

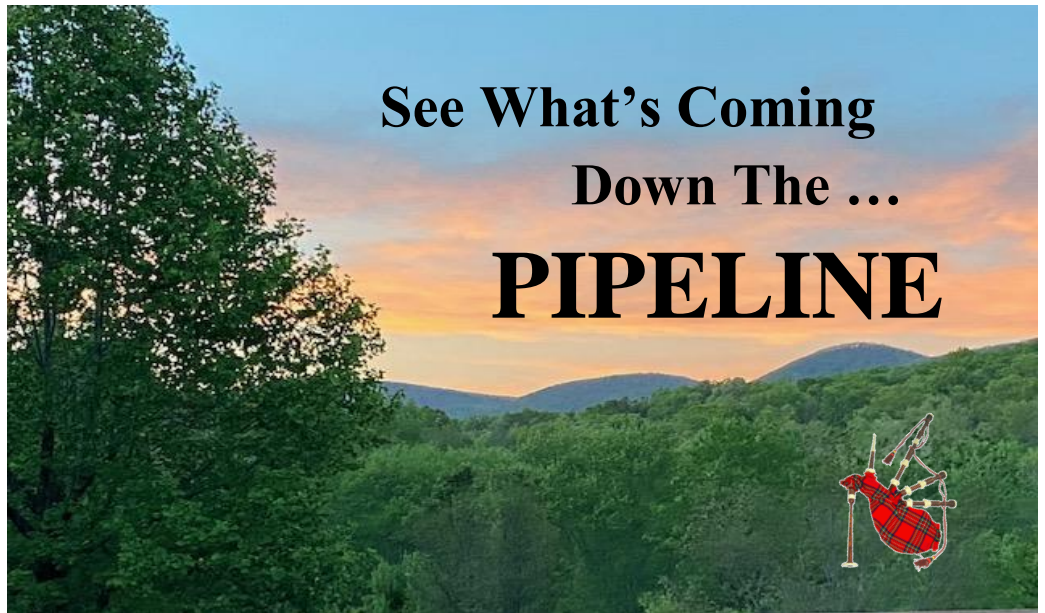


April 2023

Volume: XXXII; Issue: XXXVIII

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ParadiseValleycamp.COM



President – Clyde Camp

I want to WELCOME everyone back to the

park. I know you will be busy getting things open and cleaning. The Board looks forward to seeing everyone at our first meeting April 8 at 10:00. To the new owners... we urge you to attend these meetings to know what is happening in the park. If you have any questions, please contact a board member we will be happy to help you.



Secretary – Elizabeth Carter

WELCOME BACK EVERYONE! I trust everyone had a good winter and are now ready to

enjoy the summer in PVC. To all new owners, please be sure I have your correct mailing address as the statements for annual maintenance funds will be mailed in early April. I would like to remind everyone that the best way to meet your neighbors in PVC is to attend the activities and meetings. Looking forward to a great fun filled season in PVC!

Welcome
Back
We Missed You

VP/Grounds – Darrell Williams

Hello everyone! We have had several trees taken down around the creek, but we still have more work to be done there. Working with the county we had a young man come out and help us with the blueberry bushes. He is also having our soil tested around the bushes to ensure all is good. I've been working at the tractor shed, getting all the firewood ready for the park. Please everyone be safe traveling back to the park for the 2023 season!!



Treasurer – Towana Pero

Happy 2023 PVC owners! Hope everyone had a nice winter and holiday season. We are very much looking forward to an awesome season with lots of activities and fun times. As you all know, it's almost time for dues with invoices going out in April. Fees are due on May 1, 2023. Please make sure the board has your correct address. It seems we always have issues with owners not receiving their invoice, so it is up to you to make sure we have the correct address. A special thanks to Kathy Smith for all she has done, especially during off season! Thanks also to Barbara Camp and Karen Cantrell for all your help!! We look forward to seeing everyone again. Be safe in your travels!



Architectural – Scott Smith

Hello PVC owners. It's that time of year again. Spring is here, and our PVC season is opening. It was a cold winter so come prepared to check out your water supply lines and drain lines. Many of us have already completed some leak repairs, caused from that single digit temperature week we had here in Cleveland. I had my water supply lines repaired and wrapped with heat wire/tape that plugs into a thermostat, then into an outlet. That way, if the temp drops below 36 degrees, it warms up the supply lines without me. It also turns a little red light on when it comes on. That way, at a glance, I know it's working. That does not cover the drain lines, however. And these lines are only wrapped under the buildings. or RV's. The board has taken a stronger stance this past winter on 2 issues that are under my position. Doing outside construction/improvements in the off season and doing the same type of work without a PVC permit. Please, put forth your best effort to work within the community guidelines. That makes for a better experience for everyone. And keeps you away from fines, private board meetings, and of course, the grapevine of bad news. Welcome back everyone!

Water & Sewer – Curtis Rooker

Welcome back to the 2023 season. Water & Sewer has had a busy off-season taking care of a lot of general maintenance. As I write this my allergies have been giving me fits since the pollen hit 4000ppm's, it's been raining today and expecting freezing cold. Welcome back to the sunny South :) When you arrive and turn on your water, please stick around for a while to be sure you don't have any leaks. Since we had unusually cold weather this past winter, we anticipate some lots will have leaky valves or pipes. I'm looking forward to having some volunteers to help this season with the learning of the basics to keep our systems operational.



Activities – Joanne Venditto

Welcome back to everyone!
And a special welcome to all new owners. My name is Joanne Venditto, and for those of you that may not know me I am the new Activities Director here at the park. I replaced Linda Hackett at the end of last season. In the couple of months, I worked last season I came to realize this role requires a lot of dedication and commitment. I am very excited about all that we will be planning this year and encourage all owners to join in on the fun!

Our first activities meeting will be on April the 3rd at 10AM. We welcome everyone to attend and bring their ideas for some activities that the park would enjoy participating in, and please remember we are always looking for volunteers to help enjoy another great year for activities in our park.

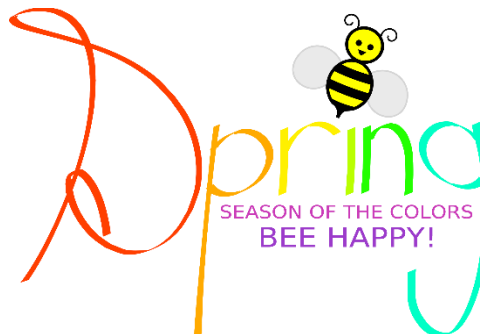
For those of you that are unable to attend the meeting, please contact me or one of the members on my committee. We would love to hear your ideas for activities for this season.

Sunshine Committee – Shirley Williams and Lisa Meyer



Hello Paradise from your Sunshine ladies! I have prayer requests for Becky Sharpe and Bob and Muriel Fedderwitz. If anyone knows of someone who needs a pick me up card or anyone that is not well in the park, please let me or Lisa Myers know. Everyone coming back to the park please have safe travels.

We at PVC are thinking of you all!



2023 Board Members

Clyde Camp - President
Darrell Williams - VP and Grounds
Towana Pero - Treasurer
Elizabeth Carter - Secretary
Scott Smith - Architectural
Curtis Rooker - Water and Sewer
Joanne Venditto - Activities

You can find Board Member contact information on the Paradisevalleycamp.com site!



MARK YOU'RE APRIL CALENDAR!
(Please remember items can change so check online calendar before you attend)

3 RD	10:00 am	Activity Meeting
5 th	9:00 am	BOD Workshop
8 th	10:00am	BOD Meeting
16 th	tbd	WELCOME BACK Dinner
22 nd	7pm	Concert In The Park
28 th	6pm	Ice Cream Social/BINGO



Concert In The Park
(Paradise Valley Campground)



April 22, 2023
7pm – 10 pm
Wyatt Espalin will be performing under the stars. Look for the BLAST with all the details!



Welcome

TO OUR NEW OWNERS!

If you have not been visited by the Welcoming Committee please let a board member know and they can get your WELCOMING SWAG BAG! We hope that you will enjoy our park as much as the rest of us! Our park is run by volunteers so please look for your nitch/passion and join right in! Hope to see you at the activities and the first Board of Directors Meeting on April 8th!

Health Tips...

Six body parts you should not ignore after 50.

If you want to keep your body strong and healthy in the second half of life, you might need some new routines. Here's what you're up against and why you should treat your most vulnerable body parts with TLC.

🌸 Your eyes

Even if you have perfect vision, an eye exam every one to three years should be part of your routine starting at age 55, says Alice C. Lorch, M.D., assistant professor of ophthalmology at Harvard Medical School and an ophthalmologist at Massachusetts Eye and Ear. Eye doctors monitor your eyes to diagnose and manage common age-related conditions such as macular degeneration — when the eye begins to blur and lose central vision — and glaucoma, which

damages the optic nerve, threatening peripheral vision. “A lot of the things we can pick up, you wouldn’t otherwise know you had,” Lorch says. Besides not smoking, which increases the risk of eye diseases, research shows you can slow the progress of macular degeneration with a specific multivitamin supplement. Medication and surgery can hold the line on glaucoma.

Your doctor will also keep an eye out for vision-clouding cataracts, Lorch says. When the time comes, surgery to replace your tired, yellowed lenses can correct for issues like nearsightedness and astigmatism. And if you’re experiencing the gritty sensation of dry eye — which gets more common with age — look for relief with omega-3-rich foods or supplements, eyelid hygiene or artificial tears. “People don’t have to suffer with poor vision or uncomfortable eyes,” Lorch says. “There are things that we can do.”

Your teeth and gums

These days, thanks to widespread water fluoridation and basic oral hygiene, “people expect to keep all or at least most of their teeth for a lifetime — into their 80s and 90s,” says Matt Messina, assistant clinical professor at Ohio State University College of Dentistry and spokesperson for the American Dental Association. But to get that kind of mileage out of them, you may need to do more than you’re used to. “As people get older, we see more gum recession and bone loss and that can expose some root surface,” Messina says. “But these surfaces aren’t covered with enamel, the hard outer coating that protects the top of the tooth, so they become more susceptible to decay.” After 50, you may also make less saliva, which dissolves the acids made from breaking down food, making them less damaging to teeth. Or you may be prescribed one of the hundreds of medications known to cause dry mouth, which also puts teeth at risk. “Somebody that wasn’t having an issue with decay may suddenly need a prescription fluoride rinse or fluoride gel to use on a daily basis to make their teeth and the root surfaces stronger,” Messina says. To keep your teeth and gums healthy for the long haul, Messina recommends doubling down on your oral hygiene (no skipping flossing tonight!). If you’re on a drug that causes dry mouth, ask your doctor if you can take a smaller dose or a

different drug. And avoid chewing ice, as tooth enamel can chip, or using your teeth for things like removing a price tag. “Teeth are not tools,” he says.

Your feet

You probably don’t think much about your feet until they hurt — and pain is a strong likelihood. “Many of my patients over 50 have significant foot issues,” says Michael Tritto, a podiatrist in Rockville, Maryland. Long-term forces are often to blame. Calluses on the soles develop from foot abnormalities that make it difficult to walk, Tritto says. Similarly bony lumps called bunions form due to long-term pressure on the big toe joint. Such problems not only make your feet smart but can lead to knee, hip and back problems. Forty to 60 are the prime ages for plantar fasciitis, inflammation of the tissue band (fascia) that connects the heel bone to the toes. It typically comes from oversteering the fascia due to the force of activity and hard surfaces. “Feet are designed for grass, dirt and sand,” Tritto says. “Everything that we walk on is hard, and it’s the hard stuff that causes problems.” What to do: Wear supportive shoes — even around the house. “If you’re not supporting and protecting the foot, then you’re going to get arch problems, heel pain and Achilles tendinitis,” Tritto says. Sidestep other foot ills by having your feet measured, he adds. Many people don’t realize that feet can get bigger with age and suffer from shoes that are too tight.

Your pelvic floor

You might think of the pelvic floor — the muscles that stretch from the pubic bone back to the tailbone at the bottom of the pelvis — as a female concern. But it’s just as important to men. “The pelvic floor muscles hold up your bowel, your bladder, and your uterus, if you’re a woman, and your prostate, if you’re a man, says Kandis B. Daroski, a physical therapist specializing in pelvic health at Hinge Health, a digital health company. One in 4 women experience pelvic floor disorders, often because of childbirth, though they may emerge long after the kids have grown. Weakened pelvic muscles can lead to urinary or fecal incontinence, pain and prolapse, when organs drop down and even protrude outside the vaginal canal. Men can also experience incontinence, particularly after prostate cancer treatment.

Strengthening your body's core is also vital.

"Abdominal muscles, hip muscles and spinal muscles connect to and support the pelvic floor, and vice versa, allowing it to work at its best," says Daroski.

🌸🌸🌸 Your hips and knees

These familiar joints are among your body's most vulnerable. "Knees and hips are weight-bearing joints," says Neil J. Cobelli, M.D., chair of orthopedic surgery at Montefiore Medical Center in the Bronx. "They're subjected to a lot more stress than, say, your shoulder or elbow. And having a knee or a hip that's causing you pain diminishes every aspect of your life." Unfortunately, hip and knee pain are common after 50 and often lead to surgery. "It's a result of everybody living a longer and more active life," Cobelli says. "Active people who play a lot of sports are prone to knee injuries and those injuries can result in premature arthritis." Other factors like obesity can also play a role. "Carrying extra weight seems to predispose our joints to wearing out, not just because there's more stress on the joint, but having a lot of fatty tissue on your body predisposes you to inflammation, and that inflammation seems to attack hip and knees," he says. Arthritis of these joints also runs in families. Shedding excess pounds and exercising are good ways to minimize joint pain. "If your joint is already giving you trouble, keep moving," Cobelli says. "But you may need to alter what you've been doing. If you've been a runner for 20 years and now your knee is bothering you when you run, don't run so much. Find something else or change your routines — do it every other day, go shorter distances, do it in intervals. But listen to the joint." Arthroscopic surgery to trim or reconstruct damaged cartilage and remove fragments of bone or cartilage may offer relief from knee pain or alleviate symptoms of problems that damage the cartilage and the soft tissues around the hip joint. "It gives people many more years of active life," Cobelli says. Many people will eventually need joint replacement in their later years. Fortunately, surgery is increasingly common — and safe — and often can be done at surgical centers, allowing you to go home the same day.

🌸🌸🌸 Your ears

Just 2 percent of Americans ages 45 to 54 have serious hearing loss. But that changes over time, rising to half of people 75 and older.

"We start to see people who are bothered by hearing loss in their 50s and 60s," says otolaryngologist Daniel Rontal, M.D., who treats patients at Corewell Health William Beaumont University Hospital in Royal Oak, Michigan. "People first tend to notice it in challenging situations like a crowded restaurant or a ball game, where the brain is trying to pick out the signal from the background noise."

Hearing changes may be imperceptible year to year, and it takes the average person seven years to seek help, according to the Hearing Loss Association of America. But addressing hearing loss early on may lead to less precipitous declines and lower risks for depression and dementia, both of which can be linked to poor hearing. "The younger you are, the more capable you are of adjusting to a hearing aid," Rontal says. "You preserve your hearing better and the [hearing] decreases more slowly." He recommends that people get a baseline hearing test in their 50s, which allows doctors to evaluate changes over time. Another reason to care for your ears: They play a crucial role in preserving your balance and preventing falls, which become more common and risky as you age.

🌸🌸🌸 *Beth Howard is a North Carolina-based health and lifestyle writer. She has written for dozens of publications, including U.S. News & World Report, The Wall Street Journal, The Washington Post, Prevention, Better Homes & Gardens and Reader's Digest.*



Happenings around the North GA Mountains

April 2023



GA Mountain Fair –

Hiawassee, GA

April 15th – Clint Black 7 - 10pm

April 29th – Atl Rhythm Section/Pure Prairie
League 7 – 11pm

Habersham Cnty Fairground, Clarksville, GA – NE

Georgia Swap Meet

April 6th – 7am – 6pm

Sautee Nacoochee, GA – Women's Soul Full Weekend

April 27 – April 30

North Georgia Technical College – Clarksville, GA

April 20 – 8am – 3pm Spring Plant Sale

Stay Informed...



NEW WI-FI IN THE PAVILION

WI-FI NETWORK NAME:

Kinetic_801758

Password: HappyCampers

Please note the case sensitive "H"
and "C"



Register on
paradisevalleycamp.com
Go to "Info/Log-in" and
then in the upper right-
hand corner one can
"register" to receive
notifications of Activities,
Water & Sewer, Grounds,
general Board of Director
announcements, access to
forms, financials, covenants, rules, and bylaws. Some
pages may be password protected, so you will want
to register for an account to access all our important
information!!



Join the fun and keep up with all the "happenings"
around the park! Look for us on FACEBOOK.

Paradise Valley Campground. Please keep in mind
that this is not a park sponsored forum. If you need a
response from a board member, please contact them
direct.

Numbers are found online @
PARADISEVALLEYCAMP.COM



FRIENDLY REMINDERS...

Speed limit within the
park for ALL TYPES of
transportation is 10 MPH
– You will be asked to
SLOW down if believed to
be speeding (please don't
be offended) we want to
keep everyone safe!!



All Golf Carts should display
of your lot number easily
visible by all. Drivers must
be 16 years or older.

Household trash goes
in the garbage bins at
the front of the park,
next to mailboxes. All
other garbage
(furniture, rugs,
bedding/beds, etc)
should be taken to



the roll off at the back of the park. ALL boxes and furniture should be broken down. Also, please keep in mind the thrift store in Cleveland.

Quiet hours are.

11pm – 8am.

Please be respectful of others. Most come here to relax and get away from the noise 😊.



Please remember we have lots of wildlife within the park. We have beavers building

new things in the “big” creek and deer are always meandering around the park! It is also spring which means those beautiful black bears will be waking up soon! For the safety of our human families and our precious wildlife please keep your garbage and bird feeders put away at night. Keep your cameras handy!



PIPELINE...

Pipeline is distributed at the beginning of each month April – October. You can generally find hard copies at the pavilion, laundry room, mailboxes, and the rest island just across the bridge. You can also find the Pipeline electronically on our website, just sign up at paradisevalleycamp.com. If you would like to submit an article or pictures from an event, please send them to me at cgregory555@outlook.com! All submissions are welcome pending board approval.

Thank You!

From the Editor: I want to say THANK YOU to all the Caretakers that helped to keep our piece of Paradise safe and intruder free this winter! Thank you for the communication, via the FB page, on what was happening within our Park during the “off” season. It’s nice to have that peace of mind and one less thing to worry about over the “off” season.

EXCELENT JOB!!

VENDOR DAY COMING MAY 6TH

Breakfast

8am - 10 am

Vendor Event

10am - 2pm

Vendors from plumbers, electricians, landscapers, carpenters and much more will be available to explain their services they have to offer you!

Mark it on your calendar, you don't want to miss it!

Until next time...

Editor: Cindy Gregory
Lot 183

