

How Much Is TOO Much?

After our last issue, I received many calls and comments on my article "One Man's Ceiling Is Another Man's Floor." Some said they had never really thought about their neighbors the way I had talked about them in that article. They had never considered the ceiling and floor part. I appreciated every comment and the many thanks.

Having said that, many also asked this: "What can we do about 'outside' noise?" That was immediately followed with: "... and the dogs, what about the dogs?"

For this article I am going to stick with the outside noise. I will discuss dogs in a future article.

Outside noise is just as serious an issue as the person living above or below you who may be making too much noise, or noise after 'quiet' hours. I am talking about the noise made by residents when they are actually *outside* that is loud and bothersome and at unacceptable levels.

It is NOT good enough for management to tell you that the noisy people are not on our property while they are making too much noise or making it before or after 'quiet' hours. The noise, if it is being made by a resident in violation of the language in their lease, MUST be addressed appropriately by management.

You, as a resident, have the right to peace and quiet. You are encouraged to file a complaint with the office and they have an obligation to respond to you. Just because there is a street that has been crossed (across from the driveway) does not excuse the resident (who is making too much noise) from the

consequences of their behavior. As a last resort, you may call the police at 911.

Let's just be respectful of one another, while we are inside our homes and when we are outside as well. Lower your speaking voice when you are walking in the halls. No one cares to hear your conversations in their living rooms. Trust me, you can be heard clearly inside someone's apartment. When you are outside, on AG property or off, please remember that sound carries, especially as we get into the night hours and the traffic has stopped. Believe me, we can hear you talk,

sing, play your music, etc. It is not appropriate to be outside playing your radio at top volume or playing a guitar or singing, especially during the middle of the night. Remember, when you are standing below someone's window on the sidewalk and several of you are talking in your normal voices, it can and does awaken people from a peaceful sleep. Just bring down the volume. It is a small thing to ask and would be greatly appreciated by many.

Let us all just be aware of our surroundings at all times of the day and *night*.

– Diane Radischat

Why Should You Get Vaccinated?

Like other parts of our bodies, our immune systems decline in effectiveness as we age. So we are at greater risk of disease. Therefore, we need to keep current with vaccinations.

The flu virus mutates annually so each year the drug companies use a combination of field research and old-fashioned guesswork to come up with the flu vaccine appropriate to the upcoming flu season. This is why each of us needs a new vaccination each fall.

The 2014-2015 flu season saw over 8 million seniors contract the flu, of whom almost half saw a doctor or went to an emergency room. Three-quarters of a million seniors were hospitalized due to the flu. More than 600,000 cases were averted by vaccination. Influenza can be fatal. The annual death rate from flu in this state ranged from 36 to 157 over the

last five years. Flu shots will be available at the AG Vaccination Clinic on September 21st.

Pneumonia is a greater threat to us seniors. Almost a million seniors are hospitalized each year with around 50,000 fatalities.

To complicate matters, there are now two vaccines – PPSV23 and PCV13 – available. The CDC recommends that we get both shots.

Most of us suffered from chicken pox caused by the varicella zoster virus (VZV) when we were young. The virus then may remain inactive in nerve cells for decades.

Shingles is due to a reactivation of VZV within a person's body. Risk factors for reactivation include older age and poor immune function. The reactivated virus causes very painful rashes which last for two-four weeks. In some cases, the sufferer may

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