



January 2012

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THE HOMES OF PARKPLACE

STEINER COMMUNITIES

Karin and Frank Roberts
Your Community Managers

A TOAST TO 2012

- To Hope
- To Possibilities
- To Collaboration
- To Progress
- To Green
- To Peace
- To Fearlessness
- To Freedom
- To Family
- To Education
- To Letting Go
- To Giving
- To Relaxing
- To the Whole
- To Legacies
- To Perseverance
- To Communication
- To Clean
- To Quiet
- To Yes
- To Selflessness
- To Responsibility
- To Respect
- To Invention of New Ideas
- To Moving Forward
- To Saving
- To Laughing
- To the Individual
- To Leadership
- To 2011!!!!



TO THE FUTURE

And to all, celebrating that which matters most . . . the family, the friends and those that surround us with their caring and support

HAPPY NEW YEAR!



A Kindergarten pupil told his teacher he'd found a cat but it was dead. "How do you know that the cat was dead?" she asked him. "Because I pissed in its ear and it didn't move" answered the child innocently. "You did WHAT?" the teacher exclaimed in surprise.

"You know," explained the boy "I leaned over and went 'Psst' in its ear and it didn't move."

January is National Blood Donor Month, a time when the Red Cross recognizes and thanks the 4 million-plus donors across the United States who roll up their sleeves and give hope to patients in need. Every two seconds someone in America needs blood.



During winter blood donations often decline as bad weather causes blood drives to be cancelled and seasonal colds and flu can keep donors home. That's why it's important for all eligible donors to make and honor blood donation appointments this month and throughout the winter.

The Red Cross encourages all donors to make a new year's resolution to give blood regularly to help ensure a stable supply. By donating blood regularly, you make vital contributions to modern healthcare and help save lives.

To Donate Blood: Call 1-800-GIVE-LIFE (1-800-448-3543) or visit www.redcrossblood.org to make an appointment or for more information.

Every man should be born again on the first day of January. Start with a fresh page. Take up one hole more in the buckle if necessary, or let down one, according to circumstances; but on the first day of January let every man gird himself once more, with his face to the front, and take no interest in the things that were and are past.

- Henry Ward Beecher

DON'T FORGET . . . RENT INCREASES IN JANUARY!



The fair is a showcase for the best of Manatee County. This year's fair features exciting exhibits and vendors, livestock shows and auctions, competitions, a thrill-packed midway, a variety of great entertainment and, of course, fair food — all packed into ten days and nights. Come celebrate Manatee County and the warmth of the community. You are always welcome at the Manatee County Fair.

Date: January 12 , 2012 to January 22, 2012
Location: Manatee County Fairgrounds
 (Across from Palmetto High School), 1303 17th Street, West Palmetto, Florida 34221
Admission: Adults \$8.00: Seniors (55+): \$7.00

Manatee County Audubon Open House
 Saturday, Jan 7 (2012) 8:00a to 12:00p
 at Felts Audubon Preserve Palmetto, FL (at the corner of Experimental Farm Road and 24th Avenue East (4600 24th Ave East) in Palmetto)
 Take a walk on the wild side to see birds and other animals on our 27 acre preserve.

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“ . . . I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal." And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! free at last! thank God Almighty, we are free at last!"

Martin Luther King, Jr.

January 2012

Dear Resident:

Don't wait! If you find yourself in a tight financial position or facing the possibility you may have trouble meeting your financial obligations or possibly lose your home . . . please let us know. While we can't make any promises, we would like to work with you. We may be able to help you find a solution to your situation that will help you hold on to your home.

And please . . . let us know as soon as you realize there may be a problem. The sooner you take action, the better. Again, we can't make any promises, but we may be able to help and we would like to try.

We appreciate the confidence you have placed in us by making this community your home and want to work with you to find a solution if possible.

Please contact the office if you want to discuss your situation with us personally.

Frank and Karin Roberts
 Community Managers



One resolution I have made, and try always to keep, is this: To rise above the little things.

John Burroughs

TEN HEALTH TIPS FOR THE NEW YEAR

1. **Review/update immunizations with your doctor:** Adults should be protected against tetanus, diphtheria, whooping cough, and probably hepatitis A and B. All adults over 60 should be vaccinated against shingles and pneumonia, and everyone should have an annual flu shot.
2. **Create/update your living will and name a health-care proxy:** You can't predict when you might become incapacitated by an illness or accident. A living will can be instrumental not only in limiting invasive steps that aren't likely to improve your outcome but also in preventing arguments among those close to you about what you would have wanted.
3. **Review your medications with your doctor regularly:** That includes nonprescription drugs and supplements, too. Such discussions can help ensure you're taking your medications properly and that all of them are listed in your medical record. They can also help identify drugs that you no longer need or can take in lower doses.
4. **Learn cardiopulmonary resuscitation (CPR) or update your training:** Knowing what to do until the ambulance arrives can make the difference between life and death for someone close—or a stranger. And approved techniques have become simpler over the years. You can find a class through the American Red Cross or by contacting your local hospital.
5. **Donate blood:** It's always in short supply, and if you're healthy and not taking a lot of medications, you can donate a pint every two months from age 17 until well up into your 70s. Each pint can save as many as three lives. And don't think that just because you have a common blood type, it's not needed; common types are as essential as rare ones.
6. **Support your local volunteer ambulance corps:** I have observed the efforts of those valiant men and women many times. Their on-the-scene judgments have been superb, and their use of emergency interventions on the way to the hospital has saved the life of many an otherwise doomed patient. Help them do their good work by volunteering or making a donation.
7. **Discard outdated medications:** Except for tetracycline, expired drugs generally don't appear to cause harm. But they do become less potent. In particular, throw out any drug more than a year past its expiration date. For tips on how to safely dispose of drugs, go to www.fda.gov
8. **Carry a medical ID at all times:** It can be a medallion or bracelet or just a card in your wallet. Include your doctor's name, an emergency contact, and your medical conditions, medications, and drug allergies.
9. **Check batteries in fire, smoke, and carbon-monoxide alarms:** And make sure home fire extinguishers are full.
10. **View drug ads with skepticism:** That goes even more so for dietary supplements. Remember, the sole purpose of any ad is to sell a product. If it sounds too good to be true, it probably is.

New Year's Day Soup



Ingredients:

- 1 pound dry black-eyed peas
- 3 (10.5 ounce) cans beef broth
- 1 (1 ounce) package dry onion soup mix
- 3 (10.5 ounce) cans beef broth
- 1 pound smoked sausage, sliced
- 1 cup uncooked long grain white rice
- 1 (4 ounce) can diced green chilies, drained
- ground black pepper to taste
- 1 pound smoked sausage, sliced
- 1 cup uncooked long grain white rice
- 1 (4 ounce) can diced green chilies, drained
- ground black pepper to taste

Directions:

In a large saucepan with enough water to cover, soak the black-eyed peas 8 hours, or overnight.

Drain and rinse the soaked black-eyed peas, and return to the saucepan.

Mix in the beef broth, dry onion soup mix, sausage, rice, and green chilies. Season with pepper. Bring to a boil, reduce heat, and simmer 1 hour and 30 minutes, or until the beans are tender.

Add water as necessary to keep the ingredients covered with liquid.

**Check out our website – go to
www.steinercommunities.com
 and click on Tradewinds**

~ January 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  HAPPY NEW YEAR!	2	3	4	5	6	7 Robber Bingo 7:00 p.m.
8	9	10	11	12	13	14 Robber Bingo 7:00 p.m.
15 Martin Luther King, Jr.'s Birthday	16	17	18	19	20	21 Robber Bingo 7:00 p.m.
22	23	24	25	26	27	28 Robber Bingo 7:00 p.m.
29	30	31	“By failing to prepare, you are preparing to fail.” - Benjamin Franklin			

Only In America.....

1. Can a pizza get to your house faster than an ambulance.
2. Do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front.
3. Do people order double cheeseburgers, large fries, and a diet coke.
4. Do banks leave both doors open and then chain the pens to the counters.
5. Do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.
6. Do we use answering machines to screen calls and then have call waiting so we won't miss a call from someone we didn't want to talk to in the first place.
7. Do we sell hot dogs in packages of ten and buns in packages of eight.