

## For Safety's Sake

### Safer Seniors



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 makes 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.

Don't carry credit cards you don't need or large amounts of cash.

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.

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## From The Manager

Thank you to the Riegel Family for a wonderful Christmas party! Everyone had a great time!

Winners of the decorating contest are:

Sp. 11 - Mr. & Mrs. Passmore

Sp. 18 - Ms. Mendez and Ms. Arana

Sp. 88 - Mr. English

Sp. 149 - Mr. & Mrs. Leslie

Sp. 172 - The White Family

I hope that everyone got to go around the park and look at all the pretty decorations that the resident's put up.

Christmas door prize winners are:

Sp. 255 - Ms. Hindman

Sp. 263 - Mr. & Mrs. DeWittie

Sp. 121 - Ms. Harris

Sp. 254 - Ms. Cowan

Sp. 242 - Ms. Nieman

Sp. 219 - Mr. & Mrs. Clemens

Sp. 213 - Ms. Villareal

Sp. 181 - The Mercer Family

Sp. 146 - Mr. & Mrs. Renteria





Sp. 215 - Mr. & Mrs. Larson  
Congratulations to all the winners!

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The new **Civil Codes** are here. There were no major changes so we are not required to send them to everyone. **If you would like a copy, please call the office at 1-760-252-3511 and we will deliver a copy to you.**

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The **office** will be closed **Thursday and Friday, January 1<sup>st</sup> & 2<sup>nd</sup>** for the New Year holiday. 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, January 8<sup>th</sup>** here in the **clubhouse** from **10AM-11AM**. This month representatives will be from the **Department of Aging, Rimrock Villa Convalescent Hospital, All Care Home Health, Community Hospice and ISA Animal Companion Clinic**. You can have your **blood pressure taken, blood sugar tested and many other services**. This health fair is not only for you but also for **your pets**. For instance, low cost vaccinations for Fluffy. 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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#### Checklist of Energy Efficient Practices

To keep warm during the winter and to make sure your furnace operates efficiently:

Put on extra layers of clothing.

Keep furnace thermostat set at 68° or lower during the day.

Never use your oven or range to heat your home.

Change the filter in your air return or furnace.

Have your cooler serviced (water turned off and drained) so during a freeze, the water line won't freeze, thaw and spray water everywhere.

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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.

