

Health Watch



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— Jim Breen, staff photo

WELCOME— Administrator Diane Gebel oversees the daily operations of the Health Care Center.

Health Care Center

HCC: A myriad of services under one roof

BY **DIANE GEBEL**
HCC ADMINISTRATOR

I never cease to be amazed by the beauty and vibrancy of our community.

Every day, I am inspired by the many residents I meet who continue to lead fascinating, productive lives well into their senior years.

Our goal at the Health Care Center is to keep residents feeling their best.

We offer convenient, onsite medical care Monday-Friday, from 8 a.m.-4:30 p.m.

Many of our board-certified family and internal medicine physicians are also skilled in providing geriatric medicine.

Our team of physicians, nurse practitioners and other healthcare professionals is highly experienced in diagnosing, treating and managing the diseases and conditions associated with senior adults.

Additionally, we offer convenient, onsite access to a broad range of board-certified specialists who see patients here by appointment:

- Cardiology
- Dermatology
- Gastroenterology
- Neurology
- Oncology
- Ophthalmology
- Optometry

- Orthopedics
- Pain Management
- Podiatry
- Psychiatry
- Surgery
- Urology
- Vascular Surgery

Many of our physicians and specialists have been working here for more than 15 years.

Most insurance plans are accepted, including private plans as well as Medicare, Medicare Advantage, and many Medicare supplemental plans.

The Health Care Center offers many convenient services:

• **Twenty-four hour nurse service.** Available to all Leisure World residents. Any LWer can call whenever they have questions about medications, symptoms or medical concerns.

For a small fee, our nurses will also make house calls to treat minor cuts, take blood pressure, check blood sugar, aeven collect lab samples.

Hours:

• **X-Ray.** Monday-Friday, 8 a.m.-4:30 p.m.

• **Laboratory Services.** Monday-Friday, 6 a.m.-2:30 p.m.

• **Comprehensive Eye Care.** Residents can order contact lenses and eyeglasses at the full-service optical department.

Medicare

Medicare counseling offered at CH5

BY **RUTH OSBORN**
CITY EDITOR

Leisure World has its own Medicare Benefits Enrollment Center (BEC) in Clubhouse 5. Counselors there who can help any beneficiary, no matter what his or her income level, benefit in an annual plan review.

Now's the time to take advantage of this free service before

Medicare's Open Enrollment period ends on Dec. 7.

The last open enrollment clinic scheduled in Leisure World this year is Nov. 16 from 10 a.m.-5 p.m. in Clubhouse 3, Room 2. There will be 10 counselors with computers to make comparisons and then, if desired, enroll people on the spot in the plans of their choice.

HICAP, under the auspices

of the Orange County Council on Aging (OCCOA), sands for Health Insurance Counseling & Advocacy Program. For 41 years, the non-profit has helped seniors untangle the Medicare maze and make ends meet with other public benefits programs.

HICAP experts like Linda Walton, RN, who manages the

See MEDICARE, page B11

Decision 2016

Five health propositions to be voted on this week

BY **CATHIE MERZ**
COMMUNITY EDITOR

California voters will decide on 17 ballot initiatives in the election next week, the most since 2000.

The initiative process is a powerful tool that gives citizens a voice in the way the state is run. The only way to change or repeal an initiative is by the voters.

Backers of an initiative must collect signatures from five percent of the number of voters who turned out in the previous election.

The last election was for governor, and had a low turnout, which means that a smaller number of signatures were needed to get a referendum on the ballot. That's one reason there are more propositions on the ballot this election.

Fifteen measures were put on the November ballot by citizens through signature petitions, and two by the legislature.

Five health related propositions qualified for the November ballot: extending the current program that imposes fees on hospitals to obtain federal matching funds; raising the tax on cigarettes; requiring the use of condoms in pornographic films; placing limits on prescription drug costs; and the legalization of recreational marijuana.

• **Proposition 52.** State Fees on Hospitals. Federal Medi-Cal Matching Funds. Initiative Statutory and Constitutional Amendment

The state and federal government share the cost of Medi-Cal that provides health care services to low-income patients. The federal government's Medicaid program matches the funds the state contributes to the Medi-Cal program.

The initiative indefinitely extends an existing statute that imposes fees on hospitals to fund Medi-Cal health care services, care for uninsured patients, and children's health coverage. It will make it harder for the legislature to make changes, since voter approval would be required to change the use of fees or funds.

In fiscal year 2015-2016, private California hospitals paid \$4.6 billion to the state in hospital fees. Of this amount, a total of \$850 million was diverted to the general fund and \$3.7 billion went towards obtaining federal Medicaid funds. The federal government provided \$4.4 billion as a matching amount. With the \$3.7 billion from the private hospitals and \$4.4 billion from the federal government, public and private California hospitals received a combined total of \$8.1 billion.

If Proposition 52 had been active in 2015-2016, the legislature would not have been able to divert the \$900 million to the general fund without voter approval.

The California Democratic, Republican and Peace and Freedom parties support Prop. 52. The Libertarian Party of California opposes it.

• **Proposition 56.** Cigarette Tax to Fund Healthcare, Tobacco Use Prevention, Research, and Law Enforcement. Initiative Constitutional Amendment and Statute.

Proposition 56 would increase the tobacco tax by \$2, raising the tax to \$2.87 for a pack of cigarettes. The tobacco tax would also be levied on products containing nicotine derived from tobacco,

See VOTE, page B-9



LEISURE WORLD'S last Open Enrollment clinic is on Nov. 16.

Health & Fitness

BlueSea Services

In-home care firm has classes for SB seniors

BlueSea Care Services is a on-medical in-home care business based on Main Street in Seal Beach. The firm is owned and operated by Jillian Kennedy and has been in operation for almost 10 years, serving Orange and L.A. counties.

BlueSea provides routine in-home care duties, such as companion care and assistance with daily life activities. As part of "Art to Wellness," a proprietary program, Kennedy added simple art activities to the care service.

BlueSea's clients can expect to enjoy living independently while experiencing art at home with caregivers. The benefits are therapeutic. Home care aides engage in artistic activities with clients at no extra cost.

Kennedy, with the help of the

city of Seal Beach, provides free "Painting with Mom" classes for Seal Beach seniors. Classes are intended to socially engage seniors and enable them to spend creative time with their families.

The group's next meeting is scheduled from 10 a.m.-noon on Saturday, Nov. 12, at Fire Station No 48, across from Leisure World.

LW residents are invited to come and experiment with the paintbrush or check out the details online at <http://www.meetup.com/Painting-with-Mom>

BlueSea Care collaborates with the Alzheimer's Association of Orange County through its "Memories in the Making" fine arts program for people with dementia. Paintings from various groups are on display for the



Jillian Kennedy

public at the company's office. Some are available for purchase.

Call Blue Sea at 888-814-0119 for a free in home assessment or for more information.

Seniors Keeping Fit

Exercise, health classes available each week in LW

Ageless Grace

A new eight-week session of chair-based exercise sessions will begin on Nov. 14 from 4:30-5:30 p.m. on Mondays through Jan. 9 in Clubhouse 6.

The exercises are practiced in a chair for greater stimulation of the core, flexibility and stability. The class is for everyone of any ability.

The cost is \$5 per class, \$30 for eight sessions. For more information, call Dee Davidson at 331-3322 or visit www.agelessgrace.com

Chair Exercise

Classes are offered from 9:30-10:30 a.m. on Tuesdays and Fridays in Clubhouse 1. Classes are designed to improve flexibility, strength, endurance and coordination.

The classes are for men and women at all fitness levels. The instructor is Skippy Blair.

For more information, call Betty Morgan at 493-7063.

Yoga

Classes are offered Tuesdays at 10 a.m. in the Clubhouse 4 Lobby; Thursdays at 10 a.m. in Clubhouse 3, Room 1; and Saturdays, 10 a.m. in Clubhouse 3, Room 9.

The fee is \$5 per session.

For more information, call Connie Adkins at 506-5063.

Movement for Health, Medical Qigong

Qigong classes are held from 9-10 a.m. on Thursdays in Clubhouse 3, Room 2, except the fourth Thursday of the month, when the class is held in Clubhouse 3, Room 9, also from 9-10 a.m.

For more information, call Catherine Milliot at 760-4545.

Monday Intermediate Yoga

Classes are offered each week from 5:30-6:30 p.m. in Clubhouse 4, Section C; fee: \$5 per session.

For more information, call Pat Castaneda at 225-0273.

Yoga, Meditation, Tai Chi

Classes are offered from 9:30-11 a.m. on Saturdays upstairs in Clubhouse 6.

Paul Pridanonda teaches students to free the mind and spirit using laughter, thought-sharing and the slow and steady flow of tai chi movements.

See CLASSES, page B-7

Wa-Rite Club

Binge eating topic on table at meeting

Members of the Wa-Rite Club enjoyed a colorful meeting on Oct. 28 that was presided over by President Swanna White as Raggedy Ann, Pumpkins, witches and funny people were in attendance.

When questioned, a majority of members admitted to being binge eaters.

Binge eating has been compared to a child having a temper tantrum over something he or she cannot have.

Binge eating does not work. It is related to deprivation, frustration, and leftover binges. It can be described as a bad habit remaining from a significant emotional issue.

The effects of divorce, death of a spouse or other loved one, trauma, or family conflict can be the source among many other things.

Loser of the week was Billie Beveridge, the former weight recorder, who shed 4-1/2 pounds. She has now reclaimed her status as bachelor of goal weight.

Wa-Rite is a support group for women who meets at 9 a.m. on Fridays in Clubhouse 3, Room 1. Weigh-ins start at 8 a.m.

For further information, call Betty Scharf, 795-0356.

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Hearing Loss Association of America

LWer Morrison a contributor to the success of hearing impaired organization

BY JIM BREEN
HEALTH EDITOR

No organization does more to help people with hearing disabilities than the local chapter of the Hearing Loss Association of America.

The non-profit organization's Long Beach/Lakewood chapter is a support group that offers information on coping skills and resources to people with hearing loss.

Gail Morrison, a Mutual 2 resident, HLAA volunteer and former president (2010-2013) serves in a public relations role by providing press announcements to the Orange County media.

At members' request, Morrison and other board members have attracted many of the top professionals in hearing impaired circles to speak at the meetings.

HLAA meets at 6:30 p.m. on the second Thursday of each month at the Weingart Center in Lakewood. There is no charge to attend and reservations are not necessary.

Past speakers have included an audiologist, cochlear implant surgeon and others who have demonstrated new products designed to assist the hearing impaired.

The next speaker will be one of the most anticipated of the year.

On Nov.10, Dr. Joni Doherty of Shohet Ear Medical Associates will discuss a topic widely

discussed in the hearing impaired community, tinnitus, a ringing in the ears that can produce dizziness.

Members and guests who attend will learn the origins of tinnitus, how to suppress it and what aggravates the condition.

The most common cause of the disorder is damage and loss of the tiny sensory hair cells in the cochlea of the inner ear.

Tinnitus is more common in

men, seniors, blue collar workers, and people with certain common health problems (arthritis, hypertension, varicose veins arteriosclerosis). Tinnitus is present in people who already have hearing loss and especially people with sensorineural (inner ear) hearing loss.

It's complicated, but the associations are probably explained by one simple correlation: The worse the hearing loss, the more

likely its tinnitus.

According to Hearing Health Magazine, about 90 percent of tinnitus cases occur with an underlying hearing loss.

These same surveys generally show that the next most important risk factor for hearing loss and tinnitus, after age and gender is excessive noise exposure.

For more about the HLAA, call 438-0597 or visit www.hlalongbeachlakewood.org.



Gail Morrison

Untreated Hearing Loss Is Not A Benign Condition. Are You At Risk?

Why 22 million Americans delay trying a hearing device to solve their hearing problem

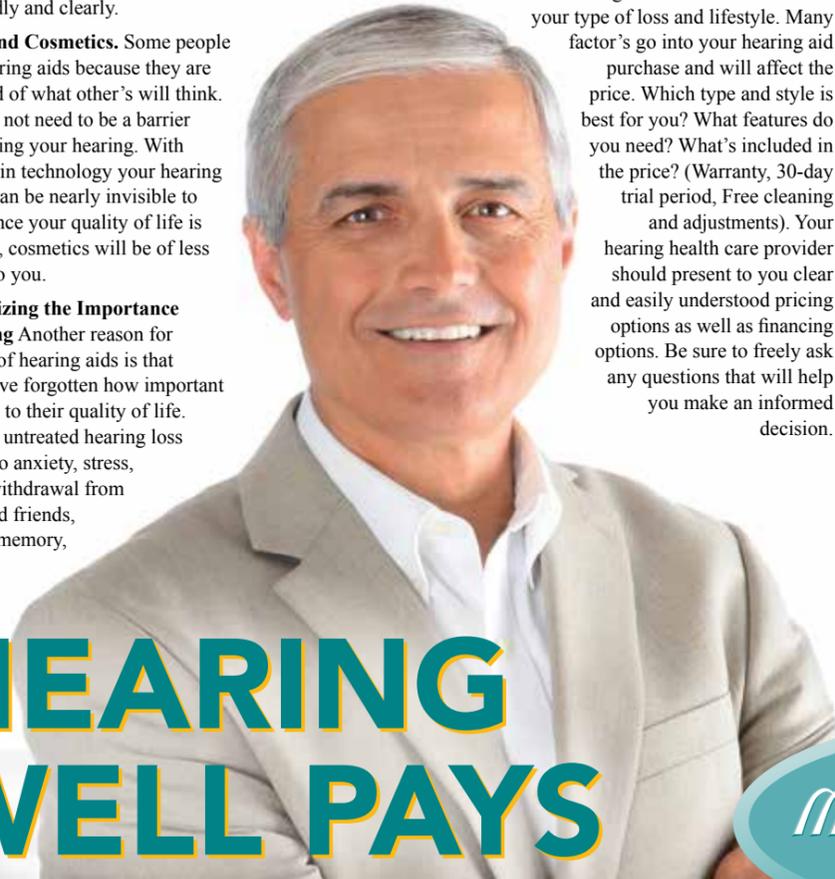
Inadequate Information. Most people lose hearing gradually and may not realize they have significant loss. Your family and friends adapt by speaking to you more loudly and clearly.

Stigma and Cosmetics. Some people reject hearing aids because they are concerned of what other's will think. This does not need to be a barrier to improving your hearing. With advances in technology your hearing solution can be nearly invisible to others. Once your quality of life is improved, cosmetics will be of less concern to you.

Not Realizing the Importance of Hearing Another reason for rejection of hearing aids is that people have forgotten how important hearing is to their quality of life. However, untreated hearing loss can lead to anxiety, stress, fatigue, withdrawal from family and friends, impaired memory, reduced

alertness and personal safety, reduced job performance and earning power and diminished overall health.

Cost. Your hearing solution will be based on your type of loss and lifestyle. Many factor's go into your hearing aid purchase and will affect the price. Which type and style is best for you? What features do you need? What's included in the price? (Warranty, 30-day trial period, Free cleaning and adjustments). Your hearing health care provider should present to you clear and easily understood pricing options as well as financing options. Be sure to freely ask any questions that will help you make an informed decision.



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Music to the ears

Music can be good therapy for seniors

Its common knowledge that music plays a significant role in nearly everyone's life.

But for many senior citizens, it represents more than an invitation to dance or a soundtrack for the morning commute.

Researchers have found that music therapy provides a diversion from negative feelings and helps manage pain for seniors and children with developmental, physical, behavioral, and neurological disabilities.

The sounds of those musical notes also increases range of motion and motor skills, and in some cases can be a dependable replacement for medication.

In short, its therapeutic uses are virtually endless.

Veterans can use music to help cope with Post Traumatic Stress Disorder (PTSD) and other physical injuries.

Senior citizens can learn to play the guitar, which helps build hand strength.

"Music is invaluable to people with special needs, allowing them to express themselves non-verbally," said Travis Perry, a music teacher for more than 35 years.

- Newsandexperts.com



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Hospice

What is Hospice?

Hospice care begins in last six months of life

BY CATHIE MERZ
STAFF WRITER

Hospice is medical, psychological and spiritual care for the terminally ill provided by health care professionals and volunteers.

Medicare or Medi-Cal beneficiaries are typically eligible to receive hospice care after a physician has given them life expectancy of six months or less.

Care may be administered in a hospice center, hospital facility, skilled nursing facility or as part of a home health care program.

The goal of hospice care is to keep patients comfortable with improved quality of life.

When a patient decides to be cared for by a hospice program, treatment goals shift from doing everything possible to cure a condition to giving the patient the best quality of life possible.

Hospice benefits allow patients and their families to stay together at home unless care is needed in an inpatient facility. Then, the hospice team makes the arrangements.

Hospice is simply a type of care that focuses on the quality of life instead of continuing treatment to prolong life. Hospice service usually includes basic medical care with a focus on pain and symptom control. It also provides respite time for caregivers, family and others who provide volunteer support for loved ones after the patient dies.

The hospice team may also include doctors, nurses or nurse practitioners, counselors, social workers, physical and occupational therapists, speech-language pathologists, hospice aides, homemakers and volunteers.

A hospice doctor is also part of the of the medical team, but the patient can also include his/her regular doctor or nurse practitioner on the medical team to supervise care.

During the last stages of life, patients feel they lose control over their lives and over what happens to them. Hospice care helps.

By providing options to regain some control by making decisions are issues that are important to them.

Hospice care also helps the family manage practical details and emotional challenges when caring for a dying loved one.

Hospice care can continue longer than six months if the hospice medical director or hospice doctor recertifies that the patient is terminally ill and is not expected to live more than six months.

Hospice care is issued for two 90-day benefit periods, followed by an unlimited number of 60-day benefit periods.

The patient has the right to change hospice providers once during each benefit period.

Hospice providers must be Medicare approved to get payments.

Once a hospice care plan is chosen, all costs should be covered, including extra services related to the terminal illness if the premium is paid.

Patients, however, are responsible for all deductibles and copays for services to treat health problems unrelated to the terminal illness and must continue to pay Medicare premiums if necessary.

If a patient's health improves or the illness goes into remission, hospice care may no longer be needed. The patient has the right to stop hospice care at any time by signing a form that includes the date care ends. Medicare Advantage plans, HMOs and PPOs, will not restart until the first of the month.

A patient shouldn't be asked to sign any forms about stopping hospice care at the start of care. Stopping hospice care is a choice only the patient can make, and forms should not be signed or dated until the actual date is determined, to stop hospice care.

If hospice care is stopped the same type of Medicare coverage the patient had before will be reinstated.

The patient can return to hospice care at any time the need is warranted.

Get all the answers before selecting the right provider

Medicare.gov suggests considering these questions when choosing hospice care providers:

- Is the hospice provider certified and licensed by the state or federal government?
- Does the hospice provider train caregivers to care for you at home?
- How will your doctor work with the doctor from the hospice provider?
- How many other patients are assigned to each member of the hospice care staff?
- Will the hospice staff meet regularly with you and your family to discuss care?
- How does the hospice staff respond to after-hour emergencies?
- What measures are in place to ensure hospice care quality?
- What services do hospice volunteers offer?

OIG

Inspector General issues warning of potential fraud

The Office of Inspector General (OIG) issued a special fraud alert, warning people of the high potential for fraud between hospices and nursing home operators.

Common hospice care fraud schemes include falsely certifying that a patient is terminally ill; inflating the level of care beyond what the patient actually needs, such as falsely documenting the patient needs crisis care to receive the highest reimbursement rates; and providing gifts to patients to encourage them to agree to a hospice level of care even though they are not terminally ill.

The hospice is required to meet the needs of the patient and family.

Some examples of hospice fraud are:

- Reducing the frequency of home health aide visits to the patient, so the patient is visited less often than really needed.
- Reduce the frequency of RN case manager visits to the patient. RN's may simply call the patient or family to check on the patient's condition. A telephone call cannot substitute for an actual on-site physical assessment of the patient's condition by the RN.
- Skimping on the medications given to the patient for pain; some can be expensive. The hospice is legally obligated to make sure the patient gets the medications needed to con-

trol pain and maintain comfort.

- During a crisis, refusing to provide continuous around the clock nursing in the patient's own home and manipulating him/her into a hospice facility against his or her will. Then, the hospice will collect fees for room and board, that wouldn't be collected if the patient walt home.

- Asking patients or families to privately pay out of their own pocket for services that are reimbursed by Medicare, Medi-Cal or private insurance companies.

- Making fraudulent or otherwise illegal arrangements with nursing homes or hospitals for referrals. Kickbacks to the hospital or nursing home for referring patients to the hospice are illegal.
- Whatever the particular situation, if a loved one is not getting the services needed or if the hospice is trying to talk the family into transferring their loved one to their facility against his or her will

The law requires the hospice to meet the needs of the patient and the family.

It is crucial to read all the printed literature, documents and contracts with the hospice. The pamphlets, brochures, contracts and papers must (by law) inform the patient and family of their rights to the various services available through the hospice.

Center for Disease Control

Germs thrive during flu season

In many parts of the country, the winter months often bring colder temperatures and an increase in the spread of germs. According to the Centers for Disease Control and Prevention (CDC), cold and flu season typically peaks in the United States between December and February.

A survey conducted for the CDC by Wakefield Research revealed some interesting facts about how Americans handle illness during the winter germ season:

- Sixty-nine percent of working Americans don't take sick days because they don't want to miss a day of work, even if they're sick.
- Sixty-two percent of working Americans have gone to work sick.
- Sixty percent of the 1,000 people surveyed saw their co-worker sneeze without using a tissue.

According to the CDC, approximately 80 percent of infectious diseases are transmitted by touch. The CDC recommends hand hygiene as one of the most important steps to avoid getting sick and spreading germs to others.



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- Wellness clinic directed by our Medical Director and Director of Nursing Services that focus on medical, social, mental and spiritual well-being
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Getting to the ... Heart of the Matter

So what's the deal with sugar and the heart?

BY **BRET A. WITTER, MD, FACC, FACP**
CARDIOLOGIST, LOS ALAMITOS CARDIOVASCULAR

In my cardiology practice, patients often ask me how sugar consumption affects cardiovascular health?

Most people know that the consumption of sugar-laden foods can come with plenty of consequences, but they still want to know if sugar can be part of a healthy diet.

So, what's the deal with sugar?

There appears to be mounting scientific and medical evidence that sugar consumption contributes to an increase in inflammation in the arteries. Simply stated, blockages are formed in areas of inflammation, so it makes sense to avoid inflammation.

Multiple indirect studies link high sugar levels with markers of inflammation and resistance to insulin, which is the body's way of counteracting high sugar.

Obesity is also linked with markers of inflammation. There is an association with obesity and diabetes, both of which increase heart risk. It is not clear if sugar is the direct culprit, but where there is smoke (sugar) there is likely fire.

A growing number of food can be found promoting lower fat content, but be mindful that those foods are frequently endowed with plenty of added sugar. The foods with added sugars are generally less healthy than others. Products containing sugar and corn syrup, like candy and soda are less healthy than their natural sugar



— Jim Breen, staff photo

SWEET STUFF – Consuming sugar products like these can contribute to inflammation of the arteries.

counterparts.

As many people have learned, regular food label inspections are essential to a healthy diet. Yet, even if armed with the best intentions, it can be difficult to calculate added sugars based on labeling information, alone, so here are some tips:

Read the label to look for other names of sugar. Sugar names usually end with the letters “-ose.”

Some popular examples you'll see include fructose, glucose, lactose, maltose and sucrose. A good watch list should also contain high-fructose corn syrup, fruit juice concentrate, honey, malt sugar, molasses, raw sugar, sugar, and syrup.

See **SUGAR**, page B-10

Heart attack? phone 911 immediately

BY **ROBERT S. LEE**
LOS ALAMITOS CARDIOVASCULAR

Despite continued advancements in medicine, heart disease remains the leading cause of death in men and women in the United States, more than cancer, infections or accidents.

The most common type of heart disease is coronary heart disease, or blockages in the blood vessels in the heart. This is also known as atherosclerosis. One out of two men and one out of three women will have coronary heart disease after the age of 40.

If a blockage becomes severe



See **911**, page B-10

Heart disease the No.1 health threat to women

BY **STEVEN T. FORMAN**
CARDIOLOGIST, LOS ALAMITOS

Though heart disease strikes men and women alike, heart disease in women is underappreciated by the general population, and with serious consequences.

In fact, heart disease is the No.1 killer of women.

According to the National Heart, Lung and Blood Institute, one in four women die from it, while one in 30 women die from breast cancer. Heart disease accounts for more deaths in women than all cancers combined.

It is very important to note that the most significant difference of heart disease in women compared to men is the lack of knowledge that women are at high risk and have the same risk factors and similar outcomes as men.

There has been a long-standing impression that heart disease is a man's disease and does not affect women.

That is patently untrue and has led to the failure of properly managing heart disease in half the population.

The risk of heart disease can be reduced. The major modifiable risks are high blood pressure, high cholesterol, diabetes and smoking.

Family history of early heart disease and age are additional risk factors that are obviously beyond our control. High blood pressure, high cholesterol, diabetes and smoking can all be managed with a change in lifestyle and medications, if necessary.

Improvement in our lifestyle is within everyone's grasp and can be distilled down to three easy components:

- Eat right
- Exercise

See **WOMEN**, page B-10



Thank You, Leisure World!

The physicians and staff at **Los Alamitos Cardiovascular** would like to extend a special thank you to our Leisure World patients and their referring physicians for helping us achieve the 37-year anniversary milestone we are celebrating this year. Our practice has always been dedicated to providing the level of care each one of us wants and expects for our own families, and we are committed to continuing that tradition with every patient we see.

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For those of you interested in **Los Alamitos Cardiovascular**, please know that we are currently welcoming new patients. We accept most major insurance plans and Medicare, as well as, Leisure World IPA, Seal Beach IPA, Golden State IPA and Seoul IPA. Our cardiologists are on staff at Los Alamitos Medical Center, Long Beach Memorial Medical Center and Leisure World Health Care Center.

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Should I Be Concerned?

If you answer yes to any of the following questions, give us a call...

- Do you have visible signs of leg veins?
- Do your legs feel heavy, throb or ache?
- Do you experience night cramping or swelling in your legs?
- Do you wear clothes to hide your legs because you feel self-conscious about how your legs look?

Your Legs Made Better

Patient care is provided by Steven T. Forman, MD, on an outpatient basis and right in our comfortable and conveniently located medical suite. Dr. Forman is board certified in Interventional Cardiology, Cardiovascular Disease, and Venous and Lymphatic Medicine.



Finding that elusive fountain of youth

BY STEVEN T. FORMAN, MDF, FACC, FSCAI, RVY
CARDIOLOGIST, LOS ALAMITOS CARDIOVASCULAR

What does it mean to be 50 or 60 or even 90 years old? Everyone will have his or her own answer to such a question. As Mark Twain so aptly said, "Age is an issue of mind over matter. If you don't mind, it doesn't matter."

During my 20 years as a practicing physician, I have cared for patients ranging in age from teenagers to centenarians.

What seems most clear to me is the number of years someone has lived does not define the age that they feel or act.



Dr. Forman

I have seen 90-year-olds who move and act as if they are 50, and 50-year-olds who move and act as if they are 90.

What's the difference? Why are some people so viable at advanced ages, while others deteriorate so rapidly?

There is no simple answer to this question, but a key ingredient is how folks spend their time as they age.

A car silent in the garage that is never driven will age more rapidly than a car that is used and maintained.

The same is true for a human being. A sedentary person will age much faster than an active person, physically, mentally and emotionally.

"To resist the frigidity of old age, one must combine the body, the mind and the heart," said Alan Bleasdale, an English television dramatist. "And to keep these in parallel vigor one must exercise, study and love."

The truth in his words should be seized and acted upon by everyone.

Regular exercise has been shown in multiple studies to improve physical and mental ability with age. It lowers blood pressure, improves cholesterol, decreases diabetes and reduces mental stress; all of which lower the risk of heart disease and stroke.

Current recommendations, as described in the U.S. Department of Health Physical Activity Guidelines, are for all adults to avoid inactivity. Adults should do no less than about 30 minutes of aerobic exercise weekly and muscle strengthening activities at least two days a week.

Research has also demonstrated that such activities as word puzzles and math problems, stimulate new connections between nerve cells and may even generate new ones.

In addition to physical and mental activities, strong social ties have been associated with lower blood pressure and longer life expectancy.

In a study conducted over a nine-year period and published in 1979, Lisa Berkman showed that people with strong ties were three times less likely to die than those who had limited interpersonal contact.

The type of social tie was not relevant. It could be family, friends or community attachments.

Perhaps the answer to staying young is not so complicated, and we do not need to find the proverbial fountain of youth.

The magic elixir requires the proper mix of physical activity, mental activity and human contact.

Dr. Forman joined Los Alamitos Cardiovascular in 1999 and has been its managing partner since 2005. He is also director of Performance Vein Institute of Los Alamitos. On staff at the Health Care Center in Leisure World, Dr. Forman is also active at Long Beach Memorial and Los Alamitos Medical Centers. For more information visit www.losalcardio.com.



— Jim Breen, staff photo

DOUBLE DOSE — This 77-year-old man had double cataract surgery in consecutive years, effectively restoring his vision to a perfect 20-20 after 68 years of myopic astigmatism.

Prevent Blindness America

24 million Americans over age of 40 have a cataract

Vision plays an important role in daily life—every waking minute, the eyes are working hard to see the world around us.

In fact, according to a report from Prevent Blindness America, there are currently 24 million Americans age 40 and older who have a cataract.

Their eye functions much like a camera. The natural lens focuses images onto the back of the eye for clear sight, much like the lens of a camera focusing images onto film for a clear picture.

At birth, the natural lens is clear, but it yellows and hardens with aging. If vision seems cloudy, or if glare is a sudden problem, it might be cataracts.

Cataracts are usually a result of the natural aging process. Everyone over the age of 60 will at some point develop cataracts. As the lens becomes cloudier, vision becomes more blurred.

Symptoms that could indicate the presence of a cataract include:

- A gradual dulling of colors, halos around lights or glare when driving

- Difficulty reading in low light
- Blurred or double vision

- A frequent need to change your prescription for eyeglasses

A cataract can progress until eventually there is a complete loss of vision.

Surgery should be considered when cataracts cause enough loss of vision to interfere with daily activities.

Those experiencing cataract symptoms should be evaluated by an optometrist. During cataract surgery, the cloudy natural lens will be removed and a clear lens implant will be inserted in its place to restore post-surgery vision.

Most people experience a change in vision around the age of 43. It may be difficult to read menus or credit card statements in a dimly-lit restaurant.

This condition is called presbyopia and comes from the gradual hardening of the lens in the eye. As people age, the lens doesn't flex well to shift focus between distance and near. Ergo, reading becomes difficult without magnification.

Presbyopia afflicts everyone over the age of 43, and typically precedes cataract development by several years.

Advanced lens implants improve vision after cataract surgery and allow people to spend most of your day without glasses or contacts.

In many cases, lifelong poor vision is restored to 20-20 after a second cataract surgery.

— From the National Eye Institute

Calling LW Health Care Center? Dial Direct, 493-9581

Medicare Annual Enrollment Period is here.

If you are looking to change your Medicare plan for the new year, this may be your only chance!

Don't delay, the annual enrollment period ends on December 7.

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To schedule a personal benefit review please call:



Carla Ibarra
714-334-4719
License #0142804

Check out my short video at: cibarra.onlinehealth.news

Calling this number will direct you to a licensed insurance agent. Medicare has neither reviewed nor endorsed this information.



Eye Care

Sight saving tips

According to the National Institutes of Health, 1.75 million people in the country have age-related macular degeneration. The Glaucoma Research Foundation reports that 2.2 million have glaucoma, the leading cause of blindness.

Vision is so important, yet it is something people pay little attention to preserving, at least until problems arise that affect their vision.

Here are a few steps to take to protect their sight:

- Focus on health. Live a healthy lifestyle, which includes eating a well-balanced healthy diet and getting plenty of exercise and sleep. That can go far toward helping keep healthy eyes.

- Understand the connection. It is important to understand that there is a connection between being healthy and protecting your health. For example, one of the biggest risk factors for getting glaucoma is being diabetic.

- Choose wisely. Those who want to work with a physician to meet their vision needs should seek out one that is qualified to offer alternative therapies. Leisure World residents can avail themselves of a complete package of eye care services at the Health Care Center.

— From Centers for Disease Prevention and Glaucoma Research Foundation



Bev Bender

Laughter for Health

Bender back for a few laughs on Nov. 9 at HCC

Bev Bender will bring her laughter program back to the Health Care Center at 1:30 p.m. on Wednesday, Nov. 9. Laugh your way to better health.

Bender says that laughter is the best medicine with only positive side effects.

Those who attend will do laughter exercises to make them more energetic and healthier.

The program is guaranteed to be uplifting. Bender will demonstrate how easy it is to have fun in a not-so-funny world.

Bender is a gerontologist and certified laugh leader.

All residents are invited to attend and bring a friend.

For more information, call her at 594-9148.

Meals on Wheels, LB

Meals on Wheels of Long Beach, Inc. (MOWLb), a non-profit group, delivers a variety of home-cooked meals to Leisure World shareholders; cost, \$7.50 per day, \$37.50 per week. Meals are delivered between 10:30 a.m.-12:30 p.m. Apply by phone or online. Contact Lisa Valdez at 433-0232 or visit www.mowlb.org. Call 439-5000 before noon to cancel orders for the following day. Menu subject to change without notification.

Monday, Nov. 7: Chili rubbed fish with tartar sauce, macaroni and cheese, zucchini and tomatoes, tropical fruit cup, egg salad sandwich with lettuce and tomato, cucumber, red onion and dill salad.

Tuesday, Nov. 8: Teriyaki chicken breast with pineapple and green peppers, steamed rice, oriental vegetables, carrot cake, turkey and obb salad with egg, tomato, bacon, blue cheese dressing and crackers.

Wednesday, Nov. 9: Oven roasted chicken leg quarter, mashed sweet potatoes, roasted zucchini, Jell-O with fruit cocktail, egg salad sandwich with lettuce and tomato, German potato salad.

Thursday, Nov. 10: Roast beef with gravy, au gratin potatoes, roasted bell peppers and onions, vanilla pudding with cookie, chicken salad wrap sandwich with lettuce and tomato, quinoa salad.

Friday, Nov. 11: Closed for Veteran's Day.

CLASSES

From page B-2

For more information, call 493-6719.

Stick, Qigong, Tai Chi Club

Stick exercises, qigong and tai chi chih classes are held from 9:15-11 a.m. on Tuesdays in Clubhouse 3, Room 1.

For more information, call Joann Mullens at 596-3936.

Upper Body Strength Class

One-hour classes are offered from 11:15 a.m.-12:15 p.m. on Tuesdays and Thursdays in Clubhouse 6. (Participants do not have to go both days).

The fee is \$4 per class, payable at the start of the month, or \$5 a class for those who do not attend regularly.

All levels of ability are welcome.

For more information, call Dorothy Anderson at 493-0609.

Beginning Yoga

Classes are offered from 10:30-11:30 a.m. on Wednesdays in Clubhouse 3, Room 6, and at the same time on Fridays in Clubhouse 3, Room 7. Bring mats. The fee is \$5 a class.

For more information, call Patti Endly at 430-7291.

Feeling Good Exercise

Move to the music from 9:30-10:30 a.m., Mondays and Thursdays, in Clubhouse 1. The fee is \$3 a class and the instructor is Sarah Grusmark.

People of all fitness levels are welcome.

For more information, call Cathleen Walters at 598-9149.

Seniors Keeping Fit

Low-impact cardio dance and hand weight classes are held at 6 a.m., Tuesdays and Thursdays, in Clubhouse 6.

Workouts include stretching, aerobic exercises and strength training to exercise DVDs. No fees are required.

For more information, call (310) 489-2390.

Read The News on the Internet at www.lwsb.com

Senior Meals

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a weekly hot meals program at the North Seal Beach Community Center, 3333 St. Cloud Dr. The center is open from 9 a.m.-2 p.m., Monday-Friday. Lunch is served weekdays at 11:15 a.m. Arrive by 11 a.m. to check in at the front desk. Reservations are not needed. Sugar-free desserts offered on request. Suggested donation, \$3 for seniors 60 and older; \$5 for all others. For more information, call 430-6079.

The Los Alamitos senior lunch and bread program offers the same menu from 11:15-11:30 a.m., Monday-Friday, at the Los Alamitos Youth Center, 10909 Oak St. Suggested donation: \$3-\$5 for seniors, \$5 for people 59 or younger. For reservations, call 430-1073, ext. 526. Bingo played Monday, Wednesday and Friday. The month's menu is posted on bulletin boards in each clubhouse.

Monday, Nov. 7: Sweet and sour chicken with brown rice, Oriental vegetable blend, Mandarin oranges.

Tuesday, Nov. 8: Tortilla soup with tortilla chips, taco salad with ground beef, tomatoes, cheese, corn, black beans and diced peppers, flour totilla, sugar-free custard.

Wednesday, Nov. 9: Baked ziti, mixed green salad with diced beets, vinaigrette dressing, whole grain bread, pineapple chunks.

Thursday, Nov. 10: Roast beef and gravy, scalloped potatoes, chef cut vegetables, Parker House roll and margarine, apple pie and ice cream, diet apple crisp.

Friday, Nov. 11: Both facilities closed for Veterans' Day.

Dr. Seza Barsamian

Dentist provides free services Nov. 10

Dr. Seza Barsamian will provide free dental X-rays, a complete check up and regular dental cleaning for retired veterans who live in Seal Beach or Los Alamitos.

Services will be provided on Thursday Nov. 10, by appointment only. Call 596-4439 to reserve a time.



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CVD

Cardiovascular disease is one of the leading killers of senior citizens

One of the leading killers of senior citizens is cardiovascular disease (CVD). A new study says pleas for help fall on deaf ears.

The elderly are something like that old pair of shoes, worn-looking, a few nicks and a little wrinkled.

They could probably be fixed up for another good season, but is it really worth the effort?.

Prevention of cardiovascular problems in senior citizens presents a challenge because this age group the fastest growing in the world, is generally underrepresented in clinical trials.

Doctors often assume that its too late to initiate preventive therapy in the elderly.

A review by clinical experts of the best available evidence concluded that cholesterol-lowering and blood pressure-controlling therapy are the most effective treatments for reducing cardiovascular events in older adults. That treatment, however, needs to be individualized.

Primary prevention trials in younger populations demonstrate small absolute risk reductions over many years, which is difficult to extrapolate to older patients.

Some assume elderly individuals may not have the life



SENIOR MOMENTS – Experts claim that therapy to lower cholesterol and blood pressure is the most effective to treat cardiovascular events in elderly adults.

expectancy to benefit from preventive cardiovascular therapy; however, their baseline level of risk, and subsequent relative risk reduction with appropriate therapy, may actually be higher

than in younger patients.

The review provided substantial evidence:

- Statin (are a class of lipid-lowering medications) therapy reduces the risk of myocardial infarction and stroke, although close monitoring of adverse events is needed.

Evidence does not support an association between cholesterol-lowering statin therapy and either cognitive impairment or cancer. Adverse effects do not appear to be elevated in elderly patients.

- Potential drug-drug interactions are an important consideration when prescribing statin therapy in older patients because they have a high burden of concurrent medical conditions and often take multiple medications.

- Blood pressure control is important to prevent cardiovascular events and mortality in elderly patients, although the target should be individualized to the patient.

Current evidence supports a moderate blood pressure target (systolic blood pressure of 120-150 mmHg) as safe and effective.

Other interventions shown to reduce the risk of CVD include smoking cessation and maintaining a normal body weight.

– Senior Journal.com

CDC

Proactive steps can be taken by seniors to reduce the risk of falls

Research by the Centers for Disease Control and Prevention shows that falls are the leading cause of fatal and nonfatal injuries to seniors.

Through a combination of technology solutions and lifestyle choices, seniors can be prepared for the event of a fall, as well as take proactive measures to decrease the likelihood of falls.

Medical alert devices can provide access to a response center to contact emergency help in the event of a fall.

Time between the fall and getting medical attention mat-

ters. Studies show that seniors using a medical alert device saw an emergency response time more than 320 times faster than seniors having to call for help on their own.

Staying physically and mentally active can help prevent falls. To begin and maintain this activity, here are three recommended steps seniors can take to support an independent and healthier life:

- Establish a regular fitness regimen. Sedentary lifestyles can gradually cause poor flexibility, loss of strength and decreased bone mass, all of which will

increase the chances of falling. Establishing a consistent fitness routine will put the body in better shape and make exercise easier as you get older.

- Listen to the doctor and take the medications prescribed. Eighty-seven percent of adults 65 or older take at least two medications and 42 percent take five or more.

With long lists of medication, adherence can be difficult, but it's vital to follow all directiveness.

- Stay social in the community. Although many older Americans value their independence, it's important to be social and surrounded by others.

That will help lower the chances of depression, and make seniors you happier through the aging process.

For more information about aging well and learning how you can prevent falls, visit www.lifeline.philips.com.



FALLS – Tumbles by seniors have become all too common.

Health Tips

Age can be a factor in back pain

Back pain is an all-too-familiar problem that can range from a dull, constant ache to a sudden, sharp pain that leaves people incapacitated.

It can come on suddenly from an accident, fall, or lifting something too heavy – or it can develop slowly, perhaps as the result of age-related changes to the spine.

At some point, back pain affects an estimated 8 of 10 people. It is one of our society's most common medical problems.

Although anyone can have

back pain, a number of factors increase your risk.

They include:

- Age: The first attack of low back pain typically occurs between the ages of 30 and 40. Back pain becomes more common with age.

- Fitness level: Back pain is more common among people who are not physically fit. Weak back and abdominal muscles may not properly support the spine. Studies show that low-impact aerobic exercise is good for the discs that cushion the vertebrae,

the individual bones that make up the spine.

- Diet: A diet high in calories and fat, combined with an inactive lifestyle, can lead to obesity, which can put stress on the back.

- Heredity: Some causes of back pain may have a genetic component.

- Race: African American women are two to three times more likely than white women to develop spondylolisthesis, a condition in which a vertebra of the lower spine – also called the lumbar spine – slips out of place.

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VOTE

From page B-1

including e-cigarettes. The revenue from the additional \$2 would be allocated to physician training, prevention and treatment of dental diseases, Medi-Cal, tobacco-use prevention, cancer, heart and lung diseases, and school programs focusing on tobacco-use prevention and reduction.

California's tobacco tax is the 37th highest tax in the nation. The average tax is \$1.65 per pack. The federal government also levies at \$1.01 tax per pack.

Prop. 56 is sponsored by the American Cancer Society Cancer Action Network, American Lung Association of California and American Heart Association.

Supporters claim that each year, tobacco causes more deaths (40,000) than guns, car accidents, HIV, alcohol, and illegal drugs combined.

The new revenue will replace funds lost due to lower tobacco consumption resulting from tax increase; use next 5 percent of revenue to pay the costs of administering the tax; allocate \$48 million to enforcing tobacco laws, \$40 million to physician training to increase the number of primary care and emergency physicians, and \$30 million towards preventing and treating dental diseases and \$400 thousand to the state to audit funds from the new tax. It would also allocate 82 percent of remaining funds towards services related to Medi-Cal, 11 percent of remaining funds towards tobacco-use prevention, 5 percent of remaining funds towards research into cancer, heart and lung diseases, and 2 percent toward school programs focusing on tobacco-use prevention and reduction.

The California Democratic party supports the initiative, while the California Republican, Libertarian and California Peace and Freedom Party parties oppose.

Opponents believe Proposition 56 would hike insurance company and special interest group profits more than it would fund treatments for smoking related illnesses. Only 13 percent would be used to prevent youth

smoking and would cheat schools out of at least \$600 million per year.

Cigarette tax increases have failed 17 times in the legislature, testimony to the clout of the tobacco industry.

• **Proposition 60.** Adult Films. Condoms. Health Requirements. Initiative Statute.

Passage would require the use of condoms and other protective measures during the filming of pornographic films, as well as requiring producers to pay for certain health requirements and checkups.

Prop 60 would require adult film producers to provide condoms and ensure that performers use them during performances. The proposition would hold pornographers accountable for work safety and health, by closing loopholes and improving enforcement of existing law.

The costs of performers' workplace-related medical examinations, sexually-transmitted infections (STI) tests, and STI vaccines would be covered by film producers under the measure.

The proposition would only hold adult film producers, director, and agents accountable, not adult performers.

Supporting Proposition 60 is the California Peace and Freedom Party.

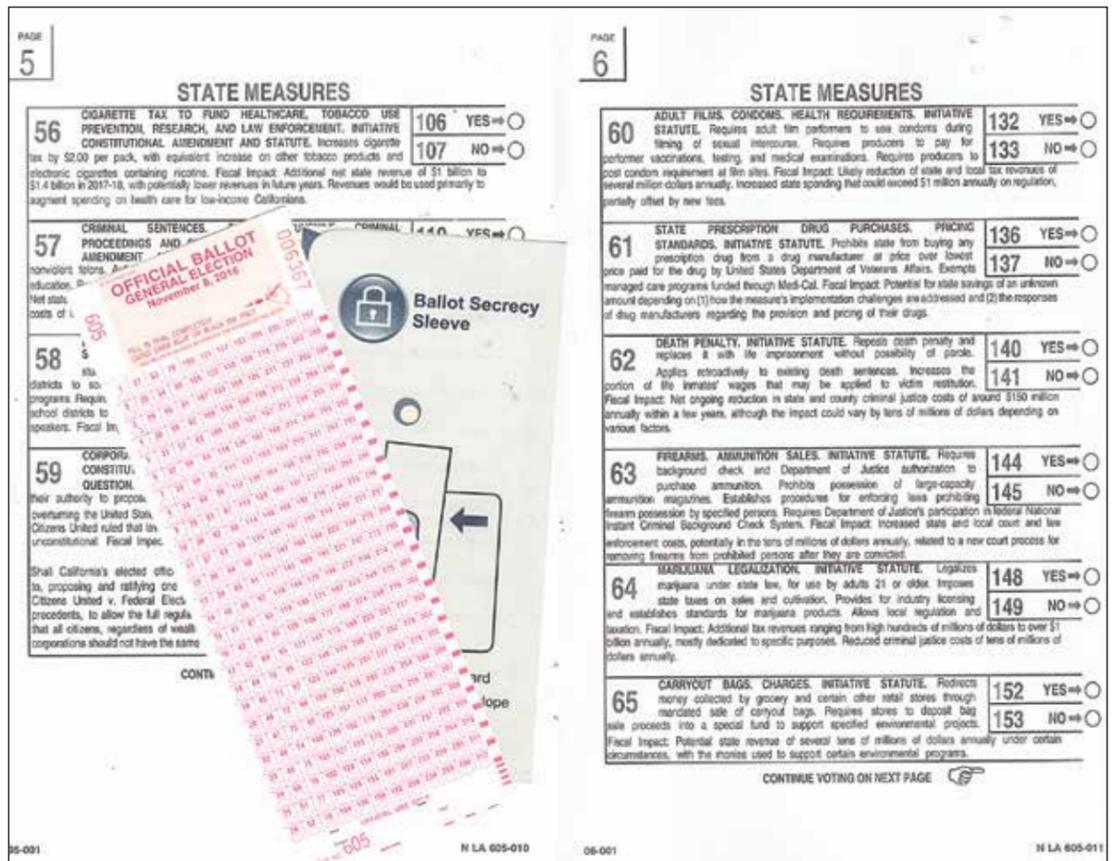
Opposing are the Democratic, Republican and Libertarian Parties.

• **Proposition 61.** State Prescription Drug Purchases. Pricing Standards. Initiative Statute

Prop. 61 was designed to restrict the amount any state agency would pay for prescription drugs, tying it to the price the U.S. Department of Veterans Affairs (USDVA) pays for the same medicine.

The measure applies when the state provides funding for the purchase of the drugs, including those provided through health care coverage for low-income residents, current and retired state employees and prison inmates. Only 12 percent of Californians would be effected by the measure.

The measure doesn't apply to purchases made by individuals



— Cathie Merz, staff photo

VOTERS in Californian will be asked to decide on 18 propositions on the Nov.8 ballot, including five health-related initiatives.

and exempts certain purchases of prescription drugs funded through Medi-Cal.

Prop 61 is one of the most expensive ballot measure battles in 2016.

The combined amount of money raised by the support and opposition campaigns reached \$101.4 million as of Oct. 2.

Spending on specialty medications, such as those used to treat HIV/AIDS, Hepatitis C, and cancers, are rising faster than other types of medications.

The measure places no obligations on manufacturers to offer prescription drugs to the state at the lowest price.

The AIDS Healthcare Foundation is a prominent financier of the campaign, which is also supported by the California Peace and Freedom Party.

The opposition consists of the Republican and Libertarian parties, the California NAACP and most major pharmaceutical companies.

• **Proposition 64.** Marijuana Legalization. Initiative Statute

Passage would legalize recreational marijuana and hemp under

state law and establish sales and cultivation taxes.

Consumers 21 years or older, would be allowed to possess, use, transport and cultivate small amounts of concentrated marijuana for recreational purposes.

Smoking would be permitted in private homes or at a business licensed for on-site marijuana consumption.

Smoking would remain illegal while driving a vehicle, anywhere smoking tobacco is prohibited and in all public places.

Individuals would be permitted to grow up to six plants within a private home, as long as the area is locked and not visible from a public place.

The measure protects small growers from corporate farming and the environment from abusive growers by preventing licenses for large-scale marijuana businesses for five years.

The proposition would generate tax revenue, decrease law enforcement costs and provide funding for various programs.

The initiative designates the Bureau of Marijuana Control to license and regulate the industry.

A 15 percent excise tax on retail sales would be imposed in addition to a \$9.25 per ounce tax on flowers and \$2.75 per ounce on leaves.

The taxes would be adjusted for inflation starting in 2020 and local governments would be authorized to levy additional taxes on marijuana as well.

Most of the revenue would be used to cover costs of administering and enforcing the measure and for drug research and treatment.

The measure also includes sentencing reforms that eliminate or reduce most marijuana offenses.

California was the first state to legalize medical marijuana by passing Proposition 215 in 1996, and it is estimated that the state's marijuana farms produce 60-70 percent of all pot consumed in the country.

The Democratic and Peace and Freedom parties endorsed the proposition, along with the California ACLU.

The Republican and Libertarian parties are opposed.



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Golden Age Foundation
"Making an impact since 1973"

For information on the foundation's services to the Leisure World community, please visit our website at www.goldenagefdn.org. You can also reach us at 562-431-9589.

Safety First

No matter the time of day, walk safely in LW

(Editor's note: Eloy Gomez reminds walkers and joggers seeking a healthier life with exercise to be careful on their runs through LW).

BY ELOY GOMEZ
SAFETY/EMERGENCY COORDINATOR

November is finally here and along with it cooler weather, perfect to begin your walking or jogging routine or even to go for the occasional healthy walk around the community.

Unfortunately along with the cooler weather come shorter days and longer nights. For many, the most practical time to exercise is in the early morning hours, on your daily routine or late in the evening after work.

Let's review a few safety tips to keep safe and healthy this fall and winter seasons.

- **Be Visible.** Make sure you're visible to drivers at all times and make eye contact with them whenever possible. This is especially important at night, in low-light conditions such as dusk or dawn. Wear lightly colored or reflective clothing at night or a safety vest with reflective stripes will help you be seen.

- **Stay in well-lit areas** when possible, especially when crossing the street. Clip-on lights are ideal for area with pool lighting. If possible, make eye contact with drivers in stopped vehicles to ensure they see you before you cross in front of them.



Eloy Gomez

- **Stay Alert.** Distractions are everywhere today and becoming more and more difficult to avoid. Remember that, as a pedestrian, your eyes and ears are your best tools for keeping safe. Stay alert and watch out. Put down your phone, handheld radio and leave electronic devices such as an MP3 player at home. You will be more likely to hear oncoming traffic, dogs, etc., when you are not listening to music or talking on the phone.

- **Leave the headphones at home.** Your ears will tell you a lot about what is happening around you.
- **Follow the rules.** Know and follow all traffic rules, signs and signals. Residents should also be aware of the rules drivers of vehicles must follow to properly anticipate what drivers will do. Never assume a driver will give the pedestrian the right of way. Make every effort to make eye contact with the driver of a stopped or approaching vehicle before entering the roadway.

- **Walk in safe places.** Be familiar with your route, stay on sidewalks whenever possible and always use crosswalks when crossing the streets. Be aware of cyclists, scooters or golf carts on sidewalks. Watch for tripping hazards such as debris particularly around construction areas.

And finally, make sure to use the "buddy system" inviting a friend or a neighbor to walk with you. It is safer and you will have someone to chat with.

SUGAR

From page B-5

For most American diets, sodas constitute a disproportionate amount of calories. A typical 12-ounce can of soda meets an average person's total, daily maximum requirement for added sugar.

Recommendations from the American Heart Association:

Added sugar: Aim for less than 100 calories a day for women, and 150 calories a day for men. That equates to six teaspoons of sugar for women and nine for men.

- **Sugar substitutes:** Though they typically contain no calories, there is limited information to make very definitive recommendations. Small amounts are generally regarded as safe, however, excessive use is not recommended.

Plant-based foods should make up a significant portion of the diet. If it looks like it did when it came from the ground, it is probably good for you.

Fresh fruits and vegetables are generally healthy, but remember many fruits do contain excessive amounts of sugar. Beware of blended drinks especially fruit-based smoothies.

With the upcoming holiday season coming, go easy on sugar consumption. Keep the heart strong and lives naturally sweet through healthy diet, regular exercise and the best sweetener of all, laughter.

In addition to his full-time duties as a cardiologist at Los Alamitos Cardiovascular Dr. Witter is is Assistant Clinical Professor at the David Geffen School of Medicine at UCLA. He and his Los Alamitos Cardiovascular colleagues are on staff at the Health Care Center. For more information, go to www.losalcardio.com.

CDC

Melanoma the most common form of cancer

Skin cancer is the most common form of cancer in the United States, according to the Centers for Disease Controls and Prevention (CDC.) Last year, there were more than 65,000 cases of melanoma, the most deadly form of skin cancer.

The disease can spread to other parts of the body and causes over 9,000 deaths every year.



WORKING TO STAY FIT – It's never too late in life to rebuild lost muscle, then maintain it.

Losing muscle is all part of the aging process

Age-related muscle loss, called sarcopenia, is a natural part of getting older.

After the age of 30, men begin to lose as much as 3-5 percent of their muscle mass per decade. In fact, most men will lose about 30 percent of their muscle mass during their lifetime.

Less muscle means greater weakness and less mobility, both of which may increase a person's risk of falls and fractures.

But just because a man loses muscle mass does not mean it is gone forever, according to Harvard Men's Health Watch.

"Older men can increase muscle mass lost as a consequence of aging," said Dr. Thomas W. Storer, director of the exercise physiology and physical

911

From page B-5

enough to prevent sufficient blood flow and oxygen delivery to your heart muscle, it can cause a heart attack. Heart attacks are unfortunately very common, with one occurring every 34 seconds in the United States.

Most heart attacks have gradual warning signs that worsen over days. The most common sign is pain or discomfort in the middle of your chest that typically happens with activity and lasts for several minutes.

Many patients have described the discomfort as a "pressure-like" or "squeezing" sensation. Other possible signs that can occur with the chest discomfort include trouble breathing, nausea, sweating, or feeling like the discomfort is spreading to your arms, jaws or back. However, it is important to remember that heart attacks can vary in how they

make people feel, particularly in women and people with diabetes.

If you have any concerns, be sure to discuss them with your physician.

In about a quarter of cases, the signs of a heart attack can occur very suddenly and severely, which is a possible indication that a blood vessel developed a complete blockage abruptly rather than gradually.

This is the most dangerous kind of heart attack and requires urgent medical attention since these patients do much better the sooner they can get to the hospital.

Continuing research is being dedicated to finding faster ways to identify and treat these patients. Studies have shown that those that call 911 have better outcomes. Paramedics can then quickly determine whether someone is having this type of severe heart

function lab at Harvard-affiliated Brigham and Women's Hospital. "It takes dedication and a plan, but it is never too late to rebuild muscle and maintain it."

One of the best ways to build muscle mass is progressive resistance training, or PRT, which gradually increases workout volume—weight, reps, and sets—as strength and endurance improve. That approach builds muscle while helping to avoid exercise plateaus.

Diet is equally important. Research suggests older adults need higher amounts of protein in their diets, which the body breaks down into amino acids to use for muscle growth.

— From Harvard University Medical School.

attack.

They can start administering life-saving medicines and head to the closest hospital that has the full capabilities to offer the best options for treatment.

Paramedics can also call ahead to the receiving hospital to alert emergency doctors and nurses.

Some cities even have systems in which cardiologists are also notified prior to the patient's arrival in case a special procedure to treat the heart attack, called angioplasty, is needed.

These systems can save valuable minutes in order to achieve the best possible results for the patient.

Like any illness, the best way to treat heart disease is to prevent it from happening.

This means making sure that your risk factors, such as high blood pressure, diabetes, and cholesterol, are under control. A healthy diet, maintaining a good weight, and daily exercise are musts.

Quitting smoking at any age can dramatically decrease your risk for heart disease.

But if you think you might be having a heart attack, you will want to find out as soon as possible so that you can start receiving treatment earlier.

And often, that can begin with calling 911.

Robert S. Lee, MD, joined Los Alamitos Cardiovascular in 2013. He is board certified in Internal Medicine, Cardiovascular Disease, Interventional Cardiology, Echocardiography and Nuclear Cardiology. He is active at Long Beach Memorial and Los Alamitos Medical Centers. Dr. Lee is on staff at the Health Care Center.



— Jim Breen, staff photo

BUMPY ROAD — This crooked finger indicates osteoarthritis.

Arthritis

Bones rubbing together the result of cartilage loss

BY DIANE GEBEL
HCC ADMINISTRATOR

Arthritis is the term used to refer to joint pain and joint disease, and there are more than 100 types. Osteoarthritis, also referred to as degenerative joint disease, is the most common.

Osteoarthritis is caused when cartilage between the bones within a joint wears down.

Cartilage is the smooth, flexible connective tissue that provides cushioning and allows the bones to move smoothly. But over time, or through repetitive use or injury, the cartilage may break down or wear away. When it does, the ends of the bones may start rubbing against each other.

That may cause:

- Tenderness, swelling and stiffness
- Loss of movement, range of motion
- Muscle weakness and coordination
- Redness, or warm at the touch

Osteoarthritis commonly occurs in the hands, feet, knees, hips and spine. (See photo above).

In addition to causing chronic pain, osteoarthritis in the hips and knees may make it difficult to walk, climb stairs, or perform daily activities.

Common symptoms of osteoarthritis in the hip include:

- Pain in the groin, down the front of the thigh or knee
- Stiffness and limping
- “Creaking” or “cracking” when walking
- Feeling that one leg is shorter than the other

Patients with arthritis in the knee often report pain over the joint line and in front of the knee, swelling and a general weakness.

Residents who experience joint pain or swelling should schedule an appointment with their primary care doctor.

Some types of arthritis require highly specialized treatment. For example, rheumatoid arthritis requires care coordinated by a rheumatologist.

During the evaluation, a doctor will evaluate symptoms, health history and family history, and perform a physical exam.

Depending on the symptoms, blood tests, X-rays or an MRI may be ordered.

A doctor may recommend some of the following treatments to manage symptoms, including:

- Lifestyle modifications. Minimize the activities that cause pain
- Weight loss. That reduces pain and pressure on the joint
- Physical therapy or exercise. An effective way to strengthen muscles and improve flexibility
- Use of such devices as a walker or cane
- Heat or ice applied to the sore area
- Medication. Over-the-counter remedies or prescription drugs

More invasive treatments for the knee may include injections of artificial cartilage or arthroscopic surgery. That cleans out debris or repairs torn cartilage

Joint replacement surgery may be recommended for more severe symptoms, especially those causing mobility problems or affecting quality of life.

The Health Care Center’s orthopaedic surgeon provides specialty consultation at the HCC. For more information, call 493-9581.

MEDICARE

From page B-1

program in Leisure World, are ready to help new enrollees and existing recipients choose the best Medicare options for them. Counselors can also advocate for recipients with unresolved problems, file grievances in their behalf and follow up.

Since January, HICAP has had an office in Clubhouse 5 to make it more convenient for residents to take advantage of Medicare and other programs that help with prescription drugs, food and utilities.

The Golden Age Foundation, Leisure World’s own self-help group, funded eight hours a week of counseling this year. The Golden Rain Foundation provided the office space in Clubhouse 5.

Everybody should know more about getting the most out of their Medicare benefits,” said Walton. “There are more benefits available than most people understand.”

Over a seven-year period from March 2009-March 2016, BECs across the country have helped 378,221 older Americans and people with disabilities with 578,969 applications for benefits estimated to be worth over \$1 billion, reports the National Council on Aging.

For more information on HICAP in Leisure World, call 472-0275 or email HICAP_LWSB@coaoc.org.

Loma Linda survey

Study links soya to thyroid problems

A recent study conducted at Loma Linda University links the consumption of large amounts of soya products to adverse effects on thyroid function in women.

The study, completed at Loma Linda’s School of Public Health Center for Nutrition, Healthy Lifestyle and Disease Prevention found an association between soya food intake and elevated serum thyroid-stimulating hormones (TSH) only in women.

Women have more prevalent thyroid disease than men and may be more susceptible to effects of goitrogens or anti-thyroid environmental factors. This is especially true during perimenopause and menopause.

The research suggests that high intakes of soya give some evidence of an adverse effect in women, particularly those that for other reasons may already have a borderline underactive thyroid.”

The study involved 548 women and 295 men, all of whom completed six repeated 24-hour dietary recalls within six months.

Soya protein and soya isoflavone intakes were estimated, and their relationships to TSH con-



SOYA BEANS These tender warm-weather legume grow best in soil warmed to 60 degrees.

centrations measured at the end of six months were calculated.

Some of the benefits of soya food consumption include the lowering of serum LDL cholesterol levels.

Soya foods have also been proposed to alleviate menopausal symptoms, promote bone health,

reduce cardiovascular risk and protect against cancer.

Despite these beneficial attributes of soya protein and isoflavones, eating large amounts of soy is not without debate.

Isoflavones may adversely affect thyroid function.

Poor fitting shoes could mean bunion surgery

Bunion surgery is not a minor procedure so it should be considered for the right reason.

A bunion is the bony “bump” one sees that looks unsightly and is irritated by wearing shoes. There may be a time when it becomes difficult to find shoes that will fit comfortably.

Bunion or hallux abduct-ovalgus deformity is a mis-alignment of the big toe joint caused by faulty foot mechanics. Shoes do not cause bunions but can make them more painful.

Pain in the big toe joint itself is a reason for an exam since the misaligned big toe joint can be-



come arthritic. A big toe that drifts toward the second toe is a reason to consider bunion surgery.

People should not seek surgical treatment for a mild bunion but it is better not to wait until the deformity is severe.

There are more than 30 bunion procedures to consider. Some work better for specific patients and for particular types of bunions.

The correct choice of procedure may be more important than the technique itself in obtaining

the correct results.

Seek out a podiatric surgeon that is experienced with a wide range of procedures and is familiar with the latest techniques.

There is a myth that bunion surgery is painful.

No surgeon can guarantee a painless procedure and there is a wide range of pain tolerance among people.

But modern techniques in bunion surgery and pain control should allow the procedure to be performed with a minimum of discomfort.

The vast majority of current techniques in bunion surgery are ambulatory, so walking is allowed immediately after surgery.

Pain and loss of range of motion in the big toe joint may occur with a bunion but is more commonly called “hallux rigidus” in which long-term misalignment causes the cartilage on the big toe joint to wear out.

American Heart Association

AHA stresses vegetables, fruit in diet

The American Heart Association (AHA) recommends a diet that emphasizes intake of vegetables, fruits, and whole grains.

It emphasizes:

- A variety of fruits and vegetables
- whole grains
- low-fat dairy products,
- skinless poultry and fish
- nuts and legumes
- non-tropical vegetable oils

Limit saturated fat, trans fat sodium, red meat, sweets and sugar-sweetened beverages in the diet.

For those who choose to eat red meat, compare labels and select the leanest cuts available.

The right number of calories to eat each day is based on age and whether a person is trying to gain, lose or maintain weight.

The daily allotment of calories could be used on a few high-calorie foods and beverages, but people probably wouldn’t get the nutrients the body needs to be healthy.



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- Silver membership - \$250
- Gold membership - \$500

Here's how to become a member:

- Cut out the application below and take it to the Hospitality Center in Clubhouse 6 any weekday between 9 A.M. and 11 A.M. or
- Mail your application to the Golden Age Foundation, P.O. Box 2369, Seal Beach, CA 90740
- Make your check payable to Golden Age Foundation
- Membership contributions are tax deductible. The Foundation's tax ID # is 23-7273105



- Annual renewal notice will be sent/membership card on request
- Prior Lifetime memberships honored

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* Visit our new website at www.goldenagefdn.org to see all our current programs and projects.
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