

Neighborhood News



Watercolor party at Karen's!

From the 2020 Board of Directors

What a difference a few weeks can make. We went from Corona-what? to full lockdown almost overnight. And, the experts say things are going to get tougher before they get better. Infectious diseases are a part of life and even the flu takes a lethal toll every year, which is one of the reasons that it's so easy to dismiss this whole thing as just another media frenzy. But this is a "novel virus" which means that our human immune systems aren't prepared with full or partial immunities that allow most of us to survive the flu and other diseases. Most of us will get infected with this virus and hopefully, most of us won't even know we did because the symptoms will be so mild. But some of us may not be so fortunate. And by now we all know that seniors and people with medical conditions are especially vulnerable to this disease. That's why it's important that we follow the advice of those that know what they're talking about. Minimize travel, avoid touching common surfaces, wash your hands, disinfect surfaces and items around your home and in your vehicle, stay home if you're sick, and no hugs and kisses. At least for a while, yet.

So, like everyone else, WSK Board Members are laying low. We're still paying bills (Thanks James!), processing escrows (Thanks, Marcia!), and doing what's needed (thanks!!). And we're still available. Just call the office.

You Ought to Know...

Free Food for Seniors

If you or someone you know is a 'senior in need' then check out the following resources for meals: The **Community Mission of Hope**, 41760 Rider Way in Temecula – **951-444-1404**. They provide meals to-go on M/T/TH/F from 9:30-12:30. Also, the '**Noon Rotary Club**' offers meals to qualifying seniors. To learn more call **Vickie Walker** at **951-445-7204**.

Henry is Losing Patience!

And so are the rest of us. And you can help. The community garden along Via la Colina is having a problem with some folks using it as a convenient place for their dogs to defecate. Then they just leave it and walk away! But now, several of the residents that live on Via la

Colina that will be on the lookout for those violators of common courtesy. Photos will be taken, and a written warning will be given. After that a substantial fine will be levied. Henry is one of those people that will be keeping an eye out since he spends hours trying to make that area look nice for all.

Senior Power

Local grocery stores are currently offering special hours for seniors to do their shopping. WinCo starts as early as 5 am (!) but most senior hours start at 7 to 7:45. Call your favorite store to get their specific hours.

And More Food...

Be sure to check out the notice on page 4 from Jim Francis regarding the WAVES food project!!

38145 Via Del Largo
Murrieta, CA 92563

Office: (951) 677-5758

wsk.murrieta@gmail.com

Office Hours:

Fridays - 9 to noon

Check the Calendar for
the next Board Meeting

2020 Board of Directors

President

Glenn Ingraham
951-642-2897

Vice President

Henry Kantrowitz
951-202-1130

Treasurer

James Sebring
760-294-1122

Secretary

Marcia Livingston
951-440-5611

Architectural Director

Frank Biddle
760-716-4775

Facilities Director

Nancy Misko
805-268-0523

Keys & Calendar

Marsha Brinker
951-219-3691

If you have an opinion, a brief article, a joke, or an interest that you'd like to see in the Newsletter, send it to the editor at:

newsletter.wsk@gmail.com

Other Volunteers**Activities**

Sherry Tatar
951-536-4604

Audit Committee

Judy Raleigh
480-202-3009

Clubhouse Rental

Marsha Brinker
951-219-3691

Emergency Prep

Jim Francis
951-440-2215

Library

Pierce & Norma Box
951-696-1070

Newsletter

Glenn Ingraham
951-642-2897

Senior Advocate

Shelby Price
951-461-7557

Website

James Sebring
760-294-1122

Welcoming Committee

Judy Raleigh
480-202-3009
Frank Biddle
760-716-4775

Murrieta Senior Center

(951) 304-7275
Mon-Fri, 8 - 4

Police (non-emergency)

(951) 304-2677

Waste Management

(trash bin replacement)
(714) 558-7761

WSK Book Club

The book club is on hiatus until further notice. For more info, call Marcia Livingston at 951-440-5611

**From the Treasurer****WSK HOA Year-to-Date Financials
as of February 29, 2020**

Operating Account:	\$ 69,594
Reserve Checking:	\$ 89,138
Reserve Savings:	\$ 133,145
Total Balance:	\$ 291,877

WSK General Meeting

April 12, 3 pm

Tentative! Depends on Conditions

Murrieta Senior Center Meal Pick-Up

Our neighbor Shelby Price recently participated in the Senior Center Meal Pick-up and is happy to report that it was very well organized & efficient. This program is for seniors (over 60) residing in Murrieta.

In order to receive the seven (7) frozen meals, you must:

1. **Fill out the application form** (check the clubhouse office or go online to the Murrieta Senior Center)
2. **Call 951-461-6109 to RSVP before 10 a.m. Thursday to let the Senior Center know you will be participating**
3. **Show up on Friday between 11:30 a.m. and 12:30 p.m. at the Murrieta Senior Center**
4. **Bring your ID and the completed application to turn in to lunch workers**
5. **Receive your meals!**

If you have any further questions or would like more information, contact **Andrew Halvorson at 951-461-6109.**

Avoiding Viruses Means...

Seniors are generally at much higher risk of getting sick from common germs so whether it's the Coronavirus, flu virus, or any of the other nasty little germs that can make us sick, there are simple ways to avoid infection.

1. Avoid close contact with sick people
2. If you're sick, avoid contact with others until you've been fever-free (unmedicated) for at least 24 hours
3. Always cover with a tissue when you cough or sneeze and properly dispose of the tissue after. If you don't have a tissue, then cough or sneeze into the inside of your elbow
4. When in public, avoid touching common surfaces with bare hands (such as those at the doctor's office) including doorknobs, door handles, phones, and countertops. Use gloves or a napkin to manage the gas pump handle
5. Wash your hands or use hand sanitizer reasonably often
6. Avoid touching your eyes, nose, and mouth when in public
7. Disinfect commonly touched surfaces at home and in your car
8. Get a flu shot – especially those above age 65
9. If you do get sick and your doctor prescribes anti-viral drugs... take them!



Daughters of the British Empire

The Daughters of the British Empire (DBE) is a non-profit, non-political, voluntary American society of women of British or Commonwealth birth or ancestry. Our members share a commitment to good works for our communities. Membership is extended by invitation to women residing in the U.S.A. who are of British or British Commonwealth heritage by birth, naturalization, or proven ancestry and to women whose husbands are British or British Commonwealth birth or ancestry. The DBE in California, Inc. is currently comprised of 18 Chapters and the members primarily support the British Home in Sierra Madre, California, and the men and women residents.



The DBE has formed a new Chapter (named Kensington Palace) here in the Murrieta area. Meetings are held at **2 pm, every 3rd Wednesday of the month**, in the Golf Knolls meeting room, followed by “afternoon tea”.

If you are interested in learning more about the Daughters of the British Empire and its purpose, please call Jackie Jones at 951-704-5137.

Tips for Seniors

- from Shelby Price

Take Care of Your Teeth

Research shows that gum disease can produce chemicals that might increase the risk of Alzheimer's.

Eat Less Salt

An abundance of sodium in your body can lead to a buildup of tau, a protein linked to dementia (biggest source of salt: processed foods).

Get Your Heart Pumping

Adults who do 30 to 40 minutes of aerobic exercise 4 to 5 times a week have slower deterioration in memory regions of the brain.

Bach Theatre
company

THEATRE PRODUCTIONS
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(818) 292-3077

BUY TICKETS

BACH THEATRE COMPANY PRESENTS

ITALIAN AMERICAN RECONCILIATION

BY JOHN PATRICK SHANLEY PRODUCED AND DIRECTED BY GREGORY BACH

A COMEDY/DRAMA LOVE STORY SET IN A SMALL ITALIAN NEIGHBORHOOD IN LITTLE ITALY, NEW YORK.

LOCATED AT 24757 WASHINGTON AVE. CORNER OF B STREET
IN HISTORIC OLD TOWN MURRIETA, CA 92562

As you can imagine, the play has been delayed! Keep an eye on their website to see show dates and times. Tickets are available only online! To get yours, go to bachtheatrecompany.com.

The Board is glad to report that neighbor complaints are being submitted in writing. However, don't forget that the author must include their printed name and address.

WSK Community Notes

- by Henry



The sago palm (not really a palm but a primitive cycad) is a popular landscaping plant in our area. I see them in many yards in our community. However, it is extraordinarily toxic to dogs, cats, and horses. Dogs are known to chew on and eat plant parts and sometimes they unwittingly eat plants that have toxic properties.



Sago palms are one of these plants. The leaves, branches and seeds from the sago palm can cause severe damage to the liver and potentially death when ingested by dogs and cats.

Other plants toxic to dogs and cats include lilies, tulips, azaleas, oleander, poinsettia, kalanchoe (common succulent), wisteria, caladium, iris and morning glory to name a few.

Here We Go Again...

The Scammers know just when to strike. You may get a phone call stating that your stimulus check is ready for deposit into your banking account. They will ask for your banking information in order to deposit this check.

DON'T BE FOOLED

DON'T GIVE OUT ANY PERSONAL INFORMATION

You will get your check by mail or automatic deposit (depending on how you do your taxes). The government will NOT call or email you asking for bank information.

Activities News – Sherry Tatar 😊



I hope you are all staying safely tucked away from any unnecessary venturing out and complying with our governmental restrictions on activity. That being said, we obviously will be unable to hold any type of social gatherings or activities in our clubhouse until further notice from our Board of Directors. I look forward to resuming opportunities to get together and have some fun! We all need a little more of that in our lives, especially now during these unusually trying days. Hoping to see you all soon!

- Sherry

‘WAVE’ FOOD DELIVERY PROJECT

The non-profit “WAVES project” (which is associated with Wounded Warriors) has been offering food distribution to the Knolls for the last two Fridays...

It includes “enough food to feed a family of two for five days” (5lbs of meat, starch, veggies, fruit and bread) for a donation of \$25. Next distribution will be Friday, April 3rd, with a ‘drive-thru’, hand-off at our WSK clubhouse parking lot... easy-peasy! This is an excellent deal that also saves the hassle of fighting crowded, poorly stocked grocery stores.

** If interested, please call, text, or e-mail me ASAP, but absolutely NO LATER THAN NOON on Wednesday, April 1st. There will be a limited number of ‘boxes’ available – so get on my list ASAP.

Jim Francis / 951-440-2215
jafinsocal@verizon.net

Hey! You’re a Winner!!

Sure, but be careful to read the fine print. A lot can be contained in that very small, hard-to-read text.

The U.S. Federal Trade Commission (www.ftc.gov) is rife with warnings about fake sweepstakes and prize drawings, among other scams. Mailers will scream in big print: “YOU’RE A WINNER” and “YOU’VE WON A CASH PRIZE,” or: “THERE ARE PAYMENTS WAITING FOR YOU!” And then in tiny print is a requirement that you mail in a **fee** to claim your prize. No legitimate sweepstakes will require you to buy items or pay a fee. Lots of times, with these scams there never even was a prize, and the companies are fake, too.

To add insult to injury, if we respond to them, these companies can sell our names, addresses, telephone numbers and other information, subjecting us to more junk mail. Don’t be fooled! Always read the fine print.

Looking for a Friend that will Love you Always?



There is one waiting just for you! Call

“Friends of the Valley”
at 951-506-5069



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*Times are Tough.
Remember to generously tip your service workers.*

Resident of Warm Spring Knolls
Your Go-To Realtor in ‘The Knolls’ since 2006
“I’ll take good care of you!”



Thanks to the Red Cross volunteers who came out on Saturday, March 7th to install or replace smoke alarms (for Free!) in many of our resident's homes.

– Jim Francis



I asked my wife if I was the only one she'd been with.

She said yes, all the others had been nines and tens...

Way to go, Dottie!!

A special thanks goes out to Dottie on Via Zapata. After reading about the death of the hawk from rat poison, she discovered that her Pest Control service was using rat poison in an outdoor trap. She insisted that they replace the rat trap with one that did not use poison.



Healthcare Professionals Needed

In the last four days, the state's number of coronavirus-related hospitalizations has doubled to 1,432, and the number of patients housed in intensive care units has tripled to 597. As a result, the state of California is launching a new program to expand its health care workforce to treat new coronavirus patients, calling on a wide range of medical professionals **including retirees** and medical students to help the state fight COVID-19, Gov. Gavin Newsom announced Monday.

The state is seeking health care professionals with an active license, **retired medical workers**, medical and nursing students who are close to graduating, professionals currently getting licensed and members of medical disaster response teams in California.

The workers can sign up on a new state website, healthcorps.ca.gov, which includes a full list of professions the state is looking for. Facebook CEO Mark Zuckerberg will provide stipends to some Health Corps workers to cover childcare and transportation costs, according to Newsom.

Saving Mr. Fuzz



The heavy rains allowed the cactus near our entrance to do what it does best: absorb lots of water! Unfortunately, the wet soil and poor root structure also allowed gravity to do what it does best and down came the cactus. So, a group of us (Bud, Glenn, Henry, and Frank) got together and with help from Bud's tools, set things right.

After a couple of hours, we had reached the point where we knew we needed some 'extra' help. Fortunately, Marcia arrived just in time and spoke with the cactus in a language only she and it understood.

Turns out the cactus had been gifted with the name 'Fuzz' by Marcia's granddaughters. But, those of us handling the beast thought 'Spike' might have been more appropriate!



Dealing with the Coronavirus at WSK

- Nancy Misko

We hope everyone in our WSK Senior Community is staying healthy and taking the precautions required to avoid the spread of this virus. The HOA Board is taking precautions to keep our community club safe by disinfecting areas of the clubhouse, limiting use, and limiting our contact with members.

We have temporarily discontinued Friday Office Hours but as usual the office phone is forwarded to the 'on-call' Board Member. You're welcome to call the office number for any pertinent issues such as assessments, architectural requests, escrow papers, etc. Please check our front door of clubhouse for any updates on meetings and schedule changes. If you see something out of the ordinary in our community, please call the office. Unfortunately, there are many scammers trying to take advantage of the situation.

Please know that we are all in this together and make sure to keep yourself, your family, and your friends safe. We all can still enjoy our walks in the neighborhood, but it'll still be a good idea to keep a little distance between us. For now, at least.

Scruffy says... “So Much for Routine...”



Something is going on and Mimi and I aren’t sure what it is. We spend most of our time curled up on our pillow watching our person. He spends a lot of his time watching the closed bedroom door. Ms. Mayzee is on the other side of that door and we don’t know why she doesn’t come out. A few times a day, he takes food on a tray and places it inside the door without going in. Then after a time, he puts on gloves and some mask-thing over his mouth, then opens the door, reaches in and takes the tray to the kitchen and washes it with lots of soap. Often, he’ll just stand at the closed door and talk to her. His voice is gentle and reassuring. Hers is so soft that even my super hearing can barely pick it up. It’s been days now and he looks worried.

And something is different in the neighborhood. We still go on walks every day, but we go out much earlier than we ever did, or after dark. Our walks have always been a great time to see our friends in the neighborhood and I’d get to sniff the news in the grass or rocks and on my friends while he talked and laughed with other persons. But not anymore. Now he waves from a distance and stays on the other side of the street, as if he doesn’t want to get too close. It’s like persons are trying to be strangers.

What I don’t get is that while this is going on, it’s springtime!! Flowers and green growing stuff and birds singing and nests and babies! This is the best time of the year, and the persons seem so... upset.

Last night my person sat in his chair. He kept the room dark, had soft music playing and just sat looking out through the window at the night. He looked tired. And sad. And maybe afraid. Watching him made Meems and I both a bit scared. We just don’t know what’s happening. Meems gave a soft whine and snuggled in closer to me. Our person must have heard her because he turned and looked down at us and seemed surprised. He smiled a warm smile. “Hey you two,” he said. He spread our TV watching blanket over his lap. “Come on up here,” he said, patting the blanket. Mimi and I leapt from our pillow onto his lap. We snuggled into him as his hands each found that soft place around our ears. “This hasn’t been much fun for you guys, has it?” he said, his voice so gentle. “But don’t you worry. She’s strong. And I’m sure she’s going to be ok. It’s just going to take a little while”. At least, I think that’s what he said. Mimi was already deeply asleep, and I wasn’t far behind.

“You’re Feelings Tells Us More Than Words Ever Will!”



Avoid Social Security scams by remembering that Social Security Administration (SSA) will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee
- Promise a benefit increase or other assistance in exchange for payment
- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card
- Demand secrecy from you in handling a Social Security-related problem
- Send official letters or reports containing personally identifiable information via email.

If you receive a letter, text, call or email that you believe to be suspicious, about an alleged problem with your Social Security number, account, or payments, hang up or do not respond. The SSA encourages you to report Social Security scams using their dedicated online form. Please share this information with your friends and family, to help spread awareness about Social Security scams.



Fuzz Feeling Better

WSK Clubhouse Calendar

April 2020

We're on the Internet!
www.theknollofmurrieta.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 <i>April Fool's Day</i> Hand & Foot 1pm Ping Pong 6 pm	2 <i>Trash Day</i> Dance 2B Fit 9 – 10 am	3 Board Office Hours 9-12	4	
	5 <i>April Flower</i> Sweet Pea or Daisy <i>April Birthstones</i> Diamond	6 Dance 2B Fit 9 – 10 am Ping Pong 1 pm	7 Bible Study 10am	8 Ping Pong 6 pm	9 <i>Trash & Recycle</i> Dance 2B Fit 9 – 10 am Hand & Foot 1 pm	10 Good Friday Board Office Hours 9-12	11
12 Easter	13 Dance 2B Fit 9 – 10 am Ping Pong 1 pm	14 Bible Study 10 am Mexican Train 1pm	15 Board Meeting 10 am Hand & Foot 1pm Ping Pong 6 pm	16 <i>Trash Day</i> Dance 2B Fit 9 – 10 am	17 Board Office Hours 9-12	18	
19	20 Dance 2B Fit 9 – 10 am Ping Pong 1 pm	21 Bible Study 10 am Mexican Train 1pm	22 <i>Earth Day</i> Ping Pong 6 pm	23 <i>Trash & Recycle</i> Dance 2B Fit 9 – 10 am	24 Board Office Hours 9-12	25	
26	27 Dance 2B Fit 9 – 10 am Ping Pong 1 pm	28 Bible Study 10 am Hand & Foot 1pm	29	30 <i>Trash Day</i> Dance 2B Fit 9 – 10 am	As of now, (except trash pick-up) all activities are temporarily suspended		