

HAPPY BIRTHDAY JACQUES Our oldest community member! 97 years young

Silver Ridge Park Westerly

Homeowners Association 39 MILLBROOK DRIVE, TOMS RIVER, NJ 08757 732-341-6153 ** FAX 732-914-9852 SWAN 848-223-7588 www.srpwesterlyhoa.org

Pre-Sorted Standard US Postage Permit #12 Toms River, N.J.

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782-914-9352 WEBSITER www.stpwesterlyhoe.org E-MAIL: stpwesterlyhoe@gmeil.com Contract Us: info@stpwesterlyhoe.org	S.R.P. Westerly(732) 341-61 S.R.P. East(732) 505-10 S.R.P. West(732) 244-14 S.R.P. North(732) 286-48	OA Clubhouses 53 H/C Carefree(732) 349-1050 81 H/C West(732) 240-4422 84 H/C South(732) 341-8900 868 H/C Heights(732) 244-8686 870 Sonata Bay(732) 269-8278

Important Telephone Numbers

First Aid, Fire or Any Emergency	911	Motor Vehicles	609-292-7500
Police	732-341-6600	NJ Auto (DMV)	609-292-6500
Sheriff	732-349-2010	NJ Bureau of Veteran's Service	800-624-0508
Alzheimer's Disease Hotline	800-272-3900	NJ Dept Consumer Affairs	732-929-2105
Animal Control	732-797-1413	NJ Saver- Homestead/Fair	877-658-2972
Berkeley Outreach*	732-244-9600	NJ Transit	800-772-2222
Berkeley Township Townhall	732-244-7400	Nursing Home Complaint Hotline	800-792-9770
Berkeley Public Works	732-349-4616	Ocean Ride	732-736-8989
Berkeley Recreation Dept	732-269-4456	PAAD/Senior Gold	800-792-9745
Cable TV - Comcast*	877-973-1379	Poison Control	800-222-1222
Caregivers of Central Ocean County	732-505-2273	Post Office - Toms River	732-349-0710
Coastal Caregivers	732-701-1088	Main Post Office 130 West Water St., Toms R	
Consumer Affairs	727-929-2105	Holiday City Branch Plaza 1 Mini-mall	
County Clerk	732-929-2018	Phone Verizon Business Office*	800-837-4966
County Library	732-269-2144	Repair	800-837-4966
County Senior Services	800-668-4899	Project D.E.P.A.R.T	732-506-9090
County Surrogate	732-929-2011	Reassurance Program	732-240-6106
Do Not Call Stop Telemarketing	888-382-1222	Senior Citizen Pass (Parks, Forests, Historic)	800-843-6420
Electric - JCP&L	800-662-3115	Senior Information Referral Service	800-792-8820
Power Out	800-545-7738	Senior Tax Reimbursement Hotline	800-882-6597
Garbage - Berkeley Sanitation*	732-349-4616	Sewer - Berkeley Township Sewer*	732-269-3500
Gas - N.J. Natural Gas Co*	800-221-0051	Social Security Branch Office	800-772-1213
Leaks	800-427-5325	190 St. Catherine Blvd. Off Rt. 37 West	
Hearing Aid Assistance to the Aged	800-792-9745	Social Security Hotline (Federal)	800-772-1213
Hosptial - Community Medical Ctr	732-557-8000	Tax Information	800-323-4400
Lifeline Programs	800-792-9745	Suez - Toms River*	877-565-1456
Lifeline Utility Bill Support	800-792-9745	Veteran's Service Bureau of OC	732-929-2096
Meals on Wheels	732-367-1400	Veteran's Transport	732-929-2096
Medicaid Hotline	800-633-4227		

Westerly Club and Committees

BOARD OF TRUSTEES 2024-2025

President - Craig Cumming	37
Vice President - Joe Librizzi 908-938-677	72
Treasurer- Betty O'Brien 732-286-39	10
Financial Secretary – Bobbi Ducker 732-267-38	15
Secretary- Kathy Hopkins	04
Communication Admin Rules / PoliciesJeanine Feama 	
	40
	40 59

EXECUTIVE COMMITTEES

Architectural	Bill Joseph Henny Warmenboyen
Bids	,
	Craig Cumming
Budget	TBD
By-Laws	TBD
Calendar	Joe Librizzi Debbie Bracco Ramos
Clubhouse Grounds	Dave Donnelly
Clubs/Organization	Karen Odroniec Liason
Clubhouse Manager	Joe Librizzi
	Diana Dillon
Clubhouse Rentals	Kathy Hopkins Debbie Bracco Ramos
Common Grounds	Henny Warmenhoven Bill Joseph
Dues	
Elections	TBD
Fire Code Enforcement	Joe Librizzi
Government Liason	Craig Cumming
Pool Facility Coordinator	Bill Joseph
Pool Monitor	Ann Heck
Purchasing	Betty O'Brien Bobbi Ducker
Real Estate	Jeanine Feaman
Real Estate Coordinator	Jeanine Feaman
Sergeant At Arms	Lori Collucci
Senior Coalition	ВОТ
Sign Post Editor	Diana Dillon
Trustee Liason	Bobbi Ducker
Violation/Complaints	BOT

Clubs & Committees

Arts & Crafts	Bea Humphris	732-244-3946
Bocce (Mon.)	•	
Bocce (Tues)		
Book Club		
Clubhouse Decoration	isDiana Dillon	732-818-9072
	•	
Community Watch	•	
Computer Club	Marilyn Mecchia . John Mecchia	732-267-4065
Cornhole	Joe Librizzi	908-938-6772
Entertainment Team .		
First Aid		
Games - Day	• • • •	
Garden Committee		
Guys & Dolls	Debra Kraweic Michele Hamilton	908-727-3143 561-315-5929
Instructional Crafters	Sandy Cannistraro .	973-476-7825
Library Coordinator		
Mah Jongg	•	
Men's Club	Mike O'Connell	732-504-7183
Military Donations	•	
Social Night	Barbara Bischoff	732-244-7455
Swan	Bobbi Starkey Barbara Blake	848-223-7588 848-223-7588
Sign Post Editor		
Sign Post Creative Tea		Barbara Bischoff Marge Damato
Sunshine Club	Sheila Kipper	609-276-1725
TREX Project	Mike Zarro	201-618-8432
Walk to the Beat	Marijane Robbins	732-600-0186
WanderlustJoh	•	
Welcome Committee	Diana Dillon	732-818-9072
Women's Club		



Hi Everyone,

The Summer seems to be coming to an end. September hopefully will bring warm days and cooler nights.

With Fall starting on Sept. 22nd all the clubs will be back in full swing.

We are so lucky to have so much going on in this community and good people to run these activities. Please try and take advantage of some of them. These men and women work very hard to bring you these clubs. Thank you!

Community Watch is looking for people to sign up. Please consider giving your time to the community. Information is in the Sign Post.

The Trustee and HOA meeting are in full bloom in September. Check Sign Post for meeting dates and times.

On a personal note, I have to say thank you to Sandy Cannistraro and Dave Donnelly and Co. from the Garden club having done a wonderful job around the pool area and the club house grounds. I have been here a "few" years and I haven't seen it looking so good. Thank you!

Diana Dillon





For a limited time only, we are offering our expert service for aerating, seeding, and thatching your lawn for the Fall 100% Satisfaction Guaranteed!

ads-4493

SILVER RIDGE PARK WESTERLY **Balance Sheet**

As of August 31, 2024

	Aug 31, 24
ASSETS	
Current Assets Checking/Savings	
1604 · TD Oper (1159)	202,612.80
1605 · TD CAPITAL RESERVE ACCT (2196) 1605A · RESERVE FOR CAP REPL ASSETS	128,570.34
1605B · RESERVE FOR CAPITAL IMPR	162,977.89
Total 1605 · TD CAPITAL RESERVE ACCT (2196)	291,548.23
1607 · M&T Bank CD 1391 1603 · Petty Cash	80,000.00 250.22
Total Checking/Savings	574,411.25
Accounts Receivable	
2000 · Accounts Receivable	16,723.00
Total Accounts Receivable	16,723.00
Other Current Assets	11700.00
2101 · Allowance for Doubtful Accounts 2200 · Prepaid Insurance	-11,702.00 1,768.14
Total Other Current Assets	-9,933.86
Total Current Assets	581,200.39
Other Assets	
2210 · Prepaid Expenses	1,000.00
Total Other Assets	1,000.00
TOTAL ASSETS	582,200.39
LIABILITIES & EQUITY	
Liabilities Current Liabilities	
Other Current Liabilities	
3105 · Accrued Payroll Expense	862.50
3100 · Accrued Expenses	13,444.66
3200 · Deferred Dues (Advance Dues)	103,342.20
Total Other Current Liabilities	117,649.36
Total Current Liabilities	117,649.36
Total Liabilities	117,649.36
Equity	
4100 · Operating Fund	60,620.37
4200 · Replacement Fund	385,259.81
4210 · Replacement Fund Assessments	28,065.30
4220 · Membership Fees Allocated to RF 4300 · Unrestricted Net Assets (RE)	24,686.00
Net Income	-28,109.27 -5,971.18
Total Equity	464,551.03
TOTAL LIABILITIES & EQUITY	582,200.39

SILVER RIDGE PARK WESTERLY

Income & Expenses August 2024

	Aug 24	
Income		
RECEIPTS/INCOME 5121 · DUES INCOME	25,371.50	
	3,750.00	
5122 · MEMBERSHIP FEES (SALE OF HOMES)	12.35	
5123 · INTEREST 5125 · SIGN POST	550.00	
5126 · LATE FEES	30.00	
5128 · MISC INCOME	1.254.00	
5134 · HALL RENTAL	0.00	
5141 · POOL/GUEST BADGES	230.00	
Total RECEIPTS/INCOME	31,197.	85
Total Income	31,197.	85
Gross Profit	31,197.	85
Expense		
OPERATING EXPENSES		
POOL EXPENSE		
6420 · POOL MAINTENANCE-CHEMICALS	2,253.14	
Total POOL EXPENSE	2,253.14	
CLUBHOUSE EXPENSES		
6305 · GAS	316.00	
6306 · ELECTRIC	1,015.13	
6307 · TELEPHONE/FAX/COMPUTER	198.19	
6308 · WATER	388.96	
6310 · CLUBHOUSE SUPPLIES	522.24	
6311 · GARDEN CLUB	181.77	
6312 · PAYROLL TAX	500.14	
6314 · WORKER'S COMP INSURANCE	130.00	
6315 · PAYROLL SERVICE	228.24	
6323 · SALARIES/BONUSES 6325 · SERVICE CONTRACTS	3,429.08 132.51	
Total CLUBHOUSE EXPENSES	7,042.26	
ADMINISTRATIVE EXPENSES		
6211 · LEGAL EXPENSE	1.000.00	
6214 · LIABILITY INSURANCE	2,189.00	
6216 · OFFICE SUPPLIES & SERVICES	290.60	
6219 · BUS SERVICE	6.00	
6222 · BOOKKEEPING SERVICES	280.00	
Total ADMINISTRATIVE EXPENSES	3,765.60	
COMMON GROUNDS		
6320 · COMMON GRDS CLEAN UP/TREE REMVL	13,488.04	
6322 · COMMON GRNDS SERVICE CONTRACT	6,469.79	
6328 · CLUBHOUSE GROUNDS	800.90	
Total COMMON GROUNDS	20,758.73	
Total OPERATING EXPENSES	33,819.	.73
OTHER EXPENSES		
6535 · REPL FUND CONTRIBUTION	4,166.67	
6540 · MBRSHP FEES ALLOC TO IMPRV FUND	3,750.00	
6550 · REPLACEMENT EXPENDITURES	5,900.00	
Total OTHER EXPENSES	13,816.	.67
Total Expense	47,636	.40
Net Income	-16,438	.55

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al Basis

SILVER RIDGE PARK WESTERLY Reserve Accounts Detail As of August 31, 2024

Туре	Date	Num	Name	Memo	Split	Debit	Credit	Balance
1605 · TD CAPITAL	RESERVE ACCT	2196)						289,234.21
1605A · RESER	VE FOR CAP REPI	ASSETS						130,297.50
Check	08/15/2024	10719	SILVER RIDGE PA		1604 · TD Op	4,166.67		134,484.17
Check	08/26/2024	166	COMPLETE MASO	Replaced sid	6550 · REPLA		5,900.00	128,564.17
Deposit	08/31/2024			Deposit	5123 · INTER	6.17		128,570.34
Total 1605A · RE	SERVE FOR CAP	REPL ASS	ETS			4,172.84	5,900.00	128,570.34
1605B · RESER	E FOR CAPITAL	MPR						158,936.71
Deposit	08/06/2024			Deposit	-SPLIT-	1,500.00		160,436.71
Deposit	08/15/2024			Deposit	-SPLIT-	1,500.00		161,936.71
Check	08/16/2024	10723	WESTBROOK DR	to transfer m	1604 · TD Op	165.00		162,101.71
Check	08/16/2024	10723	NOSTRAND DR. 0	to transfer m	1604 · TD Op	120.00		162,221.71
Deposit	08/27/2024			Deposit	5122 · MEMB	750.00		162,971.71
Deposit	08/31/2024			Deposit	5123 · INTER	6.18		162,977.89
Total 1605B · RE	SERVE FOR CAPI	TAL IMPR				4,041.18	0.00	162,977.89
Total 1605 · TD CAP	TAL RESERVE A	CCT (2196)				8,214.02	5,900.00	291,548.23
TAL						8,214.02	5,900.00	291,548.23

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09/06/24

Accrual Basis

SILVER RIDGE PARK WESTERLY 24/25 Budget vs. Actual July through August 2024

	Jul - Aug 24	Budget	\$ Over Budget	% of Budget
OTHER EXPENSES 6510 · Bad Debts 6535 · REPL FUND CONTRIBUTION 6540 · MBRSHP FEES ALLOC TO IMPRV FUND 6550 · REPLACEMENT EXPENDITURES	0.00 8,333.34 3,750.00 5,900.00	5,000.00 50,000.00 16,000.00	-5,000.00 -41,666.66 -12,250.00	0.0% 16.7% 23.4%
Total OTHER EXPENSES	17,983.34	71,000.00	-53,016.66	25.3%
Total Expense	63,517.68	311,058.00	-247,540.32	20.4%
Net Income	-5,971.18	0.00	-5,971.18	100.0%

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9/06/24

ccrual Basis

SILVER RIDGE PARK WESTERLY 24/25 Budget vs. Actual

	-		
July th	rough	August	2024

	Jul - Aug 24	Budget	\$ Over Budget	% of Budget
Income				
RECEIPTS/INCOME				
5121 · DUES INCOME	50,743.00	304,458.00	-253,715.00	16.7%
5122 · MEMBERSHIP FEES (SALE OF HOMES)	3,750.00			
5123 · INTEREST	24.50	0 000 00	5 500 00	40 70/
5125 · SIGN POST	1,100.00	6,600.00	-5,500.00	18.7%
5126 · LATE FEES	75.00			
5128 · MISC INCOME	1,319.00 175.00			
5134 · HALL RENTAL 5141 · POOL/GUEST BADGES	360.00			
Total RECEIPTS/INCOME	57,546.50	311,058.00	-253,511.50	18.5%
Total Income	57,546.50	311,058.00	-253,511.50	18.5%
Gross Profit	57,546.50	311,058.00	-253,511.50	18.5%
Expense				
OPERATING EXPENSES				
POOL EXPENSE			1 000 10	0.00/
6401 · POOL REPAIRS/SUPPLIES	177.57	4,500.00	-4,322.43	3.9%
6420 · POOL MAINTENANCE-CHEMICALS 6422 · RECREATION EQUIP/REPAIRS/REPLCM	2,991.14 0.00	8,000.00 2,000.00	-5,008.86 -2,000.00	37.4%
0422 REGREATION EQUIP/REPAIRS/REPLON	0.00	2,000.00	-2,000.00	0.076
Total POOL EXPENSE	3,168.71	14,500.00	-11,331.29	21.9%
CLUBHOUSE EXPENSES				
6305 · GAS	643.38	10,000.00	-9,356.62	6.4%
6306 · ELECTRIC	2,119.76	8,000.00	-5,880.24	26.5%
6307 · TELEPHONE/FAX/COMPUTER	396.38	2,500.00	-2,103.62	15.9%
6308 · WATER	644.07	2,000.00	-1,355.93	32.2%
6309 · SEWER	86.00	360.00	-274.00	23.9%
6310 · CLUBHOUSE SUPPLIES 6311 · GARDEN CLUB	886.66	4,500.00	-3,613.34 -1,818.23	19.7% 9.1%
6312 · PAYROLL TAX	181.77 853.57	2,000.00 3,200.00	-2,346.43	26.7%
6314 · WORKER'S COMP INSURANCE	260.00	3,200.00	-2,940.00	8.1%
6318 · MAINTENANCE AND REPAIRS	309.47	10,000.00	-9,690.53	3.1%
6019 · FLOOR MAINTENANCE	0.00	2,500.00	-2,500.00	0.0%
6315 · PAYROLL SERVICE	456.48	3,000.00	-2,543.52	15.2%
6323 · SALARIES/BONUSES	5,818.96	32,000.00	-26.181.04	18.2%
6325 · SERVICE CONTRACTS	266.68	3,165.00	-2,898.32	8.4%
Total CLUBHOUSE EXPENSES	12,923.18	86,425.00	-73,501.82	15.0%
ADMINISTRATIVE EXPENSES				
6211 · LEGAL EXPENSE	2,000.00	6,500.00	-4,500.00	30.8%
6212 · Election Ballot Mailing	0.00	4,000.00	-4,000.00	0.0%
6213 · HOMEOWNERS BADGES	0.00	2,000.00	-2,000.00	0.0%
6214 · LIABILITY INSURANCE 6216 · OFFICE SUPPLIES & SERVICES	4,378.00	26,000.00	-21,622.00	16.8%
6217 · HOSPITALITY	729.22	5,000.00 750.00	-4,270.78 272.00	14.6% 136.3%
6218 · Clubhouse Decorations	0.00	500.00	-500.00	0.0%
6219 · BUS SERVICE	12.00	300.00	-288.00	4.0%
6220 · AUDIT FEES	0.00	5,500.00	-5,500.00	0.0%
6221 · MISCELLANEOUS FEES	0.00	1,000.00	-1,000.00	0.0%
6222 · BOOKKEEPING SERVICES	542.50	2,000.00	-1,457.50	27.1%
6223 · Special Events - Costs	0.00	3,000.00	-3,000.00	0.0%
6224 · Other Administrative Expenses	0.00	3,583.00	-3,583.00	0.0%
ADMINISTRATIVE EXPENSES - Other	0.00	0.00	0.00	0.0%
Total ADMINISTRATIVE EXPENSES	8,683.72	60,133.00	-51,449.28	14.4%
COMMON GROUNDS				
6320 · COMMON GRDS CLEAN UP/TREE REM	13,488.04	50,000.00	-36,511.96	27.0%
5322 · COMMON GRNDS SERVICE CONTRACT	6,469.79	16,000.00	-9,530.21	40.4%
6324 · OUTSIDE MAINT(Snow Rem/CleanUp)	0.00	10,000.00	-10,000.00	0.0%
6328 · CLUBHOUSE GROUNDS	800.90	3,000.00	-2,199.10	26.7%
Total COMMON GROUNDS	20,758.73	79,000.00	-58,241.27	26.3%
Total OPERATING EXPENSES	45,534.34	240,058.00	-194,523.66	19.0%

SUBMISSIONS:

• Email: <u>editor@srpwesterlyhoa.org.</u> Use this for flyers and fill out the necessary form. The deadline is the 3rd of the month.

For a basic email (eg reports) send to Diana Dillon at <u>smallworld81963@gmail.com</u>. All basic emails are due no later than the 10th of the month.

- The Editorial Staff of the Sign Post reserves the right to reject, edit or accept as is any article submitted. We reserve the right to condense any article letters and photos received. This includes clip art and size or things that are in bad taste.
- Editors Website Form **MUST** be filled out for any flyer information. Flyers must be created by the publisher from information submitted. All flyers must include tax ID#, Charity ID, 50/50 license#, and the state required information that will be put at the bottom of the flyer
- If you quote or take any information from any printed source, please include where it was obtained, so as not to plagiarize any material.
- In order to not have any conflict of dates, we request all trips, outings etc. be approved by the Clubs and Organizations or Bd of Trustees. Then the dates should be given to the person in charge of the calendar.
- The Board of Trustees will make every effort to resolve any reasonable written concern of a homeowner. However we will not respond to any unsigned communications.
- We accept no responsibility for any advertisements. If there is any complaints concerning advertisers, please contact them directly. If you receive no satisfaction contact your BBB or the Ocean County Depart. of the Consumer Affairs of Toms River





10 Sign Post October 2024

Silver Ridge Park Westerly 2024-2025 Trustee & HOA Meeting Dates

Trustee Meetings 7pm

August 13, 2024 September 10, 2024 October 8, 2024 November 12, 2024 December 10, 2024 January 14, 2025 February 11, 2025 March 11, 2025 March 11, 2025 May 13, 2025 June 10, 2025

HOA Meetings 7pm

No Meeting September 19,2024 October 17, 2024 November 21,2024 December 19th HOA Party January 16, 2025 February 20, 2025 March 20, 2025 April 17, 2025 May 15, 2025 June 19, 2025



Prizes

for 1st & 2nd place

Teams of 8

Please bring a pair ofsocks any size to donateto the local shelter.

Each pair you donate you will be given a ticket for a special raffle.

50/50 Ticket Sales

10.19.24 doors open promptly at

SRP Westerly presents

6:30pm (event till 7-9pm)

trivia provided by Wise Guy Entertainment

\$15

per person/non-refundable

Dessert • coffee tea • water • fun

Feel free to bring your own snacks, wine/beer

Joyce 732-610-0187 Debi 973-632-4924

Get your tickets

September 26th 10:00AM-11:30AM September 28th 10:00AM-11:00AM October 8th 6:00PM-7:00PM



Computer Club

We invite everyone to come and check us out. Do you have questions? We have answers to your queries! Do you know that the battery on your computer should be used continuously? Come and we will give you the low down on the battery issue. Don't have a computer? No problem, we can address that too!

The Computer Club meets on the second and fourth Fridays from 9:30-11:30am. The

meeting schedule is as follows:

Oct 11 and 25

Nov 8 only!

Dec 13 only!

Marilyn Mecchia

Sunshine

If you know anyone who has lost a family member, or is ill or in the hospital please notify me and I can send a card.

> Your Sunshine Gal. Sheila Kipper 609-276-1725

Veterans Corner

Give a little to those who gave so much for us!

Last month I received an email from Lloyd M (Veteran's Liason) which was sent out to the community. I want to give a great big "THANK YOU" to those who reponded in a big way. Please continue whatever you can do, is very much appreciated.

Diana Dillon 732 818 9072



Arts & Crafts

The Art group meet every Monday afternoon from 1-4pm. The welcome all forms of art like, oils, watercolor even knitting crocheting even ceramics. So why not come for an enjoyable afternoon with friend and neighbors, Even come in for a cup of coffee and try us out.

Bea Humphris

Swan

SWAN volunteer drivers are standing by, ready to take you to your medical appointments. Call the SWAN desk at 848-223-7588 weekdays between



10:00 AM and noon and one of our volunteers will help arrange for your ride. If you call any other time, leave your name and number and a volunteer will get back to you.

The SWAN service takes so little time and is so much appreciated by our neighbors who use it. We can always use additional help. If you want to learn more and think you can spend an hour or two a month helping, leave your name and number at the SWAN desk: 848-223-7588. I'd love to talk to you.

Barbara Blake

Game Day

WELCOME NEW FRIENDS OLD FRIENDS

Summer is over and the Tuesday card group will be back in full swing and is looking for new folks and those we haven't seen in a while to our opening game day. We play hand & foot but feel free to bring any card game you'd like; we can always set up another table,

We play Tuesday afternoon from 12:30 - 3:30 beginning Tuesday, September 24th, Coffee is served.

JOIN US FOR FUN, LAUGHS, AND A LITILE GOOD GOSSIP.

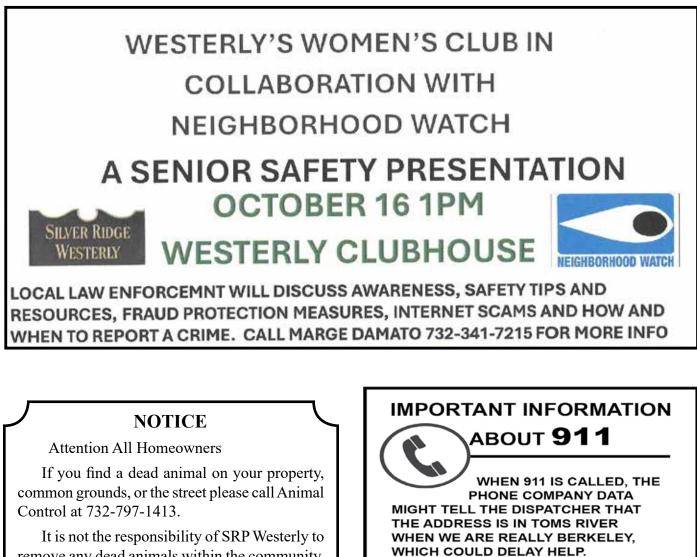
14 Sign Post October 2024

Women's Club

Fall has arrived! Our first meeting was held on September 18th and the attendance was a wonderful start to the upcoming year at the Women's Club. New members are always welcome to our club and this year's membership fee is \$10.00. We encourage donations to our "Red Cup" at all meetings and the money is given to the Providence House. Our next meeting will be held on October 16th at 12:30 p.m., and the subject of the meeting is "SENIOR SAFETY". The guest speaker for this meeting is Wayne Whitman and it is open to the entire community. Please contact our President Marge Damato @732-341-7215 to R.S.V.P., if you wish to attend. This year will be filled with fun and some new adventures! As always coffee, tea and dessert will be served following our meeting. We look forward to adding new members to our club with new ideas. November is our "Friendsgiving Annual Luncheon" to be held on November 20th and December is our "Annual Yankee Exchange" to be held on December 18th.

Looking forward to seeing everyone at our October meeting!

Eileen Arkins Secretary



remove any dead animals within the community.

Thank you, The Board of Trustees

WHEN CALLING FOR EMERGENCY SERVICES, PLEASE TELL THE DISPATCHER YOU LIVE IN BERKELEY.



¹⁶ Sign Post October 2024



V.F.W. Post 10185 News

By Past Post Commander James Egan 732-644-2119

The next meeting of Silver/Holiday V.FW. Post 10185 will be held on Thursday, October 3rd at 1 :00 PM at the Silver Ridge Park West Clubhouse, 145 Westbrook Drive. We hold our meetings on the first. We meet in the daytime, so you do not have to drive at night.

To join our post, just bring a copy of your Discharge (00-214) to our meeting and you will be signed up right away. You'll receive a hardy welcome and refreshments before the meeting. You will also have a chance to talk with fellow Veterans and make new friends.

Anyone needing transportation to our meetings can call Commander James Egan at 732-644-2119 or one of the other Officers, and we will gladly pick you up and take you back home after the meeting.

Remember if you hear of any Post member passing away or being in the hospital, call any officer and let him know.

Wednesday, October 2"", Rosh Hashanah Begins at Sunset.

Friday, October 4", Shabbat Shuva Begins at Sunset and Rosh Hashanah ends at Sunset.

Monday, October 7~· is Columbus Day.

Friday, October 11 "', Yom Kippur Begins at Sunset, and ends Saturday, October 12'h.

Sunday, October 13" is the U.S. Navy Birthday (1775)

The VFW would like you to drop your old and faded Flags off at either H. C. S. Clubhouse (Main Building), S. R. P. W., S. R. P. N., S. R. P. E., S. R. P. Westerly, and Holiday City Berkeley Clubhouse 1, Holiday Heights Clubhouse.

GOD BLESS AMERICA AND GOD BLESS OUR TROOPS

FLY THE FLAG EVERYDAY, WEATHER PERMITTING

Library News

Our library is available to all Silver Ridge Park residents. You can visit whenever the clubhouse is open.

All books are donated by your neighbors and selections include hardcover, soft cover, large print, paperbacks, magazines, and audio books. The honor system is in place and community members may remove books without signing them out. We anticipate that books be returned once read.

Our library is not always staffed. We rely on volunteers to maintain the library and are grateful for their time and commitment.

Discarded books and any duplicate books received are provided to active service military and veteran's homes.

Please take advantage of this service and visit your library.

Social Night

Social Night is on the 3rd Wednesday of the month. If you have a free Wednesday night come enjoy the evening with "ole' and meet new friends. You can play any game of choice. Bring friends and make your own table.

Coffee and dessert are always served.

Barbara Bishoff Eileen Heider



Guys & Dolls

Thank you to the community for supporting our Summer Progressive Raffle. The winners took home 25%, 15%, and 10% of the total sales.

Keep your mind sharp, test your knowledge and laugh with your friends and neighbors on Saturday, October 19th, at Trivia Night. Feel free to extend the invitation to friends outside of our Westerly community.

We have dubbed October as "Socktober", a community fundraiser. Please donate a new pair of socks to donate on Trivia Night to receive a raffle ticket for a special prize. We will continue to collect NEW socks of all sizes during October, that will be donated to our military soldiers and a local shelter. Please place socks in the designated bin in the lobby. The sock collection runs through October 31st.

Santa & Mrs. Claus are busy in their workshop preparing for the Breakfast with Santa on December 8th. Please save the date and get those little ones booked for a fun and exciting breakfast and a visit from the big red guy himself!

Thank you for a great summer at the pool crew, garden club crews, and Anne Heck and Lori Collucci for a great bocce season

Next meeting is on Thursday, October 10th, at 7:00 p.m. in the clubhouse. All homeowners are welcome to attend.



THANK YOU For supporting our



CONGRATULATIONS WINNERS!

Progressive Raffle

1st place - David Kirch \$323

2nd place - Kevin Campbell \$193

3rd place - Tina Spade \$129



Men's Club



This month, the Men's Club presents its annual Italian Night Dinner and Dance on October 12th at 6 PM, featuring the Wild Rose Band. Ticket inquiries may be directed to Pete Garvey at 732-341-1039.

Our regular monthly

meeting will take place at 12:30 PM on Wednesday, October 9th at the clubhouse. Existing and prospective members are encouraged to sign up on our lobby cabinet list. Hope to see you there!

Submitted by Pete Garvey. Financial Secretary

Instructional Crafters

Our next meeting will be on Oct 15th @ 7pm. Hope you all enjoyed what you made for Halloween. I'm sure Sandy has a great project for this month. Remember you need no experience to come and join us. You only need to want to come and have some fun and maybe learn something new.

> Sandy Cannistraro 973476 7825

HOA Committee Members Wanted

The Westerly board of Trustees is searching for homeowner volunteers to join one of our various HOA committees as listed in our by-laws.

Check out our website and new icon for sign up

Information: SRPWESTERLYHOA.ORG

Welcome to all our neighbors let's work together in our community's abundance in senior living lifestyle



The Entertainment 7eam

Well summer is over, and Fall is slowly moving in, it's a great time of year with cooler weather and lot & lots of events brought to you by the Team.

September was kicked off with our Western Dance, thanks so much for all who supported us! The Vendor/ Craft Fair was a great success! Thanks to all who participated and attended.

October 25th is our Haunted Halloween Dance Party, Costumes Optional but oh so appreciated! Prizes awarded! It's a fabulous fun event! Not to be missed, you never know who might appear! See flyer in this issue.

Our very popular 3B's event (Bingo, Bagels, & Baskets) is on November 10th. This is a VERY popular event that is open to other communities. Advance tickets will be sold to Westerly residents ONLY from September 30th to October 11th, and then open to residents as well as non-residents.

November 15th we will be celebrating our Veteran's with a Red, White & Blue Tribute Dance. Proceeds from this event will be donated to the Troops Mailing Fund. Tickets are \$10.00 plus an item to donate, see list of items in the lobby.

WIN 2 TICKETS TO OUR FABULOUS NEW YEAR'S EVE GALA!! Raffle tickets are \$10 and will be on sale ever Monday, Wednesday, and Friday in the clubhouse from 10 am till noon. Winner will be chosen at the Holiday HOA Party, winner need not be present. See flyer in this issue.

The Team is doing so many more things in the next few months, Hats, Scarves Collection for the children, Toy Drive, Holiday House Decorating Contest, volunteers needed for exterior holiday lights for clubhouse, and a Fabulous New Year's Eve celebration. Be sure to look thru the Sign Post for all the flyers and the Entertainment Bulletin Board in the lobby of the clubhouse.

We are a very, very busy group, but in order to continue presenting all these great events we need more volunteers. We meet the first Monday of the month in the conference room, why not come join us. As Helen Keller once said: ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH.

Cookie Argenzia Team Leader 201-394-3583 20 Sign Post October 2024



The crunching of leaves under your feet while walking, the chill of the night air and the faint sound of a howl while the moon shines brightly!

Welcome Westerly to my October issue!

Not much is going on here. The board was back in session last month and it was nice seeing everyone who attended the September HOA mtg. I started to ponder this thought, (we can all agree to disagree) Why do some people get chastised when they want to put up the fall/pumpkin stuff on or just after Labor Day?

Everyone is so eager to throw on their bathing suit come Memorial Day and say, "summer is here"! Ifwe think about it, the official first day of summer is usually in late June, but at least the first day of fall is in September!

October's birthstone is Opal.

Remember these two great gals - your boobs! It is Breast Cancer Awareness Month as well as National Pasta Month and "Socktober."

October 12th - Italian Night

October 14th - 16th - Boston/Salem Getaway

October 19th - Trivia

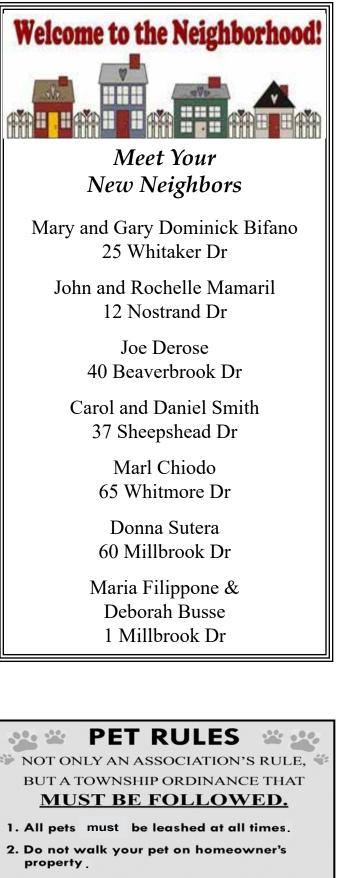
October 25th - Halloween Dance Party

This is just something cute I came upon:

Hello witches and hello ghosts. Hello pumpkins on the posts. Hello goblins and black cats. Hello skeleton and hello bats. Hello owls and hello moon. Halloween is coming soon! (aredheadgirl.com)

Yours truly,





3. Please be respectful of your community and your neighbors and be prudent in picking up after your pet on common ground areas and your own lawn.



HALL RENTALS

Effective January 2018, The fees for renting our Clubhouse main hall will be:

\$175 HALL RENTAL

\$175 SECURITY DEPOSIT

\$80 MAINTENANCE STAFF

The fees for hall rental and security deposit must be paid in full at signing or agreement to reserve a date.

Only Silver Ridge Park Westerly homeowners may rent the hall and sign the rental agreement.

Rental is limited to main hall kitchen, lobby and restrooms. No food or beverages allowed in lobby.

The hall is rented on Saturday and Sunday only.





Save the Date Saturday, December 14, 2024 Atacte of Atta Street Ine Austical Brow time: 2:00 PM Aufight Theatre Of Engleside Avenue, Beach Haven, NJ Tansportation is on your own (biscounted group senior rate) Af A.O. per person (biscounted group senior rate) To reserve your seat contact: Janice Purpura 201-207-0536 Jupurpura@yahoo.com

YOU LOVE ECORATING FOR E HOLIDAYS. WE NEED YOU?

We will be lighting up the exterior of the Clubhouse again this year. We would appreciate any and all volunteers to help decorate on Friday, November 22nd at 12 noon.

For more info call Cookie 201-394-3583 Sponsored by the SRPW **Entertainment Team**

Silver Ridge Park Westerly Annual IVC November 21st thru December 11th Let's fill the toy barrel



Please donate for the children & remember the teens!



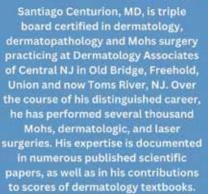


Toms River Dermatology



Skin Cancer Center We address and attend to all aspects

of your skin, hair, and nail health needs with professionalism and expertise.



8042

ad-



Cynthia Gelnaw, PA-C is a board certified Physician Assistant with over 15 years experience in providing high quality patient care. Cyndi worked in the underserved community of Northeast Philadelphia serving their pediatric population for 2 years. She then returned to her roots at the Jersey Shore to pursue her passion in Dermatology and educating patients on how to enjoy the rich outdoors of the NJ coastline safely. Cyndi likes to treat each patient as she would like her own family and friends to be treated and brings thorough and compassionate care to the patients of Dermatology Associates of Central NJ Toms River locations

780 Route 37 W Suite 100 Toms River, NJ 08755 732-679-6300 www.dermatologyassociatesnj.com



Wheelchairs, Walkers, Canes & Crutches

The First Aid Squad will continue to provide wheelchairs, walkers, crutches and canes until the end of the year



Call Dave Balog

Cell: (609) 276-2174

Dave will be happy to deliver any equipment you need and will pick up any equipment that is no longer needed

Equipment is free

There is never any charge to use our equipment!



A memorial service should be about memories, NOT HIGH PRICES.

Call today and find out how to celebrate a life like no other, beautifully and affordably.

Direct Cremation starting at



Direct שערומו starting at גאָא,905**

ANDERSON & CAMPBELL FUNERAL HOME TOMS RIVER DignityNJ.com 732-307-9554

Dignity® ⊰ life well celebrated® ⊱

*Direct cremation (without ceremony) includes basic services of the Funeral Director and staff, transfer of the remains to the funeral establishment, refrigeration and service vehicle. The crematory fee is included. **Immediate burial (without any rites or ceremonies at the funeral home, graveside or

**Immediate burial (without any rites or ceremonies at the funeral home, graveside or elsewhere) includes basic services of the Funeral Director and staff, registration, transfer of the remains to the funeral establishment, transportation of remains to the cemetery and service vehicle.

703 Main St., Toms River, NJ 08753 | 732-349-5700 | Mark D. Polhemus, Manager, NJ Lic. No. 3882

ad-6150



Silver Ridge Park First Aid Squad

A Farewell To Our Residents

The First Aid Squad regrets to inform you that after 42 years serving Silver Ridge Westerly & Silver Ridge North we are closing our doors. Our hearts are broken, but without volunteers we cannot continue operations.

We are forever grateful to our residents for your financial support and the encouragement that you have provided over the years. You made a positive impact in uplifting the spirits of our volunteer members to know that our work was recognized and appreciated.

Please know that the First Aid Squad is working with Berkeley Township to find the best solution for continuing Emergency Services in our communities. We will continue to provide wheelchairs, walkers & canes until the end of the year.

We will do our best to address any questions or concerns you may have. Please contact us via email: <u>SRPFirstAid@gmail.com</u> or phone: (973) 216-4850.

Wishing you an abundance of good health The Members of Silver Ridge Park First Aid Squad

October DIRT

Silver Ridge Park - Westerly

Garden Committee 2024

'DIRT' you need to know:

Divide **perennials** this month before they spread too far into other parts of your garden or into your neighbor's yard. Trim your Lavender when done flowering into a compact and neat shape for next year. As long as annual weeds like crabgrass are still growing, pull them out of your flower beds as most annual seeds last more than 5 years, so one crabgrass plant can give you 5 extra years of pulling!

Collect your own **annual flower seeds** because they are expensive to purchase next Spring. So grab your own Devil's Trumpet, Cosmos, Money-plant, Zinnia and Tropical Milkweed. Dry them completely, place in a labeled paper bag and store them in the 'fridge for the Winter.

Get ready, with the chill in the air to feed the birds for the Winter. Unfortunately, as you watch out the window all you see are squirrels and deer eating the seed you put out. What can you do? Try adding a food grade **'habanero chili pepper'** mix to your bird seed. Birds have different taste receptors than mammals. So what would feel hot in your mouth, the birds do not feel the pain. An 8-oz, product sold in WalMart's bird seed isle can add a spicy seasoning to a 35# bag of bird seed.

Pick up after your dog, not only as a common courtesy, but it is your responsibility as a dog owner. Even if your dog is not sick, **dog waste** contains bacteria and parasites that can contaminate soil and water and be harmful to other dogs. Dog poo is not natural because as you feed your pet a specifically designed diet what comes out the other end is excessive amounts of nitrates that can hurt the native plants in our Pinelands natural ecosystem. Picking up after your dog may not be the favorite part of walking your dog, but it is important to keep SRP-Westerly 'safe and clean'.



'DIRT' on what we have scheduled:

Wednesday OCTOBER 9Th Fun Project starting

at 10am. With the cooler weather we will be working on our next garden bed project, installing, mulching, etc. Bring your gardening gloves and your enthusiasm to the ClubHouse.

Wednesday OCTOBER 30th <u>Monthly Meeting</u> starting at 7pm. We will discuss why 'Fall is for Planting' and other Autumn garden chores. As always, bring your gardening questions.

Co-Gardeners:

Sandy Cannistraro (974) 476-7825

Snowbirds ATTENTION:

The SRP Westerly Trustees unanimously agreed that as of October 1, 2022, the Sign Post will only be mailed to your SRP Westerly address. If you would like it mailed to a different address, please complete the form below and enclose a check in the amount of the month(s) of mailing and mail the form below to the SRP Westerly address listed below. Third class mail cannot be forwarded. Thank you!

> Mail to: Silver Ridge Park Westerly 39 Millbrook Drive Toms River, NJ 08757 ATT: Betty O'Brien

Please make check payable to: "SRPWesterly". Cost per monthly edition is \$3 for mailing.

Name	Months you wish to receive the Sign Post at a different mailing address. Please mark with an X.
Phone:	, and the second s
SRP Westerly Address:	OCT 2024
Address to mail Sign Post(s)	NOV 2024
Amount Enclosed: \$ Number of months	DEC 2024
Cost per monthly edition is \$3 for mailing.	



SUNDAY	MONDAY	TUESDAY	WED
		1 Walk to the Beat 10:00am – 10:45am Chair Aerobics 10:45am – 11:15am Game Day 12:30pm – 3:30pm Games Evening 6pm – 9pm Wanderlust Registration 6pm – 7pm	2 GARI Book Club 2pm – 4
6	7 Entertainment MTG 10am - 11:30am Arts & Crafts 1pm – 4pm Poker 6pm – 9pm	8 Walk to the Beat 10:00am – 10:45am Chair Aerobics 10:45am – 11:15am Game Day 12:30pm – 3:30pm Games Evening 6pm – 9pm Trustee MTG - 7pm - 8pm	9 GARE Men's Club 12:30pi Garden Fun Projec
13	14 Wanderlust Registration 10am – 11am Arts & Crafts 1pm – 4pm Poker 6pm – 9pm	15 Walk to the Beat 10:00am – 10:45am Chair Aerobics 10:45am – 11:15am Game Day 12:30pm – 3:30pm Games Evening 6pm – 9pm Instructional Crafters 7pm - 9pm	16 GARE Woman's Club Mtg. Social Night 6pm - 9
20	21 Arts & Crafts 1pm – 4pm Poker 6pm – 9pm	22 Walk to the Beat 10:00am – 10:45am Chair Aerobics 10:45am – 11:15am Game Day 12:30pm – 3:30pm Games Evening 6pm – 9pm	23 GARE
27	28 Entertainment Mtg 10:00am – 11:30am Arts & Crafts 1pm – 4pm Poker 6pm – 9pm	29 Walk to the Beat 10:00am – 10:45am Chair Aerobics 10:45am – 11:15am Game Day 12:30pm – 3:30pm Games Evening 6pm – 9pm	30 Woman's Club Exe 10am – 11am Garden Committee

OBER 2

NESDAY	THURSDAY	FRIDAY	SATURDAY
BAGE	3	4	5
4pm	Games Evening 6pm – 9pm OR	Mtg for Calendar for 2025 6pm – 8pm	Yoga 9am – 10am
BAGE			10
m - 3:00pm t 10:00am	Walk to the Beat 10:00am – 10:45am Chair Aerobics 10:45am – 11:15am Games Evening 6pm – 9pm Guy & Dolls 7pm – 9pm	1 1 Computer Club 9:30am – 11:00am	1 2 Yoga 9am – 10am Italian Night (Men's Club) 6pm – 10pm
BAGE	17	18	19
12:30pm - 3:00pm ∂pm	Walk to the Beat 10:00am – 10:45am Chair Aerobics 10:45am – 11:15am Games Evening 6pm – 9pm HOA Meeting 7pm – 9pm	Flu Shot Clinic 10am – 2pm	Yoga 9am – 10am Trivia Night (Guys and Dolls) 7pm – 10pm
BAGE	RECYCLING	0-	<u> </u>
	24 Walk to the Beat 10:00am – 10:45am Chair Aerobics 10:45am – 11:15am Deborah Meeting 1pm – 3pm Games Evening 6pm – 9pm	25 Computer Club 9:30am – 11:00am Let's Dance(Halloween) 7pm – 10pm	26 Yoga 9am – 10am
BAGE	31		
ec Mtg.	Walk to the Beat 10:00am – 10:45am Chair Aerobics 10:45am – 11:15am		
e Mtg 7pm – 9pm	Games Evening 6pm – 9pm		
	Halloween		

4

" CLIP & SAVE – TRASH & RECYCLE SCHEDULE" DO NOT BAG RECYCLING - IT'S THE LAW!!

Recycle - YES

Recycle - NO

Plastic Bottles Glass Bottles & Jars Metal Cans Cardboard Office Paper Junk Mail Newspapers Magazines Catalogs

Shredded Paper **Plastic Bags** Yogurt/Food Containers Styrofoam Photo Books (Separately) Chipboard **Tissue or Food Boxes** Paper Towels Tubes **Toilet Paper Tubes**

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LEGEND B-BULK G-GARBAGE H-HOLIDAY L-LEAVES R-RECYCLING February 2024

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22	23	24	H ²⁵	26	27	G 28						
29	30	31										

SEE INSIDE FOR IMPORTANT INFORMATION REGARDING RECYCLING AND SANITATION PICK-UP REGULATIONS

Joke of the Month: October

Seamus want on . Safari with his wife and Mother-in-law.

One morning the wife awakes to find her mother missing.

In a worried state, she wakes up Seamus and they both go looking for her!

Suddenly they come to a clearing, where they find the mother-in-law, standing face-to-face with a ferocious lion...

"Quick darling, do something!" Screams the wife!

"Oh no, no says Seamus... The lion got himself into this mess... He can get himself out!!"

My 72 year-old mother just informed me she is going to her first "sex party" and doesn't know what to bring.

After some delicate questioning,

"Gender Reveal, Mom. It's called a Gender Reveal."

OH! NO! Pool is Closed

My 22nd summer at our gorgeous Westerly Pool has come to an end. Always a time to reflect with great memories of fun days in the sun. A sincere and grateful thank you to Ann Heck and all the pool monitors and to Bill Joseph and all his helpers.

Our volunteers are always what keeps this community as great as it is!!!

Last but not least, a big hug and thank you to my "pool buddies" who helped me to enjoy the summer

Marge damato



SENIOR FREEZE PROPERTY TAX REIMBURSEMENT 2023

Senior Freeze reimburses qualifying seniors and disabled residents for increases in property taxes or mobile home park site fees on their principal residences.

The deadline to file 2023 applications is October 31, 2024.

To be eligible for the 2023 Senior Freeze, you must:

- Be age 65 or older on December 31, 2022, or receive Social Security disability payments on December 31, 2022, and also on December 31, 2023; and
- Own and live in their home or leased a site in a mobile home park for a manufactured or mobile home that they owned since December 31, 2019, or earlier; and
- Paid all 2022 property taxes by June 1, 2023, and all 2023 property taxes by June 1, 2024; and
- Their annual income was \$150,000 or less in 2022 and \$163,050 or less in 2023. With some exceptions, all income must be taken into account, including Social Security, pension, etc.

Qualifying residents may apply online through the online filing portal at <u>njportal.com/taxation/ptr</u>.

If you do not receive a booklet by March 15, please contact the New Jersey Division of Taxation's Senior Freeze Property Tax Reimbursement Information Line for assistance at 1-800-882-6597.

To check the status of a filed application, order an application, or ask questions.

- Senior Freeze info line: 1-800-882-6597
- Automated info line: 1-800-323-4400 to listen to prerecorded information.
- Online: nj.gov/taxation, scroll down until you see the link "Check your Status" under "Senior Freeze Status"

Kitchen Refacing or IMPORTANT New Kitchen? INFORMATION You know us as the best Kitchen Cabinet for Homeowners! Refacers in the area... Now, Classic Kitchens also carries new kitchens designed for your community! Come visit our showroom today! This is a friendly reminder to all homeowners, Family Owned and Operated • family members and guests that may be entering • Quality Work with that Personal Touch! • the Clubhouse driveway and/or parking lot, Speed limit is 25 mph! This also pertains to the ambulance entrance (Durino Way). Reminder that our entrance into the clubhouse CLASSIC KITCH from Millbrook and/or Sheepshead is NOT a thoroughfare and should not be used to cut through! 3315 Route 37 East, Toms River Please be mindful, stop for pedestrians and watch your speed! 732-831-1999 ad-7548 Thank you for your cooperation! SRPWesterly Board Let Our Family Take Care of Your Family! The Company That Caro,





Bus leaves clubhouse at 9am & returns approx. 5pm. \$25 per person, non-refundable. Includes transporation & gratuities. Tickets must be purchased by 11/1/24. Seats are limited!!

Atlantic City Day Trip

November 18th

Ticket Sales at SRPWesterly Clubhouse:

10/1 6pm-7pm 10/14 10am-11am

or call us to reserve your spot or finalize your reservation! Keep checking SignPost & Clubhouse bulletin board in lobby for updates.

> Trips are subject to total participants registered and departure locations TBD.



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for further info contact: John or Nina Di Lonardo @ 973 452-6280 or dilonardojohn@gmail

\$20 Slot Play !!

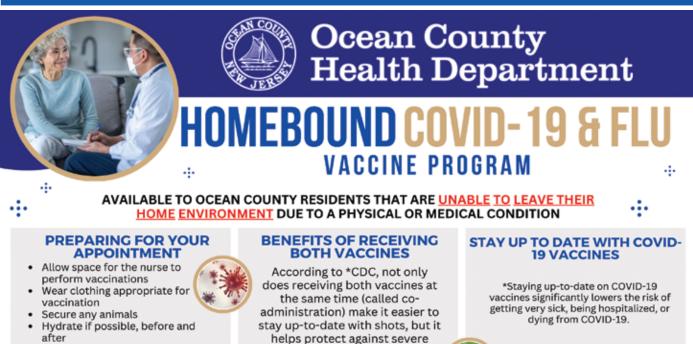


silver Ridge Park Westerly Silver Ridge Park Westerly Opnoment Holiday Holiday is here! \$10 each - perfect gift idea! - 4" diameter, shatterproof - comes in a box

- Made in USA
- features our custom logo
- 100% of profits to SRPWesterly HOA
 - only while supplies last

John or Nina Di Lonardo @ 973 452-6280 or @ 201 657-3930

Contact:



illness caused by the major fall

and winter respiratory viruses.

*Source: cdc.gov/respiratory-viruses/

732-341-9700 EXTENSION 7290



*Source: cdc.gov/coronavirus/2019ncov/vaccines/vaccine-benefits

If you are feeling sick, please call and reschedule!

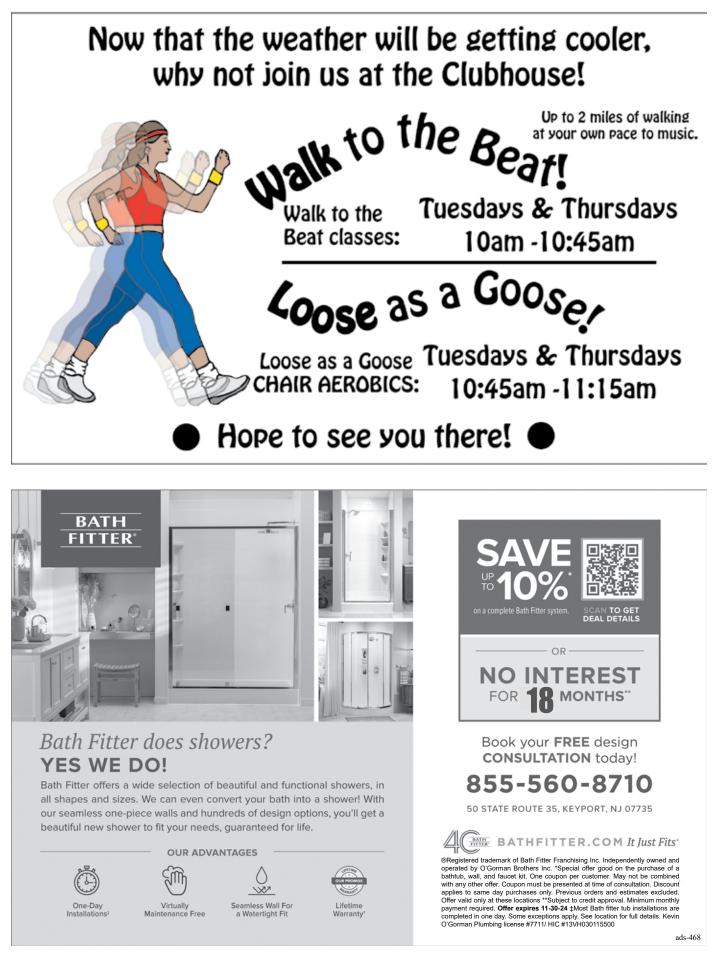
Have Medicare/insurance cards

ready

CALL TO SCHEDULE AN APPOINTMENT! Scan the QR code to download our

mobile app!





36 Sign Post October 2024

Westerly Communit	y Watch
WANTED: WESTERLY BLOCK CAPTAINS	NEIGHBORHOOD CRIME WATCH
SIGN UP HERE NOW NAME: ADDRESS: PHONE: EMAIL:	We Immediately Report All Suspicious Activities to Our Police Department
Drop off your contact info in the Trustees Box at the Westerly Clubhouse, 39 Millbrook Dr or Sign Up on the community website: www.srpwesterlyhoa.org You will be contacted with organizational updates	Wayne Whitman, Westerly Coordinator 609-709-8966 text or call

Yoga with Janice

Where: SRP Westerly Clubhouse When: Every Saturday Morning Time: 9:00 AM No Class on December 16th

\$5.00 per class
No experience necessary
Please bring a mat or a towel

For additional information call Janice at 201-207-0536



Nutrition Guidelines for Seniors

As people age, it's common for their metabolism and digestive systems to slow down. They also tend to become a little less active. Those are some of the main reasons why it's so important to get exercise and eat foods that are healthy. Nutrition for seniors is such a vital topic because knowing what—and how much—to eat can help you maximize your well-being. Depending on your activity level, it's generally recommended that men over the age of 50 should consume 2,000 to 2,800 calories per day. Women over the age of 50 should consume 1,600 to 2,200 calories per day.

But not all calories are created equal. When planning your daily meals, keep the following tips in mind:

- Include two to three tablespoons of healthy fats—such as extra virgin olive or coconut oil—in your diet each day.
- Consume no more than 1,500 milligrams (mg) of sodium daily.
- Make sure that less than 10 percent of your daily calories come from saturated fat.
- Consume less than 300 mg of cholesterol daily.
- Avoid sugary drinks.

In addition, pay attention to the food groups you're eating from. The main food groups include fruits and vegetables, grains, dairy and dairy alternatives, and meat and meat alternatives. Each food group is discussed in more detail below.

Fruits and vegetables: It's recommended that you eat seven servings of fruits and vegetables a day. Be sure to frequently choose varieties that are dark green, bright orange, and yellow.

- Serving size examples: A medium-sized piece of fruit; one cup of salad; or half a cup of cut-up fruit or cooked vegetables
- Tips for incorporating more fruits and vegetables into your diet:
 - Top your cereal, oatmeal, or yogurt with berries or bananas.
 - Include green salad with your lunch or dinner.
 - Wash, cut, and store fruits and vegetables in the fridge for quick snacks.
 - Add vegetables to eggs, pastas, and soups.

Grains: It's recommended that you eat six or seven servings of grains each day. Choose whole-grain products more often, such as whole-wheat foods, brown rice, or oatmeal.

- Serving size examples: One slice of bread; half a bun or bagel; one cup of cold cereal; threequarters of a cup of hot cereal; or half a cup of cooked pasta or rice
- Tips for incorporating more whole grains into your diet:
 - Replace white flour with whole-wheat flour.
 - Add brown or wild rice to your favorite soups.
 - Add three-quarters of a cup of oatmeal to ground meat when making burgers, meatballs, or meatloaf.

- Try whole-grain salads that contain quinoa or bulgur.
- Switch from white to whole-wheat pasta.

• Look for whole-grain cereals that have ingredients like amaranth, kamut, or spelt. **Dairy and dairy alternatives:** It's recommended that you consume three servings of dairy or dairy alternatives every day. Choose low-fat options more often, and look for products that are fortified with calcium and vitamin D.

- Serving size examples: One cup of milk; three-quarters of a cup of yogurt; or 1.5 ounces of cheese
- Tips for incorporating dairy and dairy alternatives into your diet:
 - Add cheese or cheese alternatives to your soups, sandwiches, and salads.
 - Add milk or milk alternatives to your soups, stews, and cereals.
 - Replace the water in your oatmeal or canned soups with milk or non-dairy milk.
 - Make smoothies with yogurt, milk, or milk alternatives.
 - Have yogurt with your breakfast or for a snack.

Meat and meat alternatives: It's recommended that you have two or three servings of meat or meat alternatives per day. Choose lean cuts of meat or low-fat meat alternatives more often than higher-fat options.

- Serving size examples: A piece of meat that's the same size as a deck of cards; one-quarter of a cup of nuts or seeds; two large eggs; three-quarters of a cup of cooked tofu or legumes; or two tablespoons of nut butter
- Tips for incorporating meat and meat alternatives into your diet:
 - Cook more servings than you'll eat, and freeze single-serve portions that you can quickly warm up for meals or snacks.
 - Add beans, peas, lentils, tofu, canned fish, or eggs to salads, soups, and pastas.
 - Have nut butter on toast, crackers, or apple slices for a snack.
 - Snack on nuts and seeds, and add them to your cereal, muffins, salads, and yogurt.
 - Add a low-sugar protein powder to your smoothies.

In addition to the food groups, think about your fluid intake so that you can avoid the potential complications of dehydration. In seniors, thirst sensations often become weaker, so make a conscious effort to consume the amount of fluids your doctor recommends. For some seniors, that means consuming a minimum of nine to 12 cups of fluids per day. Those fluids can include liquids like water, tea, pure fruit juice, and milk. To help yourself consume that amount, drink a glass of water as soon as you wake up, always have a glass or bottle of water with you, and include a glass of water or a cup of tea with your meals.

Source: Greatseniorliving.com/articles

THANK YOU FROM OUR TROOPS

Dear friends & supporters,

The following is a nice thank you email, with image, from the American Red Cross, providing support to our troops at Camp Herkus, in Lithuania. This is a new Base. Needing all the support they can get. Thanks to all who make this effort as successful as it is.

Lloyd

Thank You from Lithuania!

Good Morning Lloyd,

I would like to express my sincerest gratitude on behalf of the soldiers here in Lithuania. Your donations of Girl Scout Cookies, candies, and entertainment media are directly benefiting the soldiers of the 2-8 CAV from Fort Hood. The time and effort from you and fellow organizations mean a lot. A taste of home is always appreciated out here and sweet snacks are always in demand. Most soldiers have their own cell phones and international network plans, and we don't have the capacity to use the Calling Cards at this site. My colleagues at other deployed sites have sent these cards with soldiers on their way home since it may benefit them more in transition. Nevertheless, more of the snacks you sent are always welcome!

Best,

Emily

Emily Butler Site Lead Camp Herkus Regional Program Manager SAF/IS OCONUS American Red Cross

Emily,

It is our pleasure to send items of support to you, and the men and women serving in the military at your location in Lithuania. You have friends and supporters back home that care about you, and your efforts to make the world a safer place. Please let us know of any special needs, including phone cards.

Lloyd







600 Mule Rd Unit 2 Toms River NJ, 08757 P: (732) 831-4094

Cure Rx Pharmacy is proud to team up with



Silver Ridge Park Westerly to provide a Senior Flu Shot Clinic (age 65+) for our residents at the Community Clubhouse

Friday, October 18th, 2024 from 10:00 am-2:00 pm.



Please cut out and fill the section below and drop off to the Community Clubhouse to reserve your Senior (65+) flu vaccine and protect yourself this upcoming flu season.

For any questions, please feel free to contact Karen Heck at (732) 551-1891 or Joanne Haberlin at (973)-997-0817

> Registration Deadline October 11th Drop this off in the FLU SHOT BOX the Clubhouse

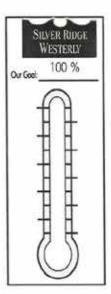
Cure Rx Pharmacy Flu Shot Clinic Reservation

Name:	DOB:
Address:	_Phone #

Preferred Time: _____

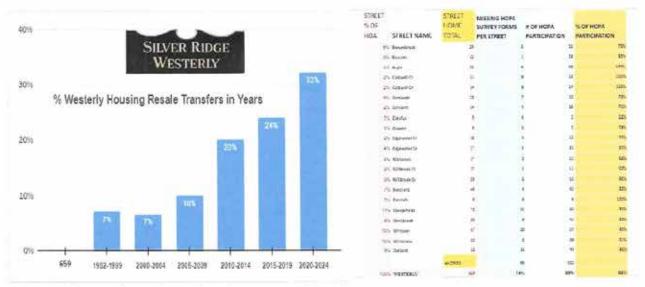
Please bring your Medicare Card with you on the day of the clinic, Sorry, we cannot accept anything other than Medicare Insurance

OCTOBER HOPA UPDATE



574 HOPA submissions = 87%

Your HOPA submission is mandatory. Failing to submit the HOPA survey could jeopardize our status as an agerestricted 55+ community and beneficial tax advantages. If lost, this status and its benefits cannot be restored. Senior Housing is a desirable housing market year over year.Let's meet our compliance obligations and objectives.



If not done already submit your HOPA form now.

FOR ONLINE HOPA SUBMISSION PLEASE GO TO OUR LINK

https://srpwesterlyhoa.org/forms/frm HOPAFormOnline.html





SILVER RIDGE PARK WESTERLY

HOPA SURVEY 2024

39 MILLBROOK DRIVE BERKELEY TOWNSHIP NJ 08757 732.341.6153 SRPWESTERLYHOA.ORG

HUD Title 24, Subtitle B; The Housing for Older Persons Act (HOPA) was signed into Federal law on December 28, 1995. This law is to ensure resident occupancy in planned residential retirement communities remain in the 55+ community age status. The HOPA survey's intent is to identify housing occupancy levels of at least one person 55 years of age or older per unit. Under NJ Law, HOA's are required to perform a biennial collection and verification of occupancy with age identities of all residences.

COMPLETE, SIGN AND RETURN THIS FORM TO THE CLUBHOUSE

NOTE: Homeowners must provide a HOPA form to the Silver Ridge Park Westerly Homeowners Association upon authenticity of Berkeley Township Certification of Occupancy, update change of residential occupancy and/or emergency contact information and biennial HOPA census survey.

HOPA QUESTIONNAIRE (Check One – Please Print)
Homeowner Renter
Resident Names or Renter Name (s)
Street Address Primary Contact Phone #
Emergency Contact Name and Emergency Contact Phone # (Should not be the same as the primary contact #)
OCCUPANCY EMAIL CONTACT: (E-MAIL INFORMATION TO BE USED SOLELY AT THE DISCRETION OF SRP WESTERLY HOA COMMUNICATION PURPOSES ONLY)
*MANDATORY INFORMATION MUST BE PROVIDED TO COMPLETE HOPA REQUIREMENTS: *Total number of people living in your home (Include yourself) Include live in assistants, housekeepers, aides, etc. Please list below name (s); age and birthdate of all individual occupants (including yourself) NAME BIRTHDATE AGE Person#1
Person#2
Person#3
Person#4
I/We certify this form to be an accurate statement of the number of occupants living in my home with their accurate birthdates. Under penalty of perjury, I/We declare that the above information is true, correct, and complete.
Homeowner/Renter Signature Homeowner/Renter Signature Date
THIS PORTION IS AN OPTIONAL SURVEY - COMMUNITY ASSESSMENT INFORMATION YES NO YES NO
DO YOU HAVE PETS IN HOME VES NO YOU HAVE OWN TRANSPORTATION VES NO
DO YOU HAVE ACCESS TO WI-FI OO DO YOU LIVE IN YOUR HOME FULL TIME

A Message from the Westerly Board of Trustees WESTERLY 2024 HOPA PROJECT IS UNDERWAY

In 2022 SRP Westerly's HOPA survey yielded only 89% participation.

The Westerly HOPA 2024 project goal is 100% participation.

One submission per household for census year 2024 and our community's obligation and a New Jersey Law mandate.

What can You do to help?

- Let your voice be heard
- Your participation is essential to ensure our community maintains its HOPA age restriction ratio status 20/80% over age 55+ occupancy.
- Complete and return to clubhouse a 2024 HOPA census form ASAP or use the website https://srpwesterlyhoa. org/forms/frm_HOPAFormOnline.html
- Keep your HOA records with communication/contact information up to date
 - Emergency contacts
 - Phone numbers
 - E-mails
 - Special needs
 - Pets +

Please continue to stay connected to our Westerly community events.

Volunteer and support our Westerly clubs, committees and organizations.

Attend our monthly HOA meetings.

What is HOPA?

The Housing for Older Persons Act (HOPA) was signed into a Federal law on December 28, 1995. The law's intent is to validate occupancy that at least one person, age 55+ years of age or older lives in a residential retirement unit in a common interest community serving seniors. HOPA surveys are a NJ Law MANDATE and instruct all senior community HOA's to periodically collect and verify through census, the names, number of occupants, ages and birthdates of all occupants residing in a residential senior community unit. An age certification document from the HOA is required for Certificate of Occupancy in the municipality of Berkeley Township, New Jersey.

A HOPA submission form is Conveniently located on our website to assist you.

https://srpwesterlyhoa.org/forms/frm_HOPAFormOnline.html

HALLOWEEN FACTS

Halloween is a popular time of year. The fall leaves, spooky decorations, pumpkin carving, and of course, CANDY! Check out our fun Halloween facts. How many did you guess correctly?

PUMPKINS SOLD!

123,456

TONS



CANDY!

123,456 TONS

PUMPKINS PIES!

I can almost smell it baking in Grandma's kitchen. It's making me look forward to Thanksgiving, as well!

R.I.P.

GRAVES!

Don't get caught here alone on Halloween night or it might turn into a Halloween FRIGHT!



2000 Zombies!



Annual & Semi-Annual Dues Coupon

The SRP Westerly Community 2024/2025 annual dues are \$462.

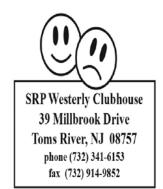
- Entire dues payment amount can be made in full prior to January 1, 2025, or as (2) semi-annual payments of \$231. One each for Jul 2024 and Jan 2025
- This reflects Dues Increase of \$90. annually or \$45. semi-annually effective July 1, 2024
- \$15. monthly late fees remain applicable.
- Checks should be payable to SRP Westerly H/O Association.
- Be sure to cut along the dotted line & attach these forms with payments either by mail OR dropped off at the clubhouse payment box.

N 2025	SRP Westerly HOA 2024/2025 Semi-Annual Dues	\$231 <u>Due July 1, 2024</u> \$231 Due Jan 1, 2025
/ JAN	Owner Name(s):	\$462 Full Year
2024	Property Address:	Check #
LY	Telephone Number:	Date:
Dĺ	I am enclosing Dues Payment for July 2024 Jan 2025 Both July 2024/Jan2025 (please check only one)	Amount Paid:

SRP Westerly HO 2024 Set	a ni-Annual Dues	\$45 Semi-Annual Dues Increase
Owner Name(s):		Due for July 1. <u>2024 to</u>
Property Address:		<u>Jan 2025</u> Check #
Telephone Number:()	
I am enclosing	Balance of Dues Increased Payment for July 2024 Only	Date: Amount Paid:

Compliment/Complaint

We'd like to hear about it!



• All compliments and complaints must be signed. • All information will be kept confidential.

• Please note the Covenant & Restrictions so your complaint can be addressed properly.

	Submitted by:	written description of complaint here. use another sheet of paper if needed.
in	Property Address:	
(r	Telephone Number:()	
dwo	Signature:	
0 23	Article of Complaint:	
	Section of Complaint:	
-		
ment	Someone do something nice in our community? Please include the name of the person, club, activity or committee.	written description of compliment here. use another sheet of paper if needed.
0	Submitted by:	
lqmo	Property Address:	
	Telephone Number:()	
Ü	Signature:	



In keeping with Berkeley Township shed ordinance, homeowners are permitted, effective immediately, to install one (1) shed on their property, up to and including 64 square feet. (8' x 8' x 8')

Modification of existing shed policy 11h in the architectural Rules and Regulations was voted for, approved and has changed to:

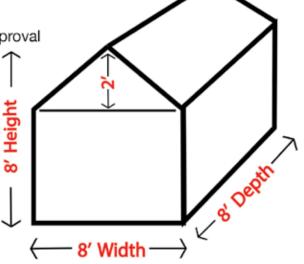
- 1. Sheds may not be placed anywhere other than the rear of the home.
- 2. All sheds must remain within the sidelines of the home.
- 3. Sheds may NOT be installed on common ground property.
- 4. Said shed shall be of any structure material the homeowner desires.
- 5. Sheds that are required to be fastened must be on a firm ground structure. DO NOT place any shed on a cement slab. Cement slabs add square feet to your taxable living space and will be taxed by Berkeley Township.

6. In accordance with Berkeley Township ordinance, sheds must be placed at least three feet from the back of the property line.

- 7. Although Berkeley Township requires only a 3 foot side setback, SRP Westerly requires all shed placement to remain within the sidelines of the home.
- 8. In accordance with Berkeley Township ordinance, electrical wiring of sheds is not permitted.

 If a homeowner chooses to install a shed against their home, it may not block any windows or doors.

- 10. Homeowners MUST submit an architectural approval request form along with a drawing showing the location of the proposed shed to the SR Westerly Architectural Committee. (Architectural forms are available in your monthly copy of the Sign Post).
- 11. The homeowner must submit a zoning permit application, required fees and forms to the Berkeley Township Town Hall /Zoning Office. (Zoning Permit Application forms can be obtained from the Berkeley Township website or the Zoning Office.)





Architectural Form

When planning changes or work to the outside of your home/property, please complete this form PRIOR to commencing. Such work must be approved by the SRPWesterly Architectural Committee. Please submit completed form to the Trustee mailbox in the lobby of the clubhouse. You will be notified when their review of your plans is complete.

(Please note: This includes shed installation as well)

Name		Phone	
Property Address		Lot#	Block #
Description of work to be done (include a drawing if applicable):			
	Intended s	tart date:	

- Submissions to the SRPWesterly Architectural Committee must be received by the second Tuesday of each month for review.
- · Please allow sufficient time for committee review. DO NOT start your work until you have received approval.
- The Berkeley Township Building Department will not issue a building permit without approval from the SRPWesterly Architectural Committee.
- · All permits are the responsibility of the contractor and/or the homeowner.
- · Any changes to the footprint needs to be accompanied by a drawing.
- All work must be done Monday-Saturday, 8am-6pm. No work can be done on Sundays or Holidays.

For office use only.	Date request received:	Approval on:	
Comments:			

SILVER RIDGE PARK WESTERLY HOA 39 MILLBROOK DRIVE TOMS RIVER, NJ 08757 PHONE: 732.341.6153 FAX: 732.941.9852 E-MAIL: <u>SRPWESTERLYHOA@GMAIL.COM</u> INFO@SRPWESTERLYHOA.ORG



OCCUPANT EMERGENCY CONTACT INFORMATION

OCCUPANT NAME(<u>\$):</u>		
SILVER RIDGE PARK ADDRESS:		
PRIMARY CONTACT #		
ACCEPTABLE COMMUNICATION METHODS TEXT MESSAGE EMERGENCY CONTACT INFORMATIC	E-MAILS ROBO CALLS	
NAME (RELATIONSHIP)	NAME (RELATIONSHIP)	
ADDRESS	ADDRESS	
CONTACT PHONE	CONTACT PHONE	
*PROPERTY OWNERS NAME:		
*ADDRESS OFF PREMISE:		
*CONTACT INFORMATION:		
Homeowner/Renter Signature	Homeowner/Renter Signature	Date

CERTIFIED BY: SILVER RIDGE PARK WESTERLY HOMEOWNER ASSOCIATION INC

BE ALERT ... BE INFORMED... BE NOTIFIED

Sign up for the Ocean County Clerk's Office PROPERTY ALERT SERVICE and Obtain FREE Notification when Documents are filed related to your name

The Ocean County Clerk's Office Property Alert Service is the first step in protecting your property. Unfortunately, property and mortgage fraud is a fast growing crime in the United States. Scammers record fraudulent documents - like fake deeds - or record fake liens - against property owners.

To address these concerns and protect one of your most important assests our office offers this FREE service to notify you whenever a property document with your name is recorded in the County Clerk's Office.

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John McCrone

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October 2024

Oct. 1/31st	October is Sock collection see flyer in S/P	
Oct. 1st	Wanderlust Registration	6-7pm
Oct. 2nd	Rosh Hashanah	
Oct. 2nd	Book Club	2pm
Oct. 7th	Entertainment Mtg.	10am
Oct. 8th	Trustee Mtg	7pm
Oct. 9th	Men's Club	12:30pm
Oct. 10th	Guys & Dolls Mtg.	7pm
Oct. 11/25	Computer Club	9:30am
Oct. 12th	Men's Club Italian Nite	6pm
Oct 14/16th	Trip to Boston/Salem	Leaves 9am
Oct. 14th	Wanderlust Registration	10-11am
Oct. 14th	Columbus Day	
Oct. 15th	Instructional Crafters	7pm
Oct. 16th	Women's Club	12:30pm
Oct. 16th	Social Night	6pm
Oct. 17th	HOA Mtg.	7pm
Oct. 18th	Flu Shot (Clubhouse)	10am-2pm
Oct. 19th	Trivia Night	6:30pm
Oct. 24th	Deborah mtg.	1pm
Oct. 25th	Let's Dance (Halloween Dance)	7pm
Oct. 30th	Women's Club Ex Mtg.	10am
Oct. 30th	Garden Committee Mtg.	7pm
November 2024		·
Nov. 1st	Collection for Hats, Gloves. Scarfs Begins	
Nov 3rd	Daylight Savings ends	
Nov. 5th	Election Day	
Nov. 6th	Book Club	2pm
Nov 8th	Computer Club	9:30am
Nov. 10th	3 B's	12pm
Nov. 11th	Veteran's Day	P.
Nov. 12th	Trustee Mtg.	7pm
Nov 13th	Men's Club	12:30pm
Nov 14th	Guys & Dolls Mtg.	7pm
Nov. 15th	Let's Dance (Red White Blue)	7pm
Nov. 16th	G&D Friendsgiving Dinner	6pm
Nov. 18th	Trip to A/C (Wanderlust)	- -
Nov. 19th	Instructional Crafters	7pm
Nov 20th	Women's Club (Luncheon)	12:30pm
Nov. 20th	Social Nite	6pm
Nov 21st	HOA Mtg.	7Pm
Nov 21st	Toy Drive begins	
Nov. 22nd	Collection of Hat, Gloves and Scarfs ends	
Nov. 22nd	Outdoor Holiday Decorating	9am
Nov. 27th	Women's Club Ex Mtg	10am
Nov. 28th	Thanksgiving Day	

56 Sign Post October 2024