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SAFER AT HOME

Times Like These

Community Unity in Action

“Now, we can get through this thing all right. We’ve got to stick together, though. We’ve got to have faith in each other.”
– George Bailey, “It’s a Wonderful Life”

Leisure World residents stick together in times of trouble. People are reporting acts of kindness as neighbors reach out to help one another. Anonymous gifts show up on patios; and people are sharing food with neighbors in need and posting tips online on how to navigate obstacles associated with the COVID-19 crisis. Send your stories to rutho_news@lwsb.com and we’ll run them in next week’s Acts of Kindness column.

Joe Osuna of Mutual 15
A couple lives a few doors away. The wife is blind, and he is visually impaired so they don’t drive a car. They told me they were low on toilet paper. My wife and I went to four stores and could not find any. I posted the story on Facebook. Later my doorbell rang a couple of times. When I answered it, there was a beautifully wrapped package. It was a large soft package. I got it inside, opened the card and saw it was from a resident of my mutual (who wants to remain anonymous). Inside was a 12-roll, family-size package of extra strength toilet paper, a very valuable and coveted commodity. My neighbor couple ended up with that generous gift.

Sandy Wells of Mutual 6
My husband was in need of a walker. I posted a request on Leisure World’s Facebook page. The number of people who responded was overwhelming. The next thing I saw were two people riding in on a “white horse” via their golf cart with a walker in tow! Jack and Bev Nevins, you are such a blessing to our community, always willing to help. Others who responded include Jose Osuna, Mary Milhone, Elaine Walker, Guia Starks and Rabbi Galit Levy Slater—thanks to each one of you. We live in a wonderful community full of neighbors who truly care for one another.

Juanita Townsend of Mutual 10
I have received so many calls from people to see if I need help. It brings tears to my eyes when I think of it. Don Craig, a board member with the Impaired Vision and Hearing Club, said if I need anything, he will help me. He doesn’t drive, riding his bicycle everywhere instead, but all I have to do is call him. People have stopped by with fruit and called to see if I need groceries. I’m so blessed. I bought a Golden Age Foundation brick a few years ago and it says “Thank you Leisure World, What a Life,” and that is truer for me than ever before. In the middle of a crisis, so many people have reached out to me.

KINDNESS, page 13

CORONAVIRUS

Movement restricted in state

Traveling outside of home allowed only for food, medical care and exercise



The Administration Building, normally bustling with activity, looks deserted. The Golden Rain Foundation and all its facilities were closed to the public starting last week and staff has been reduced to those deemed essential to operations. On March 19, Gov. Gavin Newsom ordered all residents to stay at home, especially older people who are more susceptible to COVID-19, the disease caused by the coronavirus.

From the GRF Executive Director

Your safety is our top priority

by Randy Ankeny

These are unprecedented times for all of us—individual, family, employer or employee. You may feel anxious or overwhelmed by the ever-changing environment we are now in to collectively fight and control the spread of COVID-19.



The GRF is committed to the health and safety of its community and employees; we are acutely focused on the continuation of essential services to you, your fellow shareholders and the community during these challenging times.

In accordance with city, county, state and federal directives to control and prevent the spread of COVID-19, we all must do our part to protect our families, friends, neighbors and all community members. Safer at Home or “Stay at Home” health orders have been given (see page 6 for more).

The GRF serves two vital and essential functions to the community as Trustee and Management Agent acting as directed and in behalf of the Mutuels.

The health order gives provisions for operations that are essential for the health and safety of residents. Your health, welfare and safety are paramount during this time of need and mutual support.

Please know that we have had to temporarily reduce staff in some areas to comply

SAFETY, page 2

FREQUENTLY ASKED QUESTIONS

The Golden Rain Foundation has compiled the following answers to frequently asked questions related to the evolving coronavirus pandemic and how it is affecting life in Leisure World. If you have a question, call 431-6586, ext. 398.

Q. What services are closed to shareholder/members?
A. Until further notice, virtually all amenities, both indoors and outdoors are closed. Offices are closed to the public but are still operating with limited staff during normal business hours. The Security Detail office is closed as well. For up-to-the-minute information, sign up for LW Live!

Q. How do I sign up for LW Live?
A. Go to www.lwsb.com and you will see it on the right side of the homepage or follow this direct link: <http://www.lwsb.com/lw-live-sign-up/>

FAQ, page 17

ON-SITE FOOD OPTIONS



- The Cafe in Building 5 has fully stocked vending machines for grab-and-go food; tables have been stacked to preclude lingering.
- New food trucks will be coming to Clubhouse 6: Page 2.
- SB restaurants have new carry-out options: Page 3.

WHAT’S INSIDE

- |Living Through Adversity| Page 3**
For many Americans, the scale of the coronavirus crisis is unprecedented, but many LW residents have lived through wartime, economic depression and other calamities. See page 3 for the story of how one resident survived adversity and lessons learned on the way.
- |Food Supplies are Intact| Page 2**
LW residents have been alarmed by empty grocery shelves, but while grocers say they are struggling with surging demand, they insist supply chains are strong. People who are 65-plus now have reserved shopping hours at many grocery stores.
- |Coping with Stress| Page 4**
The outbreak of COVID-19 may trigger fear and anxiety for some people. There are strategies to help you cope.



The Seal Beach Farmers Market is open on Tuesdays from 9 a.m.-1 p.m. in the Seal Beach Village shopping center parking lot (at Westminster and Seal Beach boulevards). Manager Aldo Flores says they have eggs, bread, tamales, fresh produce and nuts and more, but get there early as vendors quickly sell out of some items.

FOOD OPTIONS

GRF is working to get food vendors on site

by Kathy Thayer
LW contributor

Leisure World is dealing with a “new normal” since the coronavirus came to our shores. Seniors have been encouraged to self-isolate and others who don’t drive find themselves wondering how they will get food and other supplies during this challenging time. The Golden Rain Foundation is very much aware of this and has been working to put together information on resources available of which you may not be aware.

The Recreation Department has been speaking to the local markets regarding special hours or other accommodations for seniors. The situation is fluid, so check with the store for the latest information:

- Gelson’s Market is open from 7-8 a.m. exclusively for seniors 65-plus. One caregiver per shopper is permitted, proof of age required
- Pavilions will open at 7 a.m. and asks that non-seniors stay home till 9 a.m., but it is not enforceable, product is limited.
- Ralph’s is currently opening at 7 a.m. for seniors on a trial basis. We’ll keep you apprised.
- Starting March 24, Costco will be open to members aged 60 and above from 8-9 a.m. on Tuesdays and Thursdays.

Onsite food service is now available every evening. All the trucks will be at the Clubhouse 6 parking lot:

- Koffel’s Taco Tuesday truck will be onsite three days a week, 5-7 p.m., Sunday, Tuesday and Friday
- Viking Specialty Hot Dog truck is scheduled for Mondays 5-7 p.m.
- Gourmet Renee will provide American cuisine on Wednesdays, 4-7 p.m
- Domino’s Pizza is here on Thursdays and also delivers, starting at 3:30 p.m.
- Lucille’s Smokehouse Bar-B-Que will have a truck on March 28, April 4 and April 11 from 4-6 p.m.

All information is subject to change as the food services are dependent on their suppliers. Information will be posted daily on the electronic marquee at the corner of Golden Rain Road and St. Andrews Drive.

The Recreation Department is in touch with a number of volunteers who have stepped forward

to assist shareholders/members with their shopping and errand needs. Contact Recreation at (562) 431-6586, ext. 398, to be matched to a volunteer. This is a free service, but any arrangements you make are between the two parties. GRF is simply sharing this information.

The Downtown Café in Building 5 is open for take-out. Vending machines are restocked daily with food and drinks. Due to social distancing rules, the tables and chairs are temporarily unavailable.

Several local restaurants have reached out to offer pick-up and delivery service, some with specially priced menus with lower prices during this difficult time. Contact Recreation at 431-6586, ext. 398, for information on specific restaurants.

...

If you are computer savvy and already shop online, a Mutual 1 newsletter has the following information:

- Instacart will deliver groceries for an annual fee of \$99 or each time you call on them.
- Amazon Fresh is available to Prime members, featuring offerings from their Whole Foods stores, you can also take advantage of their monthly subscription fee.
- Vons offers a simple ordering system through the Internet with special promotions throughout

the year.

• Ralphs, Walmart, Target and even Costco offer convenient pick up shopping or delivery right to your door. But again, remember that each of these stores are stressed right now, and deliveries and shopping options may be significantly altered. It’s best to refer to their websites for up-to-date information.

Farm Fresh will deliver seasonal veggies and fruits you select online for as little as \$26 a box.

Residents can also take advantage of Meals on Wheels, which delivers prepared meals Monday-Friday for \$41.25 per week; call (562) 439-5000, or Senior SERV at \$5.25 per day, Monday-Friday, (714) 823-3294.

Meal Kit Delivery:

Meal kit systems provide the necessary ingredients to prepare home cooked meals with pre-portioned ingredients, recipes, and step-by-step instructions. The companies operate locally with starting prices per serving:

- Blue Apron, \$9.99; Hello Fresh, \$8.99; Green Chef, \$11.99; Home Chef, \$7.99; Purple Carrot, \$11.99; and Plated, \$11.95

Again, check their websites as information is changing daily.

...

For information, email kathyt@lwsb.com or call 431-6586, ext. 398

SAFETY from page 1

with public health orders. The GRF staff is here to fulfill all essential duties, and we will continue to update you through LW Weekly and LW Live email alerts.

Let’s all do our part to fight this disease with:

- »Safer at Home orders
- »Flu prevention procedures
- »New social distancing guidelines
- »Preventing panic buying
- »Health and safety first.

To protect your safety and health, we encourage all employees stay home if they experience any symptoms or answer “yes” to any of these questions:

- »Are you currently experiencing any flu-like symptoms, fever, cough or shortness of breath?
- »Have you recently come into contact with anyone known to have the COVID-19 virus?
- »Have you traveled outside the U.S. in the last 14 days?

We also respectfully request that you ask similar questions of any guest who may want to visit before allowing them access to the community.

We are an “at risk” community according to Centers for Disease Control guidelines on Covid-19.

All actions to limit possible transmission of this disease are strongly encouraged.

I sincerely thank you for all of your help and support through community unity in controlling the spread of Covid-19.

Randy Ankeny, Executive Director, Golden Rain Foundation

FOOD SUPPLY INTACT

Fed, local leaders working to make sure people have food

Aisles of empty store shelves give the appearance that Orange County and beyond is running out of food. But the nation’s biggest retailers, dairy farmers and meat producers say that isn’t so, according to a March 15 story in the New York Times and other news accounts.

The White House last week urged Americans against “hoarding” as thousands flocked to supermarkets to stock up on essentials, saying U.S. supply chains were strong and federal and local leaders were working together to ensure food supplies are available.

President Donald Trump held a phone call with more than two dozen grocery store and supply chain executives from across the country, White House spokesman Judd Deere said in a statement March 15 statement.

The food supply chain remains intact and has been ramping up to meet the unprecedented stockpiling brought on by the coronavirus pandemic.

Even so, shoppers can most likely expect to see empty shelves intermittently, as the nation’s network of food producers, distributors and retailers are stretched as never before. Industries that are calibrated to supply consumers with just enough of what they need on a given day cannot keep up with a nationwide surge of relentless shopping fueled in large part by fear.

Consumer demand for many products is skyrocketing. Milk producers are reporting that orders are up 500 percent; baby formula, up 50 percent; and hand sanitizer sales are up 73 percent for the four weeks ending Feb. 22.

Costco reports that its stores are getting stocked every day, and the National Chicken Council reports no disruptions in production and that there is an ample surplus supply of chicken in cold storage, totaling more than 950 million pounds, according to government data.

But the more empty shelves people see, the more panic-buying ensues. Last week, officials from every part of the food chain—from fresh produce suppliers to refrigerated warehouses—met in Washington, D.C., to discuss responses to the pandemic, including ideas for how to bolster parts of the system against disruptions.

For now, the most pressing issue is getting more food on the shelves, while the supply chain is largely unaffected by illness.

Stores are beginning to adjust hours, some have reserved time just for people over 65 and others are imposing limits on how much people can buy. Many Walmart stores, for example, are reducing hours so clerks can stock stores and clean and sanitize them at night.

IRS Extends Tax Filing Deadline

The Treasury Department and Internal Revenue Service announced March 21 that the federal income tax filing due date is automatically extended from April 15 to July 15.

Taxpayers can also defer federal income tax payments due on April 15 to July 15 without penalties and interest, regardless of the amount owed. This deferment applies to all taxpayers, including individuals, trusts and estates, corporations and other non-corporate tax filers as well as those who pay self-employment tax.

Taxpayers do not need to file any additional forms or call the IRS to qualify for this automatic federal tax filing and payment relief. Individual taxpayers who need additional time to file beyond the July 15 deadline, can request a filing extension by filing Form 4868 through their tax professional, tax software or using the Free File link on [IRS.gov](https://www.irs.gov). Businesses who need additional time must file Form 7004.

The IRS urges taxpayers who are due a refund to file as soon as possible. Most tax refunds are still being issued within 21 days.

The IRS will continue to monitor issues related to the COVID-19 virus, and updated information will be posted on a special coronavirus page on [IRS.gov](https://www.irs.gov).

STATE WATER CONTROL BOARD

Avoid backups by using only toilet paper

The Public Advised to NOT Flush Disinfecting Wipes, Paper Towels Down the Toilet —Throw Them Away instead

The State Water Board and other public agencies encourage Californians to follow the Centers for Disease Control recommendations to clean surfaces with disinfecting wipes to reduce the spread of COVID-19. But it is important to discard those items in the trash, not the toilet.

Flushing wipes, paper towels and similar products down toilets will clog sewers and cause backups and overflows at wastewater treatment facilities, creating an additional public health risk in the midst of the coronavirus pandemic. Even wipes labeled “flushable” will clog pipes and interfere with sewage collection and treatment throughout the state.

Wastewater treatment facilities around the state already are reporting issues with their sewer management collection systems. These facilities are asking state residents to not discard wipes in the toilet,



The City of Seal Beach closed the pier, beaches and parking lots after crowds were reported congregating on beach last weekend. Huntington Beach has closed its pier and the state has closed the parking lots.

CITY OF SEAL BEACH

City closes beach, pier in effort to protect people from viral transmission

The City of Seal Beach is monitoring the coronavirus (COVID-19) pandemic and is proactively working to stop the spread of the virus.

During the past weekend large crowds were seen on the beach, pier and in parks. Although Gov. Newsom's stay-at-home order allows for outdoor activities such as walking and exercising, it specifies that everyone outside of one household should maintain a separation of at least six feet.

As people congregate on the city's beaches and pier, the spread of infection is likely.

Based on the number of people seen on the beach and pier, it appears that some members of the public are not respecting and adhering to Gov. Newsom's order. In order to help stop the spread of infection and prevent the

transmission of the COVID-19 virus, the Director of Emergency Services for the city has ordered that several public areas of Seal Beach will be closed until further notice.

This Order has been issued pursuant to Seal Beach Municipal Code Section 3.25.020(a)(7).

The following areas will be closed to the public:

- All beaches including Surf-side Beach
- Playgrounds/Tot Lot
- All City Parks including Basketball Courts, Tennis Courts, Volleyball Courts, and Picnic Areas
- Arbor Dog Park
- Gum Grove Nature Park
- Edison Park Community Garden
- Beach Parking Lots

CLOSED, page 12

LIVING IN TIMES OF ADVERSITY

Many Leisure World residents have experienced and persevered in the midst of historical turmoil, such as is now unfolding in the world. Here is a story from a Leisure World resident about how she endured and survived a trying time. Send your story of triumph over adversity to rutho_news@lwsb.com.

Caught Up in Arab Spring

Maureen Habel, Mutual 3
(Editor's note: The Arab Spring was a series of anti-government protests, uprisings and armed rebellions that spread across much of the Arab world in the early 2010s. It began in response to oppressive regimes and a low standard of living, starting with protests in Tunisia.)

In January 2011, I decided to visit my son Tom, who was U.S. Counsel General in Jeddha, Saudi Arabia. I asked another son, Patrick, to go with me. Patrick had never visited Egypt, so he convinced me that we should just hop over the Red Sea and take a Nile cruise on our way home.

Although the Arab Spring had already occurred in Tunisia, our Egyptian guide was very reassuring about our safety. It was when he told us that his 75-year old grandmother was among those demonstrating in Cairo, he got my full attention.

Our hotel in Cairo was near the Pyramids, far from the airport. Soon our hotel was locked down and surrounded by soldiers with tanks and machine guns. Unable to get out, we read



Aden protests during the Arab Spring 2011 calling for the secession of South Yemen from the North.

books and enjoyed pizza and a few bottles of Stella Artois until supplies ran out.

We made a dash for the airport to find ourselves with thousands of people unable to make their flights. Now without a flight and without luggage that had been stolen, we found another hotel until we were able to get back to Saudi Arabia. Truly, people helped each other as we were all in the same boat. I am forever grateful to the Egyptian people who were so kind to us at this time of distress.

I think the most important thing we learned was to take a deep breath, to stay calm and to realize that this would come to an end.

I hope I can use some of those lessons learned in this crisis. In

addition to taking long walks in this gorgeous weather, I am reading much and trying to develop a daily routine.

During this most unusual Lenten season, it's also helpful to pray, to meditate, and to find out what help your neighbors may need.

I am also inspired by the brave Chilean miners who survived underground in 2010 for weeks without access to Netflix. I would also suggest that people think about enrolling on Coursera (www.coursera.org), an organization that provides free on-line courses from respected universities. So far, I have completed a course on Greek and Roman mythology, am working on a course on Patrick Henry, and have my eye

SPRING page 6

News in Brief

North Gate is Closed

Due to the significant impact of the coronavirus on security officer deployment, the North Gate is closed in order to focus security resources in other important areas of the community.

It will remain closed until further notice. We regret any inconvenience and appreciate your cooperation.

—GRF Security Department

Minibus Service is Running

Minibus service is uninterrupted by coronavirus-related closures.

GAF Mobility Aids

The Golden Age Foundation Mobility Aids Office is closed to the public but the service is available to LW residents. Call (562)431-9589 and leave a voice message, which will be answered

BRIEF, page 13

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in Tustin, CA is Looking for Qualified Individuals

DO YOU OR A LOVED ON SUFFER FROM LIVER DISEASE OR HAVE LIVER DAMAGE?

Orange County Research Center in Tustin, CA is looking for individuals to participate in a clinical trial to evaluate the safety and effectiveness of an investigational drug in patients with liver disease.

You may be eligible to participate if you:

- Are 18 to 80 years old
- Have a BMI between 18 and 42
- Have been diagnosed with liver disease or liver damage
- Willing to comply with all study procedures including a 4 night stay at the research center

*Qualified participants will receive compensation up to \$1200.00 for their participation, time and travel.

If you would like more information or would like to participate in this study contact ORANGE COUNTY RESEARCH CENTER at 714-263-7338

*This study is not intended to treat liver disease

Protocol: VK2809-109

Perspectives

Fire Safety during COVID-19

by Eloy Gomez
GRF safety and emergency coordinator

Don't let the cabin fever get to you in these days of isolation due to the coronavirus. Instead, use this extra time indoors to bake that banana bread or perfect that Italian pasta that has failed to impress your guests, "Bon appetite."

Remember that all the cooking and the use of portable electric heaters to keep warm during these cold rainy days increase the risk of home fires. So, let's review a few fire safety tips from the Orange County Fire Authority that will help you reduce the risk of fires in the home.

- Stay in the kitchen when baking, frying, grilling or broiling food. If you have to leave the kitchen, even for a second, turn off the stove.
- Check food often when cooking. Use a timer to remind you that the stove or oven is on.
- Keep anything that can catch fire (pot holders, oven mitts, paper towels, paper/plastic utensils or bags, kitchen towels and loose clothing) away from the stove, oven or other kitchen appliances that heat up when used.
- Keep the stovetop, coil burners and oven clean.
- Turn pot or pan handles toward the back of the stove.
- Always check the oven to make sure it's empty before turning it on.
- Never use the oven for storage.
- Keep the appropriate lid for the pot/pan you are using and a fire extinguisher nearby when cooking.
- Avoid cooking while tired, sleepy or under the influence of alcohol, drugs, or medications.

In case of fire:

- Never pour water on a grease fire. Cover the pan with the lid and turn off the stove.
- If there is a fire in the oven, turn it off and keep the door closed.
- Leave your unit immediately if a cooking fire is spreading quickly.
- Close the door behind you to slow the spread of fire and call 911 from outside the unit.

Space heater safety: Remember to keep space heater at least three feet away from combustible material like baseboards, curtains, dish towels, furniture or any item that can catch fire.

For more information, contact Eloy Gomez, safety and emergency coordinator, at (562) 431-6586, ext. 356.

Coping with Stress during Outbreak

by Cindy Tostado
GRF member resource and assistance liaison

In one week, COVID-19, the disease caused by the coronavirus, has completely up-ended our lives. And changes are coming by the day, hour and minute.

It's not business as usual, and our lives have been disrupted—bare shelves at the grocery store, disturbing statistics on the television and closures everywhere you turn.

The nation is facing a challenging time; however, by remaining calm, phoning friends and neighbors when you have time, avoiding over-buying food and supplies, and keeping a positive attitude, we will get through this.

Our coping and stress levels may be challenged during this time. Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Here are some basic steps from the Substance Abuse and Mental Health Services Administration (SAMHSA) that you can practice to keep your stress levels balanced:

Keep Things in Perspective:

- Find people and resources

STRESS, page 12

Watch Your Step

Watch out for coronavirus scams. Scammers may use COVID-19 as an opportunity to steal your identity and commit Medicare fraud. In some cases, they might tell you they'll send you a coronavirus test, masks or other items in exchange for your Medicare number or personal information. Be wary of unsolicited requests for your Medicare number or other personal information.

It's important to guard your Medicare card like a credit card and check your Medicare claims summary forms for errors. Only give your Medicare number to participating Medicare pharmacists, primary and specialty care doctors or people you trust to work with Medicare on your behalf. Remember, Medicare will never call you to ask for or check your Medicare number.

For more information on protecting yourself from fraud and reporting suspected fraud, visit [Medicare.gov/fraud](https://www.medicare.gov/fraud).

Letter to the Editor

Editor:

I recently canceled all visitor friends and family who were planning to visit us here in Leisure World.

I asked them not to come visit as I would never forgive myself for being the one who allowed COVID-19 into our community which, I am sure, would cause the rampant spread of the virus with many deaths to follow.

I suggest others should follow suit as they would feel the same. This would also alleviate work at the Main Gate due to the temporary suspension of workers there.


Kurt Bourhenne
Mutual 14

Perspectives Policy

Submissions in each of the following categories may be published at the discretion of the Communications and Technical Director.

Letters to the Editor: Maximum number of words: 250. Letters should be typed and delivered to LW Weekly by email preferred), regular mail, deposited in a white GRF drop box, or hand-delivered. Letters must be of general interest to the community and may contain opinions, suggestions, compliments and complaints without being scurrilous, libelous, defamatory, repetitive or otherwise inappropriate. The names of individual employees, titles and/or departments will not be permitted in letters that could adversely impact any Foundation employee directly or indirectly.

Member Column: At a maximum 500 words, columns may present an argument, opinion or information about pending issues of concern to the community.



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KATELLA

Senior Living Community



ALAMITOS WEST

Health & Rehabilitation

Katella Senior Living Community's variety of care options and seemingly endless amenities allow you to fill your days with family, friends and activities that mean the most. Tastefully decorated in California casual style, Katella Senior Living Community serves a wide range of lifestyle preferences and care needs including:

- Independent Living
- Memory Care
- Assisted Living
- Respite Care

After a hospitalization, your medical team may want you to continue rehabilitation services as part of your recovery. Alamos West Health Care Center, a rehabilitation and transitional care community, offers a team approach to support your recovery, including:

- IV therapy
- Occupational therapy
- Wound care
- Speech therapy
- Cardiac and stroke care
- Pain management
- Physical therapy

We'd love to hear from you!


KATELLA SENIOR LIVING COMMUNITY

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VOL. 44 NO. 13

Government

Mutual election cycle underway; directors needed

The community unity displayed in Leisure World Seal Beach is a direct result of all the unpaid volunteer Mutual and GRF board members duly elected to serve their mutuals and the shareholders over many years. What better way to sustain a community such as Leisure World than by volunteering time toward the governance of the incredible lifestyle shareholders enjoy?

This community was founded on the premise that the Mutual Boards and the elected board directors would set into operation the day-to-day business of each mutual corporation. Directors address the issues of most importance to their electorate, that is, the shareholders. Board directors find solutions to problems, large and small. This is not an easy job. It takes time, effort and a willingness

to unselfishly donate a portion of everyday life to the community.

Leisure World Seal Beach is full of highly qualified shareholders who have so much expertise to offer, such as knowledge of construction, plumbing and accounting. New ideas and perspectives are always needed and that means volunteers are needed. Consider becoming a candidate

for a director's position on your mutual's board of directors.

The schedule below indicates each mutual's annual meeting date and election. Note the deadlines to apply for candidacy.

For more information on becoming a Mutual Board of Directors candidate, contact the Stock Transfer Office at (562) 431-6586, ext. 346.

Parcel Designations Mutuals 9 and 12

Mutual Nine		Mutual Twelve	
Parcel	Bldgs.	Parcel	Bldgs.
39	206-210	1	64-69
40	211-214	2	70-73
41	215-218	3	74-78
42	219-223	4	6-11
43	224-226	8	55-63
44	227-232	9	40-47
45	233-237	10	34-39

GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The Administration Conference Room is upstairs in the Administration Building. ***Due to the COVID-19 outbreak, meetings are be canceled.***

Schedule of Mutual Meetings

Mutual meetings are listed below. Mutual residents are invited to attend the open meetings of their mutual boards as follows ***(due to the COVID-19 outbreak, meetings may be canceled or postponed without notice):***

Thurs., March 26	Mutual 1 (open forum precedes meeting) Administration canceled
Fri., March 27	Mutual 6 Administration canceled
Thurs., April 2	Presidents' Council Clubhouse 4 canceled
Tues., April 7	Mutual 16 Administration 9:30 a.m.
Tues., April 7	Mutual 17 Administration 1:30 p.m.

2020 GRF & Mutual Election and Annual Meeting Schedule

	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
MAY	7	384	193	5	Fri. 2/14	Mon. 3/16	Wed. 4/15	May	5/15	10 a.m.	
	10	276	139	5	Fri. 2/14	Mon. 3/16	Mon. 4/20	May	5/20	10 a.m.	
	14	328	165	7	Fri. 2/14	Mon. 3/16	Tues. 4/21	3 rd Thurs.	5/21	10 a.m.	
	9	384	193	7	Fri. 2/14	Mon. 3/16	Wed. 4/22	4 th Fri.	5/22	10 a.m.	Parcels in effect
	8	348	175	5	Fri. 2/14	Mon. 3/16	Sun. 4/26	4 th Tues.	5/26	10 a.m.	Meeting moved from 4 th Mon. to 4 th Tues. due to Memorial Day
	4	396	132	3	Wed. 2/12	Fri. 3/13	Mon. 4/27	4 th Wed.	5/27	10 a.m.	Staggered terms
	16	60	20	5	Wed. 2/12	Fri. 3/13	Mon. 4/27	4 th Wed.	5/27	2 p.m.	Election & Annual Meeting held in Admin. Conf. Room
	11	312	157	6	Fri. 2/14	Mon. 3/16	Tues. 4/28	4 th Thurs.	5/28	10 a.m.	
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
JUNE	6	408	136	7	Fri. 2/14	Mon. 3/16	Wed. 5/6	June	6/5	10 a.m.	
	1	844	282	5	Fri. 2/14	Wed. 3/25	Sat. 5/9	2 nd Mon.	6/8	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/25	Thur. 3/26	Sun. 5/10	2 nd Tues.	6/9	10 a.m.	Staggered Terms.
	3	432	217	7	Fri. 2/21	Mon. 3/23	Mon. 5/11	2 nd Wed.	6/10	10 a.m.	
	12	452	151	7	Thur. 2/27	Sat. 3/28	Tues. 5/12	2 nd Thurs.	6/11	10 a.m.	Parcels in effect
	2	864	288	9	Fri. 2/21	Tue. 3/24	Wed. 5/13	2 nd Fri.	6/12	10 a.m.	
	15	502	168	7	Fri. 2/28	Tue. 3/31	Wed. 5/20	3 rd Fri.	6/19	10 a.m.	
	17	126	65	3	Tue. 3/10	Thu. 4/9	Sun. 5/24	4 th Tues.	6/23	10 a.m.	Staggered Terms.

NOTE:
* = If the date to apply as a candidate falls on a Saturday or Sunday, applications may be picked up the previous Friday.
** = On deadlines that fall on a Saturday or Sunday, applications will be accepted the following Monday. Candidate applications must be received in Stock Transfer Office by no later than 4:30 p.m. on the deadline day.
*** = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.

CDC COVID-19 Guidelines for Older Adults—How to Stay Safe

The CDC says “older adults” and people with severe chronic illness are more likely to become severely ill from Covid-19.

Infectious disease experts define “older adults” as anyone age 60 and up, so people in that age group should be cautious.

People over the age of 80 may want to exercise even more caution. A report published in the medical journal JAMA that examined more than 72,000 Chinese coronavirus patients found that the overall fatality rate was 2.3 percent. But in adults over 80, the fatality rate rose to 15 percent.

If you live in a community where there's an outbreak, you're at a higher risk of infection, too. **What precautions you should take now**

Cancel all non-essential doctor's appointments, according to medical professionals.

Whether it's a standard check-up, a follow-up appointment for a stable condition or an elective procedure, if it can wait, then it should.

If you have an important appointment coming up, consider doing it in a video call or from your smartphone. Telehealth tech lets physicians confer with patients who are not able to leave their homes.

Tell a friend, a loved one, a co-worker or a neighbor if you're

concerned about the illness. Ap- point one of them as an emer- gency contact who you can call with concerns or requests for help.

Otherwise, do what you'd do during flu season: Wash your hands frequently, the right way (get ready to read that a lot). Use hand sanitizer when soap and water aren't available, though washing your hands is preferred. **What you should stock up on**

The CDC recommends keep- ing enough groceries and toilet- ries on hand to last you a “pro- longed period of time.” There's no timeline for the Covid-19 outbreak, though, so think basic.

Stock up on toothpaste, de- tergent, water filters, etc.

Make meals and freeze them if you're concerned about food.

But stocking up on medica- tion ahead of time isn't always possible. You may be able to switch to a 90-day supply for your prescription. If this isn't possible, the CDC suggests mail ordering medications.

How you should alter daily activities

Older adults living in commu- nities where the virus has spread should take extra precautions.

Avoid public places where crowds may gather or poorly ventilated buildings where the risk of transmission is higher, the CDC said.

Restrict your time in public and limit close contact.

Older adults should still ex- ercise and eat right, just as they would at any other time of the year.

And again, constant—and proper—handwashing before,

during and after a trip into the public is necessary.

How you should handle travel

The CDC advises against non- essential plane travel for older adults. Several U.S. airlines have already slashed their flight sched- ules for the next few months.

It's wise to stay off cruise ships for now, too. Cruise passengers are at an increased risk of person- to-person transmission with all the tight quarters, the CDC said, so if you've already made cruise plans, cancel them.

CDC, page 6

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EVEN-NUMBERED MUTUALS

How to be a GRF Board candidate

The campaign cycle for the GRF Board of Directors (BOD) is now underway. During 2020, the Board seats representing the even-numbered Mutuals are up for election.

Candidacy is subject to all applicable state laws and in accordance to GRF 30-5025-3.

All candidates must be members of GRF for at least a year at the time of nomination and cannot have been convicted of a crime that would either prevent GRF from purchasing fidelity bond coverage or terminate existing coverage.

A Mutual BOD may appoint a nominating committee for the purpose of recommending a candidate for election. All candidates recommended by a Mutual BOD or nominating committee will be given candidate instructions by the Stock Transfer Office.

Candidates must be current in payment of carrying charges. This does not include non-payment of collection charges, late charges, fines cost levied by a third party or if member has paid under protest.

All members have the right to engage in Internal Dispute Resolution (IDR) and/or Alternative Dispute Resolution (ADR) pursuant to Civil Code 5658.

A member may contact the Board in writing to initiate an IDR/ADR. If an IDR/ADR is not scheduled and completed prior to the nomination deadline the candidates may be disqualified for non-payment of monthly assessments.

A candidate may be a member who is an officer or director of a Mutual Corporation, a member of any City Council, Board of Supervisors of the County of Orange, Planning Commission for the City of Seal Beach or County of Orange.

In addition, a member of any entity or partnership or an officer or director of any other corporation engaged in supplying material series or labor to GRF is strongly discouraged from running for the Board. Such actions may cause a potential conflict of interest, causing unnecessary liability, including but not limited to breaching fiduciary duties.

Each candidate may submit a statement of 300 words or less in 12-point or larger font, single-sided, to the Stock Transfer Office.

Statements shall be written in compliance with the election rules, e.g., contain the background, qualifications and platform of the candidate, and shall not contain any disparaging or defamatory content.

The statements will be mailed out with ballots.

Candidate Nomination Forms and GRF Directors Handbooks are available in the Stock Transfer Office in the Administration Building and must be submitted before the deadline, 4:30 p.m., Friday, April 3.

Candidates must show a photo ID when turning in the Candidate Nomination Form and Statement.

Candidates will receive a receipt when turning in their application materials.

Candidates who complete a Candidate Nomination Forms (or who are nominated by a Mutual's nominating committee or Board) will be listed on the Secret Mail-in Ballot.

Three packets containing the Secret Mail-in Ballot, postage-paid envelopes, balloting instructions and deadlines were mailed to each household in the even-numbered Mutuals on May 3.

Nominations from the floor and write-ins are prohibited.

For further information on being a candidate for the GRF Board, call 431-6586, ext. 346, for Stock Transfer, or ext. 303 for the Board of Directors Office.

SPRING from page 3

on courses on Martin Luther and World History. For those interested in epidemiology, Coursera has just posted a free class titled: Science Matters: Talking About CoVID-19.

Those of us over age 80 were frequently quarantined when there were epidemics of childhood diseases before vaccines were available, and we can draw on those experiences.

I know that Leisure World residents are resilient and are looking forward to life becoming normal once again.

OC HEALTH ORDER

FAQs from OC Health Department

County Health Officer Dr. Nichole Quick issued an amended Health Officer's Order on March 18 as a mitigation step to help protect the health of Orange County residents in an effort to slow the spread of novel coronavirus COVID-19.

What does the Order say?

It limits public and private gatherings and encourages social distancing (maintaining a six-foot separation from persons other than family members).

The order also strongly recommends that persons over the age of 65, those who have a chronic health condition such as heart disease, lung disease or diabetes, and people with a compromised immune system remain at home.

The Order requires the closure of restaurant dining rooms (take-out, pick-up, drive through and delivery are okay) and all bars and other business establishments that serve alcohol and do not serve food.

Is this a legal order to shelter in place?

No. Residents and their families can leave their residences or places of business for daily activities, such as to:

- Buy food, groceries or supplies
- Obtain medical care
- Work at a business with social distancing
- Maintain an essential government function
- Care for a family member or pet in another household
- Go for a walk

Where does this Emergency Order apply?

This Emergency Order is in effect in all areas of Orange County.

When is the order effective and when does it end?

This Order is effective immediately from March 18 through 11:59 p.m. on March 31. As this is a rapidly evolving situation, this Order may be revised and/or extended at any time.

Is this mandatory or is this just guidance?

It is mandatory. This is a legal order issued under the authority of California law. You are required to comply, and it is a misdemeanor crime not to follow the order. We are hoping for voluntary compliance from the community.

CITY OF SEAL BEACH

Drinking water is safe and reliable

The City of Seal Beach wants to assure customers and residents that its drinking water is safe and reliable.

COVID-19 (coronavirus) has no impact on the quality of drinking water. The city is also taking steps to ensure that service to its customers will continue uninterrupted so drinking water is both available and plentiful.

Most of the city's drinking water comes from deep groundwater wells, which do not contain viruses or other pathogenic organisms. Some water supply comes from imported surface water, which receives advanced water treatment that removes all microorganisms including viruses. All water is dosed with chlorine before entering the water distribution system to ensure that it stays safe through our system to your home.

The Orange County Water District (OCWD), the agency that manages and oversees the overall water quality of Orange County's groundwater basin, has posted more detailed information regarding drinking water in the midst of the coronavirus outbreak. The link to this webpage is: <https://www.ocwd.com/learning-center/covid-19/>

General Manager Michael R. Markus from the Orange County Water District states, "COVID-19 does not impact the quality or supply of your drinking water. The presence of the COVID-19 virus has not been detected in drinking water supplies and OCWD does not expect this health outbreak to disrupt service to local water providers."

—Patrick Gallegos, assistant city manager

CDC

from page 5

What you need to know about self-isolation

The CDC recommends that high-risk groups in communities with outbreaks stay home as much as possible and that people who believe they're sick isolate themselves.

Isolation can be damaging, too, if you cut off contact and are lonely. So if you're self-isolating:

- Don't cut off contact with family or friends.
- Keep in touch to update them on your condition and curb boredom.
- And if you do go out, be sure to wash your hands with soap.

What your family can do

To help you, your family should think ahead. Family, friends and neighbors of older adults should do some inventory in case the older adult needs to isolate at home.

- Does this person have what they need to spend an extended period of time inside? If not, help them prepare supplies.
- If their caregiver calls in sick, is there someone who can step in to take care of them? Have a plan in place to make sure they'll get care if they need it.
- If they have a telemedicine appointment coming up, will they know how to access it? Set up the tech and show them how to use it to speak with their physician.
- Sick family members should not visit—stick to a phone or video call. And if a younger, healthy family member has potentially come into contact with a Covid-19 patient, he or she should self-isolate and avoid seeing older, susceptible family members.


What to do if you're sick

If you think you have the novel coronavirus: Stay home and call your physician. If they think you should come in for a test, limit your interaction with other people and don't use public transportation. The Orange County Health Care Agency has a novel coronavirus referral line, (800) 564-8448, you can call to discuss your symptoms and learn more about the virus's impact on the community. Keep in mind that this hotline is an informational resources, and it's impossible to diagnose COVID-19 without a test.

If you're diagnosed with COVID-19 and your illness is mild, your physician may advise that you stay home until you recover. If your symptoms are more severe, you may be hospitalized.

405 Improvement

The southbound I-405 on-ramp from Edinger Avenue is scheduled to close for approximately one month at the end of March. The Orange County Transportation Authority, in cooperation with Caltrans, is widening the San Diego Freeway (I-405) between SR-73 and I-605. The project is improving 16 miles of I-405 between the SR-73 freeway in Costa Mesa and I-605 near the L.A. County line.




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Religion

Editor's note: During this time the editors have invited pastors and church leaders to share notes of encouragement or devotions for the community to read in lieu of their usual service and event update articles. The articles will be attributed to the writer accordingly. Pastors and church leaders can send an email to laurieb@lwsb.com for more information. The deadline for the articles remains the same, each Thursday before the desired publication date at 4 p.m.

FIRST CHRISTIAN

The Lord is our helper in times of need

by Pastor Bruce Humes
First Christian Church

When uncertainty and chaos invade our daily lives, when restrictions change our daily routines and activities, we all react differently. As believers in Jesus, we should seek God's instructions and see what the Lord has to say. Many scriptures in the Bible speak of God's protection, safety, and peace and one that all believers should get a great deal of comfort from is Hebrews 13:5 "Let your conduct be without covetousness; be content with such things as you have. For he himself has said, I will never leave you nor forsake you" (NKJV).

Wow, What a promise. God says he will never leave us nor forsake you. This literally means he won't leave us behind. He will pick us up and carry us through whatever comes along. Including through COVID-19. Verse six says, "So we (believers) May boldly say: The Lord is my helper: I will not fear. What can man (worldly things) do to me?" With confidence and boldness we can put complete trust in the Lord.

First Christian Church of LW is committed to help anyone in LW who is affected by the restrictions of national, state and local authorities. Volunteers will gladly assist if possible. Call the church office at (562) 431-8810 and leave a message.

LW^{Weekly}

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BEIT HALEV

Rabbi Galit Shirah offers to teach religious communities live-streaming

by Rabbi Galit Shirah
Beit HaLev

We are all in this together. As of this writing, I have been assured that so far, no one in Leisure World has been confirmed as having Covid-19. With the exception of our residents who are over the age of 100, none of us has ever experienced a pandemic of this magnitude in our lifetime.

With the Golden Rain offices off limits to all but the essential workers, all of the clubhouses closed, the churches and synagogue closed, gatherings of more than 10 people prohibited and "social distancing" the new normal, where do we go to find comfort and solace?

I've been using computer technology for over three decades. Many of our religious communities find themselves scrambling to conduct services online. Video taping services is one method. Live-streaming is something Beit HaLev has been doing for four years. Recently, Beit HaLev began streaming services from my website, galityomtov.com. The stream utilizes both Facebook and YouTube platforms. Most of these platforms include a chat box, so that everyone, including the host, can interact.



Rabbi Galit Shirah

Connecting with one's congregants is not just important, right now, it's crucial. I am painfully aware that not everyone has a computer, an iPad, a SmartPhone, and those that do, don't like social media. I have used the telephone more in the past week that I have in years.

In the spirit of "we are all in this together," I'm offering to help any of the religious communities to learn live-streaming, call (562) 715-0888 or (562) 493-2680.

I'm still teaching online through Skype, FaceTime and Zoom. To join or start a class in Prayerbook Hebrew, Modern Hebrew, leyning (Torah chanting), voice lessons, call (562) 715-0888 or (562) 493-2680 for more information.

ST. THEODORE

Living in a "need to be brave world"

by Rev. Lisa Rotchford
St. Theodore Episcopal

The news changes almost minute-by-minute; so it's a good thing we believe in an unchanging, unwavering God who had Jesus bring us the peace that our hearts need and the strength of the Holy Spirit to see us through any obstacle ahead of us. By grace, we are each being held in the palm of His hand, and pro-

tected in the shadow of His wings.

Love one another as God loves you. And know God goes with us always. In all ways.

God's hand is on Leisure World, on His faithful people and alive in the world that is filled with fear and anxiety. With all the news that is out there, know that the good news of Christ will help us as we travel this "need-to-be-brave world" together.

Holy Family Catholic Church

Holy Family Catholic Church, 13900 Church Place next to the St. Andrews Gate, will observe The Fifth Sunday of Lent on Sunday, March 29.

The First Reading is Ezechiel 37:12-14 and the Second Reading is Romans 8:8-11. The Gospel reading will be from John 11:1-45.

Sunday Public Masses Canceled

Bishop Vann has that all daily and Sunday public Masses in the Diocese of Orange will be canceled. However, churches will remain open for parishioners and others who wish to pray and seek spiritual assistance.

All Catholics in the Diocese of Orange are dispensed from the obligation of attending Mass.

A decision on when Masses will resume will be made in coordination with state and local public authorities.

Parishioners will be able to view Sunday Masses via livestream at [Facebook.com/ChristCathedralCA](https://www.facebook.com/ChristCathedralCA) in English at 9:45 a.m., Spanish at 11:30 a.m. and Vietnamese at 1:15 p.m.

Pope Francis' Prayer to Our Blessed Mother Mary

Holy Family Catholic Church wanted to share Pope Francis' prayer to the Virgin Mary with the community in the hopes that it would bring comfort to those who need it.

...

"O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain

With steadfast faith.

You, Salvation of the Roman people, know what we need.

We are certain that you will provide, so that as you did at Cana at Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's Will and to do what Jesus tells us:

He who took our sufferings upon Himself, and bore our sorrows to bring us through the Cross of the joy of the Resurrection.

We seek refuge under your protection, O Holy Mother of God.

Do not despise our pleas - we who are put to the test - and deliver us from every danger. O Glorious and Blessed Virgin

Lady of Good Health, our Merciful Father chose you to be a

powerful intercessor in times of trouble and woe.

As in past centuries when you have ended contagious diseases, we implore you now to end the Coronavirus which is damaging the health of many and spreading fear in our communities.

Teach us not to be afraid, to be courageous and generous in offering assistance to others, and to live joyfully in the state of grace.

Holy Mary, Mother of God, Pray for us now and the hour of our death. Our Lady of Good Health, pray for us."

Faith Christian Assembly

Tuesday is Faith Fellowship Time at 11 a.m. in the Garden Room. The Midweek Bible Study is taught by Pastor Sheri Leming on Wednesdays at 11 a.m. in the Garden Room. GriefShare is on Fridays at 2 p.m., as scheduled.

To receive a free newsletter and for more information on the church, call (562) 598-9010 or visit www.FCAchurch.net.

Religion copy deadline is 4 p.m., Thursday, one week prior to the desired publication date.

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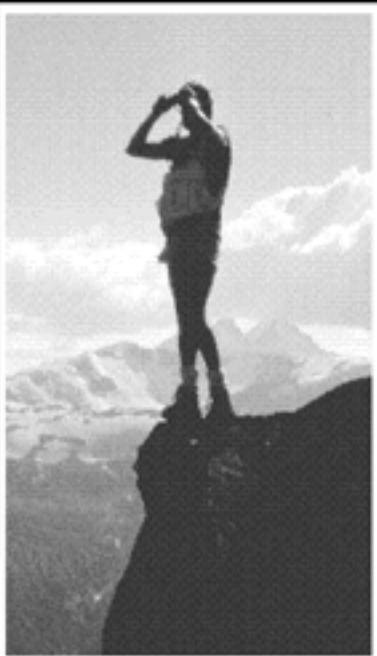
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FAITH CHRISTIAN ASSEMBLY

A prescription for worry during these unprecedented times

By Sheri Leming
FCA pastor

As of this writing, the CDC and other agencies are scrambling to find a cure for the coronavirus. We seem to be at a new level of panic in our society these days. Things are changing rapidly. But I believe that Scripture has much to say to us that will help us “for a time such as this.”

We all are in need of a prescription – not just for the Coronavirus, but a prescription for worry. Thankfully, the Bible has much to say about it. We are told that “Fear not!” is the most repeated command in the Bible. Some have said that it is stated 365 times in the Bible, which would be one time for each day.

2 Timothy 1:7 assures us that “God has not given us a spirit of fear, but of power and of love and of a sound mind.”

Philippians 4:6-7 says “Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

Notice we are commanded to rejoice – but not just rejoice in anything, but to rejoice in the Lord. He is going to see us through this and any other thing that comes our way. We are seeing too many people panic, which causes people to hoard everything they can get their hands on. But this verse tells us that our gentleness is what we are to be showing, not just to family and friends, but to all people. How on earth can we show gentleness at a time like this? He gives us the answer, “The Lord is at hand.” If we truly believe that he is, then we have nothing to be anxious for.

Our go-to response to all that life brings to us is prayer. When we go to God in prayer instead of trying to figure things out with our own wit and wisdom, we have a beautiful promise. “And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

Let’s do all we can to bring the peace of God to all whom we speak to today. Hopefully it will be contagious.



Pastor Sheri Leming

COMMUNITY CHURCH

Hope is not canceled

By Rev. Johan Dodge
Community Church

Greetings in the name of the Risen Christ.

I am writing this open letter to offer a word of hope amidst the measures that we are all taking to slow the spread of COVID-19.

As I walked through the empty shelves of the grocery store the other day, it struck me that we have all that we need, depending upon how we look at the world around us. Yes, the shelves are empty and as individuals we may be missing a few things, but you may find that you have extra of something your neighbor needs.

I am reminded of the miracle of the loaves and fishes where Jesus has just finished speaking to a large crowd and his disciples ask Jesus to send the people away that they might go and find some food for themselves. Jesus responds by commanding his disciples to feed the multitude. It is an impossible task they say. “We have only five loaves of bread and two fish.” But Jesus takes this meager supply, blesses it and the food is passed in baskets so that everyone eats their fill and there are 12 baskets of food left over.

It is a miraculous story. But the miracle isn’t that Jesus made all of this food appear. The miracle is that in sharing what the disciples had, Jesus convinces the people to see their collective abundance and share what they had with each other.

During this time when in-person worship is canceled, I want us to remember that conversations are not canceled. Relationships are not canceled. Love is not canceled. Music is not canceled. Self-care is not canceled. Hope is not canceled.

Together, we have the option to increase or to decrease. I invite all of us to increase our worship. Increase our participation in being the body of Christ together (while maintaining proper social distancing techniques).

Our phone system has been modified to make the weekly sermon available.

We are calling each other regularly for prayer and two questions:

- Do you have what you need?
- Do you have anything you can spare?

If you do not have a faith community I invite you to call our church office to be added to the phone list of those who are called regularly and asked these questions. I invite you to call in and listen to the Scripture and sermon each week as well as other worship elements.

Printed copies of the sermon are available from the church office each Monday and soon we hope to offer Christian coloring pages for you to use to pass the time.

REDEEMER LUTHERAN

Turn to Scripture to receive good news

By Rev. Lisa Rotchford
Redeemer Lutheran

Throughout all of human history people have faced hard, troubling times. Instead of just turning to the latest newsflash that brings more troubling news, we can gain confidence by turning to Holy Scripture to find solace, strength and some good news.

With this pandemic, we join a community of people throughout the ages who seek peace and trust in God when the world’s view is so uncertain. Leisure World is blessed with a view of the beautiful mountains east of the 405—join with people of multiple faiths praying from the Book of Psalms:

“I lift up my eyes to the hills—where does my help come from?
My help comes from the LORD, the Maker of heaven and earth.
He will not let your foot slip – he who watches over you will not slumber;
indeed, he who watches over Israel will neither slumber nor sleep.
The Lord watches over you – the Lord is your shade at your right hand;

the sun will not harm you by day, nor the moon by night.
The Lord will keep you from all harm – he will watch over your life;
the Lord will watch over your coming and going both now and forevermore” (Psalm 121).

Though we may not be able to “come and go” as easily under our state’s current stay-at-home orders (including needing to close our worship spaces), we can always be at home with the Lord. Turning to and trusting that God is watching over us today in this troubled time gives us confidence and strength in facing the future with a sense of peace.

ASSEMBLY OF GOD

Sunday morning messages are now available on DVD

Pastor Sam Pawlak will continue to connect with the congregation through Facebook/Facetime devotions on Sunday mornings and distributing DVD’s of his messages to each member of the church.

Assembly of God has some spiritual practices recommendation for these unusual times:

- Thank God for the conditions that are requiring you to be still. Don’t spend the quiet hours wishing them away, waiting impatiently to be about your regular activities. Some of the greatest work for the Kingdom has been done from sick beds and prison cells.
- Quietness and trust enhance our awareness of God’s presence.
- Do pick up the phone and chat with your neighbors and loved ones. You just may end up worshiping without being among others on the Lord’s day.
- Pray for your church leaders as they are striving to bring blessings your way, especially in these trying times.



Pastor Sam Pawlak and his wife, Pat

LW BAPTIST

Sheltered under God’s Protection

by Pastor Rolland Coburn
LW Baptist senior pastor

Are you thankful for shelter over your head? If we trust the Lord, we are under His wings.

At times, one suggests, the Lord puts us on “time out” to remind us to look to Him.

Then, as always, thankfulness should control our outlook. “In everything give thanks; for this is God’s will for you in Christ Jesus” (1 Thess 5:18).

Thanksgiving becomes difficult if our independence is threatened. We are entitled, we think, forgetting our dependence on God.

For believers, “none of us lives to himself, and none of us dies to himself. For if we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord’s. For to this end Christ died and lived again, that he might be Lord both of the dead and of the living” (Rom 14:7-9).

He takes care of us through the years, through every trial, every sickness, every danger, every joy and blessing!

“Cast all your care on Him, for He cares for you” (1 Pet 5:7).

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Religion Directory updates,
and Religion articles,
no more than 650 words, to
laurieb@lwsb.com.

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Sports & Games

Cards and Games Scoreboard

LW Pinochle Club winners

March 12 — Amy Kasuyama, 14,150; Pat Blum, 13,450; Marilyn Allred, 12,590; Charlie Miller, 12,550.

March 9 — Julia Troise, 12,740, Marilyn Allred, 11,680, Richard Van Wasshnova, 10,790, Amy Kasuyama, 10,040.

March 7 — Bev Adams, 12,380, Bert Sellers, 10,240, Marge Dodero, 10,110, Joan Taylor, 10,100.

Feb. 24 — Charlotte Westcott, 11,420; Marilyn Allred, 11,860; Richard Van Wasshnova, 9,870; Joan Taylor, 9,460.

Feb. 22 — Marge Dodero, 13,320; Richard Van Wasshnova, 12,100; Bev Adams, 9,830; Diana Lambert, 9,620.

For more information, call Joan Taylor at (562)240-5416.
—Bert Sellers

...

Monday Bridge Club

March 9 — First place, Dick Triggs; second place, Ben Watada; third place, Ardell Roe.

For more information, call Marion Standish at (562) 493-1236.

—Marion Standish

...

LW Bunco Club

March 9 - Most buncos, Dolorie Thunder and Judy Pelegrino; most wins, Diane Seeger; most babies, Cheryl Richardson; most losses, Jean Hayes and Gail Levitt.

This is a dice game that can be learned to play in minutes. For more information, call Gail Levitt at (562) 596-1346.

—Mike Levitt

...

Burning Tree Duplicate Bridge Club

Feb. 22 — N/S: Larry Topper-Lyn Danielson; Fred Reker-Joan Tschirki; Mark Singer-Russ Gray. E/W: Jeanette Estill-Marilyn McClintock; Joyce Basch-Dorothy Favre; Kathy Jervic-Sue Boswell.

Feb. 21 — Club Championship: N/S: Ernie Ross-Roy To-mooka; Jean Kato-Barbara Harris; Sibyl Smith-Diane Schmitz; Judy Carter-Johnson – Mark singer; Fred Reker-Joan Tschirki; Russ Gray-Ellen Kice. E/W: Ted Cooper-Emma Trepinski; Jeanette Estill-Marilyn McClintock; Thad Mikols-Larry Topper; Paul and Monica Honey; Al Appel-Judy Jones; Kar-Yee Nelson – Sue Boswell; Nancy Lichter-Julie Mills; Sylvia Kaprelyan-Ed Von Leffern.

For information on how to join the fun and play, call or text Fred Reker at (615) 898-0669.

—Fred Reker

...

Saturday Social Bunco Club

Feb. 22 — Most buncos, Laura Geir; most wins, Diane Seeger; most babies, Pam Holbrook and Sandy Weisenstein; most losses, Kathe Repasi; door prize winner, Lois True. .

For more information, call Doris Dack at (714) 356-0443.

Chess Club Puzzle

This week's puzzle: white moves first and for any answer by black, the white's next move is checkmate.

CHESS, page 16



CRIBBAGE

Greytak beats 49 players

Mary Greytak had the high score of 840 on March 10 followed by Bobbie Straley at 839, Pete Trafas at 832, with Peggy McKendrick and Alma Zamzow tied at 830. Irene Perkins won six games of 121. Marsha Larson unfortunately had no wins. There were 49 players.

Tami Reupert celebrated her birthday and treated players to devil's food cake with chocolate frosting and vanilla ice cream. Players also enjoyed an assortment of candy, crackers and fruit. Tami and Margaret Smith served.

—Bobbie Straley

E-mail your Sports & Games stories to
chrisw@lwsb.com

GOLF COURSE NAMING CONTEST

What's in a Name?

Contest Rules:

- Contestant must be a GRF member
- Multiple submissions are accepted when submitted separately
- Drop off form at Recreation Office
- Forms must be submitted by April 10th, 2020 to be eligible
- Winner will be announced in the LW Weekly

- Dismal River
- Stoney Links
- Petrifying Springs
- Trails End
- Useless Bay
- The Pit Golf Links
- Tumbledown Trails
- Teetering Rocks

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GOLF COURSE NAME:	

Bring this form to the Recreation Office, Building 5, or drop in any white mailbox attn: Recreation.



GUY'S AND GAL'S GOLF

Meripol is still an active golf player

Liz was born and raised in Long Beach, CA. She attended Wilson high school and graduated from California State University, Los Angeles, majoring in music. Liz received her bachelor's degree in musical performance. She spent the next 30 years teaching instrumental music to students throughout the Long Beach Unified School District.

Eight years ago Liz moved into Leisure world and really enjoys being active in cribbage, golf and other activities offered in the LW community. She started playing golf 7 years ago and has been our president since January 2019.

—Dale Quinn





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Arts & Leisure

From the LW Weekly

The Golden Rain Foundation has closed all facilities and offices in an effort to protect against the spread of COVID-19. The Leisure World Weekly is committed to delivering a newspaper to residents every week despite the coronavirus emergency.

All clubs and events are canceled until further notice, but news personnel are working on-site to produce the paper. People may submit stories and news via email; see page 4 of any edition for editors' addresses or send emails to rutho_news@lwsb.com, and submissions will be directed to the appropriate editor.

People may drop hard copy into the letter slot at the front of the News Building, and submissions will be processed. The deadline is Thursday for the following Thursday's edition. For more information, call (562) 472-1277.

LW Weekly readers are welcome to submit brief stories on how they are coping with the unprecedented disruptions caused by the COVID-19 outbreak. The series will feature LWers' views and insight on living in these times.

Send tips on how to cope, how to help or if you need help to rutho_news@lwsb.com.

Stories may be edited for clarity and space.

All classified and display advertising will be accepted by telephone at (562) 430-0534. The Weekly will only be able to accept credit or debit payments.

The GRF and Mutuals are mostly canceled, except to conduct essential business.

Check the LW Weekly or online at lwsb.com for updated information as the situation is evolving rapidly, and changes are frequent.



Twenty-four hours after they received their plot, Roy and Lucia Nakamura were removing 10-foot-high weeds. The couple is excited to get the vegetable garden planted. The first of two new Mini Farmers received their plots on March 17. The GRF has given 12 people from the waiting list their Mini Farm plots. They all waited five years. GRF took over the management of the Mini Farms in January.

OCTA

Bus routes have been shifted to Sunday schedule

All OC Bus routes have temporarily shifted to the Sunday service schedule seven days a week as of March 23.

A reduction in service is necessary to help protect the health of OCTA employees while providing reliability to riders who are still depending upon the OC Bus service.

The Sunday schedule, which is about 40 percent of the typical amount of weekday bus service, is listed by route on the www.OCBus.com website and in all OCTA bus books.

The OC ACCESS paratransit system, for riders with physical or cognitive limitations, will continue to operate at full service levels.

The temporary service changes are in response to the coronavirus (COVID-19) pandemic and the importance that OCTA places on the health and well-being of its employees and the community. Following state and federal directives, OCTA has been

OCTA, page 23

CITY OF SEAL BEACH

Overbuying can have adverse impacts

The City of Seal Beach encourages the community to avoid overbuying and to purchase only what they need.

As the COVID-19 pandemic continues to impact communities all over the United States, the overbuying of food and household products means that some community members might go without.

City staff is in constant communication with Seal Beach grocery store managers and have learned they are restocking daily.

However, as people purchase more food than their immediate family needs, there appears to be a shortage of necessary items on store shelves.

When a customer buys more than they need, they may inadvertently prevent another community member from purchasing much needed critical items.

Panic buying impacts vulnerable populations who may be unable to get to grocery stores as often as other members of the community.

Elderly members of the community are sometimes unable to get the supplies they desperately need.

They are also targeted by scammers and criminals who will offer to pick up groceries or run other errands for them, especially during times of emergency.

The public is urged to not engage with these unknown persons and instead contact the Orange County Office of Aging at (800) 510-2020 for help in obtaining necessary supplies or for other assistance.

Grocery stores are monitoring supply chains and product availability. Because of other emergencies like earthquakes and fires, the grocery industry has contingency plans in place to help with the increase demand in products.

At this time there is no reason to believe that necessary food or supplies will become unavailable.

Empty store shelves are the result of an increase in demand for products, not because of a lack of supply.

In order to ensure that everyone in the community has access to the necessary food and household products, normal buying routines should be followed.

Visit www.ready.gov for more helpful information on how to prepare for emergencies.

—from the City of Seal Beach



Food trucks will be in Leisure World almost nightly (see information on page 2). A variety of fare will be available, including hamburgers and hotdogs.

Grab and Go Meals All Week Long

Starting this week, there onsite food service is available every evening at Clubhouse 6 parking lot. (*This schedule is subject to change*).

Here is the lineup:

- Viking Specialty Hot Dogs truck at 5 p.m. on Mondays
- Koffel's Taco Tuesday truck from 5-7 p.m. on Sundays, Tuesdays and Friday
- Gourmet Renee's American cuisine from 4-7 p.m. on Wednesdays
- Domino's Pizza is here and delivers starting at 3:30 p.m. on Thursdays
- Lucille's Smokehouse Bar-B-Que from 4-6 p.m. on March 28, April 4 and April 11.



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Michael Oh, photo

GRF Safety and Emergency Coordinator Eloy Gomez (l-r), is with Golden Age Foundation Board Anna Derby, who is handing a check to CERT Club President Phil Mandeville, pictured here with Ana O'Brien, CERT class student. GAF paid for 60 backbacks.

GOLDEN AGE FOUNDATION

Group donates backpacks to CERT graduates

by Anna Derby
LW contributor

The Golden Age Foundation is a nonprofit, charitable organization dedicated to serving the special needs of Seal Beach Leisure World shareholders. Its purpose is to make the community a better and happier place in which to live. Life is measured by the good that we do for one another through organization such as this. When there is a well-defined need calling for a solution, the Golden Age Foundation will fill it whenever possible.

The GAF recently donated survival backpacks to every CERT volunteer who completes the course.

The Golden Age Foundation spent \$3,144.73 for the 60 backpacks. They include a CERT hardhat, CERT Vest, working gloves,

googles and an N-95 particulate respirator.

Some kits may contain additional supplies like flashlights and batteries, knee pads, emergency blankets and snap lights.

CERT, which means Community Emergency Response Team, trains people to assist others when professional responders are not immediately available to help.

During normal times, Leisure World offers CERT training, a 20-hour FEMA approved course. It includes training in personal disaster preparedness, light search and rescue, fire suppression, team organization, medical operations including triage, disaster psychology and terrorism.

Leisure World residents can also sign up LW Live for real time community information from the Golden Rain Foundation. Sign up at www.lwsb.com.

A CERT training course was

recently interrupted until the resolution of the coronavirus pandemic. Another training session is tentatively scheduled for October.

A special training course for Korean American shareholders was planned for April, but it will most likely be postponed due to coronavirus outbreak.

The course will be publicized in the LW Weekly. The training is ideal for all shareholders, mutual building captains and directors. Seating is limited.

For more information, contact Eloy Gomez, GRF safety and emergency coordinator, at 431-6586, ext. 356, or eloyg@lwsb.com.

Because Golden Age Foundation has been certified as a nonprofit organization by the Internal Revenue Service, contributions made to it qualify for exemption from income taxes, in most cases.

—Anna Derby

CVS HEALTH

Delivery charges waived for prescriptions

CVS Health has announced that beginning immediately, the drugstore chain will “waive charges for home delivery of prescription medication,” including from locations across California.

“With the Centers for Disease Control and Prevention encouraging people at higher risk for COVID-19 complications to stay at home as much as possible, this is a convenient option to avoid coming to the pharmacy for refills of prescriptions,” CVS said in a news release.

The decision by CVS is expected to soon be followed by other drugstore chains as a surge of cases from the virus continues to emerge in the United States.

“Being committed to the welfare of those we serve means being responsive to evolving needs and acting swiftly. This is particularly true in times of uncertainty,” said Troyen Brennan, executive vice president and chief medical officer of CVS Health, in a news release. “The latest steps we’re taking will help ensure patients of all ages have every option available to them when it comes to filling prescriptions.”

The announcement comes in the wake of many health insurance companies — such as Aetna, Anthem, Cigna, UnitedHealth Group and the nation’s Blue Cross and Blue Shield plans — announcing steps to reduce barriers for Americans to be tested for the new coronavirus.

In many cases, the health care insurers said they were waiving out-of-pocket costs for tests surrounding the coronavirus.

CVS has more than 9,900 locations nationwide.

CLOSED
from page 3

- Seal Beach Pier
 - Public Restrooms
 - San Gabriel River Bike Path
- The Seal Beach Police Department will continue to patrol these areas. Those who do not comply with the order will be issued citations for violations of Seal Beach Municipal Code.
- The closures went into effect March 23 and will remain so until further notice. For updated information visit the City of Seal Beach website at www.sealbeachca.gov.

FRIENDS OF LIBRARY

Volunteers will deliver a bag of books

The Friends of the Library Bookstore is closed until further notice due to COVID-19, but Friends volunteers will deliver a bag of books to any Leisure World home for \$5 a bag. People may request favorite authors and/or genres to be included in the bag. For more information, contact floconley@gmail.com.

Good Times Roll

The Let the Good Times Roll Club has canceled its dance that was scheduled for March 21, and the club is not sure when entertainment can be rescheduled.

New officers have been elected as follows: Frank Destra, president; Dorothy Ferrington, vice president; Jackie Hildebrant, secretary, and Carmen Edwards, treasurer.

—Martha Destra

Friendship Club

The Friendship Club will be on hiatus in April and May. Technology classes will tentatively resume June 8 on the club’s regular schedule of the second and fourth Mondays of the month in Clubhouse 3, Room 4. Check LW Weekly for the schedule.

For information about schedule and classes, contact Miryam Fernandez at mzzmimm@gmail.com or Bob Cohen at bob@bobology.com

For free technology training opportunities, go to www.bobology.com.

Creative Writers Club

The Creative Writers Club has extended its the poetry contest deadline a full month. The club hopes to meet at 1:30 p.m. on April 24, the fourth Friday, in Clubhouse 3, Room 1. The March meeting is canceled.

—Fred Wind

CERT Training

To all CERT Team Members: All activities are canceled until further notice. Also in case of a disaster or emergency where the CERT team is needed, make sure your household is cared for first then your neighbor then your Mutual then report to the Amphitheater staying six feet apart

—Phil Mandeville, CERT team leader

STRESS
from page 4

you can depend on for accurate health information.

- Learn from them about the outbreak and how to protect yourself against illness, if you are at risk.
- Turn to your family doctor, a state or local health department, U.S. government agencies or an international organization.

Keep Yourself Healthy:

- Eat healthy foods, and drink water.
- Avoid excessive amounts of caffeine and alcohol.
- Do not use tobacco or illegal drugs.
- Get enough sleep and rest.
- Get physical exercise.

Use Practical Ways to Relax:

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate, wash your face and hands or engage in pleasurable hobbies.
- Pace yourself between stressful activities and do a fun thing after a hard task.
- Use time off to relax—eat a good meal, read, listen to music, take a bath or talk to family.
- Talk about your feelings to loved ones and friends often.

Pay Attention to Your BODY, FEELINGS, AND SPIRIT:

- Recognize and heed early warning signs of stress.
- Recognize how your own past experiences affect your way of thinking and feeling about this event, and think of how you handled your thoughts, emotions, and behavior around past events.
- Know that feeling stressed, depressed, guilty or angry is common after an event like an infectious disease outbreak, even when it does not directly threaten you.
- Connect with others who may be experiencing stress about the outbreak. Talk about your feelings about the outbreak, share reliable health information, and enjoy conversation unrelated to the outbreak, to remind yourself of the many important and positive things in your lives.
- Take time to renew your spirit through meditation, prayer, or helping others in need.

Source for Credible Outbreak Related Health Information:

- Centers for Disease Control and Prevention 1-800-232-4636 or <https://www.cdc.gov>
- World Health Organization (202) 974-3000 or <http://www.who.int/en>

Know When to Get Help if Experiencing Serious Distress:

If you or someone you know show signs of stress for several days or weeks, i.e. increase or decrease in energy and activity levels, trouble relaxing or sleeping, worrying excessively, blaming other people for everything, having difficulty communicating or listening, increase in alcohol, tobacco use, or use of illegal drugs, etc., contact your physician, SAMHSA Hotline at 1-800-985-5990, or 911.

SBTV Listings

SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at sbtv3.org/schedule . Have Roku? Go to http://roku.streamsource.tv/add/sbtv . The playback schedule is available at Sbtv3.org .	
Thursday, March 26	
4 pm	Drone Club/Quilting Bees
4:20 pm	LW's Rollin' Thunder
4:30 pm	Harmonizing Humanity
5 pm	Velvetones Concert
6 pm	2019 Simbang Gabi
7 pm	Studio Cafe
8 pm	On Q—8bit Jazz Heroes
9 pm	Ocean Perspectives
10 pm	Vinyl Rock
Friday, March 27	
4 pm	LW's Rollin' Thunder
4:10 pm	Velvetones Concert
5 pm	FALW Valentine's Day
6 pm	Mystery at the Theater
6:32 pm	Sea Inside
7 pm	Studio Cafe
8 pm	Life and Times-Virginia Haley
9 pm	Cerritos Center-Golden Dragon Acrobats
10:37 pm	Cerritos Center-The Four Tenors
Saturday, March 28	
4 pm	Drone Club/Quilting Bees
4:20 pm	LW's Rollin' Thunder
4:30 pm	Harmonizing Humanity
5 pm	McGaugh Patriotic Show
6 pm	2019 Simbang Gabi
7 pm	Studio Cafe
8 pm	LAUSD

SBTV, page 13

SB Senior Mobility Program

As a result of the COVID-19 pandemic, changes will be made to the Senior Mobility Program sponsored by the City of Seal Beach. These changes will allow riders to take advantage of early shopping hours made available to seniors, and to reflect a decrease in ridership as community members shelter in place.

Dial-a-Ride

- Existing Schedule: Monday, Wednesday, Friday 9 a.m.-3 p.m.
- New Schedule: Monday, Wednesday, Friday 7 a.m- 2:30 p.m.

Senior Nutrition Shuttle to Rossmoor, North Seal Beach Community Center

- Existing Schedule: Monday-Friday 8 a.m.-4:30 p.m.
- New Schedule: Monday-Friday 7 a.m.-2:30 p.m.

Meals at the North Seal Beach Community Center are for pick-up only. All congregate meals will be delivered for the foreseeable future. If you need additional information regarding Senior Meals or would like to arrange meal delivery, contact Seal Beach Recreation Manager Tim Kelsey at (562) 431-2527, ext. 1341, or email at TKelsey@sealbeachca.gov.

If you have additional questions regarding Senior Transportation, contact Seal Beach Deputy Public Works Director Iris Lee at (562) 431-2527, ext. 1322, or email at ILee@sealbeachca.gov.

KINDNESS

from page 1

Joanna Matos of Mutual 2

I have Costco hearing aids. Every three months Costco services and cleans them for me. When I saw the line that wrapped the building onto the side street by the Los Alamitos Race Track, I was overwhelmed, laughed hilariously and took a photo.

A security guard then escorted me to the front of the line and promptly to the hearing aid department. Cleaning took only 20 minutes, and I was on my way out. I was told if I wanted to shop, I would have to go back to the end of the line. No thanks. More hilarious laughing.

A GRF Board Member (who must remain anonymous because of GRF policies banning the publication of the names of GRF and Mutual candidates during election season)

“I’ve been wondering what I could do to help others during this scary time that didn’t break the social distancing requirement. I finally came up with an idea. I created a flyer that I plan to deliver to my neighbors today.” Her flyer reads as follows:

Hello neighbor,

These are troubling and scary times but we will get through this if we don’t panic and we work together to keep our spirits up.

Although we must practice social distancing by staying at least six feet apart that does not mean we must be alone. We can avoid social isolation by connecting in creative ways. Make a point daily to reach out to friends, family and neighbors by phone, text or skype.

Exercise each day—this will help calm the nerves and allow us to forget the challenges we face, at least for a little while. Work in your garden. Take a walk. You can even walk with a friend – just stay six feet apart. The fresh air will make you feel better.

If you have a computer you can play all types of games to keep your brain active.

This is the time to work on projects we keep ignoring such as - read some of those books you have piled up, declutter your house, clean out closets, or finish that knitting project.

Turn off the TV and turn on the music. Dance, even if you are dancing alone. It will lift your spirits.

Another healthy outlet at times of stress is humor. I offer this joke of the day.

“It’s been raining for days now and my husband seems very depressed by it. He keeps standing by the window, staring. If it continues, I’m going to have to let him in.”

Stay well and be safe.

Alice Labranche of Mutual 11

Alice Labranche appreciates her Mutual 11 leaders who are calling residents to check in and make sure they are OK, according to Alice’s Facebook post. “She called to check how I was doing and if I needed anything.” David Steffen also appreciated the call he got, and Martha and Bernie Goosens reported that there is a calling chain in effect in the mutual.

A Rossmoor resident, posted on Nextdoor.com Monday

I was just over at Ralph’s in the self checkout line. At the station in front of me was an elderly man, using self check out. He was not in good shape, had some medical equipment with him and was using a motorized cart. The store clerk was assisting him. When it was time to pay, the gentleman gave her a credit card but it was invalid, or he couldn’t remember the pin. There was no one with him to help. The lady across from me at self check out said, “I will pay for his groceries,” not even knowing how much it was. It was \$134. I thanked her and she said, he needs to get out of here. I got teary. God bless you ma’am.

Lydia Wagner of Mutual 15

Lydia was in Sweet Jills on Main Street in Seal Beach last week, and reported that someone handed over a \$100 and asked that it be used to pay for the orders after his.

Jennie Lambert of Mutual 9

Jennie baked chocolate chip and oatmeal coconut cookies to take to work, and then posted an offer on FaceBook to give some to her neighbors. The feedback says they were delicious.

BRIEF

from page 3

message, which will be answered once a day by GAF phone volunteers.

Cancel Dental Appointments

The California Dental Association has recommended that dental offices temporarily suspend non-urgent dental care. Routine medical visits should also be rescheduled.

Hospital Systems in Place

Area hospitals have processes in place to screen and isolate potentially ill patients to avoid unnecessary exposures to others needing medical care, such as chemotherapy patients or women going into labor.

Precious Life Thrift Shop Closed

The Precious Life Thrift-Gift Shop is closed to ensure that shoppers, volunteers and staff remain healthy.

During this time, no donations will be accepted. Do not leave donations at the drop-off area as there will be no one there to receive them. The Precious Life shelter will remain open as a place of refuge for single, pregnant homeless woman in need.

Precious Life Shelter is considered an essential service, according to the OC Health Care Agency. Donations are always welcome at www.preciouslifeshelter.org/donate.

Polly’s Pies

Dining rooms are currently closed but the restaurant is offering take-out curbside pickup and free doordash delivery. Order online at pollyspies.com.

SBTV

from page 12

10 pm	Cerritos Center- In the Mood
Sunday, March 29	
4 pm	Cerritos Center- Golden Dragon Acrobats
5:30 pm	FALW Valentine’s Day
6:30 pm	McGaugh Go West!
7:30 pm	Life and Times- Virginia Haley
8:30 pm	Cerritos Center- In the Mood
10:10 pm	Cerritos Center- Voodoo Daddy
Monday, March 30	
4 pm	Mystery at the Theater
4:32 pm	Aquarium of the Pacific
5 pm	Vintage Vehicles
6 pm	Ocean Perspectives
7 pm	Cerritos Center- In the Mood
9:10 pm	Cerritos Center- The Four Italian Tenors
10:33 pm	Bob Cole Conservancy
11 pm	Vintage Vehicles
Tuesday, March 31	
4 pm	Harmonizing Humanity
4:30 pm	LW Rollin’ Thunder
4:39 pm	National Parks/Drone Club
5 pm	FALW Valentine’s Day
6 pm	Simbang Gabi
7 pm	McGaugh Patriotic Show
8 pm	Cerritos Center- Riders in the Sky
9:40 pm	Cerritos Center- In the Mood
11 pm	Bob Cole Conservancy
Wednesday, April 1	
4 pm	Mystery at the Theater
4:32 pm	2019 Simbang Gabi
5:30 pm	Vintage Vehicles
6 pm	Drone Club/National Parks
6:30 pm	Aquarium of the Pacific
7 pm	On Q-8bit Jazz Heroes
8 pm	Seal Beach City Limits- Richard Hastings
9 pm	Cerritos Center- Golden Dragon Acrobatics
10:37 pm	Cerritos Center-

*All programming is subject to change.



In-N-Out at 12365 Seal Beach Blvd. is one of many Seal Beach restaurants that are open.

SB RESTAURANTS

Many local eateries offer take-out

As a result of the directives issued by federal, state and local governments, many Seal Beach businesses have had to change the way they operate to help stop the spread of the COVID-19 pandemic. Restaurants have been hit especially hard as they are limited to take-out and delivery orders only. The Seal Beach Chamber of Commerce and the City of Seal Beach are asking the community to help support local businesses during this public health crisis.

“We wholeheartedly encourage people to buy local first. If you are thinking about going out to eat, think of Seal Beach first,” said Chamber of Commerce President Kori DeLeon. “Our restaurants are some of the most impacted businesses in the community. They have had to change their operations to comply with the new regulations. Several restaurants have shifted their focus and are providing items that you might not find at grocery stores. By staying open and allowing employees to work they are incurring costs. They are staying open for the love of the Seal Beach community and their employees. Supporting local business is especially important now during this crisis.”

Several local restaurants are committed to staying open and providing the community with delivery and take-out meals. Ordering from them and buying gift cards to use at a later time are good ways to help out local businesses.

“In an effort to help sustain our local economy, please remember to shop and buy local during this time,” said Seal Beach City Manager Jill Ingram. “Many local businesses have taken it upon themselves to stay open and offer alternative purchasing options to assist community members with essential items. The fact that these small businesses are staying open is a true testament to the strength of the Seal Beach community. These restaurants are staying open to help the community, and we should help them by buying local.”

For a list of restaurants that are remaining open please visit the Seal Beach Chamber of Commerce website at www.sealbeachchamber.org.

Smile for the Day

Joanna Matos of Mutual 2

Joanna made a homemade self-quarantined mask.

“This kind of humor happens when you have too much time on your hands,” she said.

Glenna Hoff of Mutual 6

This joke made her laugh and she hopes it will make you laugh too.

A policeman pulled over a Leisure World driver: “Let me see your driver’s license, lady.”

She replies, “I wish you people would get it together. One day you take away my license and the next day you ask me to show it!”



Joanna Matos

AMAZON.COM

Surging demand prompts new priorities

Amazon.com is prioritizing the stocking of household staples and medical supplies as it struggles to deal with a surge in demand for online orders from customers avoiding stores during the coronavirus pandemic.

The world’s biggest online retailer said in a blog post updated last week that it was making the move “so we can more quickly receive, restock, and ship these products to customers.”

The aim is to keep warehouses stocked with the items people are buying now—toilet paper, bleach and sanitizing wipes—so Amazon is temporarily not accepting shipments of nonessential goods like flat-screen televisions and toys.

The Seattle-based company wants to be perceived as an indispensable service, which is hard to do when items are out of stock and customers have to wait days for orders to be delivered.

Community



On Monday the zoo introduced viewers to its unlikely pair of best friends, Kris and Remus. The zoo places rescue dogs with baby cheetahs as companions and to help them train to become zoo ambassadors.



Each video from the Cincinnati zoo includes an easy activity that relates to the animal viewers learned about. The videos are livestreamed on Facebook Live every weekday, and are later uploaded to the zoo's website and YouTube page for those who are not on social media. Photos courtesy of the Cincinnati Zoo.

STAY HOME

Visit the Cincinnati Zoo from home

The Cincinnati Zoo & Botanical Garden is currently closed to the public during the COVID-19 pandemic and will remain closed until further notice. But since you can't go to the zoo, the zoo is coming to you.

The institution will offer digital alternatives to connect with its audience during this time, including hosting a series of Home Safari Facebook Live sessions, which will feature online animal encounters and an activity you can do at home. If you don't have or want a Facebook account, the zoo will post its video of the day to its website, www.cincinnati-zoo.org/home-safari-resources.

The Facebook live sessions are offered at 3 p.m. weekdays and will also be posted the safaris on its website and on YouTube so everyone can view."

"We announced the safaris on Facebook (last week), and the response was phenomenal. That post has reached more than 18 million people and has been shared 283,000 times," said Maynard in the release. "I'm not a social media expert, but I'm pretty sure those numbers are off the charts."

You can also watch Fiona the hippo splash and play in her pool, or watch Kris the cheetah interact with her campainion dog, Remus. Every past video is available to watch anytime on the zoo's website or YouTube channel.

Send your **COMMUNITY** articles in an email to laurieb@lwsb.com with photos attached as jpg files.

For your information:

Deadline for classified ads for the LW News is Monday, 2:30 p.m. for the following week, except holiday weeks. The news office is closed to the public, but is still taking ads through email or over the phone at 430-0534

Webinars and other information available for those with CHD

People with congenital heart disease (CHD) can access COVID-19 information relating directly to them from the Adult Congenital Heart Association (ACHA) in a webinar at <https://www.youtube.com/watch?v=h0u2qM1phVQ>.

The organization is working on creating more webinars to educate and update people in the CHD community as information progresses.

The Congenital Heart Public Health Consortium is also working to send out updated information specific to the CHD community. As of now, it strongly recommends continuing to follow the CDC's advice to wash hands thoughly for 20 seconds and often, keeping a distance of six feet from other people, and asking your pharmacy about prescription delievery options available.

HCC
24-Hour
Nurse
795-6216



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Them In the
LWWeekly



Minibus D

MINIBUS

Orientation class canceled, bus schedule continuing with limited hours for cleaning

The Golden Rain Transportation Department has canceled its monthly informational meetings about the Minibus service due to coronavirus concerns.

The informational meetings are for shareholders who want to learn about Minibus system routes and timetables. Shareholders can now recieve information on the Golden Rain Access Bus service, the Trader Joe's/Denny's shuttle and updated information on the Seal Beach Senior Service to Old Town and the Rossmoor shopping center by asking a bus driver for the 2020 edition of the minibus schedule.

The transportation department is doing everything it can to keep its buses clean and residents safe. Employes are vigilantly and consistently sanitizing buses every day.

For more information, call Fleet Manager Grant Winford at 431-6586, ext. 372.

STAY HOME

Learn everything you've ever wanted to know during isolation

There are many things LWers can do to starve off the boredom during their time in self isolation. Open culture has over 1,500 free classes on its website at www.openculture.com/freeonlinecourses. Signing up gives people access to:

- 1,500 online courses from the world's leading universities such as Stanford, Yale, MIT, Harvard, Berkeley, Oxford
- 1,000 Audio Books
- 800 eBooks for iPad, Kindle and other devices
- 1,150 Movies
- Coloring Books from 123 Museums
- Two million paintings, sculptures, photographs, books, and more from 20 World-Class Museums
- Learning 48 Languages online and more



LW BIRTHDAYS

Lapidary Club President Dean Jacobus's birthday surprise

A small group of Lapidary Club members held a surprise birthday party for President Dean Jacobus, (standing back center). It was coordinated by Jan Friedland, (standing left) who is also a St. Patrick's Day birthday baby. Dean was presented a gift card to his favorite restaurant from all members, green birthday cupcakes, a Irish Bowler, a unique handmade card and hilarious singing.

Emergency room surgeon defended Medicare For All at March 1 meeting

The Humanist Club’s guest speaker was retired emergency room surgeon Dr. Bill Honigman on March 1. Dr. Honigman worked at Kaiser Permanente for over 30 years. At the meeting Dr. Honigman spoke about Medicare For All and how it’s different from America’s present health care system.

“Today we are at the mercy of insurance and pharmaceutical companies that are more concerned with profiteering than your family’s health and well being,” Dr. Honigman said. “Medicare For All would allow we the people to decide our health care priorities and where that money is spent instead of insurance companies.”

Another reason Dr. Honigman gave for adopting Medicare For All is that the present health care system is by far the most expensive one of any country in the world, but is only ranked 37th by the World Health Organization. About 24,000 Americans die each year because they are uninsured or underinsured. No one goes broke because of illness in countries with universal health care, but medical debt is the leading cause of bankruptcy in America, according to Dr. Honigman.

The Humanist Club believes that one of the most outrageous lies about universal health care is that it’s too expensive. It says that Medicare For All would save \$440 billion a year. Most of that savings would be in administrative costs. Under Medicare For All everyone would know they are covered and wouldn’t fear of losing their health care if they lost their job.

The Humanist Club believes that people should care more about science, evidence and the health of people than the profits of drug companies and HMOs. It thinks that in this pandemic, people would be more certain of their health care status if the United States had universal health care like other nations.

PAWS, CLAWS AND BEAKS

The mood-boosting power of pets

Most pet owners will be quick to say how much joy having a pet in the home brings them. The small animal companions can also bring a lot of mental, physical and emotional health to their owners. Below are some of the ways that having a pet can benefit health and wellness.

- Decreased blood pressure
- Decreased cholesterol levels
- Decreased triglyceride levels
- Decreased feelings of loneliness
- Increased opportunities for exercise and outdoor activities

Some studies have found that pet owners are less likely to suffer from depression or anxiety than those without pets. This can partially be due to the fact that playing with a dog or cat can elevate levels of serotonin and dopamine, which can calm and relax a person. Having a dog also increases opportunity for a person to venture outside to go for a walk. The daily routine of walking with a dog has great physical benefits for both the dog and owner.

While people with pets may often experience great health benefits, a pet doesn’t necessarily have to be a dog or a cat. Even watching fish in an aquarium can help reduce muscle tension and lower pulse rate. Shareholders are reminded to remember the GRF pet policies before adopting a pet.

SUNSHINE CLUB

All April meetings have been canceled

All of the Sunshine Club’s April meetings with speakers are canceled.

In response to the ongoing COVID-19 (coronavirus) issue, the Sunshine Club canceled all scheduled meetings as of March 13 and all of the meetings during the month of April. The club believes in following the local, city and government instructions to practice social distancing in order to prevent the spread of the virus and help end the epidemic situation.

The four speakers who were originally scheduled to speak in April will reschedule in October and November. The club hopes to have its Friday meetings back soon and will announce its return through the LW Weekly.

The Sunshine Club is designed to help different people get along in the community and for neighbors to have better communication with each other. It hopes to help residents get the best out of living in Leisure World by learning how to use the available information.

The Sunshine Club invites LW community leaders, club representatives and experts outside of Leisure World to speak at its meetings. The topic of each guest speaker’s presentation is announced in LW Weekly with information about the speaker’s topic.

Ca. Retired Teachers Association

Division 56 of the Ca. Retired Teachers Association has canceled its scheduled April 3 luncheon meeting due to the fact that all LW clubhouses have been closed until further notice. The next luncheon is scheduled for June 5.

THE SCHMOOZE CLUB

Passover during social isolation

The Schmooze Club will not meet in April. This year Passover begins on April 8.

The coronavirus certainly makes the 10 plagues more tangible to comprehend and arouses compassion. Imagine not one plague, but one after the other. It is tradition to diminish joy for redemption from slavery by removing one drop of wine for each plague out of compassion for those who suffered them while reciting each plague during the Passover Seder.

The Schmooze Club wishes everyone in the Jewish community a healthy, meaningful Passover in a spirit of compassion for all mankind.

Vet Care Clinic

Elaine Miller with Community Church and Vet Care Clinic decided to postpone clinics until further notice. The main concern is the health and safety of the residents in Leisure World.

The Vet Care Clinic Hospital is open for all dogs and cats. Call (714) 312-0613 for a rabies shot discount. Leisure World Residents must show LW Identification Cards at their appointment to receive the discount.

STAY AT HOME

Boca Raton Museum of Art’s new online community initiatives

Just because you are practicing social distancing, doesn’t mean you can’t still interact with art and culture. There are many museums that are using creative and interactive resources to bring art to people who are staying indoors. The Boca Raton Museum of Art in Cincinnati is offering new online initiatives to its community.

“Art, culture, and creativity have always made a difference in powerful ways, especially during challenging times,” said Irvin Lippman, the executive director of the Boca Raton Museum of Art. “While the Museum is temporarily closed, we will continue to give back to the community. Being inspired and creative have not been canceled.”

Lipman added, “These artists in Eye to I made a lasting mirror effect of themselves, creating a very personal art that engages us – the viewer.”

One of the exhibits that viewers can look through online is from the Smithsonian’s National Portrait Gallery. This exhibition shines a new light on self-portraiture and representation at a time when millions of selfies are posted every day and identity is proving to be more fluid.

The show was created to commemorate the National Portrait Gallery’s 50 anniversary, celebrating the artists who make the NPG Collection so extraordinary.

Eye to I brings together the work of major artists of the 20th and 21st centuries, at the Boca Raton Museum of Art. The powerful works are from every decade, starting in 1901 and continuing through 2015.

Eye to I showcases 60 works in a variety of styles and media ranging from caricatures to photographs, from colorful watercolors to dramatic paintings and time-based media.

The Museum is launching a new series of free Online Community Initiatives for all ages. These free Online Community Initiatives will also reach out to seniors who are keeping social distance and who might feel isolated.

The exhibition traces the process, from gazing into the mirror to looking into the camera; from painted and drawn surfaces to mechanical reproductions such as prints and photographs; from static forms to video.

Since Friday, March 20 the Museum’s website has provided regularly updated links to new ongoing activities, including live interactive streaming. Those interested can go to www.bocamuseum.org/covid-19-status-update or follow their Facebook account at <https://www.facebook.com/bocamuseum> for more information.

Obituaries

Space is available for obituaries of residents and former residents.

- An “In Memoriam” column is available free of charge. Limited to name, mutual number and date of death.
- An obituary with or without photo is available free of charge for the first 250 words. Additional words will be charged at the rate of 25 cents per word. Notices written by the news staff will be free and no more than 250 words.
- Notices from mortuaries and non-GRF members will be printed exactly as submitted and charged at the non-member classified advertising rate, \$12 for the first 12 words and 25 cents for each additional word.
- Bordered, decorative obituaries and eulogies are available in any size at the prevailing display advertising rate.
- Obituaries may be published as news articles when the person has been a member of the GRF Board of Directors, or when, in the opinion of the managing editor, the passing of a person is newsworthy to a sufficiently large number of GRF members.
- A “Card of Thanks” section is available in the classified section of LW Weekly at the member classified advertising rate, \$8 for the first 12 words

and 25¢ per word thereafter, for persons wanting to express their thanks for help during bereavement, sickness, etc.

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**John Garrett
1943-2020**

John Robert Garrett passed away peacefully on Feb. 27, 2020. John was moved to the Long Beach VA Healthcare Community Living Center (CLC) on Feb. 24, where he received a very emotional Final Salute.

John was born on Nov. 15, 1943 in Nanticoke, Pennsylvania. He was raised by his mother, Stacia Galat, in Detroit, Michigan, until he enlisted and served in the US Army from 1961-1964. John’s Army unit was the 503RD (which later folded into 173rd). His unit was one of the first 250 deployed to VietNam as “advisors” and needed passports for travel at that time where he spent 18 months in the country.

John married Nancy in 1971. They have lived in the Long Beach, Seal Beach, Los Alamitos area for 50 years. They have two sons, John D. Garrett and Chris Garrett, and four grandchildren who currently live in Long Beach.

John and Nancy moved to Leisure World in 2006. John served on the Mutual 6 Board from 2013-2014, and served as



the Mutual 6 president from 2014-2017. Under John’s leadership, Mutual 6 installed solar panels on carports that generate electricity for six out of eight laundry rooms and carports. Mutual 6 is now starting to reap the long term benefits because of the savings that keep Mutual 6 assessments lower. John also set up the LW Drone Club, where he served as president and coordinated efforts to work with the Emergency Management Team/Radio Club.

Services have been postponed at this time but there are plans to have a final military burial at Riverside National Cemetery in the future.

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In Memoriam

Jay Jellick 65
Marlis Alford 33
Jose Caracoza-Rico 72
Yachiyo Youlin 75
Benjamin Barrett 77
Sanjay Agarwal 48
Ross Papish 55
Domenica Maldonado 39
Lawrence Scott 81
John Crandall 67
Mmadu Biosah 27
Bay Lam 89
Joshua Gomez 29
Doris Pintscher 63
Stewart Barlet Jr. 93
Kenneth Dickson 94
Families assisted by McKenzie Mortuary, 961-9301
—paid obituary

Health & Fitness



Photo by Margaret Humes

WA-RITE

A good time to catch up on reading

For some members the announcement not to meet was a relief, but for others, it was a disappointment.

For emotional eaters this whole ordeal has been quite a challenge. It's a stressful time, no gym or dance classes for exercise and no social gatherings for those who want personal, face to face communication.

It's a good time to catch up on reading, cleaning out the file cabinet, the closet you've ignored for so long or do the old fashion letter writing.

Living in a senior community, it's important to check on neighbors and make sure they're doing alright and are able to get the supplies they need. One way to get your mind off of the stress is to help to others.

Wa-Rite is not meeting for the time being.

—Margaret Humes

CA issues all to stay in place

The State of California has issued a stay in place order for all Californians. This means we should stay away from public places for as much time as possible. Almost all stores have been ordered to close. Grocery stores and pharmacies will remain open. Restaurants are only open for take-out and delivery.

This doesn't mean we have to stay in our homes. Going for regular walks and getting plenty of exercise is a great way to keep spirits up. But there are some things to keep in mind, particularly fake news.

There's been a lot of news about COVID-19 (coronavirus) these days. But there's also been a lot of fake news about it, too. If you're on social media or you check your email often, you have probably seen some of the headlines below.

With all the news swirling around out there, how do you figure out what is true and what is fake? Here are some helpful tips:

It's too good to be true. "This berry protects against coronavirus, influenza, hepatitis, and heart disease!" A single berry that can prevent multiple diseases? Seems pretty amazing! A little too amazing. Sure, eating healthy is important for lowering your risks for many diseases. But if a single food could do all that, don't you think we would all be aware?

Weird formatting. "You'll be SHOCKED when you see how DANGEROUS this common household cleaner is!!!" What's with the capitalized words? And all the exclamation points? Sensational headlines like these are a sign things aren't quite what they seem. Organizations that have meaningful content usually don't use such dramatic headlines.

You don't know the source. "StopCancerNaturalFoods.com is the ONLY source for curing cancer the natural way!" We all want to stop cancer. A lot of people like eating natural foods. But the headline sounds questionable. News organizations and public health organizations are pretty recognizable, like the CDC and World Health Organization.

It's a secret just for you. "Doctors haven't found this simple cure for arthritis. Click here to discover it for yourself!" Who doesn't want to be in on some big secret? It sounds exciting. And that's exactly how these sites work. Doctors and scientists have worked for decades on improving health and finding cures. Why would an article on Facebook know what they don't?

It can be a little tricky to figure out what is real and what isn't. If you see a post or email that looks questionable, don't click on it. If it's something that you're interested in, like eating healthy to prevent diseases, go to a reputable site to learn more instead (e.g. www.cdc.gov).

—Carson Blomquist/Monarch HealthCare

How to Make Sure Social Distancing and Isolation Don't Hurt Your Mental Health

What might have seemed unfathomable a week ago, when we were talking about how to effectively wash our hands, is happening in America. Cities are going on lockdown. Bars and restaurants have shuttered in-house dining. Movie theaters are closed. Airlines are seeing huge dips in travel. Sports leagues are canceling their seasons. Weddings are being canceled.

We're isolating, part of a global "social distancing" movement to slow the spread of coronavirus and give hospitals a chance to treat the sick. For at least 15 days, top health experts are asking us to avoid social gatherings of 10 or more, work from home if at all possible, and stay home entirely if you're sick or in a high-risk group.

Of course, we have to protect one another, avoid voluntary gatherings, and stay at least six feet apart. But there's a reason to be concerned for our mental health. "Because social contact is such a fundamental human need, we suffer both mentally and physically without it," Jud Brewer, MD, PhD, says. Jud is a neuroscientist, addiction psychiatrist and an associate professor of behavioral and social sciences at Brown University School of Public Health.

Of course, there's a difference between isolation and loneliness, which is especially important to emphasize now while we're social distancing. "Isolation is the physical separation from other people, while loneliness is an emotional state of feeling alone or separated," says Brewer. "The two are tightly associated but not the same thing. Loneliness is strongly associated with high blood pressure, sleep disturbances, immune stress responses, and declining cognition. From a mental health perspective, we see much more depression and anxiety among the lonely."

Those with anxiety may feel particularly vulnerable as the world seems to be entering uncertain times. "Many people are not used to being alone," Tara Well, PhD, an associate professor in the Department of Psychology at Columbia University's Barnard College shares. "When we feel anxiety, we have a natural tendency to want to affiliate with others." Even introverts feel this, she notes.

Those with depression may also be vulnerable while physical distancing, Art Markman, PhD, a professor of psychology at the University of Texas, Austin shares. "One of the biggest risks, particularly at a time like this, there's a tendency to get lost in negative thinking," Markman says there's no way to stop the cycle when you can't verbalize your fears and be checked by others. "For people who are prone to depression who want to isolate, it boosts your mood to be around other people," he adds. "You can find yourself, not only spiraling into negative thoughts, but feeling very closed in."

The goal of social distancing these days is to be separated, but not lonely.

Brewer suggests setting up a family chat or having regular video meetings with co-workers while you're not in-office. "As with many things, quality matters more than quantity," Brewer says. "In the end, I won't be surprised if we learn that some of us actually deepen our relationships because this crisis forced us to use new channels of communication."

Do meaningful things

Constantly checking the latest COVID-19 updates is probably not productive for your mental health. Instead, engage in meaningful tasks. "These can range from housework to reading to finally starting that project you've been unable to dig into," says Brewer. "Staying engaged in the world allows us to use the newer, more logical parts of our brain, making it less likely we will dwell on what's out of our control."

Spend time with pets

If you have a pet, remember that this is a great time to rely on them for companionship. A little touch increases dopamine and serotonin, both of which help stabilize mood and relieve stress, says Well. "In times of social distancing, petting your cat or dog might be especially comforting," she explains. Play fetch. Take them for a long walk. Love them really well right now.

Keep your sense of humor

Don't stop watching really stupidly silly movies. It's okay to laugh at some parts of your situation, which is unprecedented. Never joke at someone else's expense, Markman says, but keep smiling.

"It is very easy to be very serious about everything right now," says Markman. "Of course, this is serious. There are people who are sick and people who are dying. But if you look throughout history, the worst situations, the people who get through it feeling best from a mental health standpoint are those who keep their humor."

Gallows humor exists for a reason—people poked fun at the idea of death, to make something scary a little less so. "To joke with friends about being alone is an incredibly valuable thing," Markman says. Humanity's ability to find humor in anything is one of its more valuable traits.

—Health Magazine

Senior Meals

Seal Beach Community Services, in cooperation with Meals on Wheels Orange County, 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. Reservations are not needed. Arrive by 11 a.m. to check in at the front desk. Sugar-free desserts are offered on request. One-percent milk is served daily. Suggested donation: \$3 for seniors 60 and older; \$5 for all others. For more information, call (562) 430-6079.

The Rossmoor Senior Shopping Shuttle provides weekday service to Senior Meals from Leisure World.

Friday, March 27 — Zucchini, corn and egg casserole, redskin potatoes, spring mix salad with raspberry vinaigrette, dinner roll with promise, melon

Monday, March 30 — Salisbury steak with gravy, sweet mashed potatoes, green beans with mushrooms, lemon cookie

Tuesday, March 31 — Egg drop soup with crackers, Chinese chicken salad, shredded cabbage, shredded carrots, mandarin orange, sliced almonds, sesame dressing, mini fruit muffin, seasonal fresh fruit



Meals on Wheels, Long Beach

Meals on Wheels of Long Beach, Inc., is a nonprofit community service organization that delivers a variety of freshly prepared meals to homebound and active Leisure World shareholders. The discounted daily fee is \$8.25 for a hot dinner and lunch consisting of a large salad or sandwich with a small side salad, dessert and carton of low-fat milk.

Start a new client application online at www.mowlb.org or call Caron Adler at 433-0232. For cancellations call your site manager at (562) 439-5000 before noon to cancel a meal for the next weekday.

Friday, March 27 — Tuna noodle casserole, seasoned carrots, brussels sprouts, ambrosia salad, entrée caesar chicken salad with romaine lettuce shredded cheese, croutons, caesar dressing, crackers

Monday, March 30 — Salisbury steak with gravy, mashed sweet potatoes, green beans with mushrooms, lemon cookie

Tuesday, March 31 — Beef lasagna, green beans with pimento, seasoned broccoli, tropical fruit cup, entrée Greek chicken salad, tomato, olives, cucumber, feta cheese, vinaigrette dressing and crackers

CHESS

From page 9

Solution to this week's puzzle: Qb2

The white Queen moves from b8 to b2. Any answer by black, the white's next move is check mate.

Due to the continued spread of the coronavirus Chess partners are not available in Leisure World until further notice.

E-mail your Health & Fitness stories to chrisw@lwsb.com

FAQ from page 17

Q. Some of the notices posted of closures refer to community spread of coronavirus. Does this mean someone in the community has it?

A. The term “community spread,” as used by the Centers for Disease Control, means spread of an illness for which the source of infection is unknown. We have no knowledge of any confirmed case of COVID 19 in Leisure World.

Q. What steps has GRF taken to ensure cleanliness standards throughout the community?

A. ICS, GRF’s custodial contractor and staff have upped their game in terms of sanitization everywhere. Clubhouses are taking advantage of the closures to deep clean every nook and cranny. Buses are cleaned all day long between runs. Night custodial staff is being moved to daytime to help Mutuals sanitize laundry rooms daily. CDC recommended guidelines are being enforced with all staff.

Q. Why is the North Gate closed?

A. Due to the significant impact of the coronavirus on security officer deployment, the North Gate is closed to focus security resources in other important areas of the community. It will remain closed until further notice.

Q. What food sources are available to residents?

A. We are working with a number of vendors on supplying a list of shopping and delivery options, which will be posted on the website (see grocery store hours update on page 2). Also volunteers are available free of charge for those unable to shop or run errands for themselves. Contact Recreation for information at 431-6586, ext. 398. Information will be updated regularly in the newspaper, on the website and via LW Live!

Q. Are there other resources provided by the government?

A. The Orange County Office on Aging is available to assist seniors who may not have access to food and other necessities. Call (800) 510-2020 to be linked to OC community partner organizations if you are self-isolating, over 65, and need help.

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The following are FAQs related to GRF departments.

SERVICE MAINTENANCE (431-6586, ext. 515)

Q: Is Service Maintenance open?

A: Yes, but currently not allowing walk-ins to the offices until further notice.

Q: Is Service Maintenance responding to priorities/emergencies?

A: Yes. Maintenance will continue to service all priorities/emergencies (leaks, stoppages, electrical, etc.)

Q: Will Contractors be able to pick up material?

A: Yes. But call prior to your arrival, so staff can open the gates.

Q: Are scheduled appointments being kept?

A: Yes.
All scheduled appointments will be met provided the shareholder is healthy, and still willing to keep his/her appointment; otherwise contact Service Maintenance to reschedule.

SECURITY DEPARTMENT (431-6586, ext. 375 or 377)

Q. My decal is expiring, and I heard the office is closed. What do I do?

A. The Decal Office is closed until further notice. You will still have access into the community and will not receive a citation. Once the office reopens, you can renew at that time.

STOCK TRANSFER (431-6586, ext. 346)

Q. I need to register as a Caregiver (or renew my registration).

A. Registered caregivers with expired passes will continue to have access to the community. Resident shareholders will have to call Security for new caregiver access.

Q. When can I register my pet?

A. No pet registration is being done until further notice.

Q. What about renewal of GRF ID cards?

A. Cards will not be renewed until further notice.

COPY AND SUPPLY (431-6586, ext. 345)

Q. Are copies still available and supplies being sold?

A. The office is closed to the public, however directors requiring copy services may email documents electronically and call for an appointment for pick up. Notary services are restricted but call for information.

GOLDEN RAIN NEWS (430-0534)

Q. Is the News Office closed?

A. The News Office is closed to the public, however, staff are onsite accepting residents’ submissions for articles, obituaries and advertising and classifieds via phone or email.

Q. Will this impact newspaper delivery?

A. We will continue to produce the newspaper and deliver it to your door as usual.

Q. How do I pay for my classified ad?

A. At the moment we are accepting card payments over the phone. You can also drop your payment in an envelope in the News drop box in person.

LW LIBRARY (431-6586, ext. 430)

Q. Is the Library operating?

A. The library will be closed to residents until April 20, unless otherwise notified. We will continue to follow the CDC recommendations on closures and keep the community updated.

Q. How do I return books while it is closed?

A. All library material may be returned in our drop boxes.

Q. How can I reach the library if I have a question?

A. Library staff will be available Monday-Friday from 9:30 a.m.-3:30 p.m. for calls.

FINANCE DEPARTMENT (431-6586, ext. 330)

Q. How can I set up my account for automatic payments for my Mutual assessments if I cannot visit the Accounting office?

A. The form to sign-up for or change your direct debit for payment of your monthly assessments is on the Leisure World website at *lwsb.com*. Click on “GRF” at the top banner, and “Documents” in the drop-down menu under GRF. In the section headed “Financial,” you will find the form “ACH Direct Debit

Authorization.” This form is used to start ACH/Direct Debit, and it is also used to update an active ACH/Direct Debit with new bank information. All forms must be received by the Accounting office by the 24th of the month prior to the month the ACH/Direct Debit is effective. Any forms received after the 24th will not be effective until the second month after the form’s receipt. Forms and a copy of your check can be emailed to *Finance@lwsb.com*, dropped in a white mailbox, or sent through the U.S. mail to PO Box 2069, Seal Beach, CA, 90740.

Q. Can I still drop my utility bills in the white mailboxes or at the Accounting office?

A. The white mailboxes are still having mail picked up once a day. This process has not changed. Non-cash payments can be dropped into the white mailboxes or through the mail slot in the wall outside the Accounting office, just as before.

Q. Can I still drop my Mutual payments in the white mailboxes, or at the Accounting office? May I still pay by cash for my Mutual assessments?

A. The white mailboxes are still having mail picked up once a day. This process has not changed. Non-cash payments can also be dropped through the mail slot in the wall outside the Accounting office. We encourage avoiding the use of cash to pay Mutual assessments. If you must pay with cash, you will need to call and make an appointment, which allows personnel to conform with Centers for Disease Control (CDC) requirements for social distancing. For an appointment, call 431-6586, ext. 330. You will be asked a few standard questions as required by the CDC prior to the appointment.

Q. Are there any time extensions for making payments?

A. There are currently no payment extensions. There are several options for making payments, including the methods discussed above (ACH/Direct Debit, white mailboxes, accounting mail slot, and appointment for cash payments).

Another option is to go online and sign up with your bank’s bill pay service. The check should be made payable to your Mutual, use the mailing address and account number as shown on your coupons.

ClickPay also allows you to pay by credit card or electronic check online. Unlike the options discussed above, ClickPay does charge fees for exercising these options through its portal. ClickPay portal information was sent via email earlier in 2020. If you need assistance you can call the Accounting department at 431-6586, ext. 330, or call ClickPay Customer Service at (800) 533-7901.

Q. What is my current balance due?

A. You can find your current balance due through the ClickPay portal or by calling 431-6586, ext. 330. If you need assistance you can call the Accounting department or call ClickPay Customer Service at (800) 533-7901.

Q. I received a letter saying I have a credit on my account. Is this legitimate and what should I do?

A. GRF does send letter out

for accounts carrying credit balances (or over payments). The letter offers two responses:

- Continue to carry the credit on my account
- Send me a refund check.

Mark which option you prefer, sign the letter and return it to GRF. If you need to send the letter through the U.S. Postal Service (vs. white mailbox/drop off) send the letter to PO Box 2069, Seal Beach, CA, 90740. If you request a check be sent to you, it will be mailed to the mailing address we have on record. (Mailing addresses are updated through Stock Transfer.)

Q. I received a letter saying I have an outstanding balance. What is that balance due?

A. Outstanding balances on your account may be viewed through the ClickPay portal, or you can call the Accounting office. If the outstanding balance on your letter is identified as a parking citation, call 431-6586, ext. 519, for further information.

Q. I need my 2019 property tax information. How do I get it?

A. If you received your guess passes, the 2019 property taxes are on that same piece of paper, above the passes. If the document with the property tax information has been accidentally discarded or lost, email your Mutual number, Unit number, and Name to *Finance@lwsb.com*. We will send you a copy of the document via return email within 24 business hours.

MUTUAL ADMINISTRATION (431-6586, ext. 315)

Q. Is the office open for business?

A. The office is operating but not accepting in-person visits except by appointment.

Q. What is the status of our Mutual meetings?

A. All Mutual meetings are canceled until further notice.

PHYSICAL PROPERTY (431-6586, ext. 301)

Q. Is Physical Property open for business?

A. Physical Property is closed and all services requiring in-person visits or counter assistance will be handled by phone, email or in-person by appointment only.

Q. Are New Buyer Orientations still taking place?

A. Yes, after verifying there is no evidence of illness or symptoms of illness.

Q. Are Pre-Listing Inspections being processed and completed?

A. Yes, after verifying there is no evidence of illness or symptoms of illness.

RECREATION DEPARTMENT Q. Do I need to cancel my reservations, and will they be reinstated after COVID-19?

A. All reservations are automatically canceled until the clubhouses reopen. Recurring reservations will be reinstated. One-time reservations need to be rescheduled, according to availability, when we reopen.

Q. Are any amenities still open?

A. The RV lot is open for existing customers to access their vehicles. For other inquiries, call 431-6586, ext. 324. After hours, call Security at ext. 377. The Minifarm is open daily from 7 a.m.-dusk for plot holders.

Q. Is the office open?

A. Walk-ins are not permit-

ted, for your protection and that of the staff, but email and phone contact are welcome.

TRANSPORTATION (431-6586, ext. 372)

Q. Are the City of Seal Beach/Rossmoor Senior Shopping Shuttles running?

A. Yes, the buses that run approximately hourly to Ralphs, Target, Kohls, and Sprouts are picking up and dropping off residents at the Amphitheater hub on weekdays. The schedule may be altered (see page 13 for update).

Q. How can I get specific information on the bus services?

A. Ask any LW bus driver for the new LW Minibus Book.

Q. Where do I get the bus?

A. All buses originate or stop at the Amphitheater hub, but also pick up and drop off by the bus benches in all neighborhoods.

A. What other bus services are running?

Q. The Minibuses continue to run on schedule. Those unable to ride the regular Minibuses may call for the ACCESS bus to be picked up by appointment 431-6585, ext. 379. The City also provides hourly service daily to Los Alamitos Medical Center.

FLUSH from page 2

toilet, but instead to throw them in the trash to avoid backups and overflow.

A majority of urban centers are on centralized sewage collection systems depend on gravity and enough water flow to move along human waste and biodegradable toilet paper.

The systems were not designed for individual nylon wipes and paper towels. The wipes and paper towels do not break down like toilet paper, and therefore clog systems very quickly.

Leisure World is especially vulnerable as many of its pipes are more than five decades old.

Wipes are among the leading causes of sewer system backups, impacting sewer system and treatment plant pumps and treatment systems. Many spills go to the state’s lakes, rivers and oceans where they have broad ranging impacts on public health and the environment. Preventing sewer spills is important, especially during this COVID-19 emergency, for the protection of public health and the environment.

Do not flush disinfectant wipes or paper towels down the toilet.

CalFresh Benefits

Qualified LW residents can get help applying for CalFresh, formerly known as food stamps, in person with Cindy Tostado, GRF Member Resource and Assistance Liaison, online or via phone.

People who are over 55 and meet the following monthly income guidelines may qualify: One-person household: \$2,010 per month; two-person household: \$2,708 per month.

Have access to the following required documents to assist in the application process:

- ID
- Green Card or Citizenship Certificate
- Social Security Card
- Proof of Income
- Rent Receipt and Bills

Puzzles & Comics

Answers on page 24

Gasoline Alley

By Jim Scancarelli



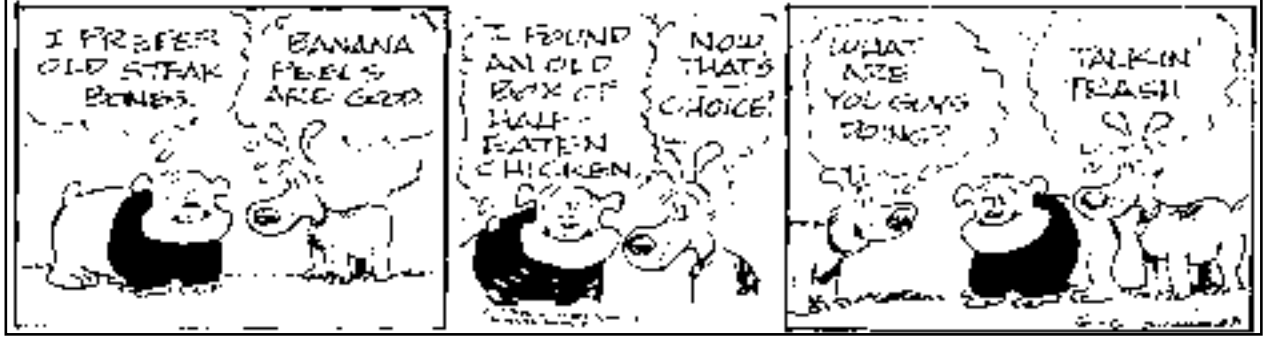
Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers

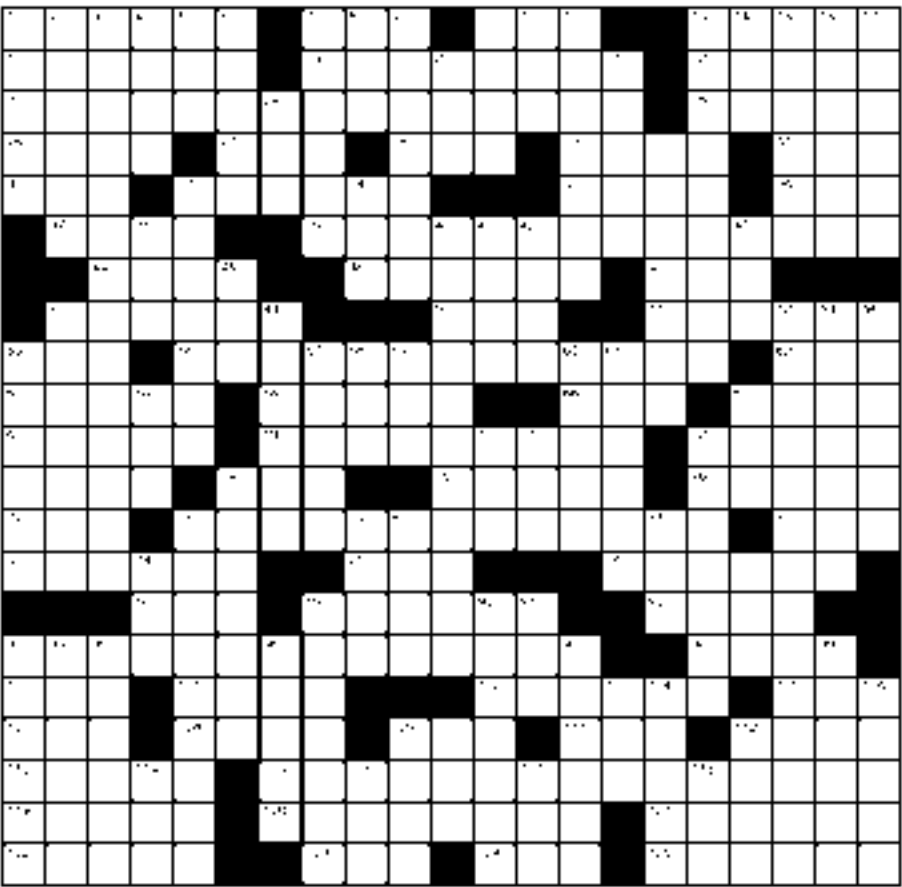


Amateur Photography

Edited by Linda and Charles Preston

ACROSS

- 1 Cotton fabric
- 7 Dallas first
- 10 Crab
- 13 Place setting piece
- 18 "Lawrence of Arabia" scripter
- 19 Book phrases
- 22 Running water
- 23 Finger on the "e" is result
- 25 Precious layer
- 26 Keep _____ watch
- 27 Mattie's world
- 28 Place for the ante
- 29 German philosopher
- 31 WWII era
- 32 NHC's long-terming hit
- 33 Aerial hunting dog
- 35 Sandwich cookie
- 36 Pretense
- 37 Actor Johnny
- 39 Digital camera results
- 44 Core place
- 46 Actress Lisa and actresses
- 47 From A
- 48 War and peace
- 50 "The Universal" Graham book
- 51 S'coons
- 55 Zig-zagging
- 56 Person photographing technique
- 62 Rabbits' heart secret
- 63 Use a podium
- 65 Royal physician
- 66 Actor Kiefer
- 67 Nukes
- 68 Lake sheet music
- 69 Six on the fence
- 72 Sexually
- 73 Author Dagald
- 74 Islet
- 75 Prayer endings
- 76 Bring together
- 77 Race the movie
- 78 Out-of-focus part of a camera
- 82 Home holiday
- 83 Broom box
- 85 Onassis
- 86 Final images, usually
- 88 Game and trap
- 89 Reach
- 92 God's first wife
- 93 Faces back from Mars
- 98 Explosive Jackson
- 100 Moored master
- 101 Race track tipster
- 102 Lips
- 106 Hit sign
- 107 Zadora
- 108 Singles
- 109 Ballet
- 111 Witches
- 112 Republican televisioner
- 113 Unread listener
- 115 Marnie the car seat



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3/29/20

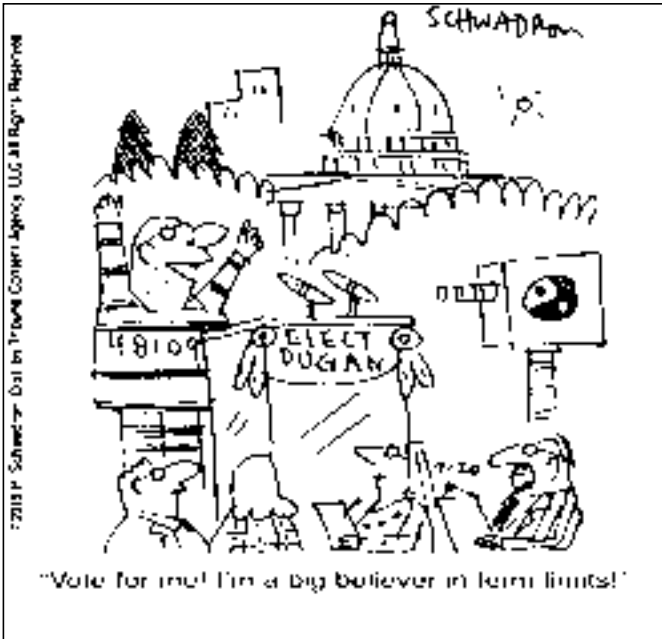
DOWN

- 1 Big name's applause
- 2 Nearly
- 3 Result of not advancing the "ball"
- 4 CD
- 5 White costume
- 6 Showy flowering tree
- 7 Tool
- 8 Part of NASA
- 9 Blatant food
- 10 Blurred image
- 11 Telling
- 12 Jazzy with sticks feet
- 13 Amusing, for one
- 14 Taylor of film
- 15 Secret phrase
- 16 We're holding
- 17 Pinstrip
- 20 Reddish color
- 21 Musicians go
- 24 Interiors
- 30 Kiting position
- 33 Earshest
- 34 Kipling novel
- 38 When disabled, a fuzzy ball
- 40 Boy of Spain resident
- 41 Piece
- 42 Headstrong
- 43 Sugar's sleep
- 45 _____ Karate food
- 48 Knight's weapon
- 49 Heinous outfit
- 62 Mother of a top photographer
- 63 Films, shows, etc.
- 64 Social person
- 65 Cat's paws
- 67 Synonym for
- 68 There
- 69 Actress's name
- 70 Dress up
- 71 Hand over a school assignment
- 74 Knapedon Kennedy
- 77 Careless
- 78 Driver's licensing
- 79 Have our greeting

Sudoku 1

8	2				9	7
	9	6		1	5	
			2	6		4
		9		4		
6		8	7			
	1	3				
		5		8	4	2
9	4				6	5

9 To 5 By Harley Schwadron



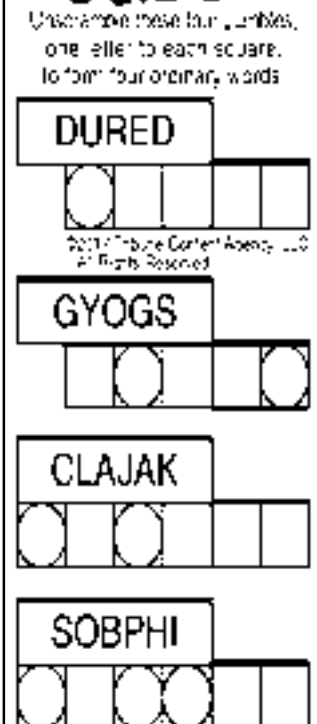
SCRABBLE G|R|A|M|S

A E U R N S C	rack 1
A I I R M C N	rack 2
A I U H V S G	rack 3
A O U T P M C	rack 4
A E E E V L T	rack 5

PAR SCORE 255-275
BEST SCORE 328
SPECTIONS 200
FIVE RACK TOTAL
TIME LIMIT 25 MIN

JUMBLE

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek



Print your answer here: _____

I am an actor born in Germany on April 2, 1977. My parents relocated to the Republic of Ireland when I was two to open a restaurant. I eventually found my way into acting, and audiences were first introduced to me in “Band of Brothers.” I’ve made many other popular movies since then.

					2			4
		9		1	3			
							7	
	6			3				5
	1		4		9			
		7		2	8			
4	7		2			5		
	3	6	8					1
					4			7

Level: Advanced

Level: Advanced

Puzzles & Comics

Answers on page 24

CRYPTO FUN

Determine the code to reveal the answer!


Solve the code to discover words related to customers.
Each number corresponds to a letter.
(Hint: 6 = e)

A. 25 20 21 9 26 4
Clue: Gives financial support

B. 9 6 21 20 22 8
Clue: Sale of goods

C. 25 18 9 5 11 20 24 6
Clue: Buy something

D. 5 8 22 6 4 21
Clue: Person using services of another



By David L. Hoyt and Jeff Knurek

H	R	L	N	H
U	E	N	I	M
I	P	D	M	U
P	O	C	R	T
N	S	B	A	L

Calculate Boggle BrainBusters! scores for all the first 4 letters, and take the letters in alphabetical order with the lowest value. If there is a tie, choose the letter that is closest to the end of the word. For example, if you have the letters H, N, L, and R, you would choose H, N, and L, because they are closer to the end of the word.

BOGGLE POINT SCALE (3 letters = 1 point) (4 letters = 2 points) (5 letters = 3 points) (6 letters = 4 points) (7 letters = 5 points) (8 letters = 10 points) (9 letters = 16 points)	YOUR BOGGLE RATING 151+ = Champ 101-150 = Expert 61-100 = Pro 31-60 = Gamer 21-30 = Rookie 11-20 = Amateur 0-10 = Try again
--	---

Boggle BrainBusters Bonus
 We put some of our best words into the puzzle grid. Can you find them?

Find **AT LEAST SIX SIX LETTER ELEMENTS** FROM THE PERIODIC TABLE in the grid of letters

COMEDY WORD SEARCH

L	F	M	H	N	O	S	S	K	K	T	R	S	N	L	B	S	L	U	R
H	K	C	A	B	L	L	A	C	B	O	S	L	L	T	V	L	T	J	A
Y	U	E	G	P	G	I	I	G	U	O	V	B	K	W	I	S	D	B	T
N	F	T	R	M	J	T	L	T	A	D	I	A	O	N	B	K	O	Y	N
R	N	M	U	I	S	R	I	A	G	O	R	U	E	M	N	E	T	W	D
E	F	R	A	P	T	N	O	E	E	N	N	U	P	O	B	T	D	C	N
N	O	E	N	T	E	A	J	M	P	R	P	J	I	H	I	C	J	W	O
I	R	L	N	T	T	I	S	R	U	D	J	T	E	M	E	H	S	L	E
L	S	M	R	O	F	R	E	P	D	H	A	N	K	I	C	M	T	J	C
D	T	J	V	I	A	H	D	L	I	S	E	V	H	K	P	O	M	J	J
A	N	G	J	H	Y	G	O	H	O	C	M	S	I	G	R	L	K	U	R
E	J	M	E	B	O	M	C	V	U	C	E	C	A	Y	U	N	M	R	T
H	M	S	S	G	O	A	O	W	U	G	B	R	A	C	Y	A	W	L	I
M	O	U	A	W	D	R	H	V	C	O	Y	I	D	E	W	Y	L	P	T
O	C	G	J	L	P	I	P	K	O	A	N	S	W	N	S	O	A	K	I
W	T	I	I	M	T	C	K	K	M	E	P	P	B	F	E	R	H	E	W
W	I	B	I	S	W	B	E	D	W	H	A	P	P	G	O	T	J	S	D
B	S	R	E	I	V	R	A	D	K	D	R	W	P	D	A	K	N	G	P
A	L	J	E	N	O	H	P	O	R	C	I	M	Y	R	U	A	U	E	A
T	H	P	O	F	K	D	C	R	Y	L	E	K	O	J	T	V	R	L	P

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

AD-LIB
BOMB
BOOKER
CALLBACK
CAPPER
ENTENDRE
GAG
HEADLINER
HUMOR
IMPROVISATION
JEST
JOKE
LAUGH
LINEUP
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AMAZON
from page 13

is fine-tuning its operation to quickly deliver things people need right now, sacrificing sales from its deep inventory for the time being.

As online orders spike, Amazon also is looking to hire 100,000 people willing to pick, pack and deliver orders during the pandemic.

Already, at least five workers at warehouses in Spain and Italy have contracted the coronavirus, and those numbers could rise in the coming months as the disease spreads in Europe and the U.S.

If enough workers get sick, Amazon could be forced to close some of its fulfillment centers, potentially putting its vaunted delivery machine in peril.

In the meantime, Amazon is telling third-party sellers that it won't accept shipments from them in other product categories through at least April 5.

Amazon said it was taking a similar approach with the big brands from which it buys directly.

The new prioritization applies to restocking, not Amazon's shipments of items already sitting on warehouse shelves.

The change only limits products sold through Fulfillment by Amazon, a service through which online merchants pay Amazon to store, pack and ship their products sold on the site.

Amazon's marketplace merchants can continue to sell nonessential products, but they have to manage packing and shipping to customers on their own.

—from news reports

OCTA
from page 10

requiring employees over 65 or with underlying health issues to remain at home, which has put a significant strain on the agency's ability to operate a regular weekday schedule.

And like the public and private sector across the country, school closures and the lack of childcare options have placed an additional burden on employees.

The temporary reduction of service also reflects a sharp decline in ridership since Orange County residents and workers were advised by health experts to stay home, avoid large gatherings and work remotely when possible. Thursday night, the governor issued a more restrictive, mandatory "stay at home order" for all residents, except when conducting essential tasks.

There has been a more than 50 percent drop in ridership over the past two weeks, with 61,000 boardings on March 18, compared to a typical average weekday of 125,000.

CALFRESH
from page 17

Ways to apply:

- By Appointment in LW: Call 431-6586, ext. 317
- Online: *GetCalFresh.org*
- Phone: (800) 281-9799
- Walk In: 1928 S. Grand Ave., Santa Ana, 92703

For more information, call Cindy Tostado, LCSW, GRF member resource and assistance liaison, 431-6586, ext. 317.

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Puzzle Answers

Puzzle pages 18 - 19

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M	I	N	I	C	A	R	RACK 2 =	61	
V	A	C	U	I	S	H	RACK 3 =	72	
C	A	M	P	O	U	T	RACK 4 =	76	
E	L	E	V	A	T	E	RACK 5 =	60	
PAR SCORE 265-275								TOTAL	328

Crossword Answers

M	A	D	R	A	S	S	M	U	N	A	G	P	L	A	T	E				
O	T	O	O	L	E	T	I	N	T	Y	P	E	S	R	I	V	E			
T	H	U	M	B	N	A	I	L	S	K	E	T	C	H	O	Z	O			
T	A	B	S	N	O	R	P	O	T	K	A	N	T	O	W	A	C			
S	N	L	S	A	L	U	K	I	P	O	R	E	O	W	A	C	T			
D	E	P	P	P	I	C	T	U	R	E	P	U	Z	Z	L	E	S			
N	O	O	K	M	Y	R	N	A	S	T	O	Z								
B	E	M	O	A	N	I	I	S				R	A	Z	O	R	S			
Z	A	G	F	L	A	S	H	I	N	T	C	P	A	N		F	A	C		
O	R	A	T	E	S	A	U	D	I		V	A	I		F	F	T	S		
N	O	T	E	D	S	T	R	A	O	D	L	E	S		T	O	W	I	T	
E	N	I	D	C	A	V		A	M	E	N	S		U	N	I	T	E	T	
R	E	V	B	L	U	R	R	E	D	V	I	S	I	O	N		T	E	T	
S	T	E	R	F	O	A	R	I		N	I	N	T	H	S					
			A	L	S	A	T	T	A	I	N		L	E	A	H				
L	I	T	T	L	E	G	R	E	E	N	M	E	N		L	E	I	F	O	
A	C	C	T	O	U	T		S		P	O	I	N	T	S		S	R	O	
P	I	A	O	N	E	S	L	A	O		G	N	U		W	H	I	G		
S	C	R	E	W		S	H	O	O	T	S	T	H	E	B	R	E	E	Z	E
E	L	A	T	E		S	O	N	G	F	E	S	T	A	B	L	A	Z	E	S
D	E	T	E	R		W	O	O	D	E	S		L	I	D	D	Y	S		

Sudoku 1 Answers

8	2	1	5	4	3	6	9	7
7	9	6	2	1	8	5	3	4
3	5	4	6	9	7	8	1	2
5	8	9	3	2	6	7	4	1
1	3	7	9	5	4	2	8	6
4	6	2	8	7	1	3	5	9
2	1	3	4	6	5	9	7	8
6	7	5	1	8	9	4	2	3
9	4	8	7	3	2	1	6	5

The Basic Rules of Sudoku:
• There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.
• When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these numbers in the course of the game.
• Each column must contain all of the numbers 1 through 9 and no two numbers in the same column of a Sudoku puzzle can be the same.
• Each row must contain all of the numbers 1 through 9 and no two numbers in the same row of a Sudoku puzzle can be the same.
• Each block must contain all of the numbers 1 through 9 and no two numbers in the same block of a Sudoku puzzle can be the same.

Jumble Answers

Jumbles: HODDER SOGGY JACKAL BISHOP
Answer: The quality control person at the cushion factory liked her — CUSHY JOB



Sudoku 2 Answers

7	5	3	9	8	2	6	1	4
6	4	9	7	1	3	8	5	2
2	8	1	5	4	6	3	7	9
8	6	4	1	3	7	2	9	5
3	1	2	4	5	9	7	6	8
5	9	7	6	2	8	1	4	3
4	7	8	2	9	1	5	3	6
9	3	6	8	7	5	4	2	1
1	2	5	3	6	4	9	8	7

Guess Who?

Answer
Answer: Michael Fassbender

Crypto Fun Answers

Answers: A. patron B. retail C. purchase D. client

Boggle BrainBusters Answers

SODIUM IODINE HELIUM CARBON COBALT COPPER

Word-Find Answers

L	F	M	H	N	O	S	S	K	K	T	R	S	N	L	B	S	L	U	R
H	K	C	A	B	L	L	A	C	B	O	S	L	L	T	V	L	T	J	A
Y	U	E	G	P	G	T	I	G	U	O	V	B	K	W	I	S	D	B	T
N	F	T	R	N	J	T	L	T	A	D	I	A	O	N	B	K	O	Y	N
R	N	M	U	T	S	R	I	A	G	O	R	U	E	M	N	E	T	W	D
E	F	R	Y	P	T	N	O	E	E	N	N	U	P	O	B	T	D	C	N
N	O	E	A	T	E	A	J	M	P	R	P	J	I	H	I	C	J	W	O
I	R	L	N	T	T	I	S	R	U	D	J	T	E	M	E	H	D	S	E
L	S	M	R	O	F	R	E	P	D	H	A	N	K	I	C	M	T	L	C
D	T	J	V	I	A	H	D	L	D	S	E	V	H	K	P	O	M	J	J
A	N	G	J	H	Y	G	O	H	I	C	M	S	T	G	R	L	K	U	W
E	J	M	E	B	O	M	C	V	O	C	E	C	A	Y	U	N	M	R	R
H	M	S	S	G	O	A	O	W	U	G	B	R	L	C	Y	A	W	L	T
M	O	U	A	W	D	R	H	V	C	O	Y	I	D	E	W	Y	I	P	I
O	C	G	J	L	P	I	P	K	O	A	N	S	W	N	S	O	A	K	Y
W	T	I	I	M	T	C	K	K	M	E	P	P	B	F	E	R	H	E	W
W	I	B	I	S	W	B	E	D	W	H	A	P	P	G	O	T	J	S	D
B	S	R	E	I	V	R	A	D	K	D	R	W	E	D	A	K	N	G	P
A	L	J	E	N	O	H	P	O	R	C	T	M	Y	R	U	A	U	E	A
T	H	P	O	F	K	D	C	R	Y	L	E	K	O	J	T	V	R	L	P

VILLA



In Escrow

13550 Medinac Ln #301-I
2 bedroom 1 bath

This Mutual 5 home is very close to all of the best parts of Leisure World.

Centrally located near the Amphitheater, Clubhouse 6, gym, Post Office, parking, Medical Center, pool, golf course and two laundry rooms.

This home has a rare fully screened-in lanai and four natural light skylights.

New fridge, oven, cook-top and dishwasher.

Kitchen island with storage, new laminate flooring, extra storage in the hall with organizers for shelving.

This home is ready for you to move in and start your new lifestyle!

ANNA CHILD REAL ESTATE PROFESSIONAL

THE ANNA CHILD GROUP
714-398-6913
anna@annachild.com
AnnaChild.com
CAL BRE No. 01858392


Joanie Korman
LW Resident,
Real Estate Specialist
BRE#01937786
(714) **308-8034**

"Where Life Just Got Easier"

New Listing
2 Bedroom 1 Bath
Fully Expanded
Kitchen Island,
Expanded Master
M5 114K \$265,000

New Listing
2 Bedroom 2 Full Bathrooms,
Fully Expanded on Fantastic
Greenbelt
M9 226L \$399,000

New Listing
2 Bedroom 1 Bathroom Corner
L Shaped Patio, drive up parking
M4 26G \$180,000


2 Bed 1 Bath Corner,
W/D, Dishwasher,
Heat Pumps,
Upgraded flooring
M2 57F \$299,000


2 Bed 2 Full Baths Drive Up
Bar
M1 25F \$225,000

Watch for my New Listings Coming..


2 Bedroom 1 Bath Fully Expanded M6
Call me to List or Sell your Home! I can List and Sell all Homes in LW. It will be my honor to work with you!

Berkshire Hathaway Home Services



JOYCE REED
Resident Broker
Notary Available
596-8656
Mutual 15, 1-D
\$245,000



Expanded 2-bedroom, 1-3/4 baths, with small patio.



Close to Main Gate, laundry and carport.



— • • —

Mut. 9, 232A — CLOSED
Mut. 7, 152-A — CLOSED
Mut. 15, 16-R — CLOSED
Mut. 6, 67-J — CLOSED

Unbelievable Real Estate
DRE#00460268


Erika Shapiro
Resales Specialist • Mutual 17 Resident
Traveling Notary
562-208-5223



In Esrow

GREAT BUY
Basic 1-bedroom,
on nice green, fresh paint.
Mutual 3, 7C **\$140,000**

REDUCED MOVE-IN READY
2 BDR/1 1/2 bath,
fully expanded corner
drive up, washer/ dryer,
dishwasher & more
Mutual 2, 19F **\$319,000**



COUNTRY COTTAGE
2 BDR, 2 bath, greenbelt.
Move-in ready, white kitchen,
washer & dryer, close parking.
Mutual 10, 246L **\$395,000**



In Esrow

Coming Soon
Basic 2 BDR, 1 bath, fresh paint, new flooring,
washer & dryer, skylights, move-in ready,
private location.
Mutual 9 - 209E

Atrium, Remodeled 2 BDR/1 Bath,
drive-up, Solid Oak flooring, Oak
cabinetry, granite counters, New
appliances, windows, shutters
and more.....
Mutual 15 - 18D **365,000**



SOLD IN 1 DAY

I SOLD 20 in 2019	I SOLD 36 in 2015
I SOLD 26 in 2018	I SOLD 35 in 2014
I SOLD 34 in 2017	I SOLD 60 in 2013
I SOLD 47 in 2016	I SOLD 42 in 2012

I can sell your's too!

Service Is My Priority! Call me for a FREE Market Evaluation



The Januszka Group, Inc.
Leisure World
ON-SITE
HOME SALES
(562) 598-1388



THE CORONAVIRUS PANDEMIC

All of us here at the On Site Home Sales Office, want to reach out and wish everyone in our Leisure World family health, safety and peace of mind. Our in-house escrow is still operational. In fact, we currently have **28 active escrows** expected to close in the next month. We are certain that the buyer demand is still out there. As soon as we get some positive news that we have turned the corner on this pandemic, we expect to see an influx of buyers ready to go. We are still working and conducting real estate business, just in a different way, utilizing our great website and signing documents electronically.

See All Our Listings, Prices and Photos at Our New Website:
www.LeisureWorldHomeSales.com



Dawn Januszka
Broker
DRE #02110501



June Stokoe
Escrow Officer



Verna Chumley
Realtor®



Realtor®



John Webster
Realtor®



Terri Walters
Realtor®



Realtor®



Elana Altman
Realtor®



Maryann Shadow
Realtor®





Kathy Gupton
Associate Broker
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Kathy & Gloria Gupton & Hadley

SISTERS

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Specializing in the
LW Community



Gloria Hadley
Realtor®
DRE # 01057681

562 **884-3594**

Buying or selling...

You could go it alone, but why bother when you can count on pros like us.
Whatever your circumstances, whatever your needs, we can help.



PENDING

Mutual 2, 48H \$210,000

This lovely home faces greenbelt, has wrap around patio with newer outdoor carpet and skylight which is a really nice feature.



PENDING

Mutual 7, 176E \$210,000

This 2 bedroom 1 bath cottage has drive-up, wrap around patio, with storage, living room open, kitchen with white cabinets, built-in appliances.



PENDING

Mutual 4, 78B \$148,000

Charming 1-bedroom, 1-bath cottage with drive up, enclosed patio which adds approximately 200 sq ft of living space.



Mutual 15, 32K \$239,000

Eloquent traditional home featuring 2-bedroom, 1-¾-bathroom, spacious living room and formal dining room with ceiling fan. Living room has custom draperies framing triple-pane windows and over-looks an open balcony and beautiful tree-lined greenbelt. Kitchen has white cabinets, built-in electric appliances and double-pane windows. Master bedroom suite has double-pane windows, mirrored cupboard and 2 wardrobe closets. Master bathroom has bathtub with shower and skylight. Second bedroom has lots of closet and cupboard space and double-pane windows. Second bathroom has stall shower and skylight. This lovely home has carpeting throughout, leaded glass entry door and is close to drive-up parking and carport. This charming home is definitely a must see.



M1-16W \$218,000

Lovely 2 Bedroom 1 Bathroom Cottage. Built-in stove, oven, refrigerator, breakfast bar with storage, added shelving above sink, vinyl flooring and ceiling fan. This home has skylights in the kitchen, bathroom, side patio, front patio, carpeting in the living room and both bedrooms. Large wrap-around tiled and screened patio.



PENDING

M3-21K \$218,000

Charming 2 Bedroom 1 Bath Cottage. Kitchen has ceiling fan, built-in stove, oven and refrigerator. Master Bedroom has mirrored wardrobe doors and double pane sliding doors to private patio. Living and bedrooms are carpeted and flooring in kitchen, bathroom and hallway is vinyl. Heat pump/AC and is ready to move in.



PENDING

Mutual 4, 50A \$249,900

This a fully expanded 2 bedroom 1 bath home with dual pane windows, bay windows in living room, master bedroom and den/dining room and Central heat and air conditioning.



PENDING

Mutual 14, 23D \$255,000

Nicely expanded 2 bedroom 1 bath corner unit with patio storage. Spacious living room with bay window, dining area off kitchen. Built-in kitchen appliances. This home has abundant natural light, laminate floors and central heat and AC.

January 2020 Sales

Mutual 5, 229D

Mutual 14, 23F

**GIVE US
A CALL**

We can show ALL property in the LW community



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13926 Seal Beach Blvd., Seal Beach, CA 90740 (Behind Carl's Jr.)



Robin Gray & Barbara Diette-Dobias

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Your Leisure World Sales Team



California Properties



Barbara Diette-Dobias

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barbaradobias@gmail.com
DRE 00887640



13926 Seal Beach Blvd., Seal Beach, CA 90740 (Located in the shopping center, behind Carl's Jr.)



Price Reduced-Won't Last

Mutual 1-38-D \$154,900

1- bedroom, 1-bath south facing, fully expanded unit on an amazing greenbelt setting. Close to Medical Center, Amphitheater, pool, golf course and churches. L-shaped living room with huge closet. A/C Heat Pump to keep you cool in the summer and warm in the winter, plus skylights that make this home light and bright.

Though our in-person contact is not available due to mandated guidelines from the State of California which includes Real Estate... WE are available by phone, email or text. Have Questions or Concerns - CONTACT US.



Mutual 7-157-D \$229,000

NEW LISTING... Adorable Beach Cottage - 2 bedrooms, 1 bath, raised wall with double paned windows, plantation shutters, pretty wood-look floors, upgraded kitchen, heat-pump, ceiling fan, skylights, cut-down shower and a large patio to sit and relax and enjoy this gorgeous **CENTRAL PARK LOCATION!!** Call Today to See.



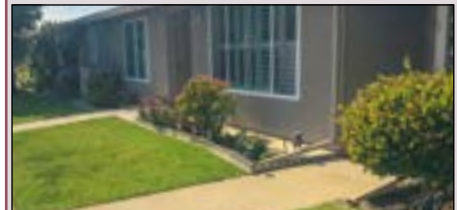
Mutual 8-203-I \$249,900

Darling two bedroom "U-Shaped" expansion with Central Heat/Air, Stackable Washer/Dryer, large master bedroom with a walk-in closet, dining room, skylights, dual paned windows and a nice size tile patio with a gate and storage sitting on a green - plus close carport and street parking!! Be sure to check this out - it's a good one!!



Mutual 10-257-G \$327,000

Charming two bedroom 1 bath Spacious living room and dining room, built in china cabinet, granite counters, dishwasher, microwave, skylights, central heat/air, parking and laundry. **This is a must see call us today!**



Mutual 6-136-C \$359,000

Fully expanded two bedroom - one bath, south facing courtyard. Remodeled kitchen and bathroom, fresh paint, skylights, dishwasher, pantry, newer appliances, microwave, Forced Air/Heating plus WASHER AND DRYER. Laminate flooring with tile in kitchen.



Mutual 1-40-B \$167,000

Fully Expanded 1-bedroom on a beautiful, HUGE greenbelt setting. Living room and bedroom are expanded with laminate floors. Kitchen has a ceiling fan, and skylight. Bathroom has a skylight, cut-down shower and vinyl floors.



Mutual 8-196-H \$219,000

NEW LISTING ... Catch the morning sun! Lovely setting, wide courtyard greenbelt, 2 bed, 1 bath, high side expansion. New paint and new beautiful waterproof vinyl plank floors, central heat/air and a patio to enjoy!

Check out our website sealbeachleisureworld.com for more listings and how to purchase in Leisure World Seal Beach



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1900 St. Andrews Dr. , Suite C
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BRE 00338699

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California Properties

Two-Bedrooms

(562) 431-2149

13926 Seal Beach Blvd.
Seal Beach, CA 90740

One-Bedrooms

Mutual 1 55I \$158,000
new lam. floors skylights, btl. greenbelt, great location

Mutual 1 40B \$167,000
expanded, huge greenbelt, lam. floors, skylight

Mutual 16 54E \$167,000
Full expan., hard wood floors, double insulation, great view

Mutual 3 11D \$174,000
south facing, gourmet kitchen, dual heat pumps

Mutual 1 38D \$174,900
expanded, south facing, great greenbelt

Mutual 3 11C \$179,000
expanded, cent. air, large bay windows, greenbelt



Claudette "CC" Cooley
310-484-9600



Linda Patton
562-522-3364



Adrian Villarreal

Mutual 2 10H \$199,995
New windows, 2 large skylights, white bamboo wood floors

Mutual 1 16W \$218,000
enclosed patio, patio tiled, 3 skylights, great greenbelt

Mutual 2 36L \$229,000
great buy, corner, highside expansion, drive-up

Mutual 7 157D \$229,000
Central Park, upgraded, dual pane, newer kit. counters

Mutual 1 13L \$229,500
Spectacular green, french doors, lam. floors, very nice paint

Mutual 15 32K \$239,000
1-3/4 baths, open balcony, skylights, double/triple pane windows

Mutual 8 203I \$249,900
washer/dryer, cent. air, dual pane, move-in-ready

Mutual 7 153E \$254,900
1-1/2 baths, south facing, lam. floors, clean

Mutual 9 208L \$259,000
Fantastic greenbelt, turnkey, expanded, dual pane, fresh paint

Mutual 2 44K \$239,000
Full expan., skylights, double pane, wood flooring

Mutual 1 16A \$259,500
btl. greenbelt, new paint, new lam. flooring, lovely patio

Mutual 5 114K \$265,000
full expan. newly painted, extra large skylight

Mutual 15 21M \$285,000
2 baths, enclosed porch, greenbelt, trees, drive-up, nice

Mutual 1 70F \$299,000
Corner, washer/dryer, central & heat, turn key

Mutual 10 257G \$327,000
corner, full expan., cent. air, great condition, drive up

Mutual 9 226L \$399,000
Remod. corner, 2 full baths, washer/dryer, private



Conrad Rodriguez
562-746-1960



Leah Perrotti
310-889-6583



Hanna Rubinstein
562-900-4243



Jay Cho
714-944-4998



Estee Edwards
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REAL ESTATE

12501 Seal Beach Blvd. #100
Seal Beach, CA 90740

For 2020, I have a total of 17 Leisure World pending and closed sales.
I have buyers for yours too! Call me today for a free market evaluation!



1603 Monterey Road #22L | M2 | \$465,000
New construction: 2 bedroom, 1 ¼ bath. Gourmet kitchen with stainless steel appliances. Wall mounted fireplace, washer/dryer, dual pane windrows. Great location.



1601 Glenview Rd #64A | M12 | \$346,000
2 bedroom, 1 1/2 bath fully expanded unit on peaceful greenbelt. 4 skylights, walk-in closet, central A/C. Laminate flooring, granite counters, dishwasher, self-cleaning oven, soundproof wall between unit and laundry room, LAUNDRY IS FREE in this mutual..



1260 Oakmont Rd #53E | M6 | \$165,000
Fully Expanded 1 Bedroom, 1 Bath Surrounded by Greenbelts, Laminate Flooring, A/C Heat Pump, Sliding Glass Door, Two Skylights, Close to Laundry.



1120 Northwood Rd #186L | M8 | \$269,000
Corner unit, 2 bedroom, 1 bath. Expanded master and living area. Oversized skylights in kitchen and bathroom. A/C heat pump, refrigerator with bottom freezer. Plantation shutters, laminate flooring and carpet. Drive-up location.



13741 Thunderbird Dr., #49L | M1 | \$195,000
Corner 2 bedroom, 1 bath overlooking beautiful greenbelt. Patio with storage unit. 2 Skylights, Dishwasher, New Oven, Ceiling Fan, A/C Heat Pump, Mirrored Closet Doors, Cut Down Shower. Close To Parking and Laundry.



1562 Golden Rain Rd #44G | M2 | \$225,000
RARE 2 BEDROOM, 2 BATHROOM, basic unit at a GREAT PRICE! New laminate wood flooring, large private patio. Wonderful downtown location. Walk to swimming, golf, exercise room, health care center and other amenities.



13800 Annandale Drive #39G | M1 | \$279,500
Corner, Fully Expanded 2 Bedroom, 1 Bath, 2 A/C Heat Pumps, Dual Pane Windows, Plantation Shutters, Remodeled Kitchen, Completely Remodeled Bathroom with Walk-In Shower, 2 Sinks in Bathroom, Stone Countertops. Large Storage Unit on Greenbelt.



1622 Merion Way #38G | M2 | \$469,000
Completely remodeled 2 bedroom, 1 ½ bath corner unit. Designer kitchen w/ stainless steel appliances, large island, central A/C and heat, washer/dryer, marble tiled bathroom, walk-in closet, expanded master bathroom. HAS EVERYTHING!



1290 Northwood Rd #161A | M7 | \$310,000
Corner Fully Expanded 2 Bedroom, 1 ½ Baths. Remodeled Master Bathroom With Glass Enclosure, Tile and Corian Countertops. Laminate Flooring, A/C Heat Pump. 2 Skylights, Double Pane Windows. Steps to Parking.



1502 Golden Rain Rd #46K | M2 | \$254,900
2 Bedroom, 1 Bath Fully Expanded. Double Pane Windows, Central A/C and Heat, Plantation Shutters, Washer/Dryer, Walk-In Closet, Bay Window.



I have access to the total inventory!

On March 24th, 2020 a total of 90 units show as active listings on the CRMLS (this is where Realtors list property for sale).

7 - 1 bedroom/1 bath
from \$154,900 to \$189,000

49 - 2 bedrooms/1 bath
from \$175,000 to \$399,000

34- 2 bedrooms/2 baths from
\$225,000 to \$499,900

Please give me a call for detailed information on any of these properties!

