

August 2016



Holiday Homes MHP

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Barstow, CA 92311

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News & Notes

New Residents

Yvonne Williams moved into sp. 89. She has moved back here from town and is happy to be back with us.

Yousef & Suad Bahnan moved into sp. 222. They have also moved here from town.

Welcome to our new neighbors! Let's get to know our new neighbors and invite them to all the activities around the park.

Sad, Sad News

Mary Lou Barlow, sp. 236 passed away July 4th. She moved here in 2010 and was a very active member of the Senior Circle. Our condolences to her entire family, her friends (including **Kathleen Emmons**, sp. 148) and all who knew her.

Pet Patrol

Still hot but I am slowly getting used to it again. There are times I wish I was the cute little dog in the picture. Just my size of ice cream and that would go down good about now. I'm not allowed to have it but I can dream!

Take care of yourselves and your human caregivers.



Peanut





As people grow older, their chances of being victims of crime decrease dramatically. But a lifetime of experience coupled with the physical problems associated with aging often make older Americans fearful. Although they're on the lookout constantly for physical attack and burglary, they're not as alert to frauds and con games—in reality, the greatest crime threat to seniors' well-being and trust.

Want to conquer fear and prevent crime? Take these common-sense precautions.

BE ALERT WHEN OUT AND ABOUT

- Go with friends or family, not alone.
- Carry your purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket.

WATCH OUT FOR CON ARTISTS

- Don't carry credit cards you don't need or large amounts of cash.
- Use direct deposit for Social Security and other regular checks.
- Whether you're a passenger or driver, keep car doors locked. Be particularly alert in parking lots and garages. Park near an entrance.
- Sit close to the driver or near the exit while riding the bus, train, or subway.
- If someone or something makes you uneasy, trust your instincts and leave.

MAKE YOUR HOME SAFE AND SECURE

- Install good locks on doors and windows. Use them! Don't hide keys in mailboxes and planters or under doormats. Instead, leave an extra set of keys with a neighbor or friend.
- Ask for photo identification from service or delivery people before letting them in. If you are the least bit worried, call the company to verify.
- Be sure your street address number is large, clear of obstruction, and well lighted so police and other emergency personnel can find your home quickly.

For Safety's Sake

- Consider a home alarm system that provides emergency monitoring for burglary, fire, and medical emergencies.

- Don't fall for anything that sounds too good to be true—a free vacation; sweepstakes prizes; cures for cancer and arthritis; a low-risk, high-yield investment scheme.
- Never give your credit card, phone card, Social Security, or bank account number to anyone over the phone. It's illegal for telemarketers to ask for these numbers to verify a prize or gift.
- Don't let anyone rush you into signing anything—an insurance policy, a sales agreement, a contract. Read it carefully and have someone you trust check it over.

- Beware of individuals claiming to represent companies, consumer organizations, or government agencies that offer to recover lost money from fraudulent telemarketers for a fee.
- If you're suspicious, check it out with the police, the Better Business Bureau, or your local consumer protection office. You can also call the National Consumers League Fraud Information Center at 800-876-7060.



From The Manager



Thank you to the Riegel Family for another great barbecue! A very special thank you to Bob Fogle, sp. 123 for entertaining us during the barbecue! We didn't have a very big turn out this year. Hopefully we will see more of all of you next year! The next potluck will be in October. More on that in a later newsletter! Have a fantastic rest of the summer!

Pool Exercise is every **Monday, Wednesday and Friday** from **4:30-5:30PM** in the pool. Deborah Pullen is the instructor. These are low impact exercises to help you keep limber. Proper pool attire is imperative. The classes are free and open only to **Holiday Homes Residents and their guests**.

When using the **Pedestrian Gate**, please make sure that you close it behind you! We are finding the gate open at least once a day. Also, if you are using it late at night, **don't let it slam shut**. Your neighbors who live by the pedestrian gate don't like being woken up by the slamming. This month's **Mini Health Fair** (and I will be calling her the day before to confirm) will be **Thursday, June 9th** from **10-11 AM**. You can have your blood pressure taken and blood sugar tested. You never know what will be offered each month, so come down and check it out.

An important message from the office: Please make sure you make out your rent check to **Riegel Properties** and not Holiday Homes using **blue or black ink only**. Thank you!

Rose Nieman has a **Tai Chi** class in the clubhouse every **Thursday** morning from **8-9 AM**. Everyone is invited to take part. Classes are free.

For any resident in the park who refers a new resident that buys a Riegel Property home and signs a 5-year lease, you will receive a one month rent credit valid any month you choose within a one year period.

Please watch out for your neighbors. If you don't see them over a day or so and you know they haven't left on a vacation, give the office a call so we can follow up.

Andy Leopold from ADT will be here **Wednesday evening, August 3rd** for a "**Safety & Dinner/Discussion**" in the clubhouse from **5:30-7:30**. Please read the flyer later in this newsletter. I will need your RSVP before noon on that day so there will be enough food for everyone.

The **Barstow Police Department** wanted us to know that they can put your name, phone number, space number, medical condition and up to 3 contacts of friends or relatives into their computer aided dispatch system so that, in case of emergency, they have someone to call for our Resident's with Special Needs. The information would be the resident's responsibility to update or change if you move. Call the office to get the form to fill out or drop off a note at the police department with a notation stating what your note is for.

Anyone with **TV's, computers and/or monitors, microwaves, coolers, large furniture, etc.** that you want to have dumped, please call the office and we will arrange to have them picked up and disposed of for you. Do not put these types of



items in any of the dumpsters.

ATTENTION: Seniors with Diabetes and/or Arthritis, you may be eligible for FREE SHOES and/or ARTHRITIS PRODUCTS through a Medicare Program "At No Cost to You". For more information, please call Dianne Millard at 1-951-990-0017. SORRY NO HMO INSURANCES.



Office hours for Holiday Homes MHP are as follows:

Monday through Friday 8:30-11:30
Billing Period (1st through 5th) 8:30-11:30
1:00-4:30

Closed Saturday, Sunday and Holiday except by appointment.

After 4:30 PM and on weekends and holidays the answering service will pick up the phones. Please give the answering service sufficient time to get in touch with a duty manager and for the duty manager to get to you before calling back. Also, unless it is a dire emergency, please do not knock on the manager's door or call them at home. Use the answering service.

The speed limit in the park is **15** miles per hour. Please stop at all stop signs and corners that don't have stop signs. You don't want to run into one of your neighbors or their pets with your car!

Attention Seniors (age 60+)

Did you know? You could have a nutritious meal for a donation of only \$3.00? All meals include a main dish, vegetable, drink and dessert.

Where?

At the Barstow Senior Citizen's Center located at 555 Melissa Ave. Our lunch service time is from 11:30AM until 12:30PM. Our phone number is 1-760-256-5023.

This meal is provided through a grant from the Department of Aging and Adult Services of San Bernardino County. All donations are to help offset the cost of staff, utilities and the care of the equipment. Without your donation, the program would stop. You can bring a friend but if they are under 60 years of age: their donation will cost \$5.00. (This is still a great meal deal!)

We also provide meals to homebound seniors!

For more information, call 1-760-256-9111.

Thank you,
Jeff Eason

The Mini Health Fair will be Thursday, August 11th from 10-11 in the clubhouse. Aimee Hernandez will be here to take your blood pressure/blood sugar, etc. There will also be someone here from ISA Companion Animal Hospital to clip your pets' nails, etc. You never know who else will be here as well. No appointment is necessary.



ATTENTION ALL RESIDENTS

Holiday Homes MHP

Safety & Dinner / Discussion

WEDNESDAY, AUG. 3rd at 5:30 p.m. in Our Clubhouse.

LETS ALL GET INVOLVED!

ANDY LEOPOLD and America's most trusted home and medical security company, ADT is bringing our community together for a neighborhood watch security & safety discussion and **DINNER!**

EVERYONE is invited. And **EVERYONE** should be involved in this cause.

DINNER and **SECURITY MATERIALS ARE FREE!**

Andy will also introduce us to the latest medical and fire monitoring technology.

1. Live two-way voice communication with ADT's trained professionals.
2. Introducing Easy to use *One-Touch* medical monitoring panic pendant.
3. Complete range anywhere inside or around your home.

TOPICS OF DISCUSSION

1. 'SCHEMES AND SCAMS' AGAINST SENIORS
2. FIRE SAFETY TALK AND CHECKLIST
3. HOME SECURITY TALK AND CHECKLIST AND MORE!

R.S.V.P. with Sue Nikkel @1-760- 252- 3511

See everyone August 3rd!



We are doing our best to keep the park safe but we need your help, if you see someone acting suspiciously or anything suspicious, PLEASE call the Barstow Police Dept. at 1-760-256-2211. You can request that the responding officer not show up at your door. If the officer needs to talk to you, they can call you on the phone. With all of us working together, we can help minimize these types of problems.

The cameras in the park are monitored daily. We do see vehicles that go through stop signs without stopping and vehicles speeding on the streets not only by the cameras but also by direct observation. Be aware of the speed limit - 15 mph. It might not be such a bad idea to stop at all corners (even the ones that don't have stop signs) so there won't be any type of accident.

From Park Rules and Regulations, revised 6/1/06

VII. BUSINESSES, SOLICITATIONS, SALES AND SIGNS:

- A. No Business Allowed: The rental and leasing of a mobile home space does not include the privilege of using such space for the purpose of operating a business, negotiation or sale of card or trailers, except with permission from Management.
- B. No Solicitations Allowed: Commercial solicitation in the Park is prohibited.
- C. Yard Sales Approval of Management: Garage sales, yard sales, moving sales and auctions require approval of Management. The public will not be admitted to the Park for such events. Signs advertising such events or offering individual items for sale may be posted only in locations approved by Management.

VIII. MOBILEHOME SALES MUST BE APPROVED BY MANAGEMENT: Sale or resale of mobile homes within the Park shall be subject to approval of Park management and in compliance with the California Civil Code and California Administrative Code, Title 25, in effect at the time of the sale. Management must be notified of a mobile home that is for sale and must approve of all prospective buyers who intend to occupy the mobile home as tenants of Holiday Homes. Homeowners may advertise the sale or exchange of their mobile home with signage as permitted by the California Civil Code.

Recipes and Other Stuff

If you have a favorite recipe that you would like to share, please bring it to the office for copying and it will be printed in the newsletter.

Chicken Rice-A-Roni Salad submitted by Beth Burke, sp. 275

1 box Chicken Rice-A-Roni
3 green onion, chopped

3 Artichoke Hearts, chopped
3 TBSP Mayonnaise

Cook Rice-A-Roni as directed on the box. Add all other ingredients with just enough Mayonnaise to have mixture stick together. Serve either hot or cold.

August 2016

Sun Mon Tue Wed Thu Fri Sat

	1 Pool Exercise 4:30-5:30	2	3 Pool Exercise 4:30-5:30	4 Tai Chi 8-9 TOPS 5:30-7:30	5 Pool Exercise 4:30-5:30	6
7	8 Pool Exercise 4:30-5:30	9	10 Pool Exercise 4:30-5:30	11 Tai Chi 8-9 Mini Health Fair 10-11 TOPS 5:30-7:30	12 Pool Exercise 4:30-5:30	13
14	15 Pool Exercise 4:30-5:30	16	17 Pool Exercise 4:30-5:30	18 Tai Chi 8-9 TOPS 5:30-7:30	19 Pool Exercise 4:30-5:30	20 Clubhouse Floor Maintenance
21	22 Pool Exercise 4:30-5:30	23	24 Pool Exercise 4:30-5:30	25 Tai Chi 8-9 TOPS 5:30-7:30	26 Pool Exercise 4:30-5:30	27 Private Party #94 2-6
28	29 Pool Exercise 4:30-5:30	30	31 Pool Exercise 4:30-5:30			

The Little Butter Dish
Written by Cleo Bopp, sp. 174

While browsing through my treasures the other day,
I came across a little butter dish I had stored away.
It was clear glass and it was round.
It had scallops and circle designs all around.
It had a domed lid with a knob on top,
For putting the lid on or taking it off.
I thought as I looked at that elegant little dish,
"I bet most people never saw a butter dish like this."
And oh! The memories that came flooding back
As I held the little butter dish in my hand like that.
Of an old crock churn and the butter we made
How good it was, with honey or jam homemade.
We'd work the butter 'till the milk was all out of it.
Then we'd press and mold it, 'till it fit in the little butter dish.
I thought, "Oh if that butter dish could only tell
Of the happy times it served so well."
Of Christmas, Thanksgiving, Birthdays and such.
How it served the good fresh butter we all loved so much.
Of Holidays and parties and everyday dessert,
Of homemade biscuits, cornbread and pie.
Of all the wonderful days gone by.
But the little butter dish just sat there so elegantly
And never told a single thing to me.
So I wrapped it in tissue paper and packed it away,
To keep its stories for another day.



So far I've burned
a dozen hot dogs,
six burgers, and a
couple of eyebrows.

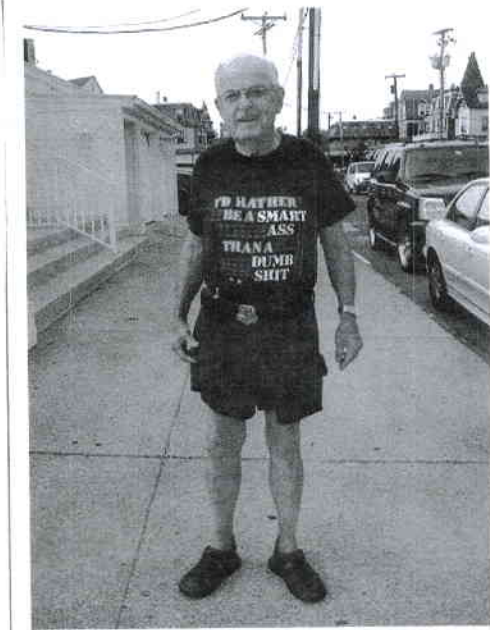


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Redneck Grill 2

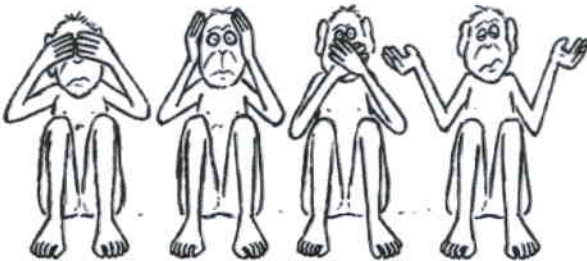


SEE NO EVIL

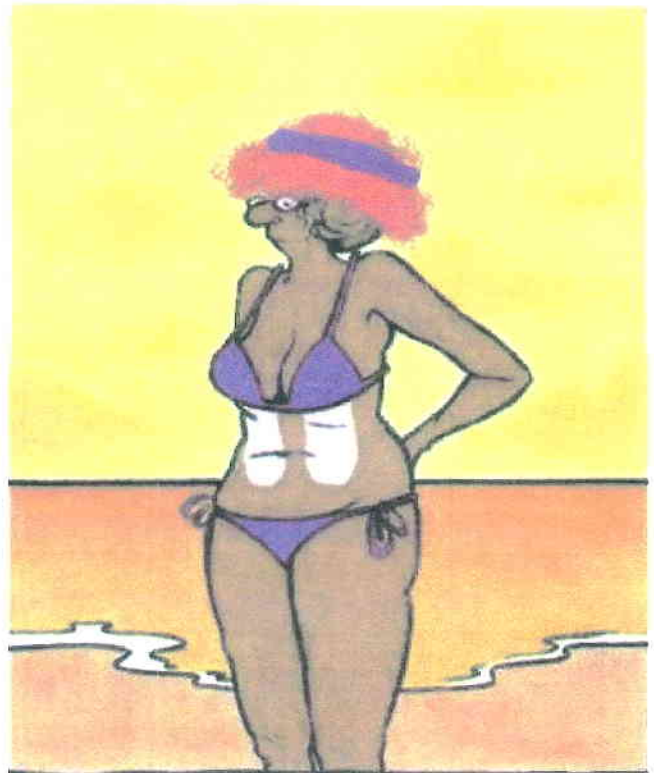
HEAR NO EVIL

SPEAK NO EVIL

HEY-SHIT HAPPENS



DWANE TINSLEY



Why older women
shouldn't sunbathe
in the nude