



Your MONTHLY Garden Gnome News! "with a little help from my friends!"
Volume 2, Issue 4 **HOME OF THE GNOME!** **April 2017**



Getting Can Recycling Back On Track

About the above. Fewer cans seem to be arriving at the can bin, but are instead being put into the recycle bins on driveway. *We had to pay extra for this 4th bin, so by failing to recycle your aluminum cans to our on site can crushing Clubhouse supplement fund, you are actually INCREASING the cost of garbage pickup.* If you cannot crush your own cans, you can still help. Just RINSE your cans and deliver to large black trashcan next to pool fence. Leave them in your bag and I will crush them every few days. Thanks to **Janey & Steve Hesche** for initiating this money maker, and **Janice & Ray Noble** for replacing the can crusher.
 ~ Alexis Linder B-3

Just think....if we had Internet at the Clubhouse and a BIG SCREEN TV, we could attend online internet craft classes almost for free by chipping in the fee. Enjoy family photos online during family events in the clubhouse. Have monthly movie night. Exercise along with each other. Have a great Super Bowl Party next year.. on and on...
 PS, Bekki still has the complete computer set up if anyone still wants it in the clubhouse, but I'm not going to pay for internet.. ya'll don't need cable, just internet.

If at any time you do not want to receive this newsletter, please click on "reply" and in the subject line enter "unsubscribe".. I will never feel offended...ever..



April 16, 2017

HAPPY EASTER

This is the April "To Our Health" issue:
 We lack it, we need it, The Gnome is here to help.. Any questions? Ask and we'll find the answers together.
 We have a work out room, GOOGLE for healthy recipes to bring to the pot lucks.. if we can create UNhealthy stuff we can Sure create healthy stuff for everyone, yeah? I'm finding it's just as easy to use healthy ingredieants as it is to use stuff that weakens us no matter how great it tastes!
 I am so blessed to be staying with my daughter and her roommate who are health-care professionals and who don't mind my being here and DO want me around for a long long time.. yay!
 I want us all around for a long long time.. cause I likes ya! ~ Bekki

Hi everyone,
The social committee has added another game nite!
Come join us next Tuesday, 3/14, 630pm in the clubhouse for a fun game of left-right-center. It's a fast-moving dice game, very easy to learn, and lots of fun. The group last nite had so much fun, we decided to do another nite next week!
Bring two rolls of nickles & be prepared to laugh and play!!! ~ Denise

From: Wendy Murray <wmurray@executivebank.com>



As an Association Specialist at Executive National Bank, I am committed to providing educational opportunities to CAMs and board members in SWFL. My goal is to expand education via our monthly emails and through board certification courses, seminars, CEU courses, etc. Ultimately, I want to provide relevant information according to season.

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Upcoming Emails:

April 2017 - Reminder about Annual Reports
(due May 1st)

May 2017 - Disaster Preparedness Tips
(Season begins in June)

June 2017 - Hurricane Season Tips Wendy Murray
<wmurray@executivebank.com>

Wendy Murray, CAM, CMCA, AMS
VP Relationship Manager

Mr. Sparkles LLC

Listed on Smith Since 2016

Rating: 5.0 out of 5

CONTACT PERSONS

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and via Johnie Mason 111

Mr. Sparkles LLC Bonded **BONDED**

Mr. Sparkles LLC Insured **INSURED**

Mr. Sparkles LLC License Information **LICENSED**

Mr. Sparkles LLC in Cape Coral, FL specializes in house cleaning, floor cleaning, commercial floor cleaning, carpet cleaning, office cleaning work. They are a licensed and insured contractor and have been in business for 4 years. Mr. Sparkles LLC has worked on projects similar to Home Cleaning in Tampa, Cleaning in West Palm Beach, and My House in Pompano Beach. If you need help paying for your project, there are home cleaning coupons to check out and also financing options available.

What makes us feel old?

1. **Absence of physical activity:** Get up offa that thing! Work out to your capacity, move around, take walks!

2. **Meager mental stimulation:** Reading, chatting with friends, crosswords, brain teasers: After a long day of caregiving, you may be just wishing for a few minutes to sit and veg out in front of your favorite television show.

Instead, try adding one mentally-stimulating activity to your nightly routine. Tackle a Sudoku puzzle, knock out a few chapters of that book club book you promised you'd read, commit to learning a new hobby. Anything that forces your brain to work in a way that it normally wouldn't.

3. **Disastrous dietary decisions:** Fruits, veggies, whole grains, lean proteins—you've heard the balanced nutrition spiel before. Another way to optimize your eating plan is to munch more mindfully and slowly. Recognize the rule of halves: half of the pleasure of eating happens in the first bite and is then reduced by half with each subsequent mouthful.

4. **Excessive stress:** Take deep breaths, meditate, participate in a yoga class—whatever helps you feel more calm and centered.

5. **Attitude adjustment:** Caregivers adopt a "fix it" mentality that can lead to feelings of guilt and low self-esteem

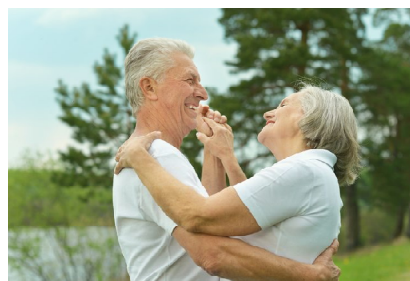
6. **Alcohol in abundance:** NO MORE than 2 drinks in an entire day. If you are in serious caregiving mode, one of you could get seriously injured, yes?

7. **Second-hand smoke:** Plain and simple—don't put up with secondhand smoke.

8. **Chemical contaminants:** Since you don't have much control over the environment when you're outside, be sure to minimize your exposure to chemicals while in your own home. Invest in a water filter and cut down on how often you use aerosol cleaning and beauty products.

9. **Pill-popping:** Poly-pharmacy is a big problem for many adults, one that only get worse with age. Medications (both prescription and over-the-counter), while helpful for managing certain conditions, may end up doing more harm than good in the long run. "Know what you're taking and why you're taking it,"

10. **The genetic gamble:** You may not be able to alter your genetic code, but you can take steps to reduce the impact of your detrimental genes. Research your family history and make the lifestyle changes necessary to accommodate your unique set of inherited vulnerabilities. ~BYANNE-MARIE BOTEK



WHY STUDY MINDFULNESS?

According to Wikipedia, "Rumination is the focused attention on the symptoms of one's distress, and on its possible causes and consequences, as opposed to its solutions."

Are you or someone you know a worrier? Do you know spend a lot of time thinking about what could go wrong? I agree, it's hard to tell your mind to stop thinking about a problem. However, there is a point where worrying will have no benefit towards the outcome at all. Some things are truly out of your control. Would you believe that controlling your thoughts is a skill that is built just like building a muscle, it's gained with repetition and practice. The truth is most of the time our minds are running wild and we don't even know it.

When we study mindfulness, we train to become aware of the thoughts that flow through our consciousness. It is actually a very powerful tool to have. We not only become more aware of our thoughts but we also begin to notice our reactions to circumstances. We feel our heart rate speeding up, we become aware we are having a stressful reaction to a situation. We can take a moment to step back and not allow our emotions to get the best of us.

Once you begin training in mindfulness you develop skills that allow you to quickly get back to calmer mindset. We can make more clear decisions and are less likely to REACT out of emotion. How many times have you wished you had reacted differently after you had a moment to clear your head and really focus on finding a solution, instead of just acting out? We all have experienced that before. Training your mind not to run away with itself really is just like building a muscle or training for any skill really- the more you practice the better you get.



Being able to tame an uncontrolled mind is truly one of the most powerful tools you can wish to have.

For a complementary mindfulness training session please contact Pivot to schedule an appointment.

Anjelica Shanklin, owner of Pivot Holistic Health, is offering a Complimentary (free evaluation) for any of the Gnome readers.

For more information:

www.pivotoholistichealth.com and
Anjelica can be reached at: 407.205.7488

Daily Mojo

By Janey Hesch

Well Friends, it is early Spring and Daylight Savings Time has reared its ugly head. I am not, nor have I ever been a fan of it. I like to go to bed with the chickens, and get up with the chickens!

I will still diligently get up and head out by 6:00 to do a morning run, (sometimes a walk,) it's just that it is so DARK in the morning! Oh well, I have a strobe light I wear on my shirt and I carry pepper spray for unruly dogs and muggers.



My routine is solid. Run, walk, strength train, and yoga. What has changed is our revolving door of spring visitors. I kind of, but not really, feel bad when I tell them that I am tied up until noon on most days. "What are you doing?" they ask.

Of course, my answer is, "I do what I like, and like what I do!"

Visitors assume that I have settled in to retirement and permanent boredom. NOT SO!

A couple of my guests have come to Tai Chi and Yoga with me. I told them, try it, you'll like it! If nothing else, they broadened their horizons a little bit.

My other standard lineup of things to do in our beautiful downtown Fort Myers is Ford's Garage and Capone's. Of course, I humor them with a day at the beach, and other things a tourist should do when they are here. I might add that the sunset at Tarpon Street Pier is priceless.

I may ask if they would like to attend a Reiki night with me and Bekks (Bekki, E4). Of course, the decision is theirs. So many things to experience and enjoy. I am at an age when I don't want to miss a thing, and I am whittling away at my bucket list. I recently crossed off going to a Tattoo Convention on my list. Fort Myers actually hosted one at the Harborside Event Center. I had the pleasure of watching our one and only, Kate, get inked. That's what friends are for!

I have learned that there are two seasons here in Florida. The very busy and the very slow. I love every minute of both. The key is to greet each day with Positive, Powerful, Purposeful Mojo. Are some days better than other? Of course, after all that is the game of life.

Going to end with this closing thought....

***In a world where you can be anything,
Be Kind. ~ Namaste***

Understanding Type II Diabetes

by *Anjelica Shanklin*

Type 2 diabetes is on the rise in America. Many think it is because of the highly refined carbohydrates, such as white bread and added sugar that can be found in almost any processed food. Some symptoms of diabetes are frequent urination and increased thirst. The body needs the pancreas to produce insulin to help the body get the glucose from food into the cells in the body, where the glucose can be used. The body becomes insulin resistant when someone is type 2 diabetic and the pancreas must produce more insulin to get the glucose into the cells.

Someone that is becoming insulin resistant will produce increased amounts of glucose for a time. Eventually, the pancreas can not keep up and the glucose remains in the blood and can not get into the cells. If the glucose stays in the blood vessels they actually cause damage to the vessels and possibly to the organs the blood vessels supply. This can lead to vision problems and is the leading cause of blindness in the US. Excess glucose in the blood vessels also causes nerve damage, kidney damage, heart disease, stroke, foot damage, skin infections, hearing problems, poor blood circulation, and possibly even Alzheimer's disease. [1] Please check with your doctor to see if you are diabetic. Early detection can help prevent complications from diabetes.

If you are trying to be sure that the food you eat does not spike your blood sugar you can check for the glycemic index. Some foods such as refined carbohydrates, sugar, soda, white bread, candy etc. raise the blood sugar very fast. Someone who is insulin resistant might not be able to handle these sharp spikes of glucose

in the body. Foods with a higher fiber, protein, and lipid content will most likely have a more steady stream of glucose in the blood VS a spike like foods with a high glycemic index. The glycemic load takes into account of the total carbohydrate content and portion size. How a food is prepared can also change how the food releases glucose into the body.

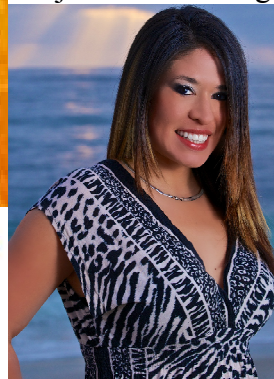
Starch, glucose, fructose, sucrose, and lactose can all spike your blood sugar levels. Glucose and sucrose enter the bloodstream quickly. Starches are chains of glucose but they break up quickly and enter the blood stream quickly, this is reflected in the glycemic index number.

When we eat food that is natural and not refined or processed it is more likely to have a symphony of nutrition. It will have vitamins, minerals, fiber, protien, even fat- which are slow to digest and help lower the glycemic index. For example, eating an apple you have a high fiber content VS soda, there is no fiber and the sugar in the soda hits the blood stream fast and spikes insulin levels.

To learn what a foods glycemic index is use a site like this one. If you are diabetic, aim for foods that are low on the glycemic index:

http://www.health.harvard.edu/diseases-and-conditions/glycemic_index_and_glycemic_load_for_100_foods

Anjelica Shanklin graduated from the University of



Central Florida 2005 with a Bachelor's degree in Health Sciences. She has practiced sports medicine, sports rehabilitation, and sports conditioning for Stetson University, Lyman High School, Palmer Natural Health, and Orlando Kraze, which is a member of the National Premier

Soccer League.

To hire Anjelica as your personal trainer, nutirtiohist get complementary evaluation

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High GI vs Low GI Foods

