

# August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Puzzles available at Bulletin Board	2 Last day to sign up for "Lunch on the Go"	3	4	5 "Lunch on the Go" Delivered by 12p  Weekly puzzle drawing Pest Control	6
7	8 New puzzles available at Bulletin Board	9	10	11	12 Weekly puzzle drawing	13
14	15 New puzzles available at Bulletin Board	16	17	18	19 Weekly puzzle drawing  Pest Control	20
21	22 <b>Fun Hat Day</b> 	23 <b>Sports Attire Day</b> 	24 <b>Silly Sock Day</b> 	25 <b>Crazy Hair Day</b> 	26 Pick up treat in Clubhouse  Senior Day Raffle Drawing	27
28	29	30	31			



## Community Newsletter

Hello Brookside Residents!

This month's newsletter is full of very helpful and informative information so please read through it. Unfortunately, group activities are still on hold due to COVID. However, there are still some fun things we are doing this month so make sure to check out the Community Bulletin Board in the Clubhouse.

Best Wishes,  
Melissa & Joy

**\*Quick Reminders\***

- Mask wearing is required inside the Clubhouse regardless of vaccination status.
- There will be no mail retrieval anytime the clubhouse is closed unless otherwise stated.
- There will be asphalt work done on the property beginning Wednesday, August 3 through 5th. More information provided within the newsletter.
- Suntan oils are NOT allowed in the pool area.

### August 2022

**COMMUNITY STAFF**

Community Manager  
Melissa Loera

Assistant Manager/  
Activities Coordinator  
Joy Byrom

Maintenance Technician  
Greg Conception

**CONTACT INFORMATION**

2605 Brookside Drive  
Bakersfield, CA 93311

**Office Hours**  
Monday–Friday  
9:00am to 5:00pm

**Office Phone**  
(661) 833-8833

**Fax**  
(661) 663-7804

**Transportation**  
(661) 699-6531

**SITREP Security**  
(661) 564-9843 or  
(661) 855-0732

**SALON**  
Tue-Thur, Fri by appt. only  
**9:30a to 3:00p**  
Martha (661) 778-3713  
Raquel (661) 932-4352

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

# Bakersfield Happenings

## Free Covid-19 Booster Locations

- Rite-Aid Pharmacy
- Walgreens Pharmacy
- CVS Pharmacy
- Vons Pharmacy
- Wal-Mart Pharmacy
- Sam's Club Pharmacy
- Hina's Homecare Pharmacy



## June Highlights

World Chocolate Day



Perry Kurtz Comedy Show



Beaded Nightlight Craft



## August Birthdays

- |      |                  |      |               |
|------|------------------|------|---------------|
| 1st  | Jim Freker       | 21st | Jake Byrom    |
| 8th  | Mary Jervis      | 24th | Duane Kazal   |
| 11th | Dorothy Wiggs    | 25th | Patrick Plott |
| 17th | Avis Spieller    | 28th | Cindy Shaffer |
| 18th | John Shroyer     | 31st | Fred Magnuson |
| 19th | Alice Vonslowski |      |               |

Happy Birthday!



## August FUN FACTS

#1 The Mona Lisa was famously stolen in August of 1911 and wasn't recovered for two years. In a more recent August heist, the Poly Network heist of 2021 stole over \$600 million worth of cryptocurrency!

#2 Two of America's most iconic superstars met their early deaths in the month of August. The original blonde bombshell, actress Marilyn Monroe died on August 4th, 1962. Elvis Presley, the King of Rock and Roll, died on August 16th, 1977.

#3 August also has two birth flowers – the vibrant multicolored gladiolus and the deep crimson poppy. The gladiolus flower is said to represent generosity, strength of character, and deep sincerity. The poppy flower couldn't be more different though, as it is a sign of imagination, eternal sleep, and oblivion!

#4 August was a big month for the U.S. Civil Rights Movement. It was on August 28, 1963, that Martin Luther King Jr gave his famous "I have a dream" speech to 250,000 people on the steps of the Lincoln Memorial in Washington D.C. Considered to be one of the most iconic speeches in the history of the US, King's speech called for the end of racial discrimination and for equal rights to all.

### Need to order Avon?



Brookside Transportation is still temporarily cancelled. Please see optional transportation below.

### On Demand Get Bus

(661) 869-2438

- Rates: 0-3 miles= \$3.00 (1 way)
- 3-7 miles= \$5.00 (1 way)
- 7-10 miles= \$7.00(1 way)
- 10 + miles= \$10.00 (1 way)

### SIT & GET FIT

#### Exercise at Home!

Stop by office to pick up a printed copy of the Sit & Get Fit class.

### Lunch on the Go!



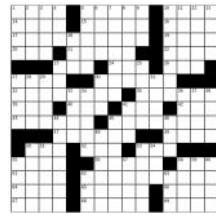
We will be distributing a sack lunch on Friday, August 5th between 11:30am and 12:00 pm. You will receive a hot dog, pasta salad, fruit and a drink. Please call or come by the office to sign up!  
Final day to sign up August 2nd!!!

## Puzzle Time!

Do you love word searches, crosswords, or brain teasers? If so, each week for the first 3 weeks of August we will have 4 different puzzles on the Bulletin board that you can work on. Once completed you can turn them in to the office to be entered into the weekly raffle. Each Friday of the week we will draw a winner!



A C O H I D D E N S  
 Z N T H E M E K Z F  
 D G L W I R U A M T  
**B** **W** **O** **R** **D** **H** **F** **H** **E**  
 R E J F C R E L A X  
 A R O R A C Z O B M  
 I B A E T Z J V E S  
 N E A E U F X E P O  
 S N L P C B K V G Q  
 V L E T T E R S P A



## Senior Citizen Week

August 21st-August 26th

### Monday

Fun Hat Day



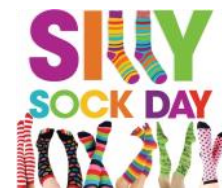
### Tuesday

Sports Attire Day



### Wednesday

Silly Sock Day



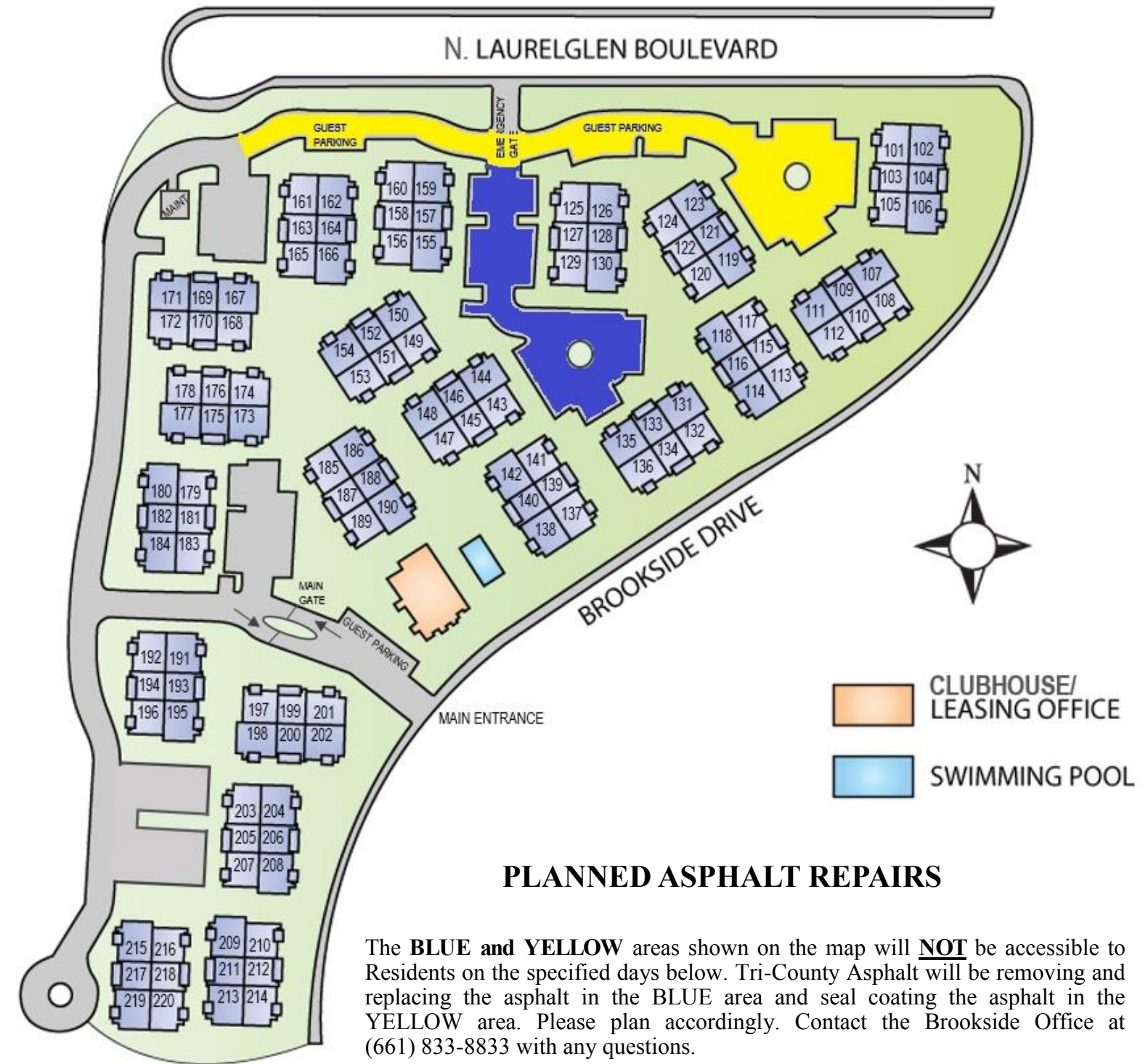
### Thursday

Crazy Hair Day



We want to see your SILLY side! Come by the office to show us your creativity. Residents will be entered into a drawing for each participating day. Raffle ticket will be drawn on Friday, August 26th. Contact the office if you have any questions.

To close out the week we will be providing a treat in the clubhouse on Friday, August 26th.



**BLUE AREA: No Parking Wednesday, August 3rd through Friday, August 5th.** Vehicles will be towed at owner's expense if not moved from the parking lot by 6:00am on Wednesday, August 3rd.

**YELLOW AREA: No Parking Friday, August 5th.** Vehicles will be towed at owner's expense if not moved from the parking lot by 6:00am on Friday, August 5th.

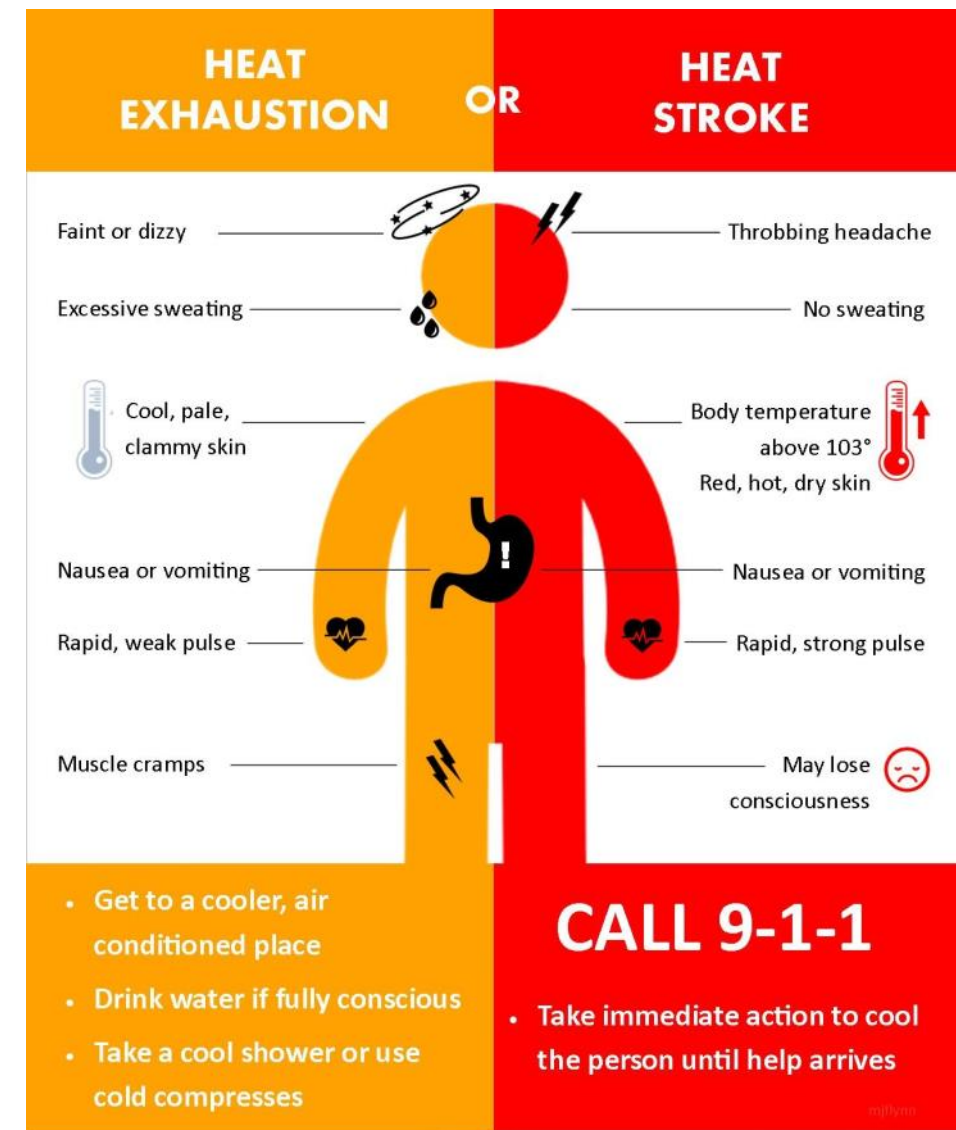
# Tips to Protect Yourself

## Tips on preventing scams!

- Talk over offers made by telephone salespeople with a friend or family member.
- Do not share your personal information, such as social security number, credit card, bank information, or account passwords, with people you do not know.
- Always ask for written information about any offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly.
- Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.
- The IRS typically will only call you if you owe a significant amount of back taxes or if they field audit you. Either way they will send you a notice by mail **FIRST** before they attempt to contact you by phone.
- Shred all receipts and documents with your credit card number and other personal information.

## Tips on how to protect your property!

- Lock your doors
- Remove your keys from vehicle
- Do not leave a spare key near your vehicle
- Close windows
- Park in well-lit areas
- Install an audible alarm system and anti-theft device
- Install a vehicle immobilizer system
- Install a tracking system
- Remove personal items from your vehicle every day



## Tips on How To Keep Cool

- \*Drink plenty of cool water throughout the day (don't wait until you feel thirsty) and avoid alcohol and caffeine.
- \*Eat cooling snacks like homemade popsicles that are light on sugar (Tip: catch drips with a cupcake liner), frozen peas, or slightly frozen grapes.
- \*Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast.
- \*Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel.
- \*Sit with feet in a pan of cool (but not too cold) water.
- \*Keep the house as cool as possible by keeping shades closed during the hottest part of the day.
- \*Wear layers of lightweight clothing in light-colored, breathable fabrics like cotton so it's easy to adjust to the temperature throughout the day by removing or adding layers.
- \*Visit a public cooling center like a recreation center, senior center, library, coffee shop, or shopping mall.
- \*Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.