

# PALM GREENS PULSE

OCTOBER 2025

DELRAY BEACH, FLORIDA



**PALM GREENS PULSE**  
Delray Beach, Florida  
May 2011

**UNITY OWNERS ASSOCIATION**  
by Jack Elson, President

Our ambition is to operate our office as efficiently as possible. Our directors are on hand from 9:15 to 11:00am weekdays and messages thereafter are recorded on our answering machines to be handled by the next available director. This effort has been hampered when the person calling has not spoken clearly enough to be understood, has left an incorrect or unclear phone number. If you are calling from out of town and leave a message, it places a time and expense burden on us and we aren't able to answer your needs.

**EFFECTIVE PROCEDURES FOR OBTAINING SERVICE FROM OUR PROVIDERS**

Requests should be initiated by calling the service department of the respective providers. If, after a technician has made a service call and there is no response, it is a time to contact our office. Reasonable requests provided by "order" and contact our office. Our years of contact with both service providers have proven highly satisfactory, at the same time offering reasonable group costs.

**MUSEUM FOR A DAY ALERT --**  
**THE DATE IS MARCH 11, 2012.**

What has always been the most astounding event in every season is which it was held, will be featured on Sunday, March 11, 2012. We call it Museum for a Day. In reality, it is a showcase for the incredibly talented individuals who reside here and a further appreciation of this wonderful place we call Palm Greens.

The exact upper level of the clubhouse is devoted to create an occasion. Although this notice may seem to be a long time before the chosen date, it affords opportunity to assemble their respective members new or special and to assemble their respective members new or special and to assemble their respective members new or special and to assemble their respective members new or special.

A great deal of planning goes into an event of this magnitude and importance. We invite all residents with creative talents to display their work. However, we are faced with space limitations and thereby, we need to limit the number of items each exhibitor can display in order to maintain an orderly participating in gallery.

We will do our utmost to ensure that participating in gallery.

**PALM GREENS PULSE**  
MARCH 2025  
DELRAY BEACH, FLORIDA

**TO ALL OF OUR RESIDENTS IN  
PALM GREENS AND DELRAY  
TRAILS, WE WISH YOU A  
HEALTHY AND HAPPY MARCH  
INTO A NEW SEASON!**

# WE'VE COME A LONG WAY!

**Palm Greens Pulse**

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**Managing Editor**  
Mel Clapman



**Production Manager**  
Beth Villanova

**Officer**

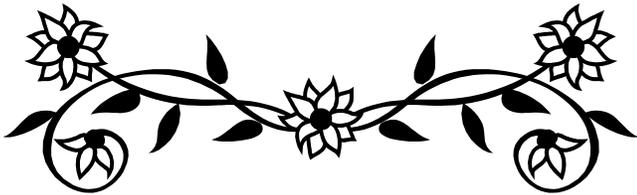
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**Directors**

Beth Villanova

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Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.

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## CONDO TWO

by Marge Fattori

Welcome back to our seasonal residents. We hope you had an enjoyable summer in different climates and are happy to be back with your friends here at Palm Greens.

While you were away, we have completed several improvements in the community and have also begun a few others.

We are happy to report that one of our biggest safety issues, the beam project, has been completed on the affected buildings. We are targeting 33 roofs to be replaced beginning now and going into 2026. Landscaping is being done to give us more eye appeal and the tennis/pickle ball courts by the satellite pool are being repaired. Our roads are going to be resurfaced. All of this has been done while remaining financially healthy with reserves.

We will be having another session of “How to Read the Financials” provided by our accountant sometime in October. Watch for the date and please try to attend so you have a better understanding of our financials.

The new clubhouse and pools are progressing and have a target opening date of sometime in late 2025.

To continue with our promise to make ourselves more accessible to you, Jerry Carlin will continue to hold his “office” hours every Wednesday from 10:30 to 12 in the Condo 2 office.

We have also scheduled Board meetings for the following dates:

October 15th

November 12th

December 17th

These meetings will be in person in the ballroom of the clubhouse and also available via Zoom. A link will be sent via email before each meeting.

We are working with Breezeline to obtain step-by-step instructions for you on how to access HBO MAX. Look for this in the next issue.

Again, should any resident have a question for any member of the board please feel free to call the office and leave a message for us.

The Condo 2 Board of directors hope you have an enjoyable season this year.

## ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Welcome to our beautiful Florida fall. We wish all of our residents a very good season here at Palm Greens. Thank you to my two important contributors to this article as I was not available for this meeting. Bonnie Sanger and Jerry Carlin are truly the wind beneath my wings! Hoping that those of you that celebrated the Jewish New Year had a happy, healthy Rosh Hashanah (5785) and a peaceful, reflective Yom Kippur! To all our PG family, so glad that we will enjoy the season together.

Our Delray Alliance meeting began at 9:30am with Dr Lori Vinikoor, President of the Alliance, giving us updates and introducing the day’s guest speakers.

Captain Mike Morales of the Palm Beach County Sheriff’s Office was our first speaker. He stated that during the Labor Day Weekend there was only one property crime for all of District 4 (that is us!) His main topic was how not to get scammed by text and phone and what to do if you are! We are all inundated with scam calls and texts and the best prevention is education. Lately, Scams are through the roof! If this happens to you, do not respond to them. Callers must leave a message or it isn’t important! The texts that say “how are you doing” or “check out these photos” are a big Red Flag! And of course, Sunpass past due! Stay away. Do not open and report as scam and delete immediately. Through the Palm Beach County Sheriff’s Office, a new committee named **VAST! Volunteers Against Scams**, will come to any community and educate us on how to prevent victimization, provide information with regard to available resources and to “harden the target” against future financial victimization and losses. The presentation is one hour followed by a Questions & Answer session. More information to follow soon.

Chief Bill Stansbury of the Palm Beach Fire Rescue said that there were 3000 calls for our western area of Delray for this month. We definitely reach 4000 during the season. Please drive carefully around the construction, and be watchful of other cars when driving! Not using turn signals is a big problem. Stay aware. Station 49 at Lyons & Flavor Pic will have a grand opening in October. This will help to serve our western

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## FROM THE MANAGING EDITOR

by Mel Clapman



Welcome back to everyone who was away for the summer. We hope your trips were fulfilling and gave you everything you were looking for.

We will be working hard to make your time here at Palm Greens just as nice...if not, maybe a bit more as we start the 2025-26 season.

So just what went on here while you were gone? The photos in this issue tell the story better than I could. And we give a standing ovation to The Women's Club and Four Seasons for the activities they put together to help us get through this very slow season.

As I went through the summer, I can look back on my activities and smile. A major birthday in April (don't ask), and finding out that my only granddaughter was getting married in September. So, we are now blessed with two grandsons, a granddaughter and a new grandson who, I have known for the past year or so and am happy to report, is a winner. Of course, we were in NY for the wedding and enjoyed all of the activities that make up such a memorable event.

Now for some reality news. During my wanderings around our community, I noticed some things that made me feel like sharing with you. We have already covered the parking lot situation, with sloppy parking and ignoring the "handicapped only" spots, so let's move on.

Why are the people riding scooters or bicycles NOT wearing helmets and eye-catching sportswear so they can easily be seen, and have protection in the event of a spill or accident?

Why aren't the walkers who enjoy their outings walking on the sidewalk or in the bike lanes? Please do not assume that all of our Palm Greens drivers are aware of their surroundings and give yourselves the leeway to stay safe while you're out and about.

Next, and this is very important, we are losing some of our advertisers. As of this writing (end of July) we are getting what we think will be enough ad monies to keep our normal circulation. But who knows.

If you are running a business and are looking to

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## THE FOUR SEASONS CLUB

by Eleanor Horowitz



As the Fall season begins, we are glad to welcome back our returning friends from up North. The year-round members have survived one of the hottest summers on record and look forward to having activities going on with the Four Seasons Club now that the weather is more pleasant. This past summer we also met many new residents of Delray Trails and we welcome them to join us for fun and enjoyment.

Starting off the new season is our gala Halloween Party on Friday October 31st. Past parties have shown Palm Greens people really know how to do costumes. Start getting yours together and watch for the fliers to make your table reservations. We will have a DJ for great dance music!

Friday, November 14th will be our Card and Game Party. All sorts of games are welcome- Mah Jong, Canasta, Rummikub, Dominoes, Gin Rummy, Poker. So folks, get your games together for an afternoon of fun, lunch and games.

What is your taste in music? 50's, 60's, 90's, Broadway tunes, ballads, movie music and current music will be offered while playing Musical Bingo on Friday December 12th. Not only will you be singing along and dancing in the aisles but there will be prizes for all the winners.

If you have any questions about your membership status contact Ellen Euse at [elsiefaye@aol.com](mailto:elsiefaye@aol.com)

Watch our website and pick up our fliers in the Clubhouse lobby. Continue to reserve your place at the Four Seasons Club events. We look forward to meeting all our new residents and to catch up with our current members. We are always looking for new programming ideas and welcome suggestions from all of you!! We hope to see you all soon!!

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**CAR CARE**

by Jorge Goyanes



**Shame, shame, shame!**

I received a call from a Palm Greens resident who reads this column and asked for my assistance with a new car she had purchased the day before. She was having second thoughts because the original numbers they gave her did not jive with what they had told her.

She was pressed for time because she was under the impression that she had three days to cancel the sale (more on this later).

My side gig is I do research for a client if they want to buy a car. If it is used, I pay for an app where I can see the vehicle history, where it was bought and sold and the real mileage and when it was serviced and what the average price is.

With a new vehicle I act as the buyer and make some inquiries at different dealers searching for the best price which I tell them must be “out the door”, no hidden or outrageous fees.

In either case if the client wants me to negotiate on their behalf I do. If they just want me to pass on my research and they want to take it from there that is fine, I have a sliding scale fee for what I do, my experience as a certified mechanic, shop owner for thirty years and the many clients I have saved money and helped them avoid the aggravation of going thru the grinder that dealers try to put you thru.

This lady wanted me to look at her contract and see what I could do. After looking at the contract they went to town on her. Some of the “charges” they clipped her for: Dealer Services \$1299.00

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If you do not purchase said vehicle after lease is up \$350.00

Yes, to make matters worse, it was a lease. The bad news is that Florida does NOT have a three-day return on vehicles, so there was nothing I could do and when she went to the dealer the following day, they told her there was nothing they could do either. I felt bad for her, but she tried to hire me too late, I could have saved her a ton of greenbacks.

**WOMEN'S CLUB**

by Steffi Carmel and Roberta Minerva



All our events were sellouts this year. The turnouts showed the support and camaraderie of the women of Palm Greens and Delray Trails. Breakfast at Tiffany’s was a huge success and the Fab Fashion Show was a sellout. Our girls will be strutting the runway in fashions from Anthony’s Ladies Apparel and enjoying a great lunch.

It has been the Women’s Club pleasure to say we have donated to St Jude’s twice this year. We hope to continue this tradition yearly.

Bunco will be meeting every 3rd Tuesday of every month through the summer. We are rolling the dice with a full house of women and having fun too!

We are working on new ideas for a fun-filled season. The Women’s Club thanks you for your continued support.

If anyone has ideas for trips or events, please let us know. Just drop a note in the Woman’s Club box in the clubhouse. We are looking forward to another great season in 2025-2026.

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## TENNIS COMMITTEE

by Mark Melnick

The Tennis Committee hopes that everyone had an enjoyable summer. We're looking forward to another exciting season.



Since our April Pulse edition went to print prior to the completion of last season's singles tournament we didn't get to acknowledge our 2025 champions. Congrats to Christian Dion, the men's champion, and Kathryn Ellyson, the women's champion. We also had another of our teams win their league division championship last season. Congrats again to the players on the Men's Level 8 team led by Francois Masse and Denis Paquette. Be sure to check out their new banner on the court fence.

We continue to have many new residents move into our community. If you like to play tennis or if you want to learn more about our program, contact the Tennis Committee by email at: [tncscenter@gmail.com](mailto:tncscenter@gmail.com). Starting the last week in October, the tennis office will be open most mornings, so stop in to say hello and get more information. All residents from Palm Greens as well as Delray Trails are welcome. Delray Trails residents must first register with the Rec Association in the clubhouse. We encourage players of all abilities to get involved in our unique tennis program. For a \$30 registration fee, Palm Greens and Delray Trails residents get to participate in one of the best programs in South Florida. We have a structured rotation program whereby players are matched with others of similar abilities. All you need to do is sign up for the days you wish to play and matches will be scheduled for you. Rotation matches are scheduled Monday, Wednesday, and Friday mornings from November until May. Balls are provided during rotation play as well.

The Tennis Committee also puts on fun social events throughout the season. It's a great way to meet people and make good friends.

Mark your calendars for this season's upcoming events: Our first event, a mixed doubles "Nightmare at the Net", will be held on Oct 31st. On 11/18 we will host a round robin event. Our annual Singles Tournament will be held during mid-December. The weekend of Jan 10th will be the return of the PG Cup. Details will be sent to members next month. On 2/1/26 the 4 Pro Event will be held, followed by a Pizza/Tennis

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## TIPS FROM OUR TENNIS PRO

by Jim Boardman  
(USTPA Pro and Pickleball Pro)



What to do and not to do in a warmup in doubles.

In doubles the purpose of a warmup is to allow all 4 players to warm their bodies in preparation for the actual match. The purpose of the warmup is not to practice. If you need to practice, come early and hit before the warmup.

1: Spin the racket first to decide server or side, etc.  
2: Start with all 4 players on the baseline, imagine cutting the court in half from baseline to baseline.

3: Do your groundstrokes first, hitting with your opponent on your half of the court, while your partner and their opponent keep a ball in play on the other side of the court.

4: Next one of the opposing players comes to the net for a few volleys and overheads until all 4 players have hit volleys and overheads. If you're not good at feeding lobs to your opponent so they can hit overheads, practice it. You should be able to do this.

5: Now all players take their practice serves. All practice serves must be taken before the first game is played. There is no practicing return of serve. Just serve, catch your opponent's serve and serve it back.

What not to do, in a warmup in doubles –

1: Do not warmup with one ball for all 4 players. Keep 2 balls in play.

2: Do not put the ball away. Keep it in play. Do not hit angle shots. This just delays the match and defeats the purpose of the warmup. Try not to spray the ball all over the place.

3: Do not hit the ball as hard as you can. Or as hard as you may in a match. This is senseless. Many players start competing in the warmup. This is not necessary and rude. Your inability to control the warmup may also interrupt matches on adjacent courts.

4: Do not tell someone you lost the match because you received a terrible warmup. You can warm your body up by some mild jogging, walking fast or calisthenics. You can actually do these things off the actual court.

5: Do not play first one in when serving.

6: Do not expect to hit every ball on one bounce in the warmup. You'll be most prone to injury early. Save the chase for the match. Personally, I use the warmup to calm down and relax before the match starts. I find by watching the ball very closely, I get a better mental state for the match. If you try these tips you'll find other players appreciating your etiquette.

*If you refuse to accept anything but your best you very often get it.*

## POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

So, where should we go for our first trip of the season? So many places...so little time.

To save you time and, maybe some cash, I thought we'd go to a favorite city...one pretty close to home... Delray Beach! If you've never been there, it's worth a day or evening. And its proximity to Palm Greens makes it all the more ideal. So, here we go.

**Atlantic Avenue** is a street in Delray Beach, Florida that has become well-known for its eclectic mix of stores and restaurants. As the city's main shopping district, it is a popular destination for tourists as well as locals. It features upscale clothing stores, art galleries, and restaurants as well as more casual eateries and bars.

**Pineapple Grove Arts District**, located just off Atlantic Avenue, is a haven for artists and art enthusiasts. The neighborhood features art-deco-style buildings with condominiums and family homes. It's known for its public art pieces, fine art galleries like Arts Garage and Arts Warehouse, and active artist studios. The area also offers unique shopping spots and eateries. The Art Garage hosts various events including musical concerts, live theatre, arts education programs, and visual art exhibitions.

**Delray Public Beach**, located along Florida's Atlantic coast, is a stunning destination offering pristine sandy shores and clear waters. Visitors can bask in the sun, take a refreshing swim, or partake in water sports like paddle boarding and kayaking. The beach provides breathtaking ocean views and a gentle sea breeze for a truly special experience. Recognized as one of the best beach destinations, it features wide and welcoming shorelines monitored by city lifeguards.



**Sandoway Discovery Center** is a renowned nature center located in a 1936 beachfront house, offering educational exhibits and programs that provide insight into South Florida's delicate marine and freshwater environments. Since its establishment in 1998, the center has attracted students, teachers, naturalists, community leaders, and visitors from



(continued on page 21)

## DELRAY TRAILS

by Mark Melnick

Welcome to all Delray Trails residents. Our community within a community is growing. All the single-family homes have been constructed and sold. The first section of villas are nearly complete and almost sold out. Pod C is under construction. Currently our new clubhouse is on schedule to be completed by the end of the year. The sidewalk leading from our walking trail has now been connected to the clubhouse which will allow for residents from the single-family house side as well as Condo 2 to easily walk to the clubhouse. The pool deck at the rear of the building is nearly completed as well and equipment has been installed in the new gym.

On another topic, Lang has suspended their towing policy for street parking and by the time this issue is printed we should have a new street parking policy in effect. Early info suggests that we will have single side parking on alternate months but watch for notices from Lang and/or Lennar for the specific policy.

Over the summer our new property manager arrived at Delray Trails. Kelsey is very accessible and can be contacted via email at: [kelsey@langmanagement.com](mailto:kelsey@langmanagement.com)

Send her an email for any HOA issues that arise. Remember to file for any modifications to your home or property thru the lang portal: [portal.langmgmt.com](http://portal.langmgmt.com)

The annual members meeting of our HOA will be held on Wednesday, 11/5/25 at 5pm at the Hagen Ranch Rd Library located between Lake Ida and Hagen Ranch Rd. One lucky homeowner will be elected to the 3 person HOA Board. Info has been sent to all homeowners as well as posted on the Lang portal. Please remember that ballots must be delivered to the Association at or prior to the Annual Meeting.

Please contact me if there's any info that you would like to have included in future issues. Looking forward to enjoying the upcoming season!!

*Follow the arrows in the parking lot and make sure you are driving in the right direction.*

## STRETCH IT OUT

by Terryl Jones



In just a few minutes a day, you can improve your sleep quality, your flexibility, your posture, reduce stress, and lower the risk of injury. Adding a few simple stretches to your daily routine can be a positive step towards improving your quality of life. There are different kinds of stretches; I will address two of them.

Watch a cat or dog wake up, and you will see them reach their paws out, drop their chests, lift their tails, and do a full body stretch. This particular type of stretch is known as pandiculation. Babies do it, animals do it, we used to do it, but years of negative habits and sedentary lifestyles have counteracted this normal response. A pandiculation contracts and releases muscles in a way that allows our nervous system to reset the tension in our muscles. Our nervous system is plastic; it learned to keep muscles tight, and it can learn to release that chronic tension.

Stretching in the morning gets us moving by reducing stiffness, improving posture, and resetting our nervous system. If you wake up and do a big full-body yawn, tightening your body, stretching out your arms and legs, and then slowly releasing, that is a pandiculation. These are natural and safe 'stretches' that can be done by anyone; they are a natural part of waking up. Simply stretch muscles while contracting them: think of the full body yawn, the muscles are contracting AS you are lengthening them. You may find yourself instinctively yawning while doing these. I like to follow these with a natural counter movement, like bending forward after the tip toe stretch.

Besides the full body yawn, here are a few examples:

1) Reach your hands overhead, rise up on your toes, actively stretch your toes and fingers away from each other, then slowly release. Now do only one side, allowing a side bend in your spine. (You can also do these two while lying down, reaching toes and fingers away from each other.)

2) Round your back, pull your belly deep towards your spine, shoulders roll forward, and reach your arms forward. Slowly release.

3) Arch backwards, opening across your chest, reach your arms back and down. Slowly release.

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## MOVIE REVIEW

by Mel Clapman

Well, I've gotten off my Burt Lancaster fetish and have a pretty good movie from 1996, featuring Nick Nolte, called *Mulholland Falls*.



Supported by Melanie Griffith, John Malkovich, Treat Williams, Jennifer Connelly, Chazz Palminteri and Michael Masden, "*Mulholland Falls*" explores complex themes of corruption, power dynamics, and moral ambiguity within the context of 1950s Los Angeles and the justice system.

One of the central themes in the movie is corruption, both within the police department and the broader society. The film portrays LAPD detectives who are willing to break the law to enforce their sense of justice, showcasing their moral flexibility.

This theme is embodied in the character of Max Hoover (Nolte), the head of the elite group known as the "Hat Squad," who resort to extrajudicial measures, like murder, to rid the city of criminals. The unyielding devotion to their violent approach exemplifies how power can corrupt individuals, leading them to compromise their ethics for the sake of authority and control.

The characters in "*Mulholland Falls*" operate in a grey area of morality. Detective Hoover and his team, though ostensibly fighting crime, often reflect the brutal realities of their methods. This theme raises questions about what constitutes justice and the lengths individuals might go to achieve it. The film suggests that those meant to uphold the law can easily succumb to becoming lawless, showing the thin line between heroism and villainy.

Additionally, the film delves into themes of government secrecy and conspiracy. Set against the backdrop of Cold War paranoia and nuclear testing, the investigation into the murder of playgirl Allison Pond (Connelly), gradually unveils a sinister military plot. The narrative critiques the overarching influence of government powers and highlights the dangers of unchecked authority, illustrating how personal interests can clash with public safety, leading to cover-ups and irreversible consequences.

(continued on page 21)

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**FLORIDA CROSSING**  
A BOOK BY JORGE E. GOYANES

Florida Crossing, Jose Castillo, vintage car restorer and a one man P.I. agency travels from Miami to Tampa to Sanibel Island to the Everglades trying to solve multiple mysteries while dealing with the Russian Mafia, an escaped convict and a double dealing couple running from their bosses at a casino

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# October 2025

September '25							November '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	2	3	4	5	6	7	8
7	8	9	10	11	12	13	9	10	11	12	13	14	15
14	15	16	17	18	19	20	16	17	18	19	20	21	22
21	22	23	24	25	26	27	23	24	25	26	27	28	29
28	29	30					30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Water Aerobic 8:30AM Craft Class 1PM Canasta 1:30PM Rummikub 4PM	2 Water Aerobic 8:30AM Chair Exercise 10:30AM Laughter Yoga 4PM	3 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM	4 Water Aerobic 8:30AM Baby Shower 12PM
5	6 Water Aerobic 8:30AM	7 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM Singles Club 4PM	8 Water Aerobic 8:30AM Craft Class 1PM Canasta 1:30PM Rummikub 4PM Condo One 6PM	9 Water Aerobic 8:30AM Chair Exercise 10:30AM Laughter Yoga 4PM	10 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM	11 Water Aerobic 8:30AM
12 Men's Club 10AM	13 Water Aerobic 8:30AM	14 WC Bonnet Trip 7AM Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM	15 Water Aerobic 8:30AM Craft Class 1PM Canasta 1:30PM Rummikub 4PM Condo Two 6PM	16 Water Aerobic 8:30AM Chair Exercise 10:30AM Laughter Yoga 4PM Bingo & Brains 5:30PM	17 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM	18 Water Aerobic 8:30AM
19	20 Water Aerobic 8:30AM	21 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM	22 Water Aerobic 8:30AM Craft Class 1PM Canasta 1:30PM Rummikub 4PM	23 Water Aerobic 8:30AM Chair Exercise 10:30AM Laughter Yoga 4PM	24 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM	25 Water Aerobic 8:30AM
26	27 Water Aerobic 8:30AM	28 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM	29 Water Aerobic 8:30AM Craft Class 1PM Canasta 1:30PM Rummikub 4PM	30 Water Aerobic 8:30AM Chair Exercise 10:30AM Laughter Yoga 4PM	31 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM 4 Seasons Halloween 6PM	1
2	3	<b>Notes:</b>				

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**NOBODY ASKED ME BUT...**

by Mel Clapman

We're putting a little spin on this column to open the new season.

**YOU KNOW YOU'RE GROWING OLD WHEN...**

...you're told to slow down by your doctor, instead of by the police.

...you buy a sexy sheer nightgown and don't know anyone who can see through it.

...you start watching golf on TV and enjoying it.

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As the name of our organization implies we care for our friends and neighbors in Palm Greens to make sure that all their needs for being healthy are being taken care of.

We transport our residents and their guests to medical facilities, and we provide walkers, canes, and wheelchairs when they are in need.

To be able to do all that we have to do for our residents and their guests, we always are in need of volunteers. Without volunteers, any organization would have to hire people to do the job that is done now in Palm Greens.

Palm Greens is very fortunate that there are many volunteers that staff all our clubs, and staff our boards and they do so without any compensation. Otherwise, if we have to pay for this kind of service that the volunteers do, our maintenance would be triple what it is today.

If you have handicap items (walkers, wheelchairs, canes, etc.) to donate, please contact the Rec Office at 561-498-5316. No port a-pottys please, due to hygiene issues.

All items must be brought to the Rec Office as we cannot pick them up.

If you need assistance, drive up to the front of the clubhouse and we will help you bring them in. We thank you for your help.

Please give us 24 hours and leave your name and a telephone number where we can reach you.

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**ALLIANCE OF DELRAY..** (continued from page 3)

areas and will have a benefit for all of us. More hands-on deck when needed! With September here, the hurricane season gets into full swing, so be alert and stock up with supplies and keep all of your important papers in a sealed, waterproof bag in case you need to leave quickly. Most important, listen to the weather forecast and stay safe.

One of our featured guests was Michael Caruso, new Controller of Palm Beach County. He is a forensic CPA, and was Clerk of the Courts. Mr. Caruso was appointed by Governor DeSantis, replacing Joe Abruzzo who has been elected to be our County Administrator. Mr Caruso stressed that property scams are on the rise. Criminals want to get your property title and take our money against it. Go to the correct source if worried and **NEVER PAY for anything with gift cards!** This should alert you immediately that this is a scam. Call directly to your title company, bank etc. Never reply to an online or phone conversation with a stranger.

Karen Brill, chairperson of our Palm Beach School Board, stated that with 11 days in school headcount, we are down 5500 students. This is due to moving, afraid of ICE raids, and the students have been carrying their passports with them. As a result, our funding is down by \$45 million, and requires shifting teachers to other positions to stay on Payroll!!!

Lois Frankel is in D.C., so her assistant Felicia spoke and said that Ms. Frankel is working on the budget for the federal agency and that her committee is fully staffed.

Our main speaker was State Attorney, Alexcia Cox (1st Judicial Circuit Judge for Palm Beach County), and has been in this position since January 2025. She is part of the largest law firm in the county with 5 offices. Stacey Ibarra, who is focused on Public Safety, cyber-crimes and violence toward elders, joined her for the meeting today. Her office's mission is to pursue justice, accountability, and protect our citizens.

There are 3 divisions in the Judicial Circuit. Misdemeanors, Felony (can be jailed over a year), Juvenile. Now 4th has been added. Special Prosecutions. This involves elder crime, environment crime, property fraud and cyber-crime. *The Special Victims Unit* follows trafficking, gangs, and domestic violence. *The Task Force* follows hate crimes, paycheck protection, addiction recovery and community response. They represent The State of Florida for all trial court in circuit (some civil trials) We are ranked 2nd & 3rd for convictions.

The motto is "New Standard Of Justice". They have revamped older units by expanding them, working

closely with law enforcement, rebranding and increased community engagement and using social media sites for updates. Stacey is head of the Special Prosecutions Unit. They pursue worldwide networks for fraud schemes that is a multi-billion-dollar industry! Our Public needs to be educated. You can use the AARP website; it will show a scam map according to Zip code. Again, **DO NOT** answer(calls) or respond(texts). The perps have lists and databanks created. Types of Scams: Imposter with urgent message, you will be in a heightened emotional state so may not think rationally... Breathe! We need to change the narrative of shame that is felt when we fall for a scam. Victims are so quiet and embarrassed. No, Call the Police!!! Other big scams are the Romance, Money Mule (Victim or part of the crime), and Cryptocurrency scams. This one involves ATM's, no regulations. There are Joint Efforts ongoing, very hard to prevent or prosecute BUT, working on recovery phase. Working to stop extreme exploitation and deception/intimidation of people over 65!

**Ways to Protect Yourself Against Fraud Scams**

1. Check in mail/ theft of mailed checks on the rise
2. Bitcoin ATM. No!!!
3. Monitor your credit cards, bank statements
4. Ask a service individual for help...or
5. Ask a trusted friend to help you if not sure of something.
6. Check credentials of company or anyone that you plan to deal with!

Always talk with family and/or friends before dealing with something that doesn't feel right! A suggestion to avoid the "grandparent" fraud call. Set up a code word with your children and grandchildren. Then if you get a "need money help or in jail/kidnapped" call you just say...what is our password. If a fraud, the person will hang-up!

Our last guest was Representative Kelly Skidmore-District 92. She represents unincorporated Delray Beach, Boynton Beach and Boca. She is awaiting a committee assignment, and is working on property taxes. Said that COVID is back! Wash hands and be careful out there!

Before closing, here are some important bits of information about Hurricane Season.

There were 25 hurricanes in 2017 and we are experiencing more as the years go on. 2023 was unprecedented for the Panhandle. Those numbers were not seen for more than 100 years until now. Even when

**ALLIANCE OF DELRAY..** (continued from page 18)

you hear Tropical Storm and poo-poo it, it takes 3 days before landfall and that is the time when it builds in strength. It could be 50 hours until landfall and should not be ignored. Have supplies prepared from day one. Heed the warnings and be prepared. Evacuation Zone stages are another important part of the weather message.

A. Mobil Homes and prefabs. Leave and get to safety.

B. Watch the Cone and where the eye is. Danger lies miles from the cone or center. One big example was Kings Point. They were hit with a tornado as part of the Hurricane on the west coast. Listen to the weather and when there is a tornado siren, take cover in an inside bathroom or closet, away from windows and doors! Being prepared relieves some of the stress so make a plan.

C. Make a plan, make a kit. Prepare to contact family/friends out of area. The kit should be 1 gallon of water per person, for 5-7 days. Hygiene products, canned foods (look for BOGOs). Flashlight batteries, personal products (toilet paper), drugs, cash as ATMs and Banks may not be available. Important Documents/marriage certificates, etc. in a watertight bag. List of Meds and special photos should be kept in a waterproof

bag. Also, check in on your neighbors that are disabled or elderly. To stay informed we have a team on call... CERT (Community Emergency Response Team). It will help you to stay informed and the phone number is 561-712-6400. Open 24-7 and the email address is readyabc.com. Follow them for alerts. PBC has a "Dart app that flashes alert direct to cellphones. Keep it on for updates in storm events. Very precise. These are important ways to stay ahead of a storm crisis.

The next meeting will be on Wednesday, October 1, 2025, 9:30 AM. Our guest will be Joe Abruzzo, our County Administrator and great speaker! He will fill us in on information about Palm Beach County. This meeting will be held in the South County Civic Center, 16700 Jog Rd, across from Morikami Gardens. Doors open at 9AM when refreshments are served. The meeting starts at 9:30AM and always concludes by 11AM. All invited to attend. See you there!

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**FROM THE EDITOR..** (continued from page 4)

increase it, you can place an ad in the Palm Greens Pulse, ranging from a business card to a full page, in black & white, or FULL COLOR!! It's a good way to get yourself noticed and our rates are designed to fit your budget. **We do have some residents who will be running ads for their businesses, and for that we thank them.**

And finally, if you have a good rapport with the vendors with whom you do business, ask them if they would like to expand their customer base with an ad in the Pulse. Feel free to give them my number 561-265-5139, and I will take it from there.

Again, welcome back and best wishes for a happy, healthy season.

## SAFETY TIPS FOR NIGHT DRIVING

Aim your headlights. And make sure they are not blinding oncoming traffic. Wear the right glasses. Use prescription glasses that have an anti-reflective coating, which keeps light from bouncing around inside your lenses.

Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.



**TENNIS COMMITTEE..** (continued from page 6)

get together on 2/17. The now famous "Tennis Ball" gala is scheduled for 3/19 and we will be attempting to secure group tickets to the Miami Open in late March once again this season.

For those who want more competition, our registered players can participate on one of our teams that play in the Palm Beach County Senior Tennis League. Last season we had 9 teams representing Palm Greens including players from Delray Trails. Team play begins in January and continues into mid-March. New players to rotation as well as teams will be evaluated and placed at the appropriate level. If you don't wish to play in our program, the courts are available for residents and their guests (when accompanied by a resident) most afternoons on a first come-first serve basis. Please be sure to follow our rules for play including proper footwear for clay courts.

Our pro, Jim Boardman will be returning again this season. Jim assists with our Tennis Program, offering guidance to all of our players. He is responsible for supervising our courts to make sure they are well kept and safe to play on. He is available for lessons and stringing starting Monday, October 20th. He offers group as well as individual lessons involving all aspects of play. Lessons cost \$35/half hour or \$60/hour and a package of 6 half hour lessons is available for \$179. Beginners, as well as experienced players, all benefit from lessons with Jim. He can be reached by calling the Tennis Office at (561)303-1101. Beginning in late December, Jim runs "free" weekly tennis clinics for beginners as well as intermediate players sponsored by the Recreation Association. Times and dates will be posted during the season.

Our new clubhouse is currently scheduled to be open by the end of year. Lots of work has been done since May. We are in discussion with Lennar and the Rec Association to minimize any interruptions to court usage during the season if they begin demolition of the old pools and clubhouse in order to build the 4 new tennis courts as well as new pickleball courts. Part of the development agreement also called for the existing courts to be renovated and they will hopefully work on one 3 court section at a time, preferably during our offseason. For those living close to the courts, I would again suggest walking or biking to the courts to free up parking spaces for those that need to drive.

Looking forward to seeing you on the courts this season!!

**POINTS OF INTEREST..** (continued from page 7)

Delray Beach and surrounding areas. **142 S Ocean Blvd.**

**SaltWater Brewery** is a renowned craft microbrewery located in Delray Beach, offering a delightful experience for beer enthusiasts. The brewery features a bar for tastings, a beer garden, and rotating food trucks. Visitors can enjoy guided tours on Saturday afternoons and sample an array of delicious craft beers, ales, and lagers in the relaxed atmosphere of the tasting room. **1701 W Atlantic Ave.**

**STRETCH IT OUT..** (continued from page 8)

Later in the day, I prefer more targeted stretches based on what I'm feeling. You may choose to hold them longer, work particular body areas, or combine them with strengthening movements. Another safe type of stretch is slowly moving into a position that you can comfortably hold for 1-3 minutes. Stretching at night improves sleep quality, promotes relaxation, and reduces the possibility of leg cramps. At night, do some gentle neck stretches and shoulder rolls, followed by an easy twist, and a bent knee forward bend. Your morning pandiculations can be repeated if you desire.

The key points to remember in a healthy stretching routine: 1) Consistency is king: 5-10 minutes every day is all it takes to gain benefits. Have it part of both your morning and evening routine. 2) Move the spine in 7 directions every day: Lengthen, forward, backward, side left, side right, twist right, and twist left. 3) NEVER bounce! 4) 'Better' is also stretching joints. Start with the hips and shoulders, then move to the smaller joints. 5) 'Best' is combining these with a structured stretch schedule, such as a class or part of a longer workout routine.

If you want to learn more, find a class or instructor. Many places offer chair exercises, stretching, and yoga. Whatever path you take, just remember to Stretch It Out!

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**MOVIE REVIEW..** (continued from page 9)

The film's 1950s setting reflects an era rife with political tension, contributing to its exploration of fear and mistrust. This historical context enhances the themes of corruption and conspiracy as it portrays a society grappling with the ramifications of its governmental decisions and the moral cost of progress.

You will come away from this movie with some questions that could possibly be answered during an after-watch happy hour. Best of all, you will love the actors.

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