



FEBRUARY 2016 Phase V Newsletter

Clearview Property Management

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Emergency Maintenance

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BOARD OF DIRECTORS

President..... Claude Danielson
Vice President..... Pauline Williamson
Secretary..... Judy Keeling
Treasurer..... Bill Charles
Member at Large. Jerrie Valentine

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Co-Chairperson... Ellen Worthy
Secretary..... Judy Keeling
Treasurer..... John McGraw
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CH Purchasing.... Peggy-Tom Booker
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Newsletter Editor. Nancy Meininger
Newsltr Graphics. John McGraw
Adver. Director Jack Saunders
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Deliver Advertiser Diana Landsberg
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Sign Painter..... Evelyn Rouse
Light bulb Mgr. Peggy-Tom Booker
Custodian..... Laura Cipponeri
Gardeners..... Sue Latham
..... Carol Sidelko
Librarians Wanda Faughn
..... Pauline Williamson
..... Mary Clark
Pool Manager..... Larry & Sue Latham
Pool Mngr BU..... John Horn

SUMMER WOMEN'S ASSOCIATION

President..... Nancy Meininger
Vice President..... Dot Saunders

MEN'S CLUB

President..... Doug Smith
Vice President..... John McGraw
Rec. Secretary Gary Williams
Treasurer..... John Horn

BENEVOLENT FUND COMMITTEE

Mary Clark, Sally Lobsinger
Kathleen Manuel

Death Notices — 248-446-5054

Newsletter Submissions

Nancy@NancyMeininger.com

248-366-4845

ColonialAcresPhaseV.com

*"There is a privacy about it
which no other season gives you
In spring, summer and fall people
sort of have an open season
on each other;
only in the winter, in the country,
can you have longer, quiet stretches
when you can savor
belonging to yourself."*

- Ruth Stout

AROUND TOWN—NEARBY THINGS TO DO

2/1 Frankenmuth—Bavarian Inn Restaurant—2:30-3:30—Enjoy making your own Pretzel. 2 hr. notice for class. \$4.99

2/6-2/8 Motown Winter Blast—Campus Martius Park—ice sculpture garden, 200 ft. snow slide, dog sledding and ice skating demonstrations, snow shoeing, marshmallow roasting, 50 live bands

2/9-2/15—Rochester—Michigan Senior Olympic Winter Games—events include billiards, badminton, bocce, pickleball, dancesport

2/13—Holly—Seven Lakes St Pk—10-2--free ice fishing derby

2/13 6:30 Farmington Hills—Dinner dance—Glen Oaks Country Club. FCB Big Band music including jazz, swing. Cash bar cocktails.

2/14 Birmingham--Valentine's Day Dinner at the Townsend Hotel 248-642-5999 reservations Butter Poached lobster or Chateaubriand

2/17 Hamtramck—Paczki Day—Fat Tuesday. Polish Bakeries

2/20 Ypsilanti Rat Fest—Arbor Brewing Co., Microbrewery—homebrew festival. Taste 32 beers & light snacks. Tickets \$30.

2/21 Adrian—Symphony Orchestra celebrating music of Julie Andrews—My Favorite Things Concert.517-264-3121

2/26-2/28 Detroit—Ford Piquette Ave Plant. Special Autorama Show opening. Tickets \$8.00 Seniors. Tours at 10, noon & 2pm. Visit the factory where the Model T was born. Dress warm.

Colonial Acres Phase V Board of Directors Meeting

Minutes Jan 13, 2016

Meeting came to order at 1:00 pm

Board Members present: Claude Danielson, Pauline Williamson, Judy Keeling, Jerrie Valentine, and Bill Charles.
Property Manager: Jim Reuschlein

The Secretaries minutes were approved by Pauline and seconded by Jerrie. Treasurers Report were approved by Bill Charles and seconded by Pauline. It is also posted on the general bulletin board.

Jim's report started with a three year contract with Tru-green which was approved by the board. Clearwater Pools have been contacted for pools repairs for the spring. The trash pick-up has been earlier in the day. Stickers have been distributed to Paul and Rob. These stickers are for tagging cars that are parked overnight on Heritage. Clearview will purchase lights and signs for the geese on ponds.

Winter taxes for 2015 are due February 1, 2016. The new policy for rentals has been mailed to all Members and a copy is on the general bulletin board. Clearview has sent out letters to delinquent members.

None of the Board members had anything to bring to the meeting. The President opened the meeting up to the members. John McGraw had a few items to discuss. The garage needs to be rearranged so that everyone can reach their items. Clearview will talk to Rob the snow removal person to get the gas cans out of the garage.

The recycling company will pick up the trash from now on.

Some of the keys to the clubhouse do not work. There was a discussion about a new system to open the clubhouse doors. It was decided to stay with the keys.

The board agreed that they will pay the phone portion of the WOW bill.

A co-op member gave us some information on the Canada geese. We asked her to join the committee and share her experience with us.

A lot of talk about speed bumps. People are going way to fast on our roads. Please stay at the speed limit of 15 MPH. If you see someone speeding please take down their license number and the management will send letter for starts. There will be no speed bumps it is not good for emergency vehicles going into our co-op.

IT IS VERY IMPORTANT TO CHANGE YOUR SMOKE DETECTORS EVERY 5-10 YEARS. You need to change the whole detector not just the batter. The senses wear out and no longer work. The Fire Department may help with one smoke detector.

PLEASE DO NOT PUT YOUR TRASH OUT UNTIL SUNDAY EVENING!

We can put our trash out before dark during winter months on Sunday!

Meeting adjourned at 1:55pm.

Judy Keeling, Secretary
Claude Danielson, President

Snow Removal

No parking at street openings to Heritage Road

Keep the nose of cars away from sidewalks for Snow removal!

CLUBHOUSE MINUTES

Call to order at 9:32am. Treasurer report was given by John.

There are lots of rentals for the clubhouse this year. The Holiday dinner extra money goes for the Corn Roast fund for renting tents and tables.

Jane went to see two new residents one was not home.

Peggy reports that the purchasing is getting a bit much. She will be holding her paint party February 20, 2016 at the clubhouse. Volunteer of the month was discussed and the Newsletter deliverers.

There will be a Party in the spring for volunteers.

Men's club will take Christmas lights down when the weather improves.

Clubhouse rentals for 2014 were 30, 2015 were 36 and for 2016 are already 10. Carol needs some help in February.

Advertising is going well.

Security Cameras, Smoke Detectors, Carbon Monoxide detector, Ceiling light maintenance, Toilets are projects coming up.

January 12, 2016 9:30 am

Boiler inspection needs to be improved.

New Year's Eve party went very well. There were 27 people and they will had fun!

Ice Cream Social is suggesting it in side because the weather was so hot last year. It is also easier for setup and cleanup.

Thanks to Deanne Carter for taking down decorations in clubhouse, also thanks to Nancy for taking books off bottom shelves.

Thank you card came in from Act of Faith and the Benevolent fund for donations.

Hand and Foot are welcome to play cards on Tuesday nights in the clubhouse. Rentals are the only reason when you cannot use the clubhouse.

Volunteerism is needed to pass on information to the community when needed.

Medical closet is going well.

Adjourned 11:45 am, thank you Laura for taking the minutes!

Judy Keeling, Secretary
Ellen Worthy, Co-Chairwoman

Volunteers Still Needed...

For safety and quick dispersal of information, we need to implement a simple telephone chain throughout Phase V. Each call volunteer will be asked to notify a limited list of neighbors so as not be a burden on any one individual. This is an easy and very important task. Please volunteer for the **Communications Connection Chain**. Call Ellen Worthy 810-923-9232.

VOLUNTEER OF THE MONTH—Denise Semion

Hat's off to our in house naturalist, Denise who has opened our eyes to the beauty of nature that surrounds us. We look forward to learning from her new ways to enjoy and control the woodland and lake creatures that cohabitate with us.

Denise can open our eyes to discover spring's magic like the trilliums that soon will blanket our woodlands. We are grateful to her for sharing her extensive knowledge.

AFTERNOON READING ADVENTURES

Reviews by Jessica Hesselgrave of Salem South Lyon Library

The Swans of Fifth Avenue by Melanie Benjamin

From the late 1930s to her death in 1978, Babe Paley was the tip-top of Manhattan high society. As a fashion editor of *Vogue* she had access to top designers, was adored for her impeccable style, and had it all – influential friends, beauty, money, and a prestigious husband. She was the reigning queen of the glamorous Swans of Manhattan.

Enter Truman Capote. Through Babe, Capote gained entry into the world of Manhattan's elite, along with access to their secrets. And when Capote's penchant for storytelling caused him to expose those secrets, he created a literary scandal that echoed for years.

Boys in the Trees: A Memoir by Carly Simon

Simon's memoir reveals her remarkable life, starting with her childhood with father Richard L. Simon, co-founder of *Simon & Schuster Publishers*, performing folk songs in Greenwich Village as *The Simon Sisters* with sister Lucy, to her solo career as an award-winning song writer and musician. She brilliantly captures and shares her creative inspiration, as well as the stories and memories behind her most popular and well-loved songs, relationships with famous men, and her two-decade long marriage to James Taylor. Written with unflinching honesty, clarity and a compelling voice, Simon's memoir is an unputdownable look at one of America's favorite singers.

Even You Can Learn to Paint Like Picasso!

Join award winning television artist, Steve Wood at the Clubhouse and learn his "Step-by-step" technique to paint a "Spring Time Birch". Coffee, tea and a lite appetizer will be provided. BYOB :). Bring an old shirt or apron & a margarine size tub to clean your brushes. Saturday February 20, 6:30-8:30 (15 min. early to find a seat) Fee: 25.00 per person. Please RSVP by Wednesday, February 17th to Peggy Booker 248-573-7379

DOT'S RECIPE BOX By Dot Saunders—239-352-6495

ARTICHOKE CHICKEN PARMESAN

1 can artichoke hearts in water, drained and chopped----

1 c. Parmesan cheese---

1 c. Mayo

2 dashes garlic powder

4 boneless chicken breast

Set oven at 375

Spray 9 x 13 with cooking spray.--- combine all except chicken breast---

Place in dish. Spread mixture over chicken. Bake for 30 to 50 minutes until chicken juices run clear.

Delicious!

MEN'S CLUB

By Gary Williams, Secretary

The January meeting of the Men's Club was called to order at 7:03 pm by Doug Smith. 11 Men were present. The December minutes were approved by Italo Rose and Reggie

The Treasurers report was read by John Horn and approved by Doug Smith and John McGraw.

It was reported the holiday parties all went well. The Christmas lights will come down on the next warm day.

Ron from Phase 1-4 invited all phase V residents to participate in their upcoming events including the Mardi Gras in March.

The meeting was adjourned at 7:13 PM with Tony Spitzig and Charlie Minear approving.

The Rhythm of Life as published in Heart Health from Everyday Health

By T. Jared Bunch, MD

Dr. Bunch a native of Logan, Utah, graduated from the University of Utah, School of Medicine with alpha omega alpha honors. He completed internal medicine residency and fellowships in cardiovascular.

Having a sense of meaning and direction is critical for psychological well-being. In fact, it is considered one of six key elements in a psychologically healthy life, according to researchers. The other five are autonomy, environmental mastery, personal growth, positive relations with others, and self-acceptance.

A Life of Purpose Lowers Your Risk of Death In a study of 7,108 patients, researchers in Rochester, New York, looked at the impact of having a sense of purpose on longevity. This

study teaches us two things. First, having a purpose in life is critical for healthy aging. Second, if we have lost ours, finding it again is of uttermost importance.

David Archuleta, found his purpose when he was just 16. In 2008 more than 30 million television viewers fell in love with his angelic voice and their 44 million votes made him runner-up in Season 7 of "American Idol." Soon after he signed with Live Records and recorded his first album which went Gold with sales of over 900,000 worldwide.

In a song entitled "Glorious," from the movie, the Mormons, he beautifully explains how all of us can find our purpose...

*There are times when you might feel aimless
You can't see the places where you belong
But you will find that there is a purpose
It's been there within you all along,
and when you're near it
You can almost hear it.*

*(Chorus)
It's like a symphony. Just keep listening
And pretty soon you'll start to figure out your
part
Everyone plays a piece and there are melodies
In each one of us, oh, it's glorious*

Help us repair the chairs in the clubhouse.

Experienced volunteers as well as general handypersons needed for upholstery, to both work on the pieces and/or to advise/teach. Contact Deane Carter at 248-667-7046.

Ypsi Tripsy: A Day At One of South Lyon's Neighbors

By Bill Semion

One could say that Ypsilanti don't get no respect, as Rodney Dangerfield famously phrased.

But, if you spend a day at Ann Arbor's eastern relative, the town that's home to more than 23,000 Eastern Michigan University students, needs more respect than most give it.

And, an upcoming weekday, or weekend with the grandkids, is a perfect time to learn why.

If the GKs (ok, that's grandkids) are along, one of your first stops with them should be the Michigan Fire Museum, located in the 1898 Ypsilanti firehouse, which I swear I visited as a future alumnus of Patchin Elementary School in Wayne lo, these many years ago.

The place is filled with 25 changing exhibits of antique fire apparatus, including a 1917 American LaFrance rig. It also houses the country's largest collection of antique fire truck bells, and that antique brass fire pole that I remember sliding down on that visit. A great spot for photos of your grandson or daughter in the seat of a bright red behemoth and take their photo?

Next exit, Ypsilanti Automotive Heritage Museum. This compact museum in a former Hudson car dealership, pays homage to the vehicles that used to be produced in town, mostly near Willow Run airport. Names like Hudson, the rotund speedster that racing on the beach at Daytona before there was a speedway made famous. Also featured there is

the doomed Chevy Corvair, Kaizer-Frazier, and the famous Tucker, years ahead of its time.. They're all featured here.

The museum still sells restored Hudsons and supplies parts to owners of the 50s classic.

The firehouse museum is in the city's Depot Town district at 110 W. Cross St., and the auto museum is at 100 E. Cross St.

Hungry? Head to The Bomber Restaurant for more Ypsi History. Located at 306 E. Michigan, on downtown's east side, it's festooned on its walls are photos of the mega-complex that Henry Ford built on the city's outskirts where 100,000 workers turned out B-24 bombers that helped win World War II. The restaurant made The Food Network list for one of the top over-indulgences because of its huge portions, especially for breakfast.

Or, head to an Ypsi tradition, Haab's. Great menu items include its famous chicken in the rough. Check groupon.com for special discount meals here, too.

Now onward to Eastern Michigan, home of the Eagles. Among its campus offerings is live theatre at the EMU Theatre mainstage at Sponberg Theatre, performing this season works including *"The Piano Lesson"* this month.

So pick a time to get walk out your front door and find your own personal Ypsilanti through the Ypsi Convention and Visitors Bureau, www.visitypsinow.com, or call them for advice at 734-483-4444.

HISTORY IN YOUR BACKYARD

Detroit Observatory



Relatively close to home, located on the corner of Observatory and Ann streets in Ann Arbor, The Detroit Observatory is a must see—as it is the oldest observatory in the nation!

It was built in 1853 by George Bird, designed by Architect Richard Harrison Bull in the Greek Revival Italianate style. It was designated a Michigan State Historic Site in 1958 and placed on the National .of Historic Places in 1973.

When Henry Philip Tappan was inaugurated as the president of the University of Michigan in December 1852, he appealed to the citizens of Michigan to support research and laboratory space at the University. Immediately afterward, Tappan was approached by Detroit

businessman (and former Michigan Attorney General) Henry N. Walker, who offered assistance. Tappan suggested raising funds for an observatory, and Walker agreed to spearhead a fundraising drive. Walker soon raised \$15,000 from the citizens of Detroit, including \$4000 of his own money, and contributions from Lewis Cass, Henry Porter Baldwin, and Senator Zachariah Chandler. An additional \$7000 was supplied by the Board of Regents of the University of Michigan, giving a total of \$22,000 for the building and instruments.

Wikipedia tells us that in 1853, the Ann Arbor site was obtained for the building. George Bird of New York was hired to superintend construction of the building designed by Bull, a former student of Tappan. and former student of Tappan's. The building housed a 12⁵/₈-inch (32 cm) Henry Fitz, Jr. refracting telescope in the central area. The Fitz was the third largest telescope in the world when it was installed in 1857. A 6-inch (15 cm) Pistor & Martins meridian circle was installed in the east wing, while the west wing served as a library and office space for the director.

In 2005, the Detroit Observatory became a division of the Bentley Historical Library.

KIM'S CORNER

SOLD

61725 Valley Forge.....146-3.....\$119,900

PENDING

62068 Ticonderoga 82-2.....\$72,000

ACTIVE

25715 Adams Court..... 86-2.....\$68,900

61957 Ticonderoga 80-4.....\$69,900

25721 Adams Court..... 85-5.....\$77,900

61957 Ticonderoga 80-3.....\$79,900

62178 Ticonderoga 83-2..... \$79,900

25832 Lexington Dr..... 87-5..... \$78,000

25120 Heritage Ct..... 59-4..... \$84,900

25748 Lexington Dr..... 77-1..... \$84,900

25127 Jefferson Ct..... 67-6..... \$84,900

25748 Lexington Dr..... 77-4..... \$89,000

62402 Raleigh Ct. 97-1..... \$92,500

62361 Arlington Cir..... 110-5..... \$92,900

62320 Arlington Cir..... 105-3..... \$99,000

SENIOR DINING

Sitting home alone wondering what's for lunch? Enjoy laughing, talking and dining with neighbors Tuesday and Thursday at noon. Treat yourself to a **Power Lunch** just \$3.00 for those 60 and above, \$5 for guests & under 60.

Make reservations 24 hours in advance. (Tuesday luncheon - call by noon on Monday; Thursday luncheon-call by noon on Wednesday). Please arrive 10 min early. Call 248-446-1397—Eleanor Schwartz, Hostess

Did You Know...

Only 30 percent of people 65 and older eat five or more daily servings of fruit and vegetables, which is the minimum amount recommended for good nutrition. Eating plenty of fruit and vegetables is especially important as you get older, because the nutrients and fiber in these foods can help reduce high blood pressure,

lower your risk of heart disease, stroke, and certain cancers, stave off eye and digestive problems — and simply satisfy your hunger. One serving of fruit or vegetables equals half a cup, or about the amount you could hold in a cupped hand.

Is it okay to exercise when you don't feel well?

By **Jennifer Bayliss** a fitness expert and coach at Everyday Health.

A: While exercise can be helpful in strengthening the immune system to fight off illness, it is not always advisable once you become ill. Sometimes it's better to keep your sneakers in the closet and just rest. However, there are times when light- to moderate-intensity activity may actually help you feel better. But how do you know when to get up and move and when to take the day off?

Notice a pattern? If your symptoms are above the neck, it is typically okay to exercise. If your symptoms are below the neck, you should probably consider taking advantage of that rest day.

What Should I Do for Exercise When I'm Sick?

If you feel up to it, keep your regular routine. Some people feel better when they get in a good sweat. If you feel like you want to do something active but just can't fathom your normal workout, consider scaling back on the intensity. Go for a walk instead of a run. Do some yoga instead of strength training. Decreasing the intensity of your workouts makes breathing during the workout easier and is less taxing on your immune system. If you find that the physical exertion makes you feel worse rather than better, stop and rest until you are well again.

It is okay to exercise if you have these symptoms:

1. Sinus pressure
2. Sneezing
3. Stuffy or runny nose
4. Sore throat
5. Ear ache

Exercise is not recommended if you have these symptoms:

1. Fever
2. Muscle aches
3. Wheezing, coughing, chest tightens
4. Vomiting
5. Diarrhea

Celebrate migratory bird conservation in 2016

By Denise Semion

More than 800 species of birds nest or winter in, or migrate through the United States, and more than 500 spend part of their life cycles in the upper Midwest states of Illinois, Indiana, Iowa, Ohio, Michigan, Minnesota, Missouri and Wisconsin.

The Michigan Department of Natural Resources, U.S. Fish and Wildlife Service and other partners are kicking off a yearlong celebration of the Migratory Bird Treaty's 100th anniversary throughout 2016.

This year marks the centennial of the Convention between the United States and Great Britain (for Canada) for the Protection of Migratory Birds – known as the Migratory Bird Treaty – signed Aug. 16, 1916. Three other treaties were signed shortly thereafter with Japan, Russia and Mexico. The Migratory Bird Treaty, the three additional treaties and the Migratory Bird Treaty Act are the cornerstones of efforts to conserve birds that migrate across international borders.

“Migratory birds connect people with nature and add beauty, sound and color to our world,” said Karen Cleveland DNR all-bird biologist. “They provide countless opportunities for enjoyment and inspiration for birders, artists, engineers, inventors, hunters and outdoor enthusiasts, and they have cultural and spiritual importance.”

Birds also provide environmental benefits, including pollination and seed dispersal. Migratory birds are good indicators of environmental health, because they are so visible and relatively easy to study, and studying birds can offer a picture of what is going on in the world. They play a key role in the U.S. economy by offering recreational opportunities that create jobs and generate billions of dollars in revenue. Birds also provide many ecological services, including insect and rodent control, cutting costs for farmers and landowners.

The 2016 Migratory Bird Treaty centennial celebration will include monthly featured bird stories sent to DNR Wildlife Viewing email subscribers; celebration events, including a weekend of bird-based programming at state parks and visitor centers in June; an education program, presented by DNR staff, for schools and conservation groups; and more.

To sign up for DNR Wildlife Viewing emails, visit www.michigan.gov/dnr and click on the red envelope.

<u>February Birthdays</u>	
1	Jerri Lee Valentine
3	Perez Hernandez
4	Bev McGuire
5	Sandy Wylie
6	Bill Sparrow
7	Pat Pelto
7	Carol Williams
10	Janice K. Larys
11	Phyllis Coppola
15	Bob McIntyre
15	Linda Regan
16	Debra Staebler
17	Joelyn Gaston
19	Silvano Salvador
21	Shirley Hutchinson
21	Diane Kokko
21	Nancy Page
24	Beverly Price
25	Kathy Lipscomb
27	Corlie Mileff
28	Judy Keeling
28	Karen Ladd
29	Mary Ann Clark
<u>February Anniversaries</u>	
3	Ron & Sharon Makowski
6	Bob & Alice Ciszewski
8	Mike & Joan Spencer
10	Bill & Pat Sparrow
14	Greg & Judy Wisner
16	Frank & Carol Hoskins
18	Dennis & Linda Walpole
21	Don & Toni Hunter
27	Dave & Dolores Thompson
27	Edward & Phyllis Powloski

Cold Weather Health Tips for Seniors.

excerpted from **Protected Tomorrows**, suggested by Jane Severn

Cold weather can pose serious health hazards to older adults. Falls and other accidents, hypothermia and depression are more common as the temperature drops. The key to safety is prevention. Follow these simple tips to ensure a safe season.

Watch out for Ice

More than 1.6 million older Americans go to the emergency room each year for fall-related injuries, according to the National Institutes of Health. But falls don't have to happen, even when snow and ice make for slippery conditions. To lessen the chance of falling in cold weather:

- Stretch before going outside. Stretching improves circulation and limbers muscles.
- Wear sensible footwear. Shoes should have low heels, good support and non-skid soles.
- Stick to cleared sidewalks and roads. Shovel snow and sprinkle sand or salt on icy areas - or ask someone to do it for you.
- Use assistive devices when necessary. Hold handrails on stairs. Use a cane or walker if necessary to help maintain balance.
- Avoid going outside when conditions are poor. Exercise indoors. Stock up on necessities in good weather, or ask someone to deliver them to you.

Stay Warm

As people age, their sense of touch declines. Arthritis, diabetes, poor circulation, paralysis caused by stroke and many other conditions can cause lack of feeling, especially in the extremities. A diminished response to cold can put seniors at risk for hypothermia (abnormally low body temperature). To prevent hypothermia:

- Keep your home's thermostat set at 68 degrees F or above. If paying your energy bill is a burden, you may be eligible for fuel assistance. Contact the Low Income Home Energy Assistance Program (<http://www.acf.hhs.gov/programs/liheap>), Department of Health and Human Services, or the Eldercare Locator (<http://www.eldercare.gov>), a public service of the U.S. Administration on Aging.
- To reduce heating costs, make your home more energy efficient. Contact the U.S. Department of Energy's Weatherization Assistance Program (<http://www.eere.energy.gov/weatherization>) to see if you're eligible for home improvements paid for by the program.
- Dress in loose-fitting, layered, lightweight clothes for warmth.
- Keep your head covered when you're outdoors. A great deal of body heat is lost through the head.
- Wear mittens or gloves outdoors.
- Eat well. Food provides the body with energy. Remember, calories are a measure of heat! have a member organization of the Meals on Wheels
- Be alert for symptoms of hypothermia and frostbite. Hypothermia symptoms include slurred speech, sluggishness, confusion, dizziness, shallow breathing, unusual behavior and slow, irregular heartbeat. Frostbite symptoms include gray, white or yellow skin discoloration, numbness and a waxy feeling to the skin. If either of these conditions is suspected get immediate emergency help. Warm the body, but avoid rubbing tender skin. Reduced sensitivity to temperature can also cause burns from too-hot water. To prevent burns:
 - Set the temperature on the hot water heater to 120 degrees F or lower.
 - When using faucets, turn on cold water first and then add hot water. When turning off the water, shut off hot water first and then cold.

Protect Your Skin

As we age our skin becomes thinner and drier and thus more susceptible to tears. In addition, certain medications can thin already fragile nasal tissue, creating a risk of nosebleeds. To lessen the possibility of dangers associated with dryness:

- Keep room air moist. Add a humidifier to your heating unit, if possible, or purchase a separate humidifier or vaporizer. Another option is to place a pan filled with water near a heat source such as a radiator. Remember to change the water daily.
- Keep your body moist! Drink plenty of water and other fluids. Eat foods with high water content like soups and vegetables.
- Moisturize your skin with creams or lotions. Use nasal lubricants or petroleum jelly to protect the lining of the nose.

Pinochle

2nd, 3rd, & 4th Wed., New Time is 7:00 pm
A Fun evening out! Join Us!!



A Special Winter Vegetable Dish

From the kitchen of Sonia Ashe

Winter Squash with Pears and cheese (Original)

2 medium acorn squash
2 medium pears, cored and chopped (2 cups)
4 greens onions, sliced (1/2 cup)
1 clove garlic, minced
1tbl cooking oil
1 15-ounce container ricotta cheese
½ cup shredded cheddar cheese (2oz)
¼ cup raisins
¼ cup pine nuts or chopped pecans
1 tsp finely shredded lemon peel
¼ tsp ground nutmeg
¼ tsp salt
1/8 tsp pepper

Halve squash lengthwise; remove seeds. Place squash, cut side down, in a 2 quart rectangular backing dish (I used a large Corning baking dish). Bake, uncovered, in a 350 F oven about 30 minutes or until tender (mine took longer).

Meanwhile, in a large skillet cook pears (or apples), green onions (or celery), and garlic in hot oil till

Alternative recipe

Same
2 medium apples, cored and chopped (2 cups)
3 celery stalks, chopped (1/2 cup)
Same
Same
¼ Feta cheese
2 oz. of Colby cheese shredded or chopped
¼ cranberry-raisins
¼ cup chopped pecans
¼ tsp lemon juice
Same
¼ tsp sea salt
1/8 tsp lemon-pepper corns ground

tender but not brown. Remove from heat. Stir in cheeses, raisins, nuts, lemon peel or (lemon juice), and nutmeg. Turn squash, cut side up, in baking dish. Season with salt and pepper. Spoon cheese mixture into baked squash, mounding as necessary. Continue baking for 20-25 minutes more or till heated through. Makes 4 servings.

HAPPY VALENTINE'S DAY!

Ball Gown
 Boyfriend
 Cards
 Chocolate
 Crush
 Date
 Diamond
 Fairy Tale
 Girlfriend
 Heart
 Love Song
 Pink
 Proposal
 Red
 Romantic
 Serenade
 Slow Dance
 Strawberry
 Sunset
 Tuxedo
 Valentine

Chicken Scratch NY



G K N I P W L S B Z T N V X M J U D
 E Z N K L P H P B T N F R G Y S C Z
 R O M A N T I C Y U Y O F I T F F E
 L A S O P O R P Y X L P J R K G V D
 L X S K V S J K P E B M A L K P X I
 Z Z C D A T E Q H D E W K F Q J M A
 A E B H Y Q Q Y I O B W S R G C Q M
 B C A L O F W E C E H P D I M W S O
 C H L O A C D Z R B W R R E M N V N
 T T L V J F O R M D M T A N F G A D
 L J G E X J Y L N F I A C D U Z L D
 Y E O S E E A E A V E D A N E R E S
 C M W O F A I R Y T A L E G Q S N H
 H F N N K R R P D R E F R K H U T V
 E R E G F E C N A D W O L S V N I S
 A R E Y K Z Z C N V J O U Q O S N O
 R Z O D B K C W C X H R K G J E E E
 T B J K R N D A N W C B L D O T J M

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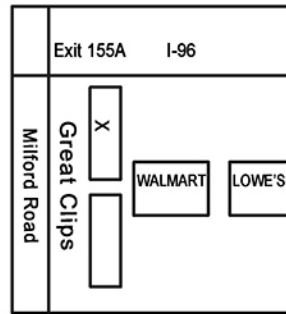
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Crock Pot Guinness Corned Beef and Cabbage

Ingredients

- 10 Baby red potatoes, quartered
- 1 onion, peeled cut into pieces
- 4 cups of water
- 4 pounds corned beef brisket with spice packet
- 6 ounces of Guinness
- 1/2 head of cabbage, coarsely chopped



Directions

1. Place onions and potatoes in the bottom of the Crock-Pot
2. Pour in water and place brisket on top
3. Pour beer over brisket, It is about a half a can so enjoy the 2nd half as you cook
4. Sprinkle brisket with spices set Crock Pot on high
5. Cook 8 hours on high, 1 hour before serving stir in cabbage pieces and recover crock pot.



FEBRUARY 2016

Phase V Clubhouse Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 am Coffee Hour 12:30 Card Party Bridge	2 Groundhog Day 12pm Senior Dining 1:00 pm Billiards	3 10:00 am needlework 7:00 Men's Club	4 10:45 am Line Dance 12pm Senior Dining	5 7 pm Card Party Holdem	6 1 pm - 5 pm Games and Card Party
7	8 8:30 am Coffee Hour 12:30 Card Party Bridge	9 9:30 am Clubhouse Committee Meeting 12pm Senior Dining 1:00 pm Billiards	10 10:00 am needlework 1:00 pm Board of Directors Meeting	11 10:45 am Line Dance 12pm Senior Dining	12 7:00:pm Bible Study	13 1 pm - 5 pm Games and Card Party
14 Valentine's Day	15 8:30 am Coffee Hour 12:30 Card Party Bridge	16 12pm Senior Dining 1:00 pm Billiards	17 10:00 am needlework	18 Deadline Newslett 10:45 am Line Dance 12pm Senior Dining	19 7 pm Card Party Holdem	20 Paint like Picasso 6:15 pm
21	22 8:30 am Coffee Hour 12:30 Card Party Bridge	23 12pm Senior Dining 1:00 pm Billiards	24 10:00 am needlework	25 10:45 am Line Dance 12pm Senior Dining	26 7 pm Card Party Holdem	27 1 pm - 5 pm Games and Card Party
28	29 8:30 am Coffee Hour 12:30 Card Party Bridge					
	7 pm Card Party Euchre		7 pm Card Party Pinochle			

January						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

March						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Colonial Acres Phase V Clubhouse Contacts:
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