

Newsletter for Crest

Volume 18

April - May 2016

Number 2



It's spring in Crest. There isn't a better place on earth. Have you taken a walk through Crest to enjoy the wildflowers? Did your kids enjoy the Kiwanis Easter egg hunt at Nancy Jane Park? Crest Community Church has facilitated Crest's annual Easter sunrise service this year which starting back in 1934. Music night in March was fabulous, and the clubhouse was filled to capacity. Check page 6 for the upcoming May 14 music lineup. It continues to amaze me how our little community continues to have such great activities.



The 12th annual Mother's Day breakfast will be held at the St Louise Church banquet hall on May 8th. Everyone is invited. See page 8 for details.

On April 16th, there is a unique and interesting event planned – TEDx-Kid's.El Cajon. Held at Greenfield Middle School, it will be a fascinating opportunity to watch our youth shine. More information can be found on page 11.

Check out pages 10 and 19 and read about Crest's homegrown celebrities. We are proud of their achievements.

The Crest Fire Safe Council is gearing up to assure our community is safe as we approach the summer fire season. Page 16

has valuable information on the upcoming Wildfire Community Preparedness Safety Forum.

This month we have a special section in our newsletter devoted to our senior citizens. It is important that our seniors know the resources available to keep them safe and secure. This is information not only for seniors but for those watching out for their parents, grandparents or elderly friends. We have tried to narrow information that is specific to east county seniors. If you have changes or additions, contact LindaHjelle@cox.net. It will also be posted on the Crest Sun newsletter website and will be updated with your valuable information. See pages 21-28.

Speaking of websites, The Crest Sun has a new website - www.crestca.com. Mark this page since it will replace the recently retired www.crestsun.com website. A big thank you goes to Karin Weiss, who has kept the website up and running for many years.

It's now time to start thinking about Crest's July 4th event. If you are willing to help out this year, drop an email to info.crestca@gmail.com and you will be included in the next planning meeting at the CCA or leave a message on the 44-CREST CCA clubhouse message line. It takes a village to make sure this July 4th event is the best ever!

Crest Branch Library

105 Juanita Lane
 El Cajon, CA 92021
 Phone: (619) 442-7083

April/May 2016

Library Hours

Tues. Noon-8PM
 Wed. 9:30AM-6PM
 Thurs. 9:30AM-6PM
 Fri. 9:30AM-5PM

CHILDREN'S PROGRAMS:

Preschool Story-time Fridays at 10:30Am- Bilingual Story-time Thursdays at 3:00pm

BABY & TODDLER STORYTIME/PLAYTIME:

Come on in, make new friends and enjoy music while you play!

TEEN PROGRAMS:

Video Game Fun! Daily

FAMILY EVENTS: Crafts Fridays at 3:00pm

NUTRI-FRIDAY: the first and third Friday of the month at 12:00pm Sponsored by Crest Kiwanis

INDIVIDUAL BASIC COMPUTER CLASSES:

Saturdays from 10:00-11:00am- Call (619) 442-7083 for an appt.

IN STITCHES CLUB:

Want to learn to knit or crochet? We'll teach you the basics. (Supplies provided). Wednesdays at 3:00pm

April

5th Basic Conversational Spanish Class: Learn or improve your Spanish. @5:30pm

7th Baby & Toddler Story time/Playtime:
 @11:00am

13th In Stitches Club: All levels welcome!@3:00pm

15th Family Crafts: Button maker. @3:00pm

19th Basic Conversational Spanish Class: Learn or improve your Spanish. @5:30pm

21st Baby & Toddler Story time/Playtime:
 @11:00am



May

3rd Basic Conversational Spanish Class:
 Learn or improve your Spanish. @5:30pm

5th Baby & Toddler Story time/Playtime: @11:00am

10th Fall of Saigon: Learn of the events surrounding the final days of the Vietnam War. @6:00pm

13th Mexican Bingo: Show your Game Skills With this Fun Game. @3:00pm

19th Baby & Toddler Story time/Playtime: @11:00am

27th All Day-Fine Free Friday: Return your County Owned books, CD's or DVD's of each month following the due date and we'll get rid of the fines for those items.

31st Basic Conversational Spanish Class: Learn or improve your Spanish. @5:30pm

Like us on Facebook to keep up with what is happening at the library. <https://www.facebook.com/CrestLibrary>



Crest Contacts

Crest Community Contacts		
Crest Community Assn.	David Burnight	444-7660
Crest Community Church nscrest@gmail.com	Kerri Lambert	442-3736
Crest Black Board (Call Mary if you do not get callback from Kathy in 24 hours)	Kathy Mary	440-6097 447-7199
Clubhouse Rentals Mamma3@cox.net	Jackie Grace	442-1018
Crest Fire Safe Council crestfiresafecouncil@yahoo.com	Kandhy Franklin	444-4996
Crest Historical Scty.	Dorothy Miller	444-0968
Crest Kiwanis acknutson@cox.net	Andy Knutson	465-5442
Crest Library paula.soltero@sdcounty.ca.gov	Paula	442-7083
Crestridge Reserve	(EDI)	654-3793
Crest School www.cajonvalley.net	Office (website)	588-3128
Crest Sun Newsletter Info.crestca@gmail.com	Linda Hjelle	440-8540 517-9838
Crest Information: Winters72@hotmail.com	Chris Seebold	447-5826
The Crest Sun website Info.crestca@gmail.com	Linda Hjelle	517-9838
E-Crest-rians	Kandhy Franklin	444-4996
St. Louise Church stlouiseparish@cox.net ;	Father Burnia	444-3076
Sub-Regional Planning. wrplanning@gmail.com	Judy Bowen	440-0783
Help Lines		
Child Abuse Hot line	(800)	344-6000
Highway Patrol: Traffic Related Abandoned Vehicles	(858) (619)	637-3800 441-4264
Emergencies Sheriff (non-emergency) Alpine Station Licensing Division	Dispatch (858) (619) (858)	911 565-5200 659-2600 974-2020
San Miguel Fire Dst Crest Fire Office Public Info Officer Fire Chief www.smgfire.org	Business office. Burn Permits	670-0500 588-8112 660-5356 660-5359 660-5351
Adult Protective Svs	(800)	510-2020

Child Abuse Hot Line	(800)-334-6000	
Animal Control	(760)	438-2312
Auto Repair, Bureau	(800)	952-5210
Border Patrol	(619)	662-7321
CALTRANS	(619)	688-6785
Code Enforcement	(858)	694-2705
Contractor's Board	(Fraud) (800)	321-2752
Crime Stoppers	(619)	531-1547
FBI (telephone scam)	(858)	565-1255
Fish & Game	(951)	443-2944
Illegal Dumping	(858)	495-5143
Noise Abatement (dogs), abandoned vehicles, solid waste complaints	(858)	694-3741
Planning & Land Use	(858)	694-3741
Poison Control	(800)	876-4766
Postal Police (mail)	Mail Fraud(877)	876-2455
Real Estate fraud/info	(619)	525-4192
Road Conditions	(800)	427-7623
Secret Service -Fraud	Currency/Credit	557-5640
Social Services	(619)	401-6000
SD Regional Center	(858)	576-2938
US Forest Service	(619)	445-6235
Stores and Restaurants		
Crest Food & Liquor	Kevin pg.14	444-8132
La Cresta Taco (Same restaurant-new name)	Sandra pg. 17	631-7530
Rainbow Farms Mrkt	Mark pg.16	444-7504
Businesses		
Central Heating	Charles pg 18 Collins	444-9955
Century 21	Becky pg. 18 Bucalo	760.835.9281
Crest Chiropractic	Moira	846-7451
Glen Mitchel Realtors	Kandhy pg 11 Franklin	977-1566
Green Room	Cathryn pg 18	
Kathy Kuts	Kathy pg 8	447-1945
Knox Printers	Pg 4	230-6300
Notary-on-the-Spot	Betty – pg.12	820-5458
Real Estate Rayna Mack	Rayna pg.13	922-2524
Sammy Drain Service	Sammy – pg 20	972-1443
Knox Reprographics	Eric pg. 4	230-6300
Simply Marvelous Organizing	Risa pg 12 Goldberg	440-1235
Sosey Bookkeeping & Tax	Lisa pg 7 Sosey	619-806- 0844

APRIL 2016

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29					

MAY 2016

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Calendar of Events April-May 2016

04/01/16	1:00 Tuesday	Historical Society Meeting– Crest Library
04/08/16	7:00 pm	Sub Regional Planning Group
04/10/16	5:30	San Miguel Fire Protection District Board Meeting - 2850 Orange Way – Spring Valley
04/10/16	6:00 p.m.	Lecture – Fall of Saigon
04/14/16	6:30	Kiwanis Board Meeting
04/16/16	10-4:30	TEDx Kids El Cajon– Greenfield Middle School
04/18/16	6-8 pm	Kiwanis Membership General Meeting @ Clubhouse – All Invited
04/21/16	6:00 pm	CCA Board Meeting -Clubhouse
04/23/16	12-3:30	Wild Fire Community Preparedness Day –Barona Creek Golf Club
04/23/16	8-10 a.m.	Kiwanis Community Breakfast at the Clubhouse
05/07/16	1:00 pm	Historical Society Mtg – Library
05/14/16	6:30-9:00 p.m	Music Night (see page for more information)
05/08/16	9-12	Mother’s Day Breakfast
05/09/16	5:30	San Miguel Fire Protection District Board Meeting
05/12/16	6:30 pm	Kiwanis Board Meeting
05/14/16	7:00 pm	Sub Regional Planning Group – Crest Clubhouse
05/16/16	6:00 pm	Kiwanis General Membership Meeting – visitors welcome – Clubhouse
05/19/16	6:00 Thurs	CCA Board Meeting - Clubhouse
05/28/16	8-10 am	Kiwanis Holiday Breakfast



Rent the Crest Community Clubhouse for your next Special Event

For more information go to www.crestca.com

(Use the contact form to leave a message)

or leave a phone message at 44-CREST (442-7378)

Thanks to Knox Services, printers of the Crest Sun. For a quote on your next copy project, call 619-230-6300 or contact www.KnoxServices.com



Crest Tidbits:

Do you have a Crest Tidbit? Email: info.crestca@gmail.com or leave a message at 619-517-9838.

New Crest Website - www.CrestCA.com

Check out Crest's new webpage, www.crestca.com. It is still a work in progress but you can check it out and go there for the electronic copy of The Crest Sun. Linda Hjelle will be overseeing and improving this webpage as she continues with the learning curve. The www.thecrestsun.com website has been directed to this new site so be sure to bookmark the new page. Check out the front page for the latest news in Crest. This is also the location to get information on renting the Clubhouse and checking the Crest calendar for upcoming events. Questions and input can be sent to info.crestca@gmail.com or by leaving a message at (619)517-9838.

By the way, if we have any seasoned WordPress webmasters with SEO experience, I could use a few pointers to get our webpage indexed correctly (call Linda at 517-9838). Only one class of adult education web development isn't quite enough yet!!!



A big thanks to Karin Weiss for her many years of managing the www.thecrestsun.com website. We are so lucky that Karin has agreed to continue to oversee and monitor the Crest Sun Newsletter Facebook page even though she has moved out of the area to Lake Havasu City. Karin shares, "I still love Crest and always will. It's the great people that live there and where we raised our son, Harrison. We have so many wonderful memories - PTA, School Art Docent, Crest School Store...and so much more....You will always be in my heart "

We miss you too, Karin!

Remembering our Crest Friends

Dan Wilson

Our beloved long-time resident, Dan Wilson passed in his home on February 14th. Dan was a community activist, E-Crest-Rian leader, cook for many 4th of July's, and many times our Crest Community President. He cooked weekly for members of his church. Dan will be remembered for so many wonderful contributions to our community. You can see a fond memory of Dan at the Crest Library in the history mural as he was painted sitting on his horse.

A Celebration of Life services was held on February 25 at Santee's Calvary Chapel. We will miss you Dan





Music Night at the Clubhouse
Silva and Baird & Special Guests
Crest Community Clubhouse
113 N Park Dr, El Cajon, CA 92021
May 14, 6:30 – 9:00 pm
\$2.00 at the Door – B.Y.O.S.W.

Riz Orkestra <https://www.facebook.com/riz.orkestra/> – Riz is an accomplished blues artist you are really going to enjoy, but don't take it from me; Read this excerpt. Riz has graciously consented to travel down from the LA area to be with us.

Excerpt from "The Coachella Valley Weekly": I have often heard of artists referred to as a 'savant'; a connoisseur or master, if you will, of their chosen field or art. I had never actually met one before. Riz Orkestra changed that. Eyes closed, the look of pure joy streaming from his face and feet keeping time to his original music masterfully played on his personally customized electric slide guitars, Riz transported himself and took the audience with him to a century old Mississippi front porch. He works the blues like a preacher works a prayer with songs like 'No More Credit at the Liquor Store' and 'Shoo Fly, Don't Bother Me.' Impressed as I was, I had only tapped into the surface of all that is Riz Orkestra. Humble and unpretentious as they come, it wasn't until I sat down and interviewed this soulful individual, that I realized I was in the presence of a master.



Jim Earp - <https://itunes.apple.com/us/artist/jim-earp/id79101363>

Jim is a guitar master who seems to be able to pass that guitar joy right on to his audiences. His version of 'Walking on the Moon' is a wonder to the ears.

Excerpt from "The San Diego Reader"

Jim Earp has been playing guitar since 1973. He describes his playing style as "nouveauceltic-classical-folk." His guitar of choice is a custom Rosewood 6-String Cutaway and a Steinberger GM. In 2009, Earp went to the annual Walnut Valley Music Festival in Winfield, Kansas, and came home with honors. "When I made the finals this year, the second-place winner from last year greeted me and introduced himself and gave me his business card and was all smiles and very friendly."



What song did Earp play that caught the judges' ears at Winfield? "I performed a hymn, an arrangement of 'Jesus Loves Me' from my third collection of hymns. I turned it into a Celtic dance piece. I've made the finals twice with that song."

And of course, our very own Baird & Silva round out the evening. <http://www.bairdsilva.com>

Submitted by David Silva

Crest Crime Report 11-1-15-1/26/16

Obtained from www.crimemapping.com website

03/10/16	11:00 a.m.	Use/Under Infl of Controlled Subs	300 Block	Thornton Dr.
02/18/16	12:00 p.m.	Vehicle Break-in Theft	300 Block	Thornton Dr
02/17/16	9:00 a.m.	Controlled subs for sale/ paraphernalia (5 counts)	2000 Block	Old Bend
02/06/16	8:00 a.m.	Petty Theft	200 Block	Mt View Rd.



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All Welcome!



Crest Mother's day was started by the Volunteer Crest Fire Fighters as a pancake breakfast fundraiser - it was a major event where we all got together to support our fire department and say hello. Since the firestorm of 2003, St Louise has hosted the event - perhaps you remember the large table top flower arrangements donated by Sycuan. Please come and enjoy a gourmet breakfast served by your fellow Crest men.

Kathy Kuts
Hair Design

Kathy Kaderabek
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Sunrise Service in the Park in 1935. That makes 81 years. Now that's tradition!



CREST-DEHESA-GRANITE HILLS-HARBISON CANYON SUB-REGIONAL PLANNING GROUP

Mailing address: P.O. Box 21489, El Cajon, CA 92021

E-mail: wrplanning@gmail.com

The mission of the sub-regional planning group is to advise and assist the Director of Planning, the Planning and Environmental Review Board, the Zoning Administrator, the Planning Commission and the Board of Supervisors in the preparation, amendment and implementation of community and sub-regional plans.

Crest Planning Representatives are: Judy Bowen, Pat Ulm, Ralph Slagill, and Karla Carol

Meetings are held the 2nd Monday of each month at 7:00 pm. Locations rotate between the Dehesa School, The Crest Community Center, and the Harbison Canyon Community Center.

The following are excerpts from the January 11 minutes pertaining to Crest:

G2a. Subcommittee reports. Community parks priority list.

Pat Ulm suggested that the County might fund some ADA-accessible improvements at South Lane Park, without the issue of a maintenance entity being a problem; and that members of the Crest Garden Club had asked her about the possibility of having a raised gazebo/bandstand with electric service constructed in the northeast corner of Nancy Jane Park, which could be a possible PLDO project.

Wally Riggs informed the Group that in a December email, Supervisor Jacobs expressed interest in considering options for updating the PLDO, which was originally written in 1973 and last updated in 2006. He noted the long standing issue about maintenance responsibility at South Lane Park, and said he would send an email to Supervisor Jacobs' assistant, Adam Wilson, explaining the need for resolving this problem with the current PLDO funding requirements for parks in our Subregion.

Pat Ulm said she would contact Kandy Franklin about the present status of the Crest Equestrian Group, and about the previous legal arrangements the equestrian group may have had with the County regarding South Lane Park.

Chairman Riggs authorized Mary Manning to draft a letter to the County to request non-PLDO funding to correct long term maintenance problems at Olde Ironside Park Community Building that result from lack of gutters, which causes rain water to flood the building wall and rot its base.

Judy Bowen will prepare a draft 2016 PLDO Park Projects Priority List for consideration at the February meeting.



About our Crest Neighbors:

Newly Found Talent in Crest

Local residents, Veronica Dunning and Iberia Dunning, released their debut book Violet Ribbons: A Story of Love on Amazon.com.



This mother and daughter team had this to say:

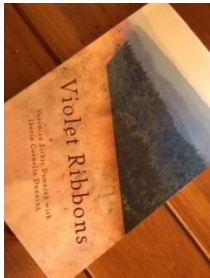
Veronica, why did you decide to write Violet Ribbons? As a mother, it important to understand what our daughters read and the lead character(s) with whom they identify. Reading options today are dark and self-destructive. Themes of violence, drugs/alcohol, sex, suicide, and self-mutilation are national best sellers for adults and young adults. I decided to offer an alternative.

Iberia, tell us how Violet Ribbons provides this alternative message? It is a love story but beyond that, Violet Ribbons provides positive, encouraging messages of self-worth, and dignity. The lead character, Annie, is pretty much like many young women. She starts out having no values other than shopping and money. Through fabulous adventures she comes face-to-face with traditional principles and learns the beauty of them. Give us an insight into your main character.

What does Annie do that is so special? Annie, from the sophisticated West, meets the Wild West. Through horseback rides, honky-tonks, solving a Native American mystery, and evening talks, Annie and Hudson, learn about each other and fall in love. He educates her about the Cowboy Code and she challenges herself to incorporate these values into her being.

Tell us about the Cowboy Code. It is a set of tenets such as honesty, respect, hard work, personal cleanliness, listening to parents, kindness to little children and animals, love of country, and faith in God.

Are you writing a sequel? Yes, we have started the second novel. We have also identified elements for the third book.



What was the hardest thing about writing Violet Ribbons? Iberia attends Sonoma State University, so we are 600 miles apart. Other than distance, finding the time to write and edit were challenging.

What was the easiest thing about writing?

- ❖ Dedicating the book to Iberia's sister, Athena,
- ❖ Brainstorming,
- ❖ Researching,
- ❖ Laughing, and
- ❖ Spending time together

What is your goal for Violet Ribbons? To restore one's faith in humanity, gentleness, kindness, and honor.

Senior Gleaners need food, volunteers to serve 3 new East County agencies

Group adds new contact options. The Senior Gleaners of San Diego County need more food donations and volunteers to serve three additional East County agencies and have created new options for contacting the group.

The group recently developed its first Web site at: www.seniorgleanerssdco.org. It also created a dedicated phone number of 619-633-9180 and e-mail of SDGleaners@aol.com. And there's a Facebook page at: www.facebook.com/seniorgleanerssandiego. Choose any of the options to arrange a donation or to become a volunteer.

"We need more sources of food from homeowners and other sources to meet the growing demand," said

What is Senior Gleaners? *Volunteers, ages 55 and older, glean surplus food from fields, groves, backyards, stores and restaurants. For more than 25 years, the organization has donated tons of food annually to local agencies that feed the hungry. Senior Gleaners is affiliated with the San Diego County Office of Aging and Independent Services.*

TEDx Kids@ElCajon

x = independently organized TED event

Submitted by Suzanne Mullins

TEDxKids@ElCajon will showcase the passion and potential of our youth! Organized by the Cajon Valley Union School District, this annual event offers our students a unique platform to share their ideas. Our theme this year is iMPACT - because we believe that every child has the potential to change the world. www.TEDxKidsElCajon.com

TEDxKids@ElCajon will include:

- TED Talks on Stage 10:00am-11:15am, 1:00pm-2:15pm, 2:45pm-4:00pm by Students and Featured Speakers.
- Innovation Park from 11:00pm-2:00pm with Food Trucks and Exhibitors.
- Live Streaming Lounge where you can hangout on our beanbag chairs and watch TED talks.
- Kids Activities from 2:30pm-4:15pm including two 45-minute sessions on painting, technology, dance, and more.

WHEN: Saturday, April 16, 2016 from 10:00 AM to 4:30 PM (PDT)

WHERE Greenfield Middle School - 1495 Greenfield Drive, El Cajon, CA 92021

Tickets are \$10.00 Order tickets via Eventbrite:

<http://www.eventbrite.com/e/tedxkidselcajon-tickets-21506336030?aff=efbevent>



Kandhy Franklin 619-977-1566

KandhyFranklin@cox.net

Just wanted you all to know that besides being your Crest Fire Safe Council Facilitator, I am also your friend and neighborhood Real Estate agent.

I have lived in Crest since the 80's and have been very active in our community, so if you are thinking of buying or selling, please think of me and call.



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[Blink Health](#) is a great way to save on prescription drug prices. You pre-pay for your prescription online and bring the voucher to the drugstore to redeem it. Vouchers work at nearly all of the major pharmacy chains and 40% of the generic drugs on the site cost less than \$10. Blink Health is available on [iOS](#) and [Android](#).

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I would love to interview for the job of selling your home

- ❖ I've been a Crest resident for 18 years
- ❖ I am an expert with the unique issues of buying and selling homes in our community i.e. septic, wells, buildable lots, community activities and businesses
- ❖ I always have multiple buyers looking to purchase a home in Crest
- ❖ I have closed over 200 home sales during my career and I have a broad mortgage lending career
 - ❖ My extensive experience and expertise in the San Diego real estate market will benefit you whether you are looking to buy or sell! Check my 5 star reviews on REDFIN and Zillow! My goal is to assist with 100% customer service

MLS #	Status	Style	Full Address	Beds	TotB	EstSF	YrBlt	DOMLS	ListPrice	Lst Date	Sold Price	COEDate
160003264	ACT	MNFMH	250 LA CRESTA HEIGHTS 9	4	2	1,500	2002	58	\$124,900	1/19/2016		
160010553	ACT	DET	152 Bonita pl	2	3	1,128	2015	19	\$423,000	2/27/2016		
160009501	ACT	DET	1532 La Cresta Blvd.	2	2	1,444	1971	24	\$425,000 - \$445,000	2/22/2016		
150057801	ACT	DET	227 Lilac	4	2	1,600	1950	143	\$499,000	10/23/2015		
150064026	ACT	DET	249 Scenic Dr	3	3	1,875	2006	101	\$499,000 - \$520,000	12/7/2015		
160003520	ACT	DET	306 Lila	4	3	1,980	1978	56	\$499,800 - \$524,900	1/16/2016		
160009061	ACT	DET	871 Mountain View Road	4	2	2,150	1991	27	\$559,000	2/19/2016		
160006270	ACT	DET	2047 Forester Creek Road	4	4	2,900	1986	42	\$599,000	2/4/2016		
160013633	ACT	DET	190 Kens Road	3	3	2,444	2004	3	\$559,900 - \$599,900	3/11/2016		
160003886	ACT	DET	352 Sunnybrook Ln	4	3	2,462	1994	35	\$629,000	1/22/2016		
160009978	ACT	DET	271 East Lane	2	3	2,372	2004	22	\$599,888 - \$629,888	2/12/2016		
160010925	ACT	DET	2025 Forester Creek	3	3	2,273	1973	17	\$599,000 - \$639,000	2/29/2016		
150062086	ACT	DET	1249 La Cresta Blvd.	4	3	2,912	2005	109	\$644,800	11/20/2015		
150061921	ACT	DET	494 Sunrise Mountain Road	4	3	2,800	2015	118	\$675,000	11/20/2015		
150045335	ACT	DET	1090 Stoneridge Rd.	5	4	4,525	2008	213	\$875,000	8/17/2015		
140038821	ACT	DET	848 Canyon Rim Dr	4	6	5,104	2007	610	\$2,500,000	6/11/2014		
160010028	PEND	DET	440 West Lane	3	2	1,350	1977	16	\$429,000	2/22/2016	SOLD BY RAYNA MACK	
160011856	PEND	DET	412 Mountain View	3	3	2,195	1996	11	\$579,900 - \$624,900	3/2/2016		
160004752	SOLD	DET	2155 VISTA VALLEY RIM PLACE	4	5	3,289	1990	15	\$749,995	1/28/2016	\$750,000	3/9/2016
150041125	SOLD	DET	315 Alta Lane	2	2	1,533	1928	198	\$255,000	7/27/2015	\$250,000	2/29/2016
150065604	SOLD	DET	213 Jarrett	3	2	1,850	1980	3	\$450,000	12/21/2015	\$461,000	1/22/2016
150063492	SOLD	DET	960 Old Mountain View	3	3	2,090	1991	7	\$499,000	12/3/2015	\$495,000	1/25/2016
150059389	SOLD	DET	518 Corner Pl	4	3	2,862	2005	70	\$589,000	11/4/2015	\$573,500	2/12/2016
150063443	SOLD	DET	321 Sunnybrook	4	3	2,685	1994	19	\$590,000	11/20/2015	\$575,000	1/28/2016
150065404	SOLD	DET	1150 STONERIDGE RD	4	3	2,319	2008	4	\$589,000 - \$619,000	12/19/2015	\$599,000	1/25/2016

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8:00 am to 9:00 pm Sunday-Thursday

We accept EBT, Visa, and ATM



***Thank you for stopping at Rainbow Farms Market
And shopping on the "Hill"***

CREST FIRE SAFE COUNCIL

By Kandhy Franklin-Collins



SATURDAY, APRIL 23 WILDFIRE COMMUNITY PREPAREDNESS DAY

Keep your family, home, and business fire-safe!

San Diego families, community Fire Safe Councils, and business owners are invited to a FREE day-long fire safety forum. There will be something for everyone to enjoy. Bring the family, learn about fire safety, enjoy a free lunch, and even meet Smokey Bear!

Be sure to RSVP via email to jerrydavies55@gmail.com to ensure enough food and handouts for everyone!

Questions? Call Jerry Davies at 805-559-0082

*Sponsored by the California Fire Safe Council,
in partnership with Farmers Insurance and
the Fire Safe Council of San Diego County.*



9:00 – 11:30 am:

Fire safety presentations by experts from US Forest Service, Bureau of Land Management, CAL FIRE, state and local fire chiefs, and more!

12:00 pm:

Complimentary lunch for all attendees

12:00 – 3:30 pm:

Hands-on exhibits by vendors providing vital products & services to help before, during, and after a fire.

PLUS:

Fire truck demos

Special visit by Smokey Bear

Fun kids' activities

Free child fingerprinting courtesy of Farmers Insurance

Saturday, April 23

9:00 am to 3:30 pm

**Barona Creek Golf Club
1932 Wildcat Canyon Road
Lakeside, CA**

Please RSVP via email to:
jerrydavies55@gmail.com

La Cresta  *Fresh food every day!*
RESTAURANT & TACO SHOP

ROLLED TACOS

3 Beef --3 Beef -5 Beef - 12 Beef- (With Cheese, Guacamole, lettuce, sour Cream).

2 Flautas- (With Cheese, Guacamole, lettuce, sour Cream, Mexican Salsa).

QUESADILLAS

Cheese-Carne Asada-Carnitas-Pollo Asado or Adobada-Special Quesadilla
 (Your choice of meat, Guacamole, Mexican Salsa, Sour Cream).

Fajitas -Carne-Pollo-Shrimp.

KIDS MENU (With Fries)

Cheese Quesadilla-Bean & Cheese Burrito-2 Rolled Tacos-Carne Asada Fries or Chips

CHIPS & FRIES

Carne Asada Chips (Carne asada,Chesse,Chips, Sour Cream, Guacamole.

Carne Asada Fries (Carne asada,Chesse,Fries, Sour Cream, Guacamole.

Carne Asada Nachos (Carne asada,Nacho Chesse,Chips, Sour Cream, Guacamole, Jalapenos.

Chips & Mexican Salsa-Chips & Guacamole

SIDES

Rice & Beans-Rice or Beans -French Fries -Chips -Guacamole-Sour Cream-Mexican Salsa.

BREAKFAST BURRITOS

Meat lover (Bacon, ham, chorizo, sausage, egg, fries, and cheese).

Brunch (Bacon, carne asada, egg, cheese, mex.salsa).

Huevos a la mexicana (Egg, mex.salsa and cheese).

Sausage (Egg, sausage, fries and cheese).

Ham (Ham, Egg, Fries, Cheese).

Bacon (Bacon, Egg, Fries, Cheese).

Supreme Breakfast (Ham,Bacon, Eggs, Fries, Cheese).

Carne Asada Breakfast (Carne Asada,Eggs, Cheese, Mexican Salsa).

Chorizo (Chorizo, Eggs, Cheese).

Machaca Burrito (Sherredded Beef, Eggs, Cheese).

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<http://listenlocalradio.com/>

Alpine Woman's Club

23rd Annual Victorian Tea

Saturday, April 16, 2016

2156 Alpine Blvd, Alpine CA

Cost \$40 – Members \$50 – Non Members

Seating is limited

Sating at 11:30 am and 2:30 pm

Entertainment

William D Young on the piano playing songs from yesteryear we can all remember!

Opportunity and Door Prizes Galore

Reservations

Contact Joanie Bogle 619-328-5728 or

inrbogle@cox.net 10328 Hawley Rd, El Cajon, CA 92021

Please note which seating you wish to attend.

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Tech Tip:

Do you know this shortcut to clear your browsing data on Google?

Mac: **Shift+Command+Delete.**

Windows **Ctrl+Shift+Delete**



**From the Office of
Supervisor Dianne Jacob**

619-531-4766 619-206-9108
Dianne.jacob@sdcountry.ca.gov

Honoring our veterans: The Alpine Wall of Honor -- one of the most special places in East County -- is about to become even more special. The Board of Supervisors recently voted to contribute funds to assist with the extension of the wall. Thank you to the Alpine Kiwanis and Dan Foster for their outstanding leadership on a project that celebrates our men and women in uniform.

Public safety: The board backed recommendations aimed at enlisting motel and hotel operators, more school districts and others in our battle against human trafficking across the county. This is a tough issue to talk about, but we **MUST** face it head on. The board also agreed to ramp up efforts to address homelessness, emergency psychiatric outreach and other mental health-related issues. In recent months, the Sheriff's Department, El Cajon police and others have accelerated their efforts to tackle homelessness and improve neighborhood safety in East County.

Framing the forever homes – Adults with Developmental Disabilities and Memory Issues Will Soon Have a Place to Live. Noah Homes, elected officials and other community leaders start the vertical build on the first memory care homes in San Diego (two of the first in the nation) for people with developmental disabilities. There are 23,000+ people with developmental disabilities in San Diego and zero memory care homes specialized for their care - while the need continues to grow. Almost all people with Down syndrome will develop Alzheimer's if they live into their 60s. These homes will open in early 2017 and become the home to 20 people with developmental disabilities who have been diagnosed with Alzheimer's or another related dementia. **About Noah Homes:** Noah Homes is leading the way into the future for people with developmental disabilities and their families. As a nonprofit of more than 30 years, Noah Homes is pushing the boundaries of innovative residential care, advocacy and collaborative services. We are committed to maximizing each individual's lifelong independence in a community environment that fosters dignity and respect, as well as personal and spiritual growth.

For more information, call (619) 557-5450, or visit <http://www.nps.gov/cabr/index.htm>

**From the Office of
Senator Joel Anderson**

(619) 596-3136 lea.park-kim@sen.ca.gov

**Crest Resident, Pat Goulart Receives
Senate Certificate of Recognition**

By Ethan Dunne



Pat Goulart is a beloved resident of the Crest community. At eighty-five years of age, she spends her time as a volunteer at the Cabrillo National Monument, where she serves as part of the Living

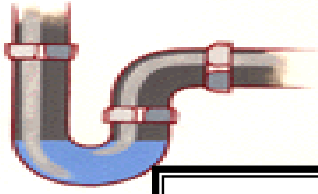
History program. And for good reason, too—from 1931 to 1950, Goulart lived inside a lighthouse!

Goulart was provided with a Senate Certificate of Recognition by State Senator Joel Anderson. "Pat is an amazing example of someone who goes above and beyond to share the rich history of her community," said Anderson. "I am delighted to honor her and to learn about her exciting volunteer engagement."

In anticipation of the Cabrillo National Monument's upcoming 125th anniversary of the change in lighthouse operations, Goulart was excited to share stories of her time in the Old Point Loma Lighthouse, where she and her sister Joan spent most of their youth. Goulart admitted, "When I talk to people, [they] just light up when they hear I grew up in a lighthouse."

Working in a lighthouse required commitment and perseverance. During World War II, the entire property was fenced in and adapted into a formal military complex. Goulart recalled how the troops stationed at Point Loma would keep eight-hour shifts, with at least one person awake and on-duty at all times. Such dedication, she suggested, was what kept the massive structure running.

In 1952, Goulart's father retired from lightkeeper duty, and their family settled in a traditional house. Years later, her other siblings moved far out into the world. When asked what drew her to remain in Crest and the San Diego community, Pat simply said, "Every time I approach that lighthouse, it's like I'm home. I never left it."



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Guide to Senior Services for Crest Residents

by Linda Hjelle

Crest residents have inquired as to services available to the Crest senior community. This question was put to residents, friends, and to the NextDoor Crest website, which led me to web searches and telephone calls galore. A special thanks to those who took the time to help provide this valuable information. While there is a tremendous support network for seniors, I have to admit I found it a bit overwhelming and found myself frequently being referred in circles while trying to gather this information. I also found Crest to be a bit of a challenging location – not quite the city, yet did not qualify for rural services. With that said, I hope you find this information helpful. Please contact lindahjelle@cox.net if you find discrepancies. Every effort has been made to provide and gather accurate information. With that said, use this as a first step and, check it out yourself. Many of these resources are open to all seniors. Some programs are dependent on finances, disabilities, and/or need. Others depend on volunteers in our area to perform tasks. You may find many of these agencies offer similar information. I tried to eliminate services outside our area.

For additional information go to the Crest Library and ask for the 2016 Eldercare Directory. Seniors can also pick up the Vial of Life medical information magnet and form at the Crest Library (see page 25-26).

(A special thanks to the Crest Historical Society for providing the additional funds needed to print this document in *The Crest Sun*. You may also view this online at www.CrestCa.com.)

Transportation:

Rides for Neighbors Phone: 619-667-1321 (La Mesa based)

Must meet the criteria of not being able to drive (due to illness not because you don't have a car) and there is no public transportation. The 92021 zip falls within their area. Transportation up to 20 miles one way. You must fill complete an application in advance. I understand they will also pick up seniors and take them to the La Mesa Nutrition Center for lunch (call and make sure they have the volunteers to come this far.)

Health Plans for Seniors:

Pace by St Paul's

Website: www.stpaulspace.org Phone: 619-271-7100

St. Paul's PACE - Akaloo Center- Chula Vista Location 630 L Street Chula Vista, CA 91911

(this would be the location associated with this plan for east county.

St. Paul's PACE is a San Diego health plan exclusively for individuals over 55 years of age. PACE is for individuals who are living with chronic illness, or disabilities and need coordinated medical care to continue living as independently as possible in their home and community. Health care teams provide a hands-on approach, coordinating medical, social, and home care services so the individuals no longer need to manage their medical care alone. PACE participants tend to be those in the community who are most in need of medical and managed care support. They use a team of qualified, bilingual, caring doctors and staff to provide individuals with "All-inclusive" medical, social, nutritional, rehabilitation, homecare, and meal services. These healthcare and social service professionals are experts in working with older adults. They work together with PACE participants and their family members to develop the most effective plan of care.

PACE provides all the care and services covered by Medicare and Medi-Cal, as approved by our team of healthcare professionals, known as the interdisciplinary team, as well as medically-necessary care and services not covered by Medicare and Medi-Cal.


Since 1960, St. Paul's Senior Services has been dedicated to serving the physical, spiritual and social needs of the elderly and community. St. Paul's provides affordable, innovative and comprehensive programs in a non-denominational environment with great value placed on optimal independence at all stages of life. Communities include an independent living, assisted living, skilled nursing, an inter-generational day care program and Program of All-Inclusive Care for the Elderly (PACE).

Alpine Family Medicine - 619-445-6200 - 1620 Alpine Blvd., Suite 110 Alpine, CA 91901

Hours of Operation: Monday-Friday: 8:00am-5:00pm and Every other Saturday: 8:00am-5:00pm (please call to confirm Saturday hours)

Mountain Health, a non-profit organization, has provided high quality, comprehensive compassionate primary health care to the people in our communities regardless of their ability to pay. We serve these communities and adjoining regions with respect, dignity and cultural sensitivity as a medical home and safety net for essential health care. Enrollment Assistance! Schedule an appointment with one of our Certified Enrollment Counselors (CEC). They can assist you in selecting the right insurance for you and your family with Medi-Cal or Covered California insurance plans. Call 619-445-6200 to schedule an appointment with one of our Certified Enrollment Counselors.

Legal/Insurance Help for Seniors:

HICAP & Elder Law & Advocacy : (858) 565-8772 Website : <http://www.cahealthadvocates.org> 

Address: 5151 Murphy Canyon Road, Suite 110 San Diego CA 92123

Provide both Health Insurance Advocacy and Counseling as well as elder law and advocacy.

Elder Law & Advocacy – 858-565-1392 www.seniorlaw-sd.org

Provides older adults 60+ with an affordable way to take care of simple legal matters.

Senior Support Services:

211 San Diego

Dial 2-1-1 Dial 2-1-1 from your landline phone or visit 211sandiego.org for personalized information on: community services, mental health resources, MediCal/Medicare health providers, disaster relief and more Transportation FACT 888-924-3228. FACT provides a comprehensive list of transportation services (private and through social service agencies). This information can be accessed through their website at www.stridesd.org In-Home

Elderhelp

Website: <http://www.elderhelpofsandiego.org/> **Phone: 619-284-9281**

http://www.elderhelpofsandiego.org/wp-content/uploads/2013/06/Community_Resource_List_2014.pdf

ElderHelp provides personalized services and information that help seniors remain independent and live with dignity in their own homes. ElderHelp is just a piece of the puzzle. They work closely with other organizations in the community and refer members to other resources as needed. The ElderHelp's Quick Reference Guide can be found at the library or by sending a request to: San Diego Eldercare Directory- The San Diego Union-Tribune, LLC, P.O. Box 120191 San Diego, CA 92112-0191. You can also receive a complimentary copy of the 2016 UT San Diego Eldercare Directory by calling (619) 293-1680 or via e-mail at officeservices@sduniontribune.com. This guide provides is an excellent resource of information for seniors. *The Concierge Club* offers help with the basic necessities of life through personal attention, meaningful engagement and coordinated programs and services using caring staff, dedicated volunteers and a network of trusted providers.

Seniors-A-Go-Go provides seniors with escorted, door-through-door transportation reducing the number of missed appointments and providing savings!

Safety and Home and Garden volunteers – If there is a safety issue (toilet grab bars, etc.) or a one time garden issue, this team will help seniors.

Other Services include

- *ElderLaw & Advocacy –legal counseling- 858-565-1392*
- *HICAP Insurance Counseling 858-565-8772*
- *ElderHelp's HomeShare program*, independent living, and other long term options. For a summary of housing options (see below under housing)

ElderHelp Volunteer Opportunities: The Elderhelp Seniors-A-Go-Go and Concierge program and the Safety and Home/Garden mentioned above depends on the help of volunteers in our area. If you are interested in volunteering to help serve our senior adults, please call ElderHelp at 619-284-9281 and express your interest.

Sharp Grossmont Senior Resource Center – www.sharp.com Register for classes at 1-800-827-4277 – 9000 Wakarusa, La Mesa Bldg. F Rm 16 Information: TEL: (619) 740-4214

Email: andrea.holmberg@sharp.com -

Call for information regarding: Telephone Reassurance, Vial of Life, health ed. classes, health screenings, caregiver education, caregiver referrals, and health fairs. The Senior Resource Center in La Mesa provide older adults a chance to meet other seniors who are interested in health, wellness and safety issues. Activities include lectures, fitness, safety Action to Reach the Elderly (a free service for seniors or disabled adults who live alone and provides daily phone calls), screenings — Diabetes, cardiac risk factor, lung function, blood pressure, medication management, stroke, osteoporosis, cancer and more. You can sign up for these classes by calling 1-800-827-4277. Call to sign up for their quarterly newsletter at 740-4214.

In-Home Health Support Services Program (IHSS) San Diego County (Also the AIS Call Center) Phone 800-510-2020

Website: http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/inhome_supportive_services.html

IN-HOME SUPPORTIVE SERVICES (IHSS) PROGRAM

The IHSS Program will help pay for services provided to you so that you can remain safely in your own home. To be eligible, you must be over 65 years of age, or disabled, or blind. Disabled children are also potentially eligible for IHSS. IHSS is considered an alternative to out-of-home care, such as nursing homes or board and care facilities. The types of services which can be authorized through IHSS are housecleaning, meal preparation, laundry, grocery shopping, personal care services (such as bowel and bladder care, bathing, grooming and paramedical services), accompaniment to medical appointments, and protective supervision for the mentally impaired.

ELIGIBILITY CRITERIA FOR ALL IHSS APPLICANTS AND RECIPIENTS:

1) You must physically reside in the United States. 2) You must also be a California resident. 3) You must have a Medi-Cal eligibility determination. 4) You must live at home or an abode of your own choosing (acute care hospital, long-term care facilities, and licensed community care facilities are not considered "own home"). 5) You must submit a completed Health Care Certification form.

HOW THE PROGRAM WORKS

-A county social worker will interview you at your home to determine your eligibility and need for IHSS. Based on your ability to safely perform certain tasks for yourself, the social worker will assess the types of services you need and the number of hours the county will authorize for each of these services. This assessment will include information given by you and, if appropriate, by your family, friends, physician or other licensed health care professional.

-A completed Health Care Certification (SOC 873) must be received by the county prior to authorization of services

-You will be notified if IHSS has been approved or denied. If denied, you will be notified of the reason for the denial. If approved, you will be notified of the services and the number of hours per month which have been authorized for you.

-If you are approved for IHSS, you must hire someone (your individual provider) to perform the authorized services. You are considered your provider's employer and, therefore, it is your responsibility to hire, train, supervise, and fire this individual.

-If your county has contracted IHSS providers, you may choose to have services provided by the contractor.

-If your county has homemaker employees, you may receive services from a county homemaker.

HOW ARE IHSS PAYMENTS MADE?

You may contact the social worker assigned to your case to determine the IHSS hourly rate in your county. Because unions negotiate with the employer of record in each county, the wage rates may vary from county to county. The State issues all checks for individual provider payments. If the provider qualifies, the State withholds the applicable amounts for disability insurance and Social Security taxes.

Access to Independence Center 619-293-3500

This is the primary resource for San Diegans with disabilities. They provide: information and referrals, support networks, assistive technology, housing resources and more.

Network of Care – www.sandiego.networkofcare.org/again -

Website offers info to help locate programs and services for older adults and persons with disabilities.

Southern Caregiver Resource Center 858-268-4432

SCRC can help you with information, support, counseling, respite care and finding the best options for you and your loved ones free or charge.

Alzheimer's Association 800-272-3900

24 hour Helpline

Mountain Health and Community Services (Alpine) 619-478-5254 · 1620 Alpine Boulevard, Suite 118, Alpine, CA, 91901 · Offers Covered California and Medi-cal enrollment assistance during the Covered California open enrollment cycle. After the end of open enrollment cycle, application assistance is available for Medi-Cal eligible and Covered California “qualifying events” including: getting married, having a baby etc.

Senior Educational Programs:

San Diego Oasis

Phone: (619) 881-6262 Website: <http://www.oasisnet.org/>

OASIS is a unique educational program for adults 50+ who want to continue to learn and be productive during the best years of their lives. Membership is free and open to anyone 50 or older. Members receive a catalog of opportunities three times a year. If you are not already a member, we invite you to [join OASIS](#). OASIS offers a broad range of stimulating educational classes - from the arts and humanities to wellness, fitness and travel. Pursue an old or new interest, learn how you can stay healthy and active, and make new friends San Diego Location : 1702 Camino del Rio North, San Diego, CA 92108 (Third floor of Macy's in Mission Valley Mall) Telephone: (619) 881-6262 Travel Desk: (619) 881-6263.

Home Delivered Meals

Meals on Wheels 131 Chambers St, El Cajon, CA 92020 Phone:(619) 447-8782 Offers choice of one or two nutritious meals provided 7 days a week (includes free pet food if needed.) All the Meals-on-Wheels Greater San Diego food offerings are healthy and tasty. Lunches and entrees are heart-healthy with controlled sodium, fat, carbohydrates and calories. The menus are prepared by a registered dietitian to ensure balanced meals throughout the week. **ELIGIBILITY:** 60 plus years of age, Caretakers of seniors 60 plus years of age **COST:** Meals-on-Wheels Greater San Diego charges a one-time, non-refundable fee of \$35 to begin meal delivery service. One may typically start and/or stop service, schedule vacations or non-deliver days with a 48 hour notice. Deliver 6 days a week (M-S) but will include Sun meal on Sat delivery.

Pricing:

Lunch only, plus beverage – \$4.00 per day

Dinner only with roll and beverage – \$4.00 (extra beverage .50 cents)

Lunch and dinner, plus beverage \$7.00 per day

Frozen Packs include entre, roll, butter and dessert & beverage

3 day pack - \$14

5 day pack -\$25

7 day pack -\$32

Meals-on-Wheels Greater San Diego, Inc., has a policy of non-discrimination in all programs and services. No one shall be excluded on the basis of race, color, national origin, sex, sexual orientation, religion, age, marital status, veteran and military status or disability unless required by the eligibility guidelines for services.

Mom's Meals (also used by Kaiser) – 1-888-860-9424

FRESH Made and FRESH Delivered meals that stay fresh for 14 days in the refrigerator (40°F), due to break-through Fresh-Lock packaging, which allows you to eat any meal anytime you desire. The price is \$5.98 a meal delivered (7 meal minimum). Following a hospital visit, proper nutrition is critical in helping regain energy and rebuild strength. Mom's Meals NourishCare can help! The program is ideal if you are recuperating at home after a medical procedure, managing a chronic disease and need a special diet or needing a solution to help care for yourself or in a caregiver's absence

Senior Wellness Visits:

YANA – You Are Not Alone - Alpine Sheriff's Dept. (YANA) 619-405-0750

www.sdsheriff.net/volunteer_svp.html

The Alpine Volunteer Sheriffs' Department will provide weekly home visits, often call "YANA" or You Are Not Alone. This is a FREE service for people who live within the jurisdiction of the San Diego County Sheriff's Department. Calls are made Monday-Friday before 10:00 a.m. If a YANA does not answer after three attempts, Sheriff's Senior Volunteer Patrol (SVP) members will go to the home to make sure the YANA is not sick, injured or in need of help. A weekly personal visit from the volunteer patrol is made and volunteers check if YANAs are eating and are aware of basic signs of abuse whether financial, physical or self-inflicted through general neglect or lack of resource.

Project Care - Wellness calls –sign up by calling 619-740-6000 or call 211 - at this number seniors can request to be called daily and if you do not answer or respond to prompt, they will dispatch the Sheriff for a wellness check.

Safe Return: Alzheimer's Assistance – 800-432-5378 or www.medicalert.org.

A nationwide identification system of the Alzheimer's Association that helps authorities locate, identify, and safely return persons with dementia (and other cognitive impairments) who wander and become lost. After calling 911 to report a lost or found person, call the Alzheimer's Association's MedicAlert + Safe Return Program 24-hour Hotline at (800) 625-3780. -. To enroll a person in MedicAlert and obtain identification for the person to wear you can call (800) 432-5378. See more at: <https://www.sandiego.gov/police/services/prevention/tips/lostalzheimers#sthash.Pbeh8jRx.dpuf>

Take Me Home Register at: <http://www.sdsheriff.net/tmh/index.html>

"Take Me Home" Program is a regional photo-based information system hosted by the Sheriff's Department accessible by all Law Enforcement in San Diego. It is designed to assist Law Enforcement (Police and Sheriff) during contacts with members of the community who have disabilities such as, but not limited to Autism, Dementia, Alzheimer's, and Down syndrome, deafness or any other Developmental Disabilities.

Senior Home Care

This is Feedback from the Crest Nextdoor Website (Pricing or reference checking for these services were not done, so please do your own research and reference checking)

Personal Assistant/caregiver/household Helper - Janet Carroll – 619-573-7386 – jibcarroll@gmail.com

Do you have a loved one in need of senior assistance/companionship/respite care. Can help with your time consuming tasks. She is reliable punctual, flexibly, trustworth and motivated. Helps with Transportation, Kitchen assistance, Pet care, housekeeping, gardening and lots more.

Senior Helpers.com 619-450-4686 – Provides caregivers in the San Diego area - services depends on the type of service you have requested. It might include grocery shopping and running errands in the morning, preparing and eating lunch, preparing dinner for later, and going for a walk and playing games in the afternoon. We also have many activities available for our caregivers to check out from our Client Resource Library, including mind-stimulating programs for our clients with Alzheimer's or dementia.

Vial of Life Program - (a program designed to help you store critical medical information in the event of an emergency) Packets are being mailed to Crest for distribution at seniors request.

The Vial of Life Program is designed to speak for you when you can't speak for yourself. The vial contains important medical information that can assist emergency personnel in administering the proper medical treatment." The first thing first responders want to know is your list of medications. When you can't speak for yourself, when you are confused, in pain or scared, the Vial of Life can speak for you.

There are 4 simple steps to getting your Vial of Life kit ready. You can also save and store your Vial of Life information at VialofLife.com for easy access for changing medical and doctor information in the future.

1. Fill out the Vial of Life form -Make blank copies of this form to keep your information current or maintain and store your updated information online with us. Fill out the backside of the Vial of Life form. Answer all or any pertinent questions.2. Place the decal on front of a plastic baggie Place the form you filled out in the plastic baggie. You may also consider placing the following items in the baggie – a copy of EKG, living will or equivalent, DNR (Do Not Resuscitate), and a recent picture of yourself. 3. Place the baggie on refrigerator door. Securely tape plastic baggie on the front of your refrigerator door. Place the decal on your refrigerator – this could be on the front or side of the refrigerator, whichever is easiest for EMS personnel to see and access. 4. Place the second decal on front door - Place the decal on the front door so it can easily be seen by anyone responding to an emergency. Thanks to the Vial of Life, first responders will have all the medical information they need to best treat you. GET YOUR VIAL OF LIFE AT THE CREST LIBRARY.

Home Modifications – It is my understanding that Jewish services and Elderhelp might be of assistance with safety home modifications i.e. grab bars, ramps handrails, security lighting. Call.

Grondin Construction 858-549-1682

This company is a Certified Aging-in-Place specialists who provide reasonably priced home modifications including grab bars, roll-in showers, easy grip controls, stair lifts, ramps, handrails and hall widening.

Help With Taxes - 619-806-0844 sos4taxservices@gmail.com

Our very own Crest resident, Lisa Sosey of Sosey Bookkeeping & Tax Service provides a discount for seniors struggling and in need of assistance with their taxes. Sosey Bookkeeping & Tax Services

Housing – Elderhouse HomeShare Program 619-284-9281

The purpose of the HomeShare program is to provide a service to help older adults remain independent in their homes. It is an affordable housing option for people of all ages. This rental program will help seniors get extra income by renting out a spare bedroom in their home. Another option is a service exchange program – Seniors provide a lower rent or rent a free room in exchange for some help such as transportation, housekeeping, meal preparation, and companionship. Trained social workers facilitate the matching process for the mutual benefit of both parties. FOR AN EXTENSIVE LIST OF SENIOR HOME LIVING, ASK FOR THE 2016 ELDERCARE DIRECTORY AT CREST LIBRARY.

Protection and Advocacy (800)510-2020

Adult Protective Services (APS) –Investigates reports of abuse, assisting older and dependent adults who are harmed or threatened with harm.

Long-Term Care Ombudsman – (800)640-4661 – Investigates reports of abuse in nursing homes and residential care facilities, and advocates for residents' rights

Senior Mental Health Team (800) 510-2020 – Assesses and initiates appropriate actions for older adults age 60+ with mental health issues.

Public Administrator – 858-694-3500 – [www. PAPGPC.org](http://www.PAPGPC.org) - Performs estate administration for people who have died with no family member or other person to handle their affairs.

Utilities:

SDG&E - Energy Savings Assistance Program 1-866-597-0597 -

<http://www.sdge.com/energy-savings-assistance-program>

The Energy Savings Assistance Program is designed to help lower your monthly bill, while making your home more comfortable. You may rent or own, and if you qualify, SDG&E's authorized contractors will come to your home and may provide free: 1) New, energy-efficient lighting 2) Repair or replacement of doors and windows 3) Microwaves, water heaters*, refrigerators and high-efficiency clothes washers** 4)Insulation, weatherstripping and caulking to lower heating and cooling costs. **Existing appliances must meet age requirements to qualify for replacement. Co-pay may be required for landlords who own appliances and pay

tenant utility bill. Eligibility for the no cost energy efficient home improvement program and the energy bill discount program are based on income and household size or by your household participation in certain public assistance programs including Medicaid/Medi-Cal , Medicaid/Medi-Cal for Families A & B, CalFresh (Food Stamps) SNAP, Low-Income Home Energy Assistance Program (LIHEAP), Supplemental Security Income (SSI) Income levels that qualify (example 1-2 household size - \$31,860) You may qualify based on household size and total current household income*=Total income of all persons living in your house, condo, apartment or mobile home. Questions: 1-800-411-7343.

SDG&E Medical Need discount:

It is important to know that household income is not a factor for qualifying, but a doctor's certification on the application is required. You can qualify for Medical Baseline Program if you have the following medical conditions and use one or more of the Qualifying Medical Devices listed below.

CALIFORNIAPHONES.ORG - 1-800-806-1191

CTAP provides free phones/devices for folks with hearing, seeing, moving, speaking, learning or remembering difficulties. CTAP is a program of the California Public Utilities Commission.- It is funded by a small surcharge that appears on all telephone bills in California. Requirement are: You must live in California, have telephone service, and your doctor, licensed Optometrist, Audiologist, Speech Therapist, Hearing Aid Dispenser or other qualifying certifying agent must sign the application. They can help you find a certifying agent if you don't have one. There are no income requirements. Obtain the application at www.Californiaphones.org or call 1-800-806-1191 and they will mail an application to you. San Diego Service Center: 1455 Frazee Road, Suite 406 San Diego

Veteran Services:

Legacy Corps

Email: brian.rollins@sdcounty.ca.gov

Phone: 858-505-6305 (To request Respite OR to begin the application process)

Legacy Corps members provide free respite services in San Diego County to family members providing care for Veterans of any age. If you are a family caregiver, you may request scheduled respite visits from a Legacy Corps member. We will schedule an assessment prior to assigning a volunteer. The program is designed to help relieve stress and burden for caregivers in military families.

Legacy Corps members are volunteers who commit to serving 450 hours in a one-year period (approximately 10 – 12 hours per week) and are selected after meeting eligibility criteria. Members meeting their service goals receive skills training, a \$200 per month living allowance, and an educational award of \$1,468. It is not required to be a Veteran to serve as a member.

Aid & Attendance (A&A)

The Aid & Attendance (A&A) increased monthly pension amount may be added to your monthly pension amount if you meet one of the following conditions: Wartime veterans and their surviving spouses, 65 years and older, may be entitled to a tax-free benefit called Aid and Attendance provided by the Department of Veteran Affairs. The Benefit is designed to provide financial aid to help offset the cost of long-term care for those who need assistance with the daily activities of living such as bathing, dressing, eating, toileting, and transferring.

- You require the aid of another person in order to perform personal functions required in everyday living, such as bathing, feeding, dressing, attending to the wants of nature, adjusting prosthetic devices, or protecting yourself from the hazards of your daily environment
- You are bedridden, in that your disability or disabilities requires that you remain in bed apart from any prescribed course of convalescence or treatment
- You are a patient in a nursing home due to mental or physical incapacity
- Your eyesight is limited to a corrected 5/200 visual acuity or less in both eyes; or concentric contraction of the visual field to 5 degrees or less
- Housebound - This increased monthly pension amount may be added to your monthly pension amount when you are substantially confined to your immediate premises because of permanent disability.

Qualification Requirements

- Must have served at least 90 days of active duty with at least one day during a period of war.
- Must have anything other than a Dishonorable discharge.
- A surviving spouse must have been married to the veteran at the time of his passing.
- Must require the assistance of another person to perform some of the daily activities of living.
- Must meet income and countable asset criteria established by the VA.
- Must be 65 years and older or totally disabled.
-
- Eligible Periods of War:
 - World War II: December 7, 1941 – December 31, 1946, inclusive. If the veteran was in service on December 31, 1946, continuous service before July 26, 1947, is considered World War II service.
 - Korean conflict: June 27, 1950 – January 31, 1955, inclusive.
 - Vietnam era: The period beginning on February 28, 1961, and ending on May 7, 1975, inclusive, in the case of a veteran who served in the Republic of Vietnam during that period. The period beginning on August 5, 1964, and ending on May 7, 1975, inclusive, in all other cases.
 - Persian Gulf War: August 2, 1990, through date to be prescribed by Presidential proclamation or law.

How to Apply

You may apply for Aid and Attendance or Housebound benefits by writing to the [Pension Management Center \(PMC\) that serves your state](#). You may also visit your local regional benefit office to file your request. You can locate your local regional benefit office using the [VA Facility Locator](#). You should include copies of any evidence, preferably a report from an attending physician validating the need for Aid and Attendance or Housebound type care. The report should be in sufficient detail to determine whether there is disease or injury producing physical or mental impairment, loss of coordination, or conditions affecting the ability to dress and undress, to feed oneself, to attend to sanitary needs, and to keep oneself ordinarily clean and presentable. Whether the claim is for Aid and Attendance or Housebound, the report should indicate how well the applicant gets around, where the applicant goes, and what he or she is able to do during a typical day. In addition, it is necessary to determine whether the claimant is confined to the home or immediate premises. Also the American Veterans Aid, a private company, is dedicated to helping war era veterans and their surviving spouses receive this Benefit which they so deserve http://www.americanveteransaid.com/landing/lp_2/aid_and_attendance_2.html

Aid & Attendance and Housebound

http://www.benefits.va.gov/pension/aid_attendance_housebound.asp

Veterans and survivors who are eligible for a VA pension and require the aid and attendance of another person, or are housebound, may be eligible for additional monetary payment. These benefits are paid in addition to monthly pension, and they are not paid without eligibility to Pension. Since Aid and Attendance and Housebound allowances increase the pension amount, people who are not eligible for a basic pension due to excessive income may be eligible for pension at these increased rates. A Veteran or surviving spouse may not receive Aid and Attendance benefits and Housebound benefits at the same time.

San Diego Union Tribune

Successful Aging Expo

Saturday, April 30th 9.a.m. – 4 p.m

Town & Country Resort & Convention Center

500 Hotel Circle North, San Diego, CA

150 Exhibitors 16 Expert Speakers Free Admission Free Parking
Free Seminars Free Entertainment Free Food Samples

www.SuccessfulAgingSD.com



Crest Community Church

2198 Suncrest Blvd, Phone: (619)-442-3736
Pastor Tony Lambert

Prayer time: 9:00 AM
Worship Service: 10:45 AM
AWANA (Children’s Ministry 9-10:30 AM
Monday Evenings: Ladies Bible Study @ 6:30 PM
Tuesday Evenings: Men's Bible Study @ 6:30 PM
Thursday Evening: Home Fellowship in Santee 6:30
Friday Evening: Home Fellowship in Crest 6:30 PM

**St. Louise de Marillac
Catholic Church**

2005 Crest Drive –
Phone: (619) 444-3076,
Fax: (619) 440-1325
Fr. Burnia

Saturday..... 5:30 PM
Sunday..... 8:00 AM and 10:30 AM
Daily Mass: 8:00 AM (Monday-Saturday)

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Make checks payable to: CCA /The Crest Sun -

E-mail or call the editor for more information LindaHjelle@cox.net.

The Crest Sun welcomes information from the Community and community input. Thanks to all our loyal readers and supporters. Your donations and your patronization of our sponsors provide the funds to print the newsletter. We have no paid employees. The newsletter is not responsible for problems that occur as a result of information.

The Crest Sun is available at: Crest Foods, Rainbow Market, La Cresta Tacos, and the Crest Library or online at www.crestca.com by clicking the “The Crest Sun” link.

For questions, suggestions, or concerns regarding The Crest Sun newsletter or website, contact: info.crestca@gmail.com (517-9838 or 440-8540)

Visit the Crest Website: www.crestca.com **Webmaster:** Linda Hjelle (440-8540)

Check us out on Facebook by clicking the Facebook link on www.Crestca.com

Check out upcoming CCA events by going to www.crestca.com **and click on the calendar link.**
Next Crest Sun Deadline for the Crest Sun is May 20.



CCA Members

CCA MEMBERS: Don’t forget to RSVP to the CCA Members Appreciation Dinner on April 30.

RSVP or questions: Email: crestcommunityassoc@gmail.com or leave your RSVP message: at 44-CREST (442-7378) (Please leave your name and indicate the number of members attending).