



Hard to believe it's May!

Over the last few years, I've sent out several surveys trying to capture the community makeup. In doing so, it solidified a few facts.



71 Surveys were sent in 12/23

We are a community of mostly seniors that have call Kensington home for over 19 years.

- Average age 60-70 (48 homes)
- Average age 50-59 (12 homes)
- Average age 40-49 (9 homes)

Clearly our "seasoned" members have enjoyed living here in Kensington, and we welcomed the collective members that have joined us over the years.

To the right are two graphics put out by **JCHS Harvard**. These are just two of many informational graphics that address seniors living today focused on the key aspects of housing and senior health today.

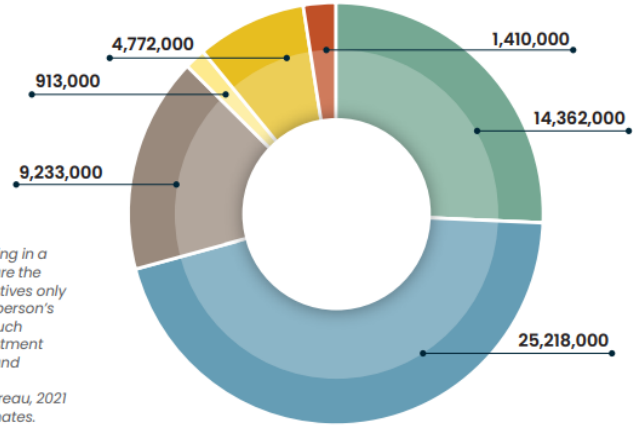
The complete PDF can be [found below](#). It is well done and exhaustively complete in its scope. *Enjoy the read...*

Do not regret growing older. It is a privilege denied to many.

The Vast Majority of Older Adults Live in Their Own Homes

Living Situations of Individuals Age 65 and Over

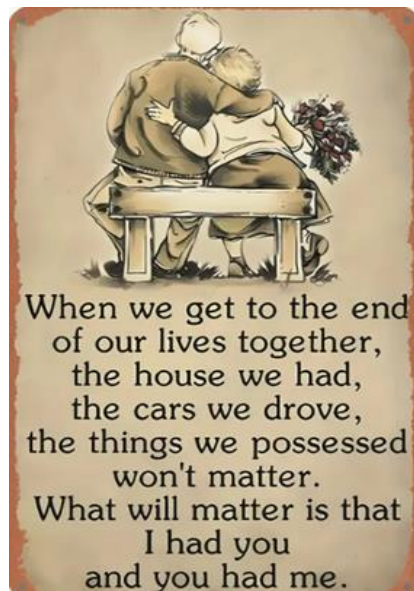
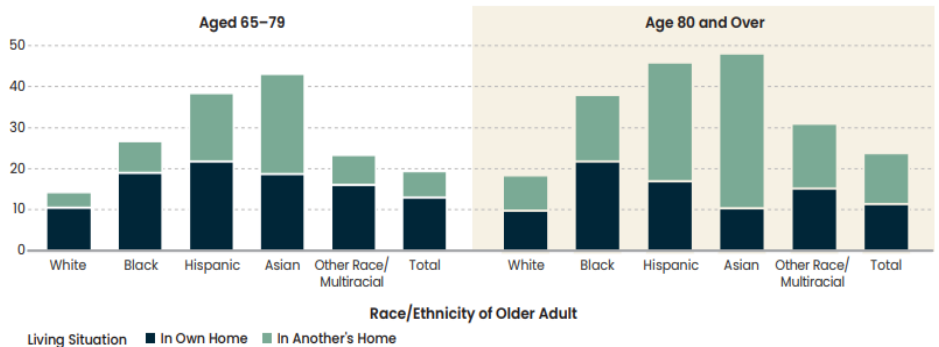
- Alone
- With Spouse Only
- With Family in Own Home
- With Nonrelatives Only
- In Home of Family
- In Group Quarters



Notes: Own home refers to older adults living in a home in which they or a spouse/partner are the household head. Those living with nonrelatives only may reside in their own home or another person's home. Group quarters include locations such as skilled nursing facilities, residential treatment centers, group homes, military barracks, and correctional facilities.
Source: JCHS tabulations of US Census Bureau, 2021 American Community Survey 1-Year Estimates.

Older Adults of Color Are Much More Likely to Live in Multigenerational Settings

Share of Older Adults in Multigenerational Households (Percent)





Cinco de Mayo is not Mexican Independence Day, a popular misconception. Instead, it commemorates a single battle. In 1861, Benito Juárez—a lawyer and member of the Indigenous Zapotec tribe—was elected president of Mexico. At the time, the country was in financial ruin after years of internal strife, and the new president was forced to default on debt payments to European governments.

In response, France, Britain and Spain sent naval forces to Veracruz, Mexico, demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces.

France, however, ruled by Napoleon III, decided to use the opportunity to carve an empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large force of troops and driving President Juárez and his government into retreat.

Certain that success would come swiftly, 6,000 French troops under General Charles Latrille de Lorencez set out to attack Puebla de Los Angeles, a small town in east-central Mexico. From his new headquarters in the north, Juárez rounded up a ragtag force of 2,000 loyal men—many of them either Indigenous Mexicans or of mixed ancestry—and sent them to Puebla.

The vastly outnumbered and poorly supplied Mexicans, led by Texas-born General Ignacio Zaragoza, fortified the town and prepared for the French assault. On May 5, 1862, Lorencez gathered his army—supported by heavy artillery—before the city of Puebla and led an assault.

The Mexican Revolution

The first great revolution of the 20th century began as a revolt against a dictator and ended in civil war, consuming hundreds of thousands of lives as Mexico struggled to live up to its ideals of land and liberty.

How Long Did the Battle of Puebla Last?

The battle lasted from daybreak to early evening, and when the French finally retreated they had lost nearly 500 soldiers. Fewer than 100 Mexicans had been killed in the clash.

Although not a major strategic win in the overall war against the French, Zaragoza's success at the Battle of Puebla on May 5 represented a great symbolic victory for the Mexican government and bolstered the resistance movement. In 1867—thanks in part to military support and political pressure from the United States, which was finally in a position to aid its besieged neighbor after the end of the Civil War—France finally withdrew.

The same year, Austrian Archduke Ferdinand Maximilian, who had been installed as emperor of Mexico in 1864 by Napoleon, was captured and executed by Juárez's forces. Puebla de Los Angeles was renamed for General Zaragoza, who died of typhoid fever months after his historic triumph there.

'M' is for the million things she gave me,
'O' means only that she's growing old,
'T' is for the tears she shed to save me,
'H' is for her heart of purest gold,
'E' is for her eyes, with love-light shining,
'R' means right, and right she'll always be,

Put them all together, they spell 'MOTHER,'
A word that means the world to me.



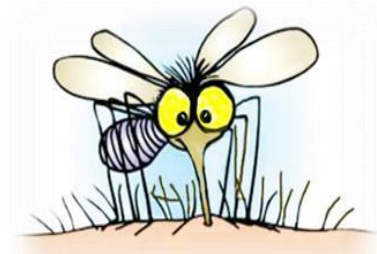
Sunday May 12th

“Life doesn’t come with a manual; it comes with a mother.”

itch... Why do mosquito bites itch?

When mosquitoes bite, they draw out blood while injecting some of their saliva. Their saliva contains an anticoagulant and proteins.

The proteins are foreign substances that trigger the body's immune system. To fight them the body's immune system releases histamine, a compound that helps white blood cells get to the affected area. Histamine is what causes itchiness, inflammation, and swelling.



Sometimes if a person is bitten for the first time, they won't have a response. This is because their body hasn't formulated a response to the foreign invader. And some people may not notice bites at all. Others may build up tolerance over time.

How long does a mosquito bite last? A mosquito bite can last for hours to a few days. The length of a mosquito bite and its symptoms vary depending on the size of the bite and the person's immune system. Itching or scratching the bite can increase the length of time it lasts.

Mosquito Fact #1 Only female mosquitos' bite.

Mosquito Fact #2 Mosquitoes are able to detect carbon dioxide from 75 feet away.

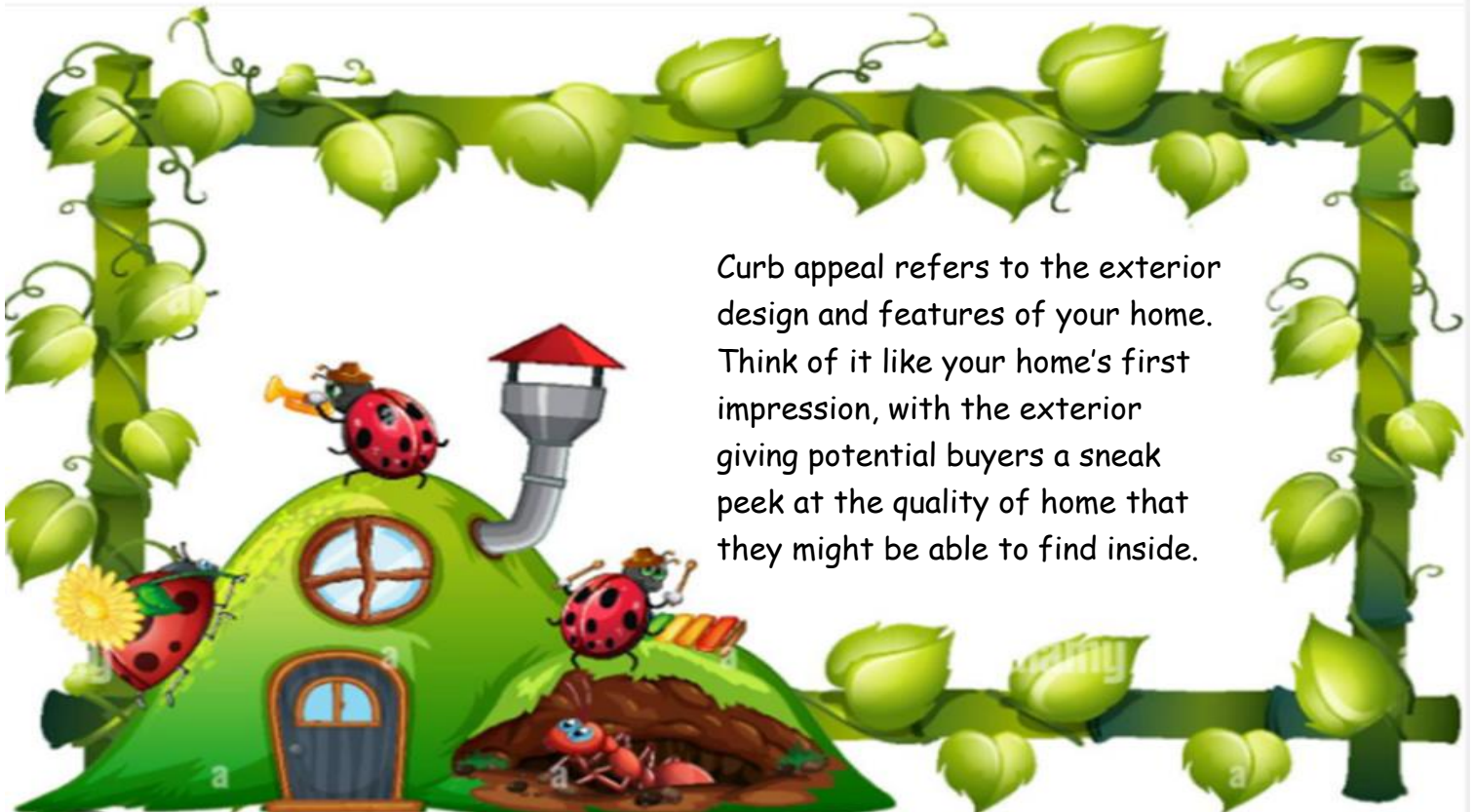
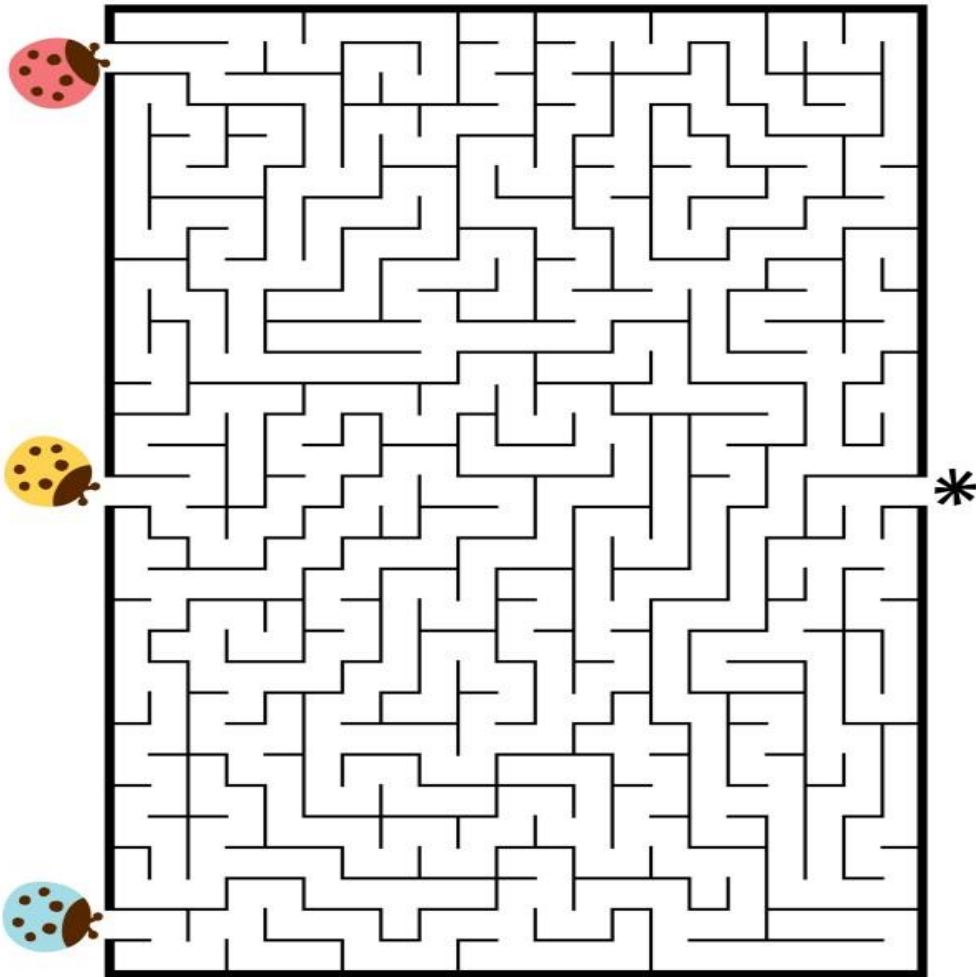
Mosquito Fact #3 Female mosquitoes can lay as many as 300 eggs at one time.

Mosquito Fact #11 The average mosquito lifespan is about two months.





LADYBUG JOURNEY











Curb appeal refers to the exterior design and features of your home. Think of it like your home's first impression, with the exterior giving potential buyers a sneak peek at the quality of home that they might be able to find inside.

“See Something **Say** Something”

Pool Opens
May 10th

OUR POOL RULES

 <p>Do Not Run On Deck!</p>	 <p>Do Not Swim Alone!</p>
 <p>No Pushing!</p>	 <p>Parents Are Responsible For Their Children's Safety!</p>
 <p>Use Bathroom (Not Pool)!</p>	 <p>No Diving Off Shallow End!</p>
 <p>Do Not Leave Suit In House!</p>	 <p>No Rough Play!</p>

Don't *DUCK* The Rules!

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THIS IS NOT A PUBLIC POOL
It Is Private Property Reserved for Use by Residents ONLY

SECURITY NOTICE

THIS AREA UNDER 24 HOURS LIVE & RECORDED VIDEO SURVEILLANCE

CONSUMER SECURITY SERVICES, INC.

AMBIENT SYSTEMS



What happens when **YOU** don't put the umbrellas down! They end up in the pool and cost all of us \$200