

NORTH 8TH NEWSLETTER

Issue #3

January 2020

Mayor's Corner

Here it is that time of the year when most people are here and the activities pick up the pace. We had Christmas dinner on the street, well actually in Roy and Mary's carport (thank you Roy and Mary), and a New Year's Eve dinner at Roma Cafe. The new Calendar of Events is found in this newsletter so please consider it when you make your plans.

Wednesday club is being held at **3:00 PM** until warmer weather arrives.

The next big street activity is the Pizza Party on the 22nd of January. We will provide the pizza. You folks bring salads or desserts and if you wish a beverage other than coffee, which is provided. As always, to these street events bring your chair and table service.

It is not too early to mention that the annual auction will be held on February 12th in combination with the annual root beer float. So get your items for sale ready.

Non-emergency calls

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.

Calendar of Events

**N. Eighth St,
Jan. - April 2020**

January 22, 2020 – the first potluck of the 2020 season will be a pizza party to be held at 1 pm at the #884 and #887 sites. Bring a chair, table service, and a beverage of your choice. It is customary to also bring either a salad or a dessert to pass. Separate notices will be distributed with a return requested so that we know how many plan to attend.

February 7, 2020 – Barleen's Dinner Show, Apache Junction. Our annual outing includes a dinner and a show for approximately \$37 per person (price may vary slightly depending how many tickets we sell). The show is Take a Trip Through #1 Hits. Chuck Borchert is coordinating this event. He can be contacted at 630-234-6455. Sign up early. Seating is limited.

February 12, 2020 - Our annual Valentine's Day Root beer Float event will be held in advance of the actual date. Site is #884 and #887 at 2 pm. Bring a chair, your "valentine" (a chair for him or her too). We will also have our **annual auction** at that time, so be prepared to buy your sweetheart that special valentine gift to support our auction.

March 4, 2020 – Annual banana split party. Details forthcoming as date draws closer.

March 13, 2020 – a Friday outing at the **Silver Star Theater** (Brown and Higley) starring **The Rhythm Cats** is being coordinated by Chuck Borchert (630-234-6455). 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.

Memory Loss

By Jean Streppa
Part Two

In the December issue of this newsletter, we reviewed some of the more common causes of a declining memory, when dementia is NOT the major problem. How do you know when this is an issue requiring medical intervention?

Memory loss is different from a medical event where change is sudden and may occur in a dramatic fashion. A broken bone or a heart attack come to mind. A declining memory may occur more slowly and changes are more subtle. Instead of a single dramatic event, the changes are more **a pattern of behavior** that occur over time. This pattern can be more than just “senior moments”, but rather a type of dementia of which Alzheimer’s disease is the best known. Some of the early signs of this form of dementia may include problems

remembering recent events and depression. Over time, confusion, poor judgment and problems with basic functions such as hygiene, may occur.

What other types of dementia are there? The following is a brief summary of three other types commonly recognized today:

* **Lewy body dementia** – Often the memory loss that begins with this disease begins with sleep problems, a slow or unbalanced gait and hallucinations. This dementia is closely related to the dementia occurring in folks with Parkinson’s disease.

* **Frontotemporal dementia** - This type includes multiple forms of dementia which are associated with language difficulties and/or behavioral or personality issues. A family history of dementia may increase the risk of developing this type of dementia.

* **Vascular dementia** – Vascular dementia occurs after a series of smaller strokes and/or after a large stroke. Impaired decision-making along with poor judgment and organization can be signs of this type of dementia. When compared with Alzheimer’s disease, there appears to be milder memory loss but greater physical disabilities.

There is no known cure for dementia and no single test to diagnose the condition. If such a condition is suspected, a medical evaluation involving your primary care physician, as well as specialists from psychology and neurology are often consulted. Doctors usually begin by taking a medical history, perhaps interviewing close family members including a medical family history of memory-related conditions and ordering a variety of medical tests which can be useful in detecting biomarkers which suggest the presence of dementia. There are also a number of medications available that

may help improve the management of dementia, tho to date there is no known cure.

Inform. For this article from Mayo Clinic, Special Report, Nov. 2018

Street Representative Meeting January 13, 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

Roll Call: Streets without representation: 2 central, 3 Central, 3 South, 4 Central, 6 South, 7 South, 8 Central, 10 Central, 10 North, 14 South, 15 North, 17 South, 18 Central, 18 North, 19 North.

Minutes from December were approved.

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.

Bottled water at the bar and grill is sold at cost

Patio hours are not set by Mesa Regal and Gloria is working with the Cactus Grill to have those hours published.

Do not give the door lock codes to people without knowing that they are residents. It is important to wear name badges.

Paul Mayo- The bulletin boards in the main laundry are for residents who want to sell something. The notice has to be approved by the activities office and placed by them. It is not allowed to simply tape them on the glass doors or place them on the activities board.

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.

Patio Sound system—Do not pull wires out of the speakers in an attempt to hear a football game or anything else on TV. It could ruin the speakers.

Propane tanks at the patio—People complain about the heaters not running but 15 propane tanks have been stolen. We have painted Mesa Regal on them and they are still taken. We are going to look for ways to secure them.

Do not put the chairs for spectators at the Bocce Ball courts onto the courts. It can damage the courts. Also there is no smoking allowed in the various sports areas.

Gloria:

Visitor policy. Family and guests of Mesa Regal residents are welcome at Mesa Regal. It is asked that they are registered at the activities office and that they wear the visitor name badge. This policy is in place at all Cal-Am parks and it is aimed at preventing

people who are not residents or who might have been residents at one time from using the facilities or attending the happy hour activities. This could prevent residents from having an opportunity to use the facilities. Non-residents who are not guests will be escorted off the property. This protects our residents from possible loss of the ability to use what they are paying to use.

Parking- People who have disregarded the signs and continue to park overnight in the parking lots will have their vehicle towed. Mesa Regal will continue to address issues as they arise.

Electrical- 50% of the outage issues can be prevented as they are not a Mesa Regal issue. There are things that each park model owner or RV owner can do to prevent outages.

Be sure that airflow around the filter areas is not restricted. And filters need to be changed.

Check thermostat batteries as they can also fail.

Unplug generators when not in use.

Door to door solicitors-Be sure to let the office know when someone is knocking on your door.

Washing of car ports- Please limit washing and when you do wash your car port, clean

up the debris at the end of the car port. Do not simply leave it in the street.

Speed limit—the speed limit is 10 MPH.

Please be responsible and watch your speed.

This applies to cars, golf carts and even bicycles. Also, when walking in a group, please be aware of vehicle traffic and do not block the road.

Non-park model rates will be published soon and people are encouraged to reserve spots for next season.

Old business: Empty coffee mugs are allowed on Thursday morning coffee only.

You can bring your favorite mug and fill it with the coffee in the hall.

Water bottles are not allowed on bingo night.

Coolers, etc are not allowed on the patio.

Dog owners need to be responsible and not allow their dogs to urinate or defecate on any property other than the dog park.

22nd street gets crowded with the delivery trucks, trailers, etc. Gloria will work with Lance to reduce the congestion.

Meeting adjourned at 10:39

Next meeting will be February 10 at 10 AM

Paul R. Evenson, secretary

prevensn@yahoo.com

Mary Ellen Parrott mparrott521@gmail.com

