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### **Southwind Mobile Home Park**

795 County Road 1 - Office, Palm Harbor, FL 34683

#### **OFFICERS**

President	. Bill Adams - term expires 2023	727-787-1255
Vice President	Lyle Neumann - term expires 2023	217-638-6638
Secretary	Ellie Malloy - term expires 2022	727-781-1509
Treasurer	. Dave Lense - term expires 2022	585-749-9799

#### **BOARD OF DIRECTORS**

Frank Komar	.term expires 2024	315-935-4020
Jack Manning	.term expires 2024	727-223-3827
John McGraw	.term expires 2023	727-796-8867
Karen Ragsdale	term expires 2024	727-267-1270

#### **SECURITY**

Non-Emergency Police	Palm Harbor		
Pinellas County Sheriff Patrol			
		checks while out of town, at same phone numb	er

#### **ACTIVITIES CHAIRPERSONS**

Activities/ Events co – chairs:	Tina Deveno	860-422-5533 and
Arts and Crafts		
Bowling		
Breezes Editor		
FMO Representative	Lyle Neumann	
Shuffleboard		
Kitchen Safety Advisor		
Koffee Klatch		
Liaison to Legal Advisor	Lyle Neumann	
Library	Richard & Jane Szalan	
Newsletter Delivery	Sandy McDonald	
Offsite Special Events	Maggie Griscavage	
Telephone Directory	Maggie Griscavage	
Welcome Committee	Cheryl Hudecek	
	Kimberly Henkel	
UTIL ITIES	-	

#### **UTILITIES**

Duke Energy Outage	
	call Park Manager Office 1-727-786-6558

#### PARK OFFICE

Owners	Kingsley Management Corporation website: www.kmcmh.com
Open Monday - Fi	iday 9:00 AM to 5:00 PM (closed for lunch) & major holidays.
Clubhouse Telepho	ne727-786-9594
WiFi	
2	SOUTHWIND BREEZES SEPTEMBER, 2021

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# ANNOUNCEMENTS

HOA LABOR DAY PICNIC at the Club House on Monday September 6th starting at 12:30pm. Join us for juicy burgers, sides and dessert for only \$5 a plate. At 1:30pm, get ready for a fun dice game of PURE LUCK, called LCR. It's fun, easy and just a blast to play!



### LCR Rules:

- Each player gets three chips
- Roll one die for each chip you possess, up to three. L=pass a chip to the left, R=pass a chip to the right, C=put a chip in the center. If you roll a dot, you keep a chip!
- Keep playing until one lucky winner is the last to hold a chip

<u>Southwind's Friday Night Sunset Social is coming back!</u> Please check the Community Bulletin Board for more information about this September 17th Event!





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lce Cream Social by Bill A.

The HOA held our annual ice cream social on July 25th. We had over 40 ice cream lovers in attendance. Nowhere in Florida or even the United States (that I'm aware of) can you have a sundae or banana split for \$3.00, the Southwind way.



The banana split had a scoop of vanilla, chocolate and strawberry ice cream. The toppings were

strawberry, chocolate and pineapple, with whipped cream, nuts and a cherry, plus your banana.

The sundaes were a lot of vanilla ice cream topped with either hot chocolate, chocolate, strawberries, pineapple or caramel with whipped cream, nuts and a cherry on top.

We would like to thank Ginny, Maggie, Karen, Ellie, Mardy and Bill for volunteering at the ice cream social. All who attended enjoyed the fun and delicious treats.

# **SEPTEMBER BIRTHDAYS AND ANNIVERSARIES LIST**

### BIRTHDAYS

- September 1 Charlotte Hogan
- September 3 Mark Dougherty
- September 4 Nancy Dougherty
- September 8 Sue Curtin
- September 10 Thomas Chudoba
- September 13 Dean Dudley
- September 15 Cheryl Kittle
- September 16 Stephanie Geddes
- September 16 Cheryl Hudecek
- September 18 Martha Bryan
- September 27 Inga Wade





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SOUTHWIND BREEZES



### RAJANI MEDICAL GROUP PRIMARY CARE PHYSICIANS



### Lauren Holderith, M.D.

Board Certified. Internal Medicine

Dr. Holderith is a primary care physician with over 10 years experience delivering care to patients in the Tampa Bay Area. She earned her undergraduate degree from the University of Florida before completing her medical degree at the University of South Alabama College of Medicine and residency training at the University of South Florida. Dr. Holderith received multiple awards as an outstanding resident and is a member of the Alpha Omega Alpha national medical honor society. Dr. Holderith dedicates herself to providing high-quality compassionate care and has a special interest in preventative medicine and cardiovascular health.



### Camille Mattia, M.D.

Board Certified, Internal Medicine

Dr. Mattia attended Boston College as an undergraduate and completed her medical degree at the University of Florida College of Medicine and post-graduate training at the University of South Florida. Consistently recognized by the Residency Evaluation Committee as an outstanding resident committed to patient care, professionalism, and personal development, Dr. Mattia has had a strong focus on outpatient preventative care throughout her training. Dr. Mattia strives to create a welcoming practice environment for her patients, establishing long-term relationships based on trust and good communication.

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**Pinellas Park** | **727.548.9196** 6020 Park Blvd., Pinellas Park, FL 33781



### ANNIVERSARIES

- September 1 Dan & Sue Curtin
- September 5 Art & Lois Temple
- September 10 Richard & Cindy Schwartz
- September 12 Bob & Cheryl Hudecek
- September 12 Larry & Pat Lense
- September 16 Paul & Teresa Corbin
- September 16 Doug & Nancy Dusch
- September 26 Larry & Sherry Brown
- September 29 Richard & Jane Szarlan

### HAPPY BELATED BIRTHDAY TO NEW RESIDENTS:

Terry (Lot 31) August 6; Pat Bryant (Lot 178) August 8; and Bonnie Brown (Lot 191) August 23

BIRTHDAYS AND ANNIVERSARIES LIST UPDATING – If you would like to be included in the monthly newsletter celebration list, please text or email your name(s); month and day of birth or anniversary and your lot number to: (text) 727-244-0702 or (email) breezes.editor@gmail.com

**JOKE OF ART** 

From Art Temple

### A FRIENDLY GAME OF BRIDGE

ne evening the Joneses dropped in for a visit and cocktails with their good friends and neighbors, the Williams.

The ladies decided that a bridge game was in order, and after some persuasion, they managed to get the men to agree.

Mr. Jones, who is not a particularly good bridge player, was elected as Mrs. Williams' partner. As the evening progressed, it was apparent that Mr. Jones and Mrs. Williams were not getting together in their bidding.

After several hands had been played, Mr. Jones, excused himself and headed for the rest room. Unfortunately, the rest room was immediately adjacent to the game room, and Mr. Jones, being a bit tipsy from the cocktails, neglected to close the rest room door.

To his wife's great embarrassment, although he was not visible to the others, they could hear his "tinkling" performance.

Mrs. Jones, slightly embarrassed, thereupon apologized profusely to Mrs. Williams for her husband's actions.

Mrs. Williams replied, "Think nothing of it, Mary. You know, this is the first time all evening that I have known what he was doing and what he was holding in his hand.







### WHAT DO PEOPLE LIKE US VALUE THESE DAYS? By Terri C.

coording to an article in: <u>https://aginginstride.enewsworks.com</u>, older adults value relationships and friends above all else, including money. In their survey of 4,000 adults, when people were asked which factor is most important to maintain a high quality of life in their senior years, staying connected to friends and family was the top choice.

Optimism about the quality of life increases as we grow older. The survey found that most seniors have maintained a positive outlook on their future and the aging process. Eighty-six percent of seniors say they are confident about their ability to maintain a high quality of life, and 60 percent expect their health to stay the same during the next five to 10 years (compared with only 53 percent of adults ages 18-59). Seniors who are focused on taking care of their health are the most optimistic about aging. Nearly two-thirds of the optimistic seniors had set one or more specific goals to manage their health in the past 12 months, compared with 47 percent of the overall senior population.

Seniors value connections, and technology is helping 84% of seniors have the ability to connect with the world around, although many seniors report challenges in accessing and understanding how to use the technology.

What matters most and what we truly value these days, is COMMUNITY! Of the seniors surveyed, 71% felt that their community is responsive to their needs – which included public transportation, job opportunities and affordable health care.

What quality of life is most important to you? (Quality of life- is defined as "degree to which an individual is healthy, comfortable, and able to participate in or enjoy life"). \*submitted by Art Temple: "Joy is being with someone who delights in being with you." - Jim Wilder

In 2019, SOUTHWIND had a record-breaking number of community activities for all to enjoy...and enjoy WE DID! Then along comes COVID-19 in 2020, and many of our seasonal residents either sold their homes or often faced border closings or travel quarantines. Activities were curtailed indefinitely and it was unbearable to self-isolate when we had been so active just months before.

Now in 2021, after getting vaccinated for Covid, many of us are excited to getting back to the activities we thoroughly enjoyed and missed.

THE GOOD NEWS FOR SOUTHWIND IS: We now have a new resident group of volunteers and activities leaders to work along with our wonderful existing volunteer "champions"! It's my distinct pleasure to introduce Southwind's own Activities committee/ cochairs, and share some information about these wonderful neighbors. (see photo)



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### **INTRODUCING MAGGIE GRISCAVAGE: (see photo)**

Maggie G. is new to Florida, and Southwind. She has lived here for 13 months after living in ALASKA! She lived in Kenai for 5 years and Fairbanks for 15 years. Before Alaska, she lived near the Poconos, in Effort, PA. Born in Newquay, Cornwall (part of Great Britain), Maggie grew up in Kenya, East Africa and is a military veteran who served in the Womens Royal Naval Service for 6 years.

A recent widow, Maggie wanted to realize the move from Alaska that she and her late husband had already been planning. She chose Florida, and after a recommendation from a good friend whose family had rented in the Dunedin area she pulled up Zillow and found an exciting bright and cheerful home in Southwind. The bold colors and a new place would



offset the long, dark winters of Alaska and 'help her reboot.' As a leap of faith, she bought her home here and drove with the lovely Kyrie, her Siberian husky, to take up residence in our beautiful little paradise.

The first person Maggie met here was Bill Adams, who lives across the street. Someone was parked in her carport and Bill helped her find the person, to move the car. Then, new neighbor Sally Maloney stopped by with a welcome gift. Maggie says the best part about this Community is the neighbors, "the people make this park"!

Being new to this area, Maggie enjoys exploring and making discoveries about new places and thought maybe other people might enjoy the same. So she decided she would organize some activities to get out and about and thought others may want to share these activities as well. She has learned about some fun places nearby by attending the monthly Ladies Luncheons. That is when she decided to charter a Jolley Trolley to go to Clearwater Beach and she put up a sign in the Club House to see if enough people were interested. They were and the pre-paid charter was booked and filled up quickly. This lovely lady soon learned that people, who had lived in this area for years, had never taken the Jolley Trolley! It was a perfect evening event enjoyed by all and we look forward to more offsite events, hopefully that working residents can join in on the fun.

When asked "What quality of life is the most important to you?", she answered "To be able to be on my own and yet not be alone. The freedom to be me, as I choose to be. I tend to surround myself with like-minded people and it's marvelous!"

Thank you Maggie G. for choosing to get involved in your Community!

... continued on page 25

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Heller's Mobile Home Washing	727-733-1166
Ridge Custom Pressure Washing	813-956-2622
Ridge Custom Pressure Washing So Clean Pro Wash	727-389-6063
DAINTING/INSIDE & OUTSIDE	
Payless Painting Services	727-470-5876
PEST CONTROL	
Buggin Out Termite & Pest Control	727-535-2629
Nature's Resource Pest Control	727-785-2552
Tarpon Pest Control	
PHARMACY	
Medicine Shoppe, The	727-733-0404
PLUMBING SERVICE	
Dunedin Plumbing, Inc	727-734-2879
Plumbing Patrol, Inc	727-726-9193
Ray Duncan Plumbing, Inc.	727-733-0968
ROOF COATING	
Community Roofing of Florida, Inc	727-536-9999
ROOF REPLACEMENT	
All Weather Roofing	800-297-3758
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr.	727-547-8300
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Heller's Mobile Home Washing	727-733-1166
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SEPTEN	IBER•2C	)21
Sunday	Monday	Г
S         M         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         31         31	**OFF SITE EVE PLEASE SEE BI FOR MORE UPDA	ULLETI
5	6 HAPPY LABOR DAY HOA PICNIC 12:30PM, LCR GAMES 1:30PM Labor Day	8:30 M B 9:30 P Exerci
12	13 9:30 Pool Exercises	9:30 P Exerci
19	20 9:30 Pool Exercises	9:30 P Exerci
26	27 9:30 Pool Exercises	9:30 P Exerci

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# Southwind

uesday	Wednesday	Thursday		Friday	Saturday	
N BOARD	1 9:30 Pool Exercises	9:30 Pool Exercises	2	3 9:20am Bowling Summer League 9:30 Pool Exercises		4
7 Ien's reakfast** ool ses	8 9:30 Pool Exercises 12:30 Ladies Luncheon**	9:30 Pool Exercises	9	10 9:20am Bowling Summer League 9:30 Pool Exercises		11
14 lool ses	15 9:30 Pool Exercises	9:30 Pool Exercises	16	17 9:20am Bowling Summer League 9:30 Pool Exercises SUNSET SOCIAL - check Board for info	Patriot Day	18
21 ses	22 9:30 Pool Exercises First Day of Autumn	9:30 Pool Exercises	23	24 9:20am Bowling Summer League 9:30 Pool Exercises		25
28 Iool ses	29 9:30 Pool Exercises	9:30 Pool Exercises	30			









### INTRODUCING TINA DEVENO – ACTIVITIES CO-CHAIR PERSON ina moved into Southwind, from Clearwater, in September 2020. She lived in Clearwater for 5 years, so she is familiar with our area and all of the wonderful things to do around here. She was born and raised in Massachusetts, but spent most of her adult life in the Hartford,

CT area . She found out about Southwind when she helped her cousin, Betsy Bernier, move in here. Tina liked the "homey feel" of Southwind and the dog friendly community for her miniature Australian shepherd "Chase".

The first neighbors she met were Dan and Melissa, across the street. They added to the friendliness of our Southwind Community, where everyone smiles and waves to their neighbors.

Tina works part time for a Financial Firm doing network upgrades to their field offices and branches. She likes that she finally has time to get involved with active members of our Community. She says there are a lot of people who want to be active here and she enjoys helping people stay active.

Tina D chose to get involved in Southwind activities to help motivate friends and neighbors to be as alert, involved and engaged in fun activities as possible.

Her thoughts on life are: "As long as you're on this side of the dirt, you've got to keep moving!" \*\*LOL

Thank you, Tina D, for choosing to get involved in your Community!

# INTRODUCING SALLY MALONEY – ACTIVITIES CO-CHAIR PERSON

S ally and Mike Maloney moved into Southwind 2 years ago, in October 2019. They were fortunate to have had some involvement with the many activities here in Southwind that year, until everything shut down in March of 2020.

Originally from southern Maine, this loving couple met in High School, became sweethearts and has been married for 52 years! They have 2 daughters, 8 grand-children and 2 and "1/2" great grandchildren, all living in Maine.

Mike and Sally owned and operated a real estate appraisers business for 25 years. They lived in North Carolina, north of Charlotte for 10 years. They retired in their late 40's and took off for 2 years to travel across the United States. They owned a condo in Pasco County. Mike worked at a Pasco Tech School and Sally wrote grants for Family Involvement Services, and worked at an elementary school as a reading instructional assistant.

For 4 years, Mike and Sally spent time in Clearwater and owned an "Air B&B" off of beautiful Edgewater Dr. They got a generous offer on that home they just couldn't refuse, and that's when Sally found their home in Southwind.



Sally said the appeal of our park with the clean, neat, well-maintained look of mature trees, made it very unique and nothing like the usual mobile home park feel of an average, similar type of community. The pond and shade trees makes us look so much different from other parks and a far more inviting place in which to live.

The first person Sally met here was MaryAnne next door. They met in the yard and Sally enjoyed her neighbor's great sense of humor! Sally is a "people-person" to the highest extent and enjoys being around others. She loves to laugh and looks for "the good" in everyone. They both enjoy activities, being comfortable in their surroundings and like to go places and do things.

The quality of life Sally enjoys the most is her relationships with others and she cherishes good times with family and friends. She says she is very lucky in her marriage, with her husband. "It's all good" says Sally.

Thank you, Sally M., for choosing to get involved in your Community!

# A MESSAGE FROM OUR HOA PRESIDENT

A thing or two about a thing or two:



few weeks ago, I had the chance to open and close the clubhouse, while Bob and Sandy were in Ohio. Several things captured my attention:



- 1. When you move and sit in a chair on the patio or inside the clubhouse, please put it back in its place when you leave.
- 2. No swimming in the pool after dusk. I was startled to find people in the pool after 10 p.m.
- 3. Please put the rope back up in the pool after you are finished. It is very difficult trying to attach the rope without getting in the pool, and this is a Pinellas County rule.

Just a note to homeowners: As many of you know, I work in a good many yards and look after a lot of homes.

- 1. Please remember to let the office know when you leave and get back before you go away, especially during hurricane season.
- 2. Please check with the manager when you want to do any kind of changes to the outside of your home (painting, gardening, planting)
- 3. Let office know who the caretaker of your home is and also place your home on the sheriff's watch list (see page 2 of this Breezes issue for the phone number).
- 4. Keep debris off of your a/c unit and out of your yard.
- 5. Have your vapor barrier checked, under your home. If properly maintained no critters should get in and the heat and cold air will run more efficiently.
- 6. If possible, have your lawn treated or treat it yourself. This helps prevent you from losing your lawn to insects and moles.



#### Dedicated Senior Medical Center A CHENMED COMPANY Have the Right Doctor? Ask Yourself These 10 Questions.

At Dedicated Senior Medical Center, we're committed to keeping seniors healthy, happy and at home. We understand these are scary times, but we're here to help. Dedicated doctors specialize in caring for seniors and that's why we make it easy for you to see a doctor.

### Ask yourself:

- 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.

### **Curlew United Methodist Church**

where everyone is welcome and where all can make a difference!

Curlew UMC proudly celebrates 150 years of ministry!

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Pastor Rachel Hughes and our congregation invite you to join us, any Sunday morning at 10:30, for our traditional service.

Please visit our Facebook page: Curlew UMC

### Curlew United Methodist Church

2210 Cathedral Drive Palm Harbor, FL 34683 727.784.3424









### Titles Are For Cars By Bill Roberts

itles: Something that we first encounter at a young age with the possibility of being a hall monitor or the one in charge of retrieving the milk for the always much



needed milk break. I'm sure I am dating myself with these examples, but it has been a while since I have darkened a school door. As we get older there are the titles that include: captain of a sports team, Eagle Scout, head cheerleader, or class valedictorian. When we move on to adulthood you have titles such as manager, president, CEO - chief executive officer, owner or I suppose even lead dog catcher. By that time we also realize that any work that is honest work is important. It is always about teamwork and even your weakest link can contribute. Of course, titles can be something that as an individual you can strive for, run from, or be indifferent about. Remember that even on a cattle drive you have a lead steer.

Growing older also means that there are different titles that you can achieve. These are the ones that accommodate relationships. These titles would include girlfriend, boyfriend, fiancé, better half, wife or husband. Note to all the guys out there: women are not aspiring to be just another notch on your belt. I know manners are going out of style these days just like a man wearing a hat, but we have to show a modicum of respect.

As we move on, the above mentioned titles can be taken lightly or can last a lifetime. I personally have had the good fortune to have participated in some of these titles but I find as I get older I find my thinking on this subject is heading in another direction. When I have the good fortune to participate in relationships I am finding that I like to be referred to by the lady as " this is the guy I enjoy spending time with". I'm sure this might sound cold to some and have even been told that you can't be introduced this way at a social function, but hear me out on this one. I'm assuming that when people are in a relationship that they enjoy spending time with each other and strive for good communication. I will have to admit that in the past I was not the worlds best communicator and I have references to back that statement up. As I have grown older, I've realized that talking is the key to any hope for success and being open to talk about all things. So when you are telling people that "this is the person that I enjoy spending time with" what could be more complimentary or endearing. Do we really believe that all the wives and husbands out there enjoy spending time with one another? Time is precious to us all and no one on their deathbed wishes for more titles. (Not Hardly). They are begging for hours, minutes, and even seconds with "the person they enjoy spending time with".

I guess I am just looking for an alternative way for a man and a woman to show they care about each other absent the aforementioned titles. I feel like this is a more honest approach without the tried and true titles we all spend too much time chasing. Just tell them how you feel and enjoy the time together. If I have left anybody's title out in this long rambling of mine you will have to forgive me for there are more titles in this world than stars in the sky. Please don't feel left out though, because remember titles are for cars.



# 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









SOUTHWIND BREEZES SEPTEMBER, 2021 N



### **Test Your Knowledge with Names for Residents of Each State**

hat do you call a resident of Alaska? An "Alaskan" of course! But not all states are so obvious. Do you know which state resident nicknames include; the "Buckeyes", or the "Hoosiers"? What about the "Nutmeggers", or the "Bay Staters"? Do you know whose residents are the "Granite Staters"?

See if you can match these not so obvious resident names in the list below:

Alabama(n): or Alabamian Arkansas: Arkansan	Alaska(n) California(n)	Arizona(n): or Arizonian Colorado(an); or Coloradan
Connecticut(er)	Delaware(an)	Florida(n); or Floridian
		tive born), "malihini" (newcomer)
Idaho(an)	Illinois(an)	Indiana(n) or Indianian
Iowa(n)	Kansas: Kansan	Kentucky: Kentuckian
Louisiana(n): or Louisianian	Maine(r)	Maryland(er)
Massachusetts:	Michigan(der); or	"Michiganian" or "Michiganite"
Minnesota(n)	Mississippi(an)	Missouri(an)
Montana(n)	Nebraska(n)	Nevada(n): or Nevadian
New Hampshire: or New Hampsh	nirite	New Jersey(ite) or New Jerseyan
New Mexico: or New Mexican	New York(er)	North Carolina: North Carolinian
North Dakota(n)	Ohio(an)	Oklahoma(n)
Oregon(ian)	Pennsylvania(n)	Rhode Island(er)
South Carolina: South Carolinian		South Dakota(n)
Tennessee(an): or Tennessean	Texas: Texan	Utah(n): or 'Utahan
Vermont(er)	Virginia(n)	Washington(ian)
West Virginia(n)	Wisconsin(ite)	Wyoming(ite)

\*\*\*SEE 5 TEST ANSWERS PRINTED ON NEXT PAGE

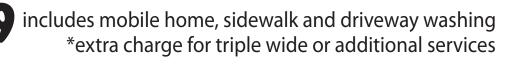




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### **Test your knowledge on State Resident Names (answers):**

Buckeyes – Ohio Hoosiers- Indiana Nutmeggers - Connecticut Bay Staters - Massachusetts Granite Staters – New Hampshire

# **A SUMMER CELEBRATION WORD SEARCH PUZZLE**

Summer celebration of fruits and veggies: A great way to support your local farmers market and eat healthy! These wonderful foods cost less when they are in season. Tear out this word search puzzle so you can take it with you to your favorite produce market to shop and Enjoy!

# Summer Fruits and Veggies

Α	Ζ	U	Μ	Α	S	Ν	0	Μ	Ε	L	В	Y	Ι
S	U	R	Т	В	Y	Ν	U	S	Ι	Μ	Η	0	С
С	С	L	S	L	Ε	Ζ	Ε	Μ	Т	S	R	Μ	Α
Ε	С	Ν	Ε	U	Ρ	Ι	Ε	0	Α	Ε	С	U	R
L	Η	Μ	G	Ε	0	S	С	U	Ν	Ε	Ε	Ζ	R
Ε	Ι	R	R	В	L	Ρ	Q	Ρ	Ε	Α	С	В	0
R	Ν	Ε	Ε	Ε	Α	S	Ν	Ε	S	V	Н	С	Т
Υ	Ι	В	Ε	R	Т	0	Μ	Α	Т	0	Ε	S	Α
С	S	Μ	Ν	R	N	0	Ρ	С	Т	С	R	Ρ	Ν
0	Ε	U	В	Ι	Α	G	N	Η	Α	Α	R	L	Α
R	L	С	Ε	Ε	С	Ν	Q	Ε	Ι	D	Ι	U	Ν
N	Ρ	U	Α	S	Ε	Α	L	S	Α	0	Ε	Μ	Α
Ε	Ρ	С	N	Μ	Α	Μ	С	0	Μ	Ε	S	S	В
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CUCUMBER APRICOT SQUASH BEETS BLUEBERRIES LEMONS GREEN BEANS CHERRIES TOMATOES CARROT ZUCCHINI CELERY BANANA AVOCADO CANTALOPE PEACHES PLUMS APPLES LIMES MANGO CORN









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To our valued customers:

Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

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### **TO YOUR HEALTH** By Terri C.

any health insurance articles report that FALLS are the leading cause of injury for adults, age 65 and older (effects 1 in 4 seniors).



It is suggested that you review your fall risk with your primary Doctor

to learn about how you may be able to prevent falling. Some recommendations may include having your vision or hearing checked. Vision problems and hearing problems may interfere with your ability to balance your body.

According to Medicare.gov, Medicare Part B (Medical Insurance) covers diagnostic hearing and balance exams if your doctor or other health care provider orders them to see if you need medical treatment. Some insurance companies offer free online hearing tests.

AARP Membership benefits include: A hearing care program provided by HEARUSA: <u>www.</u> <u>aarphearingcare.com</u> or call 800-203-7048. Members save 20% on cost of hearing aids, including a free hearing checkup, a free cleaning and check of current hearing aids, etc. online check out aarp. org/hear to learn how to maintain optimal hearing health plus advise for living with hearing loss. Members can also take an independent and scientifically validated hearing test by phone for free, annually, from the comfort of your own home.

Another way to reduce your risk of falling is to exercise regularly. Daily physical activity helps build muscle and strength. Our community has a very scenic route to walk around and the distance to walk through our community is about a mile, but the best place to go walking is the beach! Soft, white "sugar sand" that stays cool on Clearwater Beach is a great way to exercise your legs.

We also have the Pinellas Trail to go bicycling or jogging, w, the website is:

https://www.pinellascounty.org/trailgd/

Using a cane or walker can help make walking easier and may be covered by your insurance plan and you may be able to check online or call the phone number on the back of your insurance card for details. Even if you haven't had a fall or injury, let your Doctor know if you have any trouble walking or balancing.

If any one of the following events have occurred, or are true statements for you, contact your health care provider:

- 1. I have fallen in the past year
- 2. I have trouble with walking or balancing
- 3. I sometimes feel dizzy, weak or unsteady when I am walking
- 4. I hold onto furniture when walking at home to steady myself
- 5. I have some trouble stepping up onto a curb
- 6. I have had loss of feeling or numbness in my feet or legs

Your Doctor may recommend use of a cane or walker, blood pressure monitoring, medication review, vision or hearing tests, an exercise program or physical therapy to prevent you from getting injured from a fall. You're worth it!



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#### **EVENTS & PROGRAMS**

ATTENTION GOLFERS. The Tampa Green Beret Association, a fraternity of former and active duty Special Forces soldiers and a non profit organization, is hosting a golf tournament on October 9th to benefit The Tampa Veterans Civic Center. The cost is \$60.00 per player which gets you a round of golf and a nice post play lunch. There will be prizes, ball launcher, raffle. auction, 50/50 and more. To learn more e-mail gilhimes@yahoo.com.

### WANTED TO BUY

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

### 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.



#### **EVENTS & PROGRAMS**

Leaky Pipe Repairs

✓ Water Line Repairs

Drain Pipe Relining

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

Craft/Bake Sale: November 8th, 2021 from 8:30am to 1:30pm. Table Space \$15.00. Sugar Creek MHP 10265 Ulmerton Road, Largo. Call Sally 401-835-0700.

# **OCTOBER AD DEADLINE - SEPTEMBER 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.
 SOUTHWIND BREEZES SEPTEMBER, 2021 N



### Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

**THOUSANDS** manufactured home residents have won over \$158,200 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 Mania drop box in your community or <u>mail your paid receipt</u> to us at **Monthly Media • 220 Bahama St. • Venice, FL 34285.** 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.

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

(Allow 8-12 weeks for mailing of check). This month's cash winners are:	
Joan Athey \$100	shing John Swartz \$5Ricks Appliance Repair
Toni McCarthy \$10 Florida Anchor & Ba	arrier Gerald Schnerr
Lisa Zingg	arrier Wayne Jones
Ernie Simon \$10 Largo Autom	otive Rick Johnson
Janet Mercer \$10 Jones & Sons Plum	nbing Roxanne Moses
Ron Stewart \$10 Barron's Air Conditioning & Appli	iance Barbara Hohler
Ken Eckhart \$10	ontrol Cheryl Adam \$5 Jones & Sons Plumbing
Robert Mendes \$10Air Masters of Pin	nellas Joseph Scarpa \$5Air Masters of Pinellas
Carl Hansen \$10 Discount Computer R	
David Kalan \$10 Boss Ele	
Renate Brauchler \$10 Debbie's S	
Luis & Nancy Serrano \$10 Ron Wyngarden Mobile Home	Wash Mary-Ann Eckenberger \$5 Jones & Sons Plumbing
Lorene Hunnell \$10Royal Enter	
Ronald Anderson \$10Heller's Mobile Home Was	
Neal Alexander \$5Air Masters of Pin	nellas Teresa Kelso
Michael Price \$5 Jones & Sons Plum	nbing Janet Heintz \$5
Jane Gardella \$5Battleline Termite & Pest Co	
Bonny DeMoranville \$5Got Dirt? Call Dirt	
Thomas Salvato \$5Air Masters of Pin	
Carole Burnham \$5 Ron Wyngarden Mobile Home	
Sue Folden \$5 Jones & Sons Plum	bing Patricia Masotta \$5
Linda Hickson \$5Heller's Mobile Home Was	
Norva Elkins-Bylsma \$5Florida Anchor & Ba	
Ernie Grow \$5 Discount Computer R	epair Robert Gornick \$5

Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify
 No purchase necessary • Contest void where prohibited by law •Tickets available at participating Monthly Media advertisers.
 SOUTHWIND BREEZES SEPTEMBER, 2021 N

