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Pool Emergency 911

Lincolnshire Residents Club Officers 2021-2022

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1	
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TreasurerBetty Barrett Lot 578444-0723	1-year Geoff Rowe #119 470-9472
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Block Captains - (who delivers the voice to your door)

Block Captains House No.

	1		
100	S	. Judie Dunn	#155
100	N	. Dennis Hornsby	#112
200	N	. Angie Faust	#204
200	S	. Quin Elock	#257
300		. LuLu Roemer	#359
400		. Frances Byrne	#483
500		. Jean McConnell	#558
600		. Marie Mason	#668
700		. Bob Behm	#775
800	. N/S	Betty Bowman	#817
900		Vicki Marentette - winter	#950
		Patt Magee	#916
		-	

Block Captains House No.

1000	Kathy Burk	#1031
1100	Doug Eschenbach	#1137
1200 W	Linda Casey	#1211
1200 E	Brenda Mattison	#1275
1300	Ruth Kaser	#1351
1400	Lori Magner	#1452
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LINCOLNSHIRE VOICE AUGUST, 2021 E

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ON THE COVER:

incolnshire on the move. John and Jane visiting former Shire residents Linda and Bill West and Diane and Bob Gallik in Ohio. Then over to Southern Illinois to visit current residents JJ and Ed Heischmidt.



FROM THE EDITOR

By: Donna Wurtz

(lot 938......509-1182.....momshse@aol.com)

hanks to all who contribute articles for publication. Please keep them coming. We need your stories and your pictures to keep our "voice" interesting. The voice has been published for us for 45 years. Let's keep it going. Perhaps you have a special interest or knowledge in a specialty area. That is what we need. Send us something you would like to share, and your neighbors will enjoy it. Nurses toolbox published each month is an example. Perhaps you can write something about new technology, nearby restaurants you have visited and would like to review, fishing tips, anything of interest would be good for articles. Just send them to the e-mail above. Thanks.

FROM THE DESK of the PRESIDENT

By: Harold Wurtz (lot 938.....459-0394.....haroldwur@aol.com)

hen Donna and I came to Lincolnshire 15 years ago August was a complete "do nothing" month. Sure – the pool was busy and bingo was still going, but other activities were all just planning for October restart. Well as we recover from 2020 setbacks, it seems the same again. A lot of events that were created to continue through the summer months, and throughout the year are in need of people to get going again. We have a lot of residents who are willing to "help," but we need residents who will be chairpersons and take responsibility to get our programs going again. Many who have done them in the past have retired from the events or even left the community.

We notice a lot of "private" little gatherings in carports, and impromptu golf cart parties in front of the mailroom. We are happy to see our residents having fun with each other, but these little parties exclude so many others. If you are interested in a party, why not volunteer to get the entire park involved. Don't be selfish – have everyone join you in the clubhouse for a big activity. There are plenty of helpers and a lot of resources we can help you with if you are interested in being a chairperson. Labor Day is currently our earliest target. We would love to have a picnic, show, or other event. If you would like to start this up again, let us know, and *continued on page 6*

we will help you get it going so everyone can enjoy getting Lincolnshire events back to every month all year and back to being a busy community. New ideas are welcome So let's get some volunteers to get programs going again!!

On another note, hurricane season is here – now is the time to prepare. We had a near miss with Elsa going by. Lots of questions came our way, especially form newer residents who have not been here long. First, when you look at hurricane category maps, it appears that Lincolnshire is relatively safe. But remember mobile homes are in evacuation status for any cat 1 storm no matter what area you live in. Be sure to have your plan in effect to know where, when, and

how to evacuate in case of a storm. The closest shelter for Lincolnshire is Largo High School on Missouri. It is pet friendly, but requires pre-registration for pets, so be sure to stop in the office for an application form if that is your plan. Remember the clubhouse is NOT a hurricane shelter and will be closed during a storm. Avoid interstates if you are driving a distance out of the Largo area. They are always crowded, (sometimes just stopped) and exit ramps are always stop & go as people try to find fuel and food for their trip. Check with Pinellas County web site or almost any TV news station for lists of things you should have on hand in case of emergency.

Stay safe and stay healthy

WORLD SENIOR CITIZEN DAY

he UN General Assembly made this day official in 1990. Ronald Reagan was the president at this time. The first celebration took place in 1991. The idea is to highlight the issues faced by us senior citizens, such as health deterioration and abuse. This day is to

remember the part played by seniors in our society and to appreciate them. Let's celebrate!!

Summer pool party

ark you calendar for the annual Summer Pool Party sponsored by Lincolnshire Estates and Rickert Properties. It's the residents' chance to enjoy a free party & lunch in the clubhouse and around the pool. Management will be serving up Brats, Sloppy Joes, Salads, dessert, and beverages. August 13 from noon until 3 PM. There is a sign up sheet in the office. Tell you friends. Could be some surprises???

Meals for shut ins will be delivered by management.







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AUGUST BIRTHDAYS

8/1	Charlie Smith
8/1	Tom Holliday
8/2	George Petty
8/4	Joy Greiner
8/5	Tammy Pence
8/6	Barbara Thomas
8/7	Yvette Courchesne
8/7	Tom Krieger
8/7	Mike Sanders
8/7	Roberta Roloff
8/8	William Bonea 🛛 💙
8/8	Judy Bennett
8/8	Joe Cassani
8/9	Kimberly Hume
8/13	Kevin Murphy
8/13	Connie Kuhnke
8/14	Jerry Ryan
8/14	Donna Dorworth
8/14	Robert Thomas
8/15	Jane Johnson
8/15	Vera Hansford
8/15	Steven Partridge
8/16	Dennis Varone

- 8/16 Rendell Mercer
- Sylvia Perez 8/17
- Marlene DelMastro 8/17
- Paula Linscott 8/18
- Marg Kristall 8/18
- **Claudine Foushee** 8/18
- 8/18 Fred Dexter
- 8/19 Jean Bechtold
- 8/19 **Diane Stewart**
- 8/19 Doug Curry
- 8/20 Barbara Nelms
- 8/20 Ted Heffelfinger
- 8/20 Debbie Smith
- 8/21 Judie Dunn
- 8/22 Shirley Morgan
- 8/22 John Morgan
- 8/25 **Claire Perkins**
- 8/25 Francette Elock
- 8/2.6 Jean Card
- 8/29 Ann Brown
- 8/29 Barbara Thompson
- 8/30 **Robert Nichols**
- 8/31 Larry Carroll

AUGUST ANNIVERSARIES

8/1 Dave & Yvonne Radecki 8/21 Paul & Katherine Kirschke Ed & Ruthie Kaser 8/2 8/21 Shawn & Sue Ketcheson 8/2 Garry & Flora Noel 8/22 Tom & Barbara Leek 8/6 Gilman & Carol Sather 8/23 George&Debbie Petty 8/25 8/10 Alan & Liz Roberts Eric & Mary Salabay 8/11 Jim & Joanne Power 8/25 Joe & Karen Cassani 8/11 Kevin & Mary Rowan 8/26 Don & Ruth Cooper Butch & Kim MacDonald 8/12 Fred & Robin Capriglione 8/29 8/14 Ben & Nancy Roth 8/31 Scott & Bernice Clark Emory & Deb Lewis 8/19





LINCOLNSHIRE VOICE AUGUST. 2021 F 17



ENTERTAINMENT COMMITTEE

By: Linda Casey.....(#1211......581-5257.....lcasey9@tampabay.rr.com)

Just to get you ready for the next year I have posted a list of our bands. We look forward to getting our dances going again. I hope you all have a great summer and please be safe so you all can come back to Lincolnshire. Remember our first dance in Oct 30th and I hope you work on your costumes over the summer. Notice of ticket sales will be announced soon. Please take care. The fun at Lincolnshire will continue.

Bandstand 10-30-21 11-20-21 Flashback Al Ruggiero 12-1-21 1-22-22 **Boomer Ban** 2-12-22 Al Ruggiero 3-12-22 Flashback 2-26-22 Bandstand (Spaghetti Dinner) Thank you all The Entertainment Committee Ladies. Linda Casey, Judy Low and Vicky Robertson

Residents' club meeting

he next official meeting will not be until November per our bi-laws. No business will be conducted during the summer, and due to lack of attendance coffee hour will also be on hold until October when we plan to begin building back to a more normal calendar of events. Other events during the summer months will be at the discretion of the committees

in charge of those events. Meanwhile stay safe and continue to follow CDC guidelines. As much as we don't like it, it is still the best way to get back to normal.

FOOD PANTRY

Rita Sullivan Food Pantry Drive Project

e will be back in the fall for more donations. They will always be needed.





Dial Directory and Database

By Donna Wurtz (#938.....509-1182.....momshse@aol.com)

ew books have been distributed to block captains for distribution. If you have not received yours, or if you are here and did not receive a new book, please contact your block captain. If you are



returning from your summer vacation up north, contact your block captain upon your return to receive your book. Remember to look back over previous editions of the voice to update your book since there have been changes since the publication went to print.

Thanks to everyone who gave us phone numbers and information for this edition of the "yellow Book." Please let us know any new changes as we are already starting on the information for the next edition

The pages in the back of the book are available to add new names, or names & numbers of friends outside Lincolnshire to keep them near your local numbers. Please make the following corrections and or additions

Martha Acker	lot 1150	410-4005 (number was incorrect)
Barbara LaFleur	lot 1456	698-1911 (new number)
Ben and Nancy Roth	lot 753	444-0193
Mike & Debbie Grimmett	lot 1509	513-804-7225/513-267-4270
Cindy Saylor	lot 528	513-824-0795
Dave and Charlotte Cato	lot 512	239-560-8345



You might not know that if you are happy with work done by a company, if you suggest to them that they advertise in the Dial Directory and they mention you referred them to it, you could win \$\$.

For those who are new, please address any questions directly to Donna Wurtz at lot # 938, (phone number above)

Please remember the only way we can publish your name & number as being a resident here in Lincolnshire is if you fill out the form and return

it to lot #938. The office cannot share your information to us, and the book is published only once each year.

Thank you for your cooperation.

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COOKING IN LINCOLNSHIRE

By: donna Wurtz

e have our cookbook still for sale, and some new residents might be interested in purchasing one, but without our usual events, we thought it would be nice to share some of the recipes that are in our book, and maybe some that didn't get in by the deadline for that edition. If you would like to contribute a favorite recipe, just send it to the above e-mail or drop it by coach 938 This month we are sharing a favorite old time memory. For those who may be from the New York area and once frequented a famous "deli" for a breakfast – here is a nock off that is as close as we can come here in Florida

NY DELI BREAKFAST SANDWICH

For each sandwich: 1 fresh Publix bakery Kaiser roll (poppy or sesame) - don't worry we are going to make it seem like a fresh NY roll.

3 slices good smoked bacon

1 slice real American Cheese 3 TBS heavy mayo

To make your Publix roll more like NY, purchase 1 day in advance. Keep the roll in the paper bag that was furnished by the Publix store. In the morning with the paper used to place the roll in the bag still on top of the roll, place ¹/₂ moist paper towel on top and microwave for 10 seconds (no more or the inside will get rubbery.) This will soften the roll but still leave the crust crisp like NY fresh. Cook the bacon slices. Meanwhile, heat a skillet to medium temp. Slice the roll & spread ¹/₂ the mayo onto top and bottom of the roll. Place mayo side down in the skillet and lightly brown the mayo. In the same skillet, cook your egg over easy in butter. (don't over-cook it, you want that yolk to run into your roll when you bite in. Place the bacon on the bottom of the roll, add a slice of cheese and then the over easy egg – maybe some Salt & pepper if you like. Done!

1 large egg

THE KNIT WITS

nit wits are currently on hold. We are not meeting on Mondays at this time but hope to continue again soon. Meanwhile each of the ► ladies are still knitting at their own homes and we will continue to donate finished goods.

We hope some of you will come out & join us in the near future. Give me a call for information.





RESIDENT STORIES:

Lincolnshire On The Move

J ane Pastva and John Morgan traveled to Medina and Elyria, Ohio on their annual summer trip to visit former 'Shire residents Diane and Bob Gallik and Linda and Bill West. They stayed for several days with Gallik's before traveling over to the central time zone to visit JJ and Ed Heischmidt in Mt Vernon, IL. They partied away the 4th of July with a cookout, pool time and multiple fireworks shows. Their dog, Bentley is



ready to go home because JJ has too many animals, including an energetic new puppy, Brady. Bentley says he will be very happy to get home to good ole Lincolnshire!

"WELCOME TO LINCOLNSHIRE"

By Vicki Marentette (Lot 950...281-2382) Donna Wurtz (Lot 938...459-0394)

eminars for new residents will be postponed until October. In the meantime, any news

regarding the committee will be posted in the laundry room by Donna. In the meantime, if you have any questions, please contact Donna.

Even with the vaccine, it is a good idea to remain cautious. Wear a mask and social distance when necessary. Stay safe.



Sunshine Committee

By: Mary Jo Webert & Marge Kristall



ugust always a hot and steamy month here in Florida. Do not forget to sign up for our Pool party in August!!! Sign- up sheet in the Clubhouse.

Hope everyone is doing well after our recent "close call" with Elsa. Elsa was a friendly reminder that we are in the middle of Hurricane season here in Florida. Make sure you

always keep that emergency bag packed and ready to go!

Good News – please let us know of any of your upcoming plans for a get away this summer! We would love to include them in our newsletter articles.

Marge & Pete Kristall heading out 7/9 for a 17-day road trip with a weeklong stop to see family in Buffalo NY. Decided to take the back roads this trip and get off the crazy interstate highways. A couple of planned stops along the way at Gettysburg National Cemetery, Corning Glass Museum and Asheville's Vanderbilt Mansion. I am sure we will find other interesting stops on the back roads to explore.

Would love to include news about your families...please let us know of any special events, awards etc. that we can include in our monthly newsletter article.

Since our last newsletter we have contacted via cards /calls the following residents who have been hospitalized or home recovering from an illness. Please keep them in your thoughts & prayers

Pam Walters #719 recuperating after a short hospital stay.

Terri Luker #1131 – in rehab after a fall at home.

Lillian DePalo formerly of #1542 recovering after recent hip surgery.

So great to see John Mullery #1536 out walking 15th Street after recovering from his recent procedures.

Since our last newsletter sadly reporting the loss of 2 of our Lincolnshire neighbors.

Shirley Hoel #1520 – long- time resident of Lincolnshire passed on June 28th after recent hospitalization. Our condolences to Shirley's family.

Kevin Young #330 – passed away suddenly in Bay Roberts Newfoundland. Our hearts go out to his wife Myra and their entire family.

Please don't forget to reach out to Mary Jo and Marge (see phone#'s below) with any information you might have regarding our neighbors that would appreciate a card/call from us to lighten their day. We would also love to hear from you if there are any special events taking place for you or your family.

Mary Jo Webert # 727-242-2505 Marge Kristall # 727-709-2345









LINCOLNSHIRE HOMEOWNERS' ASSOCIATION, INC. P.O Box 1882, Largo, FL 33779 L.H.O.A is a Florida Statute 723 Tenet Association

Allyn Webert, Secretary

X

L.H.O.A is a Florida Statute 723 non-profit Tenet Association (State law) DID YOU KNOW? *Rental parks without an active HOA never see this sort of information*. L.H.O.A is a Florida Statute 723 non-profit Tenet Association (State law.) DID YOU KNOW? *Rental parks without an active HOA, especially incorporated as LHOA, and a member of the FMO (Federation of Manufactured Home Owners of Florida) our lobbyist in Tallahassee never see this sort of information*. *LHOA is voluntary and not included when you buy your home! Join*.

YOU WANT TO KNOW? Responsibilities of a home owner.

The Board of Directors repeats this article every year. Why? Just as we all had or still have state, county, city or town rules to abide by they also exist here. Regardless if a vacation 2nd home or full time Florida resident. In another article we have also addressed the <u>obligations</u> <u>of park owners</u>. Also found in FL Statute 723.

Florida Statute Chapter 723.023 provides for the Mobile Home Owner's General Obligations. It exists under Title XL and covers "REAL AND PERSONAL PROPERTY MOBILE HOME *TENANCIES". It **723.023** Mobile home owner's general obligations.—A mobile home owner shall at all times:

(1) Comply with all obligations imposed on mobile home owners by applicable provisions of building, housing, and health codes, including compliance with all building permits and construction requirements for construction on the mobile home and lot. The home owner is responsible for all fines imposed by the local government for noncompliance with any local codes.

(2) Keep the mobile home lot which he or she occupies clean, neat, and sanitary, and maintained in compliance with all local codes.

(3) Comply with **properly promulgated park rules and regulations and require other persons on the premises with his or her consent to comply with such rules and to conduct themselves, and other persons on the premises with his or her consent, in a manner that does not unreasonably disturb other residents of the park or constitute a breach of the peace.

History.—s. 1, Ch. 84-80; s. 918, Ch. 97-102; s. 4, Ch. 2015-90.



* The right to use land or live in a building in exchange for rent.

**"Properly Promulgated Park Rules" means those "Rules" that have been submitted to the State of Florida and have been reviewed, by the state. <u>Any other "Rule" is known as a</u> <u>"Defacto" Rule and is NOT enforceable as a matter of law.</u>

FMO (Federation of Manufactured Home Owners of Florida) has new FMO Florida Facebook page which can be found at https://www.facebook.com/welcomematout/.

More Tropical Storm and Hurricane tips.

f you evacuate turn off your water heater and main water shut-off by the water meter in the green box behind our coaches and unplug major electricals like TV's etc. Windows tight like hatches on a ship. Move

all small outdoor figurines, flower pots etc. in y our coach or shed (they will become airborne.) Join and maintain your yearly support of Lincolnshire Homeowners Association. LHOA has been in existence for 27 years! Board meetings are generally monthly and Member meetings are monthly from December to March. Posted in the mailroom. Members are strongly encouraged to attend. FROM THE LHOA BOARD OF DIRECTORS.

LINCOLNSHIRE KENNEL KLUB

Remember!!!

WICKETT WURTZ {Lot 938....459-0394.....bigchees99@aol.com)

nother new neighbor-meet Daisy! She moved in to lot # 512 with her well trained companion "Char." She is a Chihuahua and is believed to be about 4 ½ years old, although that is not positive, since she is a rescue. So happy to see rescue dogs being helped by our residents. She loves to take walks. If you meet her don't think she is not friendly, she just takes a while to warm up to you, but once she does you will be her friend forever. She got her name because Daisies are Char's favorite flower. Char thinks she should have been named Bambi because she looks like a little deer.



Daisy says her "mom" Charlotte is another spoiled Lincolnshire pet owner.

Summertime is funtime for lots of pets. Time for fun, sun, and dogs on the go. If you are planning to hit the road for safe trips, hikes, or picnics, her are some simple easy tips to make it safer and more fun for everyone.

Turn on the tunes and ride safe. Many dogs just love trips in the car, even just a ride around the block. Whether you are going near or far, please make sure that your pet is secured with a leash or harness before you begin – just like securing your own seatbelt. Sudden stops may

... continued on page 28

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AUGUST•2021

Sunday	Monday	Г
1	2 Water aerobics: 10AM Bingo: doors open 6:00PM	Water a 10 AM bulk tra
8 NATIONAL "SNEAK SOME ZUCCHINI ONTO YOUR NEIGHBORS PORCH DAY 4:30PM LHOA Board meeting	9 Water aerobics: 10AM Bingo: doors open 6:00PM	Water a 10 AM NATIC YOUR
15	16 Water aerobics: 10AM Bingo: doors open 6:00PM	Water a 10 AM bulk tra
22	23 Water aerobics: 10AM Bingo: doors open 6:00PM	Water a 10 AM
29	30 Water aerobics: 10AM Bingo: doors open 6:00PM	Water a 10 AM bulk tra

Lincolnshire

uesday	Wednesday	Thursday	Friday	Saturday
3 aerobics: ash Pickup	4 FRIENDSHIP DAY	5 Open Bowling: 12:30 PM no league Water aerobics 10AM	6 Water aerobics 10AM INTERNATIONAL BEER DAY (AND ROOT BEER FLOAT DAY)	7
10 aerobics: DNAL SPOIL DOG DAY	11	12 Open Bowling: 12:30 PM no league Water aerobics 10AM	13 Water aerobics 10AM NOON – 3 SUMMER POOL PARTY	14
17 aerobics: ash Pickup	18	19 Open Bowling: 12:30 PM no league Water aerobics 10AM	20 Water aerobics 10AM	21 WORLD SENIOR CITIZEN DAY
24 aerobics:	25	26 Open Bowling: 12:30 PM no league Water aerobics 10AM	27 Water aerobics 10AM	28
31 aerobics: ash Pickup	this calendar as eve	ry room for any additi nts are mostly on hole e covid19 protocols.	ę	S N September T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 30



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be even worse on your pet. As fun as it may seem to have your dog stick their whole head out the window, think twice before you crank it down. All that rushing air can irritate delicate pet eyes, and if you've ever had a rock hit your windshield, it's no fun to think about what one could do to your dog.

Of course you have heard it before, but it's worth repeating DON'T LEAVE YOUR PET IN THE CAR! Temps in a car can rise to dangerous levels in only minutes, even in mild weather.

Everyone loves a drink of cool fresh water on a hot summer day. Double for your dog (or cat) More tips next month

Remember "One reason a dog is such a lovable creatures is that he wags his tail instead of his tongue

See you on my walks.

SPORTS PAGES

BOWLING

he bowling league season has ended for the year. We hope to see a larger number of bowlers joining us next season.



GOLF

MEN:

Golf will continue during the summer months, but just a simple gathering of friends – no league. Come join us if you can.

LADIES

Our Ladies Golf League is over for this year. We had a very small group playing this season. Hopefully next year will be better. We ended our league with a luncheon where we all were together.

enjoying each other's company.

See you all next year and let's hope we have our snowbirds down to play with us once again.

Golf when you can, keep improving your game.







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- 1. Is your doctor's office still open?
- 2. Have you heard from your doctor in the past two weeks?
- 3. Is your doctor personally calling and texting to check on you?
- 4. Has your doctor called you to explain your risk of coronavirus?
- 5. Is your doctor's office offering doctor phone visits?
- 6. Does your doctor allow walk-in visits?

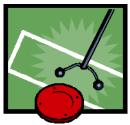
- www.Dedicated.care
- 7. Are you able to call your doctor anytime, day or night?
- 8. Do you have any difficulty getting to and from your doctor?
- 9. Is your doctor helping to make sure you receive all of your prescription refills?
- 10. Is your doctor offering to help you get your medications delivered?

If you answered no to four or more of these questions, call us at (727) 260-2651.



SHUFFLEBOARD

e hope everyone who joined us on the courts had a great time. For now there will be no further organized dates for shuffleboard until we get started again in the fall. Hope to see you all then



VETERAN'S CORNER By Robert Behm, LTC retired Army (Lot 775.....401-207=9317)

hy You Should Get a Veterans Designation on Your Driver's License Most states offer a free veteran's designation on their driver's licenses, FL is one of them and if you want to get your full benefits as a veteran, you will want to make sure you get yours. Having your driver's license updated with your veteran status ensures you easily can get special veteran's-only discounts and other benefits that are offered by private businesses as well as state and local governments. Lowes and Home Depot are one example of a business that offers a discount of 10%. But there are hundreds of businesses that offer to veteran's discounts. These discounts cover almost every type of business you can imagine: from golf courses to drugstores to theme parks. However, it can be cumbersome to carry your DD-214 with you all the time in order to get these discounts, and that really isn't something you should be doing. To make it easy to get these discounts, you can apply for a veteran's ID card from the DAV, but the VA only gives this card to honorably discharged veterans, and having to carry an extra ID card with you can be a hassle. That's why it's always good to get that veteran's designation on your driver's license. Either your VA ID card or your state-issued ID or license with a veteran designation is usually all you need to take advantage of the many discounts listed in our discounts section as well as other discounts. These "other" discounts can be extremely beneficial if you take advantage of them.

Suicides in the Military since 911

More than four times as many troops and veterans of the wars since 9/11 are believed to have died by suicide than were killed in the wars themselves, a new study from Brown University has found. In a <u>paper released Monday</u> as part of its Costs of War series, Brown's Watson Institute for International and Public Affairs estimates that 30,177 active-duty personnel and veterans of the wars in Iraq and Afghanistan have taken their own lives over the last nearly 20 years. That is far greater than the 7,057 service members who died in war operations since 9/11, the institute said in the report, "High Suicide Rates Among United States Service Members and Veterans of

the Post-9/11 Wars." The military's rising suicide rates have caught up to the growing problem across the U.S. population, the institute said. This represents a significant -- and "deeply alarming" -- shift, it said. In the past, active-duty service members have died by suicide less frequently than civilians. But the suicide rate in the military now has surpassed the age-adjusted civilian rate, the report said, and suicide rates among post-9/11 war veterans surpass civilian rates. The report said some elements unique to the wars of the past two decades may have led to a "suicide epidemic." One of the wars' signature weapons, the improvised explosive device, led to a wave of traumatic brain injuries or "polytraumas" -- cases where wounded troops sustained multiple injuries or severe injuries in at least two areas of the body.

Studies suggest that between 8% and 20% of post-9/11 service members have sustained at least one -- frequently more -- TBIs throughout their career, the report said. A 2012 study of U.S. allies in Afghanistan, cited by the report, found that nearly half of all deployed service members had experienced at least one TBI, and nearly 13% had suffered more than three TBIs. Improving medical treatment has also kept wounded service members in uniform longer than previously, allowing some to redeploy after sustaining severe trauma, the institute said. "These compounding traumas contribute to worsening suicide rates as service members deploy and redeploy after sustaining severe injuries," it added. But there are other factors at play as well. While the nation has been at war nearly two decades, the Watson Institute said, the public is largely disinterested. The high level of trauma of all kinds -- mental, physical, moral and sexual; stress and burnout troops and veterans have been exposed to; the military's culture and training; access to guns; and difficulty reintegrating into civilian life are also contributing to high suicide rates, the institute found.

"High suicide rates mark the failure of the U.S. government and U.S. society to manage the mental health costs of our current conflicts," the report said. Of the troops who die by suicide, the report said, a disproportionate number are young white, non-Hispanic men in their 20s, in the Army or Marine Corps Suicide rates are also higher for those who were divorced or separated, or facing financial difficulties.

The Watson Institute said the military must reconsider and change the parts of its culture that "overburden" service members with moral responsibility or blame for actions or consequences that were largely out of their control, and "overwhelmingly produces feelings of self-blame, guilt and weakness." The military also trains service members to put the needs of accomplishing the mission above their own well-being, the report said. The military's masculine culture may make service members less likely to reach out for help for their trauma, because they don't want to look weak in front of others, it added. The Watson Institute recommended that the military limit deployments to reduce troops' exposure to traumatic events, and improve its screenings for conditions such as post-traumatic stress, TBIs, depression and suicidal ideation so they are universal and taken seriously.

The military and Veterans Affair department are trying to help service members and vets who may be at risk of suicide, the report said, but their efforts

... continued on page 34





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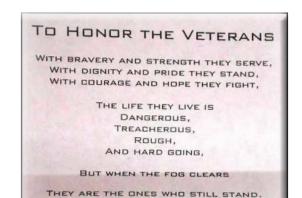




haven't been enough. Some branches of the military still treat those who seek help with their mental health "like criminals," it added. The VA also needs to cut bureaucracy that holds up access to care, hold ineffective and inefficient employees accountable, expand its specialized health care, hire more post-9/11 veterans, and update the technology used at medical care centers, the report said.

Bob Behm (RET) LTC





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A Nurse's Self Care Toolbox #38

Allyn Webert, RN. (Lot 1438, allynwebert@gmail.com)

ast month we took a look at the dry skin conditions of aging. Now, the more we know about skin cancer and the precancerous warning signs the better prevention and actions needed if we notice something suspicious on our skin.

Some background first. Skin cancer begins in the cells that make up the outer layer (epidermis) of our skin. Skin cancer is the abnormal growth of skin cells most often develops on skin exposed to the sun. Though some groups of us are more susceptible.



Melanoma (our focus here), basal cell skin cancer and squamous cell skin cancer are the most common types in seniors. Melanoma is a disease in which malignant cells form in the skin cells called melanocytes which gives us our skin color. When skin is exposed to the sun, melanocytes make more pigment, causing the skin to tan, or darken. When melanoma starts in the skin, the disease is called cutaneous melanoma and can occur anywhere on the body. Risk factors for Melanoma are unusual moles, exposure to natural sunlight (even inside our homes, sunlight still invades around curtains and blinds), exposure to artificial ultraviolet light (tanning booths), history in the family, Caucasian, being an adult, certain features like blond or red hair, light skin and freckles too.

What do we look for and how often. Checking for moles, new or already there twice a year looking for a difference in how it looks, getting larger, changing shape or color. Does it itch or bleed often. Seeing smaller and similar moles around the larger suspicious mole. By the time we retire we do have a lot of skin tags, moles and scars. More often you inspect the more you know these old ones you seen for years.

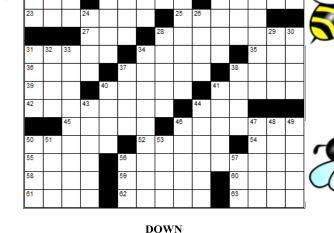
I cannot stress enough that we are the first line of defense with noticing problems with our skin that is bothersome. We so often see our medical team where a more thorough skin examination seems to take second or third place if at all. Ask for a skin examination and especially if you are concerned. Ask a friend to look at your back too. You do their back. Take a phone picture if you can. Most people can't escape getting a skin exam if they are seeing a dermatologist. Hold still as it won't hurt!

What is the next step if our medical team is concerned about a spot, mole or lesion on our skin? Most often a referral to a dermatologist. If there is concern on whether it is an abnormal skin growth or even in a high probability area they will typically do a biopsy. After numbing up the skin area they will do a local excision to remove as much of the suspicious mole or lesion as possible. A pathologist then looks at the tissue under a microscope to check for cancer cells. Melanoma can be hard to diagnose which can mean another biopsy or additional office visit. We should not shave off or clip off suspicious looking areas as this can delay identification if cancerous and in some cases increase the spread. Be smart and call your medical team.

ACROSS

- 1. Stow, as cargo
- 5. Test versions
- 10. Ripe
- 14. Flying saucers
- 15. Utilizers
- 16. Wisdom
- 17. Make ame
- 19. Godsend
- 20. Regret
- 21. Marble
- 22. Pantywais
- 23. Senior
- 25. Animal lif
- 27. Beer
- 28. Type of oi
- 31. Declares
- 34. Hosiery
- 35.24 hours
- 36. French for "Names"
- 37. River muds
- 38. Precious stones
- 39. Pair
- 40. Soft drinks
- 41. Explode
- 42. Inhabitant of an island
- 44. Tall hill
- 45. Inuit boat
- 46. A person who disputes
- 50. Astronomical visitor
- 52. Small islands
- 54. American Dental Association composition
- 55. Baking appliance
- 56. Starting up
- 58. Cleave
- 59. Hockey footwear
- 60. Leer at
- 61. The products of human
- creativity
- 62. Heretofore (2 words)
- 63. Overtake





16

19

22

1. Ill-gotten gains

- 2. Be in trouble with
- 3. Vaulted
- 4. Clairvoyant's gift
- 5. An embarrassing
- mistake
- 6. An analytic
- 7. Nipple
- 8. Man-made objects
- 9. South southeast
- 10. A person without
- pigment
- 11. Common merganser
- 12. God of love
- 13. Declare untrue

- 18. Noblemen 22. Lather 24. Hearing organs 26. Boats 28. Pertaining to the Sun 46. High society 29. Sweet potatoes 30. A covered garden walk 31. Against
- 32. Solemn pledges 33. A type of
- compensation
- 34. Cronies
- 37. Fizzy drink
- 38. Firearms
- 40. Agitated state



41. African antelope







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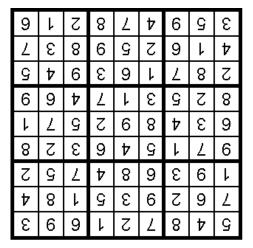


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SUB-FLOOR & FLOORING EXPERTS!

COVID-19 NOTICE:

We are taking as many precautions as we can to ensure not only our workers safety but yours as well. We are checking employee temperatures daily, limiting contact between crews, and offering no customer contact if you choose. We are an "Essential Business" and here for you when you need us.



Join Our Hawaiian Luau!

ALOHA!

Wear your Hawaiian shirts and hula skirts and we'll provide the leis. Bring a friend and join Dedicated Senior Medical Center for fun-filled day!

OUR SERVICES INCLUDE:

Medications provided on-site

Respectful doctors who listen (@)

On-site tests and screenings

Dedicated specialists

Door-to-doctor transportation available



AFFORDABLE CARE. SUPERIOR EXPERIENCE.

- WHERE: Dedicated Clearwater 855 S. Highland Ave. Clearwater, FL. 33756
 - DATE: Friday, August 20th, 2021

TIME: 12:00

NYL SIDI

"Workmanship

Licensed & Insured

Mitchelle

VIS

For info call us @727-212-1160 Must RSVP for Lunch

www.Dedicated.Care

Some services are not covered under all plans. Check your plan documents for details and service availability at each individual center. Due to space and time limitations, some services are not available at all centers. Limitations. copayments and restrictions may apply.

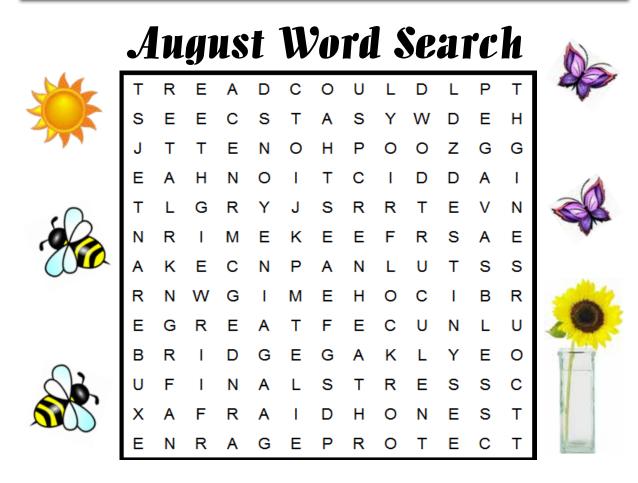


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586-631

Top Quality

Work At Low Prices *********



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FLORIDA ANCHOR AND BARRIER COMPANY

To our valued customers:

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.

Wishing you good health and safety, The Florida Anchor & Barrier Team



Insulation & Vapor Barrier Repairs Soft Floor Repairs & Laminate Flooring













WANTED TO BUY

FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780

EVENTS & PROGRAMS

VENDORS WANTED- HOLIDAY BAZAAR - Saturday, 11/13/2021, 9am-1pm. \$30 - 1 table, \$25 additional table, \$15 additional floor space. First Lutheran Church, 1644 Nursery Rd., Clearwater. All indoor craft show. Questions: 727-477-3806 or eobrien2429@gmail.com - 217-251-4382 or jayneb1227@gmail.com

EVENTS & PROGRAMS

ATTENTION CRAFTERS: Paradise Island Annual Craft Fair is taking reservations for spaces at the Annual Craft Fair, on Saturday November 6, 2021, 9 am to 2 pm. Paradise Island Clubhouse, 1001 Starkey Rd. Largo. Handmade items only. For reservations contact Nadine at 402-750-3083 call/ text, email: nadine5106@gmail.com. Deadline October 15th.



ATTENTION RESIDENTS!

10 WORDS for \$8.55 - Each additional word is 80¢

Your Ad Will Appear in 60 Mobile Home Park Newsletters NO ADS ACCEPTED BY PHONE OR EMAIL

> 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

SEPTEMBER AD DEADLINE - AUGUST 10, 2021

Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
 Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit.
 No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

LINCOLNSHIRE VOICE AUGUST, 2021 E



Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter THOUSANDS manufactured home residents have won over \$157,800 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly

That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

Mania drop box in your community or mail your paid receipt to us at Monthly Media • 220 Bahama St. • Venice, FL 34285.

(Allow 8-12 weeks for mailing of check). This month's cash winners are:

Roberta Harris \$101st Class Handyman Service

James Pietrocarlo \$10Air Masters of Pinellas

Kelly Krueger...... \$10 Jones & Sons Plumbing Diane Nance...... \$10Community Roofing

Remo Malgieri \$10Battleline Termite & Pest Control

Rachel Doherty \$10Royal Enterprise

Marlene Rydzewski..... \$10Century Awnings

Richard Gilbert...... \$10Imperial Electrical Jeannie Cobb \$10Battleline Termite & Pest Control

Chris Kennedy \$5 Natures Resource Pest Control

Keith Arndt & Lynn Donato. \$5 Boss Electric

Judy Uschak \$5Air Masters of Pinellas

Claudia Gill \$5 Jones & Sons Plumbing

Maria Mayo..... \$5 Payless Painting

Philip Pedrin...... \$5 The Plumbing Patrol

· Limit of one ticket per visit · Advertiser may have up to 4 winners per month · Advertiser must have bill paid current to qualify

RESTORATION SYSTEMS, INC. www.americanrestorationsystems.com

Robert Baxter \$5 Jones & Sons Plumbing

Ted Baker \$5 Heller's Mobile Home Washing

Keith & Abbie Postel ... \$5Betty's Cleaning Dot Lyons-Wilkie...... \$5Royal Enterprise

Lorrane & Edward Richards. \$5Royal Enterprise

Irene Mason \$5 Jones & Sons Plumbing

Harriette Reimer....... \$5 Debbie's Salon

Wendy Sharrett...... \$5 Jones & Sons Plumbing

Carol Lynn Harbour \$5Royal Enterprise

Robert Dorlet \$5BugginOut Pest Control

Est. 1988



LINCOLNSHIRE RESIDENTS CLUB RESPONSIBLE FOR ALL THE SOCIAL ACTIVITIES GENERAL MEETINGS First Tuesday of November through April - 7:00 p.m. Join us on Facebook at Lincolnshire Residents Club page

Clubhouse Open 8am to 10pm - Other hours for special events

Pool Hours Dawn to Dusk For Minors (under 17 years old) 11am to 3pm **ONLY Minors not permitted in spa**

<u>Bulk Trash Pick-up</u> Every other Tuesdays of each month

Committees

Bingo	.Brenda Mattison
Birthdays & Anniversaries	Donna Wurtz
Music:	Cobie Swets
Bowling	Joe Thompson
Coffee Hour MC	Harold Wurtz
Coffee Committee	Kathy Burk
Entertainment Committee	Judy Lowe
Linda Casey &	Vickie Robinson
Dial DirectoryHarole	d & Donna Wurtz
50/50 Raffle Games Bets	y Miozz, summer
Ladies' Golf League	Penny Coyle

Library	Cynthia Varga		
Line Dancing	Ellie Sliter		
	Lulu Roemer,Summer		
Men's Golf League			
Shuffleboard Paul Edwards and Clem Wiesent			
Sunshine & SympathyMa	rge Kristall, Mary Jo Webert		
Welcome Comm			
	and Donna Wurtz		
Voice Editor:	Donna Wurtz		
Voice Delivery:	Quinn Elock		

Social Events

Aquarobics	
Bazaar	
Championship Football Party.	
Christmas Dinner	
Easter Dinner	
4th of July Picnic	
Ice Cream Socials	
Ladies Luncheon	Rita Sullivan
Ladies Salad Luncheon	
Labor Day Celebration	

Memorial Day Service	Bob Behm
New Year's Eve Party	
Pancake Breakfast	Jamie Doucette
Thanksgiving Dinner	
Veterans' Day	

