



## March 2025 Somers Point Newsletter

Just looked at the calendar and saw that we will soon have a change in time. I know I'm ready as I like the longer daylight hours. How about you? It's another change and at our age change is often the topic of conversation. How do you handle change, do you just go with the flow, or complain, does that get you anywhere? Sometimes, and I'd say most of the time change is good, without it we would be bored and live in a rut. So how you handle it makes a difference in your life. That's not only your personal changes but those of others, are we happy for others who have changes in their lives like we would want others to be happy for us or are we negative with reactions? It's hard not to remark sometimes with thoughts on what you think their changes should be, and it can be hurtful to them. Recently I saw the marquee at the oil change service on Bell Street

that said, "If you can't be kind, be quiet." Oh, how hard I find that, but it is something to practice every day. So, enjoy change it's a gift and free.

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Hasn't this cold spell been interesting? We all say it's the worst there has ever been but then think back and it probably did happen before, oh how we forget, and now we'll be thinking about how hot it can get. Those definitely are changes!!!!

With the decision to cancel the soup meal in February we will now hold it on March 13<sup>th</sup>, you can still sign up till the 6<sup>th</sup>. Pam Davis, from the Hospice program at the Fremont Medical Center will be our guest.

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The Spaghetti Dinner planned for March has been moved to September.

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The Comfort Rabbits visit for February has been rescheduled for May 8<sup>th</sup>.

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Our 3<sup>rd</sup> Annual Information Fair is planned for May 7<sup>th</sup>, at the club house. We will have some new displayers and some repeats, information for Senior Care and help available, changes almost daily, or what is new, mark the date.

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We extend our sympathy to the family of Marlene M. on her death on February 17<sup>th</sup>. Marlene had live here a number of years. Also, our sympathy to Donna M. on the death of grandson Topher on February 13<sup>th</sup>.

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Those of us who were at our January luncheon will remember meeting Katie the Comfort Dog, Katie passed away on February 8<sup>th</sup>. Katie served a lot of hurt and broken people nationwide in her nine years of service.

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We owe a special thank you to Indra Snow Removal for all their work for us in the bitter cold weather removing snow. Please sign the Thank You card at the club house to show your appreciation.

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Hopefully, Spring is just around the corner. Remember when setting out your favorite plants, lawn ornaments and chairs to consider

where you put them so as not to cause danger to people walking and especially be considerate of the our lawn service guys when they work.

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If you have a work order in and there has been no response in 14 days please contact the housing office again. You can send an e-mail to Amanda at:

fhauthority@fremonthousing.org or call her at 402-727-4848, for an emergency call 402-720-1264.

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We are sorry to lose Lynn M., who is now living at Pathfinder, Betty H. is living at Dunklau Garden, and Don and Anita A. who have moved to Shalimar Gardens. We wish them all well in their new homes.

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This month we send well wishes to Shirley P., Jane G., Vicki O., Jerri C., and Mae B.

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Phone number correction for Dave J.---- 402-763-7309.

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In March we celebrate the lives of:

Jan A.-----2<sup>nd</sup>

Theresa T.-----9<sup>th</sup>

Jon M. -----19<sup>th</sup>

Opal W.-----25<sup>th</sup>

Happy Birthday!!

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Did you know? ---- You can substitute ¼ cup unsweetened apple sauce for one egg, or ¼ cup mashed banana or ¼ cup plain Yogurt. Other possibilities are 1 T. distilled white or apple cider vinegar +1 t. baking soda. Saves on eggs when baking.

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Reminder when placing your recycling in the containers at the club house please note labels on cans. This service is for S.P. residents only.

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Allo says we can expect “Sun Fade” - a slight break in service - through March 10<sup>th</sup>.