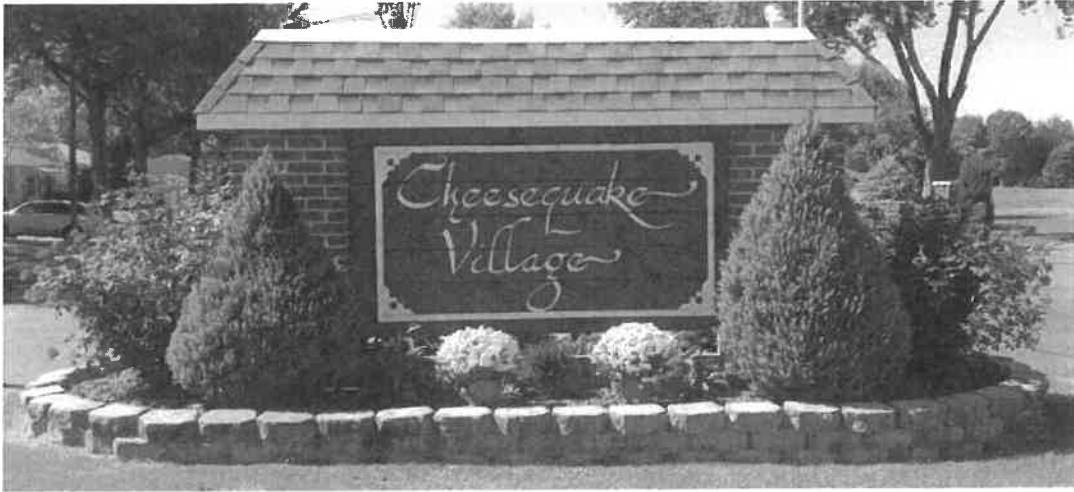


Cheesequake Bulletin

NOVEMBER 2025



Dear Fellow Villagers:

Here we are in November already.

To start things off right, the Halloween Party will be held on Saturday, November 1. There will be a DJ and light refreshments. The cost is \$10 per person. So, get your costume and dance the night away. If you don't have a costume, you can still dance the night away.

Election Day is November 4. The Clubhouse is a Polling Place. Please make sure you come and vote. It is so very, very important. I can assure you that every vote counts.

Please be advised that according to the rules, air conditioners are allowed from May 1 through October 1. Please remove any air conditioners from your windows.

On November 16 Activities will host 'Jewelry Art'. The premise is to bring your old costume jewelry and it will be turned into a 'Mosaic Piece of Art'. The cost will be \$20. per person. Bring your own costume jewelry, a glue gun, and small pliers or tweezers.

There have been sewer back-ups and confusion as to who is responsible to pay for the service to clear the blockage. The procedure is if your toilet backs up, call the office. If the problem is after hours, call the emergency number (732-425-2011). If Maintenance cannot clear the blockage, a service such as Roto Rooter will be called and the Association will pay for the repair. If you do not follow the procedure and call a plumber without contacting Maintenance, the Association will not be responsible for the cost.

Again, we are requesting that you leave a key to your home in the office. In an emergency, it is necessary to be able to enter your home. The keys are safeguarded. If you change your lock, please update the key in the office.

If you can, please subscribe to our Facebook Page, Cheesequake Village Residents.

The Board would like to wish everyone a Happy and Festive Thanksgiving!!

Maureen Doloughy, President

CHEESEQUAKE VILLAGE **2025 BOARD OF TRUSTEES**

President..... Maureen Doloughy
maureen13hawaii@yahoo.com
Vice President..... Ken Rigatti
kenrigatti@yahoo.com
Treasurer..... Patricia Smith
Trustee..... James Nolan
merlin777.jn@gmail.com
Trustee..... Jeff Pantelas
Trustee..... Rich Kubian
Trustee..... Kevin Garcia

CONTACT INFORMATION

Main Number: 732-566-6323

Email: Cheesequake@verizon.net

**After Hours Emergency Number:
732-425-2011**

When calling the emergency number, if no answer, leave a detailed message on voicemail and someone will return your call as soon as possible. **DO NOT CALL** any Trustee at home in an emergency.

CHEESEQUAKE VILLAGE OFFICE

**Office Hours: 8:00AM – 3:00PM.
(732) 566-6323**

Copy machine: Available 9:00 AM - 2:00 PM.

Notary Public: Available 9:00 AM- 2:00 PM

with a fee of \$5.00 **by appointment only.**

Certain documents are excluded, so please be sure to check when you call to make an appointment.

**Fax machine is for office use only,
not for residents.**

If you see the CVA Office phone number on your answering machine, please listen to the message. Be sure you have a current phone number on file with the office.

In Memoriam

*Phyllis Gomulka - September 22, 2025 –
6 Michigan Dr.*

*If you are aware of someone who has passed away,
please let the Office know; we will include their name.*

TOWNSHIP INFORMATION

Township Main Number.....732-721-5600
Police.....732-721-4000
OBMUA..... 732-566-2534
Building Code Enforcement..... 732-721-5600
x 2420
Recycling..... 732-721-5600 x 6107
If recycling not picked up.....1-800-488-6242
Silver Linings.....732-721-5600 x 6600
Library732-721-5600 x 5010
Food Bank.....732-721-5600 x 2022
Mayor's Office.....732-721-5600 x 2200

UTILITIES

New Jersey Natural Gas: 1-800-221-0051
Gas Leak: 1-800-427-5325
JCP&L: 1-800-662-3115
Street Light Outage: 1-888-544-4877
Optimum: 1-732-583-0606
Fios: 1-800-837-4966
Suburban Disposal, Inc.:
If trash not picked up: 1-973-227-7020
or email: Notifysdimc@gmail.com

MEALS ON WHEELS: Will deliver hot meals
Mon-Fri for a minimal fee. (732) 607-1582.

STOP & SHOP PEAPOD: Home delivery
service is now available. To order, call:
1-800-5PEAPOD or go to the web at
www.PeaPod.com

OLD BRIDGE TOWNSHIP BUS:

Call (732) 721-5600 X 6600 for information and
bus service. Also, for disabled seniors 60 or
over, by appointment call 1-800-221-3520 Area
Wide Transportation. You need to call them;
they do not come in without calling.

SHOP RITE: Home shopping – register at
shoprite.com

MEMBER MEETING SCHEDULE:

Next CVA meeting is
Thursday, November 20.
Speaker: Jacklyn Berman -- IDShield

TO THE POINT



✓ **Garbage pickup – Tuesday and Friday**

✓ **\$215. maintenance fee as of July 1, 2025**

✓ **Be sure to adjust your payment for ZRent**

✓ Take a look at the new website –
Cheesequake Village Residents

✓ Put your unit # on recycle bins

✓ November 1 -- Halloween Party – \$10. PP 7-11 PM

✓ November 16 – Jewelry Art – 1-3 PM \$20. PP

✓ Office will be open until 6 PM on November 3

✓ Do you have a parking pass?

If you get a new car, do not use your old parking pass. Come into the Office for a new one.

✓ Do not walk in the middle of the street.
Stay close to the curb.

✓ Put the calendar and important phone numbers
on your refrigerator for reference.

✓ Do you need to have your dryer vent cleaned?

Must be done every 5 years. Call the office
to confirm the date of the last cleaning if you are unsure.

✓ Call the Police if you see any solicitors in the Village.

✓ Remember to inform your visitors including contractors
to use the "V" spots for parking

✓ Lost something outside? Call the Office.

✓ We are accepting cash only for any activities.

✓ Have a question on recycle dates?

Join the Old Bridge Recycling Facebook Group and download
the Recycle Coach app. Any changes are posted there.

UPCOMING EVENTS

Sunday, December 7 – Come for fun to the Holiday Luncheon
1 – 4 PM \$10. PP



WELCOME TO NEW RESIDENTS

Cheryl Warren & Mildred Vitaris – 15 Iowa Ct.
Patricia Davis – 4 Florida Ct.



Every car parked in the Village **MUST** have a parking sticker. Bring your car to the Office with your license and registration to update your file. If you get a new car, you are required to obtain a new sticker.



INTERESTED IN RENTING THE BALLROOM?

The CVA Ballroom is available for rental by residents only. Complete information and the registration form are available at the Office.



Please drive slowly through the complex. As it gets dark, pedestrians are not easily seen. We have received multiple complaints about vehicles speeding. Watch for deer crossing the roads as these accidents have been reported to the office lately.

GUESS THE CITY!

Once the final stop on the original Route 66, this city became a symbol of westward expansion and is home to the world's largest arch.

Answer on the "Reminders" page.

Footsteps in History By CVA Trustee James Nolan Episode 27 – November 2025 – Lincoln's Duel

In 1842, at age 33, Abraham Lincoln sent two letters to the local Springfield newspaper, criticizing a political opponent. Calling the man, among other things, a fool, and a liar, he signed the letters "Rebecca." Lincoln was courting Mary Todd at the time, and she was aware of Lincoln's letters. Thinking such a thing to be great fun, Mary began sending her own "Rebecca" letters to the paper, poking fun at the man mercilessly and ridiculing him for being unmarried. The man James Shields, a deadly shot with pistols, challenged Lincoln to a duel. This put Lincoln in a bind. He couldn't admit to writing the letters Mary Todd had sent, but to pass the blame to a young woman would make him appear to be a coward. So, he reluctantly accepted Shields's challenge, but as the challenged party, he got to choose the weapons and set the rules. Lincoln chose broadswords and set rules which he could not lose. He and Shields were to stand on opposite sides of a board, ten feet from each other, and if either man stepped closer than that, the penalty was death. Lincoln, seven inches taller than Shields, would be able to reach Shields first with his sword, but Shields would be unable to touch Lincoln.

This helped to resolve the matter. Lincoln's second intimated to Shields's man that Lincoln had been forced into the duel to protect the honor of a young lady, causing Shields to be satisfied with a toned-down apology. Lincoln agreed to admit writing the first letter, adding that he never intended to harm Shields's character, a sort-of apology that Shields accepted. The duel was called off before Lincoln's long arms had to go into action. Of note here, neighborly disputes can often be settled, if both sides are open to a resolution.

RECYCLABLES & TOWNSHIP INFO

RECYCLABLES PICK-UP DATES:

November 10 & November 24

If the recyclable date falls on a Monday holiday, the pickup will be on the following Saturday. Recyclables should be put out the night before, after 4:30 PM. In the Gettysburgs, please place them in the walkway between the cars near the street **and keep them outside, rain or shine**. If recyclables are not picked up, call (800) 488-6242.

Please follow these rules:

DO NOT PUT RECYCLABLES IN PLASTIC BAGS. USE YOUR RECYCLE BINS.

RECYCLE ONLY: Aluminum cans, clean glass bottles and jars, steel and tin cans, plastic bottles with a #1 or #2 on the bottom, newspapers, corrugated cardboard (boxes must be flattened and tied), and mixed paper (magazines, paper, and junk mail).

ITEMS NOT FOR RECYCLING: PIZZA BOXES, STYROFOAM, ELECTRONICS OR BATTERIES, SHREDDED PAPER, CERAMICS/DISHWARE, PAINT, POTS & PANS, OR PLASTIC BAGS.

Recyclable buckets can be purchased at the Old Bridge Town Center for \$10.00. New residents (within a year of occupancy) can get them free, if available.

Do not put recyclables in the garbage as there are strict rules about this from the State EPA. Garbage collectors are not allowed to pick up recyclables so please be aware of this.

White Appliances (microwaves, refrigerators, dishwashers, or stoves):
Schedule pick up for these items at Old Bridge Recycling (732) 721-5600 Ext. 6107 and they will advise of the pickup date, cost, and procedure.

IMPORTANT UPDATE

MAINTENANCE FEE: Effective July 1, 2025, the maintenance fee will be **\$215**. It is due the first of each month. No statement is sent unless it has not been paid by the 15th, at which time a \$25. late fee is charged. The check must be **received in the Office by the 15th of the month to avoid the late fee**. Do not post-date your check.

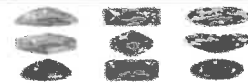
If you are still writing a check for the maintenance fee, please make sure your unit address is on the check and print the amount very carefully.

Call the office and leave a message if you are having difficulty in paying your monthly maintenance fee.

GARBAGE PICKUP INFORMATION

The garbage pickup days are **TUESDAYS** and **FRIDAYS**. If either day falls on a holiday, then garbage will be picked up on the following pickup day.

Garbage: Must be in the green receptacle. Overflow should be on top of receptacle. **Bulk pickup:** Call Suburban Disposal, Inc. (732) 659-9020 or email Notifysdimc@gmail.com for further information. Please note there is a charge for this service.



"JEWELRY ART"

Sunday, November 16

1 – 3 PM

Make your own costume jewelry into art (bring old jewelry, a glue gun, small pliers, or tweezers).

Limited to 12 People

\$20. Per Person

Sign up now!

Thank you

To all my friends and neighbors who attended my going-away party and those who were unable to make it. Thank you for your good wishes.

Cheesequake will always be in my heart.

NOT GOOD-BYE, BUT FAREWELL

Terri Baran

HIGHLIGHTS OF THE OCTOBER 2025 CVA MEETING

Trustee James Nolan, Regulatory & Compliance:

Jim welcomed all to the meeting and was the moderator. A salute to the flag was conducted including a moment of silence for the sick, suffering, essential workers, and those serving in the Military. The next open CVA meeting is Thursday, November 20. The minutes of the last meeting were read and accepted. There will be two question and answer sessions: one after the treasurer's report and one at the end of the meeting. The first round of nominations for the Board will be accepted at today's meeting. All officer seats and two trustees will be up for election. It is imperative that residents have a current key in the office. Two new computers were purchased for the office to conform with the Microsoft updating to Windows 11. Deadline for the ANCHOR/Senior Tax Freeze/StayNJ program is October 31. Be aware of phone scams. Do not give out any personal information by phone.

Pres. Maureen Doloughy: The Halloween Party is November 1 from 7-11 PM. Cost is \$10. per person. There will be a DJ. Elections will be held in the Clubhouse on Tuesday, November 4.

Someone, not a resident of the Village, has been posting incorrect information about the Village on social media. Siding will begin on Haven Drive and will be completed in sections. The Sunshine Committee has three baskets which will be raffled off at the November meeting. If you are interested in yoga, we have been contacted by two individuals in the Village who are willing to set up classes free of charge. Call the Office if you are interested. Be sure to clean up your front and back yard areas before the wintry weather.

VP Ken Rigatti: The pool is closed. We are waiting for installation of the new pool cover. The old cover lasted 25 years and we are hoping this new one will last as long. The Halloween Party will be held on Saturday, November 1. Cost is \$10. per person. There will be a DJ. BYOB. Maintenance has been putting the chairs and tables away for the winter. Please do not enter the pool area since the pool is still uncovered. The AC units should have been removed by October 1. Backyard weeds need to be cleaned up by residents. If owner cannot clean

them up, call the Office and Maintenance will clean up for a fee.

Treasurer Patricia Smith: Treasurer's report for September was presented and accepted as read. A copy of our "Your Maintenance Fee Pays for the Following" was given to all attendees. Explanation of several points was discussed.

Trustee Kevin Garcia: Absent

Trustee Rich Kubian: We are in the process of the fall cleanup. Gutters will be cleaned starting at the end of November. Concrete work has been done on Kansas including sidewalks in other areas. If you need something done by maintenance, you need to call the Office and place a work order. No work can be done without a record of the call. The bathrooms were down in the Clubhouse last week due to sump pump failure. They are being replaced, but the plumber is having difficulty locating a replacement for the larger one.

Trustee Jeff Pantalas: Residences with AC units in the windows have been identified. They must be removed by the end of October or the unit will receive a fine. The number on the fronts and backs of units will be replaced if necessary.

Dolores Storer-Flanagan: Nominations for the Board are as follows: Maureen Doloughy, President; Ken Rigatti, Vice President; Patricia Smith, Treasurer; James Nolan; Trustee, and Jeff Pantelas, Trustee. No further nominations.

A question-and-answer period followed the presentations including advising people in advance of gutter cleaning, adding additional parking spots on Nevada, new Cheesquake Village Facebook page, number of renters in the Village, keys in the Office, and what situation would warrant entering a unit.

Guest speaker: Linda Valazza, owner of "The Exercise Prescription," gave a presentation of exercises to prevent osteoporosis. A handout with information on her company was given to all attendees.

JOIN OUR FACEBOOK PAGE
"Cheesquake Village Residents"
For activities, notices, and more!

SENIOR SERVICES

OLD BRIDGE SILVER LININGS

PROGRAM: Now open to members from 8 AM – 3:30 PM. Membership is \$5. See oldbridge.com/silverlinings or call (732) 721-5600 Ext. 6600 for more info.

SEN. OWEN HENRY'S OFFICE IS NOW AT 2501 HIGHWAY 516, OLD BRIDGE :

Get help with your Gas and Electric bills this spring and next summer. Sign up now for **USF/LIHEAP/PAAD/SENIOR GOLD**. Also, get help with your PTR-2 Blue Book, which is the Senior Tax Freeze Reimbursement Program. **By appointment only.**

**Call Sen. Owen Henry's Office at
(732) 607-7580**

OLD BRIDGE TOWNSHIP -- HOME REPAIR PROGRAM

Did you know you can receive up to \$20K in repairs? No cost to apply, zero percent interest, no monthly payment, and no payment due until the sale of your home. For details, call (609) 664-2769 Ext. 9 or www.hip.cgph.net

COME JOIN US! **Senior "Club 60"**

We meet every Wednesday at 11AM
in the Clubhouse.

We play Trivia & Bingo

Refreshments served!

Call: President Lena Alaimo

718-909-0862

Men and women are always welcome!

FOOD BANK IN OLD BRIDGE

Broken Loaves Food Bank is available to residents of Old Bridge in need. The address is 139 White Oak Lane, Old Bridge, off of Route 516. Call for more info, directions, and to make an appointment (732) 679-4837.

SHARING IS CARING



WHY COMMUNITY IS IMPORTANT

Research shows that Americans prefer living in places with a strong sense of community, and that tight communities can actually boost one's mental health and improve resilience to difficult life events, such as illness or job loss. Especially in today's harried and digitalized world, having a place where personal interactions are built-in and easily accessible can be crucial.

Being a good neighbor can include many qualities, but essentially it is treating people the same way you'd like to be treated yourself – with respect, kindness and trust to name a few.

And while some neighbors may be very social, others may be more quiet and prefer to have time on their own. Respect people's boundaries, both time and space. As long as they know you are a trusted neighbor who has their best interest at heart, they can go a long way.

As Thanksgiving Day approaches, let us all be thankful for our good neighbors and especially for our family and friends.

BOCCE BALL TOURNAMENT



Thanks to all who participated in the 2025 Bocce Ball Tournament and for their generous gifts.

Congratulations to the Champions – Ed W. & Bobbie Jo and the runners-up – Eddie and Maryann.

FROM THE BOARD

SEWER BACKUP PROBLEMS

If there is a backup in the toilet in your unit, it is the policy of the Cheesequake Village Association that you **first call the office** – or the emergency number after hours ---

(732) 425-2011.

We have a full-time Maintenance Staff and someone is on call 24-7.

A member of the Maintenance Staff will try to clear the obstruction. If the obstruction is in the main sewer line, the staff member will call someone such as A-General to clear the obstruction and the Association will pay for the expense. **If you, as a homeowner, call a plumber without allowing the Association to try to resolve the problem, the Association will not pay for that cost.**

This applies only to toilet backups, not sink or washing machines. Nothing but toilet paper goes down the toilet, that is: NO GREASE, NO WIPES OF ANY KIND, NO RAGS, NO PAPER TOWELS OR KLEENEX AND NO DIAPERS. **If it is determined that any of these items come from your condo, you will be responsible for the repair costs.**

Do not use baking soda and vinegar in your drains. It has been proven to cake up similar to powdered detergents. ZEP and PEQUA, available at Home Depot, are the alternatives to use.

**NO WIPES
NO PLASTIC BAGS
NO ADULT DIAPERS
NO PAPER TOWELS
NO TISSUES
NO RAGS
NO DOG FECES**



KEYS IN THE OFFICE!

It is important to keep a set of your house keys or your security keypad code at the office in case of an emergency where entry into your unit is necessary. The keys are kept in a secure file cabinet in the office. If entry is needed, only a Board Member and a Maintenance member would enter.

WHAT YOUR BRAIN IS MISSING:

NUTRIENTS FOR MENTAL SHARPNESS

When it comes to protecting your memory, focus, and energy, what you feed your brain matters just as much as how often you move your body. While we can't turn back the clock, we can make meaningful choices each day that support our brain health – starting with what's on our plate.

The reality is, many of us watched the Standard American Diet take hold during our lifetime, shifting from home-cooked meals to processed convenience foods, and now we're seeing the health consequences play out. It's loaded with processed food but lacking in the key nutrients that our brains crave. That's why so many older adults are making the shift to more nutrient-dense foods and, in some cases, using smart supplementation to fill in the gaps.

One of the biggest gaps? Omega-3 fatty acids, which help reduce inflammation and support healthy brain cells. Most American are getting 10 to 25 times more omega-6s than omega 3s, causing an imbalance that can lead to more inflammation. If you're not eating seafood often, talk with your doctor about adding a quality supplement. Or try adding more fish to your plate, and use the SMASH acronym as a guide: sardines, mackerel, anchovies, salmon, and herring.

Also important? Choline (found in eggs and liver), B vitamins (especially B12, B6, and folate), and minerals like magnesium and zinc. These help with everything from memory to mood and energy metabolism. And don't forget your antioxidants – vitamins C and E, plus colorful compounds in foods like berries, leafy greens, and even dark chocolate. They protect your brain from oxidative stress as you age.

Remember, food is your brain's first line of defense. But with a little guidance, you can take real steps to protect your mental sharpness. ~Melanie Griffin – Cert Health Trainer ~

ACTIVITIES



BINGO: Come join us on Wednesday, Nov. 12 at 7 PM and Sunday, Nov. 23 at 1:30 PM. Volunteers are needed; call the Office if interested.

REPUBLICAN CLUB: No Republican meeting in November.

DEMOCRATIC CLUB: Next meeting is Tuesday, November 25 at 7 PM.

SUNSHINE CLUB: The Sunshine Club visits our homebound residents especially when they come home from the hospital. If you would like to volunteer, please call Barbara Karlik at (732) 242-9150.



ZUMBA CLASSES

Monday & Wednesday Nights
at 6:15 PM in the Clubhouse

Free to Attend

Karen Schwenk, Instructor



HALLOWEEN PARTY

Saturday, November 1 – 7-11 PM

\$10. Per person – Cash Only

Must be paid by October 29

DJ

Light refreshments



INTERESTED IN FORMING/JOINING A BOOK CLUB?

I'm hoping that I have some neighbors who are readers who would like to discuss what they are reading. At the initial meeting, there will be a discussion of what books would be of interest. Contact Peg at 732-673-0214 for more information.

ATLANTIC CITY BUS



ATTENTION: ATLANTIC CITY BUS UPDATE

The next AC bus leaves on Wednesday, November 5 at 10:30 AM. Due to the increase in the bus rates, the price is \$40. per person. You get \$20. back at the Casino.

Payments and sign-ups must be made at my home: 57D Galewood Drive. Check to be made out to "Cash" and please call me before you come.

347-988-2515 – Elsie

There will be no refunds for cancellations.

Please note: The December AC bus is scheduled for Wednesday, December 3.



Friday Night Get Togethers in the Clubhouse

Game Night

November 7 & November 21

7 – 10 PM



SCRABBLE ANYONE?

If anyone is interested in forming a SCRABBLE group, please call Peg at 732-673-0214. No experience necessary.



Anyone interested in playing Mahjong, please call Rose Lito at (732) 696-2926 for information.

REMINDERS

SELLING YOUR UNIT: If you are selling your unit, it is **mandatory** that you contact the office to inform us of the sale. There is paperwork that needs to be completed and the unit's files in the office need to be updated.

OVERGROWN BUSHES & PLANTS: Your gardens are in full bloom. Please trim the flowers and bushes below your front windows and along the walkways. The Fire Dept. requires it in case of an emergency where you have to vacate your unit.

Gas and electric meters must be free and clear from bushes growing around them.

Trimming around the outside air conditioning units is a must. The landscapers do not trim around these units to prevent any possible damage to them. So, please clean up these areas.

ALTERATION FORMS: It is imperative that Alteration forms be submitted to the Office for any renovations to the unit. We are required to keep updated records on all units in the Village. Alteration forms will NOT be accepted for electrical or plumbing projects without a copy of the electrician's or plumber's valid license and insurance attached

PARKING PERMIT STICKERS: Every car parked in the Village **MUST** have a parking sticker. Bring your car to the Office with your license and registration. This is mandatory. If you receive a letter about getting a permit, you must reply within 10 days, or you will be fined.

DOGS ON EXTENDED LEASHES: Please be mindful of other people when using extended leashes for your dogs or cats. Your neighbors can easily trip on them. Better yet, try not using them at all because Old Bridge rule allows for only 6 foot long leashes!!

DOG & CAT OWNERS: Dog droppings are still an issue. By law, you must pick up after your pet. If you are observed not picking up after your pet, you will be fined. Please do not walk your pet behind or on the side of other units since you are intruding on the privacy of

other residents. **PICK UP AFTER YOUR PET—IT'S THE LAW -- DON'T DISPOSE OF THE BAG IN THE SEWER OR SOMEONE'S TRASH BIN**



WORK ORDER REQUEST

Please be patient after making a work order request to the Office. Our Maintenance Staff takes care of emergencies first and all other work is done in a timely manner.

COMPLAINTS & GRIEVANCES: If you have a complaint or problem with your unit, you must call the Office. If you have a grievance, please submit it in writing to the Office, attention Grievance Committee. It must include your name and address, or it will not be considered for action. Or you can email Maureen Dolougherty at Maureen13Hawaii@yahoo.com

CHANGES IN UNITS: As equipment has been changed (Ex: Furnaces, air conditioners, windows), new situations have arisen. When contractors add or change equipment, be advised that these changes created by your contractor are your responsibility and must be maintained by you and be added to your insurance policy. You must apply for an alteration permit from the CVA and from Old Bridge Township before making changes to your unit. Failure to do so will generate a fine.

STREETLIGHT & POWER OUTAGES:

Call JCP&L at **1-888-544-4877** to report the outage with the street name and the cross street. **DO NOT CALL THE OFFICE FOR POWER OUTAGES.**

Answer to "Guess the City" – St. Louis, MO

JSHOME RENOVATIONS

Specializing in
Kitchens & Bathrooms

(917) 679-2414

JSHomeRenovationsllc@outlook.com

www.JSHomeRenovationsllc.com

LIC# NJ-13VH12236200 NY-2120940-DCWP



Sabrina Bangura
Co-Owner

sabrina.bangura@aplaceathome.com



**A Place
At Home™**

PASSIONATE PROFESSIONALS • COMPASSIONATE CARE

D 732.234.0253
TF 866.372.0932 x1003

12 Christopher Way
Suite 200
Eatontown, NJ 07724

APlaceAtHome.com/Eatontown

Advertisements placed in the CVA Bulletin are in no way intended as an endorsement of the advertised products or services. No endorsement of any advertisement is intended or implied by Cheesequake Village Association.

LINDA VALAZZA

RPh, NASM

Certified Personal Trainer

www.ExercisePrescriptionNY.com

732.241-2001

lueexerciseprescription@gmail.com

**The Exercise
PRESCRIPTION**



JORDAN PODOS

Loan Officer, NMLS# 2576601

Advisors Mortgage Group, LLC

Cell: 914.661.9327

Fax: 732.640.5649

JPodos@AdvisorsMortgage.com

JPodos.AdvisorsMortgage.com

5114 Route 33 • Wall, NJ 07727

Branch NMLS# 173453

See advisorsmortgage.com for licensing info



Kellie Larsen

Co-Owner
732-991-8299

Leslie LaCosta

Co-Owner
908-323-3335

KellieandLeslieSHS@gmail.com

*We give seniors the gift of independence through
heartfelt companionship and daily in-home help.*



LegalShield

IDShield

Jacklyn Berman
732 610 1567

LegalShield/IDShield

JacklynBerman.LegalShieldAssociate.com
HAVE YOU EVER?...

*Needed your will prepared? Received a moving traffic violation?
Worried about being the victim of identity theft? Owned a business
Driven for Uber or Lyft? Wanted to earn extra income?*

PROUD MEMBER OF THE MATAWAN-ABERDEEN CHAMBER OF COMMERCE



Advertisements placed in the CVA Bulletin are in no way intended as an endorsement of the advertised products or services. No endorsement of any advertisement is intended or implied by Cheesequake Village Association.

Caring for Angels Home Care

JOHANNA C. CHICAIZA, BSN, RN
DIRECTOR OF NURSING

20 Cambridge Dr, Suite I
Matawan, NJ 07747

Phone: (732) 696-2432

Fax: (732) 696-2433

Cell: (732) 915-7160

www.caringforangelsnj.com

Johanna@caringforangelsnj.com



Where Compassion
Meets Care

• RN DIRECTED CARE • MEDICATION MANAGEMENT
• WOUND CARE • POST HOSPITAL RECOVERY
• RESPIRE CARE • PERSONAL CARE • COMPANIONSHIP



CERTIFIED DEMENTIA PROVIDER



KW WEST MONMOUTH
KELLERWILLIAMS, REALTY

Tami Kelly
REALTOR® Associate

Cell: (347) 581-6936
Office: (732) 536-9010 Ext 185
tamikelly@kw.com

Advertisements placed in the CVA Bulletin are in no way intended as an endorsement of the advertised products or services. No endorsement of any advertisement is intended or implied by Cheesequake Village Association.