

# PALM GREENS PULSE

APRIL 2026

DELRAY BEACH, FLORIDA

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Music by RICHARD RODGERS

Moderato (♩ = 120)

C<sub>9</sub><sup>6</sup>

CHILDREN:

There's a

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G7sus4

G7

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Please Read Page 3 From The Managing Editor

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Mel Clapman



**Production Manager**  
Beth Villanova

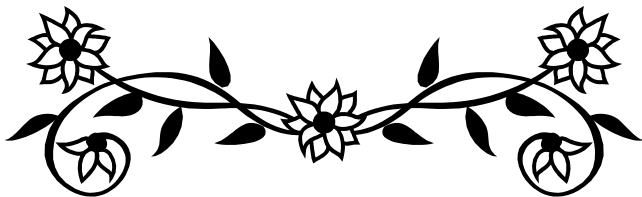
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Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.



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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



We feel sadness as we bid goodbye to our The Pulse and a tremendous thank you to Mel Clapman and Beth Villanova for all of their creative and fabulous talent over these years to bring us a fun and informative newsletter each month! Please watch for Eblasts about Alliance activities that are important to all of us and our communities. Happy Passover, Happy Easter to all that are celebrating!

The Delray Alliance meeting began with Dr Lori Vinikoor, our President of the Alliance, started the meeting at 9:31am with a few updates. Our Vice President, Arnie Katz, welcomed our guests for the meeting. Lori said that this is membership renewal month, so please send your dues in today! Lori spoke of AI legislation and stated that water supply usage is 70% from general public /agriculture and 20% irrigation. 10% overage.

Our June Alliance Breakfast is fast approaching and our July meeting will be a "4th" Celebration as we did last year. An abundance of produce from our own farmers in the Ag Reserve. Tasting is permitted!!!! Lots of fun and activities.

Captain Mike Morales of the Palm Beach Sheriffs' Office, (District 4) stated that our detectives are working diligently to squash all the fraud and scams that are going around on line and definitely by phone. Detective Coleman spoke about Crypto Currency and the dangers as there is no real money, it is all on line. Just hang up when you get a strange call about anything weird or unusual. Immediately call your direct number on the back of your credit card or call your bank, FPL, etc directly. NEVER CALL THE NUMBER GIVEN IN THE EMAIL OR TEXT!!! Our Police will NEVER CALL to tell you that you have a summons, ticket due etc. They show up at your door w/the legal summons.

Captain Tony Keeler, representing Palm Beach County Fire Rescue, (we are District 45) said that hurricane season is right around the corner and being prepared is always important. Stock up on batteries, fans, water, food to be eaten without heat, etc. Make sure that your important papers are in a waterproof travel bag. Know your evacuation route or center. Important

(continued on page 14)

## FROM THE MANAGING EDITOR

by Mel Clapman



Please be aware that our April issue is the final edition of the Pulse. Beth Villanova, Bev Clapman and I will no longer be involved with the production of our community newsletter,

I could fill this issue with my feelings about this, but there would be no point in belaboring over something that we have no control over.

Looking back over the years we have produced The Pulse, I can say with assurance we have fulfilled the goals and objectives that were given to me by the prior managers.

We have given a platform for all of Palm Greens' clubs and classes to inform our residents of their availability, plus articles that we felt were informative and entertaining, including travel, movies and an occasional restaurant review

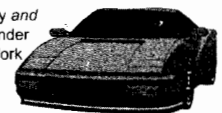
Working with our printer has resulted in The Pulse being easy to read, with eye-catching covers that have had people here complimenting us on how attractive they looked.

We want to thank our writers who delivered their work in a timely and professional manner. And, of course, to our advertisers without whom there would have never been a Pulse.

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## THE FOUR SEASONS CLUB

by Eleanor Horowitz



They say that eventually all good things come to an end. As this will be the last Pulse article for the Four Seasons Club, I want to take this time to thank Mel Clapman, Beth Villanova and the many others who worked diligently to produce The Pulse newsletter for all of us. The Pulse was an outlet for all of us to find out about programs and events for all of Palm Greens and then Delray Trails. Even though The Pulse will become part of history, the Four Seasons Club, and other clubs as well, will continue to thrive with the support of our newly merged community. A new publication will champion the wonderful events we will be planning for the future.

On March 15th a wonderful 100% sell-out Brunch was enjoyed by all. With great food and amazing entertainment, we welcomed our new neighbors. Thanks to Ellen Euse and her committee for putting this food and music extravaganza together.

The Four Seasons Club does not shut down at the end of the Winter season. We plan events all year long.

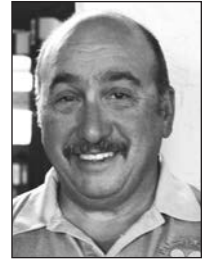
Next will be an evening of MUSICAL BINGO in the month of April. Watch for e-mails and flyers advising you regarding reservations for this fun night!!

We are always open to new suggestions as well as looking for new members to help plan these fun events.

The Pulse has now come to a close but the Four Seasons Club continues. We wish all a happy, healthy and safe summer!!

## TENNIS COMMITTEE

by Mark Melnick



It's April and our 2025-2026 tennis rotation season will be completed at the end of the month. Once again, we have had lots of new players join our program including many from Delray Trails. We always encourage anyone wishing to play to come and play with us. Stop by the courts any morning and say hi or send an email to [ttnscenter@gmail.com](mailto:ttnscenter@gmail.com), introduce yourself and I will send you information about the program. In the coming weeks you will be receiving information from Vesta and/or the Rec Association regarding the court schedules for the summer months.

In addition to our rotation program and our team play, we had lots of fun events this season. Several mixed doubles/pizza parties, a singles tournament, and the PG cup followed by brunch. Our Miami Open bus trip on March 25th was attended by 50 people. Our annual Spring Tennis Gala was again held at the South County Civic Center on March 19th. Even though we couldn't host it at our new clubhouse a great time was had by all those attending. Hopefully by next year all the "kinks" will be worked out and we can have it at our clubhouse.

Once again we had 9 teams participating in the Palm Beach County Senior Tennis League. For the 1st time in recent history we had 3 teams qualify for the playoffs. Congratulations to our Women's Level 5 team, captained by Sharon Melnick and Bev Clapman, for winning their division, as well as our Women's Level 7 team, captained by Danielle LaFlamme and Carrie Lieberman for qualifying for the playoffs. Congrats also to our Men's Level 4 team, captained by myself and Serge Lacharite, for winning our division. Since this article is being written prior to the playoffs, the results will be posted in late March.

Thanks go to our Tennis Committee along with all the other volunteers that make our program so successful. A special thanks, as always, goes to my wonderful wife Sharon, for her never-ending support and for putting up with me and the hours I spend involved in our program as well as the league.

Our pro, Jim Boardman, missed much of our season with health issues and we are waiting to find out if he will be back. Residents missed having him available for lessons and coaching.

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## POINTS OF INTEREST FOR PALM GREENERS AND DELRAY TRAILERS

by Mel Clapman

So, if you have been thinking about a day trip to Miami (or longer), and you're not looking to drive, here's a suggestion you might find interesting:

Introducing Brightline, a state-of-the-art, high-speed train service that made its debut in Florida in October 2023. Connecting Miami and Orlando, this brand-new service offers a top-notch experience for travelers seeking an affordable, convenient, and eco-conscious way to journey along one of the most sought-after routes in the country.

Brightline trains feature two distinct classes of service: Smart (coach) and Premium (first-class). Both classes offer spacious and comfortable leather seats, complimentary Wi-Fi, access to power outlets and USB ports and at-seat service (available for a fee in Smart class). Premium passengers have added amenities, including access to a Premium lounge at the departure stations and complimentary meals and drinks.

One of the standout advantages of Brightline is its impressive speed, clocking in at 125 miles per hour. buses. And with trains running 16 times daily in each direction, the company provides passengers with a wide range of options for added convenience.

Brightline trains were specifically designed to provide a modern and superior travel experience in Florida. This makes choosing the train the most comfortable option for travel in the region.

Once you get to Miami, you have a variety of options for getting around, including cabs, car rentals and tour guides.

The ride is under 90 minutes and Brightline offers many choices in getting there and back.

We're omitting schedules and pricing as they could vary, so you should call ahead or go online for the most up-to-date information.



## MEN'S CLUB

by Saul Spindel

The new clubhouse has started to function but there are still many kinks to be ironed out. Among them are, how to allocate storage areas for each of the clubs, how to integrate available space with club requirements, etc. In as much as our Men's Club would normally only have one more meeting before the snowbirds depart and none of the "move-in issues" have been resolved we have decided not to have any more meetings of the club until the fall.

Have a great summer and stay healthy. Looking forward to greeting you all in October.

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**james boardman**

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## JUST DO IT

by Terryl Jones



We are tying up both the end of the season and the end of the Pulse. It seems fitting to review the key steps we can take to stay healthy and active for as long as possible. A student asked me this week, “What exercise should I always do?” My answer: “The one that you will do consistently.” Over my many years of teaching and performing, I’ve been asked about my secrets. Over these last few years, I have shared them with you. Today will be a short recap.

I am a firm believer in incremental marginal progression. It’s the strategy of achieving substantial, long-term improvement by making small and consistent enhancements in our personal habits. By making the changes small, it is easier to be consistent over time. The Grand Canyon was carved one grain of sand at a time. Consistency over time is The Secret

So what should you be consistent about? Well, they’ve been telling us for years, but the answers were boring. We would rather a pill or a quick fix to solve our concerns. Slow may be boring, but the Tortoise won the race. Make small improvements in multiple aspects of your life, and do them consistently.

What have we been told?

**-Drink water.** I’ve heard the arguments why you don’t. Do it anyway. Iced, warm, flavored, in a special cup, with a straw, whatever it takes for you to drink it. Your kidneys, your digestive system, and your joints will all thank you. You will have fewer cramps and headaches. And recent studies by the NIH have indicated that proper hydration can slow aging.

**-Eat healthy.** There are lots of opinions here, fads come and go, but most everyone will agree that eating whole, unprocessed food in moderation never goes out of style. There is a famous quote that sums it up simply: “Eat food. Not too much. Mostly plants.” Even if you are on one of the current carnivore diets, remember to get your fiber.

**-Move every day.** Some days you will do more, some days you will do less. Try stretching your whole body at least once per day. I’m not saying a yoga class, but give each part of your body 30 seconds of stretching. Your spine needs to move in 7 directions

(continued on page 15)

## HERE’S TO YOUR MENTAL HEALTH

by Pam Carbone, PhD



We have all heard the expression, “into every life some rain must fall,” which is a famous phrase from an 1842 poem “The Rainy Day” by American poet Henry Wadsworth Longfellow (later turned into a song). It means that every person experiences difficult or challenging times in their life.... Just as rain is a natural and unavoidable part of weather, hardships are a part of life that everyone faces at some point. So, it is unrealistic to think that you will not have sadness or stress at different points in life. Life can be stressful for everyone- kids, teens, and adults. And left unchecked, this can lead to chronic stress which can then affect one both physically and mentally.

So, what are some techniques we can all do when this happens? While as you know from my past articles, I am a strong proponent of therapy, not every stressful incident requires one to seek out therapy. If you feel you want to try and handle your stress on your own, here are some proven techniques that might help. However, it is very important to reduce stress quickly when you first start to feel it, otherwise, this increases into more intense feelings that are not as easy to resolve.

One technique is called the 5 R’s of Stress Management. This provides a framework to tackle stress and to help you build resilience and cope effectively with daily pressures.

**1) Rethink:** Challenge and reframe negative or catastrophic thoughts to see situations more positively and realistically by changing your internal dialogue. So, for example, “I have too much work and I’m going to fail,” can be viewed as “This is a challenging opportunity for me to develop my skills and learn new things”.

**2) Relax:** Use physical relaxation techniques and strategies like deep breathing, meditation, yoga, or massage to calm your body and mind. Exercises like swimming and walking can also aid in reducing stress.

**3) Release:** Express pent-up emotions through journaling, talking to friends, joining support groups or creative outlets like art and music to get relief.

**4) Reduce:** Identify and minimize your stressors listening to your body and taking note of how your

(continued on page 16)



## WOMEN'S CLUB

by Roberta Minerva  
and Steffi Carmel



Yay! The new  
clubhouse is open.

Let's enjoy it with friends and new faces.

Cold front and sweaters are gone. Florida sunshine is back, and that's why we love it here.

We are waiting quietly for direction on how we can hold our club events.

February, we had a casino trip to Hard Rock. Great fun. We will try to keep you all posted on when there will be upcoming events.

FYI: Bunco is back every 3rd Wednesday, monthly, Clubhouse card room.

Now for the sad news. The Pulse that has been our avenue of articles and information over the years. will stop publication after April.

We thank Mel Clapman and Beth Villanova who worked tirelessly to publish our community newspaper

As the saying goes, "So long, farewell and Auf Wiedersehen".

## NOBODY ASKED ME BUT...

by Mel Clapman

...Real happiness is cheap enough, yet how dearly we pay for its counterfeit.

...Some cause happiness wherever they go; others whenever they go.

...Most folks are as happy as they make up their minds to be.

...Be happy for this moment because this moment is your life.

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## MOVIE REVIEW

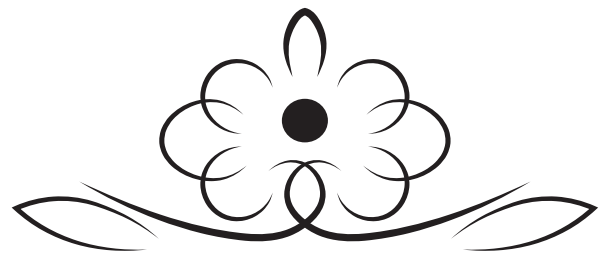
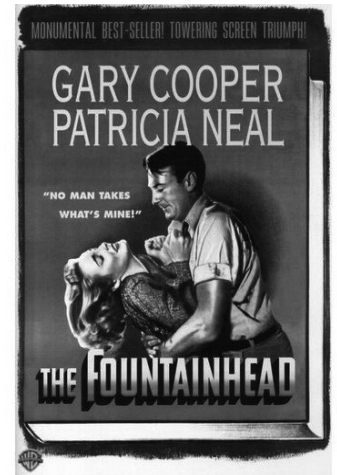
by Mel Clapman

Our final movie review is "The Fountainhead" from a novel by Ayn Rand, of "Atlas Shrugged" fame. The movie stars Gary Cooper as Howard Roark and Patricia Neal as Dominique Francon.

The story follows the life of Howard Roark, an individualistic architect who chooses to struggle in obscurity rather than compromise his artistic and personal vision. Roark fights to design modern architecture despite resistance from the traditionally minded architectural establishment. Roark's complex relationships with the individuals who assist or hinder his progress allow the film to be both a romantic drama and a philosophical work. Roark represents Rand's embodiment of the human spirit, and his struggle represents the struggle between individualism and collectivism.

While The Fountainhead opened to negative reviews upon initial release, the film has since been reappraised and received significantly more positive reception in the early years of the 21st Century.

Fourteen years after she wrote The Fountainhead, Rand wrote "Atlas Shrugged", which while never becoming a movie, enjoyed a rousing critical acclaim.



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Roberta Minerva



**Steffi Carmel**



Jorge Goyanes



Terryl Jones

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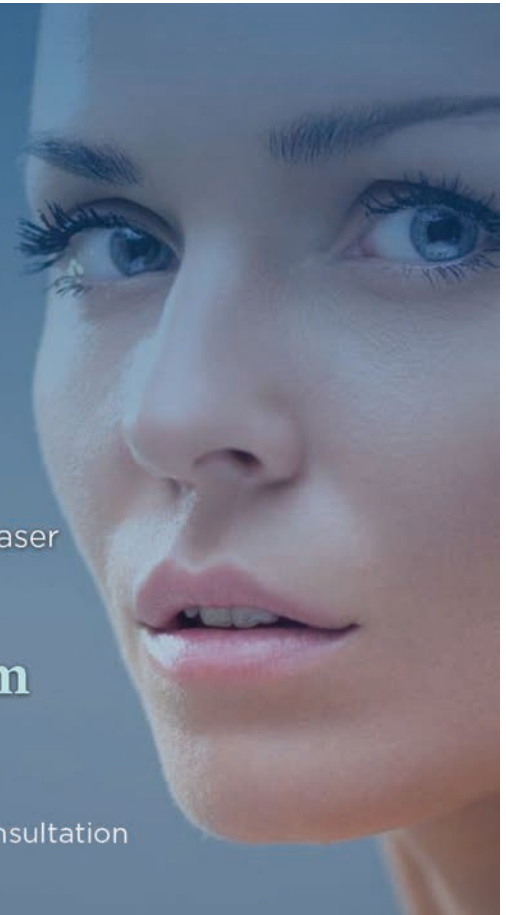
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**DELRAY ALLIANCE...** (continued from page 3)

to plan ahead. He said that we have the highest call at 3200 last month. We are already at 649 calls in March. District 45 is the busiest area.

Our School Board Chairperson, Karen Brill, told us about mental health recovery plans. The situation today can be very disturbing to us and definitely impacts our children. The school district has Mental Health resources and Counselors to speak with them. Another big issue is banning of books in school districts. We have not banned any materials, however, there is a vote coming up in a bill where the Commissioner of Education could ban books in Districts.

Special Education Transport is being revisited. At times there may be 2 children on a big school bus going to Special Ed programs. Our district is looking into smaller vehicles to transport these students, while saving money on transport vehicles.

The main speaker of the day was our own Mike Caruso, Palm Beach County Clerk and Comptroller. He said that his priorities are to modernize the payment system, protect us all from fraud, maintain conservative investment strategies, advocate for a statewide judicial database, ensure strong audits and reports. His job is to keep Palm Beach County running smoothly. Using AI to work for us. It will be used in our Courts and Finance Centers. Approximately 40% of efiled documents are processed by robots only. There are over 50,000 hacks a day on the system so they are using AI to help to combat this issue. There are free photos for Vets. Self service Centers may be found inside of Courthouse locations. Learn more about stopping the ever increasing scams at [www.mypalmbeachclerk.com/scams](http://www.mypalmbeachclerk.com/scams) This includes traffic ticket scams, juror summon scams, property fraud scams. This is a major problem right now! To secure your property information, sign up at [www.mypalmbeachclerk.com/PFA](http://www.mypalmbeachclerk.com/PFA) only takes a few minutes and you will be alerted if anyone is trying to tamper with your property! To check out the county spending, a transparent system is in place, go to [mypalmbeachclerk.com/opengov](http://mypalmbeachclerk.com/opengov)

Easy to use, online tool providing detailed information on County spending, updated monthly. Anyone can view or download this info in a spreadsheet. These are important search sites as over \$12 million lost by South Floridians to impersonator scams last year alone.

Our next meeting will be on Wednesday, April 1, 2026. Topic will be “Artificial Intelligence in the

**Legislature.” What you should know about AI and what Legislation is Being Proposed and enacted to Protect the Public.** The speakers will be Lori Berman & House Representative, Kelly Skidmore.

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 invited to attend. See you there!

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**TENNIS COMMITTEE..** (continued from page 4)

Unfortunately, not only is this the final issue of the Pulse for the season, it is the final issue of The Pulse as our community newsletter. The current Recreation Association has decided to change the publication and we do not know what it will become. The current version has been published by Mel Clapman for many years. It has become a first-class publication that residents looked forward to each month. There was always information from the condo boards and the clubs, as well as community news and interesting quips from Mel. Thank you to all those involved in the publication of The Pulse for your hard work. It will be missed.

**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.

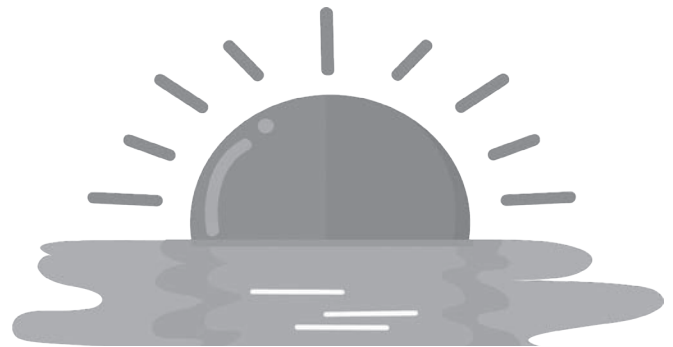
**JUST DO IT...** (continued from page 6)

every day: lengthening upwards, forward, backward, to each side, and twisting to each direction. A few heel raises will strengthen your feet and ankles and also aid your circulation.

**-Practice balancing.** People say they don't have balance. It's a learned skill, everyone has to practice it; kids, athletes, older folks, everyone. Attach your balance practice to something you do every day, such as making coffee, waiting at the microwave, or washing dishes. Work on foot and ankle mobility, which are crucial to balance and stability.

**-Get stronger.** Studies show that senior adults can make significant improvements to their strength in a relatively short time. Leg strength is a key indicator of mortality and crucial for being able to get out of a chair. Practice Sit to Stands. Every time you stand up, sit down, and do it again just for fun. Do a few pushups at the kitchen counter while you wait for your toast. Or go to the gym. Find what you will do consistently. Remember to include your feet and hands.

These actions are small, don't take much time or money, and can be done by anyone at any time. As Nike says: "Just Do It".



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

body responds to certain stimuli. Practices such as learning to say no, delegating tasks, setting boundaries or avoiding triggers when possible. Even fun things can be overwhelming if you say yes to too many things.

**5) Reorganize:** Stress can come from prioritizing the wrong things. Restructure your priorities, time, and routines to create a more balanced, manageable, and less overwhelming schedule.

Another technique is the **5-4-3-2-1**, which is a grounding technique that allows you to divert your attention to the present moment, not the past or future which is where anxiety and stress thrive. This is also widely used for people that have panic attacks. In this technique you will use your senses- start with deep slow breaths to center yourself and then proceed through your senses to calm your mind...

- 1) identify 5 things you can **see**
- 2) identify 4 things you can **feel**
- 3) identify 3 things you can **hear**
- 4) identify 2 things you can **smell** (or something that has a scent such as a candle) and
- 5) identify 1 thing you can **taste** (feel free to carry gum or mints to taste).

Do this exercise out loud and slowly, the idea is to really involve your senses. And strive to notice small details that your mind would typically tune out such as distant sounds or textures of ordinary objects.

Finally, in addition to the techniques in the above exercises some other general ways to cope with stress include: 1) Maintain a balanced diet: Proper nutrition improves physical health and helps you manage energy, reducing physiological stress; 2) Get sufficient sleep: This helps both the body and mind recover from daily pressures; 3) Connect with others: Socializing with friends or family provides emotional support and reduces feelings of isolation; 4) Practice gratitude: Writing down things you are thankful for daily helps shift focus from being negative to positive, this is not just a family tradition to do at Thanksgiving time; 5) Reduce screen time: Limiting exposure to news and social media helps prevent information overload; 6) Journaling: Writing down thoughts and feelings allows you to process emotions and gain perspective; and as always 7) Seek professional help: If stress is overwhelming, talk to a therapist or counselor. Remember, stress is inevitable, how you deal with it is a choice.

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