



Meal Program Application
Included. Pgs. 1, 3, 8, 9 and 10

Thank you to the many
who've given so much!
Memorial Day, Mon., May 25



May 2020

Spring Knolls News

Murrieta, CA

A 55+ Age-Restricted Community

From the HOA President . . .

We're still closed, looking forward to a brighter future

We made it to May, we survived probably one the worst months we could have ever not expected. I hope all of you have remained in good health through this difficult time.

Just like all of you, the Board listens to the Governor and our Mayor to know when there will



Judy
Francis

be some relief to the isolation. In the meantime, you must protect yourself as well as protecting others.

Some suggestions we hope you'll find

See **Let us know...**, page 2

Spring Knolls Cancellations & Closures ...

CONTINUE

(Unit 1 events/meetings canceled until further notice.)

- Monday Cards
- Boosters
- Unit 1 BINGO
- Tuesday Bible Study
- Aqua-cize
- Community Garage Sale

(Facilities closed until further notice.)

- Main office (drop off items, payments in office door slot.)
- Library (return books to office.)
- Gym & pool room
- Swimming pools
- Showers, restrooms
- Jacuzzi
- Card room & hall



Emergency Response

By Alan Hanson, Chairman

A very cool dinner idea!

Month 2 of the Coronavirus lockdown, so how's everyone doing?

We made what looks like the last delivery of food from the WAVES Project.

But a new solution is here and it's literally a very cool one. **Free frozen dinners!**

The Murrieta Senior Center is now closed but the Senior Nutrition Program continues in a new way. It has worked

out a delivery meal service for our Knolls residents. The delivery of frozen meals will be to the Golf Knolls Clubhouse (Unit 3) for all Knolls residents!

All you have to do is fill out the application in this newsletter (see pages 8, 9 & 10).

You need to fill out an application for each resident who needs food in your household.

See **Emergency**, page 3

Need a Mask?

See page 3

You can get a
Mask for \$1.
Right here in
Unit 1 !!!



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...

Let us know what you need

(From page 1)

important to follow. To protect each other we must follow their guidelines. So as of this date the facility remains closed. As soon as we can begin to make changes to the lockdown we'll let you know.

The Landscape project is nearing the end. Thank you all for your patience. Hopefully we can have a Grand Opening at some future time.

We have had lots of rain and therefore lots of weeds. It's time to try to get our Community looking beautiful again. Time to garden.

If you have an architectural request please call Bill Desmond, Architectural Director (see pg. 3). Candy Lee, our Compliance Administrator, and all other Board members are available by phone. See the list of names and numbers to the left. The office remains closed but we remain available!

Take care of yourself, and if you need help please call one of our Board members and/or our Senior Advocates.



See info on open Board position, pg. 5

From the desk of...

County Supervisor Chuck Washington

Riverside County has received \$431 million from the federal government under the Coronavirus Aid, Relief, and Economic Security (CARES) Act. The funding will cover costs necessary to respond to the ongoing public health emergency related to novel coronavirus.

Some resources for assistance:

- **Utility Bills:** Seniors needing help paying utility bills for such things as air conditioning should contact Community Action Partnership at 951-955-4900 or Office of Aging, 800-510-2020 or rcaging.org
- **Food Assistance:** (See **Spring Knolls News** pages 8, 9 & 10. We're working with Riverside County on our new free food delivery system.)
- **Health & Wellness:** Anyone experiencing a behavioral health crisis can contact 2-1-1 or call the behavioral health CARES line at **800-706-7500**. A 24/7 free, confidential crisis or suicide intervention service can be reached at 951-686-4357. You can also access a new website or download an app, TakeMyHand.co

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.

E-mail to: sandy.802411@gmail.com or call **319-6749**.

Emergency, from 1

Completed applications must be dropped off in the tube at **Doreen Delk's home (28953 Camino Alba)**.

You also must place your order at **951-304-3569** before 10 a.m. Saturday for delivery the next Wednesday.

Meals will be delivered on **Wednesdays** and ready for pick up from **11:30 a.m. to 12:30 p.m.** at the Golf Knolls Clubhouse Office (Unit 3), 29070 Camino Alba.

You will get **7 frozen meals at no charge**, and they

will automatically come again each week, unless you cancel.

Remember, applications must be submitted and approved before your delivery will begin. If you cannot drive to Doreen Delk's home to drop off your application, let me know at **714-493-1709** and I'll pick up your form and drop it off.

Thanks to all the SKERT (SK Emergency Response Team) members who participated with the WAVE program, and special thanks to **Bonnie Casler** of CERT & the Waves. She's been a key component in making this happen for us.

Area Coordinator of the Month: Joe Compton



Joe created an Excel document that can be used by other coordinators for gathering information, making spreadsheets, and sharing details.

Joe covers Via Roja lots 106 to 115, Calle de La Paz lot 116, and Via Princesa lots 135 to 141. He also covers Calle de La Paz lots 47 to 58 until another volunteer steps forward.

Thank you Joe, for all you do!

Ask your . . . Architectural Director



Bill Desmond

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.

Don't hesitate to contact Bill with your questions.



How Can I Get A Mask?



\$1...\$1...\$1...\$1...\$1...\$1...\$1...\$1...

We're living in a totally different age. How do we cope? That is really different too.

How do you greet people? NOT with a handshake because we spread germs that way. We can't hug. Too close.

We are to wear masks at all or most of the time outside.

We are not here to rob you but to ask you to wear your mask. You don't have one?

Well, here's where you can get one or more.

If you call **Lorraine Ocanna at 951-698-2334** she can set you up with one or more.

Lorraine and her neighbor Woody have made over 800 masks so far. Most of these have been sold or given to organizations in need. If you are interested she is charging only \$1 per mask. They're made from material and can be washed after each wearing.

*This information was taken from an April 14, ALERT sent out by Marilyn Gabriel. If you're not part of the ALERT email system, please join for free by sending a request to **magabri@ca.rr.com**. Information sent from this system is important to residents in all three units.*



**2nd
Installment
Of
HOA FEES
is due
July 1st!
Late after
July 15th!**

BOOSTERS NEWS

Stay Well My Friends

Hi Everyone,

I sincerely hope that all our Spring Knolls residents and their families are doing well through this terrible epidemic. I wish we could say that your Boosters had some happy plans for everyone (we really miss you) but, unfortunately there's nothing on our agenda at this time.

I'd like to send out a big thank you to the Wounded Warriors for the delivery of food and to the wonderful anonymous person/persons who so graciously paid for it. I thought it was really cool when they put in a roll of toilet paper !!! We ALL

know that particular item is worth its weight in gold (go figure!!) Also, thank you to Alan and Holly Hanson for the deliveries.....

Stay well my friends and neighbors. Remember to check on each other. We can still talk across the street!

Keep your masks on. Wash your hands...a lot. Stay home... (we haven't heard this too much). Keep up the good thoughts and don't forget to say "thank you" for the blessings we do have.....



Dorothy Vaughn



Sunday— May 10

“All that I am or
ever hope to be,
I owe to my
angel mother.”

Abraham Lincoln



**Happy
Birthday!**

Marie Anderson
Loretta Brown
Dee Carranza
Raphael Cervantes
Marcia Chilver
James Dixon
Gloria Ellington
Miguel Enriquez
Helen Gibbons
Ted Gohlich

Gail Hein
Jayne Lynch
Nancy Maurice
Manuel Mojarro
Alyx Morgan
Walter Nelson
Kathleen Petrie
William Post
Bobbie Purcell
Ritch Purcell

Karin Rand
Keith Richards
Ron Robertson
Doug Stark
Janet Stewart
Kathleen Taylor
Victor Tejeda
Renate Whitney
Norman Withers
Libby Wooster



**Happy
Anniversary**

Len & Marie Anderson
John & Debra Jenks
Victor & Norma Tejeda



Your Board of Directors needs your help!

The Spring Knolls Board of Directors consists of nine people. Officers include; President, Vice President, Secretary, and Chief Financial Officer ('Treasurer'). The five remaining Directors are assigned to various positions including architectural, compliance administrator, age and rentals, facilities and common grounds, streets and trash.

We have a vacancy on the Board and are seeking a homeowner who would like to serve the community. This will be an appointed position.

We are seeking someone with experience with budget preparation, capital reserve accounting, payroll, accounts receivable/payable and other financial duties.

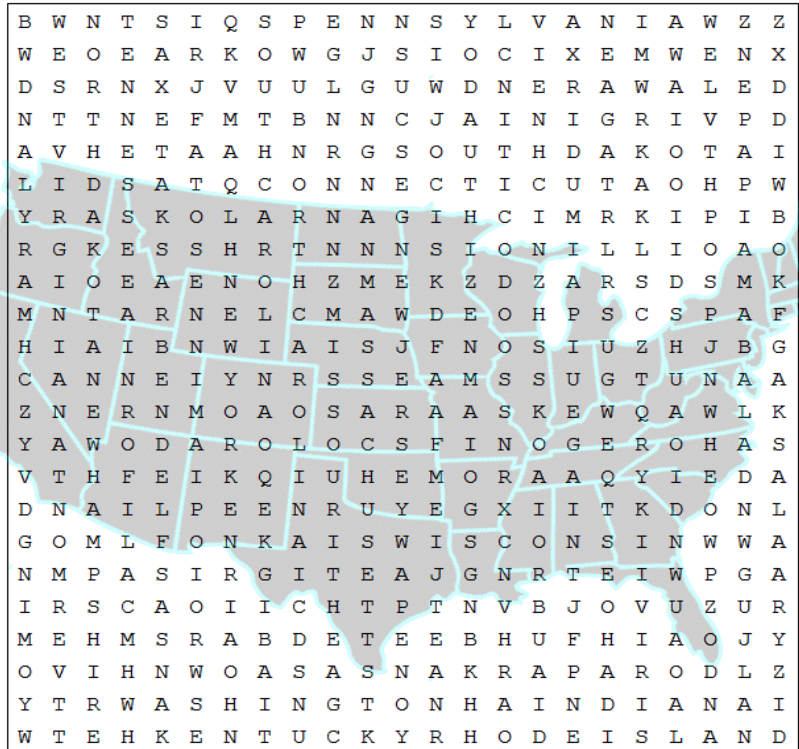
Please call ...

Judy Francis 541-3498 or
Cyndy May 600-1472
with any questions.



Wash your hands for
20 seconds or longer
with hot soapy water!

50 State Word Search



Alabama
Alaska
Arizona
Arkansas
California
Colorado
Connecticut
Delaware
Florida
Georgia
Hawaii
Idaho
Illinois

Indiana
Iowa
Kansas
Kentucky
Louisiana
Maine
Maryland
Massachusetts
Michigan
Minnesota
Mississippi
Missouri
Montana

Nebraska
Nevada
New Hampshire
New Jersey
New Mexico
New York
North Carolina
North Dakota
Ohio
Oklahoma
Oregon
Pennsylvania
Rhode Island

South Carolina
South Dakota
Tennessee
Texas
Utah
Vermont
Virginia
Washington
West Virginia
Wisconsin
Wyoming

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Answers Page 7

Let's Laugh — Let's Laugh

Find these 10 funny words in the puzzle. They may go ← → ↑ and ↓.



Chuckle
Grin
Laugh
Snickers
Tease
Giggle
Joke
Play
Smile
Wink

Answers Page 7

Across

1. Overuse can lead to runoff that damages surface waters
2. Small pits on tubers indicate this disease (2 words.)
5. Noisy unwanted reptile
7. Too much or too little of this is a common problem.
10. Plant with edible, tart stalks but poisonous leaves
11. Overuse of this class of weed-killer can injure plants
13. Fungus that infects corn plants
14. Shield-shaped insect that gives off an unpleasant odor when crushed (2 words.)
15. Insect-eating underground dwellers
18. Used to suppress weeds, but too much can cause rot
19. This type of soil drains slowly and can cause root damage
21. Showy springtime problem
22. Rash-causing weed (2 words.)

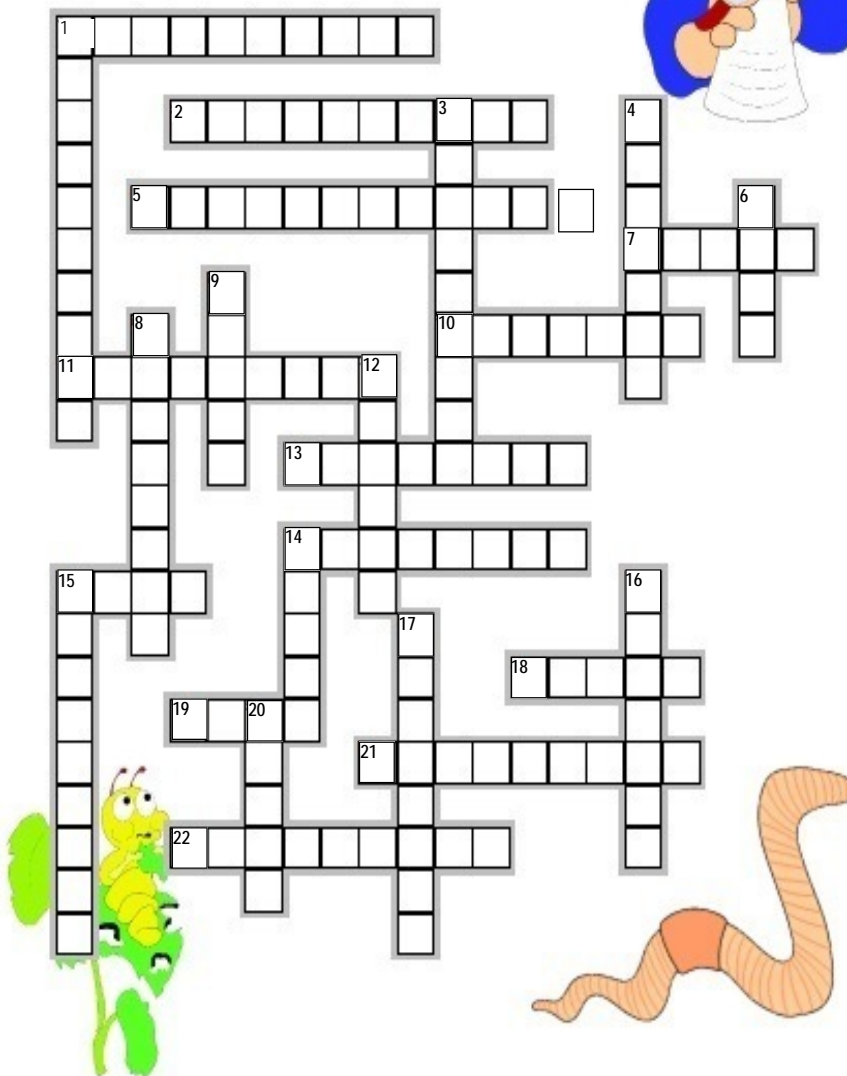
Down

1. Disease that causes scorched-looking new leaves
3. A thick type of unwanted grass
4. Type of caterpillar that cuts off seedlings just above the ground
6. Animal that grazes, leaving damaged woody plants, roses, fruits and vegetables
8. Prickly plant or shrub
9. Winged annoyance, especially around fresh fruit (2 wds.)
12. Ugly nocturnal insect that feeds on tender new growth
14. Type of soil that often doesn't retain water or nutrients
15. Umbrella-shaped fungi
16. Nocturnal animal that loves sweet corn and strawberries
17. Non-native plant type that spreads on its own
20. Prolific insect that sucks the sap from stems and leaves

The Grimacing Gardener Crossword Puzzle

Every gardener finds himself or herself in a pickle, a jam, or even some hot water from time to time. If you've ever found yourself grimacing as a gardener, you'll have little trouble with this crossword... Or not?

Check your knowledge of all sorts of gardening plights and pestilence as you complete this puzzle.



© www.word-game-world.com

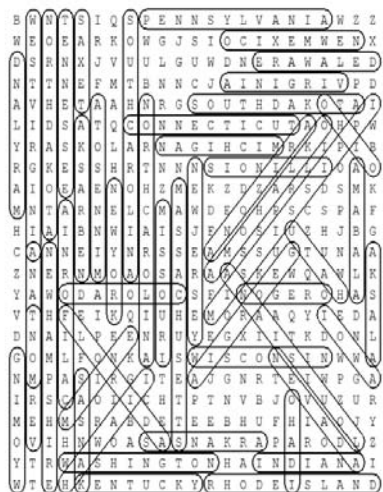
Answers Page 7

Please install a tube on your mailbox...if you don't have one!

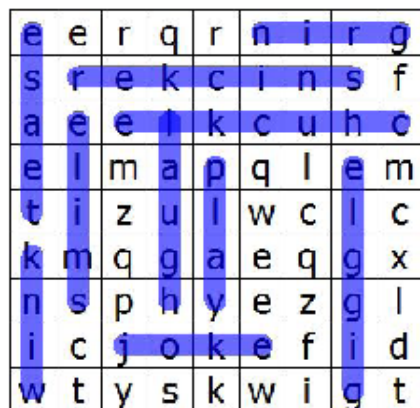
It's more critical than ever that we all stay connected. There is important information that your Board of Directors, Committees, etc. need to get to you. We cannot leave these in your official US Mailbox; it's against the law and we will be fined. Attach a tube in the vicinity of your mailbox. A plastic jar, pop bottle, etc. will work. It doesn't have to be fancy. If you need help with this call one of the Board members listed on page 2 to see if one of us can help.



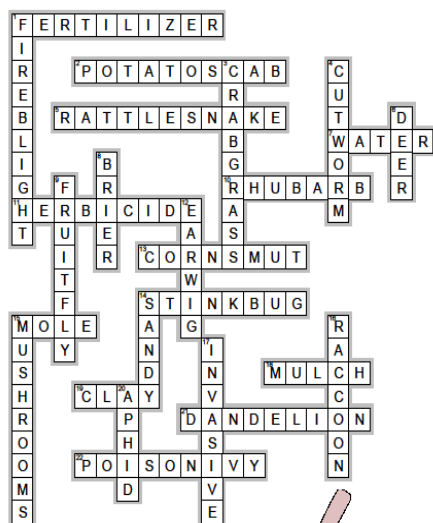
50 State Word Search SOLUTION



Let's Laugh Answers

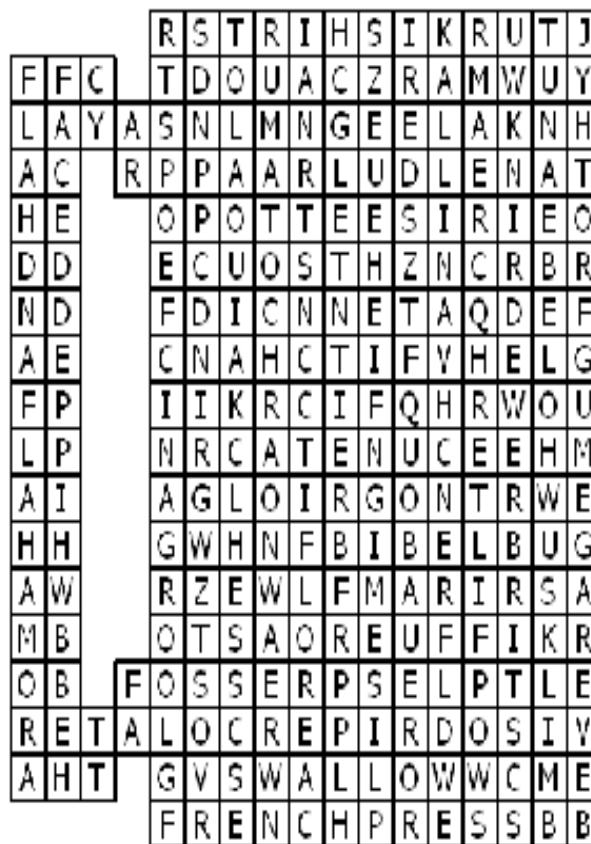


The Grimacing Gardner Answers



COFFEE LOVERS

Whether you're sipping your favorite coffee at the café, or enjoying a morning mug at home, you'll enjoy finding these 38 coffee-related words in our unique word search puzzle.



aroma
beverage
brewed
caffeine
cappuccino
chicory
coffee
Columbia
cream
decaf
drink
drip
espresso

fair trade
filter
French press
French vanilla
frothy
grind
half and half
hazelnut
hot
iced
instant
latte
milk

mug
organic
percolate
roast
sip
spoon
stir
swallow
thermos
Turkish
whipped
whole bean



Free meals delivered to the Knolls (Units 1, 2, & 3). You have to apply!

Senior Meals Information Sheet



What is the Senior Nutrition Program?

The Senior Nutrition Program is a *temporary* replacement for the Senior Hot Lunch Program that was normally served at the Murrieta Senior Center (in Murrieta Town Square). Due to the COVID-19 outbreak, the Senior Center has been closed and Murrieta seniors have been required to drive to and pick up their *frozen* meals at the Town Square complex. However, after learning of the large number of seniors from *The Knolls* who were participating, **The Knolls is now designated as a secondary pickup location for residents of Spring Knolls, Warm Springs Knolls and Golf Knolls.**

How do I get on the list to receive meals?

You will need an application (attached). Once you have completed your application, **please leave a message for Tim and Doreen Delk at (951) 304-3569. They will assist you in submitting your application to the County and will notify you when you can begin receiving meals.** New applications must be turned in to the Delk's by Friday 10am each week.

Who is providing the meals?

The Riverside County Office on Aging.

Is there a cost to the meals, and who is eligible?

Any City of Murrieta resident 60 years of age or older can receive meals AT NO CHARGE. If two or more seniors reside in the same house, all are eligible.

What meals are being distributed?

Seven frozen meals (packaged for reheating in the oven) are provided each week. There will be a variety of nutritious meals which may include chicken, beef, enchiladas or pasta. There will also be cartons of milk and a snack.

Do I get to choose my meals?

Sorry. Due to the large number of residents being served, meals will be pre-bagged.

How, where and when are meals being distributed?

Meals are distributed to you in your car (or golf cart) at *Golf Knolls* Unit 3 Clubhouse Parking Area on **Wednesdays between 11:30am and 12:30pm. Signs will direct you on where to line up for meal pickup.** Please follow the signs and **do not drive directly to the Clubhouse.**

If I cannot drive can my neighbor, friend or family member pick up my meals for me?

Yes. When you provide proper identification (typically a Driver's License or state-issued ID) to your driver, they can pick up your meals for you. **The driver does not have to be a senior or a resident of Murrieta.**

Can my meals be delivered?

Yes. Tim and Doreen Delk are coordinating volunteers in *The Knolls* to pick up your meals for you and deliver them to your door. **Please leave a message for them at 951-304-3569.**

Can't I just show up and pick up meals?

Sorry. The County will only deliver the number of meals prepared for that week, based upon pre-submitted and processed applications.

I'm already signed up to pick up my meals at Town Square. Can I just pick up my meals at The Knolls instead?

Sorry, but you must pick up your meals **at least one more time** from Town Square on Fridays **and inform the volunteers there that you would like to pick up your meals at The Knolls.** Your delivery location will be changed by the County. When that is completed, you will be notified when you can pick up your meals at *The Knolls*.

Can a Senior not living in *The Knolls* pick up meals here?

Generally, no. *The Knolls* is a secondary pickup location intended specifically for residents of *The Knolls*.



Riverside County Office on Aging

Congregate Meals Intake Form


Name of Service Provider - SODEXO

MURRIETA

Please complete this form to the best of your ability.
Items marked with asterisk (*) are required.

Unique Participant ID: _____

Referred by: _____

Intake Date: _____

Staff: _____

Beginning Date: _____

*Termination Date: _____

*Reason: _____

Eligibility:
☐ Age 60+

☐ Spouse of ENP Participant

☐ Disabled person residing where the congregate site is located

☐ Disabled person who resides with and accompanies an ENP participant

☐ Volunteer

ENP = Elder Nutrition Program

*First Name: _____

*Last Name _____

MI: _____

*Date of Birth: / /

*Home Address: _____

*City: _____

*County: _____

*Zip Code: _____

 Mailing Address: Same As Residential? ☐ Yes

City: _____

County: _____

* Zip Code: _____

Best Contact Phone: () _____

Emergency Contact Name: _____

Alternate Phone: () _____

Phone: () _____

Relationship to you: _____

 Veteran: ☐ Yes ☐ No
☐ Declined to State

*What is your approximate household income?

 \$ _____ per ☐ month ☐ year ☐ Declined to State

 *Rural Area? ☐ Yes ☐ No

☐ Declined to State

*Poverty Status: (calculate from household income)

FPL = Federal Poverty Level, see bottom of page 10 for info
☐ At or Below 100% of the Federal Poverty Level (FPL)

☐ Above 100% of the FPL

☐ Declined to State

*What is your gender? (Check only one)

☐ Male

☐ Female

☐ Transgender Female to Male

☐ Transgender Male to Female

☐ Genderqueer/Gender Non-binary

☐ Not Listed, please specify: _____

☐ Declined/not stated

*What was your sex at birth?

(Check only one)

☐ Male

☐ Female

☐ Declined/not stated

*How do you describe your sexual orientation or sexual identity?

(Check only one)

☐ Straight/Heterosexual

☐ Bisexual

☐ Gay/Lesbian/Same-Gender Loving

☐ Questioning/Unsure

☐ Not Listed, please specify: _____

☐ Declined/not stated

 *Marital Status: ☐ Single (Never Married)

☐ Married

☐ Domestic Partnership

☐ Divorced

☐ Separated

☐ Widowed Since When: _____

☐ Declined to State

*Ethnicity (Check One): Hispanic

☐ Yes ☐ No

 Language: ☐ English speaking

☐ Need interpreter

☐ Decline to State

☐ Non-English/Language: _____

*Race: (Check One)

☐ White

☐ Black

☐ American Indian/Alaska Native

☐ Asian Indian

☐ Cambodian

☐ Chinese

☐ Filipino

☐ Japanese

☐ Korean

☐ Laotian

☐ Vietnamese

☐ Other Asian

☐ Guamanian

☐ Hawaiian

☐ Samoan

☐ Other Pacific Islander

☐ Multiple Race ☐ Other Race _____

☐ Declined to State

*Living Arrangement:

☐ Live Alone

☐ Do Not Live Alone

☐ Decline to State

☐

of Household Members

 Receiving IHSS Services? ☐ Yes ☐ No ☐ Declined to State

 If yes, number of IHSS hours receiving? _____ Weekly _____ Monthly ☐ Declined to State

IHSS = In Home Support Services

Read the statements below. Circle the number in the "yes" column for those that apply to you or someone you know. For each "yes" answer, score the number in the box. Total your nutritional score.

Determine your Nutritional Health: (for each item, circle the number in the appropriate column)	Yes
I have an illness or condition that made me change the kind and/or amount of food I eat.	2
I eat fewer than 2 meals per day.	3
I eat few fruits or vegetables or milk products.	2
I have 3 or more drinks of beer, liquor or wine almost every day.	2
I have tooth or mouth problems that make it hard for me to eat.	2
I don't always have enough money to buy the food I need.	4
I eat alone most of the time.	1
I take 3 or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the past 6 months.	2
I am not always physically able to shop, cook and/or feed yourself.	2
(High Nutritional Risk = 6 or more points) Total Points:	
Declined to State: <input type="checkbox"/>	

Notes:

For Office Use Only

General Assessment:	Answer	Comments
1. Does the oven and/or microwave work?		
2. Does the refrigerator keep food \leq 40 degrees?		
3. Does the freezer keep food \leq 10 degrees?		
4. Does the client appear confused and/or forgetful?		
5. Can the client open their own milk cartons/containers?		
6. Are there any other physical or mental impairment noted?		
7. Are there pets living with Client?		
8. Was the Client recently discharged from the hospital?		

I understand that the information I am providing on this form is for registration purposes. I understand it will be kept confidential and that the Area Agency on Aging and service providers may use it to help identify other services for which I may qualify.

Signature of participant or person completing the form

Date

** ASPE Poverty Guidelines posted January 2020: One in household = \$12,760 Two in household = \$17,240