

Sandalwood Park Homeowners, Inc. Venice, Florida

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## WE HAVE POWER

Neither rain, nor wind, nor lack of Florida Power and Light will prevent Sandalwood from holding any events. On Wednesday, August 29th, just in time for Tropical Storm Gordon to visit Sandalwood on Labor Day, the installation of our new generator was completed. Everything is automatic. About 8 seconds from when power goes out,

the generator will automatically start. It takes about 8 more seconds for the generator to get up to speed and produce electricity. At about 16 seconds from loss of power, the system will automatically switch from FPL to generator power and all systems in the clubhouse will come alive.

The generator runs efficiently on propane and has very small carbon footprint. Two additional 120 gallon propane tanks are being added in the clothes line area next to the existing two tanks.

Once power returns, the system will monitor the FPL



power for a short period of time to make sure it is ample and steady. If it is, the system will automatically switch back to FPL power. The generator will continue to run for 2 - 5 minutes, cooling down and going through a shutdown protocol.

If you are walking by the patio at 10:00am on a Saturday, and the gen-

erator starts, don't panic. It is at that time, every week; the generator will automatically start, run a series of maintenance checks on itself and then shut down. If there is a problem, it will automatically text our maintenance service and let them know what the problem is.

The generator and storm shutters recently installed on the clubhouse are both a big step in helping to keep our property and neighbors safe and if need be comfortable. The Emergency Planning Committee would like to thank the Board of Directors for having the foresight to prepare Sandalwood for unexpected situations.



# Sandalwood Park Homeowners, Inc.



300 Sandpiper Drive Venice, Florida 34285

Resident Owned Community for persons 55 years of age and older

Office Number 941-485-3646
after hours call Lighthouse management 941-451-8265
In an Emergency Call 911

#### SANDALWOOD NEWSLETTER STAFF

Only articles submitted to Joan Ellis will be forwarded to the printer.

Please submit information to:
Joan Ellis
231-729-0316
imellis1025@gmail.com



NOTE: All articles for the newsletter must be in Microsoft Word, because I am unable to open PDF files or articles that have been scanned. Thank you for yor cooperation.

| ACTIVITIES (              |              |  |  |  |  |
|---------------------------|--------------|--|--|--|--|
| President - Carmen Wallin | 941-483-4527 |  |  |  |  |

Vice President - Lucille Mitton 941-504-3349

Secretary - Susan Smith 508-240-8526

Treasurer - Johanna Lauzon 941-244-2883

Members at Large:

Gail Pellitteri 941-882-4065

Joyce Blackney 941-451-9959

#### **Photos**

Please send all photos to <u>jmellis1025@gmail.com</u>



| Regina Fortin - President    | 978-790-0810 | 2019 |  |  |
|------------------------------|--------------|------|--|--|
| Sandra Marsocci - V. Preside | ent          |      |  |  |
| Janet Wnek - Treasurer       | 941-223-1819 | 2021 |  |  |
| Tony Koss - Secretary        | 413-537-9977 | 2019 |  |  |
|                              |              |      |  |  |
| Directors                    |              |      |  |  |
| Larry Reed                   | 978-855-6364 | 2021 |  |  |
| Ken Rideout                  | 517-545-3614 | 2019 |  |  |
| Barb Moore                   | 810-537-2450 | 2020 |  |  |

The Sandalwood Board of Directors has the responsibility of administrating the wishes of our shareholders.

Contact any board member with your concerns or suggestions and they will act in the best interest of the park.

Written comments may be sent to the office or e-mailed to 14inspub@aol.com

Page 2 October 2018

## DEADLINE FOR NEWSLETTER ARTICLES

ARTICLES FOR THE NEWSLETTER ARE DUE ON OR BEFORE THE 13TH OF THE MONTH.

PLEASE MARK THIS ON YOUR CALENDARS SO YOU WON'T FORGET.

# Procedure for submitting articles to OnTrac Publishing for the Newsletter.

All articles and information for the Newsletter are to be submitted only through the Sandalwood Editor.

Only information sent by the editor will be published in the newsletters.

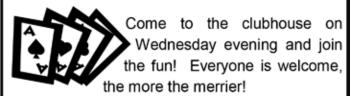
All articles for the newsletter must be in Microsoft Word, because I am unable to open PDF files or articles that have been scanned. Thank you for yor cooperation.

Articles must be submitted on or before the 15th of the month

Editor information is on page two.

#### WEDNESDAY IS GAME NIGHT

Do you like to play cards?



#### BINGO!

Tuesday & Friday 6:30PM

So fun...try your luck.

Leave all your troubles at home, join your Neighbors at the clubhouse and have a good time!!!

#### the 15th of the month.

Come one,

come all.....



#### SANDALWOOD WEBSITE



Did you know that Sandalwood has a Website?

It is a good way to keep up with happenings and reading the newsletters online.

The address for the website is www.sandalwoodpark.com

October 2018 Page 3

# LOOKED UNDER YOUR MOBILE HOME LATELY?

Insulation Under Your Home Falling Down?

Holes and Tears in Your Vapor /Moisture Barrier?







Insulation and Vapor Barrier Repairs

Lifetime Vapor Barrier
 Guaranteed for Life
 Prevent Soft Floors
 Lower Your Electric Bills
 Keep Mold, Mildew, Rats, Snakes, Spiders, Ants, Roaches and Moisture OUT of Your House!

## Are Your Tie Downs Tight?

- Hurricane Anchors
   Tie Downs
- Leveling Blocking Carport Tie Downs
- Stabilizing Devices
   Roof-Over Strapping

Replace Rusted Anchors
 Longitudinal Stabilizing
 Retro-fit to Current State Standards

If your home moves even a few inches during a storm your home will suffer severe damage. Loose tie downs do not protect your home, they must be tightened every 3 to 5 years. Have your tiedowns inspected NOW, before the storms!



v the

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#### LETS STAY HEALTHY

#### Why Do People Fall?

Some of the reasons people fall are:

Tripping or slipping due to loss of footing or traction Slow reflexes, which make it hard to keep your balance or move out of the way of a hazard

Balance problems

Reduced muscle strength

Poor vision

Illness

Taking medicines

Drinking alcohol.

Illness and some medicines can make you feel dizzy, confused, or slow.

Medicines that may increase the risk of falls are:

Blood pressure pills Heart medicines Diuretics (water pills) Muscle relaxants Sleeping pills.

Drinking alcohol can lead to a fall because it can:

Slow your reflexes
Cause you to feel dizzy or sleepy
Alter your balance
Cause you to take risks that can lead to falls.
How Can I Prevent Falling?

#### At any age, people can make changes to lower their risk of falling. Some tips to help prevent falls outdoors are:

Use a cane or walker
Wear rubber-soled shoes so you don't slip
Walk on grass when sidewalks are slick
Put salt or kitty litter on icy sidewalks.
Some ways to help prevent falls indoors are:

Keep rooms free of clutter, especially on floors
Use plastic or carpet runners
Wear low-heeled shoes
Do not walk in socks, stockings, or slippers
Be sure rugs have skid-proof backs or are tacked to the floor

Be sure stairs are well lit and have rails on both sides Put grab bars on bathroom walls near tub, shower and toilet

Use a nonskid bath mat in the shower or tub

Keep a flashlight next to your bed

Use a sturdy stepstool with a handrail and wide steps Add more lights in rooms

Buy a cordless phone so that you don't have to rush to the phone when it rings and so that you can call for help if you fall.

You can also do exercises to improve your balance While holding the back of a chair, sink, or counter:

Stand on one leg at a time for a minute and then slowly increase the time. Try to balance with your eyes closed or without holding on.

Stand on your toes for a count of 10, and then rock back on your heels for a count of 10.

Make a big circle to the left with your hips, and then to the right. Do not move your shoulders or feet. Repeat five times.

#### How Can I Prevent Broken Bones if I Fall?

Sometimes you cannot prevent a fall. If you do fall, you can try to prevent breaking a bone. Try to fall forwards or backwards (on your buttocks), because if you fall to the side you may break your hip. You can also use your hands or grab things around you to break a fall. Some people wear extra clothes to pad their hips or use special hip pads.

#### **How Can I Keep My Bones Healthy?**

Some ways to protect your bones are:

Get enough calcium and vitamin D each day. Walk, climb stairs, lift weights, or dance each day. Talk with your doctor about having a bone mineral density (BMD) test.

Talk with your doctor about taking medicine to make your bones stronger.

If you have a garden and a library,
you have everything you need.
Marcus Tullius

October 2018 Page 5

# END Your Burning, Numbness & Tingling in Your Legs and Feet!...

**NEUROPATHY?** 

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1789730

Page 6



**Shirley A. Van Gilst**, 82, of Goshen died Wednesday, September 5, 2018 at Green House Village after battling Alzheimer's for more than 10 years.

She was born September 25, 1935 in Deer Creek, Illinois to Arthur and Opal (Weaver) Zehr.

On August 12, 1972 she married Carl W. Van Gilst in Goshen. He survives.

Other survivors include two daughters, Debra (Kermit) Garber of New Paris and Brenda Jones of Goshen; four sons, Dale (Pam) Riegsecker of Venice, Florida, Donald (Lynda) Riegsecker and Darryl (Lori Kay) Riegsecker, both of Goshen and Scott Van Gilst of Pella, Iowa; 17 grandchildren; 30 great-grandchildren; four great-great grandchildren; and two brothers, Jacob Zehr of Lake Havasu, Arizona and James (Nancy) Zehr of Peoria, Illinois.

A long-time area resident, Shirley worked as an executive assistant for Harold A. Schrock for 30 years. She was a member of the local Elks, Moose, DAV, VFW and American Legion organizations.

The family wishes to thank the staff at Blueberry Hill for their excellent care of Shirley the past seven weeks while she resided there.

Memorial gifts may be directed to the Alzheimer's Association.





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Page 8

#### Did You Know...

As identified in our Rules and Regulations date January 10, 2018, any outside modifications to the outside of your unit must be approved by the Board. This includes, but not limited to, changes to landscaping, painting, windows, etc.

2.5 Any outside unit modification is to be completed, in its entirety within 45 days of start.

If lattice work is used to surround a patio, it can be no more than 6 feet in height, placed 12 inches off the ground for a total height of 7 feet. This will allow mowing crews too more easily trim grass.

Openings in lattice work must remain open at all times. Patios cannot be closed off with doors or gates. Outside modifications cannot exceed the specifications as identified in 2.1.

2.6 All modifications to the outside of the unit must be approved by the Board.

#### **Halloween Party**

SAC will be holding a Halloween costume party and dance on Saturday, October 27th from 7:00-10:00. Costumes are not necessary, of course, but will add to the fun. Prizes for the scariest, funniest and most original costumes will be awarded per everyone's vote. The DJ will be Michael from Quiet Fire so you know the dance floor will be full!

Please sign up on the bulletin board so we can make sure there is enough interest. Tickets are \$5.00 and can be purchased at the office starting October 1st or at the door on the 27th. This is a BYOB and table snacks to share party.

So, dress up in a costume (or not) and come enjoy the festivities. Hey, when was the last time you dunked for apples?

#### **ATTENTION !!!**

Don't leave home without it

Please remember to bring all that jewelry you have set aside for our Bustin' With Bargains BOUTIQUE. I will be arriving early January for drop offs at our home for sorting and pricing. Look forward to seeing you all then.





October 2018

## SUB-FLOOR & FLOORING EXPERTS!



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#### SANDALWOOD BOCCHE

Greetings Sandalwood Bocce Players!

We hope you all are having a great summer and are beginning to think about returning to our little piece of paradise. We are just beginning to formulate plans for the Sandalwood Bocce League. To date, we have 11 teams and 3 substitutes. John Erwin, Dave Emmons and John Landis have signed up to be substitutes. Please let us know if you change your mind and wish to be on a team. While we call it a league, we are a group of friends getting fresh air, exercise and having fun. If you know or hear of a Sandalwood resident that might be interested in playing bocce, please have them email us or call us @ 413-589-9518.

We will be making up the schedule just after Christmas. Our games, like last season, will be scheduled on Tuesdays and Thursdays at 10:00am and 2:30pm each day. We try to schedule an equal number of games for each team for the season. Makeup games can be scheduled for any day the courts are open. Remember there are also lights on the courts.

Please email us back with your expected date of return, it will help us in establishing a start date for bocce.

Thanks in advance. Holly and Tony Koss





Our Triple Crown races were a huge success with a combined total of attendees at 170. Everyone enjoyed good food and dessert as well as cheering on Justify to win the Triple Crown. Betting was brisk and many won something for their handicapping expertise.

The hat contest at the Kentucky Derby had about 10 participants wearing their finest. Although a tough decision, the attendees voted Alice St Onge for the prettiest hat and Donnie Simmons for the funniest. Each winner was presented with a \$20 gift certificate to Denny's. Congratulations to the both of you.

Many thanks to Tony and Holly Koss who stoically manned the betting/payout window. Without them, we probably wouldn't be having the races. Thanks also to all those who helped out in one way or another (you know who you are).

Our annual 4th of July picnic will be held on Wednesday, July 4th (when else?) at 12:00. SAC will provide grilled hot dogs with all the trimmings, chicken and dessert. We are asking that you bring some sides to complete this wonderful meal. A signup sheet has been posted; hopefully, all have already added their names to the list. There is no charge for residents; non-residents are being asked for a \$5.00 cover charge. See you on the 4th!

## Residents **PLEASE**



IF YOU SEE ANYTHING SUSPICIOUS
GOING ON IN THE PARK
CALL THE SHERIFF!

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Don't talk about it! Do something!

October 2018 Page 11







## **Soft Floors?**

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#### **OCTOBER CROSSWORD PUZZLE**

#### Crossword #68F9YUT7

| 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 |    |    |    |    |    | 31 | 32 | 33 |
| 34 |    |    |    |    |    | 35 |    |    |    |    |    | 36 |    |    |
| 37 |    |    |    |    | 38 |    |    |    | 39 | 40 | 41 |    |    |    |
| 42 |    |    |    |    | 43 | 44 | 45 | 46 |    | 47 |    |    |    |    |
| 48 |    |    | 49 | 50 |    |    |    |    |    | 51 |    |    |    |    |
|    |    |    | 52 |    |    |    |    |    | 53 |    |    |    |    |    |
| 54 | 55 | 56 |    |    |    |    |    | 57 |    |    | 58 | 59 | 60 | 61 |
| 62 |    |    |    |    | 63 | 64 | 65 |    |    |    |    |    |    |    |
| 66 |    |    |    |    | 67 |    |    |    |    |    | 68 |    |    |    |
| 69 |    |    |    |    | 70 |    |    |    |    |    | 71 |    |    |    |

#### Across

- 1. Officers' orgs.
- 5. Lawrence's men
- 10. The "A" in CIA
- 14. Rant and rave
- 15. Coral, e.g.
- 16. Nat King or Natalie
- 17. Under the weather
- 19. Pea or parka
- 20. Psychology movement that began in

Germany

- 21. Saudi's state religion
- 22. Noes
- 26. Incipient bug
- 30. Male gofer
- 34. Words to a genie
- 35. Kitchen or den
- 36. Common filename extension
- 37. "... gathers \_\_\_ "
- 39. \_\_\_ of Magellan
- 42. Test for college srs.
- 43. Pub offerings

- 47. New Delhi language
- 48. One who doesn't fit
- 51. Woodwinds
- 52. Parlor supply
- 54. Sparkle
- 57. Limp
- 57. LIMP
- 62. Go circuitously
- 63. Nondiscriminatory amount
- 66. Housebroken
- 67. Bat droppings
- 68. Pac-Man ghost
- 69. "\_\_\_\_ You Come in Here Lookin' Like

That" (Dolly Parton #1)

- 70. Early Beatles tune "\_\_\_ Is"
- 71. Overtake

#### **Down**

- 1. Snobbish one
- 2. Affliction
- 3. Lends a hand to
- 4. Feature of some skirts
- 5. "An \_\_\_ a day..."
- 6. Support with cheers
- 7. Roker and Capone
- 8. Ta-ta
- 9. Velocity (abbr.)
- 10. Point the finger at
- 11. \_\_\_ squad
- 12. "Braveheart" group
- 13. Abominable one
- 18. McLachlan and Bernhardt
- 21. Utah's capital, for short
- 23. ET carrier
- 24. Bay area airport letters
- 25. Gets ready to fire
- 26. Jargon
- 27. " to the wise..."
- 28. Covered with hoarfrost
- 29. Brandy bottle letters
- 31. Numbers game
- 32. Ferric \_\_\_ (rust component)
- 33. Legendary Himalayan creatures
- 38. Mentally sound
- 40. Doubting apostle
- 41. Tease good-naturedly
- 44. Tone-\_\_\_\_ ("Funky Cold Medina"
- rapper)
- 45. Ger.'s continent
- 46. Gwen who sang "Don't Speak," 1996
- 49. Listened to
- 50. Play a part
- 53. Mete out
- 54. Scarlett's film, for short
- 55. Biblical Rachel's sister
- 56. "Waiter, there's a fly \_\_\_\_ soup!"
- 58. Casino token
- 59. Water-to-wine town
- 60. Vexes
- 61. Former Tunisian rulers
- 63. Neighbor of Isr.
- 64. Prov. near Vt.
- 65. \_\_\_ in "Ulysses"

(Solution on page 11)

#### 2017 Small Business of the Year



Blair Post, HAS, BC-HIS, ACA

Board Certified Hearing Instrument Sciences American Conference of Audioprosthology

# Which Model is Better?

I met Anita at a business seminar and mentioned that I worked with hearing devices. In a standard move, she showed me the aid behind her ear and asked if it was a good model.

Since I love food, I used a food analogy. I asked if she has a spaghetti sauce she likes? She looked confused and I assured her that this would help answer her question. She answered, "Yes, I like Bertolli."

I explained, one spaghetti sauce isn't better than another it depends on the person eating the sauce as to their preference. I then explained there are five major manufacturers with good reputations for building a quality product. By sampling from the five major manufacturers, she would likely discover the sound she prefers.

Anita is a very active woman, owns a company with many employees, is active in her community, has a large family and is part of a band.

Based on her lifestyle and prior hearing experiences, I recommended two manufacturers: Oticon and ReSound. The first one has a crisp sound quality and the latter one has a more mellow quality.

Also, I answered the unasked question, why didn't I recommend what she was wearing? Because, if she was confident with the sound of her current aids she wouldn't have asked my opinion.

By understanding there are different sound qualities, just as there are different flavor profiles in spaghetti sauces, she can now try them and determine which fits her preference and her lifestyle. She will have more confidence when wearing her devices that will enhance her quality of life.

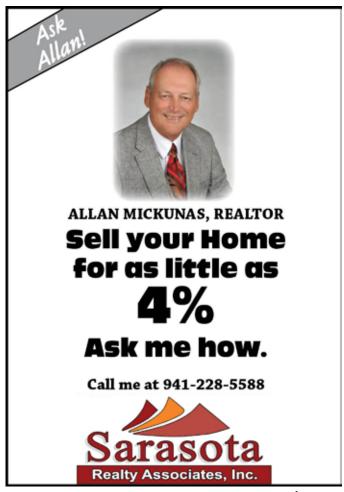
If you would like an opportunity to compare different sound qualities, call us at 941-244-9300. We will help you have confidence hearing the world around you.



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D- -: 14





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October 2018

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Page 16