

NORTH 8TH NEWSLETTER

Issue #3
2017

December

Mayor's Corner

Here it is almost Christmas time and the start of a new year. If you are like me, you are wondering where 2018 went. We had great attendance at Wednesday club at the beginning but it has drifted down to a limited number as Christmas draws near. Bean bags played over on 7th street near Leland and Lola Howard's place site 776 on Tuesdays has gone quite well so far. We will play on Tuesday the 16th but then they will be gone over Christmas so we will not be playing during that time.

We have an internet site for our street. It can be found at:

<http://www.buydarrell.50megs.com/index.html>

On the Home Page you will find a Calendar of Events that we will be having. And other items of interest. It has pictures of people and their site number, copies of the Newsletters for the last year or so, the minutes from the MMSR minutes, Slide shows for the last year or so of various street activities, the pet rules page from Mesa Regal and other things to help keep you informed.

Sometimes people especially older people fall and can't get back up on their own. Although none of us wish to even think about it, it does happen. Fortunately there is a phone number we can call to get help and you will find it listed here in this newsletter under Non-emergency calls.

Non-emergency calls

If there is an incident that does not require Medical Assistance, such as a fall and not able to get to your feet, there is a Lift Assist phone number to call. In the area of Mesa Regal that number is: 480-644-2400.

We wish everyone a very Merry Christmas and a Happy New Year.

Calendar of Events November – December, 2019

December 25, 2019 – Christmas Dinner details to be announced at weekly Wednesday Club.

December 31, 2019 – New years Eve at Roma Cafe at 5:30 PM.

January 10, 2020- First Friday Night Out Details to be announced later.

Memory Loss

Jean Streppa

Part One

There are many medical events that occur very suddenly and perhaps even dramatically, such that you remember what you were doing or where you were when they occurred. Memory loss does not work quite that way. The changes are more subtle and are more frequently seen as a **pattern of behavior** that ultimately adds up to more than just the periodic “senior moments” such as calling someone by the wrong name, etc.

Complicating the declining memory issue is that it can take many forms. The most commonly known form of dementia is Alzheimer’s disease. At the early stage of a **normal** memory decline, it usually does not interfere with your life. Your thinking and memory may not be quite as sharp as they once were, but again, they also do not interfere with your daily life.

How can you tell when what you are experiencing is not dementia? There are some situations where memory loss has a treatable cause such as:

- * medications can have side effects that create memory loss; examples such as antidepressants, antihistamines, certain opioids, and some urinary incontinent drugs are such examples.

- * high or low blood sugar;

- * social isolation;

- * physical inactivity;

- * alcohol consumption;

- * hearing or vision loss;

- * depression or anxiety;

- * dehydration;

- * sleep disturbances:

- * poor nutrition;

- * thyroid disease;

- * various infections such as syphilis, urinary tract infections, HIV, and infections involving the brain;

- * accumulations of fluid in the brain;

- * Vitamin B-12 deficiency;

Most of the above causes are treatable. Check with your doctor, if you are experiencing any memory problems in order to make sure the above conditions do not go untreated.

- * inform. for this article from **Mayo Clinic, Special Report**, November 2018.

Street Representative Meeting December 9, 2019

Mary Ellen Parrott called the meeting to order at 10:00

Board members present: Mary Ellen Parrott, Joyce Young, Harlan Weeden, Gary Fisher, Ron Mongeon

Roll Call: Streets without representation: 1 North, 1 South, 2 Central, 3 Central, 3 South, 4 Central, 4 North, 7 Central, 7 North, 8 Central, 10 North, 10 South, 12 North, 14 Central, 15 North, 15 South, 16 North, 17 North, 17 South, 18 Central, L East, Minutes from November were approved Election of Board Member at Large, term to expire end of March 2020.

Carey Hoepner has volunteered. There were no nominations from the floor. A motion to approve Carey was made by Thelma and seconded by Opal. Motion carried.

Announcements: The city of Mesa has changed guidelines for recycling. They only want corrugated cardboard not the cereal box type. A question was asked about replacing the smaller black bins. It is the responsibility of the city of Mesa not Mesa Regal.

Beer and pop tabs are still being collected at site 535 for McDonalds. There are also free books at this site.

We encourage all residents to sign up for the blog in the Activity Office by giving your email address. No email addresses will be shared. This is an excellent way to stay informed of events in the park.

There is no fax service available in the office due to a change in phone system. If there are a number of cars parking on any street during the day, please have the cars all parking on the same side of the street. This is a safety issue as the streets are too narrow for emergency vehicles to get through if needed.

Resident concerns: There is new furniture at the West End Pool and more to come. The boxes in the laundry room that raised

a concern last month have been moved.

This will resolve the concern of too many high stools.

The sewer by the Fry's gate has a strong odor. Paul has said that in the past, there was an attempt to plug the drain but it created a flooding issue. He will continue to pursue options.

Resident concern forms are available and need to be given to a board member before the first Monday of the month. Street Rep forms are also available for anyone desiring to be a street rep.

It is important to maintain neighborhood awareness. Report questionable people who do not seem to be residents of Mesa Regal.

Non-emergency calls. If there is an incident that does not require medical assistance, there is a Lift Assist phone number to call. That number is: **480-644-2400**.

Paul Mayo- There have been comments made about misspelling on some signs.

That was the mistake of the sign company and will be remedied. However, everyone should know what the intent of the signs are. There is **no** overnight parking at the west end parking lots or the main complex.

If you have a guest, that guest can get an overnight pass for one (1) night only. If you need more, you and your guest will have to make arrangements. The courtesy patrol will be checking in the 11 PM to 7 AM time period for cars parking in the lots. The procedure will be for a white notice to be placed. If there is no change or a repeated action, there will be a red tag signifying that the vehicle will be towed at the owner's expense. Mesa Regal has a shuttle that will be used for special events

to help with parking issues.

Dumpster etiquette- It is becoming an issue on Monday to get to the dumpster to move it. An empty one is put in on Friday. Rather than just throw unwanted material into the area, it would be good to wait until Monday when the gate is open. Please do not just throw stuff on the ground as that has to be picked up on Monday before anything else gets done.

Bottle water, glasses, thermoses, etc. cannot be brought into the patio area.

There will be water jugs and plastic glasses placed around the patio area for drinking. The county has been visiting resorts that have bars and looking for alcohol being brought in to a bar area. The fine for this can be as high as \$2,000.00. The fine is not for the bar but the patron. The entire patio to include Regal Hall is considered bar area. Royal Hall is not. There are signs at the gates saying no alcohol past this point. This applies 24 hours a day.

There were some concerns about the

temperature in Regal Hall for the concert. Some felt it was too cool. It might be prudent to bring a light sweater or jacket to events.

The question was asked about water being pumped out of the courts after a heavy rain and where does that water go. It is pumped into the city system.

The question was asked about pool usage. There are scheduled events for the pools and lap swimming or walking is to work around them. Everyone should know when there is an event scheduled by looking at the Messenger.

The color printer issue has been resolved to a degree. There is a sheet in the computer room to report an issue.

Meeting adjourned at 10:33

Paul R. Evenson, secretary

prevensn@yahoo.com

Mary Ellen Parrott

mparrott521@gmail.com

