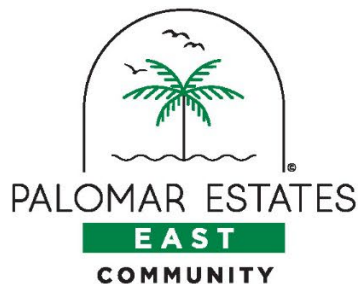




Emergency: 911

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

October Editorial

"We travel not to escape life, but for life not to escape us.."

— Anonymous

The World at Your Fingertips!

Travel and interaction with this world of ours can be exhilarating and rewarding. It can open your eyes to different peoples, different cultures, different lifestyles, different landscapes. This is true whether your travel is within the United States or abroad.

For some, however, travel may have become more difficult, too much of a physical undertaking. Or it can simply be out of the question financially.

But thanks to the internet and the amazing advances in technology, the world is at your doorstep. Obviously, such a travel experience is not the same as actually being there in person. But it goes a long way toward providing some of the enjoyment of traveling.

In this issue, I will highlight only three of the thousands of internet resources, both live interactions and videoed.

Explore.org – Animal Videos

In early March, 2024, I noticed some articles on the internet talking about two bald eagles in Big Bear Valley: Jackie and her mate Shadow.

Each year, the two eagles return to their nest in Big Bear Valley to prepare for a new round of eggs and hatchlings.

As of February, 2024, Jackie and Shadow have laid 14 eggs together, five of which have hatched. Two or three of the eaglets survived



Jackie and Shadow as seen on the Friends of Big Bear Valley Live Web Cam

into adulthood, all of which have been live-streamed by Friends of Big Bear Valley via web cameras located near the nest.

So, when Jackie laid three eggs in January (1/25, 1/28, and 1/31), there was great excitement...would these eggs hatch? The watch was on!

The average incubation time for a bald eagle egg is 35 days. The 'pip watch' (the hatching time) began on Leap Day – February 29th. A 'pip' is the first crack in an egg as the eaglet begins to emerge.

In the first couple of weeks in March, the news about Jackie and Shadow began spreading across the news channels. More than 30,000 people were watching the web cam, waiting daily for a 'pip' to appear.

Eventually it became clear that none of the eggs of this season would hatch. This sad reality caused my brother and I to begin looking on Explore.org for other bald eagle nests awaiting the emergence of

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

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

Also, the PEERA website is: peerasm.org

Disclaimers: *The Breeze* is not responsible for print quality and color interpretations, or date and time changes of events in this newsletter. Check our **website** for the most up-to-date information: peerasm.org. Ads placed in *The Breeze* and newsletter production quality are solely managed by the publisher: MHB Group 800-828-8242.

hatchlings. We went to the **Explore.org** website and typed in, "bald eagle nests." We found five different bald eagle nests that were on live webcams: Catalina Island (2), Santa Cruz Island (1), Redding (1), Ohio (1), and West Virginia (1). All of these nests had eggs that eventually hatched. We watched them from the time the eaglets were hatched (hatchlings) to the time they left the nest (fledglings). We learned so much about the bald eagles and their habitats.

Many other animal live webcams are featured on Explore.org.

There is one CAUTION about this site, however... live webcams are what they say, 'live' action. Animal activities in the wild can be disturbing.

An alternative to watching animals on live webcams is to go to YouTube.com and type in the kind of animal you want to watch. Often these videos are the more 'happy' versions of animal behaviors (though not all). To ensure that your experience is a pleasant one, you can go to the YouTube website and enter the term, "funny animal videos" in the search bar.

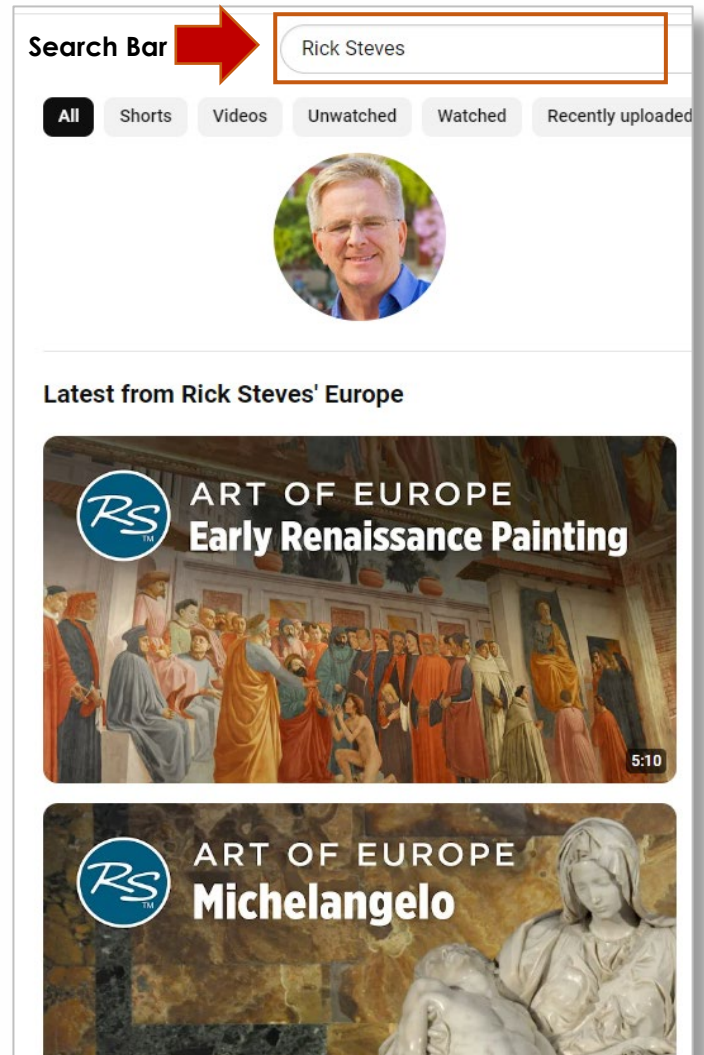
Travel Videos Example – Rick Steves

Traveling via the internet is certainly an amazing opportunity of our time. You may wish to preview a location that you are thinking of visiting, or, if you are unable to visit a desired location, you can make a 'virtual visit' on the internet.

Some of the best videos I have found, including both the scope of choices and the quality of the lecture and video, are the travel videos of Rick Steves.

When our family was planning a trip, I would often visit Barnes and Noble to purchase the relevant travel book. Now, I can simply go to the internet to learn more about the intended location and the best sites to visit there.

I found the Rick Steves' books always well written, interesting, and comprehensive. I find his videos even more engaging. The best way to access these videos is via his YouTube channel.



To access the Rick Steves' videos:

- In your browser, go to the **YouTube.com** website,
- then in the Search bar, type in Rick Steves (see above).

Once you are on this website, you can scroll through the variety of videos available. Some are short (5 min or so), such as the latest videos shown above, while other videos may be 30 minutes or more.

This is just one of the many resources for traveling virtually. If you know of other similarly excellent travel websites, let me know (email: pee.thebreeze@gmail.com), and I will include this information in a future issue of *The Breeze*.

Happy Travels!

Millennium Memo



My favorite bit of news from Palomar East last month: the new flooring is completed, well in advance of the busy Holiday Season.

If you haven't seen it yet, come take a look at what \$72K buys these days. I haven't been there in person, but based on the photos Kasey sent, the contractor did a great job. The new blinds in the Kitchen were also a nice addition.

Other expenditures include Palm Tree Trimming (\$7K), new stairs by the Bocce Court, painting the Clubhouse and jetting the sewer lines. Your Income Cert Dollars at Work!

More News

- The Solicitor problem seems to have subsided, but we've gotten a few calls about political folks knocking on doors. "We quickly escorted them off the property," Kasey told me. The election can't get here fast enough!
- Someone drove a car/truck into the Dog Park one evening. Must have been frustrated that the gate was closed? We were able to fix it using existing parts. Our Staff is pretty good at gate keeping.
- This month's Kudo goes to Kyle MacPherson, who "has done an excellent job fulfilling Tomas's duties," per Kasey. Big shoes to fill, but Kyle has been up to the task. Thanks for your great work!
- Last month, I thanked those of you who addressed the issues on your Lot Inspection list, but we still have a few stragglers who haven't dealt with outside storage on their homesites.

In some cases, it's not just a few items, but boxes, tools...all sorts of things. You know that isn't allowed, so please take care of that now. The Park will be more beautiful, home values will stay high and you'll enjoy your yard more.

Regarding That Last One

One Palomar resident loves gardening so much that she actually planted her garden in alphabetical order. "How do you find the time," I asked her. "Easy. It's next to the sage."

Thanks again for cleaning up your yards...and have a fun Halloween.

George Turk

President
Millennium Housing



Kasey Koenig
Park Manager/Office

East Park

MARKET UPDATE & MANAGER'S REPORT



Burt Hamernick
Park Manager/Maintenance



"Love your neighbor as yourself but don't take down your fence." -- Carl Sandburg

Home Sales

There were three home sales in the month of September. Three homes are in escrow. Currently there are five homes for sale.

Maintenance Update

The palm trees throughout the park were groomed and trimmed by Union Tree Service. The sewer line was hydro jetted along Palm, Maple, and Pine St for quarterly maintenance. Staff painted the interior of the clubhouse. Masonry work was done to the pillars of the electrical gate between the two parks. The stairs from the bocci ball court to the laundry area were rebuilt with bricks.

A Big Shout Out!

We want to thank the residents who have addressed the items on their inspection repair list. Some are in the process of making repairs and have communicated that with the office. We appreciate you doing your part to make this a beautiful and desirable community. Visiting prospective buyers consistently compliment the appearance of Palomar Estates East.

Fall

Fall is a season filled with colorful leaves, pumpkins and cooler temperatures. It often brings the first rain of the season. Please make sure your rain gutters are clean and free of weeds and dispose of leaves around your yard.

Short & Quick

- Days are getting shorter so please remember to wear something reflective or bright when walking at night.



- If riding a bicycle around the park, be aware of blind corners and cars backing out of driveways.
- Be proactive and pick up falling fruit from your trees to keep rodents away.

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

"Life is simply a mix of mayhem and magnolias, so embrace this gentle riot and gather flowers along the way."
– Kat Savage

Sit for a Spell

I love gardening for so many reasons. I have been blessed with a large yard which allows me plenty of space for gardening. Earlier in the year I planted my annual sunflowers. And finally, the first sunflower has appeared.



As any passionate gardener knows, it is understood that a garden space needs a seat. For obvious reasons, a chair or bench or both are needed for rest. It is important for the gardener to be with the garden, resting, watching, pondering, planning, smelling,

PEERA Board

| | |
|----------------|------------------|
| Patty Gonzales | Chairperson |
| Connie Bloem | Vice Chairperson |
| Susan Ewing | Secretary |
| Leslie Dranko | Treasurer |

Members At Large

| | |
|-----------------|---------------------|
| Peter Del Bene | Beautification |
| Joanne Price | Community Resources |
| Joanne Robinson | Complaints |
| Board Committee | Emergency Prep |
| Merlene Heeren | Helping Hands |
| Carl Silva | Membership |
| Kate Niebur | Publicity |

tasting, noticing, and simply being. When we sit by ourselves in nature, more than just our sunflowers grow; gardeners grow. Patience is tried. Lessons are learned. And, above all else, the cycle of life is respected.

Nature has always been so generous to us. Nature is an exponential giver. One of the easiest ways to be a humane gardener is to "leave the leaves" at the end of the growing season rather than raking. This nourishes the new growth.



Your Voice IN Our Community

PEERA Board peerasm.org

2024

Reflections at the Moment

October is my favorite color!

Can you believe it's already the last quarter of 2024? Time flies when you're volunteering, doesn't it?

As my term as PEERA Board Chair is nearing completion, I have been reflecting on the many benefits that come to those who step forward to volunteer to serve our community via the PEERA Board or the Social Club Board.

PEERA Board service has been a win-win opportunity for me. I've met so many people and learned many new skills. My focus was to make a difference in our community.

Volunteering has sharpened my critical thinking skills and problem-solving abilities, along with the ability to understand my strengths and weaknesses.

As with any task, of course, there have also been challenges. But my goal has been to embrace the challenges, learn from them, and move the Board forward productively within the community.

Perhaps the most challenging aspect for me, and certainly for others in leadership roles, has been learning best ways to encourage and accomplish change. By its very nature, change is uncomfortable for some. Sorting out beneficial changes is no small task. Certainly, change for the sake of change is not a desired course. But change presents new opportunities, provides more choices, and creates endless possibilities.

In my tenure as Chair, I have grown in my capacity to be kind when considering the choices other people may make, and in my capacity to listen and proceed rationally.

The bottom line is that volunteering is truly a passionate way to give back to your community and learn more about yourself. I look forward to passing the torch.

I will remain active in the community, volunteering on the PEERA committees along with my active roles as creative director and staff photographer for the park newsletter, *The Breeze*.

Upcoming PEERA Board Election

Voting is another important opportunity for participation in our community, an opportunity to have your voice heard.

Please place your Bylaws/Standing Rules ballot in the PEERA lockbox by September 30th at 5 pm. Once the vote is announced, we will begin the General Elections. The nominating committee has been selected. Currently, there will be two Board positions open: Chairperson and Membership Board Member-at-Large.

If you have any questions about either position, reach out to a PEERA Board member to answer your questions or provide additional information.

The October PEERA Board meeting is an administrative meeting.

Enjoy this season's blessing!

Best Regards,

Patty Gonzales
PEERA Board Chair



WHEN WITCHES GO RIDING, AND BLACK CATS ARE SEEN,
THE MOON LAUGHS AND WHISPERS, 'TIS NEAR HALLOWEEN

HAUNT YOUR HOME

2024 HALLOWEEN DECORATING CONTEST
GET CREATIVE AS YOU TRY TO OUT-BOO YOUR NEIGHBORS
FOR THE SPIRITED BRAGGING RIGHTS.

THREE HOMES WILL
BE JUDGED ON THE
FOLLOWING CATEGORIES:

- SCARIEST
- MOST CREATIVE
- BEST CHARACTERS

BE READY BY
OCTOBER 25TH
FOR DRIVE-BY
JUDGING

PRIZES WILL DELIVER
BY HALLOWEEN
AND ANNOUNCED ON
THE PEERA BULLETIN,
WEBSITE AND THE BREEZE
- PEERA BOARD SPONSORED



JOIN US FOR OUR ANNUAL

Halloween

POTLUCK 2024

SOCIAL CLUB EVENT

Saturday, October 26th
5:00 pm Clubhouse



Costume Contest



Bring a dish to share and your
beverage of choice



Coffee and Witches Brew
will be provided



Music and Entertainment by
Simple Dreams

Tickets on Sale

- Friday, October 4th at 5:30 pm, at the Social Hour
- Saturday, October 12th at 10:00 am at the Clubhouse

Social Club Members **\$10**

Non-Members & Guests **\$15**



Our Club. Our Members. Our Passion.

2024

Happy October!!! Whoo-hoo! Oh goodie, goodie, goodie! I can't help it, folks. I love Halloween! And the Halloween Party! And the costumes! And the candy! And the fun, fun, fun!

Okay. Debbie brought me back to earth, so maybe I had better give a September recap, at least what I know of it.

What I meant to say was "How about that Luau?" Lani and the team worked so hard, and it was so very worth it. I saw ear-to-ear smiles from the time everyone arrived until it was time to say goodnight. Everything came together exactly right. The food was delicious! The entertainment was great! Who knew Lani could move with such grace? Nice Job! I'd also like to thank Lauren Grey for taking pictures on demand without any forewarning. One last note of appreciation goes out to those responsible for the floor replacement being completed in time!

Also in September was the Clothing Exchange. Brought to you by Devin Fernandez and those wonderful people from SPARC! Since I write this prior to the actual event, I can only hope it was an immense success. With any luck, there were closets emptied out and then filled back up with newfound treasures. Whatever items remaining were boxed up and donated to DAV.

Social Club Board

| | |
|-------------------|-----------------|
| 1 Sally Yeater | Membership |
| 2 Michelle Lema | Treasurer |
| 3 Andrea Martin | Vice President |
| 4 Debbie Johnston | President |
| 5 Lani Beltrano | Secretary |
| 6 Susan Adorno | Member-at-Large |

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

Upcoming Events

☐ **October 4** – Social Hour.

☐ **October 26** – Halloween Potluck

Now, let's see. Where was I! Oh yeah, HALLOWEEN!! Oops, not yet.

The Social Hour will be held October 4, at 5:30 pm. Bring appetizers to share and a drink of your choice. We will have coffee and Hawaiian Punch available. Be sure to come and mingle (or in my case, "Flamingle") with your neighbors. And who knows? You may even win a prize! We will also be selling Halloween Potluck tickets at this event.

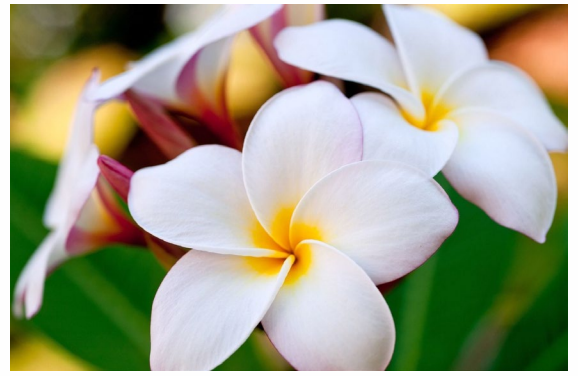
(Drumroll please) The Halloween Potluck will be held on October 26th. Check-in starts at 5:00 pm. See the flyer on page 9 for more details. The next ticket sales date for this event is Saturday, October 12th, at the clubhouse.

Now get back to work on those costumes!

Andrea Martin

Social Club Vice President

Social Club Luau, September 7th – Aloha!



Beautification

PEERA Board Committee



As you walk around or drive through our community, you may have noticed many of the cute and amusing objects included within resident landscapes. Thanks to all of you for adding to the charm of our community! More photos in an upcoming issue of *The Breeze*.



On Hands and Knees

*"Do not be wise in words – be wise in deeds.
– Jewish Proverb*

They were a group of two-year-old children running around the yard on a beautiful summer day, without a care in the world. They seemed to be embracing life in their play, making up their own games and activities, running in circles for the sheer delight of it.

The running morphed into some semblance of tag, as they all chased each other, tumbling, giggling and then getting up and tumbling again. I couldn't help but smile at their youthful exuberance.

Then I noticed something in the corner of my eye. It was Sarah, the child from next door, the same age as those running around my front yard. The only difference was that beautiful, charming Sarah was developmentally delayed and not quite on the same level as her peers. At two years old, Sarah was not yet walking. This did nothing to temper her joy, however, and Sarah was one of the most cheerful, enthusiastic children you'll meet.

She had approached the group of children with an anticipatory smile of delight on her cherubic face, eager to participate in the fun. However, with each moment that she sat on the sidelines unable to participate in the running, her smile faded just a bit more, until she had a forlorn, abandoned look on her face.

She crawled desperately around in circles, waiting for someone to notice her, to include her. I couldn't feel her pain, nor could I figure out what to do to alleviate the pain.

It turns out that one of the toddlers of the bunch was far wiser than I. With a quick glance at Sarah, and without missing a beat, Baruch crouched down on all fours and began crawling toward her.

"Tharwah, catch me!" he shouted with his adorable two-year-old lisp. With that, he made an about-face and began furiously crawling away. Her entire countenance lit up, and in a second, she was racing toward him. It took only a few seconds



Image Source: Educatall.com

before the rest of the children caught on and dropped to their hands and knees, too, resuming their game of tag right where they had left off, only this time with one additional player. One deliriously thrilled player, made to feel like one of the gang despite her disabilities, thanks to the thoughtfulness of her two-year-old friend.

And I, grown-up onlooker, having been completely blindsided by the compassion and sensitivity of a toddler, couldn't keep the tears from streaming down my face.

I think of this story often, marveling at the difference one toddler made in the life of another and the difference we can all make by looking out for others, anticipating their needs and extending our kindness and compassion to those less fortunate.

And I wonder if that little boy, who is my brother, by the way, is even aware of the impact he had on his friend's life that day, of how he opened worlds for her just by looking beyond himself and getting down on his hands and knees to meet her where she was.

I marvel at the fact that it took a child to teach me the ultimate lesson in empathy and kindness, a lesson whose impact still has not diminished although this story took place many years ago. I only hope that someday I can make a difference in someone's life as profound as the one that my little brother did on that beautiful summer day.

~Devora Adams

Community Resources & Activities

October

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: 2 nd Wednesday each month, 1:00 PM, East Clubhouse Card Room. |
| 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 |
| HAND & FOOT CARD GAME | Anne Litz (760) 846-5850 (Please leave message) or Marilyn Fluharty (218) 821-0337: Mondays and Thursdays , 1 pm, at Marilyn Fluharty's home (Spc 179) |
| PAINT CLASS | Dawn Anguiano, dawn46@gmail.com: (1 st Tuesday each month at Rancho Vallecitos) (Note: No classes July or August) |
| 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 AM 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 |

Many Types of Activity Groups

Thank you to all the volunteer residents who sponsor these activities. We appreciate your providing such so many opportunities for fun interactions among our residents.

We encourage you to give one or more of these groups a visit to find a group that matches your interests.

Ceramics Classes

By Andrea Martin

Now that new flooring has been completed in the Clubhouse, the Ceramics can meet again. Meetings are on every Wednesday, 6 – 8 pm at the Palomar East Card Room. Hope to see you there!

Paint Classes

By Dawn Anguiano




In October, we are going to be celebrating our 6th Anniversary of painting at Rancho Vallecitos with our paint class and a fun party afterwards. Everyone is invited to the party. Even if you don't paint, we would love to have you meet us and see what we have been doing, meet some new friends and enjoy the goodies. Hope to see you there.

Palomar East Calendar

October

NOTE: Regular activities held on given days of the week are shown at the top of the calendar.
Activities with special scheduling are shown on the calendar in red.

2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|--|--|---|---|
| | 11:15 AM 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) | 10:30 AM - Zumba (Zoom) 1:30 PM - Pool/Billiards 6:00 - 8:00 PM - Ceramics 6:00 - 8:00 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 (At West) | 9:00 AM Tai Chi (East) | |
| | Sept 30 | 1 | 2 | 3 | 4 | 5 |
| | 5 PM – Ballots due in PEERA Lockbox regarding Proposed Bylaws Revisions | 10:00 AM to 1:00 PM – Paint Class 5:30 PM – PEERA Admin Board Meeting | | | 5:30 PM Social Hour at Clubhouse * Last Day to sign up for Senior Warm Kits in Clubhouse | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | |  | 1:00 PM – Book Club Meeting  | 2pm– 3:30pm Dance Lessons | | 10 AM – Halloween Potluck - Tickets Sale at Clubhouse |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | | | | | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | |  | | 2pm– 3:30pm Dance Lessons | Be ready for Drive By Halloween Decorations Judging | 5 PM Halloween Potluck |
| 27 | 28 | 29 | 30 | 31 | | |
| | | | | | | |

Park Member News

Welcome New Neighbors

We look forward to getting to know you! Please fill out the envelopes found in your Welcome tote. You can return them to the Social Club and/or PEERA lockboxes in the clubhouse.

- Susan Chubbuck Space 198
Arrived: 8/12/2024

Gone and Not Forgotten

- Marlene Parmenter Space 198
Arrived: 9/2007 Passed Away: 8/12/2024
- Linda Koch Space 306
Arrived: 12/2003 Moved Away: 8/13/2024
Destination not known
- Norma Zuiderweg Space 50
Arrived: 10/2006 Passed Away: 8/26/2024

Wedding Anniversaries

- Oct 7 Ronald & Dolores Berenty
- Oct 8 Naomi & Paul Van Middleworth
- Oct 9 Pete & Becky Eiden
- Oct 9 Jon Sherman & Sabine Kurz-Sherman
- Oct 16 Pete & Jacqueline Knowlton
- Oct 29 Jerry & Carol Chamberlin



Out of the Mouths of Babes...

The following is a selection of notes from children to God. You gotta love it!

Dear God, Are you really invisible or is that just a trick? -Lucy

Dear God, Did you mean for the giraffe to look like that or was it an accident? – Norma

Dear God, Instead of letting people die and having to make new ones, why don't You just keep the ones You have now? -Jane

Dear God, Who draws the lines around the countries? -Nan

Dear God, I went to this wedding and they kissed right in church. Is that okay? -Neil

Dear God, What does it mean You are a Jealous God? I thought You had everything. –Jane

Dear God, If You watch me in church Sunday, I'll show You my new shoes. -Mickey D.

Dear God, Thank you for the baby brother, but what I prayed for was a puppy. -Joyce

Dear God, I think the stapler is one of your greatest inventions. - Ruth M.

Dear God, We read Thomas Edison made light. But in Sunday school they said You did it. So I bet he stoled your idea. Sincerely, Donna

Dear God, Please send me a pony. I never asked for anything before, You can look it up. – Bruce

Dear God, You don't have to worry about me. I always look both ways. -Dean

Dear God, I bet it is very hard for You to love all of everybody in the whole world. There are only 4 people in our family and I can never do it. –Nan

(Source: inspirational-short-stories.com)



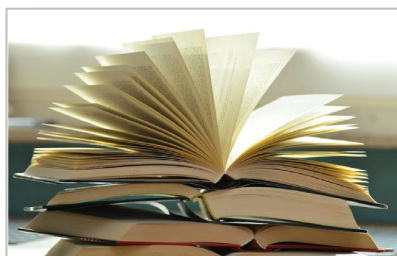
Park Member News

Celebrating Our October Birthdays!

| | |
|----|-------------------|
| 1 | Connie Bloem |
| 1 | Felix Bucelli |
| 1 | Kathleen Grooms |
| 3 | Teresa Cadenas |
| 3 | Paul Waller |
| 4 | Connie San Pedro |
| 7 | Patricia Wilson |
| 8 | Mary Lausten |
| 8 | Carole Centanni |
| 11 | Heidi Arauz |
| 11 | Terry Kaltenbach |
| 13 | Patty Gonzales |
| 14 | Mary Wernow |
| 16 | Barbara Givens |
| 17 | Jim Gleason |
| 18 | Beatriz Alexander |
| 18 | Martha Lopez |
| 20 | Camilo Gonzales |
| 20 | Mark Dubas |
| 21 | Anne Vernia |
| 21 | Melvis Morris |
| 21 | Becca Leyden |

| | |
|----|------------------------|
| 22 | Karen Rochelle |
| 22 | Janet Valentine |
| 23 | Susan Chubbuck |
| 23 | Kristine Elmer |
| 25 | Jill Marshall |
| 25 | Barbara Perry |
| 25 | Sandra Wagner |
| 25 | Yvonne DeYoung |
| 26 | Mary Bright |
| 26 | Don Kay |
| 26 | Cindy Ramsey |
| 27 | Gene Ball |
| 27 | Joann Kocyk |
| 27 | Michael Curtis |
| 28 | Jane Zaron |
| 28 | Ken Losey |
| 29 | Janine Piper |
| 29 | Corel Shields |
| 29 | Carol Randall |
| 29 | Ghislaine Meisenholder |
| 30 | Michelle Purcell |

Book Club



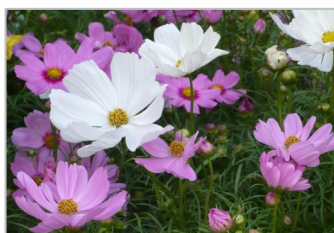
Meetings are held on the 2nd Weds of each month, 1pm at the clubhouse.

Plan to join the Book Club for a light snack, friendly neighbors, and a chance to laugh out loud

September Birthday Missed...

The following resident birthday was left off the September Birthdays List in error. Apologies!

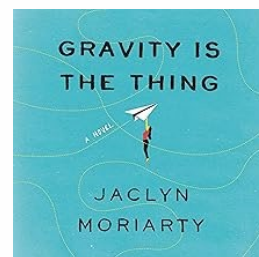
- September 5 – Leanne Pohrman



October Book

***Gravity is the Thing*, by Jaclyn Moriarty**

Twenty years ago, Abigail Sorenson's brother Robert went missing one day before her 16th birthday, never to be seen again.



That same year, she began receiving scattered chapters in the mail of a self-help manual, the Guidebook, whose anonymous author promised to make her life soar to heights beyond her wildest dreams.

The Guidebook's missives have remained a constant in Abi's life - a befuddling yet oddly comforting voice through her family's grief over her brother's disappearance, a move across continents, the devastating dissolution of her marriage, and the new beginning as a single mother and café owner in Sydney.

Now, two decades after receiving those first pages, Abi is invited to an all-expenses paid weekend retreat to learn "the truth" about the Guidebook. It's an opportunity too intriguing to refuse. If everything is connected, then surely the twin mysteries of the Guidebook and a missing brother must be linked?

What follows is completely the opposite of what Abi expected - but it will lead her on a journey of discovery that will change her life - and enchant listeners. *Gravity Is the Thing* is a smart, unusual, wickedly funny novel about the search for happiness that will break your heart into a million pieces and put it back together, bigger and better than before.

(Review Source: Amazon Books)

November Book

***Thunder Struck*, by Eric Larssen**

Community Resources

PEERA Board Committee



Caregiving Information Website

While investigating Community Resources that might be of help to residents ('younger' or 'less young,') I came across a website of note:

DailyCaring.com.

This website was the Award Winner for the Best Senior Caregiving Website in 2023.

Having used caregiving services for my mother's last few years, I know just how important access to a wide variety of information can be. The DailyCaring.com website provides a wide spectrum of information, whether the need is for your family, a friend, or even yourself.

About DailyCaring.com

When you're struggling to care for an older adult (and stay sane), you need practical answers fast. We help you solve the frustrating day-to-day problems that make you lose your temper or keep you up at night.

Today, there's no shortage of information available to family caregivers. But who has time to dig through everything on the Internet just to find that one nugget of info that can help you? We're here to do that digging for you.

We search everywhere to find the most practical and useful tips, advice, personal stories, and resources related to caregiving and aging. Then, we boil it down to the most important points you'll want to know.

Our website is easy on the eyes. easy to navigate, and makes it a snap to find the information you need right now. Make it even easier by subscribing to our daily email newsletter so you never miss out on the latest. It's delivered straight to your inbox.

The Founders

One of the aspects of this website that I liked was the experience and background of the website founders.

Connie Chow



Connie was a hands-on caregiver for her grandmother for 20 years. (Grandma made it to 101 years old!)

Connie knows exactly how challenging, overwhelming, and all-consuming caring for an older adult can be. She also knows how important support is — especially in the form of practical solutions, useful resources, and tips for self-care.

Connie has an MBA from University of Southern California and a Bachelor's in Economics from University of California at Berkeley. Prior to founding DailyCaring, she was a Vice President at Wells Fargo Bank and managed the development of consumer and small business online banking applications. Her past experience also includes Internet and software product management at NexTag.com and Marimba.

Brian Yu

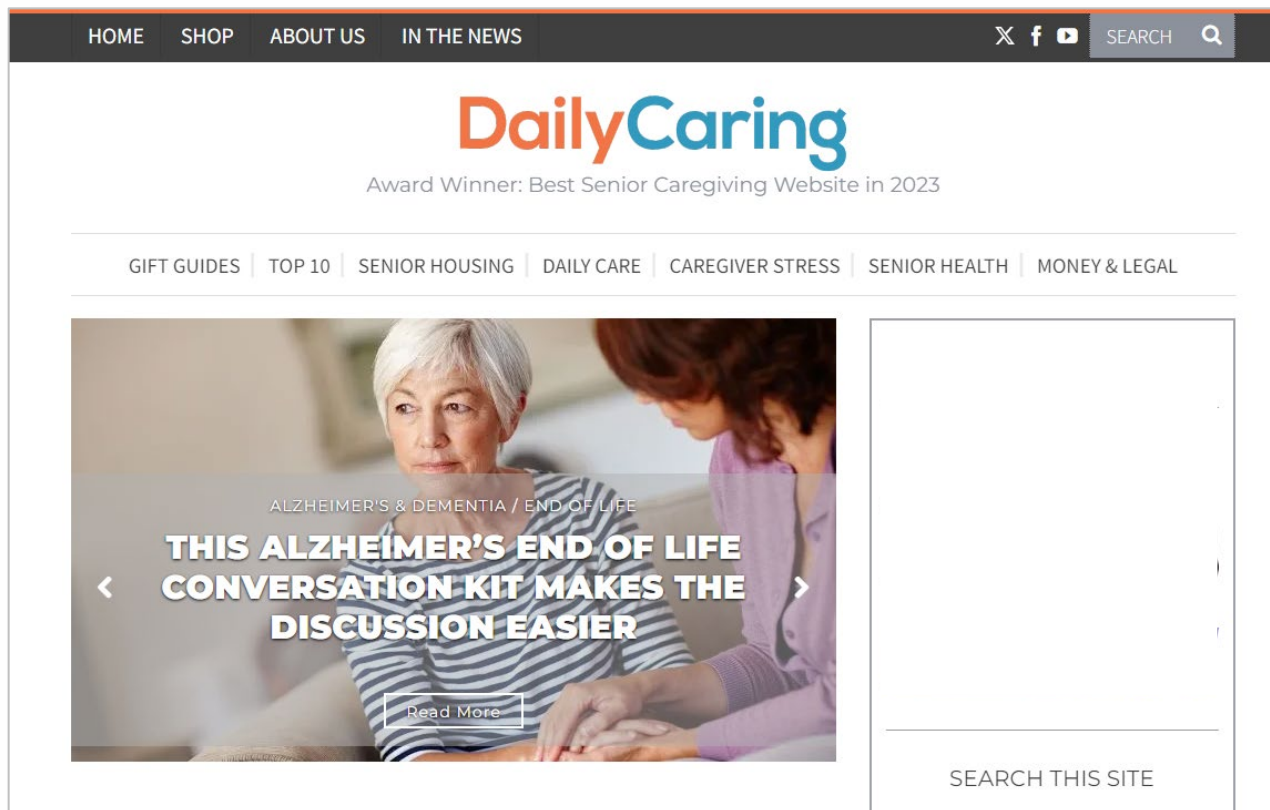


Brian has both young children and aging parents – caught in the classic sandwich. He's passionate about creating a website with easy-to-use advice, information, and recommendations for those caring for older adults.

Brian has an MBA from University of California at Berkeley and a Bachelor's degree in Biomedical Engineering from Johns Hopkins University. Prior to founding DailyCaring, he was Director of Mobile Apps at Fanatics. His past experience also includes mobile product management at BitTorrent and Zinio, management consulting at Accenture, and product management at Shopzilla and Yahoo!.

Community Resources

PEERA Board Committee



Who is DailyCaring for?

DailyCaring is here to support the 43.5 million family caregivers who care for someone 50+ years of age. We're also here for the 14.9 million people who care for someone living with Alzheimer's disease or dementia.

We're perfect for family caregivers who need practical solutions for day-to-day challenges, help with important care decisions, and advice on how to plan for the future.

We're also here to help professionals in the aging care industry. Nobody can be an expert in all things aging and caregiving. We have answers that help you with your work and benefit your clients.

You may wish to go to the [DailyCaring.com](https://www.DailyCaring.com) website to view the many available resources.

How Does DailyCaring.com Make Money?

We don't accept compensation in return for favorable reviews or product/service mentions. Our content is free to read, but not free to produce. So, our operating costs are covered by:

■ Advertising

These are businesses that are interested in telling you about products or services that you might like for yourself or for your loved one.

■ Affiliate sales

We use affiliate links on [DailyCaring.com](https://www.DailyCaring.com). This means that in some cases when we link to [Amazon.com](https://www.amazon.com) or other online retailers, we get paid a small commission for referred sales.

If we link to a product, service, or retailer, it's because we legitimately believe it could benefit our readers.

Nutrition Information



Vitamin B12 and you

Vitamin B12 is an Important Vitamin

Vitamin B12 helps to support nerve function and build healthy blood cells.

Vitamin B12 is also important to keep other parts of your body healthy, including your heart, eyes, bones, hair, nails, and skin.

As you age, it is normal for your body to not absorb Vitamin B12 as well as it once did. It can be common for an older adult to have low levels of Vitamin B12.

Stay Healthy as You Age

It is important to make sure you are eating rich sources of Vitamin B12 in your diet. You can prevent low levels of Vitamin B12 by eating a healthy, balanced diet.

Vitamin B12 is naturally found in a lot of food sources and can be added into other fortified foods.

Eat a diet that includes a variety of Vitamin B12 foods, including low-fat dairy, lean proteins, and fortified grains.

Talk with your health care provider or dietitian to determine if Vitamin B12 supplements are right for you.

FOODS RICH in Vitamin B12

MEAT

(beef & lamb)



DAIRY

(milk, cheese, & yogurt)



SEAFOOD

(fish & shellfish)



fortified
CEREAL



POULTRY

(chicken, turkey, and duck)



If you take Vitamin B12 supplements, make sure you talk to your health care provider or pharmacist about how it may interact with other medicine you take.

Source: aging.ohio.gov

FREE Senior Warm Kits!

Don't miss out on receiving
new winter items for the
upcoming Fall season.

Items include:

Hat
Gloves
Blanket
Fuzzy socks
Scarf



Distribution date :
Tuesday, November 12th
3:30pm - 5:00pm

All items are **FREE** to Palomar
East residents.

Please sign up in the office by
Friday, October 4th.
You **must** sign up to receive these items.
45 spots available

SPARC Inc.