Orange Blossom Gardens

PROPERTY OWNERS ASSOCIATION, INC.

To Further the Good Will and Friendship of All Residents

NEWS



The Association asks its members to patronize the establishments advertised in this bulletin. It is because of their contributions that we can provide you with the News.

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Rec. Secy.:

Edna Scheckells Corr. Secy.: Marge Slinkman

Chaplain: Daniel Thomas

Special Committees Chairman: Fred Diana

Welcome Committee: William Souza (Units 1 and 2) Gabriel Mondor (Unit 3)

> Please contact any of the above for any assistance or information regarding our Association.

> > ******

PRESIDENT'S MESSAGE

I would like to express my heartfelt appreciation to almost 400 residents who attended our March 11 meeting in the Clubhouse. The meeting was very orderly and everyone was cooperative and I think we achieved more at this meeting than we have in the past years. It proves that we can accomplish more if we work together.

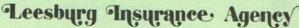
FIRE TRUCK VOLUNTEERS NEEDED

About one year ago Mr. Tarrson offered to provide Orange Blossom Gardens with a truck equipped with chemicals for fire protection if we could come up with a communication system and a volunteer group to run the truck.

After much investigation, the Officers have now found a system of alert that is not too costly or cumbersome,

as explained at our February 12th meeting.

Volunteers were asked to come forward to help organize a group. A few men have offered their services but more are needed. Fire protection is for the benefit of all residents so we would appreciate the help of anyone in the Park. Instructions in the use of the chemicals and fire protection will be given by Authorized Fire Personnel. If you are interested, please contact any Officer.



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The March meeting of the OBG Property Owners' Association was held at the Clubhouse with all residents of the Park invited and urged to attend.

Two major items were discussed. The most important one was to get a majority vote to lease the Clubhouse for meetings, dances, etc. This was done by an almost unanimous vote. A Committee was proposed to oversee the use of the Clubhouse. Residents were asked to volunteer for this job. A minimum of six persons (two from each unit) will be chosen. We would like one member from OBG Property Owners' Association and one non-member with an alternate from each unit. The Recreation Director will be the seventh or odd member, which will give the deciding vote in case of a tie vote. The committee will handle funds paid in for private use and also clear for the use of the Clubhouse in cooperation with the Recreation Director. Only members of the Park will use the Clubhouse for parties, anniversaries, etc. The facilities will not be available to any outside organization.

The other item discussed was the proposed rate increase on water. The amount of increase and the time it will be put into effect are both unknown at this time. All residents were asked to write to the PSC Clerk describing quality and service and what rate is asked for and, if the increase is too great, the necessity for a hearing. The more letters received, the more the PSC will be aware of us. The fact that most are on fixed incomes may be a deciding factor in the amount of increase.

The meeting, conducted by President Al Slinkman and assisted by the Officers, was informative and highly useful. Members, non-members, and Management (represented by Mrs. Ann Dotson) cooperated to the mutual benefit of all.



Eating is an everyday habit we all have. We frequently hear that "the older you get the less you need to eat". There is no scientific evidence that nutritional requirements decrease as we get older. Suggested decreases in food quantity relative to metabolic changes and often decreased activity mean that the quality of the food we eat must be higher than at an earlier age. .

Some biophysical changes affect the choice of foods we eat. Loss of teeth or the existence of denture problems can lead to a dietary modification which stresses foods that are softer and easier to chew. Chewing problems are very real and may be further complicated by decreased salivary secretion and a tendency toward a dry mouth, which makes mastication and swallowing uncomfortable.

The diminished sense of smell and taste caused by a number of neurologic problems that affect us as we grow older can affect the appetite. This can lead to overseasoning of foods. This can irritate other parts of the digestive tract and, in the case of salt, can contribute to high blood pressure, heart disease, and kidney disorders.

Many of us as "senior citizens" are plagued by chronic arthritis, visual disorders, Parkinson's disease and stroke. Neuromuscular problems such as these may lead to inability to handle certain utensils, appliances, and foods. At home alone, this can lead to poor food intake, while in the presence of others it can lead to embarrassment and elimination of important foods.

Many persons experience difficulty and discomfort with the ingestion of certain foods leading to such symptoms as heartburn, indigestion, and a feeling of being "bloated". This requires investigation and, if foods are to be avoided, care should be taken to replace their nutritional contribution to the diet.

Other factors that influence our eating patterns and habits include income, lack of transportation for food shopping, lack of adequate cooking facilities, emotional stress, deprivation, and physical illness.

Rosemary B. Kurtz, Ed.D., R.N.

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IMPORTANT NOTICE

Anyone selling a home in Orange Blossom Gardens which does not have a restrictive covenant in their contract that prohibits it should comply with "Paragraph 6.1" to avoid the type of problem that Spear and Meoli had.

NEW MEMBERS

Mrs. Laura Mortimer, 145 Truman Ave., Unit 3 Paul J. Sowinski, 89 Cindy Drive, Unit 2 George J. Shank, 11 Lester Drive, Unit 2 Stanley & Lena Uzarski, 121 Aloha Way, Unit 1

INCOME TAX SERVICE

Many thanks to Everett Fannin for the great service he gives free of charge to OBG residents in the preparation of their Income Tax forms. He has helped many of us keep in good standing with Uncle Sam.

CORRECTION

On Page 1 of our March issue our Association was incorrectly referred to as "OBG Home Owners' Association". The correct name of our Association is "OBG Property Owners' Association".

DISCOUNT TICKETS

Many thanks are due Harold Jenkinson who is instrumental in securing the many discount tickets for the Central Florida Attractions for our distribution to all.

DAYLIGHT SAVINGS TIME REMEMBER Daylight Savings Time on April 27: Spring forward -- Fall back.

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