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RANCH MOBILE

• R E C O R D E R •

May • 2020

**Issue 3
44th Year**

**April Showers Bring May Flowers!
We are all ready to start blooming again!
Stay safe and healthy!**



**Monthly Mania drawing
postponed due to community
clubhouses/office closures**

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May Days

Due to the coronavirus outbreak and Florida Governor Ron DeSantis Safer At Home executive order, the Board of Governors are complying with the order to lock down all of our facilities, including the pool and pavilion. **ALL ACTIVITIES ARE CANCELLED** until further notice. The Board appreciates your understanding and cooperation. Please be safe and stay healthy!

The office remains open. However, we are on lock down. This means the doors are locked. If you need to drop something off, please put it in the slot in the Boardroom door. Please call us with any questions. If you need our help (for copies, faxes, etc.) please call us at 727-536-3553 to make an appointment to come to the office. Thank you for your cooperation.

Jigsaw puzzles are now available for your use. They are in a box outside the library door at the clubhouse. One at a time please. Remember, these puzzles have not been disinfected. Treat them as you would treat your mail, groceries, ATM keypads, etc.

With all activities currently cancelled, we are not including a May calendar. Keep in mind these special days in the month of May:

May, 2020 Daily Holidays, Special and Wacky Days:

- May 1 - May Day
- May 2 - Brothers and Sisters Day
- May 3 - Lumpy Rug Day
- May 4 - Star Wars Day
- May 5 - Cinco de Mayo
- May 6 - National Nurses Day
- May 7 - National Tourism Day
- May 8 - No Socks Day
- May 9 - Lost Sock Memorial Day
- May 10 - Mother's Day (second Sunday in May)
- May 11 - Eat What You Want Day
- May 12 - International Nurses Day
- May 13 - Frog Jumping Day
- May 14 - Dance Like a Chicken Day
- May 15 - National Chocolate Chip Day
- May 16 - Wear Purple for Peace Day
- May 17 - Pack Rat Day
- May 18 - No Dirty Dishes Day
- May 19 - World Plant a Vegetable Garden Day
- May 20 - Be a Millionaire Day (now we all can go for that)
- May 21 - National Waiters and Waitresses Day
- May 22 - Buy a Musical Instrument Day



...continued on page 7

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- May 23 - Lucky Penny Day
- May 24 - National Escargot Day
- May 25 - Memorial Day (last Monday of month)
- May 26 - Sally Ride Day
- May 27 - Sun Screen Day
- May 28 - National Hamburger Day
- May 29 - Learn About Composting Day
- May 30 - Water a Flower Day
- May 31 - Save Your Hearing Day



MAY ANNIVERSARIES

4	Jack & Jackie Keenan	2017
6	Robert & Denise Arcand	1972
9	Byron & Kathleen Boyle	1970
10	Brian & Valerie Knox	1975
10	Larry & Charlotte Kornmiller	1958
12	Ray & Lynn Dutra	1984
14	Richard & Nancy Moffatt	1966
17	Iain & Marg Maciver	1969
21	Greg & Carol Cloutier	1983
21	Mike & Tammy Deicken	2011
21	Chris & Kathy Gregory	
23	Dan & Debra Bauman	2003



MAY BIRTHDAYS

1	Geoffrey Siddall	11	Ruby Moore	21	Sue Hood
1	Doris Vadnais	11	Vernon Perry	21	Gerald Pepin
2	David Barrell	11	Allen Tavernier	21	Steve Szumita
2	Wayne Davidson	12	James Hicks	22	Mary Leach
2	Carol Lipscomb	13	Greg Cloutier	22	Linda McLean
3	Shannon Alexander	13	Lillian Cranston	22	Gary Sproule
3	Kathy Gregory	13	Adonis Krystallidis	23	Judy Klima
3	Richard Haggith	13	Linda Mahar	23	June Ward
4	Bill MacKenzie	13	Judy Richardson	24	Kathy Chasse
4	Candy Naro	14	Shirley Higbie	24	Carolyn Tracy
5	Jeanne Kinney	15	Cathy Markham	25	Barbara Miller
5	Sara Noel	15	Robin Myers	26	Danny MacPhee
5	LaDonna Perrin	15	Bob Raiger	28	Elaine Herchock
6	Bill Hood	15	Carole Wallet	28	Rey Houde
7	Joan Blair	17	Charlene McGunnigle	29	Lorraine Bedard
7	Robert Sanphy	18	Heather Wiseman	29	Donna Cranmer
7	Darlene Welch	19	Roger Huot	29	Bill Summers
8	Charles Cool	19	Paul Patterson	30	Barbara Picard
8	Pat LeBoeuf	20	Ricki Burk	30	Tina Provost
8	George Mahar	20	Diane Leal	30	Elizabeth Pumo
9	Dennis MacPhee	20	Norm Levesque	31	Ellen Pszenny
11	Janet Keedwell				



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 Enrique Jose Urrutia Jr., D.O. • Karen Joseph, M.D. • Denise Moore, APRN-C • Alicia Pratt, APRN-C

Test Out Your Green Thumb

Need an activity to fill your time? Gardening has always been an enjoyable spring-time activity. Even if you don't have a large outdoor area to use for gardening, don't let lack of space keep you from testing out your green thumb! Container gardening is a wonderful way to enjoy the benefits of gardening. You can grow flowers, herbs, and even certain vegetables.

First, you'll need to gather some planters. You'll want to look for a container that has a hole or holes in the bottom for drainage. Keep in mind that you don't want your holes to be too large otherwise you take the risk of soil washing out of your container.

Second, grab a bag of soil mix - bonus points if you can find one made especially for containers! Feel free to add a fertilizer if the soil you selected doesn't already contain one.

Next, you'll select your plants. If you choose to put multiple plants in the same pot, be sure to group plants with the same sun exposure and water needs. You can check plant tags to find out how to care for your plants. Tip: If you're creating a container to add curb-appeal or a little extra pizzazz to your home, think "Thriller, Filler and Spiller". Select a tall plant to add height to your arrangement (thriller), select a medium size plant to add fullness to the container (filler), and pick a plant that will eventually trail over the edge of the container (spiller).

Check out the image below from Garden Gate Magazine for inspiration! Happy Planting!



Meal Kit Services

It's quite understandable that individuals are hesitant to leave their home during this time, but unless you're self-sufficient, you'll probably still need to buy food. Now is the time to explore and experiment with different cuisines by using a meal kit delivery service. No need to leave your home to go food shopping! Here are a few popular options:



Sun Basket – Chef-curated meals with organic produce and delicious flavors. Right now, when you join, you are offered four FREE grab'n'go breakfasts and snacks. One unique feature of this service is that they offer breakfast, lunch, and snack options where many meal kit services only offer dinners. Another perk, Sun Basket offers several options to suit any dietary needs you may have (Vegetarian, Gluten-Free, Diabetes-Friendly, etc.)

Freshly – Each meal from Freshly is one serving for one person. All you have to do is heat and eat! Many meal delivery services send ingredients and you prepare the meal yourself, but if you're looking for something more convenient, Freshly might be the right option for you.

Blue Apron - One of the original meal kit services, Blue Apron delivers fresh ingredients right to your door. If you want to test your culinary skills, with pre-measured and pre-portioned ingredients of course, Blue Apron might be the perfect pick for you.

Daily Harvest – Meals designed by chefs and nutritionists. No preservatives, no additives, no artificial ingredients. Daily Harvest offers options for smoothies, harvest bowls, soups, lattes, chia bowls, and oat bowls. For those looking to incorporate more fruits and vegetable into their diets, this may be the best pick.

If you try any of the above options (or any alternative options), we'd love to hear your thoughts! Send us a note with your review to the following address:

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

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Sunday	Monday	Tuesday
JUNE 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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Pentecost		

Ranch Mobile

Tuesday	Wednesday	Thursday	Friday	Saturday
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5	6	7	8	9
co De Mayo		National Day of Prayer		
12	13	14	15	16
19	20	21	22	23
		Ascension Day		
26	27	28	29	30

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Spring Cleaning Tips

Did you know that Spring Cleaning can help you live longer?? According to CNN Health, a less cluttered space can help us reduce stress, improve our mood, and give us more energy. These things can inspire us to eat healthier, exercise more, and get more rest. Who knew! Since many of us are spending more time indoors these days, why not use this time to declutter and clean your home.

Tip 1: Make a Cleaning Schedule. Creating a cleaning schedule makes you more likely to stick to your plan. Be realistic when making your schedule so that you don't become unmotivated and exhausted! You may choose to clean room by room, or you may choose to schedule your cleaning based on tasks. Whatever you decide, make a promise to yourself to stay on schedule.

Tip 2: Remove Clutter. You may be familiar with Marie Kondo's best-selling book, "The Life-Changing Magic of Tidying Up", which offers the reader a simple question to help determine whether or not an item should stay or go. The question is: "Does this item spark joy?" Simple enough, right? If the answer is yes, you keep the item. If the answer is no, you either toss or donate the item. Take the time to evaluate the items in your home and honestly assess what brings you joy.

Tip 3: Work from Top to Bottom. Have you ever dusted your furniture then cleaned your fan blades only to find your furniture was dusty again? Remember to start at the top and work your way down.

Tip 4: Don't forget your walls and windows! A damp cloth will work to wipe dust particles from your walls and window blinds. We often don't think of dust sticking to vertical surfaces but it does!

Tip 5: Change your air filters. Dust collects in your air conditioner ducts in the winter, so replacing your air filter will keep unwanted dust particles from entering your home.

Use the checklist on the following page from Parade to guide your spring cleaning endeavor.



SPRING CLEANING CHECKLIST

KITCHEN

- Clean stove
- Clean oven
- Clean microwave
- Clean dishwasher
- Clean fridge
- Clear kitchen counters
- Clean kitchen cupboards
- Clean kitchen drawers
- Clean pantry
- Clean windows
- Clean light fixtures
- Wash baseboards, walls & floor

BATHROOM

- Clean bathtub
- Clean sink
- Clean toilet
- Clean vanity
- Replace shower curtain liner
- Clean windows
- Clean light fixtures
- Wash baseboards, wall & floor

MASTER BEDROOM

- Dust dressers
- Clean & organize closet
- Flip mattress
- Clean windows
- Clean light fixtures
- Wash baseboards and walls
- Vacuum floor

KIDS' BEDROOMS

- Clean dressers
- Clean & organize closet
- Flip mattress
- Clean windows
- Clean light fixtures
- Wash baseboards and walls
- Vacuum floor

LIVING ROOM

- Vacuum furniture
- Wash throws and pillows
- Dust furniture & electronics
- Clean windows
- Clean light fixtures
- Wash baseboards and walls
- Wash/vacuum floor

FAMILY ROOM

- Vacuum furniture
- Wash throws and pillows
- Dust furniture & electronics
- Clean windows
- Clean light fixtures
- Wash baseboards and walls
- Wash/vacuum floor

LAUNDRIES ROOM

- Clean washing machine
- Clean dryer
- Organize laundry supplies
- Clean windows
- Clean light fixtures
- Wash baseboards and walls
- Wash floor

FOYER

- Clean & organize closet
- Wash mat
- Clean light fixtures
- Wash baseboards and walls
- Wash floor
- Wipe down door

OTHER TASKS

- Clean & organize linen closet
- Wash trash cans
- Clean mirrors
- Dust computers & printers



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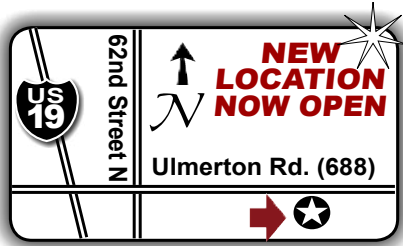
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*American Cancer Society. Cancer Facts & Figures 2019.

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Pantry Recipes

A Pantry Recipe is any recipe that can be made with stable, room temperature and/or frozen foods. If you find yourself fresh out of fresh ingredients (pun intended), try one of these easy recipes with ingredients you probably already have on hand!



No Bake Energy Bites

Recipe by gimmesomeoven.com

These No-Bake Energy Bites are easy to make, full of feel-good ingredients, and irresistibly delicious!

Ingredients

- 1 cup old fashioned oats
- 2/3 cup toasted shredded coconut
- ½ cup Creamy peanut butter
- ½ cup Ground flaxseed
- ½ cup chocolate chips
- 1/3 cup honey
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract



Instructions

1. Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.)
3. Roll mixture into 1-inch balls.
4. Enjoy immediately! Or refrigerate in a sealed container for up to 1 week or freeze for up to 3 months.



continued on page 27



4 ★ 4

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Poor Man's Burrito Bowls

Recipe adapted from budgetbites.com

These easy, no-frills burrito bowls are super-fast and affordable.

Ingredients

- 2 cups uncooked rice
- 2 cans of black beans
- 1 can Mexicorn (or regular corn)
- ½ tsp cumin
- ¼ tsp garlic powder
- 1 16 oz. jar salsa
- 6 oz. Velveeta Cheese (or fresh shredded cheese if available)



Instructions

1. Cook rice according to package directions.
2. While the rice is cooking, make the beans. Add both cans of black beans (undrained) to a small sauce pot, along with the cumin and garlic powder. Heat over medium heat, stirring often, until heated through.
3. Once the rice is cooked, build the bowls. Add one cup of cooked rice, ½ cup warm black beans, ½ cup corn, 1/3 cup of salsa, and ad 1 oz. sliced Velveeta or shredded cheese (about ¼ cup) to each bowl.

May Sudoku



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

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Home Exercise Routines

Adding a fitness routine to your daily schedule is a great way to stay in shape both mentally and physically. Many of us are missing our regularly scheduled fitness activities offered in our communities or at our local gyms, but that doesn't mean you can't stay fit at home! Check out these exercise suggestions below for an effective at-home workout. The number of repetitions and sets of each exercise is up to you. You can customize this routine based on the amount of time you have.

*** If you're new to an exercise routine, please obtain clearance from your medical doctor before starting a new program or attempting any of these activities.



Warm-Up. First, warm up your body! If you can, go on a brisk 5-10 minute walk around your neighborhood to get your muscles warmed up. Prefer to stay inside? March in place, step side to side, or turn on your favorite tunes and dance around the living room for a few minutes. After heating up your muscles, dedicate some time to your joints. Think about starting at the top of your body and working your way down. Move your head left and right and tilt your head side to side to warm up your neck. Raise your shoulders up and down, then add some shoulder circles. Roll your shoulders forward for 30 seconds or so then reverse the motion rolling your shoulders back maintaining the circular pattern. Holding your arms out directly in front of you (you may choose to sit in a chair), do some wrist circles in one direction and then reverse the motion. Next, stand with your legs hip width apart, slowly making a figure 8 shape with your hips. Continue in one direction for about 30 seconds and then reverse. Have a seat in a chair and lift one foot off the ground and begin making circles with your ankle. Start in one direction, then reverse the motion. Repeat with the other ankle. Whatever warm-up you prefer, the goal is to warm your muscles and joints to prepare your body for exercise.

Chair Squats. If you have knee issues, you may choose to skip this exercise (please consult with your doctor). Squats are a great way to strengthen your lower body. If you can, find two chairs to use for this exercise. One chair will be used for squatting, and the other chair will be used for balance. Place the chairs one behind the other facing the same direction leaving enough room for you to stand between the two chairs. Place your hands on the chair in front of you for balance, then slowly push your hips back, bend your knees, and lower your body to the chair. You may choose to lightly sit on the chair or barely touch it before standing up and returning to the starting position.

Wall Push Ups. Wall push ups are a great way to strengthen your upper body. Stand about two feet behind a wall and place your hands on the wall about shoulder height. Begin to bend your elbows out to the sides as you bring your face and chest close to the wall. Your heels will most likely come off the floor – that's ok! Press your hands into the wall to straighten your elbows and return to the starting position.

...continued on page 32



Toe Stands. Grab one of the chairs you used for the squatting exercise and stand directly behind it using the chair for balance. Slowly raise up onto your tiptoes then slowly lower your heels back to the floor.

Knee Extensions. Using the same chair, have a seat keeping your back straight and knees bent. One leg at a time, slowly extend your leg out in front of you. Hold this position for a few seconds and then lower back to the starting position. Repeat with opposite leg.

Chest Expansions. While still sitting in your chair. Bring your arms straight out in front of you (shoulder height) and place your palms together. As you inhale, open your arms wide extending your fingertips in opposite directions. As you exhale, bring your arms back to the starting position. Continue moving in these motions along with your breath.



Final Stretches. Doing some final stretches when you are done exercising helps improve flexibility. Your stretches are 17% more effective when your muscles are warm. Sit in a chair. Raise one arm straight up in the air. Bend at the elbow to give yourself a pat on the back. Place your other arm on the back of the elbow to help support the stretch. Hold for up to 30 seconds. Raise you hand straight up again. Lower straight down. Twist your arm inward. Hold for up to 30 seconds. Stick one leg out in front of you. Point your toes to the ceiling. Hinge forward slightly. Hold for up to 30 seconds. Point your toes down and hold for up to 30 seconds. Repeat with other leg.

Relax. At the end of your routine, you may choose to stay sitting in your chair for a little relaxation time. You're encouraged to maintain proper posture and place your hands in your lap. If you'd like, close your eyes and take a few deep breaths in through your nose and out through your mouth.. Imagine your favorite person, place, or thing; think about anything that brings you joy and gratitude. With a smile on your face, slowly blink your eyes open, take one last deep breath, and celebrate the positive work you just completed for your body and mind!



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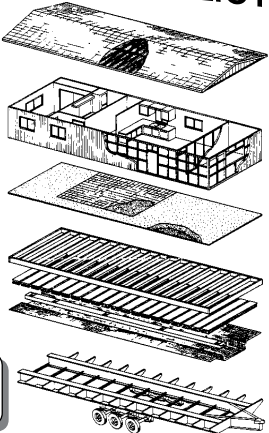
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Linda Kohnen	\$10	AMS	Ann Jones	\$5	Heller's Mobile Home Washing
Ed Perrella	\$5	AMS	Ann Jones	\$5	J. Timothy Doerner, D.D.S., P.A.
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Monthly Mania Drawing Postponed:

We were unable to collect tickets from your community clubhouses and offices due to pandemic related closures.

Feel free to mail in the tickets to us instead of using the community drop box:

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220 Bahama St.
Venice, FL 34285**

We hope to resume the drawing in the next issue.

For more information contact Monthly Media at 727-484-7488.

• 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 • Tickets available at participating Monthly Media advertisers.

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IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



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