



Tidbits

Bonfire 55+ Mobile Home Park Newsletter

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

October, 2020

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

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.

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 – el fresco

We are gathering at the Gazebo on Friday Mornings at 7:30AM for Coffee and Donuts which 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. We like to be out in the good clear air and enjoy a little social intercourse. Donuts and coffee seem to go better with friends rather than home alone. Please join your neighbors if you can and enjoy some air and sweets.

Submitted by Donna and Rick Kelley

Dance Committee

Co-chairs: Karen Van Matre and Debbie Andrade

Due to the Coronavirus, the Bonfire Board of Directors have decided that the Clubhouse will remain closed until after the new year. As such we will be cancelling the Halloween, November 14th and New Year's Eve Dances. We would hate to expose any of our residents, some that already have health issues, to the potential of catching the virus. Plus having to wear a mask the entire evening would not be easy. The health and safety of our residents come first. In the meantime, we ask that everyone be considerate when you return to Bonfire. Try to self-quarantine for a period of time, keep the 6' social distancing guideline and if you're feeling sick, stay home. We are still on the lookout for someone to help guide the Dance Committee into 2022. If you would be interested, please let Debbie or myself know.

Food Bank

The need for non-perishable foods continues to be a significant issue for the surrounding communities. People may still drop items off in the Clubhouse and they will be taken to the Food Bank each week. Thank you for your care of others in need. *Submitted by Donna and Rick Kelley*

Sunshine Report

Brenda Mayfield

Get Well Cards:

Get well card was sent to: Helen Flory

Sympathy Cards:

Sympathy cards were sent to: Family of Ken Beauchamp, Family of Joe Campbell, Family of Joshua Ungersma (son of Darryl and Jamie Anderson), Family of Jerry Ogborn

Health Committee Report

*Submitted for the Bonfire Health & Safety Committee, Faye Hensley, Chair
By Margaret Willis, co-chair*

Your Emotions = Your Health

We know that our thoughts and emotions can affect our mental health, but did you know it also affects our physical health? This year has been unusually difficult for most people. It has been harder than ever for us to see the bright side of any situation. However, for the sake of our physical health, it is so important to try. Negative attitudes and feelings of helplessness and hopelessness can create chronic stress, which upsets the body's hormone balance, depletes the brain chemicals required for happiness, and damages the immune system. Chronic stress can actually decrease our lifespan.

Acknowledging the good aspects of life and giving thanks have a powerful impact on emotional wellbeing. In a landmark study, people who were asked to count their blessings felt happier, exercised more, had fewer physical complaints, and slept better than those who created lists of hassles.

Brené Brown¹ has found that there is a relationship between joy and gratitude, but with a surprising twist: ***It's not joy that makes us grateful, but gratitude that makes us joyful.***

Because we are wired to defend against threat and loss in life, we tend to prioritize *bad* over *good*. While this is a tidy survival mechanism for someone who needs to stay hyper vigilant in a dangerous environment, the truth is that for most of us, this "negativity bias" is counter-productive.

Our "negativity bias" means that we spend too much time ruminating over the minor frustrations we experience—bad traffic or a disagreement with a loved one—and ignore the many chances we have to experience wonder, awe, and gratitude throughout the day.

In order to offset this negativity bias and experience a harmonious emotional state, Dr. Barbara Fredrickson² proposes that we need to experience three positive emotions for every negative one. This, she claims, can be done intentionally for those of us less "wired" to positivity. These positive emotions literally reverse the physical effects of negativity and build up psychological resources that contribute to a flourishing life.

<https://www.takingcharge.csh.umn.edu/how-do-thoughts-and-emotions-affect-health>

¹ Brené Brown has spent the past two decades studying courage, vulnerability, shame and empathy. She's the author of five #1 New York Times bestsellers: *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong*, *Braving the Wilderness* and *Dare to Lead*, which is the culmination of a seven-year study on courage and leadership.

² Among the most highly cited scholars in psychology, Dr. Barbara Fredrickson is most known for her "broaden-and-build theory of positive emotions," foundational within Positive Psychology for providing a blueprint for how pleasant emotional states, as fleeting as they are, contribute to resilience, wellbeing, and health.

MEDICARE OPEN ENROLLMENT --- OCTOBER 15- DECEMBER 7, 2020

It is always a good idea to review your Medicare options, as you would any insurance plan, annually. Plans are available for review on the Medicare website or through an agent. If you do not have an agent, and have questions, Ms. Linda Devaney of Tepsick Insurance will be glad to help you with your questions. Last year, Ms. Devaney came to Bonfire and gave an excellent presentation on Medicare and the different Medicare options. Due to the pandemic, we will not be asking Ms. Devaney to Bonfire this year. However, she is available and very willing to help.

You may contact her at her office phone 352-530-2772 or cell 609-903-6270.

Also, her email is linda@tepsickinsurance.com and website is www.tepsickinsurance.com.

Ms. Devaney is a local resident and can give you all the answers you seek concerning Medicare.

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

**PLAN NOW TO GET YOUR FLU SHOT**

Due to the COVID restrictions, we will not have the Walgreens personnel come to Bonfire to administer flu shots this year. However, we strongly encourage everyone to go to the nearest Walgreens (at the corner of 473 and 441) and get your shot.

If you need more information or help with transportation to Walgreens, please contact Ms. Brenda Mayfield, (see the Directory for her contact info). Of course, if you prefer, go to your personal physician or any other pharmacy to get your vaccine.

Just do it!

Thank you from your Bonfire Health & Safety Committee

OCTOBER EVENTS

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

OCTOBER BIRTHDAYS



BIRTHDAY LIST:

Details: Bonfire Birthday Celebration- 10:00 AM *(revised time as it is too hot at 3:30)*, **October 21, 2020**

As we go into yet another month of pandemic lockdown, we will plan to have our October Bonfire Birthday Celebration on October 21 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. (As we are still in the midst of the Covid pandemic, there will be no gathering inside the clubhouse until further notice.)

OCTOBER BIRTHDAYS

<i>Date</i>	<i>Name</i>	<i>Date</i>	<i>Name</i>	<i>Date</i>	<i>Name</i>
1	Karen Heid	11	Denise Titus	20	Dorothy Pohnl
	Joyce Wertz	12	Dawn Comins	21	Sharon Elder
4	Richard Wertz	13	Maria Duvall	22	Stephen Tenny
5	Dana Shampang	14	Renee Licht	25	Becky (Sheley) White
6	Bill Carroll	15	Brooke Idalski		Michelle Mertz
	Mark Bafia	17	Carroll Avery	27	Janet Sawyer
7	Jerry Fields	18	Cookie (Vada) Neal	28	Mel Winchell
	Barbara Herald		Marcia Thorpe	29	Louise Goulette
8	Julie Morris	19	Walter Kreiser		Jay Colwell
9	Robert Carlson		Russel Thompson		Dorothy (Dotti) Champion
10	Albert Willis		JoAnn Hathaway	31	Rusty Gould

Please notify the Bonfire Office by phone or email if you would like your name added or removed from this Birthday List.

October 2020

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