# Weekly



CORONAVIRUSES

and

**Social Distancing** 

THE CITY OF SEAL BEACH IS REQUIRING 6 (SIX) FEET

OF SOCIAL DISTANCING FOR FOOD SERVICE EVENTS.

ACCORDING TO SEAL BEACH MUNICIPAL CODE SECTION 3.25.020.

HOW LONG IS 6 (SIX) FEET?

# COMMUNITY STRENG

#### From the GRF **Executive Director**

"Learn from yesterday, live for today, hope for tomorrow."

#### Collective support essential for safety

by Randy Ankeny GRF executive director



We, as a community, are undergoing tremendous shifts due to the uncertainties regarding COVID-19 and we realize you may have some

concerns about the operations of GRF, your Mutual, and the health and safety of your fellow shareholders.

First, I want to reassure you that under "Stay at Home" and "Safer at Home" orders, essential GRF staff continues to serve the core functions necessary for the health, safety and security of our collective community.

Based upon information from the Centers for Disease Control, our fellow community members may fall into the high at-risk category susceptible to COVID-19.

To minimize the possible spread of COVID-19 and to continue to maintain essential community functions, please bear with us and respect the procedures we have instituted to protect you, your fellow shareholders and GRF staff.

GRF has canceled all April committee meetings and is working on logistics for a virtual April Board meeting should essential and emergency Board action be required. Such logistics for a virtual meeting must be compliant to all provisions of the law and consider the strong possibility of large virtual membership attendance.

Our task, at this time, is to see us through this crisis, focusing solely on community health and safety, as well as core, essential and emergency functions.

(Near the big American flag 🏴



Mutual 11's Diane Martin enjoys fresh air and exercise as she keeps her distance at the Amphitheater. Stay healthy during this time of confinement by learning: »How to properly sanitize the things you bring into your home: Page 2 »Senior shopping grocery hours & food trucks: Page 2 »How neighbors and friends are navigating the corornavirus: Page 3

#### **Emergency Alert**

Leisure World residents' health and safety is the top priority during the COVID-19 crisis. As of presstime, Seal Beach had one COVID-19 case, according to the Orange County Health Care Agency.

Residents can help protect themselves and the community by being hyper-vigilant about who they allow in, rigidly adhering to social distancing rules and staying home as much as possible. The Centers for Disease Control is imploring people to stay home and limit face-to-face interaction apart from live-in family members. Make sure caregivers are well before admitting them, and cancel purely social visits.

#### **TIMES LIKE THESE**

#### LW Sewing Brigade has rallied to help with critical shortage of masks



Cherie Murray, HAD

by Ruth Osborn rutho\_news@lwsb.com

It's a national emergency. It's overwhelming. It's like living in a Salvadore Dali painting, but like any crisis, it can be the measure of a man or woman.

And for Dean Jacobus of Mutual 4, the critical shortage of personal protective equipment, specifically face masks, for health care workers across the United States was a rallying cry.

Jacobus, who is president of the Lapidary Club, had members who also belonged to the Quilting Bee Club. Before all the clubhouses were shuttered, the quilters used the Clubhouse 3 sewing room.

MASKS, page 9

Jan Friedland (left) is one of a growing number of LW residents who are working daily making cloth masks to give to area hospitals. For mask-making instructions, see page 20.

SONUS, hearing care professionals 2999 Westminster Ave. Suite 104 Seal Beach, CA

Hearing Technology for Every Lifestyle & Budget. 66 Sonus should be proud of Call (562) 469-5258 to Schedule Your FREE Hearing Consultation

 Most Insurances Accepted Walk-ins Always Welcome



this staff and the quality of people they employ. We can't think of better place to get the help we need for her hearing aids. -Shirley C. Sonus Patient's Wife



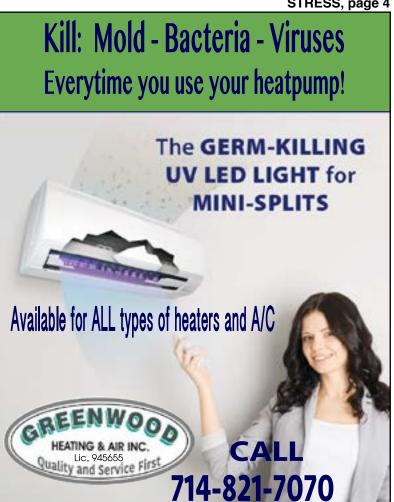
Sam the Deer on St. Andrews Drive usually is dressed for every holiday, but today, he is wearing a mask as a sign of the times.

#### **How to Handle Stress of COVID-19 Life**

The uncertainty surrounding the Safer at Home orders for the prevention of COVID-19 may create feelings of anxiety and general unease during these uncertain times. This is a normal human response. It is normal to become hypervigilant, especially with nonstop media reports. So what can we do to help better manage anxiety and fear? Here are some straightforward tips:

- Try to make sure that you are getting good information about the situation. Now is not the time to get all your information from social media or rumor. Try to listen to or watch professional news organizations, local and national. Obviously, follow all infection control protocols, as posted by the Centers for Disease Control (cdc.gov) and the Orange County Health Care Agency (ochealthinfo.com) and help each other understand requirements, which are constantly changing.
- Take action and practice social distancing so that you remain as much in control as you can. Do little things regularly. This will make you feel psychologically better and safer, as well as reduce the risk of transmission. Take the essential precautionary measures we are all being asked to take. Wash your hands. Do not shake hands. Make individual actions count and contribute through them to making us all safer.
- Connect and reconnect with people you trust and love. Speak to loved ones on the phone and nourish those relationships. Reassure them. Be in the moment and use the importance of these relationships to give yourself a chance not to overthink any fears you might have.
- Look after yourself physically. Physical fitness is good for your mental health. Enjoy long walks, do some active group outdoor activities within social distancing and gatherings guidelines. Sleep well, at least seven to eight hours.
- Be careful with large decisions you are making that may affect the lives of yourself and your loved ones. Don't panic or let panic influence your decision-making. Try to take the long view. This is not a time to be making sudden big decisions that may be driven unconsciously, in part at least, by your fear and anxiety.
- Realize that all of these "societal disruptions" will help slow the disease's spread. That's good for health care and good for everyone.

  And, finally, if you are really getting distressed, remember that STRESS, page 4



FROM RECREATION

### LW Amphitheater season is on hold

by Kathy Thayer

assistant recreation manager

About three weeks ago, the GRF Recreation Department got the word from the City of Seal Beach, Orange County and Gov. Gavin Newsome to shelter in place, at least until the end of March.

Subsequently, GRF closed down all amenities, first the LW Library and the Fitness Center, and then all clubhouses and outdoor facilities.

As the COVID-19 pandemic continues, we regret to inform the community that due to contractual requirements and the current uncertainty, the summer Amphitheater season will be postponed. Show dates and entertainers will be selected once we can reasonably be assured that large gatherings will be permitted.

We want to thank you for bearing with us as amenities are closed and activities are shut down. We know they mean alot to the those who live here.

For now, our amenities will remain closed, but we are ready to hit the ground running as soon as the health and safety orders are lifted by authorities.

All club reservations are secure and will return to the normal schedule once we reopen.

Private reservations that were canceled will have priority for rescheduling at that time.

We have stayed busy during this hiatus. In partnership with Innovative Cleaning Services, our custodial contractor, we have moved the evening clubhouse custodians to work alongside of the day crew to deep clean every nook and cranny, and the clubhouses are really starting to shine.

As you may have noticed, we have been arranging for food services (*see story at right*), coordinating volunteers with shareholders who need shoppers, and gathering general information to keep the community informed.

Our normal jobs managing trust property have not stopped, and management has picked up the responsibilities of staff who are currently home with their families.

We are planning a special arts and crafts show once the situation normalizes. The show will highlight the creations of our talented GRF members who are mostly homebound; so let us know what you have been up to and if you have craft ideas you would like to share with others, and we'll get the word out.

For more information, contact *kathyt@lwsb.com*.

#### **Mutual 3 Fire**

A stove top fire was reported at about 11:20 a.m. on March 28 in Mutual 3. A passerby heard an alarm and notified Security. Burnersignited papers and plastic on the stovetop as the resident slept, according to a Security report. Residents are reminded to never store flammable items on the stove top and to call 9-1-1 first in the event of a fire or other emergency as it saves time.

—from Security Reports



Consumers are being urged to wash vegetables, especially during the coronavirus pandemic. Carrots should be cleaned with a scrub brush.

#### **How to Sanitize Your Space**

By the time people get their groceries home, most items already have been handled by the employee who stocked the shelf, the cashier and the bagger and another customers.

People are asking:

- "How should I wash my fresh fruits and vegetables?"
- "What do I do if I can't find bleach or sanitizing wipes at the grocery store?"
  - "Is it safe to use reusable grocery bags?"

From the carts to the bags to the produce, everything has the potential to spread the virus, according to the Centers for Disease Control. There are practical steps everyone can take at the store and at home to stay safe.

SANITIZE, page 10

#### **GROCERY&DINING**

#### Food trucks, senior shopping hours: How to find food amid coronavirus

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 find resources for you.

Here is the current seniors-only schedule for local grocery

- Gelson's Market is open from 7-8 a.m. exclusively for people 65-plus. One caregiver per shopper is permitted, proof of age required. They are well stocked.
- Pavilions opens at 7 a.m. and asks that non-seniors stay away until 9 a.m., but it is not enforceable; product is limited.
- Ralph's is now open at 6 a.m. for senior shopping. Traffic is restricted to 50 people at a time. Stocking is uneven due to suppliers' inventories being low in some items but residents are reporting full shelves and that they power wash carts at night.
- Sprouts is well-stocked with produce and has limited supplies of dairy and eggs. They are currently restricting quantities of certain items and bulk items are now being sold pre-packaged.
- Trader Joes is well stocked but limiting eggs and milk. Water is available, paper goods are low. They are almost back to normal but controlling traffic when the store gets too full.

Grab-and-go onsite food service is available daily every evening at Clubhouse 6 parking lot:

- Koffel's Taco Tuesday truck will be onsite from 5 to 7 p.m. on Sundays, Tuesdays and Fridays.
  - Viking Specialty Hot Dog truck, Mondays at 5 p.m.
- Gourmet Renee will provide American cuisine on Wednesdays from 4-7 p.m.
- Domino's Pizza is here starting at 3:30 p.m. on Thursdays; delivery is also available.
- Lucille's Smokehouse Bar-B-Que will have a truck here on April 4 and 11 from 4-6 p.m.

All information is subject to change as the food services are dependent on their suppliers. There may be longer wait times and a limited amount of meals. Be patient, as vendors learn the needs of the community and work to accommodate residents. Information will be posted daily on the electronic marquee at the corner of Golden Rain Road and St. Andrews Drive.

A number of volunteers have stepped forward to assist share-holders/members with shopping and errand needs. Contact the Recreation Office at the number below to be matched to a volunteer. This is a free service, but any arrangements you make are between the two parties. GRF is simply coordinating this information.

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

Several local restaurants now offer pickup and delivery service, some with specially priced menus with lower prices. Contact Recreation for information on specific restaurants by emailing *events@lwsb.com* or calling 562-431-6586, ext. 398.

-Kathy Thayer, assistant recreation manager



CERT volunteers are donating their N-95 masks to local hospitals to help with the current shortage amid the COVID-19 crisis.

#### With a Little Help From My Friends

"A day without a friend is like a pot without a single drop of honey left inside."

-Winnie the Pooh

Leisure World residents stick together in times of trouble. Residents are reporting acts of kindness and resourceful ways to navigate the COVID-19 crisis. Send submissions to rutho news@lwsb.com and we'll run them in next week's column.

#### **Zucchini and Oranges**

Sharman Snow of Mutual 15 posted March 24 on Facebook that she had six zucchini that she did not order from Sprouts to give away. "Can anybody use them? I will leave them outside my unit if you want to contact me and let me know what time you will come by." In no time, Joe Osuna, also of Mutual 15, offered to leave oranges in exchange for the zucchini. "Well folks, the trade went well," he reported. "Sharman left two plastic bags on top of her front patio wall, one with two large zucchinis and the other with three large zucchinis. My wife gave me instructions to get

the three zucchini special, so I left three oranges, then texted Sharman that I was out in the street. She came out to the her wall, and we got a chance to talk. She is new to Leisure World, so now she knows one more character." Angels in LW

Glenna Hoff of Mutual 6 writes: I have lots to be thankful for, always, but more so in this time of isolation. I am so lucky to have neighbors who care, help and watch for my curtains to go up each morning to show I am okay.

FRIENDS, page 4



American University of Beirut, where Gina Kano's father worked when she had to leave her family and flee the country during a period of unrest.

#### **Living in Times of Adversity**

Leisure World residents have generations of experience on persevering in the midst of historical turmoil, such as is now unfolding in the world. Here are some stories from your Leisure World neighbors and friends about how they endured and survived trying times. Send your story of triumph over adversity to rutho\_news@lwsb.com.

#### by Gina Kano LW contributor

I was born in Aleppo, Syria, to an American mother and Syrian/ Lebanese father. My dad came to the U.S. at 16 to study engineering and met my mother, a nurse, from southern Vermont. And that was the start of quite an adventure.

My mother, a few months pregnant, made the trek from the U.S. to Lebanon. My father had a teaching position secured at the American University of Beirut (AUB), so they settled into university housing, and my father went to Aleppo to visit his parents after a five-year absence.

Well, he was drafted into the Syrian army, and my mother went to live with her in-laws (my grandparents) who spoke little English, and of course, she didn't speak Arabic. They were there 3 years, and my brother, my sister and I were born. At the end of three years, they moved back to Beirut and started a life there while my dad began to teach the AUB.

**ADVERSITY**, page 8



### LEISURE WORLD PHARMACY

1661 Golden Rain Road • Seal Beach, CA 90740

Phone: (562) 795-6202 Fax: (562) 596-2625

Monday-Friday: 9am-5:30pm





#### Get to know your neighbor.

Located in and Committed to the Leisure World Community

- We Accept ALL Major Health Plans including Caremark and SCAN
- Mail Order is NOT Always Required by Insurance
- Let Our Friendly Staff Help You With Your Options
- We offer Durable Medical Equipment including Walkers, Lift Chairs, Wound Care **Supplies and Stockings**
- Fast & Friendly Prescription Service
- Contact Us for More Information

Any One **Good Neighbor Pharmacy Product** 

Valid only at LEISURE WORLD PHARMACY • Valid 04/1/20-04/30/20 Limit one item per customer. Non-prescription items only. Not to be combined with any other offers. Certain restrictions may apply. See store for details. No cash value.



**Good Neighbor Pharmacy** Loratadine, 10 mg

10 tablets 24 hour. Indoor & Outdoor Allergies.

Valid only at LEISURE WORLD PHARMACY • Valid 04/1/20-04/30/20 Limit one item per customer. Non-prescription items only. Not to be combined  $\boldsymbol{I}$  with any other offers. Certain restrictions may apply. See store for details. No cash value.



Valid only while supplies last. Not valid on prescription co-pays. Not valid with any other special, coupon or reduced price offer. Not valid on purchases reimbursed by Medicaid, Medicare, a Medicare Part D or Medicare Advantage plan, TRICARE, the Federal Employees Health Benefits program or any other state or federal medical or pharmaceutical benefit program or pharmaceutical assistance program, or where prohibited by law. Void if reproduced , altered or expired. Customer must pay any sales tax. Minimum purchase will be calculated prior to tax. Cash value 1/100¢.













# Perspectives

#### **Letters to the Editor**

Editor:

During this time of crisis, it is more important than ever to follow the rules. This includes not only our local community rules set forth by the GRF and the various Mutuals, but also the county and state rules set forth by the governing bodies.

We have been told by state authorities to shelter in place and to stay at home. This is what we all must do to flatten the curve of the spread of the COVID-19 virus.

By doing so, we will save lives. The rule breakers will tell you that they are breaking the rules in a responsible manner and not harming anyone. What they fail to consider is that they are setting an example for others to follow. The followers might not be quite as responsible when they break the rules and might very well be harming someone. They are also setting an example for others, causing the rule breaking to snowball, which will eventually harm someone.

This is not the time to hold picnics with your neighbors or organize golf games on the green in front of your home.

I have seen both of these events happen recently. Please follow the rules that are in place for us all to follow. None of us are more entitled than anyone else, and should be setting an example that we all can follow.

> Tom Dowd Mutual 6

Editor:

We are all well aware of this year's worldwide outbreak of CO-VID-19 that is driving the whole world into chaos. The fast and heavy traffic of people traveling have contributed greatly to the epidemic.

The epidemiological strategy is a drastic quarantine and the strict isolation of infected persons. Quarantine is a priority of the government , but the detection, tracking and isolation of infected people is not so simple.

The nature of the virus is inconsistent, drastic quarantine is necessary. But people can be resistant because they fear the stigma of infection, they don't think the milder symptoms warrant a full quarantine or they don't even know they have the virus. But no matter what—even if the virus isn't always fatal or even debilitating—quarantine is the only way to overcome the global pandemic.

So people should fully cooperate with government mandates and health care experts, and we will overcome the global pandemic of 2020, hopefully ASAP.

Robert Chung, MD Mutual 4

#### **Council Comments**

by Thomas Moore

Council Member, District 2

Seal Beach is such a special place to live where we all enjoy beautiful weather, a small friendly city environment and excellent services.

While life has become a bit more challenging during this time, I have seen families come together and residents following the social distancing rules to help overcome this virus. I see it at the grocery stores, parks, neighborhoods and in Leisure World.

I have been so impressed with Leisure World residents who are following the Governor's directive of social distancing, and how they are supporting local restaurants in the area and trying to self-isolate **COMMENTS**, page 10



#### **WE'RE HERE FOR YOU!**

Cable TV customers:

Our team is available by telephone during the COVID-19 outbreak

PLEASE CALL with any needs or questions!

Superwire Telecom is the exculsive cable television provider for Leisure World Seal Beach. Your price for "bulk" cable television service is only \$32.21

562-735-0366

#### FRIENDS

#### from page 3

They are all loving friends, but today, I am calling them "angels." Alan Sewell and others have supplied me with groceries and are always there for me. Other neighbors call to visit and check on me. These angels will not accept a tip, so I want to publicly thank them, from the bottom of my heart—you will have stars in your crown, for sure!

#### **Bag of Books Delivered**

Friends volunteers have delivered about more than a dozen bags of books to LW residents, who call in for a \$5 bag of books, according to Cynthia Arance, Friends of the Library president. People ask for their favorite authors or genre and volun There are about 30 people working to keep the Friends of the Bookstore drop box empty.

"Flo (Conley) and I have the pleasure of filling the orders, and have seen smiling faces as we keep our distance to deliver the bags of books," said Cynthia, who is hoping this service will highlight the Friends' purpose of funding the LW Library and giving two scholarships to local schools. To order a bag of books for \$5, contact floconley@gmail.com or call (714) 350-7682. Friends volunteers are also putting out free magazines at the bookstore for people to take.

#### Games Galore

Joyce Vlaic of Mutual 12 appreciates the "perfect timing on the puzzle/crossword page expansion." The LW Weekly added a second games page last week to give residents' puzzles and games to pass the time. "Thank you to all of our GRF staff members, employees and volunteers for their steadfast service to our community," she said, adding "these days of self-isolation are especially brightened by simple acts of kindness: a smile, a wave, a phone call, an offer to help, a note of support, a newspaper filled with articles of encouragement."

Patricia Singer of Mutual 6 wants people to know that Red Wok restaurant will deliver to LW for free with a minimum order of \$15. "They have a fantastic lunch special menu with options from \$7.75-7.95, so single residents could order two lunches and

\$7.75-7.95, so single residents could order two lunches and freeze one for later." Red Wok is located at 10883 Los Alamitos

#### Blvd., (562) 493-2685. **Good Friends Again**

**Bon Appétit** 

A couple years ago, Carol Franz of Mutual 2 thought that all her good friends were gone. But this crisis has shown her something different. "I found out I have wonderful friends in Ruth and Vic Harrison, who are helping me through this, she said. For years, Ruth has been known for doing special things. For many years, she had a great picnic at Clubhouse 1. Now I have personally been greatly helped by Ruth and Vic. Two times they got necessary items for me and I was greatly surprised and emotional. They are very special, wonderful and heartfelt humans.

Now I know I have good friends again. I am very, very grateful."

**'HOW ARE YOU?'** 

#### Times trigger a deeper response

by Randy Ankeny

GRF executive director

This morning, I passed a fellow dog walker and used my common greeting, "How are you?" and her reply was "excellent today." As I continued to walk, it dawned on me how we exchange this routine communication almost daily. But what struck me was the new word she added to her response, "today." I'll be the first to admit to using "how are you" as a generic greeting but I was struck by the addition of excellent "today" to her standard response.

Daily, we see growing numbers of confirmed cases of COVID-19, meaning what is excellent today may not be so tomorrow.

Now this greeting carries very sincere inquiries about how people and their loved ones are doing. These days, I go out of my way to ask: "How are you?" It took this morning's casual exchange to realize we are now truly interested in the response and instead of the usual, expected replies of "excellent" or "I'm great, thanks," people are being genuine.

If you were to answer "How are you today" in one word right now, what would be your your response?

I tried this on a few people and after a bit of puzzlement, I could see that they too understood that "how are you today" now carries a greater weight. Here are a few of the responses I heard: "Happy the sun is out!," "determined!," crazy maisie" (OK two words), "fabulous," inspired," "pensive," "disgruntled," "outstanding," "so sleepy," "content and agitated" (probably agitated that I asked the question) and "hopeful," my personal favorite.

Try this with me. The next time someone asks "how are you?," answer with something other than "fine" or "excellent." Open the dialogue for real conversation (while staying six feet away).

And when you're the one asking someone else how they are, consider other ways you can ask that question to let someone how sincerely you care? How about: "What's the best part of your day so far?," or "What are you most grateful for today?"

Warning—if you ask a different question, be ready for some fun answers and a thought-provoking dialogue.

#### **STRESS**

#### from page 2

there are many resources available for you, including: Cindy Tostado, GRF's member resource and assistance liaison, 431-6586, ext. 317; OC Office on Aging, (800) 510-2020 or http://www.officeonaging.ocgov.com/; OC Behavioral Health Information and Referrals, (855) 625-4657 or www.ochealthinfo.com/oclinks; National Alliance on Mental Illness, Orange County, Warm Line, (877) 910-9276.



An Official Golden Rain Foundation Publication Serving the Shareholders of

#### Serving the Shareholders of Leisure World Seal Beach

on LW Weekly

LW Weekly is delivered every Thursday to every Leisure World residence. Opinions expressed in articles, columns or letters do not necessarily reflect the opinions or policies of the Golden Rain Foundation or Board of Directors, members and staff of this publication. The publishing of advertisements in any GRF publication does not indicate any recommendation or endorsement, nor any opinion of capability or quality of any advertiser's work. GRF will not knowingly publish any advertisement it deems to be untruthful or misleading. GRF reserves the right to refuse any ad for any reason.

#### Nataly Chigireva,

Communication & Technical Director ext. 384; natalyc@lwsb.com

Dominic de Vera, Customer Service ext. 383; dominicd@lwsb.com,
Classified Advertising

**Sylvia King,** Advertising Sales *ext.* 391; *sylviak@lwsb.com* 

#### Ruth Osborn, Lead Editor

ext. 388; rutho\_news@lwsb.com
Page 1, General News, Perspectives,
Arts&Leisure, Government

#### Laurie Bullock, Editor

ext. 801; laurieb@lwsb.com Religion, Obituaries, Community News

Chris Walker, Editor/Production ext. 387, chrisw@lwsb.com
Health&Fitness, Travel, Sports&Games

**Stephen Bannon,** Production Editor ext. 392; stephenb\_news@lwsb.com Pre-press, Online/Vision Impaired Editions, IT

Katya Lukina, Communications Coordinator ext. 266; katyal@lwsb.com
Graphic Designer, Digital Media
Coordinator

#### Deadlines:

Editorial: 4 p.m. Thursday prior to publication week Classified Advertising: 2:30 p.m. Monday of publication week

#### Office hours:

8 a.m. to 5 p.m. Monday-Friday

#### Phone:

(562) 430-0534 after-hours voice mail (562) 431-6586

#### Missing LW Weekly Newspaper:

(562) 472-1284

#### Mailing Address:

P.O. Box 2338 Seal Beach, CA, 90740

#### **Delivery Address:**

13533 Seal Beach Blvd. Amphitheater Building Seal Beach, CA, 90740

**Dan Pomeroy,** Distributor *Eagle Rock Services* 

VOL. 44 NO. 14

### Government

#### **Schedule of Mutual Meetings**

Mutual residents are invited to attend the open meetings of their mutual boards. Due to the COVID-19 outbreak, Mutual 3, 4, 16, 17 meetings have been canceled. The following Mutuals will have meetings through conference calls.

Thur., April 9	Mutual 12	
_	Zoom	9 a.m.
Wed., April 15	Mutual 5	
_	Zoom	9 a.m.
Wed., April 15	Mutual 7	
	Zoom	1 p.m.
Thur., April 16	Mutual 2	
	Zoom	9 a.m.
Conference call meeti will be announced.	ngs for Mutuals 1, 6, 8, 9, 1	0, 11, 14 and 15

#### **GRF Committee Meetings**

Golden Rain Foundation committee and board meetings are open to Leisure World residents. Due to the COVID-19 outbreak, meetings have canceled or postponed until further notice.

#### **GAF Tax Program Update**

The GAF Tax Program is suspended until further notice, and AARP, which oversees the program, will continue to consider whether it will be able to open in some or all sites for the remainder of the tax season, according to GAF Tax Program Chair Diana Lambert.

The federal deadline has been extended to July 15 and the California state deadline has been extended to June 15.

Meanwhile GAF telephone volunteers contacted 202 people to cancel their appointments. Diana personally contacted the 29 people who had returns in progress and advised that she will let them know if and/or when the program will resume.

In accordance with an AARP directive, Diana deactivated all of returns in progress. "If we do resume service, these returns can be reactivated with no problem," she said. "For those of you who are not familiar with our program, we keep no taxpayer documents so they have everything they need to prepare their returns if they decide to TAX, page 10

**GRF Board Executive Session** 1 p.m., Friday, April 3 Via Conference Call

NOTE: This meeting is closed to Shareholders/Members per Civil Code §4935

- A. Call to Order
- **President Stone**
- B. Roll Call
- C. Legal D. Contracts
- E. Member Disciplinary Actions
- F. Personnel
- G. Adjournment

Agenda subject to change

#### **OC SANITATION DISTRICT**

#### Sewer construction project starts soon

The Orange County Sanitation District will start construction on the Westminster Boulevard Sewer Project on nearly three miles of regional sewer pipelines in April.

Construction work will begin in the City of Seal Beach on Westminster Boulevard between Seal Beach Boulevard and Bolsa Chica Road, a two-mile stretch of construction activity. The project will then extend into the City of Westminster starting at Bolsa Chica Road.

SEWER, page 6

#### **Finance Department Answers FAQs**

The GRF Finance Department has the following answers to frequently asked questions during the COVID-19 crisis.

#### 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 (lwsb.com). Click on "GRF" in 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. Forms received after the 24th will not be effective until the second month after receiving the form. Forms and a copy of your check can be emailed to *Finance@* lwsb.com, dropped in a white GRF mailbox or sent through the U.S. mail at P.O. 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 GRF 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 GRF mailboxes or at the Accounting Office? May I still pay by cash for my Mutual assessments?

A. The white GRF 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 your Mutual assessments.

If you must pay cash, you will need to call and make an appointment, which allows us to conform with CDC requirements for social distancing. For an appointment, call (562) 431-65863, 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 FINANCE, page 20







### We Have Moved Less Than 1/2 Mile Away We are now Closed on Sunday

RESIDENTS ONLY • Drain, Refill with up to 5 qts.

**Free** Flat Repair

Super Works Lube, Oil & Filter

- of Quality Valvoline Oil (5W30 wt)
- **Install New Filter**
- **Tire Rotation**
- **Air Pressure Check**
- Top off All Fluids
- 12 Point Visual Inspection

Conventional oil only Includes \$3 Hazardous Disposal Fee. Special Diesel Oil & Filters extra. With this coupon only. Most cars and light trucks. Foreign cars and other vehicles extra. Valid at Los Alamitos locations only.

LW Residents only.

Wardlow Rd. Cerritos Ave

3400 Cerritos Ave. Los Alamitos *562-799-1777* 

Mon. - Fri. 7:00 am - 6:00 pm Sat. 7:00 am - 5:00 pm **CLOSED SUNDAYS** 

In Tires! #1 In Service

Free LW Shuttle www.coastlineautocare.com

#### LW Weekly

#### **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 nonpayment 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.,

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

Candidates will receive a receipt when turning in their ap-

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, postagepaid 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.

#### 10 years experience 10 년 약사 경력!



 $Free\ prescription\ delivery, free\ home\ visit\ immunization.$ 처방전 무료 배달, 무료 방문 예방접종

We promise personalized care and excellence in our service. 친절, 정확, 신속, 그리고 정직한 서비스를 약속 드립니다.

- Shingles (대상포진)
- Flu (독감)
- Prevnar 13, Pneumovax 23(패렴)
- Hepatitis A, Hepatitis B (간염)
- M-M-R (홍역, 볼거리, 풍진)
- Meningitis (수막염)
- Tdap (파상품, 디프테리아, 백일해)
- HPV Human Papilloma (인간 유두종)



Honey Pharmacy

- 7002 MOODY ST. #106 LA PALMA, CA 90623
- T: 562.403.2332 F: 562.403.2331
- M HONEYRX123@GMAIL.COM



This pharmacy is independently owned and operated under a license from Health Mart Systems, Inc.

#### 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 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

to unselfishly donate a portion of 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								
Parcel	Bldgs.							
39	206-210							
40	211-214							
41	215-218							
42	219-223							
43	224-226							
44	227-232							
45	233-237							

Mutual Twelve							
Parcel	Bldgs.						
1	64-69						
2	70-73						
3	74-78						
4	6-11						
8	55-63						
9	40-47						
10	34-39						

#### 2020 GRF & Mutual Election and Annual Meeting Schedule

			Quorum	Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
	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.	
MAY	<u>A</u>		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		F V14 14 14 14 1	Mon. 3 Mon. 3 Mon. 3 ri. 3/	i n //27	Fri.	5/2 5/2 5/2 5/2	<u> </u>	ee eto h. eld in inu mu nu celd in contract
	11	312	157	6	Fri. 2/14	Mon. 3/16	Tues. 4/28	4 <sup>th</sup> Thurs.	5/28	10 a.m.	
IIII	Mu.	2, No. of Units	Quorum	2, & 1 . of Directors Being Elected	Canc. Application Begins*	Candidate Application Inc. ti Application Deadline**	Ballots  Against 194  Bolot 195  Bolot 195  Mailed (30 days before election) ****	Ballot Counting Mee De 1st T Meeting Day	Meeung Date	Meeting Time	Notes
	6	408	136	7	Fri. 2/14	Mon. 2113	W6 - 5/2	June	6/5	10 a.m.	
	1	844	282	5	Fri. 2/14	<u>'d.</u>		<sup>nd</sup> Mon.	6/8	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/2			2 <sup>nd</sup> Tues.	6/9	10 a.m.	Staggered Terms.
ш	3	432	217	7	Fri. 2/21		1. 5121	<sup>1d</sup> Wed.	6/10	10 a.m.	
SUNE	12	452	151	7	Thur. 2/2		s. 3	<sup>d</sup> Thurs.	6/11	10 a.m.	Parcels in effect
=	2	864	288	9	Fri. 2/21	Tue. 3/24	۷ved. 5/13	2 <sup>nd</sup> Fri.	6/12	10 a.m.	
	15	502	168	7	Fri. 2/28	Tue. 3/31	Wed. 5/20	3 <sup>rd</sup> Fri.	6/19	10 a.m.	
	17	126	65	3	Tue 3/10	Thu 4/9	Sun 5/24	4 <sup>th</sup> Tues	6/23	10 a m	Staggered Terms.

#### **SEWER**

#### from page 5

Most work in the Seal Beach city limits will be within the center median. Starting as early as April, preliminary construction activities will include widening the roadway, restriping traffic lanes and installing k-rail to accommodate construction. Two lanes of travel in each direction will remain. Expect periodic traffic delays and restrictions reducing the number of open travel lanes during non-peak traffic hours.

#### **Project Description**

This project will replace and reconstruct nearly three miles of the existing sewer force main system consisting of two parallel 36-inch diameter sewer pipelines on Westminster Boulevard between Seal Beach Boulevard and Hammon Place/Rancho Road in the cities of Seal Beach and

#### Westminster.

A force main system are pipes used to move wastewater under pressure by use of a pump station. Force mains are necessary when gravity flow is not sufficient to move wastewater.

#### Why is the Project Needed?

The aging infrastructure is over 40 years old, with only one of the two pipelines in service. This project is required to maintain a reliable and effective wastewater collection system expected to last 40-50 years. Construction is scheduled to start by Spring 2020 and last until late 2022.

#### What Impacts Can Be Expected?

OCSD is working to ensure every possible measure is taken to minimize public impacts. There may be traffic restrictions reducing the number of travel lanes. There may be elevated noise

levels, vibration, and other related impacts. Mitigation measures will be put in place to ensure compliance with City ordinances as well as minimize the impacts to our neighbors. OCSD staff is working closely with the cities, in addition to the OCTA 405 Improvement Project team.

The OCSD is a public agency that provides wastewater collection, treatment, and recycling services for approximately 2.6 million people in central and northwest Orange County. OCSD operates two facilities - Reclamation Plant No. 1 in Fountain Valley and Treatment Plant No. 2 in Huntington Beach – and treat an average of 185 million gallons of wastewater each day. For more information, call the OCSD Construction Hotline at (714) 378-2965 or e-mail ConstructionHotline@ocsd.com.

### VOTED BEST **TEN YEARS** IN A ROW!

#### Why We're the Best:

- Flexible Hours / No Minimums
- 24/7 Customer Care
- Quality Assurance Program Employed CAREGivers:
- Screened / Trained / Insured
- Locally Owned Since 1999



#### Our Most Popular Services:

- Meals & Housekeeping
- Drive to Appointments / Shopping
- Personal Hygiene
   Alzheimer's Care
- Hospital Discharge Assistance



(562) 553-5346

www.homeinstead.com/275

HCO #194700062

Each Home Instead Senior Care Franchise is independently owned and operated.

### Health & Fitness

#### Staying social while staying away

By Grecia Nunez

HCC

Social distancing is an important part of our efforts to stop the spread of COVID-19 (coronavirus). It basically just means staying away from other people. But it can be tricky to do when we need social interaction. How can we balance the two?

Shiori Lange is a licensed clinical social worker and therapist at the Health Care Center. I checked in with her to get some tips on what to do during these uncertain times.

"We are all responsible for helping keep each other healthy," she said. "Social distancing is an important part of that. We also need to keep each other emotionally healthy. There are some ways to do both."

"Texting, calling, and FaceTime aren't the same as being in the same room with a friend, but it is still very personal," Shiori suggested. "If you haven't tried using FaceTime or Skype, it's basically a video phone call. Most smartphones have video call options. Sometimes seeing a familiar friendly face can brighten up a lonely day."

Social media is a powerful tool, but use it wisely. "Check in with family and friends regularly, and let people know how you're doing," Shiori said. "But don't engage with people you don't know. And be careful with fake news. There are a lot of questionable posts out there. If you read something that isn't from a safe source, don't re-post it."

If you need to get out, maintain some distance. "Experts recommend staying about six feet away from others," she said. "It may feel a little strange at first, but for your safety and the safety of others, try to stay at least that far from others."

"And remember: this isn't forever," Shiori added. "It takes time for these viruses to disappear. But if we all practice this social distancing, we can do our part to make it go away faster."

#### **Autism Awareness Month**

April is recognized as Autism Awareness Month. To show support to the autism community, Seal Beach Police Officers and professional staff will be wearing a special Autism Awareness patch on their uniforms during the month of April. Patrol cars will also be adorned with a magnetic decal. The patches are available for sale to the public for \$10 each. Proceeds from the sale of the patches will be donated to an organization within the autism community.

For more information about how the Seal Beach Police Department is supporting autism awareness month or to purchase a patch, please contact Corp. Joe Garcia at (562) 799-4100 ext. 1649 or <code>ifgarcia@sealbeachca.gov</code>.

—Seal Beach Police Department

#### Get up! Get out! Get Walking!

Walking is considered by health experts as one of the very best forms of exercise that you can do. At this time when our amenities are closed and most people are staying home, walking while observing the social distancing rules is a great option for staying in shape, capturing some vital vitamin D and fresh air, and lifting your mood.

The Recreation Department has a supply of the Leisure World Walking Trails brochure, a guide to seven measured trails throughout the community. Stop by the Downtown Café and pick yours up while supplies last and explore places you may never have been.

Please direct any questions you may have to *kathyt@lwsb.com* .

— Kathy Thayer

#### **Chair Exercise**

Want to practice at home so you will be fit and ready when we resume our regular class schedule? Just ask Cathleen and she will deliver a copy of the music to you at your home.

Just call or email Cathleen at (562) 598-9149 or email *cathleen33@gmail.com*. All music is provided free of charge. Donations are welcome.

—Cathleen Walters

#### **Blood Drive**

Leisure World is saving lives with an American Cross Blood Drive on Friday, April 3, at the Healthcare Center from 9 a.m.-3 p.m has been cancelled.

One donation can save up to three lives. To make reservations, call Lisa Love at (909) 282-6685.

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

#### **Lip Reading**

More than 40 million adults in the United States report having trouble hearing according to the National Hearing Loss Association of America. Only one in three adults aged 70 and older with hearing disorders use hearing aids. But other tools can be helpful because hearing aids are not perfect and can often be more effective if supplemented by other tools, such as lipreading.

The Long Beach/Lake-wood Chapter of the Hearing Loss Association of America (HLAA) sponsors alip reading class led by Linda DeGuire, professor emerita, CSULB. The HLAA serves the hard-of-hearing community, especially those who lose hearing as adults.

"Lip reading can be learned, though it takes quite a bit of effort and time," said Linda. "It is not a perfect tool but an excellent supplement to hearing aids."

One of the most useful tools for people who wear hearing aids is using their t-coils in a looped room. T-coils are built into most hearing aids, but many wearers do not know how to use them. People can consult with their audiologists or hearing aid dispensers for more information.

Leisure World has looked at upgrading Rooms 8 and 9 in Clubhouse 3 in the proposed Learning Center with assistive listening devices (ALD'S) to include the loop.

Spectrum News 1 recently videotaped a class in Lakewood that helps people understand what's being said with the help of their eyes. LWer Gail Morrison, who is fluent in lip reading, recommends the class, which is held at the Weingart Center in Lakewood. The link to see the videotape is <a href="https://bit.ly/39tZ3YF">https://bit.ly/39tZ3YF</a>.

There are other technology devices that can be helpful to hard-of-hearing people, for example TV and phone volume magnifiers.

The Long Beach/Lake-wood chapter of the Hearing Loss Association of America has a Hearing Assistive Technology (HAT) Committee that periodically demonstrates many such devices and then lets people try them. Committee members do not sell the devices but provide purchasing information.

The Weingart Senior Center is located at 5220 Oliva Ave., Lakewood. For more information on the lipreading class or the Long Beach/Lakewood chapter of the Hearing Loss Association of America in general, call LW resident Gail Morrison at 438-0597.

For more information on hearing loss, visit www.hearingloss.org.

—Ruth Osborn

#### **Temporary Meal Plan Changes**

Do you currently belong to a meal plan or want to join one and are wondering what to do during the COVID-19 emergency? Here is specific information for those already on a meal plan or who want to join one.

Congregate meals at senior centers throughout Orange County will be converted to take-home meals. Seniors age 60 and older can pick up take-home meals from their local senior center. Check with the organizations listed below for the most current information on locations near you.

If seniors are current clients of the congregate lunch programs at the senior centers and need their food delivered to them instead, they can request this through the same organizations listed below North/Central County cities:

Meals on Wheels Orange County, (714) 220-0224

www.mealsonwheelsoc.org

Arrangements have been made to ensure all seniors in the program will continue to have access to food.

Specifically, the Office on Aging has:

- Implemented contingency plans to convert warm lunches served at senior centers in group settings to frozen take-home meals.
- Executed a plan to have take-home meals delivered to seniors' homes if they are unable or unwilling to pick up at the senior center.
- Implemented a process that allows take-home lunches from the senior center to be picked up by the seniors' designee.
- Ensured home-delivered meals will continue without interruption. Deliveries will be less frequent and contain enough food for several days.
- Confirmed drivers have been trained to deliver food using safe distances and have been given gloves to use if seniors need food to be brought inside their homes.

For more information, call the Information & Assistance Call Center at (800) 510-2020.

#### City of Seal Beach – Senior Meals – Meals on Wheels, (562) 430-6079

• The City of Seal Beach and Orange County received a directive from the Office on Aging requesting that all congregate meals be delivered directly to participants to keep seniors in their homes.

At this time, the city is passing out frozen meals in place of congregate meals that participants can take home and consume. Allotments contain enough food for multiple days.

A five-meal package is being distributed to participants. Registered participants have been contacted about the delivery of meals to their homes.

Meals are currently delivered to the city once per week for those who traditionally participate in the congregate meals program.

In addition to offering meals delivered to the home, Meals on Wheels will supply the city with additional shelf-ready meals that can be stored at the North Seal Beach Center, 3333 St. Cloud Drive, and picked up in person Monday-Friday. Staff will also store additional meals at the Seal Beach Senior Center, 707 Electric Ave., and can distribute those to any resident who needs them upon request.

If anyone would like to be added to the program, he or she can go to the North Seal Beach Center from 9 a.m.-1 p.m., Monday-Friday, to fill out an intake form. This requirement only needs to be completed one time. Once the intake form has been submitted staff can begin delivering frozen shelf-ready meals. Also, if the person does not want deliveries to their home, he or she can send a designated person to pick the meals up at the North Seal Beach Center.

Meals on Wheels Long Beach, (562) 439-5000, ext. 2 www.mowlb.org

For more information, email *cynthiat@lwsb.com* or call (562) 431-6586, ext. 317.

—Cindy Tostado, GRF member resources and assistance liaison

### **Podiatry House Calls**

Foot care in the comfort of your home We treat and trim toenails, painful corns and calluses Medicare accepted and reasonable fees for self pay

Dr. Marc Spitz & Dr. Scott Whitmore



799-0656

### Arts & Leisure



LW Library staff will make services available to community.

**CURBSIDE PICK-UP** 

#### Starting today, library will take orders

The Leisure World Library staff is working diligently to create innovative ways to deliver its beloved services to the community.

Starting today, April 2, people can order materials by calling or email the library and then come to the facility for a "curbside" pick-up. To request materials:

- Call the library at (562) 598-2431, Tuesday-Friday from 10 a.m.-to 2 p.m..
- Or email LWLibrary@lwsb.com and include your name, library card number, phone number and what kinds of materials you like to read and/or watch.

Library staff will accommodate specific requests whenever possible. If the requested material is not available, library clerks will use their expertise to find similar items for you.

Simply give us a call or send an email and we will put together a bag of materials for you to pick up and borrow from the library.

Due to limited staffing, 48 hours, excluding weekends, is required to fill requests.

You will receive a call when your material is ready for curbside pick up at the library between Tuesday-Friday.

If you have yet to visit the library and get your own library card number, call us and you will be issued a temporary card number until the library re-opens.

Residents can still use the library's Wi-Fi, while practicing social distancing, outside of the library each day.

As always, the health and safety of our patrons and staff is the top priority.

Like all Californians, we are facing the challenges of a quickly changing landscape in response to the Novel Coronavirus (COVID-19).

In response to Gov. Newsom's stay-at-home directive and out of an abundance of caution, the library is taking the following steps to protect the health and safety of its patrons and staff while still providing essential library services:

- The LW Library was closed March 16; all programs and events have been canceled until further notice.
- Due dates for all currently checked-out books will be extended and late fees have been suspended until further notice.
  - Items may be returned to the outdoor drop boxes at any time.
- The library has also created a new protocol for cleaning books; it always cleaned loaned books and media but now have now stepped up disinfecting measures.
- Staff is available to answer questions via phone or email Tuesday-Friday from 9:30 a.m.-3:30 p.m.

—Library Operations Supervisor Vanessa Morris

**LW GOLF COURSE** 

#### LWers asked to find a new name

The GRF Golf Course just had a facelift and a new look deserves a new name. Although casually referred to as the Leisure World Golf Course, it's time to give it an official title.

Submit names to the Recreation Department by April 10 and win a \$250 gift card if you're the winner. No need to be a duffer: Any GRF member is eligible.

For more information, contact *kathyt@lwsb.com.* 

**AT A GLANCE** 

#### **Grab-and-Go Meals**

Onsite food service is available daily at Clubhouse 6 parking lot. (This schedule is subject to change). Here is the lineup:

- Koffel's Taco Tuesday truck from 5-7 p.m. on Sundays, Tuesdays and Fridays
- Viking Specialty Hot Dog truck, 5 p.m. on Mondays
- Gourmet Renee's American cuisine, 4-7 p.m. on Wednesdays
- Domino's Pizza, at 3:30 p.m. on Thursdays; Domino's also
- · Lucille's Smokehouse Bar-B-Que, 4-6 p.m. on April 4 and April 11.

**SEAL BEACH** 

#### Green spaces will remain open

All green spaces in City of Seal Beach parks remain available to the public, so long as people comply with Gov. Newsom's order and practice social distancing.

All park amenities—restrooms, playgrounds, hiking trails, athletic fields, tennis courts, volleyball courts, basketball courts, handball courts, dog park, picnic areas and community centers—

"The City recognizes the green areas are a vital part of the Seal Beach community," said Seal Beach Recreation Manager Tim Kelsey. For questions, contact him at (562) 431-2527, ext. 1341, or tkelsey@sealbeachca.gov.

For updated information on the city's response to the Coronavirus (COVID-19) pandemic, visit the City of Seal Beach website at www.sealbeachca.gov.

#### **ADVERSITY** from page 3

I attended a German preschool, a French Lycée, and finally ended up at the American Community School (ACS), a college prep private school in Beirut.

During that time, we visited the states a couple of times, while my father got his PhD at Yale, then taught at Pitt, where he published a text book that became widely used in many major universities. I graduated from ACS and went on the AUB, where my dad was now dean of the School of Engineering and Architecture.

Those years were mostly wonderful, as Beirut was an idyllic city on the Mediterranean. The Lebanese people are hospitable and friendly, and most importantly the food is fabulous. The weather is very similar to what we have here, and the mountains are so close to the Mediterranean that swimming and skiing in the same day was possible. I grew up trilingual, and because I was half Lebanese/Syrian, I was able to navigate the country as a native but have one foot in the close-knit American community there. Most of my friends today are from Lebanon. It had a huge impact on my life.

These days of isolation remind me of the multiple curfews and restrictions we had in Lebanon. We weren't afraid of getting a virus but we were scared that we would be kidnapped, or worse yet, killed by a stray bullet. We slept in the hallways in an attempt to avoid those bullets that became commonplace as the fighting intensitifed in Beirut streets.

The first memory I have of this kind of trauma was in 1967 when residents of Beirut lived under the threat of an Israeli air raid. Everyone was asked to place blue paper on the windows and keep lights off to make the city less visible from the air. We had to stay inside for days, with small breaks when my father would leave to get food and check on our relatives. By now, we had another brother, so we made up games, and played cards and board games. We fought, of course, but generally got along and stayed compliant.

That changed as we grew up and desired freedom. Beirut was a highly social, active society so when there were curfews imposed due to civil unrest, it wasn't as easy.

By this time, three of the four children were teenagers. We resorted to playing the music too loud for our parent's liking. "That sounds like people banging their pots and pans together," said my mom when I was listening to Stevie Wonder. Memories of the music of Peter Frampton, Barbra Streisand, the Beatles echo from those times being sequestered in Beirut.

We would hang out on the balcony, spying on and chatting it up with neighbors in other buildings. We lived in an apartment in the middle of Ras Beirut. And unlike our current situation, the curfew would be lifted occasionally for a couple of hours. When that happened, we'd run out to the bakery for bread or go to our cousin's houses to spend the night until the next lifting of the curfew. While out, we would see armed men in jeeps driving on the streets; it was quite intimidating and scary for those of us who "looked American." We carried our Lebanese ID's and spoke in Arabic if stopped or confronted.

Over time, the curfews became longer and longer; electricity and hot water were intermittent, and life in Beirut became downright dangerous. I'll never forget my father coming in and telling us we had to go to the U.S. We were scared and didn't want to leave our home. It was the most difficult thing I've ever done—saying good-bye to my father who stayed behind (he wasn't American) and making my way to the U.S. We stayed with my mother's family in Southern Vermont, where my uncle converted the basement of my grandmother's house into a bedroom for us. A few months later, we dispersed to the colleges and universities. I went to Mount Holyoke, where I graduated two years later. I'll never forget my mother and uncle dropping me off at my dorm and driving away. With tears streaming down my face, I was alone for the first time in my life.

I moved to Southern California, had a few adventures in between, and now thank God, I live in such a wonderful community in Mutual 15. Isolating and exercising caution doesn't come easy, but I'm glad I had some practice.

As for silver linings, I think about the coping skills I developed from my curfew experiences. First of all, I recognize how fortunate we are to have electricity, hot water and food. I learned not to take these things for granted and always appreciate those basics.

Additionally, I learned that it will be OK. If my family got through all the circumstances of a war, then we can get through this.

And lastly, I learned how to be patient, kind and compassionate to everyone in this situation with me. Petty arguments and disagreements become trivial, and our sense of community takes over, what an amazing lesson and pay off.

### We care for you like family.

When your loved ones need in-home care, you can trust **Canaan** Home Care. Less than 5% of caregivers meet our stringent standards. Our rates are \$20-\$24/hr for hourly shift care or \$330/day care. Grants available through the Canaan Cares Foundation for qualified individuals. All our caregivers are OUR employees and fully insured and bonded.

Our customized care offers a full range of caregiving services, including: PERSONAL CARE from bathing and dressing to medication assistance HOMEMAKING meals, shopping, laundry, light housekeeping COMPANIONSHIP friend visits, errands, safety and security CARE MANAGEMENT home visits, quarterly reviews, scheduling, and

When you and your loved ones need the best in-home care, trust your family to ours: Canaan Home Care.

changes to service plans



www.canaanhomecare.com

portion of our proceeds goes to the non-profit 501(c)(3) Canaan Care nding research and care options for the elderly and disabled.

Get the care you deserve today. Toll-Free: (844) Canaan1 (844) 226-2261

#### **CBD Products Pure Natural Organic Hemp** Zero THC, Lab Tested Purity

- **New Lower Prices**
- **Bundled Discounts**
- **Drops Capsules Lotions Dog CBD**
- Free Delivery & Shipping

Barbara Lamb RN 562-296-8409 www.cbdencore.com LW Resident



Nurses at Rancho Springs Medical Center in San Diego say thank you for the masks.

#### **MASKS** from page 1

Those idle machines called out to Jacobus, who decided to marshall a squad of seamstresses to make face masks.

The idea was sparked by Lapidary Club member Ngoc Thuy Do, whose daughter is a medical doctor at Rancho Springs Medical Center, San Diego. Frontlines doctors and nurses need face masks, including N-95 masks, in the fight against COVID-19.

Jacobus can't manufacture N-95 masks, but he can and did orchestrate the Leisure World Sewing Brigade, a growing group of women who man their athome sewing machines (the six-foot rule precluded using the Clubhouse 3 sewing room), sewing colorful cotton fabric into double-sided masks with elastic. The homemade masks have an open three-inch seam to allow the doctors' precious N-95 masks to slip inside; the protection gives them a longer life.

And ordinary people can use them just to contain germs. For example, on Saturday, Jabobus supplied 10 masks to a Leisure World resident who wanted to give them to her family so they all could attend a relative's funeral.

The Sewing Brigade feels like a wartime-like effort, as the project has an urgency and is growing by the day.

"We handed out five more starter kits, so we will have over 20 Leisure World members in the sewing team to help the hospitals," said Jacobus.

On Friday, more than 400 masks were shipped to four hospitals—Rancho Springs, University of Irvine Medical Center and two Kaiser hospitals, one in Huntington Beach.

This grassroots effort is allvolunteer and most of the expense, out-of-pocket. Jabobus is logging an average of 15,000 steps and lots of telephone time as he looks for fabric sources, delivers starter kits and generally handles most of the logistics.

Thuy Do is telephoning and searching online for fabric, networking for donations and tirelessly making masks to help her daughter and all the medical professionals.



Dean Jacobus and Yevette Louie pick up hundreds of masks and are careful to adhere to six feet of separation.

And Jacobus also credits fellow Lapidary Club member Yevette Louie, his right-hand woman, for helping him with administration of the effort and of course, "the ladies who sit at the sewing machines for hours at a stretch."

It takes Brigade member Jan Friedland about 15 minutes to sew a mask, and she likes to keep busy. She has a borrowed machine set up in her sunny dining room with a sweeping view of her Mutual 4 greenbelt. It's a peaceful place. With stay-at-home orders the rule of the day, she welcomes the opportunity to do some good.

It's been 40 years since she learned how to sew, so she could re-create the fashionable in-vogue clothes that she could not afford ready-made.

"I wanted to dress better than my salary would allow," she said. "I would go and look at the expensive clothes, then find Vogue patterns and fabric I could afford."

And now she's using that skill to help someone, do something worthwhile: "I never have the time usually; this makes me feel good." And it's a team effort, with her husband, David, helping with the cutting.

More fabric and elastic orders are on the way, and the group just received 100 yards of fabric donated by the Orange Grove Quilters Guild; two-and-a-half yards makes about 20 masks.

"We need monetary donations

as finding material and elastic has gotten more expensive," said Jacobus. He needs volunteers to source supplies, coordinate mask delivery with hospitals and help get masks to high-risk people in LW.

The Leisure World Sewing Brigade's motto is "We won't go. We will sew—Protection, one stitch at a time."

Everyone is living in this time of historical upheaval, and when the dust settles and normal routines re-emerge, some people will be able to look back with satisfaction, knowing they did what they could with what they had to make where they live a better place.

People who want to help sew masks will be given fabric, elastic, instructions and a pattern. The instruction sheet is reprinted on page 20. For more information on this project, call Yevette Louie at (562) 841-2166 or email Jacobus at Dean.jacobus@gmail.com.

#### **Project Update**

As of presstime, the Sewing Brigade has added 15 members. About 300 masks were picked up for delivery. Masks have also been delivered to UCLA Medical Center and Loma Linda Medical Center. Donations of money and fabric are coming in. The sewing team yielded 700 masks last week and by April 10, the target is 1,000 masks.

#### LBSO POPS

#### Discount tickets available for season

www.lwsb.com | April 2, 2020

Jeannie Berro from Mutual 2 is accepting a limited number of new members into her long-standing POPS season ticket group for 2020-2021 season. Seats are in the center loge, Section 111, and are \$95 for five concerts. They can be exchanged for floor seats if you are handicapped at no extra charge. The regular season ticket is \$208. Carpools will be arranged.

Dancing downstairs is allowed during concerts.

The schedule is

- Oct. 17, Elton John Tribute with Craig A Meyer on piano and
  - Dec. 19, Holiday Pops
- Feb. 20, 2021, Paul Shaffer (David Letterman's sidekick) presents his favorite pop, R&B and jazz favorites with special guest and Motown legend, Valerie Simpson
  - March 20, 2021, Hollywood Sings with vocalist Lori Zabka
  - May 8, 2021, Musical Legacy of Chicago by Brass Transit.

See *longbeachsymphony.org* for subcriber-only benefits including flexible ticket exchanges and dining discounts for restaurants on concert and non-concert nights.

Call Jeannie at (562) 284-6054 between 9 a.m.-8 p.m. for more information; seats limited, deadline April 14.

#### 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.

-Fred Wind

#### **Naples Rib Co for Easter**

Naples Rib Co. will do an Easter Sunday dinner drop on April 12 off in Leisure World. It will be a grab-and-go pick up.

The information and menu will go out on LW Live!

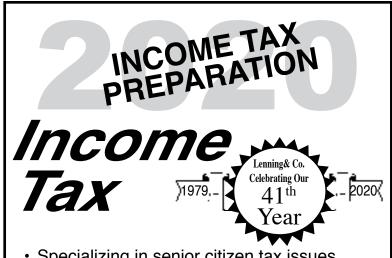
Non-subscribers can call Kathy Thayer, GRF assistant recreation manager, at (562) 431-6586, ext. 398, for more information or to place an order.

#### **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 Monday 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.



- Specializing in senior citizen tax issues.
- Strategies to avoid paying tax on Social Security.
- We will prepare your tax returns to show the least amount of tax legally due.
- Tax professionals include CPAs, former IRS Auditors and Enrolled Agents.
- Completely confidential
- Conveniently located in Leisure World Shopping Center since 1979. WE OFFER FREE

®8≁tile)

Open year round.



13924 Seal Beach Blvd, Suite C **Leisure World Shopping Center** 



Mobility Aids Jim Hastings helps Marion Lonsdorf (note: picture taken before social distancing guidelines in place). **GOLDEN AGE FOUNDATION** 

#### People who need walkers can get them

The current COVID-19 emergency has upended business as usual for the Golden Age Foundation. Its mobility aids program is now being offered on a limited basis. People who need walkers or wheelchairs can call the GAF answering machine at (562) 431-9589 and leave a message.

A phone volunteers will call back to assess just your need and then forward the information to a volunteer who has access to the storeroom. A personal appointment will be made with each resident to pick up the equipment.

Unfortunately during this time of crisis, the Golden Age Foundation is asking people not to return items to minimize person-to-person contact as much as possible.

Available items include (fold-up tennis ball) walkers, deluxe walkers (that have four wheels, a seat and hand brakes), transport chairs and wheelchairs.

—Anna Derby

#### **405 Freeway Improvement Update**

Gov. Newsom has issued a "stay at home" executive order to help reduce the spread of COVID-19. Construction of public transportation projects is considered an essential service and is exempt from this order. Work will continue on the I-405 Improvement Project as scheduled.

#### Westminster Bridge

Crews are now constructing falsework for the Westminster bridge over I-405 in Westminster. This work required full southbound ramp, lane and freeway closures of I-405 between Springdale Street and Edwards Street through yesterday. The northbound I-405 loop offramp to Westminster is scheduled to close for about one year in early April. The ramp will be reconstructed as part of the freeway widening.

#### **Seal Beach Boulevard**

Crews are scheduled to install video detection for the traffic signal at Seal Beach Boulevard and Lampson Avenue. This work will require intermittent lane reductions on Seal Beach Boulevard and Lampson from 9 a.m.-3 p.m. through Friday, April 10, on weekdays.

#### Magnolia Bridge

In recent work, crews have poured concrete for a barrier wall to prepare for the bridge's traffic shift and demolition. The remainder of the old Magnolia bridge will be demolished beginning the night of April 4 under full northbound and southbound 405 freeway closures.

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. For more information about this project, contact the 405 Community Outreach Team at 405project@octa.net, (888) 400-8994 or visit octa. *net/405improvement.* 

#### TAX

#### from page 5

go elsewhere."

Before the closure, the progam was having a very successful season, Diana said. "We e-filed 465 returns and were on track to have our best year. The volunteers were all doing a terrific job and are to be commended for their dedication to our program."

The IRS audited the program prior to the shutdown and it passed with flying colors all 10 Quality Site Requirements, said Diana. "The comment from the IRS SPEC Senior Tax Consultant was, 'You have a great site with experienced volunteers, we are so happy to have your time to volunteer for this worthwhile program, great job.'

#### COMMENTS

#### from page 4

to protect themselves and their neighbors. I have been reaching out and calling Leisure World residents to see how they are holding up in District 2. It is critical to keep doing what we are doing for the next few weeks and then we should have a much better idea on how well we are fighting against the coronavirus that has come into our lives.

Thank you to everyone for following the social distancing guidelines and the stay-at-home recommendation. During difficult times you sometimes see the best in people. I certainly have seen it here in Seal Beach.



In lieu of club meetings, Video Producers Club members are video conferencing; Joe Osuna (I-r) met with Joseph Valentinetti, Janice Laine, Paul Bassett and Owen Hughes, who had no webcam but participated in the meeting via audio connection.

#### **VIDEO PRODUCERS CLUB**

#### Members are video-conferencing to stay connected

shut down its editing studio due to the coronavirus pandemic. Many clubs are in the same situation, not being able to meet with members in person.

Joseph Valentinetti, president of the Video Producers Club, is conducting the monthly meetings via video-audio conference

The club did a trial run with a few volunteers to test the software program. The volunteers were Joe Osuna, Joseph Valentinetti, Janice Lain, Paul Bassett and Owen Hughes.

After handling a few glitches, the meeting went on. Some of the kinks that were worked out include a lack of web cameras on some desktop computer and volume control isses.

Members without webcams can join conference calls by par-

#### From the CDC

The outbreak of COVID-19 respiratory disease caused by a novel (new) coronavirus that was first detected in China is an emerging, rapidly evolving situation; updated information from the CDC and other authorities, in addition to the latest guidance and reminders of how residents can protect themselves is provided here:

#### What Is It?

The World Health Organization describes the novel coronavirus as a member of "a large family of viruses" that cause everything from the common cold to Severe Acute Respiratory Syndrome (SARS). COVID-19 is the disease caused by the coronavirus.

#### What to do if you have symptoms

The OC Health Care Agency (your local health department) and the California Department of Public Health have shifted their approach from containment of COVID-19 to mitigation.

This helps protect the most vulnerable populations by minimizing their exposure to the virus.

Most people are already selfquarantining at home (per Gov. Newsom's Executive Order) and only leaving the house for essential services (such as grocery shopping or visiting the pharmacy). Some of us are reporting to work in support of essentail functions (such as staff the grocery store or the pharmacy).

#### What to do:

•If you are showing symptoms of illness and are already self-quarantining, try to avoid going outside until you are free

CDC, page 15

The Video Producers Club has ticipating only in the audio, which The paid versions are more generis what Owen Hughes did.

> There are many free Internetbased, video-audio conference programs available. Some free software video-audio conferencing have limitations as to number of participants and allowable time limits to conduct the conference.

ous with the number of participants and extended time limits.

The free program used by the Video Producers Club limits the video-audio conference to 40 minutes and 99 participants, which fills club needs for now.

—Ioe Osuna

#### SANITIZE from page 2

#### AT THE STORE

Clean cart handles—Most grocery stores have disinfectant wipes that allow customers to clean the grocery cart before entering the store. If there is a dispenser for hand sanitizer—use it. Know what you want when you go to the store so you don't touch more than you take. Don't go to the store if you have respiratory symptoms.

**Keep your distance**—The virus is thought to spread mainly from person to person, especially between people who are within about 6 feet. Wait for fellow shoppers to move out of the way before reaching in for the bread. Once you've put your groceries on the conveyor belt, stand back and let the checker and bagger do their jobs. Use credit cards, not cash.

**Produce**—While fresh produce is safe when washed (more on that later), consumers who are at risk or have compromised immune systems may want to consider buying fruits and vegetables that are frozen or prepackaged.

**Ditch the reusable bags**—Even before the coronavirus outbreak, a researcher at Loma Linda University Health found that almost all reusable grocery bags carry bacteria. Now, with the coronavirus, many grocery stores have stopped allowing consumers to bring these personal bags from home as a way to protect employees. For now, use the plastic bags provided by the store and dispose of them when you get home.

#### AT HOME

**Wash your hands**—You've heard this before, but it's worth repeating. After putting away packaged items, wash your hands for at least 20 seconds with soap and water. While it is not the main way the virus spreads, the Centers for Disease Control and Prevention has warned that it is possible to get COVID-19 by touching a surface or object that has the virus on it and then touching the mouth, nose or eyes.

Wash produce—Shoppers should already be washing fresh produce to prevent E. coli and salmonella, as health experts recommend. And that advice holds with the coronavirus. Wash lettuce and leafy greens in cool water; use a scrub brush on rough textured produce like potatoes, cantaloupes and carrots. It is not necessary to use special rinse solutions as there is no data that suggests anything more than water will do a better job of eliminating coronavirus on produce. However, adding a bit of vinegar or lemon juice to the water is acceptable and may help you feel better.

Wipe containers—Wipe aluminum cans, glass bottles and plastic containers—anything nonporous—with a soapy cloth or a disinfectant wipe before you put the items in the cupboard or refrigerator.

**Sanitize surfaces**—As you are putting groceries away, wipe them down. Once all your groceries are put away, sanitize the counter; the doorknobs and handles; railings; light switches; your phone; the top, bottom and handle of your purse — anything you've touched since returning from the store. Don't forget the steering wheel and the door handle of your car.

Clean utensils—Don't forget to sanitize sinks, cutting boards and the vegetable brush.

Soap and water—Stores are out of many other sanitizing products, but "good old soap and water" are just as effective, Hunsaker said. Although, if you want to bring your sanitation up a notch, add a small amount of bleach to the water. A little goes a long way: about 4 teaspoons per quart or a third of a cup per gallon. Vinegar works, too, you'll need 1 cup per gallon.

For more information, see a Youtube video by Dr. Jeffrey Van-Wingen, a health care provider in Michigan.

He gives step-by-step instruction in a safe shopping PSA at https:// youtu.be/sjDuwc9KBps.

—from news reports, Youtube, The Salt Lake Tribune, the Centers for Disease Control

# Community

GRF

#### Observing social distancing while in line for food trucks



The line to get a meal from Lucille's Bar-Be-Que on Saturday stretched from Clubhouse 6 to the Administration Building. Lines have been long for all the food trucks hosted by the GRF. Security personnel made sure everyone stayed six feet away from each other while in line. Everyone who waited was able to receive a meal from the food truck.



Writing in a daily journal can help deal with the emotions surrounding COVID-19

**SAFER AT HOME** 

### Writing in a journal daily can help with mental and emotional health

Since much of daily life has been interrupted or halted because of COVID-19, it is important to establish routines that center around our mental and emotional health. According the University of Rochester Medical Center, keeping a daily journal can help people manage anxiety, reduce stress and cope with depression.

Although many people may believe that writing down your thoughts and feelings is something that is only reserved for seasoned writers and teenages, it is actually a daily exercise that anyone can do. It is something that can be used as a means of pursuing mental health and well being. Creating a written or typed narration of your thoughts, experiences, and feelings provides you with an opportunity to make internal experiences tangible. Establishing a tangible narrative through journaling allows you sift through your thoughts and emotions, shift perspectives if necessary, and unpack and explore thoughts and feelings of past experiences.

When a problem arises, having and keeping a journal can help identify what's causing that stress or anxiety. The stressors have been identified, you can work on a plan to resolve the problems and reduce the stress.

Having a journal can help you keep track of your emotional well-being and health. When you look back on previous journal entries, you will be able to see patterns in your mood and health, which can help you decide on whether or not you need to seek help from a friend or health professional.

Establishing a journaling routine is very simple. Find 15 minutes in your day, whether it is the first thing you do in the morning or the last thing you do at night, and begin writing down your immediate thoughts. Let your thoughts flow freely, do not worry about grammar, spelling, or handwriting. The purpose of a journal is to serve as an outlet for you and does not need to be read by anyone elese unless

Journal, page 12

**MINIBUS** 

# Buses offering rides to and from LW food trucks

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

The transportation department has decided to extend its normal hours on Monday–Friday to offer services to those who would need a ride to and from the food trucks. Buses will be on call after 5:30 p.m. each day.

The city buses that transport LW residents to and from grocery stores are also still running. See the 2020 edition of the Minibus Schedule to get more information on routes and times.

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. The buses have also blocked off seats to help peopple adhere to social distancing guidlines

For more information, call Fleet Manager Grant Winford at 431-6586, ext. 372, or email him at *grantw@lwsb.com* 

#### **SBTV**

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, April 2

4 pm Drone Club/Quilting Bees4:20 pm LW's Rollin' Thunder4:30 pm Harmonizing Humanity

SBTV, page 12



Jane Brittingham and Max

PAWS, CLAWS AND BEAKS

#### Max is the pet of the month

Jane Brittingham's best buddy, Max, turned 11 years old on March 19. They have been together for all 11 years and are so close that they sleep in the same bed, keeping each other warm. They entertain each other with mile-long walks every day, enjoy each other's company with play time with toys. Max is well behaved, cute as a button and mail person friendly. Their neighbors all love her, as she runs to greet them on one of her daily outings.

#### **SAFER AT HOME**



Michie Kimura from Mutual 2 made beautiful and colorful sweaters for both of her dogs, Bella (I) and Sissy to keep busy while following Orange County orders to Stay at Home



#### **Paws, Claws and Beaks**

The Paws, Claws and Beaks club would like to remind everyone that its Flea Market has been postponed due to coronovirus concerns. It will post more information about its new date once it is safe to gather in groups again.

Velvetones Concert

#### JOURNAL from page 11

you otherwise choose.

Once you find a time that works for you, keep it and commit to writing every day at that same time to establish a habit. It's even better if you can establish a space at your desk or table for your journal or computer that you can return to each day. It might take time for words to flow easily, so don't be disappointed or give up completely if you're only able to write one or two sentences at the beginning.

Want to get started but have no idea how to begin? Here are seven journal prompts for the week to help get you started:

- 1. Reflect on the new and temporary normal: What are the things that have changed in your life since the virus? Have there been any pleasant changes like connecting with family and friends more? Have you been able to find anything that helps relieve feelings of stress or overwhelment? If not, what are things that you think might help?
- Photojournalists are taking pictures of museums, city streets, beaches and other places that are usually heavily populated completely empty, under different circumstances, what places do you wish you could have all to yourself?
- Do you have pets? How have they helped you through this time of uncertainty? If you don't currently have a pet in the house, have you experienced comfort from a past pet? Write down your favorite memory of your pet or write about something or someone that has been a comforting companion to you.
- Is there something that you love that you feel is underappreciated by culture? Why are you drawn to that certain thing? Did you discover it on your own or were you introduced?
- There are many people who will be celebrating birthdays or anniversaries differently during this time. Have you or a loved one already celebrated a birthday during social distancing limitations? What was that like? If a birthday or anniversary is coming up, what can you do to make it special while still observing social distancing?
- What do you think about the younger generations? What do you admire most about them? What are the similarities and differences between your generation and theirs? What do you wish to teach them? What do you wish to learn from them?
- What brings you joy? What is it about these things or activities that stir up joy in your heart? Is it something that can be shared while keeping a safe distance from other people? How can I maintain activities that bring me and others joy in this time of uncertainty and chaos?

If you're ever stuck on what to write about, you can find more daily writing prompts from the New York Times on its website at https:// www.nytimes.com/spotlight/learning-writing-prompts.

Journaling is one of many things you can do to implement into a healthy lifestyle routine. It helps strengthen emotional health, memory gain, and creates a space for creativity and contemplation.

#### **RECREATION**

#### 2020 Honor Banners available now

The Golden Rain Foundation and the Recreation Department are offering Veterans Honor Banners for sale again, but only a few spaces remain.

The banners will be posted throughout the community on trust streets and the newly purchase ones will fly along the golf

Those interested may honor current or former GRF members in good standing. The name used will be the full legal name, used on the stock certificate of Golden Rain Foundation or deed, in the case of Mutual 17. GRF membership will be verified by the Stock Transfer and Recreation Office.

The banner will also include the veteran's mutual number and the military branch under which they served. The cost is \$150 and orders will be filled on a first come, first served basis while the limited supply lasts.



Honor Banners are available for purchase and will be displayed starting Memorial Day.

The banners will be displayed for Memorial Day. If you have previously purchased a banner you can opt to pick it up from Recreation or donate it and have it redisplayed, subject to space available. All sales are final, and no refunds will be given. For more information call (562) 431-6586 x324, or send an email to thomasf@lwsb.com.



#### **SBTV** from page 11

5 pm

2019 Simbang Gabi 6 pm Life and Times: 7 pm Virginia Haley 8 pm On Q-8bit Jazz Heroes 9 pm Americana Awards **Bob Cole Conservancy** 10 pm Friday, April 3 LW's Rollin' Thunder Velvetones Concert FALW Valentine's Day Mystery at the Theater Sea Inside 6:32 pm Seal Beach City Limits Richard Hastings Life and Times-Virginia Haley Cerritos Center-Golden Dragon Acrobats 10:37 pm Cerritos Center-The Four Tenors

Saturday, April 4

Drone Club/Quilting Bees 4 pm 4:20 pm LW's Rollin' Thunder 4:30 pm Harmonizing Humanity McGaugh Patriotic Show 5 pm 6 pm 2019 Simbang Gabi 7 pm Ocean Perspectives LAUSD 8 pm 10 pm Cerritos Center-Matt Mauser Sunday, April 5

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-Virgnia Haley 8:30 pm Cerritos Center-In the Mood

10:15 pm Americana Awards Monday, April 6

Mystery at the Theater 4 pm 4:32 pm Aquarium of the Pacific Vintage Vehicles 5 pm Ocean Perspectives 6 pm

Americana Awards 7 pm Cerritos Center-9 pm The Four Tenors

10:20 pm Rollin' Thunder 10:30 pm Vintage Vehicles Tuesday, April 7

Harmonizing Humanity 4:30 pm LW Rollin' Thunder 4:39 pm National Parks/Drone Club FALW Valentine's Day Simbang Gabi 6 pm McGaugh Patriotic Show Cerritos Center-Matt Hauser 8 pm Cerritos Center-

Riders in the Sky

11:40 pm Sea Inside

Wednesday, April 8

Mystery at the Theater 4:32 pm 2019 Simbang Gabi 5:30 pm Vintage Vehicles Drone Club/National Parks 6:30 pm Aquarium of the Pacific On Q-8bit Jazz Heroes 7 pm 8 pm Seal Beach City Limits-Richard Hastings Cerritos Center-9 pm

Golden Dragon Acrobatics 10:37 pm Cerritos Center-

The Four Tenors \*All programming is subject to change.

> HCC 24-Hour **Nurse** 795-6216

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



Jae Myung Ro was excited to receive his new mini farm plot late last month. The GRF has given 12 people from the waiting list their Mini Farm plots. They all waited five years or more. GRF took over the management of the Mini Farms in January.

How are you staying entertained while practicing social distancing? Email your most creative tips and actvities to laurieb@lwsb.com.

Any photos sent in must be in a .JPEG format.

### Obituaries

Space is available for obituaries of residents and former resi-

- 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
- 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.

In Memoriam

Ronald Steele 63 Steven Todd 61 Devon Baines 85 Manuel Herrera-Figueroa 51 Lawrence Weill 81 Edward Walsh 84 Paul Crear 81 Little Pitchford 65 Margaret Henry 80 Harry Coleman Jr. 49 Rosalinda Garcia 62 Mario Ramos Estrada 76 Ella McDade 76 Donna Obien 70 Orest Kozinczuk88 Families assisted by McKenzie Mortuary, 961-9301 —paid obituary

E-mail **Obituary Notices** to laurieb@lwsb.com with photos attached as .JPEG files.

# 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 <a href="mailto:laurieb@lwsb.com">laurieb@lwsb.com</a> for more information. The deadline for the articles remains the same, each Thursday before the desired publication date at 4 p.m.

#### **COMMUNITY CHURCH**

#### The sanctuary is closed, but the church remains open

by Rev. Johan Dodge Community Church

There is a relatively old hymn that keeps coming to mind as we have closed the doors of the church in solidarity with the "Better at Home" policy. The hymn is "I am the Church" and the lyrics say "The church is not a building; the church is not a steeple; the church is not a resting place; the church is a people." And then the refrain: "I am the

church! You are the church! We are the church together! All who follow Jesus, all around the world! Yes, we're the church together!" In this time, when we are



Rev. Johan Dodge

unable to gather for in-person worship, the people of Community Church invite you to witness the church as the people of God at work in the world. If you are able to get on Facebook this Easter, we will stream our worship Sunday mornings beginning April 12 and continue through the seven Sundays of Easter and Pentecost on May 31.

We may have stopped meeting in person but we have increased our connection with one another. Our care team is calling our members for prayer and the simple question, do you have what you need? If you find yourself alone and isolated during this time, consider calling and being asked to be put on our care team list.

The next two verses of the hymn "I Am the Church" say, "We're many kinds of people, with many kinds of faces, all colors and all ages, too from all times and places." At Community Church we boldly proclaim, "all are welcome here!" And we truly mean that. The hymn continues, "Sometimes the church is marching; sometimes it's bravely burning, sometimes it's riding, sometimes hiding; always it's learning." These are challenging times and we are certainly learning new ways to be the church, in many ways, they're the ancient ways of being the church.

Ways you can currently participate with the church:

- Bring flowers for the Easter Cross on Good Friday to the church's mediation garden. We will treat the stone fountain as the stone of the tomb of Jesus and lay the flowers there. The flowers will stay there until Easter morning, when I will collect them and prayerfully place them in the Easter cross for Easter Sunday worship. We will also have Easter Sunday worship guides available in the meditation garden on Good Friday.
- Beginning on the evening of Good Friday, we will hold a prayer vigil in our homes that will continue until we begin our Easter live streamed worship. If you are unable to participate in the live stream, the audio of the Scripture, message and music will be available on the phone system shortly after worship concludes.
- There will be a live streamed Easter Sunday worship service on Facebook Live on April 12 and 19, and possibly longer — as local law requires. There are seven Sundays of Easter and we will celebrate each one of them.

Until we meet in person again, the weekly Scripture and sermon is posted to our phone system, so if you don't have Facebook, you will still receive the message each week. To access the system, dial (562) 431-2503 and follow the prompts.

Church leaders: Email your Religion Directory updates, and Religion articles, no more than 650 words, to laurieb@lwsb.com.

#### **Assembly of God**

by Pastor Sam Pawlak Assembly of God

The words to a country gospel song by Dottie Rambo come to mind, "I feel the touch of hands so kind and tender. They're leading me in paths that I must trod. I have no fear when Jesus walks beside me for I'm sheltered in the arms of God. So let the storms rage high, the dark clouds rise. They won't bother me for I'm sheltered within the arms of God..." Psalm 91:9 tells us that ..if we make the most High our... shelter, no evil will conquer us, no plague will come near our

Sheltering and staying in place feels difficult at times, so it's good to remember that the Lord alone is our refuge, our place of safety. When we follow the guidelines set down by our leaders and walk close with the Lord, these promises will become more clear.

Assembly of God continues to have a devotion each Sunday morning on Facebook and asks the congregation to be watchful of others' needs and help wherever we are able.

#### **Redeemer Lutheran**

With "social distancing" in place, Palms and Prayers will be distributed in front of Redeemer Lutheran Church from 10 a.m.noon on April 5. There will be eight-foot long tables along the sidewalk with crosses made of palms and a leaflet of prayers for people to pick up and take home for reflection. There will also be a basket for prayer requests. Those who have a prayer request may write them at home and drop them in the basket for Pastor Lisa Rotchford to read and pray in the church.

For those who would like to stay in the comfort and security of their car, they can pull up on St. Andrew's Drive, stay in their car, and roll down the window where there will be a six-foot wicker basket with the Palms and Prayers within reach

In this way, though not violating any order to gather, the people—who by definition are the church—will worship individually, outside for just a few moments on one of the most important Sundays of the church year.

Then plan on driving by or walking by in a similar fashion on April 12 for Easter Sunday for a factory-sealed small cup of wine and bread. Despite this virus, those who would like to celebrate next week's Holy Week can do so in this creative way. Join Redeemer Lutheran—one by one — as it prays and passes out holy elements of its faith.



Read the paper online! www.lwsb.com/newspaper **FIRST CHRISTIAN CHURCH** 

#### Turn to God for your requests

by Pastor Bruce Humes

First Christian Church

For many in our community, the last thing we needed was a worldwide pandemic that severely affects our ability to deal with everyday issues. These may be related to physical health, spiritual well being, financial concern, family turmoil, or any of many issues that cause us to worry, which can bring on stress and anxieties that can overwhelm us.

As believers in Christ and students of the Bible, we should be searching the scriptures for the answers to our stresses and anxieties. The apostle Paul wrote a letter to the body of believers in Philippi (in modern day Greece) who were undergoing many things in their life causing stress and anxieties. He wrote in Philippians 4:6-7, (parenthesis used for emphasis or explanation) "Be anxious for nothing, but in everything by prayer and supplication, with Thanksgiving, let your requests (prayers and supplications) be made known to God and (a promise coming) the peace of God, (the promise) which surpasses all understanding, will (another promise) guard our hearts and minds (how?) through Jesus Christ." We need to, with thanksgiving, take our anxieties to the Lord.

If you wish to speak to someone at the church or if you have a need, please call the church office at (562) 431-8810. Leave a recorded message and someone will get back to you as quickly as possible.

#### **Congregation Sholom**

Rabbi Rachel Axelrad will be live streaming Friday night services on April 3 at 5:30 p.m. and Saturday, April 4 at 9:30 a.m. To view the services, visit the Facebook group, "Rabbi Karen Isenberg Congregation Sholom" and send a friend request.

Congregation Sholom's 2020 Passover Seder will be conducted by Cantor Marla Barugel and streamed on YouTube. The link will be posted in next week's article. It is suggested to have a personal Seder plate prepared to participate in the services. The plate should contain a roasted egg, roasted lamb shank (or roasted chicken neck), Maror (suggest horseradish), bitter herbs (romaine lettuce), Charoset (mixture of apples, nuts, wine and cinnamon), karpas (parsley, onion, or potato). A small bowl of salt water, three matzos, and wine (or grape juice) will also need to be prepared before the service.

Rabbi Eric Dangott wrote a message regarding the current pandemic to the Congregational Sholom community. He wants the community to let him know if they or anyone they know needs help to let him know about the situation. He said that she would do his best to speak with each individual over the phone or video conference when available.

"I hope that no one in the community feels alone," Rabbi Dangott said. "Even when we are physically isolated, may we reach out, may we feel supported by a loving spirit, and may we persevere in strength."

#### **HOLY FAMILY CATHOLIC CHURCH**

#### Prayer in the time of the coronavirus

Holy Family Catholic Church would like to share Archbisip of Los Angeles Reverend Jose H. Gomez's prayer with its community.

"Holy Virgin of Guadalupe

Queen of the Angels and Mother of the Americas.

We fly to you today as your beloved children.

We ask you to intercede for us with your Son,

As you did at the wedding in Cana.

Pray for us, loving Mother,

And gain for our nation and world, And for all our families and loved ones,

The protection of your holy angeles,

That we may be spared the worst of this illness.

For those already afflicted,

We ask you to obtain the grace of healing and deliverance.

Hear the cries of those who are vulnerable and fearful,

Wipe away their tears and help them to trust.

In this time of trial and testing,

Teach all of us in the Church to love one another and to be patient

Help us to bring the peace of Jesus to our land and to our hearts.

We come to you with confidence,

Knowing that you truly are our compassionate mother,

Health of the sick and cause of our joy.

Shelter us under the mantle of your protection,

Keep us in the embrace of your arms,

Help us always to know the love of your Son, Jesus. Amen."

Main Gate 594-4754

14 April 2, 2020 | www.lwsb.com extstyle e

#### **Leisure World Baptist**

by Pastor Rolland Coburn

LW Baptist

This Palm Sunday celebrates 1,990 years of history. Eyewitness John Mark (Mark 11:1-18) records four world-changing events of matchless, authoritative love.

Earlier, after three years of ministry, Jesus had given this parable, a fig-tree owner told his gardener, "Three years I come for fruit, and find none. Cut it down. Why waste the ground?" The gardener responded, "Lord, leave it till I dig around and fertilize it, and [see] if it bears fruit this coming season, and if not, cut it down."

On Palm Sunday our Lord entered Jerusalem publicly as savior, devotedly engaging rejection and his atoning work. "Behold, we are going up to Jerusalem, and the Son of Man will be delivered to the chief priests and the scribes; and they will condemn him to death and will hand him over to the Gentiles. They will mock him and spit on him, and scourge him and kill him, and three days later he will rise again."

The crowds, speaking better than they knew, received Jesus with "Hosanna, please save," petitions for salvation.

Tenderly he surveyed the temple, delayed action and left to return later, as Malachi anciently prophesied.

Jesus comes again to Jerusalem's suburb Bethphage, "house of the early fig." Eagerly, the evarth's Lord finds a leafy prospect, but contrary to name, it proves fruitless. "May no one ever eat fruit from you again," He said.

That day the Lord cleansed the temple. And as he taught them, he said, "Is it not written: My house will be called a house of prayer for all nations? But you have made it a den of robbers."

"All authority has been given to Me in heaven and on earth," He explains later, and sends us with His salvation love-story and promise, "I am with you always, even to the end of the age."

FAITH CHRISTIAN ASSEMBLY

#### Celebrate Palm Sunday on April 5

Everyone probably knows people who really know how to make an entrance. But this Palm Sunday, Faith Christian Assembly invites the community to join Faith Christian Assembly in celebration of the greatest entry in the history of the world, the Triumphal Entry, "blessed is he who comes in the Name of the Lord!"

The whole city was stirred when Jesus arrived in Jerusalem that day, riding on a donkey. "Who is this?" They asked. Faith Christian Assembly invites everyone to participate in its all-church conference call on Sunday, April 5 at 10:30 a.m. Dial (425) 436-6371, Access Code: 576671#.

All Faith Christian Assembly events are on hold until the stay at home mandate has lifted.

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

Main Gate 594-4754

#### ST. THEODORE'S

#### A new way of life after COVID-19

by Rev. Lisa Rotchford

St. Theodore's Episcopal

Psalm 116:5-9 (English Standard Version) says, "gracious is the Lord, and righteous; our God is merciful. Return, O my soul, to your rest; for the Lord has dealt bountifully with you... I will walk before the Lord in the land of the living."

Here are a few examples of ways of life to consider. B.C. stands for "Before Coronavirus" and A.D. stands for "After we Defeat this virus"

**B.C.** We saw centuries of wars and held "us vs. them" attitudes toward other nationalities.

**A.D.** May we realize that we are all members of God's family, facing the same difficulties and living in the same human condition.

**B.C.** We worried and fretted over trivial things; **A.D.** May we keep perspective about what's really important and let trivial things fall away.

**B.C.** We went about our daily lives with little disregard for things outside our immediate area;

**A.D.** May we take on God's bigger perspective and look upon our neighbors far and near through eyes of compassion.

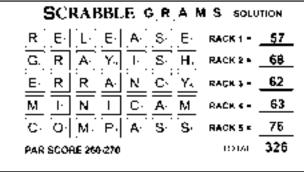
**B.C.** We sneezed, coughed and readily shared our germs with one another;

**A.D.** May we recognize good self-care, rest and healing helps protect and heal all of us.

**B.C.** We proclaimed with our lips "faith, hope and love;"

**A.D.** May we live out with our lives by our faith, in hope and love for all of God's creation in new, life-sustaining ways.

Join St. Theodore's Episcopal for Palm Sunday and Easter Sunday "drive by/walk by" moment from 10 a.m-noon on April 5 for Palm Sunday, and Easter Sunday on April 12 in front of Redeemer Lutheran Church, 13564 St. Andrew's Drive. See page 13 under Redeemer Lutheran for more details.



#### **Crossword Answers**

	ΙĿ	ļĿ.	F		G.	] E	M				C.	ļĦ.	А	r	.⊨.			G	[A	P
	Μ	1	o		_	A	A	T	Έ.		J	A	S	Ε	'A		o	Е	D	Ε
Α	М	Α	R		₹	5	Z	٤	R		۸	S	Р	C	N		Ι	0	o	Ρ
্ভ	А	R	Ğ	Α	N	Т	U	Α	N	Α	Ŀ	F	Ε	Т	Τ.	T	E			
A	<u>s</u>	<u>s</u>	Ε	N	Т		[A	M	€	s			ြ	Ή	E	E	B	1	Ε	R
			R	Α	់ន	Н	[L	Y		C	Α	ទ	Τ	E	Ι.	_ L	U	N	G	E
P	L	Α	Y	Т	т	Α	5		C	O	L	lo	S	ន	Α	Ľ	В	0	R	E
Ė	Α	M		s	Έ	Т		S	Ϊ.	Ţ	_	N			Ĺ	Ū	S	Т	Έ	O
E	R	Т	ŝ		Ρ	F	Т	E	R		E	s	Р	Ç	Т	A		F	Т	S
F	U	Ν	0	F			_	N	С	Α			Я	0	B	Т	Ν			
	М	O.	Ŋ	J	М	Ε	Z	T	Α	L	ŝ	ΙT	Ū	P	Т	O	Т	Т	Υ	
			G	А	Ε	A	Т			Т	Α	R	N			Ε	L		0	T
ß	1	D	G		•			U		_	A.			U	F		L.	I A	- 1	
B	ı N	0	G		•		S		S		8		Е		F		L	I A R	1	T.
Ā	- Z I	D I A		Т	<u>A</u>		S	U S T	S	А	8 R	0	Е	S	Ā	Т	L	R	E	듬
	-ZIC	D - 4 Z		ੂ ਸ	Ŧ	Я	S	S	다 H -	A	8 R	0	_	S E	Ť	Т	L	R	ĸ	듬
W	Н О	A N	Ġ	T I II	A T O	F	S	S. T. O	H - P	A M T	8 R	O D	FIA	S € S	Ā	T	E	R	E	듬
,WD	Н О	A N	GLO	THEF	A ()	F A N	លា៤០០	S T O	다 H - P	A M T	ORE W	O D	□ A A Z	S E S	A T C	T A I	E	R A	E D	
,WD	H. O	A N	G L O	THEF	A ()	F A N	លា៤០០	STO N	S H - P	A M T 0 0	ORE W	O D R E S		១ មុខ >	A T C	T A I T	ELL	RALO	K E O E Z	
A W D S M	H.O.T.	A A D	CLOTT	THEF	A T O	F A N	CO A O D H	STO	SH-PDF	A M T O O	S R E V U P	O D R E S I	COZ PB	សមៈស > F	ATCHAN	T A I T	E L L	RALO	Z m O m z	ω o o o o
A W D S	H. O	A A D E	SLOTTI	THEREF	A T O A E D	FANMA	02 4 0 0 0 2 0	STO	SH-P DES	А M Т О О	S K H N URO	O D R E S	T C Z O V E	S ⊕ S > F −	A T C H A	T A I T		RALOR	K E D E Z A	ω o o o o

#### Sudoku 1 Answers

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

- The Basic Rules of Sudoku:
- 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 SI 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 num-
- bers 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 Syndalm purely can be the came.
- 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.
- puzzle can be the same.

   Each block must contain all of the numbers I through 9 and no two numbers in the same block of a Sudoku puzzle can be the same.

#### Jumble Answers

Jumbles OFFER GRIPE FUNGUS APPEAR Answer. The fish that stance their own rock band were — GROUPEAS







#### Sudoku 2 Answers

8		9	5	2	6	7	3	4	1
3		7	1	8	4	9	6	2	5
2	-	4	6	1	5	3	7	9	8
6	)	2	8	3	9	1	4	5	7
1		3	7	4	2	5	8	6	9
4	-	5	9	7	8	6	1	3	2
9	)	1	3	6	7	2	5	8	4
7	,	8	2	5	3	4	9	1	6
5		6	4	9	1	8	2	7	3



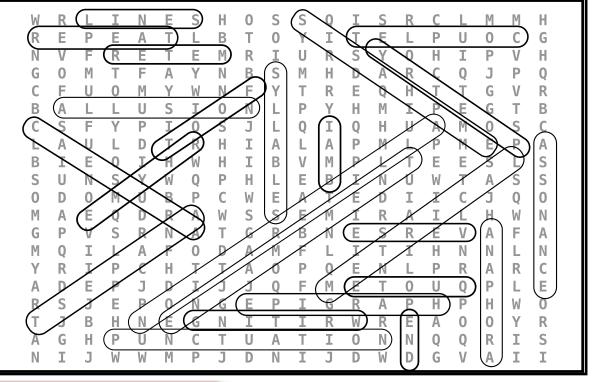
#### Crypto Fun Answers

Answers: A. vehicle B. maintain C. engine D. mechanic

#### Boggle BrainBusters Answers

PANDA WHALE SLOTH MOOSE MOUSE ZEBRA

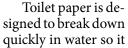
#### **Word-Find Answers**



#### Only Flush the 3 P's

Only Flush the 3 P's: Pee, Poop and toilet Paper

In order to keep household sewer pipes and the Seal Beach City's sewer system flowing smoothly, it's important to remember to only flush the 3 P's: Pee, Poop and toilet Paper.





doesn't clog pipes when used in appropriate quantities. Sanitary products, tissues, paper towels, napkins, paper, cloth, socks, dental floss, condoms, disinfecting wipes and even so called "flushable" wipes are made of materials that don't break down. If these items are flushed, they can block household plumping, the city sewer mains and sewer pump stations. Avoid costly plumbing expenses by throwing these items in the trash instead.

#### CDC

#### from page 10

of symptom for 72 hours

•If your symptoms get worse, call your doctor. People with mild symptoms do not need to be tested for COVID-19.

#### **OC Health Care Agency**

- Medical questions—Call the Health Referral Line daily from 9 a.m. to 6 p.m. at 1(800) 564-8448.
- Non-medical questions—Call the Emergency Operations Center (EOC) Public Information Hotline at (714) 628-7085.

#### **AARP Facts on COVID-19 Stimulus Checks**

AARP worked to ensure that Security Administration. individuals who are collecting Social Security benefits for retirement, disability or Supplemental Security Income will be eligible for the stimulus checks, based on their tax returns or Social Security Administration data. AARP successfully fought to guarantee that low-income Social Security recipients will receive the full \$1,200 check, not \$600 as originally proposed.

Fast Answers to Questions:

• Will people on Social Security disability get a stimulus

If you receive Social Security benefits for disability, retirement or Supplemental Security Income, you are eligible to receive a stimulus check or direct deposit. Only individuals whose annual adjusted gross income exceeds \$99,000 will not get checks.

• I get Social Security benefits? Do I have to file taxes to get a check?

Social Security recipients do not have to file taxes to receive a stimulus check. The government can send your check or direct deposit using the information you have provided to the Social

• Will I need to fill out any other forms to get the stimulus check?

No. The federal government will automatically send you a direct deposit or check using the information on your tax return or that you have provided to the Social Security Administration if you currently are receiving benefits. However, if you are not receiving Social Security benefits and did not file a tax return in 2018 or 2019 yet, you will need to file a 2019 return to get the stimulus money.

If you are receiving Social Security benefits but didn't file taxes in 2018 or 2019, you will

be eligible to receive a stimulus check without a tax return based on data available to the IRS from your annual Social Security benefits statement. The government will send you a direct deposit or check using the information from your Form SSA-1099 Social Security Benefit Statement or your Form RRB-1099 Social Security Equivalent Benefit Statement. You will not have to file a 2019 tax return to get a stimulus check.

The bill does not set a date for when the direct deposits and checks will start to go out, saying only that the Treasury secretary will send the payments "as rapidly as possible." The money could be sent by mail or direct deposit.

#### Do The Five

The World Health Organization (WHO) has now shared five new practical steps for everyone to follow. The World Health Organization is advising people to follow five simple steps to help prevent the spread of COVID-19:

- 1. Wash your hands, all the time, for 20 seconds or more.
- 2. Cough/sneeze into your elbow
- 3. Don't touch your face.
- 4. Stay more than six away from others
- 5. Stay home if you feel sick

Physical distance makes it much harder for pathogens to spread from one person to another and stay home as much as possible.

# Professional Services

### HunterDouglas Gallery

**BLINDS, SHADES & SHUTTERS** 

**FREE In-Home Consultation** 

3782 Cerritos Ave, Los Alamitos

#### Closets & More by John Mercurio

Serving Leisure World **Exclusively Since 1983** 

#### Specializing in:

- Wardrobe Closets
- Organizers & Door Replacements Office Furniture & Bookcases
- Pull-out Drawers in Kitchen & Pantry Add Additional Cabinets in Kitchen & Bath
- Call (562) 598-4552 or (949) 378-0616 or go online at customsby John.com



G.L. Gunderson **CARPETS & INTERIORS** 



- LAMINATE
- ENGINEERED HARDWOOD Gunderson
- VINYL WOOD PLANK (waterproof)
- NO WAX VINYL FLOORS
- WOOD BLINDS (verticles) GGunderson1@verizon.net

(562)434-3775

Lic. #629553

### **Advertise here** for \$30 per week

10 consecutive weeks, minimum

Call 430-0534

#### LW Decor, Inc. 562-596-0559

Kitchen/Bathroom Remodeling New Shower / Tub-tiled **Granite / Quartz Counter Tops** Dishwasher / Microwave Cabinet Refacing

Painting / Make Ceilings Smooth

Laminate Patio Tile / Patio Carpet Vinyl Plank **Shutters / Blinds** 

**Renovations Contractor** St. Lic. 723262

**Built a Second Bathroom** 

**Sound Proof Walls Triple-pane Windows** 

Washer / Dryer

LEISURE WORLD DECORATORS 40+ Years in LW

562-596-0559



Lic# 981264

Specializing in

Window & Door

Replacements.

Free In-Home Consultations 714-373-0011

RYDENWINDOWS.COM

### *HEATWAVE*

Air Conditioning & Heating

: 562-355-2402 www.HEATWAVEAC.com

**Protect Yourself Against VIRUSES & BACTERIA** With Our Heating & Cooling **UV LIGHT AIR PURIFIER** \$599 for Central \$499 For Mini Splits

\$200 OFF ANY NEW Mini Split Or Central AC System

**LET US KEEP YOU COOL DURING THE NEXT HEATWAVE!** 

Ameristar FUJITSU





714-821-7070

Lic. # 945655

### Professional Services



**Family Owned & Operated** LW References Available

714-282-0559



Experience Our Experience

Remodeling Leisure World For Over 30 Years

Carlos Ayala www.LosAlBuilders.com

#### Income Tax

• Financial Planning and Bill Paying • Trust Administration



(562) 594-9729

Leisure World Shopping Center 13924 Seal Beach Boulevard, Suite C \*\*Same location since 1979\*\*

#### Tom Wieder Senior Concierge Service



Affordable, Trustworthy, Compassionate Help for Seniors TRANSPORTATION and ERRAND SERVICES We wait for you! Doctor Visits - Airport Pickup and Delivery

**Grocery and Holiday Shopping** (562) 537-2764

nwconcierge@gmail.com Licensed and Insured City of Seal Beach WIE0001 Find more featured services at www.tomwconcierge.com

#### SENIOR RESOURCE ADVISORS



St.

Retirement Planning Specialist Financial and Insurance Services

Valerie Schwait

Founder/Owner

310-717-4855

senior-resource-advisors.com Leisure World Resident



Alpha Master Builders Inc. UILDING RELATIONSHIPS THROUGH QUALITY AND INTEGRITY For all of your home remodeling needs.

(562) 208-5526 thedreamkitchen4u@gmail.com

Katherine A. Brennan

**Insurance Agency** 

Condos · Home · Auto · Business · Golf Carts

#B921621

In-home care for a better quality of life.



562.653.4480 | www.rahwestoc.com



Free Explanation of Benefits. All Services Provided in Home.

LICENSES & ACCREDITATIONS:

Medicare Certified Free Usable Bag HMOs PPOs

Joint Commission Accredited · Workers Comp. · Private Pay

**Heather Reid** Cell 714.743.0803 Fax 877.273.4399 www.bridgehh.com hreid@bridgehc.com

**INSURANCES** 

Sproudly 7 Serving LW S for 22 years

(562) 594-8787 (562) 706-5879 sealbeachinsurance@gmail.com

2999 Westminster Ave. #225 - Seal **Beach Village Shopping Center** Use North Lobby Entrance elevator License # 0C69869

#### D B Handyman • Painting • Carpentery • Plumbing upgrades • Senior Living Modifications • Carpet Cleaning • Haul-away 21 Years Serving LW 562-841-3787

AVAII ABI F YFAR-ROUND BY APPOINTMENT HRBLOCK.COM

**Experience our Expertise** 

Paul Faulkner

Seal Beach Village 13932 Seal Beach Blvd. Seal Beach, CA 90740 Office: 562.626.0032 Fax: 562.596.4598



#### FREE PICK-UP AND DELIVERY

**SAFE TAX PREP WITHOUT HAVING TO LEAVE YOUR HOME** 

**Trust Your Taxes To An Enrolled** Agent, Who is a Fellow LW Resident With Over 30 Years Of Experience!

Call 562 - 474 - 0744

E-mail: info@mlptaxes.com

### . CLEANS

SB Lic # BRA0002

**WINDOWS • WALLS • FLOORS** 

**MOVE-IN • MOVE-OUT** 

7 DAYS A WEEK • 1-2 MAN TEAM

**OVER 40 YEARS EXPERIENCE** (562) 881-2093

SB LIC. #ABL0001

### **GOT BUDS**

**Premium Indoor** Free \$200 | OZ *Delivery* \$100 | ½ OZ Greenhouse

\$80 | OZ

714) 737-4965



TERERS

- Catering & Event Design Celebrations of Life

  - Club Parties
  - Functions for Organizations
  - Anniversaries & Birthdays
  - Full Bar Service

Serving LW since 2002

(714) 972-9069

www.countrygardencaterers.com

# RS BUILT

CONSTRUCTION INC.

FUNDAMENTALS AT WORK

**KITCHENS • BATHS NEW ADDITIONS** 

RAFAEL SERRANO Main - (323) 477-9839 Mobile - (323) 400-7056

RSERRANO@RSBUILTCONSTRUCTIONING.COM RSBUILTCONSTRUCTIONING.COM

> B-GENERAL CONTRACTOR CA LIC. #1014-846



**Bruno H. Alvarez** Lic. #1020244

### **SPECIAL INSTALLATION WASHER & DRYER** \$5,800

- Electrical
- Room Additions
- Plumbing
- Skylights Kitchens
- Remodeling
- Washer/Dryer
- Storage Closets
- Counter Tops
- Bathrooms

562.755.7472



### Professional Services

Room additions Remodeling John M. Bergkvist Skylights

Kitchens GENERAL BUILDING CONTRACTOR **Bathrooms** 

Countertops Storage closets Washer/Dryer

State Lic. #638079

FREE ESTÍMATES LW REFERENCES 562 - 433-3052



LIVING TRUSTS **ESTATE PLANNING PROBATE CONSERVATORSHIPS** 

House Calls - Free Consultation (562) 280-0999

James E. Foden, Attorney at Law



personal service at the lowest price. SWENMAN CO.

We Accept Credit Cards 562- 430-2265

St. Lic. 413207 · Seal Beach Swe001

### **Advertise here** for \$30 per week

10 consecutive weeks, minimum

Call 430-0534



Vertical Blinds, Cell Shades 2" Blinds & Shutters

<sup>562</sup> 493-4228



Bathrooms

 Counter Tops · Home Remodel

 Room Additions ·Flooring Patio Enclosures

Lic.945818 Call for FREE Estimates kkonstruction@gmail.com 562.715.3821

#### **Are you Frustrated** With Your Computer?

PC, MAC, Cell Phone, Tablet, TV or Stereo

I will come to you. Call Me... Let me help you. Tina Schaffer (562) 755-6199

Serving residents for 9 years



#### In-Home Caregiving

- Alzheimer's/Dementia Care - Personal Care
- Transportation / Errands
- Healthy Meal Preparation
- Light Housekeeping
- Companionship
- Medication Monitoring - Post Surgery Care
- Post Stroke Care

Irene Kuria (213) 256-0043

HEALTHCARE AGENC

halosagency.com

**CA HCO License # 2967349** Ikuria@haloshealthcareagency.com



#### Chris Kim (김인철)

**Berkshire Hathaway HomeServices** Realtor® DRE #00996404

www.LWChris.com (424) 247-4542

Chris can find the best one for you! 원하시는 최상의 집과 구입자를 찿아드립니다!

Woodbury Univ. BS. Cal. Theo. Seminary M.Div. 인천교대부국 상도중학교 경기고등학교 졸업

- Hospice & Respite Care
- Parkinson's & stroke
- Incontinence Care Laundry & Linen ChangeMeal Preparation
- House Maintenance Shopping & Errands
   Transportation

714 841-2273 877 957-3566 care

> www.brightwatchcaregivers.com because home is where your story begins



LIC # 992336

grecodesigndev@gmail.com

### **Advertise here** for \$30 per week

10 consecutive weeks, minimum

Call 430-0534



**Blinds** Shutters **Shades Draperies** Home



automation FREE in-home/office consultation

**Budget Blinds of Huntington Beach** North and Seal Beach/Buena Park

#### Cindy Brunner

Owner, Design Consultant Cell: 714-658-1813 HB Office: 714-840-8540 SB/BP Office: 714-486-1440 Fax: 714-242-1866

Email: cbrunner@budgetblinds.com Website: budgetblinds.com/ huntingtonbeachnorthandsealbeach

### **Advertise here** for \$30 per week

**GRECO** 

CONSTRUCTION

**GRF Approved Contractor** 

**Excellent LW Referrals** 

714-330-3

10 consecutive weeks, minimum

Call 430-0534

#### core construction inc. Remodeling

- Kitchen & Bath
- Flooring
- Room Additions
- Painting
- Washer/Dryer Enclosures

 Patio English 714-900-0307

**FREE Estimates** 

LNScoreconstruction@gmail.com ~ Lic. 1026807

# Martin MP CONSTRUCTION mp.construction2@aol.com 562-746-5400 Lic.# 954725



#### **Power of Attorney Documents OTHER SERVICES** + Probate Administration + Trust Modification

Find a drop-off site or schedule a free pick-up!

First Time Clients. Simple Estates. **Living Trust & Pour-Over Will Home Transferred to Trust** 

- + Small Estate Affidavits + Legal Name Changes
- Service Includes:
- Two visits w/Attorney
- FLAT RATES AFFORDABLE FEES

Web site: www.amstrustlaw.com



#### [7 | 4]899-967 |

Initial consultation free to establish a trust.

Law Offices of Allan M. Soto, Inc. 7960 W. McFadden Ave. • Westminster, CA 92683

#### Puzzles & Comics

Answers on page 14

### Gasoline Alley By Jim Scancarelli WHO'S THAT LITTLE CHATTER-BOX? THEONE WITH PRETTY AUBURN LOCKS dog, Sandy

Broom-Hilda









Middletons

By Raph Dunagin & Dana Summers



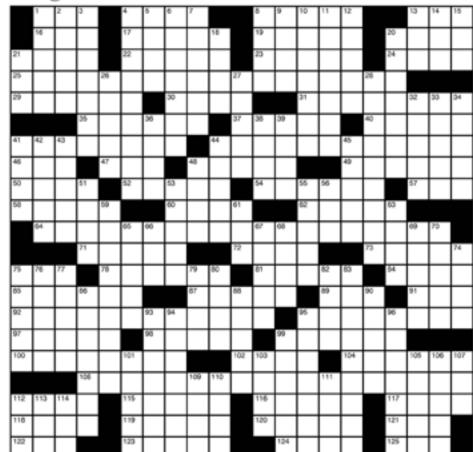
Largeness Monsters

#### ACROSS

- 1 Diminutive helper
- 4 Stunning stones 8 Slatted box
- 13 Pileus 16 "O sole \_
- 17 Angry
- 19 Light amplification device
- 20 Yield
- 21 Love, in Madrid
- 22 Actor Ed 23 CO ski resort
- 24 Large ring 25 Rabelaisian voracity
- 29 Agree
- 30 French souls 31 In better spirits
- 35 Impetuously
- 37 Strict class distinction
- 40 Sudden thrust \_\_ It Lays": Joan
- Didion book 44 Enormously dull
- person 46 Zodiac sign
- 47 Tennis unit 48 A kind of protest
- \_ after: desired 49
- 50 Goddess of discord
- 52 Diminish, with "out"
- 54 Hope, in Le Havre
- 57 Outer space visitors 58 Make \_\_\_ .: ridicule
- 60 Original Peruvian
- 62 Round .....: tournament 64 Statuesque dimness
- 71 Eminent
- 72 Small mountain lake 73 T.S. or George
- 75 Offer 78 Paul of .
- bourguignen
- 84 Swans' place at the Opera"
- 87 Glass fragment
- 89 Posed 91 Skelton or Auerbach
- 92 Immense enjoyment
- 95 Renewed tires 97 Contributor
- 98 Take up
- 99 Scamp 100 "The Holy \_\_\_ the Profane .
- 102 A prophetic sign 104 Formed into a heap
- 108 Huge hands 112 The south of France
- 115 Whirl, pirouette, etc. 116 Split
- 117 Brit. baby carriage
- 118 Experts
- 119 Form or shape, to Plato
- 120 Derived from oil
- 121 Dry: Fr. 122 Ink's partner
- Fabricators Faked signature Goliath's move Formerly, formerly

- Grate upon
- 11 Grows choppers
- 12 Golfer Els
- 14 Fuss
- 18 Sea bird
- 20 Little angels 21 Ottoman official
- 26 Writer Nin Neckwear item

Edited by Linda and Charles Preston



28 CO Film Festival

33 Long-plumed wader

34 Tall aquatic grasses

Some descendants

43 A protein-building acid

55 Shape a shrub 56 "Allez \_\_\_!": 1934 film

63 Unwilling, in days of yore

59 One who advances

61 Old in Oldenburg

65 Canal or duct

66 Corn unit

"I cannot tell

41 Intro. essay 42 Warning, old style

36 Animosity

44 About: L. 45 Excuse 48 Dispatched 51 Ballad, e.g.

53 Pale colors

39

32 Expression of observation

©2020 Tribune Content Agency, LLC. All rights reserved.

- 123 Silesia, in Silesia
- 124 A prolific Gardner 125 Superlative ending

#### DOWN

- Bovary and Woodhouse

- Handy guidebooks Torrid
- Applaud
- 10 Miens

- 13 Corp. head
- 15 Vitality

- 67 Sword used in fencing 68 Trampled, sometimes 69 Crownlike headdress 70 Bound together
- 74 Senator Kennedy and poet Hughes

75 Disreputable women

Observer

uzzle

- \_\_\_ water: trouble spot The huntress
- ". . . teach \_\_\_\_ number our days": Psalms 90:12
- 80 Vessel
- 82 Employs
- 83 Enormously little hope? 86 Space between vocal

- cords
  88 "I \_\_\_ bold": Shak.
  90 Characteristic
  93 Letters to the stars
- 94 Supplemental material 95 Rehearsed quickly
- 96 A plane curve
- Spring back 101 Mosquito genus
- 103 Majorca municipality 105 Traditional knowledge
- 106 Legislate 107 Military award: abbr.
- 109 Sgts., etc. 110 Writing table
- 111 Conceal
- 112 Cartographer's creation 113 Put on \_\_\_\_: postpone
- 114 Lair

#### Sudoku 1

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

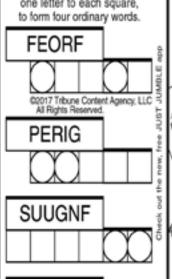
#### 9 To 5 By Harley Schwadron





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

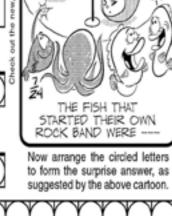
Unscramble these four Jumbles, one letter to each square,





Print answer here:

**PAPERA** 



got me hooked, but I

won't

by you



### Guess Who?

I am an actor born in New York on April 10, 1974. I graduated from Dartmouth College and began my career on the Broadway stage. I have been nominated for a Tony Award. But fans know me best as a small town cop from a popular Netflix series.

#### Sudoku #2

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

Level: Beginner

### Puzzles & Comics Answers on page 14

### ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to car care.

Each number corresponds to a letter.

(Hint: 21 = e)

A. 13 21 26 8 22 10 21

Clue: Car or truck

B. 17 9 8 12 3 9 8 12

Clue: Take care of

C. 21 12 11 8 12 21

Clue: Converts power into motion

D. 17 21 22 26 9 12 8 22

Clue: Fixes cars



By David L. Hoyt and Jeff Knurek

### UOTWM OSLHW MEZAY RADER PCNNB

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE
POINT SCALE
3 letters = 1 point
4 letters = 2 points
5 letters = 3 points
6 letters = 4 points

7 letters = 6 points 8 letters = 10 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 special brain-busting words into the

puzzle grid. Can you find them? Find AT LEAST EIGHT FIVE-LETTER MAMMALS in the grid of letters.

BOGGLE is a trademark of Hestino, Inc. 4D 2019 Hastino, Inc. Distributed by Tribute Content Agency, LLC. All Rights Reserved.

### **WORDS & VERSE WORD SEARCH**

Н С G Н Q U S Ι 0 N Н 1 Е G В C S F P Ι S S Υ 0 J Q Ι Q Н U A М 0 C U т Ι P М Е Ρ Α D R Н Α L A М L Α L T P S S В Ι E 0 I Н W Н Ι В ٧ М L E E L S S Υ Н Е Ι т S S U N W Q Р В N U W A C E C D М В P E т Ι Ι J Q 0 0 0 U W Α D E S S Ε Ι Α Q D R М R Α Ι Н W N A W L E P ٧ S т G В S R Е ٧ F G R N A N A Α М Q Ι A 0 D A М F Ι т Ι Н N N N L L L P т E Ι C Н т P R Υ R A 0 Q N L R A C F Ε Р J Ι J E E D D J т 0 U Q Р Α Q М L S J Е G Ε Ι G W 0 0 N R Р н P Н R Α G Ι Т Ι E Y т J В Н Ε R 0 R N N W R Α 0 G Н Р C т U т Ι 0 N N Q Q R Ι S Α U N Α J J D Ι ٧ Ι 1 N Ι D

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

#### WORDS

ALLITERATION

ALLUSION ANAPEST **ANAPHORA** ASSONANCE CAESURA COUPLET **EMPHASIS** END ENJAMBMENT EPIGRAPH F00T IAMB LINES METER METRICAL POETRY PUNCTUATION QUOTE REPEAT RHYME SYLLABLES VERSE WRITING

#### **Sewing Instructions for Face Masks**

The Leisure World Sewing Brigade thanks you in joining it to make face masks for first responders in the COVID-19 pandemic and at-risk residents. Mask makers will be provided cotton fabric, elastic, thread, instructions and the pattern. The masks are intended to extend the life of medical masks, which will be inserted inside the cloth mask. This mask alone will not stop the virus but will prevent the spread of infected droplets.

- 1. Cut the fabric into 6x9-inch pieces. Cut elastic into 7 inch lengths.
- 2. Put the two 6x9-inch pieces of fabric together facing the same direction, this will make it easy to know which is the side facing out. As an alternative use two different color fabrics if you have them. Place the elastic between the two pieces of fabric, making sure that it is on the inside.
- 3. Start sewing at the center of the bottom edge, sew to the first corner, stop. You are starting at the center so you can later leave a 3-inch opening at the bottom of the mask. Sew the end of the elastic to the corner. Stitch back and forth to secure the elastic.
- 4. Sew to the next corner, stop, and sew the other end of the same elastic to the corner. Stitch back and forth to secure it.
- 5. Sew across the top of the mask to the next corner, stop. Sew end of second piece of elastic to the corner and stitch back and forth to secure.
- 6. Sew to next corner and sew in the other end of the same elastic.
- 7. Sew across the bottom leaving at least 3 inches open. Stop, cut the thread and turn mask inside out.
- 8. Pin 3 tucks on each side of the mask. Make sure the tucks are in the same direction.
- 9. Sew around the edge of the mask twice, make sure to leave the 3-inch opening on the bottom edge.

Thank you for all that you are doing. Team members will come by twice a week, Mondays and Friday, to pick up masks and/or drop off supplies. If anyone needs thread, it can be supplied. We hope to have the fabric pre-cut for you into the 6x9-inch pieces soon, to speed up the process.

For more information, call Yevette Louie, (562) 841-2166.

### FINANCE from page 5

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 (562) 431-6586, ext. 330, or call ClickPay Customer Service at (800) 533-7901.

#### Q. What is my current balance due?

A. You can find you current balance due through the ClickPay portal or by calling (562) 431-6586, ext. 330. ClickPay portal information was sent via email earlier in 2020. If you need assistance, you can call the Accounting Department at (562) 431-6586, ext. 330, 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. The GRF does send letters for accounts carrying credit balances (or over payments). The letter offers two responses:

- 1. Continue to carry the credit on my account.
- 2. 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), address it 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 at (562) 431-6586, ext. 330.

If the outstanding balance on your letter is identified as a parking citation, call 431-6586, ext. 519, for further information.

ClickPay portal information was sent via email earlier in 2020. If you need assistance you can call the Accounting department at (562) 431-6586, ext. 330, or call ClickPay Customer Service at (800) 533-7901.

#### Q. I need my 2019 property tax information. How do I get it? A. If you received you guest passes, the 2019 property taxes are

A. If you received you guest 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.

# Classifieds

#### **GENERAL**

AVON

Lenora Browning, LW Resident. Phone 562-493-5457. Seal Beach Business License #BRN000. 06/17/20

#### JAFRA COSMETICS

by Helen LW Resident 562-421-5811 www.jafra.com/hwells Business License #WEL0015 New defy age product line available! 4/23

#### **GARDENING**

#### FRANK'S GARDENING SERVICE

Complete maintenance and landscape. Serving Leisure World since 1978. Planting, cleanups, fertilization. New lawns, etc. Offering my services to all Mutual's. Honest and reliable. State Contractor's License #779462. Call 562-863-7739, 562-743-3832 or 714-527-1172. 05/14

#### HANDYMAN SERVICES

562-596-0559

LW DECOR INC.
Remodeling/Renovations
New triple pane windows,
laminate flooring, carpet patio
tile/carpet. Painting ceilings
made smooth, ceiling lights.
Exterior windows, refaced kitchen
cabinets, refaced granite quartz
countertops.. Lic. #723262. 03/26
LW DECOR INC.
562-596-0559

### MP CONSTRUCTION General Contractor

Specializing in remodeling, Additions, Reconstruction, Window replacement and more! Call for a free estimate. 562-746-5400.

License #954725. 03/26

JR HOME REPAIRS. Quality work. Perfectionist, honest & reliable. Call JR 562-519-2764 04/09

TONY DO MAINTENANCE Windows-house cleaning. Reasonable price. Excellent work. (714) 534-1824. 4/23

#### FURNITURE RESTORATION

Bersi & Sons Furniture Finishers
- In Home Furniture Repair - Refinishing - Restoration
Specializing in antiques.
50 years experience.
209-294-6507<sub>04/02</sub>

#### BATHROOM REMODELING

We make your SHOWER/TUB brand new and/or convert it to a WALK IN SHOWER

serving L.W. since 1999. Nu Kote 562-833-3911 License #699080. 04/30

#### **PAINTING**

**Bel-Rich Painting** - Free estimates, Apartments, room by room, small jobs, colored walls. Contractor's License #705131. 714-220-9702. 06/04

#### 562-596-0559

LW DECOR INC.
Only premium paints,
Ceilings made smooth.
New handles-hindges
Cown moulding installed.
License #723262.
LW DECOR INC
40 years in LW.
562-596-0559.03/26

Need Help? See Classifieds Painting - Free estimates. 1 room or entire house & refinish kitchen cabinets. Call Jerry (714) 826-8636. CA State License #675336. 05/14

#### **FLOOR COVERINGS**

**562-596-0559** LW DECOR INC.

Laminate, vinyl plank, patio tile and patio carpet.
License #723262.

40 years in Leisure World. 03/26 **562-596-0559** 

310-261-0571
Interior Flooring Solutions
Hardwood floors, carpet,
laminate, vinyl planks.
25 years experience.
Contractor License 1043763. 12/24

### CARPET & UPHOLSTERY CLEANING & REPAIR

All Year Carpet Cleaning
We just cleaned your neighbor's
house in Leisre World...
Would you like yours cleaned too?
Call Tito 562 658 9841.
Since 1988.

State Contractors Lic. #578194. 05/07

#### **SKYLIGHT SERVICES**

SKYLIGHTS

CLEAN, REPAIR, REPLACE. Licensed and insured. Dan (562) 841-3787. Seal Beach License #BRA0002.04/09

#### **WINDOW COVERINGS**

LW DECOR INC.

Blinds, shutters, shades, 40 years serving Leisure World. Contractor's License #723262. LW DECOR INC. 562-596-0559. 03/26

#### LEISURE WORLD HELPING LEISURE WORLD

Y's Service Club of the YMCA will assist residents with small non-professional jobs. We change light bulbs, clean air conditioner filters, hang a small picture or mirror, remove or place items on a high shelf, air bicycle tires, etc. Donations gladly accepted. Call week days between 9 am-5 pm, (562) 596-9906.

#### "ROLLIN THUNDER" GOLF CART CLUB

Offers FREE advice on buying and selling of your golf cart. 562-431-6859.

Does your walker need new tennis balls? Delivery and installation provided. Please give your name and phone number. Maria Giegerich 562-596-9983. Free of charge.

#### HOME CARE PERSONAL ASSISTANT

Just Like Your Daughter
Personal Assistant/
Girl Friday
Available for:

errands, scheduling and transportation for medical appointments, patient advocate, shopping, domestic organization, paperwork, bill pay All with compassion and care.

Just Like Your Daughter Call Janice, 714-313-4450 SB Lic. #JUS0006/Bonded 04/23

Dial Direct, Save Time! (562) 430-0534

LW Weekly accepts

Classified payments over the phone.

EXPERIENCED CAREGIVER

Over 20 years in Leisure World
with Excellent References. Hourly
or Live-in. Please Call Pampet:
562-371-4895. Seal Beach License
PAN0003 06/11

I am an experienced caregiver available to assist with daily care, doctor's appointments, and errands. Available 24/7. 949-899-7770 04/02

Elderly care. Live-in, live-out. 30 years of experience. Cooking, cleaning, medications, companions, doctors. Experience with dementia. Licensed by the state. Gloria 949-371-7425.05/07

Experienced Caregiver. Leisure World references. Day or night - Licensed. Maria Lopez (562) 257-7631. LOP-0004.03/26

#### **CHRISTIAN HOME CARE**

Referral Agency. Experienced, knowledgeable caregivers, honest, assertive, fluent English. Hourly/full-time, doctor's appointments, errands. Bernadine 562-310-0280. Seal Beach Business License #BCS0002. Bonded/insured. 6/10/20

#### **BEAUTY SERVICES**

Hair Stylist, 25 years experience. Shampoo and roller set, cut, perm, color, manicure/pedicure. Warm and friendly service. Available for in-house appointments for special occasion, \$100+. Tammy Nguyen, 714-425-4198. Phenix Salon. 05/14

In home hair care, serving the men and women of Leisure World for 36 years. Mel, cell: 562-480-9341. License #KC75538. 05/07

PERMANENT MAKEUP for Eyebrows, eyeline, lip line. 30 years experience, 15 years in LW with references. Loann: (310) 938-8808. Cosmetology license #KK5976.03/26

#### HOUSE CLEANING

MOVE-IN, MOVE-OUT WINDOWS, HOUSECLEANING CALL PHIL AT 562-881-2093 Over 30 years Experience! Seal Beach Business License #AB0001.04/30

#### GRACIAN'S HOUSECLEANING & WINDOWS.

Windows 10% off first cleaning General housecleaning Excellent referrals in LW (562) 307-3861. 20 years experience. Seal Beach Business License gra0006. 04/02

Patricia House Cleaning, weekly or monthly. Excellent referrals in Leisure World. 562-397-4659 Seal Beach License LUC0001.04/23

General housekeeping, 30 years of experience. Bi-weekly or monthly. Seal Beach Business license RAZ0002. Gloria 949-371-7425.05/07

Maria House Cleaning We'll make your house look as nice as possible! 15 years of experience, We can work with your scehdule. Bi-weekly or monthly. Deep cleaning. Call or text 714-496-2885. Bus. Lic #HER0008. 04/23

I have been a housekeeper for 10 years. I do weekly and monthly cleaning. Call 949-899-7770.04/02

Security (562) 594-4754

# <u>Classifieds</u>

#### **COMPUTERS**

#### **FRUSTRATED** (562)755-6199

Everything for your computer (PC or Mac), cell phone, TV, stereo, any electronic device. Tina Schaffer. Seal Beach Bus. License #CIP0001 05/28

#### **John's Computer Services** 562-733-9193

Virus removal, Repair, Training, Software, Wireless, Internet Security. LW Resident SB License FUH0001. 03/31

#### **ELECTRIC CARTS**/ **SCOOTERS/MOBILE CHAIRS FOR SALE**

#### ANY KIND OF CAR

Boat, motorcycle, truck - running or not. We are local - call anytime! We pay cash and remove promptly!We do DMV and Release of liability for you! Bonded/Licensed, since 1985! Call us so we can come out and give you a quote. 562-684-0901. 05/07

Golf Cart, Sales, parts and services. 714-292-9124.05/14

Classified deadline is 2:00 p.m. Monday, for Thursday's publication

#### **TRANSPORTATION**

Need a lift? Pam Miller. LW Resident. 310-227-1258. 03/26

Inexpensive shuttle, airports, markets, doctors, etc. 562-881-2093. SB License #ABL0001.04/30

Rides by Russ, With the personal touch. For over 4 years I have been giving all types of rides to Leisure World residents. Rides to the airports, doctors, cruise ports, shopping and errands I also enjoy helping my neighbors with chores and maintenance around their homes. Russ 714-655-1544. 04/23

#### **AUTOS/BOATS/RV'S** TRAILERS FOR SALE

#### ELECTRIC CAR PADS

Installed at your residence. Call Frank 562-743-3832. State Contractor's License #779462.05/14

#### **MOVING, HAULING & STORAGE SERVICES**

#### J&D HAUL AWAY AND **CLEAN-UP SERVICE**

No job too small, fast, reliable, great prices. Seal Beach Business License BRA0002. Dan: 562-841-3787 04/09

#### A FRIEND AND A TRUCK

Your moving service, any size job. Call 310-387-2618. Business License RO263644. 03/26

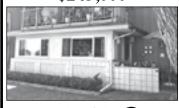
LW Weekly (562) 430-0534



**JOYCE REED Resident Broker** Notary Available

596-8656

**Mutual 15, 1-D** \$245,000





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

#### **Reduced Move-In Ready** 2 BDR/1 1/2 bath,

fully expanded corner drive up, washer/ dryer, dishwasher & more Mutual 2, 19F \$319,000

#### **New Listing - Country Cottage**

Fully expanded 2 BDR, 1 Bath, lovely greenbelt. Double pane windows, plantation shutters, Central A/C Heat, and much more Mutual 4 -46K \$259,000

#### **New Listing - Greenbelt Location**

Fully expanded 2 BDR, 1 Bath, South facing, bay windows, double pane, 3 skylights, walk-in closet and shower, smooth ceilings with can lights **Mutual 8 - 183C** \$279.000

#### New Listing - Beautiful Greenbelt view, Basic 2 BDR, 1 Bath Fixer, Put you decorating talents to work, TLC needed. Close to parking and bus Mutual 8 - 184i \$186,000

New Listing - Drive Basic 2 BDR, 1 Bathwill a Misid Drive enclosure. Tye Daw t M.t, new laminate flooring,

move-in ready. Mutual 9 - 209E \$215,000

Basic 1-bein ESCROCH, fresh paint.

Atrium, Remodele ESCROM rive-up, Solid MINITES 18D 365,000

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



(562) 598-1388

See All Our Listings, Prices and Photos at Our New Website:

### www.LeisureWorldHomeSales.com

#### **FIRST QUARTER MARKET UPDATE - SOLD UNITS** January 2020 thru March 2020

#### **BASIC UNITS**

1 Bedroom: \$120,000 to \$160,000 2 Bedroom - Inside: \$183,000 to \$245,900 2 Bedroom - Corners: \$195,000 to \$253,000

#### **EXPANDED UNITS**

1 Bedroom: \$140,000 to \$145,000 2 Bedroom - Inside: \$230,000 to \$322,000 Exception: Unit with 1.5 baths on golf course - \$410,000 Exception: Modern Expansion with 1.5 baths - \$405,000

2 Bedroom - Corners: \$227,000 to \$359,000 With 1+ baths - \$318,000 to \$480,000

**MUTUAL 15** 

Two Bedrooms, Two Baths -- \$265,000 Exception: Expanded and Remodeled - \$384,000 Remodeled Atrium with 2 baths & courtyard - \$469,000

> **MUTUAL 17 – CONDOS** Condominiums: \$379,900

Prices are determined by location, condition and amenities...

If you would like to know the value of your unit, please call for a Comparable Market Analysis. Based on information available to us at time of publication. Reflects ALL closed sales.

The Januszka Group On-Site Home Sales

Servicing this Community EXCLUSIVELY for approximately 50 years



















Leisure World® is a registered trademark owned by RRLH, Inc. The Januszka Group, Inc. is authorized by RRLH, Inc. under license to use the Leisure World® service trademark.



# Kathy & Gloria Gupton & Hadley

Kathy Gupton Associate Broker DRE # 00744676

562 618-9940

We are **SISTERS**Specializing in the

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.



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.



Mutual 7, 176E \$210,000

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



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 dinir 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.



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.



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.



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



Call and let us present our extensive marketing program.

Members of M.L.S.

BERKSHIRE HATHAWAY HomeServices California Properties

Visit Our Website: www.thesealbeachsisters.com 13926 Seal Beach Blvd., Seal Beach, CA 90740 (Behind Carl's Jr.



Jim Duncan 714-356-6717 Broker/Manager



Susie Allen 562-338-3833



Robin Grav 562-209-5605



Barbara Diette-Dobias Kathy Gupton 562-754-5628 562-338-3833

BERKSHIRE HATHAWAY

HomeServices

California Properties



562-884-3594



Gloria Hadley Edwina DiMario Vickie Van Ert 562-706-7999

(562) 431-2149

13926 Seal Beach Blvd.

Seal Beach, CA 90740



310-220-1407



Mary Chittick 562-882-2804

**One-Bedrooms** 

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

Mutual 16 54E \$167,000

floors, skylight



**Rosie Wang Davis** 626-623-9929



714-308-8034

562-746-1960

BRE 00338699 Mutual 8 189J \$179,000 great location, large skylight

(562) 594-0515

1900 St. Andrews Dr., Suite C

Seal Beach, CA 90740

Joanie Korman great potential for remodel

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

Mutual 1 16W \$218,000 enclosed patio, patio tiled, Conrad Rodriquez 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

**Two-Bedrooms** Mutual 1 13L \$229,500 Spectacular green, french doors, lam. floors, very nice

Mutual 1 25L \$235,000 corner, greenbelt, double pane, lam. floors, nice unit

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 155G \$259,000 expanded, granite counters, skylights, heat pump

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 btfl. greenbelt, new paint, new lam. flooring, lovely patio

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

2 baths, enclosed porch, green belt, 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,

Mutual 6 136C \$359,000 full expansion, remod. kit. and

Full expan., hard wood Mutual 15 21M \$285,000 floors, double insulation, great view

bath, large skylight, washer and

Mutual 3 16F \$375,000 corner. 1 3/4 baths, bay windows, remod. kitchen, washer and dryer, cent. air

great condition, drive up

dryer, forced air, scraped ceiling

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

Mutual 1 38D \$154,900 expanded, south facing, great greenbelt

Mutual 6 57D \$185,000 Full expan., bay windows, granite counters, high end flooring

**Two-Bedrooms** 

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



Claudette "CC" Cooley

**Linda Patton** 562-522-3364



Adrian Villarreal



Leah Perrotti

Hanna Rubinstein

562-900-4243



Jay Cho



714-944-4998



**Estee Edwards** 562-208-2540



**Philip Bak** 





**Irv Hart** 562-296-5619



**Fay Wescott** 562 242-6162



Tim Kearns 714-293-3950



**Diana Flores** 949-212-8748



Chris Kim



562-673-6703



### Barbara Diette-Dobias

Your Leisure World Sales Team

Robin Gray (562) 209-5605 rwgraysales@verizon.net DRE 01027333

California Properties

Barbara Diette-Dobias

barbaradobias@gmail.com DRE 00887640



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



Mutual 1-38-D \$154,900 1- bedroom, 1-bath south tacing, 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.



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!

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 gor-geous **CENTRAL PARK LOCATION!!** Call Today to See.



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, cutdown shower and vinyl floors.



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 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!



### **CAROL GASPER**

Lic# 01276484



carol@carolgknutson.com www.sealbeach.retirementcommunity.info



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

For 2020, I have a total of 18 Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!



#### 1261 Oakmont Rd. #177B | M8 | \$239,000 DRIVE-UP Location, Partially Expanded 2 Bedroom, 1 Bath, A/C Heat Pump, Washer/Dryer Combo, Laminate Flooring, Expanded Master, Designated Dining Area,

Move Right In!

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.



#### 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..



#### 1120 Northwood Rd #186L | M8 | \$269,000 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.

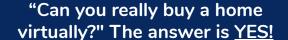


#### 13800 Annandale Drive #39G | M1 | \$279,500

2 Bedroom, 1 Bath Fully Expanded, Double Pane Windows, Central A/C and Heat, Plantation Shutters. Washer/Dryer, Walk-In Closet, Bay Window.



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.



Safety is the most important thing to me, and I am servicing my clients every day while following every guideline set forth by the CDC and the California Association of Realtors. If you have questions about virtual home buying, contact me today!





#### 13131 Shawnee Ln, #268E | M11 | \$349,000

MOVE-IN READY, Fully Expanded 2 Bedroom, 1 1/2 Bath, Central A/C, Washer/Dryer, Scraped Ceilings, Dual Pane Windows, Laminate Flooring, Dishwasher, Granite Countertops.



#### 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



#### 1290 Northwood Rd #161A | M7 | \$310,000

Corner Fully Expanded 2 Bedroom, 1 1/2 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.

I have access to the total inventory!

On March 31st, 2020 a total of 92 units show as active listings on the CRMLS (this is where Realtors list property for sale).

> 10 - 1 bedroom/1 bath from \$154,900 to \$189,000

> 51 - 2 bedrooms/1 bath from \$175,000 to \$384,900

31- 2 bedrooms/2 baths from \$225,000 to \$499,900

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