

COLONIAL ACRES PHASE V NEWSLETTER

Volume XXXIII Issue 5

MAY 2020

Phase V website:

colonialacresphasev.com

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Barb Kibler 734-218-1277

Newsletter email: gj.poirier@gmail.com

Newsletter deadline to submit items is the 15th of each month.



State of Michigan

www.michigan.gov/coronavirus and
www.cdc.gov/coronavirus.

For those who have questions about the state's actions to mitigate the spread of coronavirus, please call the COVID-19 Hotline at 1-888-535-6136 between 8AM - 5PM daily.

My, How Life Has Changed

Denise Semion

Life has not been the same since the first Covid-19 case was confirmed in Michigan on March 10. Since then, the virus has spread, well, like a virus we have not seen before. My 27-year old son asked if I've ever been through anything like this. No, I haven't, I replied, and took the opportunity to tell him stories that my mother told me when I was growing up, about the soup lines during the Depression and how Detroit's auto plants retooled during the World War II to make bombers, tanks and more to defeat Hitler.

It's not easy to stay home, isolated from friends and family during this time, but we can all help each other. After all, we've all made sacrifices before. But we humans are social animals and distancing ourselves from others can be difficult. Giving, and helping others can also help us.

Bill and I offered to read to our grandkids in California and Mexico once we learned their schools were closed. Bill reads to seven-year-old Kai daily at 5 p.m. for one hour. So far, they have read *White Fang* and *Call of the Wild*, classics by Jack London, and have now started *Lord of the Rings*. We figure Bill will be reading through the month of June, and might very well finish the *Lord of the Rings* trilogy before this ends. I'm reading to four-year-old Leonie in Mexico and five-year-old Noe in California on Zoom, a video conferencing app that lets them see the e-books I've checked out from the library on my iPad. I also developed a play, using various animal characters found around the house, featuring a cat Beanie Baby that Leonie named "Curious." Our reading time keeps our grandkids busy for an hour, helps out the parents for an hour, & also brings more focus to our day.

It's so important to keep a schedule in this time of disruption. Many of us frequented the Center for Active Adults and the Clubhouse, currently closed. If you haven't yet, consider developing a new schedule – I practice yoga each day at 8 a.m., then have breakfast. Bill and I both write and or read each morning. After lunch, we go for a two-mile walk and typically tackle a spring cleaning project daily. Then, it's reading time with the grandkids followed by dinner. We really look forward to our evenings, which is the only time we watch television. You can set up a similar schedule. Designate a time to call a different neighbor or friend each day to see how they are doing. If you have grandkids, read to them. Get outside when you can to sit in the sun and enjoy the fresh air, or go for a walk. If you can't go outside, sit near a window and enjoy the warmth of the sun. Order garden seeds online from places like Gurney's or other suppliers, and start your vegetable planting early. Decorate your window with a cheery spring message. There are plenty of ways to enjoy the spring if you try.

Because I have a compromised immune system, we are very careful to avoid contamination. We are ordering grocery supplies from Costco, Walmart, Target and other outlets. We have only been to a store twice in the last three weeks. We call and talk over our computers and iPhones with the free Facetime and Zoom apps to keep connected with family and friends.

Considering that it might be a while until things return to the “new normal,” I did a little research on the state, county and CDC websites for resources and tips. Please take advantage of Busch’s and Kroger’s online shopping and pickup service. If you know a neighbor who needs help, you might offer to order online for him or her and pick up groceries for both of you at the same time. Just a thought. Please remember this won’t last forever. Spring is here and sunny days are ahead. We’re all in this together

Oakland County

www.Oakgov.com

Oakland County COVID-19 Hotline – you can call, email or text for updates on Covid-19

Call 248-858-1000

Email hotline@oakgov.com

Text OAKGOV to 28748

Nurse on Call at 1-800-848-5533.

NOT EVERYTHING IS CANCELLED

sunshine is not cancelled
spring is not cancelled
love is not cancelled
relationships are not cancelled
reading is not cancelled
naps are not cancelled
devotion is not cancelled
music is not cancelled
dancing is not cancelled
imagination is not cancelled
kindness is not cancelled
conversations are not cancelled
hope is not cancelled



#keeplookingup
SimpleStencils.com

Just a note from your Editor Gloria Poirier:

A few months ago, very few of us could've imagined a world in which eating dinner outside our homes or hugging a close friend would feel like a luxury from a past life. The changes we've seen in the last weeks would've been unthinkable.

The times we're living in now are also likely taking a toll on all of us. "We're all anxious about the news, stressed from dealing with the day-to-day disruption."

It's not just the grave news reports we're getting. We can't engage in the usual routines that help us cope, like meeting at the clubhouse, Monday coffee, inviting friends over". It's natural that we're going to be more irritable, less patient and less calm. The disruption and uncertainty is affecting nearly every aspect of our lives.

There are a number of healthy coping strategies you can use to manage stress and anxiety during the pandemic. Here's what some experts say will help.

1. The best way to stay healthy and help those in need around you is by taking care of yourself. Get sleep, eat well and engage in some kind of movement every day. Do the things that will help you stay calm and centered.
2. It's times like these when we need one another most. And even though we can't physically be together, it's important to stay connected through social media, phone calls and video conferencing.
3. It's important to stay informed about the new policies being implemented and any updated guidelines you should follow. Stay informed, **but** don't read about the pandemic all day every day. Pick a few trusted sources of information and decide when you're going to tune in and check them. If you do find yourself in a cycle of catastrophic thinking, practicing deep breathing and mindfulness techniques to dial it back. Sit quietly and take slow breaths in and out to relax you.
4. Spend some time thinking about the things that make you feel grateful. Then express your gratitude to others. Tell your friends and family how much you appreciate them.
5. Focus on the aspects of your daily routine that you can still follow — or create a new routine that suits your current situation. This can help you stay on track throughout the day. Look for opportunities to catch up on the backlog of things you always wished you had more time for, like knitting that afghan, reading novels or reorganizing your closets. Find new routines that make you happy.

I miss seeing all of you, the clubhouse seems so cold and empty without all of us in it. Just remember, soon we will be able to gather together again for all the fun activities that filled our daily lives. Now that the weather is warming up we can pass each other while walking (6 feet apart!) & begin to feel more connected.

Let's hope the June newsletter is full of fun summer activities we can look forward to! 3



Now that the warmer weather is here and we are all anxious to get out our front door; just a reminder about some of the Colonial Acres Rules & Regulations. These are meant to keep everyone safe and happy in our community.

I have heard several people complain about the **dog walkers** that do not pick up their dog feces. Not only is this a rule it is just common courtesy to clean up after your pet. All pets must be on a leash, You may **NOT** tie your pet to a stake or anything else behind your unit. The pet must be on a leash held by the resident at all times.

Landscaping of Common Areas, which are **ALL** areas other than the front courtyard, may **NOT** have any plantings by residents without written consent from the Board of Directors.

Portable Fire Rings are allowed but they must be at least 30 feet from any structure when in use. A working fire extinguisher must also be present.

Fireworks are not allowed on the property

Do NOT put your trash out before Sunday at 5:00 pm. Especially now that the weather is warmer critters are more likely to get in your trash and spread it around.

Drivers, the **speed limit is 15 mph**. Remember there are no sidewalks on the main road; people and cars must share the street. Let's keep everyone safe!

Nothing can be attached to the vinyl siding

No overnight parking of recreational vehicles is allowed in Colonial Acres Phase V. Parking of recreational vehicles in ANY area other than the parking spaces (during day light only) is prohibited unless previously authorized by the Board of Directors.



BITS & PIECES OF INFO

SUNSHINE CORNER



Bring a ray of sunshine to a neighbor who may need encouragement or a get well wish. Dottie Saunders & Faith Phee will send a card to lift someone's spirits.

Please contact one of these two ladies if you would like a note sent that says we care.
Dottie 248-446-4005
Faith 313-418-0067

Benevolent Fund

We live in a very caring community & our Benevolent Fund provides a bit of comfort. Please contact Barb Kibler 734-218-1277 with death notices of residents in Phase V.

We are in need of donations for this fund, please think of donating \$5 or \$10 to help keep it going. Call 231-818-0162

KIM'S CORNER RECENT SALES

ACTV	61702 Williamsburg	\$133,900
ACTV	61702 Williamsburg....	\$133,900
PEND	61745 Valley Forge	\$125,000
PEND	61751 Alexandria	\$129,900

PEND	62330 Arlington Cir	\$125,000
PEND	62320 Arlington Cir	\$135,000
SOLD	25664 Lexington Dr.	\$129,500

Welcome New Neighbors:

58-6	Wilamowski, Ron & Terry	25102 Heritage	734-355-9107
67-3	Hockin, Reggie & Lucy	25121 Jefferson	248-573-7973
74-6	Ciofu, Renee	25664 Lexington	727-612-8387
101-1	Latin, Denise	62401 Raleigh	586-808-1181

Don't forget to be counted in the 2020 census. It is very easy to go online, 2020census.gov, and fill out the form. There are only 9 questions and just takes minutes of your time. If you are unable to go online a form will be mailed to your residence. It is important to complete the census form to receive federal funds to local communities for schools, roads, and other public services. It also determines the number of seats each state has in the U.S. House of Representatives & your political representation at all levels of the government.

Did you know May is Fun because.....

Normally the **Kentucky Derby is the first Saturday in May**. Due to COVID-19 the 146th Kentucky Derby will be rescheduled from May 2, 2020 to September 5, 2020

Churchill Downs Incorporated CEO, Bill Carstanjen, stated: "Throughout the rapid development of the COVID-19 pandemic, our first priority has been how to best protect the safety and health of our guests, team members and community. As the situation evolved, we steadily made all necessary operational adjustments to provide the safest experience and environment. The most recent developments have led us to make some very difficult, but we believe, necessary decisions and our hearts are with those who have been or continue to be affected by this pandemic."



Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day, which falls on **Tuesday, May 5 in 2020**, is also known as Battle of Puebla Day. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.

Mother's Day

We celebrate Mother's Day the second Sunday in May, this year **Sunday May 10th**. This is a day we can all honor our Mothers & Grandmother's. It may be a different celebration this year, without hugs & kisses. Even if we can't embrace them call to let them know they are loved.



Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2020 occurs on **Monday, May 25**.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season. Let's all remember & honor our veterans!

What's Happening at the Clubhouse.....

The clubhouse has been closed for the past month. As of this writing, April 21st, we do not know when the quarantine will be lifted. It may be extended beyond the April 30th date or we may be able to gather with limited numbers, or it may totally be lifted. Because of this uncertainty the Clubhouse Committee has made no planned activities at the clubhouse until further notice.

The use policy of the clubhouse will be reviewed on a regular basis for any further guidance provided by the CDC and Michigan Department of Public Health. If there is a change in the CDC regulations, they will be posted on the clubhouse door/bulletin board. Until we can gather safely, we will not be having clubhouse or Board meetings.

Some things we CAN look forward to:



Our Colonial Acres Phase V craft show is scheduled for **Saturday November 14th**. Now is a great time to be working on your crafts; keep those hands & minds busy!

The show is scheduled just before the holidays began so people can get their Christmas shopping started early.

The **Garage Sale** will be rescheduled as soon as we can safely open up the clubhouse. Don't forget while you're uncluttering during this quarantine to save all those old treasures to donate to the clubhouse. This is one of our biggest fundraisers of the year. The weather should be good for the sale so if you have outdoor items, they will be big sellers.

Let's hope we'll be splashing around in our beautiful pool soon. The cover is scheduled to come off May 13th. It takes a few weeks to get the water cleaned, pass inspections, & complete any repairs for opening. Unfortunately, we will have to abide by the COVID-19 regulations before we can open it for our community use. For now, it's just summer dreaming!

Don't forget there will be clubhouse elections on July 2nd. There are two positions open, Co-Chair & Treasurer. If you are interested in running for one of these positions please fill out below form & put it in the clubhouse suggestion box by the big bulletin board.

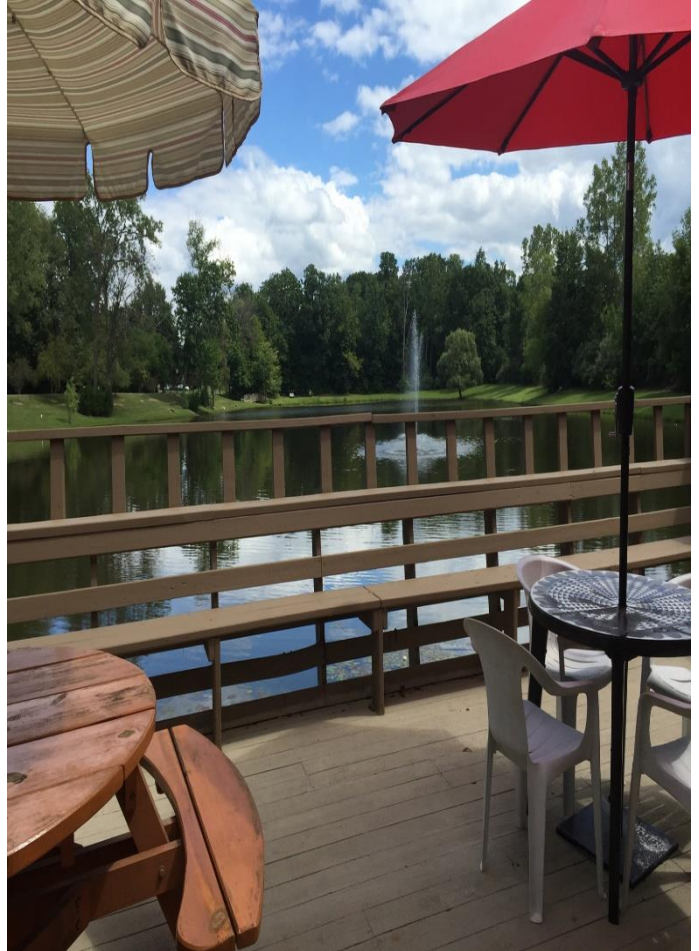
COLONIAL ACRES PHASE V CLUBHOUSE COMMITTEE 2020 NOMINATION FORM

ELECTION THURSDAY JULY 2, 2020. SUBMIT FORM NO LATER THAN JUNE 30TH

TREASURER _____

CO-CHARIPERSON _____

*Summer, summer, almost here
Let's give summer a big fat cheer
Of this fact I am clear
Summer is the best time of year!*



HAPPY MOTHERS DAY!

E O O A C S O L Q R X M R H U	
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U C I S C F H R B T Y G B Z I	GIVING
D O S T K M A L C C S K F N G	GRANDMA
G I G N R N E X W E H R E O U	HOME
K M A Z D O E M U T O W D L L	HUGS
Y H J M W T P R O O E I G F V	INSPIRE
T O A A G F L P I R P S B L R	INSTRUCT
I N S T R U C T U P I E R O H	KISSES
G I V I N G C M W S S E H W Q	LOVABLE
H E C C O V H M T M E N S E G	MEMORIES
M Q A E Q N H L R W U D I R J	PROTECTOR
E L B A V O L O S V S Z G S J	SUPPORTIVE
S I I B Z O V J M B O H N Z T	THANKFUL
A Y K W X T R H D E Q M O P Z	WISE



Here are a couple of recipes that were my mom's, I have used them many times over the years. These two make a nice Spring or Summer luncheon. As you will notice, my mom didn't always use measurements but I have added where I felt they were needed. I hope you can enjoy these when you have a chance to invite friends and family over again!



Quiche Lorraine

Use a deep dish quiche pan, brush w/butter Make your own crust or use a pre-made one

Layer, on the bottom of the pie shell, ham, bacon, tuna, broccoli, or whatever you like.

Add a lot of Swiss Cheese, so everything is covered.

Beat together: 2 c. half & half, 4 eggs, dash cayenne, a little grated onion, salt & pepper

Pour liquid mixture over cheese. Place on a cookie sheet & bake at 425 degrees for 12 min then turn down to 350 degrees for 30 minutes. Let stand 10-15 min before cutting

Waldorf Salad

2 c. diced apples (or 1 cup apples & 1 c. halved grapes)		1 c. chopped celery
½ c. broken pecans	½ tsp. lemon juice	¼ c. mayonnaise
1 TLB sugar	½ c. whipped cream, whipped	dash salt

Combine apple/grapes, celery, & nuts in a large bowl.

Blend mayonnaise, sugar, lemon juice, & salt Fold in whipped cream

Combine apple mixture & dressing, chill and serve



WATCH OUT FOR SCAMS

As the novel coronavirus (COVID-19) pandemic continues to impact the United States, phone scammers have seized the opportunity to prey on consumers.

The FCC has received reports of scam and hoax text message campaigns and scam robocalls offering free home testing kits, promoting bogus cures, selling health insurance, and preying on virus-related fears.

A text message scam may falsely advertise a cure or an offer to be tested for coronavirus. Do not click on links in texts related to the virus, and check [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for the most current information.

Michigan has reported people are getting calls from someone claiming to be from the IRS and wanting personal information to claim the coronavirus stimulus money. Police say the **IRS will not call you** and you should never give out any personal information over the phone. **Please watch out for the scams.** The **IRS WILL NOT CALL YOU!** Federal aid will either be deposited via account information the IRS already has from your tax filings or they will send you a check.

- Do not respond to calls or texts from unknown numbers, or any others that appear suspicious.
- Never share your personal or financial information via email, text messages, or over the phone.
- Be cautious if you're being pressured to share any information or make a payment immediately.
- Scammers often spoof phone numbers to trick you into answering or responding. Remember that government agencies will never call you to ask for personal information or money.
- Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they weren't hacked.
- Always check on a charity (for example, by calling or looking at its actual website) before donating.

Make sure when we are able to get back to our regular lives to support our local businesses and let them know we appreciate them. This has been a difficult time for business owners, let's make sure we let them know we are glad they are back!



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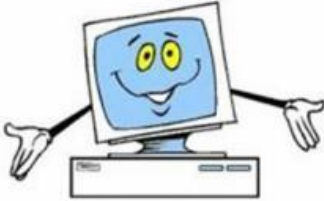
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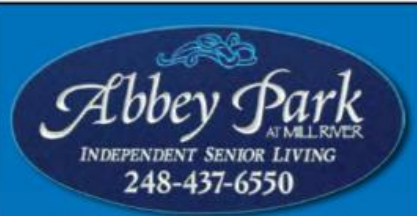
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Janet Cronin is an Occupational Therapist and Certified Hand Therapist with over 25 years' experience. She is a graduate of Cleveland State University in Ohio with a Bachelor of Science degree in Occupational Therapy. Janet likes to stay current with the latest treatment techniques and attends several continuing education courses. She has lectured at various conferences in rheumatoid hand disorders and stiff PIP joint complications. Janet specializes in upper extremity rehab and emphasizes patient education and participation in treatment to achieve goals. Janet has worked in multiple practice settings and closely with hand surgeons coordinating patient care. She has mentored Level I & II Occupational Therapy students and enjoys teaching students. She will be treating patients in out Howell and South Lyon Centers.



Michael Forgach, PT, DPT, OCS, joined the PPTS team in 2015 after graduating from Michigan State in 2009 with a Bachelor's Degree in Kinesiology and receiving his Doctorate of Physical Therapy from Wayne State University in 2014. Since joining the PPTS team, Mike has worked with a variety of patients, including post-surgical rehabilitation and those patients with complex orthopedic conditions. Mike has a passion for working with, treating, and educating athletes; whether they are just beginning, high school, collegiate or on a professional level. After working in Orthopedics and Sports Medicine through PPTS, Mike is now a board-certified Orthopedic Clinical Specialist (OCS). Mike hopes to continue his passion for physical fitness by incorporating and educating his patients throughout their treatment. Mike's goal is to provide positive outcomes for his patients by teaching them the exercises, skills, and techniques to return to them to their functional goals.

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