



# FEBRUARY 2023



## Why is Black History Month in Feb?

February was chosen primarily because the second week of the month coincides with the birthdays of both Abraham Lincoln and Frederick Douglass. Lincoln was influential in the emancipation of slaves, and Douglass, a former slave, was a prominent leader in the abolitionist movement, which fought to end slavery. Black history month commemorates the significant events and achievements of the African American population of the United States.

It celebrates all the historic events from 1915, wherein the thirteenth amendment of the American constitution abolished slavery in the US.

- February 23, 1868: W. E. B. DuBois, important civil rights leader, and co-founder of the NAACP, was born.
- February 3, 1870: The 15th Amendment was passed, granting blacks the right to vote.
- February 25, 1870: The first black U.S. senator, Hiram R. Revels, took his oath of office.
- February 12, 1909: The National Association for the Advancement of Colored People (NAACP) was founded by a group of concerned black and white citizens in New York City.

**Did you know that...** black history month is celebrated in **Canada** in the month of February and in the **UK** its celebrated in the month of October.

**“Black history is American history. You cannot tell one story without telling the other”**

**As of 2022, Black Americans account for 13.6% of the U.S. population**, according to the U.S. Census Bureau. That's over 45 million different lived experiences across the country. Each African American experience is honored during Black History Month.

### George Washington Carver

He was the guy who gave the world, the kids favorite peanut butter. So, it's all because of George Washington Carver, kids today enjoy their peanut butter sandwiches so much.

### Madame C.J. Walker

Was the first African American to come with hair care invention and went on to become the first self-made female millionaire of North America

### Harriet Tubman

She earned the name Moses, as she helped hundreds of slaves escape to the northern U.S. and Canada.

### Robert Johnson

He was the famous guitarist who inspired various other artists such as Jimi Hendrix, Eric Clapton, and B.B. King.



**ART @ Smithsonian**



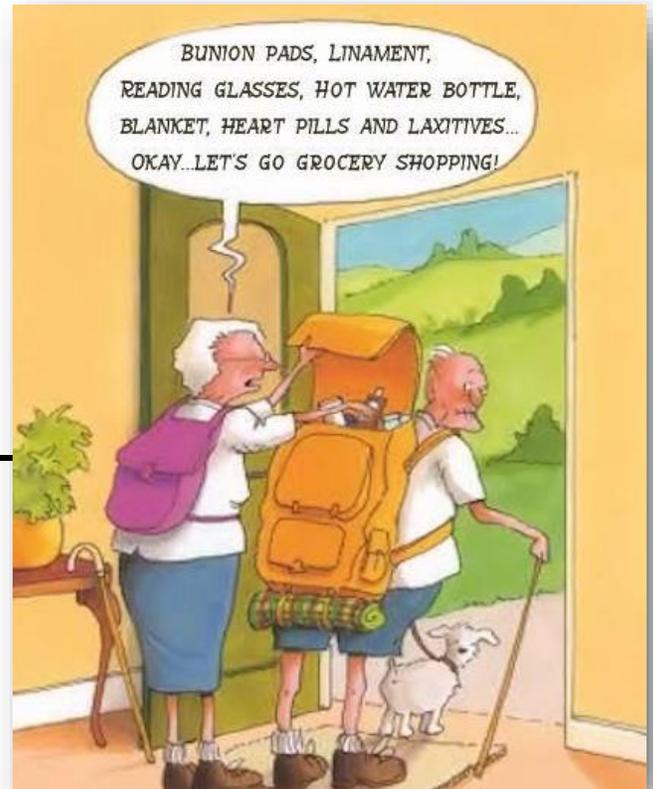
## Excellent Websites!

<https://savvysenior.org>

<https://savvysenior.org/seniorresources.htm#END>

### Find Senior Topics & Resources Such As

- Aging Organizations and General Interest
- Assistive Devices and Senior Gadgets
- Caregiving and Support Services
- Computer and Internet
- End of Life Issues
- Finances and Retirement
- Government Resources and Assistance
- Leisure, Learning and Personal Growth
- Medicare, Medicaid and Social Security
- Relationships and Online Dating



## Here's a look at the **10 things** seniors value most.

- 1. Good Health;** For many people, good health equates to freedom, independence, and the ability to stay active. Common ailments such as osteoporosis, arthritis and incontinence can negatively affect one's quality of life. Having consistent, high-quality care to minimize the negative impacts of these and other health conditions associated with aging is important.
- 2. Relationships;** Strong connections to family and friends keep seniors from becoming isolated and lonely. Companionship is vital at any age, but especially as we age.
- 3. Routine;** A regular schedule provides stability and consistency for older adults who may otherwise feel lost as they give up some control of their day-to-day lives. With a routine of meals and activities, seniors know what to expect and avoid the confusion that can come with uncertainty.
- 5. Community;** Whether participating in activities or finding companionship, being part of a community gives us a sense of belonging and connection that becomes even more critical as we age.
- 6. Respect;** Seniors can feel marginalized when, even after a lifetime of contributing to society, they are ignored or treated like children. Addressing seniors with respect and common courtesy is especially important.
- 7. Exercise;** Physical activity and movement benefits the body, mind, and spirit at any age. Sports, walking, or simple exercises are beneficial for maintaining balance and coordination, which can prevent falls and other injuries as well as improve mindset.
- 8. Comfort;** Both physical and emotional comfort are vital for anyone in long-term care. The ability to feel relaxed and at-home in one's environment relieves stress and anxiety and greatly contributes to overall quality of life.
- 9. Financial Security;** Stress over finances is common at any age but for seniors, managing their money wisely is especially critical.
- 10. Independence;** Most of us value our independence and want to maintain self-reliance as long as possible. As we age, we inadvertently need more help with certain tasks. However, seniors who continue to do as much as they can for themselves have elevated self-esteem.

# A few false, but common, assumptions



## ASSUMPTION: OLDER = POOR HEALTH

Yes, our bodies change as we age and, yes, some of those changes affect our health. But poor health is not already written on the pages of the book of our “old age.” Many of the chronic health problems most common in later life can be prevented or treated with lifestyle changes and/or medications.

There’s a lot we can do in our daily lives to stay as healthy as possible in our later years, like visiting a doctor regularly, eating a healthy diet, exercising at an appropriate rate for our age and abilities, getting enough sleep, keeping our minds active, and staying social. Not only can these steps lower the risk of health problems, but they can also help make life more enjoyable, help us stay independent, and help us live longer.

## ASSUMPTION: OLDER = LACK OF INTEREST AND GROWTH

Life is an educational experience from beginning to end. It’s never too late to learn new things. Some folks view old age as a time to stick to what you’re used to or comfortable with and not as a time to venture into uncharted waters. It’s okay if that’s your own personal and informed choice, but it certainly isn’t the only approach to getting older. Later life can be a great time to throw open doors to new things.

Just because we’re older doesn’t mean we’re unable to adapt to something new or unfamiliar. Think of all the changes and transitions we’ve already had to face and adjust to on the path to reaching our later years. Looking back, there are probably too many changes to count. Many of those new things we’ve encountered along the way have actually ended up making our lives more interesting and, in some cases, they’ve even made life easier.

*So why stop now? We may be older, but we can still learn, and we can still grow.*

## ASSUMPTION: OLDER = LOSS OF MEMORY AND MENTAL AGILITY

There are lots of things older people can do to keep our minds engaged and sharp, like learning something new, taking a class, doing mind challenge puzzles, reading, engaging in stimulating conversations, etc. When we continue to learn and challenge ourselves intellectually, we exercise our minds and make it easier for our brains to store, retrieve, and use information.

*“Trust me my wife will tell you it’s my hearing.”*

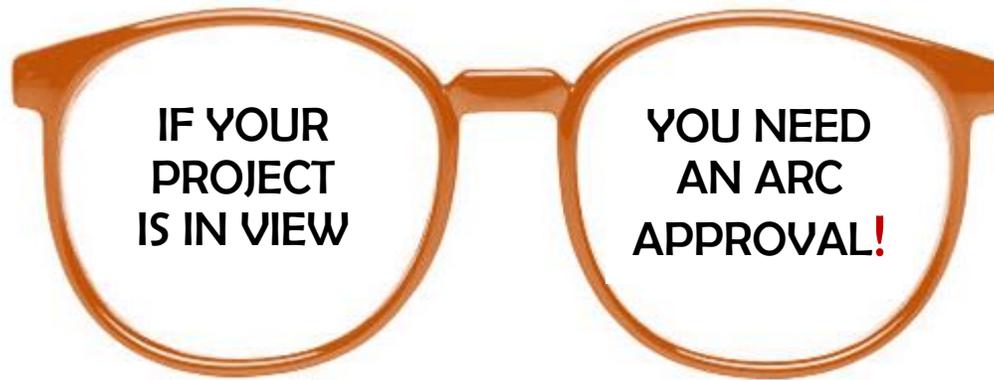
Yes, sadly, some of us will experience cognitive and memory issues as we get older that we have no control over. In some of these instances, medical interventions may be able to help. Fortunately, many older people never face challenges that completely rob them of their ability to think and function. We may become more forgetful and perhaps less attentive, but that doesn’t mean our minds will let us down completely.

## ASSUMPTION: OLDER = ISOLATION, LONELINESS, AND USELESSNESS

As the years go by, some people find they have less social contact with others and less opportunities to be involved in life beyond their own limited world. Maybe it’s because they no longer live near family and friends. Perhaps the people closest to them have passed away. But it doesn’t have to be that way. “Old age” *does not have to be lonely*.

Social interaction and feeling involved is important to our health and longevity. Thankfully, there are plenty of ways to stay connected to and engaged with others as we age. We can be socially active by going to the local senior center or library. We can join clubs and take classes. We can join a church or synagogue. We can be active in our communities by volunteering. If we have friends and loved ones living in other places, we can use the Internet, our cell phones, and social media to connect with them face-to-face across the miles. **Excellent website:** <https://www.eldercaredirectory.org/federal.htm>

*“Differences challenge assumptions”*



## Article 6 Architectural Standards

**6.1 General.** No exterior construction, alteration or addition of any improvements of any nature whatsoever (including, without limitation, staking, clearing, excavation, grading, filling, construction of impervious surface, building, exterior alteration of existing improvements, change in the exterior color of any existing improvement and planting and removal of landscaping materials), shall be commenced or placed upon any part of the Community unless, installed by the Declarant or an affiliate of the Declarant, approved in accordance with this Article, or otherwise expressly permitted under this Declaration. Any Owner may remodel, paint, or redecorate the interior of structures on the Lot without approval hereunder. However, modifications to (he interior of porches, patios, and similar portions of a structure visible from outside the Lot shall be subject to approval.

Kensington ARC Advisors 2023: Barry Duke / Lindy Simmons / Joe Bicker / Steve Benton



*Since becoming your KOA president, a couple of years ago, it's become very clear to me that most homeowners and past BOD concerns haven't changed much in 22 years.*

Every KOA Board has faced the same complaints, CC&R inquiries, and homeowners' opinions regarding the Kensington community in general over the years.

- ❖ PETS *sir bark-a-lot /poop pick-up*
- ❖ YARD NOT MAINTAINED TO **COMMUNITY STANDARDS**
- ❖ SPEEDING (**25 MPH**) *"your car can do this"*
- ❖ RUDE BEHAVIOR BETWEEN NEIGHBORS IN GENERAL
- ❖ MAILBOX *"The Kensington Lean" still today...*
- ❖ DUES NOT BEING PAID *You brought into this HOA!*
- ❖ UNNECESSARY FINES

*These bulleted points all have one thing in common... YOU!*

Your board is here to support all of you but without your help, **RESPECT, and understanding** 2023 will be no different than the past 22 years.

*Daniel*



**There is no poop fairy**



**Please clean up after your pet**



## Kensington Survey 2022 Results

### So what really matters to



**93% say they are informed when it comes to KOA matters** (based on 105 collected surveys)

I've gone over the last seven years of purported minutes (CD-ROM minutes supplied CMA) and that of several prior boards. In addition, I've received emails from a lot of you folks stating that you have no interest in attending board meetings for various reasons. Here is my take on the matter, which appears to be an issue *with a few select folks*.

**So, I will address this...** Based on the 2022 fall survey & comments emailed to me over the last two years the majority of you indicated that you would not attend. **WHY? Here is just some of the your input...**

- a. Time / Day / Family were your 1-2-3 reasons for not attending any board meetings.
- b. Cost to hold meeting at the Community Center & Attorney cost, your comment: **"a poor use of funds."**
- c. Driving at night. Comment: **"we won't drive at night so we won't attend"**
- d. Lack of homeowner participation (*old minutes don't lie*). **"I went once, attendance was a joke."**
- e. **"My husband and I never even knew when they were."**

I went through Old KOA minutes (**every board since 2015 has offered up the same topics for discussion**), examples... Review of Finances / Neighbor Lawn-Shrubs etc. / Parking & Speeding / Fix "X" / Dog issues etc.

**When there is no quorum, the HOA cannot hold a vote, and the meeting is considered unofficial.** HOAs are not allowed to discuss official business in these situations, and therefore minutes do not need to be recorded. Instead, the board should record that there was no quorum and that the meeting has been postponed or canceled. *However, it still cost all of us!*

Given the history of non-attendance the board will not hold any open meeting in 2023. Yes Covid, Flu is still a concern as mentioned at the **General Meeting**, but the idea is to not spend your time, KOA funds on non-pro-active initiatives that does not enhance our community as a whole. *I think you would agree that the last 2022 KOA (Board) made prudent decisions that mattered to all of us.* **Comments?** E-mail any board member below.

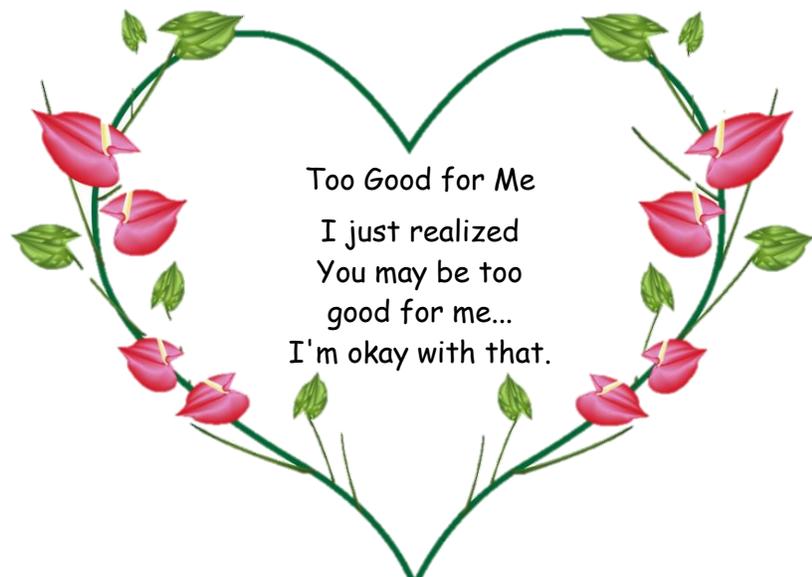
Daniel Martin [betdnl@gmail.com](mailto:betdnl@gmail.com).

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Jeff Carrico [jeff.carrico@gmail.com](mailto:jeff.carrico@gmail.com)

<https://www.kensingtonowners.com>

Communications/General Information can be found on our Homepage (above) and on the monthly Newsletter, E-blast & Financials posted on this site (financial tab) to see this monthly balance sheet you need to type in the **passcode kensington21**





# Social Committee Needed

Are **YOU** willing to spend a little time organizing, a few events for the upcoming Pool Season? **We are looking for two neighbors to work with the board on a few social events/ideas.**

## Here are just a few suggestions from you folks

- ❖ Community Wide Garage Sales (**yes sometime in April TBD**)
- ❖ Game Night @ the pool during "Pool Season" day TBD suggest 6:30 pm to 10:00 pm.  
Cards ~ Chess ~ Checkers ~ Corn Hole ~ Team (2) Trivia Contests "prizes"
- ❖ 3-Adult Pool Events (June ~ July ~ August) Dates/Time TBD "BYOD" 1-Finger Food ~ "15 min-secret date"

If interested, please let a board member know. **The board will support your efforts to disseminate the necessary information to our homeowners.**

## Common Items Invented by Accident

Most items we use in daily life were probably invented by someone with an ingenious idea who purposely set out to make it a reality. Most, that is... but not all. Some very popular everyday items came about completely by accident. Here are five popular items with unintentional origins that came into existence inadvertently.

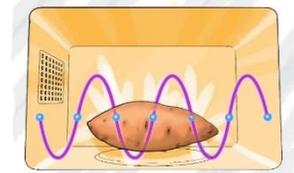


### CORNFLAKES

Dr. John Harvey Kellogg and his brother Will Keith Kellogg discovered the popular breakfast cereal completely by accident while preparing meals for hospital patients. They found that a wheat substance they used to make bread came out flaky and crunchy when baked. After some experimentation, they made corn the main ingredient of their new discovery. The Battle Creek Toasted Corn Flakes Company was launched in 1906, eventually becoming "Kellogg's."

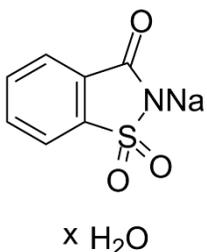
### MICROWAVE OVEN

Percy Spencer, a scientist during World War II, was surprised when a chocolate bar in his pocket melted while he stood next to radar equipment that emitted microwaves. The discovery led him to experiment with other foods and he soon found that microwaves could cook almost anything faster than conventional ovens. He invented a machine using similar technology that became "the microwave oven."



### VELCRO®

Lots of folks mistakenly believe that NASA invented Velcro® for space missions. In truth, George De Mestral, an electrical engineer, stumbled upon the idea for Velcro® after returning from a hike with his dog. DeMestral became intrigued by the way prickly cocklebur weeds stuck to his dog's fur and his own clothing. He decided to examine the burs under a microscope and saw that they had tiny hooks that allowed them to catch on and stick to other surfaces. He then used various materials and surfaces with hooks and loops to reproduce the effect and ended up creating an even stronger bond for what came to be known as Velcro®.



### SACCHARIN

Saccharin, one of the first artificial sweeteners on the market, was discovered by chance by a chemist working at Johns Hopkins University. One day, Constantine Fahlberg neglected to wash his hands after returning home and sat down to enjoy his evening meal. He was surprised by the sweet flavor of his bread and quickly realized the sweetness was coming from a substance left on his hands. He went back to the lab and determined the source was a compound called "benzoic sulfimide." Fahlberg's discovery was used to replace sugar during World War I when it was in short demand, but Saccharin did not achieve widespread popularity until much later when it gained its reputation as a calorie-free sweetener.