

The Bay Laker

Issue 109

Dates to Remember:

Flag Day - June 14th
Father's Day - June 21st



HOA Officers & Directors

Steve Rollison, Pres
941-375-8110

Susan Adkins, VP
863-241-9895

Dave Eungard, Treas
419-577-1090

Jane Ann Miller, Sec
941-483-3247

George Phelps 585-356-2025

David Baker 309-830-8450

Tom Priar 717-438-3801

Park TV channel - 196

Lift Assist Line -

941-316-1201

FROM THE PRESIDENT

Steve Rollison – 941-375-8110

You may have seen this information in the May 6th Venice Gondolier, but it's important enough to bear repeating here.

All Sarasota county residents are urged to sign up for a new emergency alert system.

Many Bay Lake residents are already subscribed to the CodeRED alerts system. For a variety of reasons – including lower cost to the county – CodeRED is being replaced by the Alert Sarasota County mass communications system.

CodeRED does not expire until July for most users. Still, it's a good idea to sign up now so you start receiving alerts as soon as Alert Sarasota County takes over. That will then be the way residents will be notified of severe weather, sewage spills, mosquito management, boil water notices, and COVID-19 notices.

You will be able to receive alerts by landline phone, cell phone, text message, email, TDD/TTY, smart phone app push notification, or a combination of these methods.

There are two ways to register.

- Online at www.AlertSarasotaCounty.com
- By installing the Everbridge app on your cell phone

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WE ARE A SMALL COMMUNITY AND
HAVE MANY WALKERS
PLEASE ADHERE TO
THE SPEED LIMIT OF 15
MILES AN HOUR.
SPEED LIMIT 15

When Bay Lakers sign up they can choose to get alerts for either “Venice” or “Sarasota County (unincorporated).” The city of Venice has announced delays on their part that may push implementation out until October.

While the Everbridge app has frankly gotten terrible user reviews, the company does seem intent on fixing the problems that have been reported. I hope they are successful because after July we won’t have any alternatives for receiving automatic notifications of emergencies.

You can get additional information about Alert Sarasota County from the Sarasota County Contact Center at 941-861-5000.

FOOD PANTRY

Karol Ann Nickerson – 813-464-0648

I am now collecting the food donations and bringing them to the Salvation Army food pantry. We all know the clubhouse has been closed so we had to temporarily move the donation box.

Please drop your donation off at the new collection location which is a red box on my carport at 57 Hyacinth Street. Thank you.



HELP HEAL VETERANS

Jesus Febres – 941-445-4630

Help Heal Veterans’ gatherings will remain cancelled until the Fall season, at the earliest.



BIRTHDAYS AND ANNIVERSARIES

by Steve Limkemann – 734-419-9142

JUNE BIRTHDAYS

- 2 David Richardson
- 2 Bonnie Snow
- 8 Gail Mahon
- 9 Ken Havens
- 9 Barbara Ludwig
- 10 Lisa Thornton
- 11 Richard Feltz
- 13 Valerie Hopkins
- 13 David Smith
- 14 Keith Steare
- 16 Suzanne Jones
- 19 Bob Rouleau
- 20 Phyllis Clifford
- 21 Barb Hickey
- 21 Gwen Kreidler
- 28 Fran Jones
- 28 Kent Mattix
- 29 George Young
- 30 Karin Hoydilla
- 30 Jerry Loveless



JUNE ANNIVERSARIES

- 4 Carol & Tom Wilhelm
- 6 Boyd & Sharon Brewer
- 11 Laura & Stephen Medich
- 12 David & Helen Baker
- 17 Joyce & Ken Havens



We do not have everyone’s birth and/or anniversary month and day. If you had a birthday and/or anniversary this month and we missed it, or listed it with the wrong month or day, please send a correction to stvelim@wwnet.com. That’s also the e-mail address to use to send your info if you are a new resident or have a phone book change.

WELCOME NEW RESIDENTS

April

Edmund Brookfield, 215 Flamboyant Street

Welcome to Bay Lake Estates! We look forward to meeting all the new residents when the clubhouse opens again. In the meantime, please sign up to receive email EventAlerts to keep up to date throughout the month. The president of our HOA, Steve Rollison, volunteers his time to send out these alerts several times a month. To sign up, send Steve an email requesting your name be added to his list. EventAlerts@SteveRollison.com

And if you are on Facebook, be sure to join our private Facebook page, "Bay Lake Estates Friends". This private page currently has 128 members and is a good opportunity to see a face behind a name.

This is a list of new residents for the month of April 2020. Current residents may want to jot the information down in the back of your 2020 Resident Directory. We won't be getting new directories for quite some time.



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JULIETS BREAKFAST

Sylvia Richardson – 941-480-0208

At this time the Juliets are **not** planning to get together for breakfast in June.

WORMS WANTED

By Karen Limkemann – 734- 890-9229

Bookworms, of course!

How do you know if you're a bookworm? Well, you are a bookworm if...

- You spend more time reading books than surfing the Internet
- You carry a book with you at all times
- You often fall asleep reading
- You always think the book was better than the movie
- You feel personally offended when people say they don't like to read

If you are a bookworm you need to send me **at least two** recommendations for the Bay Lake Book Club to read and discuss next year. My email address is...

karenlimkemann@gmail.com

Happy reading! (But in case you were wondering, no, the coronavirus quarantine was not specifically intended to be an extended book-reading holiday. We just got lucky that way!)

ROMEOS

Peter Morrissey – 941-488-7284

The breakfast gathering of the Romeos has been cancelled until further notice





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RECIPE CORNER

MEAL PREP WEEK-LONG POWER BOWLS

(derived from ohsheglows.com)

Roasted Veggies (Make Ahead and warm in microwave before serving)

- sweet potatoes, peeled and chopped
- brussels sprouts, trimmed and halved
- cauliflower, chopped into small florets
- red onion, peeled and chopped
- red bell peppers, seeded and chopped
- tablespoons extra-virgin olive oil
- Salt and pepper, to taste



To Roast Veggies

Chop in bite size pieces and place them on a parchment paper lined baking sheet. Drizzle extra virgin olive oil on veggies and toss to lightly coat. Sprinkle generously with Salt and Pepper to taste. Roast in a preheated 400 degree oven for 30 – 40 minutes until just fork tender. Let cool and store in airtight containers.

Cooked Quinoa or Rice (Make Ahead and warm in microwave before serving)

Fresh Veggies: (May be chopped the day before)

- English cucumber, chopped
- green onions, chopped
- grape tomatoes, halved

Power Bowl Toppings:

- Chopped greens (romaine, iceberg, spinach, etc)
- Salad dressing (lemon, balsamic, red wine vinaigrettes work nicely)
- Ripe avocados
- Cooked beans or lentils
- Nuts and seeds
- Hummus or pesto

Assemble Your Bowls

Place a handful of greens in a shallow serving bowl. Lightly toss with salad dressing. Add spoonfuls of your chosen cooked and warmed ingredients first; Quinoa or Rice and your choice of Roasted Veggies. Then spoon on some chopped fresh vegetables; cucumbers, green onion, tomatoes, avocados, more salad dressing, cooked beans or lentils, nuts, seeds and hummus or pesto.

- Change up your Power Bowl by mix and matching different ingredients and dressings throughout the week.
- If you like meat with your meals, top the bowls with a piece of crispy chicken slices, poached salmon, broiled steak slices, etc.

QUICK AND EASY POACHED

SALMON

My favorite way to cook salmon – Donna Pfeiffer

Ingredients:

- Salmon fillet(s)
- Dill weed
- Butter
- Lemon juice
- Salt and Pepper



This salmon is good hot, and any leftovers are great served cold on top of a salad.

Directions:

Line a microwavable covered casserole dish with parchment paper or waxed paper. Place salmon fillet(s) in dish in a single layer. Sprinkle with dill weed to lightly coat the salmon. Put little dabs of butter on top of each fillet. Sprinkle with lemon juice, salt and pepper to taste. Cover the dish and microwave on high until the center is *almost* complete opaque*. Do Not Over Cook! The salmon will continue to cook after you remove it from the microwave. Let sit for 2 minutes.

*Because salmon fillets may be thick or thin and microwaves have different powers, the cook time is variable. For a medium thickness single fillet, start with 2 minutes on high and for a single thin fillet, 1 minute on high. If needed, continue to cook in 30 second increments until almost completely opaque. There should be the slightest small spot in the center not quite opaque. After sitting for 2 minutes, the center should be opaque. Salmon is completely cooked at 145 degrees in the center. Remove the Salmon from the microwave just before it reaches 145 degrees, as it continues to cook while sitting.

Little prep, easy to clean and the salmon is moist and tasty.

SPRING CLEANING TIPS

Did you know that Spring Cleaning can help you live longer?? According to CNN Health, a less cluttered space can help us reduce stress, improve our mood, and give us more energy. These things can inspire us to eat healthier, exercise more, and get more rest. Who knew! Since many of us are spending more time indoors these days, why not use this time to declutter and clean your home.

Tip 1: Make a Cleaning Schedule. Creating a cleaning schedule makes you more likely to stick to your plan. Be realistic when making your schedule so that you don't become unmotivated and exhausted! You may choose to clean room by room, or you may choose to schedule your cleaning based on tasks. Whatever you decide, make a promise to yourself to stay on schedule.

Tip 2: Remove Clutter. You may be familiar with Marie Kondo's best-selling book, "The Life-Changing Magic of Tidying Up", which offers the reader a simple question to help determine whether or not an item should stay or go. The question is: "Does this item spark joy?" Simple enough, right? If the answer is yes, you keep the item. If the answer is no, you either toss or donate the item. Take the time to evaluate the items in your home and honestly assess what brings you joy.

Tip 3: Work from Top to Bottom. Have you ever dusted your furniture then cleaned your fan blades only to find your furniture was dusty again? Remember to start at the top and work your way down.

Tip 4: Don't forget your walls and windows! A damp cloth will work to wipe dust particles from your walls and window blinds. We often don't think of dust sticking to vertical

surfaces but it does!

Tip 5: Change your air filters. Dust collects in your air conditioner ducts in the winter, so replacing your air filter will keep unwanted dust particles from entering your home.

LAUGH TRACKS

➤ Crankiness is on the rise. **Everybody** seems to be getting a little cranky as a result of this self-imposed semi-quarantine situation. Even Alexa, the personal assistant that lives in our Echo smart speaker from Amazon, is starting to show some attitude.

This morning I asked her what the weather was going to be like today.

She responded “Why? Where do you think you’re going?”

➤ At the restaurant, “Sir, would you prefer red or white wine?”

The customer strugs, “I don’t care. I’m colorblind.”

➤ What is the worst combination of illnesses? Alzheimer’s and diarrhea. You are running, but can’t remember where.

END OF AN ERA -- SORTA

Steve Rollison – 941-375-8110

For many years Carol Gilchrist has chaired The Bay Laker home-delivery committee. She recruited and assisted the “walkers” who generously donate their time and energy to drop off a copy of the monthly newsletter at each resident’s home from November through April.



25 copies of The Bay Laker into plastic bags, which Carol in turn would take to each of the walkers. If any of the walkers were “missing in action,” she generally had already lined up substitutes who were willing to pick up the slack that month.

On numerous occasions it was Carol herself who filled in for the walker who was sick or “up north” when the first of the month rolled around. That was in addition, of course, to delivering newsletters to her own “route” of 20 to 25 homes.

On May 1st Carol announced her resignation due to health issues.

Her efforts and energy will be missed far more than most residents would ever suspect. The board of directors and Donna Pfeiffer, our newsletter editor, offer Carol a huge, sincere “Thank You!”

I know that all her Bay Lake friends and neighbors join me in wishing Carol great success in dealing with her health challenges. We look forward to socializing with her and just “hanging out” once the clubhouse eventually reopens and the semi-quarantine requirements are relaxed.

In the meantime, we are faced with the challenge of filling some very big shoes. I’m sure they’re at least size 13 – figuratively speaking! If you consider yourself well organized and can see yourself donating two or three hours of your time each month for an important Bay Lake service, please give me a call to discuss chairing the delivery committee. I’m sure Carol would be happy to fill you in on the “real” requirements of the position.

Prior to delivery day, Dick Feltz would pack

THE POOL

Donna Pfeiffer – 941-586-2812

Hooray! It is nice to be able to enjoy our pool being open again, at least on a limited basis. As of today's writing, May 20th, seven people at one time are able to share distant socializing in the pool area:



Monday through Friday
7:00 - 9:00 a.m., 10:00 - noon and 1:00 - 4:00 p.m.

It was wonderful to swim again! Leslee is working on expanding hours through the weekends and we have requested some later hours, too. By the time you read this newsletter, the schedule may have changed.

JULIETS LUNCH BUNCH

Joan Goering – 941-485-715

Hi Ladies, Hope all of you are well and staying safe. There will be no luncheons scheduled for the future months. Hopefully we can look forward to getting together whenever that might be. My thoughts and prayers are with each and every one of you.



GARLIC ANYONE?

Michael M Kloian – 912-547-2416

This tasty, fragrant veggie does more than make your pasta sauce super delicious. Garlic is loaded with good-for-you vitamins and minerals like manganese, selenium, vitamin C, vitamin B6, and other antioxidants, including allicin. The health benefits of garlic have been recognized for centuries. A recent study reports that eating garlic may work to relax blood vessels and increase blood flow. So, grab the freshest garlic cloves you can find and add them to your diet to reap these benefits for your body.

BETTER BLOOD PRESSURE

Garlic has anti-inflammatory benefits and helps blood flow more easily through the body. Several studies found that blood pressure was lowered by 10% when the participant took garlic supplements. Keep in mind that the supplement doses are fairly high—600 to 1,500 mg of aged garlic extract. That's the equivalent of roughly four cloves of garlic a day, so start chopping.

LOWER CHOLESTEROL

A group of study participants that took a garlic supplement saw their cholesterol levels go down over a period of five months. The

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key here is commitment. Like many natural remedies, it takes a while for the benefits of garlic to kick in, because you have to let the vitamins and minerals build up in your body.

GARLIC FOR COLDS AND FLU

Digested garlic helps boost the immune system and reduces the severity and length of cold and flu symptoms. One study showed that taking a daily garlic supplement reduced the number of colds participants experienced by 63%. If you like garlic, try adding more to your meals when you feel a cold coming on.

IMPROVED MEMORY

Damage from free radicals contributes to aging, but garlic contains a powerful antioxidant to help battle that—S-allyl cysteine. This antioxidant shows promise in protecting against brain damage and keeping your brain functioning better as you age.

REDUCED RISK OF HEART DISEASE

Garlic is also great at reducing your risk of heart disease by relaxing hardened blood vessels and preventing platelet aggregation. Garlic increases production of nitric oxide which keeps blood vessels relaxed. It also prevents platelets from binding to proteins, which reduces blood clots.

You may be wondering what I do with garlic. For example, I happen to enjoy fresh sautéed spinach alongside grilled lamb chops or a juicy steak. Using a large sauté pan, I'll pour an ample amount of olive oil and warm it up to a medium low heat. I then sprinkle plenty of garlic POWDER, not garlic salt (see the difference below) directly into the oil. I add small batches of fresh spinach and stir until the entire bag has wilted.

of garlic, and offers similar aroma and flavor to that of garlic cloves. It is simply the intensity that is reduced slightly. On the other hand, Garlic salt is more like salt with the taste and smell of garlic.

Garlic salt is 3 parts salt and 1 part garlic, plus an anti-caking agent. That means that 1 tsp of garlic salt contains 1/4 tsp of garlic powder, or a 4 to 1 substitution ratio.

You won't find garlic salt in my spice racks.

Although roasting a head of garlic is yummy in the tummy, baking whole garlic above 145 degrees will reduce allicin, one of many health benefits in garlic. Start by cutting the tips off every clove, exposing the raw garlic inside. Next, pour small amounts of olive oil over the exposed cloves. Lastly, sprinkle a small amount of salt (just a smidgen). With or without salt you will love the taste of roasted garlic on thin slices of baguette bread or crackers. I use a round, clay, garlic baker and will bake it at 350 degrees for about 45 minutes. Also, whenever I make mashed potatoes, I'll roast an entire garlic and scoop out the pulp and add it to the mashed potatoes before whipping. And one more thought. When the garlic pulp is soft, in place of putting a dab or two of butter over the cooked meat, I'll spread the roasted garlic over the meat.

IN MEMORIAM

On April 23rd Bay Lake Estates lost friend and neighbor Howard Sager. While some residents may not have known Howard by name, they all knew him by description: "big man, with a huge smile, and an even bigger white handlebar mustache!"

Garlic powder is simply a mellowed version Howard passed away unexpectedly at their

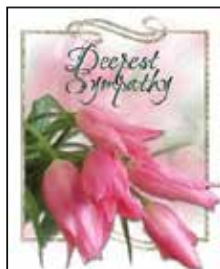
Oleander Street home with Judie at his side. We all send our deepest condolences to her and her family. Judie is up in New York now, but plans to return to Bay Lake this fall.

You can read Howard's extended and very nice obituary at the Chautauqua Today website. The URL is...

<https://cutt.ly/HowardSager> (case sensitive!)

Condolences may be sent to...

Judie Sager
12775 Planck Rd
Perrysburg, NY 14129



HOME EXERCISE ROUTINES

Adding a fitness routine to your daily schedule is a great way to stay in shape both mentally and physically. Many of us are missing our regularly scheduled fitness activities offered in our communities or at our local gyms, but that doesn't mean you can't stay fit at home! Check out these exercise suggestions below for an effective at-home workout. The number of repetitions and sets of each exercise is up to you. You can customize this routine based on the amount of time you have.

****** If you're new to an exercise routine, please obtain clearance from your medical doctor before starting a new program or attempting any of these activities.***

Warm-Up. First, warm up your body! If you can, go on a brisk 5-10 minute walk around your neighborhood to get your muscles warmed up. Prefer to stay inside? March in place, step side to side, or turn on your favorite tunes and dance around the living room for a few minutes. After heating up your muscles, dedicate some time to your joints. Think

about starting at the top of your body and working your way down. Move your head left and right and tilt your head side to side to warm up your neck. Raise your shoulders up and down and then add some shoulder circles. Roll your shoulders forward for 30 seconds or so then reverse the motion rolling your shoulders back maintaining the circular pattern. Holding your arms out directly in front of you (you may choose to sit in a chair), do some wrist circles in one direction and then reverse the motion. Next, stand with your legs hip width apart, slowly making a figure 8 shape with your hips. Continue in one direction for about 30 seconds and then reverse. Have a seat in a chair and lift one foot off the ground and begin making circles with your ankle. Start in one direction and then reverse the motion. Repeat with the other ankle. Whatever warm-up you prefer, the goal is to warm your muscles and joints to prepare your body for exercise.

Continued on page 13



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To our valued customers:

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.

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Chair Squats. If you have knee issues, you may choose to skip this exercise (please consult with your doctor). Squats are a great way to strengthen your lower body. If you can, find two chairs to use for this exercise. One chair will be used for squatting, and the other chair will be used for balance. Place the chairs one behind the other facing the same direction leaving enough room for you to stand between the two chairs. Place your hands on the chair in front of you for balance, then slowly push your hips back, bend your knees, and lower your body to the chair. You may choose to lightly sit on the chair or barely touch it before standing up and returning to the starting position.

Wall Push Ups. Wall push ups are a great way to strengthen your upper body. Stand about two feet behind a wall and place your hands on the wall about shoulder height. Begin to bend your elbows out to the sides as you bring your face and chest close to the wall. Your heels will most likely come off the floor – that’s ok! Press your hands into the wall to straighten your elbows and return to the starting position.

Toe Stands. Grab one of the chairs you used for the squatting exercise and stand directly behind it using the chair for balance. Slowly rise up onto your tiptoes then slowly lower your heels back to the floor.

Knee Extensions. Using the same chair, have a seat keeping your back straight and knees bent. One leg at a time, slowly extend your leg out in front of you. Hold this position for a few seconds and then lower back to the starting position. Repeat with opposite leg.

Chest Expansions. While still sitting in your chair. Bring your arms straight out in front of

you (shoulder height) and place your palms together. As you inhale, open your arms wide extending your fingertips in opposite directions. As you exhale, bring your arms back to the starting position. Continue moving in these motions along with your breath.

Relax. At the end of your routine, you may choose to stay sitting in your chair for a little relaxation time. You’re encouraged to maintain proper posture and place your hands in your lap. If you’d like, close your eyes and take a few deep breaths. Imagine your favorite person, place, or thing; think about anything that brings you joy and gratitude. With a smile on your face, slowly blink your eyes open, take one last deep breath, and celebrate the positive work you just completed for your body and mind!

NOTES FROM THE EDITOR

Donna Pfeiffer – 941-586-2812

Editor@BayLakeEstates.org

It may be a while before we have any organized events to report. With all events cancelled, what do we put in our newsletter to fill up the page? I would love to hear your suggestion and receive articles to help produce a newsletter you would like to read.

Please send your articles and suggestions to me by the 12th of the month for the following month’s edition. I will continue to edit and produce future editions as long as our residents have something to share. If you don’t see a newsletter waiting for you outside the clubhouse in the future, you will know why.

I would like to thank Janet Ouellette for volunteering her time these past few months

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reviewing the newsletter for errors before going to print. It is much appreciated.

Until next time, be safe and be well!

Note: The Bay Laker is *not* delivered during the summer months. Normally it is left inside the door of the clubhouse to pick up at your convenience. Now that the clubhouse is locked, you may pick up your copy of the newsletter outside in the box **on the bench in front of the clubhouse** anytime after the first of the month.

Newsletter Deadline: 12th of the previous month

All articles and information must be received by the 12th of each month to be included in the newsletter for the following month. You are encouraged to submit articles and photos of upcoming or past BLE events. Or simply articles you deem note worthy for our community. Please **EMAIL** all newsletter submissions to: Editor@BayLakeEstates.org before the deadline. Thank you.



From the Editor

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Ahead of the Curve

During the quarantine, we have all learned a new way to live, our new normal. Now connecting with family and friends takes place remotely on video chats or zoom meetings.

Before social distancing, when we could get together without regulations, a couple of hearing aid manufacturers were already leveraging these remote meeting technologies.

ReSound and Phonak each have a line of hearing aids that can be programmed remotely. How this works is really quite interesting.

Let's take a ReSound Quattro as an example. You were fitted with these hearing aids and they were set to your preferences. Then your situation changed. Imagine you are living in a new location with new sounds. Or, think about if you had to take steroids, high dosage antibiotics, prescription pain medication or chemotherapy for a long time. Any of these situations can affect your hearing and alter how well you hear.

Usually, a slow shift in conversations is a first indicator that your hearing has declined. Whether you are misunderstanding words, you ask people to repeat themselves or you feel like everyone is yelling at you, these are all indicators that your hearing aids are not performing to your current loss.

You will call us, and we will connect to your hearing aids through your smartphone. Then we will review the data that is in your hearing aids. This data tells us how you are using your hearing aids, which programs you use the most, how often you increase the volume, and battery usage. We will ask you questions about frustrations and concerns to help zero in on the most frustrating moments. Real-time program adjustments are made so you can listen to your spouse in your home to ensure the new adjustments address your frustrations.

ReSound and Phonak have had these smartphone remote programmable hearing aids available for over six months. These companies were ahead of the curve. With social distancing we have noticed a rush to market from the other main manufacturers. So now, we can offer remote programming for certain hearing aid models from Oticon and Widex.

Call us if you want to demo these new remote programmable hearing aids, at no charge, 941-244-9300.

(941) 244-9300

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Attention Community Residents

A Note From Your Newsletter Publisher:

We are **Community Media** – the publisher of your community newsletter.

We hope that you all are staying safe during the coronavirus pandemic. This is affecting many aspects of daily life for almost every American. Our office staff is following the CDC guidelines of staying home when not feeling well, seeking medical help when necessary, and washing hands constantly.

We encourage you to follow the same guidelines located at **coronavirus.gov**.

The phrase **“We’re all in this together”** is more meaningful now more than ever.

What are we doing?

We are still providing a **FREE newsletter to your community**.

This newsletter is FREE to your community because we partner with local and regional businesses to advertise their products and services in this newsletter.

We are temporarily reducing publishing expenses so we can continue to publish your newsletter long term. For your community newsletter this may include:

- Limiting color printing and switching to black and white when able
- Making sure the page count of each newsletter is in line with current advertiser support
- Verifying the number of newsletter copies needed so we don’t print too many newsletters

What can you, as a community resident, do?

Utilize the businesses in your newsletter.

- Whether you are searching for home services, health care providers, insurance, and almost anything else...CHECK YOUR NEWSLETTER FIRST!
- These businesses choose to support your community newsletter so please let them know you appreciate them.

Do you have any suggestions for advertisers? If so we’d love to reach out to them.

Be patient and kind with each other, especially now. Reach out to friends and neighbors who may need help.



941.375.3699
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www.4CommunityMedia.com



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SUB-FLOOR & FLOORING EXPERTS!

COVID-19 NOTICE:

We are taking as many precautions as we can to ensure not only our workers safety but yours as well. We are checking employee temperatures daily, limiting contact between crews, and offering no customer contact if you choose. We are an "Essential Business" and here for you when you need us.

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XFINITY Communities™

I hope this finds you all safe and healthy!

Please know we remain committed to you and your community. Our teammates live and work in the same area—we are your neighbors. We will continue our focus on delivering the services you depend on in a manner consistent with the health and wellbeing of our customers and our team.

To stay up to date on all things related to the COVID-19 virus as pertains to your Xfinity services please go to www.xfinity.com/prepare.

What is New?

NBC Peacock streaming app is now available on Xfinity X1.

- Hundreds of movies from Universal Pictures and other top studios
- Thousands of episodes of your favorite NBC TV series, including current season hits
- Customers only need to enter an email address to sign up for Peacock Premium, which is bundled with their Xfinity service at no cost. They can find the app by pressing the **xfinity** button on their Voice Remote and navigating to **Apps > Peacock**. They can also say “Watch Peacock” into their Voice Remote.

Hulu is now available on your X1 box and can be included on your Xfinity bill

- Just say “Show me Hulu” or “Hulu” into your Voice Remote for instant access to all of your favorite Hulu originals, shows, and movies
- Login to your existing Hulu account or sign up with Xfinity to watch Hulu content right next to Netflix, Prime Video, YouTube, and Pandora, without having to toggle or change inputs.

Radio.com

The Radio.com app lets you listen to your favorite Sports, Music, News and Talk radio stations for free — anytime, anywhere.

X1 and FLEX customers now have access to stream more than 300 stations for the best radio channel experience.

5G coming soon to Xfinity Mobile

The new iPhone SE is now available for preorders from Xfinity Mobile! This new phone – available in a choice of colors and memory configurations – is initially available only via direct to customer (D2C) on xfinitymobile.com.

The Apple iPhone SE features a full array of advanced features, including an aerospace-grade aluminum and durable glass design, a 4.7-inch Retina HD display with True Tone and the best single-camera system ever in an iPhone. The Apple iPhone SE is not a 5G-compatible device

Go to www.xfinity.com/prepare find more information regarding Comcast’s response to the Coronavirus.



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To our valued customers:

Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

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