

# Country Village News

September 2024

250 Theodore Drive, Coram, NY 11727

## Happy Birthday



06 Toni Weber  
19 Francine Davino

22 Joe Clifford  
30 Phyllis Benanti



## Happy Anniversary



## Everything You Need to Know About September

What happens in the month of September? There's a little for everyone: the last days of summer and the first days of fall. See September holidays, advice, recipes, fun facts, and trivia, as well as important days you should know all about.

September, in Old England, was called Haervest-monath (Harvest Month). This is the time to gather up the rest of the harvest and prepare for the winter months.

"There are flowers enough in the summertime,  
More flowers than I can remember—  
But none with the purple, gold, and red  
That dye the flowers of September!"  
—Mary Howitt (1799-1888)

September's name comes from the Latin word *septem*, meaning "seven." This month had originally been the seventh month of the early Roman calendar.

## **September Calendar**

**September 2**—the first Monday of the month—is Labor Day. Canadians also observe Labour Day.

**September 11** is Patriot Day, held in honor and remembrance of those who died in the September 11, 2001, terrorist attacks.

**September 11** is also Grandparents Day this year. Honor your grandparents today—and every day!

**September 17** is Constitution Day. This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787 (just five years before the founding of The Old Farmer's Almanac, believe it or not!).

**September 21** is recognized as the annual International Day of Peace. Observances range from a moment of silence at noon to events such as peace walks, concerts, and volunteering in the community.

**September 22** marks the start of fall! This year's Autumnal Equinox occurs at 8:44 A.M. EDT. On this date, there are approximately equal hours of daylight and darkness.

**September 26** is Johnny Appleseed Day, celebrating John Chapman and everything apple!

**September 29** is Michaelmas. Michaelmas is an ancient Celtic "Quarter Day" which marked the end of the harvesting season and was steeped in folklore.

"Just for Fun" Days

## **Have fun with these strange celebrations this month!**

**September is National Happy Cat Month**

**September 11:** National Hug Your Hound Day

**September 13:** Kids Take Over the Kitchen Day

**September 19:** International Talk Like a Pirate Day

**September 24:** National Punctuation Day

## **Folklore for the Season**

- Heavy September rains bring drought.
- September dries up ditches or breaks down bridges.
- Married in September's golden glow, smooth and serene your life will go.
- If the storms of September clear off warm, the storms of the following winter will be warm.
- Fair on September 1st, fair for the month.

## **September Birth Flowers**

September's birth flowers are the aster and the morning glory. The aster signifies powerful love, and the China aster expresses variety or afterthought in the language of flowers. The morning glory symbolizes affection. It can also mean coquetry, affectation, or bonds in the language of flowers.

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### **PMI Gold Coast Properties**

Dawn DePasquale, President ([Dawn@PMIGoldCoast.com](mailto:Dawn@PMIGoldCoast.com))  
Michele Perrone, Office Manager

Phone: 631-621-2150 Fax: 631-406-4941  
409 Lake Avenue, Saint James, NY 11780  
Website: [www.pmigoldCoast.com](http://www.pmigoldCoast.com)

### **Country Village Website**

Website: <https://country-village.net>

**Password:** TheoDrive250

Webmaster: Roland Diehl (631)433-2198

### **Country Village Board Members**

President:	Phyllis Benanti	(631) 790-3238
Vice-President:	Greg Williams	(631) 220-8862
Finances	Ellen Forestieri	(631) 226-0714
Secretary	Linda Bily	(631)721-5280
Director	Carl Schroder	(570)955-9999

### **Country Village Newsletter Committee**

Editor:	Doreen McCrystal	(917) 270-0426
Co-Editor:	Sandy Bakofen	(631) 745-6152
	Debbie Buscaglia	(631) 559-9480
	Marie Palagonia	(516) 301-6780
Treasurer:	Francine Leiboff	(631) 846-1070

### **Country Village Entertainment Committee**

Jackie Bromberg	(631) 320-3086
Francine Davino	(631) 696-4750
Sandy Bakofen	(631) 745-6152
Betsy Burbige	(631)987-9507
Carol Fox	(631)790-3239

### **Finance Review Committee**

Gene Flynn Chairperson	(631) 921-2417
Charlie Buscaglia	(516) 805-2074
Mike Ellis	(347) 386-8802
Greg Gasiewski	(631) 526-2027
Ed Tomaiuoli	(516) 233-5473

# 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, Exercise "Wall Away the Pounds", and Bunco 2<sup>nd</sup> Monday of each month.
- Tuesday - Bocce, Tai Chi
- Wednesday –Knitting Group, Ladies Game Day, Bingo
- Thursday – Men's Club, Chair Yoga and Mahjongg
- Friday - 3<sup>rd</sup> Friday of the month Left Right Center (unless there is an event on Saturday)

## NEWS HIGHLIGHTS:

1. **One more new Advertiser:**
  - a. **Shells Only Complete Home Improvements**
2. **New Exercise "Walk Away the Pounds" 9:00a clubhouse men & woman, it is fun. There is no one person running this so if you just want to show up at 9:00a please do. The video is on YouTube.**

## 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:

- 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.

**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.

# COUNTRY VILLAGE NEWS

## HEALTH And WELLNESS

This month we will read about Medicare Unveils First Negotiated Prices for drugs.

## BINGO

Bingo is every Wednesday at 7:00 pm.

We would love more people to join the fun, the more people the bigger the pot. So, if you do not have anything to do on a Wednesday come on down to Bingo, we would enjoy seeing you.

## BUNCO

2<sup>nd</sup> 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. It's open to men and women, we did have a few men join the game last month and they loved it.



### ***Meet Murph*** (Keith Murphy)

He rolled a Bunco, which is rolling three dice and each had the same number as the current round number, he scored 21 points. There are 6 rounds.

***Congratulations Murph!!!***

If you are interested call Linda Bily (631) 721-5280. The regulars if you cannot make the game, PLEASE call Linda Bily.

## 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.

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.

# COUNTRY VILLAGE NEWS

## 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](mailto:cvenews@yahoo.com).

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## *Things I'm Super Good At*

1. Forgetting someone's name 10 seconds after they tell me.
2. Buying produce...and throwing it away two weeks later.
3. Digging through the trash for the food box I just tossed, because I already forgot the directions.
4. Making plans. And then immediately regretting making plans.
5. Leaving laundry in the dryer until it wrinkles. Then turning on the dryer to dewrinkle. Then forgetting it again.
6. Calculating how much sleep I'll get if I can just "fall asleep right now".



# CVE BOARD'S CORNER

**September 2024**

Board members will be available to meet with anyone at clubhouse on September 7th at 9am for any CVE issues.

We still have some ongoing issues with our new management company, which we will be straightening out.

**PLEASE NOTE PMI's**

**Emergency number for afterhours is 800-549-3568.**

**The handbook listed it wrong. Please correct it in your handbook.**

The past month the board met with the Finance Review Committee to discuss many projects to be done around Country Village. We want to express our thanks to all the members of this committee, Gene Flynn, Charlie Buscaglia, Mike Ellis, Greg Gasiewski and Ed Tamaioli for all the investigating and time spent in interviewing different companies to find the best company and price for our needs here in Country Village. They were involved in helping us with all the projects.

Below are the projects we discussed. Some were approved for now or to be started next year. We thought it best to inform everyone what they are, because we rather you hear it directly.

1. All the **Bollards** in Country Village were checked and there were about 8 Bollards needing repairs. These are the poles that protect our gas meters against a car hitting into them. They were changed and fixed as per National Grid specifications.
2. Some homes were in need of **Power washing**, and they were Identified and cleaned. The cleaning may have exposed some of the Hardie board siding that was worn after 25 -30 years. We are making a list of Hardie board repairs and will fix these areas.
3. There were some **cement issues** needing repair and installation. and these were appropriately fixed, i.e. the 2 new bench slabs were too short, and a new cement platform for the mailbox by Building 5, as the platform that was there was a hazard for homeowners to collect their mail. Also, the stairs that were repaired by 175 were a hazard and needed replacement.
4. There are **retaining walls** in the Village that will need to eventually be changed. However, this is a very large and costly project. It is something that cannot be done in

# CVE BOARD'S CORNER

one year but most likely we will make repairs over a 5 yr. period. The plan would be to start at the end of 2025, so that no special assessment would be needed.

5. There are certain areas that have **severe drainage issues**. We have a contractor that is knowledgeable in this area of creating French type drains. The cost is reasonable enough to be accomplished over a two month period and this project may begin in late September and October.

6. There was a recommendation to **change the door at the pool** (which gives you access to the bathrooms) to a fiberglass door with keypad access. We are planning to put keypad access in the double glass doors that let you into the clubhouse as well. This will be completed before the pool opening next summer.

7. There have been issues with **heating and cooling in the meeting room** of the clubhouse. The finance committee investigated using a Ductless (HVAC) system. We are still in discussions with this and will finalize things in February and the plan is to start this project in the Spring.

8. **The Building Signage** around Country Village needs repairs. After investigating different companies and the cost factor by the Finance committee, it is feasible to go ahead with this project. So, within the next few months we should have accurate signage with house numbers on each building.

9. We along with the finance committee have been investigating getting **new mailboxes**. Our postman Ali states he may be able to change one mailbox at a time if it is needed. This would save us considerable costs. The Post Office warehouse has mailboxes he can request to utilize. So, we would like to try this route first.

10. We all have been aware that we need more of a **handicapped accessible area by the pool** parking lot bathroom doors, as well as an entrance to the pool. Next Spring we will call an engineer, in February to help us develop an appropriate area according to the ADA (American Disabilities Act)

11. **Solar panels for heating pool** were discussed. There is only 1 company that offers this service on Long Island and this project is on hold for now because of cost of \$38,000. If the new houses are started perhaps some of that money can be utilized towards this project. We may be able to look at this next year, if we have enough money in capital contribution account.

12. **Electric ⚡ Awning for the pool** area. Will be waiting for next year as it is late in the season. There is money from Capital contributions which we may be able to utilize for this expenditure next year, along with new tables for the pool area. The present tables will be sold at the end of this year's pool season in September, because they are tempered glass and not allowed according to the Dept. Of Health.

# CVE BOARD'S CORNER

If anyone at Country Village would like to purchase a table the cost is \$50, cash and carry. Just let one of the Board members know.

13. Many areas in Country Village are pitch black at night, so we are starting a project of **Solar Lighting** in some courtyards and walkways. We have a budgeted amount for this project to get us started. Homeowners can help CVE to be safe by leaving their porch light on overnight. You can use an LED light bulb which is very cost effective or simply change your porch light bulb to a dusk to dawn light bulb which will automatically control your porch light during the nighttime hours.

14. **Bocce courts.** We first are taking care of the drainage issues there and one of the Finance Committee members saw some bocce courts at the VA that could be more affordable to do. We are awaiting the final cost factors and hopefully will start this renovation in the spring.



# BROOKHAVEN TOWN SENIOR SERVICES

## Parking Permits for Persons with Disabilities



If you are a resident of the Town of Brookhaven with a qualifying disability as defined by New York State Vehicle and Traffic Law, you are eligible for a parking permit for persons with disabilities from the **Brookhaven Town Clerk's Office**.

Applications are available online at [www.Brookhavenny.gov/TownClerk](http://www.Brookhavenny.gov/TownClerk). For more information or to request a physical copy mailed to your home, call **(631) 451-9124**.

## Home Delivered Meals



Call or visit the Nutrition Site nearest your home to apply.

### North Shore Nutrition

739 Route 25A Mt. Sinai, NY 11766  
Phone 1: (631) 451-5311

### Bay Area Nutrition

15 Herkimer Street Mastic, NY 11950  
Phone: (631) 451-9080



Brookhaven Town Clerk  
Kevin J. LaValle



## Repair Service



The Residential Repair program provides household maintenance assistance to residents age 60+ who are homeowners, condominium owners, or apartment renters. The service provides assistance with minor home repairs that do not require the skills of a licensed craftsperson.

To apply please call **(631) 451-9092**

## Additional Resources

### Handicap Ramps

Call the Town of Brookhaven Housing and Human Services at (631) 451-6600

### Social Security Administration

Phone: (800) 772-1213



### STAR Enhancement for Seniors

Call the Town of Brookhaven Assessor's Office at (631) 451-6205

### (SCAT) Suffolk County Accessible Transportation

Provides curb-to-curb service to individuals with disabilities. Eligibility to use SCAT is determined based on guidelines contained in the Americans With Disabilities Act of 1990 (ADA).

Phone: (631) 738-1150

### Department of Social Services

Citizens in need of assistance and services by providing SNAP benefits (formerly known as food stamps), temporary financial, housing, medical and home energy assistance as well as protective and preventive services for adults.

Phone: (631) 854-9935



(631) 451-9101



Townclerk@brookhavenny.gov



KevinJLaValle



Brookhaven Town Clerk Kevin J. LaValle



**JOIN US FOR A  
HAWAIIAN LUAU**

Saturday, September 21, 2024, at 6:00pm

**\$25 per person includes dinner, wine, soda,  
dessert, coffee, and tea**

Sign-up sheet is in the Clubhouse.

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

Put on your dancing shoes, hula skirts & tropical shirts and do not miss this delicious dinner and a fun evening with your neighbors.

## **COMMUNITY KINDNESS CORNER**

### Reflection

Oh, the difference between life in the mind and life in the heart.  
There is no comparison; and until the experience occurs there is no understanding.

The difference between thinking and feeling –  
a whole world of discovery,  
a world of joyful revelation,  
and the best part - the awareness.

To experience life instead of imagining life.  
This is the moment - of joyfulness - of laughter, happiness, and peace.  
Life becomes living.  
Time to begin reflecting.

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### Seven miles for me

Leaving the store, I returned to my car only to find that I'd locked my keys and cell phone inside. A teenager riding his bike saw me kick a tire and say a few choice words. "What's wrong?" he asked. I explained my situation. "But even if I could call my wife," I said, "she can't bring me her car key, since this is our only car." He handed me his cell phone. "Call your wife and tell her I'm coming to get her key." "That's seven miles round trip." "Don't worry about it." An hour later, he returned with my key. I offered him some money, but he refused. "Let's just say I needed the exercise," he said. Then, like a cowboy in the movies, he rode off into the sunset. —Clarence W. Stephens, Nicholasville, Kentucky



## **WELCOME NEW RESIDENCE OF COUNTRY VILLAGE ESTATES**

**We want to take this opportunity to welcome all of you to this fabulous community. You will love it here; everyone is genuinely nice and welcoming.**

<b>House #</b>	<b>Name</b>
4	<b>Greg &amp; Kathy Marshall</b>
16	<b>Julia &amp; Patricia Romero</b>
27	<b>Linda Herman</b>
48	<b>Gary Carruthers</b>
55	<b>William &amp; Margaret Fischer</b>
62	<b>Agnes Ingogia</b>
76	<b>Kelly Marrero</b>
80	<b>Bob &amp; Maria Clemente</b>
95	<b>John &amp; Karen Specht</b>
106	<b>Diane Groneman</b>
109	<b>Michael Cronin</b>
118	<b>Sal &amp; G. Davria</b>
124	<b>Gregorio Galarza &amp; Ursula Rodriguez</b>
132	<b>Susan Knoop</b>
135	<b>Jean Romano</b>
146	<b>Debra Dougherty</b>
147	<b>Bobbi Coco</b>
149	<b>Keith &amp; Cynthia Murphy</b>
151	<b>Carol Burnett</b>
155	<b>David &amp; Patricia Summers</b>
178	<b>Elke Pachecke</b>
196	<b>Lori Zaza</b>

## **COMMUNITY KINDNESS CORNER**

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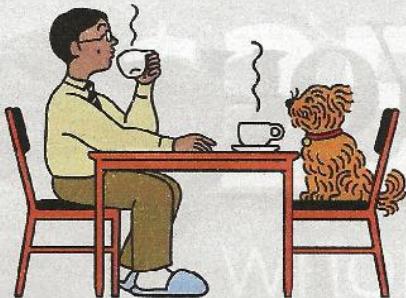
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## Stand Up Against Sitting Disease

Physicians say it's a real phenomenon, and simply going to the gym won't fix it. Here's what to do instead

By NICOLE PAJER

**K**ELLI BLOOMQUIST, 45, spent up to 10 hours a day sitting at her desk in her home office. That, plus ending her day with family couch hangs, left the media executive with very little time on her feet. "My legs were always falling asleep. I'd have to stand up just to get feeling back into my legs and butt," she recalls.

During a doctor's appointment, Bloomquist learned she was pre-diabetic and had an array of autoimmune issues, largely as a result of her inactive lifestyle. So she purchased a treadmill and stand-up desk and now challenges herself to hit a daily 10,000 steps. "I've lost weight; I'm no longer pre-diabetic," she says. She's also focusing better at work.

Bloomquist had what doctors refer to as "sitting disease"—a term for the negative effects of being too inactive, which experts warn is becoming all too common these days. It's often said that "sitting is the new smoking," but in recent years, more research has shown just how unhealthy our sedentary lifestyles are. Here's what you need to know.

### ► You're probably sitting a lot more than you think.

"On average, U.S. adults are spending 11 to 12 hours per day sedentary, which represents three-quarters of their waking day," says Keith Diaz, associate professor of behavioral medicine at Columbia University Medical Center in New York City.

Consider our most popular leisure activity, especially among older adults: watching TV. People 65 and older watch it for an average of 6.4 hours a day, while essentially enlisting technology to be active for us.

"While you're watching TV, a microwave could be cooking your food, a dishwasher could be washing your dirty dishes, a laundry machine could be washing your soiled clothes, a vacuum could be self-cleaning the floor," says Diaz. And many of us who still work are doing it from home—and hence not getting up to walk over to coworkers or into meetings.

### ► Sitting is worse for you than just about any other position.

Researchers broke a 24-hour day into five core behaviors: sleeping, sitting, standing, light activity and

moderate-vigorous activity. Moderate to vigorous exercise—running, cycling and more—was found to be best for your heart. Next came lighter activity (like walking), followed by standing, then sleeping. They were all better for you than sitting, says lead researcher Jo Blodgett, a senior research fellow at University College London.

### ► Sitting diminishes your brain.

People who sit for more than 10 hours a day are at greater risk of developing dementia. Prolonged sitting can also worsen symptoms of depression and anxiety.

### ► Sitting impacts your longevity.

A 2016 review of 13 studies found that sitting for eight hours a day with no activity puts you at a similar risk of dying as smoking and obesity. Too much sitting leads to an increased risk of diabetes, heart disease, blood clots and certain cancers.

### ► Sitting damages your fitness and mobility.

"Anytime you spend a lot of time in one position, your muscles adapt to that position, which makes it so that you're less flexible; it's harder to get the full range of motion when you're doing an activity," says Claire Morrow, a physical therapist with Hinge Health in San Francisco.

### ► You can't fully undo the damage by exercising.

"The more time you spend sitting, the greater risk you have for most chronic diseases, independent of whether you exercise or not," says Diaz. "This notion that 'I exercised today—check

Illustrations by Tom Jun



off my box for moving and I'm done' is not enough. For ideal health, we need to move throughout our day, not just in one bout of exercise for 30 to 60 minutes."

"I used to tell people you need 30 to 40 minutes of exercise at one time. I was wrong," says Barry Franklin, director of preventive cardiology and cardiac rehabilitation at Corewell Health William Beaumont University Hospital in Royal Oak, Michigan. He now tells patients that even one to two minutes of movement every hour, throughout the day, has a big impact. "So over 16 hours, if you're doing two minutes every hour, you're getting more

than 30 minutes," he explains.

Moving every half hour for five minutes has substantial, positive effects on blood sugar levels, Diaz says. Getting up after a meal, even for a slow walk, is enough to reduce blood sugar spikes by 60 percent—equivalent to the effects of medication, he says. And moving every hour for just one minute provides a reduction in blood pressure comparable to what you'd experience from exercising daily for three to six months.

In a perfect world, you'd log at least 8,000 steps per day, says Edward Coyle, a professor in the department of kinesiology and health education with the University

of Texas at Austin. Eight thousand is the number his team found was key to a healthy fat metabolism. But any amount helps. "If you are inactive, for each 1,000 steps you take, you lower your risk of dying and having heart disease by 15 percent," he says.

Even seconds of activity throughout the day have immense benefits. Coyle's team had people hop on an exercise bike for quick sprints and found that if they did this for 20 seconds every hour, they maintained a healthy fat metabolism.

The bottom line? Now that you've finished reading this article, get up and walk around for just two minutes. It could add years to your life. ■

## SIX SNEAKY WAYS TO MOVE YOUR BUTT

### Take an exercise snack

Getting enough exercise is much more doable if you break it up into "exercise snacks." Take a TV intermission and do a dozen jumping jacks. Read for an hour, then walk up and down the stairs a few times.



**Sit, but not still**  
Even moving around in your chair has benefits, says Franklin. "If we fidget while sitting, move our legs while at the computer, or if we stand while on the phone, that's another source of disguised energy expenditure."

### Create a new habit

We brush our teeth each morning, making it a daily habit. Try the same thing with movement. "Find routines in your life where you can tie in movement breaks," says Diaz. Finish a task, then take a five-minute walk before jumping into the next thing.



### Activate your social life

You call up a friend to grab a cocktail, a meal or a movie—all sedentary activities. Challenge yourself to pair socializing with moving. Invite a friend to play pickleball, help you out in the garden or go for a walk.

### Make things (a little) harder

Make the trek to a restroom down the hall in lieu of the closest one. Take your dog for more frequent short walks. And park farther away from a store than you normally would to sneak a few more steps in.



**Go analog**  
Instead of texting or emailing someone nearby, get up and walk over to that person. It will help your health—and your relationship.

*Nicole Pajer writes on health and wellness for The New York Times and Woman's Day.*

# MCPL UNDER THE STARS



## THE MEN OF SOUL

Thursday, September 19th

7:00 p.m. - 8:30 p.m.

MCPL - Centereach

Bring your  
lawn  
chairs.



Soul and  
R&B

Come early for snacks!

Purchase food from:  
Jeff's Jolly Ice Cream  
\*Others to Be Announced Soon\*

Supported by a Suffolk County Dept of Economic Development &  
Planning grant sponsored by Legislator Nick Caracappa.



Please let us know in advance if you require any special accommodations due to a disability.

Middle Country Public Library  
101 Eastwood Blvd., Centereach, NY 11720 (631) 585-9393 [www.mcplibrary.org](http://www.mcplibrary.org)



# MY STORY AND REFLECTIONS ON SEPTEMBER 11TH

Tuesday, September 24, 2024

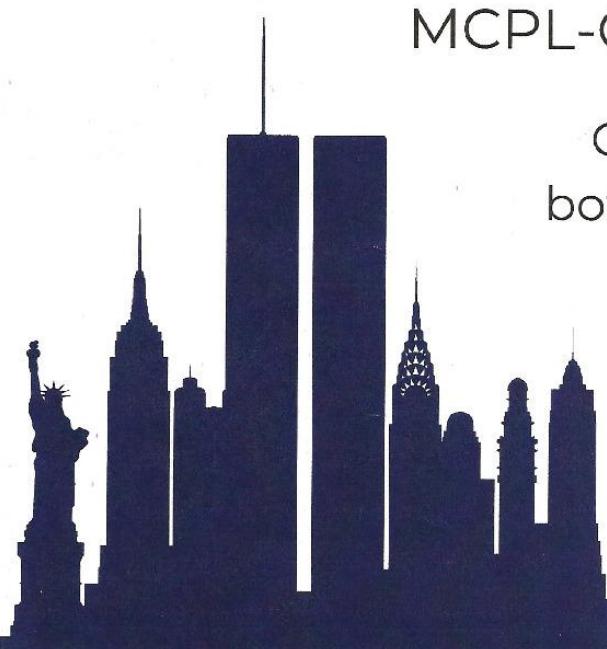
7:00-8:30 PM

MCPL-Centereach

Gerald Raffa was caught in both building collapses on 9/11.

There was tragedy and heroism all around.

Commemorate the anniversary of 9/11 by hearing his first-hand story.



Please let us know in advance if you require any special accommodations due to a disability.

Middle Country Public Library

101 Eastwood Blvd., Centereach, NY 11720 (631) 585-9393 [www.mcplibrary.org](http://www.mcplibrary.org)



# New York State Early Mail Ballot Application

Please print clearly. See detailed instructions

To receive an early mail ballot: In-Person - Application must be personally delivered to your county board of elections not later than the day before the election. By Mail - Application must be received by your county board of elections not later than the 10th day before the election.

The ballot itself must either be personally delivered to the board of elections in your county no later than the close of polls on election day, or postmarked by a governmental postal service not later than the day of the election and received no later than 7 days after the election.

BOARD USE ONLY:	
Town/City/Ward/Dist: _____	
Registration No: _____	
Party: _____	
<input type="checkbox"/> voted in office	

1.	Early mail ballot(s) requested for the following election(s): <input type="checkbox"/> Primary Election only <input type="checkbox"/> General Election <input type="checkbox"/> Special Election only <input type="checkbox"/> All elections this year			
2.	Last name or surname	First name	Middle initial	Suffix
3.	Date of birth MM/DD/YYYY	County where you live	Phone number (optional)	Email (optional)
4.	Address where you are registered	Apt	City	State Zip code NY
5.	Delivery of Primary Election Ballot (check one) <input type="checkbox"/> I authorize (give name): _____ to pick up my ballot at the board of elections <input type="checkbox"/> Mail ballot to me at: (mailing address)  Street no.    Street name    Apt    City    State    Zip code			
6.	Delivery of General (or Special) Election Ballot (check one) <input type="checkbox"/> I authorize (give name): _____ to pick up my ballot at the board of elections <input type="checkbox"/> Mail ballot to me at: (mailing address)  Street no.    Street name    Apt    City    State    Zip code			

## Applicant Must Sign Below

7.	I certify that I am a qualified and a registered (and for primary, enrolled) voter and that the information in this application is true and correct and that this application will be accepted for all purposes as the equivalent of an affidavit and, if it contains a material false statement, shall subject me to the same penalties as if I had been duly sworn.  Sign Here: <u>  X  </u> Date <u>  /  /  </u> MM/DD/YYYY			
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If applicant is unable to sign because of illness, physical disability or inability to read, the following statement must be executed. By my mark, duly witnessed hereunder, I hereby state that I am unable to sign my application for an early mail ballot without assistance because I am unable to write by reason of illness or physical disability or because I am unable to read. I have made, or have received assistance in making, my mark in lieu of my signature. (No power of attorney or preprinted name stamps allowed. See detailed instructions.)

Date   /  /   Name of Voter: \_\_\_\_\_ Mark: \_\_\_\_\_  
MM/DD/YYYY

I, the undersigned, hereby certify that the above named voter affixed their mark to this application in my presence and I know him or her to be the person who affixed his or her mark to said application and understand that this statement will be accepted for all purposes as the equivalent of an affidavit and if it contains a material false statement, shall subject me to the same penalties as if I had been duly sworn.

\_\_\_\_\_  
(Signature of witness to mark)  
\_\_\_\_\_  
(Address of witness to mark)

Board Use Only  
2024 Early Vote By Mail  
Application - English

## New York State Early Mail Ballot Instructions:

### **Instructions:**

#### **Who may apply for an early mail ballot?**

Each person must apply for themselves. It is a felony to make a false statement in an application for an early mail ballot, to attempt to cast an illegal ballot, or to help anyone to cast an illegal ballot.

#### **Information for military and overseas voters:**

If you are applying for an early mail ballot because you or your family are in the military or because you currently reside overseas, do not use this application. You are entitled to special legal provisions if you apply using the Federal Postcard Application (FPCA). For more information about military/overseas voting, contact your local board of elections or refer to the Military & Overseas Voting section of the State Board of Elections' website at the following address:

<https://elections.ny.gov/military-and-overseas-federal-voting>

#### **Where and when to return your application:**

Applications for an early mail ballot to be picked up by the voter or an agent of the voter must be submitted in-person at the county board of elections not later than the day before the election. All applications submitted by mail or those for an early mail ballot to be mailed to a voter must be received at the county board of elections no later than 10 days before the election. If the address of your county board of elections is not provided on this form, contact information for your local election office can be found on the New York State Board of Elections' website at following address:

<https://publicreporting.elections.ny.gov/CountyBoardRoster/CountyBoardRoster>

#### **Options available to you if you have an illness or disability:**

You may sign the early mail ballot application yourself, or you may make your mark and have your mark witnessed in the spaces provided on the bottom of the application. Please note that a power of attorney or printed name stamp is not allowed for any voting purpose.

Voters with a print disability, which means any disability that interferes with the effective reading, writing, or use of printed material, and require a ballot with accessible features may apply for an Accessible Ballot on the New York State Board of Elections' website at the following address: <https://ballotapplication.elections.ny.gov/home/accessible>

#### **When your ballot will be sent:**

Your early mail ballot materials will be sent to you beginning 46 days before federal, state, county, city or town elections in which you are eligible to vote. If you applied after this date, your ballot will be sent immediately after your completed and signed application is received and processed by your local board of elections. If you prefer, you may designate someone to pick up your ballot for you, by completing the required information in section 6 and/or section 7, as appropriate. Contact your local county board of elections if you have not received your ballot.

# HEALTH & WELLNESS

## Medicare Unveils First Negotiated Prices for 10 of the Costliest Medications

**Millions of older Americans are expected to save on their prescriptions**  
By Rachel Nania, AARP Published August 15, 2024

Under the new prescription drug law and for the first time in history, Medicare has negotiated lower prices for 10 medications that are among the costliest and most used in its prescription drug program (Part D). Every year going forward, the federal program will select additional drugs to negotiate.

The new prices negotiated by the federal government and drug manufacturers take effect in 2026 and apply to prescription pills and injections taken by older adults for diabetes, blood clots, heart failure, arthritis, kidney disease, cancer and more. About 9 million Medicare enrollees in 2023 used one or more of the 10 drugs selected.

Medicare Part D enrollees, who often pay a percentage of a drug's cost, are expected to save a collective \$1.5 billion in out-of-pocket expenses in 2026 because of the price negotiations, government officials announced. If the negotiated prices had been in effect last year, Medicare would have saved an estimated \$6 billion.

"Americans pay way too much for their prescription drugs. That's what makes today's announcement so historic," U.S. Department of Health and Human Services (HHS) Secretary Xavier Becerra said on a call with reporters. "For the first time ever, Medicare negotiated directly with drug companies, and the American people are better off for it."

"These negotiated prices, they're not just about cost," added Centers for Medicare & Medicaid Services (CMS) Administrator Chiquita Brooks-LaSure. "They are about helping to make sure that your aunt, your father, your grandfather or you can live longer and healthier."

Some of the negotiated prices are steep discounts compared to the drugs' list prices. For example, a 30-day supply of Januvia, a diabetes drug, is discounted 79 percent from the 2023 list price. And the negotiated price for the NovoLog pen, also used for diabetes, is 76 percent lower than the list price.

Comparisons to list prices, however, don't give a clear picture on how much less Medicare's prescription drug plans will pay for the 10 medications, since plans often negotiate lower prices. These prices are kept confidential.

"It's difficult to say exactly how much Medicare prescription drug plans were paying for the 10 medications, but the savings expected by CMS indicate that it was able to negotiate prices that were even lower," says Leigh Purvis, AARP's prescription drug policy principal.

# HEALTH & WELLNESS

## New negotiated prices, for 30-day supply

Drug Name	Negotiated Price	List price in 2023	Discount of negotiated price
Januvia	\$113.00	\$527.00	79%
NovoLog/Fiasp (several pens)	\$119.00	\$495.00	76%
Farxiga	\$178.50	\$556.00	68%
Enbrel	\$2,355.00	\$7,106.00	67%
Jardiance	\$197.00	\$573.00	66%
Stelara	\$4,695.00	\$13,836.00	66%
Xarelto	\$197.00	\$517.00	62%
Eliquis	\$231.00	\$521.00	56%
Entresto	\$295.00	\$628.00	53%
Imbruvica	\$9,319.00	\$14,934.00	38%

### Lower prices are result of AARP-backed law

The first 10 prescription medications selected for negotiations were identified last August as part of an AARP-backed prescription drug law that expands health care benefits and lowers out-of-pocket expenses for millions of older Americans with Medicare.

Federal officials picked the 10 drugs from a list of 50 medications that Medicare Part D spends the most on and are among the most used. Any selected small molecule drugs — medications you typically get at the pharmacy and take orally — must have been approved by the U.S. Food and Drug Administration (FDA) for at least seven years with no generic alternative. Biologics, which are drugs made from living organisms rather than chemicals, must have been FDA approved for at least 11 years with no similar alternatives.

The 10 selected drugs accounted for more than \$56 billion in Part D spending in 2023, according to HHS, and people with Medicare prescription drug coverage taking these 10 medications paid a total of \$3.4 billion in out-of-pocket costs in 2022.

“Today’s announcement marks a significant step forward in our long-standing efforts to lower prescription drug prices,” says Nancy LeaMond, AARP executive vice president and chief advocacy and engagement officer. “AARP members from across the political spectrum overwhelmingly called lowering prescription drug costs a top concern — and this first round of Medicare-negotiated prices will bring financial relief to millions of older Americans.”

# HEALTH & WELLNESS

## **The 10 drugs treat common conditions among older adults**

- One person dies of a blood clot every six minutes in the U.S., according to the Centers for Disease Control and Prevention (CDC). About 1 in 10 Medicare enrollees have heart conditions that put them at risk for blood clots.
- About 28 percent of Medicare enrollees have diabetes, which is one of the top 10 leading causes of death in the U.S.
- About 42 percent of Medicare enrollees ages 65 and older have at least one heart-related condition. Heart disease is the leading killer in the U.S.
- About 1 in 4 adults with Medicare have chronic kidney disease.
- Thirty-five percent of Medicare enrollees have arthritis (osteoarthritis or rheumatoid arthritis).
- About 15 percent of adults with Medicare have a cancer diagnosis.

Source: U.S. Department of Health and Human Services

## **Many older Americans struggle to afford medication**

A 2023 survey from AARP shows that 60 percent of older adults are very or somewhat concerned about being able to afford the prescription medication that they or someone in their family needs, and HHS reports that more than 5 million Medicare enrollees face challenges when it comes to affording their prescription medications.

This can have dangerous consequences. A 2023 poll from the health policy nonprofit KFF found that about 30 percent of adults don't take their medications as prescribed due to high costs.

Several polls, including research conducted by AARP, have found overwhelming public support for price negotiations between the federal government and drug makers.

Barbara Fabyan's 73-year-old husband takes three medications whose prices were negotiated by Medicare. Before he started taking these and other drugs, the couple never hit Medicare Part D's coverage gap — a temporary limit on what the prescription drug plan will cover for a person's medications.

But in 2023, they reached the gap in March and noticed a significant jump in how much they paid out of pocket when they filled their prescriptions. "Talk about a sticker shock at the pharmacy," says Fabyan, a retired educator near Fort Wayne, Indiana.

This year, they hit that gap even quicker. "It certainly affects our savings, because that's what we draw from to pay those extra medicine costs," she says. "Some of the things like going out to eat, things like that, we just don't do as much."

The coverage gap will be eliminated in 2025, under the AARP-backed prescription drug law, and people with a Medicare prescription drug plan will start to benefit from a new limit on out-of-pocket expenses for their prescription medications. (This limit will be \$2,000 in 2025.)

"As the voice for the 100 million Americans ages 50-plus, we will continue working to ensure this law is fully implemented and benefits older Americans for decades to come," AARP's LeaMond said.

# HEALTH & WELLNESS

## First 10 Medicare Prescription Medications with Lower Negotiated Prices Spending and number of enrollees was for 2023

Drug Name	Use	Medicare Spent	Enrollees
Eliquis	blood thinner	\$18.3 billion	3.9 million
Enbrel	rheumatoid arthritis, psoriasis, psoriatic arthritis	\$3.0 billion	48,000
Entresto	heart failure	\$3.4 billion	664,000
Farxiga	diabetes, heart failure, chronic kidney disease	\$4.3 billion	994,000
Imbruvica	blood cancers	\$2.4 billion	17,000
Januvia	diabetes	\$4.1 billion	843,000
Jardiance	diabetes, heart failure, chronic kidney disease	\$8.8 billion	1.9 million
NovoLog/Fiasp (several pens)	diabetes	\$2.6 billion	785,000
Stelara	psoriasis, psoriatic arthritis, Crohn's disease, ulcerative colitis	\$3.0 billion	23,000
Xarelto	blood thinner	\$6.3 billion	1.3 million

### More drug negotiations on the horizon

These first 10 medications are just the beginning for Medicare prescription drug price negotiations. Under the law, CMS will select and negotiate the prices of 15 more drugs for 2027, another 15 for 2028 and 20 additional drugs each year after that. The nonpartisan Congressional Budget Office has estimated that these negotiations will not only benefit consumers but will save the Medicare program \$98.5 billion over 10 years.

Other provisions in the AARP-backed prescription drug law are also helping to make medications more affordable to older adults with Medicare. For example, a \$35 monthly copay cap for insulin took effect in 2023 for people with Medicare prescription drug plans, and coinsurance amounts have been lowered for certain medications whose prices have been rising faster than the rate of inflation.

Many lifesaving vaccines have been made free for people in Medicare prescription drug plans, and importantly, a new annual cap on out-of-pocket expenses for prescription medications will

# HEALTH & WELLNESS

take effect Jan. 1, 2025 (the cap will be \$2,000 in 2025), offering much-needed savings and peace of mind for older adults with high drug expenses.

"Older adults have been struggling with high prescription drug prices for too long. The announcement of the first Medicare-negotiated drug prices is just the latest evidence of how the 2022 prescription drug law is creating much-needed savings for Medicare beneficiaries, as well as the Medicare program and the taxpayers who fund it," AARP's Purvis says.

## Key dates for price negotiations

- By Feb. 1, 2025: CMS will announce up to 15 drugs covered under Part D subject to negotiations for prices that will become effective in 2027.
- March 1, 2025: deadline for CMS to publish the explanation of the maximum fair prices that have been negotiated for the first 10 drugs selected for negotiation for 2026.
- By Nov. 30, 2025: CMS will announce the maximum fair prices for the 15 drugs selected in February 2025.
- Jan. 1, 2026: Maximum fair prices negotiated for first 10 selected drugs become effective.
- 2027: Negotiated prices for 15 additional drugs take effect.
- 2028: Negotiated prices for another 15 drugs take effect.
- 2029 and beyond: Negotiated prices for 20 additional drugs per year take effect.

