



# WARM SPRING KNOLLS WSK

## A 55+ Community



### Community Newsletter

### January 2024

#### CONTACT INFO:

38145 Via Del Largo  
Murrieta, CA 92563  
Office: (951) 677-5758  
wsk.murrieta@gmail.com

#### OFFICE HOURS:

Fridays - 9am to 12pm

#### A NOTE FROM OUR PRESIDENT - TOM WOOLSLAYER



Happy New Year everybody! I'm looking for this year to be productive and fun from an HOA perspective. I hope you all will participate in this year's election, as well as attend our monthly functions at the clubhouse. We do tend to see the same people at our events, which we love, but please invite your neighbors that typically do not attend. We would love to see them too!

**ANNUAL MEETING**  
Sat., January 27, 2024, 3PM

#### 2024 BOARD OF DIRECTORS

**President**  
Tom Woolslayer  
951-252-5652

**Vice President**  
Rick Martinez  
559-816-9240

**Treasurer**  
Joanne Marsh  
714-401-7648

**Secretary**  
Sherry Tatar

**Architectural Director**  
Henry Kantrowitz  
951-202-1130

**Facilities Director**  
Nancy Misko  
805-268-0523

**Keys & Calendar**  
Debra Clark  
562-322-7727

**Police (non-emergency)**  
(951) 304-2677

**Waste Management**  
(Trash bin replacement)  
(714) 558-7761

March will be the month we begin our 3 trash bin program. I anticipate the cans to start arriving the last couple weeks of February. We have spoken with Waste Management for additional information about what to recycle where, and how to dispose of what. Once we have that, we will distribute it to you. We will also have additional billing information on how to sign up, and how billing will work. I expect to have some kind of informational meeting sometime at the end of January or beginning of February. They are working on putting this information together for us now. We had a meeting with the city and Waste Management before Christmas.

#### EDITORIAL

As a board we try to do what's best for our community. It's often difficult, but we do it to try to help our community succeed and get better. If there's something you don't understand, or hear something that doesn't make sense, please come directly to us and ask. I for one will be happy to discuss anything going on, with anyone or everyone in the community. A couple weeks ago I found neighbors sharing information that was incorrect, so please bring your questions and concerns directly to myself or anyone on the board. Thanks, Tom

#### ELECTION COMMITTEE - IMPORTANT DATES TO KNOW

*Come get some coffee and goodies on **January 6th at 10AM** at the clubhouse. Come meet your neighbors wishing to join our board of directors.*

**Voting takes place on January 27th from noon to 2pm.** Stop in and we will explain the process as you vote. It should only take a few minutes. If you come close to 2pm, please enjoy a drink and snack and stay for our **General Meeting at 3pm** where the results will be announced.

Can't make the 27th but want to make a difference by voting? Please contact me directly for an absentee ballot. I will deliver it to you. Margaret Ortiz, 951-795-3099





## 2024 VOLUNTEERS

### Activities

Sherry Tatar  
951-536-4604

### Audit Committee

Open Position

### Clubhouse Rental

Debra Clark  
562-322-7727

### Compliance Officer

Open Position

### Emergency Prep

Open Position

### Library

Pierce & Norma Box  
951-696-1070

### Newsletter

Jenn Rawlings  
760-884-7064

### Senior Advocate

Shelby Price  
951-461-7557

### Streets/Infrastructure

### Website

James Sebring  
760-294-1122

### Welcome Committee

Joanne Marsh  
714-401-7648

### ALLIANCE Association Management

42111 Avenida Alvarado,  
Suite E2  
Temecula, CA 92590  
951-412-1662

Newsletter comments:

Email Jenn at:

[newsletter.wsk@gmail.com](mailto:newsletter.wsk@gmail.com)

## WINTER WONDERLAND PHOTOS



### WSK MEETINGS

**ANNUAL MEETING**  
**Saturday, January 27, 3PM**  
**WSK Clubhouse**

### WSK HOA FINANCIALS

**YTD as of End of November 2023**  
**Operating Account: \$16,858.60**  
**Reserve: \$142,442.79**  
**CD: \$132,378.35**





*"The only things that we can truly give to each other are the only things that we truly need-- an ear to listen, a heart to care, a word of encouragement and a hand to help." Jimmy Carter*



## KEYS & CALENDAR - DEBRA



Happy New Year! We had a great year last year and look forward to another great new year. As you encounter new opportunities, remember Norman Vincent Peale's inspiring words: "Throw your heart over the fence and the rest will follow" By giving yourself wholeheartedly to change, you passionately demonstrate your commitment to pursuing your dreams and aspirations. I am excited about the new beginnings that are planned for us this year!!

Thanks to Sherry and her crew we had some fun events last year. We danced, we sang, we ate and we played games!! Memories that will last a lifetime. I'm sure she will have more fun events for us this upcoming year. Thank you Sherry for all you do for us so we can have fun.

We have cards on Tuesday and Wednesday at 1-4 for those of you who like to play\$. There was also Bunko that started this last year. What a fun night that is. Our clubhouse is looking so good, come and enjoy it. Play the piano, watch some TV, play pool, read a book, sit and talk with someone, or just enjoy our beautiful view!



## A NOTE FROM OUR TREASURE - JOANNE

HOA Fees for 2024 will stay the same.

We did this in good faith because in March, Waste Management will be billing each residence directly. More information on trash in the near future.

Yearly \$1020 | 1/2 year \$510 | Monthly \$85

Make Checks to Warm Springs Knolls remember to put your lot # on Check.

Please send all payments directly to:

**Alliance Association Management**  
42111 Avenida Alvarado, Ste E2  
Temecula, CA 92590

## WELCOME COMMITTEE - JOANNE

A big THANK YOU to Terry Quinn for your many years chairing the Welcoming Committee. We will miss you and your dedicated work.

### Welcome Our New Neighbors

Jesus & Rosario Palayo  
Shirley Fields





## ACTIVITIES COMMITTEE - SHERRY



I hope you had a happy holiday with friends and family. Our Winter Wonderland was a nice way to kick ours off here at WSK with music by Mick, a variety of food to enjoy and over 60 guests. The height of the evening for me was when Santa and his elf came to visit along with several of his friends from the Murrieta City Hall. Santa took photos with everyone. What could be better than Santa and his elf out on the dance floor dancing!

A big part of the City of Murrieta sharing their Santa with us was the Toy and Food Drive. Thank You so much to those who generously gave. Our Activities Committee will be taking a break for January, but will be back in February.

## INTERESTED IN FREE CLASSES? - JENN



I was thinking it would be nice to have some classes for our local residents. I would be willing to teach a class on Canva, a free online graphic design program that allows you to make

newsletters, cards, social media posts, etc.. Canva has beautiful templates, you just add your own text! How about a healthy cooking class (anyone want to volunteer to teach this one?) Some other ideas are craft classes, calligraphy, photography tips, gardening, painting, etc. If you would be

interested in attending one of these, or have another topic you would be interested in learning more about, let me know and we'll see how we can make it happen! It's a great way to meet your neighbors, find people that have similar interests to you, or just get out of the house for a little fun!



## MURRIETA HOT SPRINGS IS HAVING THEIR GRAND OPENING IN FEBRUARY



The grand reopening, which is slated for February 2024, will welcome visitors back with more than 50 geothermal pools, water features, and cold plunges set across 46 lush, landscaped acres. The ancient alkaline geothermal waters, which are touted for providing pain relief and a sense of well-being, once gave the resort a nationwide reputation.

“We are dedicated to preserving the heritage of Murrieta Hot Springs Resort while simultaneously adding new chapters to its storied history. We'll introduce exceptional facilities, restorative spa and wellness experiences, and a range of offerings – all centered around promoting vitality through the revitalizing qualities of geothermal mineral water, including nine minerals: sulfate, chloride, boron, calcium, lithium, potassium, sodium, silica, and bicarbonate” said Sharon Holtz, vice president of wellness at Murrieta Hot Springs Resort.





## ALEXA FOR SENIORS AND CAREGIVERS: USING ALEXA FOR ELDERLY LOVED ONES

My mother-in-law has recently been looking into a service in case she falls and needs help. She currently has Alexa in her home and uses it to ask about the weather, turn her lights on or off, play music she likes, or just ask general questions if she has them. She has



recently found out that they have a new software that if she were to fall, she can call out to Alexa for help and it will make a call for her. This is a genuine concern for her as she is now 86 and is not as confident with her footing as she used to be. If you're in the same situation, here's a little more info on what they are offering.

Amazon's Alexa is a virtual assistant that can provide peace of mind when seniors are alone — one of the most challenging times for many caregivers. With the Alexa Together service, caregivers can add an extra level of security to their loved one's day, including making sure medications are taken on time and doors are locked.

Alexa offers a variety of other features and is compatible with several Amazon devices, as well as other devices like the Ring Doorbell or smart light bulbs.

"Alexa Together was designed with seniors' comfort and confidence in their ability to remain independent at top of mind. Our primary goal is to give seniors and then their families peace of mind," says Nicolas Maynard, senior manager of Alexa for Everyone.

- Alexa Emergency Helpline
- Fall detection
- Remote assist
- Circle of support

You can find more info on the web if you're interested.

## LOOKING FOR WRITERS/STORYTELLERS

We're looking for creative writers or storytellers who can write short articles for our newsletter. Our first



focus is on community information that we need to share, but then we often have a little space for a half

page of something you think our residents would find interesting and / or informative. Here's what we're looking for:

- Seasonal Gardening tips
- Household items that should be attended to (things to check or maintain throughout the year like your water heater, filters, etc.)
- A photo you took here locally and maybe a short story to go with it.
- A paragraph or two of a positive interaction you had with a neighbor

Just something positive, helpful and encouraging. If you think you might fit that bill, send me a short sample of your work to [newsletter.wsk@gmail.com](mailto:newsletter.wsk@gmail.com) and I'll get back to you! Thanks!





# WSK PHOTOGRAPHY - FROM YOUR NEIGHBORS

Post your photo on our Facebook page or email it to newsletter.wsk@gmail.com!



Hawk by Frank Biddle



Quail by Nancy Misko



Backyard Quail by Jenn Rawlings



Butterfly by Nancy Misko



Hummingbird by Nancy Misko



Plateau by Ana Lopez



Hummingbird by Lorraine Saunders



Hawk by Jenn Rawlings



Backyard sunset by Gail Dillworth



Bird Watching by Chip Rawlings



Sunset by Joanne Marsh



Coyote by Jenn Rawlings



Blue Jay by Jenn Rawlings



Sunflower by Jenn Rawlings



Dove Ho Meeting by Jenn



Painted Sky by Lorraine



Gopher Snake by Nancy



by Frank Biddle



Frank Biddle



Neighbors Garden by Jenn



## HOW TO FALL WITHOUT INJURY

Most of our instinctive actions when we start to fall are more likely to get us hurt. You can't always avoid a fall, but you can reduce the injury it may cause.



### Plan for a soft landing

Simple trips over curbs or small objects—often our own shoes or clothing—are common occurrences. Aside from taking the steps to prevent them, when you feel yourself going down, you can take control of your fall. Fall prevention courses may be available in your community. These courses that will show you not only how to prevent falls but how to fall safely. You can also try the following techniques.

Think of yourself as a pilot and use the two to three seconds going down to actively plan a soft landing.

- Lean forward into the fall—this gives you some control over direction.
- Fall sideways, if possible.
- Aim toward open areas and toward grass or dirt rather than concrete.
- Aim away from other people and away from objects that can cause puncture wounds or fractures.
- Swing your arms sideways to direct your fall.
- Twist your shoulder to protect your head.
- Keep your knees bent and your feet down.
- Fall like a sack of beans—relax everything.

- Fall on the soft, fleshy places, like your butt and thighs. These areas have more protection and are lower to the ground.
- As you complete the fall, try to roll to your side in a ball. This will spread the impact to reduce injury and stop you from rolling further.

## SENIOR DISCOUNTS AVAILABLE

Do you know that seniors get discounts at many stores and shops? Everything from Amazon Prime memberships, to prescription medications, cell phone bills, clothing stores and restaurants. You have to verify if these are still available as they could change year by year, but it's worth looking into. Shoot, there's got to be a positive about getting older right?! I found a list online of 2024 Senior Discounts. Check them out for yourself!!

<https://www.seniorliving.org/finance/senior-discounts/>

## 4 HOT HEALTH TOPICS FOR SENIORS

It's no secret that getting older can come with challenges to your health. However, by becoming aware and implementing simple preventative measures, many of these common chronic conditions can become much easier to stave off. In fact, according to the Centers for Disease Control (CDC), the average 65-year-old is capable of living at least another 19.3 years. By making strides towards healthy lifestyle choices, such as routine exercise and quitting smoking, you can be more confident in your long-term health. Here's a look at some hot health topics for older adults.

### Arthritis

Arthritis is one of the most common conditions among older adults. The CDC estimates that it affects 49.6% of all adults over 65.

Arthritis can attack any joint in your body, leading to chronic pain and lower quality of life. There are various types of arthritis, each with their own degree of pain and potential limitations to your mobility. Osteoarthritis is the most common strain of the disease, and it is a direct result of worn cartilage



between joints and other natural physical effects of aging. In its most severe stages, cartilage may even be completely gone, resulting in bones rubbing against each other.

While some risk factors of arthritis may not be under your direct control, there are healthy habits you can establish in your day-to-day life that can serve as preventative measures against it. Even if you already deal with the effects of it, these methods can help improve your quality of life by increasing your mobility and reducing the extent of your joint pain.

**Staying active.** Although arthritis can discourage you from being active, working with your doctor or caretakers to develop a personalized exercise plan that works for you and your needs can do wonders for any chronic pain you may be experiencing.

**Maintaining a healthy weight.** Being overweight can put extra pressure and strain on both your spine and joints, which increases your potential to develop or worsen arthritis.

**Avoid situations that may have injurious results.** Although this may sound obvious, bear in mind that, regardless of your physical health, aging will inevitably weaken your joints at least to some degree. Any further joint injuries caused by accidents or physical overextension can accelerate this process exponentially.

### **Heart Disease**

While arthritis may be one of the most common chronic conditions among older adults, heart disease remains the leading killer of people aged 65+. Accounting for almost 500,000 deaths across America in the year 2014 alone, the disease affects 31.8% of people in this age bracket. As you age, your chances of developing heart disease increase due to certain age-related risk factors like high blood pressure and cholesterol.

For this reason, one preventative measure you can take toward staving off heart disease is having your blood pressure checked as regularly as possible. Even if you're the picture of health, untreated high blood pressure can lead to heart disease and a higher risk of stroke and issues with

your brain, eyes and kidneys.

Outside of routine blood pressure checks, other health habits you can implement to keep heart disease at bay aren't too different from the habits that balk arthritis. Routine exercise, maintaining a healthy weight and a balanced diet and establishing a good sleep schedule can go a long way in keeping your heart happy and healthy.

### **Cancer**

If heart disease is the leading cause of death in older adults, cancer is a close runner-up. Over 1.8 million people were diagnosed with cancer in the United States alone in 2020, with more than half of these diagnoses given to people over the age of 65.

Certain cancers (breast, colon, prostate, etc.) are more common in older adults than others. Fortunately, most of these are easy to detect in their early stages when they're most treatable. However, some other types, such as lung cancer, may be more difficult to detect early on, and treatments are often more complicated.

In addition to staying active and maintaining a balanced diet, the best thing you can do to lower your risk is to quit smoking and reduce your alcohol intake. According to Cancer Treatment Centers of America, adopting healthy habits and cutting unhealthy ones out of your life can decrease your risk of cancer by as much as 40%.

### **Alzheimer's**

The Alzheimer's Association reports that one in nine older adults (about 11%) suffer from Alzheimer's disease. Health care professionals across the board acknowledge how cognitive impairment impacts the health of older adults on multiple levels, from issues of safety and maintaining independence to the types and costs of care and treatment available.

Multiple studies have shown black coffee and caffeinated teas to have a profoundly positive effect in lowering the risk of developing Alzheimer's. Additionally, music therapy has become an essential aspect of memory care and dementia prevention.



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Michael Saiz  
Friend & Founder  
mikesaiz33@gmail.com



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CA license 0D50865 Rates are examples of replacement cost on newer manufactured homes in most CA parks with a \$500 deductible.



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[Kmerrick@sbhis.net](mailto:Kmerrick@sbhis.net)

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# WSK CLUBHOUSE CALENDAR

## January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sunday Bible Study, 10-11am at the GK Club House - Tim &amp; Doreen Delk 951-304-3569 Non Denominational All Units Welcome</p>	<p><b>New Year's Day 1</b> Chair Exercise 10:30</p>	<p>2 Line Dancing 11:30AM Card Games 1-4pm</p>	<p>3 Chair Exercise 10:30</p>	<p>4 TRASH &amp; RECYCLE</p>	<p>5 <b>HOA OFFICE HOURS 9-12 DEBRA TRASH</b></p>	<p>6 Meet &amp; Greet with possible new members 10AM @Clubhouse</p>
<p>7 Chair Exercise 10:30</p>	<p>8 Chair Exercise 10:30</p>	<p>9 Line Dancing 11:30AM</p>	<p>10 Chair Exercise 10:30 Mexican Train 1-4 PM</p>	<p>11 TRASH &amp; RECYCLE</p>	<p>12 <b>HOA OFFICE HOURS 9-12 HENRY</b></p>	<p>13</p>
<p>14 Chair Exercise 10:30 <b>Martin Luther King Jr. Day</b></p>	<p>15 Chair Exercise 10:30</p>	<p>16 Line Dancing 11:30AM Card Games 1-4pm</p>	<p>17 Chair Exercise 10:30</p>	<p>18 TRASH</p>	<p>19 <b>HOA OFFICE HOURS 9-12 TOM</b></p>	<p>20 Clubhouse rented Stokey Memorial</p>
<p>21 Chair Exercise 10:30</p>	<p>22 Chair Exercise 10:30</p>	<p>23 Line Dancing 11:30AM</p>	<p>24 Chair Exercise 10:30 Mexican Train 1-4 PM</p>	<p>25 TRASH &amp; RECYCLE</p>	<p>26 <b>HOA OFFICE HOURS 9-12 JOANNE</b></p>	<p>27 Jan 27th Voting for New HOA Board members 12-2pm Jan 27th Quarterly HOA Board Meeting 5pm</p>
<p>28 Chair Exercise 10:30</p>	<p>29 Chair Exercise 10:30</p>	<p>30 Line Dancing 11:30AM</p>	<p>31 Chair Exercise 10:30</p>			<p>Want to rent the WSK Clubhouse? Call Debra at 562-322-7727</p>

We have a new Instagram account!



#Warm Spring Knolls Community  
#WSK Buy, Trade & Sell



#WarmSpringKnollsHOA



www.theknolloffmurieta.org