

Highlands Highlights



HOA Board Message

Submitted by Mike Dahlstrom, President

Clubs, Groups, Committees, Oh My!

The Highlands Community is blessed with many opportunities for Residents to enjoy. There are clubs and groups such as High Diners (dine-out group), Hand and Foot, Zumba, Bible Study, and crafts to name a few. These are started by Community members to share interest in particular hobbies or entertainment. A Community member can start just about any group as long as it isn't commercially motivated and is open to the whole community.

Committees, on the other hand, serve specific needs for the Community. Architecture & Landscape, Finance, Library, Clubhouse Maintenance, Clubhouse Interiors, and Special Events Committees are acknowledged by the HOA Board of Directors. Most have financial responsibilities that align with the Board's mission to maintain and enhance property values for all. Each has a Chairperson and she/he leads the Committee through issue identification, solutions, and ultimately implementation of actions.

The latest addition to our committee roster was HOA Board Resolution #2020-2 passed at the February meeting, creating an Insurance Review Committee. The value to the Community is immense as this Committee will annually review the HOA's insurance needs, work with the insurance broker, and determine the most appropriate policies at the best price to protect our Community. The Insurance Review Committee will then present their recommendations to the Board for discussion and approval.

Following the HOA Board's approval of this new Committee, Jerry Crane was asked for his interest to chair it. Upon his agreement, Jerry was appointed Chair by the Board. He then sought out other Community members to assist in the review and Mary Kelly and Board member Mark Braverman agreed to join Jerry. The Board is grateful to these Community members for stepping up to benefit us all. I hope they feel the same accomplishment and pride that we, as Board members, do as the Community continues to thrive.



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...from our Special Events Committee

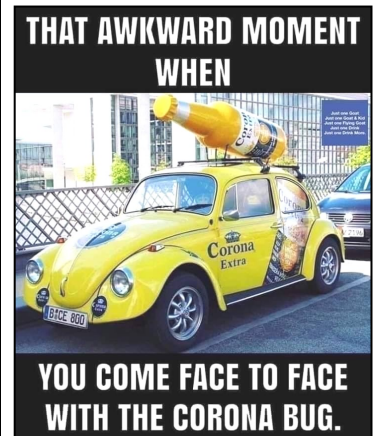
Due to the current virus 'climate' and following suggested precautions for our Community, at our Wednesday, March 11th meeting, regretfully, it was decided to not have an April Special Event dinner.

Please look for further announcements on Hi-Net and in next month's *Highlights* regarding plans for May and June.



Taking advantage of a deserved rest—In the spirit of the old light-hearted phrase: "We've gone fishing!"

Submitted by Gary Melott



NOTE: SEE PAGES 9-13 FOR THINGS YOU CAN DO TO STAY HEALTHY AND SAFE!

Condo News



Condo Board Message

Submitted by Sherry Kilpatrick, Chair, Highland Park Board of Directors

The March Meeting started with the open forum. It was suggested by Ed Salzman that we cancel the Board Meeting due to the coronavirus issue. HOA Board President Mike Dahlstrom gave his perspective, supporting that the meeting continue. COA Chair, Sherry Kilpatrick thought that those in attendance were aware of any risks, due to the amount of information that has been available. Since the Meeting, it has been suggested that the Board consider cancelling future open Board Meetings for the duration of this crisis and that decision will be made in advance of the April meeting. Our Homeowners will be advised as soon as a decision is made.

Maintenance Projects:

- ◆ Zoe Allen reported that she and Sheldon Siegel met with Doug from *Slaughter Landscape*. He seems to be uniquely qualified to deal with our valve box and water shutoff problems. Sometime in April, Shel and Doug Slaughter will check the condition of the boxes and water shut off valves. We will then know the overall condition and be able to get a bid for any repairs needed.
- ◆ The condition of the entry carpets was discussed. Our carpet cleaning contract is up for renewal. The last time carpets were replaced was nine years ago. Sherry has asked Judy Sutton to work with our cleaning contractor to provide the Board with an assessment of each entryway carpet condition and a recommendation as to the order in which replacement should occur.
- ◆ Garage door frame replacements are coming along on schedule and will probably be done before April 1st. In addition, we plan to repair nine more decks this summer. Those decks are tentatively Units 38, 66, 78, 89, 94, 102, 120, 124, plus one more to be determined.

- ◆ Pro Maintenance received Board approval for gutter and downspout cleaning and moss prevention on the roofs this fall. For this spring, cleaning of entryway vinyl siding was approved.
- ◆ CMI has been asked to obtain a competitive bid for window cleaning. We are also considering scaling back on the amount of pressure washing projects because of the cost.

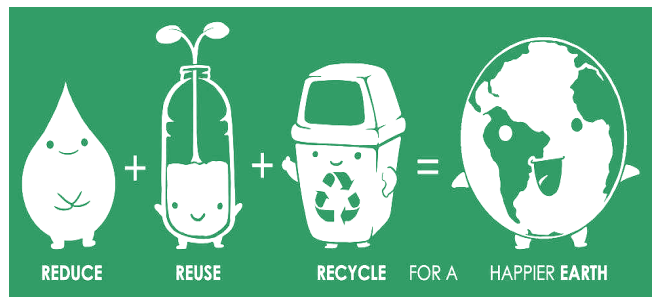
Landscaping Projects:

- ◆ At the Board Meeting, several landscape proposals suggested by the Landscape Committee were approved. They included two small projects: spring lawn aeration and removal of all sod behind garages 17 & 19.
- ◆ Last spring, *Brightview Landscape* notified us that their safety officer had identified the large area at the NW end of the property as a safety hazard for their employees because of the slope above the 8-ft. high cement retaining wall. Working with heavy mowers in this area could be considered a risk. This spring, the Committee decided to attempt a solution while enhancing the look of the area substantially. The Board tentatively approved this project. Because of other issues that have come up since the Board Meeting, we will probably have to scale this project back somewhat.
- ◆ Bark dust application was also approved. We are changing to a new vendor—*Bark Dusters*. This needed to be approved now if we wanted to get it done this year.

In coming weeks and months, we will learn far more about the Coronavirus (COVID-19) and how this will affect our plans going forward. We will do our best to keep all Condo Residents informed.

Attention: Upstairs Unit Owners/Residents

All upstairs owners who have water turn off/on valves inside your unit: it's time to turn the outside spigots on again so we can have pressure washing done, etc.



Save That Thought...

Condo News



Condo Landscape Committee

The March 10th meeting *Submitted by Zoe Allen* was with Jean Jung, our *Brightview* rep.



Since winter was nearing its end, we discussed upcoming projects that still needed Board approval. The next big project is bark dust application.

Jean Jung explained that dark hemlock, our usual choice, is in extremely short supply and we will need to use fir instead. Plus, we would need to get on a bark dust company's schedule very soon. We next talked about the fact that our property has lost control of weeds. It's so bad at many locations that bark dust can't be applied until they are removed.



As you may know, last October the Board decided to not allow any chemical weed killers (specifically a Roundup generic) to be used for control of weeds. *ProMaintenance* provided a quote for hand weeding which was approved at the October 2019 Board Meeting. Apparently, the dollar figure he supplied and his company's ability to do the work was misunderstood or miss-communicated. In any case, it was found out after our landscape meeting that *ProMaintenance* was charging far more than the amount the Board thought had been agreed to, and almost no weeds had been removed; lots of moss but almost no weeds. This was not what your Landscape Committee or Board of Directors expected nor is it acceptable going forward.

The bottom line is that the Board decided at the March Board Meeting to go back to using *Brightview* for ongoing weed removal using the methods they have used previously. They will also bring in a four-man crew in late March to hand weed all the areas where weeds are out of control and taking over. Of course, this will be another unexpected expense, but a necessary one. From an environmental standpoint, hand weeding was a good idea, but not workable or affordable on our property.

*...I don't know what's worse...
either that I'm none of the things
I wanted to be when I grew up...*

Or that, maybe I'm NOT grown up yet!

~'Ziggy', Tom Wilson, 02-29-20

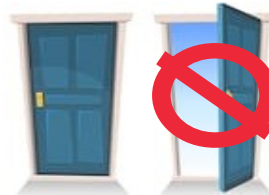
Reminder: It's Time to Get Lower Unit Dryer Vents Cleaned

Pat Barcroft, our *Submitted by Sherry Kilpatrick* Condo Board Secretary, is contacting vendors to get more bids for cleaning all lower unit dryer vents. Upper units were cleaned last year when they were all inspected.

We can get a nice discount by doing this as a group since it saves the vendor a lot of time doing several units in one visit. We then benefit with a lower rate.

We have 30 units signed up for this discount. If you have not signed up yet and would like to take advantage of the discount too, contact Sherry Kilpatrick at sherryk8888@gmail.com or (503) 452-4688. Please include your name, unit number, e-mail address if you have one, and phone number.

Reminder to Condo Owners/Residents



Building front entrance doors are to remain closed 24 hours-a-day. This has been our policy for years as it is a security issue, but there are a few exceptions. Of course, the door may be left open while loading and unloading groceries, etc. People who are moving in/out may leave the door open to facilitate moving furniture and boxes in and out. Workers with equipment should also have easy access to the building while bringing in supplies and equipment. Carpet cleaners are allowed to leave the door open to accommodate hoses. When in doubt, use common sense and keep your neighbors advised. There are fewer misunderstandings if you simply talk to each other.

On a related subject: parking vehicles in no parking zones in front of building entrances is not allowed except when vehicles are being loaded or unloaded. Blocking access to a garage is forbidden. If absolutely necessary to do so, be sure to let your neighbors know and be prepared to move the vehicle immediately when asked.

*All crises will ultimately awaken your spirit,
rearrange your priorities, draw you
together, and inspire an everlasting
compassion. Life is beautiful.*

*This too shall pass, and will bring
much self-awareness*

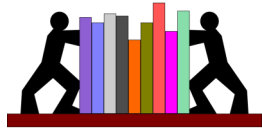
~Author Unknown

HOA Committee Reports

Library Whisperings

Submitted by Bobbi Siegel, Librarian

The local libraries are now closed.



However, our wonderful Highlands Library is open and full of lots of materials.

You can read, listen, and watch to help us get through the coronavirus pandemic. You might want to try listening to one of our audible books. These are read-aloud books that are very entertaining.

The Library Committee suggests that Residents practice 'Social Distancing', and use hand sanitizers before entering, and again when leaving the Library.

Let's help keep our wonderful Community healthy and safe!

Newcomers' Orientation Update



Regretfully, Submitted by Pat Combs due to the unforeseen circumstances of the COVID-19 outbreak and CDC guidelines, the Newcomers' Orientation Event that was going to be scheduled in April has had to be canceled. We apologize and hope something can be scheduled later on so everyone who wants to, can attend.

If there is anyone out there who would like to coordinate a Newcomers' Orientation Event at a future time in the year, please contact the HOA Board, as I will no longer continue in the capacity of Committee Chair.

Did You Know?

Laughter relaxes the whole body.
Laughter boosts the immune system.
Laughter triggers the release of endorphins.



Architecture/Landscape Committee

Submitted by Rob Mustard

The ALC has scratched all meetings – and corresponding discussions of Resident's Architecture and Landscape applications – through at least April 1st. That date may be pushed back even further, depending on the evolving situation.

So, what are we doing with ourselves? We can still get outside, and actually enjoy the landscape. The flowering trees are spectacular--our decorative pear and cherry trees, not to mention the magnolias. The daffodils and grape hyacinth are putting on a good show in the gardens, and the tulips should be making their appearance at any moment. You can still take walks around the neighborhood and get some fresh air. Let's all take advantage of this new opportunity. It sure beats sitting inside staring at screens!

Our homes are calling for attention, too. I've recently noticed some caulking around the windows that could use some re-doing. We'll soon install a "keyhole compost" raised garden bed in the back yard next to the patio.

Feel free to contact me at alc-chair@kchighlandshoa.com with any questions about an upcoming project. In fact, feel free to drop in on an ALC meeting (9:30 a.m. Wednesdays).

Save the Trees!



Never Fear, ProMaintenance Is Here...



...With Jerry looking after us. Yes, our wonderful Clubhouse is getting extra care!

Bobby of ProMaintenance will continue the 1-1/2 hours of extra effort to wipe down door handles, counters and other surfaces as part of his weekly janitorial work on Sundays. A walk through with Bobby was done on Sunday, March 22nd to see how it was going.

Passing Time...

It's reported that some people are completing a jigsaw puzzle every couple days!

While usually expensive to buy, remember there are a whole lot of puzzles in the Clubhouse Library for the taking.

A good way to burn some time—guilt-free!



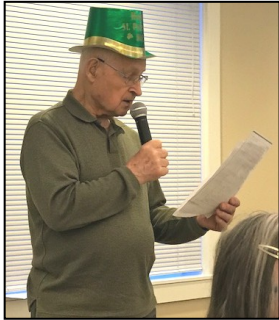
HOA Event & Activities Reports

HOA March Special Event—Corned Beef Dinner! Submitted by Gary Melott



In celebration of St. Patrick's Day, the March Special Event (aka 'the Shamrock Gala,' according to one person!) on Saturday, March 14th, went very well. Kam & Kam Catering did a wonderful job feeding our Highlands folks. We sent home 13 meals—we had more than enough food. Our thanks to the Special Event Committee who did a great job sanitizing the tables, chairs, and wearing gloves handling the silverware.

A good time was had by all— Gary was great— the food was great— Ed was a riot— and thanks to all who came!



Ed —"doing" St. Paddy's Day!



Cute Irish "Lass" Diane!



We practiced 'Social Distancing'...



Someone must have told a joke!



Quite a St. Patrick's Day spread...



Yummy dessert too!

Pictures by Cheryl Viale

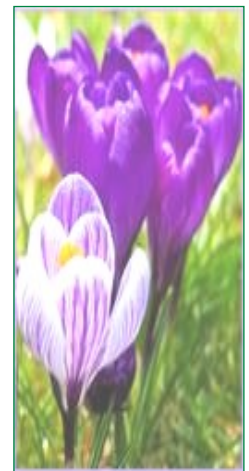
High Diners

Submitted by Pat Combs



At Si Señor's in March...

The March High Diners event at Si Señor's was great, with everyone enjoying tasty drinks and bueno food. Looks like a good time was had by all at the outing—could it be all the Margaritas??



Zoe and Marguerite enjoying theirs!



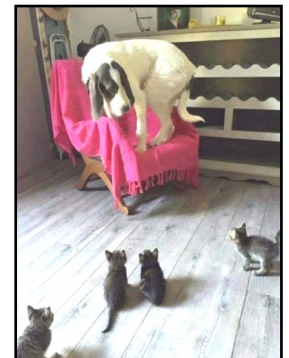
These gals look happy!



The 'clean plate' tells it all!



One of the featured dishes...



...And when there's nothing better to do!!

Pictures by Pat Combs

High Diners has canceled their outing for April. Depending on the evolving virus situation, we may have to cancel the May event. Watch for notices on Hi-Net and in the Highlights. Hopefully, by June everything will be better for all.

Activities

Zumba Gold Update



Submitted by Zoe Allen
With an abundance of caution ...

After consulting with our instructors and Denny Peffers, who is an RN and one of our participants, the decision was made that Zumba needs to be canceled until further notice...

Bible Study

Submitted by Ron & Anna Willis



Bible Study Is Canceled. You have all heard the phrase that change is the only constant no matter how much we like or dislike it. We are all making rapid adjustments in our lives due to the Coronavirus (COVID-19). We are instructed in scripture to obey the governing authorities, which are established by God. In accordance with Governor Brown, and nationally, President Trump, we are encouraged to help curb the spread of this virus. 'Social distancing' is one means that will affectively help accomplish this.

For the near future, we are canceling the scheduled Bible Studies in April. In keeping with the restricted gatherings, we will not schedule more Bible Studies until further notice.

Be Encouraged. None of us enjoy these kinds of restrictions but value our safety and good health. Where it is difficult to maintain a positive focus in these crisis situations, be encouraged to follow instructions from God's Word. Even if some are not inclined to read and follow the scriptures, they might find comfort in hearing these words:

Isaiah 41:10: "Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with my righteous right hand."

John 14:27; 16:33b: (Jesus speaking) "Peace I leave with you; My peace I give to you; not as the world gives do I give to you, Do not let your heart be troubled, nor let it be fearful...In the world you have tribulation, but take courage; I have overcome the world."

There is comfort in the knowledge that we can live with confidence, that no matter the circumstances that befall us as human beings, there is someone greater than these trials we encounter – The God that speaks to us through His Word.

Blessings and Prayer to all.

*Till your soul, cultivate blessings,
and grow joy.*

~Author Unknown

'Mexican Train' Group...

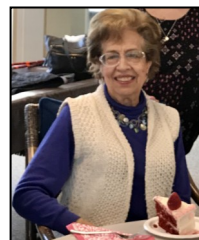
...does have fun! Recently, there were TWO birthdays to celebrate — Donna's and Marguerite's!



Diane & Donna



Ready to enjoy Donna's B'day Carrot Cake!



The B'day Gal!



Taking a break to socialize & enjoy cake...



Yummy cake made by Donna!

Pictures by
Diane Ortez

**Dominoes Group has chosen to
decide on playing week-by-week.**

Playing Mahjong

Submitted by Sandy Bergeron



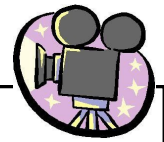
When I moved to Oregon in 1999, my daughter, Deb, belonged to the Mahjong Mamma's along with your Zumba leader Cathy Scott. Since all her group worked together at one time or another, they kept in touch by having a potluck and playing Mahjong once a month. My daughter brought me along and they taught me to play Mahjong the Chinese way.

I, in turn, taught the game to folks here in our Community. Our Mahjong group here at King City Highlands plays the Chinese version of the game. But there is no money involved. Some of us also know how to play the American National version.

We usually play Mahjong in the Card Room on Wednesdays at 2 p.m.

**We have canceled games for now, until it is safe..
Come join us when we start up again—
We would love to teach you!**

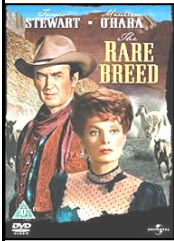
Activities



April Movie Nights

Submitted by Nancy Crandell

APRIL MOVIE NIGHTS WILL BE THE 2ND AND 4th FRIDAYS AT 7 P.M.



April 10th - We will 'travel' to Texas in the 1880's for "**THE RARE BREED**" starring Jimmy Stewart and Maureen O'Hara. This is the story of the introduction of English Hereford cattle to the longhorns of Texas.

When English woman Martha Price and her daughter come to America with their prize Hereford bull, he is sold to a wild Scotsman (Brian Keith). She hires a footloose cowhand to help transport the bull to the new owner.

So begins an adventure that tests the mettle of all involved. Will the prized bull cut it on the frontier of America?



April 24th - "**KEEPING THE FAITH**"

Is a Romantic Comedy starring Ben Stiller and Jenna Elfman.

This is the story of two lifetime friends who are reunited with their childhood tomboy girl friend who has grown into a high powered, workaholic beauty.

The friendship develops into a love triangle that is complicated by the fact that one has become a rabbi and the other a priest.

There are lots of laughs here, and also the value of friendship.

Ladies Golf Group

Submitted by Linda Ray-Keeney



Reminder: We are starting our second season in mid-April! If you enjoy the game of golf, but not all the trappings of a regular golf league, then this may be the group for you.

We play a "no pressure game" weekly at a local golf course. *There are no membership fees collected.* Simple requirements: have clubs, basic golf skills, and knowledge of the game.

Those interested, and for further information, please contact Linda at (503) 816-6058.

Highlands Travelers

Submitted by Wendy Gardner



Everything You Always Wanted to Know About Travel... but were afraid to ask!

As it was prudent to not gather together in March, please join me in welcoming Marcia Lynn Miller of You Go Girls on **Thursday, April 23rd at 7:00 p.m.** in the King City Highlands Clubhouse Card Room.

Marcia has a passion for travel originating from childhood road trips in her grandfather's car with no seat belts or air conditioning. Time spent studying Spanish in Mexico at the age of 15, and a semester in Austria during college, only served to encourage her wanderlust.

Collecting some 70 countries' stamps in her passport keeps her in a state of perpetual motion and a frequent state of jetlag. Ironically, she married a man who does not share her love of travel. Along the way, however, she has become an expert at all things travel related. Her professional yet casual and easy-going manner has been a gift to the many who have discovered her travel tips and secrets!

When not traveling, she, her husband, dog, and cat make their homes in Portland, Oregon and in a central Washington vineyard.

If 'social distancing' is still a part of our lives, we will postpone this presentation again.

PLEASE RSVP to wendyardner2014@att.net, or by phone @ 818-807-7063 by Tuesday, April 21st.

Book Club

Submitted by Judy Sutton



The March 18th Book Club meeting was canceled, and is rescheduled for April 15th (tax day), at the same time (1:30 pm). We will review **The Woman in the Window**.

In May, we will return to our regular schedule—the third Wednesday of the month—May 20th at 1:30 pm. May's selection to read will be decided at the April meeting.

You may also check our bulletin board in the Clubhouse Library for a full listing of upcoming books.

Hope to see you April 15th! Questions? Contact Judy at (503) 639-1752.

Community Information

Highlands 2020 Directories Update

The 2020 Highlands Submitted by Mabel Weber Directory of Residents is in the process of being printed. I am finishing the proofreading and hoping they will be delivered before the end of the month.

I am asking everyone who is able, to come to the Clubhouse to pick up his/her/their Directory. If a Resident knows of a neighbor who is unable to come in, you are welcome to pick up one for that person.

I will have a box of the new Directories in the entry-way of the Clubhouse with a sign-out sheet near it. Please come in at your convenience to pick up your Directory, and sign by your name and the name of a neighbor for whom you are picking up one.

Please bring your old directories for recycling! Thank you for your patience.

IN MEMORIAM

Long-time Highlands Resident, Gary Baumer passed away the weekend of March 14-15th. He was an original Condo owner who lived at 16286 SW 130th Ter., #64.

Our sincere sympathies go out to the family.

Kitchen Etiquette

Submitted by Denette Peffers & Bobbi Siegel

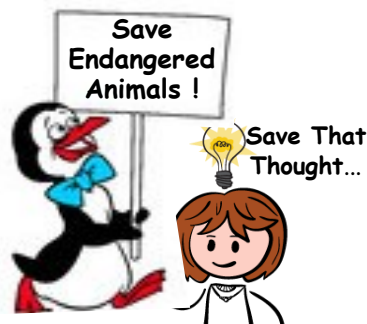
Did you know... that all of us are responsible for cleaning our community kitchen after use?

Many Residents use the kitchen and dishware for events, games, and meetings etc. While most do a good job of putting their dirty dishes in the dishwasher, the dishwashers aren't getting run, thus leaving dishes to sit for days and days.

Please run the dishwashers when they are half full or better—but just as important is to ask a volunteer from your group to empty it the next day.

Don't know what goes where? Open and search for the right cupboards, and just do your best!

Thank You Everyone!



Condos Neighborhood Watch



We have Submitted by Sandy Bergeron been meeting and talking about preparedness for an emergency. We all should know what to do to stay safe. We should all have our stores of food and medicine on hand. Now we can put that knowledge and those supplies to the test.

Stay home and use some of those supplies. Challenge yourself. See how many days you can go on what you have. Physical/social isolation doesn't have to be painful. It can be insightful.

Our next Condos Neighborhood Watch Meeting scheduled for April 21st has been canceled. We will see about the July 21st meeting.

Stay safe,

Sandy Bergeron
(971) 255-3790 sandber31638@gmail.com

Q: Where does William Tell take his garbage?

A: To da dump, to da dump, to da dump, to da dump, to da dump, to da dump,

~Author Unknown



Houses Neighborhood Watch



Submitted by Connie Holt

Houses Neighborhood Block Captains:

Spring has sprung, houses are on the market and selling fast, and new Residents are moving in. In our last meeting, we agreed we would provide new Residents with an envelope that will contain a welcome letter, Owner/Resident application, and the emergency contact form.

Please be sure to get the New Resident envelope from the Clubhouse Office so that this envelope can be given to our new neighbors within a few days of their moving in.

Welcome to all!

Thank you,

Connie Holt
Houses Neighborhood Watch Coordinator
(503) 936-9297 punkshasta@gmail.com

The Wider Community



Errands & Virtual Socializing Volunteer List

Submitted by Dave Platt

The King City Community Foundation (KCCF) is committed to the health and safety of our community, as well as interested in combating the feelings of isolation of our more vulnerable community members. As such we are compiling a list of local volunteers willing to help house-bound seniors with NON-EMERGENCY errands, like shopping, picking up prescriptions, etc. We are also putting together a list of "virtual" socializing volunteers who are interested in chit-chatting with isolated seniors via telephone, FaceTime, or Skype.



What we envision, is compiling a list which provides names, locations, telephone numbers and hours of availability of each volunteer. We will then only share the list with our local residential care facilities, HOAs and community resources (so personal information is not widely shared online). Each entity can disseminate the information to their own residents. Additionally, we can accept and compile a list of isolated seniors who are interested in receiving a socializing call(s) from a volunteer. We would just need names, telephone numbers and preferred contact hours. We would only share this information with our volunteers.

We will try our best to obtain volunteers who are pre-vetted (who already volunteer at a local school or program that performs background checks). We cannot, however, make any guarantees as we do not have the capacity to screen volunteers ourselves. We will inform volunteers that ANY improper behavior will be reported to both local police and to the Department of Justice. We believe in the good of our community and think the benefit of this plan substantially outweighs the very low risk of any abuse.

As we develop this plan, we ask for feedback and suggestions. We have started to get a long list of volunteers and will be ready to circulate soon once we work out a few logistical matters. Please provide your thoughts and suggestions.

Thanks!
 Jaimie Fender, President
 King City Community Foundation
 Tel: (503) 862-8072
www.kccforegon.org
 Email: KCCFOregon@gmail.com

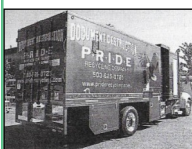


*Motivation is what gets you started.
 Habit is what keeps you going.
 ~Jim Ryan, No Worries News*

King City Shredding Day Coming!

There will be a free Document Shredding Day this month sponsored by the King City Police Department and Pride Recycling. In order to help combat the threat of identity theft, they are offering this free shred event, allowing residents to securely dispose of paper documents containing personal information.

- When:** **Saturday April 25th**
from 9 a.m. to 12 p.m. Noon
- Where:** City of King City (Office Building)
1300 SW 116th Ave.
King City, OR 97224
- Details:** You may bring up to two (2) bags or boxes per person, for shredding.



Shredding is being offered in exchange for you bringing non-perishable food items to be donated to the Sunshine Division.



REMINDER: DO THE FIVE

- HANDS—Wash Them Often
- ELBOW—Cough Into It
- FACE—Don't Touch It
- FEET—Stay More Than 3 Feet Apart
- FEEL SICK—Stay Home

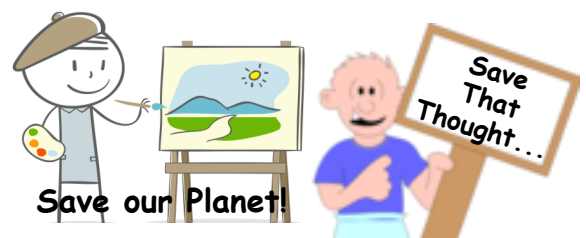
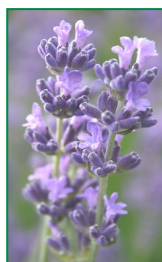
Help Stop the Coronavirus



Practice Compassion

Closing schools, canceling highly anticipated events, and disrupting our daily routines by staying home and away from others causes stress for all of us. This is hard and important work. Take a deep breath. Remember, we are doing this to protect each other, the people we love, and the communities we call home.

<https://www.oregon.gov/oha>



Save our Planet!

Staying Healthy and Safe

GOOD THOUGHTS ARE BEING SENT OUT FOR EVERYONE TO STAY HEALTHY!

This is a trying time, but we are truly stronger together.



HOA President's Message: Highlands Health and Personal Awareness

I'm a 'social' person—I enjoy being around others, having conversations, and participating in activities. In the current climate of contagions, I find that I need to temper my contacts and be more conscious of my surroundings and personal hygiene.

The news media can be a "friend"—providing us valuable information—but occasionally "foe" by the sheer intensity/frequency with which we hear the latest news. It is serious, and our Community demographics say we are a susceptible group for sure.

At our Clubhouse, ProMaintenance spent time the 2nd weekend of March, wiping down hard surfaces and door handles, but its usefulness depends on individual actions that are referenced here and in the news. Understanding grows every day of how this virus is transmitted and it depends a lot on personal habits. "Social Distancing"—a new term in our lexicon—is another step to minimizing exposures. Thus, we regret that many of our activities/meetings/gatherings were canceled in March, including the Town Hall. The Board will address immediate needs via conference call. The April meeting is planned, but may still be impacted.

Our Community's culture promotes looking out for our neighbors. Because conditions and information about COVID-19 change almost daily, and although we're attempting to provide the most current information when the *Highlights* goes to print, you may consider the great online resources list provided on this page. However, we know not everyone in our Community is online, so we hope that those who are, can help neighbors who aren't by giving them a call and checking on them. Concerns and anxiety often come when there are "unknowns" and/or repeated TV news. A call also can reduce a sense of isolation and loneliness, get questions answered, and provide assistance and information. If you are online and haven't signed up for Hi-Net (our Community network), please consider it for day-to-day current communications and information.

Stay safe and healthy. Look for the "friends" pieces of the news and be aware of your surroundings. We live in a wonderful Community of folks looking out for each other and we certainly can continue doing that.

Mental Health...

...when at home or confined:

- ◆ Avoid loneliness—maintain human connections.
- ◆ Reach out via phone, Skype, computer, social media—whatever means is available to you.
- ◆ Check in with your family & neighbors.
- ◆ Keep as normal a routine as you can.
- ◆ Eat well, drink water, get plenty of rest, do some indoor exercise/physical activity.
- ◆ Limit resources for info—listen to scientific professionals, NOT the politicians!
- ◆ Find ways to reduce stress—turn off the TV for awhile, listen to music, nap, do some deep breathing, meditate, keep a journal.
- ◆ Find ways to entertain you & others at home—reading, games, music, puzzles, crafts, draw/coloring, watching old movies and comedy series via streaming, DVDs, and some TV channels have them.
- ◆ Since schools are closed, support students who've worked so hard toward plays/spring performances by watching "virtual" performances.
- ◆ Keep as positive as you can—read or listen to inspiring messages, count your blessings!

Virus Info Resources:

- <https://www.cdc.gov/coronavirus/2019>
- <https://www.who.int>
- <https://www.oregon.gov/oha>
- <https://www.co.washington.or.us/covid-19>
- <http://www.ci.king-city.or.us/>
- <http://www.kccforegon.org>
- <https://www.tigard-or.gov/corona/>
- <https://www.pbs.org/newshour>



Natural Remedies: Common Health Issues

Basil — To quiet a cough and alleviate congestion, boil about 15 fresh basil leaves in two (2) quarts of water and a spoonful of cloves (they're antimicrobial) until half the water remains. Stir in one (1) tsp manuka honey (a natural expectorant) and sip daily until you're feeling better. ~Caitlin Policastro, NP

Salt Water — A sore throat is most often caused by a viral infection, which usually resolves on its own. Salt acts like a water magnet and pulls excess fluid to reduce swelling and loosen mucus, helping flush out irritants or bacteria. ~Maria C. Mejia de Grubb, MD

Ginger — When stomach flu strikes, ginger can help relieve nausea and vomiting and ease stomach cramps and bloating. ~Maria C. Mejia deGrubb, MD
<https://www.prevention.com>

Staying Healthy and Safe

Need Hand Sanitizer?

Make your own! Look for basic ingredients in drug stores and most grocery stores to DIY (do it yourself).

What you need:

- ◆ 2/3 cup isopropyl alcohol 91% (rubbing alcohol)
- ◆ 1/3 cup aloe vera gel (NOT the juice)
- ◆ *Optional:* Essential oil –your choice of fragrance
- ◆ A small or medium mixing bowl and a spoon
- ◆ An empty container, such as a 3-ounce bottle from a travel toiletries kit
- ◆ A small piece of masking tape for labeling

How to make it:

- ◆ In the mixing bowl, stir the rubbing alcohol and aloe vera together until well blended.
- ◆ (*Optional but nice:* Add 8-10 drops of the essential oil. Stir to incorporate)
- ◆ Pour the homemade hand sanitizer into the empty container and seal.
- ◆ Be sure to label the container with “Hand Sanitizer” written on the piece of masking tape affixed to the bottle.

The CDC recommends using hand sanitizer with at least 60% alcohol content. This recipe makes a sanitizer that slightly exceeds that, at 60.66%. So, following the recipe exactly is a must. If you want a sanitizer with a higher alcohol percentage, decrease the amount of aloe vera to 1/4 cup.

And there you have it—

~Grant Butler, *The Oregonian*, 03/04/2020

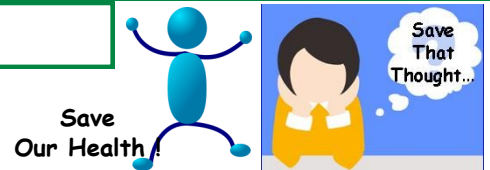
Additional Suggestions...

Continue to stay on top of your CDC recommended hygiene, drink plenty of water, and exercise to flush out your system. Remember, this too shall pass...

~from 360 Dentistry Team



Commemorative Jewelry to always remember 2020



Wash Your Hands Immediately after Touching These Things!



Washing your hands is essential to stopping germs in their tracks! This limits the transfer of bacteria, viruses, and other germs. The Centers for Disease Control and Prevention recommends using soap and clean water, or an alcohol-based hand sanitizer to wash your hands,—studies show both are very effective. It is impossible to keep hands 100 percent germ-free all the time, but it's absolutely essential, particularly after touching the following 10 things:

- ◆ **Money.** This is the one that many people don't think about being so gross! Today, you can use a debit or credit card for most purchases, but sometimes you have to handle cash. Researchers tested \$1 bills from a New York City bank and found hundreds of microorganisms—including various bacteria and DNA from pets & viruses.
- The other 9 places are:
- ◆ Handrails, handles, or doorknobs
 - ◆ Almost anything in a doctor's office
 - ◆ Cutting boards and kitchen sponges
 - ◆ Soap dispensers or pumps
 - ◆ Pretty much anything in an airport
 - ◆ Restaurant menus
 - ◆ Any animal
 - ◆ Touch screens
 - ◆ Pens that aren't yours

<https://www.rd.com>
via No Worries News, 01/27/2020

Practicing 'Social Distancing'... See more on next 2 pages.

Take action to reduce your risk of getting sick—If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

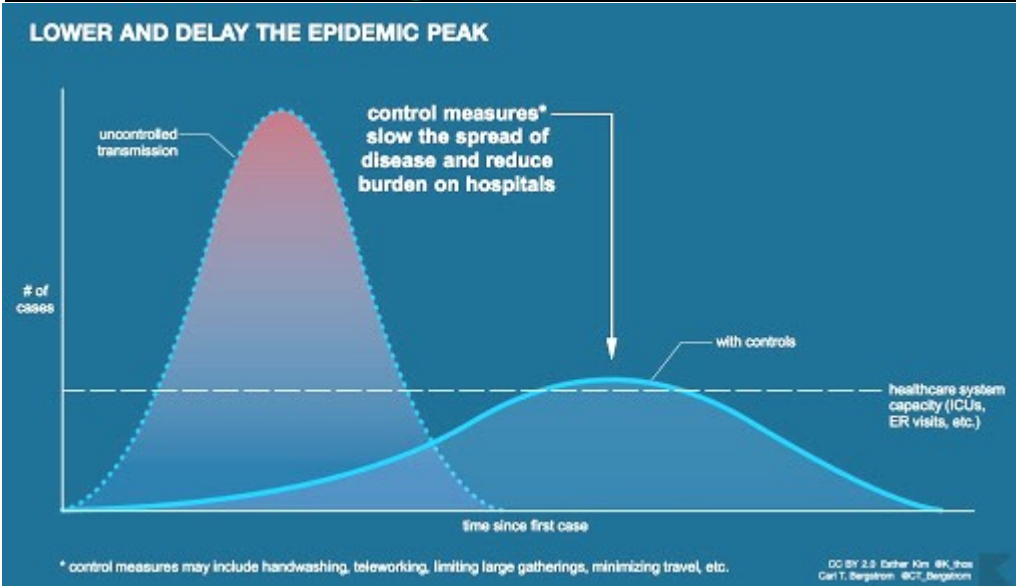
- **Take everyday precautions** to keep the ever-changing CDC suggested space between yourself and others.— now at 6 ft— use hello, nod, smiles instead of handshakes, hugs, etc.
- **Stock up** on necessary supplies., e.g. meds, cleaning, sanitizing, groceries.
- **If you go out** in public, keep away from others who are sick, limit any close contact and wash your hands or use hand sanitizer often.
- **Avoid** any large gathering of more than 10 people.
- **Avoid ALL** non-essential travel.

If there's an outbreak in your community, or you don't feel well, stay home as much as possible to reduce your risk of being exposed or exposing others.

<https://www.cdc.gov>

More Health & Safety Info & Sponsors

How Social Distancing Saves Lives...



Graph Image by Esther Kim, Designer, and Carl Bergstrom, computational biologist at the University of Washington.

Flattening the Curve...

Basically, it all comes down to the realities of the limits of the health care system, per Carl Bergstrom.

As the earliest and biggest cluster of COVID-19 cases in the U.S. unfolded in his area, Bergstrom was frustrated by people on social media not understanding why they shouldn't continue normal social gatherings.

To tackle that confusion, he teamed up with Esther Kim to adapt this helpful graph that illustrates what's at stake.

When social distancing measures are imposed, the spread of the virus slows and hospitals are less overburdened.

The curve with the tall peak demonstrates a scenario where lots of viral transmissions lead to lots of disease, which overwhelms the health care system. Unfortunately, this is what is currently happening in Italy, where doctors have to make some truly awful choices about who gets care first.

"So, the idea of flattening the curve is that we need to take proactive steps to control the trajectory of this epidemic," Bergstrom said. "If too many people are infected at the same time, we will overload our hospital capacity."

The curve with the shorter peak offers an alternative scenario with low transmission. Although in that hypothetical situation the outbreak of disease cases would then likely last longer, the number of severe cases at any one time requiring precious hospital space and resources – the limits of which are depicted by the horizontal line – would remain manageable. This is the scenario we can still hope to achieve in the U.S.

It's worked before.



**Honor Earth Day –
Save our Planet –
NOW!**



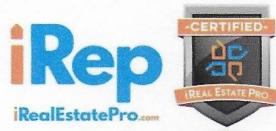
Words of the Day...
**Stay Informed,
Plan & Prepare,
Don't Panic!**



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More Info (cont'd) & Sponsors

Acting Fast, Saving Lives...

During the 1918 influenza pandemic, Philadelphia waited more than two weeks after its first reported case to implement social distancing. By this point, the city's health care system was overwhelmed.

In contrast, St. Louis implemented social distancing just two days after its first reported case.

A 2007 study compared the two cities' responses and the graph looks very similar to the one from Bergstrom and Kim. Instead of depicting what could happen now, the data shows Philadelphia's curve — showing the number of deaths — had a tall peak, while St. Louis successfully flattened the curve.

The key message here is to act, and act fast.

The U.S. is past the point of being able to trace the transmission path of each case and quarantine those affected individually. "That horse is pretty much out of the barn and way down the road at this point," Bergstrom said.

Instead, approaching the emergency with a public health mindset and maintaining social distance is how we can all do our part to flatten the curve.

<https://www.pbs.org/newshour>

THINK ON THIS...

Have you noticed that fears are a lot like the highway billboards?

The faster you're moving, the quicker they approach, the larger they get, and the more they block your view of what's real and alive. To the point that they tower above you, larger than life itself, giving you pause and more reason than ever to turn around and retreat to safety.

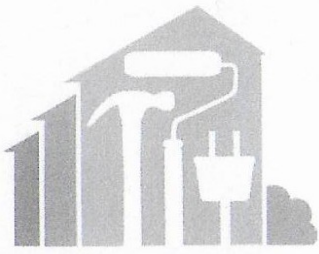
Yet if you muster the courage to stay the course, in just a blink they're behind you, and put into proper perspective. And then as quickly as they appeared, they completely vanish.

If you want to stay the course, then just stay the course.

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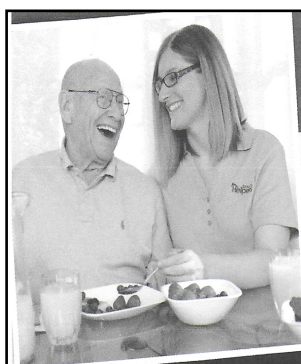
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Editor: Quila Bowlés
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Proofreaders for this issue:

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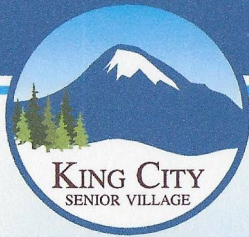
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Market Update

April 2020

Recent Home Sales in Highlands

Type	Address	Bed	Bath	sq.ft.	Selling Price	\$/sq.ft.	Sales Date
HOUSE	12554 SW PEACHVALE ST	2	2	1696	\$429,000	\$252	Nov-19
HOUSE	12730 SW DICKSON ST	2	2	1926	\$473,500	\$245	Nov-19
CONDO	16363 SW 130TH TER #96	2	2	1042	\$239,500	\$229	Nov-19
CONDO	16248 SW 130TH TER #24	2	2	1125	\$259,900	\$231	Nov-19
HOUSE	12748 SW DICKSON ST	2	2	1466	\$399,500	\$272	Dec-19
HOUSE	16333 SW 129TH TER	2	2	1705	\$411,500	\$241	Dec-19
HOUSE	16021 SW 130TH TER	2	2	1829	\$539,500	\$294	Feb-20
HOUSE	12831 SW PEACHVALE ST	2	2	1466	\$422,000	\$287	Mar-20



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Realtor Open House

**1st Sunday of Every Month
1 - 4pm**

Invite your friends and family to tour multiple properties For Sale

More local sales activity is available at KenMillerAssociates.com


According to the Regional Multiple Listing Service New listings, at 2,754, decreased 9.6% from January 2019 (3,048) and rose 116.9% from December 2019 (1,270). Pending sales (2,271) increased 11.1% over the 2,045 offers accepted in January 2019, and rose 28.2% from the 1,772 offers accepted last month in December 2019. Closed sales (1,663) rose 14.6% from the 1,451 closings recorded last year in January 2019 and decreased 24.9% compared with the 2,213 closings recorded last month in December 2019.

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Call us at 503-639-0630 to find out how much your home could sell for!

Statistical information obtained from public sources not guaranteed and should be verified.

KC Highlands Calendar APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<p>Clubhouse Office Hours: Mondays, Wednesdays 9 – 12 and Thursdays 1 – 4.</p> <p>For changes: Please check the calendar on the Clubhouse front door window or watch for updates on Hi-Net.</p>			<p>9:30 'Closed' A/L Comm. Mtg</p>  <p>April Fools' Day</p>		<p>10:30 Coloring</p> <p>5 Happy Hour</p>	
5	6	7	8	9	10	11
			 <p>Passover Begins</p>	<p>9:30-4 Sewing Group</p> <p>5:30 'Closed' Condo Board Mtg</p>	<p>10:30 Coloring</p> <p>5 Happy Hour</p> <p>7 Movie Night</p>	<p>No Special Event This Month</p>
12	13	14	15	16	17	18
 <p>Easter Sunday</p>			 <p>Taxes are Due!</p>		<p>10:30 Coloring</p> <p>5 Happy Hour</p>	
19	20	21	22	23	24	25
		<p>6 Finance Comm, Mtg</p> 	<p>1:30 Book Club</p> <p>6:30 Town Hall HOA Board Mtg to Follow</p> <p>Earth Day</p>	<p>7 Highlands Travelers</p>	<p>10:30 Coloring</p> <p>5 Happy Hour</p> <p>7 Movie Night</p> <p>Arbor Day</p> 	
26	27	28	29	30		
	<p>7 CPO4K Meeting</p>				<p>Note: If items are left here, it is because either no confirming notification was received, or they are taking it on a week-by-week basis.</p> <p>If there is something that is NOT on here and meets, just fill in your own blank space!!</p> <p>Thank you...</p>	