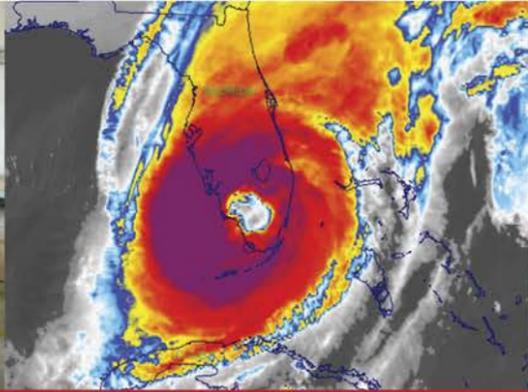


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Publishers, Shellie & Scott Farrugia

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May is a Milestone

There is a specific reason that we've all become part of this "distancing" way of life. Despite the challenges brought by the veritable closing of so many businesses, the world has come to heel in an effort toward "healing." Now that we are stretching boundaries and have been encouraged to carefully venture out, please patronize favorite local stores, salons, eateries, and more!! Our neighborhood businesses have had a rough time, and they deserve our support!

Another group of people who deserve a GIANT SHOUT OUT are the GRADUATES OF 2021! We are so proud of you and your achievements! This historical time is one that none of us will ever forget.

Finally, we pray for every family that has lost someone during this pandemic. Our hearts are with you,

Shellie & Scott

Mother's style

By Shellie Miller - Farrugia

When we're talking about fashion and style, the image that usually comes to mind is of a female. Although there are talented male designers, the clothing they're creating is more often modeled by women.

When it comes to motherhood, the focus is always on those ladies in our lives who were the first to pick us up when we fell down, comfort us when we were afraid, and gently correct us when we had gone astray. Like fashion designers, each mother has her unique style. One mother may admonish a child for a rebellious behavior, whereas another may encourage her child to express their creativity in a way not necessarily expected by the social norm. For example, 28 years ago when my five-year-old son entered kindergarten, he proudly displayed a mohawk... a real one. Most moms probably saw that little boy as they relinquished their cherished babe into the landmark and frightening mystery of another "Baby's First" and thought, "What kind of mother would allow this?"

There are the hovering mothers, who want to ensure that every moment in their child's life will have a happy ending. They try in earnest to protect them from every pitfall, from the possibility of a bug bite, and any person who may harm them with criticism or harsh word. There are the organized mothers, who live life on a schedule of predictability. Breakfast at eight, lunch at noon, and dinner at six. There are the carefree mothers who want to make sure that their child has had at least one healthy meal in the last 12 hours. They'll stay up late and watch a movie with them on a school night, may or may not help with that science project that was forgotten until Sunday night, but will always, always have that unconditional love that every mother does.

My own mother was the middle one, I could always be sure about mealtimes and my social schedule was usually in place for weeks or even months in advance. My husband's mother, bless her heart, was the first type. She protected all three of her children from any possible moments that could be disappointing for them. As her children grew up and developed lives and relationships outside of the home, she pursued a professional career as a caregiver... something she was obviously very proficient at!

With more than thirty years of mothering experience, I can say that I have passed through both of these stages at times...and have very happily settled into the being more carefree, but not careless. I have realized that very often, babies do bounce, that their hearts will be broken no matter what I've done to protect them, and that I cannot maintain a strict schedule and my family's sanity at the very same time. I have become the mother that your mother warned you about!

Whatever your mothering style, there is one guarantee. There are days when life will give you lemons. Because our styles vary, some mothers will make lemonade, others will make lemon chiffon cake, yet still others will plant a lemon tree and share the fruit with the generations who follow them.

Mom, you are amazing!



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The **American Rescue Plan** gives all Floridians an opportunity to come into the Marketplace and enroll in plans between now and August 15th. It is also a chance for new people to come into the Marketplace. Anyone who is already enrolled in a Marketplace plan will have the opportunity to look and get enhanced Advanced Premium Tax Credit, therefore, offering additional premium relief. Our agents will work with new and existing members by updating their eligibility file to re-calculate their Advanced Premium Tax Credit and apply it either to their existing plan to lower their current premium or to select a new plan.



Rick Jultak • Founder

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Meet The

Kristel Family



After living in Coral Springs for more than a decade, the Kristels relocated to Parkland three years ago. Brad and Eneri are thrilled to be raising their two children, London, 11, and Hudson, 9, in such a family oriented community! Their circle also includes three dogs, Frampton, Gwen, and Puck.

Eneri shares a cute synopsis of the couple's history. "Brad and I are not native to south Florida. My husband is from Pennsylvania and I grew up in Kissimmee, after having moved from NY when I was young. We met while working together at Walt Disney World. He likes to tell everyone that I met my Prince Charming working at Disney!"

Eneri is a Market Research Analyst for a foodservice packaging manufacturer and Brad works for a cruise line company. London enjoys playing for the parkland rec softball league and also plays tennis at the Parkland Tennis Center at Quigley Park.

Hudson plays rec hockey at the Panther Ice Den, which is his favorite sport. He also has a blast playing flag football and rec soccer for Parkland.

Eneri tells us, "We have a little park right near our subdivision and we'll take the kids out there and practice hitting and catching, or you'll find us outside our house throwing a football or softball around." The Kristels enjoy going to sports games (particularly hockey), going to the movies, and going on vacation. "One of our favorite places is Walt Disney World," Mom says. "We've taken the kids since they were babies and it's amazing to watch how their interests have changed. When they were little,

they were all about the characters ... and now they are all about the roller coasters!"

Both siblings attend Park Trails Elementary School, where London is in 5th grade and looks forward to Westglades Middle School next year. She says her favorite subjects are Math and Social Studies. Hudson is in 3rd grade and his favorite subject is Math.

When I asked how the last year of lockdown has affected them, Eneri happily fills us in. "Being able to spend more time with our kids has been a blessing. When the kids were going to school virtually, I enjoyed being able to have lunch with them in our kitchen. I'm still working from home, and now I look forward to hearing them walk through the front door from school. I love that I get to be here for them and that we are not rushing around the moment I pick them up from school, like it was before. As a family we are together more now, which has been nice."

Referencing our May holiday, Eneri tells us what she looks forward to for Mother's Day every year. "The sweet homemade gifts I get from my kids, the flowers, and being able to sleep in." She goes on to share the depth of motherhood's meaning to her. "I learned what unconditional love was the moment I became a mom. I love my kids so much and I love watching them grow and come in to their own. I complain about being their unpaid chauffeur, but I secretly enjoy the hustle and bustle of taking them to their practices and cheering them on."

The Kristels are members of congregation Kol Tikvah and the children attend Hebrew School there.



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Parkland Rangers Now Registering for the 2021 Season

By Stacy Case

The Parkland Rangers are sure ready for some football and registration is open!

Coming off the heels of two of its teams having advanced into the second round of playoffs last season, the Parkland Rangers Tackle Football and Cheer Program is ready to take to the field.

Although the unpredictability of Covid may have yielded quite a few obstacles for the program's 2020 games, Rangers President Will Billings says that "It's important to be resilient whenever you run into obstacles, and that is one of the critical life lessons that these players learn through the game of football."

While Will enters into his fourth year as the Rangers commander in chief, he reiterates the necessity to be able to get back up when players get knocked down, both figuratively and literally.

"It helps build confidence in the players," adds Will, whose own three children are also Parkland Rangers. "We, as a program, do our best to use our coaching style to help these athletes develop during their journey as football players as well as young adults."

And to mirror last year's age divisions, the Rangers will once again be offering play under the auspices of Pop Warner in 6U, 8U, 10U, 12U and 14U, and will continue to play various teams within the tri-county area.

When the Parkland Rangers are not on the road traveling, they host games at Pine Trails Park in Parkland, as they have done so previously.

With registration is currently open, the organization is scheduled to start its conditioning somewhere around mid to late summer in order to best prepare for the 2021 season.

Additionally, in an effort to continue to keep all of the Parkland Rangers participants as safe as possible during these unprecedented times, temperatures will be taken for the players and coaches, and the league is continuing its commitment of adhering to the local mandates, whatever they may (still) be once the season officially commences.

That being said, Will and his Rangers hope to mimic 2020's enrollment of approximately 400 participants for the 2021 series, and given the newly-sedentary lifestyle of some area youths during the quarantine days, Will is optimistic that this season may be the second home to many more local grid-ders.

"We hope to bring even more kids and families into our program; it's so great to be able to get as many of them involved in something that feels normal," says Will, of the several decades old Parkland Rangers. "It's very important to be able to get these kids out there to develop camaraderie with the other team members."

"The Rangers' approach is to continue to develop the players' abilities, and as an organization, we'll do our part to also make sure they're aware of their accomplishments out there."

For more info, visit www.parklandrangers.com
See ad on opposite page.



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Returning to Preventative Health Care

– We're Ready to Welcome You



By Andrew Ta, M.D., Chief Medical Officer, Broward Health

Over the past year, many individuals and families have delayed nonemergent medical care as a result of the COVID-19 pandemic. While hospitals throughout the country suspended some services temporarily at the

Today, however, they are no longer valid. Your healthcare providers are ready to treat you – safely.

Our teams at Broward Health have been working to help ensure all our facilities and medical offices continue to be sanitary and prepared for patient visits. Providing high-quality care that's safe for all our patients has always been our most important priority as we work every day to fulfill our mission to the community we serve.

This alarming trend is a threat to the overall health and wellness of our community and in the entire state of Florida, which is home to a large population of seniors. In fact, according to the Centers for Medicare and Medicaid Services, nearly a quarter of Medicare beneficiaries forewent any medical care for up to six months last year. In the particular case of aging adults, the importance of routine medical care cannot be overstated. Providers can only deliver world-class healthcare services to patients when able to see their patients.

I realize during this time, many people have turned to the convenience of virtual care, which has provided a great interim solution to address healthcare needs. However, it cannot take the place of seeing a physician face to face. Physical visits in the office are necessary to provide the highest quality of care in many specialties, especially when treating the most critical and chronic conditions. I also cannot over-stress the need for an annual physical with your primary care physician in preventing disease and protecting your health and quality of life.

As we start to return to normalcy and plan reunions with the people we've missed, I encourage you to make plans to reunite with your medical provider. I assure you, they will be happy to welcome you back.

See ad on opposite page

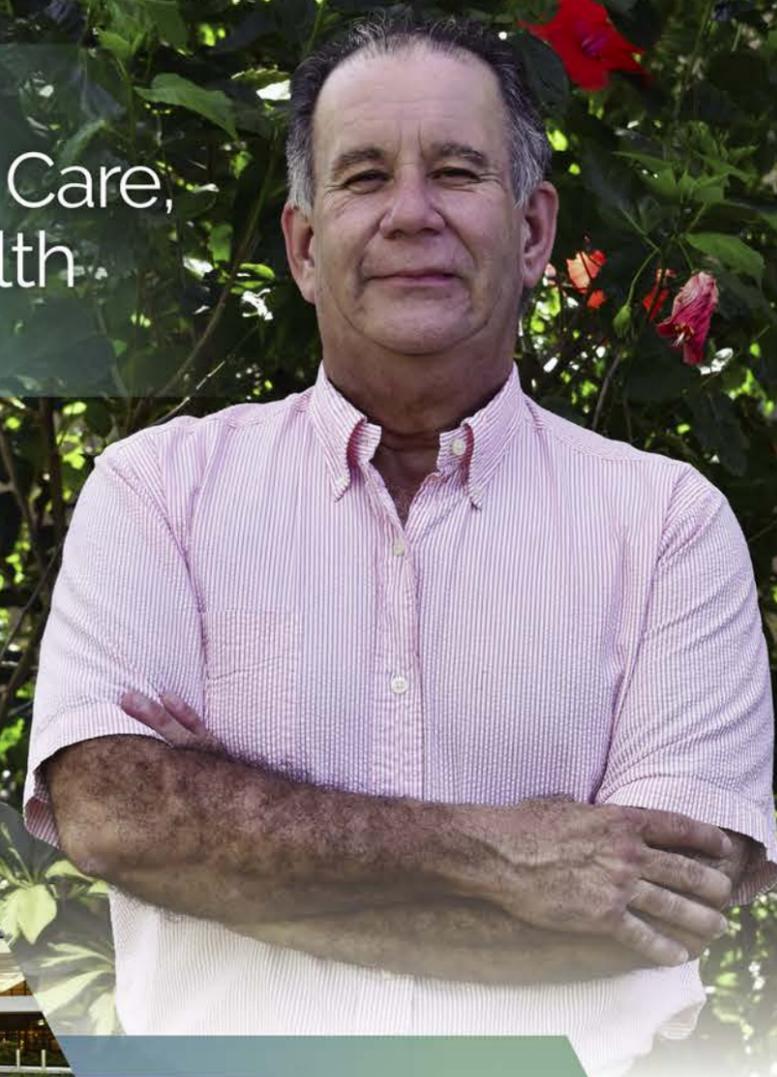
height of the outbreak, all – including ours at Broward Health – have been operating normally for many months with safeguards implemented to ensure the safety and wellbeing of our patients and visitors. However, it's becoming more and more clear that Floridians are continuing to postpone regular medical care, and as a physician, I'm concerned.

A recent study from the Robert Wood Johnson Foundation (RWJF) and National Public Radio (NPR) found that among the general U.S. population who reported delaying medical care (20%) due to the COVID-19 pandemic, more than half experienced negative health consequences as a result.

If you've been postponing medical care – whether routine or for a disease you've been diagnosed with – now is the time to reach out to your medical provider and schedule an appointment and get up to date on any screenings, vaccinations, chronic disease management or other services you have gone without this last year. The impacts of continuing to put off the care you need can be substantial, and in some cases even devastating or catastrophic. It is not worth the risk. Your health cannot wait any longer.

As a physician, it is natural for me to advocate for regular, preventative care for all patients, but I also understand the concerns about visiting a medical facility during a pandemic. Early in the pandemic, they were warranted.

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Rotator Cuff Injuries

By Dr. Howard Gelb

The rotator cuff (four muscles that hold the ball of the shoulder in the socket) acts as a dynamic stabilizer of the shoulder joint during various overhead motions and can be injured by trauma or repetitive overuse. Rotator cuff tears and disorders were once thought only to affect older patients. However, with the rising popularity of overhand sports, repetitive work tasks and weight training, rotator cuff injuries are seen in younger patients. The initial treatment for these injuries may involve relative rest and rehabilitation. Rotator cuff disorders may be classified into bursitis, tendonopathy without tear, partial tears, and full thickness tears. MRI has become the diagnostic, noninvasive imaging modality of choice for evaluating cuff disorders. Arthroscopy is still the gold standard for evaluating the integrity of the rotator cuff. Treatment for partial thickness cuff tears may involve debridement (removal of the non healthy, torn fibers) or direct repair of the tendon. Full thickness rotator cuff tears are often treated by repairing the torn tendon back to the bone. Using new techniques, even large, retracted rotator cuff tears can be repaired arthroscopically without opening the shoulder. This innovative approach to the rotator cuff is analogous to the development of other less invasive procedures such as laparoscopic surgery. The arthroscopic cuff repair is routinely performed on an outpatient basis using a combination of general and regional anesthesia. For massive, irreparable tears, a reverse shoulder replacement can provide patients significant functional improvement. Post-operative treatment involves minimal immobilization combined with a structured rehab program.



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Parkland Flag Football Is Looking Forward To Yet Another Strong Season

By Ashley Ferraro

Parkland Flag Football has played a vital role in encouraging children and families to get involved for decades. The kids are given the opportunity to come out and play with their classmates; meanwhile, parents are given similar opportunities to network and get involved. Although the organization was incredibly successful last year despite growing challenges, everyone involved is looking forward to an even more successful 2021.

"I'm looking forward more than anything else to having the families back that couldn't play last year," says the president of Parkland Flag Football, Matt Kauffman. "To have those kids that have played for eight straight years not play last year was heartbreaking."

Nearly 300 families sat out last year due to COVID-19 concerns. However, this year, Kauffman anticipates quite the opposite as far as player turnout. "I think we're going to have more kids than we've ever had before. There's no cap on how many can register—there's never too many kids. We can always make more teams."

Parkland Flag typically sees a turnout of about 900 kids. Such a large volume of signups grants kids the opportunity to play amongst their friends and classmates, meaning there's no need to turn to neighboring cities to set up games. Each league has anywhere from four teams to as many as eighteen teams, with plenty of players to yield a fun and friendly competition.

The families, coaches, and organizers are looking forward to another exciting season come August. Although it's too soon

to predict what kind of hindrances the pandemic might bring, the organization is planning for the best possible outcome. Parkland Flag remarkably managed to organize the only youth flag football league in the state last year, giving the kids a semblance of normalcy despite all of the uncertainty in the world. Kauffman says he could have never done it on his own.

"It's a significant feeling of appreciation for everybody in the city—from the parents, to parks and rec, and the referees, and especially the kids. To come out and play last year when there were a lot of reasons not to is just a phenomenal experience," adds Kauffman. "I just can't get over the participation and contribution of the board, the maintenance crews, and the city as a whole coming together on something as simple as flag football. It became a bit of a symbol for us, being on one team, and I'm aiming for that all over again this year—minus the COVID part."

Boys and girls ranging in age from kindergarten through high school are encouraged to register for the upcoming season. All practices and games will take place at Pine Trails Park. Mandatory evaluations will be held the week of August 16th, and the season will officially kick off immediately after Labor Day. Parkland Flag Football is open to non-residents as well, but an additional registration fee will incur.

Registration is now open online at parklandflag.com. See ad on opposite page.



What Is Functional Medicine?



Introducing Dr. Rosemarie Rutecki, PharmD, IFMCP

Functional Medicine determines how and why illness occurs and restores health by addressing each individual's root causes.

What's it like to work with a Functional Medicine Practitioner?

The Functional Medicine practitioner will consider multiple factors, including:

Environmental inputs:

- The air you breathe and the water you drink.
- The particular diet you eat.
- The quality of the food available to you.
- Your level of physical activity.
- Toxic exposures or traumas you have experienced all affect your health.

Mind-body connections: Psychological, spiritual, and social factors all can profoundly influence your health. Considering these areas helps the Functional Medicine practitioner see your health in the context of you as a whole person, not just your physical symptoms.

Genetic makeup: Although individual genes may make you more susceptible to some diseases, your DNA is not an unchanging blueprint for your life. Emerging research shows that your genes may be influenced by everything in your environment, as well as your experiences, attitudes, and beliefs. That means it is possible to change the way genes are activated and expressed.

By assessing these underlying causes and triggers of dysfunction, the Functional Medicine practitioner can understand how key processes are affected. These are the body's processes that keep you alive. Some occur at the cellular level and involve how cells function, repair, and maintain themselves. These processes are related to more significant functions, such as:

- How your body rids itself of toxins
- Regulation hormones and Neurotransmitters
- Immune system function
- Digestion and absorption of nutrients and the health of the digestive tract
- Structural integrity (bone health, skin)
- Psychological and spiritual equilibrium

- How you produce energy
- Inflammatory responses

Environmental factors and your genetic makeup influence these processes; when they are disturbed or imbalanced, they lead to symptoms, leading to disease if effective interventions are not applied.

A comprehensive approach to treatment: Prevention is paramount. Virtually every complex, chronic disease is preceded by long-term disturbances in functionality that can be identified and effectively managed. Some of the body imbalances can be addressed, restored, or improved.

The Functional Medicine practitioner examines a wide array of available interventions and customizes a treatment plan, including those with the most impact on underlying functionality.

Functional Medicine expands the clinician's tool kit. Treatments may include combinations of drugs, botanical medicines, nutritional supplements, therapeutic diets, or detoxification programs. They may also include counseling on lifestyle, exercise, or stress-management techniques.

The patient becomes a partner. As a patient, you become an active partner with your Functional Medicine practitioner. Such a partnership allows you to be in charge of improving your health and changing the outcome of the disease.

Have you been thinking about optimizing your health and be in peak performance? You can find a certified Functional Medicine Practitioner by going to www.ifm.org.

You can also reach Dr. Rosemarie Rutecki, PharmD, IFMCP, at www.functional-pharmacy.com to learn more about Functional Medicine.

Rosemarie Rutecki is a Pharmacist, Board Certified in Functional Medicine by the Institute of Functional Medicine.

**Information provided by the Institute of Functional Medicine.*

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