

Community Newsletter



November 2023



OPEN MIC IS BACK!!! NOV 17TH @ 3PM IN THE CLUBHOUSE!

COME ON UP, SING ALONG, TELL A STORY OR GIVE A LAUGH!

SOME SNACKS WILL BE PROVIDED, BUT YOU ARE WELCOME TO
BRING SOMETHING TO SHARE.



P.E.R.T.

Parkwood Emergency Response Team

Well it's November and the weather is going to get a lot cooler. So how can we withstand the cold weather with out our heating system in an emergency. The power is off, so nothing electrical will work, do you have a propane heater that can sure help but remember to let fresh air into the house. A cold weather sleeping bag one that's good down to 0 degrees is great . Have plenty of warm clothing on hand, winter boots, coats, gloves, hats and scarves. Emergency or space blankets are really good as they take up little space. Do not bbq in your house . Have lanterns, flashlights and matches. Candles are great to have but don't leave open flames in your house if you are gone. A generator is always good and we have talked about them in the past. Have some tools on hand, hammer, nails, duct tape, visqueen, knife, tarps. If you don't know how to use them maybe a neighbor can help. Sealing up broken windows and doors can help keep the heat in. If your house is not in danger of collapsing stay inside any shelter is better than no shelter. Try to plan ahead and in a emergency keep that plan going. It's better to have to much and not use it then to have to little and be without. Also remember—the clubhouse has a back up generator and is a warm space to go should you have the need.

Goose.

PARKWOOD CHRISTMAS BAZAAR AND CRAFT SALE

CARDS, GIFTS
MIXED MEDIA,
JEWELLERY
DIAMOND ART,
CERAMIC
KNITTING, GIFTS
STOCKING
STUFFERS
EMBROIDERY
AND MORE



AT THE
PARKWOOD
CLUBHOUSE

SATURDAY DECEMBER

2, 2023

10 A.M. - 4 P.M.

What should you expect at the end of Thanksgiving?

The letter "g".



The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind.

Written by Timothy Jennings, M.D. Clinical Psychiatrist.

What if there was research proven information available that could substantially reduce the likelihood of Dementia?

What if there was research proven information available that could substantially improve cognitive ability and in general quality of life for those over age 50?

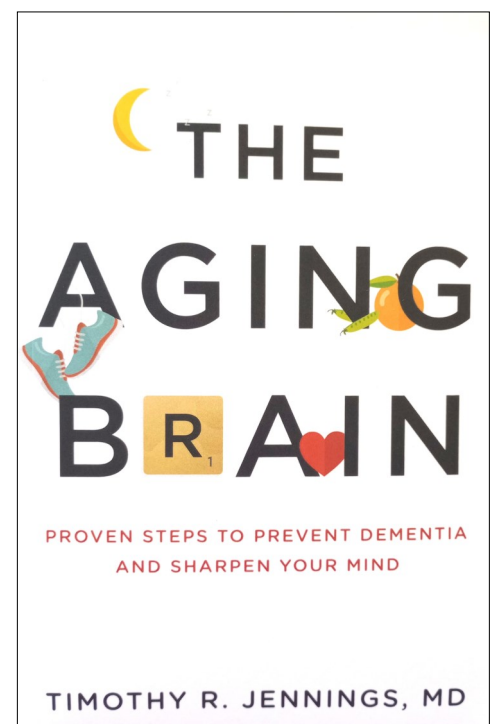
The Aging Brain is easy to read and a wonderful resource. While growing older is inevitable, many of the troubles we associate with aging--including dementia, disability, and an increased dependence on others--are not. The choices we make now can help us to maintain our vitality, a sharp mind, and our independence as we age.

Filled with simple, everyday actions we can take to avoid disease, promote vitality, and prevent dementia and late onset Alzheimer's, **The Aging Brain** is an easy-to-use guide to maintaining brain and body health throughout our lives. Based on solid, up-to-date scientific research, the interventions explained in this book not only prevent progression toward dementia even in those who have already shown mild cognitive impairment, they also reduce disability and depression and keep people living independently longer.

For anyone hoping to slow the aging process, as well as anyone who acts as a caregiver to someone at risk of or already beginning to suffer from dementia and other age-related diseases, this book offers a hopeful, healthy way forward.

There are now 5 copies in the clubhouse library for your reading pleasure. The book is also available on Audible for those who prefer to listen to a book.

The Gibson Family



Weekly activities at the Clubhouse

MON-Ping Pong 8AM
Pinochle 11AM

3rd WEDs Book Club 1:30PM

FRI-Fit & Fall Proof Exercise 9AM

TUES-Fit & Fall Proof Exercise 9AM
Canasta 11AM

Poker 12PM **WED**-Ping Pong 8AM

THUR-BYO Arts & Crafts 1PM

Looking for fun and interesting new activities to add to the calendar.

Birds of a Feather

By Ida Domazlicky and Jane Nicholas

“Birds of a feather flock together?” That robin attacking its reflection in your review mirror last spring certainly wasn’t appreciating the company of other robins. Yet in Yakima, WA in 2008, nearly 260,000 robins shared a stand of conifers near a golf course. And now, in Parkwood’s green spaces, you’ll likely see a dozen or more robins hunting worms—not only with other robins, but also with Golden-crowned Sparrows, Juncos, Song Sparrows, flickers, nuthatches, jays, chickadees, kinglets, and Varied Thrushes. Thousands of American Wigeons are in flocks at Dungeness Landing and Three Crabs, as in Jane’s photo above. And flocks of hundreds of Dunlin are performing amazing synchronized maneuvers over the bays.



Flocking behaviors originate in every bird’s determination to survive the winter. Mixed feeding flocks in Parkwood seem to form around small family groups of chickadees, either Black-capped or Chestnut-backed, because chickadees are inquisitive, talkative, and intelligent food-finders. If they are active in a row of shrubs, other birds will join and follow. Besides finding food, flocking offers protection. In a mixed flock, each bird may seem to ignore the others. But let one robin startle and flee to the trees, and the other birds nearly always do the same. (Often leaving behind only the Golden-crowned Sparrows, who seem to wonder what the fuss is all about. I cannot explain that.) The sheer numbers in flying flocks of sandpipers confound an attacking Peregrine Falcon or Bald Eagle. Diving through the flock might get the predator lunch, or it might mean an injury. What’s more, an aerial sandpiper flock can turn 180 degrees, as one, in less time than an eye blink. It’s enough to ruin an eagle’s day.

A final advantage of flocking is shelter. Birds are highly sensitive to decreased air pressure, temperature changes, and wind shifts. They may also be able to hear approaching storms. Ahead of a storm front, they sometimes fly in circles to recalibrate their sensory systems. They often gather in large flocks ahead of gales so that the many individuals can help locate shelter. We can think of the flock as nature’s avian hive mind.

Within the flocks, another old term often applies: “pecking order.” With survival at stake, having an established hierarchy requires less time and energy than haggling over every seed. Mature birds have priority in most flocks and are natural leaders because they know where to look for food and shelter. So enjoy our mixed feeding flocks as they move through Parkwood this winter. And remember—if we were birds, we mature adults would be in charge!