



The INSIDER

An Independent Newspaper
For Wynmoor Residents

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JULY 2022

PREVENTATIVE TEST Can Save Your Life



By Insider Staff

As most people are aware, insurance covers the cost for preventative tests for mammograms and colonoscopies. Recently, Broward County Commissioner Mark Bogen received approval of a \$10 million dollar preventative cardiac program that he has been spearheading. This pilot program will allow selected Broward residents to receive free preventative cardiac tests.

The leading cause of death for both men and women is cardiac disease or in other words, a heart attack. 1 in every 2 men and 1 in every 3 women will suffer from a heart attack in their lifetime. The most surprising thing is there is a technology that can prevent and/or predict most heart attacks and most people are unaware of it. The technology is called a CT-A which is a non-invasive test that uses dye and shows whether your arteries have

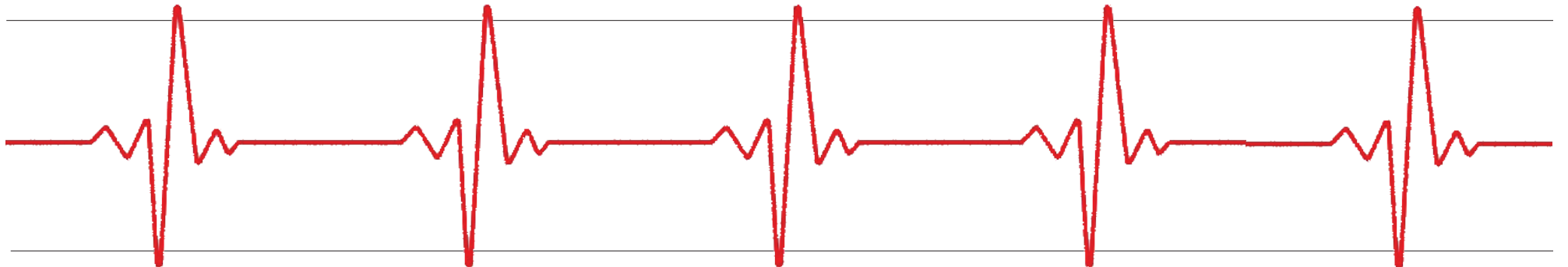
blockages of soft and/or hard plaque. Many people hear about a test which only gives a calcium score. This test is not a CT-A. A test that only provides a calcium score only shows hard plaque in a person's arteries and does not show soft plaque.

When Bogen's mother died from a heart attack, Bogen learned that there is a test that can show blockages in a person's arteries. If a person learns of a blockage, medical treatment can be administered to treat that person and prevent a heart attack from happening. Bogen has been working with Holy Cross hospital for the past two years developing this pilot preventative health program, which was just approved by his fellow Broward County Commissioners. *"This test can save thousands of lives. I am aware of many people who never realized they had significant blockages in their arteries until they took this test. I came*

to realize that I had a 60% blockage in one of my arteries that is currently being treated. If not for this test, I would never have known" said Bogen.

The pilot program will allow a minimum of 20,000 Broward residents to get free cardiac testing and will begin in early October. The tests will be administered by Holy Cross, Broward North, Memorial and Cleveland Clinic hospitals. Most of the participants will be over the age of 50 and the senior community will constitute the majority of the participants. *"It is concerning to me that preventative testing for the leading cause of death is not being performed in this country"* said Bogen.

Any person who would like to apply for the free test or if you have any questions, you can contact Commissioner Bogen at MBogen@Broward.org or call at 954-357-7002.



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SECURITY NEWS

Dispatch: 954-978-2667

For Medical and Life/Health Threatening Emergencies, Always Dial 9-1-1 FIRST!

Remember to STOP at ALL Stop Signs. The speed limit around Wynmoor Circle is 25 MPH and 15 MPH on the North Road and in the villages. Citations will be given out to those who violate the road rules. First Offense: \$25 Fine Second Offense: \$50 Fine

Remember that Cyclists Must Obey Traffic Laws, including the flow of traffic, obeying traffic signs and signals, observing basic rules regarding turns and lane changes.

Crime Prevention Round Table: Be informed! Know what is going on in your community! Come to the Crime Prevention Round Table, sponsored by the Coconut Creek Police Department.

Your Guest List

Unit owners or tenants are responsible to call in their guests, including aides/nurses, cleaning people, personal transportation, realtors, contractors and vendors.

Make sure your guest has I.D. ready when approaching the gate for proper verification.

Your guest must have the NAME and ADDRESS of the resident they are visiting.

Important Numbers

For Medical Emergencies Always Dial 9-1-1

- Emergency:..... 954-978-2663
- Automated Gate Access:..... 954-978-2666
- Security Dispatch:..... 954-978-2667
- Resident Registration Office:..... 954-978-2600, ext. 321
- Coconut Creek Police, Non-Emergency: 954-973-6700

Hours of Operation

- Administration/Pool/BBQ:..... 7:00 AM - 10:00 PM
- Fitness Center:..... 7:00 AM - 8:00 PM
- Country Club: 8:00 AM - 11:00 PM
- Racquet Center: 8:00 AM - 12:00 NOON
- Theatre Complex:..... (Movies Only) 7:00 PM
-(unless there is a specific approved event)

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Condolences

Jack David Mendelson

He earned a BA and BS degree from Miami of Ohio University and served in the Army at White Sands Missile Range.

Jack was the owner of Imperial Display Company Inc. and Mendelson's Children Shop. He was a Master Mason of Ionic Lodge #438, F & A.M., Bellaire, Ohio, attaining his 32 Degree with Scottish Rite. He was a Board member of the Wheeling Area Chamber of Commerce and taught Business at Wheeling Jesuit. He was past President of the Synagogue of Israel and Temple Shalom.

Retiring to Florida, Jack was President of his building, Council Representative, past President of CAPS, past Chairman of the By-Laws Committee and former President of the Insider

News Newspaper among many other committees through the years. He loved Wynmoor and was always looking to help wherever he could.

Jack is survived by his wife, Miriam, children, Matt (Sharon), Andy (Jen) Mendelson, Sheli, Scott (Julie), Kevin (Nanci) Tinkelman, grandkids (Max, Joel, Alex, Sophia, Mya Mendelson, Gavin, Chance, Asher, Ryan, Adam, Marli Tinkelman) niece, Rebecca. Jack was predeceased by his eldest son Stu, and brother Dr. Robert Mendelson. Jack will be dearly missed by all who knew him.

Funeral Services were held at Temple Shalom in Wheeling, WV, on Tuesday, June 7, 2022 at 11:00 a.m. Interment at Winding Hill Jewish Cemetery in Bellaire, OH.

Jack David Mendelson, 87, passed away June 2, 2022, in Coconut Creek, Florida.

Jack was born to Isadore and Helen (Sebulsky) Mendelson on November 5, 1934 in Bellaire, Ohio.

He enjoyed family, friends, loved his country, Israel, reading, and especially history.

JACK D. MENDELSON

Our years working together will always be cherished with loving memories. I saw so many sides of you and liked them all.

Your beliefs were strong and your commitment to family and friends were admirable.

I will think of you often and remember you always.

Rest in Peace my Friend,
Linda Kryshka, Insider Staff Editor

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Portability applies to both upsizing and downsizing in property value, based upon specified formulas. Portability may be used an unlimited number of times and may be used for moves to anywhere within Florida. Portability does not require you to sell your previous home, but merely that the Homestead at your prior property be fully abandoned.

Most homeowners will have already applied for Portability when completing their Homestead Exemption application. Portability is only reflected on our website's property record page the first year for which it is approved.

Effective tax year 2021, a property owner who applied and was approved for Homestead Exemption for 2021 is eligible to apply for Portability if the property owner held a Homestead Exemption at a

previous Florida home in one of the three previous tax years. Example: if you established a new Homestead in tax year 2021, you must have held Homestead at your prior residence in tax year 2020, 2019, or 2018 in order to take advantage of potential Portability savings.

PLEASE NOTE: Homesteads established in tax years 2008 through 2020 are eligible for Portability if the property owner held Homestead Exemption on a property in the previous two tax years (the law was changed in 2021 to allow three years before any Portability savings expired). Example: you established Homestead on your property in 2014 but forgot to file for Portability, you may be eligible if you held a previous Homestead at another Florida property in tax year 2013 or 2012.

You can apply this year by completing the Transfer of Assessment Difference Form found on our website <https://web.bcpa.net/bcpaclient/#/Download-Forms> by the September 19, 2022 exemption filing deadline. If you have any questions, please contact our Customer Service Department at 954-357-6830 or by email at Portability@bcpa.net.

If my office can ever be of assistance to you, please do not hesitate to contact me directly at martykiar@bcpa.net.

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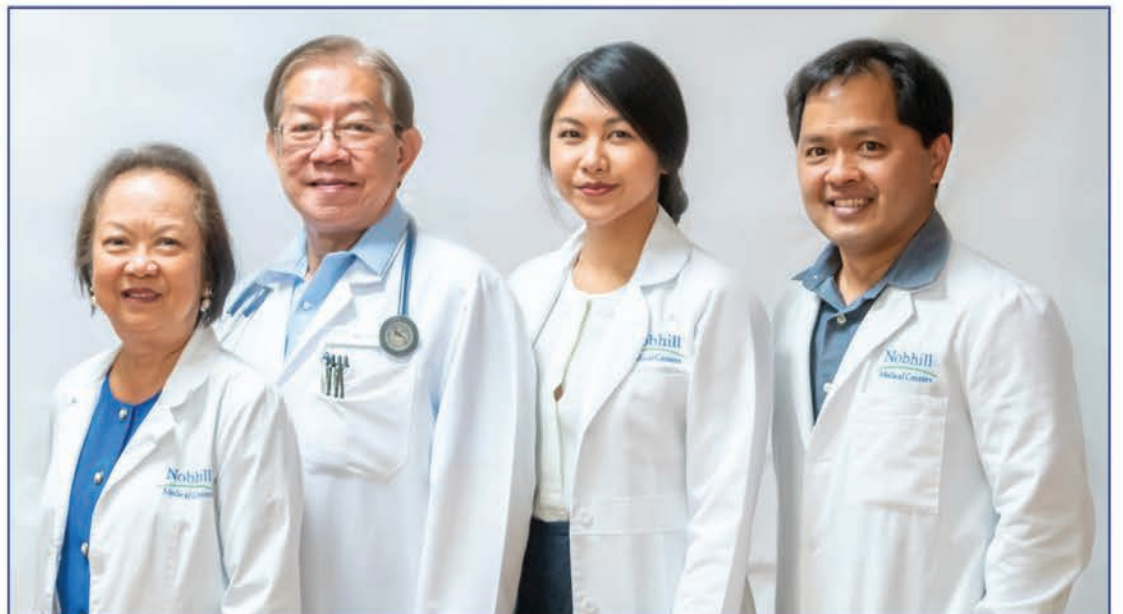
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BROWARD COUNTY LIBRARY EVENT

Classic Popeye The Sailor Man Cartoons

Join us on Saturday, July 30th from 2:00 - 3:00 p.m. at the North Regional/Broward College Library for an afternoon of Classic Popeye the Sailor Man cartoons from the 1930s to 1960s, featuring a display of books to check out and coloring sheets to take home.

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Observe Speed Signs In Wynmoor

The Liberal Jewish Temple of Coconut Creek

By Iris Arlan and Lee Temares

Come one, come all - and donate, too. Our first Garage Sale which will take place on July 15th from 9:00 a.m. - 4:00 p.m. at the Calvary Church, just west of the Main Gate. We will sell all sorts of things from kitchenware to CDs to knick-knacks to art and almost everything else. Donating? NOTHING broken or chipped, appliances, or clothing, please. Info and where to bring donations? Call Lee at 954-968-4236.

Save the date: Sunday, November 6th, in the Grand Ballroom, the LJT will present Paul Offenkrantz in a delightful concert of your favorite vocal pieces. Light refreshments will be served. Tickets are \$18. Call Iris Arlan at 954-532-5268 for details.

Did you ever hear of the Rosenwald Schools? Julius Rosenwald, the son of German Jewish immigrants, and a part owner of Sears Roebuck met Booker T. Washington in 1911, who, amongst his many accomplishments, founded the Tuskegee Institute. Rosenwald joined the Board of the Institute.

Rosenwald and Washington, now close friends, discussed the plight of black education in the Jim Crow south. Public education in the south was

underfunded, nonexistent in some areas and in appalling physical condition when existing.

Rosenwald, who devoted his wealth and philanthropy to good works, started the Rosenwald Schools Initiative in 1915. This private/public effort to provide good schools for African American children in the segregated south lasted until 1937. The Initiative supplied 25% of the funding for construction, with the rest funded by local groups and governments. Almost five thousand schools in fifteen states were built. One hundred of the schools survive today.

Representative John Lewis attended a Rosenwald School in Pike County Alabama.

Our July Services are the 10th and 29th at 7:30 p.m. at Calvary Church. There is always a festive array of delectable delights following Services. All welcome.

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YOM KIPPUR	Wed.	Oct. 5	10:00 AM
AFTERNOON YISKOR	Wed.	Oct. 5	4:00 PM

Make Sure Your Revocable Living Trust Is Not An Empty Box

By Martin Zevin, Attorney

A Revocable Living Trust is a very valuable estate planning tool. If done properly, it can avoid probate, as well as protect you and your assets if you are incapacitated. However, unlike a Last Will and Testament, it does not automatically apply to all of the assets that you own. When a client comes in to discuss doing a Revocable Living Trust, I analogize the Trust to a box that we are building. Typically, the first thing that we put into the box is your home. We prepare a Quit Claim Deed where we transfer your home from yourself individually to yourself as Trustee of your Trust. Your homestead remains the same, your real estate taxes remain the same, your ability to sell the property or mortgage it remain the same; however, upon your death, the property avoids probate. We also transfer non-homestead real estate to the Trust.

We then provide an instruction letter that explains what the client needs to do to transfer other assets to the Trust, such as brokerage accounts and bank accounts. You can also name the Trust as a beneficiary for IRA accounts. But it is generally up to the client (unless the attorney is hired specifically to do this administrative work) to follow-up with the banks and the brokers to be sure that the proper paperwork is completed to change the name of the account to the Trust.

Usually, the financial institution will require a copy of the first page of the Trust which indicates the name and the date that it was executed. The institution may also require copies of the last pages with the witnesses and notary. The client will then complete a form with the institution which will result in the account being changed from the individual name to the name of the Trust. Future statements will then show the client's name and the word Trustee or an abbreviation such



as TTE. At that point, you know that the account is in the name of the Trust.

If this administrative work is not done, and there are no beneficiaries listed for the particular account, then the account will need to be probated in order for the Trust to get it. This is done via the "Pourover" Will that is typically executed at the same time as the Trust. This "Pourover" Will names the Trust as the beneficiary of any asset that is only in the name of the individual with no

beneficiaries designated. Of course, if you already have beneficiaries designated on all accounts, it is not necessary to name the Trust.

If you already have a Revocable Living Trust and you want your Trust to cover all of your assets, you should contact your brokers, banks, investment advisors, etc. to be sure that your Trust is either named as the beneficiary of the account (for an IRA) or that you as the Trustee are the owner of that account. Also, be sure that you own your home and any other real estate as Trustee of your Trust. If you do not, you should see an attorney to do a Quit Claim Deed. Remember, your Trust is only an empty box until you put something into it.

Please feel free to call me for a free phone consultation regarding any issues pertaining to Wills, Trusts and Estates. I am also available for a free consultation regarding any issue pertaining to personal injury claims or car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442.

My website is www.martinzevinpa.com and my e-mail address is martinzevin@netzero.com.

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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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Crying Is Healthy For Me

By Mobolaji Adedoyin

I am not a psychologist, and I did not study human nature. However, as to whether crying is healthy or not, I am an expert based on my experiences over seven decades. I have concluded that crying is healthy for me and many years ago I decided never to hold back my tears and try to be a macho man.

As you know, people cry for joy, in happy celebrations or sorrow and when in pain. People sometimes cry to celebrate the happiness or demise of other people they don't even know.

The first time I cried in public was on September 10, 1961, at the burial of my maternal grandmother - may her soul rest in peace. She was the only grandmother I grew up to really know and spent time with. On one occasion, I went to a market with her to sell kola nuts - she retailed kola nuts at a farmers' market that opened once a week. I do not remember my paternal grandmother's burial - she closed her eyes in 1956 when I was in the third grade.

I will never forget the second time I cried in public, on November 25, 1963, when the student-body at my High School, was informed President John F. Kennedy was assassinated the previous Friday. Two Peace Corps teachers at my school gave us the sad news at the assembly before school on that day. We were informed President Kennedy was assassinated on November 22, 1963, at 12:30 p.m. Central Standard Time in Dallas, Texas, while riding in a presidential motorcade through Dealey Plaza. He was pronounced dead about 30 minutes after the shooting.

That was one of the most memorable days not only in High School but in my whole life. I shed tears for the passing of someone I never met. Many students and I could not hold back tears when both Peace Corps teachers started to cry while they were talking about their beloved President.

Before that sad day, most students already knew President Kennedy started the Peace Corps program to help developing nations throughout the world. That program had many beautiful and intelligent teachers volunteered in many countries educating young and old. At my High School, we had three teachers that taught English, Chemistry and Biology.

March 10, 1969, was a bad day for me and my family, my hero, mentor, and paternal grandfather close his eyes forever. Everyone cried, even his first son who was perceived as a tough guy. I believed I cried more because I was the closet to him out of his grandchildren - I was fortunate I lived next door to him.

Few years ago, I started to write my biography to share information with my daughter and granddaughter. It was very difficult to write about my dear mother. I started and stopped several times because I could not hold back tears. My family lost her twenty months after I graduated from high school - she died at a very young age of forty-two. Over half of a century, since she closed her eyes, I cried numerous times publicly and privately for her loss. Some of those occasions were: when I got married in Brooklyn in 1973, the day the Registrar's Office at Baruch College told me I had completed the requirements for an undergraduate degree (B.B.A), on January 12, 1976, when my daughter was born at Down State Medical Center in Brooklyn and on December 14, 1978, when I knew I had completed a master's degree in finance, at Saint John's University. I also cried for joy whenever my daughter accomplished something in her journey in this world: graduation from kindergarten, elementary school, high school, and college. I wished my mother were here to witness those occasions.

There were many other occasions when I couldn't hold back tears - here are few of them:

- Whenever there was a mass shooting of people especially innocent small children
- Whenever a soldier or a fireman is buried
- When Lady Diana of United Kingdom was buried
- When Nelson Mandela closed his eyes forever
- At the end of the Movie "Mamma Mia" when Meryl Streep sang the song "The Winner Takes It All" by the pop group ABBA

Every time I shed tears, I felt better. Try it, don't hold back your tears anymore.

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WYNMOOR WOODSHOP

By Ernest Fleury

There will be no more monthly meetings until September 2, 2022. If there are any questions or inquiries just stop by the shop during the hours of 9:00 a.m. to 4:00 p.m. daily. Either Karl, Ernie or Steve will be there to answer any questions. Check e-mails on a regular basis for upcoming courses and activities that will be in the offering this summer.

The photo display below shows just a few of the treasures that are produced and discovered here at the shop. The first photo is two of Everette Yankee's mahogany and cherry bowls with his signature turquoise inlay. Second photo displays Paul Hannigan's wood carving talent. These are just some of Paul's collection: Ship Captain with his hat on, tree limb bowl, American eagle, the most intricate of all, an egret in a marsh, mother dolphin feeding on a trout and a hand carved tree limb bowl. Ernie Fleury produced 5 bottle or wine stoppers made from wenge bloodwood, Bethlehem olive wood and bocote. Mike Minuto is back on board with his three cutting boards for his kids and grandchildren, welcome back. Dave Norcross partnered with Ernie and produced this Portuguese flag and three butcher blocks from exotic hard woods. Many of the machines that members use daily are either repaired or maintained by Dave. There's that shop Mascot Geppetto again!

Steve Gleimer, Shop Treasurer enjoys carving miniature sailing ships, so he made a wooden tote box for all the intricate tools that are required to do the job right. The two multi-color round wood vessels are also called boxes according to Karl Georgi, Vice President. Karl had put in approximately 24 hours on each one of these one of a kind gifts.

Members who have no submissions this month have been busy doing painting and repair on items brought to the shop by residents and family members.





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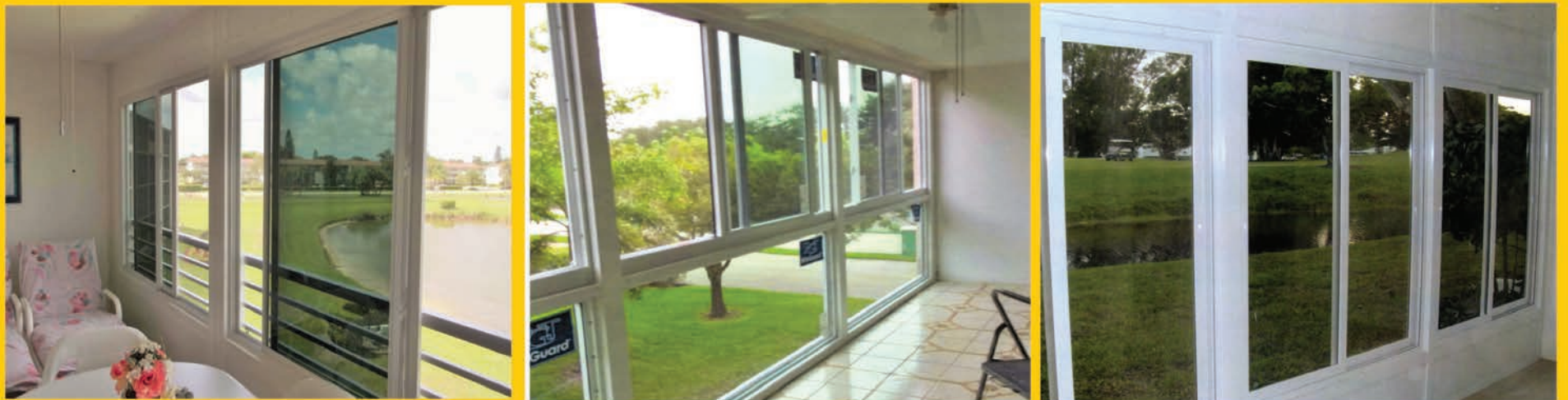
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Should Inflation Affect Your Investment Moves?

As you know, inflation heated up in 2021, following years of pretty stable – and low – numbers. And now, early in 2022, we're still seeing elevated prices. As a consumer, you may need to adjust your activities somewhat, but as an investor, how should you respond to inflation?

First, it helps to know the causes of this recent inflationary spike. Essentially, it's a case of basic economics – strong demand for goods meeting inadequate supply, caused by material and labor shortages, along with shipping and delivery logjams. In other words, too many dollars chasing too few goods. Once the supply chain issues begin to ease and consumer spending moves from goods to services as the COVID-19 pandemic wanes, it's likely that inflation will moderate, but it may still stay above pre-pandemic levels throughout 2022.

Given this outlook, you may want to review your investment portfolio. First, consider stocks. Generally speaking, stocks can do well in inflationary periods because companies' revenues and earnings may increase along with inflation. But some sectors of the stock market typically do better than others during inflationary times. Companies that can pass along higher costs to consumers due to strong demand for their goods – such as firms that produce building materials or supply steel or other commodities to other businesses – can do well. Conversely, companies that sell nonessential goods and services, such as appliances, athletic apparel and entertainment, may struggle more when prices are rising.

Of course, it's still a good idea to own a variety of stocks from various industries because it can help reduce the impact of market volatility on any one sector. And to help counteract the effects of rising prices, you might also

consider investing in companies that have a long track record of paying and raising stock dividends. (Keep in mind, though, that these companies are not obligated to pay dividends and can reduce or discontinue them at any time.)

Apart from stocks, how can inflation affect other types of investments? Think about bonds. When you invest in a bond, you receive regular interest payments until the bond matures. But these payments stay the same, so, over time, rising inflation can eat into your bond's future income, which may also cause the price of your bond to drop – a concern if you decide to sell the bond before it matures. The impact of inflation is especially sharp on the price of longer-term bonds because of the cumulative loss of purchasing power.

However, Treasury Inflation-Protected Securities (TIPS) can provide some protection against inflation. The face value, or principal amount, of each TIPS is \$1,000, but this principal is adjusted based on changes in the U.S. Consumer Price Index. So, during periods of inflation, your principal will increase, also increasing your interest payments. When inflation drops, though, your principal and interest payments will decrease, but you'll never receive less than the original principal value when the TIPS mature. Talk to your financial advisor to determine if TIPS may be appropriate for you.

Ultimately, inflation may indeed be something to consider when managing your investments. But other factors – especially your risk tolerance, time horizon and long-term goals – should still be the driving force behind your investment decisions. A solid investment strategy can serve you well, regardless of whether prices move up or down.

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

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Service Equals Reward

By Sheriff Gregory Tony

Training To Make A Difference

“We don’t rise to the level of our expectations; we fall to the level of our training.” - Archilochus

Our nation has again experienced tragedy after multiple recent mass casualty shooting events in Buffalo, NY, Laguna Woods, CA and Uvalde, TX. As a community, we have learned about the value of training and preparedness after our own experiences at The Fort-Lauderdale-Hollywood International Airport and Marjory Stoneman Douglas High School. Training is necessary for any profession but critical for first responders. Their safety and the lives of those they have sworn to protect depend on it.

I can tell you from experience no matter how mentally and physically prepared someone is, amid the emotion, adrenaline and urgency of the moment, the importance of training becomes immediately apparent. With more training comes increased discipline, readiness and clarity of purpose. Speed, efficiency and accuracy are improved when we repeat actions and rehearse scenarios. You can equip people with the best tools, but they also need the knowledge and ability to use them effectively.

Today, our in-house training programs are second to none. Since accepting command of the organization, the Broward Sheriff’s Office has become the first agency in Florida to have a nationally certified active shooter training unit. We continually rotate our deputies through critical incident and crisis mitigation exercises to ensure they are ready for any incident. BSO’s Department of Fire Rescue and Emergency Services continues to raise the bar by introducing specialized training tactics and skills to enhance performance. One such skill includes the ability to draft, which involves gathering water from a static source should a fire hydrant not be available.



We have also prioritized Crisis Intervention Team (CIT) training for all deputies to engage more effectively with individuals experiencing a crisis or mental health issue. Currently, more than 60 percent of our Department of Law Enforcement deputies are CIT trained, which is more than double the national average, as well as 40 percent of our Department of Detention deputies. Additionally, 74 percent of all BSO employees, and 96 percent of all deputies, have completed the Racial Intelligence Training and Engagement course (RITE), which reinforces a bias-free workplace and teaches racial and cultural sensitivity and de-escalation techniques.

Tactical performance, readiness and professional development training are instrumental to preparedness in public safety and are offered at every level of our agency. We have established

partnerships with top organizations and educational institutions to provide enhanced training for our sworn personnel and executive development for our command staff, managers and directors. Our comprehensive training approach has made BSO a flagship training organization and has attracted public safety professionals locally and nationally.

Our progress will continue. The construction of our state-of-the-art training center is hitting a fevered pace. Once completed, the 103,000-square-foot facility will house all our training initiatives under one roof and usher in a new and exciting era at BSO.

If you want to learn more about BSO and how we serve the community, we invite you to be a part of our Citizens Academy. The 10-week program combines classroom learning and hands-on exercises to experience everything our organization does to serve this community. To learn more visit www.sheriff.org.

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ASK DR. JOY

By Joy Berke Sanchez Ph.D.

A while back my friends thought I should write about living alone. This is something I've been doing for the past 13 years and have come to really like a lot. When I first embarked upon this new way of living I didn't know if I would like it or even get used to it. I had been living with someone my entire life. First my parents and then I got married at 20. I had spent time alone, even as much as

a month at a time, but that kind of alone is very different. I was spending time alone but I wasn't really 'alone'. A good friend at that time, told me it would become an acquired taste and I would come to love it. I thought he was crazy but as it turned out he was right. At least for me.

However, people have very different experiences of this condition. Some, like myself, enjoy it while others absolutely loathe it and are desperate to find someone to live with. My eavesdropping and observing have led me to believe that fear is the biggest reason for this. So I guess this article will be more about fear than aloneness.

Fear is different depending upon your age, financial situation, family situation, friend situation, etc. I could probably go on and on with various reasons for fear. At the ages of many Wynmoor residents, the fear is often about becoming ill or infirm and not being able to care for ourselves. That is a valid concern. If you are financially able you can hire a daily or live-in aide which alleviates that problem. If you are in financial hardship it becomes more of an issue. Some Medicare plans and Medicare advantage plans will enable you to have the help you need, at least part of the time. Here is where there will be overlap with the friends and family situation. Should this be the main reason to want to live with someone? That depends upon the state of your present health and your age. Would you want to live with another person if it were that person who needed the assistance and care? That is just as likely to occur. Something to think about.

Another fear is fear of loneliness. This is similar to the prior issue because if it falls into the fear category, it's really just about being alone if something

happens. There is a separate category which is just plain loneliness without the fear. If this is your reason for wanting to live with someone it may work out well but it also may backfire. If it's about your need to have someone can you really be discriminating or will the neediness lead to living with the first available and willing partner. And will that person stick around when you fall ill or infirm? Will you be willing to become the caregiver?

Here is where friends and family come into play. Here in Wynmoor, you really don't have to be alone unless you want to be. Unless of course, you are ill and housebound which brings us back to the beginning of this article.

But if you are youngish and able-bodied you can join so many classes, courses and social events that you will wonder how you ever had time to do those necessary tasks like buying food or doing laundry. There is so much to do that you may be happy to come home to an empty apartment, kick off your shoes and collapse on the couch without anyone asking what's for dinner. A crucial aspect of this is that Wynmoor is very much a couple community and the world is also very much couple oriented. That doesn't mean you need to live with someone on a full time basis. You can enjoy each other's company and then go home to your separate residences.

There are really so many choices that I don't know why I hear so many men and woman being so distressed over this subject. If you feel like you absolutely want to live with someone I believe that you can find someone of like mind. Does it have to be an opposite sex person? Does it have to be a romantic involvement or do you just want company in your home? If that is the case it may be relatively easy to resolve this. If you are looking for a spouse or intimate partner you may have to do a little more searching...but it is doable.

I think the important thing here is to find out from yourself just what you are looking for. If you are bored, there are many solutions to that. If you want someone to eat with, there are dinner clubs all over Wynmoor. I met some wonderful friends having breakfast in the 19th Hole. There is no reason for you to be isolated. Once you know what you are looking for, it will become easier for you to find it.

Remember they are all anonymous and no one, not even me, will know who you are.

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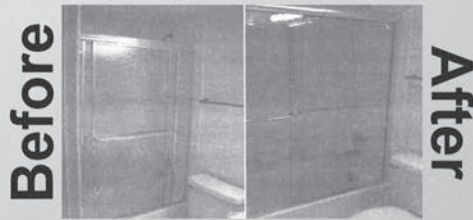
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Safety Solutions

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

July is National Vehicle Theft Prevention Month



July is National Vehicle Theft Prevention Month. While Wynmoor Village is not among our “hot spots” of stolen car activity by any stretch of the imagination, it’s still important to keep in mind these theft prevention tips when it comes to your car, truck, or SUV:

- Always park in well-lit areas.
- Roll up your windows and lock your doors when you park.
- Don’t have any valuables in the car that anyone can see.
- Never leave your keys in car, or those key fobs that they have nowadays.
- Never get out and leave your vehicle running.
- Get into the habit of locking your car every time you walk away from it.

Nearly all those tips are “no-brainers” but you would be surprised how many cars get stolen because the owner decided to run into the convenience store “because it would only take a minute.” We call those “crimes of opportunity” and you can bet that the thieves don’t miss many opportunities.

Our number of reported stolen vehicles increased by about 34 percent in 2021 compared to 2020, going from 77 in 2020 up to 103 last year. Early statistics indicate we’re up slightly again this year (2022) compared to this same time period last year. The most popular days for car thieves to swipe a vehicle in Coconut Creek were Mondays, Tuesdays, and Thursdays according

to our statistical analysis. The stats also showed that you were far more likely to have your car stolen during the early morning hours, midnight to 4:00 a.m., than any other time frame.

Again, since Wynmoor is a gated community, stolen vehicle cases are very rare. But it’s important to remember that you could get your car stolen from anywhere, which is why we want you to practice the prevention habits outlined above. For the most part, thieves are lazy. If your car is locked and there’s nothing in it they want, nine-times-out-of-ten they’re going to leave it alone.

The most common makes and models stolen in 2021 in Coconut Creek according to our numbers were: the Nissan Altima (7 thefts), the Toyota Camry (5 thefts), the Honda Accord (5 thefts), the Nissan Rogue (4 thefts), and the Dodge Challenger, the Honda CRV, the Honda Civic, the Chevy Silverado, and the Infiniti Q50 with 3 each.

Methods of entry, or how the bad guys are getting into these cars, are hard to pinpoint. Most of the time our investigators aren’t going to be able to tell. But we do see that between 5-10 percent, on average, are stolen because the vehicle was left unlocked with the keys in it.

The bottom line is what we call “target hardening,” or making whatever a thief wants harder to steal. The simplest way you can do that is by always locking your car doors. The main reason we don’t always know how a thief got inside a car in order to steal it is because the thief makes sure it’s never seen again.

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Temple Beth Orr In Coral Springs Celebrates Their 50th Anniversary Year

Temple Beth Orr President, Steve Marcus exclaimed “Congratulations to Temple Beth Orr for celebrating its 50th Anniversary. What Temple Beth Orr has meant to both the Jewish Community in Northwest Broward as well as the Cities of Coral Springs, Margate, Tamarac, Coconut Creek and Parkland cannot even begin to be measured. As we embark on our next 50 years in existence, I invite everyone from the community to join us on this incredible journey. We will be having all kinds of fun events to celebrate this remarkable happening. It will be one-year long party in which we invite our community to enjoy with us.” There will be programs commemorating the Golden Anniversary throughout the year, including the following events:

Friday, September 9, 2022 - 50th Anniversary Shabbat service with a special congregational oneg (dessert) following the service.

December 7-11, 2022 - The Arts & Scholars Week including a special lecture by Rabbi Mark Gross titled “Israel’s Music in Wartime: Window Into the Soul of a Nation,” where you can discover how, even amidst more than seventy years of ongoing conflict, the songwriters of the reborn Jewish State have reflected aspiration and affirmation. There will also be a Special Study with Rabbi Laura Rappaport and an Art and History Tour of Temple Beth Orr.

Saturday, January 21, 2023 - Comedy Club Night at Temple Beth Orr (there will be a charge for this event).

“We are so excited to bring these events to the congregation this year,” said Cathy Glassman, chairman of the event. “These events span the involvement our members have at the Temple – religious, educational and social—there’s something for everyone here,” she added.

Rabbi Laura Rappaport explained that “the journey and evolution of Coral Springs and Temple Beth Orr are intimately linked. I am thrilled to serve as TBO’s rabbi during this exciting time for the homegrown Jewish community of Coral Springs. It is a time to reflect on how our perennially close-knit, warm, and welcoming congregation has continued to change with the times and will continue to do so into the future.”

For more information about Temple Beth Orr, please contact the main office at 954-753-3232 x201.

Temple Beth Orr is a multi-generational and multi-ethnic community, made up of singles, couples, and interfaith and gay and lesbian families. It is located at 2151 Riverside Drive Coral Springs, FL 33071 (southwest corner of Riverside Dr. & Royal Palm Blvd.) For more information:

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By Marcus Smith, Licensed Acupuncture Physician

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And who can blame them? Between going to the dentist or getting vaccines, boosters and routine blood draws at the doctor’s office or taking necessary self-administered shots of prescription meds, we have all been conditioned to be afraid of needles. And no matter how much I explain how acupuncture needles are entirely different than those used for injections, are as thin as a human hair and produce little-to-no discomfort for most patients, it does little to quiet the fear.

Luckily, for many conditions, there are effective methods of treatment that do not require the use of acupuncture needles but are just as effective as if needles were used. These methods include manual and micro-current electrical stimulation of acupoints, trigger point therapy, acupressure, tuina

and gua-sha (Chinese physical therapies), and cupping. For those patients who prefer not to receive traditional needle-based acupuncture, I will typically use a combination of such needle-free methods as well as prescribe Chinese herbal formulas when appropriate.

Now you might ask, “Well, if you can use non-needle methods and achieve the same results, why would you choose to use needles?” And that would be a fair question. The answer is that it depends entirely on the condition being treated. Generally speaking, stress-related disorders such as insomnia, anxiety, depression, high blood pressure, digestive problems and some presentations of acute pain all respond very well to combinations of non-needle methods. Chronic pain, immune and auto-immune disease (Parkinson’s, MS) and most neurological disorders such as neuropathy, sequelae of stroke, and ataxia usually require the addition of acupuncture needles.

For more information about acupuncture, with and without needles, and how it may be able to help you, please visit our website at MarcusSmithAcupuncture.com or call us at 954-907-1036.

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Email articles to Wynmoorads@aol.com in a word document, or mail them to FLORIDA NEWS BUREAU, PO Box 670876, Coral Springs, FL 33067. Articles should be typed upper and lower case, or clearly written. Articles must have an author and contact information (not published, unless noted in the article. Deadline for articles is the 10th of the month preceding an issue.)

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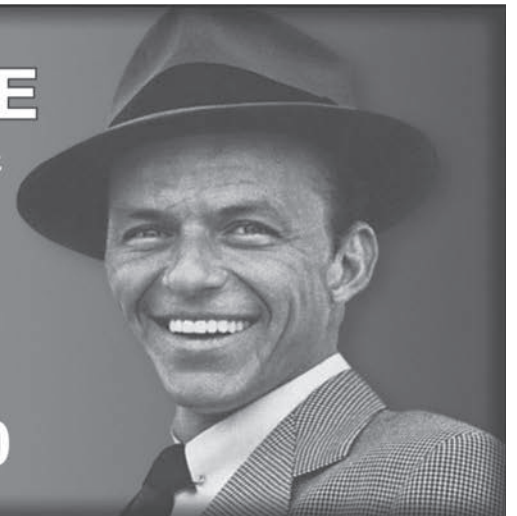
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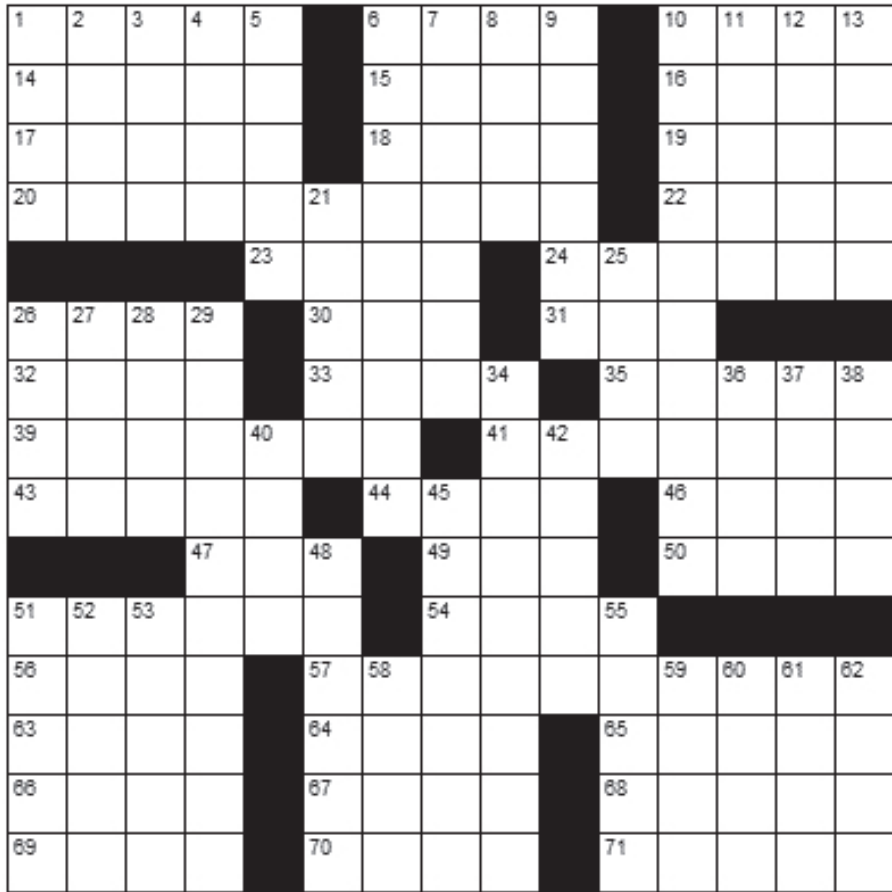
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Puzzles and Games

Solutions on page 61

Crossword Puzzle



ACROSS

- 1. Chum
- 6. Friends
- 10. Backside
- 14. Concur
- 15. Broadcast
- 16. Puncture
- 17. Andean animal
- 18. Box
- 19. Not under
- 20. Creative writing
- 22. Anagram of "Rent"
- 23. Narrow opening
- 24. Athletic competitions
- 26. Sandwich shop
- 30. Frozen water
- 31. Droop
- 32. Ancient Dead Sea kingdom
- 33. Competed
- 35. Peak
- 39. Took in
- 41. Lands and wealth
- 43. Giver
- 44. Behold, in old Rome
- 46. Thug
- 47. Crimson
- 49. Not new
- 50. Strikes

DOWN

- 51. Learn thoroughly
- 54. A magician
- 56. Arm bone
- 57. Tenderfoot
- 63. Amount leant
- 64. Big bash
- 65. Leg bone
- 66. Fashionable
- 67. Baking appliance
- 68. Rewrites
- 69. Story
- 70. Succeeding
- 71. Adjust again
- 25. Agreement
- 26. Not alive
- 27. Poi source
- 28. Diving bird
- 29. Emphasis
- 34. One who makes a declaration
- 36. Decorative case
- 37. Dispatched
- 38. Sounds of disapproval
- 40. Tall woody plant
- 42. Marsh plant
- 45. Difficult to understand
- 48. Fire-breathing beast
- 51. Swindle
- 52. Hawaiian greeting
- 53. Symbol of slowness
- 55. Reply to a knock
- 58. Asphalt
- 59. Ocean motion
- 60. Nile bird
- 61. Give as an example
- 62. Where the sun rises

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.

Meryl Streep

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



WORD of the month

Word: decry
What It Means: Decry is a formal word that means "to express strong disapproval of."
Decry in Context: "While some celebrated (Kim) Kardashian for her nod to the icon (Marilyn Monroe), others worried about the implications of her wearing the real gown. Costume historians and conservationists *decry*ed the unfortunate precedent it would set and the potential damage it could cause." – Maureen Lee Lenker, *Entertainment Weekly* (ew.com), 16 May 2022

- A CRY IN THE DARK
- ADAPTATION
- BEFORE AND AFTER
- DANCING AT LUGHNASA
- DARK MATTER
- DEATH BECOMES HER
- DEFENDING YOUR LIFE
- DOUBT
- EVENING
- FALLING IN LOVE
- HEARTBURN
- IRONWEED
- JULIA
- KRAMER VS. KRAMER
- LIONS FOR LAMBS
- MAMMA MIA
- MANHATTAN
- MARVIN'S ROOM
- MUSIC OF THE HEART
- ONE TRUE THING
- OUT OF AFRICA
- PLENTY
- PRIME
- RENDITION
- SHE-DEVIL
- SILKWOOD
- SOPHIE'S CHOICE
- STILL OF THE NIGHT
- THE DEER HUNTER



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2 BR • 2 BA • 1,180 SF



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2 BR • 2 BA • 1,162 SF



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2 BR • 2 BA • 1,275 SF



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Wynmoor Insider • July, 2022

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- 1503 CAYMAN Remodeled 1st Flr, W/Dryer Iris, Lake.....Asking \$199,000
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- 2304 LUCAYA 2nd Flr Furn, Encl Patio, Lake/Fountain.....Asking \$185,000
- 3201 PORTOFINO Furn Vinyl Floors Thru-Out, Golf.....Asking \$174,999
- 2709 NASSAU 1st Flr Furn, Encl Patio, Lake/Fountain.....Asking \$160,000
- 2904 VICTORIA Penthouse, Expansive Golf/WaterAsking \$149,500
- 2404 ANTIGUA Grnd Flr, Tile Thru-Out, Encl Patio, PoolAsking \$124,900

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Waterside Landing is an Alta Senior Living Community, *where people are the top priority.*

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954-628-5185



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WYNNMOOR Golf *and* Tips

By Kevin Battersby, PGA

Solid Contact is the Key

There are many articles on improving distance through club head speed. Most often this distance is illustrated with touring pros or long drive contestants. One over looked factor is the contact point on the face. The professional golfer and even long drive contestants have learned to find the center of the face more often than your amateur golfer. Hence, if you're looking to improve your distance the first order of business is to find the center of the face or very close to the center. Once achieved the higher the club head speed the more distance on your shot.

To help you find the center of the face more often here are some tips.

- 1 - Choke down on your club always helps find center contact.
- 2 - Consider your 3 or 5 wood as your driving club.
- 3 - Narrow your stance to increase awareness of your speed muscles (ie. hands, wrists and arms).
- 4 - Utilize aids to help identify where your contact point is on your club.

See attached photos! Remember speed kills! This reference reminds you if you can't control the club face at higher speeds by reducing the speed the center contact point will improve.

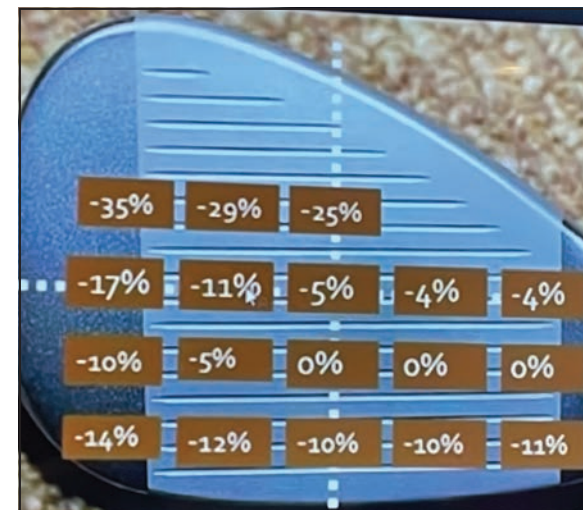
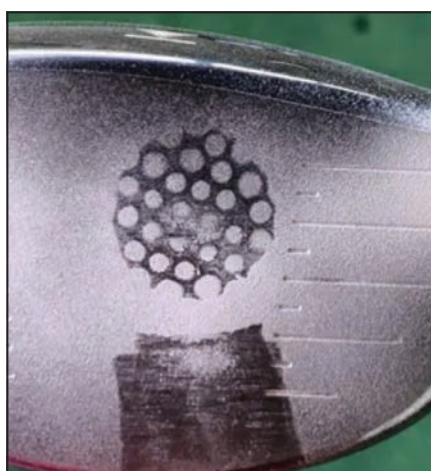
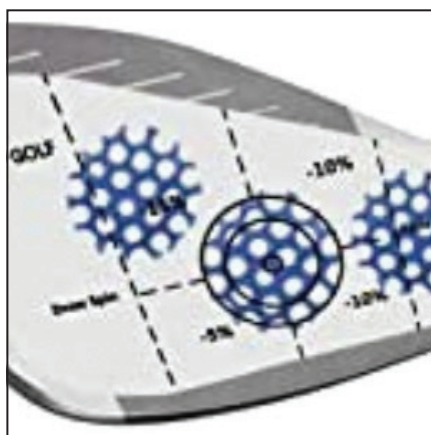
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Family Liability Protection	\$100,000.00	Included
Guest Medical Protection		\$9.00
Additional Living Expense up to 12 months not to exceed 10% of Personal Property Protection		Included
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If applicable, dwelling may require the additional premium shown		\$0.00
Deductibles		
Policy Deductible/Condition	\$500 All Peril	\$500.00 Windstorm
Master Policy Deduction Coverage Available		
Bundled Condo and Auto		
Policy Premium Summary	Premium	\$760.76

*The total estimated annual premium is based on information we obtained and assumptions we made. For example, assumptions on coverage amounts, deductible amount, and type of home construction. Your actual premium may be higher or lower based on a number of factors, including: additional information you provide or we obtain; the coverages, limits, and deductibles you choose; any applicable discounts; additional underwriting and rating criteria; and depending on your state, the date coverages are purchased or date coverages become effective. Coverages and discount subject to policy terms, conditions, qualifications and availability. This quote is not a contract or binder of insurance. To apply for insurance you must complete the application process.

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July 2022 Movies

All Sunday night movie showings will be presented with "Open Captioning" when available.



Ambulance

2 hours, 16 minutes

Wednesday, July 6th at 2 PM* & 7:30 PM
Sunday, July 10th at 7:30 PM*

* (Open Caption)

Starring Eiza Gonzalez, Jake Gyllenhaal, and Yaha Abdul-Mateen II. Needing money to cover his wife's medical bills, a decorated veteran teams up with his adoptive brother to steal \$32 million from a Los Angeles bank. However, when their getaway goes spectacularly wrong, the desperate thieves hijack an ambulance that's carrying a severely wounded cop and an EMT worker. Caught in a high-speed chase, the two siblings must figure out a way to outrun the law while keeping their hostages alive.

Rated R for intense violence, bloody images and language throughout. Action, Thriller.



Northman

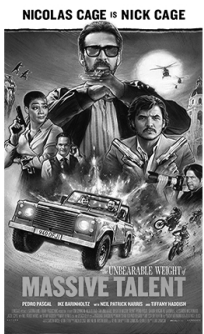
2 hours, 17 minutes

Monday, July 11th at 2 PM
Wednesday, July 13th at 2 PM* & 7:30 PM
Sunday, July 17th at 7:30 PM*

* (Open Caption)

Starring Alexander Skarsgard, Nicole Kidman and Claes Bang. Prince Amleth is on the verge of becoming a man when his father is brutally murdered by his uncle, who kidnaps the boy's mother. Two decades later, Amleth is now a Viking who raids Slavic villages. He soon meets a seeress who reminds him of his vow -- save his mother, kill his uncle, avenge his father.

Rated R for strong bloody violence, some sexual content and nudity. Action, Adventure, Drama.



The Unbearable Weight Of Massive Talent

1 hour, 46 minutes

Monday, July 18th at 2 PM
Wednesday, July 20th at 2 PM* & 7:30 PM
Sunday, July 24th at 7:30 PM*

* (Open Caption)

Starring Nicolas Cage, Pedro Pascal and Tiffany Haddish. Unfulfilled and facing financial ruin, actor Nick Cage accepts a \$1 million offer to attend a wealthy fan's birthday party. Things take a wildly unexpected turn when a CIA operative recruits Cage for an unusual mission. Taking on the role of a lifetime, he soon finds himself channeling his most iconic and beloved characters to save himself and his loved ones.

Rated R for language throughout, some sexual references, drug use and violence. Action, Comedy, Crime.



Fantastic Beasts: The Secrets Of Dumbledore

2 hours, 22 minutes

Monday, July 25th at 2 PM
Wednesday, July 27th at 2 PM* & 7:30 PM
Sunday, July 31st at 7:30 PM*

* (Open Caption)

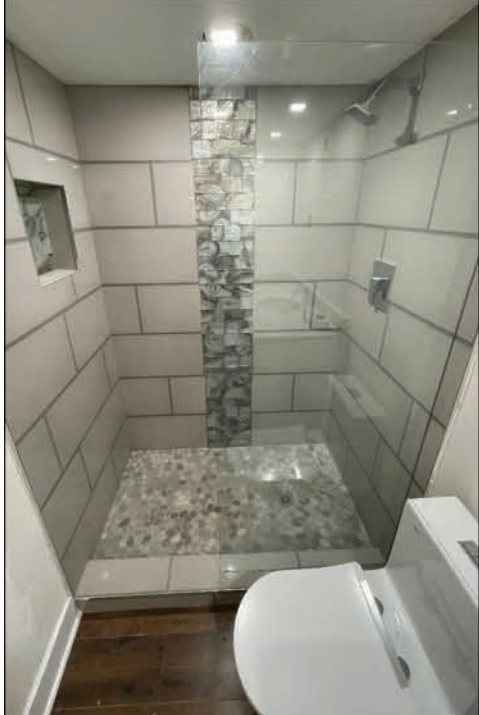
Starring Eddie Redmayne, Jude Law and Ezra Miller. Professor Albus Dumbledore knows the powerful, dark wizard Gellert Grindelwald is moving to seize control of the wizarding world. Unable to stop him alone, he entrusts magizoologist Newt Scamander to lead an intrepid team of wizards and witches. They soon encounter an array of old and new beasts as they clash with Grindelwald's growing legion of followers.

Rated PG-13 for some fantasy action and violence.

**** MASKS ARE OPTIONAL ****

Movies start on time. No reserved seating for movies. Movie tickets are \$2.00 (check/cash); exact amount is REQUIRED! NO CHANGE WILL BE PROVIDED. IDs are required; Guests are permitted accompanied by host Resident! Hearing Assist unavailable. Children younger than 15 are not permitted in Theatre. No food/drink allowed in Theatre. Bottled Water - OK. No smoking in Theatre including E-Cigarettes. Movies are subject to substitution. There are no refunds or exchanges. Some people are allergic to perfume and cologne. If you must use these items, please go lightly.

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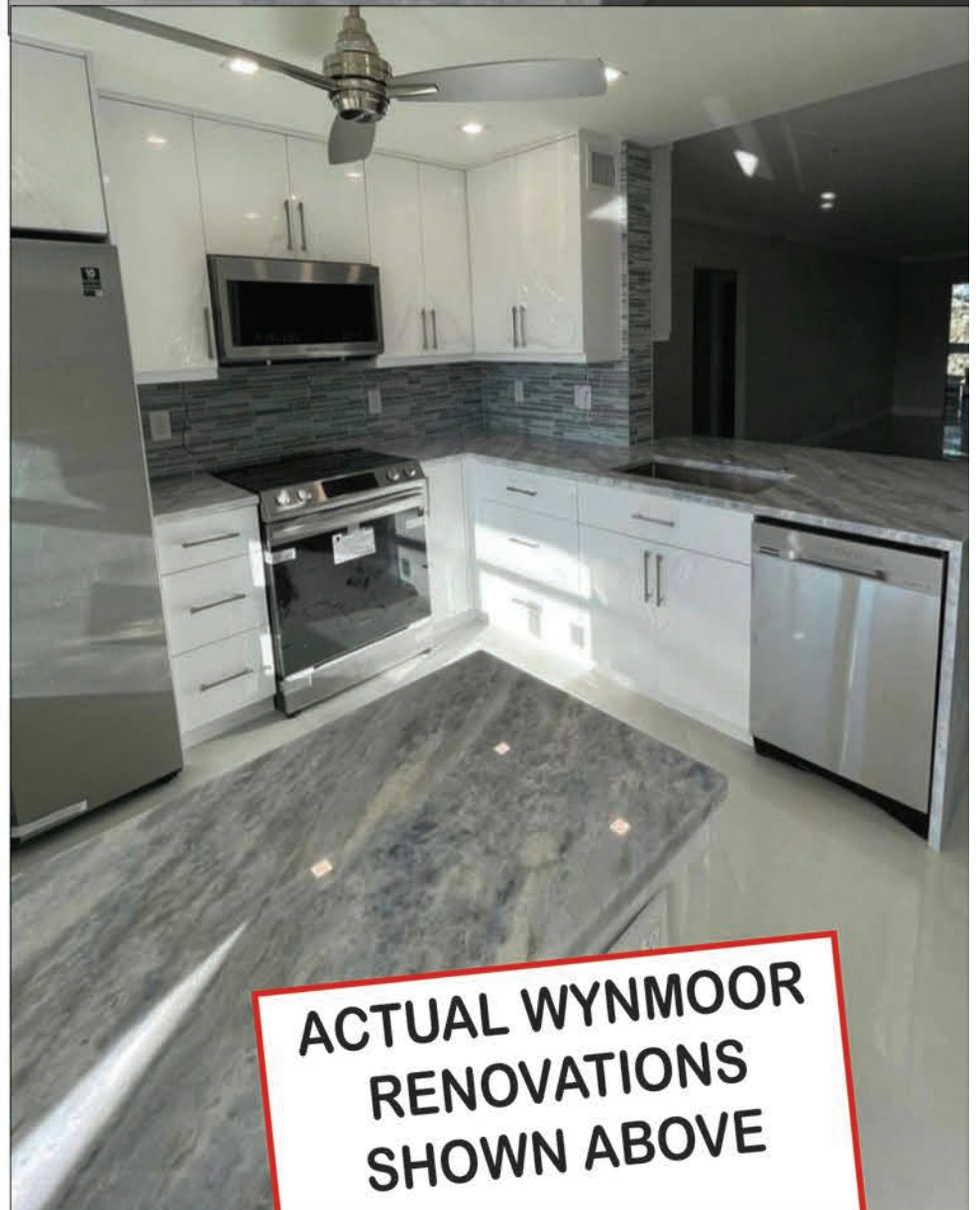


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Dance EVENTS

July 2 nd	John Brown
July 9 th	Joshua Pearl
July 16 th	Charlie D.
July 23 rd	Eddie Crespo
July 30 th	Marian Weinberg

Join us for the complimentary dance at the West Wing!
From 8:30 pm - 11:00 pm. Doors open at 8:00 pm.
Complimentary coffee will be provided. BYOB

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No Guests Permitted at this time
Shorts are not permitted.




The Cove

The Cove is located on the Country Club Patio on Thursdays from 5:00 PM - 8:00 PM.

Food will be available for purchase by Cafe on the Green. between 5:00 PM - 7:00 PM or while supplies last.

Entertainment

July 7th: Shonee
July 14th: Mike Rapposelli
July 21st: Steve Michaels
July 28th: King Arthur

Menu Options:

Hot Dog Combo : \$6.00
Hamburger Combo: \$8.00
Grilled Chicken Breast Sandwich: \$10.00
Chicken Skewer on Pita w/Tzatziki: \$10.00
Spinach Pie w/Greek Salad: \$10.00

All Meals include Coleslaw, Chips and Drink.
Sprite, Coke, Diet Coke or Water. *Cash Only*



For more information, call Recreation at 954-978-2600, press 1.



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JUNE 11th / 8:00 pm
MOTOWN PHILLY
\$14 per person

This local South Florida group is a 4-man group that will have you believe that The Temptations, The Four Tops, and other Motown legends are in the house. This performance featured fantastic vocals and terrific dance routines. The group also 'covers' groups like The Drifters, The Coasters, The Miracles, and The Platters—just to name a few. Their version of Smokey Robinson's "Ooo Baby Baby" is so spot on that the crowd would think the original recording was being played.



JUNE 25th / 8:00 pm
DESTINY
\$14 per person

Saturday, June 25th - Once upon a time there was a petit beauty named Donna, with a pair of lungs that would shake the house down. Gifted with sensitive interpretation and phrasing, her voice could melt any prince's heart, and it did! Tony's lyric opera voice crooned his way into her life. Donna's nightclub and cabaret experience combined with Tony's theatrical and classical training have cultured a dynamic duo, better than almost any other in the business. The excitement they feel for each other, and their music creates a unique and exhilarating experience. Don't miss your date with Destiny!!!

May ticket sales begin Monday, May 9th online and at box office May 11th. Box Office hours are Mondays and Wednesdays, 9 am – 12 noon. Thereafter, the 1st Monday of each month, that month's tickets will go on sale. No Shorts on Show Nights. All Shows are subject to change, modification or substitution. No refunds or exchanges. No food/drinks allowed in theater. Bottled water OK. No Smoking in Theatre including E-Cigarettes. Some people are allergic to perfume and cologne— if you must use these items, please go lightly.



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PREPARE FOR HURRICANE SEASON

STORM PREPARATION

DOCUMENTATION

- Take pictures of EVERYTHING inside and outside of your house, vehicles, and any business equipment or crops.
- Gather all important documents including passports, birth certificates, medical records, receipts, etc.

SECURE YOUR PROPERTY

- Check on your homeowners or renters insurance.
- Protect valuables from flooding and rain by raising items off the ground, packing in plastic, and moving from windows.
- Sandbag doorways for flooding.
- Prepare plywood for windows.

TAKE SAFETY PRECAUTIONS

- Shut off water and gas line, main break, and unplug items.
- Secure any loose items outside of your home (trash cans, etc).
- Get refills on any necessary prescriptions.
- Restock your first aid kit.

COLLECT SUPPLIES

- Focus on the essentials and plan to have no power or water.
- Collect enough food/water/medicine for 3-7 days.
- Gas, batteries, radios, chargers
- Supplies for pets including carriers and rabies records.
- Basic tool-kit.

MAKE A PLAN FOR STAYING & GOING

- Evaluate the risks for your own situation (type of house, trees near your house, flooding, etc.)
- Check the storm surge maps for your area.
- How long are you willing to stay in your house w/o power?

PREPARE FOR A COMMUTE

- Current roads and markets are not designed for 80-100% of the population to use them, so gas up your cars and know your route.
- Plan on the trip taking 3-4x longer.
- Bring snacks & games for the trip.

STEPS AFTER THE STORM

After the storm, roads may be closed and power could be out for days if not weeks. Make sure to document all damage, keep all receipts, and be wary of predatory contractors. Review your insurance coverage and utilize the recovery websites and agencies.

Created by: Wit_Meets_Grit

Items Especially For Seniors

In addition to the standard recommendations for a preparedness kit, there are a number of items specific to seniors that you should probably include in your kit as well. These include:

Medications

You will probably want to include an additional weeks' supply of medications in your kit. To get that extra supply, inform your doctor or other health care provider of the fact that you're putting together an emergency supply.

Medical Equipment

You will also want to have supplies for your essential medical equipment. This can include:

- Batteries for hearing aids
- Spare pairs of glasses
- Spare dentures
- Equipment for monitoring blood sugar and blood pressure, if needed
- Spare oxygen tanks

Having spares of all these items in your kit will save you time searching the house to make sure you haven't forgotten anything.

Medical Documents

Just as with all the other essential documents you'll want to have on hand, you'll also want to have information about any medical needs you have. This should include:

- Basic information like your blood type, any allergies you have, and a list of any conditions you're dealing with.
- An outline of the treatment you're receiving and any other essential care or comfort information
- Information about your medical equipment needs
- A list of prescriptions you receive along with the dosages you take
- A list of contact information for your physicians
- Copies of your Medicare, Medicaid, and other types of insurance information.

Finally, if you have a service animal, it might be useful to include their documentation in your kit as well; for all pets, you may want to include immunization information among your documents in case you have to bring them to a shelter or board them somewhere.

Special Plans

To prepare for hurricane season, the best strategy is to go all out—do the most you can to prepare for the worst. This includes:

- Take an inventory of valuables in case the storm damages the home. This can be as simple as taking a video or pictures of your home's interior using the camera on your phone.
- Make your home as weather-proof as possible, including cleaning out gutters and downspouts and making sure sump pumps and other anti-flooding measures are in good condition. You may also want to make sure that valuable items and important documents are out of the range of any floodwaters.
- Be ready to evacuate. Try to make your emergency preparedness kit is as portable as possible, and, if you have a car, always leave it with at least half a tank of gas during hurricane season to facilitate a quick getaway.

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What Your Children Are Thinking About...Right Now

By Dean Tendrich, Vice President Marketing & Sales, Alta Senior Living

One of the most frequently heard words in the senior housing world is, "Oh, I don't need that." Senior Living is one of the most misunderstood industries on the planet. If you're one of the tens of millions of Baby Boomers, it's possible that you and your parents are somewhere in your 50s or 70s, respectively. Many Boomers are still working while others are entering or well into retirement. At the same time, due to advances in research, technology, medicines, etc., the human lifespan is longer today than any time in history.

Lifespan, according to the Oxford Dictionary, is the length of time in which a person or animal lives or a thing functions. Life expectancy in the United State in 1940 was 62.07 years. In 1980 the lifespan in the US was 73.25 and as of 2020 the lifespan within the United States was 78.81. These are statistics. Many lived shorter lives than the statistics indicate, and on the other hand, there many who outlived the statistical average. This brings us to "Health Span."

What is Health Span? Dr. Gordon Lithgow is credited with coining the term "Health Span." Dr. Lithgow is a professor at the Buck Institute for Advancing Age Research in California. Health Span can be defined in many ways, but Merriam-Webster admits that Health Span is a relatively new phrase unlike Life Span. "A person's health span is the length of time that the person is healthy - not just alive!" In short, health span is a measure of quality. Who doesn't want a phenomenal quality of life?

This brings us back to the opening paragraph. We are all aging, always. We are all in this together. As we age, our needs evolve. These needs should not forfeit our abilities to have a great quality of life, enjoying friends, family and activities. This, in essence, is what the Senior Living industry is about. Sean O'Malley, Operations Vice President of Alta Senior Living, says quality senior living is a huge demand and the recent pandemic has made that demand even greater. "For the last two years we have seen a pandemic shut down the world. Millions of seniors in the United States were basically isolated, causing a huge ripple effect in a downturn of health." Seniors were not the only age group to feel the impacts of the global nightmare, but the senior populations were hit very hard. "The stories are heartbreaking" said O'Malley, "My parents are still relatively young and living on their own, but I know one day that may change, and I have spoken to my parents about their future. One

day it may be the best thing for them to live in a senior living community."

Alta Senior Living is bullish on the Senior Living industry and recently acquired Waterside Landing last year. Alta CEO Douglas Brawn knows the demand for senior services will only increase as the wave of Baby Boomers continues to build. "We saw Waterside Landing as a perfect example of how to reposition and rejuvenate a community asset. This property has been through a lot over the years."

Waterside Landing is currently undergoing a 6-million-dollar renovation. Brawn says the investment will be well worth the service this community will bring to this area which serves the Coconut Creek, Margate, Tamarac, Sunrise, Parkland and surrounding areas. "We are in the process of updating every apartment and adding a Memory Care community within the campus. This community is unique in that we have full-sized appliances, large units, walk-in closets, a huge swimming pool and a lake view that can't be beat!"

The senior housing industry is doing what it can to educate, inform and empower families about their options. People who are 8 to 90 years old think senior living is a nursing home. Why? Because, in 1966 when you went to visit your "Grammy" she was at a nursing home. Senior living such as Independent Living, Assisted Living or Memory Care just didn't exist then. Senior living is not only about life, it's about health too. Live life on your own terms. Your children aren't trying to "put you away" somewhere. Your children want you to be healthy and happy. Your children want you to have friends and fun. Your children want to continue to be your child versus your caregiver although they will do for you what you need. Your kids want to have a plan so if and when the time comes, you will fully embrace this new chapter of living. It's like living at a resort or cruise ship on land. Meals, transportation, health and wellness services, utilities and more are typically part of the lifestyle at senior communities. Communities like these are also good buffers against inflationary times as rates are set a year at time sometimes more. No taxes, no other expenses to be concerned with. Senior living communities do the cleaning and coordinate care when needed which makes the community a vital partner in your wellbeing in care.

Do yourself and your children a favor. Have a conversation about your future and what you want when the time comes.

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Traffic Violations

The speed limit on Wynmoor Circle is **25mph**. The speed limit in the villages is **15mph**. There is absolutely **NO PASSING** on Wynmoor Circle and all **STOP SIGNS MUST BE** observed by residents and guests. **All residents and guests are required to abide by Wynmoor Rules and Regulations.**

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LIMIT
15**

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Broward County Library Event

Join us on Saturday, July 16th from 2:00 - 4:00 p.m. at the North Regional/Broward College Library for a discussion of National Book Award Winner *In The Heart of the Sea: The Tragedy of the Whaleship Essex*, followed by a screening of Ron Howard's 2015 film adaptation.



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MEET WYNMOOR'S FITNESS TRAINERS!

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MARÍA (ARY)

Born in México and raised in South Florida, Maria's natural talent for rhythms was perceptible at an early age. She began her training in Ballet, Belly Dance, Ballroom dance and shortly thereafter added Zumba studies. Ary has been an Ensemble of Masala Middle Eastern Dance Fusion for the past 12 years. As a dancer, she has performed in South Florida over the past 12 years, as well as in México.



KENNY

A recent transplant from Connecticut, Kenny has been teaching Group Fitness Classes for over 14 years. Starting out leading Zumba classes, but quickly evolved teaching other forms of group fitness classes at multiple gyms and studios which include (LA Fitness, The EDGE, YMCA, Blast, Club Fitness, Gold Gym, and Healthtrax. After several years in his fitness career Kenneth started leading classes for Rehabilitation Centers and Senior Centers throughout Connecticut. Kenny focuses on keeping classes fun, energetic, and worthwhile!



ROBYN

Robyn Strauss has been part of the Wynmoor fitness team for over 10 years! She began her career in fitness by managing health club and she began training as a competitive bodybuilder. She is a certified Group Instructor and Personal Trainer with American Council on Exercise (ACE). She also is known for implementing successful outdoor boot camp programs in City of Parkland. Robyn is committed to providing quality fitness class for the residents of Wynmoor!

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**Monday - Sunday
8:00 AM - 10:00 PM**

Residents and guests may utilize the Business Center, located in the Country Club Library Office. You may fax, copy and/or print (for a nominal fee) and/or utilize one of our modern PC's located here.

Furthermore, there is a wireless hub in use, so that residents or guests may relax in the comfort of the Library atrium and surf the web with the wireless-ready notebook computer.

By the way, wireless access is also available on the Country Club Patio, The East Wing, The West Wing, and the Main Pool.

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By Linda Storfer

ENOUGH IS ENOUGH!!! What kind of society are we living in? What kind of society puts the right to own guns and assault weapons above the lives of innocent people including young children? Before and after the recent mass murders in Buffalo and Uvalde we witnessed mass murders in Columbine, Sandy Hook, Las Vegas, San Diego, Pittsburgh, Charleston, Parkland (right here at our doorstep) and countless others that do not make the national headlines. Everyday 106 people die from gun violence in the US, a country that is considered to be the most civilized and advanced society in the world. Sadly, more children are killed from gun violence every year than from terminal diseases, then are military personnel and those killed by police officers in this country. This year which is only half over, already almost 20,000 people have lost their lives to gun violence. We all know what the problem is and we know what the solution is but year after year nothing gets done and nothing changes. I think that many people have become desensitized to this issue and consider these heinous acts of violence the new normal.

During these dark and scary times many turn to a house of worship for comfort and solace. Despite the tragedies of the past few weeks our synagogue offers spiritual comfort, hope and support to all those who attend and pray with us. We are guided by our senior Rabbi, Rabbi Michelle Goldsmith who leads the congregation in a highly spiritual and inspirational manner. Although it is only July, it is not too early to start thinking about the High Holidays and joining us for services. Rosh Hashana begins at sundown on Sunday, September 25th and services will be conducted both in person and online. Membership applications are now being taken for the coming season of 2022-23 and holiday tickets for the Jewish New Year 5783 are being sold right now (see our ad elsewhere in this newspaper).

In addition to our dynamic daily and Sabbath services we have a full array of programs which include educational, social and cultural events. Our dynamic Sisterhood offers outstanding programs which include holiday events, card and mahjonn parties and book discussions. Be sure to join us on Sunday, July 17th at 10:00 a.m. for a lively book discussion of the book *Light of Days* by Judy Batalion. This book deals with the Jewish women who inspired Poland's Jewish youth groups to resist the Nazis. Our active Men's Club will be gathering at the Plaster Carousel on Sunday, July 10th at 6:00 p.m. to paint and create memories. Be sure to sign up for Jewish Heritage Day at Marlin Park when the Yankees will be playing Miami. We will provide bus transportation and a baseball celebration cap included with your ticket price.

For information on all of our events and membership applications please call our office at 954-968-4545 or check out our website at www.beth-am.org. We are located at 7205 Royal Palm Blvd and are open Mondays through Thursdays 9:00 a.m. - 5:00 p.m. and Fridays from 9:00 a.m. - 12:00 noon. Happy Birthday America and Happy July 4th to Everyone!

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FITNESS CLASS DESCRIPTIONS

AEROBICS: Cardiovascular training using continuous callisthenic & dance movement with low impact & optional Hi-Lo modifications to music; low to high intensity workout; for all fitness levels.

BALANCE & JOINTS: Combination of balance exercises to improve stability & posture with exercises to strengthen ankle, hip, & shoulder joints. For all ages & levels for fall prevention, better mobility, & increased strength. Beneficial for those who are athletically inclined/impaired mobility.

BOOT CAMP: Callisthenic exercises for muscle strength & endurance with cardiovascular training & joint mobility exercises; without music & without dance movements; for all fitness levels. **BRING** hand held weights/dumbbells.

CORE & MORE: Cardio based class with 10 different ab exercises hitting all the areas of the body's midsection (low to high intensity)

FIT & FLEX: Resistance bands or hand weights. Low weights to increase your strength and tone. More reps to increase your flexibility and endurance. (Low to high intensity)

BARRE: Hybrid workout combing ballet inspired moves with elements of Pilates, dance, yoga, and strength training. High reps of small range movements. (Low to high intensity)

STRETCH: Fitness stretching utilizing techniques for improved Range of Motion & flexibility training; for all fitness levels; yoga & relaxation techniques incorporated.

3B: Its 3B not 3D. (Low weights or your body weight) Belly, Back and Butt exercises. Firming, toning, and strengthening targeted areas of the body. (Low to medium intensity)

WATER AEROBICS: Cardiovascular training using continuous movement with minimal to no impact in the water & having the added benefit of muscle endurance training created by the resistance of the water & with resistance props.

ZUMBA: "Ditch the workout & join the party!" The class that started the dance-fitness revolution & changed the way we look at a "workout" forever. It's fun, effective & best of all? Made for everyone!

ZUMBA 'Chair & Toning': Zumba toning combines strength & resistance training with innovative dance moves, using a chair as your dance partner. This workout combines body-sculpting exercises and high-energy cardio work with Zumba moves to enhance rhythm & tone all their target zones.

Fitness Classes are located in West Wing I, unless otherwise noted. Water Aerobics is located at the Main Pool. Fitness Shoes **REQUIRED** for all classes & in the Fitness Center. Bring your own equipment for those classes that require it.
Recreation: 954-978-2600, press 1.




WYNMOOR RECREATION DEPARTMENT

FREE

FITNESS CLASSES

MON	TUES	WED	THURS	FRI
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WATER AEROBICS with Kenny 8:30 - 9:15 AM	BOOT CAMP with Robyn 9:00 - 9:45 am	BOOT CAMP with Robyn 9:00 - 9:45 am	BOOT CAMP with Robyn 9:00 - 9:45 am	WATER AEROBICS with Kenny 8:30 - 9:15 AM
ZUMBA with Maria 9:30-10:15 AM	WATER AEROBICS with Robyn 10:00 - 11:00 am	WATER AEROBICS with Robyn 10:00 - 11:00 am	WATER AEROBICS with Robyn 10:00 - 11:00 am	ZUMBA with Maria 9:30-10:15 AM
WATER AEROBICS with Robyn 10:00 - 11:00 AM	BARRE with Kenny 10:00 - 10:45	FIT & FLEX with Kenny 10:00 - 10:45	3B with Kenny 10:00 - 10:45	WATER AEROBICS with Robyn 10:00 - 11:00 AM
CORE & MORE with Kenny 10:20 - 10:50 AM	BALANCE & JOINTS with Robyn 11:05 - 11:35 am		BALANCE & JOINTS with Robyn 11:05 - 11:35 am	CORE & MORE with Kenny 10:20 - 10:50 AM
AEROBICS with Robyn 11:05 - 11:35 AM				AEROBICS with Robyn 11:05 - 11:35 AM
	WATER AEROBICS with Kenny 2:15 - 3:00 pm		WATER AEROBICS with Kenny 2:15 - 3:00 pm	

Fitness Classes are located in West Wing I, unless otherwise noted.
Water Aerobics is located at the Main Pool.
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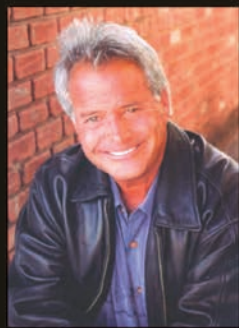
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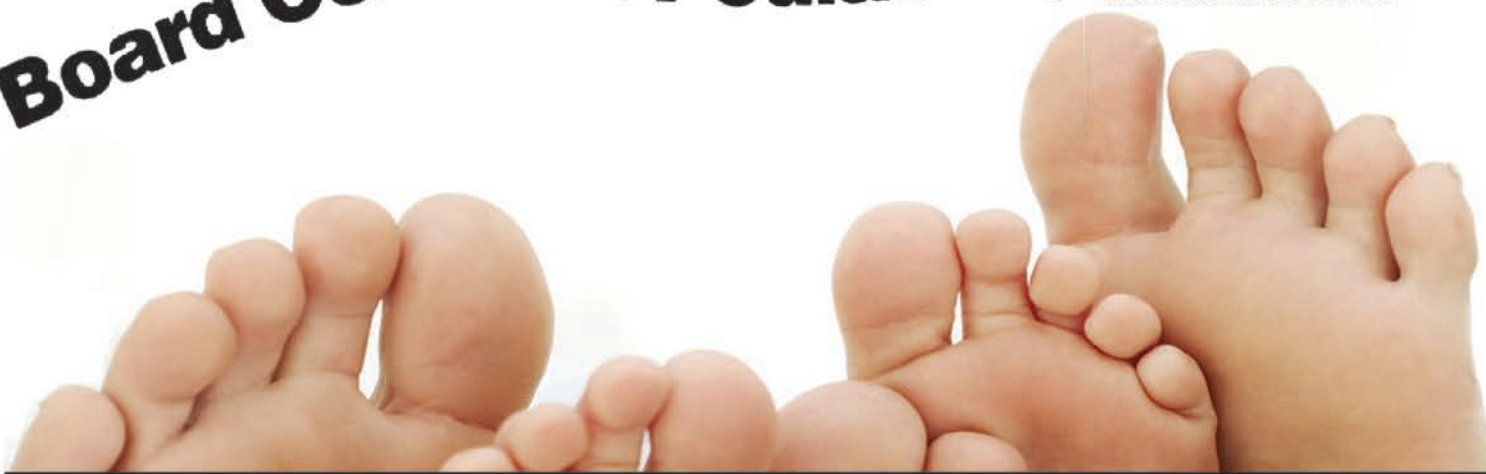
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Are You Living With, Or Worried About Someone Suffering With Chronic Back Pain?

By Leading Back Pain Expert, Todd James

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

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

It's a shame so many people think their options for dealing with back pain are rest, pain killers, or maybe worse, injections or even surgery. Often these solutions are only

temporary, because they don't address the true cause of your back pain, but just mask the symptoms. Others believe there is nothing that can be done, and they will just have to suffer through the pain.

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

I'm Todd James, Physical Therapist and I have been helping 1000s of people 55+ over the last 2

decades find quick, natural, long lasting relief from back pain. I've put together this guide because in easing your back pain it's not just about doing the right things, but also about avoiding the wrong things. When you choose the right path, your recovery from back pain will be much more effective.

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

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


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Clubs and Activities

All Wynmoor Clubs (regardless of name) are open to all Wynmoor residents. Dues may be applicable. To see your club info here, please email your submission to: wynmoorads@aol.com. The deadline is the 10th of the month, for the next month's issue. Thank you in advance! Please contact the Club President for more information.

Belly Dance Club

By Marcia Maron

Our group is growing by leaps and bounds so... Come and join us for fun and exercise. We meet on Tuesdays at 2:30 p.m. Learn a routine while learning the art of Belly Dancing. Improve your balance, stamina, and energy level. This class is complimentary to Wynmoor residents. For location and more information please call Marcia at 516-659-3367. Have a belly good time!

.....

Ben's Friends Art Club

By Rene Monblatt

Our club meets every Saturday morning, year-round at 9:00 a.m. in the art studio. We hope to see our members, and anyone who is interested in making art. Creating with any art medium makes for a satisfactory and most pleasurable experience. Hope to see you Saturday mornings!

.....

Billiard & Pool Club

By Bob Horowitz

The Pool & Billiard Room is open 7 days a week from 8:00 a.m to 11:00 p.m. The use of the room is open to all residents and their guests. Guests must be accompanied by their host resident. Please bring your Wynmoor ID card.

There are (4) 4 ft. Three-cushion Billiard tables, (14) 9 ft. Pool tables, and (1) 10 ft. Snooker table.

The Pool and Billiard club hosts many social and sporting events. The club sponsors a weekly 9-ball tournament for all levels of ability every Wednesday night from 6:00 to 8:00 p.m. We also offer FREE pool lessons for club members. There is also our Women's' Group which meets to play on Tuesdays at 4:00 p.m.

The Cost to join the club is \$5.00 per year. Information e-mail Wynmoorpoolclub@gmail.com

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Bookies

By Myrna Greenberg

The next meeting of the Bookies Book Club will be held on Tuesday, July 5th in the Sunrise room located on the left wing of the Wynmoor theater. We meet from 3:00 - 5:00 p.m. in the afternoon and sometimes a few of us gather for a light dinner. The book of the month is "The Girl Who Wrote in Silk" by Kelli Estes. Please join us for an afternoon of conversation and laughter. Masks are optional and cloths will be available for the microphones. Contact Myrna at 754-231-6368 or Elaine at 954-973-4545.

.....

Camera Club

By Nancy Landman

Due to requests of our members, we are continuing Zoom meetings on the 4th Tuesday of each month at 3:30 p.m. until our official season begins. You are very welcome to join us.

The mission of the Camera Club of Wynmoor is to provide a welcoming environment to Wynmoor residents at all levels of experience, who want to learn photography and grow in their ability to make photographs.

We had some wonderfully interesting meetings during this 2021-2022 season. We had very informative presentations on such subjects as Photo Editing, Macro Photography, Holiday Events, Still Life, Sunrise-Sunset, Night Photography, Reflections, Discarded Objects and Exposure. Following the presentation, we viewed what members did with the topic that was presented or any topic of their choice. It was exciting to see the improvement in the quality of the work as the season progressed. Photos were full of beauty, humor and originality.

If you'd like to see some samples of our recent photos, check out the showcase at the Clubhouse or the Camera Club section of the monthly newspaper *The Insider*.

We are looking forward to our next season which will be starting up again in mid-November and will meet the 2nd and 4th Tuesday of every month at 3:00 p.m. through early April. We will have more interesting themes, presentations and photo reviews.

Do come join us! For more information, call or text Nancy Landman at 954-496-1965 or Helen Storm at 416-452-1313 (Canada).

.....

Center Stage at Wynmoor

By Diane Williams

Formally known as 'Actor's Workshop' as it has been revamped! Have fun creating? Discover new and untapped talents and passions. This inclusive and multicultural group is seeking members, willing and able, to share in theatrical stage experiences. Performing arts professionals (including directors), novices, and enthusiasts are welcome. Open behind-the-scenes positions include lighting, audio, set designers, property managers, costume, and makeup artists. Our meetings will begin in September 2022. Open call casting for our theatre production is projected for October 2022. Proposed show date is March 2023. Please contact Joy at 973-452-9349 or Diane at 267-253-6947 for additional information. "We don't stop playing because we grow old; we grow old because we stop playing." – George Bernard Shaw

.....

Ceramics Club

By Tamara Tresniowski

Summertime Summertime Sum Sum Summertime! Come into our air conditioned, friendly Ceramics Room. Make new friends while being creative. Our club is open all year long so come join us, new member classes continue, come in and sign up. Our air-conditioned studio is a creative, cool respite from the warmer weather.. We look forward to seeing all our regular year-round friends and to making new friends as well. Our new member class is \$30, and you get lessons and a set of paints and tools to get your journey started. Dues are \$15. Our club is located at the clubhouse and our new hours are Monday through Thursday from 9:00 a.m. to 12:00 p.m.

.....

Chess Club

By Hillel Cohen

We get together every Wednesday between 3:00 and 5:30 p.m. OUTSIDE on the Clubhouse Patio ("the Cove"). All chess players at any level are welcome and no partner needed. There are no dues and no fees. Chess sets are provided. For everyone's safety, because the games are face-to-face for a prolonged time, we ask that all players must be fully vaccinated — bring a copy of your vaccination card the first time you come. Masks are recommended. If either player requests that masks be worn by both, please comply. Games are casual and relaxed so come outside and play.

.....

Conservative Club of Wynmoor

By Perri Cohen

Our club has lost one of our cherished members. Jack Mendelson passed away. Many of you knew Jack, as he had been a long-time resident of Wynmoor and one of the first members of the club. He will be missed greatly for his in-depth political knowledge, his wonderful sense of humor and loyalty. Our condolences to his wife Miriam and all his family. May he rest in peace.

There are no monthly scheduled meetings for July. In August, we will be conducting a debate for all the congressionals from our district: Darleen Swaffar, Jim Pruden, Dr. Steve Chess and Joe Budd. For those of you who don't know, or are not acquainted with Mr. Budd, look him up on Facebook, "Joe Budd for Congress."

The meeting date is August 16th at 7:00 p.m. in Auditorium A. This is one week before the primaries. The moderator will be Russel DiPerna. Between now and the night of the debate, please write down and have ready any questions you may have for the candidates. You may choose to send your questions to the club to be addressed or you can call me, and I will make sure that Russel gets them so your concerns can be addressed.

Bring a friend, even if this friend is not a Wynmoor resident, a liberal, a progressive, a democrat, everyone is welcome. These are important times! Every voice needs to be heard and every mind needs to open. Until the 16th of August.

Have a Happy and Safe July 4th.

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Current Events

By Susan Myers

We are finally open for all who wish to join us. Our group of friends in Wynmoor get together each Tuesday morning to discuss local, regional, and national events within our world.

We are now located indoors at Card Room 1 from 10:00 until 11:30 a.m. and we often follow our discussions with lunch in a variety of local restaurants within the Coconut Creek area.

Please join us! Susan Myers 954-933-7743.

.....

Continued on page 56



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Balance and Aging

By Ron Molino, Certified Personal Trainer

Last month I covered the many causes and risk factors related to balance and falling issues with seniors.

This month I want to go over some of the things you can do to improve your balance. If you do these exercises alone you will need to have something to hold on to like a counter top or a sturdy chair. You can also have someone help you, like a friend or family member, as long as they are capable of holding you. You may need a fitness instructor, at least in the beginning until your ability and confidence improve.

Most of these exercises are simple but can be made progressively more difficult. In the beginning just do the simple ones.

If you have any questions feel free to call me at 954-673-6700.

The first exercise is a squat. You can hold on to a counter top or a chair. Do 12 repetitions. Next do heel raises to strengthen the calf and ankles. 12-20 repetitions.

With someone helping you, try walking heel to toe for 10-20 steps. Holding on, lift one foot slightly off the ground, hold for 10-20 seconds, then repeat with the other foot. Walk normally one foot in front of the other, no shuffling, pick up your feet and no wide gait. One foot at a time raise your heel to the butt.

These are enough movements to get you started. Next month I'll give you more including some upper body exercises that will help with posture, which helps balance.

You should try to do these exercises 2-3 times a week. Everyone asks, how long before I see improvement and how much am I going to improve? The more consistent and dedicated you are the more positive results you will get. I tell everyone, especially seniors, I can't guarantee your results but I can guarantee you if you do nothing, it will get worse.

Till next time, good luck!

Ron



A Source of Exhilaration For A Longtime Florida Resident

By Barry Isaac

A few months ago, I returned to the Lowe Art Museum on the bustling campus of the University of Miami. Once more, I was fortunate enough to enjoy these fine exemplars of Italian Old Master Paintings; Siense Master, Lippo Vanni's "Madonna and Child Enthroned With Saints Elizabeth and Dominic With Donors," Late Medieval Period, produced during the time the Papacy was based in Avignon, France, Guidoccio Cozzarelli's Italian Renaissance Period Painting, "Annunciation With Journey To Bethlehem," Filippo Mazzola's Renaissance Period Painting, "Portrait of Man," Pietro Dandini's fine Mannerist, Baroque Period work, "Judith With Head of Holofernes," and Giovanni Paolo Panini's splendid 18th Century, Neoclassical Theme Painting, "Capriccio of Classical Ruins With Healing Lame At Pool of Bethesda," among others.

I also saw a delightful paradigm of quality Netherlandish Renaissance Painting by Adriean Isenbrant, "Madonna and Christ Child With Member of Hillenberger Family." Typical of the Netherlandish Renaissance Period, there is a landscape in the background. From the Flemish Baroque, I saw a fine painting by Jacob Jordaens, "Judgement of Paris" with its delightful flesh tones.

As for Spanish Baroque Art, I saw fine examples of Spanish Mannerism by Bartolome Murillo, "Portrait of Gentleman," Jusepe Ribera, "Saint



Onuphrias," and El Greco, "Saint Peter," "Feast In House of Simon" from the 17th Century.

The Lowe Art Museum has a wonderful collection of Glass Art produced in the 20th Century. Favorites that day were; Christine Federighi's "Globe," Emily Brock's "Hotel Lobby," Robert Arneson's "Nasal Flat," Viola Frey's ceramic creation "Artist/Mind/Studio/World," Robin Grebe's "Edifice," and Janusz Walentowicz' "Madeleine With Birds." Dale Chihuly,

Harvey Littleton, and Hank Murta Adams were also well-represented.

As for Contemporary Art, I saw fine works by Kehinde Wiley, a leading African American Contemporary Painter, "Three Field Defense," Kim Tscheng-Yeaul, "Waterdrop," Frank Stella, and Samuel Jones, "Poplar Trees" in this relatively small art museum with a wide range of Art.

The Lowe Art Museum has been a source of delectation for the past forty-two years that I have lived in South Florida. Currently, admission is free, but donations from the public help it to maintain its high standards. Currently, the Lowe Art Museum is open from Thursday to Sunday. For further information, the Lowe Art Museum's telephone is 1-305-284-3535.



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Clubs and Activities

Continued from page 52

Democratic Club

By Stan Grossman

The Democratic Club meeting will be held on Tuesday, July 5th in the Main Ballroom. Doors open at 1:30 p.m. and the meeting will start promptly at 2:00 p.m.! This will be an important and informative meeting. Guest speakers will be Christine Hunschofsky - member of the Florida House of Representatives, Grace Carrington – Florida Democratic Committeewoman, Jackie Railey – Coconut Creek Commissioner, and David Brown.

Please join us and get involved; bring a friend. For more information on the club, please call Ilene Garland at 954-972-1978.

Duplicate Bridge Club

By Bram Hamovitch

We are currently running two games each week, on Tuesdays and Fridays at 12:30 p.m. in the East Wing of the theater building. Please arrive 15 minutes prior to start time, out of courtesy to the director.

If you need a partner, contact Terry at 216-401-5739. Other questions? Please call Lynne at 954-973-1223 or 954-257-3452.

Fun With Friends 2

By Ben Zoe

Fun With Friends 2 is a member only Dance Club at Wynmoor with LIVE MUSIC held right here in the Ballroom! We anticipate having a minimum of six dances on Sunday nights from June 2022 to May 2023. Membership is \$15 a year and will be limited. There is an additional \$10 member fee for each dance attended. \$15 guest tickets may be available only if a dance does not sell out. Our June 12th event was very successful with over 160 participants. Please look for information on our upcoming event currently scheduled for August in the next issue. Please contact us at FunWithFriendsWyn2@Gmail.com if you have any questions. Thanks!

Hadassah

By Toby Norman

Our first general meeting the new season will be by September 7, 2022, at 12 noon in the West Wing. If you are a member, please plan on joining us. If you are not a member, feel free to join us and discuss joining our Chapter with our Membership Chairperson. We have refreshments before our meetings. This is a good time to visit with friends you might not have seen in a while. The general meeting will be called to order by our President at 12:30 p.m. and our program will follow.

SAVE THE DATE: Our summer Card Party will be held in the West Wing on July 17th at 10:00 a.m. A dairy box lunch will be provided. Form your tables and have one person from each table contact Natalie Gorelick at 954-984-1673 to register your table. If you need a game or player to complete your table, please let Natalie know. You can play any game your table wishes. Men, you are always welcome to play. Let's see some of you there!

By continuing to purchase cards, trees and certificates from the individuals mentioned below, you are helping Wynmoor Hadassah reach the goal set for us by National for the current year. All of the monies raised is used to help people around the world. Certificates and trees for any occasion can be obtained by calling Bernice Riback at 954-984-1703. Beautiful and appropriate cards for any occasion can be obtained by calling Lenae Herman at 954-657-8579. As always, your support is greatly appreciated!

Ladies Circle Club of Wynmoor

By Iris Arlan

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 Benjamin I. Nazario

If you're interested or need information about our club and its events, please contact Ms. Minerva Nazario at 954-532-3156. Please stay well, safe, and healthy.

Mah Jongg Club

By Nancy Smith

Tournaments run from 9:45 a.m. until 3:45 p.m. We play six rounds. There is a break to eat the lunch that you have brought. We play at the West Wing on Mondays and the Ballroom on Fridays. Each person pays a \$10 entry fee. Reservations MUST be made ahead of time so that the tables will be set up properly. For additional information, please call Nancy at 954-610-1539 or Rochelle at 954-822-6245. Wishing you all many jokers!

Monday Night Dance Club

By Tamara Tresniowski

An air-conditioned room, friends to hang out with and great music to dance to. What more can you ask for! We continue to have lessons in July. There is NO DANCE on July 4th. Our lesson schedule is as follows...July 11th Phil Palma will be teaching West Coast Swing. July 18th Sherry Jankelovitz will teach a line dance to Oh Carol. July 25th Leo Gonzalez will be teaching Salsa. Come join us in the ballroom 6:30 - 7:00 p.m. for the lesson and then dancing from 7:00 - 9:30 p.m. New members \$5.00 to join. \$2.00 each week admission. Coffee and a treat served each week.

MsCues

By Bob Horowitz

Join Our Women's Pool Group "The MsCues"

This is for beginners and advanced players. Questions? Call Carol at 978-979-1681 or Email: cas242@hotmail.com

Nature And Arts Club

By Elinor Weinstein

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Thank you to all of our membership of over 200 residents that have joined in on Zoom meetings and field trips along with our first meet-up in person in the Wynmoor ballroom. The board has planned and put into motion so many interesting trips this year. The season for the Nature and Arts Club will meet up again in the Fall. We look forward to seeing all of you at that time. We truly value your commitment to keeping our Club vibrant and current.

The Nature and Arts Club has enjoyed lectures from the Oceanographic Research Center, Brian Rose our Hollywood Guru, historian Bill Thierselder, artist Andrea Huffman, virtual tour of the French Gardens of Versailles and Monet's Garden at Giverney. Also we have enjoyed interesting docent tours of Green Cay Nature Center, Morikami Gardens, Sawgrass Nature Center and Wildlife Hospital as well as the Boca Art Museum.

Have any suggestions for the Nature and Arts Club? We look forward to hearing from you. Join in on the unique experiences we offer....and best of all you will make new friends in the process.

Watch for updates in this paper for next season's trips and meetings. Membership renewals will begin towards late Summer.

In friendship....

Nancy Moskowitz, President

laughlady55@aol.com or 954-973-2181

Needlework Click

By Barbara Bilello

Our July meetings are the 12th and 26th, the 2nd and 4th Tuesday every month. We meet in the West Wing from 1:00 - 4:00 p.m. We serve coffee tea and yummy snacks. If you are new to Wynmoor and would like to meet new friends please come and join us. We are a friendly group of people who enjoy sharing patterns.

Remember if you have yarn you no longer need I'll pick it up just call Barbara at 764-222-6375. Have a happy July 4th stay safe. Thanks.

Night Tennis

By Jo Ann Perreault

Summer weather is here and we are less inclined to run around in the heat. The remedy for back side couch implants is Night Tennis.

The Night Tennis program has been run for 16 years under the guidance of Jo Ann Perreault and Dennis Levans. Every Monday, Tuesday and Thursday nights from 6:30 - 8:00 p.m., with a warm up period beginning at 6:15 p.m., they shepherd players to a good time.

Mondays and Tuesdays fee of a dollar is requested, no charge on Thursdays. The money collected is used to purchase balls, so they always play with new balls and the surplus funds are used for pizza parties.

The required skill level is 3.0 – meaning being able to serve and return serve effectively and to maintain ones part in a rally. If this describes your ability, please come and join the players for exercise and socializing under the lights.

Pickleball Club

By Mayda Coombs

Even though the summer heat is here, it does not stop us from playing Pickleball. It is just so much fun, you cannot pass it up. Some people even

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Clubs and Activities

Continued from page 56

say it is addicting. I guess that is why you will see a lot of the same people there playing every day. I hope I have peaked your interest. Come on down to the courts and see what Pickleball is all about. It is a fun game to play and you can meet new people too. Summer hours are 8:00 a.m. - 5:30 p.m. We are giving beginner and intermediate lessons on Saturday mornings at 8:30 a.m. at the Pickleball Courts. The classes fill up fast so you must send an email to register for the class to, 2002granada@gmail.com. You will receive a confirmation. No walk ons. We supply the paddles and balls. You must wear proper sneakers, eye protection and please bring something to drink.

The Wynmoor Dance Troupe & Company

By Marcia Maron

With much spirit and joy The Wynmoor Dance Troupe & Company with talented singers, dancers and the rest of us take to the stage once again in their new musical revue *Show Me The Music* in 2023. If you think you would like to take part in this production and meet your neighbors, have fun and work hard, we need: singers, dancers, comedians, backstage hands. No experience is necessary. Please join us and call Marcia at 516-659-3367.

US Club

By Ceil Eitman, President

A first for the US Club: A midsummer get together! Friday eve July 29th in the Ballroom from 6:30 – 9:30 p.m. Enjoy live music, play your favorite games, connect with friends and make new ones. Please bring your own refreshments. Coffee will be served. 2022 paid members are free, guests are \$5 at the door. RSVP the phone squad or Ceil at 954-984-2801. New members paying \$15 dues will be honored until December 31, 2023. P.S. – Doors open at 5:45 p.m.

Woodshop

By Ernest Fleury

Any questions come to the Shop and talk to Steve, Karl or I. One of us is there every day from 8:00 a.m. - 5:00 p.m.

JOIN A CLUB!

Writer's Workshop

By Judy A. Weissman, PhD

Writers, whether in Wynmoor or Canada now, we hope you will pick up your pen or open your computer, in the heat or the snow, and write as regularly as possible. In a few months we will let you know when the Writer's Workshop will meet in person again and new members will be welcome. If you have any questions, contact Nancy Heller Moskowitz, Club President at laughlady55@aol.com. Please put Writer's Workshop on the subject line.

Wynmoor Ladies Golf Association

By Karen Beckman

The lazy, hazy days of summer have arrived! Dodging thunderstorm and tropical storm warnings is just part of the routine for Florida summer golf, and our members are undeterred as we continue to enjoy our Tuesday morning outings. Partnering with WGA for game nights and additional events fill out the summer season schedule. There is still lots going on, so if you are a lady golfer, check in at the Pro Shop and get information on our league schedule and activities. We love making new *golf buddies!*

Wynmoor Short Film Festival

By Enid Wolf-Schein

The goal of the Wynmoor Short Film Festival Club is to showcase films made by and with Wynmoor residents. We are doing this by sponsoring an annual Short Film Festival here at Wynmoor and by encouraging local filmmakers to join us so residents can get additional inspiration from some of our close neighbors.

We would encourage anyone who has made a short film (up to approximately 12 minutes) to submit it to us for a possible showing. Anyone who wants to know more about our project can email us at Threebridgepub@aol.com.

Wynmoor Video and Film Club

By Phil Guterman

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SWORDS

By Karen Komsa

SWORDS for women (single, widowed or divorced) is active, intelligent, interesting single women who gather for lunch usually twice a month to talk, eat and make new acquaintances. For more information or to join, call Karen at 954-504-7416.

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WYNMOOR REFERENCES AVAILABLE

Salt-and-Pepper BBQ Ribs

Cooked low and slow until the meat is falling off the bone, then grilled to give it just the perfect amount of char, BBQ ribs are the perfect backyard cookout celebration food.

Ingredients

1/4 c. light or dark brown sugar
1/4 c. coarsely ground black pepper
1/4 c. kosher salt
10-1/2 lb. spareribs (about 3 racks)
Canola oil, for grill grates
1-1/2 c. barbecue sauce



Directions

1. Preheat oven to 300°F. Combine brown sugar, pepper, and salt in a bowl. Place each rack of ribs on a large sheet of foil (it should be long enough to fold over ribs lengthwise); sprinkle ribs with rub. Wrap each rack individually and place on 2 large rimmed baking sheets.
 2. Bake until ribs are very tender (meat will separate from bone when you wiggle it), 2 to 2 1/2 hours. Set aside until cool enough to handle.
 3. Carefully unwrap each rack of ribs; pour off any accumulated juices into a liquid measuring cup. (Ribs can be made up to this point up to 3 days ahead. Refrigerate ribs and cooking liquid until ready to eat.)
 4. Set up grill for direct cooking and heat to medium-high. Once hot, clean and oil grates. Remove any fat that has settled at top of cooking liquid and discard. Transfer liquid to a small saucepan and add barbecue sauce. Cook over medium heat, stirring occasionally, until smooth and combined, 4 to 6 minutes.
 5. Brush both sides of ribs with sauce mixture. Grill ribs, turning and basting occasionally, until ribs are deeply browned and shiny, 5 to 8 minutes. Cut ribs between bones and serve with any remaining sauce.
- No grill? No problem. Finish these simple yet super-flavorful ribs under a hot broiler instead.*



Root Beer Baked Beans

Ingredients

4 slices bacon, cut into 1-inch pieces
1 large yellow onion, chopped
Kosher salt and freshly ground black pepper
1/3 c. molasses
2 tbsp. whole-grain mustard
1 lb. dried navy beans, soaked overnight
1 (12-ounce) bottle root beer
2 tsp. apple cider vinegar



Directions

1. Preheat oven to 300°F. Cook bacon in a large Dutch oven over medium heat, stirring occasionally, until mostly crisp, 5 to 7 minutes. Add onion and season with salt and pepper. Cook, stirring occasionally, until onion begins to soften, 4 to 6 minutes. Stir in molasses and mustard.
2. Drain soaked beans and add to the pot, stirring to coat. Add root beer and bring to a simmer, stirring occasionally. Add 4 cups water and season with salt and pepper. Return to a simmer, stirring occasionally. Cover and transfer to the oven. Bake until liquid is reduced by half, about 2 1/2 hours. Uncover and continue to bake until the cooking liquid is reduced and a light crust has formed on the top, 1 1/2 to 2 hours. Stir in vinegar. Let cool slightly before serving.

It's Tea Time

with Administrator Bruce Bandler



Join us weekly on
Wednesdays at 3 pm.
This will allow you the
opportunity to speak with
our Management Team,
WCC Staff and guest
speakers.

* Tune in to Channel 99, watch on WCC YouTube TV or sign in at <https://us06web.zoom.us/j/88421646759> *

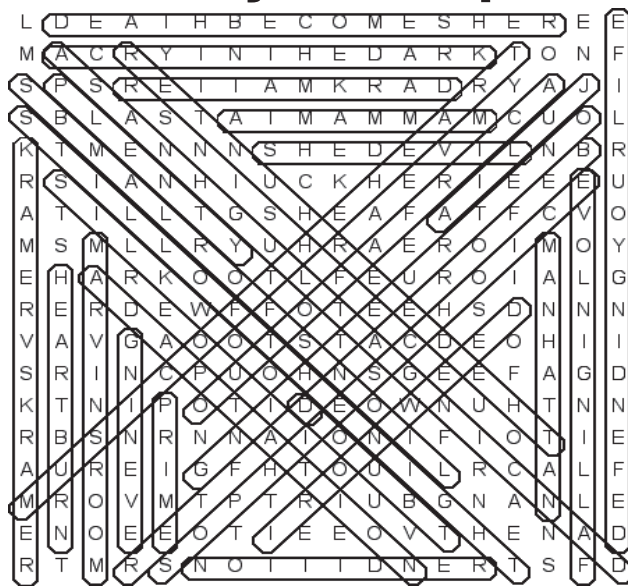
Puzzles and Games

Solutions from page 30

Crossword Puzzle

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

Meryl Streep

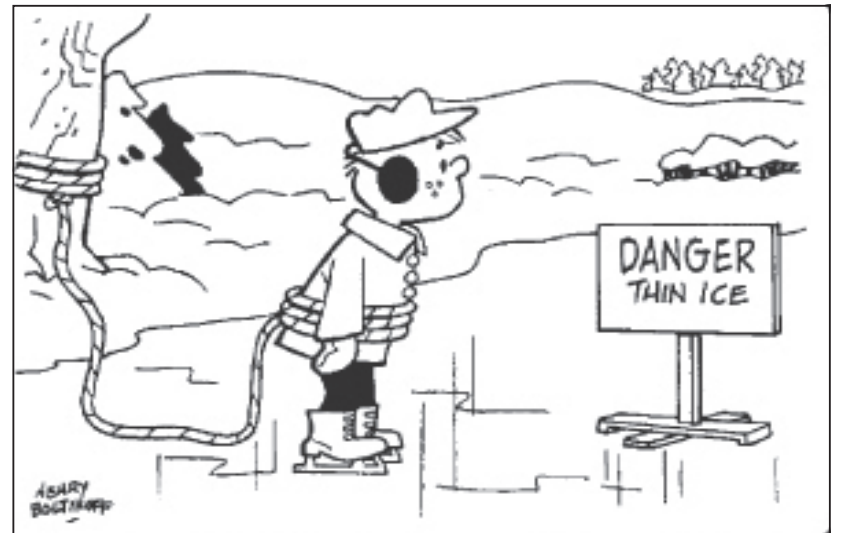
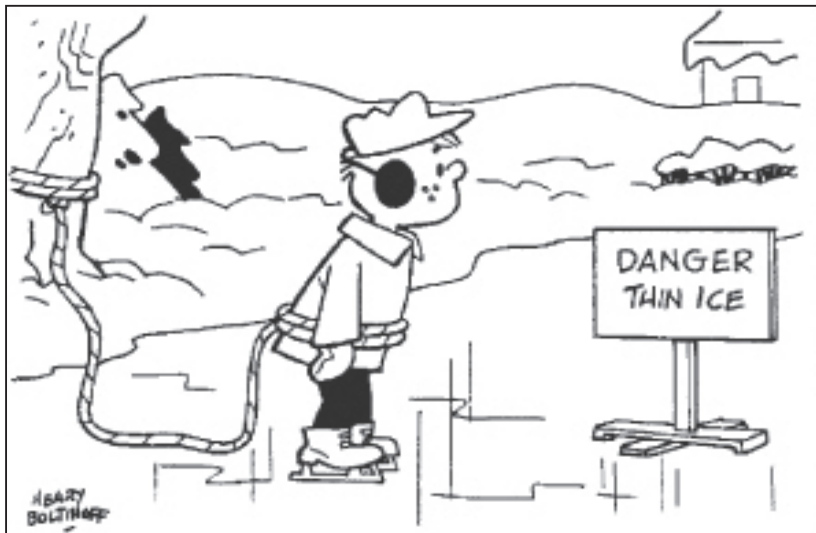


The hidden movie is: LEMONY SNICKET'S A SERIES OF UNFORTUNATE EVENTS

Sudoku

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

CAN YOU SPOT THE DIFFERENCE?



Senior Touchline



What is Senior Touchline?

Senior Touchline is a free service that offers a daily telephone call for people over 60 years of age who live alone. The purpose of the program is to ensure that older adults can maintain their sense of well-being while remaining in their homes.

Touchline calls also provide social and emotional support. The 2-1-1 counselor establishes a relationship with the senior and provides them with a sense of security and safety. One simple phone call can help give a client peace of mind knowing that a volunteer will be checking in with them at the same time each day.

How Does Touchline Work?

Each day, within a pre-determined period, a 2-1-1 counselor calls registered seniors to make sure they are safe and well. If the 2-1-1 counselor is unsuccessful in reaching the senior after one hour of repeated attempts, the designated emergency contacts will be called and asked to check on the senior's well-being. If we cannot reach anyone, we contact the local police department to perform a senior wellness check to confirm their safety.

To sign up for this service call 954-640-5800 or 2-1-1 or go online to www.211-broward.org

Wednesday Night 9-Ball Winners

By Bob Horowitz

Every Wednesday Join the Pool Playing Fun! Open to all levels of skill from the beginner to the advanced player.

Have fun and meet new friends! This is open to all Wynmoor Residents and their guests.

This is a free event. This is our popular round-robin handicapped 9 ball tournament.

Event is 6:00 p.m. to 8:00 p.m. at the Wynmoor Country Club.

The Pool & Billiard Room is open 7 days/wk 8:00 a.m. to 11:00 p.m.

The use of the room is open to all residents and their guests.



Week 8 - Ralph 3rd, Bob H & Jim E tied 1st, Julio 2nd



Week 9 - Dom 1st place winner, Jon 2nd, Linda & Julio tied 3rd



Week 10- Neil 1st place winner, Rassool 3rd, Julio 2nd



Week 11- Jon-3rd place, Bob H 2nd, Jim E 1st place winner

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