

SENIOR REPORTER

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APRIL 2018

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



Christopher Plummer

*"Oh God, this age thing, it's just
getting ridiculous. I've got to
start lying about my age."*

—Christopher Plummer

What's Inside....

Calendar of Events	5
Classifieds	6-7
Christopher Plummer	10
Gadget Geezer	12
Fabulous Finds	14
Ventura	22
Busy Boomers	30
In The Spotlight	34
Book Club	36
Tinseltown Talks	42

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Planes of Fame Air Museum is proud to present the Planes of Fame Air Show on May 5-6, 2018. Featuring over 40 historic aircraft, including P-47 Thunderbolts, P-38 Lightnings and P-51 Mustangs flying for your enjoyment. We invite you to join us in honoring the history, contributions, and sacrifices of our Veterans.



Performers include: A-10 Thunderbolt and Heritage Flight; Sean D. Tucker Team Oracle Aerobatics; World's fastest piston engine aircraft P-51 Mustang Voodoo; N9MB Flying Wing Demo; Pacific, European, Korean & Vietnam Flight Displays, Sanders Sea Fury Aerobatics, Gregory 'Wired' Colyer T-33 Aerobatics and Rob Harrison the Tumbling Bear.

There will be a Kids Zone, static displays, food & vendors, and more!

In addition to many other fantastic airplanes that will be performing and on static display, there will be a special panel discussion with some of our honored Veterans. Follow our Planes of Fame Air show Facebook page to receive up to the minute news on Performers and attending Aircraft and Veterans!

Visit Planes of Fame Air Museum at Historic Cal Aero Field in Chino, California.

The Planes of Fame Air Museum was founded in 1957 by Edward Maloney. It is the oldest independently operated aviation museum in the United States.



The museum collection spans the history of manned flight from the Wright Flyer to the space age Apollo Capsule. We house over 150 Aircraft and displays. Many of the Aircraft are flyable, including the P-51 Mustang, F4U Corsair, P-47 Thunderbolt, P-40 Warhawk, B-25 Mitchell, P-38 Lightning, F-86 Sabre & Russian Mig 15.

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For more info please visit: www.planesoffame.org



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CHINO, CA VALLE, AZ PLANES OF FAME AIR MUSEUM 2018 SCHEDULE OF EVENTS

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

JANUARY	6	Living History Flying Day featuring the: Lockheed P-38 Lightning
FEBRUARY	3	Living History Flying Day featuring the: Curtiss P-40 Warhawk
MARCH	3	Living History Flying Day featuring the: Vought F4U-1A Corsair
MARCH	10	4th Annual Hangar Dance with Big Band Orchestra
APRIL	7	Living History Flying Day featuring the: North American B-25 Mitchell
MAY	5-6	Planes of Fame Air Show May 5-6 2018, Chino Airport
MAY	13	Mother's Day - Moms Admitted FREE!
JUNE	2	Living History Flying Day featuring the: Mikoyan-Gurevich MiG 15
JUNE	17	Father's Day - Dads Admitted FREE!
JULY	7	Living History Flying Day featuring the: Republic P-47 Thunderbolt
JULY	21	History of Cal Aero Field (Special Presentation)
AUGUST	4	Living History Flying Day featuring the: North American P-51 Mustang & Junior Aviators Day!
SEPTEMBER	1	Living History Flying Day featuring the: Douglas AD-4 Skyraider
SEPTEMBER	15	Aircraft Production in Southern California (Special Presentation)
OCTOBER	6	Living History Flying Day featuring the: Douglas SBD-5 Dauntless
OCTOBER	20	Women in Aviation (Special Presentation)
NOVEMBER	3	Living History Flying Day featuring: The Great War
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
NOVEMBER	17	12th Annual "Taste of Flight" Gala
DECEMBER	1	Living History Flying Day featuring the: Mitsubishi A6M5 Zero
DECEMBER	31	Planes of Fame New Year's Eve Party! Dinner & Big Band Swing Dance

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!



The Unexpected

By Jim McDevitt

My wife, who loves exploring, was looking forward to a whale watching trip to Baja, Mexico. She usually goes with a friend, but the friend was unable to travel during the period that whale watching was available. She decided to take the trip anyway as it was with a group through a travel agency. When she checked the site, it was fully booked up. Realizing I was in no danger of being drafted I said I would go with her, knowing it was fully booked. She put our names on back up in case someone cancelled. What are the odds of someone canceling after they put down a deposit?

I now realize I must have been less than sane when I volunteered because a week later the travel agency called to say

they had two cancellations. It was then that I found out that part of the trip entails 12 people getting on a boat that is a little bigger than a rowboat and motoring out to the middle of a lagoon to be surrounded by whales who have just given birth to baby whales. The whales I am told encourage their baby whales to come over to the boat to be petted. Now keep in mind, in a boat this size if you lean over too far the boat can flip and therefore everyone wears a life preserver. How this will help you if Moby Dick shows up I don't know.

As I write this it is less than one week before we meet and greet the whales. The preparations begin with us signing releases that whatever happens to us, the travel agency isn't responsible for anything. Then we must get our passports, arrange for a house sit-

ter for our two dogs and a cat and of course provide contact information in case we are lost at sea. Now I am thinking how you pet a baby whale while mama is watching. Very carefully I think. My friends who have known me all my life can't believe I am doing this and neither can I.

I hope to document this event by having my wife take a photo of me petting a whale, so I can include it in my next column. My wife has taken a trip like this before and says she was told that the motor boat carrying us out to the lagoon takes at least an hour to get there. She is getting me seasick pills to take which I already need. The brochure I am reading says that adult gray whales can be 40 to 50 feet long and weigh 30 to 40 tons. That's right, I said tons. The whales like to travel as I am

Continued on page 16



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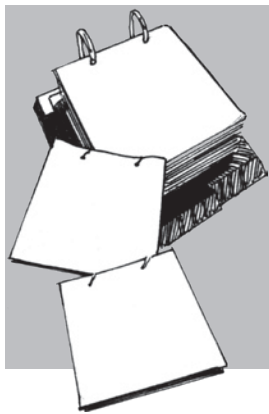
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April Calendar of Events



Check out all these great spring time events you and your family can enjoy that are happening in and around the Southland. Mark your calendars and get out and enjoy one or all! There's something for everyone from stage plays to golf and even a pet show.

Golden West College Theater Presents: The Little Dog Laughed **Huntington Beach** **April 6 and 7**

at 7:30 p.m.

April 8 at 2 p.m.

A Tony-Award nominee for Best Play, *The Little Dog Laughed* is a comedic satire about truth and illusion Hollywood-style where characters express themselves with a rationalized sophistication that lowly mortals only wish they could have in real life. The four characters are a hard-driving Hollywood agent, her budding screen idol client, a sexy young drifter, and the drifter's naive, needy girlfriend. These characters are full of unadulterated ambition that makes people forgo sleep. Ticket prices: \$12 general admission; \$10 seniors, veterans, and students. NOTE: This production contains adult language and situations and is intended for mature audiences. At: Golden West College Theater,

15751 Gothard St., Huntington Beach. Call, 714-895-8150.

Walk MS **Irvine** **April 7**

Fun, festival-like event including food, drink, entertainment and a 2 mile walk at UCI. The National MS Society's mission is to end the devastating effects of multiple sclerosis. They are currently accepting registrations via, email, mail or over the telephone for this walk. At, Orange County Great Park, 6990 Marine Way, Irvine. Call, 800-486-6762.

Dachshund Races **Huntington Beach** **April 8**

3 p.m. (doors open at 2 p.m.)

Come see these short-legged but swift 'wiener dogs' race to the finish line once a month at Old World Village. Arrive early and stay for lunch on their dog friendly patio. \$3 admission fee for adults, \$2 for kids. Admission Tickets sold at #38. Under 21 you must be accompanied by your parents. MORE 2018 DATES: May 6, June 24, July 8, August 19, November 11, December 9. At, Old World Village, 7561 Center Ave., Huntington Beach.

San Clemente **Micro-Brew Fest**

San Clemente **April 14**

12 to 5 p.m.

Presented by Left Coast Brewing Co., is an event which features microbrews from all over Southern California. Enjoy sampling, home-made food provided by various non-profit organizations and live entertainment. VIP guests enjoyed tours of the Left Coast Brewery and premier samplings. At, Left Coast Brewing Co., 1245 Puerta Del Sol in San Clemente.

Sandcastles on Main **Huntington Beach** **April 14**

Huntington Beach Downtown is closing the middle block of Main Street and inviting teams to compete in different sandcastle building categories. At, Main St. and Pacific Coast Highway, Huntington Beach. Call, 714-536-8300.

Bolsa Chica **Conservancy's Earth** **Day Festival** **Huntington Beach** **April 14**

10 a.m. to 3 p.m.

Join Bolsa Chica Conservancy for some free family fun and celebrate the annual Earth Day Festival. The festival will include educational activity booths, tours, food, a bounce

house and more! Don't miss out on the eco-friendly fun! Entry to event is free. Sponsored by the Bolsa Chica Conservancy and the Amigos de Bolsa Chica. At, Bolsa Chica Conservancy Interpretive Center, 3842 Warner Ave., Huntington Beach. Public parking across the street from the Interpretive Center. Call, 714-846-1114.

Annual 'Gardenfest' **San Clemente** **April 14**

8 a.m. to 2 p.m.

Hosted by the San Clemente Garden Club. Admission is FREE. This year's highlights include annual Plant Sale and Garden Flea Market, exhibits demonstrating sustainable practices for your garden, garden related opportunities in our community, Open to the Public

'funky container' and 'floral design' contests, San Clemente Art Association's Garden and Flower Show painting competition, Butterfly Habitat Education and Water Smart Program. At, San Clemente Community Center. Avenida Del Mar at Calle Seville.

SCC Hawks Golf **Tournament** **Tustin** **April 20**

Join faculty, staff, alumni and friends of Santiago Canyon College for a day of golf and camaraderie on a world-class course. Golf package includes round of golf, on-cart lunch, green fees, golf cart, driving range, on-course beverages, goodie gift bag and famous Wrangler Grill dinner. At, Tus-

Continued on page 18

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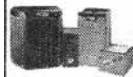
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Fifties Flashback

By Randal C. Hill

The Grinch Who Stole McDonald's

It was the “coolest” hangout in 1940s San Bernardino, with teenage cruisers filling the vast parking lot at McDonald's drive-in on E Street every night. But such customers (usually adolescent boys with revving engines and blaring car radios) tended to loiter, spend little money and flirt with the cute carhops. The McDonald brothers—Richard and Mac—sought families rather than rowdy kids, so they temporarily closed their lucrative southern California business and worked on a new approach.

While McDonald's offered over two dozen menu items—including tamales, chili and PBJ sandwiches—about 80% of their sales came from burgers, fries and drinks. When the brothers restarted their restaurant, they offered only the items that most customers wanted.

In December 1948 McDonald's reopened to an initially befuddled clientele. Paper cups and plastic utensils had replaced familiar silverware and plates. With no place to sit, customers now had to stand in lines. Polite young men (not comely young women) quickly dispensed food items and handled cash. In the kitchen each worker repeatedly performed one specific task.

McDonald's new prices were low, low, low. Burgers cost

15 cents (4 cents more for a cheeseburger), milkshakes ran 20 cents, fries and sodas were a dime each, coffee a nickel.

Soon North E Street often became gridlocked, and McDonald's service-window lines sometimes numbered 200 customers at once. Money flowed in as if a cash dam had burst. By 1953 the McDonalds were netting \$100,000 a year when the minimum hourly wage was 75 cents. Richard, his wife and the still-single Mac shared a 25-room San Bernardino mansion complete with a tennis court. Each year they bought three new Cadillacs.

Then one day in 1954 an aggressive restaurant-supply salesman in Chicago named Ray Kroc noticed an unusual order on his desk. A California burger joint had ordered eight of his Multimixers—capable of whipping up 48 milkshakes at once—for just one location.

One location? Huh?

The curious Kroc, always looking for the Big Payoff in the business world, journeyed to San Bernardino and sat in his car for hours in the McDonald's parking lot as a tide of customers ebbed and flowed. Kroc later told *Time* magazine, “I said to myself, ‘These guys have got something. How about if I opened some of these places?’”

Seeing a golden opportunity, Kroc envisioned McDonald's as a global fast food giant. He strong-armed the brothers into a deal, offering to pay them a rock-bottom rate of 0.5% of all future sales. In April 1955 Kroc opened his first McDonald's in Des Plaines, Illinois. Over the next five years he created a chain of 228 franchised restaurants. In 1961 he bought out the McDonald brothers for \$2.7 million in cash.

His golden opportunity had arrived in the form of the Golden Arches.

Ray Kroc, always determined that nothing—absolutely nothing—would stand in his way of amassing wealth, once proclaimed, “If any of my competitors were drowning, I'd stick a hose in their mouth and turn on the water.”

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National Study Reveals Seniors are Nervous About Future of Their Health Care

Aging adults see technology, access and better communication from their doctors as key to improving their health.

According to findings from a national study of 1,000 adults age 55+ released today by Alignment Healthcare (www.alignmenthealthcare.com) and international research firm Toluna, the majority (59 percent) of seniors are anxious about impending changes to their health care and more than two-thirds (70 percent) are worried about the future of Medicare and Medicaid. Approximately one in three is living with one or more chronic diseases. Three out of four want better information to improve their health, and they also want better technology to manage their health and access to their physicians.

According to the U.S. Centers for Medicare and Medicaid Services, seniors are the most expensive health care population (at 13 percent of population, they account for 34 percent of health care-related spending, or three times more than working-age adults each year). As the most regular users of health care services, they have significant concerns and fears about how they will manage their health and health care costs. They also have strong opinions about what they want and expect from their physicians and their health plans.

“As a health care company and health plan dedicated solely to the senior community, we help seniors address the challenges that come with navigating and improving the state of their health every day,” said John Kao, CEO of Alignment Healthcare. “That's why our model of care is disrupting the industry's traditional standard of care delivery. Our technology-enabled predictive capabilities, disease management programs and concierge-like care put us at the forefront of solving senior health care challenges.”

Despite optimism, seniors have concerns about their health and health plans.

- More than half of all seniors 60+ (54 percent) cite “cost” as their top health care concern with more than one in three worrying about how to pay for services, and one in 10 not retrieving prescriptions, getting a recommended test or procedure, or seeing the doctor due to inability to pay the co-payments.
- Equal to concerns about managing health care costs, 54 percent of seniors worry about getting the right medical treatment if they get seriously ill, with the highest degree of worry in the Midwest (58 percent) and among women (57 percent versus men at 51 percent).
- More than two-thirds (70 percent) of adults 55+ are

Continued on page 26



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SENIORS ARE SPECIAL TO US



Christopher Plummer

By Les Goldberg

One of the things that pleases me most about watching the Academy Awards is seeing well-deserved honors bestowed on the more mature winners and nominees. I get excited when the actors, actresses and behind-the-camera talent are recognized for their recent work and their lifetime achievement.

This year's gala was especially gratifying with so many 'veterans' participating, including 88-year-old Christopher Plummer, nominated for the Best Supporting Actor in the movie, *All the Money in the World*, about the life of J. Paul Getty.

Six years ago, when Plummer became the oldest actor to ever win an Oscar for his supporting role in *Beginners*, he quipped, "You're only two years older than me ... where have you been all my life?"

When asked to replace the scandal-ravaged Kevin Spacey as the lead in the latest film,



Plummer said he didn't hesitate to take the opportunity. And, he told the Red-Carpet interviewers he's anxious to take on the next project, whatever that may be. While he appreciates the accolades – and he has so many for work in film, TV and stage – the fact that he has been able to work at this craft for a lifetime gives him the greatest satisfaction.

Solid Start

Given his family background, it is not hard to understand how he gravitated toward an acting career. Born Arthur Christopher Orme Plummer in Toronto, Ontario, he is the only child of Isabella Mary (Abbott), a secretary to the Dean of Sciences at McGill University, and John Orme Plummer, who sold securities and stocks. He is a great-grandson of John Abbott, who was Canada's third Prime Minister, and a great-great-great-grandson of Anglican clergyman John Bethune.

He has Scottish, English, and Anglo-Irish ancestry.

Stellar but No Cigar

Until the 2009 Academy Awards were announced, it could be said about Plummer that he was the finest actor of the post-World War II period to fail to get an Academy Award. In that, he was following in the footsteps of the late great John Barrymore, whom Plummer so memorably portrayed on Broadway in a one-man show that brought him his second Tony Award.



In 2010, Plummer finally got an Oscar nod for his portrayal of another legend, Leo Tolstoy in *The Last Station*. Two years later, the first paragraph of his obituary was written when the 82-year-old Plummer became the oldest person in Academy history to win an Oscar. He won for playing a senior citizen who comes out as gay after the death of his wife in the movie *Beginners*.

Household Name

Aside from the youngest member of the Barrymore siblings, which include Oscar-winners Ethel Barrymore and Lionel Barrymore, Plummer is con-



sidered the premier Shakespearean actor to come out of North America in the 20th century.

Plummer also has given many fine portrayals on film, particularly as he grew older, but he never made it as a leading man. Perhaps if he had been born earlier and acted in the studio system of Hollywood's Golden Age, he could have been carefully groomed for stardom. However, as he aged, he excelled at character parts. He also credits actress Elizabeth Taylor for teaching him how to act on film.



Always Von Trapp

Though he likely always be remembered as 'Captain Von Trapp' in *The Sound of Music* (1965), his later film work includes such outstanding performances as Sherlock Holmes

in *Murder by Decree* (1979), as the chilling villain in *The Silent Partner* (1978), as Mike Wallace in *The Insider* (1999), as a psychiatrist in *A Beautiful Mind* (2001), and as Leo Tolstoy in *The Last Station* (2009), which garnered him his first Oscar as Best Actor.

But his acting kudos poured in earlier from his TV and stage performances.

He's won two Emmy Awards out of six nominations stretching 46 years from 1959 and 2005, and one Genie Award in five nominations from 1980 to 2004. For his stage work, Plummer has racked up two Tony Awards on six nominations, the first in 1974 as Best Actor (musical) for the title role in *Cyrano* and the second in 1997, as Best Actor (play), in *Barrymore*.



Among his Tony nominations are for his masterful 2004 performances in *King Lear*, *Macbeth*'s *J.B.*, *No Man's Land*, and *Othello*.

Actor for Hire

Continued on page 16

NCI announce the selection of four gifted choreographers for the 2018 project

National Choreographers Initiative July 9-28, 2018

For interviews, contact:
Molly Lynch, 949.637.0108
mollylynch@earthlink.net

A leading laboratory for new dance in the U.S., the 15th annual National Choreographers Initiative will take place this summer from July 9 to July 28. Artistic Director, Molly Lynch, has invited four choreographers – **Kevin Jenkins, David Justin, Ilya Kozadaye**

During the three weeks of intense creative effort at the dance studios of University of California, Irvine, four choreographers and sixteen professional dancers will produce new dance works culminating in a public performance at Irvine Barclay Theatre on **Saturday, July 28 at 8pm**. The evening will include a question and answer session, moderated by Artistic Director, Molly Lynch, giving the audience the opportunity to discuss the process with the four choreographers.

National Choreographers Initiative is a southern California project with national influence. Its sole purpose has been to give choreographers a safe space to experiment and challenge themselves in order to develop new works and sustain the future of dance. Each choreographer is given com-



plete freedom to choose the style, music and theme of the work. This is a laboratory for the choreographers to develop their movement and ideas. The choreographers retain the rights to license and promote the works they have created to other companies.

Since its inception in 2004, NCI has hosted 52 choreographers, 114 dancers from 41 different companies, and has produced 56 new works – 27 of which have been produced by companies throughout the United States and abroad.

Participants in the project have become resident choreographers for major organizations throughout the country, and several have founded their own companies, or have become artistic directors of other companies. This year, Amy Seiwert ('08) became the artistic director of Sacramento Ballet and Ma Cong ('08) made his Broadway debut as the choreographer for M Butterfly.



Kevin Jenkins

Kevin Jenkins has choreographed for State Street Ballet, St. Louis Ballet, Central

Pennsylvania Youth Ballet, Columbia Ballet Collaborative, Island Moving Company, Big Muddy Dance, Western Ballet, Dimensions Dance Theatre of Miami, Bellingham Repertory Dance, and the School of Ballet Arizona, among others.



David Justin

David Justin is a choreographer, ballet master, and a professor at the Conservatory of Music and Dance, University of Missouri – Kansas City. He began his career with Boston Ballet and was formerly a principal dancer with Birmingham Royal Ballet and a soloist with San Francisco Ballet.



Ilya Kozadaye

Ilya Kozadaye, originally from St. Petersburg, Russia, received his early dance training from Vaganova Ballet Academy, The School of American Ballet, Academy of Colorado Ballet, and John Cranko Ballet Academy in Stuttgart, Germany. Ilya danced professionally as a soloist with Colorado Ballet, Pittsburgh Ballet Theatre, Boston Ballet and the Houston

Ballet in 2013. In 2000, Kozadaye was a winner of the New York International Ballet Competition.



Mariana Oliveira

Mariana Oliveira is originally from Brazil. She studied at the Royal Academy of Dance in London, and was a trainee dancer at the National Dance Company of Wales. At the age of 19, she was invited to perform with the Cuban Classical Ballet of Miami. In 2009, she founded The Union Project Dance Company. She has been commissioned to create new works for the Richmond Ballet, Kansas City Ballet, Milwaukee Ballet, Joffrey Ballet Academy, Ballet Arkansas, and A&A Ballet. Mariana is a recipient of the NYU Center for Ballet and the Arts Fellowship, as well the Kansas City University Choreographic Fellowship.



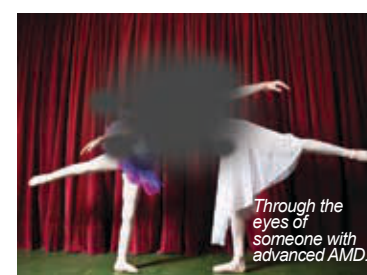
Molly Lynch
- Artistic Director of National Choreographers Initiative

Molly Lynch is an award-winning choreographer and artistic director, with over 30 years of experience creating, producing, and presenting dance and is currently an Associate Professor of Dance and Associate Dean of Undergraduate Affairs in the Claire Trevor School of the Arts at UC, Irvine. Ms. Lynch is the Founder and Artistic Director of the National Choreographers Initiative.

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The Gadget Geezer

By Les Goldberg

The Unending Road to Coolness

What attracts me most to following the gadget trail for more than four decades? Innovation.

It seems like never a day passes without an announcement of a new product featuring the most advanced technology that science and engineering have to offer. At first, when the personal computer (PC) was introduced followed by a parade of microchip-based consumer electronics products that became smaller and easier to use, it was jaw-dropping. Just when you think you've seen it all, a newer, cooler gizmo hits the market. You have to admit, it is pretty amazing.

Here are just a few of the latest innovations to emerge from the world's gadget labs:

3D Touchscreens

It is being touted as the world's first touchscreen with a 3D



surface. Although it will not be sold initially in retail stores, you will be able to find it in your next Continental automobile.

This 3D Touch Surface Display "combines three elements: Design, safety and user experience," said Dr. Frank Rabe, a Continental engineering executive. "It ensures that

drivers can operate the various functions without having to take their eyes off the road."

He added that "while conventional in-vehicle screens are ideal for the flexible display of information, their shortcomings quickly become apparent when it comes to user-friendliness and design possibilities for vehicle manufacturers."

The screen features touch-sensitive 3D elements of the sides of the display – like sliders to set frequently used functions such as volume or temperature settings without having to navigate away from the displayed menu.

In the center of the display are specific, virtual buttons allowing blind operation. To prevent the driver from triggering any functions accidentally, the touch force is measured before a command is executed. Drivers also will know at a touch when they have reached the edge of a screen element without looking at the screen.

To optimize the contrast of the display, the screen will have optically bonded, topographical elements that are raised, tinted and adjustable to fit any display size and shape.

The Next Piano

Roland Corp., known for its

technology-advanced musical instruments, now offers a state-of-the-art piano that will be available only at the Mu-



seum of Modern Art's design store.

The Kiyola is a mid-century-styled Roland piano that was designed in collaboration with Japanese furniture designer Karimoku. It features a slim, ergonomically contoured design with individual grain patterns unique to each one, making each piano a work of art, according to company spokespersons.

In addition to the unique design, handcraftsmanship and wood quality, the Kiyola uses supernatural piano sound modelling, dynamic sensing technology using the new PHA-50 keyboard, wireless Bluetooth connectivity and a wide array of speakers. A matching piano bench with a foot pedal is included.

The Clear Ear



One of the most annoying things we humans have to do

in our daily hygiene routine is remove the wax buildup in our ears. Q-tips, earwax removal kits, tissue – they're all we had to work with to prevent hearing impairment.

Modern in-ear listening devices, i.e.: Bluetooth, phone earbuds, headphones, have added to the causes of hearing loss by interrupting the ear's natural self-cleaning mechanism, according to researchers. To meet the problem head-on, a company called pen invented the Clear Ear.

Using the Oto-Tip patented spiral spin technology, the Clear Ear can safely and simply clean your ears without risk of damage to the ear canal or ear drums. It features a soft silicone tip for an effective ear massage while the reverse spiral turning of the tip gently pulls the wax from the ear canal. I tried it and it works as advertised.

You can purchase the Clear Ear for \$50 at www.clearearin.com.

Wall Charger & Camera

Marrying different kinds of electronic gear into one multi-functional solution is becoming the norm. There are phones with cameras, watches with health monitors, and refrigerators with smartphone apps. The list goes on.

Not to be outdone is the SOOSPY Indoor USB Wall

Continued on page 14

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Fabulous Finds

By Debbie L. Sklar

Are you ready for spring and all the great things it has to offer? How about some terrific beauty items to get you looking your best? We've got a few new things to make your days bright and sunny from lashes to hydrogen masks. So, get ready for spring with these Fab Finds!

Ardell Magnetic Lashes



Let your lashes do the talking this spring. The first mass brand to bring a magnetic full lash strip to market, Ardell® Magnetic Collection lashes feature a top and bottom lash strip that sandwiches natural lashes to create a full lash look. Magnetic Lashes feature revolutionary multi-magnet technology: virtually invisible magnets strategically placed along the lash line for complete magnetic contact. The lashes are completely budge-proof with no adhesive needed – just place the lashes above and below natural lashes and the magnets will lock the lashes in place. **Price:** \$13.99, Available at CVS, Rite Aid, Sally Beauty, Target, Ulta, Walgreens and Walmart

Clarisonic Prep & Cleanse Lip Kit

Clarisonic has launched the brand's first-ever limited-edition



collaboration set with NYX. The Prep & Cleanse Lip Kit helps to prep and buff lips to create a flawless canvas before makeup application. The Kit is designed to smooth away dry skin and the most stubborn lip stain – a must-have for any beauty junkie. This set includes 1 Limited Edition Clarisonic Radiance Brush Head with custom color pink filaments to minimize staining from lip makeup removal, 1 NYX Epic Ink Lip Dye, and 1 Clarisonic Mini Refreshing Gel Cleanser.

Price: \$29, Available in on Clarisonic.com

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mint Kick Fluoride Toothpaste keeps your breath fresh, so you can feel confident in your smile.

Price: \$5, Available at www.DollarShaveClub.com

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Price: \$16 each single mask and \$60 each for a pack of four masks, Available at ErnoLaszlo.com, Sephora.com, Bloomingdales.com, Nordstrom.com and [Lord & Taylor](http://Lord&Taylor.com)

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The Gadget Geezer

Continued from page 12

1 Charger Camera, now selling on Amazon for \$45.99 with free shipping. It looks like an ordinary USB wall charger and adapter but is also serves as a secret surveillance camera and motion detector.



Once you download the free App from Google Play or the App Store and plug in the wall charger/camera to your wall socket, the camera connects to your WIFI network, allowing you to remotely view the live video, recorded video or pictures anywhere anytime, according to the product literature. Live video viewing also is available on tablets and desktops.

The device, which has a one-year warranty and lifetime support, comes with built-in motion detector and alarms. When motion is detected, the camera will take a picture and send a message to your phone, letting you know about unwanted visitors in real time.

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By Randal C. Hill

“Honey”

Bobby Goldsboro

April 1968

Many music fans think *Honey* is a true story. It isn't. Nashville songwriter Bobby Russell one day just happened to notice how tall a tree planted in his front yard had grown since it was a sapling. From that serendipitous observation came the inspiration to write the world's best-selling song of 1968.

Born in Marianna, Florida, in 1941, Bobby Goldsboro spent his teen years in Dothan, Alabama, where he excelled in baseball at Dothan High and dreamt of a career in the major league. But music also drew his attention, and Goldsboro formed a rock band called the Webs. (“We had a big spider web on the drum.”) The Webs often backed up musicians who drifted through town. One such artist was Roy Orbison, who would later hire Bobby in the early 1960s as part of his backup band.

As a solo artist Goldsboro later signed with United Artists Records and, beginning with the Top 10 song *See the Funny Little Clown* early in 1964, racked up half a dozen Top 40 discs before spending 1967 without a single hit and finding his career on the wane.

Bobby Russell was one of Goldsboro's pals. Russell had written *Honey* for ex-Kingston Trio member Bob Shane.

Bobby wasn't impressed with Shane's version and later admitted, “It didn't really thrill me all that much because it was so overdone, overproduced, lots of drums and things.” But Goldsboro felt that Russell's tune had the potential to return him to the hit charts with a different, simpler approach.

When Shane's version bombed, Goldsboro rushed into a Nashville studio and nailed *Honey* on the first take. In three weeks Bobby's version rocketed to the top of the *Billboard* charts, where it remained at Number One for five weeks and became Goldsboro's signature song—and biggest single ever.

Songwriter Russell's biggest success has since been recorded by country royalty (Eddie Arnold, Roger Miller, Tammy Wynette, Lynn Anderson), mainstreamers (Dean Martin, Patti Page), and even some soul stars (Four Tops, Aaron Neville).

Half a century later, though, *Honey* often appears on “worst songs of all times” lists, along with such past ridiculed recordings as *MacArthur Park*, *Convoy* and *Disco Duck*. So, why, like Rodney Dangerfield, does *Honey* get no respect from some folks?

While many people feel the

song is a touching tribute to the idea of appreciating those we love while they are still with us, others have blasted the storyline as being schmaltzy and often deride such lyrics as *She was always young at heart/Kinda dumb and kinda smart* or *One day while I was not at home/While she was there and all alone/The angels came*. These last lines prompted one Internet wag to ask, “Did this babe die or did she leave with the Hell's Angels?”

Bobby Goldsboro has his own take on the song, one that is no doubt shared by most people: “Actually, what it is, very simply, is just a guy remembering little things that happened while his wife was alive.”

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songfacts: “Honey” by Bobby Goldsboro (The last two quotes are from this source) songmeaning.com. Bobby Goldsboro - *Honey*



The Unexpected

Continued from page 4

told they travel up to 10,000 miles a year up and down the Pacific coast and can live up to 50 years.

I also am told that whales like to breach which means they jump up out of the water to a height of 30 to 40 feet. Can you picture me petting a baby whale and mama decides to breach near our boat? When this happens, I am told that the whale causes a splash that will require me to change to dry clothing when I get back on land. The brochures say that at birth, the baby whale or calf as they are called, measure nearly 15 feet in length and weigh almost a ton. I am told that Gray whales move in pods which contain two to ten whales. I am hoping that all I see is happy whales and I won't be disappointed if I cannot pet a whale.

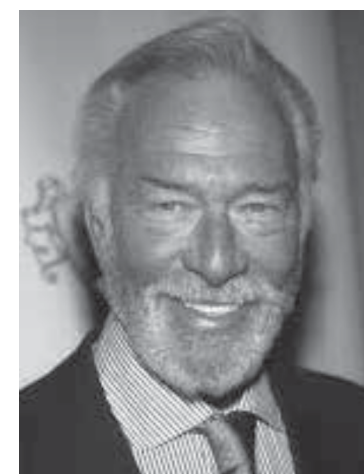
Christopher Plummer

Continued from page 10

He continues to be a very in-demand character actor in prestigious motion pictures and, as attested to in his wit and well-written autobiography, he has been amply rewarded in life.



In 1970, Plummer — a self-confessed 43-year-old ‘bottle baby’ — married his third wife, dancer Elaine Taylor, who helped wean him off his dependency on alcohol (actor Jason Robards was his favorite ‘drinking buddy’).



Today, the happy couple lives with their dogs on a 30-acre estate in Weston, Conn. Although he spends the majority of his time in the U.S., he remains a Canadian citizen. His daughter, with actress Tammy Grimes, is actress Amanda Plummer.

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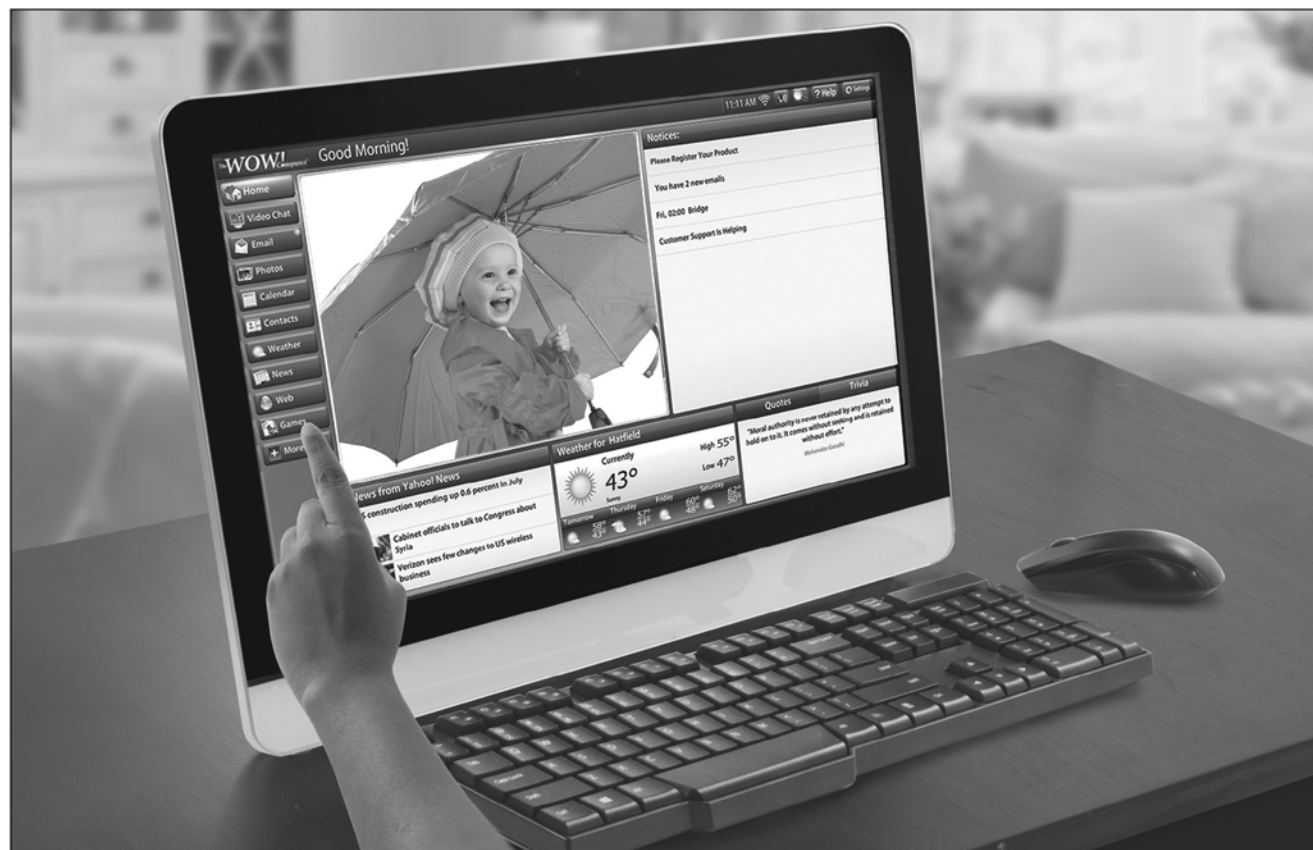
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at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's 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

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

SCR

APRIL CALENDAR *Continued from page 5*

tin Ranch Golf Club. Info/reg-
istration, call, 714-628-4790.

Green Scene Plant and Garden Show Fullerton

April 21-22

10 a.m. to 4 p.m.

Green Scene is the perfect
place for any gardener looking
for new ideas to improve their
gardens or outdoor habitats.
This is the only major outdoor
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tion programs and products.
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At, Fullerton Arboretum, 1900
Associated Road, Fullerton.
Call, 714-278-3407.

Newport Beach Film Festival

Newport Beach
April 26 - May 3

Set in Newport Beach, a few
blocks away from spectacu-
lar coastline and less than an
hour from Hollywood, the
festival annually host several
premieres and galas for a sin-
gular festival experience. At,
various theaters in Newport
Beach, Costa Mesa and Santa
Ana. Call, 949-253-2880.

Pet Expo Costa Mesa April 27-29

A giant animal entertainment
and education festival. It's
the largest pet and pet prod-
uct expo in the world. See
more than 1,000 animals in

stage shows, competitions
and demonstrations including
dogs, cats, birds, fish, rep-
tiles, rodents, goats, pigs, lla-
mas, rabbits, miniature horses
and more. There will also be
pet adoptions, pet products
for sale, petting zoo, how-to
workshops and advice from
animal experts. It is presented
by a nonprofit organization to
promote responsible pet care.
Please do not bring your pets.
At, OC Fair & Event Center,
88 Fair Drive, Costa Mesa.
Call, 800-999-7295.

Floral Park Home & Garden Tour Santa Ana April 28

The Floral Park Neighbor-
hood, recipient of Neighbor-
hoods USA's "Neighborhood
of the Year", will be hosting
its annual Home and Garden
Tour. Whether experiencing
a stroll through the beautiful
vintage homes and gardens,
searching for treasures at the
antique & collectables sale,
viewing the classic automobile
display, or enjoying a snack
at the food and drink conces-
sions, you will enjoy the Floral
Park Home & Garden Tour.

Annual Street Painting - Arts Alive Festival Mission Viejo April 28-29

Artist from all over transform
and capture amazing beauty
of art using pastel chalk as the
medium to blend onto asphalt
as their canvases. With each
artist's techniques and their
enthusiasm for the love of art
you can truly experience the
metamorphosis around you.

At, Norman P. Murray Com-
munity Center, 24932 Veterans
Way at La Paz Road, Mission
Viejo. Call, 949-470-8440.

Doheny Wood Dana Point April 28 - 29

Show is free to Woodie owners
and spectators. The state beach
does have a park entry fee.
More than 150 classic wood-
en cars, surf wagons will be
on display. At, Doheny State
Beach [south end of park].
Call, 714-968-9798.

Taste of Huntington Beach Huntington Beach April 29, 2018 12 to 4 p.m.

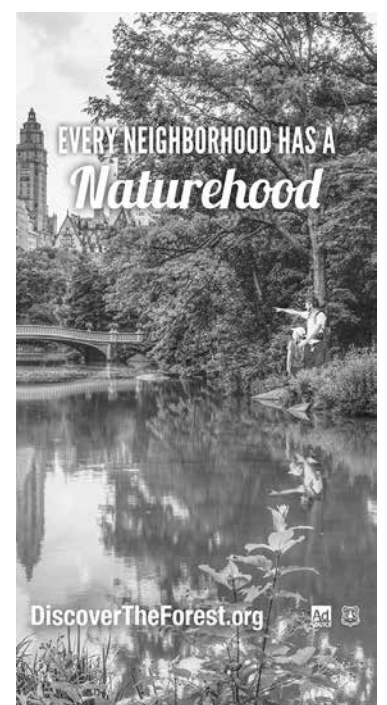
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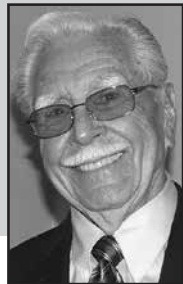
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Capacity

By Robert E. Horseman, DDS



It is said that by age forty your capacity to learn is diminished by nearly 50%, depending on the size of your TVt and who's got the remote. Obviously, if you are spending upwards of twelve hours a day watching programming designed to appeal to the intellectual pursuits of five year old children and conceived by people who think injecting a 20 decibel laugh track after every spoken word by the cast of Big Bang Theory is a clue for you to do likewise, then, sure, your capacity to learn *anything* worthwhile is diminished right down to the baseline. This is especially true during the summer months when reruns of the original programs give you another chance to experience the dumbing of America.

By *capacity* is meant the ability to cram in and process more information. If it were just a matter of size, then elephants that must have a brain the size of a refrigerator would be appearing regularly on *Wheel Of Fortune* and going home with a new Ford Fiesta. The fact that they don't and are very rarely seen even on late-night talk shows, is a mystery. Elephants have very little to think about, that's why the rumor got started they had such remarkable memories. They can review everything they know in six minutes and afterwards can easily be persuaded to work for peanuts.

Diminished capacity to pick up on new things is undoubtedly the result of your brain, regardless of its size, being chock-a-block with information you've been storing since birth, most of which is either useless or harmful. Sorry, it says, we're closed, not even any SRO here.

For example, when I was nineteen, I felt I knew pretty much everything that was worth knowing. This turned out to be not entirely true, but did indicate that my brain was at, or nearly at, maximum capacity. I place the blame for this directly on my education, which had conned me into taking two years of Latin and two years of German. You can count a semester of trigonometry in there, too. There's about 60 gigabytes of this stuff just lying there dormant, taking up space that could be used for remembering important telephone numbers and PIN digits.

I remember my German teacher who looked as if she may

have been distantly related to Attila, advising me with Teutonic seriousness that, inasmuch as I had elected dentistry as a life work, I must be prepared to be fluent in German because all the research and important papers published in my field were in that language. I should have been on my guard, because I got a similar spiel previously from my Latin teacher explaining why being conversant with Caesar's invasion of Gaul was the cornerstone of the balance of my life. I suppose it would have been if I had ever wanted to invade Gaul myself, standing atop the Eiffel Tower shouting "Veni, vidi, vici!" before a Gallic gendarme hauled me off to the Bastille.

That's what happens when you're nineteen and know it all. No wonder you see so many baseball caps being worn backwards, the concept of eye shading being too complex to process.

Confusing the issue is the work of scientists who claim that we only use 10% of our brain, the other 90% just idling in neutral, taking up space and probably being the cause of headaches for lack of anything useful to do. More likely, the 90% takes a look at what the 10% has accomplished so far,

Continued on page 21

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Capacity

Continued from page 19

throws up its hands figuratively and decides to be included out.

All has not been in vain, however. DAS ODONTOSTUPH, GmbH & Co. KG has an important message for me on their product's package: "Achtung, Dumkopf! Diese neue Verpackung von DAS ODONTOSTUPH unter Umweltgesichtspunkten gewählt. Die Verpackung bietet wie bisher einen ausreichenden Schutz des Inhalts, die Abfallmasse wird jedoch um mehr als 35% verringert." Thanks to my having absorbed my two years of German I was able to figure out this message said, "Hello, Friend! This large package is filled with only 35% of what you thought. This is to allow for settling during shipping and giving the impression you're getting a lot for your money." This ability to decipher the instructions would have seemed like an even more worthwhile personal accomplishment had DAS ODONTOSTUPH not seen fit to also include a translation in English, French, Chinese, Japanese and Swahili.

The good news is that we may be on the threshold of a solution of the brain blockage problem. A way is being sought to refine the electro-convulsive therapy technique, or ECT, to produce selective memory loss. The patient would make up a list of things he'd like to forget. My list, for instance, would include that song they play over and over during the *It's a*

Small, Small World ride at Disneyland, all references to integral and differential calculus, chemistry equations and most of what I learned at school that is no longer applicable today. I'd also like to forget falling off the stage during the 6th grade Christmas pageant.

By carefully arranging the electrodes and reducing the current to a more comfortable 50,000 volts, technicians would press the delete button and--viola!--my brain has picked up another 80 gigabytes of RAM, now available for important things like grocery lists and the location of car keys.

If there is a flaw in this premise, it lies in the possibility the patient may forget he had the procedure done and would thus be reluctant to pay for it. This potential is being given top priority by litigious herds of attorneys.



Life in Long Beach

By Lyn Jensen

Visit the Victorian Era: Banning's House

Exploring neighborhoods in and around Long Beach leads to amazing discoveries. If you take a drive west along Pacific Coast Highway, go past the Port of Long Beach, and you'll soon see a big beautiful green woodsy park. Right in the middle of this 20-acre park, in the heart of Wilmington, there's a gorgeous 23-room Victorian mansion, painted white, in the Greek revival style.

What you've found is the General Phineas Banning Residence Museum. The house was built in 1864, and it's where the founder of Wilmington raised his family, made a fortune in the transportation industry, and helped make California the state it is today.



Don't let the surrounding waterfront neighborhood's tough reputation intimidate you, because the museum is one of the most beautiful destinations in Southern California. Visitors come to experience how the Banning family lived in old Wilmington. Many of the original furnishings are on display — there's a fainting couch (like a chaise lounge) in the parlor, and a knee-high mirror where ladies once adjusted the



hems of their hoop skirts or bustle dresses.

Banning bore the rank of brigadier general in the California militia around the time of the Civil War. Friends often called him "Governor," too, although he never served the state in that capacity. When you tour his home, your guide will take you into Banning's study and show you a copy of something the general was especially proud of: His signature on California's ratification of the Thirteenth Amendment, a culmination of his work to keep the state free from slavery.

Special events are scheduled often. You may want to come in appropriate costume, or bring a picnic lunch. The city of Los Angeles maintains the museum and surrounding park, which also includes other remnants of Victorian life such as a carriage house and one-room school. Around the park you'll find plenty of free street park-



ing, along super-wide streets that served as fire breaks in the days of candlelight and horse-drawn fire wagons.

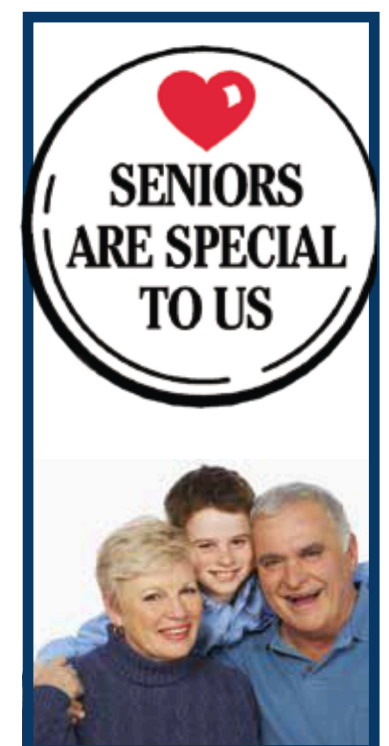
Tours: Typically scheduled at 12:30, 1:30, and 2:30, Tuesday-Wednesday-Thursday, with an extra tour added at 3:30 Friday-Saturday-Sunday. The museum office is open 9 a.m. to 4 p.m. Monday-Friday.

Website: www.banningmuseum.org

Address: 401 East M. St., P. O. Box 397, Wilmington, CA 90748

Phone: 310-548-7777

Suggested donation: \$5 adults, \$1 children



Ventura Harbor Village

Story by Ronnie Greenberg • Photos by Joe Hilbers

Stunning beaches, historic riches, outdoor adventure, and proximity to the Channel Islands National Park, make Ventura a prime vacation paradise offering many undiscovered pleasures.

Situated along the California Central Coast just 60 miles northwest of Los Angeles, each turn of the road may reveal a fog bank, clusters of sycamores and Spanish oaks, or endless fields of farmland with strawberries, lemons, raspberries, avocados, tomatoes, peppers, and cilantro some of the top crops. It's virtually farm-to-table dining at its best.

With pleasant Mediterranean-like weather, offshore breezes and mild temperatures, this is an



Promenade

ideal weekend playground or week-long escape. Water enthusiasts can hit the waves, kayaking, surfing, jet skiing, or sailing. Land lovers can ride bikes along the ocean, visit interesting museums, explore marine life, enjoy outstanding golf, or just relax on the beach.

Ventura Harbor Village is bordered by a scenic

boat harbor and three marinas to the east and the Pacific Ocean on the west. The Village Marina is the site of one of the largest squid offloading harbors in North America, and has more than 1359 slips, 35 unique shops and dockside restaurants, two waterfront ho-

tels, beaches, green spaces, water sports, boating and cruising options. On the fun side, it features the Village Carousel & Arcade 32-animal carousel, fudge and candy counter and Coastal Cone Ice Cream with homemade waffle cones with the popular flavors of "Thrifty" ice cream and famous Dole Whips.

The marina has anywhere from 6-foot dinghies to 80-foot commercial fishing seiner boats, scores of pleasure boats that all call Ventura Harbor home. The Village Marina is one of the top off-loading fish harbors in the nation and home to some of the largest fishery companies. The Marina has two yacht clubs, two boat yards and numerous rental and charger companies. In addition, the ever-popular electric boats can be rented as can kayaks, paddle boats, paddleboards, stand-up

kayaks and surf bikes. Other boats docked at the Ventura Harbor include the 64-foot Catamarans (concessioner for the Channel Islands National Park Service Vessels).

Island Packers, is the official concessionaire to the **Channel Islands National Park**, offering regular excursions. All five islands, Anacapa, Santa Barbara, Santa Rosa, Santa Cruz and San Miguel are designated as National Parks, and are virtually unsullied by development. Sea life is abundant and tide pools are available for exploring. Anacapa, closest of the islands, lies only a 60-minute boat ride

among the species that pass through the Channel Islands Marine Sanctuary. Harbor dinner cruises add an element of sophistication to an evening out. For information, call (805) 642-1393 or www.islandpackers.com

Sun worshippers can enjoy the **Harbor Cove Beach**, locally nicknamed "Mother's Beach" a jetty protected surf free lagoon that invites solo sunning or a family delight. There are lifeguards in the summer and a wheelchair aisle available seasonally.

Surfer's Knoll Beach is located one eighth-mile south



Harborside



Island Packers

from Channel Island Harbor. Step ashore for superb biking, bird watching and archaeological sites. Among the excursions that leave from Ventura Harbor via Island Packers is the popular Gray whales and wild life tour. The Gray whales are

of Harbor Cove Beach. Adjacent **Harbor Wetlands Ecological Reserve** has a bird sanctuary, wide sandy beaches on the Pacific Ocean, and mountain views in the background.

Channel Islands Nation-

Ventura Harbor Village

continued



Oppa!! Interior of Greek Restaurant

al Park & Visitor Center features a bookstore, gift items, live tidal pool with daily talks, viewing tower, and exhibits featuring the unique character of each park island. The viewing tower offers one of the best views of Ventura Harbor, the Channel Islands and the Ventura coastline. You can also enjoy the newly released high-definition 25-minute movie entitled "Treasure in the Sea," narrated by Kevin Costner.

The Perfect Place to Hang Your Hat

Harborside hotels include: **Four Points by Sheraton, Ventura Harbor Resort**, 1050 Schooner Drive, call (800) 368-7764 or visit www.fourpoints.com/venturaharbor

Holiday Inn Express & Suites, 1080 Navigator Drive, call (877) 834-3613

or visit www.holidayinnexpress.com/venturaca

Dining

The epicenter of waterfront dining and savory seafood in Ventura, Ventura Harbor boasts 16 restaurants and cafes many with harbor views and serving a range of deliciously prepared cuisines from French, Italian, Greek, Mexican, sushi, American and popular seafood dishes. Opa! You feel that you are

in the heart of Greece at **The Greek Mediterranean Steak & Seafood and Santorini Bar and Lounge**. This beautifully authentic venue can accommodate up to 250 guests with indoor and outdoor harbor side seating. Family run with owners Lynn and Makis Mikelatos at the helm, it has been dedicated to serving great Greek and Mediterranean food for the last 21 years. Start with their tantalizing house made dips with warm pita wedges: hummus, tabbouleh, melitzanosalata, taramosalata, skordalia, tzatziki, and on to the cold sampler, lunch and dinner sampler and Mezze vegetarian platter for a taste of everything. Don't forget the clam chowder, avgolemono lemon chicken soup or the traditional Greek salad. Save room for the fresh Mediterranean seafood, best-ever fish and chips,



The Greek Mediterranean Steak & Seafood Restaurant



Water Recreation

salmon on a plank, Mediterranean grill and specialties such as beef moussaka, and Souvlakia combo with lamb, chicken and filet mignon. There's also weekend entertainment including belly dancing and Greek dancing shows. Located at 1583 Spinnaker Drive at the Harbor. Call, (805) 650-5350 or visit www.TheGreekVentura.com

Shopping

Boutique shopping is found seaside with Ventura Harbor Village's more than 18 shops, boutiques and art galleries. There's Ventura County Potters' Guild for hand-made pottery, tiles and fine art; Mermaid Gallery, a local artisan's display of mermaid and beach-inspired scenes, plus mermaid themed gifts and decor. Shop for the perfect piece of jewelry, artisan glass, sculpture pieces and fine gifts at Treasure Cove, or pick up Ventura wear and a souvenir at Casa de Regalos. Boutiques

such as Barefoot Boutique, Ventura Swimwear, and Beach Break Surf Shop offer trendy clothing. Harbor Village Gallery Gift has an enchanting array of original jewelry, greeting cards, fabric arts, and unframed originals and prints. Hats Unlimited Shades Shack makes it impossible to leave the stores without your own fantastic headgear from more than 1,000 styles.

Annual Events

Ventura Harbor Village is home to some of the most popular annual events in Southern California. Such favorites include: The Ventura Harbor Pirate Days, Rock on the Dock, Ventura Motorsports Car Show, Tall Ships-Lady Washington and Hawaiian Chieftain, Parade of Lights Boat Parade and Fireworks. Calendar events can be found on the website below.

For more information, visit www.VenturaHarborVillage.com



The Risk of Being a Suddenly Single Woman

Contending with the possibility of widowhood

Provided by Howard Erman, CFP®

On average, women outlive their husbands. According to the Social Security Administration's estimate, the average 65-year-old woman will outlive the average 65-year-old man by more than two years, dying at age 86½. Averages aside, it also estimates that about a quarter of today's 65-year-olds will live into their nineties. Around 10% will live to age 95 or beyond. 1

Eyeing these figures, it is easy to deduce that some women may outlive their spouses by five years or longer and contend with complex financial issues after age 85. There is one detail, however, that all these facts and figures leave out.

The average age of widowhood in the U.S. is 59. A widow might spend 30 or more years managing her finances. Is she prepared for this possibility? 2

Too often, conversations about money are male driven. A recent Key Private Bank survey confirms this. The wealth management firm polled financial professionals, and the advisors responding

said that women took the lead in just 3% of their talks with married couples. More than 80% of these advisors said that most of their female clients had no contingency plan to respond to the risk of being widowed. 2

Women need to plan for the probability of someday managing their finances. Given the above statistics, "probability" is not too strong a word. What steps should be taken?

Both spouses should be financially literate. Some women are extremely well versed in investing, retirement planning, and personal finance matters.

A successive investment policy can be determined. A widow may want (or need) to take a different investment approach than the one stated in a couple's investment policy statement (IPS). This approach needs to be one she is comfortable with, but it must not be so risk averse that it jeopardizes her potential to sustain her standard of living in the face of inflation.

Sufficient insurance and a thoughtful estate plan need

to be in place. If a spouse dies, the death benefit from a permanent life insurance policy may ease some of the financial pressures that follow. Up-to-date beneficiary designations, trusts, and other estate planning mechanisms may help assets transfer from spouse to spouse and within the family without contention or undue delay. A good estate plan clearly defines the steps of the asset transfer process for a surviving spouse and other heirs.

An asset map should be prepared for a surviving spouse. Some widows must search for vital financial documents because a deceased spouse left them in an obscure location. Other times, a widow is left with only a hazy understanding of how many accounts there are, how they are titled, and how to address the requirements of asset distribution or transfer. Each spouse should have a copy of a document (or access to an online or brick-and-mortar vault) where this information is kept. This is the information from which much of a widow's financial future may be planned.

With a clear understanding of where she stands, financially, a widow may evaluate her investment and wealth management options and take steps toward the next phase of life with some confidence.



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

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Citations.

- 1 - ssa.gov/planners/lifeexpectancy.html [12/18/17]
- 2 - cnbc.com/2017/09/05/how-to-prepare-for-being-suddenly-single.html [9/5/17]

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Age-related macular degeneration, or AMD, is the leading cause of blindness in people 55 and older. Don't miss life's precious moments because you or a loved one didn't recognize the warning signs, like blurry vision or needing more light to read. AMD is a chronic disease affecting more than 10 million Americans, and early detection is key to saving your sight.

Protect your vision from fading away. Contact the Foundation Fighting Blindness today for a free info packet about preventing and managing AMD. There is hope. We're funding promising research that will lead to more effective treatments and a cure.


**FOUNDATION
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National Study Reveals

Continued from page 8

concerned about the future of Medicare and Medicaid. The most worried are 55-59-year-olds – the next generation eligible for Medicare – at 76 percent, compared to those 70+ at 66 percent.

- Most of today's seniors (59 percent) express worry, fear or anxiety over the future of senior health care based on changes underway or the government's role in health care.

The care delivery experience for seniors fails to meet desire and need.

Twenty-eight percent of seniors say they live with one or more chronic conditions, with the top five being high blood pressure (65 percent), high cholesterol (55 percent), arthritis (53 percent), depression (32 percent) and diabetes (31 percent). Heart disease, the nation's leading cause of death according to the Centers for Disease Control and Prevention (1 in 4 deaths), was cited by one out of five (1 in 5) seniors.

Seniors cite seeing their doctor regularly, with approximately 66 percent seeing their doctors every six months or more frequently (33 percent go every six months and 33 percent go every 2-3 months). However, seniors want more from those appointments. The time spent with their doctor can be fewer than 10 minutes per visit, and the appointments do not include the amount of information, treatment options, advice on ways to get healthier, or plain language the senior patient wants to take greater

control of his or her health. More than half (54 percent) of those surveyed stated that they want more time with their doctor (which can equal less than 60 minutes a year even with 10 visits), with women (59 percent) wanting this more than men (49 percent).

The quality of interaction with their physician is also a priority for seniors. They want more education about their conditions and how to manage them, and they want it in easy-to-understand language:

- 76 percent want more clear direction on how to improve their health
- 63 percent want more education on how to care for a condition and treatment options
- 60 percent want more understandable, everyday language than what they get today

Seniors want tech-enabled services to better manage their health as they "age-in place"

An important factor for seniors is how to manage their health while meeting their desire to age in place: 71 percent of those surveyed want to remain in their homes as they age, with about a third never expecting to engage the help of a caregiver and only 1 percent citing they get the help of their adult children. They cite desire for same-day appointments (approximately 30 percent) and other concierge-like services, such as in-home doctor appointments, home monitoring, tech-enabled interface with their doctors, complimentary transportation to their appointments, and mail delivery of prescriptions as considerations.

Seniors believe technology

will be key to advances in medicine. Eighty percent of adults 55+ believe technology will improve health care in the next five years by delivering faster and more accurate diagnoses, curing diseases, and predicting and preventing diseases and conditions before they happen.

But 35 percent of seniors feel their health plans do not use any technology to improve access, information or care and want more tech-enabled solutions. Top on their wish list are: ability to see a doctor on demand (anywhere/anytime) via web-enabled devices, electronic record keeping, monitoring technology that can look at one's vitals or even predict a negative outcome and intervene, and the ability to send email messages and images to one's doctor.

ABOUT THE RESEARCH

This national research study looked at the opinions of adults 55+. It was fielded online Feb. 5-8, 2018, by Toluna and Alignment Healthcare. Respondents included more than 1,000 seniors in three cohorts: 55-59, 60-69, and 70+. Statistic validity is at the 95 percent level.

ABOUT ALIGNMENT HEALTHCARE

Alignment Healthcare has created a new model for health care delivery that cuts costs and improves lives by unraveling the inefficiencies of the current system to drive patients, providers and payers toward a common goal of wellness. Harnessing best practices from Medicare Advantage, the company's innovative data-management technology allows it to commit to caring for seniors exclusively, with special emphasis on treating the chronically ill and frail. With offices and care centers across the country, Alignment Healthcare provides partners and patients with customized care and service where they need it and when they need it, including clinical coordination, risk management and technology facilitation. Alignment Healthcare offers HMO plan options to California residents through the Alignment Health Plan, and partners with select health plans in North Carolina and Florida to help deliver better benefits at lower costs. For more information, visit alignment-healthcare.com.

ABOUT TOLUNA

Toluna is one of the world's leading insights companies with one of the largest online panels of 16+ million consumers. The company is headquartered in Wilton, Conn., and serves clients around the globe through offices in more than 61 countries.

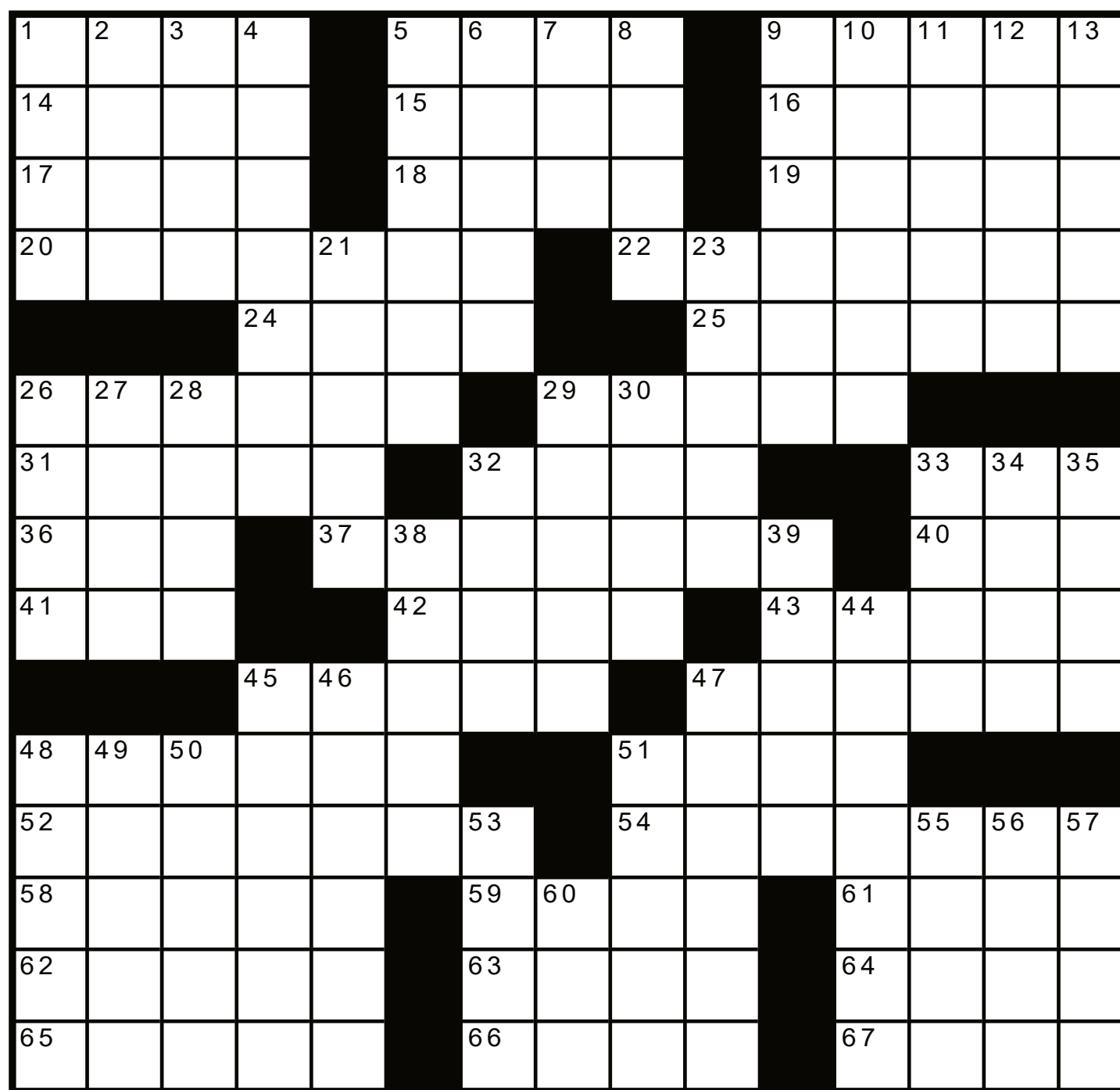
derstandable, everyday language than what they get today.

- More than half of seniors want more time with their doctors (54 percent). Women want this much more than men (59 percent vs. 49 percent).

April Crossword Puzzle

Across

1. ___ spumante
5. Blackbird
9. Tiffs
14. Classic cars
15. Jai ___
16. Special vocabulary
17. Large jug or pitcher
18. Puts down
19. Climbing vine
20. Onslaught
22. Causing laughter
24. Blunted blade
25. Makes amends
26. Round of voting
29. Ruhr city
31. Have dinner at home
32. "Rhyme Pays" rapper
33. Foul
36. Wee bit
37. Postmortem examination
40. Miss. neighbor
41. Biblical beast
42. E-mailed
43. Peaks of Peru
45. Doofus
47. Cringe
48. Current unit
51. Curtain holders
52. Bring up
54. Spirit
58. Leaves out
59. Fruity drinks
61. Connect
62. Wheat type
63. Low-lying region
64. Not fooled by
65. Curved letters
66. Once, once
67. They'll be themselves, axiomatically



3. Some digits
4. Sharon, e.g.
5. Hammerlike tool
6. Delight
7. Beam
8. One of the Simpsons
9. Formal gesture of respect
10. Place of confinement
11. Anew
12. Heavy metric weight
13. Male deer

21. Once ___ time...
23. Poles for sails
26. Second letter of the Greek alphabet
27. Small batteries
28. Old Fords
29. Low-budget prefix
30. Equinox mo.
32. Gossip bit
33. Grammy winner Erykah
34. One of the Baldwins

35. Morse element
38. Doorkeeper
39. Fenced areas
44. Rhinoplasty
45. Colonize
46. Pie coverings
47. Coddle
48. Win by ___
49. Parotitis
50. Gets nosy
51. Staggers

53. Icicle site
55. Taboo
56. Metropolis
57. Slaughter of baseball
60. ___ es Salaam, Tanzania

Down

1. Territory
2. Puts in stitches

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Free Fun Ahead in April on the Julianne and George Argyros Plaza at Segerstrom Center for the Arts

**Swing at Six! Dance Class
– April 6**

**Revelations Celebration –
April 14**

**Sip & Swing! Party
– April 15**

**Brilliance: A Night of
Music and Light
– April 21**

**Live Band Karaoke with
Casual Encounters
– April 28
FREE**

Prepare to dance this April, because things are about to start hopping and shakin' on the Julianne and George Argyros Plaza at Segerstrom Center



for the Arts. Among the exciting FREE events planned is the final Swing Dance Lesson from a series that started in March and a Sip & Swing! Party on April 15 for anyone with all the right moves. On April 14, the Center invites everyone from around Orange County to extend a heartfelt welcome to the Alvin Ailey American Dance Theater on its return to the Center. Revelations Celebration! is a joyful

community dance event where hundreds gather on the Plaza to learn signature Ailey dance movements and participate in a grand finale, performing a portion of Alvin Ailey's beloved work, Revelations. Brilliance: A Night of Music and Light puts the Argyros Plaza in a whole new light! Visitors are encouraged to dress in vibrant colors that will glow and and reflect in the special lighting effects planned for this luminescent evening. And for a final note – we continue our Argyros Plaza evenings of live band Karaoke with Casual Encounters Karaoke.

**Segerstrom
Center for the Arts**

Ten Tips For Happiness

Many people find it's the little things that can provide the most joy in life. Here are some simple steps that can put you on the road to more happiness:

1. Give: Do kind things for others.

2. Relate: Connect with people. Call a friend!

3. Health: Exercise; being active can improve your mood. Make sure you get enough sleep and eat a healthy diet.

4. Awareness: Stop and take notice of the moment.

5. Direction: Have goals,

plans, and things to look forward to.

6. Attitude: Feelings can follow actions. Tell yourself you're content and you may soon be happier.

7. Acceptance: No one's perfect. Be kinder to yourself.

8. Gratitude: Write a list of everything you're grateful for in life and read the list whenever you're down or having a bad day.

9. Find Meaning: Be a part of something bigger—your faith, your job, your family.



10. Treat Yourself: Remember to take care of yourself, whether it's taking a bath, reading a book or watching a fun movie like "Downsizing" at home with friends.

The hilarious and original comedy "Downsizing," which is currently available on Blu-ray and DVD, demonstrates that having more things or free time doesn't necessarily increase happiness, but that implementing some of the ideas above may lead to more con-

Continued on page 32

Bigger
Buttons

“My friends all hate their cell phones... I love mine!” Here’s why.

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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.



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Nationwide Coverage	YES	YES
30-Day Return Policy ²	YES	YES

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“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.

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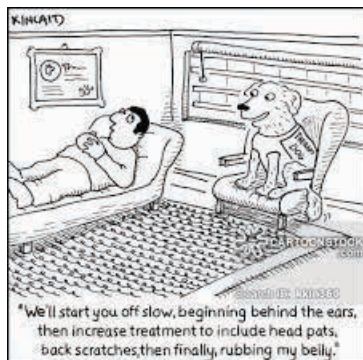
Busy Boomers

By Les Goldberg

Pets ARE Family!

Recent scientific studies prove what most seniors have known for generations – owning a pet brings physical and emotional benefits. In fact, in many cases, your dog, cat, bird or other domesticated animal actually can provide a healing effect.

For many years, we had – at the same time – a Beagle, a Calico and an African Grey parrot – all living together harmoniously. During that time, we took care of my parents who were in their 80s.



My mother had been bitten by a German Shephard when she was a small girl and was afraid of dogs ever since. As her health began to fail, her fear gave way to affection and devotion to our dog Bo. And, to our pleasant surprise, she could be found watching TV with our cat Kasey snuggled up against her leg and her hand gently stroking her back.

Meanwhile, our bird Smokey's favorite perch was on my father's shoulder. It was a sight to behold.

Researchers have found that interaction with pets by people of all ages can lower blood pressure and cholesterol levels, increase physical activity and prompt weight loss, better balance and stamina, especially for seniors. Emotionally, the benefits include reduced anxiety and depression by ridding the feelings of loneliness and grief.

For patients of Alzheimer's or dementia, having pets around the house or assisted living facility may help to calm their agitation and control unwanted behavior. The studies also show that pets can stimulate human interaction, i.e.: talking to a pet directly, socializing with other pet owners, pet store owners and veterinarian.

Another reason pets can have a powerful influence on senior health is the fact that their mere presence can pull attention away from their owners. "One of the most effective ways to reduce stress and increase feelings of optimism is to focus on something other than you," the studies revealed.

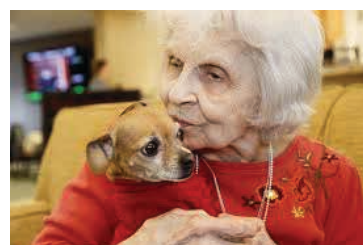
In addition to providing much-needed relaxation and calmness, pets are fun and funny, which can bring joy and laughter to the lives of seniors.



Seniors also benefit from the responsibilities of pet ownership, including feeding, medical care and regular exercise.

For dog owners in particular, a major benefit is exercise.

According to Nancy Gee, of the Waltham Centre of Pet Nutrition, "Our study indicates that dog ownership may play an important role in encouraging older adults to walk more. Dog-owning groups walked an average of 22 minutes more per day than the dog-less group, meeting both U.S. and international exercise recommendations. The extra exercise the dog walkers received was 'marching,' not 'just dawdling.'



"Ultimately, our research provides insight that pet ownership may help older people achieve higher levels of physical activity and for longer periods of time. We believe this will help improve their prospects for a better quality of life, improved or maintained cognition, and perhaps, even overall longevity."

Despite all the benefits of bringing a pooch, kitty or bird into an elderly person's life, don't ignore the challenges, such as the mental and physical health of the owner or prospective pet parent and the acceptance of the family.

Ask the hard questions:

Can mom still walk the dog when she is 85? Can she manage and provide the pet's medications on her own? Can she bend over to clean the litter box? From simple grooming to dealing with pet illnesses, will she be able to handle it herself? Is the family willing and able to help?

Once those issues are considered and resolved, you can allow the "unconditional love" to take over the senior household. Take it from me: It will!

Surprising Perks Of Your Medicare Plan

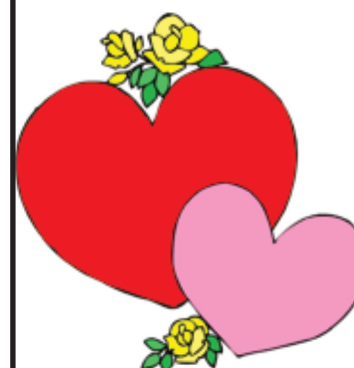


With more than 10,000 baby boomers turning 65 each day, the number of people eligible for Medicare is growing rapidly. Medicare Open Enrollment starts Oct. 15 and runs through Dec. 7, a time when millions of people are evaluating their health plan options to ensure their coverage meets their retirement lifestyle.

When looking at Medicare plans, people check to make sure their physician is included in the plan's network and prescriptions are covered, but it's important to see which unique benefits and perks a plan offers to take full advantage of the program. There is much more than standard health care available.

Medicare plans can offer benefits including a free gym or fitness facility membership through programs such as SilverSneakers, the nation's leading community fitness program designed specifically for older Americans. Exercise is key to helping people live their best lives as they age, maximizing their health and well-being to maintain an active lifestyle. No matter a person's goal—from running a marathon for the first time to

With A Heart for Seniors



Continued on page 32

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J.Phil Hall, Ph.D*Licensed Psychologist, PSY11440*47 years of experience
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The Senior Blues

Whoever coined the term the “Golden Years” must have been delusional or in his/her fifties. As I have moved into my seventies, I have attempted to move my clinical practice to working with the senior population. I feel the only way you can truly empathize is to have experienced the symptoms of your patients. Although I have been very successful in minimizing the impact of the aging process, I nevertheless, wake up with some of the aches and pains that accompany the “Golden Years” sic.

I have also found some very common complaints of the senior population. Some of these, for instance, include: Loneliness, Mood Disorders, Chronic Aches and Pains, Fear of a very serious Illness, Sleep Problems, Memory Issues, Low Energy, Financial issues, and many more to certain individuals.

I have found Seniors to be very amenable to Individual Psychotherapy and pleased to see that a Psychologist has a understanding of their problems. Although I recognize that each

patient is unique in respect to their symptomology, there are many healthy interventions available.

First of all, I want my patients to recognize that they are in control and responsible for their progress. In this regard, they are the only ones that control how they Think, Feel and Act. Further, It's the thinking that creates the mood. Therefore, the first step is to learn to think differently.

There are many helpful interventions that you can practice that will help you change your thinking. I will just name a few of these techniques that most Psychologist recommend.

Daily exercise, you can start slowly and build up your schedule as you go along. Yoga is a great strategy and good start.

Mindfulness exercises, such as, Meditation, Thi Chi, and Self Hypnosis.

Starting your day with Positive Affirmations, if you have trouble spontaneously coming up with them, write down a few

on a card and read them several times a day.

Maintaining an active life. For instance, add structure to your day and week. Get up early and plan activities.

Improve your social life. Join a Senior Organization. They offer many classes that address the issues I have pointed out herewith.

There are many more helpful techniques to address the issues of aging; however, the ones mentioned heretofore can be helpful to all Seniors.

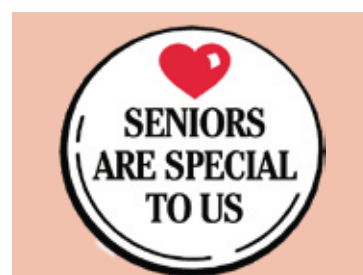
Ten Tips

Continued from page 28

above may lead to more contentment and fulfillment.

When scientists find a way to shrink humans to five inches tall, Paul Safranek (Academy Award® winner Matt Damon) and his wife Audrey (Kristen Wiig) decide to ditch their stressed-out lives in order to get small and live large in a luxurious downsized community. Filled with life-changing adventures and endless possibilities, Leisureland offers more than riches, as Paul discovers a whole new world and realizes that we are meant for something bigger.

For further information, visit www.DownsizingMovie.com.



Surprising Perks

Continued from page 30

keeping up with grandkids—SilverSneakers members enjoy the many benefits of the program, including:

- **Membership to more than 14,000 fitness locations:** SilverSneakers members have unrestricted access and unlimited visits to every fitness and wellness facility in the national network, including each location's basic amenities, such as weights, treadmills, pools and more.

- **Specialized fitness classes:** SilverSneakers offers a variety of classes in partnering locations that are designed to accommodate all fitness levels and interests. Led by certified SilverSneakers fitness instructors, classes range from SilverSneakers Classic and Splash, to SilverSneakers BOOM®, a fast-paced, higher-intensity class designed for baby boomers and active older adults.

- **Friendship and community:** So much more than an exercise program, SilverSneakers helps foster new friendships with a welcoming and supportive member community that becomes one of close friends.

- **Quality of life:** The program changes lives by engaging participants in physical activity to help them do more of what they love. In fact, 91 percent of members say SilverSneakers has improved their quality of life.

More than 14.5 million people are eligible for this program offered at no additional charge through the nation's leading Medicare Advantage, Medicare Supplement and group retiree plans. You can check your Medicare plan to see if you are eligible for the program and claim your free fitness membership at www.silversneakers.com.

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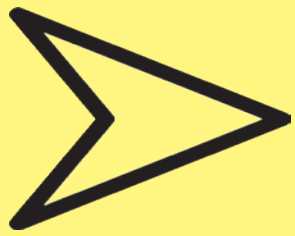


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In The Spotlight

By Debbie L. Sklar

David I Armendariz, MA Director OC Region and Resource Development Special Olympics of SoCal

David Armendariz is a true Orange County native. Born and raised in Santa Ana, he says his 20-year career in the nonprofit sector was a “happy accident.” While enrolled at Cal State Long Beach with a goal of becoming a psychologist, his work included an internship with the Los Angeles Mental Health Association.

That experience eventually resulted in full-time employment with the organization when he coordinated a program called Project Return, supporting individuals with mental illness and at-risk for homelessness. Eventually his career transitioned from providing social services to management.

For the past 10 years, Armendariz has served as Orange

County Regional Director for Special Olympics Southern California. Armendariz is inspired by the nonprofit’s participating athletes, parents, supporters and the dedicated

volunteers who move mountains to make Special Olympics a reality. Armendariz lives in Garden Grove with his husband, Randy Pesqueira, executive director of the Huntington Beach Senior Center in Central Park, and their two lazy cats.

Q: What led to your work with Special Olympics?

A: My mother was a special education teacher who was devoted to her students. Her passion was helping kids exceed the low expectations set for them. She also started a Special Olympics program at her school. Our family also has special needs individuals. My nephew Franklin is on the autism spectrum. He had such difficult challenges as a child,

but today he is one of the kindest and happiest person I know. He has made everyone in our family a better person. As a young adult, I made it my life mission to help others and to do my best

to make the world be a better place. I love sports, so Special Olympics is a great fit and a wonderful place for me to serve.



David Armendariz with Ed Arnold, Special Olympics Orange County's first board member and Bill Shumard, President and CEO of Special Olympics Southern California

Q: Special Olympics marks its 50th year in 2018. Can you give us some background on the organization and how it got started?

A: Eunice Kennedy Shriver started a revolution of the spirit when she founded Special Olympics in 1968. Back in the 1960s, children with disabilities were institutionalized. They were neglected, misunderstood, marginalized and lacked access to essentials such as healthcare or education. Because of her love for her sister, Rosemary, who was born with an intellectual disability (ID), Eunice decided to help others like her, and change societal attitudes about this population. She knew that given the opportunity and support, people with ID could grow through the power of sports. What started as a day camp in her backyard grew into the world’s largest sports training and competition organization on the planet with more than 5 million athletes across 170 countries.

Q: How will this special anniversary be celebrated this year?

A: The 50th anniversary celebration starts at our annual gala, ‘The Heart of a Champion’ on April 21. The evening will celebrate the athletes who

benefit from Special Olympics in Orange County. Rebecca Nerney, who has competed in Special Olympics for nearly 40 years, is our Betty Belden Palmer Outstanding Athlete honoree. During our 50th anniversary, we also wanted to acknowledge a local legend who has done so much for our movement. Former NFL quarterback, Vince Ferragamo, will be the inaugural inductee into our OC Hall of Fame. And of course, we will pay tribute to Eunice Kennedy Shriver at the event.

Q: Are there athletes who have participated since the Special Olympics games began in Orange County 50 years ago?

A: There are two athletes: Pete Waldron and Jay White competed at the inaugural games organized by community leader Rafer Johnson. Community leader and former journalist, Ed Arnold, was an early board member and active in forming the organization. These early games launched Special

Olympics California, which eventually became two organizations, one centered in the San Francisco Bay Area and Special Olympics Southern California. Pete and Jay are charismatic, outgoing and are beloved by many Special Olympics supporters.

Q: When will the next Special Olympics games take place in Orange County?

A: We have nine competitions before June of this year! Our signature competition is the OC Spring Regional Games scheduled for Saturday, May 12 at Irvine High School and the William Woollett Jr. Aquatics Center. If you are looking for a day of inspiration, join us at these games. Between 700 and 800 athletes will compete in five sports including basketball, bocce, track and field, swimming, flag football. The games feature a volunteer force 700 strong. Overall attendance including athletes, volunteers, family members, donors and fans is about 2,500.

Q: How can someone get involved with Special Olympics?

A: Without volunteers, Special Olympics simply wouldn’t exist. We need head coaches, assistant coaches, fundraising and office assistance for both our competitions and fundraising events. To volunteer, call our office at 714-564-8374 and ask to speak to the volunteer manager.

For additional information about Special Olympics of Southern California, Orange County Region, visit www.sosc.org/orangecounty.



David with Pro Volleyball Player Bradley Keenan, Olympian April Ross (Bradley's wife) and Ticky Gorin, Longtime Special Olympics Volunteer.

County Regional Director for Special Olympics Southern California. Armendariz is inspired by the nonprofit’s participating athletes, parents, supporters and the dedicated

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

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,

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 resident's care needs, personality and preferred locations, we

work with the family budget to ensure appropriate placement.

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

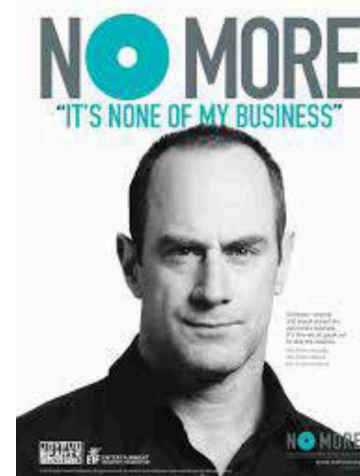
Association said this about RCSP:

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

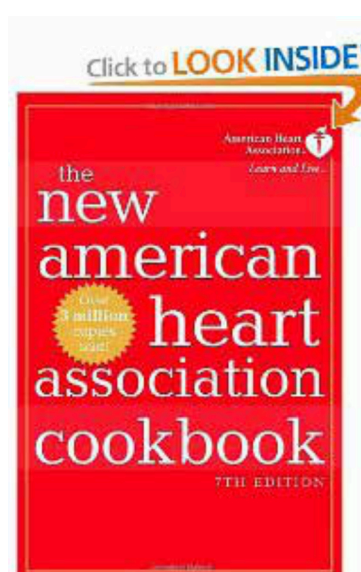
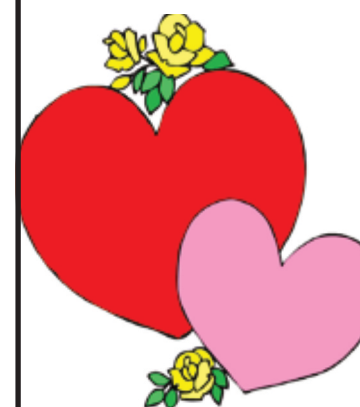
According to Schusler, “We at RCSP take pride in searching for That Age In Place Home. We have the knowledge and resources to support all unique needs, preferences and desires of our clients and families. We offer suggestions and support during all types of transitions.”

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.



With A Heart for Seniors





April Book Club

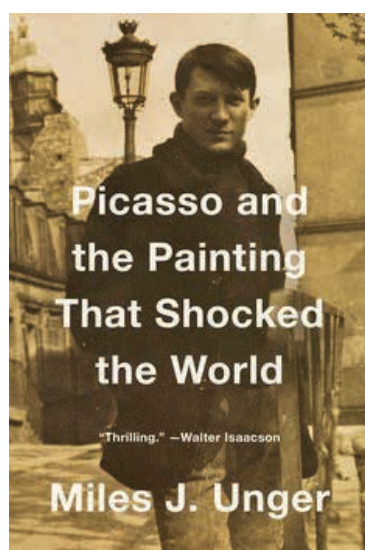
By Debbie L. Sklar

conversations at the Lapin Agile cabaret, Picasso and his friends resolved to shake up the world.

Springtime is the perfect season to pull up a lounge chair or sit on your patio with a juicy novel. We've collected a few from a lovely novel about the famous artist Pablo Picasso to a few good mysteries. Check them out below and get ready for some great reads.

Picasso and the Painting That Shocked the World

By Miles J. Unger



"In 1900, an 18-year-old Spaniard named Pablo Picasso made his first trip to Paris. It was in this glittering capital of the international art world that, after suffering years of poverty and neglect, he emerged as the leader of a bohemian band of painters, sculptors, and poets. Fueled by opium and alcohol, inspired by raucous late-night

"For most of these years Picasso lived and worked in a squalid tenement known as the Bateau Lavoir, in the heart of picturesque Montmartre. Here he met his first true love, Fernande Olivier, a muse whom he would transform in his art from Symbolist goddess to Cubist monster. These were years of struggle, often of desperation, but Picasso later looked back on them as the happiest of his long life.

"Recognition came slowly: First in the avant-garde circles in which he traveled, and later among a small group of daring collectors, including the Americans Leo and Gertrude Stein. In 1906, Picasso began the vast, disturbing masterpiece known as Les Femmes d'Alger. Inspired by the groundbreaking painting of Paul Cézanne and the startling inventiveness of African and tribal sculpture, Picasso created a work that captured and defined the disorienting experience of modernity itself. The painting proved so shocking that even his friends assumed he'd gone mad. Only his colleague George Braque understood what Picasso was trying to do. Over the next few years they teamed up to create

Cubism, the most revolutionary and influential movement in 20th century art.

"This is the story of an artistic genius with a singular creative gift. It is filled with heartbreak and triumph, despair and delirium, all of it played out against the backdrop of the world's most captivating city, according to Publisher Simon and Shuster.

A Different Kind of Evil *A Novel*

By Andrew Wilson

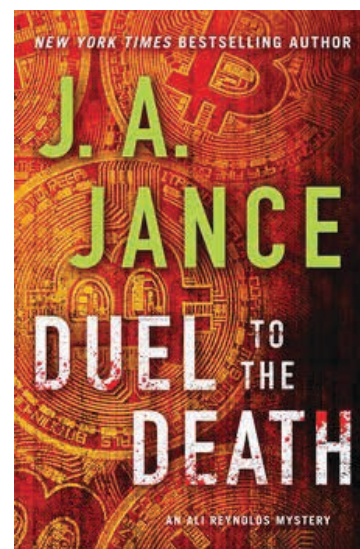


"Two months after the events of *A Talent for Murder*, during which Agatha Christie 'disappeared,' the famed mystery writer's remarkable talent for detection has captured the attention of British Special Agent Davison.

"Now, at his behest, she is traveling to the beautiful Canary Islands to investigate the strange and gruesome death of Douglas Greene, an agent of

the British Secret Intelligence Service. As she embarks on a glamorous cruise ship to her destination, she suddenly hears a scream. Rushing over to the stern of the liner, she witnesses a woman fling herself over the side of the ship to her death," according to Publisher Atria Books.

Duel to the Death *By J.A. Jance*



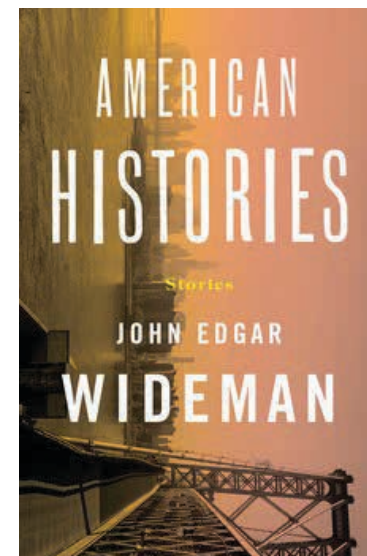
"After taking down the man responsible for his best friend's death, Stuart Ramey thinks the case is finally closed. That is, until Stu finds himself left with a multimillion dollar fortune in Bitcoin in a desperate bid by Frigg, a rogue A.I. program created by the killer, to keep itself from being fully deactivated.

"To sort out his situation and take Frigg down for good, Stu enlists the help of Ali Reynolds and the rest of his cyber security colleagues at High Noon Enterprises. But they are not the only ones who know about

Frigg's existence," according to Publisher Touchstone.

American Histories *Stories*

By John Edgar Wideman



"In this singular collection, John Edgar Wideman, the acclaimed author of *Writing to Save a Life*, blends the personal, historical, and political to invent complex, charged stories about love, death, struggle, and what we owe each other. With characters ranging from everyday Americans to Jean-Michel Basquiat to Nat Turner, *American Histories* is a journey through time, experience, and the soul of our country.

"JB & FD reimagines conversations between John Brown, the antislavery crusader who famously raided Harper's Ferry, Virginia, and Frederick Douglass, the abolitionist and orator, conversations that belie the myth of race and pro-

Continued on page 39

Visually Impaired Reader Inspires Author

Four years ago, bestselling author Mary Jane Clark spoke at the Friends of the New Jersey Library for the Blind and Handicapped's Fall Festival. There, she met Otilie Lucas, a former rehabilitation teacher for people with macular degeneration and other disabilities who is visually impaired herself.



The new mystery series by Mary Jane Clark (above) features a visually impaired character inspired by a real-life reader.

After the festival, "we continued our correspondence and one thing led to another," Lucas says of Clark. "She decided to include a character in her next book with macular degeneration."

And so was born Terri Donovan, introduced in the first book in Clark's Wedding Cake Mysteries series, 2011's "To Have and to Kill."

"Mary Jane asked me to give her ways to identify symptoms that a person may be experiencing macular degeneration," Lucas says. These include blurred vision and difficulty discerning the intensity of colors—symptoms shared by Terri Donovan, who runs a bakery and is the mother of the protagonist of Clark's series, struggling actress Piper Donovan.

Lucas, who was born with retinitis pigmentosa, became a patron of the New Jersey State Library Talking Book and Braille Center (TBBC) in 1966. TBBC is among more than 100 libraries across the United States affiliated with the National Library Service for the Blind and Physically Handicapped (NLS), part of the Library of Congress.

NLS oversees a free reading program for U.S. residents and citizens living abroad who are blind, have low vision, or cannot hold a book because of a physical disability. NLS patrons may choose from tens of thousands of books and dozens of magazines in audio and braille-including mysteries such as Mary Jane Clark's. NLS also loans the portable playback equipment needed to read its audiobooks. Patrons may access books online through the NLS Braille and Audio Reading Download (BARD) service.

Lucas has been married 49 years and has been on more than 20 ocean cruises. "Otilie is such an inspiration," Clark says. "She helped me so much in the creation of Terri Donovan—a mother who faces macular degeneration head-on, who doesn't feel sorry for herself and is determined to adapt to the challenges she faces. I wish I were as brave as Terri and Otilie!"

To learn more about how the NLS program can help you, a loved one or a friend, go online to www.loc.gov/nls or call 1-888-NLS-READ.



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Who Knew Dying Was So Expensive and Involved?

My sweet mother died when I was three years old. Reflecting on his past experiences, in his later years my loving father worried about increasing funeral costs. During our time of grief, he did not want our family to find it difficult to make financial decisions. Luckily he asked for my help during his search for the right affordable life insurance policy for a man of his age, over 65 years old. It was sad to discover that in his daily mail the fine print and disclosures on the life insurance mailers were hard for him to fully understand. This situation motivated me to begin my journey as a life insurance agent to help him and others. Now I want to share with you what we discovered.

There is good news! Affordable life insurance for someone over 65 years old with health issues, pre-existing conditions and living on social security is available. It's called burial insurance or funeral expense life insurance.

Burial insurance is a type of funeral expense life insurance policy designed to cover the cost of your funeral or cremation expenses when you die. The benefits are not subject to

federal income tax. Generally speaking, the death benefits for burial insurance are low, ranging anywhere between \$5,000 up to \$35,000 (although insurers may offer different limits).

After you die, burial life insurance pays the death benefit of your policy directly to your beneficiary who can use the money in any manner. For example, if you have a \$15,000 burial insurance policy and funeral expenses came in at \$10,000, your beneficiary might choose to use the additional money to pay for other final expenses such as outstanding medical bills, legal costs, or any other outstanding debts owed. The remaining money can also be given as gift to family members.

Since there are many companies offering different types of life insurance, it is important that you ask many questions to understand exactly what you are buying. After much research, our family purchased a burial whole life insurance policy. The key features that lead us to our purchase were:

- Immediate benefits from the very first day
- Benefit that can NEVER be reduced

- Monthly premium payment NEVER increases
- Monthly payment paid directly to insurance company on date that you select
- Policy can NEVER be cancelled as long as monthly premiums are paid
- Ability to choose the benefit you need, from \$3,000 up to \$35,000
- Simple application with health questionnaire; no medical exam & no blood work
- Builds cash value
- Includes BOTH death benefit & accidental death benefit

Keep in mind that you will see many mailers that look like life insurance at extremely low costs. Be careful and remember to ask and receive in writing the benefits that the policy will actually provide. It is best to avoid those that: only provide accidental death or death benefits decrease with age or monthly premium payments increase with age or require a waiting period before eligible for benefits.

After we made our purchase our family had a peace of mind today for a more secure tomorrow. Life insurance is truly a special gift of love to those who you love.

Written By: Ashley Bahreini Grigas, Inherit Insurance, CA Insurance Lic# 0D84935

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Crossword Puzzle Answers from page 27

1	A	2	S	3	T	4	I		5	M	6	E	7	R	8	L		9	S	10	P	11	A	12	T	13	S
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Practical Preparations for Death:

Six Things You Should Do Now to Prepare for the End of Life

By Patt Lind-Kyle, author of *Embracing the End of Life*

It's completely natural to be fearful and anxious about death throughout life. But avoiding thinking about and planning for your death leads only to more suffering and discontent. Here are six practical steps to help you come to terms with the end of your life and learn to live more fully now.

Nobody likes to think about dying, yet at some point everyone will die. Unfortunately, most people don't think very much about their deaths until they become ill and the dying process actually begins. (No big surprise since death is a taboo topic in our culture.) But avoiding all thoughts of death causes undue lifelong suffering. Plan for and process your death now and you'll receive clarity that makes life far more livable. One powerful way to embrace death is by addressing the practical aspects of dying while you're still healthy and vibrant.

Whether we realize it or not, we all have unconscious fear and anxiety surrounding our eventual deaths. In addition to reading and learning all you can about the spiritual aspects of death, you should make some common-sense preparations for the end of your life right now. These decisions will provide substantial peace of mind to you in the present and will help dissolve your conscious and unconscious fears surrounding death.

Continued on page 40

JUST JUDITH

Staying Safe

No matter where you live, or how much security you have, you inevitably put yourself in danger by such innocuous pursuits as grocery shopping, answering the phone, or an email or even getting into your car.

There are ways of protecting your life and property that are cost efficient and simple, sometimes mere common sense is all that's needed.

ALERTNESS – This is where



common sense rules. Never leave a Smartphone, your car or house keys or your purse unattended. Keep the phone and keys in a zippered pocket or purse compartment and use a carabiner clip to attach the strap of your closed purse to your shopping cart, thus making purse snatching impossible.

MONEY – Pay for as much as possible with a credit card to give a 'trail' of purchases, plus points. Pay card ASAP (most bank allows immediate pay-



ments, transfer the funds from your household account to the credit card so you don't overspend).

Don't carry more cash than you can afford to lose. Common sense, but how many of us carry 'just in case' cash?

PHONE SCAMS – Never give out all or any part of your Social Security numbers to someone asking on the phone. The latest scam is a call from your own phone number (cloned) asking for the last four numbers of your Social Security. With this information hackers can generate your full number in a matter of seconds and clean out your bank accounts or order on-line to the tune of thousands.



An older scam that's still used during the spring and summer is a call from your 'grandchild' who has been vacationing in a neighboring country and was picked up for some minor infraction. Naturally, money is needed to get him or her out of jail and back home. The person calling on their behalf

can help as soon as the funds arrive.

This sounds awful, poor Ted or Johnny – you must transfer funds immediately. You don't stop to think, after all – they know your grandchild's name, school and your contact information. How would they have this information if the child didn't give it to them?

Glance at your on-line information! Have you bragged about Johnny's acceptance to a university, his athletic prowess or vacation plans? The more you tell about yourself, the more information a scammer can acquire to use against you.



So, how to make sure this isn't phony? Simply call the grandchild's cell phone number or contact their parents using your house phone. If you couldn't speak to anyone to make sure the child is at home, simply request the scammer tell you the child's safe word. If they are unable to do so, or claim it was forgotten, hang up and let the thief find someone else to prey on.

I've found that answering the phone in a very businesslike manner with some version of 'good morning/afternoon, how

may I direct your call' will get one of two reactions – either the caller hangs up or a confused friend will ask 'Judith, is that you?' Occasionally, a very perky young lady will launch into an obviously recorded spiel, she wants to give me some wonderful 'gift' because I stayed at a resort or have a certain credit card. Either scenario requires a reply to an innocuous query ('Can you hear me OK?', or 'Are you over 21?') so they can capture a 'yes' reply to insert into a taped acceptance of an offer to purchase something or agree to belong to a group of some sort. Just say NO and hang up.

Next month – more ways to stay safe.

April Book Club

Continued from page 36

duce a fantastical, ethically rich correspondence that spans years and ideologies. 'Maps and Ledgers' eavesdrops on a brother and sister today as they ponder their father's killing of another man. 'Williamsburg Bridge' sits inside a man sitting on a bridge who contemplates his life before he decides to ..." according to Publisher Scribner.



American Heart Association®
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Practical Preparations

Continued from page 39

In addition to making sure you have your will, power of attorney, and other important paperwork in place, you will be empowered and comforted by making decisions now about the role you would like your caregivers to play, the kind of care you would like to receive during the dying process, and what kind of recognition you would like following your death. Even if it sounds unpleasant to think about these topics now, it's a crucial step in processing your death and giving you some much-needed peace of mind about dying.

Keep reading to learn more about the practical preparations you should make now to begin processing the end of your life and help ease any fears and anxieties you have surrounding death.

Get your legal documents in order. Having your legal affairs in order before you die doesn't just give you peace of mind—it is also a gift to your family members, partners, and close friends who want to take care of you, your health wishes, and your estate. If you haven't already, consider setting up the following legal documents:

- **A Will.** This is a legal document that spells out who gets what from your estate. Wills can be written or audio or video recorded, and include such areas as estate planning, legal contract documents, assets, marriage licenses, and loans. A last will and testament is important in order to make sure that your final wishes are respected.
- **A Living Trust.** This trust is established during a person's

lifetime. His or her assets and property are placed within the trust, usually for the purpose of estate planning. The trust then owns and manages the property held by the trust through a trustee for the benefit of the named beneficiary. A trust is a legal and financial arrangement between the creator of the trust and the person or persons whom the trust represents.

- **An Advance Health Care Directive.** This is a form of a living will that allows you to document your wishes concerning medical treatments at the end of life. Your living will guides medical decision-making and requires two physicians to certify the actions you want doctors to take in different medical conditions you may confront.
- **A Medical Power of Attorney.** This is a legal instrument that allows you to select the person you want to make health care decisions for you if and when you become unable to make them for yourself.

Get spiritually prepared to die. Death is a spiritual transformation. Recognizing this fact will not only bring you comfort, it will also help you live more fully now. These hints will help you spiritually prepare for the end of life.

- **Face your fear, grief, and denial surrounding death.** Everyone fears and runs from death—whether consciously or unconsciously. To recognize your fears about death, sit quietly and make a list of them. Once you start acknowledging your fears, you will notice that they begin to dissolve.
- **Understand the “constricted self.”** We all enter a state of resistance called the constricted self when we separate from our mother's body at birth. This constricted state is what makes you afraid of death; it's fragmented, fear-driven,

and disconnected from your higher energy and awareness, also called your expanded self. Your expanded self realizes death is an illusion, a transition, and nothing to be afraid of. Facing your death early on helps you access your expanded self and live a richer, happier, and less fearful life.

- **Begin a prayer or meditation practice.** A daily meditation practice trains you to release your tension and anxiety. The function of a daily practice is to train the mind to let go of the busy resistances of daily life and to learn to just be in the moment. Meditation practice and prayer prepare you to relax, stabilize your mind, open you to compassion, and create a dynamic shift that reduces your anxiety and fear of death.

Make decisions now about your caregivers. At the time of your eventual death, you will likely have caretakers consisting of either family, friends, doctors, nurses, or hospice workers. It's important that you decide not only who you want to care for you as you die, but also how you would like to be treated by them. Keep the following tips in mind as you plan:

- **Determine who you want as your caregivers.** Choose caregivers you trust absolutely to fulfill and manage your desires for the kind of care, environment, and people you want with you when you die. Many of your caregivers (family, friends, professionals) may exhibit a negative mindset and create undue tension at your dying. It's important that they match you as you move into a peaceful, loving, and open state of your being in the last moments of your life. Be willing to say no to caregivers, instruct them on how you want to be treated and on the

environment you want them to establish, and be willing to ask individuals to leave if you don't feel comfortable with them.

- **Determine the care you want.** Let both family and professional caregivers know you would like to receive comfort and encouragement to not be afraid as you die. Let them know how to support you by creating a feeling of a safe environment where you are dying. For example, the room can be sunny or shaded, filled with flowers, have music playing, quiet whispering, and perhaps only one or two people at a time with you.

Decide how you want to be treated in your dying process. Read the following statements to determine which you agree with. These will help you determine how you would like your caretakers to help you during the dying process: I want to have my caregivers with me continually; I would like my hand held and be talked to by caregivers even if I do not respond; I want kindness and joy, not sadness or crying, near my bed; I want quiet music and whispering when I am dying; I would like to die at home; I want appropriate drugs to reduce my pain; I don't believe there is anything beyond death, so I want to stay conscious of my surroundings as long as possible.

Decide what sort of recognition you want after your death. After you die, your family and friends will want to honor your life. Ask yourself these questions to help you decide how you would like to be recognized: What kind of service or memorial do I want? Do I want an open casket for viewing? Do I want just family at a gravesite? Do I want a memorial open to anyone who wants to come? Who do I want to

arrange my after-death recognition? Do I want an obituary in a newspaper, an announcement on Facebook, or nothing at all?

Decide what you would like to do with your body. There are multiple options when it comes to choosing what to do with your body after death. Aside from burial at a conventional cemetery or cremation, you may choose a green or “natural” burial. In a green burial, the body is placed in the earth to decompose naturally in order to reduce carbon emissions and preserve the environment. Another option is whole-body donation, which helps advance medical training and research, and benefits many generations to come. Finally, you can also opt to donate your organs and tissues, which helps to save lives.

Even if the thought of making these end-of-life decisions fills you with fear and dread, don't despair. The actual act of understanding and preparing for death at a practical level will bring you release, a sense of inner peace, and freedom to live more fully now. Try it and see. Your practical awareness of the dying process may free you more than you could ever imagine.

About the Author:

Patt Lind-Kyle, MA, is the author of *Embracing the End of Life: A Journey into Dying & Awakening*, and is a teacher, therapist, speaker, and consultant. Her book *Heal Your Mind, Rewire Your Brain* won the Independent Publisher Gold Medal Award and a Best Book Award from USA Book News. Patt has written a chapter in *Audacious Aging*, and she is also the author of *When Sleeping Beauty Wakes*

Continued on page 41

PACE Cure for OC Healthcare

CalOptima's Successful Program Expanding

"It saved my life!"

Those are the words of Babette Comee, 62, of Garden Grove when asked how the CalOptima PACE program helped her get back on her feet – literally. The former professional landscaper was wheelchair-bound by both physical and mental ailments and living on food stamps when she joined the program three years ago.

She was introduced to PACE through Orange County's Social Services department and has experienced a remarkable recovery. She's walking again, undergoing physical and mental therapy, and teaching her fellow participants how to garden in PACE's ultra-modern Day Center Patio.

Also representing the many satisfied PACE users is Janene Marcian of Fullerton.

"This place is amazing!" exclaims the 62-year-old stroke victim who discovered the PACE program through the Stroke Foundation. When her family members suggest-



ed that she "try it, you'll like it", she tried it and she liked it. After regular sessions with the PACE physical therapy team, she now walks with a cane and is "very excited" with her progress. "I try to participate in every activity offered."

What are Babette and Janene so excited about?



According to Elizabeth Lee, director of CalOptima's Program of All-Inclusive Care for the Elderly, PACE is unique in the way it approaches senior healthcare from other programs across the country.

"In most cases, low-income seniors who reside in their own homes or with their families, in nursing homes or assisted living facilities must be transported to and from med-

ical and dental appointments, senior centers and other services as their needs require," she said. "PACE allows them access to most of these same services in one central place."

Once qualified for the no-cost program, PACE customizes whatever acute or long-term care services to each person's individual needs. Participants are given a schedule for their visits to the Day Care Center and are picked up and returned home.



While there, they are provided a healthy lunch tailored to their diet, and have access to the center's in-house services – routine medical attention; prescription drugs; lab tests; dental, vision, podiatry and hearing services; physical, occupational and speech therapies, and personal care for things like bathing, dressing and light chores at home.

The Garden Grove facility, which will celebrate its five-year anniversary in October,



more seniors may join PACE and existing program participants will gain more options to receive adult day health care that suits their culture, location or medical condition," stated Bridget Kelly,

PACE director of communications.

How to Qualify

The PACE program is open to anybody who is 55 years old or more, lives in the county's service areas, is determined eligible for nursing facility services by the State of California, and is able to live safely at home or in a community setting with proper support. The cost varies, depending on the person's insurance coverage (Medicare, Medi-Cal or both).

"Our main goal," according to Lee, "is to help seniors with chronic health conditions live as independently as possible for as long as possible."

is fully-equipped and fully staffed with trained medical and technical specialists, including physical and mental therapists, nutritionists and day care professionals for social and recreational activities. There is also a full fleet of special PACE vans and drivers on call to serve the participants.

Success Means Growth

Director Lee also announced the new PACE expansion serving key locations throughout the county to meet the needs of a growing senior population. Currently, there are more than 240 participants in the program with about 100 occupying the main Garden Grove facility at 13300 Garden Grove Blvd. on any given day.



Beginning this month, PACE, in partnership with Community-Based Adult Services (CBAS) Centers, will open convenient satellite day care facilities in Garden Grove, Anaheim (2), Santa Ana and Laguna Woods.

"With access to these centers,

Practical Preparations

Continued from page 40

Up. She lives in Nevada City, CA, and can be found online at www.PattLindKyle.com.

About the Book:

Embracing the End of Life: A Journey into Dying & Awakening (Llewellyn Publications, 2017, ISBN: 978-0-738-75356-0, \$22.99) is available at bookstores nationwide, Amazon.com, and BarnesAndNoble.com.



Tinseltown Talks

By Nick Thomas

Hayley Mills Puts on Her 'Party Face'

As one of the best-known child actors from the 1960s, Hayley Mills starred in a half-dozen Disney films including box-office hits *Pollyanna* and *The Parent Trap*. Now in her early 70s, Mills continues to perform with a preference for theater work.

"In January, I opened at the New York City Center on Stage II in the lovely Irish play called *Party Face* by Isobel Mahon," Mills explained recently while preparing for an evening performance. "It's a sweet, funny, touching play. I knew immediately I wanted to do it when I read the script."

Featuring an all-female cast, *Party Face* is set during a housewarming party where hilarity and personal conflicts intertwine and ends in April (see www.nycitycenter.org).

While her appearances in film and on television have been rarer in recent years, Mills doesn't rule out a return.

"As an actor, you just don't know what you'll be doing next," she noted. "But now I have four grandchildren and we all live within an hour of each other, so I enjoy spending a lot of time with them."

Reunions with her siblings are rarer.



Gina Costigan and Hayley Mills currently appearing in *Party Face* at the NY City Center - Photo by Jeremy Daniel. Used with permission.

"My brother Jonathan and his wife live in Tasmania and run a fabulous bed & breakfast called Harpers on the Beach," Mills said (see www.harpersonthebeach.com). "It's just heaven there, but such a long way so I don't get down often enough."

Older sister Juliet Mills is also an accomplished film, television, and theater actress. "Juliet lives in California and I live in London, but

we've toured together on the stage over the years."

Both sisters began their careers as children, but were they rivals competing for the same roles?

"No, we never were," Mills said. "She moved to America

as a teenager and theater became a big part of her career whereas I focused on film. So, our careers took us on different trajectories."

Despite the dominant family acting genes – their father was beloved British actor

John Mills – Hayley says her father never pushed her into acting. When director J. Lee Thompson visited the family farm in Sussex to talk with Mills about his role in 1959's *Tiger Bay*, Thompson was impressed by Hayley as she played in the garden.

"I was messing around pretending to do television commercials. At lunch, he suggested using me in the film, so I did a screen test."

Barely a teen, her career took off after *Tiger Bay*'s success. Recognizing her talent, Walt Disney signed Hayley to a 5-year contract beginning with *Pollyanna* in 1960.



Hayley Mills recent photo - provided by Hayley Mills

The following year *The Parent Trap* was released, perhaps her best-known role playing teenage twin sisters. Remade in 1998, Mills says a theater tour prevented her from accepting a cameo and only has praise for Lindsay Lohan's performance in the remake.

"I've never actually met her but thought she was a very good actress. However, it was a rather bizarre experience to watch the film because it felt so similar. I felt like Rip Van Winkle!"



Maurice Chevalier and Wilfrid Hyde-White behind Hayley Mills from *In Search of the Castaways* - Walt Disney Productions

Her next film for Disney was *In Search of the Castaways*, released in 1962, where Mills teamed up with suave French entertainer, Maurice Chevalier, and the always delightful British character actor Wilfrid Hyde-White.

"I loved them both. Maurice was a genuine charmer with a tremendous warmth

and a wonderful twinkle in his eye. Wilfrid Hyde-White was just a darling man. He was a huge horseracing fan and always had a portable TV set in his dressing room to watch the races. It was such a privilege to work with those two."

Now a true Hollywood icon herself, Mills is still thrilled by the chance to take on rewarding projects, such as the *Party Face* role.

"As you get older, such wonderful opportunities don't come along quite so often. It's a very uncertain business, but I'm very grateful for the opportunities I've had."

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



Hayley Mills with father John Mills in the background as a police inspector in *Tiger Bay* - the Rank Organisation

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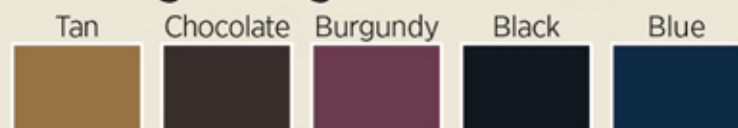
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