

Tall Pines Hi Lites

A Deed Restricted Community

Volume 35 Issue 12 on-line-only, August 2019

<https://www.tallpinesnpr20.com>

<https://www.facebook.com/TallPinesatRiverRidge>

This month the Hi Lites has little to print.
There are no July board meeting minutes,
or committee reports to publish.
No events to write about.
No event photos to share....
So, this month a few pages are dedicated to
two topics that are very relevant
to our aging community.
No doubt, both have already touched
all of your lives in some way.
They have touched our community.

Hearing Loss

And

Dementia

You may be surprised to learn
how they are related.

Hopefully you will learn things
that you can incorporate into your daily
routine to help lessen your chance
of developing
Dementia.

Americans fear Alzheimer's Disease more than Cancer.

3/2018 Marist Public Opinion Pole

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SPECIAL pg 4-5

Parklane Real Estate Services

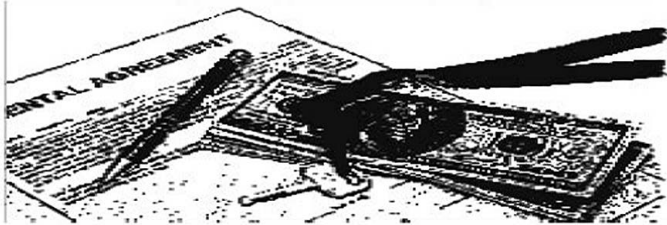
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Contacts Carl Cassella 727-804-9602 cassella3@gmail.com

or Bob Krobatsch 727-845-0950 krows38176@aol.com

2019 Community Directory



Are you in the
Tall Pines
Directory?

Don't miss out
on community
information!

See page 7

Space is Available!

Support our Advertisers!

Tell them you saw their ad in the Hi Lites!

HUNT RIDGE NOTICE

The Hunt Ridge HOA Board announces that there are some new stop signs in Hunt Ridge.

New stop signs have been placed at Baltusrol Drive and Pineneedles Drive, in the front and the back of the neighborhood. They have been placed in order to cut down on speeding, etc., in the neighborhood.

Please make sure to stop at these signs as you would any other stop sign.

The stop signs are each temporarily tagged with 2 red flags to call attention to them being new. Please take note of these new traffic signs.



ATTENTION VALLEY WOOD RESIDENTS:

Greetings from the Board of Directors:

We hope you are having a safe and wonderful summer with friends and family. We look forward to seeing everyone in October for our next board meeting. While we all enjoy our Summer, there is something important we want to bring to your attention.

Recently it has come to the Board's attention that **there is a high incidence of driveways and walkways requiring attention. Please be reminded, if your area needs power washing, you, as the homeowner are responsible for making sure it gets done.** While some of you may be away at your summer home, ask your caretaker if your villa needs some tender loving care. If so, please be sure that it gets the love and attention it needs. **We want to make sure that Valley Wood looks as clean and neat while you are gone as it does when you are here.**

Things to Remember:

No Tents or tent tops are allowed

All grills must be stored and used behind your villa

All trash cans must be out of sight, either in your storage or behind the storage

All bicycles must be stored behind your villa

No dogs over 30 pounds at maturity and only one dog per villa - dogs must be leashed at all times **3**

GOOD TO KNOW ... For the Health of our Residents

Did you know AARP offers a free on-line hearing test!

This is what you will see on the AARP website:

The screenshot shows the top navigation bar with the AARP logo, 'THE NATIONAL HEARING TEST', and 'NHT in the News' with social media icons. Below the navigation bar is a large image of a woman and a man smiling. Text on the page reads: 'The National Hearing Test. It's the first step in addressing concerns about hearing loss in yourself or your loved ones. This telephone-based screening test is scientifically validated and your results remain confidential with you.' There are two buttons: 'AARP MEMBERS: TAKE THE TEST FOR FREE!' and 'LEARN MORE ABOUT THE TEST'.

The National Hearing Test is an accurate, validated hearing screening test, developed with funding from the National Institutes of Health. This confidential screening is taken over a telephone to help you determine if you need a complete hearing evaluation. It has no financial connection with any hearing products/services.

The screenshot shows the 'Verify your AARP membership' page. It includes the same navigation bar as the home page. Below the navigation bar is a link: 'Home / Verify your AARP membership'. The main heading is 'Verify your AARP membership'. The text reads: 'To receive your free test, you need to have a current, paid AARP membership, and you need to be registered with the AARP.org Web site, under the name associated with your paid membership. Click the VERIFY AARP MEMBERSHIP button below to see if you are logged into the AARP site, and prompt you for the login if you are not. If your AARP login is successful and your AARP paid membership is current, you will automatically be forwarded to the Instructions page for your free test.' There is a note: 'Occasionally, the AARP site doesn't respond to the verification request: you will see a white page with a circular "waiting" icon for a long time. If you see this waiting icon for more than 10 or 15 seconds, please try again later.' At the bottom are two buttons: 'VERIFY AARP MEMBERSHIP' and 'BACK TO HOME PAGE'.

Once your current paid AARP Membership is confirmed, you will be directed to the National Hearing Test website.

If you do not have an AARP membership, the cost is \$8.00 at

www.nationalhearingtest.org

The screenshot shows the AARP website with the 'Free Telephone Hearing Test' details. The AARP logo and 'Real Possibilities' tagline are at the top. Below the navigation bar is a search bar and a 'MENU' button. The main heading is 'HEALTH & WELLNESS' and 'The National Hearing Test'. Below that is a 'DETAILS' section with the heading 'Free Telephone Hearing Test'. The text reads: 'Members can take the test for free once a year. The National Hearing Test is an independent and scientifically validated hearing screen test developed with funding from the National Institutes of Health.' There is a section titled 'How to Access' with the text: 'Visit The National Hearing Test website and use your AARP login.' At the bottom, there is a note: 'You'll leave AARP.org and go to a website that is not operated by AARP. A different privacy policy and terms of service will apply.'

MORE INFORMATION:

* The test is designed to detect everyday speech in the presence of interfering noise. For example, when you are at a restaurant or party. This is the most common type of hearing loss in people above middle age & is more common in men.

It affects, 11% of people ages 44-54, 25% of people ages 55 to 64, and 43% of those age 65-84 have this common hearing loss.

* **If you have trouble talking with family or friends, if people tell you your TV or music is very loud, if you are saying "What?" frequently, when talking to others or if you feel uncomfortable or frustrated when involved in a conversation, then you probably have a hearing loss.**

* **Most people do not realize that hearing loss is related to the development of dementia.** A 2019 Johns Hopkins Medicine* article states that: *a mild hearing loss doubles the risk, a moderate hearing loss triples the risk, and a severe hearing loss carries a risk 5 times higher than an individual with normal hearing.*

* Hopkins Medicine, 2019 www.hopkinsmedicine.org

Page 4 left off with the relationship of hearing loss to the development of dementia.

WHAT IS DEMENTIA? Americans fear Alzheimer's Disease more than Cancer. 3/2018 Marist Public Opinion Pole

Dementia is group of diseases that causes a decline of a person's ability to think, reason, and remember. It is not a part of normal aging. Early signs may be forgetfulness, losing items, and problems doing tasks previously done without difficulty. This may progress to include activities of daily living, such as getting dressed. Some patients eventually forget their personal information such as their birth date, phone number or address, and eventually may not know a family member's name. Alzheimer's Disease is the most common type of dementia (60-80% of cases.) Others are from stroke, from Parkinson's or alcohol abuse.

LIFESTYLE HABITS TO HELP PREVENT DEMENTIA DO WHAT YOU CAN!

DIETARY

WHAT'S ON THE MIND DIET?

- AT LEAST THREE SERVINGS OF WHOLE GRAINS EACH DAY
- AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY
- BERRIES AT LEAST TWICE A WEEK
- AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY
- BEANS OR LEGUMES AT LEAST EVERY OTHER DAY
- POULTRY AT LEAST TWICE A WEEK
- FISH AT LEAST ONCE A WEEK
- A FIVE-OUNCE GLASS OF RED WINE EACH DAY
- NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD
- CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK
- PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK

If you don't drink alcohol, purple grape juice provides many of the same benefits.

The MIND Diet

1 / 9

This is a combination of two diets that have well-known health benefits -- Mediterranean and DASH. It's designed to prevent or slow brain decline. Early studies show that it lowers risk of Alzheimer's by 53% in those who follow it closely and by 35% in those who follow more loosely. (The name is short for Mediterranean-DASH Diet Intervention for Neurodegenerative Delay.)



- Green, leafy vegetables
- All other vegetables
- Berries
- Nuts
- Olive oil
- Whole grains
- Fish
- Beans
- Poultry
- Wine (no more than one glass per day)

Foods to avoid or limit include:

- Butter/Margarine
- Cheese
- Red meat
- Fried food
- Sweets

KEEPING YOUR BRAIN STIMULATED is also thought to be helpful in warding off dementia

Puzzles Crosswords. Suduko. Computer games. Jumbles. Word finds. *Lumosity* Brain Games. *Elevate* Brain Training. Adult Education courses. *Wordscapes*. College courses. Memory Games like Memory Match Card games. Painting. Jigsaw Puzzles. Chess.

MAINTAIN GOOD HEARING Have a hearing test & get a hearing aid if needed.

REGULAR PHYSICAL ACTIVITY Engaging in regular physical activity is one of the best ways to reduce your risk of dementia. 150 minutes per week (20–25 minutes of cardiovascular exercise per day)

HEALTHY SLEEP Too much Sleep: People who get more than 9 hours of sleep per day have an increased risk of dementia. The recommended amount, according to the National Sleep Foundation, is 7-9 hours per night, for those 26–64 years of age, and 7-8 hours for people over age 64. Interrupted sleep: restless sleep, or sleep interrupted by snoring or other noises may increase the risk as well.

GOOD GENERAL HEALTH *Avoid head injuries. Eat a **healthy diet** to maintain a normal weight & a healthy heart & arteries. Keep a **normal blood glucose and cholesterol** profile. **Keep a low stress level!**

MAINTAIN SOCIAL ACTIVITIES See friends and family, volunteer, join clubs, attend social events etc.

SOCIAL CLUB MEETING REPORT There is no report, as the July Tall Pines HOA meeting was cancelled due to lack of quorum. The next meeting will be on Tuesday, **August 13**, at 7 pm.

MEN'S CLUB MEETING REPORT

There is no report, as the July Tall Pines HOA meeting was cancelled. The next Tall Pines Men's Club Meeting is on **August 2nd**. An 8am breakfast, is followed by a meeting at 8:30. All men are welcome!

WELCOME COMMITTEE REPORT 6/13/19

There is no report for this publication.

Hi Lites

HI LITES DEADLINE: AUGUST 26TH, FOR THE SEPTEMBER ISSUE

Please send Minutes and Articles to Co-Editors, Kristen Van Nort at kristenlvannort@yahoo.com and Sue Mac Queen at ssmacq22@gmail.com SEE THE ON-LINE ISSUE: at www.tallpinesnr20.com

SUMMER IRRIGATION SCHEDULE

Zones will run on the following schedule:

Zone 1 Monday & Thursday

Zone 2 Tuesday & Friday

Zone 3 Wednesday & Saturday

If you have a question, leave a message for Gary at the Clubhouse voicemail line at (727) 849-7790. This schedule is in adherence with a Pasco County and SWFMD Variance.

Tall Pines Facebook Page

<https://www.facebook.com/TallPinesatRiverRidge>



 Tall Pines at River Ridge
Community  Liked

If you would like anything posted on our fb page please
contact Kristen Van Nort
kristenlvannort@yahoo.com

If you are new to Tall Pines, or an established resident and would like to receive e-mails from the Board of Directors or be included in the Tall Pines Directory, please complete the following **OWNER PROFILE!**

Tall Pines Community Association

Owner Profile

Help us keep you informed of the community events, news and activities by providing the below information and returning it to 1.) your Welcoming Committee representative, 2.) email Sue MacQueen at ssmacq22@gmail.com with Subject: Tall Pines or 3.) mail to Sue MacQueen, 10702 LaQuinta Dr, New Port Richey, FL 34654

Tall Pines Owner Information

Tall Pines Owner Name(s)

Tall Pines Owner Address New Port Richey FL 34654
City State Zip

Mailing Address (if different) City State Zip

Phone Alt Phone

Email Alt Email

Please add my e-mail(s) to the private Tall Pines distribution list for the monthly Hi Lites newsletter and other communications from the Association. This list is only used by the Tall Pines website manager. It is not shared with others nor printed in the Community Directory. When email communications are sent your email address is not disclosed to others. Using email is a timely and cost effective means to communicate things that are going on in our community.

Occupant Information

This information will help us better understand how many and when residents are in the community in order to plan for printing volumes, like the HiLites and/or other activity flyers.

	Yes	No	Full-time	Part-time	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Owner Occupied?	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]
Renter Occupied?	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]	[]

Birthdays and Anniversaries

List any birthdays and/or anniversaries you'd like featured in the Hi Lites:
(If you include year, we will calculate age/years.)

Signature

Date

Tall Pines H E L P L I N E

TELEPHONE REASSURANCE PROGRAM

Offered by CARES at the Elfers Center, the Telephone Reassurance Program is an invaluable FREE SERVICE. It could save your life! A telephone call is made to you each weekday between 8 am to 10 am. A call to ensure you are alright. It is designed for those who live have impairments, live alone or do not have family support near by. For an application or information, call CARES Elfers Center Management at 727-847-1290.

CRIME WATCH

If you see something of concern, don't approach any person suspected of criminal activity. Take visual notes and call 911. Please do not intervene yourself.

PARKING PROBLEMS

The Tall Pines Board of Directors has contracted a towing company for removal of cars that are in violation of the Tall Pines Parking Rules. Any community resident may contact AJ Douglas, at (352) 442 - 2635, with vehicle concerns.

TREE OWNERSHIP for a tree problem

In order to determine if a particular tree belongs to you, contact Parklane Realtor Services OR for Ruxton II residents, Ameri-tech Realty Inc. See phone numbers below.

For a basic look at your lot see <https://www.acrevalue.com/plat-map/FL/Pasco>, and type in your address.

ALL OTHER YARD PROBLEMS

With the exception of Ruxton II, all neighborhoods should report other yard problems to **Parklane Realtor Services** at (727) 232 - 1173. Ask for Dora Steed.

Ruxton II residents should call **Ameri-tech Realty Inc.** at (727) 726 - 8000. Ask for Eric Boland, Ruxton II manager.

SPRINKLER SYSTEM PROBLEMS

Gary is in charge of the sprinkler system for all Tall Pines neighborhoods. He takes messages daily at (727) 849 - 7790, the number for the Tall Pines Clubhouse. Any sprinkler problem can be reported...i.e, buried, not functioning, needing to be directed away from your home in order to avoid rust stains**, etc. Gary will take care of the problem.

**Try "The Works" from the Dollar Store or WalMart to remove rust stains easily from your white stucco. Squirt

IF YOU NEED A **CLUBHOUSE KEY**

Contact AJ Douglas at (352) 442 - 2635. There is a \$20 fee.



DO YOU NEED A LICENSED CONTRACTOR??

Find out before you hire!

Call (850) 487-1395 or go to www.myfloridacontractor.com

WELCOME COMMITTEE

- ***Ruxton Village** - Paula Morin (207) 468-0656
- ***Ruxton II** - Donna Hoey (631) 332-9814
- ***Valley Wood** - Sue Mac Queen (860) 967- 5788
- ***Hunt Ridge - Brookhaven-** Peggy Krobatsch (727) 845-0950
- ***Hunt Ridge-Baltusrol, Pineneedles and Ravines** Barbara Mullins – (248) 672-2834

SUNSHINE COMMITTEE

- ***Ruxton Village** — Paula Morin (207) 468-0656
- ***Ruxton II** — Donna Hoey (631) 332-9814
- ***Valley Wood** — Elizabeth Crowley (727) 645-6806
- ***Hunt Ridge- Brookhaven.....****Volunteer Needed**
- ***Hunt Ridge-Baltusrol, Pineneedles & Ravines** **Volunteer Needed**

**Please contact Dawn Horvath to help out!
630-373-6363 or dmhorvath23@gmail.com**



Thinking of You & Wishing You Well

- | | |
|---------------|------------------|
| Peggy Hutton | Dorothy Roberts |
| Mickey Hebert | |
| Claire Tatick | Kristen Van Nort |



AUGUST OCCASIONS



- Adele Egbert, Aug 5th, 77 years
- Terri Martin, Aug 10th, 59 years
- Dora Hahn, Aug 12th, 88 years



- Steve Hutera, Aug 13th, 48 years
- Laura Babe, Aug 16th, 63 years
- Jeanne Conlon, Aug 22nd

Kaitlyn Ferguson, Aug 22nd

Mia Fritz, Aug 28th, 55 years

Marty Giles, Aug 28th

Larry Combs, Aug 31st

Justin Granholm, Aug 31st



Celebrate your Life and Loves!

No August Anniversaries to report. Do you have one?

Please contact **Dennis Babe** to have your Birthday or Anniversary updated in our system by e-mail, **ddbabe@wi.rr.com**, or phone, (262) 786-1076

WEEKLY ACTIVITIES

All residents of Tall Pines are encouraged to join our parties and activities!

B U N K O
Friday, July 12th
 Starts promptly at 6:30 pm.

Cost \$3.00 Everyone attending is asked to bring a dessert or snack to share.

Coffee, water and soda provided.

Prizes for "most bunkos," "most wins" and "most losses."

Come join the fun !!!!!



Lotsa laughs!

Win

Some

\$\$\$

June Winners

Most Bunkos:
 Bev Dierking

Most Wins:
 Peggy Krobatsch

Most Losses:
 Fran Brandt

THE LINKS AT RIVER RIDGE

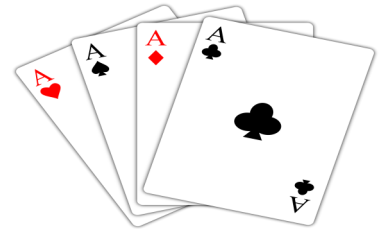
PRO SHOP 727-232-6275

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Golf	Men's	Women's	Tall Pines Golf	Golf
Scramble	Golf	9 or 18 Holes	7:50 am	Scramble
Cancelled	7 am	9 am	Call Lloyd at 727-848-1190	12:30 pm Call Pro Shop

GOLF COURSE IS CLOSED for maintenance as of publication time

CARD GAMES AT TALL PINES CLUBHOUSE

MONDAY	7 PM	Mixed Bridge
WEDNESDAY	6:30 PM	Men's Poker



LADIES WATER AEROBICS at The Links at River Ridge POOL !

Open to ladies with a pool membership. Monday – Friday at **9:30 am**.

Contact Bev: 727-844-0971 The M-W-F Clubhouse Class has been discontinued.

IN THE LIBRARY

We have a computer, printer, and e-mail address: tpcaclubhouse@tampabay.rr.com

This e-mail address is intended for anything related to clubhouse business. i.e., community meeting scheduling, clubhouse key requests, private parties, etc. The printer is intended for personal low volume printing, and is monitored by the Clubhouse Manager, AJ Douglas.

The clubhouse phone # is (727) 849-7790 There is a fax machine attached to this number.

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Eric Kopp

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eric@greenthumbunlimited.com

greenthumbunlimited.com



9/19

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10/19

Tall Pines Clubhouse Rentals

Birthdays * Weddings *** Retirements**

Anniversaries * Bar Mitzvahs *** Showers**

Meetings * Christmas Parties *** New Years Parties**

Available to all property owners
in Tall Pines for a reasonable price.

Call AJ Douglas, Clubhouse Manager at 352-442-2635

HELP THE RECYCLE
CRUSADE!! If you do not
recycle, please HELP and
start now!!



Use your own
container. Get
a label from the Town
Hall, & stick it on!



AUGUST 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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Next Meetings are in October for Ruxton Vil- lage , Ruxton II, Hunt Ridge, and Valley Wood			Recycle	1	2 Men's Club Meets 8:00 am breakfast 8:30 am meeting	3
	4	5	6	7 Recycle	8 Tall Pines HOA Meets 7 pm	9  Bunko 6:30 pm
11	12	13 Social Club Meeting 7 pm	14 Recycle	15	16	17
18	19	20	21 Recycle	22	23	24
25	26 HI LITES Deadline 12 NOON	27	28 Recycle	29	30	31