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STAY HOME

STAY SAFE

NOTICE OF POSTPONEMENT OF GRF ANNUAL MEETING AND ELECTION CYCLE

Dear Shareholders:

Unfortunately, in light of the coronavirus (COVID-19) pandemic, the GRF Board of Directors has determined to postpone the June GRF Elections and Annual Meeting, previously scheduled for:

- June 2, 2020, Ballot Counting meeting
- June 9, 2020, Annual meeting

Given the unprecedented circumstances of COVID-19, and, consistent with the mandates of federal, state and local governmental agencies, the GRF Board is taking reasonable steps to respond and to protect the health and safety of all Shareholders.

While this situation is extremely fluid, and health officials' recommendations are subject to change, the Board has rescheduled the Election and Annual meetings, as follows:

- August 4, 2020, Ballot Counting meeting, 10 a.m., Clubhouse Four
- August 11, 2020, GRF Annual meeting, 2 p.m., Clubhouse Four

In addition to the foregoing, the Secret Mail-in ballots will not be mailed on Sunday, May 3, 2020, as previously advised. Secret Mail-in ballots will now be mailed to each household, in the even-numbered Mutuels, on Sunday, July 5, 2020.

Please note that although the Annual meeting and the Election cycle meeting have been postponed, the GRF Election Rules and applicable law remain in effect. To that end, please know that all candidates who completed and returned an Application for Candidacy, as of 4:30 p.m., April 3, 2020, (or who have been nominated by a Mutual's nominating committee or Board), will be listed on the Secret Mail-in ballot.

Again, the GRF Board's priority is the health and safety of all Shareholders and the intent of postponing the Annual meeting and the election cycle is to assure that all interests are represented

MEETING, page 2

Mutual Meeting Update

Due to the COVID-19 government mandates, GRF and Mutuels have resolved to postpone their annual meetings. Meetings previously scheduled for May and June will now be held between July and August, 60 days from their original dates, pursuant to California Code Section 600.

COVID-19 | Latest Information on how to protect yourself | PAGE 2

HOME LIFE

Strategies for staying calm, connected and well

WHAT'S INSIDE

What About Face Masks | Page 2

The latest news on face masks, who needs them and how to effectively use them in the fight against the COVID-19 virus.

How to Stay Fit at Home | Page 8

Physical activity is an important part of healthy aging. Check out the Health section to learn what you can do at home to stay healthy.

DIY Arts and Crafts | Page 10

Leisure World residents are in week four of a government-mandated self quarantine. It's a great time to learn something new or distract yourself with creative expression.

It's a Beautiful World | Page 13

Even in the midst of a worldwide pandemic, spring brings beauty to Leisure World and beyond. All around the community, hydranga, California poppies and bottle brush trees are coming to life.

This edition of the LW Weekly is dedicated to helping Leisure World residents stay occupied while staying safely at home during the coronavirus crisis. On March 19, Gov. Gavin Newsom and the State Public Health Officer ordered everyone to stay home except to get food, care for a relative, get necessary health care or go to an essential job. The order also dictated that people stay six feet away from others when they must go out for necessities. STAYING HOME is at the center of the fight to save lives amid the COVID-19 pandemic because it will help decrease the spike in cases in California.

To that end, the LW Weekly will focus on creative ways to stay occupied and maintain good health during this confinement.

COVID-19 Virtual Town Hall Today

Sen. Tom Umberg

TOPIC

Panelists discuss COVID-19 and You

WHERE

www.facebook.com

WHEN:

Today at 10 a.m.

The Office of Sen. Thomas J. Umberg invites residents to participate in a Virtual Town Hall on issues related to the Leisure World community and the effects of COVID-19 on daily life. The town hall will be hosted today, April 9, at 10 a.m. on Facebook at www.facebook.com/SenatorUmberg/. People should go to the page before 10 a.m. on April 9.

Town Hall panelists include Cindy Tostado, GRF member resource and assistance liaison; Marco Rodriguez, manager of the Information Call Center at the OC Office on Aging, and other healthcare professionals. They will address specific challenges facing the senior community, best practices to combat the disease and answer LWorlders' questions.

A recording of the Town Hall will be available at Sen. Umberg's website at <https://sd34.senate.ca.gov/>. Sen. Umberg represents the 34th Senate District, and is a retired U.S. Army colonel and former federal prosecutor.

COVID-19 Face Mask Update

The Centers for Disease Control continues to examine the spread and effects of the novel coronavirus across the United States and now knows from recent studies that a significant number of people with coronavirus lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms.

This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing or sneezing—even if those people do not exhibit symptoms.

In light of this new evidence, the CDC is now recommending wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

The best defense against COVID 19 is washing hands frequently, avoiding touching eyes, nose and mouth with unwashed hands, avoiding being around sick people and physical distancing, especially by staying at home. But face coverings may reduce asymptomatic transmission.

What kind of face covering should I wear?

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

How should I care for a cloth face covering?

It’s a good idea to wash your cloth face covering after each use or at least daily. Have a bag to keep cloth face coverings in until they can be laundered with detergent and hot water, and dried on a hot cycle. If you must re-wear your cloth face covering before washing, wash your hands immediately after putting it back on and avoid touching your face. Discard cloth face coverings that no longer cover the nose and mouth.

Council on Aging Helpline

The Council on Aging-Southern California will help older adults and their families stay healthy, connected and protected during the COVID-19 crisis. Staff is available by phone from Monday-Friday from 8 a.m.-5 p.m. at (714) 479-0107.

MEETING from page 1

and adequately addressed, by affording each Shareholder the opportunity to participate in the voting process.

For further information, contact the GRF Board of Directors Office at (562) 431-6596, ext. 303.

With a Little Help From My Friends

“In the middle of every difficulty lies opportunity.”
—Albert Einstein

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 for next week’s column.

Virtual Doctor’s Appointment

Joseph Valentinetti of Mutual 6 contacted his doctor, a specialist who comes to the Health Care Center, and is arranging to have the appointment via video conference, similar to Zoom. “I can take my own blood pressure, pulse, weight and temperature, and simply report those numbers to him during the meeting.”

This is a great option for other patients of the HCC.

Sewing Brigade Update

Dean Jacobus is spearheading a group of residents who are making masks for area emergency personnel (see page 1, April 2, LW Weekly). He reports that the group has made 1,100 masks for hospitals, and he drove two boxes directly to local doctors and nurses. “This week will be a little slower as we have gone through our supply of over 2,000 yards of plastic. We have ordered 6,000 more yards from a manufacturer and hopefully, we will get more product by Wednesday. They normally would have it but two days ago Kaiser called them

MASKS, page 20



A WW II cadet training at the Tex Rankin Academy.

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.

WWII rationing was a way of life

by Cindy Gannon
LW contributor

During the Second World War, Americans were asked to make sacrifices in many ways. Rationing was one of those ways that Americans contributed to the war effort.

When the United States declared war after the attack on Pearl Harbor, the United States government created a system of rationing, limiting the amount of certain goods that a person could purchase.

Supplies such as gasoline, butter, sugar and canned milk were rationed because they needed to be diverted to the war effort.

Cindy Gannon was five years old, living with her family in Tulare, California, in 1942. Her dad was general manager for the Tex Rankin Training Academy. Rankin Field was established by John Gilbert “Tex” Rankin, an aerobatic pilot, barnstormer, air racer and flight instructor from the 1920s-1940s. In 1940, he signed a contract with the War Department contract to open a school to train United States Army Air Corps flight cadets.

The Army Aviation Cadets often came over to her family home for barbecue, Cindy remembered.

Her dad was also the warden for their block during blackouts. Wardens patrolled the streets to ensure that no light was visible.

“I can still see him wearing his pith helmet and carrying a big flash light while mother and I hunkered down in the dark house. I was too young to understand.

“When it was time for grocery shopping, mother would gather up the ration books and off we would go in the old Ford. I don’t recall any of the shopping, but when we arrived home, I was allowed to carry the bag of sugar up our steps. One day, I dropped it. Mother looked at me and did not say a word. She went into the house, came back with large spoon and put most of the sugar back in the bag.

That evening, dad was having a cup of coffee and he said, ‘Mother this sugar has an odd taste.’

She replied, “It’s war time, dad, everything is different.”

Sacrifice was a way of life in 1942, and people made it through with patience and humor. The unprecedented turn of events today evoked Cindy’s wartime memory, which serves as a reminder that while the nature of this crisis may be unprecedented, resilient people find ways to make the most of days when “everything is different.”

Drinking Water is Safe

Leisure World residents can continue to use and drink water from their taps as usual. California’s comprehensive and safe drinking water standards require a multi-step treatment process that includes filtration and disinfection. This process removes and kills viruses, including coronaviruses such as COVID-19, as well as bacteria and other pathogens.

Here are some reassuring facts:

•The State Water Board’s Division of Drinking Water establishes and enforces drinking water standards that ensure the delivery of pure, safe and potable water. In addition to health-based water quality standards, treatment facilities must comply with stringent

WATER, page 4



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- Occupational therapy
- Speech therapy
- Pain management

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COVID-19: The Latest

Everyone in California is required to stay home except to get food, care for a relative or friend, get necessary health care or go to an essential job. If you go out, stay at least six feet away from other people. As of presstime, there are three confirmed cases of COVID-19 in Seal Beach. There are no known cases in Leisure World.

No Vaccine Yet

»There is currently no vaccine to prevent coronavirus disease (COVID-19).

»The best way to prevent illness is to avoid being exposed to this virus.

» The virus is thought to spread mainly from person-to-person between people who are in close contact with one another; stay six feet apart from non-family members.



Take Steps to Protect Yourself

»Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. Cover all

surfaces of your hands and rub them together until they feel dry.

»Avoid touching your eyes, nose and mouth with unwashed hands.

When quarantined to your home

»Avoid close contact with people who are sick

»Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

»Stay home if you are sick, except to get medical care. Learn what to do if you are sick.

»Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

»Throw used tissues in the trash.

»Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60 percent alcohol.

Wear a face mask in public

»If you are sick: You should wear a face mask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a face mask (for example, because it causes trouble breathing), then you should do your best to cover your

coughs and sneezes, and people who are caring for you should wear a face mask if they enter your room.

»If you are NOT sick: Until recently, health officials said well people did not need to wear face masks unless they were caring for someone who is sick.

Today, there is much more data and evidence on how COVID-19 is spread and the prevalence of the disease itself is more widespread than previously thought. As of April 2, the L.A. Times reported that California officials have said covering your face could help prevent you from becoming infected or spreading it to others, but they stressed it should not be a substitute for social distancing, hand washing and other measures.

Cloth face coverings should not be placed on young children younger than two years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.

Clean and disinfect frequently touched surfaces daily

This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

»To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

»Options include:

• Diluting your household bleach. To make a bleach solution, mix: Five tablespoons (1/3 cup) bleach per gallon of water never mix household bleach with ammonia or any other cleanser.

When to seek medical attention

If you develop emergency warning signs for COVID-19, get medical attention immediately. Emergency warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- bluish lips or face

This list is not all inclusive, according to the CDC. Consult medical providers for any symptoms that are severe or of concern.

Signs of the Times



Ruth Osborn

Dean Jacobus and Yvette Louie of the LW Sewing Brigade were out delivering homemade masks April 3 (above); the statue fondly referred to as "Twiggy" wears a mask at the Administration Building (left); at 5:45 a.m. last week, a line of LW residents was ready for Ralph's to open. The store has senior hours from 6-7 a.m.



Joe Osuna

Free Mask Give-Away April 15

Paul Lee (Byung Moon Lee), a Mutual 8 shareholder and Korean American Association member, will give away 200 face masks to fellow Leisure World residents to help slow spread of COVID-19 in the community. It will be first come, first served from 2-3:30 p.m. on Wednesday, April 15, in the parking lot of Clubhouse 6.

People are asked to obey the social distancing rule of staying six feet apart in line. Each packet

has two face masks and one hand sanitizer, one per person. The Sunshine Club is helping with

the event.

For more information, contact Anna Derby at (562) 301-5339.

Statewide Hotline

Older Californians who are isolating at home and need non-urgent assistance call the statewide hotline for older Californians (833) 544-2374—for your non-urgent medical needs, to get meals delivered, track down prescriptions and more.

The hotline is in coordination with the non-profit local 2-1-1 systems, so that Californians have a one-stop shop to answer questions and get assistance during this crisis. The state, in partnership with AARP, will also send a mailer to older residents with useful resources and information.



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Perspectives

MEMBER COLUMN

Difficult times reveal who we are

by Jim Greer
LW contributor

Each of us may have been asked, and most recently forced, to endure difficult times. In the end, how we face difficult times defines and reveals who we are and what we believe.

Most of us don't consider anything we have done to have been great, or that our performance under challenging circumstances was worthy of praise. But, genuinely humble persons do not endure and overcome severe conditions with the intent of receiving recognition or showing greatness.

In 1964, an insurance lawyer by the name of James B. Donovan wrote an account of a series of critical international incidents that began for him in 1957. Recorded under the title "Strangers on a Bridge: The Case of Colonel Abel and Francis Gary Powers," these incidents became the film "Bridge of Spies."

In one of the defining scenes of the film, Donovan—played by Tom Hanks—declines to cooperate with a CIA agent of German descent, who asks him to violate the confidentiality of his conversations with his client, a Russian spy. "My name's Donovan. Irish, both sides. Mother and father. I'm Irish, and you're German. But what makes us both Americans? Just one thing. One. Only one. The rule book. We call it the Constitution, and we agree to the rules, and that's what makes us Americans. That's all that makes us Americans."

In this instance, and many others, Donovan displayed fidelity to the oath he had taken to support the Constitution. His commitment to the founding principles of this nation later saved the lives of thousands of Americans captured and held in Cuba. Donovan's oath, the same oath each of us made when we swore allegiance to the flag, makes a great people. Not by reciting the pledge, but because of the actions we take because of it.

Recent events are the ultimate test of our commitment to that pledge. Will we let our feelings of mistrust and partisanship betray that pledge? Will we continue to protect and defend liberty and justice for all? The least among us are the most threatened by the current pandemic. We who have pledged to protect and defend the Constitution need to remember the words of Benjamin Franklin, "Justice will not be served until those who are unaffected are as outraged as those who are."

Outrage is valuable when it presses us into affirmative action. By helping the least among us, observing standards of safety and sanitation, resisting the temptation to hoard, we demonstrate our fidelity to the rule of law and reveal the depth of our character.

To survive the current pandemic and restore peace to our communities, we must demonstrate heroic labor and selfless sacrifice. In the words of Thomas Merton, "Peace demands the most heroic labor and the most difficult sacrifice. It demands greater heroism than war. It demands greater fidelity to the truth and a much more perfect purity of conscience."

The simple actions of staying home, keeping your distance, all while remaining cheerful and positive, are heroic.

WATER from page 2

performance measures to ensure treatment processes are continuously operating at peak performance.

- The treatment process must destroy at least 99.99 percent of viruses.

The limited number that might pass through the removal process are quickly inactivated in the disinfection process, typically in less than 10 minutes.

All treatment facilities for surface water sources in California are required to maintain disinfection facilities sufficient to destroy giardia cysts, which are much more resilient than viruses.

- COVID-19 is transmitted person-to-person, not through water, according to the Centers for Disease Control and Prevention.

- Public water systems that utilize groundwater sources maintain protective physical measures, including soil barriers, to ensure that water sources are protected from pathogens, including viruses. In addition, most of these systems use chlorine disinfection to inactivate viruses or bacteria that might find their way into the water.

- All public water systems in California are routinely monitored for bacteria to ensure that water delivered to customers is free of disease-causing agents.

Other parameters, including temperature, pH, turbidity, chlorine residual, electrical conductivity, lead and copper, corrosion indices and disinfection byproducts, are monitored to alert operators about changing water quality conditions and avert potential problems.

- The State Water Board works closely with local water systems to ensure the safety of water that flows through public water systems to residential customers.

California has established a COVID-19 website with prevention tips all Californians can take to protect themselves from COVID-19. They include staying home, washing hands with soap and water for 20 seconds, and cleaning and disinfecting frequently touched objects and surfaces.

Watch Your Step

FBI warns of rise in COVID-19 fraud

Law enforcement officials are reporting a rise in fraud schemes as scammers work to take advantage of the coronavirus pandemic. With residents bombarded by health information, seeing a slew of charity requests and likely soon expecting funds from a federal stimulus package, FBI officials say thieves are attempting to leverage the pandemic to steal their victims' money, personal information or both.

The most important thing people should remember is to use their common sense, to stop and think about it before responding to a request for money or information.

Authorities are cautioning people to be alert for fake emails from the Centers for Disease Control and Prevention or other health organizations, phishing emails seeking personal information to receive economic stimulus checks from the government and claims of counterfeit treatments or equipment.

People should not open attachments or click links within emails from senders they don't recognize, should avoid providing username, passwords or personal information—such as social security numbers, financial data or birth dates—and should verify the web address of legitimate websites and check for misspellings within emails. The scammers are a mix of people seeing an opportunity to make a quick buck and more professional organized crime organizations, with many of the perpetrators likely operating from overseas.

Authorities are asking people to report suspicious activity related to potential scams and other cyber crime to contact the FBI's Internet Crime Complaint center at www.ic3.gov.

—from the FBI

IRS warns of stimulus check scams

The IRS and its criminal investigation division are reporting a rise in stimulus check scams as fraudsters try to gain access to personal identifying information.

If you already have a 2018 or 2019 federal tax return on file and are eligible for a stimulus payment under the CARES Act, the IRS will deposit your payment directly into the bank account you listed on your return. Social Security recipients and railroad retirees will automatically receive a \$1,200 stimulus payment the same way they receive monthly benefits, even if they didn't file a return for 2018 or 2019. The IRS says it will get the information for those recipients from annual 1099 benefit statements. If you need to provide bank account information, there will be a secure portal set up on IRS.gov by the middle of April that will allow you to do so. If you don't provide your bank account information, a check will be mailed to your address on file, according to the agency. Officials warn Americans not to give bank-

SCAM, page 20

Letters to the Editor

Editor:

Physicians and specialists have determined that children are the perfect carriers for illnesses such as COVID-19. They are frequently ill with colds, which they ignore, and do not seem to be as susceptible as elders to COVID-19. Plus they mingle with friends and tend to ignore distancing guidelines.

Due to school closures, these children are barred from classrooms, causing hardship for parents who must report to work, forcing them to leave their children with relatives living in Leisure World.

Should they be carriers of COVID-19, these children present a danger to their relatives and to their relatives' neighbors—us.

It would be far safer for all LW shareholders if "babysitting" residents were to stay with the youngsters in the children's homes.

If, due to the COVID-19 crisis, you are caring for grandchildren or other relatives in your Leisure World home, please, for the health of your neighbors, for their very lives and the lives of every single Leisure World resident, care for those youngsters in *their* homes. Do not allow COVID-19 to begin killing here in Leisure World.

Mike Levitt
Mutual 4

Editor:

Now, as never before, it is time to reach out to friends and neighbors in new and creative ways. Even though we are being required to isolate within our homes, there are many things you can do and share with those who live here.

Make a giant pot of soup large enough for not only yourself but to share with others and leave it on their porch if they would desire. Reach out via phone or Internet just to let them know you are thinking of them and might have extra that you're willing to share.

Leisure World has many orange trees and lemon bushes that are bearing fruit now. It could be picked and set out in baskets or boxes for neighbors to have something fresh and nutritious on their walks.

The opportunities to help others are really limited only by our creativity to help make our community the friendly and supportive place we all need and desire, now more than ever.

Stevin Cohen
Mutual 14

Editor:

The global coronavirus pandemic is sad and disturbing. I am glued at CNN reports and know it's imperative that I self-quarantine to prevent infection as much as is possible. Staying home is key to staying strong and healthy to resist COVID-19. Amazingly, world leaders are deeply concerned and try their best in various ways to contain the crisis. Resilient and brave people are skillfully coping, and I want to do my part by staying home as much as possible.

Lisa A. Dickson, Mutual 1



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Government

Mutual election cycle underway; directors needed

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

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

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

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

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

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

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

Parcel Designations Mutuals 9 and 12

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

U.S. DEPT OF TREASURY

Social Security recipients automatically receive economic stimulus checks

The U.S. Department of the Treasury and the Internal Revenue Service announced that Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive an Economic Impact Payment. Instead, payments will be automatically deposited into their bank accounts.

"Social Security recipients who are not typically required to file a tax return do not need to take an action, and will receive their payment directly to their bank account," said Secretary Steven T. Mnuchin.

The IRS will use the information on the Form SSA-1099 and Form RRB-1099 to generate \$1,200 Economic Impact Payments to Social Security recipients who did not file tax returns in 2018 or 2019. Recipients will receive these payments as a direct deposit or by paper check, just as they would normally receive their benefits.

Only Flush Toilet Paper

by Eloy Gomez

GRF safety and emergency coordinator

The Golden Rain Foundation is calling upon every member to help keep the sewers lines in Leisure World clear of non-flushable or grindable items (garbage disposal) to ensure a stoppage free sewer system.

Toilet

The current lack of toilet paper on many store shelves due to coronavirus overbuying has led some people to use non-flushable items. These materials do not disintegrate in water and stop up sewer lines.

Do not flush (even when marked flushable) cleaning or baby wipes, paper towels, cloth towels, any type of rags, feminine hygiene products, facial tissues, diapers and many other items.

Do not flush anything other than toilet paper. Anything besides toilet paper should be disposed of in the trash. Putting these items down toilets will plug sewers and cause raw sewage to back into your home.

Garbage Disposal

Do not grind any of the following items as they too create sewer stoppages: Bones, carrot and potato peelings, celery and rhubarb stalks, coffee grounds, eggshells, corn cobs-husks, union skins, pea pods, grease, pills, rice or any other fibrous materials.

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

Mutual 12 Annual Meeting Postponed

The Board of Directors for Seal Beach Mutual 12 met in executive session via telephone conference on March 30. Following legal advice and pursuant to Federal, State, and local government agencies health orders pertaining to COVID-19, the Board determined to postpone the Annual Meeting scheduled for June 11, 2020, for a period of 60 days.

Candidate Nominations received as of March 30 will be held until such time as it is clear that an election may be safely held for gatherings of people.

It is important that all shareholders be given the opportunity to attend in person and participate in the governance of Mutual 12.

—from the Mutual 12 Board of Directors

GRF Committee Meetings

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

Schedule of Mutual Meetings

Mutual residents are invited to attend the open meetings of their mutual boards.

Due to the COVID-19 outbreak, meetings have been canceled, postponed or rescheduled via conference calls. 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.
Thur., April 23	Mutual 1 Conference Call.....9 a.m.

Conference call meetings for Mutuals 6, 8, 9, 10, 11, 14 and 15 will be announced.

GAF Mobility Aids—The Golden Age Foundation Mobility Aids Office is closed to the public but the service is available to LW residents. Call (562)431-9589 and leave a message.

2020 GRF & Mutual Election and Annual Meeting Schedule											
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
MAY	7	34	3	5	Fri. 2/14	Mon. 3/16	Sun. 4/26	4 th Tues.	5/26	10 a.m.	Meeting moved from 4 th Mon. to 4 th Tues. due to Memorial Day
	10	38	3	5	Fri. 2/14	Mon. 3/16	Sun. 4/26	4 th Tues.	5/26	10 a.m.	Meeting moved from 4 th Mon. to 4 th Tues. due to Memorial Day
	8	348	175	5	Fri. 2/14	Mon. 3/16	Sun. 4/26	4 th Tues.	5/26	10 a.m.	Meeting moved from 4 th Mon. to 4 th Tues. due to Memorial Day
	4	396	132	3	Wed. 2/12	Fri. 3/13	Mon. 4/27	4 th Wed.	5/27	10 a.m.	Staggered Terms
JUNE	16	60	20	5	Wed. 2/12	Fri. 3/13	Mon. 4/27	4 th Wed.	5/27	10 a.m.	Election & Annual Meeting held in Conf. Room
	11	34	3	5	Fri. 2/14	Mon. 3/16	Sun. 4/26	4 th Tues.	5/26	10 a.m.	Meeting moved from 4 th Mon. to 4 th Tues. due to Memorial Day
	Mutuals 2, 4, 6, 8, 10, 12, 14 & 16				Wed. 3/4	Fri. 4/3	Sun. 5/3	1 st Tues.	6/2	10 a.m.	New directors will be installed at GRF Annual Meeting on 6/9
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
JUNE	6	408	136	7	Fri. 2/14	Mon. 3/16	Wed. 5/6	June	6/5	10 a.m.	
	1	844	282	5	Fri. 2/14	Wed. 3/25	Sat. 5/9	2 nd Mon.	6/8	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/25	Thur. 3/26	Sun. 5/10	2 nd Tues.	6/9	10 a.m.	Staggered Terms
	3	432	217	7	Fri. 2/21	Mon. 3/23	Mon. 5/11	2 nd Wed.	6/10	10 a.m.	
	12	452	151	7	Thur. 2/27	Sat. 3/28	Tues. 5/12	2 nd Thurs.	6/11	10 a.m.	Parcels in effect
	2	864	288	9	Fri. 2/21	Tue. 3/24	Wed. 5/13	2 nd Fri.	6/12	10 a.m.	
	15	502	168	7	Fri. 2/28	Tue. 3/31	Wed. 5/20	3 rd Fri.	6/19	10 a.m.	
	17	126	65	3	Tue. 3/10	Thu. 4/9	Sun. 5/24	4 th Tues.	6/23	10 a.m.	Staggered Terms
NOTE: * = If the date to apply as a candidate falls on a Saturday or Sunday, applications may be picked up the previous Friday. ** = On deadlines that fall on a Saturday or Sunday, applications will be accepted the following Monday. Candidate applications must be received in Stock Transfer Office by no later than 4:30 p.m. on the deadline day. *** = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.											

CITY OF SEAL BEACH

‘Ask City Hall’ feature now available on website

During these challenging times, Seal Beach City staff is hard at work ensuring that essential services are up and running and that is important.

But we also want to make certain that we continue to have viable methods to communicate with the community in our social distancing world. Though staff has been unable to meet directly

with the public, the City has been active in distributing information about COVID-19 via press releases, the City's website, social media, flyers and by phone/email.

Last week, the City added a new "Ask City Hall" button to its website so residents have a simple and effective way to ask any questions related to COVID-19 or simply to ask staff to

fix a street light. Rather than the resident attempting to locate the most appropriate staff member by phone or trying to find an answer on the City's website, the resident will only need to email their question(s) to AskCityHall@sealbeachca.gov and his or her question will be directed to the pertinent staff member who will

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Religion

COMMUNITY CHURCH

Easter is still alive amid social distancing

by Rev. Johan Dodge
Community Church

Under normal circumstances, you would be reading this article on Maundy Thursday and the communal Good Friday service would be almost upon us. Of course, these are anything but normal circumstances and we have all found ourselves giving up more than we ever expected to for Lent—we have given things up even if we have never celebrated Lent before.

We're all giving up the ability to gather for activities and clubs, we're all giving up the ability to visit our children, or — let's be honest, the highlight of our lives, our grandchildren, maybe even great-grandchildren. No matter what our faith background is, we are all in this time of self denial, of putting others ahead of ourselves, together. It is a shared experience even as we spatially isolate from one another.

While we are about to celebrate Easter this coming Sunday, it may feel like celebrating isn't possible. The world is so different from where we were just a month ago. We still have weeks of spatially isolating from one another before we are able to worship in person and so it is perhaps worth walking through the question, "What does it mean to celebrate Easter when we can't really celebrate together?"

To that end, I share the words of a colleague The Rev. Karen Clark Ristine, "Easter is not canceled and neither is church. The church is not a building. The church lives wherever people of faith—any faith—share in love and hope. Even in the midst of social distancing and sheltering in place, Easter lives in the new ways we are learning to show love and care for one another. Easter is alive with every phone call made to connect with someone who lives alone.

In this midst of this season of distance, have you found love and hope? Are you letting your love and your hope show? Is there a friend or a neighbor that you might call to check on over the phone, maybe pray with and even possibly cheer up?

The hymn of Promise says that in the bulb there is a flower, and in the seed an apple tree. We may still be in the bulb and seed of things, but Easter is upon us even in this time and we can start to send up shoots so our flowers can bloom soon.

As always, until we can worship in person, you are welcome to call the Community Church Office to listen to the Scripture and message each week.

St. Theodore's

by Rev. Lisa Rotchford
St. Theodore's Episcopal

You may have noticed in the news that people around the country are re-hanging Christmas lights in this world-wide time of darkness. At Christmas, Christians celebrate "Emmanuel" - "God with us!" At Easter, we celebrate with "Alleluia! Christ is risen and we are given eternal life!"

So if you drive down St. Andrew's Drive after dark and look along the wall in front of Redeemer Lutheran Church, you will see the St. Theodore's of Canterbury "Welcomes You" sign adorned with solar, festive Christmas lights. Powered by the sun, these lights remind us that God is welcome in your life, and with us always, in all ways. Now and in eternal life.

Let Jesus' love warm and power your acts of kindness to one another as we seek God's light amongst the darkness. May your spirit be lifted knowing God is with us at all times. God's presence always near. Do not fear. Celebrate the lights of Christmas at Easter and know God is with you, Christ enlightens you and God's Holy Spirit upholds you now and forevermore.

REDEEMER LUTHERAN

Celebrating Easter while social distancing

by Rev. Lisa Rotchford
St. Theodore's Episcopal

The magnificent flowered cross, with beautiful flowers lovingly donated by Ruth Herman, will shine brightly in front of Redeemer Lutheran Church again this year. In a spirit of interfaith solidarity, Herman, who is Jewish, has donated flowers from her yard for the past few years and this year with darkness surrounding us, their natural beauty will only shine brighter!

Alleluia! Easter Sunday will be celebrated in an innovative "social distancing" way this year at Redeemer Lutheran Church (13564 St. Andrew's Drive).

Easter will have a morning drive by for communion. For those who would like to stay in the comfort and security of your car, you may pull up on St. Andrew's Drive, stay in your car, and roll down your window. We have a six foot wicker basket where we will put the factory-sealed small cup of wine and bread for you to take on your own.

In this way, while not violating any order to gather, the people (who, by definition, are the church) will worship individually for a few moments on the most important Sundays of the church year.

Please join us—one by one—as we pray and distribute holy elements of our faith.



The cross outside Redeemer Lutheran has been decorated with flowers donated by Ruth Herman.

Faith Christian Assembly

by Pastor Gwyn Vaughn
Faith Christian Assembly

The Book of Judges chronicles how God's people continuously cycled between remembering God and forgetting God after the death of Joshua. Verse 16 goes on to tell us something wonderful about God, "Nevertheless, the Lord raised up judges who delivered them out of the hand of those who plundered them."

However, in verse 17 tells us something dreadful about mankind, "Yet they would not listen to their judges, but they played the harlot with other gods, and bowed down to them. They turned quickly from

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Purchasing Department Price List	
PRICES ARE FOR MATERIALS ONLY! ALL TAXES AND PROCESSING FEES INCLUDED.	
(LABOR \$42.00 PER HOUR /PER TECHNICIAN)	
REVISED 04/01/2020	
WHITE COOK TOP.....	\$430.16
BLACK COOK TOP.....	\$430.16
WHITE OVEN.....	\$920.81
BLACK OVEN.....	\$920.81
STAINLESS OVEN.....	\$836.88
WHITE TOP FREEZER	
REFRIGERATOR.....	\$638.31
BLACK TOP FREEZER	
REFRIGERATOR	\$638.31
STAINLESS STEEL TOP FREEZER	
REFRIGERATOR.....	\$753.64
28 GALLON WATER HEATER 10YR.	\$548.10
38 GALLON WATER HEATER 10YR.	\$569.79
GARBAGE DISPOSAL.....	\$166.77
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BATHROOM FAN-NO HEAT	\$177.58
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.....	\$46.42
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.....	\$63.12
BATHROOM SINK-WHITE- OVAL	
MUT-15- GERBER.....	\$32.66
BATHROOM SINK-ALMOND- OVAL	
MUT-15.....	\$87.97
BATHROOM SINK -WHITE CHINA	
KITCHEN SINK-WHITE	\$363.85
KITCHEN SINK-ALMOND....	\$452.32
KITCHEN FAUCET- DELTA.....	\$96.22
KITCHEN FAUCET SPRAYER-DELTA	\$104.62
BATHROOM FAUCET- DELTA	\$82.45
BATHROOM WIDESPREAD FAUCET- DELTA	\$153.05
(TOILETS INCLUDE TANK, BOWL & TOILET SEAT)	
TOILET- STANDARD -WHITE	\$174.32
TOILET-STANDARD-BONE	\$197.20
TOILET- HI BOY-WHITE.....	\$206.78
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ROUND TOILET SEAT: WHITE	\$11.75
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Church leaders: Email your Religion articles, no more than 650 words, to laurieb@lwsb.com.

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Congregation Sholom

Rabbi Rachel Axelrad will be live streaming Friday night services on April 10 at 5:30 p.m. and on Saturday morning, April 11 at 9:30 a.m. To view the services, visit the Facebook group, Rabbi Karen Isenberg Congregation Sholom, and send a friend request.

Rabbi Karen Isenberg wanted to share the prayer by Rabbi Naomi Levy called “A Prayer of Hope During this Pandemic:”

“We are frightened, God,
Worried for our loved ones,
Worried for our world.
Helpless and confused,
We turn to You
Seeking comfort, faith and hope.
Teach us God, to turn our panic into patience,
And our fear into acts of kindness and support.
Our strong must watch out for our weak,
Our young must take care of our old.
Help each one of us to do our part to halt the spread of this virus.
Send strength and courage to the doctors and nurses
In the frontlines of this battle,
Fortify them with the full force of their healing powers.
Send wisdom and insight to the scientists
Working day and night across the world to discover healing treatments.
Bless their efforts, God.
Fill our leaders with the wisdom and the courage
To choose wisely and act quickly.
Help us, God, to see that we are one world,
One people,
Who will rise above this pandemic together.
Send us health God,
Watch over us,
Grace us with Your love,
Bless us with Your healing light.
Hear us God,
Heal us God,
Amen.”

Assembly of God

It has been a most unusual Easter, no Good Friday services, no gathering of the faithful to sing praises to God for his son’s resurrection and to hear the message once again of hope. What people can do is focus their energy on the hope believers have in Christ rather than focus on fear and anxiety.

Hope is a feeling of expectation for a certain thing to happen, an optimistic state of mind, a feeling of trust. It is to believe that life’s current situation will change. There are two short verses from the Psalms to digest: Psalm 71:5 “Lord, You are my hope, my trust,” and Psalm 34:10, “Those who seek the Lord lack no good thing.”

Believers hear the message of hope when they focus on remembering that the tomb was vacated over 2,000 years ago and that God reigns.

Pastor Sam Pawlak encourages everyone to stay connected with neighbors and friends with a warm telephone greeting, an email, a card sent in the mail, an offer of help. He will once again this coming Sunday have a brief message of hope at 10 a.m. on Facebook.

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the way in which their fathers walked, in obeying the commandments of the Lord; they did not do so.”

The Book of Judges shows us an attitude that prevailed much like it does today in our world. People would get comfortable and forget about God, so they would wander away from his protective hand, which would inevitably lead them into peril. They would cry out to God, and in his great mercy, he would send them a judge who would get them back on the right track of following after God. Only to fall away again and repeat the cycle.

I say all of this in hopes that we are experiencing a time when we are being awakened out of our slumber. We are experiencing a time of great discomfort, and I pray that this terrible virus does something in us that will cause us to remember God. I pray it also causes us to remember the principles of his word that reminds us of who he is, and what he says about the way we should live, both in our response to him and our response to one another.

1 Peter 5:10 says, “But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.” (NKJV)

We invite you to participate in our all-church conference call on Sunday, April 12, at 10:30 a.m. Call (425) 436-6371, access code 576671#.

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



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Beit HaLev

“Why is this Passover different from all other Passovers?” Today is the first Day of Passover and Jews around the world are celebrating the Festival of Freedom from Egyptian slavery. COVID-19, the Plague of 2020, continues to sicken and kill around the world as well. Passover Seders, traditionally a communal feast, is a lonely affair this year. In Israel, grandchildren are prohibited from visiting their grandparents, the most vulnerable of the victims.

Beit HaLev is offering what many synagogues are offering, a virtual seder. Rabbi Galit Shirah will livestream (live, interactive, online) the second Seder tonight starting at 6. Beit HaLev has been live-streaming Sabbath and Festival services for four years, but this will be the first time attempting a Seder service and meal.

To join the Seder, go to <http://galityomtov.com> and click on one of the icons at the top of the screen (Facebook or YouTube), and click the start arrow. To interact with the rabbi and the global community, click on the chat icon in the lower right corner of the screen. The Haggadah (the service order and “Telling” of the story of Passover) is provided by <http://JewBelong.com>, a fun website that includes a few ‘untraditional’ musical parodies as well as traditional songs.

In addition to “Shabbat Shalom LIVE!” weekday Ma’ariv (evening) services are held Monday-Thursday at 4 p.m. for <http://simshalom.com>. There is a different rabbi each day and Rabbi Galit Shirah teaches on Thursday. There is a chat area where viewers can converse interactively with the rabbis and the global congregation is available.

Modern Hebrew, Prayerbook Hebrew and Cantillation (Torah Trope) classes are now offered online as well. Anyone interested in lessons should contact Rabbi-Cantor Galit Shirah at (562) 715-0888 or email her at duets@icloud.com

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First Christian Church

Matthew 28:1-6 says, “Now after the Sabbath, as the first day of the week began to dawn, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake; for an angel of the Lord descended from heaven, and came and rolled back the stone from the door and sat on it. His countenance was like lightning, and his clothing was as white as snow. And the guards shook for fear of him, and became like dead men. But the angel answered and said to the women, Do not be afraid, for I know that you seek Jesus who was crucified. He is not here; for he has risen, as he said. Come, see the place we’re the Lord lay.” (NKJV)

This event happened some 2,000 years ago, the death (crucifixion), burial and resurrection of Jesus changed the world forever. The good news, the Gospel of Jesus Christ that has transformed the lives of an untold number of “born again” believers around the world is as powerful today as it was that early Sabbath morning. He will still transform lives for those who diligently seek Him.

Resurrection morning will soon be here, and even though the congregation will be unable to come together and worship Jesus, each individual should not let it dampen their enthusiasm toward giving him praise and worship from their homes. Remember, “Because he lives I can face tomorrow, because he lives, all fear is gone, because I know he holds the future, and life is worth the living just because he lives.

If anyone is in need of assistance during this time of sheltering or just feeling lonely, call the church at (562) 431-8810. Leave a message and someone will get back to you.

LW BAPTIST

The risen Christ gives us peace in the midst of uncertain circumstances

by Pastor Rolland Coburn
LW Baptist

Christ is risen! On Sunday we celebrate, “He Lives, Christ Jesus Lives today. He walks with me and talks with me along life’s narrow way.” Easter celebrates his resurrection. Things change, but this truth never can: He is alive. Because he lives, we shall live also.

The history of Christ’s resurrection (John 20) documents His followers’ thrill being with Jesus face to face again.

Fears melted into peace. That Sunday evening Jesus guaranteed lasting peace, theirs and ours.

Jesus knows our need for peace. The Bible says, “On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, Peace be with you!” Jesus understood their fears and ours. No scolding, he speaks peace.

He also shows how peace was achieved through the marks of his atoning death. “He showed them his hands and side. The disciples were overjoyed when they saw the Lord. Again Jesus said, ‘Peace be with you!’”

They knew the Lord’s voice. The telling wounds were unmistakable. He died for them, and they would never forget. Nothing in their circumstances had changed. It mattered not. Jesus, the prince of peace, ruled their hearts. Facing him, they knew he paid their debt.

The final guarantee of peace for believers is the Gospel of peace.

Jesus said, “Peace be with you. As the Father has sent me, I am sending you. And with that he breathed on them and said, ‘Receive the Holy Spirit.’”

Jesus’ words are the great commission, a call to believe the Gospel and to tell others.

“All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name!”

Jesus promises, “Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid.” And He is with us always.

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Stretching (flexibility) exercises help prevent joint and muscle stiffness and keep your body limber. Stretching helps loosen you up and produces a sense of well-being and enthusiasm for the day's events. When done at the end of a day, you will feel relaxed and less stressful.

Strengthening exercises make the muscles stronger. Weight-lifting comes to mind when thinking of strength, but you don't have to lift hundreds of pounds to develop strong muscles. "Strength" in this context refers to the ability of a muscle to perform work, not to the size or bulk of a muscle.

Exercises on the chair



1. Neck
In a seated position, straighten your back then extend your neck muscles and move them in a big circular motion.



6. Ankles
In a seated position, put your feet together lightly and pull your toes towards yourself, and then release.



2. Back/Stomach
In a seated position, raise both your arms; then while lowering and raising your chin, bend your chest backwards.



7. Knees
While holding onto the desk with both hands, place your neck between your arms and while straightening out your back, shoulders, and waist; slowly, squeeze your body downwards. Then, continue the motion by straightening out your body and bending backwards.



3. Shoulders
In a seated position, lightly bend your elbows and very smoothly rotate your shoulders.



4. Arms
In a seated position, loosen up your arms and hands; then shake, rotating from front to rear and side to side.



8. Waist
While holding onto the desk with one hand, twist your arm and waist to one direction and straighten out coming back. You should then change directions while keeping your eyes on the hand in motion.



5. Chest
In a seated position, bend your back against the chair and expand your chest upwards, then straighten out your arms downwards. After that, continue the motion by bending your upper body forward.



FROM SEN. UMBERG

Help available to LW seniors

from the office of State Sen. Thomas J. UMBERG

We are truly living in unprecedented times: the Coronavirus outbreak has stolen our basic freedoms, shaken our sense of safety and affected virtually every aspect of life. Just recently, Gov. Gavin Newsom issued a statewide "Stay at Home Ordinance," dictating that all Californians stay inside their homes unless completing necessary tasks or work.

The Stay at Home Ordinance and social distancing does not mean that we are no longer connected to our community. In fact, it is more important now than ever that we regularly check in with our neighbors, friends, and families by reaching out and giving them a phone call.

The Institute on Aging has also created a 24-hour toll free Friendship Line, where people can call to receive emotional support, well-being checks, and grief support and reassurance. The number for the hotline is (800) 971-0016.

Our government and members of our community will continue to ensure that basic and necessary services are available for seniors as they deal with this crisis:

Home Delivered Meals

- Congregate meals, which take place at senior centers throughout Orange County, will be converted to take-home meals during this crisis. Seniors age 60 and older can pick-up take-home meals from their local senior center. Check with the below listed organizations for the most up to date information on locations near you. Seniors who are current clients of a senior centers congregate lunch program and need their food delivered to them can request this through the same organizations listed here:

- Meals on Wheels, Orange County, (714) 220-0224, www.mealsonwheelsoc.org

- Office of Aging Orange County, (800) 510-2020, (714) 480-6450, <http://www.officeonaging.ocgov.com/services/hdm>

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in turn have a response back to the resident within 72 hours or sooner depending on the volume of inquiries and/or other emerging issues that might require the City to direct resources to maintain an essential service. Continue to check the City's website at www.sealbeachca.gov for the latest information on COVID-19 and other related City activities.

Westminster sewer program is now underway

The Orange County Sanitation District will replace nearly three miles of two sewer pipelines that run along Westminster Avenue between Seal Beach Boulevard and Rancho Road (City

of Westminster). Construction began this week.

The project will replace regional sewer pipelines that are over 40 years old. The first construction portion of this project will be along Westminster Avenue between Seal Beach Boulevard and Bolsa Chica Road. The scheduled work hours are Monday-Friday from 5 a.m.-7 p.m. However, some locations will require night work hours. The project is anticipated to be completed by late 2022.

The majority of the construction work within Seal Beach city limits will take place in the center median of Westminster Avenue. The roadway will be widened, traffic lanes will be restriped, and a center divider will be placed to allow construction in the median. The bicycle lane will be closed temporarily during the roadway widening phase of the project.

Although there will still be two lanes of travel in each direction, there may be periodic delays and some restrictions which will reduce the number of open lanes during non- peak times.

The Orange County Sanitation District is the regional sewer provider for 2.6 million people in central and northern Orange County. As a critical infrastructure, their service is deemed essential and imperative during the response to COVID-19. The Orange County Sanitation District will continue to operate for both the public health and safety of Orange County and the State of California.

For more information visit the Orange County Sanitation District project website at <https://www.ocsd.com/westminster>. You may also call the Construction Hotline at (714) 378-2965 or email constructionhotline@ocsd.com.



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From left to right:
Amandeep Bhalla, M.D.,
Sarbpaul Bhalla, M.D.,
Abraham Rayhaun, M.D.,
Philip Yuan, M.D., and
Hooshang Pak, M.D.

Your Spine Requires a Unique Road Map

MemorialCare Long Beach Medical Center offers expert care and advanced technologies on par with the most elite hospitals in Los Angeles and Orange Counties. The Spine Center at Long Beach Medical Center is a regional destination for patients interested in elective spine surgery. In fact, it's the **only** hospital in LA County with ExcelsiusGPS® — a robotic navigation technology that elevates precision in spine surgeries to improve surgical accuracy and enhance safety and patient outcomes. Why travel long distances when the future of health care is here?

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BE CREATIVE



Mini Succulent Planters

DIY Mini Spring Succulent Planters from Plastic Easter eggs are simple to make and perfect to give away to celebrate spring.

Supplies

- Marble hexagon tile
- Colorful large plastic Easter eggs
- Gold Leaf Pen
- Hot Glue
- Assortment of Succulents and potting soil

STEP 1

Open the eggs and use the bottoms only. Separate the marble hexagon tile from its backing mesh so that you have individual pieces to work with.

Use the gold leaf pen to color the top edge of the egg bottom in the inset section.

STEP 2

Once the eggs have been accented with the gold, use a hot glue to fill in any holes in the bottom of the egg. Just a small dot of glue will work. Then use the hot glue to affix one egg bottom to one piece of the marble hexagon tile (or any other supsupp). And repeat with all your other eggs and tile pieces.

STEP 3

Now the mini planters are ready to be filled with potting soil and baby succulents. The great thing about succulents is that you can break off the shoots from one large succulent (even ones in your yard) and replant them to make mini plants. As long as you keep the soil moist they will re-root and begin growing anew.



OC Library offers free audio, ebooks

All branches of the Orange County Library System are closed due to the coronavirus emergency. But the library's website offers a treasury of resources online.

Free Audio and Ebooks

Free audio and ebooks are available as the community bunkers down to prevent the spread of COVID-19.

Overdrive and Libby apps are now available to everyone who has an Orange County library card. (To get a card, log on to <https://www.ocls.info/using-library/get-or-replace-your-card>)

Find audiobooks and e-books, check them out, download them, and access them through the easy-to-use Libby app from OverDrive.

People can borrow thousands of ebooks and audiobooks instantly for free, using

their cell phones.

Just get the app for your phone or tablet; download it from either the Apple App Store for iPhones or Google Play for androids.

With the app you can keep track of your reading history, all your loans and holds are consolidated in a single place and positions and notes are synced across all your devices.

Libby can send books to Kindle for people who like to read on that device.

Free Online Classes

The library offers a host of Microsoft, Adobe, Web Design and Quickbook classes throughout April. See the schedule and how to register at [ocls.info](https://www.ocls.info).

If you need help, you can request it via a Help Desk For at www.ocls.info.



Bowl of Yarn Balls

Supplies

- Yarn, as many colors as you like
- Bag of balloons (these are 5-inch rounds but any size will work)
- White craft glue

STEP 1

Make a mixture of glue and water (avoid making it too watery).

STEP 2

Slightly blow up one 5 inch round balloon.

STEP 3

Pull out a big bunch of yarn from the yarn ball itself. It is helpful to wrap it around your hand holding onto the end as to avoid tangling of the yarn. Dunk the yarn into the glue/water mixture making it all wet. Squeeze it out before wrapping.

STEP 4

Begin wrapping the wet yarn around the small balloon. There is no method here, just wrap it every which way. Once you have covered up a majority of the balloon, cut off the yarn and tuck the end under.

STEP 5

Roll the yarn-wrapped balloon one more time in the water glue mixture, and then gently squeeze out any excess. Once all your glue yarn ball is completely wiped down, let it dry with the balloon still inflated inside overnight. This is an important step.

STEP 6

The next day, the glue yarn ball should be stiff and hard.

If it is still damp, give it a second day. If it's dry, you can pop the balloon with a stick pin and you will have a colorful decorative yarn ball.

Food Resources during COVID-19 Crisis

Leisure World is dealing with a "new normal" amid the COVID-19 Stay at Home order.

Seniors have been encouraged to self-isolate and for those who don't drive, getting food could be a challenge.

Golden Rain Foundation is very much aware of this and is working to find resources to help. The Recreation Department reached out to local markets regarding special hours and other accommodations for seniors. The situation is fluid, so check with the store for the latest information:

- Gelson's Market is open from 7-8 a.m., exclusively for seniors 65-plus. One caregiver per shopper is permitted, proof of age required. They are well stocked.
- Pavilions is opening at 7 and asks that non-seniors stay home till 9 a.m., but it is not enforceable. Some products are limited.

- Ralph's is opening at 6 a.m. for seniors. Traffic is restricted to 50 people at a time. The shelves are mostly well stocked.

- 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 will be sold pre-packaged only now. There were no long lines here and plenty of fresh produce.

- Trader Joes is well stocked but limiting eggs and milk. Water available, paper goods are low. They are almost back to normal but controlling traffic when the store gets too full. Senior hours are now 8-9 a.m. for those 60-plus.

- Costco is open now from 10 a.m.-6:30 p.m. with senior hours from 9-10 a.m. Don't expect paper goods, though other items are well stocked.

There is onsite food service available daily every evening at Clubhouse 6 parking lot at a Grab n' Go event. In case of rain, lines will form inside Clubhouse 6:

- Koffel's Taco Tuesday truck will be onsite three days a week, from 5-7 p.m., Sunday, Tuesday and Friday. Check menus from LW Live alerts.

- Viking Specialty Hot Dog truck tentatively is scheduled for Mondays (substitute possible)

- Gourmet Renee will provide American cuisine on Wednesday nights from 4-7 p.m.

FOOD, page 20

LIBRARY, page 20

Alpine Heating & Air Conditioning

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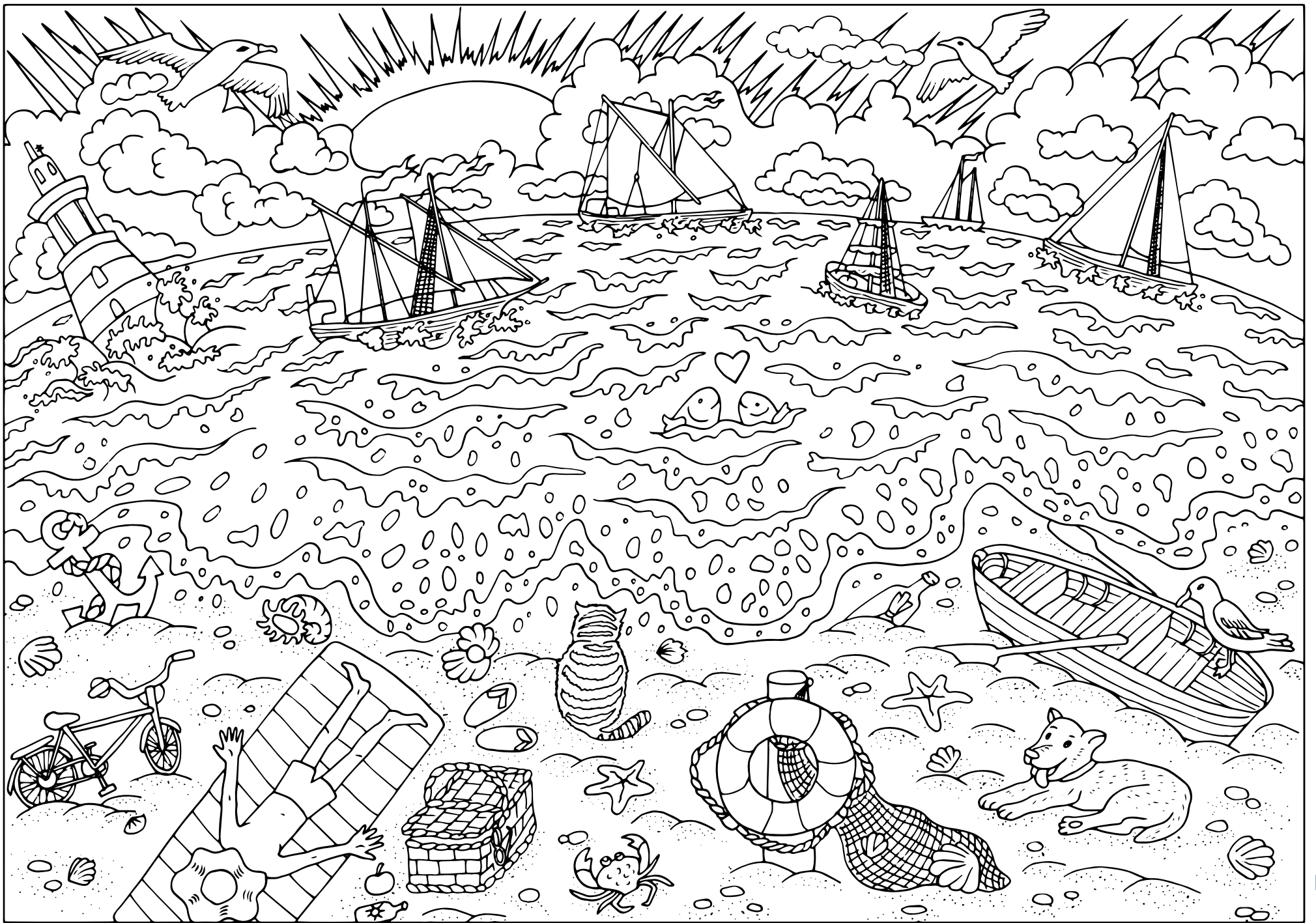
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COLOR YOUR WORLD



DO IT YOURSELF FACE COVERING

With more than 275,000 cases in the U.S. of COVID-19, the illness caused by the coronavirus first identified late last year, health experts have reconsidered their recommendation on the use of face masks by people who show no symptoms.

The CDC has now recommended cloth face coverings—not medical-grade masks. The N95 masks, which offer the most protection from viruses similar to coronavirus, are in short supply, even for health-care workers. Even flimsier disposable masks can be hard to find.

Do-it-yourself masks aren't going to fully protect you from coronavirus. Staying home, keeping a six-foot distance from others in public and frequently washing your hands for 20 seconds each time are the best methods for prevent COVID-19 infection.

Don't "get an artificial sense of protection," Deborah Birx, a public health expert and a leader of the White House's coronavirus response team, said Thursday. "Remember, your eyes are not in the mask, so if you're touching things and then touching your eyes, you're exposing yourself in the same way."

A DIY mask, while not as effective as an N95 mask, still offers some protection from respiratory droplets that spread the virus. Fabric that is 100 percent cotton is comparable to surgical masks in effectiveness.

• If you can't make your own mask, you can cover your mouth and nose with a scarf or bandanna.

Simplest DIY Mask—No Cutting Required

Materials:

» Handkerchief (100 percent cotton handkerchief of 18x18 inches)



» 2 hair ties

Steps:

1. Place the handkerchief face down.
2. Fold the top to the center.
3. Fold the bottom to the center.
4. Flip over.
5. Fold the top to the center.
6. Fold the bottom to the center.
7. Flip over.

8. Thread the ends of the handkerchief through the hair ties.

9. Fold the sides of the handkerchief.

10. Flip over. You have a pleated face mask.

Thread the ends of the handkerchief through the hair ties. Wash the mask after each use and you'll always have a clean mask. If you have tights, make elastic bands from them; they are soft and stretchy, and more comfortable than regular hair ties. This no sew face mask tutorial is from Japanese Creations at blog.japanesecreations.com.

STEP 1



STEP 2



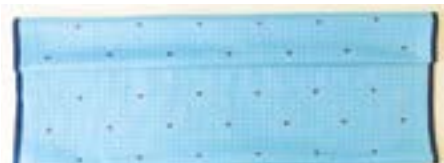
STEP 3



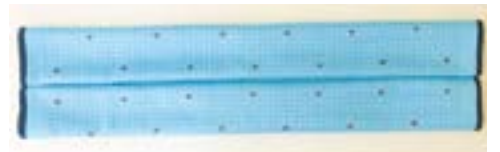
STEP 4



STEP 5



STEP 6



STEP 7



STEP 8



STEP 9



STEP 10



Health & Fitness

From OptumCare at the HCC

Test your hand hygiene knowledge

There's been a lot of talk about hand hygiene in the news lately. But rather than lecture about the importance of hand hygiene, we're going to test your knowledge with this short true-false quiz. No peeking at the answers first!

- 1. **True or false:** you should wash your hands for a maximum of 20 seconds.
- 2. **True or false:** cold water is just as effective as warm or hot water.
- 3. **True or false:** if your hands are visibly soiled, you should wash them with soap and water instead of using hand sanitizer.
- 4. **True or false:** antibacterial hand sanitizer should be at least 60 percent alcohol.
- 5. **True or false:** antibacterial hand sanitizer is bad for your liver.

Here are the answers!

- 1. False. It takes a minimum of 20 seconds to kills most germs. This is about the same amount of time it takes to sing the happy birthday song twice.
- 2. True. The temperature of the water doesn't matter. When it comes to hand hygiene, using enough soap (about a nickel's worth) and being thorough is more important. That means getting in between the fingers, under the nails, and the backs, sides, and palms of the hand.
- 3. True. Soap and water is better at removing dirt and grime from your hands.
- So if you've been gardening, working in the garage, or chopping vegetables in the kitchen, stick to the tried-and-true soap and water to get your hands clean.
- 4. True. The most effective hand sanitizer is at least 60 percent alcohol. This is strong enough to kill off germs and viruses. Ideally it should be 70 percent or more, but most commercial products are between 60 and 70 percent.
- 5. False. This misinformation has been circulating online for some time now.

Antibacterial hand sanitizer is not bad for your liver. It only works on the skin and is not absorbed into your body.

With the risks of spreading COVID-19 (coronavirus) and other serious viruses around, hand hygiene is more than just good manners. It's a way to protect yourself and the people you love from catching these illnesses.

AARP

Natural ways to fight anxiety

Even if you're not prone to panic, dealing with day-to-day life during the coronavirus pandemic is enough to trigger anxiety even in the most steadfast of us. "Sometimes stress is so strong that there's no way to avoid its negative effects on your mental health," says Bruce Rabin, M.D., professor emeritus of pathology at the University of Pittsburgh. But with the right tools, you can help buffer it, he adds. Here are four natural ways to do just that.

Fuel up with the right foods

While there's no magic supplement that can cure your anxiety, there is some good research that certain foods and nutrients may help alleviate its effects.

Probiotic-rich foods. Think a daily dose of pickles, sauerkraut or kefir. A study in the journal Psychiatry Research suggested a link between probiotic foods and a lowering of social anxiety.

Leafy greens. Having low blood levels of magnesium and a low intake of magnesium from foods are each associated with an increased risk of depression, says Cooperman. The recommended dietary allowance for adults over the age of 50 is 420 mg a day for women and 520 mg a day for men. An ounce (about a handful) of almonds has 80 mg, a half-cup of boiled spinach has 78 mg.

Protein in the morning. Protein helps synthesize serotonin, a brain hormone responsible for helping to lower anxiety and boost mood.

Certain spices. A study published in the Journal of Affective Disorders found that a combination of saffron and curcumin reduced both depression and anxiety in affected patients. Other research suggests that ginger may be effective in reducing anxiety, as well.

Set a power-down routine. When it comes to sleep and anxiety, it's a little bit of the chicken-and-the-egg syndrome: Anxiety makes it hard to nod off, then sleep deprivation makes your mood worse the next day. But people with insomnia are 17 times more likely to have clinical anxiety than more sound sleepers, according to the National Sleep Foundation.

Ninety minutes before bed, hop into a warm bath or shower. Your body temperature will decrease once you get out of the tub, helping produce melatonin naturally. You need time to relax and destress. If you want to read with a tablet, know that some automatically reduce the amount of blue light you get.

—AARP

HCC on COVID-19

Watch Christopher Chung MD, geriatric medicine/family medicine, answer questions about COVID-19 at the OptumCare Health Care Center with Owen Hughes. Log on to <https://bit.ly/3e2Xt3u>

Grab and Go



To ensure social distancing and avoid congregating per the State of California Stay Home order, the Meals on Wheels OC Lunch Café program for adults age 60-plus, which normally provides a hot lunch in social settings at local senior and community centers, is now providing grab and go frozen meals that can be picked up at the centers.

Registered Lunch Café participants can have a family or friend pick up meals by providing the name and address of the participant. New, unregistered participants may have someone pick up meals as long as that person has the ID for the individual for whom meals are intended.

Meal recipients are given the opportunity to provide a voluntary contribution for meals, and no one will be turned away due to the inability to contribute.

Since our COVID-19 response is rapidly changing, our website should be checked daily after 9 a.m. because times and locations may change.

Go to www.mealsonwheelsoc.org/covid-19-get-meals for more information.

Thursday, April 9 — Cottage cheese, milk, pineapple chunks whole wheat bread with promise and sugar free jelly, beef taco bowl with ground beef, pinto beans, corn, shredded cheese, tortilla strips and cilantro lime dressing, orange juice, custard vegetarian lasagna succotash, carrots, breadstick fresh apple

Friday, April 10 — Bran flakes, milk, orange juice, low fat yogurt, turkey wrap with sliced turkey, red peppers, spring mix and ranch dressing, coleslaw salad, flour tortilla, ambrosia

Monday, April 13 — Mini bran muffin, milk, orange juice, low fat yogurt, beef tamale, corn, lima beans and tomato salad, canned apricots, baked ham with fruit glazed yams and marshmallows, mixed vegetables, parker house roll with promise cake, fresh fruit

Tuesday, April 14 — Hardboiled eggs, milk, orange and pineapple juice, string cheese whole wheat bread with promise and sugar free, jelly cobb salad with diced chicken, eggs, tomatoes, red pepper, shredded cheese, spring mix and ranch dressing, whole wheat dinner roll, mandarin oranges, spaghetti with beef marinara meat sauce, spinach, mixed vegetables, whole wheat bread with promise, fresh apple

Wednesday, April 15 — Multigrain cheerios, milk, orange juice, low fat yogurt, beef hamburger on whole wheat bun, coleslaw salad, cherry tomatoes, mayonnaise and mustard, sugar free fruit crisp, spinach and broccoli quiche, baby baker potatoes, winter vegetable blend. canned peaches

Thursday, April 16 — Mini bagel with cream cheese and sugar free jelly, milk, orange juice, chicken salad, cucumber and black-eyed pea salad, whole wheat dinner roll, sugar free cookies, cubed beef with stroganoff sauce, egg noodles, sliced carrots, whole wheat dinner roll with promise pineapple chunks

Meals on Wheels, Long Beach

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

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

Thursday, April 9 — Roast turkey with sage gravy, cornbread stuffing, creamed spinach, Walldorf salad, ham and cheese sandwich with lettuce, tomato and pickle, red cabbage coleslaw

Friday, April 10 — Breaded oven baked fish with tarter sauce, mashed sweet potato, sautéed cabbage, vanilla and chocolate pudding, entrée chef's salad with turkey, ham, egg, tomato, bacon and blue cheese dressing and crackers

Monday, April 13 — Roasted pork loin with mushroom gravy, barley pilaf, zucchini medley, cubed cantaloupe, chicken salad sandwich with spinach and tomato, macaroni salad

Tuesday, April 14 — Beefpicado, Spanish rice, black beans, fresh orange, entrée Greek chicken salad w/ red bell pepper, red onion, black olives, cucumber, cherry tomatoes, dressing and crackers

Wednesday, April 15 — Vegetarian lasagna, whole grain dinner roll, Tuscan beans, chocolate cake, roast beef and cheese sandwich with lettuce, tomato and pickle, carrot and pineapple slaw

Thursday, April 16 — Sweet and sour chicken, brown rice, seasoned broccoli, fresh banana, turkey, ham and cheese sandwich with lettuce, tomato and pickle, creamy coleslaw

Friday, April 17 — Homemade meatloaf with mushroom gravy, garlic and chive mashed potatoes, peas and carrots, entrée Greek chicken salad, tomato, olives, cucumber, feta cheese, vinaigrette dressing and crackers

NATIONAL ALLIANCE ON MENTAL ILLNESS

How to build mental resilience

As the spread and far-reaching impacts of COVID-19 dominate world news, we have all witnessed and experienced the parallel spread of worry, anxiety, and uncertainty.

The way to overcome this natural tendency is to build our mental resilience, the ability to refocus, clear our minds, and discard negative thoughts.

What you can do:

- 1. *Remember that knowledge is power.* Understanding the factors that affect a person's immune response to COVID-19 will matter as much as, or more than, understanding the virus. Poor lung health caused by smoking, lack of adequate health care, suppressed immune systems, and/or populations particularly susceptible to infectious diseases, such as the elderly, have been particularly affected by COVID-19. There is more great information available on the OC Health Care Agency website, www.ochealthinfo.com/novelcoronavirus.
- 2. *Don't accept everything you read or hear.* Centers for Disease Control and Prevention (CDC) provides information and frequent updates on the COVID-19's spread, severity, risk assessment, etc. on their website, www.cdc.gov/coronavirus/2019-ncov.
- 3. *Put things in perspective.* In 2017, nearly 40,000 people in the U.S. died from a fall in the home. The CDC estimates that influenza has resulted in 9-45 million illnesses, 140,000-810,000 hospitalizations, and 12,000-61,000 deaths annually since 2010. The fatality rate of COVID-19 is 2 percent — higher than the flu but lower than SARS (10 percent) or MERS (30 percent). More than 80 percent of corona virus cases are mild.
- 3. *Get your emotional support system in place:*
 - Maintain familiar routines in daily life as much as possible; take care of your basic needs and employ helpful coping strategies: rest during work or between shifts, eat healthy food and engage in physical activity
 - Stay connected with friends and family, even virtually connected, and maintain your social networks. Have the emails and phone numbers of close friends and family handy.
 - Take control and incorporate preventative measures
 - A near-constant stream of news reports can cause anyone to feel anxious or distressed. Instead, seek updates and practical guidelines at intervals during the day.
 - Be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper.
 - Stay healthy, helpful and calm—you are not alone; we are in this together.

—National Alliance on Mental Illness

Community

Springtime in LW



David Wolfe



Stella Kaiser

April showers still bring May flowers despite a pandemic. This hydrangea (top) and California poppies are early bloomers, already showing their colors; and a nest with eggs was carefully constructed on Stella Kaiser’s Mutual 15 SUV April 4. “My car had only sat still for about a week so that was pretty quick work on the part of the birds,” she said. “I do see it as a sign of hope, new life coming our way. I walked next door to Security and one of the guards came over and carefully picked the nest up and moved it over to a tree. Hopefully it will survive.”



SENIOR PATRIOTS FOR PEACE

Limiting plastic consumption will help the Earth

On Tuesday, March 10, Katie Allen from Algalita, an organization formed by Capt. Charles Moore, gave a presentation on how plastic is polluting the planet on land, water and air. Most people were led to believe that plastic is beneficial to the world, its long term effects are actually damaging. It does have some benefit, when used wisely in the medical field and in some construction.

On the first Earth Day everyone was all told to reduce, reuse, recycle. Reuse and reduce were not easily done for most people, so recycling became the big thing.

The Story of Stuff documentary on *YouTube.com* shows why reducing and reusing are harder to do. Capt. Moore has also made a documentary called “The Story of Plastic. Both can be viewed on YouTube.”

Most people believe that plastic can be fully recycled, but that is not to be the case. Most of our recyclables were being shipped to China where they could be more cost-efficiently sorted and cleaned for reuse. Plastic is made from an oil product that isn’t made at a high enough quality to be used for other products. Since higher grade oil is being used up, the oil

industry is fracking for the lower grade that can be used for making plastics. Fracking is a major cause of pollution.

All of these things stack up and cause major pollution problems, which is why people like Katie and Capt. Moore are reaching out to people to educate them on why they should stop using throw away plastic products.

Because China was becoming inundated with the amount of trash and recyclables, they are refusing our shipments of recyclables so now they are being sent to other poor countries which

Plastic, page 15



LW BIRTHDAYS

Florence Gordon turns 100

Flo “Granny” Gordon from Mutual 2 was born on March 31, 1920. Family and friends stopped by during the past few weeks with “safe distance” visits, cards and gifts.

A celebration of her birthday scheduled in one of the Leisure World clubhouses was postponed due to the current COVID-19 crisis. The party will be rescheduled when it is safe to do so.

PAWS, CLAWS AND BEAKS

Make an window decal for your pets in case of an emergency

It’s important to think about what could happen pets in an emergency. First responders need to know if they need to rescue or relocate pets in a home. One of the ways to do that is to place a window decal that lists how many pets a resident has and what the pets look like.

The window decal is free at the Stock Exchange Office in Leisure World. A picture of the pet would be extremely helpful so that the responders have a clue as to what they should be aware of or what it is that they may need to rescue.



While the Stock Exchange is closed, even a homemade sign would be helpful for emergency personnel, if they should need to enter the unit. Just put a picture of the pet on a piece of paper, and write down the pet’s name and any more pets in the unit. People should place the decal in the front window or door so that is easy to see from the outside.

Remember that your pet’s life and the safety of first responders is important. Having the Stock Exchange decal or something similar in an easily viewable place will help ensure safety for all.

Shareholders are reminded to remember the GRF pet policies before adopting or adding another pet to their home.

An example of a pet alert sign. Residents can make their own or receive one from the Stock Exchange Office once it reopens.

Main Gate
594-4754

FORM 1040 TAX FORM 1099 W-2 FORM 1040 TAX FORM 1099 W-2 FORM 1040 TAX FORM 1099 W-2 FORM 1040 TAX FORM 1099 W-2

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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 course.

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.

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.



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

SCRABBLE GRAMS SOLUTION

S1	E1	E1	P3	A1	G2	E1	RACK 1 =	60
G2	H4	A1	S1	T1	L1	Y4	RACK 2 =	72
C3	E1	N1	T1	A1	V4	O1	RACK 3 =	62
S1	A1	N1	C3	T1	U1	M3	RACK 4 =	72
M3	I1	M3	I1	C3	A1	L1	RACK 5 =	63

PAR SCORE 270-280

TOTAL 329

Crossword Answers

LAMP	ARGO	ABED	EPEE
ELIE	LIANA	ADELE	MUTI
GOLDFINGER	REDSNAPPER		
STEERAGE	CASES	CUISSE	
SASS	HAREM	HER	
SCOTT	LADIN	DIRECTS	
PARA	MAUVE	CADE	ORA
ERAL	AIRE	REEF	WRIT
ANN	GRENADIER	SHAPE	
REGARDED	RUDE	SCALED	
ELIAS	DINED	BOURG	
MAJORS	RANA	BOLDFACE	
ABUSE	CONESTOGA	BAA	
IBIS	TAL	ERAT	SLIM
DOC	YELLOWSTONE	PERO	
STEWART	RATON	BISON	
AMO	CAIRN	DIAL	
CHERYL	MATTE	PATELLAR	
PURPLESAGE	SILVERWARE		
AMIE	AIMED	STEAM	ALOE
SPEED	NEAR	ADOS	YOWL

Sudoku 1 Answers

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

The Basic Rules of Sudoku:

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

Jumble Answers

Jumbles: SWEPT UNIFY AROUND COLONY
Answer: The new heating/cooling system would be ready when they had all their — "DUCTS" IN A ROW

Puzzle Answers



Sudoku 2 Answers

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

Guess Who?

Answer: Brandi Cyrus

Crypto Fun Answers

A. hamburger B. topping C. bun D. food

Boggle BrainBusters Answers

CARP SOLE TUNA PIKE SHARK PERCH SMELT TROUT MARLIN

Word-Find Answers

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

Schmooze Club

All Schmooze Club events, including the May 12 Annual Kosher Pickle Making Event, are cancelled until further notice. In the meantime, the Schmooze Club invites members to “schmooze” with friends, family and neighbors by phone and social media to lift their spirits with love, friendship and support. The Schmooze Club encourages everyone to do their part to stay safe and to keep the community safe. The Schmooze Club says their hearts go out to all who have lost a loved one during this pandemic.

PLASTIC
from page 13

have to deal with open pit dumps which are salvaged by their poor to exchange for cash. What is not salvaged is burned and plastic smoke is very toxic when not burned at a very high degree of heat. Since plastic is a manmade product, there is no way nature can decompose it, which means it sits in landfills for hundreds of years without breaking down.

Luckily, there are new ways to shop plastic-free. Algalita has a store called BYO Long Beach, where a person can bring his or her own container which is weighed and then filled by the buyer and charged just for the amount purchased. Stores that sell items in bulk reduce plastic consumption by encouraging customers to reuse old plastic or glass bottles to fill up.

BYO Long Beach is located at 140 N. Marina Dive in Long Beach and phone number is (562) 598-4889. Due to COVID-19 restrictions, BYO Long Beach is only offering online ordering and curbside pickup or delivery. Go to www.byolongbeach.com to place an order.

For more information about the Senior Patriots for Peace, call Jacquie Clarke at (562) 896-4453.

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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

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Rosalinda Garcia 62

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Ella McDade 76

Donna Obien 70

Orest Kozinczuk 88

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Puzzles & Comics

Answers on page 14

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers



Sudoku 1

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

9 To 5 By Harley Schwadron

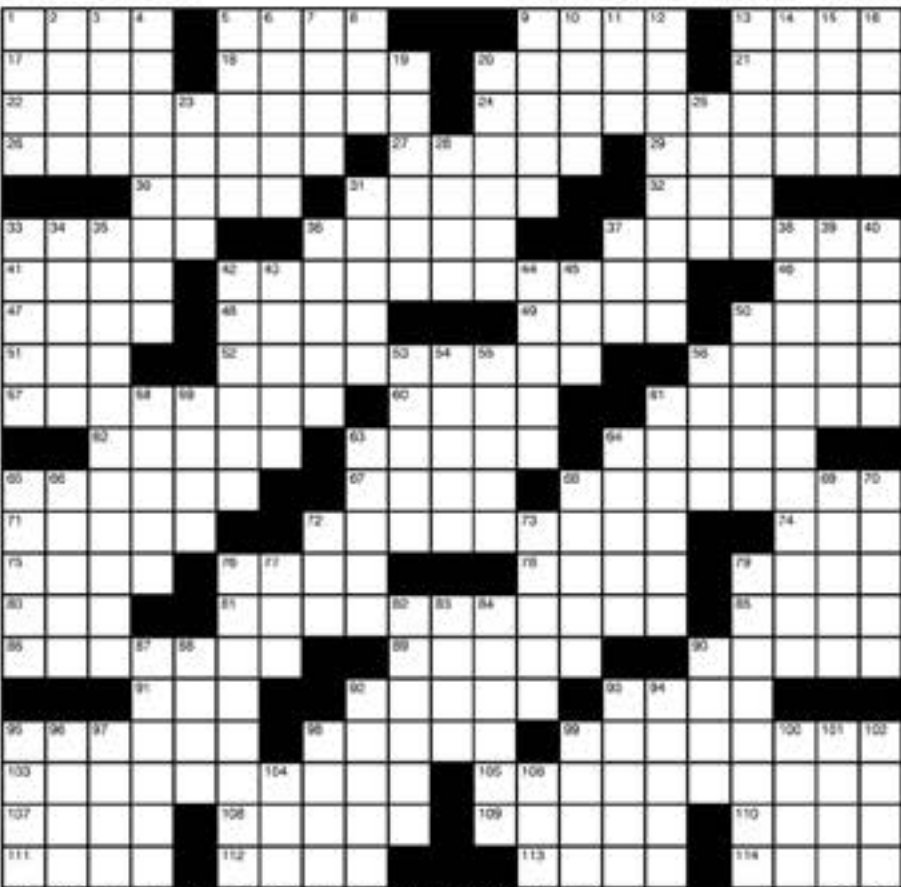


Spectrum

Edited by Linda and Charles Preston

ACROSS

- 1 Symbol for Ms. Nightingale
- 5 Jason's command
- 9 Sleeping in
- 13 Rapper
- 17 Author Wiesel
- 18 Woody climbing vine
- 20 An Astaire
- 21 Maestro Riccardo
- 22 007's antagonist in a '64 film
- 24 Deep water FL fish
- 26 No-frills ship accommodation
- 27 Court arguments
- 29 Piece of leg armor
- 30 Impertinent talk
- 31 Seraglio
- 32 Possessive pronoun
- 33 "Rob Roy" author
- 36 Tyrolean dialect
- 37 Guides
- 41 Amazon's east mouth
- 42 The 1890s: colorful
- 46 Anglo-Saxon money
- 47 SE India town
- 48 Yorkshire river
- 49 Reduce sail area
- 50 Habeas corpus, e.g.
- 51 Conservative commentator Coulter
- 52 British infantryman
- 56 Form
- 57 Considered
- 60 Discourteous
- 61 Ascended Everest, say
- 62 A Howe
- 63 Enjoyed a repast
- 64 Medieval village
- 65 Minors opposites
- 67 Frog genus
- 68 Type type
- 71 Mistreat
- 72 Covered wagon
- 74 Ewe said it
- 75 Sacred Egyptian bird
- 76 Luzon volcano
- 78 Part of Q.E.D.
- 79 Pickens of films
- 80 One of the seven dwarfs
- 81 Oldest U.S. national park
- 85 But, in Barcelona
- 86 Oscar-winning actor of 1940
- 89 Boca —
- 90 Wisent
- 91 First of a Latin trio
- 92 Kind of terrier
- 93 Sun follower
- 95 One of TV's "Angels"
- 98 Dull finish
- 99 Off the kneecap
- 103 Vegetation in Zane Grey title
- 105 Place setting need
- 107 Pierre's girlfriend
- 108 Drew a bead on
- 109 Kind of table or engine



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4/12/20

- 110 Lily plant
- 111 Shook a leg
- 112 Kind of miss
- 113 Brouhahas
- 114 Dismal cry
- 23 Campus grp.
- 25 Character actor Mischa
- 28 Like the Gobi
- 31 Sanctuary
- 33 Asparagus unit
- 34 Chili accompaniment
- 35 Breakfast choice
- 36 Enticed
- 37 34th U.S. pres.
- 38 SE Florida city
- 39 Nonsense
- 40 Filled to excess
- 42 Gabor, and namesakes
- 43 Buenos —
- 44 Statement of belief
- 45 Gaseous prefix
- 50 Quay
- 53 Unit of Parliament follower?
- 54 Peter or Irene
- 55 Think tank product
- 56 Wind-driven clouds
- 58 At —; bewildered
- 59 To laugh, in Lille
- 61 "... no more a-roving —": Byron
- 63 Wryly amusing
- 64 U.S. poet Louise
- 65 Brides trailers
- 66 Monastery head
- 68 Element Atomic #5
- 69 Where "Aida" premiered
- 70 Irish PM De Valera
- 72 White House nickname
- 73 Sioux member
- 76 Innsbruck native, e.g.
- 77 At the age of: L., abbr.
- 79 Channel for excess water
- 82 Took to the soapbox
- 83 Bide one's time
- 84 Emphasis
- 87 Bent out of shape
- 88 Starch
- 90 1934 world heavyweight champ
- 92 Basketball player
- 93 Philippine seaport
- 94 Shopping list entries, e.g.
- 95 Fig. experts
- 96 Protuberance
- 97 One of five lakes
- 98 "I Remember —": TV series
- 99 Entreated
- 100 French composer Edouard
- 101 Lined up in —
- 102 Rod's partner
- 104 You, in Düsseldorf
- 106 Call — day

The Observer Crossword Puzzle

SCRABBLE G R A M S

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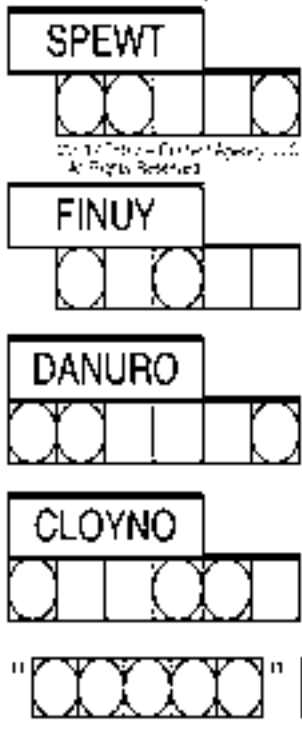
A1	E1	E1	E1	G2	P3	S1	
A1	Y4	H4	S1	T1	L1	G2	
A1	E1	O1	V4	C3	T1	N1	
A1	U1	C3	S1	M3	N1	T1	
A1	I1	I1	C3	L1	M3	M3	

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FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition. SOLUTION TOMORROW

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by David L. Hoyt and Jeff Knorr



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

Puzzles & Comics

Answers on page 14

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to burgers.
Each number corresponds to a letter.
(Hint: 24 = o)

A. 1 23 13 10 16 12 3 7 12
Clue: Meat sandwich

B. 6 24 17 17 20 25 3
Clue: Burger addition

C. 10 16 25
Clue: Type of bread

D. 19 24 24 4
Clue: Sustenance

Boggle® BrainBusters!

By David L. Hoyt and Jeff Knurek

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

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- 8 letters = 10 points
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- 11 - 20 = Amateur
- 0 - 10 = Try again

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Find AT LEAST NINE FISH in the grid of letters.

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

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

WORDS

ACETAMINOPHEN
ANTIBODIES
AQUATHERAPY
ARTHRITIS
ARTHROCENTESIS
AUTOIMMUNE
BURSA
CARTILAGE
CHONDROITIN
CORTICOSTEROIDS
C-REACTIVE PROTEIN
DEGENERATIVE
EXERCISE
GOUT
INFLAMMATION
INJECTION
JOINTS
MOBILITY
MOTION
NERVES
RANGE OF MOTION
RHEUMATOID
SACROILIAC
SPINE

UMBERG
from page 8

- OC Food Bank, Helpline toll free: (855) 233-3362, <https://www.feedoc.org/get-help/get-food-2/>
- HOME ALONE CONNECTION, 24881 Alicia Parkway #181 Laguna Hills, 92653, (949) 627-6622m (888) 560-2262, <http://homealoneconnection.com>

Friendly Visitor Programs
The Friendly Visitor Programs prevents and alleviates the physical and mental health risks linked to isolation. This program benefits isolated older and disabled adults by addressing their basic, social, emotional, and environmental needs.

- Due to CO-VID 19, programs are now over the phone.
- The Council on Aging–Orange County, 2 Executive Circle Suite 175 Irvine, CA, 92614, (714) 479-0107, <https://www.coasc.org>
 - Friends at Home, Agency: Friendship Circle, (949) 721-9800.
- As your state senator, my team and I have been working around the clock to connect our community with the resources and information we need to make it through this crisis.

If you have questions about any governmental service or how our state is responding to this emergency, call my district office at (714) 558-3785.
We are all in this together.

FOOD
from page 10

- Domino’s Pizza is here on Thursdays starting at 3:30 p.m. and now Saturdays from noon-2 p.m. It also delivers special orders to the parking lot if you call ahead to (562) 493-2212.
 - Lucille’s Smokehouse Bar-B-Que will have a truck here on April 11, April 18 and April 25 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 with Recreation to accommodate everyone. Information will be posted daily on the electronic marquee at the corner of Golden Rain Road and St. Andrews. Drive.

We are also in touch with a number of volunteers who have stepped forward to assist shareholders/members with their 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 sharing this information.

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

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

—Kathy Thayer
assistant recreation manager

MASKS
from page 2

and bought the entire warehouse supply. Hopefully it will arrive on time for us but everyone is tired so a little slow-down will let people rest. Thanks for everyone’s support.”

Safe at Home
A Mutual 3 Director (*who must remain anonymous due to a GRF policy banning candidates’ names pending the election*) submitted the following encouraging words:
You are not stuck at home.
You are safe at home.
Just one word can change your attitude,
While one cough can change your life.
One Way Walking
A Mutual 1 Director (*who must remain anonymous due to a GRF policy banning candidates’ names pending the election*) submitted the following encouraging words:

Here is a great idea from Balboa Island where folks are walking “one way” down the street. I’ve noticed that too often residents walk out into the street to avoid oncoming pedestrians. That could be avoided by encouraging people to walk just one way on the street, keeping the housing units to your right, so for instance, walking north on St. Andrews, folks would use the east side sidewalk and going south, people would use the sidewalk to the west. This would keep foot traffic flowing and keep folks from going into the street. It would be relatively easy for a person to pass a slower stroller and would reduce their exposure.

If folks always remember to have the housing units closest to them on their right everyone would be going in the proper direction.
Next Door Nice Neighbor

Charandeep Kaur of Old Town and The Hill posted this nice message on Nextdoor: “Hello neighbors. As the part of this beautiful helpful neighborhood, I too want to do my part. I work in the foods and beverages department at Target on Seal Beach Boulevard.
“So, if anyone of you looking to buy something at Target, just text me and I can instantly check for you if it is in stock (in aisles) or if it is out of stock, just to save your ride or any inconvenience.” She posted her cell number and continued, “I know there are many old people who get so discouraged when they drive here and leave empty-handed. I will try my level best to help you.” Several LW residents thanked her for her kindness.

LIBRARY
from page 10

If you need a library card number, call for an issue a temporary card number until the library re-opens.

Like all Californians, we are facing the challenges of a quickly changing landscape in response to the Novel Coronavirus (CO-VID-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:

- 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.

SCAMS
from page 4

ing information to strangers who offer to put that information into the IRS system for them.

Here are clues that you’re being swindled:

- The caller or emailer uses the words “stimulus check” or “stimulus payment.” The term that government officials are using is “economic-impact payment.”
- You’re asked to sign your check over to the caller.
- You receive an email, text or social media message saying that you need to verify your personal and/or banking information to speed up your stimulus payment.
- The individual offers to get you your payment faster.
- You receive a fake check, and then the sender tells you to call a number to verify your personal information in order to cash it.

Beware of Criminals Pretending to be WHO

Criminals are disguising themselves as World Health Organization officials to steal money or sensitive information from people. If you are contacted by a person or organization that appears to be from WHO, verify their authenticity before responding.

The World Health Organization will:

- never ask for your username or password to access safety information
- never email attachments you didn’t ask for
- never ask you to visit a link outside of www.who.int.
- never charge money to apply for a job, register for a conference, or reserve a hotel
- never conduct lotteries or offer prizes, grants, certificates or funding through email.

The only call for donations WHO has issued is the CO-VID-19 Solidarity Response Fund, which can be found on its website. Any other appeal for funding or donations that appears to be from WHO is a scam.

Classifieds

GENERAL

JAFRA COSMETICS

by Helen
LW Resident 562-421-5811
www.jafra.com/hwells
Business License #WEL0015
Soaps, lotions, scrubs, delivered directly. 4/23

AVON

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

GARDENING

FRANK’S GARDENING SERVICE

Complete maintenance and landscape. Serving Leisure World since 1978. Planting, clean-ups, 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



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

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

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

FLOOR COVERINGS

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 Leisure World...
Would you like yours cleaned too?
Call Tito 562 658 9841. 05/07
Since 1988.
State Contractors Lic. #578194.

SKYLIGHT SERVICES

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

Security
(562) 594-4754

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) 596-1741, (562) 493-6291.**

"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

Christian caring mature woman offering assistance with housekeeping, yard/plant watering, cooking, etc. Great references within Leisure World. Lives minutes away. Years of experience within Leisure World. \$15/per hour. Also offering detail house cleaning flat rate \$75 per unit.
(805) 703-8641. 04/09

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

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. 04/09

Classifieds

HOUSE CLEANING

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. 06/25

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
schedule. Bi-weekly or monthly.
Deep cleaning.
Call or text 714-496-2885.
Bus. Lic #HER0008. 04/23

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. 06/25

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

Scooter for sale \$200.
562-522-0003. 04/15

TRANSPORTATION

Need a lift? Pam Miller.
LW Resident. 310-227-1258. 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 Contrac-
tor'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. 06/25

LW REAL ESTATE FOR SALE

PRICE REDUCTION!

1461 PELHAM Bldg 132 # H
\$ 204,900
2 BDR, 1 BATH
Move in ready home.
Laminate Floors, 3 Skylights,
A/C, wraparound Patio
New Refrigerator w/large
bottom freezer capacity.
Plus 2 newer sliders in front,
Very close to Medical Center
And Clubhouses 5 & 6.
Contact Joe@ 714-474-6204
GOOD HOMES REAL
ESTATE. MLS# OC20017837. 04/16

MISCELLANEOUS ITEMS FOR SALE

Century Furniture-Cinnabar
Diningroom set with 6 chairs. \$1,200
Century-Cinnabar Entertainment
Cabinet. \$500. Thomasville King
Size Bedroom set with mattress and
bedding (only used in a guest room).
\$1,000. Couch-\$300. Call Mary
Anne at 714-906-7106 for details
and pictures. 04/09

FREE ITEMS

I have 4 brand new (sealed) cushions
in XL for a Respiration Wisp mask
that I don't need any longer. They
are free to anyone who can use them.
George (Dick) Winn, Mutual 1 #52L
562-673-3821.

Need Help?
See Classifieds



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 tal-
ents to work, TLC needed. Close to parking and bus
Mutual 8 - 184i \$186,000

New Listing - Drive up
Basic 2 BDR, 1 Bath with a inside the enclosure.
washer & dryer, new laminate flooring,
move-in ready.
Mutual 9 - 209E \$215,000

Great Buy
Basic 1-bed on 1st floor, green, fresh paint.
Mutual 3, 7C \$140,000

Atrium, Remodeled 2 BDR
Mutual 15 - 18D 365,000

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



The Januszka Group, Inc.
Leisure World

ON-SITE
HOME SALES

(562) 598-1388

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

www.LeisureWorldHomeSales.com

Mutual One Unit 21A
Mutual One Unit 22H
Mutual One Unit 44I
Mutual Two Unit 51D
Mutual Two Unit 62A
Mutual Three Unit 23G
Mutual Three Unit 2J
Mutual Five Unit 111E
Mutual Five Unit 111G

Mutual Five Unit 91L
Mutual Five Unit 108K
Mutual Six Unit 57E
Mutual Six Unit 67I
Mutual Seven Unit 165J
Mutual Seven Unit 145G
Mutual Eight Unit 181C
Mutual Eight Unit 195A
Mutual Eight Unit 180K

Mutual Eight Unit 199I
Mutual Eight Unit 178E
Mutual Nine Unit 207K
Mutual Nine Unit 220A
Mutual Nine Unit 222L
Mutual Ten Unit 257D
Mutual Eleven Unit 281A
Mutual Twelve Unit 8A
Mutual Fifteen Unit 29R

COVID-19 PANDEMIC HAS CHANGED THE WAY UNITS ARE GOING TO BE MARKETING IN LEISURE WORLD

People are still selling their home and want to move to our beautiful Southern California beach community. That hasn't changed. What has changed is the way we can market your unit. In order to comply with the Center for Disease Control and the California Association of Realtors, we should limit potential buyers physically viewing inside units. We, at your On Site Home Sales office, will start working now to ensure all our listings include a "Virtual Tour" attached to the MLS listing. Also on all our listings featured on our website. This has worked really well in outside home sales for many years. Now it is time for us to embrace this excellent marketing tool. When you list with us you can be assured we will make sure your unit gets the attention it deserves. That is why, month after month, we have the most sales. And now we have the most informative website.



Dawn Januszka
Broker
DRE #02110501



June Stokoe
Escrow Officer



Verna Chumley
Realtor®



Realtor®



John Webster
Realtor®



Terri Walters
Realtor®



Realtor®



Elana Altman
Realtor®



Maryann Shaddow
Realtor®



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Kathy Gupton
Associate Broker
DRE # 00744676

562 618-9940

Kathy & Gloria Gupton & Hadley

We are **SISTERS**

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 15, 32K \$239,000

Eloquent traditional home featuring 2-bedroom, 1-3/4-bathroom, spacious living room and formal dining room with ceiling fan. Living room has custom draperies framing triple-pane windows and over-looks an open balcony and beautiful tree-lined greenbelt. Kitchen has white cabinets, built-in electric appliances and double-pane windows. Master bedroom suite has double-pane windows, mirrored cupboard and 2 wardrobe closets. Master bathroom has bathtub with shower and skylight. Second bedroom has lots of closet and cupboard space and double-pane windows. Second bathroom has stall shower and skylight. This lovely home has carpeting throughout, leaded glass entry door and is close to drive-up parking and carport. This charming home is definitely a must see.



M3-16F \$375,000

The Beautiful corner 2 Bedroom 1 3/4 Bathroom home with formal dining room is a fully expanded home with many upgrades.



M12-9D \$339,000

Charming remodeled 2 Bedroom 1 Bath Cottage. Kitchen features custom white cabinets with granite counters, built-in stainless-steel freestanding range, refrigerator, dishwasher, microwave, skylight and ceiling fan. Bathroom has white cabinets with granite counter, added linen closet, washer/dryer, and walk-in shower. Master bedroom has mirrored sliding glass wardrobe doors, ceiling fan, and French sliding glass doors to patio. Formal dining room has large skylight. Entry area has wood floors and entry closet. Second bedroom has large skylight and mirrored sliding glass wardrobe doors. This lovely home has carpeted living room and bedrooms with wood floors in the kitchen and entry, central heat and air conditioning, double pane windows, private patio with walk-in storage and overlooks open green belt beautiful trees and convenient parking.



M1-16W \$218,000

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



PENDING

M3-21K \$218,000

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



M1-47D \$175,000

Beautifully updated 1 Bedroom 1 Bath home. This charming cottage has a white kitchen with built-in appliances including stove, oven, refrigerator, black pearl granite counter tops and large skylight. Bathroom also has a large skylight and black pearl counter tops. This lovely home also features newer paint, laminate floors, double pane windows with sliding glass doors.

2020 Sales

M14-23F
M9-234I
M15-25F
M2-48H
M7-176E
M2-29D
M4-78B
M14-23D
M11-277A
M12-62F

Pendings

M3-21K
M8-189J
M1-55J

**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.*



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HomeServices
California Properties

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



Robin Gray & Barbara Diette-Dobias

Robin Gray

(562) 209-5605
rgraysales@verizon.net
DRE 01027333

Your Leisure World Sales Team

BERKSHIRE HATHAWAY
HomeServices
California Properties



Barbara Diette-Dobias

(562) 754-5628
barbaradobias@gmail.com
DRE 00887640



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

See ALL OF OUR LISTINGS and ALL OF LEISURE WORLD'S LISTINGS on our Website:
www.sealbeachleisureworld.com



Price Reduced-Won't Last

Mutual 1-38-D \$154,900
1- bedroom, 1-bath south facing, fully expanded unit on an amazing greenbelt setting. Close to Medical Center, Amphitheater, pool, golf course and churches. L-shaped living room with huge closet. A/C Heat Pump to keep you cool in the summer and warm in the winter, plus skylights that make this home light and bright.



Mutual 7-157-D \$229,000

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



Mutual 8-203-I \$249,900

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



Mutual 10-257-G \$327,000

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



Mutual 6-136-C \$359,000

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



Mutual 1-40-B \$167,000

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

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



Jim Duncan
714-356-6717
Broker/Manager



Susie Allen
562-338-3833



Robin Gray
562-209-5605



Barbara Diette-Dobias
562-754-5628



Kathy Gupion
562-338-3833



Gloria Hadley
562-884-3594



Edwina DiMarlo
562-706-7999



Vickie Van Ert
310-220-1407



Mary Chittick
562-882-2804



Rosie Wang Davis
626-623-9929

(562) 594-0515
1900 St. Andrews Dr., Suite C
Seal Beach, CA 90740
BRE 00338699

BERKSHIRE HATHAWAY
HomeServices
California Properties

(562) 431-2149
13926 Seal Beach Blvd.
Seal Beach, CA 90740

Two-Bedrooms

Mutual 1 23K \$165,000
screened in porch, htl. greenbelt, skylights kit. and bath

Mutual 1 47D \$175,000
black pearl counters, new paint, large skylight, lam. floors

Mutual 3 11C \$179,000
full expan., bright, cent. air, lam floors, nice

Mutual 8 189J \$179,000
w great location, large skylight, 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, 3 skylights, great greenbelt

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

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

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

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

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

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

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

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

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

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

Mutual 6 136C \$359,000
full expansion, remodel kit. and bath, large skylight, washer and dryer, forced air, scraped ceiling

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

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

One-Bedrooms

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

Mutual 1 23K \$165,000
screened in porch, htl. greenbelt, skylights kit. and bath

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

Mutual 47D \$175,000
black pearl counters, new paint, large skylight, lam. floors

Mutual 3 11C \$179,000
full expan., bright, cent. air, lam floors, nice

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



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For 2020, I have a total of 19 Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!

NEW LISTING!



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!

PRICE REDUCTION!



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..

NEW LISTING!



13131 Shawnee Ln, #268E | M11 | \$349,000
Bright, South Facing, Fully Expanded 2 Bedroom, 1 1/2 Bath, Central A/C, Washer/Dryer Hook Ups, Scraped Ceilings, Dual Pane Windows, Laminate Flooring, Dishwasher, Granite Countertops.



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



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



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

SOLD!!



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



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



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.

We are all in this together.

Which is probably hard to feel right now, in a world where social distancing is the new “normal”.

We will get through this together.



I have access to the total inventory!

On April 7th, 2020 a total of 99 units show as active listings on the CRMLS (this is where Realtors list property for sale).

13 - 1 bedroom/1 bath
from \$154,900 to \$189,000

53 - 2 bedrooms/1 bath
from \$169,000 to \$384,900

33- 2 bedrooms/2 baths from \$225,000 to \$499,900

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

