

# C s Update

March 22, 2019

## Did You Know?

This past Wednesday marked the first day of spring: a season of warmer weather, blossoming flowers, and a great opportunity to declutter and start anew.

If you are looking to kick-start your “spring cleaning”, consider donating your household items, big or small, to the Resale Shop & Home Store. This is a great way to give your unwanted, gently used items a second life and to support the community! Call 858-592-1825 to find out how you can donate today!

If you are looking to get rid of your no-longer-wanted vehicle, consider donating it to the Casa Foundation. Vehicle donations are tax deductible and easy to facilitate! Call the Foundation office at 858-592-1898 for more information on this program.



## Let's make Casa #1!

Best of North Inland voting has begun now through April 28.

- Visit <http://tinyurl.com/votecasa2019>
- Scroll down the page until you see the category 'Best Senior Living'
- Click the green 'vote' button for Casa!

You don't need to set up an account like years past. You can hop on and vote quickly! You can use as many emails as you have and even vote daily (every 24 hours).

See your Resident Marketing Committee Members, the Marketing Department, or Ryan Dipiero, Communications Coordinator, if you run into any questions or need assistance.

## •Resident Services•

**Vons Grocery Delivery:** Vons offers an easy and convenient way to have your groceries delivered directly to you. Simply sign up for an account online, pick out your items, schedule a delivery, and wait for your items to be delivered to your doorstep. Visit: <https://shop.vons.com/> to get started today!

[Click here for Online Shopping FAQ](#)

**Questions:** Contact Vons delivery at 1-877-505-4040 or at [deliverysupport@safeway.com](mailto:deliverysupport@safeway.com)

*\*Fine print per Vons:* Regular home delivery rates in most areas are \$9.95 on purchases of \$150 or more (excluding applicable tax, delivery fee, fuel surcharge, bottle deposits, and bag fees where applicable) and \$12.95 on purchases under \$150 (same exclusions apply). The minimum purchase amount to place an order is \$30. Someone must be present at time of delivery.

## •Dining Services•

**03/22 - Pizza:** Margherita Pizza

**03/22 - Dressing:** Minted Pea Vinaigrette

**03/22 - Burger:** BBQ Pulled Pork Sandwich with Coleslaw

**To-Go:** The number for To-Go orders is: 858-376-1531

**Note:** After consultation with the Dining Committee, we are asking residents in the Sur Dining Room to allow servers who are getting food for other residents to step ahead in line. It will allow servers to get back to the tables they are serving much quicker. Thank you for your understanding!

## •Social Services•

**Encore Levels of Care Presentation:** A second presentation will be held on Tuesday, April 2, at 2:00 p.m. in MP3. For those who are already on the waitlist, you'll receive a confirmation slip this coming week. Additionally, if you cannot make it, please inform Jennifer ASAP. If you wish to reserve a seat, please contact Jennifer Thomas at 858-592-1852. Please note: We only have 15

more seats available. The next presentation will be held in September.

### •Residential Health Services•

**Podiatrist Visit:** Dr. Farmer will be here on March 28 in MP3 from 12:30 p.m. - 4:30 p.m. Please call his office to set up an appointment at 760-420-8848. Please remember to bring your medical card with you to your appointment.

### CONSERVATION PROJECT RECYCLE, REUSE, REPAIR, REDUCE



*Remember to turn off lights and appliances when you are not using them*

### •A Note from the Resale Shop•

**Important Notice:** Because of liability issues, the Resale Shop will no longer be able to accept donations for durable medical equipment or "DME". This includes walkers, canes, wheel chairs, electric scooters, crutches, shower chairs and similar equipment. You may give or sell this equipment to another resident. You may also contact an outside charity like the Salvation Army to see if they will accept higher value items like an electric scooter. We apologize for this inconvenience.

### •Rose Garden Club•

Just in time for the beginning of spring, the first bloom in the new rose garden location has arrived. We invite you to stop by the new location, just below the citrus garden, to admire the blossoming roses.

If you have an interest or enjoy cultivating roses, the Rose Garden Club is seeking new members. Contact Jeanne Bleahu at 858-485-7464 or Jan Lucas at 858-775-7579 for more information.

### •Activities•

**Homelessness in North County:** On Monday, March 25, at 2:00 p.m. in the Dinner Theatre, Interfaith Community Services' CEO, Greg Anglea will be the guest speaker. He will share personal stories about the causes and solutions to homelessness locally and the significant impact we can all make addressing one of the growing problems in North County, where on any given night more than 2,000 people experience homelessness. To show their gratitude, Greg will be presenting a special token of appreciation to Casa for all of our work with Interfaith.

**Tablet Workshop:** The Windows Computer Club is having a Tablet Workshop for all Casa Residents. The Workshop is March 26 from 2:00 p.m. - 3:30 p.m. in the Computer Lab. Please sign up in the Computer Lab so we know how many people to expect. We encourage you to bring your tablet to the Workshop. If you have questions, please send an email to Bob Lange at [rlange3141@msn.com](mailto:rlange3141@msn.com)

**Green Book Additional Screenings:** The Oscar-winning movie, *Green Book*, screening on Saturday, March 23, in MP3, is proving to be a very popular movie. With that in mind, there will be an additional showing on Sunday, March 24, at 2:00 p.m. in MP3.

**Switzerland in Pictures Part II:** On Thursday, March 28 at 2:00 p.m. in the Dinner Theatre, view some stunning sites of the Matterhorn from the village of Zermatt, as seen through the photos taken by Bill Sherrard. The mountains surrounding the Matterhorn are viewed from hiking trails leading to the Matterhorn base camp and other trails in and around Zermatt. The last few days of Bill's sightseeing trip were spent in and around the cities of Berne and Geneva.

**Windy City Club:** We did not list this on the calendar, but we are adding another Windy City Club meeting on Thursday, April 4, at 3:30 p.m. in MP4. We welcome anyone from Casa who has called Chicago their home at one time or another, whether you were born there, worked there, or lived there for significant length of time. We ask that you bring a photo or item reminiscent of your time spent in Chicago to share with the group!