

A SUPPLEMENT TO STAR NEWS GROUP JULY 21 & 22, 2022

# SENIOR Active SHORE LIVING

**Specially Tailored Active Living Advice  
for Seniors at the Shore**





# 5 STAR RATED CARE

LED BY THE AREA'S TOP PHYSICIANS



**Dr. Sanjay Kumar**  
Medical Director



**Dr. Joseph Albanese**  
Nephrology Director



**Dr. Anna Dedona**  
Subacute Medical Director



**Dr. Leonard Sandler**  
Cardiac Director



**Dr. Vandana Sharma**  
Palliative Care



**Michael D. Dambeck D.O.**  
Physiatrist



**Dr. Fred J. Rothberg**  
Wound Care Specialist



## WHAT DOES IT MEAN TO BE RATED FIVE STARS?

The Five Star Quality Rating System helps consumers compare nursing homes more easily, giving each home a 1 to 5 star score. This score comes from individual ratings in three different areas of facility performance.

Nursing homes with 5 stars, are considered to have above average quality, according to the CMS rating system. To learn more about our rating, scan this QR code with your smart phone.



Post Acute Care • Orthopedic Rehab • Cardiopulmonary Care  
CKD Management • Long Term Care • Short-Term Respite



### Crest Pointe

Rehabilitation & Healthcare Center

**REHAB BY THE SEA**



1515 Hulse Road | Point Pleasant, NJ   
732-295-9300 | **CrestPointeRehab.com**

- ADVERTORIAL -

## Murray Family Comes Together to Care for Independent Seniors

The Arbors at Spring Lake was established in 1982 by the Murray family. Maddie Murray and her partner and friend, Dolly Donahue, opened this one-of-a-kind facility in the heart of the Jersey Shore. The idea was to create a residence for seniors that is comfortable, welcoming and encourages independence. The two exclusively handled operations until 2005 when Dolly retired and Maddie, along with her nine children bought the business outright. Maddie continued working on site until the pandemic hit last winter.

"The Arbors is a full family affair," states Jean Murray Herrington, building manager. "Paty Murray is the Director and has a wealth of knowledge and experience in elder care; Kim Murray is the activities director; Ryan Herrington works in the kitchen; Jim Murray works on long term planning and over-seeing construction projects such as our complete kitchen renovation last summer and Janice Murray Sherlock fills in whenever necessary in the kitchen and the office. Numerous grandchildren and family members have worked at The Arbors over the years and continue to this day.

The Arbors provides daily basics such as three meals a day, house-keeping and linens as well as regular transportation, activities, entertainment, religious services, exercise classes and shuttles to the boardwalk.

Seniors and their families feel welcomed and engaged at The Arbors, where support is provided when necessary, while adults are free to explore their independence. Carol, who has been a resident at The Arbors for two years, has developed an affinity for art in the last year, during covid, "It's important that we keep our minds active. It's comfortable to do that here." Carol's art is begin entered in the Monmouth County Fair this July!

Family values and a personal touch are just some of the ways The Arbors sets itself apart from other senior residences and assisted living facilities. Most of our staff has been here and recognized for years of service. Our residents and their families can easily recognize the dedication of staff. "My 95-year old mother has lived in The Arbors for several years now. At a time when all too many assisted living facilities are obsessed with profits, The Arbors really and truly cares about its people. It's not just clean and safe; it's warm. From the owners on down through every level of staff, the team consists of one kind, diligent, sensible, good-humored individual after another," declared Tish, whose mother lives at The Arbors. "From Day one of Covid-19 through the second dose of vaccination, The Arbors saw zero positive cases among



its residents - not deaths, not hospitalizations, but zero 'cases'. Amazing though that statement is, I am not at all surprised to find myself making it. When it comes to the well-being of their residents, these folks really go the extra mile, even when they've been forced to run a marathon."

Health and safety are also top priorities at The Arbors, where staff are available to supervise medication and help with personal care, if needed. At the start of the pandemic, The Arbors took precautions to keep residents, staff and visitors safe. There were no positive cases of COVID-19 in the facility, and all residents are now fully vaccinated.

"From the beginning, we monitored all residents and staff with daily with temperature checks and oxygen level assessment," said Murray Herrington. "We still do temperature checks daily. We read anything and everything from the Centers of Disease Control and state Department of Health. As soon as testing became available, all staff was tested every other week.

We also tried to think outside the box. We had residents and staff team up to make cloth masks. We created an art studio so that residents could have space to safely work on their art. We had contractors build a safe room for family to visit. At Christmas every staff person became a Secret Santa for a resident. They made and/or bought small, thoughtful gifts for the resident they chose. It was an amazing pick me up during a stressful time and the staff did an amazing job."

Currently, The Arbors is extremely busy giving tours to prospective residents and creating opportunities to bring in family and friends for fun actives which, in turn builds the residents' confidence to get out and live their best lives again. We have had family game night, horse racing on Kentucky Derby Day, Family Fun Day, Rolling Dough Pizza Party and our latest party, a July 4th BBQ where we entertained and fed 100 people outside. We look forward to our opening of the Olympics next week!

**The Arbors at Spring Lake**  
550 Warren Ave. Spring Lake Heights.

For more information, visit  
SpringLakeArbors.com or  
call 732-449-4444.





the ARBORS  
at spring lake

Independent Living for Seniors





# Better

# THAN EVER

We are excited to welcome you to The Arbors!

Celebrating 40 Years of Caring and Compassionate Senior Living.



### What Makes The Arbors Special...

Our residents are all fully vaccinated and enjoying Family Fun Days, Game Nights with family and so much more! The Arbors is a warm and friendly community, ready to welcome you home.

“ Our mom has been a resident of The Arbors for a little over a year. Our family and our mom have been so pleased with the vigilance and care the Murray family has shown especially during these difficult times. They kept our mom safe while always ensuring the residents were comfortable and informed. ” —Ann, May 2021

### Services and Amenities

- Spacious room and private bath (suites available)
- Individually controlled heating and air conditioning
- Three delicious meals served daily in our dining room
- Germicidal UVC air treatment system to mitigate flu viruses, bacteria and mold
- Daily housekeeping services
- No Entrance fee
- Transportation on a scheduled basis to local doctors, nearby shopping and the Spring Lake boardwalk



springlakearbors.com



Call to schedule your PRIVATE TOUR today! 732.449.4444

550 Warren Avenue, Spring Lake Heights, NJ 07762



# Inspiring senior smiles for nearly 40 years!

COMPASSION ■ CARE

EXPERIENCE ■ GENERAL DENTISTRY

IMPLANTS & RESTORATION ■ COSMETICS

Dental care, better.  
We start with a holistic approach to your health, complemented by state-of-the-art technology and artistry.

You'll be grinning from ear to ear.

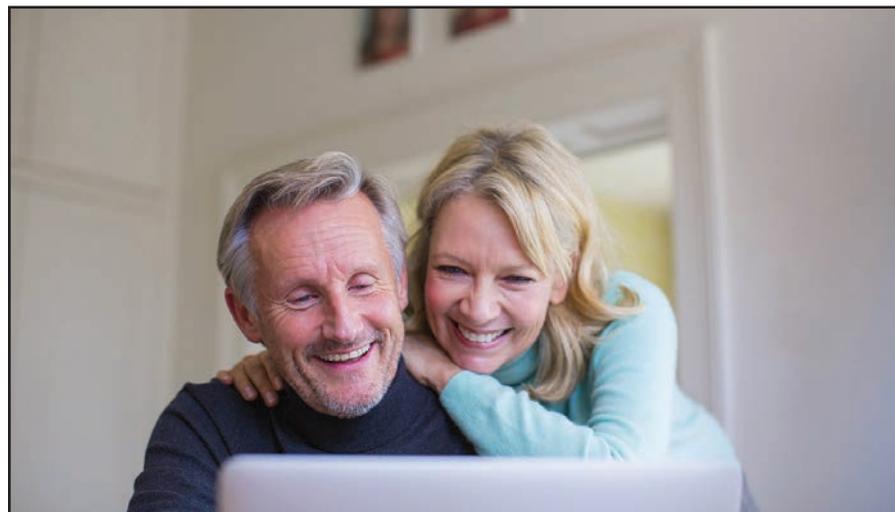
*“To be a dentist today is a privilege... It is a profession blending art, science and healing. I am blessed and honored to serve so many.”*

— Dr. Dooley



**Dooley**  
**DENTAL**  
EXCELLENCE IN AESTHETIC DENTISTRY

DR. EDWARD J DOOLEY, D.M.D.  
1109 THIRD AVE, SPRING LAKE  
WWW.DOOLEYDENTAL.COM



COURTESY OF METRO CREATIVE CONNECTION

Seniors are engaging with social media more than ever. Such engagement requires seniors to be mindful of the many ways to protect their privacy when spending time online.

## What seniors should know about social media safety

STAR NEWS GROUP

Seniors might not be the demographic individuals initially associate with social media. However, Pew Research notes that seniors' social media usage has been steadily rising for a number of years, proving that individuals 65 and over are not tech-averse.

Pew data from 2019 indicates that 46 percent of individuals 65 and older use Facebook. Social media platforms like Facebook and Instagram can be a great way to stay connected with family and friends and stay up-to-date on community events. But social media usage is not without risks, especially in regard to users' safety. Seniors without much social media experience can heed these safety tips as they navigate popular platforms and discover all they have to offer.

things so they can decide who can (and can't) view their online activity. Each platform is different, but profiles set to public generally allow anyone to view individuals' activity, so seniors should set their profiles to private to limit access to their information.

### BE MINDFUL OF YOUR SOCIAL MEDIA SOCIAL CIRCLE

It's easy to make virtual friends via social media, but seniors should be mindful of who they accept as online friends. Carefully consider each friend request and decide just how big or small you want your social media community to be. Many individuals prefer to limit their online social circles to individuals they know well and want to stay in touch with, and that can serve as a good measuring stick when deciding whether or not to accept a friend request.

### EXAMINE YOUR ACCOUNT SETTINGS

Social media users can control their privacy set-

### AVOID SHARING PERSONAL INFORMATION

Seniors are no doubt aware that they should

never share especially personal information, such as their Social Security number. However, seniors also should hesitate to share personal information like vacation plans. Seniors who post about upcoming trips could return home to find they've been victimized by criminals who scoured their social media accounts and learned when they were going to be away. A good rule of thumb is to keep personal information private and limit posts to information that is not overly specific or sensitive.

### RECOGNIZE THE THREAT POSED BY SCAMMERS

Social media platforms have had varying degrees of success in regard to keeping their sites scam-free. But scammers find a way, and users must take steps to avoid being victimized. Never click on a link within a post from someone you don't know and avoid anyone soliciting donations through social media platforms.

*When memory starts to fade and the past & present merge into a jumbled haze, Willow Springs stands as a steadfast beacon of comfort and security in a confusing world.*

# Anchored With Love

## Our Memory Care Wing

is a warm and nurturing setting under the direction of leading geriatrician **Dr. Joshua Shua-Haim, MD, FACP, AGSF, CMD** Professor of Medicine.

- Specially Trained Caregivers
- Short-Term Respite Stays
- Caregiver Support & Education
- Specialized Activity Programming

1049 Burnt Tavern Road, Brick, NJ 08724

732-840-3700

 [willowspringsrehab.com](https://www.willowspringsrehab.com)



## WILLOW SPRINGS

REHABILITATION & HEALTHCARE CENTER



# What to do about wellness after 50

STAR NEWS GROUP

Reaching one's fiftieth birthday in optimal health is an accomplishment to be proud of. The hard work required to be healthy in mid-life includes adhering to a nutritious diet and exercising regularly. Once individuals cross the threshold and enter their 50s, they can look to some additional strategies to maintain their physical and mental well-being for decades to come.

### GET A PET

Many people 50 and older qualify as "empty nesters," a term applied to adults whose children have grown up and moved out of their homes. Some emp-

ty nesters experience a phenomenon known as "empty nest syndrome," which the Mayo Clinic notes can be marked by feelings of sadness or loss. Pets can help people over 50 with no children at home overcome feelings linked to empty nest syndrome. In 2018, the University of Michigan National Poll on Healthy Aging found that 86 percent of pet owners felt their pets make them feel loved while 73 percent said their pets provided a sense of purpose. Pets also can ensure individuals over 50 stay physically active and provide opportunities to connect with other people.

### PRIORITIZE LEARNING

Whether it's taking music lessons, going back



COURTESY OF METRO CREATIVE CONNECTION

Various strategies can help people maintain mental and physical wellness as they make their way through their 50s and beyond.

to school or mastering a new hobby, learning has a profound effect on aging brains. For example, a 2013 study published in the journal Psychological Science found that memory function is improved

by engagement in demanding everyday tasks. That study reported that people who learned new skills experienced greater memory improvement than people who only socialized or participated

in activities that were not as cognitively engaging.

### MAKE AN EFFORT TO IMPROVE BALANCE

Various factors contribute to a decline in balance as adults age. For example, a decline in muscle mass that begins when people are in their 30s is a normal part of aging. Over time, that natural decline affects strength and agility. Balance exercises can be a valuable component of a fitness regimen that help individuals reduce their risk for falling as they advance through their 50s and into their 60s and 70s. That's a significant benefit, as the Centers for Disease Control and Prevention reports that one out of every three adults age 65 and older

experiences a fall each year, and as many as 30 percent of those falls lead to serious injury.

### EMBRACE YOUR INNER SOCIALITE

Socialization is important for people of all ages, including individuals 50 and over. A 2017 study from researchers at Michigan State found that valuing friendships was a strong predictor of health and happiness among older adults. Opportunities to socialize with friends may increase as people navigate their 50s and children move out or become more independent. Individuals can take advantage of opportunities to socialize whenever possible.

— ADVERTORIAL —

## Renovate first. Pay at closing.

Kimberly Mars, a real estate agent with Berkshire Hathaway HomeServices Fox & Roach, has partnered with the pre-sale renovation company called Curbio. Curbio transforms properties into move-in ready homes that today's buyers are looking for. The most amazing thing is that sellers don't pay anything until the home sells.

traditional contractors by using simple tech to streamline the process.

Almost 80% of homes in America are at least 20 years old and nearly 40% are at least 50 years old. Curbio renovated homes sell 50% quicker than the national average. The process is easy. As the seller's agent, Kimberly will arrange for the Curbio Project Manager to give a same day estimate for agreed upon services.

The pay at closing model works with the equity already in the home. They use a simple calculation of a maximum of 80% of the expected after renovation value minus the amount currently owed on the property. There are no upfront deposits, no hidden fees, interest charges or credit checks. They get paid directly at the closing table.

Services include painting, flooring, countertops, Bathroom and Kitchen Remodels, roofing, plumbing and electrical work, landscaping, windows, fencing, decks. Curbio only works with licensed and insured contractors and tradespeople. Curbio actually completes projects 65% faster than

Your newly renovated home will appeal to more buyers, increase the sales price and most importantly maximize the net proceeds. With Kimberly Mars as your Seller's Agent and Team Curbio for renovation, they can help you get to market quickly and get you top dollar for your home. Contact Kimberly at kimberly.mars@foxroach.com or by cell 972-330-6423 to give you a current home valuation as well as the potential valuation after the renovation to get the process started.

The world's most respected brand is now Real Estate's market leader.

"I would want to be associated with somebody where the financial strength was unquestioned and where the name stood for integrity."  
—Warren Buffett, Chairman, Berkshire Hathaway



**Kimberly Mars**  
Berkshire Hathaway  
HomeServices Fox & Roach  
Sales Associate  
972-330-6423  
kimberly.mars@foxroach.com



Mention Code **CURBIO** for a Free copy of my book **Secrets Every Home Seller Needs to Know** (A \$19.95 Value)

You should expect more when buying or selling a home. We are your forever brand.



**curbio**  
Fix now, pay when you sell



# Why it pays for seniors to maintain good credit

STAR NEWS GROUP

The benefits of maintaining good credit include looking more reliable in the eyes of prospective employers and securing lower mortgage interest rates when buying a home. Those rewards can benefit anyone, but they're especially enticing to young people. But what about seniors? Do individuals stand to benefit significantly from maintaining good credit into their golden years?

According to the credit reporting agency Experian, senior citizens tend to have the best credit scores of any consumer demographic. That could be a byproduct of years of financial discipline, and there are many benefits to maintaining that discipline into retirement.

## HOME BUYING AND BORROWING

Buying a home is often considered a big financial step forward for young people, but that doesn't mean aging men and women are completely out of the real estate market. In its 2020 "State of the Nation's Housing" report, the Joint Center for Housing Studies of Harvard University reported that the share of homeowners age 65 and over with housing debt doubled to 42 percent between 1989 and 2019. In addition, 27 percent of homeowners age 80 and over were carrying mortgage debt in 2019. Maintaining strong credit after retirement can



COURTESY OF METRO CREATIVE CONNECTION

The importance of a strong credit rating is often emphasized to young people. However, a strong credit rating can be equally beneficial for seniors.

help homeowners who still have mortgage debt get better terms if they choose to refinance their mortgages. Even seniors who have paid off their mortgages can benefit from maintaining good credit if they decide to downsize to a smaller home but cannot afford to simply buy the new home outright.

## REWARDS

Retirement is often associated with travel, recreation and leisure. Such pursuits can be more affordable when seniors utilize rewards-based credit cards that help them finance vacations, weekend getaways and other expenses associated with traveling. Seniors who maintain strong credit ratings into their golden years may have more access to the best travel-based rewards cards than those whose credit scores dip in retirement.

## UNFORESEEN EXPENSES

No one knows what's around the corner, but savvy seniors recognize the importance of planning for the unknown. The COVID-19 pandemic seemingly came out of nowhere, and among its many ripple effects was the sudden job loss experienced by seniors. The JCHS report found that 21 percent of homeowners age 65 and over had reported loss of employment income related to the pandemic. Unforeseen medical expenses also can compromise seniors' financial freedom. Maintaining a strong credit rating into older adulthood can help seniors navigate such financial uncertainty more smoothly. Such a strategy can help seniors secure low-interest loans or credit cards that can help them pay down sudden, unforeseen expenses without getting into significant debt.

## Are you concerned about Skin Cancer? MAKE AN APPOINTMENT TODAY for Your Comprehensive Skin Cancer Screening and Treatment.

Our staff has specialized training in the diagnosis and treatment of skin cancer, including basal cell carcinoma, squamous cell carcinoma, and malignant melanoma.

### Early detection and treatment can lead to a cure.

Symptoms may appear as spots; irregular moles; bumps; discoloration; sores; or scaly, reddish, bleeding or oozing skin. Any growth, mole, sore or skin discoloration that appears suddenly, or begins to change in appearance, needs to be evaluated by a dermatologist.

### If you are suffering from skin cancer, early detection and prompt treatment is of the utmost importance.

We offer in-office Mohs microscopic surgery for the highest cure rate.

Call us for an appointment today.



patricia c mccormack md, faad  
adult & pediatric dermatology  
skin \* cosmetic \* laser surgery

www.patriciamccormackmd.com

1550 Richmond Ave.  
Staten Island, NY 10314  
Phone: 718.698.1616

515 North Wood Ave.  
Linden, NJ 07036  
Phone: 908.925.8877

407 Richmond Ave., Rte. 35 S  
Pt. Pleasant Beach, NJ 08742  
Phone: 732.295.1331

## The Annual Enrollment Period is just a few months away. We'll make sure you're in the BEST plan at the LOWEST cost!



We deal with:

N.J. PAAD Medicare Advantage Plans  
Prescription Drug Plans Supplements

"there's never a fee to talk to me"

732-528-4580

106 Union Ave, Manasquan

One block South of St. Denis Church



SENIOR  
MOMENTS  
MEDICARE  
SOLUTIONS



**JERSEY SHORE AWNING, INC.**

**Call: (732) 380-8012**

**Visit: jerseyshoreawning.com**

**607 Memorial Drive, Neptune**



Whether you have had awnings for years and are looking for a change, or are just starting out, **JERSEY SHORE AWNING** would be happy to work with you.

We proudly manufacture, install, and service patio canopies, window awnings, flagpoles, flags, patio enclosures, grill covers, cushions, Bimini tops and boat covers, along with motorized awnings, screens, and retractables. We also specialize in commercial awnings and shade structures.

**JERSEY SHORE AWNING** is the premier awning cleaning service in the area! Stop in or call for an estimate. Cleaning your awnings, cushions every few years can extend life exponentially. Now is the perfect time to clean for Spring!

**HIGHEST QUALITY RETRACTABLE AWNINGS ON THE MARKET!**

Our promise to you is that we will be honest, fair, diligent, and reliable. Our expert staff works from our full service facility located close by in Neptune. With over 100 years combined experience along with youthful enthusiasm, you can count on us...



*Guaranteed*



COURTESY OF METRO CREATIVE CONNECTION

There are many home modifications that can help seniors safely age in place.

## Safety upgrades for seniors' homes

STAR NEWS GROUP

Many seniors want to spend as long as possible residing in the comforts of their own homes. According to AARP's 2021 "Home and Community Preferences Survey," more than three-quarters of U.S. adults age 50 and older prefer living at home. But getting older often comes with certain deficits that may not make current living situations the safest for seniors.

Retirement Living reports that an older person is treated in an emergency room for a fall-related injury nearly once every 10 seconds. Falls cause millions of injuries and 32,000 deaths a year, according to the U.S. Centers for Disease Control and Prevention. Seniors may be affected by low vision, mobility limitations, cognitive decline, balance issues, and loss of muscle strength. Certain adaptations may be necessary if seniors want to stay in their homes, particularly in older homes that have not recently been renovated.

### CHANGE KNOBS TO LEVERS

This is an easy modification. Levers are much easier for individuals with arthritis or persons who lack dexterity in their hands. Everything from doorknobs to faucet knobs can be replaced with levers.

### CREATE ZERO-THRESHOLD ENTRYWAYS

Zero-threshold entryways, also known as flush entries, do not require crossing a lip or any raised barrier. They can appear on doorways and showers and make it easy for people who have mobility issues, as well as those using scooters, walkers and wheelchairs, to move about unencumbered.

### CLEAR CLUTTER/MOVE OBSTRUCTIONS

One inexpensive modification is to remove extraneous furniture and accessories. Such a change widens walking spaces in a room and accommodates walkers and wheelchairs. In addition, furniture can be pushed to the room's perimeter to make moving around easier. It's also important to remove area rugs,

as they're often tripping hazards.

### INSTALL GRAB RAILS AND SUPPORTS

Minimizing falls could come down to providing support in key rooms of a home. Adding grab rails in the bathroom near the toilet and in the shower can help a person use those facilities without assistance. Install a grab rail close to seating in the kitchen to add support.

### CONSIDER SMART LIGHTING

Motion-activated or darkness-activated lighting switches and fixtures can automatically turn on lights, thereby improving visibility. Also, rocker light switches are easier to maneuver than standard toggles.

### INVEST IN A STAIRLIFT

Single-story homes are preferable for growing older gracefully, but many seniors live in multi-story homes. A stairlift makes a multi-floor home more accessible, according to Elder, an eldercare service provider. Stairlifts make it easier to traverse staircases and reduce the risk for falls.

# Summer fun for active seniors

STAR NEWS GROUP

Seniors may have more time for leisure and recreation than working adults, and the summer months provide ample opportunities to get active. After months of chilly temperatures, seniors in various parts of the country may be eager to get outdoors and enjoy some fun in the sun.

The U.S. Centers for Disease Control and Prevention recommends that adults age 65 and older get at least 150 minutes of moderate-intensity aerobic activity each week. There are plenty of ways for active seniors to meet this exercise goal and have some fun along the way. The following are some good starting points.

Join or start a walking club.

Walking is a great way to stay in shape and work the mind as well. View new sights along the way by changing the route each time you go. Walking with friends can pass the time and provide the motivation to keep going.

### CATCH A SPORTING EVENT

Attending a sporting event can be an entertaining way to spend several hours, and that includes amateur and recreational sports. Catch a grandchild's swim meet or a baseball game for an action-packed way to connect with loved ones and get out.

### TAKE A FISHING CHARTER

Casting a rod from a dock or pier is perfectly acceptable, but securing

a spot on a fishing charter is a great way to spend hours out on the water enjoying the scenery and the sport of fishing. Plus, there's the added benefit of enjoying the fruits of your labors by cooking the day's catch for dinner once you arrive home.

### BE A TOURIST

Many cities and towns have their own tourism boards and showcase interesting spots that have historical significance or appeal to other interests. Be a tourist for the day — even in an area with which you are familiar. Hop on a trolley or sightseeing bus to view the town as an outsider.

### SPEND TIME SWIMMING

Swimming is a low-impact activity that can work the body in many



COURTESY OF METRO CREATIVE CONNECTION

Active seniors can embrace long, warm summer days to enjoy plenty of time away from home.

different ways. Devote time to doing a few laps in the pool. Or make a day of going to a lake or another body of water to wade out and enjoy some strokes in nature. Stick to swimming areas that are monitored by lifeguards for optimal safety.

### TEND TO A GARDEN

Gardening is a great form of light exercise

that can produce rewarding results. If you don't have a garden or enough space for one at home, many neighborhoods have community gardens in which you can secure a plot.

### VISIT A FAIR OR FARMER'S MARKET

The warm weather months are a peak time for outdoor activities,

including various community fairs and farmer's markets. Chances are you can find a farmer's market nearby most days of the week, but especially on the weekend. A town market or state fair is a great way to get out and walk, play games of chance or enjoy some live entertainment. Check your community calendar for local events.



New Jersey Hearing Health Center

## Untreated Hearing Loss...

Untreated hearing loss can have surprising impacts on your overall health. Not only can hearing loss cause people to socially isolate themselves—leading to complications like loneliness and depression—but it can also lead to physical symptoms such as muscle tension, headaches, chronic tinnitus, or ringing in the ears.



**Dr. Donna M. Goione Merchant,**  
Au.D., CCC, ABAC  
LIC: 41YA00031700



**Dr. Nicole M. Piasentini,**  
Au.D., CCC/A  
LIC: 41YA00109400

All testing performed by our Licensed & Certified Doctors of Audiology.



**\$500 OFF** A Pair of Level 9, 7 or 5 Hearing Aids

Call today for your professional hearing consultation. We're here to help you hear and live better.

Offer must be presented at the time of purchase. Exp: 9/30/22

1673 Route 88 W  
Brick, New Jersey 08724

**732-746-4610**  
**NJHearing.com**

Office Hours | Mon - Fri 8:30 AM - 5 PM





**Closer to home. Focused on you.  
Call to schedule today!**

**Wall Circle Park**

732.974.8060

**Jackson**

732.497.1200

**Manahawkin**

609.660.9729

**Little Egg Harbor**

609.660.9729

MRI High-Field Open MRI CT PET/CT  
Nuclear Medicine Ultrasound  
X-Ray DEXA Mammography

[www.healthvillageimaging.com](http://www.healthvillageimaging.com)

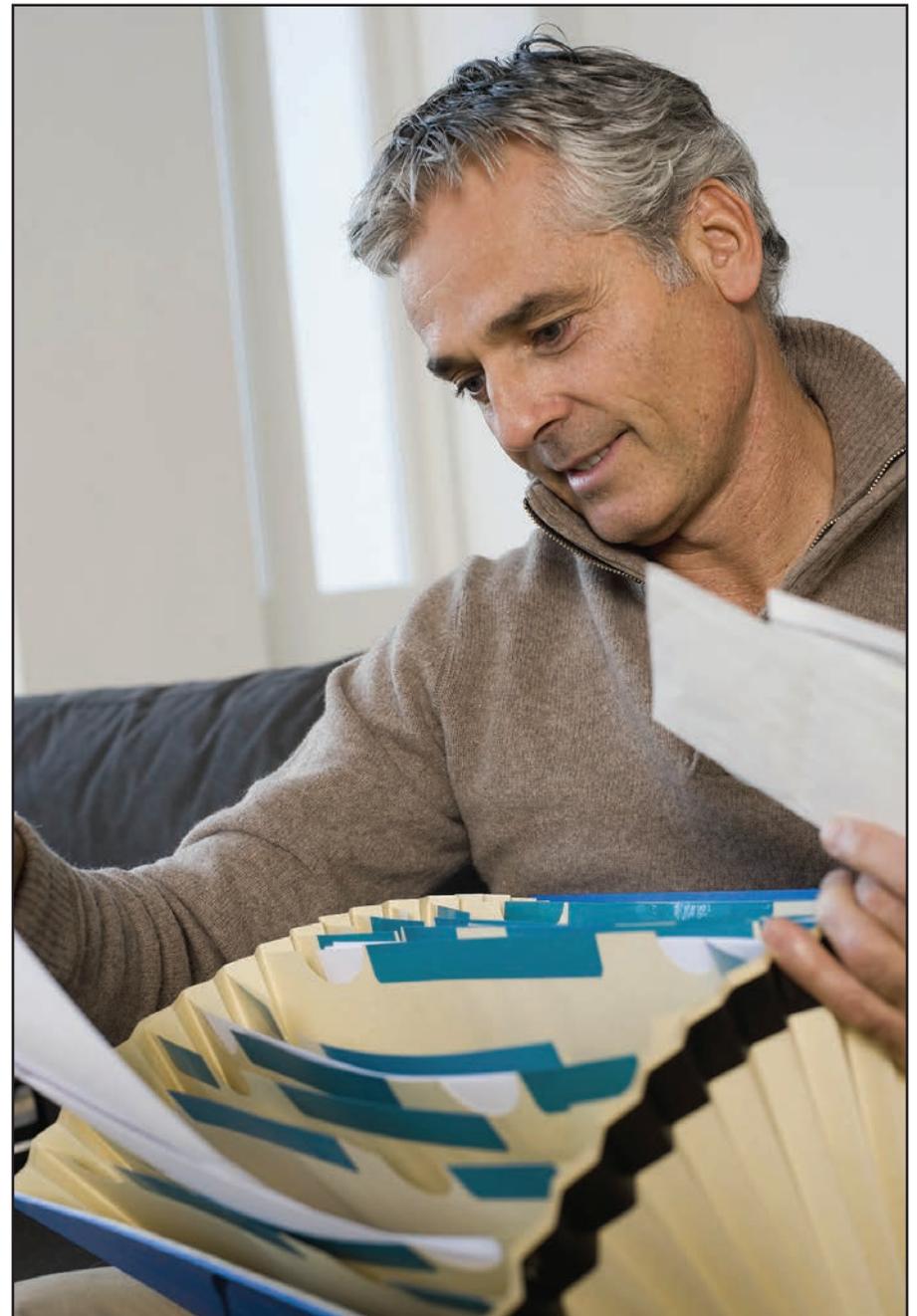
**Announcing CT Calcium Scoring at Wall HVI!**

Identify calcified plaque in your arteries  
to determine the risk for heart disease or heart attack



**Health Village  
Imaging**

**A Member of the Hackensack Meridian Health Network**



COURTESY OF METRO CREATIVE CONNECTION

Individuals over 50 can utilize some simple yet effective strategies to reduce their financial obligations as retirement nears.

## Simple ways to lessen your financial load after 50

STAR NEWS GROUP

By the time people reach their fiftieth birthday, many have begun to imagine what their life in retirement may look like. Though data from the U.S. Census Bureau indicates the number of people working into their 70s increased significant-

ly during the first two decades of the twentieth century, the vast majority of professionals still call it a career sometime during their 60s.

Retirement may still be a long way off for people who are 50 or in their early 50s, but around this time thoughts of what

retirement could compel many people to seek ways to reduce their financial load in anticipation of the day when they will no longer be working. Cutting back needn't be complicated, and the

SEE **FINANCIAL** PAGE 17



– ADVERTORIAL –

# We are here to provide exceptional care without exception for you or your loved one

New Jersey Hematology Oncology Associates (NJHOA) has been serving the population of Ocean County since 1996.

We have locations in Brick, Toms River, Whiting, and Neptune.

All of our physicians are board certified in the management of all cancer and blood disorders.

The physicians all have admitting and consulting privileges at: **Ocean Medical Center, Jersey Shore University Medical Center, Community Medical Center, and Monmouth Medical Center - South.**

We provide a broad range of services including inpatient/outpatient consultation.

We provide in office infusion therapy including chemotherapy, immunotherapy, targeted monoclonal antibodies, and iron.

We also provide injections ranging from growth factors and B12, as well as therapeutic phlebotomy.

We actively enroll patients on clinical trials in our offices so that patients are able to get the latest treatment close to home.

When appropriate we perform hereditary cancer (genetic screening) and molecularly profile our patients tumors to help design the most effective treatment plan for them.

The goal of our practice is to provide high quality, evidence based, compas-

sionate care to all our patients.

We place a great deal of value in communication. All of our staff works diligently to coordinate care between patients, their families, and their other medical providers.

We strive to educate our patients on their illness, and work with them as a team to design an individualized treatment plan that not only includes the latest evidence based treatment guidelines, but also remains consistent with their goals of care.

We treat all of our patients with the highest degree of respect and aim to provide complete patient satisfaction.



Serving Ocean County Since 1996

FILE PHOTO

We have locations in Brick, Toms River, Whiting, and Neptune. Visit us at [www.NJHOA.com](http://www.NJHOA.com)

**BRICK OFFICE**  
1608 Route 88  
Suite 250  
732-840-8880

**TOMS RIVER OFFICE**  
508 Lakehurst Rd  
Suite 1B  
732-244-1440

**NEPTUNE CITY OFFICE**  
Hope Tower  
19 Davis Ave  
732-206-6226

**WHITING OFFICE**  
63D Lacy Rd  
732-606-4060

## New Jersey Hematology Oncology Associates



*Our Doctors:*

- Dr. Girish Amin
- Dr. Apurv Agrawal
- Dr. Jayne Pavlak-Schenk
- Dr. Randi Katz

*We Offer:*

- Diagnosis and treatment for all types of cancers and blood disorders
- The latest clinical trials close to home
- Molecular profiling of tumors
- Immunotherapy/Chemotherapy offered in office

**Exceptional Care Without Exception**

[www.NJHOA.com](http://www.NJHOA.com)



## Uncomfortable Dentures? Missing Teeth?



Get comfort and confidence with our  
**IMPLANT PROCEDURES**

Our actual patient results.



now you can  
**REPLACE YOUR ILL FITTING DENTURES**  
with our  
**IMPLANT RETAINED DENTURE TECHNIQUE**

All phases of Cosmetic  
and General Dentistry are available.

## Comprehensive Dentistry

COSMETIC | IMPLANT | GENERAL

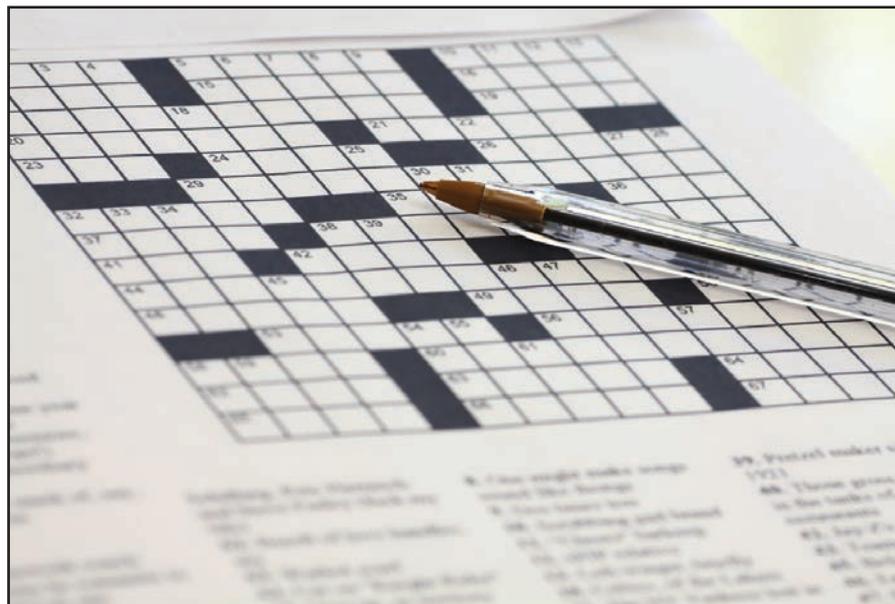
*Dr. Mancino*

**Complimentary Consultation**

**732-556-9600**

**mancinodental.com**

3350 Route 138 W, Bldg 2, Wall, NJ



COURTESY OF METRO CREATIVE CONNECTION

There are many positive ways that word games can affect the mind and body.

# The brain-boosting benefits of word games

STAR NEWS GROUP

Word games continue to be popular pastimes and provide a great opportunity to engage in lighthearted competition among family and friends.

Wordle is perhaps the most popular word game to become popular in recent years. Created by software engineer and former Reddit employee Josh Wardle and launched in October 2021, Wordle was devised as a way to pass the time during the pandemic lockdown. Today it is played by millions of people and was even purchased by The New York Times Company in 2022.

For those who are looking for something even newer, Knotwords, a word game created by Zach Gage and Jack Schlesinger, is available on iOS, Android and Steam. It's a mix between a word scramble, crossword puzzle and sudoku.

There are scores of other word games for people to try. In addition to their entertainment value, these games may provide some benefits that surprise even the most devoted wordsmiths.

### BUILD YOUR VOCABULARY

Word games enrich vocabulary and may introduce people to new words. They also may help reinforce spelling skills.

### IMPROVE FOCUS

Nowadays people are pulled in many directions and are expected to multitask more than ever. Word games in large part require focusing exclusively on the task at hand and employing strategy.

### STIMULATE THE BRAIN

Word games require critical thinking skills that could stimulate the brain. Word games train the brain in a way that's

similar to how physical activity trains the body.

### IMPROVE MEMORY

According to WebMD, word games may help seniors avoid memory loss and possibly delay the onset of dementia. But seniors are not the only ones to benefit. Word games may improve short-term memory and the cognitive abilities of people of all ages.

### BOOSTS FEEL-GOOD SUBSTANCES

When a person is happy, the body releases endorphins, which are feel-good hormones and neurotransmitters. Healthline indicates an "endorphin rush" often occurs after engaging in a fun activity. Endorphins are released by the hypothalamus and pituitary gland. Playing word games may release endorphins, which can improve mood, boost self-esteem and reduce pain and discomfort.



# How to plan for a post-50 career change

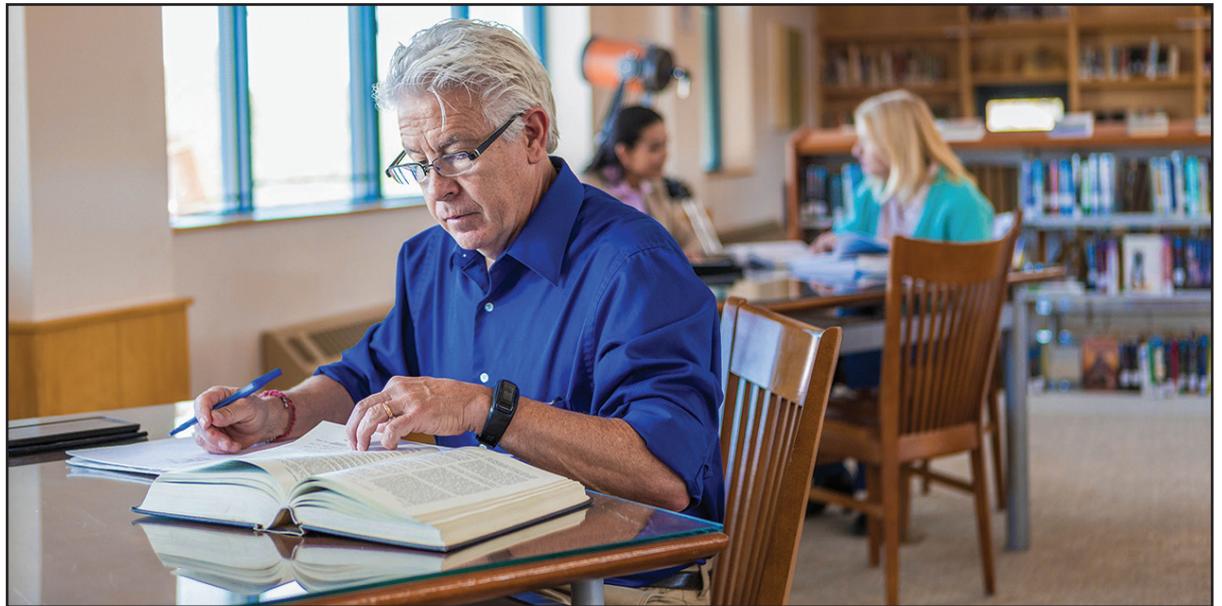
STAR NEWS GROUP

Professionals change careers for many reasons. Some do so in pursuit of a higher salary, while others seek a more even balance between their personal and professional lives.

Career changes can renew a person's passion for working, which can grow stale for individuals who have been doing the same job for years on end. Though there's not necessarily a bad time to change careers, there are times when making such a transition carries more risk. Such is the case for individuals over 50. Many individuals over 50 may not have the financial obligations they had when they were younger, as children may have grown up and moved out

of the house. That can make changing careers after 50 more palatable. However, some individuals in their 50s may be hesitant to leave the security of an established career behind in favor of something new. Hesitance about job prospects after 50 also can make some less likely to take the plunge into a new career.

Though hesitancy about a career change after 50 is understandable, a recent survey from the American Institute for Economic Research found that 82 percent of workers who responded to the survey were able to successfully transition to a new career after age 45. In addition, projections from the U.S. Bureau of Labor Statistics



COURTESY OF METRO CREATIVE CONNECTION

**A successful career change after 50 is entirely possible for individuals willing to make some sacrifices to be happier in their professional lives.**

estimated that labor force participation among individuals aged 65 and over would increase significantly by 2022, nearly

doubling the rate of participation in 1990. Those figures suggest that a midlife career change is not necessarily the same

thing as a late-career career change. That should give professionals the confidence they need to

successfully transition to a new career.

SEE **CAREER** PAGE 14



## ANCHOR

SECURE YOUR FINANCES WITH AN ANCHOR CHECKING ACCOUNT.



- No Monthly Maintenance Fee
- Free Wallet Style Checks
- Free Stop Payments
- Free Bank Checks
- Mobile Banking with Check Deposit
- Online Banking with Bill Pay

KEEP YOUR FINANCIAL STABILITY NO MATTER WHAT LIFE BRINGS.



SCAN TO VIEW OUR CURRENT RATES

Member **FDIC** |



**MANASQUAN BANK**  
est. 1874

Anchor today at

[manasquan.bank](https://manasquan.bank)

#MakeItManasquan



It's never just a ride when you're driven by compassion.



We're looking for **volunteer drivers.**

- 18+ years old
- Flexible time commitment
- Drivers license required

**Northern Ocean County**  
Caregiver Volunteers of Central Jersey  
732-505-2273  
info@caregivervolunteers.org

**Southern Ocean County**  
Interfaith Health & Support Services  
609-978-3839 (Manahawkin)  
609-879-5590 (Little Egg Harbor)  
A.Raimondi@HMHN.org

This publication was prepared and disseminated under the sponsorship and funding from the North Jersey Transportation Planning Authority (NJTPA). NJTPA assumes no liability for its contents or use thereof.

# Post-50 career change planning

## CAREER

FROM PAGE 13

Individuals mulling a career change after 50 also can take these steps to make such a transition less risky.

### PAY DOWN AS MUCH DEBT AS POSSIBLE

Financial freedom can be an ally for individuals 50 and over who want to change careers. Career changes often require a pay cut, so individuals who can pay off their mortgages, consumer debts and/or auto loans prior to making a career change may find the transition to a lower income goes more smoothly than it might if they're still carrying such sizable financial commitments.

### MAKE PLANS TO DELAY RETIREMENT

As BLS data indicates, individuals who want to delay retirement certainly won't be alone. Delaying retirement affords individuals more time to save, and a financial advisor can help adults over 50 come up with a new retirement plan that reflects their willingness to work longer. Delaying retirement also means delaying withdrawals from retirement savings accounts, which can provide peace of mind against a loss of income resulting from a career change.

### DOWNSIZE YOUR LIFESTYLE

Even a post-50 career change that will require a significant drop in in-

come can be doable for professionals who downsize their lifestyles. Empty nesters can consider moving into a smaller home, while travelers can cut back on the number of trips they take each year. Cutbacks won't necessarily be easy, but they can be worth it for individuals looking for new career challenges.

### GO BACK TO SCHOOL

Much like young people go to college before entering the professional arena, adults over 50 who want to change careers may need to go back to school to improve their career prospects. Remote learning and part-time schooling can make juggling a career and school more manageable.

# Colfax

**PHARMACY**  
Fast, Friendly Service



We're here to make life easier...

- FREE Local Delivery of your prescriptions and other in-store items
- Hallmark Cards • Russell Stover Candy • Great Gift Items
- COVID TESTING Now Available

*Come see why we've been trusted for over 18 years!*

**2510 Belmar Blvd., Wall in Colfax Plaza**  
**732-280-3535 • Open M-F 9-7 • Sat. 9-3**

**Prescriptions • Vitamins • Skin Care • Remedies**  
**Suntan Lotion and All Other Seasonal Needs**

**PAONESSA COLON & RECTAL SURGERY P.C.**  
*Nina J. Paonessa, D.O., F.A.C.O.S.*  
*Board Certified & Fellowship Trained*

## Colon and Rectal Surgery

*Board Certified in General Surgery and Proctology*

- fecal incontinence
- office proctology
- endoanal/rectal ultrasound
- anorectal manometry/physiology
- anorectal surgery
- pelvic floor disorders

**603 Higgins Avenue, Brielle, NJ 08730**  
**1301 Route 72 West, Suite 240, Manahawkin, NJ 08050**

Phone: **(732) 282-1500** • Fax: **(732) 292-9600**

*Office Hours: M-F 9AM to 5PM*

[www.paonessacrs.com](http://www.paonessacrs.com)





COURTESY OF METRO CREATIVE CONNECTION

Making friends after 50 can be challenging. However, various strategies can help men and women over 50 connect with new people.

# How to make new friends after 50

STAR NEWS GROUP

The early years of midlife are a hectic time for many people. Around the time many people reach their late 30s and early 40s, they're balancing the responsibilities of a career and a family. But as people enter their 50s, some of those responsibilities tend to be less significant, leaving more time for recreational pursuits.

Hobbies and other pursuits outside of work are often more fun when enjoyed with friends. People over 50 undoubtedly recognize that it's not always so easy to make new friends, even though it's undeniably beneficial to have supportive relationships into your golden years. A 2017 study from researchers at

Michigan State University found that valuing friendships was a stronger predictor of health and happiness among older adults than valuing family. Those results align with an earlier Australian study that found Australians age 70 or older tended to live significantly longer if they had more strong friendships.

Making friends after 50 might not be as simple as it was during your school days, but these strategies can help men and women in midlife build new friendships.

### IDENTIFY YOUR INTERESTS

Fiftysomethings who have spent the last couple of decades building a career and raising a family can give some serious thought to their interests

outside of work or passions they hope to pursue now that they have more time to commit to such pursuits. The more interested you are in a given activity, the more likely you are to stick with it. And the longer you stick with something, the more likely you are to meet like-minded individuals (i.e., future friends) willing to make similar commitments.

### UTILIZE SOCIAL MEDIA

In years past, men and women over 50 may not have had any readily available tools to reach out and connect with new people. Social media has made it much easier to build such connections. Even the most

SEE FRIENDS PAGE 17



300 Madison Avenue, Spring Lake - 732.449.4530  
springlaketheatre.com

**Coming Soon  
at the  
Spring Lake Theatre**

**GYPSY**

**AUG 2022**

Thurs	Fri	Sat	Sun
18	19	20	21
	26	27	28

7:30 PM Curtain \*2:00 PM Matinee \*\*2:00 PM Matinee & 7:30 PM Curtain

The Spring Lake Theatre offers Group and Senior Rates. Contact the Box Office for more information: 732.449.4530

SAVE THE DATE!

**NINTH  
STARLIGHT GALA**

TO BENEFIT THE SPRING LAKE COMMUNITY HOUSE

FRIDAY, SEPTEMBER 16, 2022  
6:30 PM - 11:30 PM

WITH LIVE MUSIC BY JOE BARACATA BAND

300 MADISON AVENUE, SPRING LAKE  
SPRINGLAKETHEATRE.COM



**When you or someone you know can no longer do it all for mom ...**

## Elder Life Management's team of caring experts can.

### Services include:

- ✓ Care Planning and Coordination
- ✓ Medicare & Medicaid Assistance
- ✓ Home Health Care
- ✓ Concierge Services

**Call Us (732) 493-8080**

**We Have Solutions**



**ELDER LIFE MANAGEMENT & HOME CARE SERVICES**

[www.ElderLifeManagement.org](http://www.ElderLifeManagement.org)

# Seniors' senses of smell and taste change with age

STAR NEWS GROUP

Aging comes with several sensory changes, many of which people expect. Loss of hearing or diminishing vision are widely associated with aging. But one's senses of smell and taste may diminish with aging as well.

The senses of taste and smell work in concert. The sense of smell is vital to personal health, not only because inhaling pleasant aromas can provide comfort and stress relief through aromatherapy and help trigger important memories, but also because smell enables a person to detect the dangers of smoke, gas, spoiled food, and more. The National Institute on Aging says that, as a person gets older, his or her sense of smell may fade, and that will also affect taste. The Mayo Clinic says some loss of taste and smell is natural and can begin as early as age 60.

Adults have about 9,000 taste buds sensing sweet, salty, sour, bitter, and umami flavors, or those corresponding to the flavor of glutamates. Many tastes are linked to odors that begin at the nerve endings in the lining of the nose. Medline says the number of taste buds decreases as one ages, and that remaining taste buds may begin to shrink. Sensitivity to the five tastes also begins to decline. This can make it



COURTESY OF METRO CREATIVE CONNECTION

**Loss of hearing or diminishing vision are widely associated with aging. But one's senses of smell and taste may diminish with aging as well.**

more difficult to distinguish between flavors.

Similarly, especially after age 70, smell can diminish due to a loss of nerve endings and less mucus in the nose. With the combination of the reduction of these important sensory nerves in the nose and on the tongue, loss of smell and taste can greatly affect daily life.

Changes in these senses can contribute to feelings of depression, diminish one's enjoyment of food and cause harmful conditions, such as extreme weight loss from disinterest in food to problems associated with overusing salt or sugar.

Although aging is often to blame, loss of smell and taste also may be tied to early symptoms of Parkinson's disease or Alzheimer's disease. Cancer treatments, medications, lack of saliva, colds, flu, and other

factors may contribute to sensory loss. Changing medications or treatments may help.

It's important to bring up diminished flavors or smells with a doctor to rule out something more serious and to determine what might help restore pleasure from smells and flavors. An otolaryngologist, or a doctor who specializes in diseases of the ears, nose and throat, may be able to help fix the problem, though some people may be referred to a neurologist or another specialist.

Continuing to use one's sense of smell and taste by cooking, gardening, trying new flavors, and experimenting with different aromas may help slow down the decline these senses. Although age-related loss of taste and smell cannot be reversed, some such cases may be treatable.



# Lessen your financial load after 50

## FINANCIAL FROM PAGE 10

following are some simple ways for individuals 50 and over to save money.

### ADDRESS UNSECURED DEBT

Unsecured debt, which can include credit card

balances and medical bills, tends to carry higher interest rates than debts that carry a collateral requirement. According to the Federal Reserve, roughly 12.5 percent of individuals over 50 still have student loan debt, which is another type of unsecured debt. If possible, people over

50 should pay off these debts immediately or make their best effort to pay extra each month so they are paid off as soon as possible.

### PAY IN "CASH"

It's not enough to simply pay off unsecured debt like consumer credit. It's also important to

stop accruing additional debt. Individuals over 50 should resist the temptation to use their credit cards, instead paying with cash or debit cards. Credit card debt is often characterized as a problem for young consumers, but a 2021 report from ValuePenguin found that the median

credit card debt among individuals between the ages of 55 and 64 was higher than it was for consumers aged 35 to 44. Paying in cash, whether it's with paper currency or a debit card, ensures you're not digging yourself into debt.

### REEXAMINE YOUR HOUSING SITUATION

Adults 50 and over who purchased their home in their late 20s or early 30s are likely nearing the maturity date on their mortgages. If so, paying a little extra toward the principal each month will help you pay off that mortgage a good deal earlier than if you keep paying the same amount you've been paying for years. Though paying extra money each month may not seem like

reducing your financial load, it will do so considerably over time. For example, the financial experts at Wells Fargo note that individuals with a fixed-rate mortgage loan of \$200,000 at 4 percent can cut the term of that loan by more than 4.5 years by paying as little as \$100 extra each month toward their principal. Homeowners over 50 who have already paid off a significant percentage of their mortgage loans could reach maturity much sooner if they start paying more toward principal now. Since housing costs are many people's greatest expense, removing a mortgage payment from your financial ledger by the time you reach 55 could create significant financial flexibility as you get closer to retirement.

# Making friends later in life

## FRIENDS FROM PAGE 15

obscure passions likely have a social media group of locals devoted to them, and these groups can be great ways to meet new people. A local runner's club may have its own social media accounts, and local governments and com-

munity groups often share information about sports leagues and other groups via social media.

- Sign up for group outings.

Communities often sponsor group outings to museums, the theater, sporting events, and other day trips. Signing up for a bus trip to a local museum presents a great

opportunity to meet people who share your interests, providing the potential to build lasting friendships built on a foundation of shared interests.

### BROADEN YOUR HORIZONS

Just because you're in your 50s doesn't mean your friends have to be. Don't hesitate to in-

vite younger or older acquaintances and colleagues over for dinner or on weekend excursions. Friends come in all shapes, sizes and ages, so you could be missing out if you're not willing to extend a hand in friendship to people of different ages and backgrounds.

## Do you want all your medications filled on the same day each month?

Ask your pharmacist about MED-SYNC next time before you fill your prescriptions.

### Benefits of MED-SYNC:

- Fewer trips to the pharmacy
- Less time waiting for prescriptions
- Monthly or three-month prescriptions consolidated to one easy fill



Also ask about our easy to use pill packaging. We do all the work so you don't have to.  
(732) 892-4488  
M-F: 9am-9pm, Weekends: 9am-5pm





**SUSAN J. CURLEY, DDS**  
general & cosmetic dentistry

Dr. Susan Curley is pleased to welcome  
**“THE DYNAMIC DUO”**  
to her practice in Wall Township!



**Jeffrey S. Gold, DDS – Periodontist**  
Lic. #22DI01678800  
With over 25 years experience, Dr. Gold is one of the first dentists in the Shore area to place osseointegrated dental implants. He provides complete periodontal services and implants while utilizing the latest high level of technology in a state-of-the-art environment.



**Teresa Graham, RDH**  
We are also excited to introduce Teresa Graham, RDH to our practice. With over 25 years experience, we are overwhelmed by our patients response to her dedication and extraordinary level of care.

Check out our Google Reviews

**Susan J. Curley, DDS**  
General & Cosmetic Dentistry  
1540 Route 138, Suite 305, Wall Township  
**732-681-8604**



[www.susanjcurleydds.com](http://www.susanjcurleydds.com)



# Long-term solutions to protect joints

STAR NEWS GROUP

Periodic aches and pains can affect anyone. Individuals who are physically active and even those who live largely sedentary lifestyles may experience pain from time to time. In fact, many professional and amateur athletes experience relatively minor, short-term injuries at one point or another, and rest is often the best remedy to overcome such obstacles.

Though minor tweaks may be somewhat normal, long-term issues like persistent joint pain should not be written off as par for the course. It can be tempting to write joint pain off as a concern only serious athletes need to worry about. Terms like “tennis elbow” and “runner’s knee” can give less physically active individuals a false impression of joint pain and what causes it. But the Mayo Clinic notes that lack of exercise can contribute to pain and stiffness in the joints. That’s because exercise strengthens the muscles and tissues that surround the joints. That added strength puts less stress on the joints.

In recognition of the threat posed by chronic joint pain, the Arthritis Foundation® recommends individuals take various steps to protect their joints over the long haul.

## FOCUS LESS ON FASHION IN REGARD TO FOOTWEAR

High heels may be the epitome of glamorous footwear, but women who routinely wear high heels will pay a steep



COURTESY OF METRO CREATIVE CONNECTION

Various strategies can help individuals maintain healthy, pain-free joints over the long haul.

price. The AF notes that heels put added stress on the knees and increase risk for osteoporosis, and experts indicate that three-inch heels are seven times more stressful on feet than one-inch heels. But women aren’t the only ones whose footwear fashion sense could be hurting their joints. Men also must pay attention to what they’re putting on their feet. For example, sandals without a back strap force toes to overgrip the edge of the sandal, putting needless strain on each foot and potentially causing issues with the toes.

## ALTERNATE BETWEEN SITTING AND STANDING THROUGHOUT THE DAY

Joint stiffness and strain can develop when individuals spend lengthy periods of time sitting or standing. The AF recommends taking a break to stand up or sit down every 30 minutes. Professionals who sit at a desk all day may want to switch to height-adjustable desks that make it easy for them to transition from sitting to standing and still get their work done.

## MAINTAIN A HEALTHY WEIGHT

Being overweight causes a ripple effect that impacts the entire body, including the joints. The AF notes that researchers have determined that losing 11 pounds can reduce risk for osteoarthritis of the knee by 50 percent. On the flip side, each extra pound an individual carries puts four times the stress on his or her knees. Exercising to lose weight can provide the added benefit of preventing joint stiffness.

## OPT FOR LOW-IMPACT ACTIVITIES

Low-impact activities like cycling and swimming are easier on the joints than fitness classes that involve high-intensity dancing and kickboxing. In addition, when choosing between a treadmill and elliptical machine, the Mayo Clinic notes that ellipticals are generally considered low-impact machines that are less stressful on the knees, hips and back than running on a treadmill or even outdoors.



– ADVERTORIAL –

# Tropical Artists Cruise from New Orleans

Have you ever wanted to go to Mardi Gras, however did not want to be caught up in the chaos? If your answer is yes, then this travel adventure is for you. We are offering a special artists cruise in February leaving from New Orleans. Experience the Mardi Gras energy and sounds, while also exploring the Warehouse Art District Galleries, and tasting a French beignet covered in white powdered sugar. For those interested we will explore the Warehouse Art District on the 4th of February. The Art District boasts of great restaurants, shopping, art galleries and bars/pubs. After a day or two in New Orleans, we will board the Breakaway, a Norwegian Cruise Line (NCL) ship. Thus, the next part of the journey will be cruising down the Mississippi River into the Gulf of Mexico heading towards the Western Caribbean. Expenses in New Orleans are not included in the cruise fees. Visit this link to learn more about the Warehouse Art District: <https://www.artsdistrictneworleans.com/>

The Warehouse Art District and hotels are within walking distance from the NCL Port. We will embark from the New Orleans port at 4pm on February 5th. Attendees are encouraged to start thinking about booking a hotel room the night before we pull out from port or to fly in early on Feb. 5th and catch the NCL bus transport from the Airport to the NCL port. The evening of February 5th, I will be hosting a group Meet & Greet cocktail-hour so that we can meet each other, as well as I will be giving an

explanation of the schedule for the week. The next day at sea (Feb. 6th) there will be 2 artist's workshops offered by Tracy Buechler and Theresa Ratcliff. Tracy will be guiding artists in the creation of their own Soul Sister Doll followed by Theresa offering tools and techniques related to art materials, supplies and substrates and everything in-between. Theresa has an extensive fine art background as a talented multi-disciplined artist and jewelry maker. She loves sharing what she has learned as well as gaining knowledge on her artist journey.

The next 4 cruise days will bring us into four different ports. Roatan Isle of Honduras has many excursions and is one of my favorite stops. On our February cruise I am going to visit the lovely monkeys and parrots (and sloths) on the Island. If you want, any of our port stops offer up excursions to go snorkeling or scuba diving, plus so much more. The waters and fish are amazing in this part of the Caribbean. Harvest Caye, off the coast of Belize, is a private island of Norwegian Cruise Line and you can freely enjoy the wonderful beach and pool offered to all NCL guests. You will also find many boutique shops, tropical beverage huts, and a few food options on the private island. For the brave of heart, there is a zip line that flies over the beach area of Harvest Caye. Or you can choose to remain onboard to enjoy the ship's swimming pools and other ship activities. In fact, the ship has daily activities from

early morning to late night.

Two of our port stops are in Mexico. Costa Maya has beaches, Mayan Ruins, and local shopping areas, this is also our scheduled first port stop. Our last port stop is the Island of Cozumel. There are several art galleries in the local downtown area that I am looking forward to visiting. You will be encouraged to collect ephemeral items from your week to use in Suzi Peeteros's workshop Saturday morning, Feb. 11th. Our second workshop on our last day at sea, will include creating Mardi Gras masks for you to wear during your shore experience once we disembark in New Orleans or take the mask home as a gift.

The NCL Breakaway will give you the opportunity to . . . "Breathe in the fresh ocean air and connect with the sea like never before along the ship's "Waterfront", a quarter-mile oceanfront promenade lined with restaurants, bars, and spectacular views. Indulge in more than 25 dining experiences, including three new, dedicated seafood venues. And enjoy dazzling Broadway performances - Rock of Ages, Burn the Floor, and Cirque Dreams & Dinner Jungle Fantasy. Norwegian Breakaway offers magnificent amenities at sea." For me information, questions or to discuss booking details call Nancy Nolin at 808-785-1330 or 609-380-5527. At this time COVID vaccinations are required, pre-cruise COVID testing is currently not required. You will need your Passport that does not expire within 6 months of the cruise date.



## Making Memories and Moments



Canadian Contemporary Artist, Tracy Buechler

**Tracy Buechler is an Art Educator and Creativity Coach.** Tracy will be teaching artists how to create their own Mardi Gras Art Doll in her "Soul Sister" workshop on the first day at sea. Join Tracy ([www.tracybrave.com](http://www.tracybrave.com)) and other artists on the "TROPICAL ARTISTS CRUISE" on the Norwegian Cruise Ship Breakaway leaving from New Orleans on February 5th, 2023.

**SPECIAL GROUP CABIN RATES ARE AVAILABLE** which include a complimentary "Greet & Meet" cocktail hour to meet other artists and workshop facilitators. Group attendees will be eligible for a welcome gift and several raffles for cash prizes. Complimentary Group packages include Unlimited Open Bar, Free Specialty Dining, 250 Wi-Fi minutes, plus a \$50 shore excursion credit. Call for Cabin types, rates (Inside, Ocean View, Balcony) and details: Nancy Nolin @ 808-785-1330.

**DEPOSITS:** \$125 deposit due in July and final payment due by Oct. 6, 2023.

**ART Workshop fees:** \$160 will cover all workshop supplies and artist's time. Artists' fee is due 1/2/23.

**Shore Excursions:** Each Port Stop has unbelievable activities including visiting with local wildlife.



Nancy Nolin, Travel Advisor From Roatan Island, Honduras



**CRUISE PLANNERS®**  
YOUR LAND AND CRUISE EXPERTS

[nancy.nolin@cruiseplanners.com](mailto:nancy.nolin@cruiseplanners.com)  
[nelson.page@cruiseplanners.com](mailto:nelson.page@cruiseplanners.com)  
**808-785-1330 or 609-380-5527**

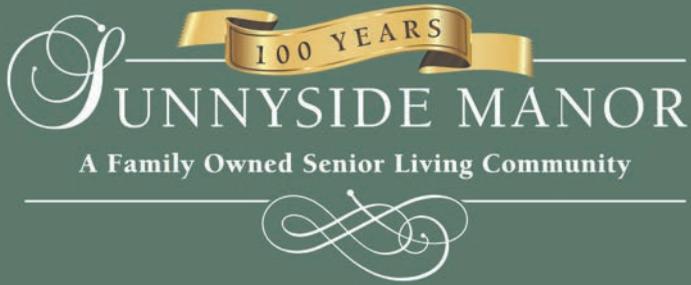



**CRUISE PLANNERS®**  
YOUR LAND AND CRUISE EXPERTS

Scan the below QR code to fill out the form for more info.

[nancy.nolin@cruiseplanners.com](mailto:nancy.nolin@cruiseplanners.com)  
[nelson.page@cruiseplanners.com](mailto:nelson.page@cruiseplanners.com)  
**808-785-1330 or 609-380-5527**





*Everyone knows  
someone at  
Sunnyside Manor!*

# A great place to call *your home.*

John and MaryEllen, a brother and sister duo, continue the mission that their parents started over 30 years ago; providing beautiful residences and surroundings with warm, friendly and supportive staff who love what they do.

**Call 888-347-5773 today for a tour!**

Friendly neighborhoods and services – providing a continuum of care.

- Independence 'Plus' Assisted Living
- Recollections Memory Care
- Skilled Nursing
- Physical Therapy & Rehabilitation
- Respite Available



*“What sets us apart is giving families peace of mind knowing that we take time getting to know each resident and focus on what matters most to them. We all strive to put a smile on their faces...everyday.”*

MARYELLEN KEANE  
& JOHN KEANE

*Living life well... everyday.*  
NOW WELCOMING NEW RESIDENTS!



Sunnyside Manor's Skilled Nursing Neighborhood recognized as **“Best in the Nation”** by U.S. News & World Report

A KEANE FAMILY OWNED AND OPERATED SENIOR LIVING COMMUNITY

**888-347-5773 | LiveSunnysideManor.com**

2500 Ridgewood Road, Wall, NJ 07719

