

September 2017



LABOR DAY

Holiday Homes MHP

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News & Notes

New Residents

Piedad Montana moved into sp. 141. She is moving here from Daggett. Her cousin, **Annie Gonzales** lives in sp. 27.

Michelle LaMantia and **Anthony Ulibarri** moved into sp. 153. They moved into her mother's space.

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

Sad, Sad News

Maxine Gerardi, sp. 31 passed away July 22nd. She moved into the park September 2010. Our sincerest condolences to her entire family, her friends and all who knew her.

Charlene Carpenter, sp. 65 passed away August 2nd. She moved here August 2016. Our sympathies to her brother **Cary**, the rest of her family and all who knew her. We will miss her.

Frank Lane, sp. 133 passed away August 2nd. He moved here with his wife, **Lena** June 2004. Our condolences to his wife, his family, friends and all who knew him.

Richard Deer, formerly of sp. 156 passed away July 30th.

Barbara Emmons, sp. 178 passed away August 16th. She moved here in 1992 with her husband, **Duane** who passed away a while ago. She was involved with various functions around town. Our sympathies to her family, friends and all who knew her.

Carmen Wheatley, sp. 278 passed away August 12th. She moved here in 1998 with her husband, **Bernard** who passed away some time back. We will all miss her. Our sincerest condolences to her family, friends and all who knew her.



Pet Patrol



Very boring month this month. All I do is lie around, eat, use the litter box, lay on the porch and make noise that drives one of my human caregivers' crazy. I find that as I get older that I am not interested in all the fun stuff that I used to do.

I have found a cute cartoon. I hope you enjoy it.



Until next month -



Tabby

For Safety's Sake

Stand Up to Falls

Home is the place where we feel most safe, so it may come as a surprise to hear that falls in the home are one of the leading causes of injury-related death in the US, second only to poisoning. Falls are the most common cause of traumatic brain injuries, including concussions.

Prevent falls at home and at work by removing the sources of tripping:

Secure electrical and phone cords away from walking areas such as hallways or in front of your desk.



Use non-skid rugs and be sure to tape them down to prevent rolling,
Keep drawers and cabinets closed when you're not using them.
Wear proper footwear, paying special attention to outdoor conditions.



Clean up any spills immediately and include warning signage if necessary.
Refrain from walking while distracted - stay focused on your surroundings.
Ensure there is adequate lighting in your workspace.

Don't carry more than you can handle - large loads can obstruct your vision and affect your balance.

Reduce your chances of falling by getting your vision checked regularly. If you take any medication, discuss common side effects such as dizziness and drowsiness with your doctor.

From The Manager

The next yard sale will be **Saturday, October 7th**. There are a limited number of tables. We will have a sign-up sheet in the office for those of you that would like table. First come - first served.

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. The class is free and it's a good way to cool off.

This month's **Health Clinic** will be **Thursday, September 14th** 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.

Feeling down, lonely, feel that you don't belong! You belong with us! We are forming a mental health group for park residents only - free. Please call 1-760-220-6802 or 1-760-252-0182. We look forward to hearing from you.

Do not put paint or oil collections behind the shop. Burrtec does not pick up those items anymore. You can dispose of paint or used oil at the Hazardous Waste Corporation Yard at 900 So. Ave. H on Saturdays from 9AM-2PM.

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.

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!

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.

The office will be closed Monday, September 4th for Labor Day. The answering service will be answering the phones for us and getting in touch with us if we are needed. Have a safe holiday!

The Emergency Team will have a meeting Monday, September 11th from 1-2 PM in the clubhouse. Anyone interested in volunteering for this team is encouraged to attend the meeting. If you have any questions, we also urge you to come.

There will be a representative from Scan here Wednesday, September 13th from 10:30-12PM in the clubhouse. If you have questions about Medicare, please come.

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

VI. PETS:

- A. Pet Size: Only small "house pets" (size to be equivalent or smaller than 20" height at the shoulder at maturity) will be allowed on the premises and shall be limited to one (1) pet per space. Mobile home owners must consult Management before acquiring pets.
- B. Maintenance: Pet owners will be held responsible for maintenance of sanitary conditions, loud disturbance and leashing. Owners of any pet that is deemed by Management as a nuisance is subject to eviction. In compliance with the State law, pets must be confined or leashed at all times. All pets, including cats, are not permitted to run at large in the community. Pet area around mobile home must be kept clean of any droppings daily and must be washed down to keep odor at a minimum.

VII. BUSINESSES, SOLICITATIONS, SALES AND SIGNS:

- A. No Business allowed: The rental and leasing of a mobile home space does not include the privilege of using such space for the purpose of operating a business, negotiation or sale of cars or trailers, except with permission from Management.
 - B. No Solicitations Allowed: Commercial solicitation in the Park is prohibited.
 - C. Yard Sales Approval of Management: Garage sales, yard sales, moving sales and auctions require approval of Management. The public will not be admitted to the Park for such events. Signs advertising such events or offering individual items for sale may be posted only in locations approved by Management.
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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.

Three-Bean Macaroni Salad

1 cup elbow macaroni, uncooked

1 can (15 $\frac{1}{2}$ oz.) kidney beans, rinsed

1 can (15 $\frac{1}{2}$ oz.) great Northern beans, rinsed

$\frac{3}{4}$ cup chopped red onions

$\frac{1}{4}$ cup Zesty Italian dressing

$\frac{1}{2}$ lb. fresh green beans, trimmed, halved

1 green pepper, chopped

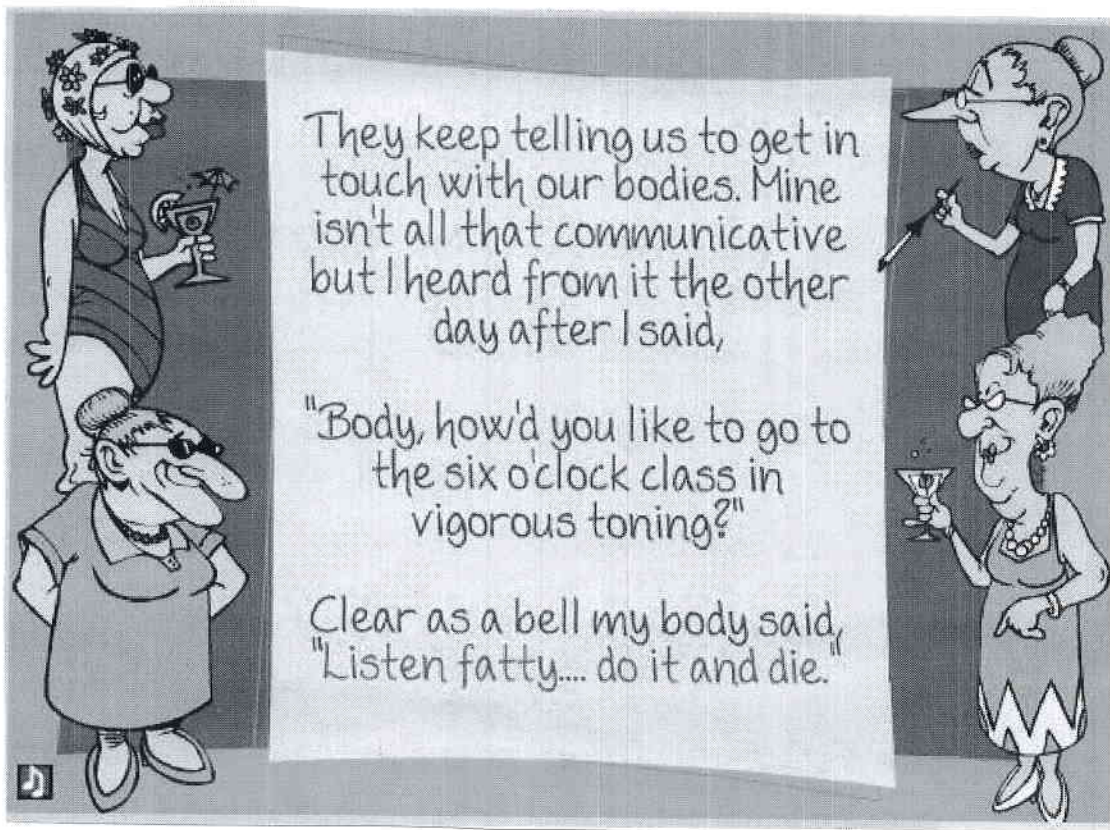
$\frac{1}{2}$ cup Mayonnaise

2 Tbsp. chopped fresh dill

Cook macaroni in large saucepan as directed on package, omitting salt and adding green beans to the boiling water for the last 2 min.; drain. Rinse with cold water; drain again. Place macaroni mixture in large bowl. Add remaining beans, peppers and onions; mix lightly.

Mix remaining ingredients until blended. Add to salad; toss to coat.

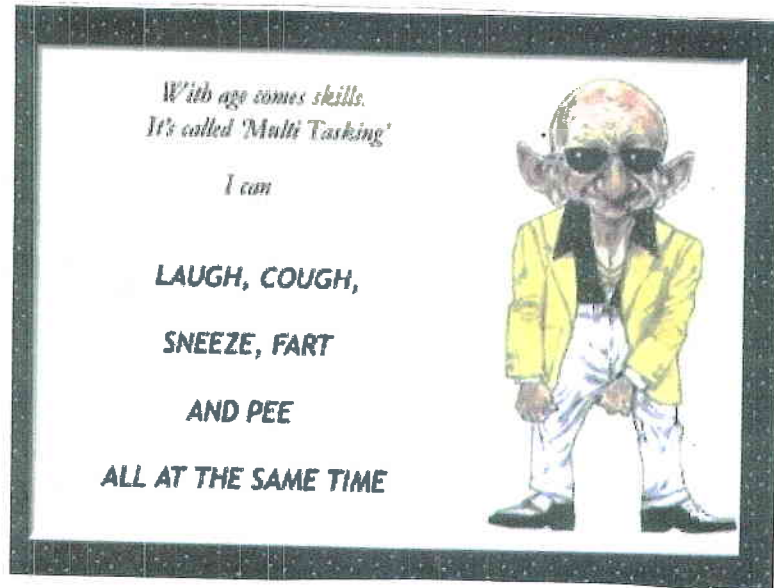
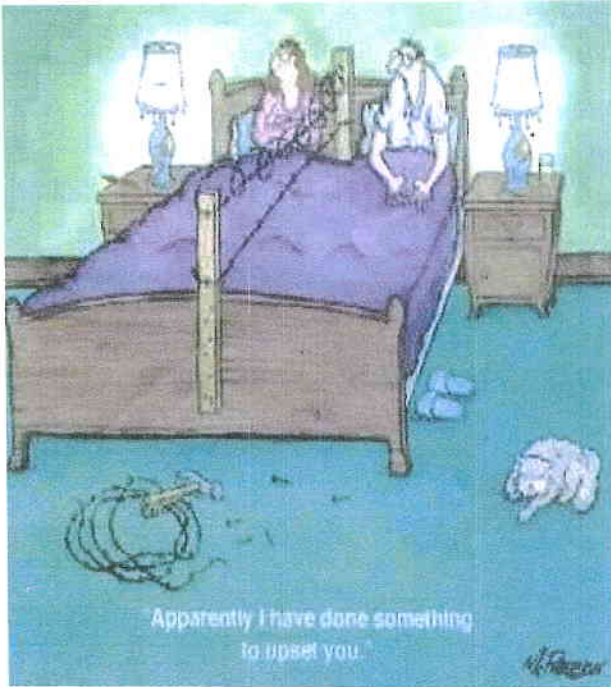
Makes 16 servings



September 2017

Sun Mon Tue Wed Thu Fri Sat

					1 Pool Exercise 4:30-5:30	2
3	4 Labor Day Office Closed Pool Exercise 4:30-5:30	5 Tai Chi 8-9 Card Club 6-9	6 BWC 10-2 Pool Exercise 4:30-5:30	7 Tai Chi 8-9 TOPS 5:30-7:30	8 Pool Exercise 4:30-5:30 Card Club 6-9	9
10	11 Patriot Day Emergency Team Meeting 1-2 Pool Exercise 4:30-5:30	12 Tai Chi 8-9 Card Club 6-9	13 Scan 10:30-12 Pool Exercise 4:30-5:30	14 Tai Chi 8-9 Health Clinic 10-11 TOPS 5:30-7:30	15 Pool Exercise 4:30-5:30 Card Club 6-9	16 Clubhouse Floor Maintenance Private Party #96 2-5
17	18 Pool Exercise 4:30-5:30	19 Tai Chi 8-9 Card Club 6-9	20 Rosh Hashanah Pool Exercise 4:30-5:30	21 Rosh Hashanah Tai Chi 8-9 TOPS 5:30-7:30	22 Fall Begins Pool Exercise 4:30-5:30 Card Club 6-9	23 Private Party #273 12-6
24	25 Pool Exercise 4:30-5:30	26 Tai Chi 8-9 Card Club 6-9	27 Pool Exercise 4:30-5:30	28 Tai Chi 8-9 TOPS 5:30-7:30	29 Yom Kippur Pool Exercise 4:30-5:30 Card Club 6-9	30 Yom Kippur



*With age comes skills.
It's called 'Multi Tasking'*

I can

LAUGH, COUGH,

SNEEZE, FART

AND PEE

ALL AT THE SAME TIME

So far today, am I doing all right.

***You know you're getting Old
when you feel bad in the morning..
without having any
fun the night before!***



I have not gossiped, lost my temper, been greedy, grumpy, nasty, selfish, or self-indulgent. I have not whined, complained, cursed, or eaten any chocolate. I have charged nothing on my credit card.

But I will be getting out of bed in a minute, and I think that I will really need your help then.

**May your troubles be less,
your blessings be more**

**And nothing but happiness
come through your door**