

COAST VILLAGE REPORTER

JULY 2020

COAST VILLAGE PROPERTY OWNERS CORPORATION
131 Rhody Loop, Florence, OR 97439 (541) 997-3312

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Board of Directors 2019-2020

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www.coastvillageflorence.com

CVPOC President's Message

July 2020 President's Message

By the time you see this message, you should have received the declarations of those members who are interested in becoming a member of the board of directors and the ballot. Please make your choices and send the ballot back by the designated date. These are your neighbors that are looking to volunteer a few hours of their time to help with the governance of our Village. Take the time to thank them if you see them around the Village.

Most of us (maybe I'm just talking about myself) who take on these roles don't realize what they are getting themselves into and training seems to be a lot of the on-the-job type. This puts a lot of unnecessary stress on those just coming into the role. Even if you have had a role on another board somewhere in your life, every board operates a little bit differently. Providing some training or even orientation is something that I'm working on as we bring these new board members onto the team. Maybe the remaining board members will benefit from it too. I am confident that I will benefit from just trying to put it together.

As I've said before, the board is just one facet of the team that makes this community a community. There are several committees already existing and doing work to make our home such a nice place. If you have the interest in volunteering some of your free time and getting to know some of your neighbors better, let the office know about your interest. They will point you towards the appropriate chairperson.

It takes many in our Village to make and keep our Village a nice place to call home. Consider what you can do to be part of that ongoing effort.

Jay Guettler
CVPOC President

KEEP OUR COMMUNITY SAFE—AN UPDATE FOR COAST VILLAGE RESIDENTS

On Wednesday (7/1), Governor Brown is making it mandatory that all people are obligated to wear masks in all public spaces. Our community center, park office, post office, bathrooms and laundry facility are considered public spaces. Furthermore, the

NOTICES

- ◆ **Facility Hours:** Hours for the laundry room 8 a.m. —10:00 p.m., Clubhouse bathrooms—24-7. Clubhouse are 8:00—9:00 p.m. mailroom is 8 am-10:00 pm. Satellite Bath with code only. **CLOSED FRIDAY JULY 3RD FOR THE HOLIDAY**
- ◆ **BOARD MEMBER MEETING:** July 18th—social distancing will be observed. Clubhouse—10:00 a.m. July 17th Workshop Rose Room 3:00 p.m.

Pool: Pool is open. **Sauna is now open.** Please use disinfectant when you are done. Disinfectant is available in the club house.

Oregon Health Authority states that all swimming pools are to be monitored to make sure there a distance of 6 feet is maintained between individuals in the pool and that the people going to the pools must wear a mask up to the time they get into the pool.

These directives by Governor Brown and the Lane County Public Health Department will necessitate additional changes in how we use our public spaces, including the pool. We appreciate your cooperation in abiding by the rules that are being created, which will be in the newsletter and posted at the entrance to these public spaces.

Please remember to bring your mask with you if you plan to come to the public spaces and mask up before you enter. If you forget your mask, we will have masks that are available for you to wear.

People going to the pool will need to follow the rules set for the pool. There will be scheduled times for groups and there will be other rules laid out in the newsletter. These rules may change, as we work things out. Please be patient and understanding, as we know that this is challenging. Our goal is to comply with state regulations while trying to support your needs and continue to protect everyone here in this community.

If you have questions or concerns, please bring them to the office--nicely please.

Jay

Jay Guettler, CVPOC President



Watch your mail box for ballots for the Board Member Positions.

Please vote!!!!

PORTLAND, Ore. (KOIN) — Face masks will be required throughout all of Oregon beginning Wednesday, Governor Kate Brown announced Monday.

The governor said all Oregonians will need to wear face coverings in indoor public spaces, extending her order that as of now is mandated in 8 counties.

[Mask mandate goes into effect for several Oregon counties](#)

“Over the last month, we have seen the disease spread at an alarming rate in both urban and rural counties. The upcoming July 4th holiday weekend is a critical point for Oregon in this pandemic, and we can all make a difference,” the governor said in a statement. “Modeling from the Oregon Health Authority shows that if we don’t take further action to reduce the spread of the disease, our hospitals could be overwhelmed by new COVID-19 cases and hospitalizations within weeks.”

[COVID cases in 19 Oregon counties; OHA issues mask guidelines](#)

She said she does not want to close businesses again “like other states are now doing.”

The upcoming 4th of July holiday has health officials deeply concerned.

“Please keep your Fourth of July celebrations small and local. We saw a lot of new COVID-19 cases following the Memorial Day holiday,” Brown said “Another spike in cases after the upcoming holiday weekend could put Oregon in a dangerous position.”

[Tri-county region accounts for half of new COVID cases](#)

The Oregon Occupational Safety and Health, along with other local agencies, will take the lead in enforcing face covering requirements for all covered Oregon businesses.

In a statement, the [Oregon Association of Hospitals and Health Systems](#) said they support this mandate:

“With cases on the rise rapidly across the state, it is now more important than ever to take this step to protect our loved ones, our neighbors, and our communities. Further, if we are to coexist alongside the disease, wide adoption of public face coverings is an essential factor in keeping our businesses and public spaces open.”

[Complete statement by Gov. Kate Brown on Face Covering Mandate](#)

“From the beginning of the reopening process, I have said that reopening comes with the risk of seeing an increase in COVID-19 cases beyond our health systems’ capacity to test, trace, and isolate them. Over the last month, we have seen the disease spread at an alarming rate in both urban and rural counties. The upcoming July 4th holiday weekend is a critical point for Oregon in this pandemic, and we can all make a difference.

“Modeling from the Oregon Health Authority shows that if we don’t take further action to reduce the spread of the disease, our hospitals could be overwhelmed by new COVID-19 cases and hospitalizations within weeks.

[Washington issues statewide facial covering requirement](#)

“The choices every single one of us make in the coming days matter.

“Face coverings that cover your nose and mouth play a critical role in reducing the spread of this disease because droplets from our breath can carry the virus to others without us realizing it. If we all wear face coverings, practice six feet of physical distancing in public, wash our hands regularly, and stay home when we are sick, then we can avoid the worst-case scenarios that are now playing out in other states.

“I do not want to have to close down businesses again like other states are now doing. If you want your local shops and restaurants to stay open, then wear a face covering when out in public.

“Please keep your Fourth of July celebrations small and local. We saw a lot of new COVID-19 cases following the Memorial Day holiday. Another spike in cases after the upcoming holiday weekend could put Oregon in a dangerous position.

“Oregonians have all made incredible sacrifices over the last several months that have saved thousands of lives. The actions we take now can protect our friends, neighbors, loved ones, and fellow Oregonians from this disease, and prevent the need for another statewide shutdown. We are truly all in this together.”

RELIABLE COVID-19 INFO WEBSITES

***Lane County Updates www.lanecountyor.gov/coronavirus ***

Resource Updates: White Bird <https://whitebirdclinic.org/>

***Oregon Health Authority <https://www.oregon.gov/gov/Pages/index.aspx>**

***State of Oregon Office of the Governor www.oregon.gov/gov/Pages/index.aspx *Center for Communicable Disease www.cdc.gov/coronavirus/2019-ncov/index.html**

***State of Oregon Unemployment https://govstatus.egov.com/ORUnemployment_COVID19**

***Mental Health America <https://mhanational.org/covid19>**

***Geriatrics Healthcare Professionals <https://www.americangeriatrics.org/covid19>**

***American Society on Aging <https://www.asaging.org/blog/cdc-covid-19-coronavirus-resources>**

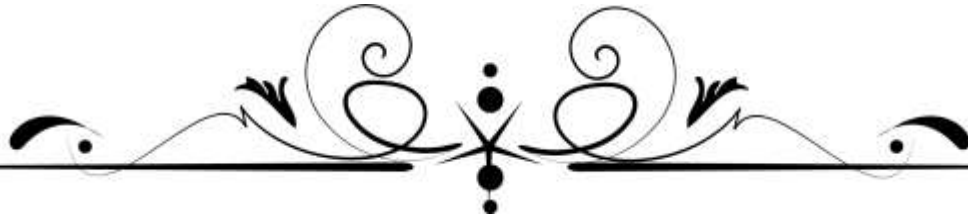
***Healthy Aging <https://www.healthinaging.org/covid19>**



REAL ID

My husband (Gene) had to renew his driving license. He was told he had to have a "Real ID" now.

Are you planning to travel by air? Have you applied for your "REAL ID" card? If not, you better get in line. REAL ID is coming. It'll be required to board commercial airlines next year. Beginning October 1, 2021, all states must comply. You'll need to have a REAL ID (or an acceptable alternative such as a U.S. Passport) in order to board a commercial airplane, or to access any Federal facility. A regular driver's license doesn't cut it. The purposes covered by the REAL ID Act are: accessing Federal facilities, entering nuclear power plants, and boarding federally regulated commercial aircraft (<https://www.dhs.gov/real-id>). Covid-19 may have impacted some of this, so contact the Florence DMV office, or visit www.Oregon.gov/REALID for more information. Application forms will be available online at www.OregonDMV.com beginning July 6. The filled-out form then has to be taken to DMV to get your REAL ID.



In memory of Pete Peterson





Our local shelter can use bleach, paper towels and cat/kitten food. Please donate.

Every small thing helps.

HELPING HAND



Park Operations Manager

We are currently requesting that residents wear a mask in all of our buildings, this would include the laundry, clubhouse, bathrooms, office area, etc.

Governor Brown has mandated all Oregon public places to require masks.

The clubhouse was re-opened as of June 15th. There are disinfectant wipes and spray available and we request that residents wipe down areas they have used, especially tables, computer and exercise equipment. The disinfectant is not being taken, which I was concerned about as the soap in the bathrooms is still being taken quite often. Someone is also taking toilet paper. Please, if you need paper products such as toilet paper you can go to Food Share. We do have cameras in the interior of the clubhouse so that is a deterrent for theft in the clubhouse area.

There are still some restrictions for use of the clubhouse. We are not allowing outside groups/people to utilize the clubhouse even as guests. We are closing the clubhouse at 7:00 p.m. It was our hope that restrictions were going to ease up by July 1st. That is not the case but I have decided to close going forward at 9:00 p.m. This will give people a little more time for an evening get-to-gather or pool time. This will be in effect on July 3rd. (Friday).

Pool Update: The pool heater will be installed on July 6th (Monday). Hopefully by June 8th the pool will be up to temperature and warm enough for pool aerobics. I know it's been a long time since our pool has been warm, but this pool heater is going in without charge due to the failure of the one we purchased in January. There will be special rules around using the pool due to Covid. Those guidelines are listed on a separate page.

The pool was opened as of June 22nd, the temperature without the pool heater on has been running approximately 82 degrees. At this time only owners/residents of Coast Village will be allowed to utilize the pool. I also will be posting separate swim times for adult swim and children. Parents will be expected to monitor children during children swim times.

The office is back open on regular hours. We ask that residents wear a mask to enter.

There was a sewer failure due to roots on Driftwood which was repaired on June 10th. We had an additional sewer failure at the maintenance office and laundry on June 13th. It was thought we were going to have to replace a section of sewer line in the parking lot running from the cleanout to the laundry room. After camera work it was determined the line is good and we only needed to clean out additional root issues. That work has been completed. This is great news and a good savings to the Corporation. We will be doing additional cleanouts and camera work throughout the summer to keep the lines in the park clear.

The Reserve Study Analyst completed his survey on the 12th of June. I expect a report to be completed by the 18th of July.

Water: We still have 7 lots on the West Side to complete and weather permitting are reaching for a completion goal by July 17th. We have a part time summer employee now who will assist with digging as well as grounds.

Fence – Spruce Street: We have completed staining on a major portion of the east side. We are waiting for additional stain/paint.

Fence: Northwest side perimeter – We have received the material and our staff will be doing the work. This will save us approximately \$5,000.00.

Road: We have a scheduled repair of the asphalt on Rhody Loop with Norm Wells. We will also patch the Driftwood Drive cut at the same time.

Gates: The Safety opener for police, fire, and ambulance was replaced on Monday. The previous one had been damaged at some point by someone hitting it. Because we don't know the first time it failed it was not possible to

view the camera to see who might have done it.

I have a schedule in place now that the weather has improved to stabilize both the west side and east side entrance/exit posts with concrete. This could cause more damage to a car that hits one of them but it will protect our gate eyes better.

I have received a Subpoena to give a telephone statement regarding the 217 Azalea property that is currently in a legal dispute. They have sent me a personal \$30.00 required witness fee which I have not cashed. When I do cash it, I will deposit it into Coast Village Account.

We continue to have problems with 217 Azalea being a bit of a "homeless camp" and police have been called to the property numerous times. I am documenting those encounters for my testimony. We also have numerous transients who are visiting/staying there coming to our laundry room and post office. We keep things locked, but owners keep blocking open the doors which defeats what we are trying to do. I have asked residents to keep the doors closed.

There have also been reports of items being taken from yards. We believe some of these thefts are from the same group, this group also visits often a rental lot - Lot 177 specifically. The owner has been notified.

On June 30th a man accosted one of our owners as they were walking in the park and threatened them. The police were called and the man has been arrested. Remember if you see someone who is suspicious or threatening please call the police.

Carlla van de Vyver

**NO MORE THAN 10 PEOPLE ALLOWED IN THE POOL AT ANY
GIVEN TIME**

**THE POOL WILL BE CLOSED ON MONDAY JULY 6TH FOR
INSTALLATION OF A NEW POOL HEATER**

**MASKS MUST BE WORN UNTIL YOU ARE READY TO GET INTO
THE POOL**

REMEMBER TO SHOWER BEFORE ENTERING

NOTICE NEW E-MAIL ADDRESSES FOR THE OFFICE

PARK OPERATIONS MANAGER: POM@CVPOC.COM

OFFICE: OFFICE@CVPOC.COM

CARLLA VANDEVYVER: CARLLA@CVPOC.COM

NANCY BROCK: nancy@cvpoc.com

**PHONE NUMBERS AND FAX NUMBERS REMAIN THE SAME AND ARE
LISTED ON THE FRONT OF THE NEWSLETTER**



NOTICE

**HELP WANTED
PART TIME PERSON TO TAKE/AND COMPLETE MINUTES
FOR MEETINGS AT COAST VILLAGE
TIME REQUIRED APPROXIMATELY 10 HOURS PER MONTH
PAY IS \$16.00 PER HOUR
CONTACT THE MANAGER AT COAST VILLAGE**

AFFORDABLE HOUSECLEANING 541-991-3208 or 707-980-1477

Katie:

cattmarks@yahoo.com

Insurances accepted
Veterans Welcome
telehealth appointments available
www.FlorenceHolisticMedicine.com



by appointment at
Oregon Integrated Health
1441 – 7th Street Suite B
Florence
(503) 972-0235

TRADITIONAL CHINESE MEDICINE
Pamela Zilavy, L.Ac.
~ whole body health care in your community ~

**Marshall's Maintenance: Call Marshall's if you need a sewer cleanout.
541-991-3022**

**Do you have a dead tree? Need a tree limb removal over a roof? Call Josh
Johnson at 541-999-7989 Licensed and Bonded.**

Hello everyone!

We're here in Yellowstone getting our campground ready to open. We've had law enforcement briefing, bear spray training, radio training with more training to come. Our campground was to open July 1st, but now we're not sure.

We miss all of our Coast Village friends! For those of you that don't know us, we are owners with family living in Coast Village. We are out on the road in our RV looking for adventure. I think we've sure found it in Yellowstone!



Love, Kim and Michelle

COAST VILLAGE POOL WATER AEROBICS

TIME: 9:00—12:00 - Limit of 12 participants
TUESDAYS AND THURSDAYS

COVID WATER AEROBICS

WARM UPS

JOG, JUMP ROPE, JUMP OVER FENCES CROSS COUNTRY

ROCKING HORSE, WASHING MACHINE, SUMO

UPPER BODY WITH WATER WEIGHTS

UP AND DOWN SIDES, STRAIGHT ARM - FRONT, SIDES

ROLL DOUGH - REVERSE, BREAST STROKE, FIGURE 8

STRAIGHT ARM BEHIND, PALM UP LOWER ARM CURLS- PALM UP, PALM DOWN

LOWER BODY/CORE

STRAIGHT LEG KICKS, FRONT, SIDE BACK HIP CIRCLES

FROG KICKS, CRUNCHES

MIND GAMES

SQUAT, FLAP KNEES, PLAY PIANO, CAT SCRATCHES, CASTANETS, COUNT FINGERS

STRETCHES

C STRETCH REACH UP, SIDE TO SIDE - CIRCLES - FIGURE 9

PAT ON BACK - OTHER ARM PUSH ELBOWS BACK TRY TO TOUCH BEHIND YOU

CLASP HANDS BEHIND BACK TRY TO TOUCH SHOULDER BLADES TOGETHER

STRETCH DOWN SIDES - WALK FINGERS PAST YOUR KNEES

GRAB SHIN - TWIRL ANKLES, RIGHT, LEFT FOOT BACK, YOGA STRETCH

HEAD - LOOK UP, RIGHT, LEFT, DOWN TILT SIDE TO SIDE, ROLL ALL AROUND

SHOULDERS - SHRUG UP AND DOWN, ROLL FRONT ROLL BACK

OPEN SWIM

SATURDAY AND SUNDAYS—KEEP SOCIAL DISTANCING

LIMIT OF 10 PEOPLE IN THE POOL

ADULT SWIM MON—SUNDAY EXCEPTIONS BELOW

CHILDREN SWIM

MON—FRIDAY

2:00—4:00

MUST HAVE AN ADULT IF UNDER 16 YEARS OF AGE

LIMIT OF 10 PEOPLE IN THE POOL

LAP SWIM

MON—FRIDAY

12:00—1:00

LIMIT OF TWO PEOPLE

Maintenance

If you have an emergency maintenance issue on the weekends you may call the Park Manager at 360-521-8428 and we will do our best to assist you. If it can wait until Monday please call the office after 9:00 a.m.

All of the staff are here to serve you, please let us know if there is something we can do for you.

Our Maintenance Staff: Mikhail and Mike

Please welcome our new part-time maintenance person Dustin Williams. You will see him working on the roads, etc. on weekends as well as some days during the week.

We are planning for road work on Rhody (paving) within a couple of weeks. Please plan on some possible short term re-routing.



Happy
Fourth
of July!



**Remember—No fireworks
allowed in Coast Village!**

MAINTENANCE TEAM

(541) 997-3583

Carlla van de Vyver, Park Operations Manager

Mikhail Renner, Lead —Days

Michael Brady—Days

Dustin Williams—Days

Dennis Barker—Janitorial Monday thru Friday

Remember to call the Park Manager on weekends if there is an issue.

360-521-8428

COMMUNITY CORNER

We will miss you Susan—Happy new adventures!



New hours in the clubhouse beginning on Friday 7/3

Hours: 8 — 9 Monday thru Friday

Pool will begin closing at 9:00 also.

Remember, all game nights, and coffee times will be cancelled until the end of COVID-19 Pandemic crisis. If you have any questions about activities or Coast Village Board meeting, ARC meetings, please call the office @ (541) 997-3312 or call Carla (POM) @ (360) 521-8428. You can also contact board and committee members thru the website or email.

JUNE 2020

SUN	Mon	Tue	Wed	Thu	Fri	Sat
			1 No Coffee Klatch thru COVID-19	2	3 OFFICE CLOSED	4 HAPPY 4TH OF JULY
5	6 Garbage 9 am	7 Brush 9 am Water Aerobics 9:00—12:00	8 No Coffee Klatch thru COVID-19	9 Water Aerobics 9:00—12:00	10 Water Shut Off 8 am to 1pm	11
12	13 Garbage 9 am	14 Brush 9 am Water Aerobics	15 No Coffee Klatch thru COVID-19	16 Water Aerobics	17 Water Shut Off 8 am to 1pm Workshop 3:00 pm	18 BOARD MEETING 10:00 AM CLUB HOUSE
19	20 Garbage 9 am	21 Brush 9 am Water Aerobics	22 No Coffee Klatch thru COVID-19	23 Water Aerobics	24 Water Shut Off 8 am to 1pm	25
26	27 Garbage 9 am	28 Brush 9 am Water Aerobics	29 No Coffee Klatch thru COVID-19	30 Water Aerobics	31	



Here's to celebrations! Happy Birthday!



Ted Hocker July 4th
Patti Shields July 7th
Leon Tilton July 7th
Becky Lowe July 17th
Gary McIlwain July 18th
Jude Craddock July 28th

An anniversary is a time to celebrate the joys of today, the memories of yesterday and the hopes of tomorrow.

Ceil & Virginia Strader July 17th
Bev & Barry McElhose July 23rd

If you would like your birthday or anniversary added to our newsletter just let the office know. You can call Nancy at 541-997-3312 or just stop by the office.



We have a quite a few new owners in the park. For those of you who are new, we encourage you to attend at least one Board meeting to see how the HOA functions.

Here are some photos you may enjoy of our Board—hard at play!

Pat Thompson, Director



Donna Rudd, Director

Glenn Singley, Director



Jay Guettler,
President



Dory Hethcote,
Treasurer

Diana Wolf-Newman,
Vice President



Board
of
Directors



How can I nurture my friendships?

Developing and maintaining healthy friendships involves give-and-take. Sometimes you're the one giving support, and other times you're on the receiving end. Letting friends know you care about them and appreciate them can help strengthen your bond. It's as important for you to be a good friend as it is to surround yourself with good friends.

To nurture your friendships:

- **Be kind.** This most-basic behavior, emphasized during childhood, remains the core of successful, adult relationships. Think of friendship as an emotional bank account. Every act of kindness and every expression of gratitude are deposits into this account, while criticism and negativity draw down the account.
- **Listen up.** Ask what's going on in your friends' lives. Let the other person know you are paying close attention through eye contact, body language and occasional brief comments such as, "That sounds fun." When friends share details of hard times or difficult experiences, be empathetic, but don't give advice unless your friends ask for it.
- **Open up.** Build intimacy with your friends by opening up about yourself. Being willing to disclose personal experiences and concerns shows that your friend holds a special place in your life, and deepens your connection.
- **Show that you can be trusted.** Being responsible, reliable and dependable is key to forming strong friendships. Keep your engagements and arrive on time. Follow through on commitments you've made to your friends. When your friends share confidential information, keep it private.
- **Make yourself available.** Building a close friendship takes time — together. Make an effort to see new friends regularly, and to check in with them in between meet-ups. You may feel awkward the first few times you talk on the phone or get together, but this feeling is likely to pass as you get more comfortable with each other.
- **Manage your nerves with mindfulness.** You may find yourself imagining the worst of social situations, and feel tempted to stay home. Use mindfulness exercises to reshape your thinking. Each time you imagine the worst, pay attention to how often the embarrassing situations you're afraid of actually take place. You may notice that the scenarios you fear usually don't happen.
- When embarrassing situations do happen, remind yourself that your feelings will pass, and you can handle them until they do.
- Yoga and other mind-body relaxation practices also may reduce anxiety and help you face situations that make you feel nervous.
- Remember, it's never too late to build new friendships or reconnect with old friends. Investing time in making friends and strengthening your friendships can pay off in better health and a brighter outlook for years to come.



A true friend
picks you up
over and over
again even
though they
keep stumbling
on their own.

©QuotesEmpire.com

WOW it is almost July and we have survived our 4th month of the ongoing pandemic. I didn't want to write anything more about the pandemic. I generally try to write about or share articles that can be pertinent to both genders but this month wanted to share an article that is near and dear to my heart (no pun intended). We have been talking and seeing in the news how discrimination impacts our lives. I personally have experienced gender discrimination and misinformation regarding my heart health and nearly died. In 2006 I went to the emergency room with recurring mid-scapular pain and pressure. The staff were caring and kind but I did not have any typical symptoms of an impending coronary event, I wasn't a male and I was younger than we traditionally expect for the female gender. My labs were normal and showed no reason to suspect this was a coronary issue. It was thought to be musculoskeletal strain. I said I wouldn't go home until we looked into it further and I was sure it was atypical angina. I was set up for a stress test and failed and started the process that ended in CABG (coronary artery bypass graft). So I was gifted 14 years of life that I might have missed!

What Every Woman Needs to Know about her Heart & Why it might Save your Life- by David Baumrind

This just isn't possible," she cried. What she thought was a bad case of indigestion had turned out to be much worse—our cardiac monitor revealed she was having a heart attack. She'd been annoyed at her friend for calling 911 during a dinner party, but as we loaded her into the back of the ambulance, she gave her friend a hug and thanked her. Throughout my career as a paramedic, I've seen many women not think they were sick, only to learn they were having a heart attack. The frightening truth is that many women don't receive the same level of education and care that men do when it comes to heart health, and it's killing them needlessly. "Women are under-diagnosed in mid-heart attack compared to men, and we're under-treated even when appropriately diagnosed," said Carolyn Thomas, heart attack survivor and author of A Woman's Guide to Living with Heart Disease. Many don't realize that heart disease is the leading cause of death in women—more than respiratory diseases and all forms of cancer combined, and a whopping five times as many women will die from heart disease as breast cancer. And when it comes to recognizing a heart attack—when one or more of the arteries supplying blood to the heart become blocked—many aren't aware that women experience different signs and symptoms than men do. While two-thirds of men suffer the "Hollywood-style" heart attack with clutching chest pain, many women won't have any chest pain at all. Instead, they have many of these symptoms:

- #1. Nausea, fatigue, or sudden shortness of breath
- #2. Heartburn or indigestion that's different than normal
- #3. Waves of pain in one or both arms or shoulders
- #4. Pain that moves to the neck and jaw and tongue
- #5. Cold sweats, difficulty sleeping, sense of impending doom

In "A Typical Heart", a 2019 short documentary exploring the deadly disparity between male and female heart disease, several women shared their experiences:

"I was typing away and I felt a cramp in my right arm which can be pretty normal, but then it felt like a physical wave I could trace up my shoulder. I was 33, but I never felt anything like this." ~ Karyna Parsons

"The symptoms leading up to my heart attack were missed. My arm pain was diagnosed as tendinitis. I'm just looking to educate women so that we don't miss things in the future. Too many women are dying far too young." ~ Heather Evans

"I felt immediate pain on my chest, and intense radiating pain on my neck and my jaw, and going down my arm." ~ Grace Diersson

"Chest pain, shortness of breath, nausea, sweating, and pain down my left arm. Even I know pain down my arm is not a sign of indigestion. That was my first introduction to getting misdiagnosed." ~ Carolyn Thomas

But things are beginning to change. In 2018, the Heart and Stroke Foundation of Canada released the Ms. Understood report—the first to acknowledge that health systems were not well equipped to diagnose and treat women with heart disease. They concluded that heart attack symptoms go unrecognized in **53 percent of women**.

While women's hearts look the same as men's, there are significant differences in the way heart disease affects female hearts.

"Women tend to have disease in the small vessels of their heart, while men are more likely to have disease in their major arteries," said Dr. Tara Sedlak, Director of the Leslie Diamond Women's Heart Health Centre in Canada.

This disease of the small arteries, called **microvascular disease, is often missed on an angiogram**—the standard diagnostic tool used to detect heart disease. **It's three times more common in women than men, and those who have it are at much higher risk of heart attacks and death.**

According to [The American Heart Association's Go Red For Women Movement](#), younger women are more at risk than ever before.

"Cardiovascular disease is not just a problem for older women or men. Heart disease and stroke can affect a woman at any age, and new research shows heart attacks are on the rise in younger women."

Even when women have more classic symptoms of a heart attack, healthcare providers and many women themselves don't believe it could possibly be a heart attack. This can be catastrophic—**early heart attack symptoms are missed in up to 78 percent of women**.

Gender bias still exists—physicians may look for other causes of women's symptoms without first doing appropriate tests to rule out cardiac issues.

Traditionally, most of the research and testing have been geared toward men. Only recently have risk factors specific to women gained attention. Those related to pregnancy, menopause, and depression have been under appreciated, as have other causes of heart attacks much more common in women—such as spasms of coronary arteries and small tears that develop inside of them that block vital blood flow to the heart muscle. many women suffering heart attacks don't get the help they need—often told by doctors that there's nothing wrong, only to be sent home with a diagnosis of indigestion or anxiety.

Another issue that influence the recovery from a cardiovascular event can be that even if women are appropriately diagnosed with a heart attack, they may not be getting as extensive post care and education to prevent further coronary events as men traditionally receive.

Here are some ways women can empower themselves when it comes to heart health:

- #1. Improve your awareness and understanding of women's heart health. Discuss your risk factors, have preventive labs done to look for silent risks and r/o hyperlipidemia, diabetes, and factors like hypertension, sleep apnea, family history, stress.
- #2. Advocate for yourself by speaking with your doctor about female-specific heart health issues with history of hormone therapy both pre and post menopause.
- #3. Consider adding early heart health checkups to your self-care routine. Women learn to do self-exams for breast cancer at a young age, yet heart disease is deadlier. If any risk factors make sure to get an early exam say age 35 to rule out coronary risks.
- #4. Incorporate a heart-healthy diet and exercise (20" a day) to improve overall health.
- #5. If you are a smoker get help to stop and talk to your provider.
- #6. Find local support groups or hospital based education about prevention and rehabilitation post heart attack or stroke.
- #7. Women survivors say that they knew weeks before their heart attack that something was wrong. Trust what your body's telling you—you know best when something's not right.

Don't ignore the signs and symptoms—the life you save may just be your own. I hope you enjoyed the article and found it informative. If you have articles addressing issues that are of concern or interest to you let me know via a request at the park office.

Warmly, Dory Hethcote RN, MSNP, WHCNP



Coast Village Activities Report

July 2020

No Coffee & Donuts



Still can't have the "Coffee Klatch" until the Corona Virus Pandemic is over. The Clubhouse and Rose Room are open now, but we can't serve community style refreshments and snacks. We will keep you updated on any changes, also just review the overhead reader board in the Coast Village post office building to see what's going on, or if there have been changes to open hours or restrictions. We must all wear face masks going into the office, clubhouse, rose room, post office, and laundry room. Please remember your mask.

Odd Thursday Game Night



Odd Thursday game night suspended due to Corona Virus Pandemic.

Water Aerobic Exercise



Water Aerobic classes will return to Coast Village in mid-July. We will have to maintain social distancing guidelines and wear face masks to and from the pool. Face masks are not required while in the pool. Becky Lowe has done a bit of research to find out how many folks can be in the pool, what exercises they will be doing, etc. Thank you Becky, we appreciate your help. Please be kind to your neighbors while you are in the pool, and maintain your distance. If we get complaints about pool usage, Lane County, or the state of Oregon can order us to close our pool.

The Rose Room is now available for small groups, so if you want to reserve a time for a private game or craft, please give me a call at the office, and I will put your reservation on our calendar.

Thanks to our volunteers, they do a lot behind the scene; stay healthy! We still have a few masks in the office if you need one.

Nancy Brock
Activities Chairperson

IN THE GARDEN

Have been enjoying and sharing some freshly grown potatoes in the last few days. The garden is doing well.



Remember this is for “looking at only” no one is allowed to pick with the exception of herbs.



CURRENT BANK ACCOUNT BALANCE:

\$154,879.00

All accounts payable are current.

A statement of accounts from our CPA will be available on our website in July with a password that can be obtained at the office.

A copy will be sent to any lot owner who requests it. Please contact the office if you would like a copy. I will advise when it is completed with year end close and available for distribution.



Just catting around!!

Free Range organic chicken eggs for sale. You can check with Carlla in the office if you would like to purchase.

\$4.00 per dozen

Delivery day is usually Thursdays.



Send me a photo of your favorite pet and we will feature you /it in the newsletter!

Happy Summer!



A warm welcome to all of the new owners at Coast Village! While we are operating under Covid, we hope you will come by the office (with a mask) and we will be happy to answer any questions you have.

If you use the clubhouse, please disinfect when you are done.

NOTICE

The free table in the post office is for residents (owners/renters) of Coast Village only.

Please no insulation, unusable items aka junk

We have a volunteer (Joann from lot 133) who keeps it tidy, so please don't make a mess.

Please only take things you can use.



Fun in the Coast Village Garden!!!



Gathering in the Garden!! Celebrate birthdays and life!



The Contrary Gardener 2020)

by Vicki Dunaway (July

As they stroll through the garden area, some people probably wonder what those plastic green (or orange) cones filled with water are in some of the garden beds. They're called Wall-o-Waters, and they're known in the gardening world as season extenders because they're used to hold in some extra heat early in the season when heat-loving plants like tomatoes are getting their start. The idea is that the water in the cone's vertical pockets heats up during the day, and then slowly releases that heat after the sun goes down. They work pretty well, and it appears that most of our gardeners' tomato plants got off to a good start this year.

I've decided to do an experiment this summer to see if WoWs will also work to provide more heat to pepper plants. Peppers are long-season, semi-tropical to tropical plants, and my experience is that they just really don't like the Oregon coast. You plant them and they just sit there and do nothing. Back in Virginia you poke your pepper plants into the ground after the danger of frost and boom! they're off and running, and don't stop producing till the first frosts in the fall. No pampering, no fuss. Not having bushels of peppers to eat and freeze every autumn is one of the few things I miss about Virginia. Last year I finally got a few pathetic little peppers, but was late getting my plants out, so this year I started them earlier and am trying a few tricks to see if anything will help bring pepper plants to bear.

First of all I moved several of my WoWs to surround pepper plants in hopes of providing a more tropical-like environment for them. A second experiment is with red plastic mulch, which is supposed to be good for growing heat-loving plants. I don't generally like using plastic mulch, so this experiment just consists of a small group of plants with the red mulch around them. There are also "control" plants with no helpful treatments. So far, interestingly, the red mulch seems to be working better than the Wall-o-Waters, which is puzzling, but we'll see if that holds up all season.

Thanks to all for respecting the efforts and investments of Coast Village gardeners and not harvesting from the beds that they have worked so hard on. We are sharing some herbs in the mail room, so watch for a container full of green stuff on the table. Residents are welcome to harvest herbs from the herb bed, marked with green sticks and a sign that says "Herbs" that you see as you exit the clubhouse into the garden. If you are interested in receiving other excess produce from the garden, please let Carlla know.



T'ai Chi Ch'uan Now Being Offered at Coast Village

T'ai Chi is a centuries-old Chinese exercise generally practiced for its health-enhancing qualities. It is deeply rooted in a rich legacy of medicine, meditation, martial arts and Chinese philosophy. T'ai Chi is known as a "moving meditation" that is beneficial for health and well-being. Chinese doctors often prescribe T'ai Chi for the cultivation of one's qi (chee), or essential "energy," to move various forms of stagnation in the body, inspire longevity and prevent disease.

Many western research studies show the effectiveness of Tai Chi practice in improving strength, balance and coordination. The slow, smooth, and continuous movements of Tai Chi help to strengthen posture muscles that support and strengthen the spine. Studies show Tai Chi can help prevent osteoporosis and decrease the incidence of falls in senior citizens. A systematic review and meta-analysis of seven randomized controlled trials involving 1,088 older adults published in the March 2015 issue of the Archives of Gerontology and Geriatrics concluded that Tai Chi practice was *"beneficial to improve the balance control ability and flexibility of older adults, which may be the reason behind preventing falls."*

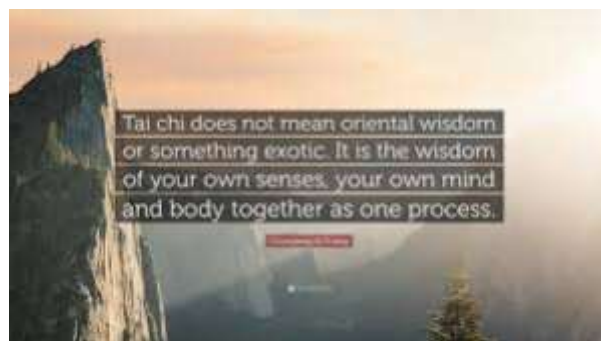
In addition to its physical benefits, this form of gentle resistance can calm the mind. Like a precious diamond, Tai Chi has many facets. As a physical manifestation of Taoist philosophy, it engages the mind to reflect upon the rhythms of nature. As a stress relieving therapy, it leaves the practitioner refreshed and centered, ready to face whatever difficulties their day or their life may bring. It has been said that whoever practices Tai Chi diligently, twice a day over a period of years, will "... attain the pliability of a child, the health of a lumberjack and the peace of mind of a sage."

The 37 postures of the Yang Style Short Form are strung together in a fluid form without interruption that can be done in 7 – 10 minutes. The sequence of quiet, soft postures, characterized by slow body movements are performed in a relaxed and conscious manner. The quiet cultivates the mind and spirit while the soft cultivates the body. To the casual observer, T'ai Chi appears slow, easy and effortless. To the practitioner, movements are based on alignment and balance. In order to obtain the benefits of practice, following these essential five principles are often reinforced:

Relax the body
Separate the weight
Keep the body upright
Turn at the waist
Keep the Fair Lady's wrist

Anyone can do T'ai Chi with these principles in mind at their own level of physical capability and regardless of physical limitations. Adjustments can be made for a student by the instructor if there are physical challenges to doing the classic form. As the student of a Tai Chi class you will be asked to practice the postures at home to master the form while embodying the principles.

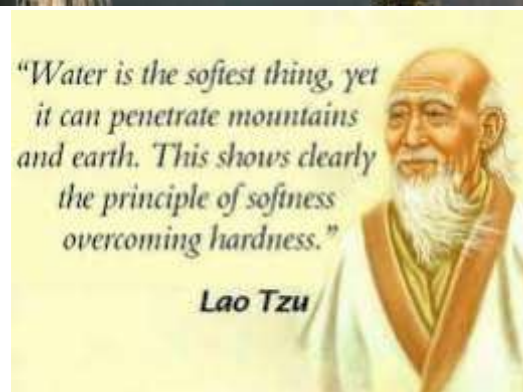
The yin yang symbol, [, has a vast and fascinating place in Chinese culture, medicine and philosophy. In T'ai Chi, this symbol can be seen as manifesting the physical dualities of yin and yang in the body. The allusion in this context suggests that the art contains within itself (in its movements, shapes, breath and ritual) all that is necessary for the dynamic forces of yin and yang to interact and be reconciled in the mind/body. T'ai Chi is a unique tool for the cultivation of qi, or life force, the balance of which is an all-encompassing component of health in Chinese medical thinking.



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Pamela has been studying T'ai Chi since 1976, and was granted a Certificate of Form Instruction by her teacher, Master Benjamin Pang-Jeng Lo in 1984. Pamela has taught extensively to the young, to seniors and the disabled. She has taught all ages of beginning and advanced practitioners, both in Europe and the US. Pamela earned a Master's of Science in Traditional Chinese Medicine in 2000, and is a licensed acupuncturist and herbalist. Having always been drawn to the healing arts, Pamela earned a Bachelor's degree in Holistic Health from Antioch College in 1980.

Wed.'s @ 12:00  
Cost for 8 week class \$40.00  
Contact office for information



## TACO MAC AND CHEESE

What you need:

1 lb lean ground beef or turkey

2-3/4 cup water

1/2 cup Taco Bell Thick and Chunky Salsa

1-1/2 tsp. chili powder

2 Cups elbow macaroni uncooked

1/2 lb (8 oz) Velveeta, cut into 1/2 inch cubes

Let's Make it!

Brown meat in large skillet on medium high heat, drain. Return meat to skillet.

Stir in water, salsa and chili powder, bring to boil, stir in macaroni; cover.

Simmer on med low heat 8 to 10 minutes or until most of the water is absorbed.



Add velveeta—cook 3 to 5 minutes or until melted stirring frequently.

Enjoy!





GUESS WHO THIS IS!!!!



Tilly the brave!



Ollie the Collie!! 7 months and trying to be taller than Becky!

We have some wonderful dogs in our community!

If you would like your dog featured come to the office for a photo op—or send me a favorite!

# ARC Activity

June, 2020  
Mose Starkie

Greetings Coast Village!

June has been a busy month, what with our snowbirds returning to the land of mossy toes and cobwebs everywhere. It's nice to see old friends out and about walking and talking to each other from across the road. This isolation has been terrible on everyone what with not being able to hug grandkids or visit parents or friends in nursing homes. I'm sure you all join me in praying that this pandemic is over soon. I guess Ole the Swede is right..."It could be worse" but sometimes that's not much consolation.

Activity from the ARC for the month of June:

|                                                                                                                          |           |
|--------------------------------------------------------------------------------------------------------------------------|-----------|
| Lot #228 Horseshoe Bend: Fence request: Approved by ARC and Board.                                                       | Completed |
| Lot #46 Easy Street: Carport request: Put on hold                                                                        |           |
| Lot #50 Easy Street: Carport request: Withdrawn as not possible                                                          |           |
| Lot #8 Redwood Street: Shed request: Approved                                                                            |           |
| Lot #10 Village Street: Request to replace old shed with new one: Approved                                               |           |
| Lot #235 Horseshoe Bend: Request to replace old shed with new one: Approved                                              |           |
| Lot #150 Outer Drive: Request to erect two temporary canopies: Approved                                                  |           |
| Lot #120 Sailor: Request for stairs and deck enlargement: Waiting for the owners to be here for an inspection on July 3. |           |

Additionally, there was one referral to the Board for a violation of the ARC Policies and Procedures regarding the construction of a fence without obtaining a permit to do so.

## Setbacks

There has been an abundance of discussion concerning setbacks for permanent carports from the road.

We have been working with the City of Florence zoning department and it has been determined that the city identifies any carport that is constructed with metal, including roofs and frames as "permanent" and requires a city engineering evaluation and permit.

After discussion with Dylan at the Zoning Department for the city of Florence and the City Council it was determined that CV must abide by the City of Florence zoning code section 10-10-4-D, minimum setbacks and yard regulations, and code section 10-29-5-C which is in the CV specific section.

Those setbacks are 10 feet for dwelling units, and 20 feet for carports and garages, unless the garage is part of the dwelling unit, in which case it will only need to be 10 feet along with the house.

The only exception to this is if the road encroaches on your property then the garage setback is reduced to 10 feet.

Carports that are canvas covered and and/or have other than a metal structure will be considered "temporary" and need to be set back 5 feet from the road and not block visibility.

The ARC has been having several workshops and we are working to revise the Guidelines and Rules and Regulation in order to eliminate some of the confusion. We have identified several items we would like to bring before the Board for consideration and will be putting together a proposal for consideration soon. I'll keep you all informed.

That's about it for this poor man's typing skills, so I'll just say stay safe and enjoy life to the fullest. We're seeing just how fragile it can be.