

# PALM GREENS PULSE

JANUARY 2026

DELRAY BEACH, FLORIDA

***WISHING ALL RESIDENTS OF PALM GREENS  
AND DELRAY TRAILS THE HAPPIEST AND  
HEALTHIEST NEW YEAR...EVER***



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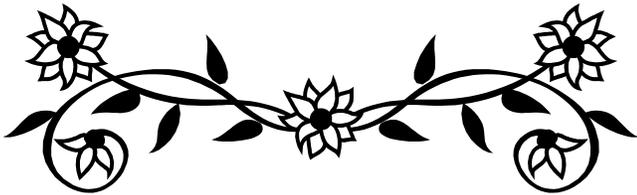
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Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.



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January Events Calendar



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## CONDO TWO

by Marge Fattori

Happy New Year! Hope everyone had a wonderful Holiday season.

As promised earlier, I have finally gotten some instructions on how to get to the HBO MAX app which is included with the Breezeline services we receive as part of our monthly maintenance fee. It may be a little tricky but follow the instructions below and you should be able to start watching.

First from your Breezeline remote, download the HBO MAX app.

Now the tricky part. Since a lot of us do not pay anything for Breezeline services you may not have created a Breezeline account login to see your monthly bill, (even though there is no charge you still receive a monthly bill that shows a 0 balance, it is a 16 digit account number and you should have a breezeline.net email that should have been set up at installation.), if you pay for extras you have probably done this already. If you have not created this login you need to do so to sign into HBO MAX. If you do not have any of this call the Breezeline call center 888-536-9600 and they will get you the breezeline.net email to sign in. It should only take about 10 minutes.

Once you have all this, go back to the app and sign in with these credentials. The service provider is Breezeline (formally Atlantic broadband)

If you are still having issues signing in call the Breezeline Call Center number. 888-536-9600.

I hope this helps.



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## ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

submitted by Bonnie Sanger  
for Judy Goldberg



On the first Wednesday of every month, the Alliance of Delray Residential Associations meet at 9am in the South County Civic Center, which is located at 16700 Jog Road. Complimentary bagels and cream cheese or butter along with coffee and tea is provided to the attendees.

The December 7, 2025 meeting featured attorney Josh Gerstin of Gerstin & Associates who spoke about the new 2025 condominium and homeowners legislature and how the new laws will affect our communities.

The meeting was called to order by Dr. Lori Vinikor, President of the Alliance at promptly 9:30am.

Detective Carlton Coleman of PBC Sheriff's Office was first introduced, and he emphasized that we all must always be vigilant and aware of our surroundings. "If you see something, say something!" He reminded all of us to lock our doors, both on our vehicles as well as our residences.

The next speaker was Chief Bill Stansbury of PBC Fire Rescue, Station 49. He reported that as of November 30, 2025, the station had the highest number of calls at 3200. It was 1100 more than the next area. He advised that we should all be careful with our holiday decorations.

The new Palm Beach County Clerk & Comptroller, Mike Carusso was introduced. He reported that there has been a significant rise in scams. There are 184 active cases so far in 2025 and predicts over 300 in 2026. The scammers are becoming more sophisticated and now initiate property frauds and fake jury summons calls which "advise" the person that they are in violation of a jury summons and unless a fine is paid there will be a warrant for their arrest if they do not comply. The same method is used for so called traffic violations. Do not speak to any number you do not recognize, always allow the caller to leave a voice mail, and then report the scam to authorities.

It was then time for the keynote speaker, Josh Gerstin to take the microphone. He spoke about the legalities and restrictions that were adopted for association Zoom/ Tele Conference Meetings. Every meeting must have a designated physical location where owners can attend

(continued on page 17)

## FROM THE MANAGING EDITOR

by Mel Clapman

Before we get going, I'd like to wish all of our residents in Palm Greens and Delray Trails the happiest and healthiest New Year. We have a lot to look forward to, especially our new clubhouse and all of our club activities that make our community so special. Some thought the December cover should have had a holiday theme, but others felt it was thoughtful and "long overdue".

So, I want to follow up by giving you the full list below, again, and emphasize that without our advertisers, there would not be a Pulse. They are:

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## THE FOUR SEASONS CLUB

by Eleanor Horowitz



This is the time that we celebrate the start of a new year. 2026 promises to be also the start of the expansion and merging of Palm Greens and Delray Trails. We wish all of you a happy and healthy New Year and welcome all to join with us for fun times.

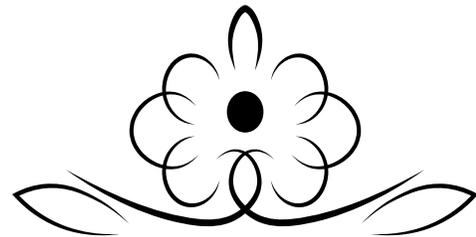
Our next event, together with the Women's Club, will be on January 14th- Enjoy and dance to "Motown Night" with entertainment by "Memory Lane". Watch for the fliers, set up your tables and join us all for a great evening!

February 20th will be one of our special nights featuring the fabulous **Suzie Cruz** headlining in "American Bandstand & Beyond".

Remember that there will be an extra charge for non-members attending all events. This is the time to join for the year 2026 if you have not done so already. Please contact Ellen Euse regarding membership issues at [elsiefay@aol.com](mailto:elsiefay@aol.com).

Please continue to check our Four Seasons website for information regarding these and more events to come. We welcome and thank all of our members for joining.

We would also like to have more members join in the planning of events. Looking forward to meeting with you! We hope to see everyone soon!



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**WOMEN'S CLUB**

by Steffi Carmel  
and  
Roberta Minerva



The Women's Club wishes all residents of Palm Greens and Delray Trails a Happy New Year.

As we are writing this article, we are hoping that our new clubhouse will be up and running this month.

On January 14, we will be hosting Motown Night. All Palm Greeners and Delray Trailers are invited to dance the night away. Entertainment will be provided by Memory Lane. This event will be sponsored by The Women's Club and Four Seasons. Please check the fliers in the clubhouse and e-blast for all information.

The Women's Club membership is in full swing. Join and look for our calendar of events for the New Year.

Our New Year's resolution (and wish) is to have all residents, old and new, make this community come together. One we can be proud to be part of.



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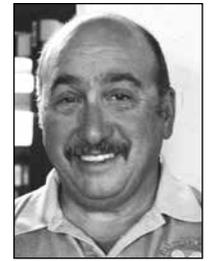
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**TENNIS COMMITTEE**

by Mark Melnick



The Tennis Committee wishes Happy Holidays and a Healthy New Year to everyone in the Palm Greens/Delray Trails community!!

Our tennis courts have been full of activity since mid-October. Our rotation program is held on Monday, Wednesday, and Friday mornings with sessions at 7:30am, 9:15am, and 10:45am. Competition begins in the Palm Beach County Senior Tennis League on January 5th and continues into March with Women's matches held on Mondays and Men's matches on Thursdays. This season we are again fielding 5 men's teams and 4 women's teams. Our teams are stronger than ever and we hope to bring home multiple championship banners.

If you haven't already registered for our programs, stop down to the Tennis Office and fill out a registration form. Your \$30 fee includes access to all of our programs including our unique rotation program, competitive teams, and social events. All rotation and team players are required to register.

All residents are invited to join our tennis program. It's a great way to meet new friends with similar interests. Whether you are a new or an experienced player we have levels to match your abilities. Our pro, Jim Boardman, has clinics for beginners on Tuesdays at 11:30am and for intermediates on Friday mornings, also at 11:30am. There is no charge for these clinics as they are sponsored by our Recreation Association. Jim's team clinics are held on Saturday mornings. The schedule for those clinics is posted outside the tennis office.

We've already had several events this season including the now infamous "nightmare at the net" party as well as a "pints and points" mixed doubles round robin. Our annual singles tournament was underway at the time of this writing and is already completed. Results are posted in the tennis office. On January 10th and 11th, our 2nd annual Palm Greens Cup will be held. Last year pitted the American players against the Canadian players in an exciting weekend of matches. This year will be a slightly different format with players from the American continents squaring off against Europe's finest players. Look for further information posted in the Tennis Office and be sure to stop down to cheer for your favorite players.

Hopefully our new clubhouse will open this month and construction of new tennis courts and pickleball courts will commence. See you on the courts!!

## TIPS FROM OUR TENNIS PRO

by Jim Boardman  
(USTPA Pro and Pickleball Pro)



### *The way to cover your line.*

Most doubles players have heard “watch your alley” but what does that exactly mean? For most players it means don’t let your opponent’s get a shot passed the servers partner. Obviously, we don’t want any shot to get by us, but there are a couple of things you can do to make sure that these down the line winners against you aren’t so frequent. One of the most important things to remember is when to move. Most players remember to move when a ball goes wide but sometimes that is not good enough. A good rule of thumb is to make sure that you have already moved wide and are in good ready position by the time the receiver hits the ball. This way you can move in and hit an aggressive volley rather than lunging to make contact. Having your line or alley covered means you are in a position to hit the shot not just making contact to prevent a clean winner. Another important thing to remember is that down the line shot is more likely off a wide serve. Communicate with your partner so that you get to know when that will be coming. If your partner can let you know that he/she might hit wide it isn’t going to be difficult for you to get the jump on the receiver. If you are having a problem getting passed you might encourage your partner to attempt more serves into the body or down the center service line. Servers need to know where the serve is going. The server partner gets blamed for the pass but it is the server that either sets up an offensive volley or a struggling one. Work on movement at the net. Not only will you increase the number of shots that you get but you will decrease the number of winners your opponent hits down the line. Remember to poach or fake but never stand still. If you react to your partners serve rather than your opponents shot you will definitely be more prepared to cover your line.

*If your opponent’s serve is very fast slow it down in your mind.*

## POINTS OF INTEREST FOR ALL PALM GREENS AND DELRAY TRAIL RESIDENTS

by Mel Clapman

There are endless places in South Florida to spend quality time by yourself, or with your family. Here are a few that we think would be interesting for your family, including your young visitors from out of town.

**The Palm Beach Zoo** - 1301 Summit Boulevard, West Palm Beach (561) 547-9453

Open daily from 9 am to 5 pm.

The last admission ticket is sold at 4:15pm. Palm Beach Zoo is open 363 days a year and is closed only on Thanksgiving & Christmas Day.

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- Adults starting at \$39
- Seniors (60+) starting at \$37
- Children (3-12) starting at \$33
- Toddlers (0-2) Free

**Fort Lauderdale** has more than seven miles of beaches along its coastline, connected by the city’s signature beachfront promenade and wavewall, and recognized by the Clean Beaches Council for being clean, safe and user-friendly.

From the South Beach Picnic Area to **Hugh Taylor Birch State Park**, there are staffed lifeguard towers every 200 to 400 yards. The beach at 240 S. Fort Lauderdale Beach Blvd. puts you in the middle of it all. Insider’s tip: A pedestrian tunnel under AIA connects Hugh Taylor Birch State Park to a quiet, secluded stretch of the beach. 3109 E Sunrise Blvd, Fort Lauderdale, (954) 564-4521

For a fun beach day, head to **Hollywood**, just south of Fort Lauderdale, to rent bikes and peddle along the Hollywood Beach Boardwalk, at Hollywood Boulevard and AIA. The brick promenade – named one of America’s Best Beach Boardwalks by Travel + Leisure magazine – stretches nearly 2½ miles, with the Atlantic Ocean on one side and shops, outdoor cafes, hotels and a farmers market on the other.

**Bluefoot Pirate Family Adventure** is an interactive pirate cruise designed for families with children of all ages on the Intracoastal Waterway. The 60-minute excursion on the “high seas” includes pirate costumes, a treasure hunt, face painting and water cannon fights. 151 N Beach Rd, Dania Beach (954) 530-8302

With its carnival-like atmosphere, **Jaxson’s Ice**

*(continued on page 17)*



## YOUR TWO HEARTS

by Terryl Jones



You've heard about a warm heart, a cold heart, and a big heart, but have you heard about a second heart? Yes, most of us have them. It's our calves! Specialists are now calling our calves our 'second heart' because of the role they play in our circulatory system.

The heart sends oxygen-rich blood throughout your body. One heart pump has enough power to send blood to every part of the body, reaching your lower legs in seconds. Once the blood has reached every part of the body, the veins have to carry the oxygen-depleted blood back to the heart, and through the lungs, where it will receive a supply of oxygen. This is where our 'second heart' comes in. Since the returning blood is flowing against gravity, sending it towards the heart takes more than a single heart pump. For this reason, the body uses the calf muscles to pump blood from the lower legs up to the heart. Every time your calf muscles contract, they squeeze the deep veins in your lower legs, pushing blood upward and preventing it from pooling. This calf pump mechanism reduces strain on the heart by supporting healthy circulation. Research published by sports biomechanics scientist Fausto Panizzolo in the Journal of Biomechanics in November 2014 found that people with weaker calves had less efficient circulation. By studying the walking style of people suffering from chronic heart failure and comparing it to those with healthy hearts, he reported that those with chronic heart failure had smaller and weaker calf muscles.

The second heart only pumps when your legs move. If you sit or stand too long, your calf pump becomes compromised. This is why excessive sitting or standing can lead to symptoms of chronic vein disease: swelling, leg tiredness, varicose veins, and blood clots. You should see your doctor if you experience these symptoms. Wearing compression socks is one way to address these issues. Strengthening your calves is another. When your calf pump works efficiently, the blood returns to the heart faster, the heart doesn't have to work as hard, and you are less likely to experience swelling, fatigue, and varicose veins.

The American Heart Association recommends

*(continued on page 18)*

## WE CARE

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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## HERE'S TO YOUR MENTAL HEALTH

by Pam Carbone, PhD



As this is my first article for the Pulse, I just wanted to briefly introduce myself. I have lived in Palm Greens for four years now but have lived in Florida (both Broward and Palm Beach counties) since 1988. I was born and raised in New Jersey and moved to Milwaukee, Wisconsin for two years in 1986. There, I attended Marquette University and obtained my master's degree in clinical psychology. I then moved to Florida and attended Nova Southeastern University in Fort Lauderdale, Florida. I obtained my Ph.D. in Clinical Psychology in 1996 and have been a Florida licensed psychologist since 1998. My current areas of expertise are in the field of abuse and trauma, primarily at this point working with children and adolescents. My interests include tennis (no surprise to some of you), travel, cooking and spending time with family and friends.

So, with that said, I decided to write my first article on goals and resolutions given that it's a New Year. Many people talk about setting goals and resolutions, but this is by no means a modern tradition. The ancient Babylonians were believed to be the first people to make New Year's resolutions some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year, but for them the new year began in mid-March, not in January, to coincide when crops were planted. Before we go further, let's first look at some interesting fun facts and statistics regarding resolutions (these are all based on data from American studies, our Canadian and foreign friends may fare better than us):

-Only 9% of Americans keep and achieve their resolutions throughout the year.

-23% of people quit their resolution in the first week, 43% quit by the end of January, and the average resolution only lasts 3.7 months.

-62% of those making resolutions admit they felt pressured (both internally and externally) to do so (which may be a major reason why they fail!).

-Women are slightly more likely to make resolutions than men.

-With age groups, ages 18-29 are the most likely

*(continued on page 18)*

## MEN'S CLUB

by Saul Spindel

The January 2026 meeting of the Mens Club has been cancelled. We are a Club without a known Clubhouse. Will the new clubhouse be open? Will the existing clubhouse be closed or will it still be open and available? At this time, we don't have an answer to those questions, thus it is impossible to schedule a program and make a financial commitment to an entertainer. Therefore, regretfully, we must cancel the January meeting.

## NOBODY ASKED ME BUT...

by Mel Clapman

...Light travels faster than sound. This is why some people appear bright until they open their mouths.

...When they arrest a mime, does he have to be told he has the right to remain silent?

...Apparently, you can't use "beef stew" as a password—it's not stroganoff.

...There are three kinds of people: those who can count and those who can't.

...Why aren't dogs good dancers, you ask? Because they've got two left feet.

...You don't need a parachute to go skydiving. You need a parachute to go skydiving twice.

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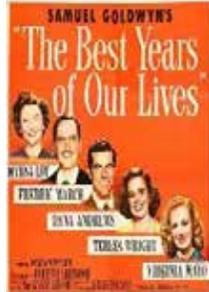
Give your Court number/letter  
in addition to your address.  
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saved with this information.

## MOVIE REVIEW

by Mel Clapman

If you're looking for a good movie to settle down and watch, we recommend "The Best Years of our Lives". It's star-loaded, featuring Dana Andrews, Fredric March, Myrna Loy, Teresa Wright, Virginia Mayo and Hoagy Charming. Plus, a handicapped veteran who lost both of his arms in combat, Harold Russell.

Produced in 1946, the film is about three United States servicemen re-adjusting to societal changes and civilian life after coming home from World War II. The three men come from different services with different ranks that do not correspond with their civilian lives. It is one of the earliest films to address issues encountered by returning veterans in the post-World War II era.



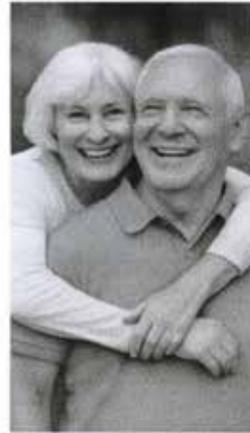
Three returning World War II veterans meet on a flight to their midwestern hometown of Boone City. USAAF bombardier captain Fred Derry (Andrews) had been a drug store soda jerk who lived with his parents on the wrong side of the tracks. Before shipping out, Fred married a gold-digger named Marie (Mayo) after a whirlwind romance. Sargent Al Stephenson (March) is an executive at a bank, whose wife Milly (Loy) and their teenage children, Peggy (Wright) and Rob, live in a luxury apartment. U.S. Navy petty officer Homer Parrish (Russell) was a star high school athlete living with his middle-class parents and younger sister and dating his next-door neighbor Wilma (Cathy O'Donnell), whom he intended to marry upon his return from the war.

Each man faces challenges integrating back into civilian life. Homer lost both hands in the war and though he has become functional in the use of his mechanical hooks, he cannot believe that Wilma will still want to marry him. Al, tired and jaded, returns to the bank and is given a promotion, but wrestles with alcohol. Fred suffers from PTSD flashbacks at night.

Fred arrives home and cannot locate his party girl wife. The Stephensons and their daughter Peggy invite Fred along with them for the evening, bar hopping in celebration of Al's return. An inebriated Fred keeps asking Peggy who she is, and she reminds

(continued on page 19)

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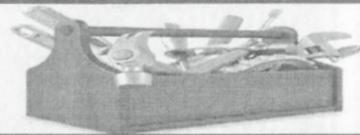
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December turned out to be a busy end-of-year month for activities, both for clubs and the community. We had a Meet & Greet event hosted by the Women's Club and a Recreation Association Town Hall Meeting.



After the meeting, residents were treated to the special cuisine offered by the Jax Food Truck. To see more events check out the photos below. They include the Men's Club Meeting on December 14 and The Boutique and Chrismakkah Party event sponsored by the Women's Club.



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# January 2026

December '25							February '26						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	1	2	3	4	5	6	7
7	8	9	10	11	12	13	8	9	10	11	12	13	14
14	15	16	17	18	19	20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	22	23	24	25	26	27	28
28	29	30	31				28	29	30	31			

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

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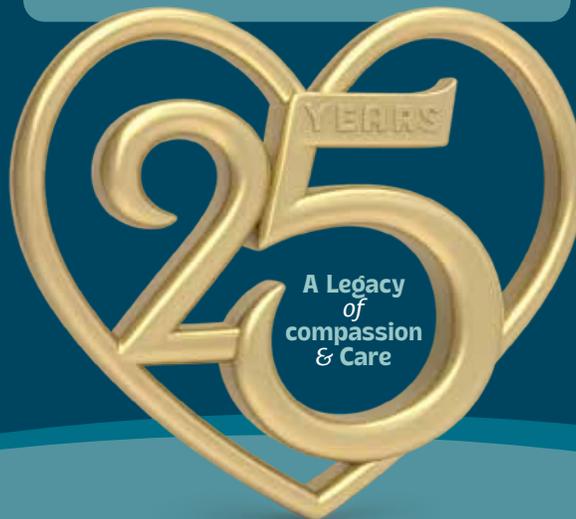
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**ALLIANCE OF DELRAY..** *(continued from page 3)*

in person. A 14-day notice of the scheduled meeting is required and a 48-hour advance notice must be conspicuously posted on property, advising of the agenda and hyperlink to watch if not attending personally.

New legislation addressed the issue of dogs that might be deemed dangerous. A dog cannot be classified as “dangerous” based solely on its’ breed. If a dog is classified as dangerous by animal control the owner must then carry at least \$100,000 in liability insurance. If the association is notified of a dangerous dog, the association can consider whether the dog must be removed. If no action is taken, the association could be sued. All issues should first be addressed by the office of Animal Control.

Clarification to the amendments of electronic voting was discussed in Tallahassee with several new changes. However, the changes remain unclear in many respects.

A radio-signal test is required for any building that is 75 feet or more in height to assure that firefighters can use their radios properly during an emergency.

The legal procedure regarding units that have been abandoned was discussed. If no tenant has resided there for 4 continuous weeks without written prior notice to the association OR no tenant has resided there for 2 continuous months without prior notice, and the association cannot contact the owner after reasonable efforts, the association would then have the right to enter and remediate non-emergency situations of the abandoned units. Two days’ notice of intent to enter must be provided. Costs for entry, inspection, repairs, or remediation can be charged back to the owner as an assessment, enforceable via lien under Section 718.116. There are several other actions associations can take regarding abandoned units. The court can be petitioned to appoint a receiver to lease it out with rental income to offset the expenses of the unit. A lien can be placed on the unit which could lead to the association acquiring title to the unit.

One of the biggest issues of abandoned units, when utilities are discontinued is MOLD, which can spread to other units that are occupied.

There is currently a pending legislation, HB 465, that if passed will require community associations with total annual revenues of \$500,000 to hire a licensed property manager.

Questions were then taken from the floor, which clarified his presentation.

The meeting ended with Palm County Commissioner, Maria Sachs letting the audience know that if anyone has

an issue in their community and cannot afford a lawyer, they can call her office at 561- 355- 2205 and ask for Mr. Ed Saul.

At approximately 10:30 am, the meeting was adjourned with a reminder that on January 7, 2026, the meeting will start at 9:00 am and end at noon. The theme will be “Get to Know Palm Beach County Expo.” This event, which only happens once every three years, brings you the opportunity to learn all about Palm Beach County and become familiar with government operations, safety services, elected officials and all the resources available to the public. So, if you are new to the area or just want to learn more about our area, this is an event you will not want to miss.

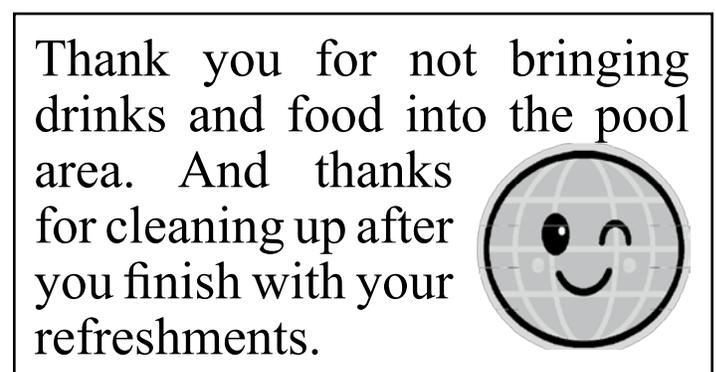
If you have any questions, feel free to contact President Vinikoor at [vinikoor@bellsouth.net](mailto:vinikoor@bellsouth.net) or 561-715-1530.

**POINTS OF INTEREST..** *(continued from page 6)*

**Cream Parlor**, is a Dania Beach landmark, with kid faves like burgers, chicken fingers and, most importantly, old-fashioned ice cream sundaes, milkshakes and hand-dipped ice cream cones. 128 S Federal Hwy, (954) 923-4445

Every Monday night, from 5:30 p.m. to 9:30 p.m., **Arts Park** hosts a Food Truck Invasion of about 25 food trucks. N Young Cir, Hollywood (954) 921-3500

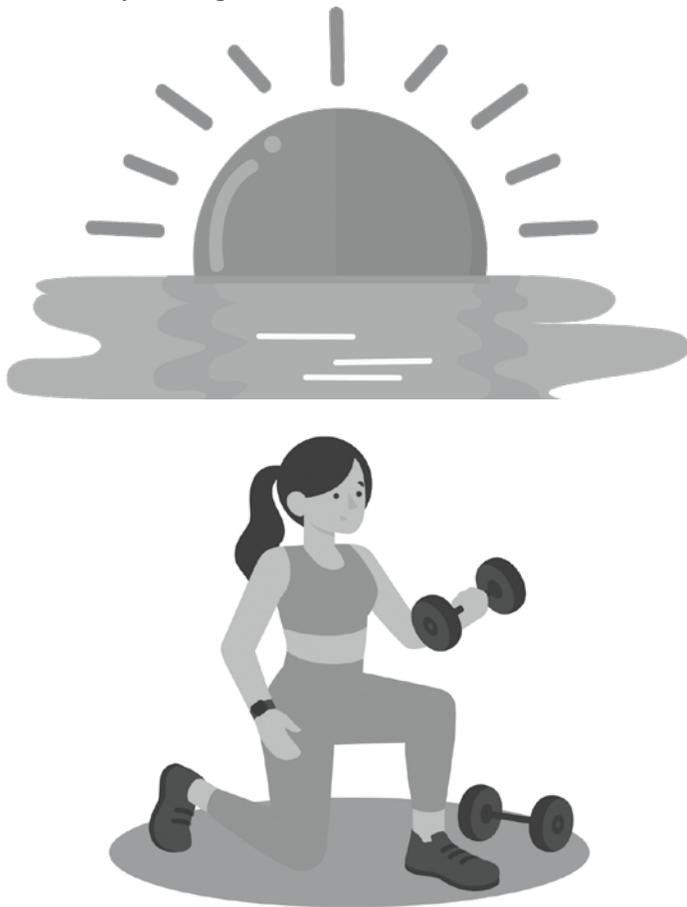
As always, we strongly recommend that you call ahead for latest update in prices and venues. ENJOY!



**YOUR TWO HEARTS.....** *(continued from page 7)*

frequent leg movement for cardiovascular wellness. Take walking breaks 1-2 times per hour. Do calf raises while you are brushing your teeth or working in the kitchen. If you are sitting, do heel raises, toe lifts, and ankle circles. It's also good to stretch your calf muscles and periodically elevate your legs higher than your heart. Remember that movement is often the best medicine.

When it comes to heart health, most people think about diet, cholesterol, or cardio workouts, not their calves. Keeping them strong isn't just about toned legs; it's about better circulation, heart function, and long-term cardiovascular health. So, keep moving, because every step you take helps BOTH of your hearts stay strong.

**HERE'S TO YOUR.....** *(continued from page 8)*

to make resolutions and those over 65 (could that be us, or some of us??) are the least likely to make resolutions.

The most common resolutions are related to personal finance and health, with "saving money" being the most popular, followed by "eating healthier" and "exercising more" coming in next.

So why is it so difficult to keep resolutions? First (and not to get too technical), there is a difference between a resolution and a goal. A resolution is a decision to do or not to do a specific behavior, like eating chocolate before going to bed. A goal is a series of calculated steps designed to help you achieve the resolution. Another way to think of this is your resolution is your desired outcome, while your goals are the steps you must take to achieve your resolution. So, goals, not resolutions, are the keys to long term success and growth. If you are serious about making your New Year's resolution stick this year (and there's no reason why you shouldn't be) here are some ways to achieve your goals:

1. Commit to the change-remember change is not easy, it can take months to build a new habit and to break a bad habit, yet we tend to give up and quit so easily. That is probably because we are not truly willing to change our lifestyles. You must create a mindset to change, and this is different and unique for each of us.

2. Document what you want to achieve-Write down your goals and yes actually write them... studies show using good old fashion paper and pencil helps us remember our goals better than writing on a computer or in an app (I can personally attest to this; in graduate school I used to study by rewriting my notes from class)

3. Be clear on WHY you want to achieve the goal-when you understand why you want the goal, you will find a way to achieve it, even when it gets hard and challenging.

4. Measure your progress-most resolutions fail because they are not specific... while it is great to dream big, you need to break these dreams down into ways you can measure. Even in the workplace they use the SMART goals-Specific, Measurable, Achievable, Realistic and anchored within a Time frame.

5. Accountability-it can help to have others keep you accountable to your goals, but only if they are

going to encourage and support you. Maybe one or two trusted friends or family members can help in this area. Some people also participate in goal setting in a group context- while you can hopefully find support this way, this can also sometimes become too competitive between folks, resulting in discouragement and shame for those not “reaching goals” as quickly.

6. Celebrate your success -celebrate every success along the way, even the small ones. Actually, small successes can be the most motivating and enjoyable ones to celebrate.

Whether or not this article has inspired you to set some New Years resolutions, I wish everyone health, happiness and peace in 2026!!

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

him that she is “Al’s daughter.” When Fred is unable to get into his apartment, the Stephensons offer him a bed for the night. Later, Peggy calms Fred during one of his nightmares, and they develop a mutual attraction. When Peggy and her boyfriend invite Fred and Marie out to dinner, Peggy realizes how shallow and materialistic Marie is and determines to break up Fred’s marriage.

Although proficient in managing his disability, Homer is frustrated by his loss of independence. Concerned that Wilma doesn’t fully understand the difficulties of being married to him with his disabilities, Homer demonstrates how she’ll need to assist him at bedtime when he removes his prosthetic hands, leaving him helpless. Wilma reaffirms her love and vows her commitment for life.

Widely respected by the bank’s senior management for his past business acumen, Al is criticized after approving an unsecured loan to a farmer and fellow veteran without collateral. With inhibitions lowered by excessive drinking, Al gives a speech at a work banquet that satirizes requiring a veteran to provide collateral before risking his life to take a hill in battle.

With little work experience and unable to find a better job than soda jerk, Fred sees no future in Boone City, particularly with Al telling him to stay away from Peggy, Fred decides to catch the next plane out. While waiting at the airport, Fred walks into an aircraft scrapyard, climbing into the bombardier’s seat of a decommissioned B-17 bomber. He’s roused from a painful flashback by a work crew foreman, who tells him the planes are being demolished for use in the growing prefab housing industry. Fred asks if they need help in the budding business and is hired.

Al, Milly, and Peggy attend Homer and Wilma’s wedding, where Fred is best man. Now divorced, Fred reunites with Peggy and expresses his love but says things may be financially difficult if she stays with him. Peggy’s smile expresses her joy and she and Fred kiss.

What makes this movie so enjoyable is that it is virtually a “slice of life” epic. What you’re watching could have actually happened. We think you will get a lot from this movie and hope you watch it.



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