



Dear Vista View Residents,

I hope that you are all doing well and staying safe and healthy!

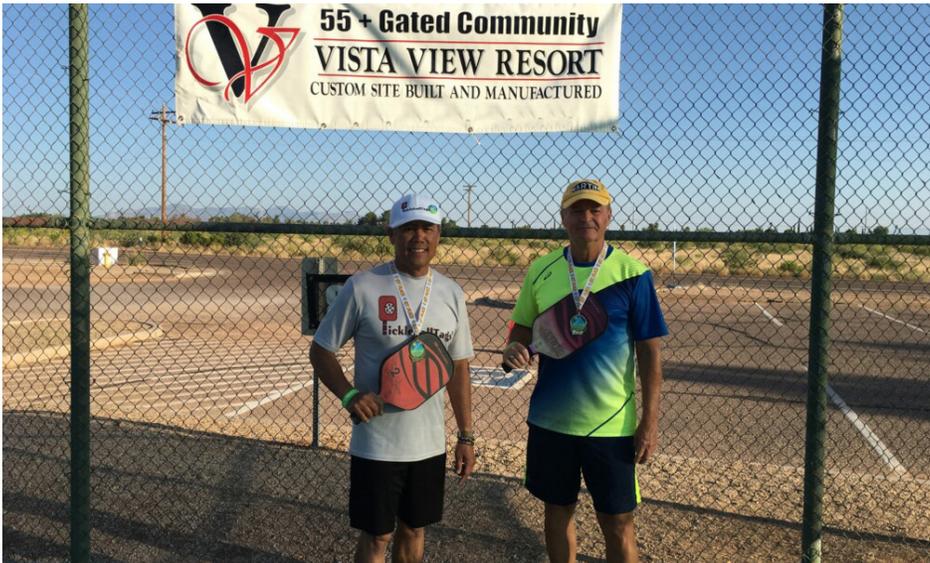
You should be receiving property tax statements soon. Please make sure you send the entire statement including the payment coupons to the following address, 5901 S. Belvedere Ave Tucson, AZ 85706 or drop it off at the Clubhouse and I will send it out. If you want your property tax bill to come directly to us next year, you just need to sign the back of the payment coupon. Kim Baker can fill it out but you MUST sign it. This does NOT pertain to the mobile homes. If you have any questions or want to get set up with auto billing for monthly resort fee's please see me!

Just a friendly reminder that when you park on your driveway and your car is on the sidewalk it makes it very difficult for people to walk safely. There are numerous over flow parking lots. Please do not block the sidewalks.

I am back in my office in the clubhouse. The clubhouse is still not open but if you need me, I am in here. Please do not come through any side doors, use the front doors. You can drop your payments and property tax statements in the drop box at any time. Masks are still required when entering the office/clubhouse.

Lynette Villani

Pickleball Sponsorship



CLUBHOUSE INFO

Club Hours

6:00 am - 10:00 pm

Business Hours

Monday - Friday
8:00 AM - 5:00 PM
526 S. Clubhouse Lane

Lynette Villani

Office: (520)459-0775

Email:

lynette@vistaviewresort.com

UPCOMING DATES

Oct. 31st

Halloween

BIRTHDAYS

October

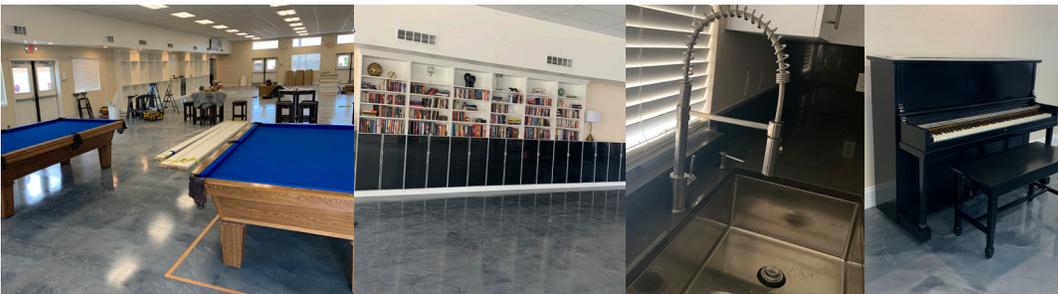
- 1st - David Arehart, Susan Diesen & Janet Krause
- 3rd - Joann Elden, Karen McCracken
- 6th - Joe Payne
- 7th - Nancy McHale & Dennis Terrill
- 8th - Ilene Miller
- 9th - Barb Isle & Joanna Romo
- 10th - Jacqueline Geisler
- 11th - Cortney Cowan
- 12th - Roscoe Ford
- 14th - Ron Fales
- 17th - Joanne Sylvester
- 19th - Joe Robley
- 21st - Cheryl Kleinschmidt, Don Martin
- 23rd - Robin Carlsbad, Patricia Hedlund, Susan Merryfield
- 24th - Bob Webster
- 28th - Sharon Grauerholz
- 29th - Denver Wasson
- 30th - Paul Mort & Carol Alexander

Want your birthday on here?

Let Lynette know.



Clubhouse Updated Pictures



Fall Word Search

Autumn marks the transition from summer into winter, the association with the transition from warm to cold weather. The possibilities of summer are gone — chill of winter is on the horizon. The word *autumn* comes from the Old French word *autompne*, later normalized to the original Latin word *autumnus*. Can you find all the words that pertain to Autumn, and some that only come around every four years?

- Apple Cider
- Autumn Colors
- Baking
- Ballot
- Chilly
- Colorful Leaves
- Decorations
- Elections
- Football Games
- Frost
- Gourds
- Harvest
- Holidays
- Homecoming
- Hunting
- Ice
- Indian Corn
- Madonna
- Mums
- Nuts
- Pumpkins
- Rake The Leaves
- Ready Or Not
- Shopping
- Snow
- Squirrels
- Stock Market Crash
- Thanksgiving
- Turkey
- Vote
- Winterize
- World Series
- Yard Clean Up

R	E	G	N	I	M	O	C	E	M	O	H	P	U	M	P	K	I	N	S
Y	E	L	T	G	B	O	B	A	E	T	T	A	V	E	T	H	D	S	R
E	X	C	E	S	P	R	M	F	B	S	N	O	W	R	Y	E	O	Q	N
W	L	S	A	C	E	T	Y	S	O	X	U	Y	E	O	D	C	W	U	Y
E	S	S	T	R	T	V	I	G	N	S	G	Q	D	S	A	N	T	I	H
D	K	E	R	O	P	I	R	Y	N	O	D	N	R	Z	L	S	B	R	J
O	Y	A	I	O	C	S	O	A	A	I	I	C	I	T	H	L	O	R	T
T	R	S	F	K	L	K	E	N	H	R	V	T	Y	T	S	G	N	E	F
U	O	W	E	R	E	O	M	M	S	N	D	I	A	L	N	Y	E	L	H
G	G	N	R	S	E	S	C	A	A	E	R	C	G	R	L	U	W	S	O
I	N	N	R	E	Y	D	M	N	R	G	I	O	L	S	O	I	H	A	E
S	Y	I	I	O	T	A	I	U	M	K	L	R	C	E	K	C	H	B	Z
H	D	E	K	P	Y	O	D	C	M	U	E	L	E	N	A	N	E	C	I
B	O	R	K	A	P	D	L	I	E	U	T	T	A	S	A	N	A	D	R
I	A	O	U	R	B	O	A	L	L	L	S	U	C	B	D	I	U	H	E
D	N	C	D	O	U	E	H	E	A	O	P	J	A	R	T	L	D	P	T
C	A	P	K	M	G	T	V	S	R	B	H	P	O	H	A	O	R	N	N
Z	O	N	C	O	L	O	R	F	U	L	L	E	A	V	E	S	O	O	I
T	Z	A	J	S	E	V	A	E	L	E	H	T	E	K	A	R	H	F	W



The Dirty Dozen

By: Karen Yekel/Vista View Resident

Eat carrots for better eyesight, eat cauliflower for more fiber, eat tomatoes for lycopene, eat spinach and greens to oxygenate your blood. Do most of us even know what to eat anymore? Do you find it all very confusing? Some people go so far as to avoid some fruits and vegetables because of this confusion. And what about eating organic produce?

All too often, we hear the “experts” tell us to eat organic produce, then we hear that physicians say it doesn’t matter if you eat organic or not. There is actually a group, known collectively as the Environmental Working Group (EWG), which annually determines the safety of certain foods, particularly produce. The USDA and EPA also work together to identify foods to be tested for pesticides on a rotating basis. Every year the “Dirty Dozen,” considered the worst of the worst with pesticide residue, graces the EWG’s annual Shoppers Guide to Pesticides in Produce.

The guide is based on analysis of the **U.S. Department of Agriculture’s Pesticide Data Program (PDP) report**, which is published annually. It’s worth noting that, according to the PDP, 99.5% of samples tested had residues “well below” the EPA’s established tolerances, and 22% had no detectable pesticide residue. The most current findings, however, report that the “dirty dozen” foods contain the most pesticide residue. This is where you want to consider organic choices. While organic is often more expensive than the alternative, you can find bargains and, with the upcoming growing season, support your local farmers while maintaining a healthier lifestyle. Here’s the latest dirty dozen list:

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes

As you can see the oft-revered Kale has taken over third place in the dirty dozen. Kale and spinach contained 10 - 80 percent more pesticide residues by weight than any other fruit or vegetable, according to the EWG. The latest report on kale found traces of Dacthal, which the EPA has classified as a possible human carcinogen. Dacthal was banned in Europe in 2009.

On the opposite side of the plate is the “Clean 15.” These fruits and veggies are more impervious to the pesticide residue, and are generally considered safe to eat non-organic. Here are the Clean 15:

- Avocados
- Sweet Corn
- Pineapple



- Cabbage
- Onions
- Sweet Peas
- Papayas
- Asparagus
- Mango
- Eggplant
- Honeydew Melon
- Kiwi
- Cantaloupe
- Cauliflower
- Broccoli

As with all produce, washing is paramount, even if it says “triple washed” on the packaging, even if it is organic. A bath of clean, cool water swished around or scrubbed onto the produce is sufficient. You can add a little bit of lemon juice to your cleaning water, or a couple drops of grapefruit seed extract. These are both excellent cleaning agents for all produce. Be sure to rinse thoroughly after washing, and dry when necessary.

I hope you find these lists helpful as you go about selecting your produce. Remember to support your local food purveyors, farmers’ markets, and gardeners who sell what they grow. Or, grow it yourself!

A Simple Recipe

Enjoy the simplicity of roasted cauliflower and broccoli florets sprinkled with a little olive oil, salt and pepper, roasted on a sheet pan at 400 ° until caramelized. If you use parchment paper on your sheet pan, clean up is a breeze. Roasting any vegetable brings out delicious flavor additions to your summer menus. You can even roast them on the grill. Get creative! Bon appétit!

Attention:

- You are responsible for keeping your yard clean, and clearing pine needles, weeds, branches, and overhanging plants that are disrupting sidewalks or common areas.
- The dumpster in RV area is only for RVers or Clubhouse employees only. **Residents have designated garbage.** No resident should be using the dumpster unless pre-arranged for use with a clubhouse event.

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



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[cdc.gov/COVID19](https://www.cdc.gov/COVID19)



Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

- **Stay home:** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, stay away from others. You should stay in a specific “sick room” if possible, and away from other people in your home. Use a separate bathroom, if available.
 - See COVID-19 and Animals if you have questions about pets. <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>



Call ahead before visiting your doctor

- **Call ahead:** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor’s office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



If you are sick wear a facemask in the following situations, if available.



- **If you are sick:** You should wear a facemask, if available, when you are around other people (including before you enter a healthcare provider’s office).
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then as their caregiver, you should wear a facemask when in the same room with them. Visitors, other than caregivers, are not recommended.

Note: During a public health emergency, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf or bandana.

Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.



CS 316120-A 04/01/2020

cdc.gov/COVID19

New Tenant Software/Portal

Tenant Portal - www.appfolio.com/help/online-portal

Tenant Portal (Spanish) - www.appfolio.com/help/online-portal-es



If you have already provided us with your email address, please check your inbox for an activation email to log in to the portal. This new portal will allow you to check your account balance, make payments and schedule maintenance requests all from 1 convenient place!

If you have not provided us with an email address, please send the email address you would like to use for the online portal to Lynette Villani at lynette@vistaviewresort.com or call 520-459-0775.

