

Letter from the Publisher



Dear Readers:

Do you feel that time is flying by? There are so many things to accomplish and by the end of the day, do you feel as though you have been spinning your wheels? It pays to be organized and we have just the person to help you! *Organize U* is a unique and well-worth-it service. Focus, focus, focus, check off your list and keep your desk and kitchen cleared off of pieces of paper and "things."

September begins the season for school, serious hurricane watching and dining out. The weather will begin to cool off a bit making dining and going outside more pleasurable. When you're wondering what new dining experiences there are, don't miss the unique Brazilian food and entertainment at *Gaucho Rodizio* in Lighthouse Point in Broward County. Whether you want a long leisurely lunch or are planning a celebration in the evening, their spectacular food is worth every bite. And don't miss their Friday night authentic Brazilian entertainment!

Frank Gehry continues to WOW the world with his unique architecture. You will have to go to Panama City to see this "diversity" theme building, but it will enthrall you! Once you view one of his buildings, you will be hooked!

As you can see, we have featured Cameron Diaz and Shirley MacLaine on the front cover. They are grandmother and granddaughter in the new film, "In Her Shoes," to be released in early October. Listen to my radio show Saturday mornings from 5-8AM on 740AM and we will be giving out tickets to see this heartwarming story filmed here in South Florida at one of South Florida's finest retirement communities, Abbey Delray South. Make it a *spectacular* September!

—Anita Finley, Gerontologist
September 2005

A Passion for Living—a path to meaning and joy by Shahan Shammass, the Book of the Month for August, 2005 did not have the correct ordering information. Here it is!

To order, contact Worthwhile Publications, P.O. 1913, Beltsville, Maryland 20704, or call toll free 1-888-248-4693. The book is \$19.95 plus \$4.95 shipping and handling. You can also purchase online at www.CultivateYourMind.com.

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Maximum Dance and Ballet Gamonet Take a Powerful Leap to Treat Audiences To Superb Performances
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What can be better than to join with other dog lovers to spread dog love
- 19** Handbag Art by Judith Leiber dazzles with its
"Glitz and Glamour in the Galleries" at The Boca Raton Museum of Art
- 27** Gehry's Fantasy Explodes into Reality
Panama's Bridge of Life Museum under construction is sure to be a major attraction
- 29** "In Her Shoes" with Cameron Diaz and Shirley MacLaine
In-depth interview with Shirley MacLaine, co-star and filmed in Delray Beach, Florida
- 30** SEMINARS for every interest and desire. From ship to shore, you will have an interesting Fall beginning
- 32** Culinary Institute of America's *Gourmet Meals In Minutes* features: HOT...Spicy Asian Grilled Shrimp, Broccoli with Orange-Sesame Sauce and Rice Pilaf
- 32** Grace and Elegance in Copenhagen's "Tivoli."
There is nothing more graceful than a swan... or by chance...A Mermaid



Boomer Times & Senior Life *Book of the Month*

The Quick And Easy Heart Book

Author: Jacob I. Haft, M.D. with Ethan Fiks — Reviewed by Anita Finley

As many of you probably already know from the media, diseases of the heart are the number one cause of fatality in the United States, responsible for over 750,000 deaths per year. Dr. Haft believes that the general public can benefit greatly from what he has learned, and that individuals will see concrete improvements in their health by following the proposed guidelines found in his book.

Over three decades in medicine, Dr. Haft has been approached by countless patients and their loved ones regarding practical strategies to prevent heart attacks and other heart troubles, and also to deal with these maladies after they have struck. His thoughts on these matters and also the body of knowledge on

cardiac care have evolved tremendously. But few people are interested in reading a cumbersome text that contains facts only doctors would need or care about; people facing these issues have enough on their minds. Therefore, Dr. Haft sought to write *The Quick and Easy Heart Book* where concerned individuals could find out readily what they should do before or after a heart attack, conveying the most current thinking on the topic. Along the way, important terms are explained and key tips given in a way that can be easily understood.

Examples of some of the chapters in *The Quick and Easy Heart Book* are: "How do I know I am having a

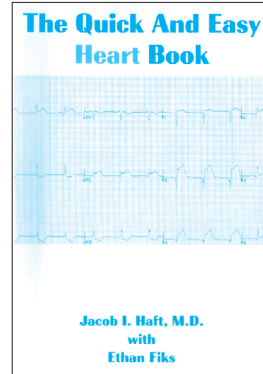
heart attack and how does my doctor confirm the diagnosis?" "My doctor says I need a pacemaker—now what?" "So I've had a heart attack, what now? How do I prevent having another one?" "What do we do about high blood pressure?" "What about diets?" "After a heart attack, what about sex?" Each chapter is written in a simple to understand format and I personally had a lot of my own questions answered.

About the author: For over 2 decades, Dr. Haft was Chief of Cardiology at St. Michaels Medical Center in Newark, one of the 14 cardiac centers in New Jersey. He is board certified in Medicine, Cardiology, and Clinical Electrophysiology and has published over 150 papers in the medical literature on coronary artery disease, arrhythmias, cardiac therapeutic

tics, angioplasty and myocardial infarction (see www.pubmed.gov/ for a partial list). He is a Clinical Professor of Medicine at UMD-NJ and a Fellow of the American College of Physicians and the American College of Cardiology. He currently practices cardiology in Newark and Hackensack, New Jersey. *New York magazine*, in the June 13 issue, named him as one of the best cardiologists in the New York metropolitan area. In his spare time, Dr. Haft plays the bass fiddle in the North Jersey Symphony Orchestra, does all his own gardening and collects 19th and early 20th century bronze sculpture. To contact Dr. Haft, or to buy his book, *The Quick and Easy Heart Book*, go to www.haftheartbook.com or order through amazon.com, borders.com or your local book store.



Jacob I. Haft, M.D.



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