

Stonebridge Men's Club

Don Marino

The Men's Club ended the summer as members ventured out to Freehold Raceway for an entertaining afternoon of harness racing. Along with the day's racing, a buffet luncheon was held in the racetrack's Renaissance Room that overlooks the track. Members enjoyed roast beef, chicken parmigiana, eggplant rollatini, beverages and dessert. The racing had its winners and losers, but everyone had a good time watching the races and enjoying



the good company and food. Here's a photo of Freehold Raceway welcoming the Stonebridge Men's Club with all of those present standing around the sixth race winning horse. Another photo shows a group of current and past officers alongside the waitresses that served us. (Left to right, Marty McGowan, Rick Schlanger, Ruben Mendelson, Marty Leffler, Stan Fischer, Ira Cutler and Don Marino).

Our annual Oktoberfest meeting was back for the first time since 2019. The event, held on October 17, included a sumptuous Bavarian buffet and dessert which was greatly enjoyed by many of our members. They were also kept in stitches from the hilarious video clips of comedian George Carlin.

Upcoming events include our November 28 meeting featuring Ted Rall, a syndicated editorialist presenting the history of political cartooning. Our holiday party will be held on December 12 and will include another outstanding buffet. Guest speaker Jimmy Scalia will deliver a multimedia presentation on the life and music of Bobby Darin. Keep an eye out for emails with additional information on both of these events. We are also in the planning stages for 2023 events. Special thanks to Charlie Zeichner and his Activities Committee for putting together all of these great events.

As part of our ongoing charitable mission, at our August 16 Charity Golf Outing we were able to raise nearly \$5,000 through sponsorships as well as raffle sales at the event. These funds will be donated to several children's and other charities including Monroe Special Sports, Special Strides Riding Academy, Children's Voice Foundation, Ronald McDonald House and the Lyons and Menlo Park Veterans Homes. Donations are also being sent to the American Cancer Society designated specifically for prostate and breast cancer.

If you wish to enjoy memorable events and activities like these, please join or renew your membership. You can email us at membership@stonebridgemensclub.com or simply drop off a \$25 check in the Men's Club mailbox at the Clubhouse. Payment can also conveniently be made via Venmo at [@Stonebridge-MensClub](https://venmo.com/Stonebridge-MensClub). All new members will receive a Men's Club t-shirt. For more information about the Men's Club, please visit our website at www.stonebridgemensclub.com. We are still looking for members to volunteer on our board and committees. Anyone wishing to learn more can contact me at president@stonebridgemensclub.com.

On behalf of the Men's Club, I would like to wish everyone in the community a Happy Thanksgiving and a wonderful and festive holiday season. We look forward to seeing many of you at our future events.

Prostate Cancer Support Group

Larry Wolfert

In the last issue of the *Stonebridge Exchange*, we pointed out the need for men particularly in our age group, to be screened for Prostate Cancer. Being diagnosed with it as well as being treated to cure or contain it, is life changing – for the patient as well as for his family and friends.

According to IPSOS, a global market research firm, the #1 medical concern is no longer COVID-19 – it's mental health. Dealing with Prostate Cancer can cause havoc with one's temperament and objectivity. That is why the Men's Club of Stonebridge formed the Prostate Cancer Support Group.

Our objective is to provide you with information to supplement your doctor's advice. Such information will include:

- Qualified documents for you to review. Much has been written on treatments and will be made available to anyone who requests it. This includes:
 - An annually updated report by the Cleveland Clinic that takes one through diagnosis as well as medications, treatment options and reports on the latest innovations of which there are many
 - The Prostate Cancer Foundation (PCF) Patient Guide
- We will keep you abreast of relevant seminars you can attend – many of which will be remotely accessible
- Point you to other forums where you can expand your queries, e.g.:
 - AnCan Foundation which runs bi-weekly forums for various stages of your condition, i.e., Active Surveillance, Low and Favorable Intermediate and Advanced Treatment groups
 - Active Surveillance Patient International (ASPI) premiered a new video series named "Active Surveillance 101." Like 101-level courses in colleges, it's aimed at teaching the basics. In this case, active surveillance including close monitoring of low-to-favorable intermediate-risk prostate cancer. The program features conversations between actual patients and their partners/spouses and leading experts. The goal is to reach all AS candidates, including those who have not yet been diagnosed with prostate cancer but have rising PSAs (prostate-specific antigen) blood levels and help them formulate questions when they go to their family doctor.
 - INSPIRE (www.inspire.com), is a moderated,

permission-based environment. This gives visitors the freedom and comfort to share their stories and seek information alongside other patients and caregivers. It is disease specific and is NOT limited to Prostate Cancer. In each disease specific group, Inspire members:

- Engage in their health journey, from diagnosis through treatment
 - Get information about clinical trials and research efforts
 - Share their stories to help further disease-specific knowledge
- As valuable as these are, they are impersonal. I believe the best benefit derives from face-to-face gatherings and the sharing by residents of their actual experiences in addressing these challenges - local information and experiences where you are most likely to seek treatment.

As you can see, the key goal of the group is to share knowledge, information and experiences so that you can make the best informed decisions. After all, you need to be your best advocate.

Meetings will be announced via <https://stonebridge.nabrnetwork.com/> or feel free to contact me at: lwolfert@aol.com

