

# September 2016

goodbye, august

hello, september

Holiday Homes MHP

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# News & Notes

## New Residents

Terry Galloway & Patricia Ritch are moving into sp. 17. They are moving here from town.

Charleen Carpenter moved into sp. 65. She has moved here from out of state to be closer to her brother, Cary who works for us.

David Millar has moved into sp. 114. He has moved here from town.

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

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## Sad, Sad News

Megan Freeland, sp. 218 passed away July 21<sup>st</sup>. She hadn't even moved in yet. Megan was well known and respected around Barstow. I wish that we had the chance to really get to know her. Our condolences to her family, friends and all who knew her.

Becky Larsen, sp. 215 passed away August 13<sup>th</sup>. She lived her with her husband, Ed since December 2006. Becky was very outgoing and we will miss her. We send our sympathies to her family, Naomi Reeves, sp. 107 (her very close friend) and all who knew her.

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## Pet Patrol

According to the calendar, summer is coming to a close but I don't think that's the case. Remind your human caregivers not to leave you in the car at all. When they get out, take you with them.



Until next month -



Peanut

-1-



## For Safety's Sake



### Safer Seniors

Get involved in the community

Report any crime or suspicious activities to law enforcement.

Join a Neighborhood Watch to help and look out for each other.

Work to change conditions that hurt your neighborhood. Volunteer as a citizen patroller, tutor children, aide in the police or fire department, mentor for teens or escort for individuals with disabilities.

Protect yourself from identity theft

Do not give out personal information over the phone, through the mail or over the internet unless you have initiated the contact or know with whom you are dealing.

Shred discarded documents such as bank statements, pre-approved credit card offers and insurance forms that contain financial information.

Do not use your mother's maiden name, birth date or last four digits of your social security number when creating a password.

Never carry your social security card, birth certificate or passport unless necessary.

Do not write your social security number on checks or give it out to businesses.

Do not put your credit card number on the internet unless it is encrypted on a secured site.

If you order a new credit card, make sure it arrives within the appropriate time. Cancel all credit cards you have not used in the last six months.

Order your credit report at least twice a year. Correct all mistakes with the credit bureau.

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## From The Manager

When using the pool or spa and an unfortunate incident happens for instance someone vomits in the pool or spa, please have the decency and courage to let a member of management know immediately so that we can take care of the situation as quickly as possible. It is much better to let us know than for us to just happen to come upon it the next morning and be surprised. We did have this happen and believe me it was not fun!!!

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**Pool Exercise** is every **Monday, Wednesday and Friday from 4:30-5:30PM** in the pool. Deborah Pullen is the instructor. These are low impact exercises to help you keep limber. Proper pool attire is imperative. The classes are free and open only to **Holiday Homes Residents and their guests.**

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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** (and I will be calling her the day before to confirm) will be **Thursday, September 8<sup>th</sup>** 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 **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.

**Neighborhood Watch** will have a meeting **Tuesday, September 27<sup>th</sup>** in the **clubhouse** from **1-2 PM**. There will be a flyer delivered to your mail tube later in the month with all the particulars. Everyone is invited to volunteer for this great group.

The **Emergency Team** will be meeting **Monday, September 12<sup>th</sup>** in the **clubhouse** from **1-2 PM**. This is a totally volunteer group that will help to get information out to the park during an emergency. If you would like more information or just want to know what we do, please come to the meeting.

The next **Yard Sale** is **Saturday, October 1<sup>st</sup>** from **8AM-12PM** in the **clubhouse**. If you would like a table, there will be sign up sheet in the office. You may either come in or call to have your name put on the list. Tables are limited so first come - first served.

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 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.**

The office will be closed **Monday, September 5<sup>th</sup>** for the **Labor Day** holiday. The **Answering Service** will be answering the phones for us and getting in touch with us if we need to take care of something. Have a very safe and happy holiday!





Office hours for Holiday Homes MHP are as follows:



Monday through Friday 8:30-11:30

Billing Period (1<sup>st</sup> through 5<sup>th</sup>) 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.

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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!

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#### **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

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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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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.

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## From Park Rules and Regulations, revised 6/1/06

### IX. FACILITIES:

- A. Laundry Room: Laundry facilities are for the use of residents only. Hours of use are posted in the facility.
- B. Clubhouse: Use of the clubhouse kitchen facilities or use of the clubhouse for group meetings or parties of any type require prior permission and scheduling from Management. Recreation facilities cannot be used for commercial promotions. A refundable deposit for usage and cleaning is required for any use of facilities that are not open to all residents of the Park. Management reserves the right to waive said deposit. Residents making such reservations are responsible for leaving the premises clean and furniture and equipment in good order. The deposit is to apply to clean up or repairs that are necessary. If clubhouse is not properly cleaned, homeowner will be charged by Management for clean-up. Drinking alcoholic beverage in the clubhouse is not permitted, except on occasions approved in advance by Management. A policy of insurance may be required if alcohol is to be served. Children under 14 should be accompanied by an adult.
- C. Swimming Pool Regulations: Pool hours are posted in the swimming pool area and should be observed at all times.
  1. The swimming pool is for residents and registered guests. It is the responsibility of residents to register their guests for pool use or accompany them while using pool facilities.
  2. Children under 14 should be accompanied by an adult. No babies in diapers or diaper-age infants are allowed in the pool.
  3. No lifeguard is on duty and all persons enter the pool at their own risk.
  4. Pets are not permitted inside the pool enclosure.
  5. Running, pushing or unsafe conduct is prohibited.
  6. Glass objects are not allowed in the pool area.
  7. Only approved rubber or plastic floats/toys are allowed in the pool.
  8. Managers have authority to ask anyone to leave if they are not abiding by our regulations.

**SUPPORT  
BINGO**



**Keep Grandma off the streets.**

[www.pmcaregivers.com/Humor.htm](http://www.pmcaregivers.com/Humor.htm)

**Birthdays are good for you.**  
The more you have, the longer you live.



[www.pmcaregivers.com/Humor.htm](http://www.pmcaregivers.com/Humor.htm)





## 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.

Frozen Peach-Berry Squares submitted by Julie Cross, sp. 35

8 oz. fat-free cream cheese, softened

12 oz. peach fat-free yogurt with artificial sweetener

4 oz. frozen light whipped topping, thawed

1 cup peeled fresh peaches (chopped or frozen unsweetened peach slices [thawed and chopped])

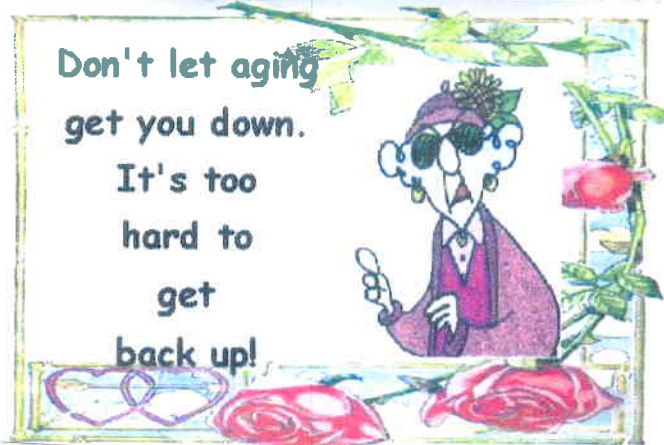
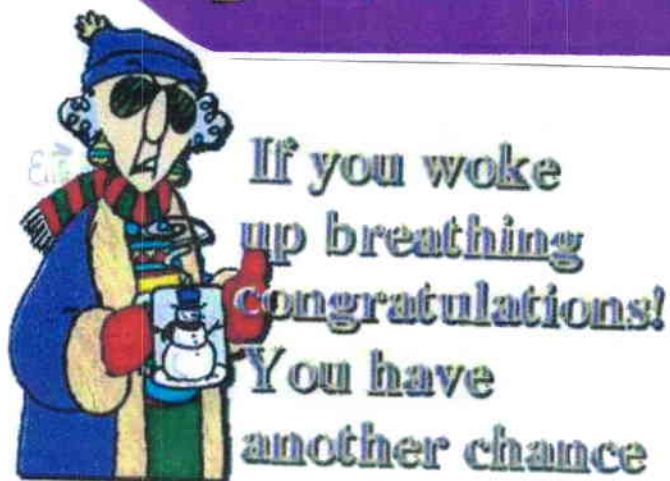
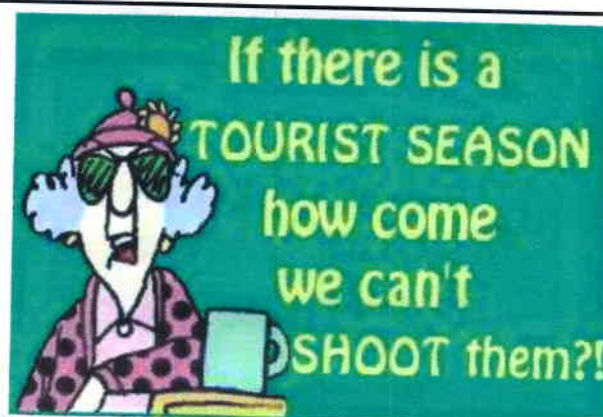
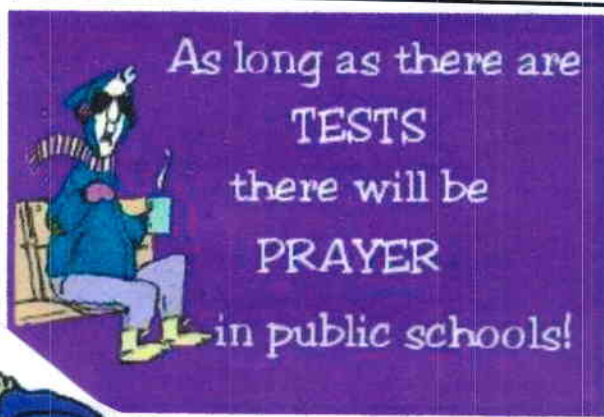
1 cup fresh or frozen unsweetened blueberries, raspberries and/or strawberries (thawed and drained if frozen)

Place cream cheese and yogurt in a bowl. Beat with an electric mixer until smooth. Gently fold in the whipped topping, peaches and 1 cup of berries.

Pour the mixture into an 8x8x2-inch (2-quart) square baking dish. Cover and freeze for about 8 hours or until firm.

To serve, let the dish stand at room for about 45 minutes to thaw slightly. Cut into 9 even squares.

Garnish with mint leaves and more berries if desired.



# September 2016

Sun      Mon      Tue      Wed      Thu      Fri      Sat

				<b>1</b> Tai Chi 8-9 TOPS 5:30-7:30	<b>2</b> Pool Exercise 4:30-5:30	<b>3</b>
<b>4</b>	<b>5</b> Labor Day Office Closed Pool Exercise 4:30-5:30	<b>6</b>	<b>7</b> BWC 10-2 Pool Exercise 4:30-5:30	<b>8</b> Tai Chi 8-9 Mini Health Fair 10-11 TPS 5:30-7:30	<b>9</b> Pool Exercise 4:30-5:30	<b>10</b>
<b>11</b>	<b>12</b> Emergency Team 1-2 Pool Exercise 4:30-5:30	<b>13</b>	<b>14</b> Pool Exercise 4:30-5:30	<b>15</b> Tai Chi 8-9 TOPS 5:30-7:30	<b>16</b> Pool Exercise 4:30-5:30	<b>17</b> Clubhouse Floor Maintenance
<b>18</b>	<b>19</b> Pool Exercise 4:30-5:30	<b>20</b>	<b>21</b> Pool Exercise 4:30-5:30	<b>22</b> Tai Chi 8-9 TOPS 5:30-7:30	<b>23</b> Pool Exercise 4:30-5:30	<b>24</b>
<b>25</b>	<b>26</b> Pool Exercise 4:30-5:30	<b>27</b> Neighborhood Watch 1-2	<b>28</b> Pool Exercise 4:30-5:30	<b>29</b> Tai Chi 8-9 TOPS 5:30-7:30	<b>30</b> Yard Sale Set-Up 12-6 Pool Exercise 4:30-5:30	