



**APRIL 2020**



## **All About Aberdeen Golf & Country Club**

By: Ruth Krawitz (Sheffield)

Outgoing president, David Tager, wrote a compelling message to members in his farewell in February.

“For me, the month of February is a time for reflection. I am finishing my 2nd term on the Board and my 4th year as your president. As such, and in accordance with the Club’s By-Laws regarding term limits, as of Mar. 1st, I will be taking the next year off.”

“I have often used the expression, “There’s no “I” in team.” During the past six years, I have had the privilege of working with amazing Board members, committee chairpersons and committee members, and an extraordinarily talented Club Manager. This team of people, along with member support, has resulted in establishing Aberdeen’s reputation as one of the most successful Country Clubs in the most competitive country club market in the country. When I think of where the Club was when I was first elected to the Board, and where we are today, I can’t help but smile. My “smiles” come on a daily basis – when I walk into our beautiful, elegant Clubhouse, or when I play golf on our award-

*(continued on page 2)*

## **Property Tax Portability**

By: Dr. Pat Williams (Muirhead)

*Save Our Homes (SOH) Legislation*

In 1995, an amendment to the FL constitution known as “Save Our Homes” (SOH) became effective. SOH is an assessment limitation on the value of homesteaded properties. Note: A property cannot be homesteaded in FL unless it is your primary residence. After the first year a home receives a homestead exemption, the property appraiser assesses it at *just value* (market value). SOH caps the amount of property tax you pay. Your property tax assessment cannot increase more than 3 percent or the percent change in the Consumer Price Index (CPI), whichever is lower.

*“Just” Value and Assessed Value Defined*

Just and assessed values are used to determine your property taxes. Following are definitions of these terms.

- Just value: Market value or the price at which a property, if offered for sale in the open market, with a reasonable time for the seller to find a purchaser, would transfer for cash or its equivalent, under prevailing market conditions. This value is determined by state property appraisers.

- Assessed Value: Taxable value or the value re-

*(continued on page 6)*

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**PROPERTY TAX ...**(continued from page 1)

maining after appraisers apply all valid exemptions (e.g., homestead), classifications and assessment limitations to the property.

The property tax you pay is determined by applying the property tax rate to the **assessed** value. The difference between the just value and the assessed value is referred to as the **SOH benefit**. For example, if the just or market value of your home is \$200,000 and the assessed or taxable value is \$150,000, your SOH benefit is \$50,000 (\$200,000-\$150,000). The \$50,000 represents the amount of tax savings you've accumulated over the years. What can you do with this benefit?

*Property Tax Portability Amendment*

If you sell your current FL Homestead and move into a new home in FL, you can use your SOH benefit to lower the assessed or taxable value of your new residence. In other words, all your accumulated tax savings on your former homesteaded property are "portable." The Property Tax Portability Amendment has been in effect since 2007.

How does it work? Let's assume that after selling and vacating your home in the example above, you buy another residence in FL for \$400,000. You

can apply your SOH benefit of \$50,000 to reduce the taxable value of your new homesteaded property along with all other valid exemptions, classifications and assessment limitations. The 3 percent SOH cap will then be applied to an assessed value lowered in part by the portability deduction.

If your new property is valued higher than your former home, all of the portability benefit can be applied up to \$500,000. If your new property is valued lower, a percentage of the total benefit can be used.

How do you find your SOH benefit? Go to the Palm Beach County (PBC) Property Appraiser website (<https://www.pbcgov.org/papa/>). Click on "Home." Enter the address of your old home and click on "Search." On the "Full Property Detail" page scroll down to "Exemption Information" and click on "Portability Calculator." You will be provided with the appraised market value and assessed value of your home as well as the "cap differential." The cap differential is your SOH benefit.

Warning: Use the official FL Property Appraiser website noted above. It is free. There are other web-

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**PROPERTY TAX ...**(continued from page 6)

sites that provide this information, but they charge a fee.

How do you apply for your SOH benefit? The easiest way is through the PBC Property Appraiser website, You can E file for Portability at the same time you E file for the Homestead Exemption on your new FL home. Under “Homestead Exemption,” click on “E File (Apply Online)” and follow the instructions provided.

When must you apply for Portability? To use your SOH benefit, you must establish a new homestead on or before Jan. 1 of the second year after the sale of your previous homestead. The deadline to file for both the Homestead Exemption and the SOH benefit is Mar. 1.

**ORT**

By: Lenore Blinkoff

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## It's Happening at Pap

By: Marcia Levitz (Lancaster)

By this publication, we have had our BIG EVENT called "Night at the Races," which, from the onset of planning, was sure to be our best event ever held.

Many thanks go to Ellen Schwartz and Penny Schuler, who spearheaded the planning of this night and all the "helping hands" who made it such a success. We give our deepest gratitude to our generous sponsors - for tables, for races, for the horses and raffles. With those efforts, we are closer to our goal of finding a cure for cancer. Thank you all.

The best news yet is we are expanding our presence in S. FL. Doreen Heisler, a past President of our chapter who now serves on the executive board of Pap, has informed us that we now have a satellite in Jupiter to better offer Cancer screening and Cancer care, in a wider range of FL.

Looking forward to a warmer spring and our closing meeting.

Start saving your old purses and belts and jewelry to donate to Pap for our "Baubles Bangles and Bags" sale!

## Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! "The flowers that bloom in the spring, tra-la, breathe promise of merry sunshine!" Yes, April, commonly associated with spring in the Northern Hemisphere, has arrived. The name April comes from the Latin "aperire," to open, and describes the opening of the flowers and trees at springtime.

April is a festive month with a variety of both secular and religious holidays. These include: April Fool's Day on the 1st, Palm Sunday on the 5th, Passover on 9th thru the 16th, Good Friday on the 10th, Tax Day on the 15th, Earth Day on the 22nd, Ramadan on the 24th thru May 23rd, and Arbor Day on the 24th. April's Zodiac signs are Aries and Taurus; its flowers are the daisy and sweet pea, and its birthstone the diamond. As Victor Hugo said, "Diamonds are to be found only in the darkness of the earth, and truth in the darkness of the mind." Note the word diamond originates from the Greek "adamas," meaning unconquerable and indestructible.

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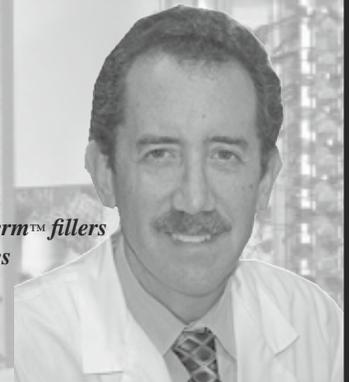
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**CANTERBURY COMMUN ...**(continued from page 8)

In getting to know our neighborhood and its many attractions, we highlighted the Jaffe Center for Book Art, located in the S.E. Wimberly Library, on the FAU campus in Boca Raton. The Center was opened in 2000 after Arthur and Mata Jaffe donated their 2500 collection of “books as aesthetic objects” to FAU in 1998. The collection has since grown to nearly 6000, with an extensive assortment of creative works (e.g. pop-ups, carvings, illuminated manuscripts, sculptural-based and accordion books), all of which are showcased and available for viewing.

A 60-minute tour of the Center, led by student assistants, is offered on Wednesdays at 3pm. While reservations aren't required, a timely arrival is requested. Admission is free, although donations, used to fund the acquisition of new books and educational programs, are gratefully accepted. The Center is open weekdays, 9am-5pm, and, for additional information, can be reached at 561-297-0226. The Jaffe Center for Book Art is truly an excellent example of how a special collection can enhance a university library, as well as offer its visitors the opportunity to view a unique form of

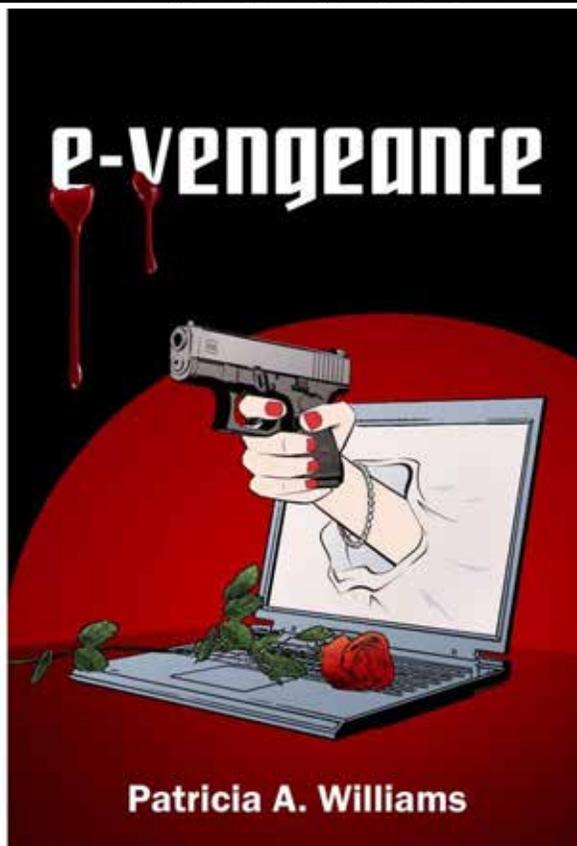
artistic expression. The collection is really a “must see!”

In closing, we wish all our Aberdeen friends a happy, healthy and enjoyable April. Remember that “A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still gently allows you to grow” (Shakespeare). Have a great month!

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In *E-Vengeance*, nothing—and no one—is what it appears. As time goes on and more and more truths are revealed, Isabelle and the reader will be left wondering who, if anyone, can be trusted.

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## April's Arrival

By: Phyllis Arnauer (Lancaster Lakes)

Just as March goes out like a lamb, we welcome the April showers that bring May flowers. And of course, the next line of the joke---what does the Mayflower bring?....Pilgrims! Yes, I can hear you all groaning.

Hopefully, everyone enjoyed the varied activities offered in March. In April, we look forward to celebrating Easter and Passover with friends and family. Our golfers and tennis players have wonderful events coming up. Also, Crystal Starr and the Bowties will be entertaining us during the month. Be on alert on April Fool's Day, which, according to some, began in the 1500s when the Gregorian calendar took over from the Julian. Those who forgot the change celebrated New Year's, which had been on April 1st. Thus, they were called April fools!

A while back, my husband and I had company for 3 days. I began to think about what having "company" means. The word company means a few different things: a commercial business, the fact of being with others for enjoyment, or to associate with. When you know someone very well, their company is welcomed and enjoyed. However, when the company includes someone you haven't seen for 20-plus years and their entirely unknown significant other, there is less enjoyment and more work involved. The moment you pick them up at PBI airport, you know there will be work involved. The compulsory hug of welcome is strained and stilted. The presence of both people in wheel chairs throws us for a loop. We did not anticipate these special circumstances, and knew our home was not equipped for them. As it turned out, the wheelchairs were just to eliminate the walk from the gate to the baggage area to the car. The ride from the airport was a chance to converse about the past 20 years and comment on the weather, the traffic, the palm trees, and other surface subjects. Still feeling like work! Going straight to Flakowitz for lunch provided a chance to relax and bond over matzoh ball soup, pastrami, and corned beef. All excellent ice breakers! The United Nations should consider these options for peace around the world! By the time lunch was finished, we were becoming friends whose company is enjoyed. A few fun outings like

*(continued on page 12)*

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**APRIL'S ARRIVAL...***(continued from page 10)*

The Festival Marketplace, the Manatee Lagoon, minus the manatees, and Beall's outlet store, and we were on our way to an enjoyable and stress-free visit. Of course, chocolate cake, ice cream and cards also helped. When our friends left, we were happy to have had their company!

An update: At the Board of Directors meeting in February, questions about the documents were asked and answered by our attorney. The final version was delivered and will be voted on. Our thanks to the Lancaster Lakes board members: President, Larry Dix, Elaine Boderman, Roy Hanover, Shelly Schultz, Herb Klinger, Gary Akawie and Dennis Brenner. We welcome new homeowners David and Judy Weissman to our community. Also, a reminder that volunteers are needed to help with a community get-together at the pool in the spring. Happy April 2020!

**Sharing With Sheffield**

By: Ruth Krawitz

In previous seasons, I devoted several columns to a then new phenomenon called "superagers." Neither my friends nor I had ever heard the term until the NY Times published 2 detailed stories a few years ago. Those stories inspired me to do my own research, and subsequently inspired me to write about the people who lay claim to this title. It turned out that I am a superager – having reached an advanced age with head intact, memory still sharp and the ability to continue my volunteer work, write, edit, perform intellectual tasks and maintain a well-rounded social and physical lifestyle. What intrigues me is that so few people even know the word, what it means or entails. So, I am sharing with you the results of some recently published research on the subject. Perhaps it will resonate with you or someone you know. We have many superagers right here in our own backyard; are you one of them? Enjoy these excerpts from the medical journal of the MA General Hospital, entitled "Mind, Mod & Memory." Welcome to the World of Superagers!

*A team of researchers led by Dr. Bradford Dickerson at MGH has published a groundbreaking study that holds great promise for the prevention and treatment of age-related memory loss.*

*The work focused on a small group of "superagers" – adults between the ages of 60 and*

*80, whose memories were comparable to that of adults in their 20s and 30s. Unlike the vast majority of older adults in their age group, who suffer a gradual erosion of memory-related mental skills as they grow older, these superagers' brains remained youthful and sharp. The study revealed that, in contrast to the brains of normal agers, those of superagers appear to resist age-related atrophy in key brain areas involved in memory, learning, attention, and executive function.*

*"Our findings send a strong message of optimism to people who are worried about losing their memories as they age," says Dr. Dickerson, director of the Frontotemporal Disorders Unit in the Department of Neurology at MGH. "It's very exciting. What we learned helps to shift the focus of research on age-related memory loss from trying to understand what causes a decline in memory performance to looking for what might help individuals develop resistance to that decline. Answering that question will bring us closer to developing treatments that can help prevent or treat old-age memory loss."*

**Possible Factors**

*"The fact that we were able to identify a number of healthy individuals who qualified as superagers suggests that they are not that rare, and that it might be possible to identify factors that they have in common that set them apart from normal agers and help explain their brain resilience. Hopefully this would one day lead to effective strategies that might help all older adults maintain a more youthful brain."*

*Dr. Dickerson points out that a number of earlier studies have uncovered specific factors that are associated with better memory performance in older age, and he is in the process of assessing the superagers in this respect. Some of these factors involve the individual's genetic makeup and life experiences. But Dr. Dickerson suspects that the superager's secret to maintaining a youthful memory also may involve 5 other, modifiable factors, which help protect and strengthen memory. These include:*

**1. Exercise.** Evidence from a number of studies suggests that regular exercise slows brain aging and helps prevent shrinkage in key memory areas.

*(continued on page 13)*

**SHARING WITH SHEFF...** (continued from page 12)

*Recommendation: If your doctor approves, try for 150 minutes of moderate to vigorous exercise each week*

**2. Social Activity.** *People who are socially active have a lower risk of cognitive decline, research shows. Recommendation: Resist the tendency to isolate yourself. Instead, reach out to old friends and make new acquaintances. Join social groups and volunteer to help out in community projects where you can make new friends.*

**3. A Healthy Diet.** *A nutritious diet maximizes brain health. Recommendation: Consume a low-fat diet rich in fruits and vegetables, nut, legumes, fish, lean meats and poultry. Avoid processed foods, excessive sugar, and unhealthy saturated fats.*

**4. Intellectual Engagement.** *Research suggests that people who remain intellectually active in older age are more likely to perform well on tests of memory and cognition. Recommendation: Busy your brain with stimulating activities, such as learning to play a musical instrument, surfing the Internet, or painting a landscape.*

**5. Meditation.** *Mindfulness meditation and other relaxation techniques help lower stress that can damage memory ability. Recommendation: Try*

*to spend 20 minutes or more each day engaging in meditation, visualization, yoga, or another relaxation exercise.*

It is important to note that the factors indicated above should serve as useful guidelines for maintaining a happy, productive lifestyle, superager or not.

Neighborhood Notice: Sheffield residents Mark and Tara Deiana ask your assistance. Please help them by making sure their information in the Aberdeen Telephone Directory is correct. Thank you.

*Mark & Tara Deiana, 7816 Bridlington Drive, Sheffield, 561-698-2196.*

Condolences to the Schwartz family on the passing of Jerry's mother in Mar.

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## It's Happening In Dorchester

By: Carol Baron

Here we are with April Fool's Day behind us! We are no fools. We are here to celebrate the beginning of the 4th month of this year, and are still around to enjoy it all. That is, after our taxes are paid.

Dorchester HOA held its annual meeting and the election and/or reelection of its Board of Directors on Mar. 19th. So, it is back to work for the board. We already have new mail boxes, newly painted street signs, paved streets, pressure-cleaned sidewalks and a walk-through to make sure that all the roofs and driveways and exterior painting is up to the quality we expect in our community. I guess the board will find more to keep it busy and keep Dorchester the place where so many people wish to reside. That was evident by the new residents we have recently welcomed.

Whether we are playing golf, cards, tennis or singing and dancing ... many of our residents are participating in activities that Aberdeen has to offer. In addition, we will be celebrating Passover and Easter. It will all be so enjoyable with longer daylight and sunshine since we had the first day of spring and are back to daylight savings time. All those with a low serotonin level will have a smile on their faces as the sun stays there for an extra hour each day. Too bad that extra hour cannot stay all year through.

For those who celebrated the birth of a new great or grandchild, another special birthday (as they are all special) and a wonderful anniversary, we say congratulations and ENJOY! Iris LeVine is appreciating her new knee as she puts it all over the tennis courts. And if you have not seen Myrna Camhi's photos (look on FaceBook), treat yourself to some beautiful visual experiences. April is to be appreciated by all who are recovering from some not-too-terrific health situations. Nice to have you back doing what makes you special.

As we speed through this month and those that follow, I leave you with a what to do to make the best of the remainder of 2020: "smile more and worry less; spend more time making others happy; think more about your blessings instead of your problems; take more time listening to others; eat more cake and ice cream; watch the sunsets and listen to the birds talking to each other." AND WISH EACH OTHER HAPPY HOLIDAYS!

## Waterford Spotlight

By: Cathy Goldenberg

One day in the distant past, I headed over to my grandchildren's home to wait for them to come home from school. I was grand -watching or sitting, if you call it that.

A friend of the family was picking them up from school and dropping them off at the house. A few minutes before they were due to arrive, my iPhone rings. I answer the phone staring into it. I am immediately connected to a FaceTime call with my 2 grandchildren.

Granddaughter: "Hi, where are you are?"

Me: "I'm at your house."

Granddaughter: "OK, great. We will be there in a few minutes."

Me: "Oh, good."

Grandson: "See you soon. Bye."

Let me preface this by saying they are 7 and 8 years old.

On the arrival home, after the initial greetings and the start of homework, they ask me what I've been doing before they arrived. "Oh, I started watching a TV show on Amazon Prime and the Internet went down. I could not even read my e-book, I exploded." Another conversation ensued between them.

8-year-old: "Oh it's the modem. It's always going down."

7-year-old: "I can fix it for you."

They both jumped out of their chairs abandoning the homework papers in front of them. Both kids run to the TV and the modem. A conversation can be heard from the family room.

"We need to reset the modem."

"You have to turn the TV and modem off and reset both together."

"OK, let's see if that works."

It worked. They resumed the day's homework and nibbled on their after-school snacks.

You might be shocked or astonished by the ages and conversation. I wasn't in the least. We are a technology family. We're early adopters.

If you were to Google "kids in technology," you'll find an array of articles debating the issue. Topics include limiting your children's technology to what is appropriate and what is age-appropriate.

*(continued on page 15)*

**WATERFORD SPOTLIGHT...** (continued from page 14)

Technology is not something that is the wave of the future, as announced in a World's Fair of a by-gone era. Technology is here and it's mainstream. It is what these children were born into. Of course, there must be a balance. Asking Alexa to assist in completing your math homework is not helpful. However, in the long run, technology can enhance learning.

My mom would tell me a story of her family's first TV set. Her family was the first ones in the apartment building to have a TV. All their neighbors were invited on Sunday nights to watch a program.

In the 1970s, the portable calculator was introduced, and my family had one. In 1982, the Sony watchman arrived at our house. Today, the grandkids have no use for this equipment. Apps on their iPhones and iPads perform these tasks. As they begin to learn, read and write, the children's text messages become more elaborate.

I, myself, embraced technology and learned programming and coding in college. Later on, I began to create websites. These days, I delight in my work as Waterford's Communication Director. Our preferred form of communication between the HOA and residents is email. The Waterford at Aberdeen Board

**Harvey Baron's Early Bird Special**



of Director's Secretary calls the Waterford residents that don't have access to technology or the internet to keep them informed. I also maintain the community website: [waterfordaberdeen.com](http://waterfordaberdeen.com).

Technology has enabled the residents of Waterford to enter the 21st century. Our state-of-the-art website informs residents of all activities. We believe in transparency and community input. Our residents are privileged to have a vast amount of up-to-date community information at their disposal. They are urged to spend time perusing the site before making a call to Board members or the Property Manager. More than likely, the answers to their questions can be found online. They also are directed to use the Contact Us page for all inquiries.

If still bewildered, or not, sometimes a good old-fashioned phone call works well.

**The Sunny Shores**

By: Estelle Morganstein

In my February article, I outlined the steps every homeowner needs to take in order to make a request for service to their unit covering any of the common amenities or household exteriors for which your HOA is responsible. This involves submitting a request for a contractor repair and/or follow up service.

1. Emailing [kris@campbellproperty.com](mailto:kris@campbellproperty.com); or
2. Completing a work order and placing it in the HOA mailbox located on Parkwalk Circle West

These requests are usually followed up by our property management company within 72 hours (except emergencies which are handled immediately). These options are the proper channels every homeowner must to follow in order to secure a response to their concerns. Any other attempts at obtaining service may result in a lack of response.

An important reminder! Living in FL is wonderful but we should never forget that our local lakes are abundant with wildlife and, while some of them are harmless, others are dangerous and even life-threatening. An estimated 1.3 million alligators inhabit all 67 Florida counties and can be found anywhere there is standing water. Stay safe by keeping away from waters' edge of our lakes and be on the lookout at all times, especially at dusk or night when they naturally feed.

(continued on page 16)

## THE SUNNY SHORES... (continued from page 15)

I have recently been advised that several young people from neighboring communities have been fishing in our lakes here in Aberdeen East, even though signs are posted forbidding such activity. If you should notice this happening in your area, you should call our sheriff's office at its non-emergency number at 688-3000.

It has also come to my attention that a number of teenagers were caught recently shooting BB guns at local birds in the area between Park Vista H.S. and our development. Hopefully, this was a one-time occurrence. These guns can harm our wildlife and our residents, so if you spot this kind of behavior, notify the sheriff's office.

Finally – some positive news! Diane Greenberg would like to thank all her team captains for their efficient distribution of our 2020 community telephone directories. Good job - well done!

Enjoy the upcoming holidays – Easter and Passover. Look forward to my next article in the May edition of The Aberdeen Times.

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## Bermuda Isle Buzz

By: Lynn Chodos

It's exciting to find treasures in your own backyard, like the people in our neighborhood who have opened my eyes to their talents, strength of character and fascinating life journeys. One such gem is Bermuda Isle resident Ketly Blaise Williams.

Ketly is the owner and president of *Can We Talk? Inc. Translation Services*, a company that provides interpreting and written translations in Haitian-Creole, Spanish, French and other languages. This firm dispatches skilled interpreters for circumstances ranging from legal, insurance and medical matters to education, human resource and social service needs. Besides interpreting, they provide written translations for many types of documents, including contracts, handbooks, promotional materials, personnel policies and procedures, brochures and general correspondence.

Ketly's road to success was the result of developing personal skills based upon her fluency in foreign languages; she is of Haitian background, spoke only French until she entered school, and studied Spanish for 9 years. She further honed her language skills by teaching English to immigrant school-children during the day, English as a Second Language (ESL) to

adults in the evenings, and interpreting at courtroom hearings on weekends. Ketly knew in her 20s that she wanted to be her own boss, thinking *"I am not going to let other people control my destiny."* At age 30, she established *Can We Talk?, Inc.* and, for the past 32+ years, the company has grown with the constant goal of providing professional services with excellent service.

Other interesting tidbits:

Ketly has contributed thousands of hours to various community organizations, and has served on numerous boards in the County. She has appeared in the Palm Beach Post on multiple occasions, accompanied by articles about her and/or written by her; she was proposed to by a former boyfriend as a guest on Oprah, and is aiming to become a *Jeopardy* contestant. She and husband Marshall love and collect champagnes, and are "foodies," with a great passion for good restaurants.

In Bermuda Isle, life continues to move pleasantly along as we await the arrival of spring. This month, we enjoyed a wonderful brunch for our residents planned by *Julianne Haimes*. *Ronnie Applebaum* just celebrated a special birthday, and we wish her congratulations and love. As always, we send our wishes for good health and enjoyment to all Aberdeen residents. We might keep in mind Ketly's goal of *"make things happen in your life,"* and her favorite motto, *"Carpe Diem"* - Seize the day!

---

## Harbour Lights

By: Wendy Latman

**April** is the 4th **month** of the year and has 30 days. History: In the initial Roman calendar **April** was the second **month** of the year until January and February were added in 700 BC. It is thought that the name **April** comes from the Latin word "to open", and describes the trees opening at springtime.

So what does April bring to S. FL, and The Harbours?

We have 2 major holidays in April – Passover and Easter. Happy Holidays to everyone!

Some of our snowbirds will be flying north or west to celebrate the holidays with family, or to end their winter season in S. FL. The roads will become less congested and the local businesses will start putting out specials. (Yeah!!!!)

(continued on page 17)

**HARBOUR LIGHTS...***(continued from page 16)*

**Local News:**

We have been experiencing a considerable number of parking violations by visitors in the Harbours. It is important that all residents take it upon themselves to advise their guests where they can park. Parking violations not only cause an inconvenience to neighbors, but can pose a danger if cars are parked on both sides of the street, making it difficult for emergency vehicles to get through.

Please be considerate.

Everyone in the Directory should have the new 2020 Telephone Directory. There are lots of errors. Check to see if your personal information is correct. If it is not, contact Wendy Latman at 561-699-5857 or wlatman@bellsouth.net. Corrections are being made as we learn of the errors; The on-line Directory should be correct.

**Meet our new President/Treasurer, Greg Morton.**

Greg resides in Harbours II with his wife, Paula, and their dog, Molly. Originally from the northeast, they spent a lot of their careers in Mission Viejo, CA. It was coincidental that both of the companies they worked for were being sold at about the same time.

Greg took a severance package and Paula got a transfer within the company to Florida. That was 21 years ago. When they were ready to downsize from a home in Smith Farms, they came to The Harbours 3 years ago.

Professionally, Greg was an Office Manager, Audit Manager and Audit Director in the Finance & Mortgage industry.

For fun, Greg likes to travel, play computer games, watch sports. He attends the sporting events at Park Vista H.S.

His message to the community is that he wants all of the residents of The Harbours know that he is there for them. He will work to make sure our property retains its value without breaking the bank.

He is truly looking forward to serving the community for the next couple of years.

*Reporter interviewing a 104-year-old woman:  
“And what do you think is the best thing about being 104?” the reporter asked... She simply replied, “No peer pressure.”*

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## Hampton Happenings

By: Janet Friedman

Who knew! OUR SOLID WASTE AUTHORITY and RECYCLING PLANT is the best, most environmentally-friendly, best equipped and most advanced facility of its kind in the northern hemisphere! On Wed., Feb. 26, a group of 9 Hamptonites took a trip to WPB to explore the facility. A docent took us on a 2-hour walking and bus tour of the entire property and educated us. It was a remarkable experience and so very interesting. The facility is very impressive. Thank you to Ellen Gold for bringing this trip to our attention. There was a raffle at the end of our tour. Dee Gann and Hanna Vogt each won a gift bag filled with goodies. The rest of us got recycled paper notebooks and pens. A truly wonderful time was had by all.....

There are many holidays in April. There is Passover, Easter and of course April Fool's Day. But there is another special day...just as important. Reconciliation Day is on Apr. 2nd. It is a special day to patch relationships and to make amends. Its intention is to re-establish relationships between family, friends and couples. Life is too short to hold a grudge between those we love.

Estranged couples may find today to be an opportunity to work out their problems. People who have had a "falling out" with family members or friends are encouraged to reach out and "mend the fence."

Origin of "Reconciliation Day":

Since 1989, newspaper columnist Ann Landers has promoted Apr. 2nd as Reconciliation Day. She writes an annual article dedicated to this day. She posts and replies to readers' questions and issues on reconciliation.

There are many other "Relationship Days" held around the world on many different dates. Among the countries that recognize this day are South Africa, Korea, Angola and many others that have struggled with war and strife.

For those considering a reconciliation, the old saying is "It's never too late". But, that is not true. Someday, it could be too late. Use today to begin your reconciliation.

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*(continued on page 19)*



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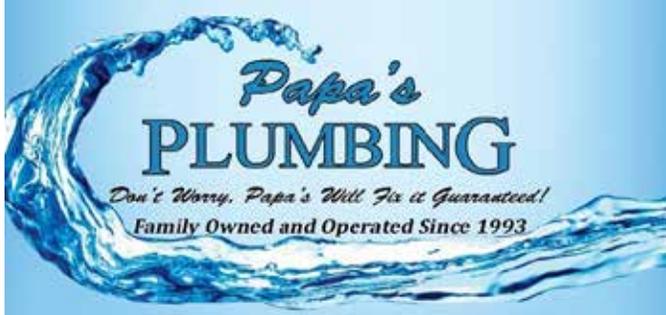






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**HAMPTON HAPPENINGS...** *(continued from page 18)*

there is a greeter waiting to welcome you at the door. The greeter is Mozart (not that one), the Persian cat. Besides being just beautiful, he is truly amazing. There is no doubt that he is smiling as he is checking you out. Mozart loves everyone. He will come right up to you and give you a nudge until you pet him. He is more like a dog. You cannot help loving him!

Bonnie purchased him from a pet shop in Manhattan. Her vet had recommended the shop. There were several kittens up for sale. Bonnie asked her housekeeper to come with her to help pick one out. She said she would help on the condition that she got to name the cat! Bonnie's housekeeper was a musician. She had a dog named Handel. She picked the kitten and also picked the name. Mozart. Mozart was 3 months old when Bonnie took him home with his pedigree papers.

Bonnie had another cat at the time, and when he passed away, Mozart was very lonely. The ASPCA was having a special Adopt a Kitten Day. Bonnie went over and adopted Isabella. Mozart took Isabella in hand and taught her everything he knew. He took care of her and still does. Isabella is shy and leaves all the greeting to Mozart. But when Mozart does not see her for a while, he goes in search of her to make sure she is ok! Mozart loves chocolate, cheese, crackers, steak and chicken. If there is cool whip in the house, Mozart gets his own bowl full.

Mozart's owner, Bonnie came to us from Boca Raton where she lived for 18 years. She worked with her husband in a successful shoe business as the financial advisor and bookkeeper. She is a designer and decorator. She has taken and taught the Dale Carnegie course. She is a snowbird returning to Manhattan each summer, and a very welcome addition to Hampton!

People will tell you that there are no noticeable changes of seasons in FL. That is not true. Spring is coming now and you can see the changes if you know where to look. All of a sudden there is oak pollen on your car and Zyrtec on your kitchen counter! Wakodahatchee is overrun with wood storks and their babies making a racket while waiting for their parents to return and feed them minnows for lunch. (You can go and see them in their nests.) There are swallow-tailed kites from South America soaring above and

*(continued on page 20)*

**HAMPTON HAPPENINGS...** *(continued from page 19)*

catching dragon flies in midair. Butterflies abound. Trees and flowers are blooming. Male alligators are on the move looking for girlfriends. There is one in our own Hampton Lake. In FL.....It's spring!!

Our Hampton book group will be meeting on Apr. 28th at Connie LaMendola's home. We will be discussing "Long Bright River" by Liz Moore. This book is about a neighborhood battered by opioids and 2 sisters who choose different paths through the wreckage.

Our social committee is planning a pizza party at the pool for Sun., Apr. 19th. Join us!

Get well wishes to Wayne Poverstein. Condolences to John and Barbara Pagliarini on the loss of their son-in-law.

If you are not getting the Hampton emails, let me know.

**Moorings Matters**

By: Eileen Hahn

Once again, it's April Fool's Day and I sit at the computer trying to compose a column I inherited from Vince Marini, who proudly tells me he has 6 months of his feature articles ready for print. He could just put them under this heading and save me. I'm a glutton for punishment; that's why over 6 weeks Joe and I attended the senior prom, men's club dinner dance at the Fountains CC. and the Italian American Club anniversary party at Winston Trails. Anne and Shelly Osherowitz get the award for being the newest residents also committed to supporting all projects. Anne is now our fashionista; since shopping for the first event, she ended up with three cocktail dresses, not like the rest of us who dug deep in our closets to be clad appropriately.

This past month, we added another body part as Cathy Columbia joined the new hip brigade and is walking beautifully. Joan Marini thought she was on skis when leaving the lanai and landed on the dining room floor with a gash, sending her to Delray's trauma unit. The black and blue is gone and it didn't impede her dancing. Milt Goldband ended up in the hospital with fever and hope he is feeling better. Our sincere condolences to Dorothy Rabbage on the loss of her husband, Marion, and to Maris Appel on the loss of her husband, Randy. Our former long-time resident,

*(continued on page 21)*

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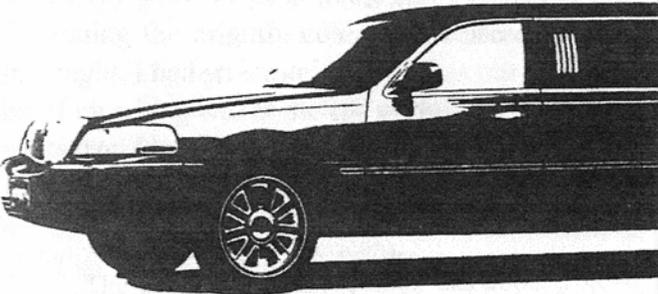
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**MOORINGS MATTERS...** (continued from page 20)

Gus Berger, celebrated his 100th birthday with a party at Allegro Residence. In the midst of the corona virus frenzy, Helen and Joe Fradella are happy to have their children back in the USA from Italy. Our angel of the cul-de-sac, Jayne Bartecki, not only pulls everyone's trash cans and recycling bins to the garage door, but goes home and gets her ant spray if your door is being invaded and exterminates.

The Moorings held its elections and all members retained their seats, leaving one vacancy which can be filled by the board if they choose to. The theater wing production took place after this article so it will be another month before my critique.

Not to end quietly, why are we paying Comcast 2 years now for fiber optic cable that no one seems to be working on installing???

**Could You Have Prediabetes and Not Even Know It?**

The Palm Beach Post, Michael Roizen M.D. and Mehmet Oz, M.D.

In Tom Cruise's 2013 Jack Harper movie, "Oblivion," it's hard to know who was less hip to what was going on: Earth's beleaguered inhabitants or their supposed controllers. Kinda like what's happening right here in the U.S.A.

Turns out that more than a third of the country's population has prediabetes and they're often oblivious to it. That's in part because their doctors are not inclined to follow guidelines about testing for the condition or, if they do identify someone with the condition, they often fail to provide treatment or even make suggestions for lifestyle modifications!

A recent study published in the journal of the American Board of Family Medicine looked at a sample of folks 45 and up who'd received an A1C test. Forty percent of women and 36.5 percent of men had prediabetes. But when the researchers looked at the study group's medical records, they found that "three-fourths of those with prediabetes weren't provided with an appropriate treatment plan."

That means, like Jack Harper, you've got to face reality and save your world. If you're overweight, ask your doc for a screening test; make sure you get the results; and if your A1C is between 5.7 and 6.4 percent, INSIST on getting lifestyle and treatment recommendations.



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## Sterling Lakes

By: Judy Lukow

### A Little of This and a Lot of That This Month.

Happy Passover and Happy Easter! Two holidays that bring family memories that last a lifetime. I hope we hear some of those new memories in our next issue.

Our Clubhouse usually has fun things planned for the holidays so look for activities that are announced. Remember, go early to our beautiful resort pools to get chairs!

### Social Committee.

The committee will be resuming plans; watch for flyers. It is also planning a Welcoming Committee to welcome new neighbors with information and gossip – oops, I mean fun things to do.

### Grandparent Wisdom.

If your baby is “beautiful and perfect, never cries or fusses, sleeps on schedule and burps on demand, an angel all the time,” you’re the grandma...Teresa Bloomingdale (author of Observations on Motherhood).

What a bargain grandchildren are! I give them my loose change, and they give me a million dollars’ worth of pleasure...Gene Perret (a comedy writer).

My grandkids believe I’m the oldest thing in the world. And after 2 or 3 hours with them, I believe it, too. An hour with your grandchildren can make you feel young again. Anything longer than that, and you start to age quickly.

### Follow-up.

**Sheila Hyman:** After her knee replacement Sheila is now walking and talking. Great to hear that!

### We’re So Sorry to Inform You.

Our neighbor, Renee Engle, passed away on Feb. 29, 2020. Her granddaughter (who lived with her), Rachel Montalbano, wanted you to know the following:

“My grandmother will always be remembered as a beautiful, caring, devoted and joyful mother. She loved the book club and mah jongg and was very spiritual. She always looked for the good in things every day. She will forever be in our hearts and may she rest in eternal peace.”

Our deepest sympathies are with Renee’s family.

To remember and honor Renee’s good sense of humor, quick thinking and pride in her grandchild-

dren, I’m including what she said in our Dec. 2018 article in the Aberdeen Times:

### Questions That Tell a Story.

As part of my ongoing Questions That Tell a Story – I asked Renee Engle when she has company, what favorite dish does she like to serve? She didn’t have to think about an answer; she quickly said, stuffed cabbage and Chicken Soup.

### Good News.

Renee Engle was excited to tell me about her grandchildren. She has 2 that have gotten married within the last year and “2 more to go”. Her granddaughter, Rachel, is living with her and graduated with a master’s degree in Nutrition. She’s working at – Quick Weight Loss - as a dietitian. WTG Rachel!

---

## A Random Act Of Kindness

By: Judit Ungar (Brittany Lakes)

It was a spectacular day, sunny, mid 70s, perfect FL weather that Tues., Feb. 18th, 2020. And the timing was perfect.

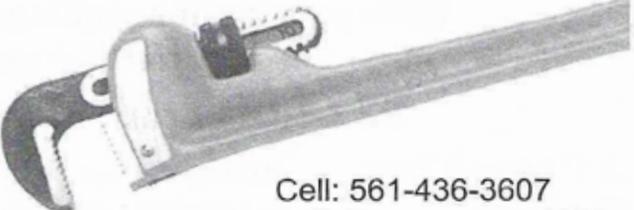
Aberdeen was hosting the scores of guests: children, friends, and best of all, grandchildren of our members. They were all here for the Presidents’ week vacation. Florida is a welcome, sunny change for these visitors from frigid NY, NJ, MA, CT and points north. My husband Jack and I had our daughter, Stacey, son-in-law, Richard and our shining star, grandson Joshua, staying the week.

I came to the pool with my health aide, Nadege, around 1 PM to sit and enjoy the fresh air. I have Parkinson’s Disease and need some help getting around. While Nadege was in the rest room briefly, I foolishly decided to look for a chair in which to sit. As you know, chairs are hard to find during beautiful days of holiday weeks. I lost my balance, my legs suddenly lost their strength and I fell down, hitting my head on the concrete floor. I sat up, never losing consciousness, and found myself surrounded by staff and guests trying to assess the damage and make me comfortable. Most prominent of the people around me was a 10-year-old boy with dark, curly, cherubic hair, named Jacob. He sat on the ground right next to me and began reassuring me that everything would be alright and I would be fine. Who was I to argue with one who seemed to speak with such conviction. Jacob

*(continued on page 23)*

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**A RANDOM ACT...***(continued from page 22)*

stayed with me, caressing my head and shoulders and keeping me very calm. He suggested that someone should probably call 911 for safety's sake. That was being taken care of by David and his staff. Jacob stayed with me until the paramedics arrived to whisk me off to JFK emergency room.

I was so touched by the kindness and calm demeanor of this young boy. He became my guardian angel, assuring I'd be OK. Jacob told me that he had experience in these matters as he recently suffered a concussion but was fully recovered and assured me that I too would fully recover. His words were very comforting. As the paramedics lifted me up and put a me on the gurney, Jacob gave me a parting kiss, so sweet.

Jacob was in my thoughts through my day and a half at JFK and later at the Delray Trauma Center. A CT scan revealed a mild bleeding of the brain. The follow-up scan the next morning showed no further bleeding allowing me to be discharged by 3 PM on Wednesday.

I could not stop thinking of this darling boy who was so kind and caring to a stranger. I wanted to reach out to his parents and grandparents to let them know what a gem Jacob was although they probably already knew, but I only knew his name and not who he was visiting. After a number of attempts to learn the identity of his grandparents went nowhere, it dawned on me to ask Janice at the front desk since she issues all the guest passes. Sure enough, Sherlock Janice Holmes remembered the boy and his grandparents and we were soon able to contact them. Unfortunately, Jacob and his parents had returned to their home in Boston, but his proud grandparents, Julian and Arleen Roberts, will pass along my deepest gratitude to my little guardian angel. We arranged to meet the Roberts for lunch at the Club in the near future.

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## Bridge – Try It, You’ll Like It

By: Sheila Malamud (Brittany Lakes)

Four No Trump.

It’s no news that 4 NT comes in handy when exploring slam. However, it can also be a useful tool in competitive auctions.

If you left hand opponent opens 2 Hearts or 2 Spades and your partner jumps to 4 NT, that’s the unusual No Trump. If you remember, the Unusual NT show at least 5 and 5 in the minors. After a weak 2 bid in the majors, 2 NT show a BIG HAND, perhaps 15 to 18 points. It could even be better than that since she is entering the auction at the 2 level.

Say you are dealt:

Spades: 4

Hearts: 9,8

Diamonds: K,10,8,7,2

Clubs: A,10,7,5,3

Your right-hand opponents opens 3 Spades, your bid of 4NT shows your hand correctly. If the opponents go to the 5 level, you stand a good chance of defeating them. If your partner goes to 5 Clubs or 5 Diamonds, it will usually be a good sacrifice.

Another good use of the 4 NT bid is “Partner, Pick a Slam.”

Say your partner opens 1 NT (15 to 17 high card points). 4 NT by you is Quantitative. It asks if you have 16 with a 5-card suit (which will provide an extra trick) or 17. If so, Partner will bid slam. If not, partner will PASS.

If you bid 5 NT, you are asking partner to bid 7 NT with 16 or 17 points.

4 NT after partner has bid 1 NT never asks for Aces. If it is important to know the number of Aces, Gerber is used. Gerber is a bid of 4 Clubs. Let’s say your hand is as follows:

Spades: A,9

Hearts: 10,7,3

Diamonds: K,Q,10,9,7,5

Clubs: J,5

The Diamond suit should provide enough tricks for 6 NT. However, the obvious danger is that you are missing 2 Aces.

Gerber solves those problems. If partner only has one A, you will stop at 4 NT

Let’s examine another hand where Gerber can

*(continued on page 25)*

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**BRIDGE – TRY IT...** (continued from page 24)

lead you to the correct contract. Here is your hand:

Spades: A,9

Hearts: K,Q,10,9,7,5,4

Diamonds: K,Q,J

Clubs: 4

If Partner has 1 Ace, you will stop safely in 4 Hearts. If Partner has 2 Aces, you will bid 6 Hearts. If Partner has 3 Aces, you will bid 7 NT.

**Question:** What is the common term for someone who enjoys work and refuses to retire?

**Answer:** NUTS!

**Question:** What's the biggest advantage of going back to school as a retiree?

**Answer:** If you cut classes, no one calls your parents.

**Question:** What do you do all week?

**Answer:** Monday through Friday, NOTHING. Saturday and Sunday, I rest.

**Bleacher Seat Splinters**

By: Rob Tanenbaum (Bermuda Isle)

My last correspondence to you was sent just before leaving on a European vacation that included a stop in Milan to see my beloved Inter Milan play A.C. Milan in what the British call a derby (pronounced "darby"), which is a competition between local rivals.

I'm happy to report that I returned without coronavirus but with one of the greatest sports experiences of my life. I could go on and on about why this derby was equal to or better than championship games involving my favorite American teams. But what you will be more interested in is a pre-game conversation about the passion of a sports fan.

Setting the scene, I'm with my wife, Bonnie, Afro (my Italian "son" who I've written about often) and his wife, Monica. Having just had our traditional pre-game meal at a Five Guys near the Duomo, we were in a café relishing chocolate Milanos. Then Monica asked the \$64 Billion Question: "Why do you care so much about your teams? You don't play for them. You don't coach them. You don't affect the outcome. You do nothing but watch and act as though your lives depend upon

(continued on page 26)



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

winning. What's wrong with you? I don't understand."

Monica's not the first person to make such a statement. As I've grown older, I've often asked myself the same. She deserved an answer.

Unbridled devotion to a team is usually inbred. Your father or uncle (in my case mother) did this to you. The next suspects are childhood friends and neighbors who tamper with the young mind. So that by the time you're a teenager and continuing into your senior years, you wind up spending countless hours watching the games, reading about what happened and plotting what the team should do about lineups, roster changes, trades and game strategy that you spend more time than the players, coaches and owners do. They come and go. You are there for a lifetime. I tell her that when we say "we" as in "we won today," or "we played poorly today," the "we" obviously is not true. But passionate sports fans, like Afro and I, feel like we are wearing our teams' uniforms every minute of every day. Monica and Bonnie seemed to accept that explanation while knowing they could never completely understand.

Afro and I went to San Siro stadium with about 75,000 others that night. The chanting and singing of the Inter fans started an hour before the teams took the pitch (field). It was all in Italian so while many words were harsh and damning, I didn't know the difference and tried my best to parrot them. Just before halftime, AC Milan scored twice. The San Siro almost went silent. In soccer, a two-goal lead is almost insurmountable and the thought of losing to a weaker arch-rival was humiliating. But early in the second half, Inter scored. Then "we" scored again and again and again. The noise, the fervor, the hugs with the strangers next to you, in front of you and behind you, came in waves and waves that can only be called ecstasy.

Walking down the exit ramp of the great stadium, we were able to reach my son in the Bronx on WhatsApp. By the look on his face, I knew that the euphoria of victory was transcontinental. I realized I hadn't told Monica and Bonnie another reason with what's wrong with us. We get addicted to that joy of winning the ultimate game. With some teams if you're lucky, it happens every season. With others, you're fortunate if it happens every other decade.

Being at a derby and seeing our team pull off the miracle of a lifetime was paradise to Afro and me. "We" hope you understand us now.

# ATTENTION

Pat Williams, our brilliant, prolific and expert on things financial will be writing her final column for the Aberdeen Times in May. Pat and her husband, Chuck, will be leaving Aberdeen and the Times. Like me, I am sure readers learned a great deal during the years she produced her excellent and insightful articles. She will be missed...both personally and professionally.

If there is someone out there with a strong background in finance and who is also adept at WRITING, or knows someone who is, the Aberdeen Times needs YOU!

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## Your Brain's Best Day

By: Christy Ullrich Barcus

*Make your next 24 hours happy, healthy and smart with these simple brain-power tricks.*

When educator and writer E.M. Kaye turned 70, she decided to enter the USA Memory Championship, becoming the oldest contestant ever to compete. "I didn't win, but I didn't come in last either. I achieved my goal," she says.

To make her mark in what is traditionally a young person's competition (all winners have been in their 20s to 40s), Kaye trained for a year. She ate brain-healthy foods, walked as much as she could, got more sleep, had more face-to-face conversations, avoided social media and learned something new each day. She even hired a juggling coach.

"Our brain is amazing," Kaye says. "It's like a series of roads: When you connect two neurons, you're building a road, and the little synapse is like a bridge over the road. You have to have lots of them, because if something happens to one of the roads, you need a lot of detours available to get where you need to go."

Researchers have confirmed that lifestyle changes like those Kaye took can make a significant difference in the life of your brain. We searched the literature and consulted with experts to map out the next 24 hours, and turn them into an ideal healthy day for your brain.

### Jumping on Beds

Connie told her 4-year-old grandson, Dean, not to jump on the beds. After several warnings she punished him, explaining that if he fell, he would hurt himself badly. Several minutes passed and he was back to jumping on the beds. Connie said, "Dean, you weren't jumping on the beds again, were you?" He stood with his little head dropped low and said, "I'm trying, but it's so hard to quit."

You don't actually wash your hands. They wash each other while you stand there looking at them like a creep.

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## An Important Message From Your Editor

As a member of Lifelock for many years (having been subjected to several credit card and phone scams a few years ago), I am very sensitive to new scams as they arise. Last month, Lifelock advised its members of a new one, related to peoples' ongoing concerns about the spread of the coronavirus. It seems, Lifelock states, that "cybercriminals are using these concerns to launch phishing attacks." If you receive phone calls seeking information, or trying to sell you a product related to the virus, **HANG UP**. Be aware of any unknown virus attack on your computer.

Following are some positive steps that can be taken:

1. If you are looking for information on the coronavirus, visit known reputable websites like U.S. Center for Disease Control or the World Health Organization.

2. Be on the lookout for phishing emails which may appear to come from a trusted source. Remember, you can look at the sender's details – specifically the part of the email address after the '@' symbol – in the 'From' line to see if it looks legitimate.

3. Be wary of emails or phone calls offering unexpected or unprompted information. Also, be aware of emails from unfamiliar sources that contain links or attachments. Do not click on these links, as they could be embedded with malware.

4. Although social media companies like Facebook are cracking down on ads spreading coronavirus conspiracies and fake cures, some ads may make it past their review process. Remember, it's best to seek information on the disease from official sources like those mentioned above.

The nice thing about being senile is you can hide your own Easter eggs and have fun finding them.



## Ya Gotta Laugh

By: Steve Solomon (Hampton)

Dogs.

Maybe it's me. Maybe I'm a tad fussy. Maybe I care when a neighbor saunters over to say hello... well, is pulled over to say hello by her, oh so adorable, untrained puppy. Don't get me wrong. I LOVE dogs; I had one since I was a kid. And, when and if I retired from show business, Jane assures me that I can have another dog-albeit a small dog.

Back to my neighbor's puppy. There we were standing on the grass in my garden: my neighbor, me and her pup. The dog did what dogs do; he sniffed the grass sniffed me and decided to mark his turf on MY

*(continued on page 29)*

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Irv Steinberg

**YA GOTTA LAUGH...**(continued from page 28)

turf. He marked: my leg—my good pants—and MY grass AKA his turf. My neighbor tugged on the little rat’s leash and shouted, “NO! BAD!” She made no attempt to apologize or sop up the pee. She just gave a litany of reasons why her “baby” made bad-bad. I wanted to punt the little pup across the street. But, in the usual neighborly manner, I said, “Hey don’t fuss, I’ll get a towel, these are play pants, those weeds needed killing and I love the smell of dog pee.”

Showing her puppy who was boss, my neighbor gave a stern look to the iddy-biddy dog and shouted, “SIT!” The dog began to sit but halfway down the dog’s ears went back, its tail came up, its back hunched, and that pup presented me with the canine equivalent of an Emmy. He squeezed, grunted and,

with front legs quivering, he awarded me with a “Turdy.” And, this Turdy was grossly disproportionate to the actual size of the pup. I was amazed he wasn’t bleeding. It was the equivalent of a hen laying an Ostrich egg. This object landed and caressed my shoe, I shouted, “Hey...do you mind?” My neighbor, still showing off pictures of her grandchild, looked down and said, “Oh, no problem, I have gloves and a bag.”

Normally, as a gentleman, I would have said, “Oh that’s OK, I’ll pick it up.” Indeed, I would have done just that, if the *lady* had taken a dump on my lawn. But this was her pup and by proxy, her pee and her turdy. I walked towards the house as she put on her HazMat equipment and proceeded to decontaminate the area. She shouted, “Are you mad?” I said, “NO. I just have to get to the shoemaker and the cleaners before they close.”

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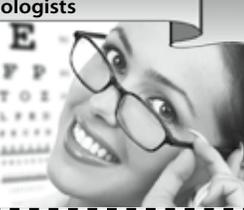
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## A Passover Recipe

By: Bea Lewis (Lancaster Lakes)

When I received a text message from my daughter, Laurie, I was thrilled. She asked how to prepare a holiday dessert she loved growing up - Passover Chocolate Mandelbread.

I quickly rummaged through my old, tattered recipe file, hoping to find the popular recipe I had published as a Newsday food writer a million (or so it seems) years ago.

Her request, however, came on a particularly sad day. I had just returned from a funeral of a good friend. As my friend's children eulogized their mom, how loving and kind she was, they also told of her wonderful culinary skills. I wondered what my children would remember about me.

But then I had another thought. No matter what would happen to me someday, I felt assured that my Mandel Bread recipe would continue to be one of the mainstays of my daughter's Passover traditions. And hopefully – her children – and maybe even her children's children - will be told that grandma made this dessert every Passover.

Food can serve as a link between generations. The aroma wafting through the house can set a memory in motion – good or bad. For me, childhood memories of Passover fare, to this day, evoke feelings of sadness. Because my mother passed away when I was a young child, reminiscences of Passover Seders were always a *catch as catch can* situation, relying on whatever relative would offer an invitation.

Preparing for Passover should not only be about looking back, but about making memories for the future. So when I married and began a family of my own, I was determined to make happy ones, not only for my children, but for their friends, and any number of guests who could fit around my dining room table.

Weeks before the holiday, I would cook and freeze matzoh balls, brisket, stuffed breast of veal, and of course, my famous Passover Chocolate Mandelbread.

This year, however, things will be just a little

bit different. This joyous 8-day celebration, which begins Apr. 8 at sundown, commemorates the deliverance of the Jewish people from bondage in Egypt centuries ago. This year, I too, will enjoy a bit of freedom. Thanks to my nearby Publix, Costco, and of course, Flakowitz, my only chore will be driving to these stores to pick up my fully-cooked, ready-to-eat, holiday fare.

However, to keep up with some semblance of tradition, I will bake my family's favorite dessert, the Passover Chocolate Mandelbread.

Wishing all my Jewish friends a very happy Passover!

---

## A Moment To Reflect, Relate, Remember

By: Maris Levy (Addison Green)

### Umm, We Have A Car Nemesis Issue.

So, we're making a family road trip from Marlboro, NJ to Rochester, NY for my mother-in-law's big birthday bash. We pack up the car, load 3 kids in our Aspen wagon, and set out on our 8-hour trek. Suddenly, on the NJ Turnpike, we hear a violent loud noise and the car begins limping. My husband pulls off the parkway into a local town's gas station just as the entire muffler system falls out of the bottom of the car.

We leave our car to be repaired, rent a car and continue on our journey. Returning a few days later, we pick up our car, pay the exorbitant muffler and rental car bills and head for home.

My husband periodically reflected about how poorly that car was made to have a whole muffler system fall out for no apparent reason. Finally, after 5 years of hearing this, I tearfully told him that I could no longer keep my secret and had to confess my guilt. "I've been afraid to tell you all these years. The day before we left, I accidentally drove over a rather large cinder block divider in a parking lot." My husband rolled his eyes, shrugged his shoulders and went to pour himself a stiff scotch on the rocks. I, on the other hand, smiled, relaxed and enjoyed my purged sense of relief while thinking, "Oh well, he'll get over it."

# Marty's Recipes

By: Marty Hyman (Waterford)

## Fried Matzoh.

Every year during Passover I remember my Grandmom's fried matzoh. While my friends ate Matzoh Brei, the very dry version of fried matzoh, I found this version of the traditional Eastern-European dish a joy to eat. It is one that brings back pleasant memories of my childhood during Passover.

First a word about Schmaltz.

Schmaltz is Yiddish for rendered fat. Often made from goose or chicken, schmaltz was once an important part of Eastern-European Jewish cuisine. In the parlance of American entertainment, which was built on the foundation of Yiddish theater, schmaltz came to refer to drippy, over-the-top dramatization.

## Why Schmaltz?

- Schmaltz is delicious (or so say those in the know).
- Olives or other organic sources of oil were not widely available in parts of Eastern-Europe.
- Lard, once the cooking and baking fat of choice, is made from pigs and not kosher
- Butter, which is dairy, cannot be used to make foods that will be eaten with meat, so it is not a practical oil for many meals

## Ingredients: Serves two to four.

- 4 eggs
- Salt and pepper to taste
- 4 sheets plain matzoh, broken into silver dollar size pieces
- 3 tablespoons schmaltz or butter

## Preparation

1. In a mixing bowl, beat the eggs and add a dash of salt and pepper.
2. In another bowl, soak the matzoh in hot tap water for about 30 seconds.
3. Carefully pour off the hot water and set aside.
4. In a large skillet over medium heat, melt the Schmaltz (or butter).
5. Add the matzoh to the egg mixture, tossing gently to coat (making sure not to break up the matzoh too much), and add this to the hot skillet.
6. Allow the matzoh to cook undisturbed for 2 to 3 minutes, or until the bottom begins to brown.
7. Turn it over, stirring gently to cook through and allow the other side to brown (the matzoh will begin to break up at this point, which is fine).
8. Add more salt to taste.
9. Serve immediately.

*Do you have a favorite recipe and story?*

*Email it to Marty at [jogvista@yahoo.com](mailto:jogvista@yahoo.com)*



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## Mobile News Alerts

Submitted By: Maris Levy (Addison Green)

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- If you are experiencing an active shooter;
- Or any other scenario and you are NOT ABLE to SPEAK but need emergency services;

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- Did you know that if your cable goes out during a storm you may still be able to get local channels with an indoor TV antenna? Check with Xfinity Cable. The antenna may be free. For a list of local channels visit: <https://bit.ly/2SKLkYk>

- A Bike Lane is being added to Boynton Beach Blvd. from Congress to Jog. Temporary construction may cause traffic issues.

## ENJOY PARAPRO - "WHAT"

By: Vincent Marini (Moorings)

Paraprosdokians that's "WHAT"; OK but what's that?

Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. I never heard of them before; however, when I did, I liked them. And Winston Churchill, who I admired loved them, so it's not unexpected that I wish to share them with you.

Here are some examples of Paraprosdokians;  
Where there's will, I want to be in it.

The last thing I want to do is hurt you...but it's still on my list.

Since light travels faster than sound, some people appear bright until you hear them speak.

If I agreed with you, we'd both be wrong.

We never really grow up...we only learn how to act in public.

War does not determine who is right, only who is left.

Knowledge is knowing a tomato is a fruit;  
Wisdom is not putting it in a fruit salad.

To steal ideas from one person is plagiarism. To steal from many is research.

I didn't say it was your fault, I said I was blaming you.

You don't need a parachute to skydive. You only need a parachute to sky dive twice.

I used to be indecisive, but now I'm not sure.

To be sure of hitting the target shoot first and call whatever you hit the target.

You're never too old to learn something stupid.

I respect my elders, but it's getting harder and harder for me to find one now.

Spread the laughter, share the cheer, Let's be happy while we're still here!!

Source: Thanks to Arthur McDermott for sharing.

## Hampton Dehydration

By: Jane Evers (Hampton)

**Dehydration: An explanation and ways to keep hydrated.**

Dehydration is important to watch out for, especially when living in FL. Remaining well hydrated is crucial to your health. However solid your body, most of it is water, ranging from 75% of the body weight of infants to 55% of the elderly. Every bodily function depends on water. Water transports nutrients, regulates body temperature, lubricates joints and internal organs, supports the structure of cells and tissues and preserves cardiovascular function.

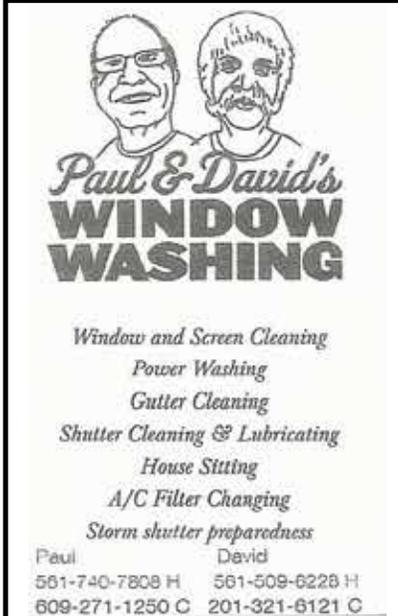
Inadequate hydration can cause fatigue, poor appetite, heat intolerance, dizziness, constipation, kidney stones and dangerous drop in blood pressure. Brains effects include mood shifts, muddled thinking, inattentiveness and poor memory.

So, what are some of the signs you may be dehydrated?

**Stinky breath.**

Saliva works 24-7 to wash away food particles that

(continued on page 33)



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**HAMPTON DEHYDRATION...***(continued from page 32)*

collect on your tongue, between your teeth, and along your gums after you eat. If your mouth is dry, those itty-bitty leftovers allow bacteria to grow, thrive, and give you bad breath, one of the signs of dehydration.

**You're cranky.**

Researchers at the U. of Connecticut's Human Performance Laboratory tested the mood and concentration of 25 women who drank healthy amounts of water one day, and then didn't over the next 2 days. When slightly dehydrated, the women reported fatigue, irritability, headaches, and difficulty focusing. In a separate test, men who were mildly dehydrated also experience fatigue and had a tough time with mental tasks.

**You crave cookies.**

You might mistake needing to drink for wanting to nosh, especially after exercise. "After a strenuous session, we are not only dehydrated, but our glycogen stores are depleted," says Kim Larson, RDN, sports dietitian and spokesperson for the Academy of Nutrition and Dietetics. Glycogen is a form of stored carbohydrates that our body uses as fuel; the

cravings are just our bodies telling us we need more glycogen and is one of the signs of dehydration.

**Your skin does this weird "tenting" thing.**

Pinch the back of your hand and hold for a few seconds; when you let go, your skin should snap back into position pretty quickly. If it's slow to return to normal, take that as one of the signs of dehydration. (I tried this and my skin which is over 70 years old didn't go back quickly – and I've been drinking fluids all day. I've got to check out elasticity of older skin)\*.

**Sneaky ways to power up your daily water intake and stay hydrated.**

If you keep forgetting to guzzle down your recommended doses of water, set timers or alerts on your phone to remind you to drink periodically throughout the day.

**Mark deadlines on your water bottle.**

If you need a system that's even more rigorous, use a permanent marker to draw water levels and specific deadlines on your bottle so you'll know how much water you should have drunk by any given

*(continued on page 34)*

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**HAMPTON DEHYDRATION...***(continued from page 33)*

en time of the day. Follow your “hydration schedule” to the T, and don’t forget to keep refilling your water bottle!

**Keep your water cold.**

Although temperature preferences vary from person to person, you’re generally likely to drink more water if it’s refrigerator-cold, according to Joanne Larsen, RD, a Denver-based dietitian and author of the nutrition website [www.askthedietician.com](http://www.askthedietician.com).

**Use a straw.**

There’s a reason drinks in restaurants are almost always served with straw: You tend to drink more water in a shorter amount of time if you use a straw. Apply the same trick to your water routine, and you’ll be well-hydrated before you know it!

**Drink water before you eat.**

It’s well known that if you drink a glass of water before each meal you will eat less. Not only is this a smart way to make yourself drink more water, but it can also help you lose weight by reducing the amount of food you eat during mealtimes, according to a 2010 study published in the research journal *Obesity*.

**Eat spicy foods.**

Have you ever found yourself reaching for a glass of water after some particularly spicy curry or dynamite chicken fajitas? Kickstart your taste buds and make yourself thirstier by eating more spicy dishes. The water you gulp down might not settle the burning sensation in your mouth, but it’s a good way to drink more water!

**More tidbits.**

- Instead of grabbing a Gatorade, try adding 1 cup of coconut water with 1 cup of your favorite fresh-squeezed juice (and a dash of raw honey if you like it sweet) for a homemade and all-natural sports drink.

- Blend or juice some hydrating ingredients like watermelon (which contains more than 90 percent water) and lemon juice (an excellent source of potassium). Then fill popsicle molds and freeze for about an hour. You can even add coconut water for an added boost of electrolytes, and raw honey for a touch of sweetness.

- Soup is a great hydrating fluid to add more water into your diet, but no one wants hot soup on a summer day. Instead, try gazpacho with hydrating vegetables like tomato (which contains 94.5 percent water) and cucumber (which contains 96 percent

water), and a bit of sea salt, for a refreshing and healthy meal.

- Some teas are dehydrating, but decaffeinated herbal tea is an exception. Cool down and rehydrate after a long day by sipping on an herbal iced tea. Blend up some fruit puree depending on your preference.

Now that I think of it, join me as I take a big drink to your health.

The New York Times, July 10, 2018 - “Personal Health,” Jane E. Brody

Readers Digest, “Everyday Well,” Jenny G. Zhang, Lauren Diamond, Teresa Dumain

\*Comments by Jane Evers

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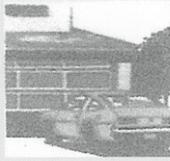
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### Did You Know?

By: Bonnie Seidler (Turnberry)

1. Drink green tea and plenty of water. Eat blueberries, broccoli and almonds.
2. Try to make at least 3 people smile a day.
3. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
4. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed-out charge card.
5. Life isn't fair, but it's still good.
6. Life is too short to waste time hating anyone. Forgive them for everything.
7. Don't take yourself so seriously. No one else does.
8. You don't have to win every argument. Agree to disagree.
9. Make peace with your past so it won't spoil the present.
10. Don't compare your life to others. You have no idea what their journey is all about.

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**\*Employees Must Wash Hands\***  
**Center For Disease Control**  
**Hand Washing Guidelines**

Submitted By: Sheila Tannenbaum (Sheffield)

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on the skin and are fast acting.

**When washing hands with soap and water:**

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a time? Imagine singing "Happy Birthday" twice to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

**Remember: If soap and water are not available, use alcohol-based gel to clean hands.**

**When using alcohol-based sanitizer:**

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces and fingers until hands are dry.

**When should you wash your hands?**

- Before preparing or eating food.
- After going to the bathroom.
- After changing diapers or cleaning up a child who has gone to the bathroom.
- Before and after tending to someone who is sick.
- After blowing your nose, coughing, or sneezing.
- After handling an animal or animal waste.
- After handling garbage.
- Before and after treating a cut wound.

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## Aries Horoscope

March 21-April 19

You're a fire sign who's always ready for whatever challenges life brings, and this year is no different. Step up and conquer the world!

You feed off the fast-paced energy from your dynamic power planet Mars and 2020 starts with this aggressive planet in Sagittarius, the sign of adventure and knowledge. World travel now is an amazingly eye-opening experience now, rich with valuable learning experiences. It will take another several months, until the end of June, until Mars reaches its most dominant placement in your sign, where it will stay for the next two months. Winning is your main objective and yes, you can be a sore loser!

The sun visits your sign from mid-March to mid-April, so happy birthday, courageous, inspirational Aries! Can you feel the anticipation building toward something amazing? You're in your element now, so for the next month you're a straight-up warrior (especially when it comes to competitions). You destroy anything in your path, and you enthusiastically push toward achieving your goals. Anyone who dares

stand in your way now should watch out—you have zero patience for haters.

Wounded Chiron is in your sign all year, causing a major identity crisis. Chiron challenges the very idea of what you believe in and are, and makes you wonder if you're on the right track to reaching your life's purpose. The worst of this transit could cause you to question if you even have a right to exist, but the Chiron retrograde cycle from early July to mid-December helps you reawaken the underlying Aries fire and understand why you've been undervaluing yourself so much. Embrace opportunities for spiritual healing now.

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## Looking Out For Early Alzheimer's Symptoms: S.A.G.E. Advice

If you're concerned about dementia or Alzheimer's disease, either for a family member or yourself, we're here with some sage advice. Consider the words of Thomas Jefferson: "I find that the harder I work, the more luck I seem to have."

So if you put some effort into learning about early detection of Alzheimer's and other forms of dementia, you just might get lucky too. Early detection allows doctors to slow or even sometimes halt dementia's progress. Our sage advice? Try the at-home screening test developed by researchers at Ohio State U. called the Self-Administered Gerocognitive Exam, or S.A.G.E.

This simple test (Google "OSU S.A.G.E." to download) takes only 10-15 minutes to complete and was designed to detect early signs of cognitive impairment. Dr. Mike's Cleveland Clinic and its Wellness Institute use S.A.G.E. to help decide if you're a candidate for it's brain wellness shared medical appointment program or need neurologic treatment from its Neurologic Institute.

Another early sign of Alzheimer's: your nose. The part of the brain that controls smell often is affected in the early stages of the disease.

## It's So Sad

The Palm Beach Post, Michael Roizen M.D. and Mehmet Oz, M.D.

When Smokey Robinson sang, "Now they're some sad things known to man/But ain't too much sadder than/The tears of a clown when there's no one around."

Pretty sad stuff. The same can be said of SAD – seasonal affective disorder. It's a specific type of depression that's (almost always) linked to sun-stunted winter days. But because it's seasonal, a lot of you just accept the SADness and muddle through until April. That's a lot of unnecessary misery: Ten million Americans have full-blown SAD (about 10% of folks in New Hampshire and 1.4% in Florida). It affects women four times more often than men.

Why SAD? Less sunlight means your brain produces less of the feel-good hormone serotonin and more of the sleep hormone melatonin. The result? Grumpiness, lethargy, overeating comfort foods, disinterest in engaging in your life. The answer: more light.

Light therapy treatment has proven effective in reducing appetite and food cravings, as well as

*(continued on page 39)*

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**IT'S SO SAD...**(continued from page 38)

elevating mood and improving sleep patterns – and it's as effective as antidepressants meds.

The bright idea: Work with your doctor to get good-quality light therapy, using a light box that provides 10,000 Lux exposure and filters out most or all UV light. Every morning, position yourself in front of the box (don't stare) or put it off to the side. Sit 16 to 24 inches away. Open a book and read for 30 minutes. In addition, make an effort to exercise regularly and socialize. The combo should boost your mood!

**Helping You Age In Place**

Lance Robertson, Assistant Secretary for Aging; Administration for Community Living (ACL), U.S. Department of Health & Human Services

**Responsibilities** Robertson helps older Americans stay in their homes by administering funds for a network of aging and disability providers. He oversees a budget of about \$2 billion and 200 employees.

**Current Priorities** Expanding work opportunities for older Americans. Supporting caregivers. Creating more options for community living.

**Background** Directed Aging Services in

Oklahoma. Helped start the Gerontology Institute at Oklahoma State U.

**What He Says**

**On his job:** "ACL currently serves more than 140 million American. Ensuring choice, independence and meaningful community inclusion is the hallmark of ACL's work and my life's mission."

**On working with Congress:** "I was really surprised but incredibly pleased how unifying our conversations were around the needs of older adults and people with disabilities."

**On the community agencies that serve seniors and people with disabilities:** "The better their business acumen, the more efficiently they can deliver services. We all win."

**Personal** Married with 2 daughters.

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## Improper Handwashing Ineffective Against Disease

The Palm Beach Post, Michael Roizen M.D. and Mehmet Oz, M.D.

The right way to wash your hands. This from the Department of Over-the-Top: In 2015, Sen. Thom Tillis, R-N.C., suggested that restaurants be allowed to “opt out” of certain regulations, such as employee washing their hands. “I don’t have any problem with Starbucks if they choose to opt out of this policy [of employees washing hands] as long as they post a sign that says, ‘We don’t require our employees to wash their hands after leaving the restroom.’” Huh?

Although posting a sign that says “Employee must wash hands” is no guarantee they’ll do it, folks need reminding of the importance of clean hands – in a restaurant, hospital, gym or wherever germs can spread illness. It’s scientifically indisputable!

A study published in the *Journal of Environmental Health* found that only about 6% of folks wash their hands effectively. So, here’s a refresher course from Dr. Mike’s Cleveland Clinic (where hand-washing is monitored before any caregiver touches any patient

or patient’s device) on how to wash your hands in a public restroom so you are protected from infections that can linger on public surfaces.

- Grab a paper towel and set it aside.
- Wet your hands thoroughly.
- Apply soap and lather up for 20 seconds on front and back of hands.
- Rinse hands well.
- Use the set-aside paper towel to turn off faucets.
- Dry hands thoroughly using another towel. Damp hands more likely to pick up bacteria than dry hands.

If you use hand sanitizer, it should contain 60% alcohol.

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## At War With Dementia

Richard J. Hodes, M.D., Director, National Institute on Aging

**Responsibilities** Directs the federal effort to find ways to prevent and treat diseases associated with aging. The National Institute on Aging (NIA) has an annual budget of over \$3 billion, 451 employees and 209 trainees.

**Current Priorities** The NIA supports 138 ongoing clinical trials focused on dementia and Alzheimer's disease and has funded studies that have spurred the development of potential therapies.

**Background** Hodes graduated magna cum laude from Harvard Medical School in 1971. He previously worked at the National Cancer Institute for 20 years.

### What He Says

**On aging:** "It's a privilege that can be earned by taking advantage of all that we know about the right things to do for health and quality of life."

**On fighting dementia:** "Changes in the brain typical of Alzheimer's can occur 20 and 25 years before symptoms appear. A lot of the research we're doing involves studying people at these earlier stages."

**On "exceptional agers":** They are either resistors or resilient. Resistors manage to avoid maladies such as cardiac disease. The resilient have survived disease with a high level of functioning."

**Personal** Married with one daughter, a school psychologist.

### *Musings of a 90-Year-Old Man (from the Internet)*

*Burn the candles, use the nice sheets,  
wear the fancy lingerie. Don't save it for  
a special occasion. Today is special.*

*When it comes to chocolate, resistance is  
futile.*

*Frame every so-called disaster with  
these words 'In 5 years, will this matter?'*

*Growing old beats the alternative of  
dying young.*

*Life isn't tied to a bow, but it's still a gift.*



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