



Issue 6 40th Year

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Aloha

Joyce Cooper was "Hanging loose" in Hawaii at one of the famous luaus found on the Hawaiian Islands.

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2016 Silk Oak Planning Committee

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2nd Vice President:	VAČANT
Secretary:	VACANT
	Shelley Mulholland, #149, 218-7327

VARIOUS COMMITTEES

VIII O CO COMIN	HITEED
50/50:	. Alda Piroli
Bingo:	. Shelley Mulholland
Breakfast Buffet	.Chef Ray Sisneros, Sous Chefs: Rose Sisneros, Mike Jewell
Calendar:	. Shelley Mulholland
Members at Large	
	.Pat Calcagno
Newsletter Editor:	
Reporter at Large	. Karen Justesen
Shuffleboard:	
	.Jim Calcagno
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A Complete Listing of Resident Services can be found on the page before your calendar









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AUGUST BIRTHDAYS

9	Mildred Cottone	#75
11	Russ Kerkman	#147
16	Jill VanSlyck	

17 Cindy Richichi #157



A COMMUNITY MOURNS

(skm)

ur little Silk Oak Community is still reeling from the recent deaths of four of its friends and neighbors.

MADELINE JUHL (#145) was a gentle soul who stoically accepted her daily struggles. She lived her Faith completely and shall remain a constant reminder to all of us that humility and a smile goes a long way.

DENNIS O'CONNOR (129) was a relatively new resident who died suddenly and unexpectedly. He was most often seen in the Pool Room. A reminder that tomorrow is never guaranteed

BILL ROCK (#28) was one of our "characters" who will always be remembered by those who knew him with a smile, a shake of the head, a laugh or all three!

JIM LONG (#154) Speaking of "characters", the death of Jim leaves a huge vacuum. He was EVERYWHERE!!! Jim was an active part of our community for the better part of 15 years. His physical disabilities never consumed his intrepid spirit – another lesson to us all.

Sincere condolences to the families of all. Your loved one's Silk Oak family joins you as you struggle through this difficult time. May Peace and Contentment find us all and leave us with the warm memories.

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evotional Hour for the Little Slice of Heaven Group is growing and going strong. If you have a prayer need or request for someone or for some situation and you cannot attend the Devotional Hour please fill out one of the forms below and place it in Linda Rahn's mail box at Lot #140 and your requests will be lifted in prayer. If you can attend, bring your request with you and place it in the prayer bowl and prayer will be said over your requests. All are Welcome at the "Little Slice of Heaven" Devotional Hour on Thursdays at 6:30 p.m. God Bless.

PRAYER REQUEST FORM:
Please pray for:

PLACE YOUR REQUEST IN LINDA RAHN'S MAIL BOX AT LOT #140 OR BRING IT WITH YOU TO THE MEETING.



















SILK OAK CELEBRATES JULY 4

(skm)

The Club House was gloriously decorated in Red, White and Blue (thanks Denise!) and readied to welcome just over 40 celebrants for a grand July 4th. "Best Ever" pulled pork was the featured entrée with potato salad, coleslaw and macaroni salad rounding out the menu. Watermelon and decorated cupcakes provided the perfect desserts.

As always, as delicious the feast was, the people gathered made the party. Good Times! So many participants jumped in to help cut watermelon, clean up and wash dishes, etc. that it is impossible to name them all. Just please be assured that you are all appreciated.

This event was sponsored by the Planning Committee and wouldn't have happened if John and Elyse Poole didn't insist on taking the reins and chair it. Huge thanks to them both for undertaking the task of planning, shopping, cooking and fretting to provide us all with a wonderful afternoon.





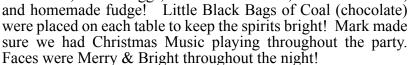


CHRISTMAS IN JULY

(Submitted by KJ)

n July 9th the residents of Silk Oak gave each other the best gift ever! Love, Peace, Joy, & Laughter was given by everyone to everyone! "We're getting spoiled", "When is the next Party", "Can we do this again next year", "Great Party".

Santa's Elves & Helpers just appeared out of nowhere like magic! Santa landed his sled & reindeers right at our front door! Once inside all guests were greeted in "the new old fashioned way" – by South Pole Greeter Shelley! "Perfect" was the word used to describe the decorations. The gag gifts were placed under the tree as we waited for Bad Santa to arrive. Guests enjoyed an all you can eat buffet of delicious sandwich wraps, scrumptious pasta salad, sweet & sour meatballs, pigs in blankets, deviled eggs, meatballs in sauce, cookies & cakes,



Laughter rang out when Bad Santa came to town—delivering gag gifts for all! Some pretty funny stuff got people up and talking and laughing with each other - lots of hardy laughter! Congratulations to Mark for winning the 50/50 Lucky Bucks! Most of our guests got too pooped to pop when it came time for the Christmas Parade! But Little Mary Christmas, Krinkles Kathy, Bad Santa Charlie, Silly Samson, Ruffing Roscoe, Bright-lite Bridget rode through the town honking and tooting all the way! Ella & Mark did an outstanding job with Christmas lights displays outside their homes!

Thanks to Maryann and her mighty fine helpers for making this party a success!



(submitted by skm)

The form presently in use to thank our neighbors for various kindnesses cannot be applied to me at this time. I have phriendly phantoms who take care of my trash cans on garbage days when I'm not around. This ole gal in #149 surely appreciates you for watching out for her!























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Did you know that August is also...

Back to School Month. As summer draws to a close, back-to-school season is in full effect. Remember to safely share the roads with school buses, pedestrians, and bicyclists, and provide children with the necessary knowledge to stay safe at school. Whether children walk, ride their bicycle, or take the bus to school, they—and the motorists around them—should remember to take proper safety precautions .



National Black Business Month. During August, individuals, institutions, and businesses are encouraged to visit at least one black-owned business per day. The increased sales resulting from that traffic could result in more than 40,000 additional jobs during the month and as many as 450,000 new jobs if the habit is continued over the course of a year.

National Immunization Awareness Month. National Immunization Awareness Month (NIAM) provides an opportunity to highlight the value of immunization across a person's lifespan. Activities focus on encouraging all people to protect their health by being vaccinated against infectious diseases.

Clown Week, Aug. 1-7. Celebrations take on a variety of forms, such as putting on shows in malls, child care centers, hospitals, and nursing homes, and clown appearances in parades, grand openings, and other places.

National Fraud Awareness Week, Aug. 7-13. Businesses and government agencies around the world lose an estimated 5 percent of their annual revenues to fraud. National Fraud Awareness Week seeks to educate everyone on the dangers of fraud and how to protect themselves from criminal activities.

Motorcycle Week, Aug. 14-20. For the motorcycle rider and lover, a week dedicated to the vehicle that millions of Americans enjoy. Ride, celebrate, and make new friends on the road.

National Aviation Week, Aug. 14-20. A celebration of flight, observed during the week of Orville Wright's birth, Aug. 18. Along with his brother Wilbur, Orville Wright built and flew the world's first successful airplane in Kitty Hawk, N.C., in 1903.

International Beer Day, Aug. 5. Enjoy your favorite beer, or try a new one—responsibly, of course.

World Elephant Day, Aug. 12. Asian and African elephants are loved, revered, and respected around the world, yet we teeter on the brink of seeing the last of these magnificent creatures.

National Dog Day, Aug. 31. Celebrate your dog—and dogs everywhere.



The night shift takes a bigger toll on women

Torking the midnight shift is hard on everyone, but it may be more detrimental to women's health than men's, according to a study by a sleep research center at the University of Surrey.



The center put 16 male volunteers and 18 females in a controlled environment where each day lasted 28 hours without natural day-night light levels. Every three hours during "daytime" the volunteers performed a range of tasks that measured brain function, alertness, motor control, and memory. Both men and women were affected by the lack of natural circadian rhythms, but the impact was greater on women, who exhibited more problems than men during the early hours of their awake period. The information is useful for everyone contemplating work on the so-called graveyard shift.

Loneliness is bad for the heart

oneliness and isolation may be bad for your mental health, and they can also have a negative impact on your physical health. That comes from a British study reported on the CBS News website, which found that in addition to high blood pressure and compromised immune systems, loneliness can apparently lead to problems with the heart.

The British researchers looked at data from more than 180,000 people. They found that adults with few friends or social relationships were 29 percent more likely to suffer a heart attack or angina, and also 32 percent more likely to have a stroke.

The cause and effect relationship remains unclear, but the findings suggest that strong relationships can influence your health in many ways.

Choose the right food to combat stress

Te all have our go-to foods when we're stressed out—chocolate cake or a bowl of ice cream. But certain foods can actually help you relax without blowing your diet. Consider these alternatives:

- Leafy greens. Spinach, lettuce, and other leafy vegetables can help your brain produce dopamine, which can calm you down.
- Turkey. The tryptophan in turkey boosts serotonin levels, relieving depression.
- Salmon. Salmon is high in omega-3 fatty acids, which can inhibit hormones that cause stress.

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Like a good neighbor . . .

Te depend on our neighbors to water our plants and walk our dogs when we're out of town—or do we? A study from the Pew Research Center found that only a little more than half of Americans—52 percent—say they trust all or most of their neighbors, and 48 percent they trust only some of their neighbors, or none at all.

The Pew Center found that among households with incomes of \$75,000 or more, 67 percent of residents trust all or most of their neighbors, but in households earning less than \$30,000, only 37 percent feel the same.

Race may also be a factor, although the connection is unclear: Sixty-two percent of white Americans say they trust their neighbors, just 31 percent of African-Americans do, and only 27 percent of Hispanics.

The Zika virus: Protect yourself with the facts

The Zika virus is spreading in the headlines and around the world, but you don't have to panic. The best defense is information. Here are some basic facts about the virus from the NBC News website:

- Origins. Zika comes from the continent of Africa. It was first observed in 1947, but didn't seem dangerous. That changed when it migrated across the South Pacific and ultimately arrived in Brazil, where immunity against the virus is low.
- **Effect.** The virus itself doesn't seem to cause major health problems in most people beyond a rash, headaches, and fever. But it can in some cases cause paralysis, nerve damage, encephalitis, and miscarriages, as well as birth defects and deaths in newborn children.
- **Transmission.** The Zika virus is mostly spread by mosquitoes native to tropical regions. It can also be sexually transmitted.
- Reach. Zika has already arrived in the United States, where approximately 700 people have been infected after traveling to foreign countries. Mosquitoes that carry the disease are common in many areas, even as far north as New York, so localized outbreaks could occur in several states.
- **Prevention.** Air conditioning and windows screens are both good defenses against the mosquitoes. In addition, officials advise that people wear long clothing and insect repellant when going outside.

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AUGUST · 2016

Sunday		Monday	7
		1	
	7	8	
1	14	15	
4 PM Karaoke with Sonny	21	22	
2	28	29	

Silk Oak

Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6
9	10	11	12	13
16	17	18 9 AM Friendship Coffee Hour	19	20
23	24	25 9 AM Friendship Coffee Hour	26	27 4 PM NFL PRE- SEASON KICK- OFF
30	31			SEPTEMBER 2016 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

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ACROSS

- 1. Accumulate
- 6. Wanes
- 10. Coffee dispensers
- 14. Ringworm cassia
- 15. Flippant
- 16. Person, place or thing
- 17. Floral leaf
- 18. Bright thought
- 19. Carpenter's groove
- 20. Daughter of a step-parent
- 22. Therefore
- 23. Against
- 24. Girdle
- 26. Chick's sound
- 30. Flee
- 31. In what way
- 32. Cap
- 33. Former lovers
- 35. Choice
- 39. Red wine
- 41. Business executive
- 43. Body
- 44. A period of discounted prices
- 46. Small city
- 47. Best seller
- 49. Calypso offshoot 50. If not
- 51. Domestic breed of rabbit
- 54. Certain ball-and-socket ioints
- 56. Storage cylinder
- 57. A type of semiconductor
- 63. Chair
- 64. An indefinite period
- 65. Nigerian monetary unit
- 66. Behold, in old Rome
- 67.1111
- 68. To untwist
- 69. Clairvovant
- 70. Probabilities
- 71. Trades

49 52 68

DOWN

- 13. Snob
- 21. Arm of the sea
 - 25. Klutz's cry
- 26. Agreement
 - 27. Reflected sound 28. Arab chieftain
 - 29. A toy that fires
 - pellets
 - 34. Sleekness
- 10. Protect by insurance 36. False god
 - 37. Kittens' cries
 - 38. Sea eagle
 - 40. French for "Black"

- 42. Some tides 45. Disgraced
- 48. Skin pattern
- 51. Donkeys
- 52. Daughter of a sibling
- 55. Nasal passage
- 58 Peel
- 59. Rational
- 60. Cultivate

- 62. Beams



August CROSSWORD

1. Vipers

3. Stake

4. Break

5. Chip dip

6. Nosebleed

7. Time to go to sleep

8. Broth (Scottish)

9. Polysaccharide

11. Lion sounds

12. Prod

2. Encounter



Act of compassion

In these days of political polarization, this story about acceptance seems appropriate: When former Vice President Hubert Humphrey died, hundreds of political figures from around the world came to his funeral. One was former President Richard Nixon, who resigned from office in the wake of the Watergate scandal. Everyone wondered how the disgraced expresident would be received.

When then-President Jimmy Carter arrived, he noticed Nixon standing alone. Instead of heading for his seat, Carter walked toward Nixon, held out his hand, and then gave Nixon a hug, saying, "Welcome home, Mr. President, welcome home!"

Despite belonging to a different political party, Carter decided to show compassion toward someone whom many ignored. It was an extraordinary gesture of acceptance.

A life in books

Pulitzer Prize-winning writer Geraldine Brooks' love of books from a young age was supported by a woman she never met. According to The Power of Good, by Mark McCrindle (Hybrid Publishers), Brooks' grandfather mentioned to a friend named Althea Glasby that his granddaughter loved to read, and so every year for Christmas young Geraldine got a book signed, "To Geraldine, with love from Althea Glasby."

"I have no idea what this woman spent so much time and thought on a child she didn't know," Brooks said as a grownup. "Whatever the reason, I wish I could thank her in person. I wish I could tell her how those books shored up a love for the written word that grew over time into a career and a calling. I would like to give her one of the books I've written, nice, hardback first edition. The signature wouldn't be as fine and fluid as hers, but in my own pedestrian scrawl I would say thank you, for the gifts that helped to lead me to a life in books"

A costly game

Bill and Fred were playing golf one day. When they came to a hole with a large water hazard, Bill teed up and watched his ball drop into the water. He checked his golf bag and found he didn't have any extra balls, so he asked Fred to give him one.

That ball, too, went into the water, so Fred gave him another—which also sank. After the third golf ball disappeared into the drink, Fred said, irritated, "You know, those golf balls cost \$10 a piece!"

"Hey," Bill said, "you shouldn't play the game if you can't afford it."



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Lost in translation

Tenry was visiting a distant country where he didn't know the language. He managed fairly well with the help of a guide, but on Sunday he wanted to go to church, and his guide had the day off. So he found a small church in the village where he was staying and followed a friendly-looking man inside.

The man greeted him and smiled, so Henry took a seat next to him and decided to copy his every action. When his new friend rose with the congregation to sing a hymn, Henry did the same, finding the hymn by looking at the man's hymnal. When the collection plate came around, Henry put in the same amount of money as the man next to him.

Toward the end of the service, the minister made some kind of announcement. The man next to Henry stood up, so Henry did too. The congregation gasped in shock.

After the service, the minister approached Henry. So Henry's surprise, the minister spoke English. "You don't know a word of our language, do you?" the minister asked kindly.

"Uh, no." Henry was nervous. "Is it that obvious?"

"Well, when I was announcing the birth of a new child and asked the father to stand up..."

The real problem

little girl was running a high fever with a bad cough and an aching feeling throughout her body, so her father took her to see the doctor. After waiting for an hour, the doctor finally took them into her office for an examination.

"Now, Christina," she said after checking her heartbeat and looking down her throat, "What's bothering you the most?"

"My brother Sam," she replied honestly. "He breaks all my toys!"

High stakes

man walked into a bar and ordered a beer. As he drank, he noticed slabs of beef hanging from the ceiling on hooks. "What's this about?" he asked the bartender.



The bartender smiled. "Well, if you can jump up and pull one of them, we cook it up and give you free beer all night. If you miss, though, you have to put \$100 into the charity jar we keep back here for orphans. What do you say?"

The man looked up, then shook his head. "Sorry. The steaks are just too high."



Watch for the dangers of carbon monoxide

arbon monoxide (CO) is a colorless and nearly odorless gas created by the incomplete burning of solid, liquid, and gaseous fuels. It's poisonous to people and pets, so be careful. Symptoms of the poisoning are:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

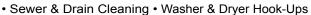


To prevent CO poisoning, take these precautions at work and at home:

- Buy and install a CO alarm. Make sure it meets safety requirements, and follow the directions for proper placement and installation.
- Install appliances properly. Most of them should be installed by a professional.
- Check your appliances. Have your heating system inspected and serviced every year.
- Only burn charcoal outdoors. Never burn it in a tent, home, garage, vehicle, etc.
- Make sure you turn off fuel-burning engine equipment when you are inside a garage or basement. Just having the doors open does not ensure your safety.
- Always follow the manual directions when servicing fuel-burning equipment.
- Do not use gas appliances, such as ranges, ovens or clothes dryers, to heat your home.
- If you use a fuel-burning appliance that is approved for indoors, make sure it is vented to the outside following the manufacturer's instructions.
- Install and use exhaust fans over gas stoves.
- Open flues when you use your fireplace.
- Choose the proper size wood-burning stove for your home.
- Have a professional inspect, clean and tune up your central heating system (furnaces, flues, and chimneys) annually.

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August Sudoku

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3					9	5		
		7	6	1				
				3				1
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	5						9	8
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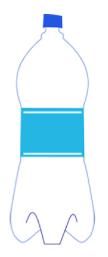


Water—are you getting enough?

hydrated every day, information from the U.S. National Health Nutrition Examination Survey may ease your mind. The survey found that adult men drink an average of 14 cups of water every day—117 ounces—and women consume about 12 cups, or 93 ounces.

The Institute of Medicine advises that men get about 125 ounces of water a day, and women 91 ounces, so the study suggests that most men and women are getting adequate amounts of fluid.

The report notes that "water" doesn't mean just plain water, though—in fact, only about 30 percent of fluid intake comes from the tap or bottle. We also get water from juices, sodas, coffee/tea, and even food. But juice and soda can add extra calories to your diet, so don't depend on these too much for your daily dose of H2O.



New findings on lifespans - How long will you live?

The Centers for Disease Control and Prevention recently reported that the average life expectancy for a Caucasian American born in 2014 is currently 78.8 years, down from 78.9 years one year before.

The life expectancy of non-Hispanic white women born in 2014 is 81.1 years, a slight decline from 81.2 years. For non-Hispanic white men, the figure is 76.5 years. The CDC notes that the drop, though mild, is unusual in nations like the United States, which tend to have higher standards of public safety and health care.

No more dumb blondes

The stereotype of the dumb blonde doesn't hold up, according to a study from The Ohio State University. Researchers studied data from more than 10,000 Caucasian women and found that natural blondes had an average IQ score within 2 or 3 points of brunettes and redheads. No word on whether the researchers determined that blondes really do have more fun.

The difference between the poet and the mathematician is that the poet tries to get his head into the heavens while the mathematician tries to get the heavens into his head.

–G.K. Chesterton









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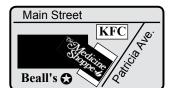
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EVENTS & PROGRAMS

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CRAFTERS WANTED! EBO in Largo needs Crafters for their Show Dec. 3rd, from 8-2. Tables are \$20.00 (+ donation for raffle) Call Tammy 727-550-6397.

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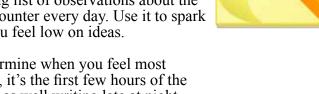
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Get started on your writing project today

If you've dreamed of writing a novel, a short story, or even a poem, but you don't know how to get started, don't worry. Most creative writers have trouble with the first page from time to time. Try these tips for charging up your imagination:

- Try some exercises. Instead of launching right in on your thousand-page trilogy, try writing a few short scenes to get the hang of the process. Don't be a perfectionist—just get your story down as quickly as you can until you're used to writing.
- **Keep a notebook**. Whether you use paper or a smartphone, keep a running list of observations about the people and things you encounter every day. Use it to spark your imagination when you feel low on ideas.



- **Find the right time**. Determine when you feel most creative. For many people, it's the first few hours of the morning, but some do just as well writing late at night.
- Cut yourself some slack. Your first attempt probably won't be perfect. Remember that you're just trying to get your ideas out on paper (or the screen). You'll have plenty of time to rewrite and revise later.
- **Have fun**. If writing is drudgery, it may not be for you. Whatever you're working on, relax and try to enjoy what you're doing. Your emotions will show through in the finished product.

Shake up your habits to spark innovation

Innovation doesn't happen all by itself—you and your team have to work persistently to develop creative new ideas. Here are some strategies to kick your innovative impulses into high gear:

- Change your routine. Reschedule your day so you're doing things in a different order.
- Vary your surroundings. Rearrange your office for a different view, or switch offices with someone else if that's practical. Hold meetings off-site.
- Share data differently. Look for different ways to distribute information. For instance, write a report in rhyme, or deliver a presentation as a skit.
- Switch jobs. Spend a day doing someone else's job—inside your department or outside it.

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(Allow 4-6 weeks for mailing of check). This month's cash winners are:

(Allow 4-6 weeks to	ı ınanını	y of check). Triis month s cash
Virginia Rouleau	\$100 .	All Weather Roofing
John Elliot	\$10	Citrus/Meadowood Homes
Nancy Spangler	\$10	Master Plumbers and Septic Inc.
Jackie Lehocky	\$10	Appliance Specialty
Max Powell	\$10	Ray Duncan Plumbing
Darwin Tweedy	\$10	Doll Brothers Carpet & Upholstery
		Royal Enterprise
John Shull	\$10	Barron's Air Conditioning
		Ron Wyngarden MH Washing
Arlene Bero	\$10	Jones and Sons Plumbing
Sherry Walsh	\$10	Bob's Appliance Specialty
Carolyn Teter	\$10	Recreational Golf Cars of Florida
Glen Daw	\$10	Buggin Out Termite and Pest control
Darlene Coburn	\$10	
		Bill The Carpet Guy
		Rod Runners
Richard Bremer	\$5	Boss Electric
Mary Jo Webert	\$5	
Ann Tindall	\$5	Battleline Termite & Pest Control
Richard Yeomans	\$5	Royal Enterprise
Shirley Frew	\$5	Florida Anchor & Barrier
Peggy Long	\$5	Air Masters of Pinellas
Linda Fogle	\$5	Jones and Sons Plumbing
Herbert Hendershot	\$5	

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	Jones and Sons Plumbing
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\$5	Largo Plumbing
	Perfect Repair & Construction
\$5	Dunedin Plumbing
\$5	Payless Painting Services
	Bob's Mobile Home Washing
	Battleline Termite & Pest Control
\$5	Air Masters of Pinellas
	AMS North West
\$5	Bill The Carpet Guy
\$5	Largo Plumbing
\$5	Boss Electric
\$5	Air Masters of Pinellas
\$5	Modern AC & Appliance
	Doll Brothers Carpet & Upholstery
	Battleline Termite & Pest Control
\$5	Jones and Sons Plumbing
	Recreational Golf Cars of Florida
\$5	Boss Electric
\$5	BugginOut Termite and Pest control
\$5	Air Masters of Pinellas
	\$5

[·] Limit of one ticket per visit · Advertiser may have up to 4 winners per month · Advertiser must have bill paid current to qualify · No purchase necessary • Contest void where prohibited by law • Green tickets available at participating Monthly Media advertisers.



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Closed Saturday and Sunday

Service Hours...... Monday through Friday 8:00 AM – 4:30 PM

Closed Saturday and Sunday

Clubhouse Hours: Open 8:00 a.m. to 10:00 p.m. (unless specifically noticed in

entertainment and clubhouse activities.)

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From 8:00 a.m. to 4:30 p.m. call the office at 727-796-1356).

Dumpster Trash Regular trash days are Monday, Wednesday, Thursday and

Friday. DO NOT put food in dumpsters.

DO NOT set anything next to the dumpsters. If the dumpsters

are full, bring it back later.

Dumpster lids must be down at all times.

Women's Club

President	Pat Calcagno, 953-6466	#108	
	Bonnie Barden, 207-325-35	538	#171
Secretary	Jeannie Jewell, 669-7686	#32	
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