

Inside Hillcrest

– Connecting Neighbors to Neighbors –



AUGUST 2016

HOLLYWOOD, FLORIDA

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AUGUST INSIDE HILLCREST

PARKVIEW AT HILLCREST Q & A

As promised, any and all questions about the Parkview at Hillcrest development submitted to Inside Hillcrest will be forwarded to the Compliance Committee and to Andrew Maxey, the Land Project Manager who is representing Pulte Homes here in South Florida.

QUESTION: From Ronnie Galli, Building 22

Subject: Burrowing owls

This question would be for Mr. Maxey. I've called a Mr. Zambrano who is with Florida Fish and Wildlife back in July 2016 when I first saw the owls. I have spoken with him again approx. two weeks ago when I saw that these were being removed from the North (9-hole golf) Course. He told me a permit was filed for the removal of the owls, but was pending and that the heavy equipment needed to stay at least 50-100 feet away from the owls.

When the green in the fence was put up, there is no way of knowing if the Owls have been safely removed or not. A few people here in Bldg. 22 have seen chicks on the mound and we are all hoping that they are safe and not in harm's way. I would appreciate an answer as to their well-being.

ANSWER: From Andrew Maxey, Land Project Manager South Florida Market/Pulte Homes

The owls are still in the burrows and safe. I was out there today and saw them. We will be putting a rope up so no construction activity is within 50' of them.

The permit has been applied for and we expect it to be issued in the next 2 weeks. Once we have the permit we will remove the owls and they will migrate to a new habitat.

QUESTION: From Bruce Nitsberg, M.D., Building 20

Subject: Tennis Court location

On the papers and pictures of the proposed new plan that the

developers has sent to every Hillcrest owner, it showed tennis and bocce courts on the site of the old tennis courts located between Tobin's office and building #20. They were the same plans and pictures of the proposed project in the dining room at Hillcrest where the developers held buffet dinners. I attended two of the last few sessions before the termination of the voting.

I spoke to one of the developers and lawyers and asked them who was going to pay for the upkeep of these courts after all of the homes were sold. I was told that the new home owners were responsible. They also said that the courts were one of the first things that the developers would create.

I also asked could any of the plans be subsequently changed and they answered me by stating it could only be changed if a new vote by all of the owners at Hillcrest agreed to it. Now I read in the July 2016 issue Inside Hillcrest that the site will be the sales center for pre- construction sales.

I and many others voted " yes" for the new project because the site where the new Bocce Ball and tennis courts were located by all the Hillcrest owners before the change. There was no new vote by all of the Hillcrest owners for this change.

Can you please explain what is going on? Thank you.

ANSWER: From Andrew, Maxey, Land project Manager, South Florida Market, Pulte Homes

As you referenced in your email, this area between building 20 and Tobin will still be the cabana, tennis courts, and bocce ball. We are, however, temporarily locating our sales office in the cabana building once it is finished. Our sales team will be operating in that building until our model homes and on-site sales center open up in March.

Nothing on the plan design has changed, just a temporary sales use for a few months. Hope this clarifies things. Let me know if you have any more questions.

★ ★ ★ ★ GET OUT AND VOTE AUGUST 30TH! ★ ★ ★ ★

It is tough to keep up with who have done a good job in the past and who is running against them. But these positions are important and we need to pay attention and do our homework.

I like **Patrick Murphy** for United States Senator on the Democratic ticket. However, if I were a Republican, I would still back **Marco Rubio**. I think this past few months have been a learning experience for him and he will do a much better job when it comes to attendance as well as serving his constituents. Also, he is in a unique position to hold accountable the Cubans who have been taking advantage

of a loophole in our system by actually applying and getting welfare benefits that they then take back to Cuba! Rubio has sponsored a bill to end the abuse but he should take it further and ban all Cubans who have received these benefits from ever setting foot in our country again until they pay back every dime. And I am sick of people who have lived here for years and still don't bother to learn English. I am outraged that Real Estate licenses can be obtained by taking the entire course and state test in Spanish. When I get an agent who calls and expresses frustration that I cannot speak Spanish, I tell them to email me since I cannot understand a word

Continued on Pg.2

Taking advantage of PACE to Prepare Your Homes for Storms

By Candidate for City Commissioner E. Jeffrey "Jeff" Ladner

Now that we in South Florida have turned the calendar onto the month of August, we are reminded we are in the middle of the sub-tropical summer every time we step outside. We are also reminded that we are now in the midst of hurricane season, so please make sure you make your personal preparations for any potential storm threat.

Along with making sure we have adequate water and canned goods on hand, now is the time to evaluate your home and its ability to protect you, your family and your possessions.

The City of Hollywood has teamed up with a national financing program for Hollywood residents to make updates and improvements to their homes or condominiums to make them more resistant to the effects of mother-nature. It is called PACE (Property Accessed Clean Energy). I, for one, am taking advantage of this program to have impact windows installed on my condominium unit. I work very hard to acquire a lifetime worth of mementoes of travels made, and to make my condo a place I enjoy coming home to every evening. Therefore, should we be impacted by a tropical storm or hurricane, I know I will have more peace of mind about my home and belongings. The PACE program works by allowing homeowners in Hollywood to replace their roof with a storm-resistant roof, and your windows and doors with impact resistant versions. Homeowners can also use this program for energy efficient items such as air-conditioning and solar

panels. These benefits are for both home and condominium owners. In fact, your condominium association can use this to update your building air-conditioning tower, or roof and allow individual residents to use PACE to pay their portion of any special assessment that may be levied to pay for this improvement. This financing is then added as a special assessment on the home-owners property tax bill over a period of time which the home-owner wishes to finance their project. This means the home-owner only pays this once a year and with no upfront out-of-pocket costs. And should you move the special assessment stays with the property.

Additionally, this not only improves your home and property value, but also may allow you to take advantage of insurance discounts on your home-owners policy for your wind storm protection.

The City of Hollywood has teamed up with three PACE administrators. You can get complete information about this program by going to: <http://www.hollywoodfl.org/PACE>

As your next City Commissioner when you vote on November 8th, I pledge to be an advocate for you and the neighborhoods of District 6 by making our residents aware of programs such as PACE.

Meanwhile, should you have any questions or concerns I would love to hear from you. I can be contacted at jeff@ladner4hollywood.com

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Similarities Abound

– by Commissioner Linda Sherwood



I had the opportunity to visit Asheville N.C. this summer and found multiple similarities with Hollywood. You see we are not alone in the world of having to overcome obstacles. Just like Hollywood Asheville is a tourist based city and economy. No they do not have a beautiful beach but they do have lakes and gorgeous mountain views. Guess who has parking problems in their downtown? Yup, Asheville does just like downtown Hollywood. We spent more than a 1/2 hour driving around to find somewhere to park.

They did have an interesting option.

During business and office hours they rent spaces by the month to employees In what appeared to be covered breezeway parking between two buildings. After 6:00 p.m. there is an APP one can access to park in the same spot for 3.00/hour. Hollywood’s APP will be available within the next few months to our residents and costing 1/2 the price it will cost non-residents. We want our residents to have a cost friendly parking access to our beach and downtown . Other common features are music, art and restaurants. We felt very much at home.

And upon arriving home we find a very busy Hollywood. 441 is progressing and presentations of 441’s re-zoning are making their way around the city. The Race Trac at 58th and Hollywood Blvd has broken ground. Washington Park is preparing for new LED street lighting. Hollywood Gardens West has been informed with presentations and timeline for their new sidewalks. The new CVS on Park Rd. and Hollywood Blvd. passed the Planning and Development Board’s approval. The country club at Hillcrest ready for demolishment; and the burrowing owls on the 9 hole golf course ready to be relocated. By the time the issue you are reading has reached your hand several of our civic associations will have already celebrated “The National Night Out For Crime” and provided to our children back to school backpacks and school supplies. Which means school is back in session. The City Commission will be back from our break and very hard at work readying for the Community budget presentations.

Whether in Asheville or Hollywood the goals and obstacles in every city remain very similar and sharing ideas always a help.

If you have questions or concerns please feel free to contact me: I can be reached at lsherwood@hollywoodfl.org



How to Treat Minor Burns

After reading an article about handling burns the right way, I realized I didn’t know how! Like I did not know that third and fourth degree burns may not cause pain – scary. The most painful are the first and second degree burns. Here is what I learned about proper treatment from the latest Consumer Reports On Health newsletter:

- DO NOT use ice, butter, milk, hydrogen peroxide, vinegar, toothpaste, antibiotic creams or ointments.
- (Ice slows blood flow and can damage tissue. Butter, milk and ointments have fat which will slow the release of heat from your skin which can worsen the burn. Toothpaste and antiseptic agents can cause severe pain.)
- DO NOT touch or puncture a blister, it is a natural bandage that protects burn from germs
- DO Immerse the affected area in cool water for 15-20 minutes.
- DO gently blot dry and cover the burn to prevent infection in the first few hours.
- DO take an over-the counter nonsteroidal anti-inflammatory such as ibuprofen or naproxen to help reduce inflammation and promote healing.
- DO apply aloe vera gel if you have it or a dab of HONEY which has been found to heal minor burns faster because of its anti-inflammatory and antibacterial properties and fatty acids that help repair damage to skin.

First degree burns affect only the top layer of the skin; second degree burns affect the top two layers. Call a doctor right away (or go to the ER) if the burn involves the face, fingers, feet, genitals, hands or is on or near a joint or is bigger than 3” in diameter. Also get medical help if victim is under 5 years of age or over 70.

Call 911 for third or fourth-degree burns that extend deep into the skin or goes through to muscle or bone. When in doubt, get medical attention immediately.



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In My Opinion

– by Cindy Abraham

Be Nice. That is one thing I have been guilty of not being very good at but I am working on it. In the face of meanness or stupidity, I have been known to lash out. I really try and tell myself that the other person is acting out of ignorance or at least does not have an evil motive, but again, if the stupidity factor is there I lose patience.

One thing I am very good about is not judging or hating people I have never met. And I do not understand people who do. There are a couple of women in building 22 who will not speak to me, not even return a “hi”, because of something they have heard about me. On the flip side, I have had people approach me and ask if what they heard about me is true. I admire that. It is funny how learning the truth can change someone’s perception. I am not saying they liked or agreed with my explanation; but they believed I was telling the truth. Mainly because if the explanation included a part where I frankly screwed up, they appreciated my honesty.

I bring this up because I don’t understand people who cannot discuss the election without expressing hatred directed at one of the candidates whom they obviously have never met and know nothing about except “what they have heard”. Both candidates have strengths and weaknesses, and both have made mistakes. Hopefully both have changed their stance on a position or opinion when they either received more information or learned they were wrong. This country most certainly is not going to be destroyed by anyone who becomes president. There are too many checks and balances.

I believe that Donald Trump and Hillary Clinton both believe that their beliefs and intentions of what needs to be done for the future of our country come from a place of sincerity. Trump’s famous “I love the poorly educated” was so candid that it seems to have governed some of his more outrageous statements. The name of the game is to get votes and he knows how to play. He has the advantage of never having made any mistakes in public office and because he has endeared himself to the poorly educated, he can make statements like, “We will repeal Obamacare and replace it with something better”, without any questions like “And that would be...?” His appeal is that he is NOT a politician and his strength is that he does not really know what can and cannot be done. No one with any experience in public office could get away with promising to build a wall along the Mexican border at Mexico’s expense.

He promises to do a lot of things that most politicians will tell you cannot be done. And that is good. Because most politicians are so tied up and mindful of the bureaucracy of red tape, they wouldn’t dream of proposing much of what he does. It reminds me of the time that Hillary Clinton came up with a healthcare policy while her husband was president that was roundly ridiculed as impossible to implement. And it probably was – but it did open the door for discussion that eventually led to a healthcare policy that may be flawed but works for many. I have no respect for people who criticize an idea or plan and then have no solution. But isn’t that what the poorly educated do?

Hillary Clinton has been the victim of being in a position to make some very important decisions and not always being right. She has been in public office and/or the public eye

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for over 40 years in some powerful positions. And she made some mistakes. I remember a guy who was on a condo board with me. At every meeting he had a critique of the rest of us for a decision we made – whether it had to do with landscaping, maintenance, the budget, you name it. Finally it dawned on me: he was the only board member who never made a mistake because he was the only board member who never did anything – and I told him so.

The loudest criticism of late toward Clinton is, of course, the recent scandal where she had classified documents in her personal email. From what I understand, there were no dire consequences and other powerful people did the same thing BUT that does not make it right. And let’s face it - opponents need to use whatever they can to discredit the other. However, I cannot seem to get outraged over it. Just as I cannot get outraged over the people who lost their life savings by enrolling in “Trump University”; I file them under “Nigerian Prince” and “You won the lottery”. As Melania Trump said, “A fool and his money are soon parted”. OK, just kidding but the axiom is still true. I do not feel bad about the people who were hurt but the fact is that people were hurt.

Four people died in Benghazi and I followed the story religiously when Clinton was accused of their murders. Politicizing a tragedy is the lowest form of politics and as far as I am concerned; at worst a bad call was made and the most one can do is take responsibility. Decisions are made based on information and this possibly was a case of missing a crucial piece of information but using it to accuse Clinton of the deaths of hundreds of thousands of people in the Syrian Civil War etc. etc. ad nauseam is unconscionable. Enough is enough. It is ironic that Trump accused her of just that and added, “They (Clinton and Obama) don’t back – we don’t back any of our allies.” NATO anyone?

Continued on Pg. 9

In My Opinion – *Continued from Pg. 8*

Politics stink – no doubt. But I firmly believe in respecting our country’s President, no matter who wins. The fact of the matter is that the president has limited powers so I do not worry about alarming campaign promises. Hopefully, if he is elected, most of his promises will turn into “I tried but couldn’t deliver.” Clinton could never get away with saying what Trump says for the very reason that she has real experience. I am surprised he hasn’t promised a cure for cancer. From what I have read about the stories of desperate people paying thousands of dollars for bogus cures, I can’t imagine a claim like that not garnering some votes. But let’s look at it from a perspective of legacy. Both should say and do whatever it takes to get the votes to win the presidency because both desperately want to make history - in a good way. . Once elected, I believe both will do their best for the country because each wants history to remember him/her as one of the greatest US Presidents in our history.

There have been some very funny jokes about Trump becoming president. Many mention the historical significance. “If Trump becomes president, it will be the first time in history that a white billionaire moved in to public housing vacated by a black man.” One of the late night TV hosts pointed out, “Either way history will be made; which means we could be looking at the first female president...or the last president.”

I like Hillary Clinton – I wanted her to win eight years ago but I have been happy with Obama. I also thought that McCain would have done a fine job. And I remember thinking, that of all the times in history, who would want to take over the mess we were in at the time and I admired both for being willing to accept the responsibility.

No matter what is said and done prior to any election, once the mantle of authority has been slipped on, it changes everything. Hillary Clinton has been through 40 years of public service – and scrutiny - that few people could have weathered, and always with dignity and grace. At

all times, she has been a hard worker, an advocate for the oppressed, a quick study and firm decision maker, and has strived to make our country a better place. It is a plus that she has a husband who can be a strong partner and contribute a wealth of knowledge and experience to an office that has become one of the toughest in this new world shaped by groundless hate and unpredictable violence. Her choice of Tim Kaine as VP was brilliant. He is a good man with a solid background in public office who will also be a valuable resource.

For all his ridiculous and sometimes mean-spirited, petty comments, Donald Trump is not stupid. He is smart enough to appeal to the new majority. If elected, I believe he will surround himself with the brightest and best and he has a way of getting the unvarnished truth out of people so he will not easily be steered wrong. His kids seem to be very bright, well-adjusted adults which is a testament to him as well as their mothers, and will also be an asset as partners. Mike Pence? Disappointing; his conversion therapy beliefs make me sick. I did have to laugh as Trump struggled to get the letters LGBTQ in the right order when he promised to protect them from “foreign ideology”... huh? How about protecting them from domestic bigotry? But again, as president he may be able to espouse prejudice but won’t have any real power to negatively impact anyone’s rights based on nationality, religion or sexual orientation. Plus I do believe it is about time we had a First Lady from Stepford.

I am not afraid for this country either way. Trump will learn soon enough that bombastic rhetoric may work to get votes but will do little to get anything viable accomplished. And Clinton will learn from the fact that Trump got as far as he did, that the status quo may be obsolete and that thinking outside the box may be a better way to cure our country’s current ills than business as usual. Hopefully she will surround herself with those who have not been around as long as she has but at the end of the day, I hope she is around for a long time to come.

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Lewy Body Demential and Alzheimers Disease

by Cindy Abraham



Robin William's story of having Lewy Body Dementia and Parkinson's disease saddened me and reminded me of what my mom went through. Robin Williams committed suicide and my mom told us several times that she wished she could. In my mom's case, we had no idea why she was behaving the way she did nor did we know how to deal with the symptoms. Early on she

was given Ativan which was a DISASTER – and we even blamed it for her symptoms. As you will see in the article following this one, anti-psychotic meds should never be given to someone with LBD.

I still have a hard time getting over the fact that we were not even told that mom had LBD until the day she died! The hospice nurse casually mentioned it not knowing we had no idea. If we had known throughout the 8 years of her illness, we would have better understood her behavior and been able to deal with it. But not knowing why she had such a personality change was very frustrating. I would be sitting with her in her room when my sister Kathy would call. Mom would look at me with an "I'm going to get you now" look and tell my sister that I never visited her. Kathy, of course, knew the score and would just say, "Well, that's not right, I will talk to Cindy about that." My mom was a saint; funny, kind, energetic and loving but she turned into a mean, manipulative, unemotional old lady. She never cried once in those last eight years.

Alzheimer's is a form of dementia and the most common. But Lewy Body, the second most common type of dementia is different; my mom always knew who we were. She knew Kathy and I were her daughters and knew Jennifer, her granddaughter. Kathy and Jennifer called her every single day. She also spoke with her sister and brother occasionally and always knew who they were. However, after a while she didn't remember Gene, her partner of 32 years who passed away a few years before she did (her response when we gently broke the news to her that he died was "He's lucky.") Once when I asked her if she remembered daddy, she said, "Not really." Once in a while she would "come back" and be herself; I always knew when that was because she called me "baby."

In my mom's case, her Lewy Body signs were hallucinations, paranoia, loss of sense of smell, weakness in her legs, Parkinson's disease in her hands and short black outs. She would call me and tell me that Gene was having a party in the living room but he had wired the carpet so if she got out of bed to check, he would be alerted and hide the people. Many times I raced down the fire-stairs of building 22 – they lived in 610 and I was in 1011; they never locked the door. I would walk behind Gene who would be sitting in the living room right in front of the blaring TV and go into her room to tell her there was no party. Gene never even knew I was there. I didn't know it is advised to gently tell her the truth rather than play along but thankfully, I am not a play along kind of person. I would explain that it was not true and the reasons

why. But both my sister and I would assure her that we believed she believed what she was saying which is also recommended so we got lucky with that one. When she was in the ALF, she would tell us either the staff was tapping her phone or hiding outside the door listening when we visited.

I recently read an article about Lewy Body and it said that people with historically low blood pressure may have a better chance of getting Lewy Body dementia. Apparently, as we age, the heart pumps weaker so if one already has low blood pressure, not enough oxygen gets to the brain. According to the article, older people with a history of high blood pressure are actually better off when it comes to dementia. My mom had low blood pressure which was thought to be a good thing. She is also the only one of her six siblings to get dementia. I inherited her low blood pressure so now I am a little freaked out and will be watching for the signs of Lewy Body AND trying to figure out a way to prevent it from happening to me. They say there are tests that can be done to find out if we have the "gene". I will probably get the test one of these days because I do not want to go through what my mom went through for 8 years. She suffered from age 85 to 93.

What is the difference between Alzheimers and Lewy Body Disease? The following is an article I found on the internet by Esther Heerema, MSW and posted April 7, 2016.

"Alzheimer's disease and Lewy body dementia (LBD) are both types of dementia. They have several similarities, but there are also some clear differences between the two diseases.

Prevalence:

LBD: Lewy body dementia is the second most common type of dementia, with an estimated 1.3 million Americans diagnosed.

Alzheimer's: Alzheimer's disease is the most prevalent type of dementia. There are about 5.4 million Americans with Alzheimer's disease.

Cognition:

LBD: Symptoms and memory can vary significantly in LBD, such that on one day your relative might not recognize you and the next day, she can recall the names of each of her grandchildren.

Alzheimer's: While cognition can vary somewhat in Alzheimer's, typically the person's ability to think and use his memory gradually declines over time. In Alzheimer's symptoms, there is not usually a big variance from one day to the next.

Walking and Physical Movement:

LBD: Often, one of the early symptoms of LBD is difficulty walking, a decrease in balance and ability to control physical movements. These symptoms are similar to Parkinson's disease. Frequent falling is also common early in LBD.

Alzheimer's: Physical deterioration usually does not occur in Alzheimer's until the disease has significantly progressed, unless the individual has other diseases or illnesses.

Continued on Pg. 11

AUGUST 2016 STATE OF THE MARKET

by Cindy Abraham, Keller Williams Realty Professionals



Hillcrest is in for a big change. We are no longer a golf course community and as we can all see, the work has started on the park and lake areas behind our buildings. The beautiful views definitely earn the name of our new townhome and single family home development, Parkview at Hillcrest. We are one of the few developments in the city that features homes rather than condos. This is good for us because the newer condos are not built like ours. Hillcrest condos were built in a time when land was not at so much of a premium as it is now and the units were spacious and hallways wide. Anyone building condos today tend to maximize the space by building smaller units in order to make a better profit and that is perfectly understandable.

However, that fact should benefit us greatly in the future. Although many people would love to move in to a new home or townhome here in Hillcrest, not everyone can afford 300K+. As of now, this is the lowest price point planned for the new development. Our units should be very attractive to those who want to live here but can't afford the higher prices. Where else can you get 1634 SF for under 250K?! Even our smallest units, the 1/1 units in some of the low rises are 672 SF which is a very nice size in today's market. With the parks, lakes, gazebos and walking trails behind our buildings, the views will be lovely AND usable. Many of those who live on the first floor of the low and mid rises have access to their "backyard" and can walk right outside to enjoy the new amenities.

Thanks to Dr. Bruce Nitsberg in Building 20, we know that we WILL have tennis and bocce ball courts and for now, it looks like some kind of putting green behind building 24. Those who moved to Hillcrest so they could walk to the Clubhouse and play golf are understandably very disappointed. For those of us who do not play golf, we may now get some exercise!

We have ordered 3 time-lapse cameras that will be strategically placed on the balconies that overlook the development so we can publish some "progressive" pictures of the development as it unfolds. We are also going to feature our Hillcrest buildings layouts and floor plans in conjunction with info on the new development to generate more interest in our community.

Continued on Pg. 12



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Brian "Million Dollar Man" Gaiefsky

The Master of the Deal. He can price, show, stage and negotiate top dollar for your property. Good-looking, smooth-talking and not bad at Jeopardy. Definitely good at golf and calling football plays, he is the guy you want on your side when you are buying or selling. It is said that Brian can sell ice to an Eskimo; a skill that was wasted here in South Florida so he switched to Real Estate. Conversely, because his forte is the psychology of selling, he is also great at finding, assessing and negotiating properties for buyers. His catchphrase is "I love it when a deal comes together." Whichever side he is on, everyone wins.



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August 2016 State of The Market – Continued from Pg. 11

We have one of the best website designers living right here in Hillcrest, Building 24. Leon Cortez of High Powered Graphics is working on our new website that will promote our existing condos and future homes/townhomes so we can continue to attract great new neighbors. You will be able to log on to our website and find information about each building.

Our 24 Hillcrest buildings have different rules and requirements – some buildings are all age, some over-55, some allow pets, some do not; some allow rentals, some do not. It can get confusing for buyers. We will be reaching out to each building and invite them to share any information about their building as well as a website address if they have one. Some of our younger minded buildings have websites with the condo docs, applications, etc. that a future buyer would need.

If you are talented at writing, you may want to volunteer your services through your board to write about your building on our website. Of course we want each writer to have a positive, upbeat tone when writing about their respective buildings. If you read the applications for each building – like we have – there are some that are very unwelcoming and some that actually sound threatening. Language can be a powerful magnet that attracts and brings people together. Our website is going to use language that will draw the type of neighbor that we enjoy; not those we dread running into on the elevator. It would be a good idea for all of us to look at our building applications and see if we can couch our rules and requirements respectfully and civilly rather than sounding like an Al Qaeda training manual.

By the next issue of Inside Hillcrest, we should have the History of Hillcrest, our condo building floorplans, all the back issues of Inside Hillcrest, information on our local schools, preferred vendors and information on the new development with floor plans and prices. The developer, the Pulte Group will be opening their sales office on the site of the old tennis courts manned by their own real estate staff. Of course they would like to capture future buyers directly so we are going to work hard to expand our own buyer base to include those who want to buy homes and townhomes as well as our Hillcrest condos. In our humble opinion, no one knows Hillcrest like we do. I have lived in Hillcrest since 1998 and have sold over 250 units since 2006 – mainly on the seller side – and my partner, Brian Gaiefsky has brought a lot of wonderful buyers to Hillcrest since he joined Keller Williams and our A Team Florida. It was one of my favorite people, Tom McNulty, from building 25 (who has since passed), who coined the term “Hillcrest, the Hidden Jewel in Hollywood”. In our opinion, Hillcrest is the nicest community in all of Hollywood and we are committed to keeping it that way.

Lewy Body Demential and Alzheimers Disease – Continued from Pg.10



Facial Expressions:

LBD: Some people who have LBD display a flat affect, where their faces show very little emotion. This is another symptom that may present early in the disease and overlaps with Parkinson's.

Alzheimer's: While facial expressions often decrease as

the disease progresses, this often doesn't develop until the middle to later stages of Alzheimer's.

Visual Hallucinations:

LBD: Visual hallucinations, where people see things that aren't actually there, are quite common in LBD.

Alzheimer's: Hallucinations do occur in Alzheimer's, but are generally not as prevalent as in LBD.

REM Sleep Behavior Disorder:

LBD: People with LBD sometimes experience REM sleep behavior disorder, a dysfunction where they physically act out the situations in their dreams.

Alzheimer's: REM sleep behavior disorder is not typically present in Alzheimer's.

Significant Sensitivity to Antipsychotic Medications:

LBD: According to the Lewy Body Dementia Association, “Up to 50% of patients with LBD who are treated with any antipsychotic medication may experience severe neuroleptic sensitivity, such

as worsening cognition, heavy sedation, increased or possibly irreversible parkinsonism, or symptoms resembling neuroleptic malignant syndrome (NMS), which can be fatal. (NMS causes severe fever, muscle rigidity and breakdown that can lead to kidney failure.)

Alzheimer's: While anyone who takes an antipsychotic medication has a small risk of developing neuroleptic malignant syndrome, individuals with Alzheimer's are not nearly as prone to developing the extreme sensitivity to antipsychotic medications that people with LBD demonstrate.

Disease Progression:

LBD: According to research conducted by James E. Galvin, MD, MPH and other researchers at the Washington University School of Medicine, the median survival time for those in the study with LBD was 78 years old, and survival after onset of Lewy body dementia was 7.3 years.

Alzheimer's: In the above referenced study, the median survival time for participants with Alzheimer's was 84.6 years old, and the survival rate after the beginning of symptoms was 8.4 years. It has been suggested that the difference in the disease progression between LBD and Alzheimer's can partially be explained by the increase in falls, and therefore injuries and hospitalizations, in those with LBD.

Gender:

LBD: Men have a higher chance of developing LBD than women do.

Alzheimer's: Women have a slightly higher chance of developing Alzheimer's.”

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What Are Essential Oils?

Essential oils carry the physical properties of flowers and plants in a highly concentrated form. Through the different processes of distillation, the volatile constituents of the plant's oil are extracted from its flowers, leaves, branches, or roots. Essential oils carry biologically active volatile compounds in a very concentrated form that exhibit therapeutic benefits in very small amounts.

The Real Truth About Essential Oils that Nobody Talks About

1. Essential oils will not encourage "superbugs"
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3. Essential oils can enter the body by many avenues.
4. Essential oils can erase misinformation in our cells.
5. Essential Oils can change your nervous system biochemistry.

Many oils also need to be diluted with a "carrier oil" such as coconut oil which serves as a base to add a few drops of essential oils to. Always use a carrier oil when using essential oils on babies and children since their skin is much more sensitive to the effects. Keep in mind that many essential oils on the market are not 100% pure and therapeutic; they may have potentially toxic extenders.



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OUTDATED TREATMENTS

Therapies That Are No Longer The Gold Standard In Medicine

Death and Taxes are not the only two things we can count on. In fact, CHANGE should be right up there at the top. As rigorous studies and trials are done on accepted medical procedures, there has been many a change in opinions on their effectiveness. Of course, nothing has disproved the benefits of a healthy diet and the proper amount of exercise.

Medicine and medical knowledge has come a long way in a short time. Many standard treatments are now being questioned as recent research is bringing more to light. We all want the fastest, easiest way around painful conditions and although physical therapy has been proven over and over to be the most effective source of long term relief for the most common aches and pains; especially those that are connected to aging, many of us would rather take a pill, get a shot or even go under the knife rather than adopt a healthier, more active lifestyle.

Kudos to all of you meditation, yoga and Tai Chi aficionados out there. The latest research indicates that you all will live a much healthier, pain free life than the rest of us; especially those of us with arthritis, back problems and other age-related maladies. According to Consumer Reports Health Watch, some of the most popular treatments that have been performed on millions of people over the past decade, been found to be ineffective or even dangerous.

1. STENTS FOR HEART DISEASE

Studies are showing that an implanted stent has little impact on heart attacks or other cardiovascular events including risk of death. Emergency stent implants have been found to be effective but may be inappropriate for people with stable heart disease. It has even been suggested that because it is a relatively easy and safe procedure, it is a big money maker for doctors and hospitals.

2. ARTHROSCOPIC KNEE SURGERY

Several studies and trials to repair a torn meniscus found that the surgery was no more effective than physical therapy or even placebo surgery! It may be reasonable for people under 50 who suffered a sports injury but for older people with osteoarthritis, they are better

off with over the counter anti-inflammatories and physical therapy since the surgery does not address the pain and inflammation that affects the entire knee joint.

3. INJECTIONS FOR BACK PAIN

Spinal stenosis is most common over age 60 and shots seem easier and faster than the primary alternative which once again is physical therapy. Steroid added to lidocaine injections was found to be completely ineffective. There is a type of surgery that has had success; a laminectomy (also called decompression surgery) where they enlarge the spinal canal to relieve the pressure on the spinal cord.

4. SPINAL CEMENT

This procedure known as a vertebroplasty may be the classic placebo success story according to a recent Mayo Clinic study. The new thinking is that most osteoporotic spine fractures should be treated with more conservative methods including medication, bracing and of course, physical therapy. However, the article also said that a vertebroplasty is still "worth a try" for people in severe pain for a month or more.

5. TESTOSTERONE FOR MEN and ESTROGEN THERAPY FOR WOMEN

Medicalizing the natural aging process has become very popular. Unfortunately, testosterone therapy just doesn't live up to the hype. Although it may help sexual function in older men, it does not help with physical stamina or energy and testosterone greatly increases the risk of heart attack or stroke. It should only be used for certain uncommon testicular or pituitary disorders.

For women, improper estrogen therapy is also related to increased risk of heart disease, stroke, blood clots, and breast or ovarian cancer. Only women with severe symptoms in the first few years of menopause should even discuss the option with their doctor. A transdermal patch was cited as the best option for the shortest time possible BEFORE the age of 60. There is no evidence that estrogen therapy helps relieve the most common menopausal symptoms such as mood swings, irritability, forgetfulness or reduced libido.

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About "Ask the Energy Expert"

Tiffany Spence is an energy expert at Florida Power & Light Company. She's conducted thousands of energy audits at homes and businesses, helping customers find new ways to make their bills even lower. Your questions on energy-related topics can be submitted anytime to our Ask the Energy Expert blog.

Record Heat Means Higher Bills

- By Tiffany Spence

Q: Why is our electric bills so much higher than last month? It seems to be getting higher and higher every month.

A: This is a very common question that we get asked every year around this time. The answer is actually pretty simple - your bill increases when outdoor temperatures rise because you're consuming more energy due to your A/C running longer to keep your home cool. There is a direct connection between outdoor temperatures and your energy usage.

Putting it into perspective

Your A/C can account for more than half of your monthly energy bill during peak cooling months. Right now, it's running twice as long as it does in cooler months to keep your home at the same temperature which can result in higher than normal bills. Think of it this way - if the outside temperature is 80 degrees and you have your thermostat set to 78 degrees, your A/C has to cool your home just 2 degrees. However, when it's 90 degrees outside, your A/C has to cool your home 12 degrees, running longer to keep the indoor temperature at 78 degrees.

Tips to help you save

At FPL, we're committed to always helping you find ways to make your bill even lower. To help you lower your energy costs, we've compiled a list of some small changes you can make to start saving:



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- View our summer tips page to help you find even more ways to save.

Elder Law: The Time Is Now!

(Mark Roseman is an Attorney specializing in Elder Law; his business card is on this page.)

Clients often ask me to explain how “Elder Law” differs from traditional Estate Planning. Whereas the estate planner is concerned with the client’s assets, the Elder Law practitioner counsels the client on how to live his remaining years in dignity.

Thus, Elder Law concentrates primarily on the elder, and the type of life he desires, and only secondarily on his estate. After the Elder Law attorney and client complete their interview, legal documents are drafted, tax considerations are analyzed, and a plan to protect the elder’s estate is implemented. To protect oneself and one’s family in the event of death, disease or disaster, every senior citizen should have each of the following documents: Last Will & Testament, Power of Attorney, Health Care Surrogate Designation Form, and Living Will.

A Last Will & Testament is a legal document that takes effect upon the death of the will maker. If properly drafted and executed, the will is probated and the decedent’s assets distributed according to his wishes. It is strongly recommended that you periodically update your will.

A Power of Attorney allows a principal to grant authority to his agent to manage the financial and personal affairs of the principal in the event the principal becomes incapacitated. A “durable” power of attorney takes effect immediately.

The Power of Attorney ends at the death of the principal. Spending a few moments now while competent can save thousands of dollars in court costs later when an action for guardianship is brought.

A Health Care Surrogate Designation Form authorizes someone to make decisions about your medical care if you yourself are unable to do so. The person you appoint is your “surrogate”. It is usually coupled with a Living Will, which allows you to state your personal wishes about your medical care in the event that you have a terminal condition.

If properly drafted, these documents can minimize family squabbles and will largely reduce the amount of controversy surrounding your medical treatment.

Elder Law attorneys are also called upon to protect lifelong savings from rising nursing home costs. On average, nursing home expenses exceed \$90,000 a year. The primary resources available to help pay for these skyrocketing costs include: long term care insurance, private pay, Medicare, and Medicaid.

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Grandpa versus Google

BY BK ARUNA LADVA, London, UK Publications

Submitted by Etta Stevens

We thought we had to worry about our own future and adapting to a constantly changing world. Yet it seems that we should have even more concern about our future generations.

It seems that the World Wide Web has cast its net in such a way that we cannot avoid it. The Internet is an all-pervading presence that we have come to rely on.

We have more information at our fingertips than we can possibly need on how to live every aspect of our lives from the cradle to the grave. It seems that most of our conversations take place in cyberspace, and we can easily live a life divorced from the reality of the world. How will this affect human relationships in the younger generations, those who perhaps have never experienced anything other than having most of their interactions with others via a piece of hardware?

Almost every child has a phone or tablet in hand. The attraction of the ease of use, the fact that almost anything seems possible, that anyone can be a superhero, or an artist at the press of a virtual button or the swish of a finger, lures us into the illusion that we are all-powerful.

One friend was telling me recently that while they were on holiday with the family, their kids would set their alarms for 4am so that they could get up and play their games on the net before the parents could get a hold of them and stop them! Now, what else would persuade a child to get up at 4am?

These days' kids are bypassing their parents and finding out all they need to know about life from the Internet. Puberty, sex, drugs, marriage, divorce, you name it; it's all there.

It's even a fact now that kids seven years of age have mastered the online opportunities and become millionaires. Just how much name, fame and fortune can anyone handle at that age?

It's possible that the new generation will forget the temple, church, or the mosque and instead wake up every morning to commune with Google God!

They'll put forth their queries and have answers within seconds. Answers that we, in past generations had to explore, and work hard to find. We had to have faith, patience and tolerance. In the process we learned, we grew, we became resourceful, we interacted with others and we learned the meaning of wisdom.

These days our children are so up-to-date that they can see their parents as from the "dark ages". This can only result in a lack of respect and regard for seniors and adults whom in the past we may have revered for their experience and sage advice. There has to be a greater reason for children to turn to parents; to give something to the children that the world of Internet cannot give.

Whilst we reach out to the wider world through the Internet, the world within us is missing the human touch. The soul-to-soul connection is shrinking. Our trusty computers, laptops, tablets, pads and phones may give us facts and information, but they cannot give us a feeling of peace, love and truth in its real sense. It cannot teach us how to respect, honor or appreciate. It cannot teach us manners and wisdom. For these we need to invest in human relationships. If families would make more family time to be together, have real conversations and express genuine concern for one another then the love and respect would flourish. That would make for healthier families and solid relationships.

These practices may help:

- No phones or gadgets during meal times
- Shut off Wi-Fi for certain hours of the day
- Make quality time to be with the family to discuss things face to face
- Join a meditation class and go together. This will help relate to keeping peace in the family and love in the hearts.

We cannot do much about progress and cyberspace but we can teach our children manners and respect along with meditation to help them keep the stress out of their lives.

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