

For Safety's Sake

Tips for Avoiding Counterfeit Prescription Drugs

Be mindful of appearance. Closely examine the packaging and lot numbers of prescription drugs and be alert of any changes from one prescription to the next.

Consult your pharmacist or physician immediately if your prescription drug looks suspicious.

Alert your pharmacist and physician immediately if your medication causes adverse side effects or if your condition does not improve.

Use caution when purchasing drugs on the Internet. Do not purchase medications from unlicensed online distributors or those who sell medications without a prescription. Reputable online pharmacies will have a seal of approval called the Verified Internet Pharmacy Practice Site (VIPPS), provided by the Association of Boards of Pharmacy in the United States.

Product promotions or cost reductions and other "special deals" may be associated with counterfeit production promotions.



From The Manager

We had a great time at the potluck last month. Thank you to our speaker John Ecale from Gentiva Hospice for explaining what hospice is. The next **potluck** is **March 9th** here in the **clubhouse** from **5:30PM-7:30PM**. We will be celebrating St. Patrick's Day. Kathy will be preparing the corned beef, Sue will be preparing the cabbage and carrots and John Riegel will be preparing the roast beef and providing the mashed potatoes and gravy. 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!

Make 2015 the Best Year Ever

Written by: Michael Josephson

Submitted by: Vern and Sharon Griggs, sp. 52

I hope the past year will go down in your book of life as one filled with great pleasures and grand memories. But whether the year was good, bad or indifferent, I hope you'll enter the New Year wiser and stronger for your experiences and optimistic that the best is yet to come.

A vital quality of a happy and successful personal professional life is continual growth spurred by a commitment to learn through study and experience. This required the humility to accept that however good you are you can get better and the ambition to be better.





As you look forward to the future - the place where you'll spend the rest of your life - it's smart to look back at the immediate past and objectively assess what went well and what didn't in your job, your relationships, your health and your overall sense of fulfillment. What did you learn that can make your life better?

If you had a bad year, it's possible you were a wholly innocent victim, or maybe your own actions or attitudes contributed to serious grief or unhappiness. Either way, please accept my best wishes and sincere condolences.

Please be careful, however, not to wallow in sorrow, sympathy, shame or self-doubt. Don't allow yesterday's pain to become tomorrow's suffering.

Be accountable, but be fair to yourself.

Start the next stage of your life's journey with optimism and confidence.

Remember, you're the captain of your own ship. Take the wheel, choose your course and get on your way.

There may be rough seas ahead, but there will also be enough achievement, growth, reconciliation and true joy to make the journey worth it.

Abe Lincoln pointed out that one of the good things about the future is it always comes one day at a time.

May this New Year be your best year - so far.

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.

The **Emergency Team Meeting** will be **Monday, March 9th** from **1PM-2PM** in the **clubhouse.** The Emergency Team is to help get information out to the rest of the park during an emergency or disaster. Everyone is invited to volunteer!

This month's **Mini Health Fair** will be **Thursday, March 12th** 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.

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 **8-9AM.** Everyone is invited to take part. Classes are **free.**





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

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.

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.

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

**PARK RECOMMENDATIONS FOR MAINTAINING A SAFE AND CLEAN
LIVING ENVIRONMENT**

June 1, 2006

1. Be aware that many residents do not see well and do not expect fast-driving vehicles in the Park. Fifteen (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 10:00 p.m. and 8:00 a.m. 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 the Gas Company or 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.

Layered Berry Pavlova

6 egg whites	$\frac{1}{2}$ tsp. cream of tartar
1 $\frac{3}{4}$ cups sugar, divided	1 pkg. (8 oz.) Cream Cheese, softened
2 cups thawed Whipped Topping	2 tsp. orange zest
5 cups mixed fresh berries (blueberries, blackberries, raspberries and quartered strawberries)	

Heat oven to 250°.

Beat egg whites and cream of tartar in medium bowl with mixer on high speed until soft peaks form. Add 1 ½ cups sugar, 1 Tbsp. at a time, beating until stiff peaks form.

Spread into 2 (10-inch) circles on 2 parchment-covered baking sheets.

Bake 1 ½ hours. Cool completely. Meanwhile, beat cream cheese and remaining sugar with mixer on medium speed until blended. Gently stir in Whipped Topping and orange zest. Refrigerate until ready to use.

Transfer 1 meringue to plate just before serving. Spread with half the cream cheese mixture; cover with half the berries. Repeat all layers.

Note: For best results, prepare meringues on a cool, dry day. High humidity can result in a chewy sticky meringue.

Special Extra: For more flavor, add ½ tsp. ground cloves to the eggs and cream of tartar before beating as directed.

12 servings

Jokes

I don't have gray hair. I'm not bald. I have "wisdom highlights". I'm just very wise.

My people skills are just fine. It's my tolerance to idiots that needs work.

If God wanted me to touch my toes, he would've put them on my knees.

The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes".

I'm going to retire and live off my savings. Not sure what I'll do that second week.

I've lost my mind and I'm pretty sure my kids took it!

Even duct tape can't fix stupid...but it can muffle the sound.

Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway?

Lord, Give me patience and give it to me NOW.

Of course I talk to myself. Sometimes I need expert advice.

At my age "Getting Lucky" means walking into a room and remembering what I came in there for.

Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller!

A Gaelic Blessing

May the road rise to meet you,

May the wind be always at your back,

May the sun shine warm upon your face,

May the rains fall soft upon your fields,

And, until we meet again may God hold you in the palm of his hand.