







Chris Wolfgram BROKER/OWNER Cell 702-802-8606 cwolfgram@windermere.com NV RE Lic B.0145157



We would like to wish our Solera friends and neighbors a Happy Holiday Season!

Solera Market Update as of November 3, 2022

While the local real estate market is correcting itself from the frenzy of the beginning of the year, it is important to note that homes are still selling and our market is still stronger compared to 10 years ago. The median price per square foot for homes sold in October (\$288) is still higher than the median price per square foot for homes sold in January (\$279). Call Chris or Anna Marie if you have questions on pricing on your home.

CLOSINGS: There were 7 closings in October, an increase compared to the 4 closings in September.

INVENTORY: At press time, there are 28 homes listed for sale in Solera and 7 under contract.

PRICE: The average sales price for homes sold in October was \$428,714, up from September's average of \$423,975. The lowest priced sale in October was \$379,100 and the highest was \$499,000.

PREMIUM OVERSIZED LOT—UPDATED WHITNEY MODEL WITH SPA

2507 Jada Drive • \$462,555 • MLS #2444036

Listed by Anna Marie Dyer, Windermere Anthem Inspirada





ANNUAL HOLIDAY TOY DRIVE—US MARINES TOYS FOR TOTS





Our office is proud to support the U.S. Marine Corps Toys for Tots Foundation every holiday season.

Stop by our office to drop off a new, unwrapped toy. Your support will help less fortunate children share in the magic of the holidays!

Toys will be collected until December 15. Your donations are welcome and appreciated!



ON THE COVER

The cover photo shows holiday ornaments hanging from a tree in Solera. The cover story (see page 10) is about a mystery concerning those ornaments... well, not those, but others that began appearing in the same yard. (Photo by Larry Edsall)

ON THE WEB

Please see the photos below and more on our website at www.soleranews.com under Event Galleries.



Halloween



Veterans Chili Cook Off



Henderson Silver Knights Outing



Solera Days Event

FirstService Residential(702) 215-8165 Solera at Anthem Community Association

2401 Somersworth Drive Henderson, Nevada 89044

Administration Office

Monday – Friday After hours Emergency Nu	•
Community Center	(702) 207-1407
Fax	(702) 405-6211
Monday – Saturday	6:00 a.m 8:00 p.m.
Sunday	6:00 a.m 7:00 p.m.

Pool hours -

Sunday: 6:00 a.m. – 6:45 p.m., Monday: 6:00 a.m. – 6:00 p.m., Tuesday, Wednesday, Thursday, Friday and Saturday: 6:00 a.m. – 7:45 p.m.

For questions about your balance or for general information, call (702) 215-8165.

Jacob Kay

Community Manager	(702) 207-1414
jkay@soleraatanthem.us	

Florine Radulovic-Kay

Assistant Manager (702) 207-1402 florine@soleraatanthem.us

Sandi Anderson

Lifestyle Director, Solera Star Editor.....(702) 207-1424 sanderson@soleraatanthem.us

Dominique Jordan

Assistant Lifestyle Director (702) 201-1430 djordan@soleraatanthem.us

John Cannon

Facilities Manager......(702) 207-1406 jcannon@soleraatanthem.us

Reporting Leaks in Solera and Anthem Parkway

Solera Community - Contact John Cannon at jcannon@soleraatanthem.us or main line at (702) 207-1407

Anthem Parkway - Contact Anthem Council Community Manager, Ivy Cullen at (702) 737-8580 (Press "0" to speak to the operator to report the leak)

Assessments are due quarterly on the 1st January 1 - April 1 - July 1 - October 1 http://Nevada.fsrconnect.com/soleraatanthem.us

SOLERA RESIDENTS:

Solera Website: Homeowners can access the Solera Website by going to www.soleranews.com. You can access the FirstService website by logging onto https://soleraatanthem.connectresident.com

DEL WEBB CUSTOMER RELATIONS 1-800-664-3089 or 1-800-589-7900

> Following is the address for Assessment Payments: Solera at Anthem c/o FirstService Residential P.O. Box 30422 Tampa, FL 33630-3422

Board Members

Joe Lightowler, President	jlightowler921@gmail.com
Ken Sawyer, Vice-President	• •
Frank Nobel, Secretary	fnobel@cox.net
Marci Madine, Treasurer	marci.madine@gmail.com
Ray Carvajal, Director	· ·
Bob Waskowitz, Director	•
Ken Moser, Director	•

When emailing the above Board Members, please put "Solera" in the subject line.

Please send all violation reports and/or complaints to the Management Office in writing.

Board Of Directors Schedule Of Future Meetings

Meetings are held in the Stardust Ballroom of the Clubhouse, located at 2401 Somersworth Dr., Henderson, NV 89044

Agendas are available the week before the meeting, and are emailed out to all residents with an email address on file. To request a copy of the agenda, you may also reach out to Management directly.

December 7	9:30 a.m	BOD Executive Session	. Stardust
December 14	9:30 a.m	Board of Directors Meeting	. Stardust
January 4	9:30 a.m	BOD Executive Session	. Stardust
January 11	6:30 p.m	Board of Directors Meeting	. Stardust

www.soleranews.com



http://www.anthemcommunitycouncil.com/

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Publishers

Robert Fruehling & Jan Fruehling

Solera Star is the only magazine authorized by the Solera at Anthem Community. It is published by AHA! Marketing/Publishing and is mailed directly to the residents of Solera. This publication is for informational purposes only. Neither the Solera community, nor AHA! Marketing/Publishing, LLC, guarantee, endorse, or promote any of the products or services advertised herein and assumes no responsibility or liability for the statements made in this publication.

Advertisers

The Solera Star is the ONLY magazine authorized by the Solera at Anthem community. It is mailed, monthly, and arrives on the 1st of every month to the 1,822 homes at of Solera at Anthem. If you would like to advertise in the Solera Star, please contact AHA! Marketing/Publishing, LLC at (928) 252-2350.

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<u>Laura@HarbisonRealEstate.com</u> <u>www.LauraHarbisonRealEstate.com</u>

Call Laura Today! 702-777-1234









Hello Solera Homeowners!

I hope that everyone is staying warm now that the weather has turned cooler - and that you are all enjoying your holiday season with friends, family, and neighbors.

As of the first week of November, we had 35 homes for sale, 7 of which had accepted offers in process. I'm sure you have all noticed that the length of time that a home is staying for sale is longer than it had been as we adjust to a more normal "pre-pandemic" type of market. Interest rates have been a factor as well, although we aren't as impacted in the age restricted communities as some other areas as a little over half of our sales are typically for cash.

Recently sold properties have ranged from \$251 per sq ft up to a high of \$385 per sq ft, with most falling in the high \$200's. Five of the pending properties fall in the \$260-280 per sq ft range, with the other two being \$303 and \$328. We have roughly a 120 day supply of available homes for sale based on the current absorption rate in Solera.

If you would like an up-to-date list of the homes for sale &/or recently sold properties please let me know and I will send that to you right away (I can email it, mail it, or bring it to you in person!).

Featured Property — 2504 Crater Rock





2504 Crater Rock - Popular Whitney floorplan, 2 BR + Den, 2 BA, 1596 SF with a 2-car garage and upgrades galore! Spacious great room w/ ceiling fan, dining area, island kitchen w/ Corian countertops, upgraded cabinets, breakfast bar, pantry and stainless steel appliances. Owner's Suite w/ ceiling fan, large W/I closet, Luxury Vinyl Plank Flooring, Bath w/ Raised Vanity, Dual Sinks, Shower, Upgraded Fixtures and Tile Flooring. Secondary Bedroom with Ceiling Fan & Luxury Vinyl Plank Flooring, Den/Office with Recessed Lighting and Luxury Vinyl Plank Flooring. Interior features include Two-Tone Paint, Blinds, Upgraded hard surface flooring throughout: Tile and LVP Flooring (no carpet!), Raised Panel Doors w/ Lever Door Handles and Laundry Room. Back Yard w/ Covered Patio, Mature Low Maintenance Landscape & Artificial Grass. \$440,000

Featured Property — 2473 Jada Dr





2473 Jada Dr - Fantastic Whitney floorplan on premium oversized corner lot! 1596 SF, 2 BR + Den, 2 BA and 2-car garage. Spacious Great Room w/ Ceiling Fan & Recessed Lighting, Dining area, and Island Kitchen w/ Corian Countertops, Upgraded Cabinets w/Pull-Out Shelves, Breakfast Bar, Recessed Lighting, large Pantry, Tile Flooring, and Stainless-Steel Appliances. Owner's Suite w/ Ceiling Fan, huge W/I Closet, Crown Molding, Bath w/ Raised Vanity, Dual Sinks, Shower and Tile Flooring. Secondary Bedroom w/ Ceiling Fan, Den/Office w/ Ceiling Fan and Recessed Lighting. Two-Tone Interior Paint, Exterior Painted February 2022, Plantation Shutters, Alarm System, Epoxy Coated Driveway & Walkways, Front & Rear Security Doors, Laundry Room, 2 Car Garage w/ Epoxy Floor Coating & Cabinets. Backyard w/ Covered Patio, Gas BBQ Stub, mature Low Maintenance Landscaping on automatic irrigation system and Synthetic Grass! \$445,000

COMMITTEE NEWS AND CONTRIBUTIONS

Architectural Review Committee (ARC)

Robert Brightwell Vida Carr-Alternate **David Chavez** Henry "Hank" DeVisser Florence Hayashi-Alternate Terry Hazelbaker Shelley Payne-Pittman-**Alternate** Ingrid Serina Gregg Shiffbauer Liaison: Joe Lightowler

Buildings & Grounds

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Laura Addi **Betty Boyd** Larry Edsall Tom Gorman George Rivers Nadyne Sweetko Liaison: Frank Nobel

Community **Standards**

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Finance

David DeOto Steve Gordon Marci Madine Michael Papas Liaison: Bob Waskowitz

Lifestyle

Michael Cochran Pam D'Assis Sally Hughes-Alternate John Miller Lea Mills Susan Newman Debbie Waskowitz Susan Zinna-Alternate Gloria Zimny-Alternate

Liaison: Bob Waskowitz

PLEASE NOTE

The following committee needs volunteers: **Finance Committee**

For more information or to apply please contact management at soleraatanthem@fsrnevada.com

Residents are welcome to attend any committee meetings that are of interest, except Covenants and ARC. Meeting dates are on the Calendar page.

GETTING TO KNOW YOUR COMMUNITY

Short-term rentals

By the Solera HOA

Have you thought about renting out your home in Solera?

Perhaps you're here only part of the year and want to rent it out the rest of the time. Or maybe you travel a lot and you only want to rent it out for short periods. Perhaps you have moved away but want to keep your home in Solera and are considering renting it out for an extended period, or as a

So how does any form of short-term renting apply to properties in Solera?

To simply break it down under the Solera CC&Rs, no lease or rental period can be for less than six months. That includes renting to individuals under the age of 55, renting for any period less than six months for short-term, or vacation usage.

Properties cannot be rented to those under 55. There must be at least one occupant 55+ and nobody under the age of 19.

Solera's CC&Rs includes a resolution covering Short Term Rentals. If you would like to read the complete resolution, it is NRS 116.340.

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Are you waiting for an important piece of mail or a special package to arrive? Traveling or just too busy to get to your mailbox today? Or simply worried about mailbox security?

Then you probably want to sign up for a free service provided by the US Postal Service.

Informed Delivery gives you the ability to digitally preview letter-sized mail and to manage packages scheduled to arrive soon. You can receive and view up to 10 images a day of the address side of incoming letter-sized mail via email or on the Informed Delivery dashboard at informeddelivery. USPS.com.

Informed Delivery benefits the entire household by allowing users to view what is coming to the mailbox whenever and wherever, even while traveling, by using a computer, tablet, or smart phone and downloading the free app from your app store.

Some mail pieces (i.e. magazines) are not imaged and will not appear in your notification, however you may see a message stating, "A mail piece for which we do not currently have an image is included in today's mail." You also can opt-in to receive separate email or text notifications with status updates for incoming packages. Informed Delivery also is available if you use a PO Box.

For more great information and to sign up go to: https://faq.usps.com/s/article/Informed-Delivery-The-Basics#overview



Veterans, First Responders are grateful

By The Veterans and First Responders Club

Solera's Veterans and First Responders Club members want to wish you the very best this holiday season and thank you for your support. This past year was the first year since the Covid pandemic that our club was able to conduct all of its programs.

You joined with us in record numbers at our Memorial Day and 9/11 ceremonies, you celebrated with us on Veterans Day, and we all had a great time together at the Ice Cream Social and the Chili Cook Off where you helped us raise funds that our club will donate to veteran and first responder organizations here in southern Nevada.

You also donated a record amount of clothing at the summer and winter clothing drives we held for the U.S.VETS. This year, you also gave us a record amount of cash donations. Thank you! Thank you! Also,



we would like to extend a special thank you to all of the Association employees who assist our club throughout the year. We could not put on these programs without you.

Wishing you the very best of the holiday season and a Happy New Year.

Help build an even stronger foundation

By The Foundation Assisting Seniors

As the holiday season arrives, please think about sending a donation to the Foundation Assisting Seniors at this special time of year. Such donations will help us continue to help all in Solera.

For those who may be new to the community, The Foundation Assisting Seniors provides valuable services in Solera and elsewhere in the Las Vegas region.

Durable equipment loans are available to help Solera seniors and veterans remain comfortably in their own homes. Delivery and pick-up of equipment is done by our team of volunteers and includes canes, walkers, oxygen concentrators, scooters, hospital beds, and more. A comprehensive description of the program can be found at www.foundationassistingseniors.org.

To reserve equipment, call the Foundation office between 9:00 a.m. and noon weekdays. (All equipment is maintained, cleaned, disinfected, and sanitized using Micro Shield 360.)

Additional services include filter replacement, battery replacement for carbon monoxide and smoke detectors, lubricating garage doors, and replacing overhead lights.

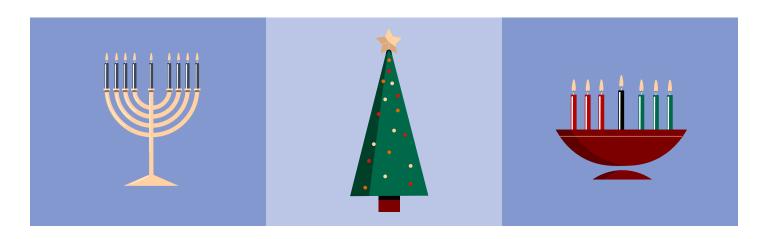


(725) 244-4200

The Foundation also offers a nationwide program, the HowRU wellness check program, which makes it easy to check in on loved ones all over the country. A daily call is made at the time you choose. The person called pushes "5" on their phone to let the system know they are well. If there is no response, a second call is made. If this call also goes unanswered, a call is made to a designated emergency contact for an in-person check.

Locally, The Foundation continues its annual golf cart raffle and also offers "dine-out" nights. For details, see our Facebook page or check with Ken Moser.





Holiday season traditions

CHRISTMAS — The practice of putting up special decorations at Christmas has a long history. For example, nativity scenes are known from 10th-century Rome. They were popularized by Saint Francis of Assisi beginning 1223, quickly spreading across Europe.

In the 15th century, it was recorded that in London it was the custom at Christmas for every house and all the parish churches to be "decked with ivy, bay leaves and whatever the season of the year afforded to be green."

The heart-shaped leaves of ivy were said to symbolize the coming to earth of Jesus, while holly was seen as protection against pagans and witches, its thorns and red berries held to represent the Crown of Thorns worn by Jesus at the crucifixion and the blood he shed.

The first commercially produced decorations appeared in Germany in the 1860s, inspired by paper chains made by children.

The Christmas tree was first used by German Lutherans in the 16th century, with records indicating that a Christmas tree was placed in the Cathedral of Strassburg in 1539, under the leadership of the Protestant Reformers. The Christmas tree became a widespread custom among German Lutherans by the 18th century. In the United States, these German Lutherans brought the decorated Christmas tree with them; the Moravian Church put lighted candles on those trees.

The eight-pointed star became a popular manufactured Christmas ornament around the 1840s and many people place a star on the top of their Christmas tree to represent the Star of Bethlehem.

Since the 16th century, the poinsettia, a native plant from Mexico, has been associated with Christmas. Carrying the Christian symbolism of the Star of Bethlehem; in that country, it is known in Spanish as the "Flower of the Holy Night." It is said to resemble the star of Bethlehem. The Mexicans call it the flower of the Holy Night, but usually it is called poinsettia after the man who introduced it to America, Dr. Joel Poinsett.

Mistletoe features prominently in European myth and folklore, it is an evergreen parasitic plant which grows on trees, especially apple and poplar, and turns golden when it is dried. It is customary to hang a sprig of mistletoe in the house at Christmas, and anyone standing underneath it may be kissed.

Christmas decorations are traditionally taken down on Twelfth Night.

HANUKKAH — Hanukkah comes from the Hebrew word Hinuch (to teach). The word Hanukkah means dedication and is derived from the Hebrew phrase, "they rested on the 25th."

Hanukkah celebrates the Festival of Lights, tracing to the 2nd century BC, when the Greeks tried to force their culture on the people of Israel. While they had only a one-day supply of oil for the Menorah in the temple, it miraculously lasted eight days.

To celebrate the miracle of the oil lasting eight days, people fry their food in oil for Hanukkah, which also can be spelled Chanukah or Hannuka, among other variations, all of which are considered correct.

Gifts were not always given for Hanukkah, though there was a tradition of giving money to one another. But as Christmas became more popular, more and more Jewish people began giving gifts instead.

A famous Hanukkah tradition is playing the game of dreidel, which may look like a game but actually was a way for Jews to study the Torah and to learn Hebrew in secret after such practices were outlawed by the Greek king, Antiochus IV, in 175 BC.

KWANZAA — Among the celebrations that occur during the Christmas season is one that wasn't triggered by the birth of Christ, and embraces values more akin to Thanksgiving.

The annual week-long celebration, launched in 1966 by a university professor in Long Beach, California, and intended to be communal, is called Kwanzaa. It's likely you've heard the name but don't quite understand what it's about.

Kwanzaa is celebrated, much like a festival, for seven days, starting December 26 and concluding January 1. The aim,

as laid out by the father of Kwanzaa: "To encourage people with African roots to work together for good in the world — the good of freedom, justice, equity, peace, mutual caring and cooperation, and building the good world we all want and deserve and leave as a legacy worthy of the name 'African' and 'human.'"

Kwanzaa avoids commercialization while celebrating African American culture dating to an ancient African tradition of gathering at harvest time to celebrate the earth's goodness. As they gathered, they reaffirmed their bonds as a community that was growing worldwide, honored their ancestors and stressed their commitment to their African culture.

Some people mistakenly assume that Kwanzaa provides an alternative to celebrating Christmas. Although both holidays are celebrated in December, Kwanzaa is not a religious holiday but a cultural one. It is perfectly acceptable to celebrate both, taking religious cues from Christmas and cultural cues from Kwanzaa.





working together, we serve hope™



Three Square's mission is to provide wholesome food to hungry people, while passionately pursuing a hunger-free community. They work with a service network of community partners (including nonprofit and faith-based organizations, schools and after school and feeding sites) in our community to reach struggling individuals and families at risk of hunger.

In 2021, they distributed more than 41 million meals, the equivalent of more than 50 million pounds of food and grocery product, through our community partners. Last year the Solera Community raised over \$3,000, providing over 9,000 meals to families. We are hoping to do the same again this year.

Please see the link below to donate. You can donate from now until the end of 2022.

Thank you in advance for your support!

https://www.threesquare.org/solera



SOLERA COMMUNITY TOY DRIVE

NOVEMBER 1 — DECEMBER 16

Please deposit all new unwrapped gifts to the designated Toys For Tots boxes at the clubhouse. Your donation helps local kids and helps put a smile to their faces.

A holiday season mystery

By Larry Edsall

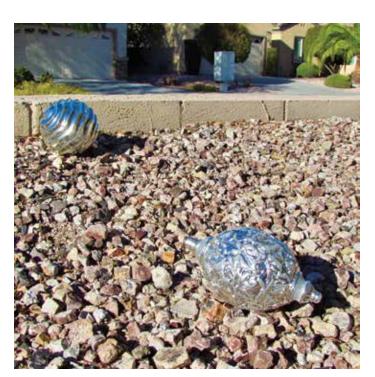
I've lived in Solera since late summer of 2018 and each ensuing year, soon after Thanksgiving, I've decorated the trees in front of my house by hanging oversized Christmas ornaments from them.

Well, I did so the first year, but for the past two years my grandsons who live just down the hill in Coventry have helped so I don't have to risk climbing a ladder. It's not that I have a problem with ladders or heights, it's just that I've known or heard of too many who get to be in their 70s or 80s and climb a ladder for whatever reason, only to stumble off and break a hip. They go to the hospital, develop pneumonia and, well, I'll halt this train of thought right there.

Anyway, in early December 2021, we hung the ornaments as usual. But then something unusual and unexpected started happening.

The wind came up — it does get windy hereabouts, doesn't it! — and blew down one of my ornaments. When I went out to pick it up and to see if it was damaged or might be rehung, I noticed another ornament on the ground — except this wasn't one of mine.

Someone had placed it in my yard.





The same thing happened a few days later. The wind came up, an ornament came down, and another arrived in my yard.

And on the holiday weekend, more wind, and while those on my trees remained there, not one but two additional ornaments showed up in my yard. Now the wind can be strong hereabouts, but none of my neighbors had decorated trees that might have shed their baubles, so it seems obvious that something or someone, other than the wind, was adding to my collection.

This month, my grandsons and I will add those newcomers to the ornaments we hang from my trees. And I'll wait to see if Santa's elf, or perhaps an anonymous neighbor, will be back with a few more.







Enchant Outing at Las Vegas Ballpark SUNDAY, DECEMBER 4

Bus will leave Solera at 5:30 p.m. & return around 9:00 p.m.

\$40 per person (includes admission & transportation)

Tickets will be available for purchase at the Clubhouse Encore Lounge on Tuesday, November 15 at 9:00 a.m. Enchant will take over the Las Vegas Ballpark bringing "The Great Search," the first in a series of five magical adventures, to life for the holiday season.

Known for creating new family traditions and sharing unforgettable experiences with loved ones, Enchant is a whimsical and heartfelt Christmas Light Maze and Village. This full experience includes gliding down the Ice Skating Trail, sampling gourmet holiday treats from around the world, visiting the artisan Christmas market and meeting the Big Man himself – all before stepping into the most magical Christmas light maze the world has ever seen.

Anthem Voices Community Choir



invites you to Holiday Harmonies December 13 at 6:30 p.m. in the Stardust Ballroom

Join us as we celebrate the holidays and sing seasonal favorites

This is a non-ticketed event; however, donations are much appreciated. Please sign-up at the Clubhouse front desk if you're interested in attending. Light refreshments will be served.



Saturday, December 10 from 5:30 – 9:00 p.m. In The Stardust Ballroom

Tickets Are \$35

Tickets will be available for purchase at the Clubhouse Encore Lounge on Tuesday, November 15 at 9:00 a.m.

3 course buffet style dinner will be served.

We will also have a photo booth, and will be giving out gift cards.



Entertainment will be provided by Salt N Pepper



The Nutcracker

Reynolds Hall at
The Smith Center for the Performing Arts

Friday, December 16

Bus will leave Solera at 6:30 p.m. & return around 10:30 p.m.

\$80 per person

(includes orchestra seating & transportation)

Tickets will be available for purchase at the Clubhouse Encore Lounge on Tuesday, November 29 at 9:00 a.m.

Choreographed by James Canfield, NBT's The Nutcracker is a magical journey through a larger than life world filled with waltzing flowers, nimble fairies, and moonlit snow. Glittering holiday joy abounds as Clara and her handsome Prince travel from the warmth of her family home to a land of toy soldiers, mischievous rodents and exotic visitors from faraway lands.

Behind closed doors

When seniors are victims of abuse

By Tom Gorman

Their uneventful shift was nearing an end — it was coming up on midnight — when the two Henderson police officers were dispatched to a typically lovely Anthem home in a quiet neighborhood.

From the outside, yes. Inside, no.

The physically ailing husband, in his 80s, had called 911, complaining that his wife was beating on him. When the dispatcher called back to confirm the cry for help, the man pleaded that his call be ignored. He had changed his mind.

But the Police Department would not blow it off, and the two police officers — one who was already patrolling Anthem and another not far away — joined up on the sidewalk and together knocked on the front door.

What they encountered was a boisterous woman delivering a fusillade of vulgarity. The husband, cowering in a wheelchair, had changed his mind about wanting her to be taken to jail.

"She's drunk. But I need her," he said plaintively. "Without her, I can't stand up or go pee. If you take her, I will die."

Who knows whether neighbors, friends or relatives had any idea about what had been occurring inside this house. Certainly, nobody had called police.

The officers calmed the couple and, after consulting their sergeant at police headquarters, the decision was made. One officer – the one who patrols Anthem -- led the woman, now quietly weeping, to the back seat of his marked police vehicle. The other officer assured the husband that an ambulance would be arriving soon to take him to the hospital, at least for the night. The officer said he would wait until the ambulance arrived.

At the police station, the woman was led into a large, bare room where, sitting on a concrete bench and under the gaze of officers on the other side of a large window, she would wait to be booked into jail. The officer went into a back room, sat at a computer and wrote up his report on the incident.



So, what is your role as a neighbor or relative?

If you suspect physical violence or more subtle-but-still abusive behavior against an elderly person? Ignoring it is not the answer. But personally intervening usually isn't appropriate, either.

First, what defines elder abuse? According to the federal government:

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. An older adult is someone age 60 or older. The abuse occurs at the hands of a caregiver or a person the elder trusts. Common types of elder abuse include:

- Physical abuse when an elder experiences illness, pain, injury, functional impairment, distress, or death as a result of the intentional use of physical force and includes acts such as hitting, kicking, pushing, slapping, and burning.
- Sexual abuse which involves forced or unwanted sexual interaction of any kind with an older adult. This may include unwanted sexual contact or penetration or non-contact acts such as sexual harassment.
- Emotional or Psychological Abuse meaning verbal or nonverbal behaviors that inflict anguish, mental pain, fear, or distress on an older adult. Examples include humiliation or disrespect, verbal and non-verbal threats, harassment, and geographic or interpersonal isolation.

continued on page 14

Senior abuse, continued from page 13

- Neglect the failure to meet an older adult's basic needs.
 These needs include food, water, shelter, clothing, hygiene, and essential medical care.
- Financial Abuse referring to the illegal, unauthorized, or improper use of an elder's money, benefits, belongings, property, or assets for the benefit of someone other than the older adult.

Many cases are not reported. Often, victims are embarrassed or can't muster the courage to tell police, friends, or family about the violence. So, they quietly suffer injuries ranging from cuts and scratches to bruises, welts and lasting disabilities.

"Physical injuries can also lead to premature death or make existing health problems worse," the CDC warns.

(https://www.cdc.gov/violenceprevention/elderabuse/fast-fact.html)

Comprehensive information abounds about elder abuse; we suggest these sources:

- The National Center on Elder Abuse.
 (https://ncea.acl.gov/) 1-855-500-3537
- Nevada Department of Health & Human Services Aging and Disability
 - https://adsd.nv.gov/Contact/Contact_ReportAbuse/ (702) 486-6930
- "Elder Abuse, Neglect and Exploitation: Legal Resources and Remedies Guide" – Nevada Attorney General's office. https://ag.nv.gov/uploadedFiles/agnvgov/Content/ Hot_Topics/Citizen/Elder%20Abuse%20Neglect%20 and%20Exploitation%20Legal%20Resources%20and%20 Remedies%20Guide%20(003).pdf

If you believe that an elderly person is being abused in one fashion or another – especially if at this very moment – the Henderson Police Department asks that you call 911.

If you get a tip, or have reasonable cause to believe, that an elderly person has been, or is being, abused, neglected, exploited, isolated or abandoned, but you aren't sure what to do about it, call **Adult Protective Services at (702) 486-6930**. The information you provide is handled as confidential. If that agency believes that a crime has been committed against a vulnerable adult, it will notify the appropriate law enforcement agency for possible investigation and prosecution.

Why doesn't the abused senior call for help?

For any number of reasons: the victim is bedridden, or has no phone, or their caretaker controls the victim's phone; or the victim is worried about losing the caretaker if a complaint is made, and then being on his or her own.

So, it takes someone else to come to the elder's rescue, by notifying authorities of the possible abuse being dished out on a senior.

"There are various factors for the crime being under-reported," says Henderson Police Lt. Matthew Murnane, who trains police officers. "We think most crime is under-reported; we only know what we're told."

The Clark County District Attorney's office has an entire team of prosecutors assigned to elder abuse and domestic abuse. "It runs the whole gamut," said Colleen Baharav, the chief deputy district attorney who heads the team. And one reason there are so many cases of abuse in Clark County, she said: there are multiple triggers for it, including addictions to drugs, alcohol and gambling.

What are clues that a person is being abused? "They become isolated, their bodies are bruised – especially among the elderly," she said.

The abuse isn't always limited to physical beating. "Just being yelled at can be abusive," Baharav said. "There could be nonconsensual touching. The victim might be being deprived of food, clothing, or the use of a bathroom, and services that are necessary to maintain one's physical and mental health.

"If the victim suffers from dementia or Alzheimer's, and doesn't have the ability to speak, the victim might act out like a child when around the person who makes them scared."

Can victims recover from such abuse? "It's similar to domestic violence," Baharav said. "It's traumatic, and there can be some sort of scarring."

And at their age, the elderly victims of abuse don't have much time to recover, the prosecutor added.

What causes people to verbally or physically abuse others? "Anger management that hasn't been dealt with, alcohol use, or pressures on their own lives can cause a person to lose it, such as addiction to gambling or drugs."

There are many and varied reasons," she said, "why people cause harm against others. Is there a way to protect against it? Yes. Keep an eye open for red flags."

The District Attorney's primary goal in prosecuting abuse cases is to accept plea bargains in which the abuser isn't sent to jail but instead undergoes appropriate counseling.

"We'd rather fix the problem than punish," said the Clark County prosecutor of abuse crimes.



Flyover Las Vegas Outing

Tickets will be available for purchase at the Clubhouse Encore Lounge on Tuesday, December 20 at 9:00 a.m.



Buckle in for the ride of a lifetime. Feel the magic of flight through immersive, state-of-the-art technology that lets you dip, dive and glide over awe-inspiring landscapes, all without leaving The Strip. You've never felt a rush like FlyOver.

Monday, January 23

Tickets are \$45

(Price includes two ride experiences for The Real Wild West & Iceland plus transportation)

Tickets will be available for purchase at the Clubhouse Encore Lounge on Tuesday, January 3 at 9:00 a.m.

Bus will leave from the Clubhouse at 10:00 a.m.

COMMUNITY CALENDAR • DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Communications 9:30 a.m.	Holiday light contest begins	3
Enchant Outing (Bus leaves at 5:30 p.m.)	5	ARC 9:00 a.m. Veterans & First Responders 6:30 p.m. Bulk Trash Day	Executive Board 9:30 a.m.	Holiday light contest ends	Return all voting slips for Holiday light contest by noon	Solera Holiday Party 5:30 - 9:00 p.m. (Doors open at 5:00 p.m.)
	Covenants 10:00 a.m.	Holiday Choral Concert by Anthem Voices Community Choir 6:00 p.m.	Board of Directors 9:30 a.m.	15	Nutcracker Outing (Bus leaves at 6:30 p.m.) Toys for Tots ends	AARP Safe Driving Class 9:00 a.m1:00 p.m.
18	First Day of Hanukkah	Ticket sales begin for Pajama Party 9:00 a.m. Lifestyle 11:15 a.m. Bulk Trash Day	Buildings & Grounds 9:30 a.m.	22	23	Christmas Eve
Christmas Day	26 Kwanzaa	27	28	29	30	New Year's Eve



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Chartered Clubs

GIIdi Col Cu Glass
American Mah Jongg Club Tuesday 1:00 p.m. Rosalie Feit (702) 897-4965
Asian Mah Jongg Club Wednesday & Friday Noon Vickie (702) 489-7922
Bridge Club
Bunco Club Second Tuesday 5:00 p.m. Gerri Van Der Meer (973) 479-9690, Sue Levine (702) 837-3496
Euchre ClubMonday 1:00 p.m.
Gregg Schiffbauer (702) 379-1399 magregg@aol.com Fine Arts Club
Fille Air is Club
Watercolor Thursday 10:00 a.m. Judy Blankenship (702) 457-0550
Colored PencilTuesday 1:00 p.m. Faye Caracci (702) 260-0558
Handcrafted Creations Club
Bead WeavingThursday 1:00 p.m. Carol Runyan (702) 558-7623
NeedleworkFriday 10:00 a.m.
Maryann Bianco (702) 453-2884 maryann.bianco@yahoo.com
Stained Glass
Paper Works / Greeting Cards ClubMonday 1:00 p.m.
Linda Freitas dfreitas89044@cox.net
Party Bridge ClubTuesday & Thursday 12:30 p.m.
Kathleen Karstensson (702) 524-3648 or kkarstensson@gmail.com
Pickleball Club Monday - Friday 7:00 — 10:00 a.m. Steve Gordon (442) 333-5877
Poker Club Monday Noon, Wednesday 5:00 p.m., Thursday 5:00 p.m. Faith Laichter (702) 878-0878 laichter@aol.com
Romeo's Solera Mens Club Third Friday 8:30 a.m. at Southpoint Allen Blonder (702) 395-6878
Solera Ladies ClubMonthly Activities
Sue Boylan (702) 373-6055 srb702@gmail.com
Solera Singles ClubMonthly Activities
Barbara Freeman (702) 436-2987 vegasgal96@aol.com
Table Tennis Club Mon., Wed., Sat. 8:00 a.m Noon, Sun. 1:30 – 5:00 p.m. Steve Reed (309) 696-5311
Veterans & First Responders Club First Tuesday 6:30 p.m. Gregg Schiffbauer (702) 379-1399 magregg@aol.com
33 33 -
Water Volleyball Club

Groups

Billiards Tuesday 1:30 – 3:30 p.m.
Ken Moser chefmoser1@icloud.com (702) 401-7823
Bocce Ball GroupMonday & Wednesday 9:00 a.m.
Danny Mosher dsmosher66@gmail.com (702) 524-8058
Book GroupSecond Saturday Noon
Monica McAdams (702) 371-6575 monica0921@hotmail.com
Crafts and StitchesTuesday 9:00 a.m., Please drop by
Dealer's Choice Poker Monday Noon – 3:30 p.m.
circuitgirl52@gmail.com
Double Deck Pinocle Group Sunday 4:00 – 7:00 p.m.,
Mike Sinclair (360) 567-7664 grizle@comcast.net Wednesday. 5:00 – 8:00 p.m.
Rummikub Sunday 1:00 – 4:00 p.m.
Richard Kroeger rkroeger22@yahoo.com
Tennis GroupSaturday 7:00 a.m.
Sam Misraji (818) 207-1947
Trivia GroupLast Tuesday 6:00-8:00 p.m.
Rosemary Massey (907) 230-7945 rosemarymassey2@gmail.com
Health & Fitness

Diane Fimiano Aquadiane1@aol.com
Party Time Dance
Power Walkers Daily 7:30 a.m. Cheryl Beaudry (702) 823-5441
Solera Starz Cardio Class
Solera Starz Dance Aerobics Monday, Wednesday, Friday 8:30 a.m. Arda Reitter (702) 462-6167, Carol Page (702) 205-0164
Solera Starz Line Dancing Monday 4:30 – 6:00 p.m. Arda Reitter (702) 462-6167, Carol Page (702) 205-0164
Tai Chi Clinic Monday & Thursday 11:15 a.m. Ken Pavese (702) 407-8111

Yoga FriendsTuesday & Thursday 9:00 a.m.

ZUMBA Thursday 8:30 – 9:30 a.m.

Aquasize...... Monday, Tuesday, Thursday & Friday 10:00 a.m.

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Training
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Mary Richard (702) 521-2583

Merrilee Gaines mgaines823@hotmail.com

Jan Griscom......(775) 291-9379

Daniel Garza......(702) 845-6535

Wesley Allen(702) 289-5417

Deborah Mizrahi.......(702) 501-7400



Solera resident Walter A. Skya, Ph.D will be holding a presentation on,
The Old Japan: Back to Japan's Religious Roots for a New Japanese Nationalism
Tuesday, January 24 at 2:00 p.m. in the Stardust Ballroom

The purpose of this talk is to elucidate the nature and worldview of the ideology of prewar Japan that inspired the Japanese elite to embark on global conquest and that mobilized the Japanese masses to fight to the death even after the dropping of the atomic bombs and examine how this ideology first emerged in the Meiji period and how it came to dominate Japanese politics until the end of the Second World War. Second, it will illustrate not only what has survived from the remnants of this form of ultranationalism in the postwar period, identifying the ideas of core thinkers and organizations, but also examine the emergence of different, or perhaps more moderate, forms of nationalisms, pinpointing their key ideas and describing their visions for a future Japan. Third, hopefully shed light on the historical forces and scenarios that might return Japanese ultranationalists to the center of political influence and power in the Japanese state and overturn Japan's postwar pacifist constitution and non-interventionist military foreign policy.



Please sign up at the Clubhouse Front Desk if you're interested in attending the presentation.

Free Writing Workshop Seminar!



Tuesday, February 28 at 2:00 p.m. in the Stardust Ballroom

Stop porch pirates...

and other tips for happier holiday



With more and more people doing their shopping online, delivery trucks and the packages they deliver have become a prime target for thieves. NBC News has reported around 23 million U.S.

residents have been victimized by package theft. To ensure safe delivery of your packages and keep them out of the hands of thieves, here are some home security tips.

- Have packages delivered to where you are, not where you aren't. Your home is not the only place you can have your packages delivered. Work, family, neighbors are alternatives.
- 2. Set up alternative delivery/pickup options through your local delivery services. Whether the majority of your packages are delivered by the U.S. Postal Service, UPS or FedEx, or Amazon, each offers alternative delivery and pickup options. Check out the company websites for details.
- 3. Require a signature for packages you mail to family and friends. When mailing packages, require the recipient to signed when your packages are delivered. The small fee associated with this service can be well worth the peace of mind you'll receive in knowing that your package will not fall prey to the hands of a thief.
- 4. Talk to family and friends ahead of time about the best way to ensure they receive their packages. For items you order and have delivered to family and friends, talk to them ahead of time about your concerns about package theft and ask what the safest option is for them.
- **5. Discourage thieves from targeting your residence with a few strategic home security devices.** Many of the news reports on package theft are centered around home surveillance cameras that have caught these crimes on tape.
- **6. Get a Wi-Fi based doorbell.** These products are based on a simple principle use your existing home Wi-Fi

network to create a ring of security around your home. By hooking up your Wi-Fi to a doorbell security product and downloading the app that comes with the product, you will immediately be alerted if someone approaches your door.

- 7. Keep an eye out for suspicious vehicles and people in your neighborhood. If you notice a stranger walking (especially with a backpack) or driving around the neighborhood, try and obtain a description of the vehicle and the person, including the license plate of the vehicle if possible. Recording a theft with a cell phone or video camera can be useful in bringing the criminal to justice. However, for your safety, never attempt to intervene or apprehend a criminal yourself. Simply call 911 and report the crime to your local law enforcement agency. Also, let your Neighborhood Watch know.
- **8.** Be a good neighbor. If at any time you notice a package sitting on a neighbor's porch, bring it to your home for safe keeping until your neighbor returns. You can also ask neighbors to do the same for you.

Be safe while shopping

Here are some additional tips for staying safe during the holiday season:

Driving — Keep your vehicle doors locked while driving and while waiting for a stoplight to change.

Shopping — Be careful where you park. If you must shop after dark, pick a well-lit area and try not to park next to vans or next to vehicles with heavily tinted windows. When returning to your vehicle, look before you leap — take a good look to make sure no one is inside your vehicle.

Be aware of your surroundings and strangers who may approach you. Thieves and con-artists often work in tandem, one distracting you while the other makes a theft.

Use a credit card rather than a debit option because it's easier to stop payment in case of misuse. (Also, be sure you have a record at home of all your credit or debit card numbers.)







Unleashed: The healing power of dogs

Who rescued whom?

They're already considered best friends, trusty companions and beloved members of the family. Add to the dog's list of accomplishments: heart healer, exercise coach, and mood enhancer, and the answer to the question above, often used by rescue organizations, becomes even more meaningful. There is a body of research that goes beyond the anecdotal charms of dog ownership to provide some increased evidence of its health benefits.

The impact on patients with cardiovascular disease was initially noted by the American Heart Association in 2013 after an examination of studies reporting beneficial effects of dog ownership, including increased physical activity, favorable lipid profiles, lower systemic blood pressure and stress levels, and improved survival after a heart attack.

The AHA's measured conclusion then was that dog ownership "may be responsible for reduction in CVD risk," and further research was recommended.

Late in 2019, a meta-analysis of studies, including data from 3.8 million patients, further bolstered the concept that dog ownership can play a significant role in reducing CVD risk factors by alleviating social isolation, improving physical activity and lowering blood pressure. According to the study, compared to non-owners, dog owners experienced a 24 percent reduced risk in all-cause mortality, 31 percent reduction in mortality due to cardiovascular-related issues, and 65 percent reduced risk of mortality after a heart attack.

The AHA noted that while the non-randomized studies can't conclusively prove that owning a dog leads directly to reduced mortality among heart attack and stroke survivors, "the robust findings are certainly suggestive of this" and set the stage for additional exploration.

"The results were very positive," affirmed researcher Caroline Kramer, a physician. "The next step would be an interventional study to evaluate cardiovascular outcomes after adopting a dog and the social and psychological benefits of dog ownership."

A dog owner herself, she added, "Adopting Romeo [her miniature Schnauzer] has increased my steps and physical



Suzy Q and Ace

activity each day, and filled my daily routine with joy and unconditional love."

As compelling as the statistics are, researchers emphasize that dog adoption should never be done for the primary purpose of reducing CVD risk. The long-term commitment and lifestyle changes involved in dog ownership must be fully understood and accepted.

Consider these questions:

- Do I have time to care for and clean up after the dog?
- · What type of environment does the dog need to thrive?
- How large will the dog get and how much exercise will it need?
- What is the dog's life span, and can I commit to caring for it throughout its life?
- · How much will veterinary care cost?

The healing power of dogs extends well beyond the home as their value in helping decrease pain, stress and anxiety and aid recovery in people coping with a range of health problems is increasingly recognized. Therapy dogs provide comfort to nursing home residents, hospice patients, prisoners, children coping with trauma, and veterans suffering from post-traumatic stress disorder, among others.

"If someone is struggling with something, dogs know how to sit there and be loving," researcher Ann Berger explained in the National Institute of Health News. "Their attention is focused on the person all the time."



Fitness Center Orientations

Fitness Center orientations are held on the second Saturday of every month at 10:00 a.m. in the Fitness Center. Please sign up at the Clubhouse Front Desk if you are interested in attending. Orientations will be limited to ten residents.



Personal Training Services

Are you interested in personal training services? Please reach out to one of the certified trainers below.

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Two friends and model trains

By Frank Nobel

Chuck was 17 years old when he and his friend Dick visited a hobby store to purchase glue for the model plane kit. In that hobby store, the owner had set up a 4' x 8' HO-scale train layout with all the scenery to go with it. Chuck and Dick were mesmerized and spent two full hours just taking in the layout and trains. They were hooked.

Starting with a Tyco HO set, the two friends were off and running. Chuck and Dick became members of a National HO club and together with around seven local members could run their individual trains on the group layout. They did this for about ten years.

For personal reasons, Chuck lost interest in his HO layout and trains. But some three years later, Dick prompted Chuck to join an O-gauge club using Lionel trains. Chuck was bit by the bug again. While club members could run their own trains on the club layout, Chuck and Dick wanted to develop and set up their own layout.







Fast forward to upstate New York where Chuck had his own designed layout in the basement of his home. Because the tracks were glued down, dismantling his layout was not practical and his beloved layout went with the sale of the house.

There are very few basements in Las Vegas, so Chuck is creating another layout in his garage in Solera. The layout is only 6' x 9', but seems larger and in all the detail you can see the builder within Chuck a simple example is that the entire layout is on wheels, so when a car is out of the garage, he rolls the layout out and can work all around it. Of course, all the wiring is underneath allowing access and leaves the layout undisturbed.

Chuck's layout is a work in progress, in part because, "It's too hot to work in the garage in the summer." (We'll try to do a follow-up in a future Hobby Corner.)

PS: Even though Chuck and Dick are separated by a couple thousand miles, they still talk trains.

If you're interested in model trains, check out these magazines: Model Railroader for HO Scale and Classic Toy Trains for O Gauge.

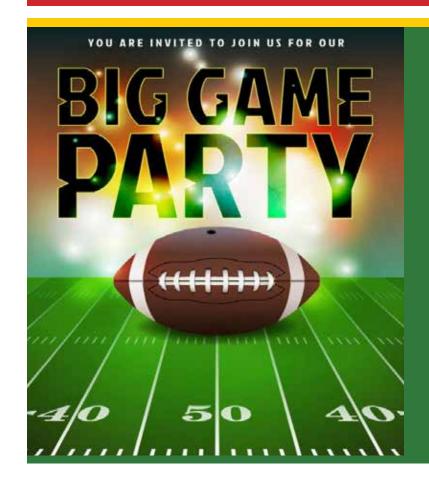
Do you have a hobby you're willing to share with other Solerans? If so, please email Frank Nobel at fnobel@cox.net with details and photos.





February is American Heart Month,
Go Red for Women
Show your support by wearing red
on National Wear Red Day on
Friday, February 3

If you're interested in donating to the American Heart Association you can donate at the Clubhouse Front Desk from February 1-28. You will be given a paper heart to display on the lobby wall for all donations given. Only cash and check donations will be accepted. Please make all checks payable to the American Heart Association.



SUNDAY, FEBRUARY 12 FROM 2:30 – 7:00 PM IN THE STARDUST BALLROOM

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Tall landmarks bookend this stretch of Route 66

By Larry Edsall

You can get your kicks as you travel the historic Route 66 all the way from Chicago to Los Angeles, or you can sample the historic Mother Road in smaller, more manageable sections.

One such section is between Tulsa and Oklahoma City and is bookended by two tall landmarks, each perhaps the tallest of its type on the planet. One a 66-foot likeness of a gas-station fuel pump and the other, also 66 feet in height, is a sculpture that looks to be the world's tallest bottle of soda pop.

Between them — the fuel pump in Sapulpa and the pop bottle in Arcadia — is a nearly 80-mile stretch of the old roadway. Sure, you could save a few miles and some time by simply jumping on the nearby I-44 turnpike, but you'd miss your Mother Road adventure.

And the tall bookends are only part of that adventure. Did you enjoy the Pixar animated movie *Cars*? The character Sally Carrera was inspired by the owner of the historic Rock Cafe in Stroud. At Bristow, there's an even taller landmark, a 75-foot Chrysler Plymouth dealership sign — and a fund-raising campaign underway to restore the sign's lighting system.

Traveling east to west between the bookends, we start at the tall gas pump, which draws attention to the adjacent Heart of Route 66 Auto Museum, which opened in the summer of 2016.

Inside the museum, which used to be a national guard armory, is an assortment of classic cars, a display in tribute to a local team that twice won the Indianapolis 500, and a display that includes a couple of military jeeps in honor of the building's former occupant.

If you're driving an electric-powered Tesla, the museum has four recharging stations near the base of its tall gas pump.

After our visit to the museum, we head west on historic Route 66. We pass several of the sites previously mentioned and finally arrive at Arcadia, which was founded soon after the famed Land Rush of 1889 and which, since 1898, has been the home of the famed Round Barn, now a museum and event center.

Just past the Round Barn is Pops, like the car museum a relatively new landmark along the historic route.

Aubrey McClendon opened Pops in 2007. The story goes that the oil and gas magnate and restaurant investor collected soda pop from around the world and that led to Pops, with bottles lining the glass walls, and with several hundred flavors on sale from various bottlers. Lunch and dinner are served daily, with breakfast available on weekends.

For more information:

https://www.heartofroute66.org

https://pops66.com









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The Deadline for ads is the 5th of the month prior to publication.

PLEASE NOTE: If you would like to advertise in the Solera Star contact Bob Fruehling at 928-252-2350 or bob@aha-marketing.com

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'''Diabetes and Ural Health.'' Diabetes.org. https://diabetes.org/diabetes/keeping-your-mouth-healthy

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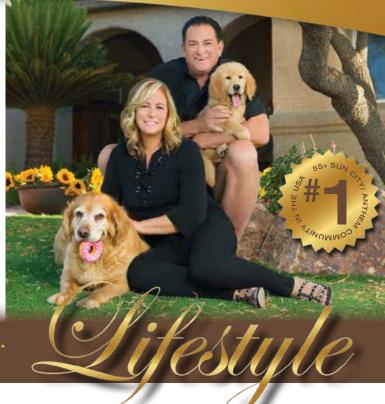
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