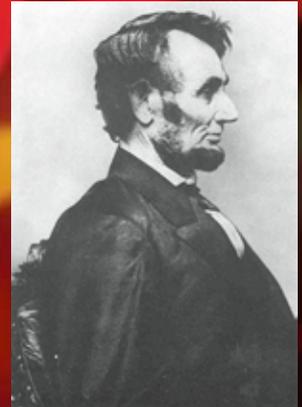


PALM GREENS PULSE

FEBRUARY 2026

DELRAY BEACH, FLORIDA

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Palm Greens Pulse

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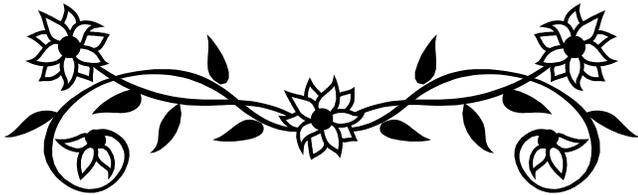
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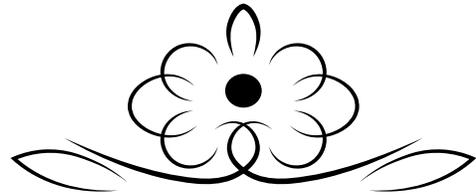
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ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



We want to take the time to wish all of our Palm Greeners and Delray Trails family a belated Happy, Healthy 2026. Since February means that love is in the air...sending love to all as well.

This Alliance report will be a bit different as we had our big Palm Beach County Expo on 1/7 at the South County Civic Center! It was a fun and educational day with all the important organizations in attendance to meet and greet. There were snacks, popcorn and coffee/tea for all! Lots of clever giveaways.

PBC Public Safety Department attended and shared important phone numbers for us to keep on hand. They are 9-1-1 and 2-1-1.

9-1-1. This is for emergencies only!

- When you call, speak loudly and clearly. Give your name, address, phone number and where help is needed.

- Listen carefully to what the dispatcher tells you.
- Remain calm and don't panic.
- Do Not hang up until the dispatcher tells you it is okay.

CALL IF YOU CAN, TEXT IF YOU CAN'T!

When you should TEXT 911

- Domestic Violence Situations
- Home Invasion
- Abductions
- If you are unable to speak or hear due to disability or injury.
- If a voice call to 911 puts you in a dangerous situation.

- Bad or limited voice call coverage.

9-1-1 NEEDS YOUR HELP

- Display your address on your home, not just a mailbox.
- Use reflective materials.
- Check your Address with your phone company to be certain they have the correct address on file.
- Report missing street signs.
- Know your location.

2-1-1 CAREGIVER PROJECT HELPLINE.

(continued on page 16)

RECREATION ASSOCIATION

by Recreation Board of Directors

Friends, Neighbors, and Residents, we hope that 2026 will restore the peace and unity throughout the Palm Greens community. We also hope that we will be in our new clubhouse by the time you're reading this. Our community has waited many years for this milestone, including our neighbors in Delray Trails, and we are hopeful that the new year and the new clubhouse will mark a fresh beginning for everyone. We plan to solicit volunteers for various committees once we get into the new clubhouse so that all residents can have an opportunity to expand the offerings, activities and communications from the Recreation Association, which will be comprised of approximately 1,800-unit owners!

Once we get into the new clubhouse, the existing clubhouse and pool will be scheduled for demolition so that the final phase of construction can begin. This phase will include maintenance garages for all four associations—the Recreation Association, Condo 1, Condo 2, and Delray Trails—as well as new pickleball courts and four additional tennis courts.

We are estimating that by Summer 2026 turnover will occur, which means that the Palm Greens Recreation Association will become the sole owner of all land and buildings within the recreation campus, including the new clubhouse. At that time, the Recreation Board of Directors—comprised of nine elected board members (3 from Condo 1, Condo 2 and Delray Trails) who will be fully responsible for managing our facilities and guiding the future of our community.

We are excited and optimistic about what lies ahead. No matter what challenges we face, we remain steadfast in our commitment to defend the interests, safety, and long-term well-being of all of our residents.

Let us remain hopeful, united, and focused on a positive future for Palm Greens.

-Recreation Board of Directors.

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

FROM THE MANAGING EDITOR

by Mel Clapman

February is here...YAYY! Getting warmer, staying lighter later, and the opening of our new clubhouse looms closer and closer. Who knows, by this time, it could be up and running.

The Intercondo Tennis Leagues have started, with five men's teams and four women's teams taking part. We wish them good luck as they battle their way through the season.

Over the past months we have seen a variety of events and activities here, the last two being the Palm Greens Cup Tournament and the Motown evening. Both venues are covered in the centerfold, complete with photos.

I'll conclude by saying "thank you" to the residents who take on the responsibility of putting these events together. They don't "just" happen and we appreciate the time, effort and stress they go through to make them enjoyable and successful.



THE FOUR SEASONS CLUB

by Eleanor Horowitz

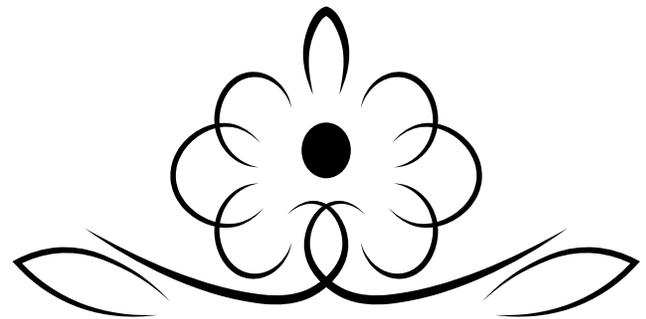
The glorious Florida winter season is here and we are all beginning to enjoy the warm and sunny weather. We had hoped to be in our new clubhouse by now but this may only be in the near future.

We were delighted to have our MOTOWN party in January. We ran that event in conjunction with The Women's Club and this was a sell-out event. It shows how working together we can accomplish so much!!! Thanks to all who participated in the planning for this great party.

Friday February 20th will bring back the amazing **Suzie Cruz** and her American Bandstand review. This also tends to be a sellout to see this great entertainer. Watch for the flyers in the clubhouse lobby and for notices in your e-mails. Who knows- we might even be having this in the new clubhouse.

There is still time to get your dues in for 2026. That gives you a discounted rate at all of our events. \$20 per person and your check made out to FOUR SEASONS CLUB. Deposit it in the clubhouse and address it to Four Seasons Club Membership.

Again, we thank everyone for attending our events and hope to see you throughout this season.



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TENNIS COMMITTEE

by Mark Melnick

Our tennis league season is well underway. Players should visit the league website for info on all of our teams: www.pbceniortennis.tenniscoures.com



Our second annual PG Cup was held in January with 64 players from 8 countries vying for the title. Team Great Britain was victorious.

While we like to think we are invincible on the courts, the fact is that sometimes injuries or emergencies occur on the courts and we should be aware of the best way to handle each.

There are first aid kits between courts 3 & 4, under the awning on court 7, and in the tennis office. In addition, all team captains have first aid kits in their tennis bags. Captains have ice packs and they are also available in the tennis office. Note that there are coolers full of ice courtside during tennis league matches. Carry a quart size ziplock bag with you and you will always have your own ice pack. Simply fill the bag with ice from the coolers and poof, an ice pack.

Note that we have an AED mounted under the awning adjacent to court 7. For those not familiar with the use of the AED we are going to schedule a training session. The date and times will be posted.

Some of the most common injuries that occur on the courts are listed below.

Muscle cramps: Stop playing, try to walk it off, stretch and massage the area. A sip of pickle juice is often effective. This is actually due something called the “neural reflex theory” The intense sour and salty taste causes a reflex that signals the nervous system to stop the muscle spasm.

Cuts and scrapes: Most of us have fallen on the courts at some time. Clean the Har-tru off of the area, apply pressure to stop any bleeding (especially if you are on blood thinners). Apply some antibiotic cream and a bandaid or bandage. If you have fallen and you suspect a bone injury, see a doctor to get evaluated. Broken wrists, fingers, and arms can occur.

Dehydration: Please drink lots of fluids before, during, and after your play. Water or any of the electrolyte replacement drinks are an effective way to prevent hydration. If a player becomes dehydrated

(continued on page 18)



WOMEN'S CLUB

by Steffi Carmel
and
Roberta Minerva



Happy Valentines Day, and sweet days ahead.

Our Chrismakkah party resulted in a great time for all attendees. Thank you to all those who helped, and Kudos to Sandy Greenberg working to make the decor outstanding.

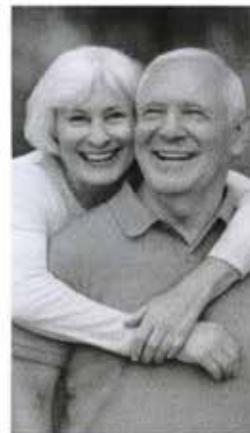
Motown was such hit and turned out to be a record sell-out event. Once again, thank you to all that helped to make this such a success.

By now we are transitioning to the new clubhouse. Here's to the camaraderie with both communities banding together.

Please look at the e-blasts for upcoming events. The calendar may change so check it online at palmgreens.org so you won't miss out.

We also would like to thank all who supported the Women's club this year. Joining has made it possible to help these activities happen.

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POWER OF SMALL CHOICES

by Terryl Jones



The British cycling team went from 100 years of abysmal results to competitive domination in five years by hiring Sir Dave Brailsford. Before Brailsford, the British team was so bad that top bike manufacturers refused to sell them bikes due to fear that it would affect their sales. Brailsford was committed to “the aggregation of marginal gains.” The philosophy is to search for a tiny (1%) margin of improvement in everything. The math is interesting: if you can get 1 percent better every day for a year, you’ll end up thirty-seven times better at the end of the year. Each choice is compounded over time.

Age-related deterioration is a gradual process that starts in our mid-40s and picks up speed in our 60s. These changes start subtly, and then begin to compound: ultimately affecting our joints, metabolism, brain function, and physical capabilities.

Fortunately or unfortunately, genetics account for only a small part of aging; environmental and lifestyle factors are far more influential. We have the power of choice. Over the years, one day at a time, one choice at a time, we affect our aging. A step forward, two steps backwards cumulatively moved us backwards. We can also take one step back and two steps forward. (That’s not Cha Cha, it’s Salsa, one of my favorite dances, and a great form of exercise. Some of you know that I owned a big dance club in LA, and have been teaching dance for 45 years, so I speak from experience.)

How can you use marginal gains to improve your current health and fitness? As I’ve told my students for years, the Grand Canyon was carved one grain of sand at a time. Think small: find a grain of sand per day and commit. Brailsford looked at everything, not just the obvious bike and fitness improvements. They studied pillows and mattresses to improve sleep, they had surgeons teach the riders proper handwashing to avoid catching colds, and they painted the inside of the team truck white to help them spot dust that could affect the bikes. What habits do you have that could use a 1% improvement? Is it standing once an hour? Could you spend a few extra minutes practicing your

(continued on page 18)

HERE’S TO YOUR MENTAL HEALTH

by Pam Carbone, PhD



I wanted to write my article this month on explaining what therapy is and what to look for in seeking out therapy and other mental health services. But first, kudos to you if you decide to seek out treatment for yourself. Unfortunately, there remains a stigma associated with admitting to having mental health problems or needing to seek out treatment and this is something I plan to address in a subsequent article.

So exactly what is therapy and how is it supposed to help? Therapy is more than just talking about your problems. A clinician should not tell you “what to do,” or passively allow you to just “vent or complain” about your problems but, rather, help you figure out your goals and solutions. Therapy builds skills, provides insight and offers support, it is actually a partnership between you and your clinician. Therapy can help treat most mental health issues, and it is not necessary to be diagnosed with a mental illness to be in therapy. Therapy is most beneficial when you are open and honest in sessions, follow your treatment plan, do any homework or interventions suggested between sessions and do not expect instant results.

It is important to find a qualified mental health professional who specializes in or at least has experience in the areas you are dealing with. Just like if you have chest pains you should seek out a cardiologist (heart specialist) and not a dermatologist (skin specialist), the same is true with mental health professionals. My bias is also to always seek out a licensed professional. Simple point, someone licensed, holds their degree from an accredited program, has completed thousands of hours of clinical supervision, passed both national and state exams and remains accountable to strict ethical and professional codes and guidelines. Also, a licensed clinician must continue to renew their licenses every two years which includes taking a certain number of hours of accredited training, so they remain knowledgeable in their field. Do not be afraid to ask questions about your clinician’s background and what techniques they use in their therapy. While you may not be familiar with the techniques or methods used in therapy

(continued on page 19)

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.

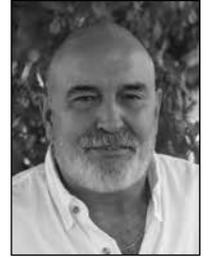
All items must be brought to the Rec Office as we cannot pick them up.

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.

CAR CARE

by Jorge Goyanes



You've read here where I act as a go-between buyers of vehicles so they do not have to go thru the shenanigans that dealers put people through, after all who wants to spend a day hassling with them over costs and usurious charges.

A customer who was a regular at my shop before I retired called because they had gone to a Toyota dealer in West Palm and she wanted me to look over the estimate they had given her on a new car purchase.

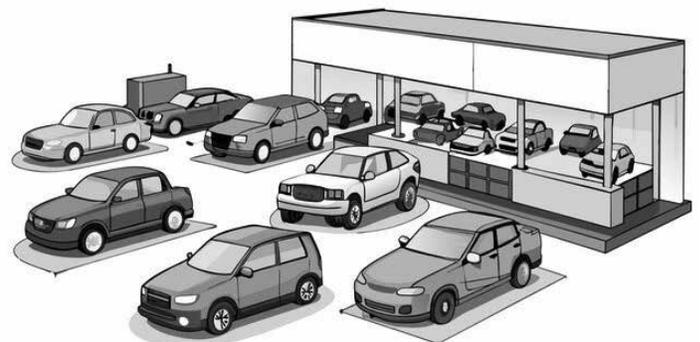
They had outrageous add-ons to the bill such as \$999.95 for document fees, \$679.20 for Registration fee, \$77.25 Title fee, and they would not budge on prices.

So, she hired me to do car hunting. I called three different dealers to tell them exactly what we would pay for, no add-ons and I wanted an itemized estimate to look over.

It helped that my client had an excellent credit rating, a great trade-in valued at \$17,000 and she was paying for the balance with a check. Easy-peasy. I told the salesperson it was a slam dunk and I would give them ONE chance to give me the best deal.

I took the best deal, saved her about \$1200 dollars, contacted the salesman to call my customer and the deal was done same day, they went in with the estimate, nothing was added on and my customer spent a total of three hours at the dealer start to finish.

I normally charge \$300 for this service but since she was a longtime customer at my shop and called me 6 years after I sold my shop, I only charged her \$200. No muss, no fuss, easy-peasy.



NOBODY ASKED ME BUT...

by Mel Clapman

...I'm on a seafood diet — I see food, and I forget my diet.

...Some days I amaze myself. Other days, I look for my phone while I'm holding it.

...I like long walks... especially when they're taken by people who annoy me.

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LIBRARY NEWS

We have had a great response for volunteers to help out in the library to sort, classify and box books. Special thanks to Cher, Harry Z, Judy K, Kathryn E, Anny L, Mimi K, Ghislaine L, and Estelle S, coordinator. We would also like to thank all those who have given their names to volunteer for this project. Rest assured, we will be needing help to organize the new clubhouse. We have kept your names on file.

PLEASE NOTE: ONLY BOOKS PUBLISHED AFTER 2015 SHOULD BE DONATED AT THE NEW CLUB HOUSE.



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MOVIE REVIEW

by Al Musaffi, Guest Reviewer

My wife and I, along with friends anxiously attended the first day's release of "Song Sung Blue." The film is based on the lives of Mike and Claire Sardina, a married couple from Milwaukee who found regional success in the '80s and '90s as a popular Neil Diamond tribute band called Lightning and Thunder. Hugh Jackman and Kate Hudson are excellent in their respective roles and do their own singing. It's a bittersweet, feel-good movie that you should find enjoyable, especially if you're a fan of Neil Diamond and his music.

I was surprised and disappointed, as were my friends, that the film was not nominated by the Golden Globes for Best Picture: Musical or Comedy, among the six it did recommend. However, Kate Hudson did get nominated for her performance in the film. In either case, it's definitely a good watch!



POINTS OF INTEREST FOR PALM GREENERS AND DELRAY TRAILERS

by Mel Clapman

THE SILVERBALL RETRO ARCADE

If you lived down here for a while and haven't been to The Silverball Retro Arcade, you are in for a treat!

Located at 19 E. Third Avenue in the heart of Delray Beach, 561-266-3294, The SilverBall Retro Arcade is FUN for the whole family! It's a virtual time machine, loaded with classic pinball and retro arcade games that you most likely remember from your youth, delicious food and drinks at three full bars plus a full-service restaurant, and so much more. What you get are over 150 vintage and modern pinball, video and arcade games. Just think...you can challenge your friends (or yourself) with a high-score battle on iconic games like Pac-Man, Donkey Kong and Skee-Ball. Or, dive into a mind-boggling world of Pinball with a vast collection of classic machines

This place is so unique, it has a variety of admissions, such as: **Free-a no play pass, \$15-for one hour, \$25 for all-day re-entry plus a plain cheese pizza, \$20 for ½ day, \$10 after 10pm, and free for kids under four with an adult-paid admission.**

And if that's not enough, Happy Hour at the bar is all day long, at half-price, with a \$7 dollar food menu!

All I can tell you is once you're there, you'll find it hard to leave. Enjoy!



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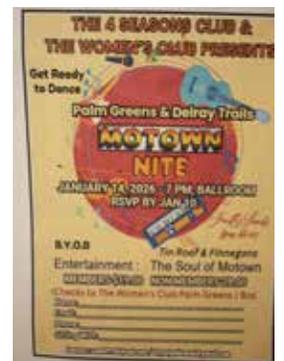
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The event was called “The Palm Greens Cup” and took place on January 10 and 11. Sixty-four players representing eight countries, forming eight teams, took to the courts. The teams were broken down into Men’s Doubles, Women’s Doubles and Mixed Doubles. At the conclusion, the winner was Great Britain.



And what do you do to follow a great tennis event? “MOTOWN NIGHT”! The Four Seasons Club joined forces with The Women’s Club to sponsor this venue for our Palm Greens and Delray Trails residents. With finger-snapping entertainment by The Soul of Motown, the dance floor was wall-to-wall and the variety of snacks to “nosh” on made the evening an all out winner!



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ALLIANCE OF DELRAY.. (continued from page 3)

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2-1-1 or 9-8-8 is Mental Health Crisis or information about...

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- Aid to Victims of Domestic Abuse 561-25-2900
- Victim Services/Rape/Violent Crimes 561-833-7273
- Long Term Care Ombudsman 888-831-0404
- Adult Day Care 2-1-1
- Alzheimer's Association 24hr helpline 800-272-3900

Bereavement/Grief/Loss

- Alpert Jewish Services/support groups 561-684-1991
- Trustbridge-Hospice/family support 888-848-5200
- VITAS Innovative Hospice Care 800-938-4827

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- Consumer Affairs Division of PBC 561-712-6600

Crime/Fraud-Don't Become a Victim!

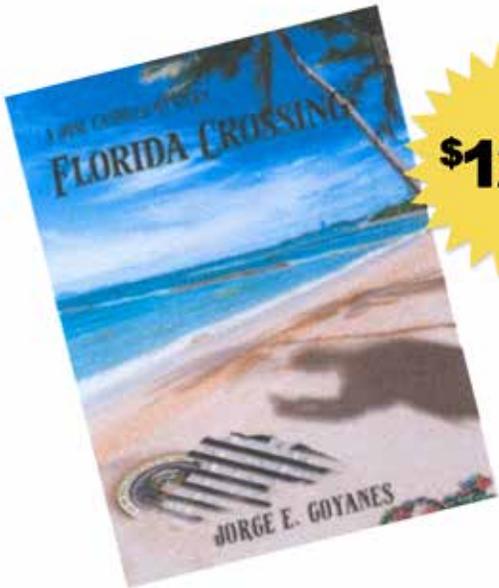
- Consumer Hotline/Insurance Fraud 800-378-0445
- Economic/Crimes Against Elderly 561-355-7278
- Crisis-Mental Health-Mobile Response Team to talk and provide guidance 2-1-1

Disability Services

- AAA-Aging & Disability Resource Center 866-684-5885

DISABILITY PARKING PERMITS 561-355-2264

(continued on page 17)



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

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ALLIANCE OF DELRAY.. (continued from page 16)**DRUG AND ALCOHOL-USE TREATMENT 2-1-1**

This is just a part of the many services available to us. If you do not see the service for you, dial 2-1-1 and they will help and direct you to the proper dept.

OTHER TOPICS ARE:

Foreclosure/Election/Rent-Hikes
 Guardianship
 Health Concerns
 Home Delivered Meals/Healthcare
 Insurance
 Legal Services
 Mental Health Counseling
 Prescription Assistance
 Seniors/Crisis-Elder Crisis Outreach
 Service Dogs-Canine Companions
 Transportation
 Veterans/Crisis Hotline

Questions?

Call 2-1-1 for help other than police/medical emergencies!!!

Last but not least...

FREE CLASSES IN TAI JI QUAN: Moving for Better Balance.

South County Civic Center, Monday-Friday,
 8:30am-9:30am.

Tuesday & Thursday, 10am-11am

16700 Jog Rd Delray Beach (across from Morikami)

The next meeting of the Alliance of Delray will be on Wednesday, February 4, 2025, 9:30AM.

Our program will be Delray Beach Development Projects & Long-Range Growth Plans.

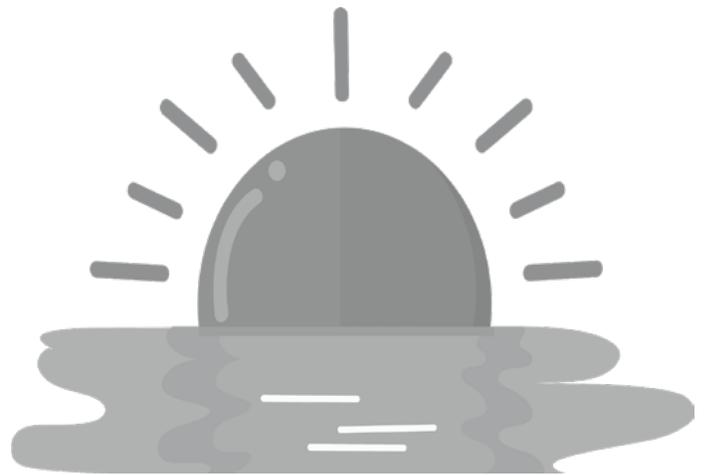
We live in the most exciting city on Florida's east coast! Find out what's new what to expect, and how to get around easier with so many visitors wanting to experience the Delray Lifestyle! Speakers will be:

Anthea Gianniotis, Delray Beach Development Service Director.

Laura Simon, Executive Director, Delray Beach Downtown Development Authority,

with an introduction by Delray Beach City Commissioner, Juli Casale.

The meeting will be held in the South County Civic Center, 16700 Jog Rd, across from Morikami Gardens. Doors open at 9AM when refreshments are served. The meeting starts at 9:30AM and always concludes by 11AM. All are invited to attend. See you there!



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TENNIS COMMITTEE.. (continued from page 5)

or overheated, he or she may appear disoriented or display unusual behavior. Have them sit in the shade and drink fluids, place a wet towel on their neck or forehead. Discontinue play if they aren't better immediately and let them rest. Seek medical attention if they don't recover quickly.

Muscle pull or tears: R*I*C*E* - rest, ice, compression, elevation. Always seek medical attention for any concerns.

Note: for any major medical emergency - call 911 - Let them know you are at Palm Greens tennis courts, give them the address (5801 Via Delray) and try to send someone to the parking lot to flag down the ambulance when it arrives.

Please inform our pro or a member of the tennis committee of any medical emergencies that occur.

Remember that we are a senior community and are more prone to injuries so we need to take care of ourselves and each other. Be safe and have fun. See you on the courts.

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 PLEASE 
RECYCLE

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



POWER OF SMALL CHOICES..... (continued from page 6)

swing before your tennis game? Is it drinking a glass of water when you wake up? Is it eating one less cookie or one more serving of vegetables? Is it doing a couple of squats while you are waiting for your daily coffee to brew? The Big Secret is consistency, day after day, year after year.

We are two weeks past National Quitters Day, the unofficial holiday marking the end of people's New Year's resolutions. Most of them fail because they are too big, too sweeping. The better choice is to have a daily recommitment to marginal gains in each aspect of your life. How can you improve your sleep, your diet, your grooming, your water intake, your posture, and the amount of movement you have each day? Look at all aspects of your life; one thing leads to another. Improving sleep will make it easier to get moving the next day. Improve one thing by 1 percent. Everything makes a difference; you are either moving forward or backward, you are never stationary. Most importantly, it is NEVER too late, so choose wisely.

"Success is a few simple disciplines, practiced every day: while failure is simply a few errors in judgement, repeated every day." Jim Rohn

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