

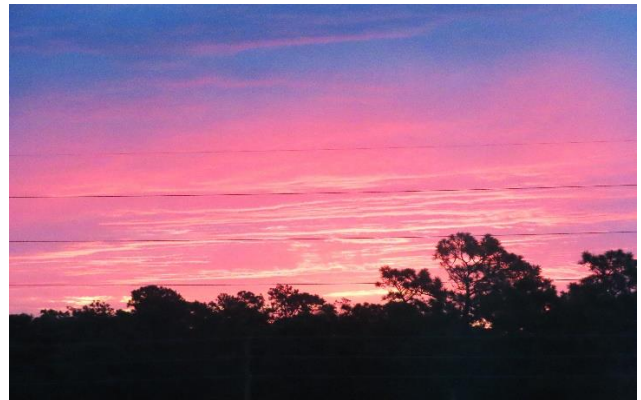


The blue and yellow represent Legacy Pointe's colors, and the green (growing higher) represents the continuing growth provided by our residents. Heading By Jonathan Wahl

September 2024

Our Day Begins – Here Comes the Sun

(We had many great submissions)



Photos by Vicki Tindall



Photo by Marsha Call



Photo by Dona Hams

OUR FEATURE EVENTS

Sharing Treasures **Hosted by Vicki Tindall and Friends** **September 5 – 9 2024 from 8 am to 8 pm**

It looks like we have started another tradition here at Legacy Pointe. Sharing Treasures began last year coordinated by Vicki Tindall and her group of volunteers. And what a response to the event!

Residents brought the items they wished to donate to the Auditorium (this year bring items starting on Thursday September 5th at 8 AM and continue into Monday the 9th.) Thousands of items from chairs and rugs to towels and sheets were donated. This year probably more will arrive at the Auditorium. And you can come to select items for yourself. Your cost this year is ZERO.

At another time the employees will enjoy selecting items. And whatever is left will be donated to various area charities.

It is a fun event and helps residents who don't really need something to donate it and other residents who need something to receive.

Finally, one piece is missing. You! This event requires many residents to volunteer. If you see Vicki, offer to help. It will be greatly appreciated.

Look at the beauty as you walk around our grounds



Photos by Vicki Tindall

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.

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

For September in keeping with Earth Day the **LP Independent Times** will write about why plastic is so dangerous. Plastic looks harmless. It is so useful. It has become an important part of our everyday life.



The Caribbean Plastic



And Everywhere Else

Our Plastic Editorial for the Month of September

By Frank Russo

Yes, we know plastics are everywhere. But did you know that every type of plastic sheds – some a little and some a lot. The shedding is like ‘plastic dandruff’. Scalp dandruff is harmless. Plastic dandruff could be fatal.

So, what is the problem? The problem is that plastic sheds chemicals that contain ‘forever’ chemicals. They are usually known as PFAS chemicals (per- and polyfluorinated alkyl substances). They never decompose and are found everywhere in the environment and in every organ and cell of our bodies and in all life forms.

And to make it more complicated. There is not one ‘forever chemical’. Chemical companies and their subsidiaries have produced about 4,000 versions of this ‘forever chemical’.

Well, how big is this ‘plastic dandruff’? The answer is small and very, very small – invisible to the naked eye. One size of the shedding plastic is at the **micron** level. It is barely visible. Another size is called ‘**nanoplastics**’ Invisible except with specialized microscopes. But it is there and is happening with every type of plastic.

The problem goes back to the 1940s. Teflon pans, stain resistant carpets, even mascara had these chemicals as part of their composition. Remember for fabric furniture you could buy it with an optional stain resistant spray often called ‘scotch guard’. What a great invention. And if you had children, you did not mind paying an additional \$25 for this protection. But did they tell you that these chemicals shed their ‘dandruff’? The chemical companies knew it. But there were no disclosure laws because outside of the thick doors of chemical companies no one knew it.

What is an example of shedding plastic? According to the National Institute for Health every liter of bottled water contains at least [240,000 microplastic particles](#). They’re not just in plastic bottles and containers. They also arise from plastic cutting boards. Anything with plastic sheds.

What is the danger to us. Science is just starting to study the implications of plastic in our bodies and in the environment. In the next 3 to 5 years there will start to be volumes of evidence on what shedding plastic in our system is doing to our bodies. Remember it has taken science almost 80 years to 'wake up' to the problems. Initially studies are pointing to nanoplastics causing fertility problems, heart blockages, weight gain etc. The scientists will eventually identify the real causes. And then the lawsuits will be filed like a raging river.

On the meantime what can I do? Change your way of life. It is never too late. Fundamentals like stopping drinking bottled water – use glass or stainless steel for storing water in the refrigerator. Stop using plastic cutting boards. Stop storing food in plastic containers. Do not cook or reheat food in plastic containers for the microwave. You are protecting your life!

Are You a Tea Drinker

- Did you know that you are not safe from plastics. Yes, that is correct you may be drinking plastic with your tea. Here is the science
- **Materials:** Tea bags are made from bleached paper, nylon, and plastic.
- **Microplastics:** When submerged in boiling water, plastic and nylon **tea bags release billions of harmful microplastic particles.**
- **Toxins:** Tea bags can contain toxins such as bleach, epichlorohydrin (a type of plastic), and adhesive chemicals.

Here is an article to consider:

[What Are Tea Bags Made Of? | The Toxic Truth – Us Two Tea](#)

What can I do? Search the web to check out your tea bags and see if they are plastic free. Interestingly, one of our local stores has plastic free tea bags. Aldi has Benner Black Tea 100 bags, plastic free, for \$1.99. They Also sell Green Tea, plastic free.

Legacy Pointe Residents visit Buddhist Temple



Our Residents by Vicki Tindall



Temple Docent by Dona Hams



Photo by Tom Nixon



Photo by Tom Nixon



Photo by Dona Hams



Photo by Dona Hams

NOTES on Recycling from Mitch Mitchell

Hello veteran recyclers and all the new arrivals into our Legacy Pointe family !!!

This will be an update on existing recycling programs and new initiatives that are getting underway. And, as always, a HUGE thank you to all of you who are recycling away and to those who are doing the work to make it happen!

On August 1st Legacy Pointe our new “official” recycling program put into effect. I am happy to say that to this point the program is going very smoothly. Residents are participating in greater numbers (and volume) as this first month moves through the initial “lift-off stage (to use Cape Canaveral/Kennedy Space Center lingo!). I invite everyone to join in the recycling effort “fun.”

But FIRST!! A HINT: This one is an item that most residents and staff here did not discover for many months after Legacy Pointe’s initial opening. OK, here it is: In the trash rooms for IL floors 2 thru 5 there is a metallic red button to the side of the trash chute door. PUSH IT! Wa-La!! It opens the chute door! NO MORE trash juggling, throwing a shoulder out of joint, spraining a wrist, etc.

Aluminum cans.

- IF you HAVE pulled the tab on the can to save these pop tops for charity use by the Ronald Macdonald House, please drop directly into the blue recycle bin.
- IF you HAVE NOT pulled the tab on the can, please drop into the aluminum can basket as you have been doing – we’ll pull the tabs.

NOTE: *Only aluminum cans can be recycled —pie plates, aluminum foil, etc.)*

POC: The Can Dancers & Katherine Manella

Large plastic meal containers.

The black/clear covered meal boxes that come out of the kitchen are being recycled in large numbers have been going to Hope Helps here in Oviedo.

- NOTE; Hope Helps currently has a full inventory of these meal boxes. WE ARE ASKING EVERYONE FOR SUGGESTIONS OF OTHER CHARITIES OR ORGANIZATION THAT MIGHT BE ABLE TO USE THESE. THESE

CONTAINERS ARE DISHWASHER AND MICROWAVE SAFE. Please continue saving these!

POC: Mitch & Sal

Re-Use Copy Paper.

Much of this copy paper is in excellent condition for re-use for one-sided “junk” printing. This paper can be found in a basket located on the bottom shelf in the cubby unit for the villas—located in the small ante room that leads into the auditorium (just off the main rotunda). As a note, we have 1500+ sheets in storage available for use!

POC: Mitch & Helena Andrade

Old eyeglasses, eyeglass frames, lenses and eyeglass cases.

Don't just discard any of these! The Lions Club has an EXTENSIVE program to recycle these. These components can be placed in the two Lions Club boxes located on a shelf in the cubby unit for the Villas.

POC: Les Tandler

Hearing aids.

Just like the eyeglasses, the Lions Club has a program to use unneeded hearing aids for the needy. Hearing aids are placed with the eyeglasses.

POC: Les Tandler

Batteries—Lithium & Alkaline

You can drop your batteries off here in Legacy Pointe in the top right drawer in the cabinet next to the door into the IL exercise room (gym). Please place them by type (Lithium or Alkaline) into the appropriate marked container.

NOTE: MANY of us here wear hearing aids BUT almost none of the lithium batteries that power these hearing aids are appearing for recycling!! PLEASE RECYCLE THESE!

POC: Joe Solymossy

Printer cartridges.

DO NOT THROW YOUR USED PRINTER CARTRIDGES AWAY! These cartridges are now being recycled through Staples and the proceeds are being

used to supply cartridges and other print supplies to Forward Paths Inc. in Leesburg, FL. Please place any printer cartridges in the same drawer with the used batteries. Joe Solymossy takes cartridges to Staples for Forward Paths.

POC: Joe Solymossy

Electronics.

Cell phones, iPads, iPods, MP3 players, DVD players, flat screen TV or computer screens, laptops, etc. SHOULD NEVER be put into the normal trash. Today you can take the portable electronic items to Best Buy or to Staples. If you have a Staples Rewards account (free to set up) you can get \$5.00 per one returned item each month and the points do not expire. As an alternative, Forward Paths, Inc has a rewards account and Joe does recycle small electronics under their account. If interested, talk to Joe.

POC: Joe Solymossy

Newspapers/paper.

All the newspapers can be recycled in the Blue Bins, as well as light cardboard like cereal, frozen dinner, tissue boxes, etc Load 'em up!.

- Mail Room paper recycling. A Blue Bin has been placed alongside the current trash bin for recycling of "mail trash

Plastic & Plastic bottles.

NOTE: Use the Blue Bin for plastic items (bottles, containers, some toothpaste tubes, Legacy Pointe meal containers, etc.) with the *numbers "1thru 5 or 7" in the recycling symbol on the bottom of the plastic container.*

Residents can also drop miscellaneous plastic trash (plastic bags, etc) at Publix stores or at the Oviedo recycling point at City Hall.

Glass bottles/containers.

They all go in the Blue Bins now.

Take out meal bags.

Please return good condition brown paper meal bags with handles to the bistro for re-use. I have seen at least one that has made at least 5 trips from the

kitchen to you—based on the number of staples that held the meal list! Saving our \$\$ is always worthwhile!

Styrofoam & Other Foam Products.

All Styrofoam must be taken to Publix. We do not have recycling for Styrofoam

As a final note. All of these efforts have arisen on the basis of resident thoughts and suggestions so that we can do our small part to save and recycle resources and, in some minor way AID OUR AILING PLANET. These programs are largely autonomous in nature—not interlinked with others. Some of these projects already have champions who are taking them in hand. Some others still don't. I will be looking to find able stewards for those that don't, as well as a "Recycling Czar" to act as an overall spokesperson and coordinator for these efforts.

On behalf of all those working on our Legacy Pointe recycling efforts. Mitch

BOCCE

The Bocce Ball Court is now open. You do not have to be a professional. All levels are welcome. For now, just arrive around 8 AM and players stay until the sun comes around and hits the courts. So you can count on almost 2 hours of 'cool' play.



We Finally Have Professional Grade Pickle Ball Courts

Thanks to Graham Ricks, Tony Mennella, and a large number of residents and key staff our Pickle Ball courts are in action. From beginner to expert they are in use daily. It has been over a year filled with red tape, engineer reports, County inspections and permits. But August brought a sense of relief.

Below are a series of pictures documenting the start and happy ending.



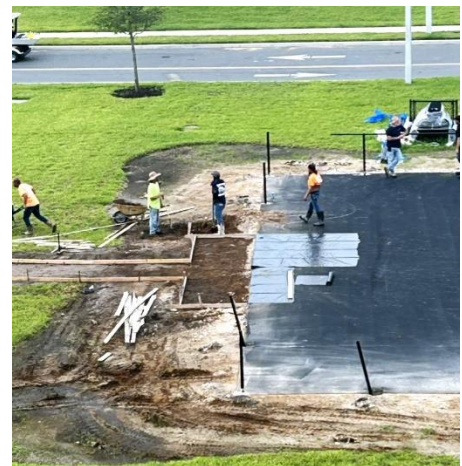
Starting Point the Grass



Part One Finished Grass



Levelling it Out



Starting the Finish Coat

"Hurry up we are waiting



Be Patient We Are Thinking



Let the Games Begin

Photos by Tom Nixon and Vicki Tindall



Does Hearing loss Contribute to Dementia

Throughout the Summer LP residents who belong to the UCF LIFE program (Learning Institute For Elders) travelled to the UCF medical campus at Lake Nona to hear a series of medical lectures by experts in their field of research.

One of these researchers, Dr Frederick Robert Carrick, a brain scientist spoke at length about the brain and diseases of the brain. He spends time on hearing loss as a contributor to dementia. Below are some of his thoughts recorded by our resident, Graham Ricks

From Dr. Frederick Robert Carrick – Life Series presentation.

Hearing loss is the biggest contributor to dementia.

Hearing Loss

- Increased dementia incidence in those with self-reported hearing problems **except in those using hearing aids.**
- Hearing loss was only associated with **worse cognition** in those **not using hearing aids.**
- People older than 50 years, tested every two years for 18 years, found immediate and delayed recall deteriorated less after initiation of hearing aid use, adjusting for other risk factors.
- Hearing aid use was the largest factor protecting from decline
- Hearing aid use is protective, rather than the possibility that those developing dementia are less likely to use hearing aids.
- Hearing loss might result in cognitive decline through reduced cognitive stimulation.



Actions to prevent dementia:

- Get your hearing checked and get a hearing aid if you need it.
- Cataract surgery is super important in preventing dementia.
- Walk or do upper body exercise for 45 minutes a day.
- Participate in lifelong learning.

More beauty as you walk around our grounds



Our Intelligence (OI) versus Artificial Intelligence (AI)

By Frank Russo

Almost every talk show on TV or popular science article you read contains a feature or reference to AI. So as senior citizens who grew up just as the computer world was getting started, we can be forgiven for being a little 'fuzzy' about AI. So, your LP newsletter is going to attempt a brave dive into the world of AI. Over the next few months, we will attempt to describe the many different types of AI and what they mean for us now and then making a giant reach what they may mean for the future.

So here goes. First of all, at the popular level in discussions, we hear all about what AI will be replacing. The AI topics range from replacing many jobs starting with assembly workers and moving on to doctors. Wow! That is quite a range.

Is it possible? Well let's look at the many levels that make up the current discussion of AI. Some are currently in use. But some are way off. However though, they will become a reality.

AI is basically using computer systems. The systems can be designed to answer questions, write term papers, assist (or perform surgeries), create artistic endeavors, like composing music, or a picture, and many more.

Notice it is a computer system. It is designed for a specific function. For example, at a basic AI level it is tasked to write a term paper for a college student. To write a term paper it follows a long list of instructions developed by some person(s) or some other computer systems. There are more advanced levels of AI which we will consider in future newsletters.

We will try to simplify these AI levels (**Note these distinctions are strictly the authors with the intent to help us 'fuzzy' seniors**).

First, there is the 'text to text' level. This 'text to text' is the basic AI level. A student 'texts' the computer to use its 'search and compose' system program to write a term paper, for example on the "History of the Development of Atomic Energy" That is the 'text-in' part.

The 'test-out' part can only happen if the search system program has been loaded up with billions of pieces of data on Atomic Energy or has access to it on the world wide web. It can then follow the requests of the 'text-in' part of the assignment. It puts its collected information into its reporting system and performs its 'text-out' function, writing a report for the happy student.

Next month we will look at the second AI level: the 'text' to a fixed robotic action (for example used on assembly lines or in a medical procedure).

Then we will follow with the third level a 'text' to a robotic Action Analysis and Decision. Example Robot moves down the assembly line at an automobile plant where the assembly line has stopped due to a problem with the electronic fuel injection system. The robot is told to move to the place where the line has stopped and analyze the problem.

Fourth 'robotic action to robotic action. Here a robot is in a supervisor position analyses a problem and calls on another robot to fix it.

The Hawaiian Festival



The Residents



The Dancers

Photos by Vicki Tindall

Tech Corner by Joe Solymossy

This month I'm going to introduce an aggravation many of us experience when using Facebook. It usually starts with an enquiry or statement from a friend. Did you ask me to be your friend on Facebook again?

If your Facebook account is actually hacked, you or your friends might notice activity or changes that weren't from you. For example:

Your profile picture has been changed. There are posts, comments and messages that you didn't write.

You're suddenly having problems logging in, or your usual two-factor authentication method, for example, your authentication app — isn't working.

You get a message or notification from Facebook telling you that someone is trying to log in, or has already logged in, and it wasn't you. (If you activated Notifications in your Facebook account.)

You get an email from Facebook telling you that an email address or mobile phone number was added, or removed, from your account, or that your password was changed, and it wasn't you.

Often however, nothing changes in your account, yet more of your friends send you these "new friend enquiries". Usually this means that someone has established a "fake Facebook account" and is trying to populate it with legitimate "friends", at your expense.

Such fake Facebook accounts are a cause for concern, as they raise questions about the identity and intentions of the person behind them. Unfortunately, such accounts are often used for cyberbullying, impersonation, and other malicious activities. If you come across an account that appears to be unauthentic, it becomes increasingly important to be able to learn to recognize it. You can isolate your account from this activity first by changing your sign-in password and then by changing your privacy setting so that only you can see "your friends".

Apple Phones, iPads and watch updates

Updates have come out for older generation iPads, and the newer generation iPads and iPhones are at 17.6.1. Apple watches are at 10.6.1. Don't forget your watch gets the update through the phone that controls the watch.

Movie Night

Not only do you have a movie and popcorn, but you can also win a 'door prize'. The winners for the last three events were

Guy Clifton



Joan Tiller



Carol Wheeler



Photos by Linda Parsons-Rude

We all have Grandmothers. Some of us remember them

Surprise, surprise!

By Mary Catherine Ricks

Growing up, I only had one living grandparent and that was my mother's mother, who lived about an hour from us. My grandmother had 9 children and 27 grandchildren. She was very reserved, and my husband Graham really liked her. He would tell me, "If your Grandmother has something to say, it is always worth listening to." Being the second oldest grandchild, I was lucky to spend about a week with her each summer, helping with some canning and freezing. Almost all the family gathered at her house on either Thanksgiving or Christmas and the adults would always eat separately from the children.

My Grandmother lived to be 87 years old and lived in that same house until she passed. Along with my mom's youngest sister, Graham and I took the responsibility of cleaning out the house and having family members come and get "things". We were fortunate to get the mahogany buffet which had always been covered with delicious food during the holidays. It is here in our home at Legacy Pointe.

I just came across two other items tied directly to Grandmother: a small 3.5" by 5" booklet of the Declaration of Independence and a note she sent to Mildred,

one of my aunts. It showed me that my Grandmother, a lady that I always thought to be prim and proper, loved our country and had a funny side. Here is that note:

“Please remember – old folks are worth a fortune! With silver in their hair – gold in their teeth – stones in their kidneys – lead in their feet – and gas in their stomachs!

I have become a little older since I saw you last, and a few changes have come into my life since then! Frankly, I have become quite a frivolous old gal. I am seeing five gentlemen every day! As soon as I wake up, Will Power helps me get out of bed – then I go see John – then Charlie Horse comes along. And when he is here, he takes a lot of my time and attention.

After I get rid of Charlie Horse – Arth Ritis shows up and stays for the rest of the day. He doesn’t stay in one place very long, so he takes me from joint to joint.

After such a busy day, I’m tired and glad to go to bed with Ben Gay – what a life!!!!

Oh, yes, the preacher came the other day. At my age he said I should be thinking about the “Hereafter”. I told him, I do all the time – No matter where I am, in the parlor, upstairs, in the kitchen or down in the basement, I ask myself – Now, what am I here after?”

Love Ya!

Grandma

At the bottom of the note, my aunt jotted these words:

“Stars, Shells, Birds, Bees, Dewdrops, Lambs, Butterflies
But only one Mother the wide world over. George Cooper”

<https://www.poetrynook.com/poem/only-one-mother>

Do Not Resuscitate

Sharon Lovell found this article in the New York Times. It concerns an elderly woman's wish "not to be resuscitated". Unfortunately, her paperwork was not properly completed and so her wishes were ignored.

I just experienced this with my wife. She did not want to be resuscitated and told that to the doctor on Thursday afternoon. On Friday at 4:30 AM I received a call from the hospital that her heart had stopped. They did not have in writing the correct form used as a DNR directive. So, they tried unsuccessfully to resuscitate her.

https://www.nytimes.com/2024/08/26/well/patients-dnr-orders-ignored.html?unlocked_article_code=1.GU4.Novi.eN4lc-zVQDdG&smid=nytcore-ios-share&referringSource=articleShare&sgrp=c-cb

Ants and other Insects

We live in Florida. Ants and every other insect love our year-round warm humid weather. Below is a suggestion of several ways to control infestation of insects in your living area.

by Mary Catherine Ricks



Safe and pleasant way to eliminate and control insects.

Getting rid of ants can be a challenge, but if armed with knowledge you might come to appreciate their reason for being on the earth. The job of these “bugs” is to aerate the soil and help oxygenate and water the roots of plants.

If you have a lot of ants the best plan is to find their nest and eliminate it. There are 4 ways to help detect where that might be. Look for a long line of ants, very wet areas (leaky pipes), small mounds of wood shavings, or mounds of dead ants. Remember, ants stick together, so understanding that can help you detect where they originate.

There are several natural ways to stop an invasion: wipe down the area with 50/50 vinegar and water solution (which also cleans the area), distribute some black or red pepper, use a piece of chalk to stop a trail (ants do not like the barrier that this creates) or mix an essential oil with water and spray the area.

Speaking from experience, using peppermint is the better choice, particularly if you have a pet. To save time and get quick results, I found

that spraying a product called Mighty Mint is effective. This product can be delivered quickly from Amazon, comes in a convenient container that will spray or stream, is safe for pets and humans and has an odor that lifts the spirits. In fact, it can keep your cat awake during the time they usually sleep. They like the smell and come when the spray bottle is out!

Another solution is diatomaceous earth. Simply sprinkle this fine white powder around areas where you find ants entering your home.

Diatomaceous earth is a naturally occurring substance. It was discovered in Germany around 1836 and tapped into use as a "pesticide" in 1960.

Diatoms are a unicellular microalga living in bodies of water all over the earth. Their skeletons, which are made of silica, accumulate in the sediment when they die. This creates deep deposits of diatomaceous earth. About 20% of the earth's oxygen comes from these diatoms.

These natural minerals stick to the outside of the ants and absorb the fats and moisture which causes them to die. This is a physical process, no chemicals involved. It is harmless to humans and can be distributed by hand, mixed with water and sprayed, applied from a saltshaker or flour sifter. This can be used inside but check online for more details on how to do this safely. Diatomaceous earth is available at ACE Hardware.

Let's Go To A Movie

The movie committee met in the Card Room on Tuesday, August 20th at 1:30 pm. As "Shared Treasures" is to run from Sept. 5th thru the 9th, **there will be NO Sunday Night Movie on the 8th of September** since the Auditorium will be used for that once a year event. Movies selected for the remaining three (3) Sundays in September and the one (1) Movie in October and then one (1) Musical Concert on September 16th are as follows:

- September 15 ~ "The Green Book" - Host Bill Malfitano;
- September 16 ~ "Sarah Brightman" - Host Bill Weise;
- September 22 ~ "Field of Dreams" - Host Vicki Tindall & Bill Weise;
- September 29 ~ "Slumdog Millionaire" - Host Linda Parsons-Rudd;
- October 6 ~ "Cocoon" - Host Bill Weise.

The Sci Fi Movies will be "War of the Worlds" on Tuesday, September 10 at 2 pm in the Auditorium and then in October it will be "King Kong" on 10-7 at 2 pm.

What's the big deal about GLUTEN?

By Mary Catherine Ricks

Gluten is proteins found in wheat, barley, and rye. This group of proteins, namely glutenin and gliadin, is the "stuff" that gives elasticity to dough. It contributes to the texture of breads and pastries. It has become a basic food in American diets and, for people that are gluten-intolerant or have Celiac disease, there can be adverse reactions when they consume it. The main organ that suffers from gluten is the small intestines because the body's immune system starts attacking it and treating the gluten proteins like a poison. Celiac is an autoimmune disease. Gluten intolerant manifests as inflammation, skin conditions and osteoporosis.

The “treatment” or solution for both of these problems is gluten avoidance.

Over the years gluten has spread through our food system making it a challenge to look after oneself. Wheat is the major gluten source and is found in bread, pasteries, beer, cereals, and processed foods. Other grains containing gluten besides wheat are barley, rye, sorghum, millet, spelt, semolina, Einkorn wheat, and Emmer. Oats also contain gluten unless labeled “gluten free”. How can that be you might ask. It is because of “cross contamination” meaning that the oats are processed in a plant that also processes the other grains. Therefore oats can absorb the gluten from the equipment used to pack these products.

Here are some recent statistics on gluten intolerance and Celiac:

8.4% worldwide and 6% of
Americans are affected
30% of Americans follow a
gluten free diet
48% are gluten free because of
Celiac
31% are gluten free because of
intolerance
80% trying to manage
gastrointestinal pain
60% want to alleviate nausea
57% want to help with fatigue
40% are trying to lessen joint
pain
17% of females compare to 8%
of males are found intolerent
Average age of diagnosis is 50
Gluten and autism have potential
connections

Click here to get a comprehensive list [Gluten Free Ingredient Guide - Gluten Free & More \(glutenfreeandmore.com\)](http://glutenfreeandmore.com) or pick one up at the Lifestyle's sign-up notebook.

GLUTEN FREE RESTAURANTS AND BAKERY



The words “you must be Gluten Free” can be a real challenge. Immediately one learns about the challenges of continuing that favorite American pass time of eating out. Most restaurants haven’t a clue and don’t even try to accommodate a growing number of people that are looking to keep their health. After many years of eating out only occasionally, it is nice to find there are three restaurants in the Oviedo – Orlando area that are completely gluten free! Happy, happy dance!

Bolay – This restaurant is in Oviedo about 5 miles from Legacy Pointe. Tim Gannon, founder of Outback Steakhouse in 1988 and his son Chris are the cofounders of this completely gluten-free restaurant. (They even cater!) From their online home page, “Step into Bolay Fresh Bold Kitchen and create your own “BOL” full of healthy ingredients. Our **100% gluten-free menu** is freshly prepared daily and made with love. We stand for more than just fresh food: we believe in fueling our communities to live healthier lives.”

Bolay

1079 Alafaya Trail Suite 1203, Oviedo, FL 32765 (407) 706-7077

- Monday – Friday 11am – 8:30pm
- Saturday – Sunday 11am – 8pm

1971 Aloma Ave., Winter Park, FL 32792 (407) 794-0360

- Monday – Sunday 11am – 9pm

Fresh Kitchen (FK for short)

“Healthy food re-imagined” since 2014.

“At FK you build your own bowl of fresh foods that are yummy, healthy, 100% gluten free and cooked with 100% olive oil. This company is also available for catering.”

3 Locations

1. 3337 Daniels Rd, Suite 120, Winter Garden, FL 34787
2. Waterford Lakes, 851 N. Alafaya, Orlando, FL 32828
3. 2855 S Orange Ave, Orlando, FL 32806

And for the sweet tooth in many of us there is . . .

Erin McKenna's Bakery (gluten, dairy, egg and soy free)
1642 E Buena Vista Dr B. Orland, FL 32830
AND they ship nationwide!!!!

Many of us that are gluten sensitive have looked forward to the days when we could go out for a meal and wonder if the food we eat will make us or a member of our family sick. Hallelujah, we now have choices and if you happen not to have to worry about gluten, check out one of these places and you may find that the food there may even be better than what you imagined!

Recycling

David Kremer's Announcement on Recycling

Waste Management will be our recycling vendor. Articles to be eligible for recycling are as follows:

1. Cans – steel, tin, and aluminum.
2. Plastic Bottles and Containers which have numbers imprinted on them. Those eligible are numbers 1, 2, 3, 4, 5, and 7.
3. Paper – all sorts of newsprint, computer paper, paper bags, etc.
4. Paper Cardboard Dairy & Juice containers (please rinse out).
5. Flattened Cardboard & Paperboard (no boxes unless they are broken down – flat!)
6. Glass bottles & Jars (rinsed out, of course)

Villa Residents please put recycling items in a plastic bag and have them out at the curb by 11am on Wednesdays. Our team will empty those bags into the recycling dumpster. If we find that the system is not working, we'll revise!

I.L. Residents please use the recycling bins in the trash rooms but leave cardboard on the floor.

Not recyclable

1. Food waste,
2. Plastic bags of any kind (Take these to Publix)
3. No Polystyrene Foam products (Take these to Publix)

UCF football schedule 2024: Dates, kickoff times

The 2024 college football season starts soon, and [UCF](#) is looking to improve significantly over its 6-7 season last year.

The Knights joined the Big 12 in 2023. The 2024 Big 12 will add Colorado, Arizona, Arizona State and Utah enter.

UCF also wants to improve its Bowl invitation by moving up a few notches from the Gasparilla Bowl. Their wide receiver from last year Javon Baker looks like a lock to make the New England Patriots.

UCF 2024 football schedule

Date	Time (ET)	Opponent	Score
Thursday, Aug. 29	7 p.m.	home New Hampsh	W 57 - 3
Saturday, Sept. 7	6:30 p.m.	home Sam Houston	
Saturday, Sept. 14	7:30 p.m.	at TCU*	
Saturday, Sept. 21	--	OPEN	
Saturday, Sept. 28	TBA	home Colorado*	
Saturday, Oct. 5	6-8 p.m.	at Florida	
Saturday, Oct. 12	TBA	home Cincinnati*	
Saturday, Oct. 19	TBA	at Iowa State*	
Saturday, Oct. 26	TBA	home BYU*	
Saturday, Nov. 2	TBA	home Arizona*	
Saturday, Nov. 9	TBA	at Arizona State*	
Saturday, Nov. 16	--	OPEN	
Saturday, Nov. 23	TBA	at West Virginia*	
Friday, Nov. 29	8 p.m.	home Utah*	
Saturday, Dec. 6	TBA	Big 12 Championship Game#	

* Big 12 game; # in Arlington, Texas

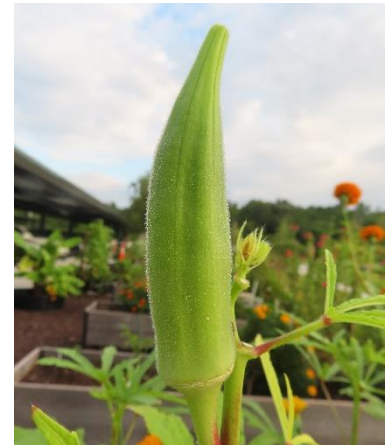
Gardener's Corner

Presented by the Garden Club

(it meets Mondays at 10 AM in the Card Room)



The plant on the left with buds becomes the plant on the right. Do you know what it is?



More than a few people have been walking the pond and have stopped at our raised bed gardens. In addition to the raised beds there are a number of large pots, and in ground plants.

Vegetables such as beans, tomatoes, peppers, squash, lettuce, eggplant, and many more are growing in the beds and in pots. Herbs such as rosemary, chives, basil, and many more can be seen in pots which are scattered around the raised beds. And flowers can be seen everywhere.



Sweet Peppers
on the left.

Mildly hot
peppers on the
right



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

How Social Connections Keep Seniors Healthy

Over and over again studies stress the importance of having a good social life as we age

Check out the link below for another example:

[How Social Connections Keep Seniors Healthy \(berkeley.edu\)](https://www.berkeley.edu/news/article.aspx?cid=38441)

Physical

What happens when you reach 110 years old. For one man not much changes. Meet Vincent Dransfield. He drives every day. Lives in a two story house with his bedroom on the second and the laundry in the basement.

Read about him in the link below:

<https://www.today.com/health/men-s-health/110-year-old-man-drives-car-rcna148538>

Nutritional

Good nutrition across the lifespan helps prevent chronic disease — and we know that it's never too late to make improvements to support healthy aging.

Nutrition as We Age: Healthy Eating with the Dietary Guidelines Check out the link below from Health.Gov

[Nutrition as We Age: Healthy Eating with the Dietary Guidelines - News & Events | health.gov](#)

(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?

Check out these possibilities:

St. Lukes Concert Series begins on Friday September 13th at 7 PM and Saturday September 14th at 2 PM. These two dates feature the **Brass Band of Central Florida**. Remember get there very early at least ½ hour before the start time. The hall fills up fast. No wonder admission is free. And the band is 'first class'. Their name and quality is known far beyond Florida. They are special.

Do you want to take a little trip for a change of scenery then check out the link below where you will find 25 suggestions on short trips from Oviedo.

<https://www.orlandoweekly.com/orlando/25-easy-weekend-road-trips-from-orlando-everyone-should-do-at-least-once/Slideshow/35988297/35989533>

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

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

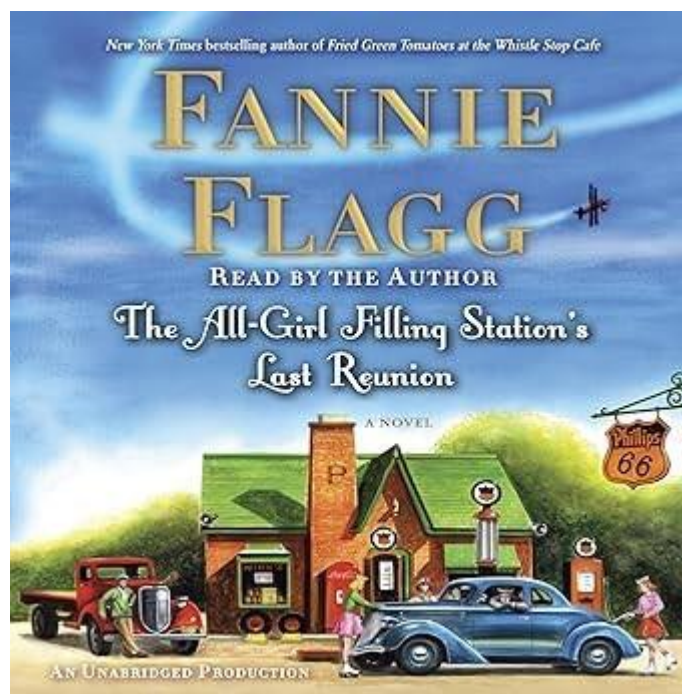
Check out your 'Community Info (formerly Touch Town) on your phone. There are over a dozen clubs here at Legacy Pointe that would love to have you join. Also, in the Card Room there are many activities each day some starting at 7 AM

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

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

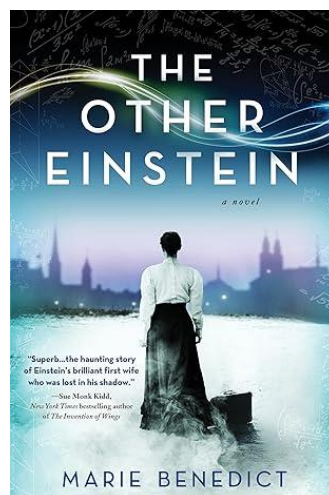
Our Book for September is called The All-Girl Filling Station's Last Reunion: A Novel by Fannie Flag.



The one and only Fannie Flagg, beloved author of *Fried Green Tomatoes at the Whistle Stop Café*, *Can't Wait to Get to Heaven*, and *I Still Dream About You*, is at her hilarious and superb best in this new comic mystery novel about two women who are forced to reimagine who they are.

Mrs. Sookie Poole of Point Clear, Alabama, has just married off the last of her daughters and is looking forward to relaxing and perhaps traveling with her husband, Earle. The only thing left to contend with is her mother, the formidable Lenore Simmons Krackenberry. Lenore may be a lot of fun for other people, but is, for the most part, an overbearing presence for her daughter. Then one day, quite by accident, Sookie discovers a secret about her mother's past that knocks her for a loop and suddenly calls into question everything she ever thought she knew about herself, her family, and her future.

Our Book for October is called *The Other Einstein* by Marie Benedict



From beloved New York Times and USA Today bestselling author Marie Benedict comes the story of a not-so-famous scientist who not only loved Albert Einstein, but also shaped the theories that brought him lasting renown.

In the tradition of Beatriz Williams and Paula McClain, Marie Benedict's *The Other Einstein* offers us a window into a brilliant, fascinating woman whose light was lost in Einstein's enormous shadow. This novel resurrects Einstein's wife, a brilliant physicist in her own right, whose contribution to the special theory of relativity is hotly debated. Was she simply Einstein's sounding board, an assistant performing complex mathematical equations? Or did she contribute something more?

SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR SEPTEMBER 2024

Monday's sky offers a blue moon and a supermoon in one fairly rare occurrence

The convergence, called a super blue moon, happens on average every 10 years, according to NASA. And thanks to NBC and NASA for their story.



Value-conscious sky watchers can rejoice Monday as the night could bring into focus a rare two-for-one: a supermoon and a seasonal blue moon converged for a single viewing.

NASA says that combination happens roughly every 10 years under the stricter definition of a blue moon — the third in a season with four full moons.

A supermoon happens when a full moon takes place as the moon is its closest to Earth along its orbit. The proximity varies even for supermoon occurrences, with the strongest

ones appearing about 14% larger than when a full moon is farthest from Earth. This won't be one of the stronger supermoons, but it will still be super, NASA said.

The moon's color will remain off-white and gray, with hints of brown and yellow.

Sometimes the stretch between two appearances of what NASA calls a "super blue moon" can be as long as 20 years, [NASA said in a FAQ](#) for Monday's bright night.



Photo by Joyce Swing

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

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



[Launch Photo by Marsha Call](#)

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

Alzheimer's Might Not Actually Be a Brain Disease, Expert Reveals See his reasoning in the story by clicking on the link below:

<https://www.sciencealert.com/alzheimers-might-not-actually-be-a-brain-disease-expert-reveals>

Feedback? Stories? Photos?

Send to Frank Russo at 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)

Email Jonathan at 47ipsd@gmail.com or Ina at utgrad@attglobal.net.

New Forum Feature

Please check out In Memoriam, the latest Category on your [Legacy Pointe Forum](#).

It is a place where we can express our love and memories of cherished members of our Legacy Pointe Family who are no longer with us. A place to celebrate their lives and ensure they will not be forgotten. And a place to draw comfort from our shared memories. Please feel free to share pictures, stories, memories, tributes, and obituaries.

To Create a memorial, click **New Topic** and type the person's name. To add your sentiments to an existing memorial, click **Reply**.

If you have any questions or need help using the Forum please contact Jonathan or Ina, your forum Administrators.

Jonathan and Ina

Our Day Ends



Photo by Dona Hams