

Country Village News

April 2024

250 Theodore Drive, Coram, NY 11727

Happy Birthday



1 Judith Hallock
1 Michael Lamonica
2 Victor Jinete

13 Nancy Schmidtmann
16 Cathy Tomaiuoli
25 Josephine Milazzo



Happy Anniversary



06 Kathy & Roland Diehl (50 years)
06 Jane & Tony Scott (50 years)

30 Greg & Kathy Gasiewski
Jenny & Mike Odrechowski



APRIL

In the northern hemisphere April is a most confusing month; rainy and wet one day, the next full of a warm promise of green growth to come. Besides the weather, the month is full of surprises and contradictions, prized for rebirth and endings, and a birth month to amazing geniuses and crazed despots both, making fun of astrological predictions.

You must love April. It is just like life.

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month of April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.

The name Aprilis, then, fits April, because in so many places in the northern hemisphere April is the month when trees and flowers begin to bloom and go on to flower.

Two flowers signify the month of April: the daisy and the sweet pea. The daisy symbolizes innocence, loyal love, and purity; but it also means "I'll never tell!" The oldest daisy on record is the *Bellis perennis*, known as Daeges eage (or Day's eye) in the Middle Ages because its petals close at night to cover the yellow center.

Today there are more than 90 varieties of flowers that are called daisies, and they come in red, yellow, purple, orange, blue, and pink colored petals, and vary widely in size. But they are, as director/writer Nora Ephron once wrote, "the friendliest flower."

The sweet pea signifies blissful pleasure and are used to say goodbye. Sweet peas may be a pretty flower, but they are also one of the oldest food crops on our planet, domesticated by humans about 11,000 years ago.



HAPPY SPRING



APRIL
SONGBIRDS' JOYFUL MUSIC,
AND THE
EARLY SPRINGTIME FLOWERS,
COLORFUL UMBRELLAS
OPENED WIDE FOR APRIL SHOWERS.
DAYS ARE BRIGHTER,
HEARTS ARE LIGHTER,
PROMISE FILLS THE AIR-
THE GIFTS OF APRIL BRING US
SPECIAL HAPPINESS
TO SHARE.

The Crocus
by Miss H.F. Gould

Down in my solitude under the snow,
Where nothing cheering can reach me;
Here, without light, to see how to grow,
I'll trust nature to teach me.

I will not despair, nor be idle, nor frown,
Locked in so gloomy a dwelling;
My leaves shall run up, and my roots shall run down,
While the bud in my bosom is swelling.

Soon as the frost will get out of my bed,
From this cold dungeon to free me,
I will peer up with my little bright head,
And all will be joyful to see me.

Then from my heart will young petals diverge,
As rays of the sun from their focus;
I from the darkness of earth will emerge,
A happy and beautiful Crocus!

Many, perhaps, from so simple a flower,
This little lesson may borrow—
Patient to-day, through the gloomiest hour,
We come out the brighter to-morrow.

From *The Crocus: A Fresh Flower For the Holidays* (1849)



I Wandered Lonely as a Cloud

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.



Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of the bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced, but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed - and gazed - but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

William Wordsworth



Touchstone Management

Brian Arellano – President
Jackie Licurse – Management Representative
Austin Cleary – Assistant Property Manager

16 Sawgrass Dr, Suite 1, Bellport, NY 11713 (631) 448-7919
Monday thru Friday 9:00 am – 4:00 pm
Email: info@tpm.team

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<https://country-village.net>

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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 -
- Wednesday - Knitting Group, Ladies Game Day, Bingo
- Thursday - Men's Club, Chair Yoga and Mahjongg
- Friday - 3rd Friday of the month Left Right Center (unless there is an event on Saturday)

NEWS HIGHLIGHTS:

- Cancer Prevention & Screening Education and Free Blood Pressure Screening.
- The CVE Board's Corner
- Entertainment Committee March Community Breakfast Pictures
- HEALTH and WELLNESS: COVID, Smoking, Dementia & Tick Bites
- SHRED-A-THON – Ending this month.
- Solar Eclipse
- Biggest List of Senior Discounts
- Fun & Games

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.

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.

HEALTH And WELLNESS

This month we will read about COVID, Smoking, Dementia & Tick Bites.

Country Village News cont.

Future Entertainment Committee Events at The Club House:

- May – Tea Party
- June – Italian Night

Information for all future events will follow.

NOTE: If you are interested in renting out the club house, please call Jackie Bromberg (631) 320-3086 regarding availability.

BINGO

The bingo group is looking for someone who is interested in calling the numbers once a month. If you are interested, please reach out to Charlotte Worthington, 631-880-3628

BUNCO

2nd Monday (February 12th) of the month at 7:00pm, please arrive at 6:50. We need 12 people to have a game, but we always would love more. If you cannot make the game, PLEASE call Linda Bily (631) 721-5280.

MahJongg:

We have changed back the time to 7:00 – 9:00 pm on Thursday.

If you are interested in learning or already know how to play, please reach out to Doreen McCrystal, 917-270-0426.

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's 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.



CHINESE LUNCHEON

Saturday, April 20, 2024, at 1:00pm

Choices will include:

Wonton soup, Egg Drop soup, or Hot & Sour soup
Egg Roll

ENTRÉE:

(With Roast Pork Fried Rice or White Rice or Brown Rice)

Chicken Chow Mein
Chicken with Mixed
Vegetables

Roast Pork Lo Mein

Boneless Ribs

Pepper Steak with Onions

Shrimp with Broccoli

General Tso's Chicken
Sesame Chicken
Roast Pork Egg Foo Young
Beef with Broccoli
Shrimp with Lobster Sauce
Vegetable Delight

\$15 per person

The sign-up sheet will be in the Clubhouse.

Cash payment will be accepted at the Clubhouse on
Wednesday, April 10, 2024, between 10:00- 11:00am
and 6:00 - 7:00pm

CVE BOARD'S CORNER

THE BOARDS CORNER FOR MARCH 2024

Two Board members will be available to meet with anyone at the clubhouse on 4/6 at 9am for any CVE issues.

MARK YOUR CALENDARS

There will be an open community meeting on **May 21st at 6pm**. Prior to this meeting you will be receiving a notice from Touchstone Management, as 3 positions on the Board could be open to anyone wanting to be on the Board. If you are thinking about becoming a board member Touchstone will be collecting the names and resumes of any homeowner wishing to volunteer for the position. If anyone comes forward, the May community meeting will also be an election meeting. If no one comes forward, the Board will remain the same.

Agenda items for the May meeting will be posted next month.

ASSEMBLY PERMIT FOR THE CLUBHOUSE

The last time the FIRE Marshall was here he pointed out some issues before he would approve us for a new assembly permit. There were no restrictions severe enough to warrant us not using the clubhouse. Since that visit all issues have been corrected and we feel confident that he will approve of giving us an assembly permit.

SPRING IS HERE

You always know spring is here when we have so much activity in Country Village.

Earth Care (our fertilization company) has already been here twice to spray our trees and shrubs with dormant oil and fungicides. You should be aware that we use Earth Care because they do use organic pesticides that do not harm the environment. I am sure fertilization and weed prevention will be applied by April.

On March 19th and 20th, Brookhaven Irrigation checked the sprinkler system for defective sprinkler heads and turned on the system. We will not be watering any areas until May.

On March 20th, Perfect Lawn Care started their cleanup of the property. They are super-efficient and good at what they do so we do expect that the lawns and flower beds will look extra special this year. They will be weeding the flower beds outside of your patios at least once a month. Last year we were overrun with weeds but know that this year they will try to keep ahead of it. If you want any private landscaping, within your patio area, there is a signup sheet in the clubhouse. For anything outside of your patio please submit a maintenance request. They will prune shrubs twice a year. Tree trimming is NOT done by the landscapers.

DYMOND INDUSTRIES

Did a wonderful job repairing potholes around Country Village. We apologize for not notifying everyone when it happened and for any inconvenience it may have caused.

As most of you know, Dymond Industries is the company that will be building the 14 new homes on the 3.9 acres of land we have bordering Mooney Pond Road. We are getting very close to breaking ground, and we hope to have a lot more to say about this at our open community meeting in May.

CVE BOARD'S CORNER Cont.

HOMEOWNERS DIRECTORIES

These were completed and handed out. At this time, we can only give out 1 per household, if any extra ones are needed, the cost is \$5.00.

The electronic format for this directory can also be found on our website at <https://country-village.net> Password is TheoDrive250

If any corrections are needed, please notify the Board member Linda Bily, who is our secretary, so that she can make any change needed.

HOMEOWNERS HANDBOOKS

A new handbook is going to be finished soon. It is a good guide for all regarding the HOA's rules and regulations. It easily spells out responsibilities of the HOA and of the homeowner. It gives a synopsis of what is written in the offering book which is the 250 page Book that you received at your closing. We look forward to completing that shortly.

BOCCE COURTS

We will be discussing and finalizing plans to install 2 new Bocce Courts. We have not finalized a start date as this is a costly project but will keep you aware of what will be happening. We know many enjoy this activity in the spring and summer and look forward to getting this accomplished.

FENCING SURROUNDING COUNTRY VILLAGE

We had noticed that there were certain areas bordering our property that had fencing which had fallen, was worn or broken from age, and sections that were missing. All of those areas had either repair done or new sections of fencing installed.

SECURITY ISSUES

The Board will continue to meet and investigate cost factors to get the best measures for increasing security. As mentioned previously we are looking into having.

- a) Cameras at the front gate,
- b) More lighting around the community especially in the back areas and courtyards,
- c) additional fencing in the front

NEW MANAGEMENT COMPANY

We are pleased to inform you that we just signed a contract to start with a new management company. Their name is PMI Gold Coast Management.

The efforts in securing a new company have been tremendous. The finance committee along with the Board had many hours of interviewing many different companies. PMI stood out because of what they do and how they work with HOA's.

The transition to this new company will begin on April 1st and they officially begin on June 1st. This company will have many up to date ways of communicating with homeowners and the Board. We are certain that this will make day-to-day business easier and more efficient.

Certainly, we will have much to speak about at our community meeting and will answer any questions you may have about using a new company.

We look forward to meeting with a lot of you at the May 21st meeting.

ENTERTAINMENT COMMITTEE

COMMUNITY BREAKFAST March 23, 2024

Once again, the Entertainment Committee had a spectacular spread for breakfast. Everyone enjoyed the delicious food provided by Coram Diner. There was a nice crowd of people, enjoying seeing everyone and having lovely conversations. It was a fabulous time; the committee should be proud of themselves for all the demanding work everyone knows they put into making it a success.





CANCER PREVENTION & SCREENING EDUCATION

Join Health Educators from Stony Brook Cancer Center to learn about what cancer screenings are available for you, when to get screened, and best practices for cancer prevention.



Tuesday April 23, 2024

1:00 pm

Country Village Estates Clubhouse



FREE Blood Pressure Screenings available



Stony Brook Cancer Center

APRIL 8, 2024

COME FOR THE ECLIPSE,
STAY FOR
NEW YORK!



THE NEW YORK TOTAL SOLAR ECLIPSE

I  NY PLAN YOUR VISIT TODAY. VISIT WWW.ILOVENDY.COM/ECLIPSE





APRIL 8, 2024

LOCATION	DURATION OF TOTALITY	PARTIAL ECLIPSE BEGINS	FULL ECLIPSE BEGINS	FULL ECLIPSE ENDS	PARTIAL ECLIPSE ENDS
Jamestown	2m 51s	2:03:38 pm	3:17:55 pm	3:20:46 pm	4:31:43 pm
Buffalo	3m 46s	2:04:56 pm	3:18:20 pm	3:22:06 pm	4:32:10 pm
Rochester	3m 39s	2:07:00 pm	3:20:08 pm	3:23:47 pm	4:33:26 pm
Syracuse	1m 27s	2:09:01 pm	3:23:03 pm	3:24:30 pm	4:34:49 pm
Watertown	3m 39s	2:10:05 pm	3:22:33 pm	3:26:12 pm	4:35:01 pm
Lake Placid	3m 21s	2:13:02 pm	3:25:07 pm	3:28:29 pm	4:36:43 pm
Plattsburgh	3m 34s	2:14:03 pm	3:25:44 pm	3:29:18 pm	4:37:07 pm

*Times shown in local time (EDT)

	14:09:23 Mon, Apr 8	Partial eclipse begins The moment the edge of the Moon touches the edge of the Sun is called first contact.		15:22:37* Mon, Apr 8	Dark shadow sweeps in The Moon's umbral shadow arrives from the west and envelopes the surroundings.		15:25:12* Mon, Apr 8	Baily's beads A new set of Baily's beads appears, signalling the end of totality.
	14:10* Mon, Apr 8	Moon bites Sun Using eclipse glasses, the eclipse starts to become visible to the eye.		15:22:42* Mon, Apr 8	Diamond ring The corona forms a ring around the dark Moon, while the Sun dazzles like a jewel.		15:25:13* Mon, Apr 8	Shadow bands Faint waves of light may reappear along the ground and walls.
	14:31* Mon, Apr 8	Obscuration around 20% One-fifth of the area of the Sun's disk is covered by the Moon.					15:25:16* Mon, Apr 8	Diamond ring Baily's beads come together to form another dazzling jewel of sunlight.
	14:38* Mon, Apr 8	Temperature changes As the Moon covers the Sun, the amount of solar energy decreases.		15:22:47* Mon, Apr 8	Baily's beads Just before totality, beads of sunlight stream through valleys along the edge of the Moon.		15:25:26* Mon, Apr 8	Dark shadow sweeps out The Moon's umbral shadow departs toward the east.
	14:46* Mon, Apr 8	Sharp & blurry shadows Shadow edges that are aligned with the Sun's narrowing crescent become sharper.					15:25:31* Mon, Apr 8	Corona fades The ring of the corona around the Moon disappears from view.
	14:53* Mon, Apr 8	Brightness of sky As the eclipse progresses, the sky starts to become noticeably darker.		15:22:52 Mon, Apr 8	Totality begins The moment the edge of the Moon covers all of the Sun is called second contact.		15:30* Mon, Apr 8	Dark shadow on horizon The Moon's umbral shadow may be visible in the distance as it retreats to the east.
	15:00* Mon, Apr 8	Temperature, humidity & wind Conditions continue to change as the amount of solar energy decreases.		15:22:53* Mon, Apr 8	Chromosphere The chromosphere—a thin, red layer of the Sun's atmosphere—is briefly visible.		15:32* Mon, Apr 8	Nature returns to normal Animals and plants are going back to their usual behavior.
	15:07* Mon, Apr 8	Light levels & colors Surroundings start to darken, while colors start to turn grayish.		15:22:54* Mon, Apr 8	Prominences Reddish, tongue-like prominences may poke out from the Sun during totality.		15:46* Mon, Apr 8	Light levels & temperature The conditions of the sky and surroundings are returning to normal.
	15:15* Mon, Apr 8	Reaction of nature The behavior of animals and plants starts to be affected by falling levels of light.		15:22:55* Mon, Apr 8	Corona During totality, the ghostly corona shines as brightly as a Full Moon.		16:14* Mon, Apr 8	Obscuration around 20% One-fifth of the area of the Sun's disk is covered by the Moon.
	15:17* Mon, Apr 8	Dark shadow on horizon The Moon's umbral shadow may become visible as it approaches from the west.		15:24:01 Mon, Apr 8	Maximum eclipse The deepest point of the eclipse, with the Sun at its most hidden.		16:34:57 Mon, Apr 8	Partial eclipse ends The moment the edge of the Moon leaves the edge of the Sun is called fourth contact.
	15:20* Mon, Apr 8	Shadow bands Faint waves of light may be seen moving across the ground and walls.		15:25:06* Mon, Apr 8	Chromosphere Just before the end of totality, the chromosphere briefly reappears.			
	15:22:32* Mon, Apr 8	Corona appears The corona—the outer part of the Sun's atmosphere—starts to become visible.		15:25:11 Mon, Apr 8	Totality ends The moment the edge of the Moon exposes the Sun is called third contact.			

* Timings for the beginning & end of partial eclipse, the beginning & end of totality, and maximum eclipse are accurate to within a few seconds. This calculation uses a *Delta T* value of 69.22 seconds.

Timings for other events are approximate—they are included here as a rough guide to features that might be observable. The icons show the position of the Moon against the Sun at each stage.



Order Sons and Daughters of Italy in America Vigiano Brothers Lodge #3436

*Come join us at the Vigiano Brothers Lodge to keep
your Italian heritage going.*

*This lodge is named after two brothers that perished
in the 9-11 terrorist acts against our country.
We have many enjoyable activities in this lodge to
keep you involved.*

*We meet on the third **Thursday** of the month at 7pm
at New Village Recreation Center, 20 Wireless Road,
Centereach, NY 11720.*

*Our meeting consists of socializing with coffee and
dessert at 7pm followed by the Order's business
meeting at 7:30pm.*

For information call: Mike LaMonica at 631-320-3219

SHRED-A-THON!

Bring old documents and unwanted papers to de-clutter. All documents are shredded in a professional Mobile Shredding Truck and are then recycled. No need to remove staples or paper clips.

SATURDAY, APRIL 13TH

9:00am - 11:00am

Merrick Office | 324 Merrick Ave, Merrick

11:30am - 1:30pm

Wantagh Office | 1867 Wantagh Ave, Wantagh

2:00pm - 4:00pm

Massapequa Park Office | 1000 Park Blvd, Massapequa Park

SUNDAY, APRIL 14TH

9:00am - 11:00am

Garden City Office | 730 Franklin Ave, Garden City

12:00pm - 2:00pm

Rockville Centre Office | 75 Seaman Ave, Rockville Centre

SATURDAY, APRIL 20TH

9:00am - 11:00am

Northport Office | 180 Main St, Northport

11:30am - 1:30pm

East Northport Office | 190 Laurel Rd, East Northport

2:00pm - 4:00pm

Dix Hills Office | 15 E. Deer Park Rd, Dix Hills

SUNDAY, APRIL 21ST

9:00am - 11:00am

Wading River Office | 6347 Route 25A, Wading River

11:30am - 1:30pm

Miller Place Office | 275 Route 25A, Miller Place

2:00pm - 4:00pm

East Setauket Office | 750 Route 25A, East Setauket

SATURDAY, APRIL 27TH

9:00am - 11:00am

Sayville Office | 95 Main St, Sayville

12:00pm - 2:00pm

Babylon Office | 126 W. Main St, Babylon

SUNDAY, APRIL 28TH

9:00am - 11:00am

Smithtown Office | 7 W. Main St, Smithtown

12:00pm - 2:00pm

Ronkonkoma Office | 4949 Express Dr N, Ronkonkoma





200 Portion Rd. • Ronkonkoma, NY 11779

(631) 588-1135

Daily Specials

Monday

Buy 1 French Dip, Get 1 Half Price

Must purchase a beverage with each french dip.

Lower priced french dip discounted. Available all day.

Buy 10 Boneless Wings, Get a 10 Free

Must purchase a beverage.

Toasted Tuesday

BLUE/POINT
BREWING CO. 40.77.-73.02

\$7 Toasted Lager Pints ~ All Day

Buy 10 Bone-In Wings, Get 5 Free

Must purchase a beverage. Available all day.

\$2 Off All Rib Dinners

Wednesday

\$4 Off All Burgers ~ All Day



Foodies Thursday

\$3 Off All Burgers

\$3 Off All French Dips

\$7 Pints Of Guinness



Friday

Buy 1 French Dip, Get 1 Half Price

Must purchase a beverage with each french dip.

Lower priced french dip discounted. Available all day.

Sunday

Buy 10 Bone-In Wings, Get 5 Free

Must purchase a beverage. Available all day.

\$3 Off All Appetizers ~ All Day

Must purchase a beverage with each appetizer.

HEALTH & WELLNESS

COVID-19

I am up to five COVID boosters, should I really be signing up for, yet another shot now?

Yes, if you did not get a COVID vaccine this fall, you need to hustle and catch up.

The most recent shot, which was released in September 2023, isn't actually a booster. It's a new vaccine that targets the latest variants. So even if you got the previous booster, you're not fully protected from the current versions of the virus.

Researchers who study the virus predict that COVID will continue to circulate throughout the winter, along with flu, RSV and other viruses that send hundreds of thousands of older adults to the hospital each year.

“One thing we have learned over the past three and a half years is that [the coronavirus] isn’t a seasonal virus like the flu is. It is with us constantly,” says David Montefiore, director of the Laboratory for AIDS Vaccine Research and Development at Duke University Medical Center. “And as immunity wanes in the population, we’re going to continue to see increased numbers of infections and associated increased in hospitalizations and deaths.”

The coronavirus vaccine could become an annual shot, like the influenza vaccine. Researchers are even working on a combined COVID-Flu vaccine, so a few years from now, a single shot from your doctor or pharmacy may be all you need to protect yourself fully.

SMOKING

I stopped smoking more than 20 years ago. All of a sudden, my doctor wants me to get a lung scan.

Recent science indicated your lung cancer risk, even as a long ago smoker, may be higher than once thought. Since 2021, the U.S. Preventive Services Task Force has recommended screening for a wider range of former smokers, lowering both the age and the number of smokes that qualify individuals.

“There’s a common misperception that if you already quit, you don’t need to be screened for lung cancer,” says pulmonologist Micheal Wert, M.D., medical director of the lung cancer screening program at the Ohio State Wexner Medical Center.

It’s true that your risk for developing lung cancer drops every year from your quit date. But for former heavy smokers, even after 25 years, the odds of lung cancer remain three times as high as in never smokers, according to a study in the Journal of the National Cancer Institute. You should have an annual lung scan if:

- You’re 50 to 80 years old and a former or current smoker.

You have a “20 pack year” smoking history. (Example: one pack per day for 20 years or two packs per day for 10 years.)

A low dose CT (computed tomography) scan checks for abnormalities in your lungs. “This is the easiest cancer screening technique that we have. There is no prep, and it takes a few minutes.” Wert says.

HEALTH & WELLNESS Cont.

DEMENTIA

Could relying too much on my smartphone for GPS, phone numbers, etc., be causing my recent decline in memory?

Probably not. But some research indicates that smartphones can make older adults feel dumber, because they flood us with numerous data sources, while our natural decline in “cognitive flexibility,” or the ability to multitask, makes processing all this data more difficult.

Still, if you are concerned about your memory, speak to a doctor. Plenty of issues can toy with your memory, and many of them are fixable, including sleep issues and some medications.

“The earlier you can address your concerns, the more likely you can participate in your care and preserve your independence,” says Joel Salinas, M.D. clinical assistant professor of neurology and an expert on neurodegenerative diseases, dementia, and Alzheimer’s at NYU Langone Health. Your doctor can ask a few questions about your recent habits and medicines and put you through a simple battery of tasks to get a handle on your brain health.

For people 65 and older with Medicare Part B, this kind of cognitive health visit is covered every year. Even if you are younger, it’s worth checking. The remedies to your brain lapses may be easy, and if you are dealing with the start of real memory problems, the sooner you know, the sooner you can take steps to support your brain health and independence.

TICK BITES

Every few months, there’s a warning about a new tickborne disease. What do I really need to worry about?

There are several scary and relatively new diseases caused by ticks, including alpha-gal syndrome (which causes an allergy to red meat) and Powassan virus (a rare but often severe neurological disease). But it’s the classics such as Lyme disease (the number of cases has roughly doubled since 2000, according to some sources) that you need to be aware of. Start with a trip to the doctor for a blood test if you experience a rash or flu like symptoms or are otherwise feeling crummy after a tick bite.

If you have a picture of the tick that bit you (or the actual tick, in a well-sealed container), bring it along with you, because that can help. Different ticks transmit different germs, says Thomas Mather, a tick expert and director of the University of Rhode Island’s Center for Vector Borne Diseases, “so you need to really be able to distinguish between ticks to know what type of germ you might get.”

In some cases, your doctor may prescribe an antibiotic even before a diagnosis is confirmed, since early treatment is linked to better outcomes.

TO REMOVE A TICK: Use fine tipped tweezers. Grab as close to the skin as possible and pull straight up (rather than wiggling it out).

BIGGEST LIST OF SENIOR DISCOUNTS (March 2024)

Senior Discounts: What You Should Know

As of 2024, many businesses have done away with their senior discounts, but the following companies still slash prices for older adults, as well as veterans, and low-income individuals.

For many companies on this list, the specific senior discounts vary by location, so be sure to check with your local stores to confirm discount availability. Some stores, like Kohl's, offer senior discounts on particular days of the week.

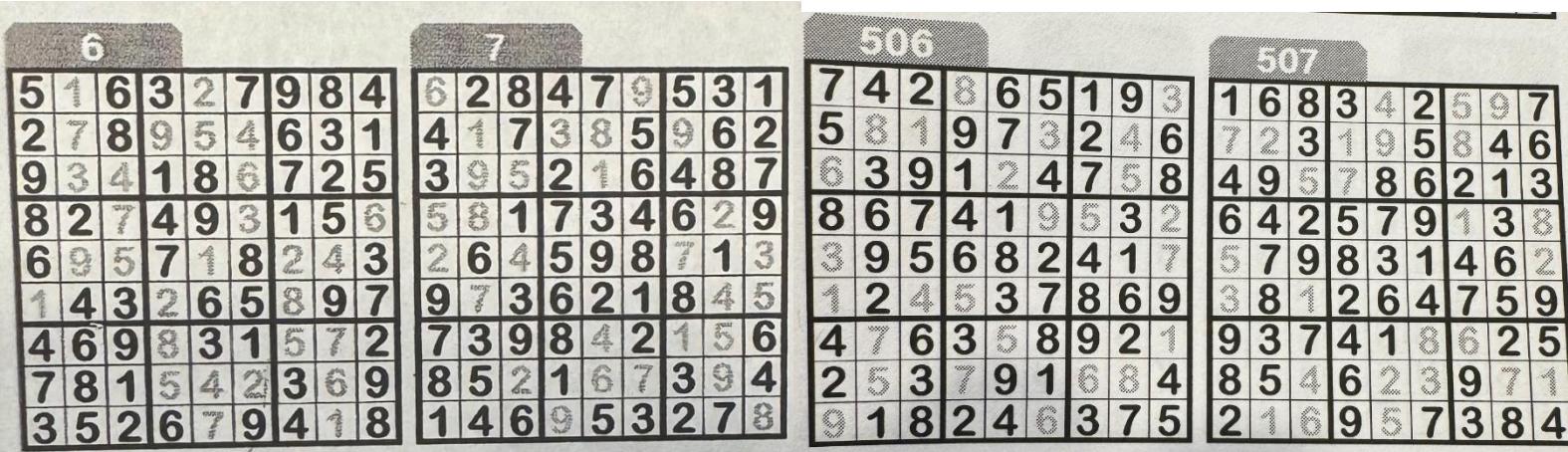
Most Popular Senior Discounts

Company	Discount	Eligibility
Amazon	50% off Prime Membership	Must be a recipient of SSI, SNAP, or other government assistance
Big Lots	10% off	Must be an active duty or retired military member
CVS.com	20% off and free shipping	Must be an active duty or retired military member or immediate family of either. Must join Veterans Advantage card benefit program
Home Depot	10% off	Must be an active duty or retired military member with honorable status or spouse of either. Maximum of \$400 in savings annually.
Goodwill	20% off	Must be 60+; Tuesdays Discount varies by location, generally ranging from 15-25%.
JOANN	20% off	Must be 55+ and present a state-issued ID. One day per month that varies by location
Kohl's	15% off	Must be 60+

Company	Discount	Eligibility
Lowe's	10% off	Must be an active duty or retired military member or their spouse.
Ross Dress for Less	10% off	Must be 55+; Tuesdays
Michael's	10% off	Must be 55+
Rite Aid	20% off	Must be 65+; First Wednesday of each month. Discount for in-store items only.
Salvation Army	15-50%	Must be 55+
Savers and Value Village	20-40% off	Must be 55+; Some stores only offer senior discounts on certain days.
Tanger Outlets	Free Tanger coupon book	Available to AARP Members Discounts vary based on location and specific store.
<u>TJ Maxx</u>	10% off	Must be 55+; Not available at all locations
Valvoline	15% off oil changes	Available to AARP Members
Walgreens	20% off eligible items	Must be 55+ or an AARP Member; Available once per month in-store and for one week per month online.

FUN AND GAMES

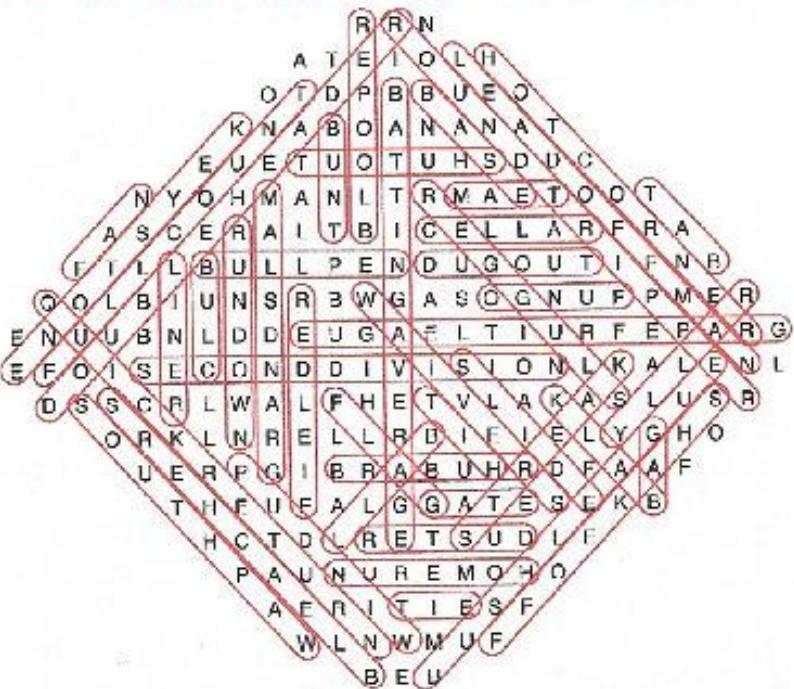
ANSWERS



FANCY PARTY AT (PAGE 118)



On the Diamond (pages 152-153)



Leftover letters spell: National Baseball Hall of Fame

BIGGEST LIST OF SENIOR DISCOUNTS (March 2024)

Senior Discounts for Restaurants

Company	Discount	Eligibility
Applebee's	10-15% off	Must be 60+
Arby's	10% off	Must be 55+
A&W	Vary by local restaurants	Must be 55+
Backyard Burger	20% off	Must be active duty military or veteran
Ben & Jerry's	10% off	Must be 60+
Bennigan's	10% off	Must be 60+
Bob's Big Boy	Up to 15% off	Must be 60+
Bonefish Grill	10% off	Must be an AARP member
Boston Market	10% off	Must be 65+
Burger King	10% off	Must be 60+
Bubba Gump Shrimp	10% off	Must be an AARP member
Captain D's Seafood	\$5.49 meals on Wednesdays and Sundays	Must be 62+

Company	Discount	Eligibility
Carrabba's Italian Grill	10% off	Must be an AARP member
Carrows Restaurants	Discounted "Golden 55" menu	Must be 55+
Chart House	10% off	Must be an AARP member
Chick-fil-A	10% off or a free small drink	Must be 55+
Chili's	10% off	Must be 55+
CiCi's Pizza	Discounts vary by individual restaurant	Must be 60+
Claim Jumper	10% off	Must be an AARP member
Corky's Homestyle Kitchen and Bakery	Discounted senior menu and frequent diner cards	Must be 55+
Country Kitchen	Light Fare Menu	No age requirements
Culvers Corner	10% off	Must be 60+
Dairy Queen	10% off	Must be 55+
Denny's	15% off; Discounted senior menu	Must be an AARP member for the discount; 55+ for the menu
Dunkin' Donuts	10% off or a free donut	Must be 55+

Company	Discount	Eligibility
Einstein's Bagels	10% off	Must be 60+
<u>El Pollo Loco</u>	10% off	Must be 60+
Fazoli's	Discounted senior menu	Must be 62+
Friendly's Restaurant	10% off meal	Must be 55+
Fuddrucker's	10% off any senior platter	Must be 55+
Gatti's Pizza	10% off	Must be 60+
Golden Corral	10% off	Must be 55+
Hardee's	Up to 10% off	Must be 50+
<u>IHOP</u>	Discounted senior menu	Must be 55+
Jack in the Box	Up to 20% off	Must be 55+
KFC	Free small drink with any meal	Must be 55+
Krispy Kreme	10% off or a free donut with the purchase of a coffee	Must be 50+
Landry's Seafood	10%	Must be an AARP member

Company	Discount	Eligibility
Long John Silver's: Various discounts at locations (55+)	Discount varies by location	Must be 55+
McCormick & Schmick's	10% off food and beverages (excluding alcohol)	Must be an AARP member
<u>McDonald's</u>	Discounts vary by location	Must be 55+
Mrs. Fields	10% off at participating locations	Must be 60+
The Oceanaire Seafood Room	10% off of food and beverages (excluding alcohol)	Must be an AARP member
Outback Steakhouse	10% off of food and beverages (excluding alcohol)	Must be an AARP member or veteran
Papa John's Pizza	25% off online orders using code 25SAVE	Must be AMAC member 50+
<u>Perkins Restaurant & Bakery</u>	Discount menu for seniors	Must be 55+
Pollo Tropical	10% off	Must be 50+
Ponderosa Steak Houses	Discounted menu available for seniors	Must be 60+
Rainforest Cafe	10% off food and nonalcoholic beverages	Must be an AARP Member
Richie Roman's Barbecue	10% off	Must be 52+
SaltGrass Steakhouse	10% off food and nonalcoholic beverages	Must be an AARP Member

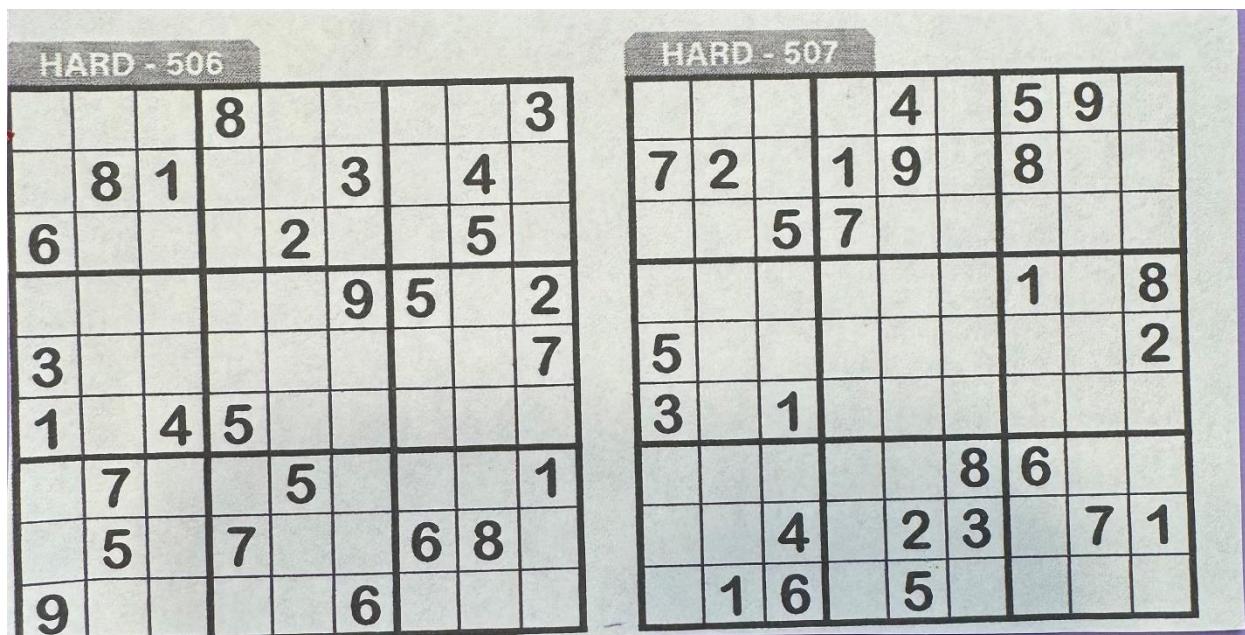
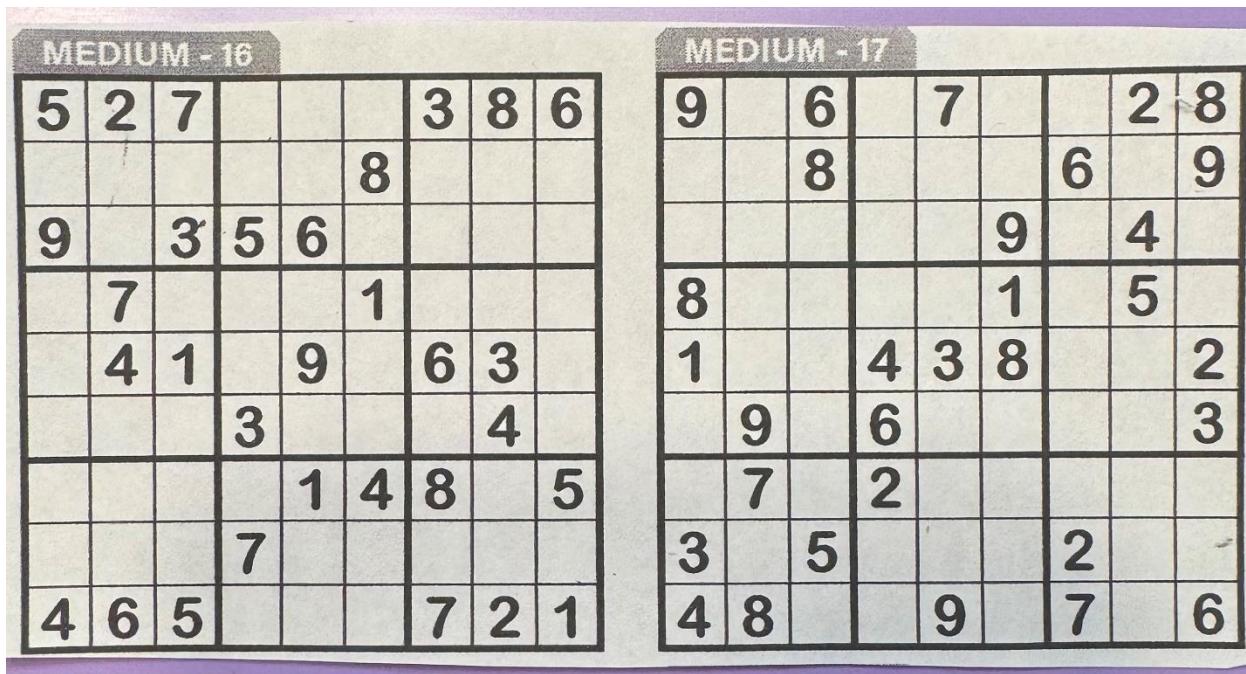
Company	Discount	Eligibility
Shoney's of Knoxville	10% off	Must be a Golden Age Club member
<u>Sizzler</u>	Discounted "Honored Guest Menu"; Varies by location	Must be 60+
Sonic	10% off or free drink	Must be 60+
Steak 'n Shake	10% off food and nonalcoholic beverages	Must be an AARP member
Subway	10% off at participating locations	Must be 60+
Taco Bell	5% off or a free beverage	Must be 65+
TCBY	10% off	Must be 55+
Tea Room Cafe	10%	Must be 50+
<u>The Old Spaghetti Factory</u>	Discounted senior menu	Must be 55+
Traditions Restaurant (East TX)	Discounted senior menu	Must be 50+
Village Inn	10% off	Must be 60+
<u>Waffle House</u>	10% off every Monday (varies by location)	Must be 60+
Wendy's	Varies by location	Must be 60+

Company	Discount	Eligibility
Whataburger	Free small coffee or kid's size soft drink with any entrée purchase	Must be 55+ and ask for "Club55" discount
White Castle	10% off	Must be 62+



FUN AND GAMES

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 "squares" (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square. Does it sound complicated? As you can see from the image below of an actual Sudoku grid, each Sudoku grid comes with a few spaces already filled in; the more spaces filled in, the easier the game – the more difficult Sudoku puzzles have very few spaces that are already filled in.



FUN AND GAMES

CROSSWORD

FANCY PARTY ATTIRE

ACROSS

1. " ____ Lazy River"
4. Stick (out)
7. With "Little" in front and 50-Across after, fancy party attire for a woman
12. Prefix with practice
13. Whichever
14. Mighty peculiar
15. Heat unit, briefly
16. Former Soviet space station
17. What 16-Across landed in after being brought down
18. Canyon edge
19. Woman's hosiery for a fancy party
21. Actress Hathaway of "The Devil Wears Prada"
23. River inlet
24. Stargazer's club: abbr.
25. Peas, in Paris
27. Woman's shoulder wrap for a fancy party
32. Do harvesting
33. Roll call vote in favor
34. XXX x X
35. River to the North Sea
37. Woman's footwear for a fancy party
43. Chaucer's far

44. "Pitfall" platform

45. "Wayne's World" denial
46. Boxer Laila, daughter of Muhammad
47. Attach again, as a brooch
48. Like some wine
49. ____ room (play area)
50. See 7-Across
51. Gender
52. Epoch of history

DOWN

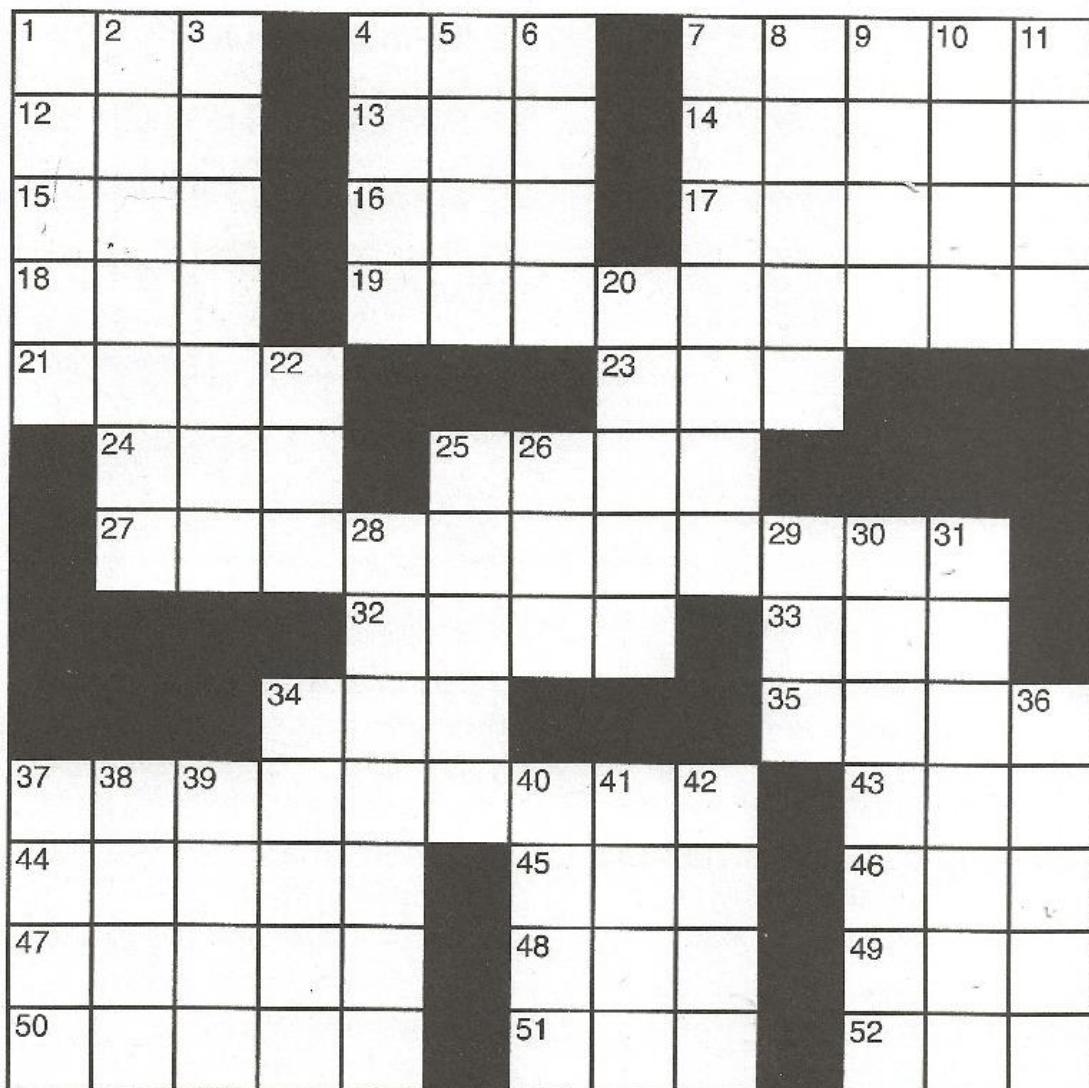
1. Eclipse shadow
2. Green films
3. Women's school graduates
4. Impromptu jazz sessions
5. Apartment or condo, e.g.
6. First-timer
7. Inclined to reading and study
8. St. ____ (Caribbean island nation)
9. The sun, in ancient Egypt
10. Rugged rock formation
11. Ranges of knowledge
20. Like new dollar bills
22. Atty.'s title
25. Pie serving
26. Man-mission link
28. Street scamps
29. Sailor's assent

FUN AND GAMES

CROSSWORD

30. A person's fortunes
31. Office gizmo for making tags
34. Tennis great Evert
36. "All My Children" vixen
37. Challenging

38. Fusion energy org.
39. Be slack-jawed
40. Finishes
41. Oral history
42. The Underworld's boundary



FUN AND GAMES

WORD SEARCH

On the Diamond

BAG	FAN	RALLY
BALK	FIELDER	RHUBARB
BALL	FLAG	ROUND-TRIPPER
BASE	FULL COUNT	RUNDOWN
BAT (diagonally)	FUNGO	SECOND DIVISION
BATTING AVERAGE	GATE	SHAKE OFF
BLEACHERS	GRAND SLAM	SHUTOUT
BLOOPER	GRAPEFRUIT LEAGUE	SLIDE
BULLPEN	HIT	SLUGGER
BUNT	HOME RUN	SOUTHPAW
BUSH LEAGUE	HOT CORNER	STREAK
CELLAR	KEYSTONE	TEAM
CLUB	LEADOFF MAN	TIE (horizontally)
DOUBLEHEADER	LINER	WAIVERS
DUGOUT	QUICK RETURN	WINDUP
DUSTER		

Leftover letters spell a place where
many diamond stars hope to end up:

FUN AND GAMES

WORD SEARCH

R R N
A T E I O L H
O T D P B B U E O
K N A B O A N A N A T
E U E T U O T U H S D D C
N Y O H M A N L T R M A E T O O T
A S C E R A L T B I C E L L A R F R A
. F T L L B U L L P E N D U G O U T I F N B
Q O L B I U N S R B W G A S O G N U F P M E R
E N U U B N L D D E U G A E L T I U R F E P A R G
E F O I S E C O N D D I V I S I O N L K A L E N L
D S S C R L W A L F H E T V L A K A S L U S R
O R K L N R E L L R B I E I E L Y G H O
U E R P G I B R A B U H R D F A A F
T H E U F A L G G A T E S E K B
H C T D L R E T S U D L E
P A U N U R E M O H O
A E R I T I E S F
W L N W M U F
B E B

Answers on page 190.