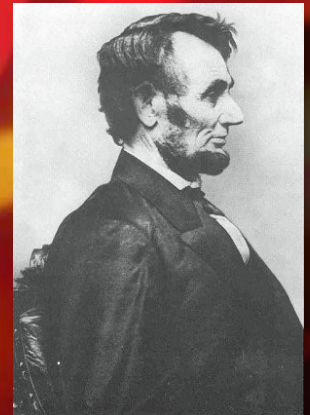


PALM GREENS PULSE

FEBRUARY 2021

DELRAY BEACH, FLORIDA

CAN YOU BELIEVE IT?? IT'S FEBRUARY!



Palm Greens Pulse

561-499-5444



V.P./Managing Editor
Mel Clapman



Production Manager
Beth Villanova



Advertising Manager/Secretary
Rhoda Misikoff

Officers

Mel Clapman, Vice-President
Rhoda Misikoff, Vice-President

Directors

Gloria Kostrzecha Beth Villanova Rhoda Bermon
Sharon Mossovitz Rachel Rodgers

Channel 63

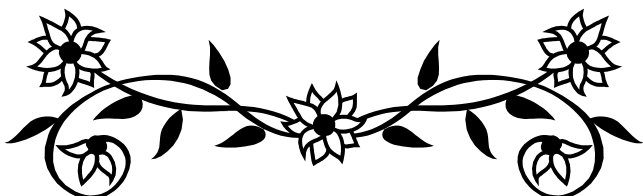
Mel Clapman

DISCLAIMER

The Unit Owners Association of Palm Greens (UOAPG) and its publication, The Palm Greens Pulse, are not responsible for the services, products and/or claims made by our advertisers.

We welcome articles of interest pertaining to Palm Greens as well as black and white photos. All submissions are subject to approval by the editor.

Please address all correspondence to: The Palm Greens Pulse – 5801 Via Delray – Delray Beach FL 33484. We request all articles be sent to The Pulse via email – unitowners5801@gmail.com.

**IN THIS ISSUE****PAGE NO. ARTICLES**

- | | |
|----|--|
| 3 | Condo 1 & Condo 2 |
| 4 | From the Editor & Rec Board |
| 5 | Delray Alliance & Entertainment Committee |
| 6 | Four Seasons & Women's Club |
| 7 | Men's Club & Tennis Committee |
| 8 | AUM Computers & Tennis Pro |
| 9 | He Said-She Said & Points of Interest |
| 10 | The Health Room, Tennis Social & Nobody Asked Me |

AFTER PAGE 10

Help Wanted

Women's Tennis Tournament with photos

We Care

***CORRECTION***

The article for Condo 1 in the January issue does not have the byline and photo of the writer, Steve Brimberg. We apologize for this oversight.



CONDO 1

by Marge Kurinsky



Hello! Condo 1 would like to welcome back many of our snowbirds and renters for the 2021 season. While many changes have taken place around us, we can rely on the comfort of knowing that we are here for you and each other.

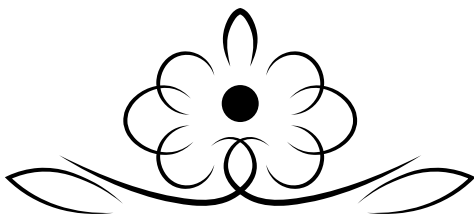
The roll out of the COVID vaccines has been slower than anticipated from the state down. Please seniors don't give up. It's so important to get the shots. We are still working hard at securing people to come to Palm Greens but cannot guarantee it at this time. We urge you to go online and email your name, address, phone number, date of birth and age to chd50feedback@flhealth.gov. You will then be on their list and they will call you to schedule an appointment.

We would like to welcome Linda Brier as our newest member of the Condo 1 board. Linda has great ideas and we look forward to working with her.

We always are grateful to all who work so hard at keeping Palm Greens looking good and working smoothly, especially Doug, Debbie and Theresa.

While the clubs and groups cannot get together yet, Valentine's Day is coming up. A day to wish our family and friends lots of love and good health. Give each other an extra virtual hug, and tell them how much they mean to you.

You all mean the world to me!!!! Until next month stay well and healthy.

**CONDO 2**

by Sandra Kilmas



Our Board has been working with PG1 and the Recreation Board to plan for a quick response if we are asked to be a site to administer COVID vaccines to residents. We are reaching out to our neighbors in Kings Point to gather as much information as possible on what worked and what didn't work for them. FirstService and our local Commissioners continue to reach out to Palm Greens.

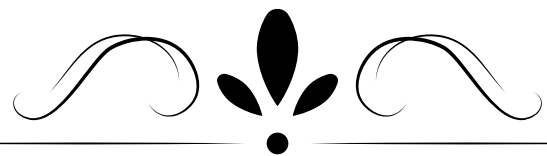
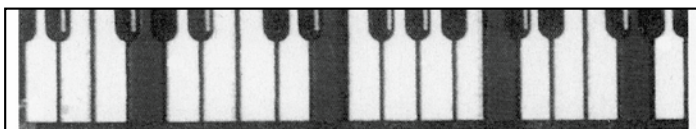
We had a major repair in our electrical grid which impacted our sprinkler system for months. FPL and our electrician worked to solve the problem and we are now back on line. Our sprinkler system needs continual maintenance so if you are noticing any problems, complete a work order through our resident portal.

FirstService has just hired 2 new maintenance staff to fill vacancies in our valuable crew.

A special welcome to Wilfredo Fuentes and Miguel Perez. Our Board is working with FSR to flex schedules of our maintenance staff so we can have coverage on the weekends.

We continue to explore ways to save money, improve services and enhance the appearance of our community. We have been reviewing our pest control contracts, our landscaping needs, the upgrading of our main entrance and improving our walkways. Our next challenges include setting up schedules to clean mold build-up on our roofs and buildings, removing rotted wood and tackling our building structures. Our Property Manager, Sam, will be taking pictures of all our buildings to assess our total overall needs and set up a long-range plan of improvement.

Stay safe, stay well.

**PLEASE****PATRONIZE****OUR ADVERTISERS****Louise Hallam**PIANO/KEYBOARD
CHILDREN & ADULTS**Learn to Play For Fun and Pleasure****Phone: 561-733-0334****Cell: 561-236-7758**

FROM THE MANAGING EDITOR

by Mel Clapman



I have to tell you that with three issues left to go for the season, I am seriously running out of topics. So, let's take a look at February.

No Leap Year. Washington's and Lincoln's birthdays are wrapped up into President's Day (2/15). Valentines week (2/14) consists of 7 different days like **rose day, propose day, teddy day, hug day, promise day, chocolate day, kiss day** and the last one is **valentine's day** itself.

Can we talk briefly about how we entertain ourselves during the pandemic? I must share with you the two Turkish soap operas we watched. - **Black Money Love** and **Winter Sun**. If you're a soap opera person via General Hospital and Days of Our Lives, you know the drill. Close-ups. Long stares. Bizarro plots. Characters you love and characters you love to hate. Now available – in Turkish (with sub-titles) on Netflix. Give it a shot, you might like them. And it is not true that Beverly has learned seven expressions in Turkish.

Then there's a series of novels involving a character name Jack Reacher. The author, Lee Child, has put together almost a dozen books with this guy and each story has enough going on to make you sit back and think. The quirk that I have to share with you is that Reacher is 6 feet-8 inches and weighs in at over 200+ pounds. So, when they decided to make a movie, "Never Go Back", who did they cast as Reacher? Tom Cruise!! Anyway, enjoy the books.



WHAT'S NEW AT THE REC ASSOCIATION

by Art Robins



We wish to extend a hearty welcome to the new members and returning members to all of the various Palm Greens boards.

February is here and the cold winds of December and January are behind us. Each day brings us warmth, and longer days of sunshine and hope. The past 11 months have caused our lives to change in dramatic ways, even simple pleasures like eating out, taking a walk, or getting together with friends became challenges, with COVID-19. Many have expressed their dissatisfaction for the time being unable to enjoy PG amenities. At this time normally "cabin fever" sets in as well. As a full-time resident for several years now and a long-time visitor, since my parents first bought in Palm Greens in 1979, I have witnessed the changes through the years and am proud to call Palm Greens my home.

With the dark pandemic clouds beginning to part, rays of sunshine are also beginning to peek through. The time to be optimistic is now with spring on the horizon and the vaccine starting to be distributed. It should become even more readily available, and hopefully life will be getting back to normal. Until that time, we at the Recreation Board, who have felt the same frustration as our neighbors continue to talk daily via, phone, email, text, and ZOOM. We hear your concerns and remain committed to opening more amenities and expanding others in a safe and responsible manner. The timing of such actions is not made by any one Board member, but rather by the Board as a whole - and majority rules.

Some of the buildings, including the deck and benches by the pool, were freshly painted. Special virus-suppressing ionizers were installed in the clubhouse and Condo 1 and 2 offices air conditioning systems. Unfortunately, we must still proceed with baby steps before the clubhouse can be entirely opened, and we are hopeful to opening it up in a limited manner as local COVID statistics improve. We are also having our IT system improved so that residents will be able to make pool reservations and/or for future requirements, for more conveniently on-line themselves as well as by calling in for those without computers. And, we are exploring opening outdoor areas for some social events,

(continued on page 13)

ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Welcome to 2021. We are still in a delicate state of affairs with COVID-19 and other distractions raging around us! This is a time to continue to hunker down, appreciate all that we have in this wonderful community and focus on our physical and mental wellbeing. So much is still out of our control so try to be kind to one another. We all have personal burdens and appreciate a smile or compliment. ZOOM is a blessing so meet with your family and friends until we can be together again, in person, with hugs and kisses! Stay safe, wear your mask, and wash those hands. This too shall pass....eventually!

The theme of our January meeting of the Delray Alliance was LEADING ASSOCIATIONS DURING COVID-19. Our main speaker was Joshua Gerstin, Esq. of Gerstin & Associates, PA. Plus, we had a lively Q&A Session with Mr. Gerstin after his presentation. Dorothy Jacks gave us a Property Appraiser Update. We also heard from PB Sheriff's Office, Fire Dept and our elected officials.

Joshua Gerstin, Esq. spoke about pressing issues facing community associations. He cited 10 of the most common of these issues. The following list briefly address these concerns.

- 1) Associations will have to determine rules for ZOOM meetings with their members.
- 2) ZOOM meetings for Directors will require rule changes and re-establish quorums.
- 3) Since State law requires official records to be retained for 7 years, policy must be established to save ZOOM recordings.
- 4) It has to be determined whether or not Associations can mandate "Only Vaccinated May Be Here" in common areas.
- 5) Since many are now working from home, and many may continue to work at home after the threat of the pandemic passes, a distinction is needed between "working at home" and "home based business".
- 6) Check and validate leasing and sales restrictions. Many are either outdated or don't exist at all.
- 7) When there is a neighbor versus neighbor dispute that does not involve a violation, the

(continued on page 19)

ENTERTAINMENT COMMITTEE

by Walter Jacobson



It is February 2021 and, as this is being written in December 2020, the COVID19 pandemic has killed over 330,000 fellow Americans and infected close to 20 million or more of us. To help curb the spread of this deadly virus, please stay home as much as possible, wear a mask when going out and try to keep at least 6 feet away from others.

This is a photo of the mighty Palm Greens Entertainment Committee taken 3 years ago. Also, in case you forgot, that is what our Palm Greens stage looks like.

From left to right:



Pictured are Walter Jacobson, Saul Spindel co-Chairman, Sara Bauman, Pearl Kessler, Estelle Bookman, Gail Nachman, Joan Jacobson, Carol Hagar, Roberta Nair, Esther Spindel, Rita Rosenbaum, Phyllis Hertz, Shirley Gottlieb, Selma McGlinchey (who passed away December 2020), Bob McGlinchey, and Herman Rosenbaum co-Chairman. Not in photo are Phil Hagar and Monroe Nair.

Broadway closed down 3/18/20 and has been closed ever since. The same is true of the Palm Greens stage and shows which closed around the same time.

As mentioned in the previous 4 articles we will have **no monthly shows this entire season** (Nov. 2020 to Apr. 2021) in the Palm Greens clubhouse (or anywhere else for that matter.)

A NY Times movie critic listed the top movies of 2020 in a December 2020 article: Martin Eden, City Hall, Gunda, David Byrne's American Utopia, Bacurau, First Cow, Never Rarely Sometimes Always, Collective,

(continued on page 20)

FOUR SEASONS

by Sherry Stein

Another flip of the calendar and its February! Where do the days go? It's so hard to imagine that a new month is upon us. How well I remember phone conversations with my mother and she would ask, "What day is today?" I would reply, "Look at the calendar – everyone needs to know what day it is!" Little did I know all these years later that I would totally understand her situation.

Because of the continuing restrictions of COVID, there is very little new to report. As you know, our club activities have been suspended and there is no ability to say when they will return.

We are looking forward to the time when everyone receives the COVID vaccine. While this will not immediately relieve the necessary precautions of facemasks and social distancing, it does provide a glimmer of hope for the future.

As always, February 14th brings Valentine's Day. While we won't be getting together at the clubhouse, we can still make the day a festive one. Wear that red shirt or blouse and do something extra nice for yourself, your mate, friend or family member. Reach out and touch someone by phone, Facetime or ZOOM. It's a perfect way of staying connected. Treating yourself with a delicious dinner or scrumptious dessert will also help make your day special.

For the baseball fans among us, it's also good to note that spring training begins this month! Teams will be returning to work out and get into shape for the upcoming season. Remember that hope Springs eternal!

I know that we all look forward to the day when our Club's normal activities will return. It may still be awhile before this can happen but we are all very hopeful. If any of you have thoughts or suggestions on what activities we should explore please let us know. Since planning, bookings and preparations take time, your ideas now would give us a start for next season.

Let's continue to be safe – social distancing, wearing masks, and hand washing will help. Stay well!



WOMEN'S CLUB

by Edie Reich
Adele Reinstein President



We all want a Happy and Healthy New Year. January 6th was a wakeup call that this will also be a difficult year. Did you ever hear of the word Sedition? My crossword buddies, lawyers and really smart people did-I did not, I had to look it up-(Sedition is a serious felony punishment by fines and up to 20 years in prison and it refers to the act of inciting revolt or violence against a lawful authority with the goal of destroying or overthrowing it.) I never thought I would see anything like this –it will be interesting to see what the future will hold for all those to be held accountable.

Another thing on our mind is where can we get the COVID Vaccine? Those of you that have had it I'm thankful. But so many of our seniors have not, I am one who cannot find a place to get one. If anyone has a number to call, please let me know so I can pass it on. My telephone number is 561-665-0363.

Speedy recovery to Lois Weisenstein and Judy Goldberg's husband, Richard.

We received a beautiful Thank You Letter from The Soup Kitchen for our donation to help feed the needy.

As of today, Women's Club is not planning any events until we get a better handle on this deadly virus. STAY SAFE

PLEASE
PATRONIZE
OUR ADVERTISERS

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

AUM  COMPUTER EXPERTS COMPUTERS YOU CAN TRUST!		★ Visit Our ★ Computer Shop in the Oriole Plaza Delray Beach
★ 100% WORK GUARANTEED ★		
10% OFF Your next service of \$50 or more.* <small>* Certain restrictions apply. Labor only. Present this ad. 1 per client.</small>	FREE COMPUTER CHECK-UP Let us protect your device from viruses & make it faster!	
AumComputers.net ☎ 561-880-5678 7431 W. Atlantic Ave. #44, Delray Bch.		



TENNIS COMMITTEE

by Steffi Carmel
and Mark Melnick,
Co-Chairs



Our limited tennis rotation has been underway since mid-December. There are 2 forms required for tennis play this year. Everyone must fill out a waiver for the Rec Association as well as a tennis registration form which lists the days you want to be in rotation. Both forms are available in the tennis office. Rotation days are Monday, Tuesday, Thursday, and Friday. On Wednesday, Saturday, and Sunday, courts are available by reservation only for singles and doubles play. The reservation sheets for the non-rotation days are in the tennis office. If you are looking to get into a game on Wednesday, Saturday, or Sunday, put your name on the side of the signup sheet for the day you want to play and others looking for a game can add you to their court. If you need to change a day you are playing in rotation or if you cannot play on one of your scheduled days please fill out the change rotation sheet in the tennis office.

As of this issue of the Pulse, the Tennis Committee will be finishing its first event, our Mixed Doubles Tournament. Winners' names and photos are posted in the tennis (not post) office. Many, many thanks to Tennis Committee member Beth Villanova for coordinating this fun event as well as the other Committee members for their assistance. Thank you also goes to Norm Wasserstein for his guidance and tennis knowledge as well as our pro, Jim Boardman for assisting with our events.

We are planning a couple's tournament to be held in February. Instead of a random selection of team-mates, you will be allowed to play with your spouse or another person of your choosing.

We are hoping that some of the restrictions for use of the tennis courts imposed by the Rec Board will be eased as infection rates in our area decline and the vaccine becomes more available. Even though tennis has been identified as one of the safest outdoor activities, please keep the following safety precautions in mind:

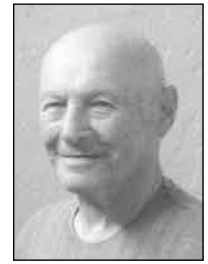
1) Wash your hands thoroughly with soap and warm water before leaving home and again when returning home.

2) Be sure to bring plenty of water or other drinks

(continued on page 21)

MEN'S CLUB

by Morty Teisch



It just so happened that the Men's Club presented Lew Comen with an award on February 8, 2015, just six years ago. We consider ourselves

fortunate to have had Lew as an active participant. The award which is presently hanging in his home, states

A BIG THANK YOU FOR HIS TIRELESS EFFORTS IN CONTRIBUTING TO THE BUILDING AND MAINTAINING OF THE PALM GREEN'S MEN CLUB.

The Men's Club has always enjoyed our monthly entertainment sent to us by Adam Geller. Annually, wives and significant others were invited to join us. This was a fantastic idea as the women always called to let us know they were coming.

Many of the men were less committal as they were unsure if their wives had prior plans. The positive part of this decision was getting many more men interested in joining the Men's Club. Our club was beginning to grow and the men were making new friendships. This was the best asset for us as more men made friends and became active.

P.S. THE HANDYMAN



We do the job you won't do!

Over 25 years Experience

- ♦ Grouting and Caulking
- ♦ Specialized in Safety Grab Bars
- ♦ Change Light Bulbs
- ♦ Smoke and CO Detector Replacement
- ♦ Interior and Garage Painting
- ♦ Picture and Mirror Hanging
- ♦ Furniture Assembly
- ♦ All Types of Handyman Jobs

Call Paul: 954.892.1876



TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)

The four positions of doubles

Server: make high percentage of first serves. Hit an aggressive serve two times per game. Serve down the middle. And ad court into body.

First volley deep to middle. Get one step farther in to volley. It's the server's responsibility to make all first volleys. Use the I formation for a changeup. Servers partner direct servers placement, then covers angles. Start a little further back. Move on any and all floaters. Move laterally on poaches. Either fake or poach every time never stand.

Receiver - Never miss wide or in the net. Determine ahead of time which formation to use. Both back hit and hit through. Hit or Chip and change. Return low and cross. Block the poacher out of your mind.

Reminders for the receiving team - Best returner in ad court. Lefties usually play in deuce court. Receivers partner - Start facing the poacher. Take three steps forward. If balls inside go inside if ball outside cover outside. Play both back on change up points

Reminders - control the net and control the match, be one step closer. Do not go crosscourt from backcourt use the middle of the court to set up the point. Setter in the ad court, hitter in the deuce court. Good positioning, not great shots wins in doubles play.

Move move move - close close close. Use the middle on any ball that you cannot end the point on. Hit through your opponents, not around them.



TIPS ON BUYING A NEW COMPUTER

by Murji Rabadia – AUM Computers
Located in the Oriole Plaza, Delray Beach
561-880-5678

Most of us keep a computer for 3-5 years before upgrading or replacing it. Therefore, it's important to buy a computer that will meet your needs on a long-term basis.

1. Processor / CPU: This is one of the most important components of your computer. This component usually cannot be upgraded so it's best to get one that's more powerful than what you need now.

2. RAM Memory: This will dictate how many programs you can run simultaneously. Most people will run 1-2 programs at the same time. This component can usually be upgraded in the future but to avoid paying additional labor cost for the upgrade, it's best to get double of what you need today.

3. Storage: Used for data storage and programs. Today, solid state drives (SSD) have replaced the traditional spinning hard drive (HDD). HDD drives are much slower but hold a lot of storage whereas SSD's are way faster.

Basic - Most people fit in this category (for everyday website browsing, email, banking etc.)

Recommended Processor: Intel Core i3 or AMD Ryzen 3 | RAM Memory: 4-8GB RAM | Storage: 240-500GB SSD

Intermediate - Some picture/video editing, basic games, multiple apps running

Recommended Processor: Intel Core i5 or AMD Ryzen 5 | RAM Memory: 8-16GB RAM | Storage: 500GB-1TB SSD

Advanced - Lots of picture/video editing, advanced games, multiple apps running

Recommended Processor: Intel Core i7 or AMD Ryzen 7 | RAM Memory: 16-32GB RAM | Storage: 500GB-1TB SSD, 1-4TB standard hard drive, 2GB+ dedicated graphics card

No matter what computer you get, no matter how new it is, it's still prone to component failures, viruses, scam wares and human errors. It's best that it be protected by a security program and a backup drive that is properly configured. If you need help; feel free to call us for our New Year specials.

Phone: (561) 276-3087
Fax: (561) 276-5994

Body and
Fender
Work



**ECONO[®] AUTO PAINTING
& body WORKS**

65 N.W. 18th Avenue • Delray Beach, Florida 33444

DAVE

REG #MV-06314

KEVIN

HE SAID – SHE SAID

by Joan Engleman

Sara and Mark Bauman - married August 20, 1972 - 2 daughters (both teachers) 2 grandsons, 2 granddaughters.



She said (SS) - Born in Ellenville, N.Y. Attended Ellenville Elementary, Middle & High School...

One big building.

He said (HS) - Born in New York (Manhattan) moved to the Bronx, then Queens. Attended Bayside High School.

SS - I went to business school (Albany Business College) then I moved to Queens NY and lived with relatives. I went to Taylor Business Institute. After graduating, I went to work for Bordens in NYC as a secretary.

HS - I went to Queens College for 4 years and got a Bachelor's degree. Then St. Johns University, where I got my Masters Degree & Professional Diploma. I was a math teacher for 13 years in various schools, Assistant Principal 4 years and a Principal for 17 years. I coached football, basketball, baseball and track.

HS - I had just broken up with my previous girlfriend when my friend Evelyn said "I will fix you up for a date for New Year's". She tried with two gals. They were both duds. She said just one more. The rest is history.

SS - I worked for Bordens with a gal named Evelyn who said she would fix me up with a date. On the date planned, I was attending my cousins wedding, so Mark picked me up after the reception.

HS - She had on a beautiful powder blue dress. She looked beautiful.

SS - I still have the dress. Our first date was December 13, 1969.

POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

OK, I know I'm sending you to relatively long-distance places, but I do try hard to pick winners. So, to start 2021 off with a bang, I'm throwing in two cities, about 20 miles from each other, Sanibel Island and Captiva Island – about a 2-hour-plus drive that could make for an interesting overnighner. Both cities are in the Fort Meyers area, which gives you an idea of where you'll be going, the west coast of Florida.

Sanibel and Captiva have lovely public beaches. There are 5 accesses on Sanibel: The Lighthouse, Gulfside City Park, Tarpon Bay, Bowman, and Blind Pass. On Captiva there are 2 accesses, Blind Pass and Captiva Beach, located at the end of Captiva Dr. The fee for parking is \$5.00 an hour on Captiva and \$5.00 an hour on Sanibel.

For children and grown-ups there are options galore - beach, biking, canoeing, kayaking, and tennis. Plus, the Ding Darling Wildlife Sanctuary, the Conservation Foundation's walking trail, butterfly house and touch tank. A first run movie theatre and Zoomers Amusement Park, just off island.

Sanibel has 25 miles of paved bike paths starting at the Chamber of Commerce. They run parallel to most of the main roads and veer off to back roads and island landmarks. There are no bike paths on Captiva. Stop off at the Chamber for a bike path map.

There is parking for the beach at the public beach accesses. The cost is \$5.00 an hour on Captiva and \$5.00 an hour on Sanibel. Shopping, restaurants, and local attractions have their own free parking.

You will love Old Town, a charming historical area on Sanibel Island found at the eastern end. The Sanibel Historical Society has produced a walking and biking tour that is approximately 2.5 miles long with over 19 sites to see. You can pick up a map at the Chamber or at the Historical Society.

Sanibel and Captiva Islands have over 50 restaurants, most serving fresh seafood. Stop at the Chamber Visitor Center for a sampling of restaurant menus.

Sanibel and Captiva have great shopping locations. Most open at 10:00am and close at 8:00pm. The shopping is located on most of the main roads and at some resorts.

Sanibel and Captiva have exciting nightlife. Live theatre year-round, live music, sports bars, local pubs, a first run movie theater, and of course the sunset.

Make sure you check the appropriate websites for up-to-date events schedules.

(continued on page 21)

TENNIS SOCIAL CLUB

by Sharon Dorfman



Seeing as how it is February, the month we celebrate Valentine's Day, and because the Tennis Social Club has no activities to discuss until we see a dramatic improvement with the Coronavirus situation, I thought I would share a "Valentine's Day" story with you.

Well over 50 years ago, before the days of Internet dating, I was invited to a private party. Everyone there was by invitation only. Every man was asked to bring some kind of adult beverage.

I was introduced to a very handsome young man, who took me out after the party. His name was Earl. We went to a local pub for a drink afterward and for my special dessert, hot fudge ice cream cake.

When he took me home, he immediately made another date, and the rest is history. We dated for a number of months and in July of 1967, we were married.

One date I will always remember, was when he took me to the Concord Inn for dinner, which has always been my favorite place in the whole world. That is the SMALL HOTEL WITH THE WISHING WELL made famous in the Rodgers and Hart song.

After being snow birds for many years we moved to Palm Greens as our permanent residence. Luckily for us, our daughter moved to Delray with her family. So, our golden years are spent with family and friends.

Wishing you all the best, happiest Valentine's Day with hugs and smooches galore!!

NOBODY ASKED ME BUT...

by Mel Clapman

...The most positive sports fans are those who see the event on television.

...Roasting chestnuts smell better than they taste.

...People who wear sunglasses usually walk on the shady side of the street.

...Only lions should be asked to eat hamburgers that aren't well done.

...How many people do you know who have ever been to the Dakotas?

...I have never met anybody from Sandusky, Ohio.

...Don't you think people in bus terminals always look tired before they start the trip?

...Did you ever see a laundry-truck driver with a clean shirt?

THE HEALTH ROOM

by Mel Clapman

So, my personal theory is if you take care of yourself in your 50s and 60s, you stand a good chance of keeping your health as you approach your 70s and 80s.

No matter what your condition, there is a lot you can do to improve your health, prevent illnesses and keep your brain sharp.

Here is a list of longevity to-dos that will have you feeling better and living longer. Pick one or two a month and make some progress.

LIVE WITH PURPOSE - One of the things in common about the world's longest-lived people is that they have a strong sense of purpose as they grow older. Much of this is because of the role of elders in traditional culture. Unlike in the United States, older people are respected and looked up to for wisdom and advice. We have a challenge in this regard. Your job is to find a way to feel a strong sense of purpose in your life, despite the messages our culture sends about aging.

Maintain Healthy Sleep Habits. There is a myth that older people need less sleep. This is simply not true. Older people need the same amount of sleep as young adults; the general recommendation is seven to nine hours per night. The challenge is that health conditions, medications, and poor habits make it difficult for older people to get the sleep they need.

Take the time to make your sleep habits a priority. Avoid strange hours, long naps and watching TV in bed. Be sure to get out in the daylight every day, and exercise to get your body moving. With good sleep habits, you should be able to get enough sleep and have plenty of energy throughout your day.

AVOID FALLS - Falls are a common source of injuries and disabilities as we age. Be sure to be on top of fall prevention. Make a habit of using handrails and start a program to keep your balance skills sharp. Take time to assess the potential fall risks in your house. Be sure that all your stairs are clearly visible, all your railings are firmly attached and that you avoid any risky behavior (especially getting in and out of the bathtub!!). Take falls seriously.

ENGAGE YOUR BRAIN - Your brain needs exercise. It thrives on puzzles, new experiences and making connections. Don't let your brain go into retirement. Be sure that you find things that interest you,

(continued on page 22)

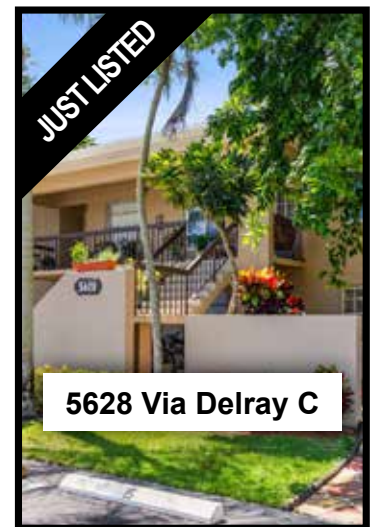
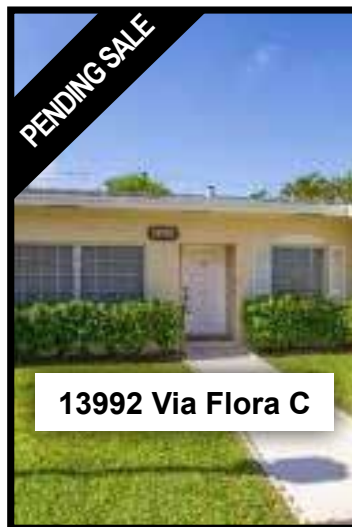


ELSA

Realtor, Regency Realty Services

**Your PALM GREENS
Resident Specialist
(561) 859-3269**

***“Looking to sell your home, call me for a free home evaluation”
“Are you interested in renting your place next season?”***



Just Rented: 13741 Flora Place B, 13715 Flora Place B

Thank you so much for your referrals



LOOKING FOR HIGH QUALITY HOME HEALTH CARE SERVICES?

"CALL MY GRANDSON!"
at



Florida First
SENIOR HOME CARE

561-266-3558

#1 Caregivers
#1 Customer Service

We Offer:

- Transferring/Bathing/Toileting/Cooking
- Alzheimer/Dementia Care
- Personal care/Housekeeping
- Errands & transportation
- Live-In/Hourly Care
- Post-rehab or hospital care
- Short term or long term • And much more!



*Brad Jaffe -
Owner of Florida First
Senior Home Care*

*Proudly Serving
Palm Greens
Residents*

OPEN 24-HOURS PER-DAY,
7-DAYS A WEEK.

*Accepting
ALL forms of
Long-term Care Insurance
& Private Pay!*



Florida First
SENIOR HOME CARE

561-266-3558

LICENSE #: 30211672

10 Hours Of FREE Care
for Palm Greens Residents
Mention this ad



REC ASSOCIATION... (continued from page 4)

like a poolside movie night respecting social distances, a book fair and perhaps even a “limited” social event. Your ideas are welcome.

Re-opening our poolside café is also under consideration. Per our announcement on the Rec Association website at www.palmgreens.org, the three-year contract with Reuvs expired on December 31, 2020 and was not renewed for a variety of reasons which are discussed in the announcement. However, our 2021 budget allocates funds to re-open the café when the time is right, hopefully sometime this Spring. With Reuvs gone, we hope to offer a new menu at a reduced cost to patrons and “specials” - perhaps with a diverse international flair.

Importantly, February is heart month, whether of the romantic variety, as in Valentine’s Day, or for our own healthy beating hearts. A reminder here that CPR, AED, and Heimlich Maneuver demonstrations will be given by Charles Khadija from the Palm Beach County Fire Rescue Community Education program on Thursday, February 18th, at 2:00 PM via WEBX, (it’s like ZOOM). To sign up please contact Merle Neulight, who has been facilitating this program for several years,

at 215-530-5888 or via email at neulightm@yahoo.com. We can’t endorse this training enough.

Last, please complete our new email registration form on the Rec Association’s website (www.palmgreens.org) or see Chris Sadej or Heather Lateano at the office. With this information on file, you can be further assured of receiving future announcements beyond Channel 63 and other former avenues.

SIGN UP FOR EMAIL DELIVERY OF RECREATION ASSOCIATION ANNOUNCEMENTS

In addition to posting its announcements on its website, the Recreation Association is in the process of establishing an email directory to enable the Association to immediately transmit important and often time sensitive alerts and announcements directly to unit owners and renters.

Palm Greens unit owners and renters who wish to receive Recreation Association announcements via email should do one of the following:

- Go to the Recreation Association website’s main page at www.palmgreens.org, click on the email sign up link, complete the on-line form and press submit;

(continued on page 19)

L a s e r & C o s m e t i c

D E N T I S T R Y O F D E L R A Y



Dr. Alain Pouleriguen, D.M.D.

Dr. Antonio Festa, D.M.D.

Dr. Juan Figueroa, D.D.S.

\$120

New Patient Exam
Full Mouth Xrays
and Cleaning

D0150, D0210, D1110

Regular \$235

Some restrictions may apply.

Most Insurances Accepted
HUMANA Provider

- General & Cosmetic Dentistry
- Partial and Dentures

- Implants
- Crown
- Oral Surgery

561-499-6664 • 15300 Jog Road, Suite 210, Delray Beach, FL 33446

www.getasmiletoday.com

THIS IS WHY WE LO

Delray Beach was once named “Most Fun Small Town in the USA” by Rand McNally and *USA Today* – and it’s easy to see why. Nestled between Boynton Beach and Boca Raton, Delray Beach is famous for its lively main street, inviting beach weather, a thriving arts scene and interesting culture that stretches back centuries.

There’s no shortage of things to do in Delray Beach, and the center of the action is Atlantic Avenue, which runs from Interstate 95 all the way to Delray Beach’s sun-soaked shoreline. This pedestrian-friendly thoroughfare boasts quaint brick sidewalks, gaslight-style street lamps and a seemingly endless patchwork of restaurants, watering holes, shops, galleries and even a pinball museum with a sea of shiny, playable machines.

The town of Delray was incorporated in 1911. The land west of the Intracoastal was incorporated as Delray Beach in 1923. The two merged in 1927 to become the city of Delray Beach. The first settlers came to Delray Beach in the late 1800s to farm. They had heard about great soil and water. The Delray Beach Historical Society calls them “adventurous souls who battled the heat ... and snakes. This was uncharted territory. Pineapple fields gave way to tomatoes, and flowers were a big thing at one point, too.

The city has 2 miles of public beach accessible from Florida State Road A1A. Travel Holiday magazine named Delray Municipal Beach as the top beach in the southeastern United States. The remains of the British Steamship *Inchulva* that sank on Sept. 11, 1903 are located in shallow water near the public beach, acting as habitat for native fish and corals. Known today as the Delray Wreck, the site is great for snorkeling and scuba diving.

East Atlantic Avenue is noted for its nightlife, dining, and shopping. Atlantic Avenue is also a regular destination for various art fairs and street festivals.

The Pineapple Grove Arts District, located downtown north of Atlantic Avenue, is noted for its galleries, performance art, and cultural organizations. Arts Garage, a not-for-profit multi-media arts venue, hosts musical concerts, live theatre, arts education and outreach programs, and a visual art gallery. The Silverball Museum features more than 150 classic, playable pinball machines and arcade games. The Delray Beach Playhouse, which opened in 1947 in Lake Ida East Park, stages plays, musicals, interactive studio theatre, books on stage, children’s theatre productions, classes and camps.

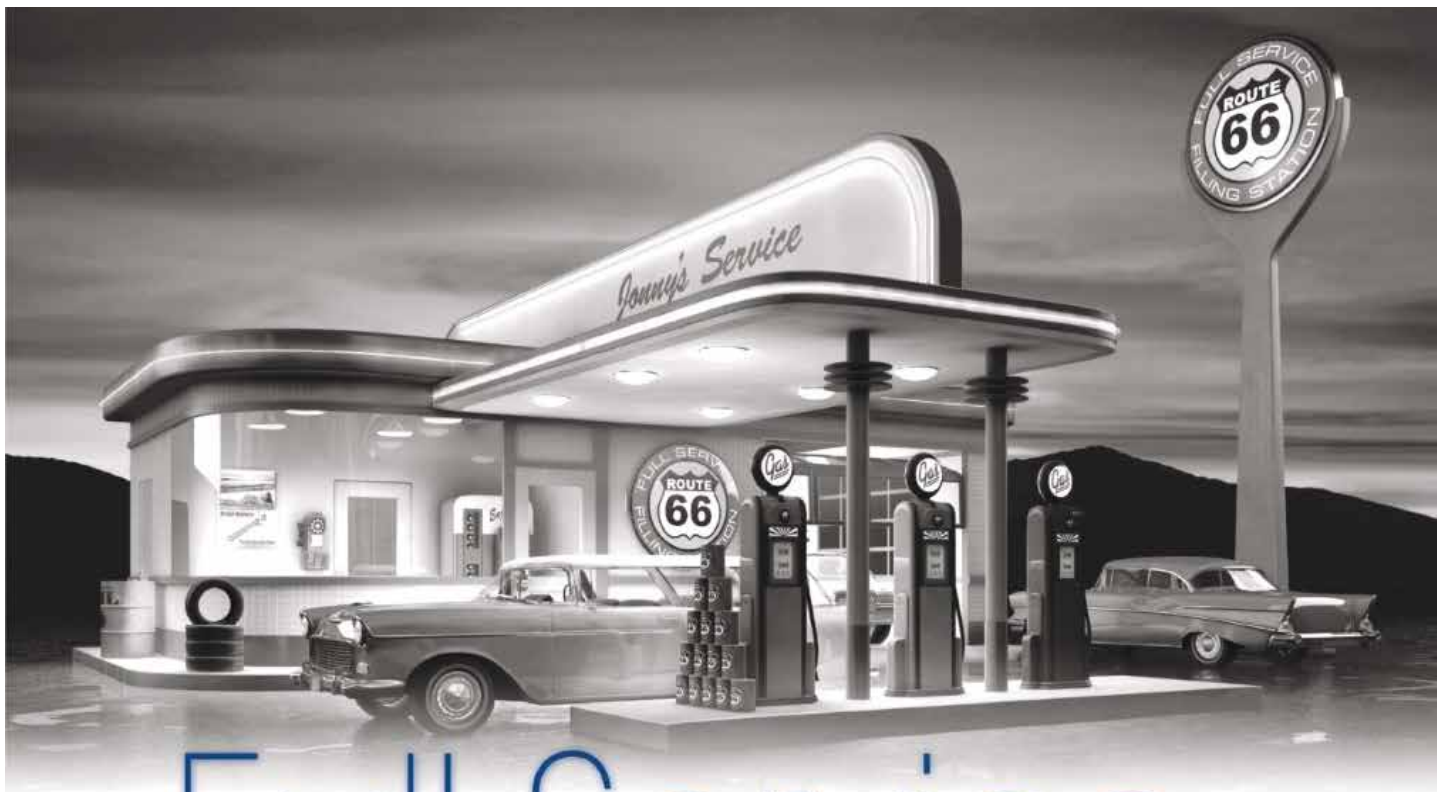
Morikami Museum and Japanese Gardens is a center for Japanese arts and culture. The campus includes two museum buildings, the Roji-en Japanese Gardens: Garden of the Drops of Dew, a bonsai garden, library, gift shop, and a Japanese restaurant, called the Cornell Cafe, which has been featured on the Food Network. Rotating exhibits are displayed in both buildings, and demonstrations, including tea ceremonies and classes, are held in the main building. Traditional Japanese festivals are celebrated several times a year.

Wakodahatchee Wetlands is a wetlands park open to the public. Facilities include a three-quarter mile boardwalk that crosses between open water pond areas, emergent marsh areas, shallow shelves, and islands with shrubs and snags to foster nesting and roosting. The site is part of the South section of the Great Florida Birding Trail and offers many opportunities to observe birds in their natural habitats. Over 151 species of birds have been spotted inside the park, including pied-billed grebe, snowy egrets, and black-bellied whistling ducks. The park is home to turtles, alligators, rabbits, frogs, and raccoons.



WE DELRAY BEACH!





Full Service

Remember when...
full service meant complete satisfaction?

**SOLD OVER
200
PROPERTIES**

We also offer Concierge-style Real Estate Services tailored to your specific needs.

We are there every step of the way because we work for you!

PALM GREENS residents pay "NO TRANSACTION FEES" and "NEVER A CANCELLATION FEE"

\$\$\$ PALM GREENS IS 'HOT' NOW. IT'S A GOOD TIME TO SELL! \$\$\$

Don't give your property away...call us for your Free Complimentary Market Analysis!

**PALM GREENS HUSBAND AND WIFE TEAM... NEIGHBORS WHO CARE,
REALTORS YOU CAN COUNT ON!**



Rose M. Agueda
Coldwell Banker Realty
561.232.5899
roseagueda@gmail.com
roseagueda.cbintouch.com

Carlos Agueda
Coldwell Banker Realty
732.688.9961
cagueda@msn.com
carlosagueda.cbintouch.com



RoseAgueda.cbintouch.com

Not intended as a solicitation if your property is already listed by another broker. Affiliated real estate agents are independent contractor sales associates, not employees. ©2020 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Realogy Brokerage Group LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.



FINALLY...IT'S HERE! **Introducing the** **Wool Ball Car Diffuser**



You probably know that conventional car diffusers contain chemicals that can give you a headache, make you cough or cause a runny nose. But not anymore.

Say hello to the car diffuser that gives your vehicle a clean, fresh smell and say good-bye to those harmful, toxic chemicals.



Wool Ball Car Diffusers come in a little drawstring bag (great for gift-giving) and include a dropper bottle to fill with your favorite essential oil. Take advantage now of one of three colors - *Concrete Jungle*, *Rockaway Beach* and *Atlantic*. Just put the attached alligator clip onto your car's ventilation duct, and get ready to breathe fresh, safe air. A definite improvement to your drive.



Each wool ball car diffuser is \$15, which includes free shipping within the Continental U.S. To order, send an e-mail to sheri@sherisilver.com.



J&R RESTORATION
MOLD • FLOODING • FIRE

FREE VISUAL INSPECTION
561-674-2332



WATER



FIRE



MOLD



LEAK



STORM

FLOODED?

**IICRC CERTIFIED
WATER DAMAGE FIRM**

**Water Damage?
Where experience
counts the most!**



Structural Drying



Water Extraction



**Moisture/Leak
Detection**



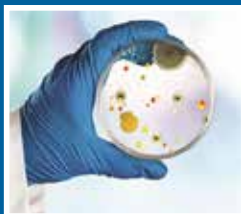
Roof Leaks

MOLD DAMAGE?

STATE LICENSED MOLD REM. LIC #MRSR: 1791 & MRSA: 2582



Mold Removal



Mold Testing



**Toxic Black Mold
Removal**

**Concerned
about mold?
Talk to the experts
with over 10+ years of
experience**



**You Pay
\$0***

***We Bill Insurance
Directly**



CALL: 561-674-2332
24/7 EMERGENCY RESPONSE

www.Jnrrestoration.com

REC ASSOCIATION... (continued from page 13)

or

• Complete and detach the form below and deposit it in the appropriate box outside the clubhouse;

or

• Complete and detach the form below and mail it to:
Palm Greens Recreation Association
5801 Via Delray
Delray Beach, FL 33484

I certify that I am currently a Palm Greens unit owner or renter and I request that I be added to the Palm Greens Recreation Association's email list

Print Name: _____

Check One:

☐ **Owner**

☐ **Renter**

Print Unit Address:

Phone # _____

Print Email Address:

_____ (optional)

Signature: _____

Date: _____

The contact information that you provide is the property of the Recreation Association and will not be shared with others.

**SUPPORT THE
ADVERTISERS
WHO SUPPORT US!**

HOWARD A. BUELLER, M.D.
DERMATOLOGY AND DERMATOLOGICAL SURGERY

HOWARD A. BUELLER, M.D., F.A.A.D.
Diplomate, American Board of Dermatology
Fellow, American Academy of Dermatology

5258 Linton Blvd.
Suite 306
Delray Beach, FL 33484

Tel: 561-498-2911
Fax: 561-496-0282

www.bocaratonderm.com

ALLIANCE OF DELRAY... (continued from page 5)

Association should assume no involvement!

8) Collection policies should be examined for processes in increased collections, bankruptcies, and foreclosures. If they are behind the times they should be updated.

9) Selective enforcement may have been somehow shown during the pandemic. Send letter to the community, after the virus is gone, reinstating the rules in the Documents.

10) Pets should be tracked. Service Dogs versus Support Animals. Need an Emotional Support Document.

Afterward his presentation, Mr. Gerstin conducted a very informative question and answer period. The latest ruling on reporting a COVID positive person is that the property manager could remove that person from public areas!

Property Appraiser Dorothy Jacks spoke about filing for a Homestead application. The deadline to file is March 1. Application could be mailed or online application will be honored. Speak to your new neighbors and share this information. Again, deadline is March 1st. For questions, call Dorothy Jack's office at 561-355-2866.

Captain Rob Sandt of the Palm Beach County Sheriff's Office, announced that the crime rate is significantly down 20 to 30%. Car crashes are also down 21%. However, the latest scam pertains to the COVID-19 vaccine. Medicare Will Not Call You! The Health Dept Will Not Call You! DO NOT give out personal information or PINS to any stranger claiming to represent your interests concerning the vaccine. Also, there has been an uptick on home burglaries between 4 and 7, when many people go out for dinner. They come home to a ransacked bedroom. Lock all doors and windows when you leave! Leave lights on! Some people keep a TV playing!

Fire Chief Anthony Tozzi, reported that Fire Rescue is receiving many calls concerning carbon monoxide poisoning. He recommended that we all get carbon monoxide detectors. While we do not have garages, pass this info on to your friends that do have garages, as our new cars may still be running silently.

Bob Weinroth, Vice Mayor of the Palm Beach County Commission, explained that the roll-out of the COVID-19 vaccine has been bumpy. The amount of COVID vaccine received, 400,000 units, is insufficient for Palm Beach County. It will take several months to

(continued on page 20)

ALLIANCE OF DELRAY... *(continued from page 19)*

get our population vaccinated. You must call or go online to make an appointment; however, PBC experienced a phone "melt down". Please email for an appointment at chd50feedback@flhealth.gov Give your name, phone number, and date of birth & email. VP Weinroth assured us that you will receive a return confirmation message.

Maria Sachs, PBC Commissioner, announced that 15,000 people have already received the vaccine. She assured us that that they still need to continue wearing masks, washing hands, and socially distant even after receiving the vaccine. It is already being distributed in Kings Point in an orderly fashion. She promised that everyone in PBC will have access to the vaccine. We were urged to register at above email. This is a hard time, but we will all be vaccinated. Keep calm and there will be enough for all of us. Physicians will not get it right now.

The next ZOOM meeting of the Delray Alliance will be on Wednesday, Feb 3, 2021. Our new Clerk and Comptroller, Joe Abruzzo, will be providing an office overview. Further COVID vaccine information will be provided as well.

We ZOOM our meetings for now, but when COVID is tamed, our Meetings will take place at the South County Civic Center Civic Center, 16700 Jog Road, Delray Beach, across from Morikami. Doors open at 9AM when refreshments are served. The meeting begins at 9:30 and always concludes by 11:30. All are welcome.



**PLEASE CARRY
YOUR PALM
GREENS ID CARD
AT ALL TIMES**

ENTERTAINMENT COMMITTEE... *(continued from page 5)*

The Forty-Year-Old-Version, and Beanpole. These are available on various streaming services. You may not recognize many or any of these. I recognized only one.

An interesting movie on Netflix now is Mank. It is in part about the making of the 1940 classic movie, Citizen Kane, starring Orson Welles. It is filmed in the Citizen Kane style, with pretty stark black and white images. It gets mixed reviews but has already won some awards.

There is something interesting about actresses in 3 recent movies: Glenn Close in Hillbilly Elegy, Viola Davis in Ma Rainey's Black Bottom, and Sophia Loren in The Life Ahead. These are outstanding actresses who are not afraid of appearing in unglamorous roles. Each of them shone in their portrayals. But that is acting.

Please wear a mask when you go out. Please everyone do your part to stop spreading this deadly virus; it is a critical health matter. Actually, as tired as we may be from this Coronavirus lockdown, if we take the necessary steps together, we may 'flatten the curve' and reduce the number of fellow Americans who die. Vaccines are on the way!

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 resident 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 volunteer 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.

In case any residents are in need of our servicers, please call 495-0878 which is monitored by one of our volunteers who gives the information to another volunteer.

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

TENNIS COMMITTEE... (continued from page 7)

to keep hydrated during play as the water fountains are shut off.

3) Wear your mask at the rec/tennis area at all times when not playing.

4) Maintain social distance and use racket taps rather than handshakes.

5) Use provided hand sanitizer when entering and leaving the court.

6) Avoid touching your face and sneeze or cough into an upper sleeve or tissue.

7) Have fun, get great exercise, and play tennis safely.

**PLEASE
PATRONIZE
OUR ADVERTISERS**

SERVICE ANIMALS

Since our Pet population is growing, it is helpful to understand the difference between SERVICE ANIMALS vs SUPPORT/COMFORT ANIMALS.

Under the American Disabilities Act (ADA) and Florida Law, if your dog is a Service Animal (AN ANIMAL THAT HAS BEEN TRAINED TO PROVIDE CERTAIN TASKS FOR SOMEONE WITH A Mental, Physical, Sensory, Psychiatric and Intellectual Disability, such as assisting people who are blind, deaf, pulling a wheelchair or alerting to an impending seizure among other duties – then a CONDO MUST ALLOW THE DOG TO REMAIN WITH YOU. A SERVICE ANIMAL MUST HAVE RECEIVED SPECIALIZED TRAINING TO RESPOND TO YOUR PARTICULAR DISABILITY. SERVICE ANIMALS are allowed in places open to the Public, according to the AMERICANS WITH DISABILITIES ACT. THEY MUST HAVE A HARNESS OR LEASH.

SUPPORT/COMFORT ANIMALS are prescribed by Mental Health Professionals to provide therapeutic support and security for people with PSYCHOLOGICAL LIMITATIONS. Therapy animals offer affection and comfort, typically in facilities such as HOSPITALS & RETIREMENT HOMES.

****People with Emotional-Support animals *don't* have the same public-access rights as those with Service Dogs.**

****THESE RULES VARY FROM STATE TO STATE.**

This information has been approved by Dr. Steve, DVM

(All About Town Pet House Calls- Lantana)

HE SAID SHE SAID... (continued from page 9)

HS - I took her to Camelot Inn, Nassau County. I still send her flowers on that date every year.

SS - My first impression was hmm not bad. He was caring and easy to talk to. We dated for 2 ½ years.

HS - Sara assumed we were getting married.

SS - We were married at Arele's Night Club in Queens. Now called Sinai Chapel funeral parlor.

HS - We honeymooned in Puerto Rico, El San Juan hotel, for 1 week. I played blackjack for a dollar a hand.

SS - It was the first time either one of us flew on a plane.

SS - Our first apartment was furnished, \$140.00 a month, everything included.

HS - When Sara got pregnant, we moved to Holbrook, Long Island, where we had a house built.

Then up state for 9 years, then back to Long Island where we live now.

SS - We came to Florida to visit Marks mother who lived in Kings Point, and his brother who lived in Boca.

HS - We visited friends in Palm Greens and we loved the community.

SS - The first person we met said "you will love it here. Nice people very laid back.

HS - I always thought we would live in Florida as snow birds.

SS - First we were snowflakes and when Mark retired, we became snow birds for 6 months.

SS - We love it here. What's not to love? If you play mahjonn, canasta and golf, your social life is set.

HS - We love to travel. We've been to Israel, Europe, The Caribbean and Aruba.

HELP WANTED

The Unit Owners Association of Palm Greens is looking for an assistant advertising manager. You will be working with our advertising manager, Rhoda Misikoff, helping her solicit ads for The Pulse and managing the advertising contracts we receive from our advertisers.

You will be working with a variety of retailers, medical people and a host of others. If you are looking to make a major contribution to our community, we invite you to give us call, set up a meeting and let Rhoda tell you what this job is all about. Being a full-time resident is a big plus. The phone number is 347-645-7671.

THE HEALTH ROOM... *(continued from page 10)*

that make you curious and that challenge your brain. You can start with puzzles (crosswords and Sudoku) and then move to even more challenging things (like learning a new language or reading about a science topic). Once something becomes routine and the sense of discovery wears off, you should move to something new.

EXERCISE TO FEEL GREAT AND LIVE LONGER - Exercise doesn't only help keep the weight off and build muscle—it can also help you feel great and live longer. Your body is built to be active. Be sure that it gets moving every day. Going for walks, joining group exercise classes and other activities can keep you healthy, energized and even help you sleep better. Give your body what it wants: exercise!!

EMBRACE AGING - Your attitude toward aging could help you live longer. Researchers studied over 600 people and found that people with a positive attitude toward aging lived up to 7.5 years longer than the negative agers. What did these people find good about aging? Control of time, relaxation, wisdom, spiritual growth and more. What do you find good about aging? Answering that question could help you live a longer and healthier life.

EAT FRUITS AND VEGETABLES - It's simple: the more fruits and vegetables you eat, the healthier you are. Focus on that for your eating plans: more fruits and vegetables.

Study after study shows the cholesterol-reducing, cancer-fighting benefits of eating plants. Add two servings of fruits and vegetables to your day (add an apple and double your portions at dinner).

UNDERSTAND YOUR HEALTH - Be sure to fully understand how and when to take your medications (and with what). Also, be sure you know when your appointments are, what tests need to be done and more. When in doubt, always ask questions. Keep a calendar with everything written down. It is also a good idea to bring a family member or friend to your appointments to help you listen, understand and ask questions.

MAINTAIN YOUR ENERGY - The more you do, the longer you will live—that is the finding of researchers who examined the energy expenditure of over 300 70-year-olds. They found that the people who expended the most energy during their daily activities were 32% less likely to die over a 6-year period.

Bottom line: Be sure that you keep busy and active; you'll feel better and just might live longer. AND...stay in touch with your doctors...it couldn't hurt!

PALM GREENS WOMEN'S INTER-CONDO LEAGUE TEAM PLACES FIRST

The banner is finally mounted. The trophies are finally awarded and our Level 5 Blue women's team is shown here with their well-deserved prizes. The tournament, began in January 2020 ended in March. But there were no playoffs due to the Coronavirus. Hats off to Lynn Jacobson and Susan Wasserstein for getting their team into first place...a big plus for Palm Greens.



HERE'S A *POTPOURRI* OF ODDS AND ENDS THAT YOU SHOULD BE AWARE OF

The Unit Owners Association of Palm Greens is looking for an assistant advertising manager. You will be working with our advertising manager, Rhoda Misikoff, helping her solicit ads for The Pulse and manage the advertising contracts we receive from our advertisers.

You will be working with a variety of retailers, medical people and a host of others. If you are looking to make a major contribution to our community, we invite you to give us call, set up a meeting and let Rhoda tell you what this job is all about. Being a full-time resident is a big plus. The phone number is 347-645-7671.

Did you know that you can actually stop a screen you are reading on Channel 63 by pressing the "PAUSE" button on your remote?

Even though we are not getting out as much these days, here are some **SAFETY TIPS FOR DRIVING AT NIGHT**

Aim Your Headlights - It's worth the effort to aim them correctly. If you do it yourself, use the instructions in your owner's manual. And be patient. It may take a few tries before you have them pointed perfectly. Just make sure those newly aimed lights are not blinding oncoming traffic.

Wear the Right Glasses - Have you seen ads proclaiming that yellow-tint sunglasses will help you see better at night? Don't believe them. The thought behind these glasses is that they might enhance contrast, helping you to distinguish objects in the dark. In reality, they actually cut down on the amount of light you can see. The smart choice is to use prescription glasses that have an anti-reflective coating, which keeps light from bouncing around inside your lenses. And as a bonus, these glasses have been shown to allow more light in.

Wipe Your Windshield with Newspaper - Windshields that appear clean during the day may reveal streaks that can cause glare at night. A detailer's trick is to polish glass with newspaper to remove residue. Try not to touch the inside surfaces of your windshield, side windows, or mirrors with your hands. The oil from your skin will smear, and light will glare when it shines through any place where you touched the glass. Instead, keep a cotton or microfiber cloth in

your door pocket.

Here are The Best Kitchen Hacks That Everyone Needs to Know

1. No-Mess Measuring: Getting thick or sticky ingredients out of the measuring cup is one of the more pesky kitchen tasks — not to mention cleaning up the mess afterward. Here's how to handle it: when measuring items like mayo, tomato paste or nut butters, I line the measuring cup with a bit of plastic wrap. It gets every bit out neatly and the cup can go right back in the drawer. For liquids such as honey, molasses and corn syrup, I lightly grease the inside of the measuring cup with a non-stick cooking spray. The liquid pours right out and makes clean-up so much easier.

2. Damp Hands: Slightly dampened hands make a big difference when working with all manner of sticky foods. Just run your palms under a bit of water, and you'll see that nothing sticks to them! Try this when forming meatballs, rolling out a "log" of raw cookie dough, or shaping a meatloaf!

3. Retrieving a Rogue Eggshell: There are lots of tips for removing a bit of shell from a dish of raw eggs. But the easiest by far is this: wet your (clean) finger and place it in the bowl — it literally acts as a "magnet", attracting the shell right to your finger.

And finally, even if it seems like you are never going away again, here is a list of what to do **BEFORE YOU GO AWAY ON VACATION**

Take photographs. Use your cell phone or digital camera to take photos of your passport, the label on all prescription medicine bottles and anything else that you think you might need. Beats carrying around (or losing) lots of paper.

Photocopy your passport. Even if you have a digital copy of your passport it's worth it to have a paper copy with you as well. That way if you need to leave your passport for some reason you can leave the copy instead of the original.

Put the phone number of your airline in your cell phone speed dial.

Tell your credit card company you are going to be using the card away from home, so they won't assume the card was stolen and refuse the charge.

Hold all your mail and newspapers — unless you want everybody (including burglars) to know you are not home.

Consider having someone keep an eye on your house when you are gone.



COMPUTER DOCTOR

**REPAIRS, Wi-Fi and PRINTER PROBLEMS,
VIRUSES. SET-UP YOUR NEW EQUIPMENT.
IS YOUR COMPUTER RUNNING SLOW?**

WE CLEAN IT UP TO SPEED IT UP!

LOW RATES FOR PG RESIDENTS \$30

also TV, DVD, iPHONE, iPAD, Alexa **Call LARRY 561-445-1139**

ComputerDoctor.FL@gmail.com

FOOT & ANKLE SPECIALIST OF DELRAY

Dr. Richard J. Egerman



**Podiatrists
Foot Specialist**

**13489 Military Trail
Delray Beach, FL 33484**

(561) 495-9700

Medicare Assignment Accepted

Office Hours by Appointment

**Keeping Your Feet
Healthy is Our Goal!**

HANDYMAN HOME IMPROVEMENTS REMODELING & REPAIRS

**.KITCHEN & BATH REMODELING.
.MOLD REMOVAL & REPAIR.
.CARPENTRY.
.DRYWALL.
.PLUMBING.
.ELECTRICAL.
.DOORS.
.TILE.
.PAINTING.**



*** 754-234-8552 ***

PROVIDING QUALITY & HONESTY

**PALM GREENS RESIDENT.
VETERAN OWNED.**

FOUR TIPS TO FOLLOW AS A RESIDENT OR GUEST AT PALM GREENS

You've heard it before and, for the most part, you follow through like a responsible Palm Greener. But, it doesn't hurt to review the following tips to make your life and the lives of your fellow residents a more comfortable one.

1. Please make sure that you have your master key. Replacing a lost key will cost you \$100. So don't lose it!

2. Please do business with our advertisers. This is important for two reasons. First, they can use your business, and second it helps them justify advertising in The Pulse

3. Makes sure you carry your Palm Greens ID card At all times.

Sometime in your life, some one will ask you for your Palm Greens ID. Don't be the one who says, "Huh?"

4. Check out our tennis courts. They are the best Har-Tru, the lines are easy to see and your game will definitely pick up While you're at it. Stop over to the shuffleboard area. Ten courts, no waiting, and usually someone around to help you with your game if you are a newbie.

Dr. Melissa Bowers

GENERAL DENTIST

-General & Cosmetic Dentistry
-Crowns -Partials & Dentures
-Nitrous -Botox & Fillers

9851 S Military Trail Ste I
Boynton Beach, FL
33436(561) 736-0008



Our goal is to make your visit as comfortable as possible by greeting you with a smile, listening to your concerns, and providing options for the personalized treatment you deserve.



Dr. Melissa Bowers

THE BEST WAY TO SELL YOUR HOME FAST IN 2021

I AM VERY PROUD TO NOW OFFER MY EXCLUSIVE "SILVER" LISTING CONCIERGE MARKETING PACKAGE TO PALM GREENS

- Professional Photography - 35 professional photos so it looks its very best
- Single Property Website - Professional website viewable on all devices
- Just Listed eFlyer - eBlasted to all my personal and professional contacts
- Property Tour - Professionally produced photo slideshow with narration
- Print Advertising - Eye catching ad in our statewide *VIEW* magazine
- TV + Online Promotion - on Coldwell Banker's local TV shows & YouTube
- Property Brochures - Professionally printed to showcase your home
- Area REALTOR® Notification - agents from all local companies notified
- *SILVER* Announcement- stunning trifold mailed out (like a wedding invite)
- Targeted Advertising - Geographically targeted to buyers and social media
- Online Property Syndication-displayed on most visited R.E sights in world
- Seller Update - Graphic report charting online viewing hits with source



LINDA KAGAN - REALTOR®, SRES, CNS, ABR, PSA
CELL: (561)914-0541 or HOME: (561)734-3031
EMAIL: linda.kagan@cbrealty.com
www.lindakagan.cbintouch.com



**COLDWELL
BANKER**

VISIT MY WEBSITE AND CLICK THE PALM GREENS TAB FOR MARKET
WATCH REPORTS OF CURRENT ACTIVE, PENDING AND SOLD PROPERTIES

911 CALLS

Give your Court number/letter in addition to your address. Valuable response time will be saved with this information.

Did you know that you can actually stop a screen you are reading on Channel 63 by pressing the "PAUSE" button on your remote?



L & M HOUSE SITTING

- * 9 years experience in Palm Greens
- * Dependable visits EVERY week
- * Immediate contact if any problems
- * 1 FREE month when refer new client
- * Clorox in toilets then sealed
- * Drawers & doors opened for air flow
- * Meet service providers-1st hour free
- * FREE bug spraying(owner supplies)
- * Unlimited openings & closings
- * Source for other needed vendors
- * Honest, reliable and trustworthy
- * Retired Army and Law enforcement
- * References available upon request

MANUEL NARVAEZ

NY CELL #: (516) 384-6569

HOME #: (561) 734-3031

EMAIL: armyguy43@gmail.com



RN Homecare Services

Holding Your Hand, Every Step of the Way.

Home Care Services

Providing Home Health Aides
Companions • RN's • Live In's • Hourly
All caregivers are screened,
insured & bonded

Geriatric Care Management

Medication Management
Development of personal health record
Physician referral and coordination
Physician and hospital visits • Crisis care



Risa Pollack Maisner, RN, BSN.

Call us for a complimentary RN evaluation

Risa Maisner RN, BSN

Robin Levine RN, BSN, MA

*Locally Owned & Operated Serving
Palm Beach County*



Robin Levine, RN, BSN, MA

"We accept most credit cards and bill most Long Term Insurance companies directly on your behalf"

23123 State Road 7, Suite 240
Boca Raton, FL 33428
License #30211509

Phone 561.771.0050 • Fax 561.300.2377
www.RNHomeCareServices.com

Experience...*Professionalism*



**Millicent Bergeron-Larsen,
Licensed Real Estate Broker**

100+ “and counting” Units SOLD

Work Directly With A Broker

- No Administration Fees • No Cancellation Fees
- No Transaction Fees

Millie Larsen

561.289.0900

Oui, je parle français

millielarsen@att.net

Pride

AIR CONDITIONING

SINCE 1974

**NEW PRODUCT
KILLS CORONAVIRUS!**

**Kills
99.4% of
COVID-19
virus!**

INTRODUCING THE iWave AIR PURIFIER

**BREATHE CLEANER,
FRESHER AIR**

iWave

**NO BULBS!
NO MAINTENANCE!
SUPER IONS!**

Have you noticed odors from pets,
cooking or your A/C system?
iWave reduces odors, smoke, static
electricity and dust in the air.

Are members of your family more susceptible
to allergies or viruses in your home?

iWave reduces allergens and
kills mold, bacteria and viruses.

iWave safely treats the air, producing
no ozone or harmful byproducts.

SPECIAL BONUS OFFER!

**\$200
OFF**

iWave



iWave Air Purifier
Reg. \$999 **NOW \$799**

Call 866-242-1226 for more info or visit www.prideac.com