

NORTH 8TH NEWSLETTER

Issue 4

February 2020

Mayor's Corner

It is the middle of February and this years Mesa regal experience is beginning to wind down. We just had our Root Beer Float and auction for the 19/20 season. We did very well and had a lot of fun. I wish to thank Jerry Bican for his great handling of the auction. He was in fine form and worked it very well. I also wish to thank Chuck Borchner for being a great cashier. We realize what a difficult job this can be trying to keep track of everything that is going on. I need to thank Roy Ostenna and Jim Fitzpatrick and Rick Burke, Nancy Bican, and others for their help in setting up and helping with the Root Beer floats and auction.

Bean Bags, which is actually held on 7th street for anyone in the park that wants to take part, has been a great success and we need to thank Leland and Lola Howard for all that they do insure that it stays that way. Leland has been making some new boards. Thanks are also in order for Jean Streppa for the excellent medical reports and advice that she includes in all of the newsletters. Also thanks to Mary Pulford for help welcoming our new arrivals on the street and getting info about them for us. It is time to begin thinking about the bug spray on the 13th of March. As usual Bill and/or I will be by to check with you and to collect the \$15 dollars ahead of that date. Chuck Borchner needs to hear from you concerning the Friday Night out on March 13th. Check in the calendar of events for the

time, site number and/or phone number to let him know you are interested. We have our own 8th Street web site which includes such things as this newsletter, the street representatives meetings, slideshows of all the events that we have held for the last couple of years and the calendar of events along with lots of other things pertaining to our street. The URL for this web site is: <http://www.buydarrell.50megs.com/index.html> .

Calendar of Events N. Eighth St, March - April 2020

March 4, 2020 – Annual banana split party at 2pm at site #870. Bring a chair and your appetite.

March 13, 2020 – a Friday outing at the **Silver Star Theater** (Brown and Higley) starring **The Rhythm Cats** is being coordinated by Chuck Borchner (630-234-6455) at site 997. The event includes a buffet dinner and show and is about \$40 per person. The show is their Country Show. Sign up early with Chuck, as seating is limited.

March 25, 2020 – a final potluck of the 2020 season is scheduled to officially close the season. It will be

held at sites #884 and #887 at 4pm. Bring your favorite dish to pass, a chair, a beverage and table service We look forward to seeing you there.

April 12, 2020 – Easter Sunday. Details forthcoming as the date approaches.

Special Note: Spring bug spray to be held on March 13th, 2020. Once again this is being coordinated by Bill Tallyn and Darrell Noah. Payment of \$15.00 per site is due to either Darrell or Bill (site # 887) in advance of the date.

Memory Loss

by Jean Streppa
Part three

In the last two issues of this newsletter, it was discussed what is meant by dementia and when memory loss is NOT dementia. Different types of dementia were also reviewed with descriptions/symptoms of those discussed. In this article, we will review how it is possible to potentially prevent dementia.

There are currently four key risk factors that appear to be associated with developing dementia. They are as follows:

* Smoking – smoking has been linked to a 41 percent increased risk of developing dementia. If you are currently a smoker,

the advice is for you to stop!

* Diabetes, obesity and hypertension – are all factors that may lead to an increased risk in developing dementia. Controlling high blood pressure and blood sugar as well as consuming a healthy diet, which, in turn, may help you to lose extra pounds, resulting in improved cardiovascular health and may also help in reducing your dementia risk, change brain structure and negatively impact stress hormones. Similarly, social isolation is felt to be a risk factor for dementia, as well.

Better brain health? Is it possible? It is suggested that focusing on basic functions that can be implemented easily by most everyone, is a good way to start. Below are some examples:

* Move ten minutes more than you usually do; start by recording your current activity level and try to improve from week to week. Be sure to get clearance from your doctor before you begin any exercise plan.

* Eat five servings of fruits and vegetables daily. Where have you heard that before???

Keep up the good work, if you are already doing this.

* Lastly get higher quality sleep; make this a priority. By doing so, you should wake refreshed and ready to carry out daily activities without feeling lethargic.

Many of the above suggestions are about

reducing your RISK for developing dementia. There are many things we cannot change (gender, family history, etc. come to mind), but we can control what foods we eat, how much we exercise, and to some extent, our quality of sleep. Let's do what we can to lessen our chances of developing this difficult disease.

inform. for this article from Mayo Clinic Health Letter, Special Report, Nov. 2018

WE LOST A FRIEND AND NEIGHBOR KEN LOEFFLER

by Mary Pulford



High School Graduation



On December 29th 8th Street North lost a friend and neighbor. Ken became ill and found he had cancer. He struggled at his home as long as he could until having to move and enter the hospital and Hospice Care.

Ken lived at Mesa Regal for approximately 9 years. Ken was well known throughout the park. He was loved for his sense of humor, his kindness and caring attitude and always willing to help others.

Ken was a pretty darn good cook! He would share his expertise at our Wednesday afternoon block meetings. He was always willing to help anyone ...sharing his tools, knowledge, etc with anyone who asked.

Ken loved the warm Arizona sun and riding his Harley with his winter friends. Ken was only 68 years old when he passed here in Mesa.

YOU ARE MISSED OUR FRIEND!!!!
8TH STREET NORTH FRIENDS

Street Representative Meeting February 10,

2020

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, Carey Hoepner

January minutes were corrected to say visitors need to be checked in at Guest Services not the Activities Office. Minutes were approved.

Roll Call: Streets without representation: 1 North, 1 South, 2 Central, 3 Central, 3 South, 4 Central, 8 Central, 10 Central, 10 North, 12 North, 15 North, 16 Central, 16 North, 17 South, 18 Central, 18 North, 19 North,

Announcements: The city of Mesa has changed guidelines for recycling. They only want corrugated cardboard not the cereal box type.

Beer and pop tabs are still being collected at site 535 for McDonalds.

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.

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:

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.**

Street Representative forms are available as are resident concern forms.

Do not park in empty sites or where there is an empty park model. If you are renting a park model, you must provide a parking place for your tenants.

Gym Courtesy- Please respect the equipment. Do not just allow equipment to bang together or be treated roughly. It is there for all to use.

Paul Mayo- Overnight parking on the streets is not allowed. It can create a situation where emergency vehicles cannot proceed down the street.

Gloria:

There will be a sign pointing to the rest rooms put on the wall in Regal Hall. This should be done this week.

Putting surface on the putting green. This will be reviewed during the off-season. The entire surface will not be replaced but some repairs could be made.

Speed limit- This is a constant issue and is the direct responsibility of each person to maintain the 10 MPH speed limit in the park. The concern was also raised about bicyclists not heeding stop signs and simply cruising through. It was also stated that those walking should use the proper side of the street and not walk down the middle. Quality of entertainment and the selection process- Show decisions are made at the corporate level. There was a downturn in attendance this year and it will be addressed. A suggestion was made that many people don't buy a series as they are only here for 3 months and would miss the December show.

Construction at the West End will be completed this week. It is a storage shed and charging station for Cal-Am golf carts.

Exterior of park models. Any outside work must have the approval of park management. A permit package is available at Guest Services. This includes painting, landscaping and any other outside changes. If painting is done without approval, the resident could be required to re-paint in approved colors.

Everyone must work to maintain their site according to Cal-Am standards. This means removing clutter and inside furniture. It is important to keep the park presentable. It is just a rumor that the park wants people to replace the rocks with pavers. It is not true.

Fruit trees- It is the responsibility of the park to paint the trees but it is not done every year. The trimming is done in October. It is not allowed to pick fruit from someone else's tree without express permission. Residents need to have the fruit off their tree by the time they leave for the

summer. This encourages a rodent problem to have the fruit around. The Activities Office has a sign-up sheet for people to pick fruit from your trees.

Park Model rent rates are released until June 1. They are sent by mail to residents. RV rates are out for next season.

Question about shorter happy hours- The bistro is not a profit center. It is here as an amenity.

Question about Cal-Am selling parks in the valley. Cal-Am is not selling any of their parks in the valley.

Question about courtesy patrol. The first year with three gates is a learning year. Currently, there are not enough people to have someone at the gates at all times. The season has gone well in terms of crime. We all need to be aware of people in our neighborhood.

Question about VDO and a WiFi program with Cox. It is an experimental program and depending on how it works, may be available to other parks.

There could be a class on how to operate a defibrillator and how to do CPR if there is enough interest. Please email Mary Ellen Parrott and let her know. Her email is at the end of the minutes.

Adjourned at 10:45 Next meeting is March 9, 2020

Respectfully submitted,

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Correction: Visitor Policy: Instead of registering guests in the Activities Office it is amended to read Customer Service Office.