

=38₌Certified years in business ==★ No complaints unresolved =38 =Years in Monthly Media ==

#### FOR AD RATES & INFO 727-484-7488 • info@monthly-media.com

#### **2015 Officers and Directors of Glen Ellen**

President – Bill Reilly Vice President – Jacques Mongrain Treasurer – Joan Schuring Secretary – Ken Harris Director – Wayne Talbott Director – Linda Roy Director – Nancy labbe

Glen Ellen Park Manager – Marilyn Sisti Administrative Assistant Stephanie Scalise

GLEN ELLEN MOBILE HOME PARK, 2882 Gulf to Bay Boulevard, Clearwater, Florida Office Number (727) 796-7348

#### Manager Marilyn Sisti's Message

Just a few items to address, I want to remind everyone that there is a two week limit for guests. If you want someone to stay longer they need to fill out an application, \$50 fee, and have a background check. There should be no one residing in the park that does not belong. If you are aware of anyone that has stayed over two weeks please let the office know.

Stephanie has sent out final notices for those of you who have not complied with taking care of their homes. Please note that we can and will send you to the attorney for rules violations, it is not fair to your fellow residents that some take care of their homes and others just don't care and are bringing the looks of the park down, as well as the value of the homes.

If you have any questions or concerns please let myself or the office know.

uityLifestyleProperties,Inc.(NYSE:ELS) 82 Gulf to Bay Boulevard earwater, FL 33759 7-796-7348 enellen_mgr@Equitylifestyle.com ww.equitylifestyle.com
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#### A Complete Listing of Resident Services can be found on the page before your calendar







GLEN ELLEN FOCUS AUGUST, 2015 E





#### August Birthdays

- August 5 Barbara Barczak
- August 13 Margie Adams
- August 25 Ruth Leonard
- August 27 Barbara Turner
- August 29 Cheryl Turner

#### Karaoke Time Change

Karaoke will be from 6:30 - 9:00 P.M. instead of from 5:00 - 7:00 P.M. on Thursdays.

#### Scribe Nancy Labbe's Message

ugust, summer is winding down and hopefully cooler weather is on the way!

There are no special activities scheduled for this month, however if anyone wishes to organize and run an activity, please feel free to do so. Please see Nancy Labbe in Mobile 121.

The normal weekly activities are still ongoing, check the bulletin board in the hall to see what is happening.

Three of the Gillespie's: Fred, Ray and Vern had medical issues in July. We wish them a speedy recovery. Our thoughts and prayers are with you.

Hopefully, some of the renovations in the hall are starting to get done thanks to the efforts of our Manager, Marilyn Sisti. We thank you Marilyn.

Enjoy the month of August, it is a busy month, family wise!

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



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# All for the best

A king was friends with a wise doctor. They spent many hours hunting together, talking about the world as they walked through the kingdom. The king was intrigued by the doctor's insistence that events always worked out for the best. He was never convinced, but they remained close friends.

Then one day they went out hunting. The doctor's rifle went off by accident, and the bullet hit the king in the hand. The doctor had to amputate two fingers, and the king was so angry that he had his friend thrown into a dungeon.

Several months later, the king went on a safari in the deep jungle. Bored, he went off by himself and was promptly captured by a band of savages who carried them back to their village.

The king realized that these people planned to eat them, and all his promises of riches and rewards if they freed him were ignored. But when they came to prepare him for their feast, they noticed that his hand lacked two fingers.

Their traditions demanded that they not harm anyone with an amputated limb. They freed the king, and he returned to camp unharmed.

When he got back to his castle, the king immediately freed the doctor. He told his friend the story, and added, "If not for you cutting off my fingers, I might have been killed."

The doctor was happy that the king. "You see, that proves my point about things happening for the best."

"But what about you?" the king asked. "You spent all those months in a dungeon. How did that work out for the best?"

The doctor smiled. "If I hadn't been in the dungeon, I might have been out hunting with you."

#### Go fly a kite

The mayor of a small town was walking through the park one day when she spotted a little boy flying an enormous and beautiful kite high in the sky. Intrigued, she walked up and asked who was responsible for the keeping the kite in the air.

"I am," the boy said. "I made this kite all by myself, and I got it up into the air on my own."

Then they both heard a whisper in the air. "I am the wind," the voice said. "I keep the kite in the air by holding it aloft with my breath."

A third voice, high-pitched and vibrant, joined in. "I am the kite's tail," said this voice. "I keep the kite stable as it flies through the air. Without me it would crash to the Earth!"

Moral: Cooperation and teamwork are essential to every endeavor.







## The body parts your body doesn't need

The human body is a marvelous machine, but like many devices, it contains some parts with no apparent function. According to the Mother Nature Network website, these physical attributes appear to have lost their original uses:

- Appendix. This tiny pouch in the abdomen near the larger and small intestines may have been necessary when early humans survived on a plant-based diet. Today it seems largely superfluous, aside from being a useful storage place for bacteria.
- Wisdom teeth. A leftover from when humans' jaws were larger, the extra molar no longer comfortably fits in most people's mouths and frequently has to be extracted in adulthood.
- Jacobsen's organ. In animals, including reptiles and amphibians, this organ in the nose detects pheromones emitted by potential mates. Although present in the human nose, it appears not to function in modern-day humans.
- Extra eyelid. Birds and reptiles have a nictitating membrane in their eyes that functions as a third eyelid. It's called the plica semilunaris, and apparently humans have them too, left over from earlier incarnations. It isn't entirely useless, though; it still helps to drain tears and remove foreign objects from the eye.

# Get to sleep faster with these techniques

good night's sleep is essential to good health. Sometimes dropping off to dreamland doesn't come easily, though. When sleep is elusive, try these tips to get the rest you need:

- Relax during the day. Don't wait until bedtime to calm yourself down. Get into the habit of relaxation throughout the day with meditation, progressive muscle relaxation, deep breathing, and other techniques. Your body will learn how to relax more quickly and easily when you get into bed.
- Develop a bedtime routine. Most of us can't automatically switch off at night. Make a deliberate effort to wind down at the end of the day by turning off the computer and TV, relaxing with a good book, taking a warm bath or shower, dimming the lights, and doing anything else that helps you detach from the day.
- Breathe yourself to sleep. In bed, try this breathing exercise: Inhale through your nose, filling your chest for about four seconds, then exhale through your mouth. Or try counting—not sheep, but your breaths: Inhale for four seconds, hold it for seven seconds, then breathe out for a count of eight. Both of these will ease your heart rate and blood pressure.

# Little-known facts about books and language

The world of books, reading, and words is full of surprises. Take a look at some of these stories about writers and other creative people (from the Buzzfeed website):

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- Green Eggs & Ham. This Dr. Seuss classic was written on a bet. Publisher Bennett Cerf wagered \$50 that Ted Geisel couldn't write a children's book using fewer then 50 different words. Geisel won.
- Thomas Jefferson. The third U.S. president (and writer of the Declaration of Independence) invented more than 100 "American" words to distinguish U.S. writing from British usage—including the word "anglophobia."
- Gone with the Wind. Margaret Mitchell began work on her first (and only) novel after recovering from an auto accident. During her convalescence, she read so many books from the local library that her husband got tired of going back and forth—so she suggested she try writing a book of her own.



• Amazon. The first book sold on the now dominant website was Fluid Concepts and Creative Analogies, by Douglas Hofstadter. Its subject: whether machines could be taught to think like people.

## Stay optimistic to get ahead

Successful people are optimistic. They're realistic, and they see the challenges, but they don't lose their confidence. Here are some of the characteristics of "intelligent optimists" that anyone can master:

- Don't deny problems. Don't try to pretend difficulties don't exist. Learn to live with obstacles while looking for ways to overcome them.
- Accept reality. Recognize that you can't solve every problem. Don't get too wrapped up in trying to fix things you can't influence that you ignore what's possible.
- Don't bury negative thoughts. Everyone has them—"This will never work," or "Why am I wasting my time?" Instead of trying to repress them, ask what they're telling you, and work on getting past the problems that create negative thinking.
- Look for different solutions. Many solutions start as attempts to solve a different problem. Searching the background can provide clues to resolving the current difficulty.







#### **Disabled Parking Permit Holders: Are You Tired of Feeding Parking Meters?**

By Ron Anderson

y wife and I enjoy visiting St. Petersburg, or occasionally Tampa, to go to a restaurant or whatever. We were told that as disabled parking permit holders we do not have to put money in parking meters. That's nice, but a prudent person will check out such a statement. Here is the straight story directly from the Florida statutes:

FS 316.1964 Exemption of vehicles transporting certain persons who have disabilities from payment of parking fees and penalties.—

(1) A state agency, county, municipality, or any agency thereof, may not exact any fee for parking on the public streets or highways or in any metered parking space from the driver of a vehicle that displays a disabled parking permit or a license plate ... if the vehicle is transporting the person who has a disability and to whom the disabled parking permit or license plate was issued.

(2) The driver of a vehicle that is parked as provided in subsection (1) may not be penalized for parking, except in clearly defined bus loading zones, fire zones, or access aisles



adjacent to the parking spaces for persons who have disabilities, or in areas posted as "No Parking" zones or as emergency vehicle zones, or for parking in excess of the posted time limits.

(5) Notwithstanding subsection (1), when an on-street parking meter restricts the duration of time that a vehicle may be parked, a vehicle properly displaying a disabled parking permit is allowed a maximum of 4 hours at no charge; however, local governments may extend such time by local ordinance.

Tampa holds to the four hour limit but St Petersburg allows disabled parking all-day, but not overnight parking. Affected persons might wish to take a look at the cited Florida statute to see other limitations concerning parking when there is a street fair, or a convention, or whatever taking place.

## **Multiply Your Monthly Mania!**

s you probably already know; patronizing the advertisers in this newsletter also pays YOU with our Monthly Mania Cash Give-a-Way. We pay out \$400 every month to residents who submit tickets they have received from using the businesses in the newsletter. Winning is easy, just patronize any advertiser in the newsletter, then submit either the ticket or a paid receipt to us for your chance to win!

#### Now You Have More Chances to Win!

#### We are now offering unlimited entries into our Monthly Mania drawing by just SUGGESTING a business to advertise.

#### Here is how is works:

- 1. Call our office and suggest a business to advertise in the newsletter
- 2. We will take down your information (name, address, phone number) and enter you into the next month's drawing for over \$400 in cash prizes
- 3. The more businesses you suggest, the more chances you have to win. (To qualify each resident can only suggest a business once)

#### What businesses would you like to see advertising?

 Accountant/Tax Prep • Foot Specialist - Podiatrist Moving Services • Assisted Living Facility • Golf Cart Sales & Service • Optometrist • Attorney/Lawyer Hair Salon/Day Spa • Painting - Inside & Outside • Automotive Painting/ • Hearing Aid/Retail Pet Services Detailing Home Care • Pharmacy • Automotive Repair/Sales • Remodeling/Interior Home Furniture & Mattress Awnings House Cleaning Resale Store • Banks • Insurance Home/Auto/Health • Restaurants Bathroom Remodel • Screen Repair Investment/Brokerage • Bicycle Repair & Sales • Jewelry Sales/Design/Repair • Storage • Manufactured Home Sales • Bingo • Taxi/Shuttle • Chiropractor • Massage Therapy Travel Agent • Computer Services Medical Doctor • Veterinarian • Dentist • Mobile Home Supplies -• Window Film/Tinting • Driveway Coating • Window Washing Retail • Fitness Center/Gym Motorcycle/Moped Sales & Window Treatment/Interior • Floor Coverings/Retail Repair

#### We have spots available in the following categories:

#### Monthly Media - (727) 484-7488

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# **Services Directory**

#### AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc.	/2/-586-6969
E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co.	727-541-5541
APPLIANCE REPAIR	
Appliance Specialty, Inc.	777 520 6002
	727-520-0002
Bob's Appliance Repair	/2/-63/-4/89
Sunset Appliance Service	727-559-1137
AUTO BODY & PAINTING	
Auto Painters Plus, Inc	727-504-6891
AUTO REPAIR	
Browns Automotive.	777 531 7372
	727-331-7372
Garza Motors.	/2/-240-0/90
AUTO SALES / PURCHASING	
Tampa Bay Car Cash	727-580-9580
AWNINGS	
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co.	727 550 9911
BATHROOM REMODEL	121-333-0011
BathMasters	727-333-7997
CARPET CLEANING	
A1 Dry Carpet Cleaning	727-729-0547
Bill the Carpet Guy	
Doll Brothers Carpet/Upholstery Clnrs.	727 506 2240
	121-390-2249
CLEANING/INTERIOR	
Kathy's Cleaning Service	.727-804-1116
Betty's Customized Cleaning Service.	727-280-4841
COMPUTER SERVICES	
Largo Tech Services, LLC	727-474-4285
Notebooks Plus, Inc	727 507 0522
	121-501-0555
DRIVEWAY COATING	
Concrete Wizard, Inc. <b>DUCT / VENT CLEANING</b> Velocity Air	727-789-5444
DUCT / VENT CLEANING	
Velocity Air	727-754-7956
ELECTRICAL CONTRACTOR	
Boss Electric Corp.	727 701 1308
	727 444 0424
Haseney Electrical Services, Inc	121-441-8434
Palm Harbor & Dunedin Electric	/2/-//3-1622
FLOOR COVERINGS/RETAIL	
Affordable Floor Covering	727-641-1301
FLOOR REPAIR	121 041 1001
Affordable Floor Covering	
Affordable Floor Covering	727-641-1301
Affordable Floor Covering	727-641-1301
Affordable Floor Covering Flatworks Perfect Repair & Construction, Inc	727-641-1301
Affordable Floor Covering Flatworks Perfect Repair & Construction, Inc FOOT SPECIALIST - PODIATRIST	727-641-1301 727-288-4680 727-539-0852
Affordable Floor Covering Flatworks Perfect Repair & Construction, Inc FOOT SPECIALIST - PODIATRIST Mason, Dr. Peter M	727-641-1301 727-288-4680 727-539-0852
Affordable Floor Covering Flatworks Perfect Repair & Construction, Inc FOOT SPECIALIST - PODIATRIST Mason, Dr. Peter M	727-641-1301 727-288-4680 727-539-0852
Affordable Floor Covering Flatworks Perfect Repair & Construction, Inc FOOT SPECIALIST - PODIATRIST Mason, Dr. Peter M FURNITURE & MATTRESS	727-641-1301 727-288-4680 727-539-0852 727-535-1919
Affordable Floor Covering Flatworks Perfect Repair & Construction, Inc FOOT SPECIALIST - PODIATRIST Mason, Dr. Peter M FURNITURE & MATTRESS AJ's Beds & Furniture	727-641-1301 727-288-4680 727-539-0852 727-535-1919
Affordable Floor Covering Flatworks Perfect Repair & Construction, Inc FOOT SPECIALIST - PODIATRIST Mason, Dr. Peter M FURNITURE & MATTRESS AJ's Beds & Furniture GOLF CART REPAIR	727-641-1301 727-288-4680 727-539-0852 727-535-1919 727-588-0406
Affordable Floor Covering Flatworks Perfect Repair & Construction, Inc FOOT SPECIALIST - PODIATRIST Mason, Dr. Peter M FURNITURE & MATTRESS AJ's Beds & Furniture GOLF CART REPAIR Pinellas Golf Carts, LLC	727-641-1301 727-288-4680 727-539-0852 727-535-1919 727-588-0406
Affordable Floor Covering Flatworks Perfect Repair & Construction, Inc FOOT SPECIALIST - PODIATRIST Mason, Dr. Peter M FURNITURE & MATTRESS AJ's Beds & Furniture GOLF CART REPAIR Pinellas Golf Carts, LLC GOLF CARTS SALES & SERVICE	727-641-1301 727-288-4680 727-539-0852 727-535-1919 727-588-0406 727-754-2923
Affordable Floor Covering Flatworks Perfect Repair & Construction, Inc FOOT SPECIALIST - PODIATRIST Mason, Dr. Peter M FURNITURE & MATTRESS AJ's Beds & Furniture GOLF CART REPAIR Pinellas Golf Carts, LLC GOLF CARTS SALES & SERVICE Capital Golf Carts, Inc.	727-641-1301 727-288-4680 727-539-0852 727-535-1919 727-588-0406 727-754-2923 727-772-8833
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Affordable Floor Covering Flatworks Perfect Repair & Construction, Inc FOOT SPECIALIST - PODIATRIST Mason, Dr. Peter M FURNITURE & MATTRESS AJ's Beds & Furniture GOLF CART REPAIR Pinellas Golf Carts, LLC GOLF CARTS SALES & SERVICE Capital Golf Carts, Inc Recreational Golf Cars of Florida HEARING AID/RETAIL	727-641-1301 727-288-4680 727-539-0852 727-535-1919 727-588-0406 727-754-2923 727-772-8833 727-548-8460
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Citrus Homes/Meadowood Homes	727-535-5262
MEDICAL AIDS	
Speedy Mobility	727-223-9898
MOBILE HOME SUPPLIES - RET	AIL
Mobile Home Depot, Inc.	727-535-1100
Southeast Mobile Home Supplies	727-522-2090
MOBILE HOME WASH/WAX	707 007 0440
Heller's Mobile Home Washing	727-667-8110
Royal Enterprises Wyngarden Mobile Home Wash	727 594-7331
MOBILE HOME WINDOW FILM	/ 2/-56/-06/0
Royal Enterprises	727-304-7351
MOVING SERVICES	121-004-1001
Shawn & Shawn Moving, Inc	727-234-7204
PAINTING/INSIDE & OUTSIDE	
Payless Painting Services	727-470-5876
Socia's Painting & Waterproofing	727-345-6856
PEST CONTROL	
Buggin Out Termite & Pest Control	
Modern Pest Control, Inc	727-410-1466
Nature's Resource Pest Control	727-785-2552
PLUMBING SERVICE	
Denny's Plumbing, Inc	727-530-1391
Jones & Sons Plumbing, Inc	727-799-0287
Largo Plumbing Co	/2/-596-0525
REMODELING/INTERIOR American Restoration Systems, Inc	777 575 7200
House Doctor	
ROOF COATING	121-230-3101
Socia's Painting & Waterproofing	727-345-6856
Community Roofing of Florida, Inc	1-800-511-2517
ROOF REPLACEMENT	
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr Bay Area Aluminum Serices, Inc	727-547-8300
Bay Area Aluminum Serices, Inc	727-585-4442
ROOF WASHING	
Heller's Mobile Home Washing	727-667-8110
ROOM ADDITIONS	707 505 4440
Bay Area Aluminum Services, Inc	/2/-585-4442
TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co	707 220 7024
VAPOR BARRIER	121-330-7621
Florida Anchor & Barrier Co	727-330-7821
Florida Underhome Solutions	
Underhome Armor	727-282-2045
VINYL SIDING	
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr	727-547-8300
Mitchell Siding, Inc.	727-586-6315
WINDOW REPLACEMENT	
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr Community Roofing of Florida, Inc	727-547-8300
Community Roofing of Florida, Inc	. 1-800-511-2517
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Rod Runners	121-394-9334



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#### **Did You Know About These Great Monthly Media Services?**

**Summer Mailings -** If you are heading north for the summer but still want to receive a printed copy of your monthly newsletter, just call our office and sign up for Monthly Media's Summer Mailing Service. We will ship (USPS 1st Class) a printed copy of each month's newsletter to your northern address, for as long as you're away, the cost is \$4 per month. Dozens of residents are already taking advantage. Please see our brightly colored insert for more information.

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are located the bottom of this page.

Emporium/Classified Listing - Do you have an event in your community such as a Bake



Sale or Flea Market? An item for sale like an old set of golf clubs that needs to go? Help needed or vendors wanted for an event? Maximize the people that see your listing and use the Emporium! Your listing will be printed & delivered to over 20,000 homes in Pinellas County. See the Emporium page toward the end of the newsletter for more info.

Larrer Print Newsletters - At the request of some residents we are now offering Larger Print Newsletters to those who request them. The newsletter type will be approximately 20% larger (16 pt article body type vs. 12 pt normally). There is a small service charge of \$2 per newsletter for those who request. The larger type newsletters can either be delivered to you every month like they are now or we can mail them directly to your home for an additional \$2 per issue shipping charge. Please call Monthly Media (phone number listed below) for more information.



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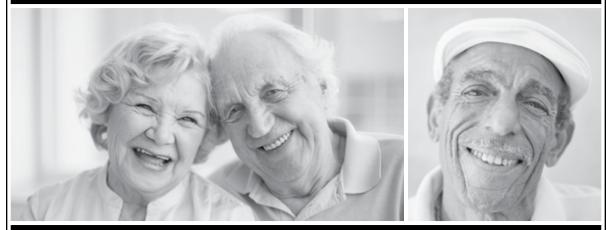
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Your

Picture

H<sub>ere!</sub>

# Memory Disorders Clinic



#### Your CONNECTION to Memory Disorders Treatment

The Madonna Ptak Center for Alzheimer's and Memory Loss provides comprehensive care to patients with Alzheimer's and other memory loss disorders. Our multidisciplinary approach allows us to offer a variety of services with the goal of reducing the long-term impact of memory disorders and helping the patient live a better functioning life. The elements of the program include:

- A multidisciplinary clinic, including neurology and neuropsychology
- Patient and caregiver support groups
- Laboratory and imaging
- Memory Fit training course for enhancing memory ability
- DriveABLE, a driving evaluation



# **BayCare** Morton Plant Hospital

BC1502637-0415

#### BayCareNeuro.org

For more information:

(727) 461-8635

Madonna Ptak Center

for Alzheimer's and Memory Loss at

Morton Plant Mease

403 Morton Plant St.

Clearwater, FL 33756

Suite 402

#### GLEN ELLEN FOCUS AUGUST, 2015 E



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#### Plan your vacation with these trends in mind

You may already have taken your summer vacation and are eagerly planning next year's. If so, you might want to consider these 2015 vacation data, according to the Summer Travel Guide from the travel insurance comparison website InsureMyTrip. com.

The five most popular vacation destinations were the U.K., France, Italy, the Caribbean, and the Netherlands. Planning ahead makes sense: The survey found that 82 percent of travelers booked their trips more than 30 days ahead of time, with 15 percent

waiting until just a week or so before leaving to make their plans, and only 3 percent heading off at the spur of the moment.

Where will you stay? In the 2015 survey, 42 percent of vacationers chose hotels, 25 percent took a cruise, and 18 percent opted for vacation rentals. Only one in 10 survey participants said they bunked in with family or friends while traveling.



#### 'Appointment TV' a thing of the past?

Not too long ago, the only way to watch your favorite show was to make sure you were home when the networks decided to broadcast it. Not so much anymore. Modern technology is taking hold of our viewing habits, according to the Digital Democracy Survey from Deloitte.



The study of more than 2,000 U.S. consumers age 14 and up found that 56 percent of viewers are streaming movies on their laptops, tablets, or other devices, and 53 percent stream television shows once a month. More than 42 percent of U.S. households use a video streaming service like Netflix to watch their shows and movies. Meanwhile, only 45 percent prefer to watch TV live.

Video streaming also makes binge-watching a thing, according to the survey: Sixty-eight percent of consumers report sometimes watching at least three episodes of a TV program in one sitting, and 31 percent of them do it once a week or more.

## Take precautions against the danger of a rough fall

■ alls are a leading cause of injury in the workplace and at home. Stay safe—and protect your co-workers—by remembering these basic safety tips:

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- Practice good housekeeping. Keep your eyes open for anything that might cause a fall: loose carpeting, spills, cords, boxes, and the like. Keep hallways clear and remove any hazards immediately.
- Be careful on stairs. Watch where you're going when walking up or down the stairs. Keep stair areas well lit, and don't stack objects on steps to move later. Use handrails and make sure they're secured properly.
- Use ladders safely. Pick the right ladder for the job. Don't climb on chairs or desks to reach something up high. Face the ladder when climbing up and down, and maintain three points of contact at all times. Don't climb on the top two steps, or stretch too far to reach an object. If necessary, move the ladder or get a better one.

#### Get more productivity out of every day

f you're like most of us, you have too much work to do in too little time. If you want to maximize every minute of your day, try these tips to increase your efficiency:

- Pick three goals for the day. Start your day (or plan it the night before) by identifying three high-priority goals to accomplish. Work on this first, without getting distracted by other tasks. If you finish them off, select three more important goals. You'll feel more productive and less overwhelmed.
- Make quick decisions. Agonizing over every decision wastes time and energy. Try to make every decision in 60 seconds or less. A one-minute deadline will result in speedy decisions that are just as likely to be good as those you spend hours on.
- Schedule thinking time. Spend a certain amount of time thinking about what you want to do every week. Make plans, do research, analyze successes and failures, and give yourself permission to go off on tangents. Often you'll get your best ideas when you let your mind roam.
- Make a "to-don't" list. Identify tasks that don't contribute anything of value or don't represent the best use of your time, and get them off your to-do list. Eliminate them or delegate them so you have more time to focus on your priorities.





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## **OVER 10,000 VAPOR BARRIERS INSTALLED!**





# Insulation and Vapor Barrier Repairs

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SENIOR OR



#### The right diet may guard against dementia

ould the right diet lower your risk of developing Alzheimer's disease? Maybe, according to an article on the MedicineNet website—although the results aren't conclusive yet. A study of adults who closely followed a combination of two wellknown diet plans, the Mediterranean diet and the DASH diet, found that subjects had a 53 percent lower risk of being diagnosed with Alzheimer's. Other subjects who stuck to the diet only moderately well saw their risk drop approximately 35 percent.

\*\*\*\*\*\*\*\*\*\*\*\*

The combination diet plan, known as the MIND diet, emphasizes healthy grains, vegetables, beans, poultry, and fish, along with a limited amount of red meat, butter, and sweets. Researchers have noted that other factors, like smoking history, regular exercise, and challenging activities like Sudoku or crossword puzzles, have also contributed to diet followers' results.

On the other hand, both the Mediterranean and DASH diets are believed to effective at preventing heart disease, making them a healthy choice for other reasons.

#### Take proper precautions against electric shock

mild electrical shock can hurt; a major jolt can cause serious injury. Whenever you're working with live power, be careful to avoid problems by following the proper procedures:

- Turn off live circuits. Always unplug equipment or turn off circuit breakers when dealing with electrical power. Don't skip this step even when dealing with low-voltage appliances.
- Keep power off. When you turn off a circuit breaker, post a note warning co-workers not to turn it back on. Better yet, lock the circuit box so no one can accidentally send power back to a "dead" line.
- Use protective equipment. Gloves, facemasks, helmets, and other gear are important for your safety. Check the documentation to find out what you need, and ask your supervisor what he or she requires. Report and replace any defective equipment before getting to work.



• Check electrical cords. Examine cords for sign of wear and damage. If you see any exposed wire, or evidence that someone has tried to repair the cord with duct tape or electrical tape, replace it immediately. The cost is minimal, especially compared against the need for safety.



#### Warning: Don't annoy this beetle

S mall animals and insects have many defenses against predators, but one of the most puzzling to scientists is the spray emitted from the bombardier beetle, an insect found on every continent except Antarctica. The spray is a boiling combination of chemicals that fights off attackers without injuring the beetle, and scientists have long wondered how it's produced.

According to the (e)Science website, the liquid is composed of two chemicals stored in the beetle's abdomen. The bombardier mixes the two substances together at the moment of use in a protective chamber inside its rear end. The chemicals heat up on contact, and the boiling process provides the energy needed to shoot it at anything threatening the beetle. The jet of liquid is hotter than defensive sprays ejected by other insects, and also five times faster, making it even more effective against attackers.



Remote-controlled mice are real, but don't worry—scientists aren't planning to create rodent armies to take over the world. The mice experiments are part of the 2013 BRAIN Initiative, created by President Obama to design new therapies for neurological disorders.

Doctors controlled the neurons in mice using a technique called DREADDs, for Designer Receptors Exclusively Activated by Designer Drugs. The mice's neurons were genetically engineered to produce a specific brain receptor that allowed scientists to manipulate neurons without implanting any devices in the brain. The mice could then be made to walk, stop, run toward food, or ignore it.

Neuroscientists hope that the experiments will help them identify the brain wiring that controls specific behaviors, and then influence those behaviors by activating and deactivating the neurons associated with them. This could lead to therapies for a variety of neurological syndromes in humans.

There are three stages in scientific discovery. First, people deny that it is true, then they deny that it is important; finally they credit the wrong person.

-Bill Bryson







ARTICLES FOR SALE

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like new. Both for \$95. 727-238-0752	BUYING COIN COLLECTIONS.	ATTENTION RESIDENTS!		
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CRAFTERS WANTED! EBO in Largo needs Crafters for their Show Dec. 5th, from 8-2. Tables are \$20.00	CARS OR TRUCKS, Top dollar paid by Andrew 726-0094 or 785-1288	homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event,		
Call Debbie 727-531-3633	FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780			
FOR SALE	<b>!! TOP CASH PAID!! JEWELRY:</b> GOLD, STERLING, COSTUME (EVEN BROKEN JEWELRY), COINS, ANTIQUES, PAINTINGS, GLASSWARE, POTTERY, CHINA, ENTIRE ESTATES. FREE HOUSE CALLS, LAURA. ALL SALES SUB-	try and get help for a function, and many other great things. Remember to think about this the next time you're planning something. Thanks! -Monthly Media Staff		

WANTED TO BUY

# **SEPTEMBER AD DEADLINE - AUGUST 10, 2015**

JECT TO APPROVAL. (727) 422-0095

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284. • Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.





#### ACROSS

- 1. Cursed
- 6. Petty quarrel
- 10. Hairdo
- 14. Burdened
- 15. List of options
- 16. Lummox
- 17. Supplemented
- 18. Weightlifters pump this
- 19. Cypher
- 20. Bad luck
- 22. Applications
- 23. Tiny
- 24. Lariat
- 26. A change for the better
- 30. Watchful
- 32. Flip over
- 33. Convulsive
- 37. Tidy
- 38. City in France
- 39. Rodents
- 40. It produces electricity
- 42. A tart fruit
- 43. Donated
- 44. Rat or mouse
- 45. Welsh dog
- 47. A small piece of cloth
- 48. Magma
- 49. Authorized
- 56. Adjoin
- 57. False god
- 58. Hyrax
- 59. Man
- 60. Monster
- 61. Redress
- 62. Implored
- 63. Require
- 64. Conducts

_	-	_	_	_	_	-		-	-	_	-	-		
1	2	3	4	5		6	7	8	9		10	11	12	13
14	$\top$					15	$\square$	$\top$			16			
17						18	+	+	-		19			
20	+	+	+	+	21		+	+	+		22			
				23					24	25		-		
26	27	28	29				30	31						
32			+	+		33			+			34	35	36
37	+		+		38			+	+		39			
40	+			41			+	+		42				
			43	+					44					
	45	46		+				47						
48					49	50	51				52	53	54	55
56			+		57					58			$\square$	
59	+		+		60			+		61		+		
62	+	+	+		63		+	+		64		-		

- DOWN
- 21
  - 21. Ump
  - 25. Supply with weapons 26. A step on a ladder
  - 27. Type of sword
  - 28. Low-fat
  - 29. Not segregated
    - 30. A cook might wear one
    - 31. Den
    - 33. Satisfy
    - 34. 10 cent coin
  - 35. Computer symbol 36. 1/100th of a dollar
  - 30. 1/100th of a
  - 38. Large tent

- 41. 18-wheeler
- 42. Rational 44. Rodent
- 45. A clique
- 46. Small egg
- 47. Angered
- 48. Lantern
- 50. Border
- 51. Pierce
- 52. Bit of dust
- 53. Dwarf buffalo
- 54. Care for
- 55. Visual organs

E FP TOZ LPED PEOFD EDFCZP FELOPZD DEFPOTEC

#### August is National Eye Exam Month

1. Close violently

2. Drv riverbed

3. Probabilities

4. Coral barrier

7. South American country

11. Clean between teeth

5. Gifted

6. Strike

8. Nameless

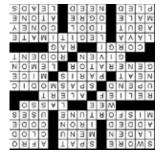
9. Unmelodious

12. Cowboy sport

10. Habituated

13. Poems

August Crossword





# August Sudoku

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. Good luck!

Difficulty level: medium.

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

# It's Beach Time!



8	6	2	9	3	١	G	4	L
S	4	٢	L	2	6	8	9	ω
ε	L	9	4	S	8	2	6	١
9	2	3	١	L	ç	6	8	4
٢	8	4	6	9	З	L	2	G
6	S	L	8	4	2	٢	3	9
4	٢	6	3	8	Z	9	G	Σ
L	3	G	2	6	9	4	٢	8
2	9	8	S	l	4	ε	L	6

Difficulty level: medium.





**INSIST on 8 ft. WIDE VAPOR BARRIER for a SEAMLESS FIT!** 



Insulation Under Your Home Falling Down? Holes and Tears in Your Vapor /Moisture Barrier?





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 Lifetime Vapor Barrier 
Guaranteed for Life Prevent Soft Floors
Keep Mold, Mildew, Rats, Snakes, Spiders, Ants, Roaches and Moisture OUT of Your House! • Lower Your Electric Bills

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#### Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

14,492 manufactured home residents have won over \$124,374 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or mail your paid reciept to us at Monthly Media • PO Box 1023 • Venice, FL 34284. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

(Allow 4-6 weeks for mailing of check). Inis	month's cash winne	ers are:	
Sharon Anderson \$100.00			Chambers Specialties, Inc.
Nello Cassai\$10.00 Barron's AC &	Appliance Service Timoth	y Buswell\$5.00	Boss Electric Corp.
Richard Daw\$10.00Chambe			Jones & Sons Plumbing
Bill Schwab\$10.00	. Haseney Electric Willian	n Riley\$5.00	Modern Air Conditioning
Joe Fayocavitz	ill the Carpet Guy Jim Wh	nelpley\$5.00	Action Appliance
Jack Sonneborn\$10.00.	Century Awnings Robert	Post\$5.00	Kathy's Cleaning Service
Walter Martin\$10.00	E & E Gliddon Georgia	a Goetting\$5.00	E & E Gliddon
Dolores Calonita\$10.00Knob	lach Hearing Care Mark P	ercoco\$5.00	Air Masters of Pinellas
Janet Hart\$10.00	All Around Tours James (		Barron's AC & Appliance Service
Sandra Peterson\$10.00	Notebooks Plus Lola Je	nkins\$5.00	Battleline Termite & Pest Control
Patricia Morreale\$10.00Palm Harbor &			Bob's Mobile Home Wash
Shirley McClure\$10.00Comf	ort Cover Systems Mary F	ochtman\$5.00	Knoblach Hearing Care
Leslie Cyrene\$10.00	ASC, Inc. Diane		Debbie's Salon
Norma Eldridge\$10.00Th	e Plumbing Patrol Aida A	mico\$5.00	Bill the Carpet Guy
William Shiels\$5.00Capit	al Golf Carts, Inc. Hazel V	Whitton\$5.00	Shonna Bender LMT
Betty Martin\$5.00 Ron Wynga	rden MH Washing Michae	el Wisehart\$5.00	Buggin Out Pest Control
Elizabeth Murphy\$5.00Bob's M	obile Home Wash Mildree	d Vilchis\$5.00	Boss Electric Corp.
Karen Haggerty\$5.00	.Century Awnings Norm S	Sarette\$5.00	Heller's Mobile Home Washing
Mary Marks\$5.00Kathy's			Community Roofing
Deborah Butler\$5.00			Debbie's Salon
Monica Gorman\$5.00She			Recreational Golf Cars of Florida
Roger Flood\$5.00		Malone\$5.00	Heller's Mobile Home Washing
Ron Wallace		n Besancenez\$5.00	Doll Brothers
Ann Santos\$5.00 Ron Wynga	rden MH Washing		

• 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.





#### The "It's Not Like I'm Drunk" Cocktail

2 oz. tequila 1 oz. triple sec 1/2 ounce lime juice Salt 1 too many 1 automobile 1 missed red light 1 false sense of security 1 lowered reaction time

Combine ingredients. Shake. Have another. And another.

Never underestimate 'just a few.' Buzzed driving is drunk driving.

