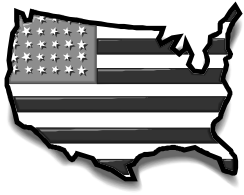


Remember our Troops

September-October 2010



HIGHLAND HERALD



AS SEPTEMBER APPROACHES AND "TERMINATION DUST" SLIPS LOWER ON THE MOUNTAINS, OUR RESIDENTS WHO FLED TO AVOID THE HEAT ARE NOW HOPING TO ESCAPE BACK TO SUN COUNTRY BEFORE THE FIRST BAD SNOWSTORM.



HAPPY HALLOWEEN



ACTIVITIES

- 6 Labor Day
(watch for fliers)
- 11 Pancake Breakfast
- 27 Ladies Luncheon, 12:30 pm

Birthdays

- 3 Janice Grotte, #049
- 3 Joe Johns, #241
- 4 Irene Helm, #227
- 4 Rosalie Nichols, #133
- 4 Linda Wolf, #261
- 6 Shirley Leppink, #180
- 8 Bruce Nichols, #133
- 9 Jeremy Sinnema, #271
- 10 Michael Lindner, #232
- 11 Bill Bunting, #205
- 12 Ron Newkirk, #257
- 13 Diane Backstrom, #204
- 13 Irene Hernandez, #036
- 13 Terry Johnson, #067
- 13 Carol Nelson, #228
- 13 Margie Salinas, #216
- 15 David Tobey, #111
- 15 Pansy Totten, #065
- 16 George Baxter, #187
- 16 Jack Sim, #176
- 18 Ann Baxter, #187
- 18 Fran Burr, #242
- 23 Barbara Peters, #224
- 23 Brenda Price, #235
- 24 Howard Enloe, #209
- 29 Janice Young, #108
- 30 Betty Spaulding, #100
- 30 Betty West, #009
- 40 Miryom Roytenberg, #147



September 2010

Regularly Scheduled Activities

MONDAY

- 7:45 AM Weights, Chair Exercises
- 9:00 AM Golf
- 9:00 AM Water Aerobics
- 7:00 PM Cribbage

TUESDAY

- 8:00 AM Aerobic Dance
- 10:45 AM TOPS
- 1:00 PM Ceramics

WEDNESDAY

- 7:45 AM Weights, Chair Exercises
- 9:00 AM Water Aerobics
- 9:00 AM Golf
- 7:00 PM Cribbage
- 7:00 PM 500

THURSDAY

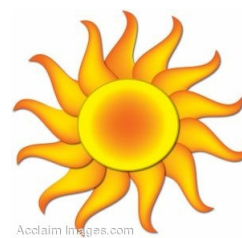
- 8:00 AM Aerobic Dance
- 6:30 PM Bingo

FRIDAY

- 7:45 AM Weights, Chair Exercises
- 9:00 AM Golf
- 9:00 AM Water Aerobics
- 12:30 PM Mixed Bridge
- 4:30 PM TGIF Soc. Hour
- 5:30 PM TGIF Dinner

SATURDAY

- 7:30 AM Coffee



Acclaim Images.com

Anniversaries

- 13 Noel & Sharon Cerciello, #037
- 13 Victor & Kaye Orn, #236
- 16 Terry & Betty Spaulding, #100
- 27 Jack & Betty Holmes, #020
- 27 Jerry & Kyla Jackson, #106
- 29 Ben & Janice Young, #108
- 20 Eric & Mary Shaw, #086

Birthdays

- 2 Sheri Slaybaugh, #21
- 3 Adeline Arnt, #160
- 3 Michael Flattum, #169
- 5 Vince Lombardi, #249
- 6 Randy Britto, #240
- 8 Carl Rozelle, #118
- 8 Arlene Kivett, #200
- 8 James Woods, #262
- 11 Frank Flynn, #201
- 12 Warren West, #9
- 14 Scott Jensen, #210
- 14 Ron Coates, #260
- 16 Kent Ricks, #80
- 17 Dutch Hurrish, #12
- 17 Bernice Erickson, #81
- 17 Jacki Beard, #112
- 18 Keith Bissell, #79
- 20 Hazel Mumm, #67
- 21 Virginia Hanna, #262
- 22 John Shenberger, #244
- 25 Victor Orn, #236
- 26 Jerry Jackson, #106
- 27 Robert Hoskin, #27
- 28 Norma Johnston, #88
- 28 Joseph "PaPa Joe" Bellino, #133
- 29 Mary Perkins, #88
- 29 Patrick Ryan, #130
- 30 Dudley Jans, #116
- 30 Mary Bergman, #225



October 2010

ACTIVITIES

- 9 Pancake Breakfast
- 23 Ladies Luncheon, 12:30 PM
- 31 Halloween (watch for fliers)

Regularly Scheduled Activities

MONDAY

- 7:45 AM Weights, Chair Exercises
- 9:00 AM Golf
- 9:00 AM Water Aerobics
- 7:00 PM Cribbage

TUESDAY

- 8:00 AM Aerobic Dance
- 10:45 AM TOPS
- 1:00 PM Ceramics

WEDNESDAY

- 7:45 AM Weights, Chair Exercises
- 9:00 AM Water Aerobics
- 9:00 AM Golf
- 7:00 PM Cribbage
- 7:00 PM 500

THURSDAY

- 8:00 AM Aerobic Dance
- 6:30 PM Bingo

FRIDAY

- 7:45 AM Weights, Chair Exercises
- 9:00 AM Golf
- 9:00 AM Water Aerobics
- 12:30 PM Mixed Bridge
- 4:30 PM TGIF Soc. Hour
- 5:30 PM TGIF Dinner

SATURDAY

- 7:30 AM Coffee

Anniversaries

- 8 Jim & Gail Anshutz, #018
- 18 John & Molly Miller, #030
- 18 Bill & Sandra Wilson, #229
- 21 George & Ann Baxter, #187
- 23 Ed & Marlene Slominsky, #050
- 27 Jim & Jan McDaniel, #047

Apologies to anyone we missed. My hard drive died and I lost my amended database. However, HCC will be collecting information for our 2011 Directory soon, so be sure to give them your information if it is less than 2 years old.

HCC NEWS

CONTAMINATED WATER SYSTEM WARNING

Returning residents: DO NOT DRINK OR BRUSH YOUR TEETH WITH YOUR HOUSE WATER until you have flushed out your water system using the steps at the end of this article. It is all right to shower and flush toilets.

Brentwood had contaminated water in July when the pond backed up into the drinking water system. It took several days to get the contamination removed. During that time Brentwood provided drinking water for the residents. However, before the house water was fit to use, they had to flush the pipes. Returning residents need to do this too.

The City of Mesa and The Highlands at Brentwood recommend that you perform the following tasks BEFORE YOU USE YOUR WATER:

1. Run your water within your home for 5-10 minutes (flush your lines).
2. Flush your hot water heater.
3. Change any filters (replace or wash).
4. Clean all sink aerators.
5. Change the ice (ice makers only) **twice."**

OUR SUNSHINE LADY

Contact Marion Severson to notify her if anyone is sick or hospitalized. You can email her at mseve60@yahoo.com or call her at: 907-6932.

AAMHO AND YOU

Last spring, the Brentwood chapter of AAMHO collected suggestions from residents on ways that management could improve our community. I sent a compilation of these suggestions to the ELS Chicago office. I received a response. AAMHO will host an evening meeting to share this response with residents after I return in late October. A date for this meeting will be announced and well advertised later.

Thom Feit,
AAMHO President, Brentwood Chapter



HCC COPIER

The HCC copier now lives with Neil Stone, #34. If you need to do some printing, you can call his cell at 250-0234 and let it ring at least 5 times. (He says he's slower than he used to be!) A dime for the first copy and five cents each after that.

IN FOND MEMORY

Mary O'Connor
Tom Hawley
Patrick Forrest

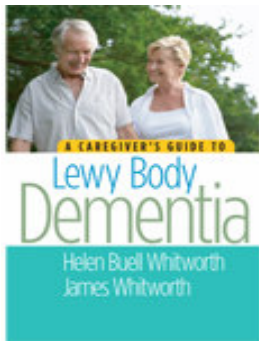
Lillian Bender
Pete Miller
Helen's Hard Drive

THE WHITWORTH BOOK

Many of you know that we spent most of last year working on a book to be published. It is almost here and since you shared our agonizing, we wanted you to share our excitement. This is now appearing on the internet, placed there by Demos Publishing:

A CAREGIVER'S GUIDE TO LEWY BODY DEMENTIA

by Helen Whitworth, MS, BSN
and James A. Whitworth



Forthcoming in
10/2010

192 pp Paperback

ISBN 193260393X /
9781932603934

Price: \$19.95

Although Lewy Body Dementia is the second leading cause of degenerative dementia, it is not well known or understood. *The Caregivers Guide to Lewy Body Dementia* is the first book to present a thorough picture of what Lewy Body Dementia really is.

Written in everyday language, this book is filled with personal examples

that connect to the readers' own experiences. It includes quick fact and caregiving tips a huge resource guide, and a glossary of terms and acronyms.

This is the ideal resource for caregivers, family members, and friends of individuals seeking to understand Lewy Body Dementia.

Helen Buell Whitworth, MS, BSN is a retired nurse, an educator and a writer. She has served the Lewy Body Dementia Association in a number of positions and was the 2007 LBDA Volunteer of the Year.

James A. Whitworth's first wife died with Lewy Body Dementia. Propelled by the lack of information on the disease, he and four other caregivers co-founded the now nationally known Lewy Body Dementia Association (<http://lbda.org>).

He served as the first president of the Lewy Body Dementia Association (LBDA), served a six-year term on the its board, still volunteers on the LBDA Helpline and is the site moderator for two Yahoo LBD caregiver support groups.

2011 DIRECTORY

Soon it will be time to collect data for our 2011 Highlands Directory. This year it is even more important than usual that you fill out the form you will get and make sure it gets back to HCC.

You should fill out a form if you have any new information since we collected information in October. Any added information was lost when Helen's hard drive died.

Therefore, if you are a new resident, or if something has changed was incorrect, you need to complete the form **and return it**. (We can't use it if it stays on your desk!)

EXERCISES AND HEALTH

Weights: MWF, 7:45 - 8 AM.

Chair Exercises: MWF, 8 AM. Adele Genow, 654-5163

Ladies Pool Exercises: MWF, 9 AM with Ann Baxter, 807-5313. Come on down and join the fun!

Dancing with the Oldies. Tuesday and Thursday, 8 AM. Mary Shaw.

TOPS. Tuesday AMs. Weigh-ins 10:45 Program, 11 AM. Dave Tobey, 664-1618.

Blood Pressure Readings: On hiatus for the summer. Call Adele Genow, 654-5163 if you need your blood pressure read.

Yoga Class. Fridays, 10:45-12 noon. Call Connie Tusa, 325-4831, for details.

Wii Golf. Thursdays. Billards Room. Contact Loretta Poe, 325-9297.

Golf: Monday, Wednesday, Friday, 8 AM Just show up. Cancelled until further notice. (Watch board for a restart date.)

Ladies Golf: Thursdays, 9 AM. Cancelled?



CRAFTS

Ceramics: Tuesday, 1 PM in the craft room. "A fun way to be creative." Visitors are always welcome. Come see what we've been doing. Sue Rhodes, 924-1516.

Carving: On hiatus until fall. Jack Sim, 993 3137 . Will start up in November.

Quilting: On hiatus as of the end of March until fall. Will start in November.

REGULAR EVENTS

Saturday Coffee: Saturdays, 7:30 AM. Free coffee, donuts \$1. Catch up on the news of the week.

Pancake Breakfast: Saturday, Sept. 11th and October 9th. The usual fare plus yogurt with your fruit. \$4. 7:30-9 AM.

Classy Lassies: Saturday, Sept. 4th and October 2nd, 9 AM, after coffee.

TGIF: Fridays, 4:30 PM social hour, 5:30 PM, dinner. \$2 plus a side dish for 8. Bring your own table service. Contact: Don Richer, # 22, 807-4133.

Ladies Luncheon: Monday, Sept. 27th and October 25rd at 12:30. Sign up and find out where we will be going.

* **Please sign up!** *
* **—and then be sure to attend or** *
* **erase your name.** *
* **Bring your own table service** *
* **unless otherwise noted.** *



CARDS CORNER

Sign up ahead of time and come play.

500: Wednesdays at 7 PM

Mixed Bridge: Friday at 12:30 PM. Sign up to come.

Bunko: Alternate Wednesdays: (September 1st, 15th & 29th. October 13th & 27th) at 6:30 PM. Read the Happenings for changes. Contact: Barry Wood, 218-7478).

Bingo: Thursday at 6:30 PM. An evening of fun with friends and neighbors. with treats and CASH.

Cribbage: Monday at 7:00 PM



EDITOR'S NOTES

Summer is over half over and we, like many of you are beginning to think of being back with all of our friends and neighbors in Mesa.

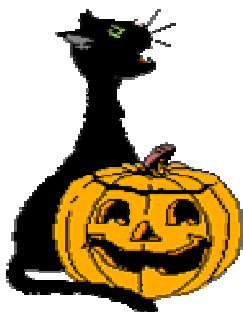
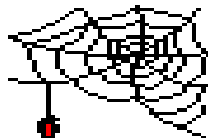
We've had little contact with folks from there while we were gone and so this is a newsletter with little news! Even the Birthday and Anniversary lists are likely lacking due to a hard drive failure.

However, soon the HCC will be collecting data for our 2011 Directory. Be sure to submit your information if it is less than two years old. (See article on page 5).

We celebrated our 5th anniversary while we were gone. We had a very small wedding and so it has always been our plan to have a big celebration for this one—and we want to do it after we return. Our hope is that we will also be celebrating the advent of our book on Lewy body dementia which is scheduled to be on bookshelves in October. (see pg 5.)

Your Editors, Jim and Helen

Get the Highland Herald Online:
hugshelen.com/herald.html



THE NEWSLETTER TEAM

Editors:

Jim and Helen Whitworth
#19. Summer Ph: 628-8356
helen@whitworth2.com,
jim_whitworth@yahoo.com

Proofreaders:

Barb Peters, Betty Olson, Joan Schaible and Marian Hargreaves.

Delivery Team:

Summer Coordinator:
Marion Severson.

Crew: Loretta Poe, Lois Crooks, Dave Tobey, Janice Brunner, Joan Schaible, Gerry Bernard, Gail Anschutz, Marion Severson and Sue Rhodes.

Advertisements:

Call Barbara DeMith, 832-6081, to get your ad in the Herald. (Email the editors with your information for the *free* ads)

Residents:

Items for sale : free
Card size ad for services: \$5

Non-residents and all larger ads:

Quarter page: \$ 65
Half-page: 75
Full-page: 95

Final assembly and Printing:

Barbara DeMith, ELS Activities Dir.

Summer Submissions: Please have submissions to the Herald in by the 15th of the month. Until October when we will return, you can e-mail us or leave your news on clip at #135.

Grandparents are Roses,
Without the Thorns



ELS NEWS

Manager's Minute

Street Work/Repairs

I would like to thank everyone for their patience and cooperation during this project. Our community looks great now that it is completed!

WIFI

We now have free WIFI available in the clubhouse!

REMINDERS

Driving:

- SLOW DOWN while driving through the community - 15 mph!
- THERE'S A STOP SIGN AFTER YOU ENTER THE GATE. DON'T FORGET TO STOP.
- NEVER USE THE EXIT GATE TO ENTER THE COMMUNITY! THERE HAS BEEN 3 NEAR MISSES FOR HEAD ON COLLISIONS!!

PATIOS AND YARDS

- PLEASE CLEAN UP YOUR PATIO/CARPORT AREAS - NO BOXES, NO TRASH, NO ITEMS STORED. (USE YOUR SHED).
- PATIO FURNITURE: ONLY OUTDOOR FURNITURE IS ALLOWED ON YOUR

PATIO - IF IT BELONGS INDOORS, MOVE IT INDOORS. (Bunnies and squirrels like these too well!)

- PLEASE CLEAN YOUR YARDS. REMOVE WEEDS, TRIM BUSHES AND PICK UP ANY FALLEN FRUIT FROM TREES YOU MAY HAVE.

And finally, just a thought....for every minute you spend angry, you lose 60 seconds of happiness.

Suzanna Span, Manager

ELS ACTIVITIES

Don't forget the fun trips we have planned for you. Check the bulletin board to see when and where. Contact Barb Peters for more information.

Barbara DeMith, ELS Activities Director



GOLF REMINDER

Don't forget that it will be time to re-seed the golf course. It will be closed for at least a month starting in late September to early October. This will give you a chance to try the Wii Golf game!



Manager: Suzanna Spann-Hernandez
Admin. Assistant: Elizabeth Gillespie
Maintenance Supervisor: Rodney Johnson
ELS Activities Coordinator: Barbara DeMith
Office Phone: (480) 832-6260
Office Fax: (480) 832-6276
Monday—Friday: 9 AM to 5 PM
Saturday and Sunday: Closed

Sun	Mon	Tue	Wed	Thu	Fri	Sat
September 2010			1 Golf 8 am	2	3 Golf 8 am	4 Pancake Bkfst 7:30
			Bunko 6:30 pm	Bingo 6:30 pm	TGIF 4:30 pm	
5	6 Golf 8 am LABOR DAY	7 Noon Lunch	8 Golf 8 am	9 Bingo 6:30 pm	10 Golf 8 am TGIF 4:30 pm	11 Coffee 7:30 am
12	13 Golf 8 am	14 Noon Lunch	15 Golf 8 am	16	17 Golf 8 am	18 Coffee 7:30 am
			Bunko 6:30 pm	Bingo 6:30 pm	TGIF 4:30 pm	
19	20 Golf 8 am	21 Noon Lunch	22 Golf 8 am	23	24 Golf 8 am	25 Coffee 7:30 am
				Bingo 6:30 pm	TGIF 4:30 pm	
26	27 Golf 8 am Ladies Luncheon 12:30 PM	28 Noon Lunch	29 Golf 8 am	30		
			Bunko 6:30 pm	Bingo 6:30 pm		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
October 2010					1 Golf 8 am	2 Pancake Bkfst 7:30
					TGIF 4:30 pm	
3	4	5 Noon Lunch	6	7 Bingo 6:30 pm	8 TGIF 4:30 pm	9 Coffee 7:30 am
10	11	12 Noon Lunch	13 Bunko 6:30 pm	14 Bingo 6:30 pm	15 TGIF 4:30 pm	16 Coffee 7:30 am
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24	25 Ladies Luncheon 12:30 PM	26 Noon Lunch	27 Bunko 6:30 pm	28 Bingo 6:30 pm	29 TGIF 4:30 pm	30 Coffee 7:30 am
31 HALLOWEEN						