



The INSIDER

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For Wynmoor Residents

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Clocks Back or Forward?

“Spring forward, fall back” is one of the little sayings used to remember which way to set your watch. You set your clock forward one hour in the spring when DST starts (= lose 1 hour), and back one hour when DST ends in the fall (= regain 1 hour).

DAYLIGHT SAVINGS OR DAYLIGHT SAVING?

Northern Hemisphere

North America, Central America, Europe, Asia, northern Africa

Many countries in the Northern Hemisphere (north of the equator) use DST in the summer time, but not all. Daylight Saving Time usually starts in March-April and ends in September-November when the countries return to standard time, or winter time as it is also known.

WHERE WILL DST START OR END NEXT?

Southern Hemisphere

Australia, New Zealand, most of South America, southern Africa

In the Southern Hemisphere (south of the equator) the participating countries usually start the DST period in September-November and end DST in March-April.

Not Without Controversy

Proposals to stay on standard time or move to full-time DST appear on the legislative agenda in the United States nearly every clock change. Since 2015, more than 200 daylight saving bills and resolutions have been introduced in almost every state across the US, according to the National Conference of State Legislatures.

What Is Daylight Saving Time

By Anne Buckle and Vigdis Hocken, timeanddate

Daylight Saving Time (DST) is the practice of setting the clocks forward one hour from standard time during the summer months, and back again in the fall, in order to make better use of natural daylight.

Several US states have passed bills in favor of permanent DST. However, they need congressional approval to abolish the time change. For this to happen, Congress has to first pass a federal law allowing states to observe DST year-round, because today’s law only allows states to forgo DST.

European Union Ready to Scrap DST

Daylight Saving Time could soon be a thing of the past in Europe. On March 26, 2019, the European Parliament voted in favor of backing the EU Committee draft directive to stop the one-hour clock change in the European Union.

The proposal is another formal step towards a permanent elimination of DST in the EU and will form the basis of discussions between the EU Ministers to produce a final law repealing Directive 2000/84/EC, the EU’s existing DST legislation.

More Than 100 Years

When Germany first set the clocks forward on April 30, 1916, it became the first country in the world to use DST on a national level. However, the town of Thunder Bay in Ontario, Canada implemented DST as far back as 1908.

DST STATISTICS: PAST AND PRESENT USE

Suggested Earlier

US inventor and politician Benjamin Franklin first proposed the concept of DST in 1784, but modern Daylight Saving Time was first suggested in 1895. At that time, George Vernon Hudson, an entomologist from New Zealand, presented a proposal for a 2-hour daylight saving shift.

Why Use DST at All?

Less than 40% of the countries in the world use DST. Some countries use it to make better use of the natural daylight in the evenings. The difference in light is most noticeable in the areas at a certain distance from Earth’s equator.

Some studies show that DST could lead to fewer road accidents and injuries by supplying more daylight during the hours more people use the roads. Other studies claim that people’s health might suffer due to DST changes.

DST is also used to reduce the amount of energy needed for artificial lighting during the evening hours. However, many studies disagree about DST’s energy savings, and while some studies show a positive outcome, others do not.



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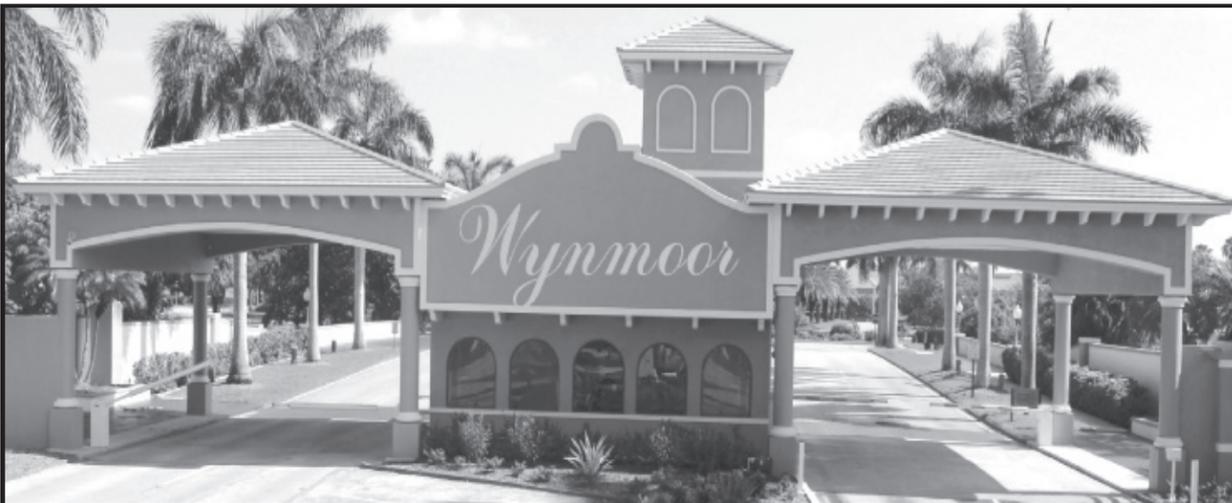
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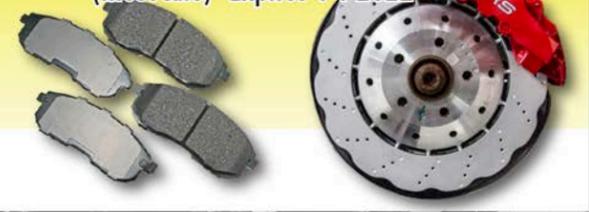
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Get Ahead of the Game

(Dedicated to my mother-in-law, Stella Zeide, who passed away unexpectedly in January at the age of 99½ in Wynmoor Aruba)

By Jay Liebowitz

If you look at any of the studies and research on leadership, the number one trait usually mentioned for “great leaders” is possessing “emotional intelligence” (EI). EI refers to self-awareness, self-management, empathy for others, and respecting other opinions. This often separates managers from leaders. Some people refer to “management” as solving the everyday problems and “leadership” is what excites people in getting out of bed to come into the office (or work virtually, in these days) the next day.

In some of my own research on how well do executives trust their intuition, displaying an intuitive awareness is also an important trait to have for leadership skills. Of course, it would be best to complement one’s intuition with analytics in order to be successful in our data-informed environment.

When we talk about management and leadership, we often don’t hear much about the concept of “followership”. In other words, what motivates others to follow a leader’s strategic direction? Perhaps, it is the leader’s charisma or excitement that energizes others to follow. Maybe it’s the strong beliefs and shared values between the community members and the leaders that builds a strong bond.

So, why is this important? In today’s world, we see different types of leaders in various disciplines. A key, and often omitted, trait is the ability to share knowledge with others and learn from your and others’ mistakes. The adage of “fail fast, fail often” or “the secret to success is to double the number of failures” suggests that, in today’s society especially, we must learn, adapt, and pivot in order to survive. Whether talking organizationally or individually, we must learn from our successes and failures in order to hopefully advance the state-of-the-art or society in general.

As a professor, I tell my students that if I weren’t a knowledge sharer, then I probably wouldn’t be an effective professor. I want my students to surpass me as a professor, in the same way that we want our children to do better than us. In this way, society advances and hopefully new ideas and leaders are created.

With various pressures around the world, we must continue to nurture our future leaders so that we can better find peace and harmony at home and globally. As my Wynmoor mother-in-law’s father used to tell her, you have to “Get Ahead of the Game!”.

Not Horsing Around

By Irv Kaplan

Last month, I submitted a story about setting a fire in my oven at Wynmoor. While writing it, I recalled an earlier, equally flaming story from my childhood and promised to share it with you.

Queenie, my father’s horse, worked hard – sometimes even harder than my father. Dad was a junk peddler in Chicago, and when he wasn’t selling junk, he often sold watermelons. This was a heavy load.

I wanted to help.

When I was 10 years old, I could only help on Saturdays because I had school the rest of the week. On school days, I slept until 7:00 a.m., but on Saturdays, my mother would let me sleep a little later and get me up at about 8:00 to feed me and send me on my way. I would run a block to get the 12th Street Street Car going east for a mile to Kedzie before transferring South. The ride took about 25 minutes.

Meanwhile, Dad would be driving his wagon on the same streetcar tracks because it was easier for the horse to pull on that surface. When the streetcar

Continued on page 8

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pen to paper

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caught up with him, the motor man would ring the bell for my father to get out of the way. I would then jump off and join Queenie and Dad.

We would work until we sold all the melons – often until 6:00 p.m. It was an exhausting day, but got better as we sold melons and lightened our load. Dad sold more when I was with him than when he was alone because people responded to a father-and-son team.

The day didn't end with the final melon sale. When we got home, Dad and I would go to the barn across the street from our house to take care of Queenie. We would wash her down, feed her hay and oats, and give her water.

On Sunday, the day of rest, I would take over on more responsibility. In the evening, after dinner, I would go across the street alone to take care of the horse. The barn was the size of a two-car garage with one horse stall, another stall for the hay and feed, and space for the wagon. It didn't have electricity. Instead, we had a little lantern which always hung by the door.

My first task was to light the lantern so I could see what to do. I was always told to be very careful about a possible fire. But I forgot the day I placed the lantern directly on a bale of hay. It tipped over and before I knew it, the hay caught fire. I was scared to death. Looking around, I saw a burlap bag on the seat of the wagon and grabbed it. I pounded and pounded the flames and then threw the horse's water on the embers. We were safe!

I narrowly missed becoming another Mrs. O'Leary – with a horse instead of a cow. Needless to say, I never told the tale to my parents. In fact, now, over 80 years later, you are the first to know.

Obsessed In Writing

By Beverly Friend

I climbed into bed at 11:30 p.m. and fell fast asleep. Now, at 5:30 a.m. I am wide awake – my brain swirling with ideas for future articles. I have

composed first sentences – or even opening paragraphs -- and it only remains for me to fill in the rest. Here are some that lie ahead:

- In ancient times, Chinese women had bound feet. I now live with a man who has bound legs (or more specifically calves). The procedure is called Lymphatics and the goal is to reduce swelling. After he completes three weeks of treatment, I picture him showing off the results by wearing a speedo, posing in high heels and emulating Betty Grable in pin-up photos.

- If I can't live the life of Meghan Markle, then I would like to be my 5-year-old great granddaughter Bevyn. Both live charmed lives. Both are adored, and cherished. Both live in multiple homes, and both speak with utter frankness and are quoted. Who else but Bevyn (or a duchess) has the freedom to show anger by saying, "Poopyhead, you ruined my life."

- My bucket list is filled with articles that I hoped I could get published in the Jewish feminist magazine *Lilith*. So far, over the years, they have turned down eight attempts. I am now attempting number nine. Hope springs eternal. I wonder if there is a specific blessing to chant over a manuscript.

I think what is triggering all this is that I am currently working on a pandemic project compiling Irv's and my writings for our weekly Wynmoor writer's workshop. This will be the third volume of what I have titled "Banished to Paradise" – each with a provocative cover.

In the first volume, I have 59 articles and Irv has 60. In the second volume (covering the years 2015-2017), I have 49 and Irv has 34. In the current volume (2018-2021) there are many more not only because I have procrastinated but because we met year-round virtually during the Pandemic. As of this moment, I have placed over 100 of mine and about 70 of Irv's with about 20 more to go. It is a time-consuming task and includes trying to recall such formatting as how to make the table of contents – which is a complex procedure. I think I spent more hours on this table of contents than



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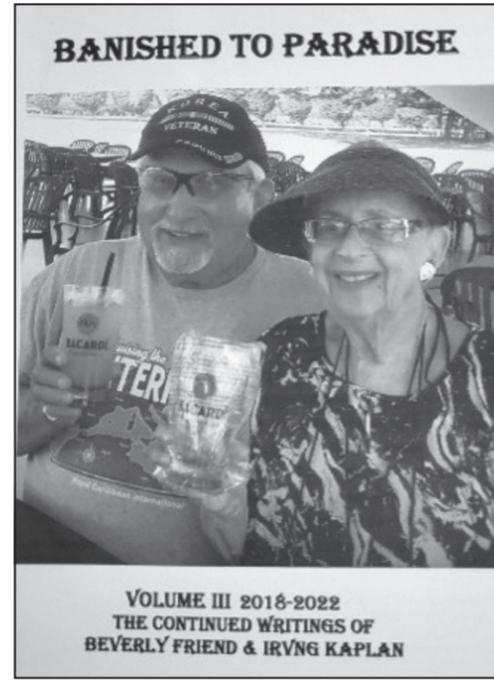
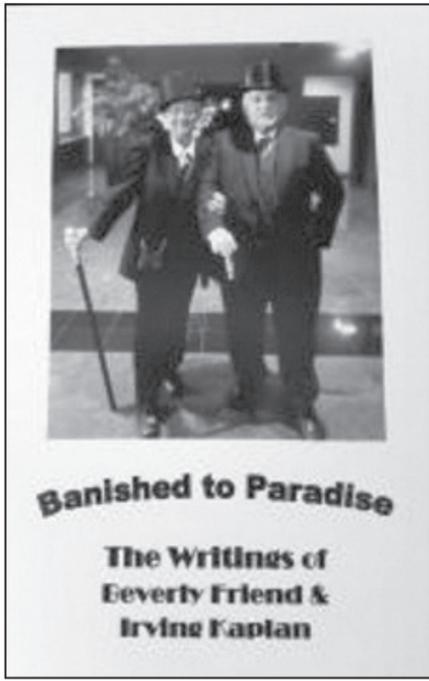
on the rest of the document. Another struggle includes getting all articles to start on the right-hand page (impossible) and not leaving too much white space when stories end (also impossible).

OMG - the topics they cover include family, friends, fact, fiction, poetry, reviews, advice columns. I even included two Science Fiction short stories. You can tell the chronology of where I was in my life when they were written. The first was about a fat girl who body swapped with a thin cousin and the outcome of the switch. The second was inspired to oppose the frequent fantasy theme of women losing their magical powers when they lose their

virginity. I countered with an elderly heroine who gains her powers with the onslaught of menopause (wishful thinking). That one saw the light of day in a publication of WISCON, a feminist SF conference held annually in Madison (which often draws an attendance of over 1,000).

It is now 6:28 a.m. and I am heading back to the land of nod. It usually takes me an hour and a half to complete a first draft, so I have at least another half hour to go on another day or possibly another dawn.

Actually, all this writing is keeping me sane even if it never gets published or (as I always hoped) syndicated.



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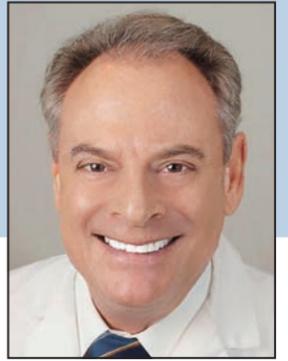
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Veterinary Acupuncture (or, What are you going to do to that chicken?)

By Marcus Smith, Licensed Acupuncture Physician



The acupuncture school where I received my training was owned and operated by a Taiwanese family which had strong ties to both Taiwan and to mainland China. There were several generations of acupuncturists in this family and because of this they were able to acquire very obscure textbooks not known outside of Asia. My school's library was full of these books, all written in Chinese and illustrated with surprisingly accurate and detailed line drawings.

My personal favorite was a veterinary acupuncture book. It was written for farmers with farm animals in mind and was filled with acupuncture point location charts for not only horses, cows, and pigs, but also for chickens! And it made sense. In rural China, in the 1950's (when the book was written), farmers did not have ready access to medication for their livestock nor did they necessarily have the financial means to buy those meds. They depended on folk remedies which utilized locally-available plants and herbs which had been developed into treatment formulas through many preceding generations of farmers.

And they had acupuncture needles. Now these needles bore no resemblance to today's painless, hair-thin, stainless steel, sterilized acupuncture needles. They were extremely crude instruments, as evidenced by the illustrations in the book, appearing to be made of various kinds of hammered metals and in a variety of different thicknesses and lengths. I could see how this was probably necessary when dealing with, perhaps,

large animals such as cows and horses, but chickens? And another question which plagued my entire class, was how do you get a chicken to stay still long enough for use of these devices, and, how did you make sure you didn't bring about the chicken's early demise in the process?

Here is the U.S, acupuncture is used in many veterinary settings, from small animal clinics to barns specializing in the breeding and training of racehorses. When my beloved Golden Retriever was getting up in years, he developed hip dysplasia, which is common for that breed. I was able to provide him with several months of pain relief at a time as evidenced by him not constantly limping from the hip pain. He liked the process so much that whenever I would walk toward him with a small box of needles in my hand, he would simply roll onto his back with his legs pointing straight up into the air. He would allow me to treat him, fall asleep within moments, and then sleep for the next day or two as his body processed the treatment. By the 3rd day he would be up and running around like a puppy. I miss him.

Most state Veterinary Boards are very specific about who is allowed to treat animals with acupuncture. If you are interested in pursuing this medicine for your pet, I recommend you simply ask when you call their office, if the veterinarian is trained in and licensed for animal acupuncture. Your pet will love you even more for it.

Pig says: My name is Bacon. Chris P. Bacon.

I started out with nothing, and I still have most of it.

I can't believe I got fired from the calendar factory. All I did was take a day off.



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Luck is believing you're lucky-- Tennessee Williams



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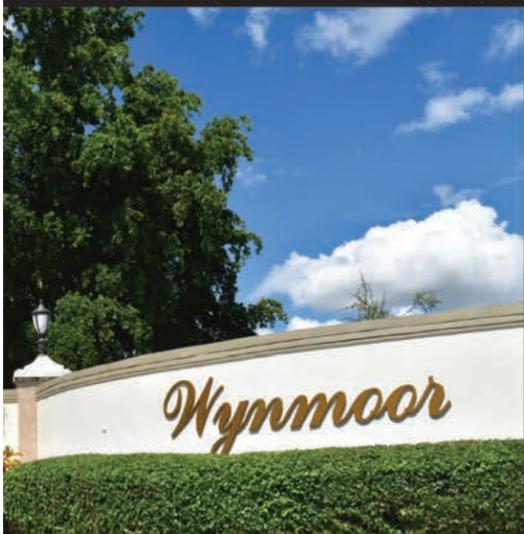
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Safety Solutions

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

Crime in Coconut Creek Keeps Downward Trend in 2021



Overall crime ticked down once again in 2021 in Coconut Creek, according to the latest statistics from the Coconut Creek Police Department.

Part One Crime, which encompasses everything from murders, to fights, to home burglaries, to theft from vehicle cases was down a little over 4-percent in

2021 compared to 2020. The reduction is most impressive considering that overall crime was down more than 32-percent in 2020, mostly due to the Stay Home Orders in place at that time due to the pandemic.

While the hard work of the officers and civilian employees here at the police department certainly impact crime here in Coconut Creek, the reduction is mainly a credit to you, the resident, and everything you are doing to make sure the Butterfly Capital of the World remains among the safest places to live, not only in Broward County, but the entire state of Florida.

The biggest reductions in crime last year came in shoplifting and theft from vehicles cases. Shoplifting incidents dropped from 191 in 2020 to 146 in 2021. Theft from vehicle cases, or vehicle burglaries, went from 163 in 2020 down to 139 in 2021. As some of you know, we always preach the “9 p.m. routine” on our social media pages, and at many of our community meetings. The 9:00 p.m. routine is getting into the habit of locking your car,

and bringing anything valuable, indoors at 9 o'clock every night before you go to bed.

A few crimes ticked up slightly in 2021, including stealing parts from vehicles, such as rims, and theft from buildings, such as someone stealing tools from an outbuilding. The crime that went up the most in 2021 in Coconut Creek was motor vehicle theft. It went up from 76 in 2020 to 100 in 2021. Analysis shows it's hard to pinpoint the exact reason for the increase. While nearly all vehicle thefts are “crimes of opportunity,” meaning the thief wasn't necessarily looking to steal a car but couldn't pass it up when given the opportunity. We did see more cases of car burglars finding key fobs to other vehicles inside unlocked cars. For example, the husband leaves the key fob to his wife's car inside his unlocked car. When the bad guys find it, they simply start hitting the “unlock” button on that key fob to find out which car it operates. Then they get in, hit the “start” button, and drive away.

Cutting the “opportunity” out of “crimes of opportunity” is one of the key ways to prevent crime. Crime prevention specialists talk about the Crime Prevention Triangle, which is Desire, Ability, and Opportunity. You take any one of those away and it's hard for the bad guys to commit a crime. While you can never really control a thief's desire to steal, or his ability, you can take away his opportunity.

It's like a tripod where the legs represent desire, ability, and opportunity. You take away one of those legs and the tripod will collapse.

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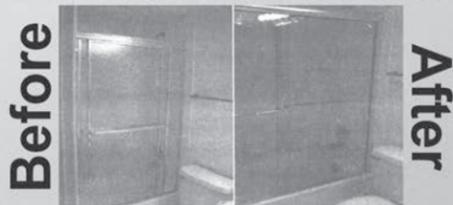
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Neighborly News

Condolences to Merle Goldberg

By Cheryl Stein

Merle "Merri" on November 22, 2021; of Silver Springs, MD and Cayman Village resident was the loving mother of Stephanie Goozh and the adoring grandmother of Jayden and Aliya. She is also survived by her sister Wendy Santoro. She was raised in Philadelphia and graduated from Overbrook High School and the University of Ct. She has a long career in Maryland as a psychiatric social worker specializing in later years in eating disorders and wrote several books and articles on the subject. She was recognized leader in her field and was invited to lecture all over the world.

Some of you may have read Merri's many articles she wrote for the Wynmoor Insider paper. Merri was also a member of the Liberal Jewish Temple and her smile warmed my heart when she'd walk into Temple on a Friday evening.

She will be greatly missed!

Thank You

2708 NASSAU BEND F1

I wish to express my sincere thanks for the support and words of comfort to the wonderful people of Nassau Bend in the passing of my daughter Donna Bellefontaine. Your kindness will always be remembered.

Joan Comeau

Condolences to Ruth Shapiro

My mom lived in Wynmoor for many years and loved being a resident. She had many friends and was very active in all the functions that Wynmoor residents enjoy.

Ruth was laid to rest in a graveside ceremony next to my father and brother on Sunday, February 6th. I want to thank all her friends for staying in touch with her during her prolonged illness.

Anette McKinney was one of my mom's special friends that she spoke with the most. My mom loved Anette and always asked me to keep her up to date.

So in closing, thank you to Wynmoor for making my mom's final years special in so many ways.

The Shapiro Family



"Everyone can master a grief but he that has it."

—William Shakespeare, Much Ado About Nothing

BE A GOOD NEIGHBOR. LOOK OUT FOR EACH OTHER!

To My Fellow Wynmoorites: Are You Prepared?

By Diane Chapman

Do you know the 7 steps to creating your Final Wishes Plan? The passing of a loved one, as I am sure you know from personal experience, can be devastating. There are so many families that don't want to talk about death. The one thing that cannot be predicted or prevented but can be prepared for.

My Father passed three weeks after a cancer diagnosis and the burden that fell on my shoulders was inconceivable. That is why I choose *A Different Path* to help and educate those around me about how detailed the process can be.

The FTC regulates what funeral homes can charge. FEMA even has a program in place: <https://www.fema.gov/disaster/coronavirus/economic/>

funeral-assistance#policy Still, the costs can be shocking. Prior to Covid, funeral costs were increasing at a rate of more than 200%. Your loved ones will be asked to pay in advance for the arrangements or do a Funeral Assignment. This is an agreement that the beneficiary assigns all or a portion of the life insurance benefits at the Funeral Home which allows payment for funeral expenses to be made directly to the funeral home. Just think about that for a minute. Learn more at www.ChooseADP.com or view my Ad in this month's edition for contact information. Stay healthy, safe and be prepared.

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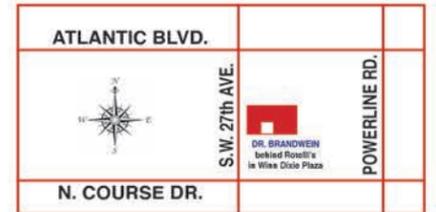
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Are You Living With, Or Worried About Someone Suffering With Chronic Back Pain?

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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WYNMOOR Golf *and* Tips

By Kevin Battersby, PGA



Tips For Driving



This month's golf tip will focus on your grip, stance, and backswing to help generate more speed.

Grip - if your unable to draw the ball the use of a ten finger grip or "baseball" grip can help you release the club sooner and promote a draw on your drive which will roll further.

Stance - position you lead foot a little closer to the ball and move your trail

foot a bit away from the ball. This will help your backswing take a more inside route and help you turn easier too.

Soften Lead Arm - far too much emphasis has been on a rigid, straight lead arm in your backswing. Allow for a little hinging and you will increase the length of your backswing and potential speed.

Kevin Battersby, PGA

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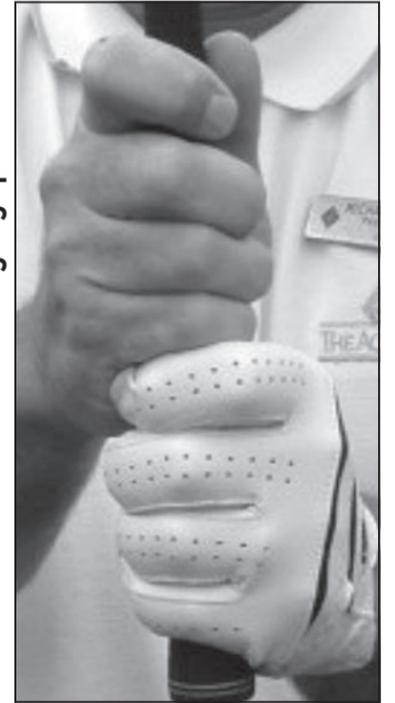
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Lee Trevino - closed stance



Phil - soft lead arm



Baseball or ten finger grip

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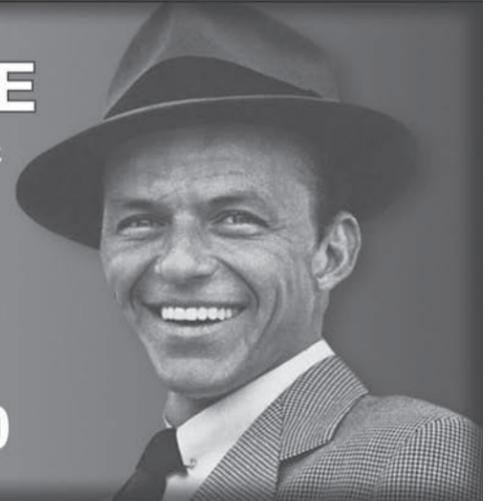
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POETS *and* POETRY

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

Vignette From My 4th Floor Window

By Beverly Friend

*What is
On the lawn?
A white bundle
Sheets?
Laundry?*



*A curled-up swan
Lifts her head
Stretches neck
Stretches wing
Starts to rise
But doesn't.*

*Sinks back down to
Refold wing
And head
Once again
A bundle.*

*Injured?
Maybe...
I watch
A long time.*

*Then phone
Animal Rescue.*



*A volunteer arrives
Carries a large net
Is spotted by the bird
Who jumps up
Runs
Dashes to the lake
And swims away*

Tragedy averted.



Golf

By Ellen Alban

*We awaken in the darkness, dogged but bleary
eyed
Out of bed we stagger, it feels cold and damp
inside
Time for a quick strong coffee and a bite of
buttered toast
We dress in several layers- after all we do not
roast
Collars are de rigueur, our golf shoes are laced
It is now 7:45 and we must make haste.
The sun comes up and off we ride to the first
tee
I begin and hit the ball as close as my eyes
can see
I am encouraged to try again and this time
what a hit!
I'm almost on the green, they call it on the lip.
My next shot takes me very near the pin
And with any luck I will almost put it in.
Lady Luck is on my side- my orange ball
hesitates
But tumbles gently into the hole; A PAR I did
create.
What fun I think to myself as I watch the
others
So far I think they might have problems with
their putters!
At the seventh hole my driver takes me on the
green
And now I try to repeat what has already been
Again my putter does the job-another PAR I
score
That makes two of them, but I know deep in
my core
That much more time must be given to this
game
In order to achieve more pars and a perfect
aim.
Thus rising early and golfing part of the day
Can have its unique rewards in a truly
wonderful way..*

Being Your Best Self

By Adrienne Mintz

*Maj, Canasta, Poker,
Bridge or Rummicue
Playing games with friends
Is a great thing to do.
Schmoozing, joking, laughing,
Gossiping and such
It's a wonderful pastime,
That we like very much!
Walking round the circle,
Playing pickleball
Art, woodworking, or swimming,
There's something here for all.
Dining in or dining out,
A picnic in the park
Just remember wine and candles
To brighten up the dark!
Politics has no place
With friends or family
Anger reigns and tempers flare
When people disagree.
So, take the time to fill your plate
Just add a little zest
Make friends, get involved and live your life
With joy and happiness!*



Why don't women want to get engaged on St. Patrick's Day?

'Cause they don't want to get a "sham rock."

What monster plays the most April Fool's jokes?

Frankenstein!

update...update...update

Our amenities are open. Guests MUST be accompanied by the host resident. Wynmoor IDs are required.

Masks and Social Distancing are strongly recommended.

Exception: The Billiards Room and Fitness Center are for the use of Wynmoor Residents Only.

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Amenities Update February 4, 2022

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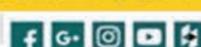
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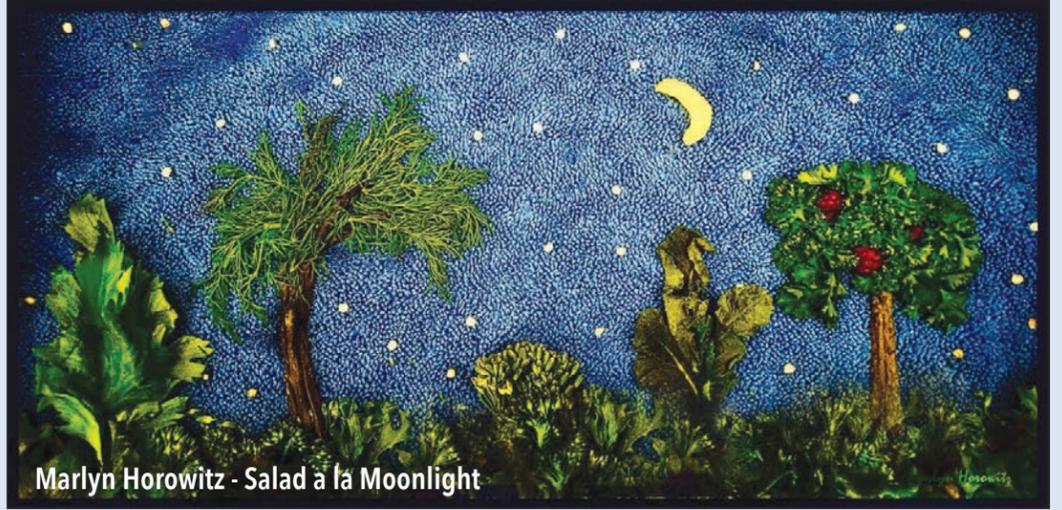
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Service Equals Reward

By Sheriff Gregory Tony

DEVELOPING HOPE

Heather Echaniz, a job developer for the Broward Sheriff's Office Day Reporting and Reentry Division (DRRD), remembers all the former inmates she has helped, but one client stands out. When she worked with the client, he was recovering from alcohol addiction and needed a job. This assignment was especially challenging because he was on the verge of relapsing. Nevertheless, Heather persisted. With her help, the client successfully fought his addiction and found suitable employment. His employer was so impressed with the quality of his work they returned to DRRD to find additional employees.

Heather works every day with a diverse group of clients, all with different needs, strengths, and struggles. With her support, she works toward leading them down the path of success. "Many people do not realize how much getting a job means for these individuals." Heather said. "Making a difference in their lives truly makes a difference in mine."

Each year, thousands of inmates held in prison facilities throughout the state return to Broward County, and nearly 62 percent commit new crimes



within three years of being released. BSO's DRRD is working toward changing that statistic by providing the reintegration support needed to succeed during the transition. The program is also designed to assist individuals within the Broward County jail system with community reentry. The program begins during an individual's sentence and includes an individual case plan. Upon release, the program focuses on removing the barriers to successful reentry and provides the support needed to restructure their lives and become self-sufficient.

The work Heather and the rest of the DRRD division does not only reduce crime; it provides hope and support for individuals trying to reenter society and reclaim their lives.

In recognition of Women's History Month, it is an honor to highlight Heather's great work. She is one of the many strong, compassionate, and dedicated women of BSO who lead, protect and serve this community every day. Thank you for making Broward County a better place to call home.

Your Articles of Interest Are Always Welcome!

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.)

If you are not computer savvy, you can still submit your articles to us. There is a box labeled "The Insider," inside the Clubhouse, near the Library and Real Estate Office. Clearly write out your article and we will do our best to reproduce it for you.

DEADLINE: The 10th of the current month, for the following month! All articles that are not recovered by the 10th of the month will go in the following issue. Thank you for your submissions.

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Late Filing Exemption Deadline - Sept., 19, 2022

If you missed the timely deadline to apply for or renew any 2022 exemption, you still have time. Applicants can late file for 2022 Homestead Exemption, Low-Income Senior Exemption, or any other exemption until September 19, 2022. To apply for these exemptions, please visit <https://web.bcpa.net/bcpaclient/#/Homestead>. Property owners who purchased a new home or moved to a new home in 2022 can pre-file for 2023 at https://bcpa.net/homesteadonline_with_portability/web/index.aspx

If you are already receiving Homestead Exemption on your current property, you do not need to reapply as this exemption automatically renews each year. Once the September statutory "late-filing" deadline has closed, we cannot accept any more 2022 exemption applications regardless of any good cause reason for missing the late filing deadline.

2022 Homestead Exemption/Save Our Homes Cap Set by the State

The Florida Department of Revenue has set the 2022 Save Our Homes cap at 3%. This Save Our Homes assessment cap limits increases to the Assessed/Save Our Homes Value for properties receiving Homestead Exemption to no more than 3% per year or the increase in the Consumer Price Index (CPI)

regardless of increases to the just value of the property. This cap results in considerable savings over time for properties with Homestead Exemption. It is important to remember this is not a cap on the actual taxes, but rather a cap on the assessed value of the property.

Important: The Save Our Homes cap begins the year after you receive Homestead Exemption and automatically renews each year. This cap does not cover new construction or construction that was not taxed before the "Save Our Homes" limit applied to a particular property. Many owners will face a significant increase in property taxes when they purchase a property as the previous owners' exemptions will be removed and the Save Our Homes (SOH) value reset. Florida law requires the SOH value be brought up to the just value of the property when Homestead Exemption is added or removed from the property. For this reason, our office offers a New Homebuyer's Tax Estimator on our website at <https://web.bcpa.net/bcpaclient/#/Tax-Estimator>. This estimator allows prospective buyers the ability to plan ahead when purchasing a new home.

If my office can ever be of assistance to you, please do not hesitate to contact me directly at 954-357-6830 by email at martykiar@bcpa.net

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ASK DR. JOY

By Joy Sanchez



For whatever reason, that I can only guess at, various people of different ages and situations have been asking about narcissism. About nine years ago, while I was still living in New Jersey, I had been asked to address a group about my book, *Triumph Over Tragedy/Could the Person You Love Be a Narcissist*. I thought that not too many people would be interested in that particular subject but agreed to do the presentation. After my opening statements which included a rather brief description of what narcissism and narcissistic personality disorder were, I asked the audience of about 200 people to raise their hands if they believed they had one of these people in their lives. To my amazement, about 150 hands went up. Some, as it turned out were in the narcissist category, which is bad enough, but a great many fell into the category of NPD or Narcissistic Personality Disorder which is much more serious and has its own set of characteristics. This is the category I'll write about here. All of this is covered in my book so this will be a short, overview article.

To begin, there are two types of NPD and they can overlap. The first is the intellectual or cerebral type which is characterized by a know everything attitude. This person knows it all or at least would like you to think so. There is a demeaning attitude towards the knowledge or ability of anyone else. They don't want to hear what you know or what you think. As long as you regard them as the ultimate teacher and authority, they are happy and treat you as a pet. If you have your own ideas and continue to voice them, you will be history. You must not disagree with them, confront them, or intellectually antagonize them. In short that's really all it's about for them. I go into much more detail and examples in my book.

The other type is called the Somatic Narcissist. There are many more characteristics involved in this type. The main and overwhelmingly the most malignant of these is the fact that they are the only person in the universe who is 'real'. You, as a separate person with feelings, thoughts, perspectives, needs, etc. do not exist. They have no ability to see you as separate but equal. You are merely a tool with which they get their needs met. These are known as their narcissistic supply and it is your job to take care of them. Remember there is no 'you' at all.

So how do they go about getting these needs of theirs met? Any way they can is the short answer. In the beginning they are the most charming and will flatter and cajole you until you are so smitten you will do whatever you need to in order to keep them with you. As long as you keep the supply coming, they will stick around until they get bored or tired or you are insisting on getting your own needs met. Then they are gone, looking for a new supply. If you have any experience at all with one, all of this will ring true and sound very familiar.

Another characteristic is that they lie. About everything and anything. It doesn't matter as long as it keeps you off balance. Also, they are not at all forthcoming and open about themselves and when they do tell you something personal it is just to manipulate you and is usually not true. They also have no compassion, and you can be writhing on the floor in emotional pain and unless it suits their needs they will pay you no mind.

This is the short version of a very big issue that a lot of people are unfortunately dealing with.

A woman I recently met said she was attracted to narcissists. It is no wonder. They are extremely attractive. The great majority are men. About 70%. And there are very few women who don't spend a great deal of time trying to change them. Whether they be their spouses, lovers, children, friends or employers, woman believe they can impact them positively and alter them. It can't happen. If you have some in your life and you enjoy being with them, then understand that they will never change, and you must take them as you find them. They can be a lot of fun as long as you realize what they are all about and don't expect more or different.

This is a subject I never thought I would write about or speak about or deal with ever again but as I said earlier, it has reared its head once again and I felt I had to address it another time. Since it's now out there, if you have any specific issue with this topic, please write to me. And yes, this is a very personal topic for me and after my book came out in 2010 most of my private practice was devoted to those who were involved with this type of person. It was one of the reasons I retired in mid 2012 and moved to Wynmoor. My professional email dealing with this subject was npddoc. I gave that up immediately. You can reach me at joyb212@aol.com



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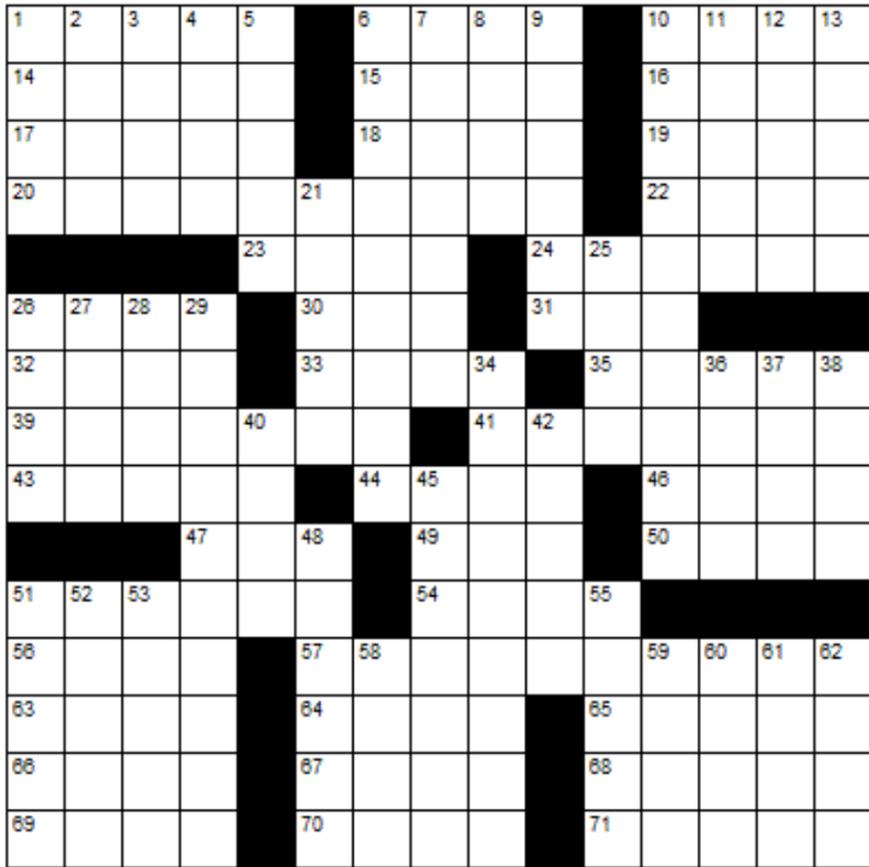
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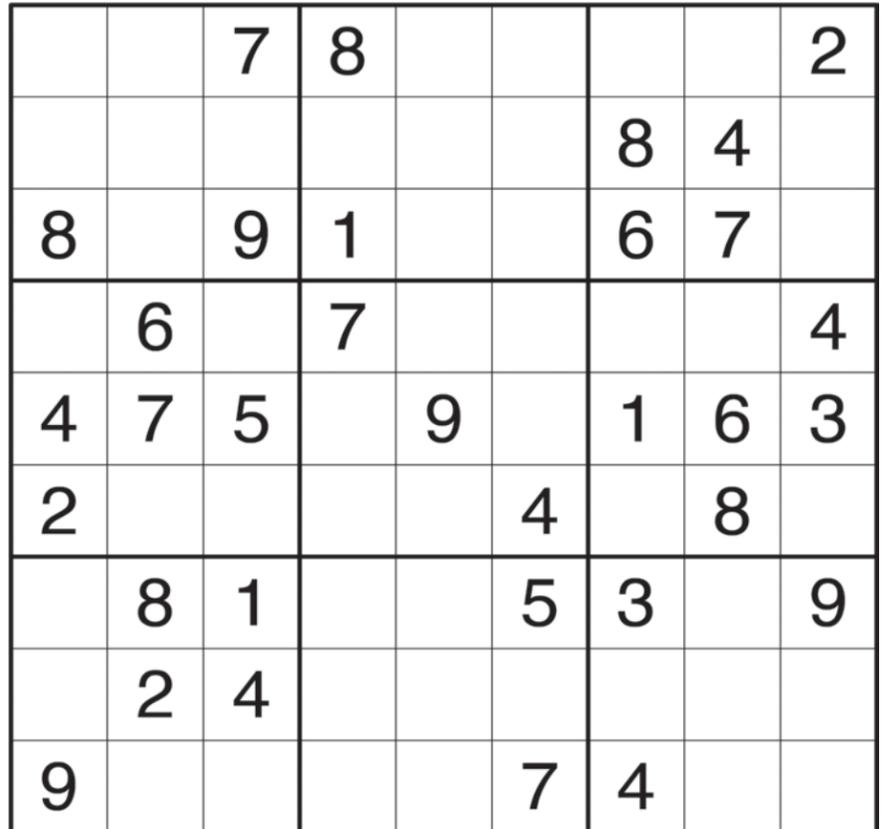
Solutions on page 61

Crossword Puzzle



- ACROSS**
- 1. Herring-like fishes
 - 6. Teller of untruths
 - 10. Dagger handle
 - 14. Prison-related
 - 15. Ancient Peruvian
 - 16. Leer at
 - 17. Bouquet
 - 18. Swerve
 - 19. Regrets
 - 20. In a crosswise direction
 - 22. A musical pause
 - 23. A piece of woodland
 - 24. Sarcous
 - 26. Talon
 - 30. 3 in Roman numerals
 - 31. Hankering
 - 32. Angel's headwear
 - 33. Unhearing
 - 35. Suit
 - 39. Engage
 - 41. Lowborn
 - 43. Banquet
 - 44. Melody
 - 46. Gorse
 - 47. Hasten
 - 49. Indian bread
 - 50. Chair
 - 51. Buff
 - 54. Blockage
 - 56. A type of liquid food
 - 57. Sunflower
 - 63. Ride the waves
 - 64. Frosts
 - 65. Turf
 - 66. Beige
 - 67. Gossip
 - 68. Becomes limp
 - 69. Blue-green
 - 70. Male offspring
 - 71. Flies alone
- DOWN**
- 1. Petty quarrel
 - 2. German for "Mister"
 - 3. Dwarf buffalo
 - 4. "Darn!"
 - 5. Gash
 - 6. Most animated
 - 7. Resistance to change
 - 8. Air force heroes
 - 9. Weaken
 - 10. Terrible
 - 11. Chills and fever
 - 12. Animal tissue
 - 13. Cantankerous
 - 21. Annuls
 - 25. Low-fat
 - 26. Cook
 - 27. Alley
 - 28. Aquatic plant
 - 29. Reverent
 - 34. Contestants
 - 36. Competent
 - 37. Entreaty
 - 38. Words
 - 40. Ear-related
 - 42. Columbus's birthplace
 - 45. Impure
 - 48. Morals
 - 51. Something of value
 - 52. Pleasant
 - 53. Indian millet
 - 55. Chews
 - 58. Reflected sound
 - 59. Threesome
 - 60. Satan's territory
 - 61. "Do ___ others..."
 - 62. Back talk

Sudoku



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Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 8-by-8 boxes must contain all nine numbers, 1 through 9 with no repeats.

St. Patrick's Day

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



- BEER
- BELFAST
- BISHOP
- CABBAGE
- CELEBRATION
- CELTIC CROSS
- CHRISTIAN
- CLOVER
- CORK
- CORNED BEEF
- DANCING
- DUBLIN
- EVENTS
- FEAST DAY
- FESTIVAL
- GREEN
- GUINNESS
- HERITAGE
- HOLIDAY
- HOLY DAY
- IRELAND
- IRISH
- LEPRECHAUN
- LIMERICK
- MARCH
- MISSIONARY
- MUSIC
- PARADE
- PATRON SAINT
- POTATOES
- SEVENTEENTH
- SHAMROCK
- SNAKES
- SODA BREAD
- TRADITION
- YEARLY
- HISTORY

WORD of the month

Word: astute

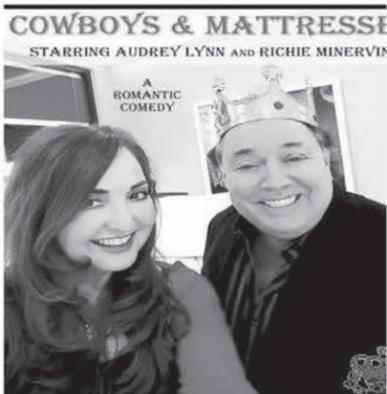
What It Means: *Astute* means "having or showing an ability to notice and understand things clearly"—in other words, "being mentally sharp or clever."

Example: "In her new memoir, 'Both/And,' ... [Huma Abedin] may be one of the most politically *astute* and well-traveled women in the world, but she portrays herself as far from worldly, at least in affairs of the heart."

— Susan Dominus, *The New York Times*, 21 Nov. 2021

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March 25, 2022 7:00pm Wynmoor Country Club March 27, 2022 2:00pm
Tickets on sale in Country Club Library March 1, 3 and 8 10:00 – 11:30 am
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 - ★ *Cowboys & Mattresses*
 - ★ *Galapagos Spring*
 - ★ *“CREEZY, Where are you?”*
 - ★ *Heroes of 6th Street*
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*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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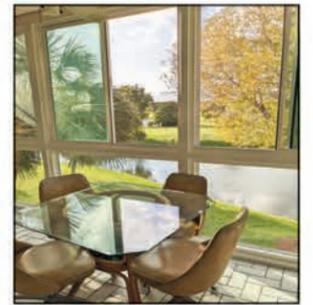
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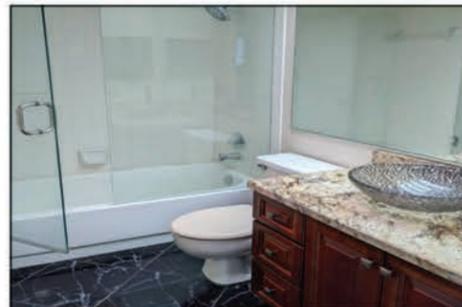
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Legal Plan Checklist To Protect Yourself

By Martin Zevin, Attorney

I have touched on these subjects in many articles. Here is a condensed checklist.

1. Current Advanced Care Directives:

A. Designation of Health Care Surrogate for someone to make your medical decisions if you cannot communicate. Even if you are married, you **MUST** have this legal document and it needs to be current and done by a Florida lawyer. Do **NOT** rely on generic forms or a document you got from your doctor or a hospital or out of state documents.

B. Living Will. Very specific Florida language regarding "pulling the plug." Must be witnessed and notarized and designate someone to make the final decision.

C. Durable Power of Attorney. Covers legal and financial matters while you are alive. Again, needs to be done by a lawyer who is aware of current Florida law, including many specific powers that must be initialed by you to be valid. Our current document is 26 pages. When you die, the advanced care directives die with you.

2. Last Will and Testament. If you are a Florida resident, you should have a Florida Will and your Personal Representative (Executor) must be a Florida resident OR a blood relative.

3. If you own real estate, in Florida or elsewhere, you need one of these to avoid probate when you die.

A. Deed as Joint Tenants with Right of Survivorship;

B. Life Estate Deed: You own property for the rest of your life, and you designate someone on the Deed as having the remainder interest to inherit it without probate when you die. Be sure it is an "enhanced" (also known as "Lady Bird") to allow you to sell it without consent or joinder of the person you name.

C. Trust and Deed transferring property to you (and your spouse) as Trustee(s) of your Trust. This allows you to name contingent beneficiaries in case your first choice dies before you or with you in a common accident. The Revocable Living Trust also allows you to buy future properties as Trustee and to Amend

the Trust at any time while you are alive. The Deed to your home should have language confirming that it remains your homestead.

The above documents should be done with the assistance of an Estate Planning Attorney. The following need to be done by you personally:

4. Designate beneficiaries on ALL of your accounts to avoid probate. This is also known as payable on death (p.o.d.), transfer on death (t.o.d.) or in trust for (i.t.f.). Also designate contingent beneficiaries. Each institution has its own forms, but it should not cost you anything except some time.

5. If you know that you want to be cremated or buried, contact cremation societies or funeral homes to discuss pre-need plans. You will be signing a contract to pre-pay for your funeral, saving your loved ones a lot of stress, time and money. Be sure to give a copy of your contract to your primary and contingent Personal Representative so they will know who to call.

6. If you qualify based on age and health, consider long-term home health care plans. You will be entering into a contract providing for a specified term of years that you are eligible for home health care if incapacitated. These contracts vary greatly, so shop around and consult an impartial expert before signing.

7. Have car insurance that includes at least \$100,000 of bodily injury liability (b.i.) and uninsured motorist (u.m.). Do not have any deductible on your P.I.P. (no fault). If you own more than one car, consider "stacking", which allows you to double (two cars) or triple (three cars) your uninsured motorist coverage for a small additional premium. Uninsured motorist is the most important insurance you can have, since Florida does not require bodily injury coverage.

If you do all the homework on this list, you are well on your way to getting an "A" in Legalities of Life 101.

Please feel free to call me for a free phone consultation regarding any issues pertaining to Wills, Trusts, Deeds, Probate, Power of Attorney or Health Care Surrogate. I am also available for free consultation regarding personal injury claims or car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442. My website is www.martinzevinpa.com and my e-mail address is martinzevin@netzero.com

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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.

We offer free consultations for all personal injury cases, including car accidents, slip and fall, pedestrians, bicyclists, etc.

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1. What are the differences between a Will and a Revocable Living Trust?
2. What is Probate, how long does it take and what are the costs and attorney's fees?
3. Why is it important for every adult to have a Durable Power of Attorney, Designation of Health Care Surrogate and Living Will?
4. Review of your current legal documents.

Included in free consultation for personal injury:

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CAR CARE CORNER

Car Buying Tips

(NAPSI)—The U.S. auto industry estimates about 17 million cars are bought in the United States every year. If you're hoping—or just dreaming—of buying one of them anytime soon, there are a few facts and stats that can make car shopping a better experience for you.

Quality Cars To Consider

First, you should know that, based on input from tens of thousands of drivers, J.D. Power named Kia the highest-ranked, mass market brand for initial quality overall in the industry. The vehicles were evaluated on driving experience, engine and transmission performance and a broad range of quality issues reported by vehicle owners—and for the sixth consecutive year, Kia is the number one mass-market automotive brand.

Two of Kia's most popular models, Forte and Soul were named among the top 10 vehicles in the industry and also took top honors in the Compact Car (Forte) and Small SUV (Soul) segments. In addition, the Kia Sorento and Sedona models placed first in the Upper Midsize SUV and Minivan segments, respectively. "With 4 segment winners—and 4 additional models ranking among the top three in their respective segments—Kia's 'Give It Everything' brand philosophy continues to bear fruit in the extremely competitive automotive market," said James Bell, director, corporate communications, Kia Motors America.

What Else You Should Know

Next, think about these four suggestions:

1. Be aware of book value. Look up the current market value of any car you're thinking of getting in a pricing guide such as Edmunds.com or KBB.com.
2. Get a pre-approved car loan and tell the salesperson you're a cash buyer. That will keep the up-selling down and help you stay within your budget.
3. Take a test drive. Make sure it's a vehicle you'll be comfortable in.
4. Before visiting the lot, visit the Internet. Check out the company's website. There may be specials, coupons or discounts it will pay you to know about. Also, look up the car manufacturer's website. For example, you can learn a lot about quality cars at www.kia.com.



One automotive company has won more J.D. Power Awards for Initial Quality than any other brand.

HEALTH AND WELL-BEING

Rebounding Your Way To Better Fitness



(NAPSI)—The COVID-19 pandemic has not only resulted in more people working out at home, it has underscored the tremendous value of regular exercise in staying healthy and boosting your immune system. If you're looking to start exercising or want to add some variety to your fitness routine, now may be a great time to try rebounding, where you bounce on a mini-trampoline to build stamina, burn calories and shape up.

What is Rebounding?

Rebounding is a low-impact, high-intensity exercise on a fitness trampoline with elastic cords. It's intuitive, gentle on the joints and, users say, a whole lot of fun. From different ways to jump, to strength and balance work, to flexibility moves, exercisers enjoy the

ease, rhythm and freedom of rebounding, along with energizing music that drives workouts and helps endorphins flow.

Benefits of Rebounding

Here are some more reasons to consider rebounding:

1. Accommodates all fitness levels. Beginners can go at their own pace and use a handlebar attached to the trampoline, while advanced exercisers can accelerate their pace and intensity for greater challenge. Both benefit from this low-impact modality, which minimizes joint stress.
2. Burns calories. Studies have shown that rebounding for 20 minutes is comparable to running for 30 minutes—without all the jarring on the body. Another study indicates that rebounding is 50 percent more efficient at burning fat than running. Plus, because workouts are low-impact, they don't feel as taxing, so you can exercise longer for even better results.
3. Develops balance. The unstable surface of trampolines means your body has to work harder and constantly engage the core to remain balanced and in control.
4. Improves the lymphatic system. Rebounding stimulates the lymphatic system, which functions to help the body get rid of toxins and is essential for immunity and overall health.
5. Builds bone mass. Jumping on a trampoline strengthens the skeletal system to enhance bone density and help stave off osteoporosis.
6. Is compact and cost-effective. Mini-trampolines are compact and can fit anywhere (some even fold), are reasonably priced, facilitate a variety of workouts and deliver long-lasting performance over years.

How to Jump In

Get a quality trampoline. You can choose among different models for various preferences and budgets. Then take advantage of on-demand and live streamed workouts, or hit a rebounding boutique. Rebounding can be a great way to put more of a spring in your step all year round.

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Appreciating Venerable Old Master Paintings And Sculpture In America's Motor City

By Barry Isaac

On a pleasant mid-November day, I returned to Detroit and its splendid art museum, the Detroit Institute of Art. This review emphasizes its fine collection of Devotional theme Paintings and Sculpture from the early 14th Century to the end of the 16th Century.

From the Italian Trecento, I saw superb Medieval Period Paintings by these Italian Painters; Master of Saint Cecilia, Master of Citta Castello, Allegretto Nuzi, Maso di Banco, Giovanni Dei Biondo, Andrea Di Bartolo, Lorenzo Veneziano, and the School of Fabriano. All of these paintings employed egg tempera on wood panel. Most of these paintings also employed gold leaf which had a holy significance. Favorite Italian Trecento Paintings at the Detroit Institute of Art were; Allegretto Nuzi's "Madonna and Child With Saints, Crucifixion, and Nativity,"



Allegretto Nuzi Detroit Institute of Art

a splendid triptych, Giovanni Biondo's "Virgin Annunciate," wonderful use of gold leaf, and Lorenzo Veneziano's "Saint John Preaching." I also saw marvelous sculpture from the Italian Trecento, 14th Century by Niccolo Pisano, Bonino de Campione, "Seated Madonna and Child" made of marble and School of Giovanni and Pacino Da Firenze, also made of marble.

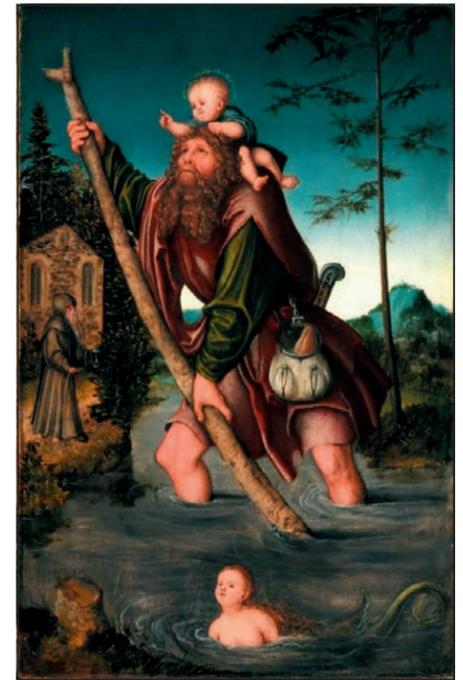
From the Italian Renaissance, I saw delightful paintings by Sassetta, Cristoforo Caselli, Jacopo Da Montagnana, Neri di Bicci, Benozzo Gozzoli, Pietro Perugino, Fra Angelico, Carlo Crivelli, Sandro Botticelli, and Bernardino Butinone, among others. Most of these devotional theme paintings had fine landscapes. Favorites were Sassetta's "Agony on Garden," Sandro Botticelli's "Resurrected Christ," and Bernardino Butinone's "Massacre of Innocents."



Jacopo Montagnana

From the Renaissance in the Netherlands, I saw outstanding paintings by Jan Van Eyck, Master of the Saint Lucy Legend, Joos Van Cleve, and Quentin Metsys. The Netherlandish Paintings at the Detroit Institute of Art also had fine landscapes in the background. From the Renaissance in Germany, I saw fine paintings by the Master of the Freising Visitation, "Crucifixion," the Master of the Legend of Saint Ursula, and Lucas Cranach, the Elder.

Detroit has an excellent art museum worthy encomium that covers European and American Art in substantial depth.



Lucas Cranach the Elder
"Saint Christopher"



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Zumba with Maria 9:30-10:15 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	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	Water Aerobics with Robyn 10:00 - 11:00 AM	Water Aerobics with Robyn 10:00 - 11:00 AM
Aerobics with Robyn 11:15 - 11:35 AM	Balance & Joints with Robyn 11:05 - 11:30 AM		Balance & Joints with Robyn 11:05 - 11:30 AM	Aerobics with Robyn 11:15 - 11:35 AM

Fitness Classes are for Wynmoor Residents Only and 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.

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Is It The End Of Alzheimer's Disease?

By Rita Neri, R.N.



It is important to take a personalized approach to start the investigation. Nearly anyone with any degree of cognitive decline has at least one of the most common contributors which are:

1. Insulin Resistance (results in high blood sugar)
2. Mycotoxin Exposure (as mold)
3. Decreased Oxygen Levels In Sleep (as in sleep apnea)
4. Leaky Gut (gut barrier composed of tight cell junctions that prevent most non food substances, toxins, and undigested food from intestinal permeability). When breached, the chances of developing autoimmune disease and inflammation are increased.

5. Poor Oral Health (use water flossing and electric toothbrushing systems)

6. Nutritional Deficiencies (B12, D, Zinc)
7. Vascular Disease (high blood pressure, inflamed body)
8. Obesity (inflamed body)

These all effect cognitive decline.

Alzheimers can be prevented, reversed and stopped. Eat foods in their least processed state; healthy fats, nuts, seeds, avocado, and coconut oils should be used. Meat should be portioned as a condiment. Obviously processed snacks and junk food as well as energy bars (some are not good) should be avoided. The protective layer of our gut is connected to our brain. If you have a risk of cognitive decline, eliminate gluten and consider time restricted eating (stop at 7:00 p.m., start at 7:00 a.m.). Opt for more fish, walnuts and blueberries.

You need to know if your inflammation is due to organic cadmium, mercury or aluminum toxins. Alzheimers is not a single-variable disease and does not lend itself to a single drug treatment. Doctors have documented unprecedented, sustained improvements, using a targeted programmatic approach. It usually takes three to six months.

- Type 1 is inflammatory.
- Type 2 is Atrophic due to suboptimal nutrients (do not have the support to maintain the synaptic connections in the brain).
- Type 1.5 is Glycotoxic – that is high in blood sugar.
- Type 3 is Toxic – exposure to mercury, toluene, mold toxins (mercury in seafood, main chemical in Round-Up is carcinogenic glyphosate and also a neurotoxin). Mold toxins (paraben candles, black mold). Round-Up Lawsuits are now being filed in Florida. Signs and symptoms are non-hodgkins lymphoma and leukemia.
- Type 4 is Vascular/Cardiovascular Disease (conditions that involve the heart and blood vessels) as in high blood pressure, heart attack, angina, or stroke. People have increased risk for Alzheimers with these conditions.
- Type 5 is Traumatic (history of head trauma). Address insulin resistance by regular exercise (use good footwear), reduce stress and treat sleep apnea. Try to lose weight, eat more plant based foods and less carbohydrates. Try to exercise with large rubberbands and go back to physical therapy!

Inflammation can be caused by stress, food (fried, processed, refined sugars as candy, desserts, snacks, microwave popcorn). Gluten: more evidence is that most people have inflammatory reactions to gluten, for example: joint pain, rash, constipation, migraines, chronic fatigue. This is non-celiac sensitivity.

Alcohol causes inflammation. Herpes viruses may also incite inflammation and cognitive decline. High carb diet is pro-inflammatory and can change your brain chemistry. Foods can aide in detoxifying the body as cabbage, lemons, cilantro, broccoli, kale, brussels sprouts, beets, mushrooms, and avocado. Olives are anti-oxidants, anti inflammatory, anti-cancer, anti-microbial gems.

Zinc, curcumin, milk thistle, NAC, and ALA are supplements that can help. ALA is an anti-oxidant.

Increase your exercise and use the sauna to increase sweating. With all these recommendations, check with your doctor. Matcha tea is anti-inflammatory – use from Japan – not China. Stop using all plastics and be careful of thermal receipts. Say no to receipts unless you really need it. Wash your hands after handling a receipt.

Brain is 60-70% fat so eat healthy fat foods (walnuts are associated with brain health).

The explosion of chronic diseases have links to dysfunction of the gut bacteria. These good bacteria regulate the immune system and protect against other bacteria that cause disease. Intervene in cognitive decline. Try sauerkraut, kimchi, olives and yogurt. Food sensitivities can contribute to fatigue, mood swings, irritability, and brain fog. Common food allergens and sensitivities (including gluten) are dairy, night shade vegetables and chemicals in processed foods. Keep a food journal and try an elimination trial. Try pre-biotic foods as artichoke, asparagus, chicory root, dandelion, garlic leeks, mushrooms and onions. Porcini mushrooms stand out for brain health. Choline is found to be reduced in the brain of Alzheimers patients. Try to use pasture raised eggs, eat fish that is wild and low in mercury. For dessert try low glycemic fruit with nuts. Blueberries are studied and have been shown to improve memory. Tart cherries lower cholesterol and triglycerides, reduce inflammation, increase muscle strength, may decrease symptoms of arthritis and gout and improve verbal fluency. Raw beets provide benefits to brain and heart. Sorry to say that sugar alcohols as sorbitol, mannitol, and erythritol are highly engineered and appear to unflavorably alter the gut bacteria. Cadmium and lead are in many cocoa varieties. These affect the central nervous system (the brain and spinal cord) leading to decreased attention and memory deficits. Lead in the body can effect cognition and intellect. Cadmium and lead is least concentrated in chocolate (versus cocoa) and a few squares can be a safe treat to eat. Avoid alcohol if you have any symptoms of cognitive decline. Alcohol acts as a neuro-toxin. It can lead to seizures, unsteadiness, and slurred speech if used to excess.

Find a purpose, get a passion, and never stop learning. Try Brain HQ online that provides the exercise your brain needs to be its sharpest.

Candida has been identified in the brains of patients with Alzheimers as have other yeast and molds.

Information in this article is taken from the book on the best sellers list “The End Of Alzheimers Disease” by Dr. Dale Bredesen, MD.

Author states the 20th Century saw the end of polio, syphilis, leprosy, and the 21st Century will see the end of Alzheimers, Parkinsons Disease, MS, Autism, Rheumatoid Arthritis, Lupus, Schizophrenia, and Colitis. Any questions, call Rita Neri, RN.



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Saturday,	February	5	Top of World (Carpenters)	8 PM
Thursday	February	10	Under The Stars (Carpenters)	8 PM
Saturday	February	11	When Did You Last Kiss (Carpenters)	9 PM
Thursday	February	11	The Flamingos	8 PM
Saturday	February	11	Boyz n the City (Mardi King)	7 PM
Thursday	February	24	Broadway's Next Musical	8 PM
Saturday	February	26	Clint Holmes in Concert	8 PM
Thursday	March	3	Bobby Collins	8 PM
Saturday	March	5	An Intimate Night with Kol Esperanza	8 PM
Thursday	March	10	Tovah Feldshuh "Leona"	8 PM
Saturday	March	12	The Texas Tenors	8 PM
Thursday	March	17	Shades of Buble	8 PM
Saturday	March	19	Robert Klein	8 PM
Thursday	March	24	Louis Prima Jr. and The Witnesses Band	8 PM
Saturday	March	26	Shake Baby Shake	8 PM
Thursday	March	31	Marilyn McCoo & Billy Davis, Jr.	8 PM

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- Please be patient and kind with staff and other patrons as we ease back into live performances.
- To help prevent the spread of Covid headsets will not be provided at the shows.
- Mask must be worn at all times while in the building and Social Distancing must be observed at all given times
- Weekly, notifications will be sent with show updates and how to purchase the following week. Box office hours will be announced at a later date.
- There are no refunds/exchanges under any circumstances.

The Future Of The Fairway

By Lynne List

Have you heard about the new, natural, and fun alternative to traditional golf? There is a brand-new game which is being played all over the U.S. It's called Fling Golf. It's easy to start and fun to learn. It is to golf what pickle ball is to tennis or sleigh boarding is to skiing. However, no adjustment must be made to the course. It is played on a regular golf course and Fling Golf players can play alongside regular golfers or have their own foursomes



and tournaments.

How does this work? It's simple. There is only one club, and it is called a Fling Stick. The Stick has a small basket like end which holds the golf ball. Then, instead of hitting the ball, the golfer flings it. Scoring is the same as regular golf. The trick, of course, is to learn how hard and how to fling the ball to accomplish a drive shot or a chip. The Fling Sticks come in 3 sizes based on height: small, medium, and large. In addition, there is a junior Fling Stick for the eight- to twelve-year-old. How much fun you can have playing with your grandchildren or great grandchildren. And you putt with it also. The edge of the stick becomes a putter.

Fling Golf provides an opportunity for those who can no longer play regular golf and those who have never played golf to get on the course and enjoy the outdoors. With only one Fling Stick there is no need for the expense of a full set of clubs as well as a bag and, because there is greater accuracy, fewer balls are lost.

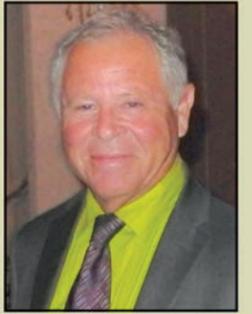
So, get together and start a Fling Golf group. It's being played at professional courses all over. Let's add Wynmoor.

David J. Kaufman

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Albert, celebrating his 97th birthday with Arline Shapiro and family.



Linda Storfer



Left to right: Loretta, Roz, Linda, Lynn, Marla, Ilana, Jane, Linda and Stephanie celebrating Linda's birthday.



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Recipe

Chocolate Mint Dessert Brownies

It's a brownie covered in mint cream topped with chocolate, mmmmmm!

Original recipe yields 24 servings

Ingredients

- 1 cup white sugar
- ½ cup butter, softened
- 4 eggs
- 1 ½ cups chocolate syrup
- 1 cup all-purpose flour
- 2 cups confectioners' sugar
- ½ cup butter, softened
- 2 tablespoons creme de menthe liqueur
- 6 tablespoons butter
- 1 cup semisweet chocolate chips

Directions

• Step 1

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

• Step 2

In a large bowl, cream together 1 cup sugar and 1/2 cup of softened butter until smooth. Beat in eggs one at a time, then stir in the chocolate syrup. Stir in the flour until just blended. Spread the batter evenly into the prepared pan.

• Step 3

Bake for 25 to 30 minutes in the preheated oven, or until top springs back when lightly touched. Cool completely in the pan.

• Step 4

In a small bowl, beat the confectioners' sugar, 1/2 cup butter or margarine and creme de menthe until smooth. Spread evenly over the cooled brownies, then chill until set.

• Step 5

In a small bowl over simmering water, or in the microwave, melt the remaining 6 tablespoons of butter and the chocolate chips, stirring occasionally until smooth. Allow to cool slightly, then spread over the top of the mint layer. Cover, and chill for at least 1 hour before cutting into squares.



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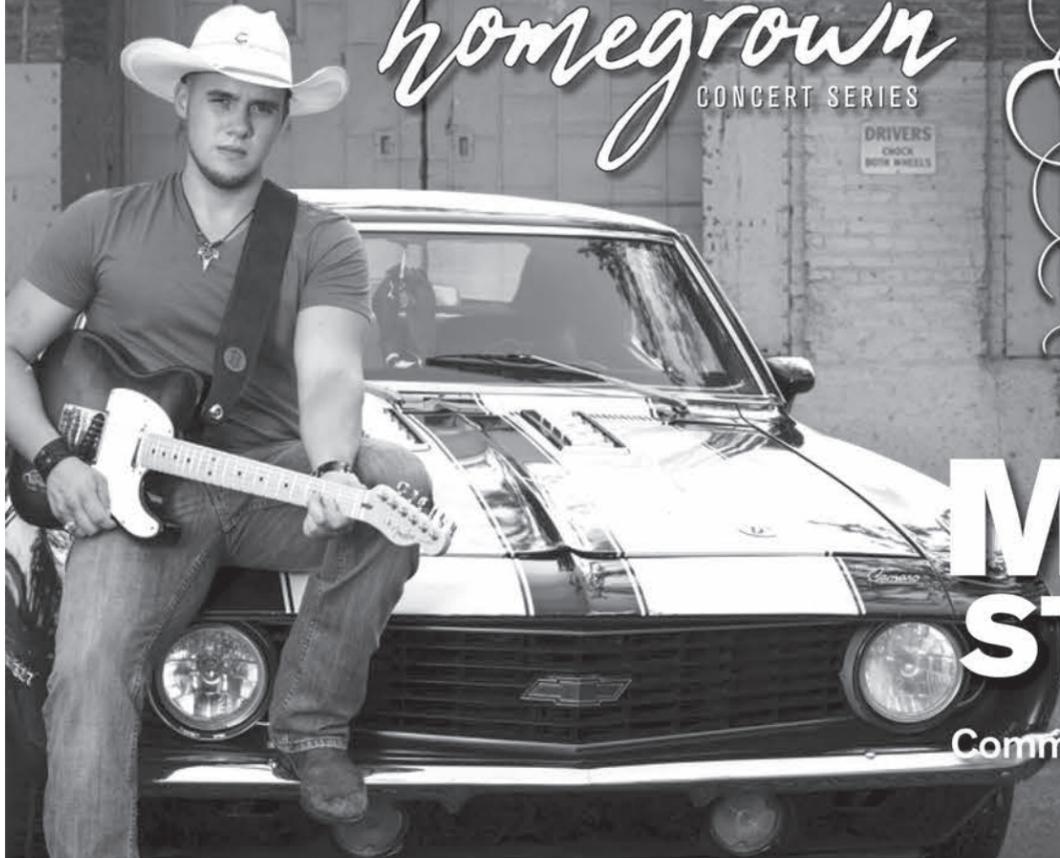
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FLORIDA TURNPIKE EXPANSION PROJECT IS BACK!!!

As concerned Wynmoor Village residents, we have the following questions, comments, and concerns on the proposed expansion of the Florida Turnpike from Atlantic Blvd. to Wiles Road.

The proposed expansion of the Florida Turnpike is a danger to our current standard of living and a potential threat to our property values. We are all concerned about this project, which is expected to take approximately four years to complete. During this time period, the heavy construction will become a burden, causing an excess of pollution, possible power outages, an extreme amount of noise, and nightly noise pollution.

Four additional lanes shifted toward our boundaries, more noise pollution, the potential removal of the Australian pine trees along our boundary, and the uncertainty on the installation and height of a sound barrier wall is a concern for ALL Wynmoor residents. It's time for our voices to be heard.

Name: _____

Full Address: _____ Unit: _____

Coconut Creek, FL 33066

Phone Number: _____ Is this a Cell Phone or Home Phone

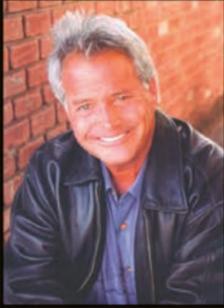
Please list your opposition here: _____

Signature: _____

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- Drop off at the Main Pool Patrol on duty daily between 7 am – 8 pm
- Mail to Wynmoor Community Council, Inc. 1310 Avenue of the Stars, Coconut Creek, FL 33066
- Email to RecEnt@wynmoorcc.org

If you currently are not receiving our e-mail blasts and would like to be placed on the list, please print your e-mail address here: _____



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Can You Afford the Years Beyond Your 'Healthspan'?

We're all interested in the topic of lifespan. *What's the average lifespan of men and women? What factors influence lifespan? What can I expect for my own lifespan?* Yet, you may also want to think about your *healthspan* – that is, how long you will live in generally good health. How should you factor in your potential healthspan when creating your financial strategies?

To begin with, you'll want to be aware of the gap between lifespan and healthspan. Consider this: The average healthy life expectancy in the U.S. is only 68.5 years, according to World Bank data cited in the 2020 Edward Jones/Age Wave *Four Pillars of the New Retirement* study. This means that, on average, Americans can expect to spend about 10 years in poor health, which, unfortunately, is more than in most other developed countries.

Of course, everyone's situation is unique, and many variables are involved in the lifespan/healthspan comparison: differences in projected longevity between women and men, family health histories, environmental factors, and so on. And there are certainly plenty of people whose healthspans essentially match their lifespans – that is, they enjoy healthy, busy lives right up until the end. Yet, even the possibility that you could face a decade or more of less-than-ideal health in your retirement years should be cause for concern. The health issue, by itself, is already worrisome, but the accompanying threat to financial independence is also on people's minds. In fact, 72% of retirees say one of their biggest fears is becoming a burden on their families, according to the *Four Pillars* study.

So, given these concerns, here are a few moves to consider, possibly with the help of a financial professional:

- *Investigate long-term care protection.* The costs of an extended nursing home stay can be exorbitant, and the services of a home health care aide are far from inexpensive, too. And retirees know it: Their greatest financial worry is paying for health care costs, including the cost of long-term care, again according to the *Four Pillars* study. Consequently, you may want to explore some type of long-term care protection – and the younger you are when you purchase this protection, the more affordable it tends to be.

- *Evaluate your investment mix.* Even with Medicare and Medicare supplement plans, you will likely face significant out-of-pocket health care costs during your retirement years. To help pay these bills, you will need sufficient liquidity in your financial accounts. So, you may need to evaluate, and possibly adjust, your investment mix to make sure you've got adequate funds in liquid, low-risk vehicles. These types of securities won't offer much in terms of growth potential, but they do provide more stability of principal. You won't want to abandon all growth-oriented vehicles, though – even in retirement, you need to stay ahead of inflation.

- *Create a sustainable withdrawal rate.* To help address your healthspan funding concerns, you'll also need to ensure you're not taking out too much money from your investment portfolio each year, especially during your first few years of retirement.

If you could see into the future, you'd know exactly where your lifespan intersected with your healthspan. But since this certainty is unattainable, you'll want to be prepared for whatever comes your way.

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

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Clubs and Activities

Before heading out, check to see if your meeting or activity is open. We suggest that you contact the Club President for more information.

American Legion

By Ralph Trapper Post #170

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

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

By Rene Monblatt

Greetings to all our members. We are looking forward to seeing you in our studio again. Hours as usual 9:00 a.m. to 12:00 noon every Saturday morning. The empty easels are awaiting you!

Billiard & Pool Club

By Bob Horowitz

For more information about the Billiard and Pool Club join our email list, email WynmoorPoolClub@gmail.com. You can also join our Facebook page "Wynmoor Poolclub". For Pool Lessons email us to schedule no-cost Pool Lessons for Wynmoor residents. Find our latest information in the News and Views, and the Insider Newspaper.

Camera Club

By Nancy Landman

We are very excited to have started up our 2021 - 2022 season and we look forward to seeing everyone's photographs. We also have several interesting and informative presentations planned.

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

Our meetings began on November 23rd and will continue the 2nd and 4th Tuesdays of each month 3:00 to 5:00 p.m. through April 12th.

Yearly Membership • Individual \$10, Couples \$15 - First Meeting Free! Come join us!

If you'd like to register as a member and receive info and updates, send an email to CCWynmoor@gmail.com. For further information call Nancy Landman at 954-496-1965.

Ceramics Club

By Carole Meyerowitz

Welcome back to Wynmoor and welcome to our new Wynmoor residents. Looking for a great club to join? Join us for an exciting Ceramics experience and create your very own masterpiece. Choose from our hundreds of molds and start your very own piece for either your home or a beautiful gift for a friend or loved one. If you are a new member, our very qualified and kind teachers will start you off on your ceramics experience. Come in and sign up for a class. You'll be so glad you did! Our Ceramics Club is a friendly place where you can not only make a unique piece of your very own but it is also a place where friendships are made! Our club is located at the Clubhouse. Our club hours are Monday-Thursday from 9:00 a.m. - 12:00 p.m. Hoping to see you...

Chess Club

By Hillel Cohen

The Wynmoor Chess Club is pleased to announce that after a long Covid postponement we have started meeting again. 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

Computer Club

By Beverly Friend

WANTED: Someone with a SAMSUNG GALAXY Smart Watch to join a verbal debate with members owning the APPLE version – winner take all! Most Wynmoor Computer Club members who own a smart watch are using APPLE. Why? Is it advertising? Price? Ease of use? Lack of comparison with Samsung? How can our members decide without learning the real scoop?

Join us on for the virtual meeting Wednesday, March 16th at 9:00 a.m. when we will examine features of both that go beyond telling time, including many dealing with health. Investigate before you buy, or if you are already an owner, defend your choice.

Members will receive the zoom link the day before the meeting. Others can contact Pat O'Brien at wyncomputerclub@gmail.com for further information.

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.

Duplicate Bridge Club

By Bram Hamovitch

We are currently running two games each week, on Tuesdays and Fridays at 12:30 in the East Wing of the theater building. Please arrive 15 minutes prior to start time, out of courtesy to the director. We may expand our offerings to include a Monday evening game, as Covid and attendance permit.

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

By Louis Kravitz

Our next dance is scheduled for March 20th. Due to the requirement for masks inside, we are not sure what will happen. No one wants to dance with a mask on. When you need to pay the ten dollars for the dance, make it out to Fun with Friends and drop it off at Howie Oxman, 2402 Antigua Circle, Apartment M2. If we have a dance, your vaccination card will be required, unless you showed it to us at the December dance. Stay Healthy.

Hadassah

By Toby Norman

We will resume holding general meetings, our card parties and other fund-raising activities as soon as it is safe to do so. Watch for our information on channel 98 on the TV. As soon as Wynmoor Council and Hadassah National feel that it is safe to do so, we will post the date, time and place on our meetings or events.

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 year. Certificates and trees for any and all occasions can be obtained by contacting Bernice Riback at 954-984-1703. Beautiful and appropriate cards for all occasions can be obtained by contacting Lenae Herman at 954-657-8579. Your support, as always, is greatly appreciated!

Health & Wellness Club

"HOW'S YOUR MEMORY"

WHAT'S NORMAL & WHAT'S NOT FOR YOUR AGE

By Hope Myers

On Tuesday, March 15th at 2:30 p.m. in the West Wing 2, Dr. Hazel Wiley, DO., a board certified neurologist, will speak at our club meeting. Dr. Wiley practices at the Broward Health North Memory Disorder Center on Sample Road in Deerfield Beach.

The Memory Disorder Center offers a multidisciplinary approach to determine the cause of memory impairment. Memory loss can have many causes including thyroid imbalances, Alzheimer's disease, nutritional or metabolic disorders, stroke, or other neurological conditions. With a diagnosis, the Center's unique programs, offers a complete network of assistance for patients and caregivers.

Clubs and Activities

Continued from page 51

The Health & Wellness Club is thrilled to bring a doctor of this caliber to speak at our meeting!

The meeting will be complementary. Bottled water and a protein bar will be served. Have?? or need more information call Hope Myers, President at 954-971-9538.

.....

Karaoke & Entertainment Night

By Robin Thompson

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

.....

Ladies Circle Club of Wynmoor

By 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 Luz Minerva Nazario

Hola!!! We are BACK!!!

After almost 2 years of not meeting due to the pandemic, we have begun to meet. We welcome all our members and friends back to the Club.

The Latin Women's Club meets the last Tuesday of each month from 2:00 to 4:00 p.m. in Classroom 4 of the East Wing. Our next meeting is Tuesday, March 29th. Our dues are \$15 per year. Our meetings are held in the Spanish language. Refreshments will be served.

In order to welcome back our members and friends, we are celebrating our "New Beginning" by holding a dinner dance, on Friday, May 27th in Ballrooms A, B, & C from 6:30 to 10:30 p.m. An Italian dinner with all the trimmings will be served. Music provided by DJ Mike Rapposelli. Tickets are \$20pp and start selling on February 28th. You may contact any club member. Those attending this event must bring your Vaccine Registration Card.

If you are celebrating a birthday or anniversary, we wish you good health, peace, love and many more years to celebrate. Please contact Minerva Nazario at 954-532-3156, if you're interested or need information about our club and its events. Please stay well, safe, and healthy.

.....

Nature And Arts Club

By Elinor Weinstein

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

-Charles Dickens.

Thank you to all of you who attended the trip to Green Cay Nature Center and Wetlands. The lecture by the docents was fascinating. We had an opportunity to touch and view many of the reptiles that reside at the wetlands. The walking tour under the beautiful sun was interesting and educational. A special thank you to Harlene for planning a perfect day out.

Because the meeting rooms are temporarily closed, the Nature and Arts Club will possibly be planning the March 3rd meeting on Zoom. Our monthly email will let everyone know if we are able to resume in person meetings.

We have three fabulous trips scheduled. They are available for all paid up members.

March 17th - Sawgrass Nature Center and Animal Center, Coral Springs
 • April 21st and April 22nd two dates scheduled! Morikami Gardens and Museum in Boca Raton
 • May 19th - Boca Art Museum in Boca Raton.

Thank you all for participating in our Zoom meetings and for your enthusiasm about attending the upcoming trips.

Nancy Moskowitz, President

laughlady55@aol.com or 954-973-2181

.....

Needlework Click

By Barbara Bilello

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

.....

Pickleball Club

By Mayda Coombs

The Pickleball Club is going strong. Even though Covid has changed how we run things we are making it work. We've had our first tournament in January and getting ready for our next one this month. We are still holding Beginner Classes on Mondays 2:45 - 5:00 p.m. If interested please email Maureen David at Maureen.L.David@gmail.com to reserve your spot. You

must email Maureen at least one day before. This class is so popular we cannot take any walk-ons. We supply everything you need, just wear proper sneakers and bring something to drink.

We are always excepting new members. Dues are \$10 per person. Anyone interested in joining can contact Chuck Milstein at 954-366-1149.

.....

The Wynmoor Dance Troupe & Company

By Marcia

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, back stage hands. No experience is necessary. Please join us and call Marcia at 516-659-3367.

.....

US Club

By Ceil Eitman

Yeah!!! The US Club is back on Tuesday, March 8th in the Ballroom at 7:30 p.m. Doors open at 6:30 p.m. Enjoy the music of David Mokin, a man of many voices and a fantastic Elvis impersonator. 2022 paid members \$5, unpaid members and Wynmoor guests \$20 at the door. RSVP the phone squad. The US Club motto of *Unique Sociability* lives on.

.....

Writer's Workshop

By Judy Willow Weissman

Writing springs forth from our hearts. . . For now, Wynmoor won't allow us to meet in person. Online, several individuals Zoom informally. We will let you know in this column when we can meet in person and take new members. Meanwhile, keep writing and be safe.

.....

Wynmoor Ladies Golf Association

By Karen Beckman

Hello Spring! Lady Golfers have perfected the "layered" wardrobe technique that was desperately required to enjoy comfortable play this past winter! Everyone is anticipating warmer weather for our Color Wars Tournament scheduled for March 15th.

Our officer installation luncheon was held at Galuppi's January 20th with extra safety precautions due to the pandemic. We had a great turnout, the food was delicious, the room beautifully decorated and so much fun to see friends in "civilian" attire. Our sincere appreciation to Kathy Seaton for the charming and meaningful stationary favors and acting as our Master of Ceremony. The addition of creative games generated the usual good-natured competition for prizes. A special thank you as well to Shelly Mack and Nichole Roy for their lovely table décor.



Pictured left to right: President, Barbara Hyer; Vice President, Betty-Jean Kregas; First Vice President, Adria Light; Secretary, Carol Skop; Second Vice President, Bella Wagner; Treasurer, Jann Cohen.

The Liberal Jewish Temple

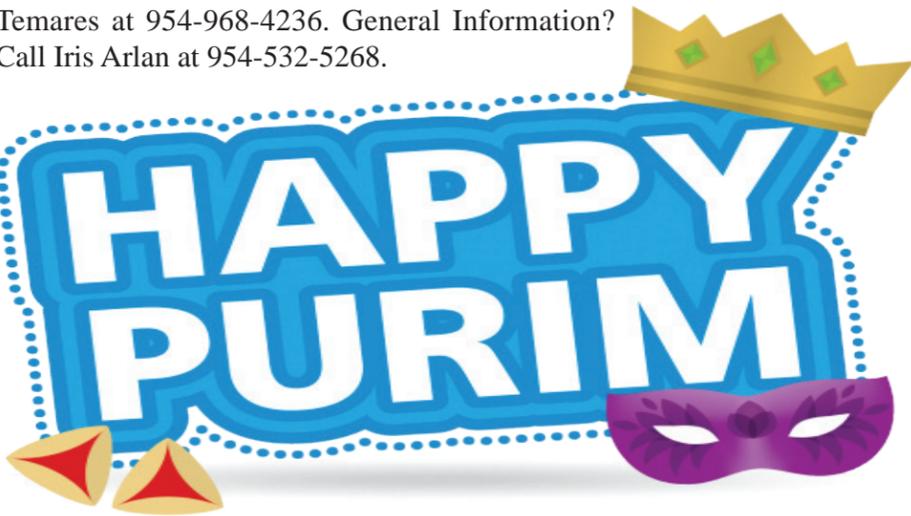
By Lee Temares & Iris Arlan

Celebrates the merry months of Adar! Yes, two months of Adar. Purim usually comes 4 weeks after Tu Bishvat, on the 14th of Adar. This year is a leap year. Our calendar is based on a 30-day lunar cycle-so we would lose about 11 days a year. Chanukah would arrive in July! Every few years we add a month called Adar 11. Adar 1 began on February 2nd.

Before we can even begin to think of what joy we will have on Purim, we will spend Friday evening, March 4th, welcoming Shabbat with our extended family of Jews from all over the United States and Canada. Shabbat Across America will begin with a shared Shabbat meal at Café on the Green, followed by in person Services at 7:30 p.m. (See below for place)

This year, Purim begins the evening of March 16th. Rabbi Paul Offenkrantz is busy thinking up some wild ways to celebrate, both with tradition and innovation. We hope everyone will join us for our Purim bash at 7:30 p.m. on Friday, March 18th, at our shared spiritual home -Calvary Presbyterian Church, 3950 Coconut Creek Parkway-diagonally across the street from the Wynmoor Main Gate. Come and learn about Queen Esther and all the other famous characters in the Megillah. Make some noise, drink a bit or a lot and dare to dress in costume. We love fun.

Our Congregation is welcoming to everyone who wishes to be affiliated with us. Please check out our website-www.LJTCC.org. Please join us on Facebook. Questions about membership? Call Cheryl Stein at 954-675-3700. Want to know more about the Liberal Reform branch of Judaism? Call Lee Temares at 954-968-4236. General Information? Call Iris Arlan at 954-532-5268.



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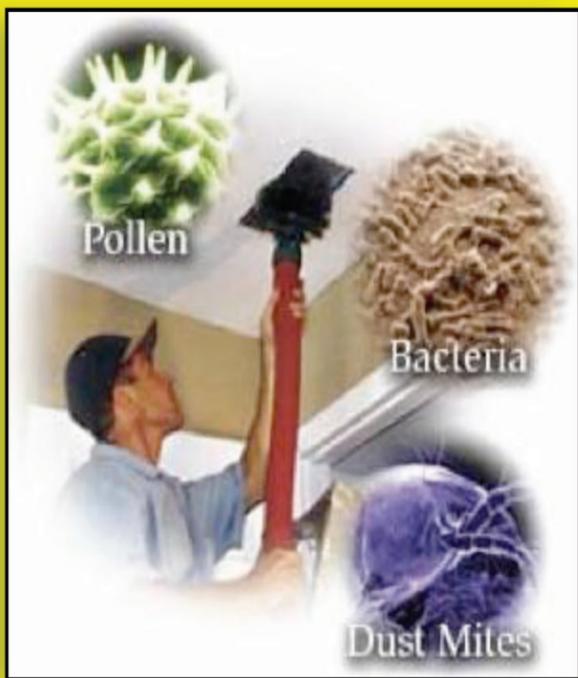
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Are You Feeling Anxious, Worried, Isolated, Discouraged?

By Susan Cohen

All of us at some time in our lives, feel these feelings. It is what makes us human. It is when these feelings overtake us and leave us feeling powerless that we forget we have superpowers within us to actually master our feelings and thoughts to live empowered fulfilling lives.

As a mother, grandmother, former Director of Training University Adjunct Instructor and Supervisor, Parent Educator and a Positive Behavior Specialist who has coached and mentored hundreds of parents, teachers and administrators, I have been blessed to see how personal and professional relationships have transformed when heartfelt skills are applied to foster happy, healthy, emotional and mental well-being within adults and children.

After the death of my younger son, I made it my life's work to help individuals and families to love and appreciate themselves and each other, to shift thought and behavior patterns and to build healthy and happy internal and external environments in which everyone thrives.

From this, Lifejoy, LLC evolved along with my passion to assist in Life Coaching. I am here for you to share tools, tips and strategies I have acquired over my lifetime while transforming my own life from victim to victorious.

Feeling Joy in Stressful Times

How do we maintain our joy and our state of calm in times of uncertainty and stress?

Here are some suggestions to help stay centered and transform fear and worry into calmness and peace:

- Notice when you're thinking fear and worry thoughts and consciously choose to replace them with positive ones.

- Breathe, breathe, breathe! At the first sign you feel stress, stop and take 3-5 breaths. Start with a nice slow inhale in which the belly expands and exhale twice as long in which the stomach contracts. This soothes the nervous system and helps restore inner calm.

- As you breathe, visualize inhaling calmness and exhaling stress. Identify where in your body you are holding tightness. Breathe into this tightness picture visualizing it releasing and dropping into a million tiny pieces.

- Make a list of 3 to 10 items that give you joy such as gardening, biking and reading. Schedule time for fun.

- Limit news watching.

- Make it a daily habit to appreciate yourself and the people you love.

- In the AM and before bed, think of 5 things you are grateful for. This can be done throughout the day.

- Care for yourself through nourishing thoughts, food, connections, movement, rest and sufficient sleep.

If you are willing to change your thoughts, you can create your joy, peace and inner calm.

I would be honored to work with you to achieve the results you want. Please contact Susan at 954-372-6535 or email me: susancohencoaching@gmail.com

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Clubs and Activities

Continued from page 52

Wynmoor Short Film Festival

By Enid Wolf-Schein

The WYNMOOR SHORT FILM FESTIVAL featuring nine original films returns this year with a GALA PREMIER and a MATINEE ENCORE

GALA PREMIER - DRESS TO IMPRESS: Bring your camera for photo op! Friday, March 25, 2022. Films: 7:00 to 8:30 p.m. - Country Club Lecture Hall • Wine and Popcorn Reception 8:30 to 10:00 p.m. in Country Club Ballroom

MATINEE ENCORE - AFTERNOON ELEGANT: Bring your camera for photo op! Sunday, March 27, 2022. Films: 2:00 to 3:30 p.m. — Country Club Lecture Hall • Ice Tea & Lemonade Reception 3:30 to 5:00 p.m. in Country Club Ballroom • The receptions will give movie-goers a chance to meet the filmmakers and casts from the films. Both events will feature lots of great movie music, a sing-along, an original stage production by the Golden Swans Ballet Club, and more!

First choice for tickets has been for those who purchased them for our postponed event in 2020. Any additional tickets will be available from 10:00 to 11:30 a.m. in the Country Club Library Tuesday, March 1st, Thursday, March 3rd and Tuesday, March 8th.

.....

Wynmoor Video and Film Club

By Phil Guterman

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

Farmers Market Dates

Welcome to the City of Coconut Creek Farmers Market! It is a bi-weekly market that occurs the first and third Saturday of each month from 9:00 a.m. to 2:00 p.m. The Market is located at the Township Plaza, on the Southeast corner of Lyons Rd. and Sample Rd., by Veterans Park.

Products sold at the market include produce, bread, cookies, dips, sauces, honey, coffee, jellies, popcorn, dog treats, kitchenware and much more! So come on by and support local small businesses!

MARCH DATES

- Saturday, March 5, 2022
- Saturday, March 19, 2022
- Saturday, April 2, 2022
- Saturday, April 16, 2022

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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.

If you play Pan, please call Evelyn at 954-562-6633

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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.

Wynmoor Update...

Our amenities are open. Guests MUST be accompanied by the host resident. Wynmoor IDs are required.

Masks and Social Distancing are strongly recommended.

Exception: The Billiards Room and Fitness Center are for the use of Wynmoor Residents Only.

The areas included are as follows:

Main Pool Complex:

Open daily from 7:00 a.m.-8:00 p.m. (Multi-Purpose Room is closed).

Amenities Update February 4, 2022

Country Clubhouse:

Open daily from 8:00 a.m.-11:00 p.m.

Golf Pro Shop and Golf Course

Open daily. For additional details, please call 954-978-2677.

Racquet Complex

Pickleball: Monday - Saturday, 8:30 a.m.-5:00 p.m. & Sunday, 9:00 a.m.-1:00 p.m.

Tennis: Monday - Sunday, 8:00 a.m.-8:00 p.m.

Association Swimming Pools

Each Association Village's rules and regulations may vary. Current guidelines are posted at each Association.

All rules and regulations are subject to change and/or modification. Stay Safe!



Council Meeting Dates

Management Committee Meeting

Every Tuesday at 9:00 AM -- West Wing I/Hybrid

<https://zoom.us/j/99080305814>;

Meeting ID: 990 8030 5814;

By phone dial (312) 626-6799

Board of Directors Meeting

1st Thursday of the month at 1:30 PM -- West Wing I/Hybrid

<https://zoom.us/j/87579449300>;

Meeting ID: 875 7944 9300;

By phone dial (312) 626-6799

Executive Committee Meeting

3rd Monday of the month at 1:30 PM -- West Wing I/Hybrid

<https://zoom.us/j/82591451205>;

Meeting ID: 825 9145 1205;

By phone dial (312) 626-6799

Budget & Finance Meeting

4th Wednesday of the month at 9:00 AM -- West Wing I/Hybrid

<https://zoom.us/j/86070517713>;

Meeting ID: 860 7051 7713;

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You've Tried The Rest, Now Try The Best

By Linda Storfer



HEALING! What is healing? According to Webster's dictionary, healing is the natural process by which the body repairs itself. Healing may be physical or psychological and not without the mutual reception of these two dimensions of human health. After experiencing over 1 million deaths for the past two years in the US due to COVID, it's time to start healing. We are now in our third year of this horrific disease and the majority of people have a desire to return to their lives the way they were prior to 2020. Every day I hear people say "it's time to start living again." We continue to wear masks and practice social distancing despite the fact that millions of us have been vaccinated and boosted. We recognize the fact that there are no guarantees although we feel safer and more protected. The other healing that I am constantly thinking about is our divided country and the other disease here known as racism which is on the rise in the Black, Asian, and Jewish communities. People of color have made inroads in higher education and employment, but we cannot legislate what is inside people's hearts. Unfortunately, we have witnessed in the past few years the rise of white supremacy and the deep hatred of minorities based on ethnicity, race, and religion. It is ugly and I don't see a cure in the near future. I believe that we will see a cure to COVID before we see a cure to racism.

March is a very exciting month at Temple Beth Am. On Saturday night, March 5th, NEFESH MOUNTAIN returns in person to TBA with a lively concert of bluegrass and folk music. A weekend of festivities and activities will be held from Friday, March 18-19th beginning with a massive food giveaway on Friday morning at the synagogue co-sponsored with Jewish Family Services and the Broward Jewish Federation. On Friday evening there will be a gourmet kosher catered Shabbat dinner open to members and non-members. During our Saturday morning services we will be presenting the Installation of Rabbi Michelle Goldsmith followed by a special catered luncheon. The weekend will culminate with a Havdallah service and concert featuring country music singer and songwriter Joe Buchanan followed by a gala dessert reception on Saturday night. The entire public is invited to attend.

Our synagogue is once again open every Saturday morning for in person services and also on live streaming. On Sunday, Monday, and Thursday mornings we have resumed in person services with nightly evening services on Zoom. We invite you to come into the synagogue and join us in prayer.

Our Adult Education classes continue with Rabbi Goldsmith's class entitled Esther, Song of Songs and Ruth on Tuesday evenings from 7:00-8:00 p.m. Looking for something new? Check out Rabbi Goldsmith's Rhythm and Ruach class on Thursday afternoons. This is a unique experience of dancing and music that is intended to connect you to Judaism.

For all of the above and other special activities we invite you to log onto our website www.beth-am.org or call the office at 954-968-4545 x1. Our newly refurbished office is open and can be visited Monday through Friday at 7205 Royal Palm Blvd in Margate.


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Better Service,
Better Protection.**

WYNMOOR



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NEXT DAY
SERVICE**

**ECM,
THE RIGHT
CHOICE**

- 93% OF REPAIRS FIXED ON FIRST VISIT.
- 127 FULLY STOCKED SERVICE VEHICLES
- WE NEVER SUBCONTRACT OUR WORK

NON-DEDUCTIBLE ANNUAL RATE \$269

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Equipment No Deductible - No Co-Pay Required	Replacement Limits	Traditional Contract
Central Air Conditioner (up to 4 tons)	Included	✓
Refrigerator (food spoilage limited to \$150 per year)	Included	✓
Icemaker in Refrigerator	Included	✓
Oven / Range	Included	✓
Dishwasher	Included	✓
Garbage Disposal (up to 1/2hp)	Included	✓
Water Heater (up to 50gal)	Included	✓
Plumbing & Electric (3 bath max)		✓
Drain Rooter Service (interior of home up to 10ft.)		✓
Angle Stops		✓
Kitchen Sink Basket Strainer		✓

OPTIONAL COVERAGE

Extended A/C, Plumbing, Appliance Parts Coverage	\$45
No cost for any normally covered part	
Promo Tune-Up	\$25
*Washer & Dryer	\$45
Microwave (built in only)	\$20
Ceiling Fans	\$10
Faucet Replacement	\$10
Toilet Replacement	\$10
Smoke Detectors	\$10



PROMO: WYN18
Promotion Expires: Limited Time Offer

CALL 954-772-0972 TODAY!

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CERTAIN TERMS, CONDITIONS, EXCLUSIONS APPLY. OFFER GOOD FOR NEW CUSTOMERS ONLY. PRICES QUOTED ARE CURRENT AVERAGES FOR YOUR DEVELOPMENT. THIS OFFER MAY BE WITHDRAWN AT ANY TIME. CONTRACT PRICE MAY VARY DUE TO BRAND, PRICES WILL VARY UP OR DOWN SLIGHTLY BASED ON PRODUCT AGE, MODEL, STYLE. *WASHER/DRYER PRICE BASED ON AGE OF APPLIANCE. CAC036812 • CFC048260 • EC001843 • WARRANTY-80196 COPYRIGHT 2018 BY ECM. 42018





To order online and get reward points, go to www.toasttab.com/Bella-Roma

Monday & Wednesday Special

20% off call-in orders for Wynmoor residents on Pick up & delivery only.
4pm to close

954-978-8800

LIMITED TIME OFFERS ON ALL SPECIALS

BRING YOUR OWN BOTTLE
no corkage fees

Dine In Only
4pm – to close
Buy one entrée,
get 2nd half off

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Large Cheese Pizza \$11.00
Pick-up or Delivery Only
4pm to close
Discount Delivery
10% discount for delivery
4pm to close



4301 Coconut Creek Pwy, Coconut Creek

MUST PRESENT COUPON FOR ABOVE SPECIALS

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Problem Solving and Installations



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- ALL MAKES AND MODELS
- TELEVISION CONNECTIONS TO:
Netflix, Amazon Prime and other Smart-TV Apps.

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WYNMOOR REFERENCES AVAILABLE

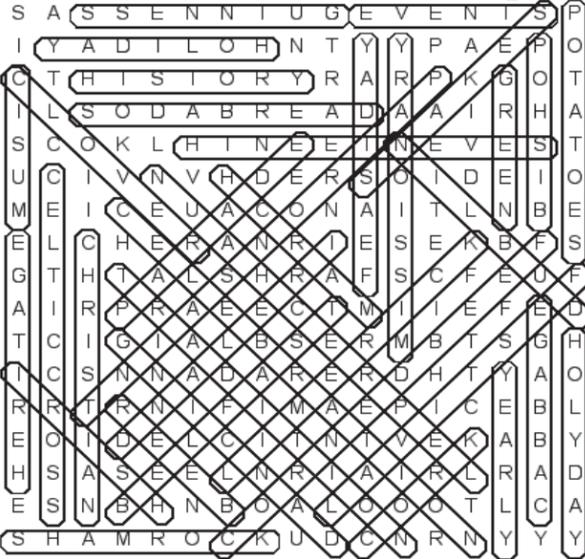
Puzzles and Games

Solutions from page 29

Crossword Puzzle

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

St. Patrick's Day



The hidden message is:
SAINT PATRICK LIVED IN THE FIFTH CENTURY

Sudoku

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

CLASSIFIEDS

Something to Buy? Something to Sell?

For classified information

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

FOR SALE

NASSAU, 2/2 corner, 2nd floor, lovely brook view. \$99,000. Call 917-647-0953.

THE SPEED LIMIT ON WYNMOOR CIRCLE IS 25mph. There is absolutely NO PASSING. All stop signs MUST be observed. All residents and guests are required to abide by Wynmoor Rules and Regulations.

MISCELLANEOUS

GRAVESITE (LAND ONLY). Star of David, Single Plot, Garden of Solomon. Privately selling for \$3,500. Transfer of Property done at time of sale. Call 954-242-3429.

Commercial Vans, Trucks, etc.

Are NOT permitted to park overnight on Wynmoor property.

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



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 or watch on WCC YouTube TV *

AARP®

Refresh Your Driving Skills And You Could Save On Auto Insurance

When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance.*

Plus safer driving can save you more than just money.
The course teaches proven driving techniques to help keep you
and your loved ones safe on the road.

Additionally, you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

For more information please contact
AARP directly at
1-800-350-7025 or go to their
website, www.aarpdriversafety.org



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

FOR SALE

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

Privately asking **\$3500.00**
land only



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

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

**Serious Buyers, Please Call Richard
954-242-3429**

Proudly Serving Wynmoor for Over 35 Years!

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SOUTH FLORIDA
FOR OVER
45
YEARS

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- No Charge for Carpet Removal***
- Financing up to 18 months deferred interest***

*Free upgraded padding and carpet removal with purchase of new flooring. Financing subject to credit approval.



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2903
VICTORIA
1/1.5

3303
ARUBA
2/2

1503
CAYMAN
2/2

2006
GRANADA
2/2

2305
LUCAYA
2/2

3102
PORTOFINO
2/2

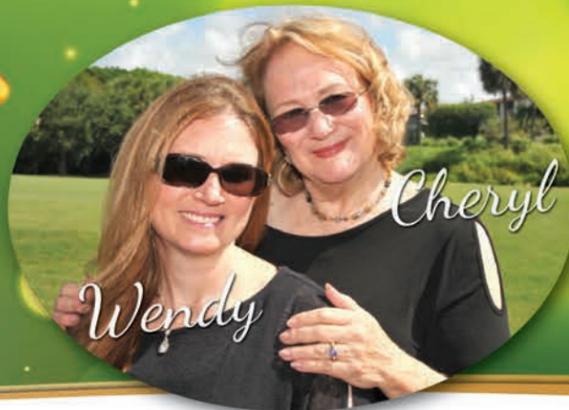
3201
PORTOFINO
2/2

2803
VICTORIA
2/2

3405
BIMINI
LUXURY
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1804
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Don't Make a Move Without Us!

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OUR HONORS: RE/MAX 100% Club 2021, RE/MAX Hall of Fame, 2021 RE/MAX Executive Club Award for Outstanding Performance Award-Winning Multi-Million Producer in Wynmoor

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