

June 2017

Happy Father's Day



Holiday Homes MHP

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News & Notes

New Residents

Suzanne Staggs moved into sp. 126. She moved here from Yermo and has family in Barstow.

Kathleen Milner moved into sp. 179. She moved here from Ohio to start a new job close by.

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

Pet Patrol

The Barstow Humane Society will be bringing to our Bark Park some sociable, adoptable dogs to run and play. They will be here May 1st and May 15th from 11AM-12PM. The handlers that take care of these animals really enjoy seeing them out of their kennels running, playing and socializing. If you would like, please come down to the Bark Park so you can play with the dogs. You might even find one that you would like to adopt.

April 27th was not a very good day. My best friend from the last almost 16 years is gone. Peanut was born in July 2001. My human caregivers got him when he was just 10 weeks old and he has been my constant companion every since. I will never forget him and I don't think my human caregivers will either. He brought laughter and a lot of love to our lives.

To introduce myself - I am sure that a lot of you already know me but if you don't, my name is Tabby. I joined Sue, my original caregiver in 1999. I don't even think I was six weeks old yet but I got lost. A friend of hers found me and brought me to her. Thank goodness she kept me.

Starting next month, I will have a better article for you. Stay hydrated and watch the hot weather.

Until next month -



Tabby

For Safety's Sake

Avoid These Senior Scams

The Grandparent Scam

The most widespread senior scam is where the victim receives a call from a supposed law enforcement official or grandchild in trouble out of state or abroad who needs money urgently. Usually the cash is needed to post bail and has to be a money wire payment. This is a dead giveaway for a scam.

In a new and particularly nasty variation, victims are told their loved one has been kidnapped and being held for ransom. Sometimes, the crooks know something about the



loved one and used an accomplice to impersonate their voice. Even more cunningly, they earlier phoned the genuine loved one, posing as a cell phone company representative for a maintenance project, thus preventing the grandparent from checking the story.



Do NOT fall for these tricks and wire money to unknown persons. DELAY any action on your part and remain calm. Ask for a phone number from the caller or ask them to call you back after you check with your bank. Then call the police.

Medicare Fraud

The most recent example is the Medicare refund scam, in which the crook calls and asks for personal information, including Medicare card details, so a \$250 check can be issued to you to cover the gap in covered prescription charges. They then use your personal information for identity theft. Never give any personal information over the phone unless you have initiated the call.

Other Health-Related

These scams are not directly linked to Medicare and include offers of "free" equipment/supplies and/or tests, including ones for diabetes that are either unnecessary or unreliable. Charges are hidden in the fine print of a document you must sign before delivery.

Scam artists also exploit senior health concerns by bombarding them with emails (spam) offering virility, anti-aging and memory improvement products whose effectiveness has not been proven by reliable sources. These ads are also found in magazines and the U.S. mail. Always work with your doctor and other reputable health professionals for any medications or equipment. They know your condition best.

Two Mortgage Scams

First, reverse mortgage scams target those aged 62 and up, with schemes that offer a poor financial return or trick victims into signing over the deeds to their homes in exchange for a monthly check, Second, the Deed of Reconveyance scam. Deeds are publicly available documents, when a mortgage is paid off. Scammers access these online and write victims, offering to supply the document for a fee of up to \$175 and with an implied threat of legal problems if you do not have a copy of this document. Call your local courthouse or mortgage lender when you have questions about your deed.

Funeral Home Scams

Unscrupulous funeral homes try to overcharge or persuade you to buy the most expensive items, along with bogus claims or costly services needed to meet legal requirements. Funeral homes should have a printed price list. You can also visit the website for more information on burial requirements. Lastly, ask a trusted individual to accompany you to make any final arrangements.

From The Manager

There is not pot luck this month. The pot lucks will begin again in October. More information about the 4th of July Barbecue will be in the next newsletter.

Please pay attention to all the rules posted around the pool area. If you cannot follow the rules, you will be asked to leave the area.

Also, please make sure that you don't have any weeds, trash or dead vegetation in your yard. With the weather getting warmer and even if it wasn't, these can be very dangerous fire hazards.



Exercise is every **Monday, Wednesday and Friday from 3:30-4:30PM** in the clubhouse. Deborah Pullen is the instructor. These are low impact exercises to help you keep limber. The class is free.



This month's Health Clinic will be Thursday, June 8th 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 Tuesday and 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.

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 if there is a change.

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. Those of you that are speeding on the East side of Date St. - STOP IT! 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!



June 2017

Sun Mon Tue Wed Thu Fri Sat

				1 Tai Chi 8-9 Humane Society 11-12 TOPS 5:30-7:30	2 Exercise 3:30-4:30	3
4	5 Exercise 3:30-4:30	6 Tai Chi 8-9	7 Exercise 3:30-4:30	8 Tai Chi 8-9 Health Clinic 10-11 TOPS 5:30-7:30	9 Exercise 3:30-4:30	10 Private Party #15 1-8
11	12 Exercise 3:30-4:30	13 Tai Chi 8-9	14 Flag Day Exercise 3:30-4:30	15 Tai Chi 8-9 Humane Society 11-12	16 Exercise 3:30-4:30	17 Clubhouse Floor Maintenance
18 Father's Day	19 Pool Exercise 4:30-5:30	20 Tai Chi 8-9	21 Summer Begins Pool Exercise 4:30-5:30	22 Tai Chi 8-9 TOPS 5:30-7:30	23 Pool Exercise 4:30-5:30	24
25	26 Pool Exercise 4:30-5:30	27 Tai Chi 8-9	28 Pool Exercise 4:30-5:30	29 Tai Chi 8-9 TOPS 5:30-7:30	30 Pool Exercise 4:30-5:30	

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



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

PARK RECOMMENDATIONS FOR MAINTAINING A SAFE AND CLEAN LIVING ENVIRONMENT

1. Be aware that many residents do not see well and do not expect fast-driving vehicles in the Park. Ten (10 [actually it is 15]) miles per hour is the recommended speed limit in and around the Park.
2. Please refrain from loud talking, radio, TV or other noise between the hours of 10PM and 8AM. Please do not make disturbing noises at any time.
3. All garbage and refuse should be placed in the proper containers provided therefore. Coffee grounds can be wrapped and placed in containers. Please do not dispose of garbage or coffee grounds in the sink or toilet unless mobile home is equipped with garbage disposal.
4. Towels, wearing apparel or laundry of any description should not be hung outside of mobile home or in any place except on the lines provided for this purpose in the laundry area. Please remove clothes from laundry lines as soon as they are dry. Please clean park showers, tubs and washing machines after use.
5. Gas Pilots (water heaters and stoves) should be lit only by a qualified professional.
6. Cabinets or equipment, other than patio furniture, should not be placed on patios or on the lot without the approval of Management.
7. Persons wearing swimming attire should not enter the recreation building. Proper clothing and footwear should be worn in the recreation building at all times. Please





shower before entering the pool to remove sun-tanning oils.

8. Cars dripping gasoline or oil should be repaired immediately to avoid damage to the pavement or injury to other residents.

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.

Fish and Chips with a Twist

Heat oven to 400°. Spray baking sheet with cooking spray. Place 1 ½ cups crushed salt & vinegar kettle-cooked potato chips in shallow dish.

Brush 1 Tbsp. Miracle Whip Dressing onto both sides of 4-oz. cod fillet; dip in crushed chips, turning to evenly coat both sides of fillet with chips.

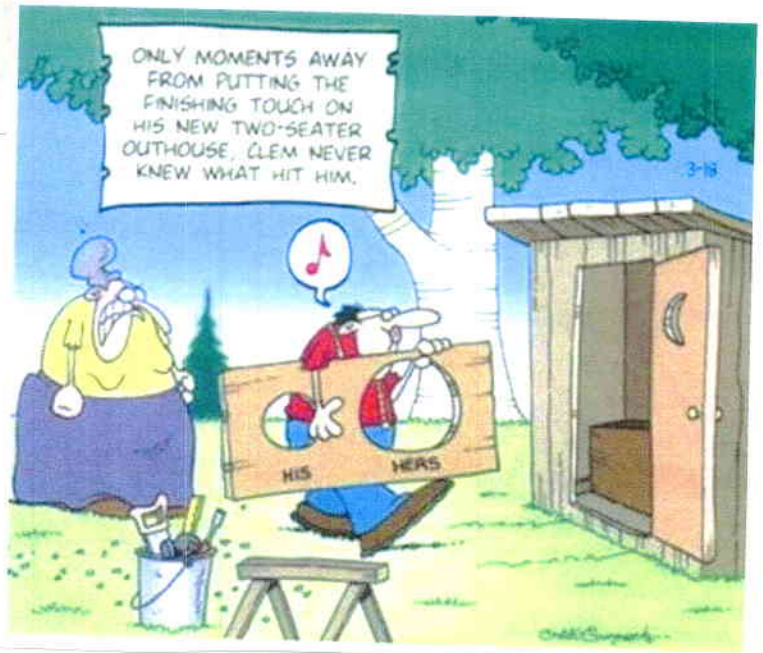
Place on prepared baking sheet. Repeat with 3 additional cod fillets and remaining crushed chips.

Bake 12 to 15 min. or until fish flakes easily with fork.

Makes 4 servings.

AFTER FINISHING his examination, the doctor looked at his patient and said, "I can't find the exact cause of your trouble, Mr. Smith, but it's probably due to drinking too much."

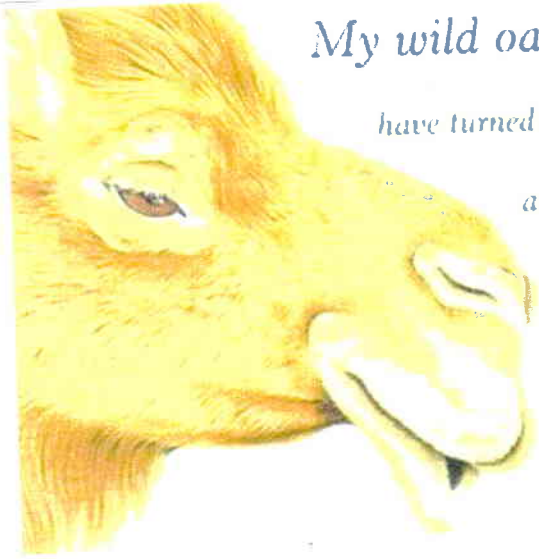
The patient looked at the doctor and replied, "Gee, I'm sorry to hear that, Doc. I'll come back when you're sober."



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"You don't look anything like the long haired, skinny kid I married 25 years ago. I need a DNA sample to make sure it's still you."



My wild oats

*have turned into prunes
and All-Bran.*



"Wake up. The cat's got your teeth."