

## For Safety's Sake

### Some Tips for Avoiding Health Insurance Frauds

Never sign blank insurance claim forms.

Never give blanket authorization to a medical provider to bill for services rendered.

Ask your medical providers what they will charge and what you will be expected to pay out-of-pocket.

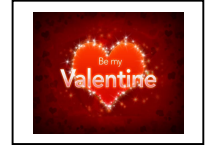
Carefully review your insurer's explanation of the benefits statement. Call your insurer and provider if you have questions.

Do not do business with door-to-door or telephone salespeople who tell you that services or medical equipment are free.

Give your insurance/Medicare identification only to those who have provided you with medical services.

Keep accurate records of all health care appointments.

Know if your physician ordered equipment for you.



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## From The Manager

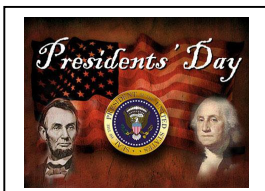
The first potluck of the year will be Monday, February 9<sup>th</sup> from 5:30PM-7:30PM in the clubhouse. John Riegel will be here preparing the roast beef and providing the mashed potatoes and gravy. We will have a special guest speaker. If you need special seating or transportation to the clubhouse, please give us a call before noon on that day at 1-760-252-3511 so we may make arrangements for you. Don't forget to bring your side dish, place settings, neighbors and your smile. See you there!

A couple of things I forgot to mention in last month's newsletter -

Thank you to everyone who sent Christmas cards and gifts to the owners and staff here at the park. I cannot thank you all individually on here but know that we greatly appreciate you.

The end of December was Gil Rodriguez's last day here as one of the staff. We hope that he is enjoying his retirement. He is missed.

I would like to introduce our new Lead Maintenance person. You have probably already seen him around the park. His name is Cary Carpenter. Cary is very enthusiastic and learning very quickly about what has to be done. Welcome Cary!





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 woke up by the slamming.

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The **office** will be **closed Monday, February 16<sup>th</sup>** for President's Day. The answering service will be taking the phones for us and will be contacting us for emergencies. Have a great holiday!

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This month's **Mini Health Fair** will be **Thursday, February 12<sup>th</sup>** here in the **clubhouse** from **10AM-11AM**. 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.

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**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!

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

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**Income Tax Assistance** will be available from **AARP** in the **clubhouse** on **Thursdays** from **9AM-11AM** starting **February 5<sup>th</sup>**. There is a flyer in this newsletter that tells you what you need to bring. No appointment necessary and the service is completely free.

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The **Yard Sale** is **Saturday, March 7<sup>th</sup>** in the **clubhouse** from **8AM-12PM**. There is a **sign-up sheet** in the office for those that would like a table. We have a limited number of tables, so sign up early.

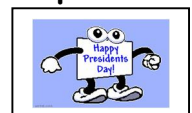
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For any resident in the park who refers a new resident that buys a Riegel Property home and signs a 5-year lease, you will receive a one month rent credit valid any month you choose within a one year period.

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.

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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 for you and disposed of. 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 Mobile Home Park 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 Holidays except by appointment.

After 4:30 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 doors 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 11:30 am until 12:30 pm. 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 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

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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.

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**FYI - 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 direct observation. Be aware of the speed limit - 15 mph and all stop signs. It might not be such a bad idea to stop even at the corners that do not have stop signs so there won't be any type of accident.

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**From Park Rules & Regulations, revised 6/1/06**

**XV. VEHICLE MAINTENANCE**

- A. Designated Areas: Washing, maintenance and repair of motor vehicles is permitted only in designated areas.
- B. Repairs: Automotive overhauls (i.e. pulling your engine, repairing the trans axle or vehicle repair lasting more than one day) in the park is prohibited.

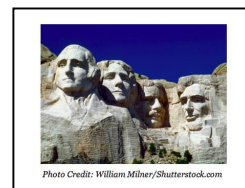
**XVI. ZONING:** The Holiday Homes Mobile home Park property is zoned MHS.

**XVII. INCORPORATING RULES IN RENTAL AGREEMENT:** The above rules and regulations and all separate rules and regulations, whether published or posted in Park facilities, are by this reference incorporated into the rental agreement.

**XVIII. LIABILITY:** The management is not responsible for any loss due to fire, accident, theft, vandalism, act of nature, failure of utilities or malfunctions of equipment.

**XIX. COMPLIANCE WITH CIVIL LAW:** No violation of any law or ordinance of City, County or State will be tolerated. No acts or misdemeanors shall be committed which would place Management of these premises in violation of any City, County or State law.

**XX. CHANGES AND AMENDMENTS:** Rules and Regulations may be amended or altered by Management and/or owners at mutual discretion, for improvement of the operations of the Park. Written notice will be provided to each resident if a change is required.



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## 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.

### Shrimp and Pea Salad

Place 1 lb. frozen cooked cleaned large shrimp and 2 cups frozen peas in colander; rinse under cool water until thawed. Drain well. Place in large bowl. Add  $\frac{1}{2}$  cup thinly sliced red onions and  $\frac{1}{4}$  cup Ranch Dressing; mix lightly. Arrange 6 cups Boston lettuce leaves on 4 plates; top with shrimp mixture.  
4 servings

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## Jokes

My parents recently retired. Mom always wanted to learn to play the piano, so Dad bought her one for her birthday. A few weeks later, I asked how she was doing with it.

"Oh, we returned the piano," Dad replied. "I persuaded her to switch to the clarinet."

"Why?" I asked.

"Because," he answered, "with a clarinet, she can't sing."

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An artist asked the gallery owner if there had been any interest in his paintings on display there.

"I have good news and bad news," the owner replied. "The good news is that a gentleman inquired about your work and wondered if it would appreciate in value after your death. When I told him it would, he bought all 15 paintings."

"That's wonder! What's the bad news?"

"He said he was your doctor."

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Last year I joined a support group for procrastinators. We haven't met yet!

I don't trip over things, I do random gravity checks!

Old age is coming at a really bad time!

When I was a child I thought nap time was a punishment...now, as a grown up, it just feels like a small vacation.

The biggest lie I tell myself is..."I don't need to write that down, I'll remember it."

Lord, grant me the strength to accept the things I cannot change, the courage to change the things I can and the friends to post my bail when I finally snap!