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Glen Ellen Park

• FOCUS •

July • 2018

Issue 4 42nd Year

Happy 4th of July!

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In case you need to call the Police call this number not 911, you will get through faster – 727-562-4242.

July Birthdays:

July 5 - Bill Reilly
 July 13 – Gail Lariviere
 July 13 – Gale Egnasher



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Holiday Shores - Island in the Sun - Lake Seminole Resort - Lincolnshire -
Palm Hill - Paradise Island - Pointe West**

Attorney Paul Herzfeld says: Follow my step-by-step plan to protect your lease,
park share and mobile home from an unnecessary probate court filing.

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Manager Marilyn Sisti's Message:

July – Independence day – Be thankful and enjoy!

Just a few friendly reminders:

- No parking up by the clubhouse. This area is for visitors only. If you have a visitor that needs to park in the lot please have them come to the office and get a **parking permit**, for residents you should only have enough vehicles that fit in your carport, the front parking is not for overflow of too many vehicles. Specific details concerning parking permits, please check with the office.
- **DOGS, DOGS, DOGS** Please be sure to keep your pets on a lease at all times. Also, please respect the other person's property. If you see a resident who is allowing their pet to go on your property tell the office and we will address this to the resident, also with cats, you will need to get the cage from Jim and catch them, call animal control and they will pick up the cats.
- The speed limit is **10** miles per hour in the community
- **Large Dumpster** – The large dumpster for furniture disposal, etc. has been moved to Third Street permanently. Do not leave furniture or items near dumpster. If they are left outside of dumpster they will be put back on resident's property. There is a large door at the end of the dumpster to get items in. Appliances – if you want to get rid of appliances call Jim 727-644-3248 as to how to dispose of these items. Do not put beside dumpster.

Glen Ellen is moving right along addressing the electrical boards and poles in the park. The job is long and tedious but is getting done.

Thank you!

Nancy Labbe's message:

July, another year half over. We are right into the middle of summer – Try to stay cool and enjoy!

There will be a 4th of July celebration hosted by Joan Schuring and Ron and Kevin Kimball. There will be flyers distributed to each mobile and information posted on the bulletin board in the clubhouse for more details.

If anyone wishes to have a function during the summer please contact me in Mobile 121.

Pool Table – If anyone is interested in playing pool there is a sign-up sheet on the Sports Activity Bulletin Board. Enjoy!

A special 'thank you' to Wayne Talbott for delivering the FOCUS every month. It is much appreciated.

Thank you!

**A Complete Listing of Resident Services
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July Sudoku

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



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

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N. Nicholas Engelman, D.O. ♦ Krista Keith, D.O.

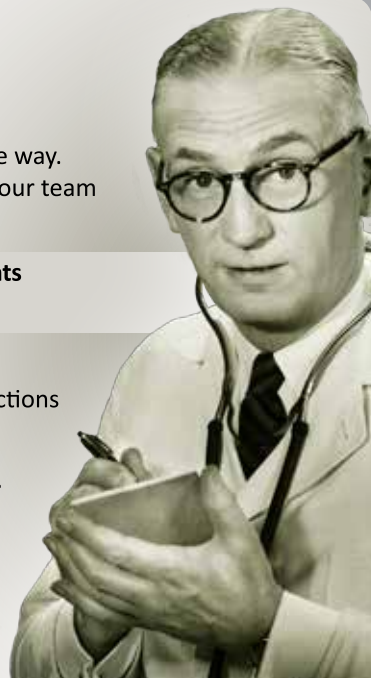


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ACROSS

- 1. Latin for "Behold!"
- 5. American bird
- 10. Produced by hens
- 14. Tribe
- 15. Discarded pieces
- 16. Not fake
- 17. A language spoken in India
- 19. Initial wager
- 20. Choose
- 21. Require
- 22. Glued
- 24. Territory
- 25. Portable protective barriers
- 26. Clothes
- 29. Rough in texture
- 30. Place for concubines and wives
- 31. Sexually aroused (slang)
- 32. French for "Fire"
- 35. Historical periods
- 36. Filthy
- 37. Gestures of assent
- 38. Husbands and fathers, for example
- 39. Liquid assets
- 40. A lower level of a ship
- 41. Sharp pains
- 43. Supporter
- 44. Equilibrium
- 46. Backside
- 47. Pass by
- 48. Wild African sheep
- 49. Influenza
- 52. Low-calorie
- 53. Impulsive or whimsical
- 56. Concluded
- 57. Regions
- 58. A woman of refinement
- 59. Marries
- 60. Outmoded
- 61. Mountains in Europe

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					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			
59					60						61			

DOWN

- 1. Reflected sound
- 2. Used on ties, money or paper
- 3. Cannot (contraction)
- 4. Finish
- 5. A member of an ascetic Jewish sect
- 6. Portrayed
- 7. Alumnus
- 8. Local Area Network
- 9. A divine manifestation
- 10. Expunges
- 11. Persons of good family and breeding
- 12. Confined
- 13. Sleighs
- 18. Render harmless
- 23. Ethereal
- 24. Untruths
- 25. Classes by kinds
- 26. Uttered to attract attention
- 27. Weedy annual grass
- 28. Converted from one language to another
- 29. Units of cut wood
- 31. Door joint
- 33. Boundary
- 34. Exploiter
- 36. Cone-shaped paper hat
- 37. Pleasant
- 39. Appendages of fish
- 40. An easy-to-learn computer language
- 42. Diminishes gradually
- 43. Contusion
- 44. Under
- 45. Not dead
- 46. A tapestry
- 48. Gorillas or chimpanzees
- 49. Young horse
- 50. A compact mass
- 51. Purposes
- 54. Genus of macaws
- 55. Anagram of "Aid"

S	P	L	A	E	S	P	S	D	W
E	D	A	S	A	R	A	R	E	O
U	O	I	C	A	P	C	A	E	L
F	L	U	I	A	R	U	I	S	E
			E	A	R	S	E	A	B
R	C	K	B	A	G	S	S	T	N
E	G	T	B	S	D	S	F	N	M
D	S	N	D	I	R	T	Y	A	S
U	F	Y	N	A	R	O	H	M	A
			E	C	O	A	R	E	A
S	L	A	N	D	S	C	D	L	A
D	S	T	P	A	S	D	N	E	O
L	A	N	I	A	N	I	S	T	A
A	L	R	E	A	P	S	C	L	A
G	S	E	E	A	G	L	E	C	C



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Reduce arthritis pain without surgery

Arthritis is the leading cause of disability among U.S. adults over 55, in many cases requiring surgery to replace troubled joints. You don't have to resort to joint replacement all at once, though. These simple steps from Dr. Victor Romano, an orthopedist and author of *Finding The Source: Maximizing Your Results—With and Without Orthopaedic Surgery*, can help you deal with arthritis before surgery becomes necessary:

- Wear good shoes with arch supports. Over time, the arches in feet tend to fail. Arch supports can help with the alignment of your feet and improve the alignment of your knees, letting your feet better serve as shock absorbers for the knees.
- Exercise daily. Try at least a 20-minute program that includes stretching, aerobic activity, strength training, and balance.
- Wear a hinged knee brace for better support. You don't have to wear it all the time, but it can help during sports or other strenuous activity.
- Watch your weight. Lower weight decreases the stress on your joints and helps with mobility. Eat nutritious foods and cut your intake of sugar, which can cause inflammation of your arteries and joints.
- Take care of your bones. Calcium, vitamin D, and weight-bearing exercises can reduce arthritis pain and build up your bone density. Should you need replacement surgery, greater bone density will help your artificial joint last longer.

Staying up late may damage your health

Benjamin Franklin's advice, "Early to bed and early to rise makes a man healthy, wealthy, and wise," turns out to be true—at least the "healthy" part. A British study of genes and health that analyzed surveys of more than 400,000 people found that night owls have a 10 percent higher risk of death over a 6½-year period than early risers, according to an article on the NBC News website.

The negative impact of burning the midnight oil doesn't depend on how much sleep you actually get—both night owls and early risers reported getting the same amount—but on the fact that it throws the body's natural rhythms off track. Also, the study found that people who stay up late tend to eat fattier foods, drink more alcohol, and use recreational drugs. In addition, staying up late at night has been shown to increase depression and mood disorders, especially among people 50 and older.



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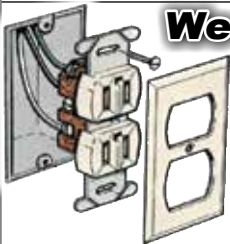
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Sunday	Monday	Tuesday
1	2	1p Mah
8	9	1p Mah
15	16	1p Mah
22	23	1p Mah
29	30	1p Mah

Glen Ellen

Tuesday	Wednesday	Thursday	Friday	Saturday
3 n Jongg	4 Independence Day Celebration. More details to follow Independence Day	5 ELS Coffee Hour 8:30 A.M. – Free 1p Mah Jongg	6	7 1p Mah Jongg
10 n Jongg	11	12 Resident Coffee Hour – 8:30 A.M – Cost \$1.00 1p Mah Jongg	13	14 1p Mah Jongg
17 n Jongg	18	19 Resident Coffee Hour – 8:30 A.M – Cost \$1.00 1p Mah Jongg	20	21 1p Mah Jongg
24 n Jongg	25	26 Resident Coffee Hour – 8:30 A.M – Cost \$1.00 1p Mah Jongg	27	28 1p Mah Jongg
31 n Jongg				AUGUST 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 31



Consumers nervous about online data

If you're worried about how well businesses are protecting the data they collect from you, you're far from alone. A survey from IBM found that 77 percent of consumers say that an organization's ability to keep their personal data secure is a factor in their buying decisions—and only 20 percent say they “completely trust” businesses to ensure their privacy.

The survey also found that 75 percent of buyers refuse to purchase from organizations they don't trust, regardless of the quality of their products. Another finding: Almost three-fourths of consumers believe that sellers are more concerned about profits than about privacy and data protection.

Retirement: Golden years or a fading dream?

Americans these days are worried about their retirement—and whether they'll even be able to retire.

A Willis Towers Watson survey of approximately 5,000 U.S. workers found that 37 percent expect to keep working to age 70 or longer, up from 30 percent two years ago. Only 26 percent believe they'll be able to retire before they're 65, a drop from 29 percent in 2015.

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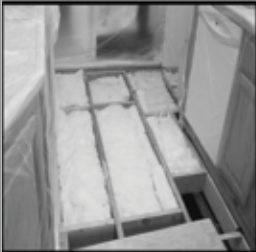
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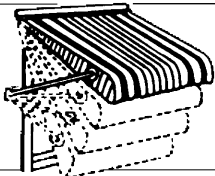
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Did you know that July is also...

National Blueberry Month. This yummy fruit is packed with antioxidants and in season during July. They're great in muffins, pancakes, and pies, or on their own as a low-calorie snack. Head to a farmer's market or you-pick, and take some home today.

National Cell Phone Courtesy Month. For the next 31 days, exercise common sense when it comes to cell phone use. Keep your phone turned off when you're having dinner, taking a yoga class, or at the theater. If you are in a workplace or public setting, move to a more private location if you need to take a call.

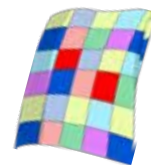


National Recreation and Parks Month. There are 417 parks in the National Park System, as well as a multitude of historic landmarks and places, rivers, trails, and heritage areas. Go to NPS.org and find one for camping, hiking, and exploration.

Social Wellness Month. Now is the time to take stock of your quality of life. Develop daily practices that support your health and well-being. Commit to having loving and supportive relationship with family, friends, and colleagues. Make your home a clean, organized, and peaceful environment.

Everybody Deserves a Massage Week, July 15-21. The third week of July has been designated to promote the benefits of therapeutic massage and bodywork. Find a licensed professional, and book your next appointment.

Quilt Odyssey Week (Pennsylvania), July 19-22. Quilters from across the country will gather to learn techniques from the pros, network, and show off their creations.



International Plastic Bag Free Day, July 3. Only 1 percent of the 100 billion plastic bags Americans consume are recycled during the year. The rest add to the pollution of our planet and threaten all sorts of ecosystems. Let today be the day you become part of the solution to ending the waste.

National Fried Chicken Day, July 6. We will never agree on which fast-food joint does it right, but one thing is certain: Anyone who loves fried chicken will tell you that "momma" makes the best. If you're lucky, she's in the kitchen right now and the cast iron skillet is on the stove.

Simplicity Day, July 12. Celebrated on the birthday of Henry David Thoreau, this day is observed to raise awareness regarding the need for sustainable living. Find ways to live in harmony with your environment and reduce your ecological footprint.

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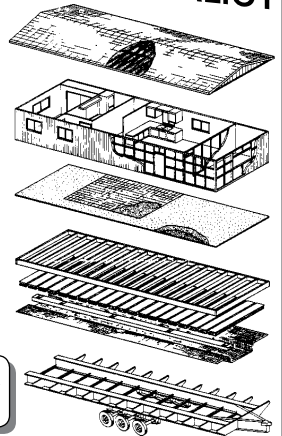
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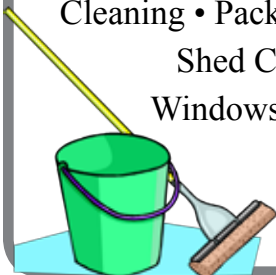
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Fun factoids for a festive Fourth

Do you know your U.S. history? Here are some Fourth of July facts to ponder and share:



- Three presidents died on July 4: Thomas Jefferson and John Adams in 1826, and James Monroe, in 1831. Calvin Coolidge was the only president born on July 4, in 1872.
- The Massachusetts General Court was the first state legislature to recognize July 4 as a state celebration, in 1781.
- The first recorded use of the name “Independence Day” occurred in 1791.
- The U.S. Congress established Independence Day as an unpaid holiday for federal employees in 1870. They changed it to a federal paid holiday in 1931.
- The Declaration of Independence was approved in a closed session of the Second Continental Congress on July 2, 1776, but most of the delegates didn’t sign it until Aug. 2. Although John Adams expected Americans would celebrate July 2, the date on the publicized copies of the document was July 4, which became the day Americans have commonly observed.

True colors

Most of us imagine that successful people have all the confidence in the world. Often, though, being successful is about having the courage to take your shot even when you doubt your own abilities. Here some highly successful individuals express their inner doubts:

- **Jack Paar, entertainer and early host of The Tonight Show:** “Looking back, my life seems like one long obstacle race, with me as its chief obstacle.”
- **Julie Andrews, Oscar-winning actress:** “Sometimes I’m so sweet even I can’t stand it.”
- **Berkeley Breathed, Bloom County cartoonist:** “I know my limitations. I could never make it as a writer, and I could never make it as a fine artist.”
- **Harlan Ellison, award-winning science-fiction writer:** “I don’t remember anyone who could stand being in my company for more than five hours without running into the street.”
- **Bob Dylan, singer/songwriter:** “I feel like I fall short in just about everything.”

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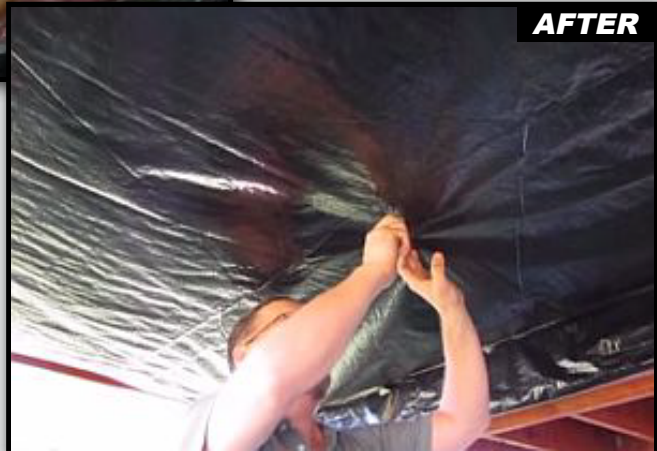
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When Dr. Geezer opened his medical clinic across from one of the area's leading hospitals, he put a sign in his window that read: "I'll cure you for \$500 and pay you \$1,000 if I can't."

Dr. Young passed by the clinic on the way to the hospital. Upon reading the sign, he decided to go in, expose Dr. Geezer as a fraud, and earn a bit of pocket change for himself. "What seems to be the problem?" Dr. Geezer asked upon greeting Dr. Young in the exam room. "I've lost my sense of taste," replied Dr. Young. "Nurse," shouted Dr. Geezer. "Bring formula 12 and put three drops on the patient's tongue." No sooner had the nurse administered the first drop of the mystery potion did Dr. Young begin to spit it out.



"That's gasoline!" Dr. Young screamed. "Remarkable! Your sense of taste has returned," said Dr. Geezer. "That will be \$500."

Dr. Young payed Dr. Geezer, but returned a few days later with a plan to get his money back. "Back so soon? What's bothering you this time?" Dr. Geezer asked.

"This time?" Dr. Young raised the question. "Have I been here before today? I wouldn't know. I'm having trouble with my memory." "Memory problems?" Dr. Geezer said as he consulted a little black book.

"Nurse," he shouted, "give patient Young three drops of formula 12 by mouth." "Formula 12! Oh no," Dr. Young shouted. "That's gasoline. I don't want that."

"Seems like your memory is intact," said Dr. Geezer. "That will be \$500." Dr. Young paid his bill and stormed off. A week later he visited the clinic, determined to recoup the money he'd paid out.

"So what seems to be the problem now?" Dr. Geezer asked. "I can't see," replied Dr. Young. "I'm blind, and it's probably from your nurse giving me gasoline. You have to cure me." "Hmm. I don't have a formula for failing eyesight," replied Dr. Geezer.

"Well then, you owe me \$1,000," said Dr. Young. "Pay up and I will be on my way." Dr. Geezer shouted for his nurse to open the safe and bring patient Young the envelope marked: "\$1,000."

"I just have a single bill; I hope that's OK with you?" said Dr. Geezer as the nurse handed Dr. Young the envelope. Dr. Young opened the envelope and found a \$10 bill from inside. "Hey, this is only \$10." "Looks like your blindness has been cured," said Dr. Geezer. "That will be \$500."

The moral of this story: Don't think you can outsmart an old geezer.



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A story about loss and luck

There once lived a farmer who took pride in only two things in life: his son and his horse.

One day his horse kicked out the stall door of the stable and ran off. When the neighbors heard of what happened they said to the man, “What a loss,” and, “What bad luck.”

The man contemplated these words and asked the question, “How do we know this is a loss or bad luck?”

Most people were confused by this response until a few days later. The horse returned, at that time, trailed by a dozen wild stallions. The man now had 13 magnificent horses.

“What good luck you have,” the neighbors remarked.

To which the man said, “How do we know this is good luck?”

No sooner had the neighbors began to mutter about this strange remark when the man’s son was trampled while attempting to corral one of the wild stallions. His injuries were severe, but not fatal. The young man would need surgery and a long recovery. In time he could resume his life.

“How horrible,” the neighbors said. “Such bad luck.”

“How do we know it’s bad luck?” asked the man.

By now the neighbors were beginning to grumble. The son was the star player football team at the local university. He was expected to go pro after graduation. Now he’d have to create a new future for himself.

Though the man never thought of his son’s injuries in terms of loss or luck, the prevailing opinion was otherwise.

Until ...

There was a horrible accident on the interstate involving the bus carrying the members of the university football team. No one on board survived. It was a tragedy mourned by the entire town.

The man sat at his son’s bedside. The young man grew stronger with each new day while his father felt grateful for the mysteries of life and also its blessings.





Does practice make perfect?

There's a theory that it takes 10,000 hours of practice in any given subject to develop one's expertise in that area, regardless of familiarity with it.

The theory intrigued Dan McLaughlin, so he decided to put it to the test. In April 2010, at age 30, McLaughlin quit his job and devoted his time to learning how to play golf—a sport for which he had no interest or aptitude.

He practiced for hours each day and soon realized time was just one of many factors that would aide in his development. The quality of the time spent in practice was equally important, as was his strategy for learning the fundamentals of the sport.

This prompted his correspondence with some of the leading researchers in the field of cognitive psychology and neuroscience. Their advice guided him to fine-tune his practice methods. It turns out that the most effective manner of learning requires you to work with material in a certain way and also challenge yourself with it.



After seven years and 6,003 hours of high-quality practice, McLaughlin achieved a handicap of 2.6. According the United States Golf Association, fewer than 6 percent of golfers have attained this level of mastery in the sport. Not bad, considering that the guys who win the green jackets and tour the pro circuit are part of an exclusive group that accounts for an even smaller percentage of players, albeit ones who have been playing the game a lot longer.

Unfortunately, we will never know if McLaughlin could've developed the skills to be a pro golfer. Beset by back injuries, he abandoned his experiment. Still, the progress he made is encouraging. It is proof that a certain level of success is possible if you commit wholeheartedly to an objective, develop a solid plan, and put in the work.

The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.

—Mortimer Adler



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

Arthur Sawdey..... \$100	George's Mobile Home Service	Doris Serra..... \$5	Debbie's Cleaning Services
Norva Bylsma..... \$10	Underhome Armor, LLC	William Henry..... \$5	Clear-View Inc.
Rosemary Bartle..... \$10	Phillips Plumbing Company	Shirley Frew..... \$5	Boss Electric Corp.
Stan Baucher Sr..... \$10	Nature's Resource Pest Control, Inc.	Robert Seaman..... \$5	Buggin Out Termite & Pest Control, Inc
Edward Molyeux..... \$10	Barron's AC and Appliance Service	Basil Kerrill..... \$5	Bill The Carpet Guy
Mary Pizzuco..... \$10	Florida Achor & Barrier	Claudia Hartz..... \$5	Air Masters of Pinellas, Inc.
Christine Cook..... \$10	Heller's Mobile Home Washing	Helen Trimboli..... \$5	Battleline Termite & Pest Control, Inc
Lu Corrado..... \$10	Mobile Home Depot, Inc.	Sandy Smith..... \$5	Heller's Mobile Home Washing
Ronnie Beetle..... \$10	Bob's Mobile Home Washing	Bud Bennett..... \$5	Jones & Sons Plumbing, Inc.
Clara Williams..... \$10	Battleline Termite & Pest Control, Inc	Patricia Tursi..... \$5	Boss Electric Corp.
Eric Terry..... \$10	Boss Electric Corp.	Ray McDonald..... \$5	Appliance Specialty, Inc.
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Joan Franzoni..... \$10	AJ's Beds & Furniture, Inc.	Stephanie Hermann..... \$5	Doll Brothers Carpet Cleaners
Connie Whitehurst..... \$10	Bill The Carpet Guy	John Reemtsen..... \$5	Jones & Sons Plumbing, Inc.
Ralph Vitiello..... \$5	Jones & Sons Plumbing, Inc.	Judy Santeramo..... \$5	Ron Wyngarden Mobile Home Washing
Barb Gonzalez..... \$5	Royal Enterprise	Shirley Payne..... \$5	The Plumbing Patrol
Judy Perszyk..... \$5	Rod Runners, Inc.	Richard Eggebrecht..... \$5	Boss Electric Corp.
Ann Cortez..... \$5	Shonna Bender, LMT	Tillie Cashell..... \$5	Nature's Resource Pest Control, Inc.
Kenneth Phelps..... \$5	Modern AC & Appliance Service Co.	Lee Reagan..... \$5	Royal Enterprise
Barbara Bullock..... \$5	Nature's Resource Pest Control, Inc.	Jean Pierce..... \$5	Appliance Specialty, Inc.
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