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ISLAND IN THE SUN

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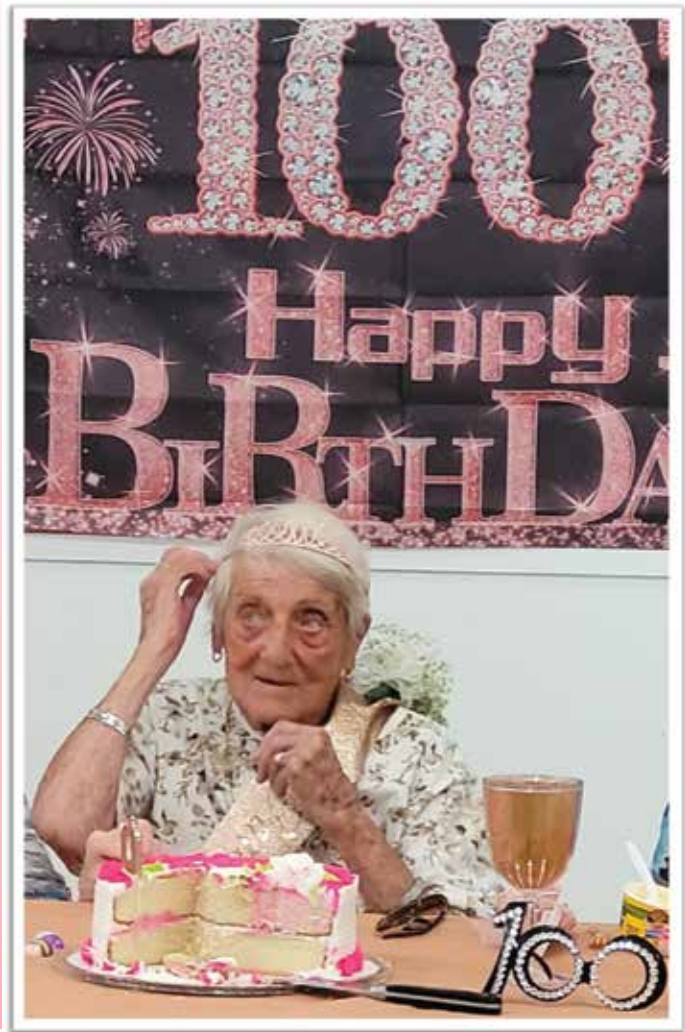
May • 2025 Issue 3 □ 49th Year

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Island in the Sun Community Newsletter

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 727-214-7334, email linda.olone@gmail.com, or Lot 73

Manager Editor: Linda Olone

Media Delivery Team: Nancy Bilcheck, Ernie Grow, Roy and Jan Wisdom, Sudie Borders, Cheryl D’Andrea; Sue Morley; Steve Marshall, Mike & Cynthia Sadusky, Phil Tursi, Sonny Dumlao and Cecile Morock

Proofreader: Rusty Leslie

June 2025 Media Deadline May 4, 2025
Please e-mail articles and photos submissions to: linda.olone@gmail.com
 You can also drop off articles not sent via e-mail at Lot 73

Representative to the Federation of Manufacturers Home Owners (FMO):
 Need Volunteer
 Please submit corrections to linda.olone@gmail.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.....	Pattie McDonough	Lot 266	727-475-0360.....	mcdonoughpattie@gmail.com
Treasurer	Cathy Ralston.....	Lot 184	203-257-3376	
Secretary	Ken Gonska.....	Lot 313	303-704-5555	
1 yr	Steve Malara	Lot 202	732-977-4867.....	smbombers@aol.com
2 yr	Lisa Hoffman.....	Lot 125		
3yr	Kimberly Riesenbach.....	Lot 185	609-471-8608.....	kimberlyriesenbach@gmail.com

Non-Board Positions

Robo Call	Chrissie Riley	Lot 290	404-353-1801.....	chrissiegriley@gmail.com
Neighbor Helping Neighbor	OPEN			

2025 Committees

Committee.....	Name/Chair	Lot#	Phone#.....	Email
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	Teresa Amato			
Ladies Lunch.....	Cindy Sadusky.....	14	717-587-2498	
Library.....	Cindy Sadusky.....	14	717-587-2498	
	..co chair .. 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			
Remembrance Corner	OPEN			
Shuffleboard	Elaine Ranck.....	134		
Rummikub.....	Rose Leduc	160	727-797-8026	
Sign Board	Chrissie Riley	290	404-353-1801	
Texas Hold’Em	Rick Morabito.....	174	303-704-9772	
	..co chair... Rose Leduc	160	727-797-8026	
Welcoming	Rusty Leslie	310	865-232-9072	kohanadancer@gmail.com
Yoga	Kathy Bowen			

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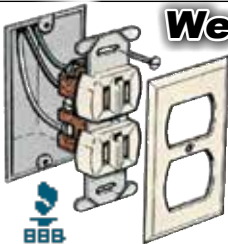


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FROM THE EDITOR

Linda Olone

Hello IITS!!

It has been a busy April, and I'm looking forward to May. A special Happy Mother's Day wish for all of our resident Moms. Yes, fur babies count! We end the month with Memorial Day, honoring and mourning US military who died while serving. Freedom isn't always free.

Please send any articles, suggestions, or photos to me at linda.olone@gmail.com or stop by Lot 73. 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 - Linda Olone – linda.olone@gmail.com – 727-214-7334.

From the HOA president:

It is almost summer, seems like this year is going way too fast. The HOA meetings have been suspended until September, but please feel free to reach out to the board if you need anything. While on this hiatus I will be in Indiana, but we will still be working on the negotiation plan, we need to be prepared by October. In this edition you will find a questionnaire, please fill it out and return them to me by August, Lot 297. At our September meeting we will be discussing these answers and what the community feels are the important issues; this is a democracy and we will take the most asked for items and place them in order of importance by the number of requests. There will be a box on my carport for you to put these in or you can email text or private message me on Facebook with your answers. Everyone have a great May!

Tammy Blaisse - tammy.blaisse@yahoo.com

Birthdays and Anniversaries

May Birthdays

5 Jerald Cardin
21 Nancy Wooten
21 Tricia Walker
25 Tammy Jackson
31 Marijill Zembry-Williams

May Anniversaries

11 Bruce & Rosemary Logan
31 John & Betsey Springman



CELEBRATE!



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

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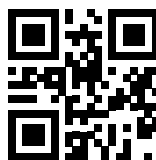
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FROM THE ACTIVITIES COMMITTEE:

- 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 Chrissie Riley at chrissiegriley@gmail.com or Tammy Blaisse at tammy.blaisse@yahoo.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.

OPEN POSITIONS:

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

- N**ON-Board Positions
1. We need volunteers for Bingo. Duties would vary...set-up, front table help, floor help, callers. It would be every other month. You don't have to play to help! 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 to send a card from the community.
 3. Neighbor Helping Neighbor – OPEN - need Volunteers.



RESIDENT ACTIVITIES ANNOUNCEMENTS

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

- **The Men's Breakfast** - meet monthly. The restaurant, date and time are announced on various IITS Facebook pages, sign up is online or at the Clubhouse. The participation is typically 6-12 men. All guys are welcome including people visiting the community. It's a great way to meet your neighbors!
- **The Ladies who Lunch** - meet monthly. The restaurant, date and time are announced on various IITS Facebook pages, sign up is online or at the Clubhouse.
- **8 or 9 Ball Pool** - 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.
- **Bingo** – Every Other Monday, played in the clubhouse.
- **LRC (Left, Right, Center)** – 3rd Tuesday of every month – bring your dollars!
- **Pickle Ball** – Played Monday and Tuesday night at 6:30

Anyone wanting a resident activity to be spotlighted in the Media Guide please contact Linda Olone.

Calendar

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

Please note: the 2 calendars don't always sync up, so if in doubt, please call Pattie McDonough for HOA activities, and the Cal-Am front office for Cal-Am activities.

Ladies Lunch – Cindy Sadusky

Ladies Lunch The ladies of Island In The Sun get together on the 3rd Thursday of every month, at noon, to enjoy lunch together at various restaurants around the Clearwater area. I love choosing one of many locally owned restaurants, hopefully allowing us to experience restaurants that we may not have chosen ourselves. There are many that we have visited that have become favorites! I also welcome suggestions from the group. It should be a restaurant that can accommodate a group between 8-14 women, accept reservations and will do separate checks. So far in 2025 we have eaten at Gigglewaters in Safety Harbor, Julian's Little Italy and Kue's Cafe, both in Dunedin. Who knows where we'll turn up next?! I'd love for you to join us sometime this year!! It's a great way to enjoy the time out with friends and neighbors as well as sampling just a few of the many great restaurants in the area. Picture from our lunch at Julian's Little Italy in March 2025.





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St Patrick's Day Party

Gertie Oosterhuis

Island in the Sun residents had a wonderful time celebrating St Patrick's Day. Good music, dancing, food, and good company! Be sure to join the next party, it's great fun! Thank you to all the volunteers who make these events happen.



EASTER IN THE SUN

Tammy Jackson



April 12th we celebrated Easter with an adult Easter Egg Hunt and a wonderful luncheon. We had a visit from the Easter bunny herself. I saw everyone enjoying themselves and cannot wait to do it again next year! Thank you to all the volunteers who make these events happen.

SAVE THE DATE FOR THESE HOA EVENTS

Activities Committee



Hi everyone.

The Resident Activities committee has the following activities planned for each month this coming year. Please contact Pattie McDonough if you have any questions or would like to volunteer.

Volunteers are always needed to host, set up and tidy up – please let Pattie know if you would like to help out at any of these events.

Thank you to all those who volunteer their time to make these events great for our community.

May 3rd, 4 pm –Kentucky Derby Party, Host Tammy Jackson

Starts at 4 pm, Free event by Cal-Am, 50/50 raffle, Basket of Cheer, games, more to be announced.

June 14th, 11 am– Pool party with Games Host Pattie McDonough and Karen Sopak

Free event, Free event, 50/50 raffle, Basket of Cheer, games. Hamburgers/Hot Dogs

July 20th, 2 pm – Back to School Pizza Party – Host Pattie McDonough

Free pizza party for donations for school supplies

continued on page 12



August 9th, 10:30 am - Breakfast at the Clubhouse - More to come.

September 13th, 11 am Labor Day Cookout - More to come.

October 31st 6:30 PM Halloween Golf Cart parade and Party immediately afterwards.

There will be cart and house judging this year, we will also be having a chili cook off at the party.

November 4th, 9 - 2 – Arts & Craft Fair

November – Collecting items for our Veterans,

November 27th Thanksgiving Dinner at the clubhouse. Host Melissa Lynch

December 31st New Years Eve Party - More to come.

All activities are held by the residents, the HOA's only involvement is to provide the funds needed to set up the activity, provide guidance if the host wishes, we will help the host if needed, provide the 50/50, Raffle Basket and tickets if needed. The HOA does not determine what activities are held, you as residents do that.

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

Your activities committee is working hard to provide the residents with fun activities.

WELCOME WAGON CORNER

by Rusty (Rosalind) Leslie

Welcome to my little corner of the world and to May and beautiful weather.

If you are new to our community and manufactured home living, I will be happy to answer any questions you might have. Our activities are listed in the center of this media guide.

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 May.

Rusty (Rosalind) Leslie

I am in Lot 310 - corner of Nassau and Windward.

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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 help setting this up please contact Katy at the office or Tammy Blaisse, we will be happy to help you.

HOA will continue to use Robo call.

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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 Tammy Blaisse at 580-301-4828 or at tammy.blaisse@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) _____

Bingo!! Bingo!! Bingo!!

Bingo is scheduled for every other Monday.
May Dates are: 5/5/25 and 5/19/25. Watch the social media pages for updates or date changes.

Please come out and support this activity.

See you all soon! Thank you ~ Linda Olone



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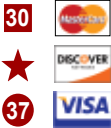
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Rusty



Stretching My Wings – My Solo Adventures

Rusty Leslie

Well I have made my first forays into flying solo and doing what I want..

The Clearwater Aquarium was my first solo adventure and I had fun. I got into the right mindset, researched the location and parking, raised my vibration, and headed out one warm morning. The parking garage was easy to navigate and the entrance to the aquarium clearly marked. Parking is \$15 per day unless you join the aquarium and then it is 50% off. It costs \$40 for senior admission and membership is \$70 with half off parking and discounts for food etc. so I got membership. The aquarium is not like the ones I am used to as they are mostly a rehab facility. This visit was to check it out and I did.

The aquarium is not a large one but it uses its space well. I saw lots of families with children as well as people of all ages. It was a new experience for me to explore a place like this on my own and it was fun. The people who work there were all knowledgeable and willing to help in any way. There are elevators so that it is handicap accessible, something very important to me having had disabled family members. I plan on revisiting and spending more time checking it all out. They have a huge aquarium for the dolphins that live there but it does not hold other marine animals so the huge tank is mostly empty. There was an otter with mobility issues in the rehab area as well as some turtles needing rehab. There are small tanks with sea horses and all kinds of other sea creatures as well as some lizards etc. It is mostly airconditioned and has a really nice cafeteria with many choices. It is not as exciting as the aquarium in Tampa, which is your average aquarium, but I am happy to support and visit because they are into rehabilitation and I support that. My next visit will cost me \$7.50 for parking. You can bring food and drink and with it mostly air-conditioned, a good place to visit in the summer.

Next up was Book Rescuers on Ulmerton Rd. I saw it come through my Facebook feed and decided to give it a go. It was busy but I found a parking place easily enough. If you love books, I highly recommend them. CDs and DVDs are \$1, paperbacks \$2 and hardbacks \$3 and they have a lot of books of all kinds in excellent condition. They have lots of seating areas and also have antique books priced accordingly. I believe they have coffee too. I chose paperbacks

continued on page 27

Did You Know?

Cinco de Mayo commemorates Mexico's victory over France at the Battle of Puebla on May 5, 1862?

The last week of May is library and information week? It celebrates libraries and information professionals.

May is named after Maia, the Greek goddess of spring and growth?



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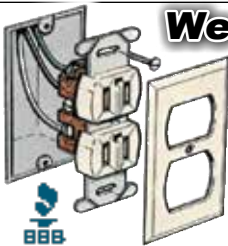
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Sunday	Monday	Tuesday
4 6:30 pm Poker	5 1 pm Dominoes 6:30 pm Pickleball 7 pm Bingo <i>Cinco De Mayo</i>	6 1 pm F 10 am 6:30 pm 7 pm H
11 6:30 pm Poker <i>Mother's Day</i>	12 1 pm Dominoes 6:30 pm Pickleball	13 1 pm F 10 am 6:30 pm
18 6:30 pm Poker	19 1 pm Dominoes 6:30 pm Pickleball 7 pm Bingo	20 1 pm F 10 am 6:30 pm 7 pm L
25 6:30 pm Poker	26 1 pm Dominoes 6:30 pm Pickleball <i>Memorial Day</i>	27 1 pm F 10 am 6:30 pm

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Tuesday	Wednesday	Thursday	Friday	Saturday
		1 National Day of Prayer	2 1 pm Shuffleboard 5 pm Chit Chat 6:30 pm Poker	3 Kentucky Derby Event w/Cal-Am
6 Rummikub Yoga 4 pm Pickleball HOA Mtg	7 10 am Yoga 6:30 pm Poker	8	9 1 pm Shuffleboard 5 pm Chit Chat 6:30 pm Poker	10
13 Rummikub Yoga 4 pm 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 Yoga 4 pm Pickleball L,R,C	21 10 am Yoga 6:30 pm Poker	22	23 1 pm Shuffleboard 5 pm Chit Chat 6:30 pm Poker	24 9 am Activities Mtg
27 Rummikub Yoga 4 pm Pickleball	28 10 am Yoga 6:30 pm Poker	29 Ascension Day	30 1 pm Shuffleboard 5 pm Chit Chat 6:30 pm Poker	31

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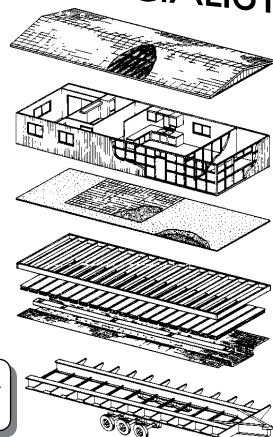
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because more for my buck and I will definitely be heading back. Look out Cindy, my books will be added to our library after I have read them.

Lastly, I planned on visiting Sunken Gardens in St Pete where parking is free. With my aquarium membership the gardens are 50% off, and seniors are \$12 so I got in for \$6. When I told my girlfriend I was going she wanted to go with me so It was not a solo adventure but it was fun, their plants are beautiful, and some are huge because they have been there almost 100 years. I do plan to revisit as it is lovely to wander through and is mostly shaded. The rainbow eucalyptus tree was amazing and all the brilliantly colored bougainvillea was so beautiful. There is a cactus and succulent garden that has some wild looking plants. There are some really unusual palm trees too and well as the biggest bromeliads I have ever seen.

What's next? Well I still have to do my diner and beach walk and I want to start visiting our local parks. The Whimsy house is on my list but my friend wants to go with me and so is the local winery but another friend wants to come with me to that. So we will see what I do alone as opposed to going with others. I am enjoying my solo adventures. It has totally changed my outlook on my life. I now look forward to many many more solo adventures as well as fun with others. Life is so very good!! Life truly is what you make it and I am going to make mine full of love and laughter and fun!! Let's do it!!!!

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- Do activities that make your muscles work harder than usual at least two days of the week.



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Two loving arms, which hold you so tight, makes you know how much your loved and everything will be alright.....

A pinch of good humor, makes it so easy to smile, for we all should enjoy laughter, every once in a while.....

A dash of strict rules, to keep you in line, to assure good moral values are remembered from time to time.....

A tablespoon of kisses, at least one a day, to let you know you are loved and always will be for forever and a day.....

A teaspoon full of responsibility, to assure you can make it on your own, Will make me proud you're my son/daughter, and I will rest easy when I'm gone.....

Combine all these ingredients, stir in a lot of love

May fun facts

May was once considered an incredibly ill-omened time to get married. There's an adage for it actually, which goes: "Marry in May and you'll rue the day." It's not clear where exactly the saying comes from, but there must have been a pretty good reason not to get married in one of the most beautiful months of the year!

May isn't just a bad time to get married, though. There's the Cornish superstition that buying a new broom in May is unlucky. Oh, and apparently, you shouldn't wash any blankets either!

May is a special time for Star Wars fans worldwide and always a good reason to re-watch the movies. May the 4th is celebrated as Star Wars day; due to the way the date sounds similar to "May the Force." We won't start the debate over whether the old movies are better than the new ones, because we all know the answer to that!

It is said that those born in May have a greater chance of being more successful in life and experiencing more love. While this may not be scientifically factual, it has been noticed that people born in May understand the importance of love and success more than others.

May is a pretty good month for US presidents. Every other month of the year, at least one US president has died, but never in May!

may

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7. Joann Fabrics – 20% one day per month. Call the local store 727-787-2088.
8. JC Penney - Join the rewards program! get a 30% off JCPenney coupon for your first order, plus you earn rewards for great deals on every purchase.
9. Michaels - Get your craft on at Michaels, where anyone over 55 can receive 10% off their purchase every day. Bonus: The discount includes sale items. Make sure to register to get your discount, which can be used in store and online.
10. Pep Boys - Car trouble can be a huge pain. Luckily, AARP reported that Pep Boys customers 55 and older can get 10% off their in-store purchase, which can help alleviate the cost of getting your vehicle in tip-top shape.
11. Sam's Club wants to give back to seniors 50 years or older by offering seniors a special membership offer. Qualified seniors who join Sam's Club online as a new member will receive a 60% discount on Club membership or \$50 off Sam's Club *Plus* membership. Join as a Plus member and get free Curbside Pickup, free Delivery from Club on eligible orders of \$50 or more, free shipping on eligible orders of \$50 or more and early shopping at select locations.

May 1st fun historic events

1952

Mr. Potato Head was officially released, originally only consisting of the accessories which were stuck in an actual potato.

1941

General Mills introduced Cheerios.

The cereal was named and introduced as CheerioOats, marketed as an oat-based and ready-to-eat cereal. It wasn't until 1945 that the cereal was shortened to Cheerios.





8 Things to Clean — or Toss — After Being Sick – AARP article.

Germs can stick around like houseguests who overstay their welcome. Getting sick affects more than your body and mind. It affects your living space, too, and all the things you touch.

The cold virus can live on hard surfaces for 24 hours, flu for 24 to 48 hours, and COVID-19 can stick around between a few hours to a few days, according to the Cleveland Clinic.

The house is a germy place on a good day, but even more so when someone is sick. Here's what you can do to reduce the spread of bacteria and viruses the next time you're getting over an illness.

1. Clean the bathroom

The stomach bug, or norovirus, can cause vomiting and diarrhea and is highly contagious. Plus, an infected individual can spread the virus for two or more weeks after feeling better, which is all the more reason to stay on top of cleaning after the illness.

Let's not forget plenty of people experience gastrointestinal issues with other infections, too. Research suggests that around half of people with COVID-19 experience symptoms of vomiting and diarrhea.

To get rid of lingering germs, the Centers for Disease Control and Prevention (CDC) recommends using a bleach solution (5 tablespoons of household bleach per gallon of room temperature water) to disinfect surfaces. "We know that this is effective against a huge range of bacteria and viruses," says Alexandra Seguin, an infection preventionist at Rush University in Chicago.

Also, if you've been blowing your nose a bunch, make sure your trash can is lined and take that outside each day.

2. Replace your toothbrush

You're not likely to reinfect yourself after recovering from an illness — strep throat is one notable exception — but it's still a good idea to replace your toothbrush once you're feeling better to reduce the likelihood that any bacteria stick around. (And with strep, replace your toothbrush after you finish your antibiotics, the Cleveland Clinic says). To keep people who share a bathroom from getting each other sick, you might give everyone their own toothpaste.

3. Wipe down the kitchen

Any shared surfaces need a good cleaning with soapy water and a disinfectant. "High-touch surfaces such as kitchen counters and doorknobs may be wiped down with bleach wipes," Bearman says.

Are dishes and mugs of herbal tea piling up? Wash everything with hot, soapy water to clean them. While you're at it, toss the dish sponge, which can harbor a host of germs.

If you don't have any replacements on hand, you can clean your sponge by microwaving it. Even still, some bacteria can stick around, according to a 2022 article published in the journal *Microorganisms*, so your safest bet is to throw it away and use a paper towel or disposable wipe until you get a new sponge, Seguin says.

4. Throw in the towel (and sheets)

It's not only nice to have fresh sheets on the bed and clean towels in the bathroom, but it can also cut down on germs and help the bedroom smell fresher. The CDC says you can safely wash your laundry with the laundry of another person in the house who isn't sick — just be sure to wash your hands after handling the soiled items.

...continued on page 35

Did You Know?

*More people are diagnosed with skin cancer each year in the US than all other cancers combined.**

**Cancer Facts and Figures 2024. American Cancer Society.*

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To get the best results, wash your linens in warm or hot water and be sure to use the dryer, which is "the most effective thing for killing germs," Bearman says.

5. Wash your clothes

Any clothes you wore while you were sick should also be washed, and research suggests that higher-temperature settings and longer drying times can significantly reduce the number of germs on clothing.

The CDC recommends cleaning your clothes hamper or laundry basket, too.

6. Wipe down electronics

Germs can linger in buttons and crevices and on the screens of your devices. Give these items a wipe down that each manufacturer recommends. Many devices can be cleaned using an antibacterial or alcohol wipe.

- Tablet
- TV remote
- Cell phone
- Computer keyboard
- Video game controller

7. Clean the air

Open the windows to let fresh air into your home; this can help dilute any lingering viral particles, the CDC says.

Also, ask yourself when you last changed the air filters in your home. These filters can trap and remove many airborne contaminants, including fragments that contain microscopic viruses, according to the Environmental Protection Agency. The American Lung Association recommends that you change air filters every two months.

8. Wash your hands

The key to staying healthy is good hand hygiene, Seguin says. "You can wash your house and wash your items and disinfect, but your hands are usually what's going to spread things from one place to another," she says.

The CDC recommends washing your hands with soap and water to remove germs from your hands, and scientific studies recommend you scrub for at least 20 seconds. On the go? The CDC says alcohol-based hand sanitizers — use one that's at least 60 percent alcohol — can reduce the number of microbes on your hands, "but sanitizers do not eliminate all types of germs."



Mother's Day



Helpful Topics

Medicare Enrollment Guide – Information for first-time enrollees.

Medicare can be confusing – the AARP Medicare EnrollmentSM Guide can help whether you're still working or not. AARP's guide helps you make key decisions as you approach your 65th birthday, such as a choice between original Medicare and Medicare Advantage. Visit: <https://www.aarp.org/medicare/enrollment-guide/>

Free At-Home Hearing Test

AARP Members can take a free hearing test once a year from the safety and comfort of your home. This test can be taken via phone, computer, or mobile device. While the test itself isn't new, the convenience of taking it on your preferred device is.

The National Hearing Test is an independent and scientifically validated hearing screen test developed with funding from the National Institutes of Health (NIH). This confidential test can be the first step towards your hearing health.

Visit The National Hearing Test website and use your AARP login. www.nationalhearingtest.org

Improve Your Bone Health

To improve bone health, focus on a calcium and vitamin D-rich diet, engage in weight-bearing exercise, and consider sunlight exposure or supplements for vitamin D, as these factors are crucial for bone strength and density.

Here's a more detailed breakdown of how to improve bone health:

1. Nutrition:

- **Calcium:** Include calcium-rich foods in your diet, such as dairy products (milk, cheese, yogurt), leafy green vegetables (kale, broccoli), tofu, white beans, and fish (salmon, sardines).
- **Vitamin D:** Vitamin D helps the body absorb calcium. Get it through sunlight exposure (especially during the spring and summer months), or consider vitamin D supplements or fortified foods (like fortified milk or cereals).
- **Other Nutrients:** Magnesium, vitamin K, and vitamin C also play important roles in bone health. Good sources include nuts, seeds, whole grains, leafy green vegetables, and fruits.

2. Exercise:

- **Weight-Bearing Exercise:** Engage in activities that put stress on your bones, such as walking, jogging, hiking, stair climbing, and strength training.
- **Strength Training:** Focus on exercises that target the hips, spine, and wrists, which are areas most prone to fractures.
- **Balance Training:** Improve balance to reduce the risk of falls, which can lead to fractures.
- **Low-Impact Activities:** If high-impact activities are not suitable, consider low-impact options like swimming, cycling, and yoga.

3. Lifestyle Factors:

- **Avoid Smoking:** Smoking can negatively impact bone health.
- **Limit Alcohol Intake:** Excessive alcohol consumption can also harm bones.
- **Maintain a Healthy Weight:** Being underweight or overweight can negatively impact bone health.
- **Stay Hydrated:** Drink plenty of water to support overall health, including bone health.

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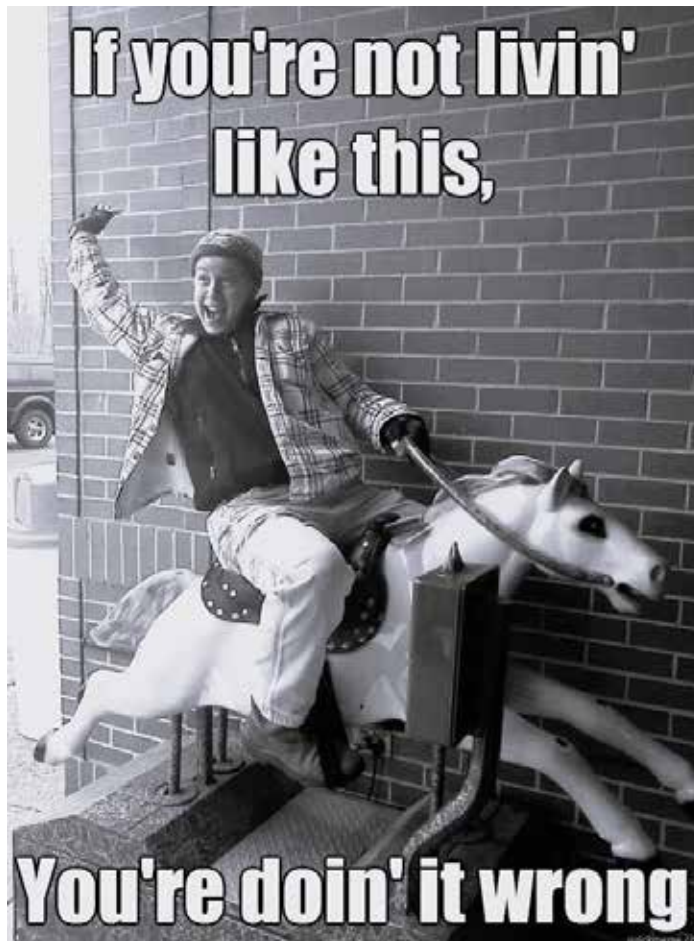
Free Smoke Detectors!

The American Red Cross offers free smoke alarm installation through its Home Fire Campaign. You can request a free smoke alarm installation in Clearwater, FL, by completing a form available on the American Red Cross website. The Home Fire Campaign also provides home fire safety education.

Here's how to request a free smoke alarm installation:

1. Visit the American Red Cross website: Go to the Smoke Alarm Request page for South Florida.
2. Complete the form: Fill out the online form with your information.
3. A Red Cross team will follow up: A member of the Home Fire Campaign team will contact you to schedule a free smoke alarm installation appointment.
4. Learn about home fire safety: The Red Cross also provides valuable information and resources on home fire safety.

Also - Many Fire Departments offer free smoke detectors. Call them to inquire.





13 ★ 9

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