



# **COSTA SERENA ARCHITECTURAL COMMITTEE REPORT**

MONTHLY NEWSLETTER JULY 2025

A PUBLICATION EXCLUSIVELY FOR OUR 55+ COMMUNITY

## **CHAIR REPORT**

Happy Summer Everyone,

The election business is finally over. We had some great volunteers to help with the counting; Dennis and Karen, Linda and Lisa, Toni and Mima, and new neighbors – Holly and Craig. Thank you all for volunteering. I think you might have completed the count in record time. We had 259 total votes come in. The following people were voted in: Steve Good, Secretary, Jim Draves, Permits West, Ray Brown, Landscape, and me as Chair. We also had one write-in.

We received some very nice notes in the election envelopes. One in particular stood out from a resident on Mira Pacific. This is a shortened version; "She said her mother had purchased her house in 1979 and left it to her daughter in 1991. She moved here after her retirement from the City of Malibu. Before her retirement she and her Navy husband travelled all over this nation and the world. Her husband was active in the military for 22 years and her son 8 years. In closing she wrote, **There is nothing like the USA and especially Southern California. It's a great place. Welcome aboard to all new arrivals.**"

### **Complaints:**

Please keep your **sidewalks clear** of debris and trees not impeding or hanging so low as to impede walkers.

I received a confidential complaint about "**Growing Concern: Combative Dog Owners**". This person wrote "All too often a polite courteous request is met with a belligerent dog owner aggressively proclaiming 'what are you gonna do about it' and much worse while they trespass on private property, the accompanying cavalier bird-flipping, F-bombs, name calling and aggressive verbal threats we are subjected to, is contrary to everything our community stands for." This was the short version of the complaint. In closing they wrote, "Our wonderful community is a beautiful gem and we want to keep it that way." No reason for me to add anything. You get it.

**Streets in Costa Serena.** A couple of weeks ago a neighbor told me he called City of Oceanside Public Works regarding repaving our streets. The person he spoke to said we are on the list in 5 years! What the heck!? He suggested that we all call Public Works and complain that our streets are in terrible shape. Remember the squeaky wheel theory. The number I have for Public Works is 760.435.3534.

**Garage Sale is July 18th, 19th, and 20<sup>th</sup>**. There will be signs at both entrances of Cost Serena, but please feel free to add additional signs. The more signs the better and it definitely makes more people want to come.

**To all new residents – Welcome Aboard!**

Hope you all have a Wonderful 4<sup>th</sup> of July,

**Sharon Martinson, Chair**

## ARCHITECTURAL COMMUNITY QUARTERLY MEETING

3280 Pearl Lane, Costa Serena July 12, 10:00 AM

Refreshments will be served.....Please join us

The quarterly meetings are the second Saturday of the month. We look forward to seeing you there.

The architectural committee meetings are private, open to residents and guests of Costa Serena.

Costa Serena Website: <https://costaserenaseniorcommunity.com>

### ARCHITECTURAL COMMITTEE MEMBERS

P.O. Box 6076, Oceanside, CA 92052-6076

Chair	Sharon Martinson.....760-696-3864	<a href="mailto:sharonmartinson3@gmail.com">sharonmartinson3@gmail.com</a>
Secretary	Steve Good.....785-861-0250	<a href="mailto:fsellgood@yahoo.com">fsellgood@yahoo.com</a>
Age Compliance	Barbara Hillery.....760-717-6387	<a href="mailto:barbara.hillery@gmail.com">barbara.hillery@gmail.com</a>
Landscape	Ray Brown.....415-815-8934	<a href="mailto:rbrown5518@gmail.com">rbrown5518@gmail.com</a>
Permits	James Draves.....760-707-9120	<a href="mailto:cbsdraves@yahoo.com">cbsdraves@yahoo.com</a>
Treasurer	Dick Bartolucci.....760-504-3072	<a href="mailto:dickbart2@cox.net">dickbart2@cox.net</a>
CSAC Support Group		
Real Estate Contact	Barbara Hillery.....760-717-6387	<a href="mailto:barbara.hillery@gmail.com">barbara.hillery@gmail.com</a>
Real Estate Sign Spotters	Elly Lastuck.....760-439-6618	
Advertising	Dick Bartolucci.....760-504-3072	<a href="mailto:Ads4csac@cox.net">Ads4csac@cox.net</a>
Newsletter Delivery	Susan Paton .....989-400-9005	<a href="mailto:spaton4@gmail.com">spaton4@gmail.com</a>
Newsletter by email	Lisa Datri .....509-254-7899	<a href="mailto:costaserenanewsletter@gmail.com">costaserenanewsletter@gmail.com</a>
Newsletter Editor	Mark Valle .....760-458-0914	<a href="mailto:vallelafcon@yahoo.com">vallelafcon@yahoo.com</a>
Website Admin/Welcome Walker	Erika Havlikova.....760-683-4120	<a href="mailto:ehavlikova@gmail.com">ehavlikova@gmail.com</a>

### IMPORTANT HELPFUL NUMBERS FOR YOUR CONVENIENCE

Code Enforcement	760-435-4500	Public Safety (Alan McNeil)	760-435-5204
Humane Society	619-299-7012	Oceanside Alzheimer's Center	800-272-3900
Fire Prevention	760-435-4100	Protection for Fraud (AARP)	877 -908-3360
Oceanside non-emergency Police Disptch	760-435-4900	Social Security Administration	800-772-1213
SD County Aging/Independent Servcs	800-510-2020	Water Emergency DAYTIME	760-435-5800
Parking Enforcement	760-435-5195	Medicare Information	800-434-0222
Adult Protective Services	800-339-4661	Lifeline Transport Service	760-726-1111
El Corazon Senior Center	760-435-5300,1,	<a href="https://iframe.publicstuff.com/#?client_id=138">https://iframe.publicstuff.com/#?client_id=138</a>	
Meals on Wheels	760-726-1225	Caregiver Resources	<a href="http://www.caregivercalifornia.org">www.caregivercalifornia.org</a>
County Vector Control	858-694-2888	Trash Pick-up/Large Items	760-439-2824
Fair Housing: Land/Tenant Dispute	760-842-6226	Comm. Connect. (Frndshp hotline)	888-670-1360
City of Oceanside Customer Care	760-435-4500	SDGE-Gas leak/emergency	800-411-7343
Mayor, Esther Sanchez	760-435-3057	email: <a href="mailto:esanchez@oceansideca.org">esanchez@oceansideca.org</a>	
Deputy Mayor Dist 3 Ryan Keim	760-435-3048	email: <a href="mailto:rkeim@oceansideca.org">rkeim@oceansideca.org</a>	
Councilmember Dist 1 Eric Joyce	760-435-3032	email: <a href="mailto:ejoyce@oceansideca.org">ejoyce@oceansideca.org</a>	
Councilmember Dist 2 Rick Robinson	760-435-3033	email: <a href="mailto:rrobinson@oceansideca.org">rrobinson@oceansideca.org</a>	
Councilmember Dist 4 Peter Weiss	760-435-3066	email: <a href="mailto:pweiss@oceansideca.org">pweiss@oceansideca.org</a>	
The following e-mail address goes to all members of the City Council: <a href="mailto:Council@oceansideca.org">Council@oceansideca.org</a>			

## **PERSONAL ADS**

**Tech Help:** House call computer services. Senior citizens get low discount rates. Costa Serena resident. Call now! Jo 714-614-7440

**Free:** Lazy Boy recliner. Tan leather. Moving. Call Miriam at 210.392.6053.

**Free:** Donations accepted; will water your plants; Esther, 714-357-7565

**For Sale:** New Wheelchair only used for two weeks. Best offer. Call Bill or Terry @ 760-435-9881.

**For Sale:** Jacuzzi; 3 yrs old; holds 4-5 people; \$300 or best offer. Jackie 714-401-5238

**For Sale:** Women exercise stationary bike \$ 50.00. Call María 760) 231-6700

**Dog Walker:** Experienced w references Costa Serena resident. Drop ins as well Kathe 949-212-3147

**Wanted:** BOOKS; If you have books, you no longer want, I am very happy to have them. I share book donations with the V.A. Clinic in Oceanside. Drop offs are great at 3526 Santa Maria Street or you may call or text David for pickup: 760-889-7370.

**Wanted:** VINYL RECORDS. Preferable genre's Blues, Jazz, Classic Rock.  
760-458-0914, [valleafcon@yahoo.com](mailto:valleafcon@yahoo.com), Mark

## **Volunteers Wanted**

*We are in need of volunteers to help deliver the CSAC newsletter monthly. This is a great way to get involved with CSAC, get to know your neighborhood and become more involved in the community. Please contact Susan Paton either via email at [spaton4@gmail.com](mailto:spaton4@gmail.com) or 989-400-9005 if you are interested. Thanks so much!*

### **PERSONAL AD POLICY**

All new personal ads will be posted for a maximum of three newsletters, before being automatically deleted. They can be renewed, but the editor must be specifically advised prior to the newsletter deadline (4<sup>th</sup> Wed of the month). Also, if you provide something especially by mailbox or hand written your name clearly needs to be spelled out. I do not decipher scribbling signatures. I CAN NOT publish personals without knowing where or who it came from. Thank you

**REMINDER:** There is absolutely **NO SOLICITING OR RELIGIOUS CANVASSING** in our neighborhood. It doesn't matter who they say they represent or who they say has authorized their activities, **SOLICITING IS FORBIDDEN BY CITY ORDINANCE IN COSTA SERENA!** Call Police Non-Emergency 760.435.4900 . Thanks CSAC/Editor

## **What landmark document was released amid the Civil War?**

- a) Articles of Confederation   b) Monroe Doctrine   c) Louisiana Purchase
- d) Emancipation Proclamation (Answer page 5)

## COMMITTEE REPORTS

### ***Age Compliance***

We currently have three open cases, one case is with the attorney, and one case was closed. If you feel there is an age violation in our community, please contact me either by telephone, email, or text. Your input will remain confidential, or if you prefer, you may submit an anonymous complaint by dropping it off in our secure lock box located at 3670 Aqua Lane or mail to Costa Serena Architectural Committee, Attn: Barbara Hillery, P.O. Box 6076, Oceanside, CA 92052-6076. Please let me know if you have a question or if you would like a follow-up on a previous complaint.

**Barbara Hillery 760-717-6387**

### ***Landscape***

If you decide to address yard-related issues with a neighbor, here are (6) tips that might help!

1. Choose the Right Time and Place
2. Be polite and respectful
3. Be solution-oriented
4. Be open to compromise
5. Respect boundaries
6. Being a neighbor means offering help towards a solution;

\*\*\*Only you can manage your Trash Can-Trees-and Weeds\*\*\*

**Ray Brown 415-815-8934**

### ***Permits Reports:***

#### ***East:***

One permit delivered from last month on Balboa.

One permit for a fence on Balboa.

Tried to meet with owners on Coral who were having their house painted prior to requesting a permit.

**Sharon Martinson 760-696-3864**

#### ***West:***

I had permits for a retaining wall, a fence and two roof replacements

**James Draves 760-707-9120**

**\*\*\* Please check in before starting your project if a permit is necessary\*\*\***

We have had some issues regarding fences. Please contact a Permits Committee member **BEFORE** installing your fence or any other changes to the exterior of your property. Permit Committee members will provide you with the proper guidelines established for our community and prevent costly mistakes. Sharon Martinson, Chair

**Further information regarding permits: "According to our policy and procedures, it is not only required but it is mandatory to have written approval from the Architectural Committee for all exterior changes before any work may begin. Anyone failing to obtain a permit before starting work will be in violation of the CC&R's." If you have any questions, please call a permit committee member.**

## RECYCLE REPORT

Thank you for recycling! In June we added \$160.60 to our account for a total of \$935.86 to-date. Almost \$1,000! Don't forget to encourage all of your new neighbors to recycle with us!

Also thank you for separating clean, dry plastic from glass and aluminum, and for removing caps to make it easier and faster for us. Don't forget to put those caps in the bag with the bottles tho. Remember that we can **NOT** get paid for plastic and/or glass bottles, or aluminum cans that had **any kind of food or oil** in them. Also thank you for **NOT** bringing SCRAP: aka solid white and/or solid colored plastic bottles for example yogurt drinks, Ensure, laundry detergent, bleach, etc or ANY cleaning product container. No plastic juice and/or large opaque milk & water bottles, **UNLESS they have CRV on them**. No liquor bottles. Please put these in your blue recycling bin.

**YES** to clean, dry containers such as all aluminum beverage cans; plastic ice tea; glass soda, beer, wine bottles and anything else marked CRV or California Redemption Value.

Drop off your bags over the west gate at **3639 North Way** or call/text **Lynette 760-717-9121** if you need a pick up or have questions. Don't forget to take some empty bags when you drop off. Many just had water bottles in them. There's probably enough for your neighbors too.

Funny July days to remember: 7/6 International Kissing Day, 7/8 Cow Appreciation Day, 7/11 National Cheer Up the Lonely Day, 7/15 National Give Something Away Day, 7/20 National Ice Cream Day, 7/21 National Junk Food Day, 7/27 Take Your Pants For A Walk Day, 7/31 Natl Mutt Day

## FINANCIAL

Previous Balance As of May 23, 2025				\$27,988.63
Debit	5/10/25	Sax Insurance	Insurance	-\$4,666.00
1065	6/16/25	Copymax	Printing	-\$353.64
Debit	6/11/25	Return Check	Return Check	-\$40.00
Debit	6/4/25	Amazon Supplies	Refund	\$80.08
		Meeting Donations	No Meeting	\$0.00
		Recycling Donations		\$160.60
		Advertisers		\$165.00
		Donations		\$6,695.00
		Document Fees		\$100.00
Total Deposits				\$7,120.60
Ending Balance as of June 25, 2025				\$30,129.67

**\*\*\*PLEASE SEE DONATION CARD AT TOP OF PAGE 9\*\*\***

**Answer:** President Abraham Lincoln issued the preliminary **Emancipation Proclamation** on September 22, 1862, amid the Civil War. The document freed enslaved peoples in Confederate states some three years before the 13th Amendment abolished slavery nationwide. Lincoln had developed the proclamation months earlier, but was persuaded to wait for a momentum swing before making it public. The Union victory at Antietam — a turning point in the war — provided the perfect opportunity.

# MINUTES OF COSTA SERENA GENERAL MEETING

## NO MEETING IN JUNE

Steve Good, acting secretary

**\*\*\*NEWSLETTER INPUT: Any newsletter statement or article by anyone other than Committee members must be signed by the writer and are not necessarily condoned or the opinions of the Costa Serena Architectural Committee\*\*\***

**WEED REMOVAL:** An easy and safe way to get rid of weeds or grass you don't want is to spray a mixture of vinegar, salt and dishwashing liquid. The desired mixture is a gallon of vinegar, a cup of salt and a tablespoon of dishwashing liquid. It's cheap, easy, safe and effective. Glenn on North Way

### \*\*\*\*\*VOLUNTEER OPPORTUNITIES AVAILABLE FOR 2025\*\*\*\*\*

We are looking for enthusiastic residents to join our Resident Ambassador's Team. This is an opportunity for you to meet your new neighbors and help preserve Costa Serena's senior status. When a new resident moves in, we stop by to say "Welcome to the neighborhood", provide a packet of information that includes Costa Serena's CC&Rs, helpful pointers, a map of the area, and other information we hope our new residents will find useful. As a Resident Ambassador, you will help new residents complete their Age Verification Survey. You will always work as a team and never by yourself. No experience required, one of our current team members will provide the training required. Not sure if you would like being a Resident Ambassador? You can give it a try, if you find that it's just not your "cup of tea", there is no obligation to continue. **Please call or text 760-717-6387; email: barbara.hillery@gmail.com, w/ questions or more info**

**ATTENTION....HOMELESS PEOPLE** hanging out in our community overnight, is UNACCEPTABLE. If you see any incidences, usually in the early morning hours, where people are sleeping in the bushes or in their car, Please call the Oceanside Police Department. The numbers are **760-435-5195 or 760-435-4911**. Another helpful hint is to keep your porch lights on; this deters unwanted visitors. The only way to curb loitering is for ALL of us to be vigilant; make a phone call. Thank you

## **VOLUNTEER BALLOT COUNTERS, THANK YOU**

I would like to extend my sincere thanks to the six volunteers who counted ballots. It was done efficiently and rapidly. Needless to say, the task would have been arduous without your help. I hope the mimosas helped you get on with your day.....LOL...THANKS AGAIN....Mark

## COMMUNITY INFORMATION and ASSISTANCE

**FREEWAY HELP** Several California agencies have teamed up to provide free help to disabled vehicles on freeways. Out of gas, flat tire, they will mount your spare OR tow you for service. Call them at 511 & ask for Roadside Assistance. Call boxes access 511 also. If no one is nearby, they will connect you to a call center for assistance. Look up 511SD.com.

**CSAC MEETINGS**...It's important to reiterate that all owners and renters are invited to attend the Costa Serena quarterly meeting. It's our intent to inform all residents in our community as to our past, present and future efforts to keep the neighborhood peacefully and pleasantly livable. There is no better place to get an update. Also, this effort is enhanced when we have live feedback from our community. The date and time of the meeting is always posted in the newsletter.

**CITY PROPERTY** City property Issues such as street repairs or dangerous stop sign problems, you can contact the city via their website [https://www.ci.oceanside.ca.us/services/customer\\_care.asp](https://www.ci.oceanside.ca.us/services/customer_care.asp)

**OBITUARIES** If your loved one passes in our community, we would like to hear from you. Please let Mark Valle or any committee member know by the 4th Wednesday of the month and we will publish.

### NEIGHBORS HELPING NEIGHBORS:

Dog & Cat Donations / Box Tops for Education, collecting towels, blankets & rugs (no rubber backing) for dogs & cats. No bed pillows. Please leave donations at 3527 Mira Pacific.

**LOCK BOX:** There is a CSAC lock mail box at 3670 Aqua Lane. It is next to the garage door. This mail box can be used for donations, advertising payments or any other CSAC communication

### YANA PROGRAM

Utilizes uniformed senior citizens to provide a variety of services under the direction of the Oceanside Police Department. Services include vehicle patrol of neighborhoods, traffic control, security checks, welfare checks of homebound seniors and disabled individuals. Contact (760) 435-4763.

### HOME DELIVERED MEALS

Tradition delivers fresh and frozen nutritious meals directly to the homes of homebound seniors. Meals are delivered five days a week. Please call Maria at 619.235.6538 for more information. Meals funded by County of San Diego Health and Human Services, Aging & Independence Services.

**MAILBOX:** Mail boxes have been opened at night by unidentified people. Please don't leave mail sitting overnight. ALSO, IT'S A FEDERAL OFFENSE TO PUT UNAUTHORIZED PARAPHERNALIA IN MAILBOX.

**FOOD FOR LIFE: NEED GROCERIES?** See you Saturday! No registration, first come-first serve, Items vary weekly; **WANT TO VOLUNTEER?** We'd love to for you to join us! Opportunities available every Saturday@ 7-11 am [foodforlife@lccmail.com](mailto:foodforlife@lccmail.com); 760-439-3300/ Jackie Hill (resident) 760-704-2808

**DOG WALKERS:** When a property owner has a sign that says, "NO DOGS ON PROPERTY" Please respect their wishes and DON'T be rude...it is their property...Thank You

**"CC&Rs** - covenants, conditions and restrictions - are lengthy contract automatically binding all owners, and the law holds each to have read, understood and agreed to its contents....regardless of whether the owner actually reads it". CSAC

**ZELLE:** The email to send money to CSAC through Zelle is [Money4csac@gmail.com](mailto:Money4csac@gmail.com)

**HARVEST OCEANSIDE:** Do you have surplus backyard produce (citrus, fruit, vegetables)? Contact Produce Good to schedule a FREE pick of your yard for donation to local feeding organizations. This keeps it out of the landfill AND reduces food for coyotes, rats, raccoons, possums, and other animals. Email [info@producegood.org](mailto:info@producegood.org) for more information.

**FERAL CATS:** We feed feral cats in Oceanside and Vista and are looking for any food donations, canned and/or dry. Please contact Jackie 760-433-8908 or 480-536-5621 Can drop off or pick up. We're in Costa Serena.



# TOOLS & TALENT

## Handyman Services

**602-463-5938**

**Dan Jacobs** Proud Resident of Costa Serena



C: 805-625-0272  
patticalwest@yahoo.com  
PattiWilliams.realtor



**Patti Williams**

REALTOR DRE # 01330975



**ZOHRA EMERY**

Realtor

DRE 02029069

**(760) 805-3003**



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Evan@pelicanwr.com



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**Toni Johnson**

Notary & Signing Agent

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Email : php041336@gmail.com

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Call me today to see if your roof  
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## MEDICARE

Specialist

Sunny Rickard

619-743-8571

[sunny@sunnylifeins.com](mailto:sunny@sunnylifeins.com)

License #: 0G56088

My parents are CS residents

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**NOVAMAC FUNDING**

Own Your Future



## Costa Serena Donation Card

Resident: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Owner: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Amount: \$40 \_\_\_\_ \$50 \_\_\_\_ \$100 \_\_\_\_ Other \_\_\_\_\_

Please make checks payable to:

CSAC, P.O. Box 6076, Oceanside, CA 92052-6076

To donate directly through your bank,  
contact Dick Bartolucci at 760-504-3072 or

Zelle: Money4csac@gmail.com

Drop off address: 3670 Aqua Lane

DONATIONS HELPS PRESERVE OUR

SENIORCOMMUNITY

Include this card with your donation



## 2 AMIGOS

GARDENING & LANDSCAPE

TREE REMOVAL, TREE TRIMMING

SPRINKLER SYSTEMS & REPAIRS

760-994-7569



**Stuart Shinto**

REALTOR | Cal DRE #00889764

(760) 846-2940

[stuartshinto@sbcglobal.net](mailto:stuartshinto@sbcglobal.net)

A trusted neighbor with 40+ years of experience

Experience counts in real estate,  
and I am here to leverage mine for your benefit.  
Whether you're buying, selling, or just wondering  
about the value of your home, contact me today for  
personalized service tailored to your needs.



"I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him."

– *Abraham Lincoln*

## New Roof or Repairs

Luis Gastelum

With lots of recommendations here  
in Costa Serena

(760)-458-0239 C.L. #C39 861254

## Randy's

**Professional Residential Maintenance  
Services: Window, Carpet, stone & tile  
Cleaning, Janitorial services & Power  
washing Etc.**

**Free Estimates by resident of Costa Serena**

**Call Randy@760-716-8200**

**r.reddingius@sbcglobal.net**



**Jamie Archibald  
Pre-Need Agent  
760-442-6819  
jamiea.snlpneed@gmail.com  
CA License #OM53638**

## LOOKING TO PRE-PLAN YOUR FUNERAL?

**CALL JAMIE ARCHIBALD**

As a preneed agent, I understand how important it is to help families plan ahead and gain peace of mind about their final arrangements. That's why I'm proud to offer Affordable Pre-Arranged Plans and Flexible Payment Options.

**CREMATION, FUNERALS, CASKETS**

## CATHY'S PROFESSIONAL HOUSECLEANING

**Windows, stoves, refrigerators.**

**No job too big or too small.**

**Gardening if needed.**

**Detail cleaning for rentals and Realtors.**

**760-994-7569**

## Mike's Window Washing

Hi! I'm Mike, your Costa Serena neighbor  
and your friendly local window washing guy.  
Let me take care of all your window needs!

**949-444-1446**

**marquisbleu4@gmail.com**

### ADVERTISING POLICY

Fee for a business card size ad is \$15.00 per month or \$75.00 for 6 months. Business card size ads are approx. 3.50" x 2.0" blocks. Multiples of \$15 per block per month is available. The maximum ad size is six business cards. Any further pricing questions contact Dick Bartolucci. Ad copy Submissions of Word Doc or Jpeg files are required and are due by the 4<sup>th</sup> Wed of the month for following month. Email to valleafcon@yahoo.com or mail to CSAC PO Box 6076, Oceanside 92052. Electronic submissions preferred. Advertising in publication does not constitute endorsement by Costa Serena Architectural Committee.

The CSAC bears no responsibility for the content and accuracy of newsletter ads. It is the responsibility of the advertiser to develop an ad that correctly displays their message. We only review ads for inappropriate or illegal content. A reminder to our residents, the distribution or delivery of flyers to individual residents is not permitted in our community. If you experience unwanted paraphernalia, please reach out to any board member. Thank you. CSAC

### Registered Nurse House Calls 30+ years experience

**Healthcare assessment** - Not feeling well, not sure if you need a Dr. appointment

Avoid waiting rooms, long waits, traffic and co-pays at the doctors office.

Need blood pressure evaluated/Managed?

Need a doctor/patient advocate to provide accurate picture of your medical condition?

Need wound care? Need dressing changed? Need observation of wounds in-between doctor visits?

Need medications review to void overmedicating?

**Costa Serena resident - call for hourly rate**

**Debra Daigle, RN. License #50784 Phone: 619-886-2338**





## NO ACCIDENT

Have you ever wondered why you are living in Costa Serena? Have you wondered, why Oceanside? Have you wondered, why living at all? I have figured it out and the reason is AMAZING. You are here for a purpose, and it might involve your neighbors, your city, or your family. Our world is filled with distractions, and they are packaged beautifully with images, sounds, and urgency. We just can't take our eyes off the screens long enough to enjoy the breeze that touches our face on a walk. What is that crazy bird doing up in that tree? "Why are you so noisy?" I ask him. "Why are you so upset?" he responds. No, the walk is NOT our purpose. Within its few minutes we may learn about a difficulty that a neighbor is facing. Then we know our purpose for the next few hours or days. We have some wonderful examples in our midst. The fellow that gives a ride to the bank. The woman that cares for a dog whose owner is in a recovery center. The renter that beautifies the front yard for the joy of her neighbors. We are the Costa Serena community, and we were put here for a reason. All you have to do is figure out how you can help. Then GO FOR IT.

**Bob on Pearl Lane, CSAC**

## THINKING ABOUT MOVING TO ASSISTED LIVING?

Save Time, Money & Stress. We'll Do the Leg Work..

Get Short List of Communities Based on Your Care Needs, Budget and Availability.

We'll Negotiate Terms & Can Save You Thousands. Our Confidential Service is **FREE** to you.

**Call Liz at (858) 499-9656**

Not Ready Yet? Never too Early to Plan. We Can Arrange Sort/Pack/Move/Unpack Services.

*Costa Serena Resident. Costa Serena References.*

## FACTS: Babe Ruth wore a cabbage leaf under his cap to keep him cool and changed it every two innings

Babe Ruth was up to all sorts of things throughout his years playing professional Baseball. In the early 1900s, uniforms were made of wool and therefore made players extremely hot and sweaty as they played. But Babe had an ingenious trick up his sleeve, or should we say underneath his hat. He would take cabbage leaves and spread them over ice in a cooler and then place them underneath his hat during the game to keep cool. Babe shared this single cabbage leaf trick with his teammates but for himself, he actually needed two leaves to keep cool thanks to his famously large head.

### THE TEN THOU SHALT'S OF COSTA SERENA

- Thou Shalt Pick Up Their Dog's Poop
- Thou Shalt Respect Owners Signs (No Dogs, No Trespassing)
- Thou Shalt Not Intimidate or Badger Fellow Residents
- Thou Shalt maintain Moderate Noise Levels (Music, TV, Phone Talk, etc.)
- Thou Shalt Be Mindful of Their Parked Cars (do not block mail, driveways, etc.)
- Thou Shalt Keep Hedges, Trees, Bushes etc trimmed away from Neighbors yard
- Thou Shalt Control Their Dogs Barking
- Thou Shalt respect thy neighbor
- Thou Shalt Keep Trash Cans Out of Site.
- Thou Shalt Comply with CC&Rs.

Imagine, if everyone abided by these guidelines.....our neighborhood would enhance another notch!!!

"Ask not what your country can do for you—ask what you can do for your country." *President John F. Kennedy*

"We're blessed with the opportunity to stand for something, for liberty and fairness. And these are things worth fighting for, worth devoting our lives to." *President Ronald Reagan*

"You have to love a nation that celebrates its independence every July 4th, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness." *Erma Bombeck*

*Let the fireworks, barbecues and picnics begin.....  
HAPPY 4<sup>TH</sup> of JULY to everyone....Celebrate and  
appreciate all that we have!!!*