

April 2020

Spring Knolls News

Murrieta, CA

A 55+ Age-Restricted Community

From the HOA President . . .

Crisis changes our lives, also brings us together

March 2020 will go down as one of the most difficult and stressful in Spring Knolls' history.

The Coronavirus has hit us hard. Not long ago we were living normal lives and then suddenly they changed virtually overnight.

And the changes will continue. We must all rise to the challenges this crisis presents - Starting with how we help each other.

Let's remember to not only *know*



Judy Francis

our neighbors, but also to help *look out* for them.

If you think someone may need help getting groceries, prescriptions, etc. please contact the Emergency Response

Team, or any Board member or committee member. (See page 2)

See **Crisis**, page 2

Spring Knolls cancellations, closures ...

(The following are previously scheduled Spring Knolls Unit 1 events/meetings now *canceled* or *postponed*. See future newsletters for updates..)

- 2nd Hand Treasures sale
- Unit 1 Hosted Brunch/Breakfast
- Hoedown Chicken Dinner
- Monday Cards
- Boosters
- Weed pulling by students
- Emergency Response Fair
- Unit 1 BINGO
- Tuesday Bible Study
- Aqua-cize

(The following are Spring Knolls Unit 1 facilities that are temporarily closed. See future newsletters for updates.)

- Spring Knolls Main office (drop off items, payments in office door mail slot.)
- Spring Knolls Library (return books to box on bench outside main office.)
- Spring Knolls gym & pool room
- Spring Knolls swimming pools
- Spring Knolls showers, restrooms
- Spring Knolls Jacuzzi
- Spring Knolls card room & hall

Still open: Clubhouse gates, patio and Dog Park.



Emergency Response

By Alan Hanson, Chairman



Alan Hanson

Unless you've been living under a rock you've felt effects of the Coronavirus scare!

I've never seen such a fast-moving series of events, and I'm sure it's only going to get worse. Please heed the advice of experts on this pandemic regarding washing your hands, not touching your face, staying a safe distance from people, etc., etc.

On a positive note, we held the

Red Cross smoke detector installation event just in time! The Coronavirus outbreak reduced the number of installers, but they did manage to finish on Friday, March 13.

Some statistics: 188 residences covered, with 605 smoke detectors installed, between Spring Knolls, Warm Springs and Golf Knolls. This was the largest number of requests this Red Cross Chapter has had in its history! Special thanks to Cindy Woody and

See **Emergency**, page 3

Spring Knolls 2020 Directors

President:

Judy Francis / 541-3498

Vice President:

open

Treasurer:

Cyndy May / 600-1472

Secretary / Newsletter

Sandy Vollmer / 319-6749

Age & Rentals:

Maggie Underwood / 216-8379

Architectural:

Bill Desmond / 240-9065

Facilities:

Ron Sieber / 541-6276

Compliance Administrator:

Candy Lee / 239-0669

Common Grounds,

Streets & Trash:

Robert Raquel / 310-528-9628

Committees, others...

Umbrella Committee:

Robert Raquel / 310-528-9628

Senior Advocate:

Larraine Ocanna / 698-2334

Debby Adelhelm / 760-717-9876

Emergency Response:

Alan Hanson / 714-493-1709

Caretaker:

April North / 722-0759

Trash:

Jim Feryan / 698-7925

Clubhouse Reservations:

Holli Hanson / 661-972-0799

Boosters President:

Dorothy Vaughn / 696-0871

Library Coordinator:

Karen Jacobs / 265-6292

From the HOA President...

Stay safe, and we'll make it

(From page 1)

Just give us their address and we'll find their phone number and make the contact.

Or, if you need help, please call a Board or Committee member directly. Many of you have family to help you in this difficult time. Many others live alone with no family to help, so please don't forget them.

As you may have learned, per the advice of health officials, the Spring Knolls Clubhouse is closed. All special and weekly events have been canceled.

Various facilities such as the gym, library, card and billiard rooms as well as the pools and spa are shuttered. Any reopening will be evaluated on May 15.

Although the facilities are closed, your fobs will operate if you need to drop off things at the office, or return books. Whatever you do, be safe.

While we're closed please find other means of enjoying life. Spring is here, so take walks in the fresh air, and chat over the phone with friends.

This month, we've also included a few games on pages 5 and 6 to keep us sharp and

Workers can't work while answering your questions

Our landscaping project is proceeding but its pace has been slowed by the rain. Workers must devote their time to completing the project before a state-imposed deadline. Please resist asking them questions while they're working. If you have any questions, contact a board member directly. Also, please continue to stay off the grass until work is completed. Thank you.

— Judy Francis

have fun while we're doing it.

Remember, no young people should be visiting you at this time, but you can chat with them over the Internet. They can be virus carriers and not even know it. Since seniors are most vulnerable, it's prudent to stay clear of anyone you can.

We've tried to furnish as much information as we have regarding resources for you during this difficult time.

Remember, your Board of Directors, SKERT team, Boosters, committee chairs and others are here to help you as we can.

Please take care and be safe.

Spring Knolls Association

38441 Via La Paloma, **951-677-6862**

E-mail: springknolls1@verizon.net

Visit our website at: theknollofmurrieta.org

Spring Knolls News items due by the 15th of each month. Please include your name and phone number with items.

Email sandy.802411@gmail.com

Please include your name and phone number.

Emergency, from 1

the Area Coordinators for their support of the program.

We had more than 160 residents wanting detectors - Golf Knolls (60) and Warm Springs (30).

Also, thanks to **Gerald Winkel of the Red Cross** for such a valuable service. If the Red Cross missed you, call (888) 831-0031 to reschedule.

* * *

Marty Gabriel from Golf Knolls says that during the shelter in place residents needing help to get medicine or food deliveries, should call **Phyllis Shaw-Hatke** in Golf Knolls at 916-616-9352. Her granddaughters will help.

* * *

We've started a new feature in the newsletter, Cindy has named an Area Coordinator of the month. **Joe Compton** has gone above and beyond to organize information with his residents. He took all info sheets from his homes and digitized the information. He's a data analyst, and added tweaks to sort and run reports. Thanks Joe!

* * *

Lastly, if you, or your neighbors need anything please contact me at 714-493-1709; Cindy Woody at 319-239-7797; one of the Spring Knolls Emergency Response Team (SKERT) members or the Boosters, or any Board member (see page 2 for phone numbers).

Special grocery, RX hours just for us in Murrieta, Temecula

Many stores now provide "senior hours" during this crisis, when you can shop early and avoid crowds.

And Walgreen's, for instance, has home delivery for prescriptions,

see <https://www.walgreens.com/>.

Other pharmacies may offer similar services. Check with your insurance provider to see what delivery and mail-order options they offer.

SENIOR HOURS (*Times subject to change*)

(Senior hours in italics)

Grocery stores - Murrieta

Albertson's (*Tues., Thurs. 7 to 9 a.m.*)

28047 Scott Road;

4100 California Oaks

Baron's (*9 to 10 am*)

40545 California Oaks

Ralph's (*Daily, 7 to 7:30 am*)

23801 Washington

Stater Brothers (*Daily 7:45 am*)

25050 Hancock

Target North (*Weds. 7 to 8 am*)

27818 Clinton Keith Road

Target (*Weds. 8 to 9 am*)

41040 California Oaks

Vons (*Tues., Thurs. 7 to 9 am*)

38995 Sky Canyon Drive

Walmart (*Tues., 6 to 7 am*)

41200 Murrieta Hot Springs

(*Pharmacies, vision centers will also be open during this time.*)

Grocery Stores - Temecula

Organic Roots (*Daily 8 to 9 am*)

40458 Winchester Road

Stater Brothers (*Daily, 7:45 am*)

31813 Temecula Pkwy

Target (*Weds. 8 to 9 am*)

29676 Rancho California Rd

Tom's Farms (*8 to 9 am*)

3900 Temescal Canyon Road

Vons (*Tues., Thurs. 7 to 9 am*)

29530 Rancho California Rd

Walmart (*Tues. 6 to 7 am*)

32225 Temecula Pkwy

(*Pharmacies, vision centers will also be open at this time.*)

WinCo (*Daily, 5 to 7 am*)

40435 Winchester Road

Pharmacies - Murrieta

CVS stores

All pharmacies 8 a.m. to 9 p.m.
25080 Hancock Ave.

(951) 677- 4219;

23791 Washington Ave.,

(951) 698-9616;

23743 Jackson Ave.

(951) 600-0692

Walgreen's Pharmacies

40420 Murrieta Hot Springs

(10 am) 951 301- 0670

29910 Murrieta Hot Springs

(9 am) 951 304-1219

40663 California Oaks Road

(10 am) 951 304-1219

CVS / (Temecula) (7 am - 9 pm)

31771 Rancho California Rd,

951-699-7587

Most pharmacies are now offering FREE delivery.

Grocery deliveries for you!

Monies go to the nonprofit WAVES Project (Wounded Warriors)

— See page 4 for details

The WAVES Project: Food is coming to the Knolls?

As part of the WAVES Project program — which helps the Wounded Warriors — weekly food deliveries are being offered to our SK Unit 1 residents, as well as to Units 2 & 3.

The WAVES Project is an approach to helping Wounded Warriors return to society through a water-based therapy rehabilitation program, hence "WAVES."

Each of the three Units is limited to about 23 to 25 food packages per week. Each includes 5 pounds of protein, 5 pounds of a combination of fruits and vegetables and 5 pounds of starches.

The first delivery, March 20, included fresh raw chicken and ground beef, 6 eggs, fresh green beans and carrots (cleaned, chopped and ready to cook); fresh bananas and apples, potatoes, uncooked brown rice and bread.

Each package (each delivery) costs \$25. The food delivery destination for Friday (March 27) is Golf Knolls (Unit 3) parking lot. Residents receiving packages that day will be asked to pick-up them up there, if they can't then their package will be delivered to them.

Also, each week the food packages contain different items. You are, however, guaranteed the quantities as described above.

Due to limited quantities you may sign up every other week providing there's availability. *You must sign up each week. It's a first-come-first-served basis.*

Your \$25 fee goes directly to the nonprofit WAVES Project.

This is really a great opportunity, especially can't go out but who need a balanced meal.

It has not been determined how long this service will continue.

If you're interested in participating, please call our Spring Knolls Emergency Response Team chair Alan Hanson at 714-493-1709 or Cindy Woody at 319-239-7797 for more information and to sign up for the first available week.

BOOSTERS NEWS

Events canceled, but not forgotten

Hi Everyone,

Just a short update from your Spring Knolls Boosters. The events that we had planned for you are all **CANCELLED**.

Our upcoming Chicken Dinner Hoedown (April) & most likely our Mother's Day Tea. (May) are included.

We'll keep you posted when these and other events are rescheduled.

WHAT? What, you ask, did they do with our donations for 2nd Hand Treasures?

NOT TO WORRY! Three wonderful people sorted, boxed, labeled and stored all the treasures you donated until we're able to put the sale back on our calendar. Those three hard workers, are Ted & Sandy Vollmer, & April North. You guys are great and we can't thank you enough.

Also, update on my VP (and co-senior advocate) and Bingo chairman, Debbie Adelhelm. She is recovering from surgery at her home with "Bubba."

I hope everyone is doing well ...we will get through this take care

— Dorothy Vaughn, president



Dorothy Vaughn



Berny Anshen
Rosaura Arellano
Josephine Beasley
Bea Call
Bob Collins
Ana Cosio
Brenda Deshane
Virginia Dillon
Barry Dickson
Antoun Fayad
Elsie Figueroa
Gary Fox

Diane Goley
Frank Goley
Ever Hernandez
Eleanor Jobin
Ronna Kiristo
Laurie Kirk
Larry Macri
Victor Marshall
Susan Miller
Millie Moore
MaryAnn Negrete
James Oldham

Norma Rowland
Albert Sanchez
Shawana Segovia
Deborah Simon
Lawrence Slaughter
Patricia Tamaryn
William Thomas
Jan Towers
Kathleen Turner
Adeline Williams
Thomas Williams
Jim Witt



Leland & Susan Britt
Bob & Pat Collins
Jose & Myrtha DeLeon
Mike & Brenda Deshane
Keith & Myra Richards
Kenneth & Carol Rishe
Nathaniel & Pam Spence
Chuck & Karen Steinert

Ask your . . . Architectural Director

During this time of office closure please feel free to call Bill Desmond directly to discuss any architectural projects you're planning.

Bill can be reached on his cell phone, 951-240-9065.

Also you can pick up project forms in the container on the wall by the bulletin board just

outside the Board office. Your FOB will work to get you into the facility.

Again don't hesitate to contact Bill with your questions.



Bill
Desmond

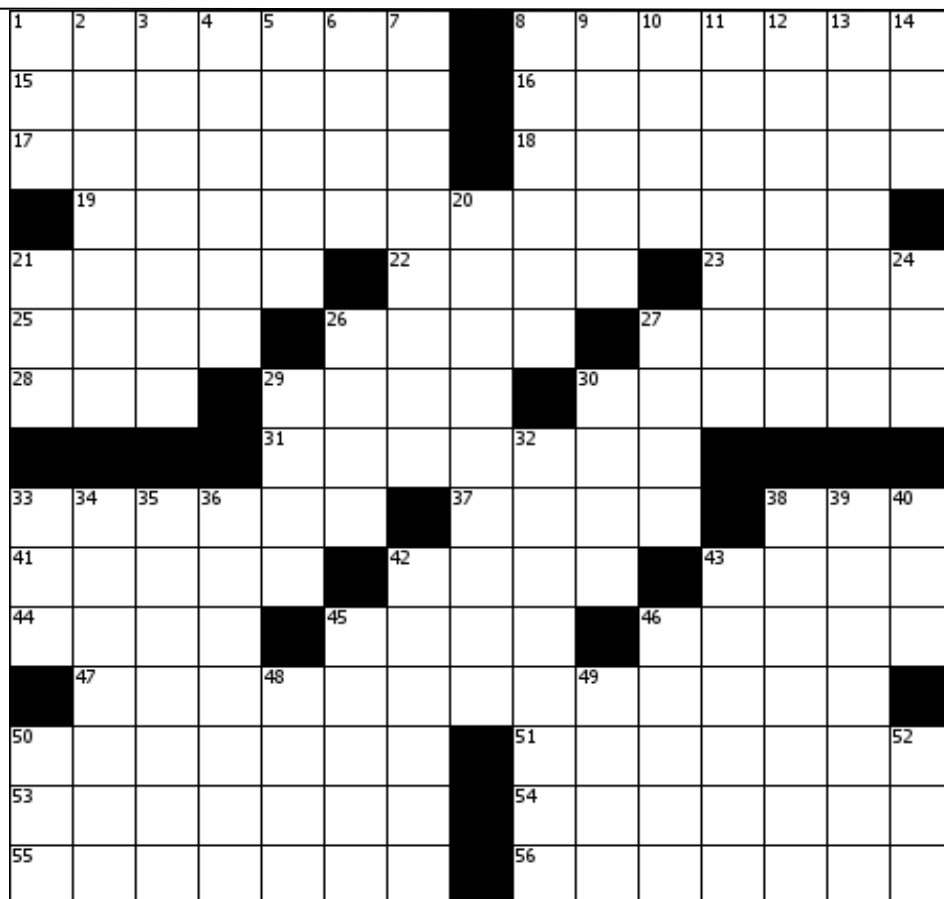
Just for FUN!!!

Across

1. Held tightly
8. Sneaky, cowardly sort
15. Melange
16. Not so
17. Actress Perrine
18. Take a shot at
19. "Call Me ___"
21. United
22. "Animal House" character
23. Miller ___
25. Middling
26. The eyes have them
27. Tea type
28. Denver-to-Des Moines dir.
29. Forest growth
30. Fixes, as a button
31. "Call me ___"
33. Ness adversary
37. Henry Gray's subj.
38. Estuary
41. Limited
42. TV mag listing
43. Remain undecided
44. College in New Rochelle, NY
45. Gp. that includes Venezuela
46. Wasn't well
47. "But don't call me ___"
50. Sherlock Holmes's brother
51. Out, maybe
53. Corroded
54. South American marmoset
55. Serves generously, as food
56. Timeless

Down

1. 10th-century date
2. Tryst
3. "Sweet Child O' Mine" vocalist
4. Canned heat
5. Liquefy



6. Apple of Discord thrower, in myth
7. Pie preference
8. Rigg and others
9. Restless
10. Org. searching for signals from space
11. Increases threefold
12. Brachial
13. It helps get you to the top
14. 2000 Gere title role
20. Casino figure
21. Enzyme ending
24. Some Ga. Tech grads
26. Throw, as a fight
27. Hide
29. Julep flavoring
30. Enjoyed a story

32. Yarn
33. Investigative TV drama
34. Adherent
35. Cure-all
36. Vacationing, perhaps
38. Brush up on
39. Subject of the first law of motion
40. Do some sums
42. Exactly right
43. Odist of old
45. ___ a good start
46. "What's in ___?"
48. Ages
49. ___ the finish
50. ___-jongg
52. 8x10, say: Abbr.

(See answers on next page)

Some things to do to stay active.....

1. Walking—always remember **social distancing** for your safety and theirs 6—10 feet.
2. Workout CDs. Dust them off and get dancing, lift weights (no weights, lift canned goods), stretch.
3. Pull some weeds. Great time to garden, not too hot, not too cold. If you can't garden, at least sit outside for a bit. It helps avoid "cabin fever."



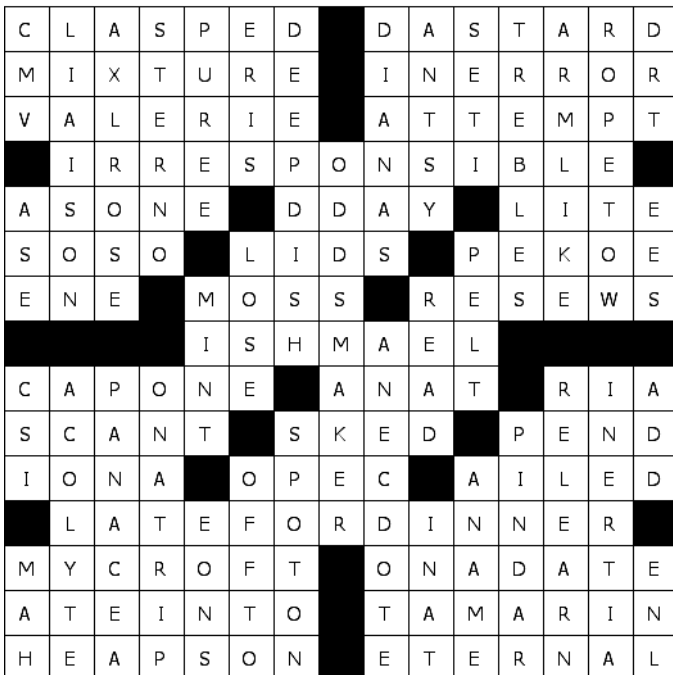
Easy Weather Word Search

rain
snow
sun
warm
cold
wind
frost
cloud

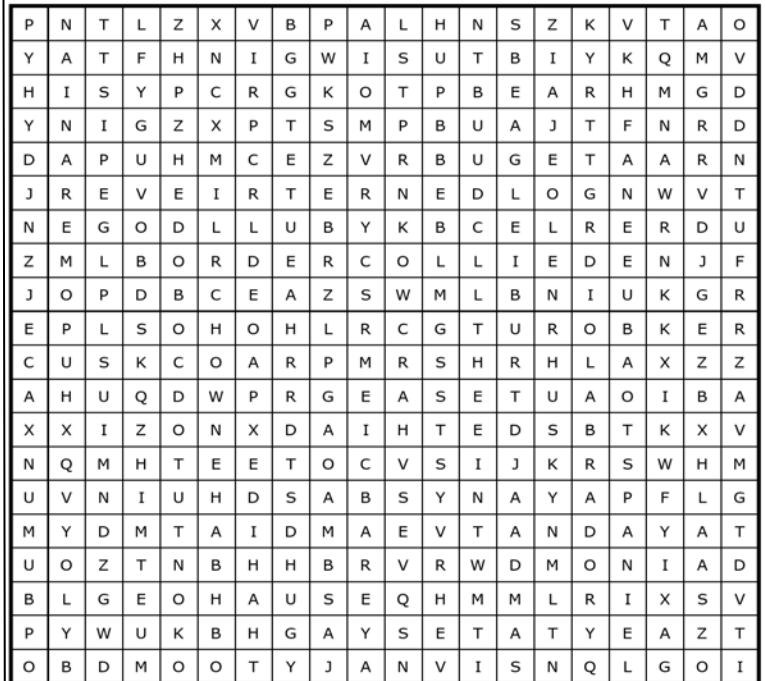


(Answers to Crossword from page 5)

Puzzle Solution © OnlineCrosswords.net



Dog Breeds Word Search



BORDER COLLIE
LABRADOR
PIT BULL
GOLDEN RETRIEVER
BEAGLE
CHIHUAHUA
BULLDOG
GERMAN SHEPHERD

POODLE
TERRIER
BOXER
GREAT DANE
DACHSUND
HUSKY
PUG
SHIH TZU

POMERANIAN
CORGI
DALMATIAN
ST. BERNARD
BASSET HOUND
CHOW
DOBERMAN
SPANIEL



EARTH DAY WORD SEARCH

EARTH
WORLD
ANIMALS
ECOLOGY
ENVIRONMENT
PLANTS
FUEL
PEOPLE
WATER
REUSE
RECYCLE
REDUCE
CLEAN
OCEAN
FOREST
GREEN
NATURE

