

Country Village News

September 2025

250 Theodore Drive, Coram, NY 11727



Happy Birthday

06 Toni Weber
19 Francine Davino

22 Joe Clifford
30 Phyllis Benanti



Happy Anniversary



Welcome!

September...



"By all these lovely tokens
September days are here,
With summer's best of weather
And autumn's best of cheer."

~ Helen Hunt Jackson

Small things are
God's
Blessings
FACEBOOK

PMI Gold Coast Properties

To contact PMI (our management company)
CountryVillage@PMIGoldCoast.com 631-621-2150

After-hours/weekends/emergency 800-549-3568
An operator will take your call and relay the message to the management team.

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409 Lake Avenue, Saint James, NY 11780
Website: www.pmigoldcoast.com

Country Village Board Members

President:	Phyllis Benanti
Vice-President:	Greg Williams
Finances	Ellen Forestieri
Secretary	Linda Bily
Director	Ed Tomaiuli

Country Village Newsletter Committee

Editor:	Doreen McCrystal
Co-Editor:	Sandy Bakofen
	Debbie Buscaglia
	Marie Palagonia
Treasurer:	Francine Leiboff
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Charlie Buscaglia
Mike Ellis
Greg Gasiewski
Bill Fischer

Social Director

Debra Dougherty

Country Village Entertainment Committee

Jackie Bromberg
Francine Davino
Sandy Bakofen
Betsy Burbige
Carol Fox

COUNTRY VILLAGE NEWS

Enjoying Our Community

- Monday: Exercise "Walk Away the Pounds" **9am**, Water Aerobics **10:30am**, Mexican Train Domino's **1pm**, Woman Cards **1pm**, Chair Yoga **4pm**.& Bunco 2nd Monday of each month **7pm**.
- Tuesday: Exercise "Walk Away the Pounds" **9am**
- Wednesday: Exercise "Walk Away the Pounds" **9am**, Knitting Group **1pm**, Ladies Game Day **1pm**, & Bingo **7pm**.
- Thursday: Exercise "Walk Away the Pounds" **9am**, Water Aerobics **10:30am**, Men's Club **11am**, Chair Yoga **4pm** & Mahjongg **7pm**,
- Friday: Exercise "Walk Away the Pounds" **9am** & Left Right Center 3rd Friday of each month **7pm** (unless there is an event on Saturday then moved to next Friday).



- **A MEETING FOR THE RESIDENTS BY THE RESIDENTS September 11 @ 6:00p**
- **Chair Yoga Starting Mondays September 8, 2025, \$40 for 8 weeks pay at 1st session.**
- **As you can see there are no phone numbers for any of the HOA or committee members, I was asked to delete them. Also, there is no Boards Corner the Board said it will only be on the website.**

Entertainment Committee Future Events:

- September 20 Chinese Luncheon
- October 25 Halloween Party
- November 11 Veterans' Day Celebration
- December Holiday Part

Water Aerobics

Starting Thursday July 3rd 10:30am. It will be twice a week, Monday and Thursday. Instructor Angela Dellacqua

BUNCO

If you would like to play BUNCO please contact Linda Bily, games start at 7:00p.

Exercise

"Walk Away the Pounds" - Every day at clubhouse at 9:00am, YouTube classes. 15-minute 1 mile walk.

Mahjongg

Interested in playing contact Doreen McCrystal or Sandy Bakofen.





It's time to turn the newsletter over to someone else. I really enjoyed putting it together, finding different content and the committee coming up with great ideas.

I want to thank all that appreciated the newsletter, I'm grateful to all of you who took the time to let me know how much they enjoyed it. It was a labor of love for the community.

Kathy Diehl will be taking over the reigns for the newsletter. The current committee will still be involved:

Fran Leiboff will continue to be Treasure, Debbie Buscaglia & Marie Palagonia will continue to be contributors (not on a regular basis), Sandy Bakofen will continue to supply the flyers for the Entertainment Committee, and I'll handle the Advertisers' mailing and delivery of newsletters to court captains.

I wish Kathy Diehl all the luck for taking over the newsletter, I really appreciate her doing this.

*Thank you all!
Doreen McCrystal*



A MEETING FOR THE RESIDENTS BY THE RESIDENTS

Join us to share ideas about OUR COMMUNITY

Thursday, September 11, 2025

6:00pm

At the Clubhouse

Heroes, Water, Coffee and Cake will be served.

Hosted by Sandy Bakofen, Debbie Buscaglia, Fran
Leiboff, Doreen McCrystal, Marie Palagonia

Guest Speaker: Gene Flynn

Signup sheet is in the Clubhouse. Please sign up by
September 1, 2025



Happy Anniversary Shenanigans!

Come along and celebrate the 1st
Anniversary of Country Village
Shenanigans.

Ducks game Sunday 9/14/25.
(1:35pm)

\$20 per person

Please pay Debra by 9/3/25
631-834-3661



CHINESE LUNCHEON

Saturday, September 20, 2025, at 1:00pm

Choices will include:

Wonton soup, Egg Drop soup, 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

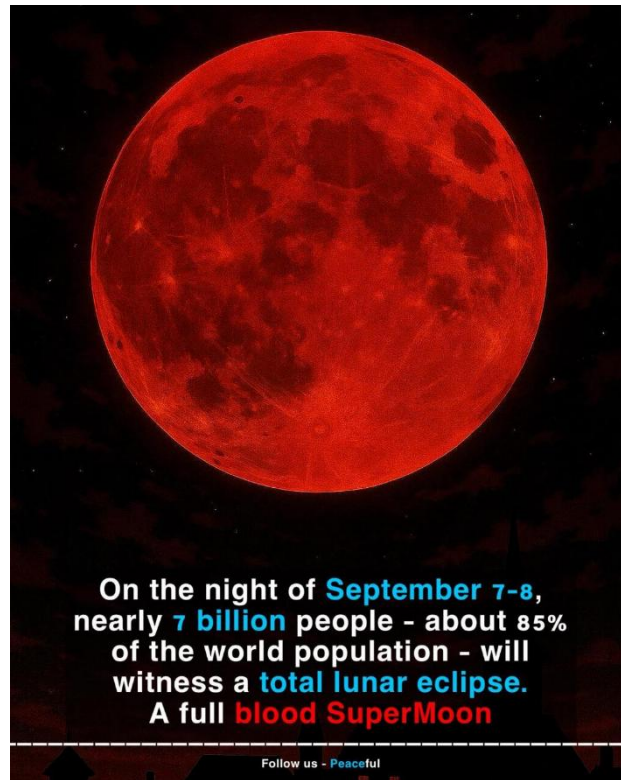
\$16 per person

Sign-up sheet will be in the Clubhouse.

Cash payment will be accepted at the Clubhouse on
**Wednesday, September 10, 2025, between 10:00am &
11:00am and 6:00pm & 7:00pm.**

We will need your order at that time

BLOOD SUPER MOON



On the night of September 7-8, nearly 7 billion people — about 85% of the world population — will witness a total lunar eclipse!

A full Blood SuperMoon.

🕒 As the Moon drifts into Earth's shadow, it will gradually transform from its familiar silver glow into a deep coppery-red hue, a breathtaking display caused by sunlight filtering through the Earth's atmosphere — often called the "Blood Moon."

🔭 Why it's iconic:

Witness the entire eclipse sequence, from penumbral shading to the dramatic totality.

The Moon's crimson glow is unique to each eclipse, determined by atmospheric conditions on Earth.

BLOOD SUPER MOON

One of the most widely visible eclipses in history, offering skywatchers across the globe a chance to experience this cosmic marvel.

🌐 Where and how to view:

USA: Best viewed late in the evening on September 7 into the early hours of September 8. The eclipse will be visible across most states; those on the East Coast will see it high in the sky, while the West Coast will catch it lower on the horizon during moonrise or moonset.

Europe: Observers will enjoy prime viewing conditions during the early morning hours of September 8. Clear skies will allow the Moon's gradual transition into totality to be seen in its entirety.

📷 Pro tip: Find a dark-sky location with a clear horizon for the most dramatic view. A pair of binoculars or a small telescope will reveal even more detail as Earth's shadow slowly sweeps across the lunar surface.

📅 This total lunar eclipse is a rare chance to witness the Moon's metamorphosis with your own eyes — no special equipment required. Mark your calendar, gather loved ones, and prepare for one of nature's most hauntingly beautiful shows!



FREE CONCERTS

Tiki Joe's Smith Point Beach Club Music Schedule
Wednesday through Saturday 6:30–9:30 and Sunday 6–9
unless otherwise listed.

SEPTEMBER

01 September 6:30 pm - 9:30 pm Where Stars Collide
04 September 6:30 pm - 9:30 pm Southbound
05 September 6:30 pm - 9:30 pm Wonderous Stories
06 September 6:30 pm - 9:30 pm Radio Flashback
07 September 6:00 pm - 9:00 pm 70's Rock Parade
11 September 6:30 pm - 9:30 pm Stagecoach
12 September 6:30 pm - 9:30 pm Speedwagon/Bryan Adams (REO Speedwagon/Bryan Adams Tribute)
13 September 6:30 pm - 9:30 pm In the Groove
14 September 6:30 pm - 9:30 pm Dance Party Explosion

FREE CONCERTS

Tiki Joe's Cedar Beach Music Schedule
All music is from 6–9 unless otherwise listed.

SEPTEMBER

05 September 6:00 pm - 9:00 pm Jackie & The Rippers
06 September 6:00 pm - 9:00 pm Modern Justice
12 September 6:00 pm - 9:00 pm Retroverse
13 September 6:00 pm - 9:00 pm Joe Rock and the All Stars
14 September 6:00 pm - 9:00 pm Bobby Nathan Band

WORD SEARCH

Praise the Chef

APPETIZING

CHOICE

COMPLEX

DELECTABLE

DELICIOUS

DIVINE

ENTICING

EXCEPTIONAL

EXQUISITE

FIT FOR A KING

FLAVORFUL

HEAVENLY

LOVELY

MAGNIFIQUE

MARVELOUS

MOUThWATERING

OUTSTANDING

PALATE PLEASING

PIQUANT

RICH

SAVORY

SCRUMPTIOUS

SOPHISTICATED

SUCCULENT

TASTY

TEMPTING

YUMMY

WORD SEARCH

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

Answers on page 186.

CROSSWORD

WEIGHTS & MEASURES

ACROSS

1. Fourteen U.S. pounds
6. Utter unclearly
10. Measure of paper
14. ___ noir (red wine)
15. Make less difficult
16. No longer deceived by
17. Type of alcoholic coffee
18. Yeoman's yeses
19. At the highest point of
20. Farthest down
22. Enjoy a fine restaurant
23. Underwater hazard
24. Added seasonings to
26. The vain put them on
30. The facts, for short
32. Considers carefully, as advice
33. Pasture sound
35. Guest's crash pad
37. 660 feet in horse racing
39. Gets cracking
44. Cow-horned goddess
46. Extreme fear
47. Novel features
51. First car to offer seat belts
53. Fabled Himalayan creature
54. Forty-two U.S. gallons
56. Lay ___ thick (flatter)
58. Nepal's continent
59. Put in the spotlight

65. One sixty-billionth of a min.
66. Robin's Marian, for one
67. Birthplace of Columbus
68. Drop shot, in tennis
69. Former Hawks arena
70. Cerberus guards its entrance
71. West Side Story gang
72. Starch from a palm
73. Clandestine meet-up

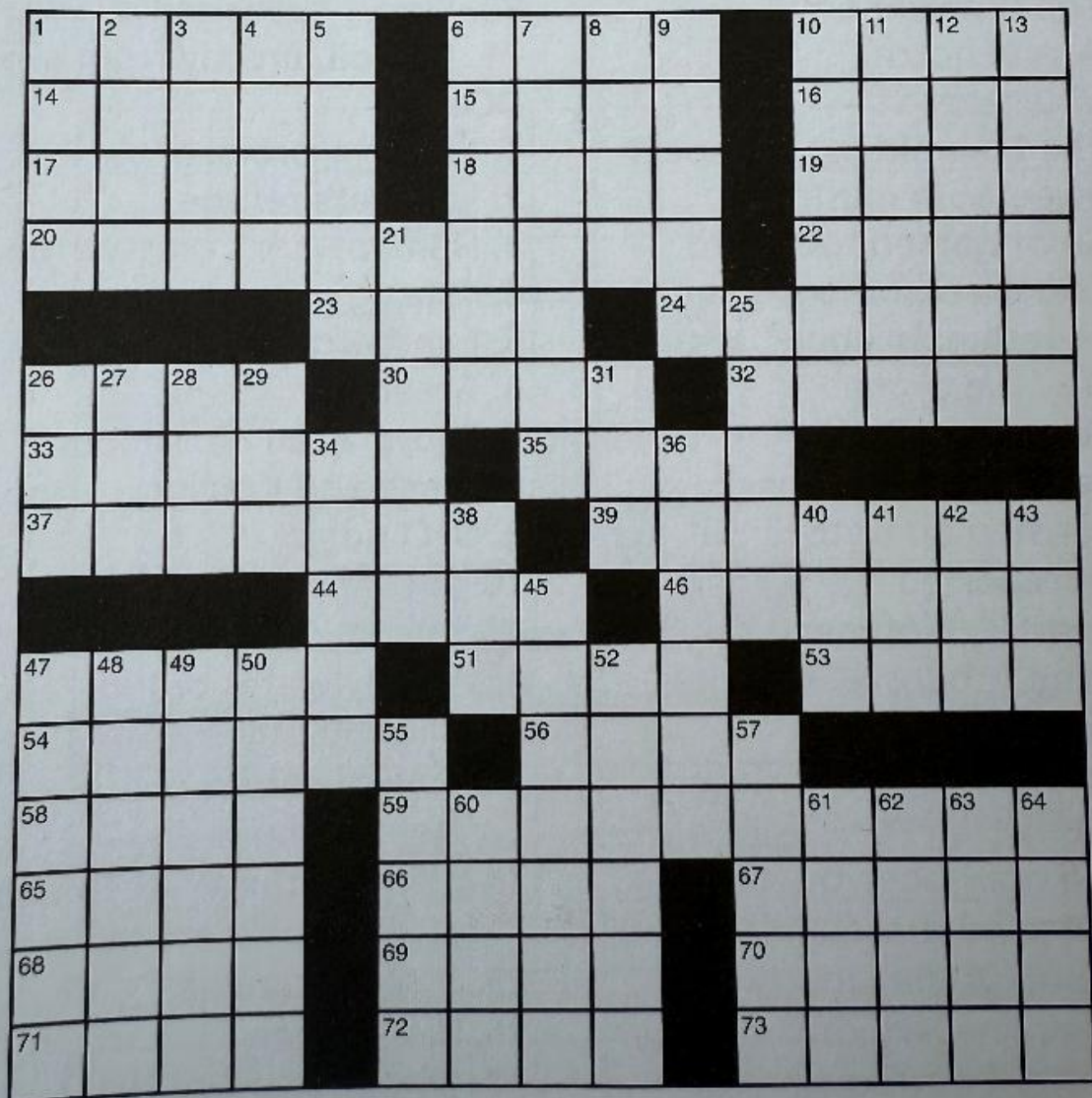
DOWN

1. Damage control tactic
2. Lose pep
3. "Step ___!" ("Hurry up!")
4. Small snack
5. Upper regions of space
6. Salts
7. Workforce reductions
8. Puts into service
9. Times to relax
10. Band follower
11. Tempt
12. Made up for
13. Bermuda bikes
21. Occupies the throne
25. Part of a moon cycle
26. Wise-cracking sitcom alien
27. Promissory note
28. President before GHWB
29. The "S" in "RSVP"
31. "Wow!"

CROSSWORD

34. Unpleasant sound
 36. Comprehend
 38. Kind of rummy
 40. Hear, as a case
 41. Before, in sonnets
 42. "You Are ___ Alone"
 43. ___ Lanka (island nation)
 45. On the move on the briny
 47. Popular sandwich for kids
 48. TV collie

49. Position properly
 50. Signs of wildlife
 52. Recording room
 55. Prom night rentals
 57. Dracula's shift
 60. Tibetan priest
 61. Warm, in a guessing game
 62. Garcia of "Ocean's Eleven"
 63. Tot's "little piggies"
 64. Jet stream direction



SUDOKU

MEDIUM/HARD

MEDIUM - 296

		5	7		3		2	
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	4			8				9
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HARD - 952

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HEALTH & WELLNESS

HMPV: The Little-Known Virus That Can Be Just as Bad as RSV

Vaccines are under study, but experts say they will not be available anytime soon.

Older adults are hearing a lot right now about respiratory syncytial virus (RSV), because two new vaccines for the infection are available. But a related virus called human metapneumovirus (HMPV) gets much less attention.

One reason: Though researchers are working on HMPV vaccines, none are about to show up in your local drugstore or doctor's office.

HMPV causes nothing worse than colds in most people, but it merits attention because of the severe complications it sometimes causes in vulnerable people, says Edward Walsh, M.D., a professor of medicine at the University of Rochester. Though less common than RSV, "in terms of severity, metapneumovirus is every bit as bad," and "can be really devastating" for some people, he says.

HMPV did grab some headlines earlier this year when the Centers for Disease and Control and Prevention (CDC) reported a spike in cases. More people than usual tested positive for the virus in the late winter and early spring months in which it typically circulates, the CDC said.

Here's what you need to know about the virus.

What is HMPV?

Human metapneumovirus, in the same viral family as RSV, is one of many viruses that can cause upper respiratory infections — better known as colds. But the real concern is that it can get deeper into airways and cause pneumonia, says William Schaffner, M.D., a professor of preventive medicine and infectious disease at Vanderbilt University School of Medicine and past medical director of the National Foundation for Infectious Diseases.

In a study by Walsh and colleagues, 2 percent of adults hospitalized with HMPV died, as did 1.6 percent of those with flu and 2.5 percent of those with RSV.

HEALTH & WELLNESS

HMPV was first identified by researchers in 2001 but has circulated in people since at least the 1950s, according to a report published in the journal *Viruses*. The virus is so common that almost all children are infected by age 5; but because immunity wanes, people can get HMPV infections throughout life, the report said.

Who is most at risk?

Among children, the greatest risks are for babies from about six to 12 months old, Walsh says. After infancy, the greatest risks are in older adults, people with impaired immunity and people with heart or lung conditions such as congestive heart failure, emphysema and asthma, Walsh says.

As with other respiratory viruses, risk rises gradually with age, partly because older people tend to have more underlying health problems, Schaffner says. "People aged 70 are at greater risk than people at 65," and the risk keeps rising, he says.

Can it be prevented?

There's high interest in vaccines for HMPV, Walsh says, but studies are in the early phases.

A company called Icosavax recently announced promising early results from a clinical trial of a vaccine for both RSV and HMPV in older adults. A second phase of testing just got underway, with initial results expected in 2024, the company said in a press release. Results from a third and larger trial of safety and effectiveness would typically be needed before the company could seek approval from the Food and Drug Administration. Vaccine-maker Moderna also is developing combination vaccines for older adults and children that include HMPV, according to a company press release.

For now, the best way to prevent HMPV is by frequently washing your hands and keeping away from anyone with cold symptoms, Walsh says. And HMPV is just one reason people at high risk for respiratory infections might want to return to masking and avoiding indoor crowds as high season for colds, flus, COVID-19 and other illnesses gets underway, Schaffner says.

It's also important for sick people to keep their distance from those at high risk, Walsh says. "They may think, 'Oh, I've just got a cold. Don't worry about it. It's not COVID And it's not flu,'" he says. "That may be, but you could still create some real havoc."

HEALTH & WELLNESS

What are the symptoms?

Unlike the flu, the symptoms of a bad case of HMPV tend to come on gradually, Walsh says: “Typically you start with a little runny nose and a scratchy throat and you think what you’ve got is a little cold,” he says. Often, he says, there’s no fever. “Three or four days later, you may feel just awful,” he says. “You’ll be having a lot of mucus and a lot of cough and a lot of shortness of breath and wheezing and then you end up going to your doctor.”

How is it diagnosed?

You can’t be sure you have HMPV by symptoms alone. And if you go to your doctor’s office, you are unlikely to get tested immediately for HMPV, Shaffner says. People at high risk for complications are likely to get tested for flu and COVID-19 first, he says. That’s because providers can offer targeted antiviral medicine for flu and COVID that work best in the first few days of infection. There’s no such treatment for HMPV.

If you get sick enough to land in a hospital, you are more likely to get tested for a wide range of possible culprits, including HMPV, Shaffner says.

How is it treated?

Treatment focuses on symptom relief. Over-the-counter pain and fever relievers and decongestants are enough for many people, according to the American Lung Association. People with more severe symptoms might need inhaled or oral corticosteroids, the group says. In a study by Walsh and colleagues, people hospitalized with HMPV were at least as likely as those hospitalized with RSV and flu to need additional interventions, including oxygen treatments and intensive care.

Why did cases recently spike?

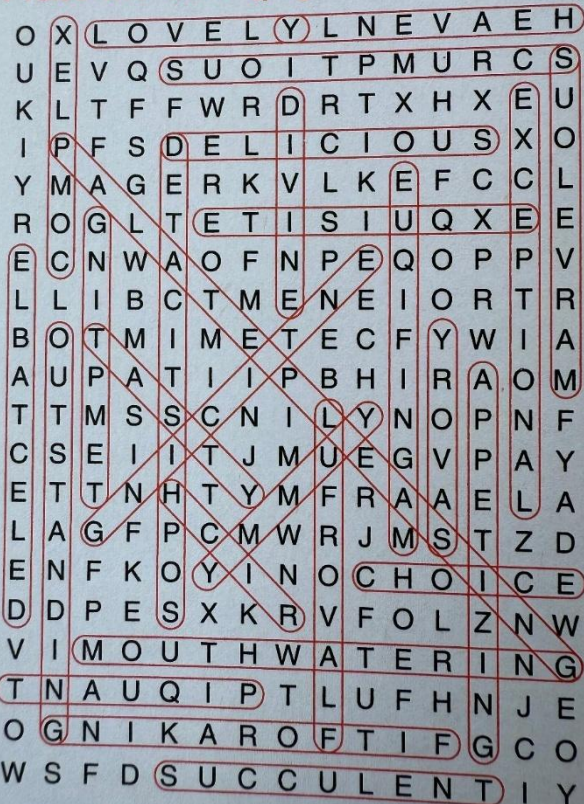
There are two likely explanations, Shaffner and Walsh agree. One is that HMPV, like many other viruses, was in sharp decline when many people were wearing masks, avoiding crowds and traveling less to avoid COVID-19. Once precautions waned, all sorts of viruses surged back in a less immune population.

HEALTH & WELLNESS

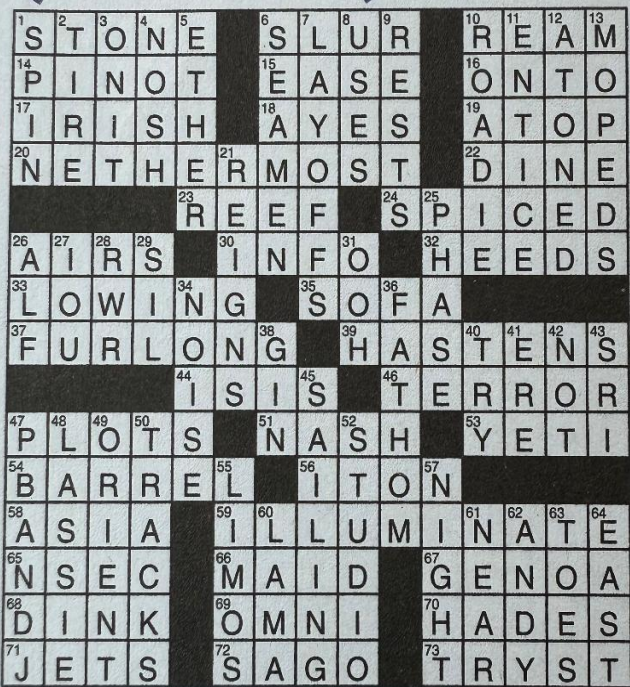
The other explanation: more testing. Tests that cover multiple viruses, including HMPV, are used more widely than in the past, especially in hospitals, the experts say. “If you’d been testing for it in the past, you would have found it,” Walsh says.

Kim Painter is a contributing writer who specializes in health and psychology. She frequently writes for AARP’s Staying Sharp and previously worked as a health reporter and columnist at USA Today.

Praise the Chef (pages 120-121)



WEIGHTS & MEASURES (PAGE 74)



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952

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