and guest play. He reported on several maintenance items completed on the Course and discussed a few upcoming golf events.

New Business:

- Resolution #2023-22 – Authorization to Purchase Portable Stage. A motion was made to purchase a replacement portable stage. The stage is utilized by the Education and Recreation department for many different events. The current stage is in disrepair and is lacking certain safety measures that the new stage will include. The motion was seconded and passed unanimously.

- Resolution 2023-23 – Ratification of Dog Purchase. A motion was made to ratify the purchase of a new goose-chasing dog for the Golf Course. The current goose-chasing dog is nearly 12 years old and is retiring. The new dog was delivered on Friday, July 21. She is two and a half years old and highly trained to work beside the course superintendent to scare off geese from the course. The Motion was seconded and passed

unanimously.

Directors Comments

- Mutual 8 Director Franks asked if all Mutual directors would be enforcing the N.J. state law regarding propane grills being stored five feet away from a home. Much discussion followed. It was recommended that all directors follow their Mutual Association rules and N.J. State laws regarding proper storage. A resident asked why all Mutuels don't follow the same rules. It was explained that they are independent corporations.

- Mutual 10 Director Sforza made a motion to require the Administration office to increase its current walk-up hours. The motion was seconded. After much discussion it was determined the current walk-up hours were appropriate. The motion failed 3 Yes - 15 No.

- Mutual 12 Director Gurriero made a motion to include eight more handicap spaces in the Clubhouse parking lot with Maintenance determining the most feasible location. The Motion was seconded and passed unanimously.

- Mutual 12 Director made a motion to have stickers, in addition to the ticket, placed on a side window for any car in violation of the parking regulations. Much discussion followed. The motion was seconded and passed 17 yes – 1 abstain.

Residents Comments

- A resident reported issues with the North Gate responding to a vehicle improperly parked in the resident assigned carport space. The general manager will discuss the matter with the Security manager.

- A resident reported a delivery vehicle was improperly allowed into the community by the North Gate. Another resident suggested that delivery drivers be turned around if they are not called in to the North Gate.

- Mutual 4C director reports

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Bits & Pieces

By Sue Ortiz

Bet you didn't know there is a connection between clocks (a subject dear to my heart) and socks. I didn't either, until I started researching this column. More on that later.

One recent weekend I planned to stay home and work on some much-postponed craft projects: paint a small cabinet I picked up at a thrift store, plan a project (or two) to be cut on my Cricut® cutting machine, and do a "paint pour" picture for my bedroom. But the best-laid plans go awry, as they say!

I slept in, watched a jewelry-making program, and did some laundry before gathering my craft tools and supplies. Sometimes, the most time-consuming aspect of crafting is collecting all the necessary bits and pieces before sitting down to do the work. If only I had a dedicated room with stations set up for the myriad craft categories I dabble in, I could have everything at the ready. As it is, I have things here, there, and everywhere.

Time to retrieve some supplies kept in the spare room – in this case, fabric and quilt batting.

Along the way, I collected the laundry from the dryer that was incessantly yelling – I mean beeping – at me that it was done. Upstairs, I tossed the pile of warm clothing onto my bed for sorting. Among the various and sundry wardrobe pieces is a stockpile of socks (a sockpile?).

Socks have been around for at least 1,500 years and probably longer: Archaeologists found evidence of ancient socks on a 19th century dig on the Nile. There is also unconfirmed evidence that prehistoric humans may have worn crude socks made from animal skins.

I know I've been wearing socks for at least (insert your assumptions here) years. Seems like I've been collecting socks for just as long, if you look at my two (yes, two) sock drawers. One drawer for summer socks and stockings, another for warmer winter pairs and cozy "after shower" pairs that are too thick to wear in shoes.

From the aforementioned animal skins to woven wool, to matted animal hair to modern cotton, to cashmere, bamboo, polyester, nylon, and silk, socks have been made from an unusual assortment of materials throughout history. I'll stick with cotton and acrylic.

Whether I needed a distraction or not, the time was right to sort the sock drawers. I upturned the drawers onto my bed, pushing the now-cooled pile of laundry aside. Whew! How many pairs of socks do I have? I began the task by sorting and trying to make matched pairs, in varying shades of navy, black, ecru, and brown, with the occasional fuchsia, lime, and peach thrown in

the mix for diversity. It's hard to find socks in colors other than dark shades. Sometimes you just want your socks to match your outfit!

I'm always in search of the perfect sock. Like the pants-buying predicaments of a previous column, I can't find socks that don't bind my leg, don't make my feet slide around in my shoes, or don't slouch around my ankles. I used to find "the perfect sock," a fold-down cotton crew, from K-Mart. But that store is long gone. And so is that supply of socks.

I have two pairs of quality, argyle-like socks left over from the old days. A sock store was going out of business, and I bought a ton of nice socks – a bargain at \$5 a bag! Argyle socks originated in Scotland; the pattern of intersecting diamonds complimented the Highlanders' clan tartan. I'm not a Scot, but I loved those socks. I wish I could go back in time to buy another bag.

After sorting for 30 minutes, I tossed a half-dozen mismatched singles and others with worn-out tops, toes, and heels. I wasn't about to darn them. With the remaining socks folded neatly, lined up, and sorted by color and season, I was pleased with my making one drawer out of two. Hopefully the washer and dryer will not be hungry for a while!

Now to the socks and clocks connection: Back in the 16th century, socks were often adorned with an embroidered design around the ankle or up the side of the leg. Because this pattern looked like the hands of a clock, it was called the "clock" or "clocking." The name stuck. Humph! I have never heard of this.

So, I'll keep searching for the perfect socks, buying what seem to be ideal, but in fact are not.

Now I need to get a pair with a "clock."

B&P

"What would happen if our clothes were Internet-enabled? Can you imagine if you lost a sock? You could send out a search, and sock No. 3117 would respond that it's under the couch in the living room." – Vint Cerf (American scientist, b. 1943)

"One weird thing about me: I come home from practice or a game or whatever, and somehow my left sock always seems to get off my foot, and I end up walking around with one sock on." – Michael Beasley (American athlete, b. 1989)

Our Website

Go to rcainj.com to access the Rossmoor website.

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

Open RCAI Meetings in August

Board of Governors Meeting

Thursday, August 17 - 9 a.m.

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

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



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

volunteer writers should contact Rossmoor News Chair about any submission. **We reserve the right to edit, limit, or reject any materials/submissions according to the directives of the Editorial Board and Publisher.**

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Jamming in the Ballroom



The new musicians' group, Old Soul, performed in the Ballroom.

By Roy McNamara

The music and good times were enjoyed by everyone on the evening of Friday, June 9, when the band Old Soul performed for the first time in the Clubhouse Ballroom. It was the initial meet and greet for what we hope will become a regular Rossmoor event. About 60 residents attended. Pretty soon attendees were dancing, singing, and playing instruments.

We had some high-level musicians from Rossmoor who showed off some hot musical licks to start things off, eventually playing many songs conducive for jamming. Several residents joined the band later for selected tunes to play harmonica, sing, and play drums.

Neighbors enjoyed seeing other neighbors get up and perform. Solos were proceeded with announcements like, "Here he is! ALL the way from Yorkshire Lane..." which got some laughs. People visibly let down their guard in a relaxed atmosphere. We hope this will expand from opening night.

What is Old Soul?

We are an eclectic, improvisational band of Rossmoor residents who are high-level and professional musicians. For the past six years, we ran a successful blues jam at Garvey's Restaurant. Now we'd like to gather resident players to have fun and display their talents with a live band. We believe that anyone who likes good music and especially watching

interactions between musicians during improvisational pieces, or just performance art in general, will enjoy our performances. We might reach out to other Rossmoor groups, such as the Players, The Chorus, or even the Music Association to assist in their efforts.

We intend to offer periodic performances, jams, discussions, lessons, etc. Going forward, we will be open to suggested activities.

Contact us

Anyone interested in attending or participating in the next Old Soul jam, or who might be interested in having Old Soul perform at their event, can send an email to rossmoortunes@gmail.com, with "Rossmoor Musicians" in the subject line. You can also text me at 908-635-6661.

The next date is tentatively scheduled for August. (Watch Channel 26.)

Music Association

(Continued from page 1)

the past 55 years. In addition to contributing her vocal talents, Faith was a grant writer for the group and was successful in gaining financial support for a number of years.

As a member of the Rossmoor Music Association, Faith shared her musical knowledge with the Board and was asked to take on leadership responsibilities in 2016, when then-president Lucy Poulin

moved from Rossmoor. Over these past seven years, Faith has helped organize programs and engage a wide array of artists to entertain members of our community.

A proud mother and grandmother, Faith's son Jeff and daughter-in-law Tzipi and their two children Haddie, age 9, and Jonah, who is 7, live in nearby Brooklyn.

We wish her many more years of musical enjoyment and thank her for sharing her musical talents with us.

From the Editors

From the Rossmoor News Board

The editors and publisher of the Rossmoor News have requested that our writers keep their articles shorter than some recently have been. Ideally the length would be in the neighborhood of 500 words. This permits more articles to be published and makes placement into the final format easier.

Obviously, some articles require more to cover the topic, but perhaps an author needs to consider the article for serialization into two or more articles to be printed across a number of months.

One technique to keep articles short is to write an initial version, then sleep on it for a night or two. Come back to the article and remove any extra or redundant words. A more concise article is more likely to be read to the end.

On a different topic, please do not embed pictures into your articles. They need to be sent to news@rcainj.com as separate attachments along with the article in your email. Extracting photos and clip art from text files is often problematic, time consuming and ineffective. We accept these formats: jpg, jpeg, pdf, and png for pictures and illustrations. The publisher will determine placement of pictures with the text.

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Women Golfers Unite!

By Terre Martin

Women golfers are welcome and encouraged to come to the course on Tuesday and Thursday mornings for fun and friendship as groups tee off beginning at 9:30am. This year those wishing to only play 9 holes can still join in.

We are a social group as well as golfers. Many of us meet at Sal's Deli for lunch after we finish a round, and recently, we met at Top Golf for fun and food when the course was closed for a junior tournament.

The Rossmoor 18 hole golf course is not only beautiful, but it is well maintained and affordable compared to many neighboring courses. Unlike public courses, there is almost never a wait to tee off, and we don't have to contend with crowds. The cost to play also goes down after 2 p.m., when conditions are great, and the course is virtually empty. While it is tempting to stroll along the cart

paths, residents are not allowed to walk themselves or their dogs on the course. There is always the danger of being hit by a stray ball.

The volunteers who are helping to organize the

women golfers are Maria Hogan, Jo Schwegel, Sandy Pellicane, and Jan Bollinger. For more information on how to join in, contact Maria at 347-217-4910, or Jo at 917-612-7729.



Women golfers headed for Top Golf when our course was closed for a tournament.



Happy golfers enjoying their day

Board of Education changes budget approval process

By Linda Bozowski

At its meeting on June 21, and following debate by Board of Education members and comments from the public, Board members adopted a new process for getting

future school budgets approved. This will apply to the school budget election to be held in April, 2024.

This means that Board members will relinquish their right to approve their own budget for the upcoming year. It will now be voted on by the community.

Why would they give up their right to ratify their own school budget? Apparently, they have decided to present a budget that will exceed the 2% cap increase over the previous year's budget.

That 2% cap was imposed by the state in 2012, during the Christie administration. If a school system could keep its new budget to within 2% of its old budget, no public vote would be required. If, however, a school system were to exceed the 2% cap, the budget must, by law, be turned over to the community for approval or rejection.

Prior to 2012, residents of a municipality always voted on their annual school budget each April. (They also selected Board of Education members at that time.) But a pattern began to emerge: citizens were voting NO on school budgets in many, many municipalities. Problems ensued.

If a school budget is defeated at the polls, the whole matter must be referred to the municipality for review. That body could (1) approve the budget, or (2) make reductions in the budget total, or (3) recommend that additional amounts be included in the budget (which was rare).

If the governing body were to require budget reductions, it could not specify where the cuts should be made, e.g., programs, busing, staffing, etc. Only the budget total could be reduced. The reduced budget would then go back to the Board of Education to decide where to apply the cuts.

If agreement cannot be reached between the local governing body and the Board of Education, the county superintendent or a member of the state Department of Education might become involved in an arbitrator or decision-making role.

(Continued on page 5)



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Board of Ed

(Continued from page 4)

Because these processes were lengthy and costly, the state legislature decided in favor of the 2%-cap- with-no-public-vote method to pass school budgets, which has become pretty much the standard in this state.

Some Board and community members expressed misgivings about giving up the 2%-no-public-vote method, observing that there are serious down-sides to moving the 2024-2025 school budget to a public vote next April. Among the objections were the following:

- Elections are costly. The projected cost of a special election will approach \$100,000.
- Voter turnout is expected to be very low. Recent voting on the school referendum issue produced fewer than 7,000 votes from a population of more than 20,000 registered voters. Off-cycle elections are traditionally low-participation events.
- Voters frequently defeat school budgets, which delays the final school budget until the township council completes its portion of the process.
- Board of Education members will have their terms extended by five months, and newly elected members cannot be seated until after the April election. Some employment contracts will also need to be extended for additional periods.
- The Board of Education can return to the 2% cap budget process with a November Board-initiated approval, if the Board decides to do so, but cannot reimplement that method until the 2026-2027 budget is up for consideration. Otherwise, the public vote procedure will remain our method indefinitely.

Graduation Requirements Policy Change Under Consideration

Awaiting a second policy public reading, a proposed reduction to graduation requirements is under consideration. The Board currently requires 130 credits for a student to graduate from Monroe Township High School. The Board is considering changing that to 120 credits, as mandated by the N.J. Department of Education.

This would eliminate the current requirement of a fourth year of mathematics. Students who want to take a fourth year of math would be allowed to do so, or a student could take other courses to satisfy the 120-credit requirement, including advanced placement courses or other electives.

Most schools in New Jersey require the state-mandated 120 credits for graduation. Few schools require more than 120 credits. Additional discussion will be permitted at the next Board meeting, scheduled for July 19. It is expected that approval of the policy change will be voted on by the Board at that meeting.

What are the benefits of a telecoil installation?

By Betty Anne Clayton, Ed.D.

Telecoils, also known as hearing loops, are becoming the foundation for hearing-friendly, inclusive communities. A bill (A1487) is currently before the N.J. Legislature and, when passed, will require hearing loop system installations in buildings open to the public upon new construction or during renovations costing more than \$40,000.

The benefits that would accrue to our residents, upon the installation of a hearing loop system in the Meeting House, Ballroom, and Gallery, would be significant. Hearing loops deliver intelligible, distortion-free speech in public places where distance, ambient noise, and challenging acoustics otherwise make listening and understanding virtually impossible with hearing aids and cochlear implants. A hearing loop sends sound directly to the telecoil receiver in a

user's hearing device. The system eliminates most background noise and greatly improves understanding of speech and music. Additionally, the sound received is customized by each user's unique hearing instrument.

One important benefit is the elimination of special hearing equipment. People with a hearing disability stand out as being hearing-impaired when using hearing equipment provided by the venue. Being able to hear well with hearing loop technology is inconspicuous. Also, there are no concerns about sanitation as there are with hearing equipment that has been worn by other users. To hear clearly, people simply switch their hearing aids to the telecoil program and they automatically receive clear customized sound.

Another benefit of telecoil technology would be increased participation in the

excellent programs provided by our E&R staff, the inspiring worship services offered by our Catholic, Jewish, and Protestant communities, the outstanding performances that the Music Association and the Players bring to our community and the many other excellent programs of-

fered by our clubs and organizations.

I am very grateful for those who have already joined me in researching the possibility of a telecoil installation. Your thoughts are most welcome and I may be reached at bettyanneclayton@yahoo.com.

AARP speaker enlightens us about scams

By Jean Houvener

The June meeting of the Computer Club focused on scams and fraud. The AARP New Jersey Speakers Bureau sent Sharon Gerber who presented us with information, much of it known by us, but always useful to review again. Founded to protect the finances of seniors, AARP views warning seniors about scams to be part of that protection.

The adage, "there's a sucker born every minute and

two to take him," has been magnified in our world of digital electronic connections. Fraudsters can contact us from all over the world. Many seniors have been approached by or victims of fraudsters. Millions of dollars are lost every year to criminals.

The top scams take two general forms: identity theft and imposter scams. In identity theft the scammer will generally approach you posing as

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AARP

(Continued from page 5)

a legitimate organization trying to acquire your name, address, social security number, and other personal information. When they subsequently use that information to take your money, the scam becomes fraud. With imposter scams, they do not take your identity, but pretend to be someone else – the IRS, Social Security, JCPL, a jail in Mexico where your grandson has just been arrested – in order to convince you to send money to them immediately. This money is always in an untraceable, irretrievable form, such as gift cards, always a red flag that fraud is involved.

Often when contacting by

phone the scammer will show up with a fake name and number on caller-id, masquerading as the organization they claim to represent. Always remember, the companies they claim to represent will rarely call you. Contact via email can create very realistic names and links with names closely resembling the legitimate company. On close examination the names and links will show problems.

Another method of contact is through pop-up windows, perhaps claiming to be Microsoft or Apple and requiring access to your PC to fix a problem they have detected. If this happens to you shut down your PC immediately and it should go away. Neither company will contact you in this manner.

You can protect yourself in various ways. Do not answer the phone until you hear the person speak and you know who it is. If they leave a voice-mail, do not respond using the number they supply but use the phone number for your bank, or whatever organization they claim to represent. With emails do not open links from unexpected sources, and again locate the correct contact information for the legitimate organization. If they appear to be from a friend but look suspicious, call the friend to confirm that they sent it or warn them their email has been hacked. For pop-ups, set your internet browser to reject pop-ups as a default.

Many scams shifted and multiplied in the wake of the



An excellent program on fraud from Sharon Gerber of AARP.

pandemic and stimulus payments. Some offered free Covid tests in order to get people's Medicare numbers,

which were subsequently used to bill for non-provided services. Other scams offered to get your stimulus payments to you, something not necessary. The grandparent scam (or aunt or uncle) remains a favorite of scammers, primarily because it works. In the panic of the moment people who know better when not frightened will fall for these scams.

It is important to remember these scammers are often part of large criminal organization. They are dangerous people who are expert at manipulating people; they try to wrap you in your emotions and not in your rational mind. They use many tactics, including profiling you by asking strategic questions about you in order to lead the discussion, implying scarcity for an item they make irresistible, claim credentials they don't actually have, and ultimately use fear and intimidation. The best defense is not to engage with them at all. If you do end up in conversation, keep your response to, "No thank you. Goodbye," and hang up. Your best defense is to be vigilant and informed about active scams. We are all vulnerable to these predators.

AARP Fraud Watch Network
aarp.org/fraudwatchnetwork
AARP Fraud Support aarp.org/fraudsupport

DO YOU HAVE ANY OF THESE SYMPTOMS?

- ✓ Numbness
- ✓ Pain when you walk
- ✓ Sharp, electrical-like pain
- ✓ Burning or tingling
- ✓ Difficulty sleeping from leg or foot discomfort
- ✓ Muscle weakness
- ✓ Sensitivity to touch



YOU MAY HAVE

PERIPHERAL NEUROPATHY

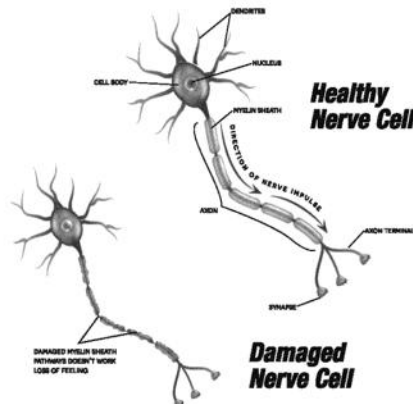
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

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

HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage. Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.



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Board meeting

(Continued from page 2)

a use variance has been requested in the Matrix complex next to Mutuals 4C, 14, 15 and 16. She suggests the entire community get involved.

- A resident requested a Comcast representative from their technical department attend a meeting regarding very poor service. Jolly agreed and will request a meeting.

- Jolly reported that the Monroe mayor has worked with JCPL regarding inoperative streetlights in the community. He reports JCPL is now working on the problem.

There being no further business for the Board to discuss, a motion to adjourn was seconded and passed at 10:34 a.m. The meeting was reopened a minute later to allow another resident to speak.

- A resident summarized a recent drowning in the ocean and requested lifeguards be hired for the Rossmoor pool next year.

There being no further business for the Board to discuss, the meeting was ended at 10:36 a.m.

Vietnam Visit

(Continued from page 1)

men a common place to open up about their experiences.

When Doug first returned from the war, he was stationed in St. Louis, Mo., as a Navy recruiter. He also spoke to various groups about the war, and he still does. In February, he spoke to the local veterans group about our trip.

We also did some fun things that were quite unexpected. On Dec. 7, Trang took us on a nighttime boat ride to a small island where we released candles floating on lotus flowers. We said a prayer and remembered Pearl Harbor Day. Another

treat was a random stop at a roadside stand that was stacked with fresh pineapples. The shopkeeper had just harvested the fruit. He artfully cut them up and shared the juiciest, sweetest, and best tasting pineapples I have ever eaten!

Another interesting stop was a complex containing several different churches and temples. Vietnam established its own religion called Cao daism, which combines elements from many of the



Fish on a stick (note teeth on the fish!)

world's religions including Buddhism, Confucianism, Christianity, Hinduism, Islam, Judaism, Taoism and Genism. The artwork, sculptures, mosaics, and architecture were beautiful. The tenets of the religion seem so simple. We all come from one God, so we should worship as one community. If only...

One of our last adventures was a ride through narrow canals that the Swift boat sail-

ors knew too well. Trang videoed the trip from the bow, so Doug could feel the full effect of speeding down an unknown canal with thick jungle on both sides and enemy snipers lying in wait.

The final leg of our trip was spent in Phu Quoc, a vacation island off the coast of Vietnam in the Gulf of Thailand. It helped everyone decompress after such an intense tour. Of course, getting to the island was another Vietnamese treat. The boat was called "SuperDong." I'm not wise in terms of double meanings, but even I got a laugh out of that one. If you've ever seen movies of people crowded on a bus in a third world country (you know, with animals, chick-

ens, etc.) you will know what this boat ride was like. In typical Vietnamese fashion, the boat was packed -- old, young, motor bikes, crates, luggage, etc. On the wall in front of us was a TV screen with Vietnamese performers with no sound! I noticed that the only person in rapt attention was a preteen boy who couldn't take his eyes off the scantily clad dancers!

We stayed at a very lovely seaside hotel. We were booked for 3 days and 2 nights to help us wind down and look forward to going home. Doug and I both had wonderful spa treatments, and it was nice to sit around the pool in the shade and share last minute stories with our fellow travelers. We ate food that wasn't fish or fish parts, and the guys got to drink the last of their favorite Vietnamese beers. Doug got to celebrate his 77th birthday, and we celebrated our 53rd

wedding anniversary with the group.

As we all said our good-byes, we promised to meet again at the next Swift Boat reunion in September. Time will tell. I know Doug will stay in touch through his Swiftie Facebook group, and everyone promised to share photos via email. They were wonderful people, and I felt honored to be among them. I pray that they all stay in good health, but time is running out for some of them.

I'll end this article by repeating my intense gratitude for living in the United States of America. The worst of the worst in our country is still better off than many of the people we have seen abroad. Seeing how others live gives you perspective. It's why we owe gratitude to those that came before us and were brave enough to venture into the unknown for a better life.



Terre and Doug on the canal boat

Traffic Safety Announcement

Please drive carefully within the community making sure to **STOP** at stop signs, use your **DIRECTIONAL SIGNALS** and abide by the **SPEED LIMIT**. Also, please be certain to park on the right side of the street.

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\$10 OFF sale thru the end of the month!www.allelectricnj.com**The coldest day on record***By Anne Rotholz*

The coldest day ever on earth was July 21, 1983, recorded in Antarctica. I find it ironic that I am writing this on the third consecutive day with the warmest temperature recorded on earth.

While this record is important, it also makes one wonder if there might not have been a colder day before records were kept. While there is no way to get an answer to that, I thought it might be interesting to take a look at the history of weather and weather forecasting.

Early studies of weather and attempts at weather forecasting go back to the time of the Babylonians. Around the year 650 BCE they made short-term forecasts by looking at the clouds and other natural phenomena such as haloes (circles of light) around the sun, moon, or other heavenly bodies.

The Greek philosopher Aristotle was involved in weather forecasting around 350 BCE. He wrote a treatise, "Meteorologica," in which he described weather patterns. His work was used as a guide by weather forecasters for hundreds of years. Although many of his observations were correct, most were not and were later cast aside.

Chinese astronomers were also interested in weather issues at a very early date. By the year 300 BCE they had drawn up a weather calendar. They divided the year into twenty-four festivals with each festival representing a different type of weather.

Many early weather forecasts could be somewhat accurate but only for the short term. As such they were useful. I remember that

while growing up in Ireland we had some lessons. Look at the sun, the moon, and the sky. Listen to the various sounds such as the sound of the waves on the ocean and of the river in the distance. They did indeed give clues for short-term forecasts.

Following are some major inventions that helped usher in better ways to study weather and make better forecasts.

In the early 14th century, Nicholas Cusa invented the hygrometer, an instrument that measures the amount of humidity in the air.

In the 15th century, Leon Alberti invented the anemometer to measure the speed of wind. Centuries later it was perfected by an Irish scientist, John Robinson.

In 1592 Galileo invented an early version of the thermometer. It was later updated by Fahrenheit.

In 1643 Torricelli invented the barometer for measuring atmospheric pressure.

It was the arrival of the telegraph in the mid-1800s that gave weather forecasters their greatest impetus. Now they could quickly share weather conditions in various locations and use them to make better forecasts. The digitalization of weather information facilitated this.

Weather information that

had been stored in old weather stations or in ships

offices could now be recorded and preserved. It could prove useful in making later forecasts.

In the 1920s, forecasters took another giant step forward in the form of Radiosonde. Small lightweight boxes equipped with weather instruments and radio transmitters were put in a hydrogen or helium balloon. At a height of three kilometers the balloon would burst, releasing the instruments to send temperature, moisture, pressure, and other weather data to a weather station on earth. The data would then be shared with other stations around the world.

Radiosonde is still used as part of weather forecasting. Radar, satellites, and automated surface observing systems are also used.

Modern technology has totally updated the way we look at weather. The arrival of computers, the Internet, and the digitalization of weather information makes forecasting better, easier and more accurate. We have come a long way from the time of the Babylonians.

**Rossmoor Clubhouse****Cornhole play with Roy O'Reilly and Babs Burford***Babs Burford-O'Reilly*

When was the last time you visited the Clubhouse at Rossmoor? I love our Clubhouse and I am always amazed at how underused it is. My husband Ray and I will wander over occasionally and shoot a game of pool or play a little cornhole. Some time we will just stop in the morning and sit in the living room and read the papers. The library has many

books as well as magazines available for your reading pleasure. You can also pick up the Senior Center monthly activity paper in the Clubhouse.

Beside just getting out of the house, you never know who you will run into. You may see someone you haven't seen in a while or you may make a new friend. Hope to run into you at the clubhouse one day.

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Prince Harry wrote a book

By Carol De Haan

And I bought a copy.

Let me say at the outset that I have always liked Prince Harry: his lack of pomp and circumstance, his sense of fun, his support for injured veterans, his affection for kids and animals. So I found his book, all 400 pages, a rewarding read. Its title is "Spare," as in "the heir and the spare."

Harry begins with the seminal event of his young life: the death of his beloved mother, Princess Diana, and that he and his brother William had to march, stunned, behind her coffin through the streets of London. His Uncle Charles, Diana's brother, called it a barbaric requirement, perhaps needed to deflect negative attention from an unfaithful husband, and instead to create sympathy for two handsome, devastated young sons.

Both boys went to live with their father.

The only way 12-year-old Harry managed to function for years was by inventing the fantasy that his "Mum" was alive, that she had merely escaped the vicious predations of the paparazzi, and that she would return for her sons so they three could live happily together again. He clung to this belief for many years.

Harry and Willy spent summers at Balmoral Castle in Scotland where they ran through the woods, tumbled on the lawns with the dogs, and jumped into the ponds,

all the happy hi-jinks of boys with too much energy.

He continued his schooling at nearby Eton where William, now an upperclassman, warned Harry to keep his distance. Will wanted no hero-worshipping younger brother to interfere in his standing with his more sophisticated classmates. William, of course, went on to college in Scotland where he eventually met Kate Middleton, his future wife. Harry opted for the Royal Military Academy at Sandhurst, a tough school from which he graduated as Second Lieutenant Wales.

His unit was assigned to Southern Iraq. Harry loved the military, which appealed to his sense of loyalty and made him just one of the guys, free from bodyguards, paparazzi, and all the entanglements of royalty. He was mightily disappointed when the enemy got wind of his presence, made him a target and a danger to all his team. He had to leave.

He was assigned to Afghanistan, where he remained anonymous for a while. Eventually the Taliban discovered him, began messaging each other about "the red fox," and Harry was pulled from that assignment, again as a danger to his men.

His final job in the military was the long and arduous task of learning to fly the immensely sophisticated Apache helicopter, which he greatly admired. He seemed proud of being a helicopter pilot. But eventually he was

once again pulled from combat. Losing the role in life that he had cherished, Harry went back to civilian life.

He was not happy. These were some rough days, living alone, dodging the ubiquitous press photographers who seemed to know in advance where he was going because they would be there waiting for him, sometimes hoping to create a ruckus. A photographer could sell a good picture of Harry to a tabloid for about \$30,000. If they could provoke him to take a swing at one of them, it might be worth \$100,000. Harry had to resort to an old trick of his mother's: riding around balled up in the trunk of a car because the obnoxious paps would not chase what seemed to be an empty vehicle.

When he met Meghan Markle and felt that instant connection, Harry's life turned happy. She gave up her career in television and the two of them became working royals, devoted to serving the monarchy. Until, that is, the tabloid press turned on Meghan, intruding on her privacy, harassing her, inventing lies – all the same old tricks but this time with racism thrown in. The newlyweds gave up their ties with the monarchy, moved first to Canada and then to California. They seem to be happy, loving their two children, their dogs, their chickens, and their new neighbors. Harry's book is easy to read, pleasant and often funny. I recommend it especially to veterans who will undoubtedly relish the many chapters in which Harry enthusiastically describes his military experiences.

I will read this book again. It was that good.

All Aboard the Cruise Ship Rossmoor

By Allen Kobezak

Thinking about anything other than my workout makes my time go quickly in the Fitness Center. I may even try thinking more outside the gym. Yesterday, I thought about how living in Rossmoor was similar to being on a cruise ship. We may not have all a cruise ship offers, but let's compare the two.

To start with, a cruise ship has a cruise director. According to Wikipedia, a cruise director has "responsibility for all onboard hospitality, entertainment and social events." We also have a cruise director, kind of. We have Melissa and her crew, who do a fine job on land or sea.

A ship has a doctor, and our Health Care Center has an excellent staff.

As for outdoor activities, you can play some sports on the deck of a ship, but be careful you don't follow that bouncing ball overboard, it's wet down there. We have

many sports in Rossmoor, and I have never heard of a cruise ship with an 18-hole golf course.

We're in for a nasty gale, so let's see what's happening below deck—card games, crafts, dances, billiards, bingo, table tennis, entertainment, and the gym. Most are available on a ship and in Rossmoor.

A cruise ship has excursions, like Rossmoor, but not to Yankee Stadium.

A ship comes up short not having a wood shop, Meeting House, the Rossmoor Chorus, and, let us not forget the Rossmoor News.

I almost forgot the one activity that a ship has, but Rossmoor doesn't -- seasickness.

That's all I could come up with in my 45 minutes on the elliptical machine. All of you who would rather fight for a seat on a lifeboat than enjoy a landlubber's life in Rossmoor, signal me with an S-O-S, Save Our Ship.

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***** Tickets for holidays will go on sale July 19. *****

(Continued on page 12)

This month in pictures



Debbie Criscoli's beautiful garden on Concord Lane.

Photo by Rosemary Masella



Happy residents enjoyed the music of Old Soul in the Ballroom.



A cloudy afternoon over the Golf Course

Photo by Youngae Lee



A hawk visited a patio.

Photo by Annie Tierney

Captain Brillo

By Ken Thomas

They started calling our equipment chairman "Captain Brillo." His real name was Jack. Rarely would he accept the metal pots, pans, utensils, serving spoons, lids, dishes or cups in the Kitchen Patrol Kits initially. He could always find black, charred areas from the cooking fires. The captain issued Brillo pads to remove the black areas instantly, explaining his Captain Brillo nickname by the boys. On a camping trip, Jack brought all the Kitchen Patrol Kits for a thorough cleaning. Starting fires after breakfast, the captain began the KP brigade. No one passed his initial inspection of any metal item. Every black spot was identified for removal. At sunset, the boys thought the KP was finally over, but he lit two lanterns, so more Brillo pads could be used. Soap was everywhere. The fingers, hands and arms of the boys were water wounded.

The Kitchen Patrol equipment was in excellent condition. No black spot lived, so Captain Brillo brought other

gear on the next camping trip for cleaning, repair or replacement. Twenty-two boys and fathers became part of the captain's crew. Axes and saws were sharpened. Tents and tarps were brushed clean, patched and rain-proofed. Water jugs were cleaned internally and externally. The first aid kit was replenished. Black, charred areas on propane grills were attacked. If a Brillo pad could be implemented, the item was "Brillo-ed." The boys revolted. They "borrowed" his stock of pads and secretly returned gear to his station wagon without inspection. KP became a battle of Brillo. Now, the boys openly addressed him as Captain Brillo. Jack's given name was forgotten. Some of the fathers were angered by their disrespect, but the captain smiled and restocked Brillo pads.

I didn't know what to do. The gear was tagged, numbered, identified and allotted to each individual patrol. An inventory was created and checked two times a year. The gear was stored properly and never needed repairs. Worn or damaged gear was

replaced within our budget. Captain Brillo was much more than soap and he deserved the respect of the boys. The captain and I met for an informal meeting. Captain Brillo was really a great guy and I think he liked the title except for the boys' sarcasm. We planned a solution. When the boys returned clean equipment, he would give them patrol competition points. Tent pegs could be cleaned easily (Brillo-less), so they became gear guests. Each patrol was issued a stock of Brillo pads, decreasing patrol costs. KP excellence was rewarded annually. However, the tent peg plan backfired. Everyone lost tent pegs, impossible to correct. He would forgive the boys and charge the fathers. The boys made tent peg cleaners (no Brillo). Fathers could never return the required number of tent pegs (their fees paid for lost pegs). Additionally, the father patrol always owed penalty payments for their gear (bent left-handed smoke shifters). I received credit and coupons for my partnership with our Equipment Chairman. Captain Brillo became a legend.

New Neighbors



Christina Smith, Resident Services Manager

Arleen Flanagan, 442A Newport Way, formerly of Rivervale, N.J.

John Barra, 208A Rossmoor Drive, formerly of Brooklyn, N.Y.

Fay Dawson, 179A Rossmoor Drive, formerly of Irvington, N.J.

Francis Handerman and Jennie Lauricella, 671B Yarroway Way South, formerly of Staten Island, N.Y.

Eugene Voss, 231A Marble Head Lane, formerly of Zeeland, Mich.

Kimberley Noto and Anthony Longuerir, 19C Rossmoor Drive, formerly of E. Stroudsburg, Pa.

Ravinder Kumar and Kiran B. Sharma, 205B Madison Lane, formerly of Edison, N.J.

Myung Shaffer, 570B Westport Lane, formerly of Grove City, Pa.

Matthew and Ann Dohn, 173A Prescott Lane, formerly of East Windsor, N.J.

Franklin and Judith Edwards, 593C Tilton Way, formerly of Elizabeth, N.J.

Robert and Regina Ferguson, 356A Old Nassau Road, formerly of Monmouth Jct., N.J.

Parvez and Rehana Khan, 229N Old Nassau Road, formerly of Staten Island, N.Y.

Buck Mountain

(Continued from page 10)

with one or two of them. Our guide met us at the top. Was he sweating at all? After a rest, the hikers walked around the top of Buck Mountain, enjoying a panoramic view of Lake George. Words cannot describe the beauty before us and the camera clicking was non-stop. Truly, this was the Golden Pond of the Fonda/Hepburn movie.

Shaded areas were scarce and everyone applied more sunscreen, but our empty canteens were the main concern, especially since the small print on the trail food provided indicated add water. A few of the more experienced hikers checked our total water sup-

ply. Almost every canteen was low on water or empty.

The guide stepped into our circle of worried hikers and said "No problem. Give me seven or eight canteens and I'll run back and fill them up." We were utterly flabbergasted. Canteens flopping, he started down the trail at a trot. I sat down on a boulder-shaped chair to contemplate his little trip down and back up the mountain with eight canteens of water. No one timed his journey, but I'd give him first prize on the Survival Island show. At least he was sweating. Win or not, our guide became known and celebrated as The Marathon Man. Some water and a little walk made him our hero.

I don't remember his real name.

CULINARY CORNER

By Sidna Mitchell

Gotta try cheese sticks and Koolickles

Buns and more buns, and I'm not talking about a hairstyle or body part.

Do you have hot dog and hamburger buns left over from the patriotic holidays? I had hamburger and hot dog buns left over from a Memorial Day cookout in the refrigerator and they were still good for the Independence Day cookout.

Thus, I realized that I had no need to buy more hamburger buns for the July 4 celebration since I had purchased extra for Memorial Day. But what to do with the leftover hot dog buns. A recipe in one of my old cookbooks came to the rescue—cheese sticks—noting, "These are a bit unusual as they start from the lowly hot dog bun." Since there were three of us for dinner the night, I decided to make the cheese sticks, I cut the recipe in half and made a couple substitutions. Here's my version.

NOTE: The original recipe called for Lawry's seasoned salt and seasoned pepper. I did add a couple of twists of pepper from a pepper grinder. Also, the original

Cheese Sticks

3 hot dog buns
2 tablespoons softened butter
¼ teaspoon garlic salt

Quick twists on the pepper mill (optional)
Preheat oven to 425 degrees.
Split the buns in half and half again (length-wise).
Add garlic salt and all-purpose seasoning to the softened butter and Parmesan cheese; blend well.
Spread this mixture on two sides of the bun sticks.
Bake at 425 degrees for six to eight minutes.
Makes 12 cheese sticks.

Culinary Corner

¼ teaspoon all-purpose seasoning (garlic & herb)
½ cup grated Parmesan cheese

Koolickles

Simply take a jar of dill pickles—I used Vlasic Stackers—and drain juice into a large measuring cup.

Add a packet of unsweetened Kool-Aid powder and a cup of sugar.

Mix well and return the liquid to the pickle jar.

Your pickles will soon take on the color and some of the flavor of the Kool-Aid.

NOTE: I used cherry that turned the pickle slices red. However, according to the article, you can try green apple or grape flavors, turning the pickles neon green or bright purple. If you don't use stackers, be sure to slice whole pickles to ensure the color seeps through.

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



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Scams

By Steven Gray

I was checking one of my email accounts and I had four, yes four, emails supposedly from Publishers Clearing House. Funny thing was that all four came from different addresses plus I have never applied for anything with Publishers Clearing House. I have nothing against the company but understand that it is used by all too many for nefarious reasons. If you receive an email about a sweep stakes you

never entered or a prize that you won if you just pay a shipping fee or that you need to renew your MacAfee, Norton or other subscription never, ever click on the link in the email as it is almost certainly a scam.

Pop-ups are an entirely different problem as they seem to take over and not let you do anything until you call the phone number listed. Do you really think a legitimate company would take over your system like that? Hit the following 3 keys – ctrl, alt, delete – to get a blue "box." (This is commonly

called the 3-finger salute as opposed to the 1 finger salute you give when you are cut off while driving). Click on task manager (the bottom item listed) and a new box appears. You can see what is running. Click on your browser (Chrome, Edge, Firefox, etc.) and then end task. Wow, the pop-up magically disappeared.

For safety, restart the computer which will ensure nothing is left in memory.

Do keep in mind that Microsoft will never send you a notification that you have

(Continued on page 13)



The incoming officers of the Computer Club are, from left, Domenica, Ray, Steve, Kristin, Paul, Cathleen, and Artie.



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Clubs and Organizations

Dance Club to have an Ice Cream Party

By Judy Perkus

Join DJ Peter Lieberman and the Rossmoor Dance Club in the Ballroom on Saturday, Aug. 26, at 7 p.m. In addition to Peter's dance music, enjoy ice cream, coffee, tea, soda, and cake (sugar-free available). All Rossmoorites, singles as well as couples, are welcome.

Dancing will continue on Sept. 30 at our Annual Anniversary Dinner Dance, our 39th anniversary. There will be more information in the next issue of the Rossmoor News.

Please leave your check made out to the Rossmoor Dance Club in an envelope in the Dance Club folder in the Administration Office in the Village Center, or mail it to Armen DeVivo at 449B Roxbury Lane. The cost is \$10 a person for paid-up members and \$12 a person for non-members. The reservation deadline is Aug. 17.

Call Armen at 609-655-2175 for more information.



Above: Peter Lieberman DJ will play at the August 2023 Dance Club Ice Cream Party.

Dance Club August 26 Dance
RESERVATION DEADLINE: August 17

Name: _____

Phone # _____

Address: _____

\$10 per person/\$20 per couple _____

\$12 per non-member _____

2023 membership dues : \$10 per person, \$20 per couple

Membership Dues: \$ _____

TOTAL: \$ _____

Please send check made out to the Rossmoor Dance Club to:
Armen DeVivo at 449B Roxbury Lane. 609-655-2175
or leave in an envelope in the Dance Club folder in the Administration Office

Scams

(Continued from page 12)

42,000 viruses nor will they call you directly unless you called them first (very rare as Microsoft does not advertise their phone number). Other red flags are asking for money up front in the form of gift cards, bitcoins or even a debit card rather than a credit card. The difference is that a debit card accesses your entire account whereas a credit card your liability is limited to \$50.

"I just got a call from a tech company that I have a lot of problems. What should I do?" Unless you have dealt with this company before and have a contract with them, just hang up.

"I saw an advertisement that my computer will run like new." That is very possible but they are selling a cheap flash drive with a version of Linux that looks like Windows. It will run faster but it is not Windows.

"I can download a special file that will let me upgrade to Windows 11 even though Microsoft says I cannot." Don't do it. It is technically possible (I loaded Windows 11 on a 15-year-old laptop as a proof of concept) but the computer will run slower and, sometime in the future, you will lose all support from Microsoft.

A final word on anyone still using Windows 7 or (gasp) Windows XP. Those com-

puters are fine to use for local purposes only (that means no internet) but, if you insist on using an obsolete operating system (whether Windows, Android or Apple), you are not only putting yourself at risk, you are putting all of your friends and acquaintances at risk as well.

Your ancient device can be hacked very easily and taken over by a bot that will do nothing but spread malware and could conceivably cost other users a lot of money.

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Italian American Club

By Tony Cardello

The next membership meeting will be on Wednesday, Aug. 16, at 7 p.m. in the Ballroom. The entertainment for the evening will be Joe Conti's granddaughter Julia Gargano who was a finalist on American Idol.

Bingo will be played on Thursday, Aug. 24, at 6:30 p.m. in the Ballroom.

Save the date of Sept. 23 for the next Rossmoor Downs.



Veterans Group Welcomes Members

All Veterans, come join us at 10 a.m. on each second Tuesday of the month in the Ballroom.

Mutual News

Mutual 4B News

By Lori Moses

Here's hoping everyone is well and enjoying the summer. All the concrete repairs have been done and a few more dead trees have been taken down. We will paint the carport on Stratford Lane and re-pave Sunset Circle.

For any maintenance issues, call Lori Moses at 201-906-9646.

Our ladies still meet socially at Sal's Deli every month at dinner time. If you would like to join us, please contact Pat Egan at 908-812-1428. She will keep you posted about our meeting dates and times.

We are planning an end-of-season BBQ on Sept. 17 on the Clubhouse patio with grilled burgers, hot dogs, etc.

Watch for the flyer coming soon. We look forward to seeing many of you there.

Safety reminder: If you have not had your dryer vent cleaned yet, please call Maintenance for an appointment. The Mutual will cover the cost of this



A proud veteran in Mutual 17 displays the bald eagle, our national symbol of freedom. Photo by Michele Trechak

News from the Players

By Sue Archambault

Heads up all!

Our next performance will be our popular "This & That" show. This variety show will take place on Thursday, Aug. 3, and Friday, Aug. 4. Both events will be performed in the Meeting House at 7 p.m. The cost of \$10 will include refreshments and will be collected as the audience enters. Tickets will not be sold in advance.

"This & That" consists of



many performers singing, playing instruments, telling jokes, skits, and dances.

Our audiences in the past have been enthusiastically entertained by the performances. Please join us for a fun-filled evening.

Religious News

Jewish Congregation

2 Rossmoor Drive
Monroe Township, N.J. 08831



Jewish Congregation events

Services- The Meeting House
Friday, Aug. 11 and 25 at 7:15 p.m.

Torah Studies – The Dogwood Room
Saturday, Aug. 12 and 26, at 10 a.m.

High Holiday Service Schedule – The Meeting House

- Rosh Hashanah Eve – Friday, Sept. 15 at 7 p.m.
- Rosh Hashanah – Monday, Sept. 16 at 10:30 a.m.
- Kol Nidre - Sunday, Sept. 24 at 7 p.m.
- Yom Kippur – Monday, Sept. 25 at 10:30 a.m.
- Yizkor/Ne'ilah – Monday, Sept. 25 at 5 p.m.

SPORTS



Up and Down on the Shuffleboard Courts

By Allen Kobezak

August will be another busy month on our courts. Our morning and evening games will continue as usual, and as of this writing, we are close to finishing one summer tournament and about to start a second. August also brings our second social event of this season.

The Mixed Doubles Tournament we are about to start is a round-robin tournament and has nine teams vying for the championship.

This tournament won't conclude until shortly before we play for the Mayor's Cup on Sept. 14.

Our social event is our "High 4" Disk Tournament and Social. This brief competition is just an excuse to play in a fun one-evening tournament while partying on the shuffleboard courts. This event takes place on Wednesday, Aug. 23, at 6 p.m. We all bring treats to eat and drink and share with the others. There will be music and good times for all.

New members are always welcome. Call Jackie at 732-666-8323 for more info.

SLOW DOWN!!! The speed limit is 25 mph!



Email your news to:
news@rcainj.com

HEALTH CARE CENTER NEWS

Influenza Season Is Coming! Protect Yourself; Get Your Influenza Vaccine!

Authored by: Bari Siegel, Elizabeth Caruso, MSN, RN, COHN-S, Lisa DiGiovanni, EdD, MSN, RN, MED-SURG-BC, CHSE and Sherry Zare

No one enjoys being sick — as they say, an ounce of prevention is worth a pound of cure!

Influenza is a virus that can involve fevers, fatigue, and body aches. The severity of the virus depends on what other medical conditions you have. Influenza can be dangerous and sometimes fatal, so it is important to protect yourself as much as possible from this virus.

Get the Influenza Vaccine

Saint Peter's University Hospital will host two influenza vaccination clinics in your community. The best time to get your influenza shot is in early fall—from late September to early October. Please be on the lookout for the Saint Peter's flyer announcing when and where the clinics will be held.

Nurses from Saint Peter's Community Health Services will administer both the quadrivalent and the high-dose vaccines. Please speak with your doctor to determine which vaccine is best for you before you make an appointment to come to a Saint Peter's influenza vaccination clinic.

Frequently asked questions about influenza and the influenza vaccine

Q. What is seasonal influenza?

A: Influenza is a virus that is very contagious. It affects the respiratory system, tar-

geting the nose and throat all the way to the lungs. It is passed by tiny droplets that are produced when a person coughs or sneezes.

Someone who is infected may experience fever and/or chills, body aches, tiredness, sore throat, headaches, and a cough. A person may be infected with the influenza virus for a day or two before any symptoms appear, but they are still contagious during this time.

Q: How does influenza differ from COVID-19?

A. While influenza and COVID-19 are both respiratory viruses, there are some differences in the symptoms and the length of time it takes to recover. Both viruses are spread the same way, but COVID-19 tends to be more contagious.

A person who contracts COVID-19 tends to be contagious for a longer period than a person who has influenza. This is because symptoms come on more slowly with COVID-19 than influenza.

Q. Who should get the influenza vaccine?

A. Everyone over the age of six months should get the influenza vaccine. The Centers for Disease Control and Prevention (CDC) highly recommends that pregnant women and people who have a weak immune system or chronic illness should get this vaccine once every season.

It's very important to dis-

cuss influenza and your personal health risks with your doctor so you know which vaccine is the best for you. Your doctor will take your age into consideration when making this decision.

Remember, if you are a caregiver for someone who is considered high-risk like an infant, an elderly individual, or someone who has a chronic illness, you should get the influenza vaccine if you are able to do so.

Q. Who shouldn't get the influenza vaccine?

A. The influenza vaccine is not recommended for people younger than six months old. Additionally, if you have had a severe allergic reaction to any of the products used to manufacture the vaccine or if you have had a previous life-threatening allergic reaction to the influenza vaccine, do not get it. It is important to speak to your doctor to find out what is best for you.

Q. Can I get sick from the influenza vaccine?

A. No, it is not possible to get sick from the influenza vaccine.

The influenza vaccine is developed using the inactive virus. In other words, it is not alive and can't make you sick.

There is a "live" vaccine that is sprayed into the nose. However, this spray vaccine is made from virus particles that have been significantly weakened. This is done to protect people who get this form of influenza vaccine from getting sick.

It is important to remember that the nasal spray influenza vaccine is only recommended for people ages two to 49. Pregnant women and people with weak immune systems or chronic conditions should not take the nasal spray form of the influenza vaccine.

Q. What side effects might I develop after getting the influenza vaccine?

A. Some people experience no side effects after the influenza vaccine. However, many patients who get the influenza vaccine do experience some mild effects including fatigue, headache, chills, fever, or soreness at the injection site. This is your body mounting an immune response to the virus and this is a completely normal reaction.

Q. If I get influenza, what can I do to feel better?

A. If you get influenza, there are several medications that may help you minimize your symptoms and lower any risk of developing serious complications. These drugs work best when started within one to two days of your first symptoms. See your doctor when you are not feeling well to give yourself the best chance at recovering from influenza as quickly as possible.

MAINTENANCE NEWS

By Dave Salter

Summer reminders

Please make sure all your windows are shut properly; blinds and drapes should be closed. In the summertime your attic fan might run constantly due to the heat. Air conditioning thermostats should be set on auto and cool, also set your thermostat to a temperature that is comfortable for you. If the temperature is 100 degrees outside, your house might only cool down to 80 degrees, which is why you should keep your air conditioning set at a constant temperature instead of turning it up and down.

Remember: if you turn your air conditioning on late in the afternoon, it can take several hours to cool down.

JCP&L

If you experience a power outage, please call JCP&L directly at either of the following phone numbers: 1-800-714-7297 or 1-800-714-4624. When individuals call in a power failure, the company gets a better idea how widespread the outage is.

Toilet condensation

At this time of year, we get a lot of calls about water on the

bathroom floor. Most of the time this is just condensation from the hot summer air on the cold tank of the toilet. To check, wipe off the condensation with a towel and then wait a few minutes to see if you can observe any water from a leak. If so, give us a call. If it is just condensation, there's nothing to do but wipe it off or mop it up occasionally.

A/C service

The Maintenance Department has three technicians servicing air conditioners. If you have not had your air conditioner serviced yet, please give us a call.

Dryer vent cleaning

Are your clothes taking too long to dry? Your dryer vent might need to be cleaned. Give us a call to schedule your vent to be cleaned inside and out. The fee is \$35.

Resident work request forms

This is a reminder that all homeowners are required to fill out a Resident work request permit form when doing alterations in and around your home. Also, a tree permit is required if you are planting a tree. These forms can be obtained at the Maintenance Office.

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Township Organization – Planning and Zoning

By Linda Bozowski

While all our commissions and boards have responsibilities and focus on specialized elements of supporting the well-being of our community, the Planning and Zoning Boards oversee the usage of our 42 square miles. Working collaboratively, these boards evaluate the attributes of our land, recognize impediments to development over which we may have limited control, and think ahead to promoting the best utilization of buildable land that accomplishes the objectives of our Township Master Plan.

As part of their respective responsibilities, these Boards try to adhere to the designated philosophy of our community and promote its “brand.” Do we want Monroe Township to become a populous mini-city, or a manufac-

turing center? Do we want to retain our suburban tranquility or become a high-tech transportation hub? What we want to be, with the geographical and other limitations inherent in our land, guides these two key Boards in promoting land use and development that will help accomplish these objectives.

Zoning Board – how land is allocated

The Zoning Board deals with land use limitations: streams, lakes, other wetlands, railroads, and highways. These natural and man-made barriers restrict usage of some lands. Geological surveys and transportation studies will impact zoning decisions. For example, the railroad line that cuts through Jamesburg crosses ground that may be well suited to future building pro-

jects, but moving the railroad line so the property can be accessed for other purposes is not feasible. Large vacant tracts of land with easy access to highways may not be usable, since they may be classified as wetlands and are not buildable. Wetlands are zoned into a restricted use category and have limitations. In addition, the preferences of potential homeowners to have more than three feet of vacant land in between their homes and those of their neighbors influences other land-use zoning restrictions.

Planning Board – what may be built

Working with the Zoning Board and with other governmental bodies, the Planning Board works toward deciding what is well suited to be built throughout the Township. For instance, is it preferable to build schools near housing that will be sending students to school? Are the roadways

adequate to support safe bus traffic? Building schools near warehouse developments with heavy truck traffic is generally regarded as undesirable. In the same way, residential and commercial construction developments are generally not adjacent on the planning maps.

Retaining recreational space is a priority in many communities, as is commercial property. Ensuring safe and convenient access to these types of developments are among the tasks on the Planning Board’s “to do” list.

The Master Plan - guidance and direction

As Monroe Township has changed and grown over the past many years, land use priorities have changed as well. Our growth from a farming community to a well-developed piece of suburbia, with commercial entities offering needed tax support, has offered advantages and

challenges to residents and our governing bodies. As we periodically review and revise our Master Plan, we take the time to assess where we are and to think ahead to where we want to be,

While we have concerns about traffic, construction, infrastructure, and property taxes, we are guided by the Master Plan that was developed with considerable effort and community input. The community must continue to participate in evaluating and planning for our Township through ongoing involvement in Monroe’s boards and commissions.

League of Women Voters – Ranked Voting – An Alternative to Explore

By Linda Bozowski

On Monday, Aug. 28, the League of Women Voters will offer a program on a topic that has received only limited publicity so far – the ranked voting electoral system used in Israel, Ireland, New Zealand, many other countries, and in some of our states.

David Goodman, State-wide Lead of Voter Choice New Jersey, will tell us what ranked voting means and how it can simplify -- or complicate -- our current method of electing people to public office.

Scheduled for 1 p.m. at the Municipal Building, this meeting will offer thought-provoking pros and cons for changing our voting process. League presentations are free, non-partisan, and open to the public. Membership is not required. Please join us for a lively discussion.

Word Find

By Steven Gray, President Rossmoor Computer club

Early Android phone names

o	e	h	p	r	c	b	j	i	o	r	e	o	w	h	c	i	n
o	t	u	k	z	f	a	m	a	x	h	d	y	t	o	m	c	m
j	h	k	i	t	k	a	t	r	w	g	x	c	a	n	a	e	t
y	g	l	u	n	g	d	q	c	f	k	l	e	a	e	r	b	m
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Monroe breaks ground on veterans housing project

Located on Cranbury - Half Acre Road
Will provide 80 residential units of affordable housing for veterans

Monroe Township announced on July 20 that it has broken ground on construction of 80 residential units for veterans located on Cranbury - Half Acre Road.

"We are thrilled to be moving forward on the construction of affordable housing for veterans as we are so grateful for their service to our country," said Mayor Stephen Dalina. "The acquisition of this land in 2019 served three very important purposes for the Township.

It increased our open space inventory and added convenient recreational facilities that residents have been using for some time now. This is the third, and perhaps most important piece – affordable housing for veterans."

The project will be constructed by Conifer-LeChase Construction, LLC. Once built, the veterans housing component will be managed by Conifer Realty. Interested veterans should visit Conifer

Realty at www.valorpointeapartments.com for more information. These units will provide mobility, visual, hearing impaired and accessible components. Units are affordable and income restrictions apply.

In addition to the new veterans housing, the township-owned property known as "Patriot Park", also contains a previously constructed playground, dog park, basketball court and cricket pitch with associated parking.

Township Awarded \$76,000 State Grant for Local Recreation Improvement

As a first step in the Monroe Township Master Plan Parks Expansion multi-year program, the municipality has announced that it is moving forward with construction of four new volleyball courts at two municipal parks.

Monroe Township Council authorized by resolution at its regular meeting on Monday, June 26, an award of bid to D'Avellino Construction Inc. for "various park improvements at Veterans and Patriots Parks Project."

"Through the public process involved with the Master Plan, our residents made it clear that they want additional recreational amenities

in Monroe and we have created a short- and long-term plan to address those needs," said Mayor Stephen Dalina. "The award for construction to begin on the new volleyball courts is a first step in that plan."

Two new sand volleyball courts will be constructed at Veterans Park located at 61 Avenue K near the spray park, playground, cricket pitch and athletic fields. Work is slated to begin next month.

Helping to cover the cost of the volleyball courts to be constructed at Veteran's Park, the Township will receive a \$76,000 Local Recreation Improvement Grant (LRIG) from the New Jersey

Department of Community Affairs' (DCA) Division of Local Government Services. These grants are reimbursement based. Eligible costs are reimbursed when evidence of payment of qualifying expenses is submitted to DCA.

Two additional new sand volleyball courts will be constructed at Patriots Park on Cranbury Half-Acre Road, adding to the existing playgrounds, basketball court, cricket field and dog recreation area. Work is scheduled to begin later this summer.

"This is an investment in the long-term health and wellness of Monroe Township and we look forward to bringing more recreational opportunities to Monroe over the coming years."

Health News

Small steps can make a big difference in preventing diabetes

Prediabetes is a serious medical condition that, if untreated, can put you at increased risk of developing type 2 diabetes, heart disease, and stroke. But the good news is that by making some healthy lifestyle changes, you can manage or even reverse your prediabetes and lower your chances of it developing into type 2 diabetes.

Prediabetes affects approximately 88 million U.S. adults and occurs when your blood glucose, also

called blood sugar, is higher than what is considered normal and recommended for you but not high enough to be diagnosed with type 2 diabetes. Most people with prediabetes are not aware that they have it, and there are usually no symptoms. People with risk factors for prediabetes include people who have overweight or obesity, are 45 years old or older, have a parent or sibling with diabetes, or are from

(Continued on page 19)



Beth Israel

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Theodore J. Ricci, CFSP,
Manager, NJ Lic. No. 4455

ALZHEIMER'S ISN'T STOPPING, NEITHER ARE WE!

Alzheimer's is devastating our families, our finances and our future. With more than 5 million Americans living with the disease and over 16 million unpaid caregivers. Alzheimer's is all around us - but the power to stop it is within us. Thank you for your support.

2023 WALK TO END ALZHEIMER'S - MERCER-MIDDLESEX, NJ

SATURDAY, SEPTEMBER 23, 2023

Scan to register to WALK WITH US or create your team!


You can also call 973-437-3931 for more information.



alzheimer's association®



Stopping at a stop sign ...



is not a request ... It's a requirement!

Fresh Summer Flavors Fit for the Patio



Chipotle Chicken Flatbreads

FAMILY FEATURES

Gatherings in the summer sun are all about easy, convenient recipes combined with the joy warm weather brings. Spend those special occasions with those you love most and make this summer one to remember with flatbreads, sliders and sweet treats for all to share.

Keeping cooking simple means more time on the patio or in the backyard engaging with guests, and these Chipotle Chicken Flatbreads, Chicken Shawarma Sliders and Lemon Cheesecake with Fruit let home chefs skip complicated kitchen duties without skimping on flavor.

Visit Culinary.net to find more simple summer recipes to share with loved ones.

Summery Flatbreads for Family and Friends

When dining outdoors with family, friends and neighbors, there are few things better than a tasty dish the whole family can enjoy like these Chipotle Chicken Flatbreads.

Perfect for al fresco entertaining when served alongside a fresh salad, they're simple to make and allow guests to personalize with preferred toppings before popping in the oven. As a colorful and fresh dish, it's an ideal meal for get-togethers on the patio.

For more summer recipe ideas, visit Culinary.net.

Chipotle Chicken Flatbreads

Recipe adapted from butteryourbiscuit.com

- 2 flatbreads
- 2 cups shredded mozzarella cheese
- 1 clove garlic, diced
- 4 chicken tenders, cooked and cubed
- 1 pint cherry tomatoes, quartered
- salt, to taste
- pepper, to taste
- 1/2 cup ranch dressing
- 1 1/2 teaspoons chipotle seasoning
- 2 tablespoons cilantro leaves, chopped

Preheat oven to 375 F.

Place parchment paper on baking sheet and add flatbreads. Sprinkle cheese on flatbreads. Top with garlic, chicken and tomatoes. Season with salt and pepper, to taste. Bake 16 minutes until cheese is melted.

In small bowl, mix ranch and chipotle seasoning.

Drizzle ranch dressing on flatbreads and sprinkle with cilantro leaves.



Lemon Cheesecake with Fruit



Chicken Shawarma Sliders

Shareable Sliders for a Nutritious Summer Meal

Fresh, mouthwatering foods hot off the grill are a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic – and healthy – option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting emeals.com/campaign/Fresh-Cravings-Healthy-Eats.

Chicken Shawarma Sliders

Recipe courtesy of eMeals Registered Dietitian Rachel West

Prep time: 25 minutes

Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced

In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.

Cover chicken and chill 8 hours, or up to 2 days.

Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.

Serve chicken on buns with hummus, lettuce and onion.

Unforgettable Fruity Flavor

Summertime often brings cravings for fresh fruits that add a hint of sweetness to warm-weather gatherings. Serving up a delicious dessert for family and guests starts with favorite produce in this Lemon Cheesecake with Fruit.

The touch of tangy tartness is enough to bring loved ones to the dessert table even after a filling meal as fresh lemon juice in the cheesecake base is complemented perfectly when topped with orange slices and raspberries. Garnished with mint leaves, this brightly colored treat is even sweeter when shared with loved ones.

Find more sweet summer desserts at Culinary.net.

Lemon Cheesecake with Fruit

- Servings: 6-8
- 1 1/4 cups graham cracker crumbs
 - 1/4 cup sugar
 - 1/4 cup butter, melted

- 2 packages (8 ounces each) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 3 eggs
- 1/4 cup fresh lemon juice
- 1 teaspoon vanilla extract
- 1 orange, peeled and separated
- 8 raspberries
- 3 mint leaves, for garnish

Preheat oven to 350 F.

In medium bowl, combine graham cracker crumbs, sugar and melted butter. Press firmly into 9-inch springform pan.

In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs, fresh lemon juice and vanilla extract; mix until combined.

Pour into pan. Bake 50-55 minutes, or until center springs back when lightly pressed.

Chill in refrigerator until completely cooled. Arrange orange slices around border of cake and place raspberries in middle. Top with mint leaves.

Preventing Diabetes

(Continued from page 17)
certain racial and ethnic backgrounds.

“It is important for people with risk factors for prediabetes to learn if they have the condition,” says National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) Director Dr. Griffin P. Rodgers. “Even small steps to improve your health and manage prediabetes can make a big difference in reducing your risk for type 2 diabetes.”

Fortunately, making a few healthy lifestyle changes can help people with prediabetes improve their health and help avoid or delay developing type 2 diabetes. Here are some actions you can take:

- Ask your doctor for a blood glucose test to find out if you have prediabetes. You should be tested for prediabetes if you have overweight or obesity and have one or more other diabetes risk factors.

- If you need to lose weight, try focusing on losing a small amount of weight. The NIDDK’s Diabetes Prevention Program (DPP) found that people who worked on making lifestyle changes to lose weight, including increased physical activity and healthy eating, could drastically lower their type 2 diabetes risk. The results from the DPP helped the CDC build the National Diabetes Prevention Program (www.cdc.gov/diabetes/prevention), a lifestyle program for people at risk for type 2 diabetes available at locations across the country.

- Become more physically active by going on short daily walks. Or try participating in fun hobbies and activities like dancing, playing with your family or friends, or riding a bike.

- Try to spend less time sitting and watching television, playing video games or using social media.

- Swap sugary snacks for healthy fruits, vegetables or nuts. Or try trading white bread and white rice for high-fiber options, like whole wheat bread and brown rice.

- Use a food and drink diary or a smartphone app to keep track of what you eat and drink. It can help you see when you tend to overeat or consume foods and beverages high in fat or calories.

- If you smoke, try to quit. Talk to your doctor or visit <https://smokefree.gov/> for tools and tips on how to become tobacco free.

- Try to get at least 7 hours of sleep each night.

- Take other steps to stay healthy. For instance, getting the COVID-19 vaccine (and booster shot, if eligible) and flu vaccine is highly important, especially for people who may be more likely to get sick from

COVID-19, such as older adults and people who already have diabetes, obesity or heart disease, which are chronic conditions.

You don’t have to make all these changes at once. Any step you can take toward being healthier is a step in the right direction. And don’t be afraid to ask your doctor or loved ones for support. You’re not alone in this journey.

To learn more about prediabetes and diabetes, visit the NIDDK website at www.niddk.nih.gov.

Sing with the Monroe Township Chorus

By Mickie Meyers

Calling all sopranos, altos, tenors, and basses to join the Monroe Township Chorus and enjoy the fun and camaraderie of a wonderful group of men and women. We sing four-part harmony and rehearse Tuesday mornings from 9 to 11 a.m. beginning July 18, at the Monroe Township Senior Center, 12 Halsey Reed Road, Monroe Township.

All Monroe Township residents are welcome and Senior Center membership is required.

For more information contact Director Sheila Werfel at 609-619-3229.

We sing because we’re happy, and we’re happy because we sing.

CLASSIFIED Ad COUPON

Ads must be received by the 14th of the month preceding publication month.

MAIL TO:

Princeton Editorial Services
P.O. Box 70

Millstone Twp., NJ 08510
RATES FOR ONE PUBLICATION

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

Multiple: 10 words in two
publications = \$14 x 2 = \$28.

10 words in three
publications = \$14 x 3 = \$42.

Check those that apply:

☐ Clearbrook Courier ☐ Concordian

☐ Encore Speaks ☐ GW Voice

☐ Regency Reporter

☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven

All ads must be mailed
with payment.

No classifieds accepted by
phone or email.

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.

- State category/heading, ie., “For Rent”, “For Sale”, “Help Wanted.” No charge for the heading.

- One check or money order must accompany insert, PAYABLE TO

PRINCETON EDITORIAL SERVICES

Contact Waste Management

609-587-1500

ID# 61565342007

for pick up of household items

NO electronics

NO upholstered furniture

NO mattresses

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus..... 609-655-4401

Call-in hours are: 9:00 – noon and 2:30 p.m.- 4:00 p.m.

Schedule is available at www.rcainj.com
under “Amenities”.

Monroe Township Transportation 609-443-0511

Middlesex County

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

Recycle information from Waste Management



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

Classified Advertising

Home Improvement & Services

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

THE PAINTER – 30+ years experience, residential/commercial Rossmoor resident. Free estimates. References available. Call (908) 208-4062.

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

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

Miscellaneous/Services

COMPUTERS CUSTOM BUILT & REPAIRED - RJF Sales Company LLC.* Time to clean your computer and get educated on protecting yourself from scams. Desktop and laptop repair in your home. I am fully vaccinated; I use a mask. Virus removal and protection. Monroe resident with over 20 years of computer experience. (732) 723-9537 or (732) 967-3400. Please leave message; most calls returned same day.

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

Help & Health Services

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

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

Wanted to Rent

LOOKING TO RENT A CARPORT on Old Nassau Road, manors #361-383, 499, 501, 503. Please call (908) 337-3214.

Wanted to Buy

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

Transportation

GET WELL MEDICAL TRANSPORTATION SERVICES—(Middlesex County). Appointments, events and transportation needs. First ride FREE within 10 miles round-trip. Second and Third ride 10% off. Call (732) 585-5240.

NEED A RIDE? NJ/NY/PA. Airports, cruise terminals, medical appointments. (609) 642-9877.

AAA TRANSPORTATION—Monroe area. (Encore resident.) Transportation to airports, trains, piers, NYC, and I will drive your car to and from Florida. Reasonable rates. Call Howard (732) 979-3085.

ARNIE’S DRIVING SERVICE. Anywhere. Anytime. Airport and NYC specialist. 609-751-1612.

LIMO GUY — Our 20th year. We go almost anywhere. Upgraded SUVs. \$100 to Newark Airport. \$205 Philadelphia. \$205 JFK. We go almost anywhere. 24/7. Call (732) 803-2521.

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House Cleaning

SHANNON’S SUNSHINE CLEANERS— Friendly faces. Fast service. Fully insured. 908 413 0961.

Mailing Addresses

If you are not receiving mail from Rossmoor, or your Mutual, it may be a matter of our not having your correct mailing address. Many residents, over the years, filed “Winter Address” forms with Administration and failed to specify a return date. If you did not contact us when you returned, it might be possible that we still have an alternate or winter address in our system.

Please contact Resident Services manager, at 609-655-1000, to verify your address.

Thank you all so very much for all that each and every one of you do there. We couldn't be more thrilled that we chose Brandywine Serenade of Princeton for our mom. She is definitely thriving there, which is what we wanted for her all along. She participates and enjoys a lot of the activities, trips, movies etc. She has made new friends there with other residents and staff. Thank you! Thank you from the bottom of our hearts for exceeding our expectations. You are all truly kind, caring and compassionate to everyone.

*Regards,
Peggy and the entire family.*



SERENADE AT PRINCETON
775 Mt. Lucas Rd | Princeton, NJ
609.430.4000

PENNINGTON
143 W. Franklin Ave | Pennington, NJ
609.730.9922

PRINCETON
155 Raymond Rd | Princeton, NJ
732.329.8888



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For a full list of our communities or more information, visit
www.Brandycare.com
or call 1-877-4BRANDY



bit.ly/brandywine-pe7



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For a private appointment to see our fully renovated, luxury senior living and memory care, please call Hilary Murray at 609.430.4000. Ask about our move-in ready furniture packages.



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