



Senior Moments

July, 2020

Please have all articles to me for next month's newsletter by Thursday, July 23.

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We thought we were going to be opening things up in July. With the spike in Covid19 cases, that has been put on hold. We have not heard of any residents that tested positive. Under the Governor's mandate, we must wear masks inside public spaces even when social distancing is possible. We're asking everyone, when you are in clubhouse, please wear a mask. This includes the exercise room. Masks are not necessary outdoors if you can socially distance. Golf restrictions remain the same. The pool and spa are again, open to RESIDENTS ONLY. Signs are posted at each gate. It is still recommended that water shoes be worn in the pool.

We are having a serious geese problem in our community. There are 4 adults and 9 goslings. We are hoping they leave soon. I am still researching on how to humanely get them to leave.

As you'll read in Stu's Activities article, no activities are scheduled in July except the 4th of July Parade. We all have a blast doing the parade. Decorate your cart, tricycle, bicycle, or mobility cart and join in. We are hoping we can get back to a partial normal in August.

Stay Safe & Healthy!

**Thank You for Your Support
Buzz and the HOA Board**



Activities Committee - July

Hey all. Finally have a little positive news to share regarding activities at the Greens. We did have a meeting this month and it was well attended. Good show. The only activity for July will be the annual Fourth of July golf cart parade (bikes, scooters are invited also). Participants are encouraged to decorate their rides and meet at the clubhouse at 6:30 pm. The parade will start at 7:00 pm. For this event, two riders in a cart are acceptable.



The Golf Committee will also have the annual July 4 tournament in the morning.

Because of the “social separation” guidelines, we will not have a cookout. The cookout is always well attended and people congregate in the clubhouse to escape the balmy desert temperatures, so we will forego that this year.

As you may imagine, there were a lot of questions about starting up cards, etc. The clubhouse is open to Desert Greens residents only; and if folks would like to get together to play cards, shoot pool or watch TV, feel free. The HOA board and the Activities committee will not be formally scheduling anything though.

It was also announced at the meeting that due to potential legal issues; the swimming pool will be for RESIDENTS ONLY until further notice. Later this month the board will review the ‘residents-only’ restriction for both the clubhouse and pool. Sorry.



The annual Craft Fair is scheduled for Saturday, November 7th. Judy Mouer will prepare application forms and have them available in the clubhouse towards the end of July for our residents that wish to participate. As usual, she is giving us first opportunity before allowing outside vendors.

Since we didn’t have our Yard Sale in April, it is hoped that maybe we can do it in October. That will be a discussion item for the July Activities meeting.

It was suggested that we bring back our putting contest. It was well received when we initially started it, but participation waned after several months. Another discussion for the July meeting.

Also, a resident wondered if anyone would be interested in forming a meditation group. He has several ideas on how this could be done, and would only take a relatively short time for each session. Let me know if you are interested.

Finally, the next Activities meeting will be Wednesday, July 22nd. Coffee and goodies will be at 9:00 am and the meeting generally starts around 9:30. We run a very loose ship.

There won’t be a calendar this month either, but as usual, I will keep everyone posted if there are changes. If you wish to be kept in the loop, please either sign up in the clubhouse or send me an email at: stu1942egerton@gmail.com so I can add you to the Desert Greens email address book.

Thanks. See ya around.

Stu Egerton - Co-chair of Activities Committee

To Contact the ACC Committee

The Architectural Committee will not be holding their regular meetings. If you need something approved, you may contact a committee member, and they will make arrangements for the ACC Committee to review your request.

Members are:

- Bill Swab 775-751-8930
- Judy Haas 775-537-0558
- Joan Fullmer 775-751-1572
- MJ Hendrie 605-271-0724
- Michael Caristo
- Joy Ashcraft 702-219-1417
- Stan Beal 805-208-0975
- Carol McGovern 775-727-7384

Desert Greens Food Drive 2020 June-July- August

Update on our Desert Greens summer food drive for the Pahrump Salvation Army Food Bank!

Thanks to our community, we were able to donate 132 items of food – mostly protein – during the month of June, 2020!

We will continue to gather items weekly at 721 Montecito Drive (Ty & Suz Hill) & take to 721 Buol, the Salvation Army site!

The food bank is open Tuesdays & Thursdays from 8:30 – 2 pm, & if you are over 60 years old, you qualify for the produce and food they give out!

Don't forget that even two cans of tuna, spam, beef, chicken, Vienna sausages, chili, stew, or non-perishable food items are greatly appreciated.

Any questions?

Suzanne Hill... suzehill77@gmail.com or (253-653-0684)



Splinters from the Bench – July, 2020



JULY SCHEDULES:

All League Golf Starting Times 7:00 A.M.

Women's League Golf - (Mon & Thur)

Men's League Golf - (Tues & Fri)

Mixed Scrambles - (Saturday)

Mixed League Golf - (Sunday) - Individual golf

Mixed League Golf - (2nd Friday of the month) - Individual golf

Next Golf Committee meeting will be Friday, July 17th, immediately following men's golf. Everyone is welcome to attend.

Golf Committee meeting on June 19th.

- a) There will be a 4th of July golf tournament; the signup sheet is on the golfers table in the back of the clubhouse. The fee will be \$5.00 plus \$1.00 for a mulligan (one mulligan for the 18 holes).
- b) Mike Bonomi has been voted in as Course Marshall, he will have a flag or plaque on his cart to identify him.

Ladies league days: Not all women start at 7:00 a.m. on Monday and Thursday, there are several ladies that start golf at 8:00 a.m. because they golf only 9 holes each day. If anyone else wants to golf on these days, please wait until 8:30 or until the last group of ladies begins play.

A Proper 'Hole in One': Please be aware that the ball has to stay in the hole to qualify for a hole-in-one or a score. Remember to repair your ball marks on the greens.

Players vs. Maintenance Responsibilities

If you are golfing any day other than Wednesday, after league play, and come upon the maintenance workers, whenever possible, please go around them, you can always come back to finish the hole.

We will remain under the Directives of Governor Sisolak's Phase 2 reopening plan and the following Update:

On June 24th, Governor Sisolak signed another Directive that is effective Friday, June 26th, it is a requirement for all Nevadans and visitors to cover their nose and mouth with a mask or face covering when in a public space, whether publicly or privately owned, indoor or outdoor. There are some exceptions such as, when outdoors in public, on the golf course or gathering around the clubhouse. If you cannot maintain a 6-foot social distance or more, you will be asked to put your mask on. It's up to all of us to be responsible and follow these guidelines for the safety of all of us. That means no touching flag poles, rakes, or sand bottles. Also, one person per golf cart unless you reside together, and now masks if you cannot follow the 6' social distancing. If there are any changes to Governor Sisolak's reopening plan during July we will let everyone know through Stu Egerton's email chain.

TALES FROM THE TEE

Golf balls are like eggs. They're white, sold by the dozen, and you have to buy more by the end of the week.

Golf Jokes from the Internet

Butch (Don) Walters - Golf Committee Chairman

Fitness Room – July, 2020

The following information came from the following web site.
<https://dailycaring.com/dehydration-in-elderly-is-dangerous/>

Dehydration is dangerous for senior health

Drinking enough water is important for everyone, but especially for older adults who are at greater risk of dehydration. A UCLA study found that 40% of seniors may be chronically under-hydrated. That can easily lead to dehydration and cause a variety of serious health problems, including urinary tract infections, falls, kidney stones and more. And, adults age 64 and up have the highest hospital admission rates for dehydration.



Why is dehydration so common in seniors?

Older adults are more likely to become dehydrated because they naturally have less water in their body. In addition, seniors

- Are less sensitive to the feeling of being thirsty
- Have a decreased ability to keep fluid levels in balance in the body.
- Have less efficient kidneys, which causes urine to contain more water.
- Often take medications that cause side effects like diarrhea or excessive sweating.

Symptoms of dehydration in seniors

Early dehydration symptoms in older adults often go unrecognized because many of the signs of mild dehydration could easily be caused by other health conditions or medication side effects. But it's far easier to correct mild dehydration than deal with the complications of serious dehydration symptoms. Being familiar with the signs helps you take action sooner rather than later.

Mild dehydration symptoms

- Dry mouth
- Dark-colored urine or very small amount of urine
- Fatigue
- Dizziness
- Muscle cramps in limbs
- Headaches
- Feeling weak or unwell
- Being sleepy or irritable

Serious dehydration symptoms

- Low blood pressure
- Confusion
- Difficulty walking
- Fast, but weak pulse
- Bloating stomach
- Wrinkled skin with no elasticity – try the “pinch test”
- Dry and sunken eyes
- Breathing faster than normal
- Severe cramping and muscle contractions in the body
- Convulsions

How much water do seniors need?

For the average person, a general rule of thumb for how much water to drink each day is to take one-third of the person's body weight in pounds and drink that number of ounces of water. For example, a 150-pound person would need 50 ounces of water daily, which is about six 8-ounce glasses of water. Of course, if the weather is very hot or dry, they'd need to compensate by drinking more water than usual. However, because each older adult takes different medications and has different health conditions, it's important to talk with their doctor to find out how much water is best for their body.

Benefits of drinking enough water

- Less constipation/reduced need for laxatives
- Fewer falls
- Reduced risk of urinary tract infection
- Men may have reduced risk of bladder cancer
- Reduced risk of colorectal cancer

Bob Jacobs

Change to 'Day Trip of the Month' Photos

Because of the costs of printing, pictures from Bob Jacob's "Day Trip of the Month" articles will not be included in the printed edition that's handed out in the park, but you can view colored photos that accompany his article in the Senior Moments PDF version that is on our website at

<http://www.desertgreenscommunity.org>

You can also view colored pictures and past articles of his many trips at the Pahrump Library Reference Desk when they reopen. They have three notebooks of past day trips, with photos, under his pen name "Prospector Bob."

Day Trip of the Month

Round Mountain, Nevada

Round Mountain is a small unincorporated community in Nye County, Nevada. The population of Round Mountain, Nevada as of 2014 is almost 1,900. Round Mountain is best known for the Round Mountain Gold Mine, a large open pit mine.



* Designed by TownMapsUSA.com

The first gold production from the Round Mountain District was in 1906, and by 2006 the mine had produced over 10 million ounces of gold, worth about 9.5 Billion Dollars at 2009 prices. Ore reserves and resources total about 1.8 million ounces of gold as of the end of 2007.

While the original town of Round Mountain remains near the current mining operations and in time will be overtaken by the mining operation, the construction close by of two new small communities (Hadley and Carvers, Nevada) were developed by the mining company primarily to provide new housing and facilities for their employees.

In **Hadley, Nevada** there is an elementary school, a high school, a football field, a library, an indoor swimming pool, a golf course, three baseball fields, a fitness trail around the gym and baseball fields, a post office, a grocery store, two gym facilities (one with a weight room, treadmill room, and two racquetball courts), a recreational park, a gas station/laundromat, a bed & breakfast, a few churches, a fishing pond, two tennis courts, a community center, a fire department, a E.M.S. ambulance service, an RV park, storage units, a nail salon, horse corrals, a restaurant/bar, and numerous children's playgrounds.

In **Carvers, Nevada** there is a gas station, a motel, storage units, a church, a rest stop, a restaurant/bar, an RV park, a museum, a hardware store, an auto parts store, a tire repair shop, a hair salon, and a small apartment complex.

Kinross Gold Corporation owns and operates the open-pit gold mine, and I have heard that certain times of the year, they give guided tours to the public of their mining operations at Round Mountain. You will have to contact them to find out the date of the next tour.

Their contact information is Kinross Gold Corporation, Toll Free: 1-866-561-3636.

To get there, take State Route 95 North and at Tonopah, Nevada go East on State Route 6 and at the junction of State Route 376 go North and follow the signs to Round Mountain.

Bob Jacobs



Aerial photo of the Round Mountain open pit mine. In 2008 the dimensions of the pit were about 8,200 feet by 4,900 feet, it has grown since that time. The mining benches (contour lines) are each about 35 feet high so you can see that this is a big hole.