



Tidbits

Bonfire 55+ Mobile Home Park Newsletter

To view on the Bonfire website go to: www.bonfiremhp.com/life/newsletters.html

February, 2021

Editor- Renee Licht. Please email Tidbits submissions by the 25th of the month to: rtlicht@sbcglobal.net

2020 - 2021 Board of Directors

President: Bobby Wolgan Vice President: Harry Smith Treasurer: Larry Dennis

Secretary: Paul Shortsleeve Director (Assistant Secretary): Mike Micallef Director: Dave Meyer

Director: Bill Richardson

The Office of the President- Bobby Wolgan

Bonfire Office closed for Covid-19. Please communicate to office staff by phone (352.787.4891), email (bonfiremhp@aol.com) or use the black box to the left of the door. Thank you for keeping all of us safe. The Clubhouse is closed to events until further notice.

Note: The next Board Meeting in February: to be determined

Shareholders Meeting: Scheduled for Saturday, March 27 at 9:00 AM, under the tent and social distancing.

2020 - 2021 Social Club Board

President: Leslie Decator

1st Vice-President: Robin Semon

(Spring Fling, Tidbits, Calendar, Directory)

2nd Vice-President: Russell Porwitzky

(Flea Market, Fundraising Meals)

Secretary: Margaret Willis

Treasurer: Ramona Richardson

The duties of each of these board members are detailed in the Social Club By-Laws. A copy of these can be found on the Bonfire Website: www.bonfireMHP.com. Login and password are found in the Bonfire Village directory.

The next scheduled Social Club Membership Meeting: ~~Saturday, November 14, 2020 at 10:00 AM~~ CANCELLED until further notice.

Note: With the Clubhouse being closed indefinitely, the dances have been cancelled for the remainder of the winter season.

1st Director: Shirley Byrd

(Dances, Karaoke, Choir, Entertainment)

2nd Director: DeAnna Barnhill

(Potlucks, Ladies Lunch, Friday Coffee)

3rd Director: Joyce Worman

(Welcome Packet, Welcome to Bonfire Event)

4th Director: Karen Van Matre

(Decoration of Park & Clubhouse for Events)

Coffee Hour at the Gazebo

We continue gathering at the Gazebo on Friday mornings at 7:30 AM for Coffee and Donuts (if it is raining it moves to the Kelly's carport). Coffee and Donuts will be provided by the Social Club. Money donations to go towards the coffee/donuts will be accepted. We are socially distancing as is necessary. Social intercourse in the great outdoors is still quite a safe way to migrate toward a more "NORMAL" existence.

Submitted by Donna and Rick Kelley

Food Bank

Thanks to everyone who has been and will be contributing to this ever increasing need. The yellow Food Bank box is located just inside the hall at the Clubhouse. It is checked daily and donated foods are delivered to the bank at least once a week. If you don't shop and want to help; please go to any of the following web sites of local food banks to see how to donate directly:

- lakecares.org
- salvationarmyusa.org
- leesburgfoodbank.org

Submitted by Donna and Rick Kelley

General Items That You May Need:

If you are in need of any general items for your mobile home, consider contacting Ruth Klatt (her phone number is in the Directory). She will be able to set up a time with you to take a look at what is available in the Social Club Sheds in the Compound. There are many, many nice items that are just waiting for a new home! There are many household and miscellaneous items. The list is endless. Please contact Ruth and you may be surprised by what is available.

Special shopping times: Through the month of February; Bonfire residents can shop in the compound on each Wednesday from 10:00 AM – 2:00 PM. Thank you to all those who have stopped by to take a look at our items.

"New Kids on the Block"- The following is a list of the new residents during the past month to Bonfire:

<i>New Owner(s)</i>	<i>Address</i>	<i>Purchased From</i>
Howard & Brenda Flint	596 Kelli Dr.	Mark & Dorothy Pohnl
Thomas Eddy Jr.	685 Cindi Avenue	Empty Lot

Sunshine Report

Brenda Mayfield

Get Well Cards:

No Get Well Cards were sent out.

Sympathy Cards:

Sympathy cards were sent to: the Family of J.D. Lawson for the death of his daughter; the Family of Richard (Dick) Holquist

Health Committee Report

Information courtesy of Bonfire Health & Safety Committee, submitted by Margaret Willis

Keeping a Lid on Blood Pressure During the Coronavirus Crisis

February is American Heart Month, a federally designated event since 1964. It is the ideal time for Americans to think about their heart health.

Maintaining healthy blood pressure levels is always important, but even more so in the era of COVID-19. That's because high blood pressure might raise your risk of experiencing severe complications from the coronavirus. Nearly half of U.S. adults have high blood pressure, or hypertension, which is defined as consistent readings of 130/80 or above. So far the Centers for Disease Control and Prevention says evidence about hypertension in people with the coronavirus is mixed. Some research has found an elevated death rate in COVID-19 patients with high blood pressure. It has also found a higher risk of consequences including being admitted to intensive care or placed on a ventilator, developing pneumonia or having organ and tissue damage. If you have high blood pressure, here's what you should know to stay healthy:

- Prevention is the best defense. If you have high blood pressure or another underlying condition, it's especially important to follow recommendations about physical distancing, hand-washing, wearing face coverings and other practices that can prevent COVID-19's spread.
- Follow medical advice. Patients taking common types of blood pressure medicines —angiotensin converting enzyme (ACE) inhibitors and angiotensin receptor blockers (ARBs) — who contract COVID-19 should continue treatment unless otherwise advised by their physician, according to a statement from the American Heart Association, the Heart Failure Society of America and the American College of Cardiology. Consult with your health care provider before changing treatment strategies. Some medical offices are offering virtual, or telemedicine, visits.

- Avoid high blood pressure hazards. Various factors can be contributors to high blood pressure. Use extra caution with:
 - ✓ **Over-the-counter medications.** Decongestants and painkillers called NSAIDs, such as naproxen and ibuprofen, can increase blood pressure. People with heart concerns should limit or avoid them.
 - ✓ **Some prescription drugs.** People taking corticosteroids, oral birth control, immunosuppressants, mental health drugs and some cancer medications should monitor their blood pressure.
 - ✓ **Alcohol and caffeine.** Limit these — no more than three cups of caffeinated beverages a day, for instance.
 - ✓ **Herbs and food combinations.** Some herbal supplements such as licorice can raise blood pressure, and foods such as cured meats can interact with some antidepressants.
- Manage stress. Stress can lead to bad habits, such as poor diet, that can increase the risk of developing high blood pressure.
- Have extra medication on hand. Check with your doctor and pharmacy to see whether you can get a larger supply of prescription medications so you don't have to visit the drugstore as frequently. Mail-order prescriptions might help you stock up and/or stay in.
- Recognize a blood pressure emergency. A hypertensive crisis occurs when blood pressure rises quickly to readings of 180/120 or greater. If other symptoms occur — such as chest or back pain, numbness or weakness, loss of vision, or difficulty breathing or speaking — call 911.
- Don't hesitate to reach out. The American Heart Association's free online Support Network (<https://www.supportnetwork.heart.org>) connects people with similar health concerns. The American Heart Association is funding new research and connecting researchers and doctors with the latest information. Get the latest American Heart Association information and recommendations on COVID-19. (<https://www.heart.org/en/coronavirus>)



**American
Heart
Association®**

Source: <https://www.heart.org/en/coronavirus/coronavirus-covid-19-resources/keeping-a-lid-on-blood-pressure-during-the-coronavirus-crisis>

FEBRUARY EVENTS

It is important to sign up for activities in advance as it helps the committee members to better plan for the programming and obtain the supplies that are needed to have a successful activity.

No events have been planned for February.



FEBRUARY BIRTHDAYS

BIRTHDAY LIST:

Details: Bonfire Birthday Celebration- 3:00 PM Wednesday, February 17, 2021

Our birthday parade will leave the Clubhouse, if conditions allow, at 3:00 PM on Wednesday, February 17, 2021. Join us in the parade or watch from your home as we pass by. Enjoy, celebrate, but stay safe!

Happy birthday wishes to all those celebrating in February!



FEBRUARY BIRTHDAYS

<i>Date</i>	<i>Name</i>	<i>Date</i>	<i>Name</i>	<i>Date</i>	<i>Name</i>
3	Dorothy Coleman	15	Bruce Robinson	21	Larry Cross
	Pamela Beauchamp	16	Claude Moss	22	Kay Park
6	Connie Leeseberg		Lloyd Sherwood	26	Dennis Boaz
8	Kenneth Fuller		Judy Holmgren	27	Paul Avis
	Nelson Craig	17	Reda Fordyce		Karen Gilson
9	Brenda Jackson		Graham Wilgus		
13	Leslie Decator		Cristina Lopez Duprey		
14	Ann Payne	19	Jeff Idalski		

Please notify Renee Licht via email (rtlucht@sbcglobal.net) if you would like your name added or removed from this Birthday List.

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 & 10:00am Water Aerobics	2 Groundhog Day 9:00 & 10:00am Noodles	3 8:30am Breakfast Club 9:00 & 10:00am Water Aerobics	4 9:00 & 10:00am Noodles	5 7:00am Golfing Group meet at Clubhouse 7:30am Coffee Hour at the Gazebo 9:00 & 10:00am Water Aerobics	6 9:00 & 10:00am Noodles
7	8 9:00 & 10:00am Water Aerobics	9 9:00 & 10:00am Noodles	10 8:30am Breakfast Club 9:00 & 10:00am Water Aerobics	11 9:00 & 10:00am Noodles	12 7:00am Golfing Group meet at Clubhouse 7:30am Coffee Hour at the Gazebo 9:00 & 10:00am Water Aerobics	13 9:00 & 10:00am Noodles
14 Valentine's Day	15 Presidents Day 9:00 & 10:00am Water Aerobics	16 9:00 & 10:00am Noodles	17 8:30am Breakfast Club 9:00 & 10:00am Water Aerobics 3:00pm Birthday Parade	18 9:00 & 10:00am Noodles	19 7:00am Golfing Group meet at Clubhouse 7:30am Coffee Hour at the Gazebo 9:00 & 10:00am Water Aerobics	20 9:00 & 10:00am Noodles
21	22 9:00 & 10:00am Water Aerobics	23 9:00 & 10:00am Noodles	24 8:30am Breakfast Club 9:00 & 10:00am Water Aerobics	25 9:00 & 10:00am Noodles	26 7:00am Golfing Group meet at Clubhouse 7:30am Coffee Hour at the Gazebo 9:00 & 10:00am Water Aerobics	27 9:00 & 10:00am Noodles
28						