



Las Palmas Grand Residents Association

Observer

August 2025

Vol 5 Edition 3



Summer in Arizona...and it's **HOT!!**

*(See page 2 for ways to stay cool and
safe during the summer)*

LPGRA



Are you new to the community or someone who is not sure about the Las Palmas Grand Residents Association (LPGRA)? Because you live here, you are automatically a member of LPGRA -- there are NO dues to pay!

Come join us! We meet the first Thursday of every month at 9:30 am in the clubhouse, and we'd love to see you there. We give away prizes (\$20 door prize and 50/50 raffle). Our meetings are informational, and our purpose is to enhance the quality of life within Las Palmas Grand through communication, as well as to provide an organized approach for resident and management interaction. Feel free to bring any questions and concerns you may have. See you at our next meeting!!

LPGRA Meeting Schedule 9:30 AM in the Clubhouse Card Room #4

AUGUST 7, 2025
SEPTEMBER 4, 2025
OCTOBER 2, 2025
NOVEMBER 6, 2025
DECEMBER 4, 2025

LPGRA Board Members

Donna Provost, President
802-236-0381
Sue Smith, 1st Vice President
801-628-0025
Cheryl Jorban, 2nd Vice Pres./Treasurer
253-224-4453
Peggy Marcone, Secretary
585-752-8279



HOW TO STAY COOL IN ARIZONA'S HEAT

As the Arizona summer heat sets in, it's important for people of all ages to take precautions to stay cool and hydrated. However, seniors and heat *really* don't mix well. For older people, being overheated can lead to advanced dehydration and serious illnesses. Here's why it's essential for older people to protect themselves during the (increasingly) hot summer temperatures.

Why Staying Cool Is Vital for Seniors

Seniors are particularly vulnerable to the intense heat due to physiological changes that come with aging. Aging bodies are less efficient at regulating body temperature and are more susceptible to heat-related illnesses. These commonly affect older adults in the following forms:

- **Heat stroke.** Heat stroke is the most severe condition, characterized by a body temperature of 103°F or higher, along with symptoms like confusion, rapid heartbeat, and hot, dry skin.
- **Heat exhaustion.** Heat exhaustion can cause heavy sweating, weakness, nausea, and dizziness.
- **Heat cramps.** Heat cramps result in painful muscle spasms, often in the legs or abdomen.
- **Heat syncope.** Heat syncope, or sudden dizziness or fainting, may occur due to dehydration and inadequate blood flow to the brain.

Given these increased risks, it's essential for seniors to take preventive measures to avoid these illnesses and prioritize their well-being during the warm season.

Here are some tips to help older adults stay safe during heat waves:

1. Drink more water than you think you need. Then drink some more.

People in their 60s and older already face a higher risk of dehydration in general, and hot weather can make it even worse. Not having enough water in your system can lead to feeling faint and nauseous, which can lead to dizziness and falls.

Dehydration is a big worry for older adults, because it affects them differently. They may not even know how they're being affected by the heat. Their loved ones, in-home caregivers and neighbors need to not only remind them to drink water but actually bring it to them during heat waves.

Older adults with dementia also have special risks, because the changes in their brain may keep them from being able to communicate their distress.

2. Make – or find – a cool place for yourself

In addition to air conditioning, good old-fashioned practices like running your ceiling fans, closing curtains and blinds, avoiding using the oven and clothes dryer, and staying out of the sun during the heat of the day, can really help older adults stay safe and cool. So can taking cool but not cold showers or baths, running cool water over parts of the body, or keeping cool, wet cloths handy.

3. Limit Sun Exposure:

Avoid strenuous activity or outdoor activities during the hottest parts of the day (usually midday to late afternoon). If you must be outside, wear light-colored, loose-fitting clothing and a wide-brimmed hat. Apply sunscreen with SPF 15 or higher.

4. Skip outdoor activities – or do them early

The yard may need your attention, the dog may need to get exercise, or your regular walking partners may want to keep up their routine. But ultra-hot weather is not the time to stick to routines.

Give yourself permission to skip the trimming and watering during the heat of the day. Do your walking or walk your dog early in the morning or later in the evening.

It is also probably a good idea to skip alcohol and caffeine, or at least cut back on them, during a heat wave. They can also affect your response to heat and ability to recognize problems.

4. Don't feel well? Act fast

By the time older adults start feeling the worst effects of high heat, they may require emergency treatment. But hospital emergency rooms are not the place anyone wants to spend a hot summer day, and they can hold special risks for older adults.

Seek help for any physical symptoms you might be feeling by calling your doctor's office or clinic, before they become an emergency. They can give advice over the phone.

Besides feeling faint or dizzy, other symptoms to watch out for include nausea, headache, feeling overly tired, having a rapid

pulse, or feeling muscle cramps. If someone's behavior changes – for instance if they are confused or combative, or delirious – that is a very serious sign.

If you take medications for blood pressure, heart problems or other conditions, they can reduce the amount you sweat and affect circulation, which helps the body cool down. If you have diabetes, it can affect your blood vessels and sweat glands, and heat can also change your body's ability to use insulin.

Talk to your pharmacist or doctor's office to find out any special heat-related factors you need to think about given your health conditions.

5. Get together with others – or check on older adults in your life

For seniors who live alone, heat waves can bring special risks. If you live alone, the Arizona summer is the time to reach out and take people up on their offer to come visit or go on an outing to a cool location.

If you know an older person who lives alone, whether they live next door or across the park, this is the time to stop by, call or connect electronically. Since heat-related illness can sneak up on people and bring a risk of fainting, checking in is never a bad idea.



**Have a safe
summer – it
will soon be
fall!**



AAMHO NEWS

WE STILL HAVE BAGS FOR SALE!

AAMHO (Arizona Association of Manufactured Home Owners) is a registered 501(c)4 non-profit organization representing YOU as an owner of a manufactured home here in Las Palmas Grand. You live in a community that is governed by the AZ Mobile Home Parks Residential Landlord and Tenant Act (LTA). AAMHO is the organization that introduces and supports legislation in Arizona to protect and strengthen your rights, opposes legislation unfavorable to community residents, and monitors all legislative actions for possible unintended consequences. Additionally, AAMHO is here for you when you have questions or concerns about manufactured home ownership.

Did you know that there are over 300,000 manufactured/mobile, RV and park model home owners in the state of Arizona? The greater our numbers, the greater power and influence our AAMHO lobbyist carries with her when she visits the AZ Capitol to tell lawmakers how they can make our lives better.

Please consider joining AAMHO today. You can go to their website, aamho.org, to apply for membership, which is only \$35.00 for 1 year, \$60 for two years, or \$150.00 for 5 years. You can also sign up for the AAMHO Newsletter on their website.



Get your RED Las Palmas Grand Residents Association thermal cooler bag TODAY! This handy zippered bag is insulated and has a roomy front pocket and a side pocket for water bottle or cell phone. It comes with an ID tag, plus complimentary name insert, if requested. It is a perfect bag to bring to LPG events, or buy as a gift. And here's the good part:

IT ONLY COSTS

\$10.00!

To purchase, please contact
Cheryl Jorban

Text: 253-224-4453

Email: cheryljorban@gmail.com

RESIDENT SAFETY REMINDERS



We want everyone to be safe here at LPG. There have been some accidents and many near-misses in our community due to unsafe driving. Here are some things to remember when driving your vehicles in the park:

- The speed limit is **15 mph** in all areas. Please do not drive faster than the speed limit. Many of our elderly residents walk on our streets and can easily be startled by cars moving very fast.
- Be careful and look both ways before backing out of your driveway. Then look again before you continue backing out. Watch for on-coming cars, bicycles, golf carts, and people walking.
- Drive on the right side of the road. Do not drive down the middle of the street.
- **STOP** at all the stop signs. Stop completely and look both ways before continuing. Again, watch for pedestrians, golf carts, and cars that have the right-of-way.
- Golf carts and bicycles have the same rights as vehicles. If driving your car, do not recklessly try to pass a bicycle or golf cart just because it might be moving a little slower than 15 miles per hour.
- Golf carts and bicycles should follow the same traffic rules as cars regarding stop signs and driving/riding on the right-hand side of the road.

- When pulling into the mailroom parking spaces, look to see if there are any oncoming cars or golf carts. Watch for cars backing out. When pulling out of the mailroom parking spaces, back up slowly and look both ways before continuing.
- And finally, please use common sense when allowing your grandchildren to drive your golf cart. If they don't know how to drive safely and follow the traffic rules, they should not be allowed to drive your golf cart without adult supervision.

PLEASE HELP KEEP LPG
A SAFE PLACE TO LIVE!



HIGHWAY HIJINX

We're told that a trooper recently pulled over a car because it was proceeding very slowly. Inside, he found four elderly ladies. "Was I doing anything wrong, officer?" asked the driver. "No, not really," replied the trooper, "but driving too slowly is as dangerous as driving too fast – and you were going very slowly." "But the sign says '22'," the lady answered. "Oh, ma'am," the officer said, "that's the route sign, not the speed limit." By this time, he'd noticed that the other three women were sitting very stiff and still, each one staring straight ahead. "Ladies, are you alright?" he inquired. There was no answer and no one even moved. He asked again, and finally the lady in the passenger seat said, "We just got off Route 119."

Did you know?

Here are some **NEAT THINGS TO KNOW**, submitted by LPG resident Cathy Reid:

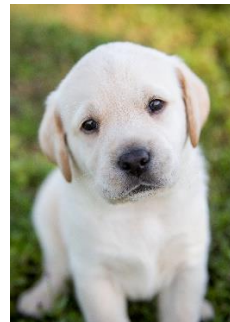
- ✓ Many years ago in Scotland, a new game was invented. It was ruled "Gentleman Only...Ladies Forbidden." And that is how the word "GOLF" entered into the English language.
- ✓ Every day more money is printed for the game Monopoly than the US Treasury.
- ✓ Men can read smaller print better than women can; women can hear better. 😊
- ✓ In the 1400s, a law was set forth that a man was not allowed to beat his wife with a stick no thicker than his thumb. Hence we have what is now called "the rule of thumb."
- ✓ It is impossible to lick your elbow.
- ✓ Coca-Cola was originally green.
- ✓ The state with the highest percentage of people who walk to work is Alaska.
- ✓ The cost of raising a medium-size dog to the age of 11 is \$9,150.00.
- ✓ Intelligent people have more zinc and copper in their hair. (Oh my, now I know why I'm so smart!)
- ✓ The first novel ever written on a typewriter: Tom Sawyer.
- ✓ The San Francisco cable cars are the only mobile National Monument.
- ✓ Each king in a deck of cards represents a great king from history:
 - Spades: King David
 - Hearts: Charlemagne
 - Clubs: Alexander the Great
 - Diamonds: Julius Caesar
- ✓ If a statue in the park is of a person on a horse and the horse has both legs in the air, the person died in battle. If the horse has one front leg in the air, the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.
- ✓ What is the only food that doesn't spoil? Honey
- ✓ Which day are there more collect calls than any other day of the year? Father's Day
- ✓ In Shakespeare's time, mattresses were secured to bed frames by ropes. When you pulled the ropes, the mattress tightened, making the bed firmer to sleep on. Hence the phrase "Good night, sleep tight."

- ✓ It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer, and because their calendar was lunar-based, this period was called the honey month, which we know today as the honeymoon.
- ✓ In English pubs, ale is ordered by pints and quarts. So, in old England, when customers got unruly, the bartender would yell at them, "Mind your pints and quarts, and settle down!" That's where we get the phrase "Mind your P's and Q's."
- ✓ At least 85% of the people who read this will try to lick their elbow. 😊
- ✓ What do bullet-proof vests, fire escapes, windshield wipers, and laser printers have in common? All invented by women.
- ✓ Many years ago in England, pub frequenters had a whistle built into the handle or rim of their ceramic mugs. When they needed a refill, they used the whistle to get some service. This is where the phrase "wet your whistle" was inspired.
- ✓ In 1990 the average number of people airborne over the United States at any given time was 71,000.
- ✓ Don't ignore this just because it looks weird. Believe it or not, you can read it:

I cdnuolt blveiee taht I cluod autacilly uesndatnrd waht I was rdanieg. The phaoenonmeal pweor of the hmuan mnid, aoccdrnig to rsearhc at Cmabrigde Uinertvisy, is taht it deosnt mttar waht odrer ltteers in a wrod are. The olny iprmoatnt tinhg is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a toatl mses and you can siltl raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

Amazing, huh?

- ✓ Flexible people never get bent out of shape.



SLANTED STUDY

Animal behavior researchers have reported in *Animal Cognition* that while dogs may tilt their heads for any number of reasons while looking at you, this is most likely because they are trying to better understand you. We observe that no one appears to have even tried to investigate this phenomenon in cats.





SNUG AS A BUG IN A HUG

by Tim Goodwin
(editor of Farmer's
Almanac)

We wrap our arms around others to say hello or good-bye. We embrace during times of joy and sorrow. Hugging is a universal language with many meanings – including “thank you” and “I’m sorry.” Hugging is such a fascinating cultural phenomenon that scientific studies have determined just how important a hug can be to our well-being.

HUGS FOR HEALTH



There are no rules as to how long a hug should last. It comes down to what the situation calls for. On average, a hug lasts about 3 seconds. If you want to enjoy additional health benefits, hang on for a little longer. In 2003, researchers at the University of North Carolina found that a group of adults who received a hug lasting at 20 seconds from a supportive partner prior to a public speaking event showed an increased level of oxytocin, which has been linked to reducing blood pressure and cortisol – the stress hormone.

SQUEEZE TO PLEASE



If there is a sweet spot for the amount of time that a hug should last, researchers in the UK may have found it by conducting a pair of studies in 2021 to determine the ideal length and preferred style of a hug. Participants hugged for 1-, 5-, and 10-second intervals. The results indicated that embraces that last between 5 and 10 seconds are the most enjoyable. When it came to hugging styles, the crisscross arm method (each hugger has one arm low and one high) was used 64.5 percent of the time when there was a mix of genders and with 82 percent frequency if both participants were male. The neck-waist contact style for huggers (one hugger around the neck, the other around the waist) was found to be used more often between two females – 48 percent of the time.



THE FEELING OF A HUG



For some, receiving a hug is not a pleasant experience, as the physical touch of others can cause undue stress. While in high school, Temple Grandin, now a professor of animal science at Colorado State University and autism advocate, developed a squeeze device or “hug machine.” Somewhat ironically, Grandin created the machine—which simulates the pressure of a hug without any physical touching—before she herself was diagnosed with autism. To use the machine, a person sits or lies down between two padded side boards that apply gentle pressure. It’s widely employed in schools and other settings to help to soothe people with autism.



HOLY HUGGER

Affectionately known by her followers as the Hugging Saint, Sri Mata Amritanandamayi Devi is an Indian spiritual leader and humanitarian. Also known as “Amma,” she hosts free programs around the world to inspire others to follow a path of selfless service, sharing her wisdom and inspiration. At the end of each program, Amma

embraces all participants. It is said that she has “hugged” more than 34 million people worldwide and has been known to offer her soothing squeeze for more than 22 hours without interruption.



X's & O's

The origin of why “O” represents hugs—as in XOXO—is unclear, but some believe that in a bird’s-eye view, an “O” represents two pairs of arms coming together to complete a hug.



HUG DAY

When the calendar turns to January 21, prepare yourself for a few extra hugs. Started in 1986 by Kevin Zaborney in Caro, Michigan, National Hugging Day was created to promote “the values and benefits directly related to love and kindness through the power of consensual hugging.

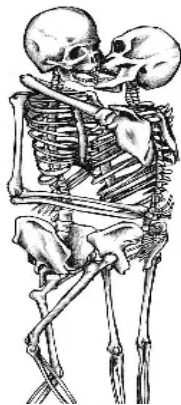


DO BUGS AND ANIMALS HUG?

They sure do—but not necessarily in the same way that humans use the embrace. In one example, spider monkeys are known to hug during reunions after spending the day apart to hunt or feed. Many bugs “hug” other insects—but usually when they are preparing to consume the hug recipient for a meal.



***NOW,
THAT'S A
LONG
EMBRACE!***



In the Italian village of Valdaro, archeologists unearthed the skeletons of a man and woman buried together face-to-face, with their arms and legs entwined. The “Lovers of Valdaro” were discovered in 2007, but their story is much older. Experts have estimated that the pair—thought to be no more than 20 years old at the time of death—lived some 6,000 years ago.

**JUST SENDING OUT A BIG HUG TO
WHOMEVER MIGHT NEED ONE RIGHT NOW**



Guinness World Records has numerous categories when it comes to hugging. Here are a few:

Largest group hug: 10,554 people embraced at the Rideau Canal in Ottawa, Ontario, on May 7, 2010.

Longest group hug: Stephen Rattigan, Brian Cawley, Nicky Kearney, and Robert Tuomey huddled together in Castlebar, Ireland, and remained locked in a group hug for 30 hours and 1 minute on May 4-5, 2019.

Most couples hugging: 5,730 pairs gathered in Bergamo, Italy, on July 3, 2006, to establish the world record.



Recycle Program



The recycling program at Las Palmas Grand continues to do very well, thanks to Bob Williams. The total dollar amount collected from recycling so far this year is over \$1,200.00.

As a reminder, the LPGRA recycling program **ONLY** recycles aluminum beverage cans and clear plastic beverage bottles. Please do not place any other materials (i.e. glass or non-clear plastic containers) in the blue barrels, which are located in the green waste area on Juniper Hills. Thank you to all who participate in our recycling program!

Upcoming Event

ST LPGRA'S 1ST ANNUAL

JANUARY 20th
4:00 PM
LPG BALLROOM



The Las Palmas Grand Residents Association (LPGRA) is hosting a chili cookoff for all LPG Residents on January 20, 2026, in the LPG ballroom. There will be prizes for the 1st, 2nd, and 3rd place overall best chili, based on votes from residents attending.

After the vote, everyone will have a chance to enjoy a bowl of chili, along with cornbread, crackers, dessert, and beverage. FREE – no tickets required!

We are currently looking for are residents who are willing to participate by bringing a crockpot of your favorite homemade chili recipe for this event. If you are interested in this, please contact Cheryl Jorban at cheryljorban@gmail.com, or text message 253-224-4453.

There will also be sign-up sheets on the Pen and Quill Board in the clubhouse hallway after November 1st.

Watch for flyers and more information on this event in the next few months. For now...

SAVE THE DATE



Stay cool this summer – come into the pool!

You probably know that just like land-based exercises, water aerobics and swimming can be effective strategies for fitness, building strength, boosting your mood, easing joint pain, sleeping better, and reducing your risk for diseases like heart disease, diabetes, and even cancer.

Better yet, the pool at LPG is a wonderful place to meet new friends and enjoy a respite from the heat.

Please remember to follow the pool rules posted, and please don't move the furniture around the pool any closer than 4 feet from the pool's edge.



Do you have a question about LPGRA? Our board members are happy to answer any questions. You may contact any board member listed on page 1, or you can find out more information by going to our website: LPGRA.org.

Las Palmas Grand Residents Association (LPGRA)
2550 S. Ellsworth Rd. #666
Mesa, AZ 85209
lpgraboard@gmail.com
Observer Editor: Cheryl Jorban
cheryljorban@gmail.com