



# SPRING KNOLLS NEWS

Senior Resource Fair, April 26 see Page 3



Murrieta, CA

April 2025

## KNOW YOUR NEIGHBOR: Dorothy Vaughn

### *'Zip-a-Dee-Doo-Dah, Zip-a-Dee-ay' ... My, oh my, what a wonderful la-dy!*

By **Mary Lou Morgan**  
*Spring Knolls News*

**D**orothy Vaughn has lived on Via la Espalda for 32 years. That interesting fact, however, only scratches the surface of her time in Spring Knolls.

What would we do without this wonderful lady making sure everyone is happy with our summer BBQs and other Boosters events?

During each event, Dorothy goes from table to table to greet everyone. Often she does this with a smile while serving desserts, ice cream or even churros.

Or, she's in the clubhouse kitchen for hours assembling patty melts, cutting up lettuce, tomatoes or watermelon, washing dishes or just keeping her crew of volunteers on task.

As the Boosters president for five years, and now vice president, Dorothy has also helped organize and prepare Mexican, Irish, Cajun, Italian and other fare for hungry diners.

And every year, in one of her favorite efforts, she goes all out to honor veterans from all three units with a hearty free lunch on Veterans Day.

If you couldn't guess by now, it's clear that Dorothy Vaughn has



pretty much been like this all her life.

In her younger years she was known as Dorothy Pederson, daughter of Carl and Sylvia Pederson, with a little tag-along sister named Millie. She and Millie grew up in Gardena and were the third generation of Pedersons to graduate from Gardena High School.

On Gardena's 168th street, Dorothy sometimes led other neighborhood kids, including many of her cousins, down the street singing songs like "Zip-A-Dee-Doo-Dah." She'd give the kids names like Brer Rabbit and those of other animal characters from the popular 1946 Disney film.

See **Dorothy**, page 5

## *A spring that has it all: A resource fair, and, uh, free toilets!*

This month I'd like to catch you up on a few things going on in Spring Knolls. Don't worry, there won't be a test . . .

1. **Support Leaders:** At our March 19 Board meeting we approved

**Roberta Jiron** and **Lynda Miller** as Support Leaders to the Board. Roberta will cover street parking permits and estate sales and yard sales. Lynda will monitor vacant properties as well as those for sale or rent to ensure everyone follows our governing documents. Thanks to Roberta and Lynda for stepping forward!



**Sandy Vollmer**  
SK president

2. **Solicitors:** We continue to get reports of solicitors. If one comes to your door do not answer, and call the police. A resident recently invited solicitors in and ended up

See **SK president**, page 2

## WHAT'S INSIDE?

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## 2025 directors



• *President.*  
**Sandy Vollmer**  
951 319-6749



• *Vice President / Architectural*  
**Jan Towers**  
951 616-4443



• *Secretary / Senior Advocate / Program administrator*  
**Holli Hanson**  
661 972-0799



• *Treasurer*  
**Sharon Kilpatrick**  
951 285-7800



• *Director, Rules, Regs, Policies and Procedures.*  
**Shawnee Miller**  
951 677-6862



• *Director, Residency Data & FOBs:*  
**Candy Lee**  
951 239-0669



• *Director: Facilities*  
**Ron Sieber**  
951 541-6276



• *Director: Common Grounds, Streets:* **Debby Adelhelm**  
760 717-9876



*Support leader to the Board*  
**Charlene Kirkwood,**  
951 348-0042

## support Leaders

- *Support Leaders to the board:* **Roberta Jiron, 951 834-2076** (parking permits, estate sales); **Lynda Miller, 951 454-9910** (monitor vacant, for sale, rental properties).
- *Spring Knolls Emergency Response Team:* (SKERT) **Alan Hanson 714 493-1709**
- *Caretaker:* **Lisa McKinney 951 212-8781;** **Lali Neri (assistant)**
- *SK common grounds:* **Miguel Enriquez**
- *Spring Knolls Boosters:* **Debby Adelhelm, President, 760 717-9876**
- *Library Coordinator:* **Karen Jacobs 951 265-6292**
- *Spring Knolls News:* **Ted Vollmer 951 319-6749; tscjnews@gmail.com**

## SKA president

### From page 1

giving them her Social Security number. Please don't give any personal information to anyone you don't know. "No soliciting" signs are at both Knolls entrances. Free "No soliciting" stickers are available at the office.

3. **Easement request** Golf Knolls wants access on Via El Brazo for an undeveloped parcel behind Spring Knolls homes on Via Princesa and Via Playa Del Rey. We're awaiting an engineering report before we can discuss this further. Any easement proposal would require a vote by Spring Knolls owners.

4. **Reservations.** The board OK'd forming an ad hoc panel to review our outdated clubhouse reservation form. If you'd like to help with any revamp, call me at 951 319-6749.

5. **Resource Fair.** Last year's Senior Resource Fair was a great success. A few new exhibitors who signed up

for the April 26 fair include Michelle's Place – Cancer Resource Center, Community Action Partnership of Riverside County and the RTA (Riverside Transit Agency). See page 3 for details. Everything is free, including lunch!

6. **Wall repair.** The retaining wall damaged at Via La Colina and Via Princesa during a Feb. 14 police pursuit is not repaired. If you know anyone who works on such walls please call me at 951 319-6749. We need a couple bids.

7. **Free toilets.** During a water leak repair to the gym bathroom, we decided to replace the gym's bathroom and two other clubhouse toilets with ADA (Americans with Disabilities Act) approved toilets as part of ongoing ADA plans for clubhouse improvements.

See Hodge Podge on page 10 if you need a free toilet. They're in great shape!

Hope you're all gearing up for a great summer.

## Spring Knolls Board report for March 19, 2025

- **Appointed:** Roberta Jiron and Lynda Miller as board Support Leaders.
  - **Approval:** Membership of new Reserve Study Committee: Sharon Kirkpatrick, chair; Holli Hanson, Ron Sieber, Mary Lou Morgan, Jerry Towers, Clark Eaton, Kim Eaton and Dennis Dillon.
  - **Elections:** President **Sandy Vollmer** reported that the association is moving to amend rules to allow board members to be elected by acclamation if the number of board candidates is equal to, or fewer than, the number of seats open. The move would eliminate time and money preparing, printing and mailing out election information and ballots when election results are already known.
  - **Reservations:** The board approved formation of an ad hoc committee to review and update clubhouse reservation rules and forms. Anyone interested in becoming a member of the committee should contact **Sandy Vollmer at 951 319-6749.**
  - **Easement:** The board is considering a Golf Knolls request for an easement on Via El Brazo so landscaping vehicles can enter an undeveloped area behind homes on Via Playa del Rey. Any proposal would require a vote of Spring Knolls members.
  - **Treasurer's report.** As of Feb. 28, 2025: Total bank accounts \$878,033.02; total operating funds \$243,860.94; operating/checking expenses, \$49,022.50; Reserve expenses, \$2,475.00. Reserve funds, \$634,172.08.
- The next Spring Knolls board meeting will be at 9:30 a.m., April 16, 2025.

Spring Knolls Association (A 55+ age-restricted community)

38441 Via La Paloma, Murrieta, CA, 92563 / 951 677-6862; 951 600-1553 (fax)

### Senior Resource Fair - 2025

# A dozen+ exhibitors to show what they can do for you at April 26 event

By **Holli Hanson**

On April 26, Spring Knolls will be having our 2nd Senior Resource Fair in Eaker Hall. It will begin at 10 a.m. and end at 1 p.m. with a free lunch.

More than a dozen exhibitors will be on hand to discuss what they do, provide materials for you to take home, and answer your questions.

Many of the exhibitors, like the Red Cross, Habitat for Humanity, and the Murrieta Senior Center, were here last year. Several others are new, such as Dial-a-Ride, Alpha Care Medical Group, AGA Medicare and Michelle's place.

We try to add groups that will help our senior community. Logos of

See details on many of the April 26 exhibitors starting on Page 13.

many of the groups that have signed up are shown on Pages 1 and 4. There is still time to add any exhibitor, but you'll need to call me at 661 972-0799 very soon if you think of any resource.

Last year's fair was well attended, and we heard from many residents who left with helpful information and contacts. We hope to build on that success. Like last year's this one will feature a free lunch and prizes.

— **Holli Hanson and Lori Miller are organizing the Senior Resource Fair. Holli also is the Association secretary and senior advocate.**

### April is National Volunteer Month

## Volunteering: Good for them *and* you

It's been said that it is more blessed to give than receive; but did you know that volunteering provides measurable health benefits?

April is National Volunteer Month and a good time to recognize the immeasurable difference volunteers make in the lives of those they serve.

Hospice of the Valleys was founded in 1982 by volunteers before there was any form of insurance or payment to cover the costs of hospice care. Today, our incredible team of volunteers continues to touch the lives of patients and families through direct patient visits as well as by providing office and administrative support to our full time hospice staff.

It's estimated that over 60 million Americans regularly volunteer and their service has been valued at \$31.80 per hour.

According to the US Census bureau,

the economic value of volunteer work provided in 2021 amounted to about \$122.9 billion! The best part of volunteer service is that you don't need to be wealthy to make a difference because volunteers give the most precious gift of all - their time!

Numerous studies have shown that volunteers report better physical health than non-volunteers and the rates of depression and anxiety are much lower among those who volunteer. These benefits are most noticeable in those over 65 and seem to stem from an increase in the brain's production of dopamine that occurs when volunteering. Dopamine has been shown to reduce stress and anxiety and enhance a sense of well-being.

In addition to the above mentioned health benefits, volunteering provides a sense of purpose which gives life meaning and increases satisfaction and self-esteem.

—**Dr. Cochrane is executive medical director of Hospice of the Valleys**



**Dr. Leslie Cochrane**

## Know your elected representatives:



City Council: **Cindy Warren**  
1 Town Square, Murrieta, 92562  
(951) 461-6016  
cwarren@MurrietaCA.gov



Supervisor: **Chuck Washington**  
37600 Sky Canyon Drive #505  
Murrieta, CA 92563  
(951) 955-1030



Governor: **Gavin Newsom:**  
1303 10th St., Suite 1173  
Sacramento, CA 95814  
(916) 445-2841



State Senate: **Kelly Seyarto**  
1021 O Street, Suite 6720,  
Sacramento, CA 95814-4900;  
(916) 651-4032

District Office: 25186 Hancock Ave., Suite 320, Murrieta, CA 92562; (951) 894-3530



State Assembly: **Kate Sanchez**  
P.O. Box 942849, Sacramento,  
94249 (916) 319-2071

District Office: 41391 Kalmia St., Suite 220, Murrieta, CA 92562; (951) 894-5053



U.S. Senate: **Adam Schiff**  
SD B40 Dirksen Senate Office Bldg., Washington, DC 20510  
(202) 224-3841



U.S. Senate: **Alex Padilla**  
B03 Russell Senate Office Bldg. Washington, D.C. 20510  
(202) 224-3553  
600 B St., San Diego, Ste 22405



U.S. House: **Darrell Issa**  
2300 Rayburn Office Building Washington, DC 20515  
(202) 225-5672

District Office: 4100 Main St. Temecula, CA 92590  
(760) 340-7575

# SENIOR RESOURCE FAIR, SPRING KNOLLS CLUBHOUSE!

38441 Via La Paloma, Murrieta CA 92563

Saturday, April 26, 2025 from 10 a.m.-1p.m. Lunch provided



Senior Support



Murrieta Senior Center



Wildfire protection



Medicare Advice



CPR, Defibrillator Training



Energy Efficiency



Brush with Kindness



Utility Assistance



In Home Care



Hospice Assistance



Wellness



Dial-A-Ride



Medical Help



Avon Hall  
IT, Computer Advice

Anita Milner  
Wills & Trusts

# Dorothy ...

From page 1

Also in that popular song, there was the line, “Mister Bluebird’s on my shoulder ... wonderful feeling, wonderful day.” That lyric could describe a very happy time in Dorothy’s teen years. She said that one day she saw a cute boy from Gardena High who worked at the gas station across from the cleaners where she worked on weekends and after school. When she was 16, she went on a “blind date” with him. His name? John Vaughn.

Dorothy described their first date as the real deal with true love.

A year after high school, Dorothy and John married and stayed in Gardena. For the next 23 years she was a daycare provider, once for 11 toddlers — 1 girl and 10 boys. Another time for 12 toddlers, all whose names began with the letter J.

All this happened while she and John were raising their children Linda, Sean and Tim.

When they turned 55, the Vaughns moved from Gardena to Spring Knolls near where Linda then lived. She then worked parttime for the Yellow Freight Trucking Company’s billing department and later for a few years cleaning homes.

Going back to her teen years, while Dorothy and John were at Gardena High, she met Judy Osborn in typing class. They clicked, and began one of her longest-lasting friendships.

Years later, Judy married another Gardena High grad, Bill Francis. It turned out that John Vaughn as well as Bill and Judy all shared the same birthday, Jan. 16, 1939.

Dorothy and Judy’s friendship endured for decades, and 10 years ago led to a reunion in Spring Knolls. Dorothy and John had settled on Via Espalda in 1993. In 2015, at Dorothy’s urging, Judy Francis moved from Oregon to a home on Via Amarilla after her husband died. That was five years after John passed, after 52 years



Dorothy and John Vaughn

## Dorothy Vaughn at a glance

- **Born** in Gardena on June 27, 1939 to Carl and Sylvia Pederson.
- **Married** 52 years to the late John Vaughn, her high school sweetheart.
- **Work:** Childcare provider for 23 years, house cleaner, billing department worker.
- **Spring Knolls:** Moved here with John in 1993 from Gardena to be closer to family.
- **Family:** Children Linda (Doug): Sean (Kimmie) and Tim. Sister, Millie. Five grandchildren and 8 great grandchildren.
- **Spring Knolls activities:** Welcomed new residents to Spring Knolls. For more than a decade served on the Boosters board, as secretary and from 2018 to 2023 as president. Now vice president.

of marriage.

When Judy moved here, Dorothy had for years been the Spring Knolls volunteer who greeted scores of new residents including future HOA board members to our community. Judy served a year as Boosters president, and later as Spring Knolls Association board president. She died last year, after moving to Florida.

As for the Boosters, Dorothy has for

more than a decade been busy on its board. Now, as Boosters vice president, Dorothy and her side kick and current president, Debbie Adelhelm, work closely on various events.

Before each dinner-related event, there’s a menu and staffing plan to be developed. As many as a dozen volunteers take part at each one.

In recent years the most elaborate dinner has been the Veterans Day luncheon in which veterans and a guest from all three units are guests for a free banquet. Dorothy, who dresses in camo gear, suggested the annual gathering and it grew from coffee and donuts to a Thanksgiving style banquet.

During the Friday night BBQ season, Dorothy and Debbie shop for food and fill the clubhouse freezers and refrigerators. On Friday, they prepare food for more than 100 diners. After a final clean up, Dorothy and Debbie deliver boxed meals to homebound residents.

Dorothy also writes the *Spring Knolls News* Boosters column, and delivers the newsletter and flyers to homes.

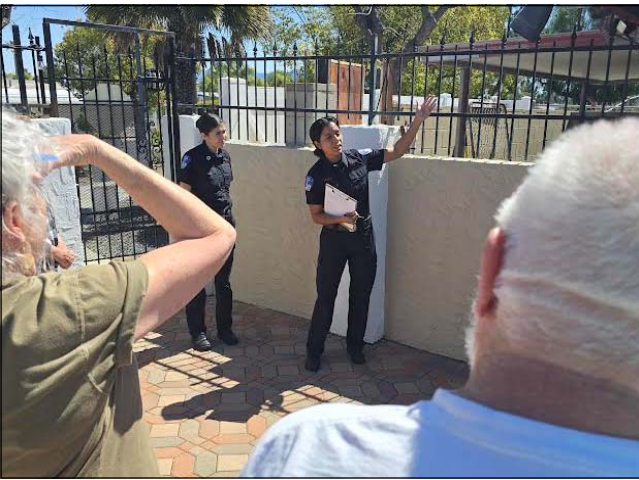
Bottom line, every month Dorothy puts forth a tremendous amount of time and energy to ensure your enjoyment. So, when you see her, let her know how appreciated she is.

Dorothy will be the first to say “It takes a village”. She also might be the first to sing, “Zip-A-Dee-Doo-Dah.”

.....  
*Side note:* Please attend a Booster meeting (second Wednesday of the month) help plan our monthly events.



**HIGH SCHOOL REUNION:** Dorothy Vaughn, (third from right) and Judy Francis, (far right) became fast friends at Gardena High School. At Dorothy’s urging, Judy moved to Spring Knolls in 2015 after her husband died. Above, the Gardena grads pose with fellow Boosters during the 2017 July 4 festivities in Eaker Hall.



Photos by Ted Vollmer, Spring Knolls News

**SAFETY INSPECTION:** Firewise representatives Enid Arana (left) and Nicole Vazquez explain to Spring Knolls board members and residents on March 19 what steps the association could take to "harden" the Spring Knolls clubhouse against wildfire damage.

# Firewise review: Looks like there's work to do

## Tree trimming, windows, shrub removal, roof tiles among suggestions

By Alan Hanson  
SKERT chairman

Firewise representatives Enid Arana and Nicole Vazquez conducted a detailed safety assessment of the clubhouse and grounds on March 19.

The idea was to see what Spring Knolls needed to repair/replace and/or clean up areas especially within Zone 0 (0-5 feet from the building).

Observing the inspection and asking questions were members of the Spring Knolls Association board, the Reserve Study Committee as well as several other residents. For about an hour we followed the Firewise inspectors as they looked at different areas for possible problems.

Below is a summary of some of their findings and suggestions:

- The roof tiles had no covering on the ends. That could allow burning embers to go inside the roof and start a fire. The suggestion was to install flashing or steel wool in those gaps.
- Inspect roof vents, be sure they have 1/8" mesh. If not, install it in the openings.

- Remove debris from rain gutters and downspouts. Some needed attention.
- Move the books from the outside of the clubhouse inside.
- Trim trees within 5 feet of the eaves. Trees needed removal or maintenance.
- Remove or replant shrubs in the Rainbow Bridge Garden to ensure there is a 5-foot clear zone.
- They suggested replacing the clubhouse's single-pane windows with dual-pane versions (obviously this would be expensive). Another option would be to cover them with metal screens, which would protect the glass.
- There were other minor issues.

Firewise took photos of those areas and will write up a corrective action report. The Reserve Study committee will evaluate the findings and recommend a schedule for tackling them.

A reminder to SK owners to tell me if you do anything to "harden" your home. While the Firewise recognition we received is good for three years, we still must show we're making progress in each of those years.

I want to thank those of you who attended the Quakes Heroes screening at the Murrieta Library last month (even more to Ed Carey, Ron

### IN RECOGNITION



**FIREWISE KUDOS:** On March 19, the Spring Knolls Association board recognized Alan Hanson, chair of the Spring Knolls Emergency Response Team, for his efforts in helping to secure Murrieta's first Firewise community wildfire safety designation.

Sieber, Sandy Bright and Holli Hanson for going above and beyond.) Event organizer Sandra Solace said we had 100 attendees. Lastly, thanks to the Earthquake Country Alliance and our exhibitors for their help!



**INSURANCE INCENTIVE:** Below is a Q &A about possible discounts, under state law, that you could receive on your homeowner's policy, especially if you have made efforts to "harden" your home's perimeter from wildfire vulnerability. While premium reductions are not guaranteed, you are in a better position to negotiate one if you have taken steps to protect not only your own property but those near it.

## What does being **Safer from Wildfires** mean for my Insurance?



Insurance Commissioner Ricardo Lara is requiring insurance companies to give discounts to residential and commercial policyholders under the Safer from Wildfires framework. Under Commissioner Lara's new regulation, insurance companies also must tell you about the wildfire risk factors on your property — and Safer from Wildfires gives you the tools to reduce your risk and help keep your insurance.

### **Q: When will discounts be available?**

A: As soon as possible. Under Commissioner Lara's new regulation, insurance companies are required to calculate new rates incorporating Safer from Wildfires discounts and submit their data to the Department of Insurance in a rate filing. Each rate filing undergoes a rigorous review by Department of Insurance experts under a transparent set of rules to make sure the rate filings are fair and complete.

### **Q: How much will my discount be?**

A: Discounts will depend in part on your property's individual characteristics and the actions you've taken through Safer from Wildfires. The safer your property is from the risk of wildfire, the more you can save. Different insurance companies may offer different discounts, so it pays to compare.

### **Q: Why aren't all the discounts the same?**

A: By requiring all insurance companies to submit their discounts separately, the regulation encourages competition to benefit consumers. Some companies may be a better fit for you based on your home or location. We urge you to look at all available options.

### **Q: I am on the FAIR Plan — will I get a discount?**

A: Yes – the FAIR Plan will also offer discounts. Contact a licensed insurance broker who is registered to sell FAIR Plan coverage. FAIR Plan's website has a Broker Finder tool that can assist you in finding a broker in your area: <https://www.cfpnet.com/>

### **Q: What safety step will help me get the biggest discount?**

A: Insurance companies may give different discounts for specific actions as well as for combinations of actions, so you should check with your insurance company and compare what others are offering. Local fire safety professionals and insurance consumer groups may also provide resources to help you plan for what actions to take first as you continue to make your home or business more wildfire resistant.

### **Q: When should I request a discount — immediately or when I renew my policy?**

A: After completing a wildfire mitigation action, you should contact your insurance company or agent/broker and advise of the completed work. You may need to provide proof that the mitigation action was completed, or an inspection may be required to confirm that the mitigation action was completed. Your insurance company or agent/broker should be able to advise you of the amount of annual premium savings the mitigation action will result in, and the premium savings would be reflected at the start of the next policy period.

## Booster Bits

## Lady &amp; the Tramp spaghetti dinner highlight of April



**Dorothy Vaughn**  
Boosters VP

Our popular Lady and the Tramp spaghetti and meatball dinner will be from 5 to 7 p.m. on Saturday, April 19. Advanced ticket sale, \$10; no tickets at the door. (See flyer inserted in your delivered newsletter.)

For tickets, call either: Lisa McKinney at 951 212-8781, or me at 951 696-0871. Tickets go fast for this event.

In case you missed it, we had a great time at our first Mardi Gras event with guests coming with bauble, bangles, beads,

masks and great outfits. People danced their you know what off. Thanks to Lisa McKinney for great decorations and work in the kitchen.

Then, on Saturday May 3, will be our Cinco de Mayo dinner (details to follow). On May 30 our Friday BBQs begin and will run through Aug. 29.

Also, on May 17, Spring Knolls' annual Community Garage sale will be held. The other units will have theirs later.

Long time resident, and former

association president (2015), booster secretary, etc. (she really likes to volunteer!!) Betty Dutton is leaving us and starting a new chapter in her life. We wish her only the best and thank her for her many years of service to our SKA community.

And, our Booster president Debbie Adelhelm underwent surgery this past week and will be off her feet (if that is even possible!) for a few weeks. We wish her well and pray for a speedy recovery.

## HAPPY BIRTHDAY!

Berny Anshen  
Rosaura Arellano  
Norma Arroyo  
Rosa Barajas  
Josephine Beasley  
Sandra Bike  
Bea Call  
Bob Collins  
Ana Cosio  
Brenda DeShane  
Virginia Dillon  
Barry Dickson  
Antoun Fayad  
Gary Fox  
Graciela Gallegos  
Mayra Garcia  
James Garibay  
Nancy Hindle-Garibay  
Phyllis Goldstein  
Diane Goley

Frank Goley  
Marco Gonzalez  
Ever Hernandez  
Sarah Human  
Eleanor Jobin  
Laurie Kirk  
Michelle Launier  
Darlene Lovell  
Victoria Marino  
Victor Marshall  
Susan Miller  
Millie Moore  
Ramona Morey  
MaryAnn Negrete  
Kenneth Nelson  
James Oldham  
Darla Orme  
Maria Ortiz  
Margaret Parsons  
Paolo Pelaez

Kathy Puplava  
Alfreda Rice  
Graciela Rocha  
Norma Rowland  
Albert Sanchez  
Richard Shumway  
Deborah Simon  
Donna Skinner  
Lawrence Slaughter  
Brian Smith  
Sylvia Smith  
Cheryl Steffen  
Patricia Tamaryn  
William Thomas  
Rick Thomason  
Dennis Tolton  
Jan Towers  
Elizabeth Troxler  
Christopher Tucker  
Kathleen Turner



Bob & Pat Collins  
Jose & Myrtha DeLeon  
Mike & Brenda DeShane  
Mark & Kimberly Kennard  
Keith & Myra Richards

### Are we missing anyone?

The *Spring Knolls News* hopes to ensure that all readers are acknowledged with birthday and anniversary tributes. We also wish to remember those who lived here with a notice of when they passed. If you know of an omission or addition that should be made, please let us know. Call 951 319-6749 or email [tscjnews@gmail.com](mailto:tscjnews@gmail.com).

### IN MEMORIAM



**John Gordon Barrington**  
(Nov. 1923 - April 2011)  
Via La Espalda

**Samuel Ford Bellah**  
(Jan. 1924 - April 2018)  
Via La Espalda

**Lise Lotte Brings**  
(Jan. 1932 - April 2010)  
Via Alegre

**Vonna Brooks**  
(Jan. 1930 - April 2016)  
Via Amarilla

**Oliver Cromwell Butler**  
(Jan. 1924 - April 2015)  
Via Princesa

**Barbara Ann Campbell**  
(Oct. 1931 - April 2010)  
Via Amarilla

**Darrell Dee Clarkson**  
(Feb. 1929 - April 2018)  
Via Princesa

**Richard Wallace Elam**  
(Nov. 1933 - April 2016)  
Calle de la Siesta

**George Edward Lallou**  
(March 1924 - April 1992)  
Via Norte Vista

**Louis A. Pacilio**  
(Sept. 1931 - April 2010)  
Via del Sur



SK Health Page

# Are you standing up to aging?

Getting older is often, literally, a balancing act. And if you're not ready for it, you may be in danger.

According to a recent Mayo Clinic study of 40 healthy, independent people over 50 — half of whom were 65 and older — there are tell tale signs of when you might need to be more cautious while walking, or even standing.

In the study's 30-second balance tests, study participants were asked to stand on both feet with eyes open, then on both feet with eyes closed; on just their non-dominant leg with eyes open and on just their dominant leg with eyes open.

Aging affects balance through changes in your eyesight, hearing and feeling including declining



Clinic Motion Analysis Laboratory, told the Mayo Clinic News Network that balance requires muscle strength and all body systems including your inner ear sending signals to your brain.

“If you have poor balance, you're at risk of falling, whether or not you're moving,” Kaufman said, adding that most older adults fall from losing balance.

Kaufman said that if you can stand on one leg for 30 seconds, you're doing well. He found, however, that people over 65 averaged only 11 seconds, and that if you can stand on one leg for 5 seconds or less, you're at risk of falling.

Here are some tips to boost your one-legged balance. Six more are to the right on this page.

1. Stand with your feet hip-width apart, weight equally spread over both legs. With hands on your hips, lift your left leg off the floor and bend it back at the knee. If this is too hard at first, hold onto a table or desk.
2. Hold that position as long as you can, up to 30 seconds.
3. Return to the starting position and repeat with your right leg.
4. Repeat the exercise as your balance improves.

—Source: Mayo Clinic.

## The Single Leg Stance Test

Stand near a table or countertop with a chair behind you for hand assist or rest as needed. Then start the test.



It's considered a good result if:

- Under 60 you can stand more than 30 seconds on each leg.
- Between 60 and 70 you can stand 20-30 seconds on each leg.
- Between 70 and 80 you can stand 10-20 seconds on each leg.

muscle strength and endurance. After some falls, a fear of falling also sometimes comes into play.

The Mayo Clinic researchers found that the older the participant was, the ability to stand on the nondominant leg for up to 30 seconds was the most difficult task.

Dr. Kenton Kaufman, senior study author and director of the Mayo

## Test yourself with six other balance tests

### Timed up and go test

Place an object 10 feet in front of a chair. Start a timer. Stand and walk around the object and return to the chair as quickly and safely as you can. Stop the timer once you sit back down. The test measures your ability to walk in tight spaces, including sitting/standing from the chair and making a turn. Use a walker/cane if you're used to one. Test goal: Less than 12 seconds.

### Standing reach test

Standing next to a wall with feet side by side, reach as far forward as you can without stepping or falling. This measures your ability to reach outside your base of support. Test goal: Reach more than 6 inches.

### Narrow stance test, eyes open

Stand with feet narrow and your eyes open, which reduces your base of support in comparison to a wide/narrow stance. Stand near a table/countertop with a chair behind you in case you need it. Work to keep this position for over 30 seconds and limit side to side/front to back sway.

### Narrow stance test, eyes closed

Stand with feet narrow and your eyes closed, which reduces your base of support while removing the visual component of balance. Stand by a table/counter with a chair behind you if needed. Test goal: Keep position over 30 seconds and limit side to side/front to back sway.

### Tandem walking test

Try to walk heel to toe in a straight line for around 10 feet. Test measures your ability to keep your balance while walking with a smaller base of support. Have someone beside you if you're concerned about balance, or do this along a wall or table/countertop. Test goal: Complete without significant side to side sway. Look up; not at your feet.

### Tandem stance test

Stand with one foot in front of the other. This reduces your base of support, forcing you to rely on your vision and vestibular system. Perform near a table/countertop and have a chair behind you if needed. Try to hold this position for more than 30 seconds and limit side to side/front to back sway. Look forward rather than at your feet for an added challenge.

# Ho👉gePodge

**HEAR YE!** The Spring Knolls Library now has more than 150 CD audio books, most of them by best selling authors. You may borrow them, and please return when you're done. Happy listening!



**COMMUNITY GARAGE SALE:** This year the three Knolls units will have their sales on different days. The Spring Knolls one-day sale will be **May 17**. You won't need an advance permit. For other garage or estate sales during the year, you'll need an HOA permit. You can contact **Roberta Jiron** at 951 834-2076.

**OVERNIGHT PARKING:** A reminder that overnight street parking between 11 p.m. and 6 a.m. is not allowed. Limited street parking for a 72-hour period is allowed with a guest parking place card on a vehicle's dash. If you need a permit call or text **Roberta Jiron** at 951 834-2076. Unauthorized parking is subject to a \$50 daily fine (second offense after warning) and towing at owner's expense.



**PARKING, Part 2: RV PARKING:** Residents need a placard that must be displayed to park recreational vehicles on a Unit 1 street for up to 72 hours. No trailer, RV or other vehicle may be parked in landscaped areas or on decorative rock.

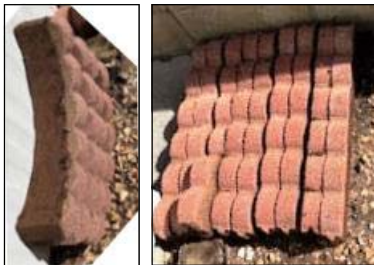


**NO KIDDING, FREE TOILETS:** Three clubhouse toilets in great condition were replaced with ADA versions. Available for pickup. We're flushed with pride at the price. Call **Lisa McKinney** at 951 212-8781.

## Spring Knolls Free Classifieds

To place a free classified ad, email your ad with a photo (optional) to [tscjnews@gmail.com](mailto:tscjnews@gmail.com) Questions? Call 951 319-6749

**LANDSCAPING:** Free scalloped edgers. Straight and curved. Yours to pick up. Call **Lori** @ 951 517-5391



I am a local and Spring Knolls resident Licensed Insurance Agent. I represent most major insurance companies with a Medicare contract. Give me a call! I look forward to helping you.

**Sarah Human MHA**  
Licensed Insurance Agent  
310-980-9509  
[Sarah@sarahinsure.com](mailto:Sarah@sarahinsure.com)  
[www.sarahinsure.com](http://www.sarahinsure.com)  
License # CA Lic. #0K16275

**CAMPER VAN:** "Fun and freedom" 2021 Dodge road-trek Zion SRT camper van. Only 5,000 miles! Pristine condition. Come see for yourself. Asking, \$99,000. **Carole** at 518 495-0825.



**HELP NEEDED:** I'm seeking help to restore my grandparents' vintage Philco radio. Specifically, I need someone to work on the inner components: wiring, tubes, etc. and replace any needed parts. Contact **Mary Lou Morgan** @ 760 613-7514



**REALTOR: Paula Rodig**, A Knolls resident Realtor. Call or text 949 324-5141. Stanfle Realty, DRE# 01731868.

**RIDES:** Will provide rides to people needing to go to doctors, grocery shopping. Call **Sindy**, 562 879-6988

**HAIRCUTS / BEAUTY SERVICES:** Offering hair cut and other beauty services in your home for your convenience (female & male). I'm a licensed cosmetologist with more than 18 years' experience. Call **Nancy** @ 951 414-9554


**LIGHT HOUSEKEEPING:** No deep cleaning. Contact **Sindy** @ 562-879-6988.

**HANDYMAN SERVICES:** Handyman services, gardening, driving to doctor visits, etc. **Steve Lopez**, 626 622-4552.



**CURTAINS, AREA RUGS:** **Curtain sets**, \$15 each pair. In beautiful shape. Panels are 84" X 48." Four sets but you can buy one or more. Machine washable. **Rugs:** 1. Gray/white diamond pattern, 5' x 7'(\$15); 2. 5' x 2' runner (\$7); and 3. 3' x 2' rug (\$5). Call **Marla** @ 951 694-2874.

# April 2025: What's up in Spring Knolls & beyond?

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Bible Study, 10 a.m.- noon; April Fool's Day; National Fun Day	<b>2</b> Autism Awareness, DIY, Reconciliation. Walking Day	<b>3</b> Burrito, Find a Rainbow, Fact Checking Day	<b>4</b> SK Office hours, 9:30-noon; School Librarian, Hug a Newsmen; Carrot; Rat Day	<b>5</b> Handmade, Love our Children; Gold Star Spouses; Pillow Fight; Deep Dish Pizza Day
<b>6</b> Bible Study, 10-11 a.m. GK; Tartan; Plan Your Epitaph Day	<b>7</b> World Health, No Housework Day	<b>8</b> Bible Study, 10 a.m.- noon;	<b>9</b> Boosters, 10 a.m.; SKERT 6 p.m. Online class, 2 p.m.	<b>10</b> Siblings, Homeopathy Day	<b>11</b> SK Office hours, 9:30-noon; Pet, Submarine, Day of Silence	<b>12</b> Passover begins at sundown; Hanuman Jayanti
<b>13</b> Bible Study, 10-11 a.m. GK; Scrabble, Make Lunch Count Day	<b>14</b> Moment of Laughter, Dolphin; Pecan Day	<b>15</b> Bible Study, 10 a.m.- noon; Jackie Robinson; Tax Day	<b>16</b> SK Board, 9:30 a.m. Library; Emancipation; Pajama; Voice	<b>17</b> Holy Thursday; Maundy Thursday; Blah Blah Blah Day	<b>18</b> SK Office hours, 9:30-noon; Good Friday; Haiku Poetry Day	<b>19</b>  Spaghetti dinner
<b>20</b> Bible Study, 10-11 a.m. GK; Easter; Passover ends at sundown	<b>21</b> Easter Monday; Patriots' Day; Spanish-American War begins, 1898	<b>22</b> Bible Study, 10 a.m.- noon; Earth Day; Jelly Bean Day	<b>23</b> Holocaust Remembrance Day/YomHaShoah Lover's Day	<b>24</b> Bingo, Unit 3, doors open at 4:30 p.m., 5:30 p.m.	<b>25</b> SK Office hours, 9:30-noon; Arbor, DNA; Penguin; Malaria Day	<b>26</b> Senior Resources Fair, 10 a.m.- 1 p.m., Eaker Hall
<b>27</b> Bible Study, 10-11 a.m. GK; Morse Code Day	<b>28</b> Workers' Memorial Day; Superhero Day	<b>29</b> Bible Study, 10 a.m.- noon; Yom HaZikaron (Israel Memorial)	<b>30</b> Jazz; Honesty; Guide Dog Day	<ul style="list-style-type: none"> <li>• April Flowers: Daisy and Sweet Pea</li> <li>• April Birthstone: Diamond</li> <li>• April Zodiac: Aries (until April 19) and Taurus April 20 until May 20</li> <li>• Child Abuse Awareness Month</li> </ul>		

## Open'nClosed

### Open:

Board office hours: Fridays - April 4, 11, 18, 25, 9:30 a.m.-noon

- Clubhouse Winter hours: 8 a.m. - 7 p.m. Gym, library, both swimming pools open, but **small pool is not heated at this time**. All ages may use large pool during winter hours. Jacuzzi or billiards room open to adults only. Call Facilities Director **Ron Sieber @ 951 541-6276** for more information.
- Eaker Hall: Clubhouse ground events need advance Board of Directors approval. Call **Debby Adelhelm @ 760 717-9876** at least 2 weeks in advance.
- Dog Park, Clubhouse grassy areas: Owners must keep dogs under control and poop picked up in all areas.
- Dogs must be leashed at all times, even in the clubhouse grassy areas.



### Here: (Spring Knolls)

- April 19: SPAGHETTI DINNER, 5 p.m. Eaker Hall. \$10. Dorothy Vaughn, 951 696-0871 or Lisa McKinney, 951 212-8781 for tickets. No tickets sold at door.
- April 26: SENIOR RESOURCE FAIR, 10 a.m. to 1 p.m., Eaker Hall. More than a dozen exhibitors will have tables, displays of their services. Several new providers this year, including Dial-a-Ride. Free and open to all units. Lunch, prizes provided.
- May 3: CINCO DE MAYO. (Details TBD)
- May 17: COMMUNITY GARAGE SALE. Spring Knolls only. All residents may sell items outside homes without a permit.

### There: (Units 2 & 3)

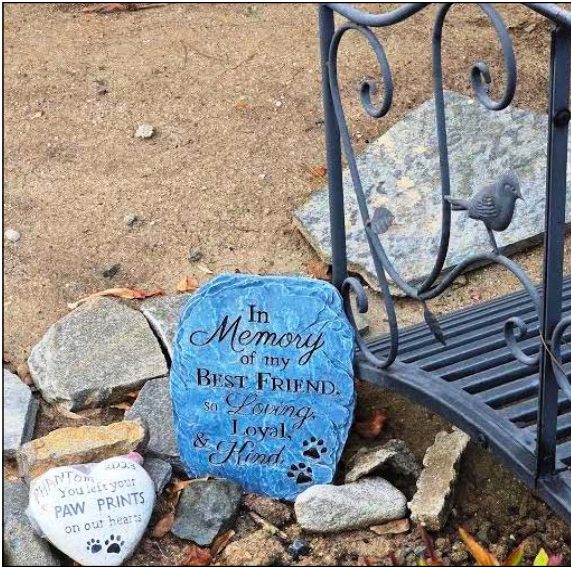
April 8: TACO TUESDAY (Unit 2) .6 p.m., three types of tacos: beef, chicken and carnitas; chips and salsa, rice, beans and

dessert, tres leches. \$12 per person, advance tickets only until April 7, call Sherry Tater, 951 536-4604.

### Elsewhere . . .

- April 3 and 17. MURRIETA MARKET NIGHTS: 5-9 p.m. , 24810 Washington Ave., Murrieta. Artisan, food vendors, activities. [murrietamarketnights.com](http://murrietamarketnights.com)
- April 5-6. TOUR DE MURRIETA: 20th Annual event. 4-mile bicycle race through downtown Murrieta. Exposition area, food, music, beverages. For more information go to [tourdemurrieta.com](http://tourdemurrieta.com)
- April 12: MURRIETA FIREFIGHTERS BBQ. Noon - 6 p.m. 11 Town Square, Murrieta. 78th annual event with music, vendors, beer and wine garden. Nominal fee for tri-tip lunch. 951 304-3473 for details.
- April 26: FRENCH VALLEY AIRPORT OPEN HOUSE. 11 a.m.-5 p.m. Free. 37600 Sky Canyon Drive, Murrieta. Local vendors, live music, helicopter rides. Details at [madelocalmarket.org](http://madelocalmarket.org)

# Spring Knolls Medley



Photos by Ted Vollmer

**RAINBOW BRIDGE PROJECT:** (Above): The first memorials paying tribute to lost pets appear at the Spring Knolls Rainbow Bridge outside the clubhouse. The ongoing project is nearing completion. Members are invited to place painted rocks or other memorials at the bridge site. Rainbow Bridges have sprung up around the country.



Photo by Lisa McKinney

**A MALE SNAIL DELIVERING SNAIL MAIL?** Lisa McKinney snapped this show of a snail moving ever so slowly up a tree at the Spring Knolls Dog Park. You may be wondering if this is a photo, or actually a video in slow motion. Take your pick.

## Spring Knolls Medley

**Don't be shy; join the Medley!**  
**Please share your** Spring Knolls experiences or favorite photos for the **Medley Page** that only appears in our on-line edition.

If you have favorite recent or past photos about our community or area, send them with a brief description, including the approximate time they were taken, **and your name to:**

**Spring Knolls Medley**

38441 Via La Paloma,

Murrieta, CA 92563, or email photo & information to [tscjnews@gmail.com](mailto:tscjnews@gmail.com)