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	John O'Brien	
Secretary	Mary Ann Rodger	586-4680
	Diane Pelkey	
	Penny Campbell	



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Notes from HOA

n February 22, 2019 the HOA Board along with three other concerned residents had a meeting in the clubhouse to discuss the critical financial condition of the HOA funds. The money in this fund has been there for many years. Recently we discovered much of the money has been depleted. We discovered these depleted funds were not due to mismanagement or illicit actions, but by overspending on things that should have not been taken from this fund.

We have over \$4000 in the fund of which \$3000 is on reserve to be used for legal fees if deemed necessary. We have come to the conclusion that in order to replenish these dollars, certain new rules will have to been implemented starting April, 2019. They are as follows:

1. HOA sponsored parties:

Residents will now pay \$3.00 for the function.

- 2. If there is entertainment, the charge for residents will be \$5.00.
- 3. Guests will pay \$10.00 per function.
- 4. Extra food from each event will be sold to offset the initial cost of the food.

It was discussed and decided that whomever is hosting the event will be responsible for everything involving the party. For example, everyone from now on will receive a ticket which they have to have to attend said function. The host/hostess will be responsible for selling and collecting the money for the event.

He/she will also be responsible for the shopping, set up, and clean up of the clubhouse when the party is over. The host will also be in charge of selling leftover food. The clubhouse should be left as how it was found.

Any decorations for the event will come out of the monthly dollar allocated for that month. If only 20 people sign up for the event, the party will be cancelled.

Starting in April, all persons attending a function will have to provide their own dishes, silverware and napkins. Soda or drinks will not be provided.

BYOB

The cutoff time for parties will be one week prior to the event (no exceptions). This is so that the host will purchase only whatever is needed for the party.

The monies provided by E.L.S. for the monthly parties should be more than sufficient to fund such party. If additional monies are needed, they will have to be approved by the treasurer, or Asst. Treasurer.

The reason we are instituting these new policies (for those of you who remember way back) the residents and guests were always charged for parties even before the previous owners and E.L.S. contributed money for parties, is to try to replenish the HOA Fund.



Another large expenditure is: we pay almost \$800 a year for insurances that are mandatory for all mobile home parks in the state of Florida.

Somehow we need to replenish this money, thus the reason for the new policies being instated. Lastly, the garage sale, in the past, has always been a big money maker for HOA. This past month's proceeds wasn't that great (\$720.00). It is still undecided as to whether we will continue to have community garage sales in the future.

Activities

- April 6. Celebration of Life. Remembering all the people from Shanghai-la who have passed away. This is a pot luck. Please bring a dish to pass, your own place setting and drink. Time 2pm.
- April 13. Men's brunch. This is when the men in the park do the cooking 10 am we will have mimosas and 11am breakfast is served. Please remember residents must pay \$3.00 to attend. Tickets must be purchased from Wally Schultz lot 96 by April 6. If 20 tickets are not sold there will not be a party. There are no refunds for purchased tickets unless the party is cancelled. Bring your own place settings.
- April 18 Farewell Party. 5 pm Happy Hour, 6 pm dinner and 7pm Music provided by Do Wop Duo. Tickets must be purchased by April 11 from Kathy Schultz lot 96. Price is \$5.00 for residents and \$10.00 for guests. Bring your own place settings.

At all activities we will sell 50/50 tickets.

In order to continue to have parties we must have new people agree to host and/or help out. The same 5 people have hosted or helped at every party this season. They are getting tired of doing all the work. Most of us walk into a function, sit down eat and walk out. We never give a thought to how the food got there. That has to change. There will be an activities meeting on April 2 at 6pm(prior to the HOA) meeting. At this meeting people will volunteer to host a party. If we do not get a host for a party it will be cancelled. We will be assigning parties for the rest of 2019. Please show up and volunteer.

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





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From a concerned resident

t the HOA meeting in March as usual prior to the meeting President Wally asked everyone to stand, remove hats, and recite the Pledge of Allegiance. One resident refused to remove his hat. I think this is disrespectful to our country and to other residents. Stay home if you don't want to take your hat off.

In park shuffle tournament



Pictured above are Diane Desrochers, Joy Lynam, Linda Jackman and Roberta O'Brien. Winners of the tournament



In park shuffle tournament consolation winners

Diane Heath 4th place, Joyce Cutlip 2nd place Pat Signor 1st place and Louis Desrochers 3rd place.

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Announcements

Vicki Dasco has resigned as activities director. Penny Campbell will now be the director. Diane Pelkey is now the treasurer of the HOA. Penny Campbell is the assistant treasurer.

New resident... Marcie Tynan lot 30. Welcome to the park

Jokes

A man walks into a pharmacy and wanders up and down the aisles. The salesgirl notices him and asks him if she can help him. He answers that he is looking for a box of tampons for his wife. She directs him down the correct aisle. A few minutes later, he deposits a huge bag of cotton balls and a ball of string on the counter. She says, confused, "Sir, I thought you were looking for some tampons for your wife?" He answers, "You see, it's like this, yesterday, I sent my wife to the store to get me a carton of cigarettes and she came home with a tin of tobacco and some rolling papers. Because it is Soooooo much cheaper. So, I figure that if I have to roll my own, SO DOES SHE!

The psychiatrist was interviewing a first-time patient. "You say you're here," he inquired, "because your family is worried about your taste in socks?" "That's correct," muttered the patient. "I like wool socks." "But that's perfectly normal," replied the doctor. "Many people prefer wool socks to those made from cotton or acrylic. In fact, I myself like wool socks." "You DO?" exclaimed the man. "With oil and vinegar or just a squeeze of lemon?"

An elderly lady hustled onto a crowded bus carrying a large picnic basket. She stood right in front of a man and grabbed the overhead rail such that the picnic basket went hanging over the man's head. The man politely offered the seat but sweet lady declined saying she was going to get off soon. Suddenly the man felt dropping something on his head. He tilted his head to find out, the liquid was licking and dropping, which went in his nose and ran down across his lips. He felt the taste of it, looked up at the lady and asked with a smile, "Pickles, ay?" The old lady replied, "No, no, puppies, dear."

Being a teenager and getting a tattoo seem to go hand in hand. I wasn't surprised when a friend of my daughter showed me a Japanese symbol on her hip. "Please don't tell my parents," she begged. "I won't," I promised. "By the way, what does that stand for?" She replied, "Honesty."



Taxiing down the tarmac, the jetliner abruptly stopped, turned around and returned to the gate. After an hour-long wait, it finally took off. A concerned passenger asked the flight attendant, "What was the problem?" "The pilot was bothered by a noise he heard in the engine," he explained. "It took us awhile to find a new pilot."

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day they were playing cards when one looked at the other and said, "Now don't get mad at me.....I know we've been friends for a long time.....but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is." Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

A man has not been feeling well and goes to the doctor for a check up. After the physical examination and a battery of blood tests and X-rays, he asks the doctor about his situation. The doctor replies, "You are very sick. You might not live longer than perhaps three or four months." The man, in despair, yet, with a glimpse of hope says, "If you don't mind, doctor, I would like to have a second opinion." "Okay," the doctor answers, "you're ugly, too!

Paddy was driving home, drunk as a skunk, when suddenly he had to swerve to avoid a tree, then another, then another. A cop car pulled him over as he veered about, all over the road. Paddy told the cop about all the trees in the road. Cop said, "For God's sake Paddy, that's your air freshener swingin about



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2 ocial Club Mtg vites Mtg Mtg	9:30a Coffee & Donuts Price is now 75 cents	4 Robert Beckmann Birthday Jerry and Sharon Farley Anniversary	5 5p Poker	6 2p Celebration of Life Pot Luck Dave Tynan Birthday
9	10 9:30a Coffee & Donuts Janis Jones Birthday Dave Barkley Birthday	11	5p Poker 12	13 10a Men's Brunch
16	17 9:30a Coffee & Donuts	18 Farewell party 5p Happy Hour 6p Dinner 7p Music Deborah Mattingley birthday	5p Poker 19	20 John O'Brien Birthday
23	9:30a Coffee & Donuts	25	5p Poker 26	27
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St. Patrick Day Party

round 50 people attended the party. They enjoyed a delicious meal of corned beef and cabbage, potatoes, carrots and onions. For desert we had cupcakes and ice cream, A big thank you to co-chairs Carol Byrd Larry Byrd and Joy Lynam. The following people cooked the corned beef: Linda Kohloff, Sylvia Disotell, Roberta O'Brien Polly Pifer and Larry Byrd. Diane Desrochers did her usual wonderful job of decorating the hall. Peeling and cutting vegetables and helping with set up were: Joyce, Polly, Arlene, Marci, Diane D, Cecile, Ginette, Wally, Joy, Carol, Larry and Joy. A big thank you to all.

Clean up was done by: Roberta, Bob V, Marci, Linda Keenan, Lou and Arlene. After dinner left overs were sold. The winner of the 50-50 was Bobbi Christian. The 2 door prizes were won by guests of Polly.







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Avoid Alzheimer's with these tips

Izheimer's disease is the sixth-leading cause of death in the United States and the only one in the top 10 that cannot be prevented, treated, or cured. However, growing evidence indicates that people can reduce their risk of cognitive decline by making key lifestyle changes. From the Alzheimer's Association come these tips for keeping your mind healthy as you age:

• **Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

• Hit the books. Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, a community center, or online.

• Fuel up right. Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

• Catch some z's. Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Questions when you select assisted care

hen you're choosing an assisted care facility for an elderly relative—or for yourself—you've got a lot of factors to consider. The U.S. News & World Report website offers this list of questions to ask before making your selection:

- What are your medical needs?
- How much does the facility cost?
- Is it conveniently located for you and your family?
- What activities and amenities are available?
- How is medical care delivered?
- Is the community open to questions from would-be residents and family?
- What makes this facility different or better than others?











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How to help a friend with depression

ne in six people will experience serious depression during their lifetime, and knowing what to say and how to act around them can help them cope with the condition better. From the HuffPost website come these suggestions for helping friends and family deal with their depression:

• Listen. Don't offer solutions nor try to "fix" things. Most people with depression have heard suggestions. They mostly just want someone to listen to them.

• **Help out**. Many people with depression find themselves unable to perform everyday, routine tasks. Offer to do some household chores that they can't handle.

• Make specific offers. Don't just say, "Is there anything I can do?" Instead, volunteer with specific suggestions: "Can I do your laundry?" or, "Would you like me to take you grocery shopping?"

• **Be patient**. Try to remember what they're going through. If they're sad, frustrated, or lethargic, don't insist that they feel better. Reassure them that you still care about them.

• Send a quick text. A joke or cartoon can brighten your friend's day and signal that you're thinking of him or her.

• **Don't take things personally**. Depressed people sometimes resist efforts to help. They may withdraw into themselves and shut others out. Don't abandon them. Remember that it's the depression talking, not the person inside.

• Offer reassurance. Don't be a Pollyanna, but remind them that they're good people and strong enough to get over this. Even if they don't respond, hearing such reassuring words will help.



• Tell them it's all right. Don't blame them for their depression, nor let them blame themselves. Tell them that it's OK not to feel OK all the time.

• Share small gifts. Bring a treat or some flowers, or send a card letting them know you're thinking of them. A small gesture can mean a lot to someone who's depressed.

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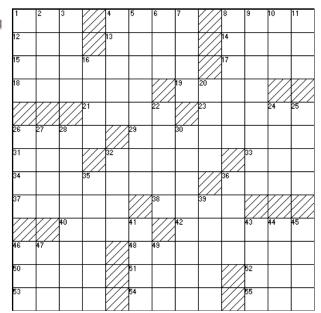


ACROSS

- 1. A way to use
- 4. Portuguese nurses
- 8. Terror
- 12. Near, against
- 13. Festivity



- 14. About aviation15. Thunderous verbal attack
- 17. West Chadic
- 18. Hebrew prophet
- 19. 1000 calories
- 19. 1000 calories
- 21. The compass point that is one point
- east of northeast
- 23. Speeds
- 26. The compass point that is one point
- east of southeast
- 29. About an arsenal
- 31. Pakistani rupee
- 32. Finno-Ugric
- 33. The compass point midway
- between east and southeast
- 34. Kindnesses
- 36. Wielded
- 37. Apart
- 38. Damn
- 40. North wind
- 42. Hall
- 46. Go up
- 48. Gave notice
- 50. Used esp. of vegetation
- 51. Cabbage
- 52. Summate
- 53. In a way, betaked oneself
- 54. Fodders
- 55. Pulse



DOWN

- 1. __-A-O, movie technique
- 2. National capital
- 3. Urban center
- 4. Fit
- 5. Pouches
- 6. A close-sleeved linen
- liturgical vestment
- 7. Tai
- 8. A street of small shops (esp
- in Orient)
- 9. Real estates
- 10. Macaws
- 11. Hill (Celtic)



- Prong
 Alligator
 Strayed
- 24. Relieve
- 25. A vehicle mounted on
- runners and pulled by horses or dogs
- 26. Prevents harm to creatures
- 27. Amounts of time
- 28. Deficiency disease
- 30. Use wrongly
- 32. Services
- 35. In a way, altered

- 36. Large sweet juicy hybrid between grapefruit and tangerine39. Nostrils
- 41. All of the persons or
- components specified
- considered individually

43. As fast as can be done, abbr.

- 44. Surrender
- 45. Icelandic poems
- 46. Manuscripts, abbr.
- 47. Malacopterygian
- 49. Chiefly perennial grasses of cool temperate regions









Make your worries disappear

young man who was plagued by many problems made a grueling hike of several miles to seek the counsel of a sage in a neighboring village. Once there, he shared his burdens with the sage, who encouraged him to adopt a different perspective as a way of dealing with his troubles. Before the young man departed, the sage told a joke that made the young man laugh and lightened his mood for his journey home.

The next week, the man returned to visit the sage. He spoke of the same issues that had previously been bothering him. The sage encouraged the man to be patient and diligent in his efforts to overcome his troubles, and he repeated the joke he'd shared with the man during their first encounter. The man laughed again, thanked the sage for the advice, and then went on his way.

When the man returned a week later, the sage told the same joke he'd shared on prior visits. This time the man did not laugh.

"The story you once thought funny is no longer so, because you have heard it too many times," the sage remarked. "Yet you have traveled a fair distance, several times, at the mercy of nature and many other risks to your safety simply to share your complaints with me.

"Only you can solve your problems," the sage continued. "When you redirect the time and energy you allocate to your complaints toward solving them, your issues will disappear."

What are you waiting for?

man picked up a hitchhiker on a country road. The two men fell into conversation, leading the driver to ask his passenger what his plans were for the future.

The hitchhiker, a young man just a few years out of high school, explained how he was hiking around the country, camping and taking in the sights. He said once he returned home he planned on making his fortune in the tech industry. He said he had an idea that was going to make him a millionaire.

"Do people really do that?" the driver asked.

"Make a lot of money in the tech world? Sure they do," the hitchhiker said.

The driver shook his head. "No, I mean take time out from life instead of getting to work on making their dreams a reality?







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South Pole ice melting at an increased rate

ntarctic ice is melting at a more rapid pace than ever before, according to a study published in the Proceedings of the National Academy of Sciences and reported on the CBS News website.

Using satellite imagery, scientists have determined that from 1979 to 1990, the South Pole region lost an average of 40 billion tons of ice a year. From 2009 to 2017, though, that loss increased to 252 billion tons a year. This puts the Earth on a path to experience a major rise in sea levels over the next 100 years. Scientists worry that the melt-off could push the sea level up by four meters—enough to flood many coastal cities and towns and put much of south Florida underwater.

A similar rise happened some 14,000 years ago, when the oceans rose at an average of one foot a century for four centuries. That was a natural phenomenon, scientists say, but they attribute this recent rise to human activity.

Five factors that can spur inspiration

Being creative isn't all about staring out the window and daydreaming. Sometimes it's hard, stressful work, especially when you're under pressure for results. The Innovation Excellence website suggests concentrating on these factors when trying to spark your inspiration:

• **Mindfulness.** Be aware of what you're thinking. If your thoughts are "I'm just not creative enough," or "I'll never solve this," chances are you won't get anywhere. Try to free your mind of doubts and focus on the positives.

• Movement. Get out of your chair and move around. You'll pump more blood to your brain, and you may see something that sparks an inspiration.

• Nature. Go outdoors. In addition to the exercise, observing what's happening around you in the outside world can open your mind to new possibilities.

• **Playfulness**. Don't be so serious! Turn your problem or opportunity into a game. This will help you relax and can offer you different approaches to finding ideas.

• Art. Try drawing a picture with colored pens or markers, or doing a painting if you have the space and equipment. Writing a poem works, too. You'll make new connections in your brain and see the world in a new way.





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-Monthly Media Staff

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