

Country Village News

SUMMER

July 2024

250 Theodore Drive, Coram, NY 11727

Happy Birthday



01 Barbara Zarcone
13 Sandy Bakofen
19 Barbara Klaus
20 Linda Bily

23 Sue Emig
26 Fran Weber
30 Roland Diehl
30 Jane Scott

Marie Bisceglia
Angela Dell'acqus
Tina Illiano
John Madden



Happy Anniversary



21 Robert & Rosemary Moriarty
29 Josephine & Sal Milazzo



Wishing you a **4th** of July filled with gratitude for the freedom we enjoy, and prayers for continued guidance, wisdom, and protection from above. May the joy of this Independence Day remind you of the abundant blessings we have in our lives. Let us join together in praise and thanksgiving for the freedom we share.

As we gear up to celebrate the red, white, and blue, let's not forget the significance of this day in our nation's history.

Independence Day isn't just about fireworks and barbecues; it's a time to reflect on the values that make America great and to honor those who have fought for our freedom.

Whether you're spending the day with family and friends or taking a moment of quiet reflection, here are some heartfelt messages to share the spirit of Independence Day.

Let's celebrate the spirit of this great nation, remembering the sacrifices and **bravery** of those who fought for our freedom. Enjoy parades, and the spirit of unity that fills the air!

Let's pledge to uphold the values that make our nation great. Wishing you a day filled with **unity, brotherhood**, and lots of celebrations.



PMI Gold Coast Properties

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COUNTRY VILLAGE NEWS

Enjoy Our Community

Times of events are located on the back calendar page of the newsletter.

Monday – Mexican Train Domino's, Woman Cards, and Bunco 2nd Monday of each month.

Tuesday - Bocce, Tai Chi

Wednesday – Knitting Group, Ladies Game Day, Bingo

Thursday – Men's Club, Chair Yoga and Mahjongg

Friday - Left Right Center 3rd Friday of the month (unless there is an event on Saturday)

NEWS HIGHLIGHTS:

- ***Introducing the Kindness Korner***, where you can share your stories of gratitude, kindness or reflections. We would love to hear from you, submit your message, story or poem signed or anonymous, via cvenews@yahoo.com or give it to anyone on the Newsletter Committee. Hoping to hear from you.
- Crime Toppers
- Senior Advocate
- 4 Warning Signs of Melanoma

The CVE Board's Corner

Board members will be in the clubhouse on the *first Saturday* of each month from **9am-10am**, for any homeowner who would like to express an issue.

Entertainment Committee Future Events:

- Ice Cream Social in August
- Hawaiian Luau in September
- Halloween Party in October
- Annual Veterans' Day celebration in November
- Holiday Party in December.

Picking Up After Your Dogs:

There are some residents or their guests not picking up after their dog. We are finding huge loads of poop and of course smaller loads.

It is disrespectful to the entire community and their guests. How would you feel if someone tracked dog poop into your home. I would think you would not like it. How difficult is it to pick up your dog poop. There is ***NO EXCUSE***, it is just irresponsible and lazy.

COUNTRY VILLAGE NEWS

ALSO: The Club House garbage cans located at the pool parking lot are **NOT** for your dog's poop. You need to carry your poop back to your home, use your own garbage cans like everyone else in this community that has a dog.

HEALTH And WELLNESS

This month we will read about Melanoma.

BINGO

Bingo is every Wednesday at 7:00 pm.

It's wonderful to see how many people are showing up for BINGO. Welcome to all the newcomers.

BUNCO

2nd Monday (July 8th) of the month at 7:00pm, please arrive at 6:50. We need twelve people to have a game, but we always would love more. We would love for you to join in on the fun and have an evening of laughs, and conversation. If you are interested call Linda Bily (631) 721-5280. The regulars if you cannot make the game, PLEASE call Linda Bily (631) 721-5280.

MahJongg:

Mahjongg starts 7:00p at the clubhouse. We have a fun time; we are not professional level so no need to hesitate to join in.

We have new people learning to play, so come on down, all are welcome to learn.

If interested in learning how to play, please reach out to Doreen McCrystal, 917-270-0426 or Sandy Bakofen (631) 745-6152.

Donations

Please help our local community, we are still in need of your support, which is always appreciated, nonperishables can be left at the club house in the lobby.

Supporting Our Advertisers

The newsletter would not be possible without our advertisers. When you do patronize our advertisers, please remember to tell them you are from Country Village Estates. They have been loyal to us so let us reciprocate our patronage. If anyone has information regarding someone who is interested in advertising with us, please reach out to me, Doreen McCrystal, cvenews@yahoo.com.



Join your friends & neighbors for an ICE CREAM SOCIAL

Friday, August 23, 2024, at 2:00pm

Chocolate and Vanilla ice cream with your choice of
toppings, including
Sprinkles, Whipped Cream, Nuts, Chocolate Syrup,
Caramel Syrup, and of course a Cherry on Top!

Only \$7 per person

Sign-up sheet will be in the Clubhouse.

Cash payment will be accepted at the Clubhouse
on **Wednesday, August 14, 2024, between**
10:00am - 11:00am & 6:00pm - 7:00pm.

Don't miss a fun time with your neighbors.



TAI CHI



- Jude will be the instructor for the Intro Class to Tai Chi.
- The class is scheduled for every Tuesday for 4 weeks starting on July 2nd to 23rd.
- If there are enough people interested, she will come back in September.



Water Aerobics



- Starting July 2nd to September 5th
- Mondays & Thursday 10:45 – 11:45am
- No water aerobics on July 4th and September 2nd

ITALIAN NIGHT

June 8, 2024

It was a great night, wine, great food, good music, dancing, and wonderful people. Thank you to the band Now & Then, Roland Diehl and Claus Dose, they kept us entertained. Their other band mate, Esther Bechman, became ill and was not able to make it, she was missed.

We had some of our very own talents, Carol Fox and Nancy Fritz, they were wonderful. The ladies of the Entertainment Committee put on a fantastic dinner, again they did a marvelous job.







Community Kindness Korner

As I grow older, and hopefully grow in wisdom, as well, I often reflect on the people who have touched my life, especially on those most difficult days, who brought sunshine despite the clouds.

Perhaps they weren't major moments, just a brief respite from a sad situation, or on an otherwise forgettable day, but their imprint was life giving and indelible on my soul.

I stand in gratitude to those who just knew the right thing to say, or the right thing to do, at the right moment. I strive to be one of those generous souls.

I remember Joan Marie Sullivan whose phone call, not once, but twice, on a particularly difficult day gave me the promise of hope that the darkness would lift, and light would soon shine in its place.

Joan is no longer with us, but her kindness lives on.

Today

by Carol Fox

I bless the world today. I embrace all that is beautiful, all that is good and all that is holy. I embrace the wind as it pushes against me and the cool air which rustles new leaves of summer.

I thank you for awareness and reflection. What is it you are thankful for today?

I am extremely grateful to have a community of friends that really have come through for me in huge way. I am not one that feels comfortable asking anyone for help, but I will forever be thankful. Love you all.

Doreen & Cali McCrystal

DOG RULES AND REGULATIONS

1. Picking Up After Your Dogs:

There are some residents or their guests not picking up after their dog. We are finding huge loads of poop and of course smaller loads.

It is disrespectful to the entire community and their guests. How would you feel if someone tracked dog poop into your home. I would think you would not like it. How difficult is it to pick up your dog poop. There is *NO EXCUSE*, it is just irresponsible and lazy.

ALSO: The Club House garbage cans located at the pool parking lot are *NOT* for your dog's poop. You need to carry your poop back to your home, use your own garbage cans like everyone else in this community that has a dog.



2. When dog urinates pour water over spot:

Dog owners must carry a *bottle of water* to pour over their dog's urine, not spraying. It really does not matter if it is a female or male dog, it is just the female dogs have more of nitrogen.

Right after your dog goes to the bathroom, water that spot thoroughly to flush nitrogen and salts from the soil. Do not be stingy with the water. You want to use about twice as much water as there is urine to dilute the nitrogen content sufficiently.

3. Letting dogs roam free on common property.

No dogs should be running free on the common property, it is a safety hazard to your neighbors. This is a fifty-five and older community with rules and regulations. When you moved into this community you received the booklet with the rules, it would have been great if you read it, I am sure if you felt you could not abide by the rules you would not have purchased a home here.

DOG RULES AND REGULATIONS

4. Brookhaven does have a leash law.

Town of Brookhaven 2024-02-22 The Code Chapter 23 Dog Control and Animal Welfare§ 23-1Declaration of legislative findings and intent.[Amended 4-17-2001 by L.L. No. 9-2001, effective 4-20-2001]It is hereby declared and found that the health, welfare and safety of the inhabitants of the Town of Brookhaven require regulations supplementing and superseding Articles 7 and 26 of the New York State Agriculture and Markets Law and pertaining to the licensure, seizure and disposition of privately owned dogs and cats and the humane treatment of animals. Articles 7 and 26 of the New York State Agriculture and Markets Law are incorporated by reference herein. The Town Board of the Town of Brookhaven has determined that the running at large and other uncontrollable behavior of dogs have caused physical harm to persons and damage to property and have created nuisances within the Town. It is the intent of the Town Board in the enactment.

It is the intent of the Town Board in the enactment of this chapter, to protect the health, safety and well-being of persons and property by imposing restrictions on persons owning or possessing dogs within the Town.

As used in this chapter, the following terms shall have the meanings indicated:

AT Large Off the premises of the owner and not under the control of the owner, his agent, or a member of his family, whether by rope, leash or similar device

Dog on leash laws are laws that require dogs to be restrained by a leash or a similar device when they are outside of an enclosed area. These laws vary by state and locality, and some states may not have any leash laws at all. The purpose of these laws is to prevent dog-related incidents, such as bites or attacks. Dog owners should check the local dog leash laws before taking their dogs to public places.

Pool Rules

- The pool will open Saturday of Memorial Day weekend and close Labor Day subject to change at the discretion of the Board.
- The pool will be open Monday through Sunday at 10:00 A.M. and close at 8:00 P.M.
- First Aid supplies are available at the double-door entrance to the clubhouse while the pool is open.
- Use of the pool and recreation facility will be restricted to Homeowners and their guests with children must always be accompanied by a homeowner.
- When there is one person in the pool there must be another adult on deck.
- No diving or jumping into the pool.
- Floats, balls, or toys are not permitted in the pool.
- The Suffolk County Department of Health Services recommends that swim diapers be worn by bathers who are incontinent, lack toilet training or are otherwise lacking voluntary control of excretory functions.
- No person will make unnecessary noise or behave in any objectionable manner in the pool or recreation area.
- It is required by the Dept of Health that bathers must shower prior to entering the pool. Showers are provided in the clubhouse.
- Homeowners will be held responsible for all actions of their guests in the pool area and clubhouse.
- Pollution of the swimming pool is prohibited. Urinating, expectoration or blowing the nose in the swimming pool is prohibited.
- Communicable disease. No person having skin lesions, sore or inflamed eyes, mouth, nose, or ear discharges may use the pool.
- Food and beverages are not permitted in the pool area, except water in plastic containers. *You must throw away your water bottles, do not discard them on the pool patio.*
- To avoid accidents, shoes must be always worn in the clubhouse.
- Please do not enter the clubhouse with dripping bathing suits.
- No towels or articles of clothing will be hung over the fence.
- All additional regulations required now or in the future by the Suffolk County Department of Health shall be obeyed by all Members



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Suffolk County Office for the Aging to meet a SENIOR ADVOCATE

I just received the Suffolk County Office for the Aging Schedule for the SENIOR ADVOCATE.

A senior advocate, or elder care advocate, educates senior citizens about resources and services that are available and helps them apply for those benefits. Job duties include researching health care and social services, helping clients review bills or insurance claims, and offering support after hospital visits. A senior advocate typically works with clients that reside in an assisted living facility, health center, or with family members. SNAP (Supplemental Nutrition Assistance), Medicare Savings, and HEAP.

The in-person advocate closest to us is Middle Country Public Library, **July 22 2:30-4:30pm or September 23 2:30-430pm**

Call Pam Kreutz 631-585-9393 to make appointment.

Middle Country Library is located at 101 Eastwood Blvd., Centereach.

The schedule can be accessed at <https://suffolkcountyny.gov/aging/Calendar>.

Linda Bily, EdD, CSA, OPN-CG



CRIME Stoppers

Greg Williams, Vice President of CVE HOA, has worked it out with the 6th Precinct to drive throughs our community at various times.

POLICE PRECINCTS

1 st	Precinct	854-8100
2 nd	Precinct	854-8200
3 rd	Precinct	854-8300
4 th	Precinct	854-8400
5 th	Precinct	854-8500
6 th	Precinct	854-8600
7 th	Precinct	852-8700

DIAL
911

If you see a crime, or even
suspect one.

Receive cash for tips that lead to an
arrest!

Contact Suffolk County Crime Stoppers
anonymously:

Call: 1-800-220-TIPS
Text: SCPD + message to 274637
Or: www.tipsubmit.com

Visit us Online at: www.suffolkpd.org
Non-Emergencies Requiring Police Response:
631-852-COPS

53-0508-06/11

HELP!
STOP CRIME



What You Can Do To Help Prevent a Home Burglary

PDCS-8004e

CRIME Stoppers

HOME SECURITY CHECKLIST

DOORS

1. Door locks should be the deadbolt type.
2. Do not place an extra key outside.
3. Do not open the door to strangers. Ask for I.D. or verify their reason for being there.
4. If you have a double deadbolt lock, do not use it at night (if there is a fire, there is a danger of not being able to get out without the key).
5. Are door jambs strong and does the striker plate have 3" screws securing it?
6. Do you have doors with glass that is within 40" of the lock? If so, consider installing a throw bolt, mounted wall to door, at the top or bottom of the door (install at the bottom if there are children in the house).
7. Are your locks in good working order?
8. Are the hinges on the inside of your doors?
9. Are all your doors solid core?
10. Do doors with no glass have a peephole or 180° viewer?
11. Do your sliding glass doors have a pin or wood dowel in the track?
12. Can sliding glass doors be lifted out of the track?
13. Have your locks been changed since you moved in?

WINDOWS

1. Double-hung windows should be pegged to limit the opening to a small aperture.
2. If you have crank-type windows, did you remove the cranks?
3. Are cellar windows barred?
4. Do you properly lock all first floor windows when not home or sleeping?

LANDSCAPING

1. Trim down high shrubs so there is no place for a criminal to hide.
2. Trim tree limbs away from the house so they cannot be used to gain access to the second floor roof or the windows.
3. Are there loose objects that could be lifted and thrown through windows?

LIGHTING

1. Keep outside lights working properly.
2. Use sensor lighting that will turn on the lights when someone enters the yard.
3. Are all the lights installed properly?

GARAGE

1. Keep your garage locked at all times.
2. Do not leave your car keys in the vehicle while parked in the garage.
3. Do all locks work properly?
4. Do you have deadbolt locks on all the doors?

VACATIONS

1. Do you have someone to pick up your mail and newspapers?
2. Do you notify a trusted neighbor to watch your home?
3. Do you have someone take care of your yard in the summer or shovel your driveway in the winter?
4. Do you set your indoor lights on a timer?

ADDITIONAL

1. Do not give information over the phone to strangers.
2. Do not keep cash in your home.
3. Are bikes, ladders and equipment kept inside and not in the yard?
4. Do you keep the front doors and windows locked while you are in the yard?
5. Is your mailbox properly secured?
6. Do you keep valuables in a safe deposit box?
7. Do you keep a list of emergency numbers by your phone and teach your children to use them?
8. Are firearms locked in an adequate gun locker?
9. Consider joining or starting a Neighborhood Watch program. Visit: suffolkpd.org for additional information

These recommendations are not a guarantee that a crime will not occur. However, if followed, they should reduce your chances of becoming a victim.

HEALTH & WELLNESS

4 Warning Signs of Melanoma That Are Easy to Miss

The dangerous skin cancer can take on odd forms and pop up in unexpected places.

By Rachel Nania, AARP

Roughly 100,640 Americans will be diagnosed with melanoma this year, according to the American Cancer Society, making it one of the most common types of cancer in the U.S., especially among older adults who have endured decades of sun exposure and whose immune systems aren't as robust as they once were.

The good news: Melanoma is highly curable if it's caught early. Do you know what to look for?

The hallmarks of melanoma are asymmetrical or rough-looking moles without clearly defined borders. A spot on the skin that continues to grow in size or change is another indication, and a once-monthly body scan is an easy way to keep tabs on any of these concerning characteristics.

But there are also some more unusual signs that could signal the presence of skin cancer.

"Melanoma is such a rule breaker," says Elizabeth Buchbinder, M.D., an oncologist at the Dana-Farber Cancer Institute in Boston and an assistant professor at Harvard Medical School. Little moles can cause big trouble, and new spots can grow and spread quickly, she adds. "And so knowing what to look out for is super important."

Here are four warning signs of melanoma you need to know about so that no spot goes unnoticed.

1. The 'ugly duckling'

People who have lots of moles are at increased risk for melanoma. That doesn't mean, however, that you need to panic over every mark on your body. Pay attention to the moles that stand out — those that are darker than the rest, have changed recently or are more oddly shaped. Buchbinder calls these "ugly ducklings."

"If you have a bunch of dark moles, but you have 50 of them, they're not all melanomas," she says. "But if you have one mole that really looks different than the others, and it's kind of that ugly duckling, that's the one that you really want to get looked at and checked."

With women, melanomas most commonly appear on the arms and legs. Men need to pay special attention to their head, neck, back and trunk. Still, those aren't the only places this type of skin cancer can pop up.

HEALTH & WELLNESS

2. 'Where the sun doesn't shine'

The majority of melanomas are thought to be caused by ultraviolet (UV) light, but not all of them come from sun exposure. Melanoma can develop anywhere on the body, including "in places the sun doesn't shine," like the soles of the feet or the palms of the hand, says Elizabeth Quigley, M.D., a dermatologist and associate physician at Memorial Sloan Kettering Cancer Center in NYC.

The cancer can also appear as a dark streak under a fingernail or toenail, which is what happened to musician Bob Marley. He initially mistook his melanoma for a bruise on the toe and eventually died from it. (A clue that you should see a doctor: If you discover a dark spot under the nail bed that doesn't grow out with the nail over time, like a blood blister would, Buchbinder says it's time to make an appointment.)

And while it's rarer, melanoma also can develop on the eye, inside the mouth or on the scalp. Buchbinder has even seen patients experience changes in their hair color — "someone who had gray hair and developed a black streak" — because of a melanoma growing on the scalp. "So, strange things can happen, but these aren't common ones," she adds.

That said, these "hidden" melanomas are more common in people with darker skin, points out Vishal Patel, M.D., associate professor of dermatology at the George Washington School of Medicine & Health Sciences and director of the cutaneous oncology program at the GW Cancer Center.

"I tell Black and Indian and Asian patients that if you have nail changes, [any dark spots] on your palms and soles, as well as in the eye and mouth, these are ones that I worry about," Patel says. "Because while it is less common to have that, when it does happen, it is worse. So, it's important to know about that."

Melanoma is 20 times more common in white individuals than in Black individuals, according to the American Cancer Society. Hispanics are also less likely than their white peers to get the skin cancer.

However, when melanoma develops in people of color, it's often diagnosed at a later, more dangerous stage. A 2019 study from the Centers for Disease Control and Prevention (CDC) found that the five-year melanoma survival rate among non-Hispanic Black populations was 66.2 percent, compared with 90.1 percent for non-Hispanic white populations.

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3. Red, white and blue hues

Melanomas are often depicted as dark-brown moles, but they can actually present in a variety of colors. The cancer may have a blue tint to it, from deeper pigmentation, says Robert Brodell, M.D., chair of the Department of Dermatology at the University of Mississippi Medical Center. Or it can appear red, the result of an immune response. “The body is attacking it. It knows it’s abnormal and it’s trying to defend itself, and you get inflammation,” Brodell explains.

It’s also possible for a melanoma to “look like a rash,” Quigley says, and to take on a pink hue. But when the spot doesn’t get better with creams and other treatments that normally nix a rash, “you need to check and make sure that that’s not a skin cancer,” she adds.

Another sign of a melanoma can be lack of color. Some of these cancerous spots lose their pigmentation completely or partially, leaving a halo of white around a darker spot.

“And that’s something that gives us a little concern,” Buchbinder says. “Was the body recognizing something like a melanoma that was going wrong, and in its process of destroying the melanoma, it destroyed some of the normal melanocytes [cells in the skin that produce pigment] in that area? It’s just one of those things that may kind of make you look a little closer at something.”

4. Spots on the skin that bleed or itch

If a mole on your body starts to itch or becomes more painful or tender, you need to get it checked out. The same goes if the surface of a mole changes — maybe it starts to ooze or bleed or take on a scalier appearance and doesn’t heal on its own.

“We think that some of that irritation — the itching, the bleeding — is actually the body starting to recognize [the cancer] and starting to attack it a little, making it irritated. That’s why you’ll see some itching and bleeding and irritation near the actual mole,” Buchbinder says.

Skin cancer prevention

Wearing sun-protective clothing, sporting UV-blocking sunglasses and lathering on sunscreen are some of the most effective ways to prevent melanoma.

Another thing to keep in mind: People on certain blood pressure medications — including diuretics such as hydrochlorothiazide and calcium channel blockers such as nifedipine — need to be extra cautious when spending time outside. “Many of those [blood pressure] medicines make us more sensitive to the sun and more likely to get a sunburn,” Quigley says, which amplifies the risk of skin cancer.

Not all skin cancers are caused by sun exposure, so frequent skin checks are an important part of prevention, too. Catching a melanoma before it has time to grow in thickness and spread to

HEALTH & WELLNESS

other areas of the body greatly improves your chances of survival. Keeping your immune system as strong as possible can also help prevent melanoma.

The bottom line: "People need to really be aware of their skin," Quigley says. "And if there's anything that seems abnormal, it's not the time to wait — it needs to be evaluated."

Editor's note: This story, first published July 9, 2021, has been updated to reflect new information.

Risk Factors for Skin Cancer

Do you know your skin cancer risk? According to the CDC, the most common risk factors include:

- A lighter natural skin color
- Skin that burns, freckles, reddens easily or becomes painful in the sun
- Blue or green eyes
- Blond or red hair
- A large number of moles
- A family history of skin cancer
- A personal history of skin cancer
- Older age