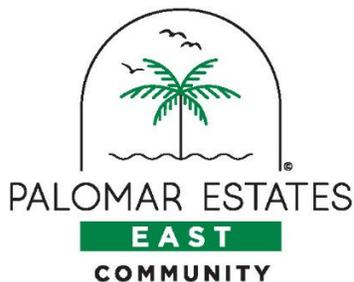




Emergency: 911

Non-Emergency: 760-510-5200 *after hours*



650 South Rancho Santa Fe Road
San Marcos, CA 92078

Kasey Koenig: Park Manager/Office
Burt Hamernick: Park Manager/Maintenance
Patty Mackey: Office Assistant
Phone: (760) 727-2010
Fax: (760) 727-2844
palomareast@gmail.com

Office Hours:
Monday-Friday 8am-12pm & 1pm-4pm

Clubhouse Hours:
Monday-Sunday 8am-9pm

Haven Management Services

Property Management Company
3491 Concourses Street, Suite 204
Ontario, CA 91761

Katie Davis: (909) 930-9750 x3005
John Davis: (909) 930-9750 x3003
Fax: (909) 930-9498
www.havenms.com

Millennium Housing

611 Anton Blvd Suite 890
Costa Mesa, CA 92626
www.millenniumhousing.com

President: George Turk
Vice-President: Lori Carraway
Project Manager: Diana Welsch
Director, Resident Services: Stacey Kazmierski
Phone: (949) 515-5100
Fax: (949) 515-5101



March Editorial

READY, SET....SQUAT!

We have included several articles recently that underscore the importance of daily exercise for seniors.

An article from a Silver Sneakers publication caught my eye. It focused on the most important exercise for seniors.

Silver Sneakers sponsors activities, social events, and other events to help seniors take charge of their health as they get older. Many Medicare Plans and other insurance programs include FREE Silver Sneaker gym memberships to seniors.

The #1 Exercise All Older Adults Should be Doing

By Abby Lerner, Featured in Silver Sneakers Publication, September 2017

The squat is the single most important exercise we do in the gym. Why? Because life demands that we do it multiple times every day—to stand up, sit down, get out of a car, and more. So, it's crucial to establish a good foundation for this movement pattern.

"If our patterns are off, we become limited in our range of motion or get weaker in the muscles we need to stand up and sit down safely," says fitness expert David Jack. "We'll begin to compensate and use other muscles we shouldn't in order to do everyday movements."

Do these compensatory movements long enough, and you risk overloading other parts of your body—and losing the ability to get up and down on your own. "It happens quickly if we let it slip," Jack says.

Drop us a line or an article anytime at PEE.TheBreeze@gmail.com

Also, the PEERA website is: peerasm.org

How do you avoid letting it slip? Follow these steps to set a strong foundation for a great squat.

As always, safety is key. The exercises here may be different or more advanced than those you'll experience in a Silver Sneakers class.

(<https://www.silversneakers.com/learn/classes/>)

If you have a chronic condition, an injury, or balance issues, talk to your doctor about how you can exercise safely.

Step #1: Set Your Feet

Stand with your feet at a comfortable width—hip distance works for some, while slightly wider is better for others—and toes pointed forward. The most important thing is that both feet point in the same direction, not one pointed slightly out. This helps protect your hips and keeps your feet in line, creating a solid base.

Step #2: Lower into a Squat

Keeping your eyes forward, chest up, and heels planted, push your hips back to lower into a squat. Make sure your knees track over your ankles and don't cave inward—it helps to think about pushing your knees out slightly. Reach your arms straight out from your shoulders to help counterbalance. Once you squat as far as comfortable, push through your heels to return to standing.

Joanne Price, Editor, The Breeze



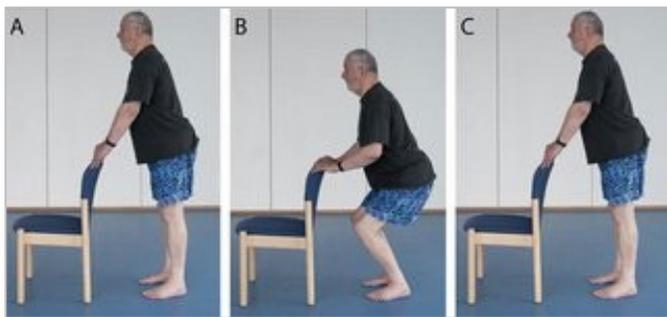
Monthly Contributors to The Breeze

Joanne Price—Editor

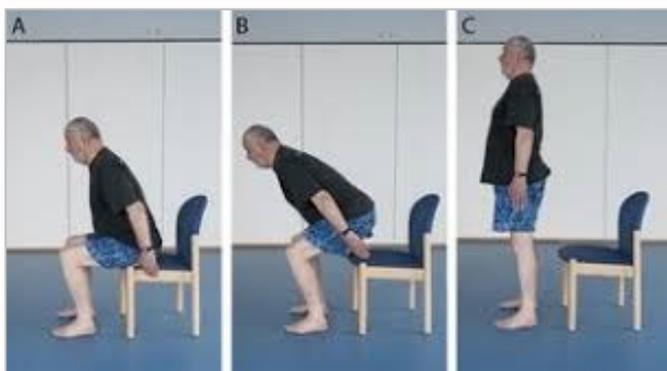
Patty Gonzales—Creative Director/
Staff Photographer

Kasey Koenig, George Turk, Lanny Lippencott, the Social Club, and the PEERA Board

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Standing Squats



Chair Squats

Step #3: Check in with Your Body

Other than slight muscle fatigue, did you feel pain in any joint or area of the body? Were your knees caving inward or heels coming off the floor? What about your back? Did it hunch over as you lowered your hips or stood back up? If you answer yes to any of these questions, you'll want to make the movement easier.

If you don't experience any pain and you're able to maintain good form, stick with the basic bodyweight squat. When you can do at least two full sets of 10 reps without feeling pain or soreness in your muscles or joints the next few days, then you can make it more challenging.

Need to Make It Easier? Do This:

If a bodyweight squat is too challenging for any reason—strength, pain, or mobility issues—you have a few options for making it easier. First, you can start your squat from a seated position, Jack says. Simply sit down and plant your feet

on the floor. From there, keep your chest up, knees out, and push down through the floor to stand up. Lower back down to the chair.

If you have a knee issue that hurts when you squat, start from a seated position and push up just a couple inches. Once you feel some tension, release to sit back down. Even with this small range of motion, you'll still build strength in your legs, hips, and core.

Need to Make It Harder? Do This:

Like any exercise, it's important to make the squat work for you. "It should serve you, not steal from you," Jack says. That means establishing a smooth, pain-free pattern before you even think about increasing the intensity.

Feeling confident about your squat? You can make it more challenging in a number of ways. Try one or more of these suggestions from Jack.

Perform more total reps. – If you've been doing three sets of 10 reps (30 total), you could do three sets of 15 reps (45 total) or four sets of eight reps (32 total).

Add weight – You could hold dumbbells, a medicine ball, or a kettle bell. It's always best to start with a lighter weight and go up gradually.

Change your tempo – Take a full three counts to lower down, pause at the bottom, and then slowly push up. "It changes the time under tension and the way the muscles have to work," Jack says.

Make your brain multitask – "You can keep doing bodyweight squats and add something like throwing a ball off the wall or to someone," Jack says. "It's really fun and really important!"

Remember, you can take your favorite SilverSneakers classes Online!

Millennium Memo



April 30 is the deadline for us to turn in a draft Budget for the July 1 Fiscal Year. Before starting on the new Budget, we like to review our progress on the current year's projects, to see if any changes are needed.

Some good news on that front. Of the 8 major items on this year's Wish List, 5 have either been completed or are in progress, most notably the \$85K Kitchen/Art Room Remodel.

We've wanted to redo the Kitchen for a couple years, so it's great to see that finally underway. Once that's done, we'll add new tables & chairs.

With these projects out of the way, we'll be running out of ideas to further improve your Park—other than the endless work on Streets & Driveways. If you have any thoughts as to projects you'd like to see, let Kasey know or drop me a line.

Your Rent Dollars at Work!

In Less Expensive News

- SPARC, our resident services partner, will once again be sponsoring FREE tax prep, but this year only 20 slots are available. Not to worry—you'll get a flyer letting you know other sources of free tax preparation.

Other than the tax event, SPARC can't really do much until the Kitchen is done. Of course, that could also be said of the Social Club, Bingo...

- What do you think of the new Clubhouse Shades? Was that worth the \$15K cost? They should be a good complement to the new Kitchen.
- You don't leave your dog outside alone, do you? Someone must be, because we're getting complaints again about unattended dogs. I'll spare you the rant, if you promise to respect the Pet Rules.

I Feel Better Now

A couple months ago, I mentioned that I recently turned 70.

"Don't feel bad," one Palomar resident wrote to me. "Studies have shown that people who have the most birthdays live the longest." Do you think that's true? I'd love to think so.

Thanks for your patience during the Kitchen Remodel...and have a fun Easter!

George Turk

President

Millennium Housing



Kasey Koenig
Park Manager/Office

East Park

MARKET UPDATE & MANAGER'S REPORT



Burt Hamernick
Park Manager/Maintenance



Home Sales

There were no homes sales in the last month but there are currently 4 homes in escrow. There are currently 4 homes for sale.

Maintenance Update

The center divider on Lucilla St was painted with white reflective paint. The streetlights went out on Elm St and the electrical line was repaired. There was a block in the sewer line on Fir St which was cleared. The Traffic Speed Detector was setup on Lucilla St.

Additional Occupants & Guest Parking

All guests must register with the office when staying with a resident for more than 20 consecutive days or 30 days total in a calendar year. Residents and Additional Occupants are not permitted to park in guest parking. These vehicles must be parked in your carport driveway. There is no street parking from midnight to 8 am. Residents and Additional Occupants that park in guest parking are in violation of park rules and subject to being towed.

Pet Rules & Safety

All pets must be registered with the office. Cats are to be indoor pets only. Dogs are not permitted to be left unattended outside. Coyotes have been seen during the day searching for food so for your pet's safety, please abide by the park rules and keep your pet indoors.

Short & Quick

- WEEDS - With all the rain there are many weeds. No one wants them. Please walk around your property and remove them.
- The Fruit Picking Program will take place on April 9th. The fruit goes to local Food Banks. Call the office to sign up.
- We hope to have the 2024 Directory soon! We will distribute a robocall once they are received!



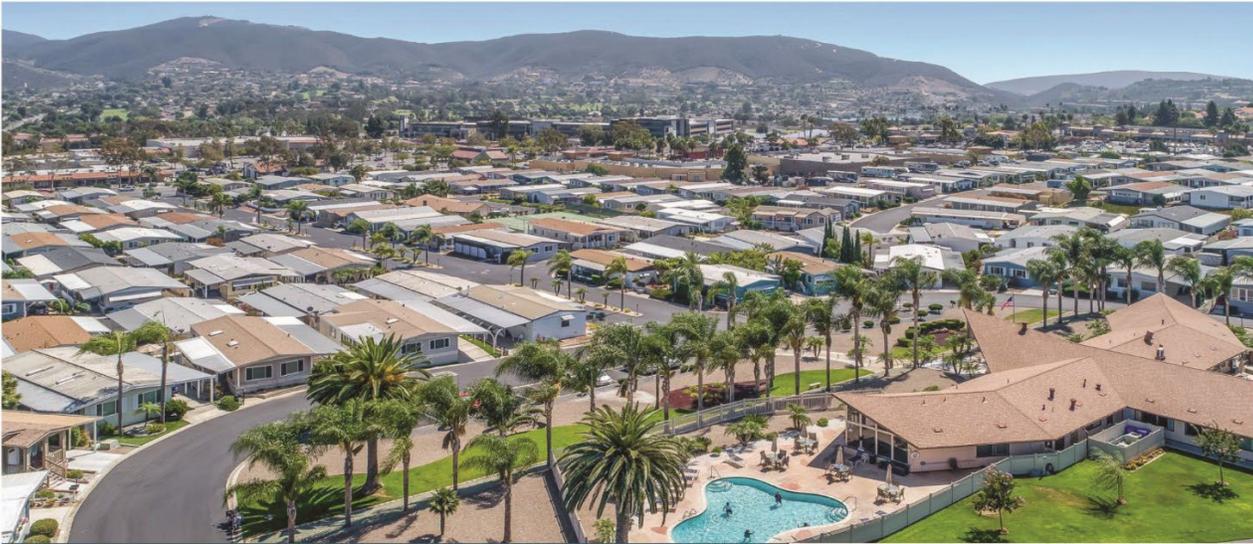
Daylight savings begins at 2 am on March 10th. Set your clocks forward one hour.

Your concerns and needs ARE IMPORTANT!

If it is not urgent or an emergency, we encourage you to email us: palomareast@gmail.com

Palomar Estates East Residents Association

P
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A



Notifications & Activities

"If you truly pour your heart into what you believe in, even if it makes you vulnerable, amazing things will happen."

— Emma Watson

New Beginnings

March is a month of new beginnings — flowers begin to bud, the air turns warmer, and winter becomes spring. It is not just about celebrating St. Patrick's Day. With March here again—we celebrate Women's History Month, daylight savings time, first day of spring, and Easter, among other things.

No Place Like Palomar East

Two years ago this March, one of our residents, Kathi Fennelly, moved to another local mobile home park. Last summer, her goal was to return to Palomar Estates East. Though her home there was perfect, that park was not a place to call home.

Over that short time away, the park where she resided slid more and more into disrepair. It was poorly managed. This experience sparked her search for the right home back here in our park. In time, a beautiful remodeled home surrounded by great neighbors became available. And now she can truly say, 'home sweet home.'

PEERA Board

Patty Gonzales	Chairperson
Sandy Wagner	Vice Chairperson
Susan Ewing	Secretary
Leslie Dranko	Treasurer

Members At Large

Peter Del Bene	Beautification
Joanne Price	Community Resources
Joanne Robinson	Complaints
Appointment (pending)	Emergency Prep
Merlene Heeren	Helping Hands
Carl Silva	Membership
Kate Niebur	Publicity

I share her experience to remind us how fortunate we are to live in a well managed park – a park in which Management collaborates with our Residents' Board, PEERA. We are blessed beyond belief. If in doubt, go ask Kathi.



Your Voice IN Our Community

PEERA Board peerasm.org

2024

PEERA Board Administrative Meeting – Tuesday, February 6, 2024

We had another productive meeting. The preliminary Wish List was shared with management. Together we are sorting through your Wish List items – capital improvements vs operating expenses – with Katie at Haven Management Services.

Kitchen Remodel Update

The kitchen remodel was put on hold for period. The electrical wiring in the kitchen all needed to be replaced. Due to the unexpected expense, management required additional bids.

All the new kitchen appliances have arrived. The old appliances were donated to a start-up church. Burt Hamernick and I have made ourselves available daily, working closely with the contractor. Should you have questions either on the progress or completion, please contact either Burt or me.



PEERA Membership

PEERA membership dues keep rolling in. We currently have over 150 paid members. Amazing! Thank YOU! You should have received your paid membership card placed on the clip under your mailbox. Keep those membership dues coming! Your Voice. Your Vote. Your Community.

Now that we have a full Board, the committee will now begin visiting new residents, to welcome them to the park and explain the benefits of PEERA.

Gonzalo Bench

Sandy Wagner announced the Gonzalo bench memorial date was scheduled at the main clubhouse patio area. Burt Hamernick shared that the permanent location of the bench will be in front of the lower clubhouse. This is a contemplative space, offering a peaceful place to reflect and honor Gonzalo.

Other Details

WEEDS are everywhere after all the rain and now, lots of sunshine. Refer to the Beautification, page 9, for more details.

Park break-ins have become a concern, and this issue was discussed. Refer to the Publicity article, pages 10 and 11, for more insight.

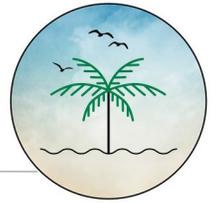
One more PEERA Board Administrative Meeting is on the calendar – Tuesday, March 5, 2024. In April, we hope to get back on track with our General Meetings every other month. Hopefully, the kitchen remodel will be completed. Keep you posted.

Patty Gonzales

PEERA Board Chair

peeraboard2024@gmail.com

PEERA Board Committees



Your 2024 PEERA Board Members-at-Large

The Palomar Estates East Residents Association (PEERA) Executive Board consists of 11 positions – four Officers and seven Board Members-at-Large. The responsibilities of the four Officers (Chair, Vice Chair, Secretary, & Treasurer) were described in the February issue of *The Breeze*.

In this issue, we will describe the general responsibilities of the seven Board Members-at-Large. Each Board Members-at-Large represents the PEERA Board on one of the seven PEERA Committees.

▪ **Community Resources & Educational Committee**

– This committee provides information to residents regarding the variety of resources available to seniors. This information is intended to promote our residents' quality of life, health, safety, and independent living.

▪ **Complaints Committee** – This committee receives complaints by residents and works collaboratively with Park management to investigate and resolve any complaints.

▪ **Emergency Preparedness Committee** – This committee is focused on assisting residents to become aware and individually prepared for the variety of potential emergencies that may occur in our community.

▪ **Helping Hands Committee** – The initial purpose of this committee was assistance to residents who need transport for medical or shopping needs or by running errands for those residents. Due to concerns regarding liability, however, the current focus of the committee is to investigate resources that provide these services. This committee now works in close collaboration with the Community Resources & Educational Committee.

▪ **Membership Committee** – This committee maintains up-to-date records of members of PEERA. Members of this committee visit new residents to welcome them to the Park, answer questions they might have, and explain the benefits of PEERA membership. (Social Club also welcomes new residents.)



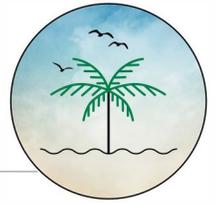
▪ **Park Beautification Committee** – This committee monitors park properties and individual spaces, assuring that the Park Rules & Regulations and management standards are maintained. When these standards are not maintained, the committee notifies Park management of this circumstance. The committee is also responsible for recommending projects and/or improvements to park facilities and common grounds.

▪ **Publicity Committee** – This committee is focused on providing information to residents about park-related information. This can be communicated by inserts into resident tubes, via the PEERA website (peerasm.org), and/or in *The Breeze*.

This committee also maintains the PEERA and residents bulletin boards in the clubhouse as well as the park entrance event board.

Park Beautification

PEERA Board Committee



Rain, Rain, Wonderful Rain!

The rain is wonderful! And we've had lots of wonderful recently. Rain revives landscape in our community, it cleans our streets, sidewalks, and even the air.

Of course, soon after the rains....weeds. It seems you can almost watch them grow as you stand viewing your landscape!

Weed removal can be a problem for some of our residents due to physical limitations. PEERA is looking for resources that might assist our residents, including volunteers or gardeners with a reasonable cost weeding service.

If you can volunteer or recommend a weeding resource, please contact:

Peter Del Bene – 760-201-3554
PEERA Board Member at Large
Beautification Committee

Leave No Roots Behind!

I'm as good as anyone else at procrastinating on my chores...and weeding certainly falls into the chore category in my book. Yes, I love gardening, but weeding isn't exactly what I would call "a pleasure."

But over the years, despite my inclination to procrastinate, I've learned to not put off weeding. I've realized that the longer you let those powerful, unwanted plants grow, the harder they become to take care of.

Rather than setting lofty and unrealistic goals, like "I'll pull every weed in the garden this weekend," I set smaller, more achievable goals. Spending an hour weeding a specific area, an hour mulching over it, and a half hour cleaning up, makes the task at hand seem more manageable.

I DO SOME OF MY
BEST THINKING WHILE PULLING
WEEDS.

—MARTHA SMITH

Once I've met that goal, I take on another small area and chip away, or...take the rest of the day off to relax in my garden and enjoy it! Next weekend, or after work on a long summer evening, I can do another hour or two out there doing just a bit at a time. This way, I am able to recharge and stay on top of those chores.

A little trick I use is spot-checking. I scan every time I'm watering. I pull any weeds I see as I walk through my yard. I don't go crazy or spend a ton of time, but I do pull anything within eyesight any time I'm out there. This tactic cuts down on the actual time spent weeding – and believe me, in our large yard (with grass), the less time I'm weeding, the better!

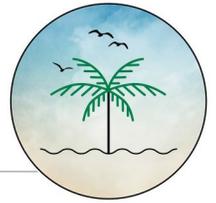
A large yard is both a blessing and a curse. The maintenance involved can seem intimidating, but in the end, I would not have it any other way. Our yard is designed to welcome and entertain our family and friends. But more importantly for Dave and me, it's our sanctuary to relax and unwind daily.

Cheers!

Patty Gonzales
PEERA Board Chair

Park Publicity

PEERA Board Committee



Secure Your Home from Break-Ins

Recently, our community has had several break-ins. The sheriff is of the opinion, from the information gathered, that it's someone who frequents the park and/or someone who is providing information to an outsider. Sad but often true.

It's heartbreaking to see one of our neighbors suffering the emotional and financial losses that come with a burglary. This is why it is best to stick to the motto that safety is a lifestyle, not an afterthought or a reaction to something bad that already happened.

Fact is, more than 40 percent of break-ins happen without the use of force. That means a lot of people are leaving their houses without locking the doors and windows.

It's not possible to guarantee that we won't fall victim to a burglary, but there's a lot we can do now to make it far less likely. Burglars only have the chance to grab a few of your valuable possessions with such a small window of opportunity. Remember, anything of value should not be able to be viewed from the outside of your home, including your carport or yard.

Items that intruders typically target include: Cash, Guns, Bikes, Jewelry, Electronics, and Prescription or Illegal Drugs.

The average loss after a home break-in is approximately \$3,000.

Know Your Neighbors

Getting to know the residents that live around you is one of the most important safety steps you can take. Closer-knit neighborhoods generally report fewer break-ins because strangers stick out, and people are more likely to keep a casual eye on other people's security.



Monitor Guest Parking Areas

Keep your eye out for vehicles that park in our guest parking by alerting management and neighbors regarding unfamiliar or routine parked vehicles. Taking photos of these vehicles and their license plates is optimal, making them easy to report. This will contribute towards making our community more secure by warding off potential threats.

Guest parking is for "guests only". Guest parking is not for roommates, long-term guests, or homeowners. Per our lease agreement, all roommates and long-term guests must be on file with the park management office. Once on file, they must park their vehicle(s) in the homeowner's carport driveway.

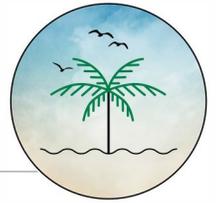
Clean Up Outdoor Items & Clutter

Leaving things lying around your yard, carport, or in plain sight from the road, can unwittingly lure thieves onto your property...like frantic bargain hunters to a flea market.

If you have a bicycle or scooter that someone could easily walk away with, roll it inside or into your shed. This is all the reason to clean off your carport and yard for the safety of both you and your surrounding neighbors. Criminals tend to target unkempt homesites.

Park Publicity

PEERA Board Committee



Storage Shed & Sliding Doors

If your shed has a window, hang up an opaque curtain. Out of sight, out of mind. Keep it locked.

After purchasing a new TV or other pricey electronics or appliance, don't leave the box out beside the trash can or recycling bin. Burglars are curious to what other items you may have purchased.

It can be easy to break into some older sliding doors by simply popping them off of their frame, even when locked. It's harder to do that with newer sliding doors, but we should still take extra precaution to secure them since they can be an inviting entry for burglars.

Simply take a strong dowel, steel bar, or two-by-four and slide it into the back slider floor groove. That way, even if people can pick the lock, the rod stops the door from sliding back or coming off track and opening.



Where is Your Spare Key?

It may seem like a good idea to leave a spare key hidden outside. Instead, give a spare to a neighbor you know well or friend who lives nearby for safekeeping. You could also put the spare key into a combination lockbox and secure it somewhere obscure outside. Better yet install keyless entry.

Other Things to Consider

Remember, never put any identifying information on your house keys. If you lose them and someone else finds them, it would be fairly easy to trace them back to your home and provide an opportunity for a break in.

Add security cameras to your home. Sometimes all you need is a few outdoor security cameras to scare off a would-be intruder. Video doorbell cameras are another good way to keep tabs on your property and let the burglars know you're watching.

Motion lights are excellent at distracting intruders too. They also help at night by enhancing the outdoor camera visibility.

Don't panic, but don't wait. Too many people put off home security until after they've already had a break-in. It's easy to think that burglary is something that happens to "other people," but the truth is it could happen to any of us.

To keep unwanted intruders out of your home, you don't have to turn your property into Fort Knox. There are many solutions you can Google – just use a little common sense and stay vigilant.

Another Great Amenity: Our Pool



Enjoy Our Newly Converted Saltwater Pool

There are several residents who enjoy our pool regularly. And I have heard they enjoy the new saltwater conversion. As the weather warms up, it may be a good time to see for yourself just how nice it is. Residents use this amenity for routine exercise. No class required, but fun with neighbors!

How Does a Saltwater Pool Work?

Water from the pool has salt added prior to entering the salt chlorine generator (**Point 1**). At the generator, an electric charge converts chloride ions to chlorine gas (**Point 2**). Chlorine gas then dissolves into the water (**Point 3**). And finally, water with pure chlorine is returned to the pool (**Point 4**). This permits a lower level of chlorine to accomplish the same disinfection process.

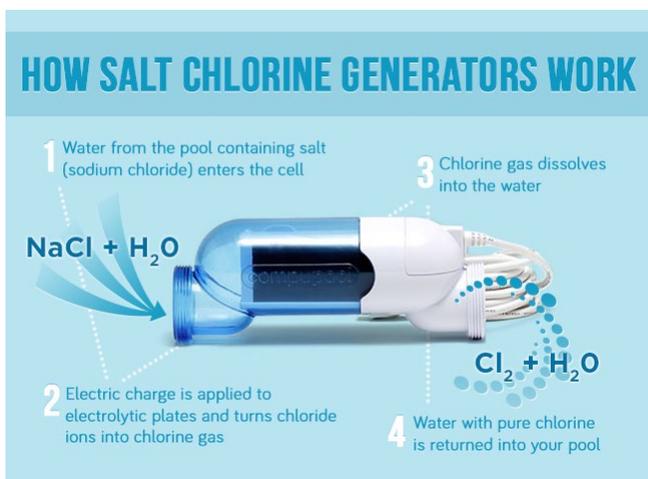


Image Source: parrotbaypoolsnc.com

6 Benefits of Water Aerobics for Seniors

- Increases flexibility and improves heart and lung function
- Builds strength with gentle resistance from the water
- Helps with balance and reducing the risk of injury from falls
- Relieves joint pain as well as symptoms of arthritis and blood circulatory problems
- A popular activity that is not limited to any age group or skill level
- Provides a sense of well-being and accomplishment



This could be You!
(There should be men in the class as well!)

Safety Tips for Water Aerobics Participants

- Check with your doctor before starting any new exercise program.
- Make sure someone else is in the pool during your workout, whether it's an instructor, a lifeguard, or a friend.
- Don't overdo it. If you feel dizzy, nauseated or tired, it's time to get out of the water.
- If you're not a good swimmer, or if you're recovering from any sort of injury, stick to the shallow end of the pool.
- Become familiar with the facilities before you enter the pool. Learn the depth of the water and the location of the pool's ladders and stairs.

Social Club News



Social Club Board (L to R) – Sally Yeater, Michelle Lema, Andrea Martin, Debbie Johnston, Lani Beltrano, Susan Adorno.

Board Members-at-Large not shown in photo: Dolores Bsharah, and Paul Hoffman.

Social Club Board - 2024	
President	Debbie Johnston
Vice President	Andrea Martin
Secretary	Debbie Johnston
Treasurer	Lani Beltrano
Membership Chair	Sally Yeater
Members-at-Large	Susan Adorno, Dolores Bsharah, Paul Hoffman

Hi Everybody!

I'm Andrea Martin, the heretofore invisible Palomar Estates East Social Club Vice President. I just wanted to let you know that I am visible once again and looking forward to joining in on the fun the Social Club has always been known to create.

We are eagerly awaiting the completion of the Clubhouse remodel. Just think of the wonderful food that will come out of the new and improved kitchen! Yum!

I'm hoping all the ceramicists out there have stuck diligently to those New Year's resolution diets! That way we will be able to fit into the new (albeit smaller) art room! But not to worry, we will find room for everyone, including anyone new who would like to give the Ceramics Class a try. It really is so much more than just a little pottery painting class. So mark your calendars:

Wednesdays 6:00pm – 8:00pm. Once the remodel is completed and I have put the supplies into the new cupboards, I'll let you know the date we will resume the classes.

If you ever doubted you were living in a senior park, this should set you straight:

Back in November 2023, I was asked to paint a special rock for one of the residents. Guess what? I don't remember to whom I promised that the rock would be ready by Christmas...

As many of you know, I wasn't able to do any painting at that time. But I am now. So, if you have been waiting for a special request rock, it's ready! The rock depicts a custom car associated with the So-Cal Speedshop. If this is your rock, please text me at 760-931-8393, so you can finally get it! So sorry for the delay.

And last but far, far, far from least...

I want to thank everyone for their support over the past few months. I am humbled by the outpouring of kindness from so many of you here in the park. I would find food on my doorstep and notes on my porch. And of course, Sandy, you knew just what I needed. But mostly I am thankful for all the prayers for Rupert's recovery. I'm here to tell you that it is working! From the first week when his survival was doubtful, to the next phase in which his physical and emotional capabilities all were in question, to today, when he is home with me, walking and talking, even working a few days a week. We still have quite a way to go, so keep those prayers coming, please. They have proved miraculous so far. I'm sure the prayers are responsible for his continuing improvement.

Again, thank you so very much. You've given me my boy back. There really is no thank you big enough for that.

Andrea Martin
Social Club Vice President

Community Resources & Activities

February

2024



All Are Welcome

Come Join the FUN!

ACTIVITY	WHO TO CONTACT AND MEETING SCHEDULES
BINGO	Debbie Johnston & Delane Johnson: Thursdays, 6 PM at West
BOOK CLUB	Social Club: 2nd Wednesday each month, 1:00 PM, East Clubhouse Cardroom.
CERAMICS	Andrea Martin: Wednesdays, 6 - 8 pm , East Clubhouse, Arts & Craft Room
DANCE LESSONS	Anne Pearson (858) 610-4816: 2nd & 4th Thursdays, 2 - 3:30 pm , East Clubhouse
FIBER ARTS GROUP	Sally Yeater (719) 651-2866: Wednesdays, 9:30 - 11 am , East Arts & Craft Room
HAND & FOOT CARD GAME	Anne Litz (760) 846-5850 (Please leave message) or Marilyn Fluharty (218) 821-0337: Mondays and Wednesdays, 1 pm , at Marilyn Fluharty's home (SpC 179)
PAINT CLASS	Dawn Anguiano, dawnv46@gmail.com: 3rd Tuesday , (Verify during kitchen remodel) (Also, the 1 st Tuesday each month at Rancho Vallecitos.)
QUILTING GROUP	Social Club: Tuesdays, 9:30 am to whenever, East Clubhouse Card Room.
TAI CHI	Rudy Cobos (773) 519-6627: Fridays at 9:00 am, East Clubhouse
YOGA	LuAnn Foster (480) 203-4330: Monday: 3:00 PM Zoom, 6:00 PM Yoga West & Zoom, Tuesday: 10:00 AM Chair Yoga West & Zoom, Thursday: 10:00 AM Chair Yoga East & Zoom
ZUMBA	Saleemah (803) 463-2880: Monday: 11:15 PM West, Tuesday: 2:15 PM Zoom, Wednesday: 10:30 AM Zoom, Thursday: 11:15 AM East

Additional Park Activities

ACTIVITY	WHO TO CONTACT
Billiards	Ken Hodor
Bocce Ball	Carl Silva
Card Games	Card Room
Darts	Don Bomar
Fishing	Don Bomar
Fitness Facility	Ken Hodor

ACTIVITY	WHO TO CONTACT
Golf Putting Green	Dave Fenner
Horseshoes	Dave Fenner
Library	A.J. Jangula
Pickleball	Joanne Price
Ping Pong/ Tennis	Bill Mead
Puzzles	Card Room

Hand and Foot Card Game

By Anne Litz



We currently meet at Marilyn Fluharty's home (SpC 179). We welcome more players.

Contact Anne Litz 760-846-5850 (please leave a message) or Marilyn Fluharty 218-821-0337.

We meet at 1:00 PM on Mondays and Thursdays.

Paint Class Reflections

By Dawn Anguiano



Even though it rained cats and dogs, we had 11 painters at our February Paint Class at Rancho

Vallecitos. Everyone had fun painting Valentine Hearts and some ventured out on their own designs.

Remember, the class is from 10:00 to 1:00 and the cost is just \$10.00. We provide all the materials.

Come join us on March 5th at Rancho Vallecitos Game Room, learn a new skill, have fun, meet some new people and just enjoy a day of fun

If you have any questions, call Dawn at 760- 802-2170 or email her at dawnv46@gmail.com to sign up. Can't wait to see you next month!

Palomar East Calendar

March

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					MAR 1	MAR 2
	11:15 PM Zumba West 1:00 PM Hand & Foot 2:30 PM Men's Bocce 3:00 PM Yoga Zoom 6:00 PM Yoga West & Zoom	9:30 AM - Quilting Group 10:00 AM - Chair Yoga West & Zoom 2:15 PM - Zumba Zoom	9:30 AM - Fiber Arts 10:30 AM - Zumba Zoom 1:30 PM - Pool/Billiards 6:00 PM - Ceramics 6:00 PM - Manipulation*	10:00 AM Chair Yoga East & Zoom 11:15 AM Zumba East 1:00 PM Hand & Foot 4:30 PM Zumba Zoom 6:00 PM Bingo West	9:00 AM Tai Chi	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

VERIFY ACTIVITY TIME/PLACE: The clubhouse kitchen remodel is scheduled to begin early January and will be ongoing into March. The office, pool, and jacuzzi will remain open but the **craft room, library, and banquet hall will be closed for the safety of residents.** The weekly classes and activities have either been moved to Palomar West or other locations, or cancelled. Contact the activity leaders if you have questions. The community will be notified as soon as the remodel is completed and our schedule returns to normal.



Park Member News

Welcome New Neighbors

To our new park residents: WE WELCOME YOU!

We want to get to know you, so please share as much information about yourself as you want. This will enable you and your neighbors to get acquainted.

Please fill out the form found in your Welcome Kit. You can return it to the Social Club box in the clubhouse.

Gone and Not Forgotten

David Tisdall Space 250 Arrived: 12/2002
Departed: 1/13/2024 Passed away.

Mike Croxton Space 287 Arrived: 11/2021
Departed: 1/21/2024 Passed away.

For those who have moved or passed away, we would like to share information about them and their time with us. No one person is more important than another.

We've had many memorable residents throughout the years, and going forward, we hope to share more of their stories and photos.

If you know of someone who has moved or passed away and have information to share with us, please contact Sandy Wagner, Space 271.



DAVID TISDALL

May 10, 1952 – January 13, 2024

David's youngest son Matt shared some wonderful memories of his father.

"The kindest, funniest, and most caring man I have ever known. The first memory I have of him is returning from work wearing a Mercedes Benz work shirt (he always loved and knew a lot about cars). He had a full beard at the time. I could see through his beard he had a smile and was happy to see his family. Without skipping a beat, he grabbed me up and lifted me high to his face and gave me a big hug and kiss. I felt as if I



Wedding Anniversaries

- Mar 2 Luis & Teresa Cadenas
- Mar 3 Keith & Susan Stinson
- Mar 5 Connie Long & Henry Robicheaux
- Mar 10 Alicia & Edgardo Bertino
- Mar 13 Jacques & Jeanine Proulx
- Mar 15 Herb & Jeanette Era
- Mar 22 James & Judith Young

was being raised higher than the house. I was 4 or 5 but the love expressed in that moment has been with me all my life.

My dad always had a joke or funny story to tell. His favorite though, was always to use words and accents from different regions of the world to get the family laughing. He had German, Russian, Irish, and Jewish characters that he would bring up most frequently. I wish I had the words to describe these characters better, but thinking about them now makes me smile.

My dad always observed all of us and sought out the correct ways to keep the family whole and healthy. He saw that I was struggling with being a developing teenager and drug abuse. He worked hard with me and not only saved my life but allowed me to have a successful Navy career and create my own beautiful family. His care, humor, and kindness, has had a lasting impact on me and everyone surrounding me. He will be forever missed!

Love you Dad, and rest well. You have earned it."

(Continued next page)

Park Member News

Celebrating Our March Birthdays!

2	Philip Hendrickson	17	Patricia Puccini
4	Susan Stinson	18	Jodi Zimmerman
4	Thomas Erickson	20	Luis Zimmerman
5	Melissa Fuller	21	Kelly Biondo
7	Rupert Martin	21	John Helander
8	Rosa Cabrera	21	Virginia Schubert
9	Ray Juarez	22	Jean Doty
9	Dyana Preti	23	Linda Cockrell
9	Dan Warren	23	Bob Manchip
10	Janet Wilson	24	Dora Brock
11	Jazzmine Wilson	25	Gloria Thiboutot
11	William Tobin	25	Cheryl Lynn
12	Patrick Quinn	26	Debbie Johnston
15	Mark Cuomo	26	Leslie Monteforte
16	Bobby Graziano	28	Micki Davey
16	Karen Kelley	30	Susie Lippincott

DAVID TISDALL – (Continued)

David's wife Shirley shared their love of exploring new areas and cultures. One of their many trips was to Japan. This was one of his favorite places. He loved the culture and the people. The last big trip was a road trip to Tennessee. He loved not only cooking a meal but serving it.

He fought hard to stay in good health but in 2023, his health took a turn he couldn't recover from. He passed the way he wanted to – with family, sharing stories, and listening to Beatles music that he really loved.

David and Shirley moved here 20 years ago. Both retired in 2014 and were then able to participate in park activities, serving on both Boards in various capacities. David was known for so many things – his quick smile, friendly hugs, sense of humor, crazy t-shirts, love of music, monthly breakfasts (delicious omelets!!), but especially his cakes. Everyone would ask him to make a cake for their special occasion. David loved music and could tell you the name of any song.

He has been missed by all for the last 1+ year, due to his ill health. We all were looking forward to the day he would be able to join us again. His wonderful presence will continue to be missed.

David and Shirley have 2 sons, a daughter-in-law and 2 grandchildren.



Book Club Sponsored by the Social Club



Meetings are typically held on the 2nd Weds of each month, 1pm at the clubhouse.

Note: During kitchen remodel: March – 1 pm at Jetta Russell's home (Spc 321, Elm)

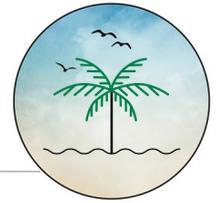
Pick up copies of these books new or used, digital or borrowed from our library. Plan to join the Book Club for a light snack, friendly neighbors, and a chance to laugh out loud.

March Book: ***The Covenant of Water***, by Abraham Verghese. This epic novel follows three generations of one Indian family from 1900 to 1977, each generation suffering a tragic loss by drowning.

If you have not signed up for the Libby application for free online access to audiobooks, refer to the February issue of *The Breeze*, pg. 18, for details.

Community Resources

PEERA Board Committee



San Marcos Senior Activity Center – Lunch Program

The San Marcos Senior Activity Center (SAC) provides a variety of programs and services for San Marcos senior residents. Their lunch program is just one of the many programs SAC offers. This program ensures that the nutritional needs for seniors are well balanced, with the focus on quality, taste and variety at a reasonable cost or contribution.

Lunch reservations must be made by 2 p.m. one business day prior.

Reservations can be made at (760) 744-5535 x3607.

Lunch is served promptly at 11:30 pm.

Before joining for lunch the first time, you will need to complete the Nutrition Assessment form online at <https://www.sanmarcos.net/home/showpublisheddocument/25702/638313982779330000>.

This form can be returned via email to kvaldovinos@san-marcos.net or in-person on the first day you attend lunch service.

If you are interested in the lunch program but unable to acquire the form, you can request a copy from Merlene (Space 244) at 760-994-7934.

- 60+ years: Suggested **\$4 contribution**;
- 50-59 years: **\$7 fee**;
- 49 years & younger: **\$7 fee** (Must be guest of senior 60+ and senior must be present).

Menu Sample

- Pork Loin with brandied apricots, Sweet Potatoes, Corn, Mixed Green Salad with Vinaigrette, Applesauce
- Coq au Vin Chicken in Wine Sauce, Mixed Rice Pilaf, Green Beans, Mandarins

1% milk and whole wheat bread are served daily.



San Marcos Senior Activity Center
111 Richmar Ave, San Marcos, CA



It Gets Better.....Lunch Shuttle

The Lunch Shuttle transports seniors to and from the SAC for the lunch program Monday-Friday (except for holidays and other posted closures).

A \$1 contribution each way is suggested.

For more information and the monthly lunch menu visit the San Marcos Senior Activity Center website:

<https://www.san-marcos.net/departments/parks-recreation/adults-50>

Helping Hands

PEERA Board Committee



Meals on Wheels



Signing up for Meals is Easy

Meals on Wheels San Diego County offers the choice of one or two nutritious meals for seven days a week, including holidays.

Deliveries are made by caring volunteers between 10:45 am and 1:30 pm. Sunday meals are delivered on Saturday.

To sign up, please enter your zip code. For more information, call 760-736-9900

Eligibility

To qualify for meals, you must meet one of these:

- 60+ years of age
- Disabled veterans of any age
- Caretakers of any Meals on Wheels client

Delivery

- One or two nutritious meals for seven days a week, including holidays.
- Deliveries are made by caring volunteers between 10:45 am and 1:30 pm
- Sunday meals are delivered on Saturday.
- Free dog and cat food available

Meal Types

All meal offerings are healthy and tasty with controlled sodium, fat, and sugar.

The menus are approved by a registered dietitian to ensure balanced meals throughout the week.

Our menu changes monthly. <https://meals-on-wheels.org/get-meals/monthly-menu/>

Meals Plans

- Lunch & dinner, plus beverage: **\$7/day**
- Lunch only, plus beverage: **\$4/day**
- Dinner only with roll & beverage: **\$4/day**
- Extra beverage: **\$0.50/day**

Five or Seven Day Packs Available (Frozen)
Additional Meals or Beverages upon Request

Meals on Wheels charges a one-time, non-refundable fee of \$35 to begin meal delivery service.

You may start and/or stop service, schedule vacations, or request non-deliver days with a 2-business-day notice.

Meals on Wheels prices are kept low because they subsidize 60% of the costs for meals, delivery, and other services provided, regardless of a senior's ability to pay.

A two-business-day notice is required to avoid charges for originally scheduled meals. Extended lapses in delivery of meals may result in an additional service start-up fee when reinitiating service.



Why Do Dogs Leave Earth First?

... a child answers



He said, "People are born so that they can learn how to live a good life – like loving everybody all the time and being nice, right?"

The six-year-old continued, "Well, dogs already know how to do that, so they don't have to stay as long."

Remember, if a dog was the teacher, you would learn things like:

- When loved ones come home, always run to greet them.
- Never pass up the opportunity to go for a joyride.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy..
- Take naps.
- Stretch before rising.
- Run, romp, and play daily.
- Thrive on attention and let people touch you.
- Avoid biting when a simple growl will do.
- On warm days, stop to lie on your back on the grass.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- Delight in the simple joy of a long walk.
- Be loyal.
- Never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- When someone is having a bad day, be silent, sit close by, and nuzzle them gently.

Source: VetWest.com and many other sites on the internet.

Being a veterinarian, I had been called to examine a ten-year-old Irish Wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy Shane, were all very attached to Belker and they were hoping for a miracle.

I examined Belker and found that he was dying of cancer. I told the family we couldn't do anything more for Belker and I offered to perform the euthanasia procedure for the old dog in their home.

As we made arrangements, Ron and Lisa thought it would be good for six-year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience.

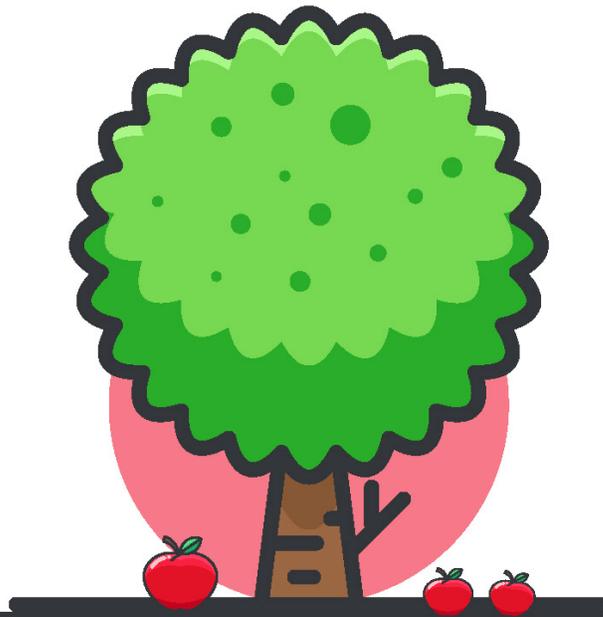
The next day, I felt the familiar catch in my throat as Belker's family surrounded him. The young boy, Shane, seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away.

The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a long while after Belker's death, wondering aloud about the sad fact that animal lives are shorter than human lives.

Shane, who had been listening quietly, piped up, "I know why."

Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. It has changed the way I try to live.

PALOMAR EAST FRUIT PICKING PROGRAM



Sign up in the clubhouse to be added to our fruit picking day with Senior Gleaners! Only citrus fruits, kumquats or apples can be picked! Deadline to sign up April 3rd

Fruit Picking Date: April 9th

Time: 8:30am-3:00pm

The volunteers will be coming during this time frame window!

