



Briar

Patch

Briar Patch Homeowners' Association, Inc. Website: briarpatchnpr.com

6525 Thicket Trail, New Port Richey, FL 34653

**HAPPY NEW YEAR
2023!**

We can always use some inspiration at any time, but especially when we start a new year; it's a new chapter in our lives. You can choose to sail on through the new year without any changes; or you can step out of your comfort zone, try things you have never done before, and make 2023 the year that you elevate from where you are now.

You are never too old to set another goal or to dream a new dream. You are starting the first blank page of a book; write a good one!

Like most of us, we've established habits of healthy, everyday behaviors. However, when we take the same positive actions every day, we can miss out on a variety of options and activities that may offer a wider array of benefits. So if you're making New Year resolutions, here are some examples where changes can be made to our benefit:

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BOARD OF DIRECTORS

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**JANUARY
BIRTHDAYS**

1/26 Bonita Baisley

1/28 Fred Ausflug

REMINDER: If you haven't already, please email your birth date to me (cla@frontier.com) to be included in the newsletter.



MEET YOUR NEIGHBOR

Despina (Debbie) Farlekas



Despina Farlekas

I am a first generation Greek. Both my parents were born in Asia Minor Turkey. When the war broke out, families fled to Samos Greece. My father came to America in 1924 when he was 12 years old. My mother came to America in December 1946 to marry my father; she was 27 years old. They got married on January 12, 1947 and I was born on November 17, 1947. My sister, Connie, was born in September 1954.

I was born in Manhattan and raised in the Bronx. I graduated from West Hempstead High School in 1965 and went on to C.W. Post College (Long Island University) to pursue a career as an elementary school teacher. However, after graduating, I decided I wanted to work as an executive secretary. I applied and was hired by a company named Dean Witter – a brokerage on Wall Street. I worked there for 7 ½ years as the secretary to the Chief Economist.

Michael and I married in 1974 and moved to Mt. Vernon, NY. While I was at Dean Witter, Michael bought a pizza business -La Dolce Vita Pizzeria - in Yonkers, NY. When he became disabled I had to quit my job and work at the pizza parlor. Yes, I learned how to make pizza and also ran the business. However, we sold it three years later. Soon after, I got pregnant and Stephen was born in July 1984. I then got a job with Canteen Corporation in the Bronx. I worked there until the company moved to New Jersey. That's when we made the move to Florida. We bought a 4-bedroom house in New Port Richey. We loved living there. I was hired at a company called Office Angels in Tarpon Springs, FL. When the owners decided to go back to Ohio in 1990, I took over the secretarial business and changed the name to ASAP Secretarial. I owned and operated the business for over 30 years.

Unfortunately, my husband got sick and passed away in September 1999. We were married for 25 years in May of that year. I never remarried. After he passed away, my mother moved in with me so I could take care of her; she was 85. Stephen was off to college - University of Florida in Gainesville. My mother became increasingly forgetful and I had to place her in an assistant living facility. She passed away six years later at the age of 91.

I lived alone in the house. One day when I came home, I found it had been broken into. I was scared to come home after that. About a year later, I was broken into again. I called my then boyfriend who lived in Oklahoma and asked him when he intended to move to Florida; he said he wasn't moving. Shortly after that I put my house up for sale and it sold in three days. That's when I found my place here in Briar Patch. I bought my unit in 2012. I loved the neighborhood since day one and continue to love it today. Over the past 10 years, I have been working part-time as a cashier at the Home Depot in Holiday, FL.

I have made many friends here over the years. I love the pool and use it whenever I can. I try to attend the special events at the clubhouse - but sometimes have to work. I play Bingo when I can as well. I also bowl when it fits into my schedule. I wouldn't trade living here for anything. It's the best move I made!

My son, Stephen, recently got engaged to Clare. We are all very happy and can't wait for the wedding.



The Laundress recalls their Laundry Detergent and Household cleaning products due to risk of exposure to bacteria. The products were sold at their online website, Amazon, Target, Bed Bath and Beyond, and many other online and box stores. Contact the company at 800-681-1915 (from 9 a.m. to 5 p.m. ET Monday through Friday), or online at www.TheLaundressRecall.com or at www.TheLaundress.com and click on "Get Started" on the homepage to begin the reimbursement process.

MESSAGES FROM OUR BOARD OF DIRECTORS

**WELCOME to the
NEIGHBORHOOD**

ATTENTION ALL NEW OWNERS ...

The new owners meet up will be held at our Clubhouse on Saturday, January 21st at 1pm. All new owners who joined our Briar Patch community /in 2022 are welcome! We will answer questions, have introductions, and prizes will be given. Light snacks will be provided.

This is a great way to network and get to know your neighbors! Come join in for a fun and informative meet up!

Jillian LaVelle
Director at Large



Just a reminder ... As we start a new year, please continue to be conscious of the sprinkler heads that are very near the edge of the lawns. They can easily be damaged when the vehicles' tires are parked on them.

Fred Ausflug
Director of Grounds and Landscape

January 12 "National" Holiday ~ PHARMACIST DAY

National Pharmacist Day on January 12th annually recognizes pharmacists across the nation. A Pharmacist is not a physician; he is a Doctor of Pharmacy. As of 2004, pharmacists are required to attain a Doctor of Pharmacy degree to gain entry into the pharmacy profession. They play a vital role in the care of patients.

In the beginning pharmaceutical texts were written on clay tablets by Mesopotamians. Some texts included formulas, instructions via pulverization, infusion, boiling, filtering, and spreading herbs were mentioned as well. The history of pharmacy coincides well with the history of medicine; but it's important that there is a distinction between the two topics. Pharmaceuticals is one of the most-researched fields in the academic industry; but the history surrounding that particular topic is sparse compared to the impact it's made world-wide. Before the advent of pharmacists, there existed apothecaries who worked alongside priests and physicians in regard to patient care.

The role of pharmacists has shifted over the years. It now includes being a learned intermediary between a prescriber and a patient. They now serve as an integrated member of the healthcare team. They advise patients and health care providers on the selection, dosages, interactions, and side effects of prescriptions, and also administer immunizations.

A couple of interesting facts: 1) Coca-Cola, Pepsi, Dr. Pepper, and Ginger Ale were all invented by pharmacists. 2) The author, Agatha Christie, came to know so much about poisons for her murder mysteries as she was once a Pharmacy dispenser during World War I. 3) Before running for President, Hubert Humphrey earned his pharmacy license and worked in his father's pharmacy. 4) William Procter, Jr. (1817-1874) dedicated his career to the science of pharmacy. He wrote the first textbook on pharmacy for students in the United States and advocated for the founding of the American Pharmaceutical Association. His dedication earned him the name "Father of Pharmacy."

Anyone who has required the services of a pharmacist, take time on January 12th to thank them; they will appreciate the recognition.

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Reduce Sugar: Nutrition/Energy Bars, “Healthy” Cereal and Juices can deliver more sugar than a person should eat in an entire day. So look at the label, add the number of the grams of protein and fiber. If that total is higher than the grams of sugar, it is safely a healthy choice.

Drink More Water: Our bodies are 55-60% water and they need a fresh, daily supply for proper digestion. Our internal mechanism for triggering thirst becomes less sensitive as we age. If we lose muscle, we also lose some ability to store water. By the time we feel thirsty, we are probably already dehydrated. Dehydration can cause issues with keeping our organs functioning, joints lubricated, and also can contribute to the risk of heart attack or stroke. Remember to drink plenty of water daily (11 cups for men and 15 cups for women) in the form of coffee, tea, soup, milk, yogurt, and eat lots of fruit and vegetables.

Catch Some Rays: Our circadian rhythms are like a clock that keeps nearly every organ and system on a 24-hour cycle. It’s strongest signal? Sunshine. It tells you to start the day, cues your body to feel awake and energized, and regulates appetite, mood and more. As the sun sets, your circadian clock releases sleep-promoting hormones. At a minimum, go outside every morning for 15 to 30 minutes, then again in late afternoon or early evening. Avoid direct sunlight during noon hours; and if you have to go out during the noon hours, wear sunscreen.

Reduce Chance of Falling: The classic advice for strong bones and avoiding falls is taking calcium and vitamin D, improving your balance with stretching exercises, getting rid of slippery rugs and floor clutter. Also review your medications and supplements with your doctor and ask about potential side effects like if they can make you drowsy, dizzy or off balance. Get your eyes and ears checked too; vision changes can contribute to fall risk as well as even mild hearing loss. Also standing up too fast can lead to a steep drop in blood pressure. So sit up and stand up slowly to decrease your risk of falling.

Breathe: The muscles we use to breathe atrophy, just like the rest of our muscles tend to do as we get older. Exercising our breathing muscles is as important as weight lifting is to sustain our strength. A daily dose of training for the diaphragm and other breathing muscles helps promote heart health, reduces high blood pressure, and can help reduce stress and anxiety. What is the best exercise for breathing? Perhaps you’ve heard the phrase “Smell the roses, blow out the candle.” Most people begin by doing this exercise three times and working up to five to 10 minutes or more, one to four times a day. It’s as simple as that.

Here’s how that goes:

- ◆ Sit in a comfortable position with your neck and shoulders relaxed.
- ◆ Keeping your mouth closed, inhale slowly through your nostrils for four seconds.
- ◆ Exhale through your mouth for four seconds, puckering your lips as if giving a kiss.
- ◆ Keep your breath slow and steady while breathing out.
- ◆ Repeat.

New Port Richey Celebrates 100 Years of Service

In 1916, 15 New Port Richey men banded together to form a fire brigade. It was a loosely organized group of volunteers until September 1922, when the city formally recognized and chartered the “New Port Richey Volunteer Fire Brigade.” Back then the fire service started with steam engines pulled by horse-drawn carriages; then it became motorized in the 1920s. The brigade mainly just put out fires. Now, that probably is the least amount of things our firefighters do.

The emergency medical service has been incorporated with the fire service so that now all NPR firefighters are paramedics. Currently, the NPR Fire Department operates out of two fire stations staffed with 21 career firefighters/paramedics, augmented by 10 part-time firefighters/EMTs working three shifts on a 24-48 hour schedule.

They provide the highest level of pre-hospital medical care in the industry. They respond to all emergency medical calls, rescue operations, hazardous material spills or releases, water rescue and recovery, auto accidents with injury, technical rescue, severe weather-related issues and recovery, and technical rescue. They also provide non-emergency services to ensure the safety of our community such as inspections of all new buildings, buildings under renovation, and local businesses to make sure they meet the Florida Fire Prevention Code, and also provide fire safety education programs year round.

The fire department operates out of two stations fully staffed with 21 career firefighter/paramedics.

On December 5, 2022, firefighters, their families and friends, and the general public gathered in and around Ordinance 1 (*craft brewery on Main Street downtown NPR*) to celebrate 100 years of providing life-saving aid to the community. We are fortunate to have these awesome men and women in NPR!