

SENIOR REPORTER

VOLUME 43, NUMBER 9

Contributing Writers:

Howard Erman

Les Goldberg

Ronnie Greenberg

Dr. Robert Horseman

Judith Rogow

Debbie L. Sklar

Nick Thomas

SEPTEMBER 2017

"Serving The Needs of Orange County & Long Beach Seniors Since 1974"



Cher

*"Old is like an enemy you
have to make peace with
before you get there."*

Cher

What's Inside....

Calendar of Events 5

Classifieds 6-7

Cher 10

Gadget Geezer 12

Pantai Inn, La Jolla 22

Busy Boomers 30

Fabulous Finds 32

In The Spotlight 34

Book Club 36

Tinseltown Talks 42

Orange County • Long Beach



Dr. Ernest Robinson

Robinson
 ERNEST B. ROBINSON, M.D.
 BOARD CERTIFIED FACIAL PLASTIC
 & RECONSTRUCTIVE SURGEON

**Dr. Ernest B. Robinson has been in practice since August 1, 1996.
 Robinson Facial Plastic Surgery will be celebrating 20 years of business.**

Personal Statement

Dr Robinson completed six years of post graduate studies including a one year fellowship in Facial Plastic and Reconstructive Surgery. He is dual-board certified from the American Board of Otolaryngology-Head and Neck and the American Board of Facial Plastic and Reconstructive Surgery.

Board Certifications

Board-certified by the American Board of Facial Plastic and Reconstructive Surgery and American Board of Otolaryngology

Memberships

American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS)

Awards & Recognition

RealSelf Top Doctor

Education

- UNDERGRADUATE & MEDICAL SCHOOL Medical: MD, Loma Linda University
- POST-MEDICAL SCHOOL TRAINING Internship: General Surgery, Loma Linda University
 Residency: Otolaryngology/Head and Neck Surgery, Loma Linda University
 Fellowship: American Academy of Facial Plastic and Reconstructive Surgery, Indianapolis, Indiana

Treatments offered at

Ernest B Robinson, M.D., P.C.

- Botox
- Kybella
- Brow Lift
- Lip Augmentation
- Cheek Augmentation
- Lip Implants
- Cheek Lift
- Lip Lift
- Chin Implant
- Lip Surgery
- Chin Liposuction
- Lower Face Lift
- Chin Surgery
- Mini Lift
- Ear Lobe Surgery
- Neck Lift
- Ear Surgery
- Restylane
- Eyelid Surgery
- Revision Rhinoplasty
- Facelift
- Rhinoplasty
- Facial Reconstructive Surgery and MOHS surgery
- Septoplasty
- Skin Rejuvenation
- Forehead Lift
- Voluma
- Juvederm

Questions or if you would like to schedule a consultation, please call our office at (949) 831-5900

Robinson Facial Plastic Surgery Our Offices

949 831 5900 | 888 355 3223

www.drface.com

24541 Pacific Park Drive Suite 103, Aliso Viejo, CA 92656

Are You Seeking a Care Facility For Your Loved One?



Matt Posselt, owner of Ivy Glenn Terrace; Melissa Schusler, Residence Care Placement Specialist; Ily Ambrose, care facility resident, and Pia the caretaker

hospice care or respite care. It also has close ties with the Alzheimer's Association, Council on Aging, Home Care Agencies, Veterans resources, Adult Protective Services and Social Services.

To learn more about this unique service, we asked Melissa Schusler, placement specialist with RCPS, to answer some key questions typically asked by families and friends who are in similar situations:

SR: I know this is a basic question, but why does RCSP exist?

MS: We take the load off our clients and their families to narrow down the search to a few homes we feel are appropriate. We

then schedule tours with the families. Whether the transition needs to take place immediately or within a week or months, we will successfully handle the entire search.

SR: How do you determine what level of care is required for each resident?

MS: Initially, we assess each unique situation, and get to know the family and the resident. The more we know about them, the better we can offer our expertise for assistance. After we assess the res-

Take it from me, if you answered "yes" to the question above, it can be a daunting – and often very frustrating task. In my case, our family endured the experience twice – within a 4-year span -- when my mother and father who had been living with us for 7 years finally reached the stage where highly professional daily care was necessary.

Unfortunately for us, finding a well-managed, highly qualified care facility involved hours of knocking on doors, numerous phone calls, visitations, interviews and negotiations. If only there was a service available then like Orange County-based Residential Care Placement Specialist (RCPS).

Founded in 1997, the company has developed close working relationships with state-licensed assisted living facilities and organizations dedicated to board and care, memory care,

Continued on page 8

Advertise in The Senior Reporter's

CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

Only \$37.50/mo with a 6-mo. commitment

Email: sunsetpublishing@aol.com or call Bill Thomas at (714) 458-5703



The Fly Problem

By Jim McDevitt

Where I live in the mountains we have been experiencing a fly problem. My wife said she wanted me to get a fly trap to fix the problem. After many years of marriage I know to do what I am told so I picked up this device that said all you do is add water, cut a hole out and hang it up. I did this and forgot about it. It was hung up outside our front door as the flies like to use the front door apparently to get in our house. Days went by and I noticed flies accumulating in this device.

About a week later my wife said there was a bad odor coming from the front of the house. I went outside and sure enough I could smell it. It smelled worse then I think it would be living on a skunk farm. I looked all over looking to see if a family of skunks had moved in somewhere in my front yard but nothing was there. I explained this to my wife who then said it must be the fly trap. Sure enough, she was right.

I took the trap down and dropped it in my garbage can which was in the yard. As I did this, I accidentally spilled the contents of the fly trap all over the plastic garbage can. We have a Home Owners Association we belong to which requires each homeowner to take their garbage to the dump

which has a compactor. Being conscientious and seeing that my garbage can was full I loaded the can into the cargo area of my Subaru Forester.

It wasn't until I was unloading the garbage at the dump that I noticed that the spilled fly trap's contents had leaked through the cracked plastic garbage can into the cargo area. This skunk smell now was transferred magnificently into my Subaru which caused me to drive home with in 90 degree heat with all four windows wide open.

I realized that this new smell in the car would not make my wife exceptionally happy. In fact even if I drove the car to a high crime area and left it running at a curb and walked away no thief would touch the car. When I got home I pulled out everything that was removable from the car and washed it with Pine Sol and a high pressure hose. I left everything out to dry in the hot

sun, hoping against hope it would end the smell. No luck. When I put everything back in the car it was as if I had done nothing except that there was a small smell of Pine Sol. A neighbor donated perfume which I spread around liberally. I scrubbed the interior carpeting that I hadn't removed with Pine Sol and was able to attain genuine dish pan hands.

It's Day 5 now in Operation Defumigate. We have an appointment at our Subaru dealer to see what they will recommend if they let me in with the car. I hope it not to get a new car as I have still two years to pay on this car. I think my wife should have been a tracker for lost persons or fugitives as she can smell things better than any tracking dog. I know I will never live this down.



OVER 150 AIRCRAFT & DISPLAYS!

PLANES OF FAME AIR MUSEUM

• RARE 1940's Flying Wing & authentic Japanese Zero fighter!

• Largest collection of flyable WWII airplanes

• Support aviation history, become a Member! Contact us for details!

Visit us!

\$2 OFF ONE ADULT ADMISSION
(LIMIT 1 COUPON PER PERSON)

(909) 597-3722

7000 Merrill Ave., #17
Chino, CA 91710
(Corner of Merrill & Cal Aero Dr., Chino Airport)

OPEN: Sun-Fri 10-5 Sat 9-5

WWW.PLANESOFFAME.ORG

Wellness Medical Equipment and Supplies

2 Locations to Serve OC Seniors

Bathroom Safety Equipment **Wheelchairs / Walkers**

Lift Chair / Recliners **Incontinence Supplies**

Power Scooters **10% Off With this Add** **CPAP Supplies**

Therapeutic Shoes **Portable Oxygen Machines**

714-779-8544 **714-868-8544**

1261 N. Lakeview Ave. 7961 Valley View St.

Anaheim Hills La Palma

Rentals ! Wheelchairs, Lift Chairs, Power Chairs



CHINO, CA VALLE, AZ

PLANES OF FAME AIR MUSEUM

2017 SCHEDULE OF EVENTS

(See our website www.planesoffame.org for more information)

JANUARY	7	Living History Flying Day featuring the: Curtiss P-40 Warhawk • The United States Postal Service will hold a First-Day-of-Issue Stamp Dedication Ceremony for the NEW LOVE Skywriting Stamp!
FEBRUARY	4	Living History Flying Day featuring the: Lockheed P-38 Lightning
MARCH	4	Living History Flying Day featuring the: North American P-51 Mustang
MARCH	11	3rd Annual Hangar Dance with Big Band Orchestra
APRIL	1	Living History Flying Day featuring the: North American B-25 Mitchell
MAY	6-7	Planes of Fame Air Show May 6-7 2017, Chino Airport
MAY	14	Mother's Day - Moms Admitted FREE!
JUNE	3	Living History Flying Day featuring the: North American F-86 Sabre
JUNE	18	Father's Day - Dads Admitted FREE!
JULY	1	Living History Flying Day featuring the: Republic P-47 Thunderbolt
JULY	22	World War I and Early Aircraft (Special Presentation)
AUGUST	5	Living History Flying Day featuring the: Vought F4U-1A Corsair
AUGUST	19	101st Airborne - "Screaming Eagles" (Special Presentation)
SEPTEMBER	2	Living History Flying Day featuring the: Douglas AD-4 Skyraider
SEPTEMBER	16	Strategic Bombing During WWII (Special Presentation)
OCTOBER	7	Living History Flying Day featuring the: Douglas SBD-5 Dauntless
NOVEMBER	4	Living History Flying Day featuring the: Northrop N9MB Flying Wing
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
NOVEMBER	18	11th Annual "Taste of Flight" Gala
DECEMBER	2	Living History Flying Day featuring the: Mitsubishi A6M5 Zero

Living History Flying Days are held on the 1st Saturday of each month, and begin with a presentation at **10:00 AM** by a panel of featured topic experts. Event concludes with a flight demonstration by the featured aircraft (whenever possible).

All events are at **Planes of Fame Air Museum**, Chino Airport, unless otherwise noted. Event schedules may be subject to change. (Special additional events are noted in blue.)

FREE ADMISSION TO MEMBERS!



Concerned about your Finances? The New Reverse Mortgage Is the Solution!

Your property taxes and insurance
can now be included!

- No Monthly Mortgage Payment as long as you live in your home
- Receive Tax Free Cash
- Does Not affect Social Security
- You still own your home
- Unlocks Equity to use NOW
- Use it however you want!
- LOW Closing Costs

Put your mind at ease and
Call us Today at
800-948-2001



PREMIER
LENDING GROUP

Must be at least 62 years to qualify • BRE #01271540 • NMLS #839305 • Better Business Bureau Accredited
1740 W. Katella Ave, Suite C, Orange, CA 92867

Compare: Reverse Mortgage Line of Credit Vs. Traditional Line of Credit

Reverse Mortgage Line of Credit:

Monthly Payments—NONE. No monthly payments are required for the life of the loan.

Credit Line Growth Guaranteed—YES. Undrawn credit line balance compounds monthly at the same rate (interest + FHA in-surance premium) charged on balance owed. Credit line growth is guaranteed and could potentially exceed future property value, effectively providing a hedge against property value declines and interest rate increases.

Mandatory Pay-Off Date (Maturity)—NONE. No maturity date: repayment not required as long as a borrower continues to reside in the property and the loan remains in good standing.

Limitation on Access to Funds—NONE. Funds can be accessed any time for the life of the loan as long as the loan remains in good standing.

Lender Option to Freeze Funds—NONE. Lender cannot freeze access to funds for loans in good standing for the life of the loan.

Personal Liability—NONE. Non-recourse loan; neither borrower nor heirs have any personal liability. Balance owed can never exceed property value at time of repayment.

Lender Failure Eliminates Funding—NO. If the lender fails or goes out of business, access to funds and servicing the loan is not interrupted. FHA will assume responsibility for continued performance.

Traditional Line of Credit:

Monthly Payments—YES. Monthly payments are required, usually interest-only for an initial drawn-down period, then increase to amortize the loan balance to the maturity date.

Credit Line Growth Guaranteed—NO. Credit line amount does not grow.

Mandatory Pay-Off Date (Maturity)—YES. Maturity date is usually 30 years or less. First seven to 10 years only provide access to funds. In the remaining years, there is no access to funds. Payment are reset and increased to pay off the balance by the maturity date.

Limitation on Access to Funds—YES. Access to funds is limited to the initial drawn-down period, normally the first seven to 10 years only.

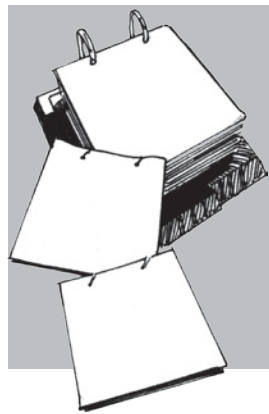
Lender Option to Freeze Funds—YES. Most HELOCs enable lenders to freeze access to funds with notice.

Personal Liability—YES. Borrower is personally liable for any deficiency plus legal and collection costs.

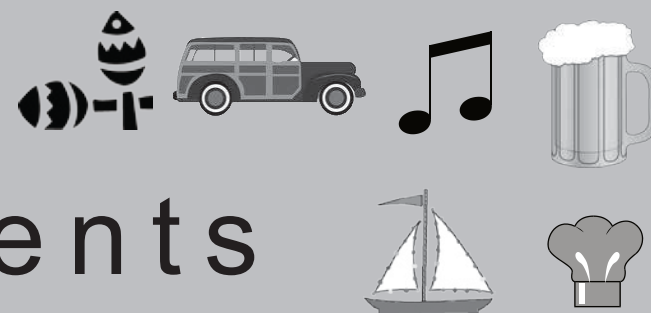
Lender Failure Eliminates Funding—YES. If lender fails or goes out of business, access to further funding will cease, unless or until another lender assumes responsibility.

Put your mind at ease and Call us Today at 800-948-2001

Must be at least 62 years to qualify • BRE #01271540 • NMLS #839305 • Better Business Bureau Accredited



September Calendar of Events



Enjoy these exciting autumn events from the famous Tall Ships in Dana Point to various festivals as you kick off the cool, crisp season.

Tall Ships Festival Dana Point Sept. 8-10

The festival features live music, art shows and a variety of food. Interactive living-history encampments including blacksmiths, scrimshaw artists, and the infamous Port Royal Privateers will also be on hand. Additionally, explore the historic Tall Ships and listen to the crew share tales of adventure and life at sea. At, Dana Point Harbor / Ocean Institute. Shuttle service from Salt Creek Beach Park at Pacific Coast Highway and Selva Road and from Dana Hills High School). Call, 949-496-2274.

Oktoberfest Huntington Beach Sept. 10 to Oct. 29

Imported German beers, bratwurst, strudel, pretzels and more. Guests can enter the Beer Drinking & Stein Holding Contests, and do the Chicken Dance. At, Old World Festival Hall, 7561 Center Ave., Huntington Beach. Call, 714-696-TAP1 (8271).

Annual Southern California Brain Tumor Walk Anaheim Sept. 16

The Southern California Brain Tumor Walk is an inspirational, all-ages fundraising walk and community day to support the brain tumor cause. Form a team of family, friends and co-workers and help make a difference in the fight against brain tumors. At, Angel Stadium of Anaheim, Anaheim.

Fiestas Patrias Festival and Parade Santa Ana Sept. 16-17

This annual tradition celebrates Santa Ana's Mexican culture with a parade, performers each night, food, and shopping. At, Downtown Santa Ana.

San Juan Capistrano Greek Festival San Juan Capistrano Sept. 16-17

Enjoy authentic Greek food and pastries, live Greek music and dancing, shopping at the Greek bazaar, activities and exhibits featuring Byzantine icons and traditional Greek costumes. Free admission and free parking. Complimentary shuttle service to and from the SJC Metrolink Station. At,

27129 Calle Arroyo, San Juan Capistrano. Call, 949-542-3445.

Storytelling in Business: How to Motivate, Inform and Inspire Santa Ana Sept. 21 9 a.m. to 11 a.m.

Learn how you can leverage the power of storytelling to attract and hold attention while delivering key messages and take-aways that will prompt action. Two-hour free workshop. At, 1805 East Dyer Road, Suite 109, Santa Ana. Call, 949-833-3253.

Cruisin' For a Cure Car Show Costa Mesa Sept. 23

The world's largest one day car show dedicated to helping find a cure for prostate cancer. Live music, food and vendors. At, OC Fair and Expo Center, Costa Mesa.

J.F. Shea Therapeutic Riding Center Annual BBQ and Family Faire San Juan Capistrano Sept. 23

Traditional family barbecue in a casual setting featuring

live Country Western entertainment, live and silent auctions and riding demonstrations throughout the evening. Country Western wear is encouraged. All proceeds benefit the programs of the J.F. Shea Therapeutic Riding Center dedicated to improving the lives of persons with disabilities through horsemanship. At, The J.F. Shea Therapeutic Riding Center, 26284 Oso Road, San Juan Capistrano. Call, 949-240-8441.

Irvine Global Village Festival Irvine Sept. 23 10 a.m. to 6 p.m.

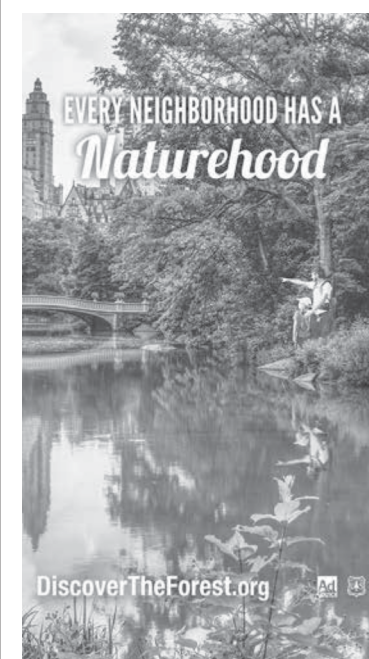
Experience artistic cultural performances on five stages. The festival's live entertainment is a mosaic of music and dance representing more than 50 cultures from Europe, Asia, Africa, and North and South America. Cultural displays, world religion and demonstrations, international cuisine, and world marketplace. Festival admission and parking are free. At, Bill Barber Park, 4 Civic Center Plaza, Irvine. Call, 949-724-6606.

Orange County Craft Beer Festival Silverado Sept. 23

Enjoy more than 90 breweries serving more than 250 craft and import beers plus food, live entertainment, and beer seminars. No one under the age of 21 will be admitted. This event raises funds for the Fallen Fire Fighters Relief Fund. At, Oak Canyon Park, 5305 Santiago Canyon Road, Silverado. Call, 949-363-1774.

St. Norbertfest Orange Sept. 24

The annual St. Norbertfest (formerly Oktoberfest) continues to grow and helps to build the parish, school, and the Orange community. There will be food, games raffles, rides and entertainment for everyone. At, St. Norbert Catholic Church, 300 E. Taft Ave., Orange. Call, 714-637-4360.



CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

REAL ESTATE / RENTALS

Stonegate Senior Villas

Affordable 1 Bedroom Unit
From \$684.00 to \$1045.00 ,
@ Month

2 bdrm from
\$820.00 to \$1253.00~

Seniors 62 Years Plus

Section 8 Welcome

170 N. Prospect,
Orange, CA 92869

***Maximum Annual
Income Restrictions
Apply**

714-538-7729



I BUY HOUSES

*All Cash,
any Condition*

Call Jeff

714-582-5866



**Estate
Sales**

Glinda Davis

Certified Appraiser

714-943-1818

e-mail: glinda_davis@yahoo.com

Lic. #GDD0001

www.glindadavisstatesales.com

Guiding You In The Right Direction

What happens next?

Who do we need to speak to?

Where do we go from here?

When? Why? How?

Probate
& Trust
Realtor
CPRES

These are all questions I can help you with.

Whether Buying, Selling

Don't work with just any Real Estate Agent...

Work with an agent who knows Leisure World

I specialize in the Resale of Leisure World Properties

Call Me Today!
Diana Dugan-Flores

(562) 242-6162

Berkshire Hathaway

BRE # 01497232

The Lord is My Shepherd I shall not want. Psalm 23



MISC.

LIVING TRUST

Only \$499.00

Complete!

Call Greg

(949) 851-4969

WANTED/ I BUY

Lladros, Capodimontes,

Waterford, Laliques, etc.

High end merchandise

for resale

Nick

714-679-5153

949-566-4661

HOME & HEALTH CARE

RAINBOW HOME CARE

Attendants make life easier

All Orange County

Mobility, Errands, Housekeeping, Meal Prep, Transportation

Toll Free #1-800-811-9767

WE CAN HELP

FRANCE'S ELDERLY CARE

Home elderly care 5:00am to 8:00pm. Services include nursing, medication assistance, personal hygiene, transportation to and from shopping, medical appointments, and other needs as required. Light housework and cooking included. Excellent referrals on request. **949-396-4970**

Free Consultation



k Insomnia

**k Depression
Anxiety**

(714) 788-7369

15051 Goldenwest Street, Huntington Beach

PRIVATE HOME HEALTHCARE SERVICES



Services include:

- Assist with daily care
- Meal planning & preparation
- Shopping & errands
- Doctor appointments
- Medication management
- Pet care

Mary Duarte CNA

949 525-8860

Serving South Orange County

English Speaking • Certified • Insured

Your Ad Here



Roling®

Structural Integration

a manual therapy method
for optimal alignment of
your body, so you can move
with ease and freedom.

Realign Uplift Live

Hilde Otterholt

Certified Rolfer™

949 933 6317

www.rolfingoc.com

AUTOMOTIVE

CASH AUTO BUYER

**WE REALLY TRY TO
PAY YOU THE MOST
MONEY WE CAN.
BECAUSE WE WANT
YOUR BUSINESS**



**Wrecked, damages, running or not.
We handle all DMV Papers**



**WE TAKE ALL TYPES OF
VEHICLES AND RV'S**

714-980-1790

AUTOMOBILES WANTED

CARS, TRUCKS, MOTORCYCLES

WE BUY ALL KINDS OF QUALITY LATE MODEL VEHICLES OR NON-RUNNING KLUNKERS, BAD TAGS, BAD PAPERWORK OR SMOG ISSUES, WE BUY ALL... FAIR PRICES PAID CASH! **WE PICK UP.**

562-684-0901 • 714-767-2834



We Help You Carry On!

E&M Senior Care

- Alzheimer Dementia
- Personal Care
- Transportation
- Meal Preparation
- Light Housekeeping
- Companionship
- Medication Monitoring
- Competitive Pricing

In-Home Caregiving

714-699-8938

Info@eandmseniorcare.com • www.eandmseniorcare.com

HEALTH BOUND SERVICES

IN-HOME SENIORCARE
COMPANIONSHIP, MEDICATIONS
PERSONALHYGINE, TRANSPORTATION
MEAL PREPARATION, APPOINTMENTS
HOURLY, PER-DAY, LIVE IN
714-679-5153 949-566-4661

CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

PLUMBING

Plumbing Expert



Copper Re-Pipes, New Plumbing Additions, Gas Leak Detection/Repair, Slab Leaks, Drain/Sewer Cleaning & Inspection, Water Heaters, Affordable & Professional Service

20 Years Exp. Family Owned & Operated

714-540-4469



MOVING \ STORAGE

Alta Moving \ Storage

\$69.50/Hour • 2 Hour Minimum

- Insured (CAL T158296)
- Small Jobs \ Short Notice Okay!

Family Operated Since 1971

7 Days a Week

Senior Discount

Call (714) 210-9554

MOVING/MISC.

PAC MASTERS LLC

We assemble and disassemble for you.
We Also Pack And Organize Garages
We Now Hang Pictures And Mirrors
Buy And Sell Furniture
FREE ESTIMATES
Call 888-250-2204

MASONRY

MASONRY CONTRACTOR

40+ Years Experience

- Fireplace & Chimney Repairs
- Brick, Stone, Block
- Driveways & Flatwork
- Fully Insured

FAR WEST CONSTRUCTION
714-803-1604

Lic #683824

CLEAN-UP / CONCRETE

CONCRETE

TNF CONCRETE CONTRACTORS

SPECIALIZING IN ALL TYPES OF CONCRETE

Masonry • Block Wall • Pavers • Driveways
Walkways • Sidewalks • Stamp Concrete

20 years in business

Local references • Senior discount
Contract #795010

Call Tom 562-234-0634

ASPHALT

Asphalt repair, seal coating, striping, concrete work, grading and demolition

Orange County only • 56 years experience

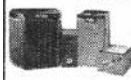
**Call Gary at 949-698-2473
or 949-432-5013**

Free Estimate

AC & HEATING

DISCOUNTED DEEP WATER PLUMBING HEATING & AIR

Service & Repair • Installation
Free Estimates (New Systems)
All Makes/Models



Senior Discount
No Results/No charge

714-234-6826
CALL ANYTIME

Lic# 974510



DOORS

Garage & Sliding Door Service

DOOR PROS™

Huntington Beach Ca.
714-965-0043

SERVICES INCLUDE:

- Sliding Patio Door Roller Replacement
- Sliding Patio Door Track Replacement
- Sliding Screen Door Replacement
- Garage Door Installation & Repair
- Garage Door Opener Replacement

Bonded & Insured
Lic #988243
DoorProsHuntingtonBeach.com

GARDENING / LANDSCAPING

GARDENING

One Time Yard Cleanup

Trimming, Weeding,
Planting, Drought Tolerant,
Ground-Cover, Landscaping,
Design, Hauling

Small / Big Jobs Welcome
Free Friendly Estimates

GK:949-344-4490
gklandscape.biz

Visa/MC/DC/Amex • Lic. #918209

TREE TRIMMING

Professional Tree Trimming

Tree Removal

Crown Reduction & Tree Pruning

Powder Stump Grinding



Palms Skinned Trimmed & Removed

Ivy Topping & Removal

Lot & Hill Clean-ups for Fire Regulation

CORTEZ

Tree Trimming Service

Lowest Prices Guaranteed!
Free Estimates
(562) 233-1564

AESTHETIC TREE

(714) 538-2988 • (949) 448-0201

• RESIDENTIAL • COMMERCIAL •

ST. LIC. #736540 • BONDED #405920

www.aesthetictree.com

Concerned Arborist
Arbor Culture (Degree)
Serving 20 Years
Liability/Comp.
Insurance



Thinning • Shaping
Corrective Pruning
All Removals
Annual/Monthly Maintenance

Fax: 714-289-8736
Staff Certified

Dave / Owner-Estimator

LANDSCAPING

OC Landscaping and Hauling

Trimming, Weeding,
Planting, Drought Tolerant,
Ground-Cover,
Garden/Yard/Slope Cleanups,
Design, Hauling

Small / Big Jobs Welcome
Free Friendly Estimates

GK:949-344-4490
gklandscape.biz

Visa/MC/DC/Amex • Lic. #918209

Your Ad Here

COMPUTER SERVICES

LEARN TO LOVE YOUR PC



- ~ One-on-One Computer Services and Tutoring
- ~ In the comfort of your own home
- ~ Tutoring tailored to your individual needs and pace
- ~ Smart Phones, Tablets, and Peripherals too!

Maria Pahos-Benson
714-403-9873

Your Ad Here

Your Ad Here

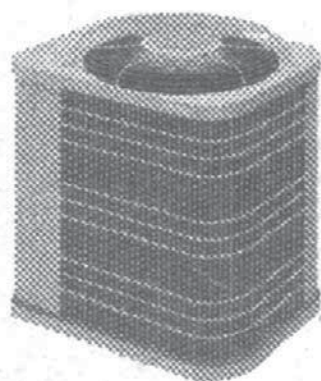


**American
Heart
Association®**
Learn and Live

A/C HEATING

**BRYAN HEATING AND
AIR CONDITIONING**

- Residential and Commercial
- Water Heater Repair
- Free estimates on new installs.
- 7 days a week,
- Serving all of Orange County



Located in Anaheim
Call Bryan 562-213-2207

Earn 6%-7% Annual Rate



- *Protect Principal
- *Monthly Income
- *NOT an Annuity

*Free Consultation
and No Obligation*

Gregory W. McCloskey, CFP
25 Years Experience
(949) 851-4969

For California Seniors, Cash Proves Costly

The age group comprised of those 65 years and over is growing at a faster rate than the total U.S. population. And in California, the over-65 population will nearly double by 2030 – increasing by 4 million people.

Unfortunately, challenges facing seniors in California have grown along with the age group itself. Nearly 16 percent of households in California where the homeowner or renter is 65 or older operate with little or no access to traditional financial institutions. Many within this category are underbanked, meaning they have a checking or savings account, but also use alternative financial services such as check cashers and payday lenders.

Often, those 65 or older – and who live on a fixed income in a state that has one of the highest costs of living – rely heavily on cash and turn to alternative financial services to make ends meet. In fact, according to the California Department of Business Oversight, nearly one in every four payday loans in 2016 went to adults over 62.

For some, the turn away from financial institutions toward cash and money orders is rooted in distrust of banks. For others, alternative financial services often seem like the only option for quick cash when unexpected circumstances arise. Because monthly social security benefits or pensions often provide just enough for daily

living costs, a car that breaks down mid-month, for example, can suddenly make payday loans an appealing option.

While cash and other alternative financial services are masked as viable solutions, they often lead to more problems – leaving many susceptible to theft and forcing them to pay more to access their money. For instance, payday loans come at a high interest rate, trapping its users in a cycle of repeat borrowing and debt. In California last year, the average annual percentage rate for payday loans was 372 percent.

The good news is that today's economy offers many other options for California seniors. Here are four tips to help manage money more effectively.

1. Rainy-day funds are critical. Whether receiving a pension or social security benefits, living on a fixed income can be difficult – especially when unexpected circumstances arise. It is important to set aside a small amount of money on a regular basis to offset some of the cost when life happens and there is a need for extra money.

2. Use budgeting tools. When it comes to saving for rainy-day funds and tracking daily spending, take advantage of the variety of budgeting tools that are available today. These include online tools and apps that make it convenient to create monthly budgets and track spending.

3. Electronic is more secure than cash. Whether money is kept in a bank account or on a prepaid card, it is safer electronically than it is as cash in wallets, stashed under mattresses or in the floor boards. Most forms of electronic payment come with fraud protection against theft and charges not made by the card owner.

4. Don't spend money just to access it. There is no need to spend money just to pay bills and manage finances. Rather than purchasing money orders to pay bills, debit and prepaid cards are better options.

In addition, programs like Master Your Card offer information and resources to empower seniors in California and across the country to make financial decisions that are best for their individual and unique needs.

Money management is a necessary skill from the day we first go out into the world on our own to the day we retire and beyond. And as generations age, it is a responsibility that often becomes more challenging. Fortunately, with the resources and services available today, California seniors in many different financial circumstances can now access their money securely, affordably and efficiently.





PHYSICAL THERAPY IN YOUR HOME



OUTPATIENT PHYSICAL THERAPY IN THE
COMFORT OF YOUR HOME

MEDICARE ACCEPTED

(714) 580-2868

The individuals pictured above are models and are not actual therapist and patient.

ATTENTION: VETERANS & WIDOWS OF VETERANS Learn About The Forgotten **VA PENSION!**

- ★ Learn about the forgotten VA Pension for Senior Veterans that can pay more than \$3000 per month TAX-FREE!
- ★ Learn how to earn 5% guaranteed interest paid monthly!
- ★ Do you or your spouse suffer from any of the following conditions...Hearing Loss, Ringing in the Ears, Diabetes, Diabetic Neuropathy, Depression, Anxiety, Parkinson's Disease or Cancer?
- ★ Do you use a cane, walker, wheelchair or power scooter? Learn how YOU can qualify!



ASK ABOUT THE VETERAN'S HISTORY PROJECT
AND BURIAL & MEMORIAL BENEFITS

1-800-733-6120

Call today and see what benefits YOU qualify for!

Fax: 888-379-7565 ★ ronpont@cox.net



Ronaldo Pontremoli
Accredited Veteran
Claims Agent

POOL SERVICE

PROFESSIONAL SERVICES

45 Years Exp

- Acid Washes
- Filter Cleaning
- 1-Time Cleaning
- Equipment Repair & Replacement
- Plastering, Tile & Renovation
- Monthly Maintenance Service
- Pool Painting At Great Price

**Senior
Discounts**

CALL GREG **714-343-9840**

FREE ESTIMATE: License #706003

BARBER SHOP

Military & Senior Discounts

BARBER SHOP

Combined 150 Yrs.
Haircutting Experience

OPEN 6 DAYS A WEEK

Mon.-Fri. 8:30am to 6:00pm

Saturday 8:30am to 5:00pm

Call **949-208-2424**

24874 Muirlands,
Lake Forest, CA

American Heart
Association



Pamela's Tea Room

Afternoon Tea ~ High Tea ~ Pasties-Scones



~CATERING~

714-897-9442



* Visit our English Delicacies Store *

12752 Valley View, Westminster

Thrift Shop

8071 Slater Ave
just east of Beach Blvd

100% Volunteer Operated • www.facebook.com/assistanceleagueofhb

Learn more www.ALHB.org • www.ebay.com/usr/assistance_league_of_huntington_beach

Southern California's Assisted Living Experts
Call Toll Free 800-409-1917

Use Our No-Cost Personalized Services to
Assist in your Search for Elder Care:
Independent Living • Assisted Living
Licensed Residential Care Homes
Alzheimers/Dementia Care
Short-term Respite Care • Hospice Care

What some of our clients have to say: "Much, much appreciation! I truly value you and what you have to offer on a professional level. Your knowledge, compassion, and ethics truly made a difference." —K.B.



AUTUMN NIGHTS UNDER THE STARS

The City of Buena Park Fine Arts Division Presents

Autumn Nights at the Plaza

Savor—A Tribute to Santana

Saturday, October 14 7:00pm • General Admission \$21

Savor was created to honor the iconic music of Rock & Roll Hall of Fame legend Carlos Santana. In this one-night performance, the Savor trio will wow audiences with everything from the raw power of Santana's solo album to his collaborations with some of today's top musicians. Beer, wine, soft drinks and light refreshments will be available for purchase. For additional information, please visit www.buenapark.com or contact the Buena Park Community Services 6688 Beach Blvd. Buena Park (714) 562-3860.

Concert located at The Plaza at The Ehlers Event Center
8150 Knott Ave. Buena Park, CA 90620

Cher

By Les Goldberg

Before my aunt Jeanette passed away, she told me a story about a time during the 50s when she lived in the San Fernando Valley. She loved to invite the children from the neighborhood over to her house to play with her daughter, my cousin. One of the kids was a skinny and shy little barefoot girl who grew up in a poor family. Her name was Cherilyn Sarkisian.

I tell you this story because you never know who you meet when you are a child. In this case, little Cherilyn, who would eventually be known only as Cher, would become one of the most iconic female Rock stars and actresses in history.



By the time Cherilyn turned 17 (she was born in 1946), she knew she could sing but her talent was hidden until she met Salvatore “Sonny” Bono, a songwriter and protégé of producer – and now infamous convict – Phil Spector.

Sonny brought her to Spector, who used her as a backup singer and produced one single by her, a novelty Beatles tribute record called *Ringo I Love You* issued under the name Bonnie Jo Mason. It disappeared without a trace, but the couple were undaunted – they emerged as a duo, initially called Caesar & Cleo, later that year, and

cut *The Letter*, *Do You Wanna Dance*, and *Love Is Strange*.

The Star is Rising

The Caesar & Cleo act didn’t live up to expectations, but late in 1964, 18-year-old Cherilyn inked her first record deal with Liberty Records’ Imperial imprint, with Sonny as producer. Her first song, *Dream Baby*, became a local hit. That same month, Sonny & Cher, as they were now known, signed to Reprise Records and released their first single, *Baby Don’t Go*, which topped the local charts.



The duo was signed by Atlantic Records and in April 1965 their first single, *Just You* rose to No. 20 on the charts.

The duo was on its way, and Cher also had Imperial Records after her for a second single. The couple had seen the Byrds pioneer commercial Folk-Rock with Bob Dylan’s *Mr. Tambourine Man*, and had witnessed them performing another Dylan number, *All I Really Want to Do* at a club

in Los Angeles. The group intended to issue their own recording of *All I Really Want to Do*, but Cher, with Sonny producing, beat them to the punch with her own recording of the song.



I Got You Babe

Two years later, Sonny & Cher released *I Got You Babe*, which was one of the biggest-selling and most beloved Pop/Rock hits of the mid-60s, and the couple’s signature tune across two eras of success.

Cher’s solo career ended up slightly overshadowed by her work with Sonny & Cher, but at the time she was fully competitive on her own terms – her first LP reached the Billboard Top 20 and was on the albums charts for six months. *Bang Bang (My Baby Shot Me Down)* was another hit, a million-seller that made No. 3 in America and England, and she made the Top Ten once more with her 1967 single *You Better Sit Down Kids*.

Cher’s solo career at Imperial records ended with the lapsing of her contract in 1967, and she moved to Atlantic. Ironically, it was this move that contributed to the unhappy reversal of the couple’s fortunes at the end of the decade when their record sales plummeted. It was blamed on a series of commercial gaffes, a change in public taste, and the failure of two movies.

It didn’t help that they owed the Internal Revenue Service \$200,000 in back taxes, leaving them in dire financial straits. They were forced to play club dates, opening for artists like Pat Boone.



Good Times, Bad Times, Good Times

Little did they know at the time, but their streak of bad breaks would lead to a second successful career for both. They landed a new contract with Decca Records in 1971, and were asked to be a summer replacement on the CBS Television network.

Continued on page 11

**HOW DO YOU
WIN THE BATTLE
AGAINST TERMITES?
IT'S SIMPLE.**



Call now for your **FREE** termite inspection
951-787-7004

We specialize in alternative treatment methods

- No crazy colored tents
- Stay in your home, no moving out
- Kills every variety of termite
- All work guaranteed

GET \$200 OFF
ANY SIMPSHIELD PROGRAM

STOP Suffering from Foot Nerve Pain

CRPM
CENTERS OF REHABILITATION
AND PAIN MEDICINE

www.ocpain.net

Dr. Albert Lai Dr. Shere Daniels Dr. David Lau


Suffering from **Nerve Pain** or **Numbness** in your feet?

No Surgery

FDA Approved

90% Success Rate

Covered by most **Major Insurances**, including **Medicare**



Now Serving Two Locations:

1041 E. Yorba Linda Blvd.
Ste 210
Placentia, CA 92870

2617 E. Chapman Blvd.
Ste 103
Orange, CA 92869

CALL for a **FREE** Consultation
*covered if qualify
949-329-2784
Representatives available M-F, 8am-5pm

Live Pest Free.

\$10 off
any new service

American City
Pest & Termite
BUGS
AmericanCityPest.com

Commercial & Residential
800-842-3181
AmericanCityPest.com



ROSE HILLS
Memorial Park & Mortuary
License # FD 970

CHRISTIAN CARCANO
Pre-planning Advisor
Funeral/Cemetery Sales
Insurance License # OE10379

3888 Workman Mill Rd.
Whittier, California 90601
www.rosehills.com

Toll Free: (888) 314-9550
Cell: (562) 652-8240
email: christian.carcano@rosehills.com




Do you qualify for year-round enrollment?

scan
HEALTH PLAN

Are you...

- Turning 65?
- Living with a chronic condition such as diabetes or heart disease?
- Losing coverage with an employer?
- Living in a new area from a recent move?
- Receiving Extra Help from Medicare to pay for medications?

Find out if you qualify for a Special Enrollment Period.

 **JoAnn Buday**
Phone: (714) 272-8983

You don't have SCAN, you're WITH SCAN.

SCAN Health Plan® is an HMO plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal. SCAN also has a contract with the California Department of Health Care Services (DHCS) Medi-Cal program. You must continue to pay your Medicare Part B premium. Part B premiums may be covered by Medi-Cal depending on your level of eligibility. For more information, call 1-800-547-0899, TTY Users: 711, 8 a.m. – 8 p.m., Monday – Friday. SCAN Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak another language, language assistance services, free of charge, are available to you. Call 1-800-559-3500 (TTY: 711). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-547-0899 (TTY: 711). 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 1-800-547-0899 (TTY 711)。

G10185 07/17 Y0057_SCAN_10090_2017F File & Use Accepted 01232017

A-1 Home Care
www.a-1homecare.com
Info@a-1homecare.com
949-650-3800

24-Hour Care
Live-in Caregivers
Hourly Caregivers
Elderly & Senior Care



Josie Alvarado
Real Estate Professional
and Notary Public
949-215-6676

Professional, Efficient, and Courteous.
The way Real Estate Sales should be...always.

Realty ONE Group, Inc.
#5 in the Nation

27401 Los Altos
Mission Viejo, CA 92691
BRE#01884157

Specializing in the Senior Market

Complimentary Market Analysis
Complimentary Professional Staging



The Senior Reporter

is published monthly by:

SUNSET PUBLISHING AGENCY

Email
jcampos@sunset-publishing.com

Telephone
(714) 975-6345
Fax
(714) 968-2311

Rate is \$28.00 per year.

Guest articles, commentaries and photographs are invited, however, publication is at the discretion of the editor

The Gadget Geezer

By Les Goldberg

Being ‘Cool’ in Your Hot Garden

Sorry, folks, we’re not talking about outdoor air conditioning here. No, this column is for those of you who want to boast the coolest garden on your block, who don’t mind being called “garden geeks.”

What we have found are this year’s newest gadgets to help make your green thumb greener, your workload lighter and your outdoor entertaining more fun. Take a look:

VegiBee

The VegiBee is a rechargeable sonic plant pollinator. Once you place it into the soil – in a greenhouse, indoor pots or outdoors – it is supposed to increase plant production by more than 30 percent per year. The company claims



it will work with vegetables, fruits and flowers. With five variable speeds, the multiple vibrating wands and rechargeable batteries are designed to provide greater control and versatility for monitoring your plant growth. The VegiBee is priced at \$33.50 plus \$9.06 for shipping at Amazon, and it comes with a six-month warranty and 30-day money-back guarantee.

Birdscapes



Who doesn’t love watching wild birds flying in and out of your yard or patio? Now you can watch them even closer with the Birdscapes Clear Window Feeder 348 from Perky Pet.

The feeder, which is about seven inches wide and six inches deep, attaches directly to your window. Watching the birds eat from the one cup seed dish is made easier with its crystal clear shatterproof plastic cover. Cost: \$9.97 plus shipping at Amazon.com.

Robomower



I don’t have to tell you what a chore it is to mow the lawn when you are getting up there in age, right? Even electric and gas-powered mowers are cumbersome and costly to repair. That is why the robotic lawnmower is growing in popularity throughout the world. One of the most hot-selling products is the Automower from Husqvarna.

They are not cheap – ranging in price from \$2,000 to \$3,500 – but the company is betting on the overall health aspects of customers who want to save their aching backs and limbs while saving on the costs of hiring a gardener. The product requires purchase of an install kit, but rebates up to \$500 are available through Nov. 15 this year at the local Husqvarna dealer.

According to the company, the Automower is powerful enough to handle rough terrain, steep slopes up to 35 percent grade, large and complex areas and heavy rain. It is also quiet enough to operate at night and is emission free. It has three razor-sharp pivoting blades that rotate to cut grass evenly for up to a quarter-acre on a charge. When it meets an obstacle, it stops and redirects itself, and knows when it needs to be charged. An easy to use control panel allows you to “set it and forget it.”

Robo Weedwhacker

After you’ve robomowed your lawn, you notice the presence of weeds protruding through the freshly cut grass. What do you do? Answer: Get out your Tertill, the robo weedwhacker from Franklin Robotics, the same company that brought us the Roomba vacuum robot.

The scenario I just described will be possible next year



when the solar-powered invention begins shipping with a \$250 price tag. Using multiple sensors, the robot will be able to distinguish weeds from desirable plants. For instance, a plant tall enough to touch the top of Tertill’s shell activates a sensor that makes the robot turn away. A plant short enough to pass under the shell activates a different sensor that turns on the weed cutter.

To protect young plants from the spinning string weed trimmers, special collars are provided to cover the small plants and seedlings. According to Franklin Robotics, the Tertill is 100 percent solar powered, Bluetooth connected and energy efficient – it knows the exact time of day to patrol the garden.

Inflatable Movie Screen

Now that you have entertained yourself in the garden by watching birds get fed, lawns get mowed and weeds get whacked, maybe it’s time for you to enjoy an outdoor movie on your new 12-foot wide Gemmy Airblown Inflatable Movie Screen. Of course, you

Continued on page 14

Roby & Associates

PUBLIC INSURANCE ADJUSTERS

Keeping Insurance Companies Honest since 1987!

We work on your behalf to negotiate the claim or claims for damage under any insurance policy covering real or personal property.

- Fire
- Water
- Wind
- Vandalism
- Theft
- Any First Party Claims!

Wayne Roby
Lic. #2E53390 • (310) 251-8091
Documents.robypa@gmail.com

CALL FOR A COMPLIMENTARY CONSULTATION

Cher

Continued from page 10

The TV gig proved to be as funny as they were musically diverse. And despite an early recording dud, Cher's producers wrote a new series of songs best suited to her special brand of vocal tones.

Gypsies, Tramps and Thieves was released late in 1971 and became a No. 1 hit and a million-seller. To some listeners, the song was the epitome of old-school Pop/Rock, but the song's subject matter, unusual tempo changes, and an incredibly memorable chorus-hook became a vehicle for a transcendent performance by the singer, marking Cher's maturation as an artist.



A follow-up album, featuring hits such as *Fire and Rain*, and *The Way of Love*, solidified the image of a new, more confident and powerful Cher.

The debut of the couple's regular network variety series on CBS in 1972 brought them back to the center of American and international popular culture as Cher's personality, maturity and wit blossomed.

A Movie Star is Born

In 1974, it was revealed that the couple's marriage was coming to an end. Cher came out of this split more secure than her husband. She embarked on an acting career, even as she continued to make headlines for her romantic exploits, including an affair with (and two marriages to) Gregg Allman.

"The trouble with some women is that they get all excited about nothing – and then marry him."

According to her critics, Cher became a far better actress than she was a singer, first revealed in the movies *Silkwood* (1983), *Mask* (1985), *The Witches of Eastwick* (1987) and *Moonstruck* (1987) which earned her an Oscar as Best Actress. Since the mid-70s, Cher has been known more for her acting than for her music, although she has continued to record for numerous labels. Her 1998 release of *Believe* became an international chart-topping smash hit. By 2005, she had completed the three-year, high-grossing Farewell Tour ahead of a lucrative Las Vegas residency of equal length.

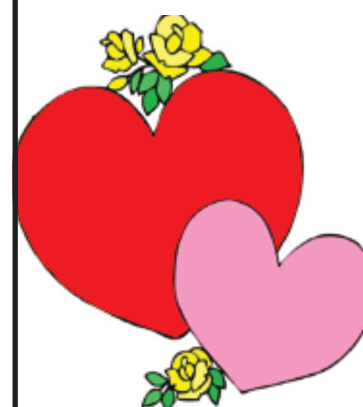
In 2010, she starred in the musical *Burlesque*, and *You Haven't Seen the Last of Me* from the movie's soundtrack went on to win a Golden Globe Award. In September 2013, Cher released a new studio set, *Closer to the Truth*, the results of further sessions with assistance from Mark Taylor, the British songwriter/producer who had been a regular collaborator since *Believe*.



"Some guy said to me: Don't you think you're too old to sing Rock 'N Roll? I said: 'You'd better check with Mick Jagger.'"

Let's hope that we haven't seen or heard the last of Cher.

With A Heart for Seniors



Real Estate Concierge Services



Marlene Bridges
Broker/Owner
Village Real Estate Services
Certified Residential Specialist®
Seniors Real Estate Specialist®

Marlene Makes Real Estate Simple
•Buying •Selling •Renting

- Experienced Market Evaluations
- Strategic Marketing Plans
- Coordinate Estate Sales, Moving, Storage of Personal Property
- Complimentary Staging
- Coordinate Clean-up, Clean-out & Repairs
- Clearly Communicate Throughout The Process



BRE01232928

Search 1000's of Properties at
OCHomesAndRealEstate.com
Call Marlene Today
800 777-1775

American Heart Association



BATH REFINISH

BATH-BRITE

Repairing and Refinishing Tubs, Tile, Fiberglass and Sinks Since 2001

(714) 864-4797

Servicing Orange County and Parts of Los Angeles County

CALL FOR A FREE ESTIMATE!!!

Kyle Thompson

www.bath-brite.com

Valor Fall Prevention Products of Newton, Massachusetts *invites you to test the* **M-O Stability Stick (MOSS)**



Whether your problem is balance or diminishing eyesight, the MOSS is designed to help prevent you or someone you know from falling. You will be testing a product as important to personal safety as shower grab bars and stair railings.

If you find yourself touching the door jamb, and then reaching for chairs or other pieces of furniture as you cross a room, you're a good candidate for the MOSS. **Your test, comments, and opinions are important. Give us your feedback.**

People fall mainly in two places:

1. Moving about the house.
2. Walking the short distance from a vehicle to shopping, medical appointments, visiting friends, or other common destinations.

Two reasons people fall are:

1. TOPPLING. An example of this is: You awake and arise, and you suddenly find, after you stand up, that you have hit your head on your nightstand and you're on the floor, with a bleeding head. You've toppled!

If you had kept a MOSS between your bed and night table and you grabbed it as you stood up, it and your two feet would have given you a three point stability from which toppling is improbable.

2. TRIPPING: You're in a rush to get to the mall door before closing time. As you step from your parked car, you fail to notice the curb of a grassy area, and you next find yourself in the Emergency Room having your stitched head bandaged. You've tripped!

You would have done much better if you had removed a folded MOSS from under your car seat and used it in its search mode as you left the car and located the hazardous curb. The secret of the MOSS' success is its Dual Mode character.

If you hold it like the railing of a down staircase, it serves as a forward predictor of hazards. Simply tipping it towards the vertical makes it again a supportive walking stick and you can safely walk rapidly to the open door of the mall!

For more detailed information about fall prevention with the MOSS, email:

**Marty Osman, PHD & CEO,
Valor Fall Prevention Products at
martyosman@aol.com**

**To receive your test prototype, send your mailing address to:
martyosman@aol.com**

**The MOSS is red in color.
If you are legally blind, ask for white.**

The Gadget Geezer

Continued from page 12



will need to invest in a home cinema movie projector (prices from \$80 to \$300).

The screen is easy to carry and store, and when you are ready to set it up in your yard, just plug it in and it will self-inflate to 123 inches wide and 70 inches tall. Tethers and yard stakes are included for the retail price of \$126 at Amazon. Here's what one user said about the product:

"I can't say enough good things about this screen. It is easy to set up, looks great, and stores away easily ... it is great for backyard movie nights, family reunions in the park, company picnics, etc."

Solar Wind Spinner



You've probably seen them in gardens throughout your neighborhood, and maybe you already have one or two in yours. They add color and interest to your outdoor space

es – without having to water or fertilize them. What we are talking about are Light-Up Solar Wind Spinners.

How do they work? A smart solar panel is built directly and seamlessly into the flower spinner's center, and some have embedded LED lights in the flower petals. The solar panel soaks up the sun all day to power the spinner's spinning lights at night. Cost: \$129.95 at www.problemsolvers.com.

**American Heart
Association**



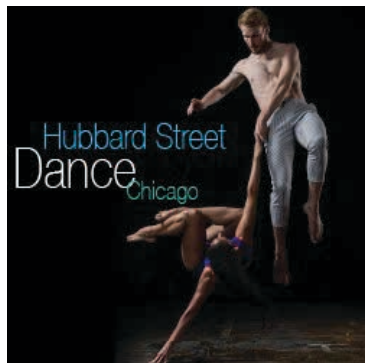
**MOMENTS LIKE THESE ARE PRECIOUS.
DON'T LET THEM FADE AWAY.**

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, sadly robbing sight and independence. It is a chronic disease affecting over 10 million Americans, and early detection is key to saving your sight.

Protect your vision from fading away. Call the **Foundation Fighting Blindness** today for a free info packet about preventing and managing AMD. There is hope.

A Cure Is In Sight
800-610-4558 FightBlindness.org

Hubbard Street Dance Chicago Returns with a Special 40th Anniversary Program



One of America's most influential contemporary dance companies kicks off the 2017-18 season

First presented by the Barclay nearly 27 years ago under the auspices of its founding artistic director, Lou Conte, Hubbard Street Dance Chicago has become one of America's most influential contemporary dance companies. The company is known now for its eclectic, international repertory and for its impeccable dancers.

In celebration of the company's 40th anniversary, Glenn Edgerton, the current artistic director and company visionary, will curate a special program including works from choreographers such as William Forsythe, Robyn Mineko Williams and Nacho Duato.

Visit hubbardstreetdance.com for artist profiles, touring schedules, and much more.

**FREEE
CELL PHONE
FREE
SHIPPING
FREE
ACTIVATION**



AMERICA'S #1 NETWORK

**For a limited time:
Get 150 minutes for only
\$9.99 a month!**

**TRY US 100%
RISK-FREE**

**NO
CONTRACTS**

**BONUS
1 Month FREE Service**



Nationwide Provider Since 1988
*Some Restrictions Apply. Please Call for Details

800-500-0066
www.InTouchAmerica.com

Care Facility

Continued from page 2

SR: What steps do you take to find a facility that is the right fit?

MS: We pre-tour every home or facility to assess their care plans, to see what types of caregivers are on duty and their training. We look at the quality of their meal plans, medication management, and activities and programs offered. We also ensure that the facilities have hospice waivers and have passed State of California inspections.

SR: What is the cost of using RCPS services?

MS: Our services are free to those who need them. We receive our commission directly from the facilities after a transition has been made and the clients and families, facilities and owners are all comfortable, safe, content and happy.

One such satisfied customer is Ginny from Lake Forest who told Schusler: "I am so grateful to have found you. Not only did you find a home quickly, but you knew immediately what I wanted for Mary who has Alzheimer's."

Another is the Ambrose family in San Clemente: "Thank you for all the hours of searching and getting to know Polly, her needs and the needs of our family. The confidence and experience you shared with us helped us believe it was possible."

And the vice president of development for the Alzheimer's

Association said this about RCSP:

"Thanks for your help. Those we serve found a window of hope."

According to Schusler, "We at RCSP take pride in searching for That Age In Place Home. We have the knowledge and resources to support all unique needs, preferences and desires of our clients and families. We offer suggestions and support during all types of transitions."

For more information about RCSP, you are invited to call Schusler at the office (949) 413-4582, her cell (949) 412-5947 or toll-free (800) 763-1433. Her email is mel4seniors@cox.net.

See our ad on the back cover.



By Randal C. Hill

The Letter

The Box Tops

September 1967

Wayne Carson Thompson created *The Letter* after his father, country musician Shorty Thompson, offered him a single quirky lyric line:

Gimmie a ticket for an aer-o-plane

"[Shorty] was a songwriter of sorts," Thompson explained in *The Billboard Book of Number One Hits*, "I took his one line and wrote the rest of the words and the melody."

The future smash came to life at Memphis's American Sound Studio where, 2 years earlier, owner Chips Moman had cut *Keep on Dancing*, a million-seller by the Gentrys. Moman's pal and musician/recording engineer Dan Penn was hired as a production assistant after Moman showed Penn a demo (demonstration) tape by an as yet unnamed quintet of teenage Memphis rockers. Included on the tape was Thompson's *The Letter*, a tune structured somewhat like the Monkees' *I'm a Believer*.

Penn brought everyone involved, including Thompson, into the studio for a meeting. The first order of business: Create a name for the group. Thompson recalled how an old-time breakfast cereal ad ploy provided the inspiration.

"One of the guys joked, 'Well, let's have a contest and every-

body can send in .50 cents and a box top.'" (Hey, this was the quirky 1960s, after all!)

The Letter was declared the demo's only potential winner. In the studio, Penn coached the Box Tops' lead singer, a long-haired, 16-year-old white kid named Alex Chilton, to "get a little gruff" and emulate a gritty black artist. Chilton complied, although it took him 30 tries to achieve the "feel" that Penn sought.

During an afternoon break, Penn came across a special-effects record in the studio library. Included on the disc was the sound of a jet airplane in takeoff. He loved the gimmick and added it to the end of the song's master tape.

Songwriter Thompson set to grumbling for two reasons. First, he feared that *The Letter* — at 1 minute, 58 seconds — would run too short for radio airplay. He also detested the airplane sound at the end and demanded that it be removed. At this, Penn flew into a rage. According to *Rock and Roll is Here to Stay*, he spied a razor blade used for editing tape.

"Give me that razor blade right there, and I'll cut this damn tape up!" Penn thundered at Thompson. "The airplane stays on it, or we don't have a record!" The sound remained.

Despite Thompson's objections, *The Letter*, released on the Mala Records label, became an overnight success. It streaked to the top of the *Billboard* charts, where it remained for four weeks, sold 4 million singles and even earned two Grammy nominations.

The Box Tops recorded nine more hit tunes before disbanding in 1970. The next year, Alex Chilton formed an esoteric rock band called Big Star. Sometimes, though, he reunited with his old Box Tops buddies to tour the profitable Oldies circuit. No doubt that's when Chilton recalled the heady time when, as a high school junior, he reigned briefly as one of the most recognizable voices on the 1960s Rock scene.

Bibliography

Books:

Bronson, Fred. *The Billboard Book of Number One Hits (Third Edition)*. New York: Billboard Books/Watson-Guptill Publications, 1992.

McKeen, William. *Rock and Roll is Here to Stay: An Anthology*. New York: W. W. Norton & Company, Inc. 2000. Pages 495-496.

Wenner, Jann S. (Editor). *Rolling Stone 500 Greatest Songs of All Time (Special Collectors' Edition)*. No publication information/2010.

Internet:

en.wikipedia.org. Printouts: *The Box Tops*, *The Letter* (song) songfacts.com

The Two Biggest Problems Seniors Face with Transportation

Uber, Lyft and other on demand transportation services are rapidly becoming the world's number one transportation solution. They allow customers to get rides from regular people. There have been billions of rides executed by both companies since their founding. Though this may seem like a fool proof option to the world's growing transportation needs, several problems persist for older adults.

Every year, our phones become faster, our computers become smarter and our technology solutions increase dramatically. In an age where technological trends can change within days, not to mention hours, our aging population is being left behind.

In terms of transportation, seniors face two main challenges when it comes to using ride-sharing services like Uber and Lyft. The first issue is accessibility. PEW Research reports 58% of seniors don't own a smartphone and more than half the ones that do have nev-

er downloaded an app before. This limits more than a quarter of the human population from using these ride sharing services.

The second important issue is ride monitoring. As humans age, slow reaction times and declining levels of awareness work together to block an older adult's ability to manage their own services. One example of this may be not noticing their driver cancelled a ride and subsequently waiting for hours on a street corner for a car that's never going to come. Other examples include getting into the wrong car, paying the driver with cash, or not catching that their driver is at the wrong entrance to their home. In order to ensure that seniors are being transported in a safe, practical manner, close observation of the transportation process is required.

GoGoGrandparent aims to solve these two critical problems. Customers can order rides with their flip phones, through landlines, or have family members make the call. This allows seniors to use

technology they are comfortable with. Additionally, GoGoGrandparent's 24/7 call center monitors rides with the utmost attention to detail to make sure passengers are transported in a smooth, safe, and reliable manner.

Call us today at 1 (855) 464-6872.

- Uber
- Lyft
- Seniors
- Transportation

The Senior Reporter

is published monthly by:

SUNSET PUBLISHING AGENCY

9114 Adams Avenue, Suite 358
Huntington Beach, CA 92646

Email: jcampos@sunset-publishing.com

Telephone
(714) 975-6345
Fax
(714) 968-2311

Rate is \$28.00 per year.

Guest articles, commentaries and photographs are invited, however, publication is at the discretion of the editor

EDITOR: DEBBIE L. SKLAR
DIRECTOR OF SALES: JAMES WEBB
ADVERTISING MANAGER:

WILLIAM THOMAS
GRAPHICS:

SEASIDE GRAPHICS & PRINTING

Contributing Writers:
Les Goldberg, Ronnie Greenberg,
Jim McDevitt,
Robert Horseman, DDS,
Judith Rogow



Use Uber & Lyft with just a phone call!

- No Smartphone Required •
- Curb to Curb, Non-Emergency Rides •

Call 1 (855) 464-6872

California Seniors Expo

Friday, October 6
9am - 1pm

Fullerton YMCA

(Harbor Blvd / Valencia Mesa Drive next to St. Jude)

- Free Admission
- Free Raffles
- Free Med Collection
- Free Flu Shots
- Free Health Screenings
- Free Parking
- Live Music
- Free Samples

Clean Out Your MEDICINE Cabinet!

Expired/Unwanted Medication Drop-off:
Clean out your medicine cabinets and bring expired/unwanted prescription and over-the-counter medication to the expo for proper disposal to keep our community and waterways safe.

Brooks Larson, DDS, Inc.
GENERAL • COSMETIC • IMPLANTS



For more information: www.californiaseniorsexpo.com (800) 804-3860



IWantToBeRecycled.org

Ad Council | **KEEP AMERICA BEAUTIFUL**

unicef

You Haven't Played
BINGO
Until You've Played At . . .



★7 Nights A Week! ★All Games Pay \$250.00!
 ★We Play Jackpot Bingo Pulltabs

MONDAY THRU SUNDAY TWO LUCKY
 WINNERS RECEIVE 7 NIGHTS FREE PLAY!
Sign Up for Our Frequent Play Club Card...

**Fridays most games
 will pay \$500 & \$400**

\$500 MUST GO DRAWING
 TWICE A NIGHT

Monday thru Thursday 6:00 pm - 12:00am

Friday & Saturday 6:00pm - 2:00am Sunday 2:00pm - 12:00am

Doors Open: Mon - Sat 4:00pm Sun 12:00pm



21900 Norwalk Blvd.
Hawaiian Gardens, CA. 90716
 FOR ANY QUESTIONS CALL
 562-402-6769 FAX # 562-421-6192

The Bingo Club is a function of and operated by the Irving I. Moskowitz
 Foundation, a Non-Profit Public Charitable Organization

SCR

Roos's Rooter & Plumbing

- Drain's cleared \$60.00 • Appliance Installation
- Water heater, slab leaks, toilet, faucet
- gas & water leak repairs

714-591-6170 - 1-800-229-3222

Complete 24 hour residential and commercial plumbing service

"The Plumber you can always count on"

www.roosrooter.com



**American
 Heart
 Association** Learn and Live

A Little Taste of Britain At Pamela's Tea Room

If you are visiting Pamela's Tea Room in Garden Grove for the first time, here's a bit of advice:

Do not order an English muffin to go with your afternoon tea. "It's an American item," Pamela Brand, the shop's proprietor will quickly point out with a smile. "It's not British."

The very cozy and traditional tea room and British shop at 12752 Valley View St. (where the 22 and 405 Freeways meet) is a popular destination among all those who love tea—brewed and served as it has for hundreds of years throughout the world, beginning in Asia in the 12th century, becoming a social and dietary staple in England in the 1800s and eventually gaining followers in America.



It was in her native home in Yorkshire-Sheffield that Pamela became immersed in the art of cooking, baking and entertaining, but "I didn't learn much about tea rooms until I arrived in the U.S." When she came here initially at age 18, she went on a bike ride with a friend and had "what you might call an epiphany: I am going to come back and open a tea room."

Many years later on her second visit to Southern California,



she went to work in a restaurant in Seal Beach. "I learned a lot from the owner. (Operating a restaurant and retail store) is not easy. Some people think that they can open up a tea room and all they have to do is serve a cup of tea and that's it. It doesn't work that way."

Meanwhile, she met Joseph, the man she married. Together they toured all over Los Angeles and Orange counties to find the perfect location for a tea room, finally settling on a site in Old Towne Orange. With four years of experience but less profit than expected, she got an offer to sell that she couldn't refuse and began seeking another location.

At about the same time, the owner of an Irish restaurant in the Bridgecreek Industrial



Park (her present location) contacted Pamela and asked her to bake scones and sausage rolls. "I did and then the owners, a husband-wife team, decided

to open a tea room that they knew nothing about. I soon bought into the partnership by buying her husband out. Our partnership lasted for 13 years until she retired. I have operated it on my own since then."

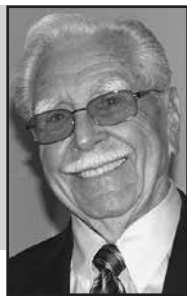


In business, there are several factors that go into a successful venture. At the top of the list are location, market demand, quality products and excellent customer service. One visit to Pamela's Tea Room and you can see that all those elements are evident. Although Americans' craving for tea blossomed from 1993 to 2008 and became a multi-billion-dollar industry as tea rooms popped up everywhere, since then only a few have remained to take advantage of the continuing demand from a diverse customer base.

Continued from page 39

Differences

By Robert E. Horseman, DDS



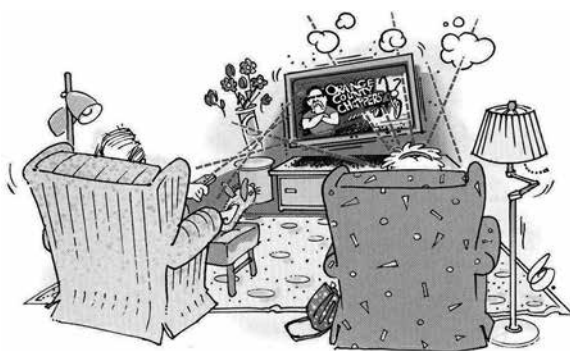
A body at rest tends to remain at rest.

—Sir Isaac Newton

As a long-time admirer of Sir Isaac Newton (1642-1727), particularly his Laws of Motion, I have always tended to allow my resting body to remain at rest as long as possible. My wife is also a strong advocate of this same law and it is this mutual conformity that has generated a minor hitch in our conjugal bliss.

“Bob...” I detect a faint voice emanating from another part of the house. My bride never raises her voice, not even in anger. A summons from six rooms away is delivered at the same volume as a face-to-face encounter. The message could refer to a mouse seen in the wainscoting or the realization that World War III had just started. No difference. Without waiting to determine if contact has been established, she voices several sentences, the essence of which escapes me entirely. I interrupt with “WHAT?” vigorous enough to be heard next door at the neighbors, trusting this will encourage her to speak up. She repeats at the same decibel rating as her previous statements and with the same predictable results.

I wish desperately to remain comfortably ensconced where



I am, obeying Newton's Law to the best of my ability. Sometimes I feel obliged to make up some sort of reply. Keeping my voice low, knowing she can no more understand me than I can her, I mouth a couple of ambiguous remarks, thinking maybe she will materialize at my side to clarify things. This does not happen.

“Bob,” she says again, repeating all or portions of what I assume was the previous message. If I announce in no uncertain terms that I can't hear her, the battle is lost, Newton and I are defeated and I must struggle up to go see what she wants.

This has been going on with minor variations for well over sixty years. You'd think that over that period another law would kick in--the Law of Averages--and she would get up and come to me. Not once. My wife is not a yeller; for that I should count my blessings, but it is an attribute that might improve her communication skills. She has figured out, however, that in speaking

softly, she carries a big stick, namely to be the winner in the body at rest category.

In another area of marital discord we have reached a compromise. This happened because of a fundamental male/female difference in channel-surfing. When I occasionally have command of the remote, I move very deliberately

from channel to channel. I pause at each one long enough to determine if it contains something I wish to watch, like NASCAR racing or National Geographic Specials. This takes me upwards of three seconds per channel. My wife has the ability to analyze, in depth, program content, audience appeal and whether it's a repeat or not in the tiniest fraction of a second. She can go through a 250 channel search in less than a minute. As further proof of her ability to instantly divine the content of a program, she can arrive at a movie a half hour after it's started and be able to understand everything that comes after.

So we got two remotes. As she races through the whole program spectrum, I wield my own remote to back up or go ahead. This duel of the remotes, reminiscent of the laser swords in the Star Wars episodes, provides us with many hours of evening merri-ment without actually coming to blows. The television com-

Continued on page 26

Serving You at

ORANGE COAST MEMORIAL
MEMORIALCARE HEALTH SYSTEM

The state-of-the-art Patient Care Pavilion at Orange Coast Memorial is the destination for innovative health care in Orange County. For more information or a referral to one of our physicians, visit MemorialCare.org/OrangeCoast or call 1-800-MEMORIAL.

Comprehensive Services

- ❖ Award-winning Emergency Department
- ❖ Center for Spine Health
- ❖ CyberKnife – pinpoint radiation therapy
- ❖ Digestive Care Center
- ❖ MemorialCare Breast Center
- ❖ MemorialCare Cancer Institute
- ❖ MemorialCare Heart & Vascular Institute
- ❖ MemorialCare Joint Replacement Center
- ❖ Senior Plus at Orange Coast Memorial - free enrichment program for adults 55 years or better.

Call 714-378-5526.



18111 Brookhurst St., Fountain Valley, CA 92708
714-378-7000 www.memorialcare.org

Community Funeral Service Herald N. Snyder

Phone: (562) 947-1960 • Fax (562) 947-1910

Toll-Free: 1-877-688-5533

E-Mail: info@communityfuneralservice.com

FD# 1659

1301 S. Beach Blvd. Suite B, La Habra

8/1/05



**AMERICAN
LUNG
ASSOCIATION®**
IN CALIFORNIA

ABLE RAIN GUTTER

**CLEANING
REPAIRS
INSTALL**

**27 Years Experience
Local Co.**

Homes • Apts • Managers
Property Managers
Homeowners Assoc.

**LOW RATES
FREE ESTIMATES
FULLY INSURED**

Lic.#478330

(949) **675-8432**

www.ableraingutter.com
ABLE RAIN GUTTER

TECHNOLOGY TO SUPPORT YOUR HEARING + YOUR MIND

**PREMIUM
TECHNOLOGY.
TOTAL BRAIN
SUPPORT.**

From your local
AudigyCertified™
practice.

**Complimentary
Hearing Consultation**

Expires 2/28/18.

**Complimentary
Batteries for 3 Years**

**With the purchase of an AGXS, 7,
or 9 hearing aid. Expires 2/28/18.*

Call today to schedule an appointment!

949.777.6545

Rachel Burnett, Au.D. • Doctor of Audiology

www.MissionAudiology.com

26302 La Paz Rd, Ste 107, Mission Viejo, CA 92691



Mission Audiology

AudigyCertified™

Jazz Guest Artist Matt Smith Neu Jazz Trio Performs at Saddleback College



Jazz Studies at Saddleback College presents the Matt Smith Neu Jazz Trio on Monday, September 11 at 7:30 p.m. in the McKinney Theatre. The “Matt Smith Neu Jazz Trio” is one of the newest and most notable jazz trios to hit the San Diego scene. Formed in January 2013, this trio has jumped musical leaps and bounds to find music they are all proud of. The songs on their September 2016 release “RETROgrade,” feature compositions of each member that capture and captivate jazz and non-jazz audiences. These rhythmically free and melodically driven compositions highlight the very essence of a young trio with overwhelming maturity.

Tickets are \$10 general; \$7 student/seniors (presale only). Call the ticket office at 949-582-4656 (noon-4:00 p.m., Tuesday-Friday) to order your tickets or online at www.saddleback.edu/arts.

Plumbing Expert



**Copper Re-Pipes, New
Plumbing Additions, Gas
Leak Detection/Repair,
Slab Leaks, Drain/Sewer
Cleaning & Inspection,
Water Heaters, Affordable
& Professional Service**

20 Years Exp. Family Owned & Operated

714-540-4469



Don't Fall and Break
Your Leg Like I Did...



Put an
“Angelin Your Bathroom”

Patented Anti-Slip

clear coating applied to:

Tub • Shower • Bathroom Floor

Prevents Falls

1 in 3 Seniors Slip and Fall

Call “The Angel”

424-266-8807 \$1,100 reg.

www.angelinyourbathroom.com

(A VETERAN OWNED BUSINESS)

Imagine your Safe bathroom Now

**SR
Special
\$495**



United Nations Children's Fund

This ad is provided for no fee in recognition of UNICEF's outstanding humanitarian work

Continued on page 25

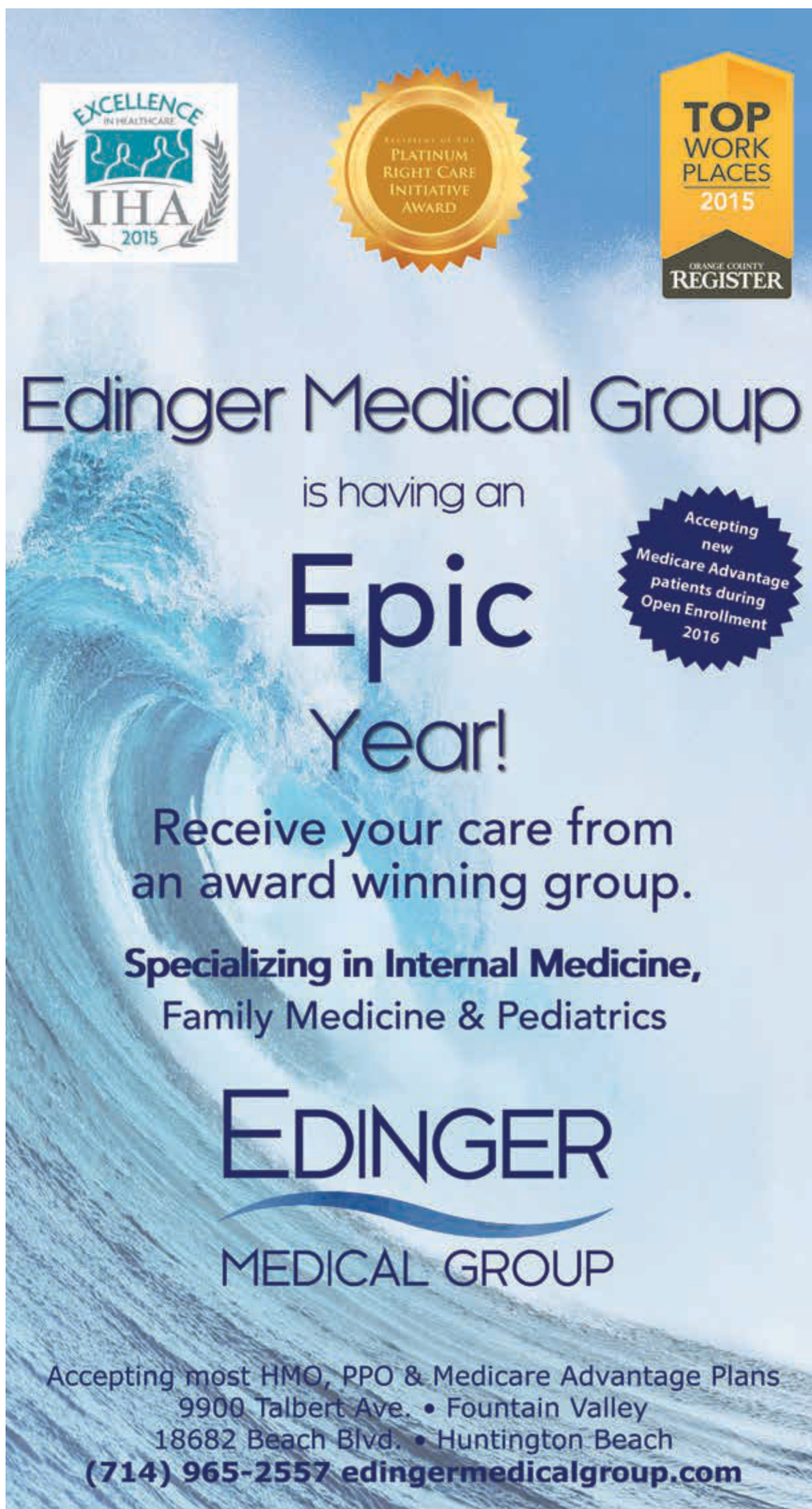
Jazz Guest Artist

Continued from page 20

Jazz Studies at Saddleback College emphasizes creativity through improvisation and ensemble performance. Focusing on the historical, theoretical and intuitive aspects of this American music, Director Joey Sellers and an outstanding cadre of nationally recognized musicians comprise the jazz faculty. Curricula include Improvisation, Jazz Composition and Arranging, Jazz History Syllabus, Jazz History Audio, Jazz History Podcast, Jazz Piano, Saddleback Big Band, Jazz Lab Ensemble, and Combos.

Saddleback College is located at 28000 Marguerite Pkwy in Mission Viejo, just east of Interstate 5 at the Avery Parkway exit. Free parking is available in Lot 12. Take Avery Parkway to Marguerite Parkway and turn left. Turn right into the first campus entrance and take the second left to Theatre Circle. Parking Lot 12 is on the right.

Having served more than 500,000 students since 1968, Saddleback College offers more than 300 degree and certificate programs to help students reach their personal, career, and educational goals. The college's top-ranked transfer center is recognized throughout the state, and career training combines instruction with on-the-job experience that leads directly to employment in the community. On-campus services including job placement, counseling, and financial aid are offered to promote student success. Campus life is an integral part of the college, with outstanding athletic teams, theatrical and cultural events, and a multitude of student clubs and organizations. For more information on Saddleback College and its programs, please visit www.saddleback.edu. For Fine Arts events, visit www.saddleback.edu/arts.



Edinger Medical Group

is having an

Epic Year!

Accepting new Medicare Advantage patients during Open Enrollment 2016

Receive your care from an award winning group.

Specializing in Internal Medicine, Family Medicine & Pediatrics

EDINGER

MEDICAL GROUP

Accepting most HMO, PPO & Medicare Advantage Plans
 9900 Talbert Ave. • Fountain Valley
 18682 Beach Blvd. • Huntington Beach
(714) 965-2557 edingermedicalgroup.com

EXCELLENCE IN HEALTHCARE IHA 2015

RECIPIENT OF THE PLATINUM RIGHT CARE INITIATIVE AWARD

TOP WORK PLACES 2015 ORANGE COUNTY REGISTER



Pantai Inn: A Gem in San Diego's La Jolla

Story by Ronnie Greenberg • Photos by Joe Hilbers



Pantai Inn

Think of a spectacular picture-postcard village set against a backdrop of rolling hills, where the art, food and wine truly capture the essence and you have La Jolla.

Encompassing the coastal area of San Diego North County, La Jolla snuggles along seven miles of gently curving Southern California coastline. Spanish for The jewel, it is a captivating resort community with a rich distinctive aura of romantic history, cultural attractions, and superb dining.

Adding to its charm are the gnarled eucalyptus trees, flower-rimmed patios, street-side gardens, and alleyways dotted with boutiques that wrap their way around the city.

Where to Stay;

Set in the middle of this enchanting seaside resort

is the Pantai Inn, a sensory retreat where unique Balinese-inspired decor, tradition and environment blend. With exceptional signature service, your stay is refreshing, inspiring and truly out of the ordinary.

Paying tribute to its rich history, the collection of buildings that make up the one-acre property date from turn-of-the-last century classic California shingled

cottages to linear Art Deco structures. Once at motel owned by Max Heimburge, his grandchildren, Laurie Durisoe and Larry Jackman are now co-owners. Laurie states that: "After working so hard to restore the legacy that was our grandfather's, it's been a chance to create something that is now a real jewel for La Jolla. We've taken these historic building and lovingly renovated them so they really shine. The joy for us is to see that guests feel the same way we do about the results. They are so amazed; it's satisfying and that's our reward."

After a total loving renovation each of the historic Inn's 30 accommodations are unique in decor with exotic original artwork from Bali and Indonesia. There are ocean view studios and one bedroom cottages to three-bedroom suites with custom hand-carved fur-

niture, cozy bedding, fine linens, plush towels and bathrobes, coffee-makers, definition flat screen TVs and media hubs. Many of the suites feature fireplaces and custom stone and tile showers and most of the accommodations include a full-size kitchen or kitchenette. Snacks and beer are complimentary, and wine is available for purchase. Set in the heart of the Inn is

a beachfront jogging path. For snorkeling and diving enthusiasts, the ocean waters in front of the Inn are rich with abundant sea life.

Balinese statues and numerous fountains all contribute to the "peaceful oasis" ambiance of the Pantai Inn. Here too, all types of shorebirds populate the shoreline, bringing the natural world to your doorstep.



Legends Gallery

a courtyard surrounded by lush greenery where guests are invited to enjoy a delicious complimentary breakfast that includes a new featured dish each day, created by Executive Chef Scott Ingenito. (A menu is posted in your lodging each day).

Fitness buffs will find complimentary passes to the nearby La Jolla Sports Club fitness center that's opened daily.

Recreation is only steps away at La Jolla Park with

The Inn is perfect for everyone from couples to families of all ages. Parking is onsite and complimentary, and its wonderful staff has Mike Murrell, general manager at the helm.

Located at 1003 Coast Blvd., La Jolla 92037. For information and reservations call (858)224-7600 or toll free (855)636-6313; Visit www.pantai.com



Breakfast on Pantai Inn patio

Continued on page 23

Pantai Inn: A Gem in San Diego's La Jolla

continued

Beaches, Coves, Caves and Parks

The mesmerizing beauty of the beaches, coves and parks encompass: La Jolla Shores a long flat beach at the northern end of La Jolla; La Jolla Cove and La Jolla Underwater Park (the first underwater preserve on the U.S. West Coast) team with marine life above and below the water. Torrey Pines Reserve with rocky and jagged cliffs provides dramatic views of the Pacific Coast. Looking up from the beach, awesome rock formations reflect the golden California sunshine.

For a beautiful day, take the trolley from the Old Town Trolley Tour stop in Old Town (4010 Twiggs St.) to get onboard the La Jolla Beach Tour. Here you can either sit back and observe all the beaches, or get off at any one that you choose.



Birch Aquarium

Reservations are required: Visit www.trolleytours.com/san-diego/la-jolla-beach-tour-tickets

What to See and Do

The Birch Aquarium at Scripps Institution of Oceanography is situated on the breathtaking bluffs overlooking the Pacific Ocean. The beautiful complex contains more than 60 tanks of colorful marine life, includ-

ing coral reefs, sharks, jellyfish and three outdoor tide pools. An interactive museum showcases research discoveries on climate, earth and ocean science.

The aquarium introduces sea life from the cold waters of the Pacific Northwest to the creatures that inhabit the tropical waters of Mexico. Located at 2300 Expedition Way, Phone: (858)- 534-FISH or visit www.aquarium.ucsd.edu

Area Dining Highlights

The Grande Colonial, the historic 1913 European-style hotel in the heart of La Jolla, also houses one of the region's finest dining experience, NINE-TEN.

A casually elegant contemporary restaurant with sidewalk tables, al fresco ocean-view dining, and inside the warm

ambiance is enhanced with rich mahogany wood accents throughout the dining room.

NINE-TEN is led by award-winning Executive Chef Jason Knibb. He sets his seasonal evolving menus as the epitome of Southern California coastal featuring dishes with market fresh regional flare and ingredients. His innovative cuisine, along with an extensive, award-winning wine list, makes it hard to decide between melt in your

Colorado lamb loin; smoked maple leaf duck breast; herb crusted prime beef short rib; and NINE-TEN ratatouille.

It's hard to decide between melt-in-your-mouth sweet sensations of half baked chocolate cake; NINE-TEN truffles; and dark chocolate cheesecake.

For a true epicurean experience a special prix-fix menu "Mercy of the Chef," a six-course tasting menu prepared exclusively for your



Marine Room

mouth appetizers, entrees and desserts. For breakfast, griddle fans will love the walnut brioche French toast with caramelized banana; lemon ricotta pancakes; and short rib hash. Lunchtime features the famous three-course lunch specials include soup or organic greens, choice of any entree, cheese or dessert. Dinner showcases roasted

entire table, with or without wine pairings, and offered until 9 p.m. Located at 910 Prospect St., phone for reservations at: (858) 964-5400 or visit www.NineTen-food.com

The Marine Room set along the mesmerizing beauty of La Jolla's finest



NINE-TEN

Continued on page 26



Don't let a homebound senior go hungry. Make a lifesaving difference.

At Age Well Senior Services, our vital Meals on Wheels program delivered nearly 500,000 meals to seniors in need last year. We're a nonprofit organization that relies on donations to provide services, and we need your help to avoid having to turn away requests for meals from homebound seniors. Curtailing service would be a tragedy on several levels, including overall wellness, as visits from our volunteer drivers are often the only social contact some seniors have.

Many senior citizens right here in your area, wonder where their next meal may come from. If you or someone you know can help, please take the time to learn more and donate.

visit www.MyAgeWell.org
or call (949) 855-8033

Age Well
Senior Services

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

2017-18

It's a whole new season at the Barclay...

Tickets on sale now!

Check the website or call for a free copy of the Patron Guide

Ingrid Silva of Dance Theatre of Harlem photo by Nathan Seyers originally photographed for PONTE Magazine

the Barclay
Irvine Barclay Theatre

17-18 season sponsor
CITY NATIONAL BANK
AN BNC COMPANY

www.thebarclay.org
949.854.4646
4242 Campus Drive in Irvine

Oct 6

Preservation & Irma Thomas
Hall Legacy Quintet Heart & Soul of New Orleans

too Marvelous for Words
A Celebration of Nat King Cole

starting... Emmy Award winner Keith David

A swingin' journey into the life of a music icon

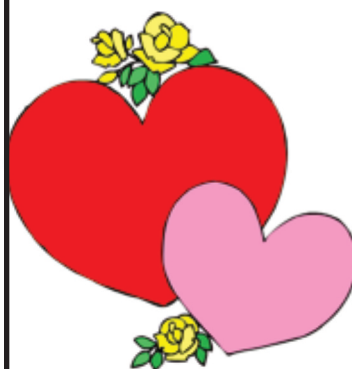
Oct 19

Jack Jones

2-time Grammy Award winner

Oct 28

With A Heart for Seniors



City of Laguna Niguel

Senior Expo

Friday, September 22

9:00 am - 12:00 pm



Enjoy Your Life • Be Healthy • Plan For The Future



Free Admission

Raffles

Door Prizes

Health Screenings

+30 vendors

Free Food!

(While supplies last)

Chick-fil-A fratello's PEI WEI



Thank you to our Platinum Sponsors:

St. Joseph Health
Mission • Mission Laguna Beach
A member of the St. Joseph Health System

CRESTAVILLA
— HONOLULU CRESTAL SYSTEM —

scan

MEMORIAL CARE
MEDICAL GROUP

Sea Country Center • 24602 Aliso Creek Rd. Laguna Niguel, Ca 92677 • (949) 425-5151

Stroke Incidence In The United States: What You Didn't Know



In the United States, someone has a stroke every 40 seconds, accounting for one in 20 deaths.ⁱⁱ A stroke occurs when a blood vessel that carries blood and oxygen to the brain is blocked by plaque or a blood clot (acute ischemic stroke) or ruptures and bleeds (hemorrhagic stroke).ⁱⁱⁱ

However, the prevalence and death rates from stroke vary widely across the U.S. In eight Southern states called the "Stroke Belt,"^{iv} the death rate from stroke is more than 20 percent higher than the U.S. average.^v

While these states—North Carolina, South Carolina, Georgia, Tennessee, Mississippi, Alabama, Louisiana and Arkansas^{vi}—are known to have a higher prevalence of stroke, anyone can be at risk wherever one lives.

There are several types of risk factors for stroke, some of which are hereditary such as heart disease, diabetes and

Continued on page 35

THE HOLIDAY SHOW IS COMING TO HUNTINGTON BEACH!
From The Producers Of **WAISTWATCHERS THE MUSICAL** and **MY MOTHER'S ITALIAN, MY FATHER'S JEWISH & I'M IN THERAPY!**

STEVE SOLOMON'S MY MOTHER'S ITALIAN MY FATHER'S JEWISH I'M HOME FOR THE HOLIDAYS
The Therapy continues....

NOVEMBER 1 - 26, 2017
"Amazing! Hysterical! A Wonderful Show! I Still Hurt From Laughing!"
- BroadwayWorld.com
"Hysterically Funny! Non-Stop Laughs All The Way! I Can't Recommend This Show Enough, It's Just Great!"
- Regis Philbin, Live With Regis & Kelly

SENIOR REPORTER DISCOUNT
Get \$10 OFF Our BEST Seats
Use Code: OCSR and order by October 15th. Limit 6 tickets per order. Not valid with previously purchased, discounted or group tix.

SHOWTIMES:
Wed. 7:30 pm;
Thurs. 2 & 7:30;
Fri. 8 pm;
Sat. 2 & 8 pm;
Sun. 2 pm.

Huntington Beach Library Theater
7111 Talbert Ave., Huntington Beach, CA 92648
Tickets: 1-855-HIT-SHOW
(Toll Free: 1-855-448-7469)
Groups (12+): 1-888-264-1788
PlayhouseInfo.com

Village REAL ESTATE SERVICES
CALBRE# 01526916

WE MAKE REAL ESTATE SIMPLE

BUYING • SELLING • RENTING
SERVING ALL OF ORANGE COUNTY

VILLAGE REAL ESTATE SERVICES, INC.
24365 EL TORO ROAD, SUITE B LAGUNA WOODS, CA 92637
OCHOMESANDREALESTATE.COM • (949) 215-1101

(949) 510-2757
License #670098

William P. King MASONRY
Stone, Brick & Concrete
Serving South OC for over 39 years

Specializing in Outdoor Structures....

- ✓ Landscape
- ✓ Sprinklers
- ✓ Low Voltage Lighting
- ✓ Outdoor Fireplaces & Firewalls
- ✓ Swimming Pools (replaster/retiling)
- ✓ Decks
- ✓ TV/Bar
- ✓ Water Features
- ✓ Pavers

ATTENTION! WE FIX DENTURES!

Are you missing teeth?
Broken dentures?
Partial dentures?

30 minute repair for \$50

G&I Dental Lab
(714) 590-2154
13312 Euclid St., #B
Garden Grove, CA 92843

Century Blvd.
Trask Ave.
Garden Grove Pkwy.
Euclid St.
22



WILLIAMS TREE SERVICE

- TRIMMING
- STUMP GRINDING
- PALMS
- INSURED
- COMMERCIAL
- TOPPING REMOVAL
- GENERAL CLEAN-UPS
- FIREWOOD
- LICENSED
- RESIDENTIAL

GREG WILLIAMS

(562) 692-8677

FAX: (562) 698-4085

WTREEDUDE@AOL.COM 24-HOUR EMERGENCY SERVICE



FREE ESTIMATES
STATE LIC. 941245



**American
Cancer
Society®**

CENTURION
Mortgage Finance

• NOT SATISFIED WITH
YOUR CURRENT HOUSE
PAYMENT?

• BIG BANK TURNED YOU
DOWN?

I can help you with that.

DeAnna Allensworth
Broker - Advisor

Phone: 562-533-5600

www.CenturionMF.com

CA DRE 01443787

NMLS 206457

Pantai Inn

Continued from page 23

beach since 1941, has been a legendary chic coastal culinary delight. It's a special treat to enjoy a delicious meal here, while observing the joyful eye-level action along both the sand and sea. In the evening, get set to be awed by the romantic fiery Pacific sunset.

World-class Executive Chef Bernard Guillas and Chef de Cuisine Ron Oliver presents a dynamic and innovative menu of savory offerings. Their devotion to French fare begins with fresh seafood, local produce and ingredients, and sumptuous award-winning desserts. Appetizers include fennel roasted scallop with foie; and the signature lobster bisque soup. For entrees the mouthwatering house specialty turf & surf and lobster; Shetland Island open ocean salmon and Maltese orange ginger glazed swordfish among other. Chef's Specials include Marine dive scallops and Baja prawn; Nebraska center cut prime Angus New York, and walnut crusted Alaskan halibut. Top it off with the signature cobblestone pie or the frosted Grand Marnier toffee nougat for the most memorable culinary experience. An award-winning wine and champagne menu is available by the stem or bottle. Overlooking perfection as well as a fantastic wait staff is General Manager Dexter Lacambacal.

Chef's Bernard Guillas and Ron Oliver have autographed their Flying Pans Cookbook IACP Best Cookbook USA Two Chefs, One World Two Chefs, One Catch Culinary Exploration of Seafood ... and it's available for purchase at the restaurant.

The Marine Room is located at 2000 Spindrift Dr., La Jolla, 92037; Phone (866) 644-2351 or www.marine-room.com

For more information about La Jolla contact San Diego Tourism Authority at www.sandiego.org/lajolla

Differences

Continued from page 19

ponents that have to do with channel changing are given more work to do in a single hour at our house than would be encountered in a single-remote family in six months.

The only time there is a clear-cut victor in these shenanigans happens when battery failure fells one of the contestants. Unless the winner can be conned into forfeiting his or her instrument, the moment is like an unconditional surrender. The loser slinks off to read a book or raid the fridge.

The ultimate answer is, of course, another TV set. It would have to be identical to the first set. If its screen is even an inch bigger, trouble is inevitable. It should not be sited in the bedroom, because the two-hour movie would al-

ways be playing there when the non-watcher wants to go to sleep. The bed-watcher can seldom be persuaded to get out of the comfortable bed and retire to the cold living room or den to catch the end of the film that usually finishes at midnight.

A serious student of social mores might conclude that each spouse's insistence on going it alone at the TV controls bodes no good for the future of the marriage. I disagree. With each spouse the master of his or her domain, the likelihood of physical abuse is greatly diminished---unless one of the mates insists on calling the other in a tiny little voice to get up and come look at what is obviously a superior program. Then a body at rest tends to grudgingly initiate motion and you know whose body it will be.

I'd like to hear how Sir Isaac and Mrs. Newton worked this out.

The Senior Reporter

is published monthly by:

**SUNSET
PUBLISHING AGENCY**

9114 Adams Avenue, Suite 358
Huntington Beach, CA 92646

Email: jcampos@sunset-publishing.com

Telephone
(714) 975-6345
Fax
(714) 968-2311

Rate is \$28.00 per year.

Guest articles, commentaries and photographs are invited, however, publication is at the discretion of the editor

September Crossword Puzzle

Across

1. Units
6. Kill
10. Record with a VCR
14. Role for Valerie
15. Heap
16. Cast
17. Gum
18. Work without ____
19. "What I Am" singer Brickell
20. An organization
23. Maze runner
27. Native New Zealander
28. Busy as ____
29. Aboriginal
34. Spy in Canaan
36. Defamation
37. Floors
40. Church principles
43. Morse symbol
44. Twice, a comforting comment
45. Having wings
46. Occupant
48. Like Nash's lama
49. ____ Grows in Brooklyn
53. Legless larva of certain flies
55. Negligent practice
60. Zip-____-Doo-Dah
61. Composer Khachaturian
62. Variety show
67. Manuscript enc.

Down

1. Like some discounted mdse.
2. Definite article
3. Dawn goddess
4. Start of the 16th century
5. Capital city of Yemen

6. Health resorts
7. Start to type?
8. Actor Guinness
9. Himalayan legend
10. Iota preceder
11. Recording of acoustic signals
12. Earlier
13. 1985 Kate Nelligan film
21. RR stop
22. Aviator Earhart
23. Tied

23. Tied
24. Fiber obtained from a banana plant
25. Gush forth
26. Winder for holding flexible material
30. Extraterrestrial
31. Jewelled crown worn by women
32. "Hedda Gabler" playwright
33. Fido's appointment
35. Superior

37. Wild as wild ass of Tibet
38. Bony prefix
39. Refine metal
41. "____ loves you, yeah, yeah, yeah"
42. Thick-soled shoe
47. HBO competitor
49. Gather
50. Triumphant cries
51. Like non-oyster months
52. Fencing swords
54. Hawk's home

56. Small batteries
57. Pluto's tail?
58. Skater Lipinski
59. Little rascals
63. Actor Byrnes
64. ____ out (relax)
65. Abu Dhabi's fed.
66. Golfer Ernie

NEPTUNE SOCIETY



CREMATION LOW COST

SEND FOR A FREE BROCHURE

Name _____

Address _____

City _____

State/Zip _____

THE NEPTUNE SOCIETY

758 W. 19th St., Costa Mesa, CA 92627

(949) 646-7431

State Lic. FD-1305

BURNED BY YOUR STOCKBROKER?

SECURITIES LAW CLAIMS AGAINST STOCKBROKERS

Stock Market Losses Caused by:
Excessive Trading in Account
Unsuitable Investments • Misrepresentation
Variable Annuities

LAW OFFICE OF JONATHAN W. EVANS & ASSOCIATES

41 Years of Experience

Highest Avvo rating - 10.0 out of 10.0

Selected by peers as "Super Lawyer"

2007 • 2008 • 2009 • 2010 • 2011 • 2012 • 2013 • 2015 • 2016 • 2017

**No Recovery – No Fee
Free Initial Consultation**

Call today for an appointment

(213) 626-1881 • 1-(800) 699-1881 • (818) 760-9880

www.stocklaw.com

12711 Ventura Blvd, Suite 440, Studio City, CA. 91604

JUST JUDITH

By Judith A. Rogow

Planning Ahead

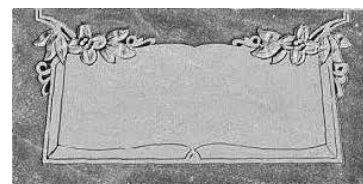
Shakespeare wrote death is *"the undiscovered country from which no visitor returns,"* and never is that sadder or more aggravating than when someone close to you dies and you must try to fulfill their un-written wishes.

We've been faced with this twice in the past six weeks.



One old friend, 'John' was the most buttoned-up man in several of the groups to which we belong. He kept the records, was a board member, knew everything about everything and could always be called on to fix virtually anything mechanical. A bachelor, he didn't bother much with housekeeping, but his garage was chock full of things he 'might need someday.'

He was asked, as he faced surgery, if his affairs were in order and he would make a joke that the questioner was not in his will.



Unfortunately, when he didn't survive, there was no readily available will, or any will at all, nor any list of the many items he was holding for repair, or that belonged to some of the various groups of which he was a member.

His sisters arrived in town from the Midwest and were faced with everything from being unable to access his safe to being afraid to shut down his computer as they didn't have the password. Leaving a letter with a trusted friend, lawyer or relative would have solved those two problems and made things so much easier for all concerned.

Many of the 'someday' things were of use to members of his various groups, some were sold or donated. However, much is still left on-site and must be disposed of so the house can be sold, and many repairs made.

Fortunately, his friends and church members rallied 'round and have been able to help, but that's an awful burden to put on family, especially when they aren't local.

The second death, which we are dealing with currently, was a wonderful lady of some 90-plus years who was a treasured member of our congregation. Everyone loved 'Betsy' and her out of town family had but to ask and plans for services, a celebration of her life and offers of food were made.

She had written down all the necessary information, leaving her family with that comfort. Her lovely house is in a trust, sparing potential hassles and hurt feelings as much as possible and her bank accounts were in her and her oldest child's name. If only everyone were as considerate!



We did our own pre-planning a decade ago, our final expenses are paid, wills are written by our attorney and updated, disposal of our ashes, bequests, insurance, information for obituaries are set, ways to contact family members – everything is in the lock boxes in the bank. We've also left letters with passwords to various programs, the combination to our safes and other personal data. It won't prevent family squab-

Continued on page 37

Perfect Choice HD Ultra™ is simple to use, hard to see and easy to afford...

Invention of the Year

PERSONAL SOUND AMPLIFICATION PRODUCT (PSAP)

IT'S NOT A HEARING AID



Understand what people are saying... the first time



Now you see it...

Now you don't



If you are one of the 48 million Americans suffering from hearing loss, we have great news for you. An innovative team of doctors and engineers have teamed up to create a truly revolutionary personal sound amplifier. It's not a hearing aid- those require trips to the audiologist, hearing tests and can cost as much as \$5,000. It's also not a cheap amplifier that just makes everything louder, making it virtually impossible to hear conversations. It's Perfect Choice HD Ultra™... and it may be the perfect solution for you.

Perfect Choice HD Ultra™ is the first PSAP that features Dynamic Speech Optimization (DSO). This technology enables the device to prioritize the spoken word over other sounds. These noises are generally in different frequencies than voices, but they can drown out the words and make conversations hard to understand. This invention targets the frequencies of the human voice and amplifies the words. It's even designed to diminish feedback even at higher volumes, so you can customize your hearing experience to meet your needs. Just imagine how great it will feel to be able to understand what people are saying... the first time they say it.

Perfect Choice HD Ultra™ is perfect for...

- Watching TV • Restaurants
- Dinner parties • Lectures
- Outdoor conversations
- Sermons

...and other times where you need to turn up the volume

That's only the beginning. This unit is small and lightweight at less than an ounce, so it hides discreetly and comfortably behind your ear. The only way people will know you have it on is if you tell them. Plus, its moisture resistant coating make it durable- you could even leave it in when you take a shower! There's no fitting or hearing test required, so it's ready to use right out of the box. Once it's arrived, a helpful product expert will provide a one-on-one set up over the phone so you'll get the maximum benefit from this new technology. Call now, and you'll find out for yourself why so many people love their Perfect Choice HD Ultra™. Call now, and be sure and ask about special discounts for Seniors and Military personnel.

Perfect Choice HD
ULTRA™
Now With DSO!

Call now toll free
1-877-690-7876

Please mention promotional code 106885.

1998 Ruffin Mill Road, Colonial Heights, VA 23834

Perfect Choice HD Ultra is not a hearing aid. If you believe you need a hearing aid, please consult a physician.

It's Better

COMFORT	Less than 1 ounce
SOUND QUALITY	Excellent: Optimized for speech
FITTING REQUIRED?	No
ONE-ON-ONE SETUP	Free
SENIOR AND MILITARY DISCOUNTS	Yes

Busy Boomers

By Les Goldberg

For Love of the Game

Very few boys who dreamed of playing professionally in Major League Baseball when they got older actually reach *The Show*. For the millions of others, they must face the stark reality that their dream is unreachable and figure out how to spend the rest of their lives. Such is the case of Tim Mead, whose passion for baseball landed him an internship with the Los Angeles Angels where he now is vice president of communications.



Tim Mead

In addition to serving as the team's main spokesperson, Mead oversees media relations, publicity, broadcast operations and, as he puts it: "I am kind of a liaison between fans and players, the players and the front office, the front office and the fans, the media and the front office and the media and the players."

During the long baseball season ("we play 162 games in 183 days"), he ensures smooth airing of games over the Major League Baseball network, local radio and TV stations via Fox Sportsnet channels. He serves as point person for the Angels' facilities department to set up the technical aspects of the broadcasts. He and his communications department staff of employees and interns also provide the beat writers and media with game notes and media guides while handling all media requests and

interviews with players and team executives.

Now in his 38th year with the team, Mead has held positions as director and vice president of media relations, and as assistant general manager. During his tenure in media relations he and his staff handled the media for seven post-season appearances, two All-Star Games at Angels Stadium in Anaheim and the 2002 World Series Championship.

A native of Athens, Greece, Mead has a Bachelor's Degree in Communications from California Polytechnic University. He serves on the board of directors of the Orange County Sports Youth Association, the board of governors for the Anaheim Western Medical Center, and is an advisor for sports management and communications at California State University, Long Beach and California State University,

Fullerton, respectively. We asked him:

What were your original career goals?

I realized early on I didn't have the talent to make a living at playing professional baseball, so I looked for ways to stay in the game I love in some other capacity and public relations seemed like a possibility.

How did you land your job with the Angels?

In 1980, I applied for an internship with the Angels and was rejected three times. But when the intern left during the season, the club went into their files, saw the letters I had written and hired me. A few months later, my internship ended and I applied for a job in Angels Stadium operations. I was on the job for two days when the secretary in public relations left. That is when they offered me the position as public relations assistant for the 1981 season.

What makes your job unique?

We work in real-time, especially during the six-month-long regular season plus the busy off-season and possible post-season action. We have



Tim at Angel Stadium Press Conference



Les & Tim Mead, VP Communications, Los Angeles Angels

networks devoted to covering us at every game and our every movement as an organization. Much of our job is to help the media do their job and, at the same time, recognize situations or opportunities that help us promote the team.

What are your primary challenges and how do you deal with them?

Our biggest challenges are trying to keep up with the constant communications resulting from Social Media. Because of Twitter, Facebook, Instagram and others, we can't control the information the way we used to – and I am not sure anybody does. We work to stay on top of issues as much as we can, and to stay informed about other departments, their needs and issues

so we can prevent any potential issues. We also try to be as proactive as possible to promote, publicize and reach out to media with the many positive

things that are happening in our organization.

What is the best advice you have ever received?

The late Los Angeles Dodgers Owner Walter O'Malley once said: "Nobody is bigger than the game. Nobody is bigger than anybody in your organization." We are all working toward the same goal. It is a team concept. In addition, no matter how long you serve an organization, or how many people you work for and with, continue learning along the way. When Disney owned the Angels and the Anaheim Ducks hockey club, I got to work with company President Michael Eisner and was able to see what a brilliant man he was. I learned so much from working with the Disney communications team and will be forever grateful for those years.

If you weren't in a public relations career, what would you be doing?

I would be a roadie for a Rock and Roll band.



Expertise Is Just A Phone Call Away

Wills & Trusts • Health Care Directives • Financial Powers of Attorney • Guardianship

**FREE
CONSULTATION**
(\$200 value)
With ad
(new clients only)

The Law Offices of Stephen Goodman

Trusted For All Legal Matters, Big or Small!

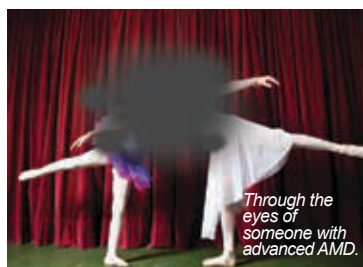
9550 Warner #250 • Fountain Valley
info@smgoodmanlaw.com

(714) 596-2303

Our Offices Can Handle:
Tax Law & Litigation
Bankruptcy
Corporate Planning

Call today for a FREE
consultation on any of
your legal needs!

Don't make the mistake
of not getting good
legal advice



Through the
eyes of
someone with
advanced AMD.

The AMD Effect: Ruining Your Granddaughter's Ballet Recital

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, and early detection is key to saving your sight.

Don't wait to notice the warning signs, like blurry central vision or difficulty seeing fine details.

Contact the Foundation Fighting Blindness for a free info packet on preventing and managing AMD.

888-345-2473

FightBlindness.org/AMDinfo

FOUNDATION FIGHTING BLINDNESS

MOMENTS LIKE THESE ARE PRECIOUS. DON'T LET THEM FADE AWAY.

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, sadly robbing sight and independence. It is a chronic disease affecting over 10 million Americans, and early detection is key to saving your sight.

Protect your vision from fading away. Call the Foundation Fighting Blindness today for a free info packet about preventing and managing AMD. There is hope.

A Cure Is In Sight
800-610-4558
FightBlindness.org

FOUNDATION
FIGHTING
BLINDNESS



Reflections Funeral Services

FD2133

Affordable Funeral, Cremation & Burial Services
Family Owned and Operated

Full Traditional Service	\$2,645
Traditional Service with viewing 1 hr before or viewing at residence	\$2,645
Traditional Service with Cremation	\$2,945
Viewing with Cremation (4 hours)	\$2,645
Direct Cremation	\$525

*Free Pick up



We understand the emotional stress families have during this time we offer in home appointments. We are available 24 hours & days to serve your family with superior service. For further information please call us at (714) 587-0615.

Phone: (714) 587-0615 • Fax (657) 208-1655
937 S. Roberts Street #3, Anaheim, CA 92802
www.reflectionsfuneralservices.com

LAA4829954-1



**GOLDEN
TIME**
REVERSE MORTGAGES

Stay Golden with Time

1-800-9-OVER-62
6837

FindAReverseMortgage.com - jamiesmith3@msn.com
Phone 1-800-968-3762 Fax 310-919-0432
BRE # 01237482 NMLS # 336491 GTRM NMLS #1488648



James Michael Smith
Reverse Mortgage Professional
Since 1994



PAC MASTERS LLC

**We Will Pack
and Deliver
Anything Or
Everything**

**FREE
ESTIMATES**



**We Will Not Be Under Sold
Call 949-385-3930**

Why Let Knee Pain Control Your Life!?

**Take back control with the latest and
most advanced program**

Performed by Board
Certified Providers

Non-Surgical

90% Success Rate

FDA Approved

Accepted by most
insurances including
Medicare

CALL NOW for a FREE Consultation
*covered if qualify

714-203-6086

CRPM CENTERS OF REHABILITATION
AND PAIN MEDICINE

Placentia, CA



Fabulous Finds

By Debbie L. Sklar

September is here and so is autumn. So go ahead and put away the suntan lotion, and bathing suits, and get ready for cooler, crisper temps. Before you know it, the holidays will be here and you'll be too busy to kick back and relax. Here are some interesting Fab Finds this month to try out before you find yourself immersed in holiday fever.

Vanicaream Delivers for Sensitive Skin Sufferers

Do you have trouble with ordinary skincare products? Break out immediately after you wash your face? Yearn for a wonderful after-shower lotion, decadent shower wash that you can embrace rather than stuff under the cupboard because you can't use it after just one time? Enter **Vanicaream** and its wonderful line of skincare products for those who have sensitive skin in need of major TLC.



Vanicaream's Robathol Bath Oil is fragrance-free cottonseed oil based bath oil that soothes, lubricates and moisturizes dry, chapped skin when used in the bath or shower. Luxurious, non-greasy, goes on silky and moisturizes skin to perfection. **Vanicaream's Gentle Facial Cleanser** helps remove make-



up and excess skin oils without drying your skin, leaving it feeling clean and soft. Non-comedogenic (won't cause) blackheads, fragrance-free. Wash your face with confidence and don't worry about break outs or drying out your sensitive skin. Next up, **Vanicaream's Lite Lotion** for superior hydration. Because skin types are not all the same, this lotion is great for daytime, nighttime, or whenever you want to hydrate your delicate, sensitive skin without that greasy feeling. Want something more intense? **Vanicaream's Moisturizing Skin Cream** is also a non-greasy, long-lasting moisturizing cream that is easy to spread, quickly absorbed and non-comedogenic. Available with a convenient pump dispenser for multi-users. A terrific lotion for those who have extra dry skin or who just want more moisture than the Lite Lotion provides. All VaniCream skincare products are available at mass market drugstores including CVS, Walgreens, and Rite-Aid, as

well as Target, Walmart and also online at <https://www.psi-co.com/>

Cool Lumbar Support Belt



Nearly one in three people suffer from low back pain. And that's no surprise as many of us fight rush hour traffic to hunch over computers all day. The weight of our upper body (our heads alone weigh an average of 10 pounds!) being pressed down by the natural forces of gravity is the culprit behind daily spine compression. When standing or even sitting for long periods, the spine compresses even more and can cause fatigue and non-chronic lower back pain. Enter the **BaxMAX lumbar support belt** created to prevent this compression altogether by taking the body weight off the spine. The belt features a patented pulley system incorporated into the design to instantly relieve low back pain, even if you are doing an activity that would normally cause excessive lumbar compression. The belt retails at \$69.95 and gets 5X tighter than competitors and offers more abdominal support and is available at <http://www.baxmax.net/>

- The belt is made of lightweight, breathable nylon mesh and industrial Velcro;

- The pulley cable is made of durable repelling line and pulleys made of high-density nylon;
- Ideal for wearing under, or over, clothing; and
- Easy to wash.

Swiffer to Help Clean Up Messes



Fall cleaning was never so easy thanks to the **Swiffer Steamboost powered by BISSELL**. This steam mop starter kit will steam clean your floors to perfection in the kitchen, bath or wherever you want them quickly and quietly. Easy to assemble, use and does the job in 1-2-3. Combines a dirt-dissolving cleaning solution with the power of steam for a deep floor clean that gets messes mops can leave behind. Also try the **Swiffer 360° Dusters Cleaner Starter Kit**. This amazing all-around design cleans deep into grooves to trap and lock up to 3X more dust than a feather duster. Skip ordinary dusters, cloths and other ways to get to the nitty-gritty, this duster can do the job and then some. Swiffer products are available at most mass market stores including Target and Walmart.

Leaping Ladders



In the process of doing some fall clean-up or home improvements? Need an extra lift but hate heavy ladders and cumbersome step stools? Werner Ladders has the answer in the form of its new Werner Aluminum Compact Step Ladder. Known as the world leader in ladders, Werner has applied its expertise in manufacturing professional-grade equipment to design a high-performing step ladder for homeowners. Built with a slim profile and made of lightweight aluminum, the new **Werner Aluminum Compact Step Ladder** is easy to carry, store and can support up to 250 pounds. Weighing just 16 pounds, it enables homeowners to easily maneuver when accessing hard-to-reach places or performing home repair projects. The 5 1/2-foot-tall ladder features two platform steps at the top allowing users to reach heights up to 10 feet. The multi-use top can hold paint cans and tools and has a tray for small fasteners or other easy-to-drop items. When not in use, the new compact step ladder collapses into a slim profile that homeowners can easily store out of sight. This same compact shape allows the user to get closer to the wall than traditional step

Continued on page 42



Howard Erman, CFP
President

ermanretirementadvisory.com askhow@ermanretirementadvisory.com

Medicare Enrollment Options for 2017-18

A summary of what you need to know.

Provided by Howard Erman, CFP®

Key Medicare enrollment periods are approaching.

This fall and winter, there are three periods in which Medicare beneficiaries can either enroll or disenroll in forms of coverage.

» Oct. 15-Dec. 7, 2017: Open enrollment period.

This is when you can exit Original Medicare (Part A & B) for a Medicare Advantage Plan (Part C) and change your prescription drug coverage (Part D). You can also get out of a Part C plan and go back to Part A & B during this period; although, you will certainly want a Medicare Supplement

(Medigap policy) in place before you make such a move. (In most cases, that means having to pass underwriting.) 1

» Dec. 8, 2017: Annual enrollment period begins for 5-star plans.

All Part C and Part D plans are assigned ratings. Beginning December 8, 2017 and ending November 30, 2018, a window opens for you to enroll in a 5-star Part C or Part D plan. You can do this once per 365 days. How do you find the 5-star plans? Visit the Medicare Plan Finder: medicare.gov/find-a-plan. 2

» Jan. 1-Feb. 14, 2018: Medicare Advantage plan disenrollment period.

If you join

a Part C plan in late 2017 and decide you want to leave it, you can do so within this window of time and go back to Original Medicare (Part A & B) with a stand-alone Prescription Drug Plan (Part D). Again, having a Medigap policy before making such a switch is only prudent. 1

Do you have to confirm Medicare enrollment at the Health Insurance Marketplace? No. If you have Original Medicare or a Medicare Advantage plan through an HMO or PPO, you are covered under the Affordable Care Act. If you need to make changes to your Medicare coverage, you don't need to go to the HIM to do so. (For the record, you can't buy any Medicare plan through the HIM.) 3

The ACA has enhanced Medicare benefits. It gives Medicare recipients in the "donut hole" avenues to brand-name prescription drug discounts, and recipients may now take advantage of free preventive benefits, cancer screenings, and a yearly wellness visit. 3

If you only have Medicare Part B coverage (medical insurance), then you lack minimum essential coverage under the ACA, and you may have to pay a penalty. If you just have Medicare Part A coverage (hospital insurance), you are considered covered under the ACA. 3



What would you like your retirement to look like?

ASK HOW!

ERMAN Retirement Advisory
3828 Old Ranch Pkwy, Suite 100, Seal Beach, CA 90740 (562) 946-6021 Askhow@ErmanRetirementAdvisory.com

Should you get Medigap coverage if you have Part A & B?

This third-party health insurance may save you money over time by picking up co-payments and deductibles not covered by Part A & B, but a Medicare Advantage plan provides more comprehensive coverage than Medigap does. Today's Medigap policies don't include prescription drug coverage, and they won't pay for extended long-term care, dental or vision care, or hearing aids or glasses. If you want or need Medigap coverage, you can evaluate policies using Medicare's Personal Plan Finder at Medicare.gov. 4

What should you look for in a Part C plan?

Scrutinize the out-of-pocket spending limit, the copays, and the co-insurance. Attractively low premiums might not tell you the whole story about the value of a Part C plan. Also, how inclusive is the plan network? Does it include hospitals you would choose and the physicians that now treat you?

The Medicare Plan Finder can help you determine an appropriate Part D plan. Af-

ter you enter your medications, it will go to work. Each Part D plan has its own formulary (list of approved drugs), categorized into higher and lower "tiers" by cost. Formularies do change; if a drug you take drops off of one, that Part D plan has to give you 60 days of notice (or alternately, written notice of the change when you get a refill with a 60-day supply of the medication). 5

It is vital to check up on your Part D plan each fall, as your plan could change the way it pays for your specific drugs in the next year - for example, the drug you need could wind up in a more expensive tier. The co-insurance and co-payments could even be altered. Most plans send out notices of formulary changes with plenty of lead time, but sometimes they go unread.

Medicare is slowly reducing the Part D "donut hole." In 2017, Medicare recipients with Part D coverage are paying 40% of the cost of covered brand-name drugs and 51% of the cost of generics once they

Continued on page 37



GOLDEN FUTURE 50+ EXPO

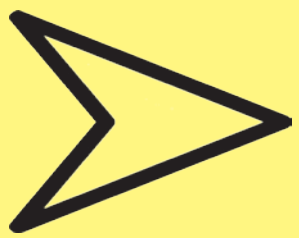
LOS ANGELES EDITION
SAT, SEPT. 23RD 2017
10AM - 2:30PM
VETERANS COMPLEX
Auditorium
4117 Overland Avenue
Culver City, CA 90230

OC EDITION
SAT, NOV. 4TH 2017
10AM - 2:30PM
ANGEL STADIUM
Exhibition Center (Gate 6)
2000 Gene Autry Way
Anaheim, CA 92806

FREE ADMISSION & PARKING!

- Free Health Screenings!
- Free Tours of Angel Stadium!
- Mini Job Fair! Resume Review
- Door Prizes! Engaging Activities!
- Fantastic Speakers & Workshops!
- Beauty/Hair Makeovers (M & W)!
- Shopping Corner! Food for Purchase!
- 100 Vendors! And Much Much More!

If you're 50 and up, you don't want to miss this FREE event!
Pre-register for your Quick Pass or register for free at the door!
www.GoldenFutureSeniorExpo.com
Golden Future Expos: 424-772-6039



In The Spotlight

By Debbie L. Sklar

Empowering Those Around Him: Meet Physical Therapist Mike Garcia

For Mike Garcia, physical therapy is more than just healing the body. He believes in empowering his patients to achieve their maximum potential while providing them comfort and peace of mind.

Garcia, an Aliso Viejo resident, is the July/August recipient of Fairhaven's Oliver Halsell Care Award. Fairhaven Memorial Park & Mortuary, with locations in Santa Ana and Mission Viejo, created the recognition program in 2012 to pay tribute to individuals who have demonstrated exceptional care in their profession and community, improving the lives and spirits of those they help.

Q: What city do you reside in?

A: I have been living in Aliso Viejo since 2014.

Q: Where did you grow up?

A: I was born and raised in the Philippines. I moved to the United States in 2014, and was reunited with my mother and sister after a 10-year separation.

Q: What is your education?

A: I completed my professional education in Physical Therapy in the Philippines.

Q: What is your profession?

A: I am a physical therapist at



Laguna Hills Health and Rehabilitation, and have been there for 2 years.

Q: Why did you choose this profession?

A: In all honesty, I was not 100 percent sure about my choice to study in this field. I have a cousin and other relatives who are physical therapists and it always seemed interesting to me. Once I got into it, I really enjoyed learning and understanding how the body works and using that knowledge to help others. Now, I have no regrets, it's an awesome profession!

Q: What's the best part of this job for you? Why?

A: Without hesitation, my favorite part about this job is being rewarded by the genuine

appreciation of the people I help. I truly enjoy being in a position where I can empower patients to achieve their maximum potential. The second-best part about this job is interacting with different kinds of people. I currently work in a skilled nursing facility with elderly patients and even though I'm the one providing a service, I almost always learn something from them, too. I enjoy listening to their stories and benefitting from the wisdom they've accumulated

through the years. Overall, I feel that everything about this job is great, except for the paperwork maybe. But that's not specific to this profession.

Q: What do you find is the most challenging about your job?

A: My patients can sometimes be in excruciating pain, and as a result they might be discouraged or difficult. I try my best to always remain patient, encouraging and supportive.

Q: Can you tell us about some of the patients you helped over the years?

A: While I have not been working in this field very long, I have already worked with a considerable number of patients. It makes it hard for me

to single out particular individuals. I have fond memories of a patient named Shirley. Like most patients, she was a sweet lady and was always motivated to work out. As much as I enjoy working with patients like her, it can be tough to see my patients suffer on bad days and knowing that sometimes, fully alleviating their pain is out of my control.

Q: What are your hobbies? What do you like to do in your spare time?

A: I really enjoy reading books and writing. I also love being outdoors, in nature, hiking, listening to music, watching movies and eating. I cook and bake, too, although not as much as I used to. I also like photography and travelling, and hope I will have more opportunities to do both in the near future.

Q: Do you have kids or pets? Are you married?

A: Not married, no kids, and no pets ... at least not yet. I have been in a long-distance relationship with my girlfriend, Lyssa, also a physical therapist, who I met while studying in the Philippines. She has been working on her application for a work visa in the U.S. and I really hope to be soon reunited with her.



Q: What is a typical day like for you?

A: I usually start my morning reviewing and preparing schedules for the patients I will be working with that day. Then, I contact the patients to make sure they're ready for their exercise and communicate with other staff, including nurses and therapists who might assist me in my tasks. Then, I bring my patients to our gym, work on their exercises with them, and go on walks. At the end of the day, once my work with my patients is done, I do some paperwork.

Q: What are the attributes of a good physical therapist?

A: To provide the best quality of service to your patients, you have to be compassionate, patient, and dedicated to improving yourself. Having passion, as in any other profession, will allow you to overcome challenges and obstacles in a more effortless way.

Q: Is there anything else you'd like to share?

A: I feel really honored and humbled to receive Fairhaven's Oliver Halsell Care Award. I am very grateful. It's a bit exciting too, a unique experience.

Medicare can be complicated and confusing. Fortunately, we can help make it simple.

Join Monarch HealthCare®, part of OptumCare®, to learn how Medicare works with one of Monarch's senior ambassadors.

Laguna Hills

Tues., September 5th
10:00 a.m.–11:00 a.m.
Florence Sylvester
Senior Center
23721 Moulton Parkway
Laguna Hills, CA 92653

Lake Forest

Wed., September 6th
11:30 a.m.–12:30 p.m.
Lake Forest Senior Center
25550 Commercentre Drive
Lake Forest, CA 92636

Orange

Tues., September 19th
10:00 a.m.–11:00 a.m.
Orange Senior Center
170 South Olive Street
Orange, CA 92866

Santa Ana

Tues., September 26th
10:00 a.m.–11:00 a.m.
Santa Ana Senior Center
424 West 3rd Street
Santa Ana, CA 92701



Monarch HealthCare®
Part of OptumCare®

MonarchHealthCare.com

These events are for educational purposes only and no plan-specific benefits or details will be shared.

Monarch HealthCare is part of OptumCare®, a leading health care organization.

Stroke Incidence

Continued from page 25

high blood pressure.vii Others are preventable, including smoking and the use of tobacco, an unhealthy diet, excessive alcohol consumption and a lack of daily exercise.viii

Stroke risk also increases with age, but strokes can and do occur at any age.ix Compared with the 1995–99 period, the rate of stroke in 2010–14 increased by 147 percent in people 35 to 39, by 101 percent in people 40 to 44 and by 68 percent in those 45 to 49.x It's the fifth leading cause of deathxi and kills more than 130,000 Americans each year.xii

Recognizing and understanding the signs and symptoms of a stroke is crucial. Immediate medical attention may limit the effects of a stroke, so it is imperative that people call 911 at the first sign.xiii

Always Act F.A.S.T.

If you or someone you know begins to show signs and symptoms of a stroke, there's a four-letter acronym, "F.A.S.T.," which corresponds to a test that can be used as a quick screening tool:xiv

- **F=FACE**, loss of function on one side of your face, which may look like droopingxv
- **A=ARMS**, sudden weakness on one side, which may mean you can't hold the arm upxvi
- **S=SPEECH**, as in slurred speechxvii

- **T=TIME**, time to call 911.xviii

If the person shows any of these symptoms, call 911 or get to the hospital immediately. Time is brain.

To learn more about stroke, visit www.strokecall911.com. Content sponsored by Genentech, a member of the Roche Group. Genentech is committed to stroke education and awareness.

- i Stroke Facts. Retrieved March 13, 2017 from <https://www.cdc.gov/stroke/facts.htm>
- ii Stroke Facts. Retrieved March 13, 2017 from <https://www.cdc.gov/stroke/facts.htm>
- iii Types of Stroke Fact Sheet. Retrieved March 10, 2017, from http://www.cdc.gov/stroke/types_of_stroke.htm
- iv Heart Disease and Stroke Statistics—2014 Update. (2014). Circulation, p.

- e169. Retrieved March 6, 2017
- v Heart Disease and Stroke Statistics—2014 Update. (2014). Circulation, p. e169. Retrieved March 6, 2017
- vi Heart Disease and Stroke Statistics—2014 Update. (2014). Circulation, p. e169. Retrieved March 6, 2017
- vii Who Is at Risk for a Stroke? Retrieved March 15, 2017 from <https://www.nhlbi.nih.gov/health/health-topics/topics/stroke/atrisk>
- viii Lifestyle Risk Factors. Retrieved March 10, 2017 from <http://www.stroke.org/understand-stroke/preventing-stroke/lifestyle-risk-factors>
- ix Stroke Fact Sheet. Retrieved March 10, 2017 from http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/docs/fs_stroke.pdf
- x Stroke Fact Sheet. Retrieved March 10, 2017 from http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/docs/fs_stroke.pdf
- xi Stroke Fact Sheet. Retrieved March 10, 2017 from http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/docs/fs_stroke.pdf
- xii Act FAST. Retrieved March 10, 2017 from <http://www.stroke.org/understand-stroke/recognizing-stroke/act-fast>
- xiii Act FAST. Retrieved March 10, 2017 from <http://www.stroke.org/understand-stroke/recognizing-stroke/act-fast>
- xiv Act FAST. Retrieved March 10, 2017 from <http://www.stroke.org/understand-stroke/recognizing-stroke/act-fast>

- xv Act FAST. Retrieved March 10, 2017 from <http://www.stroke.org/understand-stroke/recognizing-stroke/act-fast>
- xvi Act FAST. Retrieved March 10, 2017 from <http://www.stroke.org/understand-stroke/recognizing-stroke/act-fast>
- xvii Act FAST. Retrieved March 10, 2017 from <http://www.stroke.org/understand-stroke/recognizing-stroke/act-fast>
- xviii Stroke Facts. Retrieved March 13, 2017 from <https://www.cdc.gov/stroke/facts.htm>

If you think someone is having a stroke, call 911 and act fast.





September Book Club

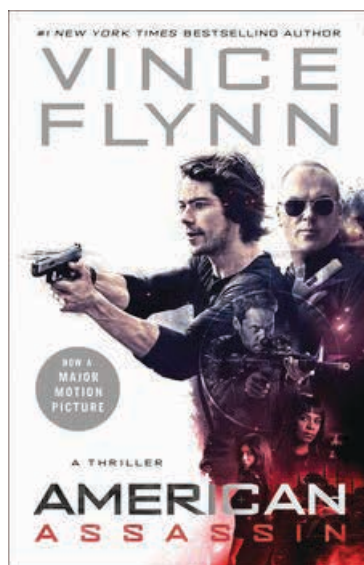
By Debbie L. Sklar

Autumn is here and that means more indoor activities so why not pick up a good book or download one to your e-Reader? Check out these new additions and get busy!

American Assassin

A Thriller
(Part of A Mitch Rapp Novel)

By Vince Flynn



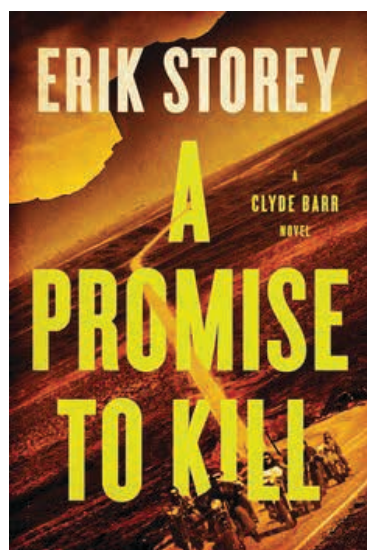
“Mitch Rapp was a gifted college athlete without a care in the world ... and then tragedy struck. Terrorists attacked innocent American citizens, and Rapp’s girlfriend was among the murdered. Two hundred and seventy souls perished on that cold December night, and thousands of family and friends were left searching for comfort. Mitch Rapp was one

of them, but he was not interested in comfort. Now he wants retribution.

“Two decades of cutthroat partisan politics have left the CIA and the country in an increasingly vulnerable position. Cold War veteran CIA Operations Director Thomas Stansfield knows he must prepare his people for the next war. America must confront Islamic terrorism with full force. Stansfield directs his protégée, Irene Kennedy, and his old Cold War colleague, Stan Hurley, to form a new group of clandestine operatives who will work outside the normal chain of command—men who do not exist ...,” according to Publisher Atria/Emily Bestler Books.

A Promise to Kill A Clyde Barr Novel (Book #2 of A Clyde Barr Novel)

By Erik Storey



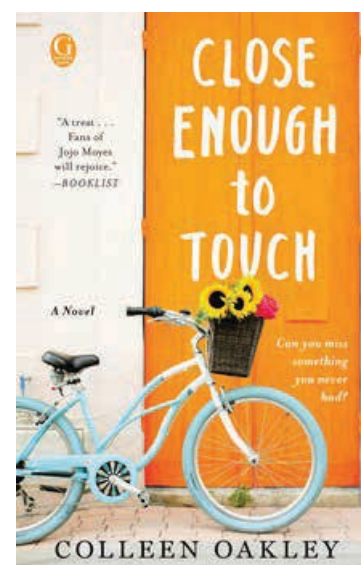
“Clyde Barr, the drifter with lethal skills, is alone again, wandering the highways of the American West in search of something to believe in. As summer turns to autumn, he trades his car for a horse and heads for the mountains, planning to clear his head and regain his edge with some hunting. But when he runs across an elderly sick man — a Ute Indian from a nearby reservation — Clyde’s dream of solitude is quickly dashed.

“On the reservation, Clyde finds the old man’s daughter, Lawana, and grandson, Taylor, as well as a group of menacing bikers called Reapers running wild in the economically depressed, half-abandoned village. Gripped by the desire to do good in a hard world, Clyde offers to stay on Lawana’s ranch to help out until her father is released from the hospital. He controls himself around the bikers, even when he sees them harass a few Native American women — but when the Reapers attack a local boy Clyde has to do something. As tensions rise between the locals and the Reapers, Clyde’s efforts to protect the reservation become a fight for his, Lawana’s, and Taylor’s lives. And then the stakes ratchet up even more ...” according to Publisher Scribner.

Close Enough to Touch

A Novel

By Colleen Oakley



“Jubilee Jenkins is no ordinary librarian. With a rare allergy to human touch, any skin-to-skin contact could literally kill her. But after retreating into solitude for nearly ten years, Jubilee’s decided to brave the world again, despite the risks. Armed with a pair of gloves, long sleeves, and her trusty bicycle, she finally ventures out the front door — and into her future.

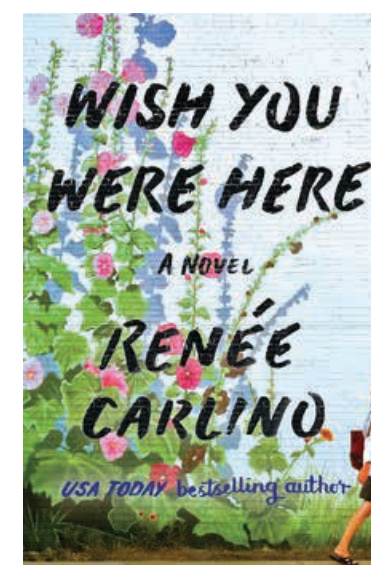
“Eric Keegan has troubles of his own. With his daughter from a failed marriage no longer speaking to him, and his brilliant, if psychologically troubled, adopted son attempting telekinesis, Eric’s struggling to figure out how his life got so off course, and how to be the dad — and man — he wants so desperately to be. So when an encounter over the check-out desk at the local library entangles his life with that of a beautiful — albeit

eccentric — woman, he finds himself wanting nothing more than to be near her ...” according to Publisher Gallery Books.

Wish You Were Here

A Novel

By Renée Carlino



“Charlotte has spent her twenties adrift, searching for a spark to jump-start her life and give her a sense of purpose. She’s had as many jobs as she’s had bad relationships, and now she’s feeling especially lost in her less-than-glamorous gig at a pie-and-fry joint in Los Angeles, where the uniforms are bad and the tips are even worse.

“Then she collides — literally — with Adam, an intriguing, handsome, and mysterious painter. Their serendipitous meeting on the street turns into a whirlwind one-night stand that has Charlotte feeling en-

Continued on page 37

Medicare Enrollment

Continued from page 33

fall into the Part D coverage gap. Next year, that shrinks to 35% of the cost of brand-name medicines and 44% of the cost of generics. A gradual reduction will occur until 2020, when enrollees with Part D plans will pay no more than 25% of the cost of covered generic and brand-name drugs. 6

Medicare plans mail Annual Notice of Change (ANOC) letters to their members.

Use this notice to determine if your current plan is still right for you and your medical care needs. If you don't receive such a letter in September, contact your plan. 7

Howard Erman may be reached at (562) 546-6021 or askhow@ermanretirementadvisory.com.

This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. Please note - investing involves risk, and past performance is no guarantee of future results. The publisher is not engaged in rendering legal, accounting or other professional services. If assistance is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. All indices are unmanaged and are not illustrative of any particular investment.

Registered Representative offering securities and advisory services through Cetera Advisor Networks LLC, member FINRA/ SIPC. Cetera is under separate ownership from any other name entity. All information is believed to be from reliable sources, however, we make no representation as to its completeness or accuracy and all economic and performance information is historical and not indicative of future results. Cetera Advisor Networks does not provide tax advice. Investors cannot invest directly in indices.

Citations.

1 - medicare.gov/sign-up-change-plans/when-can-i-join-a-health-or-drug-plan/when-can-i-join-a-health-or-drug-plan.html/ [7/18/17]

2 - medicare.gov/sign-up-change-plans/when-can-i-join-a-health-or-drug-plan/five-star-enrollment/5-star-enrollment-period.html [7/18/17]
3 - healthcare.gov/if-i-have-medicare-do-i-need-to-do-anything/ [7/18/17]
4 - fool.com/investing/2017/06/04/will-you-need-a-medigap-plan.aspx [6/4/17]
5 - medicare.gov/part-d/coverage/part-d-coverage.html [7/18/17]
6 - medicare.gov/part-d/costs/coverage-gap/more-drug-savings-in-2020.html [7/18/17]
7 - medicare.gov/forms-help-and-resources/mail-about-medicare/plan-annual-notice-of-change.html [7/18/17]
Howard Erman, CFP®

JUST JUDITH

continued from page 28

bles, but, hopefully, it should stop the worst of them.

Dealing with death is never easy; flying blind is a sure recipe for disaster. Blended families, families who hate each other or have dropped out from the tribe, if it has been written, it is set in stone. You can't argue with someone who no longer can reply or explain, although there are those who will try!

Then there will be unpaid bills, taxes and so many more items that will need attention. Nominating someone be it family or legal representation will make sure those don't slip through the inevitable cracks.

Remember, if you don't do it, the state will, and the last person you want involved with your estate is the State!

Shakespeare was right, you can't return, but you can make sure that those left behind follow your wishes.

September Book Club

Continued from page 36

chanted by Adam's spontaneity and joy for life. There's promise in both his words and actions, but in the harsh light of morning, Adam's tune changes, leaving Charlotte to wonder if her notorious bad luck with men is really just her own bad judgment.

"Months later, a new relationship with Seth, a charming baseball player, is turning into something more meaningful, but Charlotte's still having trouble moving past her one enthralling night with Adam. Why? ...," according to Publisher Atria Books.



MOVERS
HOUSEHOLD GOODS
#1 MOVER
LOCAL MOVING IS OUR SPECIALTY

7 DAYS A WEEK
FREE WARDROBE BOX USE
FURNITURE BLANKET WRAPPED
PACKING BOYS AVAILABLE
STORAGE AVAILABLE
PIANO SPECIALISTS
LOCAL NEIGHBORING STATES
TIMELY SERVICE AT YOUR DOOR
FULLY LICENSED & INSURED

ANTHONY'S MOVING SERVICE
800-490-1150

SAME DAY SERVICE • FREE ESTIMATES
RESIDENTIAL COMMERCIAL
No Hidden Charges
(800) 490-1150
www.anthonysmovingandstorage.com

Garage Doors

Installing and repairing garage doors since 1997

- Residential Garage Door Installation
 - Spring Replacement
 - Door Off Track Service
 - Opener Installation

Garage Door by Adam

Adam Evans

www.GarageDoorByAdam.com

(949) 400-0313

EVERY MORNING MY HUMAN AES OFF HIS FACE FURIES FUNNY LIKE THAT

—TUCK adapted 05-04-11

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

adopt
theshelterpetproject.org

Ad Council THE HUMANE SOCIETY OF THE UNITED STATES

TECHNOLOGY SIMPLIFIED – BIGGER AND BETTER

Wow! A Simple to Use Computer Designed Especially for Seniors!

Easy to read. Easy to see. Easy to use. Just plug it in!



"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."

— Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games— you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time you took part? Call now, and you'll

NEW

Now comes with...

Larger 22-inch hi-resolution screen – easier to see
16% more viewing area

Simple navigation – so you never get lost

Intel® processor – lightning fast

Computer is in the monitor –
No bulky tower

Advanced audio, Better speaker configuration – easier to hear

Text to Speech translation –
it can even read your emails to you!

U.S. Based Customer Service

FREE
*Automatic
Software Updates*

find out why tens of thousands of satisfied seniors are now enjoying their WOW Computers, emailing their grandchildren, and experiencing everything the Internet has to offer. Call today!

- Send & Receive Emails
- Have video chats with family and friends
- Surf the Internet:
Get current weather and news
- Play games Online:
Hundreds to choose from!

Call now toll free and find out how you can get the new WOW! Computer.

Mention promotional code 106884
for special introductory pricing.

1-877-725-6422

The **WOW!** Computer™

© 2017 firstSTREET for Boomers and Beyond, Inc.

Life in Long Beach

By Lyn Jensen

'Kitty Hall' Highlights Cat Adoptions

"Kitty Hall" may sound like the female lead in a Western, but it's actually an annual cat adoption event that happened at Long Beach City Hall on Aug. 11. Many of the 40 cats and kittens being offered were displayed in cages set up in the lobby, others came from the city's new mobile adoption vehicle parked nearby. Mayor Robert Garcia was one of several city staff and volunteers who assisted, pairing people with cats and stamping adoption papers.



Services. The city's website will tell you how at: <http://longbeach.gov/acs/pets/adoptions/>

Thanks to a unique partnership agreement between Long Beach and the Society for Prevention of Cruelty to Animals Los Angeles, P. D. Pitchford Animal Care Village, the city's major animal care services facility, is much more pleasant than your average city shelter. It's tucked away at 7700 E. Spring St., on the east side of El Dorado Park. Phone: 562-570-7387.

Information about volunteering at the shelter, donations,



animal licensing, and many animal-related matters may also be found online. One type of donation the shelter's often particularly happy to get is rags that can be used for animal care. Pet products such as food dishes and chew toys are other much-appreciated items.

The cats adopted at Kitty Hall avoided possible euthanasia. Animal Care Services Bureau recently released its 2017 mid-year report that shows placements are up and euthanasia is down, continuing a trend of the past several years.



"Long Beach is setting new record lows in impounded and euthanized animals, and new record highs for 'live release rates,'" commented Garcia, in a press release touting the report.

Some statistics from the report included 3,011 dog and cat impounds, with (unfortunately) 431 dogs and cats euthanized since January. At the same time live releases have steadily increased. The bureau reported live release rates of 95 percent for dogs and 76 percent for cats.

A Little Taste

Continued from page 18



So, what does Pamela's Tea Room and British Shop have to offer?

From 11 a.m. to 4 p.m. (last full tea at 3 p.m.) Tuesday through Sunday, you can choose from a full menu or house specials like authentic Cornish pastries, Shepard's Pie and thin cut pork chops with English stuffing, creamy mashed potatoes, English baked beans and a side of apple sauce. Homemade gourmet soups also are available. Other menu items include:

- The Quickie – a pot of English tea with two toasted crumpets with butter and jam.
- Little Princess Tea (for children) – milk or lemonade in a mini teapot, tea sandwich with fruit garnish and fresh scone with jam and cream (gluten-free scones upon request.)
- High Cream Tea – pot of tea, soup du jour, tea sandwiches, side salad and crisps, and scones with jam and cream.
- English Breakfast – (served from 11 a.m. to 1 p.m. with advance reservations) bacon, egg, sausage, bean, mushrooms, tomatoes and toast.
- Ploughman's Lunch – ham, British cheese, boiled egg, green salad with Branston pickle, pickled onion and roll and butter.
- Or, you can select the English Stuffed Pancakes, various

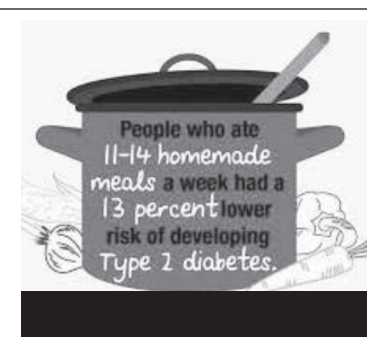
quiches, hot pies or Bangers and Mash with beans or peas.

Before you leave, however, you may want to take home a thing or two from the British Shop, like imported English Bone China tea pots and cups, flags, mugs, stickers, music and a whole assortment of soups, salad dressings, sauces, shortbread, biscuits, rolls, scones, cakes, candy and, of course, tea, including Pamela's own labeled blend.



Another item you can find at Pamela's place but not on the menu is friendship.

Asked what she enjoys most about her business, she unhesitatingly replies, "my customers. Everybody – strangers – enjoy chit-chatting with each other and sharing stories. They are wonderful!"



About 200 people attended and 25 cats found homes, according to Ted Stevens, a manager with the city's Animal Care Services. He added that Garcia began the annual event two years ago after hearing about a similar one in another city.

If you missed Kitty Hall, of course you may still adopt a cat (or dog) from Animal Care

Boneless Skinless Chicken Breast

BEST IF USED.

ITEM #920213

TOTAL PRICE
\$1,500.00

**A FAMILY OF FOUR SPENDS \$1500
A YEAR ON FOOD THEY DON'T EAT**

COOK IT, STORE IT, SHARE IT.
JUST DON'T WASTE IT.

SAVETHEFOOD.COM



“EVERY MORNING MY
HUMAN TAKES OFF
HIS FACE FUR LIKE
FUNNY LIKE THAT.”


—TUCK
adopted 05/04/11

A PERSON
IS THE BEST
THING TO HAPPEN
TO A SHELTER PET

 **adopt**
theshelterpetproject.org



UC Irvine Willed Body Program
Whole Body Donations For Medical Science




For information on donating your body
to medical education and research, call:
949-824-6061



or visit:
www/som.uci.edu.willedbody

No cost to donor or family. Final
cremation and scattering at sea
included.

unicef 

Crossword Puzzle Answers from page 27

1	2	3	4	5		6	7	8	9		10	11	12	13			
I	T	E	M	S		S	L	A	Y		T	A	P	E			
14	R	H	O	D	A		15	P	I	L	E	16	H	U	R	L	
17	R	E	S	I	N		18	A	N	E	T	19	E	D	I	E	
				20	A	21	S	S	O	C	I	22	A	T	I	O	N
23	L	A	B	R	A	T					27	M	A	O	R	I	
28	A	B	E	E		29	N	A	T	I	V	E					
34	C	A	L	E	B		36	L	I	B	E	L		37	K	O	S
40	E	C	C	L	E	41	S	I	A	S	T	I	C	I	S	M	
43	D	A	H		44	T	H	E	R	E		45	A	L	A	T	E
				46	T	E	N	A	N	T		48	O	N	E	L	
49	A	T	R	E	E					53	M	A	G	G	O	T	
55	M	A	L	P	R	56	A	C	T	I	C	E					
60	A	D	E	E		61	A	R	A	M		62	R	E	V	U	E
67	S	A	S	E		68	A	A	R	P		69	I	D	E	A	L
70	S	S	S	S		71	S	T	A	S		72	E	D	G	E	S

NEW! Mobile Dental Hygiene

We become a part of your "preventive care team."

- Teeth Cleaning Services*
- Portable Equipment
- Specialized Training
- Mobile Unit
- Registered/Licensed Hygienists

Contact Marie Ekins, RDHAP 1-800-280-1608

www.HealingHandsDentalHygiene.com

*Point of Service Payment Required



Marie Ekins, RDHAP & Owner



Specializing In Senior Home Care

24 Hour Live In And Out Home Care Services
Personal Care

Caretakers Available For Cleaning - Cooking
Groceries - Driving- Household Chores
Spring Cleaning - Garage Cleaning - Ect.

Professional Services At Reasonable Rates

Call Maggie at 714-542-1304

ROSS MEDICAL PLAZA

*"Modern Medicine
Traditional Care"*

RossLegacy
MEDICAL GROUP

26922 Oso Parkway, Suite 380
Mission Viejo, CA 92691
(949) 305-0110
www.rosslegacy.net

- FAMILY PRACTICE
- OPEN DAILY
- BOOK ONLINE
- WALK-INS WELCOME

Advertise in The Senior Reporter's
CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

Only \$37.50/mo with a 6-mo. commitment

Email: sunsetpublishing@aol.com or call Bill Thomas at (714) 458-5703

Tinseltown Talks

By Nick Thomas

Barbara Rush and Her Leading Men

The list of actors with whom Barbara Rush shared the big screen is impressive.

"I did work with a lot of interesting and talented men," said Ms. Rush from Los Angeles. "And actresses, too, such as Jane Wyman. I found the nicest people were actually the biggest stars because they were all so gracious and helpful."

Just considering 1958s *The Young Lions*, she worked alongside Marlon Brando, Montgomery Clift, and Dean Martin.



Rock Hudson and Barbara Rush in *Taza, Son of Cochise*-Universal Pictures

"It was a serious war film, but Dean still made me laugh – a lovely man. He would say 'I don't drink anymore ... I don't drink any less, but I don't drink any more!' I never saw him drunk, it was all an act."

With a career that includes extensive television and theatrical roles, Rush was prolific on the big screen throughout the 50s including three films with Rock Hudson. "You couldn't



The many faces of Barbara Rush in *Captain Lightfoot*, *The Black Shield of Falworth*, and *it Came from Outer Space*... all Universal

help but love someone like Rock who had a wonderful sense of humor and just loved to laugh. He was just the funniest actor I ever worked with."

Playing a pair of Indians in the western *Taza, Son of Cochise*, Rush's character was named Oona. "Off camera, Rock would call me Oona, dos, tres!"

But laughs were scarce in 1956's *Bigger than Life* where Rush's character suffered abuse at the hands of a drug-crazed James Mason. "It was based on a true story about a teacher and the side-effects he experienced from addiction to the new drug cortisone. James was fascinated by the story and wanted to produce and star in the movie." And she adds, he was "truly a wonderful actor with an unforgettable voice."

Rush was also married to pop-

ular leading man Jeffrey Hunter.

"We never really did a film together. He was always wandering around the world making movies and so was I.

There was a period of about a year-and-a-half when we never saw each other. I told him that was ridiculous and he agreed. We divorced but remained friends."

Rush also counted the late Turner Classic Movies host Robert Osborne among her many entertainment friends.

"I remember Bob calling me up one time and saying: 'We're playing one of your old films tonight.' There was a time when I didn't like see-



Carolyn Hennesy and aunt Barbara Rush on the set of *Bleeding Hearts the Arteries of Glenda Bryant* provided by Carolyn Hennesy

ing myself in those early films, but I watched that evening and thought 'Hey, I was actually pretty good!' If you work with great actors it rubs off on you. I think I gave some performances I can be quite proud of."

And at 90, she recently found herself in front of the camera again to complete a short promo – *Bleeding Hearts: The Ar*

teries of Glenda Bryant – for a new TV series her niece, General Hospital actress Carolyn



Barbara Rush and Dean Martin in *The Young Lions* - Twentieth Century Fox

Hennesy, is pitching to networks.

"I play a kind of vampire – something quite new for me! But it was fun to do."

Nick Thomas teaches at Auburn University at Montgomery, Ala, and has written features, columns, and interviews for more than 650 newspapers and magazines.

Fabulous Finds

Continued from page 31

ladders, making jobs like painting even easier. The Aluminum Compact Step ladder is available online at <http://www.wernerco.com/us> and in mass retail stores such as Lowes.

Organic, All Cotton Feminine Pads



Are you sensitive to just about everything from lipsticks to feminine hygiene products? Well, good news, creator L. makes **Chlorine Free Ultra Thin Pads** made with organic cotton, free of harmful chemicals. No chlorine, rayon, pesticides, fragrances, or dyes. As mentioned, each regular pad with wings is made with breathable, absorbent and hypoallergenic organic cotton. Get this, for every pad you purchase, L. provides a pad to a girl in need in a developing country. Pads are available in panty liners, light days and for heavier days. Crisp, clean, cool and oh, so organic. If you're sensitive any or all of these pads are the perfect answer to avoid irritations and skin issues. Prices vary, available at some mass market drugstores such as Target and online at <https://thisisl.com/>

Bigger
Buttons

"My friends all hate their cell phones... I love mine!"

Here's why.

FREE
Car
ChargerNo
Contract

Say good-bye to everything you hate about cell phones. Say hello to the Jitterbug Flip.

"Cell phones have gotten so small, I can barely dial mine." Not the Jitterbug® Flip. It features a large keypad for easier dialing. It even has a larger display and a powerful, hearing aid compatible speaker, so it's easy to see and conversations are clear.

"I had to get my son to program it." Your Jitterbug Flip setup process is simple. We'll even program it with your favorite numbers.

"What if I don't remember a number?" Friendly, helpful Personal Operators are available 24 hours a day and will even greet you by name when you call.

"I'd like a cell phone to use in an emergency." Now you can turn your phone into a personal safety device with 5Star® Service. In any uncertain or unsafe situation, simply press the 5Star button to speak immediately with a highly-trained Urgent Response Agent who will confirm your location, evaluate your situation and get you the help you need, 24/7.

"My cell phone company wants to lock me in a two-year contract!" Not with the Jitterbug Flip. There are no contracts to sign and no cancellation fees.

"My phone's battery only lasts a short time." Unlike most cell phones that need to be recharged every day, the Jitterbug Flip was designed with a long-lasting battery, so you won't have to worry about running out of power.



Available in
Red and Graphite.

Monthly Plan	\$14.99/mo ¹	\$19.99/mo ¹
Monthly Minutes	200	600
Personal Operator Assistance	24/7	24/7
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
30-Day Return Policy ²	YES	YES

More minute plans and Health & Safety Packages available.
Ask your Jitterbug expert for details.

"Many phones have features that are rarely needed and hard to use!" The Jitterbug Flip contains easy-to-use features that are meaningful to you. A built-in camera makes it easy and fun for you to capture and share your favorite memories. And a flashlight with a built-in magnifier helps you see in dimly lit areas. The Jitterbug Flip has all the features you need.

Enough talk. Isn't it time you found out more about the cell phone that's changing all the rules? Call now! Jitterbug product experts are standing by.

Order now and receive a
FREE Car Charger – a \$25 value
for your Jitterbug Flip. Call now!

jitterbug
flip

firstSTREET
for Boomers and Beyond®
1998 Ruffin Mill Road
Colonial Heights, VA 23834



Call toll-free to get your
Jitterbug Flip Cell Phone
Please mention promotional code 106883.
1-866-383-0020
www.JitterbugDirect.com

We proudly accept the following credit cards:



IMPORTANT CONSUMER INFORMATION: Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. ¹Monthly fees do not include government taxes or assessment surcharges and are subject to change. Plans and services may require purchase of a Jitterbug Flip and a one-time setup fee of \$35. Coverage is not available everywhere. 5Star or 9-1-1 calls can only be made when cellular service is available. 5Star Service will be able to track an approximate location when your device is turned on, but we cannot guarantee an exact location. ²We will refund the full price of the Jitterbug phone and the activation fee (or setup fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will be deducted from your refund for each minute over 30 minutes. You will be charged a \$10 restocking fee. The shipping charges are not refundable. There are no additional fees to call GreatCall's U.S.-based customer service. However, for calls to a Personal Operator in which a service is completed, you will be charged 99 cents per call, and minutes will be deducted from your monthly rate plan balance equal to the length of the call and any call connected by the Personal Operator. Jitterbug, GreatCall and 5Star are registered trademarks of GreatCall, Inc. Copyright © 2017 GreatCall, Inc. © 2017 firstSTREET for Boomers and Beyond, Inc.

Are you looking for the **RIGHT** Care Home?

**We offer Large Assisted Living,
Board & Care and Respite
Care Placements**

**We tour facilities with you to
Ensure Proper Placement**

Complete up-to-date vacancy data base

Warm, Loving, Safe Family Atmospheres

**Personally inspected and approved
by RCPS**

**Fully licensed by the
State of California**

**Use our FREE
personalized service to
assist you & your loved ones.**

***Let us help you find the
care home that is right for you.***

RESIDENTIAL CARE
Placement Specialists

(949) 413-4582 • (800) 763-1433

www.rcpsca.com

CA Administrative License 5519924740