



## **MILLENNIUM MEMO**

**AUGUST 2020**

I got a call from a resident yesterday. She didn't leave a name or even which Park she was calling about, and her issue was a bit vague. She may have left a phone number but if so, it was at the end of a long message—so long that I gave up on the call.

The moral of this story: if you decide to go “up the ladder,” please send a concise, well-thought-out email listing all the facts, the solution you are seeking and what Debbie and/or the Haven folks told you when you brought your problem to them. You can see how that's more effective than leaving a long, rambling phone message, can't you?

If you do call, give your name and number first, then explain your problem. One tactic that won't work: repeatedly calling and hanging up without leaving a message. Given the number of Robocalls, none of us is going to take a call from an unknown number.

### **SPARC Is TRYING to Help...**

Imagine Stacey's frustration at trying to bring services to you. She had a fun-sounding Senior Resource Fair planned at East for July 28, but had to scrap it due to the still-present COVID. Instead, she's trying for a Virtual Seminar sometime in August in co-operation with San Diego County.

She also scheduled a program at each of our Parks in late July with the Oasis folks, who were to donate 15 tablet computers per Park and put on Tech Classes showing how to use the tablets and access free online Senior Classes. Let's hope that happened as planned. Hey—she's trying!

### **In Other News**

- Recent big expenditure: \$197,680 to FINALLY complete the street work that kept getting postponed. Notice a difference? We also spent \$58K on water shut-off valves and replaced light switches, faucets & soap dispensers in the Pool Restrooms with touchless ones.
- Given the impact of COVID on Palomar's finances and our goal of continued street improvements, we particularly need your Income Certs this year. If you haven't done so, please complete this simple task ASAP.
- Continued COVID Kudos (say that fast three times!) to the PEWRA Board for checking in on residents who are alone and feeling isolated during this difficult time. Very generous of you!
- Jesus Diaz, a hard-working member of the Crew, is returning to Mexico to further his education—a good move for him but sad for us. Thanks, Jesus, for your service to the Park.

### **Touching Sheltering-At-Home Moment**

My wife sent me a text that said “Your great!” Naturally, I wrote back, saying: “No, you're great.” She's been walking around pretty happy since then. Should I tell her I was just correcting her grammar or leave it alone?

Stay safe & healthy...and turn in your Income Cert!

***George Turk***

# Manager's Mentions

2020  
July

## Discarding of Flags



Have you wondered what to do with that flag you so proudly display year round once it is worn, torn and showing its age? You know you can't just throw it away in the trash. Several years ago Bob and Pat Taylor in Space #440 stepped up to the plate and offered to take on the job of collecting flags from residents in the park and properly disposing of them. Now you know, just drop them off at Space #440 and the Taylors will handle the rest. Thank You Bob and Pat

## In Park Communication

The Parks have all been set up with tubes below each mailbox. These tubes help us to distribute important information when activities or work notifications need to reach the residents. We deliver notices to each home, we make phone calls and then we get calls when water goes off because the notices are still sitting in your tubes, or calls have not been listened to. We need your help. Please, check your tubes. If you aren't signed up for the call system, please do so. These are the tools we have put into effect to help all of us.

**Your next water meter  
reading date will be:  
Monday, August 10th**

## U.S. Mailbox



Since we have had so many different things being turned into the office, between income forms, COVID forms and of course rents, some people might be confused. When we have asked that some of the items be left in the rent drop box, we are not referring to the Park mailbox. Although we provide these boxes they belong to the USPS. It is actually against the law to put anything in the mailbox that isn't going through the postal system. Our box is the white one to the west of the black mailbox. You are welcome to leave income forms (oops, those should all be in by August 3<sup>rd</sup>), COVID risk acknowledgments, home improvement forms, etc. in this box at anytime. Please be aware that we do not check this box daily once all rents are in. Just don't put anything in the US Mailbox unless it is outgoing mail.



## Traffic & Speeding

For the safety of everyone no vehicle may be driven in an unsafe manner. All posted traffic signs must be obeyed. We want to remind everyone that the Park has a 15 MPH speed limit. Stop signs are posted in strategic location for the safety of everyone. Please, we would hate for an accident to remind everyone to follow the rules.

## Letter from the PEWRA Board President

Hello Neighbors and Friends.

Did you see the July 4th Parade? Lots of Patriotic Red, White and Blue! Plenty of Holiday Spirit! And smiles to recall for a long time! If you participated in the parade or waved to us along the route, thank you. I know many things are not how they used to be, but I think we have begun a new tradition.

The pool is now open for exercise, and about half the pool furniture is available to sit for a bit. Please continue to social distance and wear a mask around others for everyone's protection. Just a reminder, residents only at the pool for now.

The PEWRA Board continues to meet via Zoom video chat, and we are moving forward with some improvements to the Clubhouse so next time we gather there, it be even more welcoming to our residents.

Remember, if you are alone and need help during this pandemic, please contact the Park Office or any Board Member. If you have a neighbor who is alone, please call them to say hello and check on them.

Thank you and take care of one another.

Lu Ann

## GRANDPARENTS LENDING CLOSET IS NOW OPEN

We are pleased to announce that the Palomar Estates West Grandparents Lending Closet is now open and ready for use with all items having been cleaned before placing them in the closet.



We have a variety of items available for infants to school age children including equipment (strollers, high chairs, booster seats, car seats, pack & play pens and baby gate), sand toys, games & assorted books and movies.

The Grandparents Lending Closet is located in the storage room adjacent to the fitness center at the far end of the room. The door will be left unlocked with the items organized by the categories listed below (shelves are marked accordingly).

### Equipment

1. Highchairs
2. Booster
3. Car seats
4. Strollers
5. Baby Gate
6. Pack & Plays

### Lending Categories:

- Infants
- Toddlers
- School Age
- Sand Toys



**Items for older children are limited; donations including toys, games, art projects and activities would be welcomed.**

**At this time the Grandparents Lending Closet will be a self-serve honor system operation.** There will be a clipboard located inside the doorway where you will be asked to sign out the item you borrow, dates you will have the item and your contact details. **Please make sure to clean/ sanitize the item before you return the item to the closet.**



**NOTE: THE DOOR SHOULD REMAIN UNLOCKED.**

### Honor System Grandparents Closet lending rules:

1. Closet is located in the storeroom next to the fitness center. It is a self serve operation. The door should not be locked.
2. Borrow what you need; make sure to fill out the clipboard with the date you will have the item(s) and your contact details.
3. Clean it and return it leaving the door unlocked.
4. Add to the items in the Grandparents Lending Closet if you can.
5. Questions? Call Cathie Byrd (530) 417-5186 or Cindy Palermo (760) 943-6968.

**THE PALOMAR ESTATES WEST GRANDPARENTS LENDING CLOSET DETAILS (INCLUDING PHOTOS OF THE CLOSET AND LENDING ITEMS) CAN BE FOUND ON THE WEBSITE ([WWW.PEWRESIDENTS.COM](http://WWW.PEWRESIDENTS.COM)).**

## HAPPY AUGUST BIRTHDAYS

Jennifer Cook	1	Erin Wolff	16
Scott Higgins	2	Billie Sorenson	16
Carol Benik	2	Pat Lindemann	17
Ryan Teegarden	2	Karen Barlow	20
Jim Cately	5	Lisa Berman	20
Marie Witter	5	Len Brady	21
Ed Cedergreen	6	Ethel Foster	22
Ed Podrouzek	7	Lynn Thomas	22
Cheryl Halter	8	Georgie Ann Dennis	22
Donna Bettencourt	9	Kim Stevenson	23
Wayne Kirts	9	David Darnick	2
Lynn Chialtas	9	Kathy Sims	23
Emily Cox	10	Fran Miller (#101)	25
Dianne Ferguson	11	George Newby	28
Ralph Clark	12	Norma Conner	29
Jack Palamati	12	Ruthann Kirby	30
Cheryl Robertson	14	Jeanene Moenckmeier	31
Cathie Byrd	14	Judy Harens	31
Robert Alonso	15		

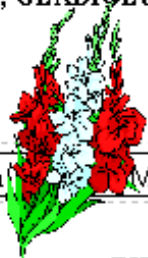


Sheila Miller omitted in July  
So sorry, it was the 13<sup>th</sup>



FLOWER ; GLADIOLUS

BIRTHSTONE : PERIDOT



# August 2020



Sun Mon Tue Wed Thu Fri Sat

LADIES BILLIARDS - THURSDAY 10 AM  
 BIBLE STUDY - THURSDAY 10 AM - CARD ROOM  
 MAHJONG - THURSDAY 2 PM  
 MEXICAN TRAIN - 2nd & 4th TUESDAY - 4:30 PM  
 BINGO EARLY BIRD - THURSDAY 6:50 PM  
 INTERFAITH LUNCH - THURSDAY - NOON \$4.00

**BREAKFAST!**  
 8:30 AM  
  
 BREAKFAST SOCIAL

2	3	4	5	6	7	8
QIGONG 9 AM YOGA 6 PM	RECYCLE YOGA 8:30 AM FEELING FIT 1 PM BOARD MEET 6:30 PM		YOGA 6:30 PM	CHAIR YOGA 9 AM BINGO 7 PM	FEELING FIT 10:30 AM	
9	10	11	12	13	14	15
QIGONG 9 AM LET'S DINE OUT YOGA 6 PM	YOGA 8:30 AM FEELING FIT 1 PM		YOGA 6:30 PM	CHAIR YOGA 9 AM BINGO 7 PM	FEELING FIT 10:30 AM	
16	17	18	19	20	21	22
QIGONG 9 AM YOGA 6 PM	RECYCLE YOGA 8:30 AM FEELING FIT 1 PM		YOGA 6:30 PM	CHAIR YOGA 9 AM BINGO 7 PM	FEELING FIT 10:30 AM	
23	24	25	26	27	28	29
QIGONG 9 AM YOGA 6 PM	YOGA 8:30 AM FEELING FIT 1 PM READY PANEL 3 PM		YOGA 6:30 PM	CHAIR YOGA 9 AM BINGO 7 PM	FEELING FIT 10:30 AM	

30 31  
 QIGONG 9 AM  
 YOGA 6 PM

LET'S HOPE EVERYTHING IN THAT BOX UP-TOP WILL COME TO BE THIS MONTH. IF NOT, WE CAN ONLY SAY, ONCE AGAIN, SO SORRY! WE'LL JUST LOOK FORWARD TO SEPTEMBER AND KEEP OUR FINGERS CROSSED. STAY WELL!!

DEADLINE FOR SEPT. HILLTOPPER - AUGUST 10

## **RESIDENTS ASSOCIATION BOARD**

President: LuAnn Foster Vice President: Marcia Brown  
Secretary: Mikkie Sawyer Treasurer: Cindy Palermo

### **Members**

Lynn Chialtas Lenetta Gee Christine Parkman

**Board Meeting: 1<sup>st</sup> Tuesday of the Month at 6:30 pm – Pavilion**

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### **SOCIAL CONNECTION**

Linda Swink – Chairperson, Eileen LaLone - Treasurer, Claudeen Lindsay- Secretary  
Cathy Bassett, Herlinda Mahler, Sandy Brown, Mary Ahart, Arleen Schlafer, Rusty Bassett

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### **HILLTOPPER COMMITTEE**

Debbie McQuillan, Elaine Bassin, Lynn Chialtas,  
Peggy Cremering, Ruthann Kirby, Linda Swink

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### **READY ADVISORY PANEL**

Ruthann Kirby, Carol Spizzirri, Bryan Cooper, Mary Wallace, Lynn Chialtas  
Clark Moody, Cindy Palermo, Lee Tydlaska, Liz Larkin

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### **BREAKFAST COMMITTEE**

Mikkie Sawyer, LuAnn Foster, Kim Stevenson, Trish Coy,  
Peggy Cremering, Helen Lyon, Cathy Bassett, Diana Primeau  
Alternate: Wendy Jones, Sheila Miller

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### **GYM COMMITTEE**

Larry Brown, Rusty Bassett, Marie McElligot,  
Bill Paterson, Peggy Cremering

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**Fire, Sheriff or Emergency in progress, such as break-ins, health problems or life-threatening situation call 911.**

**If you have a non-emergency question or to file a report, please call the San Diego Sheriff Dept at 760-510-5200.”**



## ACTIVITIES DIRECTORY

<u>ACTIVITY</u>	<u>TIME &amp; DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
Aqua Exercise	9 am M-F	Trish Coy	760-536-9338
Aqua Exercise	1:30 MTuWF	Peggy Cremering	760-727-0231
Bible Study- Non-denom.	10 am Th Card Room	Shirley Burge	760-536-9624
Billiards (Men)	9 am Tu	Stan Lindsay	760-598-0582
Billiards (Women)	10:00 am Th	Lynn Chialtas	760-310-1354
Bingo	6:50 pm Th	Delane Johnson	612-240-4049
Breakfast	8:30 am 1 <sup>st</sup> Sat/Monthly	Mikkie Sawyer	760-690-7825
Bridge	1:30 pm M	Connie Krell	760-734-6522
Dog Park	8 am- 8 pm Daily	Bob Stevenson	760-822-6746
Feeling Fit	1:00 pm Tu & 10:30 am F	Danelle	760-888-7018
Golf (Men)	9 am Th	Doug Doucette	760-734-1232
Let's Dine Out	5 pm 2 <sup>nd</sup> M/ Monthly	Hugh Hatch	760-597-9545
Library	Open Daily	Ruthann Kirby	760-734-1340
Mahjong	2:00 pm Th	Kim Stevenson	760-703-4872
Medical Rehab Lending Closet	Open as needed	Clifton McDonald	949-929-1624
		Rusty Bassett	619-301-9551
		Jessie Nieto	408-666-8088
Mexican Train	4:30 pm Every 2 <sup>nd</sup> and 4 <sup>th</sup> Tu Pavilion	Diana Primeau	503-380-6686
Pickleball	3 pm M-F 10 am Sa & Su	Dan Timian	619-852-6671
		Chris Craig-Jones	760-908-2330
Ping Pong	10:30 am M	Nejla Gharajedaghi	760-536-9583
Quilting	10-4 2 <sup>nd</sup> W 10-4 4 <sup>th</sup> Tu North Multipurpose Room	Kay Liland	928-486-3365
R.E.A.D.Y. Panel Emergency Preparedness	3 pm 4 <sup>th</sup> Tu Card Room	Ruthann Kirby Bryan Cooper	760-734-1340 858-342-3335
Shuffleboard	1:30 pm M	George Krell	760-734-6522
Social Connection		Linda Swink	760-855-2008
Tennis	9 am W & Sa	Rob Edwards	760-807-5683
Walking Group	7:30 am W	Ruthann Kirby	760-734-1340
Yoga	8:30 am Tu 6 pm M, W 9 am Th (Chair) Pavilion	LuAnn Foster	480-203-4330
Zumba Gold	11:30 am Pavilion	LuAnn Foster	480-203-4330

Hilltopper submissions to [pewhilltopper@gmail.com](mailto:pewhilltopper@gmail.com). All submissions must be submitted by 10<sup>th</sup>.

Hilltopper Distribution- Larry Jones 937-478-9199

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## **The 16 Commandments of Growing Old**

#1 - Talk to yourself, because there are times you need expert advice.

#2 - Consider "In Style" to be the clothes that still fit.

#3 - You don't need anger management. You need people to stop pissing you off.

#4 - Your people skills are just fine. It's your tolerance for idiots that needs work.

#5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."

#6 - You have days when your life is just a tent away from a circus.

#7 - These days, "on time" is when you get there.

#8 - Even duct tape can't fix stupid - but it sure does muffle the sound.

#9 - Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?

#10 - Lately, you've noticed people your age are so much older than you.

#11 - "Getting lucky" means walking into a room and remembering why you're there.

#12 - You still haven't learned to act your age, and hope you never will.

#13 - Some days you have no idea what you're doing out of bed.

#14 - You thought growing old would take longer.

#15 - Aging sure has slowed you down, but it hasn't shut you up.

And...

#16 - When you were a child, you thought nap time was punishment. Now it feels like a mini vacation.