



August 2025



Management Contact Information

If you have accounting questions, please contact accounting@millsmanagementservices.com. For all maintenance issues, we strongly encourage you to use the homeowner web portal. You can also submit maintenance requests to maintenance@millsmanagementservices.com. For all other issues, please contact admin@millsmanagementservices.com. Thank you! ■

Pool Use

As a friendly reminder, use of the pool area is for residents and guests accompanied by residents. Please do not let anyone into the pool area that you do not know. ■

Parking/Vehicle Rules

This is a friendly reminder the vehicles should not be parked on the street overnight. Vehicles parked on the street are subject to tow. You should use your garage or carport space to park your vehicle. Guest parking is limited to three nights or less. Any guests staying longer than three nights must obtain a parking pass from the property management company. Also, garage doors should always be closed except when you are entering and exiting the property. Garage doors may be opened slightly for ventilation. We appreciate your cooperation.

HOA Website

Check out our association website at

www.oceanaeast1hoa.com



Answers to many of your questions and a copy of documents you might need should be found at our website. Don't have a computer? No problem! There is a computer with internet access at the Clubhouse. ■

Accounting

If you have questions about your statement or would like to discuss any accounting discrepancies, please contact us at 760-978-9609 or e-mail accounting@millsmanagementservices.com. You can also sign up for automatic withdrawal through the homeowner web portal. There is no fee to pay using your bank account. ■



Got questions? Contact us!

Oceana East 1 HOA
c/o Mills Management Services, Inc.
1645 S. Rancho Santa Fe Road, Ste.
#208

San Marcos, CA 92078
Phone – 760-978-9609
Emergency Line - 760-231-0261
Fax – 760-230-5878
www.oceanaeast1hoa.com

Board of Directors

Jack Guida – President
Rob Reddy – Vice President
David Antonetti – Treasurer
Patricia Bristow – Secretary
Donna Ferrier – Director at Large

Property Manager

Chris Mills
chris@millsmanagementservices.com

Block Captains

Bay Leaf – Jan Grant
Cinnamon – Deanna Williams
Clove – Jan Grant
Ginger East – Ed Fritts
Ginger West – Carol Smith
Parsley – Hope Ebbert
Sesame – Paula Jones

Committee Chairpersons

Activities – Wil Bowers
Architectural – Jan Grant
Clubhouse – Jan Grant
Finance – Connie Guida
Infrastructure – Jan Grant
Landscape – Board

FROM THE *Board*

August brings warmer and longer days. Oceanside schools begin again in August so plan for more traffic, especially early morning, and mid-afternoon.

While visiting the pool area, please remember to put all chairs and lounges back where they were, and close and tie the umbrellas on the tables before you leave. We appreciate your help.

The gophers are having such a fun time in our beautiful greenbelts. We appreciate those who have reported the gopher activity to Management. Please don't discuss the gophers with the landscapers. Patience is the name of the game, however. To fully exterminate them, EACH mound must be treated 3 times, two weeks apart. So, although it may look like we aren't addressing the problem, it's just a slow process. 😊

Just a reminder: Please use HOA forms, not phone calls or emails, to make requests regarding landscape or architectural changes. These forms have been created for specific requests, and require certain contact and location information to more easily address your issue. They can be found on the HOA website or on the clubhouse bulletin board in the hallway.

Many of you are enjoying guests visiting. We want to remind you of the (easy) process of allowing our guests to park while visiting. They should park in front of your house and, for the first three overnights, just put a note on the dashboard stating "Guest of (Your address)." If they are staying longer (up to 2 weeks), you will need to request a parking pass from Mills Management. Please provide the make, model, car color, license plate, and exact dates of stay of your visitor's car. Thanks for following this simple procedure.

Occasionally, we see someone walking on our streets, between houses, or on back lawns, who we don't think lives here. Often, it is school kids, taking shortcuts to get onto Mesa. But that is not always the case. Please **DO NOT** confront these other **outsiders** directly. Contact the police with a description and location. They will respond and handle the situation, keeping you and your neighbors out of harm's way.

We hope you will attend the August 19th board meeting at 2 p.m. at the clubhouse.

The Board of Directors

ACTIVITIES



We're kicking off August on the very first day of the month with a summer Sip & Savor event co-hosted by Virginia, Callie, and Sharon! Just \$2/person gets you savory quiche, sweet pastry, and summery fruit with a beverage to wash it all down, while mixing and mingling with the neighbors on Friday, August 1st, at 9 a.m. And your trivia skills will be tested with questions about coffee!

We'll test our aiming skills with a game of Bocce on the court behind the clubhouse on Saturday, August 9th, at 5 p.m.



For those who enjoy games of chance, join us for Beach Blanket Bingo on Saturday, August 16th, at 5 p.m. at the pool deck. Beach/pool attire encouraged, as well as non-glass beverages. Try your luck in our \$1/card per game Bingo with a backdrop of summer/beach music. Feel free to take a dip in the pool to celebrate your wins!

Finally, a little off-site trip to the Oceanside Vegan Food Festival is on the calendar for Saturday, August 23rd. We'll meet at the Clubhouse, and leave at 11 a.m. for the Festival. The event is free, and features surprisingly delicious vegan variations of pizza, burgers, sushi, donuts, BBQ, tacos, nachos, dumplings, tamales, loaded fries, wings, noodles, cookies, curries, and more available for purchase.

A family and dog-friendly event, it will have a DJ, games, and vendors offering products, crafts, and services, as well as a booth to meet pups available for fostering and adoption.



Of course, our weekly Wet & Wild Workouts continue in the pool every Thursday at 10:30 a.m.

You can then go to the pool table at 2 p.m. each Thursday for Billiards.



And at 2 p.m. on Mondays, enjoy the challenge of a game of Bridge.

August

2025

OE1

Community Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					 Sip and Savor 1 9 a.m. \$2	2
 3	BRIDGE 2 p.m. Clubhouse 4	5	6	7 WATER WK'OUT 10:30 a.m. BILLIARDS 2 p.m.	8	 BOCCE 5 p.m. 9
10	BRIDGE 2 p.m. Clubhouse 11	12	13 Give yourself a  HIGH FIVE!	14 WATER WK'OUT 10:30 a.m. BILLIARDS 2 p.m..	15	 BEACH BLANKET BINGO 5 p.m. 16
17	BRIDGE 2 p.m. Clubhouse 18	Board Meeting Clubhouse 2 p.m. 19	20	21 WATER WK'OUT 10:30 a.m. BILLIARDS 2 p.m.	22	Oside vegan food festival carpool 11 a.m.  23
 24/31	BRIDGE 2 p.m. Clubhouse 25	26	27 ADOPT A PET 	28 WATER WK'OUT 10:30 a.m. BILLIARDS 2 p.m.	29	30



Effective medication management, when needed, is key to independent living. After all, maintaining a vibrant, independent lifestyle is a cherished aspect of the Golden Years 😊. Yet, while medicines are vital for health, navigating multiple prescriptions can be complex. As we age, for example, our bodies change how they absorb, distribute, metabolize, and eliminate medications.

A common challenge is "polypharmacy," taking multiple medications simultaneously, often for chronic conditions. This increases the risk of adverse drug reactions, falls, cognitive impairment, and hospital admissions. Up to 30% of hospital admissions for individuals aged 65 and over are medication-related, and about half could be prevented with better management. Complex regimens also increase the likelihood of errors, making it harder to track what you're taking or why. Effective medication management blends organization, diligent communication, and safe habits:

- Create a consistent routine, integrating medication intake into daily habits like after brushing teeth. Write down your schedule and keep it somewhere visible.
- Tools can significantly aid memory. Simple pill box organizers with daily compartments are highly effective. For more advanced help, electronic pill dispensers offer flashing lights and escalating audio alarms that repeat until medication is taken, preventing forgetting or accidental double-dosing.
- Open communication with all healthcare providers is paramount. Maintain a comprehensive, up-to-date medication list including all prescriptions, over-the-counter drugs, vitamins, and supplements. Include the name, dosage, frequency, purpose, and prescriber for each. Keep a copy accessible, updated, and share it with all doctors and pharmacists. Ensure it's visible to first responders who may arrive if or when you are incapacitated.
- Using a single pharmacy simplifies refills and allows your pharmacist to monitor for drug interactions and safety.
- Review all medications with your doctor at least annually.
- Never stop or change a medication without consulting your physician or pharmacist, as some medications require gradual tapering.
- Store medicines in a dry, cool place, avoiding humidity like bathrooms. Keep them in original containers for dosage and expiration dates. Take medication in a well-lit, distraction-free environment. Never take medicines prescribed for someone else and be aware of sharing dangers. Always ask your doctor or pharmacist if it's safe to consume alcohol with your medications.
- If the cost of medications is a barrier, government programs like Medicare Part D "Extra Help" assist with prescription drug costs for those with limited income, and non-profit organizations and pharmaceutical companies frequently offer patient assistance programs (PAPs) for free or low-cost medications.

Successfully managing medications is a cornerstone of maintaining health and independence. By understanding how aging affects medication, adopting practical daily strategies, and proactively engaging with healthcare professionals and community resources, you can significantly enhance your well-being. Active participation in your own care, supported by a robust network, empowers you to navigate your medication journey with confidence!

Stay safe and be well,

OE1 Board of Directors

TIPS ON HOW TO CONSERVE WATER AND CHECK FOR LEAKS



You can conserve water by:

- Installing water efficient devices, such as toilets and washing machines. Rebates for water saving devices are available at SoCalWaterSmart.com.
- Taking shorter showers and installing low flow showerheads.
- Using the dishwasher (for full loads) uses 4-5 gallons of water per load versus handwashing which uses 1.5 gallons a minute.
- Looking and listening for water leaks.
- Turn off the tap while brushing your teeth, shaving, or between soap-ups in the shower to avoid unnecessary water waste.
- Put an inch or two of sand or pebbles in an empty plastic bottle with a lid. Fill the rest of the bottle with water and put it in your toilet tank, safely away from the operating mechanism. In an average home, the bottle may save five gallons or more of water every day without harming the efficiency of the toilet.
- Rinse your fruits and vegetables in a bowl of clean water rather than under running water from the faucet.
- Do full loads of clothes. Doing half loads, or small laundry loads, adds up to gallons of wasted water. Modify washing machine settings if you must do a small load.

HOW TO SPOT A WATER LEAK



- In your toilet, put a few drops of food coloring in the tank and wait 15 minutes; if the food color seeps into the toilet bowl, it is likely that the flapper isn't sealing well. A quality, new flapper will fix the issue.
- At your water heater or filter system, check by looking and listening for water leaks or flow issues. Even small filtration systems can malfunction and continuously flow.
- A persistent musty smell can be a sign of mold or mildew, which often indicates a water leak.
- Peeling or bubbling paint or wallpaper that is detaching, can be a result of water damage.

For more information on water efficiency and rebates, visit: SDCWA.org/Conservation

I don't always wake up grumpy. Sometimes, I let her sleep in.



How to cook crack and clean a crab.



Step one: Use commas!



This getting older thing is wild. I went to the vet this morning, waited 30 minutes, got to the counter, and realized I forgot the dog!

85% of Americans don't know how to do basic math.
Thank goodness, I'm part of the other 25%.



MOM AT THE BEACH: "How could you kids be so irresponsible?

You bury your Dad in the sand and then lose him, knowing full well that the car keys are in his pocket!"



I don't need a hairstylist. My pillow gives me a new hairstyle every morning.

My Granddaughter asked me, "Gramma, today I watched someone do 50 pushups. Do you think you could do that?"

I said, "Of course, Dear. In fact, I don't want to brag, but I could probably watch someone do 100 pushups."



Kale is so versatile. It literally fits into any size trashcan!



A REAL smart TV would increase the volume automatically when you start eating chips.

A Cop pulls a man over and asked to see his driver's license. "This says you should be wearing glasses." The man replies, "I have contacts." The cop says, "I don't care who you know! Where are your glasses?"



I've always wondered if songbirds get mad at hummingbirds for not knowing the words to the songs.

Forecast for today: unproductive with a chance of napping.



If you think you are smarter than the previous generation, think about this. 50 years ago, the owner's manual of a car showed you how to adjust the valves. Today, it warns you not to drink the contents of the battery