

Cadgewith Farms Community News

FEBRUARY 2018

Note From Vice President

January was a very cold and snowy month. I am sure all of us are looking forward to Spring. Please check on your neighbors that cannot get out and stay safe.

The soup luncheon hosted by Bob and Beverly Vondale was held on Jan. 11 and was attended by 36 people. We had 3 new residents attend. The soup was excellent and all the dishes prepared were scrumptious. Our next soup luncheon is February 8th at noon. If you can attend please join and share conversation and the company of your friends and neighbors.

We had a pancake breakfast on January 20th hosted by Jack and Shirley Tingle. Attendance was 36 residents and a great success. The Tingles are planning another pancake breakfast for February 17th. Please plan attending if you can and enjoy your morning with friends and neighbors.

In closing a big thank you to Management for keeping the roads plowed and salting around the clubhouse.

If you have new ideas for events or questions please contact a board member or myself.

Cindy Shaw

Rent Receipts

If you need a rent receipt for your 2017 taxes, please call our office and the staff will make sure that we have one ready for you.

Water Leaks

If you suspect that you have a water leak please contact the office immediately. We will send someone over to investigate. We do understand that emergencies do happen and we will try to accommodate you in a timely manner.

Pancake Breakfast

We want to thank those involved in making the pancake breakfast a success. The following residents make this happen:

Jack and Shirley Tingle

Mike and Cindy Shaw

Ray and Elaine Snyder

Don and Marilyn Williams

Frank and Carolyn McBride

Pam Jackson

Matt Maher

Without the help and support of all of our friends we would not be able to put on our events. Thanks again.

Water Shut Off

Just a reminder that every 1st Monday of the month we flush the fire hydrants between the hours of 9 am - Noon. Please plan accordingly.

Rent Increases

There was an increase to your lot rent starting January 1, 2018 of \$5.00. Please make sure your payments reflect this increase.



FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Bingo 2 PM		No CF Board Meeting until May 3, 2018	Men's Breakfast 8 AM Family Tree, Dewitt	NO Coffee and Chat Until Spring
4	5	6	7	8	9	10
Bible Study 10 AM 222 St. Ives N Water Shut off 9 AM	Men and Women Breakfast, Flapjack 8 AM Bingo 2 PM		Soup Luncheon Noon	Men's Breakfast 8 AM Family Tree, Dewitt		
11	12	13	14	15	16	17
Bible Study 10 AM 222 St. Ives N			Ladies Breakfast 8:30 AM Flapjacks	Men's Breakfast 8 AM Family Tree, Dewitt Euchre 1—3 PM	Pancake Breakfast 8—10 AM \$4.00 at Door	
18	19	20	21	22	23	24
Bible Study 10 AM 222 St. Ives N	Bingo 2 PM			Men's Breakfast 8 AM Family Tree, Dewitt		
25	27	28				
Bible Study 10 AM 222 St. Ives N						

Coffee & Chat

Again, no Coffee & Chat until the Spring. We will provide dates once it has been decided.

Soup and Sandwich

We will be hosting Soup and Sandwich luncheon on Thurs. Feb 8, 2018 at noon in the clubhouse. We are inviting all of you to come and enjoy some homemade soup and the many sandwiches, salads, side dishes, and desserts everyone brings. The luncheons are held like a potluck. Soup will be provided by someone and everyone just needs to bring a dish to pass. We look forward to seeing everyone there.

Bob Vondale
Chairman



Beware of Snow Plows

Please be aware of the snow plows! Plow trucks are required to have flashing lights on the top of their vehicles when plowing. If these lights are on be cautious and move away.

When at the end of Cadgewith Boulevard and trying to turn onto state road, if a plow driver is in your way look at them! The driver may signal you to stay or go ahead and turn. The driver may also not see you yet so you need to stay back they may move out of your way so you can see.

Cadgewith Farms Maintenance

Association Meetings

There will not be any Cadgewith Farms Association meetings until Thurs. May 3, 2018.

Pancake Breakfast

There will be a All You Can Eat pancake breakfasts for all residents on Saturday Feb. 18, 2018 from 8 -10 am. We will be having pancakes, eggs, sausage, OJ, and coffee. The cost per person is only \$4. You can also bring your friends, family or neighbors. Everyone is welcome to come and join us. This event is weather permitting. If the weather is bad we will not be holding a breakfast

Euchre

Just a reminder Euchre will be the 3rd Friday 1:00—3:00 PM. The play is for fun so come and join & enjoy being with really great neighbors. If you have any questions call Ray at 517-267-0725.

Neighborhood Watch

If you interested in participating in the Cadgewith Farms Neighborhood Watch please feel free to contact Pam, the Watch Coordinator at 517-881-0947. We have some openings that we need filled. Even if you do not want to participate in Neighborhood Watch, please make sure that you are paying attention to your surroundings. Everyone should play a part in the safety of Cadgewith Farms. Please report anything suspicious to the Dewitt Police Department by calling 911. After you have contacted the police than you may call Neighborhood Watch.

WINTER SAFETY TIPS FOR SENIOR CITIZENS

Planning and preparing for the winter months is one of the best ways to prevent an injury or illness. Senior citizens are at increased risk for a variety of problems ranging from depression to hypothermia, slip and fall accidents or vitamin D deficiency. As the new year begins, these tips can help keep you and the senior you love safe.

Avoid Winter Slip and Fall Accidents

The ice and snow that winter brings can be especially hazardous for older adults who may be a little less steady on their feet. A few of the best ways to prevent falls include:

- **Keep the pantry and refrigerator well-stocked and maintain an adequate supply of medications and other basic necessities on hand.** Being prepared will help keep you and your senior family member from needing to leave home when winter weather becomes severe.
- **Make certain winter boots and assistive devices are in good shape.** There should be an ice grip on the tip of any cane that will be used outdoors during the winter months. Also be sure that outdoor footwear has rubber, non-skid soles. You might want to consider adding winter traction cleats to shoes or boots to make walking safer on snow and ice.
- **Keep sidewalks and driveways free of snow and ice.** Try to utilize the services of a professional landscape company to decrease the odds of a fall. If finances don't allow for that expenditure, call the local agency on aging. They may have resources available to help.

Maintain Physical and Mental Health

Because winter often makes it difficult to get outside to enjoy a daily walk or to spend time with family and friends, senior citizens and their caregivers are more prone to physical and mental health problems than younger adults. Taking a few extra steps can help protect your health this winter.

- According to the Centers for Disease Control (CDC), senior citizens are at greater risk for hypothermia during cold, winter months. More than half of the hypothermia-related deaths each year are older adults. Dressing in layers can help you stay warmer. Loose-fitting clothing made of natural fabrics is best. Always wear a hat and mittens when outdoors in the winter. Thick, cotton socks also help to keep feet dry and warm.
- Older adults are also more susceptible to the flu. Most years it peaks between December and February. Taking precautions can help you avoid being bitten by the bug. If you haven't yet done so, get an influenza vaccine. Eating a balanced diet and sleeping eight hours a night can help keep your immune system healthy and strong to fight off infections.
- Vitamin D deficiencies are more common in older adults who live in northern climates during the winter. Consult with your primary care physician or your senior loved one's to see if taking a vitamin D and calcium supplement is recommended.
- Senior citizens who live alone may struggle to feel connected during winter months when they might be stuck indoors. Social isolation is a known health risk for older adults. Video chat technology can be a great way for families to talk "face-to-face" when the winter winds blow. Click [here](#) for more ideas how to keep a senior loved one engaged.

Take Safety Precautions on the Road

Driving during inclement weather is difficult at any age. For older adults, however, chronic health conditions make it doubly so. These tips can help you prepare for winter:

- **Limit driving when the roads are bad or the temperature is low.** It might mean exploring other options for transportation during the winter months. [Eldercare Locator](#) has a database of transportation options you can search to find a service near you or your aging loved one.
- **Create an [emergency roadside kit](#) for each of your family's vehicles.** At a minimum, the Department of Motor Vehicles recommends including a blanket, flashlight with extra batteries, charger for your cell phone, bottled water, granola bars, a first aid kit and flares. Some auto parts stores and home improvement centers sell pre-assembled kits.
- **Prepare for winter by having an AAA membership that covers all of the drivers in your family.** It can be invaluable if you need to be towed or have another roadside emergency.
- **Have your vehicles inspected for winter safety.** Make sure the repair shop checks the tires, windshield wipers, battery and fluids.

To help older adults and their family caregivers learn more, the Federal Emergency Management Agency (FEMA) developed [Winter Storms and Extreme Cold](#). It contains resources that range from how to develop a family communication plan to how to shut off water valves in the event a pipe bursts.