

### MIND YOUR MANOR

**Orwin Manor Westminster Association Newsletter** 

No. 1 Winter 2020

### PLEASE CHECK ON YOUR NEIGHBORS

BY BOARD MEMBER LESLIE WILLIAMS

My husband Greg and I moved into Orwin Manor in November 2013 and immediately felt at home, thanks to our neighbors. We wanted so much to be part of this new family, that when asked to join the Orwin Manor Westminster Board, I jumped at the chance.

Now, as I sit here writing this article, I realize what a blessing we have to have each other. Recently, I checked on an elderly gentleman who I would look in on in my old neighborhood. He's alone and I just wanted to make sure he had what he needed. I am so happy that I did. I ended up having to call EMS to get him to the hospital; he had the flu. Thankfully, he is now getting what he needs and is okay. I'm not sharing this story for recognition

REPLACE PLANT
TALELLE
WILDERYES PRANT
TENUGLE ION TAMPING
TOTREE

Board Member Leslie Williams enjoying one of her favorite Colorado hikes.

but to showcase just one example of a neighbor's need

During this stressful time when we are house-bound and listening to the news to keep up-to-date; it can be a little scary. Just imagine living alone. Think about your neighbor; reach out to see if there is anything you can do. Maybe some of us can help educate someone about grocery delivery online, or how to video chat with a loved one.

On the back of the front page of this newsletter

is a list of all the board members with phone numbers and e-mail addresses. Reach out to us. We are all in this together and it will be easier if we do it together.

Be safe, be supportive, be smart, be patient and be kind.

I found this note being circulated online Print them out.



being circulated online. Greg Hartung and Leslie Williams

Use them to connect with your neighbors; reach out to see if there is anything you can do.

HELLO NEIGHBOR!	Are you self-isolating? Let's connect!
My name is	
I live nearby at	
My number to call or	text:
If you are self-isolating du	e to COVID-19, I can help with:
☐Picking up groceries	☐Urgent errands/supplies
Daily check-in calls	☐ Mail/Package pick-up
	sure your well-being. I will stay 6 feet on your doorstep. You are not alone!

You can also email us: info@orwinmanor.org

We are proud to have Zimmerman, Kiser & Sutcliffe, P.A.; Jeff Hall, Fannie Hillman & Associates, Inc.; Commerce National Bank & Trust; CGV Construction, LLC and Miller's Hardware as our Orwin Manor Association Neighborhood Sponsors for a year.

#### **Mind Your Manor**

is published quarterly by Orwin Manor Westminster Association P.O. Box 2367, Winter Park, FL 32790-2367.

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#### Mind Your Manor Advertising Rates

- \$50 (\$180 yearly) horiz or vert 3.67" x 4.75" or a pre-printed flyer we insert into the 315 hand-delivered newsletters
- \$25 (\$90 yearly) horizontal or vertical business card size (3.5" x 2")
- \$10 for a classified text ad (approx. 30 words) OR one free 50 word ad per member, your phone number or email required.

#### Newsletter Item/Ad Deadlines

Mind Your Manor Number I Winter
Deadline – February 1
Mind Your Manor Number II Spring
Deadline – May 1
Mind Your Manor Number III Summer
Deadline – August 1
Mind Your Manor Number IV Autumn
Deadline – November 1

Visit orwinmanor.org for neighborhood and event sponsorship opportunities and the advertising form.

Editor reserves the right to edit.

### AROUND THE CORNER

#### TAX DAY

Tax Day has been moved from April 15 to July 15. All taxpayers and businesses will have this additional time to file and make payments without interest or penalties.

# TAX

### STORES DESIGNATED SHOPPING TIME FOR SENIORS, PREGNANT WOMEN AND THOSE WITH COMPROMISED IMMUNE SYSTEMS Current as of 3/20/20

- Albertsons (Safeway and Vons) First 2 hours every Tuesday and Thursday (7am-9am)
- Big Lots First hour open of every day
- Dollar General First hour open of every day
- Fresh Market First hour every weekday Monday through Friday (8am-9am)
- Publix Every Tuesday and Wednesday 7am-8am
- Sedanos Daily from 7am-8am
- Target First hour open every Wednesday
- Walmart Will open an hour early before opening for public on Tuesdays from March 24-April 28
- Whole Foods Will open an hour early before opening for public daily

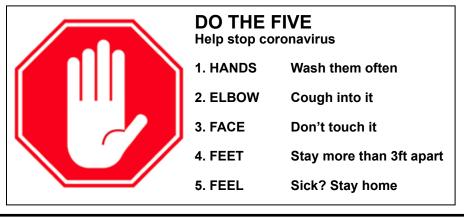
### 2020 WORDS OF THE YEAR

(Updated for March/April)

- Canceled (or cancelled)
- Postponed
- Sequestered
- Quarantined

#### IS IT TIME FOR HOLIDAY LIGHTS?

• Some bright person has suggested that holiday lights be reinstalled to brighten our evenings. We know of at least one neighbor who is doing that ASAP.



### Neighborhood Pro - Spring Gardening Tips

### BY BOARD MEMBER & ORANGE CO. MASTER GARDENER PENNY POTTER

By the beginning of March, we've past the possibility of a frost for the rest of the season. It is now time to prune cold sensitive, as well as hardy, shrubs. For shrubs that are still blooming, like azaleas, camellias, and gardenias, it's best to wait until all the blooming is done. The general rule for pruning shrubs is to cut off no more than a third of the total height of the plant. Cut at a branch node, at a slight angle. Step back from the shrub every few cuts and observe the shape - try to get a nice even shape all around the plant. Instead of trying to stuff a bunch of long sticky branches into your yard waste bin, tie the branches with stout twine, cut in no longer than 4 feet pieces, into bundles, and put them out on the curb, along with the bin.

Weeds are beginning to pick up the pace of growing, so keep ahead of them by getting out in the yard at least once a week.

It is now time to fertilize the lawn, which should be completed by early April. Be sure to get a good quality, slow release product, specifically made for your type of lawn. Use a weed & feed product only if you have weeds uniformly throughout the lawn. For scattered weeds, use a separate herbicide made for your type of lawn. As always, FOLLOW THE LABEL INSTRUCTIONS. If you mow your own lawn, this is a good time to take your mower in for service — oil change, new spark plug, air filter, blade sharpening.

For more gardening information and answers to your questions, call the Master Garden Plant Clinic at the Orange Co Extension at 407-254-9200, or go to the following websites: www.solutionsforyourlife.com and www.ifas.ufl.edu.

### **NEIGHBORHOOD GATHERINGS**

Join us at the historic clubhouse at Dubsdread Golf Course, 549 West Par Street, Orlando every second Wednesday of the month at 5:30 p.m. We have reserved the long high top table adjacent to the bar in the Taproom.

### **Upcoming Dates:**

- April is cancelled
- Wednesday, May 16, 5:30 pm
- Wednesday, June 10, 5:30 pm



Orwin Manor Neighbors with our favorite Dubsdread friend, Nathan.

### **OMA 2020 Events Calendar**

- Saturday, June 13 Neighborhood Gathering (@ Deadly Sins) 5:30-9:30 pm
- Sunday, Oct. 11 Oktoberfest (in Orwin Manor Park) 4:30 pm onward
  - Thursday, Oct. 22 Great Pumpkin Judging after 6 pm
- Saturday, Oct. 31 Witches Walk (in Orwin Manor Park) 6:30-8 pm
  - Monday, Dec. 12 Orwin Manor Aglow Judging after 6 pm
- Tuesday, Dec. 15 Holiday Party, starts at 5 pm Susan and Scott Ellis's home, 1415 Buckingham Rd.
  - Thursday, Dec. 24 Luminaries, 6 pm (rain date Dec. 25)
- Tuesday, Jan. 5, 2021 Annual Meeting, 7-9pm at Commerce National Bank & Trust

Board Meetings Third Tuesday Every Other Month 7:30-9 p.m.

Please join us! Call 407-257-1874 to place an item on the agenda.



# What you need to know about coronavirus disease 2019 (COVID-19)

### What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

### Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

### Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <a href="https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html">https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html</a>.

### How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <a href="https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html">https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html</a>.

### What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- · cough
- shortness of breath



CS 314937-A 02/21/2020

### What are severe complications from this virus?

Many patients have pneumonia in both lungs.

### How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

### There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

### If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

### What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

#### Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

### Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19

### CORONAVIRUS (COVID-19)

### **Prevention Information from the CDC**



Wash hands often with soap and water for 20 seconds or use hand sanitizer (at least 60% alcohol) if soap and water is not readily available.



Do not touch your face and cover all coughs and sneezes with a tissue or your sleeve.



Do fist bumps instead of high-fives and handshakes.



For proper handwashing, **Have plenty of disposable paper towels** (NOT cloth hand towels) or air dryers.



Clean and disinfect commonly touched areas (doorknobs, surfaces etc.).



Work now to create "work from home protocols" for staff members who may be ill with respiratory or related illness.



Face masks are not necessary for the general public! Face masks are used routinely by healthcare professionals and individuals who are already sick.



Stay home if you are sick (except if you need medical attention). Also, avoid close contact with people who are sick.

### www.ocfl.net/CORONAVIRUS







# What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

### Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

### Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See <u>COVID-19 and Animals</u> for more information.

### Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

#### Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

### Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

### Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.



CS 314937-D 02/24/2020

#### Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

### Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

#### **Monitor your symptoms**

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

#### **Discontinuing home isolation**

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: www.cdc.gov/COVID19

# CORONAVIRUS (COVID-19)

The Best Line of Defense against Viruses and Bacteria!

## **9WASH FOR** 20 SECONDS

### PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS



WET HANDS



APPLY SOAP



RUB HANDS PALM TO PALM



LATHER THE BACKS OF YOUR HANDS



SCRUB BETWEEN YOUR FINGERS



GRAB THE BACKS
OF FINGERS ON THE
OPPOSING PALMS



**CLEAN THUMBS** 



WASH FINGERNAILS AND FINGERTIPS



**RINSE HANDS** 



DRY WITH A SINGLE USE TOWEL



USE THE TOWEL TO TURN OFF THE FAUCET



YOUR HANDS ARE CLEAN

www.ocfl.net/CORONAVIRUS



### **CALADIUM BULBS AVAILABLE**

The caladium growers in Lake Placid, FL continue to breed new colorful cultivars of caladiums. One place to locally find a good selection of bulbs is at the Winter Park Farmers' Market on selected Saturdays in March and April. However, that venue is not available this year. Instead you may contact Kristin or Stephen Pategas at 407-622-4886 or spategas@hortusoasis. com to be emailed the selection of 20 cultivars. Bulbs are in their garage here in Orwin Manor and front porch pickup is an option. One bag of five bulbs of the same cultivar is \$5.00.

Proceeds fund beautification projects and host the America in Bloom judges who typically visit Winter Park in the spring. Check www.cityofwinterpark.org/kwpb and Facebook for KWPB&S and Winter Park Blooms news.

- There are two types of caladiums. Fancy-leaved caladiums are larger, and heart shaped, while the more compact lance-leaved are narrow, elongated and lend themselves for use in flower arrangements because of their lasting quality as cut foliage. They also work well in hanging baskets.
- Use caladiums in the ground, containers, or hanging baskets. Established caladiums push their foliage above ground starting in April as the soil temperatures rise above 60 degrees Fahrenheit. The foliage starts to decline many months later in late autumn as

the temperatures decline.

• Plant caladium tubers (bulbs) with the pointed growing tips up, in well-draining soil and cover with one to two inches of soil. Keep them moist and fertilize every two months during the warm months. Leaf size and longevity are directly related to the size of the tubers and care. Here in Central Florida a two

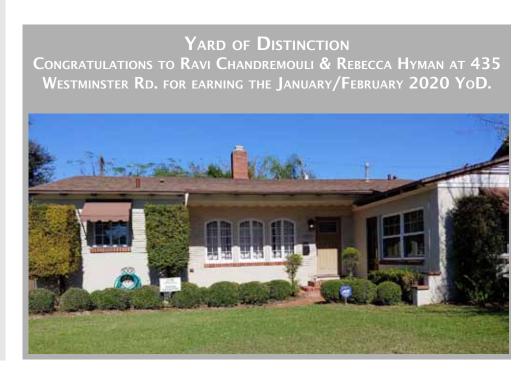
to threeinch layer of mulch protects the bulbs from the cold and they can stay in the ground. In colder climates. containers or dug bulbs can be stored dry in temperatures above 70 degrees.



### LEAVES ARE FALLING!

Don't buy mulch!! Take those falling leaves and use them to mulch your plants up to a 4" depth. Keep them a few inches away from trunks and plant stems. Leaves hold moisture in the soil, keep out weeds, encourage earthworms and add nutrients to the soil.

Spread them and bag some for future use.



### NEXT DOOR LAUNCHES NEW MAP SO NEIGHBORS CAN HELP EACH OTHER DURING CORONAVIRUS PANDEMIC

### Added features help residents stay connected

NextDoor.com recently launched a map designed to assist neighbors in providing help to each other given the current spread of the coronavirus.

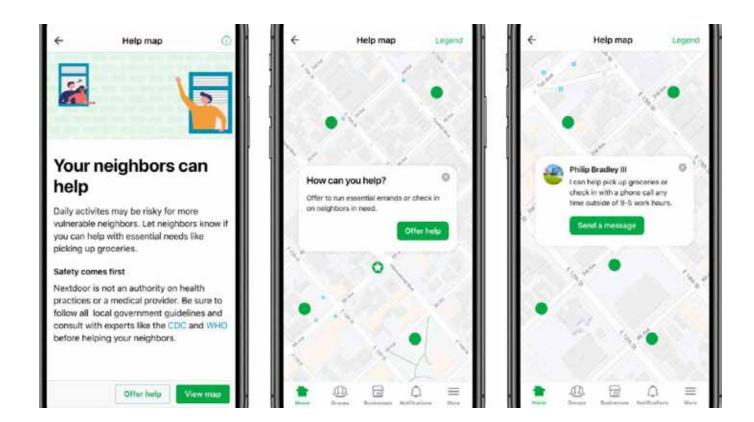
The Help Map allows neighbors to post information indicating what kind of aid they can provide -- including running errands, helping with child care or donating extra food.

"Particularly with at-risk and elderly neighbors being affected, we wanted to provide an easy way to find help in the coming weeks and months," NextDoor officials wrote in a news release.

To use the feature, you'll first need to sign up for an account by entering your address and a few other details. Then, use NextDoor.com to see your neighborhood's Help Map. From there, each user will be prompted to provide a brief description of the help they can provide and then add that information to the map. Postings can be removed at any time.

The second new tool launched, called NextDoor Groups, allows anyone in the community to create an interest group to discuss certain topics.

According to company officials, they saw users create many groups around COVID-19 during beta testing, including ways to stay entertained at home, how to help those who are most likely to contract the respiratory disease and keeping children connected during school closures.





### Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.





Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.





Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.





### Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reasure them.

If possible, make opportunities for the child to play and relax.





Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.





Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

### Orwin Manor Membership 2020 THANK YOU FOR YOUR SUPPORT THIS YEAR!

Thanks to all our existing and new members for supporting our neighborhood events and newsletter!! OMA dues fund our neighborhood events, this newsletter, our P.O. box and rental unit fees, and so much more! Our dues are only \$20 per year.

If you would like to join, simply mail a check to:

Orwin Manor Association, PO Box 2367, Winter Park, FL 32790-2367 Email us at info@orwinmanor.org.

CURRENT MEMBERS- 54 PAID AS OF FEBRUARY 2, 2020 (our \$20 membership is only \$1.67/month)

	HELLO NEIGHBOR!	Are you self-isolating? Let's connect!
	My name is	
	I live nearby at	
	My number to call or	text:
	If you are self-isolating due	e to COVID-19, I can help with:
	☐Picking up groceries	☐Urgent errands/supplies
	☐ Daily check-in calls	☐ Mail/Package pick-up
		sure your well-being. I will stay 6 feet on your doorstep. You are not alone!
	You can also email	us: info@orwinmanor.org
************	<*****	*********
Membership Form:		
Name:		
Address:		
Email Address:		
Phone: Mail with check to Orwin Manor Association		





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