



Vintages



Volume 22, Issue 8

Editor: Gail Knight

September 2022

OPEN BOARD MEETING SEPTEMBER 15, 2022 INFORMATION

Tim Stewart, President
For the Board of Trustees



On Thursday, September 15, 2022, at 7PM at the Club House and on Zoom, we will hold the third Open Meeting of the year. This meeting will cover agenda items with special focus on the following:

- **Roof Project:** On the 15th we hope to accept the Revised Roof Specifications with the endorsement of the Roof Advisory Group, and also authorize Falcon Engineering to go out for bids. Falcon will then schedule a Bidders Conference at the Club House and will after that receive bids. In late October or early November, we should have bid summary. Then we will know more about the cost and the Special Assessment. At that time, we will have a referendum to approve the assessment.
- **General Maintenance:** We will discuss the new online Maintenance Request process being introduced to improve response to legitimate requests. You will receive a letter explaining the new process. Making this successful is to everyone's advantage and will improve productivity.
- **The Gazebo:** The original Gazebo cannot be satisfactorily repaired. It has to be replaced or eliminated. Please give your thoughts and ideas to the Property Manager, Karen Newhouse, or Mike Pelepshin. We hope to approve next steps at the meeting.

We also want to thank the many people who volunteer in various ways to help keep our community a wonderful place. Please remember to attend the "Heroes for Heroes" Volunteer Appreciation Picnic on September 5th. Come and personally thank our neighbors who plan and execute the activity program, keep the community in great shape, keep you informed and provide caring services. The character of the community is partly determined by the condition of the grounds and facilities- but mostly by the activities and attitude of our residents.

Clare will send out the zoom instructions before the meeting.

JULS (Just Us Ladies) Presents: A Discussion Group for the Ladies of Four Seasons

Come join JULS as we discuss topics important to women! Topics will be chosen by participants with a different topic each month. We will start with a brief video or TED Talk on the topic and a discussion will follow.

It's a wonderful opportunity to listen, learn and share our thoughts with each other.

Our first meeting Wednesday, September 21 is scheduled for 2:00 – 3:00 outside at the Clubhouse, weather permitting. We will meet inside if it's raining.

During our first meeting we will have introductions and share ideas for topics. Please come with suggestions for topics. Light snacks will be served.

R.S.V.P. and questions to Sue Nissenblatt, sueniss@comcast.net or 732-666-1949.

Please realize that COVID is still with us. Please refrain from attending events if you have been exposed to COVID or have tested positive within the past ten days.



COMMUNITY ACTIVITIES

HEROES FOR HEROES POOLSIDE

DINNER on Monday September 5, begins poolside at 5pm. Celebrate the volunteers who come in many styles and types: from folks that help a neighbor bring in their garbage can, pick up trash, bring food to needing neighbors, driving neighbors to doctors as well as keeping our community a beautiful and exciting place to live. It is just about everyone.

Meet & Greet: 5 – 5:30

Dinner: 5:30

Ice Cream Truck: 6:30

BYOB

RECREATION COMMITTEE MEETING is scheduled for Monday, September 12 at 10:00am at the clubhouse.

NOTE: Future meeting will be scheduled for the first Monday of the month at 10:00am unless rescheduling is required.

All residents are welcome to attend and participate in these meeting.

EXERCISE CLASS



Fitness Class Sections Defined

Aerobics: Cardiovascular exercise.

Body Fitness: Calisthenics floor mat exercise program to tone and strengthen arm, leg, abdominal and

BOOK CLUB meets on Wednesday, September 14 at noon. Information on Page 4.

JULS Discussion Group Meeting (New) on Wednesday, September 21 from 2 pm to 3pm. Please RSVP and direct questions to Sue Nissenblatt, sueniss@comcast.net 732-666-1949. Details page 1



Friday Get Togethers at the Clubhouse

Starts at 5pm

Residents can bring their drinks and appetizer to share.



Save The Dates

Activities Being Planned for October

Thursday, October 6: Trivia Night

Saturday, October 29: October Festival

OPERA MAGNifico PERFORMS ON OCTOBER 1, AT 6PM

Opera Magnifico, a new group of young, talented opera singers, will be performing in a Gala at 6 pm on October 1, at St. Luke's Church, Main St., Gladstone.

Appetizers, wine, and dessert will be served, interspersed by vocal offerings. Tickets- \$75.00 each.

For tickets, or information, please contact Valerie Kent at 908-642-5303.

CHESTER LIBRARY ADULT PROGRAMS FOR SEPTEMBER 2022



9/2 at 10:30am: Art Enthusiasts Club - Paint, sketch, draw
9/6 at noon: Conversational Spanish with Mirta
9/6 at 6pm: Mahjongg - Open Play
9/7 at 4pm: German conversational group with Ashley
9/8 at 10am: Adult Quilting Group
9/12 at noon: Senior Lunch & Learn; Foot and Ankle conditions
9/13 at 12:30pm: Mahjongg - instructor led
9/14 at 9:30am: Yoga with Danielle
9/16 at 10:30am: Art Enthusiasts Club - Paint, sketch, draw
9/17 Community Day from 10am to 3pm
9/19 at 11am: Jewelry making with Julia Comick
9/20 at 9:30am: Morning Book Club
9/20 at noon: Conversational Spanish with Mirta
9/20 at 1:30pm: Afternoon Book Club
9/20 at 2pm: Mixed Media Class with Susan Jones (Sketch, paint or collages)
9/21 at 10:30am: Knitting Group
9/21 at 7pm: Virtual Author visit with Marie Benedict
9/22 at 11am: Morning Bunco for Adults
9/22 at 7pm: Evening Yoga with Danielle
9/26 at 11am: Chair yoga with Danielle
9/27 at 12:30pm: Mahjongg - instructor led
9/28 at 10:30am: Knitting Group
9/29 at 6:30pm: Adult Bunco

Register for all programs at chesterlib.org
Need Help?
Email contactus@chesterlib.org
or
Call 908-879-7612



COMMUNITY DAY 2022 AT THE CHESTER LIBRARY **SATURDAY, SEPTEMBER 17 FROM 10AM TO 3PM**

Visit the Chester Library to meet participating non-profit organizations and local clubs you can join. Chat with law enforcement officers, have kids “touch a fire truck” and much more!

All are welcome!

Stop by for snacks and live music as well.

Learn about all the great opportunities our town has to offer residents to be involved in.

BOOK CLUB UPDATE

Peggy Zysman

Hi Everyone, I hope you are all enjoying your Summer and are staying well.

A reminder to all our members and new members we meet at the clubhouse on the second Wednesday of every month: September 14, October 12, November 9, and December 14, of 2022.

Most times we meet at 1 pm, however, there are times when we meet earlier. That happens when we have a special luncheon or more than one book to share.

This September we will meet at noon as we are discussing two books and plan on seeing a movie related to our topic, the disaster of the Titanic.

The books that we will be sharing are:

Women and Children First written by Gill Paul

The Second Mrs. Aster written by Shana Abe

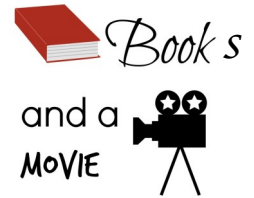
Sadly I am unable to show the film I got, **A Night To Remember**. Will explain at the meeting.

We will also enjoy a light lunch. Please let me know if you plan attending so that I know how much food to bring.

At this meeting we will decide on our future readings and possible outings.

Hope to see you all. Hugs and with love, Peggy

(peggy.zysman@gmail.com)



48th Annual Fall Craft Show

Saturday and Sunday September 10 & 11

Chester Borough Municipal Field (Main St. & Perry St.)

Cost \$6.00, Children under 10 free

The Chester Fall Craft Show boasts over 195 crafters from across the nation. Experience a wide variety of handmade items including traditional craft, fine art, contemporary and country crafts.

Sponsored by The Historical Chester Business Association.



BENT PRESENTED BY THE CHESTER THEATER GROUP

SEPTEMBER 8, 9, 10 AT 8PM

SEPTEMBER 11 AT 2PM

Masks are required at all times while in the theater

For Adults only due to language and depictions of violence

Bent revolves around the persecution of gays in Nazi Germany and takes place during and after the Night of the Long Knives. Bent is a love story.

Tickets: Regular \$23.00; Seniors (65+) \$21.00

54 Grove Street (at the corner of Maple Avenue), Chester, NJ

Box Office 908-879-7304; info@chestertheatregroup.org; www.chestertheatregroup.org

INTERESTING ARTICLE FROM SCIENCE SECTION OF THE NY TIMES

Valerie Kent

Simple Exercises for Better Balance By HILARY ACHAUER

Len Kaplan began having difficulty walking in a straight line when he was in his 50s. Scoliosis combined with compressed discs in his back were causing his balance to deteriorate.

"Physical therapy, regular exercises, just wasn't getting the job done. I needed something different," Len, now 80, said. Around that time Len and his wife, Ginny, took a cruise with twice-daily Tai Chi classes. Ginny, 77, said they loved Chi — which consists of slow, controlled movements and deep breathing — so much they found a class in nearby Yorba Linda, Calif., when they returned home. The habit stuck.

Len and Ginny have now been taking Tai Chi and balance classes regularly for more than 15 years. Len is able to easily walk in a straight line, and his balance has improved. Last September while visiting Greece, Len and Ginny decided to hike the nearly 100 steps to the top of the Acropolis. Up they went, over slippery, uneven steps with no handrails. They made it to the top and were rewarded with ancient ruins and sweeping views of Athens below.

"At my age I know people who would go, 'Oh no, I'll stand at the bottom in the parking lot and take pictures, thank you,'" Ginny said, "but how fun is that?"

Balance training is an important but often-neglected skill, one that affects both our longevity and our quality of life, beginning around age 40. A study in June by a Brazilian team found that 20 percent of the 1,700 older adults tested couldn't balance on one leg for 10 seconds or more. And that inability to balance was associated with a twofold risk of death from any cause within 10 years.

If you have tried out the one-legged test (with a wall or chair nearby for safety) and didn't pass, don't panic. It's never too late to start working on balance training, even if you can pass the 10 second test, especially if you're over age 50. This doesn't have to mean handstands and acrobatics. In fact, you can start at home without any equipment.

What the Test Can (and Can't) Tell Us

Falls are the second leading cause of unintentional injury deaths worldwide, yet doctors don't have an easy way to check balance, like they do blood pressure or pulse. In this test, which can be done in less than a minute, the patient gets three attempts to do a 10-second one-legged stand on either leg.

"The idea here was just to come up with a really simple test that might be an indication of a person's ability to balance," said Dr. Jonathan Myers, a professor at Stanford University, researcher at the Palo Alto VA Health Care System and an author of the balance study. He said the inability to perform this task was powerfully predictive of mortality. In the study one in five people could not manage it.

"With age, strength and balance tend to decrease and that can result in frailty. Frailty is a really big thing now that the population is aging," Dr. Myers said.

Balance problems can be caused by a variety of factors, many of them age-related, said Dr. Lewis Lipsitz, a professor of medicine at Harvard University and the director of the Marcus Institute for Aging Research at Hebrew SeniorLife.

When your vision is affected by cataracts, or the nerve signals from your feet to your brain slow down, this makes it more difficult to balance. While it's impossible to prevent all types of age-related decline, you can counteract the impact on your balance through specialized training and building strength.

"There's a downward spiral of the people who don't go out, who don't walk, who don't exercise, who don't do balance training, and they become weaker and weaker. And muscle weakness is another important risk factor for falls," he said.

Researchers have previously connected balance and strength with mortality, finding that the ability to rise from the floor to a standing position, balance on one leg for 30 seconds with one eye closed and even walk at a brisk pace are all tied to longevity.

But no test is perfect. Dan Layne, who runs the Center for Balance, where Len and Ginny study Tai Chi, said the Brazilian paper caused a stir in his classes, which include balance and fall prevention. Many of his students, whose ages range from 30 to 105, tried it and failed. They approached him, worried.

"I've got a lot of people that can't balance for 10 seconds, but their balance control is fine. They're not falling, and they're living long lives," Mr. Layne said. Even if your vision is impaired, or your coordination is affected by arthritis, you can improve your balance — at any age.

"The body is very adaptive, And if one pathway doesn't work to maintain your balance, by training other pathways in the body and the brain you can overcome some disabilities," Dr. Lipsitz said.

Balance-Enhancing Activities

Balance training goes hand-in-hand with strength training. The stronger the muscles in your legs, glutes, feet and core, the better your balance. You can improve your balance by taking Tai Chi or yoga classes, but weight training, dancing, rock climbing or aerobics classes are also excellent ways to work on your balance skills.

"Really any type of exercise seems to help with balance and fall risk," said Dr. Avril Mansfield, a senior scientist at KITE-Toronto Rehabilitation Institute, who specializes in movement science.

But some forms of exercise are better than others. If your only movement is walking on a smooth surface, with no side-to-side movement, it's not going to significantly improve your balance, said Dr. Rachael Seidler, a professor in the Department of Applied Physiology and Kinesiology at the University of Florida.

If you really want to improve your balance, Dr. Seidler said, you'll get the most benefit focusing on several specific exercises.

Training You Can Do at Home

So how do you get started? Fortunately, most balance training doesn't have to require any special equipment, and you can start at home. As with any new exercise program, be sure to talk to your physician first, and have a chair nearby to grab onto if you feel unsteady.

Try these five balance exercises two to three times a week, gradually increasing the difficulty as you feel comfortable and start to improve your strength.

SINGLE-LEG STANCE: Stand behind a chair, holding on with both hands. Lift one leg off the ground, bending the lifted knee toward your chest and stand on one leg for five seconds. Repeat five times, then do the same with your other leg. Too easy? Hold onto the chair with one hand, release both hands or try closing your eyes.

BODY-WEIGHT SQUATS: Stand with feet hip distance apart, toes forward. Bend your knees and lower yourself until your thighs are parallel to the floor, keeping your weight in your heels. Extend your arms in front of you if you need help with balance, or squat lower if it's too easy. Repeat 10 times. Hold a dumbbell to add to the difficulty.

BIRD DOG: Start on your hands and knees, back flat. Lift one leg straight behind you and lift the opposite arm straight in front, so you are balancing on one knee and one hand. Hold for five to 10 seconds, then repeat on the other side,

LATERAL LEG LIFTS: Stand behind a chair, holding on with both hands. Lift one leg to the side, trying to keep your body as still as possible. Repeat with the other leg, five times per side. Increase the intensity by holding the leg up longer or letting go of the chair.

TANDEM STANCE: Stand up straight and put one foot directly in front of the other, with your heel touching your toe. Keep equal weight on both feet, knees slightly bent. Hold for 30 seconds, then switch feet, repeating three times. Close your eyes to make it more difficult.

COMMUNITY PROBLEMS / QUESTIONS ?

Taylor Management, our property management firm, creates work orders and interfaces with contractors about any questions regarding landscaping, maintenance or other problems in the community.

When you have any questions or concerns, please contact Daniela DeVries at ddevries@taylormgt.com or call either 973-267-9000 x316 or 973-532-8216 direct.

Clare Ramirez, Property Manager can be reached at cramirez@taylormgt.com or call either 732-764-1001 x131 or 732-357-8441 direct.

Clare is onsite on Thursdays.

Clubhouse office phone is 908-879-7635

WHO'S WHO?

BOARD OF TRUSTEES

President - Tim Stewart (2025)
Vice Pres./Facility - Mike Pelepshin (2024)
Secretary - Karen Newhouse (2024)
Treasurer - Hector Garcia (2025)
Amenities - Steve Schlesinger (2023)

COMMITTEES

Architectural Modifications

Bob Duffy, Chair
Marie & Charlie Bryant
Jim Daly
Roger Off

By-Laws

Bob Ardis
Bob Duffy
Len Palamaro

Clubhouse

Joan Off, Chair
Valerie Kent, Supplies
Gail Knight, Supplies
Betsey Garcia, Supplies
Lynne Melillo, Holiday Decor
Joel Melillo, Exercise Equipment
Rosanne Palamaro, Library

Covenants

Bob Ardis
Debbie Omansky
Peter Spera

Facilities

Fred Karasek
Bob Reigrod
Steve Schlesinger

Finance Advisory Group

John Fuss
Ray McCann

Forest Management

Beth Kline, Chair
Greg Faughnan
Steve Hansbury
George Salamy
Barbara Stewart

Insurance Advisor

Rick Resnick

Landscaping & Trees

Robin Morley, Chair
Greg Faughnan
Colleen Hamrah
Leslie Murphy
Eileen Nixon
Diana Schlesinger
Judy Wood

Pool

Greg Faughnan, Chair
Richard Dischinger
Bruce Goldstein
Steve Hansbury
Lynne Melillo
Leslie Murphy
Eileen Nixon
Louise Saliceti

SUPPORT COMMITTEES

Caring & Newcomers

Valerie Kent, Chair
Pat Cable-Perkins
Colleen Hamrah, Greeter
Kathy Moke

Resident Directory

George Kline, monthly electronic
Gail Knight, printed

Media Committee

Hector Garcia

Recreation Planning

Hope Swarts, Chair
Toni Archambault
Marie Bryant
Patricia Cable-Perkins
Linda Diforio
Lucille Duffy
Colleen Hamrah
Kathy Moke
Sue Nichol
Eileen Nixon
Joan Off
Theresa Pensak
Lisa Resnick
Barbara Stewart
Lori Tolento

Vintages

Gail Knight - Editor
The Klines - Backup

Information Distribution

George Kline, Email
Toni Archambault, Flyers

EMERGENCIES

Clare Ramirez, Property Manager -
EMERGENCIES ONLY
1-888-992-9288

Automated External Defibrillator (AED)

Located in the fitness center at the
Clubhouse — Call 911



September 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30am Aerobics 10:30am Body Fitness PM: Clubhouse cleaning	2 10am Science Discussion 5pm Happy Hour	3 9:30am Aerobics 10:30am Body Fitness
4	5 5pm Poolside Heroes Sandwich Dinner	5 9:30am Aerobics 10am Current Events 10:30am Body Fitness	7 6:30pm Duplicate Bridge	8 9:30am Aerobics 10:30am Body Fitness PM: Clubhouse cleaning	9 10am Science Discussion 5pm Happy Hour	10 9:30am Aerobics 10:30am Body Fitness
11	12 10:00am Recreation Committee Meeting 1pm Bridge	13 9:30am Aerobics 10am Current Events 10:30am Body Fitness	14 Noon: Book Club Meeting 6:30pm Duplicate Bridge	15 9:30am Aerobics 10:30am Body Fitness PM: Clubhouse cleaning 7PM Open Board	16 10am Science Discussion 5pm Happy Hour	17 9:30am Aerobics 10:30am Body Fitness
18	19 1pm Bridge	20 9:30am Aerobics 10am Current Events 10:30am Body Fitness	21 2pm JULLS Discussion 6:30pm Duplicate Bridge	22 9:30am Aerobics 10:30am Body Fitness PM: Clubhouse cleaning	23 10am Science Discussion 5pm Happy Hour	24 9:30am Aerobics 10:30am Body Fitness
25	26 1pm Bridge	27 9:30am Aerobics 10am Current Events 10:30am Body Fitness	28 6:30pm Duplicate Bridge	29 9:30am Aerobics 10:30am Body Fitness PM: Clubhouse cleaning	30 10am Science Discussion 5pm Happy Hour	