



March 2022 Newsletter

Phone
760-951-0006

Address
26540 Vista Rd. Helendale

Our Lobby is Open
Monday – Friday 8 am – 5:30 pm

Helendale Community Services District 15 Year Anniversary

Public Works Community Open House

Saturday, April 2nd starting at noon – 15425 Wild Rd.

*Tour our new operations buildings
Equipment Displays
Wastewater Treatment Plant Tours
Special Guests*



Meet our:
Board of Directors
Water & Wastewater Operators
Parks Department
Solid Waste
Administrative Staff



*FREE hot dogs & hamburgers
Conservation Giveaways
Drawings to Win:
High Efficiency Toilet
Irrigation Timer
65" Television*

Performance by ACES & EIGHTS

Community Clean Up Day

April 2nd from 8:00 – 11:30 am

FREE residential drop-off for items including:

General trash, large items, metal recycling, green waste, and tires without rims. Electronic waste including televisions, computer monitors & components, cell phones, telephones, recorders, microwaves, DVD/VCR's, and radios. ANYTHING with a plug!

FREE Shred Fest

Bring your old confidential documents. Limit of two boxes per person.

Residential Hazardous Material Drop-off:

Household Hazardous Waste (HHW) will not be accepted at this clean up event. HHW will be collected at our Fall clean up event. If you have HHW please visit <https://sbcfire.org/hhw/> for locations and accepted items.

26540 Vista Rd. Enter on Jordan Rd.



SB County Fire

Meet Fire Chief Dan Munsey and Assistant Fire Chief Dave Corbin at the March 17th Board Meeting at 6:30 PM. They will be discussing FP5 And staffing at Station 4.



Location: 26540 Vista Rd. Suite C.

Senior Information

San Bernardino County Department of Aging and Adult Services will be at the Senior Center on the third Tuesday of every month with bus passes, information on the Home Energy Assistance Program (HEAP), FREE adult diapers and more for Seniors 60 and older. Food boxes will be available to those who qualify. For food boxes you must call 760-552-6013.

Senior Luncheon

The Helendale CSD will be hosting quarterly luncheons at the Senior Center. Our first luncheon will be on Friday, March 18th at noon. Luncheons are open to all seniors 50 and older.

On March 18th we be serving pizza. Please sign up at the senior center if you would like to attend!

The Senior Center is open Monday, Tuesday, Thursday and Friday from 10 am to 2 pm at the Community Center -26540 Vista Rd.

Water Between 9:00 am and 3:00 pm.

Test run your irrigation system to check for leaks and spray heads that are broken or out of adjustment.

Mental Health Awareness

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Although the terms are often used interchangeably, poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness.

“ASKING FOR HELP IS THE FIRST STEP... YOU ARE MORE PRECIOUS TO THIS WORLD THAN YOU’LL EVER KNOW.”

- LILI REINHART

Many of us face challenges that can be stressful, overwhelming, and cause strong emotions. It is natural to feel stress, anxiety, grief, and worry. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

“**It’s okay not to be okay**”

Many people hesitate to seek help for mental health issues for a variety of reasons ranging from the perceived stigma to not knowing where to look for help. Don’t be afraid to ask for help, there are many resources available to you, many at no cost.

If you are in crisis, get immediate help:

Call 911

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat at <https://suicidepreventionlifeline.org/>

Crisis Text Line: Text SIGNS to 741741 for 24/7, anonymous, free crisis counseling.

Disaster Distress Helpline: CALL or TEXT 1-800-985-5990 (press 2 for Spanish)

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453

Additional resources can be found online at: www.cdc.gov/mentalhealth/tools-resources/individuals/index.htm

ADULT CO-ED SOFTBALL

We are now taking sign ups for Adult Softball! The league will be co-ed and open to all players 16 and older. Minors must have a parent or guardian on their team. The season will begin the week of April 4th. Teams will play one game per week. The season is 8 weeks and games will be played weekday evenings with occasional weekend morning games as needed.

Fee: \$35 per player (umpire fees included). You may join as an individual or a team. Individual players will be added to a team.

Equipment: Bats, personal protective equipment and uniforms to be provided by players.

Umpires: If you would like to be an umpire call 760-951-0006 ext. 230.

Registration: Go to www.helendalecsd.org and click on the Parks and Recreation button.

CHEER CAMP

GOT THE SPIRIT? WE WANT TO HEAR IT!

Registration for the cheer clinic are open! Learn cheers, routines, and dances from experienced cheerleaders and coach. Cost \$100 per girl includes t-shirt, shorts, poms and bows!

EVERY SATURDAY MARCH 12th - APRIL 30th
10 AM - 12PM AT THE CSD 26540 VISTA RD.

Register at: www.helendalecsd.org.

HELENDALE FARMERS MARKET

The market is open every Wednesday from 3 pm to 7 pm rain or shine. We have a great variety of vendors with everything from fresh fruits and vegetables to bread, honey, salsa, baked goods, and so much more. Every week we have artisan crafts, delicious homemade food trucks! We accept EBT and P-EBT.



Double your food dollars
**GET MORE
FRUITS & VEGETABLES**

Use your EBT and P-EBT at the market and get up to \$15 in FREE Fruits and Vegetables. Please see the Market Match booth inside Suite D. for more information.

NEW DANCE CLASSES

LA F.A.M.E Dance Studio is offering dance classes at the Community Center:

Classes will be offered Tuesdays, Thursdays, and Fridays. Classes offered include Mommy & Me, Ballet I, Ballet II, Hip Hop Aerobics (kids and adults), Line Dancing, Yoga/Pilates, Tippy Toe, Fashion for Kids, and TikToc Teens.



Register at: www.helendalecsd.org.