

# PALM GREENS PULSE

MARCH 2026

DELRAY BEACH, FLORIDA

***FINALLY!***



**Palm Greens Pulse**

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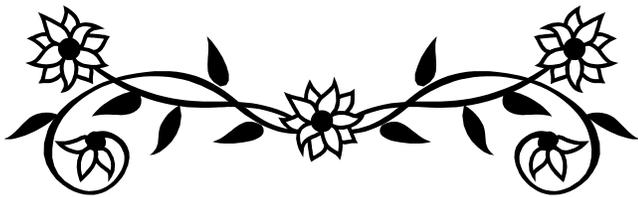
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Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.



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A BOOK BY JORGE E. GOYANES

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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 RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



March...in like a lion? Or lamb? We are ready for beautiful Florida weather. So much excitement with our brand-new clubhouse. A happy place to share with our Palm Greens and Delray Trails neighbors and friends! Hope to see you all there soon.

Dr Lori Vinikoor, our President of the Alliance, started the meeting at 9:30, and Arnie Katz introduced our guests for the day. We welcome Sierra Vista to our association. There will be no car wash on their residential road! A big win for them and our Alliance persistence! American Heritage School will be adding a light at the Flanders entrance to ease the traffic situation. Lori brought up the issue of a free-standing Emergency Dept connected to JFK that they want to build near the High Point Community. It is not a great plan as emergency patients would then have to go to JFK in Lantana or pay extra to be taken by ambulance to Delray hospital just 4 minutes away. We have a Class A trauma hospital in Delray so this facility does not make sense. Also, the sirens and lights would be going day and night, disturbing near by communities. Again, we have an excellent hospital just 4 minutes from this proposed site.

Captain Mike Morales of the Palm Beach Sheriffs' Office reported that crime is down from 2025 in all areas except assaults. Fraud down 6%, General theft down 21%, burglary down 24%, Residential theft down 21%, Auto theft down 40%, General burglaries down 40%. Great news!

Our next speaker was Chief Bill Stansbury of the Palm Beach Fire/Rescue. Despite the very cold weather there were no fires from space heaters. Station 45 at Linton and Jog had 713 calls this month. This is over 100 more calls than other stations. Another station is coming to Lake Worth and Lyons (Station 92). The Fire Rescue wants no more than a 6-minute response time to any community. The construction at Lyons Rd & Atlantic Ave is coming to conclusion.

Our main guest speaker was Anthea Gianniotis of Regional Planning Committee. She has been the Director since 2019. This Committee is responsible for

(continued on page 14)

## FROM THE MANAGING EDITOR

by Mel Clapman



Finally!! It's here!! Our new Clubhouse!!

And I'd like to believe that most, if not all, of our residents think highly of it.

The ambiance works and the design is what I think is in good taste. The swimming pools look good and I hear grumblings about certain features or lack thereof. I personally will miss the old pool. I'd like to think it was one-of-a-kind and definitely had it's own personality. For many years, our original round pool represented the heart of Palm Greens – an impressive 128,800 gallons. More than just a pool, it was a place where people gathered, made friendships, some lasting for decades. The pool's iconic shape symbolized the camaraderie of a community that had just begun to find and identify itself.

During the week-end of February 7, a series of activities took place, allowing our residents to get familiar with their new clubhouse.

The photos in the centerfold are samples of what took place.

Bottom line: I think it's all about time. Time to get into get acquainted with our new digs and appreciate the work it took to get us there.

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## THE FOUR SEASONS CLUB

by Eleanor Horowitz



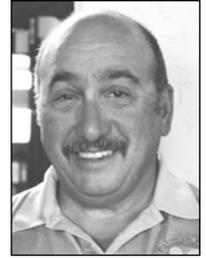
Time has passed but it finally happened. The new clubhouse has opened. Unfortunately, we are not able to hold in-house events during the month of February 2026. Some wonderful events had to be canceled or postponed but hopefully they will be rescheduled in the future for all of us to enjoy.

We are planning our fabulous March 15th Sunday Brunch with entertainment. This is truly an event we look forward to every year. Watch for notices on e-blasts and flyers or contact Ellen Euse for reservation information at 781-608-3323.

We look forward to upcoming events as we transition into the new clubhouse. Watch for updated information as we enjoy the clubhouse and new friends.

## TENNIS COMMITTEE

by Mark Melnick



Welcome to March. We had a chilly start to the winter season. Many of the days on the courts began with the weather below 50 degrees. Our hard-core players appeared on the courts in varying degrees of warm weather gear. Some of us wore sweats and jackets while some of the heartier players wore shorts and t-shirts. We even had to cancel play on a few mornings.

Since mid-February things have warmed up and the courts have been busy. Our rotation program has grown with lots of new players. We always welcome new players into our program. If you are interested in playing either stop down to the courts or email the tennis committee at [tncscenter@gmail.com](mailto:tncscenter@gmail.com)

The 9 teams that participate in the Palm Beach County Sr Tennis League have been busy since mid-December. League matches began in early January and will conclude this month. As of this writing, all of our teams are doing well and a few of them are in contention to win their divisions and/or qualify for a playoff spot.

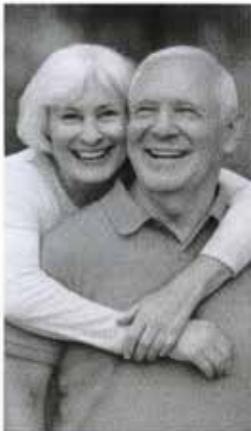
Sadly, our pro, Jim Boardman hasn't been working with us since mid-January due to illness. We wish him a speedy recovery. Our players certainly miss his clinics and lessons.

Now that the new clubhouse has opened, we are looking forward to the construction of 4 additional lit tennis courts as well as 4 pickleball courts. Once those are completed, the existing 9 courts are scheduled to be renovated. Hopefully that will happen during the summer so that our seasonal schedule is not disrupted. Along with the new courts, our wish list includes renovation of the existing tennis office building. It would be great to have renovated bathrooms to match the new clubhouse facilities, as well as an expanded tennis office with a pro shop. It doesn't hurt to dream.....

Stay tuned for more information regarding the continued saga of "as the balls spin". See you on the courts!!

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## DELRAY TRAILS

by Mark Melnick

**Finally**, our new shared clubhouse is open. The February grand opening was busy for 3 straight days. The building has been bustling with activity. The pool and pool deck have had lots of visitors but it doesn't seem overcrowded. There's lots of improvements that will probably take some time to be finalized. Any new 30,000 sq ft facility is likely to have some growing pains in its infancy.

Hopefully Vesta, the management company, will work out details of how the clubs can utilize the building as well as the rules for usage. We look forward to many future events in our new building.

We are very close to "turnover". When 90% of the Delray Trails residences have closed, Lennar will be turning over management of our HOA to the residents and the amenities will revert to ownership by the Rec Association. There will be a 90-day transition period. At that time we will have additional representatives to our HOA as well as 3 representatives to the Rec Board. This will give us a voice in how our community operates.

On to other items.... the walking trail was repaired. Unfortunately, only minimal repairs were approved by Lennar and repairs were charged to our HOA. Hopefully this can be recouped from Lennar at turnover.

The parking plan that is in effect has eliminated some of the parking woes, but we are in need of signage at the front gates as to the policy.

Let's be optimistic that the Chapter 11 reorganization doesn't lead to additional assessments and doesn't delay the demolition of the old clubhouse along with construction of the new tennis and pickleball courts.

Have a fun Spring season!!!

## POINTS OF INTEREST FOR PALM GREENERS AND DELRAY TRAILERS

by Mel Clapman

I'm sure that most of us would agree that Delray Beach is a vibrant coastal city known for its stunning beaches, thriving art scene and rich cultural heritage. Our area is also home to a variety parks and museums that offer enriching experiences for visitors of all ages. Here are some notable facilities in our area you might want to consider visiting.

- **Wakodahatchee Wetlands:** A great spot for birdwatching, with easy viewing of wood storks, great blue heron, tri-color heron, and more.

- **Delray Beach Downtown:** A friendly area with a variety of restaurants and a fantastic Farmer's Market every Saturday.

- **Delray Municipal Beach:** Beautiful, clean beach with parking on the street A1A, not free but not expensive.

- **Seagate Beach:** The Seagate Hotel and Beach Club are highly recommended for their stunning beauty and beach club experience.

- **Gulfstream Park:** Offers a busy beach experience, although it can get crowded.

- **Delray Public Beach:** A beautiful beach with clean water and parking available.

- **Atlantic Dunes Park:** Features a boardwalk and nature trails through lush pine trees, perfect for families.

- **Lake Ida Dog Park:** A dog park area with picnic and biking facilities, along with a gorgeous lake and public boat and jet ski access.

- **West Delray Regional Park:** Ideal for amateur radio enthusiasts, RC planes/cars, and archery.

These parks and museums provide a mix of natural beauty, cultural exploration, and recreational activities, making Delray Beach a delightful destination for visitors of all interests. Please be sure you call ahead for latest information, pricing and scheduling of events.

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## EARS, BRAINS, AND BALANCE

by Terryl Jones



Last month, many of us cheered on athletes during the Winter Olympics. We each had our favorites based on our favorite sports, the athlete's story, or awe at the mastery of their bodies. While each sport requires different skills, virtually all of them require exceptional balance. Having trained Olympic athletes, I've seen many protocols they use to improve their balance. You may not be planning on competing in a major competition, but you may be playing sports such as tennis, golf, or pickleball. Improved balance will definitely improve your game. By improving your stability, you increase your power and control, become more efficient, and reduce your risk of injury. Sports come with falls, even with the best athletes.

Maybe you are not a sports person, or you feel that those days are behind you. Balance training can reduce fall risk by 37-48%. Each year, over 300,000 people in the US are hospitalized with a hip fracture, and most are adults over 65. About 30,000 of those people will never leave the hospital. These numbers don't include the damage to other parts of the body, such as shoulders, wrists, or knees. Falls can be a life-changing event.

To balance, we use two subconscious senses: the vestibular system (inner ear balance) and proprioception (the body's ability to sense its position in space). Aging causes a loss of hair cells in the inner ear, reducing the ability to detect motion. This loss of vestibular function can lead to dizziness and reduced balance. Proprioceptors in our joints and muscles become less efficient with age. This is particularly noticeable in the core, ankles, and knees. Declining proprioception leads to increased sway while standing, changes in gait, and reduced balance. Balance is slightly different than proprioception. Balance training focuses solely on muscular stability, and proprioception training connects the body and brain to improve the neuromuscular feedback needed for balance. Related, but different.

We can't do much about the aging changes in our ears, but we can slow down or reverse the deterioration in our proprioceptors. The good news is that it

*(continued on page 15)*

## HERE'S TO YOUR MENTAL HEALTH

by Pam Carbone, PhD



Last month in my article I discussed therapy and what to know when seeking out services. However, unfortunately, there remains a mental health stigma which leads individuals to not want to admit or talk about if they have mental health problems. A 2023 article found that half of people with mental health issues (even when they acknowledge having problems) do not receive help for their disorder. People tend to fear or misunderstand what they do not know, and this leads to stereotypes and misconceptions rather than compassion. People also worry about consequences if they admit to having mental health problems such as worry about losing their job, discrimination or being judged by family or friends. There is a belief that mental illness makes someone fundamentally "different, weak or untrustworthy." The media also often incorrectly links mental illness to violence or weakness (whereas the truth is that people with mental health disorders are more often victims rather than perpetrators of crime). Perhaps the saddest stigma of all, however, is the internalized or self-stigma, where people internalize the negative stereotypes about having mental health problems, which leads to low self-esteem and shame, and then often worsens their conditions and further prevents treatment.

Why is it that mental health has such a stigma associated with it? Certainly, most people diagnosed with a medical condition are not blamed for their disease or made to feel they did something wrong (yes, sadly I know there are exceptions, HIV and AIDS are certainly diseases where people were "blamed" for contracting this because of lifestyle choices). However, overall, this is not the case, and we would not stereotype or ridicule those diagnosed with diabetes or cancer. To understand this better, we need to look at how mental health has been treated/perceived over the years. Back in the Middle Ages, there was a supernatural focus on mental illness, where mental illness was often attributed to demonic possession or witchcraft leading to exorcisms and burnings. The 16th to 18th century was coined the "asylum era" where asylums were built and "insane"

*(continued on page 15)*

## NOBODY ASKED ME BUT...

by Mel Clapman

...Whoever established the high road and how high it should be, should be fired.

...Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?

...If I'm not back in 5 minutes, just wait longer.

...I like my money where I can see it: hanging in my closet.

...The suspense is terrible. I hope it'll last.

### 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.

## MOVIE REVIEW

by Mel Clapman

It's uncontested that Robert Downey Jr has made a goodly number of movies. But to me, his show-stopper flick is "Chaplin", a 1992 biographical comedy-drama film about the life of English comic actor and filmmaker Charlie Chaplin. It was produced and directed by Richard Attenborough and stars Robert Downey Jr., Marisa Tomei, Dan Aykroyd, Penelope Ann Miller and Kevin Kline. It also features Charlie Chaplin's own daughter, Geraldine Chaplin, in the role of his mother, Hannah Chaplin.

The film was adapted by William Boyd, Bryan Forbes and William Goldman from Chaplin's 1964 book "My Autobiography" and the 1985 book "Chaplin: His Life and Art" by film critic David Robinson. Associate producer Diana Hawkins got a story credit. The original music score was composed by John Barry.

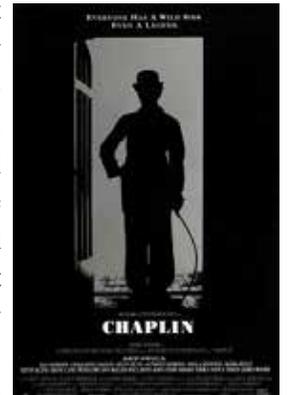
The film was a box office bomb, grossing \$12 million against a \$31 million budget, and received mixed reviews from critics; Downey's titular performance, however, garnered critical acclaim and won him the BAFTA Award for Best Actor along with nominations for the Academy Award for Best Actor and Golden Globe Award for Best Actor – Motion Picture Drama.

In the movie, an elderly Charlie Chaplin reminisces during a 1962 conversation in Switzerland with George Hayden, the fictionalized editor of his book, "My Autobiography".

The movie covers Chaplin's incredible career, both professionally and personally, and the flashbacks gives Downey a chance to show off his incredible impersonation of the comedian, as both an entertainer and a person.

Also covered is the tremendous amount of controversy he caused through his movies, including "The Great Dictator".

During his marriage to actress Oona O'Neill, it is alleged that he is the father of the child of former



(continued on page 16)

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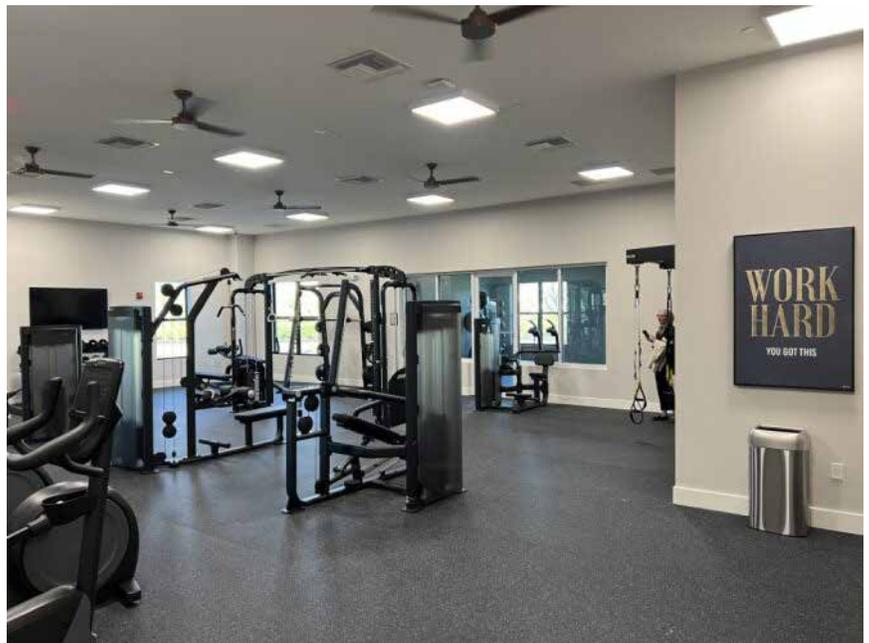
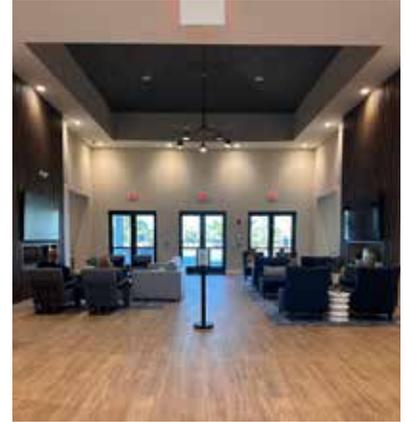
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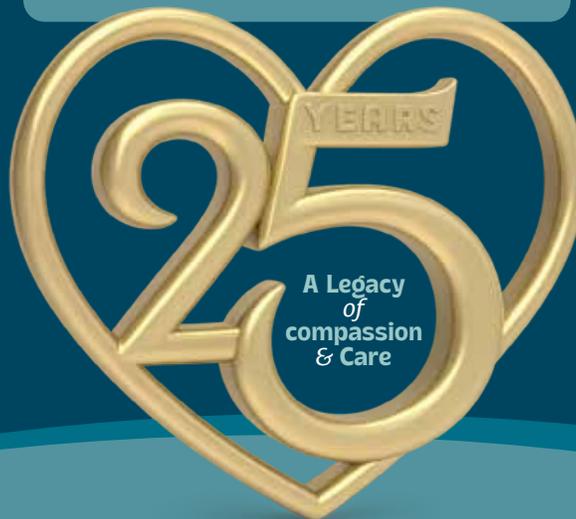
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**ALLIANCE OF DELRAY..** (continued from page 3)

planning, growth and change in downtown Delray. A great example is the Sundy Center at Atlantic Avenue & Swinton. Residential and commercial development. There is a major growth plan for Congress Avenue. While developing, this committee is committed to protect areas as the growth continues. There is a comprehensive plan to have historic preservation. Sundy Center is an example of this. Watching density of land use and use restrictive zoning plans in residential areas as well. Good example. Due to the large amount of auto dealerships, they can no longer rezone west of I95 for more auto dealerships. Delray is really two separate cities. East side is maintaining the town environment, with many alleys to deliver for commerce and keep the old charm and character of a small town. West of I95 is filled with many communities gated and open. Many fewer cross streets and a more suburban environment. Density with residential and commercial. A real balancing act of keeping Delray a small town even as it grows.

Following this presentation was Rick Roth a farmer and businessman from the Agricultural, Everglades Reserve. Mr Roth is very involved in our community and is running for State Senator. He stated that if we see fallen iguanas, please call wildlife as they are extremely invasive species and cold weather is a great time to capture and dispose of them.

Our next guest as Laura Simon, Executive Director of Downtown Development Association (DDA) she is a true-life long Floridian. Her great grandpa arrived here in 1911! This group started in 1971 when downtown Delray was very quiet. Now we have 4.5 million visitors to downtown Delray yearly. We host the Tennis open on 2/13. This group organizes events and programming, holiday decorations and lights, and hospitality. For more information on what is happening in Delray download [www.DelrayOldSchoolSquare.com](http://www.DelrayOldSchoolSquare.com) app.concerts, art shows, free movies, Yoga at the Museum, etc. So much to do. All for you. If getting around is a concern, there are golf carts available for free. They will zip you around town. Just download the Ride Freebee app to request a pickup, or simply wave down a passing Freebee and hop in! Ride Freebee (855) 918-3733.

Parking in Downtown Delray Beach is easy and convenient. Rates vary by location:

Atlantic Ave	\$4/hour
Side Streets nr Atlantic	\$3/hour
Parking lots nr Atlantic	\$2/hour
Parking garages	\$1.50/hour

There is also free parking at the Library and City Hall. Download the My Delray Beach app to see parking availability in real time. If you are a resident of the City of Delray, parking permits available for Downtown and the Beach.

Again, download [www.downtowndelraybeach.com](http://www.downtowndelraybeach.com) app and see the wonderful programs that are offered to you.

The next meeting will be held on Wednesday, March 4, 2026 in the South County Civic Center, 16700 Jog Rd, across from Morikami Gardens. The guests for our meeting will be: Mike Caruso, Chief Clerk & Comptroller and Sheriffs' Representative, Captain Mike Morales.

Topic will be how to recognize and avoid scams, and false alerts.

This is a big issue today! Come and learn how to protect yourself and your loved ones. Doors will open at 9AM when refreshments are served. The meeting starts at 9:30AM and always concludes by 11AM. All invited to attend. See you there!



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**EARS, BRAINS, AND BALANCE..** *(continued from page 6)*

doesn't require anything harder than consistency. Some exercises only need about 30 seconds per training session. A training session doesn't need to be longer than 15 minutes. What is important is to do at least 3 training sessions per week. Remember, you are focusing on a brain-body connection. Yes, improvements in strength are also important, but that was a different article.

Some folks don't want to devise their own sessions; they would prefer to take a movement class like Tai Chi, Pilates, or Yoga. If you choose to devise your own training, either to supplement or because you do not want a class, here are a few examples of exercises: Standing on one leg, heel-to-toe walking, standing on unstable surfaces, catching and throwing a ball, agility ladders, sit-to-stand skills (from floor or chair), Bird dogs, balancing with eyes closed, balancing while turning head, or walking lunges. Pick one or two and do them for a few minutes three times a week. It doesn't take a lot of time; I brush my teeth while standing on one leg and lifting the second leg to the side. Most people see improvement in about 12 weeks.

"The only constant in life is change." Daily proprioception training can improve your quality of life, whether you are playing sports or puttering around the house. Right now, take 3 minutes and start. Do it again tomorrow, and again the next day. It's never too late to improve.

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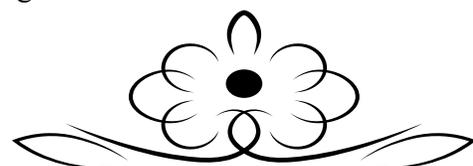
**HERE'S TO YOUR MENTAL...** *(continued from page 6)*

people (as they were called) were chained and often displayed for public entertainment. In the 20th century, and the 1930s to 1940s, "extreme" treatments such as lobotomies and insulin coma therapy were utilized. It was not until the 1950s that a new approach to treatment started and thankfully now, we have a more integrated humane approach because we better understand the role of biology, genetics and social factors in mental health.

While I have seen an improvement in this stigma in the many years of my career, we still have a long way to go. I believe it helps immensely when people with mental health disorders are not embarrassed to admit they have a diagnosis and can "show" they still live fulfilling, productive lives. Here are just a few examples of famous people both past and present who have mental health diagnoses and look at their successes:

Abraham Lincoln, Charles Dickens, Jim Carey, Michael Phelps and Billy Joel- diagnosed with clinical depression; Howie Mandel- diagnosed with depression and OCD; Ernest Hemingway- diagnosed with anxiety and depression; Mariah Carey, Selena Gomez, Mel Gibson and Winston Churchill-diagnosed with bipolar disorder.

Finally, there are many things individually we can all do to aid in this problem. Be willing to educate yourself and others on mental health and be very conscious of your language even in everyday discussions (avoid words like retard or crazy even in a joking manner). Show compassion if you are aware of someone in treatment or with a mental health issue and normalize mental health treatment just like other health care treatment. If you are comfortable, be honest about your own treatment as there is nothing to be ashamed of. There are also numerous organizations you can join such as Love, Your Mind, which helps educate and promote mental health treatment. Whatever you can do, most importantly, be open to a new way of understanding mental health. Remember education and communication can solve many problems including eradicating these mental health stigmas!!



**MOVIE REVIEW...** (continued from page 7)

lover Joan Barry. Despite a blood test proving that the child is not his, Chaplin is ordered to provide financial support after the test is declared inadmissible in court. With his reputation damaged, he stays out of the public eye for over seven years until producing "Limelight". During McCarthyism, the Chaplin's leave the United States together on a visit to Britain, but then the United States Attorney General revokes his re-entry permit.

In 1972, Chaplin is invited back to the United States to receive a special Academy Honorary Award. Despite being initially resentful after two decades in exile and certain that no one will even remember him, he is moved to tears when the audience laughs at footage from his films and gives Chaplin the Academy Awards' longest standing ovation ever.

We recommend this movie because you will discover things about Chaplin that you might not have known and the quality of Downey's acting, which is through the roof.



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