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February • 2026

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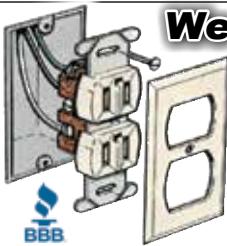
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Letter from the Editor

by Tony Chambers



Dear Southwind Readers,

Last month's rather "wordy" submission delved deeply into sentiments of the heart, so for February—the month dedicated to poetic love—I aim to shift the focus to the physical organ that inspires such cherished emotions. Additionally, I'd like to highlight some significant historical events that have occurred during this wonderful month.

As some of you might know, I work in the medical field as the practice manager for the largest private neurology group in the state of Texas. Our clinic emphasizes the importance of daily exercise for both the body and mind. These days, almost every area of medicine emphasizes physical exercise as one of the most important tools for our well-being and overall mental health. Many people often prefer a quick fix, like a pill, for their ailments. I'm sharing some tips for exercise and diet—those things we often put off until we start doing them. Once you get going, each step makes walking feel easier. NOTE: Remember, it's crucial to consult your physician for advice and guidance before starting any exercise program. I will emphasize this throughout the article as a reminder—safety always comes first!

And on another note... let's give a round of applause and a heartfelt "shout out" to the amazing Southwind Players, who devoted their time and talent to entertain us at our Christmas event. It takes great skill to perform in front of an audience, singing, narrating stories, and evoking laughter while capturing the spirit of the season! Cheers to each of you for a job well done! Which day of Christmas is it again that they pass gas so I can be absent? If you don't get it, then you didn't go and you missed out!

Tony Chambers, Pesto and Spencer – in that "overly" decorated cottage, Lot 122

Holiday Extravaganza and Parade

Friends and neighbors came out to celebrate the holidays at the first annual Extravaganza. The entertainment was silly yet on point for us seniors. How many of us could relate to the Twelve Days of Aging?

Dick Farr and Stella Richardson await the start of the show along with an SRO audience.



...continued on page 5



The performance was a hit starting with Bill Kairis reminding us of the colonoscopy experience as the first day of aging.

Performers presented the additional 11 days of aging to the accompaniment of Teresa Russell's singing.



Ellie Malloy shared a Southwind version of The Night Before Christmas. Although it remains unclear who ended up with the red underwear.

The parade contest resulted in three entries being tied for first place, with the winner determined by a drawing. Ellie Malloy took first place with Ray and Pat Coite plus Cheryl and Bob Hudecek being the other tying winners.



Cheryl and Bob on their way to Whoville.

FEBRUARY



Historical February



February is known for various historical events, notable dates, and exciting celebrations. **Important Holidays and Observances:**

Black History Month: A month dedicated to recognizing the contributions and achievements of African Americans.

Groundhog Day (February 2): A tradition where a groundhog's shadow determines the arrival of spring.

Valentine's Day (February 14): A day celebrating love and affection between intimate partners. **INTERESTING FACT:** Valentine's Day originated from the ancient Roman festival of Lupercalia, which was celebrated in mid-February. This festival was aimed at fertility and included rituals that honored Roman gods and involved the pairing of women and men through a lottery system.

The day became associated with romantic love in the 14th century, largely thanks to Geoffrey Chaucer's poem "Parliament of Foules," which included the first recorded association of Valentine's Day with romantic love. Additionally, it became a day to honor Saint Valentine, a Christian martyr. Over time, Valentine's Day evolved into a day where lovers express their affection through gifts, cards, and messages of love.

Historical Events:

February 4, 1789: George Washington was unanimously elected as the first President of the United States.

February 6, 1952: Elizabeth II ascended to the throne of the United Kingdom after the death of her father, King George VI.

February 11, 1990: Nelson Mandela was released from prison after 27 years, marking a pivotal moment in South Africa's history.

Notable Birthdays:

February 12: Abraham Lincoln, the 16th President of the United States, was born.

February 22: George Washington, the first President of the United States, was also born in February.

Thus, we celebrate Presidents' Day on February 16.

Cultural Events:

Mardi Gras: Celebrations often take place leading up to Lent, featuring parades, music, and festivities.

MY FAVORITE the Winter Olympics (if held during the month): Often scheduled in February, showcasing various winter sports.

While specific events can vary year to year, here are some common types of events that typically take place in Palm Harbor and Dunedin during February:

- 1. Valentine's Day Events:** Many restaurants in the area host special dinners or events for couples to celebrate Valentine's Day. Local and online ads will provide abundant details on specials to be offered in our area.
- 2. Community Festivals:** Look for numerous local festivals, craft fairs, or markets that may take place during this month, with vendors offering local crafts, food, and entertainment.
- 3. Concerts in the Park:** Dunedin often hosts live music events in local parks, featuring various genres and local talent.

...continued on page 9

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Dunedin Concert in the Park:

Date: February 5, 2026

Location: John J. Pruitt Park

Time: 6:30 PM – 8:30 PM

Details: Features local bands and community performers.



Dunedin Music Festival:

Date: February 12, 2026

Location: Highlander Park

Time: All-day event

Details: Includes multiple acts, food trucks, and activities for families.



Palm Harbor Music Series:

Date: February 19, 2026

Location: Palm Harbor Community Center

Time: 5:00 PM – 8:00 PM

Details: Local artists performing across various genres.

Make sure to check the official websites or community boards for any changes or updates regarding these events! Enjoy the live music!

- Outdoor Activities:** February is a great time for outdoor activities in Florida, and you may find guided nature walks (Honeymoon Island State Park, every Friday at 10 a.m.), birdwatching excursions, or kayak tours available.
- Art Shows and Exhibits:** Local galleries have featured exhibits or art walks highlighting local artists.
- Health and Wellness Events:** As February is American Heart Month, there are workshops or seminars focusing on heart health awareness.

Dunedin

1. Heart Health Workshop:

- Date:** February 8, 2026
- Location:** Dunedin Community Center
- Time:** 10:00 AM – 11:30 AM
- Details:** A workshop focused on diet, exercise, and lifestyle changes for heart health.



2. Free Health Screening:

- Date:** February 15, 2026
- Location:** Dunedin Library
- Time:** 1:00 PM – 3:00 PM
- Details:** Free blood pressure checks and heart health information provided by local health professionals.

Palm Harbor

1. Healthy Heart Seminar:

- Date:** February 22, 2026
- Location:** Palm Harbor Community Center
- Time:** 6:00 PM – 7:30 PM
- Details:** A seminar discussing heart disease prevention, nutrition tips, and exercise recommendations.

...continued on page 12

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2. **Yoga for Heart Health:**

- **Date:** February 28, 2026
- **Location:** Palm Harbor YMCA
- **Time:** 9:00 AM – 10:00 AM
- **Details:** A special class focusing on stress relief and heart health through yoga.



Be sure to confirm these events closer to the date, as changes can occur. Enjoy participating in heart health awareness activities!

7. **Farmers' Markets:** Regular farmers' markets usually take place on weekends, offering fresh produce, artisan goods, and local products.

NOTE: To find specific events happening in Palm Harbor and Dunedin this February, it's best to check local community calendars, websites of local event organizers, or social media pages for up-to-date information.

National Days:

National Wear Red Day: Celebrated on the first Friday of February to raise awareness about heart disease in women. (Additional details in February|Month of Heart Health.)

National Pizza Day (February 9): A fun day for pizza lovers to enjoy their favorite slices. I think groups should do pizza outings and give back critiques! *Editor's Note:* I found a new place called Pizza World that might be hard to beat (although this idea contradicts with healthy diet choices later... ha ha). We all need to cheat on our diet sometimes.

Palm Harbor Days:

While specific historical events in Palm Harbor may not be as widely documented as those in larger cities, here are some notable historical facts and events related to Palm Harbor (and the surrounding area of Pinellas County) that may be relevant:

1. **Establishment as a Community:** Palm Harbor was incorporated as a town in 1909. It was initially known as "Clearwater Harbor," a name reflecting its coastal location.
2. **Railroad Expansion:** In the early 20th century, the arrival of the railroad helped facilitate growth in Palm Harbor, supporting local agriculture and tourism.
3. **Historic Landmarks:** Several buildings and sites in Palm Harbor, particularly around the Palm Harbor Historic District, have significant historical value. The district showcases structures that illustrate the development of the area.
4. **Development of the Pinellas Trail:** Established in the 1990s, the Pinellas Trail runs through Palm Harbor and is part of a larger initiative to promote outdoor recreation and preserve historical rail corridors in the region.

NOTE: For specific events tied to dates, further research may be required through local historical societies, libraries, or archives in Palm Harbor or Pinellas County. These resources can provide detailed accounts of local historical milestones and their impact on our community.

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February | the Month of Heart Health

Heart Awareness Month is observed in February. It is dedicated to raising awareness about heart disease and promoting heart health, particularly focusing on how it affects women. Activities during this month typically include educational events, health screenings, and advocating for heart-healthy behaviors. The first Friday of February is also celebrated as National Wear Red Day, encouraging people to wear red to raise awareness about women's heart health.

National Wear Red Day, observed on the first Friday of February, is part of American Heart Month and aims to raise awareness about heart disease, especially in women. Here are some events and activities typically associated with Wear Red Day:

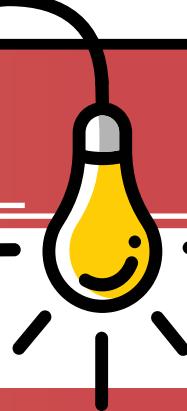
- 1. Awareness Campaigns:** Organizations such as the American Heart Association promote various campaigns to educate the public about heart disease and its risk factors.
- 2. Community Events:** Many communities and workplaces host events, including health fairs, workshops, and seminars focused on heart health.
- 3. Fundraising Activities:** Some organizations organize fundraising walks, runs, or other activities to support heart disease research and awareness programs.
- 4. Social Media Campaigns:** People are encouraged to share photos of themselves wearing red on social media, using hashtags like #WearRedDay to spread awareness and encourage others to participate.
- 5. Educational Initiatives:** Hospitals and health organizations may provide free screenings, informational sessions, or distribute educational materials on heart health.
- 6. Celebrity Endorsements:** Public figures and celebrities often participate in promoting Wear Red Day, helping to elevate awareness through their platforms.

These events are aimed at educating the public about the importance of cardiovascular health and encouraging people to take steps to reduce their risk of heart disease.



Did You Know?

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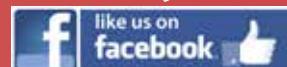
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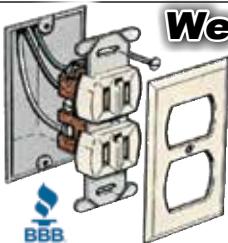
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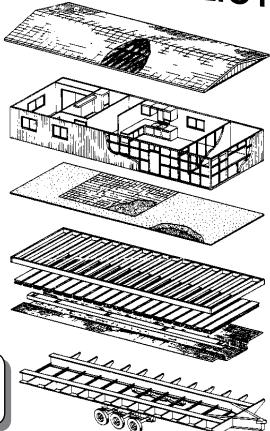
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Sunday	Monday	Tuesday
1	9:30 am Pool Exercises Groundhog Day	2 9:30 am Exercises 1:00 pm
8	9:30 am Pool Exercises	9 8:30 am M Breakfast 9:30 am P 11:00 am HOA Boa 1:00 pm C
15	9:30 am Pool Exercises 5:00 - 6:30 pm Spaghetti Dinner Southwind Office Closed President's Day	16 9:30 am Exercises 1:00 pm 7:00 pm HOA Me Mar
22	9:30 am Pool Exercises Washington's Birthday	23 9:30 am Exercises 1:00 pm

Southwind

Monday	Wednesday	Thursday	Friday	Saturday
	3 9:30 am Pool Exercises 6:00 pm Poker	4 9:30 am Pool Exercises	5 9:30 am Pool Exercises	6 9:30 am Pool Exercises 12:00 - 3:00 pm Cornhole Tournament & BBQ
Men's Pool Exercises Southwind Card Meeting Canasta	10 9:30 am Pool Exercises 12:00 pm Ladies Lunch 6:pm Poker	11 9:30 Pool Exercises 9:30 am Koffee Klatch	12 9:30 Pool Exercises Lincoln's Birthday	13 9:30 Pool Exercises Valentine's Day
	17 9:30 am Pool Exercises 6:00 pm Poker	18 9:30 am Pool Exercises	19 9:30 am Pool Exercises	20 9:30 am Pool Exercises 6:00 pm Sunset Social (aka LCR Game Night)
	Ash Wednesday			
	24 9:30 am Pool Exercises 6:00 pm Poker	25 9:30 am Pool Exercises	26 9:30 am Pool Exercises	27 9:30 am Pool Exercises 6:00 pm Poker Run & Sloppy Joe Night

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Exercising and Your Heart



Walking:

When I asked our community power walker, Joanne Zeffiro, what inspires her, she told me that her love for sunrises and sunsets drives her to get her steps in every day. You can often spot her out there walking alongside Frieda Juran as they make their laps around our lovely surroundings. Let their dedication inspire you to rise from your seat and put down the remote. Walking is one of the best things you can do for a healthy heart!

And her power walking buddy Frieda Juran's response, "I enjoy walking every day bright and early. I love to see the sunrise and feel the sun's energy. I look at walking, for me anyway, as therapeutic, mentally and physically good for my mind, body and soul. It lifts my spirits especially when I put my earbuds in and listen to my favorite Australian music. It makes me feel at peace. I enjoy walking with my partner Joann. We also love walking the Dunedin Causeway when the weather permits. We walk to Honeymoon Island and back. It's so beautiful hearing the birds and the soft breezes and listening to the water swishing, you almost don't want to stop walking."



Jo and Frieda out and about.

The Benefits of Walking

- 1. Improved Cardiovascular Fitness:** Regular walking strengthens the heart muscle, improving its efficiency in pumping blood throughout the body.
- 2. Lower Blood Pressure:** Walking can help reduce blood pressure levels, which is crucial for preventing heart disease and stroke.
- 3. Weight Management:** Walking helps burn calories, assisting in weight control and reducing the risk of obesity-related heart problems.
- 4. Improved Cholesterol Levels:** Regular walking can raise high-density lipoprotein (HDL) cholesterol (the "good" cholesterol) and lower levels of low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol), improving overall heart health.
- 5. Reduced Risk of Heart Disease:** Engaging in regular physical activity, such as walking, can lower the risk of developing heart disease and related conditions.
- 6. Enhanced Circulation:** Walking promotes better blood flow and circulation, reducing the risk of blood clots and improving overall vascular health.
- 7. Stress Reduction:** Walking can reduce stress levels and improve mood, which is beneficial for heart health, as stress can negatively impact cardiovascular health.
- 8. Improved Blood Sugar Control:** Regular walking can help regulate blood sugar levels, reducing the risk of type 2 diabetes, a significant risk factor for heart disease.
- 9. Social Interaction:** Walking can be a social activity, promoting connections with others, which can support mental and emotional well-being, also important for heart health.
- 10. Accessibility:** Walking is a low-impact, accessible exercise that can be done virtually anywhere, requiring no special equipment, making it easy to incorporate into daily routines.

...continued on page 26



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Overall, walking is an effective and easy way to stay active, contributing significantly to heart health and overall wellness.

*** For those who find walking isn't an option, there are plenty of in-home alternatives you can choose, and or modify based on your physician's advice. It's easy to think of reasons NOT to exercise, but remember, you can even stay active while sitting! And NO, using your finger to change the channel on the remote is NOT exercise! ***

Home Exercises:

There are several exercises you can do at home to promote heart health, many of which require little to no equipment. Here are some effective options:

1. Aerobic Exercises:

- **Walking or Marching in Place:** A simple way to get your heart rate up without requiring much space.
- **Jumping Jacks:** Great for getting your heart pumping and can be modified to suit your fitness level.
- **High Knees:** Running in place while bringing your knees up to hip level can elevate your heart rate.
- **Dancing:** Putting on your favorite music and dancing is a fun way to get moving and enhance cardiovascular fitness.

2. Bodyweight Exercises:

- **Burpees:** A full-body workout that combines squat, jump, and push-up, effective for building strength and endurance.
- **Mountain Climbers:** A plank-based exercise that increases your heart rate while engaging multiple muscle groups.
- **Squats with Arm Raises:** Adding arm movements while squatting can elevate heart activity.
- **Push-Ups:** Traditional, modified, or wall push-ups can contribute to heart health by building upper body strength.

3. Interval Training:

- Combine short bursts of high-intensity exercise (like jumping jacks or burpees) with rest or low-intensity movements (like marching in place). For example, do 30 seconds of jumping jacks followed by 30 seconds of rest.

4. Yoga and Stretching:

- While not traditionally seen as intense cardiovascular exercise, yoga can improve flexibility, reduce stress, and enhance overall heart health. Some styles, like Vinyasa or Power Yoga, can elevate the heart rate.

5. Resistance Training:

- Using resistance bands or light weights for exercises such as bicep curls, triceps extensions, and shoulder presses helps build muscle and boost metabolism, supporting heart health.

Seniors should start with just a few minutes each day and gradually should aim for at least 150 minutes of moderate-intensity aerobic exercise each week, which breaks down to about 30 minutes on most days. Even just 15 minutes a day is better than just sitting still. Do what you can. This can include activities like brisk walking, swimming, or cycling. Low impact movements in the pool are a great way to move and not tax the joints of your body. Additionally, it's beneficial to incorporate muscle-strengthening activities on two or more days a week. As always, you should consult with your healthcare provider before starting a new exercise program to ensure it aligns with their individual health needs.

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Now let's talk about what we put in our mouths, our diet... (except for those Jello shots! And the pizza cheat day!)



A heart-healthy diet emphasizes nutritious foods that promote cardiovascular health and reduce the risk of heart disease. Rule of thumb when you can stay out of the center of the grocery store. Healthy food exists around the perimeter. When you can opt for fresh, not canned foods loaded in preservatives.

NOTE: Publix offers nutrition services to assist customers in making healthier dietary choices. They have registered dietitians available at some locations who can provide guidance on picking healthier foods and meal planning. These professionals can help customers understand nutrition labels, suggest healthier meal options, and provide tips for creating balanced diets. Additionally, Publix often features health-oriented resources and recipes on their website. It's a good idea to check with your local Publix for specific services and availability. To contact Publix Nutrition Services, you can reach out to their Customer Service at (800) 242-1227.

Here are key components of a heart-healthy diet:

- Fruits and Vegetables:** Aim for a variety of colorful fruits and vegetables, rich in vitamins, minerals, and antioxidants. They help lower blood pressure and reduce inflammation.
- Whole Grains:** Choose whole grains like brown rice, quinoa, whole wheat bread, and oats over refined grains. Whole grains are higher in fiber, which can help lower cholesterol levels.
- Healthy Fats:**
 - Monounsaturated Fats:** Found in olive oil, avocados, and nuts, these fats can improve cholesterol levels.
 - Polyunsaturated Fats:** Include sources like fatty fish (salmon, mackerel, sardines), walnuts, and flaxseeds that provide omega-3 fatty acids beneficial for heart health.
 - Limit Saturated and Trans Fats:** Reduce intake of saturated fats (found in red meat, full-fat dairy) and eliminate trans fats (often found in processed foods).
- Lean Proteins:** opt for lean sources of protein such as poultry, fish, beans, legumes, and tofu. Fish, particularly fatty fish, is an excellent choice due to its omega-3 content.
- Low-Fat Dairy:** Choose low-fat or fat-free dairy products instead of full-fat versions to help reduce saturated fat intake.
- Nuts and Seeds:** Nutritious snacks like almonds, walnuts, and chia seeds can be heart-healthy when consumed in moderation.
- Limit Sodium:** Reduce salt intake to help manage blood pressure. Aim for fresh, whole foods instead of processed ones, which are often high in sodium.
- Moderate Alcohol Consumption:** If you drink alcohol, do so in moderation. This is typically defined as up to one drink per day for women and up to two drinks per day for men.
- Stay Hydrated:** Drinking plenty of water is essential for overall health. Limit sugary drinks and excessive caffeine.
- Mindful Eating:** Pay attention to portion sizes and try to eat meals without distractions to help prevent overeating.

Incorporating these dietary elements can not only benefit heart health but also promote overall wellness. If you have specific health conditions or dietary needs, consulting a healthcare professional or registered dietitian can help tailor a plan to your needs.



Finally, February the month of love...

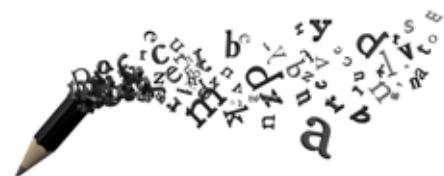
Okay, I know I said I wouldn't get all mushy and poetic, but since it's Valentine's month, I couldn't resist sharing one of my all-time favorites and most well-known poems about love. I lost my baby sister three years ago—she was like my twin—and this poem brings back so many memories of her, so, I wanted to share it with you all.

"How Do I Love Thee? -- Sonnet 43 --"

by Elizabeth Barrett Browning.

This sonnet expresses profound love and devotion and explores the depths of feelings associated with the heart.

How do I love thee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of being and ideal grace.
I love thee to the level of every day's
Most quiet need, by sun and candlelight.
I love thee freely, as men strive for right;
I love thee purely, as they turn from praise.
I love thee with the passion put to use
In my old griefs, and with my childhood's faith.
I love thee with a love I seemed to lose
With my lost saints, I love thee with the breath,
Smiles, tears, of all my life; and, if God choose,
I shall but love thee better after death.



Have a beautiful February everyone and I expect to see everybody passing up Joanne and Frieda doing their laps around Southwind... the challenge is on!



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ARTICLES FOR SALE	DORAL VILLAGE YARD SALE BAZAAR, Saturday, February 28th, 8am-1pm, 29250 US Hwy 19 N, Clearwater. Furniture, Clothing, Linens, Books, Electronics, Glassware, Jewelry, Kitchen Items, Baked Goods, Lunch, and Great Raffles and Prizes!	Rummage Sale, Unitarian Universalists of Clearwater, 2470 Nursery Rd, Clearwater, Saturday March 7, 8am-2pm. Kitchen ware, home decor, books, clothing/accessories, linens and more
EVENTS & PROGRAMS	 ATTENTION RESIDENTS! Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other things. Remember to think about this the next time you're planning something. -Monthly Media Staff	Crafters Wanted March 21st at Palm Hill Country Club. 401 8th Ave, Largo, 8am - 1pm. Contact Tom Sagitas at 727-315-4369. \$20 per table.
ANNUAL RANCHERO VILLAGE CARPORT SALE. Ranchero Village, 7100 Ulmerton Road, Largo, will be hosting their annual carport sale on Saturday, February 7, 2026 from 8 AM to 8 PM. A wide variety of items will be for sale throughout the park!	Embassy Mobile Park, Inc. Rummage Sale, Saturday, February 7th, 9:00 a.m. to 2:00 p.m., in the clubhouse on 4th Street. 16416 US Highway 19 N., Clearwater - Largo area. Off East Bay just West of Tri-City Plaza; come in by Wendy's onto Pine Forest Drive.	Paradise Island Annual Flea Market, March 28th 9am-2pm. 1001 Starkey Rd. Largo. 8am early entrance \$1.00. Large selection of home goods, tools, furniture, linens, clothes, bake sale and more. Follow signs for Clubhouse.
Clearwater Cascade park-wide yard sale. Saturday, February 21, 8:00am - 2:00pm. 9790 66th Street N, Pinellas Park	Blue Jay Estates - Annual Community Rummage Sale. Friday and Saturday, February 27 and 28, 2026. 8am - 1pm. Bake Sale and Lunch available both days. In clubhouse and deck. 2755 Curlew Road, Palm Harbor, FL 34684	

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Donald Lawdel.....	\$10	Gulf Coast Powerwashing
James Huck	\$5	Gulf Coast Powerwashing
John Chico	\$10	Gulf Coast Powerwashing
Bob Kimsel	\$10	Jones & Sons Plumbing
Debbie Girard.....	\$10	Jones & Sons Plumbing
Elaine Magee	\$10	Jones & Sons Plumbing
Margaret Faké	\$5	Jones & Sons Plumbing
Michael Arkanoff	\$5	Jones & Sons Plumbing
Todd Pickerd	\$10	Jones & Sons Plumbing
Annie Fox.....	\$10	Rod Runners
Steven Dehler.....	\$10	Ron Wyngarden Mobile Wash
Marilyn Jones.....	\$10	Royal
Joyce Billis.....	\$5	Air Masters of Pinellas

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