



OFFICE: 795 County Road 1 • Palm Harbor • FL 34683 • (727) 786-6558

# SOUTHWIND

• B R E E Z E S •



**October • 2021**

**Issue 8  
45<sup>th</sup> Year**



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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 ..... 727-582-6200  
Pinellas County Sheriff Patrol..... 727-582-6200  
..... call to set up home checks while out of town, at same phone number

### ACTIVITIES CHAIRPERSONS

Activities/ Events co – chairs: ..... Tina Deveno ..... 860-422-5533 and  
..... Sally Maloney ..... 727-742-1882  
Arts and Crafts ..... Sharon Kendall ..... 508-246-5268  
Bowling..... Bill Adams..... 727-787-1255  
Breezes Editor..... Terri Campbell..... 727-244-0702  
FMO Representative ..... Lyle Neumann ..... 217-391-3708  
Shuffleboard..... Frank Komar..... 727-729-8407  
Kitchen Safety Advisor..... Ellie Malloy..... 727-386-4790  
Koffee Klatch..... Sandy McDonald ..... 517-795-9241  
Liaison to Legal Advisor..... Lyle Neumann ..... 217-391-3708  
Library..... Richard & Jane Szalan..... 727-781-9238  
Newsletter Delivery ..... Sandy McDonald..... 517-795-9241  
Offsite Special Events..... Maggie Griscavage ..... 907-687-3513  
Telephone Directory..... Maggie Griscavage ..... 907-687-3513  
Welcome Committee..... Cheryl Hudecek ..... 440-725-4383  
..... Kimberly Henkel ..... 408-472-1735

### UTILITIES

Duke Energy Outage ..... 1-800-228-8485  
Spectrum Outage ..... 1-855-657-7328  
Water Outage ..... call Park Manager Office ..... 1-727-786-6558

### PARK OFFICE

Owners ..... Kingsley Management Corporation... website: www.kmcmh.com  
Park Manager ..... Cecilia “Ceci” Maumea ..... Office 727-786-6558  
..... Fax 727-786-7398  
Open Monday – Friday 9:00 AM to 5:00 PM (closed for lunch) & major holidays.  
Clubhouse Telephone ..... 727-786-9594  
WiFi ..... 727-786-6558



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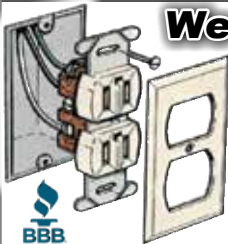
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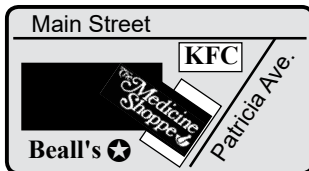
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## ANNOUNCEMENT

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**\*\*SAVE THE DATE\*\***

**SATURDAY, DECEMBER 4, 2021 9:00am – 1:00pm**

**SOUTHWIND ANNUAL CRAFT SHOW AND BAKE SALE**

**H**ey Southwinders! Our crafters and bakers are anxious to get back into the swing of things this year. The artisans have been busy this past year, taking advantage of the time at home to create even more amazing works of art. We have painters, wood workers, jewelry makers, seamstresses, needle-workers and more. This is a great time to find that unique Christmas gift for someone special and at reasonable prices!

WE ARE LOOKING FOR VENDORS!! If you or someone you know, would like more vendor information, **please see the poster at the clubhouse.** The more vendors, the better our success, not to mention more FUN!

WE ESPECIALLY APPRECIATE OUR BAKERS. The bake sale is a huge part of our success. This is a great time to pick up a special sweet treat to serve to your Christmas guests. Everyone is invited to donate their specialty for the bake sale. See the poster in the clubhouse for more details.



## HOA ANNOUNCEMENTS

*From our HOA President*

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**S**eptember's Club House activities were cancelled. The HOA Board thought it might be safer, due to Covid. More volunteers will be needed for events, in the future.



Volunteers are still needed to run Bingo. If you would like to help with BINGO, please contact Bill Adams at 727-787-1255

The HOA has received the latest flood zones for our park. The lower end of the park has been moved to a Non-Special Flood Hazard Area. This means a moderate to low risk.. Flood insurance is recommended, but not required. .2%(.002) annual chance of flooding.



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# Southwind Fall-Winter Bowling League

by Bill A.



**OFFSITE BOWLING LEAGUE** starts up again on October 22nd at 9:15am and ends April 1st, 2022. The cost will be \$10 per week. Look for sign-up sheet on Bulletin Board in Clubhouse.

## General Info:

Place: Maple Lanes on U.S. 19 North

Time: practice at 9:20 a.m. League bowling start at 9:30 a.m.

Penalty for not showing up or out of town is \$3.00

Can pre bowl- do not pay lanes- just let them know you are pre-bowling for Southwind

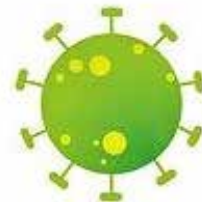
We bowl every Friday, yes day after Thanksgiving, Christmas Eve day and

New Years Eve day.

Any questions see or call Bill Adams at 727-787-1255

## COVID UPDATE

**W**hile the war against Covid continues, please be aware of this information:



1. Booster vaccines are now available just about everywhere for those who received their vaccine shots in March or April.
2. Many places, especially medical facilities still require masks to be worn. Airplanes and public transportation will not admit passengers who are not wearing a mask. Those who remove the mask in transit are subject to detainment/ and arrest.
3. Monoclonal Antibody Therapy (MAT) for Covid-19 can prevent severe illness, hospitalization and death among high-risk individuals, and is widely available in Florida. Individuals 12 and older who are high risk, have contracted or been exposed to Covid-19, are eligible for this treatment. Treatment is free and vaccination status does not matter.

For more information, the Covid-19 Call Center is available 24/7. Call 1-866-779-6121 or you can go online at [COVID-19@flhealth.gov](mailto:COVID-19@flhealth.gov)

**ALL SOUTHWIND EVENTS WERE CANCELLED IN SEPTEMBER. THE HOA BOARD WILL MEET ON THE FIRST TUESDAY OF OCTOBER (10/5/21) AND WILL DISCUSS POSSIBLE FUTURE EVENTS AT THE CLUB HOUSE.**







## OCTOBER BIRTHDAYS AND ANNIVERSARIES

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### BIRTHDAYS

October 4 Richard Szarlan  
October 5 Vince Gullo  
October 5 Hank Swiatkowski  
October 9 Tony Paulek  
October 12 Larry Lense  
October 16 Dick Carlson  
October 26 Larry Brown



### ANNIVERSARIES

October 1 Stan & Patti Shinko  
October 4 Bob & Sandy Hopes  
October 19 Rick & Joann Haslitt  
October 22 Greg & Trudy Malinowski  
October 24 Daniel & Debra Johnston  
October 28 Ken & Gladys DeForest



**Congratulations** to Mark and Nancy Dougherty, #128 on their 50th Wedding Anniversary on July 17th, 2021.

The occasion was celebrated by 22 family members, some who flew in from all over the country, to meet at their daughter's home in Tampa, Fl. What a wonderful surprise for our Southwind neighbors! As an added bonus, the family donated the funds for the purchase of a brand new refrigerator that Mark and Nancy had wanted. Mark and Nancy moved to Southwind in 2018 from MI. How about that? Finally some good news to share in our community during this never-ending pandemic.

**If you have a notable celebration to share with our neighbors, please contact Terri Campbell at [breezes.editor@gmail.com](mailto:breezes.editor@gmail.com)**

**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](mailto:breezes.editor@gmail.com)

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## WELCOME NEW SOUTHWIND OWNERS!

A very warm (belated) welcome goes out to:

- Lot#139 Janet Snyder from her hometown of Delta, Ohio
- Lot#14 Charles and Sandra McBride from Cherry Hill, NJ
- Lot#95 Gerald Flesch and Kim Colan from East Liverpool, OH



We have many new owners in the past year to welcome. If you have not received a Welcome Packet, as a new owner – please contact Cheryl Hudecek at (440)725-786-6558

Also, an Annual Directory is available to all residents and compiled by Maggie Griscavage at (907)687-3513. Please contact her to be included in the Directory, which is usually distributed in January of each year.

## SAFETY/ HELPFUL HACKS FOR SENIORS

1. Add a chair with sturdy armrests to your bathroom so that you can brush your teeth and wash your face comfortably with no risk of losing balance. You could also add a tall stool with arms to your kitchen so that you can stay seated when washing up or preparing dinner.
2. Rugs are a huge trip risk. Get rid of them or at least secure them to the floor with double-sided carpet tape.
3. If you have a smart phone or tablet, set up calendar reminders so that you never forget to take your medicine or make that important phone call. If not, you could use an ordinary phone or alarm clock and simply set an alarm to remind you. There are also several medication reminder apps available to download, many designed specifically for seniors.
4. Wearing a pair of rubber gloves will make opening tough jars a lot easier. Alternatively, place a rubber band around the lid to improve your grip.
5. Attach a key ring to zippers to make them easier to grasp. You can also pull the key ring up over the button of your pants to keep them up.
6. Some people have difficulty bending down for any length of time. Put a hanging shoe rack over the back of the kitchen pantry/utility room door and keep your cleaning supplies in the pockets. This also makes it much easier to see where everything is at a glance.
7. For icy cold water on the go, fill a water bottle about one-quarter full and lay it on its side in the freezer. Then, once it's frozen, fill the bottle up the rest of the way with water and enjoy!



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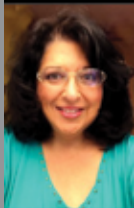
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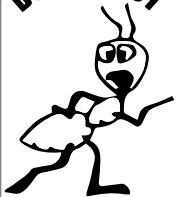
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# Check out this info I found online!

By Terri C.

## **Tips for cleaning the Exterior of your Mobile Home**

Source: <https://mobilehomepartsstore.com/latestnews/cleaning-mobile-home-exterior/>

**T**his website is a great source of info and there is even a phone number you can call for help: **Call Toll-Free 1-888-277-7220 - Weekdays 8AM-5PM EST**  
Typically – Fall is a good time to clean and freshen up the outside of your home. Hurricane season is ending and the weather is cooling down.

### ***Cleaning Mobile Homes with Vinyl Siding***

*The easiest way is to use a pressure washer. The best types of pressure washers come with a chemical injector that pulls the soap from the container and mixes it with the water before spraying it out. Many cleaning products have been known to be used including bleach, liquid soap, and other detergents. You can also find products specifically designed to prolong the look of your vinyl siding at your local Home Improvement store. What you use is up to you as long as you don't use a chemical that could damage the look of your siding.*

- *If you have shrubs or flowerbeds around your home it is a good idea to cover them with plastic to avoid getting any cleaning chemicals on them.*
- *First, spray the soapy water mixture onto your siding using a low-pressure setting.*
- *Start from the bottom working your way up, but try not to shoot water underneath your siding which can cause mold and mildew over time.*
- *By the time you have done a complete section of the home, the soap has likely sat long enough to rinse. (Note: Some products can damage your siding if they sit for too long so be sure to read the manufacturer's instructions carefully!)*
- *Go back to your starting point and rinse. Start at the top and work your way down and gradually continue until you get to the other end of the section of the home you are washing.*
- *If any plants get chemicals on them, rinse them off with a garden hose*
- *Repeat these steps until the entire home is clean – this process normally takes a few hours.*

\*\*\*Note: be careful to cover or protect the Mobile Home tags on the outside front window, or they will become bleached out or discolored\*\*\*

-For spot cleaning, you can use SIMPLE GREEN cleaning products.

### **Topics for more information include:**

**Mobile Home Remodeling: The Ultimate Guide**

- Cool Your Mobile Home Naturally
- DIY RV Maintenance and Repairs
- Mobile Homes After a Storm
- Mobile Home Roof Coating
- Air Conditioner Maintenance Tips

*...continued on page 25*



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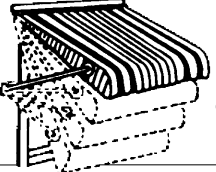
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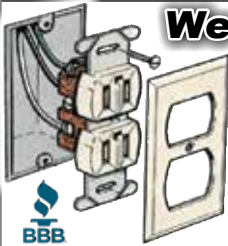
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<p>NOVEMBER</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>		
<p><b>**OFF SITE EVENTS</b></p> <p>-- PLEASE SEE BULLETIN</p>		
3	4	
	9:30 Pool Exercises	8:30 M B 9:30 P Exercis
10	11	
	9:30 Pool Exercises	9:30 P Exerci
	 Columbus Day	
17	18	
	9:30 Pool Exercises	9:30 P Exerci
24	25	
	9:30 Pool Exercises	9:30 P Exerci
31		
 Halloween		



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Tuesday	Wednesday	Thursday	Friday	Saturday
BOARD FOR MORE UPDATES			1 9:30 Pool Exercises	2
5 Men's Breakfast** Pool Exercises	6 9:30 Pool Exercises	7 9:30 Pool Exercises	8 9:30 Pool Exercises	9
12 Pool Exercises	13 9:30 Pool Exercises 12:30 Ladies Luncheon**	14 9:30 Pool Exercises	15 9:30 Pool Exercises	16
19 Pool Exercises	20 9:30 Pool Exercises	21 9:30 Pool Exercises	22 9:20am Bowling Fall League 9:30 Pool Exercises	23
26 Pool Exercises	27 9:30 Pool Exercises	28 9:30 Pool Exercises	29 9:20am Bowling Fall League 9:30 Pool Exercises	30

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### **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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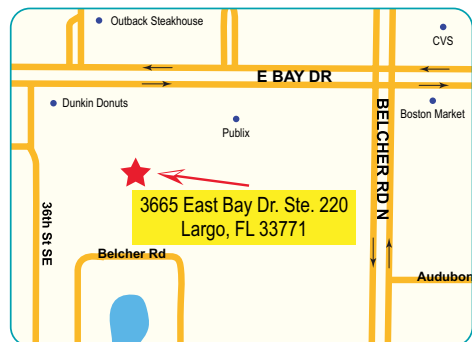
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### **Tips for maintaining the Interior of your Mobile Home**

Clean your kitchen vent hood screen regularly – here are tips from Home Depot website: To clean a build-up of grease and dirt, use your favorite grease-cutting spray or if you don't have a cleaning spray, one of the best degreasers for a range hood is hot water and dish soap, which are likely items you already have on hand. Wipe down the outside of the hood, then move onto that greasy underside. This area is going to take a little more scrubbing. Choose a cleaning brush designed to scrub without scratching delicate surfaces. If you notice tough stains do not come off, try mixing warm water and baking soda to make a thin paste. Work it into the stains and wipe away grease with a dry towel.

#### **Clean the Filter**

Tip: This is likely the dirtiest part of the whole process, so wearing cleaning gloves is advised. Fill your sink basin with hot water, dish soap and baking soda.

Soak the filter in the cleaning solution for 15 to 20-minutes.

Use the same cleaning brush to start scrubbing away the now-loosened grease and grime. Continue scrubbing until the range hood grease filter is clean.

Lay it out to dry. Once dry, it can be clipped back into place, and you can resume your cooking routine.

Another tip from personal experience – be sure to regularly change your a/c filters monthly, or as the filter you are using recommends (some are 3 months) and spray Lysol in your duct for a clean fresh smell throughout the house, and

\*Check/test your smoke alarm battery monthly – Electricians recommend that you install a hard wired detector with a battery backup (in case of power outage). If the battery needs replacing, it will start “chirping” and most likely will require a 9 volt battery with a long life (10 years)

If you are a new owner of a mobile home in Florida, you should be aware that some repair and maintenance items may not be available at your local hardware store. Here is an option, should you find a need for specialized manufacturer's equipment:

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# ATTENTION ALL SOUTHWIND MEN!

---

To Your Health

ARE YOU AS HEART HEALTHY AS YOU COULD BE?

**P**lease take a look at this checkup article by Leah Campbell (June 2021) and medically reviewed by Leslie Greenberg, MD, found at: <https://www.singlecare.com/blog/mens-heart-health-tips/>

## 7 ways men can protect their heart health

Heart disease is the number one killer of men in the United States, accounting for nearly 25% of all male deaths year after year. This is true across racial and ethnic backgrounds, with 1 in 13 white men, 1 in 14 Black men, and 1 in 17 Hispanic men having coronary heart disease—a condition that can lead to sudden death in about half of all men who have it. Sudden death can occur in asymptomatic men.

In other words: Prioritizing men's heart health is important and cannot be understated. Every man should take steps to keep their hearts healthy and strong. Not all changes need to be made at once. Incorporate one healthy lifestyle change per month.

Risk factors for heart disease include: High Blood Pressure, Diabetes, Elevated Cholesterol, Smoking History, Family History of Premature Heart Disease, Age, Lifestyle.

If you are obese (have a BMI greater than 30), lead a sedentary lifestyle, or eat a diet high in fat and sugars, you're more likely to develop heart disease.

## Heart disease

Typical signs of heart disease in men include:

- Chest discomfort that occurs during physical exertion and is relieved with rest
- Shortness of breath
- Jaw pain
- Left arm pain
- Cold sweat
- Nausea

Atypical symptoms of heart disease may include:

- Feeling faint or light-headed
- Squeezing sensation in back
- Abdominal discomfort



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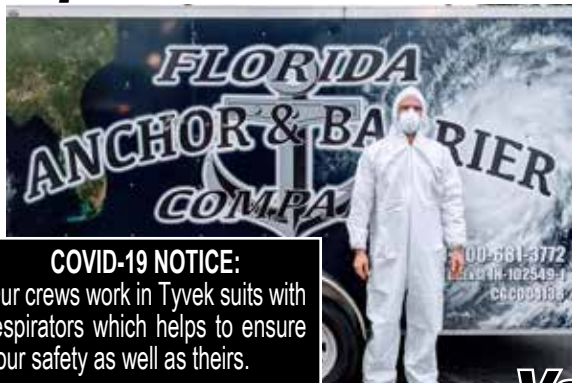
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Heart attack – typical signs may include:

- Pain in the chest (left of center) with or without radiation to the jaw
- Pain in the left arm
- Feeling of pressure or heaviness (“elephant sitting on the chest”)
- Sweating
- Nausea
- Vomiting
- Sudden shortness of breath

Some people may have less obvious symptoms such as chest discomfort, light-headedness, or stomach pain.

Symptoms of heart failure include:

- Shortness of breath while engaging in exercise or movement (like walking up stairs or carrying packages)
- Shortness of breath while lying flat in bed and a need to prop yourself up to breathe comfortably
- Waking up gasping for air in the night
- Swelling in both ankles

Do not ignore symptoms that persist and are out of the ordinary.

How to keep your heart healthy – 7 Tips

### 1. Exercise

Adults should get 150 minutes of moderate exercise or 75 minutes of vigorous exercise a week for optimal heart health, according to the American Heart Association. Walking/jogging, biking or swimming 30 minutes a day and shown to improve heart health

### 2. Diet

Plant-based and Mediterranean style diets have been shown to reduce the risk of poor circulation, which can otherwise lead to heart attacks. Also, diets high in fiber can help prevent cardiovascular disease.

### 3. Supplements

There are seven supplements that may help foster heart health:

1. Omega-3 fatty acids
2. Magnesium
3. Inositol
4. Folate
5. Grape seed extract
6. Coenzyme CoQ10
7. Vitamin D



*continued on page 34*



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They are most effective in combination with a healthy lifestyle. Be sure to discuss it with your healthcare provider first. Some over-the-counter remedies can interact with medications you may already be taking. It is best to get nutrients from food.

#### 4. Medications

If your heart disease risk is increased by an underlying condition, taking medication to control that condition can help protect your heart. Discuss your options with your healthcare provider.

#### 5. Sleep

How much sleep each person needs may vary, but a reasonable recommendation is generally not less than six hours and not more than eight.

#### 6. Stress reduction

Stress is the most underrated heart disease risk factor. Setting aside time to meditate, get a massage, or engage in other activities that typically relieve you of the tension you may otherwise be carrying.

#### 7. Prioritize wellness

Schedule annual medical checkups with your doctor. Visit your dentist and dental hygienist. Maintain open lines of communication with your medical care providers. These steps will help detect untreated heart issues and avoid complications.





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1. Is your doctor's office still open?
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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?
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?
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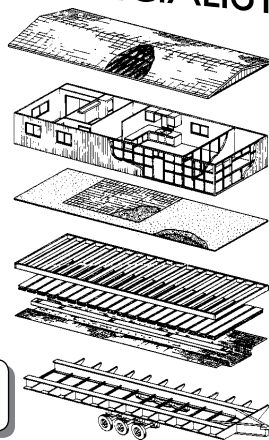
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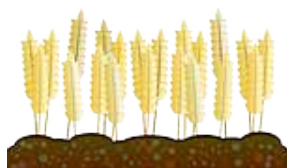


# Snack Ideas for Diabetics

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C	H	I	C	K	P	E	A	S	A	P	E	A	S
O	E	D	A	M	A	M	E	M	E	P	A	P	A
T	A	V	E	G	G	I	E	S	K	L	N	R	B
T	U	L	A	V	O	C	A	D	O	E	U	O	L
A	B	P	M	Y	O	G	U	R	T	S	T	T	A
G	E	H	O	O	T	U	R	K	E	Y	B	E	C
E	R	U	L	P	N	T	U	N	A	R	U	I	K
C	R	M	X	T	C	D	O	C	E	E	T	N	B
H	I	M	O	S	E	O	S	O	E	L	T	B	E
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S	S	G	G	E	D	E	L	I	O	B	A	S	S
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**Paradise Island Annual Flea Market** Oct. 23, 2021. PI Clubhouse 9-2 Early entry \$1 @8am Water, Coffee & Bake Sale. Huge Inventory: furniture, household, collectibles, clothing, etc. Entire clubhouse utilized. Masks Required (provided if needed) Info call Ken or Mary 727-330-3417

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