



Tidbits

Bonfire 55+ Mobile Home Park Newsletter

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

July, 2020

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

2020 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.

Note: The next Board Meeting in July is cancelled at this time.

2020 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

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)

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

SPECIAL NOTE:

Ramona Richardson and Bill have gone to Ohio for several months this summer. Ramona has asked Donna Kelley to cover for her as Treasurer of the Social Club. If you need reimbursement for any expenses incurred for the Social Club, please contact Donna.

Dance Committee

--VOUNTEERS NEEDED--

On behalf of myself (Karen Van Matre) and Debbie Walker Andrade we would like to thank everyone for the opportunity to serve on this Committee for the past year. Our term is up and as such we are looking for someone to step up and help guide this great Committee. The Dance Calendar is already booked through New Year's Eve 2021, so this will give you the opportunity to sit back and relax a bit before working on the 2022 Season. If you would be interested in helping guide the Dance Committee please let Debbie or myself know.

Food Bank

There has been very little response to the plea for donations to the Food Bank. For this reason the Food Bank Box has been returned to inside of the Clubhouse in the usual spot. Hopefully many of you are doing something to help others on your own. Thank you for the donations that have been received. Any items donated will be regularly taken to the Food Bank.

"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>
Tony and Angie Roth	837 Lock Rd	Charlotte & Russel Thompson

Sunshine Report

Brenda Mayfield

Get Well Cards:

No cards were sent out.

Sympathy Cards:

No cards were sent out.

Health Committee Report

Faye Hensley

KEEPING COOL IN THE FLORIDA SUMMERTIME

As we go into our fifth (!) month of worry and isolation from the Covid 19 virus, getting outside might not be on our list of activities. But if it is:

Summer in Florida is here! (Don't bother checking the calendar, it's been here for a while now!) While many of us live in central Florida because of the warm weather, the excessive heat we experience this time of year requires us to take special measures to ensure we don't fall victim to that heat. Extreme heat causes more than 600 deaths each year, yet heat-related deaths and illnesses are preventable.

You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself off during extremely hot weather are:

- **High humidity.** Ever hear someone say "It's not the heat, it's the humidity!"? *It's true.* When the humidity is high, sweat won't evaporate as quickly, which keeps your body from releasing heat as fast as it may need to. Here is a chart to figure how hot it 'feels' based on the temperature and the humidity. Source:

<https://home.howstuffworks.com/humidifier1.htm>

Relative Humidity	Air Temperature (Degrees F)										
	70	75	80	85	90	95	100	105	110	115	120
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	148
40%	68	74	79	86	93	101	110	123	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136	157				
90%	71	79	88	102	122	150	170				
100%	72	80	91	108	133	166					

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- **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use can play a role in whether a person can cool off enough in very hot weather.

People age 65 and older are especially at high risk for heat-related illnesses. Older adults:

- Do not adjust well to sudden changes in temperature.
- Are more likely to have a chronic medical condition that changes normal body response to heat.
- Are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

So what do you do?

➤ STAY COOL

- Stay in air-conditioned buildings as much as possible.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Don't use the stove or oven to cook—it will make you and your home hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.

➤ **STAY HYDRATED**

Drink more water than usual. DON'T WAIT until you are thirsty to drink.

Note: if your doctor limits the amount of fluids you drink or has you on water pills ask him/her how much you should drink during hot weather.

➤ **STAY INFORMED**

Check the local news for health and safety updates.

Follow additional tips on how to prevent heat-related illness found online:

<https://www.cdc.gov/disasters/extremeheat/heattips.html>

Know the symptoms of heat-related illness, which are muscle cramps, headaches, nausea, and vomiting.

See this article online for more information: <https://www.cdc.gov/disasters/extremeheat/warning.html>

➤ **TAKE ACTION**

Check on a friend or neighbor and have someone do the same for you.

Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness.

--submitted by: Margaret Willis for the Bonfire Health and Safety Committee

Sources:

<https://www.cdc.gov/features/extremeheat/index.html>

<https://www.cdc.gov/disasters/extremeheat/older-adults-heat.html>

JULY EVENTS

At the time of this printing, all meetings and activities are cancelled for the month of July. Please see the Marquee or Bonfire Facebook page if there should be any new events scheduled for July.

BIRTHDAY LIST:

Details: Bonfire Birthday Celebration— 10:00 AM (revised time as it is too hot at 3:30), July 15, 2020

As we go into yet another month of pandemic lockdown, we will plan to have our July Bonfire Birthday Celebration on July 15th with a parade. We gather at the Clubhouse at 10am in golf carts, bikes, whatever, decorated for the occasion, and then proceed around the park, yelling birthday greetings and singing happy birthday. Please mark your calendars and ride with us OR sit in your front yard and wave as the parade goes by.

IF we are able, we will end up back at the Clubhouse and have cake and ice cream.

*Happy
Birthday!*

JULY BIRTHDAYS

<i>Date</i>	<i>Name</i>	<i>Date</i>	<i>Name</i>	<i>Date</i>	<i>Name</i>
4	Bernadette Ford	18	Janet Schwalbach	26	Sam Decator
5	Melissa Hobbs	20	Donna Matheny	28	Ramona Richardson
7	Larry Dennis	21	Kathy Dennis		Jerri Penrose
13	Karen Logan	22	Frank Beauchamp		Darlene Imhoff
15	Deborah Waterman		Alan Copeland	31	Brenda Mayfield
16	Dick Longhouse (#515)	24	Maxene Gurdo		
	Robert Longhouse				

Please let the office know if your name isn't on the birthday list and you want it to be.

July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:30am Breakfast Club 9:00 & 10:00am Water Aerobics	2 9:00 & 10:00 am Noodles	3 9:00 & 10:00am Water Aerobics	4 Independence Day 9:00 & 10:00 am Noodles
5	6 9:00 & 10:00am Water Aerobics	7 9:00 & 10:00 am Noodles	8 8:30am Breakfast Club 9:00 & 10:00am Water Aerobics	9 9:00 & 10:00 am Noodles	10 9:00 & 10:00am Water Aerobics	11 9:00 & 10:00 am Noodles
12	13 9:00 & 10:00am Water Aerobics	14 9:00 & 10:00 am Noodles	15 8:30am Breakfast Club 9:00 & 10:00am Water Aerobics 10:00am Birthday Parade	16 9:00 & 10:00 am Noodles	17 9:00 & 10:00am Water Aerobics	18 9:00 & 10:00 am Noodles
19	20 9:00 & 10:00am Water Aerobics	21 9:00 & 10:00 am Noodles	22 8:30am Breakfast Club 9:00 & 10:00am Water Aerobics	23 9:00 & 10:00 am Noodles	24 9:00 & 10:00am Water Aerobics	25 9:00 & 10:00 am Noodles
26	27 9:00 & 10:00am Water Aerobics	28 9:00 & 10:00 am Noodles	29 8:30am Breakfast Club 9:00 & 10:00am Water Aerobics	30 9:00 & 10:00 am Noodles	31 9:00 & 10:00am Water Aerobics	