

July 1980
Orange Blossom Gardens

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NEWS



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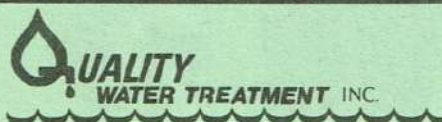
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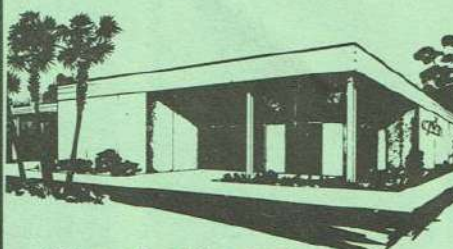


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SPECIAL COMMITTEES' CHAIRMAN: Fred Diana
 WELCOME COMMITTEE: William Souza (Units 1 and 2)
 Gabriel Mondor (Unit 3)

PRESIDENT'S MESSAGE

This is the month of the celebration of our Independence. Many things look bleak now but don't forget our American Spirit that this country was built on. If we persevere, our country will emerge stronger than ever.

Al Slinkman

NEWS BULLETIN

Last month, due to the lack of space, we didn't mention that June was the first issue of the third volume of the News Bulletin. June began our third year of News Bulletin distribution. The Ads on the new cover include many prior ones and some new ones. We are happy to welcome back our former supporters; also to welcome the new ones. Our Association would like to extend thanks to all those who represent the Ads on our cover.

The News Staff and the Officers suggest that we patronize these places whenever possible and let them know we are from Orange Blossom Gardens.

BLOOD BANK

We have a Blood Bank for all residents of Orange Blossom Gardens. If you need blood for any reason, contact Harold Jenkinson (753-3216) and it will be credited to your account at the Hospital by the Central Florida Blood Bank. You do not have to replace this blood yourself. If you have a relative or friend who wishes to donate blood, they can donate at the Leesburg Blood Bank at 913 E. North Boulevard, Leesburg, and tell them they are donating the blood to the Orange Blossom Gardens Reserve.

Harold Jenkinson

GALL BLADDER DISEASE AND YOUR DIET

A major source of concern and stress for the 'senior citizen' is gall bladder disease. This can be caused by inflammation or infection or by the presence of stones - cholecystitis or cholelithiasis - if you would like to impress people. The disease is often found in obese individuals and the greatest percentage occurs in women past middle life. After age 70, however, sex differences are insignificant.

The chief symptom of gall bladder disease is pain which is usually felt in the upper right quadrant of the abdomen. Other common manifestations include heartburn, indigestion, nausea, vomiting, fat intolerance, and flatulence. These symptoms frequently occur after ingestion of a heavy meal containing fatty foods.

The course of treatment for gall bladder disease is debatable and is usually determined by the attending physician - conservative medical therapy or surgery for the removal of the gall bladder. The conservative approach is often the preferred technique based on the increased risks of surgery and the possibility that other diseases or conditions may be producing the symptoms.

Medical treatment usually consists of a program of weight reduction, avoidance of fatty foods, and the use of antacids. The diet should be low in fat, especially animal fat, in any type of gall bladder disturbance. When symptoms are severe, the individual should eat only cereals, toast, milk toast, cooked fruits, rice and mashed potatoes. All other foods should be eliminated. Individuals with gall bladder disease can seldom tolerate spices, condiments, coffee, strong-flavored cooked vegetables, or raw vegetables. Eggs should be avoided or eaten sparingly. All fried foods and pastries should be avoided as well.

(cont'd.)



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Foods that are generally acceptable include ripe bananas, orange or grapefruit sections, lean meat, poultry, and fish (roasted, broiled, baked, or boiled without added fat), and most soups. This is true, even for the individual who has had surgery to allow inflammation in the gall bladder area to subside. Thereafter, foods can be added whenever the individual is desirous of trying them - a full normal diet can usually be given one to two months post surgery.

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

BLOOD PRESSURE PROGRAM

Since the volunteer blood pressure program was initiated on September 25, 1979, there have been a number of people in the Park who have taken advantage of the fact that they might be benefitted by participating. The exact number each time such checks were available has ranged from thirteen to forty-five, with an average of thirty-three. Many people have returned at least once a month, with some persons (on advice) returning twice monthly.

At least seven persons have reported that they have made appointments with the doctor when so advised, and they have indicated that they were given medication, a sodium-restricted diet, or other specific recommendations in order to prevent such disorders as stroke, heart failure, or other conditions that might be incapacitating.

A total of 500 blood pressure checks have been made to date. "A word to the wise is sufficient". Why not take advantage when the program is available?

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

THOUGHT FOR THE DAY

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MIMEOGRAPH MACHINE

Our Association has now acquired a mimeograph machine. Members may not be aware of the necessity for having the use of our own machine. Up until now we have imposed on Prudence Tedder who so willingly helped us in spite of her own busy schedule. But as we grow and get into different areas, printed matter becomes more and more necessary (flyers for meeting notices, dances, installation, ballots for election of Officers, pamphlets for Welcome Kits, extra sheets in the News Bulletin, and other items too numerous to mention. We expect to put the machine to good use.

Rosemary Kurtz did the leg and phone work necessary to acquire the best machine for the least money. It will be kept in space provided for us in the Clubhouse. It will be kept under lock and key and is to be used only by those instructed in its operation by Rosemary.

FOURTH OF JULY

July 4, 1776, celebrates the adoption of the Declaration of Independence by the Continental Congress and is the birthday of our Nation. It is the greatest American Holiday as it commemorates the birth of the United States as a Nation. It is a legal Holiday in every State and Territory of the United States and is celebrated by Americans everywhere.

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