

# REGENCY REPORTER

Vol. 17, No. 8, AUGUST 2020 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



Don Haback took this picture, just to the right of hole #6, on the morning of July 7, the day after the big thunderstorm. Don says, "It reminded me of a similar picture at this location that I took in 2005."

Photo by Don Haback



The action is hot and heavy now that the Pickleball Courts are open.

Photo by Tom Cullen



Ellen Porges celebrates a Hole-in-One on Hole #7. Ellen used a five iron and the Hole-in-One was witnessed by Elaine Hathaway, Charles LaPalme and Vinnie Berry.

Photo by Elaine Hathaway

## Regency Digital Photography Club

### PHOTOGRAPH OF THE MONTH



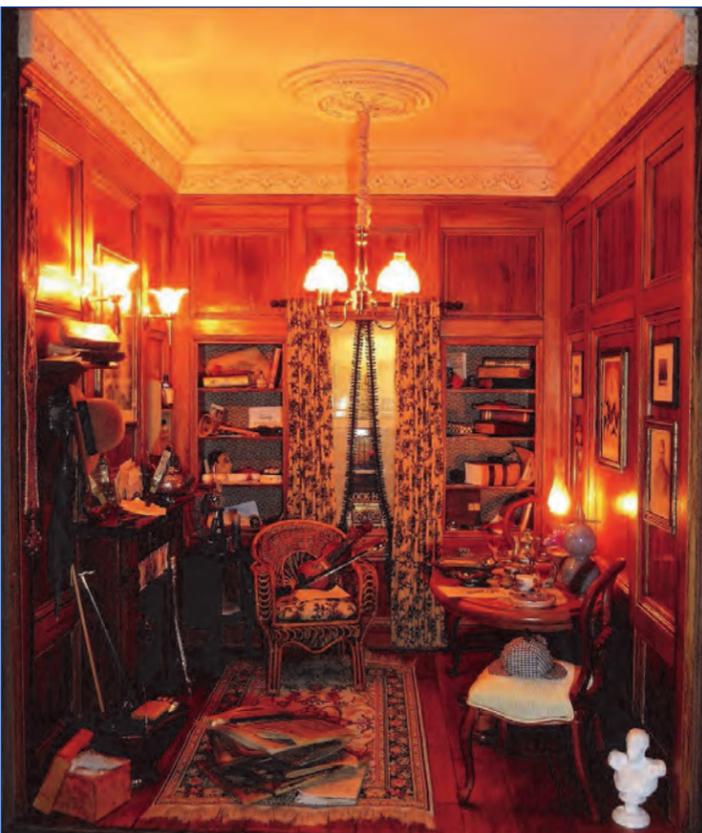
### Delicate Flower

By Phil Levy  
Taken at Mounts Botanical Garden in West Palm Beach, FL with a Canon 7D Mark II



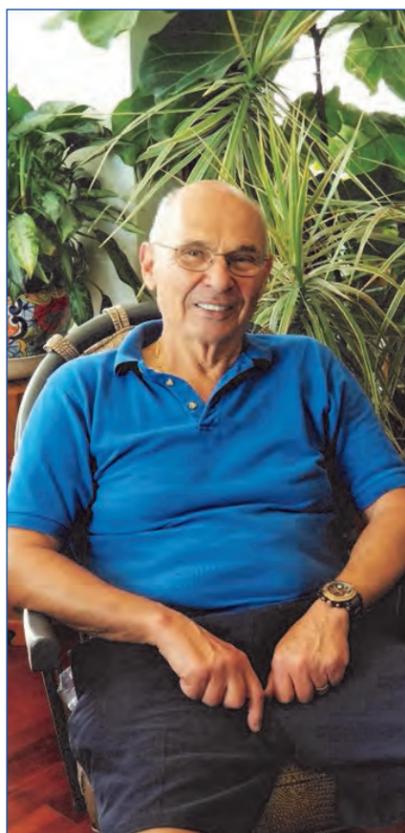
Johanne Sikorsky's first humming bird of the season.

Photo by Johanne Sikorski



Mary Ciccolella builds dollhouses and dollhouse miniatures. This is one of her incredible creations.

Photo by Mary Ciccolella



Leon Segal relaxing in his backyard patio.

Photo by Patti Segal



Tennis in the era of COVID

Photo by Steve Brody

# Fruits of Our Lives

## (Not the Pits)

By Christiana Barone

Hello everyone, hope all are staying safe. In view of the Covid-19, I would like to invite our friends/neighbors to email me (ccbarone@aol.com), information regarding family members that were unable to celebrate their graduations. Hopefully, we as a community will show the graduates that we honor their accomplishments. If you have not sent information and a photo about a graduate in your family for this August issue, please do not hesitate to do so for the September issue.

### Accomplishments

Carol and Kieve Kortmansky are so proud of their granddaughter, **Emma Kortmansky**, class of 2020, who will be attending the University of Michigan in the fall. Go Blue! They are equally proud of their granddaughter, **Grace Stein**, who has moved up from middle



Emma Kortmansky

school and will be attending South Burlington High School in Vermont in the fall!

Sharon and Brian Taxman are the PROUD grandparents of three granddaughters graduating in the Class of 2020. **Jenna Kay** graduated from Manalapan High School and will be attend-



Jenna Kay

Photo submitted by S. Taxman



Grace Stein

Photo submitted by C. Kortmansky

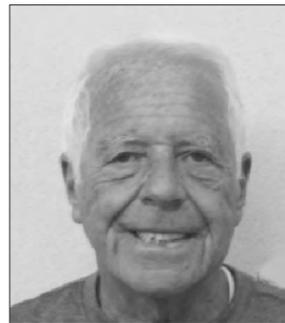


## A Note from the Board of Trustees

By Steve Farron

I hope you are all well and have adjusted to our new way of life. Not one of us could have predicted what has transpired but it seems that all of us have adapted. We are very fortunate that our Management team lead by Stephanie has been able to open a number of our amenities. The pool opening by far was the greatest challenge. It has been a fantastic success. For your information, at the time that our pool opened and as of this writing (July 9), none of our other Monroe senior communities have opened their pools or much of their other amenities. The golf course has been utilized much more this season and all is working well. We should be very proud of our Management team and maintenance staff who have been on premises every day to make sure we are functioning and maintaining our property.

The Board has been engaged in a number of projects, which include Transition 2 as well as beginning the task of focusing on Transition 3. Repaving some of our streets has been ongoing as well. One of our problems has been with the Cafe opening as Tuscany has been unable to find suitable staffing during Covid 19. We hope this issue has been remedied by the time you read this article. As our



management contract comes due at the end of this year we have been engaged in interviewing other firms as well as our existing management firm. Further information will follow as this process continues. It is also time to begin working on the 2021 budget, which will be undertaken this month in concert with our Strategy committee.

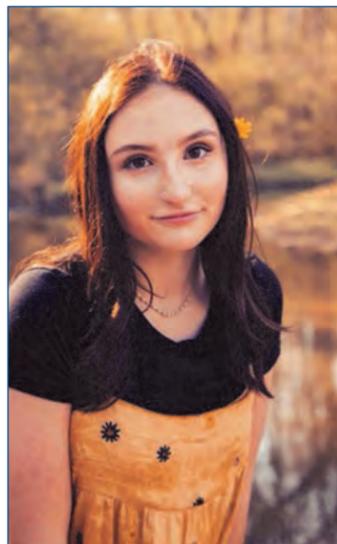
We are pleased to see a great response to our Public Meetings held on Zoom. This has been a great success and will continue in the future. The information above provides you with some of the Board issues we are engaged with. I hope it has been informative. In conclusion - please keep yourself safe, follow the guidelines, wear a mask, keep social distancing and wash your hands frequently. We want each and everyone one of our homeowners to be healthy

ing Towson University this fall. **Jordyn Axelrod** graduated from Millburn High School and will be attending the University of Michigan this fall. **Sadie Taxman** graduated from Ladue High School in St. Louis, Missouri and is enrolled in the **Aardvark Program** in Israel for the coming year. A Triple Treat for the Taxman Family!



Jordyn Axelrod

Photo submitted by S. Taxman



Sadie Taxman

Photo submitted by S. Taxman

Christiana and Mario Barone are pleased to acknowledge our grandson, **Nicolas Barone**. Nicolas will be moving up from middle school to Jackson High School in the fall. During this past marking period, Nicolas was chosen student of the month from two of his teachers.

### A Special Note To All Newcomers To Our Community

If there are any new additions to your family, an engagement/marriage of your son/daughter, yourself, or if someone close to you has joined the military defending our country and last but not least has received a special award, please let us know. All you have to do is drop a note of the forthcoming event in the mailbox of Christiana Barone, 8 Country Club Drive or e-mail me at ccbarone@aol.com with a reference in the subject box "Regency News" by the first of the month and magically it will appear in our community publication. If you choose to e-mail me, please indicate Regency News in the subject area. That's all folks. See you next month with the FRUITS OF OUR LIVES, (not the pits).

## New Column Coming to The Regency Reporter

By Laurie and Stan Lipper

In order to learn more about our Regency family during these difficult times of socializing, we plan to highlight Regency residents each month in the *Reporter*. If you are interested (and we hope you are) please email Laurie at 1234lipper@gmail.com. Please include your phone number so she can contact you and ask you some general information about you and your background. Once we

receive this information we will randomly select the residents to be featured.

## Calendar of HOA Events for 2020

We are hoping to hold these events

Friday, September 11 - Trivia Night

Saturday, September 12 - Regency Car Show

Friday, November 6 - NEIL BERG Part TWO

Thursday, December 31 - New Year's Eve

## Calendar of Coffee House for 2020

Sunday, November 15 - Drachman/wan-Chi  
Sunday, December 6 - TBA

## Harmony in Motion 2020 Calendar

We are hoping to be able to have these events

- Saturday, October 31, 2020 - Halloween Party
- Saturday, December 5, 2020 - Membership Party free event

## 2020 HOA Public Board Meeting Schedule

Currently, all public meetings are held Virtually

- Wednesday, August 19, 2020  
6:30 p.m. – Public Board Meeting in Ballroom  
Wednesday, September 16, 2020  
6:30 p.m. – Public Board Meeting in Ballroom  
Wednesday, October 21, 2020  
6:30 p.m. – Public Board Meeting in Ballroom – Budget Presentation  
Wednesday, November 18, 2020  
6:30 p.m. – Budget Presentation if not previously approved in October  
Public Board Meeting in Ballroom  
SUBJECT TO ADDITIONS AND DELETIONS

## REGENCY REPORTER

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

EDITOR-IN-CHIEF: Nina Wolff  
EDITORIAL BOARD

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

### EDITORIAL ASSISTANTS

Phyllis Carlinsky	Audrey Flumen	Laurie Lipper	Esther Schwartz
Jane Cooper	Geri Garfinkle	Arleen Panson	Mort Spector
Carol Herman	Marty Kornfeld	Marie Rando	Allen Tinkler
Sylvia Fleischer	Carol Kortmansky	Deborah Rosen	

### DELIVERY COORDINATORS

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

<b>DISTRIBUTION:</b>	Jerry Garfinkle	Joel Kaplan	Elaine Sandler
Fred Barbieri	Doreen Genkin	Bruce Kapp	Vinnie Sequenzia
Phyllis Carlinsky	Carol Goldman	Barry Kleinman	Bob Shumsky
Carmine Carrara	Bob Goldstein	Bill Langer	Barbara Spilken
Paul Cibbarelli	Hy Grossman	Les Langer	George Steinberg
Herb Cohen	Anne Haback	Ira Lindenbaum	Jeff Strauss
Sandy Efron	Cheryl Hand	Jeff Malester	Linda Strauss
Steve Farron	John Healey	Steve Nagel	Dan Tanzi
Betty Feifer	Fred Hollinger	Herb Nassau	Eleanor Weisenberg
Lou Flumen	Renee Horowitz	Roberta Nelson	Art Wilde
Debbie Frimmer	Micki Indursky	Sheldon Piekny	Stan Wolitz
Rita Galen	Linda Kamins	Ellen Porges	Roger Wood

### ATTENTION CONTRIBUTORS

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

### Please E-mail your materials to:

NINA WOLFF E-mail: nwolff0325@aol.com

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

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

Display and Classified Advertising — (732) 761-8534

Advertising Deadline: 14th of every month

### A Publication for The Homeowners of Regency

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

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

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

WE RESERVE THE RIGHT TO EDIT ALL MATERIALS.

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

© 2020, PRINCETON EDITORIAL SERVICES

# Up Close and Personal

By Barbara Bickel (\*\*)

## AUGUST BIRTHDAYS

1 – Beverly Boccon/Faye Katz  
Giacomino/Shelley Sackaroff/  
Anita Toubin  
2 – Jerry Hirshman/Denise Pine/  
Jean Taubman/Alan Wurman  
3 – Rosalie Ash/Joel Bradner/  
Minnie Burns/Donald Cooper/  
Steve Nagel/Rita Rosenzweig/  
Naomi Schey/Scott Thompson  
4 – Pam Brisman/Jeff Brody/  
Jay Guskind/Lynn Gayle-  
Nelson/Gary Senack/Minda  
Shein/Eric Sieber/Charlie  
Zammit  
5 – Bud Keller/Joan Silver/  
Cecile Spector  
6 – Loretta Lenner/Shelly  
Senack/Steven Weber/Sandee  
Ziskind  
7 – Reid Goldman/Jerry  
Kaplan/Bill Langer/Louis Stern/  
Joel Weisenberg  
8 – Mike Acquavella/Leslie  
Sussman Bialick/David  
Rosenberg  
9 – Bill Glauber/Jack Gorsky/  
Barry Silverman/Lorraine  
Zimmerman  
10 – Leila Geller/Rachelle Loss/  
Bob Margolies/Jackie Shain  
11 – Mary Lucas  
12 – Claire Castellanos/Barbara  
Gessner/Michele Maida/  
Marissa Mazzuchetti/Jay Lynn  
Nelson/ Sheila Rudder  
13 – Janis Goldberg/Assis  
Harel/Elaine Hudson/Lucy  
Molfetta/Lea Roiter/Roberta  
Schick  
14 – Janet Friedlich/Satya  
Khurana/Giovanni Rizzo/Jerry  
Stollar  
15 – Alton Kinsey/Sheila  
Kotler/Mike Midler/Herb  
Nassau/Randy Subryan  
16 – Phyllis Attanasio/Doug  
DiSalle/Robert Giacomino  
17 – Marlene Barbieri/Marilyn  
Faden/Ruth Rosenberg  
18 – Margot Blaustein/Sheldon  
Borak/Felice Brenner/Dan  
Furia/Alan Garellick  
19 – Vincent Berry/Frank  
DiNatale/Alan Herman/Joel  
Iserson/Stanley Robin/Howard  
Schwartz  
20 – Alan Buxbaum/Deborah  
Lippner/Linda Litsky/Bobbi  
Waller/Barbara Wilner

21 – Leslie Minsky/Lenny  
Rudolph/Carole Speert  
22 – Betsy Dubov/Daisy  
Grispon/Joan Kahn/Eleanor  
Susanno  
23 – Ed Bickel/Peter Fiorello/  
Beth Glassman/Les Goldberg/  
Barry Lerner/Stacy Mosesman  
24 – Ira Cohen/Robin Leibold/  
John Lewis/Cookie Nirenberg  
25 – Karen Calder/Chuck  
DeNapoli/Kenneth Harris/  
Robert Lucas/Millie  
Schwartzberg Friedman/Eleanor  
Weinstock  
26 – Fran Davidoff/Patricia  
Flynn/Lee Gaynor/Mona  
Portnoy  
27 – John Ingrassio/Sonya  
Radinsky/Brian Shube/Bonnie  
Taplits/Howard Wichansky  
29 – Bill Chrietzberg/Marilyn  
Giuffrida/Marvin Strauss  
30 – Jerry Gessner/Bob  
Goldstein/Marcia Offsey/Rhoda  
Solomon  
31 – Doris Bodowitz/James  
Fisher/Martin Glazer/Arlene  
Pahira/Leon Segal



## AUGUST ANNIVERSARIES

1 – Claus Warnebold & Helene  
Aquavella  
2 – Daniel & Bibi Levine  
3 – Bill & Marcy Kraut/Alan &  
Nina Wolff  
6 – Vincent & Sarah DeSimone/  
Robert & Harriet Silverstein  
7 – Jim & Tess Florin/Neil &  
Wendy Wendel  
8 – Peter & Susan Catelli/Stuart  
& Sheila Kotler/Barry & Gail  
Weichman  
9 – Jeffrey & Minnie Burns/  
Barry & Shelly Gallanter/  
Dennis & Bonnie Levy  
10 – Joel & Andrea Brandt/  
Louis & Audrey Flumen/Jay &  
Susan Koppelman/Bill & Carol  
Langer/Richard Langer & Roni  
Beth Sacks  
11 – Alan & Beryl Garellick/  
Bruce & Eva Nyman  
12 – Rosalie & Dick Ash/Steve

& Beth Glassman/Larry &  
Marissa Mazzuchetti/Alf &  
Gloria Nilson/Mark & Judith  
Sivin  
13 – Shep & Camille Astel/  
Carlos & Mary Fuentes/Jerry &  
Dorothy Hirschman/Paul &  
Arlene Scher/Steve & Barbara  
Seidel/James & Marlene Spitalny  
14 – Harold & Norma Balshem/  
Herb & Mona Warner  
15 – Bob Beckman & Sheryl  
Siegel/Michael Fusella &  
Louise Forrar/Assis & Dany  
Harel/Tom & Rose Marie  
Healey/Bernard & Anne  
Lewites/Shelly & Harriet  
Ludwig  
17 – Mark & Arlene Fradkin/  
Norman & Carole Goldman/  
Steve & Beth Howard/Marty &  
Roz Kornfeld/Charlie LaPalme  
& Elaine Hathaway/Steve &  
Shari Lipner  
18 – Marvin & Linda Jacobs/Ed  
& Emily Trimas  
19 – Richard & Hedda Lans  
20 – Gene & Steffy Altbaum/  
Charlie & Vickie Berhand/  
Howard & Sandy Cooper/  
Howard & Fern Drescher/Steve  
& Wendy Kotula/Howard & Iris  
Lefkowitz  
21 – Sam & Alice Alper-Rein/  
Toby & Lenny Rudolph

23 – Louis & Paulette  
Bogdanoff/Frank & Dot  
Cheriff/Bruce & Rochelle  
Wallach  
24 – Bob & Sandi Shumsky/  
Allan & Myra Summers  
25 – David & Beverly  
Berkowitz/Michael & Lyobov  
Berlyant/Hal & Doreen Genkin/  
Steven & Suzanne Levine  
26 – Herb & Joyce Cohen/Peter  
& Pat DiGiacomo/Marty &  
Flora Feldman/Rich & Leslie  
Hayes/Larry & Keri Koslow/  
Jack & Carol Moss/Gary &  
Dale Silverstein/Fred & Roz  
Thurm/Peter & Carla Warren  
27 – Leo & Janet Friedlich/  
Richard & Rocky Katz  
28 – Ed & Barbara Bickel/Jim  
& Sue Graham/Harry & Marcy  
Leibowitz/Ira & Cheryl  
Lindenbaum/Randy & Diana  
Magnani  
29 – Kenneth & Harriet Harris/  
Ivan & Stacy Mosesman/Carl &  
Marjie Schwartz  
30 – Richard & Irene Weinstein  
31 – Howard & Karen Mednick

(\*\*)Are your dates incorrect?  
Are your important dates not  
listed? If this is so – let me  
know, so it can be fixed.  
(barbick132@aol.com)

# LUXURIOUS SUBACUTE REHAB In A Uniquely Jewish Environment!



Glatt Kosher



THE JEWISH HOME  
FOR REHABILITATION & NURSING

— Nurturing the Tree of Life —

1151 W. Main Street  
Freehold, NJ 07728

P. 732-202-1000

jewishhomefreehold.org

Subacute Rehab | Short-Term Respite  
Skilled Nursing | Traditions Memory Care

A Proud Member of  
Marquis Health Services



## Condolence

The Editorial Board of the Regency Reporter and the entire Regency community send sincere condolences to Fran Pickus and Family on the loss of her beloved brother Robert Itzkin and to Marvin Elfant and Family on the passing of his beloved wife and our dear friend and neighbor, Meryl.

## Singles Mingle Meeting Schedule

Members Only

We are hoping to be able to hold these events

- September 2 – Paid-up Barbeque Dinner (Weather permitting)
- October 7 – Election of 2021 Officers, dice/card games, light refreshments
- November 4 – Speaker: Ziegfeld Girls (Ballroom)
- December 2 – Holiday Party

Stay tuned for more details!



Steve & Wendy, Your Regency Neighbors

Planning to buy or sell a home in the near future?  
Call Steve & Wendy!  
Everything we touch turns to SOLD!

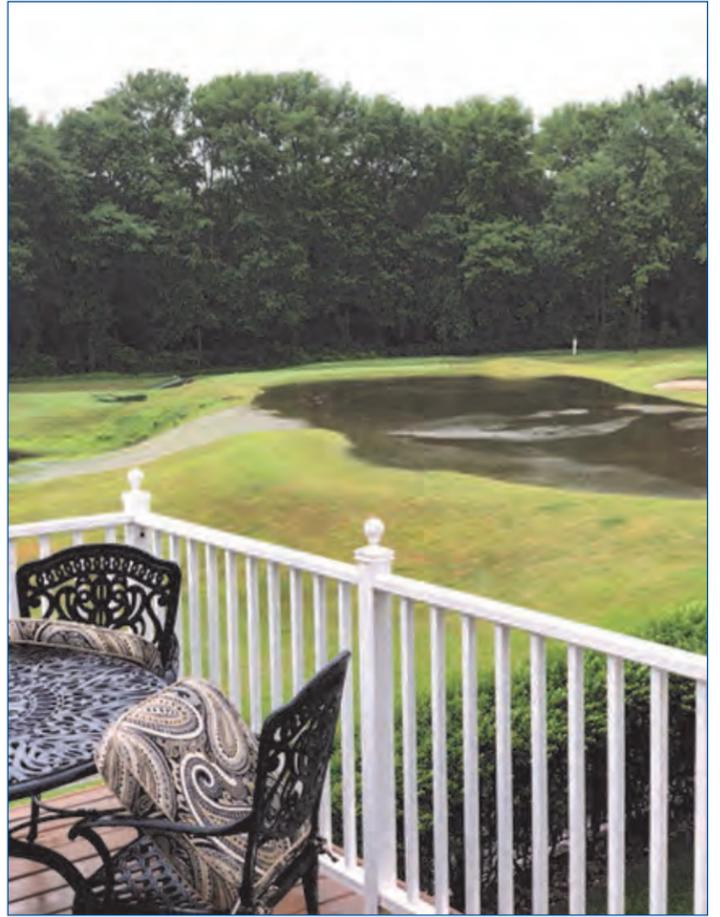


**Stephen Kotula, Sales Associate**  
Cell: 732-492-3441  
Email: stephen.kotula@yahoo.com  
www.cbmoves.com/stephen.kotula

**Wendy Feinberg-Kotula, Sales Associate**  
Cell: 732-598-5343  
Email: wend56@aol.com  
www.wendyfeinberg-kotula.com

Call us for all your real estate needs. We look forward to assisting you!

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



Marty Feldman took this photo from his deck after Tropical Storm Fay passed through showing the flooded hole # 4. It makes the hole even harder to play! (LOL)  
Photo by Marty Feldman

**Parker**  
we make aging part of life®

Has your recovery been delayed by COVID-19?  
**FREE TRIAL** For an initial visit & evaluation in your home, or via tele-health  
Call 732-565-2494

**Physical, Occupational & Speech Therapy in the safety and comfort of your home**

- Highly skilled, licensed therapists, with PPE, following all state infection control requirements
- Individualized treatment plan based on personal goals
- Return to previous activities & independent lifestyle
- Call us to answer your questions and explain our process for **keeping you safe while in our care.**



**Parker Rehab at Home**  
732-565-2494

Parkerlife.org | @Parkerlifeorg

## Zooming Yiddish

By Lou Flumen

Yiddish is a vibrant ancient language filled with nuances, innuendo, humor, and depth. Historically, it is the language of the Ashkenazi Jews of Central and Eastern Europe. Yiddish is the result of a combination of several different languages, developing as a fusion of primarily medieval German and rabbinical Hebrew. As Jews migrated to Slavic countries, many Slavic words were also incorporated. Yiddish is written in the Hebrew alphabet, but according to some experts, about 75% is derived from German, with much of its grammar coming from many Slavic languages. Wherever Jews settled, they adopted the “buzzwords” and jargon of the cities and shtetels (towns) in which they lived. Speaking the language brings together a Jewish heritage that spans space and time, yet is very personal and inclusive.

Regency has had a Yiddish conversation group, which has met regularly on Monday mornings, for many years. Since the pandemic has made meeting in person impossible, beginning in May approximately 14 to 18 people have been participating in Zoom

sessions on a regular basis. The backgrounds of the participants are varied. There are primarily four subgroups: the children of Holocaust survivors for whom Yiddish was the language utilized in their homes during their childhood; those who had a bubbe (grandmother) and/or zaide (grandfather) who lived with them who virtually spoke only Yiddish, never having mastered English; those whose parents grew up in Yiddish speaking homes and spoke Yiddish only when they didn’t want the children (our current participants) to understand what was being said, which, of course, provided the children a strong motivation to learn the language; and others who are interested in the language as it stimulates memories and reinforces cultural ties.

The main focus of the group is to have some fun using Yiddish. Some of the group members are more fluent than others, but all either try to speak or just listen trying to absorb a small part of the Jewish people’s culture and history. There are no requirements either to join in the conversation or speak during the sessions. Sei gesundt!

## Photography Club Reboot

By Howard Wichansky

We are currently planning to restart meetings of the Regency Digital Photography Club using Zoom. Without a doubt, returning to live meetings will not happen in the near future. Zoom will still allow us to remotely carry out reviews of member images and provide learning presentations. Any resident that would like the opportunity to participate in our virtual meetings and be placed on our emails for announcements should send an email to wichowie@aol.com. Our past members have already been asked to confirm their participation. We won’t be collecting our annual dues of \$10 until September so you can take part and see if our club is worth this huge membership fee. Any questions contact Howard Wichansky.

### Exquisite Caterers

**Stay-At-Home Weekend Kosher Offerings**  
**Shabbat Dinner & Weekend Nosh (serves 3-4 people)**

Week of Aug 3	Week of Aug 10	Week of Aug 17	Week of Aug 24
<b>Hors d'oeuvres</b> Petite Franks in Pastry Mini Potato Knishes Mini Egg Rolls Mixed Green Salad Braised Brisket of Beef Kasha Varniskas Seasonal Vegetable Medley 2 Challahs Apple Cobbler Nova Scotia Salmon Tuna Salad Cream Cheese Tomatoes Bagels	<b>Hors d'oeuvres</b> Coconut Crusted Chicken Mini Kasha Knishes Baby Bite Reubens Mixed Green Salad Chicken Rollatini Seasonal Vegetable Medley Roasted Potatoes 2 Challahs Chef Choice-Cake Sliced Corned Beef Sliced Turkey Macaroni Salad Cole Slaw Pickles Rye Bread	<b>Hors d'oeuvres</b> Petite Franks in Pastry Sesame Crusted Chicken Mini Beef Wellington Mixed Green Salad Traditional Roasted Chicken Stuffed Cabbage Roasted Potatoes Seasonal Vegetable Medley 2 Challahs Chef Choice-Cake Sweet Noodle Kugel Tuna Salad Potato Salad Cole Slaw Tomatoes Bagels	<b>Hors d'oeuvres</b> Petite Franks in Pastry Mini Potato Knishes Mini Egg Rolls Mixed Green Salad Roasted Turkey Breast Thanksgiving Stuffing Seasonal Vegetable Medley Cranberry Sauce 2 Challahs Chef Choice-Cake Nova Scotia Salmon Pickled Herring Cream Cheese Tomatoes Bagels
<b>Deadline For Order</b> Wed. Aug 5th 12noon Pick Up Friday 1pm - 3pm \$129.99 + tax	<b>Deadline For Order</b> Wed. Aug 12th 12noon Pick Up Friday 1pm - 3pm \$129.99 + tax	<b>Deadline For Order</b> Wed. Aug 19th 12noon Pick Up Friday 1pm - 3pm \$129.99 + tax	<b>Deadline For Order</b> Wed. Aug 26th 12noon Pick Up Friday 1pm - 3pm \$129.99 + tax

**Email or Call: Howie@ExquisiteCaterers.com · 732-294-0032**  
**52 B North Main Street (Rte 79) · Marlboro, NJ 07746**

**Delivery Available to Monroe Township \$10**

Orders accepted with Email confirmation only. Payment is due at time of confirmation.  
We reserve the right to substitute due to any market conditions.

## The Regency Book Club

By Joyce Cohen

### Better than Enjoyable

The Regency Book Club met via Zoom with a full house! We read *The Giver of Stars* by Jojo Moyes, a historical novel set in 1937 Eastern Kentucky. The plot was inspired by the Depression WPA's Pack Horse Library Initiative, whereby women would ride the rural areas distributing books (like the mobile libraries do today). This provided employment for women, \$28 per month, and spread literacy in a desperately poor region of Appalachia. This was a unique story that grabbed our interest. But Moyes went beyond history, as any good novel should.

As readers we agreed that the four main characters were well developed, and each one presented special traits. Alice was newly married to Bennett, caught up in an unhappy marriage that had occurred after a short courtship in England. Baileyville, Kentucky was alien to her culturally, but small town values and narrow thinking was not. She was a free thinker, but bound by society's rules. The chance to do something unique propelled her to volunteer for the library's job. Alice inspired us to talk about small towns today, not just eighty years ago.

Margery O'Hare was the "ringleader" of the pack, strongly feminist in an age of male dominance. We talked about how her male attire empowered her, and her anti-marriage stand was the only protection women had to retain their independence. But more than that, it was a rejection of a husband's right to beat his wife with impunity! This led us into the topic of abuse, both physical, psychological, and sexual.

Beth was the only girl in a family of five brothers. She had to be tough to survive in a combative household, but her aim was to escape into the real world that books only hinted at. She dreamed of traveling to exotic places such as India, and if you read this novel, you will discover if she accomplishes her goals.

Lastly, Izzy (short for Isabelle) is a pampered daughter of a wealthy family in town who is isolated by her polio handicap. Made fun of for wearing a leg brace, and suffocated by protective parents, Izzy learns to ride a horse and joins in the camaraderie that the project offers. This is challenging work and the riders develop a close knit circle that expands eventually to include a new "librarian," Sophia, who repairs the books and organizes the routes. Ironically, Sophia, who is a black woman, is the only one to have training in running a library. She worked for several years in a segregated library in Louisville, and was recruited by Margery when the library could



no longer function without administrative help.

I'm sure I have whet your curiosity with these intriguing characters, but wait - there is more. There must be men in a book, and they are an interesting mix. Alice's husband Bennett is cowed by his bullying father, caught up in a job at the Van Cleve mine that he hates. Does this contribute to the problems in his marriage? Nonetheless, Alice is in a sexually dysfunctional relationship, and this led us into what the title of the novel might mean. *The Giver of Stars* is the title of a poem by Amy Lowell that extols

the pleasures of sexual fulfillment. Alice's marriage is contrasted with Margery's unmarried sex with Sven, so that we as readers had the chance to see the differences. We all agreed that ignorance about sex was prevalent at that time, and Moyes has made this a major theme.

You can see that there was a great deal to explore in this book, and I really only skimmed the surface of the various topics we did get to talk about. Although we lamented the facile "tying up of loose ends" at the conclusion, we forgave Moyes because we enjoyed everything else in her

novel. This was a serious story that nonetheless was uplifting. In these dark times *The Giver of Stars* gave us a great deal of pleasure. Join us next month on August 11, the second Tuesday of the month at 4 p.m. when we will discuss *Olive, Again* by Elizabeth Strout. Happy reading.

### Rabbi Louis's Class

A class of Jewish ethics, values, beliefs and traits of character," will begin for this season when the Clubhouse reopens when it is safe to do so. The class will meet each Thursday at 10:30 a.m. and will be held in Ballroom 1. All are welcome.

**Jerry NOONAN'S**  
autocenter  
**YOUR ONE-STOP AUTO CENTER**

- Foreign & Domestic Service and Repair
- Auto Body/Collision Repair
- Towing
- NJ State Inspection Center
- ASE Certified Technicians

**609-655-AUTO (2886)**  
251 APPLGARTH RD., MONROE TWP., NJ 08831

## Beyond Words

By Cecile Spector

### The Demise of Hand Written Letters

Abigail Adams was a prolific letter writer. She and John were separated for large spans of time before, during, and after the American Revolution, and letter writing was the only way they could communicate on a fairly regular basis. Their letters to each other provided researchers with ample material to write

John Adams' biography, as well as books of history concerning the eighteenth century. Carefully preserved letters passed down from one generation to the next, for many centuries, have given us a glimpse into the lives of many famous individuals and the times in which they lived. What will future biographers and historians do when they want to write about someone living in the present time? Try to locate their computer and download information from their hard drive? Check the emails sent to their friends or family? Of course, these researchers could use interviews as a source of information, but this won't work a hundred years from now. Who would still be around to be interviewed?

Not so many generations ago many of us kept diaries, a form of writing letters to ourselves for future perusal. We were documenting the big and not so big moments of our lives. We had the impulse to pick up a pen or pencil and jot down our thoughts on paper. At the present time, I know very few people who have this habit. Here is yet another source lost to future biographers and historians.

How long has it been since you wrote a letter, put it into an envelope with a stamp, and mailed it? I'm not talking about a letter ordering something you saw in a catalog or online, a letter to the electric company complaining about your bill, or a brief thank you note. I'm talking about a letter to a friend or relative. When was the last time you received a letter from a friend or relative? How did you feel when you took it out of the mailbox? My granddaughters were away at camp last summer. They said it was nice to keep in touch by email, but it was far more exciting to get a letter. Mail call was an important part of their day. Postcards didn't quite do it; the missive had to be in a sealed envelope—truly personal and private.

Sad to say, writing a letter to be sent by "snail mail" is becoming less and less common. When not phoning, we find ourselves communicating through email. This is not a bad thing, but somehow it doesn't have the permanence of handwritten letters. I still have packets of letters sent to me: by my husband when we were engaged; by my sister when she lived out of town; by my father when I lived in Germany during my first year of marriage; and, from an assortment of old friends. Through the years I have reread these letters and enjoyed their sentiments over and over again.

Emails are sometimes saved, but not often. They may be put in a folder and stuck in a closet or file cabinet. They generally



don't rate a ribbon tied around them as handwritten letters might.

What's the big deal? So we have a conversation by emailing or text messaging back and forth. It's far more casual and less time consuming. After all, you don't have to go to the mailbox or post office, and you don't need an expensive stamp. Yet, there is something missing—you don't "compose" your thoughts as you do when writing a letter. Email notes and text messages are spewed out at an amazing rate. Thus, their spelling and grammar is likely to be, shall we say, "a bit sloppy." And then there are the typos. Even upper- and lowercase letters are sometimes used interchangeably, as the mood strikes. Punctuation is often haphazard. Are we on our way to a different, less discriminating, written form of the English language? Perhaps.

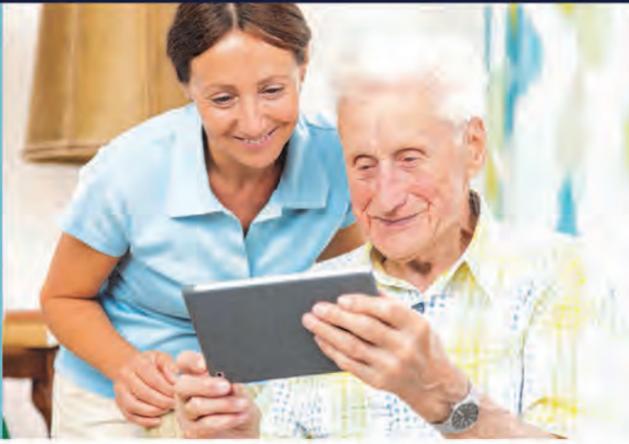
How often do you look at the photos you store on your computer? Is it as often as photos that have been placed in an album? There is something to be said for holding a piece of paper or a photo in your hand. The physical object has properties that are not found on your computer—letters scented with perfume; stationary special to an individual; photos with creases and sepia color that give the feeling of a previous era.

Technology has changed our lives to such a great extent that if someone were able to visit 2020 from 1950, he or she would be amazed, but most likely lost in the current verbiage. "Turn your cell phones off before the performance begins." "I talked to my grandson on Skype last Sunday." "I found my old high school buddy on Face book." "My laptop needs to be repaired again." "I saw selections from an opera in Spain on You Tube last night." "I read the latest book club novel on Kindle this week." Cell phones, Skype, Face book, laptop, You Tube, Kindle, and many, many more terms have not been around for that many years.

Is the written letter going the way of the typewriter, the phonograph, and the phone booth (poor Superman!)? I hope not, as many of us do love writing and receiving letters on personal (sometimes scented) stationary. Don't give in totally to technology—write a letter now and then!

Exclusively at Mattison Crossing at Manalapan Avenue

**1 on 1**  
COMPANION  
care



You may be worried about the transition of a loved one during COVID, but rest assured we will be there for you every step of the way. **We are offering complimentary 1 on 1 companion care during the first week of move-in** so that you will have peace of mind knowing trained, caring staff are here for you to provide additional support. To learn more about the flexible hours that may be available to comfort your loved one, **please schedule your personal tour TODAY by calling 732-333-3605.**

**FOR A LIMITED TIME\***  
**24-Month Rate Lock**  
**Rent Discount**

\*This offer is for new memory support residents only. The number of 1-1 Care hours and time of day may vary. Call for details for discounts.

**MATTISON CROSSING**  
AT MANALAPAN AVENUE  
*Honor. Tradition. Quality.*

ASSISTED LIVING & MEMORY SUPPORT COMMUNITY

93 Manalapan Avenue | Freehold, NJ 07728 | 732-333-3605 | MattisonCrossing.com



Outlook Eyecare

**Comprehensive Care,  
Local Focus**

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

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

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

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

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

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

## Notice

**The Regency Reporter will resume printing with the September edition and will be delivered beginning Friday, August 28.**

**The online edition will still be posted on Ron Post's website.**

# Exceptional care and safety for exceptional times.



At Saint Peter's Healthcare System, the health and safety of our patients, visitors, employees, physicians and volunteers is our top priority. From our emergency rooms to our hospital patient care areas and physician offices, we've put stringent safety and patient care protocols in place to prevent and reduce the spread of coronavirus. So, if you need medical treatment, we're ready to care for you safely.

**For more information, please visit [saintpetershcs.com/coronavirus](https://saintpetershcs.com/coronavirus)**



*Safely treating you better...for life*

Sponsored by the Roman Catholic Diocese of Metuchen



**BCB Bank**  
MAKING AN IMPACT

*BCB Bank is here to serve you!*

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

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

VISIT OUR WEBSITE AT [WWW.BCB.BANK](http://WWW.BCB.BANK) OR CALL US AT 1.800.680.6872  
FOR A FULL LIST OF HOURS AND LOCATIONS.

[www.BCB.Bank](http://www.BCB.Bank) | 1.800.680.6872



**USA**  
SECURITY SERVICES, INC.  
Serving the NY/NJ Metropolitan Area Since 1978

**Attention Regency Residents**

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

\*\*Open to Regency @ Monroe residents only. Rate requires annual billing and landline for monitoring. Rate for GSM or Cellular Communicator is \$22 monthly.  
Visa & MasterCard accepted. USA will refund any portion of unused monitoring in the event of cancellation prior to the annual monitoring anniversary.

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

## M&M Movie Minutes

By Marcia Milgrom and  
Marilyn Jaclin  
HAMILTON

*M and M* were lucky that both their children have the Disney Plus channel so that we could see *Hamilton* on TV. Marilyn saw it while in her son's pool. This was a musical that received eleven Tony awards, a Pulitzer Prize, and a Grammy that the cast won. The writer and star of the production Lin-Manuel. Miranda became an instant star. The movie itself was filmed in 2016 before a live audience, with the original cast at the Richard Rodgers Theater. It premiered at the Public Theater initially, eventually moving to Broadway, becoming one of the greatest hits of all time. What makes the movie so special is that it is comprised of all the best shots and was first shown on the Fourth of July weekend.

We see at the onset a 19-year-old immigrant, son of a "whore," who makes his move by joining up with a group of anti-British Revolutionaries and finds his way to becoming George Washington's right hand man and eventually, his picture ends up on the ten dollar bill. We are immediately pulled back in time when the men show up on stage wearing their brass buttoned coats and breeches. Excitingly, Black and Latino actors were cast as founding fathers and allies - Lin - Manuel Miranda as Hamilton, Daveed Diggs playing both Thomas Jefferson and the Marquis de Lafayette, Christopher Jackson as George Washington, and Leslie Odom Jr. as the nemesis of Hamilton, Aaron Burr. They were all terrific! The show is woven through with songs that brilliantly play Hip-Hop tunes in every flavor of Pop.

We follow Hamilton as an outsider with no connections as

he rises to become the first secretary of the Treasury and a leader of the American banking system. He has drive, guts, determination and a big brain (like the person who plays him). Hamilton wanted to make a difference. Miranda weaves the history of the revolution with cabinet debates, backroom dealings, intricacies of self-government, and his love/hate relationship with Aaron Burr. Burr wants power and prestige but isn't committed to a principle. He is jealous of Hamilton. Their friendship ended in a duel with a tragic ending. (Just as an aside, Burr shot Hamilton in Weehawken, New Jersey.) Political implications in Hamilton's life also include marriage, friendship, and adultery. Miranda positions the Revolutionary War as a turf war and spins constitutional debate into rap.

Alexander's wife Eliza (Phillipa Soo) has two sisters one of which, Angelica Schuyler (Renee Goldsberry), is her confidant. She is a free thinker and feminist who has few options being a woman.



Her songs are emotional and she has an easier time as sister-in-law to Alexander, than does Hamilton's wife. Miranda allows his actors to have the spotlight as shown by Diggs who won a Tony as did Goldsberry. The production is two hours and forty minutes with a very short intermission. There is no spoken dialogue, just Hip-Hop singing, which is fabulous. The setting is minimal. The motion constant. This is not necessarily a textbook version. There are faults and liberties taken. Yet, it brings back to life long dead legendary people from the past, and history unfolds in a most exciting way. Lin-Manuel Miranda writer of the book, music and lyrics is a genius. We say do everything you can to see this movie. In fact, run and ask your children if they have Disney Plus. Unless, of course, you have your own.

## Home Trends

By Cheryl Hand

### Regency Re-Sale Update

Considering we are living through an unprecedented year with a pandemic, stay at home quarantine, riots throughout the country and political unrest... Regency re-sales seem to be holding their own! There were about ten weeks from mid-March until early June, when realtors phone didn't ring once and we were pessimistically thinking the real estate business was over. This was unsettling for someone like me who has dedicated the past thirty-four years to living and breathing real estate. However, one day...the phone just started ringing and although the activity is not what we're used to, the market has picked up for the better. Here is a little breakdown of the re-sale Regency market for 2020 to date.

As of this writing (early July) Regency currently has fourteen re-sales available. There are ten Ranch homes ranging from \$400,000 - \$724,999. Loft

homes are in the minority with only four on the market ranging from \$580,000 - \$929,900. This community never ceases to amaze me with the varied price differences. To put this in perspective, most years, at this time we have over thirty re-sales available.

There are currently seven properties under contract - that is not bad for a pandemic! The prices range from \$524,900 - \$725,000. The property asking \$725,000 is located on the golf course and has a full finished basement. As an interesting

*(Continued on page 11)*



**Empower your legacy from the comfort of your own home!**

We are now presenting  
**Living Trusts and Wills Webinars!**

*You've worked hard your entire life to provide for your family and it's time to protect and pass on that legacy.*

Check out our website at [www.levinefurman.com](http://www.levinefurman.com) for our scheduled webinars. New dates announced weekly!



**LEVINE · FURMAN · RUBIN**  
ESTATE PLANNING & ELDER LAW ATTORNEYS  
F-3 BRIER HILL COURT, EAST BRUNSWICK, NJ  
19 N COUNTY LINE ROAD SUITE 5C, JACKSON, NJ  
[WWW.LEVINEFURMAN.COM](http://WWW.LEVINEFURMAN.COM)  
732-238-6000

**WANTED TO BUY**

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

**Herb PLUMBING**

*Fast & Reliable Service  
Always Available*  
~ Fully Insured & Bonded ~

**(732) 972-7779**

Herb Weinberg  
NJ License 9844

P.O. Box 493  
Morganville, NJ 07751

# PAIN OR DISCOMFORT?



**FREE  
Consult!**

## EXPERIENCING ANY OF THE FOLLOWING?

- Back Pain
- Neck Pain
- Extremity Pain
- Neuropathy
- Numbness
- Tingling
- Burning
- Balance Problems
- Stenosis
- Herniated Discs
- Other Aches/Pains

## WE CAN HELP! OUR SERVICES INCLUDE:

- Chiropractic
- Physical Therapy
- Acupuncture
- Pain Management



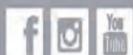
- Social Distancing ✓
- Mask & Gloves ✓
- Clean Environment ✓



**732-521-9222**  
**350 Forsgate Drive**  
**Monroe Twp., NJ 08831**



[allcurespineandsports.com](http://allcurespineandsports.com)



*We Accept Medicare!*



**STEVE MOSKOWITZ**



**HANDYMAN PLUS**  
SEMI-RETIRED EAST BRUNSWICK RESIDENT  
**WHO KNOWS A THING OR 2**  
**732.616.8999**  
WILLING TO DRIVE AND SHOP OR HELP WITH ANYTHING YOU NEED

# Hadassah Highlights



By Carol Kortmansky  
Karen Ross, President

It seems to me that our world, at least the world that we are used to living in, the world filled with family, friends, and life has been turned upside down and we have no idea when it will be right again! But even though we may feel lonely and frustrated at times, it's helpful to remember throughout these days of turmoil that Hadassah still functions, providing help to all who need it!

One such way Hadassah reaches out to those in need is through its Hadassah Advocacy programs. Through these programs Hadassah has reaffirmed its long held commitment to fight against hate, bigotry and health disparities, problems that are rampant in our society, even as we fight the scourge of the pandemic ravaging the world. In furtherance of these causes they have endorsed two pieces of legislation - The National

Opposition to Hate, Assault and Threats to Equality Act of 2019 (the No Hate Act), and the Health Equity and Accountability Act of 2020 (HEAA). The first bill expands existing hate crime laws that combat hate speech, threats and attacks; the second one aims to eliminate health disparities, increase health care quality and access for racial, ethnic and other minority communities and improve health outcomes for women, children and families.

In addition, a bipartisan bill was successfully signed into law in June, thanks in part to Hadassah's successful actions to pass the Never Again Education Act (NAEA). This law provides funding for Holocaust awareness programs in middle and high schools. The lessons of the Holocaust and the language of this bill, speak directly to the struggle against racism. As Rhoda Smolow, National President of Hadassah, when asked why, amid a pandemic and unprecedented protests against racial injustice, crushing economic pressure, a national election, and deep political division, such a Holocaust education bill is necessary, wrote "Because focusing on coronavirus doesn't mean we ignore other forms of contagion. And because the lesson[s] of the Holocaust - and the language of the NAEA - speak directly to the struggle against racism ... ." This new law allows for the education of students on the history of the Holocaust and to the urgency of opposing hate, bigotry and genocide against any group.

In June Hadassah hosted our first ever Zoom Book Club, which was attended by over 50 women. The book we discussed was *The Third Daughter* by Talia Carner. Despite the challenges of this new technology, the discussion was lively and informative, thanks to our facilitator Phyllis S. Greenberg and

our Education/Book Club VP's, Marilyn Jaclin and Marcia Milgrom and to all the attendees who didn't let the technology distract from the evening. The next book club discussion was held on July 27 at 7 p.m., on Zoom. The book we discussed was *Big Summer* by Jennifer Weiner. We will report on this Zoom in the next issue of the Hadassah Highlights. For your additional reading pleasure, a suggestion was made by Nancy Greenfield, our co-Advocacy VP to read *After Anatevka* by Alexandra Silber. The book focuses on Hodel's story in *Fiddler on the Roof* as she follows Perchik to Siberia.

Until the pandemic is under control and we are able to begin scheduling the types of programs that we have come to expect and enjoy, Leslie Kohn and Genia Beferman, our Program VP's are working to find additional programs that would work well on Zoom, and we thank them for their efforts! Please watch your emails for updated information on all the news that affects our Hadassah community. If you change your email, please contact us and let us know immediately and send your updated email to kbr1253@aol.com

We would like to welcome **Bev Goldstein** and thank her for transferring her Life Membership to our chapter. Also thanks to **Rosalie Shuren** who has renewed her annual membership

Once again, we would like to remind our friends in the Regency community that Hadassah sells Shoprite gift cards in the denomination of \$100 per card. Hadassah receives a percentage back from each card sale. In order to purchase a card or for more information, please contact Jane Sussman. Condolence and Greeting Cards can be purchased from Shelly Schwartz, Sandy Mailman, or Marilyn Krawet. If you cannot contact one of our Card chairpersons, please contact Karen Ross. For JNF Trees (\$18 delivered in Regency, \$19 mailed out of Regency) and Certificates (\$10 if delivered in Regency, \$11 if mailed out of Regency) contact Karen Ross or Linda Strauss. Contact Helen Spector if you wish to place a leaf on our Tree of Life. Phyllis S. Greenberg is our Simcha Chairperson. She will be at our meetings and events, when we are able to meet again in person, with our Simcha Basket and for a small donation you will be able to share your Simchas and good wishes.

We are helping heal the world together. We must be strong, we must stay strong, we must remain safe!

**I.C.C.** Heating & Air Conditioning



**DURING THESE TRYING TIMES, WE ARE ALWAYS AT YOUR SERVICE. ICC HAS SERVED THE COMMUNITY FOR OVER 45 YEARS. WE ARE A YORK DEALER AND OFFER THE MOST COMPETITIVE PRICES.**  
This may be the time to change your equipment!!!  
**CALL FOR A FREE ESTIMATE.**

License #s  
19HC00510800  
19HC00615600

**609-655-4647**

John Intravartolo  
Santo Intravartolo

**THE GARDENS at Monroe**



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

Call our admissions team today to schedule a tour!  
**THE GARDENS AT MONROE**  
189 Applegarth Road, Monroe, NJ 08831 | www.thegardensatmonroe.com  
**609.448.7036**

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

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

**Mount Sinai Memorial Chapels**

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

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

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



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



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

# Tech Trends

**Wi-Fi 6: It's Here Now, But What Is It?**

By Don Haback

Many of us know about Wi-Fi systems – which we use in our homes to connect various devices wirelessly to our Internet service. This system allows wireless connections of all your home devices. Wi-Fi was first introduced back in 1999. You may know it by its original specification name: IEEE 802.11, followed by some letters. The initials refer to the Institute of Electrical and Electronic Engineers (of which I'm a life member). Those original letters included 'a', 'b', 'g', 'n', and more recently, 'ac'. That latter letter refers to Wi-Fi systems that can be set up to operate at either 2.4 GHz (slower) or 5 GHz (faster) speeds. The most recent iteration is 802.11ax. The 'powers that be,' namely, IEEE's WiFi Alliance, decided to do away with the old naming

system and renamed Wi-Fi as WiFi-1 through Wi-Fi-5 (with each succeeding evolution corresponding to an increasing old letter value). Accordingly, the latest evolution (802.11ax) became Wi-Fi-6. This new generation Wi-Fi isn't just a simple speed boost. Its impact will be more nuanced, and we're likely to see its benefits more and more over time. It's more of a future-facing upgrade designed to make sure our speeds don't grind to a halt a few years down the road.

Wi-Fi 6 is just starting to arrive this year, and there's a good chance it'll be inside your next phone or laptop. Here's what you should expect once it arrives. It will be faster – up to three times faster than earlier versions. This is not the complete story. Instead of boosting the speed for individual devices, Wi-Fi 6 is all about improving the network when a bunch of devices are connected. It allows routers to communicate with more devices at once, lets routers send data to multiple devices in the same broadcast, and lets Wi-Fi devices schedule

check-ins with the router. Together, those features should keep connections strong even as more and more devices start demanding data.

Each of those devices' speeds won't necessarily be faster than what they can reach today on a high-quality network, but they're more likely to maintain those top speeds even in busier environments. You can imagine this being useful in a home where one person is streaming Netflix, another is playing a game, someone else is video chatting, and a whole bunch of smart gadgets — a door lock, temperature sensors, light switches, and so on — are all checking in at once. The top speeds of those devices won't necessarily be boosted, but the speeds you see in typical, daily use likely will get an upgrade. To get Wi-Fi 6, you'll need to buy new devices. Wi-Fi generations rely on new hardware, not just software updates, so you'll need to buy new phones, laptops, and so on to get the new version of Wi-Fi.

(Continued on page 12)

## Home Trends

(Continued from page 8)

point of information, six of these seven homes are Bayhills. When these properties close, I will report the sales price.

The good news is that we have had fifteen properties sell and close since January 2020. Some of these homes were sold before Covid 19 appeared. But, when you add this number to the under contract properties – we have almost twenty-two sold this year and it's only half over. I predict our year will catch up and equal sales of years past. We have had eleven Ranch homes close with the prices ranging from \$410,000 - \$608,000. The higher priced

home for \$608,000 was on the pond and had a full finished basement. Four Loft homes closed since January ranging from \$538,000 - \$700,000. The higher priced home was a Bayhill with a loft, finished basement and private wooded backyard.

In conclusion, Regency re-sales still rule. It's a popular and beautiful community. Don't forget to take a moment and enjoy the beauty surrounding you. The houses and common areas are in their full spring/summer splendor. Our homes are beautifully manicured, this community really does not compare to any others!

*For everyone's safety...please watch your speed limit and obey stop signs! Thank you.*

### CATS AT HOME

Emily Jarvis, DVM

609-915-8671



home veterinary visits  
22 years all-feline experience  
\$10 off first house call fee with this ad

## A Regency Hadassah Extra! Hold The Date!

Join Regency Hadassah for a Zoom Meeting on Monday, August 24 at 7 p.m.

Author, A.J. Sidransky will join us and discuss his newest book, *The Interpreter*, with our chapter. You can find the book on his website under A.J. Sidransky or on Amazon for download.

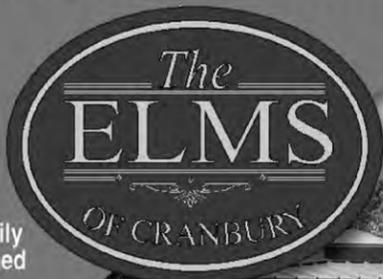
In the heat of wartime Manila, 23-year-old American GI Kurt Berlin is recruited by the OSS to return to Europe to aid in the interrogation of captured Nazis. A refugee from the Nazis himself, Berlin discovers the SS officer he's interpreting is responsible for much of the torment and misery he endured during his escape. And that very same Nazi may hold the key to finding the girl he left behind. Will the gravitational pull of revenge dislodge his moral compass? From the terror of pre-war Vienna to the chaos of occupied Brussels, through Kurt's flight with his family, through Nazi-Occupied France to the destruction of post-war Europe, *The Interpreter* follows Kurt's surreal escape and return. How much can his young mind absorb before it shatters?

The *Interpreter* is the first installment in the new "Justice" series, featuring protagonist Kurt Berlin. The saga begins in 1939 and follows Berlin's transformation from a teenage refugee on the run in Nazi Europe, through his transformation into a US attorney, and then to covert CIA agent, ending in 1973.

Sidransky is currently writing the second installment, *The Intern*, set against the execution of Julius and Ethel Rosenberg in 1953. It will be released in 2022.

Zoom Information will follow prior to our meeting. RSVP to Leslie Kohn@Holekows@gmail.com or GeniaBeeferman@genhow181@gmail.com.

## SUB ACUTE REHABILITATION AND NURSING - LONG TERM CARE





NEW 5000 sq. ft. Rehab Pavilion & Therapy Pool

Family Atmosphere  
Warm, Friendly And Caring Staff

Most Convenient Facility to the  
Monroe Township Active Adult Communities

609-395-0641

61 Maplewood Avenue  
Cranbury, NJ

NJ Department of Health Rated  
Outstanding Survey History

Family Owned and Operated Since 1960



## MIDDLESEX/MONMOUTH GASTROENTEROLOGY

A Division of Allied Digestive Health

### COLON CANCER SCREENING



Gall Bladder Disease

Liver Disease

Heartburn

Peptic Ulcers

Constipation

Diarrhea

ROBERT R. BLANK, MD

STEVEN C. NADLER, MD, FACG

ARTHUR J. GELLER, MD, FACP, FACG

COLIN C. BROWN, MD • KUNAL GUPTA, MD

ROBERT S. AARON, MD • DARIANNA FROMETA, APN-C

222 Schanck Road, Freehold  
100 Commons Way, Holmdel

Tel: (732) 577-1999

312 Applegarth Road, Monroe  
2 Hospital Plaza, Old Bridge

www.mmgaastro.com

## Superintendent Shares Plans on the Re-opening of Monroe Schools



By Doug Poye

At the monthly meeting of the Monroe Township Board of Education on July 22, Superintendent Dori Alvich reported on the plans for the opening of the school year on September 3. Earlier in the summer the district surveyed parents to gather their thoughts on having their children return to school. Additionally, five committees consisting of parents, teachers, bus drivers, building principals and administrators met to develop guidelines that would satisfy state requirements. Their task was complicated by delays in guidelines from the state as well as on-going changes in those guidelines. For example, earlier in the summer the governor had declared that all children must

have face-to-face instruction then quite recently reverted to allowing children to have on-line instruction on a daily basis. Alvich cautioned that the plans are “a work in progress” and could change before instruction is to begin in September.

Students in Grades K through 8 will have two days in school and three at home using remote learning. Parents can, however, opt to have their child remain home for all five days. Students will be assigned to one of two groups, Gold or Purple. Those in the same color group will attend school on Monday and Tuesday while the other group will use online instruction. All students will have at-home instruction on Wednesday. The other color group will have in-school instruction on Thursday and Friday. When not in school, students will be doing remote learning. On Wednesday, when no children are in the building, custodial staff will engage in “deep” cleaning.

Every family will have the appropriate technology and internet access for remote learning

using Google Classroom. Each morning that a child attends school the parent is required to log into Genesis (a computer based program) and to answer a short list of questions regarding potential likelihood of the child having been exposed to the Corona virus. Children who appear to be virus free will be allowed to board the bus wearing a mask and to sit in designated seats. Parents may opt to drive their child to school instead of using a bus. Once at the building, all children will be scanned for an abnormal temperature before being allowed to go to classrooms. Isolation rooms will be set aside for anyone who appears to be ill during the day. Electrostatic cleaners will be used for sanitizing the buildings; every room will be equipped with hand sanitizing stations; Plexiglas panels will be used in high-traffic areas such as hallways. Students will have four hours of instruction while in school but no lunch period. Children who are eligible for free or reduced price lunches will be provided lunches delivered to their home.

Students in the high school will receive all instruction remotely using their issued technology and on-line instruction through Schoology (a computer based program designed for remote learning). Essentially, their routine will be much like what they experienced when the schools closed in March.

Alvich did say that the level of instructional delivery and content is being adjusted based on the experiences of teachers and students during March through June. The only exception for high school students will be for students who receive accommodations due to their special needs. Those students, approximately 600 to 700, will attend classes in the high school. For anyone wishing to know more specifics the Superintendent has placed the re-opening plans on the district website: [Monroe.k12.nj.us](http://Monroe.k12.nj.us).

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

## Tech Trends

(Continued from page 11)

To be clear: this is not something you’ll want to run out to the store and buy a new laptop just to get. It’s not that game-changing of an update for any one device. Instead, new devices will start coming with Wi-Fi 6 by default. As you replace your phone, laptop, and game consoles over the next five years, you’ll bring home new ones that include the latest version of Wi-Fi. There is one thing you will have to make a point of going out and buying, though: a new router. If your router doesn’t support Wi-Fi 6, you won’t see any benefits, no matter how many Wi-Fi 6 devices you bring home. (You could actually see a benefit, though, connecting Wi-Fi 5 gadgets to a Wi-Fi 6 router, because the router may be capable of communicating with more devices at once.) Again, this isn’t something worth rushing out and buying. But if your home is packed with Wi-Fi-connected smart devices, and things start to get sluggish in a couple years, a Wi-Fi 6 router may be able to meaningfully help. Devices supporting Wi-Fi 6 are just starting to trickle out. You can already buy Wi-Fi 6 routers, but so far, they’re expensive high-end devices. A handful of laptops include the new generation of Wi-Fi, too, but it’s not widespread just yet.

Wi-Fi 6 will start arriving on high-end phones this year, though. Qualcomm’s latest flagship processor, the Snapdragon 855, includes support for Wi-Fi 6, and it’s destined for the next wave of top-of-the-line phones. The Snapdragon 855’s inclusion doesn’t guarantee that a phone will have Wi-Fi 6, but it’s a good sign. Samsung’s Galaxy S10 is one of the first phones with the new processor, and it supports the newest generation of Wi-Fi. The inclusion of Wi-Fi 6 is likely to become even more common next year. The Wi-Fi Alliance will launch its Wi-Fi 6 certification program this fall, which guarantees compatibility across Wi-Fi devices. Devices don’t need to pass that certification, but its launch will signify that the industry is ready for Wi-Fi 6’s arrival.

I have just (in the beginning of July) updated my Comcast X-Fi system from the old Wi-Fi 5 router to a new Wi-Fi 6 router and have added a set of that company’s ‘pods’ to provide a mesh network throughout my house. My router is upstairs in a closet – and my current computer still gets speeds of over 350 Mega-Bits per Second (Mb/s) – I have Comcast’s BLAST system. My wife’s computer, downstairs in the front of the house, is now getting similar speeds (absolutely unattainable before the update). We also have four smart TV sets, multiple laptops and smart phones, and they’re all seeing improved speeds. By the way, I got the new router at no increase in cost! I am totally delighted with the new system. If you’re interested in more information, please contact me.

# Quarantine Without Pain!

## We Are Here To Help



Social Distancing

Mask & Gloves

Clean Environment



**732-521-9222**

350 Forsgate Drive  
Monroe Twp., NJ 08831  

[allcurespineandsports.com](http://allcurespineandsports.com)

**ACUPUNCTURE • PHYSICAL THERAPY • CHIROPRACTIC SERVICES**

# Healing Ourselves Naturally

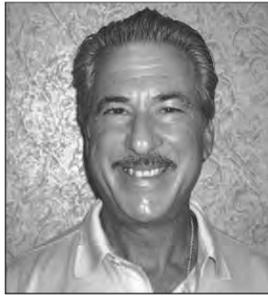
By Steven Soffer N.D. MH  
**How to Start Something New in Times of Uncertainty**

The date of this writing is July 7. Most of us celebrated a different July Fourth this year. I was surprised that New York City opened its beaches. Much of the Jersey shore beaches have opened as well. Thirty-eight out of fifty states have dramatically rising Covid numbers. Many of these states opened too early. They did not follow the guidelines of the CDC. Many of these states are now closing down again. We saw the biggest spike approximately one month after Memorial Day Weekend celebrations. It's just too easy not to social distance. People want to go out. We are social creatures and many of us have been in for a few months now. The questions really are, "Is this ever really going to stop? Will it ever end? Will things go back to normal? Or will there be a new normal? Will life be different than it ever was before?"

States like Florida, California, Texas and Arizona are having huge spikes. Well over ten thousand new cases a day, hospitals are overwhelmed and beds and ventilators are becoming very scarce. They closed the beaches in much of Florida and California for the July Fourth weekend and thank goodness they did. Numbers are going back up in both New York City and New Jersey since the beaches are open. What are we supposed to do about all of this?

Darwin said, "Survival of the fittest." Einstein said, "Survival is best for those most adaptable to change." I have used this image before. The mighty oak tree versus the palm. In a hurricane, the mighty oak stands up to the wind in defiance, ultimately to break under its force. The palm tree yields to the storm and bends with it to survive. We have to do the same thing. We can't just stand up to fight Covid like the oak. We have to bend and yield and be flexible with our habits, our actions and our activities. We must constantly stay vigilant and wear a mask and continue to social distance. We now know that the virus can be aerosolized, which means in a wind, even if you are outside, ten or more feet away, you can still be exposed to droplets or vapor from someone's cough or sneeze. We need to adjust our habits and the way we look at life if we are going to survive. Many adjustments are required to beat Covid-19.

Now, currently in this breath, in this minute and in this thought, I have the ability to make a choice for a new beginning, intentionally creating my life and the way I choose to live it. Oftentimes, my mind, which has too many opinions, is extremely logical and wears many different types of rose-colored glasses. It filters the way I see the world. Wisdom is not judgment but the relinquishment of judgment. When I use my guilt and judgment filters, they can have a very real, subtle,



but quite negative effect on my life. I have said it before, I'll say it again. What you focus on grows. What you think, you become. Life is like a mirror. What you put into it is exactly what you get back from it. If my thoughts are repeatedly negative, if I am constantly complaining and if I keep finding fault with others, I can become a complainer, a fault finder, or an overly opinionated individual. But, if I constantly give others their opportunity to share their opinion, then I am open-minded. If time and time again I look for what is right, if I see the glass is half full rather than half empty, then I am an optimist.

It doesn't matter what I say! It is my actions that define who I am. Being aware of myself and my actions, both good and bad, becomes both quite humbling and empowering. Starting now, I choose to quit complaining about what I don't have and consciously and gratefully focus on all I do have. In a heartbeat, I'll trade negative self-talk and thoughts for words that are encouraging and optimistic. I am finally ready to gently let go of both judgment and guilt, so I can perceive my world with both acceptance and love. Letting go of the old is the only way I can create room for the new, for the truth to make itself known. There are many things that happen with new beginnings. The changes are ongoing. Some of the situations and relationships from the past don't feel so good anymore. I am becoming a different person now. A few of the people I knew, I am no longer comfortable with. Not better or worse, just different for the person I am trying to become. What I really want to do is become the person I am capable of being.

No one can be me but me! Just like no two snowflakes are alike, neither are any two people. I am an integral part of this world and without me, the world would be incomplete. In everyday, every breath, every moment and every thought, I have choice, both positive or negative. Based on my choice, the speed in which I grow into my potential moves faster or slower. Finally, I am tired of living up to other's expectations of me. I cared far more years ago than I do now. Covid-19 has definitely put a spin into my thinking. I am becoming my true self and my authentic self at my own speed and in my own way.

I am good enough. I am happy enough. I am healthy enough. I am prosperous enough and I matter to my family, my friends, and this world, just the way I am. Every single moment counts as I choose to be more conscious and change the flow of my life. Am I worth a new beginning? Absolutely, positively I am...as are we all.

Steve encourages questions and comments from free-thinking individuals.

(Continued on page 14)



Best friends, nine-year-old male Labradoodle, Bailey, and his little dog-friend, 15-month-old Cockapoo, Sunny, love to rough-it-up when they meet. Bailey's human friend, Jeff Malester, and Sunny's human companion, Cheryl Murray, always enjoy their walks together - whether in the community or Thompson Park. No matter what the weather, they're always together, and the sun shines on Sunny. Photo by Bea Siegel

## The Pet Corner

By Bea Siegel

**A Horse with Good News**

Yay! Just what we needed, a win for New York by an astounding thoroughbred, *Tiz the Law*, at the Belmont Stakes on Saturday, July 20. The good news, also, is that this amazing horse is New York bred, and with empty stands of no fans (due to the pandemic) screaming for their favorite horse to win, *Tiz the Law* created enough excitement for everyone watching. This was jockey, Manny Franco's Belmont Stakes debut and win. It was like watching the first leg of the Triple Crown. The horse is owned by Jack Knowlton of Sackatoga Stables, and trained by 82 year old Barclay Tagg. Everything seems so



up-side-down today. The drama usually begins with the Kentucky Derby, then goes on to Pimlico, leading into the last leg at Belmont for the Belmont Stakes, but this year the Kentucky Derby will be at Churchill Downs on September 5, and the Preakness at Pimlico will be

**Regency Chorus**  
 The Regency Chorus under the direction of Sharon Scheckner Meets on Mondays 4:45 - 6 p.m. in the front ballroom. New members welcome! Chorus will resume when the Clubhouse reopens and it is safe to do so. Contact Sharon (732-656-3165) or Carol Kortmansky (732-605-9759)

**ELECTRICIAN**  
**732-851-1561**  
 All Electric Services - Lic.# 15848  
 • Ceiling Fans • Recessed Lights • Bathroom Fans  
 • TV Mounting • Smoke Detectors • Security Lights  
[www.allelectricnj.com](http://www.allelectricnj.com)

**MIKE "THE HANDYMAN"**  
**732-780-0468**  
 Lic. #13VH08300900  
 • No job too small, so don't hesitate to call  
 • Same-day callback, work done within 24-48 hours  
 • Fully Insured  
 • References gladly furnished upon request  
 OVER 25 YEARS OF EXPERIENCE

**You name it, we take it!**  
  
 • Estate Sale Clean Outs  
 • Garage Clean Outs  
 • Appliance & Furniture Removal  
*We will beat or match any price!*  
**800-609-3696**  
[www.wecollectjunk.com](http://www.wecollectjunk.com)

M. David DeMarco, *President*, N.J. Lic. No. 3203  
 Thomas J. DeMarco, *Manager*, N.J. Lic. No. 4651  
 Peter S. Winther, *Director*, N.J. Lic. No. 4763  
 Jennifer L. Burry, *Director*, N.J. Lic. No. 5172  
**"Family Owned & Operated"**  
 "Totally Barrier Free"   
**M. David DeMarco**  
*Funeral Home, Inc.*  
  
 205 Rhode Hall Rd.  
 Monroe Twp., NJ 08831  
 732-521-0555  
[www.demarcofuneralhome.com](http://www.demarcofuneralhome.com)

**For Advertising Contact Princeton Editorial:**  
**pescmd@aol.com**  
 If you do not receive a confirmation from us, we did not receive your email.

# REGENCY SPORTS

## Tennis in the Year of COVID

By Steven Brody

Back in February and even March did you think come the second week of July (when this article was written) that we would still be living under COVID-19, albeit somewhat relaxed restrictions? Yet we are! However, we in the Regency Tennis Community have persevered. At this writing we have four of our six courts opened. Court reservations are being honored and are working very well for us. The maintenance crew is diligent in keeping the courts clean and sanitized. The tennis players are doing their part as well by wearing masks to and from the courts and making sure no loose balls or canisters are left behind on the court's surface upon the completion of their games.

The weather has turned seasonably hot and as a result the courts were opened earlier for morning play and availability for evening play was opened up. The reservation system shows the highest utilization of the courts are in the mornings 7:30 and 9 a.m. with moderate use for the 10:30

slots. The evening play is equally utilized. Most people are playing doubles but I do see a few single games being played as well. As I mentioned in previous articles, I sure wish I would have been able to organize the in-house tournaments that I had announced and planned for previously as I have seen many new residents as well as existing club members playing throughout this COVID period. It would have been nice to have a 7-10 day tournament with an "A" and "B" bracket for men and women, with socializing (i.e.: partying) after the tournament with awards presented. If things improve later this summer perhaps, I can set up a weekend tournament minus the socializing. We shall see what happens as August rolls around.

Some have asked why do we have four of the six courts opened? To be honest I don't have a great answer. It was understood back in May we would open up slowly as we would feel our way through this new environment that COVID has brought us, and



follow the guidelines stated by the Governor and Health Department. In time we went from three courts to four as guidelines became more relaxed. The only response from the HOA Board of four courts versus six came in late June telling me contact tracing was the core issue preventing the other two courts from being opened. I did not press the issue at that time because I know the Board and property management were working diligently in getting other amenities such as the pool, Shuffle Board, Café, etc. opened. Hopefully by the time you read this all six courts will be available for play. In the meantime, keep on utilizing the courts. Be aware of the heat. Make sure you bring water with you and keep hydrated. Because our reservation system works on 90-minute slots does not mean you have to play 90 minutes. Play less on those real hot days.

## Shuffleboard Schedule

Here are the days and times of playing shuffleboard

Tuesday	2:00 p.m.
Wednesday	2:00 p.m.
Saturday	10:00 a.m.
Sunday	10:00 a.m.

Any questions please contact George Steinberg

## The Pet Corner

(Continued from page 13)

October 3. So, put on your seatbelt for the greatest horse race, place your bets, and have fun watching your favorite horse win. My bet's on *Tiz the Law!* (Hey, you never know...)

### Check the Collar

It's on them every day, faded from the sun, or soaked by rain, sleet or snow - what is it? Your pet's collar, a lifeline of identification with tags of information - their name, phone number, rabies tag, township where they live, their Pet Link Microchip number, and possibly a tag with pertinent information about their health. It's a good idea to be sure they're all attached, and haven't fallen off (which can happen). Also, check the fit of their collar. A few extra pounds on your pet can mean the collar's too tight and needs adjustment, same thing if there's weight loss, tighten the collar before it loosens and falls off. Not paying attention to a very tight-fitting collar can prove fatal by becoming imbedded into the skin. A collar this tight will

need to be removed surgically. Keeping our pets safe is who we are.

### Taking Walks during the Pandemic

I love walking my dog, but streets are usually empty, not so during the Pandemic. My dog couldn't figure out what was going on, until he began seeing lots of happy dogs walking with their human companions. Okay, so people were wearing the new "fashion" statement, the "mask," when one dog said to another canine friend, "Hey, they're barkin' up the wrong tree and wearing muzzles!"

### The Nose, Knows...

Once again, the canine nose proves how highly accurate it is and proves to be invaluable to farmers in Florida, Texas, and California. Reporting from the US Department of Agriculture, dogs are showing they have the right sniff when it comes to screening citrus orchards for citrus greening disease, caused by bacteria and spread by insects that feed on leaves and stems of orange, lemon, and grapefruit trees. There is no cure for this, so an infected tree has to be removed. Dogs trained specifically to detect this problem can move quickly through an orchard, sniff out the bacteria, and can detect them weeks to years before it shows up on the trees. Early removal means reduced chances of spreading. Another *amazing* feat for our canine companions.

## Scrabble Scribbles



### The Regency Scrabble Club

Join us for Scrabble each Thursday at 7 p.m.

In the Multi-Purpose Room Monday at 1:30 p.m.

In the Multi-Purpose Room

All ability levels welcome

For information, contact Linda Litsky  
linlit32@gmail.com - (732.492.0921)

## Attention Regency Musicians

### The Regency Band

### Is in need of musicians

Brass and rhythm (guitar, bass, etc) needed

The Regency Band

Meets on the FIRST and THIRD Tuesday of each month

7:30 p.m. in the Dance Studio on the Spa level

Contact: Jerry Minkin or Mark Greenstein

(732) 605-1983 (732) 605-0045

## 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.



# Franklin Pharmacy

557 Englishtown Rd., Monroe, NJ 08831  
Corner of Englishtown Road & Union Hill Road  
(732) 446-5445 Free Delivery Service



### Medicare Part B for Diabetes Patients

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

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

We are an accredited Medicare Part B Pharmacy.

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

We accept most insurance plans

**No insurance? No problem! Check our discounted prescription prices!**

Introducing only \$4.50 for a 30-day & \$12.99 for a 90-day supply of over 300 generic medications and only \$19.99 for select 30-day supplies of generic birth control pills

Please call us or stop by the store for more details!

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

**10 % Off**

Any non-prescription purchase with this coupon  
Franklin Pharmacy



Visit Regency online

at

www.

regencyhoa.com

## Leon Segal - A Most Talented Creator



Leon's basement workshop.

All photos by Leon Segal



Reverse Rim Bowl with spiral pattern, 878 pieces, 15" diameter x 12" high, Rosewood, Purpleheart, Maple, Padauk, and dyed veneers

### By Barbara Bickel

After seeing Leon Segal's exquisite wood creations on Ron Post's email, I could not stop thinking about the quality, variety, and exceptional skills that produced such significant works of art. After getting to know Leon, I am amazed by his achievements! Leon was born in Poland just after the end of the war, where his parents were active in the partisan movement. When the war was over, the family moved (mostly by walking) across Europe, and eventually were put into Displaced Person's Camps, hoping to get to Israel. But they ended up in the US as war was imminent in Israel. Later on, Leon wrote a book, *Tears of a Hero*, telling his family's story, which is now in the US Holocaust Memorial Museum in Washington. His parents were also interviewed for the Stephen Spielberg archives.

Once living in New York City, Leon attended Brooklyn Tech High School, then Cooper Union and Northwestern, studying Chemical Engineering. He met Patti in Chicago, then got his PhD from Brooklyn Poly. After marriage, they settled in the Morristown area, and raised their family. Now he had a basement, so he worked on his interests in stained glass and woodworking. Once he got into woodworking more seriously, he found his medium! He is completely self-taught, learning all he could from magazines, books and the Internet! On his own he perfected his knowledge about types of wood joinery, finishing techniques, and designs, using them to make his absolutely beautiful artworks. He began by making a picture frame and the base of a lamp for Patti. He then designed and created highly decorative objects and moved on to all sorts of elaborate pieces of furniture. He made an ark for a Holocaust Torah that is on display at the Morristown Jewish Center. He has made a "Yad," which is the pointer for reading the Torah, one each, for his youngest son and his grandchildren.

Decorative accents include

inlays, along with turned sections and woods of many natural colors and carvings. Using various woods in their natural colors, they become multi-patterned art objects. He designs all pieces from his mind and is even planning to add the use of various dyes to bring more color effects to his work. The subtle colors, grains and shades of the woods he uses seems to be overwhelming to an observer, however, he is constantly challenged in his approach to his media. The intensive application of three to four coats of varnish, and the high polishing needed to achieve gleaming finishes on the wood, requires many physical hours of labor. To achieve all the various colors he combines natural tones of wood, no stains, to create his complex patterns. His knowledgeable use of domestic and foreign hardwoods, such as rosewoods, veneers and burls make them his media of choice. I asked him if he'd had any accidents and he admitted to having serious surgery on three fingers, due to the cutting, carving and detailing, but he claims that all successful woodworkers have damaged fingers to show for it.



Rocking horse made for my son Darren 27 years ago. Woods are primarily American ash. Hand-tooled bindings, saddle, and decorations.



Close-up of Curio Cabinet, Entertainment Unit, 9' wide x 7' high, Curly Cherry solids and veneer, Wenge trim, Amboyna burl veneer door panels with handmade chrysanthemum floral inlays of Walnut and dyed veneers.



Yads, pointers for reading the Torah, created for my granddaughters B'Nai Mitzvot.

Leon does not show his work in galleries as he does not sell pieces, Things stay with his family and friends. He has donated items to charity auctions and has submitted entries at various art shows and received many awards. While excelling at his craft, he has worked professionally and is now close to retirement at Rutgers. As the Director of Licensing, he evaluates new agricultural and other projects for the university, eventually licensing them to industry.

When he and Patti moved to Regency three years ago, they made sure to have a basement for Leon's workshop. But he still finds time to play racquetball four times a week, bike, read, go to the pool and the gym, and tend to his lovely landscaping. Patti cares for almost 75 plants inside the house and Leon works outside. They have traveled extensively with trips to Israel often in the itinerary.

Due to the quarantine, I have only seen objects from pictures, so I hope that with future good health for us all, an actual visit will be possible so that I can see Leon's beautiful art work and Patti's house plants in person...keep it going!

## Yoga Testimonials



All photos submitted by Jaya Gupta

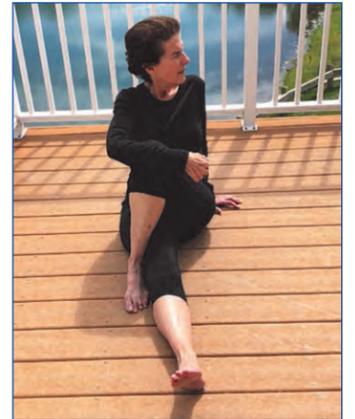
### By Jaya Gupta

Hello Friends, if you enjoyed the Healing with Yoga article last month, you will love this one more because these are the testimonials by your friends at Regency about how yoga and meditation have benefited them over the years. Hope that you get inspired to try it out. Love Jaya

I have been practicing yoga and meditation for the past 25 years. It has enabled me to get through some difficult times. Most recently, it has helped me deal with kidney failure, dialysis and a kidney transplant. There were many times, my mind was the only body part functioning. With Jaya's guidance in deep relaxation, meditation and positive thoughts, I was able to stay focused, alleviate the pain and become mobile again. Yoga and meditation are a very integral part of Dennis, my husband and my daily life. Thank you, Jaya for helping me to find my inner peace and strength. Bonnie Levy.

For over 30 years, in East

Brunswick and here in Monroe, I've practiced yoga to help me keep my body and mind flexible, balanced and relaxed. The bad news is that over the past 30 or so years my age and back problems have diminished my ability to do what I was used to doing. The good news is that here at Regency, my neighbor and friend, Jaya Gupta has been teaching chair yoga, which has allowed me to do as much as I can do without the feeling that I'm incapable.



Flora Feldman



Bonnie and Dennis Levy

Not only is the physical nature of yoga taught and practiced, but the relaxation and meditation aspects are also emphasized. The chanting along with the breathing techniques we are being taught have helped me, especially during these times of shelter-in-place. Being able to sit quietly and meditate with the mantras of Shivyoga playing on my earphones has been a great help. The chair yoga sessions are now being conducted by Jaya on Zoom and run for

(Continued on page 16)

### LABORATORY AND NURSING SERVICES

Available at Regency at Monroe

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

#### LABORATORY SERVICES

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

By appointment in the Clubhouse.

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

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

#### NURSING SERVICES

Blood sugar testing, blood pressure checks, and health counseling are offered by the assigned nurse on the dates and times listed below:

First Tuesday of the month: 8 a.m. - 12 p.m.

Second Tuesday of the month: 8 a.m. - 12 p.m.

Fourth Tuesday of the month: 8 a.m. - 12 p.m.

We hope you enjoy the convenience of the Tuesday phlebotomy and nursing services.

**For more information, call 732-605-9800.**

### Resident Phone Numbers in Reporter Articles

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

Thank you for your understanding and cooperation.

The Editorial Board

## Yoga Testimonials

(Continued from page 15)

one and a half to two hours. It's a great way to stay in shape, stay healthy and a nice way to see, at a safe distance, a few of your neighbors. Flora Feldman

I recently joined Jaya's Monday Yoga group. She has a very dedicated group who has been with her much longer than I. To my knowledge she teaches three days a week (Monday, Wednesday, and Saturday) for different levels of difficulty. I feel I am in decent physical shape that suits my extensive involvement in tennis, and as such have always been concentrating in the gym on strength, cardio and endurance. What I felt I lacked is the flexibility so important for any sport, especially tennis. After only a few sessions, I can feel that it is going to make a difference if I continue. Her sessions consist of Pranayama (breathing exercises), Yoga poses (for flexibility and strength) and of course Meditation. Monday sessions are one and a half hours long. Even a once a week commitment will get you in appreciable shape, till you start wanting for more. Jaya conducts these sessions like the trained certified teacher she is, and makes everybody feel comfortable. Right now she conducts these sessions via Zoom, which means you can participate from the comfort of your home. It's definitely worth a try! Hari Sharm.

Thank you, Jaya, for your devotion, wisdom, time and energy to help me keep my mind positive and my body moving. Your generosity to Regency and to me is so appreciated. Love, Toby



Toby

We greatly appreciate your volunteer services for Yoga classes. We learned and are implementing yoga and meditation that helps us to relax, gives us peace and increases flexibility of our bodies. Jaya



Sadhana

patiently teaches and describes yoga during this class.

Thanks and regards, Rajan and Sadhana.



Rajan

I have been attending Jaya's yoga classes for several years, and each week I look forward to these sessions. I started with mat yoga, which I had been doing for many years before moving to Regency. When knee issues got in the way, I switched to Jaya's chair yoga - which believe me, is in no way less strenuous, just kinder to the joints. Much of this is done in a standing position, and Jaya constantly reminds us to go at our own pace. "Listen to your body," is her mantra. In addition to guiding us in the poses, Jaya's classes include meditation and deep relaxation, which I practice daily at home as well. The combination of all these techniques brings a sense of calm, strength and well being, and promotes positive physical and emotional health. Now as we practice remote "quarantine" yoga, Jaya delivers the same disciplined yet fun sessions in which, no matter where we each are, she ensures a sense of real closeness among her regulars. Thank you Jaya! Etta



Etta

Yoga has been very helpful during this crisis. For me, the deep relaxation has been excellent, and what I call the LSD (long, slow, deep) breathing is wonderful. Audrey Flumen

## Adirondack Adventures

Photos submitted by Warren and Leslie Gifford

By Warren & Leslie Gifford

The Adirondack Park in upstate New York is the largest publicly protected area in the lower-48. It is larger than Yosemite, Yellowstone, Glacier, Grand Canyon, and the Great Smokies National Parks combined. The park is a unique combination of private- and state- owned land. Development is closely controlled by the Adirondack Park Agency and much of the area is designated Forever Wild Forest. Within its boundaries are 46 peaks over 4,000 feet and anyone who has climbed all of them is fondly known as a "46er." There are also nearly 3,000 lakes and ponds and thousands of miles of rivers and streams. Warren's family has been vacationing in the Adirondacks for generations. His great-grandparents camped on a lake there, including in 1922 when this photo was taken.



His father remembered camping there with his parents and brothers. The only way into the secluded lake where his family liked to camp was via train. They loaded their camping gear, including a big aluminum canoe, into the baggage car of the train and told the conductor where to drop them off at the head of the lake. When it was time to leave again, Warren's dad would climb onto the tracks and set a flag, a mile up the tracks, telling the train to stop. Warren's parents took him camping there when he was young, at that point being able to drive to the campsite. Warren introduced Leslie to the area, and we brought our daughters camping there as well. When it

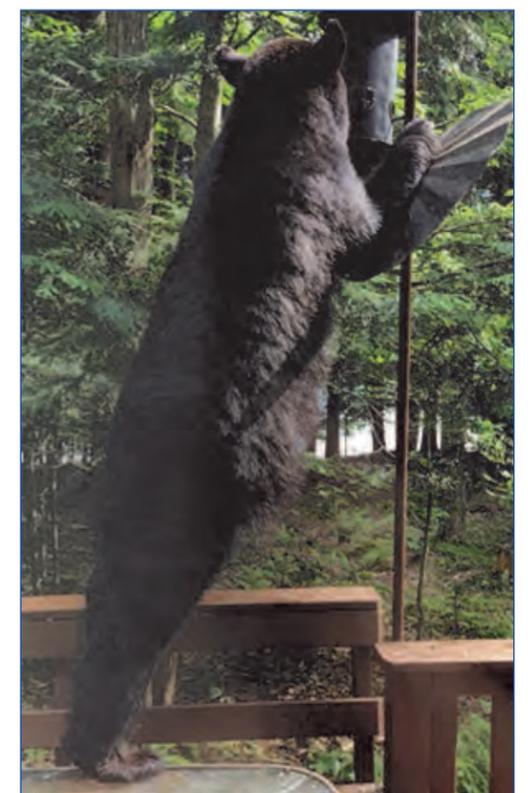
was time to retire, we decided to buy property in the Adirondacks to build a second home. Unlike the snowbirds, we enjoy the beautiful snow there in the winter.

And we like getting out of the New Jersey heat and humidity in the summer. Though we really notice the warming climate as the summers there get hotter and hotter. During the summer of 2018 we actually had times where it was too hot to be out on the water and we had to sleep in the basement because of the heat. When our home was built 15 years ago one would never think of including air conditioning since the temperatures were so moderate. We do some hiking but mainly we love to kayak.

We often paddle, hike, and party with a group of friends. Fortunately, paddling naturally supplies social distancing, although we have to be careful at



lunch. The views from the water can't be beat. And sometimes we paddle for a while and then take a hike for a great view.



There are beautiful wildflowers, including the lady slipper orchids, above right, that appear in early June. One of our favorite hikes takes us past thousands of them in one small area.

We enjoy the wildlife too, though sometimes they get a little too close for comfort. Once in a while bears are attracted to the bird feeder. This one brought her two cubs along as well.

# Regency Creates



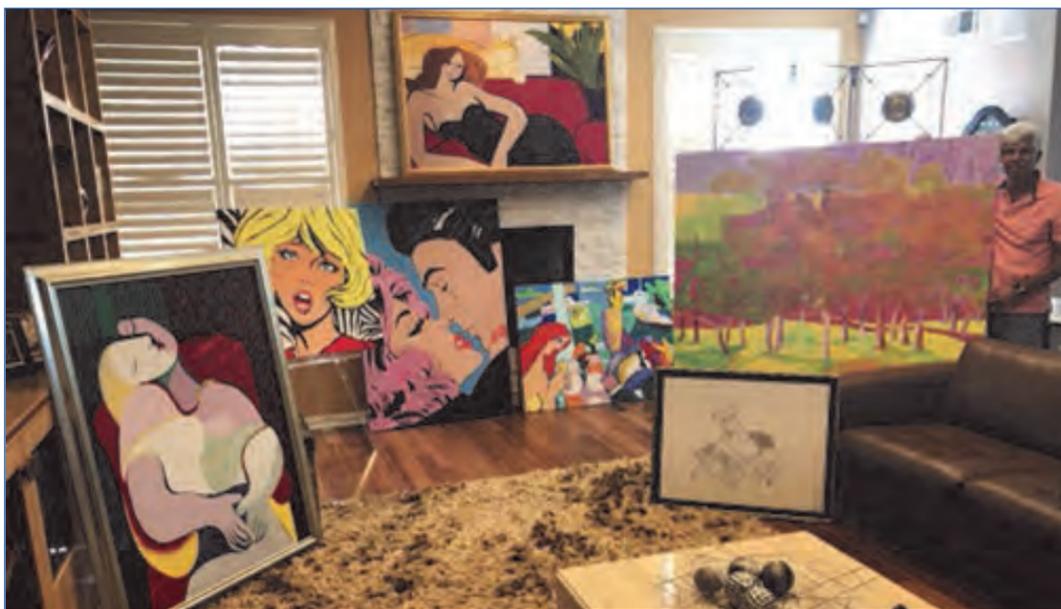
Original painting by Carol Kortmansky.  
Photo by Carol Kortmansky



Cheryl Hand says, "I finished painting this for my new Grand Niece Eliza."  
Photo submitted by Cheryl Hand



Ron Post's incredible Popsicle Stick Art. Above left, Lakefront Mansion with Roof Garden, on right, Regency Mall.  
Photos by Ron Post

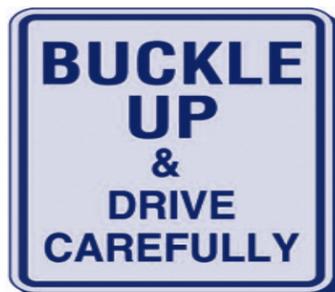


Above, Charles Kaplan proudly displays some of his original art.  
Photo submitted by Charles Kaplan



On left, original painting by Carol Kortmansky.  
Photo by Carol Kortmansky

**Single Stream Recycling**  
Mixed recycling is now collected each Wednesday. All recyclables (paper, bottles, cans, plastic, etc.) can be placed in the same container and put out each week.



# Regency Blooms

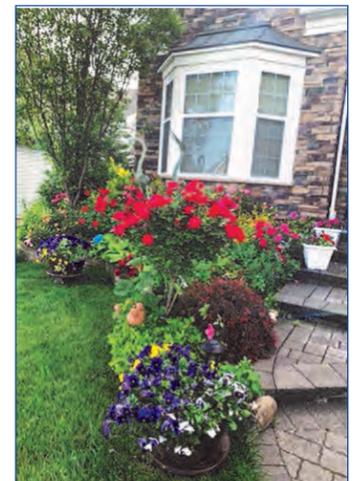


Nina Wolff's front garden.

Photo by Nina Wolff



John Ingrassia explains: The red flowers are Amaryllis. I have them about eight years and put them in the basement every winter. They are from bulbs and go dormant all winter. I started with two but each year they have babies, now I have six and they live approximately 70 years (yes, that's right, about 70 years). I get two blooms a year in December when I bring them up for Christmas for about four weeks and then they go to sleep again until June for four weeks. Then they go back down again and have more kids.



John Ingrassia's beautiful front garden.

Photos (L-R) by John Ingrassia



More of John Ingrassia's gorgeous flowers.  
Photo by John Ingrassia



An unusual ceramic frog keeps watch over Patti Segal's garden.  
Photo by Leon Segal



Patti Segal's front flower garden. Patti says it helps keep her sane in time of Covid.  
Photo by Leon Segal



Nina happily starts each day with a walk and then tends her garden, which keeps her grounded in beauty all day.  
Photo by Nina Wolff

**REGENCY SOCIALLY DISTANCES AND STILL HAS FUN!**



"In Book Clubs."

Photo by Arleen Panson



Lunch in the time of social distancing.

Photo by Kieve Kortmansky



Suzanne and Allan Friedland's Miniature Schnauzer, Smokey, Zoomed with his aunt.

Photo by Suzanne Friedland



Regency friends at Monmouth Park

Photo by Billy Langer



The Women's Group Board and Committees, above and below, held a meeting under the trees in Thompson Park. It was wonderful!

WG photos by Susan Sloan



Linda and Marty Kamins social distanced with this "Golf Buddy." Linda says, "The snake was looking for a Hole-in-One." Photo by Linda Kamins

*For Display Advertising*  
**In Regency Reporter**  
Contact  
**Princeton Editorial Services**  
P.O. Box 70  
Millstone Twp., NJ  
08510  
732-761-8534  
[pescmd@aol.com](mailto:pescmd@aol.com)

**CLASSIFIED ADVERTISING**

**Home Improvement & Services**

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

**Miscellaneous/ Services**

**FOREVER YOURS LANDSCAPING, INC.** – Landscape and maintenance. Rocks, mulch, pavers, power washing. Owner operated. Fully insured. Free estimates. License #13VH05891100. Call Frank (732) 284-1692.

**House Cleaning**

**HENRYKA'S CLEANING SERVICE** – Professional house cleaning. Quality work. Call (609) 586-0806.

**Help & Health Services**

**ANNA'S HOME CARE** – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver's license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 409-1600 or (908) 337-7462.

**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.

**Wanted to Buy**

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



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

**Thank you!**

**MONROE TWP. FIRE DISTRICT #3**

**AT YOUR SERVICE, ANYTIME.**  
[www.mtfd3.com](http://www.mtfd3.com)  
609-409-2980



**Recycling**

Mixed recycling is now collected each Wednesday. All recyclables (paper, bottles, cans, plastic, etc.) can be placed in the same container and put out each week.

**CLASSIFIED Ad COUPON**

*Check those publications that apply:*

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

Check here for all seven publications

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

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

**RATES**

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

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

**No discounts apply. All ads must be mailed with payment.**

**No classifieds accepted by phone or email.**

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

• State category/heading, i.e., "For Rent", "For Sale", "Help Wanted." You will not be charged for the heading.

• One check or money order must accompany insert.

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

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

Name \_\_\_\_\_

Tel. # \_\_\_\_\_

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

PLEASE PRINT YOUR AD ON 8.5 X 11" PAPER



# World-Class Vehicles by **Audi** World-Class Service by Ray Catena®

**Audi**  
**Q5**



## TAKE ADVANTAGE OF EXCLUSIVE OFFERS AT RAY CATENA AUDI FREEHOLD

This summer, let every adventure begin in a new Audi Q5. Test-drive the Q5 and discover luxury driving and performance unlike any other SUV.

Visit Ray Catena® Audi Freehold to view our full line of Audi sedans, coupes, SUVs and convertibles, and experience a level of customer service as exceptional as the vehicles we sell. Be sure to ask about our Price-Match Guarantee.

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

**Audi Freehold**  
Ray Catena® Dealership Group

3561 U.S. 9, Freehold, NJ  
732-810-8000  
AudiFreehold.com



**Richard Majewski**  
General Manager  
Regency at Monroe  
Resident

**Audi**  
Magna Society Elite  
2019 Award Recipient

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

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