SOLERA STAR

OCTOBER 2022
A Monthly Publication of
Solera at Anthem
Community Association, Inc.

To your good health 13
Community Calendar 16
Hobby Corner 26

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Solera Market Update as of September 7, 2022

Inventory continues to increase. With more inventory, many sellers are adjusting their prices. We hope to see an increase in activity as the weather gets cooler. Everyone has unique circumstances when it comes to buying and selling. Please give us a call for up to day market information.

CLOSINGS: There were 10 closings in August, an increase compared to the 4 closings in July.

INVENTORY: At press time, there are 32 homes listed for sale in Solera and 6 under contract.

PRICE: The average sales price for homes in August was $413,250, down from July's average of $446,250. The lowest priced sale in July was $375,000 and the highest was $517,000. Average price per square foot for homes sold in August was $304, up from July's average of $297.

UNOBSTRUCTED VIEWS IN BACK!

2369 Amana Street ▪ $449,000 ▪ MLS #2414536

Listed by Chris Wolfgram, Windermere Anthem Inspirada

BRIGHT AND OPEN FRANKLIN MODEL WITH 3 BEDROOMS!

2491 Sirius Star Street ▪ $499,000 ▪ MLS #2423339

Listed by Anna Marie Dyer, Windermere Anthem Inspirada

ON THE COVER

The Solera Lifestyle committee hosted its inaugural pumpkin-carving competition in 2021. The winning entry (shown on the cover) was this carved Halloween cat by Solera resident Nancy Stec. A second Solera celebration of the fall festival is scheduled from 6:00 p.m. to 8:00 p.m. on October 28 and will include an expanded pumpkin art event with carving, painting and decorating/crafted categories. Pumpkin entries must be delivered to the community center by noon on October 26. (Photo by Larry Edsall)

ON THE WEB

Please see the photos below and more on our website at www.soleranews.com under Event Galleries.

Aces game

Bingo

Veterans Ice Cream Social

Tuacahn Outing – Joseph and the Amazing Technicolor Dreamcoat

Disco Event

FirstService Residential ..... (702) 215-8165
Solera at Anthem Community Association
2401 Somersworth Drive
Henderson, Nevada 89044

Administration Office

Monday – Friday..... 8:30 a.m. - 4:30 p.m.
After hours Emergency Number ..... (702) 215-8165

Community Center.....(702) 207-1407
Fax..... (702) 405-6211
Monday – Saturday.....6:00 a.m. - 8:00 p.m.
Sunday .....6:00 a.m. - 8:00 p.m.

Pool hours –
Sunday: 6:00 a.m. – 6:45 p.m., Monday: 6:00 a.m. – 6:00 p.m., Tuesday, Wednesday, Thursday, Friday and Saturday: 6:00 a.m. – 7:45 p.m.

For questions about your balance or for general information, call (702) 215-8165.

Jacob Kay
Community Manager.....(702) 207-1414
jkay@soleraatanthem.us

Florine Radulovic-Kay
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Assistant Lifestyle Director ..... (702) 201-1430
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John Cannon
Facilities Manager ..... (702) 207-1406
jcannon@soleraatanthem.us

Reporting Leaks in Solera and Anthem Parkway

Solera Community - Contact John Cannon at jcannon@soleraatanthem.us or main line at (702) 207-1407

Anthem Parkway - Contact Anthem Council Community Manager, Ivy Cullen at (702) 737-8580 (Press "0" to speak to the operator to report the leak)

Assessments are due quarterly on the 1st
January 1 - April 1 - July 1 - October 1
http:/Nevada.fsrconnect.com/soleraatanthem.us

SOLERA RESIDENTS:

Solera Website : Homeowners can access the Solera Website by going to www.soleranews.com. You can access the FirstService website by logging onto https://soleraatanthem.connectresident.com

DEL WEBB CUSTOMER RELATIONS
1-800-664-3089 or 1-800-589-7900

Following is the address for Assessment Payments:
Solera at Anthem
c/o FirstService Residential
P.O. Box 30422
Tampa, FL 33630-3422

Board Members

Joe Lightowler, President..... jlightowler921@gmail.com
Ken Sawyer, Vice-President..... solerakens@gmail.com
Frank Nobel, Secretary ..... fnobel@cox.net
Marci Madine, Treasurer ..... marci.madine@gmail.com
Ray Carvajal, Director.....soleraray@centurylink.net
Bob Waskowitz, Director ..... bdwaskowitz@yahoo.com
Ken Moser, Director.....chefmoser1@icloud.com

When emailing the above Board Members, please put "Solera" in the subject line.

Please send all violation reports and/or complaints to the Management Office in writing.

Board Of Directors Schedule Of Future Meetings

Meetings are held in the Stardust Ballroom of the Clubhouse, located at 2401 Somersworth Dr., Henderson, NV 89044

Agendas are available the week before the meeting, and are emailed out to all residents with an email address on file. To request a copy of the agenda, you may also reach out to Management directly.

October 6..... 9:30 a.m. .....BOD Executive Session ..... Stardust
October 12 ..... 9:30 a.m. .....Board of Directors Meeting ..... Stardust
November 2..... 9:30 a.m. .....BOD Executive Session ..... Stardust
November 9..... 6:30 p.m. .....Board of Directors Meeting ..... Stardust

www.soleranews.com

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"ASK LAURA ABOUT REAL ESTATE"

Hello Solera Homeowners!

Laura Harbison

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REALTY EXECUTIVES
SOUTHERN NEVADA PROPERTIES

The list of properties for sale is starting to get so long that this month I am giving you a condensed summary - and you can let me know by phone or email if you would like a detailed list of what is available (and/or what has sold recently). There are currently 7 Lewis floorplans ($375,000-449,000), 5 Clark floorplans ($414,000-430,000), 4 Fremont floorplans ($409,000-430,000), 1 Monroe floorplan ($429,900), 13 Whitney floorplans ($438,000-518,800), and 9 Franklin floorplans ($475,000-499,500) for sale.

This month I am featuring two of the ever-popular Whitney floorplans for your consideration (please tell all of your friends and family about these fabulous homes!

Featured Property — 2504 Crater Rock

2504 Crater Rock Popular Whitney floorplan, 2 BR + den, 2 BA, 1596 SF with 2-car garage. Spacious great room with ceiling fan, dining area, and island kitchen with corian countertops, upgraded cabinets, breakfast bar, pantry and stainless steel appliances. Owner's Suite with Ceiling Fan, W/I Closet, Luxury Vinyl Flooring, and Bath with Raised Vanity, Upgraded Dual Sinks, Shower, Upgraded Fixtures, and Tile Flooring. Secondary Bedroom with Ceiling Fan and Luxury Vinyl Flooring, Den/Office with Recessed Lighting and Luxury Vinyl Flooring. Den/Office with Recessed Lighting and Luxury Vinyl Flooring. Interior features include Two-Tone Paint, Blinds, Upgraded Tile and LVP Flooring (no carpet), Lever Door Handles, and Laundry Room. Back Yard with Covered Patio, Mature Low Maintenance Landscape with Artificial Turf. $450,000

Featured Property — 2473 Jada Dr

2743 Solera Sky Dr Fantastic Whitney floorplan on oversized corner lot! 1596 SF, 2 BR + den/office, 2 BA, 2-car garage. Spacious Great Room w/ Ceiling Fan and Recessed Lighting, Dining area, and Island Kitchen with Corian Countertops, Upgraded Cabinets w/Pull-Out Shelves, Breakfast Bar, Recessed Lighting, Pantry, Tile Flooring, and Stainless-Steel Appliances. Owner's Suite with Ceiling Fan, W/I Closet, Crown Molding, and Bath with Raised Vanity, Dual Sinks, Shower, and Tile Flooring. Secondary Bedroom with Ceiling Fan and Den/Office with Ceiling Fan and Recessed Lighting. Two-Tone Interior Paint, Exterior Painted February 2022, Plantation Shutters, Alarm System, Epoxy Driveway and Walkways, Front and Rear Security Doors, Laundry Room, and Two Car Garage with Epoxy Floor Coating and Cabinets. Backyard w/ Covered Patio, Gas BBQ Stub, Low Maintenance Landscape w/ Synthetic Turf! $475,000

ARC Committee
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Ingrid Serina
Robert Brightwell
Terry Hazelbaker
Gregg Shiffbauer
Terry Phelps
David Chavez
Florence Hayashi - Alternate
Vida Carr - Alternate
Shelley Payne-Pittman - Alternate
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Susan Newman
Sally Hughes - Alternate
Susan Zinna - Alternate
Gloria Zimny - Alternate
Liaison: Bob Waskowitz

PLEASE NOTE
The following committee needs volunteers:
Communications Committee and Finance Committee

For more information or to apply please contact management at soleraatanthem@fsrnevada.com

Residents are welcome to attend any committee meetings that are of interest, except Covenants and ARC. Meeting dates are on the Calendar page.

WELCOME

Management and the Solera at Anthem Board of Directors are excited to announce Florine Radulovic-Kay, as the new Assistant General Manager of Solera. Florine has over 20 years of business operations experience and is eager to provide assistance to Solera's residents. Florine will be the go-to member of Management for questions or concerns regarding Architectural applications, compliance matters, account inquiries, membership status, and other general correspondence. Please welcome Florine when you get the chance as she settles into her new role within the community.

It is election time again!

No, I'm not referring to the upcoming Federal, State and Local elections. This election is more personal.

I'm referring to the upcoming Solera at Anthem (**SAA**) Home Owners Association (**HOA**) Board of Directors (**BOD**) election.

We are looking for volunteers for the **four (4)** positions that are opening up. Yes, I said **VOLUNTEERS** as these positions are **non-salaried** and this will be a **two (2) year commitment**.

Soon, you'll be receiving information from the HOA Election Process Supervisor with the pertinent election information:

- Election Calendar
- Nominee Disclosure and Information Statement
- Candidate's Information Statement (BIO)
- Ballot Instructions
- Meet the Candidates Events
- Annual Owner's Meeting Agenda

This is your opportunity to do what the late President Kennedy stated, with a slight modification.

"Ask not what your HOA can do for you but ask what you can do for your HOA."

NOW IS THE TIME TO GET INVOLVED!

Solera at Anthem Community Association Election Schedule of Events 2022-2023

Approximately Oct 20, 2022	Nominee Disclosure and Information Statement mailed to homeowners. Nominees should request other documents from the Election Process Supervisor.
Nov 17, 2022 (90 days)	Persons who have declared candidacy may begin campaigning.
Dec 2, 2022 4:00 p.m.	Nominations Closed. Deadline to file Nominee Disclosure and Information Form, and (if desired by nominee) Candidate Information Statement, i.e. "bio."
Dec 14, 2022 9:30 p.m.	Drawing of names to be conducted to determine the order of placement on the ballot and all other election documents. After drawing, Candidate Information Statements will be posted in the Recreation Center.
Approximately Jan 20, 2023	Candidate Information Statements will be mailed to homeowners.
Approximately Jan 20, 2023	Ballots will be mailed to homeowners.
Jan 19, 2023 6:00 p.m. (Thursday)	Meet the Candidates Event - Candidates seated on stage in the order in which their names appear on the ballot. After introductions and opening remarks, the audience will be invited to ask questions. Event moderated by the Election Process Supervisor.
Jan 22, 2023 2:00 p.m. (Sunday)	Informal Meet the Candidates Event – Meet and Greet style, homeowners and candidates will get the chance to mingle in a less formal setting.
Feb 15, 2023	• 4:00 p.m. – Ballots must be in possession of the Election Process supervisor in order to be counted. • 4:00 p.m. – Annual Unit Owners Meeting Called to Order, then recessed during counting. • 5:30 p.m. – Annual Unit Owners Meeting re-convened. • Immediately Following the Annual Meeting - Organizational Meeting of the new Board of Directors will begin.
Feb 16, 2023	Deadline for candidates to remove all posters and signs.

'Serving Those Who Served'

By The Veterans and First Responders Club

"Serving Those Who Served" is a saying used by the U.S. VETS - Las Vegas.

Back in 2014 when our club was founded, one of our first guest speakers was Shalimar Cabrera, the executive director of the U.S. VETS. Before she was even finished speaking, the club members wanted to know how our club could assist. The club was just starting, we had a few dozen members, and no funds to speak of.

We decided we would hold a Solera Clothing Donation Drive. That first year we collected approximately 500 pounds, and since then the club has collected and donated well over five tons of mostly clothing, linens, books, hygiene products, and many miscellaneous items.

Since the Covid 19 pandemic, the U.S. VETS has had to make many changes, as we all did. Because of the new handling requirements, the organization is very limited in its storage space. Consequently, for the U.S. VETS Winter Clothing Drive, we are requesting the donation of the following items: men's jackets, sweatshirts, sweaters, underwear, and socks. Please place them in plastic bags or boxes marked: Winter Wear.

The club will have an area set up in front of the Solera community center on Saturday, October 15, from 10:00 a.m. to noon to accept your donations. The club will give you a donation receipt reflecting your donation and showing that the U.S. VETS is a 501 c 3 non-profit organization.

We also will have a table set up for those in need of new flags, or to retire distressed ones, and a container for those that wish to make a monetary donation to the Club.

The club meets the first Tuesday of each month at 6:30 p.m. in the Stardust Room. We have guest speakers at most meetings plus at all meetings we have a door prize, a 50-50 raffle, and refreshments. All residents of the Solera community are invited to attend the meetings and to join the club.

For more information, or you are in need of a new flag, call (702) 558-8459.

Lights… action… gala!

(725) 244-4200

Yes, it's almost here, the Foundation Assisting Seniors' third-annual Gala. We hope you'll join Ken Moser and others for a great night of entertainment, food and to help all seniors and veterans.

The event is scheduled for October 8 at the M Resort.

FAS also is selling tickets for its annual golf cart raffle. Contact Ken or call the FAS office between 9 a.m. and noon.

The Foundation Assisting Seniors is here to help you when you need us and provides valuable services to all of Las Vegas.

Durable equipment loans are available so Solera seniors and veterans remain comfortably in their own homes. Delivery and pick-up of equipment is done by our team of volunteers and includes canes, walkers, oxygen concentrators, scooters, hospital beds, and more. All equipment is maintained, cleaned, disinfected and sanitized using Micro Shield 360.

A comprehensive description of the program can be found at www.foundationassistingseniors.org.

Additional services that continue to be offered include filter replacement, battery replacement for CO and smoke detectors, lubricating garage doors, and replacing overhead lights. Call the FAS office to request assistance.

Our nationwide HowRU wellness check program makes it easy to check on loved ones, providing peace of mind to families all over the country. A daily call is made at the time you choose. The person called presses the number 5 on their phone to let the system know things are fine. If 5 is not pushed, a second call is made. If there is still no response, a call is made to an emergency contact so the person can be checked personally.

To sign up for the program, visit www.foundationassistingseniors.org or call (725) 244-4200.

SOLERA COMMUNITY HEALTH FAIR

HEALTH FAIR

Sponsored by
Southwest Home & Wellness Events

On Saturday, October 1
from 9:00 a.m. – Noon

At Solera Clubhouse in the
Stardust Ballroom & Paris Room

Admission is FREE to all residents and guests of Solera

We'll have a variety of vendors: Albertsons will be doing flu shots, Sketchers, Aetna, Abbott Spine, Dignity Health, Nevada Eye, Nuvo Health, Vein Nevada, Neptune Society, Carnegie Heights Memory Care, P3hp Nevada Health Partners, Humana, TrustMasters, Coronado Canyon Dentistry, Lifesource Water, chair massage sessions, and more.

SOLERA ART SHOW

The Solera Fine Arts Club will display a collection of original watercolor and colored pencil art for your viewing pleasure.

Sunday, October 9
1:00 – 4:00 p.m.
Stardust Ballroom

You are cordially invited to browse the art display and visit with the artists.

All works of art are created by our club members.

Refreshments will be served.

This annual art show is always well attended and free! Mark your calendar now to save the date.

Vote for your favorite work of art!

BELLAGIO®
LAS VEGAS

BELLAGIO CONSERVATORY & CASINO OUTING

On Tuesday, October 11

Bus departs from the Solera Clubhouse at Noon and will return around 5:00 p.m.

Tickets are $12

Tickets will be available for purchase at the Clubhouse Encore Lounge Tuesday, September 20 at 9:00 a.m.

HALLOWEEN EVENT

PUMPKIN CARVING, PAINTING, & DECORATING CONTEST

DROP OFF YOUR PUMPKIN AT THE CLUBHOUSE BY WEDNESDAY, OCTOBER 26, 2022 BEFORE NOON

HALLOWEEN PARTY

Friday, October 28 from 6:00 - 8:00 p.m.

Residents $20 / Guests $22

Tickets will be available for purchase at the Clubhouse Encore Lounge on Monday, October 10 at 9:00 a.m.

Costume contest (prizes awarded to winners)

Taco catering will be provided and cupcakes will be served.

This is also a BYOB event.

Entertainment will be provided by Mark Aston. Mark is a versatile performer, and singer song writer for Warner Brothers Studios and a regular at Bella Vita Restaurant's in Vegas. He has headlined The Mirage Casino, Fiesta Henderson and Sunset Station Casino and played on stages including The MGM Grand, Mandalay Bay, Sam's Town, Harrah's Casino in San Diego, Humphrey's by the Bay, and Belly Up Tavern.

Pigeon patrol, and birds of prey

By Pamela Wilson

On pages 16 and 17 of the March 2021 issue of the *Solera Star*, we featured Civon Kanellis, co-owner of Las Vegas-based Airborne Wildlife Control Service, and her warning not to feed the coo, which, we learned, is another term for pigeon.

"People and pigeons can live together in harmony if we understand how to coexist without creating an unhealthy environment for each other," she said. "By taking measures to deter pigeons from your home rather than attracting them, you can make your neighborhood happier and healthier for everyone."

Feed one, she added, and every pigeon in the neighborhood will be visiting you as well.

A U.S. Fish and Wildlife-certified "master falconer," she shared a brief history of people and pigeons, noted the dangers of using poison to control the pigeon population, as well as other details. Now we announce that she will be visiting Solera on October 21, and not only to discuss pigeons, but to introduce us to the world of Peregrine Falcons and other birds of prey.

See the announcement below for details.

Pigeon Control Presentation

Presented By Civon Kanellis
(Owner of Airborne Wildlife Control Service)

Friday, October 21 at 1:00 p.m. in the Stardust Ballroom

Civon will share her extensive knowledge and education about our highly adaptable, hearty, opportunistic "Coos" (aka pigeons) and talk about pigeon control in residential areas.

As a big bonus, she will introduce us to the world of Peregrine Falcons, other birds of prey and more.

If you are interested in attending the presentation, please sign up at the Clubhouse front desk.

SOLERA HEALTH FAIR SCHEDULED OCTOBER 1

Positive perceptions of aging

By Rita Amerio

Having control over our life is something that we all treasure. As we age, sometimes we may worry about maintaining that control. Often our own children may begin to feel that they need to insert themselves into our lives and take away some of our independence. They may begin to think of us as physically frail or mentally not as sharp as 20 years ago. One way to prevent this from happening, is for us to demonstrate positive perceptions of aging.

Research has shown that these perceptions can:

- Help us live an average of 7.5 years longer
- Enable us to make more new friends and enjoy greater social support
- Allow us to enjoy greater life satisfaction
- Encourage us to engage in more preventive healthy behaviors, such as eating a balanced diet and being physically active.

Adopting these perceptions will help us to achieve a greater level of independence that will be evident to our family and friends. We develop these concepts when we think of our later years of life as:

- A time of continued growth and learning
- Development of social relationships
- Increasing feelings of control over aging.

So, what is the best way of making these changes in our lives?

The secret to keeping the brain functioning well is to keep learning. We can do this by joining our fellow Solerans in the many activities available at the community center. Playing cards or learning new games, engaging in various artistic activities or joining an exercise class such as dancing or aquacise.

If you're more homebound you can do crossword puzzles, sudoku, or read books.

Also right here in the area, the University of Las Vegas offers the OSHER learning center with noncredit courses with no grades or assignments to adults over the age of 50. They are offered on the computer or in person on campus. You can call (702) 774-6554 for more information.

Joining any of the club activities or trips offered by our Solera community enable you to meet new people and develop social relationships. Same is true for taking OSHER classes. Becoming aware of what is available to you in the community will enable you to increase control over the aging process.

On Saturday, October 1 from 9:00 a.m. until noon, Solera will be offering a Health Fair event with 30-40 vendors, including a flu shot clinic, that will help you gain that most important control of our perceptions of aging.

Please plan to attend.

Your personal cancer-screening timeline

By Rita Amerio

As seniors, we not only need to see our health care provider on a yearly basis, but we need to be an advocate for our own health care needs. We also should be aware of guidelines that may affect our family members. You and your family members should be aware of diseases that may make you genetically predisposed to certain types of cancer.

Here, based on guidelines for early detection from the American Cancer Society, is a list of the various screening tests available, as well as recommendations as to when to start:

Breast cancer

- Women ages 40 to 44 have the choice to start getting screened with mammograms.
- Women aged 45 to 54 should get annual mammograms.
- Women 55 and older may switch to mammograms every 2 years, or continue with yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

Unfortunately, breast cancer can also occur in men though less frequently. Both men and women should be familiar with what breast tissue looks and feels like. Any changes such as lumps, skin dimpling or takes on an “orange peel” appearance, appears reddened or inflamed or nipple discharge, should be reported to your healthcare provider as soon as possible. Finally, family history of breast cancer may put you in a higher risk category, so talk to your healthcare provider about an individualized plan for you.

Colon, rectal cancer and polyps

For people of average risk for colorectal cancer, the ACS recommends starting regular screening at age 45. Average risk means no history of family members with colorectal cancer or familial polyposis, no personal history of the same, no personal history of inflammatory bowel disease, and no history of radiation to the belly or pelvis for prior cancer.

People with average risk can:

- Use a stool based test such as “Cologuard” every three years.
- Colonoscopy every 10 years through the age of 75. Ages 76 through 85 talk to healthcare provider.

Talk to your healthcare provider with questions and check with your insurance company for coverage.

Lung cancer

The ACS is looking at updating its guidelines. The current recommendation is for yearly lung cancer screening with low dose CAT scans for people who:

- Are 50 to 80 and in daily good health, and
- currently smoke or have quit in the past 15 years,
- have a least a 30 pack-year smoking history (This is the number of packs of cigarettes per day multiplied by the number of years smoked).

Prostate cancer

The ACS recommends that men talk to their healthcare provider about whether or not to be tested.

This includes:

- Men 50 who are at average risk for prostate cancer with a life expectancy of at least 10 years.
- Men age 45 at high risk. This group includes African Americans or have a father or brother with prostate cancer diagnosed younger than age 65.
- Men age 40 with a father or brother who had prostate cancer at an early age.

Take control of your cancer risk

- Stay away or stop all tobacco products,
- Walk 20-30 minutes 3-5 times a week and maintain a healthy weight.
- Include fruit and vegetables in your daily diet.
- Decrease alcohol to 1 drink per day for women or 2 per day for men. Best is to abstain completely.
- Use sunscreen daily.
- Know your family history.
- Get screening tests as recommended by healthcare provider.

A former university nursing school director, Rita Amerio is a Solera resident and family nurse practitioner.

Easy tips for weight loss

By Jan Humphrey

Losing weight could be hard if you don't know how or where to start. The numerous commercials and ads available are confusing and sometimes you just want to give up.

Did you ever hear "you are what you eat"? Well, that is true. If you consume healthy food and exercise you will be healthier than those who do not have a healthy diet and who lead a sedentary lifestyle.

It is never too late to change your eating habits. By starting small and gradually, adding more healthy ways to change what you consume can make all the difference in your health.

Let's begin by breaking down the easy tips for weight loss into morning, afternoon, and evening segments.

In the morning, drink a tall glass of water first thing. Your body might mistake thirst for hunger leading you to overeat at breakfast. Research shows that drinking two 8-ounce glasses of water before meals can help people lose more weight.

Eating a well-balanced breakfast gives your body the nutrition to get things going and burn more calories as the day progresses. Lean on foods high in protein and fiber like Greek yogurt or eggs with whole-grain toast.

Move your body! Starting your day with a workout can also support your metabolism for more efficient muscle building.

Soup for lunch. Soup is great for a midday meal. Consuming a warm, low-calorie soup can help you eat about 20 percent fewer calories than usual and consuming too few calories can actually slow your metabolism and increase hunger. Feel like a snack midday? Opt for an apple and string cheese or hummus and veggies.

A good rule of thumb is to pre-portion your snacks to avoid overeating.

At night, avoid eating too late. When you sleep, the body slows down all of its functions, including metabolism. According to Dr. Jaydeep Tripathy, not allowing the body to digest and absorb all the food you had for dinner can result in the extra calories being stored as fat.

Warm up a nice, calming decaf tea before you go to bed and you could sleep better and lose more weight. Tea has a calming effect that can help you sleep more soundly, which is essential for weight loss.

Not getting enough sleep can put a dent in your weight-loss efforts. Aim for 7 to 8 hours of quality sleep every night.

Taking the first step is always the hardest but if you make the effort, effort changes everything!

Jan Humphrey is a certified personal trainer and senior fitness specialist.

COMMUNITY CALENDAR • OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Solera Health Fair Event 9:00 a.m. - Noon
2	3	4 ARC 9:00 a.m. Veterans & First Responders 6:30 p.m.	5 Yom Kippur	6 Communications 9:30 a.m. Executive Board 9:30 a.m.	7	8
9 Fine Arts Club Art Show 1:00 - 4:00 p.m.	10 Selling tickets for Halloween party 9:00 a.m. Covenants 10:00 a.m. Columbus Day	11 Bellagio Outing (Bus leaves at Noon) Bulk Trash Day	12 Board of Directors 9:30 a.m.	13	14	15 AARP Safe Driving Class 9:00 a.m. - 1:00 p.m.
16	17	18 Selling tickets for Henderson Silver Knights game 9:00 a.m. Lifestyle 11:15 a.m.	19 Buildings & Grounds 9:30 a.m.	20 Bingo 6:00 p.m.	21 Pigeon Control presentation by Airborne Wildlife Control Service 1:00 p.m.	22 Veterans & First Responders Club Chili Cook Off 5:30-8:00 p.m.
23 30 General Election Early Voting 9:00 a.m. - 7:00 p.m.	24 Diwali 31 General Election Early Voting 9:00 a.m. - 7:00 p.m. Halloween	25 Bulk Trash Day 	26 Finance 9:30 a.m. Community Standards 4:00 p.m.	27	28 Halloween Party 6:00 - 8:00 p.m. Nevada Day	29 General Election Early Voting 9:00 a.m. - 7:00 p.m.

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Chartered Clubs

American Mah Jongg Club.....Tuesday 1:00 p.m.
Rosalie Feit (702) 897-4965

Asian Mah Jongg Club.....Wednesday & Friday Noon
Vickie (702) 489-7922

Bridge Club.....Tuesday & Friday 12:30 p.m.
Sue Linnever (203) 232-5345

Bunco Club.....Second Tuesday 5:00 p.m.
Gerri Van Der Meer (973) 479-9690, Sue Levine (702) 837-3496

Euchre Club.....Monday 1:00 p.m.
Gregg Schiffbauer (702) 379-1399 magregg@aol.com

Fine Arts Club

Watercolor.....Thursday 10:00 a.m.
Judy Blankenship (702) 457-0550

Colored Pencil.....Tuesday 1:00 p.m.
Faye Caracci (702) 260-0558

Handcrafted Creations Club

Bead Weaving.....Thursday 1:00 p.m.
Carol Runyan (702) 558-7623

Needlework.....Friday 10:00 a.m.
Maryann Bianco (702) 453-2884 maryann.bianco@yahoo.com

Stained Glass.....Wednesdays 12:30 – 5:00 p.m.
Nick Caracci (702) 480-3609 Nick89052@yahoo.com,
Bob Stahurski (702) 994-3919

Paper Works / Greeting Cards Club.....Monday 1:00 p.m.
Linda Freitas dfreitas89044@cox.net

Party Bridge Club.....Tuesday & Thursday 12:30 p.m.
Kathleen Karstensson (702) 524-3648 or kkarstensson@gmail.com

Pickleball Club.....Monday - Friday 7:00 – 10:00 a.m.
Steve Gordon (442) 333-5877

Poker Club.....Monday Noon, Wednesday 5:00 p.m., Thursday 5:00 p.m.
Faith Laichter (702) 878-0878 laichter@aol.com

Romeo's Solera Mens Club.....Third Friday 8:30 a.m. at Southpoint
Allen Blonder (702) 395-6878

Solera Ladies Club.....Monthly Activities
Sue Boylan (702) 373-6055 srb702@gmail.com

Solera Singles Club.....Monthly Activities
Barbara Freeman (702) 436-2987 vegasgal96@AOL.com

Table Tennis Club.....Mon., Wed., Sat. 8:00 a.m. - Noon, Sun. 1:30 – 5:00 p.m.
Steve Reed (309) 696-5311

Veterans & First Responders Club.....First Tuesday 6:30 p.m.
Gregg Schiffbauer (702) 379-1399 magregg@aol.com

Water Volleyball Club.....Saturday 1:00 – 2:30 p.m.
Susan Newman (951) 850-2595 sjntchr@aol.com

Groups

Billiards.....Tuesday 1:30 – 3:30 p.m.
Ken Moser chefmoser1@icloud.com (702) 401-7823

Bocce Ball Group.....Monday & Wednesday 9:00 a.m.
Danny Mosher dsmosher66@gmail.com (702) 524-8058

Book Group.....Second Saturday Noon
Monica McAdams (702) 371-6575 monica0921@hotmail.com

Crafts and Stitches.....Tuesday 9:00 a.m.
Please Drop By

Dealer's Choice Poker.....Monday Noon – 3:30 p.m.
circuitgirl52@gmail.com

Double Deck Pinocle Group.....Sunday 4:00 – 7:00 p.m.,
Mike Sinclair (360) 567-7664 grizle@comcast.net Wednesday. 5:00 – 8:00 p.m.

Rummikub.....Sunday 1:00 – 4:00 p.m.
Richard Kroeger rkroeger22@yahoo.com

Tennis Group.....Saturday 7:00 a.m.
Sam Misraji (818) 207-1947

Health & Fitness

Aquasize.....Monday, Tuesday, Thursday & Friday 10:00 a.m.
Diane Fimiano Aquadiane1@aol.com

Party Time Dance.....Tuesday Noon – 1:00 p.m.
Carol Page (702) 205-0164 carolpage11@yahoo.com

Power Walkers.....Daily 7:30 a.m.
Cheryl Beaudry (702) 823-5441

Solera Starz Cardio Class.....Tuesday 8:30 a.m.
Candee Wolfe (419) 230-9407, Ardena Golder (702) 263-9770,
Lorie Frigillana (702) 487-5725

Solera Starz Dance Aerobics.....Monday, Wednesday, Friday 8:30 a.m.
Arda Reitter (702) 462-6167, Carol Page (702) 205-0164

Solera Starz Line Dancing.....Monday 4:30 – 6:00 p.m.
Arda Reitter (702) 462-6167, Carol Page (702) 205-0164

Tai Chi Clinic.....Monday & Thursday 11:15 a.m.
Ken Pavese (702) 407-8111

Yoga Friends.....Tuesday & Thursday 9:00 a.m.
Merrilee Gaines mgaines823@hotmail.com

ZUMBA.....Thursday 8:30 – 9:30 a.m.
Mary Richard (702) 521-2583

Personal Training Services:

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Daniel Garza..... (702) 845-6535
Wesley Allen..... (702) 289-5417

HENDERSON SILVER KNIGHTS GAME

at the
Dollar Loan Center
Saturday, November 5

Tickets will be available for purchase at the Clubhouse Encore Lounge on Tuesday, October 18 at 9:00 a.m.

Tickets are $40 (includes transportation)

Bus will leave from the Clubhouse at 5:30 p.m.

LARA ASH & INFERNO CONCERT

Friday, November 18

from 6:00 – 8:00 p.m. in the Stardust Ballroom

$15 residents/ $17 guests

Tickets will be available for purchase at the Clubhouse Encore Lounge on Tuesday, November 1 at 9:00 a.m.

Performing Dance Favorites and Show Stopping Rock and Roll!

Las Vegas' Hottest Variety Show/Dance Band is a beautiful blend of great musicians! They play a wide variety of music that appeals to all audiences. Focusing on songs people love to hear, dance to and sing along, the band brings an exciting high energy performance to every venue.

Lara Ash & Inferno have been performing together for over 17 years and thoroughly enjoy what they do. Their talent and professionalism will excite any crowd, and keep them happy and coming back time and time again!

You cannot out-exercise a bad diet

By Jan Humphrey

Eating right can be a struggle with so many prepared, box foods available.

The old adage “you are what you eat” remains true for today. Studies have shown a worrisome connection between sugar and both high blood pressure and heart disease. In one can of soda there are 9 teaspoons (36 grams) of sugar. Ketchup has 11 teaspoons (28 grams) and a single Oreo cookie has 1 teaspoon (4 grams) of sugar. In a 2012 study, a daily diet soda increased heart attack risk by 43 percent.

Many people overindulge because they think eating low fat entitles them to eat more. Yet “low fat” often contain added sugar to enhance the flavor.

Even some fruit has high amounts of sugar. One medium wedge of watermelon has 17 grams, a medium pear has 17 grams, and a mango has 45 grams. There are, however, fruits that have less sugar. A medium slice of cantaloupe has 5 grams, an avocado has ½ gram, and a cup of strawberries has 7 grams.

Exercise is essential to combat weight gain and to live a healthier life. A mistake made by many is that they think by eating low fat food they don’t need to exercise.

The body is designed to move. Walking, strength training or doing some form of cardiovascular exercise is what the body requires for good health. Being able to pick up your grandchild, carry groceries or perform everyday activities is essential for independent living.

We start losing muscle mass in our 30s. It is important for our wellbeing to seek out exercise that you enjoy so you will continue with it.

Exercise is medicine for your body.

Jan Humphrey is a certified personal trainer and senior fitness specialist.

Exercise and the immune system

By Pam Altice, ACE certified trainer and health coach

Have any of you ever heard of Sir William Osler? He was a famous Canadian medical doctor who was one of the four founding professors of Johns Hopkins Hospital. He once quipped, “There's only one way to treat the common cold, with contempt." And for good reason. The average adult has two to three respiratory infections each year.

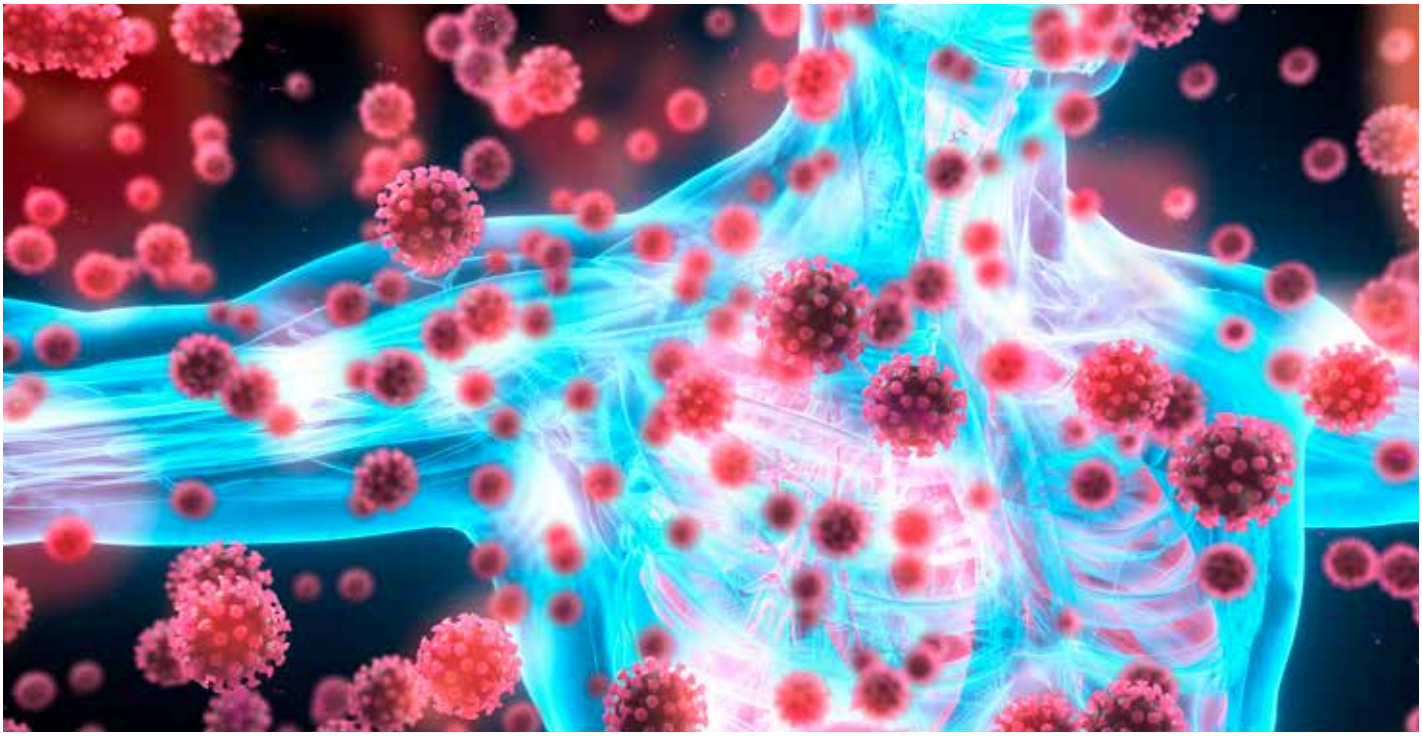
Whether or not you get sick with a cold after being exposed to a virus depends on the many factors that affect your immune system. Getting older, smoking, mental stress, poor nutrition, lack of exercise, and lack of sleep have all been associated with impaired immune function and increased risk of infection.

Research has established a link between moderate, regular exercise and a strong immune system. Early studies reported that recreational exercisers reported fewer colds once they began running (not necessary for you to begin running). Moderate exercise has been linked to a positive immune system response and a temporary boost in the production of cells that attack bacteria. It is believed that regular, consistent exercise can lead to substantial benefits in immune system health over the long haul.

Important safety warning: If you walk alone, it is wise to carry some form of identification should you fall or need urgent care. Also carry a cell phone with you in case of any unexpected occurrence.

Interesting facts about older Americans: You can stretch your lifespan by taking these facts to heart.

- Exercise is key! Physical fitness is at the crux of successful aging.
- Working past retirement can keep you alive. Many long-lived professionals kept working after retirement age, even if it’s just part time.
- Women generally live longer than men.
- Conscientious people live longer. Being persistent, working hard, and a little obsession is the secret to long life.
- A happy marriage can save your life. People living in happy marriages tend to live longer, but getting rid of a troublesome spouse can also have a positive effect on your longevity.
- You can’t get enough resveratrol from wine: Resveratrol, found in wine, can slow the aging process, but wine does not contain enough to make a difference.



Treadmills: Know when to hold them

By Jan Humphrey

There are many health benefits for those who use treadmills. First and foremost is cardiovascular health. Treadmills are a great way to build stamina and have a more robust heart and lung system.

Along with cardiovascular health, treadmills enhance body stability and balance, improve emotional health, and help to decrease blood sugar levels. It can also aid in bone and joint health, muscle toning and recovery and weight management.

When there is inclement weather, treadmills help to provide the daily exercise the body needs for physical health and stress reduction. By setting the treadmill at an incline of at least one percent or more it simulates as if running outdoors. Increase the gradient further and you increase calorie burn and workout intensity. If you are walking slowly, a gradient change can cause a big boost in energy expenditure and also calorie burn.

As with any exercise equipment, there are right and wrong ways of using them. Holding onto the treadmill screen puts undo stress on the neck and upper back. Holding onto the side rails puts undo stress on the shoulder and neck muscles.

If stability is an issue, just touching the side rails for a moment will bring back stability.

When running or walking fast, do so without holding onto any part of the treadmill. The pulling of the upper back, shoulders and neck muscles could cause injury to those areas. Standing erect on the treadmill works the core which strengthens the abdominal muscles and back muscles. Your mother always said to stand and sit up straight. That also goes for the treadmill.

Exercise is medicine to your body. It is never too late to start!

Jan Humphrey is a certified personal trainer and senior fitness specialist.

SOLERA DAYS COMMUNITY EVENT

Saturday, November 12
from 10:00 a.m. – 2:00 p.m.

Free to all residents and guests of Solera

The event will include the following:
Car show, fall craft show, & live entertainment by JTM
Hot dog lunch will be available for $5
Bottled water and soda $1

The Solera Ladies Club will be holding a Bake Sale at the **Solera Days Community Event** on November 12, 2022 from 10:00 a.m. – 2:00 p.m. The event will be held at the Clubhouse with the Bake Sale taking place in the Encore Lounge.

Come enjoy a yummy treat… or two!

All Baked Goods are Homemade!

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Come check out our Birthday, Thank You, and Holiday baskets!

November 12 from 10:00 a.m. - 2:00 p.m.
in the Clubhouse Fremont Lounge

sponsored by the Solera Ladies Club

Socialization and its importance to seniors

Whether living at home or in a senior facility, one of the critical needs in the lives of seniors is socialization. Unfortunately, many seniors live alone, and senior isolation is not an uncommon problem. This critical need can seem difficult to remedy when looked upon at face value, but upon inspection, it can be an easy dilemma to solve.

“The more participation in social relationships, the better overall health for seniors,” doctors John Rowe and Robert Kahn wrote in their book, Successful Aging. They understood the importance of social interaction and of seniors who are engaged in the world around them. A 2011 study by the University of Miami’s Global Business Forum showed that, “lifestyle and attitude are significantly more important than genes in determining the vitality of one’s golden years.”

Seniors living at home who are experiencing the best in independent living can still be lonely. Those receiving care at home may receive communication and contact with others but may not always get to spend as much time with those caregivers as they would like.

It’s important for all seniors – if possible – to get out of the house and socialize with others. While socialization is often thought of as a group activity, it can often be something as simple as a visit from a neighbor. That time together can help ward off illnesses and boost the immune system, research has shown.

The Rush Alzheimer’s Disease Center in Chicago published a study which states that lonely individuals may be twice as likely to develop the type of dementia linked to Alzheimer’s disease in late life as those who are not lonely.

"Humans are very social creatures. We need healthy interactions with others to maintain our health," said Robert Wilson, a doctor involved in the study. "The results of our study suggest that people who are persistently lonely may be more vulnerable to the deleterious effects of age-related neuropathology."

The importance for seniors to socialize is well documented. But, again, some people have difficulty determining how to go about accomplishing that goal, even though the benefits of it are easily found.

Living in Solera makes it much easier to socialize. There is a long list of activities and social events that are available. Long-time residents, reach out to new residents and neighbors who don’t seem to interact much and invite them to join you at an event.

A simple act of kindness can do wonders in a stranger’s life and you never know, you might meet your next good friend.

LUNCH & SHOP AT TOWN SQUARE

Monday, November 28

Bus will leave Solera at 10:00 a.m. and return around 3:00 p.m.

$10 per person for transportation

Tickets will be available for purchase at the Clubhouse Encore Lounge on Monday, November 7 at 9:00 a.m.

MEDICARE 101

LUNCH & LEARN

Wednesday, November 16
11:30 a.m. – 1:00 p.m.
In the Stardust Ballroom

Please sign-up at the Clubhouse Front Desk if you're interested in attending the seminar.

Take the guesswork out of Medicare. Fully understanding Parts A & B can be difficult alone, but Parts C and D can be daunting for the vast majority of people eligible for Medicare. Also, there are gaps in Medicare coverage that can be filled with a Medicare Supplement. Medicare Supplement plans can come in all shapes and sizes. Come learn about the different options available to see which plan makes the most "cents" for you and your budget. Presented by Jimmy Lin, Founder of Right Path Retirement.

Susan creates holiday lawn decorations

By Frank Nobel

Susan Koch moved to Solera in October 2019 and brought with her a passion to create large-scale holiday lawn decorations.

She says she began her hobby in 1998 without any clear reason, just picked up a jigsaw and began creating lawn pieces, including camels, for a Christmas nativity scene. She recalls the scene may have been inspired by a familiar Precious Moments scene.

Through the years, people would see her lawn works and offer to purchase them, or ask to have something made just for them. Santa Claus is the most requested, and she tries to keep each of her Santas different because no one wants one just like the one just down the block.

She can work on any holiday theme and has done mummy-themed versions of Snoopy and Woodstock for Halloween.

She works with half-inch plywood because she believes its strength is necessary for her creations to withstand the elements. If she is painting the work herself, she protects it with a sealant. Customers have the option to doing their own paintwork.

Most of Susan's creations are limited to being 4 feet in length, the width of a standard plywood sheet, but the figures are large enough for viewing from the street.

Susan gave up her jigsaw after seeing a TV commercial for the RotoZip saw, which she's found to make the work much easier.

Her creations can be leaned against a fixed object, such as a wall, or fence, or can be freestanding by attaching water-line brackets to the figure's back side to secure rebar rods that can be driven into our hard, desert "soil."

Susan's hobby keeps her busy, except during the summer months, when it's just too hot to work in her garage. If you're interested in her creations, you can email her at susan1koch@icloud.com

Do you have a hobby you're willing to share with other Solerans? If so, please email Frank Nobel at fnobel@cox.net with details and photos.

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†"Diabetes and Oral Health." Diabetes.org. https://diabetes.org/diabetes/keeping-your-mouth-healthy

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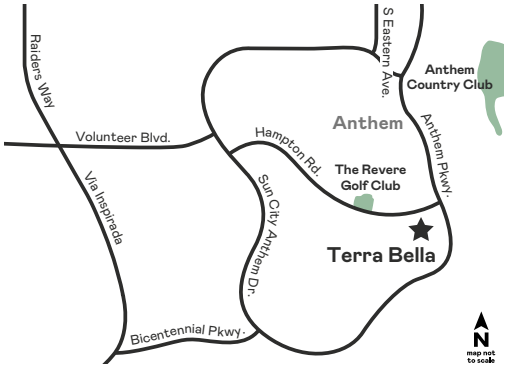

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Pursuant to the Fair Housing Act, this housing is intended for occupancy by at least one person 55 years of age or older per home. Plans to build out this neighborhood as proposed are subject to change without notice. Features, amenities, floor plans, elevations, and designs vary and are subject to changes or substitution without notice. Items shown are artist's renderings and may contain options that are not standard on all models or not included in the purchase price. Availability may vary. Sq. ft. is estimated; actual sq. ft. will differ. Models/lifestyle photos do not reflect racial or ethnic preference. Maps are not to scale and are for relative location purposes only. Prices do not include closing costs and other fees to be paid by buyer (including a builder fee as described in the purchase agreement) and are subject to change without notice. This is not an offer in states where prior registration is required. Void where prohibited by law. Copyright © 2022 Lennar Corporation. Lennar and the Lennar logo are U.S. registered service marks or service marks of Lennar Corporation and/or its subsidiaries. Greystone Nevada, LLC, 48844. Ryland Homes Nevada, LLC, 56652. Date 09/22

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$1,750,000.00 - SELLER SOLD 2000 TULIP GROVE CT	$1,225,000.00 - SELLER SOLD 2368 BLOOMING VALLEY CT	$1,075,000.00 - BUYER SOLD 2507 HARDIN RIDGE DR	$999,900.00 - SELLER SOLD 2360 BLOOMING VALLEY CT
$770,000.00 - SELLER SOLD 2255 JORDAN VALLEY CT	$743,750.00 - SELLER SOLD 2682 RICEVILLE DR	$710,000.00 - SELLER SOLD 2001 TULIP GROVE	$710,000.00 - BUYER SOLD 2001 TULIP GROVE
$635,000.00 - SELLER SOLD 1600 WILLIAMSPORT ST.	$635,000.00 - SELLER SOLD 2460 OZARK PLATEAU DR	$579,000.00 - SELLER SOLD 2897 FOXTAIL CREEK AVE	$550,000.00 - SELLER SOLD 2412 OZARK PLATEAU DR
$550,000.00 - SELLER SOLD 2805 FOXTAIL CREEK AVE	$530,000.00 - SELLER SOLD 2447 EAGLE HARBOR DR	$520,000.00 - BUYER SOLD 2468 JADE SKY ST	$512,000.00 - SELLER SOLD 2130 FORT HALIFAX ST
$500,000.00 - BUYER SOLD 2612 SAVANNAH SPRINGS AVE	$490,000.00 - SELLER SOLD 2492 JADA DR	$475,000.00 - BUYER SOLD 2632 HARRISBURG AVE	$465,000.00 - SELLER SOLD 1632 ROCKCREST HILLS AVE
$445,000.00 - BUYER SOLD 1644 BLACK CANYON RD	$429,900.00 - SELLER SOLD 2455 EAGLE HARBOR DR	$429,900.00 - BUYER SOLD 2455 EAGLE HARBOR DR	$379,000.00 - SELLER SOLD 2523 STARLIGHT VALLEY ST

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為社區忠誠服服務!

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