



Murrieta, CA

Happy Mother's Day, May 11

May 2025

## FAIR GOERS LINE UP FOR INFO, SOUVENIRS



## Resource Fair draws new, return presenters

### Visitors learn about health, home, fitness, safety help

**By Alan Hanson**

Well, the 2<sup>nd</sup> annual Senior Resource Fair has come and gone! Months of preparation resulted in a very successful event, with nearly 100 attendees from the Knolls!

Many of last year's exhibitors returned: Synergy Cos., Habitat for Humanity, Right at Home, Hospice

of the Valleys, LifeWave, Anita Milner Wills & Trusts, IHSS Public Authority, Murrieta Senior Center, Riverside County Health Dept., and Murrieta Fire Dept.

New presenters: Dial-A-Ride, AGA Medicare, Eastern Municipal Water District, Favors for Neighbors,

See Fair, page 3

## *It's fair to say, the 2025 Resource Fair was wonderful !*

They did it again!  
Many thanks to co-chairs Holli Hanson and Lori Miller and their many helpers for a wonderful Senior Resource Fair!



**Sandy Vollmer**  
SK president

I always learn something new at the fair, often times more than one thing....

For example, the Riverside Transit Agency provided information on Dial-A-Ride, a service I've wanted to get information about for our residents.

And, Riverside University Health System representatives talked about classes in "Wellness through Fitness," "Morning Reflections"

See SK president, page 2

## WHAT'S INSIDE?

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## 2025 directors



• *President.*  
**Sandy Vollmer**  
951 319-6749



• *Vice President / Architectural*  
**Jan Towers**  
951 616-4443



• *Secretary / Senior Advocate / Program administrator*  
**Holli Hanson**  
661 972-0799



• *Treasurer*  
**Sharon Kilpatrick**  
951 285-7800



• *Director, Rules, Regs, Policies and Procedures.*  
**Shawnee Miller**  
951 677-6862



• *Director, Residency Data & FOBs:*  
**Candy Lee**  
951 239-0669



• *Director: Facilities*  
**Ron Sieber**  
951 541-6276



• *Director: Common Grounds, Streets:* **Debby Adelhelm**  
760 717-9876



*Support leader to the Board*  
**Charlene Kirkwood,**  
951 348-0042

## support Leaders

• *Support Leaders to the board:* **Roberta Jiron, 951 834-2076** (parking permits, estate sales); **Lynda Miller, 951 454-9910** (monitor vacant, for sale, rental properties).

• *Spring Knolls Emergency Response Team: (SKERT)* **Alan Hanson 714 493-1709**

• *Caretaker:* **Lisa McKinney 951 212-8781;** **Lali Neri (assistant)**

• *SK common grounds:* **Miguel Enriquez**

• *Spring Knolls Boosters:* **Debby Adelhelm, President, 760 717-9876**

• *Library Coordinator:* **Karen Jacobs 951 265-6292**

• *Spring Knolls News:* **Ted Vollmer 951 319-6749; tscjnews@gmail.com**

## SKA president

**From page 1**

and “Expressive Art Therapy.” All are geared to assist seniors.

I also knew the Murrieta Senior Center had a lot to offer, but had no idea how much until I chatted with a representative and learned about everything from Chair Tai Chi and Zumba to Chair Yoga and Dance, Stretch & Restore to name a few. And, Senior Center groups are open to everyone with interests in the Ukulele, painting, billiards, bunco, quilting, embroidery, line dancing and more. Oh, for those who sign up, there’s a Monday through Friday hot lunch program.

The Senior Center is also where the county food assistance program is located. There are income guidelines, for example, as a single person if you make less than \$2,661.38 per month you qualify and proof of income is not required, as stated in their flyer.

Info about many other great op-

portunities, services and benefits was available at the Fair.

We’re going to try to get more of this information out to our community through our *Spring Knolls News* and bulletin board postings.

Meanwhile, May kicks off activities for summertime fun around Spring Knolls, including the Boosters Friday night BBQs that begin May 30. I’m one of the BBQ bakers, so let the desserts begin! Yippee!

Also, keep in mind that June 6 is the last day of classes for Temecula and Murrieta schools. That means summer vacation and grandkids around our community, so please be careful driving—especially when backing out of your driveway.

Since we don’t have sidewalks, some kids are walking dogs, like we all do, but they’re usually shorter so not as easy to see. Be alert!

Finally, Happy Mother’s Day! A great day to celebrate special memories! For some it’s a difficult time and my heart goes out to you.

The very best to all of you and I’ll see you around!

## Spring Knolls Board report for April 16, 2025

- **Approved:** Changes to Spring Knolls Assn. election rules to permit an election of directors by acclimation if an equal number or fewer of candidates are seeking open seats. If *more* candidates than the number up for election file to run, an election will be held. The move would remove the need and expense of conducting an uncontested.
- **Approved:** The scheduling of the membership General meeting (1 p.m., Oct. 18, 2025) and Annual meeting (1 p.m. Jan. 10, 2026):.
- **Approved:** Summer daily clubhouse hours of 8 a.m. to 8 p.m., starting May 15.
- **Treasurer’s report.** As of March 31, 2025: Total bank accounts **\$868,933.65**; total operating funds **\$238,489.51**; operating/checking expenses, **\$70,173.51**; Reserve expenses, **\$7,209.62**. Reserve funds, **\$630,444.14**.

The next Spring Knolls board meeting will be at **9:30 a.m., May 21, 2025** in the Spring Knolls Library. The June 18 meeting will be at 6 p.m.



Photo by Lisa McKinney

## ON THE FRONT

A worker from Green Oak Tree Care leans in to remove dried fronds from one of the SK clubhouse palm trees. The April 21 tree trimming was part of a wildfire hardening of Spring Knolls grounds.

See story, Page 6.



## Senior Resource Fair ...

From Page 1

Michelle's Place Cancer Resource Center, Alpha Care Medical, and Smart Cremation rounded out the guests.

All the fair exhibitors enjoyed their time at the event and thought it was very worthwhile. Many gave out handy souvenirs, and all attendees received a gift (gift cards, fire blankets, fire extinguishers, preparedness bags, solar battery chargers, etc.).

Thanks to helping SKERT members: Sandy Bright, Joe Compton, Ron Sieber, Connie Power, Chris Heilbron, Roberta Jiron, Ed Carey, Sharon Kilpatrick and Frank Rosales. Also, thanks to Sandy Vollmer and Betty Endresen, the SKA association for furnishing lunch, and Lisa McKinney, the "BBQ Pitmaster"!

Special thanks to Fair coordinators Holli Hanson and Lori Miller, who made this happen, and lastly, to Ted Vollmer for his photography work, making the check-off cards and exhibitor recognition certificates. We're looking forward to another event next year!



Photos by Ted Vollmer

**GATHERING INFO:** Nearly 100 people from all three Knolls units attended the April 26 Senior Resource Fair in Eaker Hall. The second annual event featured presenters from a variety of area organizations, ranging from transportation and health to home improvement concerns. Organizers said the success of this year's event makes for a likely third fair next year. **More photos, Page 4**





Spring Knolls resident **Sarah Human** of Aga Life and Health on Medicare prepares her table.



A bounty of literature, business cards and souvenirs is shown in this array. Fair goers filled bags (provided by **Alpha Care**) with items found at most tables.



**David Acosta** of **Synergy Companies** shows his certificate of appreciation from Spring Knolls.



Several presenters provided fairgoers with information and literature in both English and Spanish as well as advice for follow up calls and appointments.



**Favors for Neighbors**, a first-time exhibitor, explains to fairgoers how the organization provides dozens of services to area residents.



**Carmen Sanchez** (above and right) of **Right at Home**, home care and assistance, holds certificate of appreciation from Spring Knolls for the second year the organization has participated in the Spring Knolls Senior Resource Fair.



The Spring Knolls Association wishes to thank the following presenters for participating in the 2nd Annual Spring Knolls Senior Resource Fair on April 26, 2025.

- AGA Life + Health
- Alpha Care Medical Group
- Anita Milner Wills & Trusts
  - Dial-A-Ride (RTA)
- Eastern Municipal Water District
  - Favors for Neighbors
- Habitat for Humanity “Brush with Kindness”
  - Hospice of the Valleys
  - IHSS Public Authority
    - LifeWave
- Murrieta Fire Department
- Michelle's Place Cancer Resource Center
  - Murrieta Senior Center
- Right at Home, In Home Care & Assistance
- Riverside County Health Wellness & Recovery for Mature Adults
  - Smart Cremation
  - Synergy Companies

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And, we add a very special thank you to Senior Resource Fair Coordinators  
Holli Hanson & Lori Miller.



## SIGNS OF THE TIMES



Photos by Alan Hanson and Lisa McKinney  
**CLUBHOUSE SAFETY:** *(Top, and top right)* New signs noting Spring Knolls' designation as Murrieta's first Firewise community are now placed around the clubhouse. *(Above)* Workers from Green Oak Tree Care trim dead fronds from the clubhouse palm trees as part of a 'hardening' of wildfire vulnerable areas. The steps were recommended by the Firewise organization.



## SKERT update

# Risky SK areas safety 'hardened'

Recently, we received our Firewise signs and installed them on the Spring Knolls grounds.

There's some bad news though. Firewise's funding was slashed and our local representatives, Enid Arana and Nicole Vazquez, lost their jobs.

You may recall that Enid and Nicole led a tour of our grounds in March to identify potential wildfire problems. I'll provide more information as it develops.

Meanwhile, Sharon Kilpatrick and Ron Sieber have been busy hardening the clubhouse and grounds. They have overseen workers removing leaves and debris from clubhouse rain gutters, trimming our pine and

palm trees, and other maintenance. Also removed or trimmed from the dog park path area were two palm trees and a yucca plant.

Local handyman Micah North is willing and able to perform fire resistant home hardening. You can call Micah at 951 282-4347.

At our last meeting, we reviewed proposed new Fire Hazard Severity Zone (FHSZ) maps. The state recommends adding homes to Very High, High and Moderate Fire Severity Zones.

Please see the Fire Hazard Severity Zone and Local PIO Viewer App for more information.



Alan Hanson  
SKERT chair

-Alan Hanson is chair of the Spring Knolls Emergency Response Team



# Safety Matters

## Before you dig, protect yourself and call 811

Your free call can prevent injury, death or damage to water, power, gas lines



### Important Safety Information

Contact 811 Before you Dig. It's Free!

If you plan to install a fence, plant a tree or dig for any reason, follow these important steps to help prevent injuries, property damages, loss of service, and fines.



**MARK OUT** your proposed project

**CONTACT 811** Underground Service Alert (USA) at [California811.org](https://California811.org)\* or dial **811** to submit a location request at least two business days before digging, not including the date of notification. Check utility responses to your 811 ticket by visiting [DigAlert.org](https://DigAlert.org) or [USANorth.org](https://USANorth.org).



**WAIT TO DIG** until we either mark our natural gas pipelines or you are advised that the area is clear.



**USE ONLY HAND TOOLS** within 24 inches, plus half the size of the subsurface on each side of marked utility lines, to carefully expose the exact locations of all lines.

A USA ticket is valid for 28 days. If work is to continue, the ticket must be updated prior to the end of 28 days.

**Note:** SoCalGas is responsible for marking natural gas pipelines up to the gas meter. To locate and mark customer-owned lines, which typically run from the meter to natural gas equipment, contact a qualified pipe-locating professional.

### How to Recognize a Natural Gas Leak



Look

If you see a damaged connection to a natural gas appliance, dirt/water blowing into the air, a dry patch of grass, fire or an explosion near a pipeline.



Listen

If you hear unusual sounds like hissing or whistling.



Smell

If you smell the distinctive odor of natural gas.

Some persons may not be able to smell the odor because they have a diminished sense of smell due to a respiratory illness or another physical condition, olfactory fatigue (normal, temporary inability to distinguish an odor after prolonged exposure to it), or because the odor is being hidden by other odors present. In addition, certain pipeline and soil conditions can cause odor fade (the loss of odorant so that it is not detectable by smell).

**If You Smell Natural Gas, Suspect A Leak, or Damage Has Occurred:**

**Immediately Evacuate the area.**

**Call SoCalGas at 1-800-427-2200** from a safe location.

## Booster Bits

## Taco Night, Friday BBQs next on tap

Just a short column this month as we had to cancel our April meeting. However, we did put together our Lady and the Tramp Spaghetti dinner on April 19 and had a full house.

Our staff outdid themselves putting on a delicious dinner. Even though Betty Dutton moved away in March, we did her proud with all the cute Italian chef decorations we "inherited" from her estate sale!

Coming up in May, we're having a Cinco de Mayo Taco Night on May



**Dorothy Vaughn**  
Boosters VP

3. Flyers will be distributed with all the information.

Taco Night tickets (\$12) are pre-sold, none at the door. Call Lisa McKinney at 951 212-8781 or me at 951 696-0871 and we'll be

happy to get a ticket to you.

And, don't forget: Friday night BBQs begin on May 30 and run through Aug. 29, except on July 4.

## Friday BBQs:

May 30 - Aug. 29, 5-7 p.m.\*

<b>Hamburgers</b>	\$7
<b>Cheeseburgers</b>	\$7.50
<b>Veggieburgers</b>	\$7
<b>Hot Dog</b>	\$6
<b>Specials**</b>	\$8
<b>Chili for burger / Dog</b>	\$1.50
<b>Sodas/Bottled Water</b>	\$1
<b>Chips</b>	\$1.50

*(Meals include potato salad, beans, trimmings, watermelon, desserts.)*

\* No BBQ, Friday July 4

\*\*Specials not available every week.

## HAPPY BIRTHDAY!

Traci Allison  
Marie Anderson  
Christine Beadles  
Randy Bennett  
Brian Biggers  
Stephanie Bramhill  
Joseph Brooks  
Loretta Brown  
Dee Carranza  
Raphael Cervantes  
Lichan Chen  
Marcia Chilver  
Michael Condry  
Kim Coulson  
Jesus De Logra  
Michael Denke  
Emma Dewey  
James Dixon  
Gloria Ellington  
Miguel Enriquez  
Deidre Firestone

Lynne French  
Helen Gibbons  
Ted Gohlich  
Victor Gonzalez  
Francisco Guzman  
Stephanie Hicks  
Dave Jefferson  
Leonora Jefferson  
Roberta Jiron  
Linda Katzman  
Sharon Kirkpatrick  
John Kubena  
Jayne Lynch  
Arthur Martinez  
Nancy Maurice  
Norma Metz  
Manuel Mojarro  
Alyx Morgan  
Lisa Morris  
Walter Nelson  
Gail Otto

Patricia Pablos  
Kathleen Petrie  
William Post  
Karin Rand  
Richard Rasmussen  
Sandra Rasmussen  
Anita Rearndon  
David Rearndon  
Keith Richards  
Ron Robertson  
Ron Sieber  
Doug Stark  
Janet Stewart  
Kathleen Taylor  
Victor Tejada  
Elena Tomas  
Dennis Thompson  
Renate Whitney  
Norman Withers  
Libby Wooster  
Debra Zaite



Len & Marie Anderson

Joe & Janice Compton

Frank & Pam Rosales

Victor & Norma Tejada

## Are we missing anyone?

The *Spring Knolls News* hopes to ensure that all readers are acknowledged with birthday and anniversary tributes. We also wish to remember those who lived here with a notice of when they passed. If you know of an omission or addition that should be made, please let us know. Call 951 319-6749 or email [tscjnews@gmail.com](mailto:tscjnews@gmail.com).



## Clifton Dumat Blanc

(Dec. 1924 - May 2012)  
Via La Rueda

## Charlene Chase Churilla

(Jan. 1951 - May 2018)  
Via Escarlata

## Marceal Hale

(Dec. 1925 - May 2018)  
Via Escarlata

## Pedro George Hurt

(Aug. 1936 - May 2010)  
Via Amarilla

## Jon F. J. Kelley

(Sept. 1960 - May 2017)  
Via El Pavo Real

## Sean Timothy Kilpatrick

(Dec. 30, 1951- May 6, 2022)  
Via Azul

## Charles James McCormack

(Jan. 1939 - May 2018)  
Via Roja

## Gloria M. McCormack

(May 1935 - May 2010)  
Via Roja

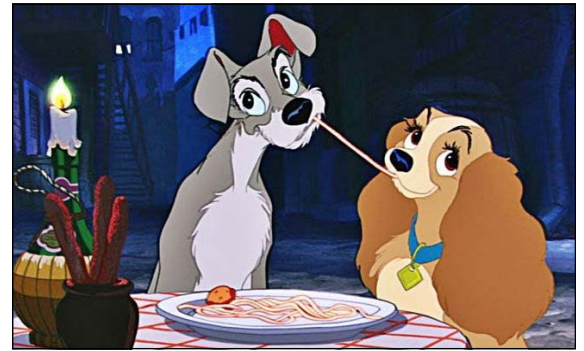
## Geraldine McKernan

(March 1927 - May 2010)  
Via Amarilla

## James Edward Meadors Jr.

(April 1934 - May 2014)  
Via Amarilla





## Boosters spaghetti dinner: *'di prima categoria!'*

In what was nearly the 70th anniversary of the classic 1955 Disney film "Lady and the

Tramp," the Spring Knolls Boosters celebrated the famous pooch couple with a spaghetti dinner in Eaker Hall.

The sold-out event, where guests dined on red-and-white checkered tables with Italian decorations, featured a salad, spaghetti and meat balls with meat sauce, garlic bread and dessert.



Photos by Ted Vollmer



# Ho👉gePodge



## COMMUNITY GARAGE SALE MAY 17:

The Spring Knolls Community Garage Sale on May 17 is a one-day only event. Residents will not need an advance permit for this sale. In 2025, the three Knolls units have decided to hold their annual sales on different days.

Warm Spring Knolls' sale will be May 31, and Golf Knolls will be in October, an exact date yet to be determined. After the May 17 sale, if you wish to donate unsold items for the Boosters fall 2nd Hand Treasures sale, please bring them to Eaker Hall or call **Ted Vollmer at 951 319-6749** to arrange for them to be picked up.

**STREET REPAIRS:** If you live on Calle de la Siesta, Vial El Avian or Via El Pavo Real, you will be notified of when your streets will have repairs done this year and when you'll be unable to drive on them for 24 hours.

**SWIMMING POOL USE:** With summer hours starting on May 15 (8 a.m. to 8 p.m.) residents are reminded that children 3 or younger must wear plastic protective pants when they are in the pools.

Copies of pool rules are at the pool area tables and posted on walls near them. Please familiarize yourselves with them before you or any guests use the pools. Owners are responsible for their guests.

A further reminder: Owners must be present with any guests while using the pools. A copy of the pool rules are on the next page of this on-line color edition.

**SCHOOL'S OUT, WATCH OUT:** June 6 is the final day of classes for Temecula and Murrieta public schools. Spring Knolls residents are asked to be watchful of visiting children while driving our streets and using our facilities.

**RESERVATIONS:** The Spring Knolls board is seeking people to serve on a temporary committee to review and update clubhouse reservation rules and forms. If you are interested in helping with this effort, call **Sandy Vollmer at 951 319-6749**.

**REAL ID DEADLINE IMMINENT:** If you haven't gotten your Real ID yet, which will allow you to board commercial airlines after **May 7**, you have only a few days to acquire one. If you're a California resident with a valid U.S. Passport, you may wait to get a Real ID until your current drivers license expires. If, however, you lack a current passport, it is suggested you go to [DMV.ca.gov](https://www.dmv.ca.gov), fill



out a form, email required identifications such as a birth certificate or current U.S. passport, and proof of residency. Then go to your nearest DMV office for final processing including a photo.

The fee is \$36. After May 7, a valid U.S. passport may be the only acceptable ID at U.S. airports. Those without either may be denied the right to board.

**TWO DOWN, ONE TO GO.** Last month in



this space we told you about three clubhouse toilets that had been replaced by ADA versions and were **free** to anyone wanting them. There's one left, which is in excellent

shape. Call **Lisa McKinney at 951 212-8781** if interested.



very old one that was falling apart.

**THANKS FOR THE CART!** A thank you to **Lee Porter** for donating a new utility cart to the Association. The cart replaces a

## Tennessee honoree



## Former SK volunteer lauded for her efforts

Former Spring Knolls resident Cindy Woody, a key volunteer here for several years, recently won dual volunteer honors in her new Tennessee community.

In March, Cindy was awarded Volunteer of the Year for Wilson County, which has more than 160,000 residents. She also was nominated for the Governor's Volunteer of the Year award.

"I volunteer for many things and was recently asked by the governor to be a part of our disaster team," Cindy said. "I'm in leadership training now."

Among other things, during her few years in Spring Knolls, Cindy started and led the Spring Knolls Emergency Response Team's Area Coordinators, launched the In the Know in Spring Knolls email blasts during the Covid epidemic, served as SKERT co-chair, suggested a number of new activities for the clubhouse and served as Architectural Director on the Spring Knolls Association board.

To realize a long time dream, in March 2023, Cindy moved to the Nashville area of Tennessee, which as we know holds the nickname of the Volunteer State.



# Spring Knolls Pool Rules



## Warning: No lifeguard on duty

**Swim at your own risk**

**In case of emergency, call 911**

(Emergency phone is next to the Library entry doors.)

- Spring Knolls owners/residents with a gate fob **must be** with guests at all times (*limit of 4 guests*) while in pool areas.
- Owners/residents are responsible for their guests' behavior.
- Adults **must be** with children at all times: (1 for every 3 children).
- Pool capacities. **Adult pool: 50** (18+ only) / **Small pool: 30** (all ages).
- **No** running in pool areas.
- **No** loud games or excessive splashing at either pool.
- **No** diving, jumping, 'bombing,' or pushing people into the pools.
- **No** bikes or pets in pool areas. Guide and service dogs permitted.
- **No** food allowed except at designated patio tables.
- **No** glass containers or dishes in pool areas. Non alcoholic drinks in plastic containers are allowed.
- **No** float devices are permitted except 'noodles' and child 'floaties'.
- **No** wet bathing suits permitted in carpeted clubhouse areas.
- Children under 3 must wear leak-proof diapers / pants
- **No** pool use by anyone with active diarrhea in the past 14 days.
- Restrooms/showers are by the caretaker's residence. Please use them.
- Please wait at least 20 minutes to enter pools after applying sunscreen. This aids sunscreen absorption & prevents pool-clogging residue.
- **The Jacuzzi is available only to those 18+.**

Pool rules include those of California Health Department and the Spring Knolls Association.

Violators may be asked to leave & are subject to fines, and/or suspension of pool privileges.

Rules updated June 2024 by Spring Knolls Association Board of Directors



# Health Matters

## *How should you choose a hospice care provider?*

### It's wise to compare offered services

Hospice Care is a specialized type that is appropriate to consider when a patient has a life-limiting condition and available treatments are no longer effective.

Medicare has developed a valuable website where patients can access information and compare hospice providers: <https://www.medicare.gov/care-compare/>

Medicare uses a rating system based on a 1 to 5 Star scale, with the 5-Star Rating being the highest. The ratings are based on feedback provided through the Family Caregiver Experience Survey.

The survey collects information from family caregivers on their hospice care experience using 6 domains and 2 global measures of care.



Leslee  
Cochrane, M.D.

#### The 6 domains are:

1. Communication with family
2. Getting timely help
3. Treating patient with respect
4. Emotional and spiritual support
5. Help for pain and symptoms
6. Training family to care for patient

#### The 2 global measures of care are:

1. Rating of this hospice
2. Willingness to recommend this hospice

All Medicare Certified Hospice programs are required to provide the same basic services, but there is a wide range in the quality of care provided. For example, providers are not required to retain physicians who are Board Certified in hospice and palliative care.

When selecting a hospice, word of mouth recommendations from friends and family are usually the most reliable. When interviewing hospice providers, I recommend you ask if their Hospice Medical Director is Board Certified in Hospice and Palliative Care. I also suggest you use the Medicare Compare website listed above to check their rating.

Since 1982, Hospice of the Valleys has been the Murrieta area's only hospice provider with a 5-Star rating.

—Dr. Cochran, is executive medical director of Hospice of the Valleys, Murrieta, which participated in the April 26, 2025 Spring Knolls Senior Resource Fair.

## Myths & Facts re hospice care

### *Myth: Hospice means giving up hope.*

**Fact:** Hospice does not mean "giving up hope." Hospice focuses on maximizing the quality of life based on an individual's choices, so the person may live life as fully and for as long as possible.

### *Myth: Hospice is a place.*

**Fact:** Hospice care usually occurs in the home, but can be provided in nursing homes, assisted living and residential care facilities.

### *Myth: Hospice means a patient will soon die.*

**Fact:** Receiving hospice care does not mean that death is imminent. The earlier someone receives hospice care, the more opportunity there is to stabilize a medical condition and address other needs. Hospice is generally focused on those whose life expectancy is six months or less, but some people improve and may be discharged from hospice and be re-admitted when necessary.

### *Myth: Only a doctor can refer someone for hospice care.*

**Fact:** Anyone (family, clergy, nurses, etc.) can make a referral. Hospice will assess eligibility through a visit from your choice of an attending physician and the hospice's physician.

### *Myth: Hospice is only for the elderly.*

**Fact:** Hospice care is for anyone facing a life-threatening illness.

### *Myth: Hospice is for cancer patients.*

**Fact:** Hospice care is available to *all* terminally ill individuals and their families, regardless of diagnosis. Common non-cancer diagnosis: congestive heart failure, dementia, chronic lung disease.

### *Myth: Individuals must give up their own doctor.*

**Fact:** Patients may keep their own physician, who will work with the hospice team: physicians, nurses, pharmacists, and social workers.

### *Myth: Patients can only get hospice for six months; so enrollment should be delayed as long as possible.*

**Fact:** Medicare, Medicaid, and most private insurance pays for hospice care as long as the individual meets the medical criteria, which may result in receiving hospice care longer than six months. Some individuals improve and may be discharged from hospice care and can re-enroll in hospice care when necessary.

### *Myth: Hospice provides 24 hour care.*

**Fact:** Hospice care is based upon intermittent visits but round the clock care is available for support and care. Hospice can help the family arrange 24-hour care by a private duty provider if necessary.

### *Myth: Families have to pay for hospice care.*

**Fact:** Hospice care is covered 100 percent by Medicare, Medicaid and most private insurances. Most plans cover visits from your care team, medications, supplies and equipment. For families uninsured or underinsured, application for subsidized care is available.

### *Myth: Hospice is just for the patient.*

**Fact:** Hospice provides comfort care to patients, as well as respite and emotional support to family members. Bereavement support is offered for at least a year following the death of a loved one.



# You may miss Social Security \$\$ if you don't shift to Login.gov

If you haven't transitioned your My Social Security account to Login.gov, it would be a good time to do so. Recent warnings were issued that failure to make the switch could interrupt your monthly payments.

This is not a scam, though many people might have ignored emails about this shift thinking it was.

The main thing this does is shift your sign on to Login.gov from your previous sign in for your My Social Security account. Your original account remains the same; only how you sign into it changes.

Here are the steps:

1. If you created your my Social Security Account before Sept. 18, 2021, sign on to the account with your current Social



Security username and password: Then Navigate to the My Social Security website and sign in as usual.

2. You'll be guided to either create a new Login.gov account or link your existing Social Security account to an existing Login.gov or ID.me account.

3. Follow steps to create a Login.gov account or link your existing one.

4. Verify your phone number (if

prompted): You may be asked to verify your phone number by entering a security code sent via text.

5. Link your account: Once you've created or linked your Login.gov account, you'll need to link it to your existing Social Security online account.

6. Use your Login.gov credentials in the future: After successfully linking your accounts, you will no longer use your Social Security username and password to sign in. *Instead, you'll use your Login.gov credentials.*

For a Frequently Asked Questions explanation about the Login.gov process, go to <https://www.ssa.gov/myaccount/account-transition-faqs.html> There also are YouTube videos explaining the steps you should take.

## Spring Knolls *Free* Classifieds

To place a free classified ad, email your ad with a photo (optional) to [tscjnews@gmail.com](mailto:tscjnews@gmail.com) Questions? Call 951 319-6749



**OAK TABLE AND CHAIRS:** Painted oak dining table (47-inch diameter) and four chairs. Asking \$70 for set. Contact: **Marla @ 951 694-2874.**

**REALTOR: Paula Rodig**, A Knolls resident Realtor. Call or text **949 324-5141**. Stanfle Realty, DRE# 01731868.

**RIDES:** Will provide rides to people needing to go to doctors, grocery shopping. Call **Sindy, 562 879-6988**

**HAIRCUTS / BEAUTY SERVICES:** Offering hair cut and other beauty services in your home for your convenience (female & male). I'm a licensed cosmetologist with more than 18 years' experience. Call **Nancy @ 951 414-9554**

**LIGHT HOUSEKEEPING:** No deep cleaning. Contact **Sindy @ 562-879-6988.**

**HANDYMAN SERVICES:** Handyman services, gardening, driving to doctor visits, etc. **Steve Lopez, 626 622-4552.**

I am a local and Spring Knolls resident Licensed Insurance Agent. I represent most major insurance companies with a Medicare contract. Give me a call! I look forward to helping you.

**Sarah Human MHA**

Licensed Insurance Agent

310-980-9509

[Sarah@sarahinsure.com](mailto:Sarah@sarahinsure.com)

[www.sarahinsure.com](http://www.sarahinsure.com)

License # CA Lic. #OK16275

**QUEEN SIZE BED:** Adjustable bed complete less mattress. Includes adjustable frame, platform and very nice beige fabric button tufts headboard. \$300 or best offer. **Gil @ 760 310-6950.**




**HELP NEEDED:** I'm seeking help to restore my grandparents' vintage Philco radio. Specifically, I need someone to work on the inner components: wiring, tubes, etc. and replace any needed parts. Contact **Mary Lou Morgan @ 760 613-7514**



**MAY 17 SPRING KNOLLS COMMUNITY GARAGE SALE.** All Spring Knolls residents may participate in this one-day only event without a special permit. Unit 2's sale is on May 31.



## May 2025: What's up in Spring Knolls & beyond?

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<ul style="list-style-type: none"> <li>May Birthstone: Emerald</li> <li>May Flower: Lily of the Valley and Hawthorn</li> <li>May Zodiac: Taurus (through May 20); Gemini (May 21-June 20)</li> <li>Nat'l Bike, Lyme Disease Awareness &amp; Mental Health Awareness month.</li> </ul>				<b>1 May Day; Global Love; Loyalty Day</b>	<b>2</b> SK Office hours, 9:30-noon; Nat'l Day of Prayer.	<b>3</b> Boosters Cinco de Mayo dinner, Space Day; Press Freedom Day
<b>4</b> Bible Study, 10-11 a.m. GK; Join Hands Day	<b>5</b> Cinco de Mayo	<b>6</b> Bible Study, 10 a.m.- noon; Nurses Day	<b>7</b> Teacher's Day	<b>8</b> No Bingo this month	<b>9</b> SK Office hours, 9:30-noon;	<b>10</b> Golf Knolls Saturday BBQs. Military Spouse Appreciation Day;
<b>11</b> Mother's Day; Bible Study, 10-11 a.m. GK	<b>12</b>	<b>13</b> Bible Study, 10 a.m.- noon; Apple Pie, Yom Ha'Atzmaut	<b>14</b> Boosters, 10 a.m.; SKERT 6 p.m.	<b>15</b> Nat'l Pizza Party Day	<b>16</b> SK Office hours, 9:30-noon; Int'l Day of Light; Malcolm X Day	<b>17</b> 
<b>18</b> Bible Study, 10-11 a.m. GK; Pentecost	<b>19</b> Rescue Dog; World Bee; Be a Millionaire Day	<b>20</b> Bible Study, 10 a.m.- noon; Rescue Dog Day	<b>21</b> SK Board, 9:30 a.m. Library;	<b>22</b> Harvey Milk; Maritime Day	<b>23</b> SK Office hours, 9:30-noon; World Turtle Day	<b>24</b> Scavenger Hunt Day
<b>25</b> Bible Study, 10-11 a.m. GK;	<b>26</b> Memorial Day Paper Airplane Day	<b>27</b> Bible Study, 10 a.m.- noon; Sun screen Day	<b>28</b> World Blood Cancer Day	<b>29</b> Learn about Composting Day	<b>30</b> SK Office hours, 9:30-noon; Fri. BBQs begin	<b>31</b> Warm Spring Knolls garage sale

### Open'nClosed

#### Open:

Board office hours: Fridays - May 2, 9,16,23,30 9:30 a.m.-noon

- Clubhouse Summer hours: 8 a.m. - 8 p.m. begin May 15. Gym, library, both swimming pools open.
- Small pool will be heated at that time. All ages may use large pool during winter hours. Jacuzzi or billiards room open to adults only. Call Facilities Director Ron Sieber, 951 541-6276 for more info.
- Eaker Hall: Clubhouse ground events need advance Board of Directors approval. Call Debby Adelhelm @ 760 717-9876 at least 2 weeks in advance.
- Dog Park, Clubhouse grassy areas: Owners must keep dogs under control and poop picked up in all areas.
- Dogs must be leashed at all times, even in the clubhouse grassy areas.



### Here: (Spring Knolls)

- May 3: TACO NIGHT. 5-7 p.m.; \$12, Chicken, beef, carnitas tacos, beans, rice, dessert. Advance tickets only. Contact Dorothy Vaughn at 951 696-0871 or Lisa McKinney at 951 212-8781.
- May 17: COMMUNITY GARAGE SALE. Spring Knolls only. All residents may sell items outside homes without a permit.
- May 30: FRIDAY NIGHT BBQS. 5-7 p.m. Eaker Hall, through Aug. 29. See page 6 for menu, prices.

### There: (Units 2 & 3)

- May 24: CRAFT FAIR: Unit 2 craft fair at Warm Springs clubhouse. 9 a.m.- 2 p.m. Free. Nearly two dozen tables of local crafters with items to sell. Call Sherry Tater at 951 536-4604, if you are interested in having a craft table.

- May 10: SATURDAY NIGHT BBQS. (Golf Knolls) 4:30 - 6 p.m. (thru Aug. 9.) \$6 burgers/hot dogs/specials; \$7 ch's-burgers.

- May 31: COMMUNITY GARAGE SALE. Warm Spring Knolls.

### Elsewhere . . .

- May 2,3: ANNUAL ROD RUN. Old Town Temecula. 5-8 p.m. May 2, Friday Night Cruise. May 3, Show and Shine show of more than 500 classic cars. 9 a.m.- 4 p.m.
- May 16: ART-A-FAIRE. 5:30-8 p.m. Kay Cenicerros Senior Center, 29995 Evans Road, Menifee.
- May 16-18: SOCAL JAZZ & BLUES FESTIVAL. Town Square Amphitheatre.
- May 26: MEMORIAL DAY. 8 a.m. City of Murrieta hosts Memorial Day ceremony at Town Square Park & Amphitheater. 9 a.m., Murrieta Valley Cemetery District holds service at Laurel Cemetery.
- May 27: COFFEE WITH THE CITY. Meet with city council members. 8:30- 9:30 a.m. Murrieta Hot Springs Resort. Free.



# Spring Knolls Medley



Photos by Jan Towers

**SPRING IS DEFINITELY HERE:** (Left) A Tecoma "Bells of Fire" bush erupts in bloom behind Jan Towers' front yard Salvia Greggii shrub, also known as "Hot Lips" or Autumn Sage. (Center and right) A combination of Martha Washington geraniums and Blue Lobelia decorate Jan's deck.



Photos by Ted Vollmer

**WALL REPAIR:** The retaining wall was built four years ago to divert flooding, but on a rainy Valentine's Day, it ended a high speed police pursuit through Spring Knolls. The suspect's car damaged the wall, at Via Princesa and Via La Colina. It was recently repaired by Neddi Neri.

## Spring Knolls Medley

**Don't be shy; join the Medley!**

**Please share your** Spring Knolls experiences or favorite photos for the **Medley Page** that only appears in our on-line edition.

If you have favorite recent or past photos about our community or area, send them with a brief description, including the approximate time they were taken, **and your name to:**

**Spring Knolls Medley**

38441 Via La Paloma,

Murrieta, CA 92563,

or email photo & information to

**tscjnews@gmail.com**