

# HILLTOPPER

SEPTEMBER 2020

## PALOMAR ESTATES WEST



### Onsite Management

**Maintenance:** Felipe Diaz

**Office:** Debbie Bartlett

**Office Hours:**

Monday thru Friday

9:30 a.m. – 12:00 p.m.

1 p.m. – 4:00 p.m.

**Office Staff**

Sandy Bolt

**Weekend Relief**

Kasey Koenig & Doug Tickner

**Security Patrol**

Hidden Valley Security

(760) 744-1061

**Office:** (760) 727-5453

**Fax:** (760) 727-3054

**E-mail:** [Palomarestateswest@gmail.com](mailto:Palomarestateswest@gmail.com)

After hour emergencies, only:

(888) 518-6064

**Resident website:** [Pewresidents.com](http://Pewresidents.com)

### Offsite Management

**PROPERTY MANAGEMENT**

**HAVEN MANAGEMENT SERVICES**

1910 Archibald Avenue, Unit S

Ontario, California 91761

**Property Supervisor:** Katie Davis

(909) 930-9750 Ext. 305

Fax: (909) 930-9498

[kdavis@havenms.com](mailto:kdavis@havenms.com)

**MILLENNIUM HOUSING COMMUNITY**

611 Anton Blvd., Suite 890

Costa Mesa, CA 92626

Phone: (949) 515-5100

Fax: (949) 515-5101

<http://millenniumhousing.com>

**President:** George Turk

Vice President: Lori Carraway

Project Manager: Diana Welsh

Director of Resident Services: Nicki Ross

## **MILLENNIUM MEMO**

**SEPTEMBER 2020**

Have you gotten an email or robocall for a free facemask? How about free COVID testing kits or sanitizers? Did the email ask for your Medicare Number? If so, It's a Scam!

Last year it was a cancer-screening scam. This year it's COVID. Next year there will be something else, but what all these scams have in common: they're just a way to get your Medicare information.

Take this yet another reminder: **your Medicare number is just as sensitive as your Social Security number.** Both can be used to steal your identity.

### **We're Doing Better on the Annual Income Certifications...**

...but we're still missing Certs from 26 of you.

If you've turned in your Annual Income Cert, feel free to jump to the next item. For the Tardy 26...you remember you promised to do this each year, don't you? It's in your Rental Agreement and/or your Park Rules, depending on when you moved in.

With the completion of the recent street work, we have now spent more than \$1.1M on Palomar West's streets & driveways over the years. We'll spend another \$200K in the next few months—paid for, in part, by your Income Certs. That's worth a few minutes of your time, isn't it?

### **In Other News...**

- Caregivers, Live-Ins & Co-Occupants must be registered with the Office. You want us knowing who does and doesn't belong in the Park, don't you?

We had a recent incident in which a non-registered person was asked to leave the pool. Naturally, hilarity ensued (to put it politely). That unpleasantness could have been prevented if the caregiver (in this case) had been registered and approved.

- Stacey (she's with SPARC, our resident services partner) is looking into activities that can be done outdoors, at least until our Governor deems it safe to be inside again. She's hopeful SPARC can sponsor outdoor Tai-Chi and maybe even Outdoor Bingo. Let's wish her luck!
- Pandemic Kudos again for all the sanitizing your hard-working Staff has been doing. They are doing their best to make the amenities that are open as safe as possible for you.

Regarding that last one...Debbie ran into a resident coming out of the Laundry Room with a big load of pajamas. "Now I have enough clean work clothes to get through the week," he told her. I guess he works from home.

### **Some Good COVID News**

The World Health Organization (WHO) reports that dogs do not contract COVID, and dogs held in quarantine can be released. That's right: WHO let the dogs out.

Stay healthy...and have a fun Labor Day!

**George Turk**

Time:  
**9:30-11:30am**

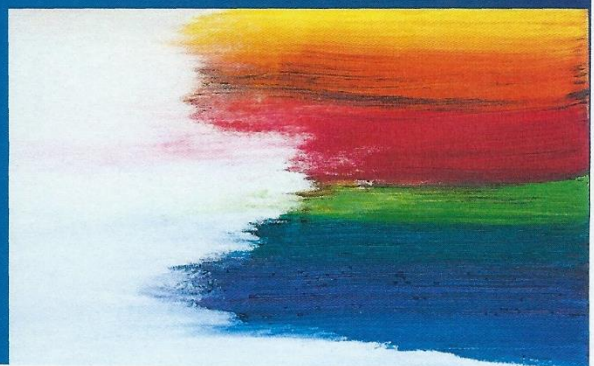
When:  
**Tuesday,  
September 22**

Where:  
**Clubhouse  
Parking Lot**

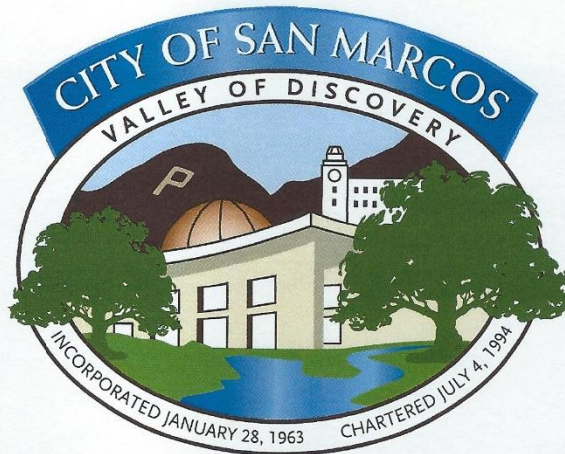
# Want to get your art on?

Take our free class!  
Sign ups are mandatory  
and space is limited to  
10 residents. Please sign  
up outside of the office!

Please remember to keep your distance when in the art class and remember to wear a mask while entering and leaving the designated art area. Free waters and snacks will be provided!







# COVID-19 Assistance Programs



## FINANCE

- LIHEAP provides applications for financial assistance to low-income households experiencing energy-related emergencies.  
Call: (619) 434-3829
- SDGE is providing customer flexibility payment plans and zero late fees.  
Call: (800) 411-7343



## VIRTUAL RESOURCES

- San Diego Access and Crisis Line provides experienced counselors are available 7 days a week/24 hours a day to provide you with a referral to meet your needs and help determine eligibility  
Call: (888) 724-7240
- Live Well @ Home is a free resource to help community residents find tips and strategies to stay healthy in both mind and body while staying at home. Connect at [www.livewellsd.org/livewellat home](http://www.livewellsd.org/livewellat home)



## FOOD

- Aging and Independent Services provides:
    - Pick-up and home-delivered meals are available for those 60+ for a suggested donation
    - When meals are available, no senior will be turned away for inability to donate
    - Home-delivered meals are delivered Mon – Fri, and between 5-7 meals are provide
- Call: (800) 339-4661



# COVID-19 Scams



## Offers For Test Kits

Scammers are selling fake kits to test COVID-19 without proof they work



## Fake Charities

Research before you donate. There should be a Tax Exempt number for every charity

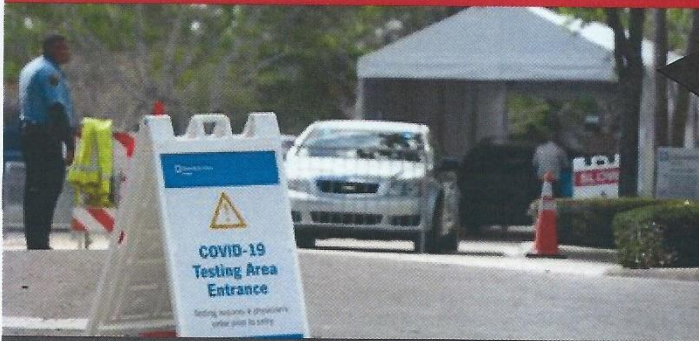


## Emails and Texts

Don't click on unfamiliar links from addresses or numbers you do not recognize

## Medicare Scams

Be aware of scammers pretending to be COVID-19 contact tracers or promoting free products (masks, sanitizer or tests). Legitimate contact tracers will never ask for your Medicare number or financial information.



## Legitimate COVID Test Sites

Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. A physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing.

## If you see it, report it!

If you suspect COVID-19 health care fraud, report it immediately online or call 800-HHS-TIPS (800-447-8477).

Brought to you by **SPARC Inc.**  
Your Friendly Neighborhood Community Coordinators



## Letter from the PEWRA Board President

Hello Neighbors and Friends.

Remember in June when the water was off for a few hours on two days to install water shut off valves? They work! A few weeks ago, on a Sunday, there was a water leak, and the park was able to isolate that section of the park to repair the leak. The rest of us never noticed.

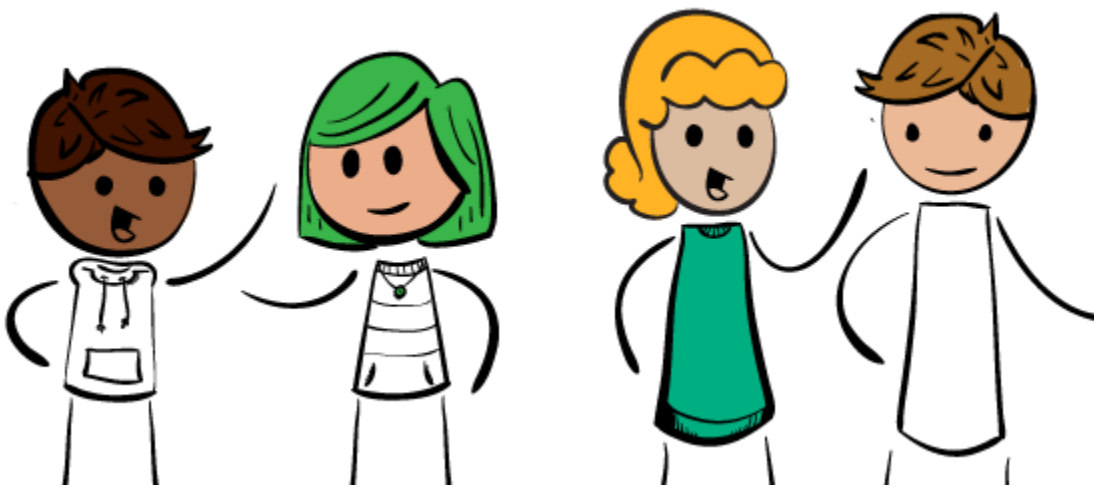
We have been able to keep the pool open for exercise, and about half the pool furniture is available to sit and enjoy the sunshine. For everyone's protection, please continue to social distance and wear a mask around others. Residents only at the pool for now, and please be considerate of others who may want to enjoy sitting in a chair or chaise for a while.

The PEWRA Board continues to work on improvements to the Clubhouse. We will be excited for you to see.

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



## Sad to Report

It is with heartfelt sorrow that I report the following deaths:

- Mary Buch, mother of Barbara Young
- Norma Doucette, wife of Doug Doucette
- Peggy Cremering, wife of Ray Cremering
- Sandra Brown, wife of Bill Paterson
- Mike Heyer, husband of Cheri Heyer



In this time of quarantine, I remind everyone to reach out to your friends and neighbors. Life is so fleeting. We need each other. Two places still open, with social distancing, are the dog park and the swimming pool.

\*\*\*\*\*

**Peggy Cremering** passed away August 3, 2020. For everyone that knew her, she was always a ray of positivity and joy. She loved dragonflies, traveling, crafting, sewing, water aerobics, and socializing with friends. She loved and was loved by her husband, children, grandchildren, and many friends. She lived her life to the fullest every day and was always “near perfect”! She will be dearly missed.

Diana Wood  
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It is with the deepest heartfelt sadness that I announce the Passing of my wife, **Norma Doucette**. As valiant as she was, Type 1 Diabetes took her on July 21, 2020, after fighting the disease for 48 years. We moved to PEW in 2005 and knew that we did the right thing. The residents have been so friendly, and we felt comfortable immediately.

Norma enjoyed attending most of the get-togethers and entertainment functions in the Park, and those in attendance knew by her infectious laughter that she was enjoying their company. Even when she could not walk without a cane or walker, she did not let her disability stop her from enjoying her friends at the Thursday luncheons.

She is survived by her Husband Doug, Daughters Debra and Michelle, son-in-law Brandon, and three wonderful Grandsons, Drake (12), Gavin (9), and Jack (9). Thank you all for the cards, phone calls and messages of how we will all miss Norma.

Doug Doucette

# HAPPY SEPTEMBER BIRTHDAYS

Kay Kristin	3	Ann Webb	24
Vicki Loh	3	Josephina Carrasco	24
Eugene Grajek	4	Shirley Burge	26
Margo Boisvert	4	Mary Roth	26
Sandi Ebeltoft	5	Jan Young	26
Janice Jansing	5	Jeanette Johnston	26
Andy Rowe	6	Ken Foster (#127)	27
Mary Jobin	8	Cheryl Heyer	27
Dan Timian	8	Jean Broome	29
Jeff Mangan	10	Marilyn Chambers	29
Mary Wallace	16	Marianna Beebe	29
Ann Kreile	16	Chad Godett	29
Ken Hawkins	21	Genie Sakal	30
Lon Cadis	23	Dan List	30

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BIRTHSTONE:  
SAPPHIRE



# September 2020

FLOWER:  
ASTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>DEADLINE FOR OCTOBER HILL TOPPER: SEPTEMBER 10</b>		<b>RECYCLE</b> YOGA 8:30AM FEELING FIT 1PM BOARD MEET 6:30 PM	<b>2</b> YOGA 6:30 PM	<b>3</b> CHAIR YOGA 9AM BINGO 7 PM	<b>4</b> FEELING FIT 10:30 AM	<b>5</b> BREAKFAST 8:30 AM 
<b>6</b> QIGONG 9AM  LABOR DAY YOGA 6PM	<b>7</b> YOGA 8:30 AM FEELING FIT 1 PM	<b>8</b> YOGA 6:30 PM	<b>9</b> YOGA 6:30 PM	<b>10</b> CHAIR YOGA 9AM BINGO 7 PM	<b>11</b> FEELING FIT 10:30 AM  PATRIOTDAY	<b>12</b>
<b>13</b>  LET'S DINE OUT YOGA 6PM	<b>14</b> QIGONG 9AM	<b>15</b> RECYCLE YOGA 8:30 AM FEELING FIT 1 PM	<b>16</b> YOGA 6:30 PM	<b>17</b> CHAIR YOGA 9AM BINGO 7 PM	<b>18</b> FEELING FIT 10:30 AM	<b>19</b>  ROSH HASHANAH
<b>20</b> QIGONG 9AM INTERNATIONAL DAY OF PEACE YOGA 6PM	<b>21</b> YOGA 8:30 AM FEELING FIT 1 PM 1st DAY OF FALL	<b>22</b> YOGA 6:30 PM	<b>23</b> YOGA 6:30 PM	<b>24</b> CHAIR YOGA 9AM BINGO 7 PM	<b>25</b> FEELING FIT 10:30 AM	<b>26</b>
<b>27</b> QIGONG 9AM  YOM KIPPUR YOGA 6PM	<b>28</b> YOGA 8:30 AM FEELING FIT 1 PM	<b>29</b> RECYCLE YOGA 8:30 AM FEELING FIT 1 PM	<b>30</b> YOGA 6:30 PM	Sorry, folks, but it looks like ome more momth of "lock down." Nothing in the dubhouse . . . no breakfast, no Let's Dine Out, and check with the chairman of the group you want to know about for time and place.		

## **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, Mary Ahart, Arleen Schlafer, Rusty Bassett

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### **HILLTOPPER COMMITTEE**

Debbie McQuillan, Elaine Bassin, Lynn Chialtas,  
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,  
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

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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	Christine Parkman	559-779-8380
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

The Hilltopper does not publish articles submitted anonymously. The Hilltopper may edit articles for publication and will not publish anything of a political, medical, or religious nature.

THE HILLTOPPER DOES NOT ENDORSE ANY OF THE ADVERTISERS THAT APPEAR IN ANY ISSUE- USE AT YOUR OWN DISCRETION.

## **Online Yoga Classes at Palomar Estates West**

Do you miss yoga class in the Clubhouse or interested in beginning a yoga practice? A yoga practice has many benefits for older adults and here at Palomar Estates West, we offer classes online. You need a computer, tablet or phone with internet access and a camera. We use the video meeting site [www.zoom.us](http://www.zoom.us). During class you can see the teacher, she can see you and you can remain in your home. Before class begins you can say hello to your friends. Zoom is easy to use, and if you have any questions, we can help you set up.

There are three classes each week. Monday Evening at 6:00pm is a "Movement Class". This is a gentle class specifically designed for active adults. Wednesday Evening at 6:00pm is a Relaxation Class, with some movement, breath work and of course relaxation. Thursday Morning Chair Yoga Class is for students who cannot or choose not to get on the floor. It is still an active class with standing poses to strengthen legs and balance using the chair for support.

Both teachers are residents of Palomar Estates West, graduates of accredited teaching institutions, registered with Yoga Alliance and have experience teaching a senior population. We hope you will join us.

If you have any questions, please contact Lu Ann Foster at 480/203-4330 or [dreamboatannie@twc.com](mailto:dreamboatannie@twc.com).

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## **Interfaith Food Drive and Toys for Tots**

The Interfaith Food Drive or the Toys for Tots Drive will not be happening in the park this year due to COVID 19. We hope that everyone will be just as generous as always but privately this year and we will look forward to resuming these programs next year. Many thanks to all of you for your donations of previous years.

Pat & Bob Taylor Space 440



# 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, highchairs, 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.

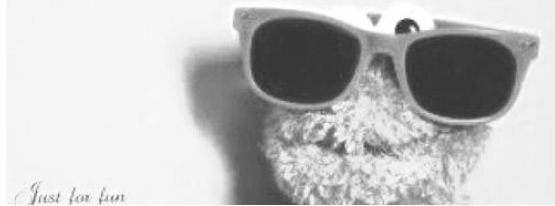


**THE PALOMAR ESTATES WEST GRANDPARENTS LENDING CLOSET DETAILS (INCLUDING PHOTOS OF THE CLOSET AND LENDING ITEMS) CAN BE FOUND ON THE WEBSITE ([WWW.PEWRESIDENTS.COM](http://WWW.PEWRESIDENTS.COM)).**

## Humor Page



Today i will live in the moment  
unless it's unpleasant in  
which case i will eat a cookie



### UPLIFTING POEM THAT IS UNITING AND INSPIRING PEOPLE

When this is over, may we never again take for granted

a handshake with a stranger. Full shelves at the store. Conversations with neighbors. A crowded theater.

Friday night out. The taste of communion. A routine checkup.

The school rush each morning. Coffee with a friend.

The stadium roaring. Each deep breath.

A boring Tuesday. Life itself.

When this end, may we find that we have become more like people we wanted to be. We were called to be. We hoped to be and may we stay that way.....

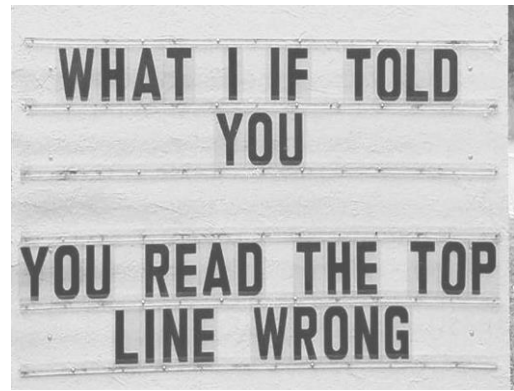
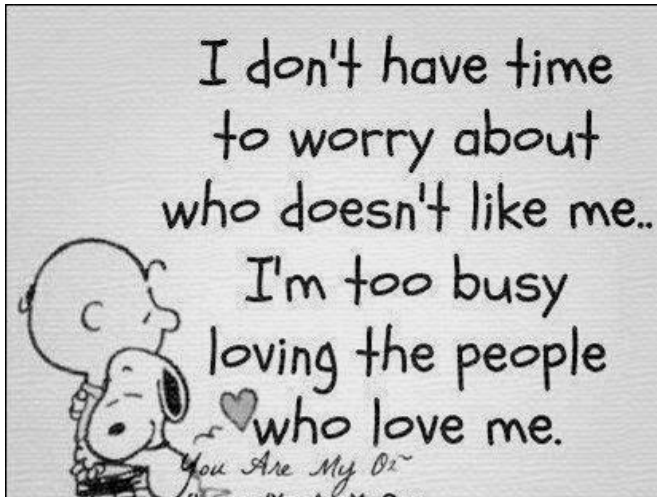
Better for each other because of the worst

**Author: Laura Kelly Fanucci**

**Submitted by: Nadene Berkus**





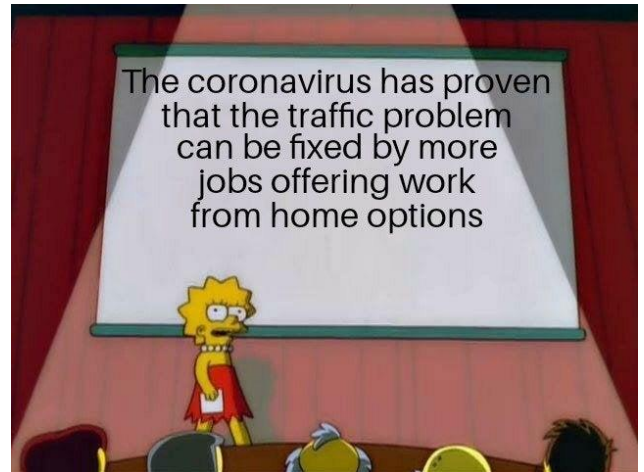


## The best things

in life are the people you love, the places you've seen, and the memories you've made along the way.



Day 6 of quarantine: my cat is still trying to figure out why I'm in his house after 8 am



**Untitled by Kitty O'Meara (2020)**

*And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.*

.....

Humans: Dang I need to self-quarantine for 2 weeks

Their Dogs:



Remember December 31st when we were all like "2020 will be the best year ever!" Lol.



**My new haircut after 4 weeks of quarantine**

