

Inside Hillcrest

– Connecting Neighbors to Neighbors –



FEBRUARY 2023

HOLLYWOOD, FLORIDA

VOLUME 17 • ISSUE 2

FEBRUARY INSIDE HILLCREST

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HILLCREST LEADERS

February is the big month where most of our buildings elect new boards and hopefully when you meet the new members, you will recognize the traits described in the below quotes.

For those of you who are newly elected, not sure "congratulations" is the right sentiment... kidding. Whether you are on the board or not, if you have a skill that can be of value to your building, please volunteer to be on one of the committees. Every building can use the extra help. A healthy and happy building culture usually involves residents engaged in helping to seek solutions for building problems rather than seeking to find fault. Check your by-laws. Many REQUIRE the formation of committees to oversee the various aspects of condo living.

Please remember to send the names/emails of your new board members to the Hillcrest Leadership Council email so they can be notified about meetings or any other important info relating to our community. INFO@HilcrestLC.com.

At its core, leadership involves movement either of people or ideas. Inherent in movement is change. And every effective leader needs to recognize that things do not remain the same. Not ever. – John Baldoni.

HLC MEETING

The recap of the January HLC meeting is on page 2. New board officers take note: the leadership decided to meet the first Thursday of each month. However, February was such a busy month for annual meeting elections, we will not meet until March 2nd. We meet at Rec Room 2 at the end of the cul de sac on Hillcrest Court at 6PM. We encourage two members from each board to attend. The agenda for the March 2 meeting will be sent out as soon as it is finalized. Again, be sure we have your name, position, and email address.

Proactive people work on the things they can do something about. The nature of their energy is positive, enlarging, and magnifying, causing their circle of influence to increase. – Stephen Covey.

CPR CLASSES

Hillcrest 27 has talked about getting someone in to teach CPR. This may be a good

idea for our entire community. It is amazing how many lives have been saved when someone went into cardiac arrest only because a family member or neighbor administered CPR immediately, even before the paramedics showed up. We also have an article about Congestive Heart Failure in this issue.

CVS

Many Hillcresters frequent our local CVS right up the street at 4400 Hollywood Boulevard. The staff is unfailingly friendly and helpful. We remember **Jade, Brittany, Aaron, and Louis** especially because they worked there for so many years. I am a big fan of **Jessie the Manager**. So, I was very disappointed to learn that the store is closing in March. I have been to the one on the corner of N Park Rd and Hollywood Blvd and the one on 46th and Sheridan and I met some of the rudest employees, especially in the Pharmacy. I am frankly dreading having to switch. I may have to go back to Walgreens...

FIBEROPTICS VS. COMCAST CABLE

I have never been a Comcast Cable fan. I get frustrated at the time it takes to fast forward and how it cuts off shows before it is over not to mention the impossibility of recording a program from the beginning once it has started. Terrible service and expensive for unit owners. We have an article about two of the Fiber optic options out there that include TV, phone, and internet. Blue Stream Fiber and Hotwire Communications cover all these services and are also included in your monthly maintenance fee. So far, three buildings have gone with Hotwire and two with Blue Stream. The initial cost may be higher, but I can guarantee you that you will love the service and save a lot of money once your building gets rid of Comcast. See page 7 for comments from unit owners about both service providers.

ADVERTISERS

In this issue we are going to try and group advertisers that have something in common.

Home services, medical, legal, etc. to make it easier to find what you need.

HILLCRESTERS THAT HELP

I am not crazy about sitting in a doctor office waiting room with sick people which is why I still use **Dr. Vultaggio from Concierge Care Florida** When you call you will speak with Angela, Hillcrest 25. I even had my echocardiogram and bloodwork done in the comfort of my own home.

If you like businesses that come to you, we have a neighbor, **Jesus Orozco in Hillcrest 23** who is a mobile notary should you need his services. Check out his business card for other services. **Henry Bloch in Hillcrest 22** is better than Uber or Lyft. Not only does he drive you to where you want to go, before he retired, he was a financial advisor, so you can pick his brain on the way! Both Jesus and Henry speak Spanish. And **Wendy Beckerman from Hillcrest 8** will help you with chores and is also "pretty good company" for someone who would just like some companionship. Their contact info is on page 19. And **Mireille (Mimi) Fantini, Hillcrest 27**, our resident seamstress will come to you should you need alterations or something custom made for a special occasion. One of her specialties is converting wedding gowns into Christening dresses for children and/or grandchildren.

ANTONIO'S ITALIAN RESTAURANT

I love having a neighborhood Italian restaurant. Brothers **Steven (Manager) and Daniel (Chef) Suriani** are the best and the service is always spot on! They have a great staff and are now open for lunch Tuesday through Friday and have a special offer for Hillcresters on page 9. In keeping with the theme of businesses coming to you, they do deliver. But if you want the **Notorious Maria D, Hillcrest 27**, to take care of you, she works the dinner shift on Tuesdays and Thursdays. We are on a fairly strict low sodium diet, so eating out can be a challenge but Antonio's makes our favorite Snapper Francese without the salt and all of the flavor.

SPEAKING OF FOOD

If you are like me, there are certain topics you would like to know more about. Things of importance like almond flour, maple syrup, chia and flax seeds, peanut butter and of course everyone wants to know the difference between baking soda and baking powder. Well, you are in luck. All will become clear when you read this month's Kitchen Korner. You're welcome.



JANUARY HLC MEETING - *By Steve Schneider*

Hillcrest leaders said goodbye to one Neighborhood Team Leader and hello to our new Hollywood Police Department liaison at our HLC meeting on January 18th. The meeting was held at Community Center II.

Some HPD officers are part of a community program that assigns a team leader to different Hollywood neighborhoods. They spend time getting to know the local leaders as well as residents to help assess situations and the specific needs of community and neighborhoods.

Officer William Hammaker spent three years as our Neighborhood Team Leader, and he did a stellar job. He was thanked for his service at the meeting by the building presidents and board members. He remains with the department, but in a different position. We met his replacement, **Officer Matthew Rodriguez**. He officially started in his new position on January 23rd.

Both officers discussed a variety of issues important to residents with the HLC attendees. The information below comes from comments made at the meeting, and in follow-up interviews conducted after the meeting. Items of concern included car break ins and thefts, the proper number to call for different kinds of help, and officers' response to calls that involve residents with mental issues. Residents also learned about the recent rash of thefts of catalytic converters from under cars, and some ideas how to combat parking lot crimes which include the use of license plate readers that can be stationed in building parking lots.

The Hillcrest leaders also took a moment to recognize **Betty Merk, Hillcrest 15** for the outstanding job she did representing our interests during the Pulte Parkview at Hillcrest project. Even as a snowbird, returning to Canada every year, Betty never missed a beat. Every resident's question was answered and with the help of several Hillcresters who were her "boots on the ground", she followed up on every aspect of the project until the very end.

Our District 6 City Commissioner, Idelma Quintana was in attendance and updated leaders on recent happenings at City Hall.

Cars in Hillcrest Parking Lots. Both officers agreed that auto thefts are a big issue in our area. Better lighting in parking lots can help, as can making sure your car doors are locked. Of course, it also helps for residents to be alert and notify the police if they see something suspicious.

Numbers to Call. If you see a crime in progress, call 911. You can also call police at **954-764-4357** for non-emergency situations. The number to call when you want to reach a specific department at the Hollywood Police Department is **954-967-4636**. Call this number if you want to speak to a specific unit, such as traffic, which can handle speeding problems on Hillcrest roads. The more calls a unit gets, the greater the chances are that Hillcresters will get the response they want.

New Number for Potential Mental Health Crisis. Hillcresters can now call 988 if they want police to respond to a possible mental health emergency. **Marilyn Lieberman, Hillcrest 15**, brought up the topic. She said the number is up and running but not fully staffed yet. In response to a question, Lieberman and others learned that many officers are now trained in evaluating if a person is experiencing a mental health crisis. Based on law, cops have escorted people to a hospital when an emergency is clearly defined, although police must see evidence that the person is a danger to himself or others. Lieberman is an advocate for treating mental health problems and providing services to people in distress.

Theft of catalytic converters from under vehicles. **Mike Newman, from Hillcrest 26**, shared information with residents and officers. He said this is a big-ticket item for criminals. The thieves can get under the car and remove the car part in five minutes or less. And the converters can cost up to \$3,000 to replace. Additionally, **Robert Ducker, president of Hillcrest 5**, said the President's Council handyman had his catalytic converter stolen while he was working in Hillcrest during the day. In short,

crooks search out these valuable parts day and night. You can also buy a plate to protect the catalytic converter on your car. It costs anywhere from \$300 to \$600.

Nuisance Noise. Amarelis Rodriguez, the property manager for Parkview at Hillcrest said her community sometimes experiences problems with loud noises. Generally, though, community leaders have more power to handle this problem than the police. However, **Hollywood Code Enforcement** has rules about loud noise, so you can call them at **954-921-3061**. You can get more information at the city website by searching noise ordinance.

Cameras and License Plate Readers in Parking Lots. **Cindy Abraham, Hillcrest Leadership Council secretary**, said high quality cameras and good lighting can help deter parking lot crime. And **Selina Pirkau, Hillcrest 4 president**, noted license plate readers can also provide some security. Both pieces of equipment, of course, do not guarantee that crime will go away.

Pot smoking in buildings. Society is evolving when it comes to smoking marijuana. Medical marijuana is legal. However, it can also affect one's neighbors if it is smoked on balconies or intrudes into other units. Therefore, building leadership probably will have to deal with this issue rather than the police.

Children riding bicycles and causing traffic problems. Police will ask the children to stop so they can speak with them. But if the kids take off, officers won't chase them, lest the chase result in someone getting hurt while fleeing.

City Commissioner Idelma Quintana updated us on the issues raised at the City Commission meetings. A recent meeting dealt with proposals to redevelop the city owned Orangebrook Golf Course, which is across Park Road from Hillcrest.

According to Quintana, officials will stage another meeting to review the proposals, which were reduced to four, from six initial proposals. But she said the issues are complicated because the specifics of each proposal have changed multiple times. In addition, there are many factors to be considered, including but not limited to, the financial benefits for the city and the proposer's ability to secure funding.

In terms of financing, competition to use the city owned property has benefited us. The Commissioner said the proposers initially wanted to use some of our bond money to redevelop Orangebrook. But now, as the proposals continue to change, all have promised to use their own money only.

What's more, Quintana said she takes seriously what residents have to say and that too is part of her consideration. Local groups and nearby residents have voiced support for one of the remaining proposers, called E2L. All bids include a nature path, a 36-hole golf course, a new clubhouse, a hotel and some form of housing. E2L proposes 200 units of senior housing, and the City of Hollywood is also considering a proposal that offers more plentiful housing units that will face Pembroke Road.

Inside Hillcrest has also received some comments on the golf course. **Richard Fortier, from Hillcrest 8**, wrote: "Please, sustain the **E2L** proposal for our ORANGE BROOK City propriety."

And **Ken Walrond, Jr., from Hillcrest 18**, offered a more general perspective. "To all who love this Golf Course (there are many of us) know what a treasure it is/was etc.....I've been playing there since the late 1980's...."Big Jack" Tournaments and other events have been Great Memories...I just hope that our City Leaders remember the "Hillcrest Golf Course" departure!!!!.....Have noticed over the years playing Orangebrook that the biggest problem was how poor the course was maintained.....the landscaping was horrible especially near the railroad tracks and Pembroke Road...Select either the East or West course and make the other a Park where the trees and lakes can be upgraded - just an idea."

A MESSAGE FROM DISTRICT 6 HOLLYWOOD CITY COMMISSIONER IDELMA QUINTANA



Good news! Hollywood is testing an On-Demand “Fixed Stop” Shuttle Service for Hillcrest and surrounding neighborhoods. While residents and visitors east of 26th Avenue have enjoyed Sun Shuttle rides since 2019, I am thrilled to announce that we now have an opportunity to prove the need for similar shuttle services for residents west of 26th Avenue. The City of Hollywood, in partnership with micro-transit provider Circuit, will launch a two-month trial in March. The “Ride Circuit” Community Shuttle will operate 6-days a week, Monday through Saturday, from 10:00 a.m. to 2:00 p.m. on a pre-determined route. A 12-person passenger van will pick-up passengers from 11 high-volume destinations within the service area from I-95 to 441/SR7 between Johnson and Washington Streets. Fares will be set at \$2.00 per person per ride, however passengers who get on board the shuttle and head to where it is already going, can ride for free.

A phone number and App will soon be available for residents to request a ride. Once the request is accepted, passengers will go to a nearby pick-up/drop-off location where they will catch the shuttle. Passengers can get off at any of the pre-determined drop-off locations along the route. The route is still being finalized but will likely include Hillcrest, City Hall, Tri-Rail Station, Hollywood Plaza, CVS, Memorial Regional and Memorial Regional Hospital South, Walmart Super Center, New England Mobile Home Park, Aldi and Zinkl Park.

Be on the lookout for details and tell your neighbors about this service. The extent to which residents make use of this trial will inform whether a future permanent shuttle service is made available to residents. 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

¡Buenas noticias! Hollywood está probando un servicio de transporte a pedido para Hillcrest y los vecindarios circundantes. Los residentes y visitantes al este de la 26 avenida han disfrutado de los viajes en Sun Shuttle desde el 2019, me complace anunciar que ahora tenemos la oportunidad de demostrar la necesidad de servicios de transporte similares para los residentes al oeste de la 26 avenida. La ciudad de Hollywood, en asociación con el proveedor de microtránsito Circuit, lanzará una prueba de dos meses en marzo. El servicio de transporte comunitario “Ride Circuit” funcionará 6 días a la semana, de lunes a sábado, de 10:00 a. m. a 2:00 p. m. en una ruta predeterminada. Una camioneta de pasajeros para 12 personas recogerá pasajeros de 11 destinos de alto volumen dentro del área de servicio desde la I-95 hasta la 441/SR7 entre las calles Johnson y Washington. Las tarifas se establecerán en \$ 2.00 por persona por viaje, sin embargo, los pasajeros que suban a bordo del transbordador y se dirijan a donde ya se dirige, pueden viajar gratis.

Un número de teléfono y una aplicación pronto estarán disponibles para que los residentes soliciten un viaje. Una vez que se acepta la solicitud, los pasajeros se dirigirán a un lugar cercano de recogida y entrega donde tomarán el servicio de transporte. Los pasajeros pueden bajarse en cualquiera de los lugares de entrega predeterminados a lo largo de la ruta. La ruta aún se está finalizando, pero probablemente incluirá Hillcrest, City Hall, Tri-Rail Station, Hollywood Plaza, CVS, Memorial Regional y Memorial Regional Hospital South, Walmart Super Center, New England Mobile Home Park, Aldi y Zinkl Park.

Esté atento a los detalles e informe a sus vecinos sobre este servicio. La 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

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



Greetings Hillcrest Residents,

Costs are rising for everyone in Broward County, especially our seniors. Affordable housing in particular continues to be a persistent crisis in Broward County. The housing crunch is driving up costs for residents of all backgrounds and will have lasting impacts.

Last month, the Greater Fort Lauderdale Alliance brought together experts, residents, elected officials, community leaders and more for a large summit on housing affordability as part of the “Prosperity Partnership.” The findings were concerning. 92% of Broward residents cannot afford the median home price to buy. In addition, rents have increased by an average of 28.9% per bedroom in just the last year. Costs are even more difficult once childcare, transportation, and healthcare are included. In fact, studies suggest we are the most cost-burdened place to live in the entire country!

Too many of our Broward families, especially those with children and grandchildren, are cost-burdened and living with the impacts of high costs and lack of resources. The A.L.I.C.E. report prepared by the United Way is a new, innovative way of measuring economic difficulty beyond regular poverty metrics. It takes into account local costs and examines how it relates to available pay and resources. For the first time, the United Way has released an A.L.I.C.E. report exclusively focusing on children. It found that 56% of children in Broward County live in income-limited homes or poverty and are struggling to have their needs met. This is a concerning number, and an issue we must address diligently to preserve our future.

In moving forward, we will have to address the housing crisis in two ways – addressing the issue of housing stock by building more units

in a sustainable way, and by creating first-time homeowner and other assistance programs to help families live in the units that already exist. The City of Hollywood has already taken the lead on first-time home ownership programs. This must be a top priority for residents, no matter their situation. We also must make the cost of childcare, medicine, and transportation more affordable.

If you know a family in need of immediate help, the Children’s Services Council of Broward County has prepared the 2021-2022 Family Resource Guide. This annual guide is designed to help parents and families know what resources are available to help their children; from insurance to childcare to healthcare and much, much more, this guide has a comprehensive list of all the resources a parent might need. And it’s written in four languages! To learn more, go to cscbroward.org.

Contact Us

Our District office is conveniently located in the lobby of the Hollywood Branch of the Broward County Public Library at 2600 Hollywood Blvd, next to Hollywood City Hall. I am pleased to report that it has re-opened and is available to you from 10 AM to 4 PM, Monday through Friday. My staff is also working from my office in Fort Lauderdale and from other remote locations within our District. The Fort Lauderdale office is open for your convenience Monday through Friday from 9AM to 5PM. If you would like to schedule an appointment, or you have a great idea, suggestion or an issue that needs my attention, feel free to call me at 954-357-7006/7790 or send me an email at bfurr@broward.org.



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A VERY VIBRANT LIFE AT THE PENINSULA ASSISTED LIVING AND MEMORY CARE



Aging doesn't always mean slowing down and for some people, living in a senior residence can conjure up thoughts of residents alone in their apartment. Well you definitely won't find residents sitting in their apartment all day at The Peninsula Assisted Living and Memory Care. There's just too much to do! Helping people live active lives through a plethora of activities is why you can walk into this dynamic assisted living community and see simultaneous activities and events going on in different parts of the community

Not every assisted living can boast the multiple spaces that residents enjoy. You might catch a large group in the newly renovated theater watching a musical performance, an educational presentation, or an evening movie with surround sound. With spaces like an arts and crafts studio, a tech cafe & social lounge with computers, free wi-fi and a bar, and a coffee shop/ice cream parlor The Peninsula taps into many resident likes and talents. No need to go off site for a barber and beauty salon, or wellness needs with a large therapy gym and therapists are also available onsite. All of those specialty areas, plus common seating areas on each floor, libraries, and a beautiful master dining hall The Peninsula surely provides choice; even a private dining room for residents wanting to celebrate special occasions with family comes free of charge!

The vibrant recreational team may have residents celebrating a Cinco De Mayo Party in the outdoor enclosed atrium, a Mad Hatter tea party in the activities lounge, Holiday Specials regularly or many creative fun events to pass the time with smiles and laughter. "From Veterans to Sportsman, Housewives to Teachers, we are always getting input through our resident council on what residents want to experience. We try very hard to give them variety with a dynamic that no other assisted living around provides" say Recreation Director "Katy Audette". The Peninsula also brings in visitors such as yoga instructors, musicians, entertainers, dancers, lecture specialists, small and large groups, local and from afar to help fill their monthly entertainment calendar.

The Peninsula is located adjacent to a park operated by the City of Pembroke and residents now get direct access to the park from their building. The park contains an ADA walking path and brings plenty of safe green space just steps away. Residents can participate in the community garden town project and plant vegetables and flowers too. "We are excited to work more and more with the city to share community benefits to our residents, shares Marketing Director, Robert Levy". "We have also opened up our space to the community for city needs such as town council meetings, presentations for local residents, and more."

Though not required by the state, the community keeps a licensed nurse on staff 24 hours for the safety of the residents. The attention to care and safety also includes a very special memory care wing with programming designed for each individual resident's life history. The community's "Montessori Moments in Time program" makes is a sought after residence that usually stays full, often with a wait list because of its quality programming and great space. Taking memory care residents on a bus ride to see Christmas lights is just one of many outings the community bus is used for. From shopping at Walmart to dining at local restaurants, residents can enjoy local scenery and enjoy local favorites for shopping, dining, and more. The bus also is used to help residents get to local doctor's appointments.

Some see the community as a fancy high rise building, but when they are greeted by the concierge, other residents mingling in the lobby and friendly staff they are quickly comforted to a feeling of home. Entering the lobby of The Peninsula, you wouldn't recognize that it used to be a hospital. Instead, you'd see a beautiful entrance foyer that residents are proud to call home. A solid built structure with multiple generators is only in the background, since the beauty of the renovated building makes it feel like an active and decorative home. The property can house up to 200 residents with studios, deluxe studios, companion suites, one and a few two bedroom apartments. The community participates in government funded programs and also guides and educates residents who are veterans to maximize benefits for those who qualify and want to live in an assisted living.

Lastly, what makes The Peninsula unique is the longevity of staff that have become a family. An Executive Director at the community for over 18 years, a Dining Supervisor over 15 years, a Wellness Director over 6 years, and nurses, dining staff and care staff, some over 25 years is unheard of in a business where staff are constantly changing. "Our commitment to work together closely benefits the residents that live here. "We get to know them like family and they trust us because they know we will be here for them, shares Executive Director, Susan Hernandez". "We are proud of the quality and value we provide here, but most importantly we work hard every day to make life a little extra special for our residents".

The community has been proudly managed by Meridian Senior Living for many years. Anyone interested in finding out more information or scheduling a tour for Assisted Living or Memory Care Living can call (954) 893-7755 or visit www.meridiansenior.com/peninsula.



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Unlocking the Benefits of Home Health Care Services for Home Care



Home health care services offer a range of care services that make it easier for people to stay in their homes, even when their health needs require more specialized care. Home health care services are a great solution for those who need assistance but are not yet ready or interested in an independent or assisted living facility. In this article, we will discuss what home health care is, the benefits of home health care services, and how to select the best home health care services for your needs.

What is home health care?

Home health care is a type of healthcare that is provided in the comfort and convenience of a person's own home. It includes a variety of services, such as nursing care, physical therapy, occupational therapy,

speech and language therapy, and medical social services. Home health care services are usually provided by a team of healthcare professionals, such as nurses, physical therapists, occupational therapists, speech-language pathologists, and medical social workers. Home health care is not just for seniors; it is also available to people of all ages with chronic medical conditions, physical disabilities, and mental health issues that require ongoing care.

Benefits of home health care services

There are numerous benefits to receiving home health care services. Home health care services are tailored to meet the individual needs of the person receiving care. Home health care services are also more cost-effective than other long-term care options, as the person does not have to move into a nursing home to receive the care they need. Additionally, home health care services can help individuals remain independent and stay in their own homes for as long as possible.

Another benefit of home health care services is that they provide comprehensive medical care. Home health care services can provide assessment and monitoring of a patient's condition, as well as treatments and medications to help them manage their condition. Home health care services also provide emotional support for the patient and their family, which can be very important for those dealing with long-term medical issues.

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

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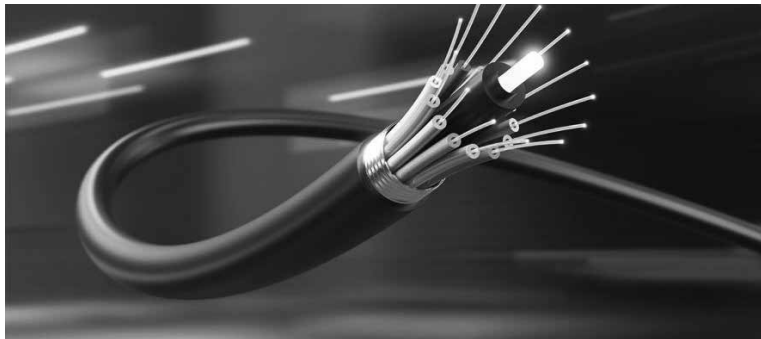
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HIGHRISE BUILDINGS FIND ALTERNATIVE TO COMCAST

- By Steve Schneider



Four Hillcrest hi-rise buildings dropped Comcast recently. And replaced the communications giant with a couple of companies that are more cost-effective and generally got good reviews in an Inside Hillcrest survey.

As of this writing, Hillcrest 23 brought in Blue Stream Fiber, while Hotwire Communications now services Hillcrest 27. Like Comcast, these two businesses offer tv, internet and phone services, although associations have discretion on what type of package to get for the building. Individual unit owners can sign up for any services the association doesn't purchase. Hillcrest 22 also signed up with Blue Stream and Hillcrest 24 contracted with Hotwire.

Many Hillcrest buildings are ending their contracts with Comcast in the coming months, so we sent out a survey to residents of 23 and 27. All comments appear with initials only, as promised.

BLUE STREAM FIBER

LP, Hillcrest 23: We are extremely happy with the signal but find it best to reboot the router weekly.

JD, Hillcrest 23: I am very satisfied with the service. With Comcast the wiring in the building was very old and the signal strength coming into my unit on the 10th floor was very weak and despite numerous technicians coming out there was nothing they could do. I found Comcast very expensive for a combo of phone cable and internet. Also, as a Snowbird on a seasonal plan there were insufficient internet options to run a security camera and Nest thermostat to monitor our unit in off season.

JR, Hillcrest 23: Blue Stream Fiber re-wired our whole building with Fiber optic cables, and we have tv and internet service all year round with the fees built into our HOA fees. It costs everybody less money. I think it's a no brainer. Some older folks did complain since they don't use internet etc. but we must be forward thinking. With technology ever so changing and so many still working from home, fiber optics are the way to go.

OM, Hillcrest 23: We are much happier with Blue Stream. Friendly service people. minimal interruption of service. The odd time it requires a reboot. It does freeze up when recording at times.

HOTWIRE COMMUNICATIONS

BHS, Hillcrest 27: It's early days but so far I love Hotwire especially the free internet and the ability to record programs.

MF, Hillcrest 27: Considering everything, I like Hotwire better.
 - I pay nothing per month. I receive the basic internet (plenty of speed for me)
 - I have all the channels I used to watch and even including more home remodeling for the basic price

- The StingRay music channels do not really compare to the same genre I used to have on Comcast. Such a small detail for the price savings
 - I had to call for support a time or two, and I always got a rep on the phone. No waiting in line for someone to pick up the phone. And those reps spoke English, where you can understand them.
 - The installation of the fiber optics was very swift and does not show all over my walls. I have 2 TVs, both work from the same cable in the living room. No more heavy cable running around the baseboards.

WS, Hillcrest 27: I am glad we switched. I am saving \$89.00 per month for the same reception.

JS, Hillcrest 27: I am thrilled with the change to Hotwire from Comcast. The ability to record from TV presentations and the 26 free movies per month I get from the Broward Library means I have no need for any streaming services. Far better benefits I am saving over 200 dollars per month.

CA, Hillcrest 27: It took a while to get used to the remote. It doesn't light up for long when using it, so you really have to memorize the buttons. But it is great! I can restart a show from the beginning even if I turn on the TV in the middle of the show. If I turn the TV off in the middle of a recording, the next night when I turn it back on, it picks up where I left off. Comcast was a nightmare to fast forward through commercials when watching the recorded shows. Hotwire is a breeze. I like the voice command feature also; I can just say the name of a show or station and it comes right up. We were paying \$190.00 per month for a box on one TV with SHO/HBO and basic on the other two televisions, our land line and internet. Now we have our premium channels on ALL TVs, can record on any TV and watch the show on another; plus, we have our landline and internet all for less than \$80.00 per month.



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MARTY KIAR
BROWARD COUNTY PROPERTY APPRAISER



Portability allows eligible property owners to pay less property taxes at their newly homesteaded property by transferring all or a portion of the Save Our Homes (SOH) savings from one Florida property to another Florida property within the strict time frame allowed by law. If you qualify, Portability will reduce your property's assessed value, resulting in tax savings this year and possible tax savings in future years depending upon the market value of

your home each year.

Portability applies to both upsizing and downsizing in property value, based upon specified formulas. Portability may be used an unlimited number of times and may be used for moves to anywhere within Florida. Portability does not require you to sell your previous home, but merely that the Homestead at your prior property be fully abandoned.

Most homeowners will have already applied for Portability when completing their Homestead Exemption application. Portability is only reflected on our website's property record page the first year for which it is approved.

Effective tax year 2021, a property owner who applied and was approved for Homestead Exemption for 2021 is eligible to apply for

Portability if the property owner held a Homestead Exemption at a previous Florida home in one of the three previous tax years. Example: if you established a new Homestead in tax year 2021, you must have held Homestead at your prior residence in tax year 2020, 2019, or 2018 in order to take advantage of potential Portability savings.

PLEASE NOTE: Homesteads established in tax years 2008 through 2020 are eligible for Portability if the property owner held Homestead Exemption on a property in the previous two tax years (the law was changed in 2021 to allow three years before any Portability savings expired). Example: you established Homestead on your property in 2014 but forgot to file for Portability, you may be eligible if you held a previous Homestead at another Florida property in tax year 2013 or 2012.

You can apply this year by completing the Transfer of Assessment Difference Form found on our website <https://web.bcpa.net/bcpaclient/#/Download-Forms> by the September 19, 2022 exemption filing deadline. If you have any questions, please contact our Customer Service Department at 954-357-6830 or by email at Portability@bcpa.net.

If my office can ever be of assistance to you, please do not hesitate to contact me directly at martykiar@bcpa.net.

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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**

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UPDATE ON MORTGAGE RATES – by Gary Crowder

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.



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JANUARY 2023 STATE OF THE MARKET REPORT

by Cindy Abraham, Keller Williams Realty Professionals A Team Florida



After a soft January, February picked up a bit in Hillcrest. At present we have 21 active listings, thirteen 2-bedroom units and 8 one-bedroom units. Sixteen went under contract; eleven 2/2 and five 1/1/1 and only five closed. Two of the closed sales were our listings.

Days on market are still fairly short. The three active listings that have been on the market over 90 days have all taken price reductions but just not enough. It may be a seller's market, but buyers have plenty of time to study the market and know value. Not many are brave enough to see an overpriced listing and offer fair market value. They are usually worried that an unrealistic seller who takes a lower offer will not be easy to work with. When we work with buyers, we do the initial consultation to really find out what they are looking for and why. Many times there is nothing currently on the market so we plug in their criteria so that they will receive an auto-notification right away for any properties that fit what they are looking for. Then of course we try to be one of the first to see it. In a market where cash is still king, we also teach strategies that give our finance clients a chance to win the bidding war. Bidding wars for condos are pretty rare these days. We see them happen more for single-family homes.

Of the 16 pending sales during the month of January, every single one of them went under contract within 90 days. Biggest selling points? Open kitchens, remodeled bathrooms, nice flooring and paint, newer A/C, water heater and appliances, and the one thing that we can't change – the view. There are two units available for rent and 1 rented during January.

HILLCREST CLOSED SALES DURING JANUARY

Building	Unit #	B/B	SF	List Price	Sold Price	DOM
21	912	2/2	1216	225,000	215,000	39
3	214	2/2	910	174,900	170,000	53
26	115	1/1/1	994	149,000	149,000	5
23	207	1/1/1	844	135,000	125,000	5
5	201	1/1/1	775	109,000	92,500	42
23	1004	1/1/1	896	165,000	163,000	51
5	215	1/1/1	760	145,000	145,000	25

Building	Unit #	B/B	SF	List Price	Rent Price	DOM
24	1008	1/1/1	844	2100		22
20	714	2/2	1150	1800		80

Building	Unit #	B/B	SF	List Price	Rent Price	DOM
20	306	2/2	1087	1900	1900	22

PARKVIEW AT HILLCREST JANUARY 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.

Of the 19 Active listings, 8 are townhomes 7 of the single family homes are listed at over a million dollars.

Only one 2-story single family home at 1665 Trailhead Terrace went under contract in January. It was a 2220SF 3/2/1 listed at \$850,000 and it went under contract in 26 days.

There are nine available rentals, 7 are 3/2/1 homes or townhomes that range from \$3200 to \$5900 per month. Two are waterfront 4/2/1 single family homes listed for \$6500 and \$6650 per month. Those rentals that went under contract in January and those that rented during the month are listed below. Unless indicated, the rent they listed at is the rent they got.

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

JANUARY CLOSED SALES

ADDRESS	B/B	SF	LIST / SOLD	PREV SOLD	DOM
S-4624 Greenway Dr	3/2/1	2523	948,000 / 935,000	581,300	28
T-1426 Silk Oak Dr	3/2/1	1769	742,000/ 705,000	440,800	191

PARKVIEW PENDING RENTALS IN JANUARY

ADDRESS	B/B	SF	LIST PRICE	DOM	NOTES
T-4154 Ficus St	3/2/1	1776	3,900	108	2-car garage
T-1063 Eucalyptus	3/2/1	2049	3,960	78	2-car garage/ Wtrfrnt
T-3973 Poinciana Ln	3/2/1	1477	3,500	50	1-car garage

PARKVIEW RENTED IN JANUARY

ADDRESS	B/B	SF	RENT \$	DOM	NOTES
S-4706 Greenway	3/2/1	1881	4,200	80	2-car garage/ pool
T- 1494 Silk Oak	3/2/1	1837	4,000	30	2-car garage/ Wtrfrnt

February Kitchen Korner - by Cindy Abraham



JUSTIFYING MY PEANUT BUTTER COOKIE RECIPE

- by Cindy Abraham with a little help from the Interweb



Pure maple syrup is not only high in antioxidants, but every spoonful offers nutrients like riboflavin, zinc, magnesium, calcium, and potassium. According to Helen Thomas of the New York State Maple Association, maple syrup has a higher concentration of minerals and antioxidants, yet fewer calories than honey.

Peanut butter is loaded with so many good, health-promoting nutrients, including vitamin E, magnesium, iron, selenium, and vitamin B6. Research shows that people who regularly eat nuts and nut butter, including peanut butter, are less likely to develop heart disease and type 2 diabetes. However, use all-natural peanut butter or make it yourself.

Peanut butter is rich in a variety of nutrients — but it's also rich in calories and fat. While the healthy fats in peanut butter are nutritious, you should consume them in moderation to avoid unwanted weight gain or potential health problems. Commercial peanut butter brands often have added sugars, oils, and fats.

Sweeteners made with monk fruit don't impact blood sugar levels. With zero calories, monk fruit sweeteners are a good option for people watching their weight. Unlike some artificial sweeteners, there's no evidence to date showing that monk fruit has negative side effects.

Some evidence suggests that the mogrosides in monk fruit contain good-for-you antioxidants. Commonly found in plant foods, antioxidants fight off free radicals that can lead to health problems like cancer and heart disease.

Stevia may have antioxidant properties, but research shows that the mogrosides in monk fruit extract have much more powerful antioxidant and anti-inflammatory properties.

Almonds are rich in valuable nutrients for your body, like magnesium, vitamin E, and dietary fiber. A single serving of almonds makes for a nutritious and filling snack. Almonds have calcium and phosphorus, which improve bone health and can protect you from fractures.

Almond flour is a great alternative to wheat-based flours. It is incredibly nutritious and provides many potential health benefits, including a reduced risk of heart disease and improved blood sugar control. It is also gluten-free which makes it a great option for those with celiac disease or wheat intolerance. If you are looking for a low-carb flour that is rich in nutrients, almond flour is a great choice.

Chia seeds and Flax seeds both provide a wide array of nutrients including fiber, plant protein and omega-3 fatty acids. Chia seeds have anti-inflammatory properties while flax seeds contain more soluble fiber than chia seeds, which may make them slightly more effective at

reducing hunger and appetite. Chia seeds provide a better source of calcium with 18 % of the Daily Value per two tablespoons.

We are trying very hard to reduce our sodium intake and of course the first things to look at are food labels. The difference in the amount of sodium in Italian bread crumbs vs. panko took me by surprise. And so did the amount of sodium in a lot of canned food and any ready-made sauces like spaghetti sauce. Oy vay as they say in Portugal.

I have a hard time sacrificing taste for healthy. But we did switch to turkey meatballs once I found a recipe that was REALLY good, which is the recipe that was in last month's IH. But then I looked at my favorite pasta sauce in a jar and realized that the amount of sodium was over the top.

I have made homemade sauce before, and I think I shared the recipe. It was good but time-consuming, so I didn't make it again. I googled homemade spaghetti sauce and found this simple recipe figuring it will just have to do. I didn't realize it would be GREAT!!! And it was easier than saying Worcestershire 10 times real fast.

I bought low sodium tomato sauce (15 oz can) and had everything else on hand. I took 10 minutes to prep and 30 minutes to cook. The hardest part is chopping the onion!

Cook the pasta first so you have the 1 cup pasta water. I use the chickpea Penne which tastes great but has to cook a lot longer than regular pasta no matter what the directions say. Plus I add the pasta to simmer along with the sauce.

Dinner was wonderful. You can use Italian ground turkey sausage and/or meatballs. I used both. Feel free to adjust measurements to your taste.

FAST, EASY, AND DELICIOUS SPAGHETTI SAUCE

1 lb. Italian ground turkey sausage
 Black pepper to taste
 ½ cup chopped onion
 15 oz low sodium tomato sauce
 ¼ cup tomato paste
 1 tsp Italian seasoning
 1 TBS dried parsley flakes
 1 tsp garlic powder
 ¼ tsp red pepper flakes
 1 TBS Worcestershire sauce
 1 tsp sugar or ½ tsp monk fruit
 1 cup pasta water (save a cup of water when you drain the pasta)
 Fresh oregano or basil leaves

1. Season sausage with pepper
2. In a large skillet, add the sausage and chopped onion and brown. There shouldn't be much grease to drain using turkey sausage.
3. Add tomato sauce, tomato paste, Italian seasoning, parsley, garlic powder, crushed red pepper, Worcestershire, and sugar to skillet.
4. Stir well and bring to a boil. Add the pasta water and stir again.
5. Reduce heat and simmer for 30 minutes. You can add some oregano or basil leaves if you want.



Continued from Pg. 12

Note the article on the opposite page. That is my long-winded way of telling you why you need to make these cookies! So fast and easy! I saw chunky peanut butter with chia and flax seeds on sale at Aldi and then realized I already have both types of seeds in the cupboard, so I added my own. All the ingredients below are way cheaper at Aldi than anywhere else. Thanks to my Canadian neighbors I had plenty of maple syrup, but I have made them so often I also bought Vermont Maple syrup which is also great (thanks to my Vermont neighbor, Bill for his guidance!).

I also googled what is the difference between baking soda and baking powder? Baking soda and baking powder can produce cookies with different textures. Baking soda is typically used for chewy cookies, while baking powder makes for a lighter fluffier cookie. This recipe calls for baking soda but one day I will try baking powder just to see what the difference is.

EASY PEANUT BUTTER COOKIES
(only makes 12 so I double the recipe)

- ¼ cup maple syrup
- ½ cup peanut butter (creamy or crunchy)
- ¼ cup almond flour
- 1 tsp baking soda
- 1 tsp pure vanilla extract
- 1 TBS chia and flax seeds (optional)

Pre-heat oven to 350 degrees. Mix ingredients and scoop onto lined baking sheet 2 inches apart. Press down with fork sprayed with non-stick. Bake for 10-12 minutes or until lightly browned.




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BE STILL AND LISTEN TO THE POWER OF SILENCE

“Silence is the language of God. The rest is translation” - Rumi

by Chiryia Risley, Brahma Kumaris, New York



Winter's darkness invites us inwards to hear God whispering, 'Please. Come. Closer. Marvel at the gifts I've bestowed. Discover abundance within. Make the light come from deep within you.'

The New Year comes in Winter, and both invite us to be our most radiant selves, a radiance we find deep in the center of the stillness of the mind. When we watch the snowflakes tumbling, we are practicing the art of being still. Stillness is always nearby and not hard to find. However, I find it takes a dose of concentration. And sometimes a stern reminder - I mumble to myself, "Be still now."

Behind all creation is silence, the vital ingredient for all that is created. It is a power. Silence is the very foundation of our being, from which comes all our thoughts. However, we must understand the nature of the power of silence for it to be used beneficially, as silence takes both a positive and a negative form. Physical silence refers to the absence of sound. People are normally fearful of this silence because it suggests absence of life or company - as when a person dies there is total silence afterwards. Mental silence refers to thoughts which give benefit because it is the absence of wasteful thinking and negative thoughts. This constant positive thinking creates serenity and is like a fragrance filling the room. It is an unspoken language which crosses all barriers, not a blank state or the silence of someone sulking, but rather the deep comfort and joy experienced after being relieved of some pressure or burden. The only thing required is "decrease the negative and accentuate the positive".

The way to know the real power of silence and true freedom is through meditation. Stop, take a minute, and listen to the silence within you today. Practice going into the depths of silence and see how much you enjoy it. Any tiredness of the soul is removed. We feel rested and remain carefree. When the soul is tired it is restless and worried; we think I must do this and that. In order to clean and energize the mind, observing one minute's silence when waking up and before starting any task helps clear the mind, think right and radiate the energy of success. From today, be disciplined and take a minute of silence when necessary to prepare your mind to be capable of creating the right response for everything that's going to happen.

Silence doesn't mean no talking, no sound. Simply concentrate. Still your attention and you create silence. Silence makes space for the mind to breathe and for creativity to blossom. Use the power of silence in every situation and experience peace and happiness. It is when the turbulence of my mind ceases and I stop being at war with myself that I can begin to make peace with the world. A New Year starts not from the change in the date and time. It begins, when you decide every moment is new, when you choose to make it so. You just need a new mindset to bring your best to everything you do.

In SILENCE: Picking a leaf off the ground and contemplating it as an object in and of itself is very inspiring. Its shape and color, the way it feels in your hand, its delicate veins and the stem that once held it fast to the branch of a tree — all these qualities reveal a leaf to be a miniature work of natural art. As we contemplate this small object more deeply and consider where it came from and what purpose it has served, we find that the leaf is one small but essential part of a system that harnesses the energy of the sun, plumbs the depths of the earth, and in the process brings into being the oxygen many living things rely on to live. These are all the things you can think about when you decide to go into SILENCE daily. Look at nature, look at the sky, plants, the sun, moon, and stars. These are all things that God has blessed us with, and we must continue to concentrate and believe in a HIGHER POWER, God who brings us these amazing things to focus our eyes and soul on to radiate the life force within us to others on our beautiful planet.

DANIEL WASSERMAN, DOM

Doctor of Oriental Medicine
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LOOKING AHEAD - by Helen Vella



Charles Swindoll wrote: "The longer I live the more I realize the impact of attitude on life. Attitude, to me is more important than circumstance than failure, than successes than what other people think or say or do. It is more important than appearances, giftedness, or skill. It will make or break a company a church, a home."

The remarkable thing is we have a choice every day regarding the attitude we will embrace for each day.

We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so, it is with all of us; we are in charge of our attitudes."

For this New Year, let's look toward what might be and not at once was. There are many individuals who live alone especially those who have been widowed and another year alone can be daunting. However, your attitude about being alone will determine what kind of day you will have.

I constantly teach my clients 'what you think about you become'. How you talk to yourself you become. Your attitude towards every day will be what your day will become.

It can be frustrating when friends or neighbors say things like, just get out there, get a hobby, get involved, move on. Easy for them to say. Sometimes the feeling of loss, loneliness and despair can be so overwhelming that all we want to do is be left alone in our misery.

On that note it is however small adjustments that will change how you feel about your life, your future, and even your past. One moment at a time.

Do one thing every hour to make you feel joy, do one thing per hour to change your attitude for that moment. It all mounts up and then you take one day at a time changing your outlook on your situation, finding joy.

Joy comes from many places, the weather, the wildlife, your pets, your family if you have any, memories that are joyful, people who make you feel joyful when you think of them.


Even in today's climate with so many things going on that are out of your control but still affect your mood there is always something to be grateful for, something to feel joy about and giving yourself an attitude adjustment can make all the difference.

Every day – Find gratitude, find joy, find a positive attitude that makes you feel good. Then you will feel inclined to seek out hobbies, friends, volunteering, and getting out there. One day at a time. If you think what you would like to do is not out there, just do it and start a movement of your own and find other like minded and form your own group.

Get outside for walks in nature we have plenty of walking trails around this area and being out in nature has a great healing effect and of course remember our beautiful beaches.


There are professionals for those of you who cannot get yourself into a joyful or state of gratitude and I strongly suggest you seek help if you are not making it alone. Always remember 10% is what happens to you and 90% how you react to it. I am always here for you. - Helen Vella.

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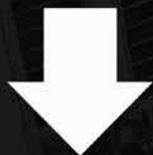
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