



Senior Moments

February, 2019

Please have all articles to me for next month's newsletter by Thursday, February 21.

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We would like to address a couple of rumors being circulated within our community. The HOA Board is working with an attorney to ensure that all activities in the community are being done in accordance with our CC&Rs and Nevada Real Estate laws. Every resident of Desert Greens, whether a homeowner lot owner, homeowner lessee, or renter is a vital part of our community; hence, my feeling being that we are a family. Talk to any board member if you have concerns.

Our "Meet & Greet" on Sunday Jan. 20th went quite well. Many new faces and plenty of old faces (NOT AGE) attended. Hopefully some new friendships were started.

Last week a resident, while out walking, suffered a stroke. This got me to thinking that, even though Bob Jacobs covered this in last month's Fitness Room article, we all may still not know the signs of a stroke. Remember, **F-A-S-T**: **FAST** is an easy way to remember and identify the **most common symptoms** of a stroke. Recognition of a stroke and calling 9-1-1 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery; so use **FAST** to remember the warning signs of a stroke:

F
A
S
T

FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?



TIME: If you observe any of these signs, call 9-1-1 immediately.



Call 9-1-1 immediately if you observe any of these symptoms. Note the time of the first symptom. This information is important and can affect treatment decisions.

Let's all stay safe. Watch your speed & always be aware of your surroundings.



Thanks for your support

Buzz and the HOA Board

Activities Committee

The weather is starting to come around to more seasonal temperatures now, and the Desert Greens activities are getting revved up again. The Soup and Bread potluck was well attended, and the choice of soups was outstanding. There was no reason for anyone to go hungry. The Meet and Greet was also a big success with many new residents attending along with our established folks.

The Coffee Hour will be held on Wednesday, February 20 this month. Coffee Hour is just that, an opportunity for all residents to get together and catch up with each other. It at least lets everyone know you're still around. The Activities meeting that follows is a separate event. If you're not interested in participating, feel free to say your good-byes and head out. You are always welcome at either or both activities, so just come on down.



You will notice that the times for Movie Nights have been changed to 6:00 pm. Jerry and Jennifer feel that the time change more closely aligns with other Desert Greens events.



This month's highlight will be an International potluck on Saturday, February 16th. Activities is providing appetizers, salads and desserts representative of different nations and US cities, featuring France, Italy, England, New York and Hawaii. We are asking that each person supply a main dish representative of one of those regions. Since Activities will be supplying some goodies, they have decided that there should be a nominal charge of \$2.00 per person. Tickets are available in the office, and there is a sign-up sheet in the clubhouse. Please indicate which region you will be supporting. The sign-up sheet is pretty self-explanatory.

The February highlights are:

- Saturday, Feb 16th ~ International potluck. Happy Hour at 5:00, meal at 6:00.
- Wednesday, Feb 20th ~ Coffee Hour in clubhouse at 9:00
- Wednesday, Feb 20th ~ Activities meeting starting at approximately 9:45.

In last month's Senior Moments we provided a listing of potential activities scheduled for the year. It was agreed at the January meeting tentatively to bring back the Desert Greens Block Party after a year's absence. It may be held on October 12th and would replace the Octoberfest and include a Chili Cook-Off.

Suzanne Hill is very happy with the attendance at the weekly Ladies Tea Time, and suggested that she continue the meetings, but will change the days to the 2nd and 4th Wednesdays of each month. She has a separate article about this in this month's issue.

As usual, consult the Senior Moments calendar to keep up-to-date on the various activities. We are always looking for exciting things to do here, so please come to meetings and offer your suggestions. The committee is really everyone here at Desert Greens, so come on down and join the fun!!

Finally, from time-to-time, we send out emails to Desert Greens residents alerting them of some activity or event. If you wish to have your e-mail address added to the list, there is a sheet in the clubhouse, or email Stu at stu1942egerton@gmail.com.

Stu Egerton - Co-chair of Activities Committee

Women's Gathering at Desert Greens



Our Tea Time together continues twice a month starting in February. Now to be held on the 2nd & 4th Wednesdays - February 13 & 27 From 10:30 . 11:30 am in the Clubhouse Card Room

Join in the fun & laughter as we continue to explore fascinating women, world travel insights, share ideas & learn from each other! All women & friends invited!

Hosted By Suzanne Hill & Barb Perry Contact (253) 653-0684....if questions.

Movie Nights

NOTE: Movies will now start at 6 pm.

Dates and details of each movie will be posted on the Clubhouse door.

**Jerry Nation
408 Brentwood Drive**



Local Events for February:

Pahrump Chamber's Annual Balloon Festival

February 22-24, 2019 at Petrack Park (park opens at 6:00 am)

The Pahrump Balloon Festival brings together more than 30 hot air balloon pilots from the western states. Bring the family to enjoy tethered hot air balloon rides, carnival rides and rodeo events. Vendors will be there showing their arts and crafts and other wares. There will be music and entertainment and great food. This event is open to the public with complimentary entrance to the park. For the current price of balloon ride tickets, call the Chamber of Commerce at 775-727-5800.



The Pahrump Model Railroad Club

February 14-16 at Pahrump Library



The Pahrump Model Railroad Club will once again be at the Pahrump Library February 14-16 with a new model train display. There will be lots of model trains and setups to admire and watch. There nothing like model train displays that brings out the little kid in all of us. Model trains continue to amuse both the young and old with their authentic sights and sounds. The club members will be there to discuss model trains and answer any questions.

Splinters from the Bench – February, 2019

FEBRUARY SCHEDULES:

All League Golf Starting Times 11:00 AM

Men's League Golf - (Tues & Fri)

Women's League Golf - (Mon & Thur)

Mixed Scrambles - (Saturday)

Mixed League Golf - (Sunday)

Mixed League Golf - (2nd Friday of the month) - alternate format

Next Golf Committee Meeting . Friday, February 15th at 2:00pm (after golf).



You are now able to check your handicaps on the new website (either on your desktop or your phone). I put those files along with the rules and regulations on the site. It is still the old address desertgreenscommunity.org - click on "Pages" (one of the dropdown menus) then click on "Golf". You'll see the files at the top of the page. As noted, there are two files – one is a shorter version and the other which also includes your last twenty rounds.

We have voted in a new member to the committee, Mike Nelson. Mike will also be taking on duties as one of the starters. A big thank you to Mike for volunteering and helping out the Desert Greens Golfing Community.

A local rule question came up a week or two ago and was discussed in the last committee meeting. It involves the local rule which allows you a free drop if you are near a pond on an incline. This was to hopefully avoid any accidents resulting in someone falling in. This rule does not apply if the ball is on flat ground even if it is only inches away from the pond. This issue came up with a ball along the right side of the pond on hole # 9/18 and the player could not get a stance because the ball was too close to the pond. Your options would be to just knock it away from the pond counting the stroke or taking an unplayable lie penalty.

TIPS AND TALES FROM THE TEE:

- In 1953, Ben Hogan played in only six tournaments and, amazingly, won five of them. His wins included the Masters and the U.S. and British opens. He took a pass on the PGA Championship, which would have made him the first man to win the modern Grand Slam in the same year.
- Golf is a game invented by God to punish people who retire early.
- Golf is a lot like taxes: You go for the green and end up in the hole.

That's all for this month. Let me know if you have any suggestions or news for the next golf meeting or future newsletters.

Ralph Roque

Fitness Room – February, 2019

George Burns (who lived to be 100) used to say, "If I knew I was going to live this long, I would have taken better care of myself!" It's true that some individuals are blessed with good genes, and no matter how many unhealthy lifestyle habits they have; they're going to live into old age. But for the rest of us who might be concerned with quality of life as we age, exercise is one of the keys. Is it ever too late to start? Research proves it's not.

According to the American College of Sports Medicine, by the year 2030, the number of individuals in the United States 65 years and over will reach 70 million, and people 85 years and older will be the fastest growing segment of the population. Some of you may already be there, while others may be approaching. But whatever your age, exercise can help. Below is a description of what happens to our bodies as we age and how exercise can make all the difference.

What happens to muscles as we age?

Muscle mass decreases as we age. Beginning in the fourth decade of life, adults lose 3%-5% of muscle mass per decade, and the decline increases to 1%-2% per year after age 50. Muscle keeps us strong, it burns calories and helps us maintain our weight, and it contributes to balance and bone strength. Without it, we can lose our independence and our mobility.

Is it ever too late to build muscle?

The good news is that muscle mass can increase at any age in response to exercise. In an important study of weight lifting and older adults conducted with 100 male and female residents of a nursing home in Boston (age range: 72 to 98 years of age; average age 87), subjects lifted weights with their legs three times a week for 10 weeks. At the end of the study, there was an increase in thigh mass of 2.7%, walking speed increased 12%, and leg strength increased a whopping 113%! In a similar study of adults 65-79 years old, subjects who lifted weights three times a week for three months increased their walking endurance by 38% (from 25 minutes to 34 minutes) without appreciable increases in mass. Ida Weiss, a 91-year-old participant in the Boston study, had the following to say after the study, "It's very beneficial for me. Things that I couldn't do when I came here, I can do now. I didn't think that I was going to live anymore, but I feel different now."



Bob Jacobs

Attention New Residents – Grounds Crew Available for Yard Work



Our golf course grounds crew is available to do work for you after normal work hours and weekends. They are very reasonable and do excellent work. Remember, general clean-up, weed pulling, shrubs and tree trimming does not require ACC permission; but new or additional landscaping, including new shrubs, plants, lawn art, needs ACC permission before work can

begin. Tree removal or additions as well as cart paths require permission from the Board. Contact me if you have a project you need help with, and a crew member will contact you for an appointment to discuss it. Thank you, **Jerry Holmes HOA Board. 775 537 7830**

Trip of the Month

Saratoga Springs, Death Valley National Park, California

The bubbling waters of Saratoga Spring rise near the southern boundary of Death Valley National Park. Several springs feed three large open water ponds measuring 6.6 acres total in size. This rare desert wetland supports a rich community of plants and animals. Common reed, bulrush, and salt grass provide food and shelter for many of the animals living here. One of the species that call this place home is the Saratoga Springs pupfish, they are found nowhere else in the world.



Since water is so rare in Death Valley, Saratoga Springs attracts a variety of birds and other wildlife. Bring binoculars and take the time to explore this wetland area. Remember that this is a sensitive habitat, so PLEASE BE CAREFUL and do not disturb the vegetation or wildlife.

Humans have lived around these springs since prehistoric times, and except for two partially collapsed stone structures just north of the springs, little evidence remains of recent human habitation at the spring. The springs were probably named in 1871 after the town of Saratoga Springs, New York, and this area was an important water source for the world-famous twenty-mule teams of the 1880s. The area saw a failed nitrate rush in 1902, and similarly unsuccessful attempts to mine gold and silver in the early 1900s. The Pacific Nitrate Company arrived in 1909 and built a small camp, but left within a few years. From the 1930 through the 1960s the springs provided water for the successful talc mines in the nearby Ibex Hills.

Saratoga Springs is located in the extreme southeast corner of Death Valley National Park. To get here, go to Shoshone, California and at the STOP sign take California Highway 127 south for about 26 miles. Turn right (west) on Harry Wade Road (this is where the Saratoga Springs concrete Monument is, so take a minute and read it). From this point on you will be driving on dirt roads and a high clearance vehicle is recommended (the roads are very wash-boardy). Drive the Harry Wade Road 5.9 miles and turn right (north) on the Saratoga Springs Road. In about two miles you will come to a T-intersection, take a left and drive for about 1.8 miles where it ends at a small parking area. Walk a few hundred yards further uphill to the north for a great view of the springs.



NOTE: Needless to say, don't visit this area in the summer. It gets really HOT. The rest of the year is a great time to visit. Also, while you are in this area, consider the difficulty and hardships of walking across this land in the 1800s; the old timers were a tough breed!

Bob Jacobs