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From The Publisher ...

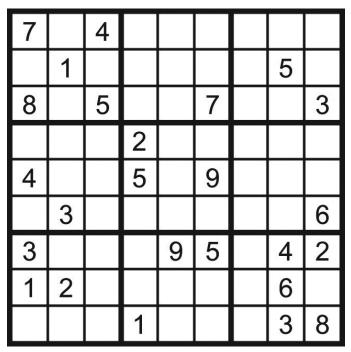
If you'd like to be our featured photographer in an upcoming issue, simply email 12 to 15 images along with a brief bio to cornercafe@seniorpub.com.. The images should be approximately 3000 pixels on the long side. Send an email if you have any questions about being our photographer of the month.

Advertising Deadline For the August 2025 Issue Is July 7th.

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Complete the grid so that every row, column, and 3x3 box contains every digit from 1 to 9.



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We Want To Hear From You!

you have an interesting story? Perhaps a trip you took with photos you'd like to share? How about a special event or award you received that you'd like your friends and neighbors to learn about? If you've seen a good movie recently, why not contribute a review?

Please, don't be shy! We'd love to hear from you. Submit your articles and photos via email to santiagocc@seniorpub.com.

Here is a list of some articles we are looking for:

- Vacation Spots
- Movie Reviews
- Recipes
- Club Events
- •Restaurant Reviews
- Original Artwork
- Sports Recaps
- And more!

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V.F.W. POST 10185 NEWS

By Past Post Commander James Egan 732-644-2119

The next meeting of Silver/Holiday V.F.W. Post 10185 will be held on Thursday, July 3rd at 1:00 PM at the Silver Ridge Park West Clubhouse, 145 Westbrook Drive. We hold our meetings on the first Thursday of every month. 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 (DD-214) to our meeting and you'll receive a hardy welcome and refreshments before the meeting. If you need a ride to the meeting or want more information without any obligation call Post Commander James Egan at 732-644-2119.

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

Friday, July 4th, is Independence Day, remember to fly your flag and watch the Fireworks in the evening.

Saturday, July 26th, marks the 71st Anniversary of the ending of the Korean War. The monument to the Korean War is located at the Boardwalk and Park Place in Atlantic City, NJ. There is usually a ceremony held there every year by the local Veteran organizations, so that the Korean War will never be known as the "Forgotten War."

For the Veterans Fighting the Global War on the Terrorism against ISIS, you are eligible to join the Veterans of Foreign Wars. The Eligibility dates are June 15, 2014 – TBD. For more information go to WWW.VFW.org/Join/ Eligibility.

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, Holiday Heights, and Holiday City Berkeley Clubhouses.

FLY THE FLAG EVERY DAY, WEATHER PERMITTING GOD BLESS AMERICA AND GOD BLESS OUR TROOPS



Medicare – PACE Program Program of All-inclusive Care for the Elderly (PACE)

PACE stands for Program of All-inclusive Care for the Elderly. It is an innovative Medicare program that provides individuals aged 55 and older comprehensive medical and social services coordinated and provided by an interdisciplinary team of professionals in a community-based center and in their homes, helping program participants delay or avoid long-term nursing home care. Each PACE participant receives customized care that is planned and delivered by a coordinated, interdisciplinary team of professionals working at the center. The team meets regularly with each participant and his or her representative to assess the participant's needs. A participant's care plan usually integrates some home care services from the team with several visits each week to the PACE center, which serves as the hub for medical care, rehabilitation, social activities and dining.

To participate in PACE, an individual must be 55 years of age or older, require nursing home level of care but be able to live safely in the community at time of enrollment with the services of PACE, and reside in the service area of a PACE organization. PACE participants may disenroll from the program at any time and for any reason and those with Medicare or Medicaid who disenroll will be assisted in returning to their former health care coverage.

PACE provides its participants with all services covered by Medicare and Medicaid, without the limitations normally imposed by these programs. It also provides any other services deemed necessary by the interdisciplinary team that would allow program participants to remain in the community. Services provided by PACE include, but are not limited to, primary care (including doctor, dental and nursing services), prescription drugs, adult day health care, home and personal care services, nutrition services, and hospital and nursing home care when needed. Transportation to and from the center and all off-site medical appointments is also provided.

PACE agencies receive a set amount of Medicare and Medicaid funds each month to ensure participant care, whether services are provided in the home, community or in a nursing home setting. This capitated funding arrangement rewards providers who are flexible and creative in providing high quality care and gives them the ability to coordinate care across settings and medical disciplines. The program also accepts participants who pay privately.

Two PACE agencies are currently operating in Ocean and Monmouth Counties, New Jersey, and you must live in their coverage area to participate. Those centers are:

- Beacon of LIFE, located in Lakehurst. It serves all zip codes in Ocean County.
- Beacon of LIFE, located in Oceanport. It serves all zip codes in Monmouth County.

For more information, please contact: New Jersey Division of Aging Services toll-free at 1-800-792-8820 or contact the PACE agencies currently in operation.

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Special Stuffed Strawberries



Prep/Total Time: 20 min. Makes 2 dozen

Ingredients

24 large fresh strawberries1/2 cup spreadable strawberry cream cheese3 tablespoons sour creamGraham cracker crumbs

Directions

Place strawberries on a cutting board and cut off tops; remove bottom tips so they sit flat. Using a small paring knife, hull out the center of each berry.

In a small bowl, beat cream cheese and sour cream until smooth. Pipe or spoon filling into each berry. Top with crushed graham crackers. Refrigerate until serving.

Nutrition Facts

1 strawberry: 18 calories, 1g fat (1g saturated fat), 4mg cholesterol, 22mg sodium, 1g carbohydrate (1g sugars, 0 fiber), 1g protein.

Source: tasteofhome.com



If you have a recipe that you would like to share in our newsletters, please send them to <u>reporter@seniorpub.com</u>

Grilled Pita Pizzas



Total: 30 min Prep: 10 min Cook: 20 min Yield: 4 servings

Ingredients

3 medium tomatoes

1 tablespoon extra-virgin olive oil, plus more for brushing and drizzling

Kosher salt and freshly ground pepper

3 cups baby arugula

1/2 cup pitted kalamata olives, roughly chopped

1 tablespoon fresh rosemary, roughly chopped

1 large red onion, cut into 1-inch-thick rounds

4 6- to 8-inch pocketless pitas

1/2 cup ricotta cheese

1/4 pound part-skim mozzarella cheese, diced

Pinch of red pepper flakes

Directions

Core the tomatoes and halve them crosswise, then squeeze the juices and seeds into a large bowl. Whisk in 1 tablespoon olive oil and season with salt and pepper. Add the arugula but don't toss; set aside. Dice the tomatoes and toss in a separate bowl with the olives and rosemary. Preheat a grill to medium high. Brush the onion rounds with olive oil and season with salt. Grill until soft, 3 to 4 minutes per side. Transfer to a plate and separate the rings. Reduce the grill heat to medium.

Brush both sides of the pitas with olive oil and grill until marked, 2 to 3 minutes per side. Top with some of the tomato-olive mixture, ricotta, mozzarella and onion. Cover and grill until the cheese melts, 2 to 3 minutes.

Toss the arugula with the dressing and pile on top of the pitas. Season with salt and the red pepper flakes and drizzle with olive oil.

Per serving: Calories 564; Fat 35 g (Saturated 9 g); Cholesterol 31 mg; Sodium 798 mg; Carbohydrate 46 g; Fiber 3 g; Protein 18 g

Cook's Note

You can make the pizzas on a cast-iron grill pan, too. Transfer to a 400 degree F oven to melt the cheese.

Source: Recipe courtesy of Food Network Kitchen





pd Bipds















10 AMAZING Facts for the



Benjamin Franklin wanted the turkey to be the national animal but was out-voted when John Adams and Thomas Jefferson chose the bald eagle.

The stars on the original American flag were arranged in a circle to ensure that all colonies were represented equally.





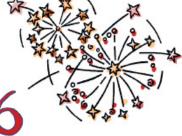
John Hancock was the only person to actually sign the Declaration of Independence on July 4, 1776. The other 55 signers did not sign it until later.



Thomas Jefferson and John Adams died on the same day: July 4, 1826, the fiftieth anniversary of the signing of the Declaration of Independence.

History's first submarine attack took place in New York Harbor in 1776.





There were no fireworks on July 4, 1776, but there were fireworks 1 year later, on July 4, 1777. This was still 6 years before Americans knew whether the new nation would survive the war.

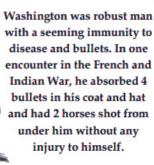


George Washington was the best spymaster in American History! He ran espionage rings in British-held areas and he was a genius at misinformation. He constantly befuddled the British by leaking, through double agents, inflated reports of the strength of his army.

The song "Yankee Doodle" was sung originally by British officers making fun of backwoods Americans.



The United States of America won it's independence despite the fact that the British Army was established, experienced, disciplined, and trained and the American army was not. In addition to this, the British Army had ample quantities of powder, guns, and clothing and the American Army was not well supplied.





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Its summer time and a great time to get some shots at the beach and pool. On crowded beaches you can shoot the people, activities, and colorful umbrellas. On remote beaches you can look for wildlife, patterns in the sand, or great cloud formations against the water, There's always sunrise images early in the morning. Don't forget sunscreen and a hat!

The challenge with beach shots is getting the proper exposure. Your camera is designed to give you an average exposure of the entire scene. This is why most of your images are properly exposed. A very bright scene tricks you camera into thinking there is too much light, so the camera will cut back on exposure. To compensate you should increase the exposure slightly. If your camera has "scene" modes, use the one for snow or beach.

A great way to enhance your images is using a polarizing filter, which cuts glare the same as polarizing sunglasses. Many photographers use this filter to make the sky in their images darker (and the clouds brighter) but this filter works wonderfully to show the detail in the sand and to remove the

Beach & Pool Scenes



reflections in the water. This also works well for images around the pool.

That's it for this month. Send me an email at **bill@kirmsphotography.com** if you have any photographic questions. You can visit my web site, **www.kirmsphotography.com**, if you'd like to see more of my images. Keep shooting and trying to improve your images, but most importantly, have fun with your camera.

