



Rainbow Lake Manor Newsletter

August 2010



Letter from the Office...

Greetings Homeowners!

Summer is flying by and it's already August. Fair season is back which means everyone has the opportunity to keep busy while enjoying the wide variety of events and entertainment.

The Wisconsin State Fair begins on August 5th and runs through August 15th with an entertainment schedule featuring something for everyone. Just about every genre of music is touched upon, from pop artist and American Idol winner Jordan Sparks to country's Montgomery Gentry, who will be sure to perform a number of their top twenty chart singles. Check out the schedule at www.wistatefair.com

In addition to the musical entertainment, there's so much more including animal shows, cream puff eating contest and even an oldest attendee award presentation.

After the WI State Fair wraps up, the Kenosha County Fair begins on August 18th and runs through August 22nd. August 18th is Senior Citizen Day with \$5 admission and on the 20th it's children's day making it even more exciting.

Similar to the State Fair, the Kenosha County Fair offers Horse and Pony shows as well as Pie Auctions and Demo Derbies. In addition to all of that, there is also musical entertainment to cap-off the festivities. To find out more visit www.kenoshacofair.com.

While enjoying "fair" season remember to use caution when exposed to high temperatures and humidity. See page 2 for some highlights and helpful tips.

Remember to visit us at the Community Coffee Meeting on August 4th at the Community Center. Both Marc Lofman and Scott Rose will be on hand to answer any questions or address concerns. We hope to see you there!

Special Events

August 1st

Taste of Wisconsin

August 4th

9:30 am

Community Coffee w/ Marc Lofman & Scott Rose
Community Center

August 5th-15th

Wisconsin State Fair
West Allis, WI

August 13th

Fish Fry
Antioch Moose

August 18th-22nd

Kenosha County Fair
Wilmot, WI

August 21st

5:00 pm

Potluck Dinner
Community Center

Rainbow Lake Manor
19900 128th Street
Bristol, WI 53104

Phone
(262) 857-2891

Fax
(262) 857-9335

E-mail
rainbowlake@wi.rr.com

Office Hours
Monday, Wed-Fri: 9am – 1 pm
Tuesday: CLOSED

Rules and Regulations Reminders

- ☀ We recognize that we have published this reminder each month however, it appears that some residents have not yet gotten the message that that the speed limit within the community is **10 mph**. Reckless driving endangers all of our residents. We are watching and will take any reports speeding and/or reckless driving very seriously. So, please be careful and respect your neighbor's safety – mind the 10 mph speed limit at all times. Continuous violation is grounds for eviction.
- ☀ No oil change, tire change or other types of vehicle repair is permitted within the community. Management will remove any vehicles in violation of these Rules and Regulations.

Simple tips to help beat the heat

With summer in full swing, people over the age of 65 are more prone to heat stress than younger people because they do not adjust as well as younger people do to sudden change in temperature, they are more likely to have a chronic medical condition that changes normal body responses to heat, and they are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration. Following are some simple tips to help manage the affects of the dangerous heat wave that has gripped our area this summer:

- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body. Avoid using salt tablets unless directed to do so by a physician.
- **Eat small meals and eat more often.** Avoid high-protein foods, which increase metabolic heat.
- **Slow down. Avoid strenuous activity.** If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning from 4:00-7:00 am.
- **Stay indoors when possible.** If air-conditioning is not available, stay on the lowest floor out of the sunshine. Remember that electric fans do not cool, they simply circulate the air.
- **Be a good neighbor.** During heat waves, check in on elderly residents in your neighborhood and those who do not have air conditioning.
- **Learn Red Cross first aid and CPR.**

Signs and Symptoms of Heat Exhaustion

When the heat begins to take its toll, the body begins to show signs that it's time to take heed. Warning signs of Heat Exhaustion may include one or more of the following:

- Heavy Sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

Treating the Heat Exhaustion Victim

- Get the person out of the sun and into a shady or air-conditioned location
- Lay the person down and elevate the legs and feet slightly
- Loosen or remove the person's clothing
- Have the person drink cool water or other nonalcoholic beverage without caffeine
- Cool the person by spraying or sponging him or her with cool water and fanning
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke
- If fever is greater than 102° F, fainting, confusion and seizures occur, call 911 immediately

Senior Dining Luncheon August Menu

Friday, August 6th

Vegetable Lasagna
Stewed Tomatoes & Zucchini
Italian Bread
Pineapple Chunks

Friday, August 13th

Baked Cod w/ Dill Sauce
Rice Pilaf
Carrot Coins
8-Grain Bread
Tropical Fruit Salad

Friday, August 20th

Orange Chicken Breast
Wild Rice Blend
Cauliflower w/ Peas
Wheat Bread
Birthday Cupcake

Friday, August 27th

Hawaiian Meatballs
Dilled Green Beans
Brown Rice
Wheat Bread
Apricot Halves

Milk, Juice, Coffee and Tea are included
RSVP by 12:00 pm -Thursday afternoon
To Mickey or Diana at 262-843-3828

"GREAT NEIGHBOR" REFERRAL PROGRAM

At Rainbow Lake Manor, we believe that good friends make great neighbors and what better way to build your neighborhood than by referring your friends and family to our beautiful community.

We're giving you the opportunity to show and share your enthusiasm about where you live by offering the "Great Neighbors" Referral Program. Here's how it works:

- For each referral that results in the sale of a new home, both the resident referrer and the purchaser will receive their choice of \$1,000 cash or a 50" flat screen television (value not to exceed \$1,000).
- For each referral that results in the sale of any pre-owned home, both the resident referrer and the purchaser will receive their choice of \$500 cash or a 37" flat screen television (value not to exceed \$500).
- To qualify, the buyer must present a completed referral card at the initial visit or, in the case of a private sale, at the time of application. Referral cards are available in the office.

When you refer a "Great Neighbor" to Rainbow Lake Manor, everyone wins! Please contact the office with any questions and we look forward to meeting your friends.

"Great Neighbor" Referral Program Good Friends Make the Best Neighbors!

Homeowner Name: _____ Homesite #: _____ Date: __/__/____

Purchaser Name: _____ Homesite #: _____

Qualification for the referral fee varies based on transaction type. Terms and conditions apply. Please see our Property Manager for further details. In order for the referral fee to be paid, this card must be presented at the initial visit. All fees will be paid at the time of closing. Offer Expires: 8/31/2010

*Westwood Estates
7801 88th Avenue
Pleasant Prairie, WI 53158
(262) 694-1233*



*Rainbow Lake Manor
19900 128th Street
Bristol, WI 53104
(262) 857-2891*

Sharefest 2010 is Coming Soon

ShareFest is an annual event in which numerous churches and organizations unite to serve the community. On Saturday, October 3, we will be assisting our Senior Citizen and Disabled community in Antioch, Bristol (Rainbow Lake Manor), Lake Villa, and Lindenhurst. We seek seniors (55 and older) who are in need of various home assistance efforts. For example, we are able to complete:

Yard work
Gutter and window cleaning
Weather stripping
Window insulation
Storm window installation
Battery replacement in smoke detectors
Light bulb replacement
Heavy object removal/relocation
Light housecleaning
Basic painting
Portable air conditioning unit removal or covering
Furnace filter replacement
Minor roof repair
And other minor construction projects!

To sign up or learn more, please contact: Kacey Stevens at 847-772-2057
Please feel free to contact the following churches for references: Crossview Church 847-395-4117,
Hope Community Church 847-265-0551, NorthBridge Church 847-838-0800.

Please fill out form and mail to: Northbridge Church, Attn Kacey Stevens, 229 Depot Street, Antioch, IL 60002

Print Name Mr Ms _____

Print Address _____

Phone () _____

Best Time to Call Morning Afternoon Evening

Other method of contact _____

PLEASE SEND FORM BY FRIDAY, SEPTEMBER 17, 2010

Rainbow Lake Manor Activity Calendar

August 2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p>1</p> <p>Taste of Wisconsin</p> <p>7:00 am-3:00 pm Wilmot Mountain Flea Market</p>	<p>2</p> <p>Yard Waste Collection</p> <p>11:00 am Red Hat Society</p>	<p>3</p> <p>10:00am-4:00pm Sewing Club</p>	<p>4</p> <p>9:30 am Community Coffee with Marc Lofman & Scott Rose</p> <p>9:00 am – 10:00 pm Bookmobile</p>	<p>5</p> <p>Wisconsin State Fair</p> <p>NOON Deadline for Sr. Luncheon Registration</p> <p>1:00 pm – 4:00 pm Needlework & Crafts</p>	<p>6</p> <p>Wisconsin State Fair</p> <p>12:00 pm Sr. Dining Lunch</p>	<p>7</p> <p>Wisconsin State Fair</p> <p>Kenosha Harbor Market</p>
<p>8</p> <p>Wisconsin State Fair</p> <p>7:00 am-3:00 pm Wilmot Mountain Flea Market</p>	<p>9</p> <p>Wisconsin State Fair</p> <p>Yard Waste Collection</p>	<p>10</p> <p>Wisconsin State Fair</p> <p>10:00 am– 4:00 pm Sewing Club</p>	<p>11</p> <p>Wisconsin State Fair</p> <p>9:30 am Community Coffee</p> <p>9:00 an – 10:00 pm Bookmobile</p> <p>DEADLINE TO REGISTER FOR FISH FRY</p>	<p>12</p> <p>Wisconsin State Fair</p> <p>NOON Deadline for Sr. Dining Luncheon Registration</p> <p>1:00 pm – 4:00 pm Needlework & Crafts</p> <p>6:30 pm Bingo</p>	<p>13</p> <p>Wisconsin State Fair</p> <p>12:00 pm Sr. Dining Lunch</p> <p>5:00 pm Fish Fry Antioch Moose</p>	<p>14</p> <p>Wisconsin State Fair</p> <p>Kenosha Harbor Market</p>
<p>15</p> <p>Wisconsin State Fair</p> <p>7:00 am-3:00 pm Wilmot Mountain Flea Market</p>	<p>16</p> <p>Yard Waste Collection</p>	<p>17</p> <p>10:00 am– 4:00 pm Sewing Club</p>	<p>18</p> <p>Kenosha County Fair</p> <p>9:30 am Community Coffee</p> <p>9:00 am– 10:00 pm Bookmobile</p>	<p>19</p> <p>Kenosha County Fair</p> <p>NOON Deadline for Sr. Dining Luncheon Registration</p> <p>1:00 pm – 4:00 pm Needlework & Crafts</p>	<p>20</p> <p>Kenosha County Fair</p> <p>12:00 pm Sr. Dining Lunch</p>	<p>21</p> <p>Kenosha County Fair</p> <p>Kenosha Harbor Market</p> <p>5:00 pm Potluck Dinner Community Center</p>
<p>22</p> <p>Kenosha County Fair</p> <p>7:00 am-3:00 pm Wilmot Mountain Flea Market</p>	<p>23</p> <p>Yard Waste Collection</p>	<p>24</p> <p>10:00 am – 4:00 pm Sewing Club</p>	<p>25</p> <p>9:30 am Community Coffee</p> <p>9:00 am – 10:00 pm Bookmobile</p>	<p>26</p> <p>NOON Deadline for Sr. Dining Luncheon Registration</p> <p>1:00 pm – 4:00 pm Needlework & Crafts</p> <p>6:30 pm Bingo</p>	<p>27</p> <p>12:00 pm Sr. Dining Lunch</p>	<p>28</p> <p>Kenosha Harbor Market</p>
<p>29</p> <p>7:00 am-3:00 pm Wilmot Mountain Flea Market</p>	<p>30</p> <p>Yard Waste Collection</p>	<p>31</p> <p>10:00 am – 4:00 pm Sewing Club</p>				