

# REGENCY REPORTER

VOL. 20, No. 9, SEPTEMBER 2023 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



*A joyful group of the new Russian (Svoboda) Club members at a recent meeting.*  
Photo submitted by Galina Feygin



*An excited crowd of Regency friends and neighbors anxiously awaiting the start of Bye Bye Birdie at the Kelsey Theater.*  
Photo by Allan Ellis



*The 2023 Mayor's Cup Basketball Team members, from left: Roger Dantoni, Vinnie Berry, Jim Florin holding the ball), Don Muchinsky, Jay Gumnick, Bob Schaffter, and Mozey Ghaffari.*  
Photo by Tom Cullen



*The Greenstein's and the Flumen's at the Grand Hotel on Mackinaw Island in Michigan.*  
Photo submitted by Lou Flumen



*Anil Shah (center) and friends at the combined Regency Indian American Group and Stonebridge Indio American Club's picnic.*  
Photo by Rajesh Kapadia



*Members of the Regency Singles enjoying a Texas style BBQ.*  
Photo by Barbara Lemberger



*Linda Mail (left) with Ruth Gaswirth and Peter Mazzeo, who sang the Barry Gibb songs at the Bee Gee's concert.*  
Photo submitted by Linda Mail



*Natalie Rogovin and Steve Tenzer standing by Ottawa, Canada's Rideau Canal. In the winter, the water level in the canal is lowered and with the frigid weather the canal turns into the world's largest ice skating rink.*  
Photo submitted by Steve Tenzer



*Claire Castellanos outdoors with her famous basketball players picture. Her grandsons can't wait to hang it up!*  
Photo by Renée Horowitz





The New York Bee Gees Tribute Band at the Clubhouse.

Photo by Steve Wandy

## From the Entertainment Committee



By Linda Mail

### The New York Bee Gees

The New York Bee Gees Tribute Band is comprised of Peter Mazzeo (Barry), Tom Flyntz (Robin), Manny Focarazzo (Maurice), Tammi Wolfe (female lead and background vocals), Peter Lazos (drummer), and Mike Flyntz (lead guitar and background vocals). Some of Long Island’s most versatile and exceptionally talented players, the band in-

cludes present or former members of acts including: Queen, Herman’s Hermits, Meatloaf, Riot, The Alan Parson’s Project and others.

I thought I was back in the 70s as I sat in the audience. Peter Mazzeo’s falsetto was almost as good as Barry Gibb and sustaining it for two shows was no easy feat. The band offered all of the classic seventies disco hits from *Stayin’ Alive* to *Night Fever*, while embracing their early works such as *To Love Somebody*, *I’ve Gotta Get a Message to You* and *Massachusetts*. Tom Flyntz (Robin) did a fabulous job singing *Massachusetts*. The New York Bee Gees delivered songs from every decade of the Bee Gees catalog with powerful vocals and music. They also included songs by their brother

Andy Gibb and songs written by them for other artists.

The Regency audience clapped and sang along to many of the numbers. The band members really encouraged this participation. My personal favorite was their last song, which had me up and dancing in the aisle. I totally agree with the title of that song - *You Should Be Dancing* -Yeah!

We are so fortunate to have Kori, Stephanie, their staff, and the Entertainment committee! We live in a community that has so many wonderful shows and events! There are a great number of us that are so appreciative of this and are thankful we live here!

## Fruits of Our Lives

(not the pits)



By Christiana Barone

### 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).

## Condolences

The Editorial Board of the *Regency Reporter* and the entire Regency community send sincere condolences to Alan Rockoff and Family on the loss of his beloved wife and our dear friend and neighbor Joy and to Vivienne Rubin and Family on the passing of her beloved husband and our dear friend and neighbor Danny.

## A Note from Your Board of Trustees

By Alton Kinsey

Hello Regency friends and neighbors. We went through a very hot summer. During the month of July, we endured sustained temperatures of close to 100 degrees. Fortunately, there was a break in the sweltering heat in August. During times of activity and heat exposure, please remember to drink lots of water, wear light weight garments, a hat, and a cooling towel. We cannot over emphasize this point. Stay hydrated and if you are feeling light headed sit down in a cool place. If necessary, alert someone and put your head between your knees. Heat exhaustion and stroke can occur when you least expect it.

Title 39 was signed into law in June. Title 39 allows a police presence in Regency and several other communities. Title 39 allows the police to issue moving violations for speeding or not heeding to a STOP sign. Several residents have already received a warning for failure to stop at a STOP sign. Now that the trial period is over, a summons will be issued. So please obey STOP signs and speed limits. And please do not stop your vehicle in the middle of the street to talk to your friends and neighbors. Everyone’s safety is our main concern.

In response to several requests from residents, the café is open on the weekend from 9:00 a.m. to 3:00 p.m. However, patronage is sparse and Tuscany is not meeting its payroll. Please let us know what we can do to attract more residents to the café in order to justify keeping the café open on the weekend.

The Board has heard from the community that the Clubhouse needs to be updated. Many residents would like the Clubhouse to have a more contemporary look. Within the Reserves, there is designated money for the maintenance and



upkeep of the Clubhouse. The Redesign Committee visited local communities and spoke with several designers. Based on the committee’s observations, community input, and the suggestions of a designer (yet to be selected), the committee will create and share a proposed plan to update the Clubhouse within budgetary constraints. The distribution of funds decisions is made in concert with the needs of the entire community and the Reserve study timeline. Our fiduciary obligations require the Board to be mindful of the useful life of property (i.e., furniture, carpeting, fixtures, etc.). Money for the Clubhouse project will need to come from the Replacement and Capital Reserve line-items. This project will probably need to be carried out in several phases. Once the requirements of property replacement are determined, funding will be appropriated according to the phases and length of the project.

To expand communication between the Board and the homeowners, we will be holding our Board workshops once or twice a month in the Clubhouse Ballroom. We want to let you see how your Board operates and some of the issues that present themselves to us. Homeowners may attend as observers only and may not participate in any discussions.

The Board wishes you a safe and healthy upcoming fall season

## HOA Events

September

- Friday, September 1 – Labor Day Hot Dogs and Music
- Saturday, September 2 – Carole King Tribute Band
- Friday, September 8 – Gary Roth’s Trivia Night
- Sunday, September 24 – Coffeehouse Experience

## 2023 Public Board Meeting Schedule

All Public Meetings will be hybrid  
Held in the Clubhouse Ballroom and via Zoom @ 6:30pm

Wednesday,  
September 13, 2023

Wednesday, October 11, 2023  
BUDGET PRESENTATION

Wednesday,  
November 16, 2022  
Budget Presentation if not previously approved in October

December 2023  
Wishing everyone a joyful holiday season and Happy New Year

## REGENCY REPORTER

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732-761-8534 - pescmd1@gmail.com

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

### Please E-mail your materials to:

NINA WOLFF E-mail: 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.

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# Up Close and Personal

By Barbara Bickel (\*\*)



## September Birthdays

1 - Barry Magid/Iris Nagel/John Palmer/Sheryl Siegel  
 2 - Joyce Fisher/Lance Greenberg/David Mail/Art Rothchild/Annette Stewart/Myrna Teicher  
 3 - Larry Kaye  
 4 - Barbara Cohen/Robert Coniglio/Mitchell Grossman/Robin Hurewitz/Carole Miller/Ellen Shube/Joan Weidhorn  
 5 - Audrey Flumen/Heidi Massey/Bev Ross/Renata Rozenfeld  
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 7 - Dick Ash/Craig Cadmus/Sam Kowalski/Helene Scherling/George Steinberg/Dorothy Stevens  
 8 - Celia Argiriou/Louise Forrar/Beth Howard/Shelly Ludwig  
 9 - Donna Keller/Teresa Tartara/Paula Tesoriero/Annette Toscano/Peter Warren  
 10 - Sue Silverman/Ira Weissman  
 11 - Susan Catelli/John Davis/Andrea Wexler  
 12 - Shep Astel/Rena Cautin/Ina Weinstein/Marvin Weisman  
 13 - Herbert Goldstein/Marty Kornfeld/Robert Maccia/Mary Jo Sherman/Sherry Vitanza/Linda Willner  
 14 - Glenn Tringali  
 15 - Gary Austein/Paul Namm/Ron Post/Roz Shein/Gary Silverstein  
 16 - Florence Codner/Ellen Gresack/Marty Kamins/Beverly Lerner/Margaret Lewis/Barbara Molinaro/Natalie Rogovin/Marie Tresco  
 17 - Harry Greenberg/Mark Hurewitz/Gail Maloof/Jack Moss  
 18 - Angela Bruno/Al Ross/Davis Smith

19 - Judith Folkes/Nina Guinello  
 20 - Ellen Barrie/Marta Berkowicz  
 21 - Ken Adel/Alice Alper-Rein/Haren Master  
 22 - Steve Avallone/Paul Barbakoff/Lou Gerber/John Harris  
 23 - Estelle Firestone/Bob Kay/Barbara Lemberger/Ellen Rosenthal/Phyllis Schaffter/Sanford Schey  
 24 - Dorothy Davis/Arlene Fradkin/Linda Jacobs/Fran Lehrfeld  
 25 - Harold Lebowitz/Stanley Levine/Patti Segal/Neil Wendel  
 26 - Bruce Liderman  
 27 - Jerry Berger/Anne Haback/Susan Kane/Eunice Pike/Diane Pladdys/Libby Salvo/Stam Wallerstein  
 28 - Lloyd Grossman/Randy Horowitz/Robert Johnson/Isaac Levy/MaryAnn Maida/Richard Meyerowich/Dominick Ripillino/Kathy Schiano/Michael Stein  
 29 - Cheryl Abatiello/Sarah Calvacca/Edward Parsons  
 30 - Alan Braxton/Peter Catelli/Eileen Feinberg/Eugene Francis/Ellen Glenn/Debra Harmon/Phil Sloan/Rita Zeitman

## September Anniversaries

1 - Ettie & Ralph Borenstein/Joan & Allan Edelman/Anita & Michael Kendal/Arlene & Mort Pullman/Sheila & Harold Solat/Geri & Harold Starker/Shelly & Howard Wichansky  
 2 - Marcia & Art Cooper/Joan & Barney Silver/Roz & George Steinberg  
 3 - Eunice & Jeff Pike  
 4 - Rachel & Harry Borenstein/Arlene & Hy Grossman/Toby & Jules Weissman  
 5 - Phyllis & Doug Poye/Wendy & Alan Strauss/Tina & Michael Vider  
 6 - Carol & Sam Kowalski  
 7 - Linda & Aaron German/Susan & Ronald Kane/Iris & Steve Nagel/Anne & Steve Schuman  
 8 - Mona & Robert Ascher/Sybil & Ken Manzar/Roberta & Peter Provda

9 - Barbara & Jay Guskind/Dorothy & Bob Stevens  
 10 - Barbara & Jack Batapaglia/Ethel & Ted Shuster  
 11 - Tina & Richard Allen/Gail & Alan Herman  
 12 - Ilene & Morris Ashkenazy/Grace & Michael Caraccio/Ellen & Barry Glenn/Shelly & Gary Rothy  
 14 - Harriet & Doug DiSalle/Cheryl & Steve Frazzini  
 15 - Estelle & Al Firestone/Rosemarie & Arthur Rosen  
 16 - Candace & Steve Schweitzer  
 17 - Lucy & Frank Molfetta  
 18 - Ronnie & Steve Girshek/Molly & Bob Kalomeer  
 20 - Shay & John Reisert  
 21 - Ellen & Jeffrey Barrie/Ruth Ellen & Sidney Weiss  
 23 - Tracy & Richard Maccia  
 24 - Genia & Howard Beeferman/Melissa & David Gelfman/Michele & Bill Palmieri  
 25 - Christiana & Mario Barone  
 26 - Marlene & Fred Barbieri/Glynis & Steve Rich  
 27 - Patricia & Pat Flynn/Gail & Steven Silverman/Maryellen Smith & Willi Fuellemann  
 28 - Christine & Brian Crandall  
 30 - Nancy & Bill Begley

(\*\*) Are your dates incorrect? Are your important dates not listed, or if you see names of people who no longer live here, please let me know, so it can be fixed.

Thank you so much!  
 (barbick132@aol.com)



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- ✓ Numbness
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- ✓ Burning or tingling
- ✓ Difficulty sleeping from leg or foot discomfort
- ✓ Muscle weakness
- ✓ Sensitivity to touch

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## PERIPHERAL NEUROPATHY

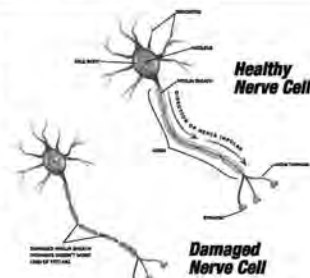
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

### NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

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

### HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

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



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The Regency Women's Group



Film Critic Dan Hudak was the guest speaker at the Regency Women's Group meeting on August 14. The attendees enjoyed hearing his perspective on favorite films. Photos by Barbara Wilner

**By Barbara Wilner**  
Hello and happy beginning of fall to all. The Women's Group had a great spring and summer season highlighted by The Making of Billy Joel in May, our June Celebration of the Guys in our Lives and July's Canasta Tournament. We thank all for

your participation and generous thanks. At our August meeting we welcomed film critic Dan Hudak, which took place after the required newspaper deadline. A report on what promised to be a most interesting evening will be written next month, but you can be assured that he



wowed us with wonderful incites into favorite films and their stars. We look forward to having him back with us in the future."




We will be having an expanded September meeting where members can each bring a guest. Men are welcome, as we learn about all that goes into producing *60 Minutes* from long time producer Ira Rosen. We are very excited to be planning our October gala, showcasing Flamenco dancers and an authentic Spanish dinner. *Ole!*

Now we need to do some housekeeping. As per our by-laws, all Women's Group Board positions are held for two years. Positions include President, Membership VP, Special Events VP, Programming VP, Treasurer, Recording Secretary, Corresponding Secretary, and Parliamentarian. A nominating committee had been formed. We ask any member interested in being considered to contact either Sylvia Fleischer or Marilyn Jaclin before September 15. Their numbers can be found in the Regency Directory. Our next Board will be inducted at our event on October 9. We will have had so much to report and hope to have you with us to enjoy it all!  
Till next time...

- Women's Group Events**  
Monday, September 11 –  
Ira Rosen, *60 Minutes* Producer  
Monday, October 9 –  
Membership Dinner  
Monday, November 13 –  
BINGO  
November/December –  
Holiday Drive  
Monday, December 11 –  
Holiday Get Together

- Regency Yiddish Club 2023 Events**  
September 10  
Klezmer Band  
September 25  
Break-the-Fast 6:00 p.m.  
with the comedy of Larry Donsky  
October 29  
Breakfast Program 10 a.m.  
Lisa Sherman Singing  
Music by Jewish Composers

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# Men's Club Happenings

**By Sheldon Piekny, President**  
It's a new year for the Regency's Men's Club. Thanks to Steve Rich for keeping the club active now and during the pandemic. Thanks also to the Board: Al Marandola, VP of Entertainment, Mike Drobnis, VP of monthly meetings, Steve Tenzer, Treasurer, Charlie Berhang, Secretary, and past Presidents, Steve Strauss and Allen Glassman as well as the entire entertainment committee. Special thanks to Allan Ellis on doing flyers for all our events. I

look forward to working with them in making all our future events enjoyable and exciting.  
This month we still have our trip to Ellis Island and the Statue of Liberty.  
We will also hold as our annual breakfast, which will be catered by Sir Ives. Entertainment will be comedian Marion Grodin. Remember, dues are due September 1, 2023! I hope to see you all for an exciting year to come.  
**Men's Club Events**  
• Friday, September 27 - Ellis



Island and Statue of Liberty  
• Sunday, October 22 - Annual Breakfast  
• Monday Movie Night - the second Monday of each month with an option for dinner  
\* Events will be added as they become available

## The Men's Club Trip to the Kelsey Theatre



The Regency crowd milling about in the Kelsey Theater lobby.  
Photo by Allan Ellis

**By Allan Ellis**  
Saturday, August 5, 2023, at 8:00 p.m.  
Kelsey Theater SHOW TIME!  
“We love you Conrad, oh yes we do” already rolling over in

our heads and so began the show,  
**BYE BYE BIRDIE**  
Thirty-seven of us gathered in the lobby waiting to get to our seats. We milled around and looked at the boards that

showed some of what we would be experiencing shortly like all of those familiar songs that most of us sang along with once the show started; from the opening song *An English Teacher* sung by Rosie (Danielle Slaboda), and *How Lovely to be a Woman*, by Kim (Shealyn Davis), *One Last Kiss* by Conrad (Hudson Waller), to the closing song, *Rosie* sung by Albert (William Augustin) and Rosie. *The Telephone Hour* was delightful as the chorus was great! The audience definitely enjoyed this production by the **Yardley Players** as demonstrated by their enthusiastic applause at the final curtain. I, for one, am certainly looking forward to next season's schedule (2023-2024) at The Kelsey and hope you are as well.

## The Regency Men's Club Goes to the Races



The Men's Club took a trip to the Races, from left: Jeff Strauss, Sheldon Piekny, Jerry Weinberg, Richard Greenberg, Larry Kaslow, and Charlie Berhang.  
Photo by Al Marandola

**By Jeff Strauss**  
Cliberty, Cliberty, Cliberty, Clop. Monmouth Raceway, that's the spot. On August 11 the Regency Men's Club went down to Monmouth Park Raceway. As we entered Monmouth Raceway, we were given a racing program and a pen. We then proceeded to the Omnibus Box located on level P-3. As we proceeded to the Omnibus Box we passed the betting center, which was set up right outside the Omnibus Box so we could start betting just as we entered our private room. The Omnibus Box was laid out so conveniently. Our tables were located by the large picture windows overlooking the finish line. A

large monitor was on the wall in the room so we had a choice of watching the races by the windows or on the monitor on the wall. Our buffet was located at the rear of the room where there was an abundance of food for everyone. The choices for the main course were numerous and appealing to all our Regency guests.  
Post time for the first race was about 2:00 p.m. and by that time we were all sitting around, having lunch, schmoozing and handicapping the races. Since the betting desk was just outside our room it made it easy to get from our table to the betting desk. With all the kibitzing and

laughter going on it seemed that everyone was having a great time. This year the weather was a balmy 80 degrees, and we all appreciated the air conditioning working so well. The attendance from Regency residents participating in the Monmouth Raceway event was great and really enjoyed our time together.  
I must congratulate Charlie Berhang for setting up this event. He did a fantastic job. Charley asked me to help him with the event and it was a pleasure. The picture included with this article were taken by Albert Marandola and he did a fantastic job as usual.

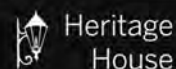
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Carol Feldman leading the line dancing at the Texas BBQ.  
Photo by Barbara Lemberger

# Singles Mingle

**By Barbara Lemberger**

Two steps forward, two steps back, kick! Oh, what a night! Coral Feldman taught line dancing at our Annual Single’s Barbeque. It added a western flair to the evening. Sangria, chips and salsa were followed by a classic Texas style barbeque. Everyone enjoyed brisket, ribs, and chicken along with mac and cheese, corn on the cob, and a variety of wonderful salads. Dinner was capped off with individual fruit pies and ice cream, which were the biggest hit of the evening. Special thanks go

to Fran Plisko, Rheva Katz, and Lucille Springer for all their work in planning and running this wonderful evening.

On August 27, a group Singles ventured to Avon-by-the-Sea for an afternoon at the beach. Although it was too hot to spend time on the beach, they had a wonderful al fresco lunch with

gorgeous views of the Ocean at the Promenade Restaurant. After a bit of wandering, they made their way to Spring Lake for ice cream at Hoffman’s. Yum! There are many more exciting events planned in the upcoming weeks including an Eagle’s Tribute Band Concert at Mercer County Park and a Day at the Races.

# Calling All Veterans

**By Harry Herbst**

It is with much pleasure, and I am happy to report that the Regency Veterans Support Group is back on track. Thirteen veteran residents attended our ‘Kick Off’ meeting. The discussion generated many different ideas, thoughts, and values, of what we, as Veterans, need to accomplish. We intend to go in the direction of a service organization, to support our Veteran brothers and sisters. Our door is open to all Veterans of all genders, which makes us unique. Many of our Regency Veterans served during the Vietnam era, and we thought it would be appropriate to have some recognition at the Vietnam Veterans Memorial in Holmdel. Our Veterans community also includes a rehab and nursing home facility in Menlo Park, Edison. There are residents there that served during WWII, Korea, Vietnam, and the Gulf War. It would be our privilege to make periodic visits that would include barbecues, bingo, and other various appropriate recreational activities. I would be remiss if I did not state that our community has the honor to include a resident

who is a World War II veteran and who brought value to our discussion.

A “HOT” subject included benefits that are available to Veterans that served honorably. Our future meetings will include a specialist from the Veteran’s Administration who will be able to inform our veterans about eligibility. It was mentioned that the Veteran’s Administration is now “friendlier” and more sensitive and accessible to the Veterans’ needs, since some Veterans mentioned that some of their previous experiences were less than favorable. Some of the Veterans mentioned that they have experience with the Veteran’s Community Care program, and we intend to invite a representative from that program to inform and educate us.

We are having our next meeting Thursday, October 5 at 6:00 p.m. at the Tennis Pavilion and look forward to having more Veterans attend. Please do not hesitate to contact me with any questions. My number is in the Regency Directory. Please support our Regency Veterans Support Group.



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# The Regency Car Club

By Peter Nelson

## It Was a Sports Car

It wasn't a dark and stormy night; it was a beautiful August day. I was traveling down the Jersey Turnpike in a vintage sports car, cruising comfortably at about 75mph with the top down. I had no cares that day, nothing in particular on my mind and not much traffic either. Down south around Exit Two, I remember coming upon a slight incline and increasing my speed when the trip was suddenly interrupted by a loud BANG! And then bang, bang, bang with an accompanying loss in power. I exclaimed something like, Holy Cow! And thought under my breath, what the hell was that? I was taken by surprise and completely shocked. I don't remember panicking because the car was under control and there were no other vehicles on the road with me. So, there was no problem getting the car over to the shoulder and safely off the highway. It was the suddenness of it all. And the sound of that first BANG! Not to mention the fact that I was alone on the side of the road, with no hope of proceeding and no one around to allay my concerns or calm my nerves. Or to suggest that maybe everything would be all right. Even though I wouldn't have believed them, some company would have been reassuring.

Well, the shock soon subsided, but it was followed by a pervasive sense of doom and gloom. That was worse. I didn't know at the time exactly what had happened, but I knew it was trouble. Big time. I walked up a grassy embankment, looked down at my little British car sitting on the side of the highway and had a few hours to think about the extent of my problem. I called my mechanic from under a shady tree. He was a local south Jersey guy but he wasn't allowed to operate on the Turnpike. So instead, I arranged some help from an authorized towing firm who flat

bedded the car to his shop. My father and brother were on their way to pick me up. Later that evening, a few cocktails and a good dinner with my family provided the needed consolation. Whatever it was that had gone wrong, I'd handle it. Just had to wait and see the extent of the damage.

A day or so later I received the news. A connecting rod had broken loose in cylinder number one. I had "thrown a rod" and the pieces had cracked the engine block. The engine was toast. *No es bueno. Esto es Muy Malo.* Basically, the rods connect the pistons and the crankshaft, there's one in each cylinder of your car's engine. They move the pistons up and down, which compresses the fuel and air mixture at the top of each cylinder. The spark plugs then fire, igniting the gas and causing a small explosion. The explosions (combustion) generate energy that is transferred to the crankshaft and causes it to turn. The crankshaft is connected to

the transmission. So, when the crankshaft turns, the wheels do too. They say you may hear a knocking sound before a connecting rod goes but I don't recall hearing one prior to the big bang or getting any warnings that something disastrous was about to happen. The oil pressure was not unusual. Engine compression was an unknown as it hadn't been recently checked. But it had never been an issue in the past.

As the story unfolds, there was a silver lining of sorts. My mechanic happened to have a car just like mine (a newer model too) in his back lot. It had been wrecked in a recent accident but the engine was not damaged. After some negotiation I ended up purchasing the engine, the overdrive unit, the seats and convertible top. Add that to the mechanic's labor fees and I was soon back on the road with a stronger engine plus a few needed extras, all at a fairly

reasonable cost. I had to wait a few months for the work to be completed, but I had caught a break. And for the most part, everything did turn out alright. I'm still driving and enjoying that car today. Through experience I have learned a thing or two about mishaps and maintaining vintage sports cars, it's best to be proactive. Also, on the other hand, I've found that it's always going to be something, so I just address the problem and move on. I focus on the pleasures of driving them. What else is there?

I think I'm now on sports car number six, and I expect they'll be a seventh, maybe even an eighth. Only one wife though. They'll be no comments with regard to mishaps in that area. But would you like some closing advice with regard to general upkeep and routine maintenance? Stay in touch with your mechanic and your doctor. Keep a watchful eye on things and don't put off regular checkups. Doing so will help keep both you and your car running well and traveling down the road for a long time to come.



Peter Nelson's TR 6 1975.

Photo by Peter Nelson

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# The Cocktail Revolution

By Barbara Winograd

The revelers of the Regency Cocktail Revolution had a busy summer of libations and celebrations. The first six month session of the club toasted its success with a grand Texas barbecue catered by Local Smoke with pulled chicken, brisket, mac and cheese, cornbread, Brussels sprouts, salads, pigs in a blanket, and spanakopita, along with a celebratory ice cream cake and pastries. The feast was only outdone by an array of frozen drinks crafted by Travis of Yorktown Liquors including Strawberry Daiquiris, Watermelon Mules, Frozen Sangria, Pina Coladas, and Mudslides. We learned that frozen drinks began with margaritas and the invention of the Waring blender. In the 1950s and 60s, this exploded with Pina Coladas and Mudslides. Dallas, Texas had the first dedicated Margarita and the alcohol-infused frozen concoctions grew in popularity at social clubs and seaside bars.

On August 1, a new group of three and six month members were treated to the cocktails of Europe. Cocktails of Ireland, France, and Italy were aptly paired with hors d'oeuvres. From France, the Kir and French Connection cocktails were paired with French cheeses, macarons, and pastries; from Italy, Aperol Spritz and Limoncello paired with meatballs, Burrata cheese and tomatoes, antipasto, and cannoli; and from Ireland, white cheddar cheese with hot pretzel bites and dips.

Again with the mixology and historical talents of Travis from Yorktown Liquors, we learned that liquor wasn't invented, but discovered with the natural fermentation of sugar grapes. Europe has a deep history in the evolution of cocktails. Monks were the first to put it in bottles and medicinal herbalists added spices and herbs to enhance the anesthetic properties of what we know as cordials. The Renaissance saw the widespread distillation of gin and brandy. The medicinal properties of lavender for stress, turmeric for inflammation, ginger for digestion, and elderberry for colds were valued additives.

England and Ireland saw the rise of the wealthy and intellectual drawn to bars and social clubs to enjoy whiskey, gin, and vodka cocktails made by "bartenders" with new cocktails to lure them in. In France, cocktails were elegant; in Italy, cocktails were medicinal gastronomic aids; and in Ireland, cocktails were part of the rise of the pub culture. The advent of colonization brought the concept of the cocktail to other countries and



Travis of Yorktown Liquors getting ready to mix up some frozen drinks.

Photo by Barbara Winograd

received their burgeoning array of ingredients with medicinal properties. Cognac was rich in antioxidants and touted as an anti-inflammatory. Cassis and Aperol from bitter rhubarb were digestive aids and juniper from gin had healing properties for the kidneys. One could truly drink creatively and feel good about it.

A rowdy crowd went on at the end of the evening identifying the country of origin of 70 liquors with the highest scorers battling it out in a fun competition of musical chairs. Patty Sylvia Smith was the winner and took home a \$50 gift certificate to Yorktown Liquors. We are all eagerly looking forward to our next night of libations and socializing in September.



Members of the Cocktail Revolution Club having a marvelous time!

Photo by Georgette Bruno

# The Regency Italian American Club

By Annette Valerio  
Trivia Italiano

On Friday evening, July 28, The Regency Italian American Club held its first Italian trivia night. As everyone entered the ballroom, they were greeted by Board members at the door, as the cheerful Italian song (Bella Ciao) was playing. It was a chance for all of our members to test their knowledge of everything Italian from history, to movies, to music, to the language itself. The winning table was presented with gift cards to Fresco's Italian restaurant as the prizes. The event was attended by 150 Regency Italian American Club members,

which is half of our membership. What a great turnout! Everyone left the ballroom in great spirits and knowing a little more about Italy and its culture thanks to the hard work of the club Board members who worked really hard to put this event together. Thanks to Bella Italia, the food we served was delicious and plentiful. We had sandwiches and salad, and a yummy crumb cake provided by Abbate bakery. All this was free of charge to the membership.

I hope every one enjoyed the August general meeting, horse race, and the refreshments that were served.

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## Hadassah Highlights



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By Carol Kortmansky  
Karen Ross, President

A prayer for the future of Israel in these times of turmoil and uncertainty:

*Let Israel stay safe and her future be bright!*

We would like to welcome Lori Schwartz and Phyllis Bierig, who have recently become new annual members of our chapter. In addition, thank you to Jayne Novison for renewing her annual membership. Thanks to all of you. We look

forward to seeing you at our exciting events.

Our meeting, on Monday, August 7 in the Regency Ballroom, featured speaker Tim Boyce, who annotated and wrote a new introduction to *From Day to Day, One Man's Diary of Survival in Nazi Concentration Camps*. This well attended program proved to be a powerful presentation about a survivor who was not a Jew and yet was able to save the life of a 10-year-old Jewish child while in Sachsenhausen prison camp.

By the time you receive this publication, the Hadassah Fashion Show will be over. As always, this anticipated and well attended event proved to be a fun evening, highlighted by shopping, a delicious meal, and beautiful fashions from Chico's modeled by our own lovely Hadassah women.

There will not be a meeting of the Hadassah Book Club in September due to the High Holidays. The next meeting of the club will be on October 23, at which time we will be discussing *In Love: A Memoir of Love and Loss* by Amy Bloom. If you would like to act as our facilitator at any of our meetings or if you have any suggestions for a book please contact Marilyn Jaclin (mjaclin@aol.com) or Marcia Milgrom (milgromm@aol.com).

We are excited to announce the return of our own Women's Seder, which in the past has proven to be an inspirational and emotional evening, led by Cantor Michele Teplitz of the Marlboro Jewish Center. The Seder will be held on April 15, 2024. The evening will include a beautiful and unique Haggadah written by our own Hadassah members, highlighting the most important Jewish women in our lives, traditional and more modern melodies and songs sung by the Cantor as well as the audience, and a full Kosher Seder style meal catered by Exquisite Caterers. More

information about this beautiful evening will be forthcoming in future emails, fliers, and Hadassah Highlights. Right now, just save the date.

If you are new to our community or know of someone who has recently moved in and would like to learn more about Hadassah, please contact our president, Karen Ross (kbr1253@aol.com), or our Membership Vice Presidents Annette Kusher (annette.kushner@gmail.com) and Marilyn Krawet (mickey3105@yahoo.com). Their home phone numbers can be found in our Regency Directory.

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

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

Finally, we thought this little bit of history of Israel and the ways Hadassah Hospital has helped people and countries in need would be of interest, especially in these days of antisemitism and anti-Israel sentiment. In the 1940's, Israel's population was 1.28m people. Hadassah was forced to leave the Mt. Scopus Hospital because of war related safety concerns. In the 1970's the population increased to 3.69m people. In 1977, the first cancer institute opened – the Shareet Institute of Technology. In the 2000's the population increased to 6.12m. The Sharon Weitzman Davidson Hospital Tower opened in 2012 featuring neurosciences, urology, surgery, ENT, gynecology, cardio-thoracic surgery, and other specialties. In 2022 Israel launched a life saving mission in Poland to attend to the myriad medical needs of victims fleeing the war in Ukraine. Credit for this information goes to Gloria Cohen, co-President of Tamara Hadassah in Palm Isles, Boynton Beach, Florida.

We look forward to seeing you at all our upcoming events! Stay safe and stay well!

### Regency Hadassah Schedule of Events

- Monday, October 23 – Book Club, In Love by Amy Bloom
- Monday, April 15: Women's Seder

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## The Wine Club: Our SEVENTH Year Anniversary



By Sheldon Opperman

### Uncorking Affordable Delights: Wine Club's Tasting Adventure under \$30

If you thought that excellent wine experiences could only be achieved through expensive bottles, think again! The Wine Club recently hosted a tasting that proved great wines don't have to break the bank. As they say, not all expensive wines are good and not all good wines are expensive. In July we sampled an array of great wines all priced under \$30, and discovered an affordable world of flavor and complexity. Here is a virtual tour of our evening's wines starting with five "Summer Sippers."

1. Wolffer Summer in a Bottle Cotes de Provence Rosé 2022 (France) - A quintessential French rosé, with its delicate aromas of summer fruits and refreshing crispness, making it an ideal companion for warm weather gatherings.

2. Pieropan Soave Classico 2021 (Italy) - Hailing from Italy's Soave region, this white wine showcases citrus and floral notes with a zesty finish, demonstrating the beauty of Italian craftsmanship. Rather than a Pinot Grigio or a New Zealand Sauvignon Blanc, open a Soave!

3. Château Suduiraut Blanc Sec de Suduiraut 2020 (France) - A delightful white Bordeaux with expressive aromas of peach and honey, leaving a lasting impression on the palate. It's made with a typical Bordeaux white blend of Semillon and Sauvignon Blanc grapes.

4. Paul Hobbs 'Crossbar' Pinot Noir 2019 (Sonoma Coast) - This Californian Pinot Noir boasts elegant red fruit flavors, velvety tannins, and a balanced acidity, truly representing Sonoma's winemaking prowess. A great medium bodied red wine for summer drinking.

5. Château Thivin Cote de Brouilly 2021 (France) - A Cru Gamay wine from Beaujolais, offering luscious cherry and raspberry notes, perfect for those who enjoy lighter reds.

6. Artazu Pasos de San Martin Garnacha 2018 (Spain) - From the heart of Navarra, Spain, this Garnacha (Grenache) exhibits

intense dark fruit flavors, a touch of spice, and a smooth finish.

7. Castello di Bossi Chianti Classico Berardo Riserva 2018 (Italy) - A classic Tuscan Chianti with the Sangiovese grape at its core, radiating rich cherry, plum, and herbal undertones.

8. Ornellaia 'Le Volte' IGT Toscana 2020 (Italy) - An elegant Tuscan blend, showing off flavors of blackberries, cherries, and a hint of cocoa, crafted with precision and care.

9. Numanthia Termes Toro Termes 2019 (Spain) - This Spanish Tempranillo impresses with its bold, dark fruit profile and a touch of oak, making it a robust and memorable choice.

10. Vina Robles Petite Sirah 2020 (Paso Robles) - From California's Paso Robles region, this Petite Sirah boasts deep blackberry and plum notes, wrapped in velvety tannins.

11. Marietta Christo Red 2019 (Sonoma) - A red blend from Sonoma, displaying a medley of ripe berry flavors, spice, and a smooth, lingering finish.

12. Domaine de Saje Châteauneuf-du-Pape 2020 (France) - A classic from the Rhône Valley, this Châteauneuf-du-Pape presents a harmonious blend of Grenache, Syrah, and Mourvèdre, showcasing the region's terroir.

The evening ended with our dessert, wine and chocolate.

13. Graham's Six Grapes Reserve Porto (Portugal) - Ending the tasting on a sweet note, this reserve Porto from Portugal delights with its rich, ripe fruit flavors and velvety texture.

The Wine Club's tasting provided an eye-opening experience, demonstrating that quality wine doesn't have to come at a high cost. These carefully selected bottles, each under \$30, proved that it's possible to enjoy exceptional wines without draining your wallet. Cheers!



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## The Regency Poker Club



First place winner, Frank Gottlieb with second place winner John LoDuca on right and third place finisher Bobby Harris on left.

Photo submitted by Frank Gottlieb

By Frank Gottlieb

The Regency Poker Club held a Texas Hold'em Tournament on July 31. We had the highest number of participants

since the tournaments began. A great time was had by all. Pictured above are the first, second, and third place winners.



3D artists on a recent Thursday morning. We create and have a good time as well.

Photo by Renée Horowitz

## 3D Art Group

By Renee Horowitz

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# Regency EREA to Be Exposed to Peruvian and Chifa Culinary Delights



By Marty Feldman

If you ride around New Jersey’s urban regions one of the most seen Latino ethnic restaurant types you’ll see, after Mexican, is Peruvian. You may also see the name Chifa associated with the Peruvian name or as a stand alone word to describe the cooking style. If you don’t know, let me explain why this is so. When Peru gained independence from Spain in the nineteenth century, a large influx of Chinese workers came to work on the plantations, and to help build railroads. This immigration from China brought the Chinese culture into Peru and initiated a unique blending to occur. The culinary product of this blending is named CHIFA, from CHI FA, literally, “eat rice.”

By mixing Chinese ingredients and cooking techniques with regional food staples and recipes, Chifa cuisine was born and is now found throughout Peru and here in American Peruvian restaurants.

On Thursday, September 28, the Regency EREA (Ethnic Restaurant Eat Around) will present a family style Peruvian tasting dinner with three appetizers, five entrees, and a typical Peruvian dessert, which will be a nice introduction to the Peruvian-Chifa palate. The price of the dinner is \$45 per person, \$90 per couple, and includes tax and tip. The restaurant location although local, has not yet been decided

and will depend upon the number of participants.

The EREA dinner is open to all Regency residents; singles and couples. No membership dues required and no commitment except to the dinners you

wish to participate in. As always, reservations are first come first served. Any questions, please call me. My number is in the new Regency Directory.

*Buen Provecho!*

## The Svoboda (Freedom) Club

By Galina Feygin

There is a new club here at Regency. The Svoboda (Freedom) Club is for Russian-speaking people and is a place where members can meet and converse in Russian, sharing experiences and culture both old and new.

We are all proud immigrants from the Soviet Union but America has become our home and we are also proud to be Americans. Currently, Svoboda has 40 members. We come from different cities in the Soviet Union but share many interests from our time in the Soviet Union as well as our time here in America.

We meet three to four times per year to share our customs, music, singing, dancing, interesting stories, and of course food. The meetings are always fun and enjoyable. If you would like more information about our club please email us at [feygingalina@yahoo.com](mailto:feygingalina@yahoo.com) with any questions you may have.



*Svoboda Club members and friends.*

Photo submitted by Galina Feygin

## News and Views

Marcia Midler, Michael Zieky, Bert Busch, and Phil Sloan

News and Views, Regency’s current events discussion group, meets on the second and fourth Monday of each month at 7:30 p.m., in Ballroom 1 of the Clubhouse. Our one meeting in September will be on September 11. (Our second meeting would fall on September 25, Yom Kippur, and will not take place). Masks are not required, but we do ask that all participants be vaccinated.

Topic one at our mid July meeting concerned the recent Supreme Court’s ruling against Harvard and UNC college admissions policies as constituting unconstitutional racial discrimination. Bert Busch’s agenda reminded us that the court majority “overturned decades of precedence that upheld race-conscious admissions policies as consistent with the Fourteenth Amendment’s equal protection clause.” All of us wanted to see a diverse student body, but feared that in coming years, racial diversity at selective colleges would be way down. One participant noted that the suit had been brought by Asian students, who were being discriminated against by facing higher academic standards for admission. Another remembered that in earlier decades, Jewish admissions had been capped at some schools at 6-10 % or less. We felt that in the past, many minority students with good grades had faced unfair assumptions of inadequate academic merit if seen as affirmative action students. Moving on to another

SCOTUS (Supreme Court of the US) ruling, a number of us agreed that the Biden administration lacked the legal authority to wipe out \$400 billion in federal student loans. We felt that no one had legal standing, that Biden had overstepped his actual power while looking for midterm votes, but that 2024 repercussions would be negligible. Some lamented that SCOTUS was going backwards on all the liberal precedents that in the past would never have been challenged. We felt that the SCOTUS ruling of a First Amendment right to refuse services for same-sex marriages would undo precedent, opening a Pandora’s Box of civil rights abuses. Some did find hope that in several recent court decisions, conservative justices Kavanaugh and Roberts had voted with the liberals to reject anti-democratic practices.

As we met, the prior week had included the three hottest days in the modern history of the earth. President Biden had sent John Kerry, special envoy for climate control, to China to restart global warming negotiations. We worried about how the likely climate change would affect not only our kids and grandkids, but also us, given the extreme weather events we were witnessing.

At our second meeting of the month, climate worries continued. Phil Sloan’s agenda flagged ocean temperatures in Florida that approached hot tub settings, Alaskan permafrost melting, and water an ever-scarcer resource in many areas. We wondered if carbon cleanup efforts and non fossil fuel energy investments would

(Continued on page 13)

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## The Indian American Group



By Rajesh Kapadia

IAG had a picnic on July 17. This picnic was arranged by the Indo American Club of The Stonebridge community

and IAG was invited to join hands with them. The picnic was originally scheduled to be held at Thompson Park in Jamesburg. Due to heavy rains on that day, the venue was shifted to the Clubhouse of the Stonebridge community. Plenty of food was available for breakfast including Indian snacks, tea, coffee and soda. This was followed by a karaoke singing session and a number of participants took advantage of the event. Mid-

morning snacks, like watermelon and corn on the cob were served. Another highlight of the after activities included Corn Hole and Musical Chairs. A delicious lunch including many Indian items was served in the afternoon. Towards the end of the event raffle tickets were sold and the winners were announced. The grand finale consisted of Bingo. Overall, it was a grand event with over 90 participants.



Friends at the rained out indoor picnic held at the Stonebridge Clubhouse. Photo by Rajesh Kapadia

## M&M Movie Minutes

By Marcia Milgrom and Marilyn Jaclin

**Oppenheimer**

*M and M* had an unusual movie week. We actually got to see three films in a nearby theater, on separate days of course. *Barbie* and *The Sounds of Freedom* were the other two,

and we liked them all on very different levels. *Oppenheimer* is the one we will write about. This is an incredible movie about J. Robert Oppenheimer (Cillian Murphy) who led the Americans in creating the first atomic bomb. We find out early in this movie that the people of



New Mexico were the first human test subjects of the atomic bomb. Thousands of lives were impacted by the test of this bomb. The film chronicles the career of American physicist J. Robert Oppenheimer who focuses on The Manhattan Project of World War II. Unfortunately, we see him fall from grace at a security hearing.

General Leslie Groves (Matt Damon) recruits Robert Oppenheimer to lead the Manhattan Project, which was the making of the bomb. He had to assure the general that he had no Communist leanings. The team wants to detonate the bomb in the desert. During this time we see flashbacks, images of flames, the intensity of Oppenheimer's eyes, and his infidelity. Lewis Strauss (Robert Downey Jr.) chairman of the Atomic Energy Commission did not like Oppenheimer for many reasons and tried to undermine Robert's career. Lewis leaked to J. Edgar Hoover Oppenheimer's communist sympathy's. Oppenheimer does have an affair with Jean Tatlock (Florence Pugh) who is a member of the Communist party. They are all strong willed people.

Oppenheimer is Jewish and particularly driven by the Nazi's nuclear program. He confers with Einstein discussing how the atomic bomb could trigger the end of the world. It is shown how American leaders can cause harm to fellow citizens, all in the name of war. Toward

(Continued on page 15)

## News and Views

(Continued from page 12)

come soon enough to avoid catastrophic weather events going forward. At Regency, only a dozen of close to thirteen hundred homes have solar roof panels, though such initiatives should be ever more prominent at grass roots levels. Considering oil prices, we were glad that gas pump prices have fallen this past year, allowing inflation data to moderate. The bad news is that with the Saudis cutting back on production, next year's pump prices will be higher. Some of us were surprised to learn that 60% of our oil comes from Canada, and that this country has built no new oil refineries in sixty years. By contrast, China's commitment to infrastructure is reflected in ever more power plants being built, while our electrical transmission systems are 70 years old.

Turning to interest rates, we learned that the \$700 billion annual interest on our \$32 trillion national debt just passed defense spending as our largest financial commitment - ouch! Some asked why, with the stock market popping, unemployment low, and inflation subsiding, is the national mood so sour about the economy? Individual perception and broad-based financial insecurity seems to be key. Economic disparity between market investors and the many paycheck-to-

paycheck Americans who can't write a \$400 check in an emergency can't be discounted. Many believe that the economic inequities and strains in our society lie at the root of the political and social unrest around us. We know we need more compromise between our national leaders, but it continues to elude us. The labor unrest out there hasn't been seen to be this pronounced in decades.

Ending on an international note, we deemed the recent NATO Summit meeting a success. Our NATO allies are more united than has been the case for decades, and even Turkey finally relented and allowed new member Sweden to gain admission. Assessing China's rise as our greatest threat going forward, we saw two dimensions to this powerful adversary. On the one hand, her military power is growing exponentially, posing much more threat militarily than does Russia. On the other hand, China's stock market is in disarray. There are severe demographic issues, with a rapidly aging population, and too few younger Chinese to care for them. Some have predicted that China could implode in the next ten years because of those population concerns.

If you have questions regarding the News and Views group, or wish to be put on our email list, call Mike Zieky, Marcia Midler, Bert Busch or Phil Sloan. Email addresses can be found on Ron Post.

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By Cecile Spector

**First Seen at a World’s Fair**  
Many foods, technical products, and famous landmarks were invented for a World’s Fair. Knowing that thousands and thousands of people would be exposed to any newly developed items, inventors had a strong impetus to be creative in a timely fashion.  
**Some of the eatables and beverages introduced at a world’s fair:**  
In Philadelphia, Pennsylvania in 1876, *Heinz Ketchup* and *Hires Root Beer* were introduced. The 1893 Chicago, Illinois World’s Fair offered *Cracker Jacks*, *Juicy Fruit Gum*, *Cream of Wheat*, *Brownies*, and *Aunt Jemima’s Pan-*

Beyond Words

*cake Flour*. At the 1904 World’s Fair in St. Louis, Missouri, an ice cream vendor ran out of cups. His creative neighboring vendor rolled his dessert waffles into a cornucopia shape that could hold scoops of ice cream. Voila! The *ice cream cone* was born. Another delightful sweet was also introduced at the St. Louis World’s Fair. It was called *Fairy Floss*. We now call it *Cotton Candy*. Finally, at the 1982 Fair in Knoxville, Tennessee, people sampled the first *Cherry Coke*. This was only one of several flavors offered, but it outsold all the rest.

Inventions and structural icons that debuted at a world’s fair:

Alexander Graham Bell’s *telephone* was introduced in 1876 at the Philadelphia, PA World’s Fair. When it was demonstrated, Brazil’s Emperor Dom Pedro was heard to exclaim, “My God, it talks!” The Sholes and Glidden *typewriter* (aka the Remington #1) also was first shown at this fair. In 1889, Alexandre Gustave Eiffel’s design won the bid to build a monument for the World’s Fair in Paris, France. This iron structure of approximately one thousand feet, the *Eiffel Tower*, acted as the entrance to the fair. It was meant to be temporary but, as we know, it still stands today.

The 1893 Chicago World’s Fair was also called The World’s Columbian Exposition because its intent was to celebrate the four hundredth anniversary of Christopher Columbus’s arrival in the New World. It was a showcase for several marvelous modern inventions. A number of different types of *elevators*, most notably Otis, were displayed and used during the fair. Also shown at the fair was Whitcomb Judson invention, “clasp lockers.” About twenty years later, Gideon Sundback improved the clasp’s design, and the new patent became what we call a *Zipper*. Yet another excellent invention debuting at the 1893 Chicago Fair was *moving walkways*. Unfortunately, a fire destroyed the walkway and it wasn’t until



1954 before we saw *moving walkways* again. They are certainly beneficial at airports when covering long distances on foot while carrying or pulling luggage.

Josephine Garis Cochran showed, at the 1893 Fair, the *dishwasher* she invented. Restaurants and Hotels recognized the value of this machine, and many were purchased. It wasn’t until the 1950s that dishwashers became a popular appliance in homes. Trying to rival the Eiffel Tower in Paris, George Washington Gale Ferris created the *Ferris Wheel* for the 1893 Chicago Fair. It was 264 feet high and had 36 cars that could hold 2,160 people when filled. It cost fifty cents for a ride. This landmark structure was very popular. Smaller versions are still seen at local fairs, carnivals and amusement parks all over the country.

In 1904, at the St. Louis World’s Fair, an *x-ray machine* was demonstrated. Wilhelm Conrad Roentgen accidentally discovered what these mysterious rays could do. Almost immediately, this machine was used in hospitals all over the world. The 1944 movie, *Meet Me in St. Louis* used the 1904 World’s Fair as its backdrop.

At the New York World’s Fair in 1939, *broadcast television* was born. Franklin Delano Roosevelt was the first president to appear on television. He delivered the Fair’s opening address, and The National Broadcasting Company (NBC) broadcast the speech to homes equipped to receive it. The *Space Needle* was created in 1962 for the Seattle, Washington World’s Fair (aka The Century 21 Exposition). This landmark structure was meant to symbolize humanity’s Space Age aspirations. The “top house” of the tower has 360 degree indoor and outdoor panoramic views. It is 605 feet tall and is Seattle’s major tourist attraction.

The first *color television* was introduced by Radio Corporation of America (RCA) at New York’s 1964 World’s Fair. People were able to see themselves in color on screens in the Fair’s RCA building. Also debuting at this 1964 Fair was the *Ford Mustang*. This car was a big sensation, with phenomenal sales immediately. It was featured on the covers of *Time* and *Newsweek* magazines. First seen at the 1982 World’s Fair in Knoxville, TN, was Dr. Samuel Hurst’s *Touchscreen*. It reacts and changes when one’s fingers are pressed against it; that is, it is sensitive to human touch. The touchscreen is currently used on most phones.

So many of these World’s Fair “firsts” have enriched our lives immeasurably, but the 1893 Chicago World’s Fair was probably the most spectacular with its great number of fascinating “firsts.”

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# Health Issues Pertinent to Regency Residents



By Sheldon Opperman MD

## When to Worry about Your Memory

How can you tell whether memory lapses are part of normal aging or early signs of cognitive impairment? As we age, it is normal to experience some mild forgetfulness from time to time.

### What's normal?

Everyone experiences occasional memory lapses. You might forget where you put your keys, or what you were about to say. These kinds of lapses are usually harmless and don't mean you have a serious memory problem. As we grow older, it is natural for some changes to occur in our memory and cognitive abilities. This phenomenon is known as age-related cognitive decline. It typically starts in our 40s and 50s but becomes more noticeable as we reach our 60s and beyond. While these changes are a part of the aging process, they do not significantly interfere with daily life and are not indicative. Other factors can contribute to memory decline:

- Stress and Anxiety: High levels of chronic stress and anxiety can affect memory and attention, leading to forgetfulness and difficulty in focusing.
- Lack of Sleep: Poor sleep patterns can affect memory.
- Medications: Certain medications, including some sedatives, antihistamines, and antidepressants, can have side effects that affect memory.
- Nutritional Deficiencies: Inadequate intake of essential nutrients, such as vitamin B12 and omega-3 fatty acids, can negatively impact memory.
- Medical Conditions: Certain medical conditions like thyroid problems, infections,

and hormonal imbalances can contribute to memory issues.

### What's not normal?

However, there comes a point where memory lapses can become more concerning and potentially indicative of underlying issues. Knowing when to worry about your memory is essential for early detection and timely intervention in case there are serious cognitive concerns. Here are some signs that it might be time to talk to your doctor about your memory:

- You're getting lost in familiar places.
- Forgetting recently learned information, important dates, or repeatedly asking the same questions.
- You're having trouble making decisions.
- You're becoming more withdrawn or isolated.
- Difficulty Performing Familiar Tasks: Struggling to complete tasks that were once routine and straightforward.
- Language Problems: Struggling to find the right words, repeating phrases, or having difficulty understanding conversations.

If you're experiencing any of these signs, it's important to see your doctor to rule out any underlying medical conditions that could be causing your memory problems. Your doctor may also want to do some tests to assess your cognitive function. It's also important to remember that not all memory problems are caused by dementia. In fact, many people experience mild cognitive impairment (MCI),

which is a condition that can cause some memory problems but doesn't necessarily lead to dementia.

Here are some tips for keeping your memory sharp as you age:

- Stay physically active. Exercise helps to keep your brain healthy.
- Challenge your mind. Do crossword puzzles, read, or learn a new skill.
- Get enough sleep. Sleep is essential for memory function.
- Eat a healthy diet. A healthy diet provides your brain with the nutrients it needs to function well.
- Manage stress. Stress can take a toll on your memory.

### Sources:

*Memory, Forgetfulness, and Aging: What's Normal and What's Not?* NIH National Institute on Aging  
*Alzheimer's Society: Worried About Your Memory or Aging,* Harvard Health Letter: August 2023

**Latest News:** On July 6, 2023, the U.S Food and Drug Administration (FDA) granted traditional approval to Leqembi®, a drug to treat Alzheimer's disease and mild cognitive impairment. Patients in this category are still able to perform daily tasks, such as driving or going to work, but might experience memory lapses, such as forgetting words or location of objects. For more information on this medication go to: <https://www.leqembi.com/about-leqembi>

## Home Trends

By Cheryl Hand

### Real Estate Update January - July 2023

Here's a quick update on the real estate market in our community. Please keep in mind that the status changes every day – this is the update as of the beginning of August. The inventory did slowly build, however, a few of the homes sold as quickly as they came on, leaving us exactly where we were a few months back with only eight active re-sales on the market. They range in price from \$634,800 for a San Remo up to \$799,000 for a recently renovated Prestwick with a loft. Both these homes were built in 2001. The showing activity did increase and there have been multiple offers on some homes.

Regency at Monroe currently has ten homes Under Contract as compared to just five in June. They range in price from \$689,900 for a Bayhill built in 2001 – this home was only on the market for 16 days. The highest priced property under contract is a two-story Merrimack that was asking \$1,099,800. It was on the market for 35 days and built in 2017. This is all good news to report. To continue on a positive theme, the homes that are Under Contract averaged just 22 days on the market. The average list price of these homes was \$808,230. As an aside, the Bayhill model still reigns supreme when it comes to selling quickly. The prices of the

homes under contract will be reported when the properties close. Most of the homes that have been selling seem to sell within a few weeks on the market. Since January 2023, twenty homes have sold and closed as compared to 14 in June – so welcome your new neighbors! The sale prices ranged from \$539,800 for a Prestwick built in 2001 up to \$900,000 for a two-story St. Raphael model built in 2012. This home was almost 3400 square feet and was only on the market for 14 days.

(Continued on page 16)



## Movie Minutes

(Continued from page 13)

the end of the movie we see Harry S. Truman ordering the bomb to be dropped on Hiroshima and Nagasaki. Oppenheimer urged the then president to stop the bombing, but to no avail. Ultimately, Oppenheimer loses his security clearance. Later in life he is recognized for his contributions to science.

*M and M* sat with bated breath during the entire movie. Buyer beware, it is a three hour film, but moves quickly. Although a male dominated film Kitty (Emily Blunt), Robert's wife, and Florence Pugh had significant roles. Cillian Murphy should get an award for his remarkable ability showing his intense eyes and agony. This is not a film for everyone, but it was for us.

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## Healing with Yoga Therapy



By Jaya Gupta

Hello Friends,

Enjoy more testimonies by your friends at Regency. Hope they will inspire and encourage you to transform and heal yourself.

I am 81 years of age and have been taking yoga classes since 1999 after neck surgery to keep myself as fit as possible. I went to a workshop at the Kripalu yoga center in Lenox, Massachusetts and have taken mindful meditation classes, giving me the skill of meditation and total relaxation to rejuvenate my body and mind. I have had several surgeries and broken bones but yoga has always helped me to recover by focusing on deep breathing, strengthening my abdominal core, and keeping my spine as limber as possible given my limitations. I take the mat yoga class on Monday and the chair yoga class on Wednesday. These two classes have proven to be very helpful in keeping me fit. I like the classes because they consist of meditation as well as various standing and sitting poses. Jaya takes into consideration the fact that all of the participants are seniors and many have limiting medical conditions. The feeling in the class is very optimistic and encouraging, each person in the class doing what is appropriate for his/her ability. Our classes begin with three OM's to center, followed by yogic breathing, meditation, poses and deep relaxation. Special classes work on strengthening the abdominal core or back. We always practice deep abdominal breathing, which is very important regardless of the poses. I love the classes, look forward to them and always feel better at the end of each session. I have learned to listen to my body and do what I can and aspire to be able to do things I used to be able to do.

Phyllis Zieky



\*\*\*\*\*

I have been doing yoga with Jaya for last five years. I had reverse shoulder replacement surgery last August, followed by physical therapy both here and in Florida. At my final checkup in May, my surgeon was amazed at my range of motion, strength, and flexibility. I was pleased, but didn't think about it until Jaya asked me to write about my recovery. It started me thinking about how I had helped myself using yoga poses and breathing. Throughout my recovery, I continued doing yoga, adapting the stretches and poses as needed. But the most important factor

was yoga breathing. As the therapist stretched my arm and shoulder, I was able to breath and relax into it, instead of tightening up, as is natural when dealing with pain. Thus, the therapist could stretch my shoulder further each time. The discipline I had established by doing yoga several times a week continued with my home exercises. I am now pain-free and have normal range of motion.

Ruth Skole



\*\*\*\*\*

*I look forward to my Yoga classes because they make me feel calmer and give me a sense of rejuvenation. Relatively new to yoga classes, but not to the concept, I had watched people doing yoga when I went for my morning walks as a little girl in India. Now after retiring from my medical practice, I have the opportunity to fulfill my dreams of actually learning yoga by the selfless service given by my yoga teacher Jaya Gupta. Yoga is an ancient Indian practice that streamlines the mind and body connection. Those asanas (poses) require the concentration of mind. As my late mother used to tell me, "Those who have conquered their mind have conquered the world." Once you have reached that state of mind, you do not have the need to control others. You only have to spread love and compassion by helping those in need without the expectation of getting something back. That state of mind also frees you from the shackles of worldly pressures. If you are in the right path, worldly judgments do not bother you or deter you. Yoga is not just poses. It is much deeper. At each yoga session, we promise to let go of our ego, which is not an easy task, but one day, hopefully we will conquer our ego with the discipline acquired through yoga.* Lina Batra



\*\*\*\*\*

I have been doing yoga with Jaya for over 18 months. She is an excellent teacher and will show a student how to modify a pose if necessary. Also, anyone can do chair yoga in lieu of mat yoga or vice-versa. I try to attend Monday and Wednesday classes with Jaya. I know it has made me more flexible. There is also meditation and deep relaxation during her classes to cover all aspects of yoga. Sometimes, the classes can go up to two hours when we are working on an issue. The saying is right that, "time just flies, when you are having fun," in this case learning

(Continued on page 17)

## Tech Trends

By Don Haback

**The IBM Mainframe Computer: How did it get started and why it is still the core of IBM's Business?**

As a short introduction, IBM was founded in 1911 as the Computing-Tabulating-Recording (TCR) Company, merging separate firms in each of those areas. In 1924, Thomas Watson took over and renamed it as International Business Machines, or IBM. It built punch-card systems for the Social Security Administration, public address systems for schools across the country – and in 1928, a calculator that could subtract (as well as add). The company introduced its first computing systems in 1944. Its MARK 1 used mechanical switches, was 50 feet long and eight feet high – and was first used to calculate artillery trajectories.

The business was pushed into commercial computing when Watson's son (Thomas Watson, Jr.) took over in the early '50s and replaced those mechanical switches with vacuum tubes. IBM also invented the 'hard disk' drive (code named Winchester) which I – along with many others – believe was the true driving force of the modern computer. It also developed the FORTRAN coding language – father of that industry – and COBOL, the major programming language of its day. IBM became the dominant player in commercial computing, capturing up to 70% of the total available market! It basically, with some minor exceptions, drove all its competitors out of the high end of the market.

We estimate, per *Ars Technica*, that more than 10,000 large IBM machines – MAINFRAMES – are currently in use around the world. Users are the largest companies and include most of the world's largest banks, insurers, retailers, and telecom companies. They are speedy, reliable, and redundant devices, able to move DATA, the lifeblood of all industries (think about complete credit card transactions just as one example), quickly and safely across each client's global networks. IBM has facilities around the world to support and serve its clients, giving it fully global capabilities (one of the driving forces of its continuing success). Financial transaction processing is at the core of just about all of IBM's commercial clients' businesses – and IBM has become the global standard for this application. With its continuing investments in these capabilities and services, IBM basically owns this market. The company continues to extend its mainframe capabilities. They continue to get bigger and more powerful. Each system can now include up to 250 actual computing elements (cores) plus error collecting and correcting functions and a huge amount of redundancy. While the costs rise, so does the performance. The overall system reliability has been measured at well over 99.9% - to me, astounding!

Interestingly, IBM is more than mainframe computing. It basically started the PC business in 1981 by combining the Intel

microprocessor and Microsoft's MS/DOS operating system. It turns out to have made a fiscally successful gambit by not manufacturing itself. It contracted that to a third-party company (Foxcomm) and avoided all the associated costs. I personally owned one of the first PC devices (and perhaps should have kept it as a museum piece). Aside from Apple and Dell, most suppliers are international, with relatively low margin operations. IBM operates an extensive Research capability. It is behind the development of most of the Mainframe technologies. The newest areas are SUPER-COMPUTING, QUANTUM COMPUTING, and ARTIFICIAL INTELLIGENCE aimed at going beyond the capabilities of

today's Mainframes. I am fortunate to have visited several of these research facilities. Research is not a for-profit operation for any company, but regularly contributes to IBM's product portfolios.

From an investor standpoint, having fully captured the mainframe market, IBM remains a valid element of just about any portfolio. The mainframe market is estimated to be growing at more than 70% per year. Okay, since most big companies already have IBM systems, where is the growth coming from? It's from regular hardware and software updates to improve performance and add new capabilities. IBM has a trade-in policy to help its customers continue to grow their operations.

## Healing Ourselves Naturally



By Steven Soffer N.D. MH  
**The Power of Love Once Again**

Sometimes when I tune into the news, it seems like the whole world has gone mad. Honestly, I feel a little fearful. I say to myself, "Well, it's clear you need to meditate a little more, maybe even actually during the news hour." Then I have to remind myself that this is a world of appearances and there is an entire rich amazing life within me that has nothing to do with that. I remind myself that I am living in a paradise at Regency and that my needs are continually being met, even before I ask. I remind myself that I have powerful, unseen resources that provide for me and keep me safe. I remind myself how much God loves me (and all of us) and that a great healing is taking place that we are all part of because we were born in this time and place. I remind myself how important it is for me to keep my consciousness high ***no matter the degree of insanity that shows up in the outer world.***

Then I am soothed and once again I feel the empowerment that is so vitally alive within me. I feel my strength, my clarity, my focus, and my conviction. I realize how very much I am loved and I remember the power of that love. Nothing and no one can take from me the joy and happiness I felt one morning as I watched the sun rising into the red blazing sky while watering my garden's flowers and plants. I believe a new day is coming, filled with light and promise. I choose to hang my hat on that choice and the magical orange fireball spectacular sunset that Kathy and I saw one evening. "If you can keep your head when all about you are losing theirs and blaming it on you..." Rudyard Kipling

We are talking about love here. How about showing up as love itself? To do that, you may have to let go of some pretty clear boundaries you have created to keep yourself from being hurt or disappointed. We can always think of a good reason to withhold our love, myself included. Maybe your new motto could be, "I am going to lead with love." What's the worst

that can happen? You give it and it's unappreciated. Still you survive. Love is the last outpost of great living. Love heals ***EVERYTHING***, including your own heart. Love opens up avenues to forgiveness and understanding. We think we are loving beings, but I think many of us are living with hearts blocked by the pain and suffering of the last few years with Covid. That limits our ability to see the world as a safe and loving place. We begin to define our outer world and parameters by our inner pain. We can live in limitation until we die or we can choose to take a chance on love. We can decide that we don't want to live the rest of our lives hiding from ourselves.

With regard to what you are receiving, decide from now on to be a giver of life and love. Decide that you will be the one who brings the love, beauty, and grace to every situation. You will be the one to shine the light wherever you are. You will be the instrument through which great things happen. Always remember this... ***ANGELS FLY BECAUSE THEY TAKE THEMSELVES LIGHTLY.*** And always remember we are all angels in the making. Questions and comments from free thinking individuals are always encouraged.

"The flute of the Infinite is played without ceasing, and its sound is love." Kabir

"It's quite a burden lifted when we realize that we do not have to move the world. It is going to move anyway." Ernest Holmes

## Home Trends

(Continued from page 15)

The closed properties this year averaged 46 days on the market and the average closed price was \$704,305.

I predict there will always be a demand to live in Regency at Monroe. The prices will continue to range from high \$500's to over \$1,000,000. We live in a unique community. I wish I had the answer as to why one home sells faster and higher than others. The real estate business is not a dispassionate business – it's emotional; there isn't always an answer. Suffice it to say that every pot has its cover and some just find their match sooner than others.

Hope you all enjoyed August 2023 – looking forward to the new season upon us. Stay happy, stay healthy.



## Seniors Living Corner Chat



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

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

### Exploring Diverse Living Choices for Aging Gracefully

As we consider our 5, 10, 15+ plans, the need for comprehensive senior care options can be overwhelming. Seniors and their families are confronted with a myriad of choices to ensure a comfortable and fulfilling lifestyle in their golden years. From aging in place to specialized memory care communities, each option caters to different needs and preferences. This article delves into the various senior living choices to help make informed decisions for their future.

**Aging in Place:** Aging in place is a popular option for seniors who wish to remain in their own homes and communities as they grow older. This choice allows them to maintain their independence and comfort while adapting their living environment to accommodate their changing needs. With the help of home modifications, medical equipment, and in-home caregivers, seniors can live safely at home while accessing necessary medical and social services. Aging in place fosters a sense of familiarity and stability, enabling seniors to stay connected to their community and retain their cherished memories.

**Assisted Living Communities:** Assisted living communities offer a supportive environment for seniors who require some assistance with daily activities and still desire a degree of independence. These communities provide personalized care plans, 24/7 support, and a range of amenities, such as prepared meals, housekeeping, transportation services, and social activities. Residents can enjoy a vibrant social life while receiving

help with tasks like medication management, dressing and bathing, and ensuring a comfortable and worry-free lifestyle.

**Memory Care Communities:** Memory care communities cater to seniors living with Alzheimer's disease, dementia, or other memory-related conditions. These specialized facilities are designed to provide a secure and nurturing environment, offering tailored care and support for individuals with cognitive impairments. Memory care communities employ trained staff members who understand the unique challenges faced by residents with memory issues, ensuring safety, engagement, and dignity in their daily lives.

**Residential Care Homes:** Residential care homes, also known as adult family homes or board-and-care homes are small-scale, residential facilities that offer a more intimate setting for seniors. With a limited number of residents, these homes provide more personalized attention. Residents benefit from assistance with daily living activities, medication management, and meals, while enjoying a warm and family-like environment that promotes socialization and companionship.

**Skilled Nursing Facilities:** Skilled nursing facilities (SNFs) provide comprehensive medical care and rehabilitation services for seniors with complex medical needs. These facilities are staffed with licensed nurses and medical professionals who offer 24/7 monitoring and support. Seniors recovering from surgeries, illnesses, or injuries can access specialized therapies and round-the-clock medical attention. Additionally, SNFs provide long-term care for seniors with chronic medical conditions requiring ongoing monitoring and management.

**Independent Living:** Independent living communities are ideal for active and self-sufficient seniors seeking a maintenance-free and socially engaging lifestyle. These communities offer a range of amenities, including fitness centers, recreational activities, and organized outings, promoting a vibrant and active community life. Independent living allows seniors to downsize from their homes while maintaining a sense of autonomy and freedom.

**Respite Care:** Respite care provides temporary relief for caregivers and family members who need a break from their caregiving responsibilities. Whether a caregiver is traveling, needs some time for self-care, or has other commitments, respite care offers short-term care solutions. Seniors can stay in an assisted living community or skilled nursing facility for a specific duration, receiving the necessary care and attention during their loved ones' absence.

**Hospice Care:** Hospice care focuses on providing comfort and support to terminally ill seniors in their final stages of life. Hospice teams, consisting of medical professionals, social workers, and spiritual counselors, work together to manage pain and provide emotional and spiritual support for both the senior and their family members. Hospice care prioritizes quality of life and ensures that seniors spend their remaining days with

dignity and compassion.

**Continuing Care Retirement Communities (CCRCs):** Continuing Care Retirement Communities offer a continuum of care, allowing seniors to transition seamlessly between various levels of assistance as their needs change over time. CCRCs provide independent living, assisted living, memory care, and skilled nursing care within the same

campus. This comprehensive approach offers seniors the security of knowing they have access to the appropriate level of care as they age, promoting a worry-free and fulfilling retirement.

In conclusion, electing the right senior living option is a crucial decision that impacts the well-being and happiness of older adults. Each option, from aging in place to continuing care

retirement communities, comes with distinct features tailored to meet the diverse needs of seniors. By thoroughly understanding the available choices and considering individual preferences and care requirements, seniors and their families can make informed decisions to ensure a fulfilling and comfortable lifestyle in their later years.

## Pet Corner



*Three-year old Loki Mollica is a Dachshund mix-of-love adopted by my cousin, Crystal and Mike Mollica. Abandoned, he had a rough start, but now says, "I'm a happy boy with my forever family. We all have so much fun."*

Photo by Crystal and Mike

By Bea Siegel

### Don't let your Pet be a Host

Don't let your pet be a host to blood-sucking ticks. Tick bites can spread Lyme disease, Anaplasmosis, Ehrlichiosis, Babesiosis, Rocky Mountain spotted fever, and many more diseases, especially from foreign ticks being imported to our country. Warmer winters, like what we experienced last year, means that tick nymphs can mature faster, and the shorter life cycle creates an increase in tick numbers. This gives more time for ticks to be actively out and about, seeking hosts to travel on. It can be on your dog or cat and even you. If a hot environment becomes hotter, ticks will tend to die from drying out, but as humidity increases, so does the tick population.

As open spaces in cities and suburbs establish dog parks, wooded walking trails, tall uncut grass areas, etc., wildlife moves in and provides hosts such as rodents and deer. Add to that, with more people and dogs out enjoying nature and playtime, more tick infestations become common. If you see a tick on your dog, remove it immediately with a tweezers or plastic gloves (carry them with you) and be careful to remove the ticks head. If you leave it in bacteria can still be transmitted into the dog. When you arrive home, or if you are home, put it into a jar of alcohol to kill it and bring it to your veterinarian to determine which species of tick it is. Disease transmission can be 36 to 48 hours after attachment. Symptoms vary with the disease transmitted, but in general you may notice the following: diarrhea, fatigue, joint swelling, lack of appetite, lameness, muscle pain, and more. Any noticeable change in behavior should be a trip to your veterinarian.

With all the rain and high humidity, insects are running rampant and can't wait to feed on

you or your pet. Protecting your pet with proven anti-tick products recommended by your veterinarian is the way to go. If you notice any allergic reactions, talk to your veterinarian. Some breeds are more prone to reactions. The Animal Parasite Council recommends using a tick product all year round. Never flush ticks down the toilet or sink, since the poisons can spread.

Keeping your dog well-groomed and checking for ticks



prior to walking back into the house, will prevent many problems. If I can help you in any way to recognize or remove ticks, just contact me, I'm in the directory. By the way, ticks also love fall due to wet grass and more dog hosts walking in their territory,

## SPORTS

### Play for P.I.N.K. 2023

By Beverly Kurtz, PFP Committee Member

Our Regency community will once again be hosting a "Play for P.I.N.K." event to support the Breast Cancer Research Foundation. Starting out as a grass roots effort by a women's golf league, it has become a community-wide event all over the United States and has raised 48 million dollars since its inception in 1990 to aid research to battle breast cancer. Due to the generosity of our Regency community, we have contributed over \$100,000 in the past 10 years. Since the administrative costs of the foundation are covered by corporate sponsors, one hundred percent of funds raised go directly to fight breast cancer through research.

Our "Play for P.I.N.K." committee is busy planning lots of fun events for this year. Our kick off event is a card party on September 21 from 1:00 p.m. to 4:00 p.m. The cost is \$25pp and will include light refreshments and a most coveted "goodie bag." Questions can be directed to Carol Chodos, whose number is in the Regency Directory. The next event will be golf on September 22 and will feature a four-person scramble. Participants will tee off at one of two different tee times: 8:30 a.m. or 11 a.m. Prizes will be awarded for: lowest women's foursome, lowest men's foursome, lowest couple's foursome, and closest to the pin. The first golfer to score a hole in one on the ninth hole will drive away in a Lexus. Light refreshments will be available as well as a refreshment cart roaming the course. The entrance fee is a non-refundable \$50 and to be placed on a wait list contact either Maxine Taskowitz or Fran Lasky, whose numbers can be found in the Regency Directory,

The committee has bought back our "Play for P.I.N.K." cocktail party, which will welcome the entire community to participate in our fund-raising on the night of September 22, from 5:30 p.m. to 8:30 p.m. Come join your neighbors for a wonderful evening featuring a complimentary bar, music and dancing, gourmet hors d'oeuvres, and a delicious array of desserts. Although not necessary, a table with friends can be arranged. The cost of the evening is \$75pp. Forms to register are available at the front desk of the Clubhouse and questions can be directed to either Janet Pincu or Ilene Austein. Their numbers are in the Regency Directory. Don't miss out - our events are selling out fast!

Our raffle committee led by Barbara Guskind, has acquired wonderful items to be raffled off on September 22. Tickets for the raffle will be sold throughout the month of September prior to the 22nd, so check your email to see where and when you can purchase tickets.

Congratulations to the Monroe Senior Softball League who put together a great event for "Play for P.I.N.K." Peter Joseph and team hosted a softball game on August 31 complete with sponsors, themed tee shirts, and ballpark cuisine. Their efforts are much appreciated.

Our Play for P.I.N.K. bow campaign will take place in October with bows going on sale on September 24. Show your support for the effort to eradicate the fear of breast cancer for future generations.

## Yoga

(Continued from page 16)

about your body and how to heal. I would recommend yoga to all residents of Regency.

Steven Greenstein



May the entire universe be filled with peace, joy, love, and light. Victory to that light, which overcomes all the darkness. Om Shanti Shanti Shanti.

Love – Jaya





### Ladies Ping Pong

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

### Shuffleboard and Bocce Schedules

Shuffleboard will be played  
only Wednesdays at 10 a.m.  
weather permitting

Please meet at the courts to schedule Bocce times

Mondays at 5:00 p.m.  
Tuesdays at 10:30: a.m.  
Wednesdays at 5 p.m.  
Call Carmine Carrara  
732 656 3134  
Or just stop by  
the Bocce courts

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### YOM KIPPUR


**SEPTEMBER 24**  
Kol Nidrei: ..... 6:00 pm

**SEPTEMBER 25** ..... 9:30 am  
Yizkor: ..... 11:00 am  
Mincha/Neila: ..... 5:30 pm  
Break-fast: ..... 7:30 pm

Fee: \$90pp. Sponsor: \$180  
(no one will be turned away due to lack of funds)



For RSVP and information call  
Rabbi or Chanie Zaklikovsky  
732-656-1616,  
or [www.ChabadMonroe.org/services](http://www.ChabadMonroe.org/services)  
261 Gravel Hill Rd. Monroe Twp., NJ 08831



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## HAPPY LABOR DAY

# SPORTS

## Pickleball Club 2023

**By Lisa Citron**

The reality that the warm days of summer are behind us for another year is softened by the smell of apples and pumpkin spice. And while summer now fades into fall, the memories of the warm weather season remain clear visions for us. Visions of **League Play** roll in our heads. At the time of this writing, Gary Ramella’s team proudly remains undefeated, and the pickleball playoffs will soon be underway. Full details will be presented in the October *Regency Reporter*. No matter what the final outcome, what matters is the vision of a community coming together. Committed team captains were seen supporting each individual team player. Teams were seen practicing mornings, afternoons, or evenings, and teammates were seen supporting each other and growing as friends. League games fully organized, by the clothing matching, Bobby Harris, were played on courts seen by enthusiastic pickleball fans.

The final Pickleball Club social was held on Tuesday, August 22. This **SUMMER**

**SLAM** event served up pizza and play for club members. As always a thank you must be extended to Jackie Dwan and Eva Nyman for filling club members’ calendars with a season of community building, and fun filled events. Hope everyone has their dancing shoes polished and ready. The Pickleball Club’s **End of Season Celebration** is coming soon, so **SAVE THE DATE, SATURDAY, OCTOBER 14**. This special evening, filled with dinner, dancing, line dancing, boasts, roasts, and toasts, is the perfect way to celebrate another successful Regency Pickleball Season.

By the time these words are ready to be delivered to every Regency mailbox, The Pickleball Club, along with the entire Regency Pickleball Community, remains hopeful that the hard work and continued efforts of Stephanie, and the HOA Board, will yield the words we have waited for—that six brand new pickleball courts will be ready in time for the **2024 Pickleball Season**. And because the goal is still being awaited, and because

we always want to put a positive spin on the situation, thanks again Gary Lynn and George Rothweiler. The over 215 Pickleball Club members, as well as the Regency Pickleball community, await the good news. Right in this spot, a cut and paste will be performed because sometimes words of appreciation must be repeated. Our appreciation for those who set the stage before us goes out to Barry Panson, who spoke on behalf of everything pickleball for many years prior. It is through this continuing perseverance a goal can only be achieved.

**JOIN THE 2023 PICKLEBALL CLUB**, and get in on the fun! Applications can be found in the Clubhouse. Applications should be dropped in the mailbox of either Harriet Blumenstock (34 Masters), or Karyn Waller-Finkelstein (67 Country Club). Joining is the key to access Pickleball Club information. Upon joining, you will be able to find all information on **THE REGENCY PICKLEBALL CLUB 2023 TEAM-REACH**.

## The Regency Tennis Club



**By Steve Brody**

**Tennis Grand Slams**

*Here is a quiz.*

*There are four tennis grand slams in a calendar year. As you read this in early September the US Open is well underway. It’s the last of the four. Name the Single’s winners for men and women for this year’s Australian, French, and British (Wimbledon) championships. Answers are at the end of this article.*

worked out for us in that we were able to watch the match in its entirety. It was a very exciting championship match between, oops I can’t tell you because it’s part of the quiz.

So, while we watched these fantastic tennis players hit tennis balls harder and faster than I have ever driven a car, we had a fabulous brunch. At Breakfast at Wimbledon, we rarely lack for food. This year we had mimosas, coffee, orange juice, bagels, egg salad, tuna salad, chicken salad, and cream cheese. We also had strawberries and cream. The cream was home made by our own Helene Acquavella, which was simply delicious. All in all, it was an entertaining event with the room mostly supporting one player over the other. Because of the quiz, I can’t tell which player that was, other than he did win the match.

Breakfast at Wimbledon was not the only Regency Tennis Club event during the month of July. We continued with Tennis and Pizza nights, Wednesday night tennis, drop-in tennis, and Sunday morning tennis. You may recall the first half of July had several pop-up storms that impacted play, but the latter part of the month was mainly dry

and a bit cooler.

It’s September now and normally the club starts to wrap up its activities by the end of the month. The club’s year-end celebration is scheduled for Sunday evening, October 1. We will have various appetizers and it will be a BYOB event. With that said, this year I’m looking to extend club events into October as daytime temperatures are reasonably warm enough to play outdoors. So, keep an eye out for single-day activities.

**The answers are:**

Australian Open – Novak Djokovic, Aryna Sabalenka  
French Open – Novak Djokovic, Iga Swiatek  
Wimbledon – Carlos Alcaraz, Marketa Vondrousova

**2023 Regency Tennis Schedule**

Every Wednesday – 6:00 – 9:00 p.m. Organized Drop-in Tennis Matches

Saturday, September 30 – 10:00 a.m. – 2:00 p.m. Year End Celebration

**Regency Golf Schedule**

- Thursday, September 14 – Nine and Dine at Concordia
- Friday, September 25 – Ladies League Dinner
- Thursday, September 28 – Men’s League Lunch
- Monday, October 2 – Last League Day Ladies
- Thursday, October 5 – Last League Day Men
- Tuesday, October 31 – Course Closed

**Mayor’s Cup Basketball**

**By Jim Florin**

The Regency Basketball Team (aka “Dream Team TWO”) returned to competitive action on July 13 and participated in the 2023 Mayor’s Cup basketball event. Six teams from local senior communities had entered but our confidence was high after several focused practice sessions. The competition was friendly, but intense, and I am pleased to say that Regency prevailed by a comfortable margin. We won this event last year as well after an absence of three years due to Covid concerns. Next year we’ll be shooting for a “threepeat!”



# Travel News

By Bob Mankin

Americans will need a ‘visa’ to travel to Europe in 2024. United States passport holders have long traveled throughout most of the world without having to worry about visa applications. American travelers currently have visa free access to 184 destinations worldwide, according to this year’s *Henley Passport Index*, which ranks the US passport as the eighth most powerful in the world. That is set to change next year

as the European Union prepares new document requirements for American tourists

The new regulations are called the European Travel Information and Authorization System (ETIAS). When the system launches in early 2024, it will require all visitors who currently travel visa free, such as citizens from the US, Canada, Australia, and New Zealand, to apply for travel authorization and receive approval prior to their departure.

ETIAS is not a visa in the traditional sense; it only requires a quick online application, with approval delivered via email. In order to receive au-

thorization, visitors must fill out an online form providing basic biographical information. The application costs about \$8 and is required for all travelers regardless of age. Once approved, this authorization is valid for multiple entries over the course of three years, or until the traveler’s passport expires.

## The Monroe Township Chorus Presents

**A Hootenanny - A Sing-A-Long for Everyone**  
**Saturday, September 23, at 2 p.m. Doors open at 1:30 p.m.**  
**Monroe Township Senior Center, 12 Halsey Reed Road, Monroe Township.**

Minimum donation is \$5 pp at the door. All children through high school age are free.

Sing along with members of the chorus for an afternoon of fun and enjoyment.

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

## 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.

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

## Regency Recycling Rules

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

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

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

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

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

## Message from Mayor Stephen Dalina



Mayor Stephen Dalina

Our community prides itself on being one of the safest municipalities in New Jersey with one of the lowest crime rates.

Monroe is fortunate to have a professional, well-trained police force that is a visible presence within all neighborhoods and our senior communities. Our officers respond promptly to emergencies and truly embrace community-oriented policing. They conduct regular community safety information sessions throughout the Township.

Our residents are the other key component of our success as they always keep an eye out for themselves and their neighbors.

In ensuring Monroe remains as safe as possible, we continually invest in additional officers and new technologies.

This summer, 26 patrol cruisers were installed with in-car camera systems and automated license plate readers. This high-speed, computer-controlled technology automatically captures license plate numbers and reviews them in real-time with state and regional law enforcement databases.

Moreover, the police department has purchased 10 stationary cameras, which will be placed at different locations around the township to read license plates and inform the police of stolen cars, active warrants, and missing persons as they enter town or circulate within.

The importance of this technology for Monroe residents:

- According to the International Association of Chiefs of Police, upwards of 70% of crime involves using a vehicle.
- In many cases, a license plate number is the best piece of evidence law enforcement can use to make an arrest.
- Stolen vehicles are often used to commit additional crimes. Alerting Monroe police when a stolen vehicle or known suspect enters a community

can prevent crime before it happens.

As part of this latest upgrade to protect the public, our police department also has 72 body-worn cameras and associated equipment, as well as 72 non-lethal tasers with associated training tools and equipment.

It comforts me to know that this state-of-the-art public safety equipment is being implemented in the best interest of the residents of Monroe. This is an important safety investment in our ongoing efforts to improve our equipment and technology, enhance crime prevention efforts and provide a stronger link with County and State law enforcement.

Our police department comprises 67 sworn officers. The department consists of a detective bureau, a juvenile/youth services bureau, a domestic unit, a traffic safety bureau and has an officer assigned to senior citizen crime prevention.

We will remain at the forefront of technology and invest in the best equipment for our police force to be successful in their efforts to maintain a safe community.

Thanks for being an important part of our public safety team and continue to report any suspicious activity to the police department immediately.

## Regency Reporter Updated Delivery Procedures

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

If you live anywhere else in Regency please call Linda Strauss, 732-656-0140.

*Do not call the concierge at the Clubhouse.*

*Do not call or email Barbara Bickel.*

*Do not call or email Nina Wolff.*

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

**Linda and Vinny handle all Reporter delivery issues.**

## CLASSIFIED ADVERTISING

### Home Improvement & Services

**FOREVER YOURS LANDSCAPING, INC.** – Landscape design and maintenance. Installation of plants, trees, rocks, mulch, and pavers. Power washing. License #13VH05891100. Free estimates. Call Frank (732) 284-1692.

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

### Help & Health Services

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

### CLASSIFIED Ad COUPON

Ads must be received by the 14th of the month preceding publication month.  
**MAIL TO:**  
**Princeton Editorial Services**  
**P.O. Box 70**  
**Millstone Twp., NJ 08510**  
**RATES FOR ONE PUBLICATION**  
**\$14 for 10 words, 50 cents each additional word**  
**Multiple:** 10 words in two publications = \$14 x 2 = \$28.  
 10 words in three publications = \$14 x 3 = \$42.

*Check those that apply:*

- ☐ Clearbrook Courier ☐ Concordian
- ☐ Encore Speaks ☐ GW Voice
- ☐ Regency Reporter
- ☐ Renaissance Reflections
- ☐ The Rossmoor News
- ☐ **Check here for all seven**

**All ads must be mailed with payment.**

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

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

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

### Transportation

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

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

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

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

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

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

### Wanted to Buy

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

### House Cleaning

**SHANNON'S SUNSHINE CLEANERS**— friendly faces. Fast service. Fully insured. 908 413 0961.

**ISABELLA'S CLEANING SERVICE**—Free estimate. Great references. Call at (732) 900-0815.

**FOR EVERYONE'S SAFETY, NO SPEEDING IN THE COMMUNITY**







# 6 Steps to Get Better Sleep and Improve Heart Health

FAMILY FEATURES

There’s more to maintaining a healthy heart than just eating right and exercising regularly. While these practices play an important role in both cardiovascular and overall health and well-being, getting a good night’s sleep is also key.

“Getting a good night’s sleep every night is vital to cardiovascular health,” said Donald M. Lloyd-Jones, M.D., Sc.M., FAHA, past volunteer president of the American Heart Association and chair of the department of preventive medicine, the Eileen M. Foell Professor of Heart Research and professor of preventive medicine, medicine and pediatrics at Northwestern University’s Feinberg School of Medicine. “Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age.”

However, more than 1 in 3 adults in the United States are not getting the recommended 7-9 hours of sleep per night, according to the Centers for Disease Control and Prevention (CDC). In addition to increasing risk for cardiovascular conditions like high blood pressure, heart disease, heart attack and stroke, lack of sleep may also put people at risk of depression, cognitive decline, diabetes and obesity.

While high blood pressure – a known risk factor of cardiovascular disease, the No. 1 cause of death worldwide – can run in families, it is more common in non-Hispanic Black adults (56%) than in non-Hispanic white adults (48%), non-Hispanic Asian adults (46%) or Hispanic adults (39%). Healthy lifestyle behaviors, including sleep, can help prevent the condition.

“We know that people who get adequate sleep manage other health factors better as well, such as weight, blood sugar and blood pressure,” Lloyd-Jones said. “The American Heart Association added sleep to the list of factors that support optimal cardiovascular health. We call these Life’s Essential 8, and they include: eating a healthy diet, not smoking or vaping, being physically active and getting adequate sleep along with controlling your blood pressure and maintaining healthy levels of cholesterol and lipids, healthy blood sugar levels and a healthy weight.”

What’s more, falling asleep at different times or sleeping an inconsistent number of hours each night, even variations of more than two hours a night within the same week, may also increase the risk of atherosclerosis, which is a cardiovascular condition where plaque builds up in the arteries, in those age 45 and older, according to research published in the “Journal of the American Heart Association.”

“Maintaining regular sleep schedules and decreasing variability in sleep is an easily adjustable lifestyle behavior that can not only help improve sleep, but also help reduce cardiovascular risk for aging adults,” said study lead author Kelsie Full, Ph.D., M.P.H., an assistant professor of medicine in the division of epidemiology at Vanderbilt University Medical Center.

Education about healthy heart habits from the American Heart Association is nationally supported by Elevance Health Foundation. Some practices to improve sleep health and impact heart health include:

Observe Current Sleep Habits

Keeping a sleep diary to help track your sleep patterns and habits can make it easier to identify factors that may be helping – or hurting – your sleep quality. Monitor what time you go to bed, what time you wake up in the morning, how many times you woke up during the night, how you felt when you woke up and any variables, such as changes to your routine or sleeping arrangements. Having documentation over the course of several weeks can help you identify necessary changes.

Avoid Food and Beverage Close to Bedtime

It can be more difficult to fall asleep if you’re still digesting dinner. To help reduce sleep disruptions caused by food, avoid late dinners and minimize fatty and spicy foods. Similarly, keep an eye on caffeine intake and avoid it later in the day when it can be a barrier to falling asleep.

Exercise Regularly

Physical activity during the day can have a noticeable impact on overall health and wellness but can also make it easier to sleep at night as it can initiate changes in energy use and body temperature. However, exercising too close to bedtime may hinder your body’s ability to settle; aim to have your workout complete at least four hours before you plan to head to bed.

Establish a Bedtime Routine

Getting a good night’s rest often requires getting into a routine. Start by setting an alarm to indicate it’s time to start winding down. Rather than heading straight to bed, take time to create a to-do list for the following day and knock out a few small chores. Then consider implementing a calming activity like meditating, journaling or reading (not on a tablet or smartphone) before drifting off to sleep. Also set an alarm to wake each morning, even on weekends, and avoid hitting the snooze button to keep your biological rhythms synced.

Create a Comfortable Sleep Space

The ideal space for sleeping is dark, quiet and a comfortable temperature, typically around 65 F depending on the individual. Use room-darkening curtains or a sleep mask to block light and ear plugs, a fan or a white noise machine to help drown out distracting noises. Remember, using your bed only for sleep and sex can help establish



American Heart Association  
Healthy for Good®



Life's Essential 8

HOW TO GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need even more. *Poor sleep may put you at higher risk for:*

- Cardiovascular disease
- Cognitive decline and dementia
- Depression
- High blood pressure, blood sugar and cholesterol
- Obesity

**TIPS FOR SUCCESS**

**Clean up your sleep hygiene**

**MOVE IT.**

Charge your devices as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.

**DIM IT.**

Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.

**SET IT.**

Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to wrap it up for the night.

**LOCK IT.**

If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.

**BLOCK IT.**

Let notifications buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.

**LEARN HOW SLEEP AFFECTS YOUR HEALTH**

**LEARN THE BENEFITS OF SLEEP**

- HEALING** and repair of cells, tissues and blood vessels
- STRONGER** immune system
- IMPROVED** mood and energy
- BETTER BRAIN FUNCTION** including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- LESS RISK** of chronic disease

Learn more at [heart.org/lifes8](https://heart.org/lifes8)

a strong mental association between your bed and sleep.

**Avoid Tech Before Bed**

The bright light of televisions, computers and smartphones can mess with your Circadian rhythm and keep you alert when you should be winding down. Try logging off electronic devices at least one hour before bedtime and use the “do not disturb” function to avoid waking up to your phone throughout the night. Better yet, charge devices away from your bed or in another room entirely.

Find more tips to take control of your blood pressure and create healthy sleep habits at Heart.org.