

# THE HIGHLANDS

## FLING

May, 2019

[www.thehighlandsinc.com](http://www.thehighlandsinc.com)

520-297-2722



chibird.tumblr.com

### MAY EVENTS

**Wed, May 8**

Men's Breakfast - 8:00 am

**Sat, May 11**

Kaffeeklatsch - 9:00 am

**Tue, May 14**

Potluck - 5:30 pm

**Tue, May 21**

International Lunch Group  
12:00 noon

**Wed, May 22**

Ladies Lunch - 12:00 noon

**Sat, May 25**

Kaffeeklatsch - 9:00 am

**PLEASE SIGN UP!**

### LOCK THE POOL GATES!

The locked gates on our pool are there for a reason. If the County comes in to inspect the pool and finds the gates unlocked, **THEY WILL CLOSE THE POOL.** The County does inspect community pools on a fairly regular basis. Don't be the one who causes ours to close!!

### BE ALERT!! STAY ALERT!!

The Highlands has always been one of the safest places to live in Tucson, but recently that is NOT the case. We have had property stolen from around the Clubhouse, patio chairs stolen from peoples' homes, a chain cut on the back of a vehicle and a bike stolen. This week there has been a break-in at one of our neighbors. PLEASE make sure that you always **LOCK YOUR DOORS** and, if you're a snow bird, let your friends and neighbors know when you are heading home so they can watch your place. We recommend using the Oro Valley dark house program. Most importantly, if you sense something is wrong, **CALL 911.**

### HIGHLANDS' DAY TRIPPERS

Beginning May 1, in the poker room, you will find a sheet looking for ideas for day trips or overnight stays that you might be interested in doing in the future. Please write down your ideas and include your name and phone number so I can get in touch with you. I have some ideas for 2020, and we've already planned a Barleen's Christmas Show for December 4, 2019.

Thanks, Jamie

### CARDS SENT

Marilyn Staley reports cards have been sent to the following residents:

Chuck Miller/Sympathy

Dee Farris/Get Well

Angela Rodriguez/Thinking of  
You

Duane Olson/Get Well

LaNelma Johnson/Thinking of  
You

Larry Staley/Get Well

Barbara Ferrill/Get Well

Carol Richards/Get Well

Ron Pepperdine/Get Well

Joan Petterson/Get Well

**NOTE:** If you know someone in the Highlands who should receive a card, please call Marilyn at (520) 484-8532.

## **MEN'S BREAKFAST**

By popular demand, the Men's Breakfast will be at Jerry Bob's, Magee and Oracle. Please remember to sign up. Meet at the Clubhouse at 7:45 a.m. if you would like to carpool.

## **LADIES' LUNCH**

Please all report to the Clubhouse at 11:30 a.m. before leaving for It's Greek to Me in Catalina or notify Kathy Zeleznik on 440-821-5591 if you are going directly to the luncheon.

## **INTERNATIONAL LUNCH GROUP**

This month the International Lunch Group will dine at It's Greek to Me in Catalina. Meet at the clubhouse at 11:30 if you would like to carpool.

## **NO FLING DELIVERY**

Beginning in May, we will not be delivering The Fling to your homes. We never know how many people are here and how many are away. Paper copies will be available in the Clubhouse and Resource Room. It will also be included on the website. Home delivery will resume October 1.

## **HIGHLANDS' ENTRANCE SIGN**

It has been suggested that The Board update our entrance sign. Craig Bennett would like to receive your thoughts on this idea throughout the summer. The Board will then revisit this item in the fall. Please send your comments, ideas, etc. to [highlands332@gmail.com](mailto:highlands332@gmail.com).

## **GET CREATIVE THIS SUMMER!**

The Social Committee has decided to hold a craft fair next winter. The scheduled date is Saturday, February 29. There will not be a charge for you to have a table to display and sell your crafts. More details to follow in the fall.

## **MANY THANKS!**

Dear Friends,  
Since February 1, we have had so many wonderful cards, food, calls and friends sending their prayers and love. Thank you so much for the support and kindness shown by so many in our wonderful Highlands community.

Fondly,  
LaNelma & Ray Johnson

## **DEHYDRATION ALERT!**

First, thank you to Lucy Phelan for giving me the opportunity to go to Rocky Point; thank you to my bus mates for paying cash to the Mexican ambulance; thank you Craig and Jamie for accompanying me on the 90 mile drive (one way) to make sure I was safely back in the USA, where I took to a US ambulance to Tucson Medical Center Emergency.

Second and more importantly, I want to remind everyone about different types of dehydration. I have been trained as an EMT and a member of Pima County Search and Rescue, but I WAS STILL FOOLED!

Here is a list of the seven causes:

1. Vomiting

2. Diarrhea
3. Sweating, Fever
4. Certain Medications
5. Not drinking enough fluids\*
6. Caffeine\*
7. High Altitude

\*One cup of a caffeinated beverage requires two cups of water to rehydrate. Many things have hidden caffeine such as tea, chocolate, etc.

There are three stages of dehydration: 1) Mild, 2) Moderate and 3) Severe. Severe can cause confusion, hallucinations and unconsciousness (which I was).

Only water counts to prevent dehydration, not just any liquid. If other liquids contain caffeine or alcohol, you must drink twice the amount of water.

There is a product called ORS (Oral Rehydration Solution) that can help with stages 1 & 2. Ask a pharmacist about ORS.

Remember, summer is upon us increasing the need for fluids that can only be replaced by water.

Again, thank you to the Social Committee for their response. Maybe someday I will get to see Rocky Point.

Carol Richards

The deadline for Fling articles is the 20<sup>th</sup> of each month. Information should be sent to Carol Nadeau at [cboydna@aol.com](mailto:cboydna@aol.com).

# MAY 2019

| Sunday          | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|-----------------|--|---|---|---|--|---|
|                 |  |   | 1<br>Aquafit 10:00 am<br>Cards/Games 6:00 pm                            | 2<br>Aquafit 10:00 am<br>Quilt Group 1:00 pm<br>Cards/Games 6:00 pm   | 3<br>Tai Chi Begin 9:45 am<br>Aquafit 10:00 am<br>Tai Chi Adv 11:00 am<br>Social Hour 4:00 pm<br>Cards/Games 6:00 pm                   | 4<br>Aquafit 10:00 am   |
| 5 Cinco de Mayo | 6 Ramadan begins<br>Aquafit 10:00 am<br>Hand & Foot 1:00 pm<br>Crafts 1:30 pm<br>Needlecrafts 1:30 pm<br>Ping Pong 7:00 pm | 7<br>Coffee 8:00 am<br>Qi Gong 10:00 am<br>Aquafit 10:00 am<br>Hand & Foot 1:00 pm  | 8<br>Men's Breakfast 8:00 am<br>Aquafit 10:00 am<br>Cards/Games 6:00 pm | 9<br>Aquafit 10:00 am<br>Quilt Group 1:00 pm<br>Cards/Games 6:00 pm   | 10<br>Tai Chi Begin 9:45 am<br>Aquafit 10:00 am<br>Tai Chi Adv 11:00 am<br>Social Hour 4:00 pm<br>Cards/Games 6:00 pm                  | 11<br>Aquafit 10:00 am<br>Kaffeeklatsch 9:00 am   |
| 12 Mother's Day | 13<br>Aquafit 10:00 am<br>Hand & Foot 1:00 pm<br>Crafts 1:30 pm<br>Needlecrafts 1:30 pm<br>Ping Pong 7:00 pm               | 14<br>Coffee 8:00 am<br>Qi Gong 10:00 am<br>Aquafit 10:00 am<br>Hand & Foot 1:00 pm<br>Potluck 5:30 pm                              | 15<br>Aquafit 10:00 am<br>Cards/Games 6:00 pm                           | 16<br>Aquafit 10:00 am<br>Quilt Group 1:00 pm<br>Cards/Games 6:00 pm  | 17<br>Tai Chi Begin 9:45 am<br>Aquafit 10:00 am<br>Tai Chi Adv 11:00 am<br>Social Hour 4:00 pm<br>Cards/Games 6:00 pm                  | 18 Armed Forces Day<br>Aquafit 10:00 am   |
| 19              | 20<br>Aquafit 10:00 am<br>Hand & Foot 1:00 pm<br>Crafts 1:30 pm<br>Needlecrafts 1:30 pm<br>Ping Pong 7:00 pm               | 21<br>Coffee 8:00 am<br>Aquafit 10:00 am<br>Qi Gong 10:00 am<br>Internat'l Lunch 12 N<br>Cards/Games 6:00 pm<br>Hand & Foot 1:00 pm | 22<br>Aquafit 10:00 am<br>Ladies Lunch 12 noon<br>Cards/Games 6:00 pm   | 23<br>Aquafit 10:00 am<br>Cards/Games 6:00 pm   | 24<br>Tai Chi Begin 9:45 am<br>Aquafit 10:00 am<br>Tai Chi Adv 11:00 am<br>Social Hour 4:00 pm<br>Cards/Games 6:00 pm                  | 25<br>Aquafit 10:00 am<br>Kaffeeklatsch 9:00 am   |
| 26              | 27 Memorial Day<br>Aquafit 10:00 am<br>Hand & Foot 1:00 pm<br>Crafts 1:30 pm<br>Needlecrafts 1:30 pm<br>Ping Pong 7:00 pm  | 28<br>Coffee 8:00 am<br>Qi Gong 10:00 am<br>Aquafit 10:00 am<br>Hand & Foot 1:00 pm   | 29<br>Aquafit 10:00 am<br>Cards/Games 6:00 pm                           | 30<br>Aquafit 10:00 am<br>Cards/Games 6:00 pm   | 31 * No Trash Today<br>Tai Chi Begin 9:45 am<br>Aquafit 10:00 am<br>Tai Chi Adv 11:00 am<br>Social Hour 4:00 pm<br>Cards/Games 6:00 pm |   |
|                 |  | April 2019<br>S M T W T F S<br>1 2 3 4 5 6<br>7 8 9 10 11 12 13<br>14 15 16 17 18 19 20<br>21 22 23 24 25 26 27<br>28 29 30         |   | June 2019<br>S M T W T F S<br>1<br>2 3 4 5 6 7 8<br>9 10 11 12 13 14 15<br>16 17 18 19 20 21 22<br>23 24 25 26 27 28 29<br>30 |  | <b>All Activities Held in Clubhouse/Pool Area EXCEPT:</b><br><b>Green = Resource Room/Office</b><br><b>Red = Off Site Activity</b><br>* Trash Pick Up on Saturday due to Memorial Day Holiday |