

For Safety's Sake



Small open flames, including matches, cigarette lighters and candles are the major sources of clothing ignition. These are followed by ranges, open fires and space heaters. The most commonly worn garments that are associated with clothing ignition injuries are pajamas, nightgowns, robes, shirts/blouses, pants/slacks and dresses.

Recommendations:

Consider purchasing fabrics such as 100% polyester, nylon, wool and silk that are difficult to ignite and tend to self-extinguish.

Consider the flammability of certain fabrics containing cotton, cotton/polyester blends, rayon and acrylic. These are relatively easy to ignite and burn rapidly.

Look at fabric construction. It also affects ignitability. Tight weaves or knits and fabrics without a fuzzy or napped surface are less likely to ignite and burn rapidly than open knits or weaves or fabrics with brushed or piled surfaces.

Consider purchasing garments that can be removed without having to pull them over the head. Clothes that are easily removed can help prevent serious burns. If a garment can be quickly stripped off when it catches fire, injury will be far less severe or avoided altogether.

Follow manufacturer's care and cleaning instructions on products labeled "flame resistant" to ensure that their flame resistant properties are maintained.

From The Manager

Be sure to look all the way through this newsletter. There are several flyers in here for different types of activities.

The **Emergency Team** will meet **Monday September 14th** from **1-2PM** in the clubhouse. All residents are invited to volunteer for the team. The Emergency Team is to help us get information out to the residents of the park during an emergency of any type.

The **office** will be **closed Monday, September 7th** for the **Labor Day** holiday. The answering service will be picking up the phones and contacting us when we are needed. Have a safe and happy holiday!



Exercise, even walking at an easy pace, appears to protect the aging brain from erosion of thinking ability and Alzheimer's



disease.

Doctors at the Harvard School of Public Health found that older people who were physically active, including those who walked at a leisurely pace up to three hours a week, performed much better on tests of memory and thinking ability than those who were inactive. They had a 20% reduced risk of doing poorly on tests of cognitive ability. There were more than 18,000 participants in the study.

The October Yard Sale will be **Saturday, October 3rd** from **8AM-12PM** in the **clubhouse**. Anyone wishing to sign up for a table may do so by calling us in the office or by using the sign up sheet on Kathy's desk. There are a limited amount of tables. First come - first served.

There has been some reworking of the **LIRC program** that the Riegel Family has provided. It will no longer be called LIRC (Low Income Rent Credit). The name will be changed to **QIRC (Qualified Income Rent Credit)**. We have had to change, yet again, the documentation that is required to qualify for this. Anyone receiving this credit please bring in your **1099 for 2014**. Anyone in the future that applies for this credit must bring in their 1099 for the previous year. If your 1099 is not available, we will accept the first two pages of your income tax return. If you have already been in to the office in the last two months to do this, you do not need to do it again this year.

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** will be **Thursday, Sept. 10th** 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**.



The **pool/spa** is open. Hours are from **9AM-11PM** seven days a week. Please make sure that you follow all rules that are posted.



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

X. **MOBILEHOMES, STRUCTURES AND ACCESSORIES:** Installation of mobile homes, structures and accessories shall be subject to the approval of management and in compliance with California Civil Code and California Administrative Code, Title 25.



A. Completion Within Sixty (60) Days: The installation of all appliances, accessory equipment and structures on incoming mobile homes by Resident shall be completed within sixty (60) days of the date Resident signs the rental agreement or first occupies the mobile home, whichever is earlier. If a resident makes a change in existing accessory equipment, the standards for incoming mobile homes must be met and all work shall be completed within sixty (60) days of approval.



B. Building Permits: Building permits, licenses and other similar permission from government agencies must be obtained, if so required, before any installation or construction of certain accessory equipment and structures. All work is to be performed in a professional manner.

C. Park Management Approval Required: Prior to commencing a new installation of or a change in accessory equipment and structures, or a change in any appliance which is to be connected to the gas, electric or water supply (except for replacement of an existing refrigerator, stove, washer or dryer of the same type), Resident shall submit for Management's approval a written plan describing in detail the accessory equipment and structures which Resident proposes to install or change.

D. Removal Required: Any accessory, equipment or structure not in compliance with the Park's residency documents, including the blockage of an exterior doorway or excessive storage on a porch that may create a hazard of potentially unsafe condition shall be removed by Resident within ten (10) days of receipt of written notice.

E. Pre-Existing Conditions: Residents are cautioned that there are mobile homes and home sites in the Park which contain accessory equipment and structures which no longer conform with present Park standards and regulations. Nonetheless, Residents may not assume their plans will be approved because they conform to accessory equipment and structures existing on other mobile homes or home sites. If a Resident voluntarily makes an addition to their mobile home accessory equipment, landscaping, fencing, structures, etc. the Resident will be required to comply with present standards.

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.

BLT Potato Salad

2 lb. new red potatoes, quartered
 $\frac{3}{4}$ cup Mayonnaise

$\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup chopped fresh chives