

# Country Village News

December 2023

250 Theodore Drive, Coram, NY 11727

## Happy Birthday



05 Teri Flynn  
12 Maria Baccari  
17 Betty Lehman

20 Carol Cook  
21 Sal Milazzo  
24 Marianne Abruzzo

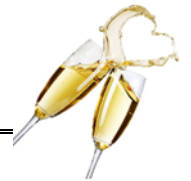
24 Marie Flanagan  
28 Sally Hogeman  
Liesel Schlueter



## Happy Anniversary



04 John & Adell Hewlett  
26 Nancy & Otto Schmidtman



## What Is the True Meaning of Christmas?

By Brittany Rust



Christmas truly is one of the most wonderful times of the year. For many, there are warm parties, cozy homes, fond traditions to celebrate, and gifts to be shared. It's a joyous time of celebration. However, sometimes we get lost in the season and forget the reason we celebrate it, to begin with. Among the hustle and bustle, our focus is lost and priorities are misaligned.

Most people can tell you the origins of Christmas—that it's a remembrance of the birth of Christ. But either that's the extent of their knowledge or they lose sight of this in the

busyness of the holiday. Why do we truly celebrate Christmas? Not Santa Claus, or the Christmas tree, or any other of the various traditions wrapped up into Christmas. Why do we celebrate this occasion—what is its true meaning?

For thousands of years mankind waited for the coming of Christ; they longed for their King to arrive and free them from oppression. The Old Testament is full of prophecies, including this one from Isaiah 9. The Bible is full of Scripture pointing directly to the One who would save mankind from their sins. When Isaiah described His coming, he described His coming as an infant. But this child would grow and establish a Kingdom of righteousness forevermore. When we celebrate Christmas, we are celebrating the moment in history when prophecy was fulfilled. God came to be with us.

This very act of humility and his choice to die on the cross is cause for bowed knees and lifted hands. I know the busyness of the season can cause time to fly and before we know it, the holiday has passed and we have forgotten to celebrate why we are celebrating it in the first place. But don't get sidetracked—get perspective. Choose reverence and give honor where honor is due.

Take time this holiday season to celebrate the true meaning of Christmas by glorifying the One who gave it all. A child was born in humble circumstances and his sacrificial death reflected the same, however, both were significant for humanity. Without the death of Christ, salvation isn't possible. So without His birth, neither is it possible. Jesus coming to Earth that night changed everything and it's a moment we should celebrate with all our hearts.

Certainly, enjoy the parties and food and gifts, but don't forget to point your heart, family, and those around you to Christmas' true meaning: Christ came with a plan for our redemption.

## **HOLIDAY RANDOM ACTS OF KINDNESS**

A random act of kindness is a non-premeditated inconsistent action designed to offer kindness towards the outside world. The phrase "Random Acts of Kindness and Senseless Acts of Beauty" was written by Anne Herbert on a placemat in Sausalito, California in 1982. The Holiday Season brings forth a renewed and heightened awareness of these small but powerful gestures that can change someone's day.

Here are some of the more common ways to bring joy and a smile to someone's day.

a

*Call a friend!!*

*Invite a neighbor in for  
cup of coffee or tea.*

*Bake for someone  
as a surprise.*

*Return your shopping  
cart to the return spot.*

*Give someone a hug.  
for no reason.*

*Smile at a stranger.*

*Give someone  
a compliment.*

*Make a donation.*

*Let someone merge while in  
traffic, give a wave.*

*Let someone ahead of you  
at checkout counter with a  
few items.*

*Write someone a letter.*

*Offer someone you a  
know a ride.*

*Hold the door open  
for someone.*

*Be a good listener  
for someone.*

*Donate blood.*

*Volunteer your  
time.*

*Help your local food  
pantry.*

# HAPPY HanukKah



Hanukkah is a Hebrew word that means "**dedication**". It is a Jewish festival that celebrates the miracle of the rededication of the Second Temple in Jerusalem by the Maccabees, who defeated the Greek army that had occupied the city. It is also known as the Festival of Lights or the Feast of Dedication because it is observed with the lighting of candles on a menorah for eight days. It begins on the 25th of Kislev on the Hebrew calendar, which usually falls in November or December on the Gregorian calendar.

The holiday of Chanukah celebrates the events which took place over 2,300 years ago in the land of Judea, which is now Israel. It begins in the reign of Alexander the Great, who conquered Syria, Egypt, and Israel, but allowed the lands under his control to continue observing their own religions and retain a certain degree of autonomy.

More than 100 years after Alexander, Antiochus IV rose to power in the region. He began to massacre Jews and prohibited the practice of the Jewish religion. One of the groups which opposed Antiochus was led by a small band of pious Jews called the Maccabees. They led guerrilla warfare against the Syrian army. Antiochus sent thousands of well-armed troops to crush the rebellion, but the Maccabees succeeded in driving the foreigners from their land.

The Maccabees re-dedicated their Temple and when it came time to light the Menorah, only a small jar of oil to last one night could be found. Miraculously, the small jar of oil burned for eight days. From then on, Jews everywhere have observed a holiday for eight days in honor of this historic victory and the miracle of the oil. The observance of Chanukah features the lighting of a Chanukah Menorah with eight branches (plus a helper candle), adding one new candle each night.





Sign up to be an organ donor.

Be sure to say thank you often.

Go to the store for someone who is homebound.

Send someone a 'thinking of you' card.

Walk a friend's dog.

Make kindness the norm.

Praise a local business online.

Be kind to animal.

Say a prayer for someone.

Forgive someone.

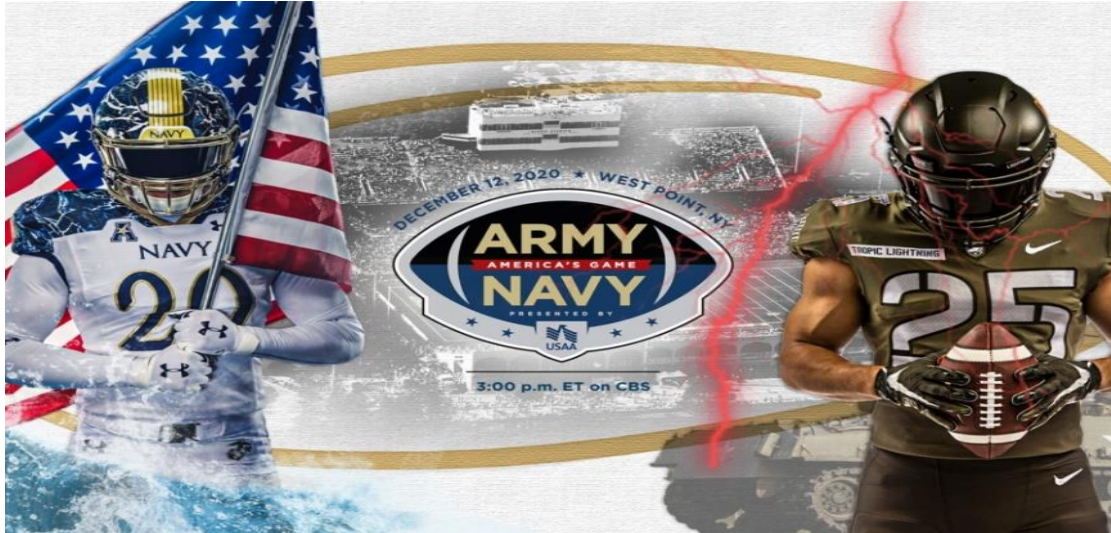
Tell someone their wonderful.

Give a little extra tip.

Pass on a good book.

Extend yourself to new neighbors

Bring someone flowers.



**DECEMBER 9, 2023**

**3:00 PM**

**ALL ARE WELCOME**

**SIGN UP BY NOVEMBER 28<sup>th</sup>**

**BRING YOUR OWN DRINKS**



**PAYMENT OF \$8.00 IS DUE BY  
December 1<sup>st</sup>**



**HERO'S AND SALADS**

**CONTACT PAUL BORZELL TO PROVIDE PAYMENT**

**631-698-7185**





## TREE DECORATING & MENORAH LIGHTING

Join us for a festive evening!

on

Friday, December 15, 2023, at 7:00pm

Enjoy free wine and cheese, hero sandwiches,  
soda & water

You must sign up by December 6 so that we can  
order enough food for everyone. Sign-up sheet is in  
the Clubhouse.

Bring a \$10 unwrapped toy.

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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**

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**

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	Debbie Buscaglia	(631) 559-9480
	Marie Palagonia	(516) 301-6780
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Francine Davino	(631) 696-4750
Sandy Bakofen	(631) 745-6152
Betsy Burbige	(631)987-9507
Carol Fox	(631)790-3239



# Country Village News

## **MEMO FROM THE EDITOR: Doreen McCrystal**

**If you have any questions about the newsletter please call me, 917-270-0426. The Board doesn't have any ties to the newsletter, so please don't go to them.**

**I was not able to publish the October newsletter due to my surgery.**

**Thank you for your understanding.**

### **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 -
- Wednesday – Knitting Group, Ladies Game Day, Bingo
- Thursday – Men's Club, Chair Yoga and evening Mahjonn
- Friday - 3<sup>rd</sup> Friday of the month Left Right Center (unless there is an event on Saturday)

### **HEALTH And WELLNESS**

Article this month is about Cold & Flue prevention this winter.

### **The CVE Board's Corner**

Look for the Board's Corner next month.

### **Up Coming events:**

- Audiology presentation and free hearing screening **December 5th, 1:00 pm.**  
Signup sheet in clubhouse.
- Army vs Navy Game **December 9<sup>th</sup> 3:00pm.** Sign up November 28<sup>th</sup>, the sheet will be in the club house and payment of \$8.00 will be collected on December 1<sup>st</sup>
- Tree Decoration & Lighting of Menorah, **December 15, 2023**, at 7:00pm

### **\*\*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**

# Country Village News Con't

## BUNCO

2<sup>nd</sup> Monday (December 11<sup>th</sup>) 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 **Linda Bily** (631)721-5280 and Barbara Limberg 631-334-8654

## Get to Know Your Neighbors Section

We don't have anyone for December.

(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.)

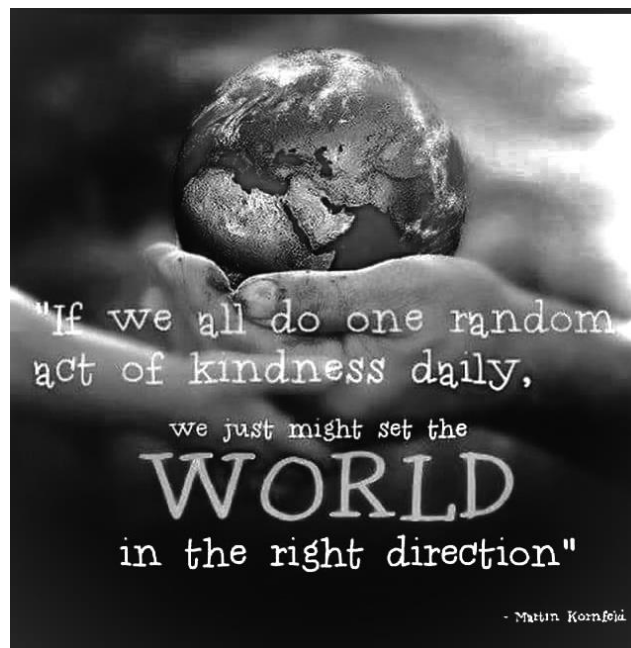
## Donations

The holidays are coming up fast and the families in our area are in need of food. Let's make their Thanksgiving a special one, please donate today. If you could provide canned potatoes, green beans, corn, carrots, sweet potatoes and boxes of stuffing mix it would be fabulous. I'm not sure how we can donate turkeys for these people or even if they take them.

Please leave it up at the club house on the table 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](mailto:cvenews@yahoo.com).



# 53 Best New Year's Resolutions 2024 For Fresh Start

New Year's resolutions have always been a tradition allowing individuals to reflect on the year and establish their ambitions and objectives for the upcoming one. It provides an opportunity to start a new year filled with optimism and resolve aiming to bring about transformations in facets of life.

Despite the good intentions of many who make resolutions, it is simple to lose enthusiasm and fall short of fulfilling them. However, if we follow the plan and are dedicated, we might create long-lasting changes and keep our resolutions. There are plenty of good resolutions to think about for the coming year.

Instead of the usual ones like going to the gym, consider goals like investing money, giving back to the community, or taking up a creative activity.

## New Year's Resolutions Ideas

It's also important to design a strategy for achieving your goals. Setting out some time for journaling, finding a good mentor, or signing up for a gym membership are all examples of this. The more specific and clear your plan, the more likely it is that you are going to succeed.

Another key to success is to be kind to yourself. It's natural to stumble or have setbacks along the way, and it's important to remember that it's okay to have an "off" day. Rather than getting discouraged and giving up, try to refocus and get back on track.

Finally, don't be afraid to ask for help. Whether it's a friend or family member who can provide support and encouragement or a professional who can offer guidance and resources, having someone to lean on can make all the difference.

## New Year's Resolutions 2024

1. Learn how to say "NO".
2. Take a break from social media.
3. Rather than making resolutions, set goals.
4. Start your day with positive affirmations.
5. Join a gym.
6. Keep a daily check on your bank account.
7. Take on a new skill you've always wanted to learn.
8. Spend time with family and friends.
9. Maintain a healthy lifestyle.
10. Take more pictures of your family.
11. During mealtimes, no phones are allowed.
12. Get in touch with an old friend.
13. If you have a conflict with a family member or friend, forgive them.
14. Drink more water.



## New Year's Resolutions 2024 continued:

15. Organize your closet.
16. Find an activity you can do with your friends that you both enjoy so that you can spend quality time together.
17. Maintain a regular cleaning schedule.
18. Exercise for 30 minutes at least three times a week.
19. Learn how to achieve financial freedom.
20. Learn how to fix the areas where you carelessly spend the most.
21. Walk in the woods.
22. Learn how to turn your hobby into a source of income.
23. If you are interested in learning more about any topic, read more books on it.
24. Make sure you take in more uplifting and motivational content.
25. Take more weekend trips to places you've always wanted to visit.
26. Get Your Day Started with a Nutritious Breakfast.
27. Start investing.
28. When you feel sad or unmotivated, create a playlist of fun and uplifting songs to listen to.
29. Make the most of your current hobbies.
30. Start meditating if you have not already done so or set a goal to improve your meditative skills.
31. Make healthy recipes a part of your weekly routine.
32. Reduce alcohol consumption.
33. Make sure you eat more vegetables.
34. Scroll Less, Read More.
35. Make a bucket list of movies you want to see.
36. Set up autopay for your bills.
37. Practicing mindfulness can help you be more present in your daily life.
38. Pay yourself first before you pay others.
39. Read more books about financial education.
40. Start gratitude journal.
41. Start a new side hustle for extra cash.
42. Taking care of yourself should be your top priority.
43. Share a hobby with your partner.
44. Listen more than you speak.
45. Set long-term financial goals.
46. Experiment with a new sport or workout method.
47. Don't forget to compliment your closest friends and family.
48. Embrace a body-positive attitude.
49. Stick to a cleaning schedule.
50. Make sleep a priority.
51. Forgive yourself and others for past mistakes.
52. Boost your productivity by implementing time management techniques.
53. Create a new channel on YouTube.

Every year you make a resolution to change yourself. This year make a resolution to be yourself.  
Author Unknown

Making resolutions for the new year could be a great way to transform our lives for the better. With a little planning, determination, and self-compassion, we can accomplish our goals and get the new year off to a good start.

# HEALTH & WELLNESS

## How Do Colds and Flu Spread?

**Inhaling germs:** A cold or flu virus can be spread when you inhale air droplets produced when an infected person coughs or sneezes.

**Direct human contact:** Everyday forms of close contact with someone who has the cold or flu – such as kissing, hugging or shaking hands – can also put you at risk of catching their virus.

**Touching surfaces:** Viruses can also spread if you touch a contaminated surface and then touch your mouth, nose or eyes. Unfortunately, viral bacteria can remain active on most surfaces for several hours after they've been handled by someone who is sick. This means that everyday objects such as door handles, light switches or railings on public transport could, in theory, pass a virus on to you.

## Cold and Flu Prevention – How to Prevent Cold and Flu

### Flu vaccination

One of the most effective ways you can help protect yourself against getting sick, the flu vaccination reduces your risk of getting flu by between 40 and 60 percent on average. However, keep in mind that the flu shot will not protect you against the common cold.

It's especially important that people who have a higher risk of developing serious flu-related complications get their flu shot. This 'at risk' group includes young children (over six months old), people aged over 65 years, pregnant women, and those with certain medical conditions – including asthma, diabetes, HIV/AIDS or cancer.

### Wash your hands.

To remove potential pathogens or viruses on your hands, wash them with soap for a full 20 seconds (sing the tune of "Happy Birthday" twice to make it to that time) and make sure you wash under your fingernails and between your fingers, too. If no soap or water is available, use an alcohol-based hand sanitizer and rub it in thoroughly.

### Clean and disinfect surfaces.

Cleaning and disinfecting surfaces at home when a family member is sick will help prevent the spread of colds and flu by removing germs from any contaminated surfaces.<sup>2</sup> Cleaning and disinfecting are two different things, so it's important to do both in order to help protect yourself and others from cold or flu viruses.

According to the Centers for Disease Control and Prevention, 'cleaning' is the removal of germs, dirt and impurities from surfaces. Cleaning doesn't kill germs, but it lowers their numbers and the risk of spreading infection by removing them. 'Disinfecting' refers to using chemicals (for example, EPA-registered disinfectants) to kill germs on surfaces. It does not necessarily clean dirty surfaces or remove germs, but disinfecting can further lower the risk of spreading infection by killing germs on a surface after cleaning it.

Carrying antibacterial wipes with you can be useful as you can use them to disinfect frequently touched surfaces, like cart handles, tabletops, and doorknobs.