

# Casa Update

October 11, 2019

## Did You Know?

**Columbus Day is this Monday, October 14. And while Columbus was not the first to “discover” America or the first European to visit the New World, he did kick off centuries of exploration of the American continents.**

**In honor of this achievement, Columbus Day is a recognized federal holiday. This means courts, post offices (mail will not be delivered on Monday), banks (including Casa’s bank), and federal offices will be closed for the holiday.**

**Employee Appreciation Fund 2019:** This year’s drive for the Employee Appreciation Fund begins today! The collection boxes are in the lobbies near the mail areas in Norte and Sur. ***Make checks payable to The Casa Foundation and write EAF on the memo line.*** Our employees appreciate your thanks for their hard work.

### •Physical Plant•

**Important Notice:** For the next 24-48 hours, forecasted weather conditions could affect the power lines that power Casa. These conditions may require SDG&E to turn off the power for public safety. If we do experience an outage, the power will stay off until SDG&E deems it safe to restore. Please be prepared by reviewing the emergency information guide in your handbook.

**Window Replacement Project:** Physical Plant will have a boom lift here the week of October 14 to finish the window replacement project for the Sur building. Once they are done with the window replacement project, Physical Plant will be using the lift to clean the rain gutters around property. Please pay extra attention while walking or driving around the lift.

**Stove Reminder:** With the recent oven fire, Physical Plant is strongly recommending that you lock your oven controls out while not in use. To lock your oven controls, you need to hold the ‘Start’ key down for 5 seconds until the screen reads that your controls have been locked out. To unlock the controls, you repeat the same step by holding the ‘Start’ key down

for another 5 seconds or until the screen reads that your controls have been unlocked. If you need assistance with this, please call Physical Plant to schedule a technician to help you. If you do not plan to use your oven or stove, and would like it disconnected, please call Physical Plant to schedule a technician to disconnect it for you. We also want to remind everyone that your oven is not to be used as a storage area, which includes the stove top, as well as the warming drawer. Any flammables that are stored in the oven and/or on the stove top can and will cause a fire.

### •Administration•

**Dining Kiosks – Sur and Norte:** There are two kiosks available at the Sur and Norte Dining Lobbies with electronic satisfaction surveys. The Sur kiosk is a counter top stand sitting in the lobby directly across from the south dining room entrance. The Norte kiosk is a tall vertical stand to the left of the reservation table in the La Terraza lobby. Both surveys ask the same questions related to your experience. Just tap the screen to start and then tap inside the box to type answers and hit submit for the next question. Any staff member can assist with your input, if desired. Alternatively, you may continue to complete the hand-written note cards and insert into the drop boxes. The Dining Department appreciates your input so they may address issues and concerns, as well as pass along compliments.

### •Security & Transportation•

**Red Curbs:** Just a reminder that red curbs are fire lines and you cannot park in these areas. Please notify Security if you see anyone parked along a red curb.

**The Great ShakeOut:** Reminder that on Thursday, October 17, at 10:17 a.m., Casa will participate in The Great ShakeOut 2019. This is a facility-wide earthquake preparedness evacuation drill for residents and staff.

**What will happen:** On October 17 at 10:00 a.m., the 1st announcement will be made over the PA system reminding you of the drill taking place at 10:17 a.m. The 2nd reminder announcement will be made at 10:10 a.m., and finally at 10:17 a.m. an announcement over the PA system will be made stating The Great Shakeout has begun and to drop,

cover, and hold on wherever you are for 30-60 seconds. An announcement will then be made stating the drill is now over. The alarms will not go off and the fire doors will not close. You will only hear instructions over the PA system. The Neighborhood Watch, Physical Plant and Security will be coming around after the drill to help residents learn where their primary and secondary emergency exits are located in the event of an emergency.

#### •Dining Services•

**10/14 - Pizza:** Roasted Fall Vegetable and Ricotta Pizza (Mozzarella Cheese, Root Vegetables, Ricotta Cheese, Parmesan Cheese)

**10/14 - Dressing:** Fig Balsamic Vinaigrette

**10/14 - Burger:** Pretzel Cheese Onion Burger (Beef Angus Sirloin, Caramelized Onions, Dijon Mustard, Pretzel Bun, Sliced Tomato, Cheese)

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

**To-Go Menu Addition:** We would like to make note of an additional item that has been added as a dessert on the to-go menu: mixed fruit cup.

**Coffee Tasting:** Lend us your taste buds! If you enjoy coffee, join our coffee tasting for an opportunity to voice your opinion on some new coffee offerings. This event will take place on Wednesday, October 16 from 2:00 p.m. to 3:00 p.m. in the Dinner Theatre. Sign-up today in the Fitness Center Lobby.

**Wine Tasting & Education Seminar:** Join us for another wine tasting and education event on Thursday, October 17, from 4:00 p.m. to 5:00 p.m. in the Dinner Theatre. Sign-up in the Fitness Center Lobby. **Note:** Due to the wine tasting event, there will be no 2<sup>nd</sup> floor Happy Hour on October 17.

#### •Residential Health Services•

**Save the date!** In October, Casa will be hosting a Flu Vaccine Clinic. Flu shots will be available on:

- **Wednesday, October 16, from 9:00 a.m. to 12:00 p.m. in MP4**
- **Wednesday, October 23, from 1:00 p.m. to 4:00 p.m. in MP4**

No appointments needed! Remember to bring your insurance card.

#### •Social Services•

**National Prescription Drug Take Back Day:** Do you have old or unused prescription medication? On Saturday, October 26, the San Diego Sheriff's Department is partnering with the DEA to safely collect unused and expired prescription drugs between 10:00 a.m. and 2:00 p.m. Casa reception will have a sign-up sheet for residents to take a Casa transportation bus to the local collection site.

#### •Pastoral Care•

**The Casa Covenant Group:** This non-denominational Bible study group will meet on Thursday, October 17, at 11:00 a.m. in MP3 and lunch fellowship at noon. This month's study will be on denominational differences and commonality. Why do Protestant denominations differ? What does it mean to be non-denominational? Is evangelical a denomination? Got a question? Pastor Bryan Stamper may have the answer. Bring your Bible and come to learn.

**Celebration of Life:** Join us at this remembrance of friends and neighbors on Friday, October 18, at 10:30 a.m. in the Dinner Theatre.

#### •Activities•

**Yom Kippur Program:** Observe Yom Kippur with your friends and neighbors on Saturday, October 12, at 10:00 a.m. in MP3. All are welcome!

**Our World Lecture Series:** On Wednesday, October 30, at 10:30 a.m. in the Dinner Theatre, join us for a discussion on *Recent & Upcoming Supreme Court Decisions & Their Implications* by attorney, Stephen Oggel. This will be an interactive presentation with an opportunity to ask questions as each case is described.

**Remember to sign-up for the Casa Performing Arts Company (PAC) show, "Come Laugh with Us":** Sign-up in the Norte Lobby and outside the Sur Dining Room. Be sure to note which of the three performances you sign up for: 1.) Friday, October 25 at 7:15 p.m., 2.) Saturday, October 26 at 7:15 p.m., or 3.) Sunday, October 27, at 2:00 p.m. Family and friends are welcome. *Come laugh with us!*

**Every Veteran Has A Story:** On page 11 of the October Carillon, some detailed information was given about the Veterans Writing Group (VWG) of San Diego County and how to write YOUR story for possible inclusion in an upcoming book. You do not have to write the story. Interviews are recorded and transcribed, and the writer has an opportunity to read the story after it is written and also to see the finished product. Retired Captain Ron Pickett facilitates the group and he welcomes your call, 619-991-8790, or email [ronp70000@aol.com](mailto:ronp70000@aol.com). You'll have fun and others will enjoy reading it. The Casa Memoir Writing Group is also available to help you. Call Mary Lou Norberg at 858-401-9064. To get more information visit [www.veteranswritinggroup.org](http://www.veteranswritinggroup.org) The Veterans Association of North County (VANC) meets the third Saturday of each month at 11:00 a.m. at 1617 Mission Avenue, Oceanside, CA, not the first Saturday of each month as was incorrectly printed in the Carillon.