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## SOUTHWIND OF N



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#### **Southwind Mobile Home Park**

795 County Road 1 - Office, Palm Harbor, FL 34683

#### **OFFICERS**

President...Lyle Neumann (1 Yr. Term)... 217-391-3708 Vice President Bill Adams (2 Yr. Term)...727-787-1255 Secretary Betsy Cannon (1 Yr. Term)...727-386-4790 Treasurer ......Ellie Malloy (1 Yr. Term) 727-781-1509

#### **BOARD OF DIRECTORS**

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Frank Komar	.3 Yr. Term	727-729-8407
Jack Manning	3 Yr. Term	727-223-3827
Ray Miller	2 Yr. Term	567-328-9137
John McGraw	2 Yr. Term	727-796-8867

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Bowling	. Bill Adams	727-787-1255
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_		Fax	727-786-7398

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#### OCTOBER BIRTHDAYS AND ANNIVERSARIES

#### **BIRTHDAYS**

October 4 Richard Szarlan
October 5 Vince Gullo

October 5 Hank Swiatkowski

October 9 Tony Paulek October 12 Larry Lense

October 13 Dianne Wascholl

October 13 Phil Hargis #212

October 16 Dick Carlson

October 17 William Vanzino

October 18 John Crawford

October 26 Larry Brown

#### **ANNIVERSARIES**

October 4 Bob & Sandy Hopes October 19 Rick & Joann Haslitt

October 22 Greg & Trudy Malinowski

October 24 Daniel & Debra Johnston

October 28 Ken & Gladys DeForest

Happy Belated Birthday to Tammy McGeehan – August 27th and Happy Belated anniversary to Tim and Tammy McGeehan – August 2nd!

BIRTHDAYS AND ANNIVERSARIES LIST UPDATING – If you would like to be included in the monthly newsletter celebration list, please text or email your name(s); month and day of birth or anniversary and your lot number to: (text) 727-244-0702 or (email) breezes. editor@gmail.com



#### **Southwind Fall Bowling League**

by Bill A

ttention all bowlers: The fall bowling league signup sheet is on the bulletin board, in the Club House. Please sign up by October 7th.

We will bowl on Fridays starting October 16 at 9:30 a.m. at Maple Lanes. Practice starts at 9:15. We hope to have several 3-person teams. We will bowl until the first Friday of April, except for holiday's that fall on a Friday. Cost is

yet to be determined. We have all types of bowlers, so please do not be afraid to sign up

Should you have any questions, please see Bill Adams at Lot 173 or call me at (727) 787-1255.



#### **Homeowner's Association Update**

Lyle Neumann, HOA President

T ello Residents,

Your Board of Directors has continued to meet throughout the summer to address all the issues surrounding Covid-19 and, as I have previously reported, many other issues that seem to continually hit us by

surprise. The most recent, of course, is the nonsense about those who wish to continue to pay your monthly rent by check may do so. After being told, yes, then no, then yes again, I learned I was not told the whole story. You may pay by check, just not at the clubhouse. You must take your payment to a Wal-Mart or Amscot store, stand in the service line, and pay a fee for the "convenience" of a third-party depositor accepting your payment. Some things are so illogical you will make yourself ill trying to make sense of a senseless matter.

On a more positive note, your Board is making plans to begin providing activities which will offer a chance for those who want to get out of their homes an opportunity to do so, following Covid-19 rules. We plan to begin offering Thursday morning coffee beginning sometime in October, and possibly finding an approvable means for revising our Friday Night Social. We will be working with Kingsley on a Thanksgiving drive-thru dinner, and we are looking at ways to begin Bingo on a scaled-down format, only open to residents. Pinellas County has approved use of clubhouses up to 50% of capacity, following Covid-19 guidelines. Additionally, we are looking at outside activities, such as Cornhole tournaments, Shuffleboard, Horseshoe, and other games. Stay tuned!

These are trying times for all of us. We are in this together, each of us looking out for the welfare of our neighbors. I want to thank your Board of Directors for committing their time and talents, continuing to meet each month, even those board members who are away for the summer, always joining through my conference phone line. Please continue to let any board member know your thoughts on once again opening up opportunities for safe gatherings.

Lyle Neumann, HOA Board President



#### **Jokes of Art**

from Art Temple

#### BLIND MAN IN A LADIES BAR

A blind man entered a Ladies' Bar by mistake. He took a seat and ordered a drink.

After sitting there for a while, he yelled to the bartender, "Hey, Mr. Bartender, do you want to hear a blonde joke?"

Continued on page 9

## EXPERIENCE COUNTS!



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The bar immediately fell absolutely quiet. In a very deep, husky voice, the woman next to him said, "Before you tell that joke, Sir, I think it is just fair, since it is obvious that you are blind, that you should know five things:

- 1. The bartender is a blonde woman.
- 2. The bouncer is a blonde woman.
- 3. I'm a 6 feet tall, 180-pound blonde woman with a black belt in karate.
- 4. The woman sitting next to me is blonde and is a professional weightlifter.
- 5. The lady to your right is a blonde and is a professional wrestler.

"Now think about it seriously, Mister. Do you still wanna tell that joke?"



The blind man thinks for a second, shakes his head, and declared, "Nah, not if I'm gonna have to explain it five times."

#### A PRIVATE JOKE

A married couple was in a terrible accident where the man's face was severely burned. The doctor told the husband that they couldn't graft any skin from his body because he was too skinny. So the wife offered to donate some of her own skin. However, the only skin on her body that the doctor felt was suitable would have to come from her buttocks.

Owing to the sensitive nature of the situation, they all agreed that they would tell no one where the skin came from.

After the surgery, everyone was astounded at the man's new face. He looked more handsome than ever! All his friends and relatives raved about his youthful appearance...especially his mother!

One day, while alone with his wife, and overcome with emotion at her sacrifice, he said, "Dear, I just want to thank you for everything you did for me. How can I possibly repay you?"

"My darling," she replied, "I'll get all the thanks I need every time I see your mother kiss you on the cheek."

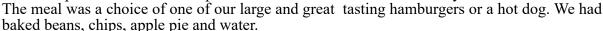


#### מולד המולד המולד

#### **HOA Labor Day Drive Thru Picnic**

by Bill A.

hat were you doing on September 7th? If you were near the Clubhouse, you would have seen all the excitement. Our HOA provided a drive thru picnic for all residents at no cost to anyone.



It really was a great meal and residents said they loved the hamburgers and baked beans!

This cannot be done without the volunteers that gave up their holiday to help our residents. We served 70 hamburgers, 25 hot dogs, 75 apple pies and water bottles. The little we had left, we served to some of the residents at poolside

The volunteers to thank are: Bobbi and Jack Manning, Lisa and Ray Miller, John McGraw, Lyle Neumann, John Mietus, Ellie Malloy, and Mardy and Bill Adams. A special thanks to Ceci and Sandy for the water and fruit pies.

#### **Labor Day Baked Beans Recipe**

ardy and Bill Adams got many compliments for their baked beans at the Labor Day cookout. Mardy shares the recipe:

Usually Mardy buys Bush's Baked Beans with honey, but for this large scale event she used 5 pound cans of plain beans and "doctored it up to taste" with apple cider vinegar, Heinz catsup, dehydrated minced onions, light brown sugar (and because they ran out of apple cider vinegar, she added some white vinegar). Bake in oven at 350 degrees for about an hour (until bubbly), cool and serve. Yummmy!

Thank you Mardy and Bill...

#### FOR PET EMERGENCIES

The ASPCA Animal Poison Control Center (APCC) is your best resource for any animal poison-related emergency, 24 hours a day, 365 days a year. If you think your pet may have ingested a potentially poisonous substance, call (888) 426-4435. A consultation fee may apply.

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#### TO YOUR HEALTH

By Terri C.

any of us, 55+, have been diagnosed and are on medication for HBP (high blood pressure), but what does it mean?



According to the American Heart Association, Blood pressure is the force of blood pushing against blood vessel walls. It is measured in millimeters of mercury (mm Hg). High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is hypertension (HTN). High blood pressure (HTN) increases the risk of heart attack and stroke.

Blood pressure is written as two numbers, such as 112/78 mm Hg. The top (systolic) number is the pressure when the heart beats. The bottom (diastolic) number is the pressure when the heart rests between beats. Normal blood pressure is below 120/80 mm Hg. Elevated blood pressure is 120-129 and less than 80. High Blood Pressure – Stage 1 is 130-139 and 80-89. High Blood Pressure – Stage 2 is 140 or higher and 90 or higher. Consult your Doctor immediately is your Blood Pressure reaches Hypertensive Crisis – higher than 180/ and higher than 120.

High blood pressure usually has no signs or symptoms. That's why it is so dangerous. But it can be managed. While we are staying at home more and even having Doctor's appointments through the use of computers and cell phones, it's a good time to explore alternate ways to checkup on our own health.

It may be a good idea to purchase a blood pressure monitor to use at home. You can order a BPM Monitor wrist cuff online for about \$25.00. It's easy to use and keeps track of your numbers in its memory. To get an accurate reading when taking your blood pressure with a wrist monitor, your arm and wrist must be at heart level. Even then, blood pressure measurements taken at the wrist are usually higher and less accurate than those taken at your upper arm.

Risk factors include: Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol) and physical inactivity

A glassful of lemon water every morning can help regulate blood pressure levels. Or you could mix apple cider vinegar (loaded with potassium) with some honey in a glass of water and drink it in the morning. Juice from potassium-rich fruit like oranges, prunes, apricots, grapefruit and tomato juice are also a good choice.

Foods rich with potassium include: Bananas, oranges, cantaloupe, honeydew, apricots, grapefruit (some dried fruits, such as prunes, raisins, and dates, are also high in potassium)

Cooked spinach, Cooked broccoli, Potatoes, Sweet potatoes, Mushrooms, Peas, Cucumbers, Zucchini, Pumpkins and Leafy greens

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Some fish containing potassium include: Tuna, Halibut, Cod, Trout, and Rockfish Beans or legumes that are high in potassium include: Lima beans, Pinto beans, Kidney beans, Soybeans, Lentils

How much you need: You should get 4,700 milligrams (mg) of potassium every day, but most of us don't meet that goal. **Your needs might be different if you have kidney disease.** Some people with kidney disease should get less potassium than the 4,700 mg guideline. If your kidneys don't work well, too much potassium could stay in your body, which can cause nerve and muscle problems. If you have kidney disease and your doctor hasn't already told you what your potassium limit is, ask about it.

Physical inactivity: We are fortunate here at Southwind, that we have a heated pool where we can get exercise, fresh air and sunshine, while keeping a good social distance for safety. We also have great areas and streets for walking and taking in the scenery around the duck pond. When it's raining outside, we can still get indoor exercise, just by "creatively" doing chores. Some of us turn on some music or wear headphones and just dance with the vacuum cleaner, or a mate, or even with your dog (if s/he's in the mood)!

For indoor exercises to do at home, check out this website:

https://www.medicalalertadvice.com/articles/simple-exercises-seniors-can-do-indoors/

We can also check out You Tube videos and our cable company's on-demand channel for free exercise videos. There you will find yoga sessions and low-impact aerobic workouts that you can easily do in your living room.

Whatever you do, please take care and be safe!

#### **BEST SHOES FOR SENIORS**

ource: <a href="https://www.medicalalertadvice.com/articles/best-shoes-for-seniors/">https://www.medicalalertadvice.com/articles/best-shoes-for-seniors/</a>
According to MedicalAlertAdvice.com, it's important for all of us to find shoes that look great, feel great and keep us as safe as possible. Here's what they recommend:

#### BENEFITS OF FINDING THE PERFECT FIT

Ill-fitting or incorrect shoes can be the culprit of any number of conditions or complaints from older adults. Taking the time to consult with a podiatrist and choosing a well-made shoe can make all the difference. A good shoe can provide:

- Decreased foot pain
- Decreased blisters, ulcers, and other wounds on the foot
- Decreased fall risk inside and outside the home
- Improved posture
- Better gait and stride
- Decreased joint pain, including ankle, knee, and hip discomfort

Besides the health benefits of a good shoe for seniors, having a well-fitting and comfortable shoe can increase activity. After all, no one wants to walk around the neighborhood or hit a new trail if their shoes are uncomfortable or painful. Better fitting shoes mean more activity, which can increase strength, endurance, and even offer more opportunities for socialization.

Continued on page 22



The world's entire population would fit within the 500 square miles of Los Angeles?

Russia is only two miles from Alaska?

A snail would take about 220 hours to crawl one mile nonstop?



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	4	9:30 Pool Exercises	8:30 M B 9:30 P Exerci
	11	9:30 Pool Exercises	9:30 P Exerci
		Columbus Day	
	18	9:30 Pool Exercises	9:30 P Exerci
	25	9:30 Pool Exercises >>>Pumpkin Carving/Yard Halloween Decor start of contest<<<	9:30 P Exerci

## **Southwind**

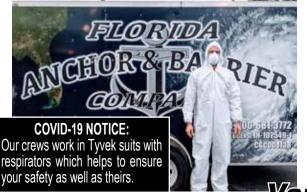
`uesday	Wednesday	Thursday	Friday	Saturday
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6 fen's reakfast** lool ses	9:30 Pool Exercises	9:30 Pool Exercises	9:30 Pool Exercises	10
lool ses	9:30 Pool Exercises 12:30 Ladies Luncheon**	9:30 Pool Exercises	9:15 Bowling at Maple Lanes* 9:30 Pool Exercises	17
20 lool ses	9:30 Pool Exercises	9:30 Pool Exercises	9:15 Bowling at Maple Lanes* 9:30 Pool Exercises	24
27 lool ses	9:30 Pool Exercises	9:30 Pool Exercises	9:15 Bowling at Maple Lanes* 9:30 Pool Exercises	HAPPY HALLOWEEN!  Halloween

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Pastor Rachel Hughes and our congregation invite you to join us, any Sunday morning at 10:30, for our traditional service.

Please note that we will follow all Florida UMC Conference, State of Florida, and CDC guidelines, including masks and social distancing.

Stay safe ... stay healthy!

Please visit our Facebook page: Curlew UMC

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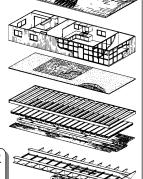


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#### WHAT ARE THE BEST SHOES FOR SENIORS WITH DIABETES?

The American Diabetes Association reports that approximately 14 million seniors, more than 26%, live with diabetes. While you might not think that people living with diabetes need specialized shoes, diabetic neuropathy can cause pain in the feet and legs, making comfortable and protective shoes a necessity. The correct shoe can also decrease the chance of wounds by increasing circulation in the feet.

Specially designed shoes for people living with diabetes may also be eligible for Medicare or insurance benefits. The Therapeutic Shoe Bill was passed by Congress in the 1990s, allowing reimbursement for special shoes for people who meet certain qualifications. For example, seniors who have a history of foot ulcers or pre-ulcer calluses, or who have diabetic neuropathy with callus formation, may be eligible for Medicare reimbursement.

If you or your loved one has diabetes, consider trying out specialized shoes from Dr. Comfort. This company offers a wide variety of options for men and women that are comfortable, protective, and stylish.

#### WHAT ARE GOOD SHOES FOR SENIORS WITH ARTHRITIS OR OTHER FOOT PAIN?

Poor shoe choices can lead to a variety of foot pain causes ranging from joint stiffness to plantar fasciitis. In most cases, increased pain during activity can lead to a more sedentary lifestyle for older adults. Fortunately, the correct shoe can make all the difference.

Shoes can offer relief for those living with arthritis or foot pain caused by bunions or other painful conditions. These specialized shoes offer a wider toe box to allow for more space and less discomfort, as well as ergonomic design features that can make a normal gait feel natural despite joint stiffness.

If you have arthritis, lower back pain, or generalized foot pain, consider looking at shoes from OrthoFeet. Their selection is trendy and has options for sandals, sneakers, slippers, and everything in between.

#### WHAT SHOES CAN HELP SENIORS WHO HAVE A FALL RISK?

Falling at home or outside the home is a serious worry for many older adults, and for good reason. The Centers for Disease Control reports that at least 1 in 4 seniors fall in the course of one year, often with serious health consequences. While older adults can fall for a variety of health reasons or medication side effects, they can also fall due to improper footwear that is slick or not sturdy.

You can reduce the chance of falling due to improper footwear by choosing to find a shoe that fits well. If you haven't had a professional determine your shoe size in a few years, it's time to get that done by making an appointment with your podiatrist. Shoe sizes can change as we get older, and using an incorrect size can be painful and problematic. Further, if you wear insoles, your shoe size might need to fluctuate to accommodate them.

Next, to prevent falls, look for a shoe that has a non-slide sole. You can also reduce the risk of falling by choosing a shoe that has Velcro instead of shoestrings, as these are easier to secure and will not require as much time to adjust as tying your shoes. Get rid of any shoe that has a heel of more than 1 inch as well.

## When it comes to Medicare You Have Choices

- Turning 65 soon?
- Have you just retired?
- Are you a veteran?
- Getting Extra Help?
- Are you a new resident?



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#### FAMOUS TV DOCTORS BRAIN TEASER/ WORD SEARCH PUZZLE

By Terri C

hinking about famous Doctors we see on tv or have read books about, I created a word search puzzle to fill-in-the-blanks of this brain teaser.

Aside from the famous real life Doctors, like Dr. Anthony Fauci, Dr. Benjamin Spock, Dr. Phil McGraw, Dr. Ruth Westheimer, Dr. Mehmet Oz and of course a favorite of kids – Dr. Theodor SEUSS Geisel; here is a list of tv Doctors you may remember. Their first names and/or nicknames are in the word search puzzle for you to find and fill in the names below:

1) Dr.	Potter (MASH)
2) Dr	Casey
3) Dr.	Welby
4) Dr.	Emerson Winchester III (MASH)
5) Dr.	Kimble (Fugitive)
6) Dr.	Gannon (Medical Center)
7) Dr.	Bombay (Bewitched)
8) Dr.	McIntyre (MASH)
9) Dr.	McCoy (Star Trek)
10) Dr.	Ramoray (Friends)
11) Dr.	Greene (ER)
12) Dr.	Crane (Cheers)
13) Dr.	Pierce (MASH)
14) Dr.	Ross (ER)
15) Dr	Quinn (Medicine Woman)
16) Dr	Kildare
17) Dr _	Grey (Grey's Anatomy)
18) Dr.	House (House)
19) Dr	Murphy (The Good Doctor)



\*\*\*please note – for #8 and #9 – there are 2 names each to fill in blanks. Hope you enjoy this Brain teaser!

See answers on page 32 Word Search on page 31



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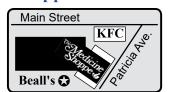
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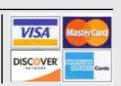
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#### Famous TV Doctors Brain Teaser

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0	Α	Α	R	T	R	Ε	В	U	Н	Н	Ε	A	С
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Play this puzzle online at : https://thewordsearch.com/puzzle/1446162/



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#### **Answers to Famous TV Doctors Brain Teaser**

- 1) Sherman
- 2) Ben
- 3) Marcus
- 4) Charles
- 5) Richard
- 6) Joe
- 7) Hubert
- 8) Trapper John
- 9) Leonard Bones
- 10) Drake

- 11) Mark
- 12) Frasier
- 13) Hawkeye
- 14) Doug
- 15) Michaela
- 16) James
- 17) Meredith
- 18) Gregory
- 19) Shaun

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-Monthly Media Staff

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Ron Eklof	\$5	Air Masters of Pinellas
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Dorothy Mapes	\$5	Debbies Salon
Maureen Mathis	\$5	
		Jones & Sons Plumbing
Margot Bridges	\$5	The Plumbing Patrol

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Thomas Bryant	\$5	Air Masters of Pinellas
Joyce Lee	\$5	Boss Electric
Trish Zampitella	\$5	BugginOut Pest Control
Karen Novak	\$5	Heller's Mobile Home Washing
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		Battleline Termite & Pest Control
Den Halloron	\$5	BugginOut Pest Control
		Heller's Mobile Home Washing
		Jones & Sons Plumbing
Gary Thrasher	\$5	Royal Enterprise
Jack Wilcox	\$5	Ron Wyngarden Mobile Home Wash
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Dean Thomsic	\$5	BugginOut Pest Control
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