



*“If you focus on what you’ve left behind,
you will never be able to see what lies ahead.”*

No matter where you are, it’s safe to say you’re probably looking forward to wishing this year a “not-so-fond” farewell in a few days.

If you are not able to gather with friends and family this year, you can still pop some bubbly wherever you are *or get into bed early and forget the whole year ever happened, no judgment here!*

Lynn and I are looking forward to saying “goodbye” to the year of election chaos and welcoming a clean slate that 2025 brings.

Don’t get too sentimental, but you should be proud! You survived a lot this year.

Reward yourself, splurge on that extra fancy bottle, get some takeout, and celebrate this New Year’s Eve for surviving 2024 if that’s all you did, that’s a huge accomplishment.

**“Fasten your seatbelts folks
it’s going to be a bumpy ride in 2025”**

Happy New Year, Daniel



Daniel Martin President
Lindy Simmons VP
Nadine Olera Secretary



Deborah Dorsey
David Jagirdar
Barbie McAdoo
Erica Swanson
Jordan Thomasina



7.24 Mailboxes All mailboxes serving Lots shall be approved in accordance with the provisions of Article 6 hereof. Identical replacement mailboxes may be installed without further approval, but no modification to or change in mailboxes may be made unless approved in accordance with the provisions of Article 6 hereof

12.1 Enforcement The Board of Directors may impose fines or other sanctions for violations of the foregoing, which shall be collected as provided herein for the collection of assessments. Failure to comply with this Declaration, the Bylaws, or the rules and regulations shall be grounds for an action to recover sums due for damages or injunctive relief or both, maintainable by the Association.





Being a “Self-Managed” HOA isn’t hard everyone adheres to the rules!

Being your KOA President for about four years can be and has been challenging at times. That said, let me address a few things going into 2025. One of my top priorities is increasing and protecting home values in our community. While Hoas require dues and enforcement of rules, the benefits they provide can go beyond “policing” and have significantly boosted Kensington property values year-over-year. Creating a beautiful, desirable community is one of the primary ways any HOA increases property values by preserving a community’s appearance and aesthetic appeal.

Our Architectural Guidelines ensure a cohesive look that reflects the original color palette but slightly evolves over twenty-five years. Well-maintained common areas like our pools, tennis courts, and common ground landscaping make for an attractive environment that new homebuyers are looking for. According to the National Association of Realtors, homes in HOA communities are worth 5-6% more than comparable non-HOA homes. Much of this premium comes from buyers paying for the curb appeal and amenities an HOA provides.

In addition to our common areas, our CC&Rs require all homeowners to maintain their individual properties to communitywide standards. For example, your home's “curb appeal” free of eyesores like chipped trim paint, driveway debris, or lawn weeds has significantly more buyer appeal than areas without such standards. Thus, it makes sense that when you sell your property here in Kensington, you’re likely to be able to sell at a higher competitive price point because your home comes with that association “guarantee” that all has been well maintained on your home’s exterior and the community itself. https://www.kensingtonowners.com/_files/ugd/0945b7_67d4e5d58be54aa69f95fe11fd72bfa3.pdf

Rules and Regulations protect home values! Some homeowners have said our rules and community Covenants/CC&Rs seem excessive, but I assure you that they are far more relaxed than many HOAs that surround Kensington. Rules around noise, pets on leash, street parking, home rentals, and other potential nuisances ensure a peaceful living environment. A neighborhood with HOA rules is often much more desirable than one with frequent disruptions. Additionally, many buyers value the security and oversight HOAs provide to properties when owners are away.

**COMING
SOON**

Kensington Event Committee

My name is **Jordan**, I am the PR Coordinator for the newly formed KEY. The goal is to engage with our collective Kensington community to recognize Holidays that bring neighbors together throughout the year. ***We can’t do this without you!***

- ❖ What events or “recognition dates” would you like to see?
- ❖ Do you have ideas or suggestions, or just want to help out, let me know.
- ❖ Send me your email address so that we can keep you informed about upcoming events.

On behalf of the KEC Committee thank you in advance, *Jordan*

Thomasina.jordan@aol.com

EXPECTING WINTER



Sleep ZZZZZZ

- American Academy of Sleep Medicine www.aasmnet.org
- American Sleep Apnea Association www.sleepapnea.org
- National Center on Sleep Disorders Research www.nhlbi.nih.gov/sleep
- National Sleep Foundation www.sleepfoundation.org
- Restless Legs Syndrome Foundation www.rls.org

Medicare, Medicaid & Social Security

- Medicare www.medicare.gov
- Centers for Medicare and Medicaid Services www.cms.hhs.gov
- Medicare Rights Center www.medicarerights.org
- Medicare www.shiptalk.org
- State Medicaid Offices cms.hhs.gov/medicaid/allstatecontacts.asp
- Social Security www.socialsecurity.gov
- Railroad Retirement Board www.rrb.gov



How do our sleep needs change with age?

Age	Recommended	Not recommended
Newborns 0-3 months	14 to 17 hours	Less than 11 hours More than 19 hours
Infants 4-11 months	12 to 15 hours	Less than 10 hours More than 18 hours
Toddlers 1-2 years	11 to 14 hours	Less than 9 hours More than 16 hours
Preschoolers 3-5 years	10 to 13 hours	Less than 8 hours More than 14 hours
School aged 6-13 years	9 to 11 hours	Less than 7 hours More than 12 hours
Teenagers 14-17 years	8 to 10 hours	Less than 7 hours More than 11 hours
Young adults 18-25 years	7 to 9 hours	Less than 6 hours More than 11 hours
Adults 26-64 years	7 to 9 hours	Less than 6 hours More than 10 hours
Older adults 65+ years	7 to 8 hours	Less than 5 hours More than 9 hours

The above sleep duration recommendations are based on a report of an expert panel convened by the US based National Sleep Foundation and published in 2015 in their journal Sleep Health. Source: Sleep Health Foundation

Let's face it folks -- English is a crazy language. There is no egg in eggplant nor ham in hamburger; neither apple or pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.