



The INSIDER

An Independent Newspaper
For Wynmoor Residents

VOL. 5 NO. 5

MAY 2021

Is Your Property Being Stolen?

By Insider Staff

A new scam has been discovered where your property can be “stolen” without you even knowing about it. Let’s assume your condo is in your name. A scammer files a fake deed with the county showing that you transferred ownership to the scammer. The fake deed is then given to the property appraiser’s office and the title of your condo goes from your name to the scammer’s name. Now the scammer goes to a finance company or bank and gets a

line of credit or mortgage on your property and receives tens of thousands of dollars. Meanwhile, you are unaware that the name of the ownership of your condo has been changed and that a mortgage has been taken out on your property. Approximately four months later when the bank or finance company begins a foreclosure on your property, you will learn about the scam and then need an attorney to defend you. We have been told that this scam has been going on for many months, however there is now a way to protect yourself. The Broward County Property Appraiser, Marty Kiar, is offering a free monitoring program for all property owners. This monitoring program will alert you if anyone is trying to change the title to your property. You can register at www.bcpa.net. If you do not have the ability to sign up online you can call the Property Appraiser’s office at 954-357-5579 and ask how



to sign up for the monitoring program for property owners.



Scams Being Aimed At Senior Communities

There are a variety of scams being aimed at senior communities in Broward County. Wynmoor residents have reported receiving some of the following scams:

AMAZON – A person pretending to be from Amazon calls you on the phone. This person tells you that someone is trying to order something on your account. The Amazon scammer asks you for your Amazon account number pretending that he or she wants to protect your account. Do not give anyone your account number!

I.R.S. – You receive a call or email from someone pretending to be from the IRS telling you that unless you pay, they will file criminal charges against you.

CREDIT CARD COMPANIES & BANKS – If you receive a call or email where the goal of the call is to get you to provide any information, you most likely are being scammed.



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3004 PORTOFINO (REMODELED GOLF VIEW)		\$ 174,900
3403 BIMINI	SOLD	\$ 159,000
1101 BAHAMA	SOLD	\$ 104,900
1603 ABACO (UPDATED CORNER W/D)		\$ 179,900
3004 PORTOFINO (REMODELED GOLF VIEW)		\$ 185,000
2405 ANTIGUA (REMODELED 2/2)		\$ 179,900
2202 LUCAYA	SOLD	\$ 169,900
2405 ANTIGUA	SOLD	\$ 149,900
1502 CAYMAN	SOLD	\$ 167,900
2802 VICTORIA (HIGH IMPACT WINDOWS + REMODELED)		\$ 217,900
3203 PORTOFINO (CORNER REMODELED)		\$ 199,900
2503 ANTIGUA	SOLD	\$ 165,900
1704 ANDROS (REMODELED 2/2 W/D)		\$ 259,900
3201 PORTOFINO	SOLD	\$ 119,000
3204 PORTOFINO	SOLD	\$ 187,000
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Cheryl Stein
Mother

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2 BEDROOMS / 2 BATHROOMS - W/D

1701 Andros • "Iris" Floor Plan, 1350' Newer Appliances, Glass Patio, Water View \$145,900
1803 Eleuthera • Water w/ Fountain View, "Iris" Floor Plan \$149,000

2 BEDROOMS / 2 BATHROOMS

2402 Antigua • Top Floor, Remodeled, Furnished in Good Taste, Turn Key \$144,000
2102 Lucaya • Just Painted, Walk from Patio to Pool, Reduced! \$99,000
2201 Lucaya • Remodeled, Open Kitchen, Quartz, New A/C & W/H, 2 Showers \$169,000
4701 Martinique • Remodeled, Water & Golf Course Panoramic View \$274,800
2710 Nassau • Ground Floor, Granite Counters, Impact Windows, Tile, Updated Bathrooms, Water/Fountain View \$134,000
2801 Victoria • Breathless Panoramic Golf & Water Views, Tile \$129,000

1 BEDROOM / 1.5 BATHROOMS

2401 Antigua • Remodeled from Floor to Ceiling w/Impact Windows & Doors! \$CALL US
4302 Martinique • Rented Till 9/21, You Can Purchase and Receive \$1,000 Rent \$75,000

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2 / 2 - W/D

1705 Andros • \$124,000
3306 Aruba • \$135,000
3306 Aruba • \$139,000
3502 Bimini • \$169,000

2 / 2

2403 Eleuthera • \$110,000
4501 Martinique • \$93,000
3004 Portofino • \$129,000
2901 Victoria • \$115,000

CORNER APT

1701 Andros • (W/D) \$239,000
3404 Bimini • (W/D) \$164,900
2803 Victoria • \$195,000

1 / 1.5

3501 Bimini • \$85,000

1 / 1

1902 Bermuda • \$84,900



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We encourage your submissions. Please keep all articles timely, according to issue being published. Articles must be typed double spaced (upper and lower case), or **legibly** printed, signed and include the author's address and phone number. We reserve the right to edit or omit articles sent in for publication that do not conform to our standards. Submitted material becomes the property of **The INSIDER** and will not be returned. The Insider is not responsible, and assumes no liability for the content expressed in any contributed material.

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WORD LIMITS:

- NEIGHBORLY NEWS 200 Maximum
- CLUBS 200 Maximum
- PEN TO PAPER 250 Maximum
- ARTICLES OF INTEREST 450 Maximum

Articles must be typed or legibly printed. Please identify the nature of your submission on your envelope: Example: Calling All Clubs, Neighborly News, Pen to Paper, Etc.

Deadline: The 10th of each month at Noon. This applies to all articles, photos, classified ads, etc.

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SECURITY NEWS

Dispatch: 954-978-2667

For Medical and Life/Health Threatening Emergencies, always dial 9-1-1 FIRST!

TAKE NOTE



IMPORTANT NOTICE TO OUR RESIDENTS

CLUBS, CLASSES and EVENTS HAVE BEEN

CANCELLED or POSTPONED UNTIL FURTHER NOTICE!

Before going out to a class, club or planned event, CALL FIRST!

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

INSIDE

Safety Solutions	Page 6	Martin Zevin, PA.....	Page 31
Sheriff	Page 7	Inspiration Station	Page 32
Other Side of Couch.....	Page 8	Golf	Page 34
Wynmoor Wave.....	Page 10	Clubs.....	Page 37
Pen to Paper.....	Page 11	Financial Focus	Page 42
The Medicare Lady	Page 16	Special Events	Page 44
Dear Dr. Joy.....	Page 18	Museum.....	Page 45
Camera Club	Page 22	Q&A Accupuncture.....	Page 45
Puzzles & Games.....	Page 26	Classifieds.....	Page 50

PARKLAND BAGELS & DELI HAS MANY WAYS TO SERVE WYNMOOR CURBSIDE • EAT-IN • PICK-UP • DELIVERY

SMOKED FISH PLATTERS.....\$12.95

Complete with tomato, cucumber, red onion & choice of bagel with cream cheese.

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- ♦ Whitefish Salad ♦ Sliced Nova ♦ Baked Salmon Salad (Olives, capers, and pickles on request)

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Butter	\$2.49
Cream Cheese	\$3.19
Vegetable Cream Cheese	\$3.95
Chive Cream Cheese	\$3.95
Nova Cream Cheese	\$4.95
Peanut Butter and Jelly	\$4.25

ON THE LIGHTER SIDE

VEGGIE MELT.....\$7.30

Cream cheese, tomato, sprouts, cucumber, red onion & melted Muenster cheese

GARDEN OF EDEN.....\$7.30

Veggie cream cheese, tomato, sprouts, cucumber & red onion

HUMMUS.....\$7.30

Seasoned humus, tomato, cucumber, sprouts & red onion

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Whether you're catering for business or friends and family, we bring that New York deli flavor to every gathering. Breakfast, lunch and party platters are our specialties!

KIDS PARKLAND

Up To Age 8

1 Pancake Chocolate Chip, 1 Egg.....	\$4.99
1 Piece Bacon or 1 Piece sausage.....	\$4.99
Substitute French Toast.....	+\$1.00

2 EGG SANDWICHES

Two X-large eggs on your choice of bread or bagel. Substitute a wrap add .50¢

Available breakfast meats: Bacon, sausage patties, turkey bacon or ham

EGG ONLY (E)	\$4.65
EGG & CHEESE (EC).....	\$5.49
BACON, EGG & CHEESE (BEC)	\$7.25
SAUSAGE, EGG & CHEESE (SEC).....	\$7.25
HAM, EGG & CHEESE (HEC).....	\$7.25
HOW U DOIN	\$9.95

Eggs, bacon, sausage, cheese and home fries

THE NEW JERSEY.....\$7.25

Fried eggs, Taylor Ham (Pork Roll) and cheese on a kaiser roll

BIG DAWG WRAP.....\$8.49

Scrambled eggs, Cheddar cheese with bacon, ham and sausage in a wrap

VEGETARIAN.....\$7.80

Tomatoes, onions, peppers, spinach and mushrooms. Add cheese \$1.00

WESTERN.....\$7.25

Ham, peppers and onions. Add cheese \$1.00

THE WEIGHT WATCHER.....\$8.99

Egg whites, honey turkey and cheese on whole wheat wrap

N.E.O.....\$10.50

Nova, eggs and onions

BREAKFAST PLATTERS

Served with bagel or bread of your choice with cream cheese or butter. Substitute fruit .50¢ Egg whites add \$1.00 Available breakfast meats: Bacon, sausage patties, turkey bacon or ham

2 XLarge eggs any style (Egg Platter 1).....	\$5.25
with home fries or sliced tomato (Egg Platter 2).....	\$6.50
with 3 pcs. of bacon, sausage or ham (Egg Platter 3).....	\$8.25

FRENCH TOAST.....\$7.50

Two slices of thick cut challah bread made with our homemade batter

1-1-1.....\$7.99

One slice of French toast, one egg, one sausage and one slice of bacon

Belgian Waffles.....\$5.99

FROM THE GRIDDLE

BUTTERMILK PANCAKES	Short Stack	Large Stack
with 2 eggs	(3) \$5.35	(5) \$7.25
with 2 pcs. of bacon or sausage	\$8.35	\$10.25
with 2 eggs AND 2 pieces of bacon or sausage	\$9.85	\$11.25

3XL EGG OMELETTES

Includes home fries, omelet or sliced tomato and bread or bagel with cream cheese or butter. Substitute fruit .50¢ Add cheese \$1.00

MAKE YOUR OWN (MYO).....\$7.50

Start with 3 X-Large Egg Omelette. Add Vegetable .80¢ Add Meat \$1.35

THREE CHEESE.....\$9.99

Cheddar, Monterey Jack and American

PARKLANDER.....\$10.99

Choice of bacon, ham or sausage and Cheddar cheese

VEGETARIAN.....\$10.69

Onions, peppers, mushrooms, spinach and tomato.

GREEK.....\$10.39

Spinach, Kalamata olives, feta cheese, tomato and onion

WESTERN.....\$10.39

Ham, peppers and onions. Add cheese \$1.00

PURE PROTEIN.....\$11.40

Egg whites, honey maple turkey, tomato and provolone

NEO.....\$11.40

Nova, eggs and onions

FARMERS.....\$11.30

Sausage, peppers, onions and Cheddar cheese

FRESH MADE SALADS

Add grilled or blackened chicken, tuna or chicken salad \$3.99
Add shrimp \$4.99

CAESAR SALAD.....\$10.39

Crisp romaine, shaved Parmesan, croutons and creamy Caesar dressing

SIGNATURE SALAD.....\$10.39

Crispy field greens tossed with tomato, feta cheese, strawberries, cranberries, walnuts and raspberry vinaigrette dressing

CRISPY SALAD.....\$10.39

Crispy romaine, chick peas, tomato, Cheddar cheese, cucumber, red onion and bacon with cool ranch dressing

GREAT GREEK SALAD.....\$10.39

Crispy romaine, cucumber, tomato, red onion, feta, Kalamata olives, pepperoncini and greek feta dressing

ASIAN SENSATION.....\$10.39

Crispy romaine, mandarin oranges, broccoli, carrots, red onion, tomato, almonds, colby jack cheese and Thai peanut sauce

CLASSIC SPINACH.....\$10.39

Baby spinach, mushroom, bacon, tomato, red onion, hard boiled egg, walnuts, Gorgonzola and honey mustard dressing

KIDS MENU

With Fountain Drink / Up To Age 8

Hot Dog w/ French Fries.....	\$7.99
Grilled Cheese w/ French Fries.....	\$7.99
Chicken Tenders w/ French Fries.....	\$7.99

SOUPS

Bowl \$3.99 · Quart & 7.99

Chicken Noodle or Matzah Ball · Add additional matzah ball +\$1.50

DAILY SPECIAL \$10.49

1/2 SANDWICH AND SOUP

Homemade matzo ball or chicken noodle soup and 1/2 sandwich
Add \$1.00 for any melts. Add 50¢ for cheese

WRAPS \$11.95

Served with your choice of a homemade side or French fries and a pickle.

CHICKEN CAESAR

Marinated grilled chicken breast, imported Parmesan cheese all mixed in our homemade Caesar dressing. Substitute Mahi-mahi for chicken add \$2.00

BLAZING BUFFALO

Spicy breaded chicken, Cheddar jack cheese, tomato, onion, crispy romaine and house made cool ranch dressing.

TURKEY COBB

Oven roasted turkey breast, swiss cheese, chopped egg, bacon, tomato, crisp romaine and bleu cheese dressing.

THAI CHICKEN

Marinated grilled chicken, mandarin oranges, broccoli, carrots, red onion, tomato, almonds and Cheddar jack cheese and crispy romaine with Thai peanut sauce.

GREAT GREEK

Marinated grilled chicken, feta cheese, romaine, tomato, red onion, cucumber, pepperoncini, Kalamata olives, crispy romaine and Greek dressing.

TUSCANY CHICKEN

Marinated grilled chicken, artichoke hearts, Cheddar jack cheese, lettuce, tomato, onion and balsamic dressing.

SPECIALTY SANDWICHES \$13.50

Served with choice of homemade salad or French fries and a pickle.

TURKEY CLUB

Triple decker with fresh cut turkey, loaded with bacon, lettuce and tomato

TURKEY IN PARADISE

Grilled honey maple turkey, provolone cheese, lettuce, tomato, sun-dried tomatoes, sprouts and honey mustard on grilled kaiser roll

REUBEN

Corned beef, melted swiss, sauerkraut and Russian dressing on grilled rye bread (Rachel same as above except with pastrami) (Turkey Reuben same as above except with Turkey)

MELT AWAY

Fresh White Albacore tuna salad, melted swiss and tomato on grilled rye bread

TURKEY PESTO

Grilled honey maple turkey breast, provolone cheese, lettuce, tomato, roasted peppers on kaiser with basil pesto sauce

PHILLY CHEESE STEAK

Seasoned beef or chicken with sautéed mushrooms, onions, peppers with melted Provolone on grilled sub



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We pride ourselves on our fresh meats, salads, soups, bagels and side dishes. We didn't invent the New York Style deli, but we work hard to deliver an authentic and made-fresh-daily experience.

PANINIS \$13.50

All paninis served on pressed sub roll with French fries or a homemade side & pickle.

THE YACHT

Roast beef, honey maple turkey, swiss cheese, baby spinach & Russian dressing.

LONG ISLANDER

Grilled chicken, bacon, Cheddar, bar-b-que sauce and grilled onions.

PAUL'S FAVE

Honey maple turkey, brie cheese, baby spinach, dried cranberries, honey mustard.

CUBAN

Sliced pork, Black Forest ham, swiss cheese, pickle slices & mustard.

BROOKLYN

Breaded chicken cutlet, melted provolone, fresh basil, roasted peppers & balsamic glaze.

CALIFORNIA DREAMIN'

Oven roasted turkey, swiss cheese, bacon, avocado, tomato and honey mustard.

FROM THE GRILL

All our burgers are 1/2 lb. patties made in house with the finest USDA Choice Angus meat. Burgers cooked to your liking on a kaiser roll are served with lettuce, tomato, onion and pickle. Served with your choice of one of our homemade sides or French fries.



BURGER - USDA Choice Beef \$10.95

Add Cheese\$1.00
Choice of American, Swiss, Muenster, Cheddar or Provolone cheese.

Add Bacon.....\$1.50
2 slices of thick bacon

CHICKEN WINGS (6) & FRIES.....\$7.99

PHILLY CHEESESTEAK.....\$13.50

With peppers, onions, & mushrooms. Served with fries.

TURKEY BURGER\$11.45

Made in house ground turkey burger.

1/4 LB. HEBREW NATIONAL FRANK.....\$6.99

Add kraut on request. Add fries \$1.00

CHICKEN TENDERS.....\$8.99

GRILLED CHEESE.....\$6.99

Add bacon \$1.50. Add tomato \$1.00

Mother's Day SPECIALS



PLACE ORDERS IN ADVANCE

PACKAGE 1 • \$30⁹⁹

- ♥ 1 Dozen Bagels
- ♥ 1/2 lb Tuna
- ♥ 1/2 lb Egg Salad
- ♥ 1/2 lb Nova Cream Cheese

PACKAGE 2 • \$41⁹⁹

(8-8-8)

- ♥ 8 Pieces of French Toast
- ♥ 8 Eggs
- ♥ 8 Choices of Meat

PACKAGE 3 • \$41⁹⁹

- ♥ 1 Dozen Bagels
- ♥ 1/2 lb Hand Sliced Nova
- ♥ 1 lb Cream Cheese
- ♥ Tomato & Onion (8 Slices)

PACKAGE 4 • \$25⁹⁹

- ♥ 4 Egg Breakfast Sandwiches with meat and cheese

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Safety Solutions

By Scotty Leamon, Public Safety Information Officer, Coconut Creek Police Department

Wynmoor "Tea Time"

A Great Place For Crime Prevention Information



What are you doing at 3 o'clock on a Wednesday afternoon?

Usually around 50 of your fellow neighbors, and some Wynmoor staff, are on the "It's Tea Time" Zoom call at 3:00 p.m., featuring members of the Wynmoor Management Team, the Wynmoor Community Council, and regular guest, Officer Mike Zombek.

As a member of the Police Department, I have worked with Officer Zombek closely since I got

here in 2018. He is one of our "go-to" officers when it comes to teaching and disseminating crime prevention. As an officer in our Community Services Unit, he often attends HOA meetings and has been a regular attendee at the "Tea Time" for quite some time now.

The "Tea Time" used to be in-person in the library at 1001 Wynmoor Circle until the pandemic. They didn't meet for several weeks and then restarted the program a few months ago via Zoom. Officer Zombek, or some other member of the Community Services Unit, regularly attends the meeting to give updates on calls for service to the community and hand out important crime and scam prevention tips that we hope will prevent you from becoming a victim.

"Wynmoor has always been one of our more active communities when it comes to wanting information about what's going on and how to avoid any

scams that we currently might be seeing," Officer Zombek explained. "Being a very transparent department, we try to give a wealth of information to the residents during 'Tea Time,'" he said. "We go into what detail we can about most calls for service. It really gives a lot of context as to why the officers were there and what they were doing."

There are sometimes other guest speakers from the police department on the call as well. Detective Clint Corey recently updated the group on how the department conducts elderly exploitation investigations and the signs to look for. Officer Michael Leonard, and his K9 partner, School Safety Dog Taylor, were on the call a little while ago telling the group about the important firearms detection work they are doing in four of our schools.

The call also regularly features guests like legal experts, representatives from utility companies such as Florida Power & Light (FPL), and new City of Coconut Creek Fire Chief Jeff Gary. The City will be taking over fire protection services from the Margate-Coconut Creek Fire Department starting in October. We have already begun hiring firefighters and securing vehicles and equipment to ensure a seamless transition.

We highly recommend you watching the program when you can. You can find it on Channel 99 on your TV in Wynmoor Village every Wednesday at 3:00 p.m. You can also watch prior episodes on the Wynmoor Community Council's YouTube Channel (type "Wynmoor Community Television" into the search engine at the top of YouTube's page) or join the Zoom call live at 3 o'clock on Wednesdays. If you would like the Zoom call information, please email me at sleamon@coconutcreek.net. I enjoy all the information I can get because it helps me make more informed decisions and Wynmoor's "It's Tea Time" does just that.



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Sheriff Gregory Tony

Service Equals Reward

By Sheriff Gregory Tony

The Importance of Mental Health Awareness

Mental well-being is just as important as physical well-being. Since first responders are often the first people someone in a mental health crisis interacts with, it is critical that we know what mental illness looks like and what to do when we see it.

Dr. Vincent Van Hasselt is my mentor on mental health awareness for first responders. He is a professor at Nova Southeastern University (NSU) specializing in police psychology and a certified reserve officer with the Plantation Police Department. Dr. Van Hasselt knows firsthand that many mental health issues are silent and difficult to detect. Despite our wealth of knowledge and ability to perform our jobs safely and effectively, first responders benefit greatly from specific training dealing with mental health. As his former student, I have incorporated much of what Dr. Van Hasselt taught me into my work at the Broward Sheriff's Office.

One specific course that Dr. Van Hasselt is a big proponent of is Crisis Intervention Team (CIT) training. He has been teaching it since its inception in 2002. The training educates deputies to interact appropriately with someone who has a history of mental illness and gives them a better ability to deescalate a situation when needed. CIT-trained deputies can also recognize signs of mental illness better and have an increased sensitivity to what an individual living with mental illness may be going through. I believe this training is essential for all our deputies, and I will continue to push toward a fully trained department.

CIT training alone, though, is not enough to address the mental health challenges facing today's public safety agencies. We must also confront our own mental health challenges. Many of our first responders, which includes law enforcement, fire rescue, detention and communications personnel, are



used to helping others. Yet, they have trouble knowing how to find or ask for help for themselves. In comparison to the general population, first responders are up to three times as likely to develop PTSD or related disorders. These disorders can lead to severe complications for anyone if left untreated. For first responders who interact with the public in high-stress, often traumatic situations daily, an unchecked mental health issue can be disastrous.

I needed to do something about it. When I became sheriff, Dr. Van Hasselt reached out to me. He, too, was concerned about first responders' mental health and asked BSO to partner with NSU on an important program. Together, with the aid of a Department of Justice Community Oriented Policing Services (COPS) grant and the tremendous help of Judy Couwels from our BSO Employee Assistance Program, we started the Peer Support Team, a progressive new resource for my agency's employees.

We want to make it easier for someone who needs help to get it, and first responders are more likely to seek help from a peer. The Peer Support Team is comprised of 30 sworn and civilian BSO employees who are available at any time for fellow BSO employees. Our Peer Support Team members are trained in active listening skills and critical incident stress management. They can refer those in need to community resources, and they have access to licensed psychologists who can handle more clinically complicated cases. This vital program is entirely voluntary and provides support and help to employees who may be experiencing personal issues, distress from critical incidents or are suffering from stress. I am proud of everyone involved in its development.

When we treat everyone with the appropriate methods of care, compassion and understanding, we all benefit.

MACCI & KATES

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From The Other Side Of The Couch

By Merri Goldberg, LCSW-C, BCD, FASGPP

Continuing, Mens' Friendships

Two months ago, I wrote about the period we were beginning to move into. With the increased availability of the Covid vaccine, most of us have had the vaccine and feel safer. The intensity of the political landscape has lessened although its aftershocks are still being strongly felt. It seemed to many that we were moving from the darkness of a very complicated year into the light. I proposed that it wasn't quite that simple. Rather we were moving into a time when much was not certain and the ground under our feet, for some, still felt a little shaky. What will be the after effects of this time. I know that for me living in America I had felt, in a strange way almost invulnerable to so many things. WOW, how mistaken. As we move into the new normal what will remain the same and what will be different. I asked myself, what will remain reliable and unchanged, a kind of a solid ground beneath our feet, to help get our new bearings. Let's look in on my pondering.

As I said also two months ago, when you think of therapists you may see them as calm, composed and able to solve anything. I assure you that is not always so. For instance, a few months ago I received a call - news that set my world spinning. What to do? My first thought was to get back in bed and pull the covers over my head. But I knew that wouldn't work. The second thought was to pull a dish from the shelf and smash it against the wall. I was angry. But no, that wouldn't work either and the cleanup would be a mess. So, I turned to my tried and true, always works, stop the world from spinning solutions. I called my sister and then my best friend to talk and the world slowly stopped spinning. What had happened? The power of women's friendships.

I wondered then if men felt the same. I began to look more closely at some male friends and asked them for help. What was interesting to me was that the men I talked to mostly did not want their names used while the woman did. This was a small sample so if you, the reader, have any further thoughts please let me know or write about it for the Insider.

On a whole I did not hear many men talk about one best friend. Usually they described themselves as primarily loners or having a group of male friends. These groups often went back to childhood, high school, or college and had begun centered

around a sport activity, club, profession, geographic location (hanging around outside their apartment building) or common interest and lasted for decades. Talk often centered around old memories or time spent together as well as the present. One man described how devastated he felt when one of his college friends died but he did not share his feelings with the other members of his college group even though they were close. He said he just didn't do that. He said that he handled his feelings alone and not with a friend.

When asked who they talked to about unsettled feelings during Covid time most of the men I talked to said they figured things out themselves. Some said their conversations were brief and usually centered around things to be resolved or events. There was a purpose to the calls. They couldn't understand how women could talk for long periods with much emotion and no clear problem or resolution and then say they felt better. One man said that he heard women often talk about a third woman not present. He said that if he had something to say to a male friend he just said it to his face to resolve things, not worrying about what that would do to the relationship. He said men made better friends because they were direct. What purpose was there in "just talking" about how they felt? the men would say. (Hey guys- don't try to understand. It's just a woman's thing.) Sometimes the men would talk to a male friend for a longer time, but it was usually ideas, or about concrete issues like stocks, sport teams, or effects of quarantine but rarely about feelings.

One of the men said he was also surprised when women asked a friend to go to the restroom with them. He described men's relationships as more physically private. When men hung out together there was usually a purpose, work, finances, sports recreational activities. During Covid many men here in Wynmoor were only tangentially affected and so issues of economics may not have been a major issue. Briefly, men are usually seen alone or in a group. Talk is often not as free flowing, not as personal and usually about the people present and not others. Men do not usually refer to "we" when talking about a friend. And close male friendships may last for decades as a group. Again, look around and see what you observe. Guys, let me know how you view men's friendships, particularly in Covid time. Look forward to hearing from you.



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Wynmoor Wave Inspires Spring Dancers

By Marjory D. Lyons

Residents of 1901 Bermuda Circle celebrated the First Day of Spring with the *Wynmoor Wave* on March 21, 2021. The idea for the *Wynmoor Wave* is that this is a way to help residents lift their spirits during the pandemic. Neighbors could see and greet each other safely by waving from doorways and catwalks.

So far, the committee has held a *Wynmoor Wave* each month since March 2020, with various themes. In this *Wynmoor Wave*, neighbors not only smiled and waved to neighbors but took part in singing "April Showers" led by Marj Lyons and "My Favorite Things" from *The Sound of Music* led by Jen Stieglitz.

Former dance instructor for *Wynmoor* shows for twenty years, 92-year old resident Sarah Nadelman stepped out to the parking lot and choreographed the others in delightful dancing. Residents from the four floors of the condo applauded and waved back.

Lillian Ortegon, building director, photographed the dancers, while Sue Chandler and Connie Landy and her dog, Joy, joined in the festivities. Tim Jefferson used a megaphone to help organize the event.

Marjory D. Lyons is a writer and publisher of books of memoirs. She holds a writing class on Zoom weekly. An active member of the *Wynmoor Writers Workshop*, and lives in *Bermuda Circle*.

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Jim: From the Past, With Words for the Present

By Beverly Friend

This morning cleaning out files, I came across the very first of many of my late husband Jim's letters detailing his response to teaching in China 1985-86.

After his untimely death in 1987, I had transcribed the handwritten volumes of his diary kept during that time in order to create a journal for our family. However, today, as I open his early letters, reading his initial reaction to the fantastic experience of teaching in China (I believe the highlight of his professional career), I cannot resist quoting at least the two paragraphs following —realizing how ephemeral were his words (as was his life) and hoping to give them some permanency, in much the same way that I have essayed the years that followed. As I read, I can hear Jim's voice — and therefore he lives on for at least this moment.

“Unlike the heat, the sounds of China seep into your consciousness slowly. The voices, the singing, the jingling of the bicycle bells, the hum (sometimes it's a symphony as loud as Beethoven's Fifth) of the locusts in the trees, the beeps of car horns — they are all there most if not all of the time, and you are aware of them dully from the time you walk a city's streets or down a pathway in a park, or through the narrow walkways of a college campus. But somehow, they don't register at first on the sound system of the mind. And then the consciousness, like a creaky old gate, begins to rise and the sounds filter through, single file at first, and then as the height and breadth of the gate increases, they come in — in twos, then threes, and finally like soldiers charging wild to invade a city, they rampage through to you until you wonder where they all came from and why you hadn't been aware of their intensity all along. By this time, there is no point in trying to blank them out. Like an occupying army, they set up camp, and you know that they will

remain with you — on not entirely unwelcomed terms for as long as you are in the country other sounds will join them in the occupation of your mind and they too will follow the process of their predecessors. Awareness becomes a military procedure in China.”

“As I may have mentioned before, many of the foreign experts here begin to feel like someone somewhere between J. Alfred Prufrock and a character from a steamy Somerset Maugham novel. Here we are, all of us thousands of miles from home, in the heat and humidity of another world, and we begin to magnify all the little events of the day — all the little trips to the post office, the newsstand, the foreign experts' commissary, the dining hall, the little neighborhood shops — until what might seem a simple routine to others becomes a series of major events in our lives. It is like the shedding of an old skin and the donning of another that seems to fit more comfortably than the one we brought with us. It is not based on boredom, but on freedom, not on the trial but on the triumph of this people we are among. We have become less sophisticated, more primitive in a sense...”

As I read Jim's words, written over 36 years ago, I wonder if he might not have felt and written the same about this heightening of senses, the slowing of response while one absorbs one's surroundings, had he lived to experience the world of our Pandemic. There is a parallel between entering a new world and reentering a world which once was familiar and now is alien after over a year of quarantine.

I speculate on what he would have written had he been with me last night. — our first entry into a restaurant after a year of absence. Ironically, this was our trip to China — at PF Chang, we were assailed by the smells, which he would have described. We ate what we had long forgotten the tastes of and reawakened them: wonton soup, lettuce wraps, shrimps in lobster sauce, and pad thai. I can merely list what Jim would have described in succulent detail.

Continued on page 12

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Continued from page 11

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I know because in his long China diary, he detailed every mouthful he took at every restaurant he visited.

I can echo his words: It is like the shedding of an old skin and the donning of another that seems to fit more comfortably... I like to think that we have grown into this new skin because we have been forced to stop, look, listen, and grow. We begin to appreciate what we once took for granted, the feel of air on an unmasked face, the joy of going places and accomplishing deeds, the sight of a beloved face. We have gained insight when we see old, familiar sights with new eyes – a renaissance of feeling.

While I cannot see Jim's unmasked face, I can hear his voice as I read. As memories stir, I appreciate anew the insights his words awaken. Once again, many years from the days his words were written, I learn from the way Jim saw, the way he wrote, and how these led to what he wanted inscribed on his grave: "Don't mourn my death, celebrate my life." Worth inscribing then; worth rereading now.

Jim was – and still is – my role model and inspiration.

Never Give Up!

By Lil Miller

Let me tell you a story so pure and real to life. As I write, a small miracle is happening that tells the story of life. One day, sometime ago, a fisherman on our private lake caught a baby egret on his fishing pole breaking its leg. A neighbor ran out and grabbed the little egret and set its little leg.

More than a year has now passed by and that little egret is now standing on one leg looking out at the calm lake. Grandpa egret who guides him to this day is now gone, showing the love that keeps us walking on as the virus is racing day by day.

Do the things you hate to do, and the love within you will shine through. Life is hard and even sad, so be proud of what you can do from the heart

and give it away.

Love you, Lil Miller

What Is That?

By Mark and Laurel Felsenfeld



"What IS that?!" Or... "Cool bike!" are the usual comments Mark and Laurel Felsenfeld of 3004 Portofino get when turning heads riding their recumbent tandem. Unlike standard tandems their bike features two semi reclining high-backed seats and a T-bar control arm with the brake and shift controls. This looks like two office chairs on top of bicycle wheels! Communication between the driver or "Captain" and the person in the back, the "Stoker" (so named because despite appearances the person in the rear does most of the work) is



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essential. Tandems make or break a relationship! Watching beautiful scenery pass by seated on comfy cushions with back support and no longer worrying that your life partner has fallen behind out of sight (Mark, not Laurel!) and being able to carry on a conversation is cycling heaven...most of the time.

The couple started 11 years ago with a standard mountain bike tandem purchased for a 300 mile one week biking and camping trip from mid-Michigan to the top of the state with two of their three children. Laurel with one child on the tandem and the second towed behind Mark's standard bicycle. Mark's rotator cuff surgery in 2009 made riding the upright tandem too painful for long trips (it was donated to Wynmoor's Relay for Life auction in 2016). Laurel found a used Rans Screamer recumbent tandem and a rooftop rack to transport it. Rans Screamer's name comes from screaming downhills at upwards of 30 mph. Lifting 75 lbs of bike on top of their Prius proved too difficult for schlepping it back and forth to Wynmoor from their home in Michigan so that's when former members of their tandem club sold their older Rans Screamer. They snapped it up and that is the bike you see at Wynmoor. Mark and Laurel have ridden over 2000 miles total on the two Rans tandems, the longest trip was a 3 day trip of over 140 miles. They also own two road bikes, two folding travel bikes, and a mountain bike for Laurel's new passion for trail riding through the forests near their summer home off of Lake Michigan in Ludington, Michigan. Please remember to allow at least 3 feet when passing and DO NOT toot your horn and startle the Captain!

If There Is Next Life - What Will You Be?

By Mobolaji Adedoyin

Some people believe in reincarnation - they believe when people die, they are reborn into this world in one way or the other. However, human race has not been able to verify that belief and confirm that someone was born again

into the same or different family after he/she died.

If you are sure you can return to this world, what would you like to be - a nurse, doctor, fire man or woman, lawyer, electrician, bricklayer, plumber, teacher, designer, musician, writer, painter, etc.? Would you like to come back as an animal - may be a triple-crown racing horse, an elephant, a whale, a zebra or a camel? Finally, if you are a woman now, would you prefer to return as a man?

My life this time around has not been too easy or difficult. I worked very hard and made money the old fashion way, I earned it. Thank God, I had few people I called my angels that helped me to accomplish my goals in New York. Ten years after college, I stumbled into Bank Regulation and built a career in the Supervision of Banks - first with the State of New York and later with the Federal Reserve System.

After I die, if I could come back to life and live as a human, I would like to be in construction, particularly helping homeowners with renovations. I want to be like two contractors that renovated my kitchen and basement in Brooklyn. Both of them were carpenter, plumber, bricklayer, electrician, locksmith and painter put together - they did everything. They gutted my kitchen and basement and rebuilt them beautifully. In my next life, I want to be the one that could do that - build something I can see and show people. I love that.

Many moons ago, my paternal grandfather told few of my cousins and I that every profession is important for the common good or for a society. The lesson on that occasion came about because one of my cousins was making fun of a sanitation man that was cleaning gutters in front of our house. My grandfather made us understand what would happen if a sanitation man did not come to clean that gutter for a week - how the front of our house could be flooded and smelly. I was fortunate, before I finished primary school, I

Continued on page 17



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with the Medicare Lady

By Darlene Swaffar

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Welcome to the monthly Editorial from Darlene Swaffar aka The Medicare Lady and Owner of Sunshine Insurance Associates located in Deerfield Beach, FL for Wynmoor Residents.

Each month I will choose between one or two questions to answer.

Here is this month's questions regarding Finding a Doctor In Network and changing plans:

Question: "I am having a hard time finding a doctor in network that will take new patients?"

Answer: Covid has really complicated the ease of which we are provided service. This unfortunately has also extended to the ability of Primary Care Physicians to see their patients on a timely or urgent basis, or to take on new patients during this time.

Typically when you have a chronic condition, your physician would schedule an appointment once a quarter for blood work and medication management. On average they see 4 patients within an hour providing 15 minutes for each appointment. More time is provided during a "new patient" appointment. Due to Covid restrictions, doctor's offices are mandated to reduce the number of patients in their waiting rooms and this reduces the number of patients they can see within an hour. This is the primary reason why it is taking longer to obtain an appointment to see your doctor, as well as, doctor's ability to bring on new patients.

To ease your frustration with this stage in obtaining access to care, remember that many Medicare Advantage Plans offer Telemedicine and Urgent Care. To find the telephone number for Telemedicine, call the customer service number on the back of your Medicare Health Insurance Card. To find in network

Urgent Care Centers, go to the insurance website and click on "Provider Search" tab, or call your Licensed Insurance Agent to help you search for locations.

Question: "I can't seem to find a doctor. Can I change my Medicare Advantage Plan?"

Answer: We are now in a Lock In Period for the rest of the year. OEP – Open Enrollment Period ended on March 30, 2021. In order to change your Medicare Advantage Plan, you will need a qualifying special election period. Your options include: 1) Wait until the AEP – Annual Election Period. 2) Consider a Five Star plan that has open enrollment all year long. There are 2 Five Star plans in Broward County which are CarePlus and Health Sun. 3) If you qualify for the Medicare Savings Program and Medicare, then you would qualify for a Dual Eligible plan that has 3 special election periods to enroll during the first 3 quarters of the year.

I hope this article is able to provide you with some guidance on obtaining access to care.

When in doubt, ask The Medicare Lady™.

If you have a question that you would like answered for the June Edition, please email me at darlene@medicareladypro.com or call our office at 754-444-2782.

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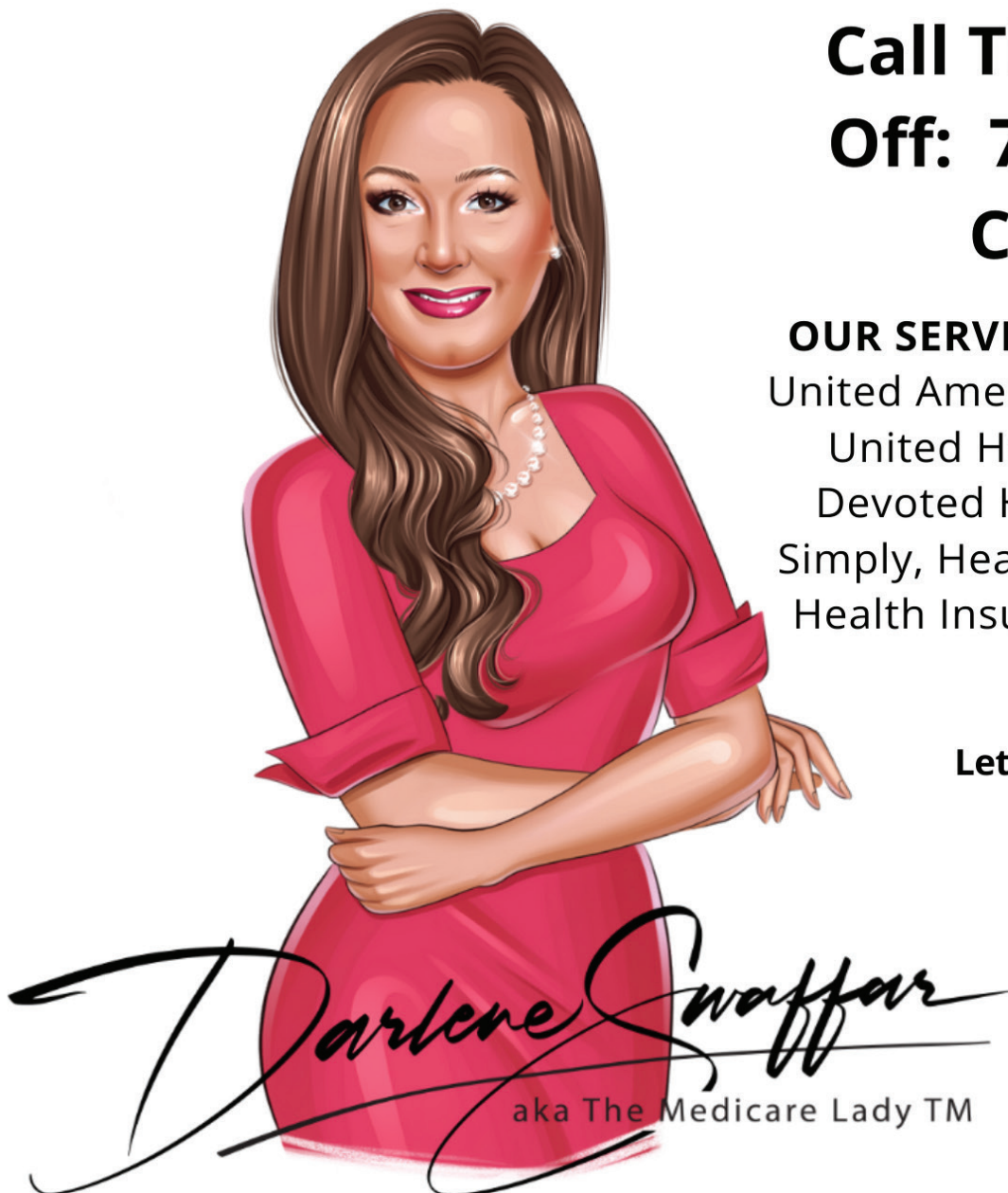
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Continued from page 13

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knew every profession or job is as important as the other.

No matter whom or what you decide to be in your next life you will be an important member of the society. I know I will be very happy as a carpenter, electrician, plumber, or bricklayer.

What Is A Director?

By Lil Miller

Opinions expressed here, are strictly those of Lil Miller of 3204 Portofino Pt, Coconut Creek, Florida. Having lived here going on 19 years, I have seen 3 Directors caring for our property. Since they are deceased, our present Director has recently accepted his second term caring for us for small problems that we residents cannot do! This is all cheerfully done by our Director. Having a serious problem myself here recently, our Director helped to solve it. For the best of all, bravo Mr. Director, we need more like you! Love from our block of Portofino to yours, have a great day!

Give your Director a smile from your heart today with gratitude, carry the message, I am.

The Big Clean-Ups

By Irv Kaplan

In the past, Bev has had a weekly cleaning lady who did everything: change linens, wash, dry, fold and put away laundry, dust, clean, vacuum, tidy up – everything.

Sophia, her most recent cleaner, did a great job. However, when we were in Florida last year, she passed away. When we returned in the midst of the Pandemic, Bev did not replace her. In fact, no one was allowed inside Bev's door except me – and sometimes I had a hard time being admitted if I had

visited any stores on the way between my house and hers.

So, we did the best we could – but two creaky seniors could not do half the work of one younger, spryer worker.

Now that we are vaccinated, we are braver, and Grace arrived this week for a first session. Bev worked three solid days getting ready for her – gave away about 10 bags of books to Goodwill and tossed out umpteen bags of papers from her overflowing files into the garbage.

Grace passed with flying colors. She did so well, that next Tuesday, she is coming to my condo. It is smaller than Bev's, and I hope she will charge me less.

In order to get ready, my local sons, Michael and Billy, came by to shovel out all my accumulated clutter. As they picked up each item, they would ask, "Oh, do you need this?" or "Oh, do you need that?" I did not really need anything! They struggled for three hours and when they ended, the place looked wonderful. Four bookcases loaded with all kinds of chachkas: Lladro figurines and others by unknown artists. It will take her a full visit to dust and polish them. I probably buy too many things and don't get rid of any of them.

New things come in and old things just stay – like us!

What Is A Mother?

By Lil Miller

What is a Mother? Sugar and spice and all that's nice! Crinolines and pumps to make her taller to walk beside dad. It's a day to treat mom to a dinner and a show. A treat we make every Mother's Day and the reward is to hear what a darling family! It's so nice to be a mom! Happy Mom's Day! A Grandma! Well that's God's gift in showing us a beautiful mom! Aging in beauty and love. I am Grandma I am proud to say! Please throw a hug and kiss my way. It is a special day for me too. I love you, Lil.

TALK TO A LAWYER...BE SMART LAW OFFICES OF MARTIN ZEVIN, P.A.

Martin Zevin, head of the firm, has been practicing in the areas of Personal Injury, Wills, Trusts & Estates in Broward & Palm Beach Counties since 1973.

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.

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Dear Dr. Joy...

By Joy Berke Sanchez, PhD

This month's article is based on a couple of different excerpts from previous ones and my 2010 book on narcissism. It's on what I call emotional currency or EC. Everyone has ways in which they want to 'get paid' emotionally or intimately. These are the behaviors, gestures, etc. that lead to a person feeling loved, valued,

appreciated and a host of other psychological necessities. Different people use different currencies to give and receive closeness and impart feelings of caring and love.

For example, service. Both men and women use service to show their love. I don't want to be sexist and these examples are meant to be merely illustrative. A woman may pick up her husband's shirts at the cleaner's and he may wash her car. Of course, these behaviors can be reversed (have to be very careful these days not to offend anyone). If both people view service in the same way, they both will feel loved and cared for when these things are done for them. However, if one of them just regards doing these things as part of running a household, that person will not feel 'paid' by the gesture. Oftentimes the other will point this out and say he or she was met with a mere 'thanks' because the partner on the receiving end thought it was not particularly special.

Another example is money or gifts. Sometimes one partner believes that buying an extravagant gift is a wonderful way of showing love. If the person on the receiving end thinks the same way, then both partners will feel loved and appreciated and their emotional banks will have a deposit. If, however, you have one person believing that gifts are a show of love and the other thinking that picking up the dry cleaning is, we're going to have two unfulfilled people. The one who didn't receive the gift and the one whose trip to the cleaners was not appreciated. Neither partner here is going to feel emotionally paid.

One very important difference is in what constitutes emotional intimacy. I'll use myself as an example. To me, closeness comes from intimate conversation. These conversations can be intellectual as well as emotionally revealing. They come from sharing ideas, philosophies, theories, experiences and opinions as well as intimate and personal feelings. This would be true for me in any relationship whether with friends, my daughters, spouse, etc. This was also true when I ran groups and watched people blossom because they were able to share their deepest selves and their ideas and learn to accept the revelations of others. For me, this is what it means to be 'in relationship'

with another person and this is what fosters intimacy and caring for another. When I don't have that I can only reach a certain level of relationship which may be fine in casual friendships and acquaintanceships but those relations cannot and will not deepen. Of course, I also tend to pay in that same currency and although I can and do pay in all forms of emotional currency, they are not primary for me.

Another important currency is time. Some people require spending a great deal of time with the other and some need much less. If you believe that the amount of time spent together should be a primary factor of the relationship, being with someone with many other interests who doesn't have the same time requirements you do will make you both unhappy. You will see time spent doing other things as a rejection of you and the other will find your demands suffocating and neither of you will be filling your emotional bank.

Time spent together is definitely an important factor in relationships. It is difficult to feel loved and cared for when the person you want to be with hasn't the time to spend with you. The important thing to look at here is desire. If the other person has a time-consuming job or other necessary demands but you know you are valued and the desire to spend the time with you is there, it is quite different than being with someone who is fitting you in to a whimsical schedule, seeing you when he/she feels like it or when it is convenient. Trying to receive something from someone who is unable to give it is a major effort in frustration and futility for both people involved.

Another example and method of payment is paying with physical affection and/or compliments. This comes naturally to some people and is very difficult for others both to give and to receive. Again if the balance of desire and need does not match you will be in for a rough ride.

To be paid in your own currency is to experience yourself as loved, valuable, important, cared for, psychologically visible and a real part of a relationship. To be paid in a way that is less important to you or even in a way you might not even notice leads to feeling invisible as your deepest self and when you feel invisible you cannot feel loved and cared for. Imagine having your emotional currency bank depleted and then imagine it overflowing. Quite a difference.

Due to space constraints I have shortened this extensively but hopefully you got the idea and can come up with your own currencies and listen to the important people in your life about theirs.

You can reach me at JoyB212@aol.com or my home number is in the Wynmoor book. If you call, please leave a message as I don't answer numbers I don't recognize. I would love to hear from you.

Writer's Workshop

By Nancy Heller Moskowitz

The rhyme goes: "April showers bring May flowers." Flowers spring up each month for the Writer's Workshop. A beautiful sunflower grows tall as we celebrate our year of Zoom meetings. It has united us each week. Another is the rose of friendship. It blooms constantly. Finally, a fragrant

lily sends the aroma of fresh air and open spaces. So we continue to meet via Zoom on Saturdays from 10:00 a.m. - Noon until further notice. If you want more information, please contact me at 954-973-2181.

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**Come Together in Our House of Light:
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Do you know where you want to go (post-Pandemic) or what you want to do? Our rabbi, Rabbi Laura Rappaport, asked us this thought-provoking question during Shabbat services during the Passover holiday when discussing the Exodus of the Jewish People from Egypt. Sometimes we know what we are leaving, but, do we know where we want to go?

Some of us feel a bit safer now. We see the crowds returning to our favorite restaurants. Maybe, luckily, we got the vaccine, are still wearing masks, did what we were told (mostly). We were frightened, some of us alone, lonely, and could only see those we loved through Zoom or Face Time. Tragically, some of us lost someone we loved, witnessed great suffering or maybe were sick ourselves, not sure if we would ever get past this terrible time.

But where will we go now? It's time to think to the future:

- Is it time to re-connect with family, friends, make new connections?
- Is it time to think about events that will be fun, engaging, supportive?
- Do we want to give back to the community?

Our services and many other programs have been on Zoom, but we are opening up, slowly and safely.

We have a wonderful warm and engaging rabbi who is there for all of our members in times of sorrow and joy. An open and welcoming congregation who help make everyone feel that they belong.

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1903 Bermuda:	2/2, Rental, Lake View, Tile Throughout, Top Floor	Annual \$1350/mo. Seasonal... \$ 2000/mo.
3402 Bimini:	2/2, Huge Apartment, Furnished With Washer & Dryer	\$ 1450/mo.
2103 Lucaya:	1/1.5, Partially Furnished, Annual Rental, Carpet, Very Clean, Top Floor	\$ 1100/mo.
2201 Lucaya:	2/2, Furnished, Pool View	\$ 1300/mo.
2703 Nassau:	1/1, Furnished or Unfurnished, Pool View, Excellent Condition, First Floor	\$ 1200/mo.
3005 Portofino:	2/2, Desired First Floor Annual Rental, Just Painted	\$ 1400/mo.

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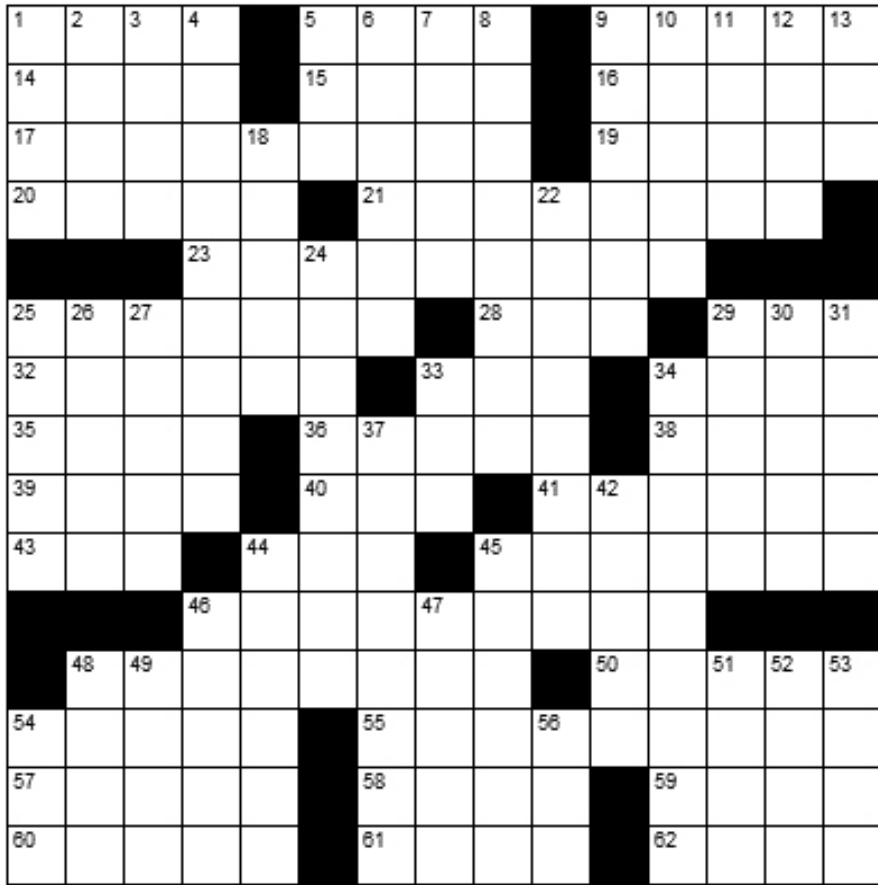
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Puzzles and Games

Solutions on page 50

Crossword Puzzle



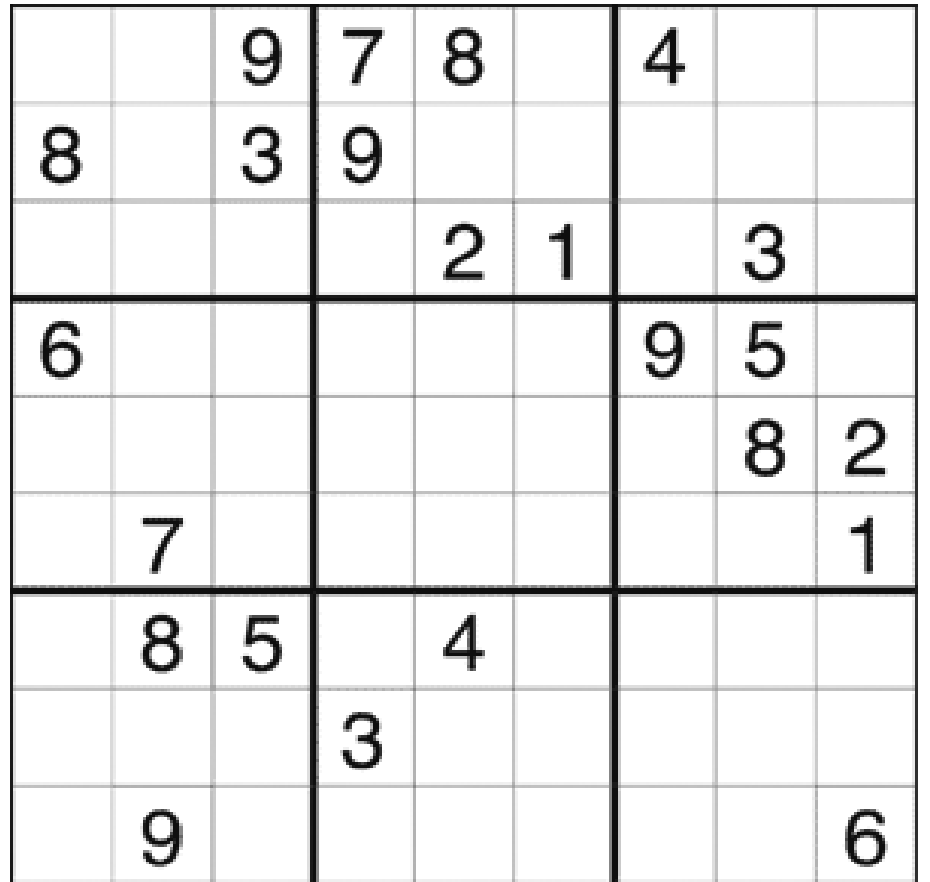
ACROSS

- 1. It was (contraction)
- 5. Not
- 9. Increase
- 14. Assistance
- 15. Margarine
- 16. Snow house
- 17. Uncut
- 19. Wish granter
- 20. Endured
- 21. Eavesdrop
- 23. Pieces of body armor
- 25. Leaflet
- 28. Frozen
- 29. American Sign Language
- 32. Swallow
- 33. In song, the loneliest number
- 34. Ballet attire
- 35. A jaunty rhythm
- 36. Dull explosive noises
- 38. Anagram of "Dome"
- 39. "Comes and ____"
- 40. Not cold
- 41. Place of worship
- 43. Ensign (abbrev.)
- 44. Vigor

DOWN

- 45. Cheer
- 46. Declaration
- 48. Contrabandist
- 50. Made a mistake
- 54. Flora and fauna
- 55. Straightaway examination
- 57. Not younger
- 58. Send forth
- 59. Fraud
- 60. Verse
- 61. Bristle
- 62. Distribute
- 24. Vomiting
- 25. Cause to leak
- 26. Scallion
- 27. Leers
- 29. A financial
- 30. Rock
- 31. Unit of luminous flux
- 33. Not in
- 34. Acts that cause fear or panic
- 37. Sermons
- 42. Despised
- 44. Whim
- 45. Recluse
- 46. Deadens the sound
- 47. French of "Woman"
- 48. Storage cylinder
- 49. Style
- 51. Dash
- 52. French for "State"
- 53. A Greek territorial unit
- 54. Hit on the head
- 56. Estimated time of arrival

Sudoku



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.

World Currencies

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



- | | | | | |
|-----------|--------------|-----------|------------|---------------|
| AFGHANI | EURO | KWANZA | NEW SHEKEL | RUPEE |
| ARIARY | FORINT | KYAT | NGULTRUM | RUPIAH |
| BAHT | FRANC | LEMPIRA | OUGUIYA | SHILLING |
| BALBOA | GOLD CORDOBA | LEONE | PATACA | SOM |
| BIRR | GOURDE | LILANGENI | PESO | SUCRE |
| BOLIVAR | GUARANI | LIRA | POUND | SYLI |
| BOLIVIANO | GUILDER | LITAS | PULA | TAKA |
| COLON | HRYVNIA | LOTI | QUETZAL | TALA |
| DALASI | KINA | MANAT | RAND | TENGE |
| DENAR | KORUNA | METICAL | REAL | TOLAR |
| DINAR | KRONA | NAIRA | RIAL | VATU |
| DIRHAM | KRONE | NAKFA | RINGGIT | WON |
| DOLLAR | KROON | NEW CEDI | RIYAL | YEN |
| DRAM | KUNA | NEW DONG | RUBLE | YUAN RENMINBI |
| ESCUDO | KWACHA | NEW KIP | RUFUYAA | ZLOTY |

a WORD or Two

Word: brusque

Definition: markedly short and abrupt

Example: "Where are you getting all this?" Dinah asked, drawing startled or disapproving glances from a few who worried that she was being too brusque with the boss. 'It's only been, what, four hours?'"

— Neal Stephenson, *Seveneves*, 2015



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ANDROS VILLAGE
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VICTORIA VILLAGE
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PORTOFINO VILLAGE
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ELEUTHERA VILLAGE
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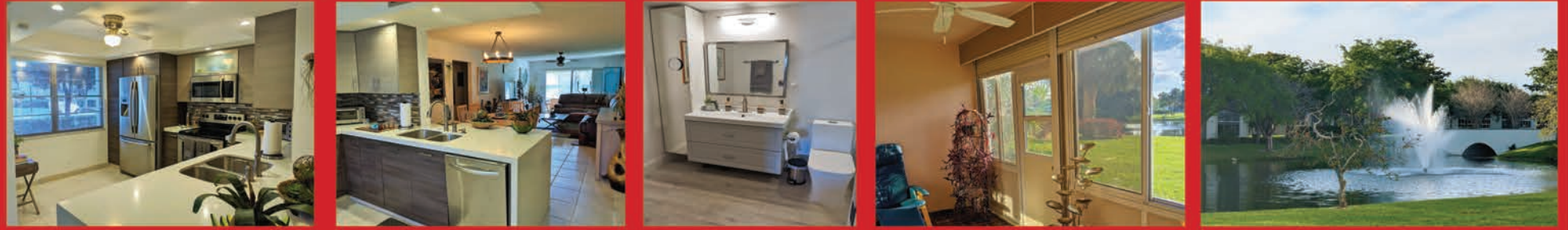


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ANTIGUA 4th Flr 1/1+HALF Bath, Laminate Flrs, OPEN KITCHEN, Newer Appl..... \$ 82,000



BAHAMA 1/1 Furn, Tile Floors Except Bedrm, Roll-Ups, Quiet Garden View \$ 80,000



NASSAU 1/1+HALF Bath, Tile/LAMINATE Thru-Out, Newer A/C, Wide Garden .. \$ 79,900



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BIMINI	W/Dryer Luxury, Grnd Flr, NEW VINYL FLRS THRU-OUT, Golf/Water	SOLD	\$ 159,000
NASSAU	Grnd Flr COMPLETE REMODEL, Hurricane Windows, Encl Patio, Furn	SOLD	\$ 132,500
ANTIGUA	Grnd Flr, Updated Kitchen+Baths, NEW A/C, Encl Patio, Lake/Fountain	SOLD	\$ 120,000
PORTOFINO	Penthouse, Updated Kitchen+Bath, FURN, Roll-Ups, Luscious Golf	SOLD	\$ 112,000
VICTORIA	1/1+HALF Bath Hurricane Glass Encl Patio, Clubhouse/Golf/Lake	SOLD	\$ 82,000

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Reflections On What Really Matters: For Estate Planning and for Life!

By Martin Zevin, Attorney

As I sit home writing this, with my wife of 44 years in the kitchen and our only son working from his apartment in California, I'm reflecting on what really matters. This world crisis has given me time to see things in perspective. I've been waking every morning saying "Thank You, God" and repeating it constantly all day and night. I have such deep gratitude for the roof over our heads, food to eat, each other to hug and our son safe, healthy and still working.



My mother-in-law was a sweet, loving woman. But her son, whom she loved dearly, married a woman who she couldn't stand. Her son was caught in the middle, but, as is usually the case, sided with his wife. And because of that, my mother-in-law lost her relationship with not only her son, but her granddaughter as well.

Through all my years of assisting clients with Estate Planning, I have seen so many parents who are alienated from one or more children. I hear things like: "I haven't talked to my son in 20 years." Or: "My daughter has said things to me that I can never forgive. I want her out of the Will." It always makes me sad. But as a lawyer, I do what the client asks. The Estate ends up going to a charity, or a sibling or a friend. And charities and siblings and friends are certainly all worthy.

I'm sounding more like a preacher than a lawyer. But here's the legal advice: as long as you're alive, there's an opportunity to forgive. To heal. To bring peace to yourself. If you've cut out a son or a daughter from your Will or Trust, consider putting them back in. If you can reconcile with them, on any level, it would be beautiful. But even if you can't, the mere act of making him or her

And yes, children can be mean or selfish or inconsiderate. But in this moment, writing this as a man and a father and a son to two parents who were far from the greatest, but who gave me life, I say to anyone reading: This is a time to forgive. Forgiveness is healing. If you can, leave this earth having forgiven everyone, especially those closest to you. And forgive yourself, too. Forgiveness brings peace.

an heir again is a great act of forgiveness and love.

And if you are lucky enough to have a wonderful relationship with your children, count your blessings---and give them a call.

Please feel free to call me for a free personal or phone consultation regarding any issues pertaining to Wills, Trusts, Estates and Probate. I am also available for free consultation regarding 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. My website is www.martinzevinpa.com and my e-mail address is martinzevin@netzero.com. See ad on page 17.

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INSPIRATION STATION

By Diana Stone, M.A., Wellness Consultant and Inspirational Writer and Speaker

“We’re all just walking each other home.” –Ram Dass

Dear Reader,

This article holds special significance to me as it will be my final one for THE INSIDER as I am being called HOME. Not in the sense of going to heaven, but rather I am being called to give my family my fullest attention as we move to a new home in a new town. This is truly a miraculous event in our lives as we are moving into the exact house we planned on moving into six years ago but at the last moment circumstances shifted and this dream home was no longer on the market! At the time, I was super disappointed but I made the conscious decision to make wherever I lived beautiful and comforting. Even so, I longed for my dream home! I loved the layout, the location, the way the natural lighting accentuated the warm pine wood floors. I loved the tropical back yard lush with trees and flowers surrounding a serene swimming pool! I held the vision that one day we would have a home just as lovely but I **LET IT GO** and surrendered to what was possible at the time. Six years later, my dream home came back on the market, and this week it becomes OURS!

My intention is to create a sense of HEAVEN ON EARTH in our new dwelling. I want each room to feel purposeful and soothing and beautiful! I remember decades ago when I became a new mom reading home decorating ideas by designer and philosopher Alexander Stoddard. She encouraged us to use the spaces in our homes to reflect how we are truly living at each stage. I took great comfort in her encouragement to allow formal dining rooms to be playrooms while our children are young. This actually validated how I was already living as my dining room had long been hijacked by my then 6 and 2-year-old sons as their fort! They had put all of their trucks and soldiers under our table and they loved it when I allowed a big blanket to drape over one side so it felt like a camping tent! Snacks tasted better in their “tent” and it was their absolute favorite place in

our whole house! With only one teenager living with us at home, we are choosing to claim the extra bedrooms for US and how we choose to live NOW! My husband will finally get the home office he has envisioned for years and I will get a yoga/meditation room, free of clutter where I can peacefully practice my inward journey towards enlightenment. Of course as our beloved adult children come home for visits, we will repurpose the rooms into comfortable charming guest rooms for them by pulling out the beds we are saving and adorning the rooms with reading lights, flowers and their favorite snacks. But mostly, these rooms will be enjoyed by us in the ways we are currently living. How wonderful to be able to transition into each life stage with grace and gratitude.

While I am incredibly grateful for this dream come true for us, I am also reminded of how challenging a move is and how much energy and patience and perseverance is required to get settled from one house to another. You would think since this will be the fifth house we occupy in 6 years, that we have it down to a science by now and for the logistics of it all, we certainly do. But this time as homeowners, we want to elevate it to an art form where we are truly guardians of this treasured space and I choose to make this my top priority at this time.

Writing my Inspiration Station column for all of you has been my sheer pleasure and I am so grateful for the special connection we have shared through this forum. Thank you for reading my column and for all of your nourishing complimentary emails over the years! I wish all of you abundant health, love and joy until we meet again!

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



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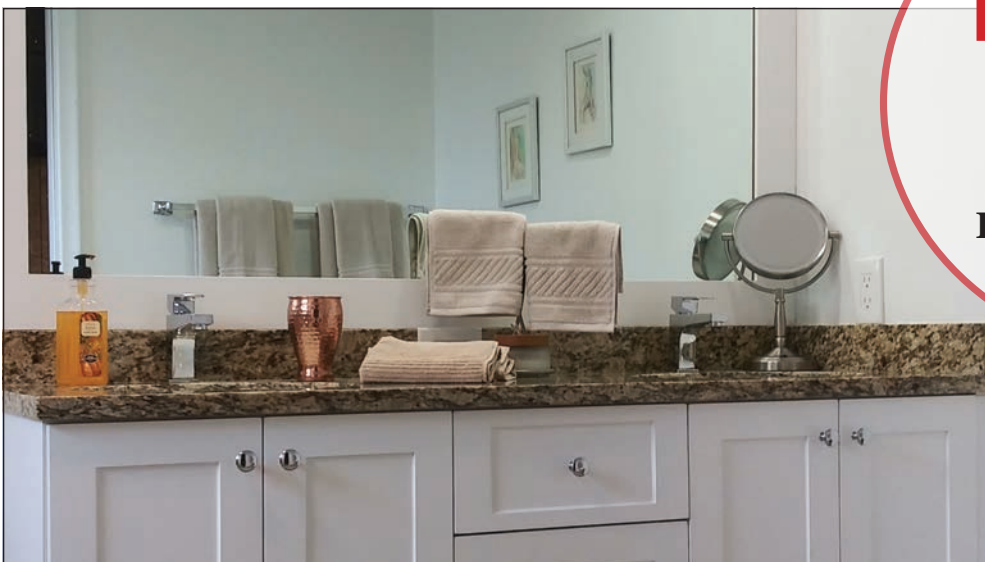


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WYNMOOR Golf and Tips

By Kevin Battersby, PGA



Tee It High, Let It Fly

We have all heard that expression “tee it high.” With the advent of these large head drivers, 400CC and 460CC, the center of gravity and suggested contact point has changed over the years. Before the age of large heads on your driver and titanium, we had the smaller wood heads and screws in the middle of the face. The expression

was “hit in the screws” meaning the center of the face for maximum distance. This new contact point uses the “trampoline effect” to have the ball spring off the face for maximum distance. This point is above the mid-line of the face more toward the top of club.

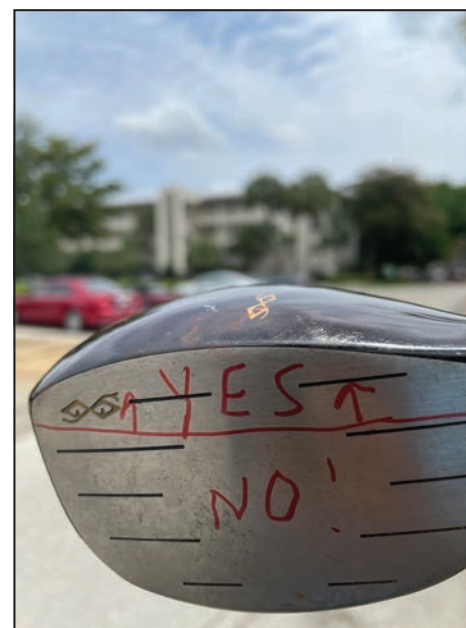
This new trampoline effect requires a higher tee with almost half of the ball above the top line of the club so you can deliver a level to slightly upward blow on the ball. This tee height would be different for different size heads but teeing too low would require you to hit down on the ball or if you didn't you might top the ball. Raising the tee height up a bit higher provides more room for error on your tee shots. It does take some practice to get used to this tee height but in the long run you will be a better driver of the ball. After impact you will notice the pros tee would be just bent forward but not knocked out of the ground. You can't put topspin on your drives, but you can reduce the backspin and get a nice trajectory and good roll on your shots by hitting slightly upward on your driver with the higher tee height.

“Tee it High and Let it Fly”

Kevin Battersby PGA
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After contact with ball tee is bent forward



400CC driver, area marked yes is optimal point of contact



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3205 Portofino J1	Gorgeous 1Bed 1-1/2Bath, Beautifully Remodeled with Sparkling Lake Views	\$ 105,000
3404 Bimini J1	Lovely 1Bed 1-1/2Bath With Washer & Dryer Inside, Move-in Ready	\$ 84,900
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2301 Lucaya F4	1Bed 1-1/2Bath, New A/C, Pool View, Priced at a Low	\$ 57,000
2405 Antigua M3	2Bed 2Bath, Overlooking the Pool	\$ 115,000
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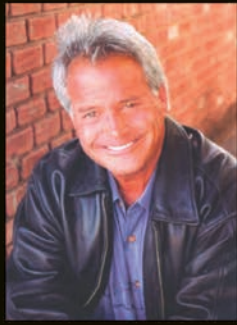
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Clubs and Activities

All Club activities held in the clubhouse have been postponed until further notice. Please contact the Club President for more 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

For information about the Pool and Billiard Club, or to join our e-mail list, email WynmoorPoolClub@gmail.com. You can also join our Facebook page Wynmoor Poolclub.

Bridge

By Phillip Cummins

The Wynmoor Bridge Club, like many community clubs, has been unable to have face-to-face events since March of 2020. Its Board of Directors hopes that by late Fall of this year, regular Bridge games will be available to both residents and visitors. Schedules will be released when the OK has been given. Until then, interested parties can contact Gerri Silverman at 954-978-2457.

Camera Club

By Nancy Landman

We have had an amazing 2020-2021 season! There was a wonderful response to our online Zoom meetings. We've had interesting and informative presentations throughout the season. Most exciting has been the wide variety

of photos submitted by the membership and the obvious improvement over time in the quality of the work.

We are taking a hiatus until the beginning of our next season in November. As usual, our meetings will take place on the 2nd and 4th Tuesdays of the month. We are all hoping we will be able to meet in person by then.

The Camera Club of Wynmoor welcomes all Wynmoor residents to join regardless of your skill level or type of camera. Photography is unique in that if you have a camera (smartphones work!) & a computer no additional equipment is necessary, and our world is our workspace.

If you'd like to register as a member and receive info and updates, send an email to CCWynmoor@gmail.com.

For further information call Nancy Landman 954-496-1965.

Chess Club

By Hillel Cohen

Did you play chess years ago? Do you play chess on a computer from time to time? For more information call Hillel Cohen at 917-548-5120.

Computer Club

By Beverly Friend

For more information, contact Patrick O'Brien at 2makeitwork@gmail.com

Conservative Club

By Jack Mendelson

The Conservative Club of Wynmoor will meet at 7:00 p.m. on May 17th at Wings Plus, 9880 West Sample Rd, Coral Springs.

Our Speaker Clarence V. McKee, Esq. is a frequent guest and commentator on NEWSMAX TV. He has worked with several U.S. Presidents, been a registered Foreign Agent and owned a TV station and served on several Corporate Boards. He is the Author of "How Obama Failed Black America" and "How Trump is Helping it." We all need to work together to get our country back on track.

Continued on page 38



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Clubs and Activities

Continued from page 37

Come early so you can order some great wings, salads, or other good food for dinner. Looking forward to seeing you there.

Current Events

By Susan Myers

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.

Democratic Club

By Stan Grossman

For the immediate future, the Democratic Club of Wynmoor will be communicating with its members via Zoom meetings and emails. For more information on the club, please call Ronny Sydney at 954-973-7522.

Fun With Friends

By Louis Kravitz

It looks like things are starting to open up, but not Fun With Friends. When Wynmoor gives us the O.K., we will be ready to go! Hope everyone has stayed healthy and kept moving physically over the long winter. When we get the word, Joan Sommers will put out a blast and we will be ready to dance! Miss you all.

Hadassah

By Toby Gordon

Please support Wynmoor Hadassah by purchasing certificates or trees for any occasion from Bernice Riback. She can be contacted at 945-984-1703. Beautiful cards for all occasions may be obtained through Lenae Herman who can be contacted at 954-657-6579. Your support is always greatly appreciated.

Health & Wellness Club

By Hope Myers

For more information call Hope Myers at 954-971-9538.

Karaoke & Entertainment Night

By Robin Thompson

For more information, please contact Robin at 954-994-4476.

Ladies Circle Club of Wynmoor

By Harriet Lopez

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

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

Give My Regards To Broadway....or just tune in to a fun Zoom meeting on Thursday, May 6th from 10:00 - 11:30 a.m.

Brian Rose, our speaker, will be presenting a fun filled program about the leading ladies of Hollywood from Mary Pickford to Meryl Streep and how the Star system works. An email will be sent the day before the meeting with all of the necessary details to Zoom into the program.

Our season of the 2020-2021 Nature and Arts Club, in spite of the pandemic, has been educational and fun. We are so proud of our fabulous board who have put together outstanding Zoom meetings every month and our loyal members who have participated in these programs.

We wish all of you who are full time residents and those heading back to their base homes, a wonderful Summer and look forward to another season of the Nature and Arts Club in the Fall. We look forward to any ideas you have for future meetings.

Our greatest hope is that we can all meet up in person in the Fall months. We appreciate your being a part of the Nature and Arts Club. I look forward to hearing from you...

Nancy Moskowitz, President - laughlady55@aol.com or 954-973-2181

Needlework Click

By Barbara Bilello

We are a friendly group of ladies always looking to make new friends. You don't have to know how to knit or crochet. Our ladies love to chat, and everyone is welcome. If you have yarn that you know longer need, we will gladly pick it up. Call Barbara for more information at 754-222-6375.

Pennsylvania Club

By Marilynn Stoloff

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

Pickleball Club

By Mayda Coombs

It's so hard to believe it's time for our snowbird friends to head north. We were so happy that so many came down. Things were certainly different this year but it was still a lot of fun meeting up on the courts. Hopefully next year will be different and we will be able to have our tournaments and dances again.

Even though some people are heading north, our courts are still open. The courts are open from 8:00 a.m. until dusk, seven days a week. Residents can

Continued on page 43

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Help Protect Your Family's Inheritance

You might contribute to your IRA for decades to help pay for your retirement. But if you don't need all the money, you may want to leave what's left to your children or grandchildren. However, if you want to ensure they get the most from this inheritance, you'll need to do some planning.

Here's a little background: Up until a couple of years ago, when you left the proceeds of your IRA to your beneficiaries, they could choose to "stretch" required withdrawals over a long period, based on their life expectancies. These required withdrawals were generally taxable, so this "stretch IRA" allowed your beneficiaries to greatly reduce the annual taxes due, while benefiting from longer tax-deferred growth potential. And the younger the beneficiary, the longer the life expectancy and the lower the withdrawals, so this technique would have been especially valuable for your grandchildren or even great-grandchildren.

Changes in laws affecting retirement accounts have significantly limited the stretch IRA strategy. Now, most non-spouse beneficiaries must withdraw all assets from the IRA within 10 years of the IRA owner's death. The beneficiary generally does not have to take out any money during that 10-year period, but at the end of it, the entire balance must be withdrawn – and that could result in a pretty big tax bill.

The stretch IRA strategy can still be used for surviving spouses, beneficiaries who are no more than 10 years younger than the deceased IRA owner, and beneficiaries who are chronically ill or disabled. Minor children of the original account owner are also eligible for a stretch IRA – but only until they reach the age of majority, at which time the 10-year rule applies.

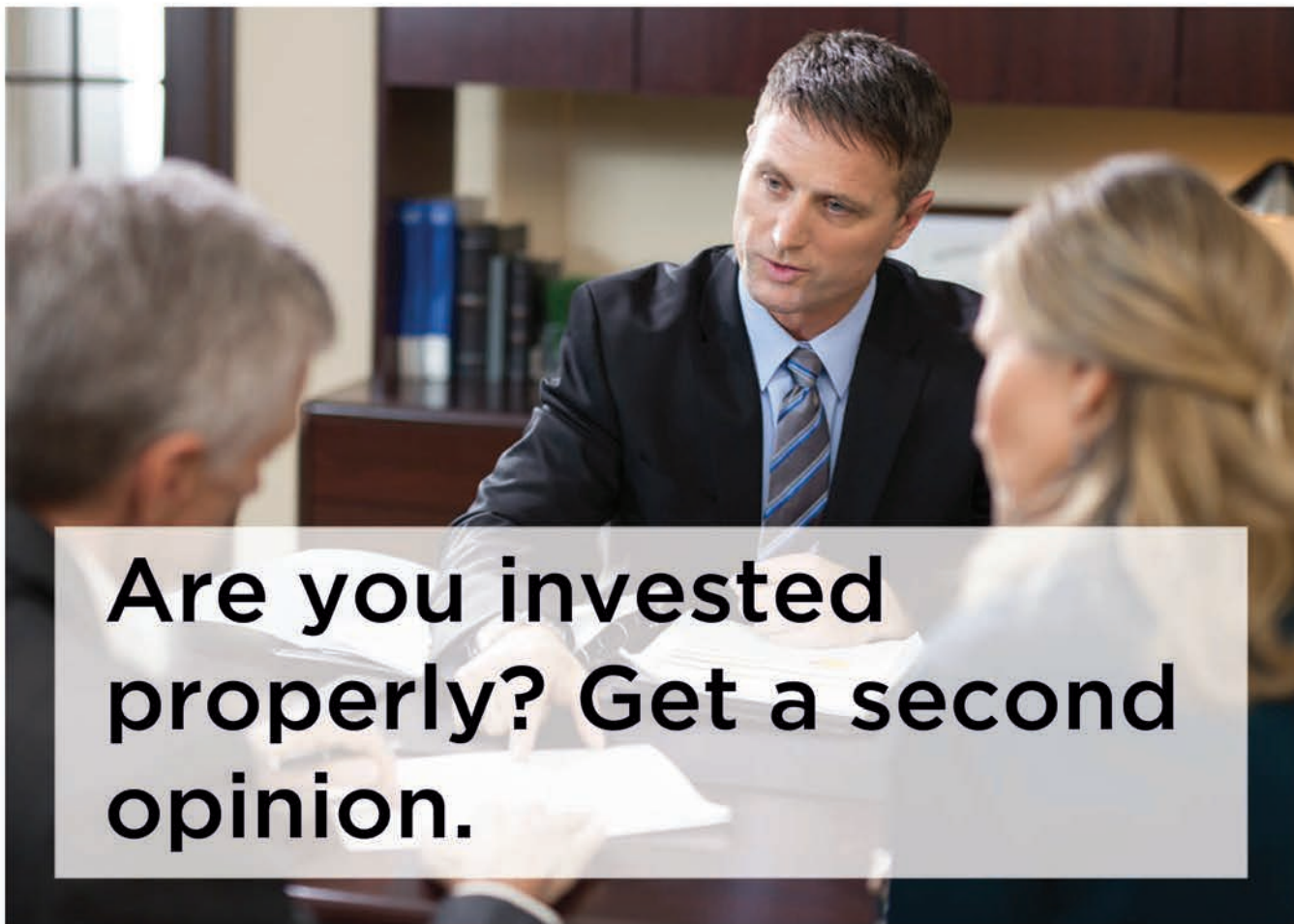
So, if you want to leave your IRA to family members who don't meet any of the above exceptions, what can you do?

One possibility is a Roth IRA conversion. You could convert a traditional IRA to a Roth IRA over your lifetime, so your heirs would receive the Roth IRA. They would still be required to withdraw the assets within 10 years, but unlike with a traditional IRA, Roth IRA withdrawals are generally tax-free. These conversions are taxable, so you'll want to consult your tax professional in addition to your financial advisor, to determine if this strategy can help you achieve your legacy goals.

Another option is to purchase life insurance, which can provide a specific dollar amount to your heirs or be used to help cover additional taxes. This may be especially advantageous if you are 72 or older, in good health, and taking withdrawals – technically called required minimum distributions – from your retirement accounts, such as your traditional IRA and your 401(k). If you don't really need the money, you can use these withdrawals to pay for some or all of the insurance premiums. Life insurance can't replace an IRA as a means to save for retirement, though, so you should consult with your financial advisor to make sure you are working toward all your goals.

In any case, if you have a sizable IRA or you don't need the funds that you're required to take from your retirement accounts, you may want to start thinking about what you want to do with the money. The more thorough your legacy planning, the better your chances of meeting your legacy goals.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. -Edward Jones, Member SIPC



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Clubs and Activities

Continued from page 38

now bring guest to play after 12 o'clock. Guests must be accompanied by a resident the whole time. Masks still must be worn to and from the courts and when not playing.

Writer's Workshop

By Nancy Heller Moskowitz

For the time being, we continue to meet via Zoom on Saturday mornings from 10:00 a.m. - Noon. If you'd like a group to listen, encourage, and comment on your submissions, contact Nancy Heller Moskowitz at 954-973-2181.

Wynmoor Hurricane Emergency Net

By Gerry Stoloff

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

Wynmoor Ladies Golf Association

By Karen Beckman

A bright shining morning, dew kissed grass, fresh breeze, and good friends, it is Tuesday morning golf! While the weight of worry and responsibility starts to lift, our lady golfers are aware and grateful to have had this last year to enjoy our sport, our beautiful course and safe Wynmoor. As summer approaches we will miss our seasonal players, but we are always looking to welcome new friends. Check in at the Pro Shop for membership information. Our annual championship concluded on March 7th and WLGA members congratulate the following winners.

Championship Flight: Winner - Susan Yang, Runner up - Diane Carne

A Flight: Winner - Barbara Hyer, Runner up - Barbara Spacek

B Flight: Winner - Carol Skop, Runner up - Shelly Mark

C Flight: Winner - Linda Dworsky, Runner up - Kristine Baker

Wynmoor Video and Film Club

By Phil Guterman

If you have a video you captured on your iPad, cell phone or camcorder, we can help you edit it by adding music, narration, special effects, exposure correction and eliminating unwanted scenes by using our sophisticated Pinnacle 20 editing system on our computer. For more information contact Phil Guterman at 954-984-8871.

RESIDENTS

We no longer have permanent guest lists. Be sure to update and submit your Emergency Contacts (limit 3) to Association Affairs. 954-978-2600 Ext. 342

SWORDS

By Merri and Angela

Postscript: After a long period of too much Covid formed isolation, things are beginning to open and old and new friendships revitalized. SWORDS for women (single, widowed or divorced) has been on hiatus. SWORDS is active, intelligent, interesting single women who gather for lunch about twice a month to talk, eat and meet new friends. For more information contact merrigoldberg@aol.com

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Come Home To Your New Spiritual Home Temple Beth Am

By Linda Storfer

It is great to be alive and to be living in Florida, especially in Wynmoor. We are so very fortunate to have received our vaccines right here on the Wynmoor premises without any hassle or major issues. Many of the difficulties that I heard about were experienced either up north or in other parts of the country, even in Florida but not here where we reside. Spring is in the air and I look forward to when we won't have to exercise social distancing and wear masks.

Last month after not being at Temple Beth Am for a year, my husband Bennett and I returned in person to attend Sabbath services on Saturday morning. It was so exciting to be able to go there and see our friends again. The synagogue is open to a very limited number of congregants who wear masks and agree to have their temperatures taken before they enter the building. We were required to fill out a questionnaire and had to indicate that we received vaccines and were not showing any symptoms of that means a sense of renewal and rebirth. It means that baseball and our beloved Florida Marlins are back, flowers and trees are in full bloom all around us and we have a feeling of optimism that we are getting much closer to the day the virus is behind us. It made me think of all the simple pleasures in life that we take for granted and sometimes forget to appreciate how much we have. I am very grateful that my family and I are in reasonably good health and are beginning to resume our "normal" lives.

May 2nd is a very special day at Temple Beth Am starting with a book review of The Guest Book presented by our Sisterhood at 10:00 a.m. This book is about a family that shows the separation of rich and poor, black and white and Protestant and Jew spanning three generations. On the same day in the evening our Men's Club is presenting an outstanding Neil Diamond and Paul Simon tribute concert with the 1 Stop Pony Band featuring Brian La Blanc at 7:00 p.m. Don't miss this concert and all the fun. For further information about tickets or any other events please contact our office at 954-968-4545 or checkout our website at www.beth-am.org.

There is a big air of excitement these days at Temple Beth Am. We are anticipating the arrival of our newly hired Senior Rabbi-Rabbi Michelle Goldsmith. We are very eager to welcome her and her family who are relocating to Florida from the Washington DC area. More about Rabbi Goldsmith in next month's Insider and details about her starting date. Happy Shavuot to all.

Upcoming Special Events

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PARKS & RECREATION

Fine Art Near Mr. Isaac's Neighborhood

By Barry Isaac

In March, I revisited the NSU Fort Lauderdale Art Museum and as usual, I enjoyed its definitive collection of paintings and drawings by American Painter, William Glackens. William Glackens was a leading American Impressionist Painter. Some connoisseurs of his time, called him, "The American Renoir." The following drawings by Glackens captivated me; "Patriots In The Making," 1907, employed Conte Crayon and Watercolor on Paper and "Curb Exchange" which also utilized Conte Crayon and Watercolor on Paper. I especially liked the following oil paintings by William Glackens that day; "Cape Cod Pier," "The Bandstand," "Lake Bathers," an exemplar of quality American Impressionism, "Children Roller Skating," and "Baie St. Paul, Quebec," 1932.

There was an outstanding collection of paintings and works with Surrealistic Subject Matter by Latin American Artists temporarily on display. I saw fine paintings by these Latin American Painters; Jose Orozco, "Grotesque Figures," Remedios Varo, "Minotaur," Benjamin Canas, "Dance of Dolls," Guillermo Trujillo, "Ceremonial Plant," and Uruquayan Joaquin Torres-Garcia, "Railway Station," among others. I also relished the Surrealistic Drawings of Xul Solar.

I saw and appreciated the creative outfits for ladies produced by Textile Artist, Anna Sui and her associates. These beautiful outfits are temporarily on display. I appreciated the following creations by Anna Sui and associates very much; "Egyptian Dress, Nomad," "Marching Band Ensemble, Fairytale," "Barbara Halimaki Ensemble, Schoolgirl," and "Davy Crockett Ensemble, Hippie," among others. I also liked James Caviello's very inventive, "Pantomime Horse Ensemble" which was part of the Anna Sui Exhibit.

My visit to the NSU Fort Lauderdale Art Museum was very productive. Parking close to this art museum is expensive. I paid three dollars per hour. I stayed about four hours. Perhaps this art museum will address this issue and attendance at this art museum will improve.



From Parrish Art Museum, William James Glackens, Cape Cod Pier (1908)

Frequently Asked Questions About ACUPUNCTURE

By Marcus Smith, L.Ac



What is it and how does it work?

Acupuncture is the medical practice of stimulating specific points on the skin's surface to energize and maximize our body's innate self-healing ability. Perfected over a period of 2500 years, it is now taught in many US medical schools, including Harvard Medical School and The University of Miami's Miller School of Medicine.

When properly stimulated, these surface points, called neural nodes, send signals to both the central and peripheral nervous systems. These signals then trigger the brain's release of internal chemicals such as endorphins, serotonin, and enkephalins which relieve pain, support immune function and optimize blood circulation and tissue healing.

What conditions can acupuncture treat?

Although acupuncture is primarily known as an effective treatment for most any type of pain, research has shown its ability to treat numerous internal disorders such as respiratory, immune system and digestive problems, as well as stress-related issues like insomnia, anxiety and high blood pressure.

Acupuncture is often combined with herbal medicines and can provide relief for many conditions without the side effects typically associated with prescription medications. Many patients are able to reduce and eventually discontinue their use of drugs altogether.

How many treatments will I need?

Acupuncture is not a "quick fix." The effects of treatment are cumulative as each treatment builds up on the previous one. Although many patients experience immediate relief of acute symptoms, a number of treatments over a period of time is usually necessary to create this cumulative effect and correct the underlying imbalances creating your symptoms.

Does it hurt?

Many people think that acupuncture will feel like getting a shot at the doctor's office. It won't.

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Will my insurance cover it?

Many insurance companies are adding acupuncture benefits to their existing and new plans daily. Your insurance company customer service representative or your acupuncturist's office can confirm your coverage.

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Board of Directors Meeting

1st Thursday of the month at 1:30 PM -- Zoom

<https://zoom.us/j/99246421906>; Meeting ID: 992 4642 1906; By phone dial (929) 436-2866

Executive Committee Meeting

3rd Monday of the month at 1:30 PM -- Zoom

<https://zoom.us/j/94395113981>; Meeting ID: 943 9511 398; By phone dial (312) 626-6799

Budget & Finance Meeting

4th Wednesday of the month at 9:00 AM -- Zoom

<https://zoom.us/w/92861017173>; Meeting ID: 928 6101 7173; By Phone dial (301) 715-8592

* ALL COUNCIL MEETINGS WILL BE TELEVISED ON CHANNEL 99 * MEETINGS ARE SUBJECT TO CHANGE *



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- Age-related physical changes and how to adjust your driving to compensate.

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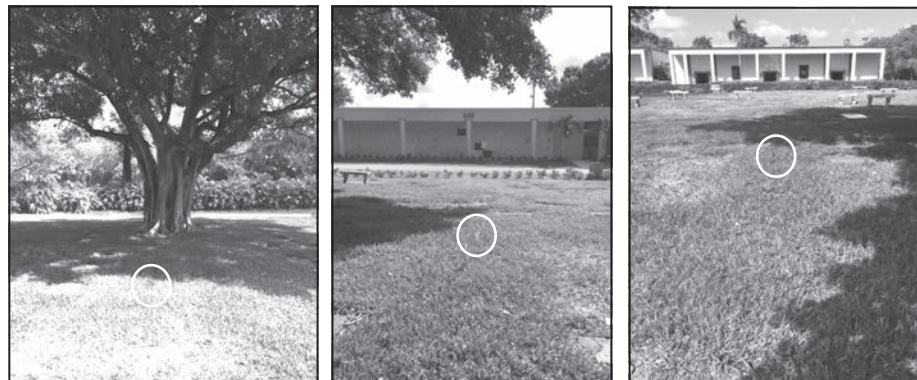
*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

FOR SALE

Single Plot in the Garden of Solomon Star of David - Baily Road - Margate FL

Current price through Star of David
(land only) **\$6495.00**

Privately asking **\$4995.00**



Different views of the plot for sale in the Garden of Solomon, 5-238

Once the property is sold, I will sign a quitclaim and affidavit form and Star of David (Dignity Memorial) will process the proper paperwork to show the recipient's ownership.

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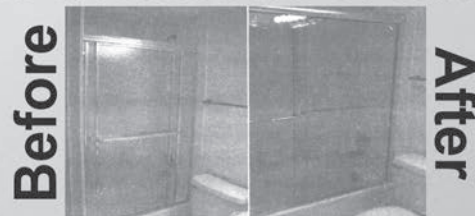
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MEDICINE CABINET UPGRADE \$636.00 TAX INCL.

- Take off wood frame, replace door mirror
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- 36" Chrome light fixture (6) bulbs
- Replace tin shelves with glass (12)
- Free can of HI-SHEEN cleaner

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Bifold Door		
Bedroom - \$85.00	Bathroom - \$75.00	
Hallway - \$75.00	Den - \$175.00	

**THANK YOU, WYNMOOR, FOR ALL THE BUSINESS
YOU HAVE GIVEN ME -JOHN COLUMBO**

Puzzles and Games

Solutions from page 26

Crossword Puzzle

T	W	A	S		N	A	R	Y		M	O	U	N	T
H	E	L	P		O	L	E	O		I	G	L	O	O
U	N	T	R	I	M	M	E	D		G	E	N	I	E
S	T	O	O	D		O	V	E	R	H	E	A	R	
					C	O	R	S	E	L	E	T	S	
B	O	O	K	L	E	T		I	C	Y		A	S	L
I	N	G	E	S	T		O	N	E		T	U	T	U
L	I	L	T		C	H	U	G	S		E	D	O	M
G	O	E	S		H	O	T		S	H	R	I	N	E
E	N	S		V	I	M		H	E	A	R	T	E	N
					M	A	N	I	F	E	S	T	O	
	S	M	U	G	G	L	E	R		E	R	R	E	D
B	I	O	T	A		I	M	M	E	D	I	A	T	E
O	L	D	E	R		E	M	I	T		S	C	A	M
P	O	E	S	Y		S	E	T	A		M	E	T	E

World Currencies

R	I	O	S	G	B	L	A	R	U	P	E	E	O	W	N	C	E	R	A	O	A	H	A	B			
A	S	N	N	U	A	C	Z	K	Y	L	S	N	C	C	I	T	L	L	O	A	B						
P	R	D	M	E	O	O	G	O	N	E	S	U	A	B	I	K	T	P	N								
Y	A	O	I	B	S	R	L	I	E	H	W	U	P	P	A	B	O										
U	N	R	E	E	N	U	N	L	G	K	Y	E	I	D	E	U	N	L	W	N	R						
N	D	I	T	N	R	O	N	A	V	A	I	C	A	H	C	A	W	K	I	O	N						
N	A	L	A	O	G	F	N	V	N	A	C	R	N	E	S	Z	K	R	E	M	R	A					
Y	R	S	Y	H	A	T	N	F	O	O	R	A	N	D	S	D	I	U	T	E	I	L	C	O	L	O	N
H	A	N	R	A	A	L	G	T	A	N	A	M	R	E	L	I	Q	V	E	C	A	S	I				
R	I	V	K	L	L	A	N	G	E	N	T	U	P	T	E	A	A	L									
B	E	F	I	A	V	E	G	N	E	T	T	N	I	R	O	F	U	N									
I	A	A	R	L	L	N	L	I	O	U	G	U	I	Y	A	G	O	G	O	N							
R	U	B	L	E	O		O	M	U	R	T	L	U	G	N	O	R	U	E	L							
L	D	I	N	A	R	B	A	A	A	L	A	T	D	I	R	H	A	M	R	S	L						

The hidden sentence is: IF YOU CAN COUNT YOUR MONEY, YOU DON'T HAVE A BILLION DOLLARS

Sudoku

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

CLASSIFIEDS

Something to Buy? Something to Sell?

For classified information
call: 954-975-8001 Mon.-Fri. 9am-5pm

FOR SALE

NASSAU VILLAGE WEST II. Create your own interior with this "as is" 2 bedroom, 2 bath corner, first floor unit that is near the tennis courts, pool and clubhouse. Best offer over 65K. Call 917-647-0953.

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Please call me, **EVETTE** at **561-364-8659** or on my cell phone **954-734-3449** if you would like to discuss or get additional information. Just Imagine, Freedom from Bladder Problems.

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Daughter

Mother

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A LETTER FROM ONE OF OUR MANY HAPPY CLIENTS



If you are buying or selling a condo in Wynmoor & need a realtor there is NO BETTER CHOICE than Wendy Peck & Cheryl Stein at Re/Max ParkCreek!! As a Georgia real estate agent, myself, I have worked with many real estate agents --good & not so good. When we needed an agent to sell my mom's Wynmoor condo I am so happy we chose Wendy & Cheryl!! They are very professional & knowledgeable about Wynmoor & have sold & lived in the area for many years. Their experience selling in Wynmoor really helped with several situations that came up. I cannot say enough about their professionalism & attention to details so that nothing fell through the cracks & so that closing went smoothly. When I needed a question answered or had a problem they responded in minutes, not hours or days. I truly recommend Wendy & Cheryl 1000%! THEY WERE AMAZING TO WORK WITH!!

*Thank you for all your patience & hard work
-We sincerely appreciate it!*

*Carmella Pellegrini (condo owner)
Mary-Jo Daves (daughter)*

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