

REGENCY REPORTER

Vol. 18, No. 1, JANUARY 2021 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



Marty Feldman captured a bird's eye view of the long awaited bulkhead repair of Hole # 4. Photo by Marty Indursky

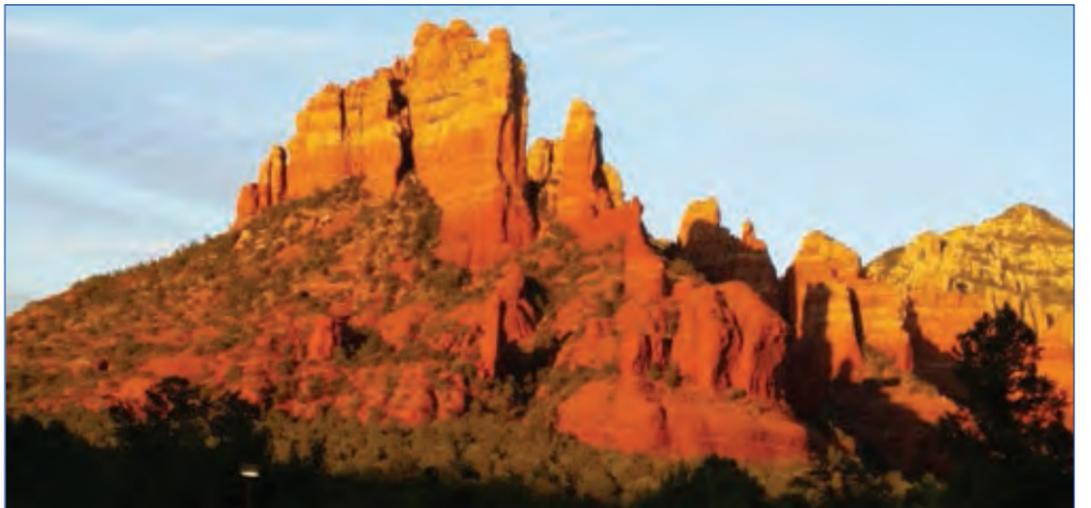


Above: Diwali dances. Below: Tasty treats for Diwali. See page 9.

Photos by Bharat Doshi



From left: Austin Indursky, Marty Indursky, and Amy Rokaw on Regency Marathon Day. See page 9. Photo by Lauren Burke



The beautiful and peaceful Sedona Sunset.

Photo by Suzanne Friedland



Regency's own Elf on the Shelf at the Ice Carving Demonstration. Susan Paris is looking on. See page 3. Photo by Marcy Smith

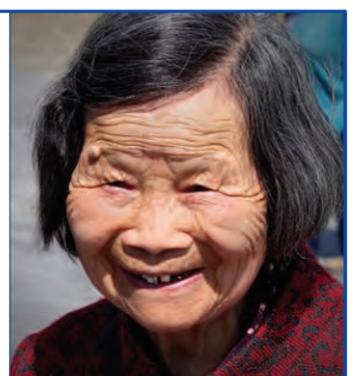


Baby III Lumia is a 5-year-old Shih Tzu companion dog to Anthony and Lucille Lumia. She is the love of their life, keeps them smiling, and Lucille doesn't know what she would do without Baby III funny antics. Photo by Bea Siegel

SHUTTERBUG



Lilac Breasted Roller by Ed Telchin. This colorful bird was taken during a Safari in Kenya and Tanzania. Photos submitted by Phil Levy



Chinese Woman by Bruce Rothenberg. While touring Tiananmen Square in Beijing the photograph of this remarkable woman captured her difficult past etched in her face and her optimism chiseled into her smile.

Up Close and Personal

By Barbara Bickel (**)

January Birthdays

1 - Ilene Ashkenazy/Jack Battipaglia/Steve Howard/
Josephine Rajlin/John Reisert/
Toby Rudolph/Carla Warren
2 - Robert Ascher/Norman Barofsky/Jay Carey/Carmela Farinola/Lida Fishman
3 - Raymond Amato/ Eddie Levine/Howard Mednick/Shelly Schachter/Nat Willner/In-Suk Wyche
4 - Lisa Citron/Lynn Goldberg
5 - Noreen Gummic/Roberta Nelson/Fred Ross
6 - Raisa Krutyansky/Sharon Meyers
7 - Ronald Lane/Howard Schwartz/Susan Sloan/Mitchell Stoffer/Arlene Yesner
8 - Murray Cautin/Susan Fleisch/Leah Hayes/Debbie LaSasso/Sharon Taxman
9 - Roger Dantoni/Susan Goldfarb/Bonnie Greenstein/
Charlene Lehrman/Elise Stein
10 - Michael Falk/Carol Rosenfeld/Susan Scher/Judi Zipkin
11 - Nancy Smolanoff/Lenny Toker/Howard Wachs
12 - Alan Briskin/Carol Chaykin/
Iris Jason/Anne Lewites/Michael Nebel/Dianne Robins/Paul Scher/
Barbara Schwartz/Kathy Soffer
13 - Barbara Berg/Barbara Bickel/Rachel Borenstein/Kathy Bracco/Diane Gibson/Karen Speicher
14 - Patsy Braxton/Philip Levy/

Barbara Rosenberg/David Schlesinger
15 - Marcia Hershey
16 - Rhoda Hegt/Morris Katz/
Linda Lieberman/Donna Rosenberg/Hal Scheckner/Nora Scott
17 - Barbara Engel/Les Offenberg
18 - Andrea Abitol/Sharon Harris/Jay Koppelman/Greta Post
19 - Joseph Cucciniello/Roberta Gottlieb/Tom Healey/Harriet Levine/Ronni Neiverth/Lazarro Pappagallo/Kathy Toth
20 - Annette Muce/Rhea Rothenberg/Jeff Scherling/
George Sperling
22 - Vivienne Harnick/Michael Trapani/Pat Trapani/Alice Williams
23 - Bonnie Gessman/Allan Price/Anne Schuman/Sheila Solat/Roz Steinberg/Ed Trimas
24 - Renee Comack/Carol Moss/
Laurie Lipper
25 - Barry Karben/Gloria Lederman/Stuart Schaumen/
Arlene Schutzer/Gail Serpico
26 - Jerry Krzykowski/Len Levene
28 - George Carney/Rochelle Kaplan/Susan Kaplan/Linda Levinson/Alan Moskowitz/
Joanne Randone/Sara-Ann Wallerstein
29 - Neil Diamond/Carol Langer/
Monique Mainville/Becky Ratner/Shirley Zinstein
30 - Donna Meerinsky/Janet Pincu/Pat Serpico/Larry



Speichler/Tommy Toscano/
Neala Vogel
31 - Joan Bass/Neeta Khurana/
Sandra Mailman/Rosemarie Maltese/Richard Okun/Zach Weintraub

January Anniversaries

1 - Carole & Alan Cohen
7 - Marcelle & Safwad Ejd
8 - Maureen & Thomas Chillemi
9 - Jane & Donald Cooper
10 - Sandy & Irwin Gleitman
12 - Arleen & Barry Panson
14 - Linda & Barry Levinson/
Rhea & Bruce Rothenberg
15 - Mary & Royston Cruikshank/Cheryl & Richard Hand
17 - Shelly & Bernie Sackaroff/
Deborah & Melvin Solomon
19 - Sharon & Maurice Ben'ous/Judy & Michael Chait/
Gail & Jerry Seasonwein
21 - Elaine & Larry Kapusta
22 - Vivian & Henry Karpf/
Janet & Bob Pincu/Marcy & Paul Smith/Lois & Lenny Toker
24 - Deanna & Morris Katz/
Sonia & Henry Lieberman
26 - Mary & Natale Grisancich/
Barbara & Jack Steng
28 - Linda & Larry Ehrlich/
Becky & Bud Ratner
29 - Sharon & Dan Furia
30 - Francine & Ronald Deutchman/Sherry & Mark Kaufman
31 - Joyce Fisher & Bill Countess/Sharon & Hal Scheckner
(* *) If any of the above dates are incorrect or if any have been omitted, please contact me so that our information is up to date. ATTENTION NEW RESIDENTS: We certainly want your dates included, so please contact me with them and it will be done! Thanks, Barbara Bickel (barbick132@aol.com.)

A Note from the Board of Trustees

By Alton Kinsey

Hello Regency. We hope you are bearing up during this pandemic. To our neighbors who moved in this year, I would like to personally welcome you. Pre-pandemic the welcome wagon would have introduced you to all the amenities and activities available to you as a Regency Resident. For now, please read the Regency Website and the *Regency Reporter* to become aware of what is going on in the community. You might possibly connect with a neighbor who has a similar interest – safely.



The pandemic caused the closing and openings of many activities and venues. The Board and Management were challenged by trying to stay within New Jersey government guidelines and keeping our residents happy. Many of you have asked when the Clubhouse will reopen. If I could give you an exact date, I would head to Atlantic City with a bag of money. Once the Clubhouse does reopen, it will be up to each individual to determine if they feel comfortable being in an indoor venue.

Toll Brothers is nearing completion of their building phase and shortly afterward, will be leaving Regency. We look forward to being an independent, self-contained community. To that end, Regency has a tight budget, a well-maintained infrastructure, and a strategic plan for the future ensuring proper functioning and a stellar reputation now and for years to come. The Board, with the assistance of Management, O&S engineering firm, our accounting firm, and Board committees are keeping an eye on the bottom line. As always, the Board is open to suggestions from the community. I would like to update you on the following projects:

- A new Lifestyles Director was hired and will begin in the New Year.
- The repair of the bulkhead on Hole # 4 is well on the way to completion.
- Most of the items in the Transition 2 agreement were completed. We will continue to address remaining issues. The roadways will be paved starting in the spring.
- The Transition 3 project has started. Information is being gathered by - surveys/questionnaires sent to homeowners in phases 9 and 10, visual inspection by management and engineering, a review of previous negotiations, and shop drawings/Toll specification sheets. These items will aid in our Toll Brothers negotiations.

I am talking on the phone with residents more than ever. During my conversations I ask what they are doing to fight pandemic fatigue. Here is what they shared with me:

- Ordered a Hula Hoop
- Started guitar or piano lessons once a week.
- Virtual book club groups are popping up all over
- Dusting off old exercise equipment
- Virtual Cooking – preparing the same meal and critiquing it online
- Prepared meals paired with wine shared online
- Cooking Classes
- Virtual Games – Bingo, Chess, Card Games, Battleship, etc.
- Virtual Acting – Take your favorite Movies/Musicals – assign various parts to friends and act them out and/or sing them (depending on how brave you feel)

The HOA Board would like to wish you and yours a safe and healthy New Year and to remind you that better times are yet to come.

REGENCY REPORTER

Published by: Princeton Editorial Services, Inc.
P.O. Box 70 Millstone Twp., NJ 08510
732-761-8534 - pescmd@aol.com

EDITOR-IN-CHIEF: Nina Wolff
EDITORIAL BOARD

Barbara Bickel Laurie Lipper Elaine Sandler
Louis Flumen Sandy Newman Cecile Spector
Doug Poye

EDITORIAL ASSISTANTS

Phyllis Carlinsky Audrey Flumen Sue Melcher Mort Spector
Jane Cooper Marty Kornfeld Arleen Panson Linda Strauss
Carol Herman Carol Kortmansky Marie Rando Allen Tinkler
Sylvia Fleischer Laurie Lipper Esther Schwartz

DELIVERY COORDINATORS

ELAINE SANDLER 732 605-9373 • LOU FLUMEN 732-641-2495

DISTRIBUTION:

Gary Austein	Carole Goldman	Les Langer	Barbara Spilken
Fred Barbieri	Bob Goldstein	Harold Leibowitz	George Steinberg
Phyllis Carlinsky	Hy Grossman	Ira Lindenbaum	Jeff Strauss
Carmine Carrara	Anne Haback	Jeff Malester	Linda Strauss
Paul Cibbarelli	Cheryl Hand	Steve Nagel	Dan Tanzi
Sandy Efron	John Healey	Roberta Nelson	Neala Vogel
Steve Farron	Fred Hollinger	Sheldon Piekny	Eleanor Weisenberg
Lou Flumen	Micki Indursky	Ellen Porges	Art Wilde
Debbie Frimmer	Linda Kamins	Steve Rich	Stan Wolitz
Rita Galen	Joel Kaplan	Elaine Sandler	Roger Wood
Jerry Garfinkle	Bruce Kapp	Vinnie Sequenzia	
Doreen Genkin	Barry Kleinman	Bob Shumsky	
	Bill Langer	Sylvia Smith	

ATTENTION CONTRIBUTORS

All materials for *Regency Reporter* are due on the tenth of the month prior to publication month.

Please E-mail your materials to:

NINA WOLFF E-mail: nwoff0325@aol.com

Letters to the Editor: Publication of letters to the editor is at the discretion of the Editorial Board. All letters must be submitted with signatures.

Disclaimer: Unless otherwise stated, the articles contained within this paper are solely the thoughts and opinions of the authors, and do not necessarily reflect the views and opinions of the Regency Reporter's editorial board or Princeton Editorial Services.

Display and Classified Advertising — (732) 761-8534

Advertising Deadline: 14th of every month

A Publication for The Homeowners of Regency

*NOTE: Regency Reporter is published on or before the first of every month except for holiday months when the press reschedules to accommodate holiday closings. Issues usually affected are January, July, September, December.

This publication is not liable for any typographical or printing errors that may appear, including in its display or classified advertising, over the cost of the space of the advertisement. We only publish original editorial materials. We do not accept reprints or any materials downloaded from the internet.

The advertisements here are, to the best of Princeton Editorial's knowledge, accurate representations of the products and services offered. However, no endorsement by Regency Reporter, PES or any other party is intended or implied. Acceptance of all materials is at the discretion of the publisher.

WE RESERVE THE RIGHT TO EDIT ALL MATERIALS.

All rights reserved. No part of this publication may be reproduced or utilized in any form or by any means, without express permission in writing from the Editorial Board.

© 2020, PRINCETON EDITORIAL SERVICES

Congratulations

The Editorial Board of the Regency Reporter is thrilled to congratulate First Service Residential on the renewal of their contract as Regency's management service. I think we can all agree that Stephanie Harmon and her very hard-working team took us through a difficult Covid summer in style. No other community in Monroe enjoyed the number of amenities that we did, plus the excitement of the Food Trucks. Everything seemed to go off without a hitch, which only goes to show how much work went into it. We applaud and sincerely thank:

- Stephanie Harmon, Community Manager
- Jennifer Holman, Assistant Community Manager
- Kirsten Edwards, Operations Coordinator
- Laurie Brindley, Head Concierge
- Samantha Turner, Concierge
- Klever Penafield, Maintenance Supervisor
- Andre Willis, Custodian
- Randy Stimson, Custodian

2021 Public Board Meeting Schedule

All Public Meetings are held in the Clubhouse Ballroom unless otherwise noted

Wednesday, January 20, 2021

6:00 p.m. – Public Board Meeting via Zoom

Wednesday, February 17, 2021

6:00 p.m. – Public Board Meeting via Zoom

Wednesday, March 17, 2021

6:00 p.m. – Public Board Meeting via Zoom

Wednesday, April 21, 2021

6:00 p.m. – Public Board Meeting via Zoom

Wednesday, May 19, 2021

6:30 p.m. – Public Board Meeting in Ballroom

Wednesday, June 2 – Candidates Night

Saturday, June 5 – Coffee with the Candidates

Wednesday, June 9 – Annual Election

Wednesday, June 16, 2021

6:30 p.m. – Public Board Meeting in Ballroom

Wednesday, July 21, 2021

6:30 p.m. – Public Board Meeting in Ballroom

Wednesday, August 18, 2021

6:30 p.m. – Public Board Meeting in Ballroom

Wednesday, September 22, 2021

6:30 p.m. – Public Board Meeting in Ballroom

Wednesday, October 20, 2021

6:30 p.m. – Public Board Meeting in Ballroom –

BUDGET PRESENTATION

Wednesday, November 17, 2021

6:30 p.m. – Budget Presentation if not previously

approved in October

Public Board Meeting in Ballroom

SUBJECT TO ADDITIONS AND DELETIONS



From the Entertainment Committee

SCULPTING exhibition by Jimmy's Artistic Creations and we were lucky enough to have beautiful sunny weather. Food Architects brought tasty desserts for us to feed on as well as Hot Chocolate to keep us warm. If you want to know what's next, keep reading the *Reporter* and checking your emails for upcoming events. Again Happy and Healthy New Year from the Entertainment Committee.



Art Cooper

opportunity to wish everyone a Happy and Healthy New Year. I hope in celebrating the New Year there was a lot of saying good bye to 2020 and welcoming 2021 with open arms. From our perspective it is going to be an interesting year as we try to establish some normalcy and bring some entertainment back to Regency.

As we always do, entertainment of all types was booked early in 2020 for 2021.

(Continued on page 4)

And...

By Art Cooper

It's 2021! The Entertainment Committee wants to take this

By Shelly Senack

Happy New Year Regency! May 2021 bring everyone renewed Hope, Health, and Happiness.

Once again, on December 3, Stephanie and her amazing crew made magic! They threw an ICE



Shelly Senack snapped this cute picture of, from left: Marta Berkowicz, Stephanie Harmon (the Elf), Renee Comack, and Sandee Ziskind. You can see a group of Regency residents behind them.



Marilyn Wandy, left, and Ruth Geswirth are ready to take a sleigh ride! Photo by Steve Wandy



Steve Wandy captured the Ice Carver at work. Photo submitted by Steve Wandy



Barry Haimer
Broker Associate
Cell 732-238-6100



Regina Haimer
Broker Associate
Cell 732-822-3355

The Spouses That Sell Houses!

**We are 55+ Monroe Residents
2015-2020**

**We SOLD over 326 Homes
In the Adult Communities**

**Barry Haimer Ranked #1
In Adult Community Listings
Over The Last 6 Years!
In Monroe Twp. & Middlesex County**



174 Prospect Plains Rd
Monroe Twp., NJ 08831
Tel: 609-655-9222, Ext. 170
Fax: 609-655-9255

Parker
we make aging part of life®

**We're Accepting
New Admissions
for our Nursing &
Memory Care Homes**

Meeting all the state's infection control requirements for senior living communities

Call and ask how we keep your loved one safe in our care.



Parker at Monroe

395 Schoolhouse Road • Monroe Twp, NJ 08831

Parkerlife.org | 732-992-5200 |

I.C.C.



**Heating
& Air
Conditioning**

Monroe Township, NJ 609-655-4647

**Why just sanitize your hands?
You can now sanitize the
air you breathe in your home!
Do you want to KILL viruses, fungus, bacteria
and mold WITHOUT putting a strain on your
heating & AC system?**

It's ICC to the rescue!

We now offer:

**UV-AIRE, I-WAVE & TRIO AIR
PURIFICATION SYSTEMS**

**CALL ICC HEATING & AC to see which
product will best protect you.**



WINTER SPECIAL CHECK-UP \$59.95

License #s
19HC00510800
19HC00615600

ICC is a local, full-service
company since 1974.

John Intravartolo
Santo Intravartolo



MONROE DENTAL GROUP
 Comprehensive Dental Care
609-655-3551
 www.monroedental.net

New Patients Welcome

- General & Cosmetic Dentistry
- Implant Dentistry
- Digital Radiography
- Emergency Dental Care



Adam Klein, DMD
 Amanda Thompson, DMD

18 Centre Drive Suite 102, Monroe Twp, NJ
 Located right off Applegarth Road



The adorable Ice Snowman by Jimmy's Artistic Creations

(Continued from page 3)
 Some of the shows we had scheduled for 2020 were rebooked for 2021 in the hopes this pandemic would be ending and we could enter the

From the Entertainment Committee



Jimmy's artistic Ice Sculpting`

Photos by Shelly Senack

Plan For Your Future and Empower Your Legacy

You've worked hard your entire life to provide for your family and we want to help you protect and pass on that legacy.



LEVINE • FURMAN • RUBIN
 ESTATE PLANNING & ELDER LAW ATTORNEYS

F-3 BRIER HILL COURT, EAST BRUNSWICK, NJ
 19 N COUNTY LINE ROAD SUITE 3, JACKSON, NJ

WWW.LEVINEFURMAN.COM
 732-238-6000

We can help your family with:

- Estate Planning
- Elder Law Planning
- Medicaid Planning
- Medicaid Applications
- Guardianship
- Power of Attorneys
- Veteran's Benefits
- Special Needs Planning
- Probate, Estate and Trust Administration



Download our FREE Estate Planning Worksheet and view our webinar schedule at www.levinefurman.com



Trustee Renee Comack and the Elf on the Shelf at the Ice Carving and Dessert Day.

Clubhouse. Our Coffee House shows, which are fully scheduled for 2021 are our current hope for immediate relief and will allow us to start off the year. The first Coffee House scheduled for January is

a mentalist. However, due to the nature of that show it will be postponed to a future date.

SAVE THE DATE. On Sunday, February 21, 2021 we are hoping to be able to have a Zoom presentation with Melanie Genin, the classical harpist that was here last year and received raves from all in attendance. Arrangements are being finalized and information will be available shortly.

SAVE THE DATE. Winter Trivia Night, which was scheduled for February has been moved to April 30. If the Clubhouse is still not opened we hope the weather will cooperate and we can hold it outside as we did in the fall.

So stay tuned for additional updates as they become available. Stay safe, wear your mask, social distance, and we will see you soon.



MIDDLESEX/MONMOUTH GASTROENTEROLOGY

A Division of Allied Digestive Health

COLON CANCER SCREENING

Gall Bladder Disease
 Liver Disease
 Heartburn

Peptic Ulcers
 Constipation
 Diarrhea

ROBERT R. BLANK, MD

STEVEN C. NADLER, MD, FACG

ARTHUR J. GELLER, MD, FACP, FACG • COLIN C. BROWN, MD

KUNAL GUPTA, MD • ROBERT S. AARON, MD

KALPESH PATEL, MD • DARIANNA FROMETA, APN-C

222 Schanck Road, Freehold
 100 Commons Way, Holmdel
 Tel: (732) 577-1999

312 Applegarth Road, Monroe
 2 Hospital Plaza, Old Bridge
www.mmgastro.com



Visit
 Regency
 online
 at
 WWW.
regencyhoa.com

Fruits of Our Lives

(Not the Pits)

By Christiana Barone

Even though the weather outside is cold, dreary and we are trying to maintain social distancing, happily, life still goes on. There are two families that are sharing their happy news with us. One family has a new granddaughter and another family has a granddaughter planning a wedding. How great that is!

BABIES

Linda and Marty Kamins are thrilled to announce the arrival of their new granddaughter, *Simone Kamins*. She was born on November 17, 2020 to Melissa and Daniel Kamins. Mom, Dad, and big sister Hannah are all doing well.

ENGAGEMENTS

Marilyn and Sam Krawet's

granddaughter, *Marisa Freedman*, became engaged to *Chris Senecal* in September, 2020. A wedding is planned for October, 2021 in Massachusetts.

A Special Note to All Newcomers to Our Community

If there are any new additions to your family, an engagement/marriage of your son/daughter, yourself, or if someone close to you has joined the military defending our country and last but not least has received a special award, please let us know. All you have to do is drop a note of the forthcoming event in the mailbox of Christiana Barone, 8 Country Club Drive or e-mail me at cbarone@aol.com with a reference in the subject box "Regency News" by the first of the month



and magically it will appear in our community publication. If you choose to e-mail me, please indicate Regency News in the subject area. That's all folks. See you next month with the FRUITS OF OUR LIVES, (not the pits).

In Memoriam

My Friend Mona

By Nina Wolff

I first met Mona and two of her friends (Annette and Cathy) when they joined the Friday morning Dancefit Class with instructor Amy Castro at the Clubhouse. These ladies were delightful, they loved to dance, to laugh, to meet new people. I had been dancing in that class since it's inception, about 17 years ago. People stayed, people came and they went. Mona and her "group" stayed. We all laughed as we struggled to learn new routines and remember the old ones. Somewhere along the line (well, four years ago, this past March), Mona, Cathy and I realized that we all had March birthdays and we were turning 70 together. Well - we were already friendly, so the four of us (including Annette of course) started going out to lunch, we did so often and the friendship grew.

Two years ago this past October Mona came to class and told us all the dreadful news that she had been diagnosed with Stage One Pancreatic Cancer. We were all shocked and sickened by this news. And so it started. Mona was able to have the Whipple

surgery, followed by chemo and radiation. But here is the remarkable thing about Mona. She was strong, fearless, and upbeat throughout. She was positive all the time. She accepted things as they got better and as they got worse. I have never known a more courageous person in my life. She fought and fought and took things as they came, always wanted to know how her friends were, to tell her about what was going on in their lives. She did not dwell on what was ravaging hers.

Mona loved crafts, she loved holidays, she especially loved Halloween. The first time she showed up at Dancefit in a Halloween costume, we had no clue who she was! It was hysterical. This past October, two years in to her battle with cancer, weak, wasting away, she showed up at Dancefit in a Halloween costume. This was Mona, the woman who loved life, who loved her family and her friends. Mona passed away about a week after Thanksgiving. Her loss is felt by many. I will always be thankful for and cherish the time we had together and the friendship we shared. She enriched my life. I will miss her forever.

Thanks for the Turkeys

By Marcy Smith

The Regency Culture Club would like to extend a thank you to the Regency community for their continued generosity to our call for turkeys. With your support 200 families in the township received turkeys from the Food Pantry this year. Because you, our community,

opened your hearts and wallets, an additional monetary donation was made to the Food Pantry. This will ensure that the financially strapped residents of the township will have food on their tables for future months. Thank you for giving to make this Thanksgiving special for those less fortunate

Images from the Regency Digital Photography Club

By Nina Wolff

This month, the *Regency Reporter* is continuing to highlight images submitted to the Regency Digital Photography Club via Zoom. Members met to comment, admire the images, and learn from the critique. Two

images can be found on the front page of this issue - *Lilac Breasted Roller* by Ed Telchin and *Chinese Woman* by Bruce Rothenberg. Look for more Photography Club images to be highlighted in future issues of the *Reporter*.

Condolence

The Editorial Board of the Regency Reporter and the entire Regency community sends sincere condolences to the Family of our dear friend and neighbor Mona Warner, to Allen Glassman and Family on the passing of his beloved sister Rita Brown, to the Family of our dear friend and neighbor Renea Zukerberg, and to Marie Rando and Family on the recent loss of her beloved husband and our dear friend and neighbor Robert.

LABORATORY AND NURSING SERVICES

Available at Regency at Monroe

Penn Medicine Princeton Health exclusively offers Regency at Monroe residents phlebotomy and nursing services in the Clubhouse. See details below.

LABORATORY SERVICES

Phlebotomy services (blood draw) are provided Every Tuesday from 7:15 a.m. – 9 a.m.

By appointment in the Clubhouse.

To make an appointment with our assigned phlebotomist, please contact Regency at Monroe's concierge desk at 732-605-9800.

Please note: a laboratory prescription from your doctor is required at the appointment.

Masks must be worn

Do not arrive more than five minutes prior to appointment

You will receive a call on your cell phone

when you should come to the back door

The phlebotomist will escort you in

The room will be sanitized after each appointment

For more information, call 732-605-9800.

Become One of the Regency Reporter's Valued Contributors!

Do you have a special interest?

Do you have information to share?

Do you love to write?

Why not join the Regency Reporter team?

We are always looking for new contributors!

The Regency Reporter would love to have you!

Contact Nina Wolff to discuss your ideas.

nwolff0325@aol.com

DO YOU SUFFER FROM PERIPHERAL NEUROPATHY?



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?

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

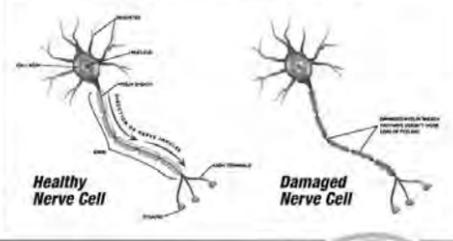
AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few 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.

NEW CBD OIL TREATMENTS NOW AVAILABLE!

CBD oils have had successful results with treating patients with Inflammation, muscle, joint, and nerve related pains. CBD is an especially promising due to its lack of any intoxicating effects and lower potential for side effects compared to many other pain medications. At AllCure, we want to maximize patients efforts in getting them back to the quality of life that they want and deserve, and CBD treatment is the newest tool to help us do so. Please call us today and we will be happy to answer any questions

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.



732-521-9222

350 Forsgate Dr, Monroe Township, NJ 08831



allcurespineandsports.com We accept most major insurances and medicare!



Club Harmony In Motion's officers, from left: Addie Aloia, Hillary Tomack, Serge and Monique Mainville.
Photo by Steve Wandy

Harmony In Motion

By Monique Mainville

Four years ago in 2017, Harmony In Motion became an official Sanctioned Club at Regency, time flies by so quickly!

As the founder of Club Harmony In Motion, I had the concept of creating a club for Regency with themed events for our residents to socialize, dance and listen to music with little

maintenance and "no frills." The club was an immediate success because people loved this "no frills" themed idea. Last year Club Harmony In Motion had several events planned but

unfortunately, due to the COVID-19 virus pandemic, we had to postpone the majority of our scheduled events. Thankfully, Club Harmony In Motion was able to host three successful events, our Annual Membership Event, a Valentine's Day Party and a Halloween Parade, which

was open to all homeowners. We anticipate in the coming year 2021, Club Harmony In Motion will resume hosting our spectacular themed events.

I wish everyone a Happy New Year 2021 with love, peace, good health, lasting happiness and harmony.

Men's Club Happenings

By Roger Wood

Happy New Year to our Men's Club members, their families and all who live and work here at Regency. We wish you the best in 2021! And although many of us have had to depart from our traditional ways of celebrating the holidays with gatherings of family and friends, we hope your holidays were happy. Until such time when we can safely return to our monthly meetings and all of the activities and events our Entertainment Committee arranges for us, the Men's Club remains in a standstill mode. We are always asking our mem-



bers for suggestions. As the weather improves in the coming months, we will explore opportunities that allow us to travel in our own cars to outdoor venues, which practice proper social distancing; such as, baseball, golf outings, outdoor theaters, tours of historic sites. We are always open to suggestions and appreciate your input. Questions regarding Men's Club membership should be addressed to Roger Wood or Steve Rich. Please stay safe until we have this and any other virus that may strike us under control.

Singles Mingle

By Karen Calder

The Regency Singles group extends heartfelt wishes for health and happiness in the New Year. Like all groups, 2020 posed an abrupt and unexpected stop to the numerous trips and activities we had planned. Given the friendly group that we are, some of our board members decided to undertake calling every member a few times during this past pandemic year extending warm regards and just checking in. This act of extending friendship during a difficult time is exactly what makes the singles group so unique. We are a large active group who, in a typical year, meets monthly at the Tennis Pavilion where we have a select program for the evening, which could be a potluck dinner, an interesting speaker, game night, or just getting together to mix and mingle. We also run numerous trips throughout the year. We look forward to starting up these activities again when it is safe to resume a normal lifestyle.

In the meantime, if you are a new single resident of Regency or single and would like to meet other singles, please let us know. Our Membership Chairperson is Linda Litsky who would welcome your phone call and get you hooked up to join our group. Linda can be reached at 732-492-0921 or via email at LinLit32@gmail.com

For 2021 we will be running the group by an Executive Board committee as we do not currently have a volunteer to be



COMPREHENSIVE , COSMETIC & IMPLANT DENTISTRY

AT FIORENTINI FAMILY DENTISTRY, YOU'RE MORE THAN JUST A PATIENT... YOU'RE FAMILY.

At Fiorentini Family Dentistry, we are proud to be meeting and exceeding all guidelines in order to keep you safe and to continue to provide you care!

We have equipped our office with:

- Ultraviolet sterilization in the HVAC system
- Medical grade HEPA filter in every room
- Air scrubber in waiting rooms
- Virtual waiting room
- Teledentistry
- Additional sterilization and PPE

Accepting New Patients and Emergencies



We provide the following services:

- Implants
- Crowns in a Day
- Dentures and Repairs
- Sleep Apnea Therapy
- Veneers
- Tooth Whitening
- Root Canal Therapy
- Periodontal Therapy

Call Today to Schedule a Complimentary Consultation

294 APPLEGARTH ROAD, SUITE H, MONROE TOWNSHIP, NJ 08831

PH 609.655.1023

WWW.FIOREFAMDENT.COM

The Regency Book Club

By Nina Wolff

Secrets - keeping versus divulging them. Family dynamics - how do parents navigate the needs of one child over their others. Gender Dysphoria - taken from Google - (*GD*) is the distress a person feels due to a mismatch between their gender identity and their sex assigned at birth. These are some of the themes that the Regency Book Club tackled in a conversation ably moderated by Susan Olan about the book *This Is The Way It Always Is* by Laurie Frankel. A large group of "bookies" met again via Zoom on Tuesday, December 8. It is interesting to note that the author, herself, has a child with Gender Dysphoria. She discusses this in the afterword of her book, explaining that her family's dynamic is very different than the family she has written about.

For Penn and Rosie, it really was love at first sight. Rosie was in her residency when she was fixed up with Penn, an aspiring poet/novelist. They marry and quickly have four sons - Roo (short for Roosevelt), Ben and then the twins Rigel and Orion. Rosie works nights; she is an ER doctor at the University of Wisconsin Medical Center, where she trained. Penn stays home with the boys, doing everything that that entails along with trying to write a novel and get it published. Friends question if Penn really works. Role reversal - does a stay at home parent "really work!?" Rosie had lost a sister named Poppy to cancer when they were both young. Despite having four children they try for a girl - someone to name Poppy. Claude is born. But. When Claude is three he asks his mother, "Can I be a girl when I grow up?"

The entire family is accepting of Claude wanting to dress as a girl. He walks around in his mother's nightgowns and high heels or puts a sash around a T shirt to make a dress. He likes little girl things, he asks what jobs girls can have and is told that girls can do anything boys can do. And he sees in his own family that his mother is the doctor and his father does the school drop-offs. He is a precocious child, who reads early and

has a wide vocabulary (well he has four bright brothers not to mention parents). He wants a girl's name, he chooses Poppy. Whether this is a phase or something that has deeper meaning is as yet unknown to anyone. Kindergarten is fast approaching and Penn and Rosie go to school to discuss this issue. They also see a therapist, who our group felt was a little off-center. However, he tells them that they are lucky that Claude/Poppy let them know his feelings early so that they can prepare. He encourages them to let things flow. At school, the teacher is not happy with this child who comes to school in a dress and is not a girl. There are issues over which bathroom should be used and whether the Kindergarten class should be told that Poppy is really a boy. But as we know, five year olds are notoriously self-absorbed and they don't care one bit. The teacher comes off her high horse and everything seems fine.

Until. One night into the ER

comes a girl who has been beaten half to death. She is a college freshman who had a bit too much to drink and let a boy move his hand up her leg a bit too far and discovered a penis. She dies from her wounds, the boy's life will never be the same and Rosie sees Poppy. In abject fear, she insists that they leave small town Wisconsin and move to some place more liberal - they choose Seattle. Poppy enters first grade as a happy little girl with new friends - the secret is kept, until it is not...

This is an issue driven book. To save Poppy, the oldest brother, Roo, is forced to give up a lot. What happens to a family when one child's needs are chosen over the others? Gender Dysphoria has family, school, cultural, societal, and



medical implications. As Poppy gets older should he be given hormone blockers? Bathroom laws for transgender individuals differ in every state. How is that to be handled? How are transgender individuals to be protected from those who are not as accepting? Is the person transgender and gay? And, how can such an individual find peace within themselves? These are all very important questions that arise and come to the forefront in today's society where people should not and are no longer willing to hide. One will need to read *This Is How It Always Is* to find out how time spent in a medical clinic in a desperately impoverished part of Thailand helps Claude/Poppy, Rosie, and the family back in Seattle find their way forward.

Please join the Regency Book

Club on Tuesday, January 12, when we will Zoom to discuss *The Guest Book: A Novel* by Sarah Blake and again on Tuesday, February 9, when we will discuss *The Stationery Shop of Tehran* by Marjan Kamali. We again thank Susan Olan for recommending and moderating *This Is How It Always Is*. Marcia Midler will send the Zoom link and Judi Zipkin will send the reminders for our next discussions. Everyone is welcome and you do not need to have read the book to join the discussion. If you would like to be placed on the Regency Book Club email list, please contact Marcia or Judi. Their numbers are in the Regency directory. Please join us. Happy New Year!

Keep reading - it's good for the soul...



**MONROE TWP
FIRE DISTRICT #3
AT YOUR SERVICE, ANYTIME.
www.mtfld3.com
609-409-2980**

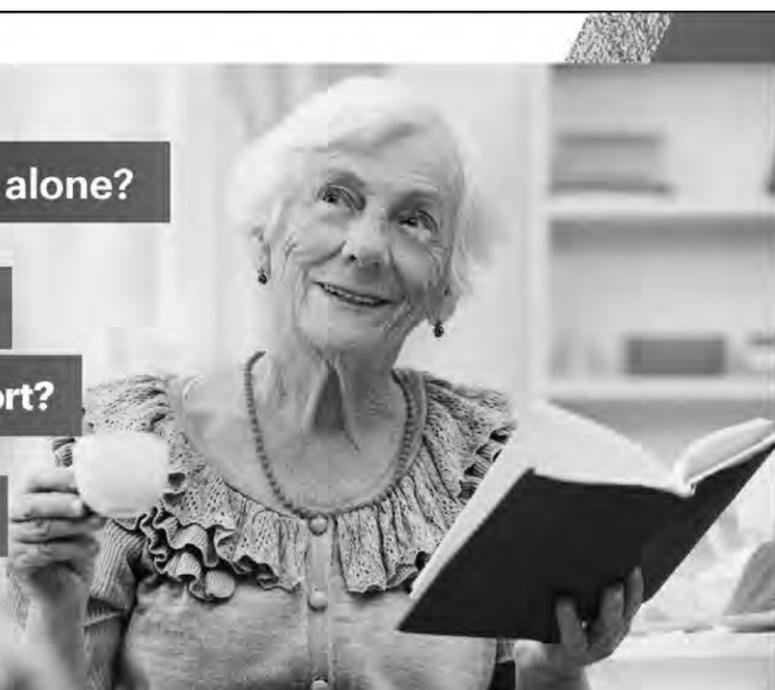
Fearful of living at home alone?

Are you lacking consistent

family or community support?

Do you require 24-hour

care or supervision?



Consider

Next to HOME

LONG TERM CARE

**Enjoy Quality of Life
& Quality of Care!**

We take pride in delivering an unparalleled resident experience, with an emphasis on maintaining our residents' dignity, independence and self-respect.



**THE JEWISH HOME
FOR REHABILITATION & NURSING**

 **Glatt Kosher**

ENJOY:

- Secure Memory Care Unit
- Multi-Specialty Physician Access
- Interactive RESTORE Therapy
- Care Safely Approach to Care Provision
- Diverse Menu & Dining Services
- Beautician & Barber Services
- In-Center Televisions Network
- Life Enriching Activities
- Dedicated 24/7 Hospitality Line
- Life Loop Technology
- Family Matters Program
- Quarterly Resident Wellness Review with Family
- Medicaid Support & Guidance

1151 W. Main Street • Freehold, NJ 07728
(732) 202-1000

jewishhomefreehold.org 

 Now part of the Marquis Health Services family!

Singles Mingle

(Continued from page 6)

President or Vice President. We welcome anyone interested in volunteering to join the Executive Board. Please contact Lina Perez if you would consider getting involved in keeping this group running. Lina can be found in the Regency Directory.

Our Executive Board members for 2021 are:

Membership Co-Coordinator, Linda Litsky
Secretary, Dorothy Thomas
Treasurer, Elaine Cress
Programming, Gloria Solomon
Sunshine, Mary Tournour
Nominating Committee, Lina Perez

Reporter, Karen Calder

In the meantime stay healthy, Happy and Healthy New Year to all.

Proud Resident of Regency at Monroe

After successfully selling in the city for over 40 years, I am excited to serve my new community. Call me with all of your real estate needs!



SHERYL SIEGEL
Realtor-Associate

m: 917.783.4093 | o: 732.946.9200
e: sheryl.siegel@sothebysrealty.com

Real Estate licensed in New York for 40 years.



Holmdel Office - 38 Main Street, Holmdel

Sotheby's International Realty™ is a licensed trademark to Sotheby's International Realty Affiliates, Inc. Each Office is Independently Owned and Operated.



Hadassah Highlights



By Carol Kortmansky,
Karen Ross, President

Welcome 2021! We pray that it will be better than 2020! All the signs point that way, and we hope with all our hearts that it shall be so! Once again we thank Hadassah Hospital in Israel for being in the forefront of the development of a vaccine for Covid 19. And of course we thank our first responders and the medical community for everything they are doing to make 2021 a Safe, Healthy and Happy New Year!

We'd like to extend a welcome to **Ellen Lyons** a Life Member of Hadassah who recently moved to Regency. We would like to thank **Barbara Lemberger** for transferring her Life Membership to our chapter and **Lois Solomon, Penny Fink, Marci Singer and Judith Kay** for renewing their annual memberships. If you are new to our community or know of someone who has recently moved in and would like to learn more about Hadassah, please contact our President, Karen Ross, or our Membership Vice-Presidents, Linda Grossman or Annette Kushner for more information. Their phone numbers are listed in the directory.

Although we are still not able to enjoy Hadassah's in person programs, don't forget to check out Hadassah's website, Hadassah@home. While doing our best to isolate ourselves, we can hear about experiences of some extraordinary Jewish women, or sit in on a chat with a beloved author. Check it out!

On December 22 we welcomed author Ronald Balson to a virtual meeting during which he spoke about his newest book, *Eli's Promise*. Although this event is taking place after this article goes to print, we are certain that it was a well-attended, and very interesting discussion by an author we have met in the past. I for one have already read this book and would strongly recommend it! Look for more information and a review of this event in next month's *Regency Reporter*.

Our book selections for the next two months are as follows:

On January 18, at 7:00 p.m. our Zoom book club will meet to discuss the *The Lost Shtetl*, by Max Gross. This is a debut novel about a small Jewish village in the Polish forest that was so secluded no one knew about it until now. For decades, the



Carol Kortmansky

tiny Jewish shtetl of Kreskol existed in happy isolation, untouched, unchanged and spared from the Holocaust and the Cold War. But because of an acrimonious divorce spinning out of control, everything changed and the twenty-first century came crashing down on them.

On February 15, at 7:00 p.m., also via Zoom, we will discuss *Nobody Will Tell You This But Me*, by Bess Kalb, an Emmy nominated TV writer and *New Yorker* contributor. In this debut memoir the author, through her beloved grandmother's voice, recounts both family lore and family secrets from four generations of indomitable women and the men who loved them. From Belarus to America, from the pogroms in the "old" country to the rough and tumble world of LA television, Grandma Bobby's wisdom reaches out: "If the earth is cracking behind you, you just put one foot in front of the other. Never. But. Fake. Anything. I swear on your life every word of this is true."

Please RSVP if you wish to attend any of our book club discussions or if you would like to act as our facilitator. You will receive log in instructions in advance of the Zoom meeting. You can contact Marilyn Jaclin or Marcia Milgrom directly.

Please watch your emails for updated information on all of our events and programs. If you change your email, please contact us and let us know immediately. Send your updated email to kbr1253@aol.com

We would like to remind our members that condolence and greeting cards can be purchased from Shelly Schwartz, Sandy Mailman, or Marilyn Krawet. If you cannot reach one of our Card chairpersons, please contact Karen Ross. For JNF Trees (now \$18 if delivered in Regency and \$19 if mailed out of the development) and Certificates (now \$10 if delivered in Regency and \$11 if mailed out of the development) contact Karen Ross or Linda Strauss. Contact Helen Spector if you wish to place a leaf on our Tree of Life.

At this time our Matching Funds Campaign is closed, and we would like to thank all our members who have so graciously and generously donated to Autism Spectrum Disorders through Hadassah Hospital! Our sincere thanks to those listed below who recently donated to our **Regency Hadassah Matching Funds Campaign**.

Linda Litsky in honor of the
(Continued on page 9)

Outlook Eyecare

Comprehensive Care, Local Focus

Outlook Eyecare offers top quality comprehensive eye care for all of our patients. You'll find Ophthalmologists, Optometrists and Opticians who are at the forefront of their field ready to address all of your eye care needs.

- > Cataract Surgery
- > Glaucoma Screening and Care
- > Diabetic Retinopathy Treatment
- > Eyelid & Orbital Surgery
- > Cosmetic Fillers
- > Routine Eye Exams
- > Full Service Optical Shop
- > Wide Range of Contact Lenses

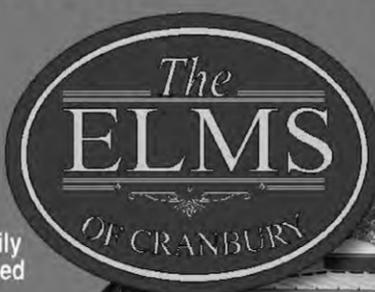
Our staff and Doctors provide quality care tailored to your individual needs.

- Wayne M. Grabowski, MD
- Joseph P. Shovlin, MD
- Colleen M. Coleman, MD
- Margaret M. Ritterbusch, OD 270A00463000
- Michael R. Trottni, OD 270A0644500
- Grace Danieleles, Optician Manager NJ31TD-3827
- Colleen Hatter TD2226
- Nicole Swanhart, Ap Optician AD-07379

Call for your appointment today or stop in and browse our Optical Shop at our two convenient locations.

PRINCETON (609) 419-1920 • MONROE TOWNSHIP (609) 409-2777 • www.outlookeyecare.com

SUB ACUTE REHABILITATION AND NURSING – LONG TERM CARE



Family Owned and Operated Since 1960



NEW 5000 sq. ft. Rehab Pavilion & Therapy Pool
Family Atmosphere
Warm, Friendly And Caring Staff
Most Convenient Facility to the
Monroe Township Active Adult Communities

609-395-0641
61 Maplewood Avenue
Cranbury, NJ
NJ Department of Health Rated
Outstanding Survey History

Diwali

By Bharat Doshi

It was the Halloween celebration near the Clubhouse and pool-side parking lot at Regency at Monroe. The weather was beautiful and people were enjoying the parade, costume competition, and impromptu dancing. Among those were five of us from origin in the Indian sub-continent. Fareeda Barot lamented that Covid-19 had kept us from celebrating a number of festivals around that time of the year and another big one, Diwali, was approaching in a week or two. Soon, Jaya and Prem Gupta joined us. Jaya had been trying to find a way to celebrate at scale and joined the group in discussing what we could do. A fun celebration would involve bright decora-

tions, lots of food, music, colorful costumes, and dancing. The following Saturday, November 7, promised great weather and the pool-side parking lot seemed to be a great venue. There was no time for a formally organized event. So, an informal group of volunteers went to work. Stephanie graciously honored our request to book the venue. She also offered a cordoned-off area in the parking lot, an electrical outlet, and a trash receptacle. Volunteers quickly divided responsibilities for tables, decorative covers, typical festive decorations, water and soda, snacks, desserts, music, and musical equipment. The weather on November 7 turned out to be as good as promised. Volunteers arrived early and, by 1 p.m., this small area of the parking lot looked like a festive village

square in India. Colorful decorations and yummy food adorned the tables. Music blared throughout the two hour period. About 50 people showed up to join the celebration, many in colorful costumes of the sub-continent. They ate well. Many participated in three types of dancing: Garba, a traditional folk dance from Gujarat and Rajasthan states; Raas, where the music and dance movements are supplemented by the dancers banging hand-held sticks to add to the tempo; and Bhangra, a typical folk dance from Punjab state in Northwest. Of course, all wished we were much younger and could dance the night away! All in all, a great afternoon. Photos never truly capture the atmosphere and spirit of this festivity, but please enjoy the two photos on the front page of this issue.

The Regency Women's Group

By Carole Goldman and Barbara Wilner

Many like to sing *Auld Lang Syne* at the end of the year, but this was not the case for 2020. COVID made it one of the most difficult any of us can remember. As we welcome 2021, we look forward to hopefully good health and a resumption of life as we knew it. The Women's Group would like to wish all a Happy and Healthy New Year with so many exciting possibilities. Whether you are home or away for the season, stay safe and enjoy all you can. Please



join us for continued wonderful events once the all clear sounds. We look forward to welcoming you back. Happy New Year from us all!
Till next time...

Marty Indursky Runs Half Marathon in Regency



Austin Indursky is the first to cross the finish line, followed by Marty Indursky and Amy Rokaw.

Photo by Lauren Berke

By Cecile Spector

During March 2020, Marty Indursky started training for his annual half marathon run at Seaside Heights, New Jersey. He had participated in this half marathon for the past 12 years with his

niece, Amy Rokaw, and looked forward to running it again this year. In the past, the race inspired a family get-together, with loads of relatives going to Seaside to cheer them on. Unfortunately, Covid-19 changed their plans. Even though Marty thought he wouldn't be able to participate this year, being an avid runner, he still did his practice runs, accumulating about 600 miles over approximately seven months. His niece Amy, who lives in Shreveport, Louisiana, contacted him and suggested they run the 2020 race as a virtual event to celebrate his 82 birthday. Registration forms were available online and a "run go" app could be used to download each participant's time and mileage. You would even get an official tee shirt! If Amy was willing – no, anxious - to fly up to run the race with him, how could he not. But where to run? For many years, in the wee hours of the morning, Marty has been running through the streets of Regency. He realized this was as good a place as any to run the race with Amy. So, on Saturday, October 18, they started the race at Marty's driveway, with several family members there (socially distanced) to cheer them on. After running the official half marathon 13.1 miles, they reached the finish line, which was clearly marked by finishing flags in their driveway. For the last two miles, Marty's grandson, Austin Indursky, ran with them. The family

group celebrated the successful run in Regency in the Indursky's backyard. Not even a pandemic could stop Marty and Amy from running!

Hadassah

(Continued from page 8)

- Bat Mitzvah of her granddaughter, Melissa Brianna Keenan
- Linda Levinson
- Vicki Herbst in honor of her grandchildren
- Roberta and Alan Gottlieb in honor of the Bar Mitzvah of Susan Olan's grandson, Alex
- Leslie Kohn in honor of her five grandchildren: Zoey, Carly, Sydney, Samantha, and Hailey
- Barbara Wilner in honor of the Bar Mitzvah of Susan Olan's Grandson
- Ruth and Herb Feinberg
- Barbara Bickel in honor of Rose Wallerstein, a most dedicated Hadassah member
- Marilyn and Sam Krawet in honor of their granddaughter Marisa's engagement to Chris
- Loretta Hyden in memory of Scott and Seymour Hyden
- Toby Rudolph in honor of Matthew Levine
- Marcy Smith
- Myrna Teicher
- Nancy and Gary Lynn in memory of Hank Ross
- Happy New Year! May it be a better one for all!



Serving the NY/NJ Metropolitan Area Since 1978

Attention Regency Residents

- Home Security System Monitoring
**** \$14.50 per month ****
- Established Company — 45 Years of Experience
- Owned & operated by a Regency resident
- No Contracts
- No Conversion Fee
- Home Improvement Contractor Number—13VH00561800
- 3-Year Rate Guarantee
- No Gimmicks
- Great for Regency Residents coming off Existing Contracts
- **Call Now (800) 343-3526, ext. 122**
- Service & Upgrades Available

**Open to Regency @ Monroe residents only. Rate requires annual billing and landline for monitoring. Rate for GSM or Cellular Communicator is \$22 monthly.

Visa & MasterCard accepted. USA will refund any portion of unused monitoring in the event of cancellation prior to the annual monitoring anniversary.

240 Frisch Court, Suite 303, Paramus, NJ 07652
Telephone (201) 343-4777 · (800) 343-3526
Fax (201) 343-6624 · Web Address: www.usa-sec.com

The Best Hands In Real Estate!



Cheryl Hand
Broker/Sales Associates
732-598-0355 (Cell)
732-536-3268 Ext. 132
Cheryl.Hand@bhhsnj.com
www.CherylHand.com



Thank You
For Your
Referrals!

PUT YOUR HOME IN MY "HANDS!"

Happy and Healthy New Year to All!

Please Be Mindful of the Speed Limit in our Community!

CALL ME TODAY FOR ALL YOUR REAL ESTATE NEEDS!

BERKSHIRE HATHAWAY | **New Jersey Properties**
HomeServices

Berkshire Hathaway HomeServices Prudential New Jersey Properties is an Independently Owned and Operated Member of The Prudential Real Estate Affiliates

Beyond Words



By Cecile Spector

Generations

“They show disrespect for their elders.” “They would rather chatter than get some exercise.” “They contradict their parents and tyrannize their teachers.” “They overdo everything - they love too much, hate too much, and think they are exceedingly wise.” These comments about the younger generation could have been translated from the Greek, because they illustrate the type of complaints adults had in the days of Plato, Socrates, and Aristotle. Throughout the centuries, adults have been complaining about

how youngsters behave. Why is this so? Each generation is shaped by the life experiences they go through as they come of age. It stands to reason, then, that the formative experiences of each generation (aka cohort) will cause them to develop and share similar values, beliefs, and expectations that are different from those of the previous generation. This difference is the cause of generational clashes. For example, for those born before 9/11/2001, seeing our part of the world, (the US), as a safe, fairly tranquil place was usual. For those born after 9/11, terrorist attacks have become a fact of life and the norm for the way they see the world. According to the dictionary: *a generation is “all of the people born and living at about the same time, regarded collectively.”* It can also be described as, *“the average period, generally considered to be about 20 - 30 years, during which children are born and grow up, become adults, and begin to have children.”*

We need to keep in mind that generations are on a continuum, there are no hard and fast dates

that separate them. There is overlap between generations, and within each generation there is a considerable degree of variation. There is consensus, however, on each generation’s general time frame. At any given time, from five to seven generations can coexist. At present, our population falls into the following generations:

- **GI Generation**, also called **The Greatest Generation**, includes individuals born between 1901- 1924. They fought in WW II and experienced the Great Depression during their teenage years. Tom Brokaw wrote about members of this cohort in his book, *The Greatest Generation* thus popularizing its name.
- **Silent Generation** includes individuals born between 1925-1942. They may have fought in the Korean War or even in Vietnam. They have conformist tendencies and would be likely to follow the rules as a way to succeed in life.
- **Baby Boomers** includes individuals born between 1943-1964. Large numbers of babies were born after WWII, making this one of the largest cohorts. They lived during a time of economic prosperity.

This was the time of hippies who participated in the civil rights movement and protested the Vietnam War. Rock ‘n Roll got its start. Also called the **“Me” Generation** because of the self-involved qualities that have often been associated with it.

- **Generation X (Gen X)** includes individuals born between 1965-1979. The Berlin Wall came down; the AIDs epidemic started. This has also been called the **MTV Generation**.
 - **Millennials, or Generation Y (Gen Y)**, includes individuals born between 1980-2000. They grew up around the turn of the third millennium. The horrors of September 11, 2001 occurred, as well as school shootings. The Internet arrived on the scene, and dependence on technology changed the face of the nation. Sometimes referred to as the **Entitled and Narcissistic Generation**.
 - **Generation Z (Gen Z)** includes individuals born in the mid-1990s. This generation has been raised with the Internet and social media, with some of the oldest finishing college by 2020 and entering the workforce. “Selfies” originated with this generation. They have also been called **Zoomers**.
 - **Generation Alpha** includes individuals born from about the early 2010s to the mid-2020s. These are today’s youngest children. There hasn’t been a long enough passage of time to predict how they’ll respond to their life experiences. We do know that they will be immersed in the latest technology.
- Two of the most similar generations would be **Gen Z** and **Millennials**. These generations grew up in a similar age of technology. They had similar struggles with financial crises, student loan debt, and political strife. **Gen Z** is more tech-savvy; they have always had smartphones and high-speed Internet available and are more comfortable with social media and online publishing than pre-

vious generations. They use cell phones and other electronic devices mostly for entertainment purposes.

How we communicate with each other seems to change from one generation to the next. Our language, as has been pointed out frequently, is a living thing. Not only do words, idioms, and parts of speech change, but even intonation patterns (e.g. “I went to the store.” may sound like “I went to the store?”). We used to write letters, use the telephone and have face-to-face conversations whenever we could. **Gen Z** seldom writes letters. They prefer texting to making a phone call or speaking to someone face to face. Sad to say, our body language, gestures, tone of voice and facial expressions are elements lost from our messages. Given that these nonverbal aspects of our language frequently convey more than fifty percent of a message’s meaning, we may not be accurately imparting what we wish to communicate. Does this mean our ability to communicate with each other has deteriorated over the generations? Quite possibly.

As generations go by, we have become more and more dependent on modern technology. It enriches our lives in so many ways – medicine, transportation, energy, construction, and manufacturing. It is in the area of information and communication that technology creates the greatest challenges. Will future generations be able to survive without their computers, smart phones, GPSs, software applications, and so forth? What is viewed as important, our ideas, attitudes, religious beliefs, and methods for dealing with others, is formed by the kind of education and indoctrination individuals have received, as well as their own life experiences. For these reasons, each generation has its own world view.



Steve & Wendy, Your Regency Neighbors

Wendy Feinberg-Kotula

Sales Associate

Cell: 732-598-5343

wend56@aol.com

wendyfeinberg-kotula.com

Stephen Kotula

Sales Associate

Cell: 732-492-3441

stephen.kotula@yahoo.com

Happy New Year!

Wishing you good luck, good health, good fortune and good times! Happy New Year to all!



Planning to buy or sell a home in 2018?

Call Steve & Wendy!

Everything we touch turns to **SOLD!**

335 Rt 9 South, Manalapan, NJ 07726 | Office: 732-462-4242 | Owned & operated by NRT LLC

Home Trends



By Cheryl Hand

Happy New Year

Just a brief hello to wish everyone a very Happy New Year. Hope you are all HEALTHY – let’s pray we have our vaccine very soon so our lives can move forward and we can enjoy our family and friends. Since the deadline for our *Regency Reporter* articles is a few weeks before publication, I do not have the final re-sale statistics for 2020. Please look for my annual statistical article in February’s paper. For now, I’m finishing up the year and wrapping lots of gifts for my three beautiful grandsons. Again, HAPPY 2021 – let’s kick this virus! See you in February with lots of details xoxo Cheryl.



Franklin Pharmacy

557 Englishtown Rd., Monroe, NJ 08831

Corner of Englishtown Road & Union Hill Road

(732) 446-5445

Free Delivery Service



Medicare Part B for Diabetes Patients

Count on us! We make it easy to get your diabetes supplies!

Just show your Medicare Part B card to our pharmacists and we will take care of the rest!

We are an accredited Medicare Part B Pharmacy.

NOW our trained pharmacists offering Custom Compound Medications for you and your pets.

We accept most insurance plans

No insurance? No problem! Check our discounted prescription prices!
Introducing only \$4.50 for a 30-day & \$12.99 for a 90-day supply of over 300 generic medications and only \$19.99 for select 30-day supplies of generic birth control pills
Please call us or stop by the store for more details!

- 24 Hour Emergency Prescription Service
- Free Blood Pressure Testing
- 50% off Designer Greeting Cards
- Medical Supplies
- Russell Stover Candy
- Full Line of Vitamins

10 % Off
Any non-prescription purchase with this coupon
Franklin Pharmacy

Tech Trends

By Don Haback

“Be Prepared” – Get Your Tech Ready for The New Year

First, Anne and I wish all of you the HAPPIEST NEW YEAR! We all hope for an easing year. The Boy Scouts’ motto is a great introduction for this month’s article! This will include updated elements of previously published articles along with really useful new thoughts.

First: **CHANGE ALL YOUR PASSWORDS!** You should be doing this regularly. Most corporations and government agencies require employees to regularly do this – quarterly and as often as monthly. Today, most of our providers (email, Facebook, Banks, etc.) are requiring at least eight characters, including both upper and lower case letters, numerals, AND special characters (like !, \$, #, etc.). One more hint – if you’re using ‘proper’ names or words, don’t capitalize the first letter, use one or more of the letters inside the word (like cyNthiA). I’d also suggest that you don’t use names that can somehow be associated with you (like current street names).

Next, let’s look at our emails, whether on your computers, smart phones or tablets. As I wrote last month, You **HAVE TO REMAIN AWARE!** DO

NOT – without careful analysis – EVER RESPOND TO – OR EVEN OPEN any emails without taking some basic precautions. **DON’T AUTOMATICALLY ASSUME** that messages from your friends, family members and associates are from who they purport to be. After you review the ‘title’ of the mail, an easy way to make sure it’s okay is to hover your mouse over their address on your email inbox. When you do this (for just about every email service), you’ll see the actual origination address. Here’s an important example: I regularly receive emails purporting to come from ME! Mail like this is obviously **NEVER TO BE OPENED!** When I hovered my mouse over one of them last week, I saw donhaback@CMJINGua.ancrallsovis.com Obviously NOT ME! If any incoming email has anything other than the full address you know is that of the sender, **DELETE IT!** Don’t automatically label it as spam – this may prevent your real friends and families from contacting you. Similarly, **DON’T AUTOMATICALLY ASSUME** that incoming text as well as Facebook (and other similar site) mes-

sages are authentic. Simply opening them can open the gates to unscrupulous hackers!

We’ve ALL seen the growth in unwanted smart phone calls. These arise from the fact that our cell numbers are, basically, in the public domain. You’ve probably already seen calls – AND TEXT MESSAGES – from unknown sites offering all manner of enticements. The most egregious that I’ve recently seen have come from sites offering to cover unknown bills (including tax) or offering refunds from companies that say you’ve been over billed. The enticing thing is that they ask you to PUSH #1 to ‘continue’. **DON’T!** These are just an evolving generation of hacker attacks.

One last thought – you’ve probably heard me saying that “there are two major classes of computer users, **THOSE WHO REGULARLY BACK UP THEIR MACHINES** and **THOSE WHO WISH THEY HAD!**” Backing up simply means regularly copying all the contents of your computer’s main hard drive to a second ‘outside’ drive – giving you the means to recover your computer in case of failure or outside attack. Either of these can make your machine totally unusable. ‘Ransomware’ is an attack in which the attacker takes your computer hostage and demands payment in order to unlock it and release your data. We’ve all read about ransomware attacks on corporations, schools and government agencies. Ransomware attacks on home computers are rarer, primarily because the return on the attacker’s investment (ROI) is much lower than that on ‘larger’ victims. In some cases, a simple power-off reboot can recover your machine. Setting up a backup capability is relatively easy – needing only the addition of an external hard drive and the appropriate software. Backing up is not difficult – and can be set up as a daily automatic operation.

Please stay safe - from COVID and the ever-increasing number of folks trying to scam us into giving up something to them.

M&M Movie Minutes

By Marcia Milgrom and Marilyn Jaclin

Hillbilly Elegy

M and M are still separated, now more than ever, Marilyn in Florida and Marcia at home in Monroe. After reading the book and liking it tremendously, and seeing that the movie was on Netflix we decided to view and write about it. Netflix acquired the distribution rights to this bestselling memoir by J.D. Vance, directed by Ron Howard. The film takes place in Ohio and Appalachia, Kentucky where we first meet the author J.D. (Gabriel Basso) visiting his grandparents in Kentucky. This review and movie may seem disjointed because of all the flashbacks.

Fourteen years later we see J.D. attending a formal dinner where firms are recruiting Yale law students. J.D. is not used to elaborate table settings and calls his girlfriend, Aisha (Freida Pinto), also a student, for help. She gives him a quick lesson in navigating an elaborate table setting. J.D., a former marine, is in a class of his own in the Ivy League milieu. During this important dinner J.D. is called home by his sister Lindsey (Haley Bennett) telling him their mother has overdosed. She wants him home in Middletown, Ohio. Their mother, Bev (Amy Adams), has overdosed many times. This is nothing new to this dysfunctional family.

J.D. goes home, probably forfeiting his opportunity to get a good job. Upon arriving home it is apparent that Lindsey is overwhelmed, as she has three young children. He remembers,



thinking back, his mom being mentally and emotionally unstable, and being dependent on him. This is a flashback movie so we go back in time when J.D. recalls incidents where his mother hit him and he called the police and when they came J.D. denied that she assaulted him. Now, at home, he finds Bev at the hospital and is told that she cannot be admitted because she has no insurance. J.D. offers to pay, but his Mom refuses. At this point the movie once again goes back to the times where Bev has been in rehab many times. It just hasn’t worked for her.

In 1997 Bev, in another flashback, marries and continues her drug habit. During that period J.D. continuously gets into trouble. His grandmother Mamaw (Glenn Close) takes him in and prepares him for school. She is an ornery, feisty but loyal grandmother. She is always seen with a cigarette hanging from her mouth. She had the most positive influence on J.D.’s, life. He eventually grows up, joins the Marines, and goes to college on the G.I. Bill.

One of the main points of the movie shows how tough life in Appalachia can be. Glenn Close was spectacular! She always showed up in her oversized tee shirt, big glasses, lit cigarette. In

(Continued on page 12)

1861 Victory Blvd
SI, NY 10314
718-986-7274
718-524-0400

YOU MAY BE PLEASANTLY SURPRISED TO LEARN HOW MUCH YOUR HOME HAS INCREASED IN VALUE. CALL YOUR LOCAL REALTOR FOR A FREE MARKET EVALUATION

NO OBLIGATION

MARIANNE IPPOLITO
NJ Licensed Real Estate Salesperson

I AM A CLEARBROOK RESIDENT

WE HAVE BUYERS FROM STATEN ISLAND & BROOKLYN

PLUMBING

*Fast & Reliable Service
Always Available*

~ Fully Insured & Bonded ~

(732) 972-7779

Herb Weinberg
NJ License 9844

P.O. Box 493
Morganville, NJ 07751

PART TIME CAREGIVERS WANTED

Earn money while helping seniors with personal care, transportation, meals errands, and more.

For information about a job helping others in your spare time.
Call or text Elizabeth at 646.413.0813

STEVE MOSKOWITZ

HANDYMAN PLUS

SEMI-RETIRED EAST BRUNSWICK RESIDENT

WHO KNOWS A THING OR 2

732.616.8999

WILLING TO DRIVE AND SHOP OR HELP WITH ANYTHING YOU NEED

- Post-Hospitalization Rehabilitation
- Personalized Goal-Oriented Treatment
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- 24-hour Nursing Staff
- Certified Dietician
- Long Term Care
- Respite Care
- Hospice & Palliative Care
- Medicare, Medicaid & most insurances accepted

Call our admissions team today to schedule a tour!

THE GARDENS AT MONROE

189 Applegarth Road, Monroe, NJ 08831 | www.thegardensatmonroe.com

609.448.7036



Barbara Cohen

Wishing you health, happiness and prosperity in 2021!



stay safe!

ERA CENTRAL LEVINSON
REAL ESTATE

BARBARA COHEN
Broker Associate
SRES Senior Real Estate Specialist
Proudly Providing Real Estate Expertise for over 30 Years!

973.479.8686 cell BCohen@ERACentral.com 609.655.5535 office
HomesOfNJ.com



Wash and Fold
(732) 289-0978

FRESH FOLD

Pick up and Drop Off
Laundry Service

www.cleanlaundrydelivered.com

WANTED TO BUY

JEWELRY (GOLD, SILVER OR COSTUME)
DIAMONDS · ARTWORK · FURNITURE
GUITARS · CAMERA · RECORDS, ETC.
COMPLETE CLEANOUT SERVICES
Call Dan at 609-306-0613
AMERICAN FURNITURE EXCHANGE

MIKE "THE HANDYMAN"

732-780-0468
Lic. #13VH08300900

- No job too small, so don't hesitate to call
- Same-day callback, work done within 24-48 hours
- Fully Insured
- References gladly furnished upon request

OVER 25 YEARS OF EXPERIENCE

HAPPY NEW YEAR

2021



Regency Reporter Delivery Procedures
If you live in the Fairways and are experiencing newspaper delivery problems Please call Lou Flumen 732-641-2495

If you live anywhere else in Regency
Please call Elaine Sandler, 732 605-9373.
Do not call the concierge at the Clubhouse.
Do not call or email Barbara Bickel.
Do not call or email Nina Wolff.

Call Lou Flumen for Fairways issues: 732 641-2495.
Call Elaine Sandler for other Regency delivery issues: 732-605-9373.
Elaine and Lou handle all Reporter delivery issues

For Display Advertising
Contact
Princeton Editorial Services
732-761-8534
pescmd@aol.com

Healing Ourselves Naturally

By Steven Soffer N.D. MH

What, Me Worry?

I never saw it coming! I don't think hardly any of us did except maybe epidemiologists or members from the CDC. On television, Chinese people were wearing masks. I would say how horrible it is that they have to live this way and how grateful I was to be an American and living in a country where this could never happen...or so I thought. Last New Year's who could have thought this? January 1, 2020... a new decade, a new year with the added blessing of 2020 vision. We would see things more clearly now both socially and personally. We were all looking forward to the changes and the evolution that a new decade would bring. That was New Year's last year. Now, here we are, one year later and yes things have changed dramatically, but not at all in the way any of us could have perceived.

We have all gone through a tremendous amount this past year...especially the last nine months. The day before I wrote this column I lost one of my best friends to this dreaded disease. We were friends for more than half my lifetime. He just had a cough that wasn't improving so he and his wife went to the emergency room at the hospital where his daughter is a nurse. Kathy texted him that morning just to see how he was doing. He had just had knee replacement surgery and he texted her back and said I have Covid and I am in the hospital. I immediately called him and we spoke. They put him in the ICU and he had trouble from the very start. His breathing was weak and shallow, so they put him on a ventilator. He had sounded fine and I thought, hoped, and prayed that he would be okay. He battled for two weeks. His fever spiked. It came down once and we were optimistic. He was requiring less air, so they were reducing the oxygen in the ventilator. Regrettably his fever spiked again. They couldn't get him off the ventilator. He just didn't have the strength to breathe on his own. Infectious disease experts came in looking for the cause of his high fever. They were unsuccessful. We were all very concerned, afraid, and uncertain yet still full of hope. His fever spiked really high to 108!

and just like that, he was gone.

This is an extremely frightening time. Many of us know someone who may have contracted Covid but few of us knew someone close to them that struggled only to ultimately succumb to this disease. Then, it really hits home. Kathy and I are still in shock, heartbroken and there are no words. We all have to live on. Amongst our struggles, we must move forward. We must have faith. There is light at the end of the tunnel. As of December 15, when this article is being edited, vaccines have arrived in the US with excellent success rates of up to 90-95% effectiveness. The gold standard for effectiveness is 98%, which the measles vaccine has. These numbers are very optimistic and encouraging. We still have to be really vigilant. The surge from Thanksgiving to Christmas is extremely challenging. Numbers are exploding, but help is on the way. The more people that do get vaccinated, which is of course an individual choice, the better chance we have of getting to a 70% immunity level, which will benefit everybody. Never have we seen anything like this in our lifetimes... remember, no matter the situation, remind yourself you have a choice to wear a mask, not dine indoors, avoid social gatherings, and most importantly to stay safe!

When I was young, I read *Mad Magazine*. The founder and cover illustration was Alfred E. Newman. His motto was, "What, me worry?" Corrie Ten Boom says, "Worry does not empty tomorrow of its sorrow, it empties today of its strength." Grampa Sam said, "Half of what you worry about never happens and the other half is only half as bad." When unobserved, worrying can create imagined future events that negatively influence our mind and play havoc with our ability to stay in the present moment. It may influence our emotions and negatively influence the way we act with others. When thinking of possible catastrophic events or future problems, they can



steal our attention away from being mindful, yet we are unaware of it. The fact is, we anticipate events while worrying about things not really happening now.

Paying attention to the past when done consciously, without stress, is quite beneficial. When we learn from our past and then imagine what is yet to come, we invoke a creative power that we all have. We cannot fear the future and we must live in the present. In Mathew 6:34, it tells us we do not need to worry about tomorrow, because tomorrow will always take care of itself and that every day is complex enough on its own. This wisdom reminds us that second only to yesterday's fears, regrets and confusions, tomorrow's anxiety is a very unproductive way to foster a peaceful mind.

There is light at the end of the tunnel! As a whole, most of us are going to make it, but regrettably like my dear friend Arthur, a few of us will not. Look forward with optimism to this coming year, to the success of the vaccines and ultimately a return to normalcy. It took two and a half years in 1918. When all is said and done, this one will probably be close to two. Keep the faith and know we will make it in the end. Be mindful of how powerful you are and continue to live life as a compassionate human being. Acknowledge the sacred truth within ourselves, knowing it is limitless and inclusive of all. Live and be more from this understanding. God Speed, Arthur. I will miss you forever. Steve welcomes and encourages questions and comments from free-thinking individuals.

What is the Fibonacci Sequence?

By Susan Sloan

I'm sure that many of you have heard the term Fibonacci numbers, but don't have a clue as to what it means. The sequence is a mathematical formula that frequently appears in nature. It also makes some really interesting spiral shapes. The sequence was discovered by an Italian mathematician named Leonardo Fibonacci around the thirteenth century. After studying mathematics in Egypt, Syria and Greece, he was able to study a wide variety of numerical systems and how they were used. He figured out how it could be used with money, weights, and measures and how to use a few tips for calculations like the rule of three and the rule of five method for finding proportions.

The sequence goes like this: one, one, two, three, five. Each consecutive number is the sum of the two numbers before it. If you continue the pattern it will go eight, 13, 21, etc. So we can see



that this ratio can be found throughout the natural world. The number of petals that grow on flowers is almost always a number in the Fibonacci sequence. Lily's have three pedals, buttercups have five, and daisies have 34 just to name a few.

It is strange and wonderful. The question is what does this have to do with investing. The Fibonacci number is often used as diagnosis as to which direction the market will go in. It is complicated and hard to understand, but the experts will always go on TV when something is about to change to make sure you're aware that the Fibonacci number is what's causing it.

Movie Minutes

(Continued from page 11)
the film, she had a life of domestic violence. She set her husband on fire! The other actors were good also but Close was great! The movie was a bit confusing with so many flashbacks. Howard has shown how "family is everything," they stick together. This is a heartfelt movie and can connect with anyone who has dealt with addiction, financial deprivation, domestic abuse. The author himself has shown that it is possible to overcome poverty. The book had a lot more sophistication, but this was a most enjoyable movie. If you have Netflix *M and M* say see it!

Healing with Yoga Therapy



By Jaya Gupta

Dear neighbors and friends,
 Hope you all are doing well. As the year is ending and the holiday season is here, I would like to wish all of you a Happy Holiday Season and a healthy New Year. My New Year's prayer for all of us is that once again our lives and homes be filled with love, laughter and happiness of our loved ones, friends and family. Smile and embrace whichever way you are going to celebrate your holidays. A big warm (((hug))) to all.

I hope, you are enjoying eye movements for healthy eyes. Winter is here and many of us are still trying to go out to enjoy a little sunshine and soak the golden light. A few of you are already in sunny Florida and join me in yoga classes from there. Thank you so much for joining and taking good care of yourselves by staying active. Since the Clubhouse is still closed and we have no idea when it will open, it is a great time for everyone to learn yoga to keep mind and body active for good health and happiness. Send me an email on jayagupta.lotus@gmail.com and join our Zoom classes on Monday at 11 and/or Wednesday at 10:30 in the comfort of your own home. The classes are free for Regency residents. The best part is that you not only learn how to keep your mind sharp but also learn how to keep yourself active inside your home, how to charge your brain to keep Dementia and Alzheimer's away, how to move with ease and how to laugh and get connected with others.

As promised last month, this month we will learn how to take care of our stiff neck. Just like eyes, neck movement is very essential to our everyday life. All nerves connecting different organs and body parts go through the neck. Therefore, neck and shoulder muscles accumulate all the tension after a hard day's work. The following movements or *asanas* release tension from the head, neck, and shoulders. **Contra-indications:** The following neck movements should not be performed by people, who are suffering from Spondylitis and/or very high or low blood pressure. Please follow the advice of health experts before doing these exercises. For these movements sit in very comfortable position in a chair or on the mat. Close your eyes and be aware of sensations in the neck and head. Do them slowly and hold for complete breath.

1. Neck extension and flexion (facing up and facing down):

- Inhale, sitting and keeping your head and spine erect.
- Exhale and gently bring your chin to the chest (Neck flexion).
- Inhale, move your head back and look up. Do not go too far back; go only up 80 degrees by putting your three fingers on the back of your neck and stopping when you feel pressure on your fingers. (Neck extension).
- Repeat a few times



2. Neck rotation side to side:

- Inhale, erect your neck, and turn neck to the right keeping chin as close to the shoulder as you can.
- Exhale, bring neck back to center, inhale and turn to the left
- Exhale and come back to center
- Repeat a few times



3. Neck lateral flexion:

- Inhale, drop neck to right, try to make the right ear touch the right shoulder
- Exhale and come to center
- Inhale, drop neck to left, try to make the left ear touch the left shoulder
- Exhale and come to center
- Repeat a few times



4. Neck circular rotation:

- Inhale and relax.
- Exhale, bring your chin to the chest.
- Inhale, make circular motion to the right and back.
- Exhale, come to left and then to center in a relaxed, smooth and rhythmic circular clockwise movement.
- Feel the stretch around the neck and loosening up of joints and muscles of the neck.
- Practice Steps a-d a few times clockwise and then counter-clockwise.
- DO NOT strain or go too far back crushing your c1-c3.

5. Exhale, relax and let go of "pain in the neck" or whatever you are holding.

Hope your neck relaxes. In the next few months, we will learn a few yogic breaths to reduce blood pressure and anxiety, clear the sinus, etc. If you need guidance in doing any exercises, please join our Zoom yoga sessions or a private Zoom session with me for a healthy body, mind and happiness. For private sessions, please check my website www.lotusyogaforyou.com. Take care and be well my friends. Love - Jaya

Stay Tuned

By Barbara Potasky

Happy New Year everyone! Here's hoping for a better year than the last one. As of the writing of this article I just finished watching a three-part series on FX called *Black Narcissus*. If it sounds familiar, then perhaps you read the novel on which the series is based, written in the 1930s by Rumer Godden. Or maybe you saw the movie version from 1947 starring Deborah Kerr. The series will definitely not be everyone's cup of tea, and although I cannot say that I loved it, I did enjoy it. Reviews were not great; one of the most frequent criticisms was the length of the series – about three hours in total (excluding commercials). Overall, critics preferred the movie version, which I have not seen, so I cannot compare. One of the things that I liked is that this program is different from many of the programs that I typically watch so it was a nice change of pace. Additionally, it takes place during the time period in which the novel was written, so it has that old-time feel to it, reminiscent of shows and movies made during that decade. Most of the actors in the series were unfamiliar to me with the notable exception of Diana Rigg who has a small role. It is worth noting that this was her next to last performance before she passed away (her last role was in a movie due out this April).

The story of *Black Narcissus* revolves around an order of British nuns who are tasked with opening a school in the vacant palace of an Indian General in a remote region of the Himalayas. Father Roberts (Jim Broadbent, probably the other best-known actor in the show to Americans other than Rigg) asks Mother Dorothea (Rigg) to send some of the nuns to open the school. We

(Continued on page 14)

LET'S PLAN TOGETHER

Call to schedule a free at home consultation



Freeman Manalapan-Marlboro Funeral Home

344 Route 9 North, Manalapan NJ 07726
 (732) 972 - 8484

Glenn A. Freeman -Manager N.J. Lic. No. 3662

SERVING ALL FAITHS SINCE 1847
COMPARE OUR PRICES

CATS AT HOME

Emily Jarvis, DVM

609-915-8671



home veterinary visits

22 years all-feline experience

\$10 off first house call fee with this ad



JANUARY 18, 2021

Winter Injury?

ASK FOR THE BEST

A tough winter brings a spike in broken bones and other orthopedic injuries. **Princeton Bone & Joint** is available to treat you quickly following an injury. You can even ask for one of our physicians in the Emergency Room or call us directly for a fast appointment.

Led by Harvey Smires, MD, a board-certified orthopaedic surgeon, Princeton Bone & Joint is conveniently located on the campus of the University Medical Center of Princeton at Plainsboro.

Services include:

- Same-day and walk-in appointments
- The latest surgical procedures and techniques
- Onsite physical therapy with Redcord
- In-office digital X-ray technology
- Robot-assisted joint replacement



Princeton Bone and Joint



5 Plainsboro Road
 Medical Arts Pavilion Suite 100
 Plainsboro, NJ 08536



Board of Education Concludes the Year

By Doug Poye

The Monroe Township Board of Education successfully concluded its year with approval of a **new contract** with the MTEA (the teachers' association) during the final minutes of its November meeting. The negotiations began back in the spring of 2020 on a new contract for the period of July 2020 through June 2023. Teachers began their work in September under the prior contract until a new contract could be adopted. The contract spells out the working conditions and salaries for each member of the MTEA (teachers, teacher assistants, custodians, bus drivers, secretaries, and technology specialists). As an example, a first year teacher with a bachelor's degree will have a salary of \$51,797; whereas, if that teacher begins with a master's degree the salary is increased by \$3500. Experienced teachers with a BA who have reached the *top of the guide*, the maximum, will be paid \$88,662 for the current school year. The significance of the starting salary is that it can serve to

attract better candidates to fill vacancies caused by teachers retiring or moving out of the district. Recruiting the best teachers is in the best interests of the students in a district; yet, the new contract in Monroe falls short in this respect. For many years, Monroe had one of the lowest starting salaries in Middlesex County. Some progress occurred when the old contract for 2017 – 2020 increased the starting salary from \$49,282 to \$50,927. However, under the new contract that starting salary is increasing by only 0.4% to \$51,797 from last year when it was \$51,592. After teaching for three years, a young teacher will see an increase of \$72 per month since last year. The teacher with only two prior years of experience will see the paycheck's gross salary increase by only \$45.50 per month. These increases fall significantly below the increase in the Consumer Price Index of 2.2%.

With elementary and middle school students having the option to return to buildings in October, **Superintendent**



Alvich reported to the Board in November the following data on students physically attending classes: Middle School had 35% coming to the building, Oak Tree and Applegarth schools in the southern part of the township had 16% attending, Barclay Brook and Brookside on Buckelew Avenue had 32%, and the two schools in the northern part of Monroe, Mill Lake and Woodland, had 51%. The high school resumed in-building classes in December and data on attendance has yet to be reported. Alvich did report in December's meeting that there have been no reports of Covid transmission occurring within the schools as of December 9. Nevertheless, she did state that there was a cumulative total of 10 staff members and 26 students who have tested positive with an additional 91 staff doing self-quarantining. **Please note:** As of December 15 all schools have gone to remote learning only; no students are reporting to their respective buildings. The step became necessary when too many teachers were unable to physically be in their schools.

Responding to a question from the public, Business Administrator Gorski informed the public that **Jamesburg pays tuition** for the students who attend the high school. In fact, for the past several years and the current year, Jamesburg has paid for 275 students even though the actual number attending is below that number. The "overpayment" is being used to pay down the arrears from several years ago. It should also be noted that Monroe is required to accept the Jamesburg students by court order going back many years ago when Jamesburg dissolved its own high school.

The final meeting of the year ended with statements of appreciation being made to the three members of the Board who will not be returning in January. Kathy Kolupanowich served 21 years, ten of which were as Board President. Steve Riback, a Regency resident, completed six years with serving as President this year. Finally, Jill DeMaio served eight years. The time devoted by these people in service to the education of the children of Monroe is worthy of our appreciation. A relatively inexperienced Board will take over on January 4 when three newly elected members are sworn in.

This article is written by a former member of the Board of Education and has not been written at the request of the Board. It is provided for informational purposes to the members of this community.

Stay Tuned

(Continued from page 13)

learn that the General's sister committed suicide and that perhaps the palace is haunted. An order of monks had tried to open a school there, but failed, and there is some mystery surrounding why they failed. Sister Clodagh (Gemma Arterton) volunteers to lead the project, and despite Mother Dorothea's concerns that she is too prideful and ambitious, she agrees to let her go. She takes several other nuns with her, including Sister Ruth (Aisling Franciosi) at Mother Dorothea's insistence, even though we can see that Sister Clodagh does not want her to come.

When the sisters arrive, some strange things start happening. They are a strict religious order (they are not allowed to be touched), so when they come across a mirror in one of the palace rooms they are startled, since they have not seen themselves since they became nuns. As they are looking in the mirror, one of them sees an image of the General's dead sister, Srimati. Sister Ruth slowly seems to be losing her mind. Is she possessed by the spirit of Srimati? Sister Clodagh is shown having memories of her life prior to becoming a nun, and in those flashbacks, we see romantic encounters.

To add to the tension, the General's attractive right-hand man, Mr. Dean (Alessandro Nivola) is tasked with helping the nuns, and over time, we sense an attraction between him and Sister Clodagh, and we see how jealous Sister Ruth becomes. There is quite a bit of sexual tension in this series as the General's son Dilip (Chaneil Kular) who is attending the school becomes romantically involved with a local girl, Kanchi (Dipika Kunwar in her debut) also attending the school. This is a forbidden romance, given the difference in class, and when the General finds out, he puts an end to it.

In episode three, we finally get to find out Sister Clodagh's back story, as she tells Mr. Dean that she did not become a nun because she had a calling. She became a nun because she had been involved with a boy who wanted a wife, but not her, and so he left her and moved to America. After that, she decided to become a nun. Mr. Dean asks her what her real name is, but she won't tell him.

If you are hoping for a romantic, happy ending then you will be disappointed. Spoiler alert – Sister Ruth kills herself (echoes of Srimati – perhaps she was possessed by her spirit), and the nuns leave to go back home. Mr. Dean comes to say goodbye and asks Sister Clodagh where she will go now. She replies, "It's not yet clear." Mr. Dean asks, "And if God's will were for you to stay?" And she replies, "Perhaps not in this life. The next then. A better one." And right before she continues on her way, she takes his hand, and whispers in his ear that her real name is Katherine.

You can probably still catch this series on *Hulu* if you subscribe. There is a lot to watch now as most series did go back into production. Enjoy whatever you are watching, and as always, stay tuned...

ELECTRICIAN
732-851-1561

All Electric Services - Lic.# 15848

- Ceiling Fans • Recessed Lights • Bathroom Fans
- TV Mounting • Smoke Detectors • Security Lights

www.allelectricnj.com

AB LIC.# 00678A

Jerry
NOONAN'S
AUTO-CENTER

Serving the community for over 33 years!

Your One Stop Auto Shop!

Automotive Service & Repair • Auto Body & Collision
NJ State Inspection & Re-Inspection • Towing

609-655-AUTO (2886)

251 Applegarth Road- Monroe Township NJ, 08831

BCB Bank
MAKING AN IMPACT

BCB Bank is here to serve you!

SENIOR CHECKING | OUR NEW MILITARY CHECKING | FREE COIN REDEMPTION
FREE NOTARY SERVICES | BANK CHECKS | MONEY ORDERS | TRAVELER CHECKS
FREE ONLINE / MOBILE BANKING | AND MUCH, MUCH MORE!

VISIT OUR MONROE BRANCH LOCATED AT 473 SPOTSWOOD-ENGLISHTOWN ROAD AND
SPEAK WITH BRANCH MANAGER, VINCE DAVIS, TO LEARN MORE ABOUT THESE
AND OTHER PRODUCTS AND SERVICES!

VISIT OUR WEBSITE AT WWW.BCB.BANK OR CALL US AT 1.800.680.6872
FOR A FULL LIST OF HOURS AND LOCATIONS.

www.BCB.Bank | 1.800.680.6872

THE LOWEST PRICES. PERIOD.

We don't inflate our charges so that we can then offer you "discounts" when you ask. *THAT'S NOT RIGHT.*

Our service charges are the lowest in the area for superior service, and we are Central NJ's premier Independent Jewish Funeral Chapel.

Mount Sinai
Memorial Chapels

Being FAMILY OWNED & OPERATED,
without a "network" of stockholders,
lets us **guarantee** that.

454 Cranbury Road,
East Brunswick, NJ
(732) 390 - 9199 (800) 395 - 9199

For Yahrzeit Dates, Candle Lighting Times, Directions, & more:
www.MSMC.us



M. Kulbacki, Mgr. N.J. Lic. No. 4870

Lessons Learned During 2020

By Anil Shah

I wish you and yours a very Happy, Healthy and prosperous New Year! A lot has changed during the last eleven months because of the pandemic, and it may not be going back to being completely normal soon. It is possible that I have forgotten the meaning of the word normal. Like everyone, I too have been forced to stay at home. However, being at home has taught me a few important lessons and forced me to reset my priorities. I believe these lessons will help me continue moving forward to the new normal and face the uncertainties with calm. Going forward I will not take anything for granted. I am sharing my list of a few important lessons I have learned during last year. I hope my list will match or come close to yours:

Relationships with family and friends is critical:

It has given me a chance to reconnect and better understand each other. Put aside or let go of disputes and forgive each other. Move ahead and make pleasant new memories. Close family members and friends deserve more time and attention to improve our interpersonal relationships. Love, hugs, care, and prayers play a critical role as the fertilizer and catalyst for growth and in reinforcing strong and mutually beneficial relationships. In short, nothing else should matter. It has also taught me to stop wasting my emotional energies and limited resources in chasing individuals who may not have the desire or willingness to develop a relationship with me - I wish them well!

Importance of health and wellness:

For many years, I was careless and took my health for granted. In the name of fun and entertainment or recreation, I started and formed unhealthy habits – smoking, chewing paan masala (betel nut with tobacco), late night partying, eating fried/fatty foods including sweets, irregular eating and sleeping cycles, etc. I can never be a bodybuilder. However, I have realized that a daily routine of exercise is important. I have also been careful with my food intake and do not feel guilty with occasional cheating! Good health is wealth!

Safety first:

Illness and natural disasters do not differentiate. They do not care about one's age or financial and social status. Anyone can be a victim at any time. Hence, I must follow guidelines for safety and form healthy habits not only for my own comfort but also for the peace and comfort of my loved ones.

Happiness is possible with limited expenses:

For some people, spending money is a great stress reliever. We really do not need to spend as much as we usually do. We do not need to spend too much money to be happy. I did not have to wear my custom-made designer suits or frequent expensive restaurants. Except for dressing up for a Zoom meeting (sometimes covering only the

top half of my body!), I am very happy and comfortable wearing my Fruit of the Loom sweatshirt and sweat pant suit at a total cost of no more than \$15 including shipping. Unlike Mahatma Gandhi's dhoti (loin cloth), it also keeps me warm! This has become my normal outfit and I love it!

Giving back is a responsibility:

With hard work and God's Grace, I have been blessed with a lot more than what I or my family needs. For years, I have helped our family and friends as and when necessary. I have also been supporting worthy causes related to education, health care and social needs. However, watching and reading news about the hardships being faced by millions in our great nation and globally was another wakeup call for me. I have also realized the importance of supporting local restaurants, mom and pop stores, and small business. We are fortunate and able, and we should maximize our individual donations to local

food banks, fire departments, ambulance service, police, and help families in need.

Need for emergency fund and a backup plan:

Regardless of our individual financial or health status, we must also organize and secure these two important portfolios. Luckily, our children are very loving and well settled. However, their ability to give us assistance may be limited because of location and/or other obligations. Life is too fragile and unpredictable. Conditions can change without any notice. It is our responsibility to secure our wellbeing and avoid or minimize burdening our children or others.

Teachers are essential:

Almost all parents have been home schooling right now. Not only has it been a very difficult adjustment for the kids, but it has also been a tremendous burden and a frustrating experience for the working parents and a few grandparents. We have taken our teachers for granted.

(Continued on page 16)

M. David DeMarco, *President*, N.J. Lic. No. 3203
 Thomas J. DeMarco, *Manager*, N.J. Lic. No. 4651
 Peter S. Winther, *Director*, N.J. Lic. No. 4763
 Jennifer L. Burry, *Director*, N.J. Lic. No. 5172

"Family Owned & Operated"

"Totally Barrier Free" 

M. David

DeMarco

Funeral Home, Inc.



205 Rhode Hall Rd.
 Monroe Twp., NJ 08831
 732-521-0555
www.demarcofuneralhome.com

**Visit Regency on the web:
www.regencyhoa.com**



Fewer side effects.
More living.

Proton therapy for breast cancer at ProCure. Personalized for your treatment needs—and your lifestyle.

If radiation therapy is part of your treatment plan, proton therapy at ProCure targets tumors precisely, with less impact on surrounding healthy tissue. That could mean fewer side effects—and more freedom to enjoy what matters to you most.

To learn more, visit:
www.ProCure.com

ProCure
 Proton Therapy Center
Precision Therapy. Passionate Care.



Lessons Learned During 2020

(Continued from page 15)

Being a son of a lifelong university educator, I know they work extremely hard and deserve more respect and money than they currently get. When schools reopen and conditions return to normalcy, let us join hands in encouraging concerned authorities in achieving these goals.

Minimize social media:

During 2020, I was overwhelmed by and spent a lot of my valuable time on WhatsApp, Facebook and other social media. Watching news on TV also added to my frustrations and stress. Instead, I am finding alternate ways to be informed, entertained, and be occupied with less stressful and relaxing activities. I love to watch programs and read books about history and autobiographies/life stories. I cannot wait for our Clubhouse to open and be able to resume other group activities.

Need to slow down:

I was constantly pressured to be productive and always on the go to compete with others – a self-inflicted injury. In that race,

I kept looking ahead and ignored many good things that were happening around me. Sadly, it had become my habit not to appreciate and enjoy the present. Going forward and to improve my life, my constant desire for keeping up with the Jones' (or beating them), and my need for success and financial growth needs to stop without further delay. It is important for me to slow down and enjoy many joys that life has to offer with my close family and friends. I am making efforts to slow down and start smelling the roses!

I firmly believe that humans are resilient, and I remain optimistic. We are truly blessed and living in the greatest country on the planet. Availability of vaccines during the next few months will help us fight the virus. Like many of you, I too have made a list of New Year's resolutions and a long list of things to do after the current restrictions are lifted. I hope to share some of them with you in future.

Stay safe and stay well!

The Pet Corner

By Bea Siegel

Dogs In Time...

The pandemic has changed many things for us, but the one thing that has come to the attention of many people is our need for companionship and socializing, that's what we're about and the past year has proven that. And with that said, it's been a good year for animal shelters having canines and felines being adopted. Dogs become your personal trainer taking you for walks, meeting new people, playing crazy games, and always so happy to see you and the love you show for each other. Dogs are *revved* up to go, keeping you active - always wanting to be near you. Cats on the other hand are more independent, very amusing with their little toys, or climbing up onto a top shelf where they can see the world, look out a window and be happy they're not a dog being walked in miserable weather. Take out a book to

read, and your cat is ready to curl up. Cats, with their gleaming marble eyes have a certain mystique that keeps you guessing.

Going back in history, cats were revered for their spirituality. Dogs on the other hand were being bred for a purpose. There are many categories depicting dog breeds, rare and popular breeds, but no matter what, it's in their DNA for companionship and to be a helper to us humans. Going back thousands of years ago, canines, also known as *Canis Familiaris*, world-wide domestic dog, genus of the family, *Canidae* (canine), learned through the ages to interact with humans. They worked for a living, eating scraps that were shared or thrown to them as their reward for protecting their territory and bringing down prey on a hunt. Unfortunately, this mentality still exists in many foreign countries.

On farms and ranches, dogs



were bred for herding cattle, sheep, and many farm animals on the range, gathering them together for many reasons. Without the intelligence of these dogs, farm life would be difficult. Such breeds as Border Collies, Australian Cattle dogs, Sheepdogs, German Shepards, Rottweillers, Australian Shepards, Corgis, and so many more became reliable workers known as the Herding breeds - working dogs, that families with open land depended on to keep their stock together and protect them from predators. They have remarkable skills for learning.

As time progressed different types of dogs evolved, some to hunt with man or woman, others to work in different ways, and many were purely and royally companions. Pedigree dogs (Purebreds) were bred to conform to a Kennel Club Breed Standard, which became "profiles" of the breeds known as The Sporting Group, Hound Group, Working Group, Terrier Group, Toy Group, Non-Sporting Group, and the Herding Group.

But times changed again, and dogs were cross-bred as "Designer Dogs" (mixed-breed). It's important to know that breeding indiscriminately can cause many developmental problems. Designer Dogs have grown in popularity and make great pets - their purpose is to be a companion dog for those who have the love for a dog. They don't have to work for their food like when dogs first became part of history. But, be cautious where you purchase a puppy or adult dog, because puppy mills are popping up all over due to a person's desire to have a dog in these trying times.

Domestic dogs, coyotes, jackals, wolves and dingoes make up the genus *Canis*. Although the fossil records are limited, the first members of this genus probably appeared about one-million years ago, although the domestic dog developed much later. Greyhounds and Mastiff-type dogs are the oldest recognizable breeds of which there are historical records. Depictions of Greyhounds have been found on 8,000-year-old fragments of pottery in Egypt. In ancient times, Greyhounds were used as hunting dogs, and later in time became known as the "Sight Hounds" for their speed of up to 35 mph, and their great instinct of sight. Mastiffs were very large and aggressive and were used in battle and as guard dogs. In modern times, Mastiffs were bred with other breeds for specific jobs. Today's Mastiff is still considered one of the giant breeds, but is much more docile, and makes a wonderful family dog with a dog experienced person.

(Continued on page 17)

Monroe Township Public Library
& The Monroe Township Senior Center
Present

**NEW YEARS EVE
CONCERT & COMMUNITY
COUNTDOWN**

**FEATURING VOCALIST
ANTHONY TABISH**

December 31 starting at 11:30 PM
via Zoom

RSVP by visiting
<https://tinyurl.com/MonroeNYE>

Questions? Call the Library
at 732-521-5000

Our Common Denominator

By Kathy Sisler Soffer

I like to take walks! I walk by the houses and look at the landscaping and the yard decorations that people have in their homes. Some have the very shaped trees with rocks all around and some have lots of trees and flowers and plants with mulch. Some have paving and some never bothered to pave. Some have no decorations

in front and some have a ceramic angel, cat, frogs, man riding a bicycle...so much variety I can't name them all.

Then my mind wanders further and I see each house containing people who have come here after living long lives elsewhere. Some are couples and some are single. Some were doctors or lawyers, many were teachers, housewives, sales people, corporate financial people and so so many other occupations. Some are happy and some are sad. Some are bored and some live full lives. Some are kind and some are mean. We are all different and carry with us our personalities and thoughts and ways of being. Some of us have children and grandchildren and some never had children. Within each house is a story that is fascinating. Where did people live, how much have they traveled, are they rich or struggling to keep up with the cost of their lifestyle? Do they have fond memories or bad memories? Have they been righteous or selfish in their lives? So many questions about each house and the occupants within.

Amongst all these differences though there is a common denominator. We are all alive and breathing. We all share breath because that is the force that keeps us alive. Hold your breath and something, some force makes you breathe again until it is time to take the last breath when we leave our bodies behind and

go wherever we go. In my life, I cherish that breath and the understanding that no matter if you are rich or poor or Black or White or Native American or Hispanic or Asian or Indian. No matter if you speak English or Spanish or French or Italian or Russian or Japanese or Chinese ... however you speak and think, we share a common thing. No matter if you are kind or moody or confused or clear or happy or sad, we share a common thing. No matter if you are Jewish or Christian or Catholic or Buddhist or have no belief system, we share a common thing. We all breathe! And that is the essence of our life.

When you begin to recognize this simple fact, it allows more tolerance and understanding, patience and desire to appreciate the differences, but still know our common thread. I love people and the variety that exists because that is what makes humankind so fascinating. Let us in this new year begin to recognize what is similar and find the beautiful, calming and giving energy that comes with this recognition. We are all alive! And we all have much to offer one another be it a smile, a kind word, helping someone shop or just talk if that is the need. As we hang in there with this virus, let us not lose our ability to be and share with one another. I am grateful for my friends and family and my understanding of our common denominator.

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

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

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

"Monroe has one of the best and most professional police departments in Middlesex County and our state. Our MTPD officers work tirelessly each day to forge strong community relationships," said Mayor Gerald W. Tamburro. "The

new body worn cameras will serve as a valuable tool for our officers, not only in gathering information but also in evaluation and training."

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

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

"We are taking a progressive and comprehensive approach to fortifying our commitment to public safety," said Chief Michael J. Biennas. "Body cameras, in combination with



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

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

Pet Corner

(Continued from page 16)

There is so much history about dogs and people interacting with each other. Controversy still abounds with questions of when canines came into being. The relationship between man and dog is celebrated in an eighth-century manuscript and a scene on a 425 BC Greek vase. For instance, around 12 million years ago, during the Miocene period, came "Tomarctus," a wolf-like creature that hunted in packs and had the beginnings of a modern dog's tooth anatomy, so by the end of that time, the foundation stock for all modern carnivores had evolved and with it the family of "Canidae" from which came jackals, foxes, hyenas, wolves, and the dog.

So, while felines were allowed to live free in barns keeping the rodent population down, dogs were still working to make history, and make history they did for sure.

FATS

THE GOOD THE BAD & THE UGLY



✓ GOOD

Monounsaturated & Polyunsaturated Fats

- Can lower bad cholesterol levels
- Can lower risk of heart disease & stroke
- Can provide essential fats that your body needs but can't produce itself

SOURCE

Plant-based liquid oils, nuts, seeds and fatty fish

EXAMPLES

- Oils** (such as canola, olive, peanut, safflower and sesame)
- Avocados**
- Fatty Fish** (such as tuna, herring, lake trout, mackerel, salmon and sardines)
- Nuts & Seeds** (such as flaxseed, sunflower seeds and walnuts)

✗ BAD

Saturated Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke

SOURCE

Most saturated fats come from animal sources, including meat and dairy, and from tropical oils

EXAMPLES

- Beef, Pork & Chicken Fat**
- Butter**
- Cheese** (such as whole milk cheeses)
- Tropical Oils** (such as coconut, palm kernel and palm oils)

✗ UGLY

Hydrogenated Oils & Trans Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke
- Can increase risk of type 2 diabetes

SOURCE

Processed foods made with partially hydrogenated oils

EXAMPLES

- Partially Hydrogenated Oils**
- Some Baked Goods**
- Fried Foods**
- Stick of Margarine**

American Heart Association Recommendation

Eat a healthy dietary pattern that:

Includes good fats

Limits saturated fats

Keeps trans fats as LOW as possible

For more information, go to heart.org/fats

Building an Emergency Kit with Disability in Mind

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

If you have a disability or

health condition, your planning may be more complex. Consider these ideas from the Administration for Community Living while building your kit:

Basic Supplies

- At least a three-day supply of water (1 gallon per person per day) and non-perishable food

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

Documentation

- Important documents (electronic or copies) such as insurance cards
- List of all medications, dosages and allergies

Vision, Hearing and Speech Items

- Braille or large-print labels for supplies
- Weather radio with text, shaking and flashing alerts



- List of assistive technology or other equipment, including brand, model, instructions and where the equipment came from
- Contact information for health providers, caregivers and relatives

- Extra hearing aid batteries
- Communication equipment
- Backup communication options such as laminated cards or pictograms

Mobility Considerations

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

Sensory Sensitivities

- Handheld electronic devices with movies and games saved locally
- Spare chargers and batteries
- Sheets and twine, small popup tent or other privacy devices
- Sensory dampeners such as headphones, sunglasses
- Comfort items like snacks, clothing and aromas

Service Animal Supplies

- A three-day supply of food and water
- Medications
- Animal first-aid kit
- Proof of vaccinations and registration
- A picture of you and your animal together to prove ownership
- Collar or harness with ID and rabies tags
- Microchip information
- Leash
- Crate or carrier
- Sanitation items
- Familiar items like toys and bedding

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

(Family Features)

Photo courtesy of Getty Images

COVID-19 Testing Available in Monroe

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

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

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

DR. OLGA ROZIN, Family Dentistry
Established 1995
WE'RE RIGHT IN YOUR NEIGHBORHOOD!
190 BUCKLEW AVE (Rte. 522) · JAMESBURG
732-521-0550
www.JamesburgFamilyDentistry.com

• EMERGENCIES AND NEW PATIENTS WARMLY WELCOMED
• ONE-DAY DENTURE REPAIRS
• COSMETIC & IMPLANT DENTISTRY
• HANDICAPPED ACCESSIBLE
• FREE INITIAL CONSULTATION
• APPOINTMENTS TO MEET YOUR SCHEDULE
 (EVENINGS & SATURDAY APPOINTMENTS AVAILABLE)
• SPECIAL FINANCIAL CONSIDERATION FOR OUR NEIGHBORS IN THE ADULT COMMUNITIES

GENTLE DENTAL CARE
IN A STATE-OF-THE-ART FACILITY



DR. ROZIN

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER

COUGH

***Symptoms may appear 2-14 days after exposure.**

SHORTNESS OF BREATH

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19-symptoms

Easy Dishes to Boost Immunity

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

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

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

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

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

Grape and Salmon Power Salad

Servings: 6
 3/4 cup pearled barley
 3 cups firmly packed kale leaves, torn and sliced into ribbons
 1 cup halved red or black seedless California grapes
 8 ounces cold, cooked salmon, skin and bones removed
 1/2 cup walnuts, lightly toasted and coarsely chopped

Dressing:
 1/4 cup freshly squeezed lemon juice

1 clove garlic, mashed
 1/2 teaspoon salt
 1/2 teaspoon freshly ground black pepper
 1 pinch cayenne pepper
 1/2 cup extra-virgin olive oil

Cook barley according to package directions. Drain and cool.

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

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

Nutritional information



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

Chicken, Spinach and Grape Pita

Servings: 4
 2 tablespoons pine nuts
 2 tablespoons lemon juice
 2 tablespoons minced shallot
 3 tablespoons extra-virgin olive oil
 1 pinch red pepper flakes
 1/4 teaspoon ground sumac salt
 freshly ground black pepper
 1 package (5-6 ounces) fresh

baby spinach, washed and dried
 1 1/2 cups shredded, cooked chicken (about 8 ounces)
 1 cup red California grapes, sliced
 1/4 cup crumbled feta cheese
 4 whole-wheat pita breads (6 1/2 inches each), warmed and halved

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



Nutritional information per serving: 445 calories; 24 g protein; 46 g carbohydrates; 20 g fat (39% calories from fat); 5 g saturated fat (10% calories from

saturated fat); 57 mg cholesterol; 658 mg sodium; 6 g fiber.

Source: California Table Grape Commission

Resident Phone Numbers in Articles

While many residents are mentioned in articles as people to "get in touch with," their phone numbers are not. The policy of the Regency Reporter is not to print phone numbers in articles. The phone numbers of residents mentioned in articles can be found in the Regency Directory.

Thank you for your understanding and cooperation.

The Editorial Board

CLASSIFIED ADVERTISING

Home Improvement & Services

F&D CONTRACTING dba FOREVER YOURS Landscaping Inc. Home renovations and repairs. Bathrooms, closets, shelving, flooring and more. Owner operated. Fully insured. Free estimates. License # 13VH05891100. Call Frank (732) 284-1692.

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

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.

CARING ELDER CARE- We will help you with the care you need including personal care, household tasks and outdoor errands. Elizabeth (646) 413-0813.

Help & Health Services

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) 409-1600 or (908) 337-7462.

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

Transportation ARNIE'S DRIVING SERVICE. 609-751-1612. Local - Airports - New York. Covid Safety in Place Sanitized, etc.

CLASSIFIED AD COUPON

Check those publications that apply:

- The Clearbrook Courier The Concordian Encore Speaks
 GW Voice Regency Reporter Renaissance Reflections
 The Rossmoor News

Check here for all seven publications

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

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

RATES

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

Sample: 10 words in two publications = \$14 x 2 = \$28.00

No discounts apply. 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, i.e., "For Rent", "For Sale", "Help Wanted." You will not be charged for the heading.
- One check or money order must accompany insert.

MADE PAYABLE TO **PRINCETON EDITORIAL SERVICES, INC.**

- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Name _____

Tel. # _____

(Above information is for Princeton Editorial purposes only if we need to contact you. Above information will not be published.)

PLEASE PRINT YOUR AD ON 8.5 X 11" PAPER



MONROE TWP. FIRE DISTRICT #3 AT YOUR SERVICE, ANYTIME.
www.mtfd3.com
 609-409-2980

For Display Advertising Contact

Princeton Editorial Services
732-761-8534
pescmd@aol.com



The Redesigned 2021 Audi Q5



A CLASS OF ITS OWN.

With its impressive styling, pioneering technology and powerful driving experience, the redesigned Q5 sets the new benchmark of what an SUV should be.

See our full line of luxury vehicles and experience a level of customer service as exceptional as the vehicles we sell. Ask about our Price-Match Guarantee*.

**We are the #1 Audi Volume Dealer
in the Northeast Region.
Audi of America, Inc. April 2020**

Audi Freehold

Ray Catena® Dealership Group

3561 U.S. 9, Freehold, NJ

732-810-8000

AudiFreehold.com



Audi
Magna Society Elite
2019 Award Recipient

Audi Freehold
is the only Audi
dealership in the
Tri-State Area to receive
this coveted award.

*Price-match guarantee within a 25 mile radius only. Applies to new Audi vehicles only. Must show proof of price at time of sale (not after).