

PLAT CHAT

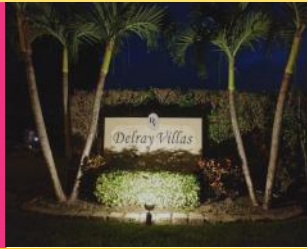
APRIL 2024

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

NUMBER 017

Board of Directors Meeting

**Date: Tuesday
April 9th, 2024
Time: 7:30 PM "B" Building**



Rec Board Meeting

**Date: Wednesday
April 17th, 2024
Time: 7:00 PM "B" Building**



Zisen Pesach
Our entire community wish all our friends,
family and neighbors a
Happy Passover!

Sundown, Monday April 22nd



The Delray Villas Plat 4/5 Board of Directors invite you to our Meet and Mingle with your Neighbors event. It will be held on April 6th, in the A Building, at 7 pm.

We will be serving hors d'oeuvres and cocktail foods, along with coffee and desserts.

Please BYOB, as we will NOT be providing alcohol. We will be providing soda and setups. The music will be by DJ Warren, you might know him from playing @ Dreamy Cow.

We look forward to you joining us for an evening of fun and laughter. Please respond to Dianne Stevens @ 413-222-7866 or reply to this email if you're coming.

Those who have already responded that you are coming, you need not respond again.

Come join the fun!!!

**The Delray Villas 4/5
Board of Directors**

**APRIL 6TH
JOIN US!!!!**

IMPORTANT INFORMATION INSIDE:

~ Contact Info for Delray Villas 4/5: pp. 2 & 3, & Architectural Review Committee: P. 18

~ Community Garage Sale: P. 12

~ Theater shows by Lynne Cohen: pp. 8 & 9

~ **NEW Breezeline Channel Guide pp. 10 & 11**

All Residents: Please update your Birthday and Anniversary dates: P. 20



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: (See P. 19 for details)

Alan Rossman 561-901-3002
Rick Mancini 917-865-6563
Betty Hillier 561-400-2392
Nancy Grasso 203-770-4481
Rich Cohen 201-873-0458

Inspections:

Ruth Mirailh 561-907-7884
Rick Mancini 917-865-6563
Betty Hillier 561-400-2392
Mike Montemurno 954-658-7295
Pat Melito 561-933-0170
Rich Cohen 201-873-0458

Interviews:

Bill Yesowitch 502-905-7973
Alan Rossman 561-901-3002
Ruth Mirailh 561-907-7884
Hope Greenblatt 954-328-5136
Nancy Grasso 203-770-4481

Lakes and Canals:

Mike Montemurno 954-658-7295

Lollipop, Lights, Roads & FPL

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

Maintenance:

Mike Montemurno 954-658-7295

Parliamentarian AND 55+

Bill Yesowitch 502-905-7973

HOA FEES and STOPPEL LETTERS

Sheila Lane 561-381-7725

ACC Architectural Permits

Alan Rossman 561-901-3002
13834 Packard Terrace for application

DV 4/5 Website:

www.delrayvillas45.com

Interview Committee

If you are selling or renting your home any new occupants must contact:
Bill Yesowitch 502-905-7973

Maintenance/Landscaping

Any info needed please contact:
Mike Montemurno 954-658-7295

Plat Chat:

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

Recreation Association Representatives:

Pat Lazaroff 561-498-8691
Lynne Cohen 201-314-6537
Camille Montemurno 561-239-6844

SERVICES INCLUDED IN HOA FEES

Pest Control:

Wise House 561-727-8239

Cable/Internet

Breezeline Communities

855-660-9868

Any questions you are not sure of; call Mike anytime 7 days a week: 954-658-7295

SENIOR SERVICES

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TRANSPORTATION SERVICES
Palm Beach County Palm Tran
561-841-4200

VOLEN CENTER

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Transportation, weekly events, and lunches. Call for more info:
561-395-8920

COMMUNITY ASSISTANCE
THAT'S WHAT FRIENDS ARE FOR!

We are here for hurricane issues or any other questions throughout the year. (We are not able to provide any type of transportation services, due to insurance purposes.)

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!

We provide medical equipment free in the event you need a cane, a walker, a wheelchair, etc.

We are a phone call away to assist.
Rick Mancini 917-865-6563
Paul Mirsky 917-684-9115
Sam Fleishman 410-493-7842

WELCOME COMMITTEE

A friendly knock on the door bringing a small gift and loads of information that says:

"Welcome new neighbor"

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

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

Alan Shwartz 561-376-4040

WEBSITE/COMMUNITY CHANNEL

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



Weight Watchers® Cheesecake



Ingredients:

- 3 eggs
- 3 cups non fat Greek yogurt (Fage 0%)
- 1 small box instant fat free/sugar free pudding mix (just dry mix, any flavor)
- 1 tbsp imitation vanilla
- 3 tbsp Stevia

Preheat oven to 350 degrees
 In medium size mixing bowl, add eggs, vanilla and stevia until blended well
 Add in yogurt and pudding mix until well combined
 Spray a pie dish or 9 inch spring form pan with non stick cooking spray and pour ingredients in
 Bake for 30 minutes
 Let cool for 15-20 minutes before covering with plastic wrap
 Chill overnight in refrigerator

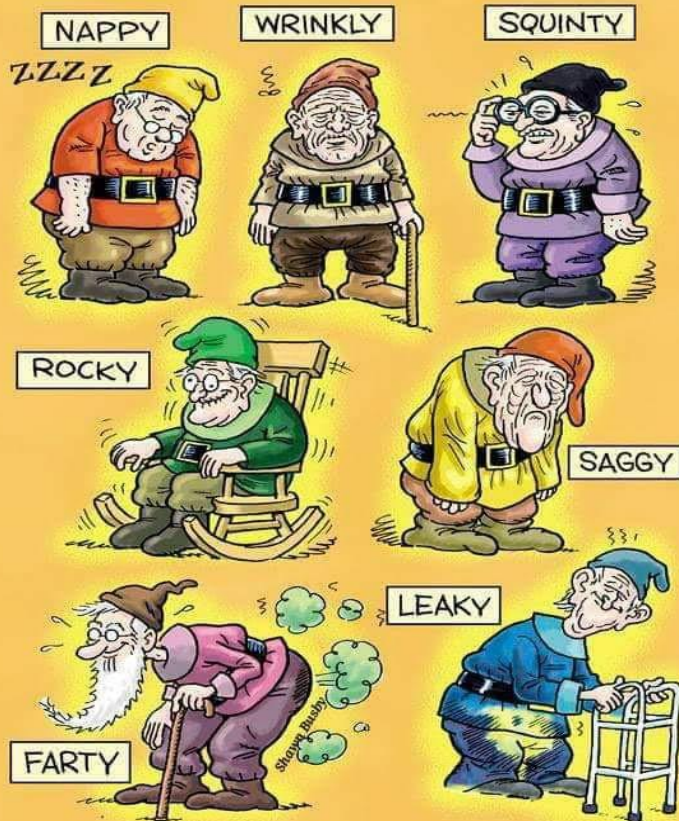
Submitted by: Hope Greenblatt

Happy Passover!



Passover is a major Jewish festival celebrated annually to commemorate the liberation of the Jewish people from slavery in ancient Egypt. It begins with the Seder meal, a ritualistic feast held on the first two nights, during which the story of the Exodus is retold through a prescribed order of prayers, readings, and symbolic foods. Central to Passover observance is the prohibition of leavened bread, known as *chametz*, which symbolizes the haste with which the Jewish people fled Egypt, leaving no time for their bread to rise. Instead, matzah, unleavened bread, is consumed throughout the holiday period. Passover also marks the beginning of the agricultural season in the ancient Jewish calendar, known as the Festival of Spring, celebrating the renewal of nature and the promise of new beginnings.

7 DWARVES OF OLD AGE





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RICH SCANLON
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Plat 4/5
Retired Army Veteran**

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ATTORNEYS AT LAW**



ALAN JAY LEWIS, ESQ.
RESIDENT OF DELRAY VILLAS

OFFICE:
4010 SHERIDAN STREET
HOLLYWOOD, FL 33021

954 452-9010
alan@lewisandkracoff.com

- Areas of Practice:**
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NEIL STRAUSS 561-523-5910
or 561-414-9334

Top Sleep Tips from ER Doctors

By Lynn C. Allison | Friday, 08 March 2024 04:16 PM EST

Emergency room physicians must be on the alert at all hours of the day or night, so getting enough sleep can be tricky. Sleep is important to physical, mental, and emotional health and too little sleep is associated with chronic conditions such as depression, obesity, diabetes, and strokes.



In a news release, the American Heart Association suggests 7 to 9 hours of sleep daily for optimum cardiovascular health for adults, and more for children depending on age.

Editor's Note: Sleep Better With This Doctor's Natural Secret

According to CNBC, here are some tips from ER doctors on how you can achieve this goal:

- Minimize light in the room. Melatonin, a hormone that helps regulate our circadian rhythm, is stimulated by darkness. Try blackout curtains or shades or a comfortable eye mask to simulate darkness, and turn off electronic devices that emit light.
- Decrease the temperature in the room. According to the Sleep Foundation, the temperature in your room can make a significant difference in your sleep quality. The best room temperature is approximately 65 degrees Fahrenheit but can be adjusted to suit individual preferences.
- Avoid eating too close to bedtime. Sleeping on a full stomach disrupts digestion and may cause acid reflux. ER docs try to eat during their shift a few hours before it is time to sleep and then sip herbal teas instead of late-night snacking.
- Take a warm bath or shower. This improves sleep quality by decreasing the body's core temperature, signaling that it is time to sleep. Adding fragrances, such as lavender or eucalyptus, to bath water can enhance the experience. Or use a diffuser in the bedroom to utilize aromatherapy as a sleep aid.
- Use sounds to soothe. Smartphone apps, a fan, or even a white noise machine can help you sleep. The concept is that a blanket of noise or background sounds can block out disruptive noise.
- Exercise hours before bed. Avoid vigorous, heart-pounding workouts for at least a couple of hours before bedtime. Also, try a gentle, stretching or yoga routine that fatigues your muscles but doesn't make you sweat closer to bedtime.
- Make sure you sleep on a comfortable mattress. "We spend a significant amount of that time lying in bed, highlighting the importance of making sure the mattress we use properly supports our body when we sleep," says Kern Singh, M.D., a professor in the department of orthopedic surgery at Rush University Medical Center. "The ideal sleep position is one that maintains the spine's natural curvature," he tells Newsmax. "The best position to protect the spine is sleeping on your back where the points of contact with the greatest pressure are the back of your head, shoulders, buttocks, and the heels." For back sleepers, a firm mattress works well.

Read Newsmax: Top Sleep Tips from ER Doctors | Newsmax.com



Plat Chat Needs your Help!

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

We would also *very much* appreciate anyone who's willing to help us out with some light typing!

Please send us any interesting articles, recipes, tasteful humor, stories, or potpourri that you have.

Send to: Hope Greenblatt: hopegreenblatt@gmail.com
or Heidi Elias: info@Heidielias.com

**TOGETHER WE SHARED 1,000,000 SOMETHING GOOD MOMENTS!
LET'S CREATE MORE MEMORIES!!!**

Theater Shows by Lynne Cohen



**Delray Beach Playhouse, 950 NW 9th St.,
Delray Beach
561-272-1281**

- 3/22-4/7- Merrily We Roll Along
- 4/2-4/3- 60's Pop Chart from Canada
- 4/10- Elvis My Way starring Brandon Bennett
- 4/18- America's Sexiest Couple
- 5/3- The Lost Virginity Tour

**Hard Rock - 1 Seminole Way,
Hollywood, 866-502-7529**

- 4/7- Alabama The Band
- 4/11-4/13- On Your Feet
- 4/17- Derek Hough
- 4/18- Southside Johnny & The Asbury Jukes
- 4/19- Gloria Trevi
- 4/20- Ron White
- 4/21- Estopa
- 4/25- Heart & Cheap Trick
- 4/26- Tropicaliente Max: Oscar D Leon, El Gran Combo & El Torito
- 4/27- Brothers Osborne
- 5/8- Diana Ross
- 5/9- The Offspring
- 4/6- Kevin James

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

- 4/6- Tribute to Jimi Hendrix
- 4/7- Jazz- Philippe Lemm Trio
- 4/12- Chicago Blues with Wayne Baker Brooks
- 4/13- Tom Petty Concert Experience
- 4/14- Harold Lopez-Nussa: Timba a la Americana
- 4/19-4/20- Nestor Torres- Latin Jazz
- 4/21- Motown
- 4/26- Songs from the 60's & 70's
- 4/27- Mitch Grainger Blues Band
- 5/3- Stand Up Comedy
- 5/4- Chuchito Valdes



**Delray Marketplace
Starting Wednesday, Oct 4 to April 24, 2024
FREE Concerts**

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

4/5-4/6 Ismo Leikola

**Kravis Center 701 Okeechobee Blvd W Palm Beach
561-832-7469**

- 4/2- Al Stewart & The Empty Pockets Band
- 4/3- Las Cafeteras
- 4/5- Unchained Melodies w/John Lloyd Young
- 4/9-4/10- Palm Beach Atlantic University Presents
- 4/10-4/21- Hamilton
- 4/24- Roy Orbison & the Everly Brothers
- 4/25- Palm Beach Symphony Ignat Solzhenitsyn, Piano
- 4/26- Shrek the Musical
- 4/27- The Show Must Go on- Fred Astaire W Palm Beach
- 4/28- Palm Beach Jazz
- 4/29-4/30- Shen Yun
- 5/1- Rain- Beatles Tribute- Musical Mystery Tour
- 5/3- Spotlight on Young Musicians
- 5/4- Ballet of the Blue: A Journey into the Sea

Theater Shows by Lynne Cohen

(cont'd from P. 8)

Kings Point- 7000 W. Atlantic Ave. Delray Beach,
561-499-3335 x 102

4/5- Beth Tinnon Songs

4/12- Orange Sunshine- The Sixties Experience

4/19- Frank Wilson & The Motown Philly Experience

5/24- Gerald Exposito of NJ

6/14- The Fabulons

7/19- Boogie Brothers Band

8/16- Joey and the Paradons

9/20- Across the Universe

10/18- Whitestone Band

Things to buy at Dollar Tree on a Retirement Budget

- 1) Greeting Cards
- 2) Gift Wrap and Bags
- 3) Seasonal Décor
- 4) Kitchen Sponges, and Scrubbers
- 5) Party Balloons
- 6) Foil Pans
- 7) Storage containers
- 8) Plastic ware
- 9) Candy bars and Cookies



Ever see a baby pineapple?

This one's about the size of a golf ball, and is approximately 3 months old. They're even *more* colorful at a younger age.

Delray Villas 2024 Service Schedule For Landscaping



February: Insect, Weed, and Fungus - Turf and Shrubs

March: Fertilize Turf and Shrubs

April: Ficus Whitefly Hedge

May: Insect, Weed, and Fungus

June: Fertilize Turf and Shrubs

July: Ficus Whitefly

August: Insect, Weed, and Fungus

September: Liquid Weed and Feed

October: Whitefly Treatment

November: Insect, Weed, and Fungus

December: Fertilize Shrubs/Turf

Locals+

2	WPBT (PBS)'
4	WFOR (CBS)'
6	WPTV (NBC)'
7	WFLX (FOX) ¹
8	WTCN (My 33)'
9	WTVX (CW)t
10	WPBF (ABC)'
11	WFGC CTN.
12	WHDT (Court TV)'
13	HSN'
14	QVC'
18	WPXP (ION)'
20	WTCE (TBN)T
21	WSCV (Telemundo 51)'
22	WXEL (PBS)T
23	WLTV (Univision 23)'
80	ShopHQ ¹
81	The Weather Channel'
83	WBEC (BECON TV)'
85	C-SPAN'
87	INSPT
188	QVC2'
189	WPTV (Defy) ¹
190	WSCV (Exitos 51)'
191	WWHB (Azteca)'
192	WPBF (Estrella)'
193	HSN 2·
194	WPBT Create'
195	WPBT Health Channel'
196	WHDT Florida 24 Network ¹
650	WFLX (Bounce TV)'
651	WFLX (Start TV)t
652	WPBF (True Crime Network)
653	WPEC (Weather Nation)'
654	WPEC (Comet TV)·
655	WPTV (Laff TV) ¹
656	WPTV (ION) ¹
657	WTCN (TBD TV)'
658	WFOR (Start TV) ¹
659	WFLX (Circle)'
660	WPBG (Me TV)t
2001	Palm Beach County'
901-950	Digital Music Channels

Variety + additional cost

24	Galavision	59	AMC
25	ID ¹	60	A&E
26	E!T	61	Bravo
27	Lifetime ¹	62	History'
28	Oxygen	63	Freeform
29	SEC Network	64	Hallmark Channel'
30	USA Network	65	The Disney Channel'
31	TNT	66	Cartoon Network ¹
32	FS I	67	Nickelodeon
33	ESPN2	68	TV Land
34	ESPN	69	FS2
35	Bally Sports Florida Overflow	70	Syfy
37	The Golf Channel	71	CMT'
3B	Bally Sports Sun	72	VHI
39	Bally Sports Florida	73	MTV
40	TBS·	75	BET
41	FXX	B4	EWTN
42	Comedy Central	86	C-SPAN 2
43	Paramount Network	91	MotorTrend ¹
44	FX ¹	94	LMN
45	Fox News ¹	95	NewsNation
46	CNN	96	BBC America ¹
47	HLNT	97	IFCT
48	CNBC'	98	WET
49	MSNBC	99	Tennis Channel
50	truTV'	100	Hallmark Movies & Mysteries'
52	Discovery Channel'	101	Fox Business Network
53	TLC	103	ACC Network
54	Travel Channel'	143	OWN
55	Animal Planet'		
56	National Geographic'		
57	HGTVT		
58	Food Network		

Video On Demand

1	Breezeline on Demand
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Family + requires Variety +

Add-Ons

121 TCM
 122 Sundance TV
 123 FX Movie Channel
 124 Disney Junior
 125 Disney XD
 126 Nicktoons
 127 Nick Jr.
 128 Teen Nick
 129 Nick 2
 131 Discovery Family
 134 Smithsonian Channel

 136 BBC News
 137 Discovery Life
 138 NatGeo WILD
 139 Crime & Investigation Network
 140 Destination America

 141 Magnolia Network

 142 Science

 144 CBS Sports

 145 FYI
 146 VICE
 147 American Heros Channel
 148 Military History
 149 ESPNU
 150 ESPN News
 152 GOL TV
 153 The NFL Network
 156 TV Games Network
 157 beIN Sports
 158 MSG National
 166 C-SPAN 3
 167 Jewish Life TV
 168 JBS
 171 NESN National
 172 Hallmark Droma
 174 LOGO

 175 Lifetime Real Women'

 176 Cooking Channel
 179 MTV2

 181 BET Jams

 182 MTV Classic
 183 BET Soul
 184 CMT Music
 185 Great American Family
 186 Nick Music
 187 NBC Universe
 230 Fox Deportes
 234 beIN Sports en Espanol

Latinx +

24 Galavision
 157 beIN Sports
 187 NBC Universo
 200 Discovery en Espanol
 201 Ole TV
 203 History en Espanol
 207 Pasiones
 208 CNN en Espanol
 221 Discovery Familia
 222 ¡Sorpresa!
 230 Fox Deportes

 231 Gal TV
 232 ESPN Deportes
 233 TyC Sports
 234 beIN Sports en Espanol

 239 Canal Sur Peru

 240 Canal Sur

 241 TV Chile

 242 TeleN

 243 Caracol TV Internacional
 244 TYE Internacional
 245 WAPA America
 246 Telefe
 247 Centroamerica TV
 248 Television Dominicana
 249 Ecuavisa Internacional
 250 TV Venezuela
 251 Antena 3
 252 Hola! TV
 260 Tr3s
 270 Cine Latino
 271 Viendo Movies
 272 A3Cine
 280 TBN Enlace
 281 EWTN Espanol

French+

302 TV5 Monde

German+

304 DW

Italian +

306 Rai Italia

Adult

755 Playboy
 756 Playboy en Espanol

MoviePlex

105 MoviePlex
 106 IndiePlex
 107 RetroPlex

STARZ

109 STARZ Edge
 110 STARZ
 111 STARZ InBlack
 112 STARZ Cinema
 113 STARZ Comedy
 130 STARZ Kids & Family

STARZ ENCORE

114 STARZ ENCORE
 115 STARZ ENCORE Westerns
 116 STARZ ENCORE Suspense
 117 STARZ ENCORE Classic
 118 STARZ ENCORE Black
 119 STARZ ENCORE Action

HBO

400 HBO
 401 HBO 2
 402 HBO Signature
 403 HBO Family
 404 HBO Latino
 405 HBO Comedy
 406 HBO Zone

Cinema

425 Cinemax
 426 MoreMAX
 427 ActionMAX

Showtime

450 Showtime
 451 Showtime 2
 452 SHOxBET
 453 Showtime Extreme
 454 Showtime Showcase
 455 Flix
 456 The Movie Channel
 457 The Movie Channel Xtro

MGM +

460 MGM+
 462 MGM+ Hits
 463 MGM+ Drive-In
 464 MGM+ Marquee

NFL RedZone

490 NFL RedZone



www.reefrealtymgmt.com
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Highly sought after and rare single family, beautiful corner lot with screened in and shaded front porch. Remodeled with upgrades including Impact windows and doors throughout, updated wood cabinets with granite countertops and extra storage, all stainless appliances, ceramic tile floors throughout and bamboo laminate floors in the hallway and bedrooms. Oversized garage has laundry area with washer/dryer along with laundry sink and extra fridge.



CONTACT DETAILS

954-258-1820

Andy@reefrealtymgmt.com

reefrealtymgmt.com

DOG OWNERS KNOW...

Dogs will eat *anything* - until you put a pill in it.
Then they act like Gordon Ramsey!

Home is where the dog hair sticks to everything but the dog.

Sometimes, our dog thinks he's a cat. Other times, he doesn't seem to think at all. We *both* think that he's a couple of French Fries short of a Happy Meal. But we'll keep him anyway....



GARAGE SALE →

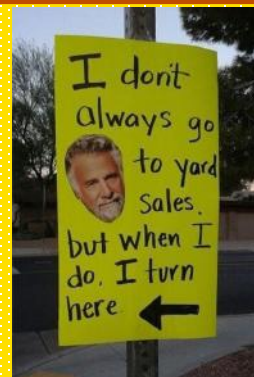
DV 4/5

DV 4/5 Community Garage Sale

We are having a drive-through Garage Sale at Delray Villas 4/5 on Saturday, April 20, 2024 from 9AM - 3PM. It will be held in your own driveway. **Please do not block anyone's driveway.** Block Captains, we are asking that you patrol your area.

If you have any questions, please contact one of the following:

Dianne Stevens 413-222-7866 or Betty Hillier 561-400-2392



People who thrive in their retirement years usually adopt these 7 daily habits

by [Ava Sinclair](#) | February 17, 2024, 1:00 pm, condensed from AARP Magazine



- 1) Staying physically active** Have you ever noticed how some seniors seem to move with more ease and energy than others? Well, it's no coincidence. People who thrive in their retirement years make it a point to stay physically active. I'm not just talking about going to the gym or running marathons (although that's great too). It's about incorporating physical movement into their daily routine. Maybe it's a morning walk in the park, an afternoon swim, or even a set of movements at home. It doesn't have to be strenuous or time-consuming. The key is consistency.
- 2) Lifelong learning** Now, this is a habit I can personally vouch for. People who thrive in their retirement years embrace the concept of lifelong learning. They understand that the mind, like the body, needs to be exercised regularly to stay sharp and agile. Remember this: You're never too old to learn something new.
- 3) Embracing change** Here's a personal example that might surprise you. My neighbor, Mrs. Turner, is in her late 70s. She's one of those people who just seem to thrive in their retirement years. And one of the habits she has adopted is embracing change. Now, you might be thinking, "Embrace change? At her age?" She told me once, "Change is inevitable. You can either resist it and get left behind or embrace it and use it to your advantage." Embracing change keeps her engaged with the world around her and gives her a sense of purpose. It's not about how old you are but how open you are to embrace change.
- 4) Maintaining a strong social network** Another key habit I've observed in people who thrive in their retirement years is that they maintain a strong social network. They understand the importance of staying connected with others. We're not just talking about family and old friends here, although they are indeed important. These individuals also make an effort to meet new people and form new relationships. This could be through volunteering, joining clubs or social groups, or participating in community events. Staying socially active provides a sense of belonging and emotional support. It helps stave off loneliness and isolation, which are common issues amongst the older population.
- 5) Following a balanced diet** Let's talk about food. After all, we are what we eat, right? Those who thrive in their retirement years understand the importance of following a balanced diet. They tend to eat lots of fruits and vegetables, lean proteins, whole grains, and healthy fats. They understand that what they put into their bodies can directly affect their energy levels, mood, and overall health. But it's not just about the physical benefits. Consuming a balanced diet can also enhance our mental agility.
- 6) Cultivating a positive mindset** People who thrive in their retirement years have a secret weapon – cultivating a positive mindset. They're not oblivious to life's challenges. They face the same ups and downs as the rest of us. But they choose to focus on the positive aspects of life. They practice gratitude, celebrate their victories – no matter how small – and see challenges as opportunities for growth rather than setbacks. Remember, life is 10% what happens to us and 90% how we react to it. So why not choose positivity?
- 7) Prioritizing self-care** While all the habits I've discussed so far are important, there's one that ties everything together – self-care. People who thrive in their retirement years understand that taking care of their own physical, mental, and emotional well-being is not a luxury – it's a necessity. They carve out time in their daily schedule for activities that rejuvenate them. This could be anything from taking a leisurely bath, meditating, reading a book, or simply sitting in silence and observing nature. It's about listening to your body and giving it what it needs. It's about honoring your feelings and allowing yourself to rest and recharge. Prioritizing self-care isn't selfish. It's about preserving your health and well-being so you can be the best version of yourself. After all, you can't pour from an empty cup.

So listen to your body, cherish your emotions, and make time for yourself. Because you matter.

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Husbands & Wives

A man and his wife were having an argument over him calling their dog "Man's Best Friend". She felt that she should be called his best friend. So he says, "I'll prove it to you". She says "How"? He responds "I'll lock you and the dog in the trunk of the car for an hour". She responds by saying "What will that prove?" He replied, "when I open the trunk after an hour, which one of you will be glad to see me"? He is expected to get out of the ICU in a few days. ;) ;)

A newlywed couple went shopping at the grocery store. And since they were on a tight budget, they had a list. As they go thru the store, they pick up some bread, some milk, some meat and some vegetables. As they pass by the beer cooler, the husband picks up a 6-pack and puts it in the cart. The wife walks right over, picks up the 6-pack, and puts it back in the cooler. She looks at her husband and says "We can't afford that, we're on a strict budget". They shop for another few minutes, and end up in the aisle with all of the cosmetics. She picks up some lipstick, eye liner, mascara, blush, (amongst other things), and puts them all in the cart. The husband says "I thought we were on a strict budget?" To which she replies "But honey, I need them to make myself look good to you". To which he replied "What do you think the beer is for"?! He is *not* expected to survive..... ;);)

My neighbors recently celebrated their 60th anniversary. I asked him what's the secret to a long and happy marriage. His response: "It's really pretty simple. When we first got married, we both agreed that I would handle all of the major decisions, and she would take care of everything else". So I asked him what



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A GIFT TO MY FRIENDS - Submitted by Lloyd Lukens

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one. LIVE IT WELL! ENJOY TODAY! DO SOMETHING FUN! BE HAPPY! HAVE A GREAT DAY!

REMEMBER....."It is health that is real wealth and not pieces of gold and silver.
LIVE HAPPY IN THIS YEAR AND EVERY YEAR

CONSIDER THE FOLLOWING:

**TODAY IS THE OLDEST YOU'VE EVER BEEN, YET THE YOUNGEST YOU'LL EVER BE.
ENJOY THIS DAY WHILE IT LASTS.**

- ~ Your kids are becoming you.....
- ~ Going out is good....Coming home is better!
- ~ You forget names....But it's OK because other people even forgot they knew you!!!
- ~ You realize you're never going to be really good at anything
- ~ The things you used to care to do, you no longer care to do, but you really do care that you don't want to do them anymore
- ~ You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep".
- ~ You missed the days when everything worked with just an "ON" and "OFF" switch..
- ~ You tend to use more 4 letter words..."what?"..."when?"..."what?"..???
- ~ Now that you can afford expensive jewelry, it's not safe to wear anywhere.
- ~ You notice everything they sell in stores is "sleeveless"?!?!
- ~ What used to be freckles are now liver spots.
- ~ Everybody whispers.
- ~ You have 3 sizes of clothes in your closet...2 of which you will never wear.
- ~ But old is good in some things: Old Songs, Old Movies, and best of all, OLD FRIENDS!!



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Don't Mess with Old People

-I know I shouldn't have done this, but I am 83 years old and I was in the McDonald's drive-through this morning and the young lady behind me leaned on her horn and started mouthing something because I was taking too long to place my order.

So when I got to the first window I paid for her order along with my own.

The cashier must have told her what I'd done because as we moved up she leaned out her window and waved to me and mouthed "Thank you", obviously embarrassed that I had repaid her rudeness with kindness.

When I got to the second window I showed them both receipts and took her food too. Now she has to go back to the end of the line and start all over again.

Don't blow your horn at old people, they have been around a long time. **From Susan Stein**

WE ALL HAVE A STORY

We all have a story
A tale to be told
Of the joys we've experienced
And the hardships we behold..

Sometimes we wear them
On our sleeves for all to see
But often they're hidden
As deep as they can be.

So, let us be kind
For we never truly know
The struggles and battles
That others undergo.

May empathy and compassion
Be the guiding lights we share
And may we always remember
That each story deserves care.

For in our human journey
We all need love and grace
So let's be kind to one and other
And create a better place...

Submitted by CHELLE & LLOYD LUKENS



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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.

April meetings will be April 1st, the 14th and the 29th of April.

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:

- | | | | |
|---------------|--------------|--------------|--------------|
| Alan Rossman | 561-901-3002 | Rick Mancini | 917-865-6563 |
| Betty Hillier | 561-400-2392 | Nancy Grasso | 203-770-4481 |
| Rich Cohen | 201-873-0458 | | |

The LEGAL CHIT-CHAT

By: Alan Jay Lewis, Esq.



The “Sticky Note Pad” Approach to Dividing Your Tangible Personal Property - or having the hard conversation about your Tangible Personal Property with your Children and Heirs:

Planning for our demise is a tough concept for many of us. Many individuals try to avoid, [to some degree] dealing with their own mortality. While others, are more comfortable embracing their death as a normal part of their life. How a Client communicates with their Attorney [during the Estate Planning process] about how they want to distribute their Estates upon their passing, can oftentimes, let their Attorney know a lot about how that Client feels about their own mortality.

We tend to enjoy the comforts of life that we have earned. Some of us love the furnishings, trinkets, and treasures that we have collected, the jewelry we take pride in wearing and other souvenirs that we hold near and dear to our hearts!

In Estate Planning, one of the things that I ask my Clients about is the Tangible Personal items that they have acquired during their lifetime and who they would like to leave those items to upon their passing. The choice, of course, rests with the Clientshowever I want to share with you, what at first blush, appears to be an unorthodox method that some of my Clients have actually used. During the holiday season, when hopefully all [or most] of one’s adult children come to visit and are present and accounted for, the parents have discussed with their children, the items of Tangible Personal Property that the parents want to pass-on to the next generation.

During those discussions, the parents handed each child a “Sticky Note Pad” ...and told their children to discuss the distribution of the parent’s Tangible Personal Property among the children and to decide who gets what Tangible Personal property by writing their names on Sticky Notes and placing the Sticky Notes on the items of Tangible Personal Property, in the parent’s home, that each child would like to receive upon the parent’s passing.

When, I was told, the parents sat back and watched...the children at first wanted to know if their parents were feeling okay and then once assured, proceeded to discuss who wanted what and if there was a conflict, they tried to resolve it, then and there. No Probate or Estate Litigation....just friendly banter and discussion regarding why a potential item might mean more to one than the other.

However, I must add that all family dynamics are not the same. It could be that some of the children or intended beneficiaries may not want to be involved in this process at all, which obviously is their choice. As the process goes forward with those children who do want to participate, it is entirely possible that more than one child may want the same item—but at the very least ---- this process can, in a funny way, open-up the lines of communication that hopefully will lead the children down a path to some sort of resolution or agreement as to how to divide-up their “parents’ stuff” ----- “You take this...and I will take that – a little bit like horse trading!

An interesting side-effect of this exercise for the clients of mine who reported to me that they used this method, was a trip down memory lane. Proving that not all Estate Planning does not have to be sad and depressing.....all involved in this process [some to a lesser and some to a greater degree] had a chance to discuss life and happy times. Some of my clients who employed this process told me it was quite cathartic.

Now with this information “in hand”, when I ask my clients how they want their Estate Planning documents drafted with regard to their items of Tangible Personal property, my clients were able to include in their documents items that not only had a special meaning to them....but also had a special meaning for the ultimate recipient. How nice to know that what has been passed-down will hold special memories. Some people have told me that they live on in the lives of their children....perhaps the above process is one interesting and novel way to make that happen!

Alan Jay Lewis, Esq.

Admitted to the Bar of

the State of Florida and the Bar of the State of New York

I am a Resident of Delray Villas, Plat 4/5

****This Legal Chit-AChat@ Column has been written by and is submitted by Alan Jay Lewis, Esq. for publication in Delray Villas APlat Chat@ monthly Newsletter, solely for general educational purposes and is not a solicitation nor intended to provide any specific legal advice to whomever reads this Column.***



GET WELL WISHES FOR
OUR PLAT 4/5 FORMER
PRESIDENT
STAN KOLODNEY

Stan turned 96 and is still going strong, unfortunately he fell at home on Tuesday, March 5th. He broke his hip and had surgery. He is recuperating in Delray Hospital. Lea said if you would like to contact him and wish him well please call her for his number: 561.499.6546 We wish Stan a speedy recovery and lots of love and prayers!



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