

VOICE OF THE VILLAS

May 7, 2024



From **RICH HUHN**, Chair, ARB Committee

The ARB Committee requests that all future ARB submissions be on hard copy only (no email or text). Thank you.

Just a reminder, all printed ARB requests must be submitted to the Committee no later than ten (10) days prior to each Board meeting which takes place the 3rd Thursday of each month.



Next Monthly Board Meeting

Thursday, May 16th

10:15 am

Jacaranda Library



Better Sleep for Older Adults

by **Michael Ettinger,**
Attorney at Law

While sleep is essential for mental and physical health, aging presents some sleep challenges. About half of all older adults report a sleep problem such as taking longer to fall asleep, shorter sleep, waking up often and napping more and longer. As we age, our body clock deteriorates and melatonin (a sleep inducing chemical) levels decline. To increase the amount and quality of sleep, the three main factors are (1) routine, (2) sleeping environment, and (3) diet and exercise.

Routine: A consistent evening routine works best for sleeping. Going to bed at the same time and “winding down” makes a considerable difference. Avoid uses of electronic devices such as smartphones and television as they emit “blue light” which inhibits melatonin production and can upset body rhythms. Blue light blocking lenses may avoid this problem.

Sleeping Environment: Cooling down the bedroom can lead to better sleep. If the thermostat is out of your control, a fan will help. Light should be just enough to allow you not to trip and fall should you need to get out of bed. Darkness options are blackout blinds or curtains and covering any electronics that emit light. An eye mask can work wonders too. Outside noises or partners who snore can disturb sleep.

Consider “white noise” machines or spa-like recordings to help you sleep. Like the eye mask for light, consider ear plugs for noise. While a firm, comfortable mattress and quality pillows with breathable fabrics are

essential, there are other high-tech options that may assist, such as mattress and pillows that adjust their temperature as yours changes. Many people report a weighted blanket works wonders.

Diet and Exercise: Caffeine and sugar are stimulants that prevent sleep. While alcohol can help you fall asleep, the sleep quality suffers. Eating earlier and drinking less will both help your body get to sleep and stay asleep. Moving around more, either by doing chores, taking a few trips up and down the stairs or simply sitting down and getting up a few times avoids the sedentary lifestyle that causes insomnia. Few things promote sleep better than a walk outside in the fresh air. To learn more visit purple.com/blog/senior-sleep-guide.



Memorial Day, May 27th, is a federal holiday in the United States for honoring and mourning the U.S. military personnel who died while serving in the United States Armed Forces. From 1868 to 1970, it was observed on May 30. Since 1971, it is observed on the last Monday of May.



Villa website

<http://www.myvocc.com>/Resident Directory Password: VillasCC1.

Chestnut Creek Master Association (CCMA)

<http://www.chestnutcreekvenice.com>

Villas address and phone list

Last updated: 4/28/2024

Lot	Last name	First name	Family members	Address	Phone Number 1	Phone Number 2	E-mail 1	Email 2
149	Perri	Ben & Paula		400 Pendleton Drive	941-587-7126	727.599.5020	prom11@verizon.net	
150	Borghart	Bruce		402 Pendleton Drive	573-216-8583		borg55@aol.com	bwiebers@yahoo.com
151	West	Gary		404 Pendleton Drive	917-991-3382			
152	Corliss	Ethel		406 Pendleton Drive	941-493-7427		janecorliss@comcast.net	
153	Tatko	Stan		408 Pendleton Drive	609-286-4161		stantatko@gmail.com	
154	Hallee	David & Susan		410 Pendleton Drive	941-412-4692		halleesd@comcast.net	
155	Cornwell	Liz & Charles		412 Pendleton Drive	804.539.1194		lizandchas320@yahoo.com	
156	Dogoda	Joe & Norma		414 Pendleton Drive	585-748-0513		Jdogoda@rochester.rr.com	
157	Larr	Jim & Karlen		416 Pendleton Drive	330-689-1122 J		jlarr57@yahoo.com	
158	Albert	Dave & Diane		418 Pendleton Drive	716-418-4900		dianealbert@yahoo.com	
159	Edwards	Brad & Bridget		420 Pendleton Drive	770-656-9534		bradget@bellsouth.net	
160	Shipps	Edye		422 Pendleton Drive	941-270-0752		shippsie@yahoo.com	
161	Shelton	Christine		424 Pendleton Drive	317-627-6906		cahshelton@hotmail.com	
162	Bacon	Arthur	Karen Wilberg	426 Pendleton Drive	941-473-1269		baconart3@gmail.com	
163	Patenaude	Donald		428 Pendleton Drive	413-320-9060		bigberthai@hotmail.com	
164	Silva	Joe & Tricia		430 Pendleton Drive	508-916-8504		JPSIL1@comcast.net	
165	Neil	Henry		432 Pendleton Drive	512.576.2380		hneil@mac.com	
166	Larson	Doug & Phyllis	Belensy Estate	434 Pendleton Drive	303-263-0119		PhyllisMarieLarson@gmail.com	
167	Milligan	Neil & Patricia		436 Pendleton Drive	814-490-6229		pattimilligan47@gmail.com	
168	Boddy	Darlene & George		438 Pendleton Drive	928-300-9851 D		boddycook@gmail.com	
169	Devney	Jim & Rosemary		440 Pendleton Drive	719-210-7502 J		jdevney@comcast.net	
170	Ives	Daisy & Paul		442 Pendleton Drive	618.920.7268		panddives4@yahoo.com	

Lot	Last name	First name	Family members	Address	Phone Number 1	Phone Number 2	E-mail 1	Email 2
171	Ramsey	Doug		444 Pendleton Drive	865-696-4228		ramsaydoug@msn.com	
172	Scarfo	Joseph & Maria		446 Pendleton Court	781-454-3333		jmscarfo787@gmail.com	
173	Gdovic	Jim & Linda		450 Pendleton Court	941-786-0200	412-266-0355	xprincipal@comcast.net	
174	DeAngelo	Sam & Elaine		452 Pendleton Court	941-882-0066		samsource@aol.com	
175	Snyder	Jim & Jane		454 Pendleton Court	715-356-5134		jsnyder6412@yahoo.com	
176	Vanderkrants	Melanie		456 Pendleton Court	802-735-7907		MKVKRAATS@msn.com	
177	Peterson	Cathy		460 Pendleton Court	941-416-6153		cat1192@hotmail.com	
178	Watson	Bob & Wendy		462 Pendleton Court	289-356-7440		bwats9806@gmail.com	
179	Strayer	Keith & Joan		466 Pendleton Court	630-388-8612 K		Keith.strayer@gmail.com	strayer267@comcast.net
180	Thurman	Jerry		468 Pendleton Court	941-960-9532		jerrythurman707@gmail.com	
181	Hallberg	Jane		474 Pendleton Place	860-395-8970		janern2020@gmail.com	
182	Dobis	Eric & Lnda		476 Pedleton Place	517.292.9838 (E)	810.623.9113 (L)	edobis@hotmail.com	ldobis@gmail.com
183	Henderson	Sandra		478 Pendleton Place	239-572-1085		ezeFrance@hotmail.com	
184	Fogarty	Linda		480 Pendleton Place	941-882-4695		lindafogarty02@gmail.com	
185	Amato	Joseph	Robert Hicken	482 Pendleton Place	302-339-2794 J	302-228-5255 R	joeamato1960@gmail.com	rob@roberthicken.com
186	Zuray	Debbie	Gagi DzukljeV	484 Pendleton Place	254-295-7976 D		maxmybigboy1@gmail.com	
187	Clancey	Jane		486 Pendleton Place	585-388-0142		Janie.Clancey@gmail.com	
188	Halsteed	Jo		488 Pendleton Place	815-751-2391		sully9797@aol.com	
189	Deimler	Eileen		492 Pendleton Place	717-507-7244		eileendeimler@yahoo.com	
190	Warner	Patricia	Dante Marino	496 Pendleton Place	516-983-9742 P		pwarnerbcc@gmail.com	dantem2948@gmail.com
191	Woudenberg	Debbie		500 Pendleton Place	616-502-0136 D		brucewoud@gmail.com	
192	Shern	Marian	Chris Shern	502 Pendleton Place	941-492-5399		mmshern502@hotmail.com	
193	Englert	Jeanette		504 Pendleton Place	941-497-0637			
194	Kosakiewicz	Jesse & Jozefa		508 Pendleton Place	847-652-3756		jesse.kosak@gmail.com	iwona.ponze@gmail.com
195	Degon	Edward & Marie		510 Pendleton Place	215-491-2928		edmare68@outlook.com	
196	Kienitz	Lyle & Alice		512 Pendleton Place	989-295-5138 L		d176on25n@gmail.com	pm44e7@gmail.com (L)

Lot	Last name	First name	Family members	Address	Phone Number 1	Phone Number 2	E-mail 1	Email 2
197	Perrier	Judi		514 Pendleton Place	941-493-6886	941.586.2125	jeperrier@netzero.com	
198	Nowaczyk	Joseph	Tammy Huber	516 Pendleton Place	716-692-6488		JCNCZYK@yahoo.com	tammylhuber@yahoo.com
199	Rodgers	Jane		518 Pendleton Place	508-380-9175		janerodgers518@gmail.com	
200	Haas	Jeri		520 Pendleton Place	941-493-0236	248.933.0132	jhaas7667@yahoo.com	
201	Sullivan	Jim & Judy		526 Pendleton Drive	941-350-8969		judithsullivan@comcast.net	
202	Kerallah	Ed & Cathy		528 Pendleton Drive	781-727-5895	718.727.5899	edcatkerallah@aol.com	
203	Baughman	Thomas		530 Pendleton Drive	941.226.3347		thomasbaughman@gmail.com	
204	Mate	Julie		534 Pendleton Drive	330-603-4987		JCMATE412@yahoo.com	
205	Morris	Richard	Wanarat Pechtang	536 Pendleton Drive	941-496-7587		richardmorris20@hotmail.com	
206	Hohenwarter	Marie	VACANT	538 Pendleton Drive	941-493-6725		jmhohen@verizon.net	
207	Mikula	Gail		540 Pendleton Drive	225-287-0304		gail.mikula@gmail.com	
208	French	Richard & Dawn		544 Pendleton Drive	315-287-0267 D		dfrench4045@yahoo.com	
209	Sullivan	Richard & Anita		800 Bayport Circle	860-810-2243	860-352-8048	adblood@comcast.net	
210	Johnson	Herb & Myra		802 Bayport Circle	941.416.2916 H	941.416.2919 M	hmpenguin@comcast.net	
211	Snyder	Mary Kay		804 Bayport Circle	248-892-4995		marykaysnyder@comcast.net	
212				806 Bayport Circle				
247	McIntosh	Sally		807 Bayport Circle	513-594-0752		smcintosh4617@gmail.com	
213	Lewis	Linda	John Colwell	808 Bayport Circle	313-247-2258		lewiscolwell@msn.com	
248	Sardinas	Josephine		809 Bayport Circle	941-223-8288		Josiepurple23@gmail.com	
214	Strader	Marsha		810 Bayport Circle	239-529-7199		marshastrader@gmail.com	
249	Derby	Tania	Martha Derby Estate	813 Bayport Circle			blues4tania@yahoo.com	
250	Simanskey	Laura		815 Bayport Circle	941-788-6204		meemawvenice@gmail.com	
215	Shermet	Tessa		816 Bayport Circle	941-496-4338		tmsHEN@gmail.com	
216	Fuss	Ken & Ellen	Sue Fuss	818 Bayport Circle	941-493-5557	231-436-7977	perupilot@aol.com	whfuss@aol.com
251	Cozad	Jeannene & David		819 Bayport Circle	941-412-1154		jeannec@aol.com	dcozad@comcast.net
217	Charland	Bill & Cindy		822 Bayport Circle	207-902-3802		cindycharland@aol.com	

Lot	Last name	First name	Family members	Address	Phone Number 1	Phone Number 2	E-mail 1	Email 2
218	Gerber	John & Angie		824 Bayport Circle	317-319-1625		jeg80@comcast.net	akgerber67@gmail.com
252	Carothers	Pat & Chip		825 Bayport Circle	614-216-0418 P	614.301.8712 C	pecarothers@gmail.com	
219	Rosso	Harry		826 Bayport Circle	248-701-3258		nrosso@hotmail.com	
220	Gianotti	Judy		830 Bayport Circle	978-505-2539		Judygianotti@outlook.com	
253	DeLisi	Thomas & Diane		833 Bayport Circle	704-771-2213 D		Thomasdelisi@yahoo.com	dianedelisi50@gmail.com
221	Anderson	Noreen		836 Bayport Circle	941-492-9869	941.351.4382	donreen836@verizon.net	
222				838 Bayport Circle				
254	McDonald	Sylvia	Rita Satter	839 Bayport Circle	941-493-6057 S	941-493-4704 R	ritadolphin@yahoo.com	
223	DiGiosaffatte	Charles		840 Bayport Circle	973-970-0046		charlieDi66@yahoo.com	
255	Imholt	Thomas		841 Bayport Circle	941-223-3175		imholtt@yahoo.com	
224	Woehling	Joan		842 Bayport Circle	941-244-0174	941.416.3929 Cell	joan402@aol.com	
256	Tocco	Kathy and Vito		843 Bayport Circle	586.524.2411		ktocco@ameritech.net	
225	Haskin	Tim & Denise		844 Bayport Circle	989-339-0822		dhaskin875@gmail.com	
257	Poje	Ed	Kim Wyatt	845 Bayport Circle	217.926.5252		kellenwy@me.com	
226	Scrafford	Lisa		848 Bayport Circle	941-356-9748		lscrafford@gmail.com	
258	Grubb	Howard		849 Bayport Circle			hegrubb@aol.com	
227	Uttaro	Christine		850 Bayport Circle	941-218-6988		cjuttaro@gmail.com	
228	Richardson	Janet		852 Bayport Circle	860-309-4578		jnrchrdsn@yahoo.com	
259	LaBerge	Jeffery & Gigi		853 Bayport Circle	603-731-4282		info@gigilaberge.com	
229	dePercin	Paul		854 Bayport Circle	941-223-0059		pauldepercin@cs.com	
230	Baker	Linnie		856 Bayport Circle	941-493-6696		kristinjcrosley@gmail.com	
231	Sheridan	Dorothy		860 Bayport Circle	973-600-4875		dorothysheridan878@comcast.net	
232	Lutman	Peter & Kathleen		862 Bayport Circle	941-451-8918			
260	Huhn	Rich & Jane		863 Bayport Circle	440-541-6200 R	941.221.0574 J	RJH1983@yahoo.com	
233	Valenti	Angelo & Jo-el		864 Bayport Circle	860-637-2171	860.620.0682	ANGELO.VALENTI@sbcglobal.net	
234	Sewell	Phyllis		866 Bayport Circle	941-220-7260	440.525.0745	shebiasue@aol.com	

