

REGENCY REPORTER

Vol. 21, No. 5, MAY 2024 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



The lunar eclipse on April 8 through the clouds over Regency.
Photo by Howard Wichansky



The 3D art group busy at work in our temporary home in the Tennis Pavilion.

Photo by Renee Horowitz



Bob Silverstein's 1969 Dodge Charger. Photo by Robert Silverstein



Mitaly, Reyna, and Akhil from MedicZero presenting CPR and other life saving techniques, read more in the IAG article on page 9.

Photo by Bharat Doshi



Cathy Cadmus with her personalized picture for her granddaughter.

Photo by Renee Horowitz



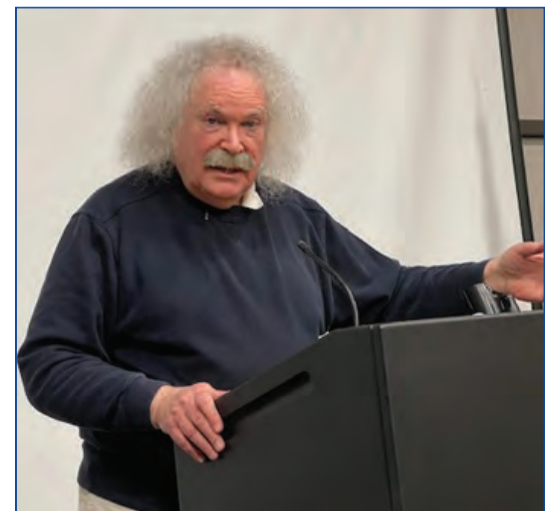
Eve Mandel of the Historical Society of Princeton treated the Singles Group to a "Walking Tour of Princeton," from the comfort of the Tennis Pavilion.

Photo by Barbara Winograd



New RIAC members Pat Stankus Thrasher and Ken Thrasher enjoying the music and dancing at our Saint Joseph's Day dinner dance.

Photo by Annette Valerio



William Agress gave an interesting and informative presentation about Albert Einstein (doesn't he look just like him!) at the Regency Women's Group meeting held at the Monroe Township Library.

Photo submitted by Elaine Robin and Linda Gerber.

Hunger Is Not a Game - We Desperately Need Your Help! The Regency Culture Club is hosting its Monroe Food Pantry Collection Day

It is the goal of the Culture Club to collect a minimum of four (4) cans or dry packaged goods from each household in Regency. If every household contributes, the pantry will be stocked for six months. Many township residents are struggling in this difficult economic climate. There are less donations being made to the Pantry when it is not holiday time, making it a little harder to provide necessities. These families are fighting to keep their heads above water. Please throw them a lifeline. Canned goods and dry packaged goods will help keep them afloat.

Donations may be dropped off at the **Clubhouse Parking lot (pool side)** on Saturday, May 18 between 9:30 a.m. and 11:30 a.m. Your support and generosity are appreciated by the organizers and welcomed and truly needed by the recipients. Please check dates on all items, the Food Pantry cannot accept any outdated products. If you are an owner of a company and you would like to contribute in volume please contact me. For further information contact Milton Paris at 732-605-1808.

Fruits of Our Lives (Not the Pits)

By Christiana Barone

A 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 email



me at ccbarone@aol.com with a reference in the subject to "Regency News" by the first of the month and magically it will appear in our community publication. That's all folks. See you next month with the Fruits of Our Lives (Not the Pits.)

HOA Events

- Summer Concert Series:
- Saturday, June 8 - One Hit Wonderers...Take Two
 - Saturday, July 6 - Rod Stewart Tribute Show
 - Saturday, July 20 - Bachelors of Broadway
 - Saturday, August 17 - Eagle-Maina, Eagles Tribute Show
 - Saturday, September 7 - James Taylor, Carly Simon, Carole King Tribute Show
 - Saturday, October 5 - Top of the World, The Carpenters Tribute
 - Saturday, December 7 - Tina Turner Tribute Show



Sinatra Coffeehouse: Performed by Jesse Posa, Ol' Blue Eyes was in the House!

Photo by Steve Wandy

Coffeehouse Experiences:

- Sunday, April 7 - Rock N' Rolling — Nick Blum Pianist
- Sunday, June 9 - John Pizzi Ventriloquist
- Sunday, July 14
- Sunday, August 25
- Sunday, September 15
- Sunday, October 27
- Sunday, November 17

Dinner Theme Events

(all-inclusive):

- Sunday, May 5 - Cinco De Mayo
- Friday, June 14 - Caribbean Carnival Dinner
- Wonka World or Pirates N' Princess Grandparent Day - August
- Regency Hoedown - October
- Sip, Soup, and Savor - December 2024

Other Events:

- Friday, September 13 - Trivia Night
- Saturday, September 21 - International Day
- Glow Party - Dancing Through the Decades
- Drive-In Movie Night
- Chili Cook-off

2024 Public Board Meeting Schedule

All Public Meetings will be hybrid in the Clubhouse Ballroom when possible and/or via Zoom at 6:30 p.m. on the second Wednesday of the month

February through May - via Zoom

Wednesday, May 8, 2024

June - Board Elections

July through December - Clubhouse and Zoom

Wednesday, July 10, 2024

Wednesday, August 14, 2024

Wednesday, September 11

Wednesday, October 9, 2024

BUDGET PRESENTATION

Wednesday, November 13

Budget Presentation if not previously approved in Oct.

December 2024

Wishing everyone a joyful holiday season and Happy

New Year

A Note from Your Board of Trustees

By Steve Farron

Dear Regency homeowners,

Welcome to spring and welcome home to our homeowners who have spent the winter down south. We hope you are healthy and ready to join in on our spring and summer events. As of the timing of this article, our two major projects are nearing completion.

We anticipate the Pickleball courts to open in early to mid-May and our Clubhouse opening festivities for both.

We look forward to spring and summer; please take advantage of all of our amenities. We all should be cognizant of how much effort goes into maintaining Regency as the premier 55 and older community in Monroe Township, and throughout New Jersey. To that end, I would like all of us to thank our Management team for their dedication, making sure all runs well each and every day, I single out Stephanie, Donna, Jennifer, Kori, Lisa, and Lauren. We are also very lucky to have a maintenance staff, headed by Klever, who dedicates themselves to maintaining our property and how it's reflected in the cleanliness of the Clubhouse, Tennis Pavilion, and our grounds.

This now brings me to a tremendous note of thanks to Kori, our Lifestyle Director, who, in her three years at Regency has created lifestyle events, extraordinary shows, coffeehouse gatherings, trips, and outdoor events for all of us. We are sad to see her leave; however, she has accepted a new position as a Regional Lifestyle Director for First Service Residential. Congratulations, Kori!

This year the Board has already



begun the task of formulating the 2025 operating budget, which is always a challenge. Some of the challenges are how to manage expenses in an environment of rising prices. Contracts with our vendors must be negotiated; most importantly constant review of our reserves is a priority item. Fiduciary Responsibility is a must.

There are some additional items to be aware of. We have installed two new speed signs on Riviera Drive, please obey the speed limits within the community as police presence in the community has increased with an emphasis on stop sign violations and speeding. Stop Means Stop! Please, we want everyone to be safe.

In June, we will be having our annual Board of Trustee's election. There will be two seats available. If you have a desire to join in the process, please speak to Management for the requirements.

Before I close, I would like to thank my fellow Trustee team, various committee members, as well as club officers, and the volunteers for their help.

Here is a phrase borrowed in part from a song - *What is stronger than diamonds? Worth more than gold? This is the treasure that never grows old. The treasure of good health. Thank you to all who make Regency the ultimate home.*

A Message from the Architectural Review Committee

By Fred Hollinger

With so many homeowners making modifications to their homes, it is important to remember that most changes outside and around your home require an application and approval from the HOA Board. To facilitate this process, an application is available at the Clubhouse. This application when completed must be reviewed and approved by the ARC BEFORE any work is started. Specific rules for any modification are available and must be adhered to. After the work is completed, the ARC will inspect the property to ensure that the work completed conforms to exactly what was applied for. If there is a variance, the approval will be denied and the homeowner will be notified. All fees related to that application will not be returned until the violation has been corrected and the property inspected and approved. The ARC will pass on the approved application to the HOA Board for final approval. The following modifications require an approval without exception:

Patios and Walkways, Awnings, Gas lines for Bar-B-Qs, Gas Fire Pits, Permanent Generator Installations, Building Additions, Enclosures, General Landscaping, Hardscaping, Decks, Storm/Screen Doors, Satellite Dishes,

Solar Panels, Water Features in the landscaping, Additional external electrical connections, Outdoor Landscape Lighting, Planting of any additional tree not included with the sale of the home, Outdoor Stair railings and Replacement of new Facades, Painting of Stucco Homes, Replacement of Roofing, Windows, Entrance doors, Garage Doors, and painting of Doors, or Shutters.

A complete handbook of approved modifications along with prohibited modifications may be found on the Regency Web Site. www.regencyatmonroehoa.com. Homeowners who proceed without this application and approval process will be subject to a series of fines, (Initial fine of \$2500), and may be directed by the HOA to remove any and all work until the proper paperwork has been completed and approved. The ARC is currently reviewing the current rules and regulations to see if we can modify, edit, or change any of the existing rules in order to bring them up to date with the interests of the community.

We will keep the community informed of any changes or modifications. We hope you found this information helpful. If there are any questions, you can always contact me.

Fred Hollinger, ARC Chairman

REGENCY REPORTER

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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.

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A Publication for The Homeowners of Regency

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Up Close and Personal

By Barbara Bickel (**)



MAY BIRTHDAYS:

- 1 - Jerry Garfinkle/Maxine Saum
- 2 - Neil Krouk/Richard Ragovin/Susan Ritter/Ghazala Saleem/Sheldon Singer
- 3 - Susan Olan/Frances Ripellino/Lisa Stouber/Joanne Zambrio
- 4 - Maryann Diamond/Sid Ehrenworth/Mary Magnotti/Russell Porges/Evy Telchin
- 5 - Joel Comack/Joseph Correa/Christine Crandall/Fran Datz/Cira Georgiou/Larry Kosofsky/Roz Kornfeld/ Diane De Matteis /Bernie Newman/Eva Nyman/Frank Ruggiero/Bennet Singer
- 6 - Steve Gustman/Rich Hayes/Lila Hochhauser/James Spitalny
- 7 - Sam Rein/Alan Brenner/Dot Cheriff/Vicki Herbst/Steve Kotula
- 8 - Mary Cruickshank/Bruce Mineroff/Milt Paris
- 9 - Chuck Gobler/Maddy Riback/Louise Sether
- 10 - Robin Klemas/Iris Lefkowitz/Carol Okin
- 11 - Sandy Gleitman/Arlene Pullman/Gail Spinner/Patricia Wakie
- 12 - Judi Adel/Norm Blumenstock/Ralph Borenstein/Lila Cherwon/Michael Kaplan/

- Leslie Kohn/Donna Mongelli/Bunny Reddington/Elaine Robin
- 13 - Marcy Berger/Marcia Cooper/Mark Engel/Richard Frank/Connie Josephs/Gloria Norton/Diane Schwartz
- 14 - Barry Finkelstein/David Skole
- 15 - Vincent DeSimone/Paul Schoen
- 16 - Gary Faden/Linda Kamins/Carol Kominsky/Marcy Kraut/Randy Magnani/Tom McGuire/Michele Palmieri/Sherwood Raden
- 17 - Vincent Albano/Maurice Ben'ous/Cheryl Murray/Carl Silverman
- 18 - Ann Bachman/Fred Hammond/Joan Megibow/Bernie Sackaroff/Lori Schwartz
- 19 - Mike Catarzi/Marlene Freeman/Robert Goldfarb/Dennis Leonardi/Dave Offenberg/Rosemarie Tranchina
- 20 - Arthur Fink/Richard Hand/Fran Langer
- 21 - Vicki Berhang/Fran Brody/St Stanley Comora/Mike Gordon/Frank Perrelli/Madelyn Sanft
- 22 - Susan Freeman
- 23 - Bill Countess/Manolita Gadaleta/Joseph Kreit/Leslie Rosenstock/Howard Schoenfeld/Lynne Stecklow
- 24 - Howard Bernstein/Annette Elbaum/Ruth Feinberg/Linda Gerber/Miriam Katz
- 25 - Joe Bianco/Hollis Borak/Brian Crandall/Norman Goldman/Renee Horowitz/Andrew Sether
- 26 - Joan Ehrenworth/Doug

- Poye/Barbara Seidel/Marvin Seigel
- 27 - Fabio Berkowicz/Bridget Fiorello/Linda Redzinski
- 28 - Mary Tournour
- 29 - Jeffrey Barrie/Alan Chodos
- 30 - Alan Kurland
- 31 - Joan Dorosin/Robin Greenstein/Isabella Pappagallo/Jerome Scott

MAY ANNIVERSARIES:

- 1 - Joan & Alan Moskowitz/Sherry & Ted Vitanza/Patricia & John Wakie
- 2 - Donna & Frank Meerinsky/Teresa & Phil Tartara
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- 5 - Ruth & Herbert Feinberg/Bunny & Robert Reddington/Karin & Bob Rose
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- 19 - Andrea & Chuck DeNapoli/Rita & Chuck Gobler
- 20 - Yu Ling & Nai Chu
- 21 - Marilyn & Gary Faden/Felice & Mitchell Grossman
- 23 - Joyce & Jay Kaplan/Fran & Vincent Sellitti/Linda & Nat Willner
- 24 - Joan & Kenneth Kastin
- 25 - Linda & Lou Gerber
- 26 - Rae & Frank DiNatale/Lucille Contonze-Springer & Ken Springer/Ina & Sheldon Weinstein
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- 29 - Patsy & Alan Braxton/Carol & David Rosenfeld
- 30 - Anita & Bob Calat/Marcia & Bob Mankin/In-Suk & Cy Wyche
- 31 - Donna & Joseph Core/Bonnie & Michael Falk/Phyllis & Richie Greenberg/Ellen & Danny Gresack/Judy & Bob Kay

(**) Are your special dates here or are they incorrect? Let me know and it will be fixed. Thank you. BB

A Tribute to Carole Lederman Miller - Mom, Grandmother, Wife

By Alyson Miller-Greenfield

With heavy hearts, we announce the death of Carole Lederman Miller, a cherished wife, mother, and grandmother, who fulfilled her wish to peacefully pass away at her home in Monroe Township.

Carole's journey began in Brooklyn, New York, where she was born to Aaron and Mildred Lederman. She embarked on her path as a first generation American, graduating from Tilden High School and later Brooklyn College, the first graduate in her family. Her passion for teaching ignited early, leading her to start her career at PS 284 where fate intervened, and she encountered her life partner, Ron Miller, thanks to a mutual friend's matchmaking.

A trailblazer in education, Carole's innovative spirit shone brightly during the 1960s in Elmira, New York. After proposing a groundbreaking, closed-circuit television program focused on science education for elementary students, she captivated young minds with lessons centered around the lives of animals. The

show featured numerous feathered, furry, and scaled creatures. When the program ended, she brought the menagerie home, to the delight of her children, Alyson and Hugh.

When the family relocated to New Jersey, Carole continued to inspire as a teacher within the East Brunswick School District including Warnsdorfer, Weber, and Frost elementary schools. Her commitment to her students was evident in the creation of an extracurricular Rocket Club that fueled enthusiasm for the US Space program. Carole also served as a staunch advocate for educators, representing her colleagues during union negotiations, and striving for positive change.

In her spare time Carole expressed her creativity by learning piano, doing needlework and crochet, and making ceramic gifts for her family and friends.

Carole was also a fervent supporter of disadvantaged children, animal welfare, women's rights, and Democratic politics. However, by far her greatest passion, pride and joy focused on her grandchildren, Zachary and Lexie. From their earliest days, she embraced her role as "Grandy," actively participating in their lives and nurturing their growth with unwavering love and encouragement.

Carole is survived by her devoted husband, Ron Miller, her loving children Alyson Miller-Greenfield (Don) and Hugh Miller (Beth), and her adoring grandchildren, Zachary and Lexie Miller.

Condolences

The Editorial Board of the *Regency Reporter* and the entire Regency community send sincere condolences to the Family of our dear friend and neighbor Natale Grisancich. We also send sincere condolences to Linda Opperman and Family on the recent passing of her beloved mother Kate Haberman



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Chiu-Tze Liu, Music Director/Conductor

Princeton Alliance Church
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 email: bravura.orchestra@gmail.com

Info & Ticketing online: www.bravuraphil.org

Men's Club Happenings

By Sheldon Piekny

On March 24 we had our second monthly meeting in the Tennis Pavilion. I want to thank all of the members who RSVP'd that they were going to attend. It was a huge help, and made attendance run smoothly. I want to thank Al Marandola and Michael Drobnis for making the meeting a success. Our speaker was Frank O'Brien who spoke to us about NASA and the space program. He did a fantastic job, and everyone seemed very in-


terested in his presentation. Given the overwhelming reception he received, we have invited him back to speak when the Clubhouse is completed. He told us he will have many interesting topics to present. We are looking forward to seeing you at a future monthly meeting.

Men's Events

- Sunday, May 5 - Mother's Day Gala
- Monday, May 13 - The American Museum of Natural History



- Thursday, June 13 - The Amish Country (Buffet and Show)
- All of the above events (except the Mother's Day Gala) include transportation by bus.**



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The Regency Car Club

By Robert Silverstein
 My First Car

I was born and raised in the automobile business. For many years my father owned a new car dealership that included used cars. After high school I went to Brooklyn College and graduated in 1965. My next step was to get to the next level of education for my career by being accepted at Pennsylvania College of Optometry in Philadelphia, Pennsylvania. This was a four-year program that I finished in 1969.

Before my graduation with a Doctor of Optometry degree, I thought a new car would be a great graduation gift. Being a car guy from birth, I ordered a new 1969 Dodge Charger with a 426 cubic inch displacement (CID) Hemi engine. The dealer said it would take about four to six weeks to get. As an anxious young car guy, I could hardly wait, and after four weeks I checked with the dealer and was told it should be in shortly. Time moves slowly when we are young and six weeks passed, eight weeks passed, about three months passed, and no one knew when my car would be in. With my

strong desire for an all-new high-performance car, I got disgusted waiting. Finally, the dealer told me they had a Dodge Coronet R/T with a 440 CID engine.

When they showed me the car, I remember it was cold out and the Coronet R/T would not start. They took the air filter off and sprayed the carburetor with ether. When they turned the ignition on to start the car flames came shooting out of the carburetor. When the flames subsided, boy oh boy did that engine sound good. So, on that cold Saturday I agreed to take the Coronet R/T instead of the Charger. That weekend I drove the car both days and found out I was only getting about five to six miles to the gallon. Even at the gasoline prices in 1969 this was going to be expensive. The

first thing Monday morning I went back to the dealership. I explained to the sales manager that my parents lived in Brooklyn, and I would not be able to drive the distance from Philadelphia to my parents' home in this car. He was great about it and agreed to take it back. At the dealership was a Dodge Charger, but with a smaller engine than the car I had originally ordered. This one had a 383 CID engine with a four-barrel carburetor. But it was gorgeous. Bright red paint with a white vinyl top and white leather interior! It was an absolutely stunning car. I believe that the dealer sold me out on that 426 Hemi Charger. If I had that 426 Hemi today it would be worth an awful lot of money. However, my philosophy is "buy high and sell low."

The Regency EREA to Hold a Vietnamese Dinner on Saturday, June 1

By Marty Feldman

Vietnamese dishes offer a truly unique dining experience. Whether you're savoring a steaming bowl of pho (pronounced fuh), a crispy banh mi sandwich, or a fresh spring roll, each bite will transport you to those bustling streets of Vietnam. You will find that Vietnamese cuisine is not spicy hot, usually made with fresh vegetables, meats and rice vermicelli, jasmine rice, lime, and mostly fish sauce used instead of soy sauce. Most dishes are inherently gluten-free with rice being used in place of wheat for noodles, flour, and wrappers.

The Regency EREA will arrange for a culinary introduction to Vietnamese cuisine at a local

restaurant on June 1 at 6:00 p.m., with a selection of four appetizers, a popular pho, the national dish of Vietnam, and dessert. Prepare to embark on a culinary journey filled with bold flavors and vibrant dishes that will leave you craving more of this delicious and exciting cuisine. The cost of the dinner will be \$38 per person, \$76 per couple.

The Regency EREA is open to all Regency residents, singles and couples; there are no dues and you are not committed to any dinner except those in which you wish to participate. Restaurants have limited seating, so we are first come, first served, as always. For additional information please call me.

New Club Ideas

By Laura Balsam

Backgammon Club

Beginners to advanced players welcome, or just learn more about Backgammon. Discuss strategies and teach new players. Potentially we can hold a tournament.

Regency at Monroe Newcomers

Discuss how to meet people at Regency at Monroe and what resources are available, both at Regency as well as in Monroe Township. It can be hard to find people who share your interests, let's figure out how.

Want to Start a Club?

Send me a description with your contact information and we will publish it here. I can print your name as the organizer, or I can receive the responses and forward them to you. Contact me about either of the clubs above or starting a new club.

Laura Balsam, my phone number is in the directory, or email me at newclubs08831

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You may register by calling our office at (732) 238-6000 or online at www.levinefurman.com/seminars.

Most attendees choose to make an appointment at the end of the presentation, so please bring your calendar with you.

The Regency Women's Group

By Barbara Wilner

Hello from the Women's Group. We are so happy to welcome members to spring, our new programs, and hopefully into the newly renovated Clubhouse very soon.

We began with our April 8, "Up Close and Personal with Albert Einstein" evening, held at the Monroe Township Library. Over sixty members were entertained while hearing the most interesting stories of the

man and his genius. There was so much for us all to learn.

On May 8 we will hold our first ever Diaper Drive. It is our pleasure to host this cause to help the children of families in need. Most needed: diapers of all sizes, gift cards to Target, Wal-Mart, or wherever diapers are sold, plus financial donations payable to Central Jersey Diaper Bank are requested. Drop off your donations at 127 Country Club Drive from 10

a.m. to 2 p.m. on May 8 or earlier, May 6 or 7 from 10 a.m. to 4 p.m. As always, our community's generosity is amazing!

On May 13 we are so excited to be offering a bus trip to the Barnes Museum in Philadelphia. Sign-ups have begun, and I will report on this trip next month.

Our Board and committees have been hard at work planning our upcoming events. Watch for flyers soon. So much will be offered!

Till next time...Barbara

Regency Women's Group Events

Wednesday, May 8 - Diaper Drive

Sunday, June 2 - BBQ with DJ

Singles Mingle

By Barbara Winograd

The highlight of the Regency Singles April events was a wonderful evening hosted by Eve Mandel of the Historical Society of Princeton. On a rainy night, a group of our brave souls ventured out to the Tennis Pavilion to take a Virtual Tour of Princeton. Founded in 1938, this center hosts collections, exhibits, lectures, and walking tours of Princeton, the University, and themed tours of this area. Located at the Updike Farmstead, a preserved historic site of 200 acres, it encompasses the remains of the Quaker Meeting house, circa 1836, and is surrounded by "Kings" highway for King George, as well as the original Lenape trails that predated settlement by the British.

We were treated to anecdotes and stunning archival photographs.

We learned of the origins of Bainbridge House, where William Bainbridge, the commander of the USS Constitution, better known as Old Ironsides, was born. Interesting stories of the founding of Palmer Square by Edgar Palmer an heir to a Zinc fortune, who sought to gentrify the area, displacing its residents to make way for a hub of inns and taverns that thrive today as the town center it is.

We learned that Princeton University was originally known as the College of New Jersey and moved from Eliza-

beth to Newark before settling in Princeton on land donated by The Quakers. Ms. Mandel shared the origin of the Princeton mascot inspired by the tiger sculptures at the entrance. She shared the Princeton/Rutgers rivalry over the revolutionary cannon that still stands on the field, and the Cannon War, which sees students at the schools steal the historic weapon back and forth. The cannon now stays on the Princeton campus, with Rutgers students, on occasion, breaking in and painting it Rutgers Red in the dead of night.

Images of the Liberty sycamore tree of 1766, the Fitz Randolph Gate, the Library, and the Princeton University Chapel, the third largest in the world, were presented. The connection to the life of Albert Einstein and his Institute for Advanced Studies were outlined, and his house as well as Oppenheimer's were presented.

Our proximity to such a rich culture and history is greatly appreciated. All there, on this fascinating evening, look forward to exploring Princeton and sampling some of the walking tours offered. More information on this can be found on the Historical society website at Princetonhistory.com.

Next month our Singles group will celebrate mothers at a High Tea, another installment in our diverse programming!



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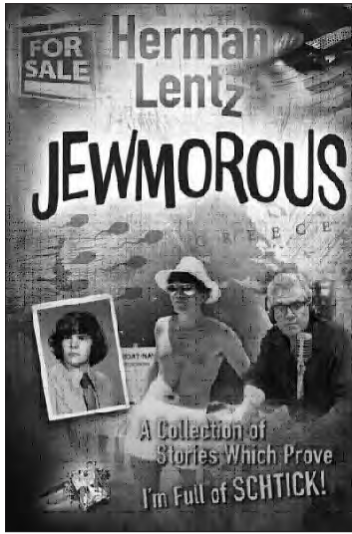
By Art Cooper

SHALOM! Here we are at the beginning of May, and I am hopeful that our renovated Clubhouse will be opening on schedule as we have planned a great calendar of events for this shortened year beginning in July. May is the month we in the United States celebrate Memorial Day. Memorial Day is a federal holiday for honoring and mourning the US military personnel who died while serving in the United States Armed Forces. The genuine meaning is lost when people simply think about the free food and refrigerator sales. Don't forget to

toast the brave men and women of the armed forces who lost their lives so that we might enjoy a day of leisure and revelry. On this solemn day also mourn all those that died in Israel on October 7, 2023 and those men and women of the Israeli IDF that have since given their lives for Israel to continue to exist.

Beginning in July, our first meeting of the year is our annual Shabbat Dinner. The dinner is scheduled for Friday evening July 19 with our guest speaker Herman Lentz author of *Jewmorous A Collection of Stories Which Prove I'm Full of SCHTICK!*

Herman presents his life story in a comedic way that keeps you focused on his presentation. As he says he is always a storyteller and has crafted a collection of essays about the adventures and misadventures in his life. When he's not working on his next essay, he can be seen cursing on the golf course, wishing his grandkids would



take more naps when he babysits, avoiding any and all acts of physical labor, and looking for excuses to not go shopping with his wife. Tickets are now on sale for \$37 each. Dinner is being catered by Pickled Herring and includes salads, chopped liver, gefilte fish, roast chicken, brisket, knishes, kasha, vegetables, dessert, coffee and tea. Checks for this dinner payable to Regency

Shalom Club with your table lists are to be dropped in the lower mailbox of Art Cooper, 13 Doral Drive, or Alan Datz, 3 Maiden Stone Lane.

Our events are open to all Regency residents. We have no membership fees; it is pay as you go. We look forward to meeting you and adding you to our growing family. If you do not currently receive our emails and would like to be added to our list please contact Art Co-

per, his number can be found in the Regency Directory. SHALOM!

- 2024 Shalom Club Calendar**
- Friday, July 19 - Shabbat Dinner Featuring Herman Lentz, Author of *Jewmorous*
 - Sunday, August 18 - Keith Spencer - Baritone Vocalist
 - Sunday, September 15 - The Mambas, Tribute to the Yiddish Theater
 - Sunday, October 20 - Linda Belt Comedian

The Wine Club Why a Wine Club?

By Sheldon Opperman

This June, we will celebrate the eighth anniversary of the Wine Club. Why did I start the club in June 2016?

I have been passionate about wine and winemaking for many years and wanted to share this passion with others. Starting the club has allowed me to not only connect with fellow enthusiasts but also



educate them. For many of us, wine is more than just a beverage; it's a way to explore and celebrate. When I first moved to Regency, I saw a gap in the many clubs offered here. My goal for the wine club was to expand your palate and knowledge of wines, whether you were a casual drinker or an enthusiast. Through carefully selected wines and informative tastings, many members have discovered new varietals, different wine regions, and interesting stories behind each bottle. Instead of endlessly browsing wine shelves, our members could taste expertly chosen recommendations tailored to their tastes and discover new favorites that may not have been available at their local store – all without the guesswork.

Each tasting is a unique experience designed to take you on a journey or a focused exploration. One month, we might be savoring Italy's bold reds and crisp whites, delving into the rich history of Sangiovese and the unique terroir of Tuscany. The next month, our focus might shift to France, where we unravel the complexities of Bordeaux blends and the allure of the Rhône Valley. These are not just tastings but opportunities to deepen your understanding and appreciation of wine.

We might explore "Best Bang for Your Buck" wines, teaching you how to identify quality and value beyond the price tag. Or we could delve into a specific grape varietal like Cabernet Sauvignon, uncovering its diverse expressions across different countries.

Let's be real: without you amazing wine lovers, these tastings wouldn't be half as much fun (or educational)! Your curiosity, enthusiasm, and friendly faces are what make the club special. Thanks to your support, we've built a fantastic community where we can learn, share discoveries, and most importantly, raise a glass and make new friends. Who knows, maybe your next best friend is just a sip away. Here's to many more cheers to come!

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The Italian American Club at Regency



The Italian American Club's beautiful Saint Joseph's Day Altar.

Photo by Annette Valerio

By Annette Valerio

Greetings Residents of Regency! Just to catch everyone up on what your Regency Italian American Club has been up to.

On March 10 we held our first ever event off premises. It was our St. Joseph's Day dinner dance. It was held at Battleground Country Club, and it was truly like a wedding. We had a wonderful sit-down dinner made up of salad, pasta, rolls, and choice of a main course (which consisted of filet mignon, salmon, or chicken). There was all of the soda, beer, wine and sangria you could drink. Dessert consisted of an ice cream bar with all the toppings, waffles and St. Joseph day pastries from Bruno's bakery in Freehold. Our DJ, Donny Pesce, was fantastic and had everyone up on the dance floor; he played an assortment of Italian songs as well. All I can say

is that all that was missing was a bride and groom!

We did not stop there. On April 12, we held our Cannoli Making Demonstration. Thanks once again to Bruno's Bakery, we were taught how to make cannoli from scratch. Each member who attended got to take home a delicious cannoli to enjoy with a nice cappuccino or cup of demitasse.

Looking forward so you can plan ahead, July 26 will be our next general meeting, and August 24 you are all invited to a Football Wedding of - It is a surprise who will be the bride and groom. For all the rest of the activities, events and trip to Villa Roma that we have coming up, pick up a flyer in the Clubhouse for details.

So, don't miss out on all the fun. If you have not joined us already, pick up a membership flyer in the Clubhouse and come

join us. Until next month...Wishing you happy days ahead.

- Italian American Club Events**
- Friday, July 26 – General meeting. More information and topic to follow.
 - Saturday, August 24 – Italian Football Wedding. Paid Event. In our Clubhouse.
 - Tuesday, September 10 – Fiesta de San Gennaro. Off-site event.
 - Week of October 21 – Columbus Day in Villa Roma Resort Trip. (Possible)
 - Friday, November 22 – General Meeting. Holiday Theme. Clubhouse
 - Saturday, December 14 – Christmas Party. Paid Event. Clubhouse.
 - Month of December - Date TBA. Trip to Radio City Music Hall.

The Regency Cocktail Revolution Club

By Barbara Winograd

On April 2, the Regency Cocktail Revolution celebrated another rousing evening as they honored famous authors and their favorite drinks. Greeted by President Barbara Potasky, we were apprised that this day was also National Peanut Butter and Jelly Day and Ride Your Horse to a Bar day. It was also the birthday of beloved author Hans Christian Andersen.

Our favorite toastmaster, Travis from Yorktown liquors, gave us a little background information. Alcohol was often used not just for pleasure by authors, writers, and musicians, but also to unleash their innate creativity. Alcohol affects the working memory by reducing boundaries and screening out analytical rules so that the mind can break free and make connections that were outside the



Above, Cocktail Club members with drinks enjoyed by famous authors (photo by Barbara Winograd) and below, Travis talking about the drinks famous authors imbibed and why they did (photo by Karen Calder).

box. Research at the University of Illinois showed empirical proof that intoxicated people solved problems more quickly because they had an easier time

(Continued on page 8)



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A Message from the Regency Tappers

The Regency Tappers, a group that danced for over 15 years until the pandemic shut us down, is looking to start dancing again.

We are a group of women who enjoy dancing and range anywhere in talent from beginner to intermediate. We just love the fun and camaraderie that this kind of class brings.

If you are interested in learning more about this group or would like to join us, please contact Carol Kortmanský at carolee@aol.com.



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Regency Hadassah Advocacy

By Breena Steinberg

UNRWA Where are the funds going?

You may have seen or heard the acronym UNRWA. This stands for United Nations Relief and Works Agency. This agency was originally designed to support the relief and human development of Palestinian refugees

after the war of 1948. Its purpose was to help in aiding those displaced with an annual budget of approximately \$600 million. The funds came from various United Nation member countries with much of the funding coming from the USA.

However, since the terrorist attack of 10/7/2023 it has been reported that at least twelve of the employees of this organization were involved in the attack that has encouraged hatred and violence against Israel. The Biden Administration recently paused US funding to the UNRWA (United Nations Relief and Works Agency). UNRWA uses various types of media and curricula to spread their hatred and encourage terrorist activity. Hadassah Advocacy believes this is the exact kind of antisemitism and anti-Israel bias that must be called out.

The House passed the Peace and Tolerance in Palestinian Education Act, which would create oversight on education materials used by UNRWA schools to ensure they teach accurate and tolerant information. It is important to note that the UNRWA Accountability and Transparency Act would with-




hold US funding until the State Department certifies UNRWA is not affiliated with terrorism and does not disseminate anti-Israel, anti-Semitic rhetoric. The flow of crucial humanitarian aid to Palestinians is critical for the security of Israel and the region, but it must come through alternative channels that do not spread hate and intolerance.

Please urge your Senators to pass the UNRWA Accountability and Transparency Act (S.431) and thank your Representatives for passing the Peace and Tolerance in Palestinian Education Act!

Please follow this link: <https://p2a.co/i3TpOIR>


As always, if you have further questions I'm in the book.



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Cocktail

(Continued from page 7)

making connections between things that were not normally connected.

Cocktails we sampled included the Longfellow, consisting of muddled cucumber and cilantro with Blanco Tequila and pineapple juice; the Hemingway, with white rum, fresh lime juice, simple syrup, mint leaves, and club soda; and the F. Scott Fitzgerald, made with gin and lime juice. A favorite of Carson McCullough was made with vodka, tequila, gin, white rum, triple sec, sour mix, and a splash of cola. The Oscar Wilde mixed Absinth and champagne, and my personal favorite was the Dorothy Parker, pairing Bourbon, lemon juice and simple syrup.

Some telling quotes were provided by Mr. Longfellow, who said that if you ask one friend to dinner give him your best wine, but when you ask your second [friend], your second best will do. Ernest Hemingway gave this practical advice: "Write drunk but edit sober." F. Scott Fitzgerald is quoted as saying, "First a man takes a drink, then a drink takes a drink, and lastly the drink takes the man." Carson McCullough longingly stated, "Nothing is as musical as pouring your first drink of Bourbon on a Sunday morning." Oscar Wilde was quoted as saying, "After the first glass of Absinth you see things as

you wish they were, after the second you see them as they are not. Finally, you see things as they really are and that is the most horrible thing in the world." Lastly, Dorothy Parker stated that three things she could never obtain were envy, content, and sufficient champagne. All words to think of while you have your next drink!

The night was capped off with an interesting competition, where we were challenged to match the authors with their books - such as Henry Wadsworth Longfellow - *Midnight Ride of Paul Revere*; Ernest Hemingway - *The Sun Also Rises*; F Scott Fitzgerald - *The Curious Case of Benjamin Button*; Carson McCullers - *The Heart is a Lonely Hunter*; Oscar Wilde - *The Importance of Being Earnest*; Dorothy Parker - *Death and Taxes*. It was impressive that one of our members, Kathy Fabian, was able to correctly identify every author with their book in this 18 question quiz. Additionally, she was able to correctly match each author to his respective birthday. Not many of us could recall that Oscar Wilde was born on October 16, 1854. For this monumental task she received a \$50 gift certificate to Yorktown liquors and the humble admiration of everyone present.

On May 7, we will meet again to party with a celebration commemorating Cinco De Mayo. Hasta La Vista and enjoy reading and drinking until that time.



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IAG Invites MedicZero Trainers to Teach How Bystanders Can Save Lives



The IAG members listening intently to the MedicZero presentation.

Photo by Bharat Doshi



By Bharat Doshi

During our monthly meeting on March 24, 2024, the Indian American Group (IAG) invited Mitali Shroff, Reyna Arya, and Akhil Nagulapalli from MedicZero to teach and demonstrate hands-only cardiopulmonary resuscitation (CPR) and First Aids that bystanders can provide to the victims of sudden cardiac arrest to save precious time and lives.

After the initial mingling and light snack, Rajesh Kapadia introduced the presenters. The three presenters took turns discussing the whys and how of Hands-Only CPR, the use of automated external defibrillator (AED), recognition of stroke, and providing first-aid to choking victims. Interactive questions and answers

helped clarify the concepts, provided a better understanding of what to use when, and clearly communicated the value of timely interventions. The presenters brought a dummy to demonstrate CPR technique and encouraged the members of the audience to try and learn the proper positioning, pressure, and frequency of pumping. They also brought AED equipment and demonstrated its proper use on the dummy. Judging by the number of people in the audience trying out the techniques they just heard about, it was clear that we had a valuable experience.

MedicZero is a 501(c)(3) non-profit organization dedicated to increasing Hands-Only CPR literacy rates as well as knowledge of other life-saving medical interventions (stroke recognition, choking relief, bleeding control). As each minute matters in an emergency, this organization emphasizes prompt bystander recognition, and intervention in the prehospital setting.



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Hadassah Highlights



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By Carol Kortmansky
Karen Ross, President

It's May, the snowbirds are returning. We are looking forward to the reopening of our bright and beautiful new Clubhouse, and of course more exciting educational and entertaining Hadassah programs. Meanwhile, we continue to pray for the return of the hostages, for the end of war, and for peace and safety for all people, wherever they may be.
Let Israel be safe and her future be bright!

Our Passover Seder is over, and although this article is being written before that date, I am certain that people had a wonderful and meaningful evening. More about this night in next month's Regency Reporter.

Our Theater Party will be held on June 2, at which time we are going to see *Evita* at the Axelrod Performing Arts Center. Tickets are on sale now through Hadassah at \$54 per ticket. Contact Joan

Blitz or Naomi Trachtenberg for more information. Their home numbers can be found in the Regency Directory.

We are also looking forward to the return of our Hadassah Book Club and more information will be forwarded to you as soon as a location can be determined.

For your information and possible shopping experience, Hadassah has an upscale resale shop located in Club Center at 1500 Reisterstown Road, Baltimore, Maryland (410-486-9851, BaltimoreHadassah.org). It's the only Hadassah resale shop in the United States. Whether you donate or shop, it's a great way to support Hadassah. Thank you to Maxine Saum for this information.

If you have ordered Mah Jongg Cards through Hadassah, they should have been sent out directly from the Mah Jongg League in March to the address given when you ordered the card. If you ordered a card and asked Karen

Ross to hold it for you, please contact her when you return to Regency to obtain it from her. We thank the whole Regency Community for their support in helping Hadassah by ordering their cards through us.

As we look to the future, we fully expect to present meaningful programs highlighting the Jewish experience in Israel and here at home. We look forward to seeing all of you and if you have any suggestions for any programs that you would like to see, please contact Karen Ross, Leslie Kohn, or Genia Beferman.

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 (\$18 if delivered in Regency and \$19 if mailed out of the development) and Certificates (\$10 if delivered in Regency and \$11 if mailed out of the development) contact Karen Ross or Linda Strauss.

Once again, a reminder that all checks for any Hadassah event or donation must now be made payable to **Hadassah** and not to Regency Hadassah and if you have changed your email, please let Linda Strauss (lstrauss@floe.net) or Karen Ross (kbr1253@aol.com) know as soon as possible.

Please watch your email for updates on future Hadassah events. As noted before, we are in the midst of working on future events and locations because of the closures during the next few months, and will update you as often as necessary via email.
 Stay warm, safe, and well!

Regency Hadassah Schedule of Events

- Sunday, June 2 – *Evita* at the Axelrod Theatre

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By Cecile Spector

Compliments: “Right and Left-Handed”

“You look pretty today.” “You look exceptionally pretty today.” Aside from the inclusion of the word “exceptionally” in the second one, how do these two compliments differ? Mainly, it is the inference inherent in each one. “You look pretty today” would lead one to infer that you don’t usually look pretty, but today you do, whereas “You look exceptionally pretty today” infers that you always look pretty, but today you are even more so. Thus, the first compliment is somewhat ambiguous and can be interpreted in a negative or “left-handed” way, while the second is truly positive or, “right-handed.”

“Right-Handed” Compliment: a polite remark of praise or admiration; an expression of esteem, respect, or affection.

A right-handed compliment is a gift you give to others; it’s about being aware of and acknowledging the positives about another person. Focusing on someone’s praiseworthy attributes and speaking of them is not only a gift to the individual but, in return, also makes the giver of the compliment feel good. We can offer compliments about many things – someone’s intellect, strengths, appearance, and so forth. When we give lots of sincere, genuine compliments it shows that we have been actively seeking out and appreciating the best in others.

“Left-Handed” Compliment: an ambiguous compliment which may be interpreted as an insult.

Why the phrase “left-handed?” Many years ago, left-handed people were considered suspect and untrustworthy. In fact, the Latin word for “left” is “sinistra,” which can be interpreted as indirect or devious. When I was a child, my left handedness was considered something to be corrected. In school, for example, I was told over and over again to put the pencil I was using in my right hand.

Left-handed compliments praise you and put you down at the same time. Many times, they are given unintentionally. I once had to drive my father-in-law home from a doctor’s office that was rather distant from his home. I entered the highway very quickly and settled into the far-left lane. My father-in-law was impressed. “Wow,” he said, “You drive like a man!” I’m sure he meant it as a great compliment, but, as a woman, I felt annoyed. Many women drive as well as (or even better than) many men. Often we give someone a compliment without realizing it may be interpreted

in a way that was not intended. It may cause the person being complimented to feel worse than they did before receiving the compliment.

“You look great for your age.” (How old do you think I am?)

“I’m impressed; you’re smarter than you look.” (I look dumb?)

Looking at an old photo album: “You were really a beauty, weren’t you?” (Guess I don’t look so hot anymore.)

“That dress makes you look so much thinner.” (Do I usually look fat?)

Many left-handed compliments are given quite intentionally. They are, in fact, insults disguised as compliments –

“My opponent has done a very good job for someone so young and inexperienced.”

“You have delighted us long enough.” (Jane Austen)

“You’re such a free spirit; wearing whatever you like and not caring what anyone else thinks.”

There are often times when attention is paid to what we consider negative about someone, while rarely mentioning their positive attributes. Several years ago, I decided to give a compliment to at least one individual every day. I made a point of looking for whatever good characteristics I could find about the person. It had to be a real compliment; after all, everyone has some special attributes or achievements that are praiseworthy. False or dishonest compliments, often loaded with hyperbole, are generally transparent. When we hear one we think of the person giving such a compliment as untrustworthy, and probably wonder about their motives. When we take the time to notice an individual’s positives and offer genuine compliments, we have shown the individual that we are aware of and value his/her good points.

How should compliments be received?

“That’s a beautiful dress.” “This old thing? It’s over ten years old.” The response tells the compliment giver that the dress isn’t worthy of praise, so it was foolish to say anything. Discounting a compliment only serves to take away the positive feeling and make the donor feel belittled. In most cases a simple, “Thank you” would serve to maintain the positive mood created by the compliment. Of course, other issues come into play when responding to a compliment. Some individuals are modest and feel embarrassed when attention is drawn to them, flattering or not. Friendly teasing also may interact with compliment giving and should be seen for what it is and not be taken in a negative sense. The verbal interactions in giving and receiving compliments are complex and multilayered. For this reason, we should not be overly sensitive when interpreting what may seem like a negative comment.

Think of genuine compliments as social lubricants; they can create a warm atmosphere that makes people feel kind toward each other.

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The Regency Book Club



By Judi Zipkin

Independence

In anticipation of the Regency Book Group's May 2 visit to the BAP Indian Temple in Robbinsville, the group decided to read a book by an Indian author. Chitra Banerjee Divakaruni is a prolific and popular Indian American poet and award-winning novelist whose latest book, *Independence* became our April choice.

Independence is a family saga. It tells the story of a Hindu family, the Gangulys, set against the backdrop of India's independence from and partition by Britain in 1947. The author

weaves historical events and famous people into her tale of a family living in a small Bengal village outside of Calcutta struggling through the turmoil of partition.

Deepa, the oldest child of Nabakumar and Bina, a beloved physician and talented quilt maker, respectively, is the most beautiful of the sisters. Her dream is to marry well and bring wealth to the family. Instead, she falls deeply in love with Raza a kind, gentle, politically active Muslim doctor. Priya, the youngest and brightest daughter dreams of going to medical school to become a doctor like her father. She is focused, ambitious, and in love with Amit, the son of the wealthy feudal landlord from whom they rent their property. Her dream of following in her father's footsteps must take another path when she is rejected by the local medical college because she is a woman. Middle daughter, Jamini, is mildly

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The Regency Book Club

(Continued from page 12)

disabled by a limp and is not expected to easily find a husband. She learns to quilt with her mother and finally earns the attention she so desperately craves. She is also in love with Amit but understands he does not love her in return.

Life changes dramatically for the family when Nabakumar is killed outside his clinic in the Calcutta riots between the Muslims and the Hindus. With no way of supporting themselves and without the support of most of the village, Bina and her daughters must decide how to continue their lives without their beloved husband and father. We learn of the family's fate as each of the three daughters narrates the story from their individual perspective.

Chitra Banerjee Divakaruni tells the story of the fight for the independence of a nation and for the independence of the nation's women. She stresses the importance of family, the cost of independence, the resilience of the human spirit and the strength of women. It is a story of love and loss, rejection, betrayal, and jealousy. And it is a story of hope for the future on both the personal and national levels.

Gita Master and Shilpa Doshi, the two group members who recommended the book, led the discussion. They asked, "Did the book ignite curiosity about India?" The answer was a resounding yes, which was followed by a wonderful history lesson. We learned, among many other things, that the British first became interested in India for trade and from 1858 to 1947 they ruled India until they partitioned it into India (mostly Hindu) and East and West Pakistan (mainly Muslim.) The British left because of the internal political upheaval. There are 22 official languages in India, and each state has its own foods and cultural mores. The national language of India is Hindi, but English is taught as a second language beginning as early as kindergarten.

In the discussion of the book, it was agreed that the male characters were almost uniformly good, kind men who were very protective of women, and who supported them in their fight for equal rights. Members considered it surprising to not have a significant bad male character.

The three sisters were compared, and opinions differed on whether the choices they made for themselves were thoughtful of the family. Deepa was considered impulsive by some, and others felt her decisions were made because of the deep love she felt for Raza. Priya made decisions about her education that some found hard to understand, but she was a feminist at heart, and had a strong wish to become a doctor like her father. Janini was considered the most complex, often acting deviously and hurtfully, but ultimately redeeming herself. Bina's motives were ques-

tioned, and one member felt she was a withholding mother. Others felt she was fearful and protective. It was explained that still today in India, mothers care very much that their daughters make good marriages to men of higher status.

All agreed *Independence* was a surprise because it was more about women becoming independent and gaining equal rights than the independence of India from Britain. The group enjoyed the book and the discussion, and the music played by Gita and Shilpa.

Join us May 7 when we read *The Postcard* by Anne Berest, and then again on June 4 for *The Women* by Kristin Hannah. Remember, reading is a pleasure that becomes a gift when you share it with others.

Tech Trends

By Don Haback

Quantum Computers – Still the Next Huge New Thing

Four years ago, I published two sequential articles introducing the idea of Quantum Computers – and yes, they still are the "next new thing" – but they're not yet in widespread usage. IT IS COMING, but slower – and at higher costs – than had been anticipated.

As I wrote then, Quantum Computing is a VERY HOT topic. Development of the underlying technologies started about 100 years ago. You may have heard of the following names: Planck, Schrödinger, Heisenberg, and others, including Albert Einstein. These scientists all had leading roles in crafting and developing quantum theories, all aimed at understanding the physics of atomic

and subatomic particles (yes, these theories also drove the development of the atomic bomb).

One simple discussion reveals the substance of the issue. Consider an atom with a nucleus and several electrons orbiting it. Why do they stay in orbit? Classical physics would suggest that since the spinning electrons generate energy streaming away from the nucleus, then over time, they should just float away. It required analysis using quantum theory to provide the answer – they are attracted to the nucleus by 'magnetic-like' quantum forces. Those electrons can be considered as 'quantum particles'.

Quantum Theory includes the idea of 'entanglement', in which two quantum particles can become entangled such that the actions of one immediately affects the responses of the other,

independent of the distance! This basically says that 'information' travels between the particles at an infinite speed, not constrained by the speed of light. This led to one of Albert Einstein's famous attacks (1935), when he said, "I cannot seriously believe in it (Quantum Theory) because the theory cannot be reconciled with the idea that physics should represent a reality in time and space, free from SPOOKY ACTION AT A DISTANCE." He was proven wrong in this aspect. I would note that these quantum particles (like the electronic 'bits' of current computers) are the 'qubits' of quantum computers.

The current field of quantum computers isn't quite ready for prime time: It's probable that 5,000 quantum computers will

(Continued on page 14)

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Health Issues Pertinent to Regency Residents



Should You Get a Blood Test for Alzheimer's?

By Sheldon Opperman MD

Many people are worried about developing Alzheimer's disease, especially if they have a family history of it or notice some changes in their memory. You may wonder if you should get tested for this condition. Usually, you would need to see a doctor first, but now there is a new option: a blood test that you can order online.

The test is called AD-Detect and costs \$399 plus \$13 for a doctor's review. If you are 18 or older, you can order it from Quest Diagnostics without a doctor's visit. A Quest doctor will check if the test is right for you based on your risk factors. These include having relatives with Alzheimer's, having trouble with thinking or memory, having a history of head injury or brain damage, or drinking too much alcohol.

If you qualify for the test, you will go to a Quest lab to give a blood sample. The test will measure two kinds of proteins in your blood: amyloid-beta 40, which is normal, and amyloid-beta 42, which is linked to Alzheimer's. You will see your results online, and you can talk to a Quest doctor about what they mean and what to do next.

Concerns to consider:

- **The test is not FDA-approved:** It lacks official approval from the Food and Drug Administration, raising concerns about its reliability.

- **It is only a screening tool:** This test does not diagnose Alzheimer's, but it may help you decide if you need further evaluation. A positive result means your risk of developing Alzheimer's disease is increased.
- **The accuracy of the test is not known:** Very little information about the test is available. No peer-reviewed research on the screening test has been published. Therefore, we don't know the risk of a false result. A low or normal false result when you have high risk could make you think you are fine and stop you from getting more help, even if you have symptoms. On the other hand, a result that says you have high risk when you have low or normal risk could cause you undue stress and anxiety, plus time and expense in seeking further testing.

Getting a diagnosis:

A diagnosis of Alzheimer's

disease requires more than just blood screening. Testing entails diagnostic, cognitive, or blood tests, MRI, CT, or PET brain imaging, neurological exams, or other assessments.

What should I do?

In the future, blood tests that you can order yourself may help you determine whether you are at risk of developing Alzheimer's disease. Overall, experts recommend caution. While the test might be useful in some cases, it should be done under a doctor's guidance and not in isolation. If you're concerned about Alzheimer's, talk to your doctor. You can develop a plan to address your worries and get the necessary information together. The Alzheimer's Association (<https://www.alz.org/>) also has resources to support you.

Ref:

Harvard Health Letter January 2024 Alzheimer's Association

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M&M Movie Minutes



By Marilyn Jaclin and
Marcia Milgrom

The Beautiful Game

Now that *M and M* are both in New Jersey, it was easier to come up with a movie that we could agree on. *The New York Times* suggested a new underdog sports film on Netflix called *The Beautiful Game*. This inspiring film, based on an actual event, is about homeless men who are entered in a competition called "The Homeless World Cup."

Initially, we see Mal (Bill Nighy), who is the manager for England's team of homeless men. By chance, he sees Vinny (Michael Ward), a troubled ex-football player who is down on his luck and sleeps in his car. Vinny is talking to his ex-wife when his little girl comes up to him and asks him to come to her school where she is going to make a speech. Vinny at first promises he will be there, but his wife tells him vehemently that he can't disappoint her again. Vinny tells his daughter that he won't be able to attend. Now, we get a picture of Vinny, a not so good one. However, Mal spots him giving instructions to some young players in this park setting and recognizes

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Tech Trends

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be operational by 2030 but that the hardware – and especially the new software necessary for handling the most complex problems, won't be available until 2035 or later.

There's also 'a race' going on between the classical computer and quantum computer. For each type of question you want to solve, you want to know which type of computer will win so you can take the best advantage of it. Current 'desktop' applications will, in all likelihood, never migrate to quantum. It's simply too expensive to justify the overall costs. On the other hand, larger requirements, ones that already need the largest 'traditional' computers, will probably prove to be economically feasible to justify the new technology.

Scientists are striving to achieve *quantum advantage*, which is the ability to use quantum computers to solve problems that are beyond the reach of classical computers. Some companies are estimated to reach the quantum advantage by 2030; however, the focus on quantum advantage overshadows

the usefulness of quantum computers as they become cost-competitive with classical computers. To compensate, we must consider another benchmark, that of *quantum economic advantage*, which occurs when a particular problem can be solved more quickly with a quantum computer than with a comparably priced classical computer. In our current thinking, this 'new' parameter is not likely to be reached for at least ten years.

To conclude, we're still in the 'early days', but the landscape is heating up. IBM launched Osprey, a 433-qubit machine, last year and has set its sights on building a *100,000-qubit machine* within 10 years. Google is targeting a million qubits by the end of the decade. Other players in the nascent space include D-Wave Systems, IonQ, Rigetti Computing, Honeywell, Microsoft, Intel, and PsiQuantum with some of the companies offering quantum computing services in the cloud. Fortune Business Insights has projected that the quantum computing market will grow from \$928.8 million this year to \$6.5 billion by 2030, a compound annual growth rate of 32.1 percent.

Seniors Living Corner Chat

By Barbara Berg SRES®,
and Keri Zoumas SRES®
Seniors Real Estate Specialist®

Welcome to Barbara and Keri's corner chat on all things senior living. As Seniors Real Estate Specialist®, we look forward to offering this series of articles to share information that touches the lives of the senior community. We welcome your feedback and requests for future articles!

Building Inner Strength— The Art of Cultivating Resilience

Resilience is the ability to bounce back from adversity, to navigate life's challenges with strength, flexibility, and optimism. It's a quality that enables individuals to withstand setbacks, overcome obstacles, and thrive in the face of adversity. Cultivating resilience is not only essential for weathering life's storms but also for fostering personal growth, enhancing well-being, and achieving a happier life experience. In this article, we'll explore the importance of resilience and offer practical strategies for building inner strength in the face of adversity.

Understanding Resilience

Resilience is not about avoiding or denying difficult emotions; it's about facing them head-on and finding ways to adapt and grow despite them. Resilient individuals possess a set of core beliefs and attitudes that enable them to bounce back from setbacks and persevere in the face of challenges. They view failures and setbacks as opportunities for growth, rather than insurmountable obstacles. Resilience is a skill that can be developed and strengthened over time through intentional practice and mindset shifts.

Cultivating a Growth Mindset

At the heart of resilience lies a growth mindset—the belief that our abilities and intelligence can be developed through effort and perseverance. Embrace challenges as opportunities for learning and growth, rather than fearing them as threats to your self-worth. Cultivate a mindset of optimism and possibility, reframing setbacks as temporary and surmountable obstacles on the path to success. By adopting a growth mindset, you empower yourself to overcome adversity and thrive in the face of challenges.

Building Strong Support Networks

Social support is a powerful buffer against stress and adversity, playing a crucial role in fostering resilience. Cultivate strong relationships with family members, friends, mentors, and community members who provide encouragement, guidance, and emotional support during difficult times. Surround yourself with people who uplift and inspire you, and don't hesitate to reach out for help when you need it. By nurturing supportive connections, you'll build a resilient network of allies who bolster your inner strength and resilience.

Practicing Self-Compassion

Self-compassion involves treating yourself with kindness, understanding, and acceptance, especially during times of struggle or failure. Rather than harshly criticizing yourself for mistakes or setbacks, practice self-compassion by offering yourself the same kindness and empathy you would extend to a friend in need. Embrace your imperfections and shortcomings as part of the human experience, recognizing that failure is a



natural and inevitable aspect of growth. By cultivating self-compassion, you'll build resilience by nurturing a sense of inner worth and self-esteem.

Developing Coping Strategies

Effective coping strategies are essential for navigating life's challenges and building resilience. Identify healthy coping mechanisms that work for you, whether it's mindfulness meditation, deep breathing exercises, journaling, or engaging in light physical activity. Practice stress management techniques to regulate your emotions and reduce overwhelming feelings during difficult times. By developing a list of coping strategies, you'll build resilience by equipping yourself with the tools to navigate adversity with grace.

Maintaining Perspective

Maintaining a sense of perspective is crucial for building

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WALK-IN AND APPOINTMENTS

M&M

(Continued from page 14)

that the man has talent. When there is a world competition for the homeless in Rome, Mal tries to recruit Vinny for the homeless football squad. Vinny has to learn how to be a team player. The rest of the film is quite predictable.

M and M enjoyed this soccer dramedy. It wasn't the best film we have ever seen but is inspiring and heartwarming. It brings attention to homelessness, which is real. The movie tries to address social issues. If you have time, see it. We think the whole family will enjoy it. We did!

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By Doug Poye

So, did you cast your ballot by mail or in person on April 16?

In case you haven't heard, the results of the school elections on April 16 will put three new people on the school board: Peter Piro (5,313 votes), Charles Zeichner (4,705) and Usma Sharma (4,427). The other three candidates, two being incumbents, each received less than 3,000 votes.

The organizational meeting for the new Board will occur on May 1, at which time the president and vice-president will be elected. As for the referendum to provide funding it passed by a vote of 3,825 in favor to 3,601 against.

In the meantime, there is news about the Board or the school system that may interest you: academic performance of the high school, ethics violation of the superintendent, and the controversy involving the Jamesburg representative to the Monroe Board.

During the first week of April, the New Jersey Department of Education released the results of the 2023 SATs, a test taken by high school students seeking admission to colleges and universities. In the department's *School Performance Report*, one will find that the combined math and language arts test total had an average of 1058 out of a possible 1600. The top ten total scores were earned by students attending by-admission-only public academies or magnet schools. Those ten schools had scores ranging from a high of 1532 to a low of 1394. Millburn was the highest-ranking regular admission high school with a total of 1375. J.P. Stevens High School in Edison had the highest average total score of 1313 in Middlesex County, which was the twentieth highest in New Jersey. Monroe High School averaged 1221, which was the forty-fifth highest score in the state. In fact, that average was higher than many surrounding districts: East Brunswick, Marlboro, Colts Neck, and Manalapan. Of

Monroe School Board

course, SAT test averages are only one indicator of academic proficiency, but it is commendable that Monroe's students did well in 2023.

Also, during the first week of April, the Commissioner of Education upheld the recommendation by the School Ethics Commission that Superintendent Chari Chanley receive a reprimand for including her son among a list of people she was recommending for employment in the district. Chanley claimed that it was an "oversight" on her part when she overlooked her son's name among the 160 people being recommended. Nevertheless, the Commissioner stated that she needs to be more diligent in reviewing agendas for Board meetings.

During the March 21 meeting, members of the Board heard numerous members of the public (several from Jamesburg) call for the removal of Michelle Scott from the Board. Some parents spoke in Spanish but had an interpreter to assist in the translations. Both parents and students were alarmed about comments that Scott had allegedly made on so-

cial media about "illegal aliens." The speakers expressed concerns that her comments might cause a rise in bullying of Hispanic students in the schools as well as their fears for student safety. Ms. Scott serves as the Jamesburg representative on the Board and has full voting privileges on all matters dealing with the central administration, budget, and high school. When invited by the Board president to respond, Scott stated that her comments were made in a "private chat group" and that she had not spoken disparagingly of residents of Spanish heritage. She went on to say that her being of Lebanese-Afro American heritage obviated her being a racist. At the end of the public session, the president stated that the Monroe Board did not have the power to remove Ms. Scott; such action would have to be taken by the Jamesburg Board of Education. There is talk of her leaving the Monroe Board after the elections in April.

This report has not been written at the request of the Board but by a private citizen who served on the Board from 2013 through 2015.

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Healing Ourselves Naturally



By Steven Soffer N.D. MH
**Overcoming Obstacles
 on the Path**

It started out like any normal Friday. We were on our way to New York-Presbyterian Hospital in Brooklyn. We had been there over one hundred times. It would usually take an hour, but we left an hour and a half earlier to get there. We left at noon...a good time to drive with not too much traffic (so we thought). It turned out an astrological event, Mer-

cury Retrograde, was happening, which caused delays, miscommunications, misunderstandings, and major frustrations. Boy, was this the truth. A six-car accident in Staten Island destroyed my timing plan. We kept calling the hospital, but it kept going to voice-mail. Again, typical Mercury Retrograde!

So often we think about the conditions of our life and as we felt Friday, we can feel powerless. You feel powerless to respond, powerless to change and powerless to take meaningful action. Yet, we are always so much more powerful than what we give ourselves credit for. This kind of power does not mean that we always get our way or that things turn out exactly as we choose them to. It is the kind of power that comes with full acceptance of

(Continued on page 18)

Senior Living

(Continued from page 15)

resilience in the face of adversity. Rather than catastrophizing or magnifying problems out of proportion, strive to see challenges within the broader context of your life and goals. Remind yourself that setbacks are temporary and that you have the strength and resources to overcome them. Cultivate gratitude for the blessings in your life, focusing on what you have rather than what you lack. By maintaining perspective, you'll build resilience by fostering a sense of optimism and hope.

Finding Meaning and Purpose

Finding meaning and purpose in life provides a powerful source of resilience during difficult times. Identify your core values, passions, and goals, and align your actions with what matters most to you. Engage in activities that bring you joy, fulfillment, and a sense of purpose, whether it's pursuing a

meaningful second career, volunteering in your community, or nurturing relationships with loved ones. By living authentically and purposefully, you'll build resilience by tapping into a deep well of inner strength and motivation.

In conclusion, cultivating resilience is essential for building inner strength, navigating life's challenges, and thriving in the face of adversity. By embracing a growth mindset, building strong support networks, practicing self-compassion, developing coping strategies, maintaining perspective, and finding meaning and purpose in life, you can cultivate resilience and emerge stronger and more resilient in the face of adversity. Remember that resilience is not about avoiding difficulties but about facing them with courage, resilience, and optimism. With practice and perseverance, you can build the inner strength needed to overcome life's challenges and thrive in the face of adversity.

Healing with Yoga Therapy

By Jaya Gupta

Hello Friends,

Joint Free Series continues. If you have stiff ankles or find it challenging moving your ankles in all four directions, this article will show you how to make your ankles more flexible. Flexible and strong ankles are very important for good balance. The rotation of ankles helps in blood flow, decreases swelling and water retention, relieves tiredness and cramps, and prevents venous thrombosis in bedridden or post-operative patients. While practicing ankle rotation, we can also practice half butterfly and full butterfly movements to loosen the knee and hip joints. These movements can be practiced on a mat or in a chair at any time.

Ankle Rotation and Half Butterfly Movement Sitting on a Chair:

Sit on a comfortable chair, bare feet and straight spine. Bend your right knee and put your right ankle on your left thigh, just above the left knee as shown in the picture. Make sure that the ankle is far enough over the thigh and have enough space for rotation. Hold the right ankle with your right hand for support or place right hand on right knee and hold the left toes with your left hand, bring your awareness to your right ankle and **gently** rotate 10-12 times in the clockwise direction and then in the anti-clock direction with the help of your left hand. Inhale on the upward movement and exhale on the downward movement.



Ankle Rotation



Half Butterfly

For the half butterfly movement, stay in this position, place the right foot as far up as possible on your left thigh. Place your left hand on the left ankle for support. Bring your awareness to the right knee and put your right hand on your bent (right) knee. **Gently** move your knee up and down 10-30 times. The movement is done by exertion of the right arm, not by force. Trunk should not move and the leg muscles should be

passive. Repeat the same on the right knee.

These movements are preparatory practices to loosen the ankle, knee and hip joints and lubricate the knee to sit on the floor for meditative poses.

Full butterfly movement on a chair:

After completing the above movements, place both feet on the ground. Keeping the feet in the center, put your hands on your knees and **gently** move your knees outwards and inwards as far as you can to loosen the hip joints.

Ankle Rotation and Half Butterfly Movement on the Mat:

Sit on the floor on a mat or on the carpet, bare feet, straight spine, keeping both feet straight in front in a staff pose. Bend your right knee and bring the leg towards your left buttocks. Put your right foot, just above the left knee on your left thigh as shown in the picture. Hold the right ankle with the right hand for support or place right hand on right knee and hold the toes with the left hand and **gently** rotate 10-12 times in the clockwise direction and then in the anti-clock direction.



Ankle Rotation



Half Butterfly

For half butterfly movement, stay in this position, place the right foot as far up as possible on your left thigh, as shown in the picture, bring your awareness to the right knee and put your hand on your bent (right) knee. Hold the toes of your right foot with your left hand. **Gently** move your knee up and down 10-30 times and try to make the knee touch the floor. Follow the chair practice guidelines and repeat the same on the left knee.

Full Butterfly Movement on the Mat:

Sit on the floor on a mat in staff pose, bend the knees and bring the soles of the feet together. Your aim is to keep the heels as close to your body as



you can, but start where you are comfortable and bring them in as you grow into this practice. Hold the feet with both hands or keep the hands on your knees, **gently** bounce the knees up and down 10-30 times, trying to make them touch the floor. Relax the inner thigh muscles and **do not force please.**



Full Butterfly

Full butterfly movement not only opens the knee and hip joints but also relieves the tension from inner thigh muscles and reduces the tiredness from long hours of walking, standing or sitting.

Be gentle and do not apply force while doing the above practices. Learn the difference between good pain and bad pain and slow down before reaching the bad pain. If you are in any doubt or have questions, please join us for free mat/chair yoga classes on Monday and Wednesday at 11:00 a.m. in the fitness room or on Zoom and learn the right way to heal yourself. Enjoy, become strong and flexible. Until then, take good care of yourself, stay healthy, blessed and be happy. Love, Jaya

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Pet Corner

By Bea Siegel

Time Out for Pet Events

We've had a white winter of snow, rain pouring down with winds up to 40 or 50 miles an hour, and of course cabin-fever from being indoors, so now is the time to enjoy your favorite outdoor pet events for dogs, cats, and even horses. Or start your own event with family and friends, treating your canine friends to a day out for a picnic, walking the trails in some of our beautiful parks, or even a day at the beach, which most allow dogs that are leashed. There are so many things to do.

WESTMINSTER DOG SHOW - May 11-14, 2024.

Saturday, May 11 is the ninth Annual Master Obedience Championships, located at Billie Jean King National Tennis Center, Flushing Meadows, Corona Park, Queens, New York. There are many different events that are also televised on Fox Sports 1 and 2. For much more information, and exciting events, just click onto Westminster Dog Show 2024.com

RAU DOG SHOWS 2024 - The following are dog shows in May: Union County Kennel Club, Staten Island Kennel Club, Plainfield Kennel Club; all located in Freehold. For date information, call (610) 326-1880 or click onto info@raudogshows.com

NEW YORK CATSTRAVAGANZA - MAY 4 and 5, 2024, 10 a.m. - 4 p.m. Located at Westchester County Center, White Plains, NY. NewYorkCatstravaganza.com

GARDEN STATE CAT EXPO SHOW - July 13 and 14, 2024

New Jersey Convention Center and Expo Center, 97 Sunfield Avenue, Edison, New Jersey. For



further information, click onto gardenstatecatexpo.com. Includes all breeds, adoptions, and great information.

HORSE PARK OF NEW JERSEY, 2024 Horse Trials 1 - June 15 and 16, 2024. Trials 2 - July 20 and 21, July 27, September, 7,

Ten-year old Golden Doodle, Biscuit Arndt shares the good life with two other dogs, and my niece, Sabrina and husband, Joe. The dogs have fun running freely in their big back yard. They go on vacation to doggie day-care, and even let their humans be good companions to them when they arrive home from work. There's lots of love and craziness going on.

Photo by Sabrina or Joe

2024. For further information, click onto <http://https://horseparkofnewjersey.com>

For show information, call (609) 259-0170. Logan Township, New Jersey - Gloucester County Dream Park, Jersey Classic Horse Show, July 14-16. Always double-check these events since the weather may change everything.

If you decide to bring your canine companion for a day out to any events (except the cats), be sure they are up-to-date on vaccinations and parasite control.

Any questions, the specific website will have your answers.

Enjoy your journeys to fun.



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Healing Ourselves Naturally

(Continued from page 16)

conditions just as they currently are, coupled with the willingness to deeply listen to our inner guidance about the best steps to take regarding those conditions.

My wife Kathy is a champion at this. She has dealt with innumerable challenges health wise. I have watched her do this for twenty-seven years through all sorts of health challenges. Kathy, and people who claim their power, know they have a choice about how to respond. They know they can move forward with the condition they are in and use their attitude, words, and energy to grow, evolve and heal. These are people of power. This is my beloved wife Kathy. People who choose to use their conditions and power for the highest and best as they journey forth.

“As a mortal being, you are limited, but as a child of God, you are unlimited...Focus your attention on God, and you shall have all the power you want to use in any direction.” Paramahansa Yogananda. “In our ignorance of the truth, we have misused the highest power we possess and so great is this power—so complete is our freedom in it, so absolute the domain of law through it—that the misuse of this power has brought upon us the very conditions from which we suffer!” Ernest Holmes

It's clear that the world of form is full of constant change. It is springtime now. Nature prepares us for this as the seasons and weather change. We see plant life change constantly. Yet, we may struggle with endings even still. Endings can cause us to feel unsafe or insecure when things we didn't expect to change or end, do so, because this is accompanied with uncertainty.

When things end and we are not certain what will happen next, there is a great opportunity for trust to happen in our lives. It is

an opportunity to find trust within us that we can handle this change. It can even be an opportunity to consider that whatever will emerge from this change might be better than what was before. If we can begin to consider that, then this intention becomes part of the mental equivalent that goes with us, and we move forward through the change.

I certainly have not liked certain changes or endings that have happened in my life. However, who I became through those endings has helped me feel more grace and has given me more strength when changes or endings come into my experience. They have also allowed me to touch the changeless PRESENCE that is always available to me and all others in our breath.

We can make the choice to be embraced by the Changeless, while moving through the inevitable changes that occur. We can trust and pray and meditate more. We can listen within more. It's all within our breath and all of it is worth it.

“You can't go back and change the beginning, but you can start where you are and change the ending.” C.S. Lewis

“Problems must inevitably arise, but they can only be a blessing because it is through these problems that we rise higher in consciousness, and through that rising, harmony is brought into our daily life.” Joel Goldsmith

Affirmation...I remain certain about the changeless presence of the Divine as it supports and guides me through any change or ending in my life.

Affirmation...Accepting that obstacles are part of the journey; I peacefully embrace them when they show up. I breathe into them and move forward in confidence.

Questions and comments from free-thinking individuals are always encouraged.

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Dear Animal Lover



By Milton Paris

Dear animal lover. Each year approximately 920K shelter animals are euthanized! 390K dogs and 530K cats as per the ASPCA.

Being a passionate dog and animal lover, when I read these statistics, it made me very sad and sick to my stomach. I'm hoping by writing this and educating others on the scale that animals are being euthanized that we can make a dramatic change and reduce these numbers. I understand if a dog/cat is very old and sick with no chance of being cured then being euthanized is, I guess, the correct course of action. The vet and potential animal owner should make this decision.

Let's make it clear that change has to be made quickly! **We need more people adopting dogs and cats to save and improve their lives and ours.**

There have been many studies proving that interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Other studies have found that animals can reduce loneliness, increase feelings of social support, and boost your mood. Wow! More animals in our homes equal happier human lives!

Five ways pets help your mental health

1. Pets can reduce work-related stress. Two out of three employees say work stresses them out and 40% say their job gets in the way of their health. Studies show that pets in the workplace help reduce stress and improve employee satisfaction.

2. Pets can help increase productivity, wherever you work. When a dog joins a virtual meeting, group members rank

their teammates higher on trust, team cohesion, and camaraderie.

3. Pets help manage anxiety. Now more than ever, many people are feeling anxious or struggling with mental health. Pets provide companionship and support.

4. Pets can help you be more active. They give you a reason to go outside, get some fresh air, and be active, which is proven to improve your mood, sleep, and mental health.

5. Pets provide a sense of togetherness. The bond with a pet helps you to not feel alone. When owners see, touch, hear or talk to their companion animals, it brings a sense of goodwill, joy, nurturing, and happiness.

Ads today on TV and online are always asking for money to help these animals. That is important, but we need a strong focus on getting these animals adopted and brought into homes. Shelters need to have more frequent (weekly) open house events. Local organizations need to get involved and have adoption events at their company and in their communities. There are many more ideas and people willing to volunteer to help. Let's set a goal to reduce the numbers in the next 12 months by 25 percent and work from there.

If you have any other thoughts or suggestions please reach out! miltonjparis@ahoo.com.

Thank you!

Save the Date: Our Friends of the Senior Center Third Annual Classic Car Show

The 3rd Annual Classic Car Show sponsored by the Friends of the Monroe Township Senior Center is scheduled for Saturday May 25, 2024 with a rain date of Sunday, May 26, 2024, from 10 am to 2 pm. The location of the show is the Monroe Township Senior Center, 12 Halsey Reed Road in Monroe Township. This is one of the Friends' major fund raisers for the year and we need your support. This fun event will include fabulous classic cars, vendors, food and fun so please come out to support the Friends.

Early registration is just \$10 per classic car in person or by mail for the car show. Same day classic car registration is from 8am to 10am is \$15. Reserve your spot early. Please drop off

your check at 12 Halsey Reed Road or mail registration fee, payable to the Friends of the Senior Center Monroe Township, Monroe Township Senior Center, 12 Halsey Reed Road, Monroe Township, New Jersey 08831.

Each year the Friends of the Senior Center Monroe Township raises money to support the Office of Senior Services in Monroe Township including the

Monroe Township Senior Center located at 12 Halsey Reed Road in Monroe Township. Your tax-deductible membership along with supporting the Friends of the Senior Center fund-raising events allows this non-profit to enhance the Monroe Township Senior Center and contribute towards Monroe Township Senior Center events.

The Monroe Township Chorus

If you are a Soprano, Alto, Tenor or Bass and love to sing we welcome new choir members. We rehearse Tuesday mornings from 9 to 11 a.m. at the Monroe Township Senior Center.

We sing four-part harmony and center membership is required. Come join the fun and share the gift of song with a wonderful group of men and women.

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SPORTS

The Regency Tennis Club

By Steve Brody

April Showers Bring...

Somewhere someone said April showers bring May flowers. Well, the first week in April we had monsoon like weather with hail, far from rain showers. I'm not sure what impact that had on May flowers but I do know that our tennis courts withstood that assault and are in good shape. While the official start of the Regency Tennis Club is a month away the courts are open for play and day time temperatures this time of year support playing outdoors. Night time temperatures may still be

on the cold side. With that said though be on the lookout for short notice announcements about organizing matches for evening play on the warmer nights.

Once again Regency will be hosting the Mayor's Cup for tennis. The event is scheduled for June 11 starting at 10:00 a.m. The start time last year was 4 p.m. to take advantage of our lights should matches go longer than expected, which it did not. Last year there were not enough Monroe communities that were able to field a women's team (although Regency certainly did have enough players). The good news is this year the women's tennis Mayor's Cup is back on. There was also a plan to have a mixed doubles Mayor's Cup tournament. As of this writing it



has not been confirmed as a sure thing. I am hoping that the township's recreation director will go forward with this event.

As a reminder, if you have yet to pay you membership dues please do so now. Membership is \$20 and goes for tennis balls, water, incidentals, and offsetting food costs for our events. A membership form is provided alongside this article. For new residents who may questions about the club please feel free to reach out to me.

That's all for now. See you on the courts.

Regency Tennis Schedule

Saturday, June 1 – 9:30 – 11 a.m. – Opening Day
Friday, June 7 – 6 – 9 p.m. – Tennis/Pizza
Saturday, June 22 – 9 a.m. – 1 p.m. – Color War
Sunday, June 30 – 6 – 9 p.m. – Tennis/Pizza
Sunday, July 14 – 9 a.m. – 1 p.m. – Breakfast at Wimbledon
Sunday, July 21 – 6 – 9 p.m. – Tennis/Pizza
Saturday, August 10 – 9 a.m. – noon – Mixed Doubles
Sunday, August 18 – 6 – 9 p.m. – Tennis/Pizza
Sunday, September 8 – 6 – 9 p.m. – Tennis/Pizza
Sunday, September 29 – TBA – Year-end Celebration

Regency Tennis Club 2024 Membership Form

Dues are \$20— Season runs June – September

New Member [] Returning Member []

Name: _____ Level of Play – 4.0, 3.5, 3.0
New Player
E-Mail: _____

Cell Phone # _____

Name: _____ Level of Play – 4.0, 3.5, 3.0
New Player
E-Mail: _____

Cell Phone # _____

Checks ONLY: Made out to Regency Tennis Club (R.T.C)
Place in bottom of mailbox at: Steve Brody 9 Medinah Court

Regency Golf Schedule

Thursday, May 2 – Men's Opening Day Breakfast and Rules Seminar
Monday, May 6 – First Day of Ladies League
Thursday, May 9 – First Day of Men's League
Thursday, May 16 – Nine and Dine at Concordia
Friday, June 7 – Nine and Dine at Regency
Saturday, June 15 – "New" Parent-Child Scramble Format (Bring Son, Daughter or Grandchild)
Saturday, June 22 – Men's Member-Member
Saturday, June 29 – Ladies Fun Day at Regency
Thursday, July 11 – Nine and Dine at Knob Hill
Monday, July 15 – Club Championship Qualifying (Ladies)
Thursday, July 18 – Club Championship Qualifying (Men's League)
Monday, July 22 – Club Championship Qualifying (Ladies)
Thursday, July 25 – Club Championship Qualifying (Men's League)
TBD – Club Championship (Multiple Dates)
Saturday, July 27 – "New" Saturday Jamboree

TBP – Nine and Dine at Peddie Golf Club
Saturday, August 10 – Men's Member-Guest
Friday, August 16 – Nine and Dine at Regency
Tuesday, August 20 – Night Golf
Thursday, September 12 – Nine and Dine at Concordia
Saturday – September 14 – "New" Family Day
Friday, September 20 – Play for P.I.N.K. Event
Wednesday, September 25 – Ladies League Dinner
Saturday, September 28 – Men's League Lunch
Thursday, October 31 – Course Closes

Bocce Ball Schedule

Bocce Ball starts on Monday, April 8 at 4:30 p.m.
We will be playing on Monday and Wednesday at 4:30 p.m.
Call Carmine Carrara— 732 656 3134
Or just stop by the Bocce courts



Like Rust, Pickleball Never Sleeps

who like to travel, the Robbinsville Pickle House might be worth the road trip to scope out.

The Asbury Park Press reports that a 60,000 square foot, premier sports complex is being developed in collaboration with USA Pickleball and will become the largest pickleball facility in the mid-Atlantic region. Regency picklers, if they choose, will have the opportunity to play at a world-class facility that offers them:

- Over 20 pickleball courts
- In-house restaurant and bar cafe
- State-of-the-art lighting to optimize playability
- Year-round temperature control, A/C, radiant heat, and heated courts
- Annual memberships and hourly rentals

Closer to home, the Freehold Athletic Club, following a growing trend to convert vacant commercial and retail space into pickleball facilities, plans to repurpose and occupy over 31,000 square feet in the former Sears store at the Freehold Raceway Mall.

NJ.com reported on April 3, 2024, that the facility is scheduled to open in December of this year pending approval from the Freehold Township Planning Board. Once it goes live, the venue will offer customers:

- Five pickleball courts
- Lounge, pro shop, juice bar
- Full gym featuring cardio and strength equipment
- Massage therapy, sauna, and a Yoga studio
- On-site chiropractor
- Golf simulator

Because Freehold is so close, why not make a day of it? You

can play pickleball, alleviate your back and neck pain, and take a sauna, all in the same place. What a great gift card idea for your favorite pickleballer... or for yourself.

And now for something completely different. When someone mentions Princeton, what does your mind conjure up? World-class university? Renowned alumni? PJ's Pancake House? Maybe so, but it's certain that no one would ever use the words Princeton and Bruiser in the same sentence as the former is totally incongruous with the latter. Yet, nothing should surprise us. According to New Jersey Pickleball, Princeton is now home to the Princeton Bruisers, one of six new teams being added to the six existing teams in the National Pickleball League – a professional league for players 50 and up.

Each team will have a roster of 14 players – seven men and seven women, and there is even a combine and a draft. Among the players entering the league this season is NFL veteran and former Heisman Trophy winner Danny Wuerffel who is looking for another bite at the apple, but in a different sport.

The 2024 season will feature five monthly events that will take place between May and September with locations still being finalized. As fans, we can expect some dynamic competition across men's, women's, and mixed doubles matches with every event offering prize money. This is worth keeping on the radar.

With new pickleball facilities cropping up across New Jersey, our Dinkers, Lobbers, and Bangers will have more places to play... and that includes our new, six court facility, because remember Toto, there's no place like home to pickle.

By Bob Zyontz

If the pickleball industry is the irresistible force, then I'd hate to be the immovable object. The sport is inexorable, and neither sleeps nor takes a vacation. As players and fans, we watch the industry hustle to keep pace with the growing number of players and the increasing demand for more facilities to accommodate them.

It should come as no surprise then that the results from the **Topline Participation Report** for 2024, published by the Sports and Fitness Industry Association, support that reality. The report states that "Pickleball continues to be the fastest growing sport in America, having grown 51.8% from 2022 to 2023, and an incredible 223.5% in the last three years." That's warp speed Scotty! This expansion will impact the Regency pickleball community throughout 2024, and beyond, as new facilities are introduced right in our back yard. So, what exactly should we expect?

Robbinsville, New Jersey, is about a 14-mile drive from Camp Regency. It is best known for giant warehouses and DeLorenzo's Tomato Pies, but that is about to change this fall. The town is bracing to become the epicenter of New Jersey pickleball with the opening of the Robbinsville Pickle House. This is a really big dill!

For those Regency picklers

The Regency Pickleball Club 2024 Member Application

The vibe surrounding pickleball is strong across Regency. This sport continues to grow in popularity and is one of the activities that drive our active adult lifestyle. If you are interested in having fun with a great group of people, please complete the form below and **Come Pickle with US!**

Name _____

Address _____

Cell Phone _____

Email Address _____

Membership Fee: The fee for 2024 is \$25.00.

Please make checks payable to Regency Pickleball Club.

Please return your completed application with your \$25.00 membership fee (**checks only**) to Harriet Blumenstock – drop off in lower mailbox at 34 Masters Drive. You can also get more information by visiting regencyatmonroepickleballclub.org

Disclaimer: By signing this document, I acknowledge that I have voluntarily chosen to participate in the activities of The Regency Pickleball Club, a New Jersey Non-Profit Corporation. I assume all risk, and, on behalf of myself, my beneficiaries, dependents, and personal representatives, release, hold harmless and indemnify First Service Residential, Regency at Monroe Homeowners Association, Inc., The Regency Pickleball Club, a Non-Profit Corporation, and each entity's affiliates, subsidiaries, shareholders, members, directors, officers, employees, volunteers, staff and agents from any responsibilities, liabilities, financial damages, or claims related to my participation in any of the activities of The Regency Pickleball Club, a NJ Non-Profit Corporation. I am aware that pictures from Club events will be posted on our Pickleball Club website.

_____ Date
Member Signature

Ladies Ping Pong

Fridays from 3 - 4 p.m.
Clubhouse Fitness Room
Contact Harriet Silverstein
908-208-0864
harrietsil@gmail.com

CLOSED HOMES IN REGENCY

Information obtained from Central Jersey MLS 3/1/2024 to 4/15/2024

MODEL	SOLD PRICE	BDRM	BATHS	GAR	BSMT
Corsica	\$660,000	2	2	2	Y
Bayhill	\$700,000	2	2	2	N
Bayhill	\$715,000	2	2	2	N
Bayhill Loft	\$820,000	4	3	2	N
Merrimack	\$975,000	4	3.1	2	Y



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MONROE TOWNSHIP HISTORIC PRESERVATION COMMISSION

DEY FARM HISTORIC SITE OPEN HOUSE

With Special Guests, - Jason Martin, Owner of Old Church Honey and The Monroe Township Environmental Commission



MAY 5, 2024

1:00 PM - 4:00 PM

401 FEDERAL RD, MONROE TOWNSHIP, NJ 08831

Visit beautiful and lovingly maintained Henry L. Miller one-room Schoolhouse, Charlie Dey Farmhouse, Barn, and Equipment Barn.



Better-for-You Meals from Breakfast to Dinner



Mini Greek Yogurt Pancakes with Cinnamon-Maple Topping

Feta Roasted Salmon and Tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More
 Prep time: 15 minutes
 Cook time: 15 minutes
 Servings: 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided
- 1 1/2 pounds salmon or halibut fillets, cut into 4 serving-size pieces

- 1 cup (4 ounces) crumbled feta cheese

Preheat oven to 425 F. Line 18-by-13-by-1-inch (half sheet) baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.

In medium bowl, toss tomatoes, olive oil, garlic, oregano, salt and 1/4 teaspoon pepper.

Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.

Place salmon on serving plates. Spoon tomato mixture over top.



Feta Roasted Salmon and Tomatoes



Chicken, Mango and Blue Cheese Pitas

Chicken, Mango and Blue Cheese Pitas

Recipe by Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More
 Total time: 25 minutes
 Servings: 6

- Sauce:**
- 1 cup low-fat plain yogurt
 - 1 tablespoon honey
 - 1 tablespoon orange juice or lime juice

- Filling:**
- 1 tablespoon vegetable oil
 - 1 pound boneless, skinless chicken breast halves, cut into bite-size pieces
 - 1 tablespoon Cajun or Creole seasoning
 - 1 large fresh mango, seeded, peeled and chopped
 - 3 large whole-wheat pita rounds (or 6 small), halved
 - 1 1/2 cups spring greens

- 3/4 cup crumbled blue cheese (3 ounces)

To make sauce: In small bowl, stir yogurt, honey and juice. Cover and refrigerate.

To make filling: In large nonstick skillet over medium-high heat, heat oil. Cook and stir chicken with seasoning in hot oil 4-6 minutes, or until chicken is no longer pink in center. Remove from heat. Stir in mango.

Fill pita pockets with greens, chicken mixture and blue cheese. Spoon yogurt sauce on top.

FAMILY FEATURES

Whether you're encouraging loved ones to start a new wellness kick or looking to add new ideas to an already-nutritious menu, families at any stage of a journey toward better health can use newfound favorites to bring fresh flavors to the table.

These dishes from Milk Means More provide an all-day assortment of deliciousness from breakfast to lunch and dinner so you can bring everyone together for tasty, nutritious meals no matter the occasion. Dairy foods, like the low-fat or fat-free milk, yogurt and cheese found in these recipes, are fundamental to good nutrition.

Constructing a better-for-you menu calls for a balanced diet with a variety

of foods to get essential nutrients. This balance is important for maintaining healthy gut and immune function while optimizing overall wellness.

Start by ramping up your family's breakfast with these slightly sweet Mini Greek Yogurt Pancakes with Cinnamon-Maple Topping for a protein-packed way to start the day with a healthy addition of fresh berries.

Fusion cooking is on the menu at lunchtime with the spicy-sweet combo of Cajun-seasoned chicken mingling with mango and pungent blue cheese in these Chicken, Mango and Blue Cheese Pitas. Finally, finish the day with Feta Roasted Salmon and Tomatoes – an easy-to-make family meal ready in 30 minutes.

Find additional better-for-you recipe inspiration at MilkMeansMore.org.

The Monroe Township Public Library
4 Municipal Plaza • Monroe Township, NJ 08831
(732) 521-5000 • www.monroetwplibrary.org

The Monroe Township Library will open at 1 p.m. on Wednesday, May 15 for staff training and will be closed on Sunday, May 26 and Monday, May 27 for Memorial Day.

Book Café

Wednesday, May 1 at 11 a.m. & 1 p.m. Join other book lovers for a lively discussion. Join us via Zoom or in person. Registration is required.

Friends of the Library Book Sale

Thursday, May 2 from 6 p.m. to 8 p.m., Friday, May 3 from 9:30 a.m. to 4 p.m., and Saturday, May 4 from 10 a.m. to 4 p.m. Shop for gently-used books for sale at bargain prices. Plus new and pre-loved jewelry and evening bags. There will be a preview sale on Thursday, May 2 from 6 to 8 p.m. for a \$5 admission fee. All proceeds benefit the Friends of the Library.

Sit-N-Stitch

Fridays, May 3 & 17 from 10:30 a.m. to 12 p.m. Socialize with stitchers & crafters of all skill levels. Bring your own supplies. This program is held in person. Registration is required.

Pop-Up Shops

Saturday, May 4: Meraki Soaps, and Saturday, May 11: Joyous Totes.

The Monroe Twp. Library Foundation provides Pop-Up Shop rental space on select Saturdays from 10 a.m. to 4 p.m.

Open Scrapbooking and Paper Crafting

Monday, May 6 from 2 p.m. to 4 p.m. Socialize with scrapbookers and paper crafters of all levels. Create scrapbooks, design cards, and share layout ideas. Bring your own supplies. Open to adults 18 and over. Registration required.

Caregiver Support Group

Wednesday, May 8 at 11 a.m. This Caregiver Support Group meets at the Library monthly on the second Wednesday of the month and is intended for caregivers only; no solicitation and no distribution of promotional materials. Led by Kat Verdi, MAT CDP, CADDCT, Certified Alzheimer's and Dementia Care Trainer, of The Gardens at Monroe. This is an in-person program. Registration is not required.

Regency Defibrillators - Do You Know Where They Are?

The Clubhouse is equipped with four (4) AED's - the locations are as follows;

- Ballroom 2 - by the second set of doors
- Indoor Pool
- Fitness Studio
- Gym

The Tennis Pavilion and courts each have an AED - There is one (1) located in the Tennis Pavilion on the wall by the kitchen. The other is located on the walkway between the middle courts.

We also have one (1) at the outdoor pool and one (1) at the pickleball courts.

Creative Writing Workshop

Wednesday, May 8 from 12:30 p.m. to 2 p.m. Join this small group, instructor-led workshop to improve your writing skills, give constructive criticism and get feedback on your work. Bring a typed copy of your work (1,500 words or less). Be prepared to read your work to the group and receive feedback. Registration is required.

The Music Lounge

Thursday, May 9 at 3 p.m. Each month, we pick a musician, listen to a couple of their songs, and read the lyrics. Then, we'll talk about what makes the writer and their music so timeless. Like a book discussion, but for music! This month's featured artist is Billy Joel. Registration is required.

Mahjong Club

Friday, May 10 from 2 p.m. to 4 p.m. Join us for some casual, non-competitive rounds of traditional Chinese mahjong. Mahjong sets are provided. Registration is required.

Community Garden Plant Sale

Saturday, May 11 from 10:30 a.m. until 1:30 p.m. The Monroe Township Community Garden will be selling vegetable plants to help you start your home garden. All proceeds go back into the community to help support local food pantries. Registration is not required.

Poetry Group Workshop

Monday, May 13 from 11 a.m. to 12:30 p.m. Join us the second Monday of each month to read, write, and discuss poetry. This is an in-person program. Registration is required.

Regency Reporter Updated Delivery Procedures

If you live in the newer sections (formerly Fairways) of Regency and are experiencing newspaper delivery problems, please call Vinny Valerio - 516-317-2935

If you live anywhere else in Regency please call Linda Strauss, 732-656-0140. Do not call the concierge at the Clubhouse. Do not call or email Barbara Bickel. Do not call or email Nina Wolff.

Call Vinny Valerio for newer sections (formerly Fairways) issues: 516-317-2935
Call Linda Strauss for other Regency delivery issues: 732-656-0140.
Linda and Vinny handle all Reporter delivery issues.

Regency Recycling Rules

For questions or concerns regarding recycling at Regency, please reach out to Republic at 732-545-8988.

Republic Services, our recycling company states that the following should be placed in the all-in-one recycling container.

- Paper - any paper, newspaper, junk mail, etc., as long as it is not contaminated with foodstuff.
- Used tissues, napkins and paper towels should be put in the trash.
- Cardboard - In addition to corrugated cardboard boxes, this includes the cardboard tubes from toilet paper and paper towels, cereal boxes, pasta boxes, tissue boxes (with any plastic removed), etc.
- Plastic - All recyclable plastic bottles and containers with numbers ONE through TWO. The types not allowed are plastic bags, even though many of them now have recycling symbols.
- Cans - This includes all metal cans including soda cans, soup cans, etc.
- Glass - All bottles and jars, of any color.

All the above types of containers should be rinsed out before you recycle them.

For items other than what goes in the recycling bins, you may contact the Department of Public Works on Gravel Hill Road.

gram. Registration is required.

Get To Know Your Indo-American Neighbors

Monday, May 13 at 2:30 p.m. Join us for a panel discussion on the cultural beliefs of three different Indian religions, Sikh, Hindu, and Muslim.

Photography Club

Tuesday, May 14 at 3:30 p.m. This monthly club is open to Township residents ages 12+ and welcomes all skill levels. Bring a camera (smart device is acceptable) and share your love of photography. In-person program. Registration is required.

Page Turners

Thursday, May 16 at 11 a.m. Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic. The theme for this session is Mothers. Hybrid. Registration is required.

Library's 35th Anniversary Party

Friday, May 17 from 7 p.m. to 9 p.m. Join us for an after-hours party to celebrate the Library's 35th anniversary. The Monroe Township Middle School Jazz Ensemble will perform, and light refreshments will be served. Tickets are required and are now available at the Welcome Desk.

Classic Radio Road Show Performance

Sunday, May 19 at 2 p.m. Experience a live performance of "My Favorite Husband" from the Golden Age of radio that inspired the sitcom "I Love Lucy", performed by Classic Radio Road Show Players. This event will be held in person. Registration is required.

Non-Fiction Book Discussion

Monday, May 20 at 2 p.m.

We will discuss "The Art Thief: A True Story of Love, Crime, and a Dangerous Obsession" by Michael Finkel. Hybrid. Registration is required.

Make It:

Pressed Flower Vase

Monday, May 20 at 3 p.m. Let's get ready for summer and make a pressed flower vase. All materials and supplies will be provided. This program is for adults ages 18 and over. Registration is required.

Indo-American Dance, Dress and Culture

Wednesday, May 22 at 2:30 p.m. Join us for a live presentation of Indian dance, dress, and a cultural identity. In person. Registration required.

CLASSIFIED ADVERTISING

Home Improvement & Services

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

Help & Health Services

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

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

Wanted to Buy & Sell

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

Miscellaneous

EQUINOX TRAVEL AGENCY: Let us plan your next vacation. Call/text Nancy (732) 690-3542. www.equinoxtravelus.com

Transportation Services

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

LIMO GUY - Our 22nd year. We go almost anywhere. Upgraded SUVs. \$100 to Newark Airport. \$205 Philadelphia. \$205 JFK. We go almost anywhere. 24/7. Call (732) 803-2521.



Become One of the Regency Reporter's 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

ARNIE DRIVING SERVICE, I will not be available from May 9th to June 1st. I am still taking reservation for May 1-8 and after June 1. Thanks for your patronage. (609) 751-1612.

BOB'S RIDES FOR CASH. All airports and N.Y.C. Locals. Concordia resident. Call Bob at (609) 819-1240.



Please observe all STOP signs in the community for everyone's safety! Thank you!

CLASSIFIED Ad COUPON

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

MAIL TO:
Princeton Editorial Services
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RATES FOR ONE PUBLICATION
\$14 for 10 words, 50 cents each additional word
Multiple: 10 words in two publications = \$14 x 2 = \$28.
10 words in three publications = \$14 x 3 = \$42.

- Check those that apply:
- Clearbrook Courier Concordian
- Encore Speaks GW Voice
- Regency Reporter
- Renaissance Reflections
- The Rossmoor News
- Check here for all seven

All ads must be mailed with payment. No classifieds accepted by phone or email.

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- State category/heading, i.e., "For Rent", "For Sale", "Help Wanted." No charge for the heading.
- One check or money order must accompany insert, PAYABLE TO PRINCETON EDITORIAL SERVICES

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