



2024 Black History Month

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.

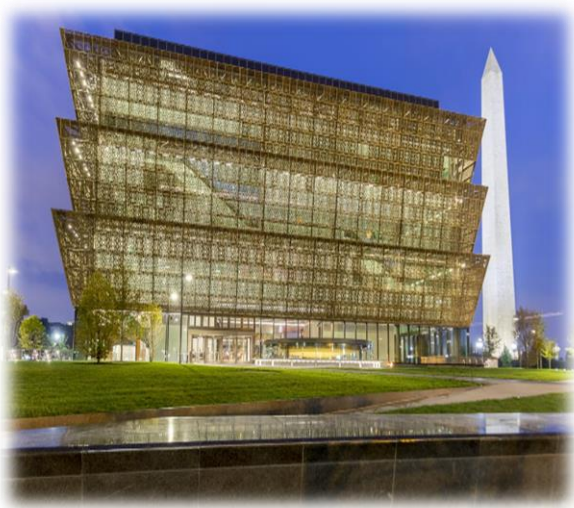


Did you know that... black history month is celebrated in **Canada** in the month of February and in the UK its celebrated in the month of October.

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

<https://nmaahc.si.edu/explore/stories/5-things-know-surprising-facts>

As of 2024, Black Americans account for 13.7% of the U.S. population, according to the U.S. Census Bureau. That's over 46 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.

Won't it be wonderful when black history and native America history and Jewish history and all of U.S. history is taught from one book. Just U.S. history.



Two excellent Web sites below.

<https://savvysenior.org>

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



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.

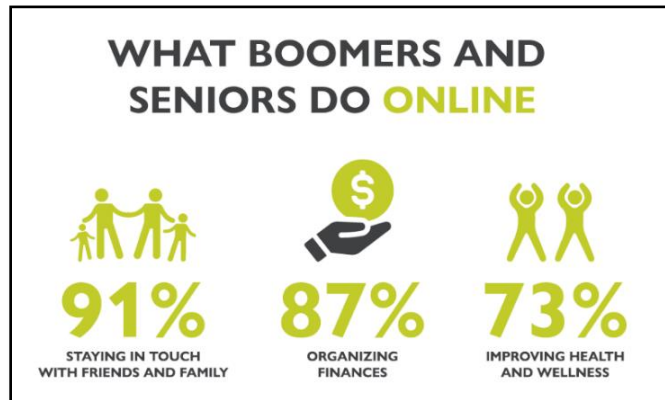


"Differences Challenge Assumptions"

False, but common, assumptions

How do seniors use the internet?

Most online seniors — 86%, according to Google — are enthusiasts who spend at least six hours a day online and own an average of five devices. Of these “digital seniors,” 82% use their smartphone every day.



Speaking of social media, Facebook is the most popular social media for mature customers, 60% of adults 55+ reporting that they use it at least once a day, making it a top channel for marketers. Perhaps the biggest surprise among the latest data: the sharpest increase in Facebook users is among adults ages 78+, increasing from 26% in 2018 to 57% in 2022, says Pew Research. In the same time frame, usage among Millennials and Boomers increased only slightly, and usage among Gen X actually declined.

- ❖ 10 Myths About Aging www.nia.nih.gov/health/healthy-aging/10-myths-about-aging
- ❖ Myths and Stereotypes of Aging www.cambrianseniorliving.com/myths-and-stereotypes-of-aging

DYK (did you know)

- ❖ In 1939, The New York Times predicted that television would never become popular, because the average family would never have enough free time to spend watching it.
- ❖ In a standard pack of playing cards, the king of hearts is the only king without a moustache. One popular theory is that he originally had facial hair, but his mustache was lost as his image was reproduced and altered over time.
- ❖ Some words like CIVIC, KAYAK and LEVEL read the same way forward or backward, while others mean something totally different when spelled backward, such as LIVE/EVIL, RAT/STAR, and STRESSED/DESSERTS.
- ❖ Almost everyone has heard the tale of Johnny Appleseed. While it is true, Johnny Appleseed did plant thousands of apple trees across the frontier of the United States, he wasn't planting them to provide tasty fruits to be eaten whole. No, as the story goes, he was actually planting them to be made into hard apple cider.
- ❖ More than half the geysers on Earth are found at Yellowstone National Park. According to www.yellowstonepark.com, Yellowstone is the largest active geyser field in the world and home to 60 percent of the world's geysers.
- ❖ The chocolate chip cookie was invented by Ruth Graves Wakefield in the mid-1930s. She owned the Toll House Inn, a popular restaurant in Whitman, Massachusetts. Even today, every bag of Nestlé chocolate chips sold in the United States has her original recipe on it.

SENIOR CITIZEN TEXTING CODE	
ATD	→ At The Doctors
BFF	→ Best Friend Fell
BTW	→ Bring The Wheelchair
BYOT	→ Bring Your Own Teeth
FWIW	→ Forgot Where I Was
GGPBL	→ Gotta Go, Pacemaker Battery Low
GHA	→ Got Heartburn Again
IMHO	→ Is My Hearing-Aid On?
LMDO	→ Laughing My Dentures Out
OMMR	→ On My Massage Recliner
OMSG	→ Oh My! Sorry, Gas
ROFLACGU	→ Rolling on Floor Laughing And Can't Get Up
TTYL	→ Talk To You Louder

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.

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.

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>

TIPS & TRICKS



Use Turntables On Shelves

Place turntables in hard-to-reach places such as the back of shelves, cabinets, and refrigerators. Items can now be rotated to bring whatever is needed to the front.



Add Raised Dot Stickers To Remote Control Buttons

For seniors with decreased vision, placing raised stickers on commonly used buttons, such as the on/off button on a TV remote, can make them easier to locate.



Use Furniture Bumpers To Prevent Injuries

Counters, coffee tables, and nightstands often have sharp corners and may cause injuries if bumped into. Soften furniture corners with adhesive bumpers or moldable putty.



Place Rubber Bands Around Cups

This will make cups and mugs easier to grip for arthritic hands. You can also place rubber bands on thinner objects such as pens and toothbrushes.



Keep Drinking Straws In Place

Tape the straw to a clothespin, then clip the clothespin to the cup. No more chasing straws as the cup moves!



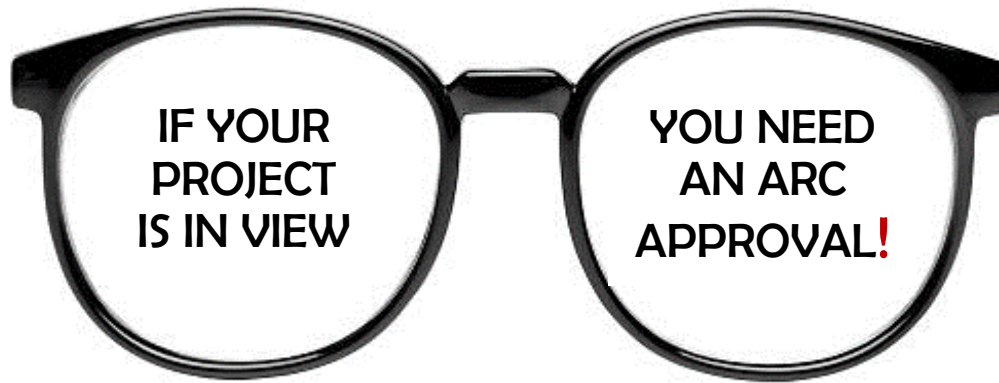
Prevent Bar Soap (And Yourself) From Falling In The Shower

Bar soap is extremely slippery when wet and may pose as a falling hazard if dropped. Instead, take a pair of pantyhose and cut it at the top of one leg. Place the soap in the foot and tie the other end to your shower head or grab bar.



Keep Medications Organized

Use a pill box that is labeled with the days of the week. There are also pill boxes that are further divided by time of day for easier tracking.



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 2024: Barry Duke / Lindy Simmons / Joe Bicker / Steve Benton



Since becoming your KOA president, three 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 / fairy dust pick-up / leash required*
- ❖ YARD NOT MAINTAINED TO **COMMUNITY STANDARDS**
- ❖ SPEEDING (25 MPH) *"your car can do this!"*
- ❖ RUDE BEHAVIOR BETWEEN NEIGHBORS IN GENERAL
- ❖ MAILBOX *An Easy Fit with huge curb appeal impact!*

These bulleted points all have one thing in common...

YOU!



There is no such thing as the Dog Poop Fairy



Please pick it up

"The Kensington Lean"

- ❖ Twisted Post/Box
- ❖ Flag Bent/Taped/Missing
- ❖ Peeling Paint
- ❖ Leaning to the Front
- ❖ Leaning Towards Sidewalk



Kensington Survey 2024 Results

So what matters to most of



- ✓ **97%** Say they are informed when it comes to KOA matters (*based on the 73 collected surveys in December*)
- ✓ **97%** Rate our Kensington community as an **excellent place to live!**
- ✓ **92.% Agree...** The covenants (CC&Rs) are being fairly addressed.
- ✓ **98.%** Are the yearly dues fair? **Yes**
- ✓ **97.% Yes...** Do you want to receive "eblast & newsletters."
- ✓ **Q-10 Respondents:** Have you visited our homepage? www.kensingtonowners.com **Yes 90.4%**

YOUR QUESTIONS ANSWERED *(sent in on the survey)*

Q "We are going to replace our windows next year do they have to have grids"?

A Only grid windows facing the street (Community Standards). **Article 6 Architectural Standards**

Q "Can we buy an actual pickleball net?"

A This will be based on the 2024 budget (cost/TBD) perhaps on one court this year.

Q "Can I put a portable basketball net in our cul-de-sac?"

A No. This has been addressed by several boards over the years. *Why? The streets are city owned (Insurability).*

Q "Can we put six-foot slide up at the pool for the kids?"

A Again, this has been addressed, and it would be a lot of fun but insurance cost would outweigh the "fun value."

Q "We want to do a garage sale, is that ok?"

A Yes, but you will need a city permit and all signage must be removed the day after.

Q "Has anyone started some form of a social activity since the general meeting I would like to join."

A You will hear more about this soon. *At this time no one has stepped forward to organize one.*

Q "Are there noise policies in place for pets and do pets have to be leashed when outside?" **Article 7.6**

A Yes

Q "How tall can the backyard fence be, can we do eight feet?" **Article 6**

A No, all fences need to be six feet or less (wood) or approve by ARC.

Q "How many homes are rented?" Rental Amendment Passed in 2022

A Currently 5

Q "Can I pay dues monthly?"

A All Dues are due by Jan 31st Should you need more time please contact me betdnl@gmail.com (legal collection TBD).

Q "What happened to the "speed dots" options at the 4-way stop?"

A A majority of homeowners didn't like the concept.

Q "Can we put up a basketball hoop in the pool parking lot?"

A The homeowners have rejected this in the past.

Q "Can we cut down trees in the front yard"?

A **Article 7.10** (see our web page with the PDF description)

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 sent in by you folks

- ❖ Community Wide Garage Sales (*yes sometime in April TBD*)
- ❖ Game Night @ the pool during "Pool Season" day TBD suggestion 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 *Need volunteers to set this up.*

*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.

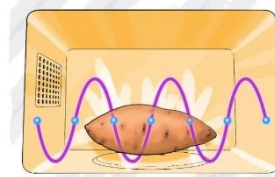


CORNFLAKES

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."

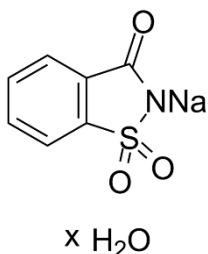
MICROWAVE OVEN

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.



Valentine's Day, (February 14) when lovers express their affection with greetings and gifts. Given their similarities, it has been suggested that the holiday has origins in the Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. At the end of the 5th century, Pope Gelasius I forbid the celebration of Lupercalia and is sometimes attributed with replacing it with St. Valentine's Day, but the true origin of the holiday is vague at best. Valentine's Day did not come to be celebrated as a day of romance until about the 14th century.

Watch a researcher explain the biological and psychological processes of how love works.

<https://www.britannica.com/topic/Valentines-Day>

Who Is Cupid?



Cupid is often portrayed on Valentine's Day cards as a naked cherub launching arrows of love at unsuspecting lovers. But the Roman God Cupid has his roots in Greek mythology as the Greek god of love, Eros. Accounts of his birth vary; some say he is the son of Nyx and Erebus; others, of Aphrodite and Ares; still others suggest he is the son of Iris and Zephyrus or even Aphrodite and Zeus (who would have been both his father and grandfather).

According to the Greek Archaic poets, Eros was a handsome immortal played with the emotions of Gods and men, using golden arrows to incite love and leaden ones to sow aversion. It wasn't until the Hellenistic period that he began to be portrayed as the mischievous, chubby child he'd become on Valentine's Day cards.

Kensington BOD 2024

Daniel Martin betdnl@gmail.com

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Lindy Simmions Lindy.Simmons@outlook.com

Welcome **NEW** Board Member: Nadine [Jeouili nadinej1983@yahoo.de](mailto:Jeouili.nadinej1983@yahoo.de)

Your Home page: <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**

KENSINGTON