

Inside Hillcrest

– Connecting Neighbors to Neighbors –



MARCH 2023

HOLLYWOOD, FLORIDA

VOLUME 17 • ISSUE 3

MARCH INSIDE HILLCREST

DON'T MISS AN ISSUE OF INSIDE HILLCREST. JOIN OUR SUBSCRIBER LIST. SEND US YOUR EMAIL ADDRESS TO INFO@INSIDEHILLCREST.COM (We never share our subscriber list with anyone ever!.)

NOTES FROM HLC MEETING ON PAGE 2

At the February meeting, eight of the 24 Hillcrest buildings were not represented. Because the meeting is also available via Zoom, this is disappointing. And I must say, it has been a long time since I have seen attendees behaving belligerently and others talking out of turn. We will be resending the HLC Etiquette guidelines out to every building and hope that works. We have never had to ask anyone to leave and would hate to start now. Hillcrest has a reputation with city officials of having residents who are unfailingly courteous during even the most heated discussions, and I hope we don't lose that.

One hot topic was the Orangebrook Golf Course redevelopment project since it is right up the street from Hillcrest. The other one was finding out that Hillcrest condo owners may have to pay a fee for the use of the tennis courts and pickleball courts. This is true. See the HLC meeting notes on page 2.

The Parkview HOA is currently comprised of five homeowners and there are two spots for Hillcrest representation. At this point, we need to determine how to elect our representatives. Hopefully, candidates for the positions will not only be knowledgeable about the original agreement and the governing documents, but also have the professionalism and temperament to represent us with courtesy and dignity. Once we know who the candidates are, we will arrange a vote of all the building presidents.

SAVING MONEY ON VACCINES

Oh sure, now that I have all my vaccines including Shingrix which was very expensive, the government passed a new act. But I am not sorry I got the vaccine. My son-in-law recently had shingles and I wouldn't wish it on anyone. In case you didn't know, here is part of what the new act covers. And there's more – google the Inflation Reduction Act to see how it benefits you.

As of January 1, 2023, as part of the Inflation Reduction Act, passing into law the following is in effect:

- This act will help close the gap for patients to access vaccinations by lowering

cost for Medicare Part D Beneficiaries. For Medicare Part D Beneficiaries immunizations will have a \$0 copay.

- Typically, it would only be a \$0 copay for Flu and Pneumonia vaccinations.
- Immunizations are now available at no cost to Medicare Part D Beneficiaries (for example Shingrix vaccines & Tdap).

CONGESTIVE HEART FAILURE

This condition has been in the news lately and recently hit close to home. Long story short, it is sudden and very scary. The victim of CHF needs CPR immediately. Some buildings have told me they actually have a defibrillator and have been thinking about holding a CPR class for the residents and also to learn how to use the defibrillator as soon as they remember where they put it. Such is life. I don't see having one being that helpful unless it is within a few feet at the time of the occurrence. But I am thinking of getting someone in to hold a CPR class for all Hillcrest residents who are interested in learning how to do it correctly. Is this something you would be interested in? Please let us know by writing us at info@insidehillcrest.com. See inside for an article on CHF.

DIABETES

I would not be happy if I developed an allergy to shellfish: my other least favorite food to give up would be sugar. Monk fruit solved that one for me and I love making sugar free desserts for my many diabetic friends. I am telling you that the recipe for Bourbon Chocolate Pecan Pie with sugar free coconut whipped cream is a winner! The recipe was in the December issue. Even when I make it for us (we are not diabetic) I use the monk fruit; it is available as granulated, brown sugar and confectioner's (powdered) sugar. I do use espresso chocolate chips instead of the sugar free ones and I use the premade Diamond pecan pie crust instead of a traditional pie crust. Remember when I mentioned that monk fruit had erythritol and since we don't know what that is, maybe

be careful and not eat it in large doses just because it has zero calories? Sure enough, an article on Stevia (erythritol is also found in Stevia leaves as well as monk fruit) warned about the side effects of eating too much of it. Back to my favorite saying from the ancient Greeks; "Everything in moderation."

HEALTH IN GENERAL

Don't you hate it when the "experts" keep saying that adding healthier foods to your diet and moderate exercise is the best way to lose weight and then it actually works?! In the past year or so, we have cut down on salt and substituted monk fruit for sugar. Other major (but gradual) changes included eating a lot less meat and adding more vegetables and fiber to our diet. According to the Interweb, foods like celery, lettuce, watermelon, broccoli, cauliflower, mushrooms, berries, kiwi, carrots, spinach, and kale are low calorie and filling. I use a lot of celery and carrots in recipes, and slip in spinach, kale and/or mushrooms when I can. We love blueberries so they go on cereal every morning with vanilla almond milk. Not a big kiwi or watermelon fan but we eat it occasionally. Kiwi is great mixed with blueberries, I learned that from Elizabeth BNW (Best Neighbor in the World). It took a little over a year, but I lost 15 pounds and Brian lost 27 pounds. And thank you all for not writing me to tell me that Interweb is not a real word.

You have probably noticed changes in the Kitchen Korner recipes. I was not a big pasta eater because of the carbs but now they make it from chickpeas which ups the fiber and lowers the net carbs. Although I have to boil the heck out of it, it works for us so now we have it more often. I made turkey meatballs with the low salt-sauce and even Steve Suriano (Manager of Antonio's Italian restaurant up the street) didn't hate it. The recipe for the sauce was in last month's Kitchen Korner. For my neighbors who are under the weather and get my Lebanese-Italian Chicken soup hung on their doors (whether they want it or not), I use low-sodium chicken broth. I never realized how many low-sodium products are available until I started looking for them.

Lastly, the email version of this issue of IH will have a video attached courtesy of my "Cousin Marty". His last name is Abraham, so I adopted him. He sends the coolest videos and this one is kind of amazing. If you are not on our email list to get Inside Hillcrest, email us at info@insidehillcrest.com.



A MESSAGE FROM DISTRICT 6 HOLLYWOOD CITY COMMISSIONER IDELMA QUINTANA



The City of Hollywood, in partnership with micro-transit provider Circuit, announces the launch of a two-month pilot community shuttle service in West Hollywood beginning at the end of March. During the trial period, the “Sun Shuttle West” Community Shuttle will operate 6-days a week, Monday through Saturday, from 10:00 a.m. to 2:00 p.m.

Upon request, a 12-person passenger van will pick-up and drop-off passengers at 18 predetermined locations. The

pick-up and drop-off locations are high-volume destinations located west of I-95 between Johnson and Washington Streets to the Florida Turnpike. The Sun Shuttle West is an on-demand service, meaning shuttles will only visit designated pick-up/drop-off locations when a ride has been requested for that location. Riders are discouraged from waiting at a location without first making a request via the mobile application.

Riders can download the “Ride Circuit” application to request a ride. Fares will be set at \$2.00 per person per ride, however if space is available, a person can ride to wherever the shuttle is already going, free of charge.

HOW IT WORKS

1. Download the Ride Circuit mobile application from Google Play or the App Store.
2. Request a “Sun Shuttle West” ride via the application.
3. Non-smartphone users may request a ride by calling 954-303-9057.
4. Go to your designated pick-up/drop-off location and wait for the shuttle to arrive.
5. Your usage and experience during this trial period will inform the City of Hollywood on the potential for a future permanent shuttle service serving residents west of I-95. I look forward to the result of this trial

and to hearing your thoughts about it. If I may be of service on this or other matters, contact me at **954-921-3321** or via email at iquintana@hollywoodfl.org

A partir del fin de marzo aumentan sus opciones de transporte! Aquí están los detalles. La ciudad de Hollywood, en asociación con el proveedor de microtránsito Circuit, anuncia el lanzamiento de un servicio de prueba de transporte comunitario por dos meses en el oeste de Hollywood. Durante el período de prueba, el servicio de transporte comunitario “Sun Shuttle West” funcionará 6 días a la semana, de lunes a sábado, de 10:00 a. m. a 2:00 p. m.

El Sun Shuttle West es un servicio a pedido, lo que significa que los servicios de transporte solo visitarán los lugares designados para recoger/dejar cuando se haya solicitado un viaje para ese lugar. Con una solicitud previa, una camioneta de pasajeros para 12 personas recogerá y dejará pasajeros en 18 lugares predeterminados. Los lugares de recogida y entrega son destinos de alto volumen ubicados al oeste de la I-95 entre las calles Johnson y Washington hasta Florida Turnpike. Se desaconseja a los pasajeros que esperen en un lugar sin hacer primero una solicitud a través de la aplicación móvil o por llamada telefónica.

Los usuarios pueden descargar la aplicación “Ride Circuit” para solicitar un viaje. Las tarifas se establecerán en \$ 2.00 por persona por viaje, sin embargo, si hay espacio disponible, una persona puede viajar a donde sea que esté yendo el servicio de transporte, sin cargo.

CÓMO FUNCIONA

1. Descargue la aplicación móvil “Ride Circuit” desde Google Play o App Store.
2. Solicite un viaje de “Sun Shuttle West” a través de la aplicación.
3. Los usuarios que no tengan teléfonos inteligentes pueden solicitar un viaje llamando al 954-303-9057.
4. Diríjase a la ubicación designada para recogerlo o dejarlo y espere a que llegue el servicio de transporte. A medida en que los residentes hagan uso de esta prueba informará si un futuro servicio de transporte permanente estará disponible para los residentes. Espero con interés el resultado de esta prueba y escuchar sus opiniones al respecto. Si puedo ser útil en este u otros asuntos, comuníquese conmigo al **954-921-3321** o por correo electrónico a iquintana@hollywoodfl.org

MARCH 2, 2023 HLC MEETING NOTES - by Steve Schneider

Two local public servants appeared at the March 2 Hillcrest Leadership Council meeting for the second month in a row.

District 6 Commission Idelma Quintana briefed Hillcrest leaders on the latest plans to redevelop the nearby city owned Orangebrook Golf Course.

And Hollywood Police Officer Matthew Rodriguez, our Neighborhood Team Leader, updated residents on an uptick of car burglaries and the theft of catalytic converters.

According to Rodriguez, statistics for the first three weeks of February show that five car burglaries occurred in Hillcrest. He said most of the burglaries are happening from about 2 a.m. to 6 or 7 a.m.

Residents also told Rodriguez about car crimes that happened the last week of February. He said he will check into those incidents once final February statistics are prepared by his department.

The Officer also said the HPD pumped up deterrence efforts in Hillcrest. The effort to protect us includes Rodriguez being stationed on our property for hours at a time, sometimes in an unmarked car, other times in a marked police vehicle.

Patrol officers assigned to our area also joined in on the increased

effort to deter car-related crimes in Hillcrest, he said. And, he added, these efforts will continue.

In related issues, leaders mentioned traffic problems, including people speeding through Hillcrest Drive. Steven Hurtig, the president of Hillcrest 25, asked if the city could install speed bumps to slow drivers down.

Rodriguez and Commissioner Quintana said a city official could come here to look at the area. And the Officer said cops will watch for speeders in an effort to compile statistics that could convince the city to install speed bumps.

Leaders from Hillcrest 21 also mentioned traffic problems related to driving out of the condo parking lot and onto Hillcrest Drive. Again, Commissioner Quintana said she would ask for a city traffic engineer to come here to determine what can be done to possibly solve the problem.

The Hillcrest leaders, many newly elected board members for their buildings, also brought up flooding and drainage issues.

Commissioner Quintana said she will ask a city expert to come here to figure out how to resolve the problem.

Continued from Pg. 2

On a different issue, the Commissioner briefed Hillcrest leaders about the March 1 Commission meeting. Commissioner Quintana said city staff will start negotiations with the bidder that was ranked first by four Commissioners. Three other Commissioners gave the top ranking to a group called E2L, which was backed by some local groups. Their bid called for construction of about 200 units of senior housing.

The redesign of the golf course also includes a variety of amenities. Additionally, the bid ranked first by the Commission majority includes construction of three 25-story hi-rise apartment buildings near Pembroke Road and I-95. The three towers will house 750 apartments, most going for market rates. (See a related article about 100 of the apartments being set aside for affordable housing.)

At one point, Quintana was asked if it was possible that more hi-rise apartment towers could be built on Pembroke Road in the future. She said it is possible. Quintana also cited a county program that encourages housing development along major roadways such as Pembroke Road.

Finally, the property manager for Parkview at Hillcrest and Hillcrest representatives discussed their different understandings of rules regulating shared amenities for the two neighboring communities.

According to some Hillcresters, they have been told that there will be a fee to use the tennis and pickleball courts which took some of us by surprise. However, in the original agreement it does say the following:

... in no event shall current and future owners of the existing residential units within the Hillcrest PUD, including their successors-in-interest and assigns, have any responsibilities or obligations to fund the construction, maintenance, repair, or operation of said recreational improvements, either directly or indirectly, including monetarily contributing to a special taxing district, POA, CDD or other funding mechanism. Nothing contained herein shall prohibit or limit the ability to charge said residents, usage fees for the tennis facility, which may include tennis and bocce ball courts, or deposits associated with use of the clubhouse facilities for special events 3 INSTR# 113841556 Page 4 of 17 (i.e., private parties) as provided in the then-governing documents concerning clubhouse operations. A governing board shall be established for the purpose of, among other things, determining usage fees and applicable rules. Said governing board shall include representation from owners within the Hillcrest PUD. 6”.

We will keep you updated as soon as the HOA board meets to determine how to move forward.

HOLLYWOOD PAVING WAY FOR THREE 25-STORY TOWERS, FOUR-STORY HOTEL ON PUBLIC GOLF COURSE

By Susannah Bryan, South Florida Sun-Sentinel, Republished with permission.

Here's what's on the menu for Hollywood's Orangebrook Golf Course: A redesign by legendary golf course designer Rees Jones; a four-star, four-story hotel with 175-rooms; and three 25-story towers with 750 apartments.

A local developer beat out two other suitors Wednesday vying for the chance to redesign Hollywood's public fairway, ensuring the city won't need to use \$25 million from a voter-approved parks bond to spruce up the greens.

In a 4-3 vote, Hollywood commissioners ranked the suitors they want to take to the dance, as Mayor Josh Levy put it in an interview this week with the South Florida Sun Sentinel. GCF Development/PPG Development, led by Hollywood builders Chip Abele and Ari Pearl, got the top ranking followed by Maitland-based E2L Real Estate Solutions in second place and Jupiter-based Ernie Els Group in third. A fourth firm, Green Lynx, withdrew from the competition just days ago.

The vote came after a spirited debate that lasted more than three hours and had one woman fighting back tears while she implored the commission to reject plans to build a hotel and high-rise towers on taxpayer-owned land. The controversial project involves a 99-year lease of public land to pave the way for the hotel and high-rise towers — a prospect that has elicited protests from critics who don't want to see the historic course developed.



A golfer tees off at Orangebrook Golf Course in Hollywood on Tuesday. (Amy Beth Bennett/South Florida Sun Sentinel)

Elmyra Powell, who lives one block from the mammoth 260-acre golf course, is one of those critics. "Once again, I'm standing here before you, asking you to represent the people's interests," Powell told the commission, her voice soon trembling with emotion. "We asked you to look out for our little golf course that was dying a slow death. You're talking about our heart when you talk about that golf course. We want to save Orangebrook. We don't want you to give us a new country club resort."

A no-brainer

But fans called the plan a no-brainer, saying the redesign will help make Hollywood a golfing destination and might even bring a PGA tournament to town.

The plan calls for two public full-size 18-hole courses, a 34,000-square-foot clubhouse with a restaurant, a pro shop and driving range, fitness facility, banquet hall, lighted nine-hole practice course and a 3-mile walking trail.

The project — an investment that the builders say exceeds \$400 million — will also add to the city's bottom line. The developer has offered Hollywood a 50/50 split of the profits from the golf course and clubhouse. In 30 years alone, the GCF/PPG project is expected to add \$152.4 million to Hollywood coffers.

One resident asked how the city got to this point. Here's the answer: In July 2020, Hollywood got an unsolicited proposal from Green Lynx to redevelop Orangebrook. As required by state law, the city solicited additional proposals for a public-private partnership, commonly known as P3s. Four teams submitted bids by the October deadline and were later ranked by an evaluation committee made up of city staff. But the commission has final say.

Longtime resident Ann Ralston fumed over the fact the parks bond approved in 2019 made no mention of a hotel or apartment towers at Orangebrook. "I would like to know where this money is," she told the commission. "It's been four years and I'm paying for [the bond]."

"Now I'm paying for something that's not getting done. Never again. If you people think you're going to pass a bond in the city to do a bait-and-switch, it's going to be over my dead body."

Continued on Pg. 4

Continued from Pg. 3

Hollywood plans to use the millions that were slated for Orangebrook on other parks projects throughout the city. The mayor had reassuring words for commissioners before they cast their votes on Wednesday. "Today is not a marriage," Levy said. "As things get fine-tuned, there can be improvements and changes [to the initial proposal]. If we can't reach terms with the number one team, we go to team number two and team number three."



Rotten and damaged boards are shown at Orangebrook Golf Course on Tuesday. (Amy Beth Bennett/South Florida Sun Sentinel)

Seal the deal

In June, the commission is expected to vote on a comprehensive agreement that will seal the deal. If all goes as planned, the golf course will break ground in the beginning of 2024 and open 18 months later, said Keith Poliakoff, attorney for the developers. The clubhouse and golf course amenities would open six months later.

And the trio of apartment towers will take about five years to complete. To sweeten the deal, the developer offered to set aside 100 apartments for affordable and workforce housing — or about 13 percent of the entire project.

The developers have tapped Rees Jones to design the course. Jones has designed or redesigned more than 250 golf courses in his career, including some of the most well-known public courses in the world, the developers said in their pitch to the city. Jones designed Torrey Pines, known as one of the best golf courses in California with two 18-hole championship courses. Torrey Pines played host to the U.S. Open in 2008 and 2021. He also designed Bethpage Black on Long Island. The course hosted the PGA Tour in 2011 and the PGA Championship in 2019.

Jones, who spent more than three hours watching the debate from the audience, drew praise from the mayor for attending the meeting. "A PGA tournament will come here if we have a sponsor," Jones told the commission. "I think there is an opportunity to have a tournament [But] we're really building this for the people of Hollywood. This is my love, the public golf course."

Susannah Bryan can be reached at sbryan@sunsentinel.com or on Twitter @Susannah_Bryan



RESIDENTIAL | COMMERCIAL | HURRISE | CONDOMINIUMS

Get PROTECTED for HURRICANE SEASON ON TIME!

Open your windows and let the cool breeze in!







\$100 OFF

5 or More Impact Windows OR Any Impact Door

Windows - Doors
Sunrooms - Shutters

954 797 0797

Call For a Free Estimate!



100 % FINANCING AVAILABLE

Lic. & Ins. - 05-G11765-X www.GMDDoorWindowAndScreen.com Servicegm@gmdws.com







@gmdoorwindow



David Treece AIF® CLTC® MBA
Investment Advisor Representative

- Fiduciary First
- Wealth Management
- Investment Strategies
- Retirement Planning
- Estate Planning
- Solo Aging Support
- LGBTQ+ Advocacy




305.751.8855 | TreeceFinancial.com


GLAZER & SACHS P.A.

Eric Glazer
Attorney at Law

Also admitted in New York
and The District of Columbia



One Emerald Place
3113 Stirling Rd, Suite 201
Ft. Lauderdale, Florida 33312
Phone: 954.983.1112
Fax: 954.333.3983



Condominium & Planned Development

eric@condo-laws.com

MORE ABOUT ORANGEBROOK - by Steve Schneider

The City of Hollywood asked the proposed developer of three 25-story towers to set aside 100 of 750 units for affordable workforce housing at the city-owned Orangebrook redevelopment site. The public golf course property hit hard times, requiring maintenance upgrades and sounder financial footing. It is located across Park Road from Hillcrest.

A brief email interview with Vice Mayor Adam Gruber follows, along with the copy of a letter Gruber read at the March 1 Commission meeting. The letter comes from the Florida Housing Coalition.

Q: Is this the first time the city asked a developer to do this in exchange for approval?

A: Yes, this is the first time we as a City have asked a developer to include this in a project.

Q: Does it set a precedent to make such requests to other developers?

A: I believe this does set a precedent for not only Hollywood, but other cities in Florida as well to make similar requests.

Q: And, for what it's worth, couldn't the city have made the same request of the Ernie ELS folks who wanted to build garden apartments?

A: It was actually me who requested this of the developer. I wasn't crazy about the high rises but given the fact that all three projects included a residential component, this one happened to take up the least amount of green space and the buildings would be on I95 and Pembroke a mile from the nearest house. I figured if we could get some affordable housing out of it, it was a win for the City.

Q: Finally, I heard some discussion at the March 1 Commission meeting that went like this: How do we define affordable housing? How do we define low-income housing? How do we define moderate-income housing? And what should the final split be at Orangebrook for low-income and moderate-income people? Please explain so I can quote you accurately and in context.

A: The biggest gap in the market right now is for those making 80% AMI (Area Median Income) and below. When I met with GCF/PPG and asked for the affordable housing component, I made clear that we needed 80% AMI, not higher. As leases are running out across South Florida and landlords are raising rents at percentages never before seen, we are seeing the need for the 80%-120% increasing rapidly. Therefore, we left it open for us to negotiate what the mix will be, but the developer has said to us that they will do all 100 units at 80% AMI if that's what we want.

The following is the letter that Commissioner Gruber read at the March 1 meeting:

Date: February 27, 2023

To: Mayor Josh Levy Vice Mayor Adam Gruber Commissioner Caryl S. Shuham Commissioner Linda Hill Anderson Commissioner Traci L. Callari Commissioner Kevin D. Biederman Commissioner Idelma Quintana

From: Kody Glazer, Legal & Policy Director, Florida Housing Coalition

Re: Orangebrook Golf Course Redevelopment Project

The Florida Housing Coalition is delighted to provide this letter of recognition to the City of Hollywood for its efforts to utilize publicly owned land for affordable housing through the Orangebrook Golf Course Redevelopment Project. The Coalition is a statewide nonprofit provider of training and technical assistance on affordable housing policy, development, and program compliance, in business since 1982. We do not develop any housing and offer our comments solely to promote good public policy to increase the supply of affordable housing through production and preservation.

We ask that you please seize this opportunity to dedicate publicly owned land for the construction of affordable homes for Hollywood's workforce. The city of Hollywood, like the rest of Florida, is experiencing a dire shortage of affordable homes for the lower-income workforce.

According to the most recent data compiled by the Shimberg Center for Housing Studies, there are only 47 affordable rental units available for every 100 low-income renters in Broward County - low-income being defined as a household that makes no more than 80% of the Area Median Income for their household size. Families of four making less than \$72,550 a year have very limited options when it comes to finding an affordable home. Our teachers, sanitation workers, nurses, service workers, law enforcement officers, bus drivers, and all the other lower-income workers that form the backbone our communities are being priced out.

Local governments, while not able to solve the affordable housing crisis completely on their own, have valuable tools to unleash the private sector and increase the supply of affordable homes. One of the most valuable of these tools is the effective use of publicly owned land. In municipalities such as Hollywood where vacant, developable land can be limited and expensive, leveraging publicly owned land resources to provide deed-restricted affordable homes is a must. Utilizing publicly owned land for affordable housing development is an innovative and vital solution to our housing crisis that ensures that a publicly held asset is used for a desperately needed public purpose.

By prioritizing proposals for the Orangebrook Golf Course Redevelopment Project that include deed-restricted, long-term affordable homes for Hollywood's workforce, the city will be a state leader on affordable housing policy. This project could be a model for other cities and counties across Florida that are looking for examples on what to do to address local workforce housing needs.

Please seize this opportunity to dedicate publicly owned land for the construction of affordable homes for Hollywood's workforce. It may be years for another project of this magnitude to present itself. Thank you for the opportunity to provide this comment.

Kody Glazer Legal & Policy Director Florida Housing Coalition

Social Security Disability Attorneys



SSD and SSI Representation

954-884-5040

**Call Today for a FREE
Consultation**

www.AmericanDisabilityAdvocates.com

American Disability Advocates, LLC

WHO CAN BENEFIT FROM HOME HEALTHCARE SERVICES?



Home health care services for seniors

Home health care services are an excellent option for seniors who need extra care and assistance. Home health care services can provide nursing care and other medical services, such as wound care, medication management, and physical and occupational therapy. Home health care services can also provide emotional support and help with activities of daily living, such as bathing, dressing, and meal preparation.

Home health care services can also provide assistance with transportation to medical appointments and other errands. Additionally, home health care services can provide home safety assessments and recommendations to help seniors stay safe and independent in their own homes.

If you have Medicare: it covers medically necessary services provided by a home health agency, such as skilled nursing care, physical therapy, occupational therapy, and speech-language pathology. Medicare also covers medical social services and home health aide services, such as help with bathing, dressing, and meal preparation. Medicare does not cover custodial care, such as help with housekeeping or errands.

Home health care services for people with disabilities

Home health care services are also available to people with physical and developmental disabilities. Home health care services can provide medical care and assistance with activities of daily living, such as grooming, bathing, dressing, and eating. Home health care services can also provide emotional support and help with transportation to medical appointments and other errands.

Home health care services for children

Home health care services are also available to children with chronic medical conditions and disabilities. Home health care services can provide medical care, such as medications and treatments, as well as assistance with activities of daily living. It can provide emotional support and help with transportation to medical appointments and other errands.

If you or a loved one needs home health care services, contact us today to find out how we can help.

Luis M Salmun, MD
Interim Healthcare of Fort Lauderdale South
1 Oakwood Blvd – Suite 212
Hollywood, FL 33020
754-202-4333

Interim
HEALTHCARE®
PERSONAL CARE & SUPPORT SERVICES

**THE COMFORT OF
HOME. A NAME
YOU CAN TRUST.**

As one of America's most trusted and experienced providers of in-home senior services, Interim Healthcare® understands how important it is for people to stay in their homes. But sometimes the challenges of everyday living get beyond even the most independent-minded people. Our care professionals can provide the extra support needed to live an enriched life in the comfort of your home.

SERVICES:

COMPANIONSHIP – Providing and facilitating social interactions such as: Appointments, going for walks, visits and outings, travel planning, coordinating Zoom/Face Time calls with family, etc.

PERSONAL CARE – Assistance with daily living activities such as: dressing, bathing, personal hygiene, meal preparation, exercising, restroom use etc.

HOMEMAKING – Helping with light housekeeping and domestic activities such as: laundry, dusting, mopping, cleaning closets, pet care, etc.

Call today for our complimentary in-home evaluation. 754-202-4333

Owned and Operated by Luis M. Salmun, MD





Assisted Living & Memory Care at The Peninsula

Raise Your Expectations

THE PENINSULA IS REDEFINING SENIOR LIVING.

We deliver a distinctive daily experience for residents who enjoy living the good life. The Peninsula impresses at every turn. Have peace of mind knowing 24-hour assistance is available, if needed.

Featuring our exclusive MONTESSORI MOMENTS IN TIME™ programming, our memory care neighborhood offers support for dementia residents with daily activities designed around each person's Life Story, personal preferences and current strengths.

(954) 228-6273

5100 W Hallandale Beach Blvd
Hollywood, FL 33023

www.thepeninsulasenior.com

THE PENINSULA
Assisted Living & Memory Care

CALL OUR TEAM TO ASK ABOUT OUR MOVE-IN SPECIALS (954) 228-6273!



Please scan
QR code to view
our Community Life
magazine for more
information!



STATE OF THE COUNTY - County Commissioner Beam Furr - District 6



Greetings Hillcrest Residents,

The clocks are not the only thing that are “springing forward” this month. Here in Broward County, this has been a busy start to spring as we continue to build towards a big 2023. I look forward to working with Hillcrest residents on the issues most important to our community. As always, never hesitate to contact me with questions, concerns, or a great idea!

Opioid Update

The opioid epidemic that continues to ravage our country has had pronounced effects in Broward County – and that is why Broward has taken a national leadership role in fighting back against this epidemic. Six years ago, we committed resources as a County Commission to fight this epidemic and lead on the effort to tackle it head-on. After many years of difficult legal work, we have made significant progress through a series of lawsuits against opioid producing companies that need to be held accountable. This will result in Broward County receiving over \$120 million over the next 18 years. Last month, we received the first of those payments.

In March 2018, the County Commission authorized the County Attorney to file lawsuits against 15 opioid manufacturers for negligence and harm. This included companies like Purdue Pharma, Johnson and Johnson, and McKesson. After years of rulings in our favor, we have reached settlements with most of these companies as part of the larger class action lawsuit. Broward County will receive \$120.5 million, the largest share in the region. We received the first \$1 million in the past month. This money will be used to add 25 beds to our Broward Addiction and Recovery Center, the creation of a specialized opioid wing at this facility, the creation of a new Addiction Receiving Facility for better case management, enhanced trauma response services, and more. This is an example of the good government can do for residents who are suffering.

Banned Books Library

Several books are facing restrictions or bans in school libraries in Florida. With that in mind, Broward County Libraries are making sure to keep copies of these books available for our residents to check out for their families.

Free discussion of challenging topics is essential to a functioning body politic. School librarians use publications like the School Library Review and Kirkus Reviews to pick out books that are intellectually stimulating and personally fulfilling. Broward County is committed to making sure these books are still included in our library collection. This includes 20 copies of “Let’s Talk About It” by Erika Moen, a reference book that was recently removed from Broward County Public School Libraries. This book and many, many more are available in the vast collection of our libraries – go to Broward.org/library to learn more!

Regional Climate Compact 3.0

Broward County has officially signed our Regional Climate Action Plan 3.0. This update to our regional Southeastern Florida plan was several years in the making, and will serve as the blueprint for addressing all issues related to climate change in our home region. This Plan has also been signed by our Compact Partners in Palm Beach, Miami-Dade, and Monroe Counties and will allow us to determine where we can work together and take action. The comprehensive nature of the Plan means that it addresses everything from sea-level rise and flooding to clean energy and regional transit. This took years of coordination between staffs across the four counties. We hope this Compact provides our region the opportunity to work as partners, to commit to new and expanded actions, and to act with urgency.

Contact Us

Our District office is conveniently located within the lobby of the Hollywood Branch of the Broward County Public Library at 2600 Hollywood Blvd, next to Hollywood City Hall. My District office staff is available to you from 10 AM to 4 PM, Monday through Friday. If you plan a visit, please note the library building opens at noon on Mondays and Tuesdays. My staff is also working from my office in Fort Lauderdale and from other locations within our District. The Fort Lauderdale office is open for your convenience Monday through Friday from 9 AM to 5 PM. If you would like to schedule an appointment, or have a great idea, suggestion or an issue that may need my attention, feel free to call me at **954-357-7006/-7790** or send me an email at bfurr@broward.org.

Hello Neighbor!



Sharon L King, Agent
 134 South Dixie Hwy Suite 101
 Hallandale Beach, FL 33009
 Bus: 305-933-4900
sharon@sharonking.net
 Mon-Fri 9:00 AM - 5:00 PM
 After Hours by Appointment
 Hablamos Español

Please stop by and say Hi!
 I’m looking forward to serving your needs for insurance and financial services. Here to help life go right®
CALL ME TODAY



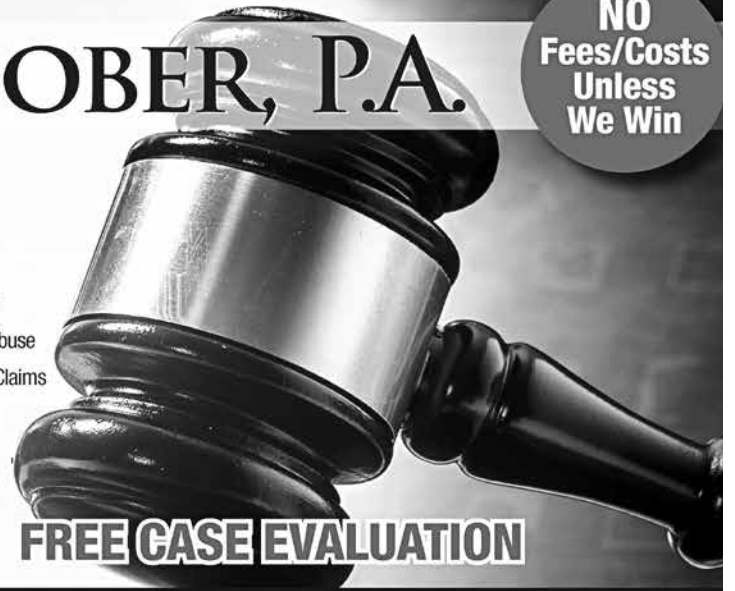
INJURED?

BOBER & BOBER, P.A.

**NO
Fees/Costs
Unless
We Win**

- Car/Truck Accidents
- Slip and Fall Injuries
- Wrongful Death
- Premises Liability
- Birth, Brain and Spinal Injuries
- Motorcycle Accidents
- Boating Accidents
- Medical Malpractice
- Dog/Animal Bites
- Construction Accidents
- Nursing Home & Elder Abuse
- Unpaid Overtime Wage Claims
- Wage/Tip Theft

Attorneys
Peter and
Samara
Bober



FREE CASE EVALUATION

(954) 922-2298

1930 Tyler Street • Hollywood, FL 33020 • peter@boberlaw.com

The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.

THERE'S ALWAYS AN OPEN
SEAT FOR YOU AT
Antonio's
FAMILY TABLE



JOIN US



Antonio's

PIZZA & ITALIAN RESTAURANT

DINE IN • TAKE OUT • DELIVERY • CATERING

OPEN FOR LUNCH TUESDAY THROUGH FRIDAY
FROM 11AM - TO 3PM. GREAT LUNCH SPECIALS!

4551 Hollywood Blvd. Hollywood, FL 33021

954-983-1924

\$5 OFF ANY PURCHASE OF \$25 OR MORE

DINE-IN ONLY. WITH THIS VOUCHER. ONE PER TABLE/GUEST. NOT VALID
WITH ANY OTHER OFFER OR COUPON. EXPIRES APRIL 30, 2023

ANTONIOSFL.COM

What's Happening In The Real Estate Market in Hillcrest and Hollywood?



Cindy Abraham



Brian Gaiefsky

The market for single-family homes has exploded. Right now, homes are at a premium and buyers are paying over list price; either all cash or coming up with the difference between the appraised price and the list price. Bidding wars are common.

What does this mean to us? Homes are becoming out of reach for many. The next best thing is a townhome or large condo. As we all know, Hillcrest condos are known for their size and views. And Keller Williams A Team Florida are known as the Hillcrest experts which is why agents shopping Hillcrest look for our listings.

Looking to buy or sell? Let's talk. Or send us an email or text:

Chat – **954-964-2559** - Email – **Info@ATeamFlorida.com**

Text – Cindy - **954-895-1617** Brian – **954-415-5323**



ateamflorida.com **info@ateamflorida.com** **8-HILLCREST (844) 552-7378**

MORTGAGE UPDATE – by Gary Crowder, Mortgage Loan Adviser, Florida Funding

Mortgage rate headlines were wildly varying over the last few days. We went from “Rates back under 6% for the first time in months” to “Mortgage rates jump to the highest levels in months”. What is going on with rates?? Fed Chair Jerome Powell spoke on Wednesday February 1st. His comments about slowing the pace of Fed rate hikes due to good inflation (dis-inflation) signs was welcome news. He further stated that the disinflationary process has started. He was cautious about declaring victory on inflation, but his commentary helped mortgage rates. 30-year fixed rate averages dropped to just under 6% as a result.

A day later, a blockbuster jobs report came out (Non-Farm Payrolls). Expectations were for a number of approximately 200k new jobs. The report showed that 571K jobs were created. This massive beat on the number caused mortgage rates to shoot back up to 6.45% on a 30 year fixed rate average. That's a big swing. Good economic news is usually bad for mortgage rates and bad economic news is usually good for mortgage rates.

To put this all into perspective, mortgage rates have improved from the Mid 7's to the Mid 6's since Mid-November. The massive rate increase in the past year was primarily due to Inflation. As inflation goes, mortgage rates will follow. The fact that inflation numbers have been improving has led the Fed to suggest they won't need to hike the Federal Funds Rate as high as they once believed. The Federal Funds rate is the main tool the Fed has to control inflation and they have not been shy to use it. This should cause unfortunate economic pain. It should also lead to more unemployment, yet it has not. The Fed's intent is to first, lower inflation. This is the primary goal. They are also looking to lower consumer spending, which should help lower inflation. Their expectations are also for an uptick in unemployment. This has not happened. Hence the great news from Jerome Powell and inflation reports helped rates to go lower and the subsequent jobs report made them jump. I would expect these varying economic indicators to continue in the near term.

If the Fed believes they can continue to raise the Fed Funds Rate without causing anticipated economic pain (ie. Higher unemployment) than they will likely take that path to be sure that inflation comes back under control. Mortgage rate volatility will likely continue as we see mixed economic news. A swing of .5% in mortgage rates in one day is far from “normal”. Going forward, the belief is that at some point unemployment will increase. At that point, provided inflation remains under control, we will see another drop in rates. Until then we will likely see rates hover in the current low to mid-6 range.

Consumers should find solace in knowing that rate refinances remain a tool they can use as rates going forward are anticipated to drop. The adage “Marry the house, Date the Rate” remains alive and well. The Fed comments from last week mentioned that they may begin to drop the Fed Funds Rate as early as late 2023. Most experts are predicting lower rates in 2024. How much lower remains the question.



In Florida | Financing Florida

Gary Crowder
Mortgage Loan Originator
NMLS 380721

Mobile: 305-525-1252
www.Florida-Funding.com
gary.crowder@florida-funding.com

7329 Greenbriar Parkway
Orlando FL 32819

Florida Funding, LLC NMLS 1699532



FEBRUARY 2023 STATE OF THE MARKET REPORT

by Cindy Abraham, Keller Williams Realty Professionals A Team Florida



February started off a little busier but still slower in than we expected. Hillcrest is up to; 24 active condo listings; fifteen are 2/2 units, seven 1/1/1 and two 1/1/0. Seventeen are in the over-55 buildings and there are eleven active listings in the low and mid-rise buildings. During the month of February, thirteen went under contract and twelve closed.

Days on market are getting longer. Only five of the current listings have been on the market less than 30 days. Because of our price point, we are still in a strong seller's market. Remember that a Seller's market is one where we have less than 6 month's inventory and we are not even close to that point.

The challenge is still for those who are downsizing or upsizing and need to sell their property first. We have some unique strategies to make that happen. It is still easier to sell than to buy so we do need our clients who want to purchase to find something before we list their property. This can be difficult but so far, we have been successful with every client who needed the money from their sale to buy something else. I lost a listing a couple years ago because I insisted that the seller find a place first. She disagreed and hired another agent who promised her that finding and successfully purchasing a new place would not be a problem after she closed. She ended up having to rent something after her sale to avoid being homeless which ate into her profits. But we will continue to tell our clients what they need to know, not what they want to hear.

Of the 13 condos that went under contract during the month of February, NINE sold in less than 30 days. In any market it is a price war and a beauty contest. Hillcrest is still the "Hidden Jewel in Hollywood", a phrase coined many years ago by Tom McNulty in building 25. Most of our units have great views which is one of our biggest selling points.

There are only two available rentals in Hillcrest, a 2/2 listed at \$2300 per month and a 1/1/1 listed at \$2000 per month. A 1/1/1 asking \$1800 rented during February for \$1700 monthly.

HILLCREST CLOSED SALES DURING FEBRUARY

| Building | Unit # | B/B | SF | List Price | Sold Price | DOM |
|----------|--------|-------|------|------------|------------|-----|
| C-22 | 901 | 2/2 | 1360 | 249,000 | 235,000 | 62 |
| C-21 | 1000 | 2/2 | 1132 | 245,000 | 245,000 | 11 |
| R-17 | 510 | 2/2 | 1150 | 229,000 | 233,000 | 5 |
| 22 | 1002 | 2/2 | 1132 | 219,000 | 217,000 | 36 |
| 21 | 717 | 2/2 | 1132 | 212,000 | 200,000 | 111 |
| 3 | 208 | 1/1/0 | 690 | 184,900 | 179,000 | 190 |
| 21 | 206 | 1/1/1 | 844 | 180,000 | 172,000 | 18 |
| 25 | 809 | 1/1/1 | 844 | 179,000 | 170,000 | 19 |
| 7 | 304 | 1/1/0 | 672 | 160,000 | 158,000 | 49 |
| 15 | 104 | 1/1/1 | 839 | 159,000 | 159,000 | 17 |
| 7 | 307 | 1/1/0 | 672 | 155,000 | 160,000 | 53 |
| 7 | 212 | 2/2 | 980 | 139,000 | 139,000 | 30 |

PARKVIEW AT HILLCREST FEBRUARY 2023



Curious as to how much equity you have built up in your Parkview home? Call us at 8-HILLCREST or email INFO@ATeamFlorida.com.

Yeah! Parkview had its first million plus sale! A 2404 square foot, 5 bedroom/3 bath single family home with a pool at 1583 Myrtle Oak Terrace listed at #1,234,000 sold for \$1,150,000 after 62 days on the market.

No other properties went under contract during February. There are only 3 townhomes on the market as of this writing and seven single family homes. The active listings are below. Info has been taken directly from the MLS so if it is incorrect, it was entered that way.

There are twelve available rentals; 3/2/1 homes and townhomes range from \$3400 for 1421 SF up to \$5900 for a 2220 SF waterfront home. There are also three available waterfront 4/2/1 homes available with 2,220, 2404 and 2679 SF respectively listed at \$5300, \$6500 and \$6550. Three of the homes also have a private pool.

Changing markets require adaptive strategies. And we have them. We can navigate just about everything a shifting market can throw at us. Whether you are buying or selling, give us a call at 8-HILLCREST. We are always here to help our neighbors.

FEBRUARY ACTIVE LISTINGS

| ADDRESS | B/B | SF | LIST PRICE | DOM | GAR | WTRFRNT | POOL |
|---------------------|-------|------|------------|-----|-----|---------|------|
| S-4317 Ficus Street | 4/2/1 | 2801 | 1,385,000 | 46 | 2 | YES | NO |
| S-4512 Greenway | 4/2/1 | 2501 | 1,350,000 | 43 | 2 | YES | NO |
| S-3701 Greenway | 4/2/1 | 2501 | 1,200,000 | 324 | 2 | YES | NO |
| S-3713 Greenway | 4/2/1 | 2501 | 1,200,000 | 324 | 2 | YES | NO |
| S-4334 Large Leaf | 5/3/0 | 2501 | 1,185,000 | 67 | 0 | NO | NO |
| S-1348 Silk Oak | 5/3/0 | 2501 | 1,170,000 | 189 | 2 | NO | NO |
| S-1402 Myrtle Oak | 4/2/1 | 2220 | 846,000 | 43 | 2 | NO | NO |
| S-4566 Ficus St | 4/3/0 | 1881 | 799,000 | 159 | 2 | NO | NO |
| S-1574 Myrtle Oak | 3/2/1 | 1769 | 750,000 | 137 | 2 | NO | NO |
| S-4111 Large Leaf | 3/2/1 | 1837 | 730,000 | 67 | 2 | NO | NO |
| T-1083 Eucalyptus | 3/2/1 | 2185 | 699,999 | 51 | 1 | YES | NO |
| T-1240 Eucalyptus | 3/3/0 | 1421 | 550,000 | 145 | 1 | NO | NO |
| T-1030 Eucalyptus | 3/2/1 | 1561 | 540,000 | 135 | 1 | NO | NO |
| S-4002 N Poinciana | 3/2/1 | 1561 | 525,000 | 145 | 1 | NO | NO |

PARKVIEW RENTED IN FEBRUARY

| ADDRESS | B/B | SF | RENT \$ | DOM | NOTES |
|-------------------|-------|------|---------|-----|----------------------|
| T-1063 Eucalyptus | 3/2/1 | 2049 | 3,960 | 78 | 2-car garage/Wtrfrnt |
| T-4164 Greenway | 3/2/1 | 1477 | 3,400 | 3 | 1 car garage |
| T-4174 Greenway | 3/2/1 | 1477 | 3,300 | 75 | 1 car garage |

March Kitchen Korner - by Cindy Abraham



We are starting out with a tasty healthy meal and appetizer, and ending up with a kinda healthy and super delicious dessert and snack.

VEGETARIAN PASTA with Bacon



Okay, kidding about the bacon, but this recipe goes out to my favorite Vegetarians Enid J, Toni S, Elizabeth C and Oleg D who have pointed out a couple (zillion) times that I don't print enough recipes that are Vegetarian friendly. Here it is – and for the Vegans out there, I know you have cheese substitutes.

When I made it, I used zucchini rounds as the base and turkey sausage for the filling. I figure if God didn't want us to eat animals, he wouldn't have made them out of meat.

I love chickpea pasta. When the fiber count is more than 10% of the carb count because fiber helps control blood sugar. Because the body is unable to absorb and break down fiber, it doesn't cause a spike in blood sugar the way other carbs can. You have to boil it a little longer but in the case of a baked pasta dish, the pasta absorbs the sauce anyway softens further in the oven.

It is worth buying a high quality freshly grated parmesan or grating it fresh; it melts better. Plus, you have the beautiful rind left over to throw into chicken soup; really adds some great flavor. This is also why I do not add salt. There are so many ingredients that already have a salty flavor.

***Full disclosure: I don't have a lot of time, so I did not go through the step that called for the hand crushed tomatoes/paste/sugar part of the recipe. I used the low sodium tomato sauce I printed in the last issue. I make a lot of it and store it in jars for when I need it. A good quality store bought tomato sauce will do as well. Easier and faster.

You can make this recipe ahead of time and bake it just before it is time to eat OR make it ahead of time and reheat. Pasta dishes are always better the next day.

- 1/2 lb. chickpea rigatoni
- 1 small eggplant unpeeled sliced crosswise in 1/4 inch thick rounds
- 6 TBS olive oil divided
- 8 oz zucchini, chopped into 1/2 "by 1/2" pieces
- 1 cup chopped onion
- 1 1/2 TBS finely chopped garlic
- ***1 28 oz can whole peeled San Marzano tomatoes crushed by hand
- ***1 TBS tomato paste
- ***1 tsp granulated sugar or 1/2 tsp monk fruit
- 1/2 cup frozen or fresh peas
- 6 large basil leaves thinly sliced plus more for garnish

- 1/2 cup grated caciocavallo or provolone cheese (I just used provolone slices cut into thin strips)
- 1/4 cup grated Parmesan Reggiano cheese

Preheat oven to 425 degrees. Cook pasta al dente, drain and set aside.

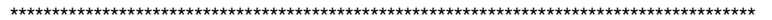
While pasta is cooking, slice eggplant, lightly salt both sides and lay on paper towels. Let stand for 10 minutes.

Brush 1 TBS oil on baking sheet and arrange slices evenly over the bottom of the pan. Brush with another TBS oil and place in preheated oven. Roast until softened and starting to brown. Remove from oven and reduce temperature to 350.

In the meantime, brown the zucchini chunks with the onion and garlic. Stir in ***crushed tomatoes, tomato paste, and sugar*** OR tomato sauce; bring to a simmer over medium high. If you use the crushed tomatoes, reduce to medium low and simmer stirring occasionally until tomatoes have broken down completely in sauce – about 20 minutes. If you use prepared sauce, reduce and simmer for about 10 minutes.

Remove from heat and stir in pasta, peas, and basil. Pour into baking pan and top with provolone and parmesan. Cover tightly with aluminum foil making sure the foil isn't touching the cheese. If it is, lay parchment paper over the pasta before wrapping in foil.

Bake about 20 minutes. Remove foil (and parchment paper if used) and bake for another 10-15 minutes until cheese is golden and bubbly.

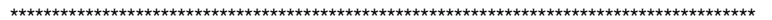


EASY SALMON SPREAD

- 2 5-oz. cans of salmon drained
- 2TBS chives
- 1 large shallot minced
- 1/2 cup Mayo
- 1/2 tsp Everything seasoning
- 1/2 cup whipped cream cheese
- 1 TBS lemon juice
- 2 TBS capers



Mix all the ingredients except the salmon in a small bowl until well blended. Stir in the drained salmon and chill for 30 minutes. Re-stir and serve with crackers or raw vegetables.



These are SO good and fun to make with kids and grandkids, and it is easy to cut the recipe in half. Also I sprung for a silicon rolling pin and silicon rolling mat and it made my lie 100% easier when dealing with any kind of dough. Plus I keep flour in a salt shaker which is also a big help.

GUAVA PASTRIES –

- 8 oz. package cream cheese softened (I used the whipped)
- 1/4 cup powdered sugar
- 1 1/2 tsp vanilla extract



Continued from Pg. 12

- 14 oz. package puff pastry (2 sheets)
- 10 oz. package guava paste cut crosswise into 12 1/2" thick strips
- 1 large egg lightly beaten
- 3 TBS granulated sugar

Preheat oven to 400 degrees with rack in lower third position. Line two large baking sheets with parchment paper. Set aside.

Stir together cream cheese, powdered sugar, and vanilla in a medium bowl until combined.

Dust both sides of puff pastry sheets with flour and roll out to a 12 x 12 inch square. Cut 6 four-inch squares from each puff pastry sheet to yield 12 squares total. Divide pastry squares evenly among the two prepared baking sheets.

Working with 1 baking sheet at a time, spread about 1 1/2 TBS cream cheese mixture from 1 corner diagonally to the opposite corner on each square. Top each cream cheese strip with a strip guava paste.

Brush pastry edges with some of the beaten egg. Fold 1 corner over guava paste but not all the way to opposite corner, pressing lightly to adhere to pastry.

Fold the opposite corner over the folded pastry to the other side, creating a cylinder with the guava in the center. Brush each cylinder with some of the beaten egg, and sprinkle with granulated sugar Refrigerate uncovered for 15 minutes.

Place in oven and bake for 22-25 minutes until golden brown

and crisp. Remove from oven and serve warm or let them cool and refrigerate in a tightly sealed container.

ROSIE'S SNICKERS – thanks to Rosie Rivera, Hillcrest 27

If you like frozen Snickers bars, you will love this recipe. You can buy all the ingredients at Aldi for way less than Publix. The pound bag of Medjool dates is around \$5.00. They have all kind of almonds and other nuts, and their almond butter and peanut butter is less expensive than anywhere else. FYI - a single medjool date contains 66.5 calories and provides: 18 grams (g) of carbohydrates. 16 g of sugars (mainly in the forms of glucose and fructose) 1.6 g of dietary fiber. So these are very rich but very filling. Rosie suggests cutting them in half after you freeze them but that just makes more trips to the freezer if you ask me.



- Large Medjool dates
- Almonds (blanched or roasted)
- Almond butter or peanut butter

Remove the pits from the dates. Stuff with 2 or three almonds and top with almond butter. Freeze and enjoy.

**SEEK TO AVOID PROBATE?
CALL THE LAW OFFICE OF
STANLEY G. SWIDERSKI, P.A.**



**LET 38 YEARS OF
LEGAL EXPERIENCE
GUIDE YOU**




- Wills • Trusts
- Lady Bird Deeds
- Living Wills • Quit Claim Deeds
- Healthcare Surrogate
- Durable/Medical Power of Attorney



(954) 966-0700

1930 Tyler St. Hollywood


www.SwiderskiLaw.com



ALEX SOFIANOS
AUTOMOTIVE TECHNICIAN

SOUTHPARKAUTOREPAIR.COM

South Park Auto Repair PH:(954)962-3896
Alex Sofianos southpark3325@gmail.com
ASE Certified



3325 Pembroke Road
Hollywood, FL 33021



GOT BUGS?
Call Kevin Biederman
Office 954-962-2330
WE AIM TO ELIMINATE
(954) 247-4087

**OFFICIAL PEST CONTROL COMPANY OF THE
FLORIDA PANTHERS AND THE BB&T CENTER**

Proud supporter of:
Greater Hollywood Jaycees
Greater Hollywood Chamber of Commerce
Hollywood West Elks
Hollywood Diamonds in the Rough
American Cancer Society

The UPS Store®

4302 Hollywood Blvd
Hollywood, FL 33021

**We offer
Free Pick Up!**
Call: 954.963.8558



| | |
|-----------------|---------------|
| Copies | International |
| Mailboxes | Freight |
| Notary | Packing |
| Passport Photos | Moving |
| Shipping | Fax |
| Printing | Scanning |

\$2 OFF
PASSPORT PHOTOS

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2020 The UPS Store, Inc. Offer Expires 3/31/2023

7¢
BLACK & WHITE COPIES
(8.5x11, single sided, white 20# paper)

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2020 The UPS Store, Inc. Offer Expires 3/31/2023

25% OFF
SHREDDING* SERVICES

*Visit theupsstore.com/shredding for full details.
Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2020 The UPS Store, Inc. Offer Expires 3/31/2023

The UPS Store® 
The UPS Store® 
The UPS Store® 

TAKE CONTROL OF NEGATIVE SELF TALK

- by Helen Vella



We all talk to ourselves constantly and some of what we say to ourselves can be very negative and even destructive. How many times in a day do you call yourself stupid, or some other negative word you constantly repeat to yourself? What you say to yourself over and over again sets you up for your moods, emotional state, and how you interact throughout your day.

TRY THESE SIMPLE STEPS:

- 1. Identify your negative self-talk:** Pay attention to your inner dialogue. When you find yourself in a negative thought spiral, take note of the thoughts and turn them into positive ones.
- 2. Take control of your thoughts:** Don't let your thoughts control you. Take time to stop and think about the thoughts that are running through your mind. Are they helping or hurting you?
- 3. Reframe problems:** Rather than seeing problems as insurmountable, reframe them as challenges to be overcome.
- 4. Visualize success:** Visualizing success can help you achieve it. Take time to imagine yourself succeeding, and focus on the positive feelings associated with it.
- 5. Practice gratitude:** Gratitude is a powerful tool for changing your mindset. Make a concerted effort to appreciate the good things in your life.
- 6. Surround yourself with positive people:** Make a conscious effort to be around those who have a positive attitude.
- 7. Take action:** Don't just think about making changes – take action. Taking action will help you build momentum and make progress.
- 8. Practice positive self-talk:** Talk to yourself like you would a friend. Be encouraging and focus on the positive.

Attempt to do this on an hourly basis and notice the changes in how you feel and also how other people are reacting to how you are behaving. Self-talk can be very destructive if it is repetitive. So go ahead and change that self-talk, love yourself, be kind to yourself, and be grateful.

Helen Vella. - Mindset is the Key to Transformation.

Questions about MEDICARE? I can help!



Jennifer Romo-Valdes
954-610-4930 (TTY: 711)
 Monday – Friday, 8 a.m. – 5 p.m.
JRomo2@careplus-hp.com

Call your licensed
CarePlus sales agent TODAY!



VELLA
 COACHING
 STRATEGIES

Helen Vella



Services

- Breakthrough challenges
- Transformation Strategies for eliminating perceived Limitations
- Brainstorm your latest idea.
- Past Life Regression
- Quit Smoking
- Healthy Living
- Overcoming Grief
- Divorce Specialist



Mindset is the Key to
Transformation

WWW.HVELLA.COM
EMAIL: HELEN@HVELLA.COM
407.232.4439



<https://calendly.com/helenvella>

Baggage is only for traveling - schedule a session and clear your life's baggage now!

DANIEL WASSERMAN, DOM

Doctor of Oriental Medicine
Acupuncture Physician

**“Do you have either one of these insurances
and would like to try acupuncture?
No copay, No deductible**

Humana® Gold Plus **HealthSun**
 HEALTH PLANS



Daniel Wasserman, DOM



3702 Washington Street, Suite 101
 Hollywood, Florida 33021
(954) 272-BACK (2225)

Located directly next to Hillcrest.

CHOOSE YOUR DISCIPLINE - 'IT'S TIME...

by Aruna Ladva, BK Publications London, UK Submitted by Etta Stevens



“When you build a house, every brick counts. When you build a character, every thought counts.” - Dadi Janki

When we keep a daily discipline for the ‘self’ and stick to that practice through meditation, prayerful presence and silent reflection, these disciplines help to keep our mind anchored during the day. Whatever we do over and over again, like breathing, should become natural for us; it should become an integrated part of our life. There is just that initial effort of choosing and deciding to discipline the mind... and thereafter, it's smooth running. In fact, once we have broken through any resistance that may occur, we will create a good pattern in life for ourselves that will stand us in good stead.

What do we need to keep ourselves on track? We need to be vigilant. When we bring our ‘self’ back to the space of conscious awareness, of knowing our thoughts by using a subtle process of checking and changing those thoughts, we will be able to create stability in our inner life, despite the lack of certainty and stability in our outer world. That way we can head off those negative and wasteful thoughts that will derail our state of peace and inner balance. When we do not have awareness that is when we find ourselves falling into negative states of thinking like overthinking; worry; anxiety or even depressive thoughts which will lead to feelings of sadness, when we have these thoughts, they should be setting off alarm bells for us. These are heavy and low frequency thoughts that will definitely deplete our energy. So if we work to conserve and preserve our peace of mind, by managing the quality of our thoughts, we will be doing ourselves a great favor in life.

“The secret of change is to focus all your energy, not on fighting the old, but on building the new.”-Socrates

Yes, indeed Socrates was one wise soul who knew that all the energy we put into resistance just makes us weak and vulnerable, so instead of ‘being against something let us be for something’. This is a creative positive process; we just need the clarity of mind to be able to discriminate between high- and low-quality thoughts.

All thoughts are energy vibrations that go out into the field of the Universe. It is like we are in a game, living in an inter-active play station. When we change the quality and quantity of our thoughts, we can change the quality and experience of our life, because everything is connected at an energetic level. The high frequency thoughts and feelings of love, compassion, acceptance, and appreciation will automatically give us an uplift in life, they create a light vibration. Equally the low frequency thoughts of anger, ego, depression, and fear will put us on a downward spiral. The law of energy, the law of attraction is that whatever we put out... will be attracted to us.

All of humanity's problems stem from man's inability to sit quietly in a room alone. -Blaise Pascal

It is good to know what is influencing our mind. Our habits are a result of repeated patterns and behaviors, we may call it our nature, but this is a product of our thoughts – words – actions. Therefore, we need to be aware of how our beliefs are influenced by our education; media; propaganda, basically whatever we mentally and emotionally digest will affect our thinking. This is where we have to take care of our mind and make sure that we do not overload the mind with unnecessary information, and that is quite a challenge nowadays as we are all experiencing an information overload!

Sometimes it is good to take a little time out and review the contents of our mind, to see where are we sitting in this frequency field? This is a simple process of checking.

- Check the quality and quantity of your thoughts.
- Are your thoughts of high or low quality and frequencies?
- What is the benefit of a positive thought? Can you make a list?
- What is the consequence of a negative thought? Make a list of that too.

Spiritual light puts us on a high vibration, and spirituality is all about light. A lightness of mind, nature, and being-ness. Practicing a discipline and routine will help us on our journey. Find a practice that suits you and stick to it. The consistency will bring the rewards in no time. So, we cannot afford to be wishy washy in our focus or our effort. We need to create more time and space in our day to allow more light to come into our lives and meditation is a good tool for this.

“Reality is created by the mind; we can change the reality by changing our mind.” -Socrates

Raja Yoga Meditation is all about disciplining the mind. Once that is in order, then the wheels of our life are greased well, and life becomes easy to manage. Discipline does not mean rigidity. In fact, quite the opposite. Once discipline is set, then one can be flexible, trusting and knowing one's limits and lines of boundaries. A lot like building the core when exercising or doing hatha yoga, and then one can bend and flex as needed without any strain or injury. And finally discipline in one area of your life will spread to discipline in all areas. So, start... somewhere... anywhere...

It's Time... to find a discipline that will help to support us with our spiritual growth in life.

Meditation fills us with these positive qualities and powers very easily. This is because meditation is a beautiful relationship and connection with the Supreme Source of spiritual energy and power – God. In our teachings, He teaches us that obstacles are only a test, to succeed we must preserve and continue to move forward in life. God is full of those qualities and powers and never loses them ever, unlike us, who need to fill ourselves constantly when we lose our way. Nonviolence is the spiritual way to peace and compassion.

The early morning is the best time to meditate and before bedtime if you can. MEDITATION IS THE ONLY WAY TO BRING UP YOUR CONNECTION TO YOUR HIGHER POWER AND COMBINE YOUR ETERNAL GIFTS OF LOVE, PEACE, HAPPINESS, WISDOM, PERSEVERANCE, AND TRUE FRIENDSHIP.

I AM CONDUCTING A ZOOM class every Tuesday Morning at 10:30 am EDT. Here is the Zoom Link: ZOOM ID 860 9264 2094; the Password is 123

Benefits of DPP

- No out-of-pocket costs for Medicare Part B enrollees
- You can...
 - ✓ Eat healthy
 - ✓ Be more active
 - ✓ Lose weight
- CDC-approved curriculum with handouts and tools
- Support from other participants with the same goals as you

- Nearly half of U.S. adults aged 65 and older have **prediabetes**, putting them at high risk of type 2 diabetes, heart attack, and stroke.

- Risk factors include being 45 or older, being overweight, having a parent or sibling with type 2 diabetes, and being physically active fewer than 3x/week.

- Take the CDC's prediabetes test at <https://www.cdc.gov/prediabetes/s/takethetest/>

NATIONAL DIABETES PREVENTION PROGRAM

3948 Pembroke Road
Pembroke Park, FL 33021
(954) 963-2113 | epiccarerx.com

Sign up for our DPP at our website, via the QR code, or directly at <https://mywelld.com/join/EpicCareRx DPP>

EPIC CARE PHARMACY

3948 Pembroke Road
Pembroke Park, FL 33021
(954) 963-2113 | epiccarerx.com

Working Together for a Healthier You

Our team does more than fill your prescription. At Epic Care Pharmacy, we provide services, product variety, and personalized care to our patients so we can maximize patient health and community welfare. We work tirelessly, taking an active role in your healthcare, by providing...

- Prescription Services
- Timely Refills
- Vitamins & Supplements
- Included Regional Delivery
- Immunizations, Diabetes Education, Medication Therapy Management, And Much More!

254-716-9132
Mireille

Expert Tailoring and Alterations

www.legacykouture.com

We are able to accommodate our French speaking friends

Located in Hollywood, FL
moi@fantini.us

CONTEMPORARY AND TIMELESS WINDOW FASHIONS

Modern window fashions that help manage light, privacy and heat transfer with unmatched elegance.

- Roller
- Sheer
- Layered
- Roman
- Venetian Blinds
- Shutters

Free consultations and quotes!

ALLURE
shade concepts
blinds · shades · roll down screens · awnings

info@allureshadeconcepts.com
561.672.4558



MIKE BALAN

AIR CONDITIONING INC.
Licensed and Insured
SERVING SOUTH FLORIDA SINCE 1999

- All Work Guaranteed
- Financing Available
- FREE ESTIMATES ON NEW INSTALLS

0%

FINANCING AVAILABLE!

Phone: (954) 931-4752
Emer: (954) 968-0379
24 Hour Service

\$25 OFF SERVICE CALL AND PARTS
MUST HAVE COUPONS PRESENT AT TRANSACTION

\$150 OFF UV Light Install
MUST HAVE COUPONS PRESENT AT TRANSACTION



Residential • Commercial • Industrial
24 Hour Service

**Full Service Plumbing
Sewer & Drain Services
Video Pipe Line Inspection**



LICENSED & INSURED CFC-1425969



EXECUTIVE PLUMBING CONTRACTORS

**888-954-LEAK
954-924-8211**

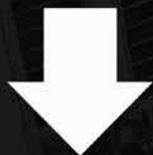
2020 Lee Street
Hollywood, FL 33019

www.epcfla.com

CRW

CROWN ROOFING & WATERPROOFING

Get Started on your FREE Estimate Today!



We Offer Commercial:

- Waterproofing • Storm Damage Restoration
- Maintenance & Repairs • Roof Replacements

855-CROWN-55

WWW.CRWFL.COM

License # CCC1332557

We want to hear from you!

Please email to: Inside.Hillcrest@comcast.net or you can snail mail to: Inside Hillcrest at 3850 Washington Avenue, Suite 1016, Hollywood, FL 33021.

The letter **MUST BE SIGNED** and a phone number included so we may verify that you actually sent the letter. In the published edition, only your first initial will be used **UNLESS** you specifically request that your name be included.



We reserve the right to condense, but we will not edit the piece in order to distort your intent. Anytime we condense, it will be indicated by ...

You can email us at: Info@InsideHillcrest.com or call (954) 964-2559.

Inside Hillcrest is a newspaper published for the purpose of supplying information and providing Hillcrest residents an opportunity to interact.

Any view expressed in the Inside Hillcrest does not necessarily reflect the opinion or view of the publishers. Advertisers are screened; however, Inside Hillcrest assumes no responsibility for any work performed or quoted or any resulting loss or damage.

©Copyright 2023

ACCOUNTSULT, LLC

ACCOUNTING AND CONSULTING FOR CONDOMINIUM AND HOMEOWNER ASSOCIATIONS

Mark R. Buchalter

Tel: (954) 739-0310 / Fax: (954) 739-2635 / Email: mark@accountsult.com
3109 Stirling Rd. • Suite 202 • Ft. Lauderdale, FL 33312

Podiatrist - Foot Specialist



House Calls Available
Medicare Assignment Accepted

Bert J. Henkel, DPM
4301 Hollywood Blvd.
Hollywood, FL
954.981.8000

Hi Hillcrest Neighbor!

Looking for someone to help you do chores or drive you to appointments, shopping, etc.? I live here in Hillcrest and would be glad to help. I am also pretty good company! My fee is \$15.00 per hour and I am available 7 days a week.

Call Wendy at
954-961-1788.



JO ERRAND SERVICES

JESUS OROZCO



- Airport Transportation • Immigration Documents
- Procedures and Benefits to start your life in the USA
- Documents for Health Services
- Student Loans
- Homologation of Professional Studies
- Shopping • Pickup & Deliveries • Errands
- Mobile Notary Services
- Personalized tasks • English & Español



4330 Hillcrest Drive. Hollywood, FL 33021
786-287-6150 • jo592@yahoo.com

ELITE GUARD



PROVIDING PROFESSIONAL SECURITY SERVICES

TO HILLCREST ASSOCIATIONS SINCE 1998

OFFICES IN SUNNY ISLES BEACH AND AVENTURA

305-956-9520 www.eliteguard.com

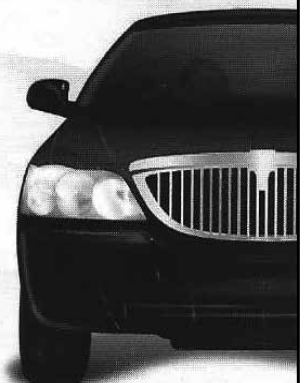
Henry Bloch

Hillcrest
Hollywood, FL

Personal Car Service

Car service at the best price

Available 24/7
Phone # 786-525-3470



Once again voted "Best of Hollywood Assisted Living"



FIVE STAR
Premier
RESIDENCES
OF HOLLYWOOD

A FIVE STAR INDEPENDENT, ASSISTED LIVING & MEMORY CARE COMMUNITY

Five Star Premier Residences of Hollywood is a resort-style luxury senior living community offering the finest in independent and assisted living, as well as our award-winning Bridge to Rediscovery Alzheimer's care program. Our 22-acre campus features gardens, lakes and walking trails, creating a warm and welcoming, secure and supportive place to live.

Our care is unsurpassed, with experts that run the gamut from our Culinary Institute-trained Executive Chef to our knowledgeable and compassionate Director of Assisted Living. Best of all, our rental retirement community never requires a huge up-front buy-in fee. Our services and amenities include restaurant-style dining, a full slate of social and recreational activities, heated outdoor pool, game rooms, computer center with high-speed internet access, fitness center, library, full-service beauty salon, putting green, transportation, 24-hour staff, and laundry and housekeeping. **For Leasing please call: (954) 787-3926.**

**Call Darline or Lisa
(954) 787-3926
to schedule a tour**

2480 North Park Road | Hollywood
FiveStarPremier-Hollywood.com

**Spacious apartments
start at \$2750/mo.**

ASK ABOUT OUR MOVE-IN SPECIALS



Assisted
Living
Facility
#5622



Find
us on
Facebook

J.D. Power 2019 Certified Senior Living Community Program recognition is based on successful completion of an audit, exceeding a customer experience benchmark through a survey of recent claims servicing interactions, and a financial strength rating. For more information, visit jdpower.com