



# **THE LP INDEPENDENT TIMES**

**NEWS. STORIES. PICTURES. AND MORE**



The blue and yellow represent Legacy Pointe's colors, and the green (growing higher) represents the continuing growth provided by our residents.

By Jonathan Wahl

**June 2024**

## **Our Day Begins – Here Comes the Sun**



Photo by Marsha Call

## Memorial Day Ceremonies

# MEMORIAL DAY CEREMONY



Photo by Vicki Tindall

Next event was the Missing Man service on Friday, May 24<sup>th</sup> at 4 PM in the auditorium



Photos by Vicki Tindall

Finally, Monday, May 27 at 10am in the Auditorium the Memorial Day ceremony took place to honor our fallen service members and pay tribute to the sacrifices they made for our country.







Photos by Vicki Tindall



**To have any type of a gathering you need volunteers. Jonathan Wahl has sent a well-deserved 'thank you' to all that helped**

**Thank You Memorial Weekend Volunteers and Legacy Pointe Team Members**



**Jonathan Wahl**

Dear All,

Well, you did it! You . . . an inspiring and elegant Flagpole Dedication, a somber and moving Missing Man Table Ceremony, and a rousing, intimate, informative, and solemn Memorial Day Ceremony.

Wow!

There were so many of you who donated your time and talents to stage an unforgettable weekend. I know I'll probably run out of adjectives, but here goes:

A Volunteer team trained to raise the flag on Memorial Day, to lower the flag to half-staff at 6:30am on Memorial Day, and then to raise it at noon. Well done.

Volunteers to design, have printed and distributed invitation flyers, programs, and usher and guest ID tags.

Dedicated volunteer teams of campus flag planters and retrievers.

Awesome volunteer decorators who creatively festooned the first floor alcoves and the auditorium with loads of red, white, and blue and military artifacts.

Service Flags setup (Frank Milmore)

Volunteer ushers who were oh so organized, spirited, and friendly who assisted the auditorium audiences (Missing Man Table and Memorial Day Ceremony) and distributed poppy pins and earplugs. Sally, please pass this on to your fantastic team.

Our financial volunteer, Frank Milmore who filled out purchase orders and ordered the decorated sheet cakes for the dining room buffet. And Bill Hornsby who picked up and delivered those cakes.

Our volunteer eleven bells bell ringer to start our ceremony: Susan Pantelias.

Our bagpiper signaler: Helene Michlowitz

Volunteer Veteran speakers: Flag Dedication and Missing Man Table (Joe Solymossy and Mike O'Leary), Guest speaker intros (Linda Parsons-Rude), Guest speakers (Frank Milmore and Mitch Mitchell), Invocation substitute (Mitch Mitchell).

Our Veteran audio/visual guru, Bill Weise, who produced a dramatic, moving, and beautiful slide and video presentation.

Missing Man Table meticulous setup and ceremony (Fred and Carol Jackson).

Veteran guest escorts (Frank Milmore and Steve Zimmerman)

Bagpiper interface and escort (Jim Kragh)

Volunteer photographer (Vicki Tindall)

Our Legacy Pointe Team Members who supported us from start to finish: Kristina Ferry, Isabella Barrios, Amber Blevins, Josh Gorniak, Sil, Julie Bushlow, and probably more. I apologize if I've omitted anyone.

A special mention of thanks goes to Colonel Larry Mitchell who: was my recruiter and for lots of others, my Emcee and overall advisor, who stayed up late at night firing off emails and texts, saw to many, many small and large details, was a constant fountain of ideas, and a true leader of our Veterans Group. Mitch, you were always available and willing to help. And, of course, kudos for your unique leadership talent for adding folks to your "future volunteer list" whenever they happened to casually mention to you that they had a talent for anything.

I sincerely hope that I didn't leave anyone off this thank you list. It was not intentional.

Again, thank you all for the best LP Memorial Day weekend ever. And, with your help, it can only get better.

Sincerely,  
Jonathan

## In Memoriam



**Carolyn Ruhe**

On May 31<sup>st</sup> at 4:30 A.M. Carolyn Ruhe died at Advent Hospital in Orlando due to complications resulting from 2 surgeries. Legacy Pointe lost a resident who loved this community and worked to continue to make it great. She was always willing to listen, encourage, and act.

She was also the Co-Editor of the LP Independent Times. Each month she did the final checking, offering suggestions, and writing a story if an event had not been covered. She will be missed in so many ways.

Here is a commentary from one of our residents which describes a light moment with Carolyn and her hobby:

**“A memorable conversation with Carolyn Ruhe (about something ordinary but important)**

When I was picking up lunch in the Bistro one day, I walked by Carolyn sitting at a table while her friend got their lunches. I noticed how elegant she looked, but what really caught my eye was her earrings. They were beautiful and they perfectly matched her outfit. I commented on them, and she told me they were handmade in the southwest by a talented Native American artist. The interesting thing is, I had that same experience a few years



ago while traveling the southwest in our motorhome. We talked about watching the artist and how meticulous he was to detail and his choice of stones and colors.

Carolyn went on to explain that when she traveled, she would often take time to find a unique, special pair of earrings to purchase, helping her remember the trip. But it also gave her many more delightful hours looking for an outfit to match them! My reason for purchasing was a reminder of different places we had been and that they did not occupy much space in our “house on wheels”.

Maybe in the future we could have a Carolyn Ruhe Day in which each person could share one of the following:

1. Our most unique or out of the ordinary pair of earrings,
2. The most unusual place where they were acquired,
3. The most exceptional circumstances that caused you to have them,
4. The oddest thing that ever happened to a pair of your earrings, or
5. Which pair you wear the most and why.

Thanks, Carolyn, for sharing your life with us at Legacy Pointe”.

By Mary Catherine Ricks

## **EARTH DAY IS REALLY 365 DAYS – Our Monthly Reminder**



Photo By Maureen Reed

So, to keep Earth Day alive throughout 2024, the Legacy Pointe Independent Times will bring you monthly reminders about what you can do to make our planet bright blue and our air free from pollutants.

For the month of June, we will talk about what we can do. We are a community of senior residents living at Legacy Pointe. We are so few of us but here are some things that we can do.

Lets start with what is already happening in our community:

1. We are recycling – Aluminum Cans – thanks to the L.P. Kan, Kan dancers.
2. We are recycling - Cardboard – **Do Not** throw it down the trash bin. Pile it in the trash room. Please make sure it is clean, especially pizza boxes.
3. Bring your batteries down to Credenza near the gym. The top right drawer has a section for batteries **so do not throw them in the trash.**
4. Encourage your grandchildren to get involved and at least start recycling.
5. Educated everybody how important it is to learn about plastic and what it is doing to our environment and what ‘nano plastic is doing to our bodies’.
6. Write to your legislators before it is too late. They are the only ones who can pass the laws that can save our planet

## **Recycling Program at L.P.**

David Kremer, our Executive Director is negotiating to start a recycling program here at Legacy Pointe. Hopefully it will include collection of all our plastics, foam containers, and newspapers. The Independent Times will keep you posted.

## **The Theme for Earth Day 2024 is “Planet vs. Plastics”.**

Our Editorial for this Month

### **Is Recycling the Answer for our Plastic Problem by Frank Russo**

Everybody including the **LP Independent Times** has been urging us to recycle. We all need to get plastic out of the oceans, the landfills, the open spaces, etc.

Well, we all have been fooled again. The source of this foolery is the chemical companies themselves. The burden of cleaning up **their** mess has been placed on our shoulders through a series of clever “environment appeals” urging us the citizens to come up with ways to collect all their stuff and get it recycled,

These companies know that over 90% of plastics are not being recycled and they have known that **their** plastics cannot be recycled, and they have known it for a long time.

So why is it our problem and why should we be saddled with the cleanup responsibility?

The problem is the current corporate mentality is not to take responsibility. To them the resulting plastic waste is just the cost of doing business. We have heard it before. DDT destroying the environment – the cost of doing business, Smoking causing lung cancer – the cost of doing business. Asbestos - the cost of doing business, and on and on.

Another view is presented in an article by Davis Allen - see the link - Allen is one of the investigative researchers for the Center For Climate Integrity.

"When companies produce all of this plastic (and) are continuing to constantly expand production of plastic products, they know that ultimately all of that plastic waste will either end up in a landfill, incinerated, or in the environment," Allen said. that the plastic industry used these commercial campaigns to make consumers responsible for using less plastic instead of taking accountability for making it.

"The entire framing of individuals needing to solve this problem is basically what the industry has promoted as part of this campaign to convince us that recycling was a viable solution," Davis said.

<https://abc13.com/plastic-waste-crisis-in-united-states-percentage-of-plastics-actually-Evenhgetting-recycled-recycling-statistics/14774625/>

**(hold the control key and click on the link or copy it and paste it into your browser).**

Next month the LP **Independent Times** will continue the industry's charade on our burden to clean up their mess. But this time a key corporate lawyer has issued a dire warning to the companies involved in the production of plastic. **Next month the warning!**

## It's Springtime it bears repeating



**Photos by Vicki Tindall**

### Scams

One of our residents, **Richard Van Dyke** came across this article warning about scams using AI intelligence. It is an article researched by reporter, Kurt Knutsson, in the CyberGuy Report

#### **FCC names its first-ever AI scammer in threat alert**

"The [first artificial intelligence robocall scammer](#) has been officially named by the Federal Communications Commission. But is it too little, too late?

After all, Royal Tiger has already gotten away with loads of scams that have impacted millions of Americans.

Let's talk about what these headlines mean for AI scammers in general, what you still need to be on the lookout for and how to protect yourself from these sophisticated scams going forward.

#### **So, who is the Royal Tiger cyber gang?**

[Royal Tiger is the first robocall gang named by the Federal Communications Commission \(FCC\)](#). This group is known to use sophisticated techniques in their cyber scams, such as AI voice cloning, to impersonate staff from government agencies, banks and utilities, known as "robocall" scams.



The crew consists of individuals and voice service providers operating from various countries, including India, the U.K., the United Arab Emirates, and the U.S. The group is led by Prince Jashvantlal Anand, who uses the alias "Frank Murphy," and his associate Kaushal Bhavsar. Anand has served as "CEO" of "U.S.-based companies" like Illum Telecommunication and PZ Telecommunication

### **What are robocalls and AI scams?**

[Robocalls and AI scams](#) involve using automated calling systems and artificial intelligence to deceive and defraud individuals. Although there are a few ways to do this, scammers like Royal Tiger are now relying on AI voice cloning to create realistic-sounding voices that impersonate legitimate entities such as government agencies, banks and utility companies. Generally, these scams involve using certain trick scenarios to take advantage of their victims, like calling about credit card interest rate reductions or fake purchase authorization orders, which enable them to obtain consumers' financial and other sensitive data from the individuals that they target.

With phone spoofing techniques, it's possible to make your caller ID actually show a call from these agencies, too, to make it look more legitimate.”

So, you have read it here. All we can say is **BEWARE!**

<https://www.foxnews.com/tech/fcc-names-its-first-ever-ai-scammer-threat-alert>

**(hold the control key and click on the link or copy it and paste it into your browser).**

## Technology by Joe Solymossy

- Check your Apple Phones, iPad, and Apple watches. The latest update June 1 is OS 17.5.1 for iPhones and iPads, and OS 10.5 for the Apple Watch; and OS 16.7.5 for iPad Pro(1<sup>st</sup>) and iPad (5<sup>th</sup> gen) and iPhones 8 and X.
- Don't be too hasty in replacing or discarding/recycling a laptop or desktop that is newer than 5 years old, and has at least 8 GB of RAM. Look to see if your unit has the following installed capability;

These are the minimum system requirements for installing Windows 11 on a PC. If your device does meet these requirements, you may be able to install Windows 11 manually, or in the next year your automatic update will suddenly say “yes” you are eligible for WIN 11 on your device:

**Processor** 1 gigahertz (GHz) or faster with 2 or more cores on a compatible 64-bit processor or System on a Chip (SoC).

**RAM** 4 gigabyte (GB).

**Storage** 64 GB or larger storage device Note: See below under “More information on storage space to keep Windows 11 up-to-date” for more details.

**System firmware** UEFI, Secure Boot capable. Check here for information on how your PC might be able to meet this requirement.

**TPM** Trusted Platform Module (TPM) version 2.0. Check here for instructions on how your PC might be enabled to meet this requirement.

**Graphics card** Compatible with DirectX 12 or later with WDDM 2.0 driver.

**Display** High definition (720p) display that is greater than 9” diagonally, 8 bits per color channel.

**Internet connection and Microsoft account** Windows 11 Pro for personal use and Windows 11 Home require internet connectivity and a Microsoft account during initial device setup.

Switching a device out of Windows 11 Home in S mode also requires internet connectivity. Learn more about S mode [here](#).

For all Windows 11 editions, internet access is required to perform updates and to download and take advantage of some features. A Microsoft account is required for some features.

## **Technology Joke by Joe Solymossy**

Here's some fun, from a techie... (You must be a techie to understand)

The query:

Dear Tech Support,

Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a distinct slowdown in overall system performance, particularly in the flower and jewelry applications, which operated flawlessly under Boyfriend 5.0.

In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.5 and Personal Attention 6.5, and then installed undesirable programs such as: NBA 5.0, NFL 3.0 and Golf Clubs 4.1. Conversation 8.0 no longer runs, and House cleaning 2.6 simply crashes the system. Please note that I have tried running Nagging 5.3 to fix these problems, but to no avail.

What can I do?

Signed, Desperate

The response (that came weeks later out of the blue)...

Dear Desperate,

First keep in mind, Boyfriend 5.0 is an Entertainment Package, while Husband 1.0 is an Operating System.

Please enter command: I thought you loved me.html and try to download Tears 6.2. Do not forget to install the Guilt 3.0 update. If that application works as designed, Husband 1.0 should then automatically run the applications Jewelry 2.0 and Flowers 3.5. However, remember, overuse of the Tears application can cause Husband 1.0 to default to Grumpy Silence 2.5, Happy Hour 7.0, or Beer 6.1. Please note that Beer 6.1 is a very bad program that will download Snoring Loudly Beta version.

Whatever you do, DO NOT, under any circumstances, install Mother-In-Law 1.0 as it runs a virus in the background that will eventually seize control of all your system resources.

In addition, please do not attempt to re-install the Boyfriend 5.0 program. These are unsupported applications and will crash Husband 1.0.

In summary, Husband 1.0 is a great program, but it does have limited memory and cannot learn new applications quickly. You might consider buying additional software to improve memory and performance. We recommend Cooking 3.0.

Good Luck,

Tech Support

### **The New Movie Series**

**Legacy Pointe movies have started. The L.P. Independent Times has received an email from Bill Fernandez a member of the committee with the following schedule.**

Then we start the trial run of eight (8) movie presentations in the Auditorium on Sundays at 6 pm. I have listed them below for easy clipping and posting as a reminder.

- Movie Sunday: 'Celine Dion' Fathers Day, June 16th @ 6 pm in the Auditorium;
- Movie Sunday: 'Rear Window' on Sunday, June 23rd @ 6 pm in the Auditorium;
- Movie Sunday: 'Yankee Doodle Dandy' on Sunday, June 30th @ 6 pm in the Auditorium.



After conclusion of the initial eight movie presentations there will be a planned Movie Committee meeting in either the Card Room or the Bistro on Monday, July 1st at 1 pm to consider the number of attendees at "Sundays at the Movies." Then a decision will be made to either continue showing movies if enough Residents want movies and the next selections to present; OR to discontinue in the showings due to a lack of interest and low participation. If at least 10+ residents are NOT present for the movies, then this would indicate a lack of interest in showing movies and justify a decision to discontinue.

The Lifestyle Director's Office will list a brief synopsis of each movie that is to be shown so Residents/Guests will have an idea if the movies suit their tastes.

Bill Fernandez, Movie Committee Member

## **HEALTH AND MORE**

### **Did you know SMILES may be important to your health?**

By Mary Catherine Ricks

Let's talk about smiles. A study at the University of Essex in England found that the act of smiling, even briefly, can transform our perception of happiness in others. Using electrical stimulations, participants were induced with a fleeting involuntary smile which created the illusion of happiness in an otherwise neutral looking face. The researchers feel this may be a new scientific approach into the emotional and psychological benefits of smiling. They hope this could be new avenues for treating, understanding, and healing complex emotional disorders.

When you go past a mirror, check your face, and see if you are smiling. Remember a smile is yours, free to give away, and you may just make someone's day!



**Pets can have a big influence on our life**

### **A Pet Story – Hope Part One**

By Mary Catherine Ricks

This is the story about my cat, Hope. Years ago, when I had my craft store, I would feed the feral cats that hung around in the field next to my shop. When they saw anyone, they would run and hide. I never tried to make friends with any of them but would simply admire their beauty from the other side of the window while they ate.

After work, I would walk around the perimeter road of the mall in front of my shop. One day, while walking, out from under one of the bushes ambled this gray tabby kitten. She did not hesitate but walked straight up to me. Since I was on the opposite side of the mall from my shop, I assumed that she belonged to one of the businesses over there. But making some inquiries, I found out no one owned her.

Graham wanted to adopt her immediately and so she went home with us. Grappling with a name, I finally decided on "Hope", since I thought that she hoped someone would appear to look after her. The vet guessed that she was about 7 months old and found her to be healthy and obviously satisfied with her new home. This last fact must have been true because once in the house, she displayed no desire to go outside.

She quickly became a family member and, when we decided to travel, the vet suggested we take her along. In the vehicle, she had her kitty condo between Graham and I and seemed to enjoy lounging and sleeping there while we were moving. Over the 14 years of her lifespan, she traveled through 49 states and into both Mexico and Canada.

Over the years I have been blessed to see many animals and birds on our property. I have learned to pay attention and I am often rewarded with some amazing insights. It seems to me that we so often overlook gifts that are all around us. This desire to learn more led me to an animal communication class. It was a short one-day event, but the teacher sparked an interest that sent me looking for books and more information. Based on the class, I decided that Hope would be the first animal to communicate with! When I would try to practice what I had learned, she would look at me with her green Cleopatra eyes and walk off with tail high in the air. After a week of me trying to mentally communicate and her walking off, I gave up.

A few years ago, while we were traveling, she decided to communicate with me! In the next newsletter, I will tell you how that happened.

## **Social, Physical, and Nutritional aspects of 'senior living'.**

**Each month, here are articles about social fitness, physical fitness, and nutritional fitness. They are for your interest. We do not make any claims or recommendations.**

### **Social Fitness:**

Every Organization recognizes the importance of a good social life as we age. Here is another link to an article testifying to this.

[Why It's Important That Seniors Have a Social Life \(walkermethodist.org\)](http://walkermethodist.org)

**(hold the control key and click on the link or copy it and paste it into your browser).**

### **Physical Fitness**

**Live to 100 years? Here are five exercises inspired by Blue Zone centenarians**

[https://www.nwtimes.com/exclusive/get-healthy/move-more/live-to-100-5-exercise-secrets-inspired-by-blue-zone-centenarians/article\\_0ada43e5-c9bb-5f8b-8b5b-2130db2aa701.html](https://www.nwtimes.com/exclusive/get-healthy/move-more/live-to-100-5-exercise-secrets-inspired-by-blue-zone-centenarians/article_0ada43e5-c9bb-5f8b-8b5b-2130db2aa701.html)

(hold the control key and click on the link or copy it and paste it into your browser).

## **Nutritional Fitness :**

As we age, maintaining a **healthy diet** becomes increasingly crucial for overall well-being. Let's explore why and how seniors can benefit from making nutritious choices. Here is a link to an article that describes it all for Seniors.

[Senior Nutrition: A Comprehensive Guide to Helping Seniors Eat Well | SeniorAdvice.com](#)

(hold the control key and click on the link or copy it and paste it into your browser).

## **DO YOU NEED TO GET OUT AND DO SOMETHING?**

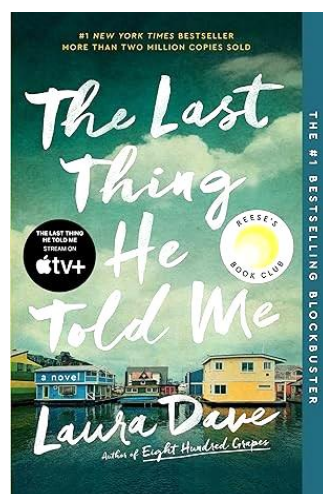
**IF YOU DO NOT WANT TO GO OUT, CHECK OUT KRISTINA FERRY IN HER WEEKLY POSTINGS  
BELOW ARE OPPORTUNITIES IF YOU STAY IN - JOIN a CLUB**

Check out Touch Town on your phone. There are over a dozen clubs here at Legacy Pointe that would love to have you join. Also, in the Card Room there are many activities each day some starting at 7 AM

Here are just a few available The Legacy Pointe Book Club, Garden Club, Chess Club, and many others. Check Touch Town for dates and times of many others

**The Legacy Pointe Book Club meets the third Tuesday of the month at 3 PM in the Card Room**

***Our Book for June is called *The Last Thing He Told Me* "By Laura Dave. The meeting is at 3pm on Tuesday June 18<sup>th</sup> in the Card Room***



Before Owen Michaels disappears, he smuggles a note to his beloved wife of one year: *Protect her*. Despite her confusion and fear, Hannah Hall knows exactly to whom the note refers—Owen’s sixteen-year-old daughter, Bailey. Bailey, who lost her mother tragically as a child. Bailey, who wants absolutely nothing to do with her new stepmother.

As Hannah’s increasingly desperate calls to Owen go unanswered, as the FBI arrests Owen’s boss, as a US marshal and federal agents arrive at her Sausalito home unannounced, Hannah quickly realizes her husband isn’t who he said he was. And that Bailey just may hold the key to figuring out Owen’s true identity—and why he really disappeared.

Hannah and Bailey set out to discover the truth. But as they start putting together the pieces of Owen’s past, they soon realize they’re also building a new future—one neither of them could have anticipated.

***Our Book for July is called *The Story Keeper*” by Lisa Wingate***



Wingate is, quite simply, a master storyteller. Her story-within-a-story, penned with a fine, expressive style, will captivate writers and nonwriters alike. -- Booklist  
Successful New York editor, Jen Gibbs, is at the top of her game with her new position at Vida House Publishing -- until a mysterious manuscript from an old slush pile appears on her desk. Turning the pages, Jen finds herself drawn into the life of Sarra, a mixed-race Melungeon girl trapped by dangerous men in the turn of the century Appalachia. A risky hunch may lead to *The Story Keeper*'s hidden origins and its unknown author, but when the trail turns toward the heart of the Blue Ridge Mountains, a place Jen thought she'd left behind forever, the price of a blockbuster next book deal may be higher than she's willing to pay.



## **SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR June 2024**



June Launch captured over Legacy Pointe by Marsha Call



Photo by Joyce Swing

For list of all launches, check this website suggested by John Boldt

<https://nextspaceflight.com/launches/>

## **SURFING THE INTERNET**

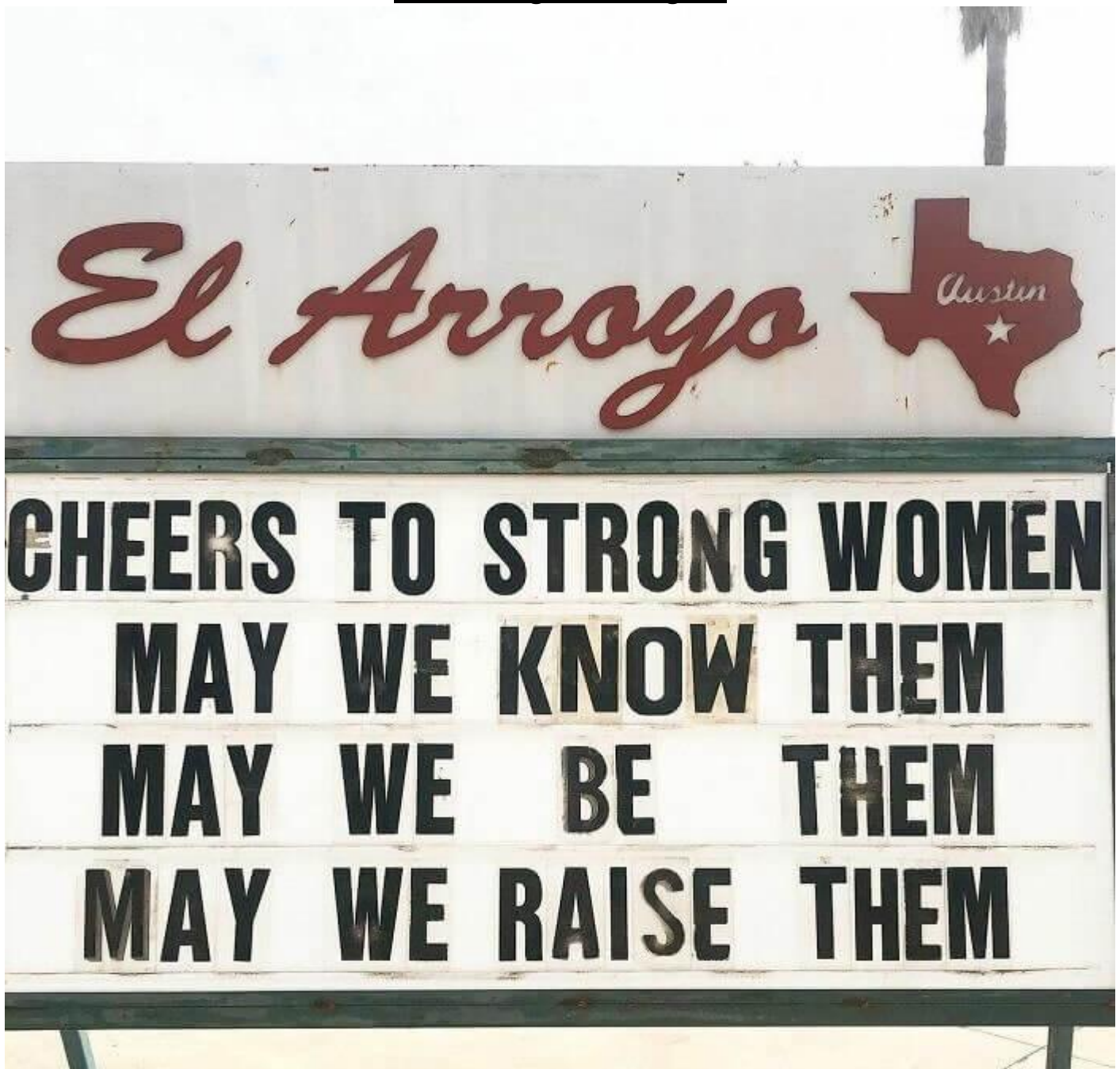
You could spend your whole day just sitting and surfing. If you do this your entire body will fall apart from lack of exercise. So, our newsletter is asking its readers who spend just a few minutes a day surfing to send along some links to articles that may be interesting or funny or extremely important. Send links to Frank Russo at [frankrusso2012@gmail.com](mailto:frankrusso2012@gmail.com)

Gut Inflammation Linked to Alzheimer's Disease, Yet Again :

Science Alert! Is this really possible? Check out the Link

<https://www.sciencealert.com/gut-inflammation-linked-to-alzheimers-disease-yet-again>

## **Interesting Road Signs:**



**Feedback? Stories? Photos?**

**Send to Frank Russo at [frankrusso2012@gmail.com](mailto:frankrusso2012@gmail.com)**

REMEMBER sign up for the **LP Residents Forum**: <https://lpresidentsonline.org/smf>  
**You can easily set up your login and password.** The Forum is a place for you and your neighbors to come together . . . To create a knowledge base . . . To go beyond a community to becoming a family. We hope to see you online soon. If you need help, contact by email Jonathan or Ina.

"And in case you missed any issues, click the following link to access the complete Newsletter Archive:" ..

LP Residents Forum - Residents Newsletters ([lpresidentsonline.org](https://lpresidentsonline.org))

Email Jonathan at [47ipsd@gmail.com](mailto:47ipsd@gmail.com) or Ina at [utgrad@attglobal.net](mailto:utgrad@attglobal.net).

## **Our Day Ends**

