

NORTH 8TH NEWSLETTER

Issue #1

November 2019

Mayors' Corner

Here it is the Fall of 2019 and we are back in sunny Arizona for another season of warmth and fun. We would like to welcome everyone back and hope your summer was great. We want to give a very special welcome to people that are new to our street this year and invite you be a very welcome part.

We would like to remind everybody that we meet each Wednesday at 4:00 in front of Site 884 to hash over the happenings on our street and just enjoy each others company. Everyone that is currently residing on North eighth street and anyone who has ever lived on the street are welcome. Bring a snack to share and Join us.

There has been a little change to the things that can go in Recycling bins due to changes made by the city of Mesa. There is a new sheet of directions attached to this newsletter for your information.

Bean Bags is under way on 7th street every Tuesday at 10 AM. And all of us are welcome to come and play. It is being hosted by Leland and Lola Howard near their site 776 and costs twenty five cents. Usually lasts for about 1 hour.

North Eighth has its own web page where you will find various things that happen on the street. Such as pictures of events that are held on or by our street, copies of the Newsletters, pictures of the people who live on our street, the minutes from the Mesa Regal Street Representative Monthly Meeting and other items of interest. It is found at:

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

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.

Calendar of Events November – December, 2019

November 16,2019 - Fall Bug Spray 8:00 am until finished. If you are taking part please have your area ready.

November 28, 2019 – Thanksgiving Dinner details to be announced at weekly Wednesday Club.

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

Daily Aspirin Therapy, Revisited!

By Jean Streppa

There is a new strategy recommended by the American College of Cardiology (ACC) and the American Heart Association (AHA) whereby routine use of low-dose (81mg) aspirin for people older than 70y, who have neither a history of a stroke or heart disease, are no longer advised to take the above daily dose of low dose aspirin. The same advice applies for folks who may have an increased risk for bleeding from a peptic ulcer or the like.

The original idea was intended to help **prevent** people from having a first stroke or heart attack by taking the daily low-dose of aspirin. That advice was particularly applied to folks who were considered at a moderate risk for heart disease.

This new advice is based on the information from three recent large studies. The results clearly showed there is no benefit to taking daily aspirin in order to prevent a **first** stroke or heart attack. For people who are taking daily aspirin without a doctor's recommendation, they may be putting themselves at a greater risk for bleeding without a sufficient benefit.

Among people who have already had a stroke or heart attack, have a history of peripheral artery disease or folks who have had bypass surgery or a stent inserted in their coronary arteries, there is no

debate on the benefit of daily aspirin therapy. For those folks, the benefits clearly outweigh the risk and is considered a cornerstone of treatment.

Whatever category you fall into, **don't self medicate. Talk to your physician, before you make any changes to your medication schedule. The decision made should be a joint one between you and your doctor.**

Material for this article from Harvard Health Letter, November 2019.

2019 VETERAN'S DAY

BY Mary Pulford



QUILT OF VALOR

A QUILT OF VALOR.....WAS presented to Barbara Mackinaw for her many years of active service in the Air Force. Many other veterans also received Quilts throughout the United States for their years of service in all branches of the military.

Barbara had been a resident of 8th Street for 21 years and now resides at Mesa Broadway in Mesa. She would enjoy former neighbors and friends to stop by and visit her.

Lets all wish BARBARA a congratulations on her receiving this prestigious award!

MESA REGAL STREET REP MEETING

Street Representative Meeting November 11, 2019

Mary Ellen Parrott called the meeting to order at 9:28

Board members present: Mary Ellen Parrott, Joyce Young, Harlan Weeden

Roll Call: Streets without representation: 1 South, 2 Central, 2 North, 3 Central, 3 South, 4

Central, 4 North, 6 North, 8 Central, 10 North, 11 Central, 11 South, 12 South, 16 Central, 16

North, 17 Central, 17 South, 22 North, L East Minutes from March were approved

Announcements: Larry Malone will not be returning due to health reasons. His board position is vacant. Please let Mary Ellen know if you are interested and we will try to fill it next meeting.

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. 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.

Street light reporting-call into the office when you see a street light not working. The location is entered on a spread sheet and slated for repair. The courtesy patrol checks every Friday.

There is no fax service available in the office due to a change in phone system.

New doors have code boxes on them. This is to ensure that facilities are only used by Mesa

Regal residents.

Paul Mayo- Large bushes need to be trimmed. They are not to encroach into the streets.

Plants are not to be planted in the ground on the sides or backs of your site.

Gloria West End Parking- There is not to be any overnight parking in the lots. If you have a guest staying with you, they are to come to the office and get a permit for ONE (1) night only.

Owners will be notified one time that the vehicle is not to be parked there. The second time a red sticker will be attached and the owner will have 24-48 hours to move it or it will be towed at the owner's expense. This also applies to the East End as well.

Do not park in empty sites or where new homes are for sale. The question was asked about holiday guests staying more than one night. It was suggested that there are many people that go home for the holidays and there might be a site available for parking at that time.

There is no overnight parking in the street at any time.

Color Printer in the computer room. We have a technician coming on Wednesday the 13th to work on it.

We have a new maintenance supervisor and he is in the learning process.


The park is starting to remove trees that are dying.

We have a new street light maintenance supervisor and this will help in maintaining the lights.

The main light at the entrance is going to be replaced with LED lights.

There will be a shuttle available to help with the parking issues. The timing and route will be published later. The primary use will be for concerts and country store.

The question was asked about WiFi. There is good WiFi at the patio area. Many people



have gotten their own internet solution.
Meeting was adjourned at 10:00
Respectfully,
Paul Evenson, secretary
prevensn@yahoo.com

Mary Ellen Parrott, President
mparrott521@gmail.com