



Social Committee

Valerie Cicconi

The next Social event will be Taco Night, Wednesday, June 18th at 5:30, pool side weather permitting. We will also have inside seating. Music by DJ Mike at the pool. So be sure to sign up in the mail house and come on down to build your own taco or taco salad. Poke cake for dessert. BYOB. We will have the usual, lemonade, ice tea and water.



Please Join us
at Taco Night
June 18th @
5:30 pm.

Guests are \$5 to be paid in advance to any social committee member.

A warm welcome to our newest social committee member, Bryn Riley, who will be helping out when her busy schedule allows.

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Pictures from Memorial Day Social Event



Special points of interest:

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- Taco Night18th



Grounds Committee

Attached is reminder of the VOAM-approved shrubs & trees residents may consider for planting. Prior to planting, residents should submit an Alteration Request for Grounds Committees consideration. Residents may plant annual flowers, herbaceous (non-woody)

ARDEN MILLS GROUNDS COMMITTEE APPROVED TREES AND SHRUBS REVISION DATE AUGUST 27, 2020



SHRUBS	TREES
1. Azaleas	1. Crabapple
2. Boxwood	2. Dogwood
3. Burning Bush	3. Eastern Redbud
4. Euonymus	4. Flowering Pear
5. Holly	5. Hemlock
6. Hydrangea	6. Honey Locust
7. Lilac (Miniature)	7. Maples (Flame, Sunset, Aspen)
8. Red Twig Dogwood	8. Plum Cherry
9. Rose of Sharon	9. Spruce (Blue or Norway)
10. Spirea (Princess)	10. Weeping Cherry
11. Viburnum	11. Magnolia
12. Weigela	
13. Smoke Bush	
14. Rose	
15. Butterfly Bush	

Pool Report

Mike Zaremba

Hoping everyone's summer has been great so far with sunshine and good health. At this time, I would like to thank all pool committee members for their help with preparation of the pool area and welcome our newest pool committee member Jane Pellenz. The pool after an early leakage scare, that threatened the opening, was quickly resolved allowing the pool to open on time. Moving forward after being cooped up inside during those bitter cold days of winter, it's time for all to relax, release some stress, and just enjoy a day at the pool!

What it Means to be a Good Citizen

Being a good citizen means actively participating in and contributing to the well-being of one's community. Good citizens also demonstrate kindness, understanding, and a willingness to help those in need.

Recently, a resident observed people dropping off many bags of trash in the driveway of one of our absentee residents. The drop off was made just prior to Waste Management trash pickup at this location. We suspect a resident did this drop off, perhaps because they didn't arrange mass pickup by WM or they were embarrassed by all this trash. At any rate, this was example of poor citizenship. We strongly condemn this action and ask residents to join us to insure those actions do not continue.

Our wonderful community is comprised of residents who strive to do what's right, respect the law, respect others, while remaining responsible and accountable. We ask your support in banding together to actively contribute to the positive functioning and well-being of our community through individual actions and working collaboratively.

Your Executive Board Members

Bible Study

Karen Neubauer

"It is such a privilege to have the freedom to have a Bible in our hands and homes. Yet, how many of us actually use them to read, pray, or search for God's will in our lives? As we proceed with our study this month in Romans, we will be addressing some issues that many of us, myself included, would rather not think about, let alone consider changing to be able to walk moment by moment in the presence of The Lord Jesus Christ. However, it is such a blessing to be challenged and have the knowledge and desire to learn more to change my life in plethora of ways. Come along with us, and see what He has in store for you! Notes are available, and you can join us at any time. Just let Karen Neubauer know of your interest in attending, and she will get the notes to you prior to the study for your review. Should you have any questions, please contact Karen at (724)229-6977 or Karenneubauer@email.msn.com. Looking forward to seeing you there!"

Lost and Found

Have you lost this pot that was found by a resident and it is assumed that it was left at one of our soup nights. You can claim it at the Clubhouse and it will be on top of the refrigerator.



Stay Stronger, Longer: 3 steps for Maintaining Muscle Mass as You Age

If you'd like to keep moving as you get older, maintaining muscle mass is one of the key components of staying fit. Our muscle mass and strength increase after we're born, peaking around age 30 to 35, according to the National Institute on aging. From there, muscle performance dips steadily but slowly, with a more precipitous decline in our mid- 60s.

Maintaining muscle mass as you age is about more than extending mobility - it also impacts your chances of experiencing age-related diseases associated with metabolism. Muscle is extremely important for your metabolic health. Muscle is your largest storage of glucose in the body. During rigorous workouts glucose stored in skeletal muscle can be used significantly, providing an opportunity for your muscles to absorb more glucose from the bloodstream. If you can't get glucose out of the bloodstream, that has a whole host of negative health effects including diseases often associated with aging, such as diabetes, heart disease, and cancer.

People's mid life hand grip strength is predictive of disability development when you're older. That's been known for decades now. Getting started yesterday is important: it's never too early to start being proactive in your health.

A lack of muscle mass and strength is one of the leading causes of falls in older adults. In addition to impacting our daily activities as we age. Starting earlier matters - you don't want to wait. It's never too late to start. There are studies showing that people in their 90s and even in their 100's can still enhance their muscle mass and physical function and performance with the right exercise.

Three tips for maintaining muscle mass as you age

Choose weight bearing exercises. The most important component of weight bearing exercises is customizing that exercise to your ability when you start. The goal is to provide an overload to the body and let the body adapt to that overload

Repeat the exercise until fatigue occurs. Once you choose a movement that stimulates the muscle to contract, repeat it to the point where you can no longer easily continue. Be careful to let the body adapt to avoid the risk of injury. The number of repetitions depends on one starting point.

Set your fitness trackers. You should plan at least 2.5 hours of moderate intensity exercise each week to maintain cardiovascular health. There that's just over 21 minutes per day. People should engage in muscle strengthening exercise at least twice per week. From a health perspective, a little bit goes a long way.

When strength training, focus on the major muscle groups such as arms, chest, back. Legs, and core. Push-ups are a great exercise, and squats are a compound exercise that work numerous muscle groups. Do the kind of exercise you like - do something that you're going to stick with.

Other recommended workouts are endurance or aerobic exercise, walking, dancing, weightlifting using free weights or machines, and balance exercises that convey strengthening benefits such as yoga or Tai Chi. From yoga to swimming to gardening, the most important part of keeping your muscles functional is a commitment to stay active.

The data is clear, that moving is the key!