



DESERT HARBOR—A 55+ COMMUNITY—APACHE JUNCTION, AZ—JANUARY 2016

REMEMBERING OUR NEIGHBORS by Jane Boudreau

As we look back at 2015 and ask what affected our community one of the most significant impacts was the loss of several of our neighbors. You may not have known them personally; however, they were members of our Desert Harbor Family. We would like to share a few memories of these individuals with you.

MICHAEL ZEGLER Michael has been a resident of Desert Harbor since 2006 having moved here with his mother. He called Illinois his home state having grown up there. He was a shy fellow but once he got to know you, he would warm up to you. He was Prom King at his school and loved to dance. He would accompany his Mom to the American Legion to dance with all the ladies. When he could no longer walk he enjoyed dancing in his wheel chair. He also enjoyed going to the Arcade at Desert Ridge and playing the bowling game. As his health failed he continued to enjoy watching TV especially the old situation comedies from the '80's.

PAUL RAMSY Paul has been a resident of Desert Harbor for over seven years. As I would drive past his home on my way to the back gate he would greet me with a cheery wave hello. The metal sculpture of a locomotive in his yard was very welcoming to me as both my grandfathers were railroad engineers.

RAY ALTENSHULTE Ray and his wife Wilma were residents of Desert Harbor for about three years. They were a quiet couple and kept to themselves. He is missed by those whom he loved.

MILT HINSON Milt was a member of the Desert Harbor family for only a short time. He spent four years in the navy joining when he was 17 years old. He went to work for Sears's retiring young at the age of 49. He did return to the work force a couple of times in later years. Wood working kept him busy during his retirement years. His greatest joy was his family. He was blessed with 8 grandchildren and 1 great granddaughter.

JEAN BERNDT Jean enjoyed attending activities held in the clubhouse. I would frequently see her and her husband as they strolled around the community. She chose nursing for her career which demonstrated her caring and compassionate spirit.

MARY LOU CROYLE Mary Lou moved to Desert Harbor from Higley, AZ over nine years ago. She was an active member of our Activities Organization for many years. She served as an officer of the organization. She enjoyed games on the computer, casino trips and crocheting. She was diagnosed with small cell lung cancer in 2012 followed by treatment which lead to remission. The cancer returned this last June and she passed away in October.

MARGARET POSKA Originally from Rockford, IL Margaret has called Desert Harbor home for the last nine years. She rejoined the work force about five years ago. Her employer made arrangements for her to have her sewing machine at work. This allowed her to make items for her family as well as the Women of the Moose. At Christmas time she would make stockings and items for their children's party. I visited her home during the holiday season and she had made all her table linens and decorations. Margaret was an Active Member of our Activities Organization prior to health issues. She hosted pot luck dinners, chaired programs and decorated the clubhouse for several years. She was a very talented lady.

To all our residents who lost a parent, child, sibling or close family member please accept the heartfelt condolences and a big hug from your neighbors to begin this new year of 2016.

From the President's Desk *by Ken Camp*



As we end the year of 2015 and look forward to 2016, I hope all of you had a very Merry Christmas and a Happy New Year! We had many events during the past year, with more to follow in 2016. Look to your calendar for events coming up in 2016.

Our Christmas pot luck was great, even though we had no kitchen. Thanks to all of our great cooks in our park. I am not sure what will take place in our park, as Sun has not really told us anything. Maybe things will start to happen after the first of the year.

I want to thank my Board for all the help you have provided this past year. Without you, my job would be very difficult. This next election, you will need to fill five positions on the Activities Board: President, Vice President, Treasurer, Secretary, and one member at large.

Again, I urge you to drive safely in the park. As our weather gets back to normal, we will have more people walking and riding their bikes. Be careful leaving the Park, and have a Happy and Safe New Year!

ACTIVITIES ORGANIZATION

President	Ken Camp	Lot #178	480-641-0975
Vice President	Dave Borchardt	Lot #142	480-671-1682
Secretary	Connie Riter	Lot #81	315-657-3078
Treasurer	Tim Chrissis	Lot #34	480-982-1891
Board Member	Midge Drouin	Lot #203	602-459-9039
Board Member	Cami Weiss	Lot #188	480-234-5074
Board Member	Joyce Hoopes	Lot #141	505-250-6613

DESERT HARBOR ACTIVITIES

<u>ACTIVITY</u>	<u>COORDINATOR</u>	<u>TELEPHONE</u>
BINGO	BRUCE-ARLENE WICKEN	612-518-4284
CASINO TRIPS	CONNIE RITER	315-657-3078
CLOSET QUILTERS	CAROLE HOBSON	480-288-6270
CLUBHOUSE DECORATING	CAMI WEISS BEV HERT	480-234-5074 208-550-1572
ENTERTAINMENT	CAMI WEISS MIDGE DROUIN	480-234-5074 602-459-9039
GENEALOGY	ESTHER LOUGH	480-288-8579
GOLF	DON WALKER	480-288-5686
LADIES OUT OF THE PARK LUNCHEONS	TBA	
LADIES SOUP & SALAD LUNCHEON	CONNIE RITER	315-657-3078
LINE DANCING	MARY PAT SUMMERS	480-983-4227
MAH JONGG	ESTHER LOUGH	480-288-8579
POKER	MIKE BAUSCHARD	480-288-4332
SHUFFLEBOARD	BOB HERT	480-322-5533
STITCH & CHAT	CAROLE HOBSON	480-288-6270
TAI CHI	TBA	
WELCOME	KATHY GABEL	540-204-7028
SUNSHINE	PAT BALLOCK	480-983-5303

WEB MASTER, DICK SMITH, 480-983-5819

DESERT HARBOR MANAGER, 480-288-8876

NEWSLETTER COMMITTEE

**Connie Riter, Dave Borchardt, Dick Smith, Bob Mayo,
Midge Drouin, Margo Crawford, Jane Boudreau**

BIRTHDAYS - ANNIVERSARIES

JANUARY BIRTHDAYS

DAY	NAME	LOT
5	Pat Estes	77
7	Jerry Stai	126
8	William Hightower	6
12	Esther Lough	123
20	Peter Jackson	55
23	Ed Croyle	120
23	David Hert	43
24	Bob LeVeque	62
24	Jan Lofthus	119
25	Dave Drouin	203
25	Guy Nagy	108

JANUARY ANNIVERSARIES

DAY	NAME	LOT
1	Ronnie & Pat Estes	77
4	Barry & Nellie Dalton	145
21	Bill & Carole Garriott	115
22	Gene & Mary Pat Summers	189



If you wish to add your birthday and/or anniversary or make any corrections to the list, please call Dick Smith at 480-983-5819

ITEMS FOR SALE OR ITEMS WANTED

Please let us know if you have something for sale or if you need something

If you have had a phone number change, please let Dick Smith know.
Dick is in lot #74, phone 480-983-5819



PHONE BOOK UPDATES :

Berndt, Bart (137)	correct phone is 605-484-1529
Childers, Don-Judy (201)	correct phone is 480-982-3664
Haucke, Bill-Shari (129)	New 928-978-4457
Hoopes, Joyce (141)	New 505-250-6613
Hoopes, Susan (141)	New 505-280-5049
Kalmakoff, John-Janie (165)	correct phone is 780-666-6328
Leach, Jim-Kathy (148)	Kathy was spelled wrong and the numerical listing in the back shows Cave in 148 and it should be Leach 480-324-8335
Lindholm, Lavonne (154)	480-324-8335
Odell, Gary (53)	New 509-671-0698
Odell, Rhonda (53)	New 509-671-7582
Riter, Connie (81)	New 315-657-3078
Roberts, Art (81)	New 480-275-0161
Ruetz, Ron (73)	correct phone is 480-822-7550
Speese, Jerry-Kathy	new lot #58
Stoesz, Doug-Karen (74)	New 480-625-1964
Tremblay, Paul-Diane (196)	New 480-288-8942
Tucker, Roger-Wanda (14)	New 760-399-0927
Weiss, Bruce-Cami (188)	name & phone was omitted in phone book phone number is 480-234-5074
Wicken, Arlene (37)	New 612-518-4284
Wicken, Bruce (37)	New 612-418-5194
Vendl, Chuck (95)	correct phone is 808-298-7814
Worthem, Kim (80)	correct phone is 406-491-3422

NEW RESIDENTS :

Volunteers Appreciation Dinner *by Jane Boudreau*

On the evening of December 2, 2015 the Activities Organization Board hosted a dinner to thank all those who volunteered during the past year. The dinner was attended by one hundred and forty residents. The meal catered by Dickey's Barbecue Pit of Mesa was very good. The dessert was chocolate cake and cookies provided by Angie 2 the manager of Desert Harbor.

Following the dinner Steve Briggs entertained the group with music and comedy act. He has performed at other Desert Harbor functions. He capped off a very enjoyable evening.

Christmas Lighting Contest *by Cami Weiss*

Bev Hert and I had a great time judging the houses at La Casa Blanca. They really had many good homes lit up with lights. It was not easy.

The winner's here at Desert Harbor are as follows.

1st Place	Noran & Agnes Olson	#27
2nd Place	Guy & Sheryl Nagy	#108
3rd Place	John & Anne Eubank	#169

Thank you to everyone that decorated this year.

COYOTE COUPON BOOKS *by Connie Riter*

The 17th edition of the Coyote Coupon books are available for purchase and have over 160 local discounts, over \$1000 in savings, and more than 15 golf offers. Books are still \$20.00 each and can be purchased from Connie Riter (#81). We have 12 books left to sell. When we sell 50 of them, the Activities Organization will receive \$500. Get yours today and consider buying one for your friends who live in the Apache Junction, Mesa, and Gold Canyon area. They will think of you every time they use it!

This year's book includes offers by Cowboys Up Steakhouse, JJ Madisons All American Grill, Mammoth Saloon at Goldfield, the Monastery, Native New Yorker, Waldo's Barbecue, Mesa Market Place Food Court, PIEfection, Arizona Oprey, Goldfield Ghost Town (several offers), and many more offers of various kinds. It will be easy to recoup your initial investment in the book.

Summary of December's Residents Meeting *by Connie Riter*

Ken Camp began our monthly residents meeting at 9 am by the Pledge of Allegiance, followed by roll call of all the board members. Everyone was present. Around 62 residents were also in attendance. He then turned the meeting over to Angie 2, our manager. She began by telling us that the painters were working on Casa Blanca now, but that they would be here on Thursday to paint the library and the rest of the Clubhouse, including the Craft Room and the former Computer Room. The library should be finished by the end of next week. Jim asked why the Clubhouse was being repainted when it was just done last year. She answered that she did not make the decision. The blinds and the curtains will be taken down, but will go back up when done. The workout room and the billiard room have blinds on order. The Christmas scene in the corner will be moved out from the wall, covered up while the room is being painted, then returned. Bob Mayo asked why this was being done during the holiday season. She said it was not her decision. Everything should be back in order for any event. She then turned the meeting back to Ken, but she stayed for the meeting.

Ken asked if there were any new residents at the meeting. **Matt and Julie Spence in #30** were introduced. Both the secretary's report and the treasurer's report were approved as written. The treasurer's report shows a balance of \$3493.80 in checking, \$187.36 in petty cash, and \$3,902.18 in Savings. **Bob Hert** again asked about the poker table money. He made a motion that Dave put in the \$400 since he said he would do that if Tracy did not pay us back by the November meeting. No one seconded the motion. Ken said, "Motion denied."

Tim mentioned again that we have only one account since rumors were being circulated that Entertainment had a separate account.

Connie mentioned the Coyote Coupon books are again for sale at \$20 each. If we sell 50, the Club will make \$500. We only have 12 to sell. She also mentioned the Turf Paradise trip on Feb. 13th – and indicated that there is a sign up sheet for that. Cost is \$99 pp. She also mentioned that in January Ladies Luncheon Out we will be going to the Spaghetti Factory and riding the light rail there. Carol Rysavy mentioned that tickets for the light rail can be purchased at Walgreen's and validated when we want to use them.

Joyce indicated that only 8 pounds of food were contributed last month and she asked people to look through their shelves and donate a few cans.

Cami said the Bell Ringers will be performing here on Dec. 15 at 6 pm. Coffee, hot chocolate and cookies will be served. She asked everyone who is planning to come to bring a plate of cookies. She also mentioned that this is also the day of the Ladies Luncheon Out and we are going to Charleston's. Meet at the clubhouse at 10:45am. Dec. 19th is our potluck. Darwin will be playing afterwards. Christmas caroling will be on Dec. 23rd. There will be a Christmas giving tree set up for Sunshine Acres children. \$5, \$10, \$20, or \$50 gifts can be given.

Midge spoke on the patio sale again indicating we made \$516.75. She said on Jan. 28th at 7 pm, residents can go see The Dutton Show at the East Valley High School on Main and Sossaman. Tickets are \$25 each and we can meet at the clubhouse and carpool. Tickets need to be purchased by Jan. 15. There will be another gospel jam here on Dec. 26, from 1 to 3 pm.

Bob Hert spoke on the Fun Day. It will be held on March 12. More information will follow in January. **Mickey Kosar** asked if next year an Appreciation Dinner could be held at a different time of year since so much is going on at this time and many residents have guests visiting and it is confusing to know whether to attend the Appreciation Dinner or to entertain guests (who are not invited to the dinner.) **Ken** again mentioned the Pot Luck which has 122 people signed up to come. He needs volunteers to bake the hams which Dave will purchase. **Sue Behrans, Bev Hert, Mike Kereluk, Angie 2's Mom, Bonnie Harrison, and Pat Murphy volunteered to bake hams. (Guy and Sheryl Nagy have offered, too.)** New Year's Eve will start at 8 pm. There is no charge. Bring your own drinks and snacks. The theme is black and white. Angie 2 drew the 50/50 winners. **Ron Farmer** won \$26 and Arlene **Wicken** also won \$26. The meeting adjourned at 9:40 am.



December Ladies Fashion Show and Luncheon by Connie Riter

Over 60 ladies attended our soup n salad luncheon on December 1st in the Clubhouse. A wide variety of salads and desserts were brought to share, as well as 14 varieties of soups! Dress Barn provided the fashion show with 7 of our residents modelling clothes from their winter line. The Models were Colleen Kitzman, Barb Nienark, Kim Worthem, Cami Weiss, Midge Drouin,

Kathy Gabel, and Arlene Wicken. There were two 50/50 drawings – Kim Worthem won \$30 and Connie Riter \$20. Everyone commented on how lovely the models were and what a good time they had. The next fashion show will be in March when Dress Barn will feature their spring fashions. Hopefully, we can have just as many attend our next luncheon on January 5, 2016. See you there at 11:30 am.

LOVE this! I feel SO much better now!

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise.

SO THERE.

Now when I reach for a word or a name, I won't excuse myself by saying "I'm having a senior moment". Now, I'll say, "My disk is full!"

Carol Singing in December *by M.Drouin*

On Wednesday, the 23rd of December, a group of about 22 park residents got together to spread holiday cheer throughout Desert Harbor. We had a caravan of golf carts that were decorated with holiday adornments traveling throughout the park singing Christmas Carols and stopping at the "shut-ins" hoping to bring them Christmas spirits. We met at the clubhouse around 5:30 and left for the caroling at 6:00. We passed by many houses that were beautifully decorated with festive lighting, nativity scenes, and wreaths hanging on doorways.

We all got back to the clubhouse around 7:15, sat down to hot chocolate, coffee, and a variety of holiday cookies. A thank you goes out to Sharon and Ron Schupbach for hosting the evening's refreshments and to Bev Borchardt for assembling our music books and for leading our procession around the park that evening. Thanks to all who joined us that evening for the festivities.

Christmas Bells in Desert Harbor

by Cami Weiss

The Bell Ringer's from Red Mountain United Methodist Church in Mesa performed for Desert Harbor on December 15th at 6 p.m. We all had a wonderful time. It was one of the best performances a lot of us had seen.



Desert Harbor gave them \$100.00 and we collected a donation of \$136.00.

So Desert Harbor was able to give them a total of \$236.00 which they were extremely happy with. Thank all of you for bringing cookies. They were plentiful and delicious. We had coffee and Hot Chocolate also. It was a wonderful evening and we are hopeful that we may invite them back next year.

RECYCLED GREETING CARDS WANTED

Do you have used greeting cards? There is a basket in the clubhouse that you can put them in. Only the fronts are used. Connie Riter will be sure the cards are sent to St. Jude's in Nevada. Thank you.

CHRISTMAS GIVING TREE

The Christmas Giving Tree we had in the clubhouse was a fund raising event to support Sunshine Acres. The Desert Harbor Activities contributed \$160.00 and the very generous residents of Desert Harbor came up with another \$940.00 for a fantastic total of \$1000.00. Thank you everyone!

CHRISTMAS POTLUCK

By Dave Borchardt

Saturday December 19th was our annual Christmas Potluck here at Desert Harbor and we had around 120 people in attendance. We did have a little challenge by not having the use of the kitchen, but seemed to manage very well. The hams were supplied by Tracey from Sun Communities and of course our residents supplied an array of side dishes that provided us quite a feast. Thanks to our ham cookers, Sue Behrens, Bev Hert, Mike Kereluk, Bonnie Harrison, Pat Murphy and Sheryl Nagy. All of the hams looked very, very good and I was able to taste a couple of them and they were great. We had many door prizes that evening starting with an assortment of gift cards, three of the Coyote Coupon books, some Cookbooks, some wine and a couple gift type items. Everyone seemed to enjoy the door prizes. We also had two 50-50 drawings for \$56.00 each. After we were done with the pot luck and cleaned up, Darwin Giem provided some music for us to listen to and of course dance to. Overall it was quite an evening and everybody had a great time. Thank you so much to our hosts and hostesses for the evening, Cami Weiss, Herm Weinert, Bev Hert and Bob Hert for a job well done!

Christmas caroling thank you messages:

I want to say thank you to everyone who came and sang Christmas Carols to me. It cheered me up and really brought a wonderful feeling of togetherness as a community. I will treasure the wonderful feeling of being a part of the Christmas celebrations even though I was in my chair. Merry Christmas and Happy New Year to all the Desert Harbor residents. Monica Bauschard, Lot #99

"I want to thank everyone that came Christmas caroling at my door . I am ill and it was very comforting. God Bless all of you. Betty Cuevas, Lot #113"

"We would like to thank the residents of the park, for stopping by to sing. It warmed our hearts and brightened our thoughts, about how many caring people there are in our park. The singing was beautiful. Thank you again and have a happy and healthy New Year to all. Ken & Bonnie Miller, Lot #161"

UPCOMING EVENTS

FEBRUARY

6th	Saturday	Resident Meeting 9:00 am
7th	Sunday	SUPER BOWL 50 Party, Clubhouse
11th	Thursday	Kids Next Door Concert 6:30 pm Clubhouse
12th	Friday	International Band 7:00 pm Clubhouse
13th	Saturday	Gold Cup Races (Bus Trip)
14th	Sunday	Valentine's Day Party 6:00 Clubhouse (details to follow)
18th	Thursday	Johnny Cash Tribute 6:30-8:30 pm Clubhouse
20th	Saturday	Pot Luck 4:30 HH 5:00 Food (American Theme)
23rd	Tuesday	Chili Cook-Off 1:00-3:00 pm Clubhouse
26th	Friday	Health & Wellness Expo (Lost Dutchman) 8:00am-Noon
27th	Saturday	Gospel Jam 1:00-3:00 pm Clubhouse
27th	Saturday	Canadian Party 5:00 pm Clubhouse

MARCH

5th	Saturday	Resident Meeting 9:00 am
6th	Sunday	TRACEY Sun Communities Texas Hold Em Tournament
12th	Saturday	Community Sale, Car Show, Fun Day
17th	Thursday	St. Patrick's Day Dinner \$5.00 per person 4:30 HH 5:00 Food (tickets sold by board members, no sign up sheet) International Band after dinner
26th	Saturday	Gospel Jam 1:00-3:00 pm Clubhouse

APRIL

2nd	Saturday	Resident Meeting 9:00 am
16th	Saturday	Pot Luck 4:30 HH 5:00 Food
21st	Thursday	TRACEY 4:00 pm Game Happy Hour

MAY

5th	Thursday	TRACEY Cinco de Mayo 4:00 pm
7th	Saturday	Resident Meeting 9:00 am
21st	Saturday	Pot Luck 4:30 HH 5:00 Food

ALL EVENTS, DATES AND TIMES ARE SUBJECT TO CHANGE

CHIT CHAT AROUND THE PARK



LADIES LUNCHEON AT CHARLESTON'S by Jane Boudreau

On Tuesday December 15, nineteen ladies from Desert Harbor and guests enjoyed a holiday luncheon at Charleston's in Mesa. The group dwindled from thirty who had signed up to attend due to illness. The ladies ordered from the menu and enjoyed a variety of salads, sandwiches and full dinners. For many of the ladies this was their first opportunity to visit Charleston's.

The January 19, 2016 luncheon will be at the Spaghetti Factory in Phoenix. The ladies plan to catch the light rail at Mesa Drive versus driving into Phoenix. To speed up entry to the light rail the ladies have been advised to buy their tickets in advance at Walgreens, Fry's or any store where the tickets are available. Remember to ask for the senior ticket. The ticket only needs to be validated upon arrival at the light rail station. A sign up sheet will be available in the clubhouse.

Bunco Results by Becky Gardner

December BUNCO's are over for 2015. I sure hope we have great turnouts for 2016.

Our [Dec. 3rd](#) winners were me (Becky Gardner) for Most Buncos and the last (traveling) Bunco. Most wins went to Arlene Wicken, 2nd was Jerry Appelt and 3rd went to Karen Stoesz. Cheryl Sunderman won most losses!

Dec. 17th winners were Philicia Hightower for Most Buncos. Most wins went to Debbie Roberts, 2nd went to Jean Myers and 3rd to Lorilee Elnes. Most losses went to Karen Stoesz. Last (traveling) Bunco went to Jean Myers. Congrats to all!!

Many have requested we play more games during a session- so starting with the 1st Thursday we will play 5 games IF time allows. Sometimes the games are over quick when the head table Bunco. Also we don't want to interfere with the cards that are played at 1pm. On the 3rd Thursday we will play all 6 games- this will take a little longer so allow for the extra time.

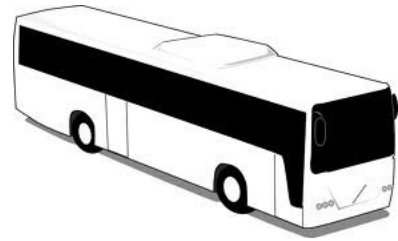
I also want to thank everyone who gives me a helping hand on setting up and cleaning up after. I hope you all had a very Merry Christmas and a bright and Happy New Year!!

Community Manager's Meeting

Angi Cummins will hold a Community Manager's Meeting on Friday January 15th at 3:00 pm in the clubhouse.

Bus Trips Available

by Connie Riter



January 6 – **Taliesin West and the Musical Instrument Museum** (\$149) This is a private tour of Frank Lloyd Wright’s winter home and a tour of the MIM which showcases 6,000 of its 15,000 piece collection of instruments from around the world. See instruments from John Lennon, Taylor Swift, Elvis Presley, Carlos Santana, and many more. Lunch is included.

Jan. 11-13 – Stay at the new **Linq Resort in Las Vegas**. Visit Red Rock Canyon and Spring Mountain Ranch State Parks. Have a private tour of “Bonnie Spring Old Nevada,” and old west town and homes near Vegas. (\$279pp dbl)

Jan. 21 – **Day Tour of The Heard Museum** (\$99pp) Private guided tour of the HOME exhibit, Lunch in Heard’s Courtyard Café. See a spectacular display of 400 Hopi Katsina dolls, a Navajo Hogan, tour the outside museum grounds and water features.

Jan. 21-23 – **Crystal Gayle in Laughlin** (\$279pp dbl). 2 nights at the Aquarius, concert tickets, 3 buffets, optional tour of Historic Oatman.

Jan. 27-30—**Art and Culinary Tour of Santa Fe**. (\$599ppdbl) 3 nights at the Inn of the Governors, Historic sites in Winslow, Gallup, and Santa Fe. 7 meals.

Feb. 13 – **Phoenix Gold Cup Day at the Races** – (\$99pp) Admission, Program, and How to Wager Guide. Reserved Seating in Turf Club Terrace. Private terrace overlooking the track. Prime Rib Lunch, A race named after our group and a chance for 8 people to have their picture taken with the winning horse of that race, and a special backpack to take home. **WE HAVE 15 PEOPLE WITH PAID RESERVATIONS ALREADY.** We will have a park pick up. And there is still room for more.....It’s a fun way to celebrate Valentine’s Day! Sign up sheet in the Clubhouse – and call me when you are ready to pay....

Other trips are also available. Check them out in the Travel Book in the clubhouse, and call me for reservations. Thanks, Connie 315-657-3078.

HEALTH ARTICLE *by Midge Drouin*

People **today** are recognizing that one of the most important ingredients to a happy and fulfilling life is good health. And, one of the most important ingredients to good *overall* health is good *hearing* health. People who are able to hear and engage with the world around them live better and healthier lives. Not convinced? Studies prove it. But before sharing what medical professionals have discovered, it's key to know the common denominator in almost every finding is "untreated hearing loss."

36 million Americans have hearing loss. For most people who live an average life expectancy (78.8 years in the U.S., according to the CDC), hearing loss is almost inevitable. Hearing loss is the third most common health problem in the U.S. after arthritis and hypertension. Age-related hearing loss is the second most common cause of hearing loss behind noise-induced. 80% do nothing about it. It's whether you treat that loss or do nothing about it that can make a big difference in your overall health and well-being. And only 20% of those 36 million Americans treat their hearing loss.

Health effects of untreated hearing loss. Researchers have found that untreated hearing loss results in or can lead to a variety of issues that are known to negatively impact both physical and mental health.

Depression – Humans are social creatures. People experiencing hearing loss often purposefully minimize or avoid social situations, which leads to less interpersonal interaction and stimulus, which could lead to the kind of depression that social isolation can bring. A 2014 study proves it, reporting "a strong association between hearing impairment and depression among U.S. adults."

Reduced cognition – Several studies have linked hearing loss to dementia and Alzheimer's, including one from John Hopkins that found untreated hearing loss increased the likelihood of developing dementia anywhere from two to five times, depending on the severity of the loss. As Dr. Frank Lin, a John Hopkins researcher noted, "Brain scans show us that hearing loss may contribute to a faster rate of atrophy in the brain."

Increased chance of falling – Another John Hopkins study determined that people with a mild hearing loss (classified as 25 decibels) "were nearly three times more likely to have a history of falling." And the chances increased exponentially as hearing loss severity increased. Why? Because our balance system and sensory organs in our inner ear are intricately linked.

Continued on page 15

HEALTH ARTICLE *continued from page 14*

Mental fatigue – It makes sense that people who have to work hard to listen and hear can quickly become mentally exhausted. And while studies back it up, Ian Noon, of the National Deaf Children’s Society, explains it pretty simply, “The energy involved in lip-reading and being attentive all the day long. Processing and constructing meaning out of half-heard words and sentences. Making guesses and figuring out context. It’s like doing jigsaws, Sodoku and Scrabble all at the same time.”

Risk to personal safety – Likewise, it doesn’t require science or a study to conclude that missing or not registering a car horn, smoke detector, tornado siren, or even a cry of “fore!” on the golf course can put a person in harm’s way

Treating hearing loss positively impacts your life. If you have difficulty hearing but have done nothing to address it, you’re not alone. Every day, thousands of people like you put off getting help for hearing loss for reasons that range from not wanting to show signs of vulnerability to thinking it’s insignificant — something they can deal with by simply turning the TV louder or asking friends to repeat themselves — to assuming that nothing can be done to help. But again, studies show that treating hearing loss has a significant and positive impact on people’s health, well-being and quality of life.

Treatment is readily available. Today, more than ever, the most recommended treatment for hearing loss is hearing aids. Like all high-tech devices, hearing aids have improved significantly over just the past several years in terms of performance, comfort and appearance. From “invisible” solutions that fit deep inside your ear and are virtually undetectable when worn to wireless options that stream audio directly from your TV and smart phone, today’s hearing aids sound better, fit more comfortably and perform more reliably than ever before.

*Updates to the calendar can always be found on the website
www.desertharboraz.net*

DESERT HARBOR RESIDENTS OFFER SERVICES

<u>NAME</u>	<u>LOT</u>	<u>SERVICE</u>	<u>PHONE</u>
Midge Drouin	203	Haircuts, Styling, Blow Drying	602-459-9039
Dorothy Mueller	155	Avon Products, Free Boxes	480-984-9780
Esther Lough	123	Puppy Sitting	480-288-8579
Connie Riter	81	Bus Trips	315-657-3078
Renee Spears	57	Reiki Sessions	480-215-8328
Jean Myers	44	Pet & House Sitting, Drive to Store, Doctor's Office, Airport, House Cleaning	480-671-4481
Bob Myers	44	Yard work, odd jobs	480-671-4481
John Williams	162	Handyman	602-561-4562
Liz Pawlowski	6	Odd jobs, anything you can't do yourself	619-508-9402
Karen Majur	173	Sunshine Home Sales	480-250-2219
Al & Jen Kitterman	36	Tatting & pine needle baskets, unique gifts	480-982-4057
Dick Smith	74	House Sitting	480-983-5819
Barry Dalton	145	http://www.abcliveit.com	801-616-2643
Joyce Hoopes	141	Pet Sitting	505-250-6613
Jim Gabel	150	Roof shingle repair, Painting	480-264-8354
Richard Nienkark	192	Roof shingle repair, Painting	480-288-0568
Miles Lowery	107	Exterior pressure washing, screens & windows, exterior painting, tighten jacks under home, handyman	480-276-8568

The newsletter committee neither endorses or approves any product or service

January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						2 7am Coffee/Donuts 9am Residents meeting 5:30 Texas Hold'em Poker
3 10:30 am Church 12:30pm Texas Hold'em Poker	4 7:15am Water Aerobics 8am Exercise 10am Ping Pong 12:42pm Golf 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	5 7:15am Water Aerobics 10am Ping Pong 12pm Ladies Soup/ Salad Luncheon 6pm NDQ Poker 6:30pm Bible Study 6:30pm Cards	6 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1-3 pm Quilting 1pm Shuffleboard 6pm Karaoke	7 7:15am Water Aerobics 10am Bunco 11am Golf 1pm cards 6pm First Thursday Texas Hold'em Poker 6:30pm Billiards	8 7:15am Water Aerobics 8am Exercise 1pm Genealogy 4pm Happy Hour 5:30 Texas Hold Em Poker 6:30pm Cards	9 7am Coffee/Donuts
10 10:30 am Church 12:30pm Texas Hold'em Poker	11 7:15am Water Aerobics 8am Exercise 10am Ping Pong 12:42pm Golf 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	12 7:15am Water Aerobics 10am Ping Pong 6pm NDQ Poker 6:30pm Bible Study 6:30pm Cards	13 7:15am Water Aerobics 8am Exercise 10-12 Craft Class Mexican Train 1pm Shuffleboard	14 7:15 Water Aerobics 11am Golf 1pm cards 1-3 pm Quilting 5:30 TexasHoldEm 6:30pm Billiards	15 7:15am Water Aerobics 8am Exercise 1pm Genealogy 3pm Manager Mtg 7pm International Band	16 7am Coffee/Donuts 4:30 Happy Hour 5pm Pot Luck
17 10:30 am Church 12:30pm Texas Hold'em Poker	18 7:15am Water Aerobics 8am Exercise 10am Ping Pong 12:42pm Golf 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	19 7:15am Water Aerobics 10am Ping Pong 10:45am Ladies Luncheon 6:30pm Bible Study 6:30pm Cards	20 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1pm cards 1-3 pm Quilting 1pm Shuffleboard	21 7:15am Water Aerobics 9:15am Casino Trip Fort McDowell 10am Bunco 11am Golf 6:30pm Billiards	22 7:15am Water Aerobics 8am Exercise 1pm Genealogy 4pm Happy Hour 5:30 TexasHoldEm 6:30pm Cards	23 7am Coffee/Donuts Gospel Jam 1-3
24 10:30 am Church 12:30pm Texas Hold'em Poker	25 7:15am Water Aerobics 8am Exercise 10am Ping Pong 12:42pm Golf 1pm Mahjongg 6:30pm Bingo 6:30pm Billiards	26 7:15am Water Aerobics 10am Ping Pong 6pm NDQ Poker 6:30pm Bible Study 6:30pm Cards	27 7:15am Water Aerobics 8am Exercise 10-12 Craft Class 1pm Mexican Train 1pm Shuffleboard	28 7:15 Water Aerobics 11am Golf 1pm cards 1-3 pm Quilting 6:30pm Billiards 7:00 Duttons	29 7:15am Water Aerobics 8am Exercise 1pm Genealogy 4pm Happy Hour 5:30 TexasHoldEm 6:30pm Cards	30 7am Coffee/Donuts
31 10:30 am Church 12:30pm Texas Hold'em Poker						