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SERVING ALL OF ABERDEEN - [www.aberdeentimes.org](http://www.aberdeentimes.org)

December, 2021



# DECEMBER



## Golf & Country Club

By: Jay Levine

This is the time of the year that we welcome back our snowbirds. It is also a time to welcome the many new members who have moved to Aberdeen this year. Welcome to what we hope you will find a warm and friendly community and the good life you deserve.

We are also pleased to welcome our new Executive Chef – Joshua Giro. After an extensive search working very closely with our search firm, Kopplin Kuebler & Wallace, the Search Committee spent hours reviewing applications and submissions, along with face-to-face interviews with four excellent candidates. The two finalists each spent half a day at the Club, conducting their food tastings, cooking in our kitchen, and meeting with both the executive team and once again with the Search Committee.

Following the interview process, the Committee unanimously recommended hiring Joshua Giro as our Executive Chef. Joshua comes to us from The Club at Ibis in West Palm Beach, where he has served as the Executive Sous Chef for the past 15 years. Ibis has an excellent reputation for its food, and he will set ambitious goals here at Aberdeen as well.

(continued on page 2)

## Volunteer PBSO VAST (Volunteers Against Scams Team)

By: Laurie Wohl (Ashford)

*Clever New Text Scam Going After Verizon Customers, By Charlie Fripp, Komando.com*

Scams can come in many forms, and we need to watch out for all of them. Phishing emails and malicious links found in online search results are just a couple of examples. Now, we need to add deceitful text messages to the list.

There's a new scheme going around now. Verizon customers are getting texts thanking them for paying their bills. The problem is the message isn't from Verizon at all. It's an elaborate scheme to rip you off. The message then includes details of "a little gift," pointing towards a link at the end of the message.

### Here's the backstory

Unfortunately, there is no way of telling where the link included in the text will take you. Cyber-criminals use a link shortener to hide details of where you're being sent. If you click on it, it will take you to a malicious website where you allegedly can claim your "prize."

The reality is the site you're taken to is malicious and will be used to steal your valuable information.

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**GOLF & COUNTRY CLUB...**(continued from page 1)

Joshua brings vast experience working in a country club setting providing high quality dining experiences at each meal. He will be developing new menus and building a strong culinary team providing stability, leadership, guidance, and mentoring. Joshua brings a passion for food which will show in his work and elevate all aspects of your dining experience.

As we enter the holiday season, we wish all members of the Aberdeen community joyous holidays and happy new year.

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**VOLUNTEER PBSO VAST...**(continued from page 1)

The fake website requires you to verify who you are by handing over personal data like your name, address, phone number and Social Security number.

What tipped a Verizon user off to the scam was the thieves used their real name. Since the targeted phone number is a company account, their name shouldn't have been associated with it.

Last week, a company that routes text messages for several communications companies, including Verizon, quietly admitted they were hacked. Syniverse explained to the Securities and Exchange Commission that hackers had access to billions of text messages and millions of cell phone users' data over the past five years. This elaborate scheme could be the result of that hack.

**What you can do about it**

It might seem obvious, but there are ways in which you can make sure that you don't fall victim to a scam like this. Here are some suggestions:

- Don't click on links received from an unknown number. They could be malicious and lead to security threats.
- If a friend or family member sends you a link or attachment, verify with them first that they sent it.
- Never try to call or reply to text messages from unknown numbers. If you do, the scammers know your number is active and you'll get more spam texts and calls.

**Marketplace SCAM**

Submitted By: Laurie Wohl (Ashford)

Please be careful when selling **ANYTHING** online.

JUPITER: Fla. (CBS12) — A woman in Palm Beach County is sounding the alarm about a ruthless new scam that is targeting her and her family, reports Lena Salzbank. Oct. 28, 2021. (WPEC)

Pamela did not want to disclose her last name, but she explains, it all began when she was selling a table on Facebook Marketplace. The mother of three was in a rush and someone was interested in making a purchase, so she broke her own rule and gave the buyer her phone number. "Sure, enough when I checked it later, it was a fake Facebook account," said Pamela. "You could tell they had my table as their profile picture."

(continued on page 4)



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**MARKETPLACE SCAM... (continued from page 2)**

Two days later, Pamela says, she got a troubling call from a number she did not recognize. "I got a professional call from a woman, and she said I was being served with a civil suit," said Pamela. The company behind the phone call is known as Associates of A&A LLC. They claim to be lawyers and had some incredibly detailed information about Pamela. "She listed all of my addresses, she knew my Social Security number, she knew all the credit cards numbers I had in the past," explained Pamela.

Pamela quickly realized this was a scam when they told her she had to pay over \$5,000 upfront for outstanding balances on a previous charge card.

The scammers became aggressive when Pamela told them she was not going to pay any amount over the phone or internet, and that is when the Jupiter mom called the county clerk's office to see if, in fact, she had any civil suits filed against her. "She was like absolutely not, you have nothing to worry about no checkmarks or red flags," said Pamela. CBS12 News decided to call the company and see what happened. The first thing they asked for when our reporter, Lena Salzbank, got on the phone was for her name or Social Security number.

It is important to remember to **never give out your personal information over the phone or on social media.** As for Associates of A&A LLC. we are told the information has been sent to the State's Attorney's Office.

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*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.*

**Canterbury Communiqué**

By: Dee Levy

Greetings from the Canterbury community! Yes, it's December, the festive month in which we celebrate Christmas, Kwanza, the remaining days of Chanukah, and New Year's Eve. As Charles Dickens said, "Of all the months of the year, there is not a month one half so welcome to the young, or so full of happy associations as the last month of the year." While many of us experienced prolonged stress and anxiety this past year due to the pandemic, we are hopeful that 2022 will bring a return to a more normal and enriched lifestyle. Let's think of the glass as half-full rather than half-empty!

On a personal level, I've developed a variety of coping strategies, one of which is participation in our family's monthly "International" Book Club via Zoom. Currently, we have eight family members (4 residing in the U.S. and 4 in Israel) who range in age from 32 to 83 years (yours truly being the oldest). Individual thoughts and viewpoints are freely expressed and new perspectives are often gained. Our current book is the prize-winning, "The Convenience Store Woman" by

(continued on page 6)

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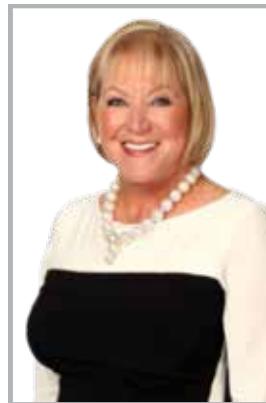
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**CANTERBURY COMMUNIQUE...**(continued from page 4)

Sayaka Murata, translated from the Japanese.

Convenience store shopping is prevalent throughout Japan, with 75 per cent of revenues coming from food products. Take-out meals in particular are very popular, and represent a high percentage of the “conbini’s” profits. To the elderly and people living alone, it is especially appealing, as it’s easier and cheaper than buying all of the ingredients and preparing an entire meal. When Lou and I were in Tokyo in 1999, we bought sandwiches, soft-drinks and snacks for lunch at the 7-Eleven nearest our hotel and one of the many located throughout the country. The food was inexpensive, fresh and tasty!

Coincidentally, it was recently announced that 7-Eleven will be opening dozens of stores in Israel during the next 3 years. The convenience store concept was developed in 1927 by Joe Thompson in Dallas, Texas, as a new and convenient way to sell food products and everyday items. 7-Eleven currently operates through franchises in 17 countries with 71,000 stores around the world. In Israel, stores will be closed on Saturday and will operate according to municipal regulations in every location. Needless to say, many Israeli consumers are looking forward to the presence of 7-Eleven and the variety of foods and brands to be offered. I personally prefer the Israeli Middle Eastern cuisine, but each to his own, n'est-ce pas?

In closing, we wish all our Aberdeen friends and neighbors a Happy and Healthy New Year. Stay well...Stay Safe! As Oprah Winfrey said, “With age comes the understanding and appreciation of your most important asset, your health.”

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**Ruth's Reflections**

(Aberdeen Times Editor)

*The authors of two books about aging pass along some of the wisdom they gained from interviews.*

What's the best way to develop a healthy perspective on old age? Spend more time with elderly people and discover what brings meaning and pleasure to their twilight years despite the losses, both physical and social, they may have suffered.

The first book was “The End of Old Age” by Dr. Marc E. Agronin, a geriatric psychiatrist at the Miami Jewish Home, whose decades of caring for the aged have taught him that it is possible to maintain purpose and meaning in life even in the face of significant disease and disability, impaired mental and physical functioning and limited participation in activities.

The second book, “Happiness Is a Choice You Make,” was written by John Leland, a reporter for The New York Times, who spent a year interviewing and learning from six of the city’s “oldest old” residents — people 85 and above — from diverse cultures, backgrounds and life experiences.

As Mr. Leland said, “These people totally changed my life. They’ve given up distractions that make us do stupid things and instead focus on what’s important to them. To a person, they don’t worry about things that might happen. They worry when it happens, and even then, they don’t worry. They just deal with it. At whatever age we are, we can choose to adapt to whatever happens.”

I love the story in Dr. Agronin’s book about the renowned pianist Arthur Rubinstein “who dealt with age-induced declines in his skills by selecting a more limited repertoire, optimizing his performance through extra practice, and compensating by altering his tempo during certain sections to highlight the dynamics of a piece.”

Dr. Agronin writes with reverence for Dr. Gene D. Cohen, a founding father of geriatric psychiatry who “saw not only what aging is, but what aging could be; not what we accomplish *in spite of aging, but because of aging.*” In Dr. Cohen’s model of creative aging, people have the potential to see possibility instead of problems; aging itself can be a catalyst for rich new experiences, offering a way to renew

*(continued on page 7)*

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### RUTH'S REFLECTIONS... (continued from page 6)

passions and reinvent oneself.

There are activities I once loved that I can no longer do, or necessarily want to do, like tennis, skiing and ice skating. But I can still walk, cycle, swim, and frolic with my dog, activities that have resulted in many unexpected pleasures and new friends. I can accompany my grandsons to museums and delight in their knowledge of the Impressionists they studied in a high school art class. When I gave them tickets to join me at the opera, one said with a grin, "I guess I'll get some culture."

I already know that if and when my physical abilities become further curtailed, I can still enjoy meaningful conversations with these boys, who are all-too-quickly becoming young men. They may know how to reset my cellphone or find hidden channels on my television, but I can help them put their life experiences in perspective and support a decision to leave their comfort zone and take risks that offer growth potential.

He cites the concept of "positive aging" developed by Robert D. Hill, a psychologist in Salt Lake City, that is "affected by disease and disability, but not contingent upon avoiding it." Rather, it is "a state of mind that is positive, optimistic, courageous, and able to adapt and cope in flexible ways with life's changes."

Or, as Dr. Cohen found, creativity is not limited to young people. At any age, it can open people up to new possibilities and add richness to life. According to Dr. Cohen, creativity can benefit aging by strengthening morale, improving physical health, enriching relationships and establishing a legacy.

Dr. Agronin cites two notable examples: Henri Matisse — "the man who rose from the dead" after cancer surgery in 1941 — who created cutouts when he could no longer paint, and Martha Graham, who reinvented herself as a choreographer when she could no longer dance.

When we become unable to pursue the roles and passions of our younger years, Dr. Agronin says, we can tap into our past for strength and inspiration. We can try something new that is either an extension of what we did before or that takes us in a new direction.

And, as Mr. Leland found, there is no room for

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**RUTH'S REFLECTIONS...**(continued from page 7)

regrets in happy aging. Although I never won a Pulitzer Prize, in many ways, the "awards" I've gotten from thousands of grateful readers who've been helped by my writings over the last half-century are so much more meaningful.

Citing the work of Laura L. Carstensen, founding director of the Stanford Center on Longevity, Mr. Leeland writes that "older people, knowing they face a limited time in front of them, focus their energies on things that give them pleasure in the moment," not on a future that may never be.

*Janet Brody, NY Times – March, 2018.*

**Some tips from Ruth for a season of sharing:**

Some of you may eschew the idea of a journal to record significant events, but who doesn't remember kindnesses offered, especially at holiday time? My focus would be on those people who can connect with those who can't – those who can share with those who have not.

It does not necessarily have to be a gift, or something with monetary value. Try something simple: choose a neighborhood, or offer an impromptu trip to the supermarket, or a last-minute invitation to a dinner, or just a friendly visit to watch an old movie on TV.

Your attention, unselfish and thoughtful, will create an immediate bond of gratitude and a mutual satisfaction. It is usually so unexpected, it will surely make a significant impact, on both of you.

Happy holidays for the next several months. Enjoy your friends, old and new, your family and make this a truly joyous time of the year.

Some of you may discard the idea of a journal; who doesn't remember kindness offered, especially at holiday times? My focus would be on those people who can connect with those who can't – those who have sharing with those who have not.

Try something simple: Choose a neighbor who is alone.

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**Hampton News**

By: John Pagliarini

October brought a flurry of Hampton Board meetings including two Executive Committee meetings and one open board meeting. A Hampton Board meeting was scheduled for November 8, 2021, to present, review and adopt the proposed budget for 2021-2022. Minutes posted on the Hampton website are available to residents. Our website is: [hamptonhoa.us](http://hamptonhoa.us)

Campbell Management reported that our mailboxes, pool deck and walkway will be re-painted. Preparations are underway to hire a roofing consultant to access the condition of the Hampton roofs. Campbell Management also reported that the Comcast (Xfinity) old towers connecting your TV, internet, phones, will be removed by Thanksgiving 2021 as Xfinity switches to fiber optic on Tuesday October 26, 2021. The Hampton Declaration and By-laws are under review. Suggested changes to include revisions to when home insurance reporting should occur, dog fence colors, holiday decorations requirements and other minor changes.

For the edification of all Hampton residents and

*(continued on page 9)*

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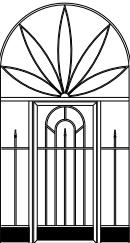
**HAMPTON NEWS... (continued from page 8)**

their guests, all Hampton streets are County-owned streets, hence no parking, period. As you enter the Hampton, please notice the wide yellow lines from Hagen-Ranch Road to Sweetbay Court. These lines mean absolutely NO PARKING 24/7. Like my neighbors, exiting the Hampton sometimes dangerously requires snaking around cars and trucks illegally parked. Towing can get expensive.

It appears that Covid-19 infections and deaths are slowing down. The FDA has finally approved vaccines for 5 to 11-year-olds. Now, vaccine is available for all ages, 5 to 65+. Wearing a mask and social distancing still works. This action, coupled with approved booster vaccines, should offer a greater degree of protection than previously thought.

Enjoy the Holidays, stay safe, and looking forward to a Happy and prosperous New Year 2022, without masks.

**CORRECTION:** The November Hampton News article stated that an October budget meeting "SHOULD HAVE" been held. It should have read "USUALLY" the Hampton Budget is discussed and adopted in October. (See Hampton minutes-October 2016, 2017, 2019, 2020)



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**Sterling Lakes**

By: Judy Lukow

**From our Community to Yours!**

**We wish you all a Happy Holiday and a Healthy and Happy New Year!**

Planning and thinking about the holidays are always a big job. Here are some suggestions to making the 2021 holidays memorable, and some do not cost anything but time, thought or your presence.

**Make a Family Holiday Bucket List**

On December 1st, have everyone pick one thing they would like to do (as a family) in December. It could be skating, going for a drive to see the lights, building a snowman (Ha – not here in Florida!), baking cookies, a Fondue Night, a S'mores Night, a Brownie in a Mug Night (made in the microwave), whatever they want! Then try to pick dates and schedule the activities so everything on your "Holiday Bucket List" gets checked off.

Do you like the idea of gifting everyone with something they want, something they need, something to wear and something to read?

**Make a Book of Coupons**

Specify on each coupon an IOU. Use your imagination or use one of the following ideas for your coupons:

**Listening:** I will listen to whatever you want to tell me, and I will listen without judgment. I will not interrupt, and I will keep an open mind.

**Time:** You can have 3 hours of my time to do whatever you want me to do (as long as it is legal).

**Babysit:** I will babysit for you for a weekend.

**Breakfast in Bed:** Your choice of breakfast food or leave it to me. Just tell me what time.

**A Romantic Weekend:** Wherever you want to go (within a 100-mile radius).

**Dinner and a Movie:** Your choice.

**Daytime Date:** Your choice.

**Game Night:** Your choice.

**A Sensual Massage:** Either by me or your spa; your choice.

The person you give the coupons will tear out a coupon and give it to you when they want to "cash it in." The coupons will have no expiration dates. You can have more than one of the same coupons in the book. For instance, you can have five coupons for

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**STERLING LAKES...**(continued from page 9)

Breakfast in Bed etc.

The coupon books are good to give to children and any family member too. Of course, you make up coupons that are appropriate for each person you give the book to! LOL!

**Coupon Book Ideas for Children:**

One night "camping" in the tent set up in the basement/house.

Fireplace/Fire Pit wiener roast with marshmallows!

Pick of restaurants for a family meal.

Your favorite book read as many times as you like.

A pass on doing one of my chores.

A visit to the Museum of my choice.

A cake on my half birthday.

Go to the drive-in movie theater; kids get to wear pajamas.

**A Grab Bag of Gifts to Give to Charity**

On a piece of paper write different things a person can do/give to those less fortunate than us. Then have each person pick a gift from the bag that they will be giving. Examples are:

Donate a toy.

Donate food to a Food Bank.

Send a Holiday card to our Military Men and Women.

Light a Candle for our departed loved ones.

Donate money to a charity.

Call three people in your family over the age of seventy and talk to them for a minimum of 10 minutes.

**Gift Yourself as a Volunteer**

Along with giving gifts to your family and friends, you can also offer your time to give back to the community. Volunteer in local charities, help out in your house of worship, participate in coastal cleanups, and many more. There are a lot of ways you can help by offering your time.

AARP has a page on their website titled "Create the Good." It has a list of non-profit organizations in our area that need volunteers:

<https://createthegood.aarp.org/volunteer-search.htm/>

Here are some of the jobs:

**Sandoway Discovery Center**

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(continued on page 11)

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**The Sunny Shores**

By: Estelle Morganstein

From what I have been able to discern from our local and national media, it appears that the COVID pandemic is on the wane. Let us hope that this is the case, so that we can slowly reclaim normal life as we knew it.

Meanwhile, our HOA work goes on. All 2021 Board Members filed their Intent-to-Run Forms for the coming 2022 year and, as there were no other Applications submitted, the existing Board Members were elected by acclaim, and the following Executive Positions were nominated and approved by majority vote:

President	Davit Littman
Vice President	Estelle Morganstein
Secretary	Diane Greenberg
Treasurer	Pam Breier
Member at Large	Helene Gillan

The Shores 2022 Annual Budget was presented and approved. Unfortunately, due to several natural disasters which have occurred this past year throughout the nation (thankfully none here in Florida), many insurance companies have had to cover unprecedented losses, and several have depleted their funds, or chosen not to service certain high-risk area such as ours. As a result, our HOA had been cautioned for some time that we could expect a substantial increase in our annual premium next year. Our insurance renews next spring, and this major increase has had to be incorporated into our new budget, resulting in an increase in our monthly Association fees. This could not be avoided, as our HOA has to produce a balanced budget while making sure that we continue to cover every residence with adequate insurance for all.

**NEIGHBOR NEWS**

We welcome a new resident Deborah Weiss, who recently closed on her new home in The Shores, but is undertaking extensive renovations prior to moving in, and we look forward to meeting her when they are complete.

As has been my custom for the many years I have been writing this column, I want to wish all our Jewish residents a Happy Chanukah and, to our Christian homeowners, a wonderful happy and healthy Christmas, and to everyone a safe New Year 2022 in a peaceful world.

## Harbour Lights

By: Wendy Latman

Can you believe the holidays are upon us? Thanksgiving has passed, we are amid Hanukkah, and it will not be long before Christmas is here. Have you ever noticed that the older you get the faster time seems to fly? When we were younger, we could not wait to be old enough to drive, or old enough to vote. Birthdays and holidays seemed eons away. Now it feels like they are happening every other week. That is why it is so important to make the most out of every day and be forever grateful for everything we have.

This month, instead of focusing on a newer resident of The Harbours, I have chosen to report on The Harbours' Historian. And who might that be? Read on.

### Meet the Harbours' Historian

Anita and Joe Kaplan retired and moved into the Harbours on September 30, 1990. Yep, that was 31 years ago. There were only four buildings that were habitable at that time. When they got here, the Publix on Le Chalet and Military Trail was under construction, so the closest Publix was in Pinewood

Square on Jog Road and Lantana Road. Jog Road, going south, stopped at Gateway, which was known as 22nd Street. When I-95 opened an entrance/exit, it was renamed Gateway, because it was the "Gateway" to the Palm Beaches.

Very shortly after moving in, both Joe, and Anita, as his backup, got involved in the political activities of the community as a member of the Ad-Hoc Board of the Harbours, he was elected President, and became the Harbours' representative to the Property Owners' Association (POA). He and Anita also volunteered for the C.O.P program. Joe participated in investigating expansion of the East Clubhouse, the result of which is the Ballroom, which was built about twenty years ago, and we continue to enjoy today.

Joe passed away 15 years ago, but Anita continues to be actively involved in the community. She has served as the Harbours' representative to the POA for more years than she can remember. She also served as President of The Harbours Board of Directors for three years. She continues to serve as Chairperson of the Aberdeen East House Committee for the Clubhouse and the Ballroom. All this while enjoying playing

(continued on page 13)

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**HARBOUR LIGHTS...**(continued from page 12)

golf. Anita always makes herself available to the Aberdeen East Community, as well as the Harbours, as a consultant when needed.

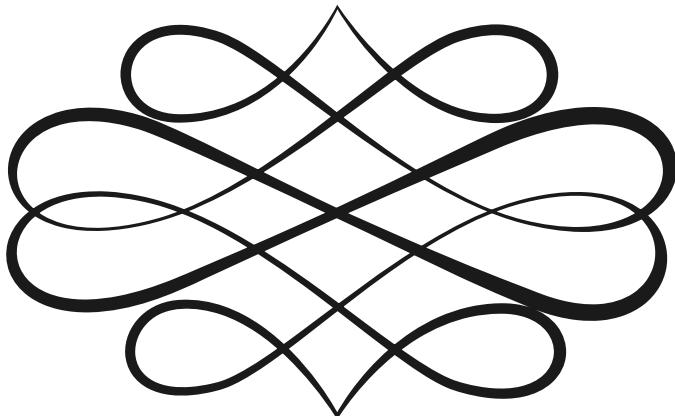
Anita has three children, two daughters and one son, and six granddaughters.

Say "hi" when you see her.

P.S. She also considers herself the President Emeritus.

**In conclusion:**

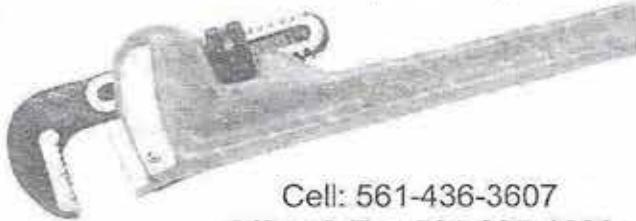
When you read this newsletter next month, we will be in a new year. Isn't that incredible? Wishing all my friends and neighbors a happy, healthy, safe New Year.

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**Season of Plenty**

By: Phyllis Arnauer (Lancaster Lakes)

With December upon us, we are thinking about the holidays. Hanukkah has already begun, as of Nov. 28, and will continue through Dec. 6. Christmas will arrive as expected on Dec. 25. Kwanzaa will begin on Dec. 26 and end on January 1, 2022. With these special days upon us, visions of holiday shopping present themselves. Whether you are a brick-and-mortar shopper or an online consumer, you will notice an interesting and worrisome phenomenon. It is related to the current concept known as the "supply chain." I bet these two words together never entered your vocabulary just a few weeks ago unless you were interested in marketing and economics. But now, due to the Covid-19 pandemic, we are worrying about those huge cargo freighters sitting off the coasts of many ports in the U.S. From a distance, these boats look like the toy boats our grandchildren played with in the bathtub. But these cargo ships are holding precious and much desired goods. Everything from paper products, like toilet paper, to electronics, like telephones, televisions, and computers, are sitting on

(continued on page 14)

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**SEASON OF PLENTY..**(continued from page 13)

these huge vessels. My son in New Jersey has been awaiting the arrival of a tiny part that will make his dishwasher do its thing- wash the dishes! He has been waiting for a year. Meanwhile, when I visit, I am reminded of the joys of hand washing! While he can live without that necessary piece, many people are desperate to get the items that help make their lives easier. And what about those toys that will brighten the faces of children and grandchildren at holiday time? This shortage will remind us of all the stuff we can do without, and help us focus on the goodies we all possess just by being where we are. A little too philosophical??? But holiday time provides the opportunity to take stock. So, let us appreciate what we have and not stress too much about the trivial things, sitting on a freighter at the port of Miami. December has many other special days besides the ones already mentioned. Dec. 5 is Bartender Appreciation Day so remember to be extra nice to our wonderful bartending staff at the Sunset Lounge! I know you will find this hard to believe, but Dec. 8 is Toilet Paper Appreciation Day! Nothing to say about that! And on a much more serious note, Pearl Harbor Remembrance Day is Dec. 7. Let us remember those that participated in that terrible battle for freedom. Community News: Henry Eichenbaum, would like to thank the Lancaster Lakes HOA for helping him resolve a broken window issue. Arlene and Gary Stern have been blessed with a second great-granddaughter, and celebrate the engagement of their granddaughter Jaime to Mike. President Larry Dix's Update: Homeowners are reminded to get their gutters cleaned. A community get-together is being planned so current and new homeowners can meet. Lancaster Lakes is looking into finding a trapper for the iguanas. Stay healthy everyone. Happy Holiday to all and a happy New Year 2022.



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**Bermuda Isle Buzz**

By: Lenore Schwartz

I'm heading back to Florida as I write this article, following a month alone traveling around the country. I've been visiting family and friends and including some sightseeing along the way. After Harvey's passing in April, I needed time to organize my home and life before learning to be completely independent and forcing myself to do things on my own. It's an experience all new widows and widowers must face, and most of us find the strength within ourselves to carry on. I was lucky to have family waiting at each destination. I met with old friends from my past in New York and New Jersey, as well as all the family and new generations that assure us that life goes on. I went to an emotional baby naming in Denver, Colorado and saw the incredible Red Rocks of that area and the beauty of Boulder, Colorado (a true college town, and very environmentally concerned). On to busy LA, with traffic galore, confusing streets, and more congestion than New York City, but the vistas from the hills are special, as is the beauty of Beverly Hills. My granddaughter is the Pastry Chef at the exclusive BOA Steakhouse, where I was treated like royalty. I also had a chance to visit Elle Finkel, who moved in with her daughter and family after leaving Bermuda Isle just last month. She's in a beautiful home, doing well and sends her best to all. Back to Florida and Bermuda Isle with a feeling of achievement but it's always good to enter your own home. Bermuda Isle is beautiful, with newly painted houses, and it seems that the busy season has begun. Let's hope everyone stays well and enjoys the wonderful life we have at Aberdeen.

**JUMBLE**

Unscramble the words below to reveal the secret message. (Answer is on page 20).

hswigni eassnos trgniseeg ot lal

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## It's Happening In Dorchester

By: Carol Baron

Did you ever wonder where 2021 has disappeared to? Here we are at the last month of this year. Hopefully, you had a beautiful Thanksgiving with tasty food and good company. We had all our children and grandchildren visiting with us for the holiday (and for the food). Oh yes, and there is lots of shopping done or to be done for those you love for Channukah and Christmas. And you have just a short amount of time to complete all that you need to in 2021.

Most of our residents have returned from traveling and from spending time in other residences up north and elsewhere. In addition, we are seeing our snowbirds coming back for a few months to get away from the cold and snow up north. We are delighted to see their return. To put a smile on your face we want you to know that Roslyn Seftel of 7620 Dorchester Road recently celebrated her 101st birthday. She moved in here in 1993 and is the oldest and longest member of the Aberdeen Estates. Born in Brooklyn, a lifetime member of Hadassah, worked in her husband's restaurants and a onetime

### Harvey Baron's Early Bird Special



piano teacher. Today you might see her walking in her area. She is an inspiration to all of us. Her daughter, Donna, is with her as is her support dog. They tell us that we are welcome to visit Roslyn and learn what growing older is all about from this role model. Happy belated birthday, Roslyn.

We keep getting more people moving into Dorchester. Now we would like to welcome Joanne and Michael Carpenillo. They have moved into 7652 Dorchester Road. So happy to have them with us. Find the time to get to know our new neighbors. This is the special time of year when the true meaning of life is giving something back. The time is right for us to do all that we said we would do before the new year arrives. Based on what we do before the end of 2021, we should remember, "life is not measured in the number of breaths we take, but by the moments that take our breath away."

Wishing all of our Aberdeen neighbors a healthy and happy holiday and an up-and-coming great new year.

## Hadassah Happenings

By: Bea Lewis (Lancaster Lakes)

Save the date – December 6th – as (finally) members of the Simcha chapter of Hadassah will get to meet and greet each other in person! Mark your calendar to join us at 9 am in the Aberdeen Country Club card room.

It will be a very special meeting, as we will gather to celebrate Chanukah, the eight-day celebration of the Jewish Festival of Lights, (5782 on the Hebrew Calendar). Along with a light breakfast, we will enjoy a Jewish holiday sing-a-long with the music written by the famed Jewish song writer, Debbie Friedman. Bring your menorah (and candles) to join in our collective candle lighting ceremony.

Last month, about 30 "brave walkers" from our chapter defied the rain, and came to raise awareness and funds for Breast Cancer Research, a project we've supported for many years.

Please join us to welcome our new slate of officers (with Stephanie Levine as president), who will be installed by Roz Kantor. And be sure to give a special hello to the more than 20 new Hadassah members.

## For the Love of a Mother -in-Law

By: Bea Lewis (Lancaster Lakes)

Got daughter-in-law issues? You are not alone. While some guidebooks offer suggestions to ease mother-in-law, daughter-in-law conflicts, there's one book by Dr. Deborah Merrill that, in my opinion, hits the mark with good suggestions to reduce those problematic dynamics.

Some years ago, when a friend struggled to form a good relationship with a new daughter-in-law, I suggested she read *Mothers-in-Law and Daughters-in-Law: Understanding the Relationship and What Makes Them Friends or Foe* (Praeger Publishers, 2007). I had interviewed Dr. Merrill, a professor of sociology at Clark University, when her book was first published, but recently contacted her again to see if her advice was up to date.

Some of the research she found suggested a broad range of relationships – from extremely hostile to one that is happy and loving.

"Problems can often begin early in marriage," said Merrill "because both parties are confused as to what they can expect from each other."

"Think about it," she explained, "You are supposed to be loving and happy at the get go. **But** when someone doesn't have the same background as your family, doesn't have your history or traditions, doesn't have your unconditional love, it's tough to treat one another like family."

Merrill explained that it's often a process (sometimes a long one) for a son's mother to relinquish his move from her home to starting his own with his wife. It is often difficult for a loving mom to acknowledge that she is no longer No.1 in her son's life. One of the biggest complaints from the daughters-in-law she interviewed was that their mothers-in-law were territorial and interfering.

If you are experiencing too many stumbling blocks with your daughter-in-law, consider some suggestions to see what ***you*** can do to improve the relationship:

**Avoid unsolicited advice:** In other words, butt out. Offer advice only when asked.

**Compliment often:** She'll feel accepted.

Be a guest in her house: If you disapprove of her housekeeping habits, keep it to yourself. Take off your glasses so you don't see the dust balls rolling around on the floor.

**Be fair and equal:** Problems arise when a mother-in-law treats her sons and daughters differently than her daughters-in-law. Acknowledge her birthdays, Mother's Day, etc.

**Plan Ahead:** Don't be offended if your son and daughter-in-law spend some of the holidays with her parents and their relatives. If your children can't come for Christmas, for example, celebrate another time during the holidays and alternate visits the following year.

**Keep Visits Short and Sweet:** Long visits are often stressful for everyone. Be understanding if visits can't be as long as you like. Avoid topics that you know will create tension.

**Keep priorities in check:** Don't turn your back on an ex-daughter-in-law. Remember she holds the keys to your prize possessions – the grandchildren.

**Don't Complain to Your Son:** If you don't like something your daughter-in-law does, keep it to yourself (or complain to a close friend). If you tell your son what bothers you about his wife, the first person he will tell is *you know who!*

*Get along great with your daughter-in-law? Share your secrets. Email me at [Beaclewis@gmail.com](mailto:Beaclewis@gmail.com).*

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**William Florian  
Saturday, March 19  
8:00 p.m.**

\$20pp—\$25 Guests/Walk-ins  
Theatre Style Seating in the Ballroom

***Those Were The Days*** is an upbeat and energetic musical performance by **William Florian** and his band. The show consists of American hits of the 60's including songs performed as lead singer of the famous New Christy Minstrels, plus the music of Peter Paul and Mary, John Denver, Pete Seeger, The Mamas and The Papas, and originals presented with comedy and amusing stories, all in a wonderfully intimate show. William travels the globe spreading goodwill through his music!

Please visit the Aberdeen East Clubhouse Office Monday—Friday between 10:00 a.m.—3:00 p.m. to make your seat selection and receive your show tickets. Checks only, can be made payable to *Aberdeen East Clubhouse*.

**\* If available, non-Aberdeen East guests may purchase tickets one week before each show.**

If you have questions, contact the Aberdeen East office at 561-734-0113.

## Let us Talk Weather

By: Jon Shaw (Dorchester)

Did you know that south Florida has two distinct weather seasons: wet and dry? In general, the wet season runs from June 1st through the end of October. This roughly corresponds with hurricane season, which extends from June 1st through November 30th. During the rainy season, approximately 70 percent of the year's rain falls. Although many of our residents are away during these rainy months, it is a crucial time of the year for filling up our lakes and recharging our drinking water aquifers. Flooding may happen during these times, when copious amounts of rain occur over a brief period of time or from a single, heavy storm, tropical system, or hurricane.

Since the exact period of these seasons is also dependent on regional weather patterns, South Florida officially entered the dry season on October 17, 2021—four days later than the historical median date of October 13. Did you know that the 2021 wet season provided an average amount of rainfall in South Florida?

### What We Know About the 2021 Wet Season

- Wet Season started May 28th —four days later than the historical median start date of May 24th.
- Total wet season rainfall is 33.68", which is near average.
- The Southwest Coast of Florida (Naples/Ft. Myers area) received the most rainfall with 40.86", although rainfall was well distributed across much of south Florida.
- There were no direct hits by a landfalling hurricane.
- Monthly rainfall during the wet season remained fairly close to historical averages, except for May, 2021, which was the 6th driest in the last 90 years.
- Total annual rainfall is still running below average. There is a 6.5 inch deficit as a result of below normal rainfall from January through May, when La Niña conditions prevailed.

The South Florida Water Management District, headquartered in West Palm Beach, is a regional governmental agency that manages the water resources in the southern half of the state, covering

(continued on page 20)



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**LET US TALK WEATHER... (continued from page 19)**

sixteen counties from Orlando to the Florida Keys, and serving a population of nine million residents. It is the oldest and largest of the state's five water management districts. District water managers keep an eye on the weather 24/7. This is because the Everglades and urbanized South Florida are home to rain-driven systems—nearly all of the surface water managed comes from rainfall that falls within the district's boundaries.

Weather forecasts and assessments are used by South Florida Water Management District water managers to help them determine where to move water in our system of canals and water control structures, in order to prevent flooding, protect the environment, and meet the region's water needs.

**Corner Pharmacy**

By: John Pagliarini, R.Ph. (Ret)\* (Hampton)

Many patients are concerned about the potential for drug interactions with grapefruit juice. If you have received a medication prescription container with an affixed warning label that recommends you avoid grapefruit or grapefruit juice while taking the medication, please discuss this issue with your pharmacist or physician. Grapefruit juice interactions can even occur with over the counter (OTC) drugs. But why is this so important?

- Interactions with grapefruit can occur with common and important medications - such as those that lower cholesterol, treat high blood pressure, or even those that fight cancer.

- Grapefruit juice affects how drugs are changed (metabolized) in the body for eventual elimination, and can alter the amount of drug in your blood. This can lead to enhanced side effects or lower drug effectiveness.

- Examples of common medications that interact with grapefruit juice include:

1. Certain statin cholesterol drugs such as atorvastatin (Lipitor), lovastatin, simvastatin (Zocor),

2. Felodipine (Plendil) and other calcium channel blockers,

3. Clarithromycin (Biaxin), and loratadine (Claritin).

4. Some immunosuppressants have been reported to cause kidney damage, and certain pain medications

when mixed with grapefruit juice may be linked with depressed breathing.

5. Allegra is one of the most well-known orange juice drug interactions and one of the first ones identified. Its interaction is a bit different. Fexofenadine (Allegra), a popular non-drowsy antihistamine available over the counter can interact not only with grapefruit juice, but also with apple and orange juice. However, in the case of fexofenadine, *blood levels of the drug go down* and the effectiveness of the antihistamine may be reduced. This interaction occurs by a different mechanism, but nonetheless, it is recommended that fexofenadine be taken with water, and not fruit juice.

- Possible side effects can range from abnormal heart rhythms, stomach bleeding, muscle pain, muscle breakdown, kidney damage, low blood pressure, difficulty breathing, sedation, and dizziness.

- Other reactions may occur -- it depends on the drug and the levels of the drug in the blood.

- New drugs are approved frequently, so it is wise to research your drug interactions with grapefruit juice. **Once again, check with your pharmacist or doctor to confirm any interactions you may find.** "They are your meds--stay informed."

*\*Now retired, John's professional career encompasses over 50 years in retail, hospital, and Medicaid as a pharmacy consultant and includes East Coast Director of Drug Utilization Review for Government Programs for Merck-Medco and adjunct professor of pharmacy.*

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**Answer to Jumble Puzzle on page 14  
("Wishing Seasons Greetings to All")**

## ESTATE PLANNING 101

By: Murray Iseman (Addison Green)

Estate planning is the process of passing assets to beneficiaries expeditiously while minimizing fees and taxation. Challenges can be compounded when there are blended families, special needs recipients, drug use, high value assets and family dissension. When these issues are operative, services of an attorney specializing in estates and trusts should be retained. Most major law firms have specialists in this field. In complex cases you may wish to avoid what are called "store front" lawyers. These practices will have one or two attorneys who will dabble in: personal injury; bankruptcy; skip and fall injuries; auto accidents, family law and defamation suits. It gives credence to the saying, "jack of all trades and master of none." In fairness, they are usually capable when working on cases within their areas of expertise.

Let me explain some of the basic concepts:

**Will** - The legal document outlining the deceased's wishes for asset disbursement. Everyone has a will. But, if you fail to create your own, the State will provide one. A person without a personal will is said to have died "intestate." Your home state has a

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"one size fits all" will. It apportions assets based on relationship to the deceased. Surviving spouse gets X, children get Y and so forth. The intestate will makes no allowances for needs or personalities. Note: do not keep your will in a safe deposit box as that may be sealed at death. It can be kept at home with important papers. Consider leaving a binder listing: credit card and bank accounts, on-line usernames and passwords, funeral preferences, accounting of debts, casualty insurance data, a listing of automatic bank payments.

**Executor** - The person (or entity) responsible for reading the will and distributing assets as outlined by the deceased. The executor may be paid a fee (usually 10%) of the probate property. If the named executor is unable to serve (consider naming a contingent executor) or if there is no will, the Court will appoint an **administrator** to complete this task.

**PROBATE** - Any asset that must look to a will for distribution, is a probate asset.

**NON-PROBATE ASSET** - This refers to property that automatically passes at the deceased's demise. It includes most jointly titled real estate and life insurance if there is a named beneficiary. However, if there is no named beneficiary, the death benefit becomes a probate asset. It loses its identity as an insurance death benefit, and is treated as another cash account to be distributed according to the will. Naming a contingent insurance beneficiary will avoid this problem.

### Example of probate & non probate distribution

- Assume all assets at death are put into a parking lot. There is main road from the lot which leads to an intersection. Standing in the middle of the intersection is the "probate cop." There are multiple roads leading out of the intersection as well as turn-offs before the intersection. All the deceased's property leaves the lot and starts moving down the main highway. But non-probate assets such as insurance death benefits with a named beneficiary, exit on the small turn-offs as does jointly titled real estate with survivor rights. Ultimately, all that remains is probate property. The probate cop identifies the asset and then refers to the will and disburses it accordingly. Therefore, anything that requires instructions from the will for distribution is a probate asset.

### COMMON MISTAKES WHEN CONSIDERING INSURANCE BENEFICIARIES

(continued on page 22)

**ESTATE PLANNING 101... (continued from page 21)**

A. Do not use "children of the insured."

1. What if there is a blended family or adopted children?
2. In the case of a male deceased, "unknown" children from past relationships may appear seeking their share.

B. Assume you have a \$100,000 death benefit to be given to your three sons, A, B & C in equal shares". What if son C dies before you? How much will A & B receive? One could argue that C's share goes to his family so A & B get \$ 333,333. Or since C died, A & B get \$500,000. This dilemma is alleviated by adding to the beneficiary provision either "per stirpes" or "per capita." The former translates to "by the branch" and the latter "by the head." By using "per stirpes", C's family gets his share. Under "per capita", A & B would get \$500,000 each.

Next month, I will discuss: the uses of trusts; explain stepped up basis; common disaster clause and business evaluation for tax purposes.

**Marty's Recipes**

By: Marty Hyman (Waterford)

**Rosemary Fondant Potatoes**

This is the "Rolls- Royce" of potato recipes. Crispy on the outside, tender and creamy on the inside, cooked with butter and a hint of garlic, these Rosemary Fondant Potatoes make a great accompaniment to a strong beef dish.

Fondant Potatoes were originally trimmed into the shape of eggs, fried in butter then baked. Why? Why shape them like eggs? I don't get it, but this recipe is genius none-the-less.

Servings: 4 servings

**Ingredients**

- 4 large russet potatoes
- 2 tbsp vegetable oil
- 2 tbsp butter
- 2-3 sprigs fresh rosemary
- 1 cup chicken or vegetable broth
- 1 garlic clove (minced)
- salt and pepper

**Instructions**

1. Peel the potatoes, cut off the ends and cut them into about 1 1/2-inch-thick pieces. Soak in water for 10 minutes, then pat the pieces with paper towel to dry.

2. Preheat the oven to 450F.

3. In a large, oven-safe skillet, heat the oil over medium-high heat. Place the potatoes into the skillet and fry for about 5-7 minutes, until the potatoes turn golden-brown. Sprinkle them with some salt and pepper as they fry.

4. Flip the potatoes over and, as they cook, use a paper towel held with tongs to remove some of the oil from the skillet.

5. Add butter, rosemary sprigs and sprinkle with some salt and pepper again. Fry the potatoes in butter for about 4-5 minutes and add the chicken/vegetable broth. Transfer the skillet into the hot oven.

6. Bake for about 20-30 minutes, until the potatoes are cooked through. (Pierce one of the potatoes with a toothpick or a knife to check if they are cooked).

7. Garnish the potatoes with fresh rosemary sprigs, rub with minced garlic and cool slightly before serving.

Enjoy!

*Do you have a favorite recipe and story?*

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

**It's Not What You Say, It's What They Hear**

By: Bea Lewis (Lancaster Lakes)

It's a common belief that, to keep peace with our adult children, we need to keep our mouths shut and our pocketbooks open. But the "bite your tongue" philosophy may not be the best route to go.

"When we keep our thoughts and feelings to ourselves - or not listen to theirs - we create barriers - and distance - between generations," says Dr. Ruth Nemzoff, author of *Don't Bite Your Tongue: How to Foster Rewarding Relationships with Adult Children*.

Why then, when we do express ourselves – or make suggestions - are we met with resistance, and what we say falls on deaf ears.

Here, in a nutshell, is the rub, said Nemzoff. Adult kids want to be treated as grown-ups, but we find it difficult to let go of our parental control. "You may be big, but you're still my kid" underlies the main conflict between parents and their adult children.

So, what to do? For starters, Nemzoff suggests

*(continued on page 23)*

**IT'S NOT WHAT YOU SAY...**(continued from page 22)  
to first think about what to say, how to say it, and decide whether it is important enough to say anything at all.

A simple trick is to begin a conversation is with the I word, as in "I know how busy you are, but I do miss our phone chats." That will get you further than if you say, "You have time to talk to everyone but me." (Today's generation does not do well with guilt trips.)

Health and safety matters are always important to discuss, but how they spend their money - or how they clean their house - is not.

Sometimes we do not utter a word - but our body language says it all. My friend, Ann, shares this scenario. She was sitting in the passenger seat; her daughter Ellen was driving. When Ann suggested that Ellen slow down, sparks flew. "Don't tell me how to drive." Ann agreed to be quiet, but continued to step on the imaginary brake. Ellen saw this and was furious. So, Ann sat frozen; she did not move a muscle. When I spoke with Ann the next day, she had a headache because, she said, "I kept my teeth tightly clenched the entire 60-minute ride home." (P.S. A mother is a mother forever!)

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## A Moment to Reflect, Relate, Remember

By: Maris Levy (Addison Green)

### Maintain an Ardent Desire that Permeates Your Subconscious Mind

We all dream dreams of who we would love to be, what we want most to do in our lives, and paths we need to take to reach the highest of goals. These dreams give us the momentum to go forth and conquer any obstacle we may encounter along the way to success. But we cannot just dream our dreams, we must constantly remember to actively live them. We must give our dreams the freedom to enhance our desires and lift our subconscious minds to heights of perfection we never thought possible. We can and must envision a confident strong self-image that controls our future, giving us the ability to go forward toward achieving our goals and reaching heights we never dreamed possible.

I have learned through my life experiences that I am in control. I truly am 'the master of my fate.' I can and will be the director of my desires and make them my reality. My subconscious mind and I are companions traveling a road that has no boundaries. We are walking hand in hand toward achieving our loftiest goals, and we will reap our rewards. I invite you to come walk with us, and you too will reach your pinnacle of success.

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## Capricorn Horoscope 2021

December 22-January 21

According to the Capricorn Horoscope 2021 as per Vedic Astrology, your zodiac sign lord Saturn will be sitting in your zodiac sign throughout this year. Also, Jupiter will remain seated in your sign in the beginning of the year and then get into a conjunction with Saturn and then move on to your second house. Rahu will transit in your fifth house and Ketu in your eleventh house. This year, Mars will influence your different houses while going through your fourth house. At the end of January, Venus will also get posited in your own zodiac sign.

Due to this planetary placement, you will get good results in your career according to the efforts and hard work you have put in this year. This year will also be auspicious for traders and businessmen. There will be problems cropping up in the initial few months in your financial life, but later the smooth flow of income will put an end to your financial crisis. Students will attain good results, and they will be able to understand

their subjects well.

Horoscope 2021 indicates that your mother will suffer from health problems. During this time, a lack of happiness will be seen within the family. If you talk about natives who are married, they will feel a sense of dullness and monotony in their marital life. However, you will get an opportunity to go out on a trip or date.



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## The Vaccination Email

Submitted By: Sheila Hyman (Sterling Lakes)

### Excerpt from a vaccination email.

From: bypass@vaccinationcenter.com  
To: friends@friend.com  
Sent: 11/24/2021 1:15 PM Eastern Standard Time

Subject: Fwd.: Vaccination #2

Heads up friends!

A friend had his second dose of the vaccine at the vaccination center, after which he began to have blurred vision on his way home.

When he got home, he called the vaccination center for advice and to ask if he should see a doctor or be hospitalized.

He was told NOT to go to a doctor or a hospital, but just return to the vaccination center immediately and pick up his glasses.



## This Office

Submitted By: Sheila Hyman (Sterling Lakes)

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## Pills That Pump Up The Pressure

By: Cynthia E. Keen, *AARP Bulletin*, Oct. 2021

**If you have hypertension, beware what's lurking in your medicine cabinet.**

Nearly half of all adult Americans and 3 out 4 people 60 and older have high blood pressure. That's about 108 million people at increased risk of heart disease or stroke.

Yet a remarkable 19 percent of adults with hypertension are currently taking one or more medications that could be elevating their blood

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pressure, according to a study of more than 10,600 patients presented earlier this year by John Vitarello, M.D., an internal medicine resident at Beth Israel Deaconess Medical Center in Boston.

If you're treating your hypertension, good for you—keep it up. But be aware that you may well be undermining your own wellbeing by mixing your blood pressure meds with one of the medications below.

**Over-the-counter trouble:** Ibuprofen and naproxen, for example, are nonsteroidal anti-inflammatory drugs (NSAIDs), which can increase the risk of a heart attack or stroke with high doses or prolonged use, according to the American College of Cardiology (ACC). They're among many prescription and OTC drugs the ACC says can raise blood pressure—or prevent the drugs that lower blood pressure from working properly. That list includes products for cough, colds and flu; decongestants; weight-loss stimulants; antacids high in sodium; and some herbal remedies and dietary supplements. If you regularly take an OTC medication, read the label carefully and talk with your doctor about safer alternatives.

**Prescriptive dangers:** Fifteen percent of the U.S. population uses five or more prescription medications, says Matthew C. Foy, M.D., a nephrologist at Louisiana State University Health Science Center in Baton Rouge. "There is likely a sizable fraction of the hypertensive population with disease induced or exacerbated by polypharmacy," Foy writes. Among the prescriptions that can raise blood pressure:

- Certain antidepressants, such as fluoxetine, monoamine oxidase inhibitors and tricyclic antidepressants.
- Oral steroids used to treat conditions such as gout, lupus and rheumatoid arthritis.
- Immunosuppressants, central nervous system stimulants and drugs used to treat autoimmune diseases and cancers.

**How to protect yourself:** PIMsPlus.org is a searchable database of prescription and OTC drugs that provides evidence-based guidelines on potentially inappropriate medications for older adults. Of course, be sure to keep a complete list of medications you take, even those given to you as samples, to show your doctor. In addition, use a single pharmacy whenever possible; if you use multiple pharmacies, make sure

(continued on page 28)

**PILLS THAT PUMP UP...**(continued from page 27)

that each one has a record of all your drugs. When filling prescriptions, pharmacists will be alerted automatically if the drug is potentially inappropriate for you.

If you take drugs for multiple health issues, consider a consultation with a senior care pharmacist, advises Chad Worz, a pharmacist and CEO of the American Society of Consultant Pharmacists (ASCP). Senior care pharmacists keep abreast of the latest research around medications and can work with your primary care provider to improve drug outcomes and your quality of life. The ASCP Foundation maintains a patient-oriented website, at HelpWithMyMeds.org, with helpful information for seniors and a directory of senior care pharmacists accredited by the ASCP.

## Ten Things You Can Do To Make Your Home Safer For Seniors

*Health & Wellness, May 2019 - South Palm Beach Edition*

Aging can be challenging not only relating to our health but also our ability to perform daily tasks and to live the life we deserve. When we're younger, we often take for granted the ability to easily jump in and out of the bath or shower, walk up and down the stairs, or the capacity to stroll safely from the bathroom to the living room without tripping over an area rug and getting hurt.

Whether you've suffered from a stroke, have arthritic knees, or perhaps you've undergone a total hip replacement, whatever the reason, getting the around the home safely gets much more challenging as we age.

### Here are the top ten things to keep seniors safe:

**1. Install grab bars** – Getting in and out of the shower can be tricky. For one thing, when the surface is wet, slips and falls are not uncommon, and they can be deadly. Another reason to consider installing grab bars is if you or your loved one can no longer easily lift their legs to climb in or out of the bathtub. A grab bar increases stability in these cases. It's also important to consider that medications sometimes make us dizzy, and having the grab bar there can alleviate imbalance or a fall.

**2. Purchase a shower seat** – If you are unable to stand in the shower, perhaps from dizziness, weakness, or vertigo, a shower seat provides a significant benefit. In addition, if a loved one has paralysis from a stroke,

(continued on page 29)

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**TEN THINGS YOU CAN DO... (continued from page 28)**

then the ability to sit while getting showered is essential.

**3. Purchase a hand-held shower** – If you have a shower seat or if you need to sit in the bath, a hand-held shower option is ideal. Many individuals cannot put their head back or lean it forward, so this also helps when washing the hair in the bathtub, as well as when using a shower seat.

**4. Purchase a lift chair** – A lift chair is a comfortable recliner that has a motor that actually raises the chair so you can more easily rise to a standing position. This eliminates the risk of getting stuck in the seated position due to weakness. They greatly enhance safety, and they are very comfortable too!

**5. Remove throw rugs** – Many people don't realize how often elderly individuals trip over the corners of area rugs. Their walkers can get stuck or the footing can be uneven. As we age, it's best to remove them from the home.

**6. Remove clutter** – Decluttering your home is good for the spirit, but more importantly, it provides a much safer environment. Tripping over boxes, odds and ends, laundry baskets, or extension cords can cause major injuries and unwanted trips to the hospital.

**7. Address hard floors and sharp furniture** – Area rugs are unsafe, but so are hard floors. Consider installing carpeting on the floors to soften the brunt of a fall. Similarly, consider adding padding to the edges of counters and remove sharp edged furniture.

**8. Obtain a remotely monitored fall-assist device (e.g., "Lifeline")** – If you are vulnerable or have medical conditions, it's critical to have a life assistance button. For example, if you fall or suddenly feel faint or have a heart attack, you need a way to contact emergency medical services without having to get to a telephone. Having a life assistance button is crucial for seniors.

**9. Purchase a bed handle** – Getting in and out of bed can be difficult when our bodies are stiff and full of pain. A bed handle can make it easier to get up or in the bed, and it can even act as a barrier to help keep you safely in the bed.

**10. Consider a personal mobility device such as a cane or walker** – Getting around gets more difficult as you age. There are many benefits to having a walker or cane for more stability. If you are beginning to feel unstable or if for any reason, think you might need a walker or cane, talk to your physician or caregiver. Don't wait until you've had a fall.

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## INTERESTING FACTS

- The first person convicted of speeding was going eight MPH.
- The heads on Easter Island have bodies.
- The moon has moonquakes.
- You lose up to 30% of your taste buds during flight.
- Only two mammals like spicy food: Humans and the Tree Shrew.
- A shrimp's heart is located in its head.
- Ninety percent of the world's population lives above the equator.
- Finland has more saunas than cars.
- While listening to music, your heart can sync to the rhythm.
- None of the Beatles could actually read music.
- Tomatoes have more genes than humans.
- One quarter of all our bones are in our feet.

### Lazy People

"I hate lazy people!"...  
Why? We didn't even do anything.

### Men's Humor Tweets

Me: What's the WiFi password?  
Bartender: You need to buy a drink first.  
Me: Ok, I'll have a coke.

Bartender: 3 dollars.

Me: There you go. So what's the WiFi password?

Bartender: "You need to buy a drink first". No spaces, all lowercase.

### Women's Humor Tweets

Shout out to the person at social events  
who's the first to say they're going home, and breaks the seal for the rest of the guests to then be like, "guess we will head out too."



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Your Home Will Be Listed On Several Websites, Giving You Maximum Exposure



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