

# Country Village News

September 2023

250 Theodore Drive, Coram, NY 11727

## Happy Birthday



06 Toni Weber  
22 Joe Clifford  
30 Anthony Aiello

30 Phyllis Benanti  
David Bergey  
Francine Davino

Alide Paolucci  
Vincene Santello



## Happy Anniversary



For many, the month of September signals the end of summer, the beginning of autumn, and the start of a new school year. With respect to the calendar, September marks the beginning of the series of months named after their numerical position in the year.

But the numbers and months don't add up anymore. See, September, based on the Latin *septem* meaning "seven," is the ninth month of the year.

What gives?

According to the original Roman republican calendar, September was the seventh month of the year rather than the ninth. The Roman calendar was only 10 months long and included the following months: Martius, Aprilis, Maius, Junius, Quintilis, Sextilis, September, October, November, and December.

The last six months were assigned names according to their ordinal numbers. Quintilis is the fifth month, Sextilis is the sixth month, and so on. September, as you can see, was the seventh month.

September may have gone from being seventh to ninth in the calendar, but will its number of days ever change?

It wasn't until 46 BCE, when Julius Caesar introduced the Julian calendar (named after Caesar, himself), that the year grew to include two more months, January and February. Quintilis and Sextilis were later renamed July and August in honor of Julius Caesar and Augustus Caesar, but despite repeated attempts to change them, the names for September, October, November, and December not only stuck, but spread to other languages as well.

The strangeness of calling the ninth month "Seventh Month" didn't seem to bother Old English speakers. September replaced the Old English forms *Hāligmōnað* and *Hærfestmōnað*, which mean "harvest month" in modern English.

If the Roman senate had gotten their way, we might now be calling September Tiberius or Antoninus, after two Roman Emperors. Or we might have ended up calling September Augustus as followers of the Emperor Commodus hoped, or Germanicus, as Emperor Domitian wanted.

Would these names have been any better than calling the ninth month September?

For many of us, Labor Day (the first Monday in September) means the end of summer vacation, but, it's important to keep in mind the true history behind this holiday: Labor Day is a celebration of laborers, of workers. And, it was introduced at a time when labor meant something far more grueling than it generally does today.

September is the start of the new year at many schools, and parents and teachers alike may be encouraging students to review their lessons (such as important vocabulary) from the previous year.

September also belongs to Virgos (those born between August 23 and September 22) and Libras (people born between September 23 and October 22). Virgos can be described as elegant and orderly, while Libras are known as clever and convivial.

August 23 – September 22



VIRGO

September 23 – October 22



LIBRA

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### **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](mailto:info@tpm.team)

### **Country Village Website**

<https://country-village.net>  
Password: TheoDrive250

Webmaster: Roland Diehl (631)433-2198

### **Country Village Board Members**

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Vice-President:	Greg Williams	(631) 220-8862
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Francine Davino	(631) 696-4750
Sandy Bakofen	(631) 745-6152
Doreen McCrystal	(917) 270-0426

# Country Village News

## Enjoy Our Community

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

- Monday – Mexican Train Domino's, and Bunco 2<sup>nd</sup> Monday of each month
- Tuesday - Bocce
- Wednesday – Knitting Group, Ladies Game Day, Bingo
- Thursday – Men's Club, Chair Yoga and evening Mahjongg
- Friday - 3<sup>rd</sup> Friday of the month Left Right Center (unless there is an event on Saturday)

## The CVE Boards Corner

The Board will be providing a monthly summary of items that have taken place and are in the works instead of a quarterly report.

## September

- The dance that was scheduled for September has been postponed, we will update you at a later date.
- Chair Yoga is starting up again Thursday September 14<sup>th</sup>, \$40 for 8 classes and \$5 for one class.
- Bocce Tuesday September 19<sup>th</sup>, 5:30p Pizza, final 4 games 6:30p, and then announce the winners.

## Pets:

There are residents or their guests still not picking up after their dogs. ***Please pick up your dog's poop!!!*** Respect your community!

***PLEASE*** bring a bottle of water when you walk your dog. The water is used to dilute their urine, so it doesn't leave brown spots. There are a lot of brown spots as you can see when walking around, please be mindful of our lawn.

## Pet Stickers:

There are no pet stickers left, if you still want one, please give me a call.

## BUNCO

2<sup>nd</sup> Monday (September 11) of the month at 7:00pm, please arrive at 6:45. We need 12 people to have a game, but we always would love more. If you cannot make the game, ***PLEASE*** call **Teri Flynn (631) 921-2418 or Barbara Limberg (631) 334-8654**.

# Country Village News Con't

## Get to Know Your Neighbors Section

Our featured neighbor this month is Alanna Connolly, she's a great baker, she can sure make some mean desserts.

(If you would like to be featured in the newsletter, send me an email, [cvenews@yahoo.com](mailto:cvenews@yahoo.com), or write it up and drop it off in my bin by my garage door. I know we would love to hear about you, it's so interesting.)

## Donations

Thank you all for the donations of food and school supplies, you were all very generous.

## Supporting Our Advertisers

AllTech has gone out of business, the owner passed away a while back. I removed them from the Newsletter.

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](mailto:cvenews@yahoo.com).

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# THE CVE BOARD'S CORNER

## FOR AUGUST 2023

- Two Board members will be in the clubhouse if you have any questions or concerns **on Saturday, September 2nd from 9 am to 10 am.**

This past month was again a busy month for Country Village, as you will read below.

- The roof was replaced on Building 22 at the beginning of August and Michael Herman did a good job. Greg and Carl from the Board supervised the job performance.
- Greg Williams, a board member, has been spearheading the replacement of the water valves in Country Village. He has walked around each day with GLC who has been here replacing and fixing these valves. Ellen, our treasurer allocated \$30,000 this year from our reserve funds to change 60 new valves. We were very fortunate to have only 3 defective valves needing additional repair. After 25+ years this was a little miracle. Next year we will resume changing 60 more valves. These valves secure the water delivery to each home. The company we are using is excellent and we are indeed fortunate to have had Mike Ellis recommend them to us for these changes and repairs.
- We realize that the bees and yellow jackets were a problem to many homeowners and luckily had Pest Control to take care of this issue. If you have any issues please put in a work order and we will try to get things resolved as quickly as possible.
- MSG our Lawncare Company has finished pruning and will continue to keep up with the weeding. We have spoken to them about the poor lawn cutting and we're told if the grass is too wet it is causing a problem. We have asked Brookhaven Irrigation company to shut down the sprinklers on Wednesday night so the lawns are dry for the Thursday cutting.
- Brookhaven Irrigation also continues to do repairs for defective sprinklers.
- We had MSG weed wack the area behind the sump, by building one. They cleared out the debris outside and inside the sump to make an easy walkway should Suffolk County come to view this area. A chain link fence will be installed to secure the opening so no one can gain access to the sump except through a locked gate.
- We had our tree company here on August 16th, to do some tree trimming. As always, they did a good job and cleanup. they are returning to grind the stumps of any trees taken down.
- We had the 8 new benches delivered and assembled. Six of them are alongside the bocce courts and 2 are by the tennis/ pickle ball court. We plan to offer homeowners the ability to memorialize these benches. We are finalizing where to get the plaques and how much writing can be on them. Once we know we will let everyone know. The donation for a plaque is \$100.
- The new Pool gates were installed on August 17th. You can enter the pool area with your clubhouse key and no key is needed to exit. The cuffs that are in the inside of the pool around the knobs will be extended to eight inches, as gaining entry to the pool is too easy with the four inch ones in place.



## THE CVE BOARD'S CORNER FOR AUGUST 2023 con't

- We had Suffolk County Dept of Health inspect the pool and they came up with 14 blue fines. None of these fines could shut down the pool but the following corrections are needed before the pool opens next year. They are repair concrete areas; put double stripe lines on the entry steps into the pool, labeling of chemicals, having a test kit available and a covered garbage can for the handicapped bathroom.
- We have been contacted by Bensin, our pump contracting company, regarding our new pumps. They have arrived from Sweden, and the next step is to secure a contractor who will resurface the pump well. We are hoping to begin this huge project by the first week in September. They will need to run a bypass system for our sewerage while this is in construction. Once again, **please make sure there is nothing but pee, poop and toilet paper going into the system.** This project will be costing us approximately \$170,000. Thankfully we have this money in our reserve. Ellen, our treasurer, has been vigilant in depositing money every month into our reserves, keeping us from adding any special assessments.
- We are getting closer to the building of our new homes. The builder needed to assess the water capability of our sump area, as clean water leaches into this area. There is plenty of water capacity, so we are again closer to the construction starting. Other issues regarding engineering have also been approved. We are hoping by next month to have a better update on this.
- There are 17 homes that have window boxes that have deteriorated terribly in the past 25 years as they are made of wood. Ellen has investigated and found a company that has a durable fiberglass window box, with a lifetime guarantee. We will be ordering these and will be replacing all the worn ones within the next 6 weeks.
- The pool tables in the clubhouse need repair and a company called "Rack Em Up" was found and will repair these 2 tables for us within the next two months.
- The flu shots will be offered to everyone again this year at the clubhouse **on September 18th between 10 AM and 1 PM.** There is a sign-up sheet in the clubhouse. Rite Aide needs to know the number of homeowners requesting the flu shot so they will know how much vaccine to bring.
- We have new signage outside the bathroom doors to designate Men's and Women's toilets. Between both bathrooms outside, we now have a garbage can holder. The garbage cans were always stored in the men's bathroom shower area, and we felt that this was unsanitary. All garbage from now on will be stored outside.
- The electrician came, inspected the kitchen outlets. He divided up the 4 outlets to ensure they would not cause an outage in the future.

# THE CVE BOARD'S CORNER FOR AUGUST 2023 con't

## THINGS WE ARE WORKING ON

1. Getting proposals for Concrete repairs by the pool and wherever there is a tripping hazard in Country Village
2. Getting proposals for handicap concrete ramps from the sidewalk to the street for homes whose walkways face Theodore Drive.
3. We found out the post office does not replace mailboxes any longer unless they have severe damage. We are looking into getting other mailboxes especially since many homeowners are getting wet mail due to the rain.
4. We plan on having fire safety training.

HAVE A GREAT MONTH!!

## BOCCE

**Bocce will end on Tuesday September 19<sup>th</sup>, pizza at 5:30 and the final four games at 6:30.**

This season has been interesting, different players playing the game. The games have been interesting since Carl moved the final score from 6 to 7, win by two points. I captured some shots of the game and others socializing while they waited to play.





# GET TO KNOW YOUR NEIGHBORS

The original English 1744 nursery rhyme...."Mary, Mary, Quite Contrary, How Does Your Garden Grow?" reminded me of how many extraordinarily beautiful home gardens fill our senses and soothe our souls as we walk and drive through our very own Country Village Community. I was especially moved by the lovely landscape gracing 185 Theodore and drawn to interview our new neighbor, Alanna Connolly, who, with her landscape partner, designed the layout which delights during the day, and throughout the evening hours, featuring diverse foliage and uplifting lighting.

Alanna is a relatively new neighbor, joining us in 2020, after living across Mooney Pond Road in Bretton Woods for 20 years. Alanna grew up in nearby Lake Grove and has worked with the Suffolk County Department of Social Services for 31 years in many capacities. In addition to her full time position throughout those three decades, she also worked for Suffolk Community College teaching pre-algebra to Calculus 1, until recently retiring from that position after 29 years. How many of us can even remember taking those classes, non-less excelling at teaching these challenging subjects. But that describes Alanna, always up to the challenge and not just achieving, but succeeding. In addition to her professional life, she has also served as a volunteer CCD teacher in Assumption of the Blessed Virgin Mary Parish in Centereach.

Alanna's true passion is baking, and her creations are a delight for all the senses, especially taste. We have included photos of just a few of her masterpieces. She also enjoys walking, inline skating and pickle ball, and hopes to gather a pickle ball following in our very own courts in the near future. Pickle ball has been recognized as the fastest growing sport in America and it's time Country Village added it to our list of community activities. We look to Alanna to help make that happen when she retires in the near future.

Despite being born with full vision in only one eye, Alanna shares her late Father's words which have guided her throughout her life, "You can do anything anyone else can do, you just have to do it differently." Limited vision has not hampered her drive and accomplishments.

Her beloved Father, Marty Connolly, was her mentor and model. He encouraged her to move to Country Village and has guided her with wisdom and wit throughout her life to accomplish and succeed at every undertaking. Marty was a Battalion Chief (BC) in the FDNY, as was his twin brother. Her cousin is also a BC in FDNY and her brother was a NYPD Sargent. Talk about a family who practices service to the country. The Connolly Clan would be hard to beat.

Alanna is an enthusiastic and accomplished young woman who looks forward to checking off her retirement bucket list which includes, first and foremost, a trip 'down under' to Australia, a lifelong goal.

Welcome Alanna and thank you for contributing your time and talents to beautify our community.



Article contributed by Marie Palagonia



### Home Delivery Service

Do you or someone you know face obstacles in getting to the library? The library will be starting a three month trial this fall of a home delivery service specifically designed for patrons who have difficulty getting to the library, such those dealing with transportation or mobility issues. This is in addition to the library's continuing mail service for homebound patrons with documented health conditions. Please contact (631) 585-9393 ext. 302 for more details.

### Mailbox Library Service

MCPL provides borrowing privileges via US Mail for residents who have a physical disability that prevents them from visiting the library and are homebound. To be eligible you must have a valid library card and submit an application. Patrons who are part of the Mailbox Library Service program are granted extended loan periods. Please call (632) 585-9393 ext. 237 for more information.

## **This hit home for me!**

**When a flashlight grows dim or quits working, you don't throw it away, you change the batteries.**

**When a person messes up and finds themselves in a dark place, do you cast them aside? Of course not, you help them change their batteries! Some need AA.. Attention and Affection; Some need AAA... Attention, affection and acceptance; some need C.. compassion; some need D.. direction. And if they still don't seem to shine.. simply sit with them quietly and share your light.**

Lessons Taught  
By **LIFE**

# HEALTH AND WELLNESS

## 10 Biggest Expenses in Retirement

Travel? Dining? Sure. Don't forget the electric bill!

By Bruce Horovitz, AARP

Published March 07, 2023

You may think that your big expenses in retirement will be for greens fees at golf clubs, spa charges at that resort in Crete, and taking the kids out for avocado toast on weekends. And that may well be true. But some of your biggest expenses may surprise you — because you pay them already. The combination of everyday expenses and extraordinary expenses are what people find difficult to balance in retirement.

“Lifestyle creep in retirement is a real thing,” says Nick Coveau, a certified financial planner in Costa Mesa, California. The spending that most folks rack up during their working years does not suddenly change in retirement, he says. Planning years in advance to try to maintain a reasonable style of living in retirement requires a keen sense of how much you'll need to save and accumulate.

AARP wants to help take away the guesswork on something so critical to your financial future. So we reached out to four certified financial planners and asked them for their thoughts on the obvious — and not so obvious — things that retirees are most likely to spend their money on. We also asked them why — and how — to best plan for this spending.

Here are the 10 top things for which retirees are most likely to dig into their portfolios.

### 1. Health care

Of all the spending categories in your retirement, this one — over time — will likely be the big tamale. If you're in reasonably good health, health care spending will typically be relatively low when you retire, then jump as you age into your 80s and beyond, says Eric Ross, a certified financial planner in Cincinnati. These expenses are often less for the husband, he says, because the husband typically dies first and sometimes relies on his spouse to take on many caregiving duties. That means the surviving spouse will often have to pay for their own caregiving costs, which tend to vary in different areas of the country.

At the same time, health care costs have seen — and will continue to see — faster inflation rates than any other spending category, says Craig Toberman, a certified financial planner in St. Louis. That's why he projects that health care costs will climb about 5 percent annually over the next 30 years — about twice the rate of other expenses. He encourages clients to be mindful of their “lifestyle” retirement spending (like restaurant meals, travel and online shopping) in their 60s and 70s so that the money is still there to pay for increasing medical costs in their 80s and 90s.

### 2. Home maintenance

If you plan to stay in your home through at least a good chunk of your retirement, you'll likely see your home maintenance costs jump considerably, says Ross. That's because you'll probably have to hire services to take over some of the tasks you've been doing for years. This includes hiring pros to

# HEALTH AND WELLNESS Cont.

do everything from lawn mowing and gutter cleaning to window washing and home cleaning. “Something as simple as using a ladder as you age often isn’t a good idea,” he says.

## 3. Travel

Travel costs in retirement will vary not only based on where you go and where you stay but on whom you bring along with you, says Ross. “Do your adult children join you on these trips, and are you paying the way for everyone?” he poses.

Typically, you should plan to travel much more in early retirement and much less — to not at all — in the later years of retirement, says Toberman. That’s why, he suggests, folks who have set aside money for travel throughout their retirement but then cut back on trips due to health reasons might find a small “safety net” they can dip into for medical costs.

## 4. Transportation

This is one of the most important areas of retirement spending but one of the least considered. As they age, retired folks often increasingly rely upon others to help them get from place to place, says Ralph Bender, a certified financial planner in Temecula, California. This might be an Uber ride to a doctor’s appointment or a cab ride to the grocery store and back. “Transportation is always going to be an expense,” he says.

Even folks who purchase a new car before retirement will be faced with multiple transportation costs, ranging from payments on the car to maintenance to gasoline and insurance, says Bender. And if you choose to retire to a remote area, he says, your transportation costs will likely be that much higher — and you need to factor this in.

## 5. Utilities

Your utility costs are one of the few expenses that should head south in retirement. For one thing, you typically no longer have to pay for children taking long showers or cooking at all hours of the day and night, says Toberman. Also, folks tend to downsize their homes, which would require less heat and air conditioning, he says. Even then, the rates that utilities charge all customers will continue to increase annually. That’s why Bender notes that installing solar panels with batteries can reduce rising electricity bills.

## 6. Fitness and wellness

There’s one area where financial planners agree retirees will get the most bang for their investment, this is it. People who invest in health and wellness typically have lower medical costs, says Ross. This can be anything from gym memberships to yoga classes to Peloton bikes to quality sneakers.

The more retirees spend on fitness and wellness, the less they spend on medical costs, says Toberman. He recommends that retirees allocate up to 10 percent of their total monthly spending for health and wellness, which he says can include anything from personal trainers to nutritional supplements to home exercise equipment. “It’s not hard to spend \$500 per month on this, and there are a lot worse ways to spend money,” he says.



# HEALTH AND WELLNESS Cont.

## 7. Kids and grandkids

Spending money on kids and grandkids can be as simple as a Starbucks gift certificate, as lavish as a trip to Disney World, or as lofty as a fat contribution to your grandkid's 529 college savings plan. In almost every case, it's going to be more than you think, says Ross.

It can also be unpredictable, says Toberman, because folks tend to overspend on their first grandchild. Then, when the next grandchild comes along, or perhaps several more, they are likely to try to match that same amount even if they can no longer afford it. So, Toberman advises, be particularly mindful of spending on that first grandchild.

## 8. Taxes

Even though it seems like taxes might decline when you're retired, that's not always the case, says Toberman. The key, he says, is to try to plan for taxes before you retire. What's more, he says, as the federal government looks for ways to reduce the federal deficit, that will likely result in higher taxes.

It's wise for retirees to keep their retirement funds in IRAs, Roth IRAs and brokerage accounts so that they have the flexibility to respond by paying taxes each year in the most tax-efficient way, says Ross.

## 9. Charitable giving

Some folks who consistently give to charity when they're working tend to pull back from charitable giving once they retire, says Ross. Then, when they feel more secure in their retirement, they might pick up again and give more.

But others actually increase their charitable giving in retirement because with proper planning, after age 72, they can give directly to charities from IRAs on a pretax basis, which essentially allows them to give more, says Toberman.

## 10. Professional help

Then there are the pricey financial pros. These are the financial advisers, estate planning attorneys and accountants whose mission is to help retirees with their finances as they age. Yes, they are expensive, but it's critical to piece these relationships together well before you retire, says Ross.