



# **BRADFORD VILLAGE NEWSLETTER**

## **SEPTEMBER 2024**

Hello Neighbors and Friends,

Another very wet and warm August is behind us, almost. I am looking forward to a beautiful, hurricane free September, I hope. The Village has been very busy with more meetings working very hard to revise an easy-to-understand Covenant and By-laws, activities at the pool, Neighbors Out with ice cream treats and cleaning the garden area as the season comes to an end. Everywhere you drive, walk or ride your bike or golf cart, you will see neighbors busy keeping their yards fresh, homes updated and all-around upkeep. I am so thankful that Heyward and I moved here 3 and 1/2 years ago.

*There is only about six weeks before we vote for new members to the Board of Directors. Now is the time to think about putting your name into the hat. There will be several openings this year and you just might be the one we need to fill that space. Please let us know if this is something you're considering. We want to have a photo and a short bio on yourself and why you want to serve. This information can be given to Cathy in the office and the deadline is SEPTEMBER 16<sup>TH</sup>.*

September will prove to be a full month of activities. Please take a few minutes to read this information-packed newsletter and take advantage of some or all the activities that Bradford Village offers its residents. Remember that we want to make the Village a community and that takes all of us participating in the variety of benefits we have by living here. When we were all much younger a song came out by Simon and Garfunkel with these lyrics:

**I have my books, And my poetry to protect me**

**I am shielded in my armor, Hiding in my room safe within my womb**

**I touch no one and no one touches me**

**I am a rock, I am an Island**

**And the rock feels no pain**

**and the island never cries.**

For many years of my life, this is how I lived. But now I live by these words:

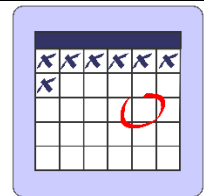
“Let us consider one another to provoke unto love and good works; not forsaking our own assembling together, as is custom to some is, but exhorting one another; and so much more, as ye see the day drawing nigh.” Hebrews 10:24 & 25 ASV

Let us come together to encourage, uplift, and stand with those around us.

*Savina Jeffcoat, President*

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## **BOARD OF DIRECTORS ANNOUNCEMENTS & EVENTS:**



### **Mark your calendars:**

**September 10, 2024 - Association Meeting 7:00 p.m.**

**September 12, 2024 - Board Meeting 10:00 a.m.**

**September 14, 2024 - Second Saturday Brunch**

**September 16, 2024 - Deadline for October Newsletter**

**September 16, 2024 - Deadline to have Bio to Run for the Board**

**September 21, 2024 - Ice Cream Treats in BV 6:30 p.m.**

**September 28, 2024 - BVA Luau 4:30 p.m.**

**October 9, 2024 - Wednesday - Flu Shots in the Village**

## FLU SHOTS IN THE VILLAGE – OCTOBER 9, 2024 8:30 AM

PLEASE SIGN UP FOR YOUR FLU SHOT WITH THE COUPON AT THE END OF THIS BULLETIN AND RETURN BY OCTOBER 3, 2024 TO THE CLUBHOUSE OR CALL MARYANN LONG (803-854-4052. )

ON OCTOBER 9, 2024, COME TO THE CLUBHOUSE AND LINE UP ON LEFT SIDE OF ROAD AND ENTER IN THE DRIVEWAY BY THE GRAVEL PARKING LOT, GET YOUR SHOT AND BE ON YOUR WAY. CAN'T BE ANY EASIER THAN THAT.



*Calling all Boat & RV owners and anyone else that uses the storage units here at Bradford Village.*



*We have a new form that must be signed by anyone using the storage area. Please see Cathy at the office for this new updated form. Thank you for your cooperation in this matter.*

**A call was put out for School bookbags and Bradford Village didn't let us down. We were able to purchase 15 clear bags in time for the beginning of classes.**



**Mrs. Berta Mack was overjoyed and called me back to thank everyone for your generosity.**

**We are developing a new committee for Audio-Visual which will include continuing our monthly meetings using Zoom. Since all the equipment that has been used belonged to Lena Brown, we will be purchasing new equipment. The cost of the new equipment should be no more than \$600. Cindy Ott is coordinating this and hopes to have everything up and ready for our September meeting.**



**Anyone interested in taking advantage of the Zoom meeting should contact Cindy Ott so she can text you the updated information.**

## EVENTS COMMITTEE

**Second Saturday Brunch**, September 14 at 10am. Join your neighbors for food and conversation. Bring a dish to share, coffee and juice supplied.



**“Last Day of Summer”** Ice cream Truck visit, Saturday, September 21 at 6:30pm. Don't miss the Ice Cream Truck visit, everyone had a great time during our last visit. Some residents have shared that they forgot that the Ice Cream Trucks were coming or did not hear them. So, we could use a few people that are willing to walk the route and knock on doors to see if residents would like a treat. We serve nutty buddies, ice cream sandwiches, ice cream bars, and sugar free fruit pops.

### **September Gathering**

#### **BVA Luau**

**September 28 at 4:30 pm**

We will be serving Pulled Pork and Pulled Chicken with BBQ sauce at our September Gathering. Bring a side dish or dessert to share. **Reservations are due by September 24.** Please include \$4 cash per person with your reservation. Dress in your wildest tropical wear, summer may be over but we can still have a Luau, prizes will be awarded for the craziest outfits.

## **SEPTEMBER BIRTHDAYS!!**



<b>1</b>	<b>Marie Kreutzer</b>	<b>21</b>	<b>Barbara Whiles</b>
<b>2</b>	<b>Lena Brown</b>	<b>22</b>	<b>Woody Long</b>
<b>7</b>	<b>Jeffrey Carlton</b>	<b>23</b>	<b>Rob Faulkner</b>
<b>11</b>	<b>Janet Casselman</b>	<b>23</b>	<b>Rene LeBlanc</b>
<b>13</b>	<b>Robbie Scott</b>	<b>24</b>	<b>Ken Edgeworth</b>
<b>13</b>	<b>Reba Whittle</b>	<b>25</b>	<b>Robert Casper</b>
<b>19</b>	<b>Ruth Priest</b>	<b>26</b>	<b>Betty Sebastian</b>
<b>20</b>	<b>Linda Bair</b>	<b>30</b>	<b>Sharon Persinger</b>

**Reminder**

**DEADLINE FOR BRADFORD VILLAGE OCTOBER NEWSLETTER**

**And ALSO TO TURN IN BIO TO RUN FOR THE BV BOARD**

**SEPTEMBER 16<sup>TH</sup>**

**BIOs FOR RESIDENTS RUNNING FOR**  
**THE BRADFORD VILLAGE BOARD:**

## **JOHN MUNZ:**

Hi, my name is John Munz and I am running for a position on the board. For those of you who don't know me, I moved to Bradford Village a little over a year ago. I joined the Navy in 1979, was stationed in Charleston, and have basically lived in South Carolina ever since. A few years after my wife passed away, I met Deb (many of you know we went to High School together). We chose Bradford Village because we love it here.

My years in the Navy (Retired Machinist Mate) and private industry (Plant Maintenance Supervisor/Project Manager) have taught me great organization and communication skills. I have learned that these skills are the key to getting common goals accomplished timely and efficiently.

I will strive to keep Bradford Village a clean, safe and well-maintained neighborhood, which not only benefits the current residents but also makes us a more attractive and valuable place for future residents. I'm determined to do my best to work together, the board and community, to make this happen.

If this sounds good to you then please vote for me. Thank you.

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## **ALICE M. LeBLANC:**

I have lived in Bradford Village for 4 years and have been committee chair for the Activities Committee. As Activity chair I have offered a variety of programs directed at health: CPR and AED, resources, Happy Heart; safety with Orangeburg Sheriff dept on Senior Self Defense ; Cultural : Thai food and life at the end of the Vietnam war; end of life with local funeral home and SC Cremation society; and fun activities like: trivia. Next month the Fire chief will be here and assist us with First Aid and non CPR Defibrillation. As a Registered Nurse I have worked full time the entire time I have lived here but I have never not responded to someone that requests my help. During my long career I have worked 26 years in management positions and all skill sets to manage difficult problems with dignity and respect. My retirement starts in October so I can devote time to this village. I do believe we have great times ahead of us and I hope for collaboration as we work together to make Bradford Village even better. I humbly ask for your vote.

## **BV FACEBOOK UPDATES**

Due to the influx of Facebook members asking for more detailed guidelines and policies for the BV Facebook group and with the recommendations from the Board of Directors, the following is effective September 1, 2024.

### **BV FACEBOOK RULES & POLICIES**

#### **1. FOR PROPERTY OWNERS & RESIDENTS ONLY**

- In certain situation a family member or caretaker may be approved to join.
- Former residents will always be a part of the BV family, however when you no longer own property or reside in Bradford Village you will be removed from the BV Facebook group.
- To ensure the privacy of our residents please do not invite non-residents to join our group.

#### **2. BE COURTEOUS AND KIND**

- This group is designed to be a platform where we can share ideas, happenings in our village, local events, ask questions and other news we feel others might want to know or enjoy.

#### **3. DEROGATORY COMMENTS ARE NOT ALLOWED**

- Kindness and respect are imperative.
- It is natural and healthy to have and share different opinions, however it needs to be respectful to all.
- Threatening, Criticizing and Disrespectful comments, along with Name Calling and Shaming do not belong in our group.

#### **4. POLICY FORMAT**

- You will be notified via phone of any violation of the rules with the explanation of the violation.
- First offense will result in a change or removal of the post and comments.
- Second offense results in a change or removal of the post and comments, along with being banned from posting and commenting on the BV Facebook page for three (3) months.
- Third offense will result in a change or removal of the post and comments, along with being banned from posting and commenting on the BV Facebook for six (6) months.
- Any offense thereafter will result in being removed from the BV Facebook group until further notice.

\*Please note that the BV Facebook is not our main source for BV NEWS. The BV monthly newsletter/bulletin is our main source of communication along with the BV Alert phone & messaging system for emergencies and other important information. If you have any questions or concerns, please contact me (Cindy Dunston) at 843-330-6800 or via Facebook messaging. Thank you for your cooperation,

*Cindy Dunston*



## **HEALTH TIPS:**

## **5 WARNING SIGNS OF STROKE**

(SUBMITTED BY Bill Robins)

### WEAKNESS

Sudden weakness, numbness or tingling in the face, arm or leg

### TROUBLE SPEAKING

Sudden temporary loss of speech or trouble understanding speech

### VISION PROBLEMS

Sudden loss of vision, particularly in one eye, or double vision

### HEADACHE

Sudden severe and unusual headache

### DIZZINESS

Sudden loss of balance, especially with any of the above signs

**Stroke is a medical emergency.**

**If any of these signs are experienced, CALL 911 or your local medical emergency number immediately.**

## **HEART ATTACK WARNING SIGNS**

### PAIN:

- Sudden discomfort or pain that does not go away with rest
- Pain that may be in the chest, neck, jaw, shoulder, arms or back
- Pain that may feel like burning, squeezing, heaviness, tightness or pressure
- In women, pain may be more vague

### SHORTNESS OF BREATH:

- Difficulty breathing

### NAUSEA

- Indigestion
- Vomiting

### SWEATING

- Cool, clammy skin

### FEAR

- Anxiety
- Denial

Signs may be mild or severe. If you or someone you know is having any of these signs, CALL 911 or your local emergency number immediately.

## “Cholesterol—-Know Your Numbers”

( Submitted by Betty Dukes, R.N.)

First off—What is Cholesterol? It’s a waxy, fat-like substance in our bodies that comes from 2 sources, (1) food that is from animal sources ONLY, meat & anything an animal produces & (2) in your body made by your liver. Heart & blood vessel disease is caused by a build-up of cholesterol & fatty deposits in our artery walls. These vessels that feed the heart can become so clogged with cholesterol the blood flow is reduced causing a clot to form blocking the flow resulting in a heart attack. If the blood flow is severely reduced or totally blocked in the heart a heart attack will occur. If a blood clot blocks an artery in the brain, a stroke results. Lifestyle changes may reduce your chances of either with a low fat diet rich in vegetables, fruits, whole grains, less red meat, avoiding processed foods, less sugar, more physical activity, no smoking, & limiting alcohol.

The following is an easy breakdown of cholesterol numbers:

Total cholesterol: less than 150 mg/dL...

**HDL:** “Good”. Cholesterol: >45 mg/dL...desirable but the higher the better as it helps the LDL from sticking to the artery walls.

**LDL:** “Bad”. Cholesterol: Less than 75 mg/mL is the goal, greater value increases the risk of heart attack or stroke.

**Triglycerides:** Less than 150 mg/mL .Triglycerides are a form of fat in your blood related to obesity, smoking, physical inactivity, and a diet high in carbohydrates.

Cholesterol medications are prescribed to aim or reduce your numbers to normal values decreasing your risk of a heart attack or stroke. Being compliant with your meds, regular follow up with your Dr. and changing your lifestyle all play a role in living a longer & healthier life.

***Many thanks to Janet Loftus for decorating the little fun tree in the library. Stop in and see what she does each month!***



***JULY***



***AUGUST***

***THERE ARE A LOT OF VOLUNTEERS IN THE VILLAGE AND PROBABLY NOT NEAR ENOUGH APPRECIATION SHOWN TOWARDS THEM. IF YOU SEE THEM OUT AND ABOUT, JUST STOP AND TELL THEM HOW MUCH YOU APPRECIATE ALL THAT THEY DO. WITHOUT THEM, WE WOULD BE LACKING A LOT OF HAPPINESS IN OUR DAY-TO-DAY LIFE!!***

**COME AND JOIN IN THE FUN THAT'S GOOD FOR YOU,  
AEROBICS IN THE POOL, MONDAY, WEDNESDAY, FRIDAY AT  
11:00 A.M.**

**CHAIR EXERCISES IN THE CLUBHOUSE, MONDAY,  
WEDNESDAY, FRIDAY AT 11:00 A.M.**



### ***Fall Landscape advisory***

**Regular bi-weekly Fall mowing will be starting in September. Residential yard trim will start latter part of October, finishing up before Thanksgiving.**

**Reminder: (lawn care)**

**\* In the event you do not want your lawn mowed, tie yellow ribbon around your driveway eye light.**

**Reminder: (yard trim)**

**\* In the event you DO NOT want yard trimming, *FILL OUT THIS COUPON* and return to the office so we can advise Lakeside landscape.**

**\* NOTE: Trees, Palm trees DO NOT get trimmed, only crepe myrtles and yard shrubbery.**

**\* NOTE also: This is not an a la carte coupon - it's trim/do not trim as noted.**

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PLEASE DO NOT TRIM OUR YARD

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number: \_\_\_\_\_

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**September Gathering**

**I/we will be attending the Luau on September 28 at 4:30 p.m. Enclosed is \$\_\_\_\_\_**

**I/we can assist with: (\$4.00 per person)**

\_\_\_\_\_ **Set up**

\_\_\_\_\_ **Food Prep**

\_\_\_\_\_ **Clean Up**

**Signed** \_\_\_\_\_

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**FLU SHOTS**

**WEDNESDAY, OCTOBER 9, 2024 @ 8:30 A.M.**

**i/We \_\_\_\_\_ want the flu shot**

**Medicare # \_\_\_\_\_**

**Medicare# \_\_\_\_\_**

**RETURN BY OCTOBER 3<sup>RD</sup> OR CALL MARYANNE LONG AT 803-854-4052**

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# SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 POOL VOLLEYBALL 4:00  MARIE KREUTZER	2 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES  LENA BROWN	3 HAND & FOOT 1:00 POOL VOLLEYBALL 4:00	4 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES	5 POOL VOLLEYBALL 4:00	6 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES 1:00 PM TRIPOLEY 4:30 PM SOCIAL	7 6:30 PM BINGO  JEFFREY CARLTON
8 POOL VOLLEYBALL 4:00	9 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES	10 100 PM - FIRE CHIEF BARNETT – FIRST AID & DEFIBRILLATOR TRAINING HAND & FOOT 1:00 POOL VOLLEYBALL 4:00 BV ASSOC. MEETING 7:00 PM	11 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES  JANET CASSELMAN	12 BOARD MEETING 10:00 POOL VOLLEYBALL 4:00	13 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES 1:00 PM TRIPOLEY 4:30 PM SOCIAL ROBBIE SCOTT REBA WHITTLE	14 10:00 AM SECOND SATURDAY BRUNCH  6:30 PM BINGO
15 POOL VOLLEYBALL 4:00	16 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES	17 HAND & FOOT 1:00 POOL VOLLEYBALL 4:00	18 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES	19 POOL VOLLEYBALL 4:00  RUTH PRIEST	20 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES 1:00 PM TRIPOLEY 4:30 PM SOCIAL LINDA BAIR	21 6:30 P.M. BINGO  ICE CREAM TREATS 6:30 PM BARBARA WHITE
22 POOL VOLLEYBALL 4:00  WOODY LONG	23 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES  ROB FAULKNER  RENE LEBLANC	24 HAND & FOOT 1:00 POOL VOLLEYBALL 4:00  KEN EDGEWORTH	25 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES  ROBERT CASPER	26 POOL VOLLEYBALL 4:00  BETTY SEBASTIAN	27 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES 1:00 PM TRIPOLEY 4:30 PM SOCIAL	28 6:30 PM BINGO  BVA LUAU 4:30 PM
29 POOL VOLLEYBALL 4:00	30 11:00 AM WATER AEROBICS 11:00 AM CHAIR EXERCISES  SHARON PERSINGER				CLUBHOUSE OPEN  9:00 AM to 8:00 PM	OFFICE HOURS TUESDAY 9-1 THURSDAY 9-1 803-854-2041