

# PLAT CHAT

NOVEMBER 2023

**Delray Villas Plat 4/5  
Community Newsletter**  
www.delrayvillas45.com

NUMBER 013

## **Board of Directors Meeting**

**Date: Tuesday**

**November 14, 2023**

**Time: 7:30 PM "B" Building**



## **Rec Board Meeting**

**Date: Wednesday**

**November 15, 2023**

**Time: 7:00 PM "B" Building**



## **MORE THAN A DAY**

As Thanksgiving Day rolls around,  
It brings up some facts, quite profound.  
We may think that we're poor,  
Feel like bums, insecure,  
But in truth, our riches astound.  
We have friends and family we love;  
We have guidance from heaven above.  
We have so much more  
Than they sell in a store,  
We're wealthy, when push comes to shove.  
So add up your blessings, I say;  
Make Thanksgiving last more than a day.  
Enjoy what you've got;  
Realize it's a lot,  
And you'll make all your cares go away.

- Karl Fuchs

**Important information on Voting this month (For new Residents and all DV 4/5 Residents)**

**You will receive a mailed letter:**

- ◆ **Introducing HOA Vote Now *electronic voting* and information**
- ◆ **Candidates running for election with their Bio and picture.**





**PLAT 4/5 BOARD OF DIRECTORS**

**Pres:** Mike Montemurno 954-658-7295  
**VPres:** Bill Yesowitch 502-905-7973  
**Treas.** Sheila Lane 561-381-7725  
**Sect:** Dianne Stevens 413-222-7866

**COMMITTEES**

**Alliance:**

Alan Rossman 561-901-3002  
Rick Mancini 917-865-6563

**Architectural:**

Alan Rossman 561-901-3002  
Rick Mancini 917-865-6563  
Ruth Mirailh 561-907-7884  
Hope Greenblatt 954-328-5136  
Rich Cohen 201-873-0458

**Inspection:**

Ruth Mirailh 561-907-7884  
Alan Rossman 561-901-3002  
Pat Melito 561-933-0170  
Rich Cohen 201-873-0458

**Re-Inspection:**

Ruth Mirailh 561-907-7884  
Alan Rossman 561-901-3002  
Rich Cohen 201-873-0458  
Terry Dunne 646-423-2303

**Interviews:**

Bill Yesowitch 502-905-7973  
Alan Rossman 561-901-3002  
Ruth Mirailh 561-907-7884  
Hope Greenblatt 954-328-5136

**Lakes and Canals:**

Mike Montemurno 954-658-7295  
Russ Mayer 248-535-4710

**Lollipop, Lights,  
Roads & FPL**

Rick Mancini 917-865-6563  
Alan Rossman 561-901-3002

**Maintenance:**

Russ Mayer 248-535-4710  
Mike Montemurno 954-658-7295

**Parliamentarian AND 55+**

Bill Yesowitch 502-905-7973

**DV 4/5 Website:**

[www.delrayvillas45.com](http://www.delrayvillas45.com)

**Plat Chat:**

Hope Greenblatt 954-328-5136  
Todd Stevenson 561-704-3008

**Recreation Association Representatives:**

Pool: Tony Costa 508-801-3300  
Pat Lazaroff 561-498-8691  
Lynne Cohen 201-314-6537

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Noel Gordon 201-310-8626  
 Sam Fleishman 410-493-7842  
 Bill Yesowitch 502-905-7973

**PLAT CHAT**

*Monthly Newsletter delivered on or around the first of every month.*

Harvey Lazaroff 561-498-8691  
 Alan Rossman 561-901-3002

**WE CARE!**

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Rick Mancini 917-865-6563  
 Paul Mirsky 917-684-9115  
 Sam Fleishman 410-493-7842

**WELCOME COMMITTEE**

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Pat Lazaroff 561-498-8691  
 Marlene Mirsky 917-673-7830  
 Amy Kaplan 203-257-9044

**CITIZENS OBSERVER PATROL  
(COP)**

Lloyd Lukens 561-251-3616

**MINYAN**

*(call us to help you in your time of need)*

Alan Kaplan 316-253-7542  
 Richie Cohen 201-873-0458  
 Noel Gordon 201-310-8626

**HOA MEETINGS VIA ZOOM**

*You can attend from home if you are unable to come to the Viking Room. You will receive an email from Dianne Stevens with the link for our monthly meeting, you may also access it through our website:*

[www.delrayvillas45.com](http://www.delrayvillas45.com)

*(If during the meeting you need help contact via text)*

Alan Shwartz 561-376-4040

**WEBSITE/COMMUNITY CHANNEL**

[www.delrayvillas45.com](http://www.delrayvillas45.com)

*Our community details are updated on an as needed basis for all your informational needs.*

*(Community Channel is located on 591 on your television.)*

Mike Montemurno 954-658-7295  
 Alan Shwartz 561-376-4040

**Interview Committee**

*If you are selling or renting your home any new occupants must contact:*

Bill Yesowitz 502-905-7973

**HOA FEES and STOPPEL LETTERS**

Sheila Lane 561-381-7725

**Maintenance/Landscaping**

*Any info needed please contact:*

Russ Mayer 248-535-4710

**ACC Architectural Permits**

Alan Rossman 561-901-3002

*Any questions you are not sure of; call Mike anytime 7 days a week:*

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### CRANBERRY DELIGHT

**“Best easy side dish ever”**

#### Ingredients:

- ♦ **2 cans WHOLE cranberry sauce**
- ♦ **2 pkgs. Frozen Stouffer's Harvest Apples**
- ♦ **1 cup pecans**

#### Directions

- \* **Place pecans in freezer bag and crush with Mallet.**
- \* **Mix all ingredients together in casserole dish.**
- \* **Bake till hot or microwave.**

**SERVE AND SAVOR**

**Chelle Lukens**



### Mousse Balls by Lynne Cohen

- ♦ **12 oz. Nestles Morsels**
- ♦ **8 oz Cool Whip**
- ♦ **pkg of Nabisco Choco Wafers**

**Microwave morsels for 1 minute  
..stir.. Then 1 minute more.**

**Mix in Cool Whip and refrigerate for  
1 hour.**

**Crush cookies.**

**Take tsp. full and drop into crumbs.  
Roll into balls.**

**Put on cookie sheet and place in  
freezer for 1 hour.**

**Remove and put in closed cannister**

### Stupid Joke of the Day:

“Two peanuts walk into a bar.”  
“One of them is a salted”  
(I told you it was stupid)

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## LEWIS & KRACOFF, P.A. Attorneys at Law

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Office: 4010 Sheridan Street  
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Residence: **DELRAY VILLAS 4/5**

**PHONE # 954-452-9010**

Email: [alan@lewisandkracoff.com](mailto:alan@lewisandkracoff.com)

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**I MAKE HOUSE CALLS**

## Girlfriends at Dinner

~A group of 40 year old girlfriends discussed where they should meet for dinner. Finally, it was agreed that they should meet at the Ocean View restaurant because the waiters there had tight pants and nice buns.

~10 years later, at 50 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant because the food there was very good and the wine selection was good also.

~10 years later at 60 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant because they could eat there in peace and quiet and the restaurant had a beautiful view of the ocean.

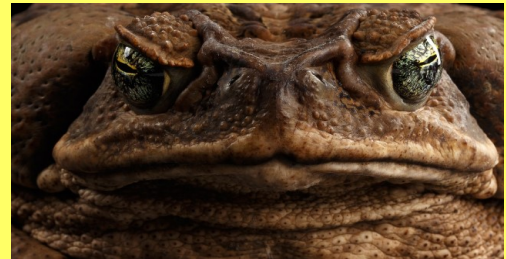
~10 years later, at 70 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant because the restaurant was wheelchair accessible and they even had an elevator.

~10 years later, at 80 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant because they had never been there before.

DONT YOU JUST LOVE IT, I DID.

Submitted by Chelle Lukens

## The Cane Toad (a.k.a. Bufo frog)



**If you have a Pet, *please* read this!**

Cane toads have become a *significant* concern for pet owners in South Florida due to their toxicity. These toads secrete a potent venom that can be fatal to dogs and cats.

Pets come into contact with the venom by playing with or biting the toads.

This can lead to severe health issues, and some cases, even death.

Symptoms of Cane Toad poisoning in pets can include:

excessive salivation, pawing at the mouth, shaking head side to side, vomiting, rapid or irregular heartbeats, seizures, loss of coordination, paralysis, and coma.

If you suspect has come into contact with a Cane Toad, it is crucial to seek *immediate* veterinary attention.

Time is of the essence, as the venom can quickly lead to severe consequences.

Precautions:

Keep your yard and outdoor spaces free of standing water, which can attract Cane Toads.

Supervise your pets,, especially during outdoor activities to prevent them from coming into contact with Cane Toads.

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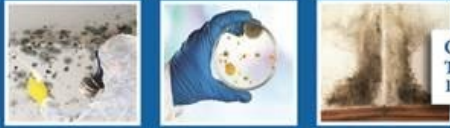


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- Thomas F.

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- Janice T.



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### A Thank You from the Heart!



To all our friends, family and neighbors:

*I would like to thank you for all your kindness and beautiful thoughts of Al since his passing.*

*He would have been so happy to know so many people cared.*

*I thank you for your help and caring also. It is a very hard pill to take, but your help has made it easier for us.*

*Fondly,*

*Annette and the Rodin Family*





# DAYLIGHT SAVINGS REMINDER



## Spring Forward, Fall Back...

Don't forget to turn your clocks back one hour on Sunday, November 5th, 2023.

**Our home is where we live, in peace and harmony. Our kindness, love and respect for each other is what makes us a community!!**

**DELRAY VILLAS 4/5 IS AND ALWAYS WILL BE OUR HOME SWEET HOME!**

**YOUR DELRAY VILLAS 4/5 HOA BOARD WISHES EVERYONE A WONDERFUL, HEALTHY HOLIDAY SEASON! WITH MORE LOVE THEN YOU CAN IMAGINE ALONG WITH LAUGHTER AND JOY THAT CREATE MEMORIES THAT LAST FOREVER!**

# HAPPY HOLIDAYS!!!

### DATES TO REMEMBER FOR THE ARCHITECTURAL REVIEW COMMITTEE

The ACC will meet every other Monday at 10 am to review all ACC applications for exterior work to be conducted by you the homeowner on your property. Have your applications in by Sunday night before the meeting.

If it is exterior work you are *required* to get permission through the ACC committee.

November meetings will be on November 13th and November 27th.

Please pick-up and drop-off applications on the porch at Alan Rossman's home: 13834 Packard Terrace. Questions? Call any ACC member below:

#### Architectural Committee Members:

<b>Alan Rossman</b>	<b>561-901-3002</b>	<b>Rich Cohen</b>	<b>201-873-0458</b>
<b>Rick Mancini</b>	<b>917-865-6563</b>	<b>Hope Greenblatt</b>	<b>954-328-5136</b>
	<b>Ruth Mirailh</b>	<b>561-907-7884</b>	

**Theater Shows by Lynne Cohen****Delray Beach Playhouse,****950 NW 9th St., Delray 561-272-1281**

11/3-11/5 Wait Until Dark  
 11/10- Paisley Craze  
 11/11- Linda Ronstadt Tribute  
 11/12- Victory Dolls  
 11/13- Musical Tribute to Veterans  
 11/17- Joe DeVito  
 11/19-11/22- Drew Anthony presents Dean Martin Story  
 11/24-12/10- She Loves Me  
 11/28- Male Intellect: An Oxymoron  
 11/29- Book of Moron  
 11/30- Stand Up Jesus  
 12/15- Christmas Carol  
 12/21-12/31- Tevye in N.Y.

**Hard Rock , 5747 Seminole Way, Hollywood, Fl.**

11/1- Jordan Davis  
 11/4- Dane Cook  
 11/9- Bill Burr  
 11/10- George Lopez  
 11/11- Cubatonazo  
 11/12- Led Zeppelin Experience  
 11/15- Jimmy Carr  
 11/16- Romeo Santos  
 11/17- Freestyle  
 11/18- Anthony Jeselnik  
 11/19- Romeo Santos  
 11/25- Victor Manuelle  
 11/30- Willie Colon  
 12/2- Joe Bonamassa  
 12/7-12/8- Bruno Mars  
 12/9- Saraj Brightman  
 12/10- Derek Hough  
 12/14- Pentatonix  
 12/15- John Mulaney  
 12/16-12/17- Andrea Bocelli  
 12/22-Il Divo  
 12/26-12/29- Dave Chappelle

**Arts Garage- 94 NE 2nd Ave., Delray- 561-450-6357**

11/3- Stand Up Comedy  
 11/4- Klezmer Jazz Orchestra  
 11/5- A Mile in My Shoes  
 11/7- Open Mic- Every Wednesday  
 11/10- Tito Puente, Jr.  
 11/11- Ladies of Simone  
 11/12- Coyote Wild (Country & Rock)  
 11/14- Open Mic- every Wednesday

**Arts Garage (cont.)**

11/17-Mon David (Jazz)  
 11/18-Chicago Blues Lurrie Bell  
 11/19- Marlow Rosado (Latin Jazz /Salsa)  
 11/20- Open Mic  
 11/24- Southbound 75 (Country Rock)  
 11/26- Salsabor Band (Cuban Music)  
 12/1- Comedy Tammy Pescatelli  
 12/2- Elvis in Person( Matt Stone)

**Parker Playhouse****201 SW 5th Ave., Ft Lauderdale, 954-462-0222 press 1**

11/1- Lukas Nelson  
 11/2- Brian Culbertson  
 11/5- Here comes the Mummies  
 11/6- Graham Nash  
 11/8- South Florida Symphony Orchestra  
 11/11- John Waite  
 11/12- Bruce Hornsby  
 11/16- Ancient Aliens  
 11/17- Not Another D & D Podcast  
 11/18- Matt Matthews  
 11/22- Matteo Bocelli  
 11/24- Disney and Pixars Coco: Film w Live Orchestra  
 11/25- Peppa Pig  
 11/26- A.J. Croce  
 11/28- Darren Criss  
 11/30- Whose Live Anyway  
 12/1- The Fab Four  
 12/2- South Florida Symphony Orchestra  
 12/3-Lucia Micarelli & Leo Amuedo  
 12/5- Ann Wilson  
 12/7- Andy Summers  
 12/8- Eddie Griffin  
 12/11- Daniel O'Donnell  
 12/15-12/17- Arts Ballet Theater of Fl.  
 12/20- Celtic Angels Christmas  
 12/28- State Ballet Theater of Ukraine  
 12/30- Jen Kramer

**Boca Black Box- 8221 Glades Rd., Suite # 10, Boca, 561-483-9036**

12/20- Elon Gold  
 12/31- Modi Rosenfeld

**Kravis Center- 701 Okeechobee Blvd.. WPB, 561-832-7469**

11/7-11/12- Chicago  
 11/24-11/25- Cirque Dreams Holiday  
 12/2-12/3- Nutcracker  
 12/5-12/10- Mean Girls  
 12/19-12/24- Beetle Juice

**Delray Marketplace****Starting Wednesday, Oct 4-April 24 FREE Concerts**

## How Children Perceive Their Grandparents

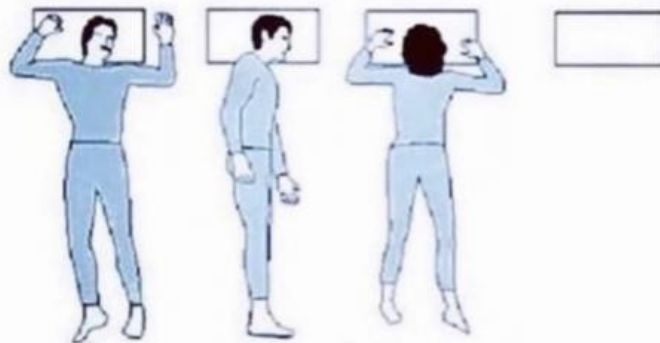
(continued from p.11 in October's Plat Chat)

9. When my grandson asked me how old I was, I teasingly replied, "I'm not sure."  
"Look in your underwear, Grandpa," he advised "Mine says I'm 4 to 6." (WOW! I really like this one -- it says I'm only '38!)
10. A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."
11. Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. "It means carrying a child."
12. A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties.  
"They use him to keep crowds back," said one child.  
"No," said another. "He's just for good luck."  
A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."
13. A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and whenever we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."
14. Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!
15. My Grandparents are funny, when they bend over, you hear gas leaks and they blame their dog.

SEND THIS TO OTHER GRANDPARENTS, ALMOST GRANPARENTS, AND SHOULD BE GRANDPARENTS. IF THEY'RE NOT ALREADY GRANDPARENTS, MAYBE SOME DAY THEY'LL GET LUCKY AND BECOME ONE! IT MIGHT JUST MAKE THEIR DAY!

**Submitted by Chelle Lukens**

### Sleeping position of different professionals



Teacher   lawyer   Engineer   DOCTOR



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CONTACT DETAILS

954-258-1820

Andy@reefrealtymgmt.com reefrealtymgmt.com

**So many memories, so many blessings! May this holiday season, bring you happiness. Noel & Toby Gordon & Family!**

**We are very fortunate to celebrate both Chanukah and Christmas with our families. My grandchildren made their own menorahs out of clay when they were younger. Every Chanukah they take out their menorahs and light them. Then we have dinner consisting of: brisket (see below recipe), and potato latkes (pancakes). For desert we have sufganiyot (jelly donuts) as a reminder that life can be sweet.**



**On Christmas we all sit around the Christmas tree the kids had decorated while they opened their presents. After that we have our brisket Christmas dinner.**

### **My mother's brisket recipe**

**Preheat oven to 350 degrees**  
**3 - 4 lbs of brisket (first cut).**  
**Sprinkle brisket with**  
**garlic salt.**  
**Sprinkle brisket with Lipton**

**Onion Soup Mix**  
**Add 1 glass of water**  
**Cover with foil tightly**  
**Cook for 3 ½ - 4 hours.**

## Sound Familiar?

An elderly couple were getting concerned about their health because they kept forgetting things.

So they went to their Doctor, who ran all the usual tests, and then had the couple come back to his office to review the results.

Doctor: “Your test results all came back within normal parameters, and you’re both actually in *very* good shape for your age”.

He continued, “A lot of my patients your age have issues with memory loss, so I’m going to tell you the same thing that I recommended to them. Simply carry around a small spiral notepad and a pencil, and just write down things as you think of them”.

The couple looked at each other, rolled their eyes, got up and left.

Later that night, the couple is watching TV when the man gets up from the couch.

The lady says “Where are you going?”

The man replies: “I’m going to the kitchen to wash my hands”.

She asks: “Can you make me a dish of vanilla ice cream, 3 scoops please”?

He replies: “Yes”

She asks: “Can you also put some sliced strawberries on the ice cream? But you should write this down so that you don’t forget, right?”

He replies: “*No*, I got this.”

She asks: “But I’d also like some chocolate syrup on top of the strawberries and the 3 scoops of vanilla ice cream. Shouldn’t you write *that* down?”

The man, now somewhat agitated, says: “*NO!*”

Then he disappears into the kitchen for a 1/2 hour.

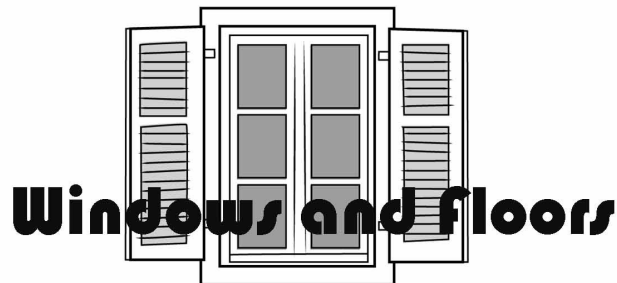
When he comes back, he sets a plate of bacon and eggs down in front of her.

She looks down at the plate, and then back up at him and yells...

***“You forgot the toast!”***

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**CRANBERRY JELLO MOLD**

- 1/2 cup Diced Apples**  
**1/2 cup Walnuts cut into small pieces**  
**1 can Jellied cranberry sauce, mashed**  
**1 can Crushed pineapples, save the juice**  
**1 large Red Jello (strawberry, cherry Pkg etc.)**  
**1 cup Boiled water**

Mix Jell-o with 1 cup boiling water, add in saved pineapple juice, mix in the remaining ingredients, pour into mold and refrigerate.

Enjoy, Susan Shwartz

**Mike's Favorite****Potato Latkes**

Enjoy anytime during the year the best!

- 1 small onion**      **6 medium potatoes**  
**3 Tbsp. flour**      **2 eggs**  
**1/4 tsp. pepper**      **1/4 tsp. salt**  
**1/2 tsp. baking powder**

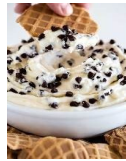
Peel and grate potatoes and onion. Remove liquid. Stir in egg and add other ingredients. Drop by spoonfuls into a well greased skillet. Brown on both sides.

With love: Lynne Cohen

**CANNOLI DIP**

Happy Holidays: Marguerite Gregorio

An easy cannoli dip (that doesn't taste like cream cheese!), mixed with delicious mini chocolate chips, and served with broken waffle cones or broken Pizzelle cookies for dipping.

**INGREDIENTS**

- ♦ **1-1/2 cups ricotta**
  - ♦ **8 oz. cream cheese - room temperature**
  - ♦ **1 cup powdered sugar**
  - ♦ **1 tsp. vanilla extract**
  - ♦ **1/3 cup mini chocolate chips**
  - ♦ **waffle cones or Pizzelle cookies broken**
- Use a stand mixer (or hand mixer)
- ♦ **Add in ricotta, cream cheese and powdered sugar.**
  - ♦ **Mix on medium/high speed until smooth, 3-5 mins.**
  - ♦ **Add in vanilla extract and whip for 30 seconds.**

Taste test, add more powder sugar if needed about 2 tablespoons at a time. You can safely add up to another 1/2 cup of powdered sugar (8 tablespoons) without negatively impacting consistency.

Fold in mini chocolate chips, reserving some to sprinkle on top for decoration, if desired. Serve dip immediately with broken waffle cones or broken Pizzelle cookies for dipping.

**CARROT CAKE**

By: Debbie Castagna

**Cake Ingredients**

- 2 cups sugar**  
**1 1/2 cup Wesson Oil**  
**4 eggs**  
**2 cups self-rising flour**  
**1 1/2 tsp baking soda**  
**2 tsps. ground cinnamon**  
**3 cups raw carrots grated**

**Icing Ingredients**

- 1 box confectioner sugar**  
**1 stick butter, softened**  
**8 ounces cream cheese, softened**  
**1 tsps. Vanilla extract**  
**1 cup pecan pieces**

**To prepare cake:** use electric mixer and mix sugar, oil and eggs till smooth. Sift together flour, soda and cinnamon. Mix the dry ingredients with the first mixture a little bit at a time, until blended. Stir in grated carrots. Pour into 3 lightly greased and floured 9" pans. Bake at 350 for approx. 25 mins. till done.

**To prepare icing:** Use electric mixer to cream butter & cream cheese. Slowly add the sugar till blended. Stir in vanilla and fold in nuts. Ice cake when cake is cool. Keep refrigerated. May be frozen.

## Hello Neighbors, from two Newbies

Jane and I moved into Delray Villas 4/5 on June 26<sup>th</sup> of this year. We moved from Sun Valley, at the north end of El Clair Ranch Road, just 3 miles away.

We looked at a lot of 55+ communities, but felt that Delray Villas 4/5 was head and shoulders above the other communities that we looked at. *Why?*

- ~Better looking and bigger homes
- ~Better amenities
- ~Better appearance and maintenance
- (Not to mention the friendly people here)

We really liked our new place on Dusenburg Road at first sight, but wondered if it might look bigger if we removed 2 of the kitchen walls. So we did.

We think it looks much bigger now. Below are before and after pictures of our kitchen.  
~ Jane and Todd Stevenson

**Before**



**After**



**Before**



**After**



## Plat Chat Needs your Help!

We are looking for your ideas to help us make Plat Chat better:

Please send us any interesting articles, recipes, tasteful humor, stories, or potpourri that you have. We can't guarantee when it'll be used, but it *will* be appreciated!



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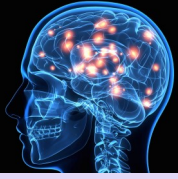
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## The Therapist's Couch

I am a NYC Psychotherapist in private practice who has relocated to Delray Beach. In the course of my work, I offer many simple and practical tips for maintaining good mental wellness to my clients, which I use in my own life to feel better. I wish to share some here with you. When something is weighing heavily on my mind, or I get stuck on repetitive thoughts or worries that I just cannot shake, there are a few methods that I use to clear my head. First, I imagine a big box in front of me. I then visualize putting all of the intrusive thoughts into the box, making sure to capture them all. Next, I take an imaginary ribbon or string and tie up the box, nice and tight, wrapping the string in both directions. I then tie a tight knot or bow. After that, I imagine tying a big helium balloon to the box. Once attached, I watch the box taking off, floating up into the sky. I watch it fly higher and higher, until... it is out of sight. I then tune-in and let myself feel the release, and the calm. After that, I turn my attention to something else (e.g. take a shower, go for a walk, call a friend, watch a movie, etc.). Anytime the intrusive thoughts try to creep back-in, I “thank them for sharing,” and remind them that I am not thinking about them right now, over and over again. As an alternative to this, once I have imagined the thoughts wrapped tightly in the box, I take the box and place it on a high shelf in my closet. With this method, I know that I can take down the box at anytime that I wish to deal with those thoughts again, but on my terms. Another technique that I use, especially when I cannot sleep at night because things are on my mind, is writing down all the thoughts and feelings on a piece of paper, or electronic device. In this way, it is off my mind, so I have cleared my head for sleep. Also, in the off-chance that I might forget it by the morning, it is already written down to deal with in the light of day. This method also works when needing to have a difficult conversation with someone who you will see in the future. Writing down your thoughts and feelings not only helps you organize your thoughts, but helps reassure you that you will remember what you wanted to say. You can also add to it, or modify it over time, as well. There have been times where just the act of writing it down has satisfied my need to handle the issue in question, to the point that I no longer need to confront that person. I have also found that by the time I am ready to talk to the person, my view of what happened has shifted and I no longer need to speak up, because writing it down has helped me see it in a new light. A last technique that I use when I find myself obsessing over something, is that I designate a certain time of day, that I will allow myself to intensely think about “the thing.” So for example, everyday from 10-10:30am I give myself permission to think about the issue. When the time is up I then cannot think about the issue until the next day at the designated time. These methods are an attempt to contain intrusive thoughts, in an effort to better maintain peace of mind. I hope you will try the one that resonates you most first, and then try the rest. Then place them into your imaginary “Wellness Toolbox” which you can take out at anytime.

**Enjoy the journey... Heidi Elias**

Heidi Elias, LCSW, SEP has been practicing as a Licensed Clinical Social Worker for over 25 years in NYC. She maintains an additional certification in Somatic Experiencing which brings the body into the process of Psychotherapy in order to heal past trauma. Heidi got her start in the helping profession by working with men and women living in homeless shelter in NYC. Heidi is also an artist and a mother, who loves to laugh and is up for most things adventurous and entertaining. She is a natural advocate who celebrates diversity in all forms.



### NOVEMBER BIRTHDAYS

- 6<sup>th</sup> Dorothy Rudolph
- 8<sup>th</sup> Marlena Pavlov
- 23<sup>rd</sup> Toby Gordon
- 26<sup>th</sup> Richard Stevens
- 29<sup>th</sup> Marguerite Gregorio



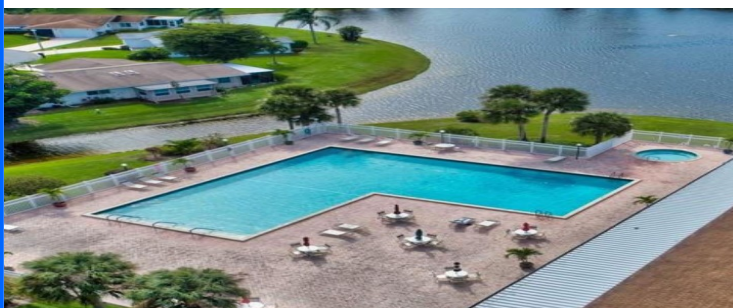
### The Unknown Treasure

By Sheila Simon

The beautiful pool filled with turquoise water is located amidst our lovely canals. The views are awesome. Fans and tables with umbrellas make this a marvelous way to hide from the sun, if this is your choice. We additionally have a lap pool and a heated spa. The pool is large and well maintained, however there is barely 25 people ever there on any given day.

Hard to figure out!

My friends and I love this wonderful place and am extending a personal invitation to one and all to come join us in this fabulous "spa-like" adventure in this country club atmosphere. Come one, come all and enjoy and relax. Meet and greet old and new friends!! Remember to say hello to me when you see me as well.



BEGIN  
*Each Day*  
 WITH A  
*Grateful*  
 HEART

### NEW DELRAY VILLAS 4/5 RESIDENTS



- |                                    |                       |
|------------------------------------|-----------------------|
| Rita Bromwich                      | 6640 Overland Drive   |
| Gabriel Mora                       | 6268 Dusenburg Road   |
| Paul & Joanne Mullin               | 6359 LaSalle Road     |
| Marta Aldino & Salvatore de Simone | 6402 LaSalle Drive    |
| Jordan & Randi Altabet             | 13717 Whippet Way E   |
| Mark & Susan Beckerman             | 6338 LaSalle Road     |
| Orlando & Maria Milan              | 6035 Dusenburg Road   |
| Carol & Joseph Englese             | 6193 Stanley Lane     |
| Roseline Isaac & Elien Cadet       | 6328 Overland Drive   |
| Lorena Millan & William Accro      | 6192 Stanley Lane     |
| Alan Goldberg & Vickki Goldberg    | 6292 Dusenburg Road   |
| Richard Lanziero & Sue Brown       | 13654 Whippet Way W   |
| Terry Horton                       | 6088 Dusenburg Road   |
| Eduard & Rimma Ustayev             | 6250 Stanley Lane     |
| David & Alisa Rayburn              | 13581 Whippet Way E   |
| Roberta Elisabeth Srabian          | 6303 LaSalle Road     |
| Todd & Jane Stevenson              | 6270 Dusenburg Road   |
| Heidi Elias                        | 6176 Stanley Lane     |
| Guy Klein & Margret Malone         | 6078 Dusenburg Road   |
| Rhonda Brown                       | 6244 Stanley Lane     |
| Carlos & Sandra Rivera             | 6025 LaSalle Road     |
| Larry McDowell                     | 6225 Stanley Lane     |
| Anthony D'Errico                   | 13862 Whippet Way W   |
| Biagia Dellisanti                  | 6240 Dusenburg Road   |
| Sheryl Lashaur & Michael Boyd      | 6393 LaSalle Drive    |
| Devine, Debra Lynn                 | 6127 Overland Place   |
| Fishetti, Carol, Dockery, Ted      | 13862 Packard Terrace |
| Walter & Stephanie Weis            | 6240 Dusenburg Road   |
| Grosso, Peter                      | 6185 Dusenburg Road   |
| Parminder Phalore                  | 6327 Overland Drive   |
| Delgado, Jimmy & Cecilia           | 13663 Whippet Way     |



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