



Coy D Estes

Senior Housing Newsletter

September 2026

All Maintenance Emergencies

(After Office Hours)
(909)851-3627

260 N. 3rd Ave
Upland, CA 91785

Office Hours

Monday - Friday
8:00am - 5:00pm

Office Phone
(909)981-7160

Staff

Managing Director:
Tanya Burdick

Asst. Director:
Vanessa Ochoa

Asst. Manager:
Alicia Martinez Zamora

Maintenance Technician:
Mike Edwards

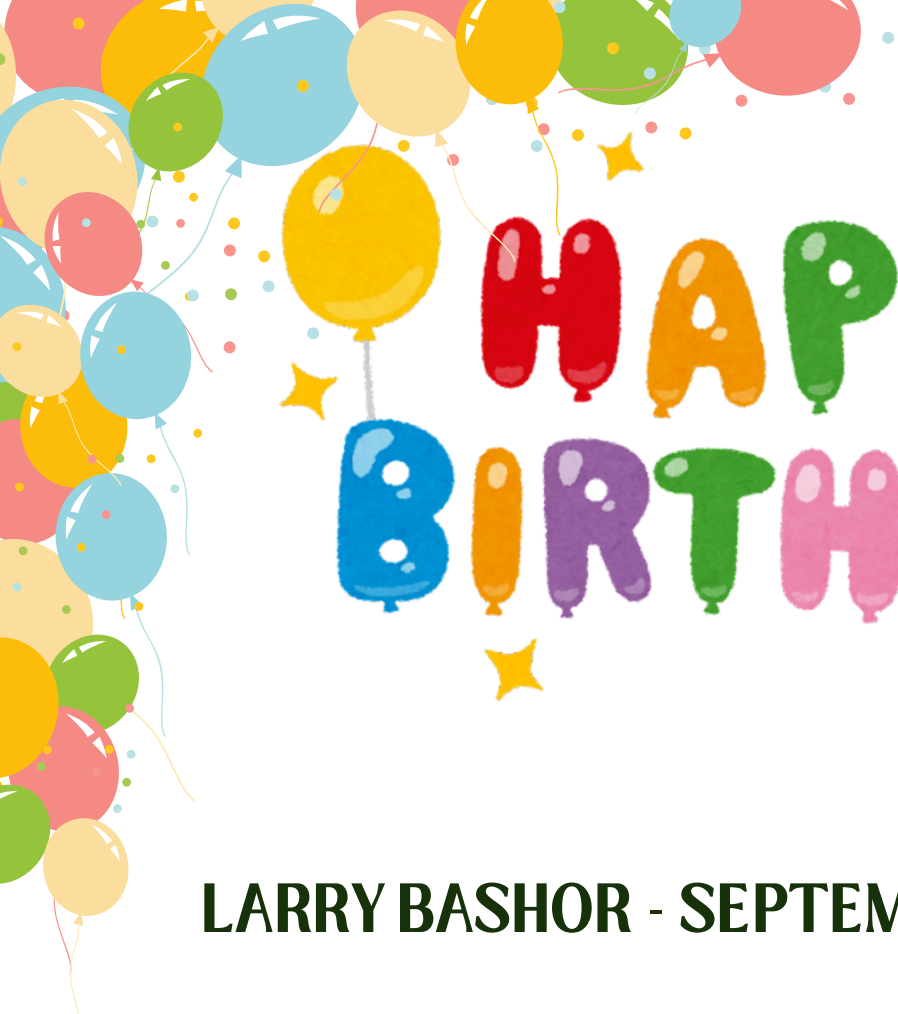
Maintenance Technician
Jeff Samsel

Septemeber Days to Celebrate

SEPTEMEBER 7- LABOR
DAY (OFFICE CLOSED)

SEPTEMEBER 22- FIRST
DAY OF FALL



A cluster of colorful balloons in shades of yellow, orange, blue, green, and pink, with small yellow stars scattered around them.

HAPPY BIRTHDAY

A cluster of colorful balloons in shades of green, blue, and yellow, with small yellow stars scattered around them.

LARRY BASHOR - SEPTEMBER 1

GUADALUPE SANCHEZ - SEPTEMBER 10

LINDA GRANGER - SEPTEMBER 15

DARLENE BROCK - SEPTEMBER 16

SHARON HORTON - SEPTEMBER 26

CAROL MALESKEY - SEPTEMBER 29



TO OUR CDE TEAM

**HAPPY
BIRTHDAY**

JEFF SAMSEL
SEPTEMBER 16TH

**THANKS JEFF FOR YOUR HARD WORK
WE APPRECIATE WHAT
YOU HAVE DONE
FOR US!**





SEPTEMBER NEWSLETTER

Calling All VETERANS!



We want to HONOR YOU!

We are creating a special Veterans Recognition Flyer for **November**, and we would love to feature our amazing residents who have served our country.



If you are a **Veteran** and would like to be featured, please **bring a photo** of yourself down to the office.

We would love to honor you and show you off! ♥



GUESS WHO'S THE VETERAN?



In our November flyer, we'll play a fun game and challenge everyone to **Guess Who's the Veteran!** Let's see if our community can guess who served!



Autumn

BUCKET LIST

- ☐ MAKE A FALL PLAYLIST
- ☐ GO ON A NATURE WALK
- ☐ VIST A PUMPKIN PATCH
- ☐ MAKE A HOMEMADE TREAT
- ☐ VOLUNTEER WITH YOUR FAMILY
- ☐ GO TO FARMERS MARKET
- ☐ LIGHT A FALL CANDLE
- ☐ DECORATE YOUR ROOM FOR FALL
- ☐ READ A BOOK TOGTHER
- ☐ BAKE FALL COOKIES
- ☐ KNIIT A SCARF
- ☐ MAKE A FAMILY RECIPE
- ☐ WATCH A CLASSIC MOVIE
- ☐ WEAR A COZY SWEATER



Pumpkin Bars



Pumpkin Bars With Cream Cheese Frosting are a favorite Fall dessert in our home. The combination of flavorful pumpkin and decadent cream cheese frosting is downright irresistible. If you are looking for a seasonal dessert that's quick to make and brings rave reviews to the table, then these easy and delicious bars are for you!

Cooking Information



20
Servings



10 min
Prep Time



35 min
Cook Time

Cake Ingredients

- 29 oz Pumpkin Puree (canned pumpkin)
- 1 cup granulated sugar
- 1/2 cup brown sugar, packed
- 3 eggs
- 1 cup vegetable oil
- 2 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 2 tsp pumpkin pie spice
- 2 tsp ground cinnamon
- 1-2 tsp salt

Frosting Ingredients

- 4 oz cream cheese brick, softened (not the tub)
- 1/2 cup butter, softened
- 2 1/2 cups powdered sugar
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1-2 tbsp heavy cream milk or half and half can be used



How to Make Pumpkin Bars:

CAKE:

1. Preheat oven to 350 degrees F. In a large bowl, combine pumpkin, sugar, eggs and oil with an electric mixer until well combined.
2. Add flour, baking soda, baking powder, pumpkin pie spice, cinnamon and salt to the wet ingredients and mix by hand until just combined.
3. Pour batter into a 9x13" baking pan that has been sprayed with non-stick cooking spray.
4. Bake for approximately 30-40 minutes. Bars should be starting to set up, but remember this is more like a brownie than a cake, it should seem a bit undercooked in the center, but not still be wet.
5. Remove from oven and allow to cool completely on a wire cooling rack.

FROSTING:

1. Cream together cream cheese and butter until light and fluffy. Add in vanilla and mix until combined.
2. Add one cup of powdered sugar, and salt, and mix until well combined. Then add remaining powdered sugar and mix until well combined.
3. Add in one tablespoon of cream and mix until well combined. If a slightly thinner texture is desired, add in additional tablespoon of cream and mix until combined.
4. Spread frosting over bars. Slice and serve.

WELCOME, ALICIA!

We're happy to welcome Alicia Martinez-Zamora, who will be joining our office team as a long-term temporary staff member.

Alicia will be helping us with day-to-day office duties and assisting residents as needed. She is very friendly, approachable, and looking forward to getting to know everyone in our community. If you see Alicia in the office, please stop by, say hello, and help us give her a warm welcome! We're glad to have her here and appreciate the extra support she'll be providing to our team and residents.



Thank you to everyone who came out to Beatrice's Coffee Gathering! We truly appreciate you taking the time to join and share in such a warm and welcoming morning. Your presence helped make the gathering extra special, and we hope you enjoyed the coffee, conversation, and time together!

Join Bea for COFFEE

in the B Bldg. 2nd floor

Sept 9
&
23

Wednesday
@ 8:30 am

Come sit and hang out
and bring whatever
you want to share.



Questions contact Bea
@ (951) 602-3187

everyone is welcome!

MOSQUITO PREVENTION

Mosquito Prevention Tips

Drain: Empty out water containers at least once per week.

Dress: Wear long sleeves, long pants, and light-colored, loose-fitting clothing.

Defend: Use repellent registered with the U.S. Environmental Protection Agency, such as DEET, picaridin, IR 3535 or lemon eucalyptus oil.

**Other natural repellents include oils sourced from geranium, citronella, patchouli, thyme and clove.*



Please Do Not Feed the Squirrels

We need everyone's cooperation to stop feeding the squirrels anywhere on the property.

Residents have been asked previously not to leave out food for squirrels, birds, or other wildlife, but unfortunately this continues to be an issue. While feeding squirrels may seem harmless, it can create serious problems for the property.

Squirrels can be very destructive. They chew on wood, wiring, screens, roofing materials, and other parts of the building and landscaping. Food left outside also does not only attract squirrels—it can attract rats, mice, insects, and other unwanted animals.

Please do not leave out nuts, seeds, bread, pet food, or any other food intended for squirrels or wildlife. Food should not be placed on balconies, patios, walkways, landscaped areas, or anywhere else on the property.

Effective immediately, residents are asked to completely stop feeding squirrels and other wildlife on the property.

We appreciate everyone doing their part to help protect the buildings, landscaping, and overall cleanliness of our community.



JOIN US FOR A FUN ESL CLASS!

Learn • Practice • Connect • Have Fun!

Resident Susan Millett will be leading a friendly and welcoming English as a Second Language (ESL) class for our residents.

 All languages are welcome!

Whether you want to practice your English, build confidence, meet new people, or simply enjoy learning together, we'd love to have you join us.

 Starting September 3, 2026 (Every Thursdays)

 10:00–10:45 a.m.

 Library

This looks like it will be a fun and interesting new activity, so come give it a try!

Everyone is welcome – please join us!

Coy D Estes 29th Anniversary Party

 Date: Saturday, October 24, 2026

Save the Date!

LET'S TALK FALL SAFETY

Join Tanya for an informal resident get-together to share ideas, experiences, and information about ways to get help in an emergency.

If you fell or had an emergency, how would you get help?

Come share what you use, what works well, what doesn't, and what you've learned.



Your experience may help another resident

TUESDAY, SEPTEMBER 15
(Library Room) @10:00 AM



Come join the conversation, ask questions, and learn from one another!



IN HONOR OF
National
COFFEE DAY



PAJAMAS & COFFEE

EVENT



Tuesday

September 29th, 2026



B-LOBBY



10:00 AM – 11:00 AM



Don't forget to
BRING A NEIGHBOR!



Come in your favorite pajamas,
enjoy coffee, and great company!





BIBLE **STUDY**

Tuesdays, Sept. 1, 8, 15, 22 & 29

2:30pm – 3:30pm

in the Library

Led by Pastor Jim Smith
from San Antonio Heights Community Church

*Please join us for lively discussions and also learn
how the Bible relates to us in the present time.*

All denominations welcome

Coy D Estes Senior Apartment



Please join us for
Catholic Holy Communion

distributed by Eucharistic Ministers
St. Joseph Catholic Church, Upland CA

followed by praying the rosary together

2nd Tuesday of the Month

September, 8, 2026

in the library, Building B

For more information...Nancy Thouvenell (909) 730-3484



Under the direction of Fr. Freddy Ledesma * St. Joseph Church, Upland