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February, 2018

♥ HAPPY VALENTINE'S DAY ♥

Aberdeen Country Club News

By: Harry Seaton (Hampton)

Happy and Healthy 2018 to all!

We no longer need to speculate as to when the new Aberdeen Fazio Championship Golf Course will be open! The opening day was Jan. 8th. Before then, the Club had arranged golf course tours for all members over a 3-day period. Golf Committee members, who had already toured the course, proclaimed with enormous enthusiasm that the golf course is absolutely magnificent and well worth the wait.

Practice facilities now include a front-driving range with a synthetic turf tee line and target greens, dedicated chipping, a pitching and bunker short-game area, putting green (available when the Clubhouse reopens) and a dedicated golf cart path to the rear practice areas.

The Club's bag room tipping policy has changed with the gratuity being charged to a member's account. In addition, and most important, is the new requirement that all golf members, in addition to tennis and social members who are planning to play, must attend a class within 45 days of the golf course opening. The class will include information on the golf program, care of the course, the new cart system and

(continued on page 2)

Bitcoin Part II

By: Dr. Pat Williams, author of profpat.com (Muirhead)

A *bit* of history: In the 1630s, the tulip was introduced into Holland (or the Dutch Republic, as it was then known). The flower quickly became a coveted luxury item for the Dutch. All sorts of variations were developed by tulip growers, with such exalted titles as "the Admiral of Admirals." As the flower developed in popularity, prices of tulip bulbs rose steadily. Soon a single bulb could fetch hundreds of guilders. The market for tulips rapidly expanded from growers to speculators seeking a quick profit.

In 1636, the Dutch created a futures market in tulip bulbs where contracts to buy bulbs at the end of the season were bought and sold. As in most futures markets, no tulip bulbs actually changed hands. Like wheat and corn, the bulbs traded as a commodity. Prices skyrocketed; many individuals suddenly grew rich. In Feb. 1637, at the peak of tulip mania, a single bulb sold for more than 10 times the annual salary of an average worker. Soon prices became so elevated that traders could no longer find buyers. To sell, contract holders were forced to reduce their asking price causing the market to collapse. By year end, speculators were left with worthless contracts

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TO CONTACT THE ABERDEEN TIMES**FOR BUSINESS MATTERS:**

JOHN PAGLIARINI

8230 Cassia Drive • Boynton Beach, FL 33472

561-596-1714

FOR EDITORIAL MATTERS:

RUTH KRAWITZ

7791 Bridlington Drive • Boynton Beach, FL 33472

561-734-5244

ABERDEEN COUNTRY CLUB NEWS ... *(continued from page 1)*

local rules.

When arriving for play, use the golf parking lot. Checkin at the Golf Cart Barn door first. Men's and Women's locker rooms and rest rooms are available on the second floor of the Clubhouse. To practice golf and/or play golf, checkin first.

Within the Tennis Complex are the new Pickleball courts which are free to all members. This net game blends tennis, badminton, table tennis and racquetball. Try it - you'll like it! Many of our members do! Improvement of one's tennis game can be achieved by going to the Sports Medicine instructor at the Fitness Center to focus on upper and lower body strength and power.

No date is readily available for the reopening of the clubhouse; we are all looking forward to the great event!

Color War 2018 at Aberdeen started on Jan. 28 and ends on Feb. 15, 2018, with activities for everyone. Watch or participate in the Apache Relay! Will you be blue or Red? Be in it to win it!

The Current Events Club will be having its first meeting of the year on Feb. 8th with the next meeting on Mar. 8th. each having a different moderator. The Photography Club is in its formative state - a good

time to join! The Club has initiated ballroom dancing classes on Monday evenings which, includes The Hustle and Tango, all at the Fitness Center, Cinema Connection, Water Color Lessons and Canasta and Mah Jongg Lessons are being offered. February features a poolside event, "Love is in the Air," with dinner and live music.

Should anyone be interested in an enjoyable lifestyle, come join us at the Club. Just call Rose Cizner, our Director of Membership, at 738-4903, ext. 325.

Bermuda Isle Buzz

By: Ketly Blaise Williams

"Tis better to have loved and lost than never to have loved at all." This very famous line is from an Alfred Lord Tennyson poem entitled "In Memoriam A.H.H." Though it is often associated with heartbreak after a break-up, it was actually written about the author's best friend who passed away while abroad. While this was about the love between best friends,

*(continued on page 7)***The Original 38 Club**

Calling all ladies born in 1938 to join us for a great celebration of our 80th birthday bash. We have celebrated our 70th and 75th together so let's continue the tradition. Phone Sheila Hyman 561-740-0476 or Maxine Bender 561-732-4564 to reserve your spot.

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BITCOIN ... (continued from page 1)

and large losses.

A *bit* of review: Bitcoin is a cryptocurrency that trades over a network of decentralized computers. It is supported by software known as blockchain that creates a public transaction ledger. Designed by a small group of coders, bitcoin is an unregulated, digital alternative to traditional money. The market for bitcoins is expanding rapidly from those looking for a new form of currency to speculators seeking a quick profit. One place to obtain bitcoin is at coinbase.com, where the cryptocurrency is held for buyers in a digital wallet. According to the WSJ, in early December, the Coinbase wallet became the most downloaded app in Apple Inc.'s store, "above YouTube, Gmail and Face book."

The price of bitcoin has skyrocketed; many early investors have become rich. In Jan. 2013, one bitcoin was worth \$13. At the time of this writing, the price for a single coin has risen to \$17,200. Rumor has it that individuals are refinancing their homes to buy bitcoin. You can even buy bitcoin for your IRA (see

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-Paul Williams, Grammy and Oscar-Winning Songwriter

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Ronnie and Mike Wiederlight

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BITCOIN ... (continued from page 4)
bitcoinira.com).

On Sun., Dec. 10, at 6PM EST, a bitcoin futures market opened on an exchange run by Cboe Global Markets Inc. Like gold and silver, Bitcoin now trades as a commodity. Less than 3 hours after the futures market opened, more than 980 futures contracts expiring in January had changed hands.

A *bit* of advice: "Caveat Emptor", "Let the buyer beware".

Sharing With Sheffield

By: Ruth Krawitz

What better way to celebrate February, the month of love, than love and laughter quips. He was one-of-a kind, a man who had the gift of saying so much with so few words.

Take this meaningful journey with me

I've learned.... That the best classroom in the world is at the feet of an elderly person.

I've learned.... That when you're in love, it shows.

I've learned.... That just one person saying to me, 'You've made my day!' makes my day.

I've learned.... That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned.... That being kind is more important than being right.

I've learned.... That I can always pray for someone when I don't have the strength to help him in

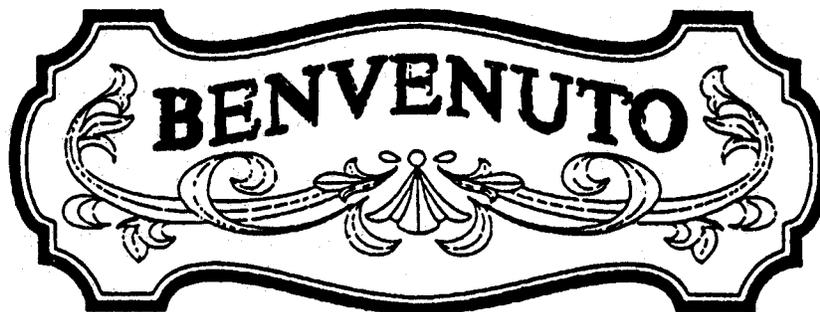
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BERMUDA ISLE BUZZ ... (continued from page 2)

love in any relationship, in any form ... is a treasure. The love we feel for another person fuels us, whether it's a significant other, sibling, parent, family member, friend, caregiver, co-worker or neighbor. Love gives us strength, love encourages, and love lends support. Love can cause tears ... or dry them. Love makes us laugh - it's an unseen melody. Love teaches us many lessons and if we pay close enough attention - love helps us love ourselves.

Love heals, loves tickles, and love can pick you up when you've fallen. Love is the clinking of glasses during a champagne toast and the sound of gift wrapping paper being torn apart by an excited child. Love is that first bite of your favorite food or the quench of a cold beverage on a hot summer day.

Since the month of February has been 'designated' as the month of love, cherish those moments of love that you have in your life. Each one and each person that you love - past or present, lost and found again, is reverent. Most importantly, take heart that just experiencing love, as Lord Tennyson wrote, is better - all around.

Around Bermuda Isle ... "(Affectionately known

as 'The Shoe')

Diane and Jake Kamps' home was filled with love when both her sons and their families visited during holiday week and enjoyed the carnival, tennis lessons and endless pool time. More recently, the Kamps' dear friends from Roslyn, NY left their frigid environs to spend quality time with them here in a much warmer clime!

Dorothy Polikoff's granddaughter, has most recently made Dorothy a great-grand mom, making this her second great-grandchild in 4 months! Congratulations to them all for extending their family legacy of love!

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SHARING WITH SHEFFIELD ... (continued from page 6)

some other way.

I've learned.... That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned.... That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned.... That when you harbor bitterness, happiness will dock elsewhere.

I've learned.... That one should keep his words both soft and tender, because tomorrow he may have to eat them.

I've learned.... That it's those small daily happenings that make life so spectacular.

I've learned... That under everyone's hard shell is someone who wants to be appreciated and loved.

I've learned.... That to ignore the facts does not change the facts.

I've learned.... That love, not time, heals all wounds.

I've learned.... That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

I've learned.... That everyone you meet deserves to be greeted with a smile.

I've learned.... That no one is perfect until you fall in love with them.

I've learned.... That a smile is an inexpensive way to improve your looks.

I've learned.... That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.

I've learned.... That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

I've learned... That the less time I have to work with, the more things I get done.

I heard someone on TV grieving a lost someone say, at the end of his talk, "Love is a memory that can never be erased." That, should stay in your mind and heart!

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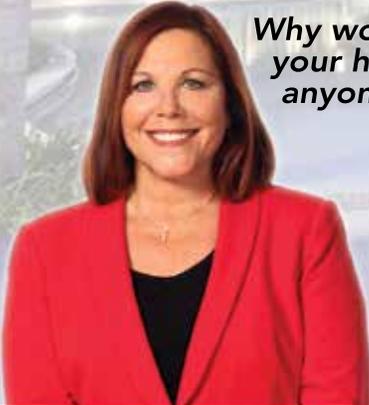
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Ashford Bytes

By: Dr. Marty Phillips

I write this after playing the last round of golf at The Fountains and cleaning out my locker. I must say that it was an enjoyable experience. The staff in the golf bag room, golf shop, dining room, and car valets were outstanding. We thank them all for their kind hospitality. By the time you read this we will have played many rounds of golf on our beautiful new course. We now look forward to soon enjoying the refurbished clubhouse - our "Bright Future."

At my visits to the Fitness Center, I often see Marty Chase, Jerry Karp, Don Metsky, Butch Melstein, Bo Weiner, Stan and Marilyn Gilman. Quite often, when on the bike and looking out the window, I see Bo Weiner swimming laps. I saw the Gilmans and the Greenbergs with their grandchildren over the holidays. That food truck in the parking lot was a cool idea. The food happened to be pretty good. Our HOA president, Neal Keitz and wife, Leah, spent late December and early January up north in the Philadelphia area. Jane Casden had step-daughter, Stacy, and grandson, Stephen visiting.

I know that in Ashford we have a number of residents who are involved with volunteer work in the Palm Beach County area. I plan to periodically feature these participants. This month I will tell you about Laurie Wohl and of her participation as a volunteer. Laurie moved to Ashford about 2 years ago. While living in NY she served as a volunteer in many important organizations such as Lions Club, ORT, Young Leadership Mission to Israel. She presently volunteers with PBSO VAST (Volunteers Against Scams Team), is a baby cuddler at NICU Bethesda East Hospital, a leader in the Delray Beach Lions club, and recently became an usher at the Kravis Center. Laurie is to be commended for her great volunteer services.

I would like to recommend a wonderful book to read; "**Beneath the Scarlet Sky**," by Mark Sullivan. It is based on a true story about a young man's incredible courage in German-occupied Italy during World War II. A particular quote by this little know hero made in his later years struck me as being so meaningful in today's chaotic world. "Life is change, constant change, and unless we are lucky enough to

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ASHFORD ... (continued from page 9)

find comedy in it, change is always a drama, if not a tragedy. But after everything, and even when the skies turn scarlet and threatening, I still believe that if we are lucky enough to be alive, we must give thanks for the miracle of every moment of every day, no matter however flawed." Think about that!

The Sunny Shores

By: Estelle Morganstein

The Shores is gearing up for our 2018!

The complimentary Community Party open to all Shores residents, is taking place Feb. 11th.

Everyone living in the Shores has received an invitation and the response has been great. It is featuring a great lunch, an informative program and most importantly, a chance to meet our new neighbors and reconnect with long-standing residents. This event promises to be the social event of the year!!

Other news - and in case you don't already know - our own Wendy Freed is once again the producer of Aberdeen East's Community Theatre. This year's "Reality Bytes" offers 2 evening shows - Sat., Mar. 10 and Sun., Mar. 12. With a ticket price of only \$10, it's the most affordable live entertainment you can get - a fun filled evening that promises to send you home laughing the way.

On a more serious note, your board would like to remind you to be sure to put any packages in your car out of sight and lock your auto up every time you exit it. Never leave your garage door open unless you are on the outside of your home. On your walks around the community make a note of any pole lights that are out and call in their number (on the pole itself) to FPL. Let's keep our community well-lit and safe for everyone.

Diane Greenberg, your board secretary and "go to" for almost anything, asked me to remind you that if you are going to be putting your house on the market, you need to advise your real estate agent that all purchasers must file completed paperwork with her prior to being approved for home ownership in The Shores. If you are uncertain give Diane a call in advance of putting your place up for sale.

NEIGHBOR NEWS

Congrats to Wendy and Peter Freed, who recently welcomed their new granddaughter, Samantha Zhu.

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SUNNY SHORES ... (continued from page 10)

Estelle Tomick recently welcomed her daughter, Susan and husband, down from NJ for a visit. As well, Jo Infantino's daughter came down from Rochester to spend some quality time with her. Norma and David Littman went up to Orlando to meet up with their son and granddaughter and in the Disney complex - boy, is it expensive! I remember when admission tickets were \$25.00 a day; and now more than 4 times that. And finally, a friend and I undertook a self-guided "Colonial" tour, visiting Savannah, GA, and Charleston, SC, which had special meaning for me seeing as I used to teach courses on American History (even though I am a Canadian!) and we had a ball.

Bearing in mind that our units are now more than 30 years old, many residents have been undertaking or are considering major updates, including yours truly. If you have recently made renovations to your home and are happy with the outcome, please let me know as I am on the lookout for reliable, reasonable service providers to update my bathrooms and would appreciate any help I can get!

Happy Valentine's Day to everyone!

Waterford

By: Cathy Goldenberg

Did you ever wonder why some holidays or national days don't get the attention they deserve-like National Peanut Butter Day on Wed., Jan. 24th or National Pizza Day on Feb. 9th.

Some holidays we plan for weeks and months in advance. We prepare a month or 2 before or maybe even 3 months preceding the big holidays. On Dec. 26, I found Valentine's Day cards available, heart candy stocked on the shelves and/of course, a myriad of heart decorations at some local stores. This month holds a special day and rightly so. Yes, the theme this month, the whole month, is love and hugs and kisses. Now don't get me wrong. I'm fond of love, hugs and kisses.

Christmas was delightful 2 months back. We spent time with the grandkids and they were full of hugs. So, when I gave my granddaughter a hug she turned to me and said, "why do you hug so hard?" First and foremost, no one ever said that to me before. Second, I never realized I gave hard hugs. Her question took me aback. I had to think for a minute. My response: "It's because I love you so much. I want to hold onto you," I blurted out. The 6-year-old stared at me stating, "Oh

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WATERFORD ... (continued from page 11)

okay,” and resumed playing with her new Christmas toys that Santa had placed under the Christmas tree. Forward 2 months later and she will get that big squeeze again from me. This time she will know why.

Some people don't like Valentine's Day. They don't like what it represents. Too commercial they say. You might be one of them. But I'm here to change your mind. It's a holiday enjoyed throughout the world. It dates back to the 4th century. It's L-O-V-E, plain and simple. Love of yourself, love of your family, love of your neighbor. Love of your community. Just plain love. It also represents kindness. To smile at a stranger. To be kind. To have a light heart. To support people. To be there-just to be there. I like to think of it as another day that I can sa)! “I Love You.” I really don't need Valentine's Day. I try every day to say “I love you” to my family, my friends and to those that surround my life. It's clear. I wouldn't mind eating chocolate and smelling roses also. That would be cool!

So, let's celebrate! Happy Valentine's Day my friend!

Here's what's happening in Waterford this “Sweet” month. Two open seats are available on the Waterford BOD. The annual meeting is scheduled for Feb. 21ST.

All Waterford Homeowners in good standing are urged to take part and join one of Waterford's nine committees this year. Volunteer and be part of Waterford!

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Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! Yes, it's February ... the name February derived from the Latin word "februa," which translates to purification and cleansing. Adapted from the ancient Roman Festival of Purification, a pre-spring ritual, "februo" literally means I purify by sacrifice. February is the shortest month of the year in the Gregorian calendar, with 28 days in common years. In leap years, however, when the year number is divisible by 4, February has 29 days. Symbols of the month include the amethyst as its birthstone; the primrose as its flower; and Aquarius and Pisces as its Zodiac signs. Interestingly, February is the only month that can pass without a single full moon. Using Coordinated Universal Time as the basis for determining the date and time of a full moon, this last occurred in 1999, and will next happen this month.

Holidays celebrated in February include Groundhog Day on the 2nd, Valentines Day on the 14th, and Presidents' Day on the 19th. Not to be forgotten are Super Bowl Sunday on the first Sunday of the month, and Mardi-Gras Day, also known as Fat Tuesday, on Feb. 13th. "Laissez les bon temps rouler" - let the good times roll - as they say in New Orleans.

In getting to know our neighbors, we prevailed upon Roz Magidson, a new Canterbury resident, to share some of her thought interests and life-experiences. Roz moved to FL in June 2017 from Bloomingburg, NY, a village located in Sullivan County in the foothills of the Catskill Mountains. There, she served for 25 years as Executive Director of the Dispute Resolution Center, a 4-county non-profit agency serving the mid-Hudson region by providing an alternative to the traditional court system. When asked why she chose FL, and Aberdeen in particular, Roz indicated that most of her family and friends were already living in S. FL. Additionally, as her husband's Alzheimer's condition worsened, she felt it important to be near family and more available care. She stated, "I chose Aberdeen for several reasons. It's very close to my husband's new home at the Memory-Care Unit at Allegro on Hagen Ranch Road ... close proximity being a high

(continued on page 15)



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CANTERBURY ... (continued from page 14)

priority for me. I found exactly what I wanted, a lovely second-floor townhouse with a garage, and I'm really enjoying it. I liked the community right from my very first visit. Everyone I met was warm and gracious, and they all confirmed that Canterbury is a great community. The Club's facilities and the availability of activities and events were also to my liking. The Fitness Center is really impressive, and the gym is one my favorite places in which to spend time." Roz also mentioned her interest in literature and the arts, travel, and mediation and alternative dispute resolution. "At some time, I hope to connect with the local courts and return to providing services to the community."

Kudos to Roz! We thank her for sharing, and once again extend a hearty welcome to the community. We're delighted that she chose

Canterbury, and already consider her a valued friend and a community-minded neighbor. In closing, we wish all our Aberdeen friends good health, happiness and success in all their endeavors. As Albert Einstein said, "Learn from yesterday, live for today, hope for tomorrow."

Sterling Lakers

By: Marsha Menahem

Sterling Lakes is a small community, only 41 homes, so when we get new residents, we are all anxious to get to know them. Thus, for this newsletter and the next one, I would like to highlight some of our seven new "Sterlingites:" Linda and Sy Werber, Betty and Richard Korn, and Judy and Joel Lukow, Sonia and Joseph Varello, Don and Debbie Pavlek, Ronnie and Michael Wiederlicht, and Amy Hastings.

Linda and Sy Werber, originally from Brooklyn, NY, and Plainview, LI, followed their 2 children to CA, where they settled in Newport Beach. Now they are back on the east coast, exchanging earthquakes for hurricanes, eager to enjoy Aberdeen and S. FL. Celebrating 52 years of marriage, the Werbers enjoy their beautiful and gentle golden retriever, Harley, and hope that Aberdeen offers them the opportunity to enrich and enjoy their senior experience. Sy, originally an accountant for the automotive industry, is an avid fisherman who also loves cars, but left his beloved motorcycle in CA. Linda, originally a teacher, enjoys mahjong, and plays with the Sterling "gals" on Monday. "Sterling is a warm and inviting place," said Linda, when I interviewed her, and Sterling is so happy that they will be our neighbors and friends.

Betty and Richard Korn, originally from the Bronx, NY, settled in Marlboro, NJ, where they raised their 2 sons, one of whom is still in NJ; the other is in Miami. Though

(continued on page 16)

Harvey Baron's Early Bird Special



STERLING LAKERS ... (continued from page 15)

married 54 years, they grew up across the street from one another and have never been separated since. Richard, his father, and grandfather, and now his son, have been in the steel business, and Betty managed physician offices. They have a home in Panama, where - they have lived for 6 months at a time. Richard is a deep sea fisherman, and has fished off the coast of Panama and Costa Rica. He once caught a Marlin that weighed 400 lbs! He has joined the fishing club, and hopes to enjoy everything that Aberdeen offers. Betty "seconds" Linda Werber's comments about Sterling, and has found Aberdeen to be a welcoming haven for both her and her husband.

Judy and Joel Lukow are relative newlyweds, just celebrating their 9th anniversary after meeting on eHarmony.com. Joel worked in law enforcement and Judy worked in the computer field. They are the proud parents of a beautiful Shitzu, Chanel (#5). Both the Lukows grew up in Brooklyn, but settled in Montrose County in NJ before moving to Delray as snowbirds. Last year they moved into Sterling as full timers, and hosted everyone in Sterling to an ice cream "getting-to-know-you" party.

Together they have 7 grandchildren. One of Judy's sons lives in NY, but will be getting married in France this June, and they are looking forward to going abroad for the wedding. Judy has a sister, Gerri-Ellen, who also lives in Aberdeen, and she enjoys having family nearby. The Lukows have the only fireplace I have seen in Sterling, so if you want to curl up by the fire, get friendly with them.

Next month read about our other new neighbors from the small community "with a big heart."

Hamptons

By: Nancy Rosenstein

I told you not to put your return address on all of those Christmas and Chanukah cards you sent out. It is the coldest winter up north that they have seen in 50 years. When we watch TV and see what's happening, those of us who haven't been up north for many winters, it seems unreal. But we all remember shoveling out, getting the kids off to school and going to our respective jobs.

So here comes the company!! Florida is going to have the biggest season ever this winter, and we are

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HAMPTON ... (continued from page 16)

going to get lots of visitors.

The Golds had their daughter, Rachel, and kiddies over Xmas week. My son, Howard, and wife, Sherry, my two nieces and nephews and their families from my home town of Toronto Canada, all asked the same question, "How did you find this place?" Yes we are all living the dream, and isn't it wonderful!

Welcome back to all of our Snowbirds and a special "Hello" and Welcome back to our new neighbors from MA, and Ralph & Maureen DeFelice.

Don't forget that on Sun., Mar. 18th, we will once again host our Annual Hamptons Luncheon at Arriabiatas Restaurant, featuring prizes and good company. Join us and get to catch up with your neighbors, and meet the new arrivals in our community. Thanks again to our great Social Committee of tireless workers, Joyce Friedman, Ellen Gold, Joyce Hirschman, Connie LaMendola and Alyce Simons.

Good Health and Happiness in the New Year!

Harbour Lights

By: Wendy Latman

It's February again! Happens every year! To the residents of The Harbours, it means we are going to have the opportunity to elect, or re-elect, volunteer residents to serve on the Board of Directors. There are 4 seats up for election. Those seats are currently occupied by Anita Kaplan, Bernie Dienstag, the position recently vacated by Danny Dobres, our Treasurer, and the seat vacated by Gail Peele, which is currently occupied by Judy Gordon, temporarily appointed by the board.

Other seats currently occupied by Mike Caesar, Tony DeMunno and Richard Gauthier, will be up for election in 2019.

Every year the board has either 4 or 3 seats up for election for 2 years. Residents have an opportunity therefore, to turn over approximately half the seats on the board every year.

We all know we have "issues" at The, Harbours. Who doesn't have issues! Now is the time to vote for the candidates who will handle those issues the way you would want them handled. Make sure you attend the Annual Meeting on Feb. 15th, or send in your proxy. Every vote counts.

Submitted by the Hospitality Committee of The Harbours @ Aberdeen.



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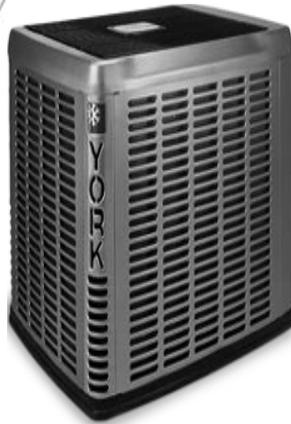
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Addison Green

By: Marilyn Benvenuto

Happy February! I hope everyone enjoyed the holidays with their families because that's what it's all about. As I write this article (January) I sit with a blanket on my lap because it is sooo cold. I cannot believe what this weather is bringing to FL but luckily this won't last more than a few more days, certainly not into this month. It's nice to see the snowbirds again and see the visiting grandchildren riding their bikes and walking around.

Valentine's Day is here and my question is ... is it more important to love or to be loved? On Valentine's day we can experience both. Some creative ways to tell your spouse, "I love you" -

1. Surprise your spouse with a getaway together.
2. Give your wife a dozen roses; on each stem attach a note for a future date - to do something that she would enjoy.
3. Write a poem for your spouse and frame it. No, it's not corny; it's doing the unexpected!
4. Plan dinner for two in any of these S. FL. restaurants: Sefa Turkish Mediterranean Grill (Delray), Casablanca Cafe (Fort Lauderdale), Eduardo De San Angel (Fort Lauderdale), Casa D'Angelo (Boca), Cafe Vico (Fort Lauderdale), Agliolio Italian Bistro and Bar (Boynton Beach) .
5. Take a romantic walk on the beach to watch the sunrise or set.

I know many communities have animal-lovers and I for sure am one myself. I would like to start a birthday club for our furry children. Join the "Bridges of Aberdeen" facebook page, post a picture of your pet and his or her birthday. Your pets will receive a special announcement for their day on the page, as well as delivery of a birthday treat.

Marilyn's monthly home tip: Replace Furnace Air Filter. The air filter on your HVAC (Heating, Ventilation and Air Conditioning) system needs to be replaced every 30-60 to keep the air in your home clean and flowing freely. A high quality air filter is the best choice to remove mold, pollen, and other microscopic particles from the air. This will help increase the life expectancy of the unit. A simple task like this will save you money in future repairs.

Mostly Muirhead

By: David Bloomgarden

In last month's "Mostly Muirhead" column I noted the many unique biographies of our Muirhead residents. This month I feature a woman who exemplifies this description. She has had a front page presence in the Aberdeen Times for over 2 years. Dr. Patricia 'Pat' Williams (AKA 'ProfPat') is well respected in the Aberdeen community for the advice she shares regarding financial matters. Born and raised in Newark, NJ, the daughter of a Jewish mother and an Irish father, she was always her own person. In high school Pat's desire was to become a lawyer but, typical of that era, both her father and her guidance counselor said, "No," informing her that women should be teachers, nurses, or secretaries. She chose a different path. Pat attended Montclair State U. in NJ, graduating with a degree in teaching. This was followed by a Masters Degree in French from Middlebury College, VT. Her desire to teach at the college level motivated her to leave the east coast to attend Stanford U. in CA. There she achieved an ABD (All But Dissertation) studying "Minor poets of the 18th century." It was so esoteric that, in the entire Stanford library, there was one book on the subject. Pat realized she was the only student to have ever used it. She felt like a fraud teaching the language of a country she never visited so, she and her husband relocated to France, followed by 3 years in Switzerland, then returning to France. Pat, never complacent, decided to further challenge herself by studying business and was awarded an MBA by Southern Methodist U. When asked if she is good in math, she responded with a resounding "NO." Her first job was with the Mercantile National Bank in TX where she became an "Energy Lender," responsible for loans in the gas and oil industry. She was the second woman hired for this position at the bank and, and again, typical of that era, all the men threatened to quit. She recalls enduring disturbing anti-feminist taunts such as "sweetie" and "honey." Continuing her education at Boston U., she earned a Doctorate in accounting. Following Boston, she was a professor at Fordham U. for 17 years. Fordham, having developed an MBA program at Beijing U., asked her to teach accounting there for 2 semesters (2001 and 2004).

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MOSTLY MUIRHEAD ... *(continued from page 20)*

Pat, highly enthusiastic about her time living in China, was able to mentor a young Chinese girl. Under her guidance, she came to the U.S. where she became a CPA, ultimately achieving a law degree from the U. of MI. Pat sounded like a proud parent as she shared this story. Pat Williams has authored books on varied topics. She is an avid investor, tennis player, bridge player, and a competitive dancer, having won many awards. Married to Chuck for 30 years, she has 2 daughters and 4 grandchildren ranging in age from 6 to 13. She has lived in Muirhead since 2009 and is treasurer of the Aberdeen POA.

NOTE: If you, or a Muirhead neighbor, have interesting experiences to share in MOSTLY MUIRHEAD, please contact me at dbloomgarden@yahoo.com.

It's Happening in Dorchester

By: Carol Baron

Well! We have survived some very cold weather in January, but it was not as cold as a lot of the rest of our country. So we are very grateful to be here in S. FL.

Our community has normalized with the lights from Hanukah and Christmas put away for another year. Now we will put our hearts out front as we celebrate Valentine's Day with those we love. This should act as a reminder to all here to get cards, chocolates and perhaps gifts for those who make our lives so special. After all! Hallmark emphasizes that "LOVE is in the air!"

Peggy Urbinato has been celebrating her love with her family. Christmas was spent with her son and his family in Phoenix, AZ. And she recently was informed that her grandson, Michael Urbinato, from NJ, was accepted for early admission to the Cornell Dyson Business School. It's okay to brag, Peggy. That's what being a grandmother is all about.

Murray and Maxine Bender celebrated another wedding anniversary a little while ago. Yes, they are lucky, patient, tolerant and happy (and are having trouble remembering just which anniversary it was.) They are among the leaders of the band when it comes to years married to each other. Hooray for them!

While we are "kvelling," our son-in-law, Joel Beckerman, was recently named to the Board of Directors of ASCAP as a way of recognizing all of his successes in the musical industry. But that's

not all. Our grandson, Jordan Baron, also made early admission into Northeastern U. along with a scholarship to start in Sept. 2018. If you have heard or seen the launches of missiles from NASA and LA that are heading to Mars, another of our grandsons, Joshua Beckerman, is part of the launch team from SpaceX. We congratulated him and told him he is not to go to Mars. We need him here. It was Morrie Schwartz, the writer, who said, "*If you don't have the support and love and caring and concern that you get from family, you don't have much at all.*"

Since March is around the corner, we will be holding elections for the Dorchester HOA Board of Directors. We are hoping that many of our residents will want to be a part of continuing to make our community as terrific as it is. Look for your applications in the mail and join us as a board member. Remember that enthusiasm is contagious.

We want to welcome back so many of our residents who have been on cruises and other trips. But for the rest of us who have remained here in Aberdeen we should remember the philosophy that tells us:

Living on Earth is expensive, but it does include a free trip around the sun.

Moorings

By: Eileen Hahn

January is over, one-twelfth of 2018 gone and just 11 months' till Xmas! All the resolutions have dwindled, especially the one that said we will eat less and healthier, but remember we are not over-weight, we are just easier to see.

While taking a respite from her board and racket ball activities, Jane Halley strolled around the lake and saw 2 beautiful swans, so be on the lookout before they return to the ballet. Up and about and feeling better are Charley Cornell, Ruth Joseph doing her aerobics and Harriet Safier back in her car. Charlotte and Jerry Kahn spent some time nursing winter colds, a result of NY guests or the cruise? More serious though, was the fall at home for Millie Tencer, who cracked her

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MOORINGS ... (continued from page 22)

pelvis. We wish her a speedy and painless recovery.

Our weather at the start of the month was nothing to brag about, but it was better than the rest of the country and the visitors came. Carol Carelton had her annual visit from her sister from the state of WS, Sheila Sandelman welcomed her daughter and grandson from VA and Lola Greenberg, who now has 5 great-grandchildren, had the pleasure of one visiting. Joe and I had our granddaughter and her husband for the weekend since they had a wedding to attend in Delray.

For our real estate update, we hope Vicki Kahn and Ralph Mann have found a suitable independent living situation. When these facilities are built, they don't realize that proximity to the dining room and elevator is problematic for their residents. We have new residents in the former Wolkoff residence and that means many workers updating the home. We wish them good luck and years of happiness in the Moorings. I can attest to the fact that it's a good life, since Joe and I are heading into our 33rd year here!

Circling The Coves

By: Mary Chuzi

With only 10 weeks separating Thanksgiving, Hanukkah, Christmas, and New Year's, you may be feeling "Holiday'd out," but hopefully not, as February is full of days to celebrate. Valentine's Day is on the 14th and President's Day on the 19th are ahead of us, not to mention Groundhog's Day the 2nd (and also the more obscure National Wear Red Day, plus National Margarita Day the 22nd). Coves residents have so many reasons to celebrate, including the fine weather which graces our fair state during February, March and April.

Whether it is the mild winter climate that beckons new residents, or our friendliness, the Coves is proving to be a very popular place. We had 16 units sold in 2017 alone. We especially welcome our newest owners in 2018 who include: Stanley Hochman in Bldg. 2, George Fraioli in Bldg. 4, Jean and Manite Hyppolite in Bldg. 6 and Sheykhon and Valentina Morgan Building 13. We would like also to welcome seasonal renters Barbara and Howard Roller in Bldg. 3 Richard Renault and Louissette Cote' in Bldg. 7, Robert and Judith Devine in Bldg. 13, and Gary and Jan Sanders in Bldg. 14. We hope

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CIRCLING COVES ... (continued from page 24)

you enjoy being our neighbors here in the Coves. I would also like to commend them, as all new owners and renters have registered their e-mail addresses on the Coves e-mail and e-blast list. E-blasts have become such a convenient way to share updates and important messages rather than having to request mailings from management every time they occur. There still are more than 25 units with unregistered e-mails. If you use a computer and are not receiving COVES E-blasts, you are not registered. Please call Rose Romano @ 742-4323 with your information.

In "old business," a big "thank-you" to the Coves Board of Directors for hosting a Holiday Gathering complete with refreshments this past December. Hopefully this will become an annual Meet-and-Greet for neighbors. Thank-you to those who helped with refreshments and set-up. You are appreciated.

With Dryer Guys and Felicione Pest Control having completed Coves projects in January, we look ahead to elections next month. You will receive announcements regarding openings on the Board of Directors and voting instructions from our Management company, Capital Realty Advisors, in

the upcoming weeks.

With only January behind us, it is not too late to wish all our Coves residents a Happy and a Healthy New Year. If you have any announcements or news you'd like submitted to Circling the Coves, e-mail them to phcmhc@comcast.net. We'd be interested in any news you're willing to share.

Bleacher Seats Splinters

By: Rob Tanenbaum

Recently, several women in my life having been working hard to make me a better person.

Talk about Mission: Impossible, eh? But I hope this article proves they've been making progress.

My Aberdeen-based mentors are instilling: 1) think only positive thoughts; 2) reject negative events and feelings and 3) confidence, confidence, confidence.

Being a native of Gotham City and a trained sports writer, am a large gelatinous blob of sarcasm. My cynicism oozes into every spoken and written sentence.

To prove these ladies have had an impact - that an

(continued on page 26)

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BLEACHER SEATS ... *(continued from page 25)*

old dog can learn to lay new bricks -- I will stay true to myself with another rant on what's bothering me in sports. But I will more than balance that with some unaccustomed nice thoughts.

Rant: Bye, bye baseball

To keep an upbeat demeanor in 2018, my New Year's resolution is to stop following baseball, the passion of my life. The obvious-to-those-that-know-me reason is because my once-beloved Mets are a joke because of their pathetic ownership.

But it's another ownership has my ire up. The new buyers of the Miami Marlins purchased the team knowing they would payroll dump their best players including 2017 Most Valuable Player, Giancarlo Stanton. That new managing owner, Derek Jeter, would give away his prize chip for a mediocre second baseman and 2 mediocre prospects to the hated Yankees is particularly galling. Several other talented Marlins also were sold or traded for virtually nothing.

Why didn't the commissioner (can you name him?) reject the sale of a team that won't compete? It certainly wasn't in the best interest of baseball in S. FL. Why didn't the commissioner stop the one-sided trades?

There is precedent for such action. In 1975, commissioner Bowie Kuhn blocked three fire sales by Oakland A's owner, Charlie Finley, of his best players to the Reds, Red Sox and, of course, the Yankees.

Until somebody in the sport shows me some Kuhn-sized baseballs, I says the sport is horsehide.

Rave 1: Teed-off on golf

The new golf course at Aberdeen looks challenging and gorgeous with many classy appointments. Can't wait to get to know it personally and I'll report back to you soon.

Rave 2: Pickle ball's a dilly

Pickleball at Aberdeen is catching on. The game is easy to learn, no special talent needed, fun, competitive and guaranteed to add fitness and friendships. Tap your paddle handle to the Pickleball Committee (Jane, Fran, Steve, Carol, Jan, Ronnie, Don and tennis pro Chris Lee) for organizing group games and teaching the game to all eager to learn.

Rave 3: Power of positive putting

When you play golf with Marshall Williams you are playing with one of the best in Aberdeen, his amazing long drives still land far short of his kindness.

He finds something to praise in your game and doesn't stop. With me, I made one good putt on the second hole and he began telling me how good I was. The more he said that, the better I got and I'm still getting.

Conclusion

Let's play these good feelings forward. Give someone a boost of confidence today. And, like my buddies --Bonnie, Susan and Ronnie --accentuate the positive baby!

Important Documents in an Emergency

By: John Pagliarini

The year 2017 brought us hurricane Irma, and we all remember the year 2005 that brought us Francis, Katrina and Wilma. Pretty names all, but Hurricane, flood and fire devastation and damage take years to replace. As I watched the dramatic scenes on televi-

(continued on page 27)

A Message From Aberdeen East**The Theater Wing "Playbill"**

Reality TV! Game Shows! "America's Got Talent!" Comedy Central! "Judge Judy!" What do these genres have in common? Our Aberdeen East Theater Wing's 25 performers and 12 off-stage crew on Sat. evening, Mar. 10th and Sun. evening, Mar. 11th at 7:30, that's what!

Amazing talent, great costumes, professional accompaniment, mind-blowing technical presentations as never-before seen in our Ballroom and, of course, laughter, laughter, laughter!

The Theater Wing has logged in thousands of hours of rehearsals to make **Reality Bytes** a must-see happening.

Reserved seating tickets go on sale mid-January. All seats are \$10. Bring your neighbors! Bring your friends! Bring your relatives! (You don't have to live in Aberdeen East.) Contact Wendy Freed at jjpfreed@yahoo.com for details.

Answer: Aberdeen East's Theater Wing presentation of **Reality Bytes**. Question: Where is the place to be on Mar. 10th or 11th?

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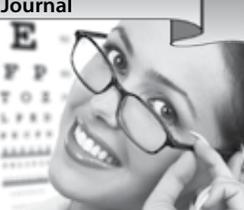
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IMPORTANT DOCS ... (continued from page 26)

sion of the floods in Houston, TX, New Orleans, LA, MI and the terrible fast moving CA Fires, I got to thinking ... How quick could I get out of my home, and leave Aberdeen with all my important papers and documents? What if a Florida weather forecast included a tornado?

Could I grab all my important papers and leave in the recommended time of 10 minutes?

Did I even have a full tank of gas in the car?

Let's face it; if you got a warning that a tornado or flood was imminent, you would have to leave immediately.

The loss of your home and possessions would be devastating. The loss of ALL vital and irreplaceable papers and documents is almost incomprehensible.

This horrible scenario was fortified by a tornado warning for Palm Beach County during Hurricane Irma. This prompted me to take serious action.

The first order of business was to assemble important papers and vital documents. Little did I realize that there were so many documents and they were not in one place?

Here is the list of important and irreplaceable documents that I assembled:

- ✓ Trusts and wills
- ✓ Powers of attorney
- ✓ Insurance policies
- ✓ Contact list and telephone numbers of friends and family
- ✓ Recent investment statements
- ✓ Recent tax return
- ✓ Copies of birth certificate
- ✓ Marriage license
- ✓ Social Security cards
- ✓ Medical Cards
- ✓ Passports
- ✓ List of prescriptions
- ✓ Emergency cash
- ✓ Safe combination
- ✓ Safe Deposit keys
- ✓ Copy of driver's license
- ✓ Computer names, passwords and backup disks
- ✓ List of checking/savings account numbers
- ✓ List of credit card numbers and company information

After finding these papers and documents, which

(continued on page 28)

IMPORTANT DOCS ... (continued from page 27)

by the way took me several hours, I dug out an old brief case that I had used before I retired, separated them, and placed them in my GRAB & GO Case, ready for any emergency, or even a fire. You might even back up your computer on a flash drive. You can also take pictures of all documents and prescriptions with your cell phone camera.

I did some research and it was recommended that the following items be placed in a safe deposit box;

- ✓ Copies of wills and/or trust
- ✓ Copies of power of attorney
- ✓ List of insurance policies
- ✓ List of financial account numbers
- ✓ Family birth, marriage and death certificates
- ✓ Adoption papers
- ✓ Citizenship papers
- ✓ Military service records
- ✓ Loan agreements
- ✓ Certificate of Deposits (CD's)
- ✓ Real estate deeds
- ✓ Vehicle titles
- ✓ Mortgage paperwork, Titles
- ✓ Stock and Bond certificates
- ✓ Inventory of home contents (lists, photos, movies, cell phone movie, DVD)

- ✓ Jewelry/precious metals
- ✓ Employment contracts

I made copies when necessary and took the above-mentioned documents to the bank for safe storage.

Now I was ready. How about you? Protect yourself and make your own GRAB & GO Case now. You never know when a disaster will strike! Look at it this way. At the very least you will know where everything is!

**The Conservatory of Music
Concert - Monday, March 19,
2018**

How fortunate Aberdeen is. Once again, we are one of only 5 Clubs to host an "Outreach" concert by the Conservatory of Music at Lynn University.

Only the most proficient is studying at the Conservatory are chosen to play at an "Outreach" concert. This event, as usual, should prove to be one of the highlights of the entertainment season at our Club this year.

Unfortunately, with the Clubhouse under refurbishing we had to find a substitute venue. After

(continued on page 29)

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CONSERVATORY ... (continued from page 28)

searching the area, we were able to secure the Temple Torat Emmet, directly across Jog Road from the Club. The downside is that we are not able to offer our wonderful dessert party following the concert. Due to this loss, we reduced the ticket price to \$35 each.

This year we made a special effort to bring the most talented young artists to our Club as well as selecting the most pleasing music available. Each year, after the concert, we are told that "this is the best year ever." Well, I personally feel that this year the 2018 concert will be the best ever.

There are not very many seats left. Once they are gone, latecomers will have to wait until next year.

For Tickets Call...

Carol Kayne (561) 739-9318 Or

Leslie Roth (561) 738-9737

Bridge - Try It, You'll Like It - Every Card Counts

By: Lew Roth (Sheffield)

Bridge is a very difficult game to master. First, there is the bidding, which many players believe is the hardest part. They are wrong! Bidding is difficult, but not the most difficult. Why? Because bidding has many rules to help you. You and your partner can communicate fairly easily, and find the best contract, if you follow the agreed-upon-rules and conventions.

The easiest part of Bridge is, of course, dummy play. You do nothing!!!! Well, almost nothing. You are allowed to keep your partner, the declarer, from making a mistake. Not a mistake in playing the hand, but a mistake such as calling for a card not in the suit being led or telling partner which hand he is in.

The next easiest part of the game is Declaring. Here you are in complete control. You can play what you want and call for Dummy to play what you want. Dummy cannot disagree with you nor can he or she disagree with you and do as he or she pleases.

So, what is the most difficult part of Bridge? Defense!!!!

Why is Defense so difficult for many players? It is because you and your partner have not learned to communicate with each other. Firstly, you must remember the bidding. Secondly, you must pay attention to your partners discards and thirdly, you must discard properly. Every Card Counts!

Let's talk just briefly about the bidding. If your partner has bid a suit, it makes sense to play that suit at your first opportunity. What if your partner bids a suit, but doesn't open that suit? Very likely, he wants you to play that suit because he has K, J or A, Q. What if your partner bids a suit more than once, showing length in that suit, but leads a different suit? Most likely the led suit is a singleton.

A careful examination of your own hand, the Dummy hand, and the bidding should tell you how the cards lie. If Partner has bid, he should have points. He can help you establish winners. If Partner has been silent throughout the auction, don't count on him to have the missing honors. So many times you hear at the bridge table one partner saying to the other, "I was hoping you had. ...". A silent partner promises nothing.

As you probably know, there are several different defensive carding systems. I can discuss some of them in a later article, but for now, let's just assume everyone is playing standard defense. What that means is that a high card signals that you like it and small card signals you don't like it. Signals can be for count, i.e. high/low means you only have 2 of that suit. Signals can be for attitude; i.e., a high card means play that suit again or the higher ranking suit next.

Let's look at a couple of hands:

	Dummy	
	♠Q, J, 10, 6	
You		Partner
♠A, K, 5, 4		♠9, 2
	Declarer	
	♠8,7,3	

You open the A of Spades. What should your partner play? The 9, of course. He wants you to come again, so he can show you the high/low and trump the third round.

Now, what if Partner has 9, 3, 2 and Declarer has 8, 7... what should partner play when you lead the A of Spades? The 2, of course. He does not want you to play the K, because that will set up the Q and J for Declarer to throwaway losers.

But, what if You are not paying attention and You do play the K next? Partner may play either the 3 or the 9. Hopefully, this will discourage you from playing that suit again. If You were now paying attention, you know Partner has a third spade because he did not play high/low.

(continued on page 30)

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BRIDGE ... (continued from page 29)

You must then switch to some other suit. But, what suit does Partner want you to switch to? If he plays the 3, he wants the lower ranking suit (if Hearts are trump, he is asking for a Club), if he wanted a Diamond, he would play the 9.

This is why Defense is so difficult. Not only do you have to discard properly, and pay attention to your Partner's discards, but you must also discard as to prevent your partner from making errors.

Now that we have established that Defense is the hardest part of Bridge, let me tell you that Opening leads are the hardest part of Defense.

But, let's save that discussion for next month. In the meantime, it is enough to just remember that Every Card Counts!

Medicare Alert! Inpatient or Observation? - Knowing the Difference Could Save You Thousands

By: Jane Evers (Hampton)

When facing a medical emergency, you expect that the only thing you need to know (and worry about) is the emergency. But, that's not the case when you are admitted to the hospital. The question is ... are you being admitted as an inpatient or for observations?

I just experienced this dilemma when I was admitted to the JFK Medical Center following a visit to the JFK Emergency room in Boynton Beach. Although no one at the emergency room or upon arrival at the hospital informed me that I was being admitted for "observations," I was shocked to find out that my stay at the hospital was indeed considered an "observation." This translates to a different way Medicare pays for my hospital stay and could cost me thousands more.

The following is edited from: <http://www.medicare.gov/Pubs/pdf/11435.pdf>

(continued on page 32)

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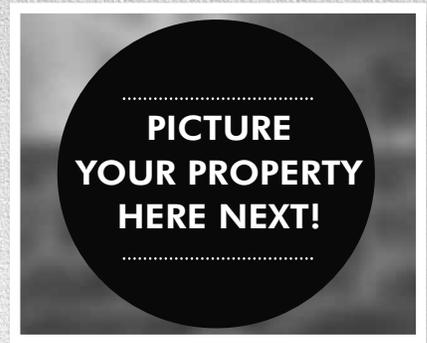
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MEDICARE ALERT ... (continued from page 30)

When a Hospital Stay Isn't a Stay

The difference between inpatient and observation status is important because Medicare pays different rates according to each status. Patients admitted under observation status are considered outpatients, even though they may stay in the hospital for several days and receive treatment in a hospital bed.

Hospital admission status affects Medicare coverage of skilled nursing services, and it can cost patients thousands of dollars. Medicare requires a three-day hospital inpatient stay minimum before it will cover the cost of rehabilitative care in a skilled nursing care center. However, observation stays, regardless of length, do not count toward Medicare's requirement.

Patient advocate groups call this requirement a Medicare loophole that does a disservice to aging adults who need the quality and specialized care that comes from a skilled nursing care center ... Others must decide whether they will pay out-of-pocket for medically necessary rehab and skilled nursing care, or cut their care short.

Fighting Observation Stays (the Medicare article continues...)

The inpatient vs. outpatient criteria creates uncertainty for patients and their families. Legislation has been introduced in Congress that, if passed, would deem an individual receiving outpatient observation services in a hospital to be an inpatient with respect to the Medicare three-day stay requirement.

In the meantime, there are a few things you can do to protect your loved one financially. A new law will require hospitals to give Medicare patients verbal and written notice of an observation status within 36 hours. When your loved one arrives at the hospital, you can also ask questions like:

- Is the patient's status inpatient or observation?
- How long will the hospital stay be?
- Will there be a need for specialized skilled or rehab care after the patient is discharged?

Asking these questions throughout your loved one's stay is important because hospitals can change the status from one day to the next. You can ask to have your loved one's status changed, but it is important to do so while your loved one is still in the hospital. If necessary, you can request the hospital's

(continued on page 33)

MEDICARE ALERT ... (continued from page 32)

patient advocate for assistance. The Center for Medicare Advocacy has published a Self Help Packet for Medicare Observation Status with resources to help you in filing an appeal, if necessary.

So, if you are being admitted to the hospital, don't be shy, ask if it is for observation or as an inpatient. And, make sure that the inpatient status continues throughout the entire stay. Knowledge is power and in this case it is also financially prudent to ask those questions.

(I have left out the two charts from the Medicare information sheet which you can find at: <http://www.medicare.gov/Pubs/pdf/11435.pdf>)

For more detailed information on how Medicare covers hospital services, including premiums, deductibles, and copayments, visit www.Medicare.gov/publications to view the "Medicare & You" handbook. You can also call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

"It's Happening" at the Pap Corp

By: Marcia Levitz (Muirhead)

We at the Pap Corps, Champions For Cancer Research, certainly hope everyone had a family, fun, holiday time with loved ones. We wish you and yours a very healthy New Year as well.

For some of you, we know you are on a journey that seems treacherous and confusing, or know someone who is struggling with a diagnosis and may not know where to turn. Know that we are here for you.

We want you to be aware that there is a support group for those at ANY stage of the journey for anyone who would like to participate.

Meetings are held on the 2nd Wednesday of Every Month from 4:30PM-6PM at:

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(continued on page 34)

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IT'S HAPPENING AT PAP ... (continued from page 33)

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President's Day

By: Vincent Marini (Moorings)

This month we will celebrate President's Day, an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. It is now viewed as a day to celebrate all U.S. presidents past and present.

So ... it may be a good time to tell a little-known story about a falling-out between our third president, Thomas Jefferson and George Washington. Many biographers believe it was caused by Jefferson sending a letter to Phillip Mazzei in Italy, which called Washington's administration as "Anglican monarchical, and aristocratically as England and claimed Washington had appointed as military officers all timid men that prefer the calm of despotism to the boisterous sea of liberty." The letter was eventually published overseas and then retranslated back into English and published in America.

Who is Philip Mazzei and why did he get a letter from Thomas Jefferson?

He was born Filippo Mazzei in Tuscany. He studied medicine in Florence and practiced it in Italy and the Middle East for several years before moving to London in 1755. While in London, he met Benjamin Franklin and Thomas Adams. In 1773, Franklin and Adams convinced Mazzei to come to VA and introduce the cultivation of vineyards, olives and other fruits.

Mazzei became a neighbor and friend of Thomas Jefferson. He and Jefferson started the first commercial vineyard in the Commonwealth of VA. They shared an interest in politics and libertarian values, and maintained an active correspondence for the rest of Mazzei's life. In 1779, he returned to Italy as a secret agent for the state of VA. He purchased and shipped arms to them until 1783. He then travelled throughout

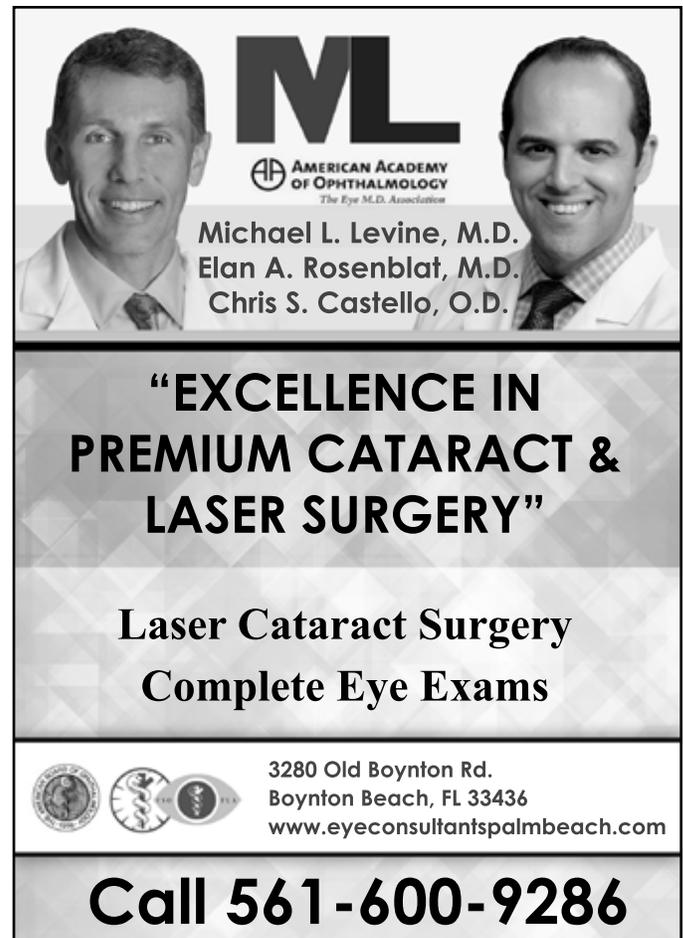
Europe promoting Republican ideals and became an unofficial roving ambassador in Europe for American ideas and institutions.

After his death in 1816, his family returned to the U.S. at the urging of Jefferson. They settled in MA and VA. Mazzei's daughter married the nephew of John Adams. In 1980, a U.S. 40-cent airmail stamp was issued to salute Mazzei's 250th birthday.

The phrase, "All Men Are Created Equal," incorporated into the Declaration of Independence by Thomas Jefferson was actually paraphrased from the writing of Philip Mazzei. A few alleged scholars tried to discredit Mazzei as the creator of this statement and idea, saying, "there is no mention of it anywhere until the Declaration was published." However, John F. Kennedy, in his book, A Nation of Immigrants, states, "The phrase appears in Italian written by Mazzei's own hand, several years prior to the writing of the Declaration of Independence."

Mazzei shares a birthday with another famous person. He was born Dec. 25th.

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Historic Event: Part V. Old Ironsides. Ship Launching

By: Mickey Gussow (Waterford)

On Mar. 27, 1794, President George Washington signed a Congressional Act for the construction of four 44-gun and two 36-gun frigates.

Joshua Humphreys was selected as the most qualified person to design and build the authorized frigates. He was hired for the job in June with pay retroactive to May 1st because during this period he had created a half model to illustrate his concept. The frigates were designed so that their width and length were greater than those of the English and French contemporaries. The great strength of the deck and hull permitted heavier armament. The higher length-to-beam ratio resulted in a capability of sailing with the fastest and most maneuverable ships in the world.

By early Dec. 1795, Humphreys reported to Secretary of War Timothy Pickering the status of the frigate to be named CONSTITUTION. [Old Ironsides is its nickname]:

"The keel is completed and laid on the blocks ... The stern frame is now completing, and will be soon be ready to raise... All the gun deck and lower deck beams are procured and ready for delivery ... The masts, bowsprit [spar running out from the ship's bow to which forestays are fastened], yards, and other spars, all are ready for working."

Interestingly, in Boston, Paul Revere provided the copper bolts and fastenings from his own factory. And suppliers had provided the Boston yard white oak for the frigate's hull planking and tall white pines for her masts.

CONSTITUTION was scheduled to be launched on Sept. 20, 1797. Attending were President John Adams and the governor of the Commonwealth with their respective entourage. Viewers gathered on Noodle's Island across the way to see the mighty CONSTITUTION "launch forth into that element which connects the world together." In town, dinners and dances were planned to celebrate the occasion.

At the moment of high tide, the order sounded by a horn blast was given to knock out the blocks. Crowds held their breath as they gathered to cheer the frigate's first time afloat. Soon all the blocks were removed - but the ship failed to move. The use of

(continued on page 36)

HISTORIC EVENT ... *(continued from page 35)*

screws to move her was ordered. The ship responded but after 27 feet, she stopped. A portion of the ways [ramp structure allowing a ship to slide down until it floats by itself] had settled half an inch and left her stuck. The disappointed viewers went home. In its first moment in the sun, the heralded launch of CONSTITUTION had failed.

The following day, measurements were taken and defects corrected. Two days later, the launch sequence again was started. This time the ship moved 31 feet and stopped abruptly before entering the water. The settling of a portion of the ways had frustrated the launching.

A third attempt at launching was scheduled on Oct. 21, 1797. The weather was cold and overcast. A cannon not yet on board CONSTITUTION was fired to announce to anyone interested that a launch would take place at high tide. By noon “a very numerous and brilliant collection of citizens assembled at the spectacle.” The order was given to knock out the blocks.

This time the large frigate moved promptly and swiftly into the Boston harbor waters. As she went, Navy Captain James Sever broke a bottle of Madeira wine on the heel of her bowsprit, declaring her to be named CONSTITUTION.

Note: Major source is “A Most Fortunate Ship. A Narrative History of Old Ironsides” by Tyrone G. Martin, Naval Institute Press, 2003.

Functional Fitness? Is it right for you?

Submitted By: Jane Evers (Hampton)

Functional fitness exercises train your muscles to help you do everyday activities safely and efficiently. Find out what it can do for you.

Do you live to exercise? Unless you’re an elite athlete, you probably answered no to that question. Most people, in fact, would say they exercise to improve their quality of life.

What is functional fitness training?

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same

(continued on page 37)



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FUNCTIONAL FITNESS ... (continued from page 36)

time, functional fitness exercises also emphasize core stability. For example, a dead lift is a functional exercise because it trains the muscles used when you pick up an object from the floor. By training your muscles to work the way they do in everyday tasks, you prepare your body to move efficiently in a variety of common situations.

Functional fitness exercises can be done at home or at the gym. Gyms may offer functional fitness classes or incorporate functional fitness into boot camps or other types of classes. Exercise tools, such as fitness balls, kettlebells and weights, are often used in functional fitness workouts.

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What are the benefits of functional fitness training?

Functional exercises tend to be multijoint, multi muscle exercises. Instead of only moving the elbows, for example, a functional exercise might involve the elbows, shoulders, spine, hips, knees and ankles. This type of training, properly applied, can make everyday activities easier, reduce your risk of injury and improve your quality of life.

What are examples of functional fitness exercises?

Functional fitness exercises use multiple joints and muscles at once to train your whole body. Examples include:

- Dead lift
- Assisted lunge with press
- Resisted squat with overhead press

Are functional fitness exercises for everyone?

If you're over age 40, haven't exercised for some time or have health problems, it's a good idea to check with your doctor before starting any new exercise program. Similarly, women who are pregnant should check with their doctors.

It's also a good idea to start with exercises that use only your own body weight for resistance. As you become more fit and are ready for more challenge, you can increase resistance by using weights or resistance tubing or performing movements in the water.

The functional fitness payoff

As you add more functional exercises to your workouts, you should see improvements in your ability to perform your everyday activities. That's quite a return on your exercise investment.

Grieving, Then Moving On

By: Bea Lewis - (Lancaster)

Four years ago, shortly after my golden wedding anniversary, I began to circle the word "widow" instead of "Mrs." when asked to fill out a medical form. Not only did I grieve for the loss of my husband, but also for the loss of my identity. There are plenty of folks doing likewise, as 40 percent of women and 13 percent of men over the age of 65 are widowed, according to the latest U.S. census figures.

Learning to live on my own these past few years has been a long and often confusing journey, but

(continued on page 38)

GRIEVING ... (continued from page 37)

friends who were widowed before me were helpful with their advice and suggestions. What works for one, however, might not work for another because grieving is like a thumb print - no two are alike.

Here are some of the suggestions (from members of the club I never wanted to join) that helped me, and others, get through those excruciating initial stages of grief.

1. **Take one day at a time.** With all the new responsibilities that are now on your watch, and with all the emotions swirling around in your head, live in the now. Don't project the future. Eat right. Get enough sleep. Take deep breaths.

2. **Accept Help.** It's agonizing to clean out the deceased spouse's closet because each item we toss out triggers memories of when and where it was worn. But when a friend who had been widowed months before me came to help, the job was tackled quickly and easily. (A glass of wine was helpful.)

3. **Embrace Friendship.** When the blues get the best of us, nothing beats having a couple of caring "gal pals." These are the friends who you can call and express your pain, day or night. These are the friends who will listen to what's in your heart and

neither judge nor advise. Just a few compassionate words like, "I understand," or "I'm here for you," will help you to move on.

4. **Let the Tears Flow.** Sometimes, out of the blue, when I least expected it, I would have an intense "grief attack" and worried that I was having a setback. Not so, experts explain, it's all part of the grieving process. Feel it and then let it go.

5. **Seek Support.** Bereavement groups run by trained grief counselors are beneficial. But for those not inclined to share their personal feelings, individual therapy might be better. Personally, I was more comfortable working through my grief with a psychologist in private sessions.

6. **Put Feelings on Paper.** Writing down my thoughts helped with my healing. I was often surprised, when days later, I realized the words on the page were reflective of my innermost feelings. Much of what I wrote those first few years of living alone is shared in my book of essays titled **A Widow's Journey - How I Went from Loss to Learning to Moving On.** (Available on Amazon.)

7. For information about bereavement support groups or grief counseling, check out www.MHAPBC.org/support_grief.



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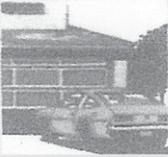
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In Your 60s, You ...

AARP MAGAZINE - June/July 2017

... still party too hard sometimes ... One in 7 women and one in 4 men in their early 60s drink to excess at least once a year. The occasional splurge can be forgiven, but drinking that interferes with your relationships and your work can also double your risk for congestive heart failure.

... but carry the party into the bedroom. Over 50 percent of men and women in their 60s are sexually active, according to recent studies, and sexual satisfaction rises for women after their mid 60s.

You probably take a daily vitamin ... Seventy-two percent of Americans 65 and older take dietary supplements - up from 62 percent in 2000, a 2016 study in JAMA showed. Most popular: vitamin D.

... but still need more calcium ... Nine out of 10 people in their 60s skimp on dairy - the top source of bone-pampering calcium in the American diet.

--- and should consider a B12 supplement. One in 3 people in their 60s have low levels of B12, a vitamin essential for producing red blood cells, maintaining healthy nerves, building DNA and more.

You need a blood sugar check ... One in 4 Americans 65 and older have type 2 diabetes - the kind of high blood sugar spurred by excess belly fat., inactivity and aging.

... and should move more. Just 43 percent of people in their 60s get 30 minutes of exercise five times a week, the Centers for Disease Control and Prevention (CDC) reports. And just one in 5 exercise hard enough to break a sweat.

PLUS:

You may be salt sensitive ... The older you get, the more likely it is that eating salt will raise your blood pressure. Roughly 95 percent of men and 80 percent of women in their 60s consume at least 2,000 milligrams more salt per day than is healthy.

You should get real about cancer screenings ... Cancer deaths outstrip heart disease deaths by about 25 percent for people in their 60s. Get mammograms and colon cancer screenings regularly.

You have a weaker immune system ... Take advantage of one of the newer, supercharged flu vaccines for people 65 and older. They can increase protection by up to 24 percent over the standard vaccine.

(continued on page 40)

IN YOUR 60s ... (continued from page 39)

... but can still improve your longevity. That is, if you quit smoking now. In a recent CDC study, among former smokers who quit in their 60s, the risk of dying was 23 percent lower than it was for current smokers.

Down in the dumps? Stop eating garbage!

By: Drs., Michael Roizen & Mehmet Oz - Palm Beach Post

Our kids always liked passages like this when they weren't feeling well, and there's a lesson in it for you too! In Winnie the Pooh, gloomy Eeyore tries to push aside depression: "It's snowing still," he says gloomily. "So it is." (Answers Pooh.) "And freezing." "Is it?" (Pooh again.)

"Yes," says Eeyore. "However ... we haven't had an earthquake lately."

If that doesn't bring a smile to your face, head to the kitchen for some comfort food, but choose wisely! If you're feeling blue, go for great-tasting fresh food, and here's why: A new study in the American Journal of Clinical Nutrition reveals that eating inflammation-producing refined carbs and sugary foods can make you flat-out depressed.

Looking at data about added and total sugars consumed by around 70,000 women, researchers discovered that those who ate high-glycemic index

diets increased their risk of depression by 22 percent. The GI ranks foods by how fast it is converted to sugar in your blood stream from 1 (lowest/slowest) to 100 (highest/fastest). Foods with the highest GI include white bread, instant oatmeal, short-grain white rice, you get the idea. In general, processing and cooking style ups the GI. Juice is way higher than fresh fruit; mashed potatoes higher than baked; and soft cooked faster higher than al dente.

Study participants who ate the most fiber, non-juice fruits and vegetables had a much lower risk of depression. So dig into 100 percent whole-grain cereal topped with fresh berries and walnut halves and a dollop of nonfat Greek yogurt. That's happy food!

Prostate problems that should not be ignored

Tenet Florida Physician services health discussion

Prostate problems frequently occur in men over the age of 50. Fortunately, most problems are not cancer. Even if cancer is diagnosed, the relative five-year survival rate for all men is nearly 100 percent.

The most common prostate problem diagnosed is prostate enlargement, or benign prostatic hyperplasia (BPH). This condition occurs because the prostate continues to grow as a man matures, potentially

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PROSTATE PROBLEMS ... *(continued from page 40)*

squeezing the urethra and affecting bladder control.

Men under the age of 50 are more likely to experience an inflammation or infection, called prostatitis.

The prostate is a gland about the size of a walnut that is located in front of the rectum just below the bladder. It wraps around the urethra, which carries urine out of the body. The prostate is part of a man's sex organs and is responsible for producing fluid that is part of semen. Regardless of age, men should see a doctor immediately if they notice any signs of prostate problems, such as:

- Frequent urge to urinate
- Having to get up during the night to urinate
- Presence of blood in urine or semen
- Feeling pain or a burning sensation while urinating
- Inability to urinate
- Painful ejaculation
- Urine dribbling
- Recurrent pain or stiffness in the lower back, hips, pelvic area or upper leg

Diagnosing prostate problems may involve

several tests, the first of which is usually the digital rectal exam (DRE). During a DRE, the physician inserts a gloved finger into the rectum to feel the prostate and evaluate its size, shape and condition. A prostate-specific antigen test then may be ordered to check whether prostate cells are producing high levels of this protein due to the presence of cancer.

A urinalysis may be necessary to detect traces of blood in the urine that could indicate a kidney stone or infection. Magnetic resonance imaging or computed tomography scans can be used to

(continued on page 42)

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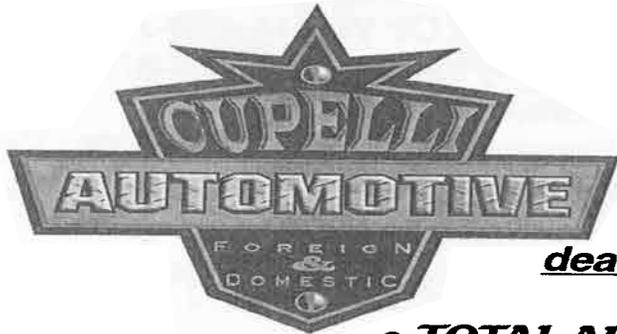
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PROSTATE PROBLEMS ... (continued from page 41)

identify abnormal structures. A cystoscopy may be done to see inside the urethra and bladder to determine the location of any blockage.

If BPH is diagnosed, the condition can be managed several ways. Mild symptoms may not require any treatment. However, regular checkups are necessary to make sure the condition does not worsen. Other options include taking medications to shrink or relax the prostate so it does not block the bladder opening or surgery to help urine flow.

Acute prostatitis can start suddenly and cause fever, chills or lower back pain. Another form of prostatitis, called chronic bacterial prostatitis, is an infection that occurs repeatedly. Both may be treated with antibiotics. Chronic bacterial prostatitis is a condition that is difficult to treat and may need more than one round of treatment.

Different prostate problems, including prostate cancer, may cause similar symptoms. That is why it is important to see your doctor to determine if there is something wrong with your prostate.

He Who Knows Not ...

Submitted By: Sheila Hyman (Sterling)

He who knows not, and knows that he knows not, is a child. Teach him.

He who knows, and knows not that he knows, is asleep. Wake him.

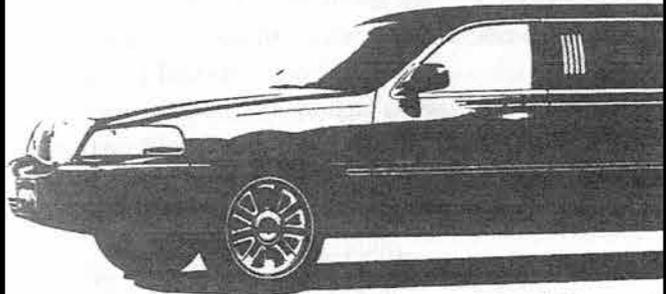
He who knows, and knows that he knows, is a leader. Follow him.

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