Alliance of Delray Residential Associations. Inc.

Preserving the Community Lifestyle

10290 W Atlantic Ave. #480504 Delray Beach, Florida 33448



Special Information Inside this Newsletter

TO:

Alliance of Delray Residential Associations, Inc.

Meeting

Wednesday, September 5, 2018

Susan Bucher, Supervisor of Elections The anatomy of the ballot will be explained, the election process, this year's long ballot, early voting and voting by mail.

Materials, including Ballot Amendment Summaries, will be provided... Plus, Presentations and Vital Information from County and State Officials



Meeting Place: South County Civic Center - Jog Road, Delray Beach Doors open 9 A.M. Meeting Begins 9:30 A.M.

Alliance of Delray Residential Associations. Inc.

Serving the Membership ♦ Improving the Community Lifestyle ♦ Working Toward Sustainable Development Visit Our Website at: www.allianceofdelray.com Issue: September 2018

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Susan Bucher, Supervisor of Elections

240 South Military Trail West Palm Beach, FL. 33415

email: susanbucher@pbcelections.org Web: http://www.pbcelections.org

Phone: 561-656-6200

Voting by Mail:

There is an online application. Go to www.pbcelections.org

Telephonic, written or facsimile requests should be directed to:

Supervisor of Elections

P.O. Box 22309

West Palm Beach, Florida 33416-2309

Telephone: (561) 656-6200 Facsimile: (561) 656-6220

Things to Remember When Requesting a Vote by Mail Ballot:

The voter must provide the following information:

- Residence address Name Address where the ballot is to be mailed*
- Date of birth · Local Telephone Number · Out of Town Telephone Number · Voter's signature
- *Effective January 1, 2014, a request for a ballot to be mailed to an address other than the voter's address on file in the Florida Voter Registration System (FVRS) must be in writing and signed by the voter. Absent uniformed service members and overseas voters are exempt from this requirement.

Vote by Mail ballots are not forwardable by the U.S. Postal Service.

For More Information and Details of Voting by Mail go to:

www.pbcelections.org

Robert Schulbaum, President Lori Vinikoor, Executive Vice President

Annie Aprahamian, Vice President Norma Arnold, Vice President Allen Hamlin, Vice President

Arnold Katz, Vice President Ken Markowitz, Vice President Evelyn Spielholz, Secretary Deborah Borenstein, Treasurer

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Assistants to the President: Rose DeSanto Madalyn Freund John Gentithes Rhoda Greifer Joel Vinikoor

Legal Counsel:: Joshua Gerstin

The Health Tips in this Newsletter are Provided by Delray Medical Center, Our Neighborhood Hospital and Level 1 Trauma Center

Strong Today, Falls Free Tomorrow: Six Steps to Prevent a Fall

- 1. Every 15 seconds an older adult is seen in an emergency department for a fallrelated injury.
- 2. Find a good balance and exercise program. Look to build balance, strength, and flexibility.
- 3. Find a program you like and take a friend.
- 4. Regularly review your medications with your doctor or pharmacist. Make sure side effects are not increasing your risk of falling. Share your history of recent falls.
- 5. Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
- 6. Keep your home safe. Remove tripping hazards. Increase lighting, make stairs safe, and install grab bars in key areas.
- 7. Talk to family members. Enlist their support in taking simple steps to stay safe. Falls are not just a seniors issue.

Does Your Child Know What to Do if He or She Finds a Gun?

- 1. STOP
- 2. DON'T TOUCH
- 3. RUN AWAY
- 4. TELL A GROWN-UP

Fire Prevention: Check your smoke detectors!

- 20% of homes have smoke detectors that do not work or are missing batteries.
- · Working smoke alarms can double your chances of survival in a fire.
- · Replace batteries twice a year and keep alarms free of dust.
- · Smoke alarms should be installed on every floor of your home.

STAY ALERT Around Train Tracks:

- · Focus on your surroundings.
- · Keep your head up.
- Take your headphones off.

Focus on driving:

A texting driver is 23 times more likely to crash than a non-texting driver.

Be Water Smart: Live by the ABCD's of Water Safety

- A. Adult Supervision
- B. Barriers, Beach and Boating Safety
- C. Classes (Swim Lessons, CPR)
- D. Drain Safety

The Drowning Prevention coalition of Palm Beach County: www.pbcgov.com/dpc

Stop the Bleed: Save a Life. Go to bleedingcontrol.org

Save a life. What everyone should know to stop bleeding after an injury.

- 1. Look for life-threatening bleeding.
- 2. Is a trauma first-aid kit available?
- 3. If not, use any clean cloth, apply steady direct pressure to the wound, and dial 911 to report the emergency.
- 4. If a trauma first-aid kit is available, check out: where is the wound?
- 5. If the wound is in the arm or leg and a tourniquet is available, apply above the bleeding site and tighten until the bleeding stops. Call 911.
- 6. If the wound is in the arm or leg and a tourniquet is not available or if the wound is in the neck, shoulder or groin, pack the wound with bleeding control (hemostatic) gauze (preferred), any gauze or clean cloth, then apply steady direct pressure. Call 911.



Tired of not being able to get things done? Does your Board of Directors want to be more effective?

Contact us today for a free one hour governing document review. Mention this ad when calling. Telephone: (561)750-3456

> Gerstin & Associates Full Service Community Association Law Firm

Alliance Board Certification Course

Presented by Joshua Gerstin, Esq. of Gerstin & Associates

Thursday, November 8, 2018 9 AM to Noon South County Civic Center

Limited Seating.

To reserve your seat, message Lori Vinikoor at (561)715-1530

e-mail vinikoor@bellsouth.net

Please include your name and your Association in the message or e-mail.

Alliance Meetings are Live Streamed! Go to www.allianceofdelray.com for instructions.

Protect Your Property Value with Hoover

Save on repair bills & keep your community's landscaping lush & green!

- Are you continually spending money to replace sod as a result of poor irrigation?
- Is your irrigation system always working when you need it to?
- Are your residents satisfied with their irrigation appearance during dry times of the year?



Decrease Sod/Landscape Replacement

15 - 50%

Reduce Water Consumption

10 - 40%

Lower Energy Costs

15 - 50%

Cut Irrigation Repairs

20 - 40%



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FOR MORE INFORMATION ON OUR SPONSORS & VIDEOS GO TO WWW.ALLIANCEOFDELRAY.COM