

Casa Loma Link

January 2023

105 52nd Ave. E., Bradenton, FL 34203 Phone: (941) 755-8612 Email: casaloma@newbymanagement.com



**Happy
New Year!**

A Publication for the residents of Casa Loma

CASA LOMA CURRENT BOARD MEMBERS 2021

Steve Long – President

205 52nd Ave Plaza East
Bradenton, FL 34203
860-810-5315
Stevenlong714@aol.com

Lynne Gilbert – Vice President

Edmundo Delgado – Secretary

308 50th Ave Ter E
Bradenton, FL 34203
941-815-8495
e.delgado.2011@gmail.com

Jeannine Abare – Treasurer

111 52nd Ave E;
Bradenton, FL 34203
518-335-5909
Jeanninebetters@gmail.com

John Bruni – Buildings & Grounds

109 52nd Ave E
Bradenton, FL 34203
207-272-1304
brunijab@yahoo.com

Contact Newby Management at (844) 285-2099 for after-hours related emergencies and Doug Young during regular business hours at (941) 755-8612.

LOCAL NUMBERS

Animal Control	941 742-5933
Code Enforcement	941-748-2071
Elder Helpline	1-800-963-5337
Elder Abuse	1-800-962-2873
FL Highway Patrol (SR 7 - Troop F)	941-751-5350
Sheriff's Dept	941-747-3011 Ext. 2260
CRIMESTOPPERS	1-866-634-8477

**PLEASE CALL THE SHERIFF'S OFFICE IF YOU SEE ANY UNLAWFUL ACTIONS TAKING PLACE. NON-EMERGENCY NUMBER IS 941-747-3011 Ext. 2260
DO NOT CALL THE OFFICE**

**OFFICE HOURS - Monday, Tuesday,
Thursdays (excepting national holidays) -
9am to 5pm, closed for lunch from 12-1.**

VOLUNTEERS OF CASA LOMA INC

Activities:

Co-Directors: Karen Yeager (610) 217-2685
Ron Griffis (586) 303-7639

HELPFUL NUMBERS

Social Security Administration

(SSA).....1-800-772-1213

7am – 7pm business days

Call to provide notification of death or to inquire about survivor benefits.

U.S. Dept. of Veterans Affairs

(VA).....1-800-827-1000

7am – 7pm business days

Call for survivor benefits, burial benefits or to provide notification of death.

STOCKHOLDER FEES & DEPOSITS

STOCKHOLDER FEES & DEPOSITS

The monthly maintenance fee is \$75.00 per month, and the payments are due the first of each month. Payments received after the 10th of the month will incur a late fee of \$25.00. **NO CASH WILL BE ACCEPTED!** There is an option to make a single payment in January for the entire year, for which there is a discount of \$12.00. Stop in the office if you would like to change your payment from monthly to annual for 2022.

Any returned checks will be charged \$25.00 and an administrative fee of \$15, for a total of \$40.00 . This will be in addition to any charges your financial institution may charge you.

Casa Loma's email address is
casaloma@newbymanagement.com
Newby Management 844-285-2099
Community related emergencies

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FROM YOUR BOARD PRESIDENT

Because of the New Year holiday our publisher requires that the article for the January of the Link be submitted BEFORE our monthly board meeting. What follows is a brief recap of what was discussed at or December meeting.

Casa Loma has been a member of the Florida Resident Owned Communities organization for a long time. In November we received a notice from them that they had decided to cease operations. Included with this notice was a ballot to either agree with that determination or not. That notice requested a response by November 11th. Because I received that notice after our October meeting and before our November meeting, I responded to it with a "Yes" vote. A large part of the reason for my acceptance of it was that in all of the years that I have been involved with Casa Loma this was the first time that I even knew that organization existed and that we were a member of it.

Our financial position at the end of October is strong. We are showing a surplus of income over expenditures, primarily due to our not having a manager for a good portion of the year. We've been making quite a few improvements to the building and grounds. We've been replacing quite a few exterior lighting units on the building and at the entrance areas to the park. All of these replacements have been with energy efficient LED lights, so we are expecting a reduction in our electricity bills in the months to come. The air conditioning unit in the billiards room has been replaced, and we've received a treadmill and stationary bike for a soon to be available exercise area. A new corn hole game has also been purchased.

We've had continuing problems with the heating unit for our pool. The heating unit keeps shutting down and needs to be manually reset. Part of the problem is the age of the equipment and the difficulty in getting parts. We are planning on replacing the aging propane system with an electric one. The cost of propane has been escalating and we feel that an electric heater will be much less expensive to operate. We've received quotes in the range of \$4,500 to \$6,000 for the switchover.

As mentioned in last month's column the repairs to the north seawall of our retention pond have been completed. More concrete was required than originally planned so the cost was higher than projected. We're budgeting for repairs to the south seawall for 2023 and that will likely be more expensive than the north wall as it is longer and in worse condition.

On another note, as mentioned in this column last month, we receive many complaints about the condition of some properties in the park, complaints about animals and pets roaming, and the "behavior" issues of some of our residents. Just a few days ago I received a phone call from one of our residents concerned about a neighbor's dog that was kept chained outside and was being neglected. This resident called Animal Control to report the problem. The resident was informed, that according to state law, unless they provided their name and address that no complaint could be accepted. Fearing retaliation that person decided to NOT file a formal complaint. I informed this person that I understood their concern. Whether it's the mistreatment of pets, the poor condition of property, or residents doing things to "interfere with the peace and tranquility" of other residents [see my article from last month] you should not let fear control your actions. **Do not hesitate to contact Law Enforcement, Code Enforcement or Animal Control. All three phone numbers can be found inside the front cover of The Casa Loma Link.** It's a cliché, but still a wise saying – If you are not part of the solution, you are part of the problem.

Respectfully,
Steve Long, President

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FOR YOUR GOOD HEALTH **GLAUCOMA**

Overview

Glaucoma is a group of eye conditions that damage the optic nerve. The optic nerve sends visual information from your eye to your brain and is vital for good vision. Damage to the optic nerve is often related to high pressure in your eye. But glaucoma can happen even with normal eye pressure.

Glaucoma can occur at any age but is more common in older adults. It is one of the leading causes of blindness for people over the age of 60.

Many forms of glaucoma have no warning signs. The effect is so gradual that you may not notice a change in vision until the condition is in its later stages.

It's important to have regular eye exams that include measurements of your eye pressure. If glaucoma is recognized early, vision loss can be slowed or prevented. If you have glaucoma, you'll need treatment or monitoring for the rest of your life

Risk factors

- Glaucoma can damage vision before you notice any symptoms. So be aware of these risk factors:
- High internal eye pressure, also known as intraocular pressure
- Age over 55
- Black, Asian or Hispanic heritage
- Family history of glaucoma
- Certain medical conditions, such as diabetes, migraines, high blood pressure and sickle cell anemia
- Corneas that are thin in the center
- Extreme nearsightedness or farsightedness
- Eye injury or certain types of eye surgery
- Taking corticosteroid medicines, especially eye drops, for a long time

Prevention

These steps may help detect and manage glaucoma in its early stages. That may help to prevent vision loss or slow its progress.

- Get regular eye examinations
- Know your family's eye health history.

- Wear eye protection
- take prescribed eye drops regularly.

Source: <https://www.mayoclinic.org/diseases-conditions/glaucoma/symptoms-causes/syc-20372839>

FROM THE KITCHEN OF...

We are saddened to say that after 5 months, nobody has voluntarily sent any recipes in so we are discontinuing this column.

IT'S A NEW YEAR AND TIME FOR SOME RESOLUTIONS

Making resolutions has become a part of New Year traditions. Almost everyone makes resolutions on the occasion of the New Year with a hope to change themselves for good and achieve their goals. This is a very commonly seen tradition followed in most parts of the world. The success rate of observing it for the set time is much less. The very common resolutions that people make include staying fit, waking up early, reducing the use of phone, spending quality time with kin etc. Unfortunately, these resolutions last no longer than a week or two.

Despite the best of intentions, once the glow of a fresh new year wears off, many people struggle to make good on their plans. According to a study published in the Journal of Clinical Psychology, only 46% of people who made New Year's resolutions were successful. That means over half of the people who set a goal for the new year will fail! Naturally, we don't want to be in the camp of folks that fail to achieve their aspirations and dreams for 2023, so here is a plan for following through on your resolution.

If you want to realize your New Year's resolution this year, follow these steps:

1. Mentally prepare for change. Changing ingrained habits is not an easy task. Before diving head-first into your New Year's goal take a step back and get ready for that impending change. Is this a resolution that you've tried before? Maybe it was a partial success, maybe it was a total failure. If you made some progress, how can

continued on page 6

you build on that this year? You will want to keep upbeat with your new resolution, so you can use that positive association with prior year's accomplishments to remind you of those good feelings when you are feeling challenged.

2. Set a goal that motivates you. You would be surprised how often people set goals that are not for themselves. These goals could be dictated or coerced by a manager, spouse, or parental / peer pressure. While it's nice to have some external support, if you don't share the same passion, the resolution has a small chance of succeeding and could even be dead on arrival. To do this, you need to make sure the goal you set is important to you and only you and that there is value or benefit for you in achieving the goal. It is these two things that will provide the reason and willingness to take action. This is also known as motivation!
3. Limit resolutions to a manageable amount. A common mistake in resolution setting is having too many and spreading yourself too thin. We all want to learn 25 different languages, 15 new job skills, and eliminate 5 bad habits, but we are not superheroes. We only have so much attention span we can dedicate to self-improvement, so having too many resolutions is a great way not to achieve the many goals you have set out for yourself. Thus, you should make a short list of resolutions that you can manage in the upcoming year. Knowing that short list of priorities is the hard part. The key here is understanding how to prioritize. A final thought: It's better to tackle one resolution well than multiple resolutions poorly.
4. Be specific. When it comes to setting resolutions, it's easy to set bad goals that could lead to poor follow through. Fortunately, SMART goal setting framework can help you craft better goals.
 - a. Articulate the resolution as clearly as possible. For example, quitting smoking is better than being healthy. While "being healthy" is great, the wording can be interpreted in many ways.
 - b. Quantify your resolution. For example, *I will lose 10% of my body weight.*
 - c. Choose a goal within the realm of possibility, but yet challenging. *Making 100 friends this year*

would be amazing, but probably pretty hard to do. On the other, *making 10 new friends is doable.*

- d. Keep it relevant to your priorities and goals. *See motivation section above!*
 - e. Give yourself a time-frame in which to achieve a goal. A deadline will instill some urgency and provide a time when you can celebrate your success.
5. Write down your goals. While it's great to have goals, it is critical to document them in some way. Write them down. Why? There are many reasons. They're easy to forget. Writing them down helps to clarify what it is you want to achieve. It establishes intention. Documented goals help you overcome resistance to progress. We set goals to move forward, but there is a natural resistance to change. Finally, written goals are a reminder of how far you have come and what you have achieved.
 6. Share your resolutions with others. *"If a tree falls in a forest and no one is around to hear it, does it make a sound?"* It's great to make a resolution for yourself and maybe even write it down, but if no one else knows about it, it's easy to forget about or even ignore. And when you don't achieve it, no one will notice or care.
 7. If you fall off track, get back on quickly. It will take time for your resolution to become a reality and we know change is difficult. Setbacks can happen, but so long as they are handled correctly, they will not impact the big goal. The key is to avoid a defeatist attitude at all costs, i.e. *"Well I screwed up once, why should I even try to do this anymore."* And if there is a setback, it's important to understand what lead to that moment, and how you can avoid a similar situation in the future, i.e. *"If I play video games after work, I will not go to the gym. Don't play video games after work!"* Once a mistake is made, own it and move on to the next thing. For example, if you skipped a study session, make it up tomorrow, and keep on moving. A few small mistakes shouldn't spoil your resolution for the year!
- Here's to having a few well thought out goals for 2023 and the motivation to accomplish them!

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CHECK THE CLUBHOUSE DISPLAY CASES...

They often contain last minute information about meetings, events, and other happenings at Casa Loma. Swing by at least once a week to see if anything new is happening!



Are you on Facebook? If you are and have not joined the Casa Loma Shareholders page we strongly encourage you to do so. Besides getting to know your fellow residents, it's one way that we have to get late breaking news and announcements out to everyone. In the past our members have requested help on minor repairs along with seeking recommendations of companies that provide repair services. Our page is a "closed" page! Only owners of property in Casa Loma are eligible to join. To join you must provide your full name, the address of the property that you own, and agree to be respectful on this page. In Facebook search for "CLShareholders".



DO WE HAVE YOURS...

It's surprising how many of our residents, landlords, and tenants that we do NOT have an e-mail address for. If you didn't receive the **Hurricane Preparedness**



e-mail that we sent out just before Hurricane Ian, please stop by the office and provide it to us. This is an invaluable tool for us to have in case there is anything that we need to get to all of our residents and owners in a hurry! Be a good neighbor and tell your neighbors and friends in the park about this request, just in case they missed it!

GET READY FOR OUR ANNUAL CARPORT SALE!



That's right - Casa Loma's Annual Carport Sale is next month. It will be held on Saturday, February 18th from 8 AM to 2 PM. Just like in previous years, Early Birds can set up on Friday and Tables and Chairs will NOT be available from the clubhouse. Start gathering the things you will want to sell!



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TRASH PICKUP GUIDELINES

TRASH ONLY

We've seen residents placing large items of furniture, electronics, and appliances on the curb for pickup. Manatee County has a special procedure for such items as outlined below.

Furniture & Household Items:

- Two (2) large items may be placed at the curb with your regular garbage and picked up for free. Please do not exceed two (2) large per collection day.
- BBQ grills without propane tanks, bikes, prepared swing sets, prepared fencing, sinks, bathtubs, toilets, sleeper sofas, box springs and mattresses, mirrors or glass (taped, and six (6) feet or less in length).
- Only two (2) large items per pick-up.

White Goods / Appliances:

- White goods are large appliances such as refrigerators, air conditioners, washing machines, dryers, stoves, water heaters and freezers.
- There is a minimal charge for curbside disposal per appliance or item.
- You may also elect to dispose of your item at the landfill for a fee or utilize your one free annual pick up.
- To schedule pick up of white goods, please call the Utilities Customer Service at 941-792-8811.

Televisions:

Do NOT dispose of TVs in your trash. Prior arrangements must be made before placing a TV at the curb.

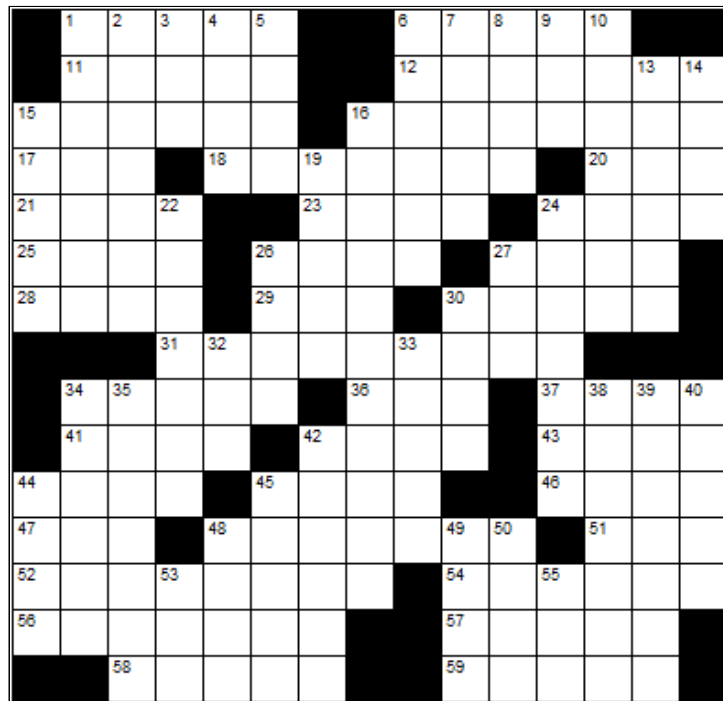
Disposal Options:

- Call 941-792-8811 and speak to a customer service representative for details to schedule a special pickup. You may use your one "free annual" option or pay a fee for this service.
- Deliver the TV to the Manatee County Landfill Monday through Saturday from 8:00 a.m. - 5:00 p.m. and between 9:00 a.m. and 3:00 p.m. on the 3rd Saturday of each month for proper disposal at **no charge**.
- If you are able to unload your TV without assistance from County personnel, you may bring it to the Lena Road Landfill Monday-Saturday 8:00am-5:00pm. Please stop and speak with scalehouse staff; there will be **no charge for disposal**.
- Check with your local thrift store to see if they are accepting donations of working TVs.



ACROSS

1. Poplar variety
6. Select by voting
11. Depart
12. Illness
15. Victor
16. Differs in opinion
17. American Medical Association
18. Noteworthy
20. Martini ingredient
21. Infinitesimal amount
23. Regulation
24. Heredity unit
25. Pretentious person
26. Musical phrase
27. Blow a car horn
28. Apprentice
29. Play a role
30. Parental sisters
31. Lovelorn
34. They connect points
36. Before, in poetry
37. Chooses
41. Prefix meaning "Within"
42. Russian emperor
43. Entice
44. Rodents
45. A gathering or event
46. Winglike
47. Big fuss
48. Museum wing
51. 54 in Roman numerals
52. Related to unskilled tasks
54. First-aid item
56. Exact
57. Pilotless plane
58. Discourage
59. Durable fabric



DOWN

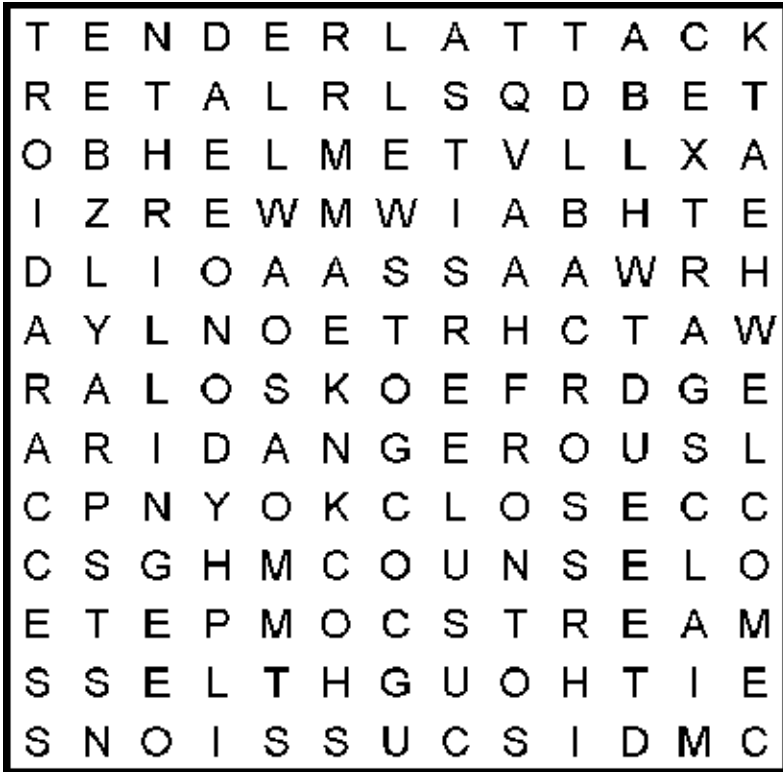
- | | | |
|----------------------------|------------------------|--------------------------------|
| 1. Payment to an ex | 15. Midsection | 38. Tugging |
| 2. Legislator | 16. Fearlessly | 39. Rookie |
| 3. Greek god of flocks | 19. Ceasefire | 40. Wait on |
| 4. Smooth or level | 22. Teems | 42. Bank employee |
| 5. Adopted son of Claudius | 24. Venetian boat | 44. Wheelchair access |
| 6. Safe to eat | 26. Chits | 45. Untrue |
| 7. Fine thread | 27. Color | 48. Person's manner of walking |
| 8. Being | 30. Affirm | 49. Disposes |
| 9. C | 32. Modern | 50. Bygone era |
| 10. Trigonometric function | 33. Give a speech | 53. Frozen water |
| 13. Smells | 34. A person who rules | 55. Dung beetle |
| 14. Slave | 35. Chanted | |



January
Crossword



January Word Search



- access
- across
- advise
- arid
- attack
- blast
- brook
- claim
- close
- compete
- core
- counsel
- dangerous
- discussion
- extra
- front
- helmet
- honorable
- later
- loot
- names
- radio
- rag
- reel
- shock
- solar
- spray
- stream
- swell
- tender
- thoughtless
- thrilling
- watch
- water
- welcome
- wheat

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2023 JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11:00 AM - Harvest Church En español Pastor Edmundo Delgado	2 10:00 AM - Shuffleboard	3 9:00 AM - Ceramics @ Sandy Kasten's (Call first) 10:00 AM - Golf League @ Greens of Manatee	4	5 9:00 AM - Ceramics @ Sandy Kasten's (Call first) 6:30 PM - Dartball	6	7 9:00 AM - Coffee Hour - Bring Coffee Cup & \$1
8 11:00 AM - Harvest Church En español Pastor Edmundo Delgado	9 10:00 AM - Shuffleboard	10 9:00 AM - Ceramics @ Sandy Kasten's (Call first) 10:00 AM - Golf League @ Greens of Manatee 6:30 PM - Monthly Board Meeting	11	12 9:00 AM - Ceramics @ Sandy Kasten's (Call first) 6:30 PM - Dartball	13	14 9:00 AM - Coffee Hour - Bring Coffee Cup & \$1
15 11:00 AM - Harvest Church En español Pastor Edmundo Delgado	16 10:00 AM - Shuffleboard 	17 9:00 AM - Ceramics @ Sandy Kasten's (Call first) 10:00 AM - Golf League @ Greens of Manatee	18	19 9:00 AM - Ceramics @ Sandy Kasten's (Call first) 6:30 PM - Dartball	20	21 9:00 AM - Coffee Hour - Bring Coffee Cup & \$1
22 11:00 AM - Harvest Church En español Pastor Edmundo Delgado	23 10:00 AM - Shuffleboard	24 9:00 AM - Ceramics @ Sandy Kasten's (Call first) 10:00 AM - Golf League @ Greens of Manatee	25	26 9:00 AM - Ceramics @ Sandy Kasten's (Call first) 6:30 PM - Dartball	27	28 9:00 AM - Coffee Hour - Bring Coffee Cup & \$1
29 11:00 AM - Harvest Church En español Pastor Edmundo Delgado	30 10:00 AM - Shuffleboard	31 9:00 AM - Ceramics @ Sandy Kasten's (Call first) 10:00 AM - Golf League @ Greens of Manatee				

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