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FOR AD RATES & INFO 727-484-7488 • info@monthly-media.com Island in the Sun Community Newsletter

Managing Editor: Linda O'Lone Proofreader: Beth Roberts

Media Delivery Team: Nancy Bilcheck Marilyn Babcock, Ernie Grow, Roy and Jan Wisdom, Sudie Borders, Cheryl D'Andrea; Sue Morley; Mike Malliet; Colleen Marshall, Cynthia Sadusky, Phil Tursi

May 2023 Media Deadline: April 10, 2023

Please e-mail articles and photos submissions to: LindaIITSmedia@gmail.com

You can also drop off articles not sent via e-mail at Lot 73.

Do NOT submit articles to the 'iits.hoa.media@gmail.com' under Kenn Brody.

Representative to the Federation of Manufactured Home Owners (FMO):

Tate McIntyre, Lot #23

Please submit corrections to LindaIITSmedia@gmail.com or report to an HOA Board member.

Island in the Sun HOA Board

President	Robert Bears	Lot 243		rbears.iits@gmail.com
Vice Pres	Jill Norwick	Lot 253	727-243-4592	jillnorwick@yahoo.com
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1 Yr	Steve Malara	Lot 202	732-977-4867	smbombers@aol.com
2 Yr	Nancy Bilcheck	Lot 184	203-913-9450	nbstuff@sbcglobal.net
3 Yr	OPEN			
Non-Board Positions				
Robo Call	Mike Malliet	Lot 115	920-540-1665	mmal1974@yahoo.com
Neighbor Helping Neighbor OPEN				

2023 Committees

Committee	Name/Chair	Lot#	. Phone#	Co-Chair	Lot #	Phone #
Activities						
Bingo	Linda Olone		. 727-214-7334			
Bingo Callers						
Bocci Ball	Phil Tursi	. 195	.727-754-1606			
Dominoes	Jan Wisdom		. 214-336-6834			
Ladies Lunch	Nancy Bilcheck	. 184	. 203-913-9450			
Liaison Committee	Robert Bears		. 727-871-8811	Jill Norwick		727-243-4592
Library	Cindy Sadusky		.717-587-2498	Nancy Bilche	ck 184	203-913-9450
Media Delivery	Nancy Bilcheck	. 184	. 203-913-9450			
Membership	OPEN					
Phone Book	Tate McIntyre		. 409-692-2619			
Pickleball	Paul Ranck	.134				
Potluck	Ciel Gordon		.952-486-1507			
Remembrance Corner	OPEN					
Shuffleboard	Elaine Ranck	.134				
Rummikub	Rose Leduc		. 727-797-8026			
Sign Board						
Texas Hold'Em			. 727-754-1606	Rose Leduc		727-797-8026
Welcoming	Rusty Leslie					
Yoga	Kathy Bowen					



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Those you enjoy the monthly media. If you have a suggestion on an article, you think would interest our community, please feel free to a reach out to me. We want to keep our future issues informative and interesting. I welcome any thoughts, ideas, criticism, or feedback.

Memorial Day is approaching. If you would like to honor and **From the Editor** remember someone who had served in our military, for our May edition of the monthly media, please let me know. If you would like to provide a picture, I am able to make a copy if you want to stop by with it, I can copy it quickly. You can reach me via email at <u>LindaIITSMedia@</u> <u>gmail.com</u> or phone/text 727-214-7334 or drop it by Lot 73. You can always find me on Facebook as well.

Our monthly regular sections will include: Resident Spotlight, Precious Pets, Grandparents Corner, recipe sharing, and local events to name a few. Please share, we love to hear some good news!

Please send any articles, suggestions, or photos to me at <u>LindaIITSmedia@gmail.com</u> or stop by Lot 73. If you would like to be highlighted (spotlight) in an upcoming edition, please let me know.

See you all soon! Thank you, Linda Olone - lindaIITSmedia@gmail.com

PRESIDENT'S MESSAGE

The IITS HOA Board is remaining the same for 2023, the board was reconfirmed by affirmation at the March meeting. We

appreciate the members who attended and were prepared to vote and thank you for your confidence in us to remain as your board for the next year. Please help me thank Denise Bearden for stepping up and becoming our new Activities Committee Chair. You can support her efforts by attending the monthly activities meeting or volunteer to host a community event. The next IITS HOA Board meeting is at the clubhouse on Tuesday, April 4 at 7pm. Membership dues have been held at \$15 per household in order to keep participation accessible to everyone in the neighborhood.

Robert Bears IITS HOA President rbears.iits@gmail.com

> A Complete Listing of Resident Services can be found on the page before your calendar









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Open positions:

e have 2 open positions (listed below) if you are interested. This will be submitting information to me (Linda) so I may keep our community informed.

NON-Board Position

1. Remembrance Corner - OPEN - Need this person to report obits or to Linda O'Lone for adding to Media and so I am able send a card from the community.

2. Contributor – looking for anyone that would like to contribute an article for the monthly media. It can be a regular monthly contribution, or an occasional one. Reach out to Linda O'Lone

April Birthdays

- 9 Kathy Stevens
- 14 Jasmina Forcan
- 14 Doris Ready
- 24 Trish Gudin
- 24 Donna Stewart
- 27 Joan Ottinger
- 30 Janet Coates
- 30 Maria Kerka
- 30 Steve Olone

April Anniversaries

- 3 John Holbach & Gail Spark
- 7 David & Rose Simmons

nniverfary!

We would love to add your birthday and anniversary to our list! E-mail your name and date to <u>LindaIITSmedia@gmail.com</u> so your friends and neighbors can help you celebrate your special days!

Please help me keep this list up to date. If you notice a resident listed who no longer lives in IITS, please give me a heads up.



FROM THE ACTIVITIES DIRECTOR:

STAY UP TO DATE ON IITS EVENTS

ctivities Committee Meeting – Now on the 2nd Tuesday of every month at 7pm Please attend and help plan or volunteer for future events. We always need volunteers to make our community events happen. Please stop in and hear what we have planned and consider Hosting a future event.

Our two Facebook pages are great resources for finding information about community events:

The Official Island in the Sun HOA – This page is available to those who have a paid IITS HOA membership (\$15 annually per lot for two members) and features information on HOA issues, meetings, and activities. The IITS HOA Board meetings are streamed live on this page the first Tuesday of each month at 7 pm. Please contact a Board member or attend an IITS HOA Board meeting for membership cards.

Island in the Sun Social Group – This page is a fun, informal way to interact and find information about people and activities in our community. Members include current and former residents of IITS who like to stay connected.

Attend the HOA Board Meeting on the first Tuesday of each month at 7 pm at the clubhouse.

Check out the Marquee at the park entrance by the clubhouse - upcoming events are updated regularly.

Please contact Denise Bearden for activities you would like to start per our survey on Facebook at itsactivities@gmail.com. Cooking, Recipe trade, community cookbook, sewing, quilting, crocheting, knitting, embroidery, soap making, candle making, jewelry making, scrapbooking, computer use, new computer software, woodworking, woodburning, left, right and center, baking, Zumba, fishing in the gulf, off site ideas, 5k, boating, jam session, water aerobics, belly dancing, silver sneakers, karaoke.

Resident Spotlight

ot 74- Tony & Marijill Williams have been together for 12 years. Tony has 4 children, Marijill has 3 children. All living their dreams. They have 1 grandchild who is the light of their lives. Marijill visits every chance she gets. They moved here from Ohio. They both grew up in a small town, Gallipolis, Ohio, where everyone knew everyone. They knew "of" each other 's families, but they never physically met until many years later. They met on Facebook through a mutual friend's post. Marijill and Tony both commented on that post. They wanted to keep talking so they took it off-line, and the rest is history.

They have lived in Island in the Sun for 3.5 years. While in Ohio, they had 15 tornados come through their town, and destroyed the company Tony worked for.



...continued on page 12 ISLAND IN THE SUN SENTINEL APRIL, 2023 E





They had previously been to Clearwater on vacation and fell in love with this area, so they felt it was the perfect time to move here. Tony still works, and Marijill stays at home enjoying her crafting. Marijill used to be a scrub nurse in the OR. They are both University of Michigan football fans (you can hear them yelling on any given Saturday during football season) where Tony used to play baseball. Tony was drafted to the Expos Pro-ball baseball team, for a short period. When I asked Marijill what people should know about them, she said "Tony is a bit of a daredevil. He has jumped out of airplanes, raced motorcycles, just to name a few" Tony also served as HOA President for a short period (probably the scariest thing he ever did). I asked how that was. " Demanding, time consuming, but rewarding" He enjoyed his time, although short lived, serving the residents here. Marijill said she has a bucket list item, and that is going to Paris.

j'espère que tes rêves se réaliseront – translation... I hope your dreams come true! Bon Voyage! Paris, is known to be one of the most beautiful cities in the whole world. It is believed to be 'the city of dreams', 'the city of love' and 'the city of romance'.

Precious Pets

Paul Cairns and Denise Bearden (Lot 119) want to introduce their fur babies.... This is Cassie, age 12 & Coco, age 7. Both mini-Schnauzers were rescued from a puppy mill in central Florida.

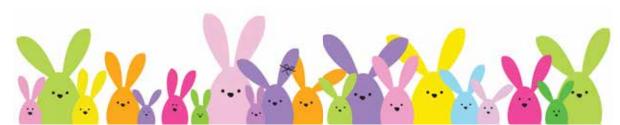
Cassie was so scared when they got her that it took her three years to finally go to Paul. Getting Coco a few years later really helped Cassie a lot. Coco taught her how to be a normal dog again.

Now Cassie acts like a puppy. Per Paul, "They have both grown into a couple of loving and sweet pups!"

Grandparents Corner

lease submit any information you want to share for this section to <u>lindaIITSMedia@gmail.com</u>. No pictures for this section please.





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SIGN UP FOR IITS ROBOCALL TO STAY INFORMED

essages about IITS activities and events can now delivered to your phone. This service is provided free to IITS residents by the HOA. Calls are made to phone numbers in the US or Canada to either a landline or cell phone. This service is limited to one number per household.

Part time residents can forward the messages to another phone or pause messages while away.

The phone messaging service is used to:

- Remind residents of HOA meetings
- Announce/Remind/Poll activities and events
- Communicate information to specific groups (Bocce, Shuffleboard, etc.)
- Announce safety concerns in the community and surrounding area
- Other uses approved by the IITS HOA Board of Directors.

Please provide your information to Mike Malliet at 920-540-1665 or mmal1974@yahoo.com. Your information will be used strictly for this messaging service and will not be shared with anyone else.

Lot # _____ Telephone Number ______ Name(s) ______

Sign-up for our Robocall phone messages for upcoming events. Please email Mike Malliet at *mmal1974@yahoo.com* and provide your name, lot number and your phone number with area code.

If you provide a cell number, please add 877-333-9336 to your contacts so the call is not blocked.

Your number will not be shared. You can also provide your info to a Board Member to pass along to Mike by filling out the sign-up form in this issue.

Finally, this publication, *Island in the Sun Sentinel*, also referred to as the *Monthly Media*, contains names, contact information, community articles and information, an activities calendar as well as general interest articles. IITS residents can contribute ideas, articles, and photos to the publication. Contact Linda Olone at LindaIITSmedia@gmail.com

View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer

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ISLAND IN THE SUN SENTINEL APRIL, 2023 E

Pickleball

I sland in the Sun residents love to play Pickleball. Pickleball is often described as a combination of tennis, Ping-Pong, and badminton. This sport has grown 40 percent between 2019 and 2021, making it America's fastest-growing sport.

Pickleball can be played by people of all ages and fitness levels. Anyone who says it's easy or not a good form of exercise is probably someone that has never actually stepped foot on a pickleball court.

Playing pickleball and other racket sports helps with hand-eye coordination. This is something that as we age is important since it is required for many daily activities like eating or driving. These exercises also help with balance, which is under threat with age, but essential to maintain to help avoid falls

Dress Code for players is just to wear anything comfortable and appropriate for the climate: athletic shorts, sweatpants, wicking apparel, t-shirts, etc. Tennis-style dresses and skirts for females are common.

What is the most important skill in pickleball? **Dinking**.... yes Dinking is essential to any pickleball strategy. **Come to the pickleball court on any Monday or Tuesday evening and Paul, Elaine, or Mike Maxwell will show you what "dinking" is. Don't worry if you don't know how to play, they will teach you the art of Pickleball! Easy to learn, easy to start as a beginner! Spectators are always welcome as well! Cheerleaders needed! See you there!**

Bocce Ball

Phil Tursi is looking for Bocce Ball players to play on Tuesdays and Thursdays at 1:00 pm. Phil is at the courts at these times. He can teach you to play if you don't know how. The Bocce Ball courts are behind the clubhouse. Bocce is a low-impact game, but it does involve some light physical activity. Although you're not going to burn as many calories as you would while swimming or cycling, it does enable you to do some light cardio.

Ladies Luncheon

(Photo cred. - Gertie Oosterhuis)

n the 3rd Thursday of every month, the ladies of Island in the Sun get together for lunch. Having attended a couple of these, I can tell you, it is a good time! Nancy Bilcheck does an excellent job organizing this. Nancy keeps a sign-up sheet in the clubhouse. If you would like to participate, please sign up every month. Nancy will announce the location on the Facebook social page. She also does a great job providing a door prize to some lucky winner every month!





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Recipe Sharing

Pineapple Stuffing - This pineapple stuffing makes a great side with ham.

Ingredients - 1 cup white sugar ¹/₂ cup butter or margarine 4 eggs

1 (20 ounce) can crushed pineapple, drained 5 slices white bread, cubed

Step 1 Preheat the oven to 350 degrees F (175 degrees C). Grease a 9-inch baking pan.

Step 2 Combine sugar and butter in a large bowl; beat with an electric mixer until smooth and creamy. Beat in eggs one at a time, then stir in pineapple and bread cubes, transfer mixture into prepared baking dish.

Step 3 Bake in the preheated oven for 1 hour. Let it sit a few minutes to firm up before serving

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Peanut Butter Bars – No Bake

Ingredients - 2 cups graham cracker crumbs, 2 cups confectioners' sugar, 1 cup butter or margarine, melted, 1 cup peanut butter, $1\frac{1}{2}$ cups semisweet chocolate chips, 4 tablespoons peanut butter.

Directions - Mix together graham cracker crumbs, confectioners' sugar, butter, or margarine, and 1 cup peanut butter in a medium bowl until well-blended. Press evenly into the bottom of an ungreased 9x13-inch pan. Place chocolate chips and 4 tablespoons peanut butter in a microwave-safe bowl. Microwave on high, stirring every 15 seconds, until smooth. Spread mixture over crust. Refrigerate for at least 1 hour before cutting into 12 squares.



Recipe

sharing



Nike, Apple, Loreal, M&M's, Busch Beer, Burger King, Wheaties, Target, McDonalds, Lays

Leftover Ham & Potato Casserole

Ingredients - 6 small potatoes, peeled and cut into 1/2-inch cubes, 7 tablespoons butter, divided, $\frac{2}{3}$ pound leftover cooked ham, cut into 1/2-inch cubes, 1 small onion, finely chopped, 3 tablespoons all-purpose flour, 1 $\frac{1}{2}$ cups milk, salt and ground black pepper to taste, 1 (8 ounce) package shredded Cheddar cheese, $\frac{1}{4}$ cup breadcrumbs

Directions - Boil potatoes in salted water; bring to a boil. Simmer until tender. Preheat the oven to 350 degrees F. Grease a 1 1/2-quart baking dish. Melt 3 tablespoons butter in a skillet over medium heat. Add ham and onion; cook until the onion has softened, about 5 minutes. Remove from the heat. Drain potatoes; add to the ham mixture and stir to combine. Transfer to the prepared baking dish. Melt the remaining 4 tablespoons butter in a saucepan over medium heat. Whisk in flour and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk milk into the flour mixture; season with salt and black pepper. Continue cooking and stirring until thickened, about 2 minutes. Reduce heat to medium-low and stir in Cheddar cheese until melted. Pour cheese sauce over ham and potatoes. Sprinkle breadcrumbs over top. Bake in the preheated oven until sauce is bubbly and browned, 25 to 30 minutes

Where did the Easter bunny come from?

e can be found everywhere during March and April, bringing bright colors, and the hope of springtime.

Why does he bring us eggs? The gods and goddesses of fertility, you might say. The bunny is a figure that is synonymous with Easter and known for

delivering Easter baskets filled with Easter candy and eggs. No mention of this loving figure in any Biblical story, which has us wondering how the charming creature became associated with Christianity's holiest day in the first place. England, Germany, Russian, Pagan tradition??? You decide. Interesting to say the least.

Fun Stuff....

Answers:

Can you name the brand:

- 1. Just do it.
- 2. Think different.
- 3. Because you're worth it
- 4. Melts in your mouth
- 5. Head for the mountains

- 6. Have it your way
- 7. Breakfast of champions
- 8. Expect More, Pay Less
- 9. I'm Lovin It
- 10. Betcha can't eat just one.





Bingo winners ...

ur people love playing Bingo! One of our jackpot winners, Kathy Stevens, flashing her big bucks! Please join us for Bingo on Thursday nights! Monthly Birthday Celebrations at Bingo!





Every Thursday at 7:00 pm Bring your friends!



Packet Pricing - 9 sheet

\$10.00 Includes Packet: 1 speedy bingo (single sheet) 1 jacket pot sheet (triple sheet)

Extras Speedy Bingo 50 cents each Jackpot sheets \$1.00

\$2.50 ea

Door Prizes every week! Monthly Birthday Party with an extra jackpot!



Get there early to buy your packets! We are there at 5:45! Feel free to bring your own

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50/50 100% Payout: 1/2 to the winner & 1/2 added to the jackpot







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APRIL•2023

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9 7 pm Texas Hold'em Easter	10 1 pm Dominoes 6:30 pm Pickleball	1 pm Bc 1 pm Ri 6:30 pm 7 pm Ac
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23 7 pm Texas Hold'em	24 1 pm Dominoes 6:30 pm Pickleball	1 pm E 1 pm F 6:30 pi
30 7 pm Texas Hold'em		

Island In The Sun

uesday	Wednesday	Thursday	Friday	Saturday	
					1
				April Fool's Day	
4 occi Ball ummikub Pickleball OA 1tg	5 10 am Yoga 7 pm Texas Hold'em	6 1 pm Bocci Ball 5:30 pm Sandwiches 7 pm Bingo Maundy Thursday	7 1 pm Shuffleboard 5 pm Chit Chat 7 pm Texas Hold 'Em <u>Good Friday</u>	Holy Saturday	8
11 occi Ball ummikub Pickleball tivities Mtg	12 10 am Yoga 7 pm Texas Hold'em	13 1 pm Bocci Ball 7 pm Bingo	14 1 pm Shuffleboard 5 pm Chit Chat 7 pm Texas Hold 'Em	5-9 pm Spring Fling Dance - BYOB	15
18 Bocci Ball Rummikub m Pickleball	19 10 am Yoga 7 pm Texas Hold'em	20 1 pm Bocci Ball 7 pm Bingo	21 Cal Am Garden Party 1 pm Shuffleboard 5 pm Chit Chat 7 pm Texas Hold 'Em	2	22
25 Bocci Ball Rummikub m Pickleball	26 10 am Yoga 7 pm Texas Hold'em	27 1 pm Bocci Ball 7 pm Bingo	28 1 pm Shuffleboard 5 pm Chit Chat 7 pm Texas Hold 'Em	2	29









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Today's Inspiration

pring adds new life and new joy to all that is. The very first Easter taught us this: "life never ends and love never dies."



Stay Informed

Free Park-and-Ride Service Returns to Clearwater Beach

The city of Clearwater has teamed up with PSTA to make your trip to Clearwater Beach easier during spring break season. Park & Ride is a program that offers beach visitors a place to park in a free designated lot, and then ride the trolley to the beach for free. Trolley Park & Ride service runs:

- Monday through Thursday, every 30 minutes from 10 a.m. to 10 p.m.
- Friday to Sunday, every 15 minutes from 10 a.m. to midnight on Fridays and Saturdays and until 10 p.m. on Sundays

Park for free at the former Clearwater City Hall location, 112 S. Osceola Ave., and board for free there, at the Clearwater Beach Transit Center or the Clearwater Beach Marina. Return service to the parking lot boards at the Clearwater Beach Marina. This service began March 1 and runs through April 30.

In The Know

 \sim What is the best resource to understand Medicare? Medicare.gov, the Medicare & You" handbook, and 1-800-MEDICARE (1-800-633-4227) are your official sources of unbiased information from the government. TTY users can call 1-877-486-2048.

Humor

- \sim I'm looking for an adult Easter egg hunt. Instead of a fuzzy bunny and plastic eggs, they hide wine and glasses.
- ic 🔁
- ~ A farmer plays a prank on Easter Sunday. After the egg hunt, he sneaks into the chicken coop and replaces every white egg with a brightly colored one. Minutes later, the rooster walks in. He spots the colored eggs, then storms out and beats up the peacock.
- \sim A balanced Easter diet is a chocolate egg in each hand.
- ~What do rabbits say before they eat? Lettuce Pray

Random thoughts to ponder.

uicksand works slowly. Boxing rings are square. How can a slim chance, and a fat chance be the same? Why do feet smell, and noses run? If it was a 3-hour cruise, why did Mrs. Howell have so many clothes? Why does sour create have an expiration date? If Barbie was so popular, why did you have to buy her friends? What was the best thing before sliced bread?



The only things you can take with you when you leave this world are the things you pack inside your heart. Pack wisely.

Keep your face to the sunshine and you will not see a shadow.

Local events for April

njoy!

Safety Harbor - **Paddle the Bay - April 1, 2023**, 7:00 AM-5:00 PM Safety harbor at the Waterfront Park - Enjoy a day paddling on the bay. Kayak and Paddle board courses for all skill levels. Paddle For Kids Corp. will

April

host this event to raise awareness for childhood screenings. Visit www.paddleforkids.org for more information.

Safety Harbor - Market on Main – Every Sunday 10:00 AM - 3:00 PM Safety Harbor at the Gazebo at John Wilson Park

Safety Harbor - **5K By the Bay - April 15, 2023**, 7:00 AM - 11:00 AM Safety Harbor at the Waterfront Park

Safety Harbor - **3rd Friday - April 21, 2023**, 6:00 PM - 10:00 PM Safety Harbor Main Street. Nine blocks of Main St. will come together to showcase the restaurants, bars, shops, and nonprofits in our vibrant community. The street is wet-zoned so that you can purchase and enjoy alcoholic beverages from your favorite establishment within the event footprint and stroll along nine blocks of Main St. which is alive with entertainment, activities and shops open late.

Clearwater - Pier 60 Sugar Sand Festival - April 7 to 23, 2023 - at Pier 60, 7 Causeway Blvd., Clearwater Beach, 33767 in Clearwater Beach

Dunedin - Downtown Dunedin Market – Every Saturday on Main St downtown Dunedin. loads of vendors.

Dunedin - **Piper on the Pier - Every Friday and Saturday** - Dunedin Marina Pier during sunset, listen to the Piper on the Pier play "Amazing Grace" and other live bagpipe music while watching the sunset (weather permitting.)

Palm Harbor - Palm Harbor Fest - April 13-16 - Celebrate Downtown Palm Harbor, visit the Local Merchants - Along 11th Street from Nebraska to Michigan. Food, vendors, fun.

Largo - Largo Shred Fest - April 15 at the Starkey Road Recycling Center (1551 Starkey Rd) from 9am-12pm or until the trucks are full. You can bring up to 5 boxes of documents and they will shred them. Free and secure.

Brooksville - **Brooksville Blueberry Festival**, **April 29-30**, **2023** - Florida is a major producer of blueberries, and this celebration features a variety of blueberry foods and products. It has something for every demographic — from craft beer to live music









Numbers and Things to Know

- ~ What is the best resource to understand Medicare? www.Medicare.gov, the "Medicare & You" handbook, and 1-800-MEDICARE (1-800-633-4227) are your official sources of unbiased information from the government. TTY users can call 1-877-486-2048.
- ~ Don't forget about your senior discounts. If you don't know, ask. Most places offer a discount for 55+. Doesn't hurt to ask.
- \sim Lift Assist (727) 587-2111 when you or a loved one falls and cannot get up. They will come out to assist.

National Days

- April 2 National Peanut Butter & Jelly Day
- April 6 National Caramel Popcorn Day
- April 13 National Peach Cobbler Day
- April 20 National Cheddar Fries Day
- April 24 National Bucket List Day
- April 27 National Gummi Bear Day

Did You Know

lephants are also the only mammal that cannot jump.

Crows can recognize human faces — and remember them for their entire lives. They've also been known to leave gifts for humans.

The name of a group of lemurs is (wait for it) a "conspiracy." Really. This is because they often work together in their social groups to outsmart prey.

Believe it or not, wombats' poop is cube-shaped. This apparently has to do with their digestive process and various bodily contractions. The more you know....

A little gross, but also kind of funny: Lobsters pee out of their faces. Even more interesting, they do this as a way to attract mates.

When Mary Stuart was just six days old, she became the Queen of Scotland.

Did you know Cows can only walk upstairs, but not down them. (how did they figure this one out and how did they get the cow down?)











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- the popcorn ready! Here's my top 10 binge worthy series (I actually have many), not in any particular order.
- 1. Yellowstone series and spin offs. 1883, 1923. All great!
- 2. Outlander Jamie Frazier is easy on the eyes!
- 3. Ozark Jason Bateman slays this show!
- 4. The Last Kingdom Uhtred is another one... easy on the eyes.
- 5. Designated Survivor excellent! Kiefer Sutherland was a great choice for this show
- 6. Good Witch feel good Hallmark type series
- 7. The Recruit action packed thriller.
- 8. The White Lotus kooky but fun
- 9. Virgin River Another feel good show
- 10. And for your throwback.... Sopranos! Who doesn't love Tony Soprano!

We are currently watching Daisy Jones and the Six. I'll keep you posted on this one! If you have any you want to give us reviews on, let me know. We are all always looking for something new to binge watch on a rainy day, or a "too hot outside" day!

6 Reasons to Love Radishes – Internet Source

ur veggie this month, is Radishes!

Hydration: Radishes support hydration both inside and out. They are incredible for your skin as they hydrate while adding vitamin C, Zinc and phosphorus which can battle dry skin, acne and treat rashes. Radishes support the generation of collagen!

Digestion: Not only are radishes high in fiber they regulate bile production which is key in supporting your liver and gall bladder.

Antifungal: To piggyback on the digestive support radishes also fill a second digestive role which is managing fungus that wreak havoc on the gut and the whole body.

Blood, Blood: We sometimes underestimate the work our blood is doing every second of every day until something potentially goes wrong. Radishes are key players in supporting oxygen delivery to the blood. They also control blood pressure due to being packed with potassium.

Vitamins: This laundry list of vitamins are unmatched. Supporting our immunity is the vitamin C. In fact, a half cup of radishes has almost 15% of our daily intake. Followed up with Vitamins, E,A,C,B6, and K. They are high in antioxidants, zinc, potassium, phosphorous, magnesium, copper, calcium, iron, folic acid, flavonoids, and manganese.

Heart health: Radishes contain anthocyanins which are a type of flavonoid which give foods their red, blue, and purple colors. They have powerful antioxidant affects which reduce the risk of cardiovascular diseases.















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Be Aware of Scammers

It has become more prevalent and more sophisticated. Tammy Blaisse put together a list of known scams and wanted to share with our residents. Please be aware and knowledgeable of some of the typical scams that are out there. If you want the links to any of these, or need more information, please reach out to Tammy.

Text Message Scams

- Missed delivery notification scam texts from UPS and others
- "Is this you?" messages purporting to be from a friend or colleague
- Text scams claiming that your bank is closing your account
- Texts claiming that you've won a prize or sweepstakes
- Texts claiming that your debit or credit card has been locked
- Text messages from the IRS or other government agencies
- Text messages from your own number
- Texts claiming that your payment for subscription services didn't go through (Netflix, HBO, etc.)
- Texts about purchases you didn't make (fake fraud alerts)
- Two-factor authentication (2FA) scam text messages

Email Scams

- The fake invoice scam
- Email account upgrade scam
- Advance-fee scam
- Google Docs scam
- PayPal Scam
- Message from HR scam
- Dropbox scam
- The council tax scam
- Unusual activity scam

Phone Scams

- Debt reduction, special credit card rates, and other "limited time" offers
- Scammers claiming to be customer support representatives
- Government agency impersonation scam calls
- Fake fraud alerts claiming to be from your bank
- Claims that you missed jury duty and there's a warrant out for your arrest
- Extended warranty scam calls and robocalls

Tips

• Never say "Yes" on the phone when someone asks if you can hear them. This is a way to get you to say yes so they can use that recording of your voice to order/authorize something.









SUB-FLOOR & FLOORING EXPERTS!

COVID-19 NOTICE:

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



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- If you do not recognize the phone number don't answer, let it go to voice mail.
- If you receive a call from what appears to be or sounds like a child, grandchild, or friend asking for money, but can't answer simple questions that only you and that person should know. Do not send money.
- If you are asked to buy gift cards, don't buy them. Hang up.
- Text messages look very real, if you receive one from Amazon, but it does not have the <u>https://amazon.com</u> in the message. Don't Respond.

Don't ever give any account number to anyone! Question their authority or tell them you will call the company yourself. When in doubt, ask someone. Be safe and aware. We will add more in the next newsletter.

Friendship

read an interesting article on <u>www.Welbehealth.com</u>. Their study indicates friendships have an impact in longevity and brain function. "Superagers" (80+ years), who tend to have more friendships, have been shown to have memory function compared to that of 50-60 years old. The theory is that maintaining strong social networks seems to be linked to slower cognitive decline.



So, I will part with this; make new friendships and keep old friendships alive. Sometimes being a friend means love without conditions, knowing when to be there, when to let go, when to pick up the pieces, when to be silent, and when to be truthful, because a true friend accepts who you are but also helps you become a better you. Love with a whole heart. I for one, am blessed with friendships that I will always treasure! Besides, friends are the ones that either bail you out or sit next to you and say, " man that was fun."

2 friendship quotes: author unknown

"A friendship can weather most things and thrive in thin soil; but it needs a little mulch of letters and phone calls and small gestures - just to save it from drying out completely."

"A friend is one who overlooks your broken fence and admires the flowers in your garden."



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