

VOL. 4 NO. 5

MAY 2020

Students Making a Difference! By Insider Staff





Front Row: Wynmoor's President, Jackie Reily and Administrator, Bruce Bandler **Back Row: Students Jonathan Bogen and Adrian Ricketts**

LtoR: Jonathan Bogen, Police Chief Butch Arenal, Adrian Ricketts

In an effort to help those in need during the Coronavirus crisis, two American Heritage High School students, Jonathan Bogen and Adrian Ricketts, were able to obtain thousands of latex gloves from a local manufacturer and are distributing them to various senior communities and first responders in Broward County.

The gloves were accompanied by an educational piece of information, reminding people to stay safe by not touching things with their bare hands. It encourages people to use paper towels, napkins or tissues when touching elevator buttons, railings, shopping carts or ATM machines. If a person does not have paper products to protect themselves, the gloves are given to use as a last resort.

Their first stop was a delivery of gloves to Wynmoor Village, meeting with the Administrator, Bruce Bandler and President, Jackie Reily. After leaving Wynmoor, the students met with the City of Coconut Creek Chief of Police, Butch Arenal, and delivered gloves to the city's first responders. Next week, the students plan to deliver gloves to the Margate Fire Department along with other senior communities in Broward County.

Jonathan and Adrian are no strangers to community service. They are also members of the Nationwide Student Leadership Organization, "Education Rocks," which raises money to help students in underdeveloped countries to get an education.

So, friends, we are not in the same boat. We are

going through a time when our perceptions and

Same Boat... Are Not **Author Unknown**

Some were concerned about getting a certain

candy for Easter while others were concerned if

the weekend.

I heard that we are all in the same boat, but it's not like that. We are in the same storm, but not in the same boat. Your ship could be shipwrecked and mine might not be. Or vice versa.

For some, quarantine is optimal. A moment of reflection, of re-connection, easy in flip flops, with there would be enough bread, milk and eggs for needs are completely different. Each of us will emerge, in our own way, from this

Some want to go back to work because they don't storm. It is very important to see beyond what qualify for unemployment and are running out of is seen at first glance. Not just looking, actually

a cocktail or coffee. For others, this is a desperate financial & family crisis.

For some that live alone they're facing endless loneliness. While for others it is peace, rest & time with their mother, father, sons & daughters.

With the \$600 weekly increase in unemployment some are bringing in more money to their households than when they were working. Others are working more hours for less money due to pay cuts or loss in sales.

Some families of 4 just received \$3,400 from the stimulus while other families of 4 saw \$0.

money. Others want to kill those who break the quarantine.

Some are home spending 2-3 hours/day helping their child with online schooling while others are spending 2-3 hours/day to educate their children on top of a 10-12 hour workday.

Some have experienced the near death of the virus, some have already lost someone from it and some are not sure if their loved ones are going to make it. Others don't believe this is a big deal.

Some have faith in God and expect miracles during this 2020. Others say the worst is yet to come.

seeing.

We are all on different ships during this storm experiencing a very different journey.





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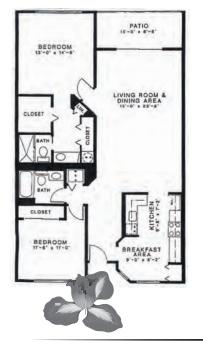
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> *To everyone who is sick we are sending you love. For everyone who is stuggling we feel for you! This plague will soon pass over!*

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At the time this paper went to press, it was unclear of all the events that were being cancelled.

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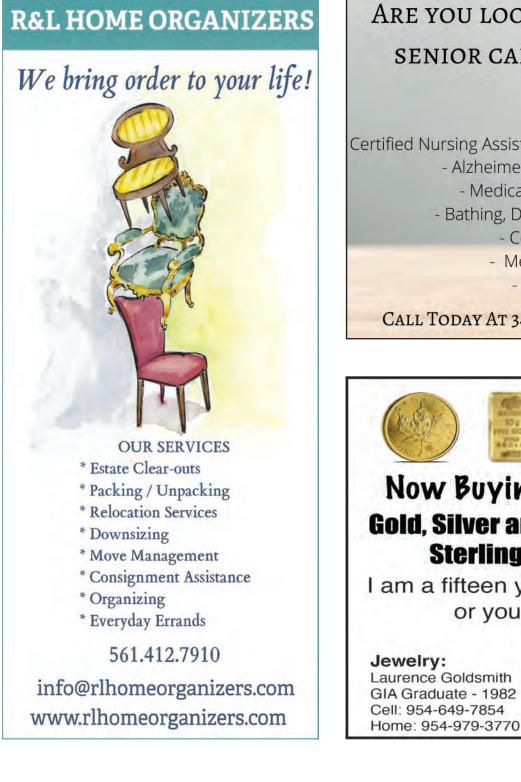
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pen to pap

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Confessions of a Food Fresser By Irv Kaplan

Back home, in Illinois, we live in condos - Bev is in Lincolnwood, while I reside in Palatine -- 45 minutes apart. When we open our front doors, we face hallways. Our mailrooms adjoin enclosed lobbies. What a difference from Wynmoor where we open our doors to sunshine and palm trees swaying in the breeze. That is one of the main reasons we decided to stay in Florida and weather the quarantine. It was not an easy decision, and we had long discussions with each other and our children. Everyone thought it would be safer here.

What to do to fill the time?

Bev speaks for herself in another article, but I will speak as the domestic half of our couple. Because I have stopped baking Mandelbread does not mean I have abandoned my kitchen. Here is today – a typical day:

I arise to the voice of Morning Joe on the TV and join him for breakfast. I don't know what he ate, but I had two frozen waffles topped by a poached egg and accompanied by a tomato and half a banana. Probably too much, but it was GOOD.

I relax and digest the food while watching Hot Bench where three judges -- two female and a male -make kinder decisions than I will see later on Judge Judy.

Next, I begin to work on Matza Balls, following directions from the box. Bev cautioned me that they would be fluffier if I separated the egg whites from the yolks and beat them separately. I ignored her. Between forming the balls, I took time out for chicken salad (from Costco), cottage cheese and the other half of the banana.

Later today I will attempt Noodle Kugel. Bev told me that early in her marriage when she was out of raisins, she substituted peanuts and the result was terrible. That is why I do the cooking.

My menu for dinner is rack of lamb, and baked potatoes following the chicken soup and matza balls. Dessert will be cookies and cream ice cream.

The beauty of cooking is that once everything is eaten, I can begin all over again, easily filling up the day. I can't wait for tomorrow.

Do What You Love -Be Happy and Live Longer? By Mobolaji Adedoyin

It is not easy choosing a career or getting a job. I am sure you have heard something close to the following statements at least once before: "People that do what they love, live longer"; or "If you do what you love, you will be happier."

Majority of people I met over the past fifty years, since I started to understand and know how to survive in this world did not do what they loved. Many of them, on several occasions, volunteered and told me they wished they were doing something else. I remember vividly two people that prematurely left jobs they hated and ended up in worst situations. One of them had to live in a shelter for about six months before he got back on his feet.

I met few people I thought were happy with their jobs, but I never asked them whether they loved their jobs or if they were really happy. Two of those people were my daughter's fifth and tenth grade teachers. Both of them were very professional, well organized and easy to talk to. I surmised they really cared for their students because they went beyond and above requirements of their responsibilities.

Most people over sixty years of age do not believe those statements above. Most "Baby Boomers," including yours truly, made money the old fashion way, we earned it. Majority of us were not "born with silver spoon in our

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mouth." College degree or not, we took any job to make sure we had a roof over our head, especially if we were married and a child was involved.

After college, between 1979 and 1985, I did all kinds of jobs to survive, especially when I had to live with my daughter, by myself, in Virginia - she was just six years old. During those years, with a college degree, companies I worked for included Total Gas Station - as Gas Attendant; Wells Fargo Security Company - as Security Guard; McDonalds Corporation - as Store Manager; Wendy's Restaurant - as Store Manager; Ramada Inc. - as Night Auditor; Florsheim Shoes - as Part-time Shoe Salesman; Yellow Cab Corporation - as Taxi Driver.

While I was doing those jobs, I was also networking to secure a dream job. I utilized my knowledge from a job seminar I attended just before graduation from college. The Counsellor said: "The best way to secure a job is through networking. Make a list of everyone you know and interact with daily, including your drycleaner, hair dresser, janitor, mail person, mechanic, pastor, neighbors, etc."

We were advised to contact everyone and let them know we were looking for jobs. Any of those people might know or be related to people that could open doors to dream jobs for any one of us. Over the years, I did just that and it worked. I secured my last rewarding career through someone I met during my last semester in college.

Like millions of people my age, I did not inherit a Trust or Swiss account from my parents and they were not even alive to give me a one million dollars loan to start my own business. If I had a million dollars loan after college I could have gone into designing and selling ladies shoes.

Without a doubt, I would be a multi-billionaire today.

It does not make sense to do what you love when you cannot afford to pay your rent, eat good or take good care of your family. I do not think a person that did what he/she loved and ended up in a City Homeless Shelter would be a happy person. That person had to wait on line, at least for one hour, to get access into a shelter on any particular night; had to sleep next to strangers and shared two or three toilets with two hundred people; endured unpleasant odors everywhere inside the shelter; and slept like a chicken, with one eye open – scared of being attacked by few residents with mental illnesses. That person could not be happier or lived longer.

The other statement is not practical today either because there are so many variables that determine how long someone lives. How does someone live longer eating lots of chemicals, including salt and sugar used to process foods we consume daily? What about polluted air space and poor quality of air we breathe in?

"Baby Boomers" learned and believed very early in life that we had to work hard to survive and be somebody. We did not always get what we liked or loved. The majority of us did not even get what we wanted for Christmas for many years.

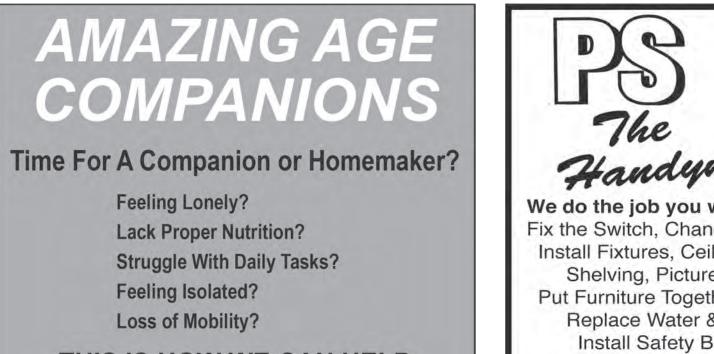
A Moment to Enjoy By Beverly Friend

My grandson, a high school English teacher sent me the following letter from F. Scott Fitzgerald, written in 1920 during the Spanish Influenza Quarantine.

Dearest Rosemary,

It was a limpid dreary day, hung as in a basket from a single dull star. I thank you for your letter. Outside, I perceive what may be a collection of fallen leaves tussling against a trash can. It rings like jazz to my ears. The streets are that empty. It seems as though the bulk of the city has retreated to their quarters, rightfully so. At this time, it seems very poignant to avoid all

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public spaces. Even the bars, as I told Hemingway, but to that he punched me in the stomach, to which I asked if he had washed his hands. He hadn't. He is much the denier, that one. Why, he considers the virus to be just influenza. I'm curious of his sources.

The officials have alerted us to ensure we have a month's worth of necessities. Zelda and I have stocked up on red wine, whiskey, rum, vermouth, absinthe, white wine, sherry, gin, and lord, if we need it, brandy. Please pray for us....

Being a scholar, I decided to look for the source before posting it and found – lo and behold – it is a fake. See https://www.polygraph.info/a/fact-checkcoronavirus-quarantine-fitzgerald/30506470.html and read this salient quote: The letter is a fake.

The original version was written by the American Nick Fariella for the humor website McSweeneys.com and published on March 13. A note atop the piece reads: "This is a work of parody and is not an actual letter written by Fitzgerald."

WHAT A DISAPPOINTMENT!

His Duty By Thirteen-Year-Old Mary A. Francis

The soldier on the battlefield Knelt beside his dying friend; And he would not leave his buddy Tho' he knew it was the end.

The bullets whined about him And fast the soldiers fell; The piercing screams of dying men Echoed in through the dell. His canteen lay upon the ground, His coat in tatters blew, To him this life of hate and war Was terrible and new.

When glancing to the westward, He saw in the azure sky Our country's flag of freedom Still waving there on high.

To him it gave new courage This youth, just grown a man And renewed strength go carry on His last most desperate plan.

With his friend upon his shoulder Past the guard he stumbled on. Now weary and deserted His last mile he had gone.

Onward he carried him Away from the scene of death, A bullet found its mark, and then He drew a last short breath.

And now they lie together This soldier and his friend. The tombstone overhead says, "He did his duty to the end."

Continued on page 12

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Now every year Upon Memorial Day. We honor just such heroes, Who died in duties way.

This poem was written in May 1937 by my mother, while she was in Junior Highschool, to honor our heroes from WWI. Little did she know that 5 years later there would be another group of young heroes, who would answer our country's call to save mankind from tyranny and fear. It seems that when our country needs defending it is the young who answer that call. It is hard for me to understand how we the citizens of this great country can sit around and twittle our thumbs, while our youth are being butchered because of political inaction.

Why is there political inaction? One must understand that once a person acquires any degree of power or influence it is difficult to relinquish that power. It is far more insidious than drugs or alcohol because it causes one to sell ones soul to any group or organization to maintain that power, even at the cost of the lives of our young.

It seems that our youth are tired of waiting for us to act and picked up the proverbial gauntlet. They have pledged themselves to carry on the memory of their fallen comrades and demand that the politicians provide the legal protections they should have. They have determined to carry on the fight no matter how long it takes.

Why aren't we seniors there with our youth fighting the politicians, the NRA, the gun manufacturers and the lobbyists? Maybe we should search our very souls why we aren't fighting to put an end to this senseless slaughter of our youth. It is time we let our politicians know that they work for us and we demand that they protect our sons and daughters from any future acts of violence. They should become our heroes instead of cowards and lackeys under the demands of the NRA and the gun lobby.

Sidebar **By Beverly Friend** SEVEN GREAT VIRTUAL TOURS:

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A Man Of Stone By Lawrence E. Correia

I have often wondered what it would be like to show how I feel deep down in the very depths of my soul. By this, I don't mean every day thoughts or opinions that can be discussed or debated with others, but rather the emotions and feelings that lie in the very core of who I am. I have never done this before so this will be a first for me.

Throughout my life of parental and societal guidance, movies, novels and even history, I had been taught that no matter what life dishes out to you, one must never show outward signs of weakness especially when it can affect those you care about. As a youngster, I thought that this was a sort of pep talk for manhood and never believed it would affect me, brother was I wrong.

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Dear Residents,

With Wynmoor closed down temporarily, I would like to express my thoughts and heartfelt wishes. The virus has impacted all of our lives in so many ways; however, this is ONLY temporary. Soon our life will return to normal, enjoying Wynmoor lifestyle and emerging stronger than ever. Please read and enjoy the passage.

Be Kind, Be Thoughtful, Be Safe and Be Well.

Most Sincerely, Bonnie

HAPPY

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still, and listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

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60	\$63.17	\$50.02	\$93.75	\$74.03	\$138.18	\$110.15	\$172.22	\$137.19
70	\$98.18	\$74.52	\$146.27	\$110.78	\$215.24	\$163.60	\$268.55	\$204.00
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pen to pap

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My first introduction to this sort of outward physical strength came in May of 1995, when my wife was informed that she had Neuro Endocrine Cancer. Being a nurse, she knew what her chances of recovery would be and psychologically prepared herself for the struggle ahead. For my part, I did everything I could to support and help her in every way possible, including letting my 12-year-old son know that his mother was ill and needed to go for surgery.

In a two-year period, she went through surgery to remove one lung and any cancer spots located in her system, then months of chemo-therapy followed by radiation treatment, all to no avail. Toward the end, my son felt he could no longer see his mother suffering and declined visiting the hospital. I couldn't blame for how he felt. During this entire two-year period, I had to put on a very stoic and stone-like outward appearance for both my wife and son's sake so neither would worry about my own well-being. I also brought my wife one different colored rose every day. The nursing staff wondered why I only bought a single rose and not a dozen roses. I told them, "I want my wife to see the growing number of roses each day, so she would know that my love for her grows each and every day."

On the morning of February 28, 1997, my wife passed. I asked the hospital staff to contact my son's school so I could talk to him about his mother. The hospital staff offered to inform my son of his mother's passing to relieve me of that burden. I thanked them for the offer but I could not relinquish my responsibility and duty as a father to strangers. To tell you the truth, I would have rather been stabbed by a thousand daggers than to tell my son.

The school principal drove my son to the hospital, and when he arrived, I was provided with a small room to inform him of the death of his mother. I told him that his mother was free of all the pain she had suffered and is in the hands of God. Remember always that though her body is gone, her spirit and love for us will remain with us as long as we live. We then went to my wife's hospital room where a priest administered the last rights. Afterward, I asked my son if he wanted to come home or go back to school, he chose school, because the death of his mother was a bit too much to absorb.

I then informed the hospital if they would send my wife's remains to the Colonial Funeral Home and I would contact them later this afternoon to make funeral arrangements. After filling out some hospital paperwork, I proceeded to go home. While there, I called my family to inform them of what had transpired and from around the country, they would come as quickly as possible. Throughout this intense ordeal, I never shed one tear or uttered the slightest moan. Walking into the bedroom with my wife's picture on the mantle, I fell to my knees and uttered the most heart rendering sound as my body trembled uncontrollably, as the knowledge of my loss finally hit home. I had never experienced such a traumatic gut rendering pain as this, in my life.

I now know that the man of stone is only a facade for the benefit of others because the real man, when alone, able to face his true self, realizes that inside his inner strength, is in facing pain and not hiding it.

Be Careful What You Wish For By Beverly Friend

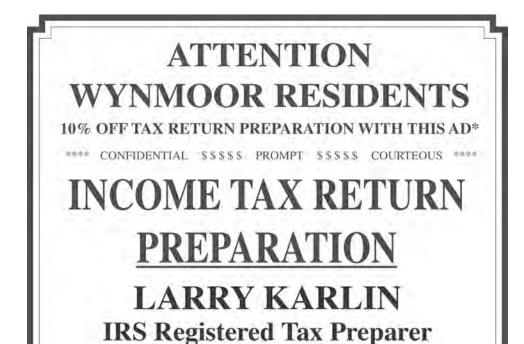
Each November, for the past 16 years, I have happily arrived at Wynmoor and wished I could stay longer than planned. Each year, when my visit ends sometime in April, we head home for the Passover Seder. This year, I got my wish to stay longer and am horrified by the reason.

It seems prophetic that my first essay about being here -16 years ago -was titled "Banished to Paradise." I had not realized what the pain of such self-banishment would mean - but accept that if one must be quarantined, this is a very special place to be - still a paradise. We who are snowbirds

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Pen to Paper continued from page 17

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now remain in the sunshine, in clean, peaceful, beautiful surroundings, even if the pools are no longer open.

Although there are many negatives to this pandemic, I'm attempting to transcend moments of dismay, aiming for a helpful, positive outlook, as I did when my husband, Jim, died over 30 years ago. All my life, I have attempted to cope with adversity. Perhaps this is the influence of reading and rereading the entire series of "Pollyanna" books throughout my childhood.

First and foremost, I do what I always do – and always recommend: recite – and believe -- The Serenity Prayer:

God grant me the serenity to accept the things I cannot change;

The courage to change the things I can

And the wisdom to know the difference.

Then, I look around and tell myself that each day of life is a gift.

That is the philosophic overview, but as the long, sunshine-filled days follow each other and empty time cries to be filled, let's look at the nitty-gritty.

If you have a computer, you are connected to the world. For example, if you open www.wyncomputerclub.com you will find the Wynmoor Computer Club web site, chock full of information including all the presentations you may have missed this year.

Beyond this are sites like https://www.cje.net/cyberclub offering virtual clubs on books, art, exercise, education, technology and even a cyber club with daily writing prompts to join and exchange. If you surf the net, you can even begin to study a foreign language with FREE lessons. You can find streaming concerts, lectures and religious services. There is no end to the opportunities offered.

While surfing the internet, I have been visiting YouTube instructions on flow art and string painting, and I struggle to practice and learn what the experts preach. This has been made more urgent since my daughter has commissioned 12 paintings as gifts for her colleagues. I am so delighted to have this task. I also very much enjoy Facebook and can become totally engrossed reading about the many activities of friends and families, learning and sharing experiences. This is such a boon for seniors providing instant connection to everyone, everywhere.

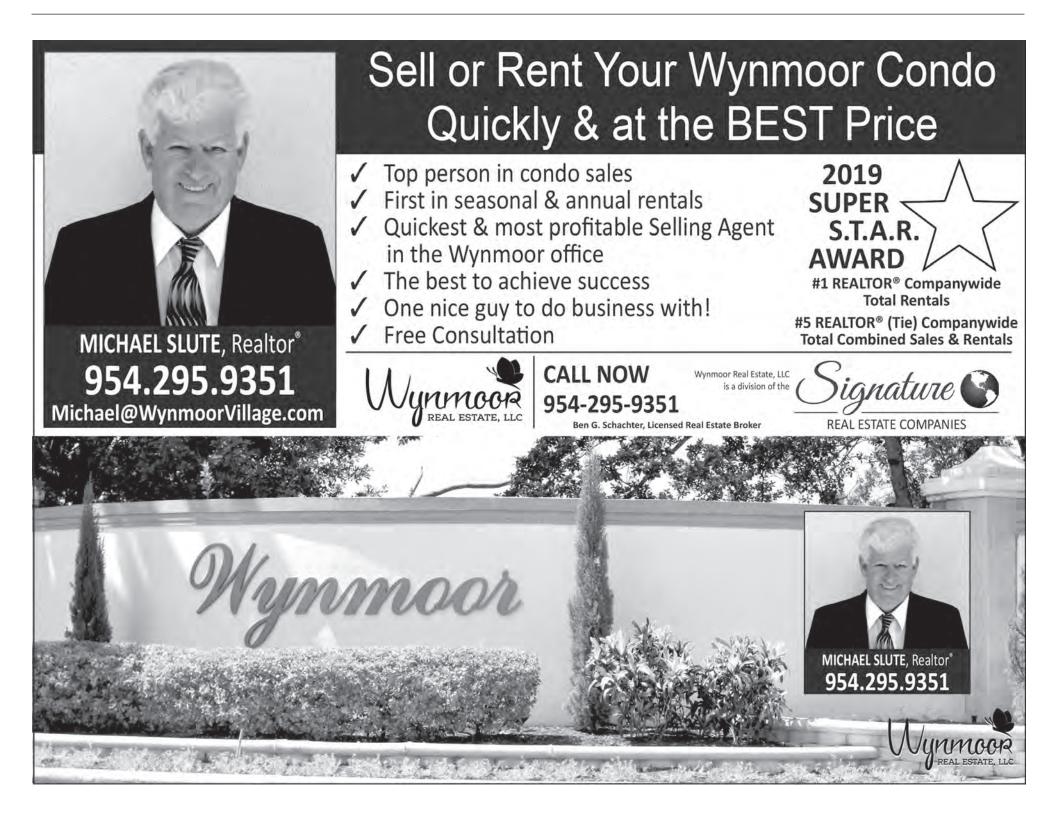
It is also distracting and comforting to write with a specific purpose, especially to answer Elderwisdomcircle.org where people of all ages request answers to their personal problems. I have been doing this for about 20 years and, believe me, dealing the problems of others changes the priorities in your own life.

Of course, there are the usual things that we all do – read, write, and watch TV. For me, this is an especial treat, as I can research what programs I might teach next January. I have especially enjoyed "The Kaminski Method," "Unorthodox," and – on a far sillier level – "Married at First Sight." The latter has 16 episodes over each of 10 years and is so highly repetitious that I only watch four – the two first and two last episodes -- to learn everything worth knowing.

Now that we are practicing distancing and no longer indulging in mah jongg, bridge, or even rummy, there are separate but equally gratifying challenges. Not everything is high tech. I have ordered a 500-piece jigsaw puzzle and a Lego Harry Potter triple-decker bus to assemble. I hope Irv and I will be up to these tasks.

The best moments of any day are contact with family and friends via phone calls, texts and skypes. Nothing compares with watching my two great granddaughters – one an infant enjoying her swing, the other a three-year-old playing in her bathtub -- or a pet dog running on his new treadmill. I am also investigating Zoom, a program with multiple viewers and wonder how it would work for a virtual Seder, or a wedding shower, or perhaps even the wedding itself. By the time you read this, I may know about the Seder.

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Pen to Paper continued from page 18

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The worst moments of each day are watching the news on TV – which I am now limiting, often only getting through the first half of the Rachel Maddow Show. Even better, if I type the words GOOD NEWS into my browser, I get positive rather than negative articles. We can control our exposure to distress!

And then there are my pipe dreams. I think I would really like a pet right now and actually considered -- but decided against -- buying a robot dog or cat!

What are you doing to cope? Let's share. Now, it is your turn. How are you managing? You can email me at friend@oakton.edu, and if it is OK with you, I can incorporate into in next month's article. Your message can be private or public. If the latter, the deadline for the June Insider would be May 10. Whether we are still here, or back home, it would be worth reading.

How I Inadvertently Started An Arab-Israeli **Battle On An Idyllic Summer's Day By Herby Teicher**

It was the summer of 1986. I sat on the dock on the island of Aegina waiting for the ferry to take me back to Athens.

To while away the time I had bought a copy of the International Herald Tribune. The headline stated: "The US and the USSR Concludes Fishing Agreement."

I avidly read the article and was so elated that I turn to a small group of people sitting nearby and blurted out; "Isn't this something! It would be great if the Arabs and Israelis could make agreements like this."

Little did I know, I was addressing a group of Syrians. They immediately, literally started screaming expletives, denouncing Israelis as tyrannical imperialistic murderers. Two young ladies also sitting nearby fearlessly stood up and started counter attacking by screaming; "You are the murderers! You and your bombs killed my cousin."

The shouting match prompted other Israelis and Arabs to join the fray, and before long, the large group of adversaries had reached an explosive critical mass. I realized that I had created this hostile chaos and I stealthily pussyfooted away to a remote corner and buried my face in the newspaper, not daring to look back.

I mulled over the event that I created and thought back to Robert Oppenheimer's reaction after witnessing the explosion of the first atomic bomb:

"I am become Shiva, destroyer of worlds."

It might seem arrogant of me, but at that moment, I felt the same angst as his! The End

Polio 1950's By Lil Miller

A Polio insurance for children was the demand of the times! Our two girls were 4 - 6 age. Like all parents, we worried what if!

A grandma took precious care to be sure both girls were insured. Not much help for the raging virus but something to comfort the panic in some degree. Money was short in many pockets then.

After WWII my husband became a policeman. It was a low salary then, so he took a job driving an ambulance also for Polio patients. Living with this added fear was a double-edged sword. A world all of its own we lived in.

The Coronavirus of today spreading, brings memories of the 50's to mind. The hope given by our 50's will then give us hope of a quick recovery with years of research a valuable asset, for today as a background. I'm a survivor. Love you, Lil

Continued on page 22

Freedom From Bladder Problems

Hi!!! My name is Evette Weiss, I use to wake up 2 or 3 times a night to go to the bathroom. After treatments from Dr. Herman, I now sleep 7 or 8 hours per night without waking up to go to the bathroom. I had been leaking urine when I laughed, coughed or sneezed, but I no longer suffer from this problem. My goal is to help other men and women who may suffer from this embarrassing situation.



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My Wife is a Sexist By Philip Edwards

We owned several homes and a cottage that is fifty miles from the nearest town for over forty years. Though I am not mechanical by nature or desire, I have built closets, decks, walls, sheds, installed plumbing, fixed electrical problems, and repaired mowers and an assortment of tools. My wife is German and comes from a family of engineers and mechanically minded people. Good for them. Deborah and I like to bike. Yesterday, a sharp screw punctured her back tire. It had to be the back tire where the chain and gears are. Since we are quarantined because of the pandemic, I told her I had the tools to fix it. The problem is I have only watched a bike tire being changed, but have never fixed one. After watching a video, I attempted the delicate operation in this time of crisis. Yes, she was there when I got stuck and helped me complete the surgery. It was fixed. I (we) did it. I took HER bike for a spin to make sure it was safe to ride. When I finished the trial run, I stood and admired my accomplishment and said, "I am proud to have done that." She said, "I thought all boys knew how to do that." After 48 years of being married to a German, I knew this was not the time to say what I was thinking. I looked at her, smiled, and said, "It will be nice to ride with you tomorrow." You know my real thought, "Oh, my wife is a sexist."

Growing Old By Lil Miller

Growing old with aches and pains of long ago. It's not so bad when you think of how you got there! A world of wisdom and knowledge of long ago, makes it all able to bare. Brought tears, sadness and joy. A marriage now in heaven, a marriage of what would have been 76 years, 56 of those years my hubby and I enjoyed! After Pearl Harbor was bombed, "1945" as the bomb was dropped on Japan. It was a time of sadness, poverty, sacrifices and love. To hold this land, we all love against aggressors of waring worlds "Japan and Germany". High schoolers and college joined long, long lines to serve. I have been there; I am a survivor. Our aches and pains of today are just an afterglow. To all those who remember when, we have earned the right to grow. Growing old my body is screaming in pain. Hey, 93 years isn't so old! I love our country, don't you? Smile!

The Insider newspaper, reserves the right to withhold submissions.





Letters to my neighbors Dear Everyone, To All The Employees Who Come To Work Ever

This last month we've all had to face many new behaviors due to COVID-19. Fred Michael has done a superb job maintaining contact and forwarding much needed information to all of us. Jackie Railey and the Management Team

(including Bruce Bandler) provided us with services for as long as they could, and each one of us is able to look out at greenery and breathe fresh air. Kudos to landscaping team for keeping the grounds in shape too.

We are reminded each day to stay safe, wash our hands often, be cautious when bringing supplies home, and now, to wear a mask when in a public location. All these pieces of a challenging existence will be the tools for our future return to "normal" routine here in Wynmoor. Our Spring Holidays were conducted in a different manner and hopefully were pleasant for all. Please take a moment each day to do something kind for someone else and find ways to keep yourselves smiling.

-Nancy Moskowitz

To All The Employees Who Come To Work Every Day To Keep Us Safe And Sound, We thank you and appreciate it very much.

> Thank you again, -Roz Greenberg

Good Afternoon Everyone,

The Wynmoor Community Council Management Committee reached out to the office of Congressman Ted Deutch in hopes of assisting our residents in need of meals.

In response, Congressman Deutch has asked the Aging and Disability Resource Center (ADRC) to deliver meals to the Wynmoor residents that qualify. To be eligible you must be 60 or older and currently not working.

Residents receiving assistance from the Meals on Wheels program do not qualify.

To register or for more information on the meals service, call ADRC directly at 954-745-9779.

If you have questions on the Coronavirus health crisis, call the Broward County Hotline at 954-357-9500.



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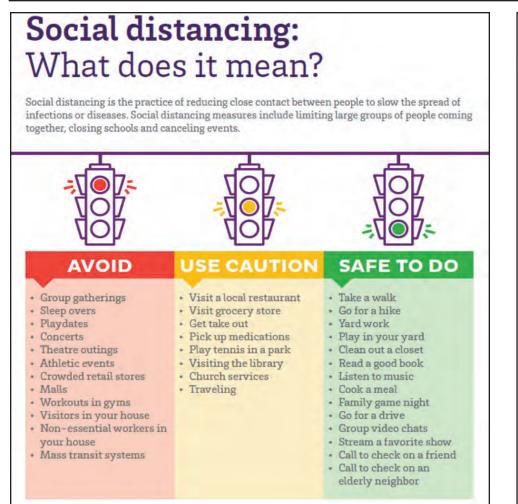
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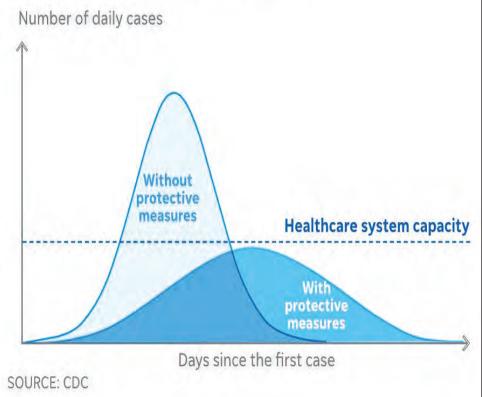
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Can Legal Work Be Done Remotely?

By Martin Zevin, Attorney

I am writing this article at the end of March for publication at the beginning of May. During this current time of "social distancing," I have been consulting with clients via phone, e-mail and regular mail. In the past, my free initial consultation would normally be a personal meeting. However, it is easy for me (or other lawyers) to get all required legal information without a personal meeting.

For example, regarding a consultation for Estate Planning, I am still able to get from the internet copies of recorded Deeds and property tax bills for a client's home and any other real estate owned. This is something I do anyway prior to a personal consultation. During the phone

appointment, I get information regarding other non-real estate assets, as well as heirs (spouse, children, grandchildren, siblings, friends, charities, etc.). I also obtain relevant information about potential Healthcare Surrogates and Agents for a Durable Power of Attorney to advise clients regarding these legal advanced care directives in the event of incapacity.

Once the initial free phone consultation is concluded, I summarize the conversation via e-mail and/or regular mail. The summary would include the fees for various services. If the client decides to hire me, a Retainer Agreement is included to sign and return with a fee deposit. Once the documents are completed, I forward to the client with instructions for signing and returning. This is a practice I have used many times in the past when a client is sick, incapacitated or otherwise unable to come to the office. It is now the way that I continue to meet the needs of both new and existing clients, at least until this public health issue has passed.



This remote practice is also effective for new and existing personal injury cases. It can also be done for other types of legal practice, including real estate, business law, family law, etc. The only areas where it would not be effective would be where a personal Court appearance is required, since most court hearings, trials, etc. have been temporarily postponed.

My office remains open for phone calls and mail deliveries. Once I have been hired by a client, I also provide my personal cell phone number to more quickly answer questions and revise documents.

Naturally, once restrictions are lifted, I will resume personal meetings; however, for any client who would

still feel uncomfortable, we can continue to do the work remotely. With the current concerns about the health issues facing us, it is more important than ever to have in place the legal documents to protect you in the event you are incapacitated and to provide for a quick and probate free disposition of your property when you pass away.

My best wishes for your continued safety and health.

Please feel free to call me for a free personal or phone consultation regarding any issue pertaining to Wills, Trusts, Deeds, Probate, Power of Attorney or Health Care Surrogate. I am also available for a free consultation regarding any issue pertaining to personal injury claims or car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442 (just East of Powerline Road). My web site is www.martinzevinpa.com and my e-mail address is martinzevin@ netzero.com. See our ad on page 11.



2020 Senior Exemptions

Residents who have applied for the 2020 Low-Income Senior Exemption but have not yet provided the supporting income documentation still have plenty of time to do so. Many residents have contacted our office concerned about having the necessary paperwork in time as the IRS has extended the 2019 tax filing deadline. Applicants have until September 18, 2020 to provide our office with a copy of their 2019 Income Tax Return Form 1040 or SSA-1099 as well as any additional supporting documentation for their exemption application.

Our office will be mailing Senior Exemption receipts in mid-June to all residents who have completed their application along with income verification. Any exemption applications approved after this mailing will show on the 2020

During these uncertain times, all communication with our office can be handled via email, fax, phone or by USPS mail. Residents can email any documentation directly to our Customer Service Department at CSEmgmt@ bcpa.net or fax to 954-357-6188. If you prefer to mail your information, our mailing address is Broward County Property Appraiser, Attn: Customer Service, 115 S Andrews Avenue, Room # 111, Fort Lauderdale, FL 33301.

Once it is safe to do so, our office will return to our regular schedule of visiting communities to assist with filing for exemptions and answering any questions residents may have. In the meantime, we are always here to help. Please do not hesitate to contact our office directly at 954-357-6830 or email

me at martykiar@bcpa.net.

WYNNOOR Golf and Tips By Kevin Battersby, PGA

Keeping Golf Fit During Covid-19



Hello Golfers,

Trying to stay Golf fit during this lockdown is challenging. Walking the circle at Wynmoor will keep up your cardio and give you a nice workout at whatever speed or distance you choose.

If you have a tennis ball or the tension apparatus for squeezing, using it will help your hands and fingers for those with arthritis. As mentioned in previous articles, a mid-size or jumbo grip seems to alleviate the arthritis.

Swinging the club to stay loose inside your condo can be awkward. Find

an area outside where you can make full swings with a longer club to keep your muscles supple. Making multiple swings without stopping allowing your body to flow with your arm motion should help keep you as limber as you can since the ranges are closed indefinitely.

The golf channel has been airing past memorable events so check the scheduling to find your favorite player or event.

Hopefully, the course will be open soon. It should be in marvelous condition. Stay safe!

MAY 2020



Donald Buikus

Attorney at Law 1402 North State Road 7 • Margate, Florida (954) 974-2704

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State Senator, District 29 Dear Friends,

The 2020 Legislative Session was extended due to the budget and ultimately came to an end on Thursday, March 19th, with the final vote. This year's Session was very successful as I was able to pass SB 540 Insurance Guaranty Associations and SB 302 Adoption Records as stand-alone bills. These bills also passed the House of Representatives

and will be sent to the Governor for his signature. Also, SB 108 Specialty Bee License Plates and SB 106 Instructional Personnel Salaries passed by way of larger legislative packages. Amid the hectic 60 day time crunch, we found ourselves facing the COVID-19 pandemic as we got closer to the end. I have been closely following the impact of this virus on our community. I am hopeful that if we continue to follow the advice from the Health Professionals and the Department of Health guidelines, that we will get through this soon together. Below I will be sharing safety precaution information recommended by the Florida Department of Health (FDOH) and the Center for Disease Control and Prevention (CDC).

HOW DOES COVOID-19 SPREAD?

Adults 65 years and older are at high risk for severe illness if exposed to COVID-19. This virus spreads primarily person-to-person, most commonly by those who are closer than 6 feet of distance and through respiratory droplets produced by the cough or sneeze of an infected individual.

WHAT SAFETY MEASURES CAN I TAKE?

As this is a new virus, experts are learning more about it every day, and we must focus on preventative measures. It is highly recommended that individuals: stay home, avoid travel, wash your hands often for at least 20 seconds (especially if you have been to a public place, blown your nose, sneezed, or coughed), throw used tissues away, keep about two arm lengths from others, and avoid touching your eyes, nose, or mouth with unwashed hands. It is also suggested that frequently touched surfaces are cleaned and disinfected daily.

HOW DO I GET TESTED?

Please contact your doctor or the County Health Department if you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing. Inform them of both your symptoms or exposure, and they will instruct you on your next steps, including if you need to be tested. The Broward Department of Health can be reached at 954-467-4700, and the Palm Beach Department of Health can be contacted at 561-840-4500.

FLORIDA DEPARTMENT OF HEALTH RESOURCES:

The FDOH offers a 24/7 COVID-19 Hotline: 1-866-779-6121. For further resources or information, please visit FloridaHealthCOVID19.gov.

As always, my office is here to help, so please contact us with any issues or concerns.

District:

Tallahassee:

5301 N. Federal Highway Suite 135 Boca Raton, FL 33487 561-443-8170

222 Senate Office Building 404 South Monroe Street Tallahassee, FL 33344 850-487-5029

Email: Rader.Kevin.web@flsenate.gov

Covid-19 Wynmoor Update As of Monday, April 20th, Wynmoor residents were able to be tested at

the Festival Flea Market on the southeast corner of Sample Road and the Florida Turnpike. Here are the complete details. • Operated by Broward Health to be tested, patients must pre-register by calling 954-320-5730 for an appointment. No walk-ups or drive-ups can be screened without an appointment.

WINDOW SHOP AT HOME TREATMENTS

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- Fabrics
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- Wynmoor House Cleaning Service Neighbors

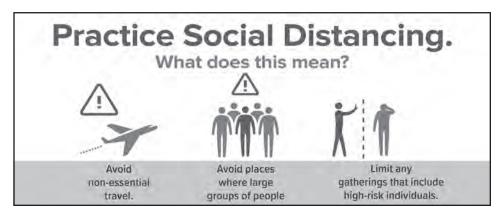
My daughter, Carla, will be joining me, sewing your home accessories

FOR APPOINTMENT CALL PAT: 954-298-3643



• Hours of operation will be Monday through Friday from 7:00 a.m. to 7:00 p.m.

Notice To Residents: Health aides and nurses are considered essential workers and are frequent visitors to the Wynmoor community. Residents are encouraged to make sure your aides and nurses practice social distancing and adhere to recommended protocol by wearing masks and gloves at times.





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Staying Connected and Well While Social Distancing

Dear Reader,

How are you doing? How are YOU handling this unprecedented Global Pandemic? Are you embracing the SACRED PAUSE from your every day life as you knew it or are you restless, concerned and wanting NORMALCY? Perhaps like most of us, your feelings fluctuate depending upon where you are putting your attention. When I watch the news, I feel so shocked that a virus can be so deadly and I feel so heartsick especially for all of the front line doctors and nurses who are risking their lives to save others. I feel for those suffering from the Corona virus and for the families who love them. I also feel for everyone who had huge milestone events that got cancelled- all of the graduates who won't be walking across a stage to get their diplomas, all of the performers whose shows won't go on and for all of the weddings that have to be rescheduled. There is much to grieve about. But when I allow myself to SHIFT MY FOCUS to a broader view, I see and feel from a more grateful heart. It feels not only possible but PROBABLE that this is a sacred portal to a new way of living, where we all recognize our interconnectedness and our responsibility to love and care for one another.

Most of us have been asked to make only one concession during this pandemic – STAY HOME! By staying home we avoid exposure to Covid-19 and also avoid spreading anything we may be carrying. This initially seemed like such a small ask – yet as the weeks go by, and holidays and events that we had planned to celebrate with our family and friends come and go, we wonder, how much longer must we remain HOME? Since we don't know the end date of this pandemic, it is imperative that we learn how to practice social distancing yet still stay connected! Here are my top tips on how to navigate through this challenging time for your optimal well-being:

1. As always, start with your own connection to SOURCE. What do you do that keeps you feeling connected to your higher being? For me it is meditation and yoga. For others it is praying or being outdoors gardening or walking. Start with yourself because you can't pour from an empty vessel!

2. Reach out to people you love. Call them! My 81-year-old mother has shared with me that in the last several weeks she has heard from more of her friends than she has in years! When we are free from running to events, we can

take time to call our loved ones and truly catch up!

3. Embrace new technology! FaceTime phone calls allow us to see who we are speaking with and it's a wonderful way to feel part of the action on the other end! Zoom calls allow us to see many people on a call at the same time. Most of us have younger relatives who can talk us through ways to connect on these new platforms but I also like to refer to YouTube for a quick visual tutorial on most any topic I want to learn more about.

4. Listen to your body's whispers. When we are in busier times, we can be tempted to ignore triggers of hunger or fatigue. But now that we are home, let's try to really honor our bodies. Although staying on a schedule is ideal for sleeping and meal times, if you feel sleepy, allow yourself to indulge in a nap. Sipping warm water with lemon throughout the day helps you stay hydrated and can ease temptations for constant snacking.

5. Set some boundaries. It is natural to feel agitated with those we live with as we are together now more than ever. It may be helpful to set up some quiet spaces or agree what times of the day you will spend apart to keep everyone from getting on one another's nerves. I also set limits on how much news I'm willing to watch. My husband wants several updates a day and once a day is plenty for me. Create boundaries so you protect your energy, your moods and your relationships!

6. Above all, be gentle with yourself and others. This pandemic has stirred up the collective consciousness of our planet and we are all called to participate in the healing of the world. By going HOME to our true selves and being loving to ourselves, we are creating waves of calming influence that will permeate into our families and society at large.

There will be a time when this quarantine is OVER. Fast-forward in your mind's eye to this time. Visualize yourself as healthy, rested and calm. Feel yourself connected fully to your authentic power and creativity. Imagine returning to the world as a beacon of light sending love to everyone you encounter.

I salute you for doing your part! With love, Diana

Diana Stone, M.A., is a Wellness Consultant and inspirational writer and speaker. Connect with her at dianalynnstone@me.com or www.dianalynnstone. com



Service Equals Reward By Sheriff Gregory Tony

Combatting Covid-19 Is A Community Responsibility

The COVID-19 pandemic has affected all of us in Broward County, throughout the United States and around the world. We have had to make drastic changes in the way we interact with others.



needing non-emergency assistance should call 954-764-4357 (HELP). We have also created a dedicated resource to communicate important information to you: www.sheriff.org/ SheriffTony. In the event of an emergency, please dial 911. Our Communications personnel are prepared and ready to help you.

We each have a social responsibility to do our part to stop the spread of and combat this deadly disease. Though we are all hopefully practicing social distancing, this pandemic has brought us closer. As a community, we are resolved to help each other and provide assistance where it's needed.

While the crisis is new to us, our training, preparedness and level of service remains strong at the Broward Sheriff's Office.

Our first responders are equipped with personal protective equipment and are prepared to respond to any and all incidents in a safe and effective manner.

We are also working with our community partners to direct valuable assistance to where it is needed most. BSO is connecting with community-based organizations to help meet the needs of senior citizens in our community to reduce their exposure to the COVID-19 virus.

We understand you may have many questions and concerns. Those

How we, as a community, deal with the COVID-19 pandemic today will determine how we live tomorrow. There are important measures you can take to help during this crisis:

• Stay at home, and follow the orders from local, state and national officials.

- Follow health directives and suggested precautions.
- Practice social distancing if you must leave your home.
- Call and check in on those who you know live alone.
- Support local businesses.
- Stay informed.

There is no easy answer or quick fix to this crisis, but remember: we are all in this together!

STAY SAFE PRACTICE SOCIAL DISTANCE



How does a nation heal? How do you heal? South Africa tried a different concept of justice after Apartheid. In 1948, the South African government adopted Apartheid as a national policy. This separated races and ethnic groups. To a large extent, black South Africans were segregated to townships, denied positions in the government, restricted by curfews and laws that disadvantaged them educationally, economically, and judicially. Under Apartheid, many blacks and minorities were unjustly jailed and executed. The nation was rife with tension, anger, and hate.

In June of 1991, South Africa repealed Apartheid, and black South Africans began to govern the country. Many whites feared a blood bath against them would follow. However, rather than a one-sided retributive approach to justice, the new government adopted a restorative approach to justice called the Truth and Reconciliation Commission. A firestorm erupted not only in South Africa but in countries around the world, questioning a restorative approach to justice.

The world is keenly aware of retributive justice. If you do the crime, you do the time. This is the modern rendition of an-eye-for-an-eye concept. The focus of restorative justice is not to punish but to heal, provide for a victim's loss, and rehabilitate individuals and communities. The first step in the process is to restore the loss of finances, property, and possession. The government investigated cases and rewarded claims to deserving victims. South Africans and the world praised these efforts since it followed the example after WWII, restoring property and possession stolen by the Nazis.

However, consternation and outrage arose when trying to heal the nation from the loss of life suffered during Apartheid. Once taken, lives cannot be restored. So, how do individuals, families, communities, and a nation heal from the loss of their dead?

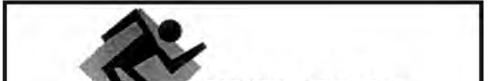
The South African model of restorative justice is based on "truth-telling and amnesty." Applicants, including murderers, kidnappers, rapists, thugs, intimidators, bullies, and the like, could apply for amnesty. The Amnesty Committee (AC) would accept or deny an application. If accepted, the applicant would go before the AC and the victim's family and confess their crimes. Amnesty is predicated on the perpetrator's truthful statement. They had to confess all.

At first, few people came forward telling their stories. The coverup was deep and nationwide. Families that experienced the loss of loved ones were left in darkness. They did not know what happened to their family members or even if they were dead or not. There was no closure. Once the possibility of amnesty was an option, the flood gates opened. Thousands of the perpetrators made applications to the AC. They told their stories in front of the Committee and the victim's family and friends. Horrific stories of the fate of victims were shared.

Something remarkable happened for many of the family members. After learning what befell their loved ones, closure began to happen. The germination of healing sprouted in their souls. In story after story, family members thanked and began embracing the perpetrator. While the loss of a loved one can never be replaced, peace replaced anger and hate. Knowing what happened, they could put their loved ones and themselves to rest. Comments can be made at chooserightly.com, under Article of the Month.









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Solutions on page 49

Puzzles and Games

Crossword Puzzle

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ACROSS

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- 49. Nigerian tribesman 50. Collections 51. Arranged 54. Small amount 56. Low, flat land 57. Symbolic 63. Against

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a WORD or Two Word: forsooth Definition: in truth : <u>indeed</u> — often used to imply contempt or doubt Example: "For sure and <i>forsooth</i> , that means savings for you, dear Renaissance-loving reveler, if you purchase your entry to the weekend-whimsical Irwindale festival					 WASHINGTON JADAMS JEFFERSON MADISON MONROE JQADAMS JACKSON VAN BUREN W HARRISON TYLER POLK 				12. TAYLOR 13. FILLMORE 14. PIERCE 16. BUCHANAN 16. LINCOLN 17. A JOHNSON 18. GRANT 19. HAYES 20. GARFIELD 21. ARTHUR 22. CLEVELAND					D		 34. EISENHOWER 35. KENNEDY 36. L B JOHNSON 37. NIXON 38. FORD 39. CARTER 40. REAGAN 41. G H W BUSH 42. CLINTON 43. G W BUSH 44. OBAMA 				
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Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 8-by-8 boxes must contain all nine numbers, 1 through 9 with no repeats.

USA Presidents

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

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a WORD or Two Word: forsooth Definition: in truth : indeed — often used to imply contempt or doubt Example: "For sure and <i>forsooth</i> , that means savings for you, dear Renaissance-loving reveler, if you purchase your entry to the weekend-whimsical Irwindale festival by Jan. 6, 2020." — <u>NBCLosAngeles.com, 26 Dec. 2019</u>					1. WASHINGTON 2. J ADAMS 3. JEFFERSON 4. MADISON 5. MONROE 6. J Q ADAMS 7. JACKSON 8. VAN BUREN 9. W HARRISON 10. TYLER					12. TAYLOR 13. FILLMORE 14. PIERCE 16. BUCHANAN 16. LINCOLN 17. A JOHNSON 18. GRANT 19. HAYES 20. GARFIELD 21. ARTHUR					RISO LANE NLEY SEVE NN)		34. EISENHOWER 35. KENNEDY 36. L B JOHNSON 37. NIXON 38. FORD 39. CARTER 40. REAGAN 41. G H W BUSH 42. CLINTON 43. G W BUSH 44. OBAMA				



From The Other Side Of The Couch

I am writing this column weeks before you will read it. I hope that what I am writing will be out of date and maybe obsolete by then. But I am aware that this may not be the case. From the other

side of the couch I am writing about my thoughts during this unbelievable and difficult time and will end with some of the CDC (and my own) thoughts about how to best get through the crisis. Often patients come to therapists for answers. I find that right now I don't have the answers and often cannot even articulate the questions.

When this all began (is it only months ago?) I found myself scared. I felt like I was in a Twilight Zone episode, getting conflicting messages and few clear answers and guidelines in the media. The beaches, restaurants and stores were still full and Wynmoor felt like a safe, flowered haven. That too soon changed, and the closing of activities and later stay at home orders created anxiety, loneliness and some depression. The normal structured day, filled with activities and friends was gone. A Wynmoor friend said that when he walked out of his apartment and the streets were empty he felt like he was in a dream. As things progressed, I found more difficulty concentrating, and more disorganized than usual and even a little numb. It didn't help that most of the people I talked to felt the same way. My feelings were all over the place too, often shifting from fear and anxiety to boredom and frustration, anger and confusion and back. I tried to organize my thoughts and feelings by writing a list of what I had to do today. It went something like this: get up, shower, make breakfast, clean up, return phone calls. Wow!

I found myself very worried about my friends and families health, and phone calls often began with "are you okay?" A simple cough on the phone was blown out of proportion. A Wynmoor friend eloquently discussed how this crisis brought her in touch with her own mortality. We are no longer kids with forever years ahead of us. She began to evaluate her life in a more focused way and thought about what she still needed to do. She described feeling for the first time the possibility of no future. The recent deaths in By Merri Goldberg

COVID-19

Wynmoor brought the reality closer to home and we were no longer scared, we were terrified.

This is a time to look to your friends. You will get through it and realize more than ever the strength that you have and perhaps some new directions in your life.

I looked for answers. What could we do to protect ourselves and our loved ones? What medical help was available if needed? Was any place in the country (or world) safe, and how long can we anticipate this going on? When could we safely leave our apartments again? There had never been anything like this before. And there were no clear answers. It was becoming clearer and clearer that the most difficult mental health issues for me was the lack of any structure, the lack of freedom to move about, the isolation from friends and the loneliness, and more than anything the unknown.

This is the time when kindness is most important. Being kind to someone else may not only help them but will make you feel better. A small phone call makes a difference. This is particularly important to someone who lives alone. Let them know that you care and are thinking of them. Get on the phone, you have time. If you are going to the store anyway, ask someone else if they need something. I am so grateful to my friends who have brought me back food items and medicine, to them I can only say thank you, thank you.

Some of the most important CDC recommendations (and mine) include: Take a break from the Covid-19 reporting on the TV, internet and newspapers. Get the information you need and then stop. Listening all day may lead to overload and depression. Try a light TV program, exercise, stretching, meditation, crafts, crosswords, organizing, and cleaning. But turn off the TV. Get enough sleep, eat healthy food and remember that alcohol in excess can increase depression. If you need more help, the SAMHSA Helpline is available at 1-800-985-5990.

Remember you are not alone. Know that feelings change. Notice and try to accept them. That may be hard to do. When this is over little will be the same. Think of a better and kinder future for yourself and hopefully the world. Take care.

In Memoriam

Les Resnick passed away on Saturday, April 18th at the age of 71 years old. He was very involved with the Wynmoor Bowling League, Andros Isle liaison for the Wynmoor Hurricane Emergency Net for 5 years, and ran the Lunch Bunch for 1705 Andros Isle. He is survived by his wife Ellen of 48 years and his son Scott (Catherine), his sisters Carole Rosenblatt of Israel and Maddie Gumpert (Ron) of Wynmoor.

Graveside services were held in New York. A Celebration of Life will be held when there isn't any more social distancing.

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Are You Living With, Or Worried About Someone Suffering With Chronic Back Pain?



Do you, or someone you love, suffer with back pain? Does the pain get worse when you stand or walk? Do you experience pain,

numbness or tingling into your butt or down your leg? Do you have pain when you sit for long periods or drive? Are you afraid your pain will get worse if you don't do anything about it? Has the pain gotten so bad, that you avoid many activities that you used to enjoy?

If you are 55+ and answered YES to any of these questions, then please read on because I have some special information about relief of your back pain.

It's a shame so many people think their options for dealing with back pain are rest, pain killers, or maybe worse, injections or even surgery. Often these solutions are only temporary, because they don't address the true cause of your back pain, but just mask the symptoms. Others believe there is nothing that can be done, and they will just have to suffer through the pain.

If you or someone you love is experiencing back pain and are wondering if you are doing the right things for your back, I would like to By Leading Back Pain Expert, Todd James

offer a free guide I have created to answer those questions. In this guide, **Erasing Back Pain:** How to Avoid the 9 Most Painful Mistakes and What You Should Be Doing Instead, you will find information about what will not help ease your back pain and how to make the right choices to get you out of back pain and on the road to enjoying an active, healthy lifestyle again.

I'm Todd James, Physical Therapist and I have been helping 1000s of people 55+ over the last 2 decades find quick, natural, long lasting relief from back pain. I've put together this guide because in easing your back pain it's not just about doing the right things, but also about avoiding the wrong things. When you choose the right path, your recovery from back pain will be much more effective.

If you are currently held back from getting a good night's sleep, being able to walk with friends, getting out on the golf course, or playing with the grand-kids, I invite you to visit www.coconutcreektherapy.com/backpain to claim your free guide. If you prefer, give us a call at 954-972-1200 and we'll be happy to assist you.

Don't let back pain take the joy out of your life. Get started on your path to a pain free active life!

YOUR PERSONAL CONCIERGE Suzanne Fine

Wynmoor Resident, Reliable Driver

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Cell 973.464.5021 use this number for texts

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Qemembering Deputy Shannon Bennett

COVID-19 hit home last month with the tragic loss of Broward Sheriff Deputy Shannon Bennett, who succumbed to medical complications brought on by the deadly disease.

With the impact this pandemic has had throughout the world, I'd like to break away from the traditional format of my message to the community and instead share some thoughts about Deputy Bennett - what his life meant to his family, the Broward Sheriff's Office and the community in which he served.

Shannon was the first law enforcement officer to die from COVID-19 at BSO and in the state of Florida. His untimely passing reinforces the serious threat of an enemy that we cannot see, yet we know is real. It's never been more real than it is right now.

Deputy Bennett, 39, embodied what a law enforcement officer should be, serving BSO and Broward citizens for more than 12 years. His courage, professionalism and a fierce commitment to doing what is right radiated in everything he did. A graduate of

Deerfield Beach High School, Shannon joined BSO on June 6, 2007 as a detention deputy. His brother, Darren, had joined BSO as a detention deputy five years prior and supported Shannon's efforts throughout his early days at the agency. With a desire to further his career in public safety, Shannon became cross certified, and in 2013, he was reassigned to the Department of Law Enforcement and served as a road patrol deputy for nearly six years in Lauderdale Lakes.

In January 2019, Shannon returned to the very city in which he grew up. He was assigned to the BSO Deerfield Beach District as a beloved school resource officer at Deerfield Beach Elementary School.

Shannon considered BSO his second family. With the friendship, support



and guidance of his coworkers, He confidently served as an openly gay deputy and used his platform to help bridge the gap between the LGBTQ community and law enforcement. For seven years, Shannon worked and walked in the Stonewall Parade. I had the pleasure of working directly with him on future projects related to integrating and uniting our agency with the LGBTQ community, both internally and externally. He was a consummate professional who desired to see BSO continue to move forward.

Shannon leaves behind a family for whom he cared deeply. He is survived by his fiancé, Jonathan Frey; his mother, Barbara Bennett and his brother, Darren, who left BSO in 2013 and is currently a campus pastor for Calvary Chapel North Miami.

When it is once again safe for the community to be together, BSO, along with his family, will host a memorial service in honor of his life and service. We hope you will join us.

Shannon's death also serves as a somber reminder that this deadly virus knows no bounds. While we practice social distancing and follow stay at home orders as a community, our first responders bravely serve on the front lines, knowing that they put themselves at increased risk each day to keep us all safe. Please pray our men and women continue to return home safely.

As we continue our fight against the coronavirus, **remember: we are all** in this together! Let's continue to follow the current guidelines until we overcome the threat of this deadly disease and resume our normal lifestyles. In the meantime, please be safe.

Service Equals Reward Sheriff Gregory Tony



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POETS and POETRY

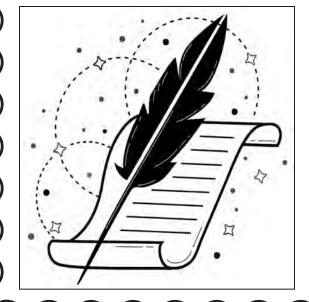
If your poetry was not in this issue because of space, we will try to get it in the next issue. Our goal is to give everyone an opportunity to have their work published. All poetry will be printed as submitted.

Corona Virus

By Alison Pinsley The community I live in, Wynmoor, in Coconut Creek, Have shut down all indoor activities, To the unhealthy and the meek. "What do with our time," *Is the question many ask.* We do not drive, Cannot get out, Oh, what a task." This comes down to safety, As Corona Virus fears spread. Keep away from large crowds, Is the message that is heard. Don't shake hands, Fist bump or elbow bump, A smile instead, The preferred greeting, a nod of the head. Seniors and unwell people, Are at the greatest risk. Wash your hands, Keep them clean,

Fumes in my Gut

Smoke's hanging high No fire yet But it's nearby In cities it rages I'm safe at home? An ember engages Fumes in my gut Like in my neighbors Pray, don't erupt!



Gratitude

By Nancy Heller Moskowitz During this time that tests us all I'm grateful for the air that I can breathe freely Some are not so lucky To them I send my prayers On my morning walk today, the world looked the same A light breeze graced my body The warmth of the sun held in contrast The sounds of nature were a buzz Workmen still keep our grounds beautiful A palm cut down and carefully chopped into manageable pieces *Others working atop the theater sealing the* roof's surface Forms of protection in a different way *In the stillness of this day, birds chirp openly* Traffic sounds from the turnpike disturb my reverence If I didn't know that the whole world is in turmoil

I'd be in total joy!

My Quarantine By David Warga

As I sit here in my quarantine I try not to think of what might have been. I might not be sitting here at all But out there playing pickleball. I might have had a lot more dough If the investments I made hadn't sunk so low. I might have taken an 8-day cruise Instead I decide which channel to choose. Now my days have a single theme To survive this virus and my quarantine.

Quarantine By Larry Band

I'm quarantining for a two-week honeymoon With my wife who makes delicious Baked Alaska.

It's so good a single slice will make you swoon.

On top of that she can play two handed Canasta.

Plus, this honeymoon will not differ much from our original one.

For after Adam and Eve ate the apple, they did have lots of fun.

National Facility Services Has Your Safety In Mind! By Bob Marks

President of National Facility Services (NFS) We are all experiencing difficult and stressful days. The Coronavirus is truly an invisible enemy, and we are all doing our part to defeat it.

In the weeks ahead, until the virus curve begins to descend, you should be following the recommendations of staying at home and maintaining distances, as well as wearing masks and gloves when you go food shopping or to the pharmacy. It is recommended, wherever available, to utilize free delivery services that many stores are offering.

National Facility Services cares deeply for your safety and well-being, and our janitorial staff members feel exactly the same way. They are at your village daily to assure the cleanliness of your building, and to utilize cleaning methods that will prevent the virus from forming a foothold that could enable the virus to spread.

Our staff is using a Virex solution to wipe and clean the **touch points** of your building, such as elevator panels, handrails, laundry room machines and folding tables, as well as disinfecting restrooms which remain unlocked for use.

Virex is a bactericidal, virucidal and fungicidal disinfectant that is especially designed to clean hard, non-porous environmental surfaces. Through the use of this cleaning agent, we hope to dramatically reduce the chance of infection to those who use these amenities.

Together, with the heroic efforts of our medical professionals and first responders, we will defeat this horrible virus, and you will once again return to enjoying the bountiful benefits of living in Florida, in your wonderful community of Wynmoor Village.

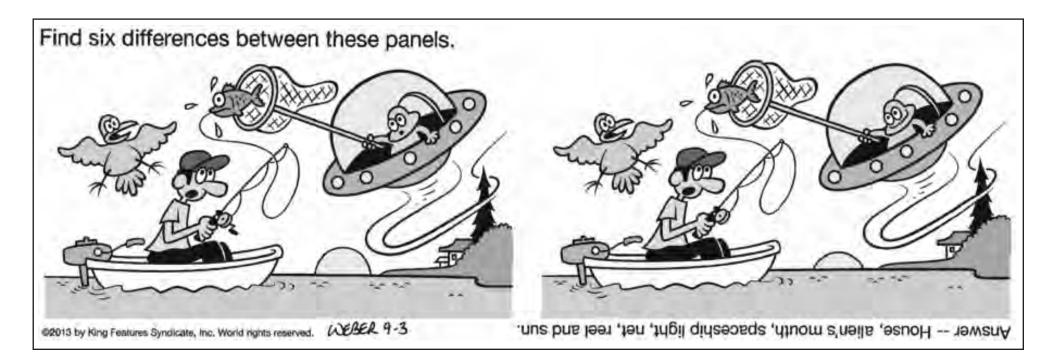
Ralph Trapper Memorial Post 170 By Milt Brent, Adjutant

Ralph Trapper Memorial Post 170 will be meeting on May 11th in the Wynmoor West Wing at 7:30 p.m. (if conditions permit).

We request all American Legion members and veterans living in our area and Wynmoor to join us at our meeting.

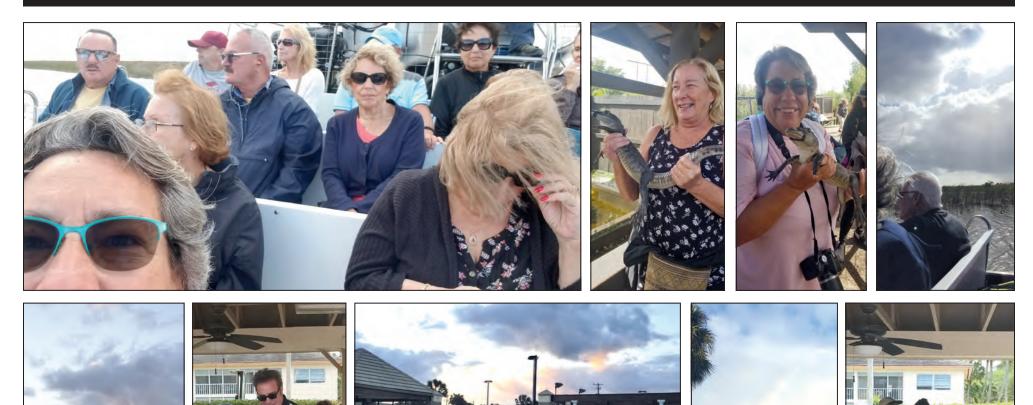
Please contact Milt Brent, Adjutant, at 516-606-2388 if you're interested or need information about





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-Shelley Esden, Chief Operating Officer



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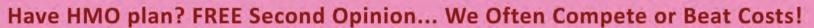
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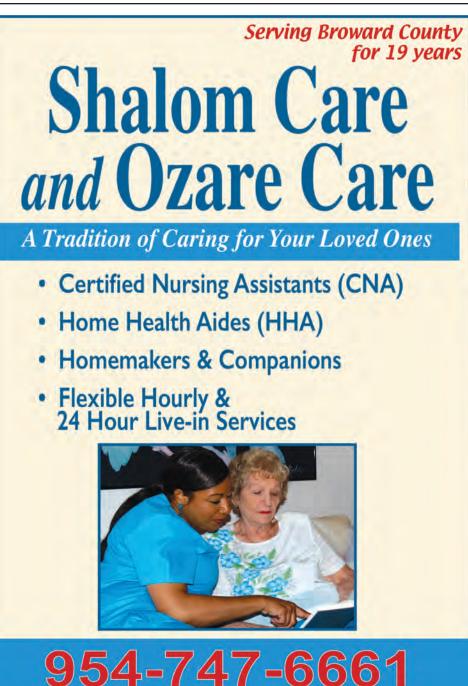


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Don't Let Fears Drive Your Investment Choices

First, the coronavirus rocked the financial markets. Then, oil prices dropped more than 20 percent after a breakdown in OPEC production discussions. Not surprisingly, the markets took another nosedive. Yet, despite these events, this recent market volatility may well be attributed more to fear than the forces that usually drive the markets. Ultimately, in the investment arena, as in all walks of life, facts matter. And right now, if you look beyond the headlines, the facts that matter to investors may be far less gloomy than you might have imagined.

So, here are some things to keep in mind over the next several weeks:

• This isn't 2008. If you were an investor in 2008, you well remember the market crash that resulted from the bursting of the housing bubble, which had severe ripple effects throughout the economy. The situation is different now. While it's quite likely that the U.S. economy will take a hit in the short term, the overall economic fundamentals were strong before the coronavirus came along and may indeed prove resilient enough to withstand the recent shocks. Specifically, the labor market conditions were the best in decades, housing activity was improving, and interest rates remained low. And even the recent events may have a bright side: The drop in oil prices will likely reduce prices at the gas pumps, leading to more money in the pockets of consumers, which, in turn, can boost spending, a key driver of our economy. And the large decline in interest rates will make home purchases and mortgage refinancing even more attractive – again, positive moves for the economy.

• We've been here before. From the time the markets bottomed out in early 2009 until just a few weeks ago, stock prices climbed about 300 percent. Yet, during that time, we also saw three separate market drops of more than 15

percent, similar to what we're seeing now. These market corrections always feel unsettling, but it's important to recognize that they are actually a normal part of the log-term investing process.

So, given these factors, how should you respond to the current situation? Instead of simply selling your stocks in an attempt to cut your losses, review your portfolio to see if it is properly balanced between stocks, bonds and other investments in a way that reflects your goals, time horizon and risk tolerance. Those investors with properly balanced portfolios are not seeing the same level of decline as those whose holdings are almost entirely in stocks. And while diversification can't guarantee profits or protect against all losses, it can help reduce the impact of volatility.

Here's another suggestion: Look for good buying opportunities, because they are certainly out there. A well-managed company with a solid business plan that produces quality products and services is going to be that same company after the coronavirus and oil price panics subside – and right now, that company's stock shares may literally be "on sale."

While it's not easy for you to look at your investment statements today, remember that you're investing for goals that may be decades away. By keeping your eyes on this distant horizon, so to speak, you'll be less likely to over-react to the news of the day – and more likely to follow a long-term strategy that can work for you. See our ad on page 10.

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YOGA By Bonnie Berg



My daughter Lori offers Yoga classes at the end of each day in the park for her students and her friends. This is such a wonderful event to offer, as everyone looks forward to getting out in the fresh air overlooking the lake, 6' apart, becoming mindful and appreciative of what we have in our own lives, hopeful that this awful virus will end soon and

we will all be stronger than ever. At the end of the

I wanted to share these passages with you my friends. Please Stay well and be safe. Much love, Bonnie.

History will remember when the world stopped And the flights stayed on the ground. And the cars parked in the street. And the trains didn't run.

History will remember when the schools are closed And the children stayed indoors And the medical staff walked towards the fire And they didn't run.

History will remember when the people sang On their balconies, in isolation But so very much together In courage and song.

History will remember when the people fought For their old and their weak Protected the vulnerable By doing nothing at all. And the people stayed home. And read books, and listened, and Rested, and exercised, and made art, And played games, and learned new Ways of being, and were still. And Listened more deeply. Some Meditated, some prayed, some Danced. Some met their shadows. And the people began To think differently.

And the people healed. And, in the absence of people living In ignorant, dangerous, mindless, And heartless ways, The earth began to heal.

class, they do a 10-minute meditation and Lori shares meaningful passages.

Thank you, Lori for sharing this with everyone that wants to attend.

Lori is a middle school Math Teacher for Advanced Geometry and Algebra in Weston Florida. She became certified last year as a Yoga Instructor after she battled with cancer. Yoga along with lots of chemo saved her life.

Lori Goldwyn, is truly an amazing gal. Stay safe and well. Hugs, Bonnie

History will remember when the virus left And the houses opened And the people came out And hugged and kissed And started again

Kinder than before.

And when the danger passed, And the people joined together again, They grieved their losses, and made New choices, and dreamed new Images, and created new ways to live And heal the earth fully, As they had been healed.



Canasta Tournament By Ann Elkin

Players wanted! Please come and spend a beautiful morning and afternoon playing Canasta. Meet lovely ladies and win money also! We meet every Thursday morning at 10:00 a.m. in the East Wing. Entrance fee is \$5 to play. For more info, call Ann Elkin at 954-978-0911.



BEA Safety Solutions **By Scotty Leamon**

Public Safety Information Officer, Coconut Creek Police Department

Fraudsters Use Same Old Scams In "New Normal" Due To Virus



While these past six to eight weeks have been unlike anything we've ever seen in our beautiful country, the fraudsters have resorted to the same old tricks during this "new normal" due to the Coronavirus. As we've been tracking scams both nationally and locally, we're not seeing any unique inventions by the scam artists. They are using their same tried but true methods:

Medicare scams. While we haven't had any reports of this in

Coconut Creek, possibly because no one has fallen for it, the con artists have been trying to attract victims with promises of "cures," "vaccines," and "test kits" for the Coronavirus. They claim that Medicare will cover the costs in an effort to try and get you to reveal personal or financial information they can use to steal your money.

Tax scams. We've talked before in this column about the importance of never procrastinating when it comes to filing your taxes. The longer you wait, the more the opportunity the bad guys have to file phony tax returns in your name. Think of filing your taxes as planting a seed in a certain spot designated only for you. If you plant your seed in the right spot, then you harvest it with no problems. But if someone else plants their seed in your spot, they get to harvest it first. The IRS only deals with the aftermath of someone stealing your identity and filing a tax return in your name. They're not specifically set up to order each citizen to prove his or her identity before filing the return. Scam artists are also sending unsuspecting people fake Coronavirus stimulus checks. They ask you to cash the check and send them back a certain amount of money for some "fee." After your bank figures out the check was phony, you get stuck with the bill.

Supply scams. I greatly encourage you to never buy any masks or other personal protective gear from some weird website or online marketplace such as eBay or Craigslist. There are too many fake products out there for you and me to know the difference between a good one and a bad one. Ask your doctor or pharmacist about the best places to buy a legitimate mask or protective equipment.

Computer scams. Watch out for fake websites and phony information online. Social media posts are going around that look legitimate, but when you click on the information it allows the computer geek bad guys to attach bad stuff to your computer that could lead to them doing nefarious things such as draining money out of your bank account by accessing it on your computer. Don't believe everything you read about the Coronavirus online either. There is a lot of "fake news" out there from multiple different sources.

The Bottom Line: Take everything you read, and every stranger you talk to about anything dealing with the Coronavirus, with a healthy dose of skepticism. That goes for anything else involving your personal information and your money. Listen to your instincts. If it seems too good to be true, it definitely is. If it doesn't sound right, it isn't. All of our senses are on heightened awareness these days and we can use that to our advantage by "social distancing" from the fraudsters, crooks, and thieves.

How To Have A Strong Immune System

Why do some people get sick while others stay healthy? And among those who become infected, why do some people fare so much better than others of the same age and gender? It turns out that a person's diet can make an enormous difference on how your immune system will react to challenges. Your immune system is your body's network of organs, tissues, and cells that work together to keep you healthy by fighting off harmful bacteria, viruses, parasites, and fungi. There are many compounds that support this system, but the three principle ones that will be discussed in this article are glutathione, vitamin D and Vitamin C as well as several other major nutrients.

First, GLUTATHIONE (pronounced glootathigh-own) is the mother of all antioxidants, the master detoxifier and the maestro of the immune system. This important molecule that you probably never heard of is needed to stay healthy and prevent illnesses like viruses as well as cancer, heart diseases, dementia, Parkinson's, and macular degeneration. The good news is that your body produces its own glutathione. The bad news is that poor diet, pollution toxins, medications, stress, trauma, aging, infections, and radiation all deplete glutathione. Glutathione is a simple molecule that is produced all the time in your body. It is a combination of three simple building blocks of amino acids or protein – cysteine, glycine and glutamine. The secret of its power is the sulfur chemical groups it contains. The sulfur part acts like fly paper and all the bad things in the body stick onto it. The "sticky" glutathione then carries the toxins into the bile and the stool – and out of your body.

By Hope S. Myers, Member Academy of Nutrition and Dietetics

glutathione production. They are the sulfur-rich ones - garlic, onions, broccoli, kale, collard, cabbage, cauliflower, watercress etc. Eat at least one serving of these vegetables daily. Next try a bioactive whey protein. This is a great source of the amino acid building blocks mentioned above. To be bioactive the whey powder must come from non-denatured proteins. The milk must be non-pasteurized, free from pesticides, hormones, and antibiotics. Not all whey powders are created equal, read labels. Taken consistently the following supplements will boost glutathione levels: N-acetyl-cysteine, alpha lipoic acid, vitamins C, E (in the form of mixed tocopherols) B6, B12, folate, the mineral selenium and milk thistle.

Secondly, Vitamin D is another essential nutrient for immunity. A study published in the British Medical Journal in 2017 showed how people with optimal Vitamin D levels had lower rates of flu than people who receive flu vaccines. Vitamin D is naturally made by your skin when exposed to direct ultraviolet light. Unfortunately, now with our "stay at home orders" most of us may have less sun exposure and, correspondingly, lower Vitamin D levels. A daily dose of 2,000 IUs of Vitamin D3 could make a huge difference. Next, Vitamin C is one of the best antioxidants for fighting viruses. We know that Vitamin C can reduce the inflammatory response and may help prevent and shorten the duration of the common cold. We also know that it has been shown to regenerate other antioxidants. Vitamin C can be found in all plant foods, but especially in oranges, bell peppers, broccoli, brussels sprouts, melons, and strawberries. Dr. Herbert Slavin, when he spoke recently at the Health & Wellness Club recommended supplementing with 2-3 grams of Vitamin C daily.

Other excellent nutrients for immune function are Vitamin A, Vitamin E, B Vitamins, Folate, Zinc and Selenium. These important nutrients can be found in all plant-based foods. There is considerable evidence that the immune systems of people who eat diets abundant with fruits and vegetables do not decline nearly as rapidly with age. When elderly people eat at least three servings of vegetables and two servings of fruits (5) per day they have an improved antibody response to stress. Five servings per day is the minimum amount, not necessarily the optimal amount. More is better. We also get essential nutrients from meat, poultry, fish, eggs and dairy, but plant-based foods appear to have a greater impact on our immune system.

Simply stated without going into the biochemistry of each food group, the best foods to eat: GREENS (spinach, kale, broccoli, bok choy, brussels sprouts) BEANS (all beans, peas, lentils) ONIONS & GARLIC (best crushed or chopped) MUSHROOMS (always cook them) BERRIES (strawberries, raspberries, blackberries, blueberries) SEEDS & NUTS (flax, sesame, pumpkin, walnuts, almonds, etc.). Foods from these groups consumed daily will help your immune system stay healthy. Every time we step into the grocery store, we have to make choices. Do we buy the foods that will impact our health now and, in the future, or do you buy sugar laden, high carbohydrate, processed foods which are detrimental to your health? You can strengthen your immune system and counteract the biggest threats we are facing today by shifting your daily food choices.

The production and recycling of glutathione in the body requires EXERCISE and many different nutrients. Start with foods that will support

The author wishes to acknowledge Ocean Robbins, his paper Smart Immunity: How Diet and Lifestyle Can Help You Stay Healthy in the Time of COVID-19 for his help in writing this article.

Wynmoor Residents WAVE Away Their Loneliness

Residents of 1901 Bermuda Circle, one of the many villages in this gated community, got together on their catwalks on Sunday, April 12th to wave at their neighbors. Complying with the rule to Stay at Home, they have been waiting out the pandemic for weeks, just like all of us. But Marj Lyons, new building director, and her committee swung into action to combat the inevitable loneliness and cabin fever.

In the early afternoon of April12 the communications committee, wearing masks and gloves, took to the parking lot and stood with six feet between them. They brought out a megaphone, CD player

By Marjory D. Lyons, PhD

and music by Andreas Bocelli. And as soon as the music began, the committee waved. Residents of 1901 Bermuda began to appear in doorways and the catwalks of this four-story condo.

When Marj called out "Happy Easter" and "Happy Passover," and waved, they called back the same greeting. And then the waves began. More and more residents came outside, smiling and waving to one another.

As smiles continued, committee members, Tim Jefferson, Connie Landy and Miguel Mendez each gave a welcome and Marj led them in singing the school song, "The More We Get Together the Happier We'll Be." When it was all over in half an hour, residents waved at one another and promised to be at the next wave on Sunday, April 26th, at 1:00 p.m., 1901 Bermuda Circle, Wynmoor Community, Coconut Creek, FL33066.

Marjory D. Lyons, PhD.is a resident of Wynmoor and an active member of the Writers Workshop. She has taught writing for seventeen years in Pompano Beach, and now due to the pandemic, holds writing classes online. Marj is owner of Telling Your Story, a company that publishes books of memoirs and life stories. For information, call *954-249-1333*.



neighbors above.



Joan Leibens-Perger, resident, waves to her Miguel Mendez, committee member, watches Marj Lyons, building director, greeting the residents on the catwalk. Couple by the car are family of a resident and drove over to join in the Wave.



Marj Lyons makes a 360 degree turn to wave at all residents.

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Due to the Covid-19 pandemic, all clubs and activities have been postponed or cancelled until further notice.

You may contact club presidents for further updated information.

Amateur Radio Club

For further information, please contact Gerry Stoloff, WA3HDI at 954-973-4899.

American Legion Post #170

Please contact Milt Brent, Adjutant, at 516-606-2388 if you're interested or need information about our Post and its activities.

Billiard & Pool Club By Bob Horowitz

Wynmoor residents can join the Wynmoor Billiards & Pool Club to participate in additional fun events. Past events included; Karaoke night, comedy club night, group BBQ & Dance, Club Pool & Billiard tournaments, and other social events.

Wynmoor Pool and Billiard Club activities are open only to Club members and their guests*. Any resident can join for \$5 per year.

For more information about the Pool & Billiard Club, to join our e-mail list or to sign up for an event or meeting; Email WynmoorPoolClub@gmail. com, or come into the room and look for event sign-up sheets. You can also join our Facebook page "Wynmoor Poolclub"

To join the club; come to a meeting or put your information, and dues, in an envelope which you can place in the locked mailbox located in the Poolroom. Cost to join the club is \$5 per year.

Next Pool & Billiard Club Meeting is Sunday, May 10th in the Multi-Purpose Room (next to Main Pool/Grills) at 10:00 a.m. Come meet & greet fellow pool players. Bagels and coffee will be served. Cost \$1 for members and \$5 for non-members.

Wednesday Night Pool Tournaments: Join us every Wednesday night at 6:00 p.m. This Tournament is handicapped for all skill levels. All Pool & Billiard Club members and their guests* are welcome! Enjoy AC comfort while having fun and meeting new friends!

Pool Lessons: put your information, name & phone number, in the locked mailbox located in the Poolroom or email us, at: Wynmoorpoolclub@gmail. com, to schedule lessons. Lessons are Free for Wynmoor Pool & Billiard Club Members only.

Wynmoor Pool & Billiard Room: All residents and their guests* are welcome to play at the Wynmoor Billiards & Pool Room located in the Wynmoor Country Club building, next to the Library. Boasting 14 tournament grade regulation size pool tables, 4 heated billiard tables and one regulation snooker table.

This club has been called the best Pool, Billiard, and Snooker venue, public or private, in all South Florida. Players of all skill levels are welcome. The room is open 7 days a week from 8:00 a.m. to 12:00 Midnight.

Women's Pool Team: The MzCues. Explore a new activity, make new friends and have fun in our AC Poolroom. This is for beginners and advanced players. Join us Tuesday's from 3:00 - 5:00 p.m. All Pool & Billiard Club Members and their guests* are welcome!

* All Events are Free only for Wynmoor Pool & Billiard Club Members

We encourage people with beginner skills through advanced skills to enjoy and share the benefits of a photography club, and to gain experience and knowledge to help each other grow in order to achieve and promote photography's excellence and fun. Yearly membership is \$10 per person, \$15 for married couples. For more information call Nancy Landman at 954-979-9894.

Computer Club By Beverly Friend

The world is as near as your computer. Just because you are spending May at home is no reason you cannot still enjoy Wynmoor's Computer Club. Enter www.wyncomputerclub.com on your keyboard to see many pertinent articles, often based on recent presentations. These include, but are not limited to, "Basic Functions of the Smart Phone," "How to Clear Your Printer Spooler," "How to Edit Pictures Using Photos in Windows 10," "Recognizing and Avoiding Scams," and "Cybersecurity."

See our "Blog Posts" tab for informative articles and download any you need. We have 39 posts to offer you. Explore and enjoy, and you are invited to write comments and suggestions. Meet our Board of Directors and see a directory where each can be accessed by phone or email. For further information or immediate advice, contact Pat O'Brien at 2makeitwork@ gmail.com

WATCH for upcoming plans! And remember – if you misplace this article, or forget the web site, just GOOGLE Wynmoor Computer Club and the link will magically appear.

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Chess Club

By Hillel Cohen

Did you play chess years ago? Do you play chess on a computer from time to time? Why not get back to the game with real, live, friendly players. For more information call Hillel Cohen at 917-548-5120.

Conservative Club

By Jack Mendelson

This is how there came to be a Conservative Club in Wynmoor.

Many years ago, at a Wynmoor Council meeting, Gert Weinberg (a democrat) said to Sid Feldman and Jack Mendelson that there are no Republicans in Wynmoor. We decided to prove her wrong and organized The Wynmoor Republican Club. The club, under Sid, our first president, grew to several hundred members. We had great success helping Al Lamberti, a Republican, carry Wynmoor in the Broward County Sheriffs Election. The club helped Republican candidates for all offices get more votes from Wynmoor residents.

When Jack was President, the club changed its name to the Conservative Club of Wynmoor, because being affiliated with a political party limited our right to have speakers other than Republicans. It is helpful to hear both sides of issues.

The club continues on with Perri Cohen as our President. Our programs are interesting, many times presenting diverse views and stimulating good questions.

All are welcome to our meetings. Questions are encouraged. Refreshments are served, and we always have a 50/50 raffle.

We meet in ballroom A (Clubhouse) at 7:30 p.m. the third Tuesday of the month once meetings begin again.

and their guests. Guests must register and pay a guest fee. Non-members can join at any event for \$5 per year.

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Bridge

By Phillip Cummins

For help finding a partner for future games, contact Ruth Berry at 954-970-3456.

Camera Club By Nancy Landman

Feeling isolated? The Camera Club of Wynmoor is looking into ways for us to remain connected without risk of illness. For the latest developments watch this space!

Membership is open to all Wynmoor residents with an interest in photography, regardless of their skill level or type of camera. The club offers instructional programming, entertaining multi-media presentations, informal critiques, field trips, and small group mentoring.

There is also a club member's newsletter, "The Focus," that will display club member's photos, club activities, and informative articles.

Current Events By Susan Myers

Please join us weekly as we discuss current topics that are important to all of our members and friends. Topics include politics, events within Wynmoor Community and around the world. For any questions please contact Susan Myers 954-933-7743.

Monday Night Dance & Social Club By Tamara Tresniowski

I hope this finds you all healthy. We are all missing the dance and socialization. Hopefully by summer we will be able to be back at the Ballroom Dancing. June through September will be free dancing for members and \$1 for guests. Dancing will be from 7:00 - 9:30 p.m. We will keep you posted each month until then... Stay healthy, practice your dancing... Learn some new dances you can teach (youtube.com has great line dances). Can't wait until we can all be back together again.

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Clubs and Activities

Democratic Club

By Stan Grossman

The Democratic Club of Wynmoor meets on the first Tuesday of the month in the Clubhouse Ballroom at 2:00 p.m. We have very interesting speakers, discussions and sometimes, debates.

Our next meeting will hopefully be on May 5th. This should be a very important and informative meeting. Please bring a friend.

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Documentary and Discussion Club

For more information please contact Betsy Kalau at 954-701-0231. The Matinee Encore for our very successful 2nd Annual Wynmoor Short Film has been postponed.

Fun With Friends By Lou Kravitz

At the end of 2011, six people got together and thought Wynmoor could use a dance club. I was one of those people, although I was not a social dancer. The club got up and running in 2012 and there was real excitement around Fun With Friends. We had between 125 and 185 people come once a month to dance to a live band, or just listen to the music. We wanted live bands, not DJ's. At the start of 2014 the President of our club retired, and even though I was in the Army, I volunteered to become President. That is right, the nondancer was becoming a social dancer. You can become one too, because we give free dance lessons before every dance. On November 29th we hope to have our first Dance of the new season. We would love to see new people join and bring their friends. It is \$10 to join and \$10 a dance. The earlier you get your money in, the better chance you have to sit with your friends. Roni Senzon, a new Board Member, will collect the money. Obviously not now but come November...

Follow the rules, stay healthy, have a great summer. Looking forward to seeing you November 29th.

Health & Wellness Club By Hope Myers

The Wynmoor club that's dedicated to providing you with essential information about healthy aging regrets that we had to discontinue our meetings. We hope that we will be able to resume in October. The scheduled meeting time for the Health & Wellness Club is the third Tuesday of the month at 2:30 p.m. in the West Wing 2. The speakers that were scheduled for March and April will talk in the fall. If you are interested in learning information that can impact your health, you will want to attend our meetings. We look forward to seeing all our existing members and gaining many new ones as word about what our club has to offer circulates within the Wynmoor community. Stay well all of you. For more info contact Hope Myers, President 954-971-9538.

Karaoke & Entertainment Night By Robin Thompson

Robin & Bob hope you are all staying safe and we look forward to seeing you all back soon! We would like to thank Wynmoor for all they are doing and have done to try to keep us safe.

While we are taking a break, you can get ready for the next karaoke night by searching the songs available in the catalog that is online. You can either search karaoke catalog, and it will be the first item that comes up and says online karaoke with 29,000 songs, or go to the website https://www.karafun. com/karaoke-song-list.html. As always, remember, please select only songs that are under 4 minutes.

Latin Women's Club

By Minerva Nazario

For more information about the club please contact Ms. Minerva Nazario at 954-532-3156.

Nature and Arts Club By Elinor Weinstein

2019 - 2020 An Extraordinary Year. Wakodahatchee Wetlands, Weiner Museum of Decorative Arts, Butterfly World, Mounts Botanical Gardens, The Bonnet House and Gardens. And yet to come is the Norton Museum of Art, Pompano Beach Public Arts, Fern Forest.

Come Join Us Next Season... Breakfast Meetings, Exciting Monthly Programs, Interesting Trips. I look forward to hearing from you. Nancy Moskowitz, laughlady55@aol.com or 954-973-2181.

Needlework Click By Barbara Bilello

If you are new to Wynmoor and want to make new friends come and check us out. We are a friendly group of ladies always looking to make new friends. You don't have to know how to knit or crochet.

If you have yarn that you know longer need we will gladly pick it up. Call Barbara 754-222-6375. Hope to see you all there!

Pennsylvania Club

By Marilynn Stoloff

For more information call Gloria Gottlieb at 954-956-9701.

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Pickleball Club By Mayda Coombs

Due to Covid-19 worldwide pandemic, all Pickleball Club events are cancelled for the season and the courts are closed for an undetermined time frame. Please practice social distancing if you're out trying to get some fresh air.

The Pickleball Club prays that our community members stay healthy and safe. We are all wishing to get back to our everyday lives and carry on with our Pickleball family again soon.

To all our Snowbirds, please be safe and we look forward to seeing you on the courts again next season.

Supper Club By Lynne List

Do you want MONEY?? The Supper Club is giving it away. If you haven't gotten your refund for the Supper Club's Dinner Theater Show call Lynne at 954-973-1223. She will arrange for you to get your refund. There are a number of you who have not yet claimed your money. As you know, the show had to be canceled because of the Coronavirus. However, we have high hopes for next year and are looking forward to a season with both a musical and a drama. The musical will be Nunsense, a fantastic, hilarious Broadway hit. The drama, at the moment, is scheduled to be The Graduate. You all remember Dustin Hoffman in the lead role in the movie. As soon as we have more details about the dates, prices, menu, etc. we will get the information to you. In the meantime, read the INSIDER News and News and Views to be kept up to date. Those of you who have sub-mitted your email addresses, watch for further news in September. In the meantime, stay healthy.

Please refer to channel 98 in June/July for an actual date when we can return. See you soon!

Ladies Circle By Jo Bakalar

If you would like to know more about Ladies Circle please contact our President, Harriet Lopez at 954-960- 9411.

Writer's Workshop By Nancy Heller Moskowitz

Writing is a wonderful way to express the creative side of our brain. During this time of isolation from others, we hope that our members are staying well and saving new works until we can all meet again in person. For those of you who have left, stay safe and healthy. For those of you who remained in Wynmoor, we miss seeing you on Saturday mornings. Let's hope that we'll be able to meet again in Cardroom 1 at 10:00 a.m. - noon soon.

Continued on page 49



FREE POOL/BILLIARD LESSONS By Bob Horowitz

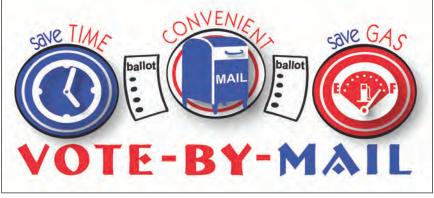
Ralph Rubin, Wynmoor Pool & Billiard Club Tournament Director is available for lessons from beginner to the advanced player.

To sign up for FREE lessons put your information (Name & Phone Number) in an envelope which you can place in the locked mailbox located in the Poolroom or e-mail us at Wynmoor-poolclub@gmail.com There is no cost for lessons for all Pool & Billiard Club Members. Membership is \$5/year.



OTICES

The Broward County Supervisor of Elections Office is operational and working remotely Monday through Friday 8:30 AM- 5:00 PM. The office is closed for walk-ins from the public until further notice.



General Questions Please Call:

954-357-7050

OR Email: Elections@browardsoe.org

VOTE-BY-MAIL REQUEST LINE:

954-357-7055

You MUST register online at browardsoe.org to get your ballot so that you can VOTE BY MAIL

By Nancy Landman



Israel Gips - Vatican Exit



Ilana - Red Frame



Helen Storm - Bruge Waterway



Clubs and Activities

Continued from page 47

Wynmoor Hurricane Emergency Net By Gerry Stoloff

The WHEN Kick-off meeting is scheduled for Mon., June 22nd at 9:00 a.m. As usual, it will be held in Grand Ballroom C. Wynmoor is again providing the breakfast! Following that meeting, you'll be able to claim radios for next season's on-air check-ins. Remember, this is the ONLY in-person group training meeting; after that, all contact will be over the radios. To any newcomers, welcome. The purpose of this group is to provide emergency communications to Security, Police or Fire Rescue after a hurricane comes through and power is out for an extended period. Consider this: After 24 hours without A/C power, all your phones (Comcast, AT&T Fiber Optic, or cellphone) will have run out of power. If your elevator is kaput and you can't call anyone, WHEN volunteers are your last point of emergency contact! You don't need prior experience: Wynmoor loans you a CB radio and antenna for your car, and we'll teach you proper communications practices & net discipline. Last year, over 20 people joined for the first time, so you'll be in good company.

Wynmoor Ladies Golf Association By Karen Beckman

On March 31st, Broward County required all Golf Courses to close to limit the spread of the dangerous Coronavirus. We are fortunate in our

proactive leaders who are dealing with sobering data, logistics, and allocating resources. But our very small part is the real key to limiting the damage to our communities and the American way of life. Our Wynmoor community is rich in experience, and we can all use that lifetime of learning to help each other contribute to successfully observing physical distancing mitigation efforts. With kindness and consideration, and an eye to the future, we anticipate a day when we enjoy a beautiful day on a beautiful fairway with wonderful friends. Stay safe.

Wynmoor Short Film Festival By Enid Wolf-Schein

The 2020 Wynmoor Short Film Festival scheduled for the evening of March 27th and afternoon of April 5th obviously did not happen on those dates. But, please consider it postponed, not cancelled.

We have selected our ten wonderful films, our plans for the after-film Receptions are in place, and we are just waiting for the time when we can reschedule. If we reschedule and you have a ticket but will not be available to come, you can either hold on to it, and be the first in line for the 2021 Festival, or we will refund your money.

When we have more information, we will let you know further details through this publication and any other Wynmoor source of communication. Let us all stay well and hope that our lives get back to normal soon.



2020 Annual End of Season

Tournaments

Tournament Director was Ralph Rubin, winner's names will be included on the "Wall of Fame" in the Pool & Billiard Club.



3 Cushion Billiard

The Three Cushion Final was a Thriller. The hard fought match between Jim Bishop and Guy Paquet. The winner was Guy in a very close final with the score 25 to 21. The Tournament Director was Humberto Acevedo. Photo: Jim Bishop, Guy Paquet



One Pocket

One Pocket is a game of banking and strategy. We played a single elimination 2 out of 3. The winner was Ellis with Fred D. coming in 2nd place. Norman K. was the Tournament Director. Photo: Fred David, Ellis

Wednesday Night Pool Tournaments

Join us every Wednesday night at 6:00 p.m. This Tournament is handicapped for all skill levels and open to all Wynmoor Pool & Billiard Club Members and their guests*. Enjoy AC comfort while having fun and meeting new friends!

Week 51 - The game was 9 Ball and the winner was Ralph, Tony C. was second and André came in third. Photo left to right: Tony C., Ralph, Andre Week 52 - Amy was the winner, Rassool was in second. Bill B., Tony C. and

Joe W. were tied for third. Photo left to right; Bill B., Tony C., Amy, Joe W. *Please bring your Wymmoor ID cards. All players must be Wymmoor Deal

*Please bring your Wynmoor ID cards. All players must be Wynmoor Pool & Billiard Club members. Guest pass required for non-residents.



Week 51

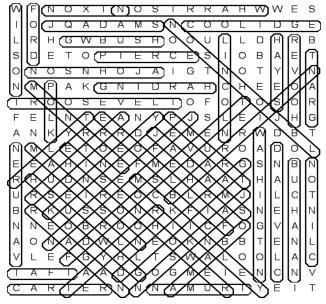
Week 52

Solutions from page 34

Crossword Puzzle

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				D	R	Е	Е		А	R	R	Е	S	Т
А	L	Ρ	S		Ι	S	М		L	Ι	D			
R	0	U	Т		Е	S	А	U		Ρ	L	Е	В	E
С	0	R	А	С	L	Е		S	W	Е	Е	Ρ	Е	R
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Juzzles and Games



The hidden sentence is: WE SHOULD BE TOO BIG TO TAKE OFFENSE AND TOO NOBLE TO GIVE IT.

Sudoku

2	9	8	7	4	3	1	5	6
7	3	6	5	8	1	2	4	9
1	4	5	6	9	2	3	8	7
5	1	9	4	2	7	6	3	8
8	2	7	3	1	6	5	9	4
4	6	3	8	5	9	7	2	1
6	8	4	2	7	5	9	1	3
9	7	2	1	3	4	8	6	5
3	5	1	9	6	8	4	7	2



generation. Your seats are located in the Orchestra Circle. The bus departs Tract 1000 at 6:00 pm.



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1705 Andros • Water View, Furnished, 4th Floor	\$135,000
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