

## Letter from the Publisher



**Dear Readers:**

Those of us in South Florida will always remember Wilma, the big, bad hurricane that huffed and puffed and blew our roofs in, among other things. But the good news about this big surprise hit was that she also taught many of us to be friendlier to our neighbors, drive more cautiously and courteously and to appreciate the switches on our walls that turn on the power. It also taught us how to live more simply.

For example, we cooked scrambled eggs in our non-powered oven by putting three candles on a cookie tin, placed a rack above it holding a Pyrex dish with eggs in it, stirred the eggs until done and ate a hot, protein-filled breakfast. We learned that washing your hair with cold water is quite refreshing on a hot, autumn day. We learned that without cable, the good old-fashioned battery powered radios brought us a lot of important news: where to get ice, how long the lines to get gas are, when power is expected to come to our neighborhood, how to get FEMA to bring you a "blue roof."

This issue we have designated the HURRICANE edition, because it has on each of its pages, blood, sweat and tears. Many of the staff that it took to put together this extra large edition, left their homes to come to the office to work, fighting traffic with no lights, finding gas, and finding people who did have power to borrow it for their computers. But we made it and we give you this gift from good and friendly advertisers, smart writers, and lots of important information to keep you safe, satisfied and happy.

Some of our features: Fredericksburg, Texas is especially interesting to those of you who are looking to travel to the west. This Hill country town, located between Austin and San Antonio, has the best B&Bs, a main street to captivate you for days, the Admiral Nimitz Museum for WWII vets and the unique Trois Estate at Enchanted Rock. You won't want to miss the gala lineup of stars scheduled to appear at the Centre of the Arts at Mizner Park in Boca Raton, especially Wayne Newton and Dolly Parton. For you art lovers, learn about the new technology for artists called Giclee. Then, after all of the stress has passed, reward yourself with a cruise trip in Norway to really get a "high."

And remember, South Florida is still the best place to live!

—Anita Finley, Gerontologist  
November 2005

## INSIDE

- 12** Giclee—Art Meets Opportunity  
A new technology transforms original art
- 13** Norwegian Coastal Voyage  
The world's most beautiful cruise enjoys a spectacular coastline
- 14** Wayne "Mr. Las Vegas" is coming to town  
Wayne Newton lights up the Centre of Arts at Mizner Park in Boca Raton
- 23** Aging Beautifully...Relax...Rejuvenate, Refresh  
There is nothing like a facial to stay young
- 37** Elephant—Mothering in a BIG WAY  
These sensitive animals have a long history of family
- 38** SEMINARS for every interest and desire. From ship to shore, you will have an interesting holiday season
- 40** Travel to Fredericksburg, Texas
- 41** A Texan Hill Country town...with a German accent  
Texan—Elbows in Dough or on Horseback  
Tuxedo Cake—A Party's Favorite

**"If you take a flower in your hand and really look at it, it's your world for the moment."**

— Georgia O'Keefe

### SENIORS 60-85



### FREE LIFE INSURANCE

For those who have a policy

*If you're in good health you can substantially increase your insurance for the same current outlay*

— OR —

*You can keep the insurance amount the same and substantially decrease your current outlay*

— OR —

*We pay cash for the following types of life insurance policies*

- Universal Life
- Whole Life
- Survivorship Life
- Term Life

**CALL John Borawski C.L.U.**  
For a free one hour consultation for the options of both buying or selling your current life insurance policies.

**(561) 624-4456**

Minimum Policy - \$250,000

## Happy Thanksgiving!

### FROM THE COVER



Boomer Times & Senior Life *Book of the Month*

### Globetrotter's Pocket Doc —

### An International Medical Translation Handbook for Travelers (English/French Edition)

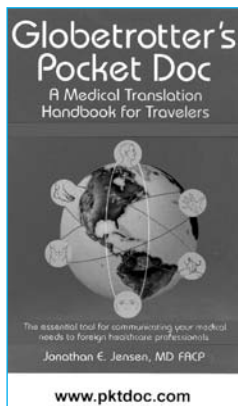
Author: Jonathan E. Jensen, MD, FACP — Reviewed by Anita Finley

*The Globetrotter's Pocket Doc* is the only international, English language, medical communication book for travelers to foreign countries. It is the essential tool for communicating your medical needs to foreign healthcare professionals.

When illness or injury strikes while traveling, an accurate diagnosis and prompt medical attention are essential to a good outcome. Across the world physicians ask many relevant questions while evaluating a patient's medical problem. Good communication is necessary in diagnosing potentially life-threatening emergencies such as heart attack, stroke, appendicitis, shock, convulsions, loss of blood, head trauma, and severe infection.

In *The Globetrotter's Pocket Doc*, these urgent situations are covered as well as other major and minor illnesses and injuries. This book contains statements, prepared by a physician and reviewed by a panel of Board Certified physicians and nurses, that pertain to the symptoms the patient may

be experiencing. Beside each entry is a checkbox, along with the French translation. By checking the appropriate symptom, the patient can impart information regarding his or her condition prior to treatment.



Medical history forms for all travelers—infants, children, and adults—are also included. These are to be completed prior to travel. This medical history, along with detailed information on the traveler's current health problems, arms the physician with the necessary information to make an accurate diagnosis and choose the appropriate treatment.

Also included in *The Globetrotter's Pocket Doc*:

- ★ A broad list of prescription and nonprescription drugs with their generic names and French translation and the condition each medication is designed to treat.
- ★ Metric conversion charts for weight and temperature.
- ★ A visual field diagram to assist in

diagnosing eye problems.

★ Anatomic diagrams to help the patient indicate the location of the medical condition, pain, or injury that has been sustained.

★ Information on outpatient care for a variety of medical conditions that do not require treatment by healthcare providers.

According to Wallace N. Jensen, MD, MACP, father of the author, he concurs to the value of this book: "With increasing data supporting the necessity of rapid intervention for major illnesses such as stroke, myocardial infarct, and gastrointestinal bleeding, the medical history is even more important. Universally, language barriers impede and delay the transfer of this information. This book provides an important communications tool for improving the opportunity to timely, appropriate medical care while abroad."

(For more information, contact Caduceus International, LLC, P.O. Box 144, Hygiene, CO 80533)



**Jonathan E. Jensen, M.D.**