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June, 2021



JUNE



Aberdeen Golf & Country Club

By: Dr. David Hollander

A message of hope.

One year ago, my President's report focused on the storm that COVID-19 presented. Thankfully, this April, my report can speak to the rainbow that is on the horizon, within our grasp. As there was no manual on how to deal with the crisis at its inception, there is no manual on how to unwind the necessary changes we all have had to endure. Difficult decisions had to be made in the beginning, understanding that no matter what actions the Board of Directors, Management and our COVID Task Force made, the choices were not black and white, never easy, nor always right. Our goal, plain and simple, was the health and safety of our members and staff members as we met the challenges of the pandemic. Now, 12 months later, on behalf of the Board and Management, we ask for your patience as we begin to unravel all the obstacles COVID-19 has placed upon us. Please remember, patience is not an absence of actions on our part but rather it is "timing," and waiting for the right time to act, for the right principles, and in the right way.

The Aberdeen family is diverse in age, in the activities that each of us wants as an individual, in our own perceptions of what is right and wrong in respect to the pandemic, as we navigate what we all hope: the

(continued on page 2)

Fraud Alert: COVID-19 Scams

Medicare, Last Updated 3/25/21

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19). Scammers are using telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams.

Fraudsters are offering COVID-19 tests, HHS grants, and Medicare prescription cards in exchange for personal details, including Medicare information. **However, these services are unapproved and illegitimate.**

These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harm. The personal information collected can be used to fraudulently bill federal health care programs and commit medical identity theft.

Protect Yourself

- Be cautious of COVID-19 survey scams. Do not give your personal, medical, or financial information to anyone claiming to offer money or gifts in exchange for your participation in a COVID-19 vaccine survey.
- Be mindful of how you dispose of COVID-19 materials such as syringes, vials, vial container boxes, vaccination record cards, and shipment or tracking

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Sharing With Sheffield

By: Ruth Krawitz

Living as we do in close-knit communities, where situations and relationships constantly shift and change, I do not find it unusual for people to ask, "Do you believe in second chances?" I thought the question referred to the beginning of a new relationship after the loss of a spouse.

But second chances are not limited or restricted to romantic alliances. To me, second chances imply a reinvention, a second chapter in one's life, an opportunity to do something different. If we expand this notion, it might include second chances at love, marriage, career, friendships, hobbies, interests, adventures, travels, locations.... The list is long. In various degrees, actually making the decision to "go for it" requires courage, an open mind, an open heart and the active support of family and close friends. When it all comes together, that second choice can be more exciting and gratifying, pleasurable than you could ever have imagined... regardless of age or circumstances.

My author/friend shares her perspective: "Tragedy happens, relationships end, people (I) misspeak, insults occur, reciprocity doesn't happen, people leave you, some ignore you, you're left out and more.

"Life hurts, you're in pain – why not quit? Why try again? Because you can! No matter how difficult life becomes, always remember it's never too late to try again."

"What if you were given a second chance at everything you've ever done? Would you take it? Well, not everything can be a do-over. But I believe in second chances, which can restore lost relationships and friendships and happy life styles and positive attitudes and perceptions."

- Use gratitude to take some of the discomfort away. Continue on the gratitude path with journaling or regularly appreciating what you have.

Some quotes:

- The best view comes from the hardest climb.
- When nothing goes right – go left.
- You can do the impossible, because you've been through the unthinkable.
- Second chances aren't given to make things light, but to do better even after we fall.
- In the blink of an eye everything can change.

- So, forgive often and love a lot because you may never have the chance again.

- Life always offers you a second chance. It's called tomorrow.

Life is always giving us second chances. It's what we do with those chances that count.

A Tribute to Joan

Sheffield mourns the passing in April, of long-time friend and neighbor, Joan Cellura. Our heartfelt condolences to her husband Joe, and the extended Cellura family.

Joan was so special! She had a quality that endeared her to all who had the pleasure of knowing her. She was so kind and gracious and giving. If you needed her, she was there. She was the first to volunteer, be it for the Club, for Sheffield, or for her friends. She had too many of those to count!

Joan fought bravely, with the most upbeat and positive demeanor, through many years of illness. She always looked and comported herself in the most elegant and beautiful way. She leaves behind so many wonderful memories of the times we shared with her in Sheffield.

You will be missed, dear friend.

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Hampton Headline News

By: John Pagliarini

It seems that everyone is writing about Covid-19, so my unofficial count is that the Hampton is in great shape with over 70% residents receiving their second vaccine shot. I await the day when attending a Board meeting at the pool will occur sans mask. Masks and bad hearing do not mix.

Bob Emann still plays stickball and is quite good. On Apr. 9th, his team, LEGENDS OF NEW YORK, beat Valencia Point in the championship game to become Palm Beach Senior Stickball League Champions of 2021. Now that's an accomplishment! Bob tells me that he played stickball in the streets of Brooklyn and graduated to a schoolyard. The game is played with a broom handle. If anyone is interested, call Bob Emann. Always looking for new players.

Our roofs are now nice and clean, and our community painting is underway. Next is sidewalk/drive-way cleaning and annual tree trimming. Don't forget that an ARB approval is required for any work or addition requested on the outside. A copy of the ARB form is available on our website: Hamptonhoa.us

Early morning dog walkers are pleased to see

Linda and Cooper every morning after her wrist adventure. Speaking of dogs, please remember to pick-up dog droppings as required by our declaration. The rumor that dog DNA testing will reveal who owns certain scoffers is not true.

Two additional cameras at pool. Hopefully, they are monitored. Perhaps more eyes might be helpful if the board would allow residents to access the cameras, especially the front entrance.

Our speed limit is 30 mph, and the summer is upon us. This equals more residents and visitors. Be careful. Enjoy the summer and stay safe.

Editor's Note - The Aberdeen Times welcomes human interest or feature articles. If you have an interesting story to tell we would love to publish it.



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Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! It's hard to believe that June, the month of the summer solstice, is already upon us. June, named for the ancient Roman Goddess Juno, the wife of Jupiter and the goddess of marriage and childbirth, heralds the beginning of summer in the northern hemisphere. *"Summer has a flavor like no other. Always fresh and simmering in sunshine."* (Oprah)

June's birth flowers are the rose and honeysuckle; its birthstone is the pearl; and its Zodiac signs are Gemini (May 21-June 21) and Cancer (June 21-30). Holidays include Flag Day, observed on June 14 and Father's Day on the 20th. Flag Day was initially established by a resolution of the Second Continental Congress on June 14th, 1777 to commemorate the adoption of the American flag. The proclamation, officially designating June 14th as Flag Day, was issued in 1916 by Woodrow Wilson and declared a national holiday by an Act of Congress in 1949.

Father's Day was inaugurated in the U.S. in the early part of the 20th century to celebrate fatherhood, paternal bonds, and the influence of fathers in society. Lyndon Johnson issued the first presidential proclamation in 1966 designating the third Sunday in June as Father's Day; 6 years later, the day was made a permanent national holiday by Richard Nixon. While in the majority of countries throughout the world Father's Day is observed on the 3rd Sunday in June, the date of celebration varies in others. In Israel, for example, Father's Day (along with Mother's Day) is primarily celebrated as part of Family Day in February.

There are many meaningful and significant ways to celebrate the Father's Day. In our area of S. FL, a family outing to Mounts Botanical Garden is an enjoyable and special way to observe the occasion. Located in W. Palm Beach, Mounts is the oldest and largest public garden, with over 2,000 species of tropical and sub-tropical plants from all over the world, including those native to FL. There are 25 unique display gardens to stroll through, including a Rose and Fragrance Garden, a Butterfly Garden, a Children's Maze Garden and a Garden of Tranquility (my favorite). Hours are Tuesday -Sunday from

(continued on page 8)

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CANTERBURY COMMUNIQUE...*(continued from page 7)*

9:00am - 3:00pm (last entry at 2:00). Admission is \$10 and \$5 for ages 5 – 12. Needless to say, a visit to Mounts Botanical Garden is a great Father's Day experience-gift and will certainly be enjoyed by the whole family!

On the local Canterbury scene, the annual meeting to elect the 2021-2022 Board of Directors was held on Apr. 15 via Zoom. Ellen Nesin, President, Yvette Camulli, Secretary, and Barry Lassman, Treasurer, were re-elected. Kudos to the board! They have served our community with excellence and we thank them for making Canterbury a great place to live!

In closing, we wish all our Aberdeen friends and neighbors Good Health, Happiness and a Happy Father's Day! *"A father's love is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way."* (Unknown) Stay Well...Stay Safe and have a pleasant and satisfying summer!

Harbour Lights

By: Wendy Latman

The Aberdeen Times is not published over the summer months, so this will be our last newsletter until October. Another year has passed, although it's been a very strange year. Some snowbirds never joined us for the season, some had shortened stays. There were no activities in the Clubhouse or the Ballroom, and pools had limited activities for an extended period of time. Most everyone I know has been vaccinated, and we are starting to emerge from our self-imposed restrictions on socializing. Thankfully, I do not know anyone personally who succumbed to the virus in The Harbours, or in Aberdeen East. I hope that is true for all of you as well.

I used my time to explore many of the wonderful outdoor venues we have here in PBC, many of which I have been sharing with you here in the monthly Aberdeen Times. I've only just begun to scratch the surface and vow to continue to research and experience new parks, gardens and beaches.

I've also started an exercise of gratitude that makes me feel really good. I opened a notebook and started to write down everything I am grateful for. I take a few minutes to read it every day and

add another gratitude item if it comes to mind. Reading all of the things that I am grateful for makes me smile every time. Could you imagine if we all started doing this?

Each of our lists will be different, but wouldn't it be a fun exercise when we feel safe enough to get together in a group, to share what each of us is grateful for? I think it would be a very uplifting and inspirational experience. We have the whole summer to make our lists and, hopefully, we will all feel safe enough come fall to have a community gathering where we can share our gratitude.

Until then, have a wonderful, healthy, happy summer!

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June In Lancaster Lakes

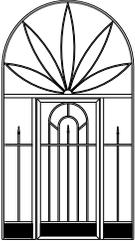
By: Phyllis Arnauer

A beautiful Rodgers and Hammerstein song says, "June is busting out all over..." As we enter the 6th month of 2021, it is time to look around and appreciate all that we have. The weather is warm and welcoming, urging us to get outside and walk, bike, swim, play golf, tennis, bocce and pickleball, or just be. June is the season of new beginnings, especially graduations and weddings. Let's not forget Father's Day, another opportunity for in-person hugs. Of course, celebrating these wonderful occasions continues to be different from what we were used to pre-Covid. But the spirit and good feelings are the same. With so many of us getting the Covid vaccine, it is reasonable to envision getting together with family and good friends. Maybe a peck on the cheek or an outright bear hug is now possible. Maybe car-pooling to your favorite restaurant seems reasonable. The back seat of most of our cars has felt left out and ignored. June, along with spring fever, forces us to relax a little bit regarding all the safety restrictions that we have followed for so long. Let us rein in our enthusiasm enough to keep us and

our loved ones safe. By the time you read this I will have returned from 19 magical days in NJ visiting our 2 children and 5 grandchildren. Something as ordinary as a plane ride became special. Driving on the NJ Turnpike with the family was special. Going to a Sunday brunch with "the girls" to celebrate our daughter's 50th birthday was special. Walking through Central Park in NYC was special, even if Broadway was still dark. So many ordinary activities seemed special, because they hadn't been possible for more than a year. What ordinary activities will you and your family be experiencing now that June is here?

June is busting out with some special holidays and events. The summer solstice on Mon., June 21 gives us the longest day of the year. If you are like me, you will soak in every minute of daylight! And I am not sure there is a connection, but Tues., June 22 is National Kissing Day! And to continue the trend towards relaxing things, June 24 is National Handshake Day. Also, let us remember D-Day on June 6 and Flag Day on June 14. Safe travels to our snowbirds who have flown north, west, and elsewhere. We welcome you back when the chill is in the air and the frost is on the pumpkins!

Neighbor News: Sue and Larry Dix are proud to share exciting news about their grandson, Noam, who is graduating high school and will be attending Yeshiva U. Another grandson, Zev, has been accepted into Albert Einstein Medical School. Congratulations to them both. President's News: Lancaster Lakes residents are reminded to pick up their new directories from Elaine Boderman if they have not done so already. Have a safe and fun-filled summer at Aberdeen.



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The Sunny Shores

By: Estelle Morganstein

The Aberdeen Times does not publish during the summer months – July, August and September. Therefore, the next column will be online on Oct. 1st, 2021.

As well, there will be no HOA meetings during July and August. They will re-commence on the second Tuesday of September at 9AM. Hopefully, by that time the virus will have run its course, and our Clubhouse and all sports facilities will be open and available for use by all.

Our annual tree trimming was completed at the end of April – very early this year compared to past years, when it was not undertaken until just before hurricane season. This service is necessary on an annual basis in order to thin the foliage, so strong winds can blow through the tree branches rather than uproot the trees themselves.

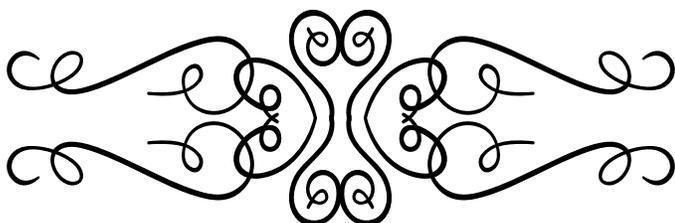
Through the Covid crisis, we have been forced to isolate and give up or at best reduce greatly our outings. Many of us have been turning to our computers and iPads for entertainments, and, in this regard, we would like to thank Lisa, our Clubhouse Manager, for all her emails containing jokes, stories of interest, puzzles, etc. All designed to keep our minds occupied and our spirits up. Thank you, Lisa, for a job well done!

NEIGHBOR NEWS

Maria Villaneuva and Jesus Devesa recently closed on their new home at 5818 Parkwalk Circle West. We welcome them to our community and hope that they will be very happy in the Sunny Shores.

Life is too short to wake up with regrets. So love the people who treat you right. Forget about the ones who don't. Believe everything happens for a reason. If you get a second chance, grab it with both hands. If it changes your life, let it. Nobody said life would be easy; they just promised it would be worth it.

That's all, folks. Until we meet again...



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Sterling Lakes Estates

By: Judy Lukow

A big thank you to Marv Charen and the Pandemic Time Capsule! Who is Marv Charen? Many of us in Sterling Lakes know him as the man who served our board for almost 20 years. That's some dedication! Marv moved to Sterling Lakes with his wife, Sylvia, 24 years ago. Their house was the first one built in that section of Sterling Lakes. Hagen Ranch Road was a dirt road and Gateway Blvd didn't exist. Gateway was like a forest. When they paved Gateway and it was an open road, Marv got a ticket! I wonder if he was the first to get a ticket on that road. Before Marv retired, he was a successful pharmacist in Princeton, NJ. He owned 2 pharmacies. When he decided to retire, he was looking forward to playing a lot of golf. While visiting with their friends at Aberdeen, Marcia and George Liss, the Charen's fell in love! Aberdeen had what they were looking for - a wonderful golf course with all the other "right" amenities. When they first moved into their Sterling Lakes home, the HOA fees were \$180/month. Now they're \$477/month. The HOA is financially well funded and I'm happy to be a resident.

While on the board, Marv, among his many jobs, was in charge of painting the houses every 7 years, taking care of the sidewalks, gutters and roofs, and was a liaison to the Aberdeen Lakes Association and Sterling Lakes. Recently, Marv has decided to retire from our board. We'll miss his cheerful presence at the meetings and his dedicated work. And a great big thank you for all your work these 20 years!

The Pandemic Time Capsule

I asked our Sterlingites, "If we made a time capsule for the COVID-19 Pandemic to be opened in the year 2070 - what would you put in it?" Sheila Hyman: This pandemic caused me to read menus again and even to buy new pots! Carol Wallach: I would definitely put in a plethora of masks, latex gloves and sanitizers. This was life for over a year. Judy Lukow: I would put in a button that I was given when I got my vaccine at the Memorial Hospital in Miramar that said "I RECEIVED THE COVID-19 VACCINE!" I would write a note about how it was so hard to get an appointment for the vaccine when it was first released, and how, at 3 o'clock in the morning when I finally got an appointment online, I felt like I won the lottery! My husband and I drove 45 minutes to another county to get the shots.

I would include photos I took while talking to my

grandchildren on FaceTime because we couldn't see them in person.

I would also include one of my favorite photos taken by anonymous that showed a sign one would see while driving through a line to get the COVID-19 test that said, "COVID-19 testing in the rear." LOL! Of course, I would include an explanation why it was funny - that the test was a nasal swab and "in the rear." was a driving direction.

It's Happening In Dorchester

By: Carol Baron

How is it possible that we are entering June and that we are therefore almost half-way through this year? Now you can understand why they say that time flies away. So pandemic or not, we must move on and start to do those things that keep a smile on our faces. Maybe it will be new and interesting...new friends, new activities and new ideas. Come to Dorchester for a walk and you will probably bump into Marlene Applebaum, Murray Bender, Roslyn Seftel, Anita Lippert (walking her dog), and more. No, I won't be there as I am still dealing with a broken ankle. But bike riders are welcome as well. Just do not break any bones.

We sadly report the recent loss of our neighbor, Stanley Koolik. To his wife Marsha and his family and friends, we send our deepest condolences. It is important to remember: "Time is ... Too slow for those who wait. Too swift for those who fear. Too long for those who grieve. Too short for those who rejoice. But, for those who love ... time is eternity." Mother's Day was just another way of telling our mothers how much we love them and/or miss them. With Easter to start the month, May was certainly another way to celebrate. So let us keep doing it this month. This month, we will celebrate Father's Day. Those who are lucky will be able to join their dads and give them real hugs. Remember to give a warm hug to those you care about, because that is the only treasure you can give with your heart and it doesn't cost a cent.

As we look forward to the first day of summer later this month, we will probably be happy for our air conditioning. Hopefully, all that has been closed down due to our friends, neighbors and staff having had the virus, will now be available for us to enjoy being with each other. We can once again realize that ... we're never who we used to be. We're always who we're going to be.

Moorings Matters

By: Eileen Hahn

We begin the onset of real summer, rather than the continuation of our regular weather and the summer hiatus of our newspaper. Many good things are happening to Mooring's residents. Joan and Vince Marini are very proud of granddaughter, Amelia Marini McCulloch, who has attained a PhD in English Literature and is a professor at Cuesta College in San Luis Obispo, CA. The only drawback is that it is across the country when you reside in FL. Kathy and Paul Aguirre celebrated their 40th wedding anniversary at a luncheon with friends. We now have 3 Applebaum homeowners in the Moorings, as the latest pair move into the Rabinowitz villa, and hope they find happiness here. Maybe post pandemic, we can plan a get-together and old and new residents can meet. Joe and I welcomed our second great-grandchild, Abby Tessa Dresner, in Philadelphia, where she joins brother Scott. Finally, this summer, our grandson, Dr. Peter Gold, will marry Chelsea Leader Fuller after a one-year postponement; they will also reside in Philadelphia. After a 5-year residency, he will begin a fellowship. Fourteen years later he starts replacing knees and hips for a living wage. The only sad event to report is the passing of Martini, the long-time pet of Helen and Joe Fradella and frequent date of Jayne Bartecki. He was certainly loved and well cared for.

In 1981, I retired from my profession as a pharmacist and moved to Aberdeen in 1985. In 1996 I retired from my part-time tech job, and, after a year of doing nothing in 2021, I've decided to retire from all my volunteer jobs. To the organizations, I will always pay my dues and will always read the Aberdeen Times from front to back, but it's time for someone else to try and find news and meet a deadline. I tried to do my best and hope I insulted no one. Farewell!

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It's Happening at Pap

By: Carol Marsh (Ashford Green)

On Apr. 24th, Pap conducted its first in-person event in more than 14 months, with the annual Walkathon. By all accounts, it was a very successful event, with more than 65 people signing up for the event. This year, the Walk was held inside the Ashford/Ashford Green community, and the weather cooperated. Thank you to David Kerner, Ashford HOA president and Tony Casselli, Ashford Green HOA president for allowing us to invade their communities. The walkers clocked about a mile and a quarter strolling through Ashford and Ashford Green. Everyone was happy to be out and about again and chatting with friends. As with all Pap events, the dollars raised go directly to cancer research.

Now, there is yet another reason to be a Pap member. A new Pap mentoring program is being launched, which will provide support for patients undergoing cancer treatment at Sylvester. To become an Ambassador for this program, you must be a 2-year cancer survivor and undergo a 2-hour training program. This new program makes cancer treatment at Sylvester the trifecta of cancer treatment: Sylvester's team of experts, therapies only available at NCI-designated cancer centers like Sylvester, and support while going through treatment from someone who has been through treatment.

Whenever you want to know what is going on at Pap, just go the website AberdeenPap.org. All of the planned activities and information needed to come join us are there for you. As always, if you have a medical issue of any kind (it does not have to be cancer) and want an appointment with one of Sylvester's physicians, call Lyn Schultz at 561-734-8570. Lyn is the Pap Liaison/Dr. Referral chairperson, and she will expedite an appointment for you.

Always remember the Pap mission – “To imagine – and help create – A World without Cancer.”



Bridge – Try It, You’ll Like It

By: Lew Roth (Sheffield)

Opening Leads

Since this is probably my last bridge article, I decided to repeat an article I wrote a while ago about an important bridge topic. Opening leads often determine the fate of the contract. The Player on lead must study carefully all of the bidding. Here are some suggestions for Opening Leads.

1. Has your Partner bid?

It is usually correct to lead your Partner’s suit. However, it is vitally important that you lead the right card, so that he knows what you have in his suit. Lead low to show you have an honor. Lead the top card in that suit if you have no honor. If you have never supported your partner’s suit, show him count i.e. high/low for 2, etc.

2. Have the opponents shied away from No Trump?

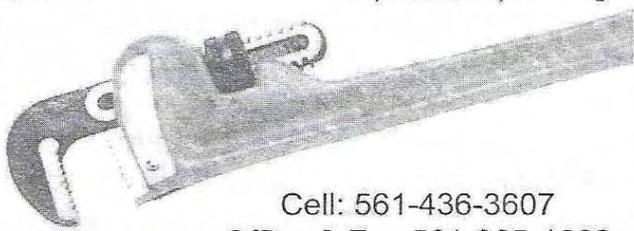
If the opponents bid 3 suits and then finally settle in on one of the suits already bid, it is likely that neither of them has stoppers in that 4th suit. Lead it!

3. Does there appear to be ruffing power in the Dummy?

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If so, lead trump, if that appears to be reasonable.

4. Has Partner had a chance to Overcall, but did not do it?

If your partner has not overcalled, and he is marked with some high card points, do not lead the suit he could have overcalled in. It is likely he is finesseable. Let the Declarer do his own dirty work.

5. What about Short Suit leads?

Short suit leads require a trump entry. The reason for a trump entry is to stop the Declarer from running the suit you are short in. You might also lead a short suit when you have a very weak hand and the only tricks you have a chance of taking are trump tricks.

Sometimes you can detect from the bidding that your partner has a short suit. For example, if both your opponents have bid the same suit and you are holding 4 or 5 cards in that suit.

It is very tempting to lead a suit your partner may have only one in...but you may be giving away tricks if you’re holding the King three times or the Queen four times.

6. What about leading an Ace or leading from an Ace?

If one opponent opens a weak 2 bid and the other opponent raises it to 4, you must make an aggressive lead. Usually you will want to lead an Ace and see where the Dummy’s high cards are. For example, if you have the A,K in a side suit, lead the Ace and see what Dummy has in that suit. If Dummy has Q, J,x,x in that suit, you will know not to play the K.

Here are a couple quizzes for you:

West	North	East	South
		1♥	Pass
2♥	Pass	2 NT	Pass
3♥	Pass	Pass	Pass
South Holds: ♠K, 9, 8, 5			
♥7, 3, 2			
♦J, 6, 5			
♣A, 7, 6			

Dummy will probably be very weak since the 2♥ response shows only 6 to 9 points. West also rejected partner’s invitation for game. Further, West hand is likely distributional rather than flat, since the NT attempt was rejected. What lead is called for?

Clearly, a trump lead is called for!!!!

Let’s try one more.

(continued on page 14)

BRIDGE: TRY IT...(continued from page 13)

West	North	East	South
		1 NT	Pass
2 NT	Pass	3 NT	Pass
Pass	Pass		
South Holds: ♠9, 5, 4, 3, 2			
♥J, 10			
♦7, 4, 2			
♣Q, 3, 2			

Since South lacks a ready entry, a Spade lead does not seem like a winning defense. North, on the other hand, must have a few points and probably has some Hearts since West made no effort to find a Heart fit. Many good players would try a Heart lead.

Have a great summer!

Marty's Recipes

By: Marty Hyman (Waterford)

SPAGHETTI alla ELIZABETH TAYLOR

“I found my love in Portofino” crooned the singer Fred Buscaglione in the 1950s. I cannot blame him; with its pastel-hued buildings and sun-drenched harbor, Portofino certainly possesses a romantic charm.

A few years ago, my wife and I were able to enjoy the beauty that is Portofino, and the Hotel Splendido, that is one of the best hotels in Italy.

At this glamorous resort, one of the most infamous marriages in history began. On the wisteria-clad terrace of one of the Hotel Splendido’s suites, Richard Burton proposed to Elizabeth Taylor.

During the 1960s, the starry couple often holidayed in stylish Portofino. Despite her opulent onscreen roles and larger-than-life personality, Elizabeth Taylor’s tastes were often surprisingly simple. Rumor has it that the screen goddess loved traditional spaghetti with tomato sauce. In honor of her tastes and legacy, the hotel Splendido’s executive chef Corrado Corti, created Spaghetti alla Elizabeth Taylor. Made with fresh tomatoes from San Marzano, Sorrento and Pachino, the dish is one of the most popular dishes on the menu.

INGREDIENTS

- 1 ½ lbs. of the best Spaghetti
- 2 Lbs. ripe cherry tomatoes (¾ lbs. for sauce, 1 ¼ lbs. for confit)

- 3 vine ripe tomatoes
- 6 oz. olive oil
- 2 garlic cloves, sliced very thin
- ½ Cup of chopped fresh basil
- ½ tablespoon dried oregano
- ½ tablespoon thyme
- 1 ¼ tablespoon brown sugar
- Lemon zest (from half a lemon)
- Pinch of salt

DIRECTIONS

1. To create the **tomato confit**, Slice 1 ¼ lbs. of cherry tomatoes in half and season them with thyme, salt, brown sugar and lemon zest. Cook in a glass baking dish in the oven at 175°F for three hours.

2. As confit is almost ready, boil the vine tomatoes in hot water, drop into an ice water bath and remove the skins, then thin slice them sideways.

3. Cook the spaghetti in boiling water with salt till al dente.

4. In a separate large pot, sweat the garlic

(continued on page 15)

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MARTY'S RECIPES...(continued from page 14)

with 4 oz olive oil and 1/3 of the basil, then add the remaining cherry tomatoes.

5. Once the pasta is ready, add it to the pot. Mix.

6. Add the vine ripe tomatoes and, at the very end, the **confit tomatoes** and stir.

7. Finish with a pinch of oregano and the remaining basil leaves.

8. Dress with a little olive oil to taste, plate and sprinkle fresh grated Parmigiano Reggiano.

Do you have a favorite recipe and story?

Email it to Marty at jogvista@yahoo.com

Great Things About Getting Older

“OLD” IS WHEN...An “all nighter” means not getting up to go to the bathroom!

“OLD” IS WHEN...When you are cautioned to slow down by the doctor instead of by the police.

Harvey Baron's Early Bird Special



Scams

By: Laurie Wohl (Ashford), Volunteer PBSO
Volunteers Against Scam Teams (VAST)

Free Property Fraud Alerts for Palm Beach and Broward Counties

Property fraud is a very serious issue which, according to the FBI, is the fastest growing white-collar crime in the United States. This crime occurs when criminals file fraudulent deeds to transfer ownership and then try to mortgage, sell, or rent your property.

Fortunately, there are free services offered that help to protect your property from fraud. Both Broward and Palm Beach Counties offer these services which, if used, send you a notification whenever a document is recorded under your name or property. Receiving one of these alerts early on can provide you with valuable time to stop the criminal activity.

Below are the links to the Palm Beach County and Broward County sites:

- Broward County Owner Alert Site – <https://web.bcpa.net/owneralert>
- Palm Beach County Property Fraud Alert – <https://pfa.fidlar.com/FLPalmbeach/>

Signing up for these alerts is quick, free, and only requires some basic information to confirm your identity. You are also able to cancel your free subscription at any time.

By *Evan Bradley, CFO, Campbell Property Management*

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How You Can Prevent Skimming

By: Laurie Wohl (Ashford)

There are a number of easy steps you can take to prevent skimming. When using your card in physical locations, take these precautions:

- Use indoor ATMS, since those are harder for thieves to tamper with. At gas stations, pay inside rather than at the pump.

- If the credit card terminal accepts NFC (“tap and pay”) transactions, instead of a card use a mobile payment app such as Apple Pay, Samsung Pay, or Android Pay.

- Check card reader devices before using them, especially ATMs. Inspect for anything that looks out of place or is loose. Try wiggling the keypad, as thieves will sometimes put an insert over the keypad to capture PIN numbers. If anything is loose or seems wrong, don’t use the device. ([This PC Mag article](#) has some good photos to help you spot skimmers.)

- Use your free hand to cover what you’re doing when entering PIN numbers.

- Never let anyone walk away with your card. Many restaurants now have mobile readers where you can swipe your own card at the table or drive-up window. If they don’t, pay at the cash register where you can see what’s happening with your card.

- Avoid using debit cards for payment. If you have to use one, use it as a credit card, without the PIN, so skimmers can’t use the info to transfer money from your bank account.

- There are “skimmer scanner” apps available for MacOS and Android devices, which check for Bluetooth transmissions to spot skimming devices. Accuracy varies, but the apps are mostly free.

Preventing e-skimming is more difficult, as there’s no way to detect malware hidden in a merchant’s website. Experts recommend storing a credit card number on sites you order from frequently. Since e-skimmers gather the information as you enter it on the site, the less times you enter your card information, the less chance it will be stolen.

No matter how careful you are, your cards could be skimmed (or stolen or breached), so you need to be on alert for signs of criminal activity. Check your credit card and bank statements frequently and carefully for unauthorized transactions. Even better, set up transaction alerts so you can be notified immediately of any activity on your accounts.

A Moment To Reflect, Relate, Remember

By: Maris Levy (Addison Green)

Several years ago while talking to a male acquaintance at my hometown gym, we got on to the topic of how males’ and females’ thought processes differ. In the course of the conversation he shared this story with me. He didn’t recall who wrote it. He just found it to be such an accurate evaluation that he never forgot it. It definitely does define the opposing perceptive processes of the Male vs Female brains:

A woman tells her husband to go to the supermarket and buy a half gallon of milk.

As he’s walking out the front door, she yells out to him, “Oh, and if they have lemons get two.”

A while later, her husband returns home carrying 2 half-gallons of milk. Perplexed, she asks, “Why did you get 2 half-gallons of milk?”

Her husband replies, “They had lemons.”

Very Oldie But Goodie

Submitted By: Marty Hyman (Waterford)

Goldstein had been going to the same restaurant for 10 years. Every day he starts with the same thing, barley soup. One day, as soon as he comes in, the waiter brings the soup over to his table.

“I want you to taste the soup,” Goldstein says as the waiter starts to walk away.

“What’s the matter?” the waiter asks, “Every day you take the same barley soup.”

“I want you to taste the soup,” Goldstein repeats.

“You don’t want the barley soup?” the waiter says, “I’ll bring you something else.”

“I want you to taste the soup,” Goldstein says once more.

“Is it too cold? Too salty? G-d forbid is there a fly in it? What’s wrong with it?” said the waiter.

“Just taste the soup,” insists Goldstein.

“Okay, okay, I’ll taste the soup,” says the waiter, wearily. “Where’s the spoon?”

“Aha!”



“25 for 25”

By: Vincent Marini (Moorings)
(Continued from May 2021 [Aberdeen Times](#))

October 26, 1977 – ROME – HOME SWEET HOME!

Left the hotel in Palermo, Sicily at 7AM, got to the airport at 7:45 AM.

Arrived in Rome at 9:40 AM.

Checked in to our first Pensione; “The Texas,” which was not our cup of comfort. Thankfully, it was only for one night. Visited St. Peters in Chains which is another of Rome’s beautiful churches, stopped at Doneys for an espresso and returned to The Texas to get ready for dinner.

We decided to have cocktails before dinner at the Cavalier Hilton, one of the finest hotels in the world. Located on one of the Seven Hills of Rome it has a commanding view of Rome. Dinner at a super restaurant in downtown Rome, followed by Cappuccino and Gelati at the Piazza Navone and our **amazing, exciting, wonderful celebration of “25 for 25”** became history, something we all will always remember.

Our trip never really ended since it was the beginning of talking about it, getting pictures developed and showing them to family and friends. In our case the cliché, “getting there is half the fun,” did not apply. Being on the trip and enjoying it was half the fun, reliving it the other half.

As I enter my 36th summer in Aberdeen; 17 in the Coves and 19 in the Moorings, the retirement itch has returned. The itch has been described as leaving with the knowledge you can or may return once the itch is gone. I retired from the business world with no itch, just a desire to retire. I have been happily retired for 29 years.

I retired as president of the Coves and Coves [Aberdeen Times](#) Columnist. I returned as VP of the Moorings and Moorings [Aberdeen Times](#) Columnist. I retired as Vice president of the Moorings and continued to submit feature articles to the [Times](#) for the last couple of years.

Since this itch may be permanent, I would like to say **“Thank You”** Aberdeen and [Aberdeen Times](#) for giving me the opportunity to give back along

with many others who have contributed time and effort to help make Aberdeen one of, if not the finest retirement community in FL.

So long for now, see ya around the Circle, have a great summer and a fabulous future. Stay well and safe!

Cancer Horoscope 2021

June 21 - July 22

Predictions for Cancer Horoscope 2021 say that the red planet Mars will be in your tenth house at the beginning of the year. After this, it will be in your own zodiac sign while passing through your eleventh and twelfth house. With this, Saturn, the provider of justice, will remain in your seventh house all year round while aspecting your fourth house. On the other hand, Rahu and Ketu will also activate your fifth and eleventh house respectively during this year. In addition, Sun and Mercury transiting in your seventh house will affect different houses of your sign.

Meanwhile, the transitory state of Venus is also going to affect your zodiac sign this year. In such a situation, you will get an opportunity to gain momentum in your career, hereby leading to your progress and promotion. As per Horoscope Predictions for 2021, this year will bring immense success for natives in business when it comes to money investment. Some problems in financial life will rise, but you will easily resolve them with your hard work.

Time is good for students, and they will successfully understand every subject during this period without any doubt or delay. There will be mixed results in family life, according to which, on one hand, you will get the support of the family, whereas on the other, your one decision will make your family go against you.

Married natives may get into a fight with their spouse for some reason. During this time, your life partner will be seen spending more time carrying out religious activities. On the other hand, if you love someone, then this year is going to be very good for you. In matters of health, you are advised to take some precautions.

Anatomy Of A Burp

By: Nicole Pajer, AARP

It may be embarrassing, but belching typically isn't a health issue. Here's what you need to know.

When we were little, we burped on command to impress our siblings and friends or to annoy our parents. As the years have gone by, we may have belched now and again after sipping a glass of sparkling water or eating a large meal. What causes all that burping? Is it normal? We asked the experts to give us the scoop.

WHAT'S HAPPENING WHEN YOU BURP?

Belching is the forcible removal or expelling of air, usually up the esophagus and through the mouth, says Gil Weitzman, M.D., a gastroenterology specialist in New York City. When there is air in the stomach, the ring valve that separates the esophagus and stomach (the lower esophageal sphincter) relaxes. "It opens up and the air from the stomach comes back up into the esophagus and then is erupted out," says Scott Gabbard, M.D., a gastroenterologist at Cleveland Clinic.

WHAT ARE THE CAUSES?

You've swallowed air. Normal belching can occur for lots of reasons, one of them being the process of eating. "We swallow air when we swallow food," explains Weitzman. Eating may then trigger your body to let out a burp in order to release some of that excess air. And the larger the meal, the more you may need to belch. "If your stomach couldn't vent, it would get very large and uncomfortable," Gabbard says. So, the natural response to eating large meals is that the valve releases, allowing you to belch. Eating soup, where you swallow air with each bite, also can be a burp booster. **You're eating something fatty.** Studies show that meals high in fat can make the bottom valve of the esophagus relax and allow air to come back up. "Meals that contain 20 grams of fat or higher, like cheeseburgers and fries or a big steak," can be a culprit, Gabbard says. **You're eating something very dry.** One example: "If you bite into a peanut butter sandwich without a beverage to wash it down, you start swallowing a few times to help it go down. And then air follows," Gabbard says. **You're eating on the go or in a hurry.** Eating too quickly can cause you to swallow

more air and activate a belch. Chewing gum can trigger the same reaction. **You're swallowing bubbles.** Drinking carbonated beverages, like a can of soda or flavored seltzer, may result in you belching out carbon dioxide.

ARE ALL BURPS NORMAL?

Burps are not all created equal. Belching also can be caused by stomach ulcers, gastroesophageal reflux disease (GERD), small intestinal bacteria overgrowth (SIBO), asthma, lactose intolerance, hiatal hernia or an *H. pylori* bacterial infection. Talk with your doctor if you suspect your belching is more than just the everyday release of air, if your burping is affecting your quality of life or if you're exhibiting additional symptoms, such as abdominal pain, nausea, vomiting, trouble swallowing, weight loss or black stools. Many of these conditions can be treated with over-the-counter medications.

Patients with chronic burping might have what is called supragastric belching, says Joan Chen, M.D., a University of Michigan gastroenterologist

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ANATOMY OF A BURP...*(continued from page 18)*

who specializes in the upper GI tract and esophagus. “That occurs when people either behaviorally or subconsciously suck in air and, without air even reaching the stomach, expel the air. These patients can have 20 belches in a minute or more,” she says. This is often a behavioral condition and can be treated with cognitive behavioral therapy.

Digital Camera

By: James Vlahos, *NY Times Magazine* 6.9.13

Steve Sasson was the new guy at a Kodak research lab when his boss asked him to investigate a novel type of sensor called a charge-coupled device (C.C.D.). It was 1974, and the conversation lasted barely 20 seconds. “This project would’ve been the least important one going on at that time,” Sasson says.

A year later, armed with the prototype for what he called a “filmless camera,” which was the size of a small toaster and weighed 8.5 pounds, Sasson took a portrait of Joy, a woman who worked down the hall. The camera’s C.C.D. used a grid of capacitors to measure the incoming photons of light and convert them into electrical signals. That technology wasn’t Sasson’s invention. But he found a way to encode and permanently store the C.C.D. data and use software to convert that data into a recognizable image that could be displayed on a Sony Trinitron television. “Needs work,” Joy said when the black-and-white, 100-by-100-pixel image of her came up on the screen. But Sasson was ecstatic.

Sasson and other Kodak engineers spent the next two decades developing the fundamental technologies used inside all digital cameras today. Kodak, though, was slow to shift its focus away from the traditional film business and declared bankruptcy in 2012. Sasson feels bad that he was unable to persuade his bosses to get fully behind the imaging revolution. He knows, though, that if he hadn’t invented the digital camera, someone else would have. “I was just the person who happened to be at the right place at the right time with the right set of skills.”

What Works, What Doesn’t

AARP Bulletin Feb. 2021

We’re almost through this pandemic, so don’t let up now! Here’s a roundup of what we know works to keep us safe – and what isn’t worth your money.

✓ Face Masks

The more snug the fit and the more layers, the better.

A+: Surgical masks and multilayer cloth masks. Medical-grade, fluid-resistant paper masks are about 95% effective, as are cloth masks that are made up of several layers of material, says Timothy Brewer, M.D., professor of medicine and epidemiology at UCLA.

C+: Single-layer cloth. These work less well for a simple reason: There’s just not as much material between you and the microbe.

C: Plastic face shields. “The face shield only reduces your risk by about 65%,” says Brewer, so you still need to wear a mask with it.

D: Gaiters. They are also less effective because they tend to be single-layer cloth, and they usually do not offer a snug fit.

F: Scarf or bandana. Not only is the fabric a single layer, it most likely is not tight around the mouth and nose. Good fit matters.

✓ Hand Sanitizers

In short, they work, and work well. The Centers for Disease Control and Prevention (CDC) recommends using one that’s at least 60% ethanol.

✗ Disposal Gloves

Health care workers and those in food service use them, but they are also changing gloves regularly and using sanitizer on them. The fact is viruses stick to gloves as well as skin, so if you’re not careful to swap them out repeatedly, you may actually be increasing your risk. Better to carry hand gel and use it often.

✗ Sanitizing Packages

Surfaces are less of a mechanism for transmission of the virus than we thought at first. If you receive a package or haul in a load of groceries, simply unpack and then wash your hands.

✓ Air Purifiers

HEPA filters – both portable household units

(continued on page 20)

WHAT WORKS...*(continued from page 19)*

and HVAC filters – are effective against virus-size microbes and can also help filter out lung irritating allergens.

But while they may help, “most filters aren’t able to circulate the air fast enough to give you sufficient protection by themselves,” Brewer says.

So even if you have filters in every room, you still need to add all the other standard precautions such as masks, good hygiene and social distancing when guests come over. If you can, open your windows during visits to ensure that air is moving around the room.

The Promise Of America

By: Jo Ann Jenkins, CEO, *AARP Bulletin*

If we choose, we can turn this hard moment into opportunity.

We’ve been through a lot recently, bringing out some of the worst and the best in our country. We’ve seen the American people come together to battle the deadly coronavirus pandemic and exercise their constitutional right to peacefully protest. We’ve also seen our nation torn apart by social and racial injustice and the response to it.

Millions of people have lost their jobs and seen their savings depleted. And vast numbers of older people – disproportionately people of color – have died, often in nursing homes, from the coronavirus. It is painful times like these that test the very foundation of our democracy and challenge our American ideals.

As the leader of an organization that empowers people to live better as they age, and as the mother of a son and daughter – both millennials – I am disheartened by much of what I have witnessed. Who can doubt we are a nation in need of healing, both physically and spiritually? I don’t want to see us devolve into a society in which people can’t get the health care they need simply because they are old, or in which young people like my son and daughter live in fear simply because they are black. Racism and ageism have no place in our society. We’re better than that.

AARP has stood against discrimination in all its forms since our founding over 60 years ago.

(continued on page 21)



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THE PROMISE OF...*(continued from page 20)*

Guided by the promise of our founder, Dr. Ethel Percy Andrus – “What we do, we do for all” – we have always fought to build a more equitable society because we know that discrimination of any kind eats away at our society from the inside, threatening and damaging our democracy.

We use our influence in Washington, D.C., state capitols and city halls across the country to fight to improve people’s lives. Through our advocacy, programs and services, we fight against discrimination, advocate for health care and financial security, and work to empower all people to choose how they live as they age.

We have deep divisions in our country. And we all need to come together to heal these divisions. The pandemic has given us the time and space to think about who we are, what’s important and what kind of country we want to be. This is an opportunity for a new beginning, and as older Americans, we have a unique role to play in shaping that new beginning.

As AARP members, many of us are old enough

(continued on page 22)



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THE PROMISE OF...*(continued from page 21)*

to remember the struggle to pass the Civil Rights Act of 1964. We lived through the riots of 1968, and we've witnessed how Medicare and Medicaid have improved the health and life of people as they get older. If there was ever a time for us to draw upon the lessons we've learned from these experiences and others in order to bring our society together, it is now.

The late Congresswoman Barbara Jordan once said: "What people want is very simple. They want an America as good as its promise." Ronald Reagan put it another way. He said that "good citizenship and defending democracy means living up to the ideals and values that make this country great."

During these difficult times, AARP will use its voice and resources to continue the fight for what is right. Let us all unite to create a society that values hope over hate, faith over fear, and compassion over confrontation. Let us dedicate ourselves to creating a country where every person has the opportunity to live a life of dignity, good health, economic opportunity and purpose-regardless of race, income or age. When we do that, we will not only usher in a new beginning but we will also create an America as good as its promise.

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Your Preexisting Condition Guide

AARP Bulletin, Real Possibilities May 2020

SPECIAL RISK FACTORS AND WHY THEY ARE IMPORTANT

Certain health conditions can cause people to be immunocompromised, meaning their immune systems are less able to fight off a viral infection. Much of this can be traced to age-related immunosenescence and inflammation, but some illnesses bring their own complications. If you have been diagnosed with any of these conditions, take every precaution to protect yourself, and talk with your doctor about adjusting your treatments, if necessary.

1. Obesity. What makes you vulnerable: Adipose tissue (fat) is now recognized as an active endocrine and immune organ that can directly inhibit metabolic immune function, according to emerging research. A 2018 study of influenza patients over three flu seasons found that obese adults took 42 percent longer to fight off the virus than did non-obese people.

2. Diabetes. What makes you vulnerable: High blood sugar (hyperglycemia) is an inflammatory condition that tends to inhibit the immune response and raise your risk of infection. People with uncontrolled high blood sugar are particularly vulnerable.

3. Cancer. What makes you vulnerable: Both cancer and its treatments can reduce white blood cell counts and make patients more open to infection, while also making it harder to fight any infection they do get. If you're a cancer patient or survivor, the American Cancer Society recommends discussing your situation with a doctor who is familiar with your medical history.

4. Heart disease. What makes you vulnerable:

(continued on page 23)



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YOUR PREEXISTING...*(continued from page 22)*

Age, hypertension and underlying cardiac issues all raise your infection risk, according to the American Heart Association. Based on early reports, as many as 40 percent of COVID-19 patients who required hospitalization had existing cardiovascular disease, the American College of Cardiology reports.

5. Asthma, COPD and other respiratory diseases. What makes you vulnerable: Viruses love to attack the lungs, so people with existing lung conditions are at risk of more severe symptoms when they get sick. COPD patients are particularly vulnerable to lung infections, which can further damage already compromised air sacs.

6. Autoimmune diseases. What makes you vulnerable: Not only can an infection trigger a flare-up of autoimmune diseases such as rheumatoid arthritis. Multiple sclerosis or psoriasis, the treatment of those conditions often involves immunosuppressive drugs that can raise your infection risk. Also, autoimmune conditions can cause interstitial lung disease, a dangerous condition that can cause lung scarring.

A Perfect Day Of Prevention

AARP Bulletin, September 2020

Adopt these daily habits to ward off viruses, bolster your health and keep your immune system functioning at its very best.

BREAKFAST. *Unsweetened bran cereal topped with berries.* Fiber is a nondigestible carbohydrate that feeds the good bacteria in your gut. And when the little buggers are happy, they help keep the immune system ready when needed. A half-cup of wheat bran has 12.5 grams, and by adding berries, you'll earn a few more. Plus, blueberries and other dark-colored berries are rich in flavonoids, antioxidants that improve the health of macrophages and other virus-eating cells.

TAKE A BRISK WALK. "Immune cells circulate the body during exercise and for two or three hours afterward," says David Nieman, director of Appalachian State University's Human

(continued on page 24)

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A PERFECT DAY OF...*(continued from page 23)*

Performance Lab. Aim for 30 to 60 minutes of cycling, swimming, jogging or walking that's brisk enough to make you breathe hard.

POST-WORKOUT SMOOTHIE OR SALAD. At the start of the pandemic, Helen Messier, a California-based family practitioner and immunologist, added a daily all-plant smoothie to her diet that included a number of different fruits and vegetables. You should, too. "Nutritionally, variety is the most important thing," she says. "So I try to get in at least 10 servings of fruits and vegetables every day."

START YOUR RELAXATION ROUTINE. Stress is a high-powered immune suppressant that floods your body with corticosteroids, the same class of compounds doctors prescribe to treat autoimmune diseases. "We use corticosteroids for lots of allergic diseases," says Mark Ansel, professor of immunology and microbiology at the University of California, San Francisco. Think of steroid creams for itchy rashes or the corticosteroids in an asthma inhaler. They work by suppressing the immune system-not what you want if you're trying to quell an army of viral invaders. Consider taking up a mind-body activity such as yoga, tai chi or meditation. In one study, adults cut stress with eight weeks of mindfulness training and, as a result, they were 20 percent less likely to experience respiratory infection. If the zen arts aren't for you, then gardening, painting and other hands on hobbies can also work.

VISIT FRIENDS – VIRTUALLY OR OUTDOORS. Emerging research indicates that loneliness and social isolation can increase inflammation throughout your body. Experts aren't entirely sure how, but they do know that the effect appears to increase with age. If the weather's nice, consider scheduling a socially distanced walk in the park (with a mask on, of course). Otherwise, video chats on Zoom or Google Hangouts can fill the gap until sunnier days return.

DINE WITH THE FISHES. Omega-3 fatty acids-the kind found in oily fish like mackerel, fresh tuna, sardines and salmon – can measurably reduce levels of inflammation in older adults, ac-

(continued on page 25)

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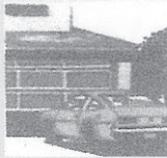
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A PERFECT DAY OF...*(continued from page 24)*

According to a review from researchers in Italy. And animal studies indicate that dietary fish oil can increase the health and circulation of antibody-producing B cells.

BEGIN A SCREEN-FREE WIND-DOWN. Sleep is critical for immune health. So in order to avoid difficulty falling asleep, turn off your phone, tablet and computer three hours before bedtime. "Those digital devices emit blue light, which suppresses the sleep-inducing hormone melatonin," Messler says. While you can use a bluelight blocker for your device, a book and a hot bath are excellent, and more natural, ways to prep for slumber.

Lung Disease Breakthrough

AARP Magazine, Fall 2020

A tiny valve implant that boosts breathing by helping damaged lungs work more efficiently.

JIM HOGAN'S chronic obstructive pulmonary disease (COPD) was getting worse, making it hard to finish his weekly golf games – or even walk down the driveway. Lucky for him, his golf partner, a doctor, came across a journal article about Zephyr, a lung valve that was generating medical buzz in Europe.

When the FDA cleared Zephyr for use in the U.S. in 2018, Hogan lobbied to get insurance coverage for the procedure, traveling to Temple University Hospital in Philadelphia, the first U.S. center to use the valve to treat severe emphysema. After a few hurdles-his insurance company considered it investigational, and he had to appeal-he had the valve implanted in April 2019.

It's a serious procedure, with a device the size of a pencil eraser inserted via a bronchoscope. The one-way valve blocks air from invading the damaged part of the lungs, where it can get trapped and hinder breathing.

"The instant I woke up from anesthesia, I felt the difference," he says. "It took 20 years to develop and gain approval for a treatment," says Gerard J. Criner, M.D., director of the Temple Lung Center, where Hogan had his procedure. "It's less invasive than other treatments. It costs less. And it improves exercise function and quality of life."

Get Help Getting To Your Gate

Upfront/GO, AARP Magazine, Feb./Mar. 2020

Wheelchair service is available at airports. You just have to ask.

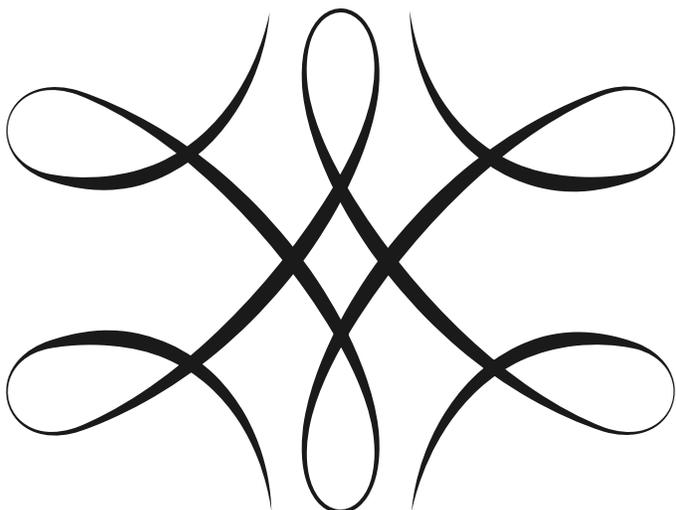
YOU'RE NOT imagining things: Many airports today require you to walk more than a mile to your gate. The longest such walk seems to be at Hartsfield-Jackson Atlanta International Airport, where the farthest gate is 1.67 miles from the check-in desks. But help is available, whether for you or a parent. Federal law requires airlines that operate in the U.S. to provide a wheelchair or motorized cart and attendant for any passenger who requests this; no proof of disability is needed. You can ask for help at check-in, but to ensure swift service, it's best to call the airline at least 48 hours before your trip. -*Veronica Stoddart.*

1. Check your bags, or ship them in advance. Not bringing a carry-on makes for a much less cumbersome wheelchair ride.

2. Consider your connection. As a wheelchair user, you'll get off the plane last. Opt for a connecting flight that departs at least an hour later.

3. Be sure to plan for your food. Your wheelchair attendant is not required to take you to a restaurant or a food stand, so be prepared for this.

4. Don't forget to tip. Thank your attendant with \$3 or more if he or she helps with your luggage or spends some extra time with you.



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How To Create An Effective Medicine Cabinet

By: Melissa Erickson, More Content Now, *Palm Beach Post*, Jan. 2021

A well-stocked medicine cabinet is essential for dealing with minor health problems and illnesses. There are certain items experts suggest you keep on hand so you don't have to run out to the store for relief while you're sick.

"Medications have a tendency to be expired just when you need them.... Try to get in the habit of checking your medication expiration dates twice a year, when you change your smoke alarm battery," said Dr. Leann Poston, medical communications writer and educator with Invigor Medical.

Similar to food, medications degrade overtime, lose their potency and need to be thrown out, said infectious-disease specialist Dr. Ceppie Merry of Healthy But Smart.

"When it comes to expired meds, there are some medications that can have serious side effects after the expiration date, so it is best to always adhere to expiration dates," said pharmacist Yelena Yoffe, owner of Tisane Pharmacy in New York City.

How a person stocks their medicine chest will depend on the ages of the people living in the home, Poston said.

The basics. Two basics that should always be in your cupboard are fever reducers and pain killers, said Dr. Giuseppe Aragona, a prescribing doctor with PrescriptionDoctor.com. Over-the-counter drugs like ibuprofen (Advil) and acetaminophen (Tylenol) help relieve aches and pains and lower a spiking temperature.

"These simple drugs can help with small headaches, which are likely to become more common with people spending more time in front of screens especially now winter is hitting and less walking is likely to be done. On top of this, I would also recommend a good cough medicine to help with any flu-like symptoms," Aragona said.

In addition to keeping a 30-day supply of any current medications, be sure to stock antihista-

mine for seasonal allergy relief.

Because fever is a common symptom of both COVID-19 and the flu a working thermometer is a must for your medicine cabinet, Yoffe said. A variety of choices are available including classic under-the-tongue thermometers, digital varieties designed for the ear and mouth, as well as non-contact thermometers.

An additional tool to think about adding is a pulse oximeter, which is used to check blood oxygen levels, Yoffe said. These handy little electronic devices are slipped on the finger to measure oxygen saturation levels and are especially useful for people who have chronic respiratory or heart disease.

Include items to treat basic skin wounds and rashes such as a reusable cold pack, bandages, an elastic bandage wrap (such as ACE brand), anti-itch cream, tissues and nail clippers, Poston said.

"It's always a good idea to have a packet of Airborne with you in the instances when you do need to travel," said Brittany Ferri, occupational therapist and founder of Simplicity of Health. "This can easily be mixed with water to drink prior to going somewhere near others. By no means should this substitute wearing a mask and other safety precautions, but it can come in handy for a quick immune system boost. Similarly, zinc and vitamins B and D supplements are good additions to your daily health regimen especially during the fall and winter seasons."

For digestive problems consider stocking antacids and something to treat diarrhea such as bismuth subsalicylate (Pepto-Bismol) or loperamide (Imodium).

Organization. To organize your medicine cabinet, follow these tips from registered nurse and patient advocate Teri Dreher:

- Store all supplies together in an easy-to-access place so you can respond quickly to minor household cuts and scrapes.
- Keep toiletries and medications separate so it's easier to find what you need quickly.
- Be sure new over-the-counter medications are clearly marked with an expiration date. If you can't see it, mark the purchase date on the box.

Stop Biting Your Nails

By: Malia Wollan, *NY Times*, Dec. 2020

As many as 30% of Americans are chronic nail-biters. If you're one of them, you know that it's a habit that's hard to break. But it's not impossible! Tara S. Peris, an associate professor of psychiatry and biobehavioral sciences at the U. of CA, Los Angeles, says you can break the cycle. Here's how.

1. "FIRST, BECOME VERY AWARE OF THE BEHAVIOR," PERIS SAYS. Keep a written log, and focus attention inward. What sensation do you experience just before you start biting your nails? What mood accompanies the biting?

2. THEN TURN TO YOUR SURROUNDINGS. Ask yourself: Are you more likely to chew your hands in certain rooms? In the car? When watching TV or reading? This first stage of treatment, awareness training, typically takes about a week or two.

3. FIND A COMPETING RESPONSE. When you feel a nail-bite coming, do something else instead. For example: Clasp your hands or

pinch your thumb and index finger; hold it for one minute, or until the impulse goes away.

4. TRY MODIFYING YOUR ENVIRONMENT. For example, if you tend to bite more at your desk, do your homework at the kitchen table instead.

5. KEEP AT IT: Practice catching and replacing the behavior over and over again. "During times of high stress, you might see symptoms pop up or worsen," Peris says. "That's normal, and you'll just need to practice those competing behavior skills again." And don't forget: A professional can always help, too.

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Share Experiences To Engage Grandkids

By: Allison Gilbert, *Palm Beach Post*, 11/8/20

Yes, seven months of online connection is dispiriting, but grandparents can try a new approach.

While some grandparents have been spending lots of time in the pandemic with their grandchildren, many of those who live at a distance are making do with video calls. That's a lot of people: The latest AARP survey of grandparents, in 2019, reported that more than "half of grandparents have at least one grandchild who lives more than 200 miles away."

Although many families are finding digital connections dispiriting after so many months, child development experts urge parents and grandparents not to give up. But families can use technology in creative ways to foster more meaningful relationships, they say. Routine tasks, such as helping grandchildren with homework or listening to them sing or practice a musical instrument, have the capacity to build the most rewarding and en-

during relationships.

The key to heightening relationships right now is increasing the number of shared experiences grandparents and grandchildren have, experts say. There are a few simple ways to do this.

Be part of a routine.

Grandparents have an opportunity to become part of their grandchild's daily routine, even remotely. For older children, grandparents can be homework helpers and tutors. Arthur Lavin, a Cleveland pediatrician and chairman of the American Academy of Pediatrics committee on psychosocial aspects of child and family health, has two granddaughters, one school age, who live in Hong Kong. "We see her lessons, and we can comment on them. It's actually strengthened our connection," he said.

For younger children, Amy Goyer, AARP's family and caregiving expert, suggests a grandparent buy two copies of the same book, keeping one and mailing the other to their grandchild to read together over a video or phone call. "That could be

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SHARE EXPERIENCES ...*(continued from page 29)*

Grandma's job every night before the child goes to bed," she suggested. "That establishes a routine. It's their special thing. And it gives the parents a break."

Let the child teach.

Grandparents can also strengthen their connections by bending to their grandchildren's interests and allowing them to be the teachers. Remote online gaming is a perfect activity for this, said Chuck Kalish, a cognitive and developmental psychologist and senior adviser for science at the Society for Research in Child Development. "One of the things kids really like to do is feel super confident" he said. "The fact they might be better at it than their grandparents, that can be super rewarding." And the child who gets to play a game on a call with a grandparent – rather than being pulled away from a game when a grandparent calls – will probably see the call as a treat rather than a chore. "Grandparents have to be the grown-ups in this relationship," Dr. Kalish said. "Kids are not going to come most of the way to meet the grandparents. The grandparents have to come most of the way to meet the kid."

Let the grandparent teach.

Grandparents may also pass along family history, culture and traditions via, say, real-time cooking lessons. "You could share your great-grandmother's chocolate chip cookie recipe and agree to both make them and then eat them together on the phone," offered Ken Ginsburg, director of programs at the Center for Parent and Teen Communication at the Children's Hospital of Philadelphia.

Use snail mail.

Dr. Ginsburg also suggested families ditch technology at times and fortify their bonds by sending letters. "It's really important for children to know that adults think about them even when we're not talking to them or present with them," he said. Another upside of writing letters is that they can be saved, leaving open the possibility that grandchildren will reread them with new understanding and appreciation as they grow. Surprise packages also do the trick. "Everybody likes receiving packages," Dr. Ginsburg said. "When you open it up, you're literally reminded, someone was thinking about me."

Health Watch: Conditions 101

Palm Beach Post, 9/22/20

What is plantar fasciitis?

A common cause of heel pain, plantar fasciitis is the inflammation of a band of tissue that stretches along the bottom of your foot, connecting your heel bone to your toes.

According to the Mayo Clinic, plantar fasciitis manifests as a stabbing pain that accompanies your first steps in the morning. Normally, the pain will decrease as you continue to move, but it can return following extended periods of standing or when you stand after a sitting for a while.

Plantar fasciitis is most common in runners, people are overweight and those who wear shoes with inadequate support.

Risk factors:

- **Age.** The condition is most common between the ages of 40 and 60.

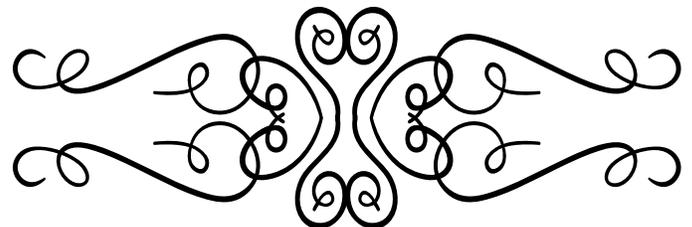
- **Engaging in certain types of exercise.** Activities that place a lot of stress on your heel and attached tissue (long-distance running, ballet dancing, aerobic dance) can contribute to the onset of plantar fasciitis.

- **Foot mechanics.** Flat feet, a high arch or even an abnormal pattern of walking can affect the way weight is distributed when you're standing and can put added stress on the plantar fascia.

- **Obesity.** Excess weight puts more stress on your plantar fascia.

- **Occupations that keep you on your feet.** Factory workers, teachers and others who walk or stand on hard surfaces throughout the day can damage the plantar fascia.

The Mayo Clinic recommends patients with foot pain see their doctor, as ignoring plantar fasciitis and/or altering the way you walk in order to relieve pain caused by plantar fasciitis can result in foot, knee, hip or back problems.



Ask Our Experts

AARP

My parents have become less mobile and more forgetful since isolation began, and need help. I know nursing homes are scary places right now. What about assisted living? You may not have that option. About a third of senior living communities are not taking new residents due to the coronavirus. Even if you find one open, I'd hesitate. Unlike nursing homes, assisted living facilities may not have trained medical staff on site and the states regulate them only loosely. Plus, the very features that make assisted living attractive-social activities, communal dining, field trips-have been suspended in many places. For now, consider options such as additional help at home, including guided exercise or physical therapy. And keep loved ones engaged with online visits with family and friends. *-Carol Levine, author of AARP's Navigating Your Later Years for Dummies*

My youngest just graduated from college, with no job prospects. He's back home for now, on the couch, on his phone. How can we make this work

without anyone going crazy? Call a family meeting. Then set ground rules. How will everyone pitch in to share cooking, cleaning, laundry, yard work and shopping? What are expectations for privacy, neatness, masks and distancing when you're out-and for guests? Agree to follow up with another conversation in a few weeks. *-Sally Hurme, author of AARP's Checklist for My Family*

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- The truth is hidden.**
- The truth must be pursued.**
- The truth is hard to hear.**
- The truth is rarely simple.**
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- The truth is hard to accept.**
- The truth pulls no punches.**
- The truth is powerful.**
- The truth is under attack.**
- The truth is worth defending.**
- The truth requires taking a stand.**
- The truth is more important now than ever.**

-The New York Times, 7/3/17

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