

HILLTOP HIGHLIGHTS

Inside:

2020 - 2021

Telephone Directory



Information Request

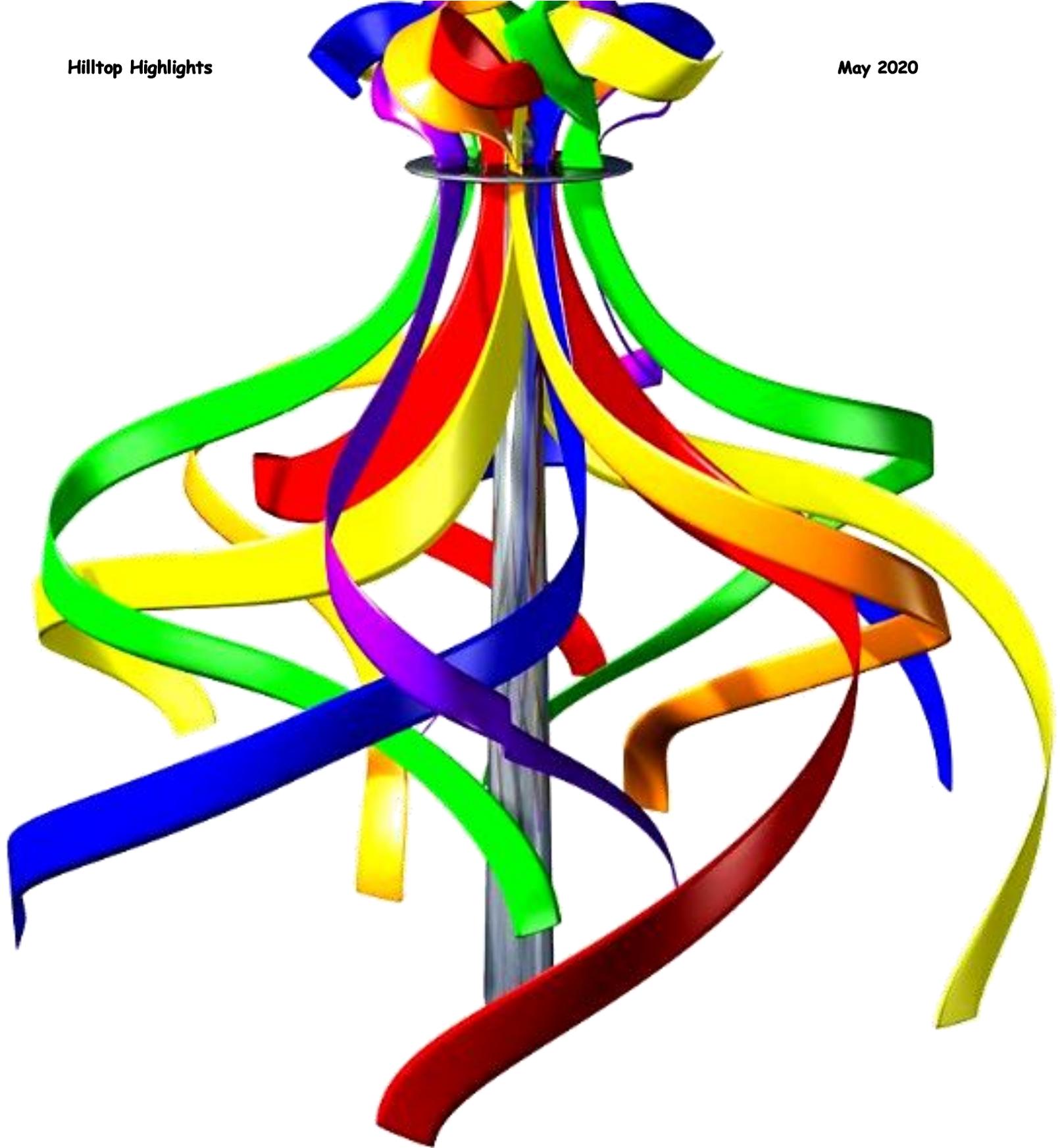
Also Inside:



Resources for COVID-19



Community Updates



A note to website viewers:

This page does not appear in the printed version. Please scroll down to see the rest of this month's Hilltop Highlights. And, since the printed version is done only in black & white, you can see, here, the full color of the original design.

Contact Information:

Office Phone:

760-757-3937

24 Hour Emergency
(Water & Plumbing)

760-757-3937

Fax: 760-757-8177

Website:

www.oceanaseniors.org

Accounting:

accounting@ocaoffice.org

Maintenance:

maintenance@ocaoffice.org

Homeowner Concerns:

office@ocaoffice.org

Non-emergency Police
(to report suspicious activity):

760-435-4900

Emergency Police:

911



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Office Staff:

General Manager Patricia Orlando
porlando@ocaoffice.org

Property Administrator Karen Walter
kwalter@ocaoffice.org

Receptionist Tracy Richardson
trichardson@ocaoffice.org

Facilities Manager Randel Newman
rnewman@ocaoffice.org

Maintenance Admin. Asst. Diane Seely
dseely@ocaoffice.org

Admin. & Cte. Asst. Teresa Brown
tbrown@ocaoffice.org

Bookkeeper Kelly Stinson
kstinson@ocaoffice.org

Contact for all: 760-757-3937

Current Board of Directors

President Joan Jeffery
760-637-2384
joanjeffery55@yahoo.com

Vice President Carol Finkas
760-586-8484
carolfinkas@mac.com

Secretary John Vogt
760-519-7554
jfredericvogt@gmail.com

Treasurer Charlie Wendt
760-453-2223
(cell) 760-908-8897
cdwendt@cox.net

Director Sherry Jarrett
760-803-1535
sjarrett@outlook.com

Director Michael W. Thayer
949-540-9784
libertycard@gmail.com

Office Information

- The deadline to submit information for The Hilltop Highlights is the 1st Friday of every month. Please email to: kwalter@ocaoffice.org.
- Have a payment to make or a work order to submit after office hours? Please use the new drop box located on the front/west side of the OCA Business Office. It is checked Mon. through Fri.
- How do I submit a work request? Both maintenance work requests and landscape work requests are available on our website: www.oceanaseniors.org. After completion, you may submit your form via office@ocaoffice.org, by fax to 760-757-8177 or by visiting the Business Office. All work requests are prioritized with other scheduled work. We do respond to an emergency situation (e.g. sewer backups and exterior water leaks) within 24 hours. After normal business hours and on weekends emergencies should be reported to our live answering service at 760-757-3937.
- Are you moving? Do you have a neighbor who has moved or passed away? Please provide such information to Karen Walter at the OCA Business Office at kwalter@ocaoffice.org.

Director Open

KEEP INFORMED

Here are several websites that can help keep you up-to-date on Oceana and your local community.

OCEANA

OCEANASENIORS.ORG

CITY OF OCEANSIDE

CI.OCEANSIDE.CA.US

SAN DIEGO COUNTY

SANDIEGOCOUNTY.GOV

The monthly General Session Board of Directors' meeting will take place at 9:30 am on the last Wednesday of the month in the Clubhouse auditorium.



A Message From the Board Of Directors

It is difficult to say what our world looks like at this time since this is being written in early April.

In the past few months our way of life has changed drastically. We daily, sometimes hourly, receive new and at times alarming information by a variety of sources. Our day to day world has been shaken and only time will tell what the social and economic fallout will be.

As an association and board, along with management, we are charged with maintaining this community in the most acceptable manner as possible. As news develops, we are constantly altering the way we do business, but always we do so with the best interests of the community at heart.

We hope by this time we have the election results known, but it is difficult to predict what circumstances have unfolded. The decision to postpone the election and counting of ballots was not an easy one. Please know that we made this and all decisions concerning the association with the advice and consultation of not only the news, state and local sources, but from Adams-Stirling, CAI, and our own attorney. Decisions were not taken lightly and we fully realize the implications of the issues involved before coming to a conclusion.

It is planned that as soon as the health and safety can be ensured for the volunteers involved with the election, the counting of ballots will proceed. While the election is an important part of our governance here, the overall well being of our residents and volunteers must always be respected and take precedence.

Please note that all ballots remain unopened and uncounted until the Inspector of Elections deems it proper for the volunteer counters to commence the count. It will not be done until proper access can be given to owners wanting to observe the process, either in person or by electronic means.

We of the current board hope that this message finds you all well and in a changed, yet restored world.

*Life isn't about waiting for the storm to pass.
Life is about learning to dance in the rain.*

Resources for COVID-19

Tasha Boerner Horvath, Member of the CA State Assembly Representing District 76 (that's ours), recently published a list of COVID-19 related services available in our District. Those listed for **Oceanside** follow.

Need pre-cooked meals delivered to your door?

Call (760) 435-5285 to arrange for home-delivered meals. For additional information, go to the website: servingseniors.org.

Need a ride for an essential trip?

Use **FACT- Facilitating Access to Coordinated Transportation**. Available for seniors, veterans, and other residents who need assistance to make essential trips for medical needs or grocery needs through April 15. To arrange for a ride for yourself or someone else, call FACT at 888-924-3228 between 8 a.m. and 3 p.m. Monday - Friday. Rides are available on a first-come, first-served basis and FACT asks that you call at least one day ahead if possible, to arrange for a ride.

Meal Pick Up at Senior Centers

Serving Seniors is coordinating meal deliveries for Oceanside senior residents. Call (760) 435-5285 to arrange for home-delivered meals

Stores Offering Special Senior Hours

The stores listed below will open earlier for seniors before allowing the general public to enter at all of their locations in North County. Some are opening later than their normal hours to allow seniors even more time to shop. Some may require an ID, so please remember to bring yours to make sure you can get into the store during these hours.

- **Smart & Final:** 7:30am-8:00am.
- **Stater Bros Markets:** 7:45am -8:00am.
- **Whole Foods:** 7:00am-8:00am.
- **Albertsons:** 7:00am-9:00am (for all at-risk shoppers).
- **Vons:** 7:00am-9:00am (for all at-risk shoppers).
- **Gelson's Market:** 7:00am-8:00 (for seniors 65 and older).
- **Target:** First hour each Wednesday for 65+ or other at-risk individuals.
- **Northgate Market:** 7:00am-8:00am for seniors 65 and older.

Other single-facility stores may also offer special access. Call the store for info.

Additional Resources

California Department of Aging Webpage
This page includes a directory of COVID-19 related resources for older adults family, and caregivers. To access, please go to:

www.aging.ca.gov/covid19/

Governor's Hotline and 2-1-1 Services

The governor also announced the creation of a statewide hotline for seniors, in coordination with the non-profit local 211 systems, so that residents have a one-stop shop to answer their questions and get assistance during this crisis. To reach the special senior resource hotline, dial 833-544-2374. For the general local information hub, dial 2-1-1.

Assembly District 76 COVID-19 Resource Navigator

The District 76 office has compiled a list of local resources on their website. You can reach the resources page at:

a76.asmdc.org/coronavirus-covid-19-resource-navigator-0

The staff will continually update this page with new information and resources as they become available.

COVID-19 Info Sites

Federal:

The Centers for Disease Control

www.cdc.gov

State:

CA Department of Public Health

www.cdph.ca.gov

San Diego County:

www.sandiegocounty.gov/coronavirus

City of Oceanside:

www.ci.oceanside.ca.us/gov/fire/home/coronavirus.asp

Community Updates

(as of 4/9/2020)

The Annual Meeting continues to be on hold, ballots have not been opened and are secure in the locked ballot boxes. As previously communicated, until ballots are opened and tallied, existing directors remain in place.

The Board of Directors held an Executive Meeting on March 25, 2020 by teleconferencing, updates will be provided at the next General Session Meeting.

- The Board and Management continue to ensure that the day-to-day operations and immediate needs of the community are being met.
- Community members will be notified in advance if the Board arranges a teleconference General Session Meeting in the upcoming weeks.
- The use of the pool, clubhouse and group activities continue to be suspended until further notice.
- Committee Meetings and General Session Meetings continue to be suspended until further notice.
- The office is closed to walk-in traffic, but staff is available by phone Monday through Friday from 9:00 am until 3:00pm.
- The administrative and maintenance team are working on a reduced staff schedule. Please respect the 6ft. distancing if you encounter a maintenance or landscape team member.
- CDC and Health Department guidelines are being followed by the staff members on duty, please respect their working space and stay a minimum of 6 feet away from staff members working throughout the community.
- Please check the oceanaseniors.org website and OCA -TV for further updates.
- The maintenance team, on a daily basis, continues to clean and sanitize the doggie stations, the benches throughout the community, trash sheds, community mailboxes, etc.
- Each of us individually has the responsibility to adhere to the instructions of our local, state and federal government agencies as well as health care providers.

Currently there have been no reports that any members of the community have been infected by the COVID-19 virus. (Please keep in

mind that there are privacy and legal protocols related to any reporting.) If an owner does report to the office, when advisable, we will notify the community in very general terms (no name, no unit or location will be disclosed.) An individual who has contracted COVID-19 is advised by the local health department and/or their doctor as to whom they should inform.

OCA-TV is currently experiencing a failure with the remote link, broadcasting of announcements may be interrupted, these problems are due to high internet usage.

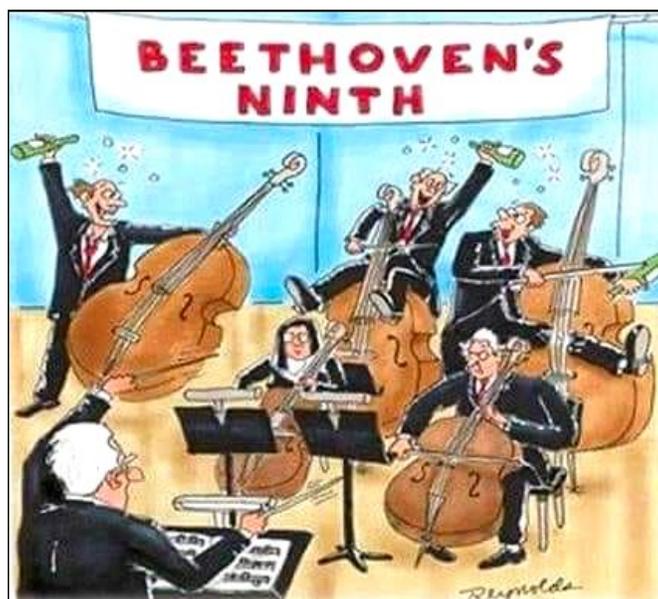
Announcements and useful links can be found on the community website:

www.oceanaseniors.org

Contact Information:

Office Phone: 760-757-3937,
office@ocaoffice.org,
maintenance@ocaoffice.org,
accounting@ocaoffice.org

Thank you for your support during these difficult times. Stay Safe and Healthy



It was the bottom of the ninth and the bassists were loaded.



2020 Resident Phone Directory Authorization Form

Oceanside Community Association publishes a Resident Phone Directory each July. It is distributed to the residents of this Association only. We understand that not everyone wants to be listed in the Directory, but we do request that every resident (owner or tenant) submit your information for our office's records. It is vital that we have as complete a list as possible of all residents and their contact information in the event of an emergency requiring mass contact. Please provide this information even if you choose to be an unlisted member of the community. (Check the boxes below accordingly.)

IMPORTANT: Please submit only one form for your household, listing all residents.

IMPORTANT: Please submit your information even if you were listed in last year's Directory. Last year's information will not be carried forward.

- Do Not** list any of my information in the Phone Directory
- Do Not** include my information on any other list going outside OCA.

Resident Information

Name
Name
Address: (4-digit street address & house number)
Phone number
Phone number
E-Mail address
E-Mail address

Please return your completed form to the OCA Business Office by May 31, 2020.

Clip out and submit

Things To Do at OCA

Art Studio -Mon.& Wed., 1-3pm; Water-color instruction, Wed. 1-3pm. Info: David Finkas at (760) 586-8484.

Billiards -Thurs. 10:30am. Friendly group for socializing and skills improvement.

Bridge

Wed. Bridge -Wednesdays (except 1st of month) 12:30-3:30pm in the Card Room. Info: Tom Miller, 760-757-1393.

Social Bridge -Fridays 9:00am in the Card Room.

Bunco -1st & 3rd Tuesdays of the month at 1:30 pm in the Large Card room. Info: Dona White (760) 533-2484.

Ceramic Studio -open 1-3:00pm every Tuesday, Thursday and Friday. Contact: Pat Christie at 442-297-7430.

Chair Volleyball - Monday and Thursday at 1:00 pm in the Clubhouse. For info: call Dave Freeman at 818-262-0788

Chair Yoga - Monday at 10am in the Auditorium. For info: call David Phears at 714-795-0027

French Club - Monday, 4-5pm in the Clubhouse Library. Call Danae Danczyk at 760-529-9226.

Friends of Bill W. -Wed. at 5:00 pm in the card room. Info: Lin Riley 760-730-3371.

Garden Club-Meetings on occasion. Reserve space in our garden. Info: Casey Fitzpatrick 818-426-4572.

Hand & Foot -Fridays at 12:30 pm. Info: Joan Jeffery at 760-637-2384

Keep Fit Exercise Class—MWF 8:30am-9am in the Auditorium. Info: Gene or Dee Barilotti at 760-967-2157.

Knitting -Thurs. at 10:30am in the Card Room. Info: Karen Jacobson 760-757-2477 or Dee Wylie 760-231-9577.

Lapidary Shop -Mon. thru Thurs. 1-3pm. Info: John Pitarresi at 760-917-6631.

Line Dancing -Thursdays 3pm-4pm in the Auditorium. Info: Shirley Thralls at 760-433-3164.

Mah Jong - Mondays 1:00pm-4:00pm and Tuesdays 12:30pm-4:00pm in the Library. Info: Marlene Kerman at 760-433-0347.

OCA Book Club -10:00am 2nd Tuesday of each month in the Clubhouse Library.

OSERT -3rd Wed. at 5pm in the Computer room. Info: Patricia McArdle, 703-254-8916

Pickleball - Playing times Sundays, Mondays, Tuesdays and Fridays. Play levels are Open, Advanced Open and Invitation Only. In the Clubhouse. See the Calendar for specifics. Info: Steve Reigle.

Pinochle Mon. at 1 pm in the Card Room. Info: Joyce Poxon 760-859-6728.

Poker - Tuesdays 6-8pm. Contact Glenn Groth at 760-754-9646.

Quilters—1st & 3rd Tuesdays 9am-Noon in the Art Room. Info: Sue Moore, 760-231-7966.

Sequence -Thursdays 1pm-4pm in the Card room. Info: Marilyn 760-435-9600

Sing-Along - Thursdays 6pm in the Clubhouse Auditorium. Bring snacks & drinks. Info: Glen Hemingway 760-518-5716.

Trivia -Mondays 7pm-9pm in the Card room. Info: Colleen Eidson 760-529-9999

Water Aerobics

Mornings: 8:00am Mon/Wed/Fri.

Afternoon: 1:00pm-1:45pm Fri.

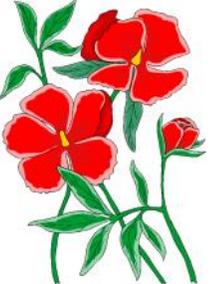
Info: Betsy 760-439-2879.

Woodshop -Monday-Friday 1-3pm. Info: Jim Romans 949-742-2311.

Writing Group (Write On) -Tuesdays 10am. Billiards Room Info: Alan Dolit 760 224-6404.



Events Scheduled Every Week—By Weekday

Every Sunday	Every Monday	Every Tuesday	Every Weds.
Pickleball Private Noon-2:30pm Private 4pm-6pm 	Art Room Open: 1-3pm Chair Volleyball: 1-2pm Chair Yoga 10am French Club 4-5pm Keep Fit Class: 8:30am (Auditorium) Lapidary Shop: 1-3pm Mah Jong: 1-4pm Pickleball: Open Play 2-4:30pm Private 4:45-7pm Pinochle: 1-4pm Seniors on the Go 9-11am Share & Wear: 11-2pm Trivia: 7-9pm Water Aerobics: 8-9am Woodshop: 1-3pm	Ceramics: 1-3pm Computer Rm: 10-12am & 1-3pm Lapidary Shop: 1-3pm Mah Jong: 12:30-4pm Pickleball: Advanced Players Only 9am-Noon Open Play 2-4:30pm Poker: 6-8pm Share & Wear: 11-2pm Write On (Billiards Room) 10-11am Woodshop: 1-3pm	Art Room Open: 1-3pm Computer Rm: 10-12am & 1-3pm Friends of Bill W. 5:00pm Keep Fit Class: 8:30am Lapidary Shop: 1-3pm Putting Practice (Golf Course) 10am Share & Wear: 11-2pm Water Aerobics: 8-9am Wed. Bridge 12:30-3:30pm (Except 1 st Wed. of Mo.) Woodshop: 1-3pm Admin. Office Open to 6pm

Other Scheduled Events

Sunday	Monday	Tuesday	Wednesday
		9am-Noon Quilters— Art Room 9:30am Art Tre.—Card Rm (30 min. u. so—Card Room)	5 Noon-Website Cte— 6 Computer Rm
10 <i>Happy MOTHER'S Day</i>	11	9:30am Ar. n. C. and rd. m. 11am OC. Book Club	13 10am Unit Advisors Cte.—Auditorium 11am Res. Pln.—Card Rm.
17	9:30am Finance Cte.—Card Room	18 9am-Noon Quilters— Art Room 9:30am Compliance Hr'gs — Card Rm. (Closed) 1:30pm Bunco—Card Room	20 6pm Safety Cte-Comp. Rm. 6:30pm OSERT-Comp. Rm
24	25 	26	27 9:30am Open BOD Mtg. 1pm BOD Exec. Session
31			

All Meetings & Events cancelled until further notice

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Every Thursday	Every Friday	Every Saturday
Billiards: 10:30am Ceramics: 1-3pm Chair Volleyball 1-2pm Coffee Hour: 9am (See below) Computer Rm: 10-12am & 1-3pm Knitting: 10:30am Lapidary Shop: 1-3pm Line Dancing: 3-4pm Sequence: 1-4pm Share & Wear: 11-2pm Sing-Along—Aud. 6pm Woodshop: 1-3pm	Ceramics: 1-3pm Computer Rm: 10-12am & 1-3pm Grief Support Group 10am (Art room) Hand & Foot: 12:30pm Keep Fit Class: 8:30am (Auditorium) Pickleball: Advanced Players Only 1-3pm Open Play 3-5:30pm Social Bridge: 9-11:30am Tai Chi: 10-11:30am Water Aerobics: 9am and 1:45pm Woodshop 1-3pm	

All Meetings & Events Cancelled until further notice.

Thursday	Friday	Saturday
	1 Grief Support Group Art Room	2 10am-12pm SSS 
7 9am Coffee Hour Not Scheduled	8 10am Landscape Ct —Billiards Room	9
14 9am Coffee Hour- Not Scheduled	15	16 
21 9am Coffee Hour- Not Scheduled	22	23
28 9am Coffee Hour- Not Scheduled	29	30

OCA Group Membership

Activities Committee

Meets: 1st Tues. ea. Month,
9:30am, Card Room
Chair
Chuck Kruse
(Open) Vice Chair/Events Coordinator
Ginny Romans Secretary
Linda Garcia Share & Wear Mgr.
Barbara Allen
Susan Gugino
Sue Mansis
Nancy Norton
Bella Strubhar
Carol Finkas Board Liaison
Sherry Jarrett Board Exec. Cte.

Architectural Committee

Meets: 2nd Tues. ea. Month,
9:30am, Card Room
(Agenda deadline: 1st day of month)
Chair, U 9
Bill Loftus
Lisa Bagot
Kelly Byrne
Mary Hall U 7,7A
Tony Hoople U 10,11
Harold Marsh U 8
Eric Monce U 12, 14
Paula McDonald U 2,6
Jay Norris U 5
Ed Smith U 1,1A,3,4
John Vogt Board Liaison

Landscape Committee

Meets: 2nd Fri. ea. Month,
10am, Billiards Room
Chair
Vacant
Bruce Cowgill
Connie Ferguson
Kevin Immel
Sue Mansis
Sherry Jarrett Board Liaison

OCA-TV Committee

Mario Badua Chair
Colleen Eidson

Reserve Planning Committee

Meets: 2nd Wed. Quarterly,
Mar., June, Sep., Dec.
11am, Card Room
Chair
Bruce Cowgill
Mike Faulkner
Patricia McArdle
Ken Rishe
Tain Soreboe

Safety Committee

Meets: 3rd Wed. ea. Month,
6pm, Comp. Room
Chair, 335-6597
Kelly Byrne
Andrea Anderson
Connie Ferguson
Georgann Gall 335-6597
Patricia McArdle 703-254-8916
Alice Nolan 214-0221
Mike Thayer Board Liaison

Unit Advisors Committee

Meets: 2nd Wed. ea. Month,
10am, Clubhouse Auditorium
Co-Chair, 453-2223
Donna Wendt,
Unit
1 - Ron Landsel 231-7586
1A - Linda Langworthy 562-301-1346
2 -
3 - Gisela Lauer 754-0296
4 - Mary Hall
5 - Teri Battaglia 714-458-6842
6 - Steve Lawler 419-7011
7 (1-34) - Donna Wendt, 453-2223
7 (35-62) & 7A - Pat Hawkins 450-6231
8 - Kathleen Pursell 439-9282
/Laurie Judge 529-5775
9 - Jeff Kern 908-420-1853
10 - Judy Hartmann 909-518-8767
11 - Shari Flanders 754-0020
Diane Pettibon
12 (1-53) - Jay Norris/Pat Brinson 509-939-1680
12 (54-98)- Connie Ferguson 360-265-5558
14 - Toby Roberts & Anita Romaine
Sherry Jarrett Board Liaison

Website Committee

Meets: 1st Wed. ea. Month,
12pm, Computer Room
Chair
Anita Romaine
Steve Ashworth
Kelly Byrne
Gene Barilotti
Don Betts
Steve Reigle
Carol Finkas Board Liaison

Attention all Committee Chairs:

Please contact the OCA office to inform them of any changes to your committee, either times, days, or new contracts for your committee. We need to update all the committees so the Oceana residents can be able to attend your meetings and not be misinformed. Let's keep everyone up to date and active. Thank you.

(NOTE: Unless otherwise indicated, the deadline for all Committee Agendas is 10 days prior to the meeting.)

No Area Code? Assume 760.

Notices & Reminders



Help to Honor our Veterans

Honor Flight San Diego is asking our help to locate San Diego County World War II and Korean War Veterans for their May and October 2020 trips. They want to honor those veterans by taking them on a 3-day trip to Washington, D.C. to visit the memorials built for their service and sacrifice.

Since 2010, Honor Flight San Diego has taken over 1,400 veterans on this trip. Due to generous donors, the trip is no cost to the veteran.

For more information, please contact Sandra Cima at: (760) 415-0338 or email: scima760@aol.com

Website: www.honorflightsandiego.org

Lose Something?

A nice watch was found on G Street. If you believe it is yours, call 760-967-6439.

Karen Walter

Another Scam

We received a telephone call today. It was supposedly from SS, but the caller had a strong accent and he threatened court action if we did not act. I hung up but some of our people may not do so. Spread the word.

Dan Pursell

Attention Oceana Dogs:

My name is Buck, and I want to tell all you dogs about a bad experience I had this winter. My Mom, Ann, and I were walking the Vista Campana circle. I stopped and ate some Lantana (see photos). I ended up at the Vet very sick, and the treatment was expensive.



Buck

My message to all other dogs, you can

sniff but do not eat any lantana.



The Culprit: Lantana



The Landscape Committee voted to not plant any more Lantana near walkways in the future. There are other plants in Oceana that will make us sick if we eat them. They are: Camellia, Azalea, Clivia, Bottlebrush, & Bird of Paradise.

If your family wants to know about other plants that are poisonous to us, they can go to ASPCA.org; they have a list of 1000!

The message I want to get across to all my dog friends is: **just sniff, but don't eat ANY plants!** Dog parents, please keep a close eye on us when you are out.

Have a good walk today,

Buck Burlile

Cabin Fever?

Is isolation getting you down? Take a Virtual Vacation in Oceanside. Go to the website listed below. It was produced by Visit Oceanside, the Tourism bureau of Oceanside. Enjoy it and share it with friends.

visitocceanside.org/blog/virtual-vacation-day-oceanside/

Is This Really Necessary?

Why are we going through all of this staying-at-home and social distancing? This PBS video explains a lot about how a pandemic like COVID-19 spreads and why what we are doing is so important. Have a watch. We are never too old to learn something new. Stay Safe.

www.youtube.com/watch?v=fgBla7RepXU

Anita Romaine

March BOD Meeting

The March, 2020 Board of Directors meetings were not held due to the COVID-19 shutdown. There are, therefore, no BOD Meeting Minutes to report in this issue of the Hilltop Highlights.

Attention, Photo Buffs:

The OCA Website Committee has announced a photo contest open to all Oceana residents.

How would you like to have your picture added to the website's Home page? Send in your photos (via attachment to your email) to the office or to me at altanita14@cox.net. We will choose the best photos that depict Oceana at its best and post the winning photos to the Home page. Categories are:

- People who live here
- Scenery around Oceana
- Activities inside Oceana

Show us how much you love living here in Oceana!!!

Anita Romaine
Chair Website Committee

An Opportunity:

Connie Ferguson is stepping down from being "Aladdin." We are truly grateful for the wonderful job she has done. So, we are looking forward to a new "Aladdin" stepping up. It is a satisfying thing to do for the community, an opportunity to meet new people, and an exciting thing to be involved in making wishes come true.

If you are interested in volunteering please contact Karen Walter at

kwalter@ocaoffice.org.

Keep Off the Course!

The Emerald Isle Golf Course has requested that residents refrain from walking on the course. Even during early hours they are performing maintenance on the grounds. Non-golf-play walking on the property is dangerous for the resident and a liability to Emerald Isle.

Please respect this request for your own safety; the course is open for golf and busy.

Mario and Steve
Emerald Isle Golf Course



Yes, we know you're out there!

Show us what you've got!

☞ Computer skills in File Transfer Protocol (FTP) and Remote Desktop management.

☞ Expertise in applications MSPublisher, MSWord and MSPowerpoint.

☞ Videography skills in video editing.

Do you have these skills?

Your challenge is to put them to good use helping to bring OCA-TV back on air.

Are you up to it?

Contact Karen Walter at

kwalter@ocaoffice.org.

Grief Support Group

A grief support group is being formed here at Oceana for residents who have experienced the death of a loved one. The plan is to meet from 10:00 until 11:30 each Friday morning in the Art Room. After three months, the group will assess if they wish to continue. It has been designed to provide a safe place where residents can share their grief in a compassionate environment. Group members may learn they are not alone, discover new coping strategies and find new connections. All sessions will be confidential. Please contact Laurie Judge at 760-529-5775 if you are interested in discussing or joining the group.

Committee Reports

OCA Safety

Beware of scams (phone, text and email) during the corona virus pandemic

Recently FBI agents from San Diego and Los Angeles arrested a Southern California man who was trying to sell pills on line that he claimed would cure COVID-19.

Note: There is currently NO cure for this disease.

Don't be fooled if anyone tries to contact you to sell you medicines related to this virus. While medical personnel at hospitals are able to treat the symptoms (fever, shortness of breath, difficulty breathing), there is, as yet, no cure or vaccine for this disease.

The FBI has started issuing public service warnings since they are seeing an increase in fraud schemes related to the COVID-19 virus. "Scammers are leveraging the COVID-19 pandemic to steal your money, your personal information, or both," according to a statement from an FBI official.

The FBI is warning us to be especially wary of fake emails and phone calls from people claiming to be from U.S. government offices including the Internal Revenue Service (IRS), the Census Bureau and the Centers for Disease Control (CDC). If you receive emails, even ones that look official, **do not click** on any of the links. Once you click on a fraudulent link, hackers can take control of your computer and steal everything in your files including personal and financial information and all your contacts, emails, etc.

Do not give any personal or financial information to people calling you and claiming to represent the U.S. Government.

Do not give your credit card or bank information to anyone offering to sell you a cure or a treatment.

Do not give your credit card or bank information to any callers including those asking you to support charitable causes related to the Corona Virus.

If you receive a phone call and don't know the caller, don't answer. If you do answer and you don't know the caller, hang up immediately. These scammers can be very convincing in their efforts to get your personal information and your money.

There are three specific scams the FBI is warning about:

- **Fake CDC emails:** these emails appear to be from a health organization like the Centers for Disease Control, but if you click on a link or attachment it will download malware that can freeze or lock your computer.
- **Phishing emails:** these emails ask you to confirm personal information so you can receive your check from the government or other financial assistance.
- **Fake treatments and equipment:** posts and emails may offer cleaning supplies, masks, and cures but will instead sell you a fake product or take your personal information. You can find more information about counterfeit products on the CDC's website at:

www.cdc.gov/niosh/

Being isolated in our homes for weeks makes us more vulnerable to these scammers. The FBI warns that we are all more vulnerable these days because we are lonely and because we are using our cell phones and our computers all day long.

If you feel that you have been the victim of a scam, call the FBI's San Diego office at (858) 320-1800.

Patricia Mcardle
Chairperson

Website

Now more than ever we are glued to the TV, news, radio, and our computers. Stay grounded and close to home. That is why the Oceana Website is so important to log into to learn what is going on here. There are links to just about anything you need to know about Oceanside and to keep healthy.

We're just about on the downside of the COVID-19. Stay active, stay safe till we are told it's time to come outside and enjoy what we missed for so long.

Anita Romaine
Chair Website Committee



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Oceana Garden Club (OGC)

It is so fun to watch the individual plots in our Oceana Garden Club come alive in the past month following that bitter cold snap. With smiling, safely distanced friends, sharing their plans for each unique garden, what's working and what's not working; being in the garden brings comfort, purpose, joy and a safe place to be outside enjoying the Sunshine.

Companion gardening is something we can all do in a small space. How about a Salsa Garden? Plant a tomato and underneath it plant onions, scallions, cilantro, garlic. Each one loves to assist the other



- which is what life is all about isn't it? Yes! Each of us watching out for each other and feeding each other positivity to remain strong spiritually, physically and emotionally.

Here's a picture of how a small space can support your love for guacamole and chips in no time! If you have scallions or onions in your pantry, cut the root bottom off about a quarter inch above the root and place it root down in the dirt. Have some cilantro in your fridge? Use a few to root in a small jar of water. You'll never need to buy onions and cilantro again!

Another unique climbing plant in a small space is something I'm searching for to compliment my spinach patch. It's called **Malabar spinach**. Planted in mid to late spring, Malabar spinach will cover fences by mid-summer. The juicy leaves can be eaten raw (they can also be



Malabar spinach

used as appealing edible plates) or quickly sautéed.

Applications for the wait list for a plot are available in the Office.

Happy Gardening everyone!

Peggie Moore, Secretary

Landscape

The Governor's Stay in Place order considers the landscape vendor an essential service, therefore the crew is onsite daily to perform their standard maintenance contract duties. Special projects and the completion of Unit #4 will resume as orders change.

Work request can be submitted by phone or email. Also, there is drop box at the business office. Request, payments, etc. can be placed in the box, mail is picked up throughout the day.

Thank you to the community for your continued support and understanding during these unusually difficult times. Stay safe and healthy.

Patricia Orlando



Activities

Well, here we are, all at home, unless of course the Governor's "Stay at Home" orders have been lifted. I write this on April 3, and it looks like the quarantine orders may be with us for several more weeks. Like you, hand washing has become my new favorite pass time. Happy Birthday songs have taken on a new meaning.

When things are normal, Carolyn and I exercise at L. A. Fitness three times a week. Now that they are closed, we have to be a little more creative. We walk at least forty five minutes daily. Sometimes it's our "Circle" here at Oceana, a 1.3 mile very hilly walk with well placed benches. To keep walking fun, we go to Oceanside beach front but stay at least 6 feet away from all. We also walk the grounds at San Luis Rey mission church. Sunny, warm days will see us with a book to enjoy reading while catching a few rays. The Harbor and Carlsbad waterfront are on our "to-do" walk list.

We need all to avoid the couch and television. If your Health insurance offers you Silver Sneakers, check out their website. They have a set of balance exercises that only take about 15 minutes. It's stretching, walking in place, tapping your knees and feet. Not too difficult and if you do it to music, a lot of fun. If you are a You Tube person, check out Coronavirus advice from a dog named Pluto. Today's advice, just stand up. Wear button pants at least once a week. In addition to all this, try getting on the floor in the morning and do a little stretching and strengthening.

There are a lot of recommendations on not watching too much Corona Virus news. It's depressing. We try to limit ourselves to 15 minutes twice a day. The Dollar store sells Jig Saw puzzles for a buck. Read a few books. Here in Oceana, we have a number of residents that live alone. If you know of any, reach out to them and be sure they are alright. The local food pantries can all use donations. We dropped ours off at San Luis Rey parish church food pantry. We were met at the door by Franciscan Brothers and did not even have to enter the pantry.

All this will end. When it does, as a way of celebrating, the Coffee and Donuts at the Thursday Morning Coffee Hour will be free for a few weeks. The end of May will see Memorial Day, and, Governor Newsom willing, a poolside party is in order. The Fourth of July will of course be a catered BBQ with a live

band. Labor Day is another excuse for celebrating.

Please follow the guidelines. Wash your hands often, stay six feet away from people, stay home if you can. Like a lot of you, the virus has affected my family. We have relatives in England who caught it but were able to beat it. My nephew's daughter is an intern at a very large hospital in Chicago. Pray for each other.

Charles Kruse, Chair

A Further Note on Activities

We are currently working on a couple of planned events. But, please know that all the plans have not be decided and, of course if we are still in a state shutdown, the events will not take place.

We have tentatively scheduled a memorial day cook-out on Monday, May 25, 2020 from 12 -3pm, poolside. The entertainment booked for the event are the Sweethearts of Swing who perform patriotic tunes from the 50's. Again, its still up in the air on that event. I would imagine we would know by the end of April if we will still be in shutdown.

Another future event is the traditional July 4th celebration which will be held on Saturday July 4th. Hopefully, we will be at full operation by then, (fingers-crossed). The band booked for the event is Cool Rush Band.

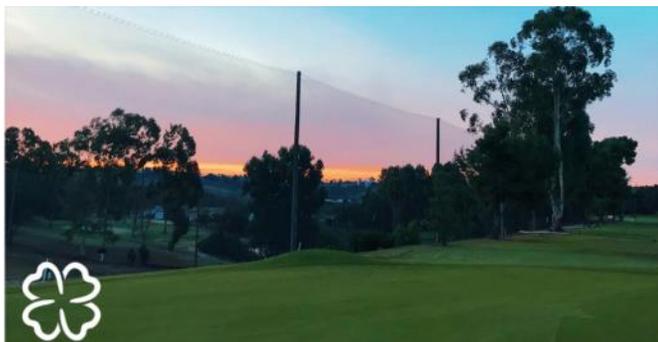
Once again, if we are still in a state of shutdown, these events will not take place.

Be well!

Teresa Brown



Updates From The Isle



Emerald Isle Update, April 5, 2020.

As of this writing, due to the Covid-19 Crisis, Emerald Isle has been closed down since March 31st per the request of Mayor Peter Weiss and the City of Oceanside. While this time is difficult and daunting, we are proud to say that our first commitment has been to keep the golf course maintained and healthy, and all of our wonderful staff on payroll. We have researched and applied for all available loans and grants, and are hopeful that this financial assistance will come in a timely manner.

Looking for the silver lining in our situation, we are making good use of the time and free space to work on projects. Our Superintendent Chuck and his team aerified and sanded the greens and are working on leveling and re-sodding the upper tee boxes on our signature hole, #16. Our wish list for improvements is long. So, as we navigate the next few weeks and get a better idea of what resources we have, we will continue to shine up The Isle. We have been in touch with all of our music acts and they are chomping at the bit to get back to us, so we will look forward to a post-virus grand re-opening with them and all of you.

We wish you and yours good health and peace of mind, and hopefully by the time you are reading this we will all be back together again at Emerald Isle.

Holly, John & The Emerald Isle Team



Did You Know?

May Day



May Day marks the halfway point between the first day of spring and the summer solstice. May Day dates back to the days of the Romans and involved many pagan rituals and ancient customs which were slowly phased out with the arrival of Christianity. Festivals, dances, and rituals related to agriculture and fertility were practiced by many Germanic and other European countries. May Day also commemorates the struggle for fair labor practices and the Haymarket Affair of 1886. It is observed on May 1st each year.

May Day Facts & Quotes

- Roman Catholics celebrate May as Mary's month and May Day is celebration of the Blessed Virgin Mary.
- May Day is also recognized as International Worker's Day, or Labor Day. This day commemorates workers rights and the labor movement. One popular cause that this day commemorates is the eight-hour workday.
- The Haymarket Affair of 1886 occurred during a general nationwide strike that had been organized by US Labor Unions in support of an eight-hour work day. One rally, in Chicago, became violent when police fired into the crowd of strikers, killing more than a dozen people. Outraged, the worker's organized another rally at Haymarket Square. The rally became violent when a bomb was thrown into a crowd of police, killing seven officers. A very public trial followed, ending in the public hanging of four anarchists.
- In France, it is customary to give a sweet smelling flower called the spring of lily of the valley (a symbol of springtime) on May 1st. The tradition started in 1561 when King Charles IX of France received a lily of the valley as a lucky charm.
- *All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.* - Martin Luther King Jr.