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ISLAND IN THE SUN

• S E N T I N E L •

E

August • 2024

**Issue 6
48th Year**

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Island in the Sun Community Newsletter

Manager Editor: Tammy Blaisse Media Delivery Team: Nancy Bilcheck, Ernie Grow, Roy and Jan Wisdom, Sudie Borders, Cheryl D'Andrea; Sue Morley; Mike Malliet; Colleen Marshall, Cynthia Sadusky, Phil Tursi, Sonny Dumlao and Cecile Morock

June 2024 Media Deadline May 4, 2024
Please e-mail articles and photos submissions to: iits.sentinel@gmail.com
You can also drop off articles not sent via e-mail at Lot 297.

Representative to the Federation of Manufacturers Home Owners (FMO):
Need Volunteer
Please submit corrections to tammy.blaisse@yahoo.com or report to an HOA Board member.

Island in the Sun HOA Board

President.....	Tammy Blaisse.....	Lot 297.....	580-301-4828.....	tammy.blaisse@yahoo.com
Vice-President.....	Rusty Leslie.....	Lot 310.....	865-232-9072.....	kohanadancer@gmail.com
Treasurer.....	Cathy Ralston.....	Lot 184.....	203-257-3376.....	iitshoatreasurer@yahoo.com
Secretary.....	Chris LaGuardia.....	Lot 233.....	631-831-6426	
1 yr.....	Steve Malar.....	Lot 202.....	732-977-4867.....	smbombers@aol.com
2 yr.....	Pattie McDonough.....	Lot 266.....	727-475-0360.....	mcdonoughpattie@gmail.com
3 yr.....	Trish Kurinsky.....	Lot 251.....	609-339-0346	

Non-Board Positions

Robo Call.....	Jill Norwick.....	Lot 253.....	727-243-4592.....	jillnorwick@yahoo.com
.....	Chrissie Riley.....	Lot 290.....	404-353-1801.....	chrissiegriley@gmail.com
Neighbor Helping Neighbor.....	OPEN			

2023 Committees

Committee.....	Name/Chair.....	Lot#.....	Phone#.....	Email.....	Co-Chair.....	Lot # . Phone #
Activities Committee..	Pattie McDonough	266	727-475-0360			
.....	Chrissie Riley	290	404-353-1801			
Bingo.....	Linda Olone	73	727-214-7334			
Bingo Callers.....	Linda Olone	73	727-214-7334			
Dominoes.....	Jan Wisdom	70	214-336-6834			
Ladies Lunch.....	Cindy Sadusky	14	717-587-2498			
Library.....	Cindy Sadusky	14	717-587-2498		Nancy Bilcheck..	184 203-913-9450
Media Delivery.....	Nancy Bilcheck..	184	203-913-9450			
Membership.....	Tammy Blaisse	297	580-301-4828	tammy.blaisse@yahoo.com		
.....	Rusty Leslie	310	865-232-9072	kohanadancer@gmail.com		
Phone Book.....	Tammy Blaisse	297	580-301-4828			
Pickleball.....	Paul Ranck	134				
Potluck.....	Ciel Gordon	182	952-486-1507			
Remembrance Corner....	OPEN					
Shuffleboard.....	Elaine Ranck	134				
Rummikub.....	Rose Leduc	160	727-797-8026			
Sign Board.....	Clayton Malseed	83	707-510-7981			
Texas Hold'Em.....	Rick Morabito	174	303-704-9772		Rose Leduc	160 727-797-8026
Welcoming.....	Rusty Leslie	310	865-232-9072	kohanadancer@gmail.com		
Yoga.....	Kathy Bowen					

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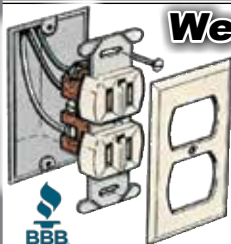
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FROM THE EDITOR



What type of articles would you like helpful, informative or just plain fun? Have any ideas or suggestions?

Please send any articles, suggestions, or photos to me at tammy.blaisse@yahoo.com or stop by Lot 297. If you would like to be highlighted or have a resident event highlighted in an upcoming edition for any of our sections, please let me know.

Thank you,
Tammy Blaisse

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 Tammy Blaisse at iits.sentinel@gmail.com

PRESIDENT'S MESSAGE



Happy August Everyone!

If you have any questions, concerns, comments, ideas. Please feel free to reach out to me in the evenings, my free hours are 5 to 8 pm or text or me at anytime at 580-301-4828, I will get back to you as soon as I get off work. I will be happy to help if able.

Tammy Blaisse
IITS HOA President
tammy.blaisse@yahoo.com

OPEN POSITIONS:

We have a few open positions if you are interested in volunteering for anything.

NON-Board Positions

1. We need volunteers for Bingo. We are looking for callers. Duties would be once a month or so. The computer does most of the work, and almost all of the calling (with the exception of one game). It is a very simple program to use, and we are a fun bunch to spend time with! If you are interested, please call Linda at 727-214-7334.
2. Remembrance Corner - OPEN - Need this person to report obits to **Rusty Leslie** for adding to Media Guide and so we are able send a card from the community.
3. Neighbor Helping Neighbor – OPEN - need Volunteers.

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- NOV 10, 6 DAY—MYRTLE BEACH, SC—Beach Resort!...\$1177*/\$1479

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August Birthdays

4 Ed Dennison
7 Sonia Bower
8 Pattie McDonough
9 Irving Leonard
21 Ernest Grow
23 Molly Johnson
27 Jack Allen
27 Linda Olone
29 Marie Colletti
31 Charles Roberts



August Anniversaries

10 Bob & Sonia Bower
10 Tammy & Phil Blaisse
20 Ned & Susan Grove
24 Theresa Amato & Irvin Stuart
28 Kathy & Bob Stevens

We would love to add your birthday and anniversary to our list!
E-mail your name and date to tammy.blaisse@yahoo.com 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. Thanks!

HAPPY
Anniversary

FROM THE ACTIVITIES COMMITTEE:

4 ways to find out all about our events:

1. Make sure you sign up for the robocalls as well, as event information is being sent via robocall, too. Contact Jill Norwick at jillnorwick@yahoo.com or Chrissie Riley at chrissiegriley@gmail.com with your lot #, telephone number and name to join the list. These numbers are shared with no one.
2. Check out the Marquee at the park entrance by the clubhouse for upcoming events. HOA Events and announcements are located on the front and Resident Sponsored Activities are located on the back, if you would like your activity listed on the back please let Tammy Blaisse know.
3. The calendar is kept current in the glass case at the Clubhouse.
4. Please join any or all of these IITS FaceBook Groups, we post activities on these pages only.
 - a. Island in the Sun Social Group
 - b. IITS uncensored, sort of
 - c. The Official Island in the Sun HOA (HOA Members only) This page is only for HOA business.

Please contact the activities committee for activities you would like to start at mcdonoughpattie@gmail.com, chrissiegriley@gmail.com We will provide you with help to get started.



RESIDENT ACTIVITIES ANNOUNCEMENTS

These activities are not HOA or Cal-Am sponsored activities. They are resident led.

The Boys who Brunch are meeting monthly the restaurant, date and time are announced on various IITS Facebook pages, sign up is online or at the Clubhouse.

Like to shoot pool? Every Saturday at 10 am there is a group who play 8 or 9 ball at the clubhouse. They are always looking for new players.

Texas hold ‘em Poker is played in the clubhouse on Sundays, Wednesdays, and Fridays at 6:30 pm. Come prepared to have fun.

Anyone wanting a resident activity to be spotlighted in the Media Guide please contact Tammy Blaisse.

See the calendar in the Media Guide or on the clubhouse board for upcoming daily activities, HOA activities and Cal-Am activities.

SAVE THE DATE FOR THESE HOA EVENTS

Hi everyone.

Volunteers are always needed to host, set up and tidy up – please let Rusty know if you would like to help out at any of these events. Lot 310, 865.232.972 kohanadancer@gmail.com

Thanks to all those who volunteer their time to make these events a great one for our community.



August 10th - Saturday 7pm
Theme: Sock Hop
\$10 HOA, \$15 for others
Dessert & Snacks
Please bring your own drinks and BYOB
Music

August 11th - Sunday 1pm
This event will repeat the 2nd Sunday of every month
Sundae Social
\$3, \$5, \$7
Come get some yummy ice cream!

September 14th - Saturday 10 am
Brunch @ the Clubhouse
\$5 for all

October 26th - Saturday 6pm
Halloween
Costumes on Parade
Golf Cart Parade
House decorating contest

Rusty Leslie

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Notice: Cal-Am will be communicating information to the residents via texts. Would you like to receive text messages? Just go into Rent Café and edit your profile and select text messaging. (no texting and driving please). If you need setting this up please contact Katy at the office or myself, we will be happy to help you.

HOA will continue to use Robo call.

WELCOME WAGON CORNER

by Rusty (Rosalind) Leslie



Welcome to my little corner of the world. August is here and we are so thankful for air conditioning

If you are new to our community and manufactured home living, I will be happy to give you information on how it all works here and answer any questions you might have.

I hope you take advantage of all the activities we offer and that you love living here as much as I do.

Have a wonderful July!

Rusty (Rosalind) Leslie

Lot 310 - corner of Nassau and Windward – first intersection as you come in, blue house on the left with yellow SUV – that’s me. Come to my screened porch and ring the bell

Call or text me at 865.232.9072

Email me at kohanadancer@gmail.com

PRECIOUS PETS



If anyone has a Pet or few you would like to share with the community please reach out to me at iitsactivities@yahoo.com

Have an appointment at the following places and need a ride:

Mease Countryside Hospital
Mease Dunedin Hospital Campus
Morton Plant Hospital Campus

You can call CareLift for free transportation by Morton Plant Mease volunteers. You must be able to get in and out of the van without assistance, adhere to all safety protocols. The hours are Monday thru Friday 8am to 3:30 pm. Call 727-734-6107 to make your reservations.

If you would like to volunteer to drive the van they are always looking for people.

SIGN UP FOR IITS ROBOCALL TO STAY INFORMED

Cal-Am has a new way of communicating information to the residents. Would you like to receive text messages? Just go into Rent Café and edit your profile and select text messaging. (no texting and driving please)

HOA will continue to use Robo call.

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 Jill Norwick at 727-243-4592 or Jillnorwick@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) _____

SCAM ALERT

Romance Scams

www.fbi.gov/how-we-can-help-you/scams-and-safety/common-scams-and-crimes

Romance scams occur when a criminal adopts a fake online identity to gain a victim's affection and trust. The scammer then uses the illusion of a romantic or close relationship to manipulate and/or steal from the victim.

The scammer's intention is to establish a relationship as quickly as possible, endear himself to the victim, and gain trust. Scammers may propose marriage and make plans to meet in person, but that will never happen. Eventually, they will ask for money.

If someone you meet online needs your bank account information to deposit money, they are most likely using your account to carry out other theft and fraud schemes.

Tips for Avoiding Romance Scams:

- **Be careful what you post** and make public online. Scammers can use details shared on social media and dating sites to better understand and target you.
- **Research the person's photo and profile** using online searches to see if the **image, name, or details have been used elsewhere**.
- Go slowly and ask lots of questions.
- Beware if the individual **seems too perfect** or quickly asks you to leave a dating service or social media site to communicate directly.
- Beware if the individual attempts to isolate you from friends and family or requests inappropriate photos or financial information that could later be used to extort you.
- Beware if the individual **promises to meet in person** but then **always comes up with an excuse why he or she can't**. If you haven't met the person after a few months, for whatever reason, you have good reason to be suspicious.
- **Never send money to anyone you have only communicated with online or by phone.**

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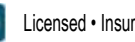


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BINGO NEWS!!!!



SUMMER SCHEDULE:
BINGO WILL BE CLOSED FOR JULY AND AUGUST.
REGULAR WEEKLY BINGO WILL RESUME ON SEPTEMBER 5TH

Bingo will take a hiatus for the summer months. I hope you all have something fun planned for your summer! Thank you for your continued support to make this a fun night for Island in the Sun residents, their friends and relatives. Everyone is always welcome. I am looking for volunteers, so if you would like to help on Bingo nights, please reach out to me via email: linda.olone@gmail.com or call or text 727-214-7334.

See you all soon! Thank you ~ Linda Olone

August Fun Facts

Did you know that August was originally named Sextilis?

August was originally named Sextilis, which means the sixth month. It was renamed to August in 8 BCE to honor the first Roman Emperor, Augustus Caesar.

August is named after the first Roman Emperor, Augustus Caesar. He was the adopted son of Julius Caesar and ruled from 27 BCE until his death in 14 CE. Augustus Caesar was born on September 23, 63 BCE, but he was named Augustus in honor of the month of August.

Originally, August did not have 31 days.

Now this is probably one of the most intriguing facts about August because it seemingly came from a tinge of jealousy. August had only 30 days, while July, which was named after Julius Caesar, had 31 days. However, Augustus, the Roman Emperor after whom August is named, did not want his month to have fewer days than Julius Caesar's month. So, he added a day to August, making it 31 days long, just like July.

August has two birth flowers.

August's birth month flowers are the gladiolus and poppy. The gladiolus is a tall and elegant flower that symbolizes strength, honor, and moral integrity. The poppy, the beautiful red bloom made famous from the poem centuries ago, is often associated with remembrance and is used as a symbol of respect for fallen soldiers and veterans.

August is National Peach Month.

This month-long celebration is dedicated to the delicious and juicy fruit that is a summertime favorite for many people. Whether you prefer your peaches fresh, cooked, or baked into a dessert, August is the perfect time to savor this sweet and juicy fruit.

August is the month of the Honey Moon.

In many cultures, August is known as the month of the Honey Moon. This is because it is the time of year when honey is harvested from beehives. And if you are the superstitious type, plan your honeymoon to fall on this month as well.

continued on page 24

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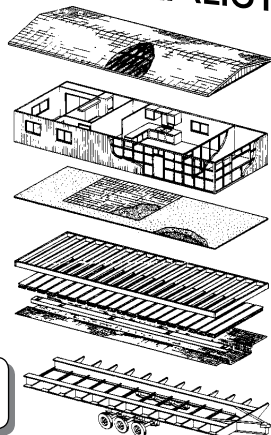


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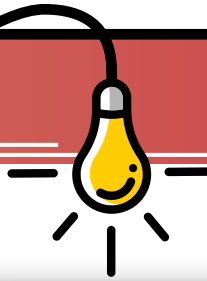
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August 21, 1959 - President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state?



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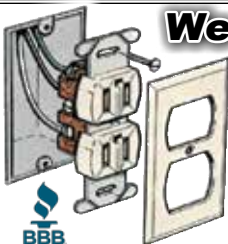
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Sunday	Monday	
SEPTEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		11
4	5	
6:30 pm Poker	1 pm Dominoes 7 pm Pickleball	1 pm 7 pm
11	12	
1 pm Sundae Ice Cream Social 6:30 pm Poker	1 pm Dominoes 7 pm Pickleball	1 pm 7 pm
18	19	
6:30 pm Poker	1 pm Dominoes 7 pm Pickleball	1 pm 7 pm
25	26	
6:30 pm Poker	1 pm Dominoes 7 pm Pickleball	1 pm 7 pm

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Tuesday	Wednesday	Thursday	Friday	Saturday
	10 am Yoga 6:30 pm Poker	1	2 1 pm Shuffleboard 5 pm Chit Chat 6:30 pm Poker	3
6 Rummikub Pickleball	7 10 am Yoga 6:30 pm Poker	8	9 1 pm Shuffleboard 5 pm Chit Chat 6:30 pm Poker	10 7 pm Sock Hop
13 Rummikub Pickleball	14 10 am Yoga 6:30 pm Poker	15	16 1 pm Shuffleboard 5 pm Chit Chat 6:30 pm Poker	17
20 Rummikub Pickleball	21 10 am Yoga 6:30 pm Poker	22	23 1 pm Shuffleboard 5 pm Chit Chat 6:30 pm Poker	24
27 Rummikub Pickleball	28 10 am Yoga 6:30 pm Poker	29	30 1 pm Shuffleboard 5 pm Chit Chat 6:30 pm Poker	31 9 am Activities Mtg

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August is the busiest month for tourism.

Because of the summer holidays and the warm weather, August is the busiest month for tourism in many parts of the world, especially Europe and North America

August was once considered an unlucky month for weddings.

In ancient Rome, August was considered an unlucky month for weddings. This is because it was the month of the Feriae Augusti, a period of rest and celebration that made it difficult to plan weddings.

August is unique

August is also a little bit unique, most of the time at least. In a standard year, there is no other month that begins on the same day of the week as August. In a leap year, however, August begins on the same day of the week as February.

August is a holiday period in Europe

Many countries in Europe see August as a holiday period. So much so in fact, that you'll find major European cities such as Paris almost completely empty of locals.

August is last day of summer and winter

In the northern hemisphere, August is considered to be the last month of summer. In the southern hemisphere, it's the opposite of course, so it's the last of the winter months!

August was called Weed Month

Back in the days of the Anglo-Saxons, the month was called Weod Monath. Its translation of "weed month" is quite literal – in this month weeds and other plants grow the fastest in the northern hemisphere.

August month celebrations

August is American Adventures Month, Get Ready for Kindergarten Month, as well as being the Month of Philippine Language! The US also celebrates National Goat Cheese Month, National Panini Month, Peach Month, and Sandwich Month.

The name August

August is apparently a relatively common name for boys in Sweden. In 2014 it was reported to be the 55th most common name for newborn baby boys. Ironically, only 22 percent of Swedish boys named August were actually born in August!

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Dates in August



August 1

Mountain Climbing Day
National Girlfriends Day
National Pinball Day
Mahjong Day
Raspberry Cream Pie Day

August 2

Find a Four Leaf Clover Day
International Beer Day – the first Friday in August
National Coloring Book Day
National Ice Cream Sandwich Day

August 3

Campfire Day – the first Saturday in August
Disc Golf Day – the first Saturday in August
Grab Some Nuts Day
International Hangover Day – the day after International Beer Day
Mustard Day – the first Saturday
National Clown Day – Saturday during International Clown Week
National Watermelon Day
Sandcastle Day – the first Saturday of the Month

August 4

Friendship Day – the first Sunday in August
International Forgiveness Day – the first Sunday in August
National Chocolate Chip Cookie Day
National Water Balloon Day
Sisters Day – the first Sunday in August
U.S. Coast Guard Day

August 5

National Oyster Day
Underwear Day
Work Like a Dog Day

August 6

National Fresh Breath Day
Wiggle Your Toes Day

August 7

National Lighthouse Day
National Purple Heart Day
Professional Speakers Day

August 8

Happiness Happens Day
International Cat Day
Sneak Some Zucchini onto Your Neighbor's Porch Day – now that's nasty!

August 9

Book Lover's Day
National Kool-Aid Day – the second Friday in August
Smokey Bear Day

August 10

Chinese Valentine's Day/Daughter's Day – 7th day of 7th Lunar Month
Lazy Day
Middle Child's Day – the second Saturday in August
National Garage Sale Day – the second Saturday in August
National S'mores Day
World Lion Day
Like the weather, August holidays are sizzling hot.

August 11

Presidential Joke Day
Son and Daughter Day
Summer Olympics Closing Ceremony
August 12

Annual Perseid Meteor Shower – Peak Night – peak date varies slightly
National Vinyl Record Day
World Elephant Day

...continued on page 30

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August 13

Left Handers' Day

August 14

National Creamsicle Day

14/15 V-J Day – which date do you celebrate as the end of WWII?

August 15

Feast of the Assumption

Relaxation Day – now this one's for me!

Tomatoes Galore Day

August 16

National Roller Coaster Day

National Tell a Joke Day

August 17

National Honey Bee Awareness Day – the third Saturday in August

National Thriftshop Day

Neighbor Night

August 18

Bad Poetry Day

National Fajita Day

Serendipity Day

August 19

Aviation Day

National Potato Day

World Photography Day

August 20

National Radio Day

World Mosquito Day

Towards the end of summer, we finish our vacations and enjoy many daily holidays.

August 21

National Poets Day

National Spumoni Day

Senior Citizen's Day

August 22

Be an Angel Day

National Tooth Fairy Day – and/or February 28

August 23

Ride the Wind Day

August 24

Iconic American Restaurants Day

National Waffle Day

Vesuvius Day

August 25

Kiss and Make-Up Day

National Banana Split Day

National Park Service Day

August 26

National Dog Day

National Toilet Paper Day

Women's Equality Day

August 27

Just Because Day

August 28

Race Your Mouse Day – but we are not sure what kind of “mouse”

Stuffed Green Bell Peppers Day

World Daffodil Day – date varies

August 29

International Bat Night

More Herbs, Less Salt Day

August 30

Frankenstein Day

National Beach Day

Toasted Marshmallow Day

August 31

International Bacon Day – Saturday before

Labor Day

National Eat Outside Day

National Trail Mix Day

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Amanda Kluzynski, Au.D.
CCC-A, ABAC, F-AAA
Board Certified
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SCAM



ALERT



Family Scams

Scammers are good at **pretending to be someone that they're not**. They try to trick you into thinking **a loved one is in trouble**.

Once the scammer makes you think they're your grandson and in trouble, they pressure you to quickly send them money. **But it's all a scam.**

Your family member was never in trouble.

- The scammer will say it's **urgent** and that you're the only one who can help.
- The scammer might tell you it's **important to keep it secret**. They don't want you talking to other family members and friends and realizing it's a scam.
- The scammers will **play with your emotions**. They're counting on you to act quickly to help your family or friend. And they're counting on you to pay without stopping to check out whether there's really an emergency. If you get a call like this, you can be sure this is a scam.

Slow down. Verify.

Example of a Family Emergency Scam Call



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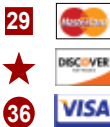
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August Fun Days



August 1: U.S. Air Force Day, National Girlfriends Day, National Mustard Day* (first Saturday), Respect for Parents Day, National Campfire Day* (first Saturday), National Mountain Climbing Day

August 2: Dinosaurs Day, National Coloring Book Day, National Ice Cream Sandwich Day, National Sisters Day* (first Sunday), American Family Day* (first Sunday)

August 3: National Watermelon Day

August 4: U.S. Coast Guard Birthday, National Chocolate Chip Cookie Day

August 5: Work Like a Dog Day, National Oyster Day, National Underwear Day

August 6: National Root Beer Float Day, Wiggle Your Toes Day, National Fresh Breath Day

August 7: Sea Serpent Day, International Beer Day* (first Friday), National Lighthouse Day

August 8: National International Cat Day, National Bowling Day* (second Saturday), National Sneak Some Zucchini Onto Your Neighbor's Porch Day

August 9: Book Lovers Day, National Women's Day

August 10: Smithsonian Day, National Lazy Day, National Spoil Your Dog Day

August 11: Play in the Sand Day, National Son and Daughter Day

August 12: International Youth Day, National Middle Child Day, Vinyl Record Day

August 13: International Left Handers Day

August 14: National Financial Awareness Day

August 15: National Failures Day, Chant at the Moon Day, International Homeless Animals' Day* (third Saturday), National Relaxation Day

August 16: Tell a Joke Day, National Roller Coaster Day, National Rum Day

August 17: National Black Cat Appreciation Day

August 18: Helium Discovery Day, Bad Poetry Day, National Couple's Day, National Fajita Day

August 19: World Photography Day, Orville Wright's Birthday, National Aviation Day, National Potato Day, World Humanitarian Day

August 20: Virtual Worlds Day, National Lemonade Day, National Radio Day, World Mosquito Day and World Honeybee Day

August 21: Poet's Day

August 22: International Tongue Twister Day, National Senior Citizens Day, National Take Your Cat to the Vet Day, National Tooth Fairy Day

August 23: Ride the Wind Day, National Sponge Cake Day

August 24: Strange Music Day, Vesuvius Day, National Waffle Day

August 25: National Banana Split Day, National Whiskey Sour Day, National Kiss and Make Up Day

August 26: National Dog Day, National Women's Equality Day, National Cherry Popsicle Day

August 27: National Just Because Day

August 28: National Red Wine Day, National Bow Tie Day

August 29: Individual Rights Day, National Chop Suey Day

August 30: National Beach Day, National Grief Awareness Day, National Toasted Marshmallow Day

August 31: National Trail Mix Day, National Matchmaker Day

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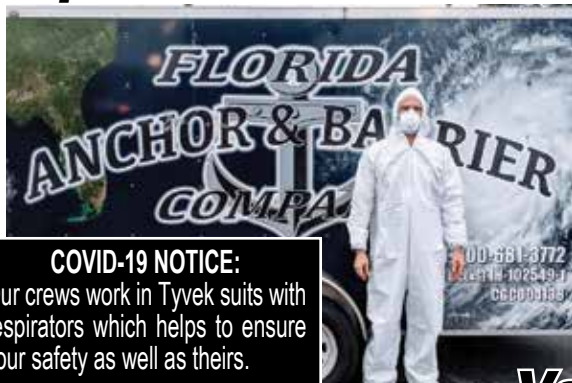
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Why I Love my Fitbit

I first heard of Fitbit from my daughter who had one. Then I found out I could get one free via Humana's over the counter benefit. And once I started using it, I realized why my daughter loved it

It keeps track of your steps, your zone minutes which is where your heart rate is elevated. These are then classified as light, moderate, vigorous and peak zones. It also tracks your sleep, breathing rate (beats per minute), oxygen saturation, skin temperature, heart rate variability and resting heart rate and it scores your sleep 1 to 100. It also lets you know what your oxygen variability is throughout the nights and how much time you spend in awake, asleep, light sleep, deep sleep and rem.

My sleep scores were in the 60s and low 70s meaning fair when I was first using it. So not very good. The good part for me was that my oxygen variability was low, so I could assure my daughter I do not have sleep apnea, so I don't need a sleep study. If it had been continuously high, I would have seen the Dr for a sleep study. So, I began working on my sleep as it is so important for your health. As my life has been kind of tumultuous and stressful for years, I relied on wine or other alcohol to help me shut off my mind and slip into sleep. This was responsible for much of my low scores. My CBD supplier began offering gummies with low dose THC to help you sleep and so I tried them. I found that they allowed me to drift off peacefully and my sleep scores moved to the upper 70s and dipped into the 80s even, the 80s being good. I found that going to bed earlier helped improve my scores too, as did not watching or reading anything that was intense before I went to bed. I also found that taking my calcium, magnesium and potassium helped. Exercising during the day also makes a difference. Now my sleep scores are usually in the 80s and even and occasional 90s and I have much more energy than before.

My Fitbit keeps me aware of how much exercise I am doing, not just my steps. It buzzes me once an hour to remind me to get up and move. (I often ignore it lol) It lets me know how many times I exercise or walk each day. It lets me know how many times I did (or didn't in my case) do 250 steps per hour during waking hours. It even gives me a stress management score each day, so I am aware of that too. It keeps me aware of so much that I need to know.

So last night my Fitbit tells me that my sleep was fair - 6hrs 38 minutes instead of 7.5 hours and I have a low score of 76 (for me now) only 11 minutes rem which is low. 1 hour 11 mins deep which is decent, and I was awake 1hr 15 minutes during the night. I had a stressful conversation yesterday and had looked at politics hence not my best night. All my health metrics were in personal range except two. my resting heart rate was 71 instead of 66 - and my oxygen saturation was 92% instead of 96-98 - definitely not my best night. So, I know that I need to work on fixing these things. I have not been exercising regularly so I know that is step one for me. Added note: I looked back on this and tied the increase in my heart rate to my visit to a couple of friends whose lives are stressful and, apparently, I get stressed after visiting them. I will keep this in mind in the future.

So far today I have 2283 steps and 25 zone minutes. not bad, but that does not include my exercises in the pool where I cannot wear my Fitbit in water. My goal is, of course, 10k steps but I don't often make that goal. I walk the mall with a friend tomorrow and I will get 10k steps by the end of the day. I do not do this often enough because our schedules do not mesh all the time. Throughout the day, Fitbit lets me know how many zone minutes and in which zone I

...continued on page 38



created them. I have a mini trampoline and when I am using that, it keeps track of which zone I am in.

I can track my weight, food and water intake, calories burned, and it goes on with all kinds of possibilities including tracking menstruation for women. I got free premium for a year when I got my Fitbit but find that it is not worth the money to me at this point. My Fitbit has helped me improve my sleep and overall health. Most importantly it is in my face every day making me aware of how I am doing and what I need to accomplish to make a better me: more exercise throughout the day, eating less to lose weight, drinking more water so I am properly hydrated, something that I underrated previously. I started focusing on hydration - meaning 3 32 ounce bottles of water per day a couple of weeks ago. At my 6-month doctor visit he was pleased with all my results and told me that even mild hydration affects your energy and how well your brain functions and he is right. So, it is a bottle of water when I get up and early morning, another by 2 to 3pm and the third before 7pm if I can. I think of the extra steps going back and forth to the bathroom as pluses too LOL.

I hope you enjoyed reading about my Fitbit journey and please let me know if you have any questions.

Thanks for reading
Rusty

August Sudoku



4		6	8					
	3		4					1
	7	2						
		5	7					3
		4				9		2
9	6			3		4		
				7	4	5		
		3				6		
	2				1			

4	6	8	1	7	2	3	9	
8	3	9	4	2	6	7	5	1
1	7	2	9	5	3	8	4	6
2	8	5	7	4	9	1	6	3
3	1	4	6	8	5	9	7	2
9	6	7	1	3	2	4	8	5
6	9	1	3	7	4	5	2	8
5	4	3	2	9	8	6	1	7
7	2	8	5	6	1	3	9	4

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