



Coy D. Estes Senior Housing



August 2022

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
Jeffrey Samsel
 Maintenance Technician

ALL MAINTENANCE
EMERGENCIES
(AFTER OFFICE HOURS)
(909) 851-3627
 260 N. 3rd Ave
 Upland, CA 91786

Enjoy the produce
Healthy Eats.



AUGUST

seasonal produce list

VEGETABLES

- Bell Peppers
- Carrots
- Celery
- Corn
- Cucumbers
- Eggplant
- Garlic
- Green Beans
- Onions
- Summer Squash
- Swiss Chard

FRUITS

- Apples
- Avocado
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Figs
- Nectarines
- Peaches
- Plums
- Raspberries
- Tomatoes
- Watermelon



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**

Driver and residents must wear a face covering when on the van.

- * Any resident who is ill may not ride on the van.
- * Social distancing will be practiced on the van at all times.
- * Only 4 residents may ride on the van at one time.
- * All seats, headrests, seatbelts, handrails, and lift handles will be cleaned.

August Birthdays

Danele Giles - August 1
Michael Gomez—August 3
Mary Anne McKamey - August 9
Martha Rivera - August 9
Patricia Teague - August 19
Carol Cruz - August 20
Eileen Quintanar - August 21
Patricia Corliss - August 21
Nola Rockstad - August 24
Josephine Sandoval - August 27
Vicki Sayegh - August 28
Theresa Bryan - August 30

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Yearly Recertification

IMPORTANT

Recertification appointments are mandatory.
If you are unable to attend please call the
front office to reschedule as soon as possible.

At your appointment, it is required to have your packet filled out
and documentation ready to make copies.

If you are unable to complete your packet please reach out to a
family member or friend for assistance.

SAVE THE DATE

CDE 25th Anniversary



Party on Saturday



October 29, 2022

More Details to follow.

BIBLE STUDY

Tuesday, August 2 & 16

3:00pm – 4:00pm

in the Library

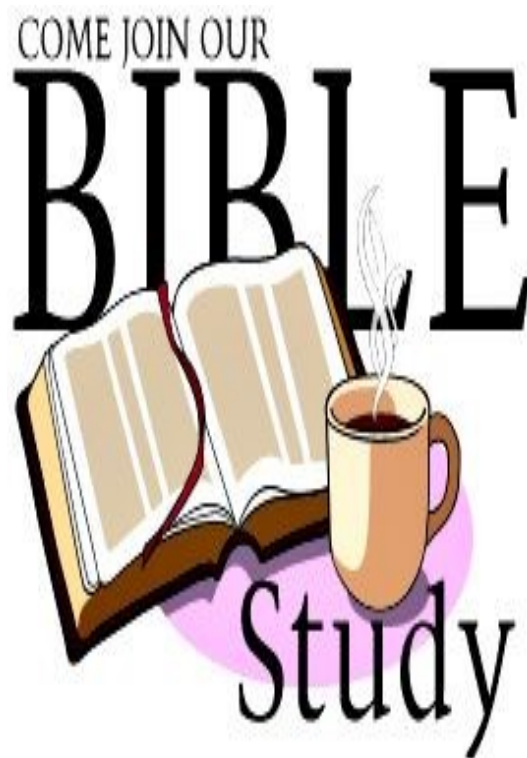
Please join Pastor Jim Smith

from San Antonio Heights Community
Church

Sing a little ... Pray a little.

All denominations welcome.

Everyone is welcome!



Lets get together and play Hand & Foot!

No skills or experience required!

Everyone is welcome come make some friends and join the fun!

Fridays in the Coffee room at 1pm.

Everyone is welcome!





Please join us
For Catholic Holy Communion
Distributed by Eucharistic Ministers

and praying the Holy Rosary together
All are welcome!

Every Second Tuesday of the month
Next gathering is

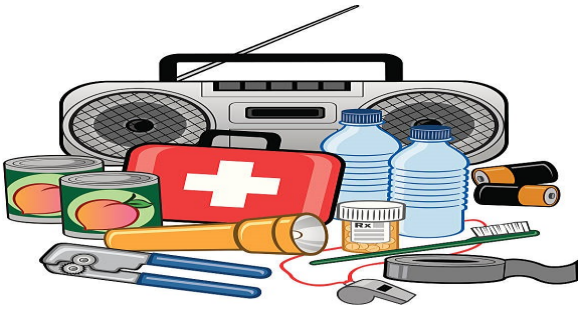
****Tuesday, August 9, 2022**

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





Disaster Preparedness



Emergencies come in many forms, and they may require anything from a brief absence from your home to permanent

evacuation. Each type of disaster requires different measures to keep you safe, so the best thing you can do for yourself is to be prepared because emergency responders may be overwhelmed and unable to assist for days and/or even weeks.

Your preparation does not need to be all at once or expensive, but you need to at least begin. Set a goal to create a kit and add just one thing a month.

Start with having a backpack or carry bag that you could easily take with you in the event of evacuation. Include an extra week or two supply of medications. As with all perishable items in the kit, rotate them out into your normal use twice per year with the time change.

Look around your apartment for what you already have to add, but be certain you keep the contents of your kit separate from your normal supplies. You most likely already have bottled water, snack bars, crackers, canned goods can easily open, a large plastic bag, cotton, and band aids. Place a few into a Ziploc and toss it in. When you get about 2/3 through your roll of toilet paper, toss that into the kit as well.

Many of the things to add could be bought at a dollar store or at yard sales. If you never use it, then what a lucky life and it could easily be passed down to a family member who would appreciate having a kit themselves.



Bed Bug Apartment Inspections



On Wednesday August 10, 2022 starting at 8:00 a.m., we will have an inspector with trained dogs to inspect each apartment on the property for bed bugs.

We will pass out notes with more detail on them the closer we get to the inspection date.

They will need access to every apartment as they will be here all day. You do not need to be home, but if you are not, we will still need to enter.

Please plan to secure dogs or cats in the bathroom.

The inspection takes less than 5 minutes and CDE Staff will accompany them.



Bed Bugs...



We like to be as proactive as possible to make sure the residents at CDE live in a great environment.

I would like to take this opportunity to go over a few bed bug basics for those of you who were not here last year.

Bed bugs do not care if your apartment is clean or dirty. It is not a reflection on housekeeping or personal hygiene. With that in mind, do not hesitate to tell us if you think you might have bed bugs. We know it isn't anything you are doing wrong.

Baby bed bugs are almost impossible to see. Which is why dogs are so much more effective than humans. Dogs can smell them.

They are on the rise in Senior properties, partly because there are helpers coming in and out of your apartments. For example, housekeepers. Do not let anyone use a vacuum in your home that they have used in someone else's home. To be safe, buy your own vacuum for your housekeeper to use.

If you have any further questions, please see the front office.



Upland Recreation & Community Services

2022



POLICE • COMMUNITY PARTNERSHIPS

**Tuesday,
August 2, 2022
4:30 p.m. - 6:00 p.m.**

For more information, please call (909) 981-4501

**George M. Gibson Senior Center
250 N. 3rd Avenue
Upland, Ca
91786**

Upland Recreation & Community Services



FRIDAY, AUGUST 26, 2022

10AM - 12PM

FREE!

Gibson Barkfest!

**In Observance of
National Dog Day**



For more information,
please call (909) 981-4501



MOSQUITO PREVENTION

CDE needs your help to prevent Mosquitoes this season.

Mosquito and Vector Control came to our property last season and

We are very concerned about all the plants with trays.

We all need to do our part.

They highly suggest when watering your plants, to dump and drain the water out of trays immediately EVERY time. This will help reduce the mosquito population significantly.

What to look for:

- Small, black mosquitoes with white stripes
- Mosquitoes that are active and bite during the day - even indoors!
- Immature mosquitoes (larvae and pupae) swimming in stagnant water.

What you need to know:

Mosquito breeding source elimination and bite prevention is the only way to prevent the spread of mosquitoes.

Mosquito Life Cycle

The invasive, black-and-white mosquitoes can lay their eggs individually along the waterline of any container. This reduces with the effectiveness of “dump and drain!”

These mosquitoes can live and complete their life cycle either indoors or outdoors. Eggs are laid along the waterline of any water-holding container such as flower vases, plant saucers, buckets,

