



## **MESSAGE from our NEW PRESIDENT**

First, I want to thank George Kuhn for his many years of service to our community. Secondly, I want to thank both of our applicants for Board membership this year. We all appreciate those who step up to do whatever they can to help our community thrive.

Let me officially congratulate and welcome Howard Appel to our Board. Howard will serve as our Treasurer.

We have lots of work ahead and issues to tackle. I realize, as your incoming Board President, that it takes all of us to get things done. I hope that you consider volunteering to help keep our community safe, beautiful, and enjoyable for all. When you see something that you would like to make better, come talk to us. We want your ideas and your constructive feedback.

A few of our ongoing problems will be on my early target list to address. Those things include:

1. Swales. We have a task force to tackle this issue.
2. Lake One drainage into the canal needs to be explored, perhaps repaired. We will investigate this.
3. Fence between Delray Villas and the Water Department. We are locating areas that need attention.

It was wonderful to see so many of you at our last few Board meetings and our Pool Party. Keep coming out. When we connect, you bring such good questions, ideas, support, and solutions. With so many things changing in the world, it feels good to live where you have common goals. I am thanking you in advance for the work we will do together this year to maintain the value, pride, and pleasure of your home ownership in Delray Villas, Plat 2.

Looking forward to seeing everyone at the next meeting on March 28<sup>th</sup>. Please mark your calendars.

**Scott Bradley**  
**HOA Board President, 2022**



# **Selling your home? Don't sell yourself short!**

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April 15-23, 2022

Happy Pesach! You can even try saying "chag sameach" — pronounced *Khahg sah-MEY-akh* — which means "happy festival" or "happy holidays."

Passover, or Pesach in Hebrew, commemorates the exodus of the Jewish people from slavery and their captivity in Egypt. It is celebrated with a traditional meal called a seder (which means "order" in Hebrew), retelling the story of the Jews leaving Egypt as it is explained in the Torah, and eating matzo (or matzah), a special unleavened flatbread.

"It is essentially a festival of freedom and justice," Rabbi Danielle Eskow, CEO of Online Jewish Learning, tells Woman's Day. "Part of the reason why Passover is understood and appreciated by so many, regardless of their religious background, is that the core of the holiday is about justice for all. It's about helping the downtrodden and persecuted find freedom."



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# Pool News

*Sharon Mc Closkey*

WOW, what a fantastic pool party on February 20<sup>th</sup>. The weather didn't cooperate for us to have it on February 13<sup>th</sup> but was just perfect on the 20<sup>th</sup>. There were over 65 attending – our best turnout ever, thanks to all the special touches like a raffle, puzzles, marble counting, favors and more. All thought of and implemented by Lydia Harris, our Grapevine newsletter Editor. Check out our prize table below and see our party pictures in the centerfold.



We also had another outstanding performance by our own Slappy and his band. Boy are we the lucky ones! We had so much fun, we are going to do it again!

**The next pool party will be Sunday, May 29<sup>th</sup>. Please mark your calendars to save the date.**

Have you noticed all the mulching done around the pool common areas? Thanks to the hard work of Charlie Jeffries, Steve Lutsk, Ben D'Ericco, and Phillip Nigro, the pool area is looking wonderful.

And lastly, thank you to all the volunteers who always come through when I call. It's a group effort to keep our pool looking as good as it does.

# ARB News

*Linda Downs*

Your ARB has been finishing up the final inspections on those homes that have not yet completed the work requested. General inspections for all homes will be sometime in May.

Please note that we are NOT picking on people, we are guided by the bylaws and rules of the association. There must be 2 people doing the inspections and both must agree on each assessment/recommendation. You as the homeowner should call us if you disagree with the assessment or have questions about it. We will be happy to come over and reassess/explain the work that is required.

This process is done to keep our community looking good. Thank you for keeping our community one to be proud of. If anyone would like to join the ARB let one of us know.

Respectfully submitted by Your ARB,

Linda Downs

Steve Lutsk

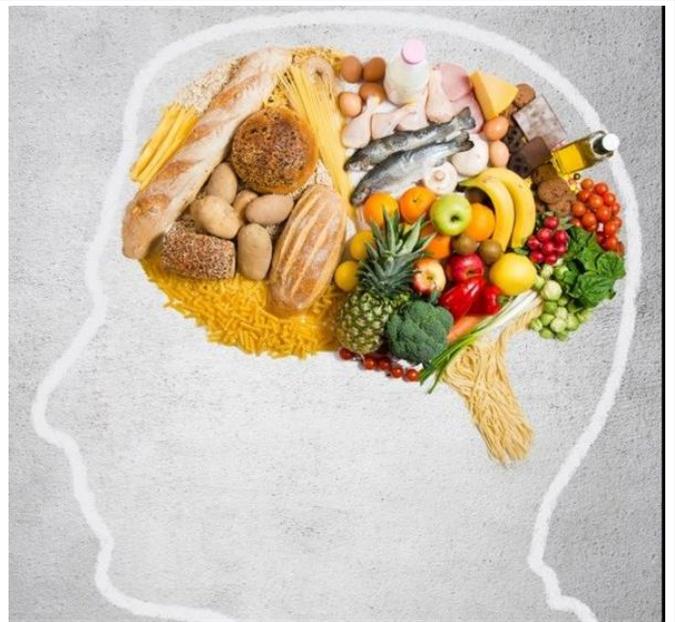
Theodora Karvounis

Elizabeth Rhyne

# Feeding Our Brains for Better Health

By Howard Benedikt, DC, DCBCN

Few will argue that our brains are one of our most important organs of the body. Weighing only 3 pounds, it controls thousands of reactions per second through every system and organ of the body to maintain health and well-being. Feed it what it needs, and it functions like a well-oiled machine but supplying it with less-than-optimal nutrition, exercise, negative thoughts, and stress will have you running on half empty.



As we age, all the cells of our body work less efficiently. Hormones, our immune system, cardiovascular system, bones, and joints are all prone to breaking down. While slowing of cognition and some short-term memory loss occur with normal aging, there is also an increase in pathological cognitive decline, known as dementia.

Over the years, many drugs have come to the market to slow down the progression of cognitive decline. All have failed. Yet a large body of research has shown how lifestyle modification can actually play an important role in reversing this decline. Think of it, by making some easy life choices you can not only maintain your health and well-being, but also improve your brain activity.

The following is a list of just 7 of the many lifestyle changes one can make to prevent premature brain aging.

1. Exercise- moderate amounts of exercise, 30 minutes at 3 times a week increases oxygen to the brain and helps to form certain growth factors necessary for what is referred to as brain "Plasticity."
2. Meditation and stress reduction techniques- helps control the excessive release of the major stress hormone, cortisol.
3. Diet- avoid processed foods, sugar, saturated fats, stop smoking, limit alcohol intake, increase your consumption of fish which are high in omega 3 fatty acids, increase your intake of fruits, nuts, seeds, and grains, all high in antioxidants and plant chemicals which protect cells from premature aging.
4. Exercise your brain- engage in playing board games, crossword puzzles, reading.
5. Maintain and make new friends- having friends to spend time with and engage in social activities has been shown to prevent loneliness and lower stress.
6. Sleep- Try to get 6-8 hours of good quality sleep nightly. Try going to sleep at the same time each night and don't eat before retiring for the night.
7. Get a pet. The company of a pet can do wonders for your overall health and well-being.

Our brain is a marvelous organ that needs to be kept young and alive. Following some of the above lifestyle changes will not only help maintain your brain health but may also improve your mood and prevent brain aging.

# Happy Birthday!



## March

- 3 - George Kinley, Shelley Kuller
- 9 - Delores Guenther
- 16 - Elba Quinones
- 14 - Joan Bernard
- 17 - George Dinuzzo
- 19 - Irene Kronen
- 21 - Mary Ellen Benedikt
- 23 - Phyllis Manover, Juliet Tucceri, Victor Gutierrez
- 29 - Rick Divita
- 31 - Vivian Weber

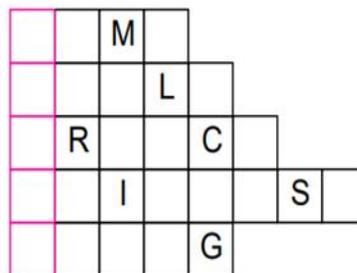
*Q. What's the easiest way to remember your wife's birthday?*  
 A. Forget it once!

*You know you're getting old when...*  
 You and your teeth don't sleep together!

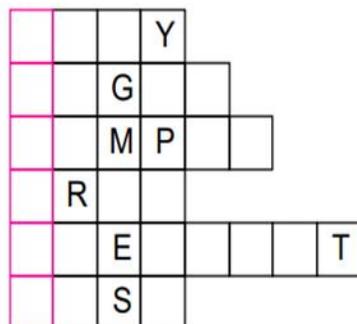


## April

- 1 - Kathleen Monterose
- 4 - Arleen Kessler
- 6 - Howard Benedikt
- 7 - Denise Drelichman
- 8 - Ed Clemon, Betty Delman
- 15 - Louise Reynolds
- 17 - Howard Appel
- 21 - Jose Ricardo
- 23 - Montserrat DeRivero
- 24 - Marty Soldivieri
- 25 - Stella Galimidi
- 26 - Rita Bonacorsi
- 27 - Linda Downs



- Your house
- A fruit
- Queen's son
- King's daughter
- Opposite of old



- Opposite of hard
- Mad
- Very Easy
- Fall
- Largest Land Animal
- Have a nap

*Did we miss your birthday/special occasion or get it wrong? Please let the Editor know via Email:*  
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## Welcome Our New Homeowners!

Justin Hinson, 6072 A Via Silvanus

John Bennett, 13357 A Via Vesta

Madeline Kronrad, 13157 Via Vesta

Richard Frame, 13092 Via Vesta

Donald Stanbro & Carol Perfect, 13256 A Via Vesta



Contact the webmaster,  
Lisa Weingarten  
dvplat2@gmail.com

[www.delrayvillasplat2.com](http://www.delrayvillasplat2.com)

Join us on Facebook at:  
Delray Villas Plat 2 Group

<https://www.facebook.com/groups/386579901799539>

### Web News [delrayvillasplat2.com](http://delrayvillasplat2.com)

It is a pleasure acting as webmaster for Plat 2. The goal is to bring our community together by communicating, sharing information, and ideas through our website, Facebook and email. You can read and/or download this issue and past issues of The Grapevine by visiting our website: <https://www.delrayvillasplat2.com/the-grapevine.html>

Click on the "Documents" tab for **homeowners only** that includes our Bylaws, Rec Association Rules and Regulations, ARB Rules, Applications for Buyer, Renter, Pet Registration and our Phone Book. Homeowners can receive the password by emailing: [dvplat2@gmail.com](mailto:dvplat2@gmail.com).

The "ARB" tab has downloadable forms for home improvement, guidelines, and paint samples. Our "Board/Meetings" tab has contact info for HOA Board Members, HOA meeting calendar, and past minutes.

You can post a message on the "Bulletin Board" tab and find "Important Links," "Trash Info" and fun and interesting facts in the "About Our Homes" tab. See the slide shows from each of our pool parties on the "Events & Clubs" tab.

## DEAD DUCK?

Woman brings a duck to Vet. The Vet says, "Your duck is dead." The woman asks, "Are you sure?" "Yes," the Vet replied. "How can you be sure? You've done no tests." The Vet brings in a Labrador Retriever which sniffs the duck and shakes his head. Next, a cat which sniffs the bird and shakes its head. The Vet says, "Sorry, but as I said your duck is dead" as he hands the woman a bill. She cries, "You want \$800 dollars to tell me my duck is dead?" The Vet says, "If you had taken my word for it the bill would be just \$20, but the Lab Reports and Cat Scans cost extra." 😊



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pool party

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## St. Patrick's Day Word Search



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 E A O H P O K R N M A G I C  
 P N L U H A C J C A I C K O G Y S G  
 O D E R R G T I S H N W I S H I A O  
 T G P A M L U R H G T D R D N O C L  
 O R M R O E E C I A I R E S E L N D  
 F O G A E P K A Y C M O L U C K Y C  
 G R E E N R G T F D K R A C V E N O  
 O A C D A E A O R C A S N K T U T I  
 L N N J H C S I O E L C D A N C E N  
 D G A I U H A H N D I O N A E E N S  
 E E P G C A I A M B L R V C Y T H C  
 E J A I M U S I C U O U L E K E A K  
 N I T K R N N T O R C W C A R Y R H  
 S E V E N T E E N T H K L K N D P S

### *It Takes a Village*

Remember the story about Stone Soup? It was a tale of a traveler, seeking a place to sleep and eat. He came to a village, hit by famine, where everyone began to hide the little food they had. So, they grew apart in their suffering.

They told him to leave as there was not enough food, but he said he had all he needed, revealing a large stone and cooking pot. He lit a fire, filled the pot with water, and put in the stone to make soup.

Intrigued, the people asked about the soup. The traveler told them how much he loved this soup, but that it would be better with some cabbage. A man came to him with a cabbage, in exchange for some soup. More came to add vegetables and meat scraps and after a while, the entire village feasted on the delicious stone soup.

It took a village to make what all could enjoy.

That is what volunteering a little can do. "Many hands make light work." We need your hands.

Take the survey on page 18, bring a stone, a cabbage, or just a smiling face. How can we help each other enjoy life in our community?

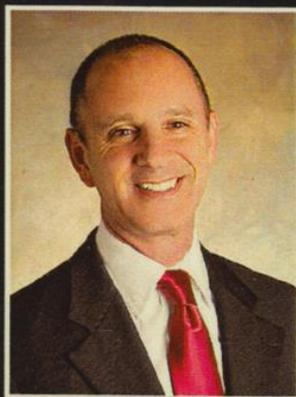
### *It takes a Village...*

*Insights by Lydia Harris*

Find the words in the puzzle. Words are hidden →, ↓, and ↘.



DANCE	JIG	POT OF GOLD
FOUR-LEAF CLOVER	LEPRECHAUN	RAINBOW
GOLD COINS	LUCKY	SAINT
GOOD LUCK	MAGIC	SEVENTEENTH
GREEN	MARCH	SHAMROCK
HARP	MUSIC	ST. PATRICK'S DAY
IRELAND	ORANGE	WISH



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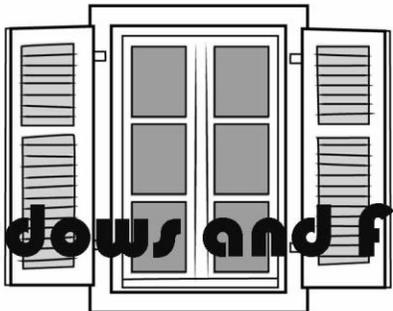
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# Sleep 101:

## The What, Why, and How



For many years, medical experts believed that sleep was just a passive activity. They thought it was when both your body and mind took a breather from the world. Yet, it turns out that sleep is when your body may be resting, but your brain is hard at work carrying out multiple activities that are necessary to your life.

### Why Is Sleep Important?

Getting good-quality sleep each night is vital for maintaining a healthy lifestyle. Never look at sleep as a luxury or an indulgence as our society would like us to believe. During sleep, your body and mind sift through everything you went through that day. They throw out what you don't need and permanently store the important information.

When you're sleep-deprived, you go through the day unable to focus and your attention span is shot. Not getting enough sleep also affects many physiological processes. So, you end up feeling worn out and exhausted the whole day. Here are some of the other benefits of getting good-quality sleep.

- You wake up feeling refreshed and energized
- Sleep boosts your immune system
- Your whole-body needs sleep to stay healthy and disease-free
- Sleep helps regulate emotions and manage stress
- Memories are reorganized during sleep
- Sleep helps restore cognitive functions while elevating focus and concentration levels

### How Can We Get a Good Night's Sleep?

How much sleep you should get differs from one person to the next. It factors in age, gender, health condition, and even genes. Yet, according to the [National Sleep Foundation](#) (NSF), adults should aim to get anywhere between seven to nine hours of good-quality sleep each night.

Researchers have come up with several strategies to help you get a peaceful, full night's sleep. You can turn these strategies into goals, then, eventually, habits. All you have to do is practice them each day and be consistent. Try it.

#### Make Your Bedroom a Sleep-Friendly Zone

For starters, you should dim the lights about half an hour before going to bed. Make sure the room is at a pleasant temperature. Your sheets and duvet should be snug and cozy. Another important point to factor in is your mattress and pillow. They should be firm, yet comfortable to help you fall asleep faster.

#### Establish a Regular Bedtime Routine

Create a routine where you go to bed and wake up at the same time every day. Try to be consistent, even on weekends. After a few days, your body will get the message and engage your body's [circadian rhythm](#). When this rhythm is in sync, you'll fall asleep easier and wake up feeling more refreshed. Yet, if it's out of whack, you'll feel the same foggy and drowsiness typically associated with jet lag.

#### Avoid Stimulants and Large Meals in the Evening

Medical experts recommend that you avoid drinking or consuming stimulants for about four to six hours before bedtime. Remember that caffeine has a [half-life](#) of four to five hours. In other words, your body takes about five hours to get rid of only half the amount of caffeine you consumed.

Just as detrimental to sleep as caffeine, heavy meals can make you feel uncomfortable. Rather than start to relax, your digestive system will work overtime to digest all the food you consumed. This will also make it harder to fall asleep.

#### Ban Screens from Your Bed

The light that comes from cell phones and computer screens is detrimental to sleep. Your brain mistakes this light for sunlight. As a result, it blocks the release of melatonin; the hormone that signals your brain to sleep.



Daylight Savings Time (DST)  
Sunday, March 13, 2022  
at 2:00 a.m. local time  
Ends Sunday, November 6, 2022.



Why do we still have daylight savings time? According to the [United States Department of Transportation](#), daylight savings time saves energy because people use fewer lights in their homes and spend more time outdoors.

It also has a correlation with fewer traffic accidents and injuries, as more people are commuting during daylight, as well as a reduced crime rate because of increased daylight.



**Advice from Maxine**



**How to Clean house**

1. Open a new file on your PC desktop.
2. Name it "Housework."
3. Send it to the Recycle Bin.
4. Empty the Recycle Bin.
5. Your PC will ask you "Are you sure you want to delete Housework permanently?"
6. Calmly answer "Yes" and push mouse button down firmly....
7. Feel better?

**Works for me!**

## SPRING FORWARD: To Spring Cleaning

Unused gifts. Overgrown collectibles. Outgrown designer clothing, purses, and shoes. Decoration overstock. I have some of these, what about you?

Spring cleaning can lead to making the difficult decisions to part with things that were once of interest, but now simply take up valuable space. Perhaps too nice to donate, selling some of these items can also bring in cash if you sell them.

The May issue of The Grapevine will feature ads from our residents seeking to sell/purchase items. Ads will also be posted on our Facebook page. Are you interested?

The ads will be 1/8<sup>th</sup> of page, approximately 4" wide by 2" tall (or vice versa, 2" wide by 4" tall). Plenty room to list multiple items or sharing a small picture (black and white, high quality only).

If you are interested in this opportunity for a one-time \$5.00 ad to be featured in the May edition, please email Lydia Harris, Grapevine Editor at [thedvgrapevine@gmail.com](mailto:thedvgrapevine@gmail.com). Deadline: April 15.

# BREAKING NEWS



## Puppi Turns 20!

Possibly our oldest canine resident, Puppi has a few health challenges, but **LOVE** keeps him going!

Fur-baby 



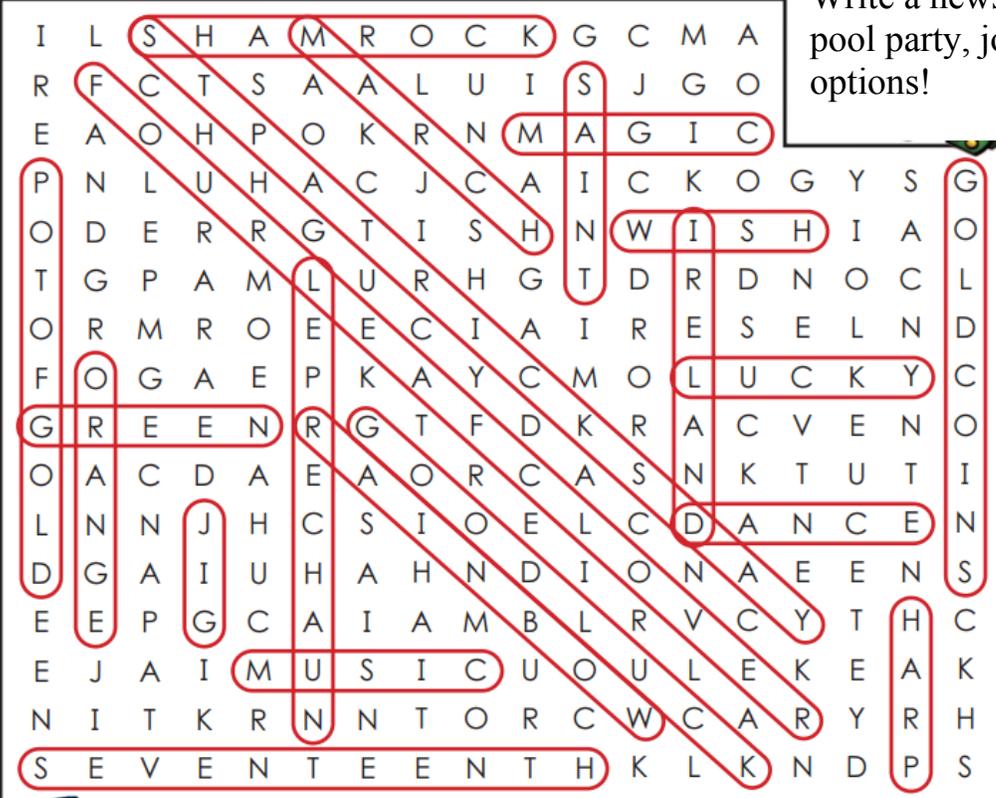
**Congrats to Howard Appel** on being elected to our HOA Board on Tuesday, 2/22/22. The Board then went on to select who would serve in each office, and the results are in!

- Scott Bradley, President
- Ben D'Errico, Vice President
- Arleen Kessler, Secretary
- Howard Appel, Treasurer
- Wendy Karger, Recording Secretary
- Sharon McCloskey, Pool Manager
- Bill Margillo, Lakes Manager

As always, the inside back page has the names, phone numbers and Board meeting dates for 2022. You can tear off the back page to put the numbers on your refrigerator or bulletin board.

Our beautiful community thrives with the work of volunteers. From the Board President to the owner picking up their pet waste, we all do something to support our community.

What do you like to do? You could volunteer to do something new with your neighbors. Write a newsletter article, help plan our May pool party, join our walk club, you have options!



## COMING SOON TO YOUR EMAIL

Watch for the link to Survey Monkey. Just 10 questions – multiple choice. Less than 5 minutes to let us know what you like and could do without.

## PLAT 2 BOARD OF DIRECTORS

President	Scott Bradley (2022)	954 253-6724
Vice President	Ben D'Errico (2023)	201 359-1126
Treasurer	Howard Appel (2024)	201 926-1060
Recording Secretary	Arleen Kessler (2022)	561 330-4110
Corresponding Secretary	Wendy Karger (2022)	561 638-3114
Lawns & Landscaping	Bill Margillo (2023)	561 495-9927
Pool	Sharon McCloskey (2022)	561 809-6204
	Steve Lutsk*	347 236-1077
Rep to the Alliance & Interviews	Reynold Pratt*	561 499-3954
Beautification	Pat Kuhn*	561 762-3920
Rep to the Rec Association	Arleen Kessler*	561 330-4110
	Judy Clemon*	561 496-0861
Webmaster	Lisa Weingarten*	dvplat2@gmail.com

\*Indicates volunteer

*PLEASE KEEP THIS PAGE HANDY IN THE EVENT THAT YOU NEED TO CALL A BOARD MEMBER  
BOARD MEMBERS CAN BE CALLED MONDAY-FRIDAY, 10AM-5PM*

When you have a problem, please refer to this list to get in touch with the appropriate Board member for the specific area. You'll save a lot of time, aggravation and extra phone calls. Thank you for your help. Please call President. George Kuhn if you cannot reach the appropriate Board Member!

### **Our Plat 2 Architectural Review Board (ARB)**

Linda Downs, 516 312-1131....Theodora Karvounis, 203 559-0417

Steve Lutsk, 347 236-1077....Elizabeth Rhyne, 954 297-1136

Contact them M-F, 10am-5pm for an Application For Addition or Alteration form for work planned for the exterior of your home and for paint colors.

Download forms at: <https://www.delrayvillasplat2.com/architectural-review-boardhome-improvement.html>.

Applications are also available in the pool house lobby.

### **BOARD MEETINGS 2022:**

<i>January 25</i>	<i>February 22</i>
<i>March 22</i>	<i>April 26</i>
<i>May 24</i>	<i>June 28</i>
<i>July 26</i>	<i>August 23</i>
<i>September 27</i>	<i>October 25</i>
<i>November 29</i>	<i>December 20**</i>

Meetings will be held in "B" Building at the Recreation Center at 7:30PM .

\*\*Special meeting directly after regular meeting to elect new Board members for 2021

Remember that everyone is encouraged to attend ALL meetings. There will be time set aside at each meeting for you to have your issues and concerns addressed. Please indicate your wish to speak on the sign-in sheet on the dais when you arrive. We want to hear from you and also keep you informed about Board plans.

Next Issue of *The Grapevine* is in May 2022

**Keep this page: it has the contact information for your Board members on the back. Reach out as needed to address concerns or bring new, fresh ideas to make our community better.**



**Send any ideas, topics, pictures, questions, or articles to be addressed in a future edition of *The Grapevine* to the editor:  
[TheDVGrapevine@gmail.com](mailto:TheDVGrapevine@gmail.com)**



**Your Grapevine Team**

Lydia Harris, Editor  
Lisa Weingarten, Webmaster  
Linda Downs, Contributor  
Sharon McCloskey, Contributor

**Thank You to Our Neighbor Volunteers Who Bring "The Grapevine" To Your Door**

Gail Brown

Linda Downs

Sandy Bierwirth

Andrea Presser

Grace & Marty Soldivieri

Diana Donohue