

The Res/Org



Yes, it is HOT! It is Arizona!

**Life still goes on so we might as well
make the best of it!**

Our health depends on us keeping active. It is cool in the Clubhouse and Social Hall so come participate and have fun!

Check out the Ongoing Weekly Activities List or Monthly Activities:

- Play any one of the many **card or dice games** (see Ongoing Activities List)
- Try using the treadmills, weights, or bikes in the **Fitness Room**
(Keep in shape & feel younger or compete with a friend)
- **Swim** in our gorgeous pool early morning or late evenings
- Invite a friend or neighbor to go shoot pool in the **Billiards Room**
- Walk with **Happy Feet Walking Club** every Tuesday & Thursday from 9:30-10:30am in the Ballroom
- **Summer Monthly Potlucks** - Next one is Friday, August 11th 5:00-6:30pm
(See CR weekly emails)
- Treat yourself to a **Saturday breakfast** in the Social Hall – Next one is Saturday August 12th 8:30-10:00am (See CR weekly emails)
- **Author Zone Club** meets monthly/every 2nd Wednesday in the Library
(Authors encourage and assist new writers)
- **Ladies Club** meets monthly/3rd Monday in Social Hall unless an outing is planned
- Book Club meets monthly/every 3rd Wednesday in the Library
(Monthly books are chosen & discussed)
- **Saturday Nite Out** meets monthly/last Saturday through September
(Social Hour with friends & neighbors) Next one is August 26th 5:00PM

Submitted by Board Member Cheryl McDonald



It's the "Dog Days of Summer"

According to the Farmer's Almanac, "the term "**Dog Days**" traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere.

In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat!"

Update that ancient Greek and Roman belief to modern day Crescent Run, Arizona. Yes, it is a time of drought and a little unrest but not bad luck– we are lucky to be living in such a nice community with great people. It is a time when dogs and men and women alike are driven mad by the extreme heat except for the respite found in the pool and at indoor activities that are available in our area.

So, hunker down, stay in cool spaces and drink plenty of water. The heat has peaked, the monsoon will be providing some relief and temperatures should decline over the next several weeks. (Remember, it's just weather, subject to change at any given moment)!

Stay safe and secure.

Les Norde



Crescent Run Management Recent Accomplishments and Current Projects



Crescent Run management completed:

- ✓ Biannual trimming of common area trees
- ✓ Treadmill repaired in Fitness Center
- ✓ Bee infestations removed from Front Gate, RV Storage, & Compound
- ✓ New wall clock on outside wall of the Clubhouse by the pool
- ✓ Ballroom large icemaker was emptied, cleaned and moved away from sink for more space in front of sink
- ✓ July 27th OPTUM presentation – Optum Community Center has activities and Fitness classes free. New location on Southern. See brochures by TV area in Clubhouse.
- ✓ Weed pre-emergent applied in many areas
- ✓ Entry way HTA flag replaced

Current projects discussed at July 28th Management meeting:

- Defibrillator status – square dancers’ procurement still in process
- Ballroom air conditioner status – tentative arrival in a few weeks with installation following. Anticipated completion by end of August.
- Mesa dumpster for residential use – City of Mesa will deliver it to the overflow lot. Planned for one day in November
- Shredding service - status? Researched, can’t find a feasible service
- Enid dog park – area needs new seeding or turf and watering system repair
- Bricks in green area east of little dog park – need to be fixed
- Loop 202 oleanders – need attention
- RV lot clutter and cul-de-sac debris – needs cleanup
- Pickle ball building – will be painted in the winter in cooler weather
- Pickle ball oleanders wilting on one side – will check drip system
- Rusting benches – pursuing new benches or painting them in the cooler weather
- Dying shrubs in common areas – will check drip system and discuss with landscapers
- Big dog park irrigation for front bushes – drip system to be monitored
- Downed branches – trying to keep up with removal
- Gravel areas damaged – need repair
- Walkway between water retention areas – mushroom oleander bush needs trimming so residents do not need to “duck walk” around it on sidewalk
- Dead ocotillo cactus in compound common area – will wait to see if there is recovery when weather cools

Submitted by the Residents Organization

If the shoe fits...

The recent safety presentation by our Mesa Fire Department got me thinking. What other things out there are waiting to trip us up? A quick internet search identified another sinister threat to our health and wellbeing - SHOES! That's right kids – shoes hiding in plain sight in our very own closets. I can never again look fondly upon my 50-year-old white bucks.



Our very own shoes are letting us old folks down. Gals, you may have given up the stilettos and the platform shoes. Guys, those wing tipped, leather soled shoes are now thankfully gathering dust in the back of your closet. And, for a few of you that 'discoed' the night away, a pair of your own platform shoes may be hiding in the shadows of that very same closet - but it ain't enough. You must now be mindful of those sneakers you wear! That's right, sneakers are dangerous! Not all sneakers mind you, just those that compromise your balance.

Balance is Everything...

You may have the very best Yeezys money can buy but are they providing you with the balance you need? Admit it, you aren't as agile as you once were. In the past, losing one's balance meant a hop, skip and a jump out of most falls. Now a trip leads to a visit from an EMT and weeks of rehab.

Flat is Best...

Many of us still buy running shoes, even though we haven't run in 20 or more years. Running shoes are designed to provide maximum cushion and are not designed for yard work, especially on gravel. Running shoes are also not designed for basketball, tennis or pickleball. If you are involved in any of the aforementioned sports – buy the properly designed shoe. For all other activities please invest in flat soled shoes that have good arch support. I also discovered that those very comfortable memory foam shoes are not recommended by podiatrists. Interestingly, memory foam can take on the memory of a poor gait and can destabilize the foot, ankle, and hip. Hey, I'm just passing on what I read. Please check the web for shoes recommended for seniors.

Many of us wear flip-flops but be careful. They aren't the best for walking in gravel and are not recommended for driving a vehicle or riding a bike.

Be safe out there,

ROSO*

*What is the meaning of this acronym? Find out at the August Res Org meeting.

Submitted by a Mystery Resident

Three Ways to Modify Your Windows To Minimize Heat Exposure during this Heat Wave

The current heat wave puts residents at increased health risk. ASU research has shown that people who live in mobile homes and manufactured housing are at disproportionate risk. Some relatively low-cost ideas for weatherizing your mobile home are available. Please check your park or homeowner's guidelines to be sure they are not disallowed, before purchasing any products.

1. Window Solar Screen

The listed link below provides detailed instructions on “**How to Assemble a Solar Screen**” by Solar Screen Outlet <https://youtu.be/wSt6ZtgsCTM>. The written Instructions are listed in the description below the video.

- A few retail shops where you might be able to purchase mentioned items include:
 - Home Depot
 - Window Solar Screen depending on the sizing of your window(s) prices range from 36 - \$123
 - Vinyl Screen Spline depending on the sizing of your window(s) prices range from \$5 - \$15
 - Spline Roller depending on the sizing of your window(s) prices range from \$6 - \$10
 - Screen Frame depending on the sizing of your window(s) prices range from \$20 - \$200
 - Lowes
 - Solar Screens depending on the sizing of your window(s) prices range from \$19 - \$157
 - Black Vinyl Screen Spline depending on the sizing of your window(s) prices range from \$5 - \$20
 - Screen Rolling Tool depending on the sizing of your window(s) prices range from \$5 - \$10
 - Screen Frame depending on the sizing of your window(s) prices range from \$13 - \$20
 - Frame Corners

2. Home Window Tint

The listed link below provides detailed instructions on “How to install window tint at home with Inspire DIY Kent Thomas”, <https://youtu.be/96mqivCR-rU>. The written instructions are listed in the description below the video.

- Home window tint depending on the sizing of your window(s) prices range from \$15 - \$60

3. Window Film One Way Reflective Daytime Privacy Heat Blocking Anti UV Mirror

The listed link below provides detailed instructions on “Active Window Films - Silver Reflective Solar and Privacy Tint Window Review” by Daniel+John <https://youtu.be/HfT033EVcLc>. The written instructions and product referral is listed in the description below the video.

- Window Film One Way Reflective depending on the sizing of your window(s) prices range from \$12 - \$110.00

Note: This information was compiled by Elisha Charley, graduate research assistant for the Knowledge Exchange for Resilience and PhD student in the School of Geographical Sciences and Urban Planning, Arizona State University.

See also how to stay cool from the Arizona Department of Health Services:

<https://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/extreme-weather/heat/its-hot-outside-brochure.pdf>

Submitted by Resident Mary Twigg



Call the Fire Department for a **FREE** home inspection on Home Safety

A trained Fire Department volunteer will help you identify possible hazards within your home. **This includes fall prevention measures, home escape planning, free smoke alarms, free grab bars & installation.** (They will be busier when snowbirds return)

Mesa Fire and Medical Department
Brenton Strickland 480-644-3388
email Brenton.strickland@mesaz.gov



Submitted by the Residents Organization

Reminder:

Residents Organization Community Meeting

Saturday August 5 at 9:00am in the ballroom

Free coffee, water & donuts!

**Come find out what the
Residents Organization has been doing
and how to become a member!**

We are here for you!



Free Food!

Are you living on your own and hate shopping & cooking?

Here is your chance to get some free ready-made food each month and that just needs warming up. One of our residents receives prepackaged food each month and she can't eat it all so she has some to share.

Call Maggie Carter 480-220-5913

PROTECT YOUR PETS FROM THE HEAT

KNOW THE SIGNS OF HEAT STROKE

- Red gums and tongue
- Loud, rapid panting
- Excessive/lack of drool
- Rapid pulse
- Excessive thirst
- Vomiting/diarrhea
- Glazed eyes
- Elevated temperature
- Weakness, collapse
- Seizures
- Unconsciousness
- 103°+ body temperature

WHAT TO DO

- Call your veterinarian
- Move your pet to a cool place
- Place a cool, wet cloth on their bellies, ears, paws and neck
- Direct a fan to blow on your pet

WHAT NOT TO DO

- Do not force water
- Do not leave the pet alone
- Do not use cold water to cool your pet to avoid shock.



Q: IS IT TOO HOT TO WALK?

TEST IT!

Hold your bare foot on the ground for **7 seconds**



A: If it's too hot for bare feet, it's too hot for bare paws.

SAFE SUMMER TIPS

1. Keep your pet indoors when possible
2. Limit outdoor exercise to early morning or evening
3. Avoid long walks, hikes and excessive play
4. Provide pets with extra, cool water sources
5. Consider dog booties for hot pavement
6. Play in the sprinklers or a kiddie pool
7. Never chain your pet



PET TRAPPED IN A CAR

IF IN IMMINENT DANGER:

- Call 911
- If the vehicle is locked, you may break the window using no more force than is necessary
- Remain with the pet until the authorities arrive



NEVER LEAVE A PET IN THE CAR

If it's **100°** outside, the inside of your car can reach **129°** in just **20 minutes**.



Even a 75° day can be deadly in a car.

Reminder:

Mesa Recycling Program

These Categories Continue To Be A **YES!**



Beverage Bottles, Jugs and Cans

Empty, Clean and Dry

Water bottles, milk jugs, soda bottles, soda cans, beer bottles, wine bottles, juice bottles, etc.



Metal Food Cans

Empty, Clean and Dry

Vegetable, canned fruit, tuna, pet food, tomato sauce, soup, etc.



Corrugated Cardboard

Remove ALL packaging & break down large boxes

HOW TO TELL IF IT IS CORRUGATED: Tear a small piece. If you see a flat top and bottom layer with a wavy middle layer, it is accepted.



Paper

Office Paper, Newspaper, Mail and Magazines

DO NOT BAG RECYCLABLES



All Other Items NOT Accepted

When In Doubt, Keep It Out.

For recycling information, visit mesarecycles.org

No Longer Accepted:

How was the current list of accepted items determined?

Before items can be recycled, they must first be sorted at a materials recovery facility (MRF). Mesa's contracts with its MRF vendors ultimately determine what items can and cannot be accepted in Mesa's blue recycle barrel. MRFs are willing to accept and recycle items with a strong market value. Items that are accepted but contaminated, as well as non-accepted items, will be landfilled and the City will be charged significant disposal fees by the MRF. Therefore, our list has been updated to ensure we comply with all contract terms, avoid paying unnecessary fees and maintain the sustainability of Mesa's recycling program.

How is Mesa addressing recycling contamination?

Several major markets are no longer accepting material from the United States due to high levels of contamination and finding alternative markets has proven difficult. To ensure Mesa's material is free of contamination, daily random barrel inspections are conducted to help residents become better recyclers. However, when recycling behaviors do not improve, the City will remove a resident's barrel to maintain the viability of the program. In some cases, immediate barrel removal may be necessary due to extreme non-compliance of the recycling program guidelines.

Besides recycling right, what else can I do to help manage our waste stream?

Reduce & Reuse. Generating less trash is always our BEST option. **REDUCE** by avoiding single-serving packaging which creates unnecessary waste. **REUSE** by avoiding one-time use products and instead opting for reusable ones, like a reusable water bottle.

Thank you for your understanding and for your recycling participation. Visit MesaRecycles.org for more information.



We're BACK! Saturday Breakfast Come join us!

Sponsored by the Social Committee



Delicious!! Home Made Coffee Cake



**Next breakfast is
Saturday – August 12
in the Social Hall
8:30 – 10:00am**

Submitted by the Resident Kitchen Manager Barb Oxford

SPREAD THE GLOW

**Reminder: Last chance to order is September 2
at Residents Organization Meeting.**

Luminaria Program

Created by Maggie O'Reilly and Myrna Mitchell

Purpose:

- Have luminarias at every lot in Crescent Run during the holidays
- Do something wonderful for Sunshine Acres

How will it work:

- Residents will order and pay with check by September 2nd - \$28 per kit
- Team will order luminaria kits in September/October
- Team will distribute kits on November 4th
- Residents will set up luminarias on the day after Thanksgiving
- Team will give \$5 per kit to Sunshine Acres (200 kits = \$1000)

SPREAD THE GLOW!!

LUMINARIA ORDER FORM

NAME _____ CELL _____

LOT # _____ QUANTITY _____ \$ ENCLOSED _____

ALTERNATE RECEIVER _____ CELL _____

(Retain below this line)



TO WHOM: Prepay with check (only) payable to MAGGIE O'REILLY.
Attach check to this order form and enclose in envelope

HOW MUCH: \$28 per set

WHERE TO DROPOFF: Black Box by front entrance of clubhouse

ORDER BY WHEN: no later than September 2nd, 2023

PICKUP: Nov. 4th after the Res Org meeting in Ceramics room (next to Billiards)

Contact Info: Maggie O'Reilly 505-363-2588 or Myrna Mitchell 605-390-2614

Submitted by Residents Maggie O' Rielly & Myna Mitchell & Friends

Angelic Symphony

*I have heard the voice of angels...
face turned upward to the sky.
Inside a small cathedral...
with a ceiling way up high.
The songs caressed the rafters,
in melodic, soothing tunes,
that carried sacred messages
far beyond the moon.
Symphonic sounds surrounded
all the space my soul could see,
I felt the God harmonics
flowing in and through out me.
How soothing was this moment
spent with angels from above...
my own angelic symphony
sent to me, from God, with love!*

Birthday Golf Cart Brigade

Sponsored by Residents Organization

The Birthday Brigade may be coming to your home or neighbors soon.

Everyone has fun!

Residents who were surprised this past month:



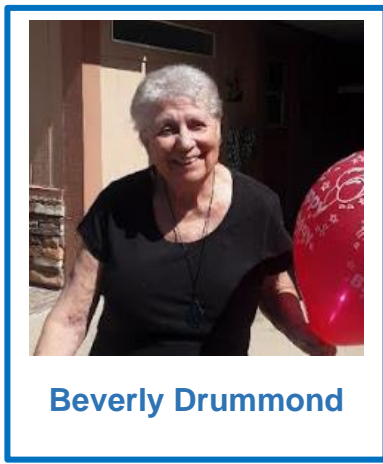
Ron Bawden



Martin Magana



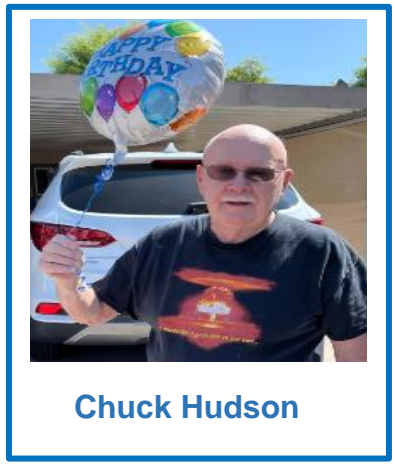
Jeff Smith



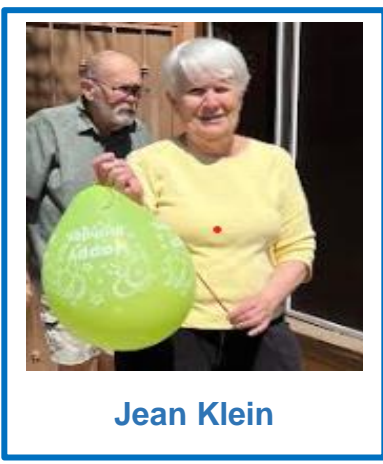
Beverly Drummond



Ken Michealson



Chuck Hudson



Jean Klein



Joanne Skoviak



Judy Andrus



Penny Weidl



Elieen King



Wilma Derks



David Grimes



Paul Morin



Gene LaMorte



Chuck Powell



Linda Jones





Dave Arendas



Don Klein



Pat Petro



Leonard Feltes



Cindy O'Connell



Jim Moushon



Russ Taylor



Nan Diao



Dave Oxford

Photos by Board Members Les Norde & Cheryl McDonald & Don McDonald

Thanks so much for reading
our Round Up Newsletter.



Contact Res Org:

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Mesa, AZ 85209-3602

Residents Organization Email:
crresorg@gmail.com

More to follow in September!