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### OFFICE HOURS

Monday thru Friday 9:00 a.m. to 12 p.m. 1:00 to 5:00 p.m.

### PARK OFFICE

3113 S.R. 580 Safety Harbor, FL

### PARK MANAGER

Karen Barker 725-1811

Website: <u>www.amberglades.com</u> amberglades@mailll.com

### AMBER GLADES HOA MEETING IS 1ST TUESDAY OF THE MONTH.

### **Corporation Directors**

President & Complaints	Norm Goldberg	#366	215-913-4877
Vice-President	Audrey Lawrence	#140	609-576-3503
Secretary		#242	313-410-9575
Treasurer		#205	618-960-9284
Tom Flood	Corporate Director	#33	773-882-3423
AnnMarie Tiernan	Corporate Director	#57	510-919-1079
Vacancy	Corporate Director	(ML Vacancy)	

The next HOA Board Meeting will be April 5, 2022. This will be the last meeting until October 4, 2022.

All HOA members are invited to attend the HOA meetings. There is a question-and-answer session after the regular meeting of the board. The meeting is held in the Clubhouse. Beginning January 2022, dues were due at the rate of \$15.00/year. Dues must be paid prior to attending HOA meetings.

The HOA is saddened to announce that we have received a resignation from long-time HOA Board Member ML Faiola due to medical issues. We will miss her tenacity over issues she believed would benefit our community. We wish her well and thank her for her service.

### **NEW SOCIAL COMMITTEE**

Per the HOA By-Laws, every April the HOA has to appoint a new Social Committee Chairperson for the year. For 2022 April through March 2023, the HOA is pleased to announce that the new Social Chair will be **Linda Silvie**, **Lot 240**.

Linda has been a resident of Amber Glades since 2016. She moved from Charlotte, NC to Pinnellas County in 1969. She worked for Dr. Harmon in Dunedin for 22 years as a dental assistant, certified X-ray technician and then office manager/bookkeeper. After that she worked with her husband Danny in his survey business. In 2000 they took 3 years off and ...continued on page 5

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built a geodesic home on a mountain ridge in Zionville, NC. They did the majority of the work themselves. From 2003-2014, she worked as a Customer Service Rep. for Hospitality Mints in Boone, NC after which she took early retirement to take care of her ill husband. She is blessed to have two children and three grandchildren. She moved back to Pinnellas County and found her current home in January of 2016.

Linda and her committee have already come up with some unique and fun activities for the coming year. Her committee members are below. Please welcome all of them and lend a helping hand when needed.

### AMBER GLADES SOCIAL COMMITTEE MEETING IS THE 1ST WEDNESDAY OF THE MONTH

### 2021-2022 AMBER GLADES SOCIAL COMMITTEE

Chairperson	Linda Silvie	#240	828-773-2166
Co-Chairperson	Janet Fether	#34	727-474-7978
Secretary	Kathy Opel	#281	210-417-2060
Treasurer	Nancy Coutts	#273	215-900-8696
Entertainment	Traci Timms	#203	727-244-1233

The next Social Committee Meetings will be held April 6, 2022

### THANK YOU!!!

would like to thank everyone who has supported the Social Committee this past year by chairing or participating in any of the events we put on. I have been truly blessed to have had the opportunity to work with Linda Bearley, Barb King, Brenda Dreier and Hazel Holliday for the past two years. As a social committee they went



above and beyond working very hard to make things fun for everyone and I cannot thank them enough. I would also like to thank Randi Sandford who has been responsible for many of the meals we've shared (doing most of the cooking herself). Paul and Janet Fether took charge of making sure our hall was decorated and have always done an awesome job. Paul also recruited his biking buddies to set up and take down tables and chairs for several of our events. I can never thank them enough. There are a lot of people who keep things going behind the scenes. Rose Hendershot manages the kitchen, making sure we always have what we need. Rose along with Jackie Lafountain also takes care of the library, which is a never ending job. Patty Peterman puts out the Media Guide each month. There are also the chairs of all of the other committees who give so generously of their time. Last but definitely not least, I thank Bill Peterman, Bill Bearley and Richard Holliday for helping me with the drawings and the microphone at Social Club meetings.

...continued on page 6



This also marks the new beginning for a new Social Club committee. I look forward to enjoying the activities they have planned for this next year. I wish Linda and her committee a successful and fun year.

Liz Johnson, Social Chair 2020/2022

### **Note from The HOA Board of Directors**

Please take a few minutes to review the information below. The HOA would like to keep all residents abreast of updates/changes within your community –

- The board is excited to share our first meeting with Deputy Skipper from the Pinellas County Sheriff's Dept., Night Watch Program was held on February 10th. The topic was Intro to Neighborhood Watch & Burglary Prevention (and reporting suspicious incidents). This program was informative and educational and welcomed all residents within our community. Please keep an eye out for posting of our next meeting. Again, all residents are welcomed and encouraged to join us for any meeting held under the Night Watch Program. The meetings are educational for each resident and we encourage your attendance.
- Lautrec continues to evaluate if a Pickle ball court is something that will be offered within our community. The board will continue to keep you informed as information is shared.
- Management and Lautrec continue to evaluate the on-street parking. Additional information will be provided as it is shared with the board. At this point, Management and Lautrec decided there would be no changes for one side street parking. Please remember, if a vehicle is parked in the street or on the sidewalk overnight, there is a great chance it will be towed. If an emergency vehicle needs to come down a street and is unable because a vehicle is in the way, the vehicle may be damaged. Those damages would fall on the resident who owns the vehicle.
- Management confirmed that pursuant to the Prospectus, all vehicles are to park in assigned parking areas, including golf carts. Golf carts should only be driven by individuals who hold a drivers license.
- Community sidewalks will continue to be repaired or replaced on an as-needed bases.
- Management has contracted to finish remaining concrete artwork around the pool area that initially were not repaired.
- The debris that was blocking the fence on Allen Avenue was removed. The fence areas that are currently leaning, will be repaired.
- In recent discussions with Management over the continued inquires about the Spectrum program, it was recommended to raise it during the 2024 rent negotiations. The Negotiation Committee can add it as a "pass through" as part of the rent increase. The discussion will be held until that time.
- Management to install an additional electrical outlet near the fire pit.
- Please remember as per The Prospectus, residents dogs should be on a 6' leash or less. The resident is also responsible for cleaning up their dog's feces. Residents should have their dogs going to the bathroom in their yard. But, we know at times that may be difficult. Please remember to be respectful of other residents yards.

## SUB-FLOOR & FLOORING EXPERTS!

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### BLACK HILLS, BADLANDS & MOUNT RUSHMORE TOUR



Sunday- Thursday July 10-14 \$2349 per person (double occupancy) includes round trip air to Rapid City from Tampa.. round trip airport transportation, six meals. Mount Rushmore,

Crazy Horse Monument, Custer State Park 'the Badlands, Wall drug Store, tour of Deadwood, tour of Boot Hill, free time in Rapid City and Dogwood.

### 1 DAY TOURS

Wednesday March 9 HARD ROCK CASINO Tampa \$30 JERSEY BOYS RESCHEDUED to Tuesday May 24. Just a few seats remaining! The Story of Frankie Vali & The Four Seasons 8:00 p.m. at Ruth Eckerd Hall in Clearwater \$89 per person

HAPPY TOGETHER Wednesday June 1 7:00 p.m. at Ruth Eckerd Hall in Clearwater \$99 per person featuring The Turtles. Chuck Negron (formerly of Three Dog Night), Gary Puckett. The Association, The Vogues, The Cowsills. The Happy Together Marketplace

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If your dues for 2022 haven't been paid, you are not too late. Please reach out to Patty Peterman to make your \$15 payment. Our next board meeting is scheduled on Tuesday, April 5th, at 7pm

Management continues to review and investigate situations and reminds residents to contact the office with individual concerns so that they may take appropriate action in a timely manner.

**NOTE:** The Amber Glades Community Police Officers are from Pinellas County Sheriff's Office. If there is an **EMERGENCY**, please call **911**. If it is a non-emergency, please call 727-582-6200.



### Poolside Jam Saturday, April 2, 2022 @ Noon

All residents are invited to attend. Grab your swimsuit, towel & come have some fun poolside. Looking for musicians to Jam. If you and/or a friend have talent and/ or play an instrument we would like to invite you to Jam with other resident musicians. If you are interested, please contact Traci Timm 727-244-1233 (call or text) In case you get hungry, we'll have free hot dogs and brats.

BYOB! SEE YOU THERE!!!!!



## Easter EASTER EGG HUNT

Saturday April 16, 2022 @5pm

Easter egg hunt - bring 5 plastic eggs filled with anything (plastic wrap edibles). Find the golden egg for a special prize.

Prize for best Easter bonnet or hat. Create your own bonnet or hat to wear during the egg hunt.

Bring a dish to share for our meal at 5:00. Egg hunt following the meal.



Questions? Contact: Kathy Opel, Lot 281, 210.417.2060 Linda Silvie, Lot 240, 828.773.2166

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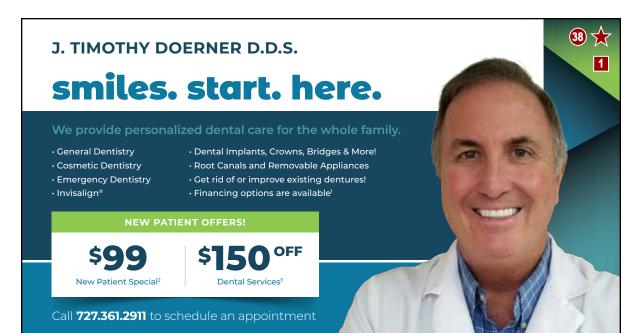
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ew Resident – Brian and Jeanie Haley, Lot #41 Please make them feel welcome.



### **SUNSHINE COMMITTEE NEWS**

Te need your help in knowing if someone is sick or has a loss in their family. Please call Beverly at 727-796-7861 with that information so she can get a card out to them.



### FROM THE LIBRARY

Thank you to Sandi Burns for the lovely handmade bookmarks she donated to the Library. Her donation is greatly appreciated. Also, thanks to Tina Knierim for the craft books she donated. Thank you to Hazel Holliday for her donation of many new non-fiction books. And, thanks to the many anonymous donors. These gifts are greatly appreciated.



### **KOFFEE KLATCH**

offee Klatch is every Tuesday at 9:00 am. at the Clubhouse. Coffee will be free, but goodies (Donuts, Muffins, or Coffee Cake) are \$1.00. Please join us for a fun hour of worldly chatter and banter,



### **BUNCO**

Te are once again playing Bunco in the Clubhouse on Tuesdays at 1:00 p.m. Cost to play is \$2.00. For more information, contact Beverly Whitstine, Lot 27, 727-796-7861.



### **HORSES BOARD GAME**

The board game Horses is Thursday nights at 6:30 pm. If you aren't familiar with the game, it is easy to learn and everyone is welcome. Players should bring those nickels and dimes to play the game. For more information, contact Beverly Whitstine, Lot 27, 727-796-7861.

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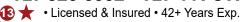
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oloring is Tuesdays at 11 am and Thursdays at 1 pm. All are welcome and if you don't color, but do painting or other art forms or just want to watch us and visit, please come on up. If you don't have coloring supplies, we will provide you with them. You are welcome to bring a sack lunch.



### **BRAIN FREEZE STATION**

ce Cream novelties will continue to be sold for \$1.00 before each Social Club Meeting. Stop by for a treat between 6-6:45 pm. In April this takes place on Wednesday, April 6, 2022.



### FOOD DRIVE NEWS

e are still picking up food pantry items every Saturday at 12 noon. If you have any questions, contact Liz Johnson, (618) 792-6555.



### **COMMUNITY KITCHEN**

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## APRIL • 2022

Sunday	Monday	Т
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		
3	4 Bingo 6 pm	Koffee Crafts Colorir Bunco HOA E 7 pm
Open House for New Residents 2-4 pm Everyone welcome!	Bingo 6 pm	Koffee Crafts Colorir Bunco
17 Easter	Bingo 6 pm	Koffee Crafts Colorir Bunco
24	25 Bingo 6 pm	Koffee Crafts Colorir Bunco

## **Amber Glades**

uesday	Wednesday	Thursday	Friday		Saturday
			Line Dancing 10 am  April Fool's Day	1	Food Donation Pickup 12 noon Poolside Party 12 Noon
5 Klatch 9am 10 am 1g 11 am 1 pm Board Mtg	Brain Freeze 6 pm Social Committee Meeting 7 pm	Prayer Grp 10 anī Coloring 1 pm Horses 6:30 pm	Line Dancing 10 am	8	Food Donation Pickup 12 noon
12 Klatch 9am 10 am ng 11 am 1 pm	13	Prayer Grp 10 am Coloring 1 pm Horses 6:30 pm		15	Food Donation Pickup 12 noon  Potluck - 5 pm Bonnet Contest & Egg Hunt
19 Klatch 9am 10 am ng 11 am 1 pm	20	Prayer Grp 10 am Coloring 1 pm Horses 6:30 pm		22	Food Donation Pickup 12 noon
26 Klatch 9am 10 am 1g 11 am 1 pm	27	Prayer Grp 10am  Coloring 1 pm  Horses 6:30 pm		29	Food Donation Pickup 12 noon

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### WALKERS AND WHEELCHAIRS

Te have walkers and wheelchairs available for our Amber Glades community to borrow whenever needed, but we are in need of gently used wheelchairs and walkers to replace some of our aging ones. Please do not drop off any item you wish to donate. If you will please contact Liz Johnson at 618-791-6555 or Linda Bearley at 618-709-3388 and we will arrange to get them from you. If you are in need of either of these items you can also contact Linda or Liz. Thank you!

### **PARK MAIL BOXES**

Then delivering handouts, we cannot put them in your regular US Mail Box. Because of this, we ask that all residents have some sort of basket or box labeled Park Mail that we can put flyers in about upcoming events and changes. These boxes should be where volunteers can easily access them. If you have questions or need help with getting a box, please contact Pat Peterman at 618/960-9284 or patt74429@yahoo.com – thank you! (We will no longer leave leaflets or Media Guides at those homes with no Park Box.)

### **GOLF CARTS**

special reminder that only licensed drivers should be driving golf carts in the park. The HOA has had several complaints about younger visitors driving carts in an irresponsible manner. Please advise visitors to follow the speed limit in the park when driving your golf cart or any vehicle.



### **VISITOR PETS**

Per the Resident Prospectus, visitors are not allowed to bring pets into the park unless they are a registered Guide dog. Comfort dogs are not included.



### AMBER GLADES FACEBOOK PAGE

et connected to Amber Glades Facebook page. Pictures of events are posted here by residents and interesting discussions are often seen. Join in and "friend" the Amber Glades Facebook page. If you are a resident of Amber Glades, you can also join the Amber Glades Market Place facebook page buy and sell items.



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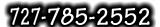


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t no time should the pool's Depth Divider be removed from the INSIDE of the pool. This is a direct violation from the Dept of Health. If the Dept. of Health finds the divider has been removed, the pool WILL BE shut down. Should you have any questions or concerns, please stop by the office and speak with Samantha or Management. Thank you!

### **GREETINGS FROM THE PLANT LADY**

नेंद्र नेंद्र नेंद्र नेंद्र नेंद्र नेंद्र

Today we're going to talk about windowsill wonders anyone can grow. The secret is to to balance window boxes. Buy window boxes that are either the same width as the window or slightly longer for a balanced look. If you also have shutters, then choose a box at least a total of 6 inches longer than the window is wide. Ideally, choose one long enough to extend to the middle of each shutter.

Stagger rows for lusher look. Resist putting plants in Straight Rosen window boxes it's boring and it won't fill out the container well. Plant alternating rows instead. Place a roll of tall plants in the back. Then stagger midsize plants down the middle between and slightly in front of the taller plants. Follow up with others staggered row of even shorter, preferably trailing plant, nestled between and in front of the middle ones. This maximizes the space and makes the planter look full and lush. Smart planting adds privacy. Have your window box do double duty as a privacy screen. opt for tall plants with thick foliage instead of the usual low growing trailers. This trick isn't just for the bathroom window. Hang plants from deck and porch. You'll form a natural wall against nosy neighbors and get a beautiful fragrant view to boot.

Quick change tip for easy replanting. Make it a cinch to clean up when the window seasons change. Instead of planting directly in the window box, put live plants in a new individual nursery pots. Set them inside the planter and cover with moss. Then line the box with plastic sleeve and plant inside it. Waterless with a simple trick. Say goodbye to daily watering and keep soil moist on the hottest days. Lay a baby diaper with absorbent side up in the bottom of window boxes. You may need more than one diaper, and depending on how long the boxes. Then fill with soil. The diapers will absorb excess water and hold it in for plants to use later. Pick the right plants for light levels. Bear in mind how much light each window gets when receiving picking plants for your boxes. Windows that get between eight and 12 hours of direct light a day need plants that will tolerate full sun. For 4 to 8 hours of sunlight, pick partial sun plants. For 2 to 4 hours direct sun pick shade tolerant plants.

Save the dirt from going down the drain. You probably know that putting a coffee filter in the bottom of the pot can stop soil from washing out and drainage hole but filters are too small for window boxes so try newspaper instead. Line the box with two layers of black and white newsprint paper will eventually break down just change it out when you swap plants each season.

Don't forget to feed. Watering is all well and good but remember to fertilize too. Container plants rely solely on you for the nutrients unlike plants in the ground. Give them a biweekly feeding in addition to the regular watering. They'll give you loads of blooms in return.

That's all for this month see you next month and happy new gardening. Debra Santee, The plant Lady, 843.290.8884, <a href="mailto:Yaankeegrrl@gmail.com">Yaankeegrrl@gmail.com</a>



<u>DEADLINE FOR APRIL NEWSLETTER</u> is April 8, 2022. Please email to <u>patt74429@</u> <u>yahoo.com</u> or drop off your articles to Pat Peterman at Lot 205. Thank you.

## Block Captains Chair Kathy Opel, Lot 281, 210-417-2060

Bearley, Linda Budney, Pat D'Amico, Joe DesJardins, Sharon Fether, Janet Gaskill, Donna Goldberg, Patty Johnson, Liz LaFountain, Jackie Lopez, Iris Ludden, Janet Misselwitz, Mary Ann Mulaly, Dorothy Cindy Heath	#6 #399 #111 #438 #34 #4 #366 #263 #44 #17 #12 #293 #115 #304	128-154 23-34, 288, 36-56,404-411 77-93 94-107, 425-440 383-403 357-365, 3, 155-182 239-252, 325-339 253-265 308-324 3-21, 287, 412-418 57-76 289-307 108-127 325-339 183-210	618-709-3388 727-385-5724 727-463-3952 727-488-7422 727-474-7978 609-513-7183 727-265-9744 618-791-6555 802-342-6604 727-669-8053 260-704-0218 727-724-4788 727-417-0396 210-417-2060
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Color Your Heart Out	Sharon Kachinski	#13	727-725-3745
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### FMO NEWS - March 5, 2022

ood News today!! And, a BIG THANK YOU to all of you who helped make this happen by contacting Legislators over the last two months! You know who you are...so please realize that FMO does have PEOPLE POWER!



Today the Legislature took final action on CS/CS/HB 837 and passed the bill 37-0. Earlier this week the House passed this bill 117-0! The bill extends our Program for 10 years.

Our Senate bill sponsor, Senator Ed Hooper, (Palm Harbor), filed CS/CS/CS/SB 578 and worked it through all three Committees. After action in the final Committee Monday night, (2/28), there was a small delay while the amendment was incorporated into the body of the bill. The Senate Bill was placed on the Special Order Calendar for floor action today.

In the meantime, the House Bill by Representative Matt Willhite, (Wellington), had passed through the final Committee last week and was placed on House Special Order Calendar Tuesday, (3/1). There were no changes and the HB was considered for House final passage on Wednesday.

There were procedural activities which concluded with this morning's Senate vote.

At this writing there is still hope that some additional, one-time, funding will be put in the budget and applied to the more than 44,000 homes on the wait list.

The Mobile Home Tie-Down Program will be administered by Gulf Coast State College beginning July 1. Tallahassee Community College has assured me that the transfer will be as smooth as possible. They want to continue to be supportive of the Program in this way. As soon as possible after the budget is finalized, FMO will reach out to TCC to offer outreach and assistance.

The FMO was truly the primary (read that, "only") push behind this bill to get it through the legislative process. The Program has assisted so many home owners and will continue to do so. Next stop is the Governor's desk and I spoke to his Office of Policy and Budget earlier today. FMO President Ron Grove gave the Governor's Office some feedback. Stay tuned... FMO is working for you!

Respectfully submitted,

Nancy Stewart FMO Legislative Counsel



### A LITTLE SICK HUMOR -

That did the horse say when he fell down? Help, I can't giddy up.
Why did the man get hit by a bike everyday? He was in a vicious cycle.



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### The 6 Worst Habits for Your Joints

se anything on and off all day, every day — for decades — and over time, it's bound to show wear and tear. Case in point: the protective cushion between your bones, otherwise known as cartilage.

That's why the risk for developing <u>osteoarthritis</u>, a degenerative joint disease, <u>increases</u> <u>with age</u>, says Angelie Mascarinas, M.D., a physiatrist at the Hospital for Special Surgery, headquartered in New York City. About 50 percent of adults over age 65 have arthritis, according to the Centers for Disease Control and Prevention (CDC); osteoarthritis is the most common form.

You can't do much to slow the march of time, but there are plenty of lifestyle changes you can make to show your joints a little love. Here are the six worst habits for your joints.

### 1. Smoking

Not that you need another reason to give up <u>cigarettes</u>, but here it is: Smoking does a number on your joints. The nicotine in cigarettes narrows blood vessels and, as a result, restricts the amount of oxygen and critical nutrients that reach the joint cartilage. "This can result in cartilage loss, since cartilage receives its nutrients from the surrounding joint fluid and adjacent bone," Mascarinas says.

That's not all: It turns out, smoking also ups your risk for <u>osteoporosis</u>, the brittle bone disease. According to the American Academy of Orthopaedic Surgeons, seniors who smoke are 30 to 40 percent more likely to break their hips than their nonsmoking counterparts. And it "may increase pain sensitivity," Mascarinas says. "In other words, arthritis pain can be perceived as more severe in smokers, so the [pain-relieving] effects of arthritis medications may seem less effective to smokers."

### 2. A physically inactive lifestyle

Your sedentary habits are bad for your joints in a couple of ways. For starters, it makes it hard to maintain a healthy weight, and extra pounds are hard on your joints, especially those in the hips, hands and knees, according to a study in *Arthritis & Rheumatology* that followed more than 1.7 million people for more than four years. Knees are especially vulnerable. Participants who were obese, with a body mass index of 30 or higher, were about three to five times as likely to get knee osteoarthritis.

Frequent sitting also "leads to muscle tightness in the hips and legs, and weakness of corestabilizing muscles," Mascarinas says.



To counter all of the above, aim for 30 minutes of <u>joint-friendly exercise</u> five days a week. "Moderate, low-impact activities like walking, water aerobics and swimming are easy on the joints," Mascarinas says. "If you have osteoarthritis, avoid deep squats and deep lunges, running, repetitive jumping, and activities with quick turns and sudden stops like basketball and tennis."

And make a point of breaking up bouts of sitting every 30 minutes or so with a couple minutes' worth of <u>stretches</u>. Doing so helps keep joints lubricated, says Akhil Chhatre, M.D., director of spine rehabilitation and assistant professor of physical medicine and rehabilitation at Johns Hopkins University School of Medicine. "I advise my patients to maintain some activity throughout the day, but to expect increased pain with increased activity."

### 3. Overdoing exercise

Weekend warriors, listen up: Cramming in a week's worth of exercise on the weekends isn't doing your joints any favors. "There's a happy medium between exercising our muscles and not overdoing the stress on the joints," says David Porter, M.D., an orthopedic foot and ankle surgeon in Indianapolis. "Studies have shown that people with arthritis who keep their muscles in good shape manage arthritis much better." Find the sweet spot with a mix of aerobic exercise and strength training. "Even 70-, 80- and 90-year-olds can continue to get good muscle responses to weight-training exercises," Porter says. Research shows "that it's easier to do daily activities — such as getting up out of a chair, going up and down steps, and possibly even decreasing the risk of falls — with more conditioned muscles."

### 4. Carrying a heavy load

It's hardly a surprise that heavy lifting — whether it's hauling a filled-to-capacity tote bag on a daily basis or picking up your growing grandchild on those once-a-month visits — takes a toll on your body. And it exacts a specific toll on your joints. "Carrying objects that are heavy creates imbalance throughout the body," Porter says. And these imbalances "create torque or stress on the joints which can further deteriorate the cartilage over time."

The trick, of course, is defining "heavy" load. Porter says to consider it "any amount of weight that requires more than one hand to pick it up." Play it safe and use the palms of both hands or use your arms instead of your hands when you lift or carry stuff, the Arthritis Foundation suggests. Hold items close to your body, which is less stressful for your joints.

### 5. Eating pro-inflammatory foods

We're talking all the usual suspects: red meat, white sugar, French fries, soda, pastries. These pro-inflammatory foods can worsen joint pain, Mascarinas says. On the other hand, foods rich in omega-3 fatty acids — flaxseed oil and cold-water fish like salmon and mackerel — are considered anti-inflammatory and can help alleviate inflamed joints. Leafy greens are also recommended, as are cholesterol-lowering foods like almonds, pistachios and walnuts, suggests a study published in Rheumatology, which found a link between high cholesterol and knee and hand osteoarthritis.

Mascarinas suggests incorporating foods like olive oil, berries and fish into your diet if you're experiencing joint pain. Foods that are high in beta-carotene, fiber, magnesium and omega-3s have also been linked to reduced inflammation in studies, she says. What's more, "limiting pro-inflammatory foods like red meat, sugar and dairy can also decrease joint pain."



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-Monthly Media Staff





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### It Pavs (Up to \$100) To Patronize the THOUSANDS of manufactured home residents have won

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over \$201,200 since our contest began!



1. Patronize the advertisers in this month's newsletter

- 2. Ask the business for your Monthly Mania ticket, OR a copy of your receipt and clip this ad
- 3. Mail it back to us at: Monthly Media | 220 Bahama St. Venice, FI 34285
- 4. Every month we draw new tickets for CASH PRIZES and mail winners a check! Every month is a new chance to win!

John Young	\$100	Recreational Golf Cars
		AMS West Coast
James Cahill	. \$10.	BugginOut Pest Control
Richard Daw	. \$10.	Jones & Sons Plumbing
Anne Burr	. \$10.	
Donna Lurtz	. \$10.	Imperial Electrical
David Shattleworth	. \$10.	Battleline Termite & Pest Control
Mike Daviduk	. \$10.	Air Masters of Pinellas
Carolyn Chambers	. \$10.	Boss Electric
		Royal Enterprise
Cheryl Murphy	. \$10.	E & E Gliddon
Melodee Baumgart	. \$10.	Jones & Sons Plumbing
Kenneth Daves	. \$10.	Battleline Termite & Pest Control
Jon Harner	. \$10.	
Karan Kelly	. \$10.	Rick's Appliances
Marilyn Moore	. \$10.	Recreational Golf Cars
Marsha Ditty	. \$10.	Battleline Termite & Pest Control
Jack Wilcox	. \$10.	Ron Wyngarden
Mark Bush	. \$10.	Boss Electric
Ron & Marsha Tavernier	r \$10 .	Heller's Mobile Home Washing

		Air Masters of Pinellas
Catherine Ballantine	\$10	Debbie's Salon
Scotty Sutherland	. \$5	Imperial Electrical
Mary Des Jardin	. \$5	BugginÔut Pest Control
		Boss Electric
Kevin & Chris Rainsfort	ı \$5	Heller's Mobile Home Washing
Bill Swengros	. \$5	Rick's Appliances
Fran Doyle	. \$5	Air Masters of Pinellas
Florence Ballard	. \$5	BugginOut Pest Control
Patty Booth	. \$5	ASC
Shirley Delaney	. \$5	Boss Electric
Anthony & Shirley Giaquint	o \$5	Heller's Mobile Home Washing
		Air Masters of Pinellas
Jim BainBridge	. \$5	Imperial Electrical
		BugginOut Pest Control
		Heller's Mobile Home Washing
		Battleline Termite & Pest Control
		BugginOut Pest Control
		Jones & Sons Plumbing
		Boss Electric

<sup>•</sup> Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify • Allow 8-12 weeks for mailing of check • No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers •

### 6. Texting, texting, texting

The occasional text does minimal, if any, harm to the joints in your hands. But constant typing on that mini keyboard (aka: your cellphone) "creates inflammation of the joints and tendon sheaths which can lead to pain and stiffness," Porter says. The same holds true for iPads, laptops — basically anything with a keyboard. To avoid joint pain, take breaks. And consider relying on the speech-to-text function on your smartphone.

Kimberly Goad is a New York-based journalist who has covered health for some of the nation's top consumer publications. Her work has appeared in Women's Health, Men's Health and Reader's Digest.



### **WARNING** IF YOU HIRE

FROM THE PINELLAS COUNTY CONSTRUCTION BOARD

HANDYMAN IN YOUR PARK NEIGHBOR • FRIEND • RELATIVE NON-LICENSED PERSON

Call 536-4720 If Any Doubt

110Pinellas County Construction Board

The Pinellas County Construction Board requires everyone to be tested and have \$300,000.00 of insurance. If you hire a non-licensed person you are subject to a fine as the homeowner up to \$5,000.00

BEWARE

### Amber Glades Office

**Scott Barker Professional Housing Consultant** 727-725-1811



Specializing in New & Pre-Owned Homes





## FREE Roof Inspection with washing

Heller's Mobile Home Washing 733 - 1166

**ASK ABOUT OUR OTHER SERVICES** 



727-431-6875

800-492-3890 Sales@PrecisionVaporBarriers.com 11

