

LAKE CLARKE GARDENS NEWSLETTER

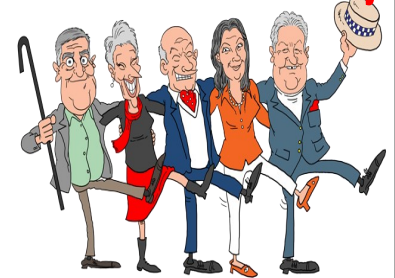
AUGUST, 2021

You're Only as Old as You Feel

By Jerry Sauvé

In his Presidential Proclamation in 1988, President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older." He designated August 21 as the day to honor our seniors. Lake Clarke Gardens is certainly the perfect community to enjoy our Golden Years.

National Senior Citizen's Day



August 21

"You're only as old as you feel. Think young, stay young. Age is only a number". We've all heard some form of these clichés before. But research shows these phrases might be more than just platitudes. There may just be some truth behind them. Researchers at University College London explored the issue and uncovered a fascinating result: people who thought of themselves as younger actually lived longer!

The study included nearly 6,500 men and women with an average age of 66. Participants were first asked, "How old do you feel you are?" Their replies were:

- 70 percent felt three or more years younger than their actual age.
- 25 percent felt close to their actual age.
- 5 percent felt more than one year older than their actual age.

Eight years after being asked that initial question, researchers followed up to determine each participant's status. The first group, which had indicated that they felt younger than their actual age, had a lower mortality rate than the other two groups! So it just might be that staying young at heart helps you live a longer life.

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Lake Clarke Gardens Condominium Association

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Lake Worth Beach, FL 33461

Main Office (561) 965-8487

Fax (561) 965-0986

Email: office@lakeclarkegardens.com

Website: www.lakeclarkegardens.com

Transitions are Tough

The past year or so has seen a complete turnover in our Office Staff. The transition is now complete with the addition of Christine as our controller. However, with change comes adjustment. Differences in personalities, management and work styles, etc. all play into the process.

Nurie, Gaby, and Sonia carried the office through the better part of the transition. They worked together to keep things running as efficiently as possible.

Jennifer and Christine both have their challenges as well. Learning new systems and getting used to a new environment takes time. Jennifer is working hard with both residents and staff to become familiar with the property and keep LCG running smoothly. Christine is learning new accounting software as well as preparing for the annual audit. Right now, this is the major focus. Please be patient with all of them as they learn their new roles.

We have a good working team, but it takes time to come together. The Board of Directors would like to thank you for your patience and understanding during this time. We would also like to thank our office and maintenance staff for their hard work and dedication.



Property Manager's Report

If you have not received your 2021-2022 coupon book, please feel free to contact the office (561) 965-8487 or at Office@LakeClarkeGardens.com and we will help to get one out to you as quickly as possible. Please remember to indicate your building and unit number on your payment, and what the payment is for, so that it is properly applied to your account.

All maintenance requests or issues must be reported via a work order or by contacting the Management Office. Please do not instruct Maintenance staff on property of your maintenance request. It is important to create a written record so there will be a record of its completion and/or resolution. Please utilize the Work Order process either online or filling out the form located at the Management Office.

We have been implementing many new procedures within the Management staff. To ensure a more efficient process when receiving your emails, we have created a new email just for applications. All applications such as sales, leases or architectural modification applications can now be sent to Nuri Diaz at Applications@lakeclarkegardens.com.

We are entering the middle of Hurricane Season. If you plan to be absent during this time, prepare your unit prior to your departure, or designate a responsible individual to care for your unit should severe weather threaten the area. If a unit is unoccupied for a period of time,
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(30 days or more) the LCG Office must be notified, and arrangements made for the monthly inspections on the proper forms. This is in the best interest of all unit owners.

Currently, we are working to schedule the annual tree trimming. Landscapers are overloaded with work and lack of staffing. Scheduling a landscaping/arborist to provide the Association with best possible service and estimate has been challenging. I am anticipating the trimming to be done by the end of August.

Over the next few months, the Board will be finalizing the Atlantic Broad Band resident credit situation. I have been working to clarify the situation with several people originally involved, Atlantic Broadband, and the Board. Once the situation is finalized a communication will be sent out to all unit owners .

During the summer, AC units are working the hardest. Be sure you are having your AC unit checked on a semi-annual basis. This includes the electric on the roof. This not only prevents unexpected malfunctions, it also helps to extend the lifespan of your air conditioner and helps your unit run more efficiently saving you money on energy costs.

Enjoy your summer and be safe!

Do you have something to share?

Do you have something to share with our community? An interesting hobby? A special birthday or anniversary? A story about an LCG activity? If so, I'd like to hear from you.

If you have an article of interest to the whole community, please submit it for consideration. Submission does not automatically mean acceptance, but it will be considered. Articles are published on a space available basis. Please know that any article is subject to editing for length.

All material must be signed with your building and unit number included. The goal of the newsletter is to provide information and highlight the many positive aspects of life at LCG. In keeping with the established guidelines of this publication, anything accusatory or inflammatory will not be considered. Ditto for articles of an editorial or political nature.



Paid advertisement

Deadline for submissions in the September Newsletter is August 20.

Email: lcg.sauve@gmail.com or drop it off in the office.

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You're Only As Old As You Feel

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Here are five steps you can take to feel younger than your calendar age:

- **Be Positive:** Having an optimistic outlook can help you through challenging times while also building good coping skills. Being able to cope with life's ups and downs without letting stress overwhelm you is an important skill to develop and maintain. Meditation and yoga are two practices that might help you learn to think more positively.



- **Forget about the Number:** Experts say that not letting your calendar age dictate what you do and how you live is another key to successful aging. Some older adults withdraw from physical activities when they hit a certain age because they think they are too old for them. Or they give up on eating healthy because they think it doesn't matter anymore. Keep focusing on wellness, and forget about how old your driver's license says you are.

- **Stay Active:** Engaging in fitness activities and not becoming overly sedentary can also help you age well. In fact, a sedentary lifestyle is now considered to be as dangerous for your long-term health as smoking! If you don't currently follow an exercise program, speak with your primary care physician for advice. Swimming, walking, Pilates, bike riding, and tai chi might be activities to consider. LCG's exercise classes will begin again in the fall. Watch for announcements about their times.



- **Keep Learning:** Another avenue for staying young in mind and spirit is to keep learning. Tackle new hobbies. Study a foreign language. Take a guitar class. Learning keeps your mind challenged while also nurturing the spirit. "Use it or lose it" is a phrase healthcare professionals sometimes use to encourage older adults to keep their minds engaged with life. LCG's library offers a good selection of books and puzzles for your use and enjoyment.

- **Live With Purpose:** Finally, living a purposeful life helps you stay young at heart. It's easy to fall into a trap of relying on television for entertainment after you retire. Instead, find activities that help you feel productive. Many older adults find volunteer work gives them meaning and purpose. And new research shows volunteering might help seniors live longer, healthier lives. There are many volunteer opportunities at LCG, as well as in the Lake Worth community.



So, let's encourage each other to enjoy life to the best of our ability. I can't think of a better place to enjoy everything life has to offer. Let's celebrate *Senior Citizen Day* every day of the year at Lake Clarke Gardens.

Adapted from sunriseseniorliving.com

With Heartfelt *Sympathy*

Elias Rajaniemi passed away on July 4, 2021. Elias came from Finland in the 1960's, via Australia, New York, Connecticut, Minnesota, and retired in Florida. He was a quiet, gentle man; a kind and friendly neighbor. He enjoyed watching soccer and walking. He especially enjoyed walking in the evening, admiring the stars and planets as they lit up the night sky. Their sons moved Katri, his wife of 55 years, and Elias to AZ to be closer to family this past June.

On July 3rd Katri said, "Elias is preparing to go to Heaven." On July 5th Katri said, "Elias is no longer with us, he has gone to be with his Heavenly Father on the Fourth of July." Elias was born April 23, 1933.

Submitted by Sylvia Raftery

WELCOME New Owners

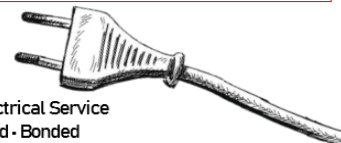
- 6-109 Herminia Vazquez
Alphi Rodriguez**
From Florida
- 7-308 Carmelo Giovanna
Buccafusta**
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- 10-104 Alvaro Salcedo**
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**TOGETHER WE
CAN MAKE A
DIFFERENCE**



This could be your moment!

by Theresa Knowles and the Communication Committee

The Communication Committee would like to remind you that there is an opening on the LCG Board of Directors that will be filled at the October board meeting!

This is your chance! If you have ever wondered whether you would like to be a part of the team that works for, and with Lake Clarke Gardens, send in a resume for a chance to try it out. As you know, we had a resignation from the board of directors last spring. In the case of a vacancy on the BOD, our documents state:

"a majority of the remaining board members shall choose a successor or successors, who shall hold office until the next annual meeting."

This appointment will remain in effect until our next annual meeting in February. It would be a good time to get an idea of what's involved in being a board member.

What is required to be a board member? There must be a willingness to give your time and talents to help keep LCG the wonderful place we all call home.

The team works together to make decisions for the good of our community. The board has a fiduciary responsibility to look out for the best interests of the community. It's important to keep up the physical property and change with the times so we can maintain property values for the overall good of the community.

This volunteer "job" can be challenging, and decisions are not always easy, as improvements and maintenance can cost money. Some people look at a "special assessment" as a dirty word. But as we have recently seen in the news, not doing proper maintenance and upkeep can have devastating results.

There are also many rewards from volunteering. We live in a great community, and most residents appreciate the time and hard work that goes into keeping our community beautiful and prosperous! So, think about how your talents can help LCG, and put your resume in to fill the open position.

Communication

Corner

What's so Special About August?

For us at Lake Clarke Gardens, August is one of the hottest, if not the hottest month of the year. It is certainly known for its heat and humidity. Aside from that, August is the time to reap what you've sown, quite literally, as most summer vegetables are ready to be harvested.

It goes without saying, that August then is a time to celebrate a good harvest and a good summer!

In the northern hemisphere, August is considered to be the last month of summer. In the southern hemisphere, it's the opposite of course, so it's the last of the winter months!

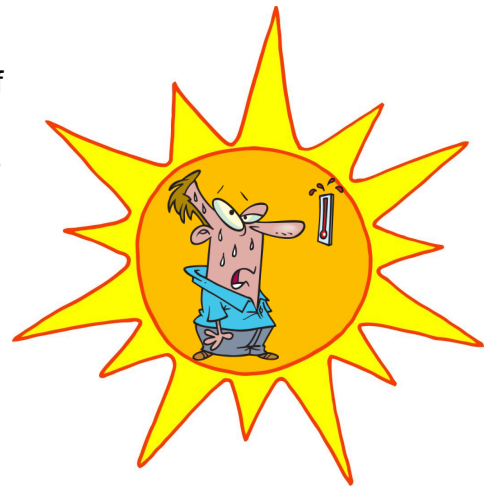
Back in the days of the Anglo-Saxons, the month was called Weod Monath. Its translation of "weed month" is quite literal – in this month weeds and other plants grow the fastest in the northern hemisphere.

Like every other month of the year, August has plenty to show for itself. Take a look at some fun little facts to bring it all together!

August was once the sixth month of the year. In the original ten-month Roman calendar, the month went by the name of Sextilis, meaning "the sixth month" in Latin. It wasn't until around 700BC that August was rudely shoved back in the order of months when January and February were added to the beginning of the year by King Numa Pompilius.

August has also changed its number of days multiple times. In the ten-month Roman calendar, the months all had either 30 or 31 days, totaling 304 days in the year. Not only did Pompilius add January and February to the calendar, but he also reduced the number of days in August down to 29. It wasn't until Julius Caesar introduced the Julian calendar that it was left with 31 days, and it's stayed the same ever since!

adapted from the factsite.com



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(Resident - Lake Clarke Gardens - Bldge 24)



What's Happening in August

Special Activities



Wednesdays at 7:00pm
in the Auditorium

Face covering not required for those who are fully vaccinated.

LCG Bus Route to Supermarkets

Bus leaves 9:30 a.m.

Wednesday and Friday



Second Friday of the month



Third Friday of the month



Bus to the Beach

The LCG Bus will be going to the Lake Worth Beach on Mondays (weather permitting). The bus leaves at 10:00am.



Anyone interested in going must sign up on the sheet posted on the Activities Office door no later than the Friday before the trip. A minimum of 6 people must be signed up for the trip to take place.

To adhere to social distancing guidelines, a maximum of 15 people will be allowed on the bus.

Also Available:

Putting Green, Shuffleboard, Sauna, Billiards Room, Woodworking Shop, Library and Computer Room, Ping-Pong.

DATE	ACTIVITY	DEPARTURE
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3	Lunch - U-Tiki Restaurant <i>You are responsible to make reservation</i>	12 NOON
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14	Isle Casino <i>Bus Returns at 3:00pm</i>	10:00am
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POMPAÑO PARK

19	Lunch - Elisabetta's Restaurant <i>You are responsible to make reservation</i>	12 NOON
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26	Wellington Green Mall <i>Bus Returns at 1:30pm</i>	10:00am
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WELLINGTON GREEN

Sign up Sheets will be posted at Bulletin Board by the East Pool located by the Activities Office

Min. of 6 People—Max. 15 people.

