

THE GARDENS GRAPEVINE

Volume 6 – Issue 3

3045 Eastern Avenue – Sacramento, CA 95821

May - Jun 2009



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Emergencies**
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SWINE FLU

The outbreak of disease in people caused by a new influenza virus of swine origin continues to grow in the United States and internationally. Today, CDC reports additional confirmed human infections, hospitalizations and the nation's first fatality from this outbreak. The more recent illnesses and the reported death suggest that a pattern of more severe illness associated with this virus may be emerging in the U.S. Most people will not have immunity to this new virus and, as it continues to spread, more cases, more hospitalizations and more deaths are expected in the coming days and weeks.

CDC has implemented its emergency response. The agency's goals are to reduce transmission and illness severity, and provide information to help health care providers, public health officials and the public address the challenges posed by the new virus. Yesterday, CDC issued new interim guidance for clinicians on how to care for children and pregnant women who may be infected with this virus. Young children and pregnant women are two groups of people who are at high risk of serious complications from seasonal influenza. In addition, CDC's Division of the Strategic National Stockpile (SNS) continues to send antiviral drugs, personal protective equipment, and respiratory protection devices to all 50 states and U.S. territories to help them respond to the outbreak. The swine influenza A (H1N1) virus is susceptible to the prescription antiviral drugs oseltamivir and zanamivir. This is a rapidly evolving situation and CDC will provide updated guidance and new information as it becomes available.

What is Swine Influenza?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. Swine flu viruses cause high levels of illness and low death rates in pigs. Swine influenza viruses may circulate among swine throughout the year, but most outbreaks occur during the late fall and winter months similar to outbreaks in humans. The classical swine flu virus (an influenza type A H1N1 virus) was first isolated from a pig in 1930.

U.S. Human Cases of Swine Flu Infection (As of April 29, 2009, 11:00 AM ET)

| States | # of laboratory confirmed cases | Deaths |
|---------------------|---------------------------------|----------------|
| Arizona | 1 | |
| California | 14 | |
| Indiana | 1 | |
| Kansas | 2 | |
| Massachusetts | 2 | |
| Michigan | 2 | |
| Nevada | 1 | |
| New York | 51 | |
| Ohio | 1 | |
| Texas | 16 | 1 |
| TOTAL COUNTS | 91 cases | 1 death |

International Human Cases of Swine Flu Infection
See: [World Health Organization](#)

WHAT YOU CAN DO

- Stay informed.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Take everyday actions to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. You can even wear a protective mask.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.

Call 1-800-CDC-INFO (1-800-232-4636) for more information.

NOTE: If you lost your HMO (Kaiser) insurance due to the economy, you can get help with the flu by calling, 1-800-464-4000.

YOUR SPACE



Have you done your “Good Deed” today? It has been suggested by Ms. June Robinson that perhaps some kind member would be willing to assist those members who no longer are able to drive, e.g., to go to the local grocery store. Next time you plan to go to the store perhaps you could call Ms. Robinson and let her know if you would be willing to assist in this matter. Please call 489-6054 if you can help. Thanks June for the suggestion!

Please if you have an idea you wish to share just drop it in the suggestion box located inside the clubhouse, along with your name and phone number. It will not be published until you tell me it's OK. Sometimes I need to clarify what your message is, for example, someone made a suggestion that we have a real BBQ does this mean it's do with food or does that mean a constructed BBQ, (i.e. brick and mortar)? Also they suggest some lemon and orange trees be planted on the property.

Finally a piece of Trivia. Do you know where the expression “PIN MONEY” comes from? Metal pins were invented in the 14th century. A law was passed that they could only be purchased two days

per year, on the first and second days of January. Husbands gave their wives money to set aside in order to purchase the pins. When the pins became less costly the money was still set aside for special items, hence the term “Pin Money” and the term is still in use today. “Stay Happy”

EG News Reporter - Ms. Joan Wood, 484-6901

MOVIE NITE



All movies will be on the 2nd Tuesday of each month unless otherwise noted. Details are posted inside the laundry rooms. Fifty (50) cents donation includes movie, punch and popcorn.

Where: Clubhouse @ 6:30 pm.

When and What:

May 12th – “Mamma Mia”, Comedy, Musical, Drama

June 9th – “Fireproof”, Triumph, honor, forgiveness

Point-of-contact: Kathy Kent @ 482-1533

POTLUCK

Get ready for another finger-licking catered event from El Polo Loco.



DATE: May 8, 2009

TIME: 6:00pm

LOCATION: Clubhouse

“The Crazy Chicken”

PRICE: \$6.00 per person. Includes: chicken, rice, beans, tortillas, salsa, dessert and beverage.

NOTE: Food is ordered based on RSVP's which must be received **No Later Than May 3**

POC: Kathy Kent @ 482-1533



5325 Engle Rd, Carmichael (916) 489-7529

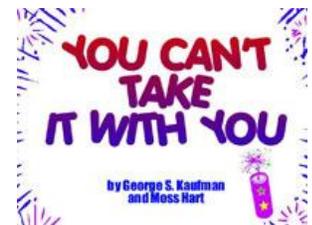
Order tickets online at: www.cplayhouse.com

Now Playing: “You Can't Take It With You”

Boots Martin, Director

May 22-June 21

This Pulitzer Prize winning depiction is a delightfully eccentric family relates the humorous encounter between the crazy



household of Grandpa Vanderhof, and his family of idiosyncratic individuals versus the conservative family of his granddaughter's suitor. Their wholehearted pursuit of happiness fills the stage with chaotic activity and witty one-liners!

Friday and Saturday, 8 p.m.

Sunday, 2 p.m.

Tickets: \$17 - Adults

\$15.00 - Students & Seniors

EXCESS GREASE?



The other day I came home to find that my husband had drained off the grease from hamburger into the kitchen sink. NOW the kitchen sink won't drain.

Keeping your drains clear is probably easier than you think. With a few simple precautions, you can prevent your drains from clogging and save yourself and the Co-op any unnecessary expenditures.

Tips for the Kitchen Sink:

- Pour grease into cans and throw them in the garbage. If you empty grease into the sink, the grease collects along the sides of the pipe and then food particles stick to the pipes, eventually contributing to a clog. Also too much grease can eventually cause sewer blockages since the bacteria in sewage systems cannot readily break down grease.
- When you are grinding up food in a disposal, run plenty of cold water to flush food particles down the pipe. Using too little water can contribute to the particles collecting along the sides of the pipe.
- Don't empty coffee grounds in the sink.
- Pour a kettle of boiling water down the drain once a week to melt away any fat or grease that may have collected.

Tips for the Bathroom:

- Clean the pop-up stoppers in sinks frequently. Hair often collects here and causes clogs.
- Never flush heavy paper products down the drain. Excess paper can clog the toilet and/or the whole sewer system.

General Tips:

Never dump chemicals like paint or paint thinner down the drain. Avoid pouring hot wax or other substances in the drains.

Every six months, keep your drains running clear by using a non-caustic drain cleaner.

WEST NILE VIRUS

Sacramento and Yolo County residents are in a West Nile virus high risk area, and are being urged to take precautions against mosquito bites.



Practice the District's 7Ds:

DRAIN any standing water that may produce mosquitoes.

DAWN and DUSK are times to avoid. These are the times when mosquitoes are most active.

DRESS appropriately by wearing long sleeves and pants when outdoors.

DEFEND yourself against mosquitoes by using an effective insect repellent, such as DEET, Picaridin or Oil of Lemon Eucalyptus. Make sure you follow all label directions!

DOOR and window screens should be in good working condition. This will prevent mosquitoes from entering your home.

DISTRICT personnel are available to address any mosquito problem you may be experiencing by calling 1-800-429-1022.

Did You Know?

A mosquito can smell the carbon dioxide you exhale from approximately 60 to 75 feet away. West Nile virus is spread by infected mosquitoes, and can cause serious, life-altering and even fatal disease. Spring is has sprung and as the weather warms up remember to check around your breezeway and any potted plants and dump out standing water where mosquitoes can lay their eggs. Stock up on repellent for the warm days ahead, too.

- Use Mosquito Repellent
- Eliminate standing water where mosquitoes can lay eggs
- Install or Repair Window and Door Screens
- Support Community-Based Mosquito Control Programs

If you find a dead bird: Don't handle the body with your bare hands. Contact your local health department for instructions on reporting and disposing of the body. They may tell you to dispose of the bird after they log your report.

For more information call the CDC public response hotline at (888) 246-2675 (English), (888) 246-2857 (Española), or (866) 874-2646 (TTY)

SUMMER IS FAST APPROACHING



Along with the heat, humidity, and smog. Check your air conditioner, make sure it's working properly. If you haven't had your filter changed in 90 or so days, now would be a good time to do that. Keeping you're A/C in good working condition prolongs the life of the unit and helps to keep things cool. Need a filter? Call the business office or just stop by and pick one up.

EASTERN GARDENS CALENDAR OF EVENTS

| MAY 2009 | | | | | | |
|--|---|--|---------------------|-------------------|---|-----|
| SUN | MON | TUE | WED | THUR | FRI | SAT |
| | | | | | 1 9am - Tai Chi | 2 |
| 3 | 4 9am - Tai Chi | 5 | 6 9am - Tai Chi | 7 10am Coffee | 8 POTLUCK 6pm  <i>The Crazy Chicken</i> | 9 |
| 10  | 11 9am - Tai Chi | 12  6:30pm Movie Nite | 13 9am - Tai Chi | 14 10am Coffee | 15 9am - Tai Chi | 16 |
| 17 | 18 9am - Tai Chi | 19 | 20 9am - Tai Chi | 21 10am Coffee | 22 9am - Tai Chi | 23 |
| 24 | 25  MEMORIAL DAY | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

| JUNE 2009 | | | | | | |
|---|---------------------|---|------------------------------------|-------------------|---------------------|--|
| SUN | MON | TUE | WED | THUR | FRI | SAT |
| | 1 9am - Tai Chi | 2 | 3 9am - Tai Chi | 4 10am Coffee | 5 9am - Tai Chi | 6 |
| 7 | 8 9am - Tai Chi | 9  6:30pm Movie Nite | 10 9am - Tai Chi | 11 10am Coffee | 12 9am - Tai Chi | 13 |
| 14  FLAG DAY | 15 9am - Tai Chi | 16 | 17 9am - Tai Chi | 18 10am Coffee | 19 9am - Tai Chi | 20 |
| 21  Father's Day | 22 9am - Tai Chi | 23 | 24 9am - Tai Chi 7pm Brd Mtg | 25 10am Coffee | 26 9am - Tai Chi | 27 GIVE AWAY  8AM - 12PM |
| 27 | 28 9am - Tai Chi | 29 | 30 9am - Tai Chi | | | |

AN **EMERGENCY** IS A SITUATION THAT THREATENS HUMAN LIFE OR PERSONAL PROPERTY AND DEMANDS IMMEDIATE ATTENTION, I.E., MEDICAL, BURGLARY, FIRE, THEFT AND ASSAULT – **DIAL 911**