



Coy D. Estes Senior Housing



September 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

Office is closed
 September 5, 2022 Monday



First day of Fall
 September 22, 2022





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**

**** Special announcement****

No longer limited passengers on each trip.

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.

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

September Birthdays

Larry Bashor - September 1
Marilyn Popolillo - September 4
David Morse - September 5
Miguel Zavala - September 5
Peggy Samsel - September 8
Joan Bowman - September 9
Mike Pollock - September 10
Guadalupe Sanchez - September 10
Jeff Samsel - September 16
Darlene Brock - September 16
Sharon Horton - September 26
Boyd Smith - September 29
Carol Maleskey - September 29



DID YOU KNOW

The Affordable Connectivity Program provides eligible households with a temporary monthly credit on broadband service.

Under the Affordable Connectivity Program eligible new households could get 100 Mbps download speeds for just \$29.99 per month, and includes a modem, in-home WiFi and self-installation at no additional charge. Qualified households receive up to a \$30 monthly credit toward Internet service — which means eligible customers can get Internet at no monthly cost with some internet retailers.

To be eligible, a member of the household must qualify for one of the following:

- Medicaid
- SNAP (Supplemental Nutrition Assistance Program) benefits
- SSI (Supplemental Security Income)
- Section 8 Federal Public Housing Authority (FPHA) support
- Veterans and Survivor's Pension benefit
- Receives benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, or did so in the 2019-2020 school year
- Received a Federal Pell Grant during the current award year
- Meets the eligibility criteria for Spectrum's low-income program
- Federal Lifeline customers

More information on how to apply can be found at <https://acpbenefit.org/how-to-apply/> or by calling (877) 384-2575.



CDE 25th
Anniversary
Party on
Saturday
October 29,
2022
More
Details to
follow.

50 Fun Activities for Fall

- 1 VISIT A PUMPKIN PATCH
- 2 CARVE THE PUMPKIN
- 3 ATTEND A FOOTBALL GAME
- 4 APPLE CIDER
- 5 LEAF JUMPING
- 6 TOSS A FOOTBALL
- 7 READ A BOOK
- 8 MAKE A SCARF
- 9 NATURE WALK
- 10 BAKE AN APPLE PIE
- 11 COOK CHILI
- 12 BONFIRES
- 13 ENJOY CORN ON THE COB
- 14 CRAFT PAPER TURKEYS
- 15 COLLECT ACORNS
- 16 PICK FLOWERS
- 17 MAKE TRAIL MIX
- 18 GO TO A FAIR
- 19 TELL SCARY STORIES
- 20 BUILD A FORT
- 21 OR A TREEHOUSE
- 22 MAKE A SCARECROW
- 23 STARGAZE
- 24 VISIT A HAUNTED HOUSE
- 25 CANDLE SHOPS
- 26 PUMPKIN BREAD
- 27 CORN MAZE
- 28 CURL UP IN A BLANKET
- 29 HAYRIDES
- 30 GO ANTIQUING
- 31 CAN INGREDIENTS
- 32 TAKE A FOGGY MORNING WALK
- 33 EAT HALLOWEEN CANDY
- 34 DRINK A PUMPKIN SPICE LATTE
- 35 MAKE A HALLOWEEN COSTUME
- 36 GARDEN
- 37 ROAST PUMPKIN SEEDS
- 38 CRAFT SHOW
- 39 BIRD WATCH
- 40 VISIT A ZOO
- 41 NATURE SCAVENGER HUNT
- 42 BAKE ZUCCHINI BREAD
- 43 HOMEMADE BAGELS
- 44 HALLOWEEN OREOS
- 45 FLY A KITE
- 46 HOT CHOCOLATE
- 47 VOLUNTEER AT A FOOD BANK
- 48 VISIT A GRAVEYARD
- 49 SPEND TIME WITH FAMILY
- 50 WATCH THE LEAVES CHANGE



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, September 13, 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

BIBLE STUDY

Tuesday, September 13 & 27

3:00pm – 4:00pm

in the Library

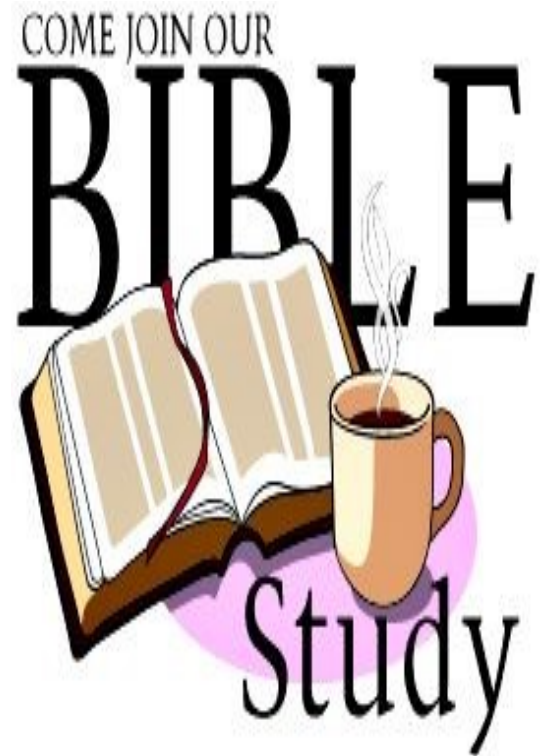
Please join Pastor Jim Smith

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!



New restaurant in Upland.

Beola's *Chicken & Waffles*

Come try the newest restaurant in Upland.

Address: 2085 Base Line Rd Suite 200 Upland, CA 91784

Phone: 909-608-3663



We have the best food around and an atmosphere to match. Try us and you'll be convinced!

Our recipes are authentic and time-tested. The ingredients are always fresh. The result? A menu that bursts with flavor.

Reduce your energy bill through the CARE Program

To qualify for CARE:

- The PG&E bill must be in your name. (For sub-metered tenants, the energy bill from your landlord must be in your name.)
- You must live at the address to which the discount applies.
- Another person (besides your spouse) can't claim you as a dependent on an income tax return.
- You must not share an energy meter with another home.
- You must account for all sources of qualifying household income and meet the program income guidelines.
- You must notify PG&E if your household no longer qualifies for the CARE discount.
- After you enroll, you may need to provide proof of qualifying household income, including IRS tax returns. You may also be required to participate in the Energy Savings Assistance Program.
- Your monthly electric usage must not exceed six times the Tier I allowance. This is the lowest-priced rate tier within PG&E's standard Tiered Base Plan.
- You must renew your eligibility every two years (or every four years if you're on a fixed income).
- Qualification is based on the total income of everyone living in the home or participation in qualifying public assistance programs.

Qualifying for CARE based on public assistance program participation

You may qualify for the CARE Program if you or someone in your household takes part in any of the following public assistance programs.

- Low Income Home Energy Assistance Program (LIHEAP)
- CalFresh/SNAP (Food Stamps)
- CalWORKs (TANF) or Tribal TANF
- Supplemental Security Income (SSI)
- Medicaid/Medi-Cal (under age 65)

One bowl apple cake recipe



INGREDIENTS

- 2 eggs
- 1 3/4 cups sugar
- 2 heaping teaspoons cinnamon
- 1/2 cup canola or vegetable oil
- 6 medium Gala, Fuji, or Honey Crisp apples
- 2 cups flour
- 2 teaspoons baking soda

PREPARATION

STEP 1

Preheat oven to 350°F.

In a large bowl, mix the eggs, sugar, cinnamon, and oil. Peel and slice the apples and add to mixture in bowl, coating the apples as you go to keep the apples from turning brown.

Mix together the baking soda and flour, then add to the ingredients in the bowl. Mix well with a fork until all of the flour is absorbed by the wet ingredients.

Pour mixture into a greased one 9x13-inch or two 9-inch round pans. Bake for approximately 55 minutes.

Let rest for 10 to 15 minutes, then serve.



WOULDN'T IT BE BETTER?

Wouldn't this world be better,
If folks whom we meet would say,
"I know something good about you."
And treat you just that way?

Wouldn't it be splendid,
If each handshake, good and true,
Carried with it this assurance:
"I know something good about you?"

Wouldn't life be happier,
If the good that's in us all,
Were the only things about us
That people would recall?

Wouldn't our days be sweeter,
If we praised the good we see?
For there is a lot of goodness,
In the worst of you and me.

Wouldn't it be fine to practice
This way of thinking too;
You know something good about me,
I know something good about you!

- Author Unknown

Submitted by Mary Anne McKamey

Original print date March 2016

How much water should I keep on hand for emergencies?



After a disaster, it's critical that you have water on hand in case the water normally provided by Cal Water is unavailable.

Use these guidelines to decide how much water should you set aside for use in an emergency:

- As a general rule, you need at least one gallon of water per person per day (half a gallon for drinking; half a gallon for cooking and cleaning).
- This amount will vary depending on age, activity, physical condition, and diet.
- If it is hot, you will need more water? Double the normal amount if it is very hot.
- Some additional water should be on hand for medical emergencies.

There are several ways you can make sure your emergency water supply stays fresh.

- Purchase commercially bottled water, keep it sealed, and replace it after its "use by" date.
- Store your water in a cool, dry place. If you are not using commercially bottled water, replace it every six months.

In your apartment there are many locations to store the water in case of emergency.

If you have water stored in your apartment take a photo and bring the office no later than September 22, 2022 and we will enter your name in a raffle for **a great prize!**