



Welcome to



!!!JJULY!!!



Your MONTHLY Garden Gnome News! "with a little help from my friends!"

Volume 2, Issue 7

HOME OF THE GNOME!

July 2017

Emergency Update From SGCA President, Johnie W Mason III

Good Neighbors,

I know historically we have all been accustomed to approaching an officer of the board for courtesy entry to your unit when you've either locked yourself out by accident or in some cases emergencies may have occurred, for those who have keys in the lock box.

If you do not have a key with us on file call SWFLCAM services. Our resident directory will indicate if you have a key on file or an emergency survey on file telling where your key is, with us, a neighbor, or SWFLCAM services 239-243-8700, This information is located on the right, last two columns, for your convenience (attached).

The following information will probably be something you may want to print out, commit to memory, or add to your cell phone diary/notes, This is a list of volunteers from your board that have the ability to assist you during these times:

C-1 Janice Noble

C-3 Ann Palmer

C-4 Mary Cunliff

C-5 Johnie Mason

C-7 Janey Hesche

E-4 Bekki Shanklin

F-1 Denise Rees

A big thanks to those who offer their time to help make this courtesy available to us all.

(Always prepare yourself for a second alternative entry method in the event EZ access to these volunteers are not immediately available to you)

I hope this update of this information is helpful. If anyone identifies the need for any updates to these correspondence please reach out to me and I will gladly make corrections and redistribute as and when needed. Please, as a courtesy to your volunteers, anyone you know that does not have an e-mail, pass along a copy of this to them.

Sincere Thanks to all

Johnie W Mason III SGCA P/T

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P. O. Box 152 //Lerona WV 25971

How Mindfulness Can Enrich Your Experiences

Have you ever been experiencing a moment so good you took time to stop and just enjoy it? Maybe it was a sunset, a dinner with family, maybe even a moment you accomplished a goal. It was an experience you knew would mean a lot to you when you thought about it in the future.

The truth is we are experiencing these moments more than we realize but we are just too pre-occupied to enjoy them. You have seen or been a part of it as it happens, two people are spending time together one or both of the people are deep into their phone, they are ignoring one another. We are all guilty of it.

Between tv, music, work, social media...it seems like our minds are every where except where we are right now. We are anxious about the future, sad about or longing for the past, and completely ignoring the present moment.

What mindfulness training does is help us practice having a single point of focus, free of distractions. Just like any exercise, it gets easier with practice. Once we know what it is like to be completely immersed in a thought or moment, we notice more often when we are distracted and it will be easier to bring yourself back to into a more focused state. This can become a useful tool when spending time with family, when you are trying clear your mind of an unpleasant experience, or when you trying to enjoy a vacation.

Every pivot towards good health is a step in the right direction, no matter how big or how small. Please call to schedule your complimentary initial consultation and sample 1 on 1 mindfulness training session.

Call or text Anjelica Shanklin 407-205-7488

www.pivoholistichealth.com



Phone Scams NOT to fall victim to

from Kim Komando

You've been the victim of this terrifying crime, or know someone who has been. It's so bad that your stomach twists into knots when your phone rings.

It may be someone screaming that they're with the IRS and you're going to jail. It could be a gentle-voiced person who says they're with Microsoft. They want to help you because your computer is about to crash!

There are so many phone scams these days that you'd think the Do-Not-Call registry didn't exist. It's like clockwork. You sit down to eat dinner and your phone starts ringing incessantly.

The worst part is these scammers are scary. They say you owe them money. They might threaten to send you to prison. They'll tell you that your credit score will be ruined or your virus-infected computer will crash.

Of course, they want your money. You might think, "how can anyone be tricked by these people?"

Well, it turns out that they use scientifically proven techniques to convince you or your elderly loved ones, that they are who they claim to be. They'll convince you that they're trying to be helpful.

There are six techniques they use to convince you to give them your money. Do you know these six tricks?

Bonus: Keep reading for simple ways you can spot phone scammers!

6 tricks phone scammers use

We don't want you to be the next victim of a phone scam. Americans lose millions of dollars every year to phone scams. Here are six ways they convince you to pay up.

1. They'll apologize for taking up your time
2. They'll take their time to explain who they are and why they're calling
3. Scammers will lie about who they are, whether they say they're with the IRS, the police or a reputable company
4. They'll welcome your skepticism, saying they understand your concerns
5. They'll ramp up their pressure and threats by changing the tone of their voice
6. They will share information about you to gain your trust

It's really important that you never share personal information, such as your address, with anyone over the phone. Of course, never give your credit card information or bank account numbers to anyone, unless you contact them first.

How to outwit phone scammers

1. Stay in control of the phone call
2. Don't let them rush you
3. Pay attention to your intuition

The most effective tool you have with phone scams is your power to hang up. If someone starts asking you for personal information or for money, immediately hang up.

If you're worried that the person calling could have been from the IRS, the police or a reputable company, find their website and look for contact information. Then, you call them.

Daily Mojo

By Janie Hesche

Stella Part 1

I recently read a book called, "Start Where You Are" and that is exactly where I will begin the story about my friend, Stella Odie-Ali, and the journey she has been on for the last eight years.



Stella begins by saying that one of the greatest challenges of her life was when she was told she had to go in to dialysis. Her first thought was to reflect on,

"How did I get here?"

So, let's start at the beginning. She takes me back to the year 2000. We flashback to Dhaka, the capital city of Bangladesh where she was a Consultant to the Common Wealth Youth Program. It is a very poor country surrounded by India and a small common border with Myanmar. One of her team member's sister had passed away the week before and she was on a quest to give money to the poor in remembrance of her sister. She asked Stella to accompany her to a bank to exchange American currency for Takkas (Bangladesh currency.) Of course, Stella lovingly agreed to go with her. After the friend came out of the bank, they made their way to an area where they had seen eight or so beggars gathered together. Their plan

was to disperse the money and leave.

When they arrived, her friend pulled out a couple of handfuls of Takas, and in an instant the mistake was made. In a flash, they were surrounded by 200+ beggars who began pulling, tugging, grabbing, pushing at them to get the money. Needless to say, the beggars, were filthy, soiled and unclean. They literally were mobbed and in a very dangerous situation. Finally, their screams of fear and panic brought the police who escorted them to safety.

Now to go back a few weeks in time. Before Stella left New York, Queens to be exact, to go to Bangladesh she had a root canal done. As we all know they put a temporary crown on and you go back for the permanent crown in a few weeks. But, in that instant with the beggars, Stella's incomplete root canal became infected. Three days later she was down with a fever and had to immediately return to the United States and was promptly hospitalized.

She was in the hospital for three weeks and whatever bacteria she had picked up in her mouth had migrated to her heart. The diagnosis was endocarditis. For three weeks the antibiotics they gave her in the hospital had no effect on the bacteria. So, a port was put in her chest and she was prescribed an antibiotic called, Vancomycin. She started showing improvement and went home, and with the help of a visiting nurse to help administer the Vancomycin via I.V. she spent the next three months recovering. To this day the Doctors still cannot name the bacteria that had caused so much damage.

No one had warned Stella that one of the side effects from Vancomycin was destruction of the kidneys.

That ladies and gentlemen was the beginning of her journey to dialysis. (She just didn't know it yet.) She chalked it up to "Old Age." Now we fast forward to January 2005 when her entire family migrated from New York to Fort Myers, Florida. Life as she knew it was good!



Stella Part 1, Continued

In early 2007 she was having problems with unexplained weight gain and swollen ankles. (Well who doesn't in this humidity!) She went to see her Primary Care physician who ordered bloodwork. It came back showing her Creatinine levels were elevated and he referred her to a Nephrologist. Creatinine is a chemical waste product in the blood that passes through the kidneys to be filtered by urine. Normal levels for women are 0.5-1.1. Well Stella was between stage 3 and 4. Stage four is when you must start dialysis. This is when she was informed by the Nephrologist of the destruction the Vancomycin had done to her kidneys. She was put on a diet to basically prolong the need for dialysis.

Well, we come to the year 2009, February 23, to be exact and Stella crossed over to Stage Four and would have to have her first Dialysis. During the two years of trying to save herself from dialysis she was constantly bombarded with negative stories of the horrors of submitting to dialysis. Friends would tell her that people had opted to die rather than undergo dialysis treatment.

Stella talks about the positive climate of hope that she grew up with in her home country of Guyana. It comes especially from the influence of her dad.

And that, Amigos, is the end of Stella, part one. We have heard of her Mojo of Positivity. Next month Stella will tell us of her Purpose, in Stella, part two. Her story is far from over. Stay tuned! Until then stay Positive, Purposeful and Powerful all you choose to do. That's Mojo friends.

namaste

Meet Your Neighbors~
Kate Buckley, E2

I was born in Kittery Maine 1949 and attended South Berwick Maine schools and the University of New Hampshire.



Widowed July 2016 after 35 years of marriage to Dennis, mobile home sales specialist. Grandson Jeffrey and his wife Katie of Claremont NH. Jeffrey is a training specialist at Verizon and Katie is a personal banker at Bank of America.

I lived all over America till my 28th birthday (NH ME MA PA GA FL TX OR) then returned to NH in 1976; married Dennis in 1980. Jeffrey came to live with us at age 18 months and we raised him as our son.

After that I returned to school and chose human relations and medical office management as professional direction, working for high fashion shoe factory, small insurance agency and large OB/GYN practice.

With so many things in life to enjoy, I loved having a greenhouse and the ability to garden over 2 acres of perennials & ornamental trees.

I then became a library trustee, treasurer, and chairperson for 12 years for home town library. Along with being a grade school volunteer and Football "Mom" for 6 years, I enjoyed every minute. of it all!



Then my adventures guided me to complete Strafford County NH Master Gardener class in 1998 and I'm so looking forward to learning more and more about the gardening ability in Lee County.

While in my new home here, I became a former board member at Seminole Gardens.

For fun in my lovely life, I enjoy walking, reading, "pooling and tabling", playing 8 ball, finding great deals at Goodwill, art galleries, music, good food, walks on the beach and long sunset rides. Lazy. I can be lazy too.



Tech In A Flash
Matthew Rebstock
& Bekki Shanklin
at your service!



THE RESTAURANT REVIEW CORNER

Janice and Ray Noble at C1 have graciously reviewed a restaurant they recently dined at. It is called the MIX GRILL and is located right down the road from Seminole Gardens on Palm Beach Blvd.



They went for Breakfast and you can tell by the smile on Ray's face he wasn't disappointed.

Ray had corned beef hash with eggs and hash browns. Janice had a three cheese omelet with bacon and tomatoes. Their server was very good and made sure that their glasses were never empty. They looked over the lunch menu and said they would definitely go back and try lunch as well! If you dine at a great restaurant, send in a review to the Gnome, we'd be glad to hear from you!

