

Coy D. Estes Senior Housing

February 2023

OFFICE HOURS
MONDAY– FRIDAY
8:00 A.M.– 5:00 P.M.
OFFICE TELEPHONE
(909) 981-7160

Staff:

Tanya Burdick,

Project Manager

Tiffany Harms,

Assistant Manager

Mike Edwards,

Maintenance Technician

Jeff Samsel,

Maintenance Technician

Happy Valentine's Day!

From the CDE Staff

National
Caregivers Day

ALL MAINTENANCE
EMERGENCIES
(AFTER OFFICE HOURS)

(909) 851-3627

260 N. 3rd Ave

Upland, CA 91786

Friday, February 17, 2023



Girl Scout cookies will be on sale at Coy D Estes.



Meet the Girl Scouts at the
B Lobby

February 13, 2023 Monday

3:00pm - 4:30pm

\$6 a box

LEMON-UPS
Crisp lemon cookies baked with lemon glaze and inspiring messages to lift UP your spirits.

TREFOILS
Delicate-tasting shortbread that is delightfully simple and satisfying.

DO-SI-DOS
Crunchy oatmeal sandwich cookie with creamy peanut butter filling. No artificial colors or flavors.

TAGALONGS
Crispy cookies layered with peanut butter and covered with a chocolaty coating.

SAMOAS
Crisp cookies, coated in caramel, sprinkled with toasted coconut, and striped with dark chocolaty coating.

THIN MINTS
Crisp wafers covered in chocolaty coating, made with natural oil of

GIRL SCOUT S'MORES
Crunchy graham sandwich cookies with creamy chocolate and marshmallowy filling! YUM!

TOFFEE-TASTIC
GLUTEN FREE
Rich, buttery cookies packed with golden toffee bits bursting with flavor.

**◆ HAPPY ◆
BIRTHDAY!**

James Foster—February 3

Dora Mauriz—February 6

Ana Benavides—February 11

Lourdes Marquez— February 11

Martha Delgado - February 12

Margie Saldibar - February 21

Kathleen Batchelor - February 24

Betsy Calderon - February 27





Fire Sprinkler Inspection



Champion Fire will be here on February 1, 2023, Wednesday to inspect our fire sprinklers property-wide. The alarm will go off and be loud during this time. It will start at 8:00 am reminder it's just a sprinkler test.

FEBRUARY FUN HOLIDAYS COMING THIS MONTH. Which one will you celebrate?

- **February 1st** — Spunky Old Broads Day.
Every woman should grow into an S.O.B.
- **February 2nd** — Groundhog Day, Optimist Day, and Self Renewal Day. Depending on the first, you might need the latter.
- **February 4th-12th** — National Secondhand Wardrobe Week.
Perfect for pairing down *and* sprucing up your wardrobe.
- **February 5th** — National Chocolate Fondue Day.
- **February 13th** — Galentine's Day and Self-Love Day.
Love of friends and self. What's not to like?
- **February 14th** — Valentine's Day and League of Women Voter's Day. .
- **February 20th** — President's Day.
- **February 21st** — Mardi Gras. Does this really need explaining?
- **February 22nd** — Ash Wednesday.



Cookies N Pints opened in Downtown Upland.

181 N 2nd Ave.

They serve fresh homemade ice cream and baked cookies.

Cookie Flavors:

Signature Chocolate Chip

Cookies N Cream

Snickerdoodle with Cinnamon Toast
Crunch

Mexican Hot Chocolate with Marshmal-
lows

Oatmeal Cranberry

Mint Chocolate Chocolate Chip with
Andes

Ice cream flavors varies.

It's definitely a must try.



When the Power Goes Out ...



Below is a list of items that we have discussed in previous issues of the newsletter that are helpful.

- Purchase plug in night lights/power failure lights that automatically come on if the power goes out as long as they are plugged in to the wall.
- Please remember that candles are not to be lit in apartments as they are a fire hazard.
- If the power goes out during the day, please collect items that you will need should the power still be off at night. (i.e., battery operated lanterns, etc.)
- The emergency lighting throughout the hallways is meant for emergencies so that residents can see to get out of the buildings and to move to a safer location. The lights will not constantly run and will go out after several hours.
- Check in the hallways and with your neighbors to see if their power is out as well and that they are okay.
- It's not a bad idea to have a battery back-up for your cell phone so that you don't lose the ability to make/receive calls.
- BBQ courtyard during the daylight hours. Since the BBQ's are gas, if there is a simple power outage, remember you can utilize them to cook.

Enter our contest by simply showing the front office a photo of your plug in light in your apartment. To enter into a raffle to win \$50 Amazon gift card no later than
02/23/2023 Thursday.





CDE VAN



In an effort to keep both our residents and driver safe we have implemented the following rules for the CDE van:

Van services are offered Mondays

9am - Grove to 2nd Avenue / Vons

9:30am - Euclid to Benson Avenue

Sign up in the B Lobby

**PICK UP AND DROP OFF AT THE FRONT
CIRCLE DRIVEWAY**

* Any resident who is ill may not ride on the van.

*All seats, headrests, seatbelts, handrails, and lift handles will be cleaned between trips.



Please join us

For Catholic Holy Communion
Distributed by Eucharistic Ministers

followed by praying the Holy Rosary together
All are welcome!

Every Second Tuesday of the month

Next gathering is

****Tuesday, February 14, 2023**

10:00 am

in Building B * The Library

For information - Nancy Thouvenell (909) 730-3484
Under the direction of Father Alex * St. Joseph Catholic Church
Upland, CA

HAPPY
Valentine's
Day

BIBLE STUDY

Tuesday, February 21 & 28

3:00pm – 4:00pm

in the Library

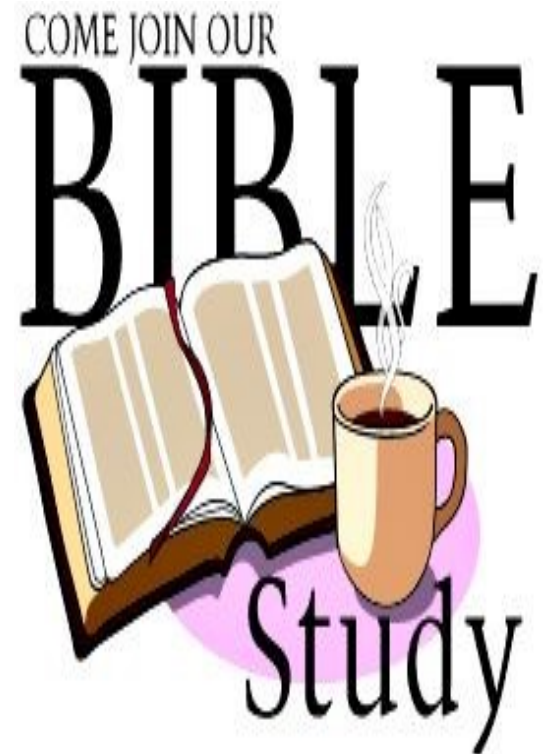
Please join Pastor Jim Smith

from San Antonio Heights Community
Church

Sing a little ... Pray a little.

All denominations welcome.

Everyone is welcome!



Ashes will be distributed

February 22, 2023

Beginning the Lenten Season

Ash
Wednesday

1:00pm

Coy D Estes Senior Apartments

Building B ~ Library

All are welcome

Eucharistic Ministers from St. Joseph Catholic Church
Upland, CA



Valentine's Day

Find the words on the list in the word search below!

X Z N E I H
H Z B M S W Q X F
Z Q J F O O A A M C S
C B I G L R R R T A F D X
Q G E A O H T U S X E I B B W D X A C S H D W W G O D H
U P P J W E T W A F U P D J J U C E U V T M Q A H V U Z
U R F Q E B Q E Z H R U C B U B X H U L I J X F D E D A
I A J W R R E N U Y S C E B Q E F O O R D B F E X W Z Y
W G S S S E N D N I K P T S K Z A T W C L G R P H N K M
T J U W O E S E R V I C E C S N O F R J O U A Q M U C E
L K C O T M B L U F T H G U O H T C P Q L L Q T M F N U
D O I Y B Q D Y G H A P P I N E S S T O S Z A H G E Z Y
J Z Z H D U V Q P D R P I H S D N E I R F G R T N I T
D E T S N R P E E P C D W H R M S Q D T L F O E S C
F M J W A G H O B T O K L W U P O D F O Z A P J
A Z K V C V H O R X X P X J C L E T T E R S
T G I F T S R M H S F E K N I P P T I A
D I R D A W G D C A X R G T B F K H
E I T B B P J K C V B A Z I M D
Q F P V I O Z Z I N C H Y J
J S Q Y D D Z M H E Y S
H T B V S H H I X Q
W I K L Z F M Z
B O T G P J
L V I R
V R

ARROWS
CUPID
FUN
HEARTS
LOVE
RED
SHARE

CANDY
FLOWERS
GIFTS
KINDNESS
NICE
ROSE
SWEET

CHOCOLATE
FRIENDSHIP
HAPPINESS
LETTERS
PINK
SERVICE
THOUGHTFUL

I LOVE YOU
GNOmie
MATTER WHAT!

